

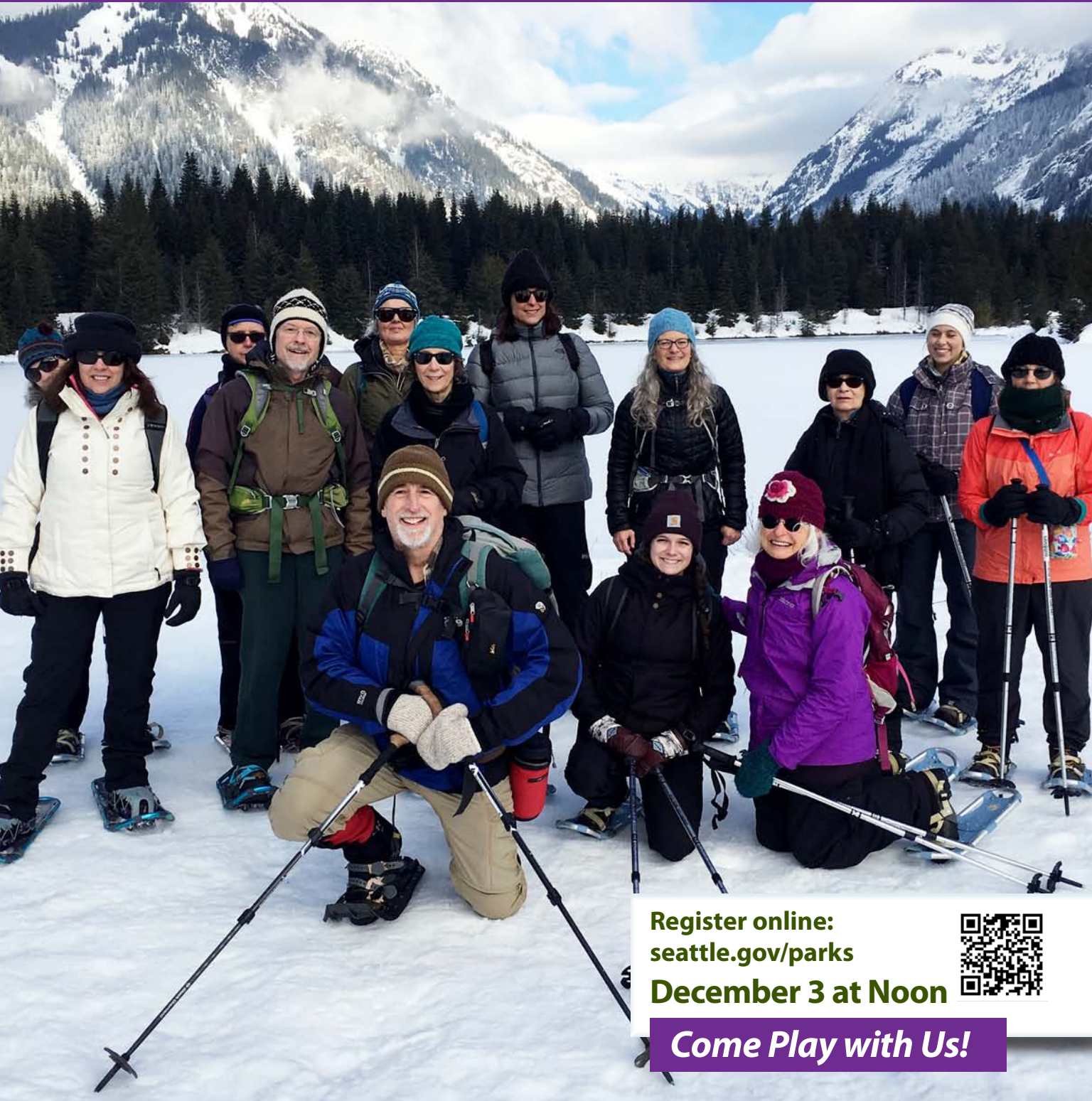
# LIFELONG RECREATION

Arts, Fitness, and Social Opportunities for People Ages 50+



Seattle  
Parks & Recreation

WINTER 2020  
January 6-March 21, 2020



Register online:  
[seattle.gov/parks](https://seattle.gov/parks)  
December 3 at Noon



***Come Play with Us!***

# Welcome to Lifelong Recreation!

## WINTER Quarter 2020 January 6-March 21

Registration begins at noon,  
December 3, 2019.  
Detailed registration information is found  
on pages 58-59.

No Programs and Facilities closed on:

- January 1 New Year's Day
- January 20 Martin Luther King Jr Day
- February 17 Presidents' Day

No  
Membership  
Fees!

## Drop-In Fee Price Change

Try a fitness class for \$10, or register for the entire session for a better value.



[facebook.com/LifelongRecreationSPR/](https://facebook.com/LifelongRecreationSPR/)

## E-Newsletter...

Receive the Lifelong Recreation Newsletter!  
Go to [www.seattle.gov/parks/find/lifelong-recreation-\(50\)](http://www.seattle.gov/parks/find/lifelong-recreation-(50)) and add your email address.



### Cover photo:

We are offering two snowshoe trips this winter, see pages 12 and 48!

*Most photos courtesy of:  
Meryl Schenker Photography,  
and Ryan Hawk Photography.*

### Lifelong Recreation Inclement Weather Policy

The safety of our participants is our priority. When inclement weather occurs (snow, ice, storms), we follow the Seattle Public Schools closure decisions in determining whether it is safe to hold our classes and trips. Please listen to the news in the morning. **If Seattle Public Schools are closed or delayed, Lifelong Recreation programs are cancelled for the entire day.**



## Goodbye Brenda!

On 11/1/19 Brenda Kramer, our manager since 2011, will retire from a rich history of public service. She has held several positions with Seattle Parks and Recreation, including Training Coordinator, Head of the Race and Social Justice Committee, and Executive Assistant to the Superintendent. She has provided a framework for our staff that has allowed us to work to our strengths, be creative, and be fully supported in the work that we do. She led the Americans With Disabilities Act for our department and initiated changes throughout that support our seniors who need extra help. She initiated a strategic marketing plan for Lifelong Recreation which has increased our participation and reach across the city. We are sad to see her go, but she leaves a great legacy for us to work from. Thank you Brenda and happy retirement!

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## Seattle Parks Lifelong Recreation Staff



For 44 years, the Seattle Parks Lifelong Recreation program has been serving the community with vibrant programs in physical activity, social engagement, travel, education, and arts for adults age 50+. We provide exceptional, accessible, and affordable programs that promote quality of life and engage our diverse community. We look forward to serving you!

# COMMUNITY CENTER LOCATIONS



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**Northwest**

**Ryan Spencer, Acting Recreation Specialist**  
206-233-7138 / cell 206-399-8561 / [ryan.spencer@seattle.gov](mailto:ryan.spencer@seattle.gov)

**1) BALLARD CC**  
6020 28th Ave. NW, 98107  
tel: 206-684-4093  
**2) BITTER LAKE CC**  
13035 Linden Ave. N, 98133  
tel: 206-684-7524

**3) GREEN LAKE CC**  
7201 E Green Lake Dr. N, 98115  
tel: 206-684-0780  
**4) LOYAL HEIGHTS CC**  
2101 NW 77th St., 98117  
tel: 206-684-4052

**5) MAGNOLIA CC**  
2550 34th Ave. W, 98199  
tel: 206-386-4235

Pages  
19-27

**Northeast**

**Robin Brannman, Recreation Specialist**  
206-386-9106 / cell 206-300-2043 / [robin.brannman@seattle.gov](mailto:robin.brannman@seattle.gov)

**6) LAKE CITY**  
12531 28th Ave. NE, 98125  
tel: 206-256-5645  
**7) LAURELHURST CC**  
4554 NE 41st St., 98105  
tel: 206-684-7529

**8) MAGNUSON PARK Community Center**  
7110 62nd Ave. NE, 98115  
tel: 206-684-7026  
**Magnuson Brig, Building 406**  
6344 NE 74th St., 98115  
**Building 30, Workshop**  
6310 NE 74th St., 98115

**9) MEADOWBROOK CC**  
10517 35th Ave. NE, 98125  
tel: 206-684-7522  
**10) NORTHGATE CC**  
10510 5th Ave. NE, 98125  
tel: 206-386-4283  
**11) RAVENNA-ECKSTEIN CC**  
6535 Ravenna Ave. NE, 98115  
tel: 206-684-7534

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28-33

**Central**

**Amy Voros, Acting Recreation Specialist**  
206-684-4240 / cell 206-450-9522 / [amy.voros@seattle.gov](mailto:amy.voros@seattle.gov)

**12) GARFIELD CC**  
2323 E Cherry St., 98122  
tel: 206-684-4788  
**13) INTERNATIONAL DISTRICT / CHINATOWN CC**  
719 8th Ave. S, 98104  
tel: 206-233-0042

**14) MILLER CC**  
330 19th Ave. E, 98112  
tel: 206-684-4753  
**15) MONTLAKE CC**  
1618 E Calhoun St., 98112  
tel: 206-684-4736

**16) QUEEN ANNE CC**  
1901 1st Ave. W, 98119  
tel: 206-386-4240

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**Southwest**

**John Hasslinger, Recreation Specialist**  
206-256-5403 / cell 206-423-3988 / [john.hasslinger@seattle.gov](mailto:john.hasslinger@seattle.gov)

**17) ALKI CC**  
5817 SW Stevens St., 98116  
tel: 206-684-7430  
**18) DELRIDGE CC**  
4501 Delridge Way S, 98106  
tel: 206-684-7423

**19) HIAWATHA CC**  
2700 California Ave. SW, 98116  
tel: 206-684-7441  
**20) HIGH POINT CC**  
6920 34th Ave. SW, 98126  
tel: 206-684-7422

**21) SOUTH PARK CC**  
8319 8th Ave. S, 98108  
tel: 206-684-7451  
**22) SOUTHWEST CC**  
2801 SW Thistle St., 98112  
tel: 206-684-7438

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**Southeast**

**Anne Nguyen, Recreation Specialist**  
206-684-7484 / cell 206-310-8163 / [anne.nguyen@seattle.gov](mailto:anne.nguyen@seattle.gov)

**23) JEFFERSON CC**  
3801 Beacon Ave. S, 98108  
tel: 206-684-7481  
**24) RAINIER CC**  
4600 38th Ave. S, 98118  
tel: 206-386-1919

**25) RAINIER BEACH CC**  
8825 Rainier Ave. S, 98118  
tel: 206-386-1925  
**26) VAN ASSELT CC**  
2820 S Myrtle St., 98108  
tel: 206-386-1921

**27) YESLER CC**  
917 E Yesler Way, 98122  
tel: 206-386-1245

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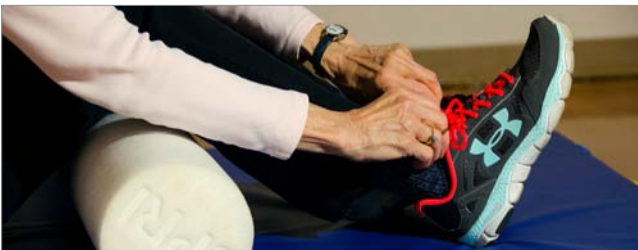
**Signature Programs**

**Dementia-Friendly Recreation**  
**Cayce Cheairs:**  
206-615-0100  
cell 206-786-2365  
[cayce.cheairs@seattle.gov](mailto:cayce.cheairs@seattle.gov)

**Rainbow Recreation**  
**Cheryl Brown:**  
206-615-0619  
cell 206-450-9819  
[cheryl.brown@seattle.gov](mailto:cheryl.brown@seattle.gov)

**Sound Steps Walking Program and Food and Fitness**  
**Tamara Keefe:** 206-684-4664  
cell 206-399-4655  
[tamara.keefe@seattle.gov](mailto:tamara.keefe@seattle.gov)

SENIOR AEROBICS					
Video Link: <a href="https://youtu.be/3RyasavedEE">https://youtu.be/3RyasavedEE</a>					
Northgate					
22519	Mon	11:15 a.m.-12:15 p.m.	Mish Mish		\$45
Queen Anne					
25662	Mon	10:30-11:30 a.m.	M Tapin		\$49
ARTHRITIS EXERCISE PROGRAM					
Queen Anne					
25612	Wed	11:45 a.m.-12:45 p.m.	S Dwyer-Schick		\$55
25613	Fri	11:45 a.m.-12:45 p.m.	S Dwyer-Schick		\$55
BODY CONDITIONING					
Video Link: <a href="https://youtu.be/mHL23iTxdQ8">https://youtu.be/mHL23iTxdQ8</a>					
Ravenna-Eckstein					
22468	Mon	9-10 a.m.	C Lorenz		\$48
22467	Wed	9-10 a.m.	C Lorenz		\$60
CHINESE DANCE: DROP-IN					
IDCC					
	Thu	10 a.m.-1 p.m.			\$3/\$2
CIRCUIT TRAINING					
Video Link - Bitter Lake: <a href="https://youtu.be/JpJLEntLKAM">https://youtu.be/JpJLEntLKAM</a>					
Video Link - Queen Anne: <a href="https://youtu.be/Faj4Hn5-fR0">https://youtu.be/Faj4Hn5-fR0</a>					
Bitter Lake					
25023	Fri	10-11 a.m.	R Buyce		\$55
Garfield					
27169	Fri	10:15-11:15	TBD		\$66
Loyal Heights					
25026	Tue	9:30-10:30 a.m.	R Buyce		\$55
25025	Wed	9:30-10:30 a.m.	R Buyce		\$55
25024	Thu	9:30-10:30 a.m.	R Buyce		\$55
Queen Anne					
25619	Tue	9:30-10:30 a.m.	C Lorenz		\$60
25616	Tue	10:45-11:45 a.m.	C Lorenz		\$60
25618	Thu	9:30-10:30 a.m.	C Lorenz		\$60
25617	Thu	10:45-11:45 a.m.	C Lorenz		\$60
DANCE DAIGRE					
Miller					
27634	Wed	6-7 p.m.	TBD		\$70
27635	Wed	6-7 p.m.	TBD		\$70
27636	Wed	6-7 p.m.	TBD		\$70



### Drop-In Fee Price Change

Try a fitness class for \$10, or register for the entire session for a better value.

ENHANCE FITNESS					
Kaiser Permanente Capitol Building					
25627	Mon	8-9 a.m.	C Grekoff		\$45
25628	Mon	9:15-10:15 a.m.	C Grekoff		\$45
25629	Mon	10:30-11:30 a.m.	C Grekoff		\$45
25630	Mon	2-3 p.m.	G Keeble		\$45
25632	Tue	8-9 a.m.	C Grekoff		\$55
25633	Tue	9:15-10:15 a.m.	C Grekoff		\$55
25634	Tue	10:30-11:30 a.m.	C Grekoff		\$55
25635	Wed	8-9 a.m.	C Grekoff		\$55
25636	Wed	9:15-10:15 a.m.	C Grekoff		\$55
25637	Wed	10:30-11:30 a.m.	C Grekoff		\$55
25638	Wed	2-3 p.m.	G Keeble		\$55
25640	Thu	8-9 a.m.	C Grekoff		\$55
25641	Thu	9:15-10:15 a.m.	C Grekoff		\$55
25642	Thu	10:30-11:30 a.m.	C Grekoff		\$55
25643	Fri	8-9 a.m.	C Grekoff		\$55
25644	Fri	9:15-10:15 a.m.	C Grekoff		\$55
25645	Fri	10:30-11:30 a.m.	C Grekoff		\$55
25646	Fri	2-3 p.m.	G Keeble		\$55
Lake City					
22472	Mon	9-10 a.m.	Mish Mish		\$59
22473	Wed	9-10 a.m.	C House		\$55
22471	Fri	9-10 a.m.	C House		\$55
Magnolia					
25030	Mon	12:30-1:30 p.m.	K Adolphsen		\$50
25031	Wed	12:30-1:30 p.m.	K Adolphsen		\$60
25029	Fri	12:30-1:30 p.m.	K Adolphsen		\$60
Magnuson					
22474	Tue	8-9 a.m.	J Shearer		\$55
22476	Tue	9-10 a.m.	J Shearer		\$55
22477	Thu	9-10 a.m.	J Shearer		\$55
22475	Fri	9-10 a.m.	Mish Mish		\$55
Northgate					
22531	Mon	1:45-2:45 p.m.	M Taplin		\$45
22478	Thu	1:30-2:30 p.m.	M Taplin		\$55
Rainier					
26287	Mon	9:15-10:15 a.m.	Y Gartz		\$55
26288	Wed	9:15-10:15 a.m.	Y Gartz		\$60
26289	Fri	9:15-10:15 a.m.	V Bowles		\$65
EXERCISE TO IMPROVE BALANCE					
Meadowbrook					
22479	Mon	10:30-11:20 a.m.	C Lorenz		\$44
FABULOUSLY FIT					
Magnolia					
25033	Mon	8-9 a.m.	K Adolphsen		\$50
25034	Wed	9-10:15 a.m.	K Adolphsen		\$75
25032	Fri	8-9 a.m.	K Adolphsen		\$60
FITNESS AT HIAWATHA					
Hiawatha					
27132	Wed	10-11 a.m.	S Simmons		\$55
FITNESS ROOM FOUNDATION + MORE					
Northgate					
22481	Tue	11:30 a.m.-12:30 p.m.	R Buyce		\$77

<b>FIT PLUS</b>				
<b>Magnuson Brig</b>				
22480	Thu	8-9 a.m.	J Shearer	\$61
<b>FUN FIT!</b>				
<b>Meadowbrook</b>				
22482	Tue	6-7 p.m.	M Tuliao	\$72
22483	Thu	6-7 p.m.	M Tuliao	\$72
<b>JUICY JOINTS - INTERMEDIATE</b>				
Video Link: <a href="https://youtu.be/Jl3t5-3FhH4">https://youtu.be/Jl3t5-3FhH4</a>				
<b>Bitter Lake</b>				
25054	Tue	9:05-10:05 a.m.	J Rayor	\$55
25053	Thu	9:05-10:05 a.m.	J Rayor	\$55
<b>LINE DANCE</b>				
Video Link: <a href="https://youtu.be/n4CVebDKpDg">https://youtu.be/n4CVebDKpDg</a>				
<b>Bitter Lake</b>				
<i>Beginner</i>				
25055	Mon	Noon-1 p.m.	M Chen	\$25
<i>Intermediate</i>				
25056	Mon	10:45-11:45 a.m.	M Chen	\$25
<b>Hiawatha</b>				
<i>Beginner</i>				
27087	Tue	11:15 a.m.-12:15 p.m.	L Reese	\$55
<i>Advanced Beginner</i>				
27086	Tue	10:15-11:15 a.m.	L Reese	\$55
<b>High Point</b>				
<i>Beginner</i>				
27085	Tue	6:30-7:30 p.m.	L Reese	\$50
<b>Jefferson</b>				
<i>All Levels</i>				
26295	Fri	10-11 a.m.	M Chen	\$18
<b>Magnuson</b>				
<i>Beginner</i>				
22502	Wed	Noon-1 p.m.	D Hunsaker	\$55
22500	Thu	6:45-7:45 p.m.	D Hunsaker / L McDonald	\$55
<i>Advanced-Beginner</i>				
22499	Tue	6:30-7:30 p.m.	D Hunsaker	\$55
22501	Wed	10:55-11:55 a.m.	D Hunsaker	\$55
<i>Intermediate</i>				
22504	Wed	9:50-10:50 a.m.	D Hunsaker	\$55
<b>Queen Anne</b>				
<i>Beginner</i>				
25658	Thu	6:15-7:15 p.m.	C Banta	\$55
<i>Beginner Plus</i>				
25659	Thu	7:15-7:45 p.m.	C Banta	\$39
<b>Van Asselt</b>				
<i>Beginner</i>				
26297	Thu	11:30 a.m.-12:30 p.m.	L Reese	\$50
<i>Advanced Beginner</i>				
26296	Thu	12:30-1 p.m.	L Reese	\$23
<i>Intermediate</i>				
26298	Thu	1-2 p.m.	L Reese	\$50
<b>Drop-In Line Dance</b>				
<b>IDCC</b>				
	M/F	11 a.m.-12:30 p.m.		\$3/\$2

<b>LINE DANCE—SOUL</b>				
<b>Northgate</b>				
25884	Thu	3-4 p.m.	S Simmons	\$55
<b>MINDS IN MOTION</b>				
<b>Miller</b>				
25759	Mon	2-3 p.m.	C Grekoff	Free
<b>NIA DANCE FITNESS</b>				
<b>Delridge</b>				
27088	Tue	11:15 a.m.-12:15 p.m.	N Scher	\$50
<b>Meadowbrook</b>				
22512	Fri	10-11 a.m.	N Scher	\$55
<b>NIA MOVING TO HEAL</b>				
<b>Magnolia</b>				
25067	Thu	10:30-11:30 a.m.	L Browdy	\$55
<b>Meadowbrook</b>				
22511	Fri	11:15 a.m.-12:15 p.m.	N Scher	\$55
<b>PARKINSON'S PROGRAMS</b>				
<b>Dance</b>				
<b>Garfield</b>				
25620	Thu	11:15 a.m.-12:45 p.m.		Free
<b>PILATES</b>				
Video Link: <a href="https://youtu.be/C6iGDgez3M">https://youtu.be/C6iGDgez3M</a>				
<b>Loyal Heights</b>				
25069	Mon	11:30 a.m.-12:30 p.m.	D Dragovich	\$45
<b>Magnuson Brig</b>				
22515	Thu	11:30 a.m.-12:30 p.m.	D Dragovich	\$61
<b>Northgate</b>				
22516	Wed	11:30 a.m.-12:30 p.m.	D Dragovich	\$61
25308	Thu	5-6 p.m.	D Dragovich	\$61
<b>Ravenna-Eckstein</b>				
22517	Tue	11:30 a.m.-12:30 p.m.	D Dragovich	\$61
<b>SAIL</b>				
<b>Ballard</b>				
25072	Tue	11:30 a.m.-12:30 p.m.	S Dutro	\$45
25071	Thu	11:30 a.m.-12:30 p.m.	S Dutro	\$50



STRENGTH AND CONDITIONING				
<b>Laurelhurst</b>				
22520	Fri	7:45-8:45 a.m.	J Shearer	\$61
<b>Magnuson Brig</b>				
22521	Wed	7:45-8:45 a.m.	J Shearer	\$61
CHAIR STRENGTH AND TONE				
Video Link: <a href="https://youtu.be/Ujm911_5tnM">https://youtu.be/Ujm911_5tnM</a>				
<b>Bitter Lake</b>				
26153	Mon	1:30-2:15 p.m.	D Dragovich	\$34
26154	Thu	1:30-2:15 p.m.	D Dragovich	\$42
STRONG 45				
<b>Loyal Heights</b>				
25076	Mon	4:30-5:15 p.m.	D O'Neill	\$45
25075	Thu	4:30-5:15 p.m.	D O'Neill	\$55
<b>Magnuson Brig</b>				
23994	Tue	4:30-5:15 p.m.	S Rucker	\$50
STRONG BY ZUMBA®				
<b>Jefferson</b>				
22865	Sat	12:30-1:30 p.m.	S Foran	\$68
<b>Queen Anne</b>				
25673	Fri	12:15-1:15 p.m.	V Hiegel	\$55
TAI CHI AND QIGONG				
<b>Tai Chi</b>				
Video Link: <a href="https://youtu.be/J82jluSOs5s">https://youtu.be/J82jluSOs5s</a>				
<b>Green Lake</b>				
25078	Wed	11:30 a.m.-12:30 p.m.	E Baxa	\$50
<b>Laurelhurst</b>				
<i>All Levels</i>				
22529	Tue	12:45-1:45 p.m.	R Friedman	\$59
<i>Advanced</i>				
<i>* Instructor permission required, call Laurelhurst CC.</i>				
	Thu	Noon-1 p.m.	R Friedman	Free
<b>Loyal Heights</b>				
25077	Fri	11:30 a.m.-12:30 p.m.	C Tan	\$55
<b>Meadowbrook</b>				
<i>All Levels</i>				
22524	Wed	5:30-6:30 p.m.	E Baxa	\$55
<i>Beginners</i>				
22522	Thu	12:45-1:45 p.m.	A Ross	\$55
<i>Intermediate</i>				
22523	Thu	1:45-2:45 p.m.	A Ross	\$55
<b>Montlake</b>				
<i>All Levels</i>				
25665	Mon	10:30-11:30 a.m.	R Friedman	\$45
<b>Miller</b>				
<i>All Levels</i>				
25666	Thu	10:30-11:30 a.m.	E Baxa	\$55
<b>Queen Anne</b>				
<i>Intermediate</i>				
25668	Thu	12:15-1:15 p.m.	E Baxa	\$50
<b>Yesler</b>				
<i>All Levels</i>				
26300	Tue	12:30-1:30 p.m.	E Baxa	\$55



<b>Tai Chi Level 1</b>				
<b>High Point</b>				
27135	Mon	11:30 a.m.-12:30 p.m.	H Dickinson	\$45
<b>Tai Chi Level 2</b>				
<b>Highpoint</b>				
27133	Mon	10-11 a.m.	H Dickinson	\$45
<b>Drop-In Tai Chi</b>				
<b>Rainier</b>				
	Wed	3:30-4:15 p.m.	S Hiserman	\$3
<b>"Tai Chi Chih®, Joy Through Movement"</b>				
<b>Miller</b>				
25667	Mon	12:15 a.m.-1:15 p.m.	L Robinson	\$50
<b>Tai Chi for Recovery</b>				
<b>Garfield</b>				
24024	Wed	12:30-1:15 p.m.		\$30
24025	Wed	12:30-1:15 p.m.		\$30
<b>Tai Chi and Qigong—Principles and Practice</b>				
<b>Delridge</b>				
27134	Thu	12:30-1:30 p.m.	A Peizer	\$55
<b>Tai Chi And Qigong Introduction</b>				
<b>Magnuson Brig</b>				
<i>All Levels</i>				
22525	Wed	10:15-11:15 a.m.	A Peizer	\$55
<b>Northgate</b>				
<i>All Levels</i>				
22530	Mon	12:30-1:30 p.m.	A Peizer	\$45
22527	Fri	2:30-3:30 p.m.	A Peizer	\$55
<b>Qigong-Shibashi</b>				
<b>Loyal Heights</b>				
25070	Fri	12:30-1:30 p.m.	C Tan	\$55
WORLD BEAT DANCE AEROBICS				
<b>Meadowbrook</b>				
22536	Wed	10:30-11:30 p.m.	Mish Mish	\$55
<b>Northgate</b>				
22537	Thu	10:30-11:30 p.m.	Mish Mish	\$55



<b>YOGA</b>				
<b>Chair Yoga</b>				
<b>Ravenna-Eckstein</b>				
22469	Tue	5:15-6:15 p.m.	D Bailey	\$61
25384	Thu	4-5 p.m.	D Bailey	\$61
<b>Gentle Yoga</b>				
Video Link: <a href="https://youtu.be/-rbaj950AtE">https://youtu.be/-rbaj950AtE</a>				
<b>Bitter Lake</b>				
25044	Wed	9:30-10:30 a.m.	H Mair	\$61
<b>Delridge</b>				
27142	Tue	10-11 a.m.	J Reed	\$61
<b>Garfield</b>				
25648	Mon	10:30-11:30 a.m.	J Robbin	\$45
25653	Thu	10-11 a.m.	O Goodwin	\$61
<b>Green Lake</b>				
25047	Mon	10:15-11:15 a.m.	S Dwyer	\$44
25045	Wed	1-2 p.m.	S Dwyer	\$55
<b>High Point</b>				
27141	Fri	11 a.m.-Noon	J Reed	\$61
<b>Laurelhurst</b>				
22487	Tue	8-9 a.m.	J Robin	\$61
<b>Loyal Heights</b>				
25043	Mon	10-11 a.m.	R MacDonald	\$50
25042	Fri	10:15-11:15 a.m.	J Green	\$61
<b>Magnolia</b>				
25046	Tue	10:30-11:30 a.m.	R MacDonald	\$61
<b>Magnuson Brig</b>				
22484	Mon	10-11 a.m.	M McFadden	\$50
22488	Tue	10:15-11:15 a.m.	J Robin	\$61
22489	Thu	5:30-6:30 p.m.	D Bailey	\$55
<b>Meadowbrook</b>				
22484	Mon	9-10 a.m.	H Mair	\$50
22485	Wed	9-10 a.m.	J Robin	\$61
22486	Sat	9-10 a.m.	H Mair	\$44
<b>Miller</b>				
26867	Tue	1:30-2:30 p.m.	L Gardener	\$61
26868	Thu	1:30-2:30 p.m.	L Gardener	\$61
<b>Montlake</b>				
25654	Wed	10:15-11:15 a.m.	H Karfelt	\$61
25649	Wed	11:30 a.m.-12:30 p.m.	H Karfelt	\$61
25651	Fri	11:15 a.m.-12:15 p.m.	L Gardner	\$61
25655	Sat	9:15-10:15 a.m.	H Karfelt	\$61
<b>Northgate</b>				
22491	Thu	Noon-1 p.m.	H Mair	\$61
27290	Mon	3-4 p.m.	F Marazzi	\$50
<b>Queen Anne</b>				
25652	Fri	10:30-11:30 a.m.	H Karfelt	\$55
<b>Ravenna-Eckstein</b>				
25894	Fri	9:45-10:45 p.m.	J Robin	\$61
<b>Drop-In Gentle Yoga</b>				
<b>IDCC</b>				
	Wed	3-4 p.m.		\$3/\$2

<b>Hatha Yoga</b>				
<b>Queen Anne</b>				
25669	Mon	10-11 a.m.	F Martazi	\$50
25657	Wed	11 a.m.-Noon	J Reed	\$55
<b>Vini Yoga</b>				
<b>Ballard</b>				
25081	Wed	10:30-11:30 a.m.	A Mason	\$55
<b>Magnolia</b>				
25080	Fri	9:15-10:15 a.m.	L Dunbar	\$61
<b>Queen Anne</b>				
25669	Tue	11:30 a.m.-12:30 p.m.	L Dunbar	\$55
25670	Fri	11 a.m.-Noon	L Dunbar	\$55
<b>YOUR HOUSE BOXING</b>				
<b>Rainier Beach</b>				
26302	M/W	6-7 p.m.		Free
<b>ZUMBA® GOLD</b>				
Video Link: <a href="https://youtu.be/mzy3RR_SfuQ">https://youtu.be/mzy3RR_SfuQ</a>				
<b>Alki</b>				
27090	Tue	10-11 a.m.	M Jorgensen	\$55
<b>Delridge</b>				
27091	Thu	10-11 a.m.	M Jorgensen	\$55
<b>Garfield</b>				
27170	Wed	6:30-7:30 p.m.	S Foran	\$55
<b>Hiawatha</b>				
27089	Mon	10-11 a.m.	M Jorgensen	\$45
<b>Loyal Heights</b>				
25085	Tue	9:30-10:30 a.m.	D O'Neill	\$55
25084	Thu	9:30-10:30 a.m.	D O'Neill	\$55
<b>Jefferson</b>				
26304	Mon	11 a.m.-Noon	C House	\$45
26305	Fri	11 a.m.-Noon	C House	\$55
<b>Magnolia</b>				
25086	Wed	10:30-11:30 a.m.	M Jorgensen	\$55
25083	Fri	10:30-11:30 a.m.	M Jorgensen	\$55
<b>Queen Anne</b>				
25671	Mon	9:45-10:45 a.m.	S Price	\$45
25672	Wed	9:45-10:45 a.m.	S Price	\$55



# ADULT SPORTS PICKLEBALL TOURNAMENT coming this spring!

Grab a partner and your paddle! Adult Sports is hosting a men's and women's pickleball tournament this spring.



Keep an eye out for more information on our website listed below, or call Jayson Powell at the phone number below.

For information about any Adult Sports visit our website at:

<http://www.seattle.gov/parks/find/adult-sports-teams-and-programs>,

or contact Jayson Powell at: 206-684-7092, cell 206-295-2465, email: [jayson.powell@seattle.gov](mailto:jayson.powell@seattle.gov).

## Come work out at our Drop-In Fitness Centers

Exercise machines, free weights, and cardio equipment. Please call for open hours.

**OUR FITNESS CENTERS ARE NOW FREE!**

Delridge	206-684-7423
Garfield	206-684-4788
Hiawatha	206-684-7441
International District Chinatown	206-233-7061
Loyal Heights	206-684-4052
Meadowbrook	206-684-7522
Northgate	206-386-4283
Queen Anne	206-386-4240
Rainier Beach	206-386-1925
Rainier CC	206-386-1919
Van Asselt	206-386-1921
Yesler	206-386-1245

## Drop-In Sports at a Glance

**Drop-In Pickleball** (all levels unless noted) Free

NORTHWEST			
Ballard	T/Th	9:30-11:30 a.m.	
Bitter Lake	T/F	10 a.m.-1 p.m.	Adv
Loyal Heights	Fri	Noon-2 p.m.	
Magnolia	Mon	11 a.m.-1 p.m.	

NORTHEAST			
Magnuson	Sat	9:15 a.m.-Noon	
Meadowbrook	Tue	10 a.m.-2 p.m.	
Meadowbrook	Thu	10 a.m.-2 p.m.	
Northgate	M/F	11 a.m.-2 p.m.	
Northgate	Tue	6-8 p.m.	
Northgate	Wed	11 a.m.-1:30 p.m.	
Rav-Eck	M/W	9 a.m.-Noon	
Rav-Eck	Fri	9 a.m.-Noon	
			Int/Adv

CENTRAL			
IDCC	Mon	6-8:45 p.m.	Int/Adv
Miller	Mon	Noon-3 p.m.	
Miller	Fri	9:15 a.m.-Noon	
Queen Anne	Wed	11:30 a.m.-1:30 p.m.	

SOUTHWEST			
Delridge	M/W	10 a.m.-Noon	
Delridge	T/Th	Noon-2 p.m.	
Delridge	Fri	12:30-2:30 p.m.	
Hiawatha	Fri	10 a.m.-Noon	
High Point	Mon	10-11:30 a.m.	
High Point	Wed	10 a.m.-1 p.m.	
High Point	Fri	10 a.m.-1 p.m. (Subject to Change)	
South Park	M/W/F	10 a.m.-1:30 p.m.	

### Drop-In Outdoor Pickleball at Delridge

Available during daylight hours and is subject to the terms and limitations of Seattle Parks & Recreation Tennis Court Drop-In Policy.

SOUTHEAST			
Jefferson	Mon	10 a.m.-Noon	Compet.
Rainier	T/Th	10 a.m.-1 p.m.	
Van Asselt	W/F	Noon-2 p.m.	
Yesler	Tue	12:30-2:30 p.m.	
Yesler	Thu	10 a.m.-Noon	

### Drop-In Table Tennis Free

CENTRAL (also ping pong)			
Garfield	T/F	10:30 a.m.-1:30 p.m.	
IDCC	M/W/F	1-2:30 p.m./6-8:45 p.m.	
IDCC	Sat	2-4:45 p.m.	

SOUTHWEST			
High Point	Fri	10 a.m.-Noon	

### Drop-In Volleyball Free

SOUTHWEST			
Delridge	T/Th	10 a.m.-Noon	



**Green Lake Small Craft Center & Mt. Baker Rowing and Sailing offer beginner boating classes!**

**Daytime Courses Ages 50+ Available in 2020!**

Call 206-684-4074 or 206-386-1913 for more information.



Seattle  
Parks & Recreation



*Let us help you get your feet wet!*

**POOLS - YEAR-ROUND INDOOR**

Ballard Pool	206-684-4094
1471 NW 67th St.	
Evans Pool	206-684-4961
7201 E Green Lake Drive N	
Helene Madison Pool	206-684-4979
13401 Meridian Ave. N	
Meadowbrook Pool	206-684-4989
10515 35th Ave. NE	
Medgar Evers Pool	206-684-4766
500 23rd Ave.	
Queen Anne Pool	206-386-4282
1920 1st Ave. W	
Rainier Beach Pool	206-386-1925
8825 Rainier Ave. S	
Southwest Pool	206-684-7440
2801 SW Thistle St.	

**Wellness Aquatic Activities**

Visit <http://www.seattle.gov/parks/pools.asp> for a complete list of what Seattle Pools has to offer. Our programs include:

- Lap Swim
- Adult Swim
- Senior Swim
- Women Only Swim
- Shallow Water Fitness
- Deep Water Fitness
- Hydro-Fit
- Stretch N Flex\*
- AquaZumba
- Adult Swim Lessons

\* Low impact and perfect for seniors looking for ways to improve joint range of motion and flexibility.





**Ryan Spencer**  
**Northwest**  
**Acting Recreation Specialist**

206-233-7138 / cell 206-399-8561  
 ryan.spencer@seattle.gov

**SCHOLARSHIPS**

The scholarship cycle runs June 2019–June 2020. Have your application approved prior to winter registration on 12/3. See page 58 for details.

**REGISTRATION**

Register for programs using the barcode number listed next to each program. Registration and payment details can be found on page 58. For accommodation requests, please call 206-386-9094.

**TRIPS**

**Departure Site Request:**

At the time of registration you will select your departure location from the available options. We do our best to proceed with our trips as planned; at times it is necessary to make changes to the times, cost, and destination. Please refrain from wearing fragrances.

**TRIPS**

**DEPARTURE SITES**

**Ballard Community Center**  
 6020 28th Ave. NW  
 South of bldg, angled parking lot  
**Bitter Lake Community Center**  
 13035 Linden Ave. N  
 North parking lot at street level

**DEPARTURE TIMES**

**SOUTHBOUND TRIPS:**

**Bitter Lake:** 20 minutes before time listed.  
**Ballard:** at time listed.

**NORTHBOUND TRIPS:**

**Ballard:** 20 minutes before time listed.  
**Bitter Lake:** at time listed.

**BACK IN MOTION**

Our Back in Motion programs provide fitness classes and educational programs for people with chronic pain or new to exercise, and are noted with a blue stripe on the class number line, like the one noted here.

**RAINBOW RECREATION**

Programs for LGBTQ, friends, and allies.

**SHAPE UP**

If you are new to any **Shape Up** class, receive \$10 off your first class. Shape Up classes are noted by an orange asterisk next to the registration number, e.g. 160978\*.

**FIELD TRIPS**

*Trips depart rain or shine. Trips that involve a hike are on varied terrain, and difficulty is marked by hiking boots-see rating chart on page 47. Be prepared for wet or muddy trails with appropriate clothing and footwear. Bring snacks/lunch unless otherwise noted.*

**Snowshoeing at Snoqualmie**

\$85

Join Outdoors for All for an introduction to snowshoeing at Snoqualmie Pass. No experience is necessary. Gear is provided along with a fitting, orientation, and a beginner's lesson. Go at your own pace while enjoying winter scenery and fresh mountain air. *Bring a sack lunch to enjoy afterwards.*

**Bitter Lake Pickup Only**

25035 1/22 Wed 8:15 a.m.-4:15 p.m.

12 Visit us on the web at [http://www.seattle.gov/parks/find/lifelong-recreation-\(50\)](http://www.seattle.gov/parks/find/lifelong-recreation-(50))

## FIELD TRIPS

### Museum of History and Industry \$39

There is always something new to learn at the Museum of History and Industry (MOHAI) on South Lake Union. Join us for a docent-led tour of some of Seattle's most iconic artifacts in the Grand Atrium, followed by time to explore on your own. Tour and admission costs included in registration price. *Lunch on your own prior to the tour.*

#### Southbound

25040 1/29 Wed 11 a.m.-4 p.m.

### Eastside Thrift Shops \$18

Let the bargain hunt begin! We will start on Mercer Island before moving on to a couple other eastside thrift shops. *Lunch on your own between stops.*

#### Northbound

25036 2/12 Wed 9:30 a.m.-3:30 p.m.



*Come play in the snow with us this winter!*

Register online at [www.seattle.gov/parks](http://www.seattle.gov/parks)

### "Steel Magnolias" at Taproot Theater \$30

BOOM! Drum fires another shot into the magnolia trees giving Ouiser's dog a nervous breakdown. Truvy's salon is buzzing as gossip and zingers fly between baby's breath and bouffants. Annelle is new and nervous which means things are getting a little poofy. Welcome to Chinquapin, Louisiana. Hold onto your rollers and grab your tissues for this hilariously heartwarming American classic. *Lunch out on your own after the show.*

#### Northbound

25038 2/26 Wed 10 a.m.-2 p.m.

### Governor's Mansion Tour \$39

Enjoy a docent-led tour of the official residence of the Governor of Washington since 1909. Explore the State Capital Campus by foot. *Lunch on your own at Falls Terrace Restaurant prior to the tour.*

#### Southbound

25037 3/4 Wed 8:30 a.m.-4:30 p.m.

### Lunch Club

Explore the hottest restaurants in town, and out! Register ahead of time and BRING CASH; separate checks not always available; expect 17-20% gratuity on your bill. Lunch on your own.

*Lunch Club departure sites will now follow field trip departure sites of Northbound and Southbound.*

### Scott's Bar and Grill \$\$ \$10

American

#### Northbound

25057 1/8 Wed 11 a.m.-2:30 p.m.

### Olive Garden \$-\$ \$10

Italian

#### Northbound

25058 2/5 Wed 11 a.m.-2:30 p.m.

### Cutters Crabhouse \$\$-\$\$\$ \$10

Seafood

#### Southbound

25060 3/11 Wed 11 a.m.-2:30 p.m.

## SOCIAL PROGRAMS

### Games

#### Drop-In Bridge

Enjoy a game of bridge.

**Magnolia** Wed 9 a.m.-Noon Free



### Movies

#### Lunch and a Movie at Loyal Heights

Enjoy movies as they were meant to be seen—on the big screen! A scrumptious lunch is provided! Advance registration required. Max 16.

**Location: Loyal Heights**

##### *The Best of Enemies*

PG-13 | 2 h 13 min | Biography, Drama, History  
Civil rights activist Ann Atwater faces off against C.P. Ellis, Exalted Cyclops of the Ku Klux Klan, in 1971 Durham, North Carolina over the issue of school integration.

25063 1/9 Thu 11:30 a.m.-2 p.m. \$10

##### *The Art of Racing in the Rain*

PG | 1 h 49 min | Comedy, Drama, Romance  
Through his bond with his owner, aspiring Formula One race car driver Denny, golden retriever Enzo learns that the techniques needed on the racetrack can also be used to successfully navigate the journey of life.

25064 2/13 Thu 11:30 a.m.-2 p.m. \$10

##### *Where'd You Go, Bernadette*

PG-13 | 1 h 49 min | Comedy, Drama, Mystery  
A loving mom becomes compelled to reconnect with her creative passions after years of sacrificing herself for her family. Her leap of faith takes her on an epic adventure that jump-starts her life and leads to her triumphant rediscovery.

25065 3/12 Thu 11:30 a.m.-2 p.m. \$10

14 Visit us on the web at [http://www.seattle.gov/parks/find/lifelong-recreation-\(50\)](http://www.seattle.gov/parks/find/lifelong-recreation-(50))

## ARTS AND HANDWORK

### Drop-In Adult Art Club

Bring your supplies and join others to create your own project.

**Loyal Heights** Fri 12:30-3 p.m. Free

### Watercolor at Magnolia

If you have never picked up a brush before or are an experienced watercolorist, our classes are right for you. Bring your own paints and brushes. Individual instructors will provide materials list. In this class a demonstration is provided after each lesson.

**Magnolia**  
25082 1/6-3/16 Mon 9:30 a.m.-12:30 p.m. S Kahler \$95



*Watercolor is for everyone!*

# LIFELONG LEARNING

## Downsizing

Learn tips, ideas, and strategies aimed at relieving the anxiety that comes with leaving your longtime home. Presenters will connect you with resources to successfully navigate this life transition.

### Magnolia

25027 1/13 Mon 7-8:30 p.m. Free

## Star Fleet: The Ming Dynasty's Star Rafts Visit the World

How many continents did China "discover" 600 years ago? Did the greatest sea power of the 15th century inspire the Iberian voyages to the west? Jeff Jordan's "Travel in Time" returns with a focus on the fate and fortune of the Ming Dynasty's Star Rafts.

### Loyal Heights

26251 1/9 Thu 3-4:30 p.m. \$8

## Care Options You Need to Know While Aging

Learn the many types of care offered while aging. Panelists will explore various options, including retirement homes, home care, home health, skilled nursing facility rehabilitation, and hospice. Time will be given to explore any questions you may have following the presentations. Refreshments provided.

### Loyal Heights

25062 2/27 Thu 10:30 a.m.-Noon Free

## All About Aging Panel

Gain important knowledge needed regarding the topic of aging. Panelists will explore types of retirement living, downsizing, referral agents, and legal matters. Time will be given to explore any questions you may have at the end of the presentations. Refreshments provided.

### Bitter Lake

25061 3/19 Thu 10:30 a.m.-Noon Free



*Wondering about how to manage care while aging? See our offerings in Lifelong Learning.*

# VOLUNTEER

## Helping Hands Food Lifeline—Free

Help feed the hungry. We spend two hours of simple, non-strenuous work re-packing food at a local food bank. *Bring your lunch for afterward. Wear closed-toe shoes.*

*Departure sites: Ballard at 8:10 a.m., Bitter Lake at 8:30 a.m. Please call 206-233-7138 with your departure site.*

25048	1/14	Tue	8:30 a.m.-1:10 p.m.
25049	2/11	Tue	8:30 a.m.-1:10 p.m.
25050	3/17	Tue	8:30 a.m.-1:10 p.m.

## DROP-IN SPORTS

### Drop-In Pickleball—Free

#### Ballard

All Levels T/Th 9:30-11:30 a.m.

#### Bitter Lake

Advanced T/F 10 a.m.-1 p.m.

#### Loyal Heights

All Levels Fri Noon-2 p.m..

#### Magnolia

All Levels Mon 11 a.m.-1 p.m.

## Pickleball Skills

### Pickleball Skills

Learn the basics of this popular sport, or brush up on your skills. This class is designed for beginning or intermediate players.

#### Loyal Heights

25068 1/24-4/10 Fri 10:30 a.m.-Noon M Anderson \$36



Come get fit with us!

## FITNESS CLASSES

*Please note: Fees may vary due to number of days a class is offered, seasonal holidays, center closures, etc. Participate at your own level of intensity, wear comfortable clothing, and bring a water bottle.*

## Aerobics and Dance

### Fabulously Fit

Learn how to improve endurance, strength, agility, core, balance, flexibility, and range of motion.

#### Magnolia

25033	1/6-3/23	Mon	8-9 a.m.	K Adolphsen	\$50
25034	1/8-3/25	Wed	9-10:15 a.m.	K Adolphsen	\$75
25032	1/10-3/27	Fri	8-9 a.m.	K Adolphsen	\$60

### Juicy Joints Aerobics

Learn fluid, stretchy movements that get your heart going, build your balance, and make your joints juicier! The second half includes toning with free weights and exercise for injury prevention.

#### Bitter Lake

25054*	1/7-3/17	Tue	9:05-10:05 a.m.	J Rayor	\$55
25053*	1/9-3/19	Thu	9:05-10:05 a.m.	J Rayor	\$55

### Line Dance

Work out your mind and body. Learn new dance patterns to all kinds of great music.

#### Bitter Lake

##### Beginner

25055*	2/10-3/16	Mon	Noon-1 p.m.	M Chen	\$25
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##### Intermediate

25056*	2/10-3/16	Mon	10:45-11:45 a.m.	M Chen	\$25
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### Nia Moving to Heal

Improve your balance, strength, and mobility. This gentle fitness class is designed for those with long-term or chronic illness and individuals with short-term personal healing goals. Taught to inspiring music with adaptable movements from dance, martial arts, and healing arts. Participants can stand, sit, or a combination of both.

#### Magnolia

25067	1/9-3/19	Thu	10:30-11:30 a.m.	L Browdy	\$55
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*\*Class qualifies for \$10 off **SHAPE UP COUPON** if you are a new student.*



# FITNESS CLASSES

## STRONG 45

STRONG 45 is a high-energy workout. The class combines cardio, strength training, and muscle endurance movements synced to original music. In a 45-minute class you will burn calories while toning arms, legs, abs, and glutes. Moves include lunges, squats, and kickboxing, as well as abdominal work on the floor. Modifications to movements will be demonstrated for less intensity.

### Loyal Heights

25076*	1/6-3/16	Mon	4:30-5:15 p.m.	D O'Neill	\$45
25075*	1/9-3/19	Thu	4:30-5:15 p.m.	D O'Neill	\$55

## Zumba® Gold

Ditch the workout, join the party! Fun is the key ingredient to this low impact Latin inspired dance fitness class. No rhythm required. Try a class and leave happy!

### Loyal Heights

25085*	1/7-3/17	Tue	9:30-10:30 a.m.	D O'Neill	\$55
25084*	1/9-3/19	Thu	9:30-10:30 a.m.	D O'Neill	\$55

### Magnolia

25086	1/8-3/18	Wed	10:30-11:30 a.m.	M Jorgensen	\$55
25083	1/10-3/20	Fri	10:30-11:30 a.m.	M Jorgensen	\$55

## Strength and Conditioning

### Chair Strength and Tone

Strengthen and tone all muscle groups for improved health and fitness in this low-level fitness class. Great for those who are just starting an exercise regimen, or those who need to stay fit but need the security of a chair.

### Bitter Lake

26153*	1/6-3/16	Mon	1:30-2:15 p.m.	D Dragovich	\$34
26154*	1/9-3/19	Thu	1:30-2:15 p.m.	D Dragovich	\$42

## Circuit Training

Become a stronger you! Circuit training strengthens your major muscle groups as you rotate among training stations.

### Loyal Heights

25026*	1/7-3/17	Tue	9:30-10:30 a.m.	R Buyce	\$55
25025*	1/8-3/18	Wed	9:30-10:30 a.m.	R Buyce	\$55
25024*	1/9-3/19	Thu	9:30-10:30 a.m.	R Buyce	\$55

### Bitter Lake

25023*	1/10-3/20	Fri	10-11 a.m.	R Buyce	\$55
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## EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. *Free to Kaiser Permanente members with Part B Medicare coverage. Online registration is not available for KP members or Silver and Fit members, please register in person or over the phone. Note, Silver and Fit members are limited to 10 visits a month.*

### Magnolia

25030	1/6-3/23	Mon	12:30-1:30 p.m.	K Adolphsen	\$50
25031	1/8-3/25	Wed	12:30-1:30 p.m.	K Adolphsen	\$60
25029	1/10-3/27	Fri	12:30-1:30 p.m.	K Adolphsen	\$60

## SAIL: Stay Active and Independent for Life

Improve your strength and balance with the SAIL program. Performing exercises that improve strength, balance, and fitness are the single most important activity that adults can do to stay active and reduce their chance of falling. Exercises can be done seated or standing. *No class Tuesday 1/28 and 2/18; no class Thursday 2/20.*

### Ballard

25072	1/7-3/17	Tue	11:30 a.m.-12:30 p.m.	S Dutro	\$45
25071	1/9-3/19	Thu	11:30 a.m.-12:30 p.m.	S Dutro	\$50

\*Class qualifies for \$10 off **SHAPE UP COUPON** if you are a new student.

## FITNESS CLASSES

### Tai Chi and Qigong

#### Tai Chi

Maintain and restore bone mass, equilibrium, and poise, while playfully exploring vital energy.

#### Green Lake

25078 1/8-3/11 Wed 11:30 a.m.-12:30 p.m. E Baxa \$50

#### Loyal Heights

25077\* 1/10-3/20 Fri 11:30 a.m.-12:30 p.m. C Tan \$55

#### Qigong-Shibashi

Qigong Shibashi combines the beauty of Tai Chi with the healing effect of Qigong and meditation, rejuvenating the body and mind. It develops vitality, longevity in healthy people, and is recommended for people suffering from hypertension, lung disease, digestive issue, back pain etc. It's simple and easy to learn.

#### Loyal Heights

25070\* 1/10-3/20 Fri 12:30-1:30 p.m. C Tan \$55



Our tai chi teachers are great!

### Yoga and Pilates

*We have a limited supply of yoga and pilates gear for new participants. We recommend that you bring your own equipment.*

#### Yoga

Stretch and move with awareness, correct alignment and a focus on breath to increase strength and stamina, improve flexibility, and develop better balance, posture, and peace of mind. Non-flow style.

#### Gentle Yoga

#### Bitter Lake

25044\* 1/8-3/18 Wed 9:30-10:30 a.m. H Mair \$61

#### Green Lake

25047 1/6-3/9 Mon 10:15-11:15 a.m. S Dwyer \$44

25045 1/8-3/11 Wed 1-2 p.m. S Dwyer \$55

#### Loyal Heights

25043\* 1/6-3/16 Mon 10-11 a.m. R MacDonald \$50

25042\* 1/10-3/20 Fri 10:15-11:15 a.m. J Green \$61

#### Magnolia

25046 1/7-3/17 Tue 10:30-11:30 a.m. R MacDonald \$61

#### Vini Yoga

**Ballard** No Class 2/19.

25081 1/3-3/18 Wed 10:30-11:30 a.m. A Mason \$55

#### Magnolia

25080 1/10-3/20 Fri 9:15-10:15 a.m. L Dunbar \$61

#### Pilates

Stabilize and strengthen the core muscles of your abdominals and back while improving your flexibility and posture.

#### Loyal Heights

25069\* 1/6-3/16 Mon 11:30 a.m.-12:30 p.m. D Dragovich \$45

*\*Class qualifies for \$10 off **SHAPE UP COUPON** if you are a new student.*



**Robin Brannman**  
**Northeast**  
**Recreation Specialist**

206-386-9106 / cell 206-300-2043  
 robin.brannman@seattle.gov

**REGISTRATION**

Register for programs using the barcode number listed next to each program. Registration and payment details can be found on page 58. For accommodation requests, please call 206-386-9094.

**TRIPS**

**Departure Site Request:**

At the time of registration you will select your departure location from the available options. We do our best to proceed with our trips as planned; at times it is necessary to make changes to the times, cost, and destination. Please refrain from wearing fragrances.

**TRIPS**

**DEPARTURE SITES AND TIMES**

**Magnuson Brig**

(Bldg 406) 6344 NE 74th St.  
 30 minutes before time listed.

**Meadowbrook Community Center**

10517 35th Ave. NE  
 15 minutes before time listed.

**Northgate Mall **Note location!****

Elevators near Nordstrom Rack, at parking lot level. Departure at time listed.

**SCHOLARSHIPS**

The scholarship cycle runs June 2019–June 2020. Have your application approved prior to winter registration on 12/3. See page 58 for details.

**BACK IN MOTION**

Our Back in Motion programs provide fitness classes and educational programs for people with chronic pain, or who are new to exercise, and are noted with a blue stripe on the class number line, like the one noted here.

**RAINBOW RECREATION**

Programs for LGBTQ, friends, and allies.

**FIELD TRIPS**

*Trips depart rain or shine. Trips that involve a hike are on varied terrain, and difficulty is marked by hiking boots-see rating chart on page 47. Be prepared for wet or muddy trails with appropriate clothing and footwear. Bring snacks/lunch unless otherwise noted.*

**Puzzle Break Escape Room**

\$40

Love Puzzles? You will work together to solve a series of puzzles and riddles using clues, hints, and strategy to escape from the room in 60 minutes. Admission included. *Lunch following, on your own.*

25566 1/13 Mon 9:30 a.m.-1:30 p.m.

**OH! Books and Bakery**

\$25

Browse through 3rd Street Book Exchange in Marysville, a cornucopia of tales! (Bring a book to exchange if you like.) Bring a sack lunch or grab a lunch at Oosterwyk's Dutch Bakery to enjoy inside the Historic Marysville Opera House. Tour of Opera House included. *Lunch on your own.*

25564 1/15 Wed 9:30 a.m.-2:30 p.m.

**Edmonds Culinary Lunch**

\$18

Edmonds Community College Culinary Arts Program is known for the fabulous meals they prepare. Join us for lunch prepared by future head chefs! *Lunch on your own.*

25565 1/28 Tue 10 a.m.-1:30 p.m.

## FIELD TRIPS

**Transit Adventure Club** \$7  
Using public transportation we will travel to Little Saigon and experience "moving food tasting". You will be notified of the meeting location.

25563 2/3 Mon 9 a.m.-3 p.m.

**Bus Tour of Magnuson Park** \$10

Van tour of Magnuson Park. Lynn Ferguson, Sand Point Naval Air Base guru, will provide information on the park as we travel aboard our vans through the old Sand Point Naval Base. *Lunch, on own, at Magnuson Cafe & Brewery.*

*NOTE: Transportation pickup reversed—Northgate first, Meadowbrook second. Meet at Magnuson Brig.*

25568 2/10 Mon 10 a.m.-4 p.m.

**Your Day in Court** \$10

Seattle Municipal Court handles misdemeanor and gross misdemeanor crimes, civil infractions, and other offenses. We will have 90 minutes to "browse", enter courtrooms, and observe a variety of cases. *Bring your own lunch or lunch nearby on your own.*

25567 2/24 Mon 9:30 a.m.-2:30 p.m.

*There is so much more to learn about Magnuson Park—come on a guided bus tour with us!*

**Rocky Horror Show** \$30  
**at Burien Actors Theatre**

Join us in this intimate professional theatre to enjoy the raucous fun of a cult classic from your adult days... and nights. Matinee show of Rocky Horror Show. Sing-a-long to Time Warp! Admission included.

28010 3/1 Sun Noon-5 p.m.

**McMenamins Elk Temple in Tacoma** \$25

Enjoy time exploring the grounds of the newest McMenamins in our area, Elks Temple Hotel in Tacoma. Find the Old Hangout or take the scenic route up the Spanish steps to the Spanish Ballroom. We will lunch in the 4th floor Pub and enjoy expansive views of Commencement Bay and Foss Bay Marina. *Lunch on your own.*

25570 3/9 Mon 10 a.m.-3 p.m.

**Seattle Dog Show** \$25

Attend the Seattle Kennel Club All-Breed Dog Show. Events include conformation, agility, and obedience. Observe dogs doing what they were bred for, including herding, retrieving, and assistance work. This one's for you mom! Admission included. *Lunch on your own.*

25569 3/14 Sat 9:30 a.m.-3 :30 p.m.



## SOCIAL PROGRAMS

### Book Clubs

#### Laurelhurst Book Club

Meets the third Wednesday each month. Pick up the latest book at Laurelhurst CC. Meets: 1/15, 2/19, and 3/18.

#### Laurelhurst

22498 Wed 1-2 p.m. Free

#### Meadowbrook Book Club

Meets the third Thursday of every month. Pick up the latest book at Community Center. Meets: 1/16, 2/20, and 3/19.

#### Meadowbrook

22507 Thu 11 a.m.-Noon Free

### Games

#### Drop-In Bridge

Play some bridge with friends.

#### Northgate

All Levels Tue 2-4 p.m. Free

#### Drop-In Canasta

Drop in and play canasta.

#### Meadowbrook

All Levels  
1/10-3/13 Fri 10:30 a.m.-12:30 p.m. Free

#### Drop-In Mah Jongg

Join friends or make new ones as you try your luck in this game of skill, strategy, and calculation. Free instruction provided at Northgate.

#### Lake City

1/9-3/26 Thu 9:30 a.m.-1 p.m. Free

#### Northgate Note: Chinese-Style Mah Jongg

1/8-3/25 Wed 2-6 p.m. P Wan Free  
1/9-3/26 Thu 10:30 a.m.-2:30 p.m. P Wan Free

### Lunch Programs

#### Food and Fitness: East African

Enjoy lunch with social, educational, and fitness programs as you celebrate your culture and language. Call 206-684-4664 with questions, please.

Northgate Tue 11 a.m.-1 p.m.

## ARTS AND HANDWORK

### Guided Art Studio

Create your own body of artwork in this 4-hour, mentored studio class for beginning and advanced artists. All mediums welcome, but students must be able to work independently. Individual and group critiques are given by an experienced exhibiting artist. Students are responsible for their own art supplies.

#### Magnuson

22492	1/10-2/7	Fri	10 a.m.-2 p.m.	T Frazer	\$110
22493	2/14-3/13	Fri	10 a.m.-2 p.m.	T Frazer	\$110
22494	3/20-3/27	Fri	10 a.m.-2 p.m.	T Frazer	\$44



### Painting in Community

Join others to paint as a community of artists in any water medium, using your own supplies. Registration is required.

#### Magnuson Brig

22514 1/7-3/17 Tue 10 a.m.-Noon \$40

### Seattle Parks Sketchers

Explore sketching using pencil, pen, and watercolor. All levels welcome. Spring and summer we offer instruction, fall and winter is a social, independent gathering group. Meets 2nd Thursday of each month. Meet in the lobby of Northgate CC.

#### Northgate

22518 1/9, 2/13, Thu 1-3 p.m. \$6  
and 3/12

### Watercolor with Sandra Kahler

Bring your paints, brushes, and joy of painting. There will be a demonstration with the lesson, and personal instruction to further your watercolor skills. All skill levels welcome.

#### Magnuson Brig

22535 1/9-3/12 Thu 11 a.m.-2 p.m. S Kahler \$95

# LIFELONG LEARNING

## Celebrate 50th Anniversary of Earth Day

A Magnuson Non-Profit Presentation. Learn about EarthCorps, an organization that brings together passionate and hardworking young adults from the US and countries around the world for a yearlong leadership training program. They learn leadership skills by working collaboratively, leading community volunteers, and executing technical restoration projects along shorelines, trails, and in forests. You will learn about the people, projects, and impact of EarthCorps as well as some ways to get involved!

### Magnuson Brig

25690 2/27 Thu 10:30-11:30 a.m. Free

## Creative Memoir Writing

Free write in 10-min increments without worrying about spelling, punctuation or grammar. Instructor will give a variety of writing prompts or, write about whatever you please. Afterward read your writing to the group (optional). This method will loosen up thoughts and spur creativity while providing highly supportive non-judgmental feedback

### Northgate

22470 1/10-3/20 Fri 1-2:15 p.m. A Peizer \$66

## NEW Creative Memoir and Poetry Writing

Free write in 10-min increments without worrying about spelling, punctuation or grammar. Instructor will give a variety of writing prompts or, write about whatever you please. Afterward read your writing to the group (optional). This method will loosen up thoughts and spur creativity while providing highly supportive non-judgmental feedback

### Northgate

27114 1/6-3/16 Mon 11 a.m.-12:15 p.m. A Peizer \$54

## ESL Conversation Tutoring

Improve your conversational skills in this class. You will have the chance to practice conversation with each other using American informal speaking, even though some of this may be somewhat confusing! Learn American expressions and slang. So, sign up for this class, and let's start talking!

### Northgate

25689 1/7-3/17 Tue 12:15-1:45 p.m. M Malin \$11

## League of Women Voters

League of Women Voters: Seattle/King County meets to discuss current issues in the city, county, and state. You are welcome to attend without any registration or membership in the organization.

### Magnuson

1/15, 2/19, and 3/18 Wed 12:45-2:45 p.m. Free

## Homestyle Indian Cooking

Smitten by the aromas of Indian cuisine and want to prepare Indian food yourself? Join this 1.5-hour hands-on session cooking homestyle Indian food. Honest, simple recipes handed down for generations come to life. Learn about many dishes and cultures from different regions of India.

### Northgate

25305 1/9, 2/13, Thu 5-6:30 p.m. I Mohapatra \$15 and 3/12

### Meadowbrook

22532 1/11, 2/15, Sat 10 a.m.-Noon I Mohapatra \$15 and 3/14



# LIFELONG LEARNING

## Medicare 101

Learn Medicare basics, the different premiums and copays in the "Medicare and YOU" handbook, and discover how to spend even less on healthcare while having more fun! Join us and learn these valuable skills for managing your financial future. Meets the 2nd and 4th Wednesday of each month.

### Northgate

22508 1/8-3/25 Wed 11 a.m.-1 p.m. Free

## Meditation

Bring peace and happiness into your life through meditation and stress-free living. Learn how to meditate, calm your mind, open your heart, and empower yourself. All are welcome.

### Meadowbrook

22509 1/8-2/5 Wed 10-11:30 a.m. M Chin Free  
 22510 2/19-3/18 Wed 10-11:30 a.m. M Chin Free

## PEARLS Presentation

Counselors Suzet Tave and Carl Kaiser will talk about PEARLS, free in-home counseling for 55+ veterans and civilians. They'll discuss depression management techniques, steps for taking control of your life, tips for managing chronic medical conditions, and for increasing quality of life as we age.

### Magnuson Brig

23993 1/30 Thu 10:30-11:30 a.m. Free

## Stroke Awareness/Hands-Only CPR

Learn about hands-only CPR and how to recognize the signs of stroke. You will come away with the ability to recognize serious medical emergencies, and to communicate and collaborate with 9-1-1 dispatchers. This is a general education course for seniors and is not a certification class. Brought to you by King County EMS.

### Ravenna-Eckstein

26889 1/25 Sat 12:15-1:15 p.m. Free

## Wednesday Forum

Exercise your thinking! Join us for lectures and discussions on local, regional, national, and international current events, plus participation in the annual "Great Decisions" program of the Foreign Policy Association. Guest speakers are often featured, along with films and open mic sessions. *Bring a sack lunch. Meets 1st and 3rd Wednesdays.*

### New Location

University Unitarian Church, 6556 35th Ave. NE  
 1/6-3/21 Wed 11 a.m.-1 p.m. Free

## Write Your Life Story

Write on your own and share what you've written in class. Small group, warm fellowship, comfortable environment to let your creative juices flow.

### Meadowbrook

22538 1/6-3/16 Mon 10:30 a.m.-12:30 p.m. \$20



*We offer writers' workshops to help you get your thoughts down.*

# VOLUNTEER

## Retired Senior Volunteer Programs

Learn about RSVP and put your years of skills and experience to good use to become part of a national network of senior volunteers meeting the urgent needs of their communities. The Retired Senior Volunteer Program (RSVP) provides volunteer opportunities throughout King County. Megan Wildhood and a local ambassador from RSVP will discuss how to get involved, writing for the newsletter, and the ambassador program in your community.

### Magnuson Brig

25611 2/13 Thu 1-3 p.m. Free

## DROP-IN SPORTS

### Drop-In Pickleball—Free

#### Magnuson

All Levels Thu 9:15 a.m.-Noon

#### Meadowbrook

All Levels Tue 10 a.m.-2 p.m.

Advanced Thu 10 a.m.-2 p.m.

#### Northgate

All Levels M/F 11 a.m.-2 p.m.

All Levels Tue 6-8 p.m.

All Levels Wed 11 a.m.-1:30 p.m.

#### Ravenna-Eckstein

All Levels M/W 9 a.m.-Noon

Int/Adv Fri 9 a.m.-Noon

Note: Subject to change during public school breaks.



## FITNESS CLASSES

Please note: Fees may vary due to number of days a class is offered, seasonal holidays, center closures, etc. Participate at your own level of intensity, wear comfortable clothing, and bring a water bottle.

### Aerobics and Dance

#### Senior Aerobics

Relieve your stress with an upbeat fitness class. Aerobics can improve your heart rate, blood pressure, and breathing.

#### Northgate

22519 1/6-3/16 Mon 11:15 a.m.-12:15 p.m. Mish Mish \$45

#### Line Dance

Work out your mind and body. Learn new dance patterns to all kinds of great music.

#### Magnuson

##### Beginner

22502 1/8-3/18 Wed Noon-1 p.m. D Hunsaker \$55

22500 1/9-3/19 Thu 6:45-7:45 p.m. D Hunsaker / L McDonald \$55

##### Advanced-Beginner

22499 1/7-3/17 Tue 6:30-7:30 p.m. D Hunsaker \$55

22501 1/8-3/18 Wed 10:55-11:55 a.m. D Hunsaker \$55

##### Intermediate

22504 1/9-3/19 Wed 9:50-10:50 a.m. D Hunsaker \$55

#### NEW Soul Line Dance

Not just country! Line dance to an assortment of music genres, including soul, rhythm and blues, and country. Work out your mind and body. Learn new dance patterns to all kinds of great music.

#### Northgate

25884 1/9-3/19 Thu 3-4 p.m. S Simmons \$55

#### Nia Dance Fitness

Experience the joy of movement. Nia is inspired by jazz, martial arts, and yoga, and is set to soul-stirring music. No class 2/21.

#### Meadowbrook

22512 1/10-3/20 Fri 10-11 a.m. N Scher \$55



# FITNESS CLASSES



## Nia Moving to Heal

Improve your balance, strength, and mobility. This gentle fitness class is designed for those with long-term or chronic illness and individuals with short-term personal healing goals. Taught to inspiring music with adaptable movements from dance, martial arts, and healing arts. Participants can stand, sit, or a combination of both.

### Meadowbrook

22511 1/10-3/20 Fri 11:15 a.m.-12:15 p.m. N Scher \$55

## NEW STRONG 45

This 45 minute class is a high-energy, non-dance workout. The class combines cardio, strength training, and muscle endurance movements synced to original music. You will burn calories while toning arms, legs, abs, and glutes. Moves include lunges, squats, and kickboxing as well as abdominal work on the floor. Modifications to movements will be demonstrated for less intensity.

### Magnuson Brig

23994 1/7-3/10 Tue 4:30-5:15 p.m. S Rucker \$50

## World Beat Dance Aerobics

Get fit and have fun while you exercise to music from around the world combining aerobics with movements inspired by flamenco, belly dance, Bollywood, line dance, and popular Latin moves.

### Meadowbrook

22536 1/8-3/18 Wed 10:30-11:30 p.m. Mish Mish \$55

### Northgate

22537 1/9-3/19 Thu 10:30-11:30 p.m. Mish Mish \$55

## Strength and Conditioning

### Body Conditioning

Build total body muscle strength utilizing dynabands, free weights, and fitness balls.

### Ravenna-Eckstein

22468 1/13-3/16 Mon 9-10 a.m. C Lorenz \$48  
22467 1/15-3/18 Wed 9-10 a.m. C Lorenz \$60

### EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. *Free to Kaiser Permanente members with Part B Medicare coverage. Online registration is not available for KP members or Silver and Fit members, please register in person or over the phone. Note, Silver and Fit members are limited to 10 visits a month.*

### Lake City

22472 1/6-3/16 Mon 9-10 a.m. Mish Mish \$59  
22473 1/8-3/18 Wed 9-10 a.m. C House \$55  
22471 1/10-3/20 Fri 9-10 a.m. C House \$55

### Magnuson

22474 1/7-3/17 Tue 8-9 a.m. J Shearer \$55  
22476 1/7-3/17 Tue 9-10 a.m. J Shearer \$55  
22477 1/9-3/19 Thu 9-10 a.m. J Shearer \$55  
22475 1/10-3/20 Fri 9-10 a.m. Mish Mish \$55

### Northgate **NEW on Monday**

22531 1/6-3/16 Mon 1:45-2:45 p.m. M Taplin \$45  
22478 1/9-3/19 Thu 1:30-2:30 p.m. M Taplin \$55

## Exercise to Improve Balance

Regain and improve your balance by working on core strength and routines which will support your balance for life.

### Meadowbrook

22479 1/13-3/19 Mon 10:30-11:20 a.m. C Lorenz \$44

## Fitness Room Foundation + More

Exercise with confidence. Whether you've been exercising for years or have never been in a fitness room, this class is for you. Improve your strength, cardiovascular fitness, weight management, balance, and flexibility.

### Northgate

22481 1/7-3/17 Tue 11:30 a.m.-12:30 p.m. R Buyce \$77

# FITNESS CLASSES

## Fit Plus

Stretch your boundaries and work a little harder to improve your overall fitness using cardiovascular and strength training exercises.

### Magnuson Brig

22480 1/9-3/19 Thu 8-9 a.m. J Shearer \$61

## Fun FIT!

Increase strength, decrease body fat, and improve overall conditioning in this FUNdamental FITness class. You will focus on the essentials: cardio, strength training, and proper cool down techniques which includes stretching.

### Meadowbrook

22482 1/7-3/24 Tue 6-7 p.m. M Tuliao \$72  
 22483 1/9-3/26 Thu 6-7 p.m. M Tuliao \$72

## Strength and Conditioning

Build strength, flexibility, balance, and achieve better overall conditioning.

### Magnuson Brig

22521 1/8-3/18 Wed 7:45-8:45 a.m. J Shearer \$61

### Laurelhurst

22520 1/10-3/20 Fri 7:45-8:45 a.m. J Shearer \$61

## Tai Chi and Qigong

### Tai Chi

Improve balance and posture, increase strength, and calm your mind.

### Laurelhurst

All Levels

22529 1/7-3/17 Tue 12:45-1:45 p.m. R Friedman \$59

Advanced\*

1/9-3/19 Thu Noon-1 p.m. R Friedman Free

\* Instructor permission required—please contact Laurelhurst CC to register.

### Meadowbrook

All Levels

22524 1/8-3/18 Wed 5:30-6:30 p.m. E Baxa \$55

Beginners

22522 1/9-3/19 Thu 12:45-1:45 p.m. A Ross \$55

Intermediate

22523 1/9-3/19 Thu 1:45-2:45 p.m. A Ross \$55

## Tai Chi and Qigong Introduction

This relaxing and meditative class combines qigong moves with the original beginning steps of short form tai chi from the lineage of Master Cheng Man-Ch'ing. Both help restore ease of movement, balance, stability, relaxation, alignment, subtle strength, and stamina. Movements are slow and fluid.

### Magnuson Brig

All Levels

22525 1/8-3/18 Wed 10:15-11:15 a.m. A Peizer \$55

### Northgate NEW on Monday

All Levels

22530 1/6-3/16 Mon 12:30-1:30 p.m. A Peizer \$45

22527 1/10-3/20 Fri 2:30-3:30 p.m. A Peizer \$55



# FITNESS CLASSES

## Yoga and Pilates

We have a limited supply of yoga and pilates gear for new participants. We recommend that you bring your own equipment.

### Yoga

Stretch and move with awareness, correct alignment, and a focus on breath to increase strength and stamina, improve flexibility, and develop better balance, posture, and peace of mind. Non-flow style.

### Chair Yoga

Chair yoga is adapted for individuals with mobility challenges.

### Ravenna-Eckstein

22469	1/7-3/17	Tue	5:15-6:15 p.m.	D Bailey	\$61
25384	1/9-3/19	Thu	4-5 p.m.	D Bailey	\$61

Find strength and peace with yoga.



### GentleYoga

#### Laurelhurst

22487	1/7-3/17	Tue	8-9 a.m.	J Robin	\$61
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#### Magnuson Brig

22484	1/6-3/16	Mon	10-11 a.m.	M McFadden	\$50
22488	1/7-3/17	Tue	10:15-11:15 a.m.	J Robin	\$61
22489	1/9-3/10	Thu	5:30-6:30 p.m.	D Bailey	\$55

#### Meadowbrook

22484	1/6-3/16	Mon	9-10 a.m.	H Mair	\$50
22485	1/8-3/18	Wed	9-10 a.m.	J Robin	\$61
22486	1/11-3/14	Sat	9-10 a.m.	H Mair	\$44

#### Northgate **NEW**

27290	1/6-3/16	Mon	3-4 p.m.	F Marazzi	\$50
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#### Ravenna-Eckstein

25894	1/10-3/20	Fri	9:45-10:45 p.m.	J Robin	\$61
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### **NEW** Yoga for Lunch

#### Northgate

22491	1/9-3/19	Thu	Noon-1 p.m.	H Mair	\$61
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### Pilates

Stabilize and strengthen the core muscles of your abdominals and back while improving your flexibility and posture.

#### Magnuson Brig

22515	1/9-3/19	Thu	11:30 a.m.-12:30 p.m.	D Dragovich	\$61
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#### Northgate

22516	1/8-3/18	Wed	11:30 a.m.-12:30 p.m.	D Dragovich	\$61
25308	1/9-3/19	Thu	5-6 p.m.	D Dragovich	\$61

#### Ravenna-Eckstein

22517	1/7-3/17	Tue	11:30 a.m.-12:30 p.m.	D Dragovich	\$61
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## Amy Voros

**Central  
Acting Recreation Specialist**

206-684-4240 / cell 206-450-9522  
amy.voros@seattle.gov

### SCHOLARSHIPS

The scholarship cycle runs June 2019–June 2020. Have your application approved prior to winter registration on 12/3. See page 58 for details.

### REGISTRATION

Register for programs using the barcode number listed next to each program. Registration and payment details can be found on page 58. For accommodation requests, please call 206-386-9094.

### TRIPS

#### Departure Site Request:

At the time of registration you will select your departure location from the available options. Your site will be confirmed 3-5 days beforehand. We do our best to proceed with our trips as planned; at times it is necessary to make changes to the times, cost, and destination. Please refrain from wearing fragrances.

### TRIPS

#### NEW DEPARTURE SITES

**Garfield CC**–2323 E Cherry St.  
**Queen Anne CC**–1901 1st Ave. W  
**\*IDCC**–719 8th Ave. S  
(International District China Town)  
**\*Miller CC**–330 19th Ave. E  
*\*May be available upon request, call for information.*

#### NEW DEPARTURE TIMES

#### NORTHBOUND TRIPS:

**Garfield:** 30 minutes before time listed.

**Queen Anne CC:** At time listed.

#### SOUTHBOUND TRIPS:

**Garfield CC:** At time listed.

**Queen Anne:** 30 minutes before time listed.

### BACK IN MOTION

Our Back in Motion programs provide fitness classes and educational programs for people with chronic pain, or who are new to exercise, and are noted with a blue stripe on the class number line, like the one noted here.

### RAINBOW RECREATION

Programs for LGBTQ, friends, and allies.

## FIELD TRIPS

*Trips depart rain or shine. Trips that involve a hike are on varied terrain, and difficulty is marked by hiking boots-see rating chart on page 47. Be prepared for wet or muddy trails with appropriate clothing and footwear. Bring snacks/lunch unless otherwise noted.*

### African American Museum and Lunch \$17

Take an interactive tour through the Northwest African American Museum where you will explore and discuss the history, art, and culture of African Americans in the Pacific Northwest. *Lunch on your own at Budda Bruddah, a Hawaiian and Asian fusion restaurant.*

#### Southbound

27282 1/14 Tue 10:30 a.m.-2:30 p.m.

### Taproot Matinee \$30

Founded in 1976, Taproot Theatre Company creates theatre experiences to brighten the spirit, engage the mind, and deepen the understanding of the world around us while inspiring imagination, conversation, and hope. Mid-week matinées will be announced after brochure deadline, but the show is always great! *No lunch.*

#### Northbound

27283 1/28 Tue 1-4:45 p.m.

## FIELD TRIPS

### Bonsai Museum \$24

Did you know we have a Bonsai Museum here in Washington? The Pacific Bonsai Museum provides a beautiful and enriching way to connect with nature and learn about the art of bonsai. *Lunch on your own at Jasmine Mongolian Grill.*

#### Southbound

27287 2/4 Tue 9:30 a.m.-3 p.m.

### Culinary Arts Lunch \$10

Seattle Central College's One World Restaurant offers seasonally focused dining using local and sustainable ingredients in each of their artfully prepared dishes. You can get a front row seat to watch traditional European, Pan-Asian, Middle Eastern, Latin American, and Pacific Northwest meals being prepared by students in their state-of-the-art European kitchen. *Lunch on your own.*

#### Southbound

27281 2/18 Tue 10:45 a.m.-1:15 p.m.

### Tulalip Casino \$25

Indulge in the luxury and excitement of Tulalip. Experience impeccable service, unrivaled rewards and the most cash back of any Washington casino. *Good luck! Transportation only.*

#### Northbound

27284 2/25 Tue 9:30 a.m.-3:30 p.m.



### Jazz Jam Listening Session \$10

Want to go off the beaten track? Come listen to long-running jazz jam night at Darrell's in Shoreline.

**Northbound—pickups available only at Garfield and Miller**

27285 3/1 Sun 7-9:30 p.m.

### Cats and Coffee \$24

Enjoy a cup of coffee at Seattle's Original Cat Café. Their is a coffee room and separate cat lounge full of cats. They work with their shelter partner Regional Animal Services of King County (RASKC) to house cats in their cat lounge with the goal of adopting them out to nurturing homes. Coffee or tea and admission to Cat Café are included. *No lunch this time.*

#### Northbound

27286 3/10 Tue 10:30 a.m.-2 p.m.

### Portland Day Trip \$70

The Rose City awaits you! Take a round trip charter bus ride to Portland, Oregon. You'll have free time to explore and do some tax free shopping. Notable stops include Powell's Books, the International Rose Test Garden, Portland Art Museum, vintage shopping, and more. *Register by 2/7. No refunds.*

*Departure site: Garfield only.*

27168 3/20 Fri 7 a.m.-8 p.m.

## SOCIAL PROGRAMS

### Games

#### Drop-In Bridge

Drop-In play for bridge players.

#### Montlake

*All Levels* Fri 1-4 p.m. Free

#### Queen Anne

*Intermediate: Play is semi-coordinated. Please contact volunteer coordinator Joan Johnson at 206-286-1433.*

Tue 12:30-3:30 p.m. Free

#### Drop-In Mah Jongg

Our groups are willing to teach new players! Drop in and play this fun game using Chinese tiles. Stay and play, the more the merrier! Bring your mah jongg set if you have one. American-style.

**Queen Anne** Fri 1:30-4 p.m. Free

#### Senior Games

Come enjoy mah jongg and table tennis.

**IDCC** T/F 2:30-5:30 p.m. Free

**IDCC** Sat Noon-2 p.m. Free

## Lunch Programs

### Food and Fitness: Korean and Vietnamese

Enjoy lunch with social, educational, and fitness programs as you celebrate your culture and language. Call 206-684-4664 with questions, please.

#### Korean Food and Fitness

**Miller** Tue/Fri 11 a.m.-12:30 p.m.

#### Vietnamese Food and Fitness

**Garfield** Tue/Fri 10 a.m.-1 p.m.

## ARTS AND HANDWORK

### Crafty Ladies

Drop-In knitting, crochet, needlepoint, or quilting.

**Queen Anne** Thu 1:15-4 p.m. Free

### Beginning Oil Painting

Working from life and photos, this beginning class covers all you need to get started in oil painting—materials, color mixing, paint application working in thin to thicker layers alla prima (direct painting). Oil supplies can be minimal—canvas pads or gessoed paper mat board for surfaces, 3 synthetic bristle brushes, and a warm, and cool of primary colors, plus white.

#### Montlake

25614 1/17-2/14 Fri 1:15-4:15 p.m. Susan \$105

25615 2/21-3/20 Fri 1:15-4:15 p.m. Susan \$105

### Seasonal Watercolors

Paint seasonal subjects from life and photos. Practice basic watercolor paint handling techniques as you create your own paintings based upon the lesson and material of the day. Beginners and experienced painters welcome!

#### Montlake

25661 1/29-2/26 Wed 1-4 p.m. Susan \$105

### NEW Pottery: Senior Handbuilding

Mellow and join us in a relaxing ceramics studio to create hand-built pieces. Weekly demonstrations are featured with one-on-one guidance. No previous experience necessary, all levels welcome. Includes one bag of clay and open studio time during class duration.

#### Montlake

27827 1/13-2/24 Mon 10 a.m.-Noon T Fox \$110

27828 3/2-3/30 Mon 10 a.m.-Noon T Fox \$110

### NEW Pottery: Senior Wheel

Mellow and join us in a relaxing ceramics studio to create cups, bowls, and vases on the potter's wheel. Weekly demonstrations are featured with one-on-one guidance. No previous experience necessary, all levels welcome. Includes one bag of clay and open studio time during class duration.

#### Montlake

27830 1/15-2/26 Mon 10 a.m.-Noon T Fox \$154

27829 3/4-3/25 Mon 10 a.m.-Noon T Fox \$88

## LIFELONG LEARNING

### Meditation

Drop in for some lunchtime relaxation in our 6 week meditation series. Each week you will be guided through different meditations by the instructor. Previous experience with meditation is not required, this is suitable for all levels. Contact Miller CC for more information

#### Miller

27633 2/5-3/18 Wed 12:30-1 p.m. Free

### Stroke Awareness/Hands-Only CPR

Learn about hands-only CPR and how to recognize the signs of stroke. You will come away with the ability to recognize serious medical emergencies, and to communicate and collaborate with 9-1-1 dispatchers. This is a general education course for seniors and is not a certification class. Brought to you by King County EMS.

#### Garfield

25663 2/12 Wed 11 a.m.-Noon Free

#### Queen Anne

25664 3/12 Thu 11 a.m.-Noon Free

### Star Fleet: The Ming Dynasty's Star Rafts Visit the World

How many continents did China "discover" 600 years ago? Did the greatest sea power of the 15th century inspire the Iberian voyages to the west? Jeff Jordan's "Travel in Time" returns with a focus on the fate and fortune of the Ming Dynasty's Star Rafts.

#### Montlake

27172 1/16 Thu 1-2:30 p.m. J Jordan \$8

## DROP-IN SPORTS

### Drop-In Pickleball—Free

**IDCC**  
Int/Adv Mon 6-8:45 p.m.

**Miller**  
All Levels Mon Noon-3 p.m.  
All Levels Fri 9 a.m.-Noon

**Queen Anne**  
All Levels Wed 11:30 a.m.-1:30 p.m.



### Drop-In Table Tennis—Free

**Garfield** T/F 10:30 a.m.-1:30 p.m.

### Drop-In Table Tennis/Ping Pong

**IDCC** M/W/F 1-2:30 p.m. and 6-8:45 p.m. \$3 (\$2/65+)

**IDCC** Sat 2-4:45 p.m. \$3 (\$2/65+)

## FREE and Open to All Drop-In to the Vietnamese Senior Association

Tuesdays and Fridays

**Line Dance** 10-11 a.m.

**Stick Tai Chi** 11-11:30 a.m.

Lunch possible with advance request and \$5.

## FITNESS CLASSES

*Please note: Fees may vary due to number of days a class is offered, seasonal holidays, center closures, etc. Participate at your own level of intensity, wear comfortable clothing, and bring a water bottle.*

### Aerobics and Dance

#### Senior Aerobics

Relieve your stress with an upbeat fitness class. Aerobics can improve your heart rate, blood pressure, and breathing.

#### Queen Anne

25662 1/6-3/16 Mon 10:30-11:30 a.m. M Tapin \$49

#### Drop-In Chinese Dance

Move with grace to traditional Chinese music in this instructor-led class.

**IDCC** T/Th 10 a.m.-1 p.m. \$3 (\$2/65+)

#### NEW DanceDaigre

All levels are welcome in this friendly, non-judgmental class. You will learn movements that promote relaxation and improve flexibility in your body. Get absorbed by the music, let go of stress, and leave class revitalized. Contact Miller CC for more information.

#### Miller

27634 1/8-1/29 Wed 6-7 p.m. TBD \$70

27635 2/5-2/26 Wed 6-7 p.m. TBD \$70

27636 3/4-3/25 Wed 6-7 p.m. TBD \$70

#### Dance for Parkinson's

Explore dance movements in a welcoming environment with live music. You will stretch and strengthen muscles, focusing on balance and rhythm. Our professional dancers use thought, imagination, eyes, ears, and touch to control movement while standing or seated. Ideal for those with Parkinson's disease, caregivers, and friends. *Registration with NW Parkinson's Foundation also required at [www.nwpcf.org](http://www.nwpcf.org).*

#### Garfield

25620 1/9-2/27 Thu 11:15 a.m.-12:45 p.m. Free

# FITNESS CLASSES

## Line Dance

Work out with your mind and body. Learn new dance patterns to some great music.

### Queen Anne

#### Beginner

25658 1/9-3/19 Thu 6:15-7:15 p.m. C Banta \$55

#### Beginner Plus

25659 1/9-3/19 Thu 7:15-7:45 p.m. C Banta \$39

## Drop-In Line Dance

IDCC M/F 11 a.m.-12:30 p.m. \$3 (\$2/65+)

## NEW STRONG by Zumba®

Using only your body weight, test your strength and stamina. This is a high intensity interval training class that works your entire body. Bring a towel, mat, comfortable athletic shoes, and a water bottle.

### Queen Anne

25673 1/10-3/20 Fri 12:15-1:15 p.m. V Hiegel \$55

## Zumba® Gold

Ditch the workout, join the party! Fun is the key ingredient to this low impact Latin inspired dance fitness class. No rhythm required. Try a class and leave happy!

### Garfield NEW

27170 1/9-3/19 Wed 6:30-7:30 p.m. S Foran \$55

### Queen Anne

25671 1/6-3/16 Mon 9:45-10:45 a.m. S Price \$45

25672 1/8-3/18 Wed 9:45-10:45 a.m. S Price \$55

## Strength and Conditioning

### Arthritis Exercise Program

An exercise program done primarily sitting in chairs and designed for people just beginning an exercise program, or who have arthritis.

### Queen Anne

25612 1/8-3/18 Wed 11:45 a.m.-12:45 p.m. S Dwyer-Schick \$55

25613 1/10-3/20 Fri 11:45 a.m.-12:45 p.m. S Dwyer-Schick \$55

## Circuit Training

Become a stronger you! Circuit training strengthens your major muscle groups as you rotate among training stations.

### Garfield NEW

27169 1/10-3/20 Fri 10:15-11:15 TBD \$66

### Queen Anne

25619 1/14-3/17 Tue 9:30-10:30 a.m. C Lorenz \$60

25616 1/14-3/17 Tue 10:45-11:45 a.m. C Lorenz \$60

25618 1/16-3/19 Thu 9:30-10:30 a.m. C Lorenz \$60

25617 1/16-3/19 Thu 10:45-11:45 a.m. C Lorenz \$60

## Minds In Motion

Get moving with a weekly vigorous fitness class including cardio, balance, flexibility, and strength. Class will be taught with easy to follow instructions that are one to two steps long, accompanied by visual cues. Made possible with support from Áegis on Madison.

### Miller

25759 1/6-3/16 Mon 2-3 p.m. C Grekoff Free

## EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. *Free to Kaiser Permanente members with Part B Medicare coverage. Online registration is not available for KP members or Silver and Fit members. Please register in person or over the phone. Non-Members can register online. Note, Silver and Fit members are limited to 10 visits a month.*

**Location:** Kaiser Permanente Capitol Hill Building at 125 16th Ave. E, Level B, Fitness Center.

25627 1/6-3/16 Mon 8-9 a.m. C Grekoff \$45

25628 1/6-3/16 Mon 9:15-10:15 a.m. C Grekoff \$45

25629 1/6-3/16 Mon 10:30-11:30 a.m. C Grekoff \$45

25630 1/6-3/16 Mon 2-3 p.m. G Keeble \$45

25632 1/7-3/17 Tue 8-9 a.m. C Grekoff \$55

25633 1/7-3/17 Tue 9:15-10:15 a.m. C Grekoff \$55

25634 1/7-3/17 Tue 10:30-11:30 a.m. C Grekoff \$55

25635 1/8-3/18 Wed 8-9 a.m. C Grekoff \$55

25636 1/8-3/18 Wed 9:15-10:15 a.m. C Grekoff \$55

25637 1/8-3/18 Wed 10:30-11:30 a.m. C Grekoff \$55

25638 1/8-3/18 Wed 2-3 p.m. G Keeble \$55

25640 1/9-3/19 Thu 8-9 a.m. C Grekoff \$55

25641 1/9-3/19 Thu 9:15-10:15 a.m. C Grekoff \$55

25642 1/9-3/19 Thu 10:30-11:30 a.m. C Grekoff \$55

25643 1/10-3/20 Fri 8-9 a.m. C Grekoff \$55

25644 1/10-3/20 Fri 9:15-10:15 a.m. C Grekoff \$55

25645 1/10-3/20 Fri 10:30-11:30 a.m. C Grekoff \$55

25646 1/10-3/20 Fri 2-3 p.m. G Keeble \$55



# FITNESS CLASSES

## Tai Chi

### Tai Chi

Maintain and restore bone mass, equilibrium, and poise, while playfully exploring vital energy.

#### Montlake

All Levels

25665 1/6-3/16 Mon 10:30-11:30 a.m. R Friedman \$45

#### Miller

All Levels

25666 1/9-3/19 Thu 10:30-11:30 a.m. E Baxa \$55

#### Queen Anne No class 3/12.

Intermediate

25668 1/9-3/19 Thu 12:15-1:15 p.m. E Baxa \$50

### "Tai Chi Chih<sup>®</sup>, Joy Through Movement!"

Work through a slow-moving meditative routine of nineteen moves and one pose. These movements circulate and balance the internal energy (chi) to all the organs, muscles, and bones. Anyone can do it, and chair seated students are welcome.

#### Miller

25667 1/6-3/16 Mon 12:15 a.m.-1:15 p.m. L Robinson \$50



### Tai Chi for Recovery

Our new tai chi class is aimed at improving health and circulation of energy using the principles of Qigong (energy-exercise). Movements are slow and fluid to help restore balance, stability, ease of movement, and alignment. Students should wear comfortable, loose-fitting clothing to class. Contact Garfield CC for more information.

#### Garfield

24024 1/8-2/12 Wed 12:30-1:15 p.m. \$30

24025 2/26-4/1 Wed 12:30-1:15 p.m. \$30

## Yoga

*We have a limited supply of yoga gear for new participants. We recommend that you bring your own equipment.*

Stretch and move with awareness, correct alignment, and a focus on breath to increase strength and stamina, improve flexibility, and develop better balance, posture, poise, and peace of mind.



### Gentle Yoga

#### Garfield

25648 1/6-3/16 Mon 10:30-11:30 a.m. J Robbin \$45

25653 1/9-3/19 Thu 10-11 a.m. O Goodwin \$61

#### Miller

26867 1/7-3/17 Tue 1:30-2:30 p.m. L Gardener \$61

26868 1/9-3/19 Thu 1:30-2:30 p.m. L Gardener \$61

#### Montlake

25654 1/8-3/18 Wed 10:15-11:15 a.m. H Karfelt \$61

25649 1/8-3/18 Wed 11:30 a.m.-12:30 p.m. H Karfelt \$61

25651 1/10-3/20 Fri 11:15 a.m.-12:15 p.m. L Gardner \$61

25655 1/11-3/21 Sat 9:15-10:15 a.m. H Karfelt \$61

#### Queen Anne

25652 1/10-3/20 Fri 10:30-11:30 a.m. H Karfelt \$55

### Gentle Yoga: Drop-In \$3 (Age 65+ \$2)

#### IDCC

Wed 3-4 p.m.

### Hatha Yoga

*Queen Anne No class Wednesday 2/19.*

25656 1/6-3/16 Mon 10-11 a.m. F Marrazi \$50

25657 1/8-3/18 Wed 11 a.m.-Noon J Reed \$55

### Vini Yoga

*Queen Anne No class Tuesday 2/18 or Friday 2/21.*

25669 1/7-3/17 Tue 11:30 a.m.-12:30 p.m. L Dunbar \$55

25670 1/10-3/20 Fri 11 a.m.-Noon L Dunbar \$55



**John Hasslinger**  
Southwest  
Recreation Specialist

206-256-5403 / cell 206-423-3988  
[john.hasslinger@seattle.gov](mailto:john.hasslinger@seattle.gov)

### **REGISTRATION**

Register for programs using the barcode number listed next to each program. Registration and payment details can be found on page 58. For accommodation requests, please call 206-386-9094.

### **TRIPS**

#### **Departure Site Request:**

At the time of registration you will select your departure location from the available options. We do our best to proceed with our trips as planned; at times it is necessary to make changes to the times, cost, and destination. Please refrain from wearing fragrances.

### **TRIPS**

#### **DEPARTURE SITES AND TIMES**

**High Point Community Center**  
6920 34th Ave. SW

15 minutes before time listed.

**Hiawatha Community Center**

Departure at time listed on Walnut Ave. SW, east of CC, near parking area between CC and West Seattle High School. Community center address: 2700 California Ave. SW.

### **SCHOLARSHIPS**

The scholarship cycle runs June 2019–June 2020. Have your application approved prior to winter registration on 12/3. See page 58 for details.

### **BACK IN MOTION**

Our Back in Motion programs provide fitness classes and educational programs for people with chronic pain, or who are new to exercise, and are noted with a blue stripe on the class number line, like the one noted here.

### **RAINBOW RECREATION**

Programs for LGBTQ, friends, and allies.

## **FIELD TRIPS**

*Trips depart rain or shine. Trips that involve a hike are on varied terrain, and difficulty is marked by hiking boots-see rating chart on page 47. Be prepared for wet or muddy trails with appropriate clothing and footwear. Bring snacks/lunch unless otherwise noted.*

### **Lunch Club: The Feast Buffet**

\$11

There's no better spot to gather for a leisurely lunch! The Feast boasts a huge variety of fresh foods, a full dessert bar, and a nice environment to chat and relax together. Check out the buffet at <http://feastbuffetrenton.com/>. Register early! *Lunch and gratuity on your own.*

26982 1/16 Thu 11 a.m.-2:45 p.m.

### **A Capital Idea**

\$31

Enjoy a pleasant and informative trip to our state capitol in Olympia. Receive a guided tour of the Legislative Building beginning at noon, then enjoy free time to explore the inviting, spacious grounds. *Bring a sack lunch to enjoy on campus.*

26983 1/30 Thu 9:30 a.m.-3:30 p.m.



## FIELD TRIPS

### Aaron Fowler Solo Exhibit at SAM \$11

Experience the works of young artist and recent Yale grad, Aaron Fowler, this year's recipient of the Gwendolyn Knight and Jacob Lawrence Prize. Fowler's large-scale sculptural assemblages (using found materials) are showcased around the world and are infused with personal meaning that call attention to a range of complex concerns, issues, and ideas—American history, identity issues, and black experiences. *Time and lunch on your own following the SAM experience!*

26984 2/6 Thu 10 a.m.-2:30 p.m.

### Federal Reserve Bank \$21

Here's your chance to tour our nation's central bank. You'll get an overview of the Fed's purposes and functions, learn cash operations including how currency is processed and distributed. You'll then visit the American Currency Exhibit to view rare pieces of historical US currency. Walkers and canes permitted. *Lunch and free time on your own at the South Center Food Court following the 90-minute tour. Visitors must carry a passport, driver's license, or state-issue identification card.*

26985 2/13 Thu 10:30 a.m.-3:30 p.m.



### Falconer Experience \$39

Visit the Falconer's 10-acre farm in Covington, WA to experience a worldwide tour of birds of prey and other fascinating avian creatures. This is an amazing chance to learn about and meet species of raptors not native to North America! Come face-to-face with one of the largest owl species in the world—the Eurasian Eagle Owl, the national bird of Mongolia and Hungary—the Saker Falcon, and one of the least well-known falcons of Africa—the Taita Falcon, just to name a few. See raptors in flight as we learn. *Dress warmly and bring a lunch to enjoy on campus.*

26986 2/20 Thu 9:15 a.m.-3:15 p.m.

Register online at [www.seattle.gov/parks](http://www.seattle.gov/parks)

### Seattle Repertory Theatre: "The Children" \$25

In a cottage on England's beautiful rocky coast, two retired nuclear physicists live a peaceful existence; however, the world around them has been crippled by an environmental disaster. The surprise visit of an old friend brings a shocking proposition. Recent Broadway hit and 2018 Tony Award nominee, *The Children*, is a potent drama—utterly captivating and profound with sincere wit. Admission ticket is included in activity fee. *Lunch on your own after the matinee performance. No refunds permitted after 1/27.*

26987 2/27 Thu 9:15 a.m.-3:15 p.m.

### Nisqually National Wildlife Refuge \$31

Join a wildlife exploration and restorative hike that's suitable for people of all walking abilities. The resident forest service ranger will welcome us to their visitors center, share a 45-minute presentation, then send us off to explore well-maintained trails boasting spring wildlife including many types of waterfowl and birds. Pat Pilcher, our Lifelong Recreation volunteer parks ranger, will be along to assist the outdoor experience. *Bring a sack lunch to enjoy outdoors.*

26988 3/19 Thu 9:15 a.m.-3:45 p.m.

## NATURE WALKS AND EVENTS

### Alki Beach Walks

A weekly walk along the boardwalk with friends. After registering, please contact John at 206-256-5403, or email [john.hasslinger@seattle.gov](mailto:john.hasslinger@seattle.gov) to arrange your initial meet up. Dogs welcome!

#### Alki Beach Park

27009 1/3-3/27 Fri 9:30-10:30 a.m. Free

### Longfellow Creek

Let's explore this urban oasis and unlock the secrets of salmon spawning, stream-side restoration, and the positive results of neighborhood activism. We'll walk along the meandering creek and enjoy the beauty and charm of a successful West Seattle community effort. *Be prepared for muddy trails and possible rainy weather.*

**Camp Long:** Meet at the Camp Long Environmental Learning Center entrance.

27010 2/5 Wed 10-11:30 a.m. S Pilcher Free

## SPECIAL EVENTS

### **NEW** Foundations of Savings vs Investing

Retired certified financial planner, stockbroker, and tax accountant, Richard S. Sowa, will explain the differences of savings vs investing as a learning event without all the sales hype. With 40 years of financial advisory experience, Richard has published 2 financial books and 280 financial articles, and has instructed at Bellarmine University in Louisville and for the US Treasury Department. Take steps today to secure a better financial future. Q&A session to follow presentation.

#### High Point

27012 1/28 Tue 6-7 p.m. R Sowa \$25



Have fun at our Line Dance Party!

### Line Dance Party

Winter without a line dance party? No, thank you! Hosted by our very own Linda Reese. Put on your dancing shoes and take the opportunity to make new friends, socialize, and share your love of line dancing. Playlist will be e-mailed to all those registered and will include dances old and new. All levels. *Please bring a potluck finger food to share.*

#### High Point

27014 3/14 Sat 1:30-4 p.m. L Reese \$6

## SOCIAL PROGRAMS

### Book Clubs

#### **NEW TIME** High Point Book Club

Meets the 2nd Thursday of each month. Meets: 1/9, 2/13, and 3/12.

#### High Point

27077

Thu 1-2 p.m.

Free



Enjoy reading with the High Point Book Club.

### Games

#### Strategy Board Games

Studies link the playing of strategy board games to a decreased incidence of dementia and Alzheimer's. These free online games are fun and give your brain a workout! Advance registration required. *Contact Leslie Howle at 206-684-7423, or email [leslie.howle@seattle.gov](mailto:leslie.howle@seattle.gov) for detailed information.*

## Social



### Pancake Breakfast at Hiawatha

Join your neighbors and recreation specialist for the best hotcakes in West Seattle, including fresh fruit and bagel bar, hot sausage, Starbucks coffee, orange and apple juice, cocoa, and more! Please register as Hiawatha staff will reserve a section specially for us! *Please bring \$6 cash donation.*

#### Hiawatha

27074 1/26 Sun 9 a.m. \$6 Donation



### Morning Joe @ Café Fiore

Meet up at Café Fiore & Wine Bar near the Admiral Junction. This is an organic coffee house with an upstairs area that's good for talking. Your recreation specialist, John, will meet you there and share a conversation and joe. *Drinks on your own.*

#### Café Fiore, 2206 California Ave. SW

27075 2/21 Fri 9:30-10:30 a.m. Free

### NEW Pu-Erh Teatime

Join us for an experience in brewing and sharing some well-sourced Chinese loose-leaf tea. Pu-erh is known for its health benefits and deep, earthy notes. Your recreation specialist, John, will brew multiple pots and serve using handmade tea wares.

#### High Point

27076 3/12 Thu 10-11:15 a.m. \$5

### Alki Potluck

Join your Lifelong Recreation family for a special quarterly gathering of food and friends. Bring your favorite dish—all are welcome.

#### Alki

27011 3/18 Wed 11 a.m.-12:30 p.m. Free

Register online at [www.seattle.gov/parks](http://www.seattle.gov/parks)

## ARTS AND HANDWORK

### Piano Lessons at High Point

Private piano lessons taught by an experienced instructor who relates well to lifelong learners and takes pride in recognizing the creativity and musical potential in each of her students, no matter their level of play. Call High Point staff at 206-684-7422 to schedule. Scholarship eligible.

#### High Point

Schedule at 206-684-7422 N Carr \$23/half hour

## LIFELONG LEARNING



### Creative Writing—Memoir Workshop

Learn specific creative writing tips as we write together in quick, first draft 10-minute timed sessions followed by only positive feedback on what others liked best. Writing prompts will be provided to write about your life, or any other subjects you choose. Annette Peizer has taught a variety of writing courses in community and private colleges for 30 years, and has recently been trained in a gentle approach to writing involving supportive feedback. No creative writing experience needed. 11 sessions.

#### Delridge

27078 1/9-3/19 Thu 11:15 a.m.-12:15 p.m. A Peizer \$55

### NEW Relaxation Meditation

Explore a personal journey of relaxation and stress relief using easy and effortless meditation techniques. Each week you be guided to step into the gift of silent awareness and walk out feeling a little lighter! 11 Classes.

#### High Point

27140 1/7-3/17 Tue 10-11 a.m. D Choreo \$55

Winter Quarter January 6-March 21

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# LIFELONG LEARNING



## Medicare 101

If you or a family member is new to the federal Medicare program it can be confusing and frustrating at first glance. This session will help you better understand the many different parts of Medicare and what your options are when you enroll in Medicare. This "Welcome to Medicare" seminar is informational only; no specific plans or companies will be discussed, and the presenter is not connected with the Federal Medicare Program. Please reserve your spot early!

### High Point

27013 2/11 Tue 6-7 p.m. C Vo Free

## Foster Grandparents Program Presentation

Interested in hearing how you can be a foster grandparent/mentor to kids? Learn more and ask questions about this innovative and enlivening program! If you're low-income and 55+, consider joining our mentoring program designed to pair seniors with children for one-on-one mentoring, nurturing, and support at community locations. Foster grandparents can receive a tax-free hourly stipend for their work which does not affect any benefits you receive.

### High Point

27080 3/3 Tue 10:30-11:15 a.m. Free

## Stroke Awareness/Hands-Only CPR

Learn about hands-only CPR and how to recognize the signs of stroke. You will come away with the ability to recognize serious medical emergencies, and to communicate and collaborate with 9-1-1 dispatchers. This is a general education course for seniors and is not a certification class. Brought to you by King County EMS.

### High Point

27081 3/3 Tue 6-7 p.m. Free

## Delridge Rec Tech

Need help operating your new iPhone, uploading and editing your photos, or shopping and purchasing goods online? We offer free computer and digital technology help along with a variety of digital arts and tech classes at the Rec Tech Computer Lab in the Delridge Community Center. Please call the front desk at 206-684-7423, or email [leslie.howle@seattle.gov](mailto:leslie.howle@seattle.gov) to book a FREE, 1-on-1 tutoring appointment, register for a FREE class, or check out Open Lab times. We're here to help! Rec Tech Staff Hours: Mon-Thu, 1-7:30 p.m.

## Financial Empowerment Series

The following series of financial workshops are presented by BECU Investment Services, community partner to Seattle Parks and Recreation. All sessions are FREE, taught by BECU Investment Services Advisors and brought to you with no sales pitch. Sign up today—space is limited!

### Protect Yourself from Fraud

Millions of people become victims of fraud each year. Fraudsters do not discriminate, and anyone is a target. Learn how to identify the latest fraud trends and how to protect yourself from them. Presented by BECU Financial Crimes, with NO sales presentation.

### High Point

27167 2/4 Tue 6-7 p.m. Free

### 10 Most Important Retirement Questions

Whether you are planning your retirement, nearing retirement, or are already retired, learn the answers you need to know to the most common questions. Presented by BECU Investment Services with NO sales pitch!

### High Point

27079 3/10 Tue 6-7 p.m. Free

\* Securities offered through LPL Financial, Member FINRA/SIPC. Insurance products offered through LPL Financial or its licensed affiliates.

Not NCUA/ NCUSIF Insured	Not Credit Union Guaranteed	May Lose Value	Not Obligations of BECU
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## VOLUNTEER



Volunteer with US! Seattle Parks & Recreation relies on your volunteer support to lead many programs for youth and families. We're currently seeking pickleball instructor assistants, track coaches, social networking enthusiasts, and help with our toddler open gyms. If you're interested in sharing your time and your skills with others, please contact [john.hasslinger@seattle.gov](mailto:john.hasslinger@seattle.gov).

# DROP-IN SPORTS

## Drop-In Pickleball—Free

### Delridge

All Levels M/W 10 a.m.-Noon  
 All Levels T/Th Noon - 2 p.m.  
 All Levels Fri 12:30-2:30 p.m.

### Hiawatha

All Levels Fri 10 a.m.-Noon

### High Point

All Levels Mon 10-11:30 a.m.  
 All Levels Wed 10 a.m.-1 p.m.  
 All Levels Fri 10 a.m.-1 p.m.

Subject to change

### South Park

All Levels M/W/F 10 a.m.-1:30 p.m.

## Drop-In Table Tennis—Free

### High Point

All Levels Fri 10 a.m.-Noon

## Drop-In Volleyball—Free

### Delridge

All Levels T/Th 10 a.m.-Noon



# Pickleball—Skills

## Pickleball Skills

Improve your on-court skills and boost your confidence in your playing ability. New students welcome, no equipment required! 8 classes.

### High Point

27082 1/13-3/16 Mon 11:30 a.m.-1 p.m. M Anderson \$24

## Pickleball Skills, Drills, and Strategies

Are you new to pickleball or just looking to hone your skills? This is your class! Pickleball is great for the mind, body, and making connections with fun people. Each session includes dedicated practice covering three or more of the nine basic skills of pickleball and good strategies to be successful. Beginners and intermediates welcome, no equipment required. Space is limited. 8 classes.

### Hiawatha NEW

27084 1/17-3/6 Fri Noon-1:30 p.m. TBD \$24

### South Park

27083 1/14-3/3 Tue 10:30-Noon TBD \$24

# FITNESS

*Please note: Fees may vary due to number of days a class is offered, seasonal holidays, center closures, etc. Participate at your own level of intensity, wear comfortable clothing, and bring a water bottle.*

## Aerobics and Dance

### Line Dance

Work out with your mind and body. Learn new dance patterns to some great music.

### Hiawatha

#### Beginner

27087 1/7-3/17 Tue 11:15 a.m.-12:15 p.m. L Reese \$55

#### Advanced Beginner NEW Expanded Time

27086 1/7-3/17 Tue 10:15-11:15 a.m. L Reese \$55

### High Point NEW Evening Class Location

No class 1/28

#### Beginner

27085 1/7-3/17 Tue 6:30-7:30 p.m. L Reese \$50

## FITNESS

### NIA Dance Fitness

Nia is an exhilarating movement and lifestyle practice. As the first cardio workout to combine martial arts, dance, and healing arts, Nia has fundamentally changed lives with its evolutionary approach to self-healing in a body. No previous experience necessary. All bodies and all levels welcome. 10 classes. *No class 2/18.*

#### Delridge **NEW Time**

27088 1/7-3/17 Tue 11:15 a.m.-12:15 p.m. N Scher \$50

### Zumba® Gold

Ditch the workout, join the party! Fun is the key ingredient in this low impact Latin inspired dance fitness class. No rhythm or partner required. You'll leave exhilarated and energized! Appropriate for all fitness levels.

#### Alki

27090 1/7-3/17 Tue 10-11 a.m. M Jorgensen \$55

#### Delridge

27091 1/9-3/19 Thu 10-11 a.m. M Jorgensen \$55

#### Hiawatha **NEW Location**

27089 1/6-3/16 Mon 10-11 a.m. M Jorgensen \$45



## Strength and Conditioning

### Fitness at Hiawatha

NEW instructor, NEW location—same great class! Build total body muscle strength using fitness bands, free weights, and floor work. Improve balance, flexibility, and agility. Instructor is a professional dance and fitness instructor, and performer. *Please bring weights to class.* 11 classes.

#### Hiawatha **NEW Location and Instructor**

27132 1/8-3/18 Wed 10-11 a.m. S Simmons \$55

## Tai Chi and Qigong

### Tai Chi Level 1

Learn tai chi in a gentle, supportive class. Tai chi promotes balance, stress relief, and energy cultivation. 9 classes.

#### High Point

27135 1/6-3/16 Mon 11:30 a.m.-12:30 p.m. H Dickinson \$45

### Tai Chi Level 2

For those who've completed Level 1. 9 classes.

#### Highpoint

27133 1/6-3/16 Mon 10-11 a.m. H Dickinson \$45

### Tai Chi and Qigong—Principles and Practice

Learn Yang style short form and qigong moves in the tradition of Cheng Man-Ching. This is a gentle form of tai chi aimed at improving health and the circulation of energy (chi) by relaxing the body and mind. Movements are slow and fluid, and help restore balance, stability, ease of movement, and alignment. For beginning and continuing students. 11 sessions.

#### Delridge

27134 1/9-3/19 Thu 12:30-1:30 p.m. A Peizer \$55



## Yoga

*We have a limited supply of yoga gear for new participants. We recommend that you bring your own equipment.*

### Gentle Yoga

Stretch and move with awareness, correct alignment, and a focus on breath to increase strength and stamina, improve flexibility, and develop better balance, posture, poise, and peace of mind. 11 classes.

#### Delridge

27142 1/7-3/17 Tue 10-11 a.m. J Reed \$61

#### High Point

27141 1/10-3/20 Fri 11 a.m.-Noon J Reed \$61





**Anne Nguyen**  
Southeast  
Recreation Specialist

206-684-7484 / cell 206-310-8163  
anne.nguyen@seattle.gov

**REGISTRATION**

Register for programs using the barcode number listed next to each program. Registration and payment details can be found on page 58. For accommodation requests, please call 206-386-9094.

**TRIPS**

**Departure Site Request:**

At the time of registration you will select your departure location from the available options. We do our best to proceed with our trips as planned; at times it is necessary to make changes to the times, cost, and destination. Please refrain from wearing fragrances.

**TRIPS**

**DEPARTURE SITES AND TIMES**

**Rainier Community Center**  
4600 38th Ave. S

**Yesler Community Center**  
917 E Yesler Way

**Jefferson Community Center**  
3801 Beacon Ave. S

Participants will be contacted 3-5 days before each field trip for specific departure times.

**SCHOLARSHIPS**

The scholarship cycle runs June 2019–June 2020. Have your application approved prior to winter registration on 12/3. See page 58 for details.

**RAINBOW RECREATION**

Programs for LGBTQ, friends, and allies.

**FIELD TRIPS**

*Trips depart rain or shine. Trips that involve a hike are on varied terrain, and difficulty is marked by hiking boots-see rating chart on page 47. Be prepared for wet or muddy trails with appropriate clothing and footwear. Bring snacks/lunch unless otherwise noted.*

**Lakeshore—An Era Living Community \$10**

Are you curious about what life at a retirement or assisted living community is like? Join us for a lunch and tour at Lakeshore Retirement Community. All your questions regarding community living will be answered as you enjoy a delicious lunch with a lovely view of Lake Washington.

26292 1/24 Fri 11:30 a.m.-1 p.m.

**Fran's Chocolates and Vintage Shopping \$14**

Learn about Fran's history and sample gourmet confections. *Please notify us in advance of dairy and nut allergies.* Post tour, explore the vintage treasures at Pacific Galleries antique mall, a collection of over 150 independent curators of vintage goods. *Bring a bagged lunch.*

27177 1/31 Fri 11 a.m.-2:30 p.m.

Register online at [www.seattle.gov/parks](http://www.seattle.gov/parks)



*Want to learn about Fran's Chocolates? Come to Georgetown with us!*

## FIELD TRIPS

**Gourmet Lunch** \$35

Enjoy a gourmet lunch at the highly regarded culinary arts program at Seattle Central College where students prepare savory and sweet meals for the distinguished palate. Four course meal includes amuse bouche, soup or salad, entrée, dessert, and beverage. Gratuity is appreciated.

27176 2/7 Fri 11 a.m.-1 p.m.

**Nucor Steel Plant** \$14

This highly acclaimed tour of Washington's largest metal recycler leads you through the process of recycling scrap steel, from molten hot steel formed into billets and rolled into rebar or structural shapes. *Participants must be able to walk unassisted for 1 mile through grated surfaces and stairs with railings. Wear closed-toe shoes, long pants, and bring picture ID.*

26291 2/21 Fri 1-4 p.m.

**Tacoma Museum of Glass Tour and Tea** \$35

This trip features a special docent-led tour through the museum galleries and art exhibits. Enjoy complimentary tea and cookies while creating your own take-home art project. *Bring a sack lunch or dine on your own at nearby restaurants. Register by 2/7.*

26290 2/28 Fri 9 a.m.-3 p.m.

**Feast Buffet and Thrift Stores** \$30

The locally famous Feast Buffet features an all you can eat experience with cuisines from around the world. Buffet lunch and gratuity included. Afterwards, flex your shopping muscles at nearby thrift stores.

27937 3/6 Fri 11 a.m.-3:30 p.m.

**Century Link Field** \$30

Capture the CenturyLink Field experience as you get an up close and personal look at behind-the-scenes areas and views. Capture sweeping views of Puget Sound, the Olympic Mountains, and downtown Seattle. Tour is subject to cancellation at any time due to stadium event activity. *Register by 2/21.*

27178 3/13 Fri 12:30-2:30 p.m.

**Portland Day Trip** \$70

The Rose City awaits you! Take a round trip charter bus ride to Portland, Oregon. You'll have free time to explore and do some tax free shopping. Notable stops include Powell's Books, the International Rose Test Garden, Portland Art Museum, vintage shopping, and more. *Register by 2/7. No refunds. Departure site: Garfield only.*

27168 3/20 Fri 7 a.m.-8 p.m.



*The Tacoma Museum of Glass has much to offer!*

## SPECIAL EVENTS

### NEW Land of Fire and Ice Info Session

Learn about an upcoming adventure of a lifetime with Seattle Parks & Recreation and Collette! Iceland is a place where steaming lava fields reflect a volcanic nature and massive glaciers sculpt mountains and valleys, leaving behind thundering waterfalls and plunging fjords. Explore the capital city of Reykjavik, visit the Golden Circle, national parks, and Geysir thermal area. Descend 100 feet into a cave, walk lava fields, sail among icebergs, try the local culinary delicacies, and more. Trip dates: 8/12-8/20/2020.

#### Rainier

27237 2/20 Thu 1:30-3:30 p.m. Free

#### Yesler

27238 3/12 Thu 2-4 p.m. Free



Enjoy some social time and make new friends.

## SOCIAL PROGRAMS

### Lunch Programs

#### Food and Fitness: East African

Enjoy lunch with social, educational, and fitness programs as you celebrate your culture and language. Program also occurs at Rainier Beach Urban Farm and Wetlands on Fridays. Call 206-684-4664 with questions, please.

**Yesler** Th/Sa 11 a.m.-1 p.m.

**RBUFV** Fri 11 a.m.-1 p.m.

## Games

### Drop-In Bridge

Drop-In play for bridge players.

**Rainier** Wed 11 a.m.-2 p.m. Free

### Drop-In Mah Jongg

Fun game using Chinese tiles. Bring your mah jongg set if you have one, and a snack to share. Basic skill set needed for group play.

**Rainier** Thu 11 a.m.-2 p.m. Free



### Mexican Train—Dominos

Come and learn how to play Mexican Train, aka dominos. No experience necessary. This is a lively group that meets the 4th Thursday each month.

#### Jefferson

1/23, 2/27, 3/26 Thu 7-9 p.m. Free

### Senior Games

Make new friends and enjoy a fun afternoon of mah jongg, table tennis, cards, and dominoes. Feel free to bring a snack.

#### Van Asselt

27601 Wed Noon-2 p.m. Free

#### Yesler

27608 M/W 1-4 p.m. Free

## ARTS AND HANDWORK

### Needle Art Circle

#### Jefferson

1/2-3/26 Thu Noon-3 p.m. Free

### Quilting

**Jefferson** Fri 11 a.m.-2 p.m. Free

## LIFELONG LEARNING

### NEW Healthcare Counseling

Receive unbiased and confidential help regarding Washington State private health insurance and government programs including Medicare, Medicaid, Qualified Health Plan (Obama Care), Children's Health Insurance Program, Medical Financial Assistance Programs, Medigap coverage, and more. Drop-ins welcome. For questions call 206-957-8555. Staff is fluent in Chinese and English. Meets first Thursdays.

#### Rainier

30100 1/2, 2/6, Thu 10:30 a.m.-12:30 p.m. Free  
and 3/5

### Medicare and Medicaid Info Session

Looking for a fun and easy way to learn about new 2020 benefits on Medicare and Medicaid? Join us for a short but informative session and bring your questions to be answered. Drop-Ins welcome.

#### Rainier

27578	1/14	Tue	10:30-Noon	R Kim	Free
27579	1/28	Tue	10:30-Noon	R Kim	Free
27580	2/11	Tue	10:30-Noon	R Kim	Free
27581	2/25	Tue	10:30-Noon	R Kim	Free
27582	3/17	Tue	10:30-Noon	R Kim	Free
27583	3/31	Tue	10:30-Noon	R Kim	Free



### NEW Senior Housing and Care: An Overview of Your Options

Did you know that nearly 70% of individuals over 65 will become cognitively impaired or unable to complete at least two activities of daily living—including dressing, bathing, or eating—over his or her lifetime? How can you be prepared? What kind of help might you need? This informative presentation will cover various types and costs of housing, care settings, and services available to support you as you age.

#### Rainier

27108 1/16 Thu 1:30-2:30 p.m. Free

### Stroke Awareness/Hands-Only CPR

Learn about hands-only CPR and how to recognize the signs of stroke. You will come away with the ability to recognize serious medical emergencies, and to communicate and collaborate with 9-1-1 dispatchers. This is a general education course for seniors and is not a certification class. Brought to you by King County EMS.

#### Rainier

26294	2/3	Mon	11 a.m.-Noon	Free
27252	3/9	Mon	11 a.m.-Noon	Free

### Foster Grandparents Program Presentation

Interested in hearing how you can be a foster grandparent/mentor to kids? If you're low-income and 55+, consider joining our mentoring program designed to pair seniors with children for one-on-one mentoring, nurturing, and support at community locations. Foster grandparents can receive a tax-free hourly stipend for their work which does not affect any benefits you might be receiving.

#### Rainier

26293	2/5	Wed	10-11 a.m.	Free
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### NEW Foundations of Savings vs Investing

Richard S. Sowa will explain the differences of savings vs investing as a learning event without all the sales hype. With 40 years of financial advisory experience, Richard has published 2 financial books and 280 financial articles, and has instructed at Bellarmine University in Louisville and for the US Treasury Department. Take steps today to secure a better financial future.

#### Rainier

27259	2/24	Mon	11 a.m.-Noon	R Sowa	\$25
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### RecTech Multifacilitated Lab

Browse the internet, use our computers, and print (black and white) for free. One-on-one technology tutoring (computers, smartphones, tablets, internet, email, social media, etc) is also available during these times. Contact us for an updated schedule.

**Rainier:** Contact Jonathan at 206-386-1919 or [jonathan.porter@seattle.gov](mailto:jonathan.porter@seattle.gov).

**Rainier Beach:** Contact Young at 206-470-9115 or [nhon.pham@seattle.gov](mailto:nhon.pham@seattle.gov).

**Yesler:** Contact Ashfaha at 206-615-1579 or [ashfaha.lemlen@seattle.gov](mailto:ashfaha.lemlen@seattle.gov).

## DROP-IN SPORTS

### Drop-In Pickleball—Free

#### Jefferson

Adv—Comp Mon 10 a.m.-Noon

#### Rainier

All Levels T/Th 10 a.m.-1 p.m.

#### Yesler

All Levels Tue 12:30-2:30 p.m.

All Levels Thu 10 a.m.-Noon

#### Van Asselt

All Levels W/F Noon-2 p.m.

### Pickleball—Skills

#### Pickleball Skills

Pickleball is a popular paddle sport that combines elements of badminton, tennis, and table tennis. Learn the basics or brush up on your skills. This class is designed for beginning or intermediate players.

#### Rainier

27584 1/6-3/16 Mon 9-10:30 a.m. M Anderson \$27

## SPORTS



#### Senior Swim

All abilities welcome! Small groups with similar goals are arranged so instruction can focus on the basics all the way to learning a variety of strokes and water safety. Enjoy exploring the possibilities while developing lifelong and life-saving skills. To register contact Rainier Beach Pool and Community Center at 206-386-1925.

#### Rainier Beach

29455 1/7-4/4 Tue 11:30 a.m.-Noon TBD \$120

Register online at [www.seattle.gov/parks](http://www.seattle.gov/parks)

## FITNESS CLASSES

*Fees may vary due to number of days a class is offered, seasonal holidays, center closures, etc. Participate at your own level of intensity, wear comfortable clothing, and bring a water bottle.*



### Aerobics and Dance

#### Line Dance

Work out with your mind and body. Learn new dance patterns to all kinds of great music.

#### Jefferson

All Levels

26295 2/7-3/20 Fri 10-11 a.m. M Chen \$18

#### Van Asselt No classes 1/23

Beginner

26297 1/9-3/19 Thu 11:30 a.m.-12:30 p.m. L Reese \$50

Advanced Beginner

26296 1/9-3/19 Thu 12:30-1 p.m. L Reese \$23

Intermediate

26298 1/9-3/19 Thu 1-2 p.m. L Reese \$50

#### Zumba® Gold

Ditch the workout, join the party! Fun is the key ingredient to this low impact Latin inspired dance fitness class. No rhythm required. Try a class and leave happy!

#### Jefferson

26304 1/6-3/16 Mon 11 a.m.-Noon C House \$45

26305 1/10-3/20 Fri 11 a.m.-Noon C House \$55

Winter Quarter January 6-March 21 45

# FITNESS CLASSES

## Strength and Conditioning

### EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. *Free to Kaiser Permanente members with Part B Medicare coverage (limit 3 classes/week). Register in person or over the phone for all EnhanceFitness classes.*

#### Rainier

26287	1/6-3/30	Mon	9:15-10:15 a.m.	Y Gartz	\$55
26288	1/8-3/25	Wed	9:15-10:15 a.m.	Y Gartz	\$60
26289	1/3-3/27	Fri	9:15-10:15 a.m.	V Bowles	\$65

### Your House Boxing

Join Your House Boxing Club for a fun and challenging all-ages workout. This non-contact class is suitable for all fitness levels. Improve your strength, cardiovascular fitness, coordination, balance, and self-confidence. Newcomers, please arrive 15 minutes early to fill out an application and meet the coaches. We supply all equipment. For questions, contact Ann Bailey at 206-604-7073 or [ann.bailey@yhbcc.org](mailto:ann.bailey@yhbcc.org).

#### Rainier Beach

26302	1/6-3/30	M/W	6-7 p.m.		Free
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## Martial Arts

### Vovinam Martial Arts

This Vietnamese martial art has the ability to rebuild the mind, spirit, and body. Use breathwork, stick form, and other modalities to gain strength and flexibility. Minimum number of participants required to start. If interested contact Anne at 206-684-7484.

### Tai Chi

Maintain and restore bone mass, equilibrium, and poise, while playfully exploring vital energy.

#### Yesler

All Levels

26300	1/7-3/17	Tue	12:30-1:30 p.m.	E Baxa	\$55
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### Drop-In Tai Chi

#### Rainier

	1/8-3/25	Wed	3:30-4:15 p.m.	S Hiserman	\$3
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*EnhanceFitness gives you a great workout!*





**Tamara Keefe**  
**Sound Steps**  
**Program Coordinator**

206-684-4664 /  
 cell 206-399-4655  
 tamara.keefe@seattle.gov




**Stay Connected!**

- Visit <http://www.seattle.gov/parks/find/sound-steps-50> to receive Sound Steps e-newsletter.
- Visit the Sound Steps blog at [seattlesoundsteps.wordpress.com](http://seattlesoundsteps.wordpress.com) for Strider walk locations.


Sound Steps is a community-driven and volunteer led walking program designed for all levels of walkers. If you would like to plan and lead a walk, please be in touch!

Please register quarterly for all programs using the barcode provided. See page 58 for registration information. Unless dates are specified, walks are generally ongoing. Check with the volunteer walk leader for any dates that may be missed.

**Hike Rating Legend**

 **Easy** - paved, smooth and fairly level trail surface; recommended for beginners

 **Moderate** - some hills; exposed roots and rocks possible

 **Challenging** - some difficult terrain; hills or stairs

 **Difficult** - steep hills, significant elevation gain; for advanced hikers

**SCHOLARSHIPS**  
 The scholarship cycle runs June 2019–June 2020. Have your application approved prior to winter registration on 12/3. See page 58 for details.

**SPECIAL NEIGHBORHOOD WALK**

**Chinatown—ID Walk**

Explore the Chinatown—International District neighborhood. Learn well-known and lesser-known restaurants, shops, and bakeries. A gentle-paced, relatively level walk of about twenty-five blocks. Bring cash for any food and drink you'd like to purchase. Meet at Hing Hay Park, on S King St. and Maynard Ave. S by the Grand Pavilion.

27393 3/16 Mon 10:30 a.m.-1:30 p.m. Free



## HIKES AND TRIPS

Enjoy the great outdoors! Two regular departure sites:

**SOUTHEND:** Jefferson Community Center, and **NORTHEND:** 8061 Densmore Ave. N

Departure times are listed and vary based on destination. Return times are approximate. Please bring a lunch and plenty of water. Register online or at your local community center.

### Soos Creek Trail Hike \$18

Travel through wetlands, forest, and farmland along Big Soos Creek. The paved, out-and-back trail has some hills and will allow you to remain mud-free, and able to adjust the distance to suit your needs. Return 2 p.m.

27152 1/6 Mon Densmore: 9 a.m.  
Jefferson CC: 9:30 a.m.

### Snowshoe Hike \$85

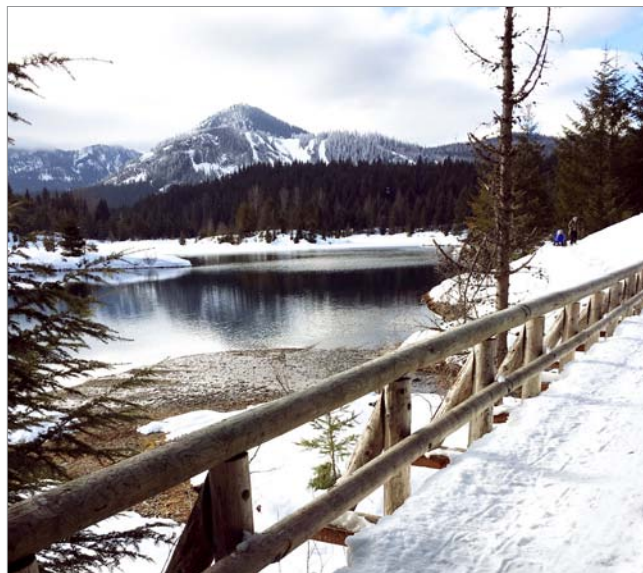
Snowshoe with Outdoors for All on an intermediate-level, guided, back-country snowshoe tour near Snoqualmie Pass. Previous experience and/or ability to hike for two hours is required. Gear is provided with a fitting, orientation, and brief lesson. The snowshoe tour will last two hours, followed by time to relax and warm-up indoors. Pack food and water for the trail. Limited concessions. Return 4:30 p.m.

27160 2/6 Thu Densmore: 8 a.m.  
Jefferson CC: 8:30 a.m.

### Deadhorse Canyon Urban Hike \$14

We'll search for signs of spring as we descend into Deadhorse Canyon and hear spring-fed Taylor Creek. Look for native plants or count stairs, there will be many! Lake views may also be on display in this couple mile urban hike. Return 1:30 p.m.

27165 3/2 Mon Densmore: 9 a.m.  
Jefferson CC: 9:30 a.m.



### SHARE A WALK WITH OTHERS!

The Sound Steps walking program provides opportunities for fitness and socialization, as well as exploration. We rely on community members to design and lead walks that are of interest to the community. Many of you have a favorite route, park, or knowledge of an area. One-time walks, short series, or ongoing weekly walks are all possible and welcome! If you'd like to share a walk with others, please contact [tamara.keefe@seattle.gov](mailto:tamara.keefe@seattle.gov) or 206-684-4664 so that we can create opportunity together!

Weekly Walks are FREE unless otherwise noted. Please register each quarter.

## WEEKLY WALKS - NORTH

### Ballard Sound Steps Walk

Enjoy varied marine activity along the Lake Washington Ship Canal including multiple boat varieties and bird species. Three miles of flat, paved Burke-Gilman Trail. Moderate pace. Meet at the Ballard Fred Meyer, inside main entrance.

27150 Mon 9:30-10:30 a.m. 915 NW 45th St.

### Carkeek Park Sound Steps Walk

Natural surface forest trails with some hills and occasional forays through neighborhood streets. Three miles, moderate pace. Meet at Eddie McAbee entrance.

27151 Wed 10-11:30 a.m. NW 100th and 6th Ave NW



Weekly Walks are FREE unless otherwise noted. Please register each quarter.

## WEEKLY WALKS - NORTH

### Green Lake Loop Sound Steps Walk

Walk around the lake at a gentle or moderate pace. Hosted by the Wallingford Community Senior Center. Meet in front of Green Lake Church. RSVP to WCSC 206-461-7825.

27154                      Fri     1:30-2:30 p.m.     6350 E Green Lake Way N

### Magnuson Park Sound Steps Walk

All ages welcome! Explore the sights and sounds of Magnuson Park. Varied terrain and flexible pace and distance. Meet outside Sand Point Tennis Center entrance.

27156                      Sun    10-11 a.m.            7135 Sports Field Drive NE

### Northgate Mall Sound Steps Walk

Take steps toward a healthier you! Designed for beginner walkers, and those using mobility aids or with mobility challenges. Meet at the Northgate Mall food court, located near the south entrance. Phone volunteer walk leader Patty for more information: 206-365-6691.

27159                      Sat     9-10 a.m.            Northgate Mall

### North Greenwood Sound Steps Walk

Three miles, moderate pace, some hills, natural surface forest trails in Llandover Woods greenspace. Meet at Diva Espresso. Call Nancy for more information: 206-851-6860.

27157                      Mon    9:30-10:30 a.m.     14419 Greenwood Ave N

### Sand Point Sound Steps Walk

For anyone living within Magnuson Park or interested in building community with park residents. Distances range from .5 to 1.5 miles. Those living with mobility challenges are welcome. Call or text walk leader Terry before attending: 206-913-3790.

27162                      Tue    11 a.m.-Noon        Magnuson Park

### Senior Zoo Walkers                      \$20/13 weeks Sound Steps Walk

Woodland Park Zoo, Kaiser Permanente, and Seattle Parks and Recreation invite you to join Senior Zoo Walkers, a walking program to promote fitness and well being. Warm-up at 9:15 a.m. Register online: <http://www.zoo.org/seniorzoowalkers>.

Meet at Woodland Park Zoo south entrance.

Tue/Thu                      N 50th and Fremont Ave. N

## WEEKLY WALKS - CENTRAL

### Discovery Park Sound Steps Walk

Natural surface trails with some hills and Puget Sound views. 2.8 miles. Moderate pace. Meet at the Discovery Park Environmental Learning Center.

27153                      Fri     10-11 a.m.            3801 Discovery Park Blvd.

## WEEKLY WALKS - SOUTH/WEST

### Lincoln Park Sound Steps Walk

Three miles, some hills, natural and paved surface trails along Puget Sound. All paces welcome. Meet at the center of the north parking lot at Lincoln Park.

27155                      Mon    10-11:15 a.m.        8011 Fautleroy Way SW

### Rainier Beach Sound Steps Walk

Walk laps to music inside the gym at Rainier Beach Community Center at your pace.

27166                      T/W    10-11 a.m.            Rainier Beach CC

### Seward Park Sound Steps Walk

Begin by stretching and then walk once, or twice, around the flat, paved 2.4-mile loop. Pet-friendly. Meet near the restrooms close to park entrance.

27163                      Fri     9:30-11:15 a.m.     5900 Lake WA Blvd. S

## SOUND STRIDERS

### Enjoy faster, longer walks?

Five to six-mile moderately paced weekly walks. Explore different Seattle neighborhoods. Meet at 8 a.m. for coffee; walk begins at 8:30 a.m. View Weekly Walking Groups, Sound Striders on the blog [seattlesoundsteps.wordpress.com](http://seattlesoundsteps.wordpress.com), or call 206-684-4664 for current location information.

### NORTH Striders Sound Steps Walk

27158                      Tue    8-10:30 a.m.

### SOUTH Striders Sound Steps Walk

27164                      Thu    8-10:30 a.m.



**Cayce Cheairs**  
**Dementia-Friendly**  
**Recreation Specialist**

206-615-0100 / cell 206-786-2365  
[cayce.cheairs@seattle.gov](mailto:cayce.cheairs@seattle.gov)

Working with community partners, we offer a variety of dementia-friendly recreation programs designed for and celebrating the strengths of people living with memory loss. Many of these programs have been inspired by and developed through community input. For more information or to register, contact Cayce Cheairs, or the contact person noted in the description.

**Free Programs**

To reduce barriers to participation, all of our programs are now free to attend! This is made possible through generous community sponsorships and donations. To support Dementia-Friendly Recreation with a donation, visit <https://arcseattle.org/Lifelong-Recreation-Donations> and designate "Dementia-Friendly Programs."

**Receive monthly updates**

There are new dementia-friendly opportunities developing in the community all the time! To learn about upcoming programs join the email list for the Dementia-Friendly Recreation e-Newsletter. Sign-up at <http://www.seattle.gov/parks/find/dementia-friendly-recreation>.

**SOCIAL PROGRAMS**

**Lake City Momentia Meet-Ups**

Free

Laugh, explore, and connect at this inclusive, memory-friendly event for the whole community. Join us on the third Friday of the month for improv, music, art, movement, and more! Followed by snacks and social time. No registration required. Offered in partnership with Lake City Seniors—Sound Generations and Sea Mar Latino Seniors Program. Questions? Contact Akira: 206-286-6740, [akirao@soundgenerations.org](mailto:akirao@soundgenerations.org).

Lake City CC

Third Fridays: 1/17, 2/21, 3/20 1-2:30 p.m.

**NEW Spanish/Español at Lake City CC**

Free

¡Reír, explorar, crear y conectar! Venga a un evento inclusivo y beneficioso para la memoria para toda la comunidad con actividades diferentes cada mes. No requiere registracion y habrá aperitivos despues en un ambiente social. Este evento esta patrocinado por Lake City Seniors—Sound Generations y el programa para mayores de edad Latinos Sea Mar. Si tiene preguntas por favor pida hablar con Akira: 206-286-6740, o [akirao@soundgenerations.org](mailto:akirao@soundgenerations.org).

First Fridays/Primeros Viernes: 2/7, 3/6 1-2:30 p.m.

**Momentia Mondays**

Free

Connect with others experiencing memory loss and explore different topics and projects together, including improv, drumming, movement, and more! Offered in partnership with the Southeast Seattle Senior Center (SESSC). *Please call the SESSC to confirm the program details, at 206-722-0317.*

SESSC, 4655 S Holly St.

Mon 10:30-11:30 a.m.



# OUTDOOR RECREATION

## Garden Discovery Walks

Free  
Savor the season with relaxed-paced walks through public gardens, followed by a creative, nature-inspired activity led by a registered horticulture therapist. Light refreshments provided. Space limited to 15 participants per walk. Offered in partnership with UW Memory and Brain Wellness Center, with support from Family Resource Home Care.

Various Locations

1st Friday: 3/6 10 a.m.-Noon

## Out and About Walks

Free  
Invigorate body, brain, and spirit with 2 to 3-mile moderately-paced walks in various parks and neighborhoods throughout Seattle. Varied terrain includes sidewalks and gravel paths; mostly level with occasional hills. End with a social gathering in a nearby café.

Various Locations

2nd and 4th Fri of the month 10 a.m.-12:30 p.m.

## Early Stage Memory Loss Zoo Walk

Free  
Enjoy a gentle to moderately-paced walk through the zoo, followed by a social gathering in the zoo café. Flat, paved surface. A partnership with the Alzheimer's Association and Greenwood Senior Center. *Registration required by calling the Alzheimer's Association at 206-529-3868.*

Woodland Park Zoo

Mon/Wed mornings



*Refresh yourself in the outdoors!*

## MOMENTIA SEATTLE

At Seattle Parks and Recreation, we are proud to be part of the grassroots movement empowering persons with memory loss and their loved ones to remain connected and active in the community.

To learn more about Momentia and see a calendar with a full listing of memory loss offerings in the Greater Seattle area, visit: [www.momentiaSeattle.org](http://www.momentiaSeattle.org).

## FITNESS

### Minds In Motion

Free  
Get moving with a weekly vigorous fitness class including cardio, balance, flexibility, and strength. Class will be taught with easy to follow instructions that are one to two steps long, accompanied by visual cues. Made possible with support from Áegis on Madison.

Miller

25759 1/6-3/16 Mon 2-3 p.m.

C Grekoff



**Cheryl Brown**  
Rainbow Recreation  
Program Coordinator

206-615-0619 /  
cell 206-450-9819  
cheryl.brown@seattle.gov

## Programs for LGBTQ Adults 50+!

Inspired by community input, we developed this selection of recreational programs for our LGBTQ friends and allies 50+. We strive to create safe and respectful environments, enhance health, and welcome community members of all backgrounds. While our LGBTQ friends are welcome in all of our programs, you can also check the brochure section in your neighborhood for more Rainbow Recreation designated programs. Want to share any skills, ideas, or feedback? We are always looking for ways to strengthen our offerings. Please call Cheryl for more information.

## Field Trips

Join us for fun and adventure! Departure sites are Miller Community Center and Northgate Nordstrom Rack. Call Cheryl at 206-615-0619 for more information.

### "Bye Bye Birdie" \$45

Take a ferry ride across the water to enjoy Bainbridge Performing Arts rendition of the musical, "Bye Bye Birdie". This intimate theater is a great venue for a Sunday afternoon play. Lunch on your own in Winslow before the show. Price includes ferry and theater ticket.

26866 1/12 Sun 11:30 a.m.-5:30 p.m.

### Hunting and Gathering \$24

Enjoy a beautiful drive north where we may see the Snow Geese (no guarantees), explore the Bow-Edison Food Trail, and connect directly with producers and creators of great, farm-fresh food! We will make stops at several local markets and enjoy lunch and time in Edison. *Lunch on your own.*

26876 2/7 Fri 10 a.m.-3 p.m.

### Two Tacoma Treasures \$32

Visit two of Tacoma's hidden gems. We will visit the WW Seymour Conservatory in historic Wright Park, and the Karpeles Manuscript Museum where we will see a display of historic manuscripts collected by the Karpeles Foundation. *Lunch on your own at a local restaurant.*

26874 3/12 Thu 10 a.m.-4 p.m.

## Special Events

### Mardi Gras Celebration!

Join us for our annual Mardi Gras lunch and entertainment! You never know what we have up our sleeve until you join! Great fun, great food, great friends!

#### Miller

27713 2/20 Thu 11:30 a.m.-1:30 p.m. \$8

## Social

### Women's Song Circle

If you can talk, you can sing! We'll sing our hearts out for the joy of blending and raising our voices. Lyrics provided for easy-to-sing folk, pop, and women's music and rounds. Instruments and favorite song lyrics welcome.

#### Garfield

27398 1/16-3/26 Thu 6:30-8 p.m. \$12



Take a trip with us and you may be rewarded by seeing snow geese!

## Arts and Handwork

### Botanical Drawing in Watercolor and Ink

Capture the essence of flowers and plants with simple, quick techniques and portable materials. Instructor Lisa Snow Lady has a BFA in painting and a degree in ornamental horticulture. Please bring an ultra-fine Sharpie pen and a watercolor notebook (5 x 8) to the first session.

#### Conservatory

27239 2/6-3/5 Thu 10:30 a.m.-12:30 p.m. Snow Lady \$110



Get creative in an art program!

## Lifelong Learning

### Writer's Workshop

Write for yourself or others. Prompts and examples help get you started in this small, supportive group. People with Early Stage Memory Loss are welcome. This is a Rainbow Recreation program.

#### Garfield

27714 1/6-3/16 Mon 10:15-11:45 a.m. \$15

### Our Stories/Our Voices

Learn about the Old Lesbian Oral Herstory Project and the impact it has had on people's lives. There will be a movie shown about the project, and touching real life stories read by OLOHP women and audience participants. This event is meant to educate and inform and is open to all. Refreshments will be served.

#### Montlake

27712 2/5 Wed 1-3 p.m. Free

## Fitness

### Enhance Fitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. *Free to Kaiser Permanente members with Part B Medicare coverage. Online registration is not available for KP members or Silver and Fit members. Please register in person or over the phone. Non-Members can register online. Note, Silver and Fit members are limited to 10 visits a month.*

#### Kaiser Permanente Capitol Hill Building

125 16th Ave. E, Level B, Fitness Center.

25630	1/6-3/16	Mon	2-3 p.m.	G Keeble	\$45
25638	1/8-3/18	Wed	2-3 p.m.	G Keeble	\$55
25646	1/10-3/20	Fri	2-3 p.m.	G Keeble	\$55

### Pickleball Skills

Designed for beginners, or those wanting to brush up on their skills. Learn the basics of this fun racquet sport suitable for all ages!

#### Miller

26870 1/31-3/20 Fri 12:30-1:30 p.m. \$24

### "T'ai Chi Chih®, Joy Through Movement!"

Work through a slow-moving meditative routine of nineteen moves and one pose. These movements circulate and balance the internal energy (Chi) to all the organs, muscles, and bones. Anyone can do it, and chair seated students are welcome.

#### Miller

25667 1/6-3/16 Mon 12:15 a.m.-1:15 p.m. L Robinson \$50

### Gentle Yoga

Stretch and move with awareness, correct alignment, and a focus on breath to increase strength and stamina, improve flexibility, and develop better balance, posture, poise, and peace of mind. Chair seated participants are welcome.

#### Miller

26867	1/7-3/17	Tue	1:30-2:30 p.m.	L Gardener	\$61
26868	1/9-3/19	Thu	1:30-2:30 p.m.	L Gardener	\$61

## DOG WALKS

Bring a dog, or come without one if you love dogs. Prepare to walk two to three miles, rain or shine. Meet at the designated site at 11 a.m., leash your dog, and bring poop bags. Walks are free, please remember to register at 206-615-0619 so volunteer leader Sharon LeVine may contact you if there is a change.

**Note:** Bus riders are allowed to bring their dogs on Metro buses.

### Burke Gilman Trail in the Lake City Area

Meet at the corner of Lakeside Place NE and the Burke Gilman Trail.

2/18 Tue 11 a.m.

### Lincoln Park in West Seattle

Meet at the gas station at the north end of the park, 7427 Fauntleroy Way SW at 47th Ave. SW.

3/3 Tue 11 a.m.

### Ship Canal Trail—Fremont Art Installations

Meet at the "Indoor Sun Shoppe", 160 N Canal St., cross streets 34th St. and Phinney Ave.

3/17 Tue 11 a.m.

### Magnolia's Scenic Boulevard

Meet at Starbucks in Magnolia Village, 3300 W McGraw St.

3/31 Tue 11 a.m.



Come join us outdoors this winter!





## Lifelong Recreation Advisory Council

### You Can Make a Difference!

The Lifelong Recreation Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people age 50+ of all abilities and backgrounds.

### Your Advisory Council

Most classes, workshops, sports programs, special events, and facility rentals are funded through the local advisory councils, rather than from City of Seattle budget. Revenues generated through program fees offset program costs to make these activities self-sustaining. We rely on participation, donations, and contributions to maintain and upgrade equipment.

### Join Us!

Citizen direction and participation is essential to our success. Our advisory councils always are looking for new members. Monthly meetings are held to advise about programs, policies, and financial issues.

If you'd like to get involved, please contact Cheryl Brown at 206-615-0619.

The Associated Recreation Council (ARC) is dedicated to serving Seattle's community in partnership with Seattle Parks and Recreation with citywide fiscal accountability, advisory council support, and community-focused leadership.

## VOLUNTEER OPPORTUNITIES

We have lots of opportunities for you to get involved within your community!



- Lead a book club, bridge club, or mah jongg group.
- Be a field trip van driver, tours and meals comp'd.
- Join the Senior Volunteer Team at your local community center.
- Come help at a food bank with us.
- Be a weekly walk leader with Sound Steps.
- Become a Seattle Urban Nature Guide.
- Help with program development by joining the Lifelong Recreation Advisory Council—see above.

# COMMUNITY RESOURCES

## Age Friendly Coffee Hours

Each Age Friendly Coffee Hour is free and brings community elders closer to City officials, providing elders an opportunity to learn more about City programs and services, and offers an opportunity to hear from elders. Refreshments are served. Coffee Hours are held the third Thursday of every month, from 10-11 a.m., in the Central Building Conference Room, on the 1st floor at 810 3rd Ave. (between Columbia and Marion St).



Speakers are TBA. Call 206-684-0500 with questions, or email [agefriendly@seattle.gov](mailto:agefriendly@seattle.gov).

## Age Friendly Seattle

The City of Seattle is taking steps to establish itself as an age friendly city!

What is an age-friendly city? It is a community in which people can grow up and grow old with ease. The World Health Organization has determined that there are 8 domains of livability:



1. Outdoor spaces and buildings
2. Transportation
3. Housing
4. Social participation
5. Respect and social inclusion
6. Civic participation, and employment
7. Communication and information
8. Community and health services

Using these guidelines, Seattle is in the process of creating an Age Friendly Seattle Action Plan. Visit <http://www.seattle.gov/agefriendly> to learn more.



**Are you facing aging or disability issues?**

Community Living Connections  
1-844-348-5464  
[www.communitylivingconnections.org](http://www.communitylivingconnections.org)





# SENIOR CENTERS AND PROGRAMS FOR SENIORS

## About...Senior Centers!

Senior centers are lively community hubs providing a warm, welcoming social space and affordable programs to enrich the lives of seniors and their families. Caring staff provide guidance through some of the challenges of aging and navigating the network of community and government resources. Many senior centers provide counseling and support services, health services, fitness programs, financial and legal assistance, transportation options, and meal programs.

## Center/Program Locations

### **Ballard NW Senior Center**

5429 32nd Ave. NW, 98107  
206-297-0403 / [ballardseniorcenter.org](http://ballardseniorcenter.org)

### **Central Area Senior Center**

500 30th Ave. S, 98144  
206-726-4926 / [centralareasrcenter.org](http://centralareasrcenter.org)

### **Club Bamboo**

3639 MLK Jr Way S, 98108  
206-774-2440 / [www.acrs.org](http://www.acrs.org)

### **El Centro de la Raza**

2524 16th Ave S, 98144  
206-957-4634 / [www.elcentrodelaraza.org](http://www.elcentrodelaraza.org)

### **Ethiopian Community Center**

8323 Rainier Ave S, 98118  
206-325-0304 / [www.ecseattle.org](http://www.ecseattle.org)

### **Generations Aging With Pride**

206-495-8312 / [gapseattle.org](http://gapseattle.org)

### **Greenwood Senior Center**

525 N 85th St., 98103  
206-297-0875 / [phinneycenter.org/gsc](http://phinneycenter.org/gsc)

### **International Drop-In Center**

7301 Beacon Ave S, 98108  
206-587-3735 / [www.idicseniorcenter.org](http://www.idicseniorcenter.org)

### **Kin On Community Center**

4416 S Brandon St, 98118  
206-556-2237 / [www.kinon.org](http://www.kinon.org)

### **Lake City Community Center**

12531 28th Ave. NE, 98125  
206-268-6738 / [lakecityseniors.org](http://lakecityseniors.org)

### **Pike Place Senior Center**

85 Pike St., #200, 98101  
206-728-2773 / [pikemarketseniorcenter.org](http://pikemarketseniorcenter.org)

### **Sea Mar Latino Senior Nutrition and Outreach Program**

Various Locations  
206-764-4700 / [seamar.org](http://seamar.org)

### **Salvation Army Senior Center/White Center**

9050 16th Ave. SW, 98106  
206-767-3150 / [tsawwhitecenter.org](http://tsawwhitecenter.org)

### **Southeast Seattle Senior Center**

4655 S Holly St., 98118  
206-722-0317 / [sessc.org](http://sessc.org)

### **South Park Senior Center**

8201 10th Ave. S, 98108  
206-767-3650 / [spseniors.org](http://spseniors.org)

### **Sunshine Garden Chinese Senior Community Center**

611 S. Lane St., 98104  
206-624-5633 / [cisc-seattle.org](http://cisc-seattle.org)

### **Wallingford Community Senior Center**

4649 Sunnyside Ave. N, 98103  
206-461-7825 / [wallingfordseniors.org](http://wallingfordseniors.org)

### **West Seattle Senior Center**

4217 SW Oregon St., 98116  
206-932-4044 / [sc-ws.org](http://sc-ws.org)

## REGISTRATION



### FIRST CHOICE

Go to Seattle Parks and Recreation's new online registration software at [http://bit.ly/spr\\_registration\\_account](http://bit.ly/spr_registration_account). Sign in, or create an account if this is your first time registering for classes with the new software. Once you are logged in, choose your programs and pay online.



### SECOND CHOICE

Find your local recreation center at: [seattle.gov/parks/centers.asp](http://seattle.gov/parks/centers.asp) and stop by to register for programs and meet the staff. Please note hours of operation, as they vary across recreation centers.



### THIRD CHOICE

Call your local recreation center during their hours of operation at the phone number listed at: [seattle.gov/parks/centers.asp](http://seattle.gov/parks/centers.asp). All staff can assist you with registration.



### FOURTH CHOICE

Register by phone with our Business Service Center at 206-684-5177. The Business Service Center is open Monday through Friday between 8:30 a.m. and 6 p.m. Questions may be emailed to: [ParksBSC@seattle.gov](mailto:ParksBSC@seattle.gov).



## Parks Management and Professional Staff

4554 NE 41st Street • Seattle, Washington 98105  
206-684-4951 • Fax 206-684-4957 • TDD/TTY Only 206-233-1509

### Parks Management

Jesús Aguirre, Superintendent  
Justin Cutler, Director of Recreation

### Professional Staff

Cheryl Brown, Recreation Program Coordinator, 206-615-0619  
Dena Schuler, Management Systems Analyst, 206-615-1884  
Linda Guzzo, Administrative Specialist, 206-684-4951

## SCHOLARSHIP INFORMATION

Limited scholarship funds are available to those who qualify. To apply, visit any community center or pool, bring your most recent 1040 or SSI paperwork, and picture ID. To download forms online visit [https://bit.ly/spr\\_scholarships](https://bit.ly/spr_scholarships). Approval can take up to several weeks and must occur prior to registration. Scholarship funds run out each quarter so please apply early.

Quarter registration dates begin: Winter—12/3/19, Spring—3/3/20, Summer—5/5/20, and Fall—8/4/20. Our scholarship cycle runs June 2019-June 2020. A new scholarship application must be submitted and approved to qualify for programs taking place July 2020 and beyond.

Here are some beginning qualification guidelines:

Scholarship Eligibility	Number in House				
		1	2		
80%	Monthly	\$1,981.00	\$2,227.50	\$2,671.00	\$3,003.75
	Yearly	\$23,761.00	\$26,730.00	\$32,041.00	\$36,045.00
70%	Monthly	\$2,228.50	\$2,356.20	\$3,004.75	\$3,177.30
	Yearly	\$26,731.00	\$28,274.40	\$36,046.00	\$38,127.60
60%	Monthly	\$2,357.20	\$2,544.30	\$3,178.30	\$3,430.95
	Yearly	\$28,275.40	\$30,531.60	\$38,128.60	\$41,171.40
50%	Monthly	\$2,545.30	\$2,732.40	\$3,431.95	\$3,684.60
	Yearly	\$30,532.60	\$32,788.80	\$41,172.40	\$44,215.20
40%	Monthly	\$2,733.40	\$2,900.70	\$3,685.60	\$3,911.55
	Yearly	\$32,789.80	\$34,808.40	\$44,216.20	\$46,938.60

# Registration Information and Refund Policy

## Payment

Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due plus a \$20 fee. Registration is not complete and a spot in the class cannot be held without payment in full.

## Fees and Charges

**ARC:** Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees are used to offset the cost of providing the programs. Program charges include a user fee paid to Seattle Parks and Recreation to defray operating costs. Washington State sales tax is also included where applicable.

**City:** Fees and charges are necessary to provide financial support to Seattle Parks and Recreation for the operating costs of programs, facilities and grounds. The revenue generated by these fees constitutes only a portion of funds required for operating and maintaining the Parks system. All fees collected from activities and concessions are used exclusively for the Parks system as these funds are deposited in the Parks and Recreation Fund, not the City General Fund. Swimming pool fees and charges are set by City Council.

## Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

## Refunds

Refunds: It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- A full refund will be issued for any class, trip, or reservation that is canceled for any reason by the Department or the Associated Recreation Council.
- Satisfaction Guarantee-Any person who registers for a CLASS and who requests a refund before the second class session may receive a prorated refund minus a service charge.
- Any person who registers for a TRIP and requests a refund 14 days or more before it's start, may receive a refund minus a service charge.
- A transfer from one class to another is permitted without cost if done on the same business day as the original registration, and is subject to space availability.
- No fee is charged for a transfer initiated by Seattle Parks and Recreation staff when done to correct an error in registration or allow for a better recreation opportunity.

Please read the entire policy 7.16 for specific information. An extra process is required for child care refunds or transfers. There will be no refunds or make-up classes for activities missed due to illness or vacations.

## Class Cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

## Scholarships

Seattle Parks and Recreation wants to ensure that our activities, classes, and sports are available to everyone, regardless of their ability to pay. To apply for a scholarship, please talk to one of our Recreation Specialists.

## Wait Lists

We will create wait lists for all filled classes and trips. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability. If you cannot attend a class or trip you are registered for, your spot will be given to the first person on the wait list.

## Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental, or physical handicap.

## Accommodation for People with Disabilities

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids, or other accommodations, please call 206-386-9094 or TDD 206-233-1509. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area that is not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

## Specialized Programs

For information on programs for youth/adults with disabilities, please call the Specialized Programs Office at 206-684-4950, or visit the web at: [www.cityofseattle.net/parks/SpecialPops/index.htm](http://www.cityofseattle.net/parks/SpecialPops/index.htm).

## More Information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at [www.seattle.gov/parks](http://www.seattle.gov/parks), or call our Public Information line, 206-684-4075, or TDD/TTY 206-233-1509.

**Wondering which Lifelong Recreation program is right for you?** In general, Lifelong Recreation Programs are designed for (independent) people age 50 and better, but we also offer specifically designed programs for those living with dementia or chronic pain. If there is an accommodation that you need to better access one of our programs, please contact the recreation specialist in your area.

## DISCLAIMER NOTE

Although we strive to be accurate, this brochure is published for information purposes only. Changes may be necessary to the content depending on levels of participation or other factors, and fees may change after City Council action on the City budget each year. Please visit [www.seattle.gov/parks](http://www.seattle.gov/parks) for updated information.

*As of July 6, 2015, all of Seattle's public parks are smoke-free! Smoke-free parks help reduce litter, promote healthy lifestyles for youth, and create a welcoming environment for all park users. Smoking is allowed in public rights-of-way including sidewalks. For more information visit [seattle.gov/parks/smokingban/](http://seattle.gov/parks/smokingban/).*



# Seattle Parks & Recreation

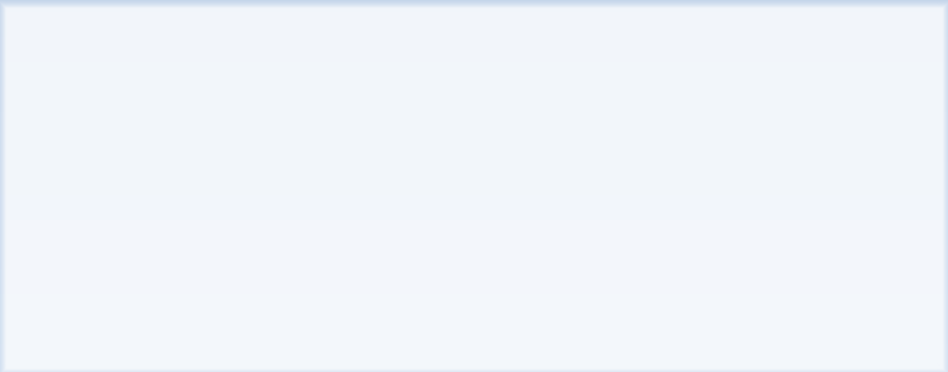
healthy people healthy environment strong communities

## Lifelong Recreation

4554 NE 41st Street  
Seattle, WA 98105

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# ICELAND

# LAND OF FIRE AND Ice

Experience an adventure of a lifetime with Seattle Parks & Recreation and Collette in Iceland! Explore the capital city of Reykjavik and try local culinary delicacies, sail among icebergs, and discover the Golden Circle where you can walk in lava fields, view thundering waterfalls, descend into a cave, and tour majestic geothermal areas.

Trip dates: 8/12-8/20 2020.

To find out more, register for an information session!

<b>Rainier:</b>	27237	2/20	Thu	1:30-3:30 p.m.
<b>Yesler:</b>	27238	3/12	Thu	2-4 p.m.

