

# LIFELONG RECREATION

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



Seattle  
Parks & Recreation

WINTER 2023



**REGISTER online at Noon:**  
**December 6**  
[seattle.gov/parks](https://seattle.gov/parks)



***Come Play with Us!***



# Welcome to Lifelong Recreation!

## WINTER Quarter 2023

January 3-March 18

## REGISTRATION

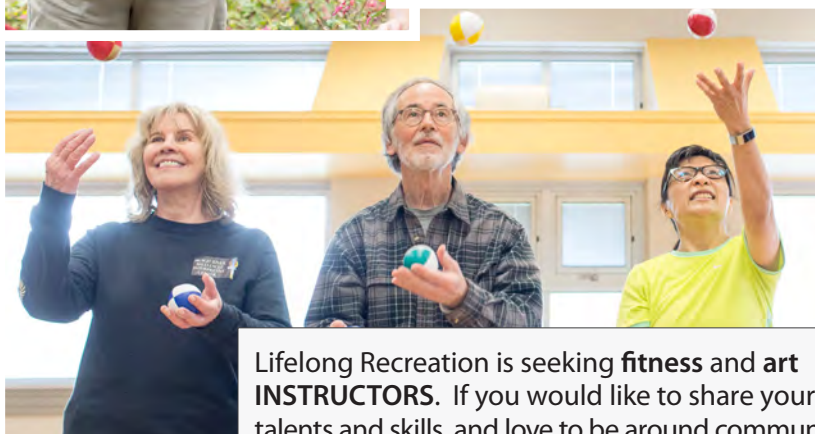
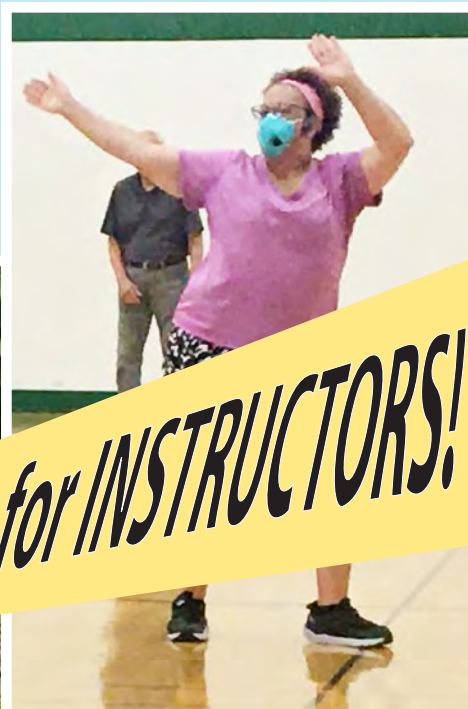
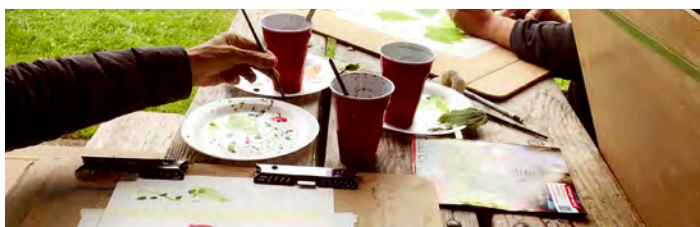
**begins at NOON on December 6**

### No Programs and Facilities closed on:

- January 1
  - January 16
  - February 20
  - March 23
- New Year's Day  
Martin Luther King Jr Day  
Presidents' Day  
Facility Closure

No  
Membership  
Fees!

Detailed registration information can be found on pages 42 and 43.



*We are looking for INSTRUCTORS!*

Lifelong Recreation is seeking **fitness** and **art INSTRUCTORS**. If you would like to share your talents and skills, and love to be around community, contact us!

# Seattle Parks Lifelong Recreation Staff

Since 1974, 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!



## 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.

### 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.**

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



# COMMUNITY CENTER LOCATIONS



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## Northwest

**Carol Baxter-Clubine**, Recreation Specialist  
206-233-7138 / cell 206-399-8561 / [carol.baxter@seattle.gov](mailto:carol.baxter@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  
**6) QUEEN ANNE CC**  
1901 1st Ave. W, 98119  
tel: 206-386-4240

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## Northeast

**Case Berrysmith**, Recreation Specialist  
206-386-9106 / cell 206-300-2043 / [case.berrysmith@seattle.gov](mailto:case.berrysmith@seattle.gov)

**7) LAKE CITY CC**  
12531 28th Ave. NE, 98125  
tel: 206-256-5645  
**8) MAGNUSON PARK CC**  
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) MILLER CC**  
330 19th Ave. E, 98112  
tel: 206-684-4753  
**11) MONTLAKE CC**  
1618 E Calhoun St., 98112  
tel: 206-684-4736

**12) NORTHGATE CC**  
10510 5th Ave. NE, 98125  
tel: 206-386-4283  
**13) RAVENNA-ECKSTEIN CC**  
6535 Ravenna Ave. NE, 98115  
tel: 206-684-7534

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23-26

## Southwest

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

**14) DELRIDGE CC**  
4501 Delridge Way S, 98106  
tel: 206-684-7423  
**15) HIAWATHA CC**  
2700 California Ave. SW, 98116  
tel: 206-684-7441

**16) HIGH POINT CC**  
6920 34th Ave. SW, 98126  
tel: 206-684-7422  
**17) SOUTH PARK CC**  
8319 8th Ave. S, 98108  
tel: 206-684-7451

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

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## Southeast

**Angela P Smith**, Recreation Specialist  
cell 206-450-9522 / [angelap.smith@seattle.gov](mailto:angelap.smith@seattle.gov)

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

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

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

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## Signature Programs

**Dementia-Friendly Recreation**  
**Tamara Keefe:**  
206-615-0100  
cell 206-399-4655  
[tamara.keefe@seattle.gov](mailto:tamara.keefe@seattle.gov)

**Rainbow Recreation**  
**Tamara Keefe:**  
206-615-0100  
cell 206-399-4655  
[tamara.keefe@seattle.gov](mailto:tamara.keefe@seattle.gov)

**Outdoor Recreation**  
cell 206-849-6564  
[sound.steps@seattle.gov](mailto:sound.steps@seattle.gov)

BOLLYWOOD FITNESS					
<b>High Point</b>					
52681	1/3-3/14	Tue	10-11 a.m.	A Carver	\$70
52672	1/6-3/17	Fri	10-11 a.m.	A Carver	\$70
CHAIR STRENGTH AND TONE					
<b>Bitter Lake</b>					
52430	1/9-3/13	Mon	1:45-2:45 p.m.	D Dragovich	Free
<b>Meadowbrook</b>					
51810	1/4-3/15	Wed	12:30-1:30 p.m.	D Dragovich	\$77
<b>Ravenna-Eckstein</b>					
51809	1/7-3/18	Sat	12:45-1:45 p.m.	D Dragovich	\$77
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>					
<b>Bitter Lake</b>					
52434	1/6-3/17	Fri	9:30-10:30 a.m.	R Buyce	\$70
<b>Loyal Heights</b>					
52433	1/3-3/14	Tue	9:30-10:30 a.m.	R Buyce	\$63
52432	1/5-3/16	Thu	9:30-10:30 a.m.	R Buyce	\$63
<b>Meadowbrook</b>					
51811	1/6-3/17	Fri	11:30 a.m.-12:30 p.m.	R Buyce	\$77
DANCE FOR PARKINSON'S					
<b>Garfield</b>					
53508	1/5-2/23	Thu	10:15-11:45 a.m.		Free
DANCE - TRADITIONAL AND CONTEMPORARY ASIAN					
<b>Jefferson</b>					
<i>All Levels</i>					
53506	1/4-3/1	Wed	6-7 p.m.	S Ma	Free
53507	1/7-3/18	Sat	2-3:45 p.m.	S Ma	Free



ENHANCE FITNESS					
<b>Garfield</b>					
KP and ASH Members					
52922	1/4-3/15	Wed	10:15-11:15 a.m.	YS Gartz	Free
52921	1/6-3/17	Fri	10:15-11:15 a.m.	YS Gartz	Free
Self-Pay					
52924	1/4-3/15	Wed	10:15-11:15 a.m.	YS Gartz	\$77
52925	1/6-3/17	Fri	10:15-11:15 a.m.	YS Gartz	\$77
<b>Jefferson</b>					
KP and ASH Members					
53502	1/9-3/13	Mon	10:30-11:30 a.m.	V Bowles	Free
53503	1/5-3/17	Fri	10:30-11:30 a.m.	V Bowles	Free
Self-Pay					
53504	1/9-3/13	Mon	10:30-11:30 a.m.	V Bowles	\$56
53505	1/5-3/17	Fri	10:30-11:30 a.m.	V Bowles	\$77
<b>Magnolia</b>					
KP and ASH Members					
52438	1/9-3/13	Mon	Noon-1 p.m.	K Adolphsen	Free
52440	1/4-3/15	Wed	Noon-1 p.m.	K Adolphsen	Free
52436	1/6-3/17	Fri	Noon-1 p.m.	K Adolphsen	Free
Self-Pay					
52439	1/9-3/13	Mon	Noon-1 p.m.	K Adolphsen	\$56
52441	1/4-3/15	Wed	Noon-1 p.m.	K Adolphsen	\$77
52437	1/6-3/17	Fri	Noon-1 p.m.	K Adolphsen	\$77
<b>Magnuson Brig</b>					
KP and ASH Members					
51815	1/3-3/14	Tue	9:30-10:30 a.m.	C House	Free
51817	1/5-3/16	Thu	10:30-11:30 a.m.	J Shearer	Free
Self-Pay					
51816	1/3-3/14	Tue	9:30-10:30 a.m.	C House	\$77
51818	1/5-3/16	Thu	10:30-11:30 a.m.	J Shearer	\$77
<b>Meadowbrook</b>					
KP and ASH Members					
51819	1/4-3/15	Wed	9:40-10:40 a.m.	C House	Free
51813	1/6-3/17	Fri	9:40-10:40 a.m.	C House	Free
Self-Pay					
51820	1/4-3/15	Wed	9:40-10:40 a.m.	C House	\$77
51814	1/6-3/17	Fri	9:40-10:40 a.m.	C House	\$77
<b>Miller</b>					
KP and ASH Members					
52731	1/5-3/16	Thu	10:30-11:30 a.m.	TBD	Free
Self-Pay					
52732	1/5-3/16	Thu	10:30-11:30 a.m.	TBD	\$77
FABULOUSLY FIT					
<b>Magnolia</b>					
52442	1/4-3/15	Wed	9:30-10:45 a.m.	K Adolphsen	\$96
FITNESS AT DELRIDGE					
<b>Delridge</b>					
49778	9/14-12/14	Wed	10:15-11:15 a.m.	S Simmons	\$91
JUICY JOINTS					
<b>Bitter Lake</b>					
52450	1/9-3/13	Mon	9:15-10:15 a.m.	J Rayer	\$56
52451	1/4-3/15	Wed	9:15-10:15 a.m.	J Rayer	\$77



LATIN EXPRESSION					
Magnuson Brig					
51823	1/3-3/14	Tue	10:45-11:45 a.m.	C House	\$77
LINE DANCE					
Video Link: <a href="https://youtu.be/n4CVebDKpDg">https://youtu.be/n4CVebDKpDg</a>					
High Point					
52684	1/-3/16	Thu	11:15 a.m.-12:15 p.m.	S Simmons	\$70
Queen Anne					
53516	1/4-3/15	Wed	5:45-6:45 p.m.	C Banta	\$77
Van Asselt					
Advanced Beginner					
53455	1/5-3/16	Thu	1-2 p.m.	M Chen	\$77

SOUL LINE DANCE					
Magnuson Brig					
All Levels					
51834	1/9-3/13	Mon	12:30-1:30 p.m.	M Silver	\$56
51835	1/6-3/17	Fri	10:30-11:45 a.m.	M Silver	\$77
Montlake					
All Levels					
51836	1/9-3/13	Mon	10:30-11:30 a.m.	M Silver	\$84



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



PILATES					
Video Link: <a href="https://youtu.be/C6iGDqezc3M">https://youtu.be/C6iGDqezc3M</a>					
<b>Laurelhurst</b>					
54131	1/5-3/16	Thu	12:30-1:30 p.m.	D Dragovich	\$77
<b>Loyal Heights</b>					
52453	1/9-3/13	Mon	Noon-1 p.m.	D Dragovich	\$56
<b>Meadowbrook</b>					
51831	1/4-3/15	Wed	11:15 a.m.-12:15 p.m.	D Dragovich	\$77
<b>Ravenna-Eckstein</b>					
51830	1/7-3/18	Sat	11:30 a.m.-12:30 p.m.	D Dragovich	\$77
<b>Virtual</b>					
51851	1/3-3/14	Tue	11:30 a.m.-12:30 p.m.	D Dragovich	\$77
STRENGTH AND CONDITIONING					
<b>Magnuson Brig</b>					
51838	1/5-3/16	Thu	9:15-10:15 a.m.	J Shearer	\$77
51837	1/6-3/17	Fri	9:15-10:15 a.m.	M Silver	\$77
TAI CHI AND QIGONG					
Video Link: <a href="https://youtu.be/J82jluSOs5s">https://youtu.be/J82jluSOs5s</a>					
<b>Garfield</b>					
<i>All Levels</i>					
53589	1/9-3/13	Mon	10:15-11:15 a.m.	E Baxa	\$56
<b>Green Lake</b>					
52455	1/4-3/15	Wed	10:30-11:30 a.m.	E Baxa	\$77
53416	1/4-3/15	Wed	11:45 a.m.-12:45 p.m.	E Baxa	\$77
<b>High Point</b>					
52695	1/9-3/13	Mon	11 a.m.-Noon	Pam E	\$56

IDCCC					
53509	1/3-3/14	Tue	10:15-11:15 a.m.	G Seminatore	\$88
<b>Loyal Heights</b>					
52457	1/3-3/14	Tue	11:15 a.m.-12:15 p.m.	C Tan	\$77
52454	1/3-3/14	Tue	12:15-1:15 p.m.	C Tan	\$77
<b>Magnuson Brig</b>					
<i>All Levels</i>					
51840	1/3-3/14	Tue	10-11 a.m.	E Baxa	\$77
<b>Meadowbrook</b>					
<i>All Levels</i>					
51839	1/6-3/17	Fri	8:30-9:30 a.m.	E Baxa	\$77
<b>Montlake</b>					
<i>All Levels</i>					
51841	1/9-3/13	Mon	10:15-11:30 a.m.	R Friedman	\$56
<b>Northgate</b>					
<i>Beginning</i>					
51832	1/5-3/16	Thu	11:15 a.m.-12:15 p.m.	A Peizer	\$77
<i>Ongoing</i>					
51833	1/5-3/16	Thu	12:30-1:30 p.m.	A Peizer	\$77
<b>Wallingford Senior Center</b>					
<i>All Levels</i>					
52426	1/6-3/17	Fri	10-11 a.m.	G Seminatore	\$77







T'AI CHI CHIH®						
<b>Green Lake</b>						
53452	1/12-3/16	Thu	10:30-11:30 a.m.	L Robinson	\$70	
YOGA						
<b>Back in Action Chair Yoga</b>						
<b>High Point</b>						
52670	1/6-3/17	Fri	11:30 a.m.-12:30 p.m.	J Reed	\$70	
<b>Chair Yoga</b>						
<b>Bitter Lake</b>						
52431	1/6-3/17	Fri	11-11:45 a.m.	M Samuels	Free	
<b>Gentle Yoga</b>						
Video Link: <a href="https://youtu.be/~rbaj950AtE">https://youtu.be/~rbaj950AtE</a>						
<b>Bitter Lake</b>						
52447	1/4-3/15	Wed	10:30-11:30 a.m.	H Karrfalt	\$77	
<b>Green Lake</b>						
53296	1/9-3/13	Mon	12:30-1:30 p.m.	R MacDonald	\$56	
<b>High Point</b>						
52679	1/9-3/13	Mon	10-11 a.m.	J Reed	\$56	
52680	1/4-3/15	Wed	11:30 a.m.-12:30 p.m.	J Reed	\$70	
<b>Laurelhurst</b>						
54130	1/5-3/16	Thu	9:30-10:30 a.m.	J Robin	\$77	
<b>Loyal Heights</b>						
52448	1/9-3/13	Mon	10:45-11:45 a.m.	R MacDonald	\$56	
<b>Magnuson Brig</b>						
51821	1/4-3/15	Wed	10-11 a.m.	J Robin	\$77	
<b>Miller</b>						
53448	1/9-3/13	Mon	11:45 a.m.-12:45 p.m.	L Gardener	\$56	
<b>Ravenna-Eckstein</b>						
51822	1/7-3/18	Sat	10-11 a.m.	J Robin	\$77	

Gentle Yoga—Flow-Style						
<b>Bitter Lake</b>						
52449	1/4-3/15	Wed	5:30-6:30 p.m.	D Schultz	Free	
<b>Queen Anne</b>						
53805	1/4-3/15	Wed	3-4 p.m.	M Samuels	\$77	
<b>Vini Yoga</b>						
<b>Ballard</b>						
52459	1/4-3/15	Wed	10:45-11:45 a.m.	A Mason	\$70	
<b>Magnolia</b>						
52458	1/6-3/17	Fri	9:30-10:30 a.m.	M Alex	\$77	
<b>Meadowbrook</b>						
51848	1/9-3/13	Mon	9:30-10:30 a.m.	H Mair	\$56	
<b>Montlake</b>						
51850	1/6-3/17	Fri	10:30-11:30 a.m.	H Mair	\$77	
<b>Northgate</b>						
51849	1/5-3/16	Thu	10-11 a.m.	H Mair	\$77	
ZUMBA®						
<b>Delridge</b>						
52700	1/3-3/14	Tue	10:15-11:15 a.m.	M Jorgensen	\$70	
52701	1/5-3/16	Thu	10:15-11:15 a.m.	M Jorgensen	\$70	
ZUMBA® GOLD						
Video Link: <a href="https://youtu.be/mzy3RR_SfuQ">https://youtu.be/mzy3RR_SfuQ</a>						
<b>Loyal Heights</b>						
52461	1/5-3/30	Thu	9:30-10:30 a.m.	S Price	\$77	
<b>Magnolia</b>						
52767	1/4-3/15	Wed	10:30-11:30 a.m.	M Jorgensen	\$77	
52462	1/6-3/17	Fri	10:30-11:30 a.m.	M Jorgensen	\$77	

## ADULT SPORTS

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).



## Pickleball at a Glance

Please call the community center for days, times, and registration.

See page 24 for additional SW outdoor pickleball opportunities.

Pickleball	Free
<b>NORTHWEST</b>	
Bitter Lake	206-684-7524
Loyal Heights	206-684-4052
Magnolia	206-386-4235
<b>NORTHEAST</b>	
Magnuson	206-684-7026
Meadowbrook	206-684-7522
Northgate	206-386-4283
<b>SOUTHWEST</b>	
High Point	206-684-7422
Yesler	206-386-1245
<b>SOUTHEAST</b>	
Garfield	206-684-4788
Rainier	206-386-1919
Van Asselt	206-386-1921

## Come work out at our *Fitness Centers*

Exercise machines, free weights, and cardio equipment. Please call the corresponding community center for up to date fitness room information.

### 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







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

Programs for Ages 50+ Available

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



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

HOW TO



**How to Use Webex for Virtual Classes**  
Practice navigating Webex, our virtual programming platform for virtual classes on your computer. Gain confidence and troubleshoot any problems BEFORE your first day of class, so you are ready to go. No pressure, we are learning together.

**Virtual**  
52699 1/9 Mon 3-4 p.m. Free

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.*

Yoga and Pilates

**Pilates**  
Pilates can stretch and strengthen the body in keeping with balance and alignment. Mat exercises focus on finding the muscles of your powerhouse (your core or center) and strengthening this area to support your spine. Mat work enhances posture, a strong center, suppleness, a toned body, and an improved sense of well-being. Feel invigorated after your work out!

**Virtual**  
51851 1/3-3/14 Tue 11:30 a.m.-12:30 p.m. D Dragovich \$77







**Carol Baxter-Clubine**  
Northwest  
Recreation Specialist

206-233-7138 / cell 206-399-8561  
[carol.baxter@seattle.gov](mailto:carol.baxter@seattle.gov)

### **REGISTRATION**

Register for programs using the activity number listed next to each program. Registration and payment details can be found on page 42. For accommodation requests, please call 206-684-7548.

**Rainbow Recreation** can be found on pages 32-33.

### **SCHOLARSHIPS**

The scholarship cycle runs June 2022–June 2023. Have your application approved prior to registration. See page 42 for details.

### **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.

### **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**

### **Wing Luke Museum**

On this visit to the Wing Luke Museum there will be a guided tour of the Kong Yick Building, built in 1910 and formerly a hotel that housed many immigrants and laborers. View preserved rooms, a Chinese Family Association Hall, and an import store that once operated in the building. There will be time to visit the remaining exhibitions in the museum. Admission for museum included in registration fee. Lunch on your own.

#### **Northbound**

52444 1/18 Wed 10 a.m.-4 p.m. \$25

### **Microsoft Visitor Center and Redmond Town Center**

Experience the past, present, and future of Microsoft. Interact with displays and presentations. Afterwards we will head to Redmond Town Center for lunch, on your own, and some exploring.

#### **Northbound**

52446 1/25 Wed 10:30 a.m.-3 p.m. \$18

## Museum of Flight—Apollo Exhibit

A docent-led tour of the Apollo exhibit, where we will learn about the Space Race and view a display of the rocket engine that launched Apollo to the moon. Feel what it was like to travel to the moon and back on the Spacequest Virtual Reality Experience, which is optional and an additional \$8 (please bring exact change day of). There will be time to self tour the rest of the museum, and have lunch at the Wing Café on your own.

### Southbound

53417 2/1 Wed 9:50 a.m.-1:50 p.m. \$35

## Taproot Theater:

### *A Woman of No Importance*

This comedic classic from Oscar Wilde will charm you with its cleverness and wit. Will a long buried scandal change the trajectory of Gerald's future? Who is the lovely American who's captured his heart?

### Southbound

52445 2/8 Wed 10 a.m.-1:30 p.m. \$30

## Pacific Bonsai Museum

A grand outdoor exhibit of 150 bonsai. The Pacific Bonsai Museum is only one of two in the United States. We will take a docent-led tour with lunch on your own. *Please bring \$12 in cash day of for the tour fee.*

### Northbound

52443 3/1 Wed 10 a.m.-2:30 p.m. \$20

## Tulip Casino and Outlet Malls

Enjoy time shopping at the outlet stores, and time at the casino for games or the buffet lunch. Lunch on your own.

### Northbound

52770 3/8 Wed 9:30 a.m.-3 p.m. \$25





## SOCIAL PROGRAMS

### Games

#### Drop-In Bridge

Enjoy a game of bridge.

##### Magnolia

*All Levels*

52435 1/4-4/12 Wed 9 a.m.-Noon Free

##### Queen Anne

*Intermediate*

53515 1/3-3/28 Tue 12:30-3:30 p.m. Free



#### Drop-In Mahjong

Play this fun game using Chinese tiles. Bring your Mahjong set if you have one. Beginners welcome.

##### Queen Anne

*All Levels*

53518 1/6-3/31 Fri 1:30-4:30 p.m. Free

## ARTS AND HANDWORK

### Watercolor

If you have never picked up a brush before or are an experienced watercolorist, our classes are right for you. Receive individual attention to enhance your skills. Bring your own paints and brushes. The instructor will provide a materials list. A demonstration follows each lesson in this class.

##### Loyal Heights

52460 1/9-3/13 Mon 10:30 a.m.-1 p.m. S Kahler \$84

## LIFELONG LEARNING

### Fall Prevention/Fire Safety

Find out how to be more independent and healthier in your future by learning strategies and resources to prevent falls and fires in your home. Topics include home modification ideas, exercise programs, medication, vision, home fire hazards, importance of smoke and carbon monoxide alarms, and how to respond safely to a home fire. Brought to you by the UW Public Health Program in collaboration with SFD and WA State Dept of Health.

##### Loyal Heights

53600 2/21 Tue 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 the UW Public Health Program.

##### Queen Anne

53601 1/24 Tue 1:30-2:30 p.m. Free

## DROP-IN FITNESS

### Pickleball at a Glance

See page 9 for community center information for days, times, and registration.

## 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

52452	1/6-2/3	Fri	10:30-Noon	M Anderson	\$15
53517	2/17-3/17	Fri	10:30-Noon	M Anderson	\$15

## 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

52442	1/4-3/15	Wed	9:30-10:45 a.m.	K Adolphsen	\$96
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#### 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

52450*	1/9-3/13	Mon	9:15-10:15 a.m.	J Rayor	\$56
52451*	1/4-3/15	Wed	9:15-10:15 a.m.	J Rayor	\$77

#### Line Dance

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

#### Queen Anne

53516	1/4-3/15	Wed	5:45-6:45 p.m.	C Banta	\$77
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*\*Class qualifies for \$10 off **SHAPE UP COUPON** if you are a new student.*

### 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

52461*	1/5-3/30	Thu	9:30-10:30 a.m.	S Price	\$77
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#### Magnolia

52767	1/4-3/15	Wed	10:30-11:30 a.m.	M Jorgensen	\$77
52462	1/6-3/17	Fri	10:30-11:30 a.m.	M Jorgensen	\$77



### 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. *Registration is still required for free classes as class sizes are limited.* Back in Motion Class.

#### Bitter Lake

52430	1/9-3/13	Mon	1:45-2:45 p.m.	D Dragovich	Free
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#### Circuit Training

Become a stronger you! Circuit training strengthens your major muscle groups as you rotate among training stations. *No class Tuesday 1/24 and 1/31, Thursday 1/26 and 2/2, and Friday 1/27.*

#### Bitter Lake

52434*	1/6-3/17	Fri	9:30-10:30 a.m.	R Buyce	\$70
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#### Loyal Heights

52433*	1/3-3/14	Tue	9:30-10:30 a.m.	R Buyce	\$63
52432*	1/5-3/16	Thu	9:30-10:30 a.m.	R Buyce	\$63



## EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. This evidence-based program is offered in partnership with Sound Generations. For this class, NEW participants, or those returning from prior to the start of the pandemic, must submit the Participant Information and Health History forms, prior to registration. Forms location: <https://www.seattle.gov/parks/find-for-adults-50>. Kaiser Permanente members with Part B Medicare coverage must also provide a copy of their membership card, or complete the Kaiser Permanente Eligibility form. Silver and Fit participants, write your member number at the top of your forms. Mail to: Lifelong Recreation, Magnuson Bldg 30, 6310 NE 74th St, Seattle, 98115.

*Note: Screening forms take up to two weeks to process. Free to Kaiser Permanente Part B Medicare coverage participants. American Specialty Health (ASH) Silver and Fit will cover in-person classes and is limited to 10 visits a month. To learn more about EnhanceFitness visit <https://projectenhance.org/enhancefitness/> and <https://projectenhance.org/about-us/>.*

### Magnolia

KP and ASH Members

52438	1/9-3/13	Mon	Noon-1 p.m.	K Adolphsen	Free
52440	1/4-3/15	Wed	Noon-1 p.m.	K Adolphsen	Free
52436	1/6-3/17	Fri	Noon-1 p.m.	K Adolphsen	Free

Self-Pay

52439	1/9-3/13	Mon	Noon-1 p.m.	K Adolphsen	\$56
52441	1/4-3/15	Wed	Noon-1 p.m.	K Adolphsen	\$77
52437	1/6-3/17	Fri	Noon-1 p.m.	K Adolphsen	\$77

## Tai Chi and Qigong

### Tai Chi

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

### Green Lake

52455	1/4-3/15	Wed	10:30-11:30 a.m.	E Baxa	\$77
53416	1/4-3/15	Wed	11:45 a.m.-12:45 p.m.	E Baxa	\$77

### Loyal Heights

52457*	1/3-3/14	Tue	11:15 a.m.-12:15 p.m.	C Tan	\$77
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*\*Class qualifies for \$10 off **SHAPE UP COUPON** if you are a new student.*

## Qigong

Qigong and Tai Chi bring great benefits for fitness, disease prevention, and improved balance. Qigong is the foundation of Tai Chi, as it develops the internal side of Tai Chi. This class teaches Tai Chi Qigong and Yang Tai Chi short form. Back in Motion Class.

### Loyal Heights

52454*	1/3-3/14	Tue	12:15-1:15 p.m.	C Tan	\$77
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## Yoga and Pilates

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

### Pilates

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

### Loyal Heights

52453*	1/9-3/13	Mon	Noon-1 p.m.	D Dragovich	\$56
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## Yoga

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

### Chair Yoga

### Bitter Lake

*Registration is still required for free classes as class sizes are limited. Back in Motion Class*

52431	1/6-3/17	Fri	11-11:45 a.m.	M Samuels	Free
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### Gentle Yoga

### Bitter Lake

52447*	1/4-3/15	Wed	10:30-11:30 a.m.	H Karrfalt	\$77
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*Flow-Style Gentle Yoga*

52449*	1/4-3/15	Wed	5:30-6:30 p.m.	D Schultz	Free
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### NEW Green Lake

53296	1/9-3/13	Mon	12:30-1:30 p.m.	R MacDonald	\$56
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### Loyal Heights

52448*	1/9-3/13	Mon	10:45-11:45 a.m.	R MacDonald	\$56
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*Queen Anne Flow-Style Gentle Yoga*

53805	1/4-3/15	Wed	3-4 p.m.	M Samuels	\$77
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## Vini Yoga

### Ballard

52459	1/4-3/15	Wed	10:45-11:45 a.m.	A Mason	\$70
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### Magnolia

52458	1/6-3/17	Fri	9:30-10:30 a.m.	M Alex	\$77
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**Case Berrysmith**  
Northeast  
Recreation Specialist

206-386-9106 / cell 206-300-2043  
case.berrysmith@seattle.gov

### REGISTRATION

Register for programs using the activity number listed next to each program. Registration and payment details can be found on page 42. For accommodation requests, please call 206-684-7548.

**Rainbow Recreation** can be found on pages 32-33.

### SCHOLARSHIPS

The scholarship cycle runs June 2022–June 2023. Have your application approved prior to registration. See page 42 for details.

### TRIPS

#### DEPARTURE SITES

**Meadowbrook Community Center**  
10517 35th Ave. NE

#### **NEW DEPARTURE LOCATION**

**Northgate CC**  
10510 5th Ave. NE

#### DEPARTURE TIMES

##### NORTHBOUND TRIPS:

**Meadowbrook:** at time listed.

**Northgate:** 20 minutes before time listed.

##### SOUTHBOUND TRIPS:

**Meadowbrook:** 20 minutes before time listed.

**Northgate:** at 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.

## FIELD TRIPS

### **Planetarium**

See the stars in a whole new way at the UW Planetarium. New shows are developed on a monthly basis. We'll take a leap and see what mysteries the universe holds. Lunch on your own.

#### **Southbound**

51859 1/9 Mon 10 a.m.-4 p.m. \$14

### **Edmonds Waterfront Walk**

Join us for a lovely walk along Edmond's waterfront. Lunch on your own.

#### **Northbound**

52311 1/30 Mon 10 a.m.-2 p.m. \$14

### **Taproot Theater:**

#### ***A Woman of No Importance***

This comedic classic from Oscar Wilde will charm you with its cleverness and wit. Will a long buried scandal change the trajectory of Gerald's future? Who is the lovely American who's captured his heart?

#### **Southbound**

52310 2/8 Wed 9:30 a.m.-2:30 p.m. \$30

### **Nifty AND Thrifty**

For anyone who loves searching for treasures or the unique finds you can come across at thrift stores, this outing is for you. We will be hitting 3 thrift stores in Kirkland. Lunch on your own.

#### **Southbound**

51856 2/23 Thu 10 a.m.-4:30 p.m. \$18

### **Lunch at St. Edwards Lodge**

St Edward's Seminary has been transformed into The Lodge at Saint Edward. We will have a bit of time to take a self-guided QR tour of the lodge, followed by lunch in the Cedar+Elm dining hall, former space of the seminary dining hall, with original windows and historic design details. Soak in the tranquil natural beauty of the surrounding state park. Lunch on your own.

#### **Southbound**

51846 3/13 Mon 9:30 a.m.-2 p.m. \$18



## SOCIAL PROGRAMS

### Book Clubs

#### Book Club

Explore new books, ask interesting questions, listen to different points of view, hear varied interpretations, metaphors, and themes. Co-organizer needed. Both club locations meet the 3rd Thursday of every month: 1/19, 2/16, and 3/16.

#### Laurelhurst

54142 Thu 12:30-1:30 p.m. Free

#### Meadowbrook

51805 Thu 11 a.m.-Noon Free

### Games

#### Drop-In Bridge

Drop-In play for bridge players. All Levels.

#### Montlake

1/6-3/31 Fri 1-4 p.m. Free



#### Drop-In Mahjong

Drop-In and play mahjong!

#### Lake City

1/5-3/30 Thu 10:15 a.m.-1:15 p.m. Free

#### Laurelhurst

1/3-3/28 Tue 11 a.m.-1:45 p.m. Free

#### Magnuson Brig

1/3-4/4 Tue 11 a.m.-2 p.m. Free

#### Mahjong Lessons

Mahjong bears a great resemblance in play to certain card games, namely those of the rummy family, and is fun to play. This class will introduce beginners to the basic rules and regulations of the game. Class size is limited to 5 participants so register early.

#### Lake City

51824 1/12-2/2 Thu 10:15-11:45 a.m. \$24

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



## ARTS AND HANDWORK

#### Brig Artist Studio

In this 4-hour, mentored art studio class you will work independently on your artwork in a supportive, encouraging, and friendly group. All levels are welcome and must be able to work independently. Individual and group critiques are given each class. All mediums welcome. Students are responsible for their own art supplies.

#### Magnuson Brig

51806	1/6-1/27	Fri	10 a.m.-2 p.m.	Pope/Frazer	\$112
51807	2/3-2/24	Fri	10 a.m.-2 p.m.	Pope/Frazer	\$112
51808	3/3-3/31	Fri	10 a.m.-2 p.m.	Pope/Frazer	\$140

#### Painting in the Community

Join others to paint as a community of artists in any water medium, using your own supplies. There is no formal teaching during this time. There is plenty of peer suggestion and support! Registration required.

#### Magnuson Brig

51827	1/3-3/14	Tue	10 a.m.-1 p.m.		Free
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#### Watercolor with Sandra Kahler

Bring your paints, brushes, and joy of painting. A demonstration is taught after each lesson with instruction. All skill levels welcome.

#### Magnuson Brig

51852	1/12-3/9	Thu	10 a.m.-12:30 p.m.	S Kahler	\$84
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## DROP-IN FITNESS

### Pickleball at a Glance

See page 9 for community center information for days, times, and registration.

## PICKLEBALL SKILLS

### Pickleball Skills

Learn the basic strokes, rules, and strategies of pickleball. This class includes one hour of instruction and 30 minutes of practice time. Once you've learned the basics, you can join our drop-in play across most of the community centers in Seattle. Must show vaccination status and wear a mask. Please bring your own water bottle.

#### Meadowbrook

51828	1/3-2/7	Tue	Noon-1:30 p.m.	M Bisch	\$18
51829	2/14-3/14	Tue	Noon-1:30 p.m.	M Bisch	\$15

## 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

#### Latin Expression

Work out to a lively Latin beat while you learn some new dance moves with instructor Cindy House!

#### Magnuson Brig

51823	1/3-3/14	Tue	10:45-11:45 a.m.	C House	\$77
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#### Soul Line Dance

Not just country! Line dance to an assortment of music genres, including soul, rhythm and blues, as well as country. Work out your mind and body. Learn new dance patterns to all kinds of great music. *No class Monday 1/16 and 2/20.*

#### Magnuson Brig

##### All Levels

51834	1/9-3/13	Mon	12:30-1:30 p.m.	M Silver	\$56
51835	1/6-3/17	Fri	10:30-11:45 a.m.	M Silver	\$77

#### Montlake

##### All Levels

51836	1/9-3/13	Mon	10:30-11:30 a.m.	M Silver	\$84
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## 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. Back in Motion Class.

#### Meadowbrook

51810	1/4-3/15	Wed	12:30-1:30 p.m.	D Dragovich	\$77
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#### Ravenna-Eckstein

51809	1/7-3/18	Sat	12:45-1:45 p.m.	D Dragovich	\$77
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### Circuit Training

Become a stronger you! In this fitness program you will move from one strength training station to the next with cardio intervals in-between.

#### Meadowbrook

51811	1/6-3/17	Fri	11:30 a.m.-12:30 p.m.	R Buyce	\$77
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## EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. This evidence-based program is offered in partnership with Sound Generations. For this class, NEW participants, or those returning from prior to the start of the pandemic, must submit the Participant Information and Health History forms, prior to registration. Forms location: <https://www.seattle.gov/parks/find/for-adults-50>. Kaiser Permanente members with Part B Medicare coverage must also provide a copy of their membership card, or complete the Kaiser Permanente Eligibility form. Silver and Fit participants, write your member number at the top of your forms. Mail to: Lifelong Recreation, Magnuson Bldg 30, 6310 NE 74th St, Seattle, 98115.

*Note: Screening forms take up to two weeks to process. Free to Kaiser Permanente Part B Medicare coverage participants. American Specialty Health (ASH) Silver and Fit will cover in-person classes and is limited to 10 visits a month. To learn more about EnhanceFitness visit <https://projectenhance.org/enhancefitness/> and <https://projectenhance.org/about>.*

### Magnuson Brig

KP and ASH Members

51815	1/3-3/14	Tue	9:30-10:30 a.m.	C House	Free
51817	1/5-3/16	Thu	10:30-11:30 a.m.	J Shearer	Free

Self-Pay

51816	1/3-3/14	Tue	9:30-10:30 a.m.	C House	\$77
51818	1/5-3/16	Thu	10:30-11:30 a.m.	J Shearer	\$77

### Meadowbrook

KP and ASH Members

51819	1/4-3/15	Wed	9:40-10:40 a.m.	C House	Free
51813	1/6-3/17	Fri	9:40-10:40 a.m.	C House	Free

Self-Pay

51820	1/4-3/15	Wed	9:40-10:40 a.m.	C House	\$77
51814	1/6-3/17	Fri	9:40-10:40 a.m.	C House	\$77

### Miller

KP and ASH Members

52731	1/5-3/16	Thu	10:30-11:30 a.m.	TBD	Free
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Self-Pay

52732	1/5-3/16	Thu	10:30-11:30 a.m.	TBD	\$77
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## Strength and Conditioning

ENERGIZE your morning stretching, swooping, and strengthening! You will go through a series of exercises to build strength, flexibility, balance, and achieve better overall conditioning. This class will leave you feeling happy and connected.

### Magnuson Brig

51838	1/5-3/16	Thu	9:15-10:15 a.m.	J Shearer	\$77
51837	1/6-3/17	Fri	9:15-10:15 a.m.	M Silver	\$77

## Tai Chi and Qigong

### Tai Chi

Maintain and restore bone mass, equilibrium, and poise, while playfully exploring vital energy. *No class Monday 1/16 and 2/20.*

### Magnuson Brig

*All Levels*

51840	1/3-3/14	Tue	10-11 a.m.	E Baxa	\$77
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### Meadowbrook

*All Levels*

51839	1/6-3/17	Fri	8:30-9:30 a.m.	E Baxa	\$77
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### Montlake

*All Levels*

51841	1/9-3/13	Mon	10:15-11:30 a.m.	R Friedman	\$56
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### Wallingford Senior Center

*All Levels*

52426	1/6-3/17	Fri	10-11 a.m.	G Seminatore	\$77
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## Qigong and Beginning Tai Chi

Relaxing, ancient, meditative qigong moves, connected to the five elements, are taught followed by the beginning steps of the Yang-style short-form of Tai Chi. No experience necessary. Back in Motion Class.

### Northgate

*Beginning*

51832	1/5-3/16	Thu	11:15 a.m.-12:15 p.m.	A Peizer	\$77
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*Ongoing*

51833	1/5-3/16	Thu	12:30-1:30 p.m.	A Peizer	\$77
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## Yoga and Pilates

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

### Pilates

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

### Laurelhurst

54131	1/5-3/16	Thu	12:30-1:30 p.m.	D Dragovich	\$77
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### Meadowbrook

51831	1/4-3/15	Wed	11:15 a.m.-12:15 p.m.	D Dragovich	\$77
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### Ravenna-Eckstein

51830	1/7-3/18	Sat	11:30 a.m.-12:30 p.m.	D Dragovich	\$77
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### Yoga

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

### Gentle Yoga

#### Laurelhurst

54130	1/5-3/16	Thu	12:30-1:30 p.m.	J Robin	\$77
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#### Magnuson Brig

51821	1/4-3/15	Wed	10-11 a.m.	J Robin	\$77
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#### Ravenna-Eckstein

51822	1/7-3/18	Sat	10-11 a.m.	J Robin	\$77
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**Vini Yoga** *No class Monday 1/16 and 2/20.*

#### Meadowbrook

51848	1/9-3/13	Mon	9:30-10:30 a.m.	H Mair	\$56
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#### Montlake

51850	1/6-3/17	Fri	10:30-11:30 a.m.	H Mair	\$77
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#### Northgate

51849	1/5-3/16	Thu	10-11 a.m.	H Mair	\$77
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**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 activity number listed next to each program. Registration and payment details can be found on page 42. For accommodation requests, please call 206-684-7548.

**Rainbow Recreation** can be found on pages 32-33.

### SCHOLARSHIPS

The scholarship cycle runs June 2022–June 2023. Have your application approved prior to registration. See page 42 for details.

### TRIPS

#### DEPARTURE SITES AND TIMES

**High Point Community Center**  
6920 34th Ave. SW  
Depart 15 minutes before time listed.

**Hiawatha Community Center**  
Depart 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.

### 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.

### 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.

## FIELD TRIPS

### Suquamish Museum

Travel via ferry for a 1-hour guided museum tour dedicated to understanding more about the great Chief Seattle. Bring a brown bag lunch to eat indoors once the tour wraps up. Following lunch, enjoy 90 minutes on your own in Winslow prior to the ferry return. Activity fee includes transportation, museum entrance, and tour guide fees.

52696 2/9 Thu 9:30 a.m.-5 p.m. \$39

### Farm and Feast

Travel back in time with a docent-led tour of Mary Olson Farm, said to be King County's best preserved subsistence farm. We then explore the large market and small eateries of The Great Wall Asian Shopping Mall where you "travel to Asia without going to SeaTac". Lunch there on your own. Activity fee includes transportation and farm tour.

52697 3/2 Thu 9:30 a.m.-3:30 p.m. \$27



## SPECIAL EVENTS

### Line Dance Party

Lifelong Recreation's quarterly line dance party headlined by Ms. Linda Reese! Come in your dancing shoes and leave with a workout. Learn and dance some of the most popular line dances. All registrants will receive an emailed playlist and more details prior to the dance party.

#### High Point

52685 3/3 Fri 1:30-4 p.m. \$9

## SOCIAL PROGRAMS

### Book Clubs

#### High Point Book Club

Meets the 2nd Thursday of each month. This is an active club seeking new members!

Meets: 1/12, 2/9, and 3/9.

#### High Point

52682 Thu 1-2 p.m. Gail B Free

#### NEW Silver Sounds

Join Silver Sounds singers! Have fun while bringing joy to residents of retirement communities and nursing homes. No singing experience necessary. If you play an instrument, bring it! After registration you'll receive a welcome email with further instructions. Practice and performance dates to be announced.

#### High Point

52702 1/7-3/25 Sat 1-2 p.m. M Summers Free

## LIFELONG LEARNING

### Group Piano

Is learning to play the piano a lifetime dream? If so, THIS INTRODUCTORY group piano class offers combined theory, lecture, instruction, and practice all customized for the adult learner. Suitable for students who don't have an instrument or time for practicing at home. Scholarship eligible. Lesson book fee of \$8 not included. Space limited to 3 students.

#### High Point

52687 1/12-2/16 Thu 11:45 a.m.-12:30 p.m. Nancy C \$119

## DROP-IN SPORTS

### Pickleball at a Glance

See page 9 for community center information for indoor pickleball.

### Outdoor Pickleball

Outdoor courts dedicated to free, open pickleball play. No registration required. Seattle Parks Lifelong Recreation Volunteer Ambassadors are present to facilitate rotations when courts are busy. Please bring a paddle, outdoor balls, and your community spirit!

#### Delridge Courts

1/3-3/30 T/Th 10 a.m.-Noon Free

#### Miller Courts

1/2-3/31 MWF 10 a.m.-Noon Free

#### Walt Hundley Courts

1/2-3/31 MWF 10 a.m.-Noon Free

## Pickleball Skills

### Pickleball Skills 101

Learn the basics of a game that keeps you fit and opens the door to many new friendships. PB Skills 101 emphasizes drills, skills, and practice play time. This course is designed for new players, no equipment required. *No class 2/21.*

#### Delridge

52691 1/3-1/31 Tue 10:15-11:45 a.m. MJ Bingham \$15

52692 2/7-3/14 Tue 10:15-11:45 a.m. MJ Bingham \$15

### Pickleball Skills at Delridge

Pickleball is great for the mind and body, and making connections with fun people. Each session includes skills, drills, and strategies—like dinking, lobbing, and serving. New students and advanced beginners welcome, no equipment required. *No class 2/23.*

#### Delridge

52689 1/5-2/2 Thu 10:15-11:45 a.m. Dan MaGee \$15

52690 2/9-3/16 Thu 10:15-11:45 a.m. Dan MaGee \$15

### Pickleball Skills at High Point

Improve your on-court skills and boost your confidence in your playing ability. All levels welcome, no equipment required! *No class 2/20.*

#### High Point

52693 1/9-2/6 Mon 11:30 a.m.-1 p.m. M Anderson \$12

52694 2/13-3/13 Mon 11:30 a.m.-1 p.m. M Anderson \$12



# 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

### Bollywood Fitness

Fitness fusion that combines global dance, strength training, and whole body stretching, to give you a complete workout—body, mind, and soul! Set to fun world music (Bollywood, Latin, Western pop, and others), you'll get a great workout and learn music and moves from other cultures. Please bring 3-5 lb. hand weights, a mat, water bottle, and towel. *No class Tuesday 2/21, and Friday 2/24.*

#### High Point

52681	1/3-3/14	Tue	10-11 a.m.	A Carver	\$70
52672	1/6-3/17	Fri	10-11 a.m.	A Carver	\$70

### Line Dance

Work out with your mind and body. Learn new dance patterns to some great music. *No class 2/23.*

#### High Point

52684	1/-3/16	Thu	11:15 a.m.-12:15 p.m.	S Simmons	\$70
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### Zumba®

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. *No class Tuesday 2/21 and Thursday 2/23.*

#### Delridge

52700	1/3-3/14	Tue	10:15-11:15 a.m.	M Jorgensen	\$70
52701	1/5-3/16	Thu	10:15-11:15 a.m.	M Jorgensen	\$70



## Strength and Conditioning

### Fitness at Delridge

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 hand weights to class. *No class 2/22.*

#### Delridge

52677 1/4-3/15 Wed 10:15-11:15 a.m. S Simmons \$70



## Tai Chi and Qi Gong

### Tai Chi

Learn yang style short form tai chi in a gentle, supportive class. This style was created by Professor Cheng Man Chi'ing. Tai chi promotes balance, stress relief, and energy cultivation. All levels welcome. *No class 1/16 and 2/20. Back in Motion Class.*

#### High Point

52695 1/9-3/13 Mon 11 a.m.-Noon Pam E \$56

### Yoga

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

### NEW Back in Action Chair Yoga

Have you been out of action for awhile? In this class you can focus on building strength and restoring functionality of your muscles and joints, while having the chair available for balance practice and some seated poses. We will also enjoy the usual lying down poses and restorative relaxation at the end of class. Just like regular yoga practice, chair yoga increases flexibility, strength, and stamina, while improving balance, posture, and peace of mind. Bring a yoga mat and a small blanket or large towel to cover up during final relaxation. *No class 2/24. Back in Motion Class.*

#### High Point

52670 1/6-3/17 Fri 11:30 a.m.-12:30 p.m. J Reed \$70

### Gentle Yoga

Stretch and move with awareness, correct alignment, and focus on breath to increase strength and stamina, improve flexibility, and develop better balance, posture, and peace of mind. Non-flow style. Bring a yoga mat and large towel for padding in kneeling poses. *No class Monday 1/16 and 2/20, and Wednesday 2/22.*

#### High Point

52679 1/9-3/13 Mon 10-11 a.m. J Reed \$56  
52680 1/4-3/15 Wed 11:30 a.m.-12:30 p.m. J Reed \$70





**Angela P. Smith**  
Southeast  
Recreation Specialist

cell 206-450-9522  
angelap.smith@seattle.gov

### REGISTRATION

Register for programs using the activity number listed next to each program. Registration and payment details can be found on page 42. For accommodation requests, please call 206-684-7548.

**Rainbow Recreation** can be found on pages 32-33.

### SCHOLARSHIPS

The scholarship cycle runs June 2022–June 2023. Have your application approved prior to registration. See page 42 for details.

### TRIPS

#### DEPARTURE SITES AND TIMES

#### **Garfield Community Center**

2323 E Cherry St.

Depart at time listed.

#### **Jefferson Community Center**

3801 Beacon Ave. S

Depart 15 minutes prior to time listed.

Participants will be contacted 3-5 days before their field trip to confirm details and departure locations.

While masks are not required, we encourage wearing a mask if you are unable to social distance. Please be kind and respect everyone's choice.

### 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.

## FIELD TRIPS

### Seattle Asian Art Museum and Volunteer Park Conservatory

Explore SAAM exhibits—historic and contemporary artworks from China, Korea, Japan, India, the Himalayas, and other Southeast Asian countries. Stroll next door to Seattle Parks own conservatory where luscious plants grow year around. Use Gold Cards (provided) for admission to both on your own, \$10 total.

53588 1/27 Fri 10 a.m.-2:30 p.m. \$10



### Suquamish Museum and Clearwater Creek Casino

We'll ride the ferry to where Chief Seattle and the heart of the Suquamish people called home, and learn about the people who lived on the land from their ancestors. First stop will be Clearwater Creek Casino for lunch, on your own. *Museum admission on your own.*

53587 2/28 Thu 10 a.m.-4 p.m. \$40

### Point Defiance Zoo and Aquarium

Point Defiance Zoo and Aquarium is the only combined zoo and aquarium in the Pacific Northwest. It sits on 29 acres in Tacoma, and is home to over 9,000 specimens representing 367 animal species. *\$23 admission on your own.*

53579 3/14 Tue 10 a.m.-3 p.m. \$18

## DROP-IN SPORTS

### Pickleball at a Glance

See page 9 for community center information for days, times, and registration.

## 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

#### 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.

*Please note the following requirements: registration with Seattle Parks & Recreation AND with Seattle Theatre Group Dance for PD® at [shawnr@stgprepresents.org](mailto:shawnr@stgprepresents.org) is required to access the facility, as well as registration with NW Parkinson's Foundation at [www.nwcpf.org](http://www.nwcpf.org).*

#### Garfield

53508 1/5-2/23 Thu 10:15-11:45 a.m. Free

### Line Dance

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

#### Van Asselt

*Advanced Beginner*

53455 1/5-3/16 Thu 1-2 p.m. M Chen \$77

### Traditional and Contemporary Asian Dance

Have fun while learning new dance moves influenced by Malaysian, Chinese, and Vietnamese dance. Class is delivered in Mandarin and English.

#### Jefferson

*All Levels*

53506	1/4-3/1	Wed	6-7 p.m.	S Ma	Free
53507	1/7-3/18	Sat	2-3:45 p.m.	S Ma	Free





## Strength and Conditioning

### EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. This evidence-based program is offered in partnership with Sound Generations. For this class, NEW participants, or those returning from prior to the start of the pandemic, must submit the Participant Information and Health History forms, prior to registration. Forms location: <https://www.seattle.gov/parks/find/for-adults-50>. Kaiser Permanente members with Part B Medicare coverage must also provide a copy of their membership card, or complete the Kaiser Permanente Eligibility form. Silver and Fit participants, write your member number at the top of your forms. Mail to: Lifelong Recreation, Magnuson Bldg 30, 6310 NE 74th St, Seattle, 98115.

*Note: Screening forms take up to two weeks to process. Free to Kaiser Permanente Part B Medicare coverage participants. American Specialty Health (ASH) Silver and Fit will cover in-person classes and is limited to 10 visits a month. To learn more about EnhanceFitness visit <https://projectenhance.org/enhancefitness/> and <https://projectenhance.org/about-us/>.*

### Garfield

#### KP and ASH Members

52922	1/4-3/15	Wed	10:15-11:15 a.m.	YS Gartz	Free
52921	1/6-3/17	Fri	10:15-11:15 a.m.	YS Gartz	Free

#### Self-Pay

52924	1/4-3/15	Wed	10:15-11:15 a.m.	YS Gartz	\$77
52925	1/6-3/17	Fri	10:15-11:15 a.m.	YS Gartz	\$77

### Jefferson

#### KP and ASH Members

53502	1/9-3/13	Mon	10:30-11:30 a.m.	V Bowles	Free
53503	1/5-3/17	Fri	10:30-11:30 a.m.	V Bowles	Free

#### Self-Pay

53504	1/9-3/13	Mon	10:30-11:30 a.m.	V Bowles	\$56
53505	1/5-3/17	Fri	10:30-11:30 a.m.	V Bowles	\$77



## Tai Chi and Qi Gong

### Tai Chi

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

### Garfield

#### All Levels

53589	1/9-3/13	Mon	10:15-11:15 a.m.	E Baxa	\$56
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### Tai Chi and Qi Gong—Beginner

Relaxing, ancient moves are taught through easy, repeating exercises followed by the beginning steps of the Tai Chi Form 24. The goal is to maintain and restore bone mass, equilibrium, balance, and poise by activating vital energy during this moving, meditation practice. No experience necessary. Back in Motion Class.

### IDCCC

53509	1/3-3/14	Tue	10:15-11:15 a.m.	G Seminatore	\$88
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**Tamara Keefe**  
Dementia-Friendly  
Program Coordinator

206-615-0100 /  
cell 206-399-4655  
[tamara.keefe@seattle.gov](mailto:tamara.keefe@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 questions and registration information contact Tamara Keefe, or the 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

Laugh, explore and connect at this inclusive, memory-friendly event for the whole community. We are rebuilding the group and would love to have you join us for improv, music, movement, and more! Reach out to Justin at 206-707-1865 or [justinf@soundgenerations.org](mailto:justinf@soundgenerations.org) if interested. This class is offered in partnership with Lake City Seniors and Sea Mar Latino Seniors.

**Lake City CC**

Free

### Reuniones de Momentia en Lake City

Ríase, explore y conéctese en este evento inclusivo y memorable para toda la comunidad. Estamos reiniciando el grupo y nos encantaría que se uniera a nosotros para el improv, el arte, la música, el movimiento, y más. Si desea asistir a clases, comuníquese con Justin al 206-707-1865 o [justinf@soundgenerations.org](mailto:justinf@soundgenerations.org). Esta clase se ofrece en colaboración con Lake City Seniors y Sea Mar Latino Seniors.

**Lake City CC**

Gratis

## 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.momentiasseattle.org](http://www.momentiasseattle.org).

### Momentia Mondays at SESSC

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.

Mondays

10:30-11:30 a.m.

Free



# OUTDOOR RECREATION



## Garden Discovery Program

Join us in the garden at The Memory Hub to discover what is emerging as spring approaches. Engage in a horticultural activity, and with each other, and learn what makes this public "memory garden" particularly accessible to people living with dementia. Light refreshments provided. Offered in partnership with UW Memory and Brain Wellness Center. Registered participants will receive details prior to program start. A conversation with the Dementia-Friendly Recreation Specialist is required for 1st time participants. Please contact [tamara.keefe@seattle.gov](mailto:tamara.keefe@seattle.gov).

### The Memory Hub

1st Friday: 3/3  
53577

10:30 a.m.-Noon

Free

## Out and About Walks

Invigorate body, brain and spirit with 1.5 to 2-mile moderately-paced walks in parks and neighborhoods throughout Seattle. Varied terrain includes sidewalks and gravel paths; mostly level with occasional hills. Registered participants will receive details via email. A conversation with the Dementia-Friendly Recreation Specialist is required for 1st time participants. Please contact [tamara.keefe@seattle.gov](mailto:tamara.keefe@seattle.gov).

### Various Locations

2nd and 4th Fridays  
53578

10:30 a.m.-Noon.

Free

## Memory Loss Zoo Walks

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 and screening required by calling the Alzheimer's Association at 206-363-5500.

### Woodland Park Zoo

Monday/Tuesday/Wednesday mornings

Free



**Tamara Keefe**  
Rainbow  
Program Coordinator

206-615-0100 /  
cell 206-399-4655  
[tamara.keefe@seattle.gov](mailto:tamara.keefe@seattle.gov)

Seattle Parks and Recreation strives to create respectful and safe environments, to enhance health and well-being, and to welcome community members of all backgrounds. While our LGBTQ+ neighbors are welcome in all programs, Rainbow Recreation was developed to specifically serve LGBTQ+ identified 50+ adults, and their friends and allies. We want your involvement to design programming that meets needs and interests! What would you like to see, or what can you offer? Contact [tamara.keefe@seattle.gov](mailto:tamara.keefe@seattle.gov) so that we can create opportunity.

### **REGISTRATION**

Register for programs using the activity number listed next to each program. Registration and payment details can be found on page 42. For accommodation requests, please call 206-684-7548.

### **TRIPS**

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

**Miller Community Center:**  
at time listed.

Possible north/south Seattle departure sites depending upon need. Contact Tamara for information.

### **SCHOLARSHIPS**

The scholarship cycle runs June 2022–June 2023. Have your application approved prior to registration. See page 42 for details.

## **FIELD TRIPS**

### **Seward Park**

Nature is a balm and Bailey Peninsula is where we're headed. Get out, move, connect with others, and feel the benefits—even if it's a dark winter day. We'll plan to walk on the flat, paved 2.4 mile-path with water and forest views. An LGBTQ+ affirming space. Open to everyone. Depart Miller CC at 9:30 a.m.

53450 2/7 Tue 9:30 a.m.-1:30 p.m.

\$10





## ARTS AND HANDWORK

### Create and Connect

Bring your water-based art project, craft supplies, knitting, etc. to work alongside others, be inspired, and have an opportunity to connect. Explore ideas for additional creative time together. An LGBTQ+ affirming space. Open to everyone.

#### Miller

53451 1/24 Tue 2-3:30 p.m. Free

### Lift Your Voice

A meeting place and activity to share, experiment, and discover. Singing and oral storytelling will be supported through training methods that unlock the potential of the human voice. Project development will consider the skill levels and prior experiences of registered participants. A community building lab around something we all share—our voices! An LGBTQ+ affirming space. Open to everyone.

#### Miller

53449 1/26-3/16 Thu 1:30-2:30 p.m. \$24

## 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.*

### Tai Chi

#### T'ai Chi Chih®

Work through a slow, meditative routine of nineteen moves and one pose. The movements circulate and balance the internal energy (Chi) to all the organs, muscles, and bones. Anyone can do Tai Chi Chih, and chair-seated students are welcome. An LGBTQ+ affirming space. Open to everyone.

#### Green Lake

53452 1/12-3/16 Thu 10:30-11:30 a.m. L Robinson \$70

### Yoga

*We have a limited supply of yoga and pilates 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, and peace of mind. Chair seated participants are welcome. An LGBTQ+ affirming space. Open to everyone.

#### Miller

53448 1/9-3/13 Mon 11:45 a.m.-12:45 p.m. L Gardener \$56



### Linda Robinson is Back!

Linda Robinson has been teaching T'ai Chi Chih® classes since 1999. This slow moving meditation practice circulates energy in the body. Regular practice creates balance, flexibility, strength, and a sense of ease. "It refreshes the body and the mind, bringing me joy and peacefulness."



### Outdoor Specialist Outdoor Recreation Program Coordinator

cell 206-618-4254  
[sound.steps@seattle.gov](mailto:sound.steps@seattle.gov)


Outdoor Recreation is our new program that encompasses Sound Steps, but adds more! Hikes, Environmental Education, Dog Walks, anything outdoor related lands here.

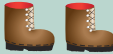
Please register quarterly for all programs using the activity provided. See page 42 for registration information. Unless dates are specified, walks are generally ongoing. Check with the volunteer walk leader for any dates that may be missed.

#### Sign Up For Our Newsletter!

As we move into the New Year and have more volunteer walk leaders onboarded, there will be more walks available throughout Seattle than what is currently listed in this brochure. To stay up-to-date on new walks as they become available, send Brooke an email at [sound.steps@seattle.gov](mailto:sound.steps@seattle.gov) to join the mailing list for program updates.

### 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 2022–June 2023. Have your application approved prior to registration. See page 42 for details.

## DOG WALKS

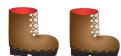
Bring a dog, or come without one if you love dogs. Prepare to walk 2-3 miles, rain or shine. Meet at the designated site, leash your dog, and bring poop bags. Walks are free. Currently dog walks take place every Friday at 11 a.m. Please register at [sound.steps@seattle.gov](mailto:sound.steps@seattle.gov) to get a list of locations, and so volunteer leader Sharon LeVine may contact you if there is a change.





## FIELD TRIPS

### Snohomish Centennial Trail



If you've been looking for a long walk (7 miles!) without the bother of hills, uneven footing, or city noise, this one is for you! We'll head to Snohomish for a trek on the Centennial rail trail, and start by meandering along farmland and wildlife for a peaceful walk, ending in downtown Snohomish where we'll stop for lunch before heading home. Please bring money for lunch on your own, or bring a sack lunch.

#### Snohomish

53483 1/30 Mon 10 a.m.-5 p.m. \$25

### Wright Park Botanical Adventure



Home to a gorgeous botanical conservatory and a park full of Champion Trees (the biggest trees of their species), Wright Park is a plant life wonderland. We'll take a leisurely stroll through the historical landscape, then stop for food on the way home. Bring money for lunch. Departure site TBA.

#### Wright Park in Tacoma

53520 2/21 Tue 10 a.m.-3 p.m. \$25

## NEW YEAR WELLNESS SERIES



### Tracking Your Fitness and Setting Goals

So you have a goal to complete a long hike, or run your personal best in a race, or to go for walks most days of the week. How exactly do you get there from square one? In this virtual workshop, we'll learn the science behind periodization, and how to develop your own training plan (and how to safely pivot when life gets in the way of that plan). We'll also learn about health and mileage logs and how to use these tools to stay on track to meet your goals. Class will meet virtually using the WebEx platform.

#### Virtual via WebEx

53480 1/11 Wed 6-7:30 p.m. Free

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

### Special Event: Sports Bra Extravaganza

Whether you're a walker, runner, or anything in-between, sports bras are an important tool for healthily staying active as we age. Oiselle, Seattle's own women-run activewear brand, is here to help! Their fashion design team will host a workshop on the role of properly-fitting sports bras including: keeping our muscles, tissue, and skin healthy; the science of athlete-centered clothing design; and a celebration of movement! Coffee and breakfast treats provided. Open to people of all genders who wear sports bras for physical activity. Join us at 8 a.m. for a pre-workshop walk or run, or come on in at 9 a.m. when the workshop starts.

Oiselle Flagship Store, University Village,  
2632 NE University Village St, 98105

53477 1/27 Fri 8-10 a.m. Free

### Walking and Running Recovery 101

Finding yourself fatigued, sore, tight, or like your legs "feel dead" after your walks or runs? Knowing all the tips, tricks, and tools for your post-workout recovery toolkit is critical for longevity, enjoyment, and injury-prevention in sport. Join the industry experts at Super Jock 'n Jill to learn the basics of keeping yourself limber and pain-free throughout your active lifestyle.

Super Jock 'n Jill, 7210 E Green Lake Drive N

53478 2/17 Fri 10:30 a.m.-Noon Free

# LIGHT RAIL WALKS AND HIKES

## We Love the Light Rail!

Come celebrate our beloved public transit system with this wildly popular walk series. Each walk starts at a different light rail station to explore the surrounding areas before returning back to a light rail station for departure. This winter we will be focusing on appreciating the art all around us—come check it out!

### Rainier Beach Station: Community Art Tour



Did you know Rainier Beach is home to over 100 pieces of public art? We'll check out as many as we can on this self-guided community art tour! Using the free 'PocketSight' app, we'll follow a map of the neighborhood art hotspots, learning the history and intent of the pieces as we go. Prepare to notice details you've never seen before! Walk is 2-3 miles on sidewalk, with slight elevation throughout.

#### Rainier Beach Light Rail Station

54113 1/25 Wed 10 a.m.-Noon

Free

### SODO Station: Georgetown Art Attack



Join us for Art Attack, Georgetown's monthly art walk showcasing the work of our creative community. We'll meet at the SODO Lightrail Station and make the trek through Seattle's industrial area, stopping to view incredible pieces of all mediums in galleries, open studios, and pop-up spaces. Walk is flat, on sidewalks, and roughly 6.5 miles total. Admission to Art Attack is free.

#### SODO Light Rail Station

53458 2/11 Sat Noon-4 p.m.

Free

### Capitol Hill Station: Seattle Asian Art Museum



We'll take a stroll from Capitol Hill to Volunteer Park for an afternoon at Seattle Asian Art Museum. With themed gallery spaces from all across Asia, you'll find powerful installations curated from across generations. Walk is flat, 3 miles to and from the lightrail station. Admission to SAAM is free on this date.

#### Capitol Hill Light Rail Station

53465 2/24 Fri 10:30 a.m.-1:30 p.m.

Free

### Pioneer Square Station: Seattle Art Walk



If you've been itching to take a stroll through Pioneer Square's monthly Art Walk event but needed a group to do it with, look no further. We'll meet up at Pioneer Square Station and follow the map of galleries and pop-ups to see all the breathtaking art the neighborhood has to offer. Walk is 2-3 miles on sidewalks. Please note, much of this walk will take place after dark, so we will be traveling as a group until the end.

#### Pioneer Station Light Rail Station

54112 3/2 Thu 5:30-7:30 p.m.

Free

## Join us as a WALK LEADER!

Sound Steps can't happen without volunteers, and we are looking for more people to join us leading walks throughout the city. No experience required! This is a great opportunity to give back to your community on your own schedule. Message Brooke at [sound.steps@seattle.gov](mailto:sound.steps@seattle.gov) to get registered for a volunteer onboarding session this winter, and we can get you started leading walks in no time.





## WINTER WALKS

### Green Lake Loop Walk and Pizza Party

As the classic saying states, "those two go together like SoundSteps and pizza!". Well, maybe nobody says that, but they should! We'll gather at Super Jock 'n Jill in Green Lake and then enjoy a group walk together around Green Lake (flat, and 3.2 miles) before we come back to the store for a pizza party. What better way to celebrate finishing a walk?

#### Super Jock 'n Jill, 7210 East Green Lake Drive N

53481 2/3 Fri 10:30 a.m.-1:30 p.m. Free

### Chief Sealth Trail Trek

Running through Seattle's southend neighborhoods, the Chief Sealth Trail and bike path easily goes unnoticed—situated along backyards, it stays a secret. We'll meet at Van Asselt Community Center to walk the Beacon Hill stretch for a 4.5 mile walk with rolling hills, gorgeous overlook views, and peek-a-boo gardens and wilderness.

#### Beacon Hill, Van Asselt CC

53482 3/2 Thu 10 a.m.-12:30 p.m. Free

## ENVIRONMENTAL EDUCATION

### SoundReads Book Club

There's no better place than Seattle in winter for curling up under a blanket with a book as rain hits the window. As the season changes and it gets harder to get moving outdoors, we'll meet monthly on the third Friday of the month to mingle and discuss a different book about walking or nature. Coffee and tea will be provided, bring treats to share with the group if you'd like! 3rd Fridays: 1/20, 2/17, and 3/17.

- January: *How I Became a Tree* by Sumana Roy;
- February: *Black Nature—Four Centuries of African American Nature Poetry*, edited by Camile T Dungy;
- March: *Homewaters—A Human and Natural History of Puget Sound* by David B Williams.

#### Magnuson Building 30

53525 1/20-3/17 Fri 1:30-3 p.m. Free

### Agents of Carkeek Park

'Agents of Discovery' is a free, interactive cell phone app that creates virtual reality scavenger hunts to learn more about the parks around us. Our group mission, should you accept, will be to search Carkeek Park for clues and to complete challenges, all to learn fascinating facts and history of this nature space. We'll meet inside the Carkeek Environmental Learning Center for an app tutorial before heading out on our walking adventure. Please bring a fully charged smartphone if you have one; if not, plan to share.

#### Carkeek Park Environmental Learning Center

53519 1/10 Tue 10 a.m.-2 p.m. Free

### Walkin' in a Winter Wonderland

Nature's ability to adapt to dire circumstances is perhaps best highlighted in winter. As we wander through the landscape at Lincoln Park, we'll discuss the different functions of evergreen trees, learn about the coping strategies of plants and animals, and watch for signs of winter resiliency. Walk is 3-4 miles in total, with intent of moving slowly to notice the nature around us.

#### Lincoln Park

54114 1/17 Tue 1-3 p.m. Free

### Understanding PNW Weather and Climate Change

What makes Seattle so rainy, and how is it so temperate despite being close to the mountains? And how might all of this shift as the global climate alters? Learn all of this and more with an exclusive workshop and tour of the University of Washington Atmospheric Sciences Department. You don't want to miss this fantastic learning opportunity!

#### University of Washington Atmospheric Sciences Dept

53484 2/10 Fri 10-11:30 a.m. Free

## RUN CLUBS



### Northend Run Club

Open to runners of all experience levels! We'll gather in the parking lot of Building 30 in Magnuson Park for a light warmup, then head to Magnuson's dirt track to run laps at your own pace, with the opportunity to take rest breaks whenever you need. This group will be led by an experienced track and cross-country coach, so it is a great opportunity for beginners to get some tips, for experienced runners to have some accountability to get out the door, or for anyone looking for friends to run with.

#### Magnuson Park Track

53522 1/6-4/14 Fri 8-10 a.m. Free

### Southend Run Club

Open to runners of all experience levels! We'll gather in front of Jefferson CC for some light group warmups, then head to the track at Jefferson to run laps at your own pace, with the opportunity to take rest breaks whenever you need. This group will be led by an experienced track and cross-country coach, so it is a great opportunity for beginners to get some tips, for experienced runners to have some accountability to get out the door, or for anyone looking for friends to run with.

#### Jefferson Park Track

53526 1/12-4/6 Thu 8-10 a.m. Free

## SOUND STEPS WALKS

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!

### Llandover Woods Sound Steps Walk

Several beautiful gravel-surfaced trails wind their way through dense northwest forest; it's often so quiet you can hear a leaf drop.

**Llandover Woods Trailhead, 145th and 3rd Ave. NW**  
53521 1/2-3/27 Mon 10-11 a.m. Free

### Rainier Beach Sound Steps Walk

Walk laps to music inside the gym at Rainier Beach CC. All paces and mobility levels welcome.

#### Rainier Beach CC Gym

53523 1/17-3/8 T/W 10:30-11:30 a.m. Free

### Seward Park Loop Sound Steps Walk

Join us for this 2.8-mile loop around Seward Park which has beautiful views of Lake Washington and the Cascade Mountains all the way around! Meet in front of the Audubon Center near the main parking lot.

#### Seward Park Audubon Center

53524 1/19-3/9 Thu 11 a.m.-12:30 p.m. Free







## 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 are always 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 206-849-6564.

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 jong 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 walk leader with Outdoor Recreation or 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 Civic Coffee

Age Friendly Seattle hosts a monthly FREE event where older people can meet community leaders and local government officials, ask questions, and provide feedback. Join us on the 3rd Thursday of each month, 10:30 a.m.-Noon as we discuss a range of topics from housing to brain health. Multilingual captioning is included online, and interpretation is available upon request. This event is held virtually and—coming soon—we aim to bring it back in-person, too. Refreshments will be served at in-person locations. Tune in at [bit.ly/AgeFriendlyLive!](https://bit.ly/AgeFriendlyLive!)

For questions or accommodation requests, please call 206-233-5121 or email [agefriendly@seattle.gov](mailto:agefriendly@seattle.gov).



## Age Friendly Seattle

The City of Seattle has created an Age Friendly Seattle Action Plan based on the following 8 domains of livability by The World Health Organization:

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

Visit [www.seattle.gov/agefriendly](http://www.seattle.gov/agefriendly) to learn more.



## Are you 60+ years old?

Then you qualify for a Gold Card discount at locations around King County!



### Discounts include:

**Seattle Aquarium: FREE**

**Woodland Park Zoo: 75% OFF**

**Seattle Animal Shelter: 50% OFF**

See the full list of discounts and request a Gold Card at [Seattle.gov/AgeFriendlyDiscounts](http://Seattle.gov/AgeFriendlyDiscounts).

You can apply online or pick up a Gold Card at your local senior center, library branch, community center, Seattle Customer Service Center, Customer Service Bureau, or Seattle Animal Shelter. No application needed!

*\*If you are between the ages of 18 and 59 and have a disability, visit [Seattle.gov/AgeFriendlyDiscounts](http://Seattle.gov/AgeFriendlyDiscounts) to apply for the FLASH card.*

## 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

*Due to COVID 19, centers will have varying hours of operation, so please contact your center for more information.*

### **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 / <https://casrcenter.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)

### **North East Seattle Together (NEST)**

8008 35th Ave. NE, 98115  
206-525-6378 / [www.nestseattle.org](http://www.nestseattle.org)

### **Pike Place Senior Center**

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

Call your local recreation center during their hours of operation at the phone number listed on page 5 of this brochure, and found online at [seattle.gov/parks/centers.asp](http://seattle.gov/parks/centers.asp). All staff can assist you with registration.



### THIRD 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

Magnuson Bldg 30, 6310 NE 74th St, Seattle 98115  
206-684-4951 • Fax 206-684-4957 • TDD/TTY Only 206-233-1509

### Parks Management

Christopher Williams, Interim Superintendent  
Daisy Catague, Director of Recreation  
Lori Chisholm, Matrix and Partnerships Manager

### Professional Staff

Cheryl Brown, Recreation Program Coordinator, 206-849-6564  
Dena Schuler, Management Systems Analyst, 206-450-9819

## SCHOLARSHIP INFORMATION

Seattle Park District Scholarship funds are available to those who qualify. To apply:

- Print the 2022-23 application form and fill out completely. (To download forms online visit [https://bit.ly/spr\\_scholarships](https://bit.ly/spr_scholarships).)
- Gather required income and household size (proof of dependents) documentation. Page one and two of your 2021 IRS 1040 form is the preferred income document.
- Submit your application and documents (black out all social security numbers and bank routing numbers before submitting).

### How to submit your application:

**Preferred method:** email your completed application forms and supporting documents to [Scholarship.Parks@Seattle.gov](mailto:Scholarship.Parks@Seattle.gov) (printable photo attachments or scanned documents are accepted at this time).

### Or mail to:

Seattle Parks and Recreation-Westbridge  
Attention: OST/Scholarship Office Box #25  
4209 W. Marginal Way SW, Seattle, WA 98106.

Here are some beginning qualification guidelines:

Scholarship Eligibility				
Monthly Income	1 person in house		2 people in house	
80% Monthly	\$2,594	\$2,918	\$3,523	\$3,963
70% Monthly	\$2,918	\$3,283	\$3,963	\$4,458
60% Monthly	\$3,283	\$3,693	\$4,458	\$5,015
50% Monthly	\$3,693	\$4,155	\$5,016	\$5,642



# 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:** 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 206-684-7548 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: <https://www.seattle.gov/parks/find/for-people-with-disabilities>.

## 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

Magnuson Building 30  
6310 NE 74th St  
Seattle, WA 98115

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## BUCKET LIST

David Ward from the Lifelong Recreation Advisory Council always wanted to sky dive. He had his opportunity this summer, and many of the Advisory Council members came along to watch! Here are some pictures from that beautiful day in August!



Printed in Canada.