

RAINBOW RECREATION

PROGRAMS FOR LGBTQ+ ADULTS 50+

SPRING 2023 PROGRAMS

Register in advance with a Seattle Parks and Recreation account: www.seattle.gov/parks, or phone or visit any community center and provide the 6-digit activity number and payment, if needed.

SCHOLARSHIPS AVAILABLE!

Seattle Parks and Recreation strives to create respectful and safe environments, to enhance health and well-being, and to welcome all community members. Rainbow Recreation intends to provide LGBTQ+ affirming spaces for adults 50+ and their allies. What would you like to see offered? Are you an instructor with skills to share? Questions? Contact Tamara at 206-615-0100.

FIELD TRIP

Nature's Chorus

Travel by van to Magnuson Park for an evening walk in the wetlands where we'll hope to hear a performance from the aptly named Pacific Chorus Frogs. An LGBTQ+ affirming space. Depart Miller CC at 6:30 p.m.

Miller CC

[55366](#) 4/18 Tue 6:30-9 p.m. \$10

SPECIAL EVENT

RainbowSteps Pancake Walk

SoundSteps meets Rainbow Recreation for this inaugural social walk. Open to members of the LGBTQIA+ community (lesbian, gay, bisexual, transgender, questioning, intersex, asexual, and other gender and sexual identities), as well as allies (people who are not members of the community but provide love, safety, and advocacy to those who are). We'll start at Miller CC and stroll through North Capitol Hill to the Louisa Boren Lookout Point before returning to Miller CC by way of Volunteer Park. Walk is 2.5 miles with some hills. Back at Miller CC, we'll have a pancake bar and the chance to hang out. A great place to meet some friends to go to Pride Weekend festivities!

Miller CC

[56268](#) 6/1 Thu 11 a.m.-1:30 p.m. Free

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.

Miller CC

[55363](#) 5/16 Tue 2-3:30 p.m. Free

Lift Your Voice

A meeting place 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 experiences of registered participants. A community building lab around something we all share—our voices! An LGBTQ+ affirming space. *G Seminatore*

Miller CC

[55365](#) 4/25-6/6 Tue 6-7 p.m. \$21

FITNESS CLASSES

Participate at your own level of intensity, wear comfortable clothing, and bring a water bottle.

T'ai Chi Chih®

Work through a meditative routine of nineteen moves and one pose to circulate and balance the internal energy (Chi) to the organs, muscles, and bones. Anyone can do Tai Chi Chih. Chair seated students are welcome. An LGBTQ+ affirming space. No class 6/8. *L Robinson*

Green Lake CC

[55367](#) 4/6-6/22 Thu 10:30-11:30 a.m. \$77

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. No class 5/29. *L Gardener*

Miller CC

[55364](#) 4/3-6/12 Mon 11:45 a.m.-12:45 p.m. \$70

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