# SPECIALIZED PROGRAMS

## WINTER 2027



**SWEETHEARTS DANCE & MARCH FAMILY SOCIAL ON PAGE 16**

Seattle Parks & Recreation

EXPLORE MORE!

www.seattle.gov/parks

# GENERAL INFORMATION

## WHERE TO FIND US

**Specialized Programs -** 206-684-4950
Magnuson Building 30
6310 NE 74th St.
Seattle, WA 98115
www.seattle.gov/parks/find/specialized-programs

## PARKS MANAGEMENT

Michele Finnegan**,** Interim Superintendent
Aphrodyi Antoine, Recreation Division Director
Katie Sifford, OOC Matrix & Partnerships Manager

## RECREATION STAFF

Hannah White, OOC Recreation Program Coordinator
Dorothy Rake, Sr. Recreation Specialist
Sophia Banel, OOC Sr. Recreation Specialist
Maiya Buettner-Johansen, Recreation Leader
Ky Krogh, Recreation Leader
Patrick Aspinwall, Recreation Leader
Hanna O'Donnell, Recreation Attendant

## INCLEMENT WEATHER/ CANCELLATION POLICY

If Seattle Public Schools are closed due to weather, our programs will also be canceled. Programs could also be canceled due to short staff or safety concerns. Specialized Programs will contact you before programs to let you know of any cancellations. For further information, please call Specialized Programs at 206-684-4950 before venturing out to our programs.

## DISCLAIMER

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. Fees may change after printing and after City Council approves City budget each year. Please visit www.seattle.gov/parks for updated information.



## CODE OF CONDUCT

Any participants conduct that is disruptive or unsafe to participants or staff may result in being sent home early that day or unable to attend on a permanent basis for the quarter.

This will be decided on a case-by-case basis and is at the discretion of the program leadership staff. Such conduct includes, but is not limited to: Destruction of property, harming oneself or another, or refusal to follow the minimum safety requirements to participate in activities. All incidents will be documented and reported to direct caregivers in a timely manner.



**See page 5 for registration and payment information.**

# GENERAL INFORMATION

## NOTICES

- Please refer to the “Keep me home...” information on page 4 before attending program. Do not come to program if you are sick or have Flu, RSV, Covid, or similar respiratory infection symptoms.
- Please only bring food to programs when asked to bring a sack lunch.
- All participants attending Specialized Programs must have a Participant Information Form (PIF) on file before they can attend program. If you have attended in-person programs since 2022, the PIF we have on file is still good. If there are updates staff should be aware of, please submit a new PIF. If you don’t have a PIF on file, we can mail one to you or you can find it online here: http://www.seattle.gov/parks/find/specialized-programs

## REGISTRATION INFORMATION

**When registering, tell us if you are using Access and if you are using DDA/DDCS Respite Care or have qualified for a scholarship.** Once approved for scholarship, it can be applied towards reducing the amount to be paid from 50 - 90% if funds are available.

## PAYMENT

Please see the bottom of page 5 for payment information.

*learn about ways to reduce your carbon footprint at*

**www.seattlecan.org**

Seattle Climate Action NOW

## REFUND POLICY

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, special event, or program that is canceled for any reason by Parks and Recreation will receive a full refund.
- Anyone who registers for a trip, special event, or class and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge of 10% of the fee.
- Anyone who registers for a special event or program and withdraws from the activity fewer than 14 days before its start, or anyone who registers for a class and withdraws after the second session of a class, will receive no refund.
- There are no refunds or make-up classes for sessions missed due to illness or vacations.

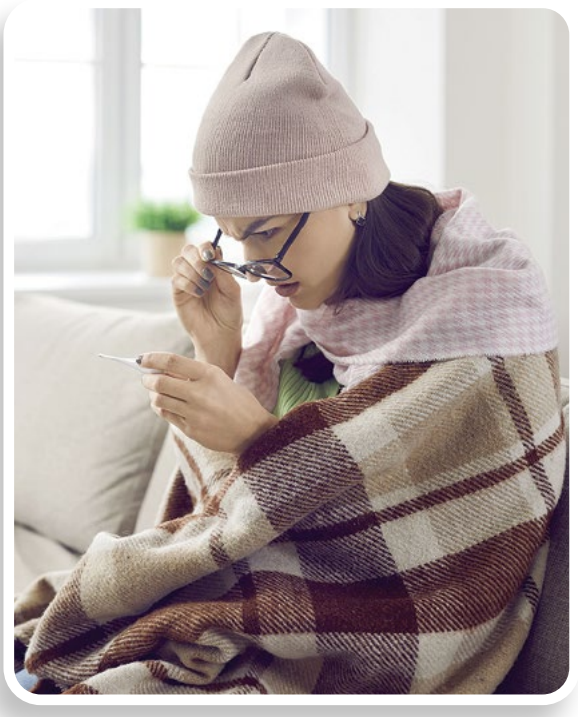
## PERSONS WITH DISABILITIES

Reasonable accommodations will be made on request for persons with disabilities. If you need sign language interpretation, auxiliary aids, or other accommodations, call V/TDD 206-233-1509. If possible, please allow 10 working days advance notice for sign language interpretation or auxiliary aids. If a class or activity is scheduled in an area that is not barrier-free for wheelchairs, we will make every effort to help you find a similar program in an accessible location. As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or presence of any sensory, mental, or physical handicap. (Seattle Municipal Code 18.12.180).

# PLEASE KEEP ANY PARTICIPANT AT HOME WITH ANY OF THE FOLLOWING SYMPTOMS:

## ILLNESS SYMPTOMS

- Fever of at least 100.4°
- Diarrhea, more than two loose stools per day or a stool contains a drop of blood or mucus
- Vomiting, twice or more in the past 24 hours
- Rash, any not associated with heat or allergic reaction
- Drainage from eye, redness of eyelid lining, swelling and discharge of pus
- Cough/Congestion/running nose - not related to seasonal allergies
- Appearance/Behavior: unusually tired, lack of appetite, confused, irritable, unable to participate in program
- Sore throat: especially with fever or swollen glands
- Head lice or nits: until no lice or nits are present
- Scabies: until after treatment
- Open or oozing sores, unless properly covered and 24 hours have passed since.



## SCHOLARSHIPS AVAILABLE!

Specialized Programs has a significant scholarship fund available. We are offering year-round scholarships for all ages. Scholarships can reduce the amount of registration fees starting from 50% to 90% based on total annual income and number of people supported on that income.

If you need assistance completing the form, please call the Specialized Programs office at 206-684-4950.



**See page 5 for registration and payment information.**

# REGISTRATION INFORMATION

**Registration begins at 9 AM on the dates listed below. No registrations can be taken before that time.** To register for programs, email **PKS_Specialized_Programs@seattle.gov** or call our office at **206-684-4950**. Please tell us **how you want to pay for program** (DDA/DDCS Respite Care Funds, Scholarship, or Self/Private-Pay). Please specify if how you want to pay is different for different programs. Please also let us know if you plan to use **Access**. Staff will email you a confirmation of the programs you are registered for within one week of receiving your request.

## YOUTH (Ages 4-21)

*Please only register for those in your household.*

| PROGRAM | REGISTRATION DATE | DETAILS |
|---|---|---|
| **After-School Program** | Tuesday, Dec. 1 at 9 AM | Must be a James Baldwin student. |
| **Basketball Skills and Drills** | Tuesday, Dec. 1 at 9 AM | |
| **Sensory Friendly Saturdays** | Tuesday, Dec. 1 at 9 AM | Can sign up for 1, wait list for 1 session. |

## TEEN (Ages 12-21)

*Please only register for those in your household.*

| PROGRAM | REGISTRATION DATE | DETAILS |
|---|---|---|
| **Teen Social** (Not including Teen Overnight) | Tuesday, Dec. 1 at 9 AM | Can sign up for 2, wait list for 2. |
| **Teen Overnight** | Tuesday, Dec. 1 at 9 AM | |
| **Teen Trips** | Tuesday, Dec. 1 at 9 AM | Can sign up for 2, wait list for 1. |

## TRANSITION (Ages 16-30)

*Please only register for those in your household.*

| PROGRAM | REGISTRATION DATE | DETAILS |
|---|---|---|
| **Pottery** | Tuesday, Dec. 1 at 9 AM | |
| **Afternoon Hangout** | Tuesday, Dec. 1 at 9 AM | |
| **Sweethearts Dance** | Wednesday, Dec. 2 at 9 AM | Special Event Fri., Feb. 12 (age 16+). |

## ADULT (Ages 21 and Up)

*Please only register for those in your household.*

Participants are limited to one program per day unless a Special Event is being held.

| PROGRAM | REGISTRATION DATE | DETAILS |
|---|---|---|
| **Sunshine Social, Basketball Skills and Drills** | Monday, Dec. 7 at 9 AM | No Bitter Lake PM and basketball. Must sign up for AM session. |
| **Pottery, Yoga** | Tuesday, Dec. 8 at 9 AM | Can sign up for Yoga or Pottery, not both. |
| **Fitness with Friends, Health** | Wednesday, Dec. 9 at 9 AM | Can sign up for 1 program, not both. |
| **Friday Night Hangout** | Thursday, Dec. 10 at 9 AM | Can sign up for 2, wait list for 1. |
| **Adult Trips** | Thursday, Dec. 10 at 9 AM | Can sign up for 1, wait list for 1. |
| **Sweethearts Dance** | Wednesday, Dec. 2 at 9 AM | Special Event Fri., Feb. 12 (age 16+). |
| **March Family Social** | Wednesday, Dec. 2 at 9 AM | Special Event Sat., Mar. 13 (age 4+). |

►**PAYMENT:** Payment is due **Monday, December 28.** You can pay: **Online** through your Seattle Parks and Recreation account. **In person** using cash, check, or credit card at any Seattle community center/pool. **Over the phone** by calling the Business Service Center at 206-684-5177.

►**MAIL CHECKS TO:** Specialized Programs, Magnuson Building 30, 6310 NE 74th St., Seattle, WA 98115

# YOUTH PROGRAMS

Email PKS_Specialized_Programs@seattle.gov or call 206-684-4950 for program information.

## AFTER-SCHOOL PROGRAM AT JAMES BALDWIN ELEMENTARY SCHOOL

**A program for participants ages 5 - 11.**

Join us for our inaugural after-school program at James Baldwin Elementary School in the Northgate/Haller Lake neighborhood of Seattle! We'll play games, do arts and crafts projects, spend time outside, and enjoy a snack.

**Registration:** Refer to page 5 for registration information. This program is only available to attendees of James Baldwin Elementary School.

| Dates | Times | Location | Cost |
|---|---|---|---|
| Wednesdays, Jan. 6 - Mar. 10 | 1:10 - 4:10 PM | James Baldwin Elementary School<br>11725 1st Ave NE<br>Seattle, WA 98125 | ▶FREE |

| Access Drop-Off Time | Access Pick-Up Window |
|---|---|
| Drop-Off Appointment Time: 1:25 PM | Pick-Up Window: 3:55 - 4:25 PM |

## BASKETBALL SKILLS AND DRILLS

**A program for participants ages 4 - 21.**

Join us for a weekly gym program where we will brush up on our basketball skills and drills! Activities can be adapted to meet participants' various mobility needs. This is a gym program, not a traditional basketball practice. We will not be competing in Special Olympics Tournaments in Winter 2027.

**Registration:** Refer to page 5 for registration information.

| Dates | Times | Location | Cost |
|---|---|---|---|
| Thursdays, Jan. 7 - Mar. 4 | 4 - 5:30 PM | Miller Community Center<br>330 19th Ave. E<br>Seattle, WA 98122 | ▶$5 |

| Access Drop-Off Time | Access Pick-Up Window |
|---|---|
| Drop-Off Appointment Time: 4:15 PM | Pick-Up Window: 5:15 - 5:45 PM |

# SENSORY FRIENDLY SATURDAYS

**A program for participants ages 4 - 21.**

Engage in games, science, art, music, sensory exploration, indoor and outdoor activities, and some free play. Activities are fun, purposeful, and emphasize each child's strengths to promote independence. This program is designed for youth who need a HIGH level of support to transition, complete activities, and socialize. Please discuss with staff if this program is appropriate for your child.

**Registration:** Can sign up for 1 session and wait list for 1 session. Refer to page 5 for registration information. You can register for 1 session of Sensory Friendly Saturdays OR a maximum of 2 Teen Trips. You cannot register for both of these programs.

**Bring:** Sack lunch and drink.

| Dates | Times | Location | Cost |
|---|---|---|---|
| **Session #1:**<br>Saturdays, Jan. 9, 23, 30<br>**Session #2:**<br>Saturdays, Feb. 20, 27, Mar. 6 | 9:30 AM -<br>1:30 PM | Garfield Teen Life Center<br>428 23rd Ave.<br>Seattle, WA 98122 | ▶$60 per session |

| Access Drop-Off Time | Access Pick-Up Window |
|---|---|
| Drop-Off Appointment Time: 9:45 AM | Pick-Up Window: 1:15 - 1:45 PM |

# SUMMER CAMP PREVIEW

**Summer Camp Registration will begin in March 2027**

## Day Camp: MON. to FRI.

**Lower Woodland**
**Shelter #6**
5900 Aurora Ave. N
Seattle, WA 98103

**Seward Park**
**Shelter #3**
5900 Lake Washington Blvd. S
Seattle, WA 98118

| | |
|---|---|
| July 12 - 16 | **Carnival Week**<br>Lower Woodland |
| July 19 - 23 | **Beach Week**<br>Seward Park |
| Aug. 2 - 6 | **Science Week**<br>Lower Woodland |
| Aug. 9 - 13 | **Fairy Tale/Fantasy Week**<br>Seward Park |

## Overnight Camp: TUE. to FRI.

**Camp Long**
5200 35th Ave. SW, Seattle, WA 98126
**Drop-Off Time: 5 PM Tuesday**
**Pick-up: 11 AM on Friday**

| | |
|---|---|
| June 29 - July 2 | **Nature Week** |
| July 6 - 9 | **Spirit Week** |
| July 27 - 30 | **Talent Week** |
| Aug. 17 - 20 | **World Cultures Week** |

| | |
|---|---|
| **Day Camp:** | **$200 per week per person** |
| **Overnight Camp** | **$250 per week per person** |

# TEEN PROGRAMS

Email PKS_Specialized_Programs@seattle.gov or call 206-684-4950 for program information.

## TEEN SOCIAL

**A program for participants ages 12 - 21.**

Let's get out into the community and have a fun Friday night! Participants will have fun socializing and experiencing new things. 1 on 1 supervision is not provided.

**Registration:** Can sign up for 2 dates and wait list for 2 (not including the Teen Overnight). Refer to page 5 for registration information.

| Dates | Times | Locations | Cost |
|---|---|---|---|
| Fridays: Jan. 8, Jan. 22, Feb. 19, Mar. 5<br><br>If 16 or over, check out the Sweethearts Dance on Friday, Feb. 12 (see back page of brochure for information) | 4:30 - 8:30 PM | **North End Drop-Off/Pick-Up:**<br>8061 Densmore Ave. N<br>Seattle, WA 98103<br><br>**South End Drop-Off/Pick-Up:**<br>Jefferson Community Center<br>3801 Beacon Ave. S<br>Seattle, WA 98108 | Varying cost, see below. |

| Access Drop-Off Time | Access Pick-Up Window |
|---|---|
| Drop-Off Appointment Time: 4:30 PM | 8061 Densmore Ave. N **ONLY**<br>Pick-Up Window: 8:30 - 9 PM |

**Jan. 8: Hot Cocoa & In-House Movie.** Join us for a mellow evening–actually, a marshmallow evening–enjoying warm drinks, cozy conversations, and a movie to finish off the night. Dinner is included. ►$27.64

**Jan. 22: Thunderbirds Hockey Game.** Come and cheer on the Thunderbirds as they play the Prince George Cougars at ShoWare Center! Bring your team spirit and lots of hat tricks. Dinner is included. This event does include flashing lights, loud noises and the use of fog machines. Note: This program has a later pick-up time of 9:15 PM. ►$50

**Feb. 19: Ice Skating at Kraken Community Iceplex.** Winter is time for icy fun in Seattle, even if it's raining outside! Whether you've never skated before or you're a pro, come cheer on the Zamboni and take on the ice at Kraken Community Iceplex. Dinner is included. ►$50

**Mar. 5: BINGO and Dinner.** There was a game and it was fun, and BINGO was its name-o! B-I-N-G-O! This in-house night is sure to be a blast complete with different versions of BINGO, and several different board games. Dinner is included. ►$27.64



See page 5 for registration and payment information.

# TEEN OVERNIGHT

**A program for participants ages 12 - 21.**

Enjoy a night with friends! We'll have dinner, watch a movie, play games and stay overnight. In the morning we will wake up and have breakfast together. Please bring a sleeping bag, sleeping pad, pillow, pajamas, toiletries and a change of clothes.

**Registration:** Refer to page 5 for registration information.

| Dates | Times | Location | Cost |
|---|---|---|---|
| Friday and Saturday<br>Feb. 5 - 6 | Friday, 6 PM<br>to Saturday,<br>11 AM | Laurelhurst Community Center<br>4554 NE 41st St<br>Seattle, WA 98105 | ►$80 |

| Access Drop-Off Time | Access Pick-Up Window |
|---|---|
| Drop-Off Appointment Time: 6:15 PM Friday evening | Pick-Up Window: 10:45 - 11:15 AM Saturday morning |

# TEEN TRIPS

**A program for participants ages 12 - 21.**

**Registration:** Can sign up for 2 and wait list for 1. Refer to page 5 for registration information. You cannot register for Sensory Friendly Saturdays in addition to any of the Teen Trips.

**Bring:** Sack lunch and drink.

| Dates | Times | Locations | Cost |
|---|---|---|---|
| Saturdays: Jan. 30, Feb. 27, Mar. 6 | 9 AM - 2 PM | **North End Drop-Off:**<br>8061 Densmore Ave. N, Seattle, 98103<br>**South End Drop-Off:**<br>Jefferson Community Center<br>3801 Beacon Ave. S, Seattle, 98108 | Price varies, see below. |

| Access Drop-Off Time | Access Pick-Up Window* |
|---|---|
| Drop-Off Appointment Time: 9 AM | *8061 Densmore Ave. N<br>**ONLY FOR EVERYONE**, not just Access.<br>Pick-Up Window: 2 - 2:30 PM |

**Jan. 30: Bowling.** Bowling is back this winter! Come and join us for a day of friendly competition and hopefully lots of strikes. This activity is sure to be up everyone's alley! ► $25

**Feb. 27: Aquarium.** The tide is rising, and so is the fun! You otter join us as we explore and make waves at the Seattle Aquarium. This activity certainly gets our seal of approval! ► $15

**Mar. 6: Farm and Petting Zoo.** Come and meet some wonderful new furry farm animal friends with us and have an overall udderly amazing time! ► $40

# TRANSITION PROGRAMS

Email PKS_Specialized_Programs@seattle.gov or call 206-684-4950 for program information.

## POTTERY

**A program for participants ages 16 - 30.**

Let's create something! In this class, a pottery instructor will teach us hand building clay pottery techniques such as coil, slab, and pinch to make cups, bowls, and other decorative and seasonal items. Specialized Programs staff will be in the class to support.

**Registration:** Refer to page 5 for registration information.

| Dates | Times | Location | Cost |
|---|---|---|---|
| Mondays, Jan. 4 - Mar. 8<br>No program Jan. 18, Feb. 15 | 4:30 - 5:30 PM | Ballard Community Center<br>6020 28th Ave. NW<br>Seattle, WA 98107 | ▶$49.75 |

| Access Drop-Off Time | Access Pick-Up Window |
|---|---|
| Drop-Off Appointment Time: 4:30 PM | Pick-Up Window: 5:30 - 6 PM |

## AFTERNOON HANGOUT

**A program for participants ages 16 - 30.**

Participate in enriching group activities such as arts and crafts, sports, games, puzzles, and more. Activities are designed to promote socialization, increase independence, and explore new leisure interests.

**Registration:** Refer to page 5 for registration information.

| Dates | Times | Location | Cost |
|---|---|---|---|
| Tuesdays: Jan. 5 - Mar. 9 | 4 - 5:30 PM | Meadowbrook Community Center<br>10517 NE 35th Ave.<br>Seattle, WA 98125 | ▶$45 |

| Access Drop-Off Time | Access Pick-Up Window |
|---|---|
| Drop-Off Appointment Time: 4:15 PM | Pick-Up Window: 5:15 - 5:45 PM |

## SWEETHEARTS DANCE!

Please see back page for information on this program. Refer to page 5 for registration information.



# ADULT PROGRAMS

## FOR AGES 21 AND OLDER

Email PKS_Specialized_Programs@seattle.gov or call 206-684-4950 for program information.

## POTTERY

Let's create something! In this class, a pottery instructor will teach us hand building clay pottery techniques such as coil, slab, and pinch to make cups, bowls, and other decorative and seasonal items. Specialized Programs staff will be in the class to support.

**Registration:** Refer to page 5 for registration information.

| Dates | Times | Location | Cost |
|---|---|---|---|
| Mondays, Jan. 4 - Mar. 8<br>No program Jan. 18, Feb. 15 | 2:30 - 3:30 PM | Ballard Community Center<br>6020 28th Ave. NW<br>Seattle, WA 98107 | ▶$49.75 |

| Access Drop-Off Time | Access Pick-Up Window |
|---|---|
| Drop-Off Appointment Time: 2:30 PM | Pick-Up Window: 3:30 - 4 PM |

## YOGA

Join us as a certified yoga instructor helps us move through relaxing flows, stretches, meditation, and mindfulness. All movements can be adapted to your body. Equipment will be provided. Please bring a water bottle.

| Dates | Times | Location | Cost |
|---|---|---|---|
| Mondays, Jan. 4 - Mar. 8<br>No program Jan. 18, Feb. 15 | 2:30 - 3:30 PM | Rainier Community Center<br>(Not Rainier Beach Comm. Center)<br>4600 38th Ave S<br>Seattle, WA 98118 | ▶$10 |

| Access Drop-Off Time | Access Pick-Up Window |
|---|---|
| Drop-Off Appointment Time: 2:30 PM | Pick-Up Window: 3:30 - 4 PM |

ADULT
Ages 21 and Up



# FITNESS WITH FRIENDS

A movement-based program where we stretch, play games, and work on building strength through a consistent fitness routine. All activities can be adapted to meet participants' mobility needs.

**Registration:** You may register for 1 of the 3 sessions. Sign up for either Fitness with Friends or Health, not both. Refer to page 5 for registration information.

## SESSION 1

| Dates | Times | Location | Cost |
|---|---|---|---|
| Tuesdays, Jan. 5 - Mar. 9<br>*sign up for Fitness or Health | 10 - 11:15 AM | Meadowbrook Community Center<br>10517 NE 35th Ave.<br>Seattle, WA 98125 | ▶$15 |

| Access Drop-Off Time | Access Pick-Up Window |
|---|---|
| Drop-Off Appointment Time: 10 AM | Pick-Up Window: 11 - 11:30 AM |

## SESSION 2

| Dates | Times | Location | Cost |
|---|---|---|---|
| Tuesdays, Jan. 5 - Mar. 9<br>*sign up for Fitness or Health | Noon - 1:15 PM | Meadowbrook Community Center<br>10517 NE 35th Ave.<br>Seattle, WA 98125 | ▶$15 |

| Access Drop-Off Time | Access Pick-Up Window |
|---|---|
| Drop-Off Appointment Time: Noon | Pick-Up Window: 1 - 1:30 PM |

## SESSION 3

| Dates | Times | Location | Cost |
|---|---|---|---|
| Tuesdays, Jan. 5 - Mar. 9<br>*sign up for Fitness or Health | 2 - 3:15 PM | Meadowbrook Community Center<br>10517 NE 35th Ave.<br>Seattle, WA 98125 | ▶$15 |

| Access Drop-Off Time | Access Pick-Up Window |
|---|---|
| Drop-Off Appointment Time: 2 PM | Pick-Up Window: 3 - 3:30 PM |



**See page 5 for registration and payment information.**

# SUNSHINE SOCIAL

This weekly program offers structured group activities that build social skills, independence, and friendships. Join us for themed celebrations, games, crafts, and more.

**Registration:** Sign up for 1 of the 4 sessions. Refer to page 5 for registration information.



| Dates | Times | Location | Cost |
|---|---|---|---|
| Wednesdays, Jan. 6 - Mar. 10 | Session 1:<br>10 AM - Noon<br>Session 2:<br>1:30 - 3:30 PM | Rainier Beach Community Center<br>8825 Rainier Ave. S<br>Seattle, WA 98118 | ▶$44.22 |

| Dates | Times | Location | Cost |
|---|---|---|---|
| Thursdays, Jan. 7 - Mar. 4 | Session 1:<br>10 AM - Noon<br>Session 2:<br>1:30 - 3:30 PM | Bitter Lake Community Center<br>13035 Linden Ave. N<br>Seattle, WA 98133 | ▶$44.22 |

| SESSION 1 Access Drop-Off Time | SESSION 1 Access Pick-Up Window |
|---|---|
| Drop-Off Appointment Time: 10:15 AM | Pick-Up Window: 11:45 AM - 12:15 PM |

| SESSION 2 Access Drop-Off Time | SESSION 2 Access Pick-Up Window |
|---|---|
| Drop-Off Appointment Time: 1:45 PM | Pick-Up Window: 3:15 - 3:45 PM |



## BASKETBALL SKILLS AND DRILLS

Join us for a weekly gym program where we will brush up on our basketball skills and drills! Activities can be adapted to meet participants' various mobility needs. This is a gym program, not a traditional basketball practice. We will not be competing in Special Olympics Tournaments in Winter 2027.

**Registration:** Refer to page 5 for registration information.

| Dates | Times | Location | Cost |
|---|---|---|---|
| Thursdays, Jan. 7 - Mar. 4 | 6:30 - 8 PM | Miller Community Center<br>330 19th Ave. E, Seattle, WA 98112 | ▶$5 |

| Access Drop-Off Time | Access Pick-Up Window |
|---|---|
| Drop-Off Appointment Time: 6:45 PM | Pick-Up Window: 7:45 - 8:15 PM |



## HEALTH

Learn how to improve your whole self in this fun and social program! The first half of class will be focused on physical wellness, and the second half of class will be used to focus on other areas of wellness. All activities will be adapted to meet your mobility needs.

**Registration:** Sign up for either Health or Fitness with Friends, not both. Refer to page 5 for registration information.

| Dates | Times | Location | Cost |
|---|---|---|---|
| Fridays, Jan. 8 - Mar. 12<br>*sign up for Health or Fitness | 1 - 3 PM | Van Asselt Community Center<br>2820 S. Myrtle St.<br>Seattle, WA 98108 | ▶FREE |

| Access Drop-Off Time | Access Pick-Up Window |
|---|---|
| Drop-Off Appointment Time: 1:15 PM | Pick-Up Window: 2:45 - 3:15 PM |



**See page 5 for registration and payment information.**

ADULT
Ages 21 and Up

# ADULT TRIPS

**Registration:** Sign up for 1, wait list for 1. Refer to page 5 for registration information.

| Dates | Times | Location | Cost |
|---|---|---|---|
| Saturdays, Jan. 23, Feb. 20 | 9 AM - 2 PM | Densmore Building<br>8061 Densmore Ave. N<br>Seattle, WA 98103 | ►VARIES |

| Access Drop-Off Time | Access Pick-Up Window |
|---|---|
| Drop-Off Appointment Time: 9 AM | Pick-Up Window: 2 - 2:30 PM |

**Jan. 23: Seattle Aquarium.** Join us and check out some new exhibits at the renovated aquarium! ►$15

**Feb. 20: Out to Brunch.** Who doesn't love a good brunch to enjoy with friends! Come on out as we will head to a local brunch spot, eat, and hang out. Meal cost is covered in the cost of the activity. ►$40

# FRIDAY NIGHT HANGOUT!

Come hang out and have dinner with your friends on a Friday night! For this event we will be socializing with friends, playing games, and making memories. Dinner will be provided for this program.

**Registration:** Can sign up for 2 dates and wait list for 1. Refer to page 5 for registration information.

| Dates | Times | Locations | Cost |
|---|---|---|---|
| Friday, Jan. 29 - Out to Dinner | 5:30 - 8 PM | Densmore Building,<br>8061 Densmore Ave. N<br>Seattle, WA 98103 | ►$40 |
| Friday, Feb. 26 - Hot Cocoa and Movie | 5:30 - 8 PM | Magnuson Community Center<br>7110 62nd Ave. NE<br>Seattle, WA 98115 | ►$27.64 |
| Friday, Mar. 12 - Cookie Competition | 5:30 - 8 PM | Montlake Community Center<br>1618 E. Calhoun St.<br>Seattle, WA 98112 | ►$27.64 |

| Access Drop-Off Time | Access Pick-Up Window |
|---|---|
| Drop-Off Appointment Time: 5:45 PM | Pick-Up Window: 7:45 - 8:15 PM |

**Jan. 29: Out to Dinner.** Come on out and enjoy a meal with the group. We will choose a place to eat and have a sit-down dinner together. Dinner is included in the cost of this activity. ►$40

**Feb. 26: Hot Cocoa and Movie.** Let's sip on some warm cocoa as we watch a movie together. ►$27.64

**Mar. 12: Cookie Competition.** Think Baking Show as we create a cookie masterpiece on teams in friendly competition to see which cookies land on top! This is sure to be a sweet night! ►$27.64

**SPECIALIZED PROGRAMS**
Magnuson Building 30
6310 NE 74th St.
Seattle, WA 98115

Change Service Requested

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PERMIT NO. 152

# SWEETHEARTS DANCE

FOR AGES 16 AND UP

**Friday, February 12**
**6 to 8 PM**
**Delridge Community Center**
**4501 Delridge Way SW**
**Seattle, WA 98106**



Do you LOVE music and dancing? Then join us at the Sweethearts dance! We will have light snacks and refreshments while we boogie the night away. Snacks provided. This event does include loud music. ▶$15

**Registration:** Refer to page 5 for registration information.

Access Drop-Off Appointment Time: 6:15 PM
Access Pick-Up Window: 7:45 - 8:15 PM

# MARCH FAMILY SOCIAL

FOR AGES 4 AND UP



**Saturday, March 13**
**10 AM - 12:30 PM**
**Montlake Community Center**
**Tudor Building, 1618 E. Calhoun St.**
**Seattle, WA 98112**

Fun event for all ages (ages 4+) and their families, this event is meant to end the quarter as a party. Light refreshments and breakfast items will be served. There will be games, activities, socializing and entertainment for the whole family. Come on out and enjoy the last Saturday morning of the quarter with us! ▶$15

**Registration:** Refer to page 5 for registration information.

Access Drop-Off Appointment Time: 10:15 AM
Access Pick-Up Window: 12:15 - 12:45 PM