

LIFELONG RECREATION

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



Seattle
Parks & Recreation

SPRING 2024



REGISTER online at Noon:
March 5
seattle.gov/parks



Come Play with Us!

Welcome to Lifelong Recreation!

SPRING Quarter 2024

April 1-June 22

REGISTRATION

begins at **NOON** on **March 5**

No Programs and Facilities closed on:

- May 27 Memorial Day
- June 6 Staff Development Day
- June 19 Juneteenth

No
Membership
Fees!

Wondering how to register?

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

New Beginnings!

Spring is upon us, and we are looking forward to fresh beginnings. Lifelong Recreation would like to welcome our new staff members!



Tori Fernau is our new NE Recreation Specialist, and we are so excited to have her join our team. Tori has worked for over 20 years for Seattle Parks and Recreation in the Specialized Program unit. She is excited to be working with Lifelong Recreation now and getting to know her area.



Courtney Gogetap is our new Outdoor Recreation Program Specialist. Courtney is brand new to Seattle Parks and Recreation, and we are delighted she has chosen to work with Lifelong Recreation. Be sure to sign up for a walk so you can meet her!

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!

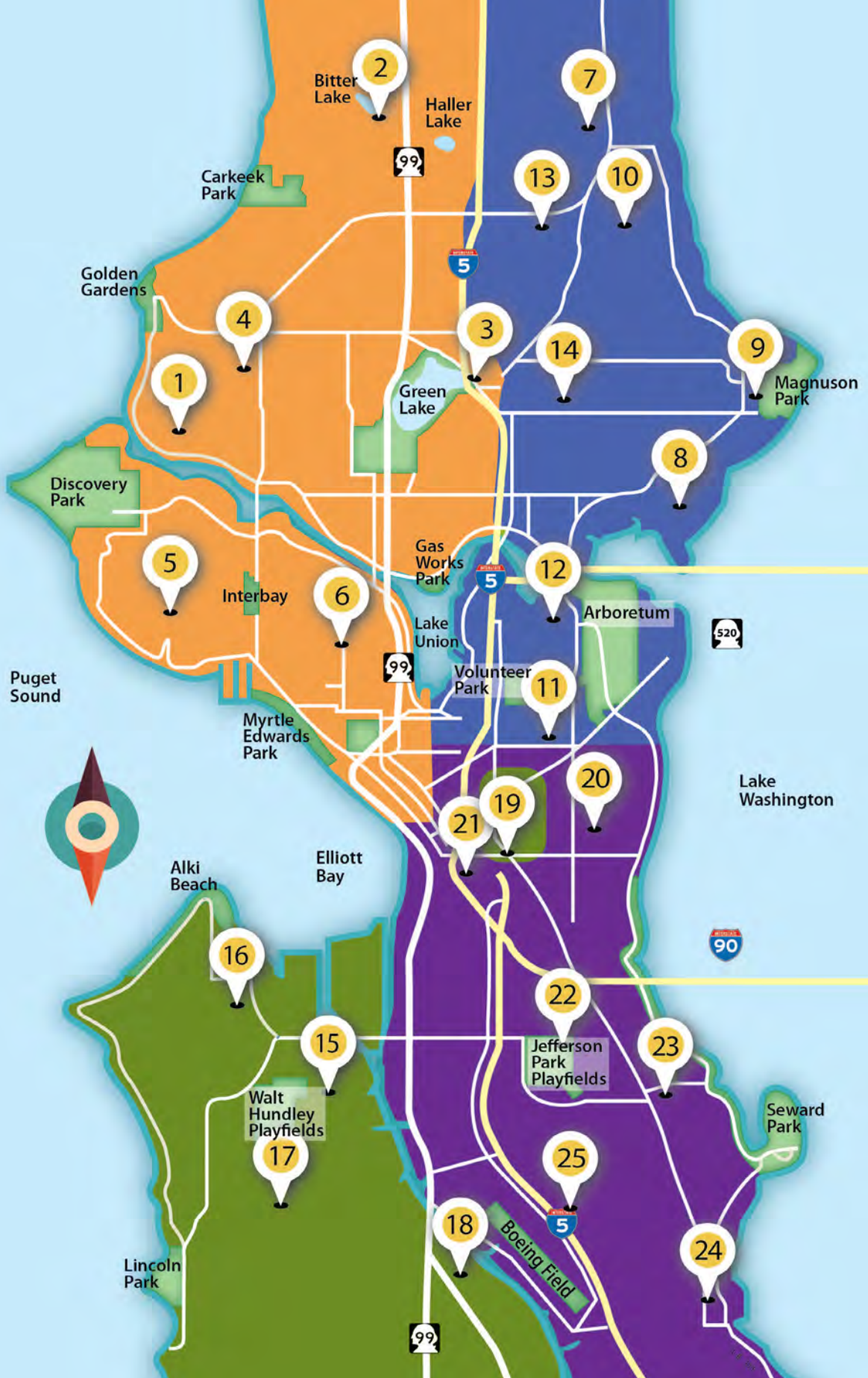


Many photos courtesy of: Meryl Schenker Photography, Ryan Hawk Photography.

Table of Contents

Programs, Map, Directories	Page
Location Map and Staff Directory	4-5
Fitness Classes at a Glance	6-9
Adult Sports, Fitness Centers, Pickleball	10
Aquatics	11
Northwest	12-16
Field Trips, Nature and Environment	12-13
Social Programs, Arts and Handwork	13-14
Lifelong Learning, Volunteer	14
Fitness Classes	14-16
Northeast	17-22
Field Trips, Nature and Environment	17-18
Social Programs, Arts and Handwork	18-19
Lifelong Learning	19
Fitness Classes, Sports	19-22
Southwest	23-26
Field Trips, Nature and Environment	23-24
Special Events	24
Social Programs	24
Lifelong Learning, Volunteer	24
Fitness Classes, Sports	25-26
Southeast	27-29
Field Trips	27
Arts and Handwork	28
Lifelong Learning	28
Fitness Classes	28-29
SIGNATURE PROGRAMS	30-38
Dementia-Friendly Recreation	30-31
LGBTQ+ Rainbow Recreation	32-33
Outdoor Recreation	34-38
Volunteer Opportunities	39
Community Resources	40-41
How to Register	42
Scholarships	42
Registration Information and Refund Policy	43

COMMUNITY CENTER LOCATIONS



Pages
13-17

Northwest

Gerald Seminatore, Recreation Specialist
206-233-7138 / cell 206-399-8561 / gerald.seminatore@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
Closed for renovations
2550 34th Ave. W, 98199
tel: 206-386-4235
6) QUEEN ANNE CC
1901 1st Ave. W, 98119
tel: 206-386-4240

Pages
18-22

Northeast

Tori Fernau, Recreation Specialist
206-386-9106 / cell 206-696-8252 / tori.fernau@seattle.gov

7) LAKE CITY CC
Closed due to fire damage
12531 28th Ave. NE, 98125
tel: 206-256-5645
8) LAURELHURST CC
Closed for renovations
4554 NE 41st St., 98105
tel: 206-684-752
9) MAGNUSON PARK CC
7110 62nd Ave. NE, 98115
tel: 206-684-7026

10) MEADOWBROOK CC
10517 35th Ave. NE, 98125
tel: 206-684-7522
11) MILLER CC
330 19th Ave. E, 98112
tel: 206-684-4753
12) MONTLAKE CC
Closed for renovations
1618 E Calhoun St., 98112
tel: 206-684-4736

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

Pages
23-26

Southwest

John Hasslinger, Recreation Specialist
206-256-5403 / cell 206-423-3988 / john.hasslinger@seattle.gov

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

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

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

Pages
27-29

Southeast

TBD, Recreation Specialist
cell 206-450-9522

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

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

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

Pages
30-38

Signature Programs

Dementia-Friendly Recreation
Tamara Keefe:
206-615-0100
cell 206-399-4655
tamara.keefe@seattle.gov

Rainbow Recreation
Tamara Keefe:
206-615-0100
cell 206-399-4655
tamara.keefe@seattle.gov

Outdoor Recreation
Courtney Gogetap
206-618-4254
cell 206-849-6564
sound.steps@seattle.gov

BOLLYWOOD FITNESS					
Delridge					
64508	4/5-6/21	Fri	10-11 a.m.	A Carver	\$84
BUILDING BALANCE WITH FRIENDS					
Meadowbrook					
64114	4/18-5/23	Thu	1-2:30 p.m.	M Kaye	Free
CHAIR STRENGTH AND TONE					
Bitter Lake					
64794	4/1-6/17	Mon	1:45-2:30 p.m.	D Dragovich	\$56
Meadowbrook					
64087	4/17-6/12	Wed	12:30-1:15 p.m.	D Dragovich	\$50
CIRCUIT TRAINING					
Video Link - Bitter Lake: https://youtu.be/JpJLEntLKAM					
Video Link - Queen Anne: https://youtu.be/Faj4Hn5-fR0					
Bitter Lake					
64798	4/5-6/21	Fri	9:30-10:30 a.m.	R Buyce	\$84
Loyal Heights					
64797	4/2-6/18	Tue	9:30-10:30 a.m.	R Buyce	\$84
64796	4/4-6/20	Thu	9:30-10:30 a.m.	R Buyce	\$77
Meadowbrook					
64088	4/5-6/14	Fri	11:30 a.m.-12:30 p.m.	R Buyce	\$70
DANCE FIT					
Delridge					
64509	4/4-6/20	Thu	10:15-11:15 a.m.	Debbie P	\$77
DANCE FOR PARKINSON'S					
Garfield					
64368	4/4-5/23	Thu	10:30 a.m.-Noon		Free
DANCE—(DROP-IN) \$2/CLASS					
TRADITIONAL AND CONTEMPORARY ASIAN					
Jefferson					
All Levels					
	4/3-6/12	Wed	6-7:45 p.m.	K Luo	\$2
Van Asselt					
All Levels					
	4/6-6/22	Sat	2-3:45 p.m.	K Luo	\$2

NEW to EnhanceFitness?

Scan this QR code, or go to <https://bit.ly/LLREF>, to get your registration form started.



ENHANCE FITNESS					
Garfield					
Silver&Fit® Members					
64853	4/1-6/17	Mon	Noon-1 p.m.	N Fraser	Free
64855	4/3-6/12	Wed	Noon-1 p.m.	N Fraser	Free
Self-Pay					
64852	4/1-6/17	Mon	Noon-1 p.m.	N Fraser	\$77
64854	4/3-6/12	Wed	Noon-1 p.m.	N Fraser	\$77
Magnuson					
Silver&Fit®					
64101	4/4-6/13	Thu	10:30-11:30 a.m.	J Shearer	Free
Self-Pay					
64102	4/4-6/13	Thu	10:30-11:30 a.m.	J Shearer	\$70
Meadowbrook					
Silver&Fit®					
64095	4/1-6/10	Mon	11 a.m.-Noon	C House	Free
64099	4/2-6/11	Tue	9:40-10:40 a.m.	C House	Free
64105	4/3-6/12	Wed	9:40-10:40 a.m.	C House	Free
64093	4/5-6/14	Fri	9:40-10:40 a.m.	C House	Free
Self-Pay					
64096	4/1-6/10	Mon	11 a.m.-Noon	C House	\$63
64100	4/2-6/11	Tue	9:40-10:40 a.m.	C House	\$70
64106	4/3-6/12	Wed	9:40-10:40 a.m.	C House	\$70
64094	4/5-6/14	Fri	9:40-10:40 a.m.	C House	\$70
Miller					
Silver&Fit®					
64097	4/1-6/10	Mon	10:15-11:15 a.m.	M Taplin	Free
64103	4/4-6/13	Thu	10:30-11:30 a.m.	M Taplin	Free
Self-Pay					
64098	4/1-6/10	Mon	10:15-11:15 a.m.	M Taplin	\$70
64104	4/4-6/13	Thu	10:30-11:30 a.m.	M Taplin	\$70
Queen Anne					
Silver&Fit®					
64804	4/1-6/17	Mon	Noon-1 p.m.	K Adolphsen	Free
64806	4/3-6/12	Wed	Noon-1 p.m.	K Adolphsen	Free
64802	4/5-6/21	Fri	Noon-1 p.m.	K Adolphsen	Free
Self-Pay					
64805	4/1-6/17	Mon	Noon-1 p.m.	K Adolphsen	\$77
64807	4/3-6/12	Wed	Noon-1 p.m.	K Adolphsen	\$77
64803	4/5-6/21	Fri	Noon-1 p.m.	K Adolphsen	\$84
Rainier					
Silver&Fit®					
64374	4/3-6/12	Wed	10:15-11:15 a.m.	YS Gartz	Free
64372	4/5-6/21	Fri	10:15-11:15 a.m.	YS Gartz	Free
Self-Pay					
64373	4/3-6/12	Wed	10:15-11:15 a.m.	YS Gartz	\$77
64371	4/5-6/21	Fri	10:15-11:15 a.m.	YS Gartz	\$84

Fitness Class DROP-INS

Lifelong Recreation offers a drop-in option for a \$10 fee for fitness classes only. If you want to try a class or can't commit to the whole session, this is a great option. Call or email the Recreation Specialist to inquire if the class you are interested in has capacity to accept drop-ins, and has not been cancelled. Some classes do fill to capacity with registration. *Note: Not available for EnhanceFitness classes.*

FABULOUSLY FIT						
Queen Anne						
64808	4/3-6/12	Wed	9:30-10:45 a.m.	K Adolphsen		\$94
FITNESS						
Delridge						
64514	4/3-6/12	Wed	10:15-11:15 a.m.	S Simmons		\$77
GLOBAL FITNESS						
High Point						
64517	4/2-6/18	Tue	10-11 a.m.	Allison C		\$84
JUICY JOINTS AEROBICS						
Bitter Lake						
64817	4/1-6/17	Mon	9-10 a.m.	J Rayer		\$77
64818	4/3-6/12	Wed	9-10 a.m.	J Rayer		\$77



LINE DANCE						
Video Link: https://youtu.be/n4CVeDKpDg						
Line Dance						
High Point						
<i>All Levels</i>						
64520	4/4-6/20	Thu	11:15 a.m.-12:15 p.m.	S Simmons		\$70
<i>Intermediate</i>						
64519	4/4-6/20	Thu	12:20-1:05 p.m.	S Simmons		\$45
Queen Anne						
<i>Beginning</i>						
64820	4/1-6/17	Mon	3:30-4:30 p.m.	C Banta		\$77
<i>Continuing</i>						
64819	4/3-6/12	Wed	5:45-6:45 p.m.	C Banta		\$77
Party Line Dance						
<i>All Levels</i>						
Meadowbrook						
64116	4/1-6/10	Mon	12:15-1:15 p.m.	C House		\$63
Soul Line Dance						
<i>All Levels</i>						
Northgate						
64126	4/5-6/14	Fri	11:45 a.m.-1 p.m.	M Silver		\$70
Miller						
64127	4/1-6/10	Mon	1:15-2:15 p.m.	M Silver		\$63

PILATES						
Video Link: https://youtu.be/C6iGDqezc3M						
Loyal Heights						
64821	4/1-6/17	Mon	Noon-1 p.m.	D Dragovich	\$77	
Meadowbrook						
64122	4/17-6/12	Wed	11:15 a.m.-12:15 p.m.	D Dragovich	\$63	
Ravenna-Eckstein						
64121	4/20-6/15	Sat	11:30 a.m.-12:30 p.m.	D Dragovich	\$63	
Virtual						
64140	4/16-6/11	Tue	11:30 a.m.-12:30 p.m.	D Dragovich	\$63	
STRETCH AND BALANCE						
Northgate						
64130	4/15-6/10	Mon	2:30-3:30 p.m.	M Kaye	Free	
STRENGTH AND CONDITIONING						
Magnuson						
64128	4/4-6/13	Thu	9:15-10:15 a.m.	J Shearer	\$70	
Northgate						
64129	4/5-6/14	Fri	10:15-11:15 a.m.	M Silver	\$63	



TAI CHI AND QIGONG						
Video Link: https://youtu.be/J82jluSOs5s						
Tai Chi						
Ballard						
<i>Beginning</i>						
64888	4/1-6/17	Mon	6:30-7:30 p.m.	S House	\$77	
Bitter Lake						
64889	4/3-6/12	Wed	6:45-7:45 p.m.	S House	\$38	
Garfield						
<i>All Levels</i>						
64375	4/1-6/17	Mon	10:15-11:15 a.m.	E Baxa	\$77	
Green Lake						
<i>All Levels</i>						
64823	4/3-6/12	Wed	10:30-11:30 a.m.	E Baxa	\$77	
64824	4/3-6/12	Wed	11:45 a.m.-12:45 p.m.	E Baxa	\$77	
High Point						
<i>Continuing</i>						
64530	4/1-6/17	Mon	11 a.m.-Noon	Pam K-E	\$77	
Loyal Heights						
<i>Beginning</i>						
64827	4/2-6/18	Tue	11:15 a.m.-12:15 p.m.	C Tan	\$84	
<i>Continuing</i>						
64826	4/2-6/18	Tue	12:15-1:15 p.m.	C Tan	\$84	
Queen Anne						
64825	4/4-6/20	Thu	11 a.m.-Noon	E Baxa	\$77	
Ravenna-Eckstein						
<i>All Levels</i>						
64131	4/2-6/11	Tue	12:45-1:45 p.m.	E Baxa	\$77	
T'ai Chi Chih®						
Green Lake						
64870	4/4-6/20	Thu	10:30-11:30 a.m.	L Robinson	\$77	
Taiji Qigong—Community Leader Lab						
Loyal Heights						
64366	5/2-5/30	Thu	1:30-3 p.m.	G Seminare	Free	
Qigong						
Loyal Heights						
64822	4/4-6/20	Thu	11:15 a.m.-12:15 p.m.	C Tan	\$77	
Qigong						
Northgate						
<i>Beginning</i>						
64123	4/4-5/30	Thu	11:15 a.m.-12:15 p.m.	A Peizer	\$63	
<i>Ongoing</i>						
64125	4/4-5/30	Thu	12:30-1:30 p.m.	A Peizer	\$63	
Ravenna-Eckstein						
<i>Beginning</i>						
64124	4/3-6/5	Wed	1:45-2:45 p.m.	A Peizer	\$70	

WHOLE BODY FITNESS					
Delridge					
64534	4/1-6/17	Mon	10:15-11:15 a.m.	Debbie P	\$77
YOGA					
Back in Action Gentle Yoga					
High Point					
64507	4/5-6/21	Fri	11:30 a.m.-12:30 p.m.	J Reed	\$84
Chair Yoga					
Bitter Lake					
64795	4/5-6/21	Fri	1:30-2:15 p.m.	J Robin	\$34
Ravenna-Eckstein					
56770	7/13-8/24	Thu	2-2:45 p.m.	M Samuels	Free
Gentle Yoga					
Video Link: https://youtu.be/-rbaj950AtE					
Ballard					
64829	4/3-6/12	Wed	10:45-11:45 a.m.	TBD	\$77
Green Lake					
64814	4/1-6/17	Mon	12:30-1:30 p.m.	R MacDonald	\$77
High Point					
64515	4/1-6/17	Mon	9:45-10:45 a.m.	J Reed	\$77
64516	4/3-6/12	Wed	11:30 a.m.- 12:30 p.m.	J Reed	\$77
Loyal Heights					
64812	4/1-6/17	Mon	10:45-11:45 a.m.	R MacDonald	\$77
Magnuson					
64108	4/3-6/12	Wed	10-11 a.m.	J Robin	\$77
Meadowbrook					
64110	4/18-6/13	Thu	10:30-11:30 a.m.	J Robin	\$56
Miller					
64868	4/1-6/17	Mon	11:45 a.m.-12:45 p.m.	L Gardener	\$77
Rainier					
64869	4/3-6/12	Wed	11 a.m.-Noon	L Gardener	\$77
Rainier Beach					
65996	4/23-6/18	Tue	9-10 a.m.	A Baker	\$63
Ravenna-Eckstein					
64109	4/6-6/15	Sat	10-11 a.m.	J Robin	\$77
Queen Anne					
64815	4/1-6/17	Mon	2-3 p.m.	R MacDonald	\$77

Gentle Yoga—Flow-Style					
Bitter Lake					
64813	4/3-6/12	Wed	5:30-6:30 p.m.	D Schultz	Free
Vini Yoga					
Delridge					
64531	4/3-6/12	Wed	11:30 a.m.-12:30 p.m.	Adelaide M	\$77
Discovery Park ELC					
64828	4/4-6/20	Fri	9:30-10:30 a.m.	M Alex	\$84
Loyal Heights					
64861	4/4-6/20	Thu	5:30-6:30 p.m.	A Mason	\$77
Meadowbrook					
64137	4/15-6/10	Mon	9:30-10:30 a.m.	H Mair	\$56
64139	4/19-6/14	Fri	1-2 p.m.	H Mair	\$63
Northgate					
64138	4/18-6/13	Thu	10-11 a.m.	H Mair	\$70
Rainier Beach					
64377	4/5-6/21	Fri	10-11 a.m.	A Merlo	\$77
ZUMBA® AND ZUMBA GOLD®					
Video Link: https://youtu.be/mzy3RR_SfuQ					
Delridge					
64535	4/2-6/18	Tue	10:15-11:15 a.m.	M Jorgensen	\$84
Loyal Heights					
64831	4/4-6/20	Thu	9:30-10:30 a.m.	S Price	\$77
Queen Anne					
64833	4/1-6/17	Mon	9:30-10:30 a.m.	S Price	\$77
64832	4/5-6/21	Fri	10:30-11:30 a.m.	M Jorgensen	\$84



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



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.



Pickleball at a Glance

Please visit:

<https://www.seattle.gov/parks/recreation/sports/pickleball>, or call the community center for days, times, and registration.

See page 25 for additional SW outdoor pickleball opportunities.

Pickleball	Free
NORTHWEST	
Bitter Lake	206-684-7524
Loyal Heights	206-684-4052
Magnolia	206-386-4235
NORTHEAST	
Magnuson	206-684-7026
Meadowbrook	206-684-7522
Northgate	206-386-4283
SOUTHWEST	
High Point	206-684-7422
Yesler	206-386-1245
SOUTHEAST	
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 (Closed for renovations)	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

1471 NW 67th St. 206-684-4094

Evans Pool

7201 E Green Lake Drive N 206-684-4961

Helene Madison Pool

13401 Meridian Ave. N 206-684-4979

Meadowbrook Pool

10515 35th Ave. NE 206-684-4989

Medgar Evers Pool

500 23rd Ave. 206-684-4766

Queen Anne Pool

1920 1st Ave. W 206-386-4282

Rainier Beach Pool

8825 Rainier Ave. S 206-386-1925

Southwest Pool

2801 SW Thistle St. 206-684-7440

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.



Gerald Seminatore
Northwest
Recreation Specialist

206-233-7138 / cell 206-399-8561
gerald.seminatore@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 email kyle.bywater@seattle.gov.

SCHOLARSHIPS
The scholarship cycle runs June 2023–June 2024. Have your application approved prior to registration. See page 42 for details.

TRIPS

Departure Sites

Ballard CC

6020 28th Ave. NW
South of bldg, angled parking lot

Bitter Lake CC

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 who are new to exercise, and are noted with a blue stripe on the class number line, like the one noted here.

RAINBOW RECREATION

Rainbow Recreation program info can be found on pages 32-33, or search for "Rainbow" in Seattle Parks and Recreation's ActiveNet online registration system. Programs designated with a rainbow highlight are LGBTQ+ affirming spaces for queer older adults and their allies.

SHAPE UP

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

FIELD TRIPS

UW Planetarium

See the stars in a whole new way at the UW Planetarium. What mysteries does the universe hold? We will spend an hour in the planetarium and then have lunch as a group, on your own.

Northbound

64878 4/12 Fri 9 a.m.-2 p.m. \$20

Museum of Flight

Enjoy a docent-led tour of the Apollo exhibit. Learn about the Space Race and view a display of the rocket engine that launched Apollo to the moon. Experience what it would feel like to travel to the moon and back with the Spacequest Virtual Reality Experience—optional, and an additional \$10 (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

64876 4/24 Wed 9:45 a.m.-2:15 p.m. \$36

Skagit Valley Tulip Festival

The Skagit Valley Tulip Festival is a Pacific Northwest tradition. We will visit RoozenGaarde to see their 5-acre display garden and vast, colorful fields. Then enjoy lunch on your own in the town of La Connor. A quick stop by Snow Goose Produce after.

Northbound

64879 5/1 Wed 9 a.m.-4 p.m. \$40

Snoqualmie Valley

First, a visit to scenic Snoqualmie Falls, one of the state's top tourist destinations. Then there will be time for exploring, shopping, and lunch on Main Street, on your own. We'll also see farms, historic sites, and great scenery along our route.

Northbound

64877 5/8 Wed 9 a.m.-4 p.m. \$35

NATURE AND ENVIRONMENT

Thornton Creek Naturalist Walks

Enjoy a series of guided morning walks with a Seattle Parks Naturalist! We will explore and learn about the Thornton Creek Watershed and how this urbanized waterway influences the salmon lifecycle. The Thornton Creek Watershed Basin includes southeast Shoreline and northeast Seattle. The watershed is 90% above ground, crosses 700 backyards, 15 parks and natural areas, and hosts 75K residents and a large diversity of flora and fauna. We will visit three sites across three Fridays. Register for 1, 2, or all 3 of the walks in the series.

Carkeek Park and the Salmon Lifecycle

We will start at the Carkeek Park Lower Meadow by Piper's Creek. Bring a sack lunch for a picnic lunch afterwards outside in the park. NOTE: There will be paved and dirt paths. Participants should be able to traverse slight inclines, go up and down stairs, and manage some uneven ground.

Transportation Option from NW Departure Sites

Departure Sites/Times:

Ballard at 9:20 a.m., Bitter Lake at 9:40 a.m.

64811 5/17 Fri 10 a.m.-1 p.m. \$10

Meet at Carkeek Park

64135 5/17 Fri 10 a.m.-1 p.m. Free

Meadowbrook Pond

Starting at Meadowbrook CC, we will walk to Meadowbrook Pond for our guided nature walk. No transportation provided.

Meet at Meadowbrook CC

64890 5/24 Fri 10-11:30 a.m. Free

Matthews Beach

After meeting up in the parking lot at Matthews Beach we will head to the beach for our nature walk. No transportation provided.

Meet at Matthews Beach Parking Lot

64891 5/31 Fri 10-11:30 a.m. Free

SOCIAL PROGRAMS

Coffee Social

Early Bird Coffee Social

Join us in a gathering space to enjoy a cup of coffee and pleasant company. Chat, share stories, and connect with peers. Games and light refreshments will be provided. Meets the 2nd Tuesday of each month. Meets: 4/9, 5/14, 6/11.

Bitter Lake

65203 Tue 8:30-10 a.m. Free

Crafts

Crafty Ladies

Drop-in knitting, crochet, and needlepoint. Bring your project and socialize with others.

Queen Anne

64800 3/21-6/13 Thu 1:30-4 p.m. Free

Games

Drop-In Bridge

Enjoy a game of bridge.

Discovery Park ELC

All Levels

62198 1/3-3/27 Wed 9 a.m.-Noon Free

Queen Anne

Intermediate

64799 3/19-6/18 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

64801 3/22-6/21 Fri 1:30-4:30 p.m. Free

ARTS AND HANDWORK

Watercolor with Sandra Kahler

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

64830 4/15-6/10 Mon 10:30 a.m.-1 p.m. S Kahler \$84

LIFELONG LEARNING

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 offering for seniors and is not a certification class. Brought to you by the UW Public Health Program.

Loyal Heights

64365 4/9 Tue 1:30-2:30 p.m. Free

VOLUNTEER

New Volunteer and Instructor Conversations

Make an impact in your community! All zones of Lifelong Recreation are seeking volunteers and instructors for an array of fitness, environmental, and arts oriented activities. Register here to open a conversation with a Recreation Specialist and explore the possibility of actively contributing. Individual meeting days/times to be arranged.

Virtual

64874 Individual meeting days/times to be arranged Free

DROP-IN FITNESS

Pickleball at a Glance

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

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. An * (asterisk) notes a Shape Up class, see box on page 12 for details.*

Aerobics and Dance

Fabulously Fit

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

Queen Anne

64808 4/3-6/12 Wed 9:30-10:45 a.m. K Adolphsen \$94

Juicy Joints Aerobics

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

Bitter Lake

64817* 4/1-6/17 Mon 9-10 a.m. J Rayor \$77

64818* 4/3-6/12 Wed 9-10 a.m. J Rayor \$77

Line Dance

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

Queen Anne

Beginning

64820 4/1-6/17 Mon 3:30-4:30 p.m. C Banta \$77

Continuing

64819 4/3-6/12 Wed 5:45-6:45 p.m. C Banta \$77

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

64831* 4/4-6/20 Thu 9:30-10:30 a.m. S Price \$77

Queen Anne

64833 4/1-6/17 Mon 9:30-10:30 a.m. S Price \$77

64832 4/5-6/21 Fri 10:30-11:30 a.m. M Jorgensen \$84

Strength and Conditioning

Chair Strength and Tone

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

Bitter Lake

64794* 4/1-6/17 Mon 1:45-2:30 p.m. D Dragovich \$56

Circuit Training

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

Bitter Lake

64798* 4/5-6/21 Fri 9:30-10:30 a.m. R Buyce \$84

Loyal Heights

64797* 4/2-6/18 Tue 9:30-10:30 a.m. R Buyce \$84

64796* 4/4-6/20 Thu 9:30-10:30 a.m. R Buyce \$77

EnhanceFitness

We have improved the application process for EnhanceFitness! Completing and sending forms in is now quick and easy with Adobe Sign—just fill out online and submit. Go to www.seattle.gov/parks/recreation/for-adults-50, or <https://bit.ly/LLREF>.

EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. For this class NEW participants, or those who have not participated in over a year, must submit an application prior to registration. Only members with Medicare Advantage with Silver&Fit® as a benefit qualify for free participation. Silver&Fit® participants must provide their Fitness ID number on their application. The online application and program information are located at <https://www.seattle.gov/parks/find/for-adults-50>, or <https://bit.ly/LLREF>. If you are unable to access forms electronically, you can pick up paper forms from a community center offering EnhanceFitness classes. Participants will be notified via email when their application has been processed and they are eligible to register for classes.

NOTE: American Specialty Health (ASH) Silver&Fit® will cover in-person classes and is limited to 10 visits a month. To learn more about EnhanceFitness and Silver&Fit® visit: <http://projectenhance.org/enhancefitness/> and <https://www.silverandfit.com/>.

SPECIAL NOTE: Changes to insurance programs have changed eligibility for free participation in Enhance Fitness classes. Beginning January 1st you must have a **Silver&Fit® Fitness ID number** to qualify for FREE participation. Kaiser Medicare Advantage members have Silver&Fit® as a benefit. Some non-Kaiser members may have Silver&Fit® as a benefit through their Medicare Advantage Plan, call your insurance company to find out if you have Silver&Fit®.

Queen Anne

Silver&Fit®

64804 4/1-6/17 Mon Noon-1 p.m. K Adolphsen Free

64806 4/3-6/12 Wed Noon-1 p.m. K Adolphsen Free

64802 4/5-6/21 Fri Noon-1 p.m. K Adolphsen Free

Self-Pay

64805 4/1-6/17 Mon Noon-1 p.m. K Adolphsen \$77

64807 4/3-6/12 Wed Noon-1 p.m. K Adolphsen \$77

64803 4/5-6/21 Fri Noon-1 p.m. K Adolphsen \$84

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

Tai Chi and Qigong

Tai Chi

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

Ballard—Back in Motion Class

Beginning

64888 4/1-6/17 Mon 6:30-7:30 p.m. S House \$77

Bitter Lake—Back in Motion Class

Reduced class fee made possible by a King County Shape Up Grant

64889 4/3-6/12 Wed 6:45-7:45 p.m. S House \$38

Green Lake—Back in Motion Class

64823 4/3-6/12 Wed 10:30-11:30 a.m. E Baxa \$77

64824 4/3-6/12 Wed 11:45 a.m.-12:45 p.m. E Baxa \$77

Loyal Heights—Back in Motion Class

Beginning

64827* 4/2-6/18 Tue 11:15 a.m.-12:15 p.m. C Tan \$84

Continuing

64826* 4/2-6/18 Tue 12:15-1:15 p.m. C Tan \$84

Queen Anne—Back in Motion Class

64825 4/4-6/20 Thu 11 a.m.-Noon E Baxa \$77

Tai Chi Chih®

Green Lake—Rainbow Recreation Class

64870 4/4-6/20 Thu 10:30-11:30 a.m. L Robinson \$77

Qigong

Qigong and Tai Chi bring great benefits for fitness, disease prevention, and improved balance. Qigong is the foundation of Tai Chi. This class teaches Tai Chi Qigong and Yang Tai Chi short form.

Loyal Heights—Back in Motion Class

64822* 4/4-6/20 Thu 11:15 a.m.-12:15 p.m. C Tan \$77

NEW Taiji Qigong—Community Leader Lab

Previous and current students of Tai Chi and Qigong are invited to enroll in this class. We will learn the opening sets of the Shibashi Taiji Qigong form, a contemporary style practiced around the world. Shibashi is accessible and enjoyable for people of differing fitness levels. The class will prepare participants to lead groups in different community settings. **Registration is required to take this course.**

Loyal Heights

64366 5/2-5/30 Thu 1:30-3 p.m. GSeminaire Free

Yoga and Pilates

We have a limited supply of yoga and pilates gear for new participants. We recommend 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

64821* 4/1-6/17 Mon Noon-1 p.m. D Dragovich \$77

Virtual

64140 4/16-6/11 Tue 11:30 a.m.-12:30 p.m. D Dragovich \$63

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

Reduced class fee made possible by a King County

Shape Up Grant

64795 4/5-6/21 Fri 1:30-2:15 p.m. J Robin \$34

Gentle Yoga

Ballard

64829 4/3-6/12 Wed 10:45-11:45 a.m. TBD \$77

Green Lake

64814 4/1-6/17 Mon 12:30-1:30 p.m. R MacDonald \$77

Loyal Heights

64812* 4/1-6/17 Mon 10:45-11:45 a.m. R MacDonald \$77

Queen Anne

64815 4/1-6/17 Mon 2-3 p.m. R MacDonald \$77

Gentle Yoga—Flow Style

Bitter Lake *Registration required to participate*

64813* 4/3-6/12 Wed 5:30-6:30 p.m. D Schultz Free

Vini Yoga

Discovery Park ELC

64828 4/4-6/20 Fri 9:30-10:30 a.m. M Alex \$84

Loyal Heights

64861* 4/4-6/20 Thu 5:30-6:30 p.m. A Mason \$77

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



Tori Fernau
Northeast
Recreation Specialist

206-386-9106 / cell 206-696-8252
 tori.fernau@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 email kyle.bywater@seattle.gov.

SCHOLARSHIPS

The scholarship cycle runs June 2023–June 2024. Have your application approved prior to registration. See page 42 for details.

TRIPS

Departure Sites

Meadowbrook CC
 10517 35th Ave. NE

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.

RAINBOW RECREATION

Rainbow Recreation program info can be found on pages 32-33, or search for "Rainbow" in Seattle Parks and Recreation's ActiveNet online registration system. Programs designated with a rainbow highlight are LGBTQ+ affirming spaces for queer older adults and their allies.

FIELD TRIPS

The Spring Fair in Puyallup

Spend the day at The Spring Fair in Puyallup! Take time to visit the animals and stroll through the exhibits, maybe even take a spin on the ferris wheel? Enjoy lunch on your own, there will be plenty of tasty fair food options to choose from.

Southbound

64132 4/18 Thu 9 a.m.-4:30 p.m. \$40

Chihuly Garden and Glass

Wander through the garden, glasshouse, and interior exhibits showcasing the studio art of Dale Chihuly, a contemporary artist. Free passes will be available to cover admission. Lunch on your own at the Armory featuring a wide variety of restaurant options.

Southbound

64133 4/29 Mon 9:30 a.m.-2 p.m. \$12

Seattle Chocolate Factory Tour

During this hour-long guided tour we will get a bird's eye view inside their 60,000 square foot factory to see how their chocolates are made. There are multiple stairs during this tour. Samples will be provided, most food allergies can be accommodated. Lunch on your own at Southcenter Mall Food Court.

Southbound

64136 6/3 Mon 9 a.m.-2 p.m. \$35

Edmonds Arts Festival

Explore various booths of 160+ artists' works, ranging from student art to awarding winning pieces. There will be musical performances to enjoy. Lunch on your own at one of the many food booths available. There is grass and uneven ground at the festival area.

Northbound

64134 6/14 Fri 9:30 a.m.-3 p.m. \$18

NATURE AND ENVIRONMENT

Migratory Birds

See page 32 for program description under Nature and Environment, Migratory Birds.

Magnuson Park—Rainbow Recreation Class

64871 5/11 Sat 9 - 11 a.m. Free

Thornton Creek Naturalist Walks

Enjoy a series of guided morning walks with a Seattle Parks Naturalist! We will explore and learn about the Thornton Creek Watershed and how this urbanized waterway influences the salmon lifecycle. The Thornton Creek Watershed Basin includes southeast Shoreline and northeast Seattle. The watershed is 90% above ground, crosses 700 backyards, 15 parks and natural areas, and hosts 75K residents and a large diversity of flora and fauna. We will visit three sites across three Fridays. Register for 1, 2, or all 3 of the walks in the series.

Carkeek Park and the Salmon Lifecycle

We will start at the Carkeek Park Lower Meadow by Piper's Creek. Bring a sack lunch for a picnic lunch afterwards outside in the park. NOTE: There will be paved and dirt paths. Participants should be able to traverse slight inclines, go up and down stairs, and manage some uneven ground.

Transportation Option from NE Departure Sites

Departure Sites/Times:

Meadowbrook at 9:20 a.m., Northgate at 9:40 a.m.
65616 5/17 Fri 10 a.m.-1 p.m. \$10

Meet at Carkeek Park

64135 5/17 Fri 10 a.m.-1 p.m. Free

Meadowbrook Pond

Starting at Meadowbrook CC, we will walk to Meadowbrook Pond for our guided nature walk. No transportation provided.

Meet at Meadowbrook CC

64890 5/24 Fri 10-11:30 a.m. Free

Matthews Beach

After meeting up in the parking lot at Matthews Beach we will head to the beach for our nature walk. No transportation provided.

Meet at Matthews Beach Parking Lot

64891 5/31 Fri 10-11:30 a.m. Free

SOCIAL PROGRAMS

Book Clubs

Book Club

Explore new books, ask interesting questions, listen to different points of view, hear varied interpretations, metaphors, and themes.

Laurelhurst Book Club at Ravenna-Eckstein

Meets the 3rd Wednesday of each month (Exception: Meets 6/12 in June).
64111 Wed 2:30-3:30 p.m. Free

Meadowbrook Book Club

Meets the 3rd Thursday of each month.
64085 Thu Noon-1 p.m. Free

Northgate Book Club

Meets the 2nd Tuesday of each month (Exception: Meets 4/16 in April).
64086 Tue 3-4:30 p.m. Free

Ravenna-Eckstein Evening Book Club

Meets the 2nd Monday of each month.
64107 Mon 6:30-8 p.m. Free

Games

Drop-In Bridge

Drop-In play for bridge players. All Levels.

Miller

4/5-6/28 Fri 1:30-3:45 p.m. Free

Northgate No program 4/8

4/1-6/24 Mon 1-3 p.m. Free

Drop-In Mahjong

Drop-In and play mahjong!

Northgate No program 4/9 and 4/11

4/2-6/25 Tue 11 a.m.-2 p.m. Free

4/4-6/20 Thu 10:15 a.m.-1:15 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.

Northgate

64112 4/18-5/9 Thu 9:30-11 a.m. \$24

65396 5/16-6/13 Thu 9:30-11 a.m. \$24

Pancake Walk

RainbowSteps Pancake Walk

SoundSteps meets Rainbow Recreation for this social walk event. 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 Louisa Boren Park viewpoint before returning to Miller by way of Volunteer Park. Walk is 2.5 miles with some hills. When we return to Miller, we'll have a pancake bar and the chance to hang out. A great place to meet friends to go to Pride Weekend festivities.

Miller—Rainbow Recreation Class

64873 6/5 Wed 11 a.m.-2 p.m. Free

LIFELONG LEARNING

AARP Smart Driver Course

The nation's first and largest refresher course for drivers age 50+ that has helped millions of drivers remain safe on today's roads and, in many cases, receive a discount on insurance rates. \$25 non-members, \$20 AARP members, **payable to instructor at first class.**

Meadowbrook

64083 4/20-4/27 Sat 10 a.m.-2 p.m.
64082 5/4-5/11 Sat 10 a.m.-2 p.m.

Medicare 101

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

Northgate

64113 4/24-6/26 Wed 10 a.m.-Noon Free

Write Your Life Story

Write on your own and share what you've written in class. Small group, warm fellowship, comfortable environment to let your creative juices flow. *No class 4/9.*

Meadowbrook

64142 4/2-6/11 Tue 10:30 a.m.-12:30 p.m. Free

ARTS AND HANDWORK

Macrame

Step into the world of macrame and learn the techniques of hand knotting with us. We are offering two beginner friendly workshops where you will learn commonly used macrame knots. No experience required, all supplies are provided.

Northgate

Macrame a Wall Hanging

65999 4/26 Fri 10-11:30 a.m. K Burney \$45

Macrame Earrings

66000 5/10 Fri 10-11:30 a.m. K Burney \$45

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.

Meadowbrook

64115 4/2-6/11 Tue 10 a.m.-12:30 p.m. Free

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.

Meadowbrook

64141 4/18-6/13 Thu 10 a.m.-12:30 p.m. S Kahler \$84

DROP-IN FITNESS

Pickleball at a Glance

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



SPORTS

Basketball Skills

Basketball Skills—All Levels

Basketball is exhilarating and addicting! Coach Schut (pronounced Shoot) is a passionate developmental skills trainer who will lead this participant-driven class. We'll engage in progressive drills and fun competitive games to help elevate your skill-set and genuine enjoyment for the game.

Magnuson

64084 4/5-6/14 Fri 2:15-3:45 p.m. W Schut Free

Pickleball Skills

Pickleball Skills—Beginner

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. Please bring your own water bottle.

Meadowbrook

64118 4/16-5/14 Tue 2-3:30 p.m. M Bisch \$53
64119 5/21-6/18 Tue 2-3:30 p.m. M Bisch \$53

Pickleball Skills —Beyond Beginner

The player has limited experience, can sustain a short rally with players of equal ability, can get 50% + serves in, and knows how to keep score.

Meadowbrook

64120 4/16-5/14 Tue Noon-1:30 p.m. M Bisch \$53

Pickleball Skills—Intermediate/Advanced

The goal of this class is to challenge you, help you continue to advance your skills to the next level, and to be more consistent with all of your shots. Learn more about doubles court strategy, stacking, and defensive and offensive lobbing. We will also assist you with preparing for tournaments (if interested).

Meadowbrook

64117 5/21-6/18 Tue Noon-1:30 p.m. M Bisch \$53

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

Party Line Dances

This class will introduce you to the party dances that pop up at celebrations including: Electric Slide, Cha Cha Slide, Cupid Shuffle, and other popular country and southern line dances.

Meadowbrook No class 4/8

64116 4/1-6/10 Mon 12:15-1:15 p.m. C House \$63

Soul Line Dance for All Levels

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

Northgate No class 4/12

64126 4/5-6/14 Fri 11:45 a.m.-1 p.m. M Silver \$70

Miller No class 4/8

64127 4/1-6/10 Mon 1:15-2:15 p.m. M Silver \$63

Strength and Conditioning

Building Balance with Friends

Balance's many dimensions work together to keep you upright and active. This class is an opportunity to build your balance skills through playful exercises and the company of new friends. Let's keep the workout lighthearted! Each class includes a walk in the interesting Meadowbrook neighborhood. Bring your willingness and water bottle. **Registration is required to take this course.**

Meadowbrook

64114 4/18-5/23 Thu 1-2:30 p.m. M Kaye Free

Chair Strength and Tone

Strengthen and tone all muscle groups for improved health and fitness, all from a chair, 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.

Meadowbrook—Back in Motion Class

64087 4/17-6/12 Wed 12:30-1:15 p.m. D Dragovich \$50

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 No class 4/12

64088 4/5-6/14 Fri 11:30 a.m.-12:30 p.m. R Buyce \$70

EnhanceFitness

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EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. For this class, NEW participants, or those who have not participated in over a year, must submit an application prior to registration. Only members with Medicare Advantage with Silver&Fit® as a benefit qualify for free participation. Silver&Fit® participants must provide their Fitness ID number on their application. The online application and program information are located at <https://www.seattle.gov/parks/find/for-adults-50>, or <https://bit.ly/LLREF>. If you are unable to access forms electronically, you can pick up paper forms from a community center offering EnhanceFitness classes. Participants will be notified via email when their application has been processed and they are eligible to register for classes.

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Register online at www.seattle.gov/parks

SPECIAL NOTE: Changes to insurance programs have changed eligibility for free participation in Enhance Fitness classes. Beginning January 1st you must have a Silver&Fit® Fitness ID number to qualify for FREE participation. Kaiser Medicare Advantage members have Silver&Fit® as a benefit. Some non-Kaiser members may have Silver&Fit® as a benefit through their Medicare Advantage Plan, call your insurance company to find out if you have Silver&Fit®.

Magnuson

Silver&Fit®

64101 4/4-6/13 Thu 10:30-11:30 a.m. J Shearer Free

Self-Pay

64102 4/4-6/13 Thu 10:30-11:30 a.m. J Shearer \$70

Meadowbrook No classes the week of 4/8

Silver&Fit®

64095 4/1-6/10 Mon 11 a.m.-Noon C House Free

64099 4/2-6/11 Tue 9:40-10:40 a.m. C House Free

64105 4/3-6/12 Wed 9:40-10:40 a.m. C House Free

64093 4/5-6/14 Fri 9:40-10:40 a.m. C House Free

Self-Pay

64096 4/1-6/10 Mon 11 a.m.-Noon C House \$63

64100 4/2-6/11 Tue 9:40-10:40 a.m. C House \$70

64106 4/3-6/12 Wed 9:40-10:40 a.m. C House \$70

64094 4/5-6/14 Fri 9:40-10:40 a.m. C House \$70

Miller

Silver&Fit®

64097 4/1-6/10 Mon 10:15-11:15 a.m. M Taplin Free

64103 4/4-6/13 Thu 10:30-11:30 a.m. M Taplin Free

Self-Pay

64098 4/1-6/10 Mon 10:15-11:15 a.m. M Taplin \$70

64104 4/4-6/13 Thu 10:30-11:30 a.m. M Taplin \$70

Stretch and Balance

AAAH! A body that feels good! Stretches designed to end everyday pain, plus strengthening balance skills, to build a body ready and eager to take on whatever life has to offer. **Registration is required to take this course.**

Northgate—Back in Motion Class

64130 4/15-6/10 Mon 2:30-3:30 p.m. M Kaye Free

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

64128 4/4-6/13 Thu 9:15-10:15 a.m. J Shearer \$70

Northgate No class 4/12

64129 4/5-6/14 Fri 10:15-11:15 a.m. M Silver \$63

Tai Chi and Qigong

Tai Chi

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

Ravenna-Eckstein

All Levels

64131 4/2-6/11 Tue 12:45-1:45 p.m. E Baxa \$77

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 for beginning classes; prior attendance in Annette's beginning class is required for the ongoing class at Northgate.

Northgate No class 4/11

Beginning—Back in Motion Class

64123 4/4-5/30 Thu 11:15 a.m.-12:15 p.m. A Peizer \$63

Ongoing

64125 4/4-5/30 Thu 12:30-1:30 p.m. A Peizer \$63

Ravenna-Eckstein

Beginning—Back in Motion Class

64124 4/3-6/5 Wed 1:45-2:45 p.m. A Peizer \$70

Yoga and Pilates

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

Pilates

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

Meadowbrook No class 4/10

64122 4/17-6/12 Wed 11:15 a.m.-12:15 p.m. D Dragovich \$63

Ravenna-Eckstein

64121 4/20-6/15 Sat 11:30 a.m.-12:30 p.m. D Dragovich \$63

Virtual

64140 4/16-6/11 Tue 11:30 a.m.-12:30 p.m. D Dragovich \$63



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

Magnuson

64108 4/3-6/12 Wed 10-11 a.m. J Robin \$77

Meadowbrook

64110 4/18-6/13 Thu 10:30-11:30 a.m. J Robin \$56

Miller—Rainbow Recreation Class

64868 4/1-6/17 Mon 11:45 a.m.-12:45 p.m. L Gardener \$77

Ravenna-Eckstein

64109 4/6-6/15 Sat 10-11 a.m. J Robin \$77

Vini Yoga

Meadowbrook

64137 4/15-6/10 Mon 9:30-10:30 a.m. H Mair \$56

64139 4/19-6/14 Fri 1-2 p.m. H Mair \$63

Northgate

64138 4/18-6/13 Thu 10-11 a.m. H Mair \$70



John Hasslinger
Southwest
Recreation Specialist

206-256-5403 / cell 206-423-3988
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 email kyle.bywater@seattle.gov.

SCHOLARSHIPS
The scholarship cycle runs June 2023–June 2024. Have your application approved prior to registration. See page 42 for details.

TRIPS
Departure Sites And Times

High Point CC
6920 34th Ave. SW
Depart 15 minutes before time listed.

Hiawatha CC
2700 California Ave. SW—
on Walnut Ave. SW, east of CC,
near parking area between CC
and West Seattle High School.
Depart at time listed.

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.

RAINBOW RECREATION
Rainbow Recreation program info can be found on pages 32-33, or search for "Rainbow" in Seattle Parks and Recreation's ActiveNet online registration system. Programs designated with a rainbow highlight are LGBTQ+ affirming spaces for queer older adults and their allies.

FIELD TRIPS

The British Pantry
This British bakery and restaurant, located in Redmond, is owned and operated by a family with 3 generations of baking expertise rooted in Manchester, England. We will start with a sit down lunch of British fare, on your own, followed by ample time to shop at the adjacent bakery and grocery. Pre-ordering to go baked items is encouraged 24-hours in advance. This is a highly unique and favored destination for bakery and UK foodie fans.
63575 4/18 Thu 10 a.m.-2:30 p.m. \$19

State Capitol Tour
Enjoy a pleasant and informative trip to our state capitol in Olympia. Receive a guided tour of the Legislative Building at noon, then enjoy free time to explore the inviting, spacious grounds. Bring a sack lunch.
63579 5/9 Thu 10 a.m.-2:30 p.m. \$33

Tukwila Past and Present
Experience a guided tour of the Nelson Historical Residence in Tukwila, an excellent example of 20th century architecture. Donations to the foundation gladly accepted. Afterwards, a brief walk through and guided tour of nearby Fort Dent Park. Lunch and shopping on your own at Southcenter Mall.
63580 5/23 Thu 9:30 a.m.-4 p.m. \$19

NATURE AND ENVIRONMENT

Sensational Nature

See page 32 for description under Nature and Environment, Sensational Nature.

West Seattle, Camp Long—Rainbow Recreation Class
64880 6/12 Wed 10:30 a.m.-12:30 p.m. Free

West Duwamish Historical Walk

Back by popular demand! Explore this tucked-in park alongside the Duwamish Waterway, formerly the Green-Duwamish River. This small park captures the history of the first people who lived here and illustrates how later European settlement created both opportunities and challenges to the area. We will discuss how geology shaped the park as well as the progress of the Superfund Cleanup Program. Parking is limited to two small areas across from the Duwamish Longhouse on West Marginal Way. Meet up in north parking lot, directly across the street from the Duwamish Longhouse, adjacent to crosswalk and light.

Duwamish River
64533 4/24 Wed 10:30 a.m.-Noon P Pilcher Free

SPECIAL EVENTS

Line Dance Party

Are you ready to kick up your heels and join us for an electrifying afternoon of line dancing? Join our quarterly dance celebration! Our experienced dance instructors are ready to lead you through the steps and get your heart pumping. All levels welcome. Registered students will receive an emailed playlist and more details prior to the dance.

High Point
64521 5/31 Fri 1:30-4 p.m. \$11

Flag Day Show

In celebration of Flag Day, Silver Sounds will provide a lively program of songs, jokes, skits, a sing-along, plus free prizes and a mystery raffle. Wear your flag colors. Free performance brought to you by Silver Sounds, a completely volunteer-led group- spreading joy through music and entertainment. Space is limited.

High Point
64529 6/11 Tue 1:30-2:30 p.m. Free

SOCIAL PROGRAMS

Book Clubs

High Point Book Club

Meets the 2nd Thursday of each month. This is an active club seeking new members!
Meets: 4/11, 5/9, and 6/13.

High Point

64518 Thu 1-2 p.m. Gail B Free

Music

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

64528 4/6-6/29 Sat 1-2 p.m. M Summers Free

LIFELONG LEARNING

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 offering, not a certification class. Brought to you by the UW Public Health Program.

Yesler

64536 4/30 Tue 1:30-2:30 p.m. Free

VOLUNTEER

Volunteers Orientation

Make an impact in your community! Lifelong Recreation SW is currently seeking assistant instructors for beginner pickleball classes, and leaders of outdoor walks and urban hikes. Register here to open a conversation with our volunteer coordinator and to join our Seattle Parks team. Orientation will be online via Teams.

Virtual

64532 4/23 Tue 2-3 p.m. Free

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

4/2-6/27 T/Th 10 a.m.-Noon Free

Miller Courts

4/3-6/28 M/W/F 10 a.m.-Noon Free

Walt Hundley Courts

4/3-6/28 M/W/F 10 a.m.-Noon Free

SPORTS

Pickleball Skills

Pickleball Skills— Beginners/Advanced Beginners

Open to beginners and advanced beginners seeking to learn and hone basic pickleball skills and strategies.

Delridge No class 4/9, 4/11

64524	4/2-5/7	Tue	10:15-11:45 a.m.	Bingham	\$25
64525	5/14-6/11	Tue	10:15-11:45 a.m.	Bingham	\$25
64522	4/4-5/9	Thu	10:15-11:45 a.m.	Janette W	\$25
64523	5/16-6/13	Thu	10:15-11:45 a.m.	Janette W	\$20

Pickleball Skills—All Levels

Improve your on-court skills and boost your confidence in your playing ability. All levels welcome—no equipment required!

High Point No class 4/8

64526	4/1-5/6	Mon	11:30 a.m.-1 p.m.	Max A	\$25
64527	5/13-6/10	Mon	11:30 a.m.-1 p.m.	Max A	\$20

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

New Location! 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.

Delridge

64508 4/5-6/21 Fri 10-11 a.m. A Carver \$84

Dance Fit

Dance Fit is a class that engages the entire body as well as the mind. Remembering choreography keeps your brain active while constant movement helps your heart, circulation, balance, muscles, and joints. Based on basic jazz steps, Dance Fit not only burns calories, but it's fun too!

Delridge

64509 4/4-6/20 Thu 10:15-11:15 a.m. Debbie P \$77

Global 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.

High Point

64517 4/2-6/18 Tue 10-11 a.m. Allison C \$84

Line Dance

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

High Point

All Levels

64520 4/4-6/20 Thu 11:15 a.m.-12:15 p.m. S Simmons \$70

Line Dance—Intermediate

This class is for dancers who are familiar with basic line dance terminology and can easily execute basic line dance steps and patterns. Dancers will improve and expand upon the skills learned in beginner classes. The choreography will include dances that are longer (ranging from 32 count to 64+ counts), slightly faster, and just a little more complex. The class will explore a variety of line dance styles and music.

High Point

Intermediate

64519 4/4-6/20 Thu 12:20-1:05 p.m. S Simmons \$45

Whole Body Fitness

Use your own body weight to strengthen your core, upper and lower body as well. This class incorporates slow and quick movement for agility coupled with yoga for balance and flexibility while rounding it out with a five-minute meditation for a whole-body experience. Please bring a mat.

Delridge

64534 4/1-6/17 Mon 10:15-11:15 a.m. Debbie P \$77

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.

Delridge

64535 4/2-6/18 Tue 10:15-11:15 a.m. M Jorgensen \$84

Strength and Conditioning

Fitness

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.

Delridge

64514 4/3-6/12 Wed 10:15-11:15 a.m. S Simmons \$77

Tai Chi and Qigong

Tai Chi—Continuing

Continuing class for Yang-style short-form Tai Chi. This style was created by Professor Cheng Man Chi'ing. Tai Chi promotes balance, stress relief, and energy cultivation. Open to all returning students who have completed the first and second sections of the set.

High Point

Continuing

64530 4/1-6/17 Mon 11 a.m.-Noon Pam K-E \$77

Yoga and Pilates

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

Pilates

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

Virtual

64140 4/16-6/11 Tue 11:30 a.m.-12:30 p.m. D Dragovich \$63

Back in Action Gentle Yoga

In this gentle yoga class, you can work at your own pace in a non-competitive atmosphere to build strength and restore functionality of your muscles and joints. You will learn easy poses to improve your balance, flexibility, and range of motion. All the poses can be modified to avoid pain, and there are no kneeling poses.

High Point—Back in Motion Class

64507 4/5-6/21 Fri 11:30 a.m.-12:30 p.m. J Reed \$84

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

High Point

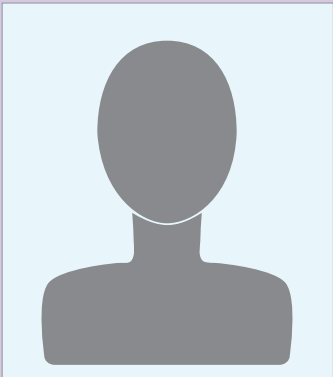
64515 4/1-6/17 Mon 9:45-10:45 a.m. J Reed \$77

64516 4/3-6/12 Wed 11:30 a.m.-12:30 p.m. J Reed \$77

Vini Yoga

Delridge

64531 4/3-6/12 Wed 11:30 a.m.-12:30 p.m. Adelaide M \$77



TBD
Southeast
Recreation Specialist

cell 206-450-9522

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 email kyle.bywater@seattle.gov.

SCHOLARSHIPS

The scholarship cycle runs June 2023–June 2024. Have your application approved prior to registration. See page 42 for details.

TRIPS

Departure Sites

Garfield CC

2323 E Cherry St.

Jefferson CC

3801 Beacon Ave. S

Departure Times

NORTHBOUND TRIPS:

Garfield: at time listed.

Jefferson: 15 minutes before time listed.

SOUTHBOUND TRIPS:

Garfield: 15 minutes before time listed.

Jefferson: 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.

RAINBOW RECREATION

Rainbow Recreation program info can be found on pages 32-33, or search for "Rainbow" in Seattle Parks and Recreation's ActiveNet online registration system. Programs designated with a rainbow highlight are LGBTQ+ affirming spaces for queer older adults and their allies.

FIELD TRIPS

Antiquing in Snohomish

Downtown Snohomish has an abundance of antique stores. Whether you are looking for special items or just wanting to embrace nostalgia, there is plenty to see. From Main Street to Star Center, you will have your eyes filled. Lunch is on your own; there are many restaurants to choose from including the famous Cabbage Patch Restaurant.

Northbound

64479 4/19 Fri 9 a.m.-3 p.m. \$25

Lakewold Gardens Tour

Lakewold Gardens is an historical garden that is almost 100 years old. We will have a guided tour of the 10-acre property, viewing many plants and learning their history. Spring is an amazing time to visit as rhododendrons and azaleas are coming to full bloom. Lunch out on your own following the tour.

Southbound

64478 5/3 Fri 9:15 a.m.-2:45 p.m. \$42

Hibulb Cultural Center

Hibulb Cultural Center preserves the history of the Tulalip People. On the guided tour we will learn about their remarkable history and culture, and view exhibits and the longhouse. Lunch on your own.

Northbound

64632 5/24 Fri 9:30 a.m.-3:30 p.m. \$32

Cougar Mountain Zoo

This small, quaint zoo is located just east of Bellevue. We will have a 1-hour guided tour to learn about Bengal tigers, cougars, and many other fascinating animals and the opportunity to experience the Tiger Tunnel Encounter. There will be time to explore more or take in the gift shop after. Bring a sack lunch.

Northbound

64633 6/14 Fri 9:15 a.m.-2:30 p.m. \$47

ARTS/HANDWORK

Felt Crafting

See page 33 for description under Arts/Handwork, Felt Crafting.

Jefferson—Rainbow Recreation Class

64872 4/11-4/25 Thu 12:30-2:30 p.m. \$10

LIFELONG LEARNING

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.

Garfield

64362 5/21 Tue 1:30-2:30 p.m. Free

Fall Prevention

Would you like to learn how to prevent falls in your home? Be healthier, safer, and more independent by learning about strategies and resources to prevent falls. Topics include: home modification ideas, exercise programs, medication, and vision aids. Brought to you by the King County Emergency Medical Services and UW School of Public Health Capstone students.

Rainier

64477 4/4-5/23 Thu 10:30 a.m.-Noon Free

28

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

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

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. \$2 drop-in fee per class.

Jefferson

All Levels

4/3-6/12 Wed 6-7:45 p.m. K Luo \$2/class

Van Asselt

All Levels

4/6-6/22 Sat 2-3:45 p.m. K Luo \$2/class

Dance for Parkinson's

STG Dance for PD® classes use dance, live music, and community in a safe and creative environment. Working with professional dancers and teaching artists trained in the Dance for PD® method, participants are inspired to explore movement and music in ways that are refreshing, enjoyable, and stimulating. No dance experience or diagnosis of Parkinson's disease is required to participate. Please note: Registration with Seattle Theatre Group Dance for PD® at rexk@stgpresents.org is required to access the facility.

Garfield

64368 4/4-5/23 Thu 10:30 a.m.-Noon Free

Strength and Conditioning

EnhanceFitness

We have improved the application process for EnhanceFitness! Completing and sending forms in is now quick and easy with Adobe Sign—just fill out online and submit. Go to www.seattle.gov/parks/recreation/for-adults-50, or <https://bit.ly/LLREF>.

EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. For this class, NEW participants, or those who have not participated in over a year, must submit an application prior to registration. Only members with Medicare Advantage with Silver&Fit® as a benefit qualify for free participation. Silver&Fit® participants must provide their Fitness ID number on their application. The online application and program information are located at <https://www.seattle.gov/parks/find/for-adults-50>, or <https://bit.ly/LLREF>. If you are unable to access forms electronically, you can pick up paper forms from a community center offering EnhanceFitness classes. Participants will be notified via email when their application has been processed and they are eligible to register for classes.

NOTE: American Specialty Health (ASH) Silver&Fit® will cover in-person classes and is limited to 10 visits a month. To learn more about EnhanceFitness and Silver&Fit® visit: <http://projectenhance.org/enhancefitness/> and <https://www.silverandfit.com/>.

SPECIAL NOTE: Changes to insurance programs have changed eligibility for free participation in Enhance Fitness classes. Beginning January 1st you must have a Silver&Fit® Fitness ID number to qualify for FREE participation. Kaiser Medicare Advantage members have Silver&Fit® as a benefit. Some non-Kaiser members may have Silver&Fit® as a benefit through their Medicare Advantage Plan, call your insurance company to find out if you have Silver&Fit®.

NEW Garfield

Silver&Fit® Members

64853	4/1-6/17	Mon	Noon-1 p.m.	N Fraser	Free
64855	4/3-6/12	Wed	Noon-1 p.m.	N Fraser	Free

Self-Pay

64852	4/1-6/17	Mon	Noon-1 p.m.	N Fraser	\$77
64854	4/3-6/12	Wed	Noon-1 p.m.	N Fraser	\$77

Register online at www.seattle.gov/parks

Rainier

Silver&Fit® Members

64374	4/3-6/12	Wed	10:15-11:15 a.m.	YS Gartz	Free
64372	4/5-6/21	Fri	10:15-11:15 a.m.	YS Gartz	Free

Self-Pay

64373	4/3-6/12	Wed	10:15-11:15 a.m.	YS Gartz	\$77
64371	4/5-6/21	Fri	10:15-11:15 a.m.	YS Gartz	\$84

Tai Chi and Qigong

Tai Chi

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

Garfield

All Levels

64375	4/1-6/17	Mon	10:15-11:15 a.m.	E Baxa	\$77
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Yoga and Pilates

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

Pilates

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

Virtual

64140	4/16-6/11	Tue	11:30 a.m.-12:30 p.m.	D Dragovich	\$63
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Yoga

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

Gentle Yoga

Rainier—Rainbow Recreation Class

64869	4/3-6/12	Wed	11 a.m.-Noon	L Gardener	\$77
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Rainier Beach NEW

65996	4/23-6/18	Tue	9-10 a.m.	A Baker	\$63
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Vini Yoga

Rainier Beach

64377	4/5-6/21	Fri	10-11 a.m.	A Merlo	\$77
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Tamara Keefe
Dementia-Friendly
Program Coordinator

206-615-0100 /
 cell 206-399-4655
 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 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>.



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.momentiasattle.org.

ART

Art in the Park

Enjoy time in the Japanese Garden at the Arboretum and a watercolor painting experience led by an Elderwise facilitator. Series is open to persons with early to mid-stage dementia and their care partners. Each session includes time to explore the garden and a wet-on-wet watercolor painting experience. No artistic skill necessary; all materials provided. A conversation with the Dementia-Friendly Recreation Specialist is required for 1st time participants. Please contact tamara.keefe@seattle.gov to arrange.

Japanese Garden, Tateuchi Community Room

Wednesdays: Meets 3 times in May on 5/1, 5/15, and 5/29

64864

10 a.m.-Noon

Free



OUTDOOR RECREATION

Garden Discovery Program

Join us in the garden at The Memory Hub. Discover changes through the season, engage in horticultural activities, and learn what makes this public "memory garden" accessible to people living with memory loss and their families in this 3-part series. Light refreshments provided. Offered in collaboration with UW Memory and Brain Wellness Center. Directions to the central Seattle location emailed to registered participants prior to program start. A conversation with the Dementia-Friendly Recreation Specialist is required for 1st time participants. Please contact tamara.keefe@seattle.gov to arrange.

The Memory Hub

First Fridays: 4/5-6/7

64865

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

Tuesday or Thursday mornings

Free

Out and About Walks

Incorporate 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.

Various Locations

2nd and 4th Fridays: 4/12-6/28

64866

10:30 a.m.-Noon.

Free

NEW Signs of Spring

In this season of birth and new growth, we'll explore forested trails in Seward Park to take in some wonders of spring (blooming salmonberry, bird song, and more). We'll aim to see flora, fauna, and funga as we walk up to .75 mile. Be prepared to stand/walk for 1.5 hours and wear footwear to safely navigate wet, muddy paths with roots/rocks. Bring your lunch to enjoy afterward if you like. Meet-up details will be sent to registered participants prior to program. A conversation with the Dementia-Friendly Recreation Specialist is required for 1st time participants. Please contact tamara.keefe@seattle.gov to schedule.

Seward Park

Wednesday: 4/17

64867

11 a.m.-12:30 p.m.

Free



Tamara Keefe
Rainbow
Program Coordinator

206-615-0100 /
 cell 206-399-4655
 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 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 email kyle.bywater@seattle.gov.

SCHOLARSHIPS

The scholarship cycle runs June 2023–June 2024. Have your application approved prior to registration. See page 42 for details.

NATURE AND ENVIRONMENT

NEW Migratory Birds

Join us in Magnuson Park on World Migratory Bird Day for a birding adventure with an urban nature guide. No previous experience necessary. Expect to walk/stand for two hours and cover about a mile. Bring binoculars if you have them. We'll have some to share. Wear footwear to safely navigate wet, muddy paths. Meet-up location within the park will be emailed to registered participants. An LGBTQ+ affirming space open to adults 50+ and allies.

Magnuson Park

64871 5/11 Sat 9 - 11 a.m. Free

NEW Sensational Nature

Gather at Camp Long in West Seattle to breathe deeply, and engage with each other and your senses. Our exploration will take place on a trail in the woods. Using treasures we collect and a nature synthesizer, we'll end by creating a sound piece. Be prepared to walk/stand for the duration and traverse .5 mile. An LGBTQ+ affirming space open to adults 50+ and allies.

West Seattle, Camp Long

64880 6/12 Wed 10:30 a.m.-12:30 p.m. Free



SOCIAL PROGRAMS



The following opportunity is a collaboration between Outdoor Recreation and Rainbow Recreation.

RainbowSteps Pancake Walk

SoundSteps meets Rainbow Recreation for this social walk event. 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 Louisa Boren Park viewpoint before returning to Miller by way of Volunteer Park. Walk is 2.5 miles with some hills. When we return to Miller, we'll have a pancake bar and the chance to hang out. A great place to meet friends to go to Pride Weekend festivities.

Miller

64873 6/5 Wed 11 a.m.-2 p.m. Free

ARTS AND HANDWORK

NEW Felt Crafting

Birds are one of the sweet signs of spring. In this class you'll have an opportunity to make your own creative representation. Using felt and embroidery thread, you'll sew a bird, and then adorn with stitching to add color and texture. Finished bird can hang or stand. An LGBTQ+ affirming space for adults 50+ and allies. Meets 2 times.

Jefferson

64872 4/11&4/25 Thu 12:30-2:30 p.m. \$10



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 and Qigong

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.

Green Lake

64870 4/4-6/20 Thu 10:30-11:30 a.m. L Robinson \$77

Yoga

We have a limited supply of yoga and pilates gear for new participants. We recommend 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.

Miller

64868 4/1-6/17 Mon 11:45 a.m.-12:45 p.m. L Gardener \$77

Rainier

64869 4/3-6/12 Wed 11 a.m.-Noon L Gardener \$77



Courtney Gogetap
Recreation Specialist

206-618-4254 /
cell 206-618-4254
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 number 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!

To stay up-to-date on new walks as they become available, send an email to sound.steps@seattle.gov to join the mailing list for program updates.


SCHOLARSHIPS


The scholarship cycle runs June 2023–June 2024. Have your application approved prior to registration. See page 42 for details.

RAINBOW RECREATION

Rainbow Recreation program info can be found on pages 32-33, or search for "Rainbow" in Seattle Parks and Recreation's ActiveNet online registration system. Programs designated with a rainbow highlight are LGBTQ+ affirming spaces for queer older adults and their allies.

Hike Rating Legend

- DISTANCE** 
- 1 Tape Measure = 0.5-3 miles
 - 2 Tape Measures = 3-5 miles
 - 3 Tape Measures = 5+ miles

- ELEVATION** 
- 1 Mountain = Mostly flat, slight elevation at most.
 - 2 Mountains = Some moderate inclines, rolling hills, or minimal staircases.
 - 3 Mountains = Be prepared for steep climbs or lengthy staircases as a main feature.

- TERRAIN** 
- 1 Boot = Paved path or indoor flooring.
 - 2 Boots = Soft gravel, grass, slight mud, and/or dirt paths.
 - 3 Boots = Significant rocks, tree branches, tripping hazards, or mud. Come prepared!

DOG WALKS

Dog Walks

Bring a dog or come without if you love to walk with dogs! We meet every Friday at 11:30 a.m. Prepare to walk 2-3 miles, rain or shine. Meet at the designated site, leash your dog, and bring poop bags. Please email or phone with your contact information to sound.steps@seattle.gov or call Recreation Specialist's number above to be added to the walk leader's list. Volunteer walk leader Sharon LeVine will contact you weekly with walk locations.

Various Locations—

Email or call to be added to the contact list

4/1-6/16 Fri 11 a.m.

Free



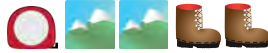
FIELD TRIPS

Meadowdale Beach Walk

This trail will take us from deep forest to open beach. Enjoy the lush, tall forest as we descend down Lund's Gultch Creek. At the bottom we will travel under the train track out to the beach, where you can enjoy your sack lunch, with time to beach comb and enjoy the views of Puget Sound. Departure site: Densmore Building, 8061 Densmore Ave N.

Meadowdale Beach

64611 5/10 Fri 9:30 a.m.-1:30 p.m. \$18



Mercer Slough Nature Park

Beginning at the Mercer Slough Environmental Education Center we will explore the nature park. Trails are dirt mixed with boardwalks. The Bellefields Loop and Heritage Loops are the most popular. To make the day a little more fun a nature scavenger hunt will be added in. Bring a sack lunch and plenty of water. Departure site: Miller CC.

Mercer Slough

64419 6/7 Fri 9:45 a.m.-1:15 p.m. \$18



ENVIRONMENTAL EDUCATION

City Nature Challenge: Intertidal Zone Beach Walk

Come explore the wonders of low tide at Constellation Park in West Seattle with Seattle Urban Nature Guides! We will take a look at many different intertidal species and hopefully increase Seattle's biodiversity count for the City Nature Challenge!

West Seattle, Constellation Park

64604 4/27 Sat 1:30-3 p.m. Free

City Nature Challenge: Native Plant Walk

Join our Seattle Urban Naturalist team as we discover the magnificent native plants of the Pacific Northwest. Which plants are invaders, edible or medicinal, and how do they interact with other species in their environment? Our day will include a brief presentation, a nature walk, and a bit of plant ID using iNaturalist.

Seward Park

64607 4/29 Mon 10:30 a.m.-Noon Free

Wildlife Walk

Have you ever wanted to learn more about the secret lives of urban wildlife in your neighborhood? Now is your chance to meet some of them up close and personal, and gain knowledge about many more. Join us as we take a nature walk through beautiful Lincoln Park with Seattle Nature Guides from our very own Environmental Engagement Team and get to know our more-than-human neighbors.

Lincoln Park

64608 5/29 Wed 10:30 a.m.-Noon Free

Pollinator Stroll

Celebrate Pollinator Week (June 19th-25th) by learning about the very important relationship between plants and pollinators. Seattle Urban Naturalists will take us on a walk around the Washington Arboretum, viewing the stunning array of plants and peeking at our pollinator pals.

Washington Arboretum

64609 6/21 Fri 10:30 a.m.-Noon Free

WALKS

Thornton Creek Naturalist Walks

Enjoy a series of guided morning walks with a Seattle Parks Naturalist! We will explore and learn about the Thornton Creek Watershed and how this urbanized waterway influences the salmon lifecycle. The Thornton Creek Watershed Basin includes southeast Shoreline and northeast Seattle. The watershed is 90% above ground, crosses 700 backyards, 15 parks and natural areas, and hosts 75K residents and a large diversity of flora and fauna. We will visit three sites across three Fridays. Register for 1, 2, or all 3 of the walks in the series.

Carkeek Park and the Salmon Lifecycle

We will start at the Carkeek Park Lower Meadow by Piper's Creek. Bring a sack lunch for a picnic lunch afterwards outside in the park. NOTE: There will be paved and dirt paths. Participants should be able to traverse slight inclines, go up and down stairs, and manage some uneven ground.

Meet at Carkeek Park

64135 5/17 Fri 10 a.m.-1 p.m.

Free

Meadowbrook Pond

Starting at Meadowbrook CC, we will walk to Meadowbrook Pond for our guided nature walk. No transportation provided.

Meet at Meadowbrook CC

64890 5/24 Fri 10-11:30 a.m.

Free

Matthews Beach

After meeting up in the parking lot at Matthews Beach we will head to the beach for our nature walk. No transportation provided.

Meet at Matthews Beach Parking Lot

64891 5/31 Fri 10-11:30 a.m.

Free



SOCIAL

The following opportunity is a collaboration between Outdoor Recreation and Rainbow Recreation.

RainbowSteps Pancake Walk

SoundSteps meets Rainbow Recreation for this social walk event. 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 Louisa Boren Park viewpoint before returning to Miller by way of Volunteer Park. Walk is 2.5 miles with some hills. When we return to Miller, we'll have a pancake bar and the chance to hang out. A great place to meet friends to go to Pride Weekend festivities.

Miller—Rainbow Recreation Class

64873 6/5 Wed 11 a.m.-2 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. Get in touch with our Outdoor Recreation Specialist Courtney at sound.steps@seattle.gov to get registered for a volunteer onboarding session, and we can get you started in no time.

ONGOING WALKS AND RUNS

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

64421 4/8-6/24 Mon 10-11 a.m. Free

Rainier Beach Sound Steps Walk

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

Rainier Beach CC Gym

64422 4/16-6/26 T/W 10:30-11:30 a.m. Free

Seward Park Walking Club

Join us for a weekly walk at Seward Park, with a choice between the paved 2.8 mile loop, or meandering the wooded trails throughout the park's interior. Beautiful views of Lake Washington, mountains, and rich flora and fauna make this a stunning walk! Meet in front of the Audubon Center near the main parking lot.

Seward Park Audubon Center

64423 4/8-6/24 Mon 10-11:30 a.m. Free

Sound Steps 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

64424 4/5-6/28 Fri 8-10 a.m. Free



VOLUNTEER OPPORTUNITIES



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

- Lead a book club, bridge club, or mahjong 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 adjacent column.



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 a Lifelong Recreation Specialist, see p 5.

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.

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!

For questions or accommodation requests, please call 206-233-5121 or email 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 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.

You can apply online with CiviForm, 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 to apply for the FLASH card.*



Are you facing aging or disability issues?

Community Living Connections
1-844-348-5464
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

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

El Centro de la Raza

2524 16th Ave S, 98144
206-957-4634 / www.elcentrodelaraza.org

Ethiopian Community Center

8323 Rainier Ave S, 98118
206-325-0304 / www.ecseattle.org

Generations Aging With Pride

206-495-8312 / gapseattle.org

Greenwood Senior Center

525 N 85th St., 98103
206-297-0875 / phinneycenter.org/gsc/

International Drop-In Center

7301 Beacon Ave S, 98108
206-587-3735 / www.idicseniorcenter.org

Kin On Community Center

4416 S Brandon St, 98118
206-556-2237 / <https://kinon.org/>

Lake City Community Center

Temporarily Closed
12531 28th Ave. NE, 98125
206-268-6738 / lakecityseniors.org

North East Seattle Together (NEST)

8008 35th Ave. NE, 98115
206-525-6378 / www.nestseattle.org

Pike Place Senior Center

85 Pike St., #200, 98101
206-728-2773 / pmsc-fb.org/

Sea Mar Latino Senior Nutrition and Outreach Program

Various Locations
206-764-4700 / seamar.org

Salvation Army Senior Center/White Center

9050 16th Ave. SW, 98106
206-767-3150 / tsawhitecenter.org

Southeast Seattle Senior Center

4655 S Holly St., 98118
206-722-0317 / sessc.org

South Park Senior Center

8201 10th Ave. S, 98108
206-767-3650 / spseniors.org

Sunshine Garden Chinese Senior Community Center

611 S. Lane St., 98104
206-624-5633 / cisc-seattle.org

Wallingford Community Senior Center

4649 Sunnyside Ave. N, 98103
206-461-7825 / wallingfordseniors.org

West Seattle Senior Center

4217 SW Oregon St., 98116
206-932-4044 / sc-ws.org

REGISTRATION

FIRST CHOICE



Go to Seattle Parks and Recreation's new online registration software at http://bit.ly/spr_registration_account. Sign in, or create an account if this is your first time registering for classes with the new software. Once you are logged in, choose your programs and pay online.

SECOND CHOICE



Find your local recreation center at: seattle.gov/parks/centers.asp and stop by to register for programs and meet the staff. Please note hours of operation, as they vary across recreation centers.

THIRD CHOICE



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

FOURTH CHOICE



Register by phone with our Business Service Center at **206-684-5177**. The Business Service Center is open Monday through Friday between 8:30 a.m. and 6 p.m. Questions may be emailed to: ParksBSC@seattle.gov.

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

AP Diaz, Superintendent
Brian Judd, Interim Director of Recreation
Kyle Bywater, OOC Matrix and Partnerships Manager

Professional Staff

Carol Baxter, Recreation Program Coordinator, 206-849-6564
Dena Schuler, Management Systems Analyst, 206-615-1884
Masha Shtern, Administrative Specialist, 206-684-4951

SCHOLARSHIP INFORMATION

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

- Print the 2023-24 application form and fill out completely. To apply online with **Civiform**, or to download forms to fill out, visit https://bit.ly/spr_scholarships.
- Gather required income and household size (proof of dependents) documentation. Page one and two of your 2022 IRS 1040 form is required.
- Submit your application and documents (black out all social security numbers and bank routing numbers before submitting).

How to submit your application

Preferred method:

Use the new **CiviForm**, or email your completed application forms and supporting documents to Scholarship.Parks@Seattle.gov—printable photo attachments or scanned documents are accepted at this time.

Or mail to:

Seattle Parks and Recreation Business Service Center
Elliott Bay Office Park
Attention: Scholarship Office, EBOP #14
Elliott Ave. W, Suite 100, Seattle, WA 98119.

Here are some beginning qualification guidelines:

Scholarship Eligibility		
Eligibility % Level	1 Person in Household— Yearly Income Range— Adjusted Gross	2 People in Household— Yearly Income Range— Adjusted Gross
90%	\$0 to \$33,975.00	\$0 to \$45,775.00
80%	\$33,975.00 to \$38,221.88	\$45,775.00 to \$51,496.88
70%	\$38,221.88 to \$42,999.61	\$51,496.88 to \$57,933.98
60%	\$42,999.61 to \$48,374.56	\$57,933.98 to \$65,175.73
50%	\$48,374.56 to \$54,421.38	\$65,175.73 to \$73,322.70

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 email kyle.bywater@seattle.gov. 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, 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.

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/.

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 for updated information.



Seattle Parks & Recreation

Lifelong Recreation

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

CHANGE SERVICE REQUESTED

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FIELD TRIPS ARE BACK!

Field Trips are back this quarter, and we have many for you to choose from! Spring is a great time to be outside—where will you be going? Take a tour of Lakewold Gardens to see rhododendrons and azaleas in bloom (pg 27), explore the artists' booths at Edmonds Arts Festival (pg 17), or view acres of color at the quintessential PNW Tulips Festival in Skagit Valley (pg 13).

Join us and we will help you shake off the winter blues with field trips that will get you out and about!

We are also looking for volunteer drivers. It is a great way to get out and meet new friends. If you are interested, please reach out to a Lifelong Recreation Coordinator at 206-849-6564 for more information.

