

LIFELONG RECREATION

Virtual Programs and Social Opportunities for People Ages 50+



Seattle
Parks & Recreation

Fall 2020

October 5—November 13

A Matter of Balance

This program provides practical strategies to reduce the fear of falling and increase activity levels. This is a free program supported by Aging and Disability Services and presented by Sound Generations. This class is NOT in person. You must register to attend. Registration is limited so sign up early.

40831 10/5-10/28 M/W 1:30-3:30 p.m. D Cochran Free

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. Class is NOT in person.

40761 10/6-11/10 Tue 1:30-2:30 p.m. D Dragovich \$42

Fabulously Fit

Learn how to improve endurance, strength, agility, core, balance, flexibility, and range of motion in this virtual class geared towards older adults and those who want a gentle workout.

40778 10/7-11/4 Wed 9:30-10:30 a.m. K Adolphson \$35

Gentle Yoga

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

40762 10/6-11/10 Tue 9:30-10:30 a.m. H Mair \$42

40763 10/8-11/12 Thu 1:30-2:30 p.m. L Gardener \$42

Soul Line Dance

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

40783 10/8-11/12 Thu 9:30-10:30 a.m. S Simmons \$42

Tai Chi—Advanced

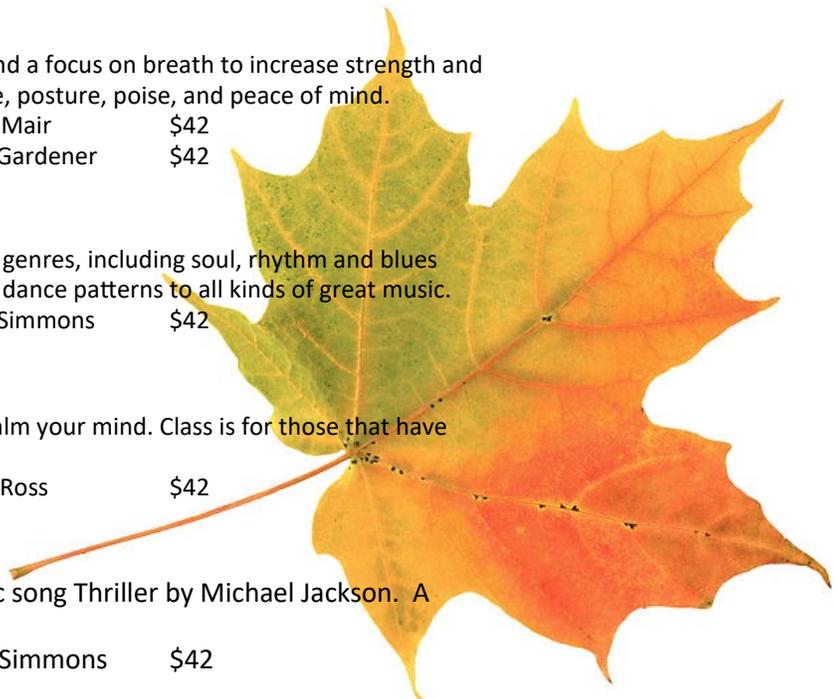
Improve balance and posture, increase strength, and calm your mind. Class is for those that have experience with TaiChi,

40767 10/8-11/12 Thu 1:30—2:30 p.m. A Ross \$42

Thriller Dance

Learn the famous Thriller Dance done to the iconic song Thriller by Michael Jackson. A great workout and so much fun for all ages!

40785 10/8—11/12 Thu 11 a.m.-Noon S Simmons \$42



Registration begins September 15th at noon, either online or by phone. No in person registration.

All classes are virtual using the Webex platform. You must have a computer or other device to participate.

Connection information will be available after you register. Our staff will help you connect. Please register for one of the practice sessions to get help prior to the first class!

www.seattle.gov/parks

206-684-5177

Virtual Program Practice Sessions Free

Let's practice signing in for and maneuvering in Webex so when your class starts, you are confident in how to make everything work for you. No pressure, just a chance to learn, troubleshoot and gain knowledge before your class starts.

40832	9/23	Wed	1 p.m.
40833	9/29	Tue	10 a.m.
40834	10/1	Thu	10 a.m.

Morning Joe Virtual Coffee Hour Free

Join the Lifelong Recreation Staff and some of your trip and class friends in this one hour time to connect, share and socialize. We will have a topic of the day to discuss and just enjoy chatting and seeing each other virtually! Mondays at 11 am.

40835	10/5	Mon	11 a.m.
40836	11/9	Mon	11 a.m.
40837	12/7	Mon	11 a.m.

Rank Choice Voting

Are you curious to learn more about Ranked-Choice Voting? Wondering how this simple, common-sense, non-partisan reform strengthens our democracy? Ranked-choice voting makes your vote more powerful, makes campaigns more civil, and ensures that your vote isn't wasted. Join us to learn more! This information session is open to the public. We encourage people of all political backgrounds to attend. FairVote Washington is inviting you to a scheduled Zoom meeting.

40769	10/8	Thu	5 p.m.	Fair Vote Washington	Free
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Year End Tax Tips

Now — as in before year-end — is a great time to review your financial plan and take advantage of any last-minute retirement-planning tools and techniques. Attend this workshop to learn the must-have strategies to help you pay the least amount of taxes you legally owe, while also discussing gifts to children, charitable contributions, required minimum distributions, IRA and Roth IRA contributions, and much more.

40764	10/23	Fri	5 p.m.		Free
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Taking Back Control of Your Financial Future

During this informative webinar, you'll learn the strategies that you can put in place that can: Tell you the exact day that you can retire knowing you'll have the income you need and want to support your lifestyle throughout retirement; Protect your assets from market volatility; Maximize your Social Security payout; Generate a steady income stream every month; Keep more money in your pocket by sending less to the IRS.

40765	10/14	Wed	5 p.m.		Free
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Medication Management: Tips to Avoid Errors & Accidents

Making mistakes with medications is more common than you think—especially with so many disruptions during COVID-19. The Washington Poison Center is receiving significantly more calls from adults ages 60+ about pill predicaments like double dosing or taking the wrong medication. Join Washington Poison Center staff for a discussion on these common medication errors, the practices that put people at higher risk of making a mistake, and easy strategies to prevent errors.

40791	10/8	Tue	1-2 p.m.		Free
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Until we can all get together again in person, stay healthy and safe!

[**www.seattle.gov/parks/find/lifelong-recreation-\(50\)**](http://www.seattle.gov/parks/find/lifelong-recreation-(50))