

# LIFELONG RECREATION

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



**Seattle**  
Parks & Recreation

**SUMMER 2020**  
July 6-August 28



**Register online:**  
[seattle.gov/parks](https://seattle.gov/parks)  
**May 5 at Noon**



***Come Play with Us!***

# Welcome to Lifelong Recreation!

**SUMMER Quarter 2020**  
**July 6-August 29**

Registration begins at noon, May 5.  
 Detailed registration information is  
 found on pages 58-59.

*No Programs and Facilities closed on:*

- July 4 Independence Day
- August 31 Labor Day

No  
 Membership  
 Fees!



Take a  
**WALK**  
 through  
 the  
**TREES**  
 with  
**Lifelong Recreation!**

Join us for a walk, and a zip line,  
 through the trees at Camp Long!  
 You will have a great time and make  
 new friends! See pages 36 and 42  
 for details.



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



## Cover photo:

Come enjoy some community this summer at  
 our local parks and community centers!

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

## E-Newsletter...

Receive the Lifelong Recreation Newsletter!  
 Go to [www.seattle.gov/parks/find/lifelong-recreation-\(50\)](http://www.seattle.gov/parks/find/lifelong-recreation-(50)) and add your email address.

## Table of Contents

Location Map and Staff Directory	4-5
Fitness Classes at a Glance	6-9
<b>Adult Sports</b>	10
Drop-In Fitness	10
Aquatics	11
<b>Northwest</b>	12-17
Field Trips, Lunch Club	12-13
Social Programs	14
Arts and Handwork	14
Volunteer Opportunities	15
Drop-In Sports, Fitness Classes	15-17
<b>Northeast</b>	18-26
Field Trips	18-19
Social Programs	20
Arts and Handwork	21
Lifelong Learning	22
Sports, Drop-In Sports, Fitness Classes	23-26
<b>Central</b>	27-33
Field Trips	27-28
Social Programs	29
Arts and Handwork	29
Drop-In Sports, Fitness Classes	30-33

<b>Southwest</b>	34-40
Field Trips	34-35
Nature Walks and Events	36
Special Events, Social Programs	37
Arts and Handwork	38
Lifelong Learning	38
Volunteer Opportunities	39
Drop-In Sports, Fitness Classes	39-40
<b>Southeast</b>	41-46
Field Trips	41-42
Social Programs	43
Arts and Handwork	43
Lifelong Learning	44
Sports, Drop-In Sports, Fitness Classes	44-46
<b>SIGNATURE PROGRAMS</b>	47-53
<b>Sound Steps Walking Program</b>	47-49
<b>Dementia-Friendly Recreation</b>	50-51
<b>LGBTQ Rainbow Recreation</b>	52-53
<b>CITYWIDE PROGRAMS</b>	54
Dog Walks	54
Citywide Events	54
Volunteer Opportunities	55
Community Resources	56-57
Register for Programs, Scholarships	58-59

## Seattle Parks Lifelong Recreation Staff



For 44 years, 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!

# COMMUNITY CENTER LOCATIONS



Pages  
12-17

**Northwest**

**Carol Baxter-Clubine, Recreation Specialist**  
206-233-7138 / cell 206-399-8561 / [carol.baxter@seattle.gov](mailto:carol.baxter@seattle.gov)

**1) BALLARD CC**  
6020 28th Ave. NW, 98107  
tel: 206-684-4093  
**2) BITTER LAKE CC**  
13035 Linden Ave. N, 98133  
tel: 206-684-7524

**3) GREEN LAKE CC**  
7201 E Green Lake Dr. N, 98115  
tel: 206-684-0780  
**4) LOYAL HEIGHTS CC**  
2101 NW 77th St., 98117  
tel: 206-684-4052

**5) MAGNOLIA CC**  
2550 34th Ave. W, 98199  
tel: 206-386-4235

Pages  
18-26

**Northeast**

**Robin Brannman, Recreation Specialist**  
206-386-9106 / cell 206-300-2043 / [robin.brannman@seattle.gov](mailto:robin.brannman@seattle.gov)

**6) LAKE CITY**  
12531 28th Ave. NE, 98125  
tel: 206-256-5645  
**7) LAURELHURST CC**  
4554 NE 41st St., 98105  
tel: 206-684-7529

**8) MAGNUSON PARK  
Community Center**  
7110 62nd Ave. NE, 98115  
tel: 206-684-7026  
**Magnuson Brig, Building 406**  
6344 NE 74th St., 98115  
**Building 30, Workshop**  
6310 NE 74th St., 98115

**9) MEADOWBROOK CC**  
10517 35th Ave. NE, 98125  
tel: 206-684-7522  
**10) NORTHGATE CC**  
10510 5th Ave. NE, 98125  
tel: 206-386-4283  
**11) RAVENNA-ECKSTEIN CC**  
6535 Ravenna Ave. NE, 98115  
tel: 206-684-7534

Pages  
27-33

**Central**

**Angela P. Smith, Recreation Specialist**  
206-684-4240 / cell 206-450-9522 / [angelap.smith@seattle.gov](mailto:angelap.smith@seattle.gov)

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

**14) MILLER CC**  
330 19th Ave. E, 98112  
tel: 206-684-4753  
**15) MONTLAKE CC**  
1618 E Calhoun St., 98112  
tel: 206-684-4736

**16) QUEEN ANNE CC**  
1901 1st Ave. W, 98119  
tel: 206-386-4240

Pages  
34-40

**Southwest**

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

**17) ALKI CC**  
5817 SW Stevens St., 98116  
tel: 206-684-7430  
**18) DELRIDGE CC**  
4501 Delridge Way S, 98106  
tel: 206-684-7423

**19) HIAWATHA CC**  
2700 California Ave. SW, 98116  
tel: 206-684-7441  
**20) HIGH POINT CC**  
6920 34th Ave. SW, 98126  
tel: 206-684-7422

**21) SOUTH PARK CC**  
8319 8th Ave. S, 98108  
tel: 206-684-7451  
**22) SOUTHWEST CC**  
2801 SW Thistle St., 98112  
tel: 206-684-7438

Pages  
41-46

**Southeast**

**Anne Nguyen, Recreation Specialist**  
206-684-7484 / cell 206-310-8163 / [anne.nguyen@seattle.gov](mailto:anne.nguyen@seattle.gov)

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

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

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

Pages  
47-53

**Signature Programs**

**Dementia-Friendly Recreation**  
**Cayce Cheairs:**  
206-615-0100  
cell 206-786-2365  
[cayce.cheairs@seattle.gov](mailto:cayce.cheairs@seattle.gov)

**Rainbow Recreation**  
**Allison Dolzonek:**  
206-684-4753 at Miller CC  
[allison.dolzonek@seattle.gov](mailto:allison.dolzonek@seattle.gov)

**Sound Steps Walking Program  
and Food and Fitness**  
**Tamara Keefe:** 206-684-4664  
cell 206-399-4655  
[tamara.keefe@seattle.gov](mailto:tamara.keefe@seattle.gov)

SENIOR AEROBICS						
Video Link: <a href="https://youtu.be/3RyasavedEE">https://youtu.be/3RyasavedEE</a>						
Queen Anne						
37933	7/7-8/25	Tue	10:30-11:30 a.m.	M Tapin		\$40
BELLYDANCE AEROBICS						
Northgate						
37723	7/9-8/27	Thu	10:30-11:30 a.m.	Mish Mish		\$40
ARTHRITIS EXERCISE PROGRAM						
Queen Anne						
37917	7/9-8/27	Thu	9:30-10:30 a.m.	SDwyer-Shick		\$40
CHINESE DANCE: DROP-IN						
IDCC						
		Thu	10 a.m.-1 p.m.			\$3/\$2
CIRCUIT TRAINING						
Video Link - Bitter Lake: <a href="https://youtu.be/JpJLEntLKAM">https://youtu.be/JpJLEntLKAM</a>						
Video Link - Queen Anne: <a href="https://youtu.be/Faj4Hn5-fRO">https://youtu.be/Faj4Hn5-fRO</a>						
Bitter Lake						
37982	7/10-8/28	Fri	10-11 a.m.	R Buyce		\$40
Garfield						
37947	7/10-8/28	Fri	Noon-1 p.m.	R Buyce		\$48
Loyal Heights						
37985	7/7-8/25	Tue	9:30-10:30 a.m.	R Buyce		\$40
37984	7/8-8/26	Wed	9:30-10:30 a.m.	R Buyce		\$40
37983	7/9-8/27	Thu	9:30-10:30 a.m.	R Buyce		\$40
37986	7/9-8/27	Thu	10:30-11:30 a.m.	R Buyce		\$40
Meadowbrook						
38140	7/7-8/18	Tue	11:30 a.m.-12:30 p.m.	R Buyce		\$35
Queen Anne						
37918	7/7-8/25	Tue	9:30-10:30 a.m.	CLorenz		\$48
37919	7/7-8/25	Tue	10:45-11:45 a.m.	CLorenz		\$48
37920	7/9-8/27	Thu	9:30-10:30 a.m.	CLorenz		\$48
37921	7/9-8/27	Thu	10:45-11:45 a.m.	CLorenz		\$48



ENHANCE FITNESS						
Kaiser Permanente Capitol Building						
37883	7/6-8/24	Mon	8-9 a.m.	C Grekoff		\$40
37885	7/6-8/24	Mon	9:15-10:15 a.m.	C Grekoff		\$40
37889	7/6-8/24	Mon	10:30-11:30 a.m.	C Grekoff		\$40
38066	7/6-8/24	Mon	2-3 p.m.	G Keeble		\$40
37891	7/7-8/25	Tue	8-9 a.m.	C Grekoff		\$40
37892	7/7-8/25	Tue	9:15-10:15 a.m.	C Grekoff		\$40
37893	7/7-8/25	Tue	10:30-11:30 a.m.	C Grekoff		\$40
37897	7/8-8/26	Wed	8-9 a.m.	C Grekoff		\$40
37898	7/8-8/26	Wed	9:15-10:15 a.m.	C Grekoff		\$40
37899	7/8-8/26	Wed	10:30-11:30 a.m.	C Grekoff		\$40
38067	7/8-8/26	Wed	2-3 p.m.	G Keeble		\$40
37903	7/9-8/27	Thu	8-9 a.m.	C Grekoff		\$40
37904	7/9-8/27	Thu	9:15-10:15 a.m.	C Grekoff		\$40
37905	7/9-8/27	Thu	10:30-11:30 a.m.	C Grekoff		\$40
37911	7/10-8/28	Fri	8-9 a.m.	C Grekoff		\$40
37913	7/10-8/28	Fri	9:15-10:15 a.m.	C Grekoff		\$40
37915	7/10-8/28	Fri	10:30-11:30 a.m.	C Grekoff		\$40
38068	7/10-8/28	Fri	2-3 p.m.	G Keeble		\$40
Lake City						
37661	7/6-8/24	Mon	9-10 a.m.	Mish Mish		\$40
37662	7/8-8/26	Wed	9-10 a.m.	C House		\$40
37660	7/10-8/28	Fri	9-10 a.m.	C House		\$40
Magnolia						
37988	7/6-8/24	Mon	12:30-1:30 p.m.	K Adolphsen		\$40
37989	7/8-8/26	Wed	12:30-1:30 p.m.	K Adolphsen		\$40
37987	7/10-8/28	Fri	12:30-1:30 p.m.	K Adolphsen		\$40
Magnuson						
37663	7/7-8/25	Tue	8-9 a.m.	J Shearer		\$40
37665	7/9-8/27	Tue	9-10 a.m.	J Shearer		\$40
37666	7/9-8/27	Thu	9-10 a.m.	J Shearer		\$40
Northgate						
37735	7/6-8/24	Mon	1:30-2:30 p.m.	M Taplin		\$35
37669	7/9-8/27	Thu	1:30-2:30 p.m.	M Taplin		\$40
Rainier						
37793	7/6-8/31	Mon	9:15-10:15 a.m.	Y Gartz		\$45
37794	7/1-8/26	Wed	9:15-10:15 a.m.	Y Gartz		\$45
37795	7/3-8/28	Fri	9:15-10:15 a.m.	V Bowles		\$45
EXERCISE TO IMPROVE BALANCE						
Meadowbrook						
37670	7/6-8/24	Mon	10:30-11:20 a.m.	C Lorenz		\$44
FABULOUSLY FIT						
Magnolia						
37994	7/6-8/24	Mon	8-9 a.m.	K Adolphsen		\$40
37995	7/8-8/26	Wed	9-10:15 a.m.	K Adolphsen		\$50
37993	7/10-8/28	Fri	8-9 a.m.	K Adolphsen		\$40
FIT PLUS						
Magnuson						
37678	7/9-8/27	Thu	8-9 a.m.	J Shearer		\$44
FUN FIT!						
Meadowbrook						
37679	7/14-8/18	Tue	6-7 p.m.	M Tuliao		\$36
37680	7/16-8/20	Thu	6-7 p.m.	M Tuliao		\$36

<b>JUICY JOINTS - INTERMEDIATE</b>						
Video Link: <a href="https://youtu.be/Jl3t5-3FhH4">https://youtu.be/Jl3t5-3FhH4</a>						
<b>Bitter Lake</b>						
38008	7/7-8/25	Tue	9:05-10:05 a.m.	J Rayor	\$40	
38009	7/9-8/27	Thu	9:05-10:05 a.m.	J Rayor	\$40	
<b>LINE DANCE</b>						
Video Link: <a href="https://youtu.be/n4CVebDKpDg">https://youtu.be/n4CVebDKpDg</a>						
<b>Bitter Lake</b>						
<i>Beginner</i>						
38010	7/6-8/24	Mon	Noon-1 p.m.	M Chen	\$40	
<i>Intermediate</i>						
38011	7/6-8/24	Mon	10:45-11:45 a.m.	M Chen	\$40	
<b>Jefferson</b>						
<i>Advanced Beginner</i>						
37801	7/10-8/28	Fri	10-11 a.m.	M Chen	\$40	
<b>Magnuson</b>						
<i>Beginner</i>						
37695	7/8-8/26	Wed	Noon-1 p.m.	D Hunsaker	\$40	
37692	7/9-8/27	Thu	6:45-7:45 p.m.	L McDonald	\$40	
<i>Advanced-Beginner</i>						
37691	7/7-8/25	Tue	6:30-7:30 p.m.	D Hunsaker	\$40	
37693	7/8-8/26	Wed	10:55-11:55 a.m.	D Hunsaker	\$40	
<i>Intermediate</i>						
37696	7/8-8/26	Wed	9:50-10:50 a.m.	D Hunsaker	\$40	
<b>Queen Anne</b>						
<i>Absolute Beginner</i>						
38127	7/9-8/27	Thu	6:15-6:45 p.m.	C Banta	\$20	
<i>Beginner</i>						
38126	7/9-8/27	Thu	6:45-7:15 p.m.	C Banta	\$20	
<i>Beginner Plus</i>						
37932	7/9-8/27	Thu	7:15-7:45 p.m.	C Banta	\$20	
<b>Van Asselt</b>						
<i>Beginner</i>						
37810	7/9-8/27	Thu	11:30 a.m.-12:30 p.m.	L Reese	\$40	
<i>Advanced Beginner</i>						
37809	7/9-8/27	Thu	12:30-1:30 p.m.	L Reese	\$40	
<i>Intermediate</i>						
37811	7/9-8/27	Thu	1:30-2:30 p.m.	L Reese	\$40	
<b>Drop-In Line Dance</b>						
<b>IDCC</b>						
		M/ F	11 a.m.-12:30 p.m.		\$3/\$2	
<b>LINE DANCE—SOUL</b>						
<b>Magnuson</b>						
38397	7/17-8/28	Fri	9:30-10:30 a.m.	M Silver	\$25	
<b>Northgate</b>						
37741	7/9-8/27	Thu	3-4 p.m.	S Simmons	\$40	
<b>Ravenna-Eckstein</b>						
37742	7/7-8/25	Tue	9-10 a.m.	M Silver	\$35	

<b>MINDS IN MOTION —DEMENTIA-FRIENDLY</b>						
<b>Miller</b>						
38134	7/6-8/24	Mon	2-3 p.m.	C Grekoff	Free	
<b>NIA</b>						
<b>Meadowbrook</b>						
38106	7/8-7/29	Wed	4-5 p.m.	N Scher	\$22	
<b>NIA THE BASICS</b>						
<b>Northgate</b>						
38105	7/10-7/31	Fri	10-11 a.m.	N Scher	\$22	
<b>NIA DANCE FITNESS</b>						
<b>Delridge</b>						
38683	7/14-8/25	Tue	11 a.m.-Noon	L Browdy	\$35	
<b>NIA MOVING TO HEAL</b>						
<b>Magnolia</b>						
38030	7/9-8/27	Thu	10:30-11:30 a.m.	L Browdy	\$40	
<b>PARKINSON'S PROGRAMS</b>						
<b>Dance</b>						
<b>Garfield</b>						
37922	5/28-7/16	Thu	11:15 a.m.-12:45 p.m.		Free	
<b>PILATES</b>						
Video Link: <a href="https://youtu.be/C6iGDgez3M">https://youtu.be/C6iGDgez3M</a>						
<b>Loyal Heights</b>						
38016	7/6-8/24	Mon	11:30 a.m.-12:30 p.m.	D Dragovich	\$40	
<b>Northgate</b>						
37703	7/8-8/26	Wed	11:30 a.m.-12:30 p.m.	D Dragovich	\$39	
37704	7/9-8/27	Thu	5-6 p.m.	D Dragovich	\$44	



### Drop-In Fee Price Change

Try a fitness class for \$10, or register for the entire session for a better value.

ROCK N' ROLL AEROBICS						
<b>Northgate</b>						
37707	7/6-8/24	Mon	11:15 a.m.-12:15 p.m.	Mish Mish	\$40	
SOUL AEROBICS						
<b>Garfield</b>						
37950	7/9-8/27	Thu	6:30-7:30 p.m.	S Simmons	\$40	
SOUTH END BOXING CLUB						
<b>Rainier Beach</b>						
	7/1-8/26	M/W	6-7 p.m.		Free	
STRENGTH AND CONDITIONING						
<b>Laurelhurst</b>						
37708	7/10-8/28	Fri	7:30-8:30 a.m.	J Shearer	\$44	
<b>Magnuson Bldg 30</b>						
37709	7/8-8/26	Wed	7:30-8:30 a.m.	J Shearer	\$44	
CHAIR STRENGTH AND TONE						
Video Link: <a href="https://youtu.be/Ujm911_5tnM">https://youtu.be/Ujm911_5tnM</a>						
<b>Bitter Lake</b>						
37980	7/6-8/24	Mon	1:30-2:15 p.m.	D Dragovich	\$30	
37981	7/9-8/27	Thu	1:30-2:15 p.m.	D Dragovich	\$30	
STRONG 45						
<b>Loyal Heights</b>						
38032	7/7-8/25	Tue	5:30-6:15 p.m.	D O'Neill	\$40	
38031	7/9-8/27	Thu	5:30-6:15 p.m.	D O'Neill	\$40	
SUMMER WALK AND TONE						
<b>Nathan Hale Track</b>						
37650	7/6-8/24	Mon	9-10 a.m.	C Lorenz	\$48	
37649	7/8-8/26	Wed	9-10 a.m.	C Lorenz	\$48	

TAI CHI AND QIGONG						
<b>Tai Chi</b>						
Video Link: <a href="https://youtu.be/J82jluSOs5s">https://youtu.be/J82jluSOs5s</a>						
<b>Laurelhurst</b>						
<i>All Levels</i>						
37716	7/7-8/25	Tue	12:30-1:30 p.m.	R Friedman	\$40	
<b>Loyal Heights</b>						
38022*	7/10-8/28	Fri	11:30 a.m.-12:30 p.m.	C Tan	\$40	
<b>Meadowbrook</b>						
<i>All Levels</i>						
37712	7/8-8/26	Wed	5:30-6:30 p.m.	E Baxa	\$40	
<i>Beginner</i>						
37710	7/9-8/20	Thu	12:45-1:45 p.m.	A Ross	\$35	
<i>Intermediate</i>						
37711	7/9-8/20	Thu	1:45-2:45 p.m.	A Ross	\$35	
<b>Miller</b>						
<i>All Levels</i>						
37934	7/9-8/27	Thu	10:30-11:30 a.m.	E Baxa	\$40	
<b>Queen Anne</b>						
<i>Intermediate</i>						
37936	7/9-8/27	Thu	12:15-1:15 p.m.	E Baxa	\$40	
<b>Drop-In Tai Chi</b>						
<b>Rainier</b>						
	6/24-8/26	Wed	3:30-4:15 p.m.	S Hiserman	\$3	
<b>"Tai Chi Chih®, Joy Through Movement"</b>						
<b>Miller</b>						
37935	7/6-8/24	Mon	12:15-1:15 p.m.	L Robinson	\$40	
<b>Qigong and Tai Chi</b>						
<b>Loyal Heights</b>						
38017*	7/10-8/28	Fri	12:30-1:20 p.m.	C Tan	\$40	



<b>WORLD BEAT DANCE AEROBICS</b>						
<b>Meadowbrook</b>						
37722	7/8-8/19	Wed	10:30-11:30 p.m.	Mish Mish	\$35	
<b>YOGA</b>						
<b>Chair Yoga</b>						
<b>Ravenna-Eckstein</b>						
37652	7/7-8/18	Tue	4:45-5:45 p.m.	D Bailey	\$33	
<b>Gentle Yoga</b>						
Video Link: <a href="https://youtu.be/-rbaj950AtE">https://youtu.be/-rbaj950AtE</a>						
<b>Bitter Lake</b>						
38003	7/8-8/26	Wed	9:30-10:30 a.m.	H Mair	\$44	
<b>Garfield</b>						
37948	7/6-8/24	Mon	10:30-11:30 a.m.	J Robbin	\$44	
37949	7/9-8/27	Thu	10-11 a.m.	O Goodwin	\$44	
<b>High Point</b>						
38050	7/10-8/28	Fri	11 a.m.-Noon	J Reed	\$45	
<b>Loyal Heights</b>						
38002	6/29-8/31	Mon	10-11 a.m.	R MacDonald	\$44	
38001	7/10-8/28	Fri	10:15-11:15 a.m.	J Green	\$44	
<b>Magnuson Bldg 30</b>						
37684	7/7-8/25	Tue	10:20-11:20 a.m.	J Robin	\$44	
37686	7/9-8/27	Thu	5:30-6:30 p.m.	D Bailey	\$39	
<b>Meadowbrook</b>						
37681	7/6-8/17	Mon	9-10 a.m.	H Mair	\$39	
37682	7/7-8/19	Wed	9-10 a.m.	J Robin	\$39	
37683	7/11-8/29	Sat	9-10 a.m.	H Mair	\$44	
<b>Miller</b>						
38073	7/7-8/25	Tue	1:30-2:30 p.m.	L Gardener	\$44	
38074	7/9-8/27	Thu	1:30-2:30 p.m.	L Gardener	\$44	
<b>Montlake</b>						
37927	7/6-8/24	Mon	7:30-8:30 a.m.	H Karfelt	\$44	
37926	7/7-8/25	Tue	7:30-8:30 a.m.	H Karfelt	\$44	
<b>Queen Anne</b>						
37925	7/10-8/28	Fri	9:45-10:45 a.m.	H Karfelt	\$44	
<b>Ravenna-Eckstein</b>						
37737	7/10-8/28	Fri	9:30-10:30 a.m.	J Robin	\$39	
<b>Drop-In Gentle Yoga</b>						
<b>IDCC</b>						
		Wed	3-4 p.m.		\$3/\$2	
<b>Hatha Yoga</b>						
<b>Queen Anne</b>						
37930	7/8-8/26	Wed	11 a.m.-Noon	J Reed	\$44	
<b>Vini Yoga</b>						
<b>Loyal Heights</b>						
38024	7/8-8/26	Wed	10:30-11:30 a.m.	A Mason	\$44	
<b>Magnolia</b>						
38023	7/10-8/28	Fri	9:15-10:15 a.m.	L Dunbar	\$44	
<b>Queen Anne</b>						
37944	7/7-8/25	Tue	11:30 a.m.-12:30 p.m.	L Dunbar	\$44	
37943	7/10-8/28	Fri	11 a.m.-Noon	L Dunbar	\$44	

<b>ZUMBA® GOLD</b>						
Video Link: <a href="https://youtu.be/mzy3RR_SfuQ">https://youtu.be/mzy3RR_SfuQ</a>						
<b>Alki</b>						
38101	7/6-8/24	Mon	10:30-11:30 a.m.	C House	\$40	
<b>Loyal Heights</b>						
38027	7/7-8/25	Tue	9:30-10:30 a.m.	D O'Neill	\$40	
38028	7/9-8/27	Thu	9:30-10:30 a.m.	D O'Neill	\$40	
<b>Jefferson</b>						
37807	7/6-8/24	Mon	Noon-1 p.m.	C House	\$40	
37808	7/10-8/28	Fri	11 a.m.-Noon	C House	\$40	
<b>Queen Anne</b>						
37945	7/6-8/24	Mon	9:30-10:30 a.m.	TBD	\$40	
37946	7/8-8/26	Wed	9:30-10:30 a.m.	C House	\$40	



# ADULT SPORTS

## FALL PICKLEBALL TOURNAMENT



Keep your eye out for details and check out <http://www.seattle.gov/parks/find/adult-sports-teams-and-programs>, or contact Jayson Powell at: 206-684-7092, cell 206-295-2465, email: [jayson.powell@seattle.gov](mailto:jayson.powell@seattle.gov).

### Come work out at our Drop-In Fitness Centers

Exercise machines, free weights, and cardio equipment. Please call for open hours.

**OUR FITNESS CENTERS ARE NOW FREE!**

Delridge	206-684-7423
Garfield	206-684-4788
Hiawatha	206-684-7441
International District Chinatown	206-233-7061
Loyal Heights	206-684-4052
Meadowbrook	206-684-7522
Northgate	206-386-4283
Queen Anne	206-386-4240
Rainier Beach	206-386-1925
Rainier CC	206-386-1919
Van Asselt	206-386-1921
Yesler	206-386-1245

## Drop-In Sports at a Glance

**Drop-In Pickleball—**  
*Free and All Levels Unless Noted*

### NORTHWEST

Ballard	Tue	6:30-8:30 p.m.	
Bitter Lake	Fri	10 a.m.-1 p.m.	Adv
Loyal Heights	Tue	9:30-11:30 a.m.	
Magnolia	Mon	10 a.m.-1 p.m.	

### NORTHEAST

Northgate	M/Tu	11 a.m.-2 p.m.	
Northgate	W/F	11 a.m.-2 p.m.	
Rav-Eck	Mon	9 a.m.-Noon	\$27
Rav-Eck	Wed	9 a.m.-Noon	\$33
Rav-Eck	Fri	9 a.m.-Noon	\$33

### CENTRAL

IDCC	Mon	6-8:45 p.m.	Int/Adv
Miller	M-F	Noon-3 p.m.	Outdoor

### SOUTHWEST

Delridge	M/W	10 a.m.-Noon	
Delridge	M-F	9:30 a.m.-Noon	Outdoor
High Point	Mon	6-8 p.m.	
High Point	W/F	10 a.m.-1 p.m. <i>except</i> 10-11:30 a.m. Wed 7/15, 7/29, 8/12, and Fri 7/17, 7/31, 8/14 <i>Subject to change</i>	
High Point	Fri	10 a.m.-1 p.m. <i>Subject to change</i> 10-11:30 a.m. on 7/15, 7/29, 8/12	
South Park	M/W/F	10 a.m.-2 p.m.	

### SOUTHEAST

Jefferson	Mon	10 a.m.-Noon	Compet.
Rainier	Tu/Th	10 a.m.-1 p.m.	
Van Asselt	W/F	Noon-2 p.m.	
Yesler	Tue	12:30-2:30 p.m.	
Yesler	Thu	10 a.m.-Noon	

**Drop-In Table Tennis—Free Unless Noted**

### CENTRAL (also ping pong at IDCC)

Garfield	Tu/F	10:30 a.m.-1:30 p.m.	
IDCC	M/W/F	1-2:30 p.m. and 6-8:45 p.m.	\$3/\$2
IDCC	Sat	2-4:45 p.m.	\$3/\$2

**Drop-In Volleyball—Free**

### SOUTHWEST

Delridge	Tu/Th	10 a.m.-Noon	
----------	-------	--------------	--

Contact your local community center for the most up-to-date pickleball, table tennis, and volleyball information!



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

**Daytime Courses Ages 50+ Available in 2020!**

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**

<b>Ballard Pool</b>	206-684-4094
1471 NW 67th St.	
<b>Evans Pool</b>	206-684-4961
7201 E Green Lake Drive N	
<b>Helene Madison Pool</b>	206-684-4979
13401 Meridian Ave. N	
<b>Meadowbrook Pool</b>	206-684-4989
10515 35th Ave. NE	
<b>Medgar Evers Pool</b>	206-684-4766
500 23rd Ave.	
<b>Queen Anne Pool</b>	206-386-4282
1920 1st Ave. W	
<b>Rainier Beach Pool</b>	206-386-1925
8825 Rainier Ave. S	
<b>Southwest Pool</b>	206-684-7440
2801 SW Thistle St.	

**POOLS—SUMMER ONLY OUTDOOR**

<b>Colman Pool</b>	206-684-7494
8603 Fauntleroy Way SW	
<b>Lowery C. "Pop" Mounger Pool</b>	206-684-4708
2535 32nd Ave W	

**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:

- |                              |                           |
|------------------------------|---------------------------|
| <i>Lap Swim</i>              | <i>Deep Water Fitness</i> |
| <i>Adult Swim</i>            | <i>Hydro-Fit</i>          |
| <i>Senior Swim</i>           | <i>Stretch N Flex*</i>    |
| <i>Women Only Swim</i>       | <i>AquaZumba</i>          |
| <i>Shallow Water Fitness</i> | <i>Adult Swim Lessons</i> |

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



**Carol Baxter-Clubine**  
Northwest  
Recreation Specialist

206-233-7138 / cell 206-399-8561  
carol.baxter@seattle.gov

**SCHOLARSHIPS**

Complete your June 2020-  
June 2021 application prior to  
summer registration on 5/5.  
See page 58 for details.

**REGISTRATION**

Register for programs using  
the barcode number listed  
next to each program.  
Registration and payment  
details can be found on  
page 58. For accommodation  
requests, please call  
206-386-9094.

**TRIPS**

**Departure Site Request:**

At the time of registration  
you will select your departure  
location from the available  
options. We do our best  
to proceed with our trips  
as planned; at times it is  
necessary to make changes  
to the times, cost, and  
destination. Please refrain  
from wearing fragrances.

**NOTE:** Green Lake Community Center is closed for  
maintenance and will not run summer classes this year.

**TRIPS**

**DEPARTURE SITES**

**Ballard Community Center**  
6020 28th Ave. NW  
South of bldg, angled parking lot  
**Bitter Lake Community Center**  
13035 Linden Ave. N  
North parking lot at street level

**DEPARTURE TIMES**

**SOUTHBOUND TRIPS:**

**Bitter Lake:** 20 minutes before  
time listed.

**Ballard:** at time listed.

**NORTHBOUND TRIPS:**

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

**Bitter Lake:** at time listed.

**BACK IN MOTION**

Our Back in Motion programs provide fitness classes and educational programs for people with chronic pain or new to exercise, and are noted with a blue stripe on the class number line, like the one noted here.

**RAINBOW RECREATION**

Programs for LGBTQ, friends, and allies.

**SHAPE UP**

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

**FIELD TRIPS**

*Trips depart rain or shine. Trips that involve a hike are on varied terrain, and difficulty is marked by hiking boots-see rating chart on page 47. Be prepared for wet or muddy trails with appropriate clothing and footwear. Bring snacks/lunch unless otherwise noted.*

**Northwest Trek**

Explore your wild side at Northwest Trek Wildlife Park. Over 40 species of native Northwest animals reside at the park. Take a tram ride with a naturalist through a 435-acre free-roaming area, home to elk, bison, moose, and more. *Bring a sack lunch.*

\$50

**Northbound**

37996                      7/8    Wed                      8:30 a.m.-4 p.m.

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

## FIELD TRIPS

### Rattlesnake Lake

\$30

Rattlesnake Lake Recreation Area offers hikes for everyone, ranging from an easy 3/4 of a mile stroll along the lake to a more challenging trip to Rattlesnake Ledge. Not a hiker? Spend the day by the lake or exploring the Cedar River Watershed Education Center. *Bring a sack lunch.*

#### Northbound

37997 7/22 Wed 9 a.m.-3:30 p.m.

### Duwamish Longhouse and Cultural Center

\$18

Learn about the first people of Seattle, the Duwamish, on this tour of the recently opened Duwamish Longhouse and Cultural Center. *Lunch on your own and time to explore on Alki Beach after the tour.*

#### Northbound

37998 7/29 Tue 9:30 a.m.-2:30 p.m.

### Seattle Asian Art Museum

\$34

Explore the newly renovated and expanded Seattle Asian Art Museum, located in Volunteer Park. A docent-led tour will cover the highlights of the collections on display. *Bring a sack lunch to eat at the park.*

#### Northbound

3799 8/5 Wed 10:30 a.m.-2:30 p.m.

### Jetty Island

\$25

Whether you are looking to explore nature trails, observe wildlife, wade in the shallow water, or just wiggle your toes in the sand, Jetty Island by Everett offers something for everyone. We will take a small ferry to this relaxing summer escape. *Bring a sack lunch, water, and dress for the weather.*

#### Northbound

38000 8/12 Wed 9:30 a.m.-4 p.m.

### Lunch Club

Explore the hottest restaurants in town, and out! Register ahead of time and BRING CASH; separate checks not always available; expect 17-20% gratuity on your bill. Lunch on your own.

*Lunch Club departure sites will now follow field trip departure sites of Northbound and Southbound.*

### Salty's on Alki \$\$

\$10

Seafood

#### Southbound

38012 7/15 Wed 11 a.m.-2:30 p.m.

### McMenamins Tavern on the Square \$\$

\$10

Northwest Market-Fresh

#### Northbound

38013 8/19 Wed 11 a.m.-2:30 p.m.

*Take a trip on the water to explore Jetty Island with us!*



## SOCIAL PROGRAMS

### Games

#### Drop-In Bridge

Enjoy a game of bridge.

#### Magnolia

7/1-8/26 Wed 9 a.m.-Noon

Free



### Movies

#### Lunch and a Movie at Loyal Heights

Enjoy movies as they were meant to be seen—on the big screen! A scrumptious lunch is provided! Advance registration required. Max 16.

**Location:** Loyal Heights

#### Little Women

PG | 2 h 15 min | Drama, Romance

Jo March reflects back and forth on her life, telling the beloved story of the March sisters—four young women each determined to live life on their own terms.

38014 7/9 Thu 11:30 a.m.-2 p.m. \$10

#### Harriet

PG-13 | 2 h 5 min | Action, Biography, Drama

The extraordinary tale of Harriet Tubman's escape from slavery and transformation into one of America's greatest heroes, whose courage, ingenuity, and tenacity freed hundreds of slaves and changed the course of history.

38015 8/13 Thu 11:30 a.m.-2 p.m. \$10

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

## ARTS AND HANDWORK

### Drop-In Adult Art Club

Bring your supplies and join others to create your own project.

Loyal Heights Fri 12:30-3 p.m.

Free

### Watercolor

If you have never picked up a brush before or are an experienced watercolorist, our classes are right for you. Bring your own paints and brushes. Instructor will provide materials list. In this class a demonstration with instruction is taught after each lesson.

#### Loyal Heights

38025 7/8-8/26 Wed 12:30-3:30 p.m.

S Kahler

\$76



Learn to paint this summer!

## VOLUNTEER



### Helping Hands Food Lifeline—Free

This is a simple, 3-hour, volunteer shift helping to feed the hungry at a local food bank. *Bring a sack lunch for afterward. Wear closed-toe shoes.*

Departure sites: *Bitter Lake CC at 9:25 a.m.  
Ballard CC at 9:45 a.m.*

38005	7/21	Tue	9:45 a.m.-1:45 p.m.
38006	8/18	Tue	9:45 a.m.-1:45 p.m.

## DROP-IN SPORTS

### Drop-In Pickleball—Free

#### Ballard

All Levels Tue 6:30-8:30 p.m.

#### Bitter Lake

Advanced Fri 10 a.m.-1 p.m.

#### Loyal Heights

All Levels Tue 9:30-11:30 a.m.

#### Magnolia

All Levels Mon 10 a.m.-1 p.m.

## 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.*

NOTE: Green Lake CC is closed for maintenance and will not run summer classes this year.



*Keep moving in one of our fitness classes!*

### Aerobics and Dance

#### Fabulously Fit

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

#### Magnolia

37994	7/6-8/24	Mon	8-9 a.m.	K Adolphsen	\$40
37995	7/8-8/26	Wed	9-10:15 a.m.	K Adolphsen	\$50
37993	7/10-8/28	Fri	8-9 a.m.	K Adolphsen	\$40

#### Juicy Joints Aerobics

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

#### Bitter Lake

38008*	7/7-8/25	Tue	9:05-10:05 a.m.	J Rayor	\$40
38009*	7/9-8/27	Thu	9:05-10:05 a.m.	J Rayor	\$40

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

# FITNESS CLASSES



Get a heart-healthy work out with us!

## Line Dance

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

### Bitter Lake

Beginner

38010\* 7/6-8/24 Mon Noon-1 p.m. M Chen \$40

Intermediate

38011\* 7/6-8/24 Mon 10:45-11:45 a.m. M Chen \$40

## Nia Moving to Heal

Improve your balance, strength, and mobility. This gentle fitness class is designed for those with long-term or chronic illness and individuals with short-term personal healing goals. Taught to inspiring music with adaptable movements from dance, martial arts, and healing arts. Participants can stand, sit, or a combination of both.

### Magnolia

38030 7/9-8/27 Thu 10:30-11:30 a.m. L Browdy \$40

## STRONG 45

STRONG 45 is a high-energy workout. The class combines cardio, strength training, and muscle endurance movements synced to original music. In a 45-minute class you will burn calories while toning arms, legs, abs, and glutes. Moves include lunges, squats, and kickboxing, as well as abdominal work on the floor. Modifications to movements will be demonstrated for less intensity.

### Loyal Heights

38032\* 7/7-8/25 Tue 5:30-6:15 p.m. D O'Neill \$40

38031\* 7/9-8/27 Thu 5:30-6:15 p.m. D O'Neill \$40

## 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

38027\* 7/7-8/25 Tue 9:30-10:30 a.m. D O'Neill \$40

38028\* 7/9-8/27 Thu 9:30-10:30 a.m. D O'Neill \$40

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

# FITNESS CLASSES

## 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

37980*	7/6-8/24	Mon	1:30-2:15 p.m.	D Dragovich	\$30
37981*	7/9-8/27	Thu	1:30-2:15 p.m.	D Dragovich	\$30

### Circuit Training

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

#### Loyal Heights

37985*	7/7-8/25	Tue	9:30-10:30 a.m.	R Buyce	\$40
37984*	7/8-8/26	Wed	9:30-10:30 a.m.	R Buyce	\$40
37983*	7/9-8/27	Thu	9:30-10:30 a.m.	R Buyce	\$40
37986*	7/9-8/27	Thu	10:30-11:30 a.m.	R Buyce	\$40

#### Bitter Lake

37982*	7/10-8/28	Fri	10-11 a.m.	R Buyce	\$40
--------	-----------	-----	------------	---------	------

### EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. *Free to Kaiser Permanente members with Part B Medicare coverage. Online registration is not available for KP members or Silver and Fit members, please register in person or over the phone. Note, Silver and Fit members are limited to 10 visits a month.*

#### Magnolia

37988	7/6-8/24	Mon	12:30-1:30 p.m.	K Adolphsen	\$40
37989	7/8-8/26	Wed	12:30-1:30 p.m.	K Adolphsen	\$40
37987	7/10-8/28	Fri	12:30-1:30 p.m.	K Adolphsen	\$40

## Tai Chi and Qigong

### Tai Chi

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

#### Loyal Heights

38022*	7/10-8/28	Fri	11:30 a.m.-12:30 p.m.	C Tan	\$40
--------	-----------	-----	-----------------------	-------	------

### Qigong and Tai Chi

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

#### Loyal Heights

38017*	7/10-8/28	Fri	12:30-1:20 p.m.	C Tan	\$40
--------	-----------	-----	-----------------	-------	------

## Yoga and Pilates

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

### 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. Non-flow style.

### Gentle Yoga

#### Bitter Lake

38003*	7/8-8/26	Wed	9:30-10:30 a.m.	H Mair	\$44
--------	----------	-----	-----------------	--------	------

#### Loyal Heights

38002*	6/29-8/31	Mon	10-11 a.m.	R MacDonald	\$44
38001*	7/10-8/28	Fri	10:15-11:15 a.m.	J Green	\$44

### Vini Yoga

#### Loyal Heights

38024	7/8-8/26	Wed	10:30-11:30 a.m.	A Mason	\$44
-------	----------	-----	------------------	---------	------

#### Magnolia

38023	7/10-8/28	Fri	9:15-10:15 a.m.	L Dunbar	\$44
-------	-----------	-----	-----------------	----------	------

### Pilates

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

#### Loyal Heights

38016*	7/6-8/24	Mon	11:30 a.m.-12:30 p.m.	D Dragovich	\$40
--------	----------	-----	-----------------------	-------------	------

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



**Robin Brannman**  
**Northeast**  
**Recreation Specialist**

206-386-9106 / cell 206-300-2043  
 robin.brannman@seattle.gov

**REGISTRATION**

Register for programs using the barcode number listed next to each program. Registration and payment details can be found on page 58. For accommodation requests, please call 206-386-9094.

**TRIPS**

**Departure Site Request:**

At the time of registration you will select your departure location from the available options. We do our best to proceed with our trips as planned; at times it is necessary to make changes to the times, cost, and destination. Please refrain from wearing fragrances.

**TRIPS**

**DEPARTURE SITES AND TIMES**

**Magnuson Brig**

(Bldg 406) 6344 NE 74th St.  
 30 minutes before time listed.

**Meadowbrook Community Center**

10517 35th Ave. NE  
 15 minutes before time listed.

**Northgate Mall *Note location!***

Elevators near Nordstrom Rack, at parking lot level. Departure at time listed.

**SCHOLARSHIPS**

Complete your June 2020-  
 June 2021 application prior to  
 summer registration on 5/5.  
 See page 58 for details.

**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**

Programs for LGBTQ, friends, and allies.

**FIELD TRIPS**

*Trips depart rain or shine. Trips that involve a hike are on varied terrain, and difficulty is marked by hiking boots-see rating chart on page 47. Be prepared for wet or muddy trails with appropriate clothing and footwear. Bring snacks/lunch unless otherwise noted.*

**Transit Adventure Club:  
 Sheepdog Classic**

\$7 + Fee

Travel to Vashon Island via public transportation with our leader Scott, and enjoy the fascinating world of the working sheepdog on the breathtaking rolling meadows of Misty Isle Farms. Purchase admission and shuttle tickets before registering with Seattle Parks & Recreation. *Tickets sell out! Before registering with Seattle Parks & Recreation, purchase admission and shuttle tickets online at <https://www.vashonsheepdogclassic.com/get-tickets.html>. Bring money for bus and ferry.*

37955 6/14 Sun 9 a.m.-5 p.m.

**Transit Adventure Club: Little Saigon \$7**

Travel by public transportation for a late fourth of July picnic in Little Saigon to pick up Banh Mi, salad rolls, and dessert before walking about three blocks to the bus to Hing Hay Park for our picnic. Some tables available or bring a blanket. *Lunch on your own.*

37677 7/6 Mon 10 a.m.-3 p.m.

## FIELD TRIPS

### Lunch at a Golf Course

\$20

Discover how peaceful golf course dining can be. Dine indoors in air conditioning or outdoors in beautiful quiet Pacific Northwest summer weather. *Lunch on your own.*

37676 7/13 Mon 10:30 a.m.-3 p.m.

### BBQ at Golden Gardens

\$12

Enjoy good company, sit back and relax, or walk on the beach. We will grill meat and non-meat lunch items and provide drinks. At about noon the teens from Northgate Community Center will join us to share lunch, energy, and knowledge. Bring a dish to share, sunglasses, and a smile.

30675 7/16 Thu 9:30 a.m.-2:30 p.m.

### Disc Golf

\$10

Learn how to play Disc Golf! This excursion will get you outside in a wooded park, is not very strenuous, challenges your hand-eye coordination, and score-keeping works your brain. *Bring a snack or sack lunch.*

37672 7/18 Sat 10 a.m.-2 p.m.

### Retirement Living Sampler

\$10

Join Foundation House and Lifelong Recreation NE for a progressive supper and a tour of 3 local retirement living communities. You will learn what to look for in a retirement community, what questions to ask, and how to make the process of looking for a community a little less daunting, all the while sampling delicious food.

37671 7/20 Mon 10:30 a.m.-4:30 p.m.

### Festival of the River Powwow

\$30

Enjoy this favorite summer festival, a great showcase of Native American gatherings hosted by the Stillaguamish Tribe. Events include a salmon bake, live music, traditional dance, storytelling, vendors, and exhibits.

37673 8/8 Sat 10 a.m.-4:30 p.m.

### Game On! at UW HUB

\$10

Senior gamers come out of the closet! Tour the new, state of the art, Esports Arena at UW HUB. We will have about 2 hours to game, this includes: video games, bowling, pool, table tennis, or board games. Or if you choose you can stroll through the grounds. *Lunch on your own.*

37674 8/10 Mon 9:30 a.m.-1:30 p.m.

### Seattle Asian Art Museum

\$20

Tour the renovated Asian Art Museum in Volunteer Park! The Seattle Asian Art Museum re-opened on Saturday, 7/8 after being closed for two years for renovations. Tour fee and admission included. *Bring a sack lunch.*

37675 8/14 Fri 10 a.m.-2:30 p.m.

### Elandan Gardens Bremerton

\$32

Enjoy the waterfront gardens and the world class bonsai collection set among ponds, waterfalls, sculptures, and lush gardens on the shores of Puget Sound. *Bring a sack lunch or enjoy a lunch on the ferry.*

30678 8/26 Wed 9:15 a.m.-3:30 p.m.

*Enjoy good company at a BBQ on the beach!*



# SOCIAL PROGRAMS

## Book Clubs

### Laurelhurst Book Club

Pick up the latest book at Laurelhurst CC. Meets the third Wednesday every month: 7/15 and 8/19.

**Meets at:**

**Laurelhurst** on 7/15 and **Magnuson Bldg 30** on 8/19  
37690 Wed 1-2 p.m. Free

### Meadowbrook Book Club

Pick up the latest book at Meadowdale CC. Meets the third Thursday of every month: 7/16 and 8/20.

**Meadowbrook**

37699 Thu 11 a.m.-Noon Free

## Food and Conversation

### Pizza Pieces and Ponderance

Join us for pizza pieces and a chat. *Bring your own beverage.*

**Lake City**

38137 7/7 Tue 11:30 a.m.-2 p.m. \$2

*Enjoy community at East African Food and Fitness!*



## Games

### Drop-In Bridge

Play some bridge, beginner and intermediate levels.

**Northgate**

*All Levels*  
Tue 2-4 p.m. Free

*Intermediate*

Mon 12:15-2:45 p.m. Free

### Drop-In Canasta

Drop in and play canasta. Meets the first and third Thursday of the month.

**Meadowbrook**

*All Levels*  
7/2-8/20 Thu 10:30 a.m.-12:30 p.m. Free

### Canasta Lessons

Learn or re-learn one of the most popular card games in the world, canasta. Limited to 8 participants, register early.

**Meadowbrook**

37651 7/9-7/30 Fri 10 a.m.-Noon G Peters \$5

### Drop-In Mahjong

Join friends or make new ones as you try your luck in this game of skill, strategy, and calculation.

**Lake City**

7/9-7/30 Thu 11 a.m.-12:30 p.m. Free  
8/6-9/10 Thu 9:30 a.m.-1 p.m. Free

**Northgate**

*Note: Chinese-Style Mahjong; free instruction provided.*  
7/8-8/26 Wed 2-6 p.m. P Wan Free  
7/9-8/27 Thu 11:15 a.m.-2:45 p.m. P Wan Free

### Mahjong Lessons

Introduction to the basic rules and regulations of mahjong. Limited to 5 participants, register early.

**Lake City**

37698 7/9-7/30 Thu 9:30-11 a.m. J Graupner-Peters \$20

## Lunch Programs

### Food and Fitness: East African

Enjoy lunch with social, educational, and fitness programs as you celebrate your culture and language. *Call 206-684-4664 with questions, please.*

**Northgate** Tue 11 a.m.-1 p.m.

# ARTS AND HANDWORK

## Guided Art Studio

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

### Magnuson

37688	6/26-7/24	Fri	10 a.m.-2 p.m.	T Frazer	\$110
37689	7/31-8/28	Fri	10 a.m.-2 p.m.	S Pope	\$110

## Seattle Parks Sketchers

Explore outdoor sketching using pencil, pen, and watercolor. All levels welcome. During spring and summer we offer instruction. In fall and winter we offer a social independent gathering group. Meets the 2nd Wednesday of each month.

### Meadowbrook

37706	7/8, 8/12, 9/9	Wed	12:30-2:30 p.m.		\$6
-------	----------------	-----	-----------------	--	-----

*Explore outdoor sketching!*



# LIFELONG LEARNING

## Meditation

Bring peace and happiness into your life through meditation and stress-free living. Learn how to meditate, calm your mind, open your heart, and empower yourself. All are welcome.

### Meadowbrook

37701 7/8-7/29 Wed 10-11:30 a.m. M Chin Free

## Traditional Simple Indian Food

Learn how to prepare healthy, simple, traditional Indian dishes. Examples of dishes you may learn to cook include curry, fried rice, papadum, naan, and samosas. Meets the 2nd Saturday of the month.

### Meadowbrook

37720 7/11, 8/8 Sat 10:30 a.m.-Noon I Mohapatra \$10

## Chocolate Party

Make hot chocolate from cocoa beans! George will lead us through the hands-on processing of cocoa beans to make a delicious pot of hot chocolate! Listen to some cocoa bean history, and watch a demonstration of the processing of cocoa — roasting, shelling, and grinding of the beans, before boiling the chocolate with special spices. Last, the drink is sweetened with condensed milk and ready to drink. What fun!

### Northgate

38280 7/16 Thu 12:30-3:30 p.m. \$10

## AARP Driver's Safety

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 (\$20 for AARP members), payable to instructor at first class. Both sessions are needed to complete the course.

### Meadowbrook

36885 7/18, 7/25 Sat 9:30 a.m.-1:30 p.m. \$25/\$20 AARP  
 36886 8/17, 8/18 M/Tu 9:30 a.m.-1:30 p.m. \$25/\$20 AARP

## PEARLS Presentation

PEARLS program offers free in-home counseling for 55+ veterans and civilians. They'll discuss depression management techniques, steps for taking control of your life, tips for managing chronic medical conditions and for increasing quality of life as we age.

### Lake City Library

37748 7/29 Wed 10:30-11:30 a.m. 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.

### Meadowbrook

37724 7/6-8/17 Mon 10:30 a.m.-12:30 p.m. \$20

*Come learn a new cooking skill!*



# DROP-IN SPORTS

## Drop-In Pickleball—Free Unless Noted

### Northgate

All Levels M/Tu 11 a.m.-2 p.m.

All Levels W/F 11 a.m.-2 p.m.

### Ravenna-Eckstein

All Levels

36887 Mon 9 a.m.-Noon \$27

*Beginner/Intermediate*

36888 Wed 9 a.m.-Noon \$33

*Intermediate/Advanced*

36889 Fri 9 a.m.-Noon \$33

*Times are subject to change.*

# SPORTS

## Bicycle Ride Meet Up

Group ride on the Burke Gilman Trail from Magnuson, northbound, to Bothell, Woodinville, or beyond for about 25 miles. Coffee stop along the way.

Meet at Magnuson Park Building 30 outside Seattle Parks office with the blue awning (6344 NE 74 St.) for a 10 a.m. departure. Must register for this free event.

### Magnuson

38193 6/25 Thu 10 a.m.-Noon Free

*Let's meet up for a bike ride!*



# FITNESS CLASSES

Please note: Fees may vary due to number of days a class is offered, seasonal holidays, center closures, etc. Participate at your own level of intensity, wear comfortable clothing, and bring a water bottle.

## Aerobics and Dance

### NEW Bellydance Aerobics

Explore the ancient and mysterious art of bellydance which focuses on graceful, undulating movements combined with sharp staccato movements that strengthen the core and isolate different parts of the body.

#### Northgate

37723 7/9-8/27 Thu 10:30-11:30 a.m. Mish Mish \$40

### Line Dance

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

#### Magnuson

##### Beginner

37695 7/8-8/26 Wed Noon-1 p.m. D Hunsaker \$40

37692 7/9-8/27 Thu 6:45-7:45 p.m. L McDonald \$40

##### Advanced-Beginner

37691 7/7-8/25 Tue 6:30-7:30 p.m. D Hunsaker \$40

37693 7/8-8/26 Wed 10:55-11:55 a.m. D Hunsaker \$40

##### Intermediate

37696 7/8-8/26 Wed 9:50-10:50 a.m. D Hunsaker \$40

### Line Dance—Soul

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.

#### Magnuson No class 7/24 and 8/21

38397 7/17-8/28 Fri 9:30-10:30 a.m. M Silver \$25

#### Northgate

37741 7/9-8/27 Thu 3-4 p.m. S Simmons \$40

#### Ravenna-Eckstein

37742 7/7-8/25 Tue 9-10 a.m. M Silver \$35

### NIA

Experience the joy of movement. Nia is inspired by jazz, martial arts, and yoga, and is set to soul-stirring music.

#### Meadowbrook

38106 7/8-7/29 Wed 4-5 p.m. N Scher \$22

### NEW NIA The Basics

Wondering about Nia? Learn or brush-up on the moves used on our class—the nine movement forms within dance, martial and healing arts, and free dance, moving in your unique way, and much more! No experience necessary. Class can be done barefoot.

#### Northgate

38105 7/10-7/31 Fri 10-11 a.m. N Scher \$22

### Rock n' Roll Aerobics

Get in shape and have fun with an upbeat fitness class to rock n' roll music that will get your heart rate up, and improve your stamina and flexibility. Class includes isolations, stretching, and strength training.

#### Northgate

37707 7/6-8/24 Mon 11:15 a.m.-12:15 p.m. Mish Mish \$40

### World Beat Dance Aerobics

Get fit and have fun while you exercise to music from around the world combining aerobics with movements inspired by flamenco, belly dance, Bollywood, line dance, and popular Latin moves.

#### Meadowbrook

37722 7/8-8/19 Wed 10:30-11:30 p.m. Mish Mish \$35



Get your heart pumping in a fitness class!

# FITNESS CLASSES

## Strength and Conditioning

### NEW Circuit Training

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

#### Meadowbrook

38140 7/7-8/18 Tue 11:30 a.m.-12:30 p.m. R Buyce \$35

### EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. *Free to Kaiser Permanente members with Part B Medicare coverage. Online registration is not available for KP members or Silver and Fit members, please register in person or over the phone. Note, Silver and Fit members are limited to 10 visits a month.*

#### Lake City

37661 7/6-8/24 Mon 9-10 a.m. Mish Mish \$40

37662 7/8-8/26 Wed 9-10 a.m. C House \$40

37660 7/10-8/28 Fri 9-10 a.m. C House \$40

#### Magnuson

37663 7/7-8/25 Tue 8-9 a.m. J Shearer \$40

37665 7/9-8/27 Tue 9-10 a.m. J Shearer \$40

37666 7/9-8/27 Thu 9-10 a.m. J Shearer \$40

#### Northgate

37735 7/6-8/24 Mon 1:30-2:30 p.m. M Taplin \$35

37669 7/9-8/27 Thu 1:30-2:30 p.m. M Taplin \$40



## Exercise to Improve Balance

Regain and improve your balance by working on core strength and routines which will support your balance for life. Last class, 8/24, held at Nathan Hale track.

#### Meadowbrook

37670 7/6-8/24 Mon 10:30-11:20 a.m. C Lorenz \$44

### Fit Plus

Stretch your boundaries and work a little harder to improve your overall fitness using cardiovascular and strength training exercises.

#### Magnuson

37678 7/9-8/27 Thu 8-9 a.m. J Shearer \$44

### Fun FIT!

Increase strength, decrease body fat, and improve overall conditioning in this FUNdamental FITness class. You will focus on the essentials: cardio, strength training, and proper cool down techniques which includes stretching.

#### Meadowbrook

37679 7/14-8/18 Tue 6-7 p.m. M Tuliao \$36

37680 7/16-8/20 Thu 6-7 p.m. M Tuliao \$36

## Strength and Conditioning

Build strength, flexibility, balance, and achieve better overall conditioning.

#### Laurelhurst

37708 7/10-8/28 Fri 7:30-8:30 a.m. J Shearer \$44

#### Magnuson Bldg 30

37709 7/8-8/26 Wed 7:30-8:30 a.m. J Shearer \$44

### Summer Walk and Tone

Build total body muscle strength utilizing dynabands, free weights, and fitness balls.

#### Nathan Hale Track

37650 7/6-8/24 Mon 9-10 a.m. C Lorenz \$48

37649 7/8-8/26 Wed 9-10 a.m. C Lorenz \$48

# FITNESS CLASSES

## Tai Chi and Qigong

### Tai Chi

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

#### Laurelhurst

All Levels

37716 7/7-8/25 Tue 12:30-1:30 p.m. R Friedman \$40

#### Meadowbrook

All Levels

37712 7/8-8/26 Wed 5:30-6:30 p.m. E Baxa \$40

Beginner

37710 7/9-8/20 Thu 12:45-1:45 p.m. A Ross \$35

Intermediate

37711 7/9-8/20 Thu 1:45-2:45 p.m. A Ross \$35



Challenge yourself in tai chi!

## Yoga and Pilates

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

### Yoga

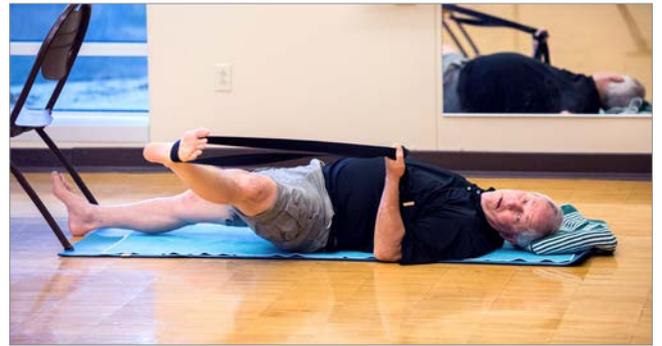
Stretch and move with awareness, correct alignment, and a focus on breath to increase strength and stamina, improve flexibility, and develop better balance, posture, and peace of mind. Non-flow style.

### Chair Yoga

Chair yoga is adapted for individuals with mobility challenges.

#### Ravenna-Eckstein No class 8/4

37652 7/7-8/18 Tue 4:45-5:45 p.m. D Bailey \$33



### GentleYoga

#### Magnuson Bldg 30 No class Tuesday 8/6

37684 7/7-8/25 Tue 10:20-11:20 a.m. J Robin \$44

37686 7/9-8/27 Thu 5:30-6:30 p.m. D Bailey \$39

#### Meadowbrook

37681 7/6-8/17 Mon 9-10 a.m. H Mair \$39

37682 7/7-8/19 Wed 9-10 a.m. J Robin \$39

37683 7/11-8/29 Sat 9-10 a.m. H Mair \$44

#### Ravenna-Eckstein No class 8/21

37737 7/10-8/28 Fri 9:30-10:30 a.m. J Robin \$39

### Pilates

Stabilize and strengthen your abdominal and back muscles while improving your flexibility, balance, posture, and overall strength.

#### Northgate No class Wednesday 7/15

37703 7/8-8/26 Wed 11:30 a.m.-12:30 p.m. D Dragovich \$39

37704 7/9-8/27 Thu 5-6 p.m. D Dragovich \$44



**Angela P. Smith**  
Central  
Recreation Specialist

206-684-4240 / cell 206-450-9522  
angelap.smith@seattle.gov

#### SCHOLARSHIPS

Complete your June 2020-June 2021 application prior to summer registration on 5/5. See page 58 for details.

#### REGISTRATION

Register for programs using the barcode number listed next to each program. Registration and payment details can be found on page 58. For accommodation requests, please call 206-386-9094.

#### TRIPS

##### Departure Site Request:

At the time of registration you will select your departure location from the available options. Your site will be confirmed 3-5 days beforehand. 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.

#### TRIPS

##### NEW DEPARTURE SITES

**Garfield CC**—2323 E Cherry St.

**Queen Anne CC**—1901 1st Ave. W

**\*IDCC**—719 8th Ave. S

(International District China Town)

**\*Miller CC**—330 19th Ave. E

*\*May be available upon request, call for information.*

##### NEW DEPARTURE TIMES

##### NORTHBOUND TRIPS:

**Garfield:** 30 minutes before time listed.

**Queen Anne CC:** At time listed.

##### SOUTHBOUND TRIPS:

**Garfield CC:** At time listed.

**Queen Anne:** 30 minutes before 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

Programs for LGBTQ, friends, and allies.

## FIELD TRIPS

*Trips depart rain or shine. Trips that involve a hike are on varied terrain, and difficulty is marked by hiking boots-see rating chart on page 47. Be prepared for wet or muddy trails with appropriate clothing and footwear. Bring snacks/lunch unless otherwise noted.*

#### Lunch Club

Experience the Seattle Culinary Academy's student-run restaurant. The summer only small-plates menu changes daily and are priced \$.75 per ticket; each food item ranges \$1.50-\$6 per plate. As a guest in their restaurant you are providing their students with a unique opportunity to hone their skills. *Lunch on your own.*

##### Southbound

37940 7/7 Tue 10:30 a.m.-2:30 p.m.

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

#### Mt. St. Helen's Charter Bus

Travel in luxury on a charter bus and take in comprehensive information on local history, geology, re-growth, and recovery of the land in the years after the 1980 eruption. Includes admission to Johnston Ridge Observatory. *Bring a sack lunch, sunscreen and a light jacket. Register by 7/2. This is a joint trip with other sectors.*

##### Departure from Jefferson Community Center only.

37938 7/17 Fri 8:30 a.m.-5:30 p.m.

Summer Quarter July 6-August 29

## FIELD TRIPS



### Nucor Steel Plant and Lunch on the Beach

\$14

This highly acclaimed tour of Washington's largest metal recycler leads you through the process of recycling scrap steel. Be prepared to walk one mile through the plant which includes some narrow stairs with railings. Canes are fine; no wheelchair accessibility. Wear close toed shoes and long pants. *Lunch on your own, nearby.*

#### Southbound

38034 7/24 Fri 9 a.m.-2 p.m.

### Twin Falls Hike



\$17

The Twin Falls Trail follows the South Fork of the Snoqualmie, passes through old-growth forest, and reaches two breathtaking waterfalls, one above the other. This hike is rated moderate, 2.6 miles. *Bring a lunch.*

#### Southbound

37942 7/28 Tue 10 a.m.-2:30 p.m.

### Angel of the Winds Casino

\$17

This casino deems it self the "world's most friendly casino" offering fun gaming and dining experiences. Good luck and have fun.

#### Northbound

37937 8/11 Tue 9:30 a.m.-4:30 p.m.

### Olympic Game Farm and Dungeness Wildlife Refuge

\$75

Come explore the wild side of the Olympic Peninsula! We will take a day trip to visit the drive-through Olympic Game Farm where you may see animals including llamas, elk, yak, bison, deer, and bears. We will stop for lunch at the Dungeness Spit Wildlife Refuge before returning. Admission included. *Bring a sack lunch.*

#### Northbound

37939 8/18 Tue 7:30 a.m.-6 p.m.

### Mount Si Blueberry Picking and Picnic

\$14

Bybee Farm features hundreds of bushes covered in the biggest and sweetest blueberries. Bring cash or check (approx \$2.25/pound), containers with lids, and sunny weather attire. Bring a lunch and enjoy the peaceful surroundings and scenic view. If you're lucky you might also spot some goats on the mountain! We'll stop for ice cream in Snoqualmie on the way back, optional. *Lunch, ice cream, and blueberry purchases on your own.*

#### Southbound

38048 8/25 Tue 10 a.m.-4 p.m.

## SOCIAL PROGRAMS

### Book Clubs

#### Marcus Garvey Book Club

Books are the foundation of knowledge. Come join facilitators Reverend Harriett Walden and Erik Stark of the Family Empowerment Institute. Each month covers a new book focusing on local, cultural, historical, and African American topics. For more information call 206-380-1710.

#### Garfield

Tue 6-8 p.m. Free

### Games

#### Drop-In Bridge

Drop-In play for bridge players.

#### TBD

All Levels

6/26-9/25 Fri 1-4 p.m. Free

#### Queen Anne

Intermediate: Play is semi-coordinated. Please contact volunteer coordinator Joan Johnson at 206-286-1433.

6/23-8/25 Tue 12:30-3:30 p.m. Free



#### Drop-In Mahjong

Our groups are willing to teach new players! Drop in and play this fun game using Chinese tiles. Stay and play, the more the merrier! Bring your mahjong set if you have one. American-style.

#### Queen Anne

6/26-8/28 Fri 1:30-4 p.m. Free

### Senior Games

Come enjoy mahjong and table tennis.

IDCC Tu/F 2:30-5:30 p.m. Free

IDCC Sat Noon-2 p.m. Free

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

### Lunch Programs

#### Food and Fitness: Korean and Vietnamese

Enjoy lunch with social, educational, and fitness programs as you celebrate your culture and language. Call 206-684-4664 with questions, please.

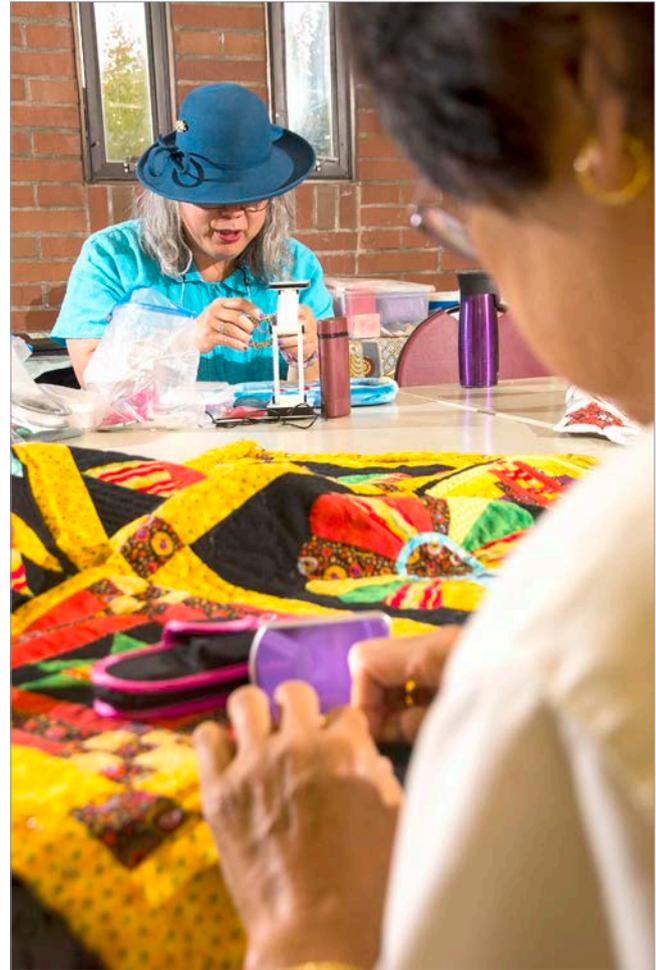
#### Korean Food and Fitness

Miller Tu/F 11 a.m.-12:30 p.m.

#### Vietnamese Food and Fitness

Garfield Tu/F 10 a.m.-1 p.m.

## ARTS AND HANDWORK



Whatever your craft is, join us!

#### Crafty Ladies

Drop-In knitting, crochet, needlepoint, or quilting.

Queen Anne Thu 1:15-4 p.m. Free

## DROP-IN SPORTS

### Drop-In Pickleball—Free

**IDCC**

*Int/Adv* Mon 6-8:45 p.m.

**Miller—Outdoor Only in Summer**

*All Levels* M-F Noon-3 p.m.

### Drop-In Table Tennis—Free

**Garfield** Tu/F 10:30 a.m.-1:30 p.m.

### Drop-In Table Tennis/Ping Pong

**IDCC** M/W/F 1-2:30 p.m. and 6-8:45 p.m. \$3 (\$2/65+)

**IDCC** Sat 2-4:45 p.m. \$3 (\$2/65+)

## Pickleball

### Pickleball Skills

Learn pickleball basics or brush up on your skills. This popular sport combines elements of badminton, tennis, and table tennis. Ideal for beginning or intermediate players.

**Miller**

38075 7/10-8/28 Fri 9-10 a.m. TBD \$25

### *Drop-In to the* **VIETNAMESE SENIOR ASSOCIATION** at Garfield CC

**Tuesdays and Fridays**

**Line Dance** 10-11 a.m.

**Stick Tai Chi** 11-11:30 a.m.

*Lunch possible with advance request and \$5.*

***FREE and Open to All***

*Join a lively game of table tennis!*



# FITNESS CLASSES

Please note: Fees may vary due to number of days a class is offered, seasonal holidays, center closures, etc. Participate at your own level of intensity, wear comfortable clothing, and bring a water bottle.

## Aerobics and Dance

### Senior Aerobics

Relieve your stress with an upbeat fitness class. Aerobics can improve your heart rate, blood pressure, and breathing.

#### Queen Anne

37933 7/7-8/25 Tue 10:30-11:30 a.m. M Tapin \$40

### Drop-In Chinese Dance

Move with grace to traditional Chinese music in this instructor-led class.

**IDCC** Tu/Th 10 a.m.-1 p.m. \$3 (\$2/65+)

### Dance for Parkinson's

Explore dance movements in a welcoming environment with live music. Our professional dancers use thought, imagination, eyes, ears, and touch to control movement while standing or seated. Registration with NW Parkinson's Foundation also required at [www.nwpcf.org](http://www.nwpcf.org).

#### Garfield

37922 5/28-7/16 Thu 11:15 a.m.-12:45 p.m. Free

### Line Dance

Exercise makes you smile!



Work out with your mind and body. Learn new dance patterns to some great music. Please note the classes are 30 minutes.

#### Queen Anne

##### Absolute Beginner

38127 7/9-8/27 Thu 6:15-6:45 p.m. C Banta \$20

##### Beginner

38126 7/9-8/27 Thu 6:45-7:15 p.m. C Banta \$20

##### Beginner Plus

37932 7/9-8/27 Thu 7:15-7:45 p.m. C Banta \$20

### Drop-In Line Dance

**IDCC** M/F 11 a.m.-12:30 p.m. \$3 (\$2/65+)

### Soul Aerobics

Relieve your stress with an upbeat fitness class set to soul music. Aerobics can improve your heart rate, blood pressure, and breathing.

#### Garfield

37950 7/9-8/27 Thu 6:30-7:30 p.m. S Simmons \$40

### 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!

#### Queen Anne

37945 7/6-8/24 Mon 9:30-10:30 a.m. TBD \$40

37946 7/8-8/26 Wed 9:30-10:30 a.m. C House \$40

# FITNESS CLASSES

## Strength and Conditioning

### Arthritis Exercise Program

An exercise program done primarily sitting in chairs and designed for people just beginning an exercise program, or who have arthritis.

#### Queen Anne

37917 7/9-8/27 Thu 9:30-10:30 a.m. S Dwyer-Shick \$40

### Circuit Training

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

#### Garfield

37947 7/10-8/28 Fri Noon-1 p.m. R Buyce \$48

#### Queen Anne

37918 7/7-8/25 Tue 9:30-10:30 a.m. C Lorenz \$48

37919 7/7-8/25 Tue 10:45-11:45 a.m. C Lorenz \$48

37920 7/9-8/27 Thu 9:30-10:30 a.m. C Lorenz \$48

37921 7/9-8/27 Thu 10:45-11:45 a.m. C Lorenz \$48

*Feel great by taking a fitness class!*



## EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. *Free to Kaiser Permanente members with Part B Medicare coverage. Online registration is not available for KP members or Silver and Fit members. Please register in person or over the phone. Non-Members can register online. Note, Silver and Fit members are limited to 10 visits a month.*

**Location:** Kaiser Permanente Capitol Hill Building at 125 16th Ave. E, Level B, Fitness Center.

37883 7/6-8/24 Mon 8-9 a.m. C Grekoff \$40

37885 7/6-8/24 Mon 9:15-10:15 a.m. C Grekoff \$40

37889 7/6-8/24 Mon 10:30-11:30 a.m. C Grekoff \$40

38066 7/6-8/24 Mon 2-3 p.m. G Keeble \$40

37891 7/7-8/25 Tue 8-9 a.m. C Grekoff \$40

37892 7/7-8/25 Tue 9:15-10:15 a.m. C Grekoff \$40

37893 7/7-8/25 Tue 10:30-11:30 a.m. C Grekoff \$40

37897 7/8-8/26 Wed 8-9 a.m. C Grekoff \$40

37898 7/8-8/26 Wed 9:15-10:15 a.m. C Grekoff \$40

37899 7/8-8/26 Wed 10:30-11:30 a.m. C Grekoff \$40

38067 7/8-8/26 Wed 2-3 p.m. G Keeble \$40

37903 7/9-8/27 Thu 8-9 a.m. C Grekoff \$40

37904 7/9-8/27 Thu 9:15-10:15 a.m. C Grekoff \$40

37905 7/9-8/27 Thu 10:30-11:30 a.m. C Grekoff \$40

37911 7/10-8/28 Fri 8-9 a.m. C Grekoff \$40

37913 7/10-8/28 Fri 9:15-10:15 a.m. C Grekoff \$40

37915 7/10-8/28 Fri 10:30-11:30 a.m. C Grekoff \$40

38068 7/10-8/28 Fri 2-3 p.m. G Keeble \$40

## Minds In Motion—Dementia-Friendly

Get moving with a weekly vigorous fitness class including cardio, balance, flexibility, and strength. This is a dementia-friendly class that will be taught with easy to follow instructions that are one to two steps long, accompanied by visual cues. Made possible with support from Áegis on Madison.

#### Miller

38134 7/6-8/24 Mon 2-3 p.m. C Grekoff Free

# FITNESS CLASSES



## Tai Chi

### Tai Chi

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

#### Miller

All Levels

37934 7/9-8/27 Thu 10:30-11:30 a.m. EBaxa \$40

#### Queen Anne

Intermediate

37936 7/9-8/27 Thu 12:15-1:15 p.m. EBaxa \$40

### "Tai Chi Chih®, Joy Through Movement!"

Work through a slow-moving meditative routine of nineteen moves and one pose. These movements circulate and balance the internal energy (chi) to all the organs, muscles, and bones. Anyone can do it, and chair seated students are welcome.

#### Miller

37935 7/6-8/24 Mon 12:15-1:15 p.m. L Robinson \$40

## Yoga

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

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.

### Gentle Yoga

#### Garfield

37948 7/6-8/24 Mon 10:30-11:30 a.m. J Robbin \$44

37949 7/9-8/27 Thu 10-11 a.m. O Goodwin \$44

#### Miller

38073 7/7-8/25 Tue 1:30-2:30 p.m. L Gardener \$44

38074 7/9-8/27 Thu 1:30-2:30 p.m. L Gardener \$44

#### Montlake

37927 7/6-8/24 Mon 7:30-8:30 a.m. H Karfelt \$44

37926 7/7-8/25 Tue 7:30-8:30 a.m. H Karfelt \$44

#### Queen Anne

37925 7/10-8/28 Fri 9:45-10:45 a.m. H Karfelt \$44

**Gentle Yoga: Drop-In** \$3 (Age 65+ \$2)

#### IDCC

Wed 3-4p.m.

### Hatha Yoga

#### Queen Anne

37930 7/8-8/26 Wed 11 a.m.-Noon J Reed \$44

### Vini Yoga

#### Queen Anne

37944 7/7-8/25 Tue 11:30 a.m.-12:30 p.m. L Dunbar \$44

37943 7/10-8/28 Fri 11 a.m.-Noon L Dunbar \$44





**John Hasslinger**  
Southwest  
Recreation Specialist

206-256-5403 / cell 206-423-3988  
[john.hasslinger@seattle.gov](mailto:john.hasslinger@seattle.gov)

**REGISTRATION**

Register for programs using the barcode number listed next to each program. Registration and payment details can be found on page 58. For accommodation requests, please call 206-386-9094.

**TRIPS**

**Departure Site Request:**

At the time of registration you will select your departure location from the available options. We do our best to proceed with our trips as planned; at times it is necessary to make changes to the times, cost, and destination. Please refrain from wearing fragrances.

**TRIPS**

**DEPARTURE SITES AND TIMES**

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

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

**SCHOLARSHIPS**

Complete your June 2020-June 2021 application prior to summer registration on 5/5. See page 58 for details.

**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**

Programs for LGBTQ, friends, and allies.

**FIELD TRIPS**

*Trips depart rain or shine. Trips that involve a hike are on varied terrain, and difficulty is marked by hiking boots-see rating chart on page 47. Be prepared for wet or muddy trails with appropriate clothing and footwear. Bring snacks/lunch unless otherwise noted.*

**West Point Wastewater Treatment Plant Tour**      \$11

Ever wonder what happens to waste water once it goes down the drain? Here's a unique chance to tour the West Point Treatment Plant in Discovery Park and learn all about the process. The tour typically takes about 2 hours, and requires about a mile of walking and climbing two flights of stairs. We'll enjoy some time in Discovery Park for lunch afterward. *Bring a sack lunch.*

38169    7/9      Thu    9 a.m.-2:30 p.m.

**Mt. St. Helens National Park**      \$80

Travel in luxury on a charter bus and take in comprehensive information on local history, geology, re-growth, and recovery of the land in the years after the 1980 eruption. Includes admission to Johnston Ridge Observatory. *Bring a sack lunch, sunscreen and a light jacket. Register by 7/2. This is a joint trip with other sectors, departure from Jefferson Community Center only.*

37970    7/17      Fri    8 a.m.-5:30 p.m.

## FIELD TRIPS

### Iron Horse State Park Hike (Snoqualmie Tunnel) \$25

Formerly known as the John Wayne trail, join us on this flat hike through a historic train tunnel in Iron Horse State Park. At the end of the hike we'll be rewarded with views of nearby peaks and a picnic lunch. The trail is 5.3 miles roundtrip with no elevation gain. *Bring a flashlight, sunscreen, and a sack lunch; dress in layers.*

37969 7/23 Thu 9:45 a.m.-3:45 p.m.

### Historic Farm and White River Valley Museum Tour \$30

The Mary Olson Farm is a one-of-a-kind historic treasure located in Auburn, WA. It is comprised of seven historic buildings, a century-old orchard, a year-round stream with annual salmon runs, and extensive pastures and woodlands. It is also one of the best preserved examples of a subsistence farm in King County. We will enjoy a guided tour of this historic farm and then tour the White River Valley Museum. *Lunch on your own.*

38033 7/30 Thu 9 a.m.-3 p.m.

*Join us for fun on a field trip!*



### TreeHouse Point \$45

Come be in a tree! TreeHouse Point is a unique bed and breakfast site featuring six tree houses built by a local family in the Snoqualmie Valley. Enjoy a tour of the tree houses and the property. Some of the tree houses have stairs. We will explore the area for lunch after the tour. *Lunch on your own. Register by 7/6, no refunds after 7/6.*

37963 8/3 Mon 11 a.m.-3 p.m.

### Falconer Experience \$39

Visit the Falconer's 10-acre farm in Covington, WA to experience a world-wide tour of birds of prey and other fascinating avian creatures. This is an amazing chance to learn about and meet face-to-face raptor species not native to North America. *Bring a lunch to enjoy on campus.*

37964 8/6 Thu 9:30 a.m.-4:30 p.m.

### Seattle Opera Backstage Tour and Performance \$50

Join us for a unique opportunity to experience a backstage tour of the Seattle Opera and then enjoy a classic double bill performance: *Pagliacci* and *Calaveria Rusticana*. In a single performance, two distinct yet complementary tales of adultery, jealousy, and revenge explore elemental emotions in true verismo style. There will be time for lunch between the tour and performance. Backstage tour includes up to 3 flights of stairs at different times. *Lunch on your own. No refunds after 7/24.*

37962 8/9 Sun 11 a.m.-5 p.m.

## NATURE WALKS AND EVENTS



### Alki Beach Walks

A weekly walk along the boardwalk with friends. After registering, please contact John at 206-256-5403, or email [john.hasslinger@seattle.gov](mailto:john.hasslinger@seattle.gov), to arrange your initial meet up. Dogs welcome!

#### Alki Beach Park

38049 7/10-8/28 Fri 9:30-10:30 a.m. Free

### Longfellow Creek Walk

Let's explore this urban oasis and unlock the secrets of salmon spawning, stream-side restoration, and the positive results of neighborhood activism. We'll walk along the meandering creek and enjoy the beauty and charm of a successful West Seattle community effort. Meet at the Camp Long Environmental Learning Center entrance. Walk will happen rain or shine, so please dress for the weather.

#### Camp Long ELC:

SW Dawson and 35th SW

37951 6/24 Wed 10:30 a.m.-Noon P Pilcher Free

### Mindfulness Meditation Walk

Explore nature and breathe the fresh air of the inner city! Your SW recreation specialist, John Hasslinger, will guide this short walk of the Seattle Chinese Garden and the adjacent greenbelt trail that boasts Native American history dating back thousands of years. This is informal and a chance for us to connect with nature and each other. Park in the South Seattle College parking lot, along 16th Ave., or take the 128 bus to the college, followed by a short walk to the garden.

#### Seattle Chinese Garden:

Front Entrance, 6000 16th Ave SW, Seattle 98106

38132 7/28 Tue 10:30-11:30 a.m. Free

### Camp Long Challenge Course: High Course

Challenge yourself physically and mentally while working as a team and making new friends! The high course (Enchantments) is a hub-and-spoke course which consists of high platforms where participants traverse between interconnected activities on beams, wobbly steps, swings, and ropes. Participants are in full body harnesses with lines that connect to the course above them the entire time and have the option to exit via zip lines. *Bring a sack lunch.*

#### Camp Long:

SW Dawson and 35th SW  
Meet onsite at Camp Long in front of Main Lodge.

37968 8/13 Thu 10 a.m.-12:30 p.m. \$35

## SPECIAL EVENTS

### Outdoor Concert—West Seattle Big Band

Join us for one of West Seattle's best outdoor productions. The West Seattle Big Band boasts an 18-piece community-based ensemble, playing big band swing and jazz gigs throughout Washington State. Show up early and look for our big Seattle Parks & Recreation tent. *Bring a blanket, snacks, and drinks.* Please register with us, as we will prepare seats and expect you.

#### Hiawatha

37954 7/14 Tue 7-8:30 p.m. Free

## SOCIAL PROGRAMS



### Book Clubs

#### High Point Book Club

This is an active club seeking new members, join any time! Meets the 2nd Thursday of each month: 7/9 and 8/13.

#### High Point

38102 Thu 1-2 p.m. Free

### Games

#### Strategy Board Games

The best games are fun and work your brain. They are linked to decreased incidence of dementia and Alzheimer's Disease! We'll also teach you how to download games on your computer at home. Contact Leslie Howle at 206-684-0364, or email [leslie.howle@seattle.gov](mailto:leslie.howle@seattle.gov) to register.

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

## Social

### Morning Joe @ Alki Beach

Meet up at Top Pot Doughnuts on Alki, purchase a drink, then join our regular walking group for a morning stroll along the Alki Beach boardwalk. *Drinks on your own.*

#### Top Pot Doughnuts: Alki

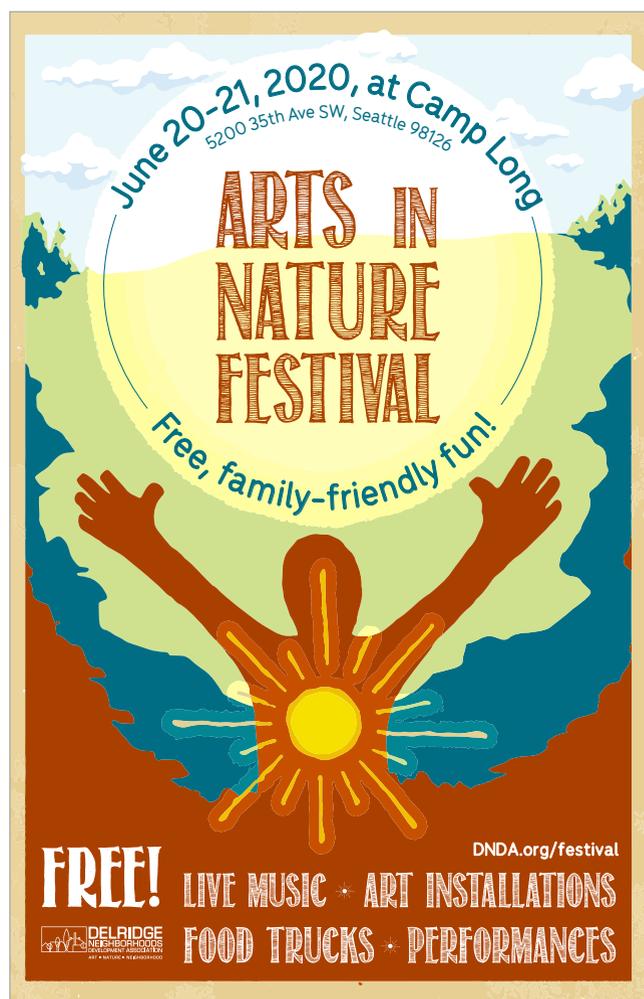
38133 7/10 Fri 9-10:30 a.m. Free

### Alki Beach Summer Potluck

Let's celebrate summer with a potluck at the picnic shelter at Alki Beach! Join your Lifelong Recreation family for a special quarterly gathering of food and friends. Bring your favorite dish, all are welcome.

#### Alki

38108 8/19 Wed 11 a.m.-1 p.m. Free



## ARTS AND HANDWORK

### Piano Lessons at High Point

Private piano lessons taught by an experienced instructor who relates well to lifelong learners and takes pride in recognizing the creativity and musical potential in each of her students, no matter their level of play. Call High Point staff at 206-684-7422 to schedule. Scholarship eligible.

#### High Point

Schedule at 206-684-7422 N Carr

\$23/half hour

### Relaxation Meditation

Explore a personal journey of relaxation and stress relief using easy and effortless meditation techniques. Each week you'll be guided to step into the gift of silent awareness and walk out feeling a little lighter!

#### High Point

38107 7/21-8/25 Tue 10-11 a.m.

D Pierce

\$30

## LIFELONG LEARNING



### AARP Driver's Safety 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. \$20 (\$15 for AARP members), payable to instructor at first class.

#### High Point

38158 6/27 Sat 9:30 a.m.-6 p.m.

\$20/\$15 AARP

### Foster Grandparents Program Presentation

Interested in hearing how you can be a foster grandparent/mentor to kids? Learn more and ask questions about this innovative and enlivening program! If you're low-income and 55+, consider joining our mentoring program designed to pair seniors with children for one-on-one mentoring, nurturing, and support at community locations. Foster grandparents can receive a tax-free hourly stipend for their work which does not affect any benefits you receive.

#### High Point

38125 7/14 Tue 10:30-11:15 a.m.

Free

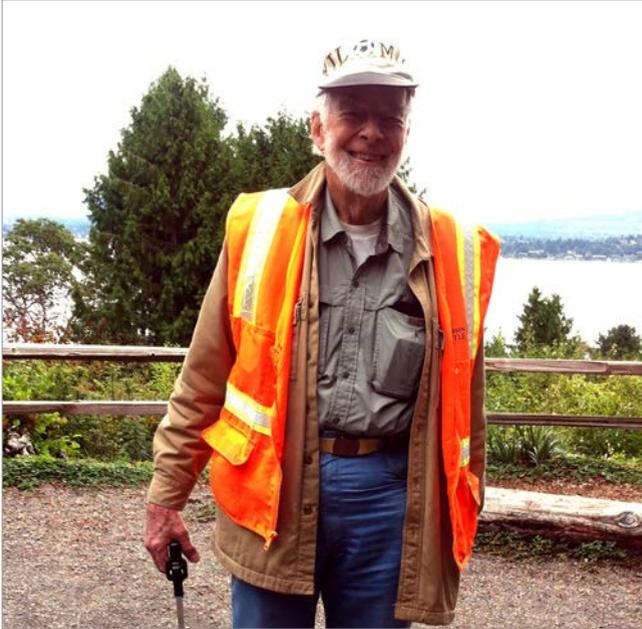
### Delridge Rec Tech

Need help operating your new iPhone, uploading and editing your photos, or shopping and purchasing goods online? We offer free computer and digital technology help along with a variety of digital arts and tech classes at the Rec Tech Computer Lab in the Delridge Community Center. Please call the front desk at 206-684-7423, or email [leslie.howle@seattle.gov](mailto:leslie.howle@seattle.gov) to book a FREE, 1-on-1 tutoring appointment, register for a FREE class, or check out Open Lab times We're here to help! Rec Tech Staff Hours: Mon-Thu, 1-7:30 p.m.

*Being a foster grandparent is very rewarding!*



# VOLUNTEER



**Volunteer with US!** Seattle Parks & Recreation relies on your volunteer support to lead many programs for youth and families. We're currently seeking pickleball instructor assistants, track coaches, social networking enthusiasts, and help with our toddler open gyms. If you're interested in sharing your time and your skills with others, please contact [john.hasslinger@seattle.gov](mailto:john.hasslinger@seattle.gov).

# DROP-IN SPORTS

## Drop-In Pickleball—Free Unless Noted

### Delridge

All Levels M/W 10 a.m.-Noon

All Levels M-F 9:30 a.m.-Noon Outdoor

### High Point

All Levels Mon 6-8 p.m.

All Levels W/F 10 a.m.-1 p.m. except  
10-11:30 a.m. Wed 7/15, 7/29, 8/12,  
and Fri 7/17, 7/31, 8/14  
Subject to change

### South Park

All Levels M/W/F 10 a.m.-2 p.m.

## Drop-In Volleyball—Free

### Delridge

All Levels Tu/Th 10 a.m.-12:30 p.m.

*Set some new pickleball goals this summer!*



## 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.



Get moving and join a fitness class!

### Aerobics and Dance

#### NIA Dance Fitness

Join this exhilarating movement and cardio workout. Nia is inspired by jazz, martial arts, and yoga and is set to soul-stirring music. Learn and practice with a compassionate group movement instructor with 25+ years in nurturing good health and well-being in others. All bodies and all levels welcome.

##### Alki

38683	7/14-8/25	Tue	11 a.m.-Noon	L Browdy	\$35
-------	-----------	-----	--------------	----------	------

#### Zumba® Gold

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.

##### Alki

38101	7/6-8/24	Mon	10:30-11:30 a.m.	C House	\$40
-------	----------	-----	------------------	---------	------

### Yoga

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

#### Gentle Yoga

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

##### High Point

38050	7/10-8/28	Fri	11 a.m.-Noon	J Reed	\$45
-------	-----------	-----	--------------	--------	------



**Anne Nguyen**  
Southeast  
Recreation Specialist

206-684-7484 / cell 206-310-8163  
anne.nguyen@seattle.gov

**REGISTRATION**

Register for programs using the barcode number listed next to each program. Registration and payment details can be found on page 58. For accommodation requests, please call 206-386-9094.

**TRIPS**

**Departure Site Request:**

At the time of registration you will select your departure location from the available options. We do our best to proceed with our trips as planned; at times it is necessary to make changes to the times, cost, and destination. Please refrain from wearing fragrances.

**TRIPS**

**DEPARTURE SITES AND TIMES**

**Rainier Community Center**

4600 38th Ave. S

**Yesler Community Center**

917 E Yesler Way

**Jefferson Community Center**

3801 Beacon Ave. S

Participants will be contacted 3-5 days before each field trip for specific departure times.

**SCHOLARSHIPS**

Complete your June 2020-June 2021 application prior to summer registration on 5/5. See page 58 for details.

**RAINBOW RECREATION**

Programs for LGBTQ, friends, and allies.

**FIELD TRIPS**

*Trips depart rain or shine. Trips that involve a hike are on varied terrain, and difficulty is marked by hiking boots-see rating chart on page 47. Be prepared for wet or muddy trails with appropriate clothing and footwear. Bring snacks/lunch unless otherwise noted.*

**Nucor Steel Plant**

\$14

This highly acclaimed tour of Washington's largest metal recycler will lead us through the process of recycling scrap steel, from molten hot steel formed into billets and rolled into rebar or structural shapes. Participants must be able to walk unassisted for 1.5 miles through grated surfaces and stairs with railings. Wear close toed shoes, long pants, and bring picture ID.

37965 7/10 Fri 9:45 a.m.-Noon

**Mt. St. Helens Charter Bus**

\$80

Travel in luxury on a charter bus and take in comprehensive information on local history, geology, re-growth and recovery of the land in the years after the 1980 eruption. Includes admission to Johnston Ridge Observatory. *Bring a sack lunch, sunscreen and a light jacket. Register by 7/2. Departure at Jefferson Community Center only.*

38077 7/17 Fri 8 a.m.-5:30 p.m.

## FIELD TRIPS

**Space Needle**

\$45

The Space Needle has become the symbol of Seattle and one of the worlds' most recognizable structures. Explore two newly built levels of thrilling views including through an all-glass floor. Walking distance to Bill and Melinda Gates Foundation Visitors Center. *Lunch on your own.*

38078 7/31 Fri 10 a.m.-2 p.m.

**Blueberries**

\$30

Bring your own containers to pick from several varieties of deliciously ripe blueberries at Canter-Berry farm. Blueberries are not certified organic, but the facility refrains from using chemical sprays. Afterward, explore the sights and sounds of Flaming Geyser State Park featuring a 1-mile hike, a geyser, and the Green River. *Bring a sack lunch.*

37799 8/7 Fri 10 a.m.-4 p.m.

**Camp Long Challenge: High Course** \$35

The high course (Enchantments) is a hub-and-spoke course which consists of high platforms where participants traverse between interconnected activities on beams, wobbly steps, swings, and ropes. Participants are in full body harnesses with lines that connect to the course above them the entire time and they have the option to exit via zip lines. *Bring a sack lunch.*

38081 8/13 Thu 10 a.m.-2:30 p.m.

**Bremerton Ferry Ride**

\$40

Bremerton sits on the Kitsap Peninsula, overlooking the shimmering waters of the Puget Sound. It is well-known for its charming neighborhood restaurants, beautiful parks, and fascinating naval museums. Take a one-hour ferry ride and spend free time to explore the city's many highlights.

38080 8/21 Fri 8:30 a.m.-5 p.m.





## SOCIAL PROGRAMS

### Lunch Programs

#### Food and Fitness: East African

Enjoy lunch with social, educational, and fitness programs as you celebrate your culture and language. *Program also occurs at Rainier Beach Urban Farm and Wetlands on Fridays. Call 206-684-4664 with questions, please.*

**Yesler** Th/Sa 11 a.m.-1 p.m.

**RBUFW** Fri 11 a.m.-1 p.m.

### Games

#### Drop-In Bridge

Drop-In play for bridge players.

##### Rainier

7/1-8/26 Wed 11 a.m.-2 p.m. Free

#### Drop-In Mahjong

Fun game using Chinese tiles. Bring your mahjong set if you have one, and a snack to share. Basic skill set needed for group play.

##### Rainier

7/2-8/27 Thu 11 a.m.-2 p.m. Free

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

#### Mexican Train—Dominos

Come and learn how to play Mexican Train, aka dominos. No experience necessary. This is a lively group that meets the 4th Thursday each month.

##### Jefferson

7/23 and 8/27 Thu 7-9 p.m. Free

#### Drop-In Senior Games

Make new friends and enjoy a fun afternoon of mahjong, table tennis, cards, and dominos. Feel free to bring a snack.

##### Van Asselt

7/1-8/26 Wed Noon-2 p.m. Free

## ARTS AND HANDWORK

#### Quilting

Bring your quilting projects to work on. Share ideas and enjoy the company of other crafters. No formal instruction provided.

##### Jefferson

7/3-8/28 Fri 11 a.m.-2 p.m. Free

## LIFELONG LEARNING

### Medicare and Medicaid Seminar

Looking for a fun, no-pressure way to learn about Medicare and Medicaid? Join us for a short but informative session with plenty of time for questions and answers. Meets 2nd and 4th Tuesdays: 7/14, 7/28, 8/12, and 8/25.

#### Rainier

37802 Tue 10:30-Noon R Kim Free

### Rec Tech Multi-Facilitated Lab

Browse the internet, use our computers, and print (black and white) for free. One-on-one technology tutoring (computers, smartphones, tablets, internet, email, social media, etc) is also available during these times. Contact us for an updated schedule.

**Rainier:** Contact Jonathan at 206-386-1919 or [jonathan.porter@seattle.gov](mailto:jonathan.porter@seattle.gov).

**Rainier Beach:** Contact Young at 206-470-9115 or [nhon.pham@seattle.gov](mailto:nhon.pham@seattle.gov).

**Yesler:** Contact Ashfaha at 206-615-1579 or [asfaha.lemler@seattle.gov](mailto:asfaha.lemler@seattle.gov).

## DROP-IN SPORTS

### Drop-In Pickleball—Free

#### Jefferson

Adv—Comp Mon 10 a.m.-Noon

#### Rainier

All Levels Tu/Th 10 a.m.-1 p.m.

#### Van Asselt

All Levels W/F Noon-2 p.m.

#### Yesler

All Levels Tue 12:30-2:30 p.m.

All Levels Thu 10 a.m.-Noon

## SPORTS

### Senior Swim

All abilities welcome! Small groups with similar goals are arranged so instruction can focus on the basics all the way to learning a variety of strokes and water safety. Enjoy exploring the possibilities while developing lifelong and life-saving skills. 8 classes.

#### Rainier Beach

38103 6/23-8/11 Tue 11:30 a.m.-Noon TBD \$64

*Learn and improve your swimming skills!*



# 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.



*Fitness is fun for everyone!*

## Aerobics and Dance

### Line Dance

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

#### Jefferson

*Advanced Beginner*

37801 7/10-8/28 Fri 10-11 a.m. M Chen \$40

#### Van Asselt

*Beginner*

37810 7/9-8/27 Thu 11:30 a.m.-12:30 p.m. L Reese \$40

*Advanced Beginner*

37809 7/9-8/27 Thu 12:30-1:30 p.m. L Reese \$40

*Intermediate*

37811 7/9-8/27 Thu 1:30-2:30 p.m. L Reese \$40

### 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!

#### Jefferson

**New** Monday summer hours

37807 7/6-8/24 Mon Noon-1 p.m. C House \$40

37808 7/10-8/28 Fri 11 a.m.-Noon C House \$40

# FITNESS CLASSES

## Strength and Conditioning

### EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. *Free to Kaiser Permanente members with Part B Medicare coverage. Online registration is not available for KP members or Silver and Fit members, please register in person or over the phone. Note, Silver and Fit members are limited to 10 visits a month.*

### Rainier

37793	7/6-8/31	Mon	9:15-10:15 a.m.	Y Gartz	\$45
37794	7/1-8/26	Wed	9:15-10:15 a.m.	Y Gartz	\$45
37795	7/3-8/28	Fri	9:15-10:15 a.m.	V Bowles	\$45



### South End Boxing Club

This challenging, non-contact class is suitable for all fitness levels and ages. Improve your strength, cardiovascular fitness, coordination, balance, and self-confidence. Newcomers, please arrive 15 minutes early. All equipment supplied. For questions contact Ann Bailey at 206-604-7073 or [ann.bailey@yhbcc.org](mailto:ann.bailey@yhbcc.org).

### Rainier Beach

7/1-8/26 M/W 6-7 p.m. Free

## Martial Arts

### Vovinam Martial Arts

This Vietnamese martial art teaches you to rebuild the mind, spirit, and body. Use breathwork, stick form, and other modalities to gain strength and flexibility. Minimum number of participants required to start. If interested contact Anne at 206-684-7484.

### Tai Chi

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

### Drop-In Tai Chi

#### Rainier

6/24-8/26 Wed 3:30-4:15 p.m. S Hiserman \$3



**Tamara Keefe**  
**Sound Steps**  
**Program Coordinator**

206-684-4664 /  
 cell 206-399-4655  
 tamara.keefe@seattle.gov



**Connect with us!**

- Visit [http://www.seattle.gov/parks/find/sound-steps-\(50\)](http://www.seattle.gov/parks/find/sound-steps-(50)) to receive Sound Steps e-newsletter.
- 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!

**REGISTRATION**

Please register quarterly for all programs using the barcode provided. See page 58 for registration information. Unless dates are specified, weekly walks are generally ongoing. Check with the volunteer walk leader for any dates that may be missed.

**Hike Rating Legend**

 **Easy** - paved, smooth and fairly level trail surface; recommended for beginners

 **Moderate** - some hills; exposed roots and rocks possible

 **Challenging** - some difficult terrain; hills or stairs

 **Difficult** - steep hills, significant elevation gain; for advanced hikers

**SCHOLARSHIPS**

Complete your June 2020-June 2021 application prior to summer registration on 5/5. See page 58 for details.

**SPECIAL NEIGHBORHOOD WALKS**

**Meet Me at the Park**

We'll gather at Brighton Playfield to take a short walk and try out the new fitness equipment! All mobility levels welcome. An opportunity to find a walk buddy and talk with a Seattle Parks & Recreation representative about your walking goals. Meet at Brighton Playfield, 6000 39th Ave. S.

38130 7/7 Tue 11:30 a.m.-12:30 p.m. Free

**NEW Kobe Terrace Neighborhood Walk**

A leisurely stroll through small, little known Kobe Terrace Park featuring Mt. Fuji cherry trees and a 200-year-old Japanese stone lantern gifted to Seattle from Kobe, Japan, and adjacent Danny Woo Community Garden. About .5 mile, with option to retrace steps uphill back to the community center for 1-mile total. Additional walk and transit routes shared to support your return. Meet on Yesler Way outside Yesler CC. Public transportation suggested.

38099 8/10 Mon 10-11:30 a.m. Free

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



## HIKES AND TRIPS

Enjoy the great outdoors! Two regular departure sites:

**NORTHEAST:** 8061 Densmore Ave. N

**SOUTHEAST:** Jefferson Community Center

Departure times are listed and vary based on destination. Return times are approximate. Please bring a lunch and plenty of water. Register online or at your local community center.

### Bridle Trails State Park



We'll travel on a forested, 3.5 mile, loop trail that winds through second-growth trees and a carpet of ferns. Minimal elevation gain. Return 2:30 p.m.

38085 7/6 Mon Densmore: 9 a.m. \$22  
Jefferson CC: 9:30 a.m.

### Cedar Butte



1.75 forested miles to the summit with views north up the Middle Fork of the Snoqualmie River. Mount Si, Mount Teneriffe, Green Mountain, Russian Butte, and Mailbox Peak are all visible on a clear day. 3.5 miles and 900 feet of elevation gain. Return 3:30 p.m.

38100 8/3 Mon Densmore: 9 a.m. \$28  
Jefferson CC: 9:30 a.m.



Weekly Walks are FREE unless otherwise noted.  
Please register each quarter.

## WEEKLY WALKS—NORTH

### Ballard Sound Steps Walk

Enjoy varied marine activity along the Lake Washington Ship Canal including multiple boat varieties and bird species. Three miles of flat, paved Burke-Gilman Trail. Moderate pace. Meet at the Ballard Fred Meyer, inside main entrance.

38084 Mon 9:30-10:30 a.m. 915 NW 45th St.

### Carkeek Park Sound Steps Walk

Natural surface forest trails with some hills and occasional forays through neighborhood streets. Three miles, moderate pace. Meet at Eddie McAbee entrance.

38086 Wed 10-11:30 a.m. NW 100th and 6th Ave NW

### Green Lake Loop Sound Steps Walk

Walk around the lake at a gentle or moderate pace. Hosted by the Wallingford Community Senior Center. Meet in front of Green Lake Church. RSVP to WCS: 206-461-7825.

38088 Fri 1:30-2:30 p.m. 6350 E Green Lake Way N

### Magnuson Park Sound Steps Walk

All ages welcome! Explore the sights and sounds of Magnuson Park. Varied terrain and flexible pace and distance. Meet outside Sand Point Tennis Center entrance.

38091 Sun 10-11 a.m. 7135 Sports Field Drive NE

### North Greenwood Sound Steps Walk

Three miles, moderate pace, some hills, natural surface forest trails in Llandover Woods greenspace. Meet at Diva Espresso. Call Nancy for more information: 206-851-6860.

38093 Mon 9:30-10:30 a.m. 14419 Greenwood Ave N

### Sand Point Sound Steps Walk

For anyone living within Magnuson Park or interested in building community with park residents. Distances range from .5 to 1.5 miles. Those living with mobility challenges are welcome. Call or text walk leader Terry before attending: 206-913-3790.

38096 Tue 11 a.m.-Noon Magnuson Park

Weekly Walks are FREE unless otherwise noted. Please register each quarter.

## WEEKLY WALKS—NORTH

### Senior Zoo Walkers Sound Steps Walk

\$20/13 weeks

Woodland Park Zoo, Kaiser Permanente, and Seattle Parks and Recreation invite you to join Senior Zoo Walkers, a walking program to promote fitness and well being. Warm-up at 9:15 a.m. Register online: <http://www.zoo.org/seniorzoowalkers>.

Meet at Woodland Park Zoo south entrance.

Tue/Thu

N 50th and Fremont Ave. N



### Share A Walk With Others!

The Sound Steps walking program provides opportunities for fitness and socialization, as well as exploration. We rely on community members to design and lead walks that are of interest to the community. Many of you have a favorite route, park, or knowledge of an area. One-time walks, short series, or ongoing weekly walks are all possible and welcome! If you'd like to share a walk with others, please contact [tamara.keefe@seattle.gov](mailto:tamara.keefe@seattle.gov) or 206-684-4664 so that we can create opportunity together!

## WEEKLY WALKS—CENTRAL

### Discovery Park Sound Steps Walk

Natural surface trails with some hills and Puget Sound views. 2.8 miles. Moderate pace. Meet at the Discovery Park Environmental Learning Center.

38087

Fri

10-11 a.m.

3801 Discovery Park Blvd.

## WEEKLY WALKS— SOUTH/WEST

### Lincoln Park Sound Steps Walk

Three miles, some hills, natural and paved surface trails along Puget Sound. All paces welcome. Meet at the center of the north parking lot at Lincoln Park.

38090

Mon

10-11:15 a.m.

8011 Fauntleroy Way SW

### Rainier Beach Sound Steps Walk

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

38095

Tu/W

10-11 a.m.

Rainier Beach CC

### Seward Park Sound Steps Walk

Begin by stretching and then walk once, or twice, around the flat, paved 2.4-mile loop. Pet-friendly. Meet near the restrooms close to park entrance.

38097

Fri

9:30-11:15 a.m.

5900 Lake WA Blvd. S

## SOUND STRIDERS

### Looking for Sound Striders information?

Details on the five to six-mile Strider walks can be found on their independently operated webpage at [www.soundstriders.com](http://www.soundstriders.com). Registration with Seattle Parks & Recreation is no longer necessary for this program. Contact 206-684 4664 with questions.



**Cayce Cheairs**  
**Dementia-Friendly**  
**Recreation Specialist**

206-615-0100 / cell 206-786-2365  
 cayce.cheairs@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 more information or to register, contact Cayce Cheairs, or the contact person noted in the description.

**Free Programs**

To reduce barriers to participation, all of our programs are now free to attend! This is made possible through generous community sponsorships and donations. To support Dementia-Friendly Recreation with a donation, visit <https://arcseattle.org/Lifelong-Recreation-Donations> and designate "Dementia-Friendly Programs."

**Receive monthly updates**

There are new dementia-friendly opportunities developing in the community all the time! To learn about upcoming programs join the email list for the Dementia-Friendly Recreation e-Newsletter. Sign-up at <http://www.seattle.gov/parks/find/dementia-friendly-recreation>.

**OUTDOOR RECREATION**

**Garden Discovery Walks**

Savor the season with relaxed-paced walks through public gardens, followed by a creative, nature-inspired activity led by a registered horticulture therapist. Light refreshments provided. Space limited to 15 participants per walk. Offered in partnership with UW Memory and Brain Wellness Center, with support from Family Resource Home Care.

**Various Locations**

1st Fridays: 8/7      10 a.m.-Noon

Free

**Out and About Walks**

Invigorate body, brain, and spirit with 2 to 3-mile moderately-paced walks in various parks and neighborhoods throughout Seattle. Varied terrain includes sidewalks and gravel paths; mostly level with occasional hills. End with a social gathering in a nearby café.

**Various Locations**

2nd and 4th Fri of the month 10 a.m.-12:30 p.m.

Free

**Early Stage Memory Loss Zoo Walk**

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 required by calling the Alzheimer's Association at 206-529-3868.*

**Woodland Park Zoo**

Mon/Wed mornings



*Invigorate your body and mind on a summer walk!*

## SOCIAL PROGRAMS

**Lake City Momentia Meet-Ups** Free  
 Laugh, explore, and connect at this inclusive, memory-friendly event for the whole community. Join us on the third Friday of the month for improv, music, art, movement, and more! Followed by snacks, and social time. No registration required. Offered in partnership with Lake City Seniors—Sound Generations and Sea Mar Latino Seniors Program. Questions? Contact Akira: 206-286-6740, [akirao@soundgenerations.org](mailto:akirao@soundgenerations.org).

Lake City CC  
 Third Fridays: 7/17 and 8/21 1-2:30 p.m.



Explore a variety of topics and projects with us!

**Momentia en Español en Lake City** Gratis  
 ¡Reír, explorar, crear y conectar! Venga a un evento inclusivo y beneficioso para la memoria para toda la comunidad con actividades diferentes cada mes. No require registracion y habrá aperitivos despues en un ambiente social. Este evento esta patrocinado por Lake City Seniors—Sound Generations y el programa para mayores de edad Latinos Sea Mar.

Lake City CC  
 Primeros Viernes/First Fridays: 8/7 1-2:30 p.m.

**Momentia Mondays** Free  
 Connect with others experiencing memory loss and explore different topics and projects together, including improv, drumming, movement, and more! Offered in partnership with the Southeast Seattle Senior Center (SESSC). Please call the SESSC to confirm the program details, at 206-722-0317.

SESSC, 4655 S Holly St.  
 Mon 10:30-11:30 a.m.



Connect with others in a Momentia program!

## FITNESS

**Minds In Motion** Free  
 Get moving with a weekly vigorous fitness class including cardio, balance, flexibility, and strength. Class will be taught with easy to follow instructions that are one to two steps long, accompanied by visual cues. Made possible with support from Áegis on Madison.

Miller  
 38134 7/6-8/24 Mon 2-3 p.m. C Grekoff

## MOMENTIA SEATTLE

At Seattle Parks & Recreation, we are proud to be part of the grassroots movement empowering persons with memory loss and their loved ones to remain connected and active in the community. To learn more about Momentia and see a calendar with a full listing of memory loss offerings in the Greater Seattle area, visit: [www.momentiasseattle.org](http://www.momentiasseattle.org).



**Allison Dolzonek**  
Rainbow Recreation  
Recreation Leader

206-684-4753 at Miller CC  
allison.dolzonek@seattle.gov

## Programs for LGBTQ Adults 50+!

Inspired by community input, we developed this selection of recreational programs for our LGBTQ friends and allies 50+. We strive to create safe and respectful environments, enhance health, and welcome community members of all backgrounds. While our LGBTQ friends are welcome in all of our programs, you can also check the brochure section in your neighborhood for more Rainbow Recreation designated programs. Want to share any skills, ideas, or feedback? We are always looking for ways to strengthen our offerings. Please call Allison for more information.

### SCHOLARSHIPS

Complete your June 2020-June 2021 application prior to summer registration on 5/5. See page 58 for details.

## FIELD TRIPS

Join us for fun and adventure! Departure sites are:  
**Miller Community Center**, 330 19th Ave. E 98112  
**Northgate Nordstrom Rack**, 401 NE Northgate Way 98125

### Tacoma Art Museum \$33 NW Art of the 1930's

Enjoy a guided tour of Tacoma Art Museum's temporary exhibit, *Forgotten Stories: NW Public Art of the 1930's*. Price includes museum entry and tour. *Lunch and additional museum entry fees on your own*. Return: 4 p.m.

39175	7/21	Tue	Nordstrom Rack Miller	9:30 a.m. 10 a.m.
-------	------	-----	--------------------------	----------------------

### Dash Point State Park \$18

Join us for a guided ranger walk through Dash Point State Park to learn about the local sealife and forest. Pack your sunscreen and beach towel! *Bring a picnic lunch to enjoy in the sun!* Return: 4:30 p.m.

39176	8/17	Sat	Nordstrom Rack Miller	10 a.m. 10:30 a.m.
-------	------	-----	--------------------------	-----------------------

### Women's Centennial Festival \$30 at the Capitol

Join in the 100-year celebration of the ratification of the 19th Amendment! Entrance to the festival is free and there will be plenty to do, including women-led performances and panel conversations, exhibits, speakers, vendors, music, women-owned and operated food trucks, and more! *Lunch on your own at the festival*. Return: 5 p.m.

39152	8/22	Sat	Nordstrom Rack Miller	9 a.m. 9:30 a.m.
-------	------	-----	--------------------------	---------------------

## SOCIAL

### Women's Song Circle

If you can talk, you can sing! We'll sing our hearts out for the joy of blending and raising our voices. Lyrics provided for easy to sing folk, pop, women's music and rounds. Instruments and favorite songs welcome. Meets every other Thursday: 7/2, 7/16, 7/30, 8/13, and 8/27.

### Garfield

38076	Every other Thu	6:30-8 p.m.	\$12
-------	-----------------	-------------	------

# 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.*

## Bicycle Ride Meet Up

Come along for a community bike ride on the Burke Gilman Trail from Magnuson, northbound, to Bothell, Woodinville, or beyond for about 25 miles. Coffee stop along the way. Meet at Magnuson Park Building 30 outside Seattle Parks office with the blue awning (6344 NE 74 St) for a 10 a.m. departure. Must register for this free event.

### Magnuson

38193 6/25 Thu 10 a.m.-Noon Free

## Enhance Fitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. *Free to Kaiser Permanente members with Part B Medicare coverage. Online registration is not available for KP members or Silver and Fit members—register in person or over the phone. Note, Silver and Fit members are limited to 10 visits a month.*

### Kaiser Permanente Capitol Hill Building

125 16th Ave. E, Level B, Fitness Center.

38066	7/6-8/24	Mon	2-3 p.m.	G Keeble	\$40
38067	7/8-8/26	Wed	2-3 p.m.	G Keeble	\$40
38068	7/10-8/28	Fri	2-3 p.m.	G Keeble	\$40

## Line Dance

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

### Van Asselt

*Beginner*

37810 7/9-8/27 Thu 11:30 a.m.-12:30 p.m. L Reese \$40

*Advanced Beginner*

37809 7/9-8/27 Thu 12:30-1:30 p.m. L Reese \$40

*Intermediate*

37811 7/9-8/27 Thu 1:30-2:30 p.m. L Reese \$40

## NIA Moving to Heal

Improve your balance, strength, and mobility. This gentle fitness class is designed for those with long-term or chronic illness and individuals with short-term personal healing goals. Taught to inspiring music with adaptable movements from dance, martial arts, and healing arts. Participants can stand, sit, or a combination of both.

### Magnolia

38030 7/9-8/27 Thu 10:30-11:30 a.m. L Browdy \$40

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

## Pickleball Skills

Learn pickleball basics or brush up on your skills. This popular sport combines elements of badminton, tennis, and table tennis. Ideal for beginning or intermediate players.

### Miller

38075 7/10-8/28 Fri 9-10 a.m. TBD \$25

## STRONG 45

STRONG 45 is a high-energy workout. The class combines cardio, strength training, and muscle endurance movements synced to original music. In a 45-minute class you will burn calories while toning arms, legs, abs, and glutes. Moves include lunges, squats, and kickboxing as well as abdominal work on the floor. Modifications to movements will be demonstrated for less intensity.

### Loyal Heights

38032	7/7-8/25	Tue	5:30-6:15 p.m.	D O'Neill	\$40
38031	7/9-8/27	Thu	5:30-6:15 p.m.	D O'Neill	\$40

## "T'ai Chi Chih<sup>®</sup>, Joy Through Movement!"

Work through a slow-moving meditative routine of nineteen moves and one pose. These movements circulate and balance the internal energy (Chi) to all the organs, muscles, and bones. Anyone can do it, and chair seated students are welcome.

### Miller

37935 7/6-8/24 Mon Noon-1 p.m. L Robinson \$40

## Gentle Yoga

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

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.

### Miller

38073	7/7-8/25	Tue	1:30-2:30 p.m.	L Gardener	\$44
38074	7/9-8/27	Thu	1:30-2:30 p.m.	L Gardener	\$44

## DOG WALKS

Bring a dog, or come without one if you love dogs. Prepare to walk two to three miles, rain or shine. Meet at the designated site at 11 a.m., leash your dog, and bring poop bags. Walks are free, please remember to register at 206-615-0619 so volunteer leader Sharon LeVine may contact you if there is a change.

**Note:** Bus riders are allowed to bring their dogs on Metro buses.

### Kubota Garden and South Seattle Neighborhood

Meet at the entrance to Kubota Garden,  
Renton Ave. S and 55th Ave. S.

6/9 Tue 11 a.m.

### Volunteer Park to Cal Anderson Park

Meet at Volunteer Park Conservatory,  
1247 15th Ave. E.

6/23 Tue 11 a.m.

### Fauntleroy Park's Trails

Meet at the Original Bakery Café, 9253 45th Ave. SW.

7/7 Tue 11 a.m.

### Washington Park Arboretum

Meet at the entrance to Seattle Japanese Garden,  
1075 Lake Washington Blvd. E.

7/21 Tue 11 a.m.



### Carkeek Park's Trails

Meet at the entrance to Swanson's Nursery,  
9701 15th Ave. NW.

8/4 Tue 11 a.m.

### Schmitz Preserve's Trails

Meet at Alki Community Center, 5817 SW Stevens St.

8/18 Tue 11 a.m.





## 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

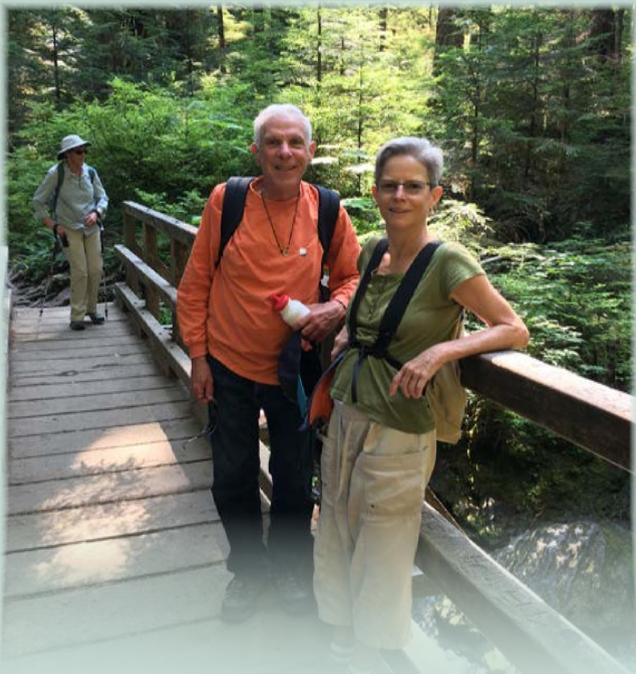
Most classes, workshops, sports programs, special events, and facility rentals are funded through the local advisory councils, rather than from City of Seattle budget. Revenues generated through program fees offset program costs to make these activities self-sustaining. We rely on participation, donations, and contributions to maintain and upgrade equipment.

### Join Us!

Citizen direction and participation is essential to our success. Our advisory councils always are looking for new members. Monthly meetings are held to advise about programs, policies, and financial issues.

If you'd like to get involved, please contact Cheryl Brown at 206-615-0619.

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.



## Do You Like to Walk or Hike?

The Sound Steps walking program provides opportunities for fitness and socialization, as well as exploration. We rely on community members to design and lead walks that are of interest to the community. Many of you have a favorite route, park, or knowledge of an area. One-time walks, short series, or ongoing weekly walks are all possible and welcome! If you'd like to share a walk with others, please contact [tamara.keefe@seattle.gov](mailto:tamara.keefe@seattle.gov) or 206-684-4664 so that we can create opportunity together!

## VOLUNTEER OPPORTUNITIES

We have lots of 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 weekly walk leader with Sound Steps.
- Become a Seattle Urban Nature Guide.
- Help with program development by joining the Lifelong Recreation Advisory Council—see above.

# COMMUNITY RESOURCES

## Age Friendly Seattle Civic Coffee Hours

Each Civic Coffee Hour is FREE and brings community elders closer to local government officials to explore topics of interest. Participants learn how decisions are made, how to get involved, and how to take advantage of programs and services. Refreshments are served.

Coffee Hours are held on third Thursdays, 10:30-11:30 a.m., in the Central Branch of The Seattle Public Library, 4th floor at 1000 4th Ave. (between Spring and Madison St.), and are streamed live on [facebook.com/AgeFriendlySeattle](https://facebook.com/AgeFriendlySeattle) and [youtube.com/c/AgingKingCounty](https://youtube.com/c/AgingKingCounty).



Speakers are TBA. Call 206-233-5121 or email [agefriendly@seattle.gov](mailto:agefriendly@seattle.gov) with questions, or accommodation requests.

## Age Friendly Seattle

The City of Seattle is taking steps to establish itself as an age friendly city!

What is an age-friendly city? It is a community in which people can grow up and grow old with ease. The World Health Organization has determined that there are 8 domains of livability:



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

Using these guidelines, Seattle is in the process of creating an Age Friendly Seattle Action Plan. Visit <http://www.seattle.gov/agefriendly> to learn more.

## Are you 60 + years old?



Then you qualify for the Gold Card for Healthy Aging with access to discounts in Seattle and King County!

Pick yours up at one of Seattle's senior centers, community centers, customer service centers, Seattle's Customer Service Bureau, or Seattle Animal Shelter. No application needed, just proof of age!

*\*For details on these and other discounts, or if you are between the ages of 18 and 59 and have a disability (you'll need to apply for the FLASH card), go to [Seattle.gov/AgeFriendlyDiscounts](http://Seattle.gov/AgeFriendlyDiscounts).*

Making Seattle a great place to grow up and grow old!

[Seattle.gov/AgeFriendly](http://Seattle.gov/AgeFriendly)



## Are you facing aging or disability issues?

Community Living Connections  
1-844-348-5464  
[www.communitylivingconnections.org](http://www.communitylivingconnections.org)

# SENIOR CENTERS AND PROGRAMS FOR SENIORS

## About...Senior Centers!

Senior centers are lively community hubs providing a warm, welcoming social space and affordable programs to enrich the lives of seniors and their families. Caring staff provide guidance through some of the challenges of aging and navigating the network of community and government resources. Many senior centers provide counseling and support services, health services, fitness programs, financial and legal assistance, transportation options, and meal programs.

## Center/Program Locations

### **Ballard NW Senior Center**

5429 32nd Ave. NW, 98107  
206-297-0403 / [ballardseniorcenter.org](http://ballardseniorcenter.org)

### **Central Area Senior Center**

500 30th Ave. S, 98144  
206-726-4926 / [centralareasrcenter.org](http://centralareasrcenter.org)

### **Club Bamboo**

3639 MLK Jr Way S, 98108  
206-774-2440 / [www.acrs.org](http://www.acrs.org)

### **El Centro de la Raza**

2524 16th Ave S, 98144  
206-957-4634 / [www.elcentrodelaraza.org](http://www.elcentrodelaraza.org)

### **Ethiopian Community Center**

8323 Rainier Ave S, 98118  
206-325-0304 / [www.ecseattle.org](http://www.ecseattle.org)

### **Generations Aging With Pride**

206-495-8312 / [gapseattle.org](http://gapseattle.org)

### **Greenwood Senior Center**

525 N 85th St., 98103  
206-297-0875 / [phinneycenter.org/gsc](http://phinneycenter.org/gsc)

### **International Drop-In Center**

7301 Beacon Ave S, 98108  
206-587-3735 / [www.idicseniorcenter.org](http://www.idicseniorcenter.org)

### **Kin On Community Center**

4416 S Brandon St, 98118  
206-556-2237 / [www.kinon.org](http://www.kinon.org)

### **Lake City Community Center**

12531 28th Ave. NE, 98125  
206-268-6738 / [lakecityseniors.org](http://lakecityseniors.org)

### **Pike Place Senior Center**

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

### **Sea Mar Latino Senior Nutrition and Outreach Program**

Various Locations  
206-764-4700 / [seamar.org](http://seamar.org)

### **Salvation Army Senior Center/White Center**

9050 16th Ave. SW, 98106  
206-767-3150 / [tsawwhitecenter.org](http://tsawwhitecenter.org)

### **Southeast Seattle Senior Center**

4655 S Holly St., 98118  
206-722-0317 / [sessc.org](http://sessc.org)

### **South Park Senior Center**

8201 10th Ave. S, 98108  
206-767-3650 / [spseniors.org](http://spseniors.org)

### **Sunshine Garden Chinese Senior Community Center**

611 S. Lane St., 98104  
206-624-5633 / [cisc-seattle.org](http://cisc-seattle.org)

### **Wallingford Community Senior Center**

4649 Sunnyside Ave. N, 98103  
206-461-7825 / [wallingfordseniors.org](http://wallingfordseniors.org)

### **West Seattle Senior Center**

4217 SW Oregon St., 98116  
206-932-4044 / [sc-ws.org](http://sc-ws.org)

## REGISTRATION



### FIRST CHOICE

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



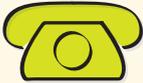
### SECOND CHOICE

Find your local recreation center at: [seattle.gov/parks/centers.asp](http://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 at: [seattle.gov/parks/centers.asp](http://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](mailto:ParksBSC@seattle.gov).



## Parks Management and Professional Staff

4554 NE 41st Street • Seattle, Washington 98105  
206-684-4951 • Fax 206-684-4957 • TDD/TTY Only 206-233-1509

### Parks Management

Jesús Aguirre, Superintendent  
Justin Cutler, Director of Recreation

### Professional Staff

Cheryl Brown, Recreation Program Coordinator, 206-615-0619  
Dena Schuler, Management Systems Analyst, 206-615-1884  
Linda Guzzo, Administrative Specialist, 206-684-4951

## SCHOLARSHIP INFORMATION

Limited scholarship funds are available to those who qualify. To apply, visit any community center or pool, bring your most recent 1040 or SSI paperwork, and picture ID. To download forms online visit [https://bit.ly/spr\\_scholarships](https://bit.ly/spr_scholarships). Approval can take up to several weeks and must occur prior to registration. Scholarship funds run out each quarter so please apply early.

Quarter registration dates begin:  
Summer—5/5/20, and Fall—8/4/20. Our current scholarship cycle runs June 2019-June 2020.  
A new scholarship application must be submitted and approved to qualify for programs taking place July 2020 and beyond.

Here are some beginning qualification guidelines:

Scholarship Eligibility		Number in House			
		1		2	
80%	Monthly	\$1,981.00	\$2,227.50	\$2,671.00	\$3,003.75
	Yearly	\$23,761.00	\$26,730.00	\$32,041.00	\$36,045.00
70%	Monthly	\$2,228.50	\$2,356.20	\$3,004.75	\$3,177.30
	Yearly	\$26,731.00	\$28,274.40	\$36,046.00	\$38,127.60
60%	Monthly	\$2,357.20	\$2,544.30	\$3,178.30	\$3,430.95
	Yearly	\$28,275.40	\$30,531.60	\$38,128.60	\$41,171.40
50%	Monthly	\$2,545.30	\$2,732.40	\$3,431.95	\$3,684.60
	Yearly	\$30,532.60	\$32,788.80	\$41,172.40	\$44,215.20
40%	Monthly	\$2,733.40	\$2,900.70	\$3,685.60	\$3,911.55
	Yearly	\$32,789.80	\$34,808.40	\$44,216.20	\$46,938.60

# 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

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.

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

## Scholarships

Seattle Parks and Recreation wants to ensure that our activities, classes, and sports are available to everyone, regardless of their ability to pay. To apply for a scholarship, please talk to one of our Recreation Specialists.

## Wait Lists

We will create wait lists for all filled classes and trips. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability. If you cannot attend a class or trip you are registered for, your spot will be given to the first person on the wait list.

## Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental, or physical handicap.

## Accommodation for People with Disabilities

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids, or other accommodations, please call 206-386-9094 or TDD 206-233-1509. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area that is not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

## Specialized Programs

For information on programs for youth/adults with disabilities, please call the Specialized Programs Office at 206-684-4950, or visit the web at: [www.cityofseattle.net/parks/SpecialPops/index.htm](http://www.cityofseattle.net/parks/SpecialPops/index.htm).

## More Information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at [www.seattle.gov/parks](http://www.seattle.gov/parks), or call our Public Information line, 206-684-4075, or TDD/TTY 206-233-1509.

**Wondering which Lifelong Recreation program is right for you?** In general, Lifelong Recreation Programs are designed for (independent) people age 50 and better, but we also offer specifically designed programs for those living with dementia or chronic pain. If there is an accommodation that you need to better access one of our programs, please contact the recreation specialist in your area.

### DISCLAIMER NOTE

Although we strive to be accurate, this brochure is published for information purposes only. Changes may be necessary to the content depending on levels of participation or other factors, and fees may change after City Council action on the City budget each year. Please visit [www.seattle.gov/parks](http://www.seattle.gov/parks) for updated information.

*As of July 6, 2015, all of Seattle's public parks are smoke-free! Smoke-free parks help reduce litter, promote healthy lifestyles for youth, and create a welcoming environment for all park users. Smoking is allowed in public rights-of-way including sidewalks. For more information visit [seattle.gov/parks/smokingban/](http://seattle.gov/parks/smokingban/).*



# Seattle Parks & Recreation

healthy people healthy environment strong communities

## Lifelong Recreation

4554 NE 41st Street  
Seattle, WA 98105

CHANGE SERVICE REQUESTED

PRESORTED STANDARD  
U.S. POSTAGE  
PAID  
SEATTLE, WA  
PERMIT 152

### FREE EVENT!

Presented by Seattle Parks and  
Recreation's 'Get Moving' Initiative



Seattle  
Parks & Recreation



## SAT, 8.15.20 Noon-6 p.m.

**Rainier Community Center and Playfields**  
4600 38th Ave S | Seattle, WA 98118

**Additional events at Mt. Baker Rowing and Sailing Center**

[facebook.com/bigdayofplay](https://facebook.com/bigdayofplay)  
[bigdayofplay.com](http://bigdayofplay.com)

