



Seattle  
Parks & Recreation

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

# LIFELONG *Recreation*



**Winter  
2017**

**January 3-March 18**

Register:  
**December 6 at Noon**

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



***Come Play with Us!***

# Welcome to Lifelong Recreation!

Winter Quarter 2017

January 3-March 18

No Programs and Facilities closed on:  
January 16 Martin Luther King Jr Day  
February 20 Presidents' Day

No  
Membership  
Fees!

## Tips for Navigating the Brochure

### REGISTRATION

Registration begins at noon, December 6, 2016. Detailed registration information is found on pages 42-43.

### BROCHURE ORGANIZATION

Our brochure is organized by geographic sector where you will find classes, trips, and community events. A staff directory and map of program locations is listed on pages 4-5.

### SIGNATURE PROGRAMS

Our signature programs are offered throughout the city and include Sound Steps Walking Program, Dementia Friendly Recreation, Explore U, and Back in Motion. Look for these programs following the geographic sector listings.

### SHAPE UP AND SCHOLARSHIPS

If you are new to any shape up class, receive \$10 off your first class. Scholarships are available to those that qualify.

### GENERATIONS WITH PRIDE

 We are working in partnership with 'Generations with Pride', a non-profit organization providing services for LGBTQ older adults and their families. Visit [www.generationswithpride.org](http://www.generationswithpride.org).

### BOOMERS PROGRAMS

 To accommodate your busy work schedule, morning, evening, and weekend programs are offered for Boomers.

### HIKES

 Our hikes and trail walks are popular! We are rating the level of difficulty with 1-4 boots. 1 easiest-4 hardest.

### BACK IN MOTION

 Our program provides fitness classes and educational programs for people with chronic pain or new to exercise.

E-Newsletter...

Receive the Lifelong Recreation Newsletter!  
Go to [seattle.gov/parks/seniors/index.htm](http://seattle.gov/parks/seniors/index.htm) and add your email address.



For over 40 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!



## A Message From The Superintendent

Dear Recreation Enthusiast:

I've just passed my one-year milestone as Superintendent of Seattle Parks and Recreation (SPR), and what a year it's been! I've spent the year learning all I can about our parks, community centers, swimming pools and other facilities, and coming out into the community to meet as many of you as I can. With my family I've had a chance to explore and experience much that SPR has to offer.

It's been an exciting year. We have several Seattle Park District-funded recreation programs up and running: increased scholarship funding, Get Moving, Put the Art in Parks and Recreation for All. We've finished night crew deep cleaning and spruce-ups at a number of community centers.

We're actively planning for the population growth we anticipate in the next 20 years, and for how SPR can provide accessible, sustainable programming and venues for both traditional and newly emerging forms of recreation.

To that end, we're looking forward to carrying out some of the tasks identified in our Community Center Strategic Plan, which will help guide us in programming and in upgrades to some of the aging buildings. The Plan can be found online here: <http://www.seattle.gov/parks/about-us/policies-and-plans/community-center-strategic-plan>.

Our watchwords here at SPR are Healthy Parks, Healthy Environment and Strong Communities. Those three goals are on my mind as I go about my daily work and as I think about services for you.

Thank you for your participation in and support of our precious parks and recreation system. I look forward to meeting many of you this winter.

Sincerely,

Jesús Aguirre  
Superintendent

**Cover photo:** Having fun on the ropes course field trip zip line!

*Most photos courtesy of Ryan Hawk Photography.*

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# COMMUNITY CENTER LOCATIONS



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**Northwest**

Robin O'Leary, Recreation Specialist  
206-233-7138 / robin.oleary@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

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**Northeast**

Tamara Keefe, Recreation Specialist  
206-386-9106 / tamara.keefe@seattle.gov

**6) LAKE CITY**  
12531 28th Ave. NE, 98125  
tel: 206 362-4378  
**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

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**Central**

Carol Baxter-Clubine, Recreation Specialist  
206-684-4240 and 206-233-7255 / carol.baxter@seattle.gov

**12) BELLTOWN CC**  
415 Bell St., 98121  
tel: 206-684-7245  
**13) GARFIELD CC**  
2323 E Cherry St., 98122  
tel: 206-684-4788

**14) INTERNATIONAL DISTRICT / CHINATOWN CC**  
719 8th Ave. S, 98104  
tel: 206-233-0042  
**15) MILLER CC**  
330 19th Ave. E, 98112  
tel: 206-684-4753

**16) MONTLAKE CC**  
1618 E Calhoun St., 98112  
tel: 206-684-4736  
**17) QUEEN ANNE CC**  
1901 1st Ave. W, 98119  
tel: 206-386-4240

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**Southwest**

Mary Dalzell, Recreation Specialist  
206-935-2162 / mary.dalzell@seattle.gov

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

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

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

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**Southeast**

Angela P. Smith, Recreation Specialist  
206-684-7484 / angelap.smith@seattle.gov

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

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

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

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**Signature Programs**

**Sound Steps Walking Program and Food and Fitness**  
Jill Ellison: 206-684-4664  
sound.steps@seattle.gov

**Dementia Friendly Recreation**  
Cayce Cheairs: 206-615-0100  
cayce.cheairs@seattle.gov

**Adult Sports**  
Jayson Powell: 206-684-7092  
jayson.powell@seattle.gov

SENIOR AEROBICS				
155385	Mon	8-9 a.m.	Magnolia	\$35
155008	Mon	9:30-10:30 a.m.	Queen Anne	\$29
155148	Mon	10:15-11:15 a.m.	Northgate	\$30
155187	Tue	9:30-10:30 a.m.	Magnolia	\$44
155469	Wed	8:30-9:30 a.m.	Jefferson	\$40
155386	Wed	9:15-10:15 a.m.	Magnolia	\$55
155009	Wed	9:30-10:30 a.m.	Queen Anne	\$40
155185	Thu	9:30-10:30 a.m.	Magnolia	\$44
155383	Fri	8-9 a.m.	Magnolia	\$44
ARTHRITIS EXERCISE PROGRAM				
154944	Wed	11:30 a.m.-12:30 p.m.	Queen Anne	\$40
154945	Fri	11 a.m.-Noon	Queen Anne	\$40
ARTHRITIS WATER PROGRAM				
	T/Th	1-2 p.m.	Madison Pool	
BODY CONDITIONING				
155054	Mon	9-10 a.m.	Rav-Eck	\$36
155191	Tue	10:50-11:50 a.m.	Bitter Lake	\$44
155053	Wed	9-10 a.m.	Rav-Eck	\$48
155392	Fri	10-11 a.m.	Bitter Lake	\$44
CHINESE DANCE - Drop-In \$3 (Age 65+ \$2)				
	Thu	10 a.m.-Noon	IDCC	
CIRCUIT TRAINING				
155481	Mon	8-9 a.m.	Rainier	\$50
155367	Tue	9:30-10:30 a.m.	Loyal Hts	\$44
154948	Tue	9:30-10:30 a.m.	Queen Anne	\$50
154949	Tue	10:45-11:45 a.m.	Queen Anne	\$50
155472	Wed	8-9 a.m.	Rainier	\$50
155368	Wed	9:30-10:30 a.m.	Loyal Hts	\$44
155365	Thu	9:30-10:30 a.m.	Loyal Hts	\$44
154950	Thu	9:30-10:30 a.m.	Queen Anne	\$50
154951	Thu	10:45-11:45 a.m.	Queen Anne	\$50
DANCE FITNESS FOR LIFE				
155370	Thu	9:05-10:05 a.m.	Bitter Lake	\$44
DANCE FOR PARKINSON'S - 1/5-2/23 - Free				
154952	Thu	11 a.m. -12:30 p.m.	Garfield	
ENHANCE FITNESS				
155086	Mon	9-10 a.m.	Lake City	\$30
155488	Mon	9:15-10:15 a.m.	Rainier	\$40
154970	Mon	9:15-10:15 a.m.	Group Health	\$40
155374	Mon	12:30-1:30 p.m.	Magnolia	\$40
154971	Mon	2-3 p.m.	Group Health	\$40
154972	Mon	3:15-4:15 p.m.	Group Health	\$40
154956	Tue	8-9 a.m.	Group Health	\$40
155057	Tue	8-9 a.m.	Mag Brig	\$40
155056	Tue	9-10 a.m.	Mag Brig	\$40
155377	Tue	9:05-10:05 a.m.	Bitter Lake	\$52
154957	Tue	9:15-10:15 a.m.	Group Health	\$40
154958	Tue	10:30-11:30 a.m.	Group Health	\$40
155084	Wed	9-10 a.m.	Lake City	\$40
155485	Wed	9:15-10:15 a.m.	Rainier	\$40
154961	Wed	9:15-10:15 a.m.	Group Health	\$40
155379	Wed	12:30-1:30 p.m.	Magnolia	\$52
154959	Wed	2-3 p.m.	Group Health	\$40

154960	Wed	3:15-4:15 p.m.	Group Health	\$40
154962	Thu	8-9 a.m.	Group Health	\$40
155059	Thu	9-10 a.m.	Mag Brig	\$40
154963	Thu	9:15-10:15 a.m.	Group Health	\$40
154964	Thu	10:30-11:30 a.m.	Group Health	\$40
154965	Fri	8-9 a.m.	Group Health	\$40
155085	Fri	9-10 a.m.	Lake City	\$40
155058	Fri	9-10 a.m.	Mag Brig	\$40
154966	Fri	9:15-10:15 a.m.	Group Health	\$40
155487	Fri	9:15-10:15 a.m.	Rainier	\$40
154967	Fri	10:30-11:30 a.m.	Group Health	\$40
155372	Fri	12:30 -1:30 p.m.	Magnolia	\$52
154968	Fri	2-3 p.m.	Group Health	\$40
154969	Fri	3:15-4:15 p.m.	Group Health	\$40

EXERCISE TO IMPROVE BALANCE				
155060	Mon	10:30 -11:20 a.m.	Meadowbrook	\$36

FITNESS AT ALKI				
155455	Mon	10-11 a.m.	Alki	\$30
155454	Wed	10-11 a.m.	Alki	\$40

FIT PLUS				
155075	Thu	8-9 a.m.	Mag Brig	\$44

LINE DANCE				
155406	Mon*+	10-10:45 a.m.	Bitter Lake	\$24
155407	Mon**	10:45-11:45 a.m.	Bitter Lake	\$32
155405	Mon*	Noon-1 p.m.	Bitter Lake	\$32
150361	Mon *	6:45-7:45 p.m.	Rainier	\$40
150365	Mon**	7:45-8:45 p.m.	Rainier	\$40
155462	Tue	10:15-11:15 a.m.	Hiawatha	\$40
155461	Tue	6:30-7:30 p.m.	Alki	\$40
155093	Tue*	6:30-7:30 p.m.	Mag Brig	\$40
155091	Wed**	10-11a.m.	Mag Brig	\$40
155092	Wed**	11:15 a.m.-12:15 p.m.	Mag Brig	\$40
155090	Wed*	12:30-1:30 p.m.	Mag Brig	\$40
154979	Thu	6:15-7 p.m.	Queen Anne	\$40
155506	Thu*	11:30 a.m.-12:30 p.m.	Van Asselt	\$40
155508	Thu**	1-2 p.m.	Van Asselt	\$40
155504	Fri*+	10-11 a.m.	Jefferson	\$40
155089	Fri*+	10-11 a.m.	Rav-Eck	\$37

\*Beginner \*\*Advanced-Beginner \*\*Intermediate \*\*\*Advanced

Drop-In Line Dance \$3 (Age 65+ \$2)				
	M & F	11 a.m.-12:30 p.m.	IDCC	



METABOLIC TRAINING AND CORE STRENGTH				
155422	Tue	Noon-12:45 p.m.	Green Lake	\$40
155423	Thu	Noon-12:45 p.m.	Green Lake	\$40
MINDS IN MOTION				
156668	Mon	2-3 p.m.	Miller	\$15
NIA				
Session 1: 1/10-2/7				
155463	Tue	10:15-11:15 a.m.	Delridge	\$50
Session 2: 2/14-3/14				
155464	Tue	10:15-11:15 a.m.	Delridge	\$50
Session 3: 3/21-4/18				
155465	Tue	10:15-11:15 a.m.	Delridge	\$50
Session 1: 1/6-2/3				
155143	Fri	10-11 a.m.	Meadowbrook	\$50
Session 2: 2/10-3/17				
155144	Fri	10-11 a.m.	Meadowbrook	\$60
Saturday Session: 1/7-3/11				
TBD	Sat	10-11 a.m.	Hiawatha	\$100
PILATES				
155425	Mon	11:30 a.m.-12:30 p.m.	Loyal Hts	\$32
155146	Wed	11:30 a.m.-12:30 p.m.	Northgate	\$48
50+ SELF DEFENSE				
155050	Fri	1:30-2:30 p.m.	Rav-Eck	\$40
STRENGTH AND CONDITIONING				
155149	Fri	7:45-8:45 a.m.	Laurelhurst	\$48
151821	Fri	9-10 a.m.	Garfield	\$50
CHAIR STRENGTH AND TONE				
155194	Mon	1:30-2:15 p.m.	Bitter Lake	\$30
SWAY AND DANCE FITNESS				
151114	Wed	10:30 - 11:30 a.m.	Delridge	\$45
TAI CHI				
All Levels				
155015	Mon	11:15 a.m.-12:15 p.m.	Montlake	\$33
155016	Mon	5:30-6:30 p.m.	Miller	\$26
155437	Mon	11:30 a.m.-12:30 p.m.	Green Lake	\$32
145983	Mon	7-8 p.m.	Green Lake	\$20
155013	Tue	10-11 a.m.	Queen Anne	\$40
155435	Tue	12:15-1:15 p.m.	Ballard	\$44
155522	Tue	12:30-1:30 p.m.	Yesler	\$40
155436	Wed	11:30 a.m.-12:30 p.m.	Green Lake	\$44
155014	Thu	10:30-11:30 a.m.	Miller	\$40
155150	Thu	6:30-7:30 p.m.	Mag Brig	\$70
155434	Fri	11:30 a.m.-12:20 p.m.	Loyal Hts	\$36
Beginning				
155151	Mon	1-2 p.m.	Northgate	\$30
Intermediate				
155152	Mon	2-3 p.m.	Northgate	\$30
155012	Thu	12:15-1:15 p.m.	Queen Anne	\$40
Drop-In Tai Chi at Rainier Beach \$3/Drop-In				
	M/Th	9:30-10:30 a.m.	Rainier Beach	
CHAIR YOGA - Free				
156665	Tue	12:30-1:30 p.m.	Miller	
CHAIR YOGA				
155358	Fri	Noon-1 p.m.	Bitter Lake	\$44

GENTLE YOGA				
155083	Mon	9-10 a.m.	Meadowbrook	\$33
155397	Mon	10-11 a.m.	Loyal Hts	\$32
155398	Mon	10-11 a.m.	Green Lake	\$32
156666	Mon	10:30-11:30 a.m.	Miller	\$33
155076	Tue	8-9 a.m.	Laurelhurst	\$45
154974	Tue	8:30-9:30 a.m.	Montlake	\$45
155077	Tue	10-11 a.m.	Mag Brig	\$45
155078	Tue	9-10 a.m.	Northgate	\$45
155079	Wed	9-10 a.m.	Meadowbrook	\$45
155394	Wed	9:30-10:30 a.m.	Bitter Lake	\$44
155430	Wed	10:15-11:15 a.m.	Ballard	\$44
155495	Wed	5:30-6:30 p.m.	Rainier Beach	\$45
154975	Thu	8:30-9:30 a.m.	Montlake	\$45
154976	Thu	9-10 a.m.	Garfield	\$45
155399	Thu	11:30 a.m.-12:30 p.m.	Green Lake	\$44
155494	Fri	8-9 a.m.	Rainier	\$45
155444	Fri	9:15-10:15 a.m.	Magnolia	\$44
155081	Fri	9:30-10:30 a.m.	Rav-Eck	\$45
155396	Fri	10:15-11:15 a.m.	Loyal Hts	\$44
155082	Sat	9-10 a.m.	Meadowbrook	\$45
Gentle Yoga Drop-In \$3 (Age 65+ \$2)				
	Wed	3-4 p.m.	IDCC	
HATHA YOGA				
154977	Mon	10-11 a.m.	Queen Anne	\$33
155456	Tue	9-10 a.m.	Delridge	\$48
154978	Wed	11 a.m.-Noon	Queen Anne	\$45
155457	Fri	11 a.m.-Noon	High Point	\$48
SLOW FLOW YOGA				
151179	Wed	9:30-10:30 a.m.	Ballard	\$41
VINI YOGA				
155027	Tue	11:30 a.m.-12:30 p.m.	Queen Anne	\$45
151181	Fri	9:15-10:15 a.m.	Magnolia	\$37
155029	Fri	11 a.m.-Noon	Queen Anne	\$45
FRIDAY MORNING WALKS-Free				
	Fri	8:30-9:30 a.m.	Alki Bathhouse	
WORLD BEAT DANCE AEROBICS				
155153	Wed	10:30-11:30 a.m.	Meadowbrook	\$45
155154	Thu	10:30-11:30 a.m.	Northgate	\$45
ZUMBA® GOLD				
155524	Mon	8:30-9:30 a.m.	Jefferson	\$45
151839	Mon	5-6 p.m.	Queen Anne	\$45
155483	Tue	10-11 a.m.	Alki	\$45
155451	Tue	10:30-11:30 a.m.	Loyal Hts	\$44
155452	Wed	10:30-11:30 a.m.	Magnolia	\$44
151287	Wed	10:30-11:30 a.m.	Meadowbrook	\$45
151838	Wed	5-6 p.m.	Queen Anne	\$45
155484	Thu	10-11 a.m.	Delridge	\$45
151288	Thu	10:30-11:30 a.m.	Northgate	\$41
155450	Fri	10:30-11:30 a.m.	Magnolia	\$44
155523	Fri	11 a.m.-Noon	Jefferson	\$45

# ADULT SPORTS PICKLEBALL TOURNAMENT

Become a pickleball champion!



A winter quarter Mixed Doubles Pickleball Tournament is coming soon - watch for details!



For more information contact Jayson Powell: 206-684-7092, or [jayson.powell@seattle.gov](mailto:jayson.powell@seattle.gov).

## Drop-In Sports at a Glance

### Drop-In Badminton \$3 (Age 65+ \$2)

NORTHWEST		
Th	9:30-11:30 a.m.	Ballard

### Drop-In Pickleball \$3 (Age 65+ \$2)

NORTHWEST		
Mon	11 a.m.-1 p.m.	Magnolia
Tue	9:30-11:30 a.m.	Ballard
T/F	10:30 a.m.-12:30 p.m.	Bitter Lake
Wed	6:30-8:30 p.m.	Ballard
Fri	Noon-2 p.m.	Loyal Heights

NORTHEAST		
Mon	10 a.m.-1 p.m.	All Levels Rav-Eck
Tue	10 a.m.-Noon	Advanced/Competitive Meadowbrook
Tue	Noon-2 p.m.	Beginner/Recreational Meadowbrook
Wed	10 a.m.-1 p.m.	All Levels Rav-Eck
Thu	10 a.m.-Noon	Advanced/Competitive Meadowbrook
Thu	Noon-2 p.m.	Beginner/Recreational Meadowbrook
Fri	11:30 a.m.-2 p.m.	Intermediate/Advanced Rav-Eck

CENTRAL		
Mon	10:15 a.m.-1:15 p.m.	Miller
Mon	6-9 p.m.	Intermediate/Advanced IDCC
Wed	7:30-9:15 a.m., call to confirm	Montlake
Fri	10 a.m.-Noon	Miller

SOUTHWEST		
M/W	10 a.m.-Noon	Delridge
W	9:30-11:30 a.m.	High Point
T/Th	Noon-2 p.m.	Delridge
Fri	10 a.m.-Noon	Hiawatha

SOUTHEAST		
Mon	9:45 a.m.-12:15 p.m.	Advanced Jefferson
T/Th	10 a.m.-12:30 p.m.	Rainier
T/Th	10 a.m.-Noon	Yesler
W/F	10 a.m.-Noon	Van Asselt

Note: subject to change during public school breaks.

### Drop-In Table Tennis Free

CENTRAL		
Tue	10:30 a.m.-1:30 p.m.	Garfield*
Fri	10:30 a.m.-1:30 p.m.	Garfield*
* Lunch available on-site at Garfield for \$3.50		
Tue	3:30-5 p.m.	IDCC
Fri	2:30-5 p.m.	IDCC

### Drop-In Volleyball \$3 (Age 65+ \$2)

SOUTHWEST		
T/Th	10 a.m.-Noon	Delridge

## Arthritis Water Program

Our pools offer various classes, including Water Walking, Stretch and Flex, and Arthritis Water Exercise, to help seniors improve joint range of motion and flexibility through low-impact movement and the resistance of water. The Arthritis Water Exercise class is designed specifically for those suffering from chronic pain and other joint issues. Classes held at Helene Madison Pool, 13401 Meridian Av N, 98133. Please call 206-684-4979 for registration information.



T/Th 1-2 p.m. Helene Madison Pool



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

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

Cost: \$3 (Age 65+ \$2)

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
Southwest Pool	206-684-7440
Van Asselt	206-386-1921
Yesler	206-386-1245

## Let us help you get your feet wet!

### POOLS - YEAR-ROUND INDOOR

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

### POOLS - SUMMER ONLY OUTDOOR

Colman Pool	206-684-7494
8603 Fautleroy Way SW	
Lowery C. "Pop" Mounger Pool	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:

- Lap Swim
- Adult Swim
- Senior Swim
- Women Only Swim
- Shallow Water Fitness
- Deep Water Fitness
- Arthritis Water Program
- Hydro-Fit
- Stretch N Flex
- AquaZumba
- Adult Swim Lessons





**Robin O'Leary**  
Northwest  
Recreation Specialist

206-233-7138  
[robin.oleary@seattle.gov](mailto:robin.oleary@seattle.gov)

**REGISTRATION**

Registration and payment details for all classes and trips can be found on page 43.

**TRIPS**

**Pickup Request:**

Following trip registration, contact Robin at 206-233-7138 to request your pickup location. 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.

**PICKUP SITES FOR TRIPS**

**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

**PICKUP TIMES FOR TRIPS**

**SOUTHBOUND TRIPS:**

**Bitter Lake:** pickup 20 min before time listed;

**Ballard:** pickup at trip time listed;

**NORTHBOUND TRIPS:**

**Ballard:** pickup 20 min before time listed;

**Bitter Lake:** pickup at trip time listed.

**FIELD TRIPS**

*Trips depart rain or shine. Trips that involve a hike or walk are on varied terrain. Be prepared for wet or muddy trails with appropriate clothing and footwear. Bring snacks/lunch unless otherwise noted.*

**Port Gamble Ghost Tour** \$30 + Fee

Join us for a guided Ghost Walk through Port Gamble, its homes and other buildings. Infrared cameras and recorders are encouraged. Bring flashlights and dress for the weather. **Bring \$15 fee for ghost tour. Lunch on own in Port Gamble.**

**Northbound**

155389 1/11 Wed 11:30 a.m.-6 p.m.

**Tow Truck Museum and Tin Room Bar** \$10

Find one of the finest collections of antique tow trucks in the world! Lunch at the Tin Room. This bar and grill's name pays homage to the Hi-Line Tin Shop and is filled with history. **Lunch on own.**

**Southbound**

155391 1/18 Wed 9:30 a.m.-2 p.m.

**Lime Kiln Trail Walk** \$15

Lime Kiln Trail features a river and is good for all skill levels. **Bring a sack lunch.**

**Northbound**

155447 1/25 Wed 9:30 a.m.-2:30 p.m.

**Snowshoe!**

\$5 + \$60 Fee

Snowshoe with *Outdoors for All*. Gear provided with a fitting and orientation, including a beginner's lesson in the morning. In the afternoon, we will hit the trails. The yurt at Summit Snoqualmie offers a warm, dry, and rustic escape from the busy lodge for a great place to eat lunch or relax with hot chocolate after skiing. **Bring a lunch.**

**Mail \$60 payment to: Outdoors for All Foundation, Attn: Sara Ramsay, 6344 NE 74th St., Suite 102, Seattle, WA 98115. Checks should be made out to "Outdoors for All". No refunds after registration.**

*A minimum of 8 paid registrations must be received by 1/13, so register early.*

**Southbound**

155390 2/8 Wed 8 a.m.-3:30 p.m.

**Happy Un-Birthday Party!**

\$10

Happy Birthday no matter when it is! We will celebrate your special day with a Valentine theme, catered lunch, cake and ice-cream, and then let the games begin! Aunt Betty Malone will entertain us with a bawdy round of "Not-Your-Grandma's Bingo", complete with prizes and unorthodox fun. Not for the faint of heart, this is Rainbow Bingo baby! Event held at Bitter Lake CC. **Please register by 2/1.**

155189 2/14 Tue 11 a.m.-2 p.m.

## FIELD TRIPS

**Central Seattle Public Library Guided Tour** \$8  
Guided tour of the downtown branch of the Seattle Public Library. **Lunch on your own.**

**Southbound**

155388 2/15 Wed 10:30 a.m.-2:30 p.m.

**Discovery Park Walk and Learn** \$8  
Learn about the flora, fauna, and friends during this walk guided by an Environmental Learning Center volunteer. **Lunch on your own nearby.**

**Southbound**

155445 2/22 Wed 10 a.m.-2 p.m.



*There's always something new and fascinating to learn at our parks!*

**Rhodes River Ranch** \$20  
Get outta' town, and spend time among horse lovers. Lunch at their restaurant which overlooks an indoor horse arena. If we have time we will explore Arlington. **Lunch on own.**

**Northbound**

155387 3/8 Wed 9 a.m.-3:30 p.m.

**Farrel-McWhirter Park and Farm Walk** \$15  
This walk starts at a multi use park and continues on the rural and woody Redmond's Powerline Trail. **Bring a sack lunch.**

**Southbound**

155446 3/15 Wed 9:30 a.m.-2:30 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. Van departs from Ballard CC at 11 a.m. **Lunch on your own.**

**Ivar's in Mukilteo \$\$\$** \$10  
Enjoy classic Ivar's seafood dishes.

155418 1/4 Wed 11 a.m.-2:30 p.m.

**Fonda La Catrina \$\$** \$8  
Mexican cuisine in Georgetown.

155417 2/1 Wed 10:30 a.m.-2 p.m.

**Feast Buffet \$\$** \$10  
Enjoy the variety at Feast Buffet in Renton.

155416 3/1 Wed 11 a.m.-2:30 p.m.

## SPECIAL EVENTS

**Storytelling** \$12 each/\$30 for 3 sessions  
Enjoy a morning with professional story teller Debbie Dimitre as she takes you back in time to visit with great historical women.

**Meet Grandma Moses, Senior Artist**  
155431 1/19 Thu 11:30 a.m.-12:30 p.m. Ballard

**Meet the Harriets - Tubman and Beecher Stowe**  
155432 2/3 Fri 1-2 p.m. Bitter Lake

**Meet Local Seattle Women**  
155433 3/7 Tue 1:30-2:30 p.m. Green Lake

**Scholarship Event** Free  
SCHOLARSHIPS AVAILABLE FOR AGES 50+. Get up to 80% off classes, trips, and events. Our scholarship staff will be on hand to assist you through the steps from start to finish. Bring a copy of your 1040 or proof of income.

155426 1/24 Tue 12:30.-2:30 p.m. Bitter Lake

155427 2/24 Fri 12:30.-2:30 p.m. Green Lake

**Senior Preschool Day** \$5  
Enjoy a few hours with our preschool program making art, playing games, and singing songs. Bring a joke to share.

155429 1/26 Thu 10 a.m.-Noon Loyal Heights

## SOCIAL PROGRAMS

### Games

**Drop-In Bridge** \$3 (Age 65+ \$2)  
Drop-In play for bridge players.

	Tue	11 a.m.-2:30 p.m.	Green Lake
<b>NEW</b>	Tue	10:30 a.m.-1:30 p.m.	Ballard
<b>NEW</b>	Wed	9 a.m.-Noon	Magnolia*

\*Call Fran at 206-284-9071 1 week in advance for the Magnolia intermediate group.

	Thu	1:30-4:30 p.m.	Bitter Lake
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**Drop-In Mah Jongg** Free  
Our groups are willing to teach new players! Bring your Mah Jongg set if you have one.

	Wed	10:15 a.m.-1:15 p.m.	Green Lake
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### Movies

**Lunch and a Movie at Loyal Heights** \$8/each  
Enjoy movies as they were meant to be seen - on the big screen! A scrumptious lunch is provided! Advance registration required. Max 16.

**Marie's Story**

PG • 2014 • Biography/Drama •  
Marie Heurtin is born both blind and deaf. Sister Marguerette wins her trust and teaches her how to express herself.

155415	1/12	Thu	11:30 a.m.-2 p.m.	Loyal Heights
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**Brooklyn**

PG • 2011 • Drama/Romance •  
An Irish immigrant lands in 1950s Brooklyn, where she quickly falls into a romance with a local, and has to make big decisions.

155413	2/9	Thu	11:30 a.m.-2 p.m.	Loyal Heights
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**Buck**

PG • 2011 • Documentary •  
This visually stunning film follows Brannaman from his abusive childhood to his phenomenally successful approach to horses.

155414	3/9	Thu	11:30 a.m.-2 p.m.	Loyal Heights
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Seniors learning Pokemon Go!

## ARTS AND HANDWORK

**Drop-In Adult Watercolor** \$3 (Age 65+ \$2)  
Bring your supplies and join others to create your own project. Each week a new still-life will be displayed.

	Fri	11a.m.-3 p.m.	Loyal Heights
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**Watercolor**

Bring your paints, brushes, and joy of painting. A demonstration taught after each lesson with instruction. All skill levels welcome. Instructor: S Kahler.

155448	Mon	9:30 a.m. - 12:30 p.m.	Magnolia	\$60
158324	Thu	11:30 a.m.-2:30 p.m.	Green Lake	\$82.50

## LIFELONG LEARNING

**Managing Your Meds** Free  
Learn strategies to overcome pitfalls managing meds.

155419	1/13	Fri	10:30-11:30 a.m.	Bitter Lake
157671	2/13	Mon	1-2 p.m.	Green Lake

**Nutrition 4 Ur Brain** \$44  
A fun, interactive class combining multi-media lecture with hands-on learning. Learn how to stay healthy and happy while maintaining maximum brain fitness. Instructor: J Larson. **Class held at The Bridge (near the Hearthstone), 6850 Woodlawn Ave NE.**

155192	1/14-2/4	Mon	10-11:30 a.m.	The Bridge
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**A Place for Mom** Free  
Selecting care for an aging loved one is a complex and personal choice, we are here to help!

155181	1/17	Tue	Noon-1 p.m.	Loyal Heights
157669	2/17	Fri	9:30-10:30 a.m.	Ballard
157670	3/2	Thu	2-3 p.m.	Magnolia

**Transit Training** Free  
Learn to safely travel on public transportation.

**Part 1: Classroom-paying fare, exiting at the right stop, info at the stop, etc..**

157687	1/20	Fri	1:30-2:30 p.m.	Bitter Lake
155442	2/6	Mon	12:30-1:30 p.m.	Loyal Heights
157681	3/3	Fri	2-3 p.m.	Magnolia

**Part 2: Escorted Instructional Outing-must have attended session 1.**

157690	1/23	Mon	10 a.m.-2:30 p.m.	Bitter Lake
155443	2/10	Fri	10 a.m.-2:30 p.m.	Loyal Heights
157686	3/6	Mon	10 a.m.-2:30 p.m.	Magnolia

**Intergenerational Pokemon Go!** \$5  
Take advantage of this great opportunity to partner with a teen to learn and play Pokemon Go as you walk around the neighborhood. Pizza to follow.

157667	3/2	Thu	3-5 p.m.	Loyal Heights
157668	3/16	Thu	3-5 p.m.	Loyal Heights

## VOLUNTEER

**Helping Hands Food Lifeline** Free  
This is simple, two-hour, non-strenuous work, re-packing food to help feed the hungry. Bring your lunch for afterwards. Wear closed toe shoes.

\*New Location in South Park.

Please call 206-233-7138 with your pickup site.

155400 1/10 Tue 9:05 a.m.-2:30 p.m.

155401 2/7 Tue 9:05 a.m.-2:30 p.m.

155402 3/14 Tue 9:05 a.m.-2:30 p.m.

### Volunteer at Northgate Elementary

Help a child - Research shows students who are reading at grade level by the 3rd grade are four times more likely to stay in school. Today, many students in Seattle struggle to reach grade level standards in reading. The City of Seattle and Northgate Elementary have partnered to respond to this need. Life Long Recreation users are often a perfect fit to help with educational advancement.

NW sector and Northgate Elementary school would like to help you get involved with assisting children with their school work. **Contact Robin O'Leary for more information: [Robin.oleary@seattle.gov](mailto:Robin.oleary@seattle.gov).**

## DROP-IN SPORTS

**NEW**

### Drop-In Badminton \$3 (Age 65+ \$2)

Th 1-3 p.m. Ballard

### Drop-In Pickleball \$3 (Age 65+ \$2)

Mon 11 a.m.-1 p.m. Magnolia

Tue 9:30-11:30 a.m. Ballard

T/F 10:30 a.m.-12:30 p.m. Bitter Lake

Wed 6:30-8:30 p.m. Ballard

Fri Noon-2 p.m. Loyal Heights

### Pickleball Skills \$22

Learn to improve your skills and increase your confidence in your playing ability.

155424 Fri 10:30 a.m.-Noon Loyal Hts M Anderson

## 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.

155385 Mon 8-9 a.m. Magnolia KAdolphsen \$32

155187 Tue 9:30-10:30 a.m. Magnolia M Huber \$44

155386 Wed 9:15-10:30 a.m. Magnolia KAdolphsen \$55

155185 Thu 9:30-10:30 a.m. Magnolia M Huber \$44

155383 Fri 8-9 a.m. Magnolia KAdolphsen \$44

#### Dance Fitness for Life \$44

Fluid movements are used during this low-impact dance aerobics class. Feel stronger and become more flexible.

155370\* Thu 9:05-10:05 a.m. Bitter Lake J Rayer

#### Line Dance

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

155406\* Mon\*\* 10-10:45 a.m. Bitter Lake L Reese \$24

155407\* Mon\*\* 10:45-11:45 a.m. Bitter Lake L Reese \$32

155405\* Mon\* Noon-1 p.m. Bitter Lake L Reese \$32

\*Beginner \*\*Advanced-Beginner \*\*Intermediate \*\*\*Advanced

#### Zumba® Gold \$44

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!

155451\* Tue 10:30-11:30 a.m. Loyal Heights L Yetter

155452 Wed 10:30-11:30 a.m. Magnolia M Jorgensen

155450 Fri 10:30-11:30 a.m. Magnolia M Jorgensen

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

## FITNESS CLASSES

### Strength and Conditioning

**Body Conditioning-*NEW*** on Fridays \$44  
Build total body muscle strength utilizing dynabands, free weights, and fitness balls.

155191\* Tue 10:50-11:50 a.m. Bitter Lake G Keeble  
155392\* Fri 10-11 a.m. Bitter Lake R Buyce

**Chair Strength and Tone**  \$24

This low-level fitness course teaches how to strengthen and tone all muscle groups for improved health and fitness. Great for those who are just starting an exercise regimen, or those who need to stay fit but need the security of a chair.

155194\* Mon 1:30-2:15 p.m. Bitter Lake D Dragovich

**Circuit Training** \$44

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

155367\* Tue 9:30-10:30 a.m. Loyal Heights R Buyce  
155368\* Wed 9:30-10:30 a.m. Loyal Heights R Buyce  
155365\* Thu 9:30-10:30 a.m. Loyal Heights R Buyce

### Enhance Fitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. Classes are ongoing. *Free to Group Health members with Part B Medicare coverage.*

155374 Mon 12:30-1:30 p.m. Magnolia K Adolphsen \$40  
155377 Tue 9:05-10:05 a.m. Bitter Lake J Raynor \$52  
155379 Wed 12:30-1:30 p.m. Magnolia K Adolphsen \$52  
155372 Fri 12:30-1:30 p.m. Magnolia K Adolphsen \$52

### *NEW*

**Metabolic Training and Core Strength** \$40

Metabolic training involves exercises with short rest periods. Modifications will be provided when needed.

155422\* Tue Noon-12:45 p.m. Green Lake M Velasco  
155423\* Thu Noon-12:45 p.m. Green Lake M Velasco

### Tai Chi

**Tai Chi-*NEW*** at Green Lake and Ballard  
Maintain and restore bone mass, equilibrium and poise, while playfully exploring vital energy.

155437\* Mon 11:30 a.m.-12:30 p.m. Green Lake E Baxa \$32  
155435\* Tue 12:15-1:15 p.m. Ballard Friedman \$40  
155436\* Wed 11:30 a.m.-12:30 p.m. Green Lake Friedman \$44  
155434\* Fri 11:30 a.m.-12:20 p.m. Loyal Heights C Tan \$36



*Learn to stretch your body and calm your mind in one of our yoga classes!*

### Yoga and Pilates

**Gentle Yoga - *NEW*** at Green Lake and Bitter Lake  
Burn calories while learning poses that strengthen and stretch your muscles in a total mind-body workout that emphasizes deep breathing and correct body alignment.

155397\* Mon 10-11 a.m. Loyal Heights J Green \$32  
155398\* Mon 10-11 a.m. Green Lake S Dwyer \$32  
155394\* Wed 9:30-10:30 a.m. Bitter Lake H Mair \$44  
155430\* Wed 10:15-11:15 a.m. Ballard A Mason \$44  
155399\* Thu 11:30 a.m.-12:30 p.m. Green Lake H Mair \$44  
155444 Fri 9:15-10:15 a.m. Magnolia L Dunbar \$44  
155396\* Fri 10:15-11:15 a.m. Loyal Heights J Green \$44

### *NEW*

**Chair Yoga**  \$44

155358\* Fri Noon-1 p.m. Bitter Lake TBD

**Pilates** \$32

Stabilize and strengthen your core and back, while improving your flexibility and posture.

155425\* Mon 11:30 a.m.-12:30 p.m. Loyal Hts D Dragovich

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



**Tamara Keefe**  
**Northeast**  
**Recreation Specialist**

206-386-9106  
 tamara.keefe@seattle.gov

**REGISTRATION**

Registration and payment details for all classes and trips can be found on page 43.

**TRIPS**

**Pickup Request:**

Following trip registration, contact Tamara at 206-386-9106 to request your pickup location. 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.

**PICKUP SITES AND TIMES FOR TRIPS**

*(unless otherwise noted)*

**Magnuson Brig**

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

**Meadowbrook Community Center**

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

**Northgate JC Penney**

**Parking Garage**  
 (between south entrance and garage)  
 Pickup at time listed.

**FIELD TRIPS**

*Trips depart rain or shine. Trips that involve a hike or walk are on varied terrain. Be prepared for wet or muddy trails with appropriate clothing and footwear. Bring snacks/lunch unless otherwise noted.*

**Woody Sez: \$10 + Fee**  
**The Life and Music of Woody Guthrie**  
**Seattle Repertory Theatre**

The legendary Woody Guthrie defined an American era of social consciousness and political expression with songs such as "This Land is Your Land" and "The Ballad of Tom Joad." This musical portrait, featuring Woody's stirring ballads and joyous anthems, celebrates the colorful life and rich musical legacy of America's great folk troubadour. **Bring \$10 cash for ticket.**

155062 1/14 Sat 12:45-5 p.m.

**Blu Skillet Ironware Studio Tour \$10**

How does a simple piece of carbon steel disc and steel bar turn into a beautiful hand-crafted cooking pan? Get a glimpse into this magical process at a local purveyor of utilitarian art. **Lunch on your own after the tour.**

155063 1/23 Mon 10:30 a.m.-2:30 p.m.

**Umbrella Theater Event: \$10\***  
**an afternoon antidote to Seattle's winter!**

Put on your raingear, and get out of the house! SilverKite's Intergenerational Theater Company will perform an original piece, titled *Umbrella*, created using company members' life experiences and stories as inspiration. Join in the umbrella parade (bonus points for polka-dotted rain boots!) to brighten the day, and a chance to win a prize. Enjoy refreshments, and help make a delightful afternoon worthy of a story in itself.

Northeast pickup locations:

**Northgate Mall at 12:45 p.m.,**  
**and Meadowbrook CC at 1 p.m. only.**

155065 1/30 Mon 12:45-4:30 p.m.

**\*Or come on your own at 1:30 p.m. to the Officers Club in Magnuson Park, Bldg 30, 7448 63rd Ave. NE, Seattle, WA 98115, with \$5 suggested donation at the door.**

Southeast pickup locations also available. See pages 29, 34, and back cover for related information.

**Happy Un-Birthday Party! \$10**

Happy Birthday no matter when it is! We will celebrate your special day with a Valentine theme, catered lunch, cake and ice-cream, and then let the games begin! Aunt Betty Malone will entertain us with a bawdy round of "Not-Your-Grandma's Bingo", complete with prizes and unorthodox fun. Not for the faint of heart, this is Rainbow Bingo baby! Event held at Bitter Lake CC. Use barcode below for NE pickup locations. **Please register by 2/3.**

155066 2/14 Tue 11 a.m.-2:30 p.m.

## FIELD TRIPS

### Wing Luke Museum \$10 + Fee

Join our guided tour highlighting *Everything has Been Material for Scissors to Shape*, an exhibition that explores women's narratives around textiles, cloth, and labor. **Lunch on your own in the International District. Bring \$9.62+/\$11 for admission and tour.**

155074 2/23 Thu 10 a.m.-3 p.m.

### Molback's Nursery \$11

Are you itching to get your hands in the dirt? Be inspired by the lovely displays, find seeds and perennials, or perhaps a houseplant for your window. **Enjoy lunch on your own in the café.**

155064 2/27 Mon 10 a.m.-2 p.m.

### Snowshoe Adventure \$5 + Fee

Snowshoe with *Outdoors for All* on the John Wayne Trail, near The Summit at Snoqualmie Nordic Center. Gear is provided with a fitting and orientation, including a short beginner's lesson, first thing in the morning. After our lesson, the group will hit the trail for a couple hours of snowshoeing, followed by some time to relax in *Outdoors for All's* yurt. The yurt, near the Nordic Center, offers a warm, dry, and rustic escape from the busy lodge for a great place to eat lunch or relax with hot chocolate after our hike. **Please bring a lunch, as concessions are limited.**

**Mail \$60 payment to: Outdoors for All Foundation, Attn: Sara Ramsay, 6344 NE 74th St, Suite 102, Seattle, WA 98115. Checks should be made out to "Outdoors for All".**

*A minimum of 8 paid registrations must be received by 2/2, so register early! No refunds after registration.*

Two pick-up locations:

Magnuson Brig (Building 406) 6344 NE 74th St. at 8 a.m.  
or Jefferson CC, 3801 Beacon Ave. S at 8:30 a.m.

154934 3/2 Thu 8 a.m.-3 p.m.



Participants enjoying a nature walk at Magnuson Park.



**NEW**

### Magnuson Park Sunday Walking Group

See page 38 for details.

## NATURE WALKS

### Magnuson "Beaver Day" Walk \$15

Celebrate Groundhog Day in the Magnuson wetlands by getting a look at the "handiwork" of one of their relatives, our resident Beavers! In late winter, it's possible to get a clear view of the beaver lodge and dams that have been built over the past 4 years, and that have made the Promontory Ponds deeper and wider for diving ducks and other waterfowl to enjoy. If we're lucky, we'll see these nocturnal creatures pattering around the ponds, and they'll see their shadow as a sign that spring will arrive early! Binoculars available if requested.

**Meet at the sidewalk right next to the boat launch, adjacent to the E-1 and E-2 parking lots, just off Lakeshore Drive. See the Magnuson Park map at [www.seattle.gov/parks/magnuson/maps.htm](http://www.seattle.gov/parks/magnuson/maps.htm).**

155141 2/2 Thu 9-11 a.m. Magnuson Park

### Magnuson Tree Frog Walk \$15

Enjoy a "wee bit o' the green" by taking a wetlands walk to look for our native tree frogs! Late winter is the time when they are most active, hopping up out of the ponds to "sing" up a storm and attract their mates. This is also a great time to see the first leaves popping out on the wetland plants, the first flowers blooming, and get a good look at the winter resident waterfowl before their spring migration! Binoculars available if requested.

**Meet at the Wetlands Central trailhead, in the northeast corner of the E-5 parking lot, just off NE 65th St. See the Magnuson Park map at [www.seattle.gov/parks/magnuson/maps.htm](http://www.seattle.gov/parks/magnuson/maps.htm).**

155142 3/16 Thu 9-11 a.m. Magnuson Park

# SOCIAL PROGRAMS

## Book Clubs

**Laurelhurst Book Club** Free  
Meets the third Wednesday of every month. Pick up the latest book at Laurelhurst CC. Meets: 1/18, 2/15, 3/15.

155087 Wed 1-2 p.m. Laurelhurst

**Meadowbrook Book Club** Free  
Meets the third Thursday of every month. Pick up the latest book at Meadowbrook CC. Meets: 1/19, 2/16, 3/16.

155139 Thu 11 a.m.-Noon Meadowbrook

## Games

**Drop-In Mah Jongg** \$3 (Age 65+ \$2)  
Intermediate level of play with rules based on newly published guidelines from The National Mahjong League. No program 1/18 and 2/15.

Mon Noon-3 p.m. Laurelhurst

Fri 11 a.m.-2 p.m. Laurelhurst

# ARTS AND HANDWORK

**Painting in Community** \$30  
Join others to paint in any water medium, using your own supplies.

155145 Tue 10 a.m.-Noon Mag Brig

**Printmaking-Seniors Creating Art** Free  
Professional instruction and all materials provided for linoleum block printing. Great for beginners or experienced artists. Expand your horizons and enjoy the community of creators! **Must register in advance, space is limited.** 8 sessions.

155147 1/11-3/1 Wed 10:30 a.m.-12:30 p.m. Rav-Eck

# LIFELONG LEARNING

**Write Your Life Story** \$12  
Write on your own and share what you've written in class. Small group, warm fellowship, and comfortable environment to let your creative juices flow!

155155 Mon 10 a.m.-noon Meadowbrook

**Medicare 101** Free  
Learn Medicare basics, the different premiums, and copays in the Medicare and YOU handbook, and then discover how to spend even less on healthcare while having more fun! Taught by J. Yragui, BS Pharmacy, MBA. Available the 2nd and 4th Wednesday of each month.

155140 2nd and 4th Wednesdays 11 a.m.-1 p.m. Northgate

**AARP Drivers Safety** \$20/\$15 AARP Members  
This is an opportunity to refresh your knowledge of driving skills and rules of the road. By completing this 8-hour course, you may be eligible to receive a discount on your car insurance. **Please register in advance. \$20 fee (\$15 for AARP members) payable to instructor.**

155051 1/23, 1/24 M, T 9:30 a.m.-1:30 p.m. Meadowbrook

155052 3/13, 3/14 M, T 9:30 a.m.-1:30 p.m. Meadowbrook

**Interested in Self-Defense?**  
New **50+ Self-Defense** class at Ravenna-Eckstein on Friday afternoons! See page 19.

**NEW**  
**Life's Simple 7** Free  
Learn about the simple, seven step list developed to deliver on the hope to live a long, productive, and healthy life. Designed by the American Heart Association with the goal of improved health through public education. You can make changes! Even modest improvements to your health will make a difference. **No charge, but please register.** Instructor: L Steubing.

155088 2/15 Wed 10-11 a.m. Mag Brig

**NEW**  
**E-Book Basics** Free  
Learn to place holds on digital materials through the Library's catalog, check out free e-books and download them to your e-reader, and get help troubleshooting and downloading digital material. Bring your own e-reader device such as: Android, Kindle, iPad, iPhone, iPod Touch, and Nook. Offered in partnership with The Seattle Public Library. **Must register in advance, space is limited.**

155055 3/9 Thu 10:30 a.m.-Noon Mag Brig

# DROP-IN SPORTS

## Drop-In Pickleball

\$3 (Age 65+ \$2)

Mon	10 a.m.-1 p.m.	All Levels	Rav-Eck
Tue	10 a.m.-Noon	Advanced/Competitive	Meadowbrook
Tue	Noon-2 p.m.	Beginner/Recreational	Meadowbrook
Wed	10 a.m.-1 p.m.	All Levels	Rav-Eck
Thu	10 a.m.-Noon	Advanced/Competitive	Meadowbrook
Thu	Noon-2 p.m.	Beginner/Recreational	Meadowbrook
Fri	11:30 a.m.-2 p.m.	Intermediate/Advanced	Rav-Eck

Note: Subject to change during public school breaks.

## Line Dance

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

155093	Tue*	6:30-7:30 p.m.	Mag Brig	D Hunsaker	\$40
155091	Wed**	10-11 a.m.	Mag Brig	L Reese	\$40
155092	Wed**	11:15 a.m.-12:15 p.m.	Mag Brig	L Reese	\$40
155090	Wed*	12:30-1:30 p.m.	Mag Brig	L Reese	\$40
155089	Fri**	10-11 a.m.	Rav-Eck	D Hunsaker	\$37

\*Beginner \*\*Advanced-Beginner \*\*Intermediate \*\*\*Advanced

# 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.

155148	Mon	10:15-11:15 a.m.	Northgate	Mish Mish	\$30
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## Nia

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

### 1/6-2/3

155143	Fri	10-11 a.m.	Meadowbrook	N Scher	\$50
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### 2/10-3/17

155144	Fri	10-11 a.m.	Meadowbrook	N Scher	\$60
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## NEW

### World Beat Dance Aerobics

\$45

Get fit and have fun while you exercise to music from around the world. This class will combine aerobics with movements inspired by flamenco, belly dancing, Bollywood, line dance, and popular Latin dance steps.

155153	Wed	10:30-11:30 a.m.	Meadowbrook	Mish Mish
155154	Thu	10:30-11:30 a.m.	Northgate	Mish Mish



Looking for Zumba Gold? Try World Beat Dance Aerobics!

# FITNESS CLASSES

## Strength and Conditioning

### Body Conditioning

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

155054	Mon	9-10 a.m.	Rav-Eck	C Lorenz	\$36
155053	Wed	9-10 a.m.	Rav-Eck	C Lorenz	\$48

### Enhance Fitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. *Free to Group Health members with Part B Medicare coverage. Please register each quarter.*

155086	Mon	9-10 a.m.	Lake City	TBD	\$30
155057	Tue	8-9 a.m.	Mag Brig	J Shearer	\$40
155056	Tue	9-10 a.m.	Mag Brig	J Shearer	\$40
155084	Wed	9-10 a.m.	Lake City	C House	\$40
155059	Thu	9-10 a.m.	Mag Brig	J Shearer	\$40
155058	Fri	9-10 a.m.	Mag Brig	Mish Mish	\$40
155085	Fri	9-10 a.m.	Lake City	TBD	\$40

### Exercise to Improve Balance \$36

Balance is so important to carry us physically through life as we age. Begin this exercise program which will help you regain and improve balance. Work on core strength and routines which will support your balance for the rest of your life.

155060	Mon	10:30 -11:20 a.m.	Meadowbrook	C Lorenz	
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### Fit Plus \$44

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

155075	Thu	8-9 a.m.	Mag Brig	J Shearer	
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### **NEW** 50+ Self-Defense \$40

Train your body to react quickly and remain calm. Learn and practice techniques to empower yourself while contributing to better balance and overall fitness.

155050	Fri	1:30-2:30 p.m.	Rav-Eck		
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### Strength and Conditioning \$48

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

155149	Fri	7:45-8:45 a.m.	Laurelhurst	J Shearer	
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## Tai Chi

### Tai Chi

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

Beginning					
155151	Mon	1-2 p.m.	Northgate	J Proebstel	\$30
Intermediate					
155152	Mon	2-3 p.m.	Northgate	J Proebstel	\$30
All Levels					
155150	Thu	6:30-7:30 p.m.	Mag Brig	E Baxa	\$70



*We offer affordable yoga classes throughout the city!*

## Yoga and Pilates

### Gentle Yoga

Burn calories while learning poses that strengthen and stretch your muscles in a total mind-body workout that emphasizes deep breathing and correct body alignment.

155083	Mon	9-10 a.m.	Meadowbrook	H Mair	\$33
155076	Tue	8-9 a.m.	Laurelhurst	J Robin	\$45
155078	Tue	9-10 a.m.	Northgate	F Marazzi	\$45
155077	Tue	10-11 a.m.	Mag Brig	J Robin	\$45
155079	Wed	9-10 a.m.	Meadowbrook	J Robin	\$45
155081	Fri	9:30-10:30 a.m.	Rav-Eck	J Robin	\$45
155082	Sat	9-10 a.m.	Meadowbrook	H Mair	\$45

### Pilates \$48

Stabilize and strengthen your core and back, while improving your flexibility and posture.

155146	Wed	11:30 a.m.-12:30 p.m.	Northgate	D Dragovich	
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**Carol Baxter-Clubine**  
**Central Recreation Specialist**

Queen Anne CC: 206-684-4240  
 Garfield CC: 206-233-7255  
[carol.baxter@seattle.gov](mailto:carol.baxter@seattle.gov)

**REGISTRATION**

Registration and payment details for all classes and trips can be found on page 43.

**TRIPS**

**Pickup Request:**

Following trip registration, contact Carol at 206-684-4240 or 206-233-7255 to request your pickup location. 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.

**PICKUP SITES AND TIMES FOR TRIPS**

**CENTRAL WEST TRIPS (CW)**

**Queen Anne CC-1901-1st Ave. W**

Northbound: pickup is at time listed;

Southbound: pickup is 15 minutes before time listed.

**Belltown CC-415 Bell St.**

Northbound: pickup is 15 minutes before time listed;  
 Southbound: pickup time is at time listed.

**CENTRAL EAST TRIPS (CE)**

**International District CC-719 8th Ave. S**

Northbound: pickup is 30 minutes before time listed;

Southbound: Pickup is at time listed.

**Garfield CC-2323 E Cherry St.**

Northbound: pickup is 15 minutes before time listed;

Southbound: pickup is 15 minutes before time listed.

**Miller CC-330 19th Ave. E**

Northbound: pickup is at time listed;

Southbound: pickup is 30 minutes before time listed.

Central Senior Center-500 30th Ave. S:

You will be called with your pickup time.

## FIELD TRIPS

*Trips depart rain or shine. Trips that involve a hike or walk are on varied terrain. Be prepared for wet or muddy trails with appropriate clothing and footwear. Bring snacks/lunch unless otherwise noted.*

**Lincoln Park Walk CW** \$7

Lincoln Park is located in West Seattle on the banks of Puget Sound. The park offers a wonderful shoreline walk and plenty of wooded trails to explore. **Lunch out in West Seattle following, on your own.**

**NORTHBOUND** Queen Anne and Belltown pickups only.

155022 1/20 Fri 10 a.m.-1:30 p.m.

**Theo Chocolate Tour and Fremont CE** \$17

Love chocolate? This tour will give you your chocolate fix. A locally owned business right here in Seattle, Theo Chocolate is dedicated to fair trade and using the purest of ingredients grown in the most sustainable way. The tour includes free samples! If you are not too full of chocolate, **enjoy lunch out on your own** in Fremont, with time to explore this quirky neighborhood. Price includes tour fee.

**NORTHBOUND** Garfield CC, Miller CC, IDCC, and Central Senior Center pickups.

155026 1/27 Fri 10:30 a.m.-3 p.m.

**Aegis Living on Madison - Lunch and Tour CE** \$7

Aegis Living on Madison opened a couple of years ago. New to the Central area, we are going to be able to enjoy a lunch and tour of the fabulous facility. **NORTHBOUND** Garfield CC, Miller CC, IDCC, and Central Senior Center pickups.

155024 2/7 Fri 11 a.m.-1:30 p.m.

**Happy Un-Birthday Party!** \$10

Happy Birthday no matter when it is! We will celebrate your special day with a Valentine theme, catered lunch, cake and ice-cream, and then let the games begin! Aunt Betty Malone will entertain us with a bawdy round of "Not-Your-Grandma's Bingo", complete with prizes and unorthodox fun. Not for the faint of heart, this is Rainbow Bingo baby! Event held at Bitter Lake CC. **Please register by February 1.**

155018 2/14 Fri 11:30 a.m.-2 p.m.

## FIELD TRIPS

**Olympic Sculpture Park IDCC** \$7  
Enjoy a wonderful walk through the Sculpture Park and Myrtle Edwards. Amazing views are to be seen in the heart of the Seattle waterfront. **IDCC Pick Up Only**

155023 2/17 Fri 10 a.m.-1 p.m.

**Centennial Trail Walk CE** \$20

The Centennial Trail in Snohomish County is over 25 miles long. We will walk from Machis to the town of Snohomish, approx. 3 miles on a flat paved surface. Time for lunch in downtown Snohomish following. **NORTHBOUND** Garfield CC, Miller CC, IDCC, and Central Senior Center pickups only.

155019 3/3 Fri 9 a.m.-3 p.m.

**DDD Lunch Club CW** \$15 each  
You may have seen Diners, Drive Ins and Dives on TV. We are headed out to see what the fuss is about. Join in on the fun while we check out a couple of diners that Guy Fieri says are a must! **Lunches are on your own.** **SOUTHBOUND** Queen Anne and Belltown pickups only.

**Crown Bar in Tacoma**

155021 2/3 Fri 10:45 a.m.-2 p.m.

**Crockett's Public House in Puyallup**

155020 3/10 Fri 10:45 a.m.-2 p.m.



Our field trips are a great way to explore the region, meet new friends, and enjoy a fun activity.

## SOCIAL PROGRAMS

### Games

#### Drop-In Bridge \$3 (Age 65+ \$2)

Drop-In play for bridge players.

Tue*	12:30-3:30 p.m.	Queen Anne
Fri	1-4 p.m.	Montlake

\*Intermediate Play

#### Drop-In Mah Jongg Free

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 Mah Jongg set if you have one. American-style.

Fri	1:30-4:30 p.m.	Queen Anne
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#### Games and Movies Free

Come and enjoy Mah Jongg, table tennis, Chinese chess, and Chinese movies every Tuesday and Friday afternoon.

Tue	3:30-5:30 p.m.	IDCCC
Fri	2:30-5:30 p.m.	IDCCC

### Lunch Programs

#### Monday Meals \$4 (\$30/8 meals)

First come-first served, after reserved meals are offered. To ensure a meal, make a reservation the Friday before by calling 206-684-4240. Fresh cooked healthy meals most Mondays. Menu subject to change without notice.

Mon	Noon-1 p.m.	Queen Anne
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### Food and Fitness Programs

Opportunities for elders to congregate and celebrate their culture and language. Each day provides lunch, social, educational, and fitness programs. Please call 206-684-4664 to reserve your meal.

Korean	Tue/Fri	10 a.m.-Noon	Miller
Vietnamese	Tue/Fri	10 a.m.-1 p.m.	Garfield

### Movies

#### Movies at Queen Anne Free

Full list of movies posted at QACC. First choice not always available and subject to change. Popcorn included!

Wed	1:15-3:30 p.m.	Queen Anne
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## ARTS AND HANDWORK

### Crafty Ladies Free

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

Thu	1:30-4 p.m.	Queen Anne
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### Volunteer Spotlight



Volunteer Edith Stanwood was recently honored for her service to the Queen Anne community. Edith is a member of "Crafty Ladies", which meets weekly to knit or crochet hats, scarves, blankets, and sweaters, that are donated to

Children's Hospital and homeless shelters. Edith is described as dependable and reliable by her fellow Crafty Ladies. While the group has become smaller in recent years, there are about eight to 10 volunteers that come in and knit each week at Queen Anne Community Center. The group welcomes and encourages new crafters to come in and knit.

### Drawing and Watercolor at Queen Anne \$76

This class is for beginning and intermediate students. Instructor Susan Schneider gives each student individual attention to enhance your skills and progression. Materials list will be given out on the first day of class.

154953	1/5-1/26	Thu	10 a.m.-Noon	Queen Anne
154954	2/2-2/23	Thu	10 a.m.-Noon	Queen Anne
154955	3/2-3/23	Thu	10 a.m.-Noon	Queen Anne

**Discount:** Sign up for 2+ classes and receive a rate of \$70/class.

### Watercolor at Montlake \$100

Whether you have never tried watercolors before, or are an experienced watercolorist, this class takes the mystery out of this often elusive medium. Working from photos and life, class lessons will include designing value plans for watercolors with punch, handling "edges" for atmospheric effects, watercolors and ink, and seasonal subjects. Instructor: S Waite.

155031	1/18-2/22	Wed	10 a.m.-12:30 p.m.	Montlake
155030	1/18-2/22	Wed	1-3:30 p.m.	Montlake

## LIFELONG LEARNING

### ESL for Fun

Free  
Learning for fun using poems and songs. Gain self-confidence and become your own interpreter and translator. Instructor: W Nguyen.

Tue/Fri 9:30-10:30 a.m. Garfield

**AARP Drivers Safety** \$20/\$15 AARP Members  
This is an opportunity to refresh your driving skills and rules of the road. By completing this 8-hour course, it is possible to receive a discount on your car insurance. **Pre-registration is required. \$20 fee (\$15 for AARP members) payable to instructor.**

154942 1/26 Thu 9 a.m.-5 p.m. Garfield  
154943 3/29 Wed 9 a.m.-5 p.m. Queen Anne

### What's Up Doc?

Free  
Stop in for a group medical appointment with Dr. Carroll Haymon from Iora Primary Care and have the chance to ask about health and wellness issues that concern you or your family-- all in a friendly and fun environment.

156671 1/30 Mon 11:45 a.m.-12:45 p.m. Miller

### Focus

\$35  
"Where did I put my keys?" "Where are my glasses?" "What time was the appointment again?" Are these questions you ask yourself on a regular basis? Very well could be with the hectic multi-tasking world we live in. Want to learn how to be more mindful and focus on one thing at a time, to use your brain more effectively? This seminar is for you then. Learn to calm yourself and focus on what matters to you. This workshop is 2 days.

154973 2/9, 2/16 Thu 1-3:30 p.m. Garfield

### Stress Reduction - 3 part series

Free  
Join Behavioral Health Specialist, Adam Eckes from Iora Primary Care to strengthen your relaxation response through meditation, breathing, and reflection. Share the methods you use to relax and learn from others.

155010 2/23-3/9 Thu 10:15-11:15 a.m. Garfield

## DROP-IN SPORTS

### Drop-In Pickleball

\$3 (Age 65+ \$2)

Mon 10:15 a.m.-1:15 p.m. Miller  
Mon 6-9 p.m. Intermediate/Advanced IDCC  
Wed 7:30-9:15 a.m., call to confirm Montlake  
Fri 10 a.m.-Noon Miller

### Table Tennis

Free

Tue 3:30-5 p.m. IDCC  
Fri 2:30-5 p.m. IDCC

## 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. Instructor: M Huber.

155008 Mon 9:30-10:30 a.m. Queen Anne \$29  
155009 Wed 9:30-10:30 a.m. Queen Anne \$40

### Chinese Dance - Drop-In

\$3 (Age 65+ \$2)

Move with grace to traditional Chinese music.

Thu 10 a.m.-Noon IDCC

### Dance for Parkinson's

Free

Explore dance movements in a welcoming environment with Live Music. You will stretch and strengthen muscles, focusing on balance and rhythm. Our professional dancers use thought, imagination, eyes, ears, and touch to control movement while standing or seated. Ideal for those with Parkinson's disease, caregivers, and friends. **Registration with NW Parkinson's Foundation also required at [www.nwpcf.org](http://www.nwpcf.org).**

154952 1/5-2/23 Thu 11 a.m.-12:30 p.m. Garfield

### Drop-In Line Dance

\$3 (Age 65+ \$2)

Dance, Dance, Dance! Join this low-cost class and learn to dance. No experience or partner needed. Class is taught in Mandarin.

Mon 11 a.m.-12:30 p.m. IDCC  
Fri 11 a.m.-12:30 p.m. IDCC

### Line Dance

\$40

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

154979 Thu 6:15-7 p.m. Queen Anne

# FITNESS CLASSES

## Strength and Conditioning

### Arthritis Exercise Program \$40

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

154944	Wed	11:30 a.m.-12:30 p.m.	Queen Anne	Dwyer Schick
154945	Fri	11 a.m.-Noon	Queen Anne	Dwyer Schick

### Circuit Training \$50

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

154948	Tue	9:30-10:30 a.m.	Queen Anne	C Lorenz
154949	Tue	10:45-11:45 a.m.	Queen Anne	C Lorenz
154950	Thu	9:30-10:30 a.m.	Queen Anne	C Lorenz
154951	Thu	10:45-11:45 a.m.	Queen Anne	C Lorenz

### Enhance Fitness \$40

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. *Free to Group Health members with Part B Medicare coverage. Classes run 1/3-3/17.*

Location: Group Health Capitol Hill Building at 125 16th Av E, Level B, Fitness Center

154970	Mon	9:15-10:15 a.m.	Group Health	C Grekoff
154971	Mon	2-3 p.m.	Group Health	G Keeble
154972	Mon	3:15-4:15 p.m.	Group Health	G Keeble
154956	Tue	8-9 a.m.	Group Health	C Grekoff
154957	Tue	9:15-10:15 a.m.	Group Health	C Grekoff
154958	Tue	10:30-11:30 a.m.	Group Health	C Grekoff
154961	Wed	9:15-10:15 a.m.	Group Health	C Grekoff
154959	Wed	2-3 p.m.	Group Health	G Keeble
154960	Wed	3:15-4:15 p.m.	Group Health	G Keeble
154962	Thu	8-9 a.m.	Group Health	C Grekoff
154963	Thu	9:15-10:15 a.m.	Group Health	C Grekoff
154964	Thu	10:30-11:30 a.m.	Group Health	C Grekoff
154965	Fri	8-9 a.m.	Group Health	C Grekoff
154966	Fri	9:15-10:15 a.m.	Group Health	C Grekoff
154967	Fri	10:30-11:30 a.m.	Group Health	C Grekoff
154968	Fri	2-3 p.m.	Group Health	G Keeble
154969	Fri	3:15-4:15 p.m.	Group Health	G Keeble

### Minds in Motion \$15

This fitness class is specifically designed for people in the early stages of memory loss. You can expect to get a vigorous, well rounded work out to include cardio, balance, flexibility, and strength. Class will be taught with simple, easy to follow instructions that are 1 to 2 steps long accompanied by visual cues. Care partners are welcome to come, but not required. Please call at 206-684-4240 if you need more information or want to know if this class is the right fit for you! This class is made possible with support from Aegis Living.

156668	Mon	2-3 p.m.	Miller	C Grekoff
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### Tai Chi

Improve balance and posture, increase strength, and calm your mind.

155015	Mon	11:15 a.m.-12:15 p.m.	Montlake	R Friedman	\$33
155016	Mon	5:30-6:30 p.m.	Miller	L Robinson	\$26
155013	Tue	10-11 a.m.	Queen Anne	E Baxa	\$40
155014	Thu	10:30-11:30 a.m.	Miller	E Baxa	\$40

### Intermediate

155012	Thu	12:15-1:15 p.m.	Queen Anne	E Baxa	\$40
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### Yoga

Burn calories while learning poses that strengthen and stretch your muscles in a total mind-body workout that emphasizes deep breathing and correct body alignment. Chair yoga is adapted for individuals with mobility challenges and is sponsored by Country Doctor Community Health Clinic

### Chair Yoga Free

156665	Tue	12:30-1:30 p.m.	Miller	J Robin
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### Gentle Yoga

156666	Mon	10:30-11:30 a.m.	Miller	J Robin	\$33
154974	Tue	8:30-9:30 a.m.	Montlake	H Karrfalt	\$45
154975	Thu	8:30-9:30 a.m.	Montlake	H Karrfalt	\$45
154976	Thu	9-10 a.m.	Garfield	Brinkley	\$45

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

Wed	3-4 p.m.	IDCC
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### Hatha Yoga

154977	Mon	10-11 a.m.	Queen Anne	F Marazzi	\$33
154978	Wed	11 a.m.-Noon	Queen Anne	J Reed	\$45

### Vini Yoga \$45

155027	Tue	11:30 a.m.-12:30 p.m.	Queen Anne	L Dunbar
155029	Fri	11 a.m.-Noon	Queen Anne	L Dunbar



**Mary Dalzell**  
Southwest  
Recreation Specialist

206-935-2162

[mary.dalzell@seattle.gov](mailto:mary.dalzell@seattle.gov)

### **REGISTRATION**

Registration and payment details for all classes and trips can be found on page 43.

### **TRIPS**

#### **Pickup Request:**

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.

### **PICKUP SITES AND TIMES FOR TRIPS**

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

#### **PCC**

2749 California Ave. SW  
Pickup at time listed.

## FIELD TRIPS

### **Casino/Shopping**

\$16

We are starting the year with a Tulalip casino run, or shopping, your choice. **Lunch on your own.**

155475 1/5 Thu 10 a.m.-5 p.m.

### **Movie/Lunch**

\$8

This is a repeat of a popular past trip. Movie at South Center followed by lunch at the Mizuka Buffet. **Lunch and movie admission on your own.**

155477 1/12 Thu 9 a.m.-3:30 p.m.

### **Village Eatery and Tea Company**

\$35

I have chosen the Village Tea Menu for us to enjoy, which includes tea, salad or soup, a selection of English tea sandwiches, a scone, and a fine assortment of fresh baked desserts. Fee is included in price.

155482 1/26 Thu 10 a.m.-3:30 p.m.

### **Museum of History and Industry**

\$9

MOHAI is the largest private heritage organization in the State of Washington maintaining a collection of nearly 4 million artifacts, photographs, and archival materials that primarily focus on Seattle and the greater Puget Sound region. Free admission. **Lunch on your own in the area.**

155478 2/2 Thu 10 a.m.-3 p.m.

### **Rainier Symphony:**

\$9 + Fee

#### **Courage and Freedom**

Enjoy musical selections from: Sibelius – Finlandia, Bizet – selections from Suites 1 and 2 of Carmen, Ravel – Suite from Ma mere' l'Oye (Mother Goose), Stravinsky – The Firebird. **Ticket admission on your own.**

155479 2/12 Sun 2:15 a.m.-5 p.m.

### **Happy Un-Birthday Party!**

\$10

Happy Birthday no matter when it is! We will celebrate your special day with a Valentine theme, catered lunch, cake and ice-cream, and then let the games begin! Aunt Betty Malone will entertain us with a bawdy round of "Not-Your-Grandma's Bingo", complete with prizes and unorthodox fun. Not for the faint of heart, this is Rainbow Bingo baby! Event held at Bitter Lake CC. **Please register by 2/1.**

155480 2/14 Tue 10:30 a.m.-3 p.m.

### **Maltby/Snohomish**

\$16

Enjoy an early lunch at the Maltby Café, and then to Snohomish to browse the shops. **Lunch on your own.**

155476 3/2 Thu 10 a.m.-4:30 p.m.

### **Crystal Mountain/Gondola Ride**

\$26 + Fee

What a beautiful area. Bring a lunch as we will do some walking while we are there. **Your option to ride the Gondola, fee on your own.**

155474 3/9 Thu 10 a.m.-6 p.m.

## SPECIAL EVENTS

### Potluck

Join us for our annual potluck celebration.

155470 3/15 Wed 11 a.m.-1 p.m. Alki

Free

## SOCIAL PROGRAMS

### Book Clubs

#### Alki Book Club

Meets the second Wednesday of each month: 1/11, 2/8, 3/8..

155453 Wed 11:15 a.m.-Noon Alki

Free

#### High Point Book Club

Meets the third Thursday of each month: 1/19, 2/16, 3/16.

155458 Thu 1-2 p.m. High Point

Free

### Games

#### Drop-In Bridge

Drop-In play for bridge players.

Mon 9 a.m.-Noon Delridge

\$3 (Age 65+ \$2)

#### American Mah Jongg

This class will teach you the basics, from how to identify the tiles for beginners to more advanced strategies for intermediate players. American Mah Jongg is more complicated version of the older, original Chinese version of the game. We play by the National Mah Jongg League rules, and we use special NMJL cards and tile racks. (don't confuse this game with the popular online, simple, tile matching game with the same name). This class is taught in English and students will need to possess average dexterity to be able to manipulate tiles that are about the size of dominoes. In addition, each student will need to purchase, and bring along with them to class, an official *National Mah Jongg League 2016 Card*. These can be purchased for \$9 through their website: <https://www.nationalmahjonggleague.org/> or, alternatively, Stacey will have cards on hand to loan (or sell at cost) to students during class. (only purchase once class attendance has been confirmed). Instructor: Stacey Rea.

155460 1/23-2/13 Mon Noon-2 p.m. Delridge

\$40



Learn a new game while making new friends!

## West Seattle Senior Center

4217 SW Oregon St. 206-932-4044

### Dance Time!

Join our friendly, welcoming community of dancers with live music by Lauren Petrie while enjoying a no-host bar.

**When:** First Wednesdays, 6-8 p.m.

**Cost:** \$5 for members/\$7 for non-members

### Second Thursday OUT!

Enjoy supper followed by an on-site or off-site activity. Call the center for more information at 206-932-4044 x1.

**When:** Second Thursdays, 6 p.m.

### Celebratory Birthday Luncheons

Celebrate with all at these monthly birthday luncheons with live music. Call 206-932-4044 x1 to register.

**When:** Last Tuesdays

**Cost:** \$6 suggested donation.

## South Park Community Center

8319-8th Ave. S 206-684-7451

### **Free programs:**

Tuesdays 1-2:30 p.m.: chair exercise and Tai Chi  
Thursdays 11 a.m.-12:30 p.m.: chair exercise and Tai Chi

Call the center and ask for Frank Mateo to confirm program offerings.

## LIFELONG LEARNING

These classes take place at the Delridge Computer Lab. Contact Leslie Howe at 206-684-0364 to register.

### Introduction to Computers \$16

Do you have a new computer and need to learn how to use it? This Digital Literacy class will help you gain a thorough understanding of basic computer fundamentals including word processing, mouse skills, Microsoft software, internet research, internet safety, and popular social networking tools. Min 2 Max 5.

1/18-2/8 Wed 1:15-2:30 p.m. Delridge

### FREE ONLINE MEDIA ACCESS: Free Books, Audiobooks, Movies, and more

Did you know that you can access ebooks, audiobooks, music, and videos online from the Seattle Public library? This one hour presentation will help you learn how to use their website to access all of the above and download them to your computer, tablet, or smart phone. Min 2 Max 5.

2/7 Tue 1:30-2:30 p.m. Delridge

### Introduction to European Board Games Free

The Eurogame, or Euro-style game, has taken the country by storm. We will learn a different game each week tabletop-style, and learn how to find some games online so you can play with the computer, or another player long distance. Come join the fun! Min 2 Max 6.

2/15-3/22 Wed 1-2:30 p.m. Delridge

### Create An Audio Visual Story From Your Life \$10

Bring photos from a time or event in your life and we will create a short film made up of still shots and your recorded narration. Old or new, bring as many photos as you like for your audio visual story. Min 2 Max 4.

3/9 Thu 1-3 p.m. Delridge

### One-on-One Computer Tutoring Free

Call the RecTech lab and make an appointment for an hour of afternoon tutoring between 1-2:30 p.m. The focus is on what you need to know, whether it's how to use e-mail and the internet, create a budget or chart, or how to set up an account on a social networking site. Call 206-684-0364 to make your tutoring appointment.

#### OPEN LAB

During open access hours, Monday-Thursday when classes are not in session, RecTech offers free time to use our technology resources. Please note: the labs are used by both young and old and some websites may be closed due to inappropriate content for minors. Visit our website at <https://rectechfinalweb.wordpress.com/2016/05/28/delridge/> to see open hours.

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

## DROP-IN SPORTS

### Drop-In Pickleball \$3 (Age 65+ \$2)

M/W	10 a.m.-Noon	Delridge
W	9:30-11:30 a.m.	High Point
T/Th	Noon-2 p.m.	Delridge
Fri	10 a.m.-Noon	Hiawatha

### Pickleball Skills \$22

Learn to improve your skills and increase your confidence in your playing ability. Instructor: M Anderson.

155467 Mon 11 a.m.-12:30 p.m. High Point

Experienced

155468 Mon 1-2:30 p.m. High Point

### Drop-In Volleyball \$3 (Age 65+ \$2)

T/Th 10 a.m.-Noon Delridge

## FITNESS

*Please note: fees may vary due to number of days a class is offered, seasonal holidays, center closures, etc.*

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

## Aerobics and Dance

### Line Dance \$40

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

155462 Tue 10:15-11:15 a.m. Hiawatha L Reese

155461 Tue 6:30-7:30 p.m. Alki L Reese

### Nia

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

Session 1: 1/10 - 2/7

155463 Tue 10:15-11:15 a.m. Delridge T Noreus \$50

Session 2: 2/14-3/14

155464 Tue 10:15-11:15 a.m. Delridge T Noreus \$50

Session 3: 3/21- 4/18

155465 Tue 10:15-11:15 a.m. Delridge T Noreus \$50

Saturday Session: 1/7- 3/11

158874 Sat 10-11 a.m. Hiawatha \$100





## Meet Marilou Jorgensen, Zumba® Teacher!

After retiring I found myself out of shape, gaining weight and my health deteriorating. Treadmills and fitness clubs were alright at the beginning, but they eventually bored me. Combining my love for music and dancing, Zumba® was the most perfect form of exercise for me. I got hooked and began taking at least four classes a week. I got my Zumba® license in August 2011, and have been teaching Zumba®, Zumba® Gold, and Zumba® Gold Chair for various community centers and retirement homes ever since.

My cardiologist actually uses me as an example for his other patients on how to improve their health. One of the most important reasons for teaching Zumba® is to encourage others to improve their lives by improving their health while having fun. The social interaction, the energy, improvement in mobility, and the enjoyment I see in my students are the biggest motivation for me.

Try one of Marilou's classes - see Zumba Gold® below!

## FITNESS

### Zumba® Gold \$45

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!

155483	Tue	10-11 a.m.	Alki	M Jorgensen
155484	Thu	10-11 a.m.	Delridge	M Jorgensen

## STRENGTH AND CONDITIONING

### Fitness at Alki

Build total body muscle strength utilizing dynabands, free weights, and floor work. Improve balance, flexibility, and agility. Bring weights to class.

155455	Mon	10-11 a.m.	Alki	M Dalzell	\$30
155454	Wed	10-11 a.m.	Alki	M Dalzell	\$40

## YOGA

### Hatha Yoga \$48

Burn calories while learning poses that strengthen and stretch your muscles in a total mind-body workout that emphasizes deep breathing and correct body alignment.

155456	Tue	9-10 a.m.	Delridge	J Reed
155457	Fri	11 a.m.-Noon	High Point	J Reed

**Discount:** take both classes and get a discount of \$43/class.

## OUTDOOR FITNESS AND NATURE

### Friday Morning Walks Free

Join us as we meet at the Alki Bathhouse for this walk. Social interaction, pleasant exercise, and beautiful scenery.

Fridays 8:30-9:30 a.m. Alki Bathhouse



**Angela P. Smith**  
Southeast  
Recreation Specialist

206-684-7484

[angelap.smith@seattle.gov](mailto:angelap.smith@seattle.gov)

### **REGISTRATION**

Registration and payment details for all classes and trips can be found on page 43. Notify us in advance to secure accessibility or trip accommodation on vehicles.

### **TRIPS**

#### **Pickup Request:**

Registered participants will be contacted 5 days prior to trip with date details and to confirm pickup site. 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.

### **PICKUP SITES AND TIMES FOR TRIPS**

#### **Yesler Community Center**

917 E Yesler Way  
Pickup 30 minutes before time listed.

#### **Rainier Community Center**

4600 38th Ave. S  
Pickup 15 minutes before time listed.

#### **Jefferson Community Center**

3801 Beacon Ave. S  
Pickup at listed time.

#### **Rainier Beach Community Center and Pool**

8825 Rainier Ave. S  
Pickup may be available upon request, call for time.

## FIELD TRIPS

### **Mystery Trip**

\$9

No hints, no initials, just take a chance on two interesting destinations. **Lunch on your own nearby.**

155530 1/17 Tue 9:45 a.m.–2:30 p.m.

### **Starbucks Roastery Experience**

\$7 + Fee

A seminar hosted by Starbucks from their private Coffee Library; includes brewing demonstration and techniques, and regional tasting. You'll also learn the history of the downtown building and roasting plant operation. **\$25 tour fee payable to City of Seattle by 1/17. Lunch on your own nearby.**

155527 1/24 Mon 9:45 a.m.–2 p.m.

### **Umbrella Theater Event: an afternoon antidote to Seattle's winter!**

\$10

Put on your raingear, and get out of the house! SilverKite's Intergenerational Theater Company will perform an original piece, titled *Umbrella*, created using company members' life experiences and stories as inspiration. Join in the umbrella parade (bonus points for polka-dotted rain boots!) to brighten the day, and a chance to win a prize. Enjoy refreshments, and help make a delightful afternoon worthy of a story in itself.

See pages 15, 34, and back cover for related information.

155528 1/30 Mon 12:30.-5 p.m.

### **Cinebarre**

\$7 + Fee

A fresh concept in movie watching allowing you to eat and drink from your comfortable seat. 21 year old establishment. We'll arrive for a matinee block buster of your choice. **\$6.50 admission and lunch on your own.**

155529 2/7 Tue 10 a.m.–2 p.m.

### **Happy Un-Birthday Party!**

\$10

Happy Birthday no matter when it is! We will celebrate your special day with a Valentine theme, catered lunch, cake and ice-cream, and then let the games begin! Aunt Betty Malone (drag queen) will entertain us with a bawdy round of "Not-Your-Grandma's Bingo", complete with prizes and unorthodox fun. Not for the faint of heart, this is Rainbow Bingo baby! Event held at Bitter Lake CC. **Registration required by 2/3.**

155531 2/14 Tue 10:30 a.m.–3 p.m.

### **Crystal Mountain and Gondola Ride**

\$26 + Fee

What a beautiful area. Bring a lunch as we will do some walking while we are there. **Your option to ride the Gondola, fee on your own. \$20 for adults, \$15 for people age 70+.**

155526 3/9 Thu 10 a.m.-6 p.m.

## FIELD TRIPS

### Ocean Shores Overnight Seafood Festival \$40 + Room Fee

Want to get away! How about to the Razor Clam and Seafood Festival weekend?! The event features an artisan marketplace, live entertainment, cultural exhibits, and the highly anticipated Clam Chowder Cook-off.



**\$228 single or double occupancy for both nights (two can share the cost of a room). Register first with Seattle Parks, then reserve your hotel room by Feb 14. Call Angela at 206-684-7484 for reservation instructions. Roommate pairing may be available. Hotel payments due on arrival. Please note city vehicles used. Scholarship applied to transportation fee only for those who qualify. Rainier CC pick-up only.**

155532 3/16-3/18 Th-Sat 10 a.m. Th-3 p.m. Sat

## SPECIAL EVENTS

### Fabulous Over 50 Luncheon \$2 Donation

Thanks to our local sponsors, Park Place Assistive Living and Esperanza Apartments, this gathering happens once a quarter. Receive community information, enjoy lunch, and play bingo. Event held at Esperanza Apartments; 6940 37th Ave S, 98118. **Pre-registration required.**

155501 3/14 Tue 10:30 a.m.-1 p.m. Esperanza Apts

### Winter Potluck and Bingo Free

I'll bring the soup. You bring a dish to share. After lunch, BINGO! Prizes for the winners. **Pre-registration strongly encouraged.**

155525 2/10 Fri Noon-2:30 p.m. Jefferson

## SOCIAL PROGRAMS

### Food and Fitness Programs

#### Food and Fitness: Ethiopian/Eritrean

Opportunities for elders to congregate and celebrate their culture and language. Each day provides lunch, social, educational, and fitness programs. Please call 206-684-4664 to reserve your meal.

Thu/Sat 11 a.m.-1 p.m. Yesler

### Games

#### Drop-In Bridge \$3 (Age 65+ \$2)

Drop-In play for bridge players.

Wed 11 a.m.-2 p.m.

#### Mexican Train - Dominos Free

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 - 1/26, 2/23, 3/23. You'll have a great time.

155517 Thu 7-9 p.m. Jefferson

## ARTS AND HANDWORK

#### Needle Art Circle Free

155518 Thu Noon-3 p.m. Jefferson

#### Quilting Free

155520 Fri 11 a.m.-2 p.m. Jefferson

### Southeast Seattle Senior Center

4655 S Holly St, 98118  
206-722-0317

#### Community Dining Lunch

Chef Sharon Smith and SESSC volunteers make lunches from scratch. Monthly menu available at the front desk.

**When:** Monday-Friday, Noon-12:45p.m.

**Cost:** Age 60+: \$3 suggested donation/Others: \$6

#### Regular Bingo

Come join the fun!

**When:** Wednesdays, 12:30-3:00 p.m.

**Cost:** \$5 buy-in, \$3 if you bring a new player

#### Conversational Spanish Class

Learn under the tutelage of Marcelino Gomez.

**When:** Fridays, 10:30-11:30 a.m.

**Cost:** \$2, sign up at the front desk

## LIFELONG LEARNING

**AARP Drivers Safety** \$20/\$15 AARP Members  
This is an opportunity to refresh your driving skills and rules of the road. By completing this 8-hour course, it is possible to receive a discount on your car insurance. **Pre-registration is required. \$20 fee (\$15 for AARP members) payable to instructor.**

155459	1/27	Fri	9 a.m.-3 p.m.	Rainier
155466	3/22	Wed	9 a.m.-5 p.m.	Jefferson

## DROP-IN SPORTS

**Drop-In Pickleball** \$3 (Age 65+ \$2)

Mon	9:45 a.m.-12:15 p.m.	Advanced	Jefferson
T/Th	10 a.m.-12:30 p.m.		Rainier
T/Th	10 a.m.-Noon		Yesler
W/F	10 a.m.-Noon		Van Asselt

**Pickleball Skills** \$22  
Learn to improve your skills and increase your confidence in your playing ability.

155521	Mon	8:30-10 a.m.	Rainier	M Anderson
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**Drop-In Table Tennis** Free

Tue	10:30 a.m.-1:30 p.m.	Garfield*
Fri	10:30 a.m.-1:30 p.m.	Garfield*

\*Lunch available on-site at Garfield for \$3.50

## 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** \$40  
Relieve your stress with an upbeat fitness class. Aerobics can improve your heart rate, blood pressure, and breathing.

155469	Wed	8:30-9:30 a.m.	Jefferson	Y Long
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**Line Dance** \$40  
Work out with your mind and body. Learn new dance patterns to all kinds of great music.

155506	Thu*	11:30 a.m.-12:30 p.m.	Van Asselt	L Reese
155508	Thu**	1-2 p.m.	Van Asselt	L Reese
155504	Fri**	10-11 a.m.	Jefferson	M Chen

\*Beginner \*\*Advanced-Beginner \*\*Intermediate \*\*\*Advanced

## FITNESS CLASSES

**Zumba® Gold** \$45  
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!

155524	Mon	8:30-9:30 a.m.	Jefferson	C House
155523	Fri	11 a.m.-Noon	Jefferson	C House

### Strength and Conditioning

**Circuit Training**  \$50  
Become a stronger you! Circuit training strengthens your major muscle groups as you rotate among training stations.

155481	Mon	8-9 a.m.	Rainier	C Grekoff
155472	Wed	8-9 a.m.	Rainier	C Grekoff

**Enhance Fitness** \$40  
Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. *Free to Group Health members with Part B Medicare coverage.*

155488	Mon	9:15-10:15 a.m.	Rainier	C Grekoff
155485	Wed	9:15-10:15 a.m.	Rainier	C Grekoff
155487	Fri	9:15-10:15 a.m.	Rainier	TBA

### Tai Chi

**Tai Chi** \$40  
Improve balance and posture, increase strength, and calm your mind.

155522	Tue	12:30-1:30 p.m.	Yesler	E Baxa
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**Drop-In Tai Chi at Rainier Beach** \$3/Drop-In

M/Th	9:30-10:30 a.m.	Rainier Beach	S Hiserman
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### Yoga

**Gentle Yoga**  \$45  
Burn calories while learning poses that strengthen and stretch your muscles in a total mind-body workout that emphasizes deep breathing and correct body alignment.

155495	Wed	5:30-6:30 p.m.	Rainier Beach	Singh
155494	Fri	8-9 a.m.	Rainier	Singh



**Cheryl Brown**  
Explore U Recreation  
Program Coordinator

206-615-0619  
[cheryl.brown@seattle.gov](mailto:cheryl.brown@seattle.gov)

We are partnering with AARP to present one time programs that are a chance for you to try something new in an easy, introductory, and fun group setting. Explore U will continue to be developed and will eventually include amenities like increased parking for seniors at our community centers, more accessible trails in our parks, and additional opportunities to become a healthier you. If you have a suggestion for a new program or would like more information, contact Cheryl Brown at 206-615-0619 or email [cheryl.brown@seattle.gov](mailto:cheryl.brown@seattle.gov).



## ART

### Botanical Drawing in Watercolor and Ink \$85

Capture the essence of flowers and plants with simple, quick techniques and portable materials. Instructor Lisa Snow Lady has a BFA in painting and a degree in ornamental horticulture. **Purchase of annual Conservatory pass for \$20 required. Please bring an ultra-fine Sharpie pen and a watercolor notebook (5" x 8") to the first session.**

157165 1/10-2/7 Tue 10:30 a.m.-1 p.m. Conservatory

### Portrait Drawing \$85

Study the human skull, basic proportions, individual features and shading patterns that will make your faces more realistic and give you the confidence to tackle any face! Julia Carpenter currently teaches at the Art Institute of Seattle, Kirkland Arts Center, and Daniel Smith Artist Materials. You can see some of her work at [www.juliacarpenterpaintings.com](http://www.juliacarpenterpaintings.com).

155420 1/12-2/9 Thu 11 a.m.-1:30 p.m. Mag Brig

### Birds of Spring in Oil \$75

Using basic bird anatomy, gestural drawing, effective color mixing and expressive brush strokes you leave feeling confident to tackle any bird in painting or drawing! Some oil painting experience is recommended. Julia Carpenter holds a Masters Degree in Painting from Montana State University, Bozeman., and a BS in Art Education from University of Wisconsin-Madison. You can see some of her work at [www.juliacarpenterpaintings.com](http://www.juliacarpenterpaintings.com).

155408 2/23-3/16 Thu 11 a.m.-1:30 p.m. Mag Brig

### Introduction to Ikebana \$60

The beauty of this art form is its simplicity. The basic Sogetsu curriculum teaches you principles of space, balance, and color to help you develop the artistic sense to create freestyle arrangements on your own. Materials for first class included. **Please bring \$10 donation for the Garden at the first class.** Instructor: Fanny Yau.

155428 2/17-3/3 Tue 1-3 p.m. Japanese Garden

## LIFELONG LEARNING

### Masters of the Renaissance with Osher Lifelong Learning

This introductory art history course traces key developments and themes explored in the art of Western Europe during the 14th through 16th centuries. Illustrated lectures anchor the course, but discussion is encouraged at all times. Instructor, Kolya Rice, adjunct professor in the UW's Art History and Master of Arts in Musicology program. **Take this course by joining OLLI-UW for an annual fee of \$35 and a course fee of \$40. Register by calling 206-685-6549.**

155409 1/18-2/8 Wed 10 a.m.-Noon Mag Brig

## LIFELONG LEARNING

**Osher Presents: Lunch and Learn** Free  
Lifelong Recreation is partnering with the UW Osher Institute to offer educational classes of interest. Join us on the first Wednesday of the month for a free lecture in the Garden Room at the Magnuson Brig. Bring your lunch!

155410	1/4	Wed	Noon-1 p.m.	Mag Brig
155411	2/1	Wed	Noon-1 p.m.	Mag Brig
155412	3/1	Wed	Noon-1 p.m.	Mag Brig

**Retirement Planning** Free  
Hosted by NEST, North East Seattle Together. Financial advisors Kevin Peterson and Laurie Adams of Eagle Strategies share the financial building blocks to create a long and healthy retirement. Judy Kinney of NEST explains how the national "retirement village" movement is growing in the Puget Sound region to support us to grow older in the homes and neighborhoods we love.

157170	1/24	Tue	4-5:30 p.m.	Laurelhurst
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**Maximize Your Social Security Benefits** Free  
Hosted by NEST, North East Seattle Together. Carin Wise, retirement specialist at New York Life, will discuss planning strategies that will help you explore critical issues in your own unique situation. Discover the many factors that influence when and how to claim Social Security.

157169	2/7	Tue	4-5:30 p.m.	Laurelhurst
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## TRIPS

### Colors of New England

Join us on an adventure that tops the bucket list of many, the fall colors of New England! We will travel through Massachusetts, Vermont, New Hampshire and Maine seeing the best of what the season has to offer. This trip is all inclusive with airfare, hotels all excursions and many meals. Find out more about this trip at the information sessions below! Call Cheryl at 206-615-0619 for more information.

158562	1/19	Thu	10 a.m.	Magnolia
158563	1/19	Thu	1 p.m.	Hiawatha
158564	3/2	Thu	10 a.m.	Jefferson
158565	3/2	Thu	1 p.m.	Northgate

**Now Playing!**

Lifelong Recreation and The Mayor's Office for Senior Citizens has partnered with the areas many performance venues to bring you free tickets! Working together with our awesome volunteer, Sharon LeVine, we should have a good selection of tickets and shows to choose from. If you see a play or concert in town that you want to see, simply email or call the phone numbers below to find out if tickets are available. The great staff at the Mayor's Office will make sure the tickets are ready for you at will call at the time of the performance. For information email: [seniors@seattle.gov](mailto:seniors@seattle.gov), or call 206-684-0500.

## Meet Lisa Snow Lady, Artist and Teacher



"My love of travel has taken me throughout western Europe, along the Aegean Coast of Turkey, into San Miguel de Allende in Central Mexico, and to coastal California. Filling journals with Islamic mosques, colorful domes, and red tiled roofs mingling with palms, I create watercolor sketches: remembrances of the journey.

I also find inspiration in my native Pacific Northwest. Of particular interest to me are neighborhood street scenes, the places where structures meet the sea, and the play of light and shadow on surfaces. With simple shapes and a limited palette of acrylic paint, I capture the beauty that I find in the ordinary places and objects that often get passed by each day.



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

206-615-0100  
[cayce.cheairs@seattle.gov](mailto:cayce.cheairs@seattle.gov)

Enjoy our winter dementia-friendly recreation opportunities designed to include and celebrate the strengths of community members living with memory loss.

Most of our programs are intended for people living with Early Stage Memory Loss (ESML) unless otherwise noted. One care partner per participant is welcome to attend for no additional charge

For more information or to register, contact Cayce Cheairs by phone or email, or the contact noted in the description.

**MOMENTIA SEATTLE**

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

**SPECIAL EVENT**

**Umbrella Theater Event:** \$5/\$10\*  
**an afternoon antidote to Seattle’s winter!**

Put on your raingear, and get out of the house! Silver Kite’s Intergenerational Theater Company will perform an original piece, titled Umbrella, created using company members’ life experiences and stories as inspiration. Join in the umbrella parade (bonus points for polka-dotted rain boots!) to brighten the day, and a chance to win a prize. Enjoy refreshments, and help make a delightful afternoon worthy of a story in itself. **Joint Lifelong Recreation program, transportation available from NE and SE Seattle. Contact Cayce for more details.**

**\*\$5 suggested donation, \$10 includes transportation.**

See pages 15, 29, and back cover for related information.

1/30	Mon	1:30-4 p.m.	Officers Club, Building 30, Magnuson Park
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**WINTER FIELD TRIP**

**Seattle Art Museum** \$5/\$10 with transportation  
 Enjoy a special trip downtown to explore exhibitions at the Seattle Art Museum, followed by lunch together at a nearby café! Van transportation provided, pickups in North, Central, and South Seattle. **Space is limited, must register with Cayce by Tuesday 1/31.**

2/15	Wed	10 a.m.-2 p.m.
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**OUTDOOR RECREATION**

**Out and About Walks** Free

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 cafe. Contact Cayce for more information.

2nd and 4th Fridays 10 a.m.-12:30 p.m. Various Locations

**\*Expanding in Spring 2017!** Sign up now to join our second group of walkers on 1st and 3rd Fridays.



*Out and About walkers explore Seattle’s diverse parks and neighborhoods.*

**Early Stage Memory Loss Zoo Walk** Free

A gentle to moderately-paced walk through the zoo, led by a zoo docent and followed by a social gathering in the zoo cafe. Flat, paved surface. **Registration required by calling the Alzheimer’s Association at 206-529-3868.**

Monday and Wednesday mornings Woodland Park Zoo

# CREATIVE ENGAGEMENT

**Friendly Folk Dance** Free  
 "Travel the world" with international folk dances in this 4-week dance experience for persons living with memory loss and care partners. Teaching artist and folk dance master Susan Wickett-Ford leads simple moves with inspiring music. All abilities welcome, seated dance options available. Offered in partnership with Silver Kite Community Arts, sponsored by Aegis Living. **Register with Cayce by Monday, 1/9.**

1/11, 1/18, 1/25, Wednesdays 10-11:30 a.m. Yesler CC and 2/1



*Friendly Folk Dance: good for the body, mind, and spirit!*

**"Arts in the Park" Watercolor Painting** \$15/3 session series

Explore, create, and connect! This creative opportunity is intended for persons living with early to mid-stage dementia. Enjoy a half-hour garden walk on gravel pathways, followed by wet-on-wet watercolor painting led by a skilled Elderwise facilitator. No artistic experience necessary; all materials provided. Offered in partnership with Elderwise, sponsored by Careforce. **Space is limited, register by Tuesday, February 28.**

3/7, 3/14, 3/21 Tuesdays 10 a.m.-Noon Japanese Garden 1075 Lake Wash Blvd E



*Watercolor painting inspired by the colors and textures in the Japanese Garden.*

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

**Dementia-Friendly Drum Circle** Free  
 Join others living with memory loss, family, and friends, and start drumming! Use a variety of instruments in this facilitated group to express YOUR musical spirit. Offered by the Southeast Seattle Senior Center; **call 206-722-0317 to sign up.**

1/20, 2/17, 3/17 3rd Fridays 1-2 p.m. SESSC, 4655 S Holly St.

# FITNESS

**Minds In Motion** \$15  
 A weekly vigorous fitness class including cardio, balance, flexibility, and strength. Class will be taught with easy to follow instructions that are 1 to 2 steps long, accompanied by visual cues. Made possible with support from Aegis Living. **Register with Carol at 206-684-4240.** Instructor: C Grekoff. **No class 1/16 or 2/20.**

1/9-3/13 Mondays 2-3 p.m. Miller CC

# VOLUNTEER

**Remember The Hungry**  
 A monthly opportunity to give back to community and build meaningful relationships. Every third Tuesday of the month help package and sort food and supplies for the thousands served each week at Northwest Harvest's Cherry Street Food Bank. **6 participants maximum each month. Register by Friday beforehand.**

1/17, 2/21, 3/21 Tuesdays 1-2:30 p.m. 711 Cherry St.



*Volunteers at Northwest Harvest's Cherry Street Food Bank.*



**Jill Ellison**  
**Sound Steps**  
**Program Coordinator**

206-684-4664



**Stay Connected!**

- Follow us on Facebook.
- Visit the Sound Steps blog at [seattlesoundsteps.wordpress.com](http://seattlesoundsteps.wordpress.com).
- Email [sound.steps@seattle.gov](mailto:sound.steps@seattle.gov) to receive the E-newsletter.

Want to explore Seattle on foot, meet new friends, and stay in shape? Join a Sound Steps weekly walking group, monthly hike, or special event! Try out a walking group any time, or find out how you can start a walk in your neighborhood. See page 43 for registration information.

**SPRING TRAINING**

Challenge yourself to train for a 10K or Half Marathon walk event this spring! Start by attending an information session in north or south Seattle, continue with Saturday morning group training walks that gradually increase in distance from February through June. **Please register by 1/9.**

**South Kickoff Event**  **Free**  
 154938 1/21 Sat 10 a.m.-Noon Jefferson CC

**North Kickoff Event** **Free**  
 154937 1/25 Wed 1-3 p.m. Bitter Lake CC

**HIKES**

Enjoy the great outdoors! Two regular pick-up locations, **SOUTHEND:** Jefferson Community Center, and **NORTHEND:** 8061 Densmore Ave N. Pickup 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. **Registration deadlines are one week prior to day of trip.**

**Soos Creek Trail**  **\$12**  
 Walk along a flat and paved 7-mile trail that travels through wetlands and farmland. Flexible distance. Return time 2 p.m.  
 157356 1/30 Mon Densmore pickup: 9 a.m.  
 Jefferson CC pickup: 9:30 a.m.

**Cedar Butte**  **\$15**  
 Enjoy this summit hike with views toward the north, from Mount Si to Mailbox Peak and several peaks in between. 3.5 miles round trip with an elevation gain of 900 feet. Return time 2 p.m.  
 157355 2/6 Mon Densmore pickup: 9 a.m.  
 Jefferson CC pickup: 9:30 a.m.

**Wallace Falls State Park**  **\$18**  
 A series of falls, nine in all, two that are stunning and one-the tallest at 265 feet-that's absolutely spectacular! 5.6 miles round trip with an elevation gain of 1300 feet. Return time 4 p.m.  
 157357 3/6 Mon Jefferson CC pickup: 9 a.m.  
 Densmore pickup: 9:30 a.m.

**Hikes - Levels of Difficulty**

-  **Easy** - paved, smooth and fairly level trail surface; recommended for beginners
-  **Moderate** - some hills; exposed roots and rocks possible
-  **Harder** - some difficult terrain; hills or stairs
-  **Difficult** - steep hills, significant elevation gain; for advanced hikers

# SOUND STRIDERS

## Enjoy faster, longer walks?

Free  
Join 'Sound Striders' for 5 to 6-mile fitness walks every week! Meet at 8 a.m. for coffee; walk leaves at 8:30 a.m. Each month we explore a different Seattle neighborhood. Call for current walk locations, or view on the blog, under *Weekly Walking Groups>Sound Striders*.

**NORTH Striders Tuesdays** 154931  
**SOUTH Striders Thursdays** 154936

January 5, 12, 19, 26	<b>ALASKA JUNCTION</b> Meet at Uptown Espresso, 4301 SW Edmunds St.
February 2, 9, 16, 23	<b>CAPITOL HILL</b> Meet at Tully's, 746 19th Ave E.
March 2, 9	<b>RAINIER BEACH</b> Meet at Beach Bakery, 7820 Rainier Ave S.
March 16	<b>RAINIER BEACH</b> Meet at Safeway, 9262 Rainier Ave S.
March 23	<b>DELRIDGE</b> Meet at Uptown Espresso, 3845 Delridge Way SW.
March 30	<b>ID and HARBORVIEW</b> Meet at Zeitgeist, 171 S. Jackson.

## SPECIAL EVENTS

### North Cascades Overnight Trip!

Sound Steps is planning a 2-night stay in the North Cascades. Space is limited, save the date for **May 16-18**, and look for more information in the spring brochure!

Learn about the park before our trip by visiting the Burke's "Wild Nearby" exhibit!

### Burke Museum: Wild Nearby

Fee  
Few places on earth rival the rugged beauty and biological diversity of Washington's North Cascades mountain range. We will experience the sights, sounds, and stories of one of the largest wildlands in the US through this interactive exhibit, including a full-scale replica of a fire lookout.

Meet at Burke Museum at 2 p.m., or at 8061 Densmore Ave N at 1:30 p.m. to take Metro. Bring ORCA card, or correct fare, and \$5 cash for museum admission.

**Registration required.**

154920 1/9 Mon 1:30-4:30 p.m..

### Happy Un-Birthday Party!

\$10  
Happy Birthday no matter when it is! We will celebrate your special day with a Valentine theme, catered lunch, cake and ice-cream, and then let the games begin! Aunt Betty Malone will entertain us with a bawdy round of "Not-Your-Grandma's Bingo", complete with prizes and unorthodox fun. Not for the faint of heart, this is Rainbow Bingo baby! Register with your sector of choice, see pages 11, 15, 21, 25, or 29.

2/14 Tue 11:30 a.m.-1:30 p.m. Bitter Lake CC

### Snowshoe Adventure

\$5 + Fee  
Snowshoe with *Outdoors for All* on the John Wayne Trail, near The Summit at Snoqualmie Nordic Center. Gear is provided with a fitting and orientation, including a short beginner's lesson, first thing in the morning. After our lesson, the group will hit the trail for a couple hours of snowshoeing, followed by some time to relax in *Outdoors for All's* yurt. The yurt, near the Nordic Center, offers a warm, dry, and rustic escape from the busy lodge for a great place to eat lunch or relax with hot chocolate after our hike. **Please bring a lunch, as concessions are limited.**

**Mail \$60 payment to: Outdoors for All Foundation, Attn: Sara Ramsay, 6344 NE 74th St, Suite 102, Seattle, WA 98115. Checks should be made out to "Outdoors for All".**

A minimum of 8 paid registrations must be received by 2/2, so register early! **No refunds after registration.**

Two pick-up locations:

Magnuson Brig (Building 406) 6344 NE 74th St at 8 a.m. or Jefferson CC, 3801 Beacon Ave S at 8:30 a.m.

154934 3/2 Thu 8 a.m.-3 p.m.

## ST. PADDY'S 5K FUNDRAISER



**Leapin' Leprechauns!** It's the 10th Annual St. Paddy's fundraiser walk at Jefferson Park! Join Sound Steps for a flat and paved 3-mile walk around the park followed by a costume contest and refreshments. **Wear your festive green!** Cost: \$10.

154939 3/11 Sat 10 a.m.-Noon Jefferson CC

## WEEKLY WALKS - NORTH

**Ballard Sound Steps** Free  
3 miles, flat, paved Burke Gilman Trail. Moderate pace.

154918 Mon 9:30-10:30 a.m. Fred Meyer  
main entrance  
915 NW 45th St.

**Carkeek Park Hike** Free  
3 miles, some hills, natural surface forest trails with views of Puget Sound. Moderate pace.

154919 Wed 10-11:30 a.m. Eddie McAbee entrance  
NW 100th Pl.  
and 6th Ave. NW

**Senior Zoo Walkers** \$20/13 wks  
Woodland Park Zoo, Group Health, and Seattle Parks and Recreation invite you to join Senior Zoo Walkers, promoting fitness and socializing in a beautiful setting. Fitness leader warm-up at 9:15 a.m. **Sign up online:** <http://www.zoo.org/seniorzoowalkers>.

T/Th 9:15-11 a.m. Woodland Park Zoo  
South Gate  
50th and Fremont

**Green Lake Loopers** Free  
Walk the 3-mile loop at a gentle or moderate pace. Monthly group; hosted by the Wallingford Community Senior Center. Meet in front of Green Lake Church, 6350 E Green Lake Way N, cross street is Meridian Ave. N. **RSVP to WCSC: 206-461-7825.**

154923 Fri 1:30 p.m. Green Lake

**North Greenwood Sound Steps** Free  
3 miles, moderate pace, some hills, natural surface forest trails in Llandover Woods greenspace. Meet at Diva Espresso, 14419 Greenwood Ave. N (**Diva Espresso at the northernmost end of Greenwood Ave.**). Call Nancy at 206-851-6860 if you'd like more information.

154930 Mon 9:30-10:30 a.m.

**Sound Steps Strollers**  Free  
Start taking steps toward a healthier you! This program is designed for beginner walkers, people with mobility challenges, and those who use mobility aides. Group meets at the food court at Northgate Mall, located at the south entrance near the parking garage. Led by volunteer walk leader, Patty Young, 206-365-6691.

154935 1/14-3/25 Sat 9 a.m. Northgate Mall

**Lake City After Lunch**  
Wednesday is "Senior Day" at Lake City Community Center. Come for lunch at noon and stay for the group walk. Fitness warm-up followed by light group walk. Call 206-268-6738 for more information. This program is sponsored by Sound Steps and Sound Generations.

154927 Wed 1:15 p.m. Lake City CC

38 Visit us on the web at <http://www.seattle.gov/parks/seniors/index.htm>

**NEW!**

**Magnuson Park Sunday Strolls** 

Meet new people as we explore the sights and sounds of the beautiful and diverse Magnuson Park. Varied terrain and flexible pace and distance; all ages welcome!

Meet outside the entrance of Sand Point Tennis Center, 7135 Sportsfield Drive NE.

Sun 10 a.m.

## WEEKLY WALKS - CENTRAL

**Pike Place Market Sound Steps** Free  
3 miles, flat, paved with waterfront views. At your own pace. Meet at the Pike Market pig.

154932 Thu 10-11 a.m. 85 Pike St.

**Discovery Park Sound Steps** Free  
2.8 miles, some hills, natural surface trails with Puget Sound views. Moderate pace. Meet at the visitor center.

154922 Fri 10 a.m.-Noon Discovery Park

**Capitol Hill Sound Steps**  Free  
Sponsored by Sound Steps and the Cal Anderson Park Alliance! Group meets at the Shelter House near the bathrooms on the 2nd and 4th Wednesdays. **Please call Jill to confirm start date.**

156297 Wed 6-7 p.m. Cal Anderson Park

**Yesler Terrace Sound Steps** Free  
Join Yesler Terrace residents on Mondays and Thursdays for a Neighborcare Health Walk around the neighborhood. Group meets at Yesler Community Center.

154941 M/Th 2-3 p.m. Yesler CC

**High Point Sound Steps** Free  
Join Neighborcare community health workers and neighbors on weekly walks around the beautiful High Point neighborhood. All ages and abilities welcome!

Fri 2-3 p.m. High Point Center  
6400 Sylvan Way SW

**Central District Walk and Rollers** Free  
Join Sound Steps and Iora Primary Care and walk or roll on paved sidewalks and the flat, soft track outside Garfield High School. Whether you are a stroller or moderate walker, all are welcome! Meet at Iora Primary Care (entrance access is at 24th and S. Main St.)

154921 Fri 11 a.m.-Noon 306 23rd Ave. S,  
Suite 200

# WEEKLY WALKS - SOUTH/WEST

## Lincoln Park Sound Steps

3 miles, some hills, natural and paved surface trails along Puget Sound. Moderate pace. Meet at the south end of the north parking lot.

154928

Mon 10-11:15 a.m.

Lincoln Park

Free

## Rainier Beach Indoor Walk

Walk laps to music inside the gym at your own pace.

154933

T/W 10-11 a.m.

Rainier Beach

Free

## VOLUNTEER OPPORTUNITY

### *Spring Training Walk Leaders*

**Now recruiting volunteers to support the 10th Annual Spring Training Program!**

Responsibilities include: attending a planning meeting, assisting with special events, attending Saturday group walks, recording attendance, leading walks from 1/4-mile up to 11-miles, mentoring service-learning students, and encouraging participants to continue taking steps toward their goals!



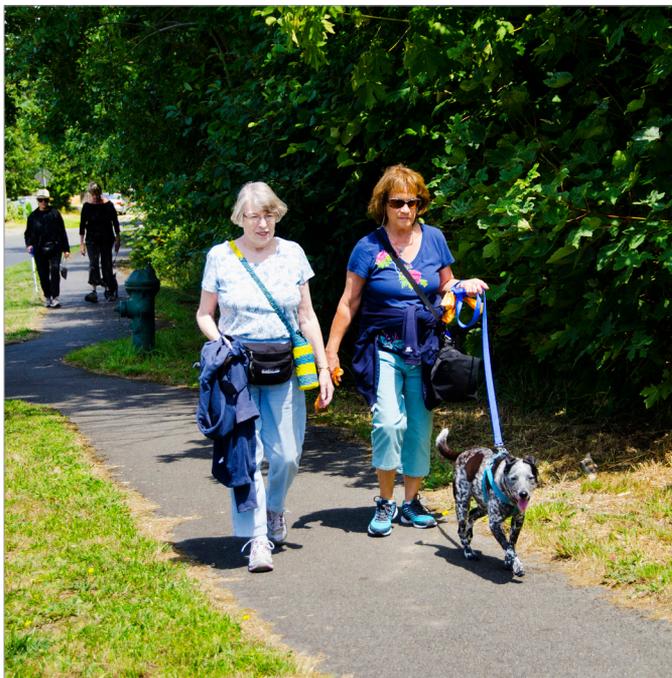
***Please call or email Jill if you'd like to be a part of the fun!***

Volunteers will receive training resources, a special edition Sound Steps hat, and free registration for Spring Training events.

## WALKS WITH DOGS

Bring a dog, or come without one if you love dogs. Prepare to walk 2-3 miles, rain or shine. Meet at designated site at 11 a.m., leash your dog and bring poop bags. Walks are free, but please register at 206-386-9106, 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.



*Walks with Dogs is great for your dog, and for you!*

### Madison Valley Neighborhood

Meet at Essential Bakery Café,  
2719 E. Madison St.

2/14 Tue 11 a.m.

### Green Lake Path

Meet at The Urban Bakery,  
7850 E. Greenlake Dr. N.

2/28 Tue 11 a.m.

### Sunset Hill Neighborhood in Ballard

Meet at Picolino's Bakery Café,  
32nd Ave. NW and NW 65th St.

3/14 Tue 11 a.m.

### Portage Bay Loop

Meet at Montlake Community Center,  
1618 E. Calhoun St.

3/28 Tue 11 a.m.

## VOLUNTEER

### VOLUNTEER FAIR!

**We need you!** Learn about the opportunities available for volunteering in Seattle Parks and Recreation.

This information fair will introduce you to what it means to volunteer in many sections of the parks system, from working on trails and within parks, helping in a community center to support programs, to being an active member on your community Advisory Council. Representatives from each division of parks that needs volunteers will give a description of the work, and answer questions. We welcome everyone who has a desire to help! Two dates and locations to choose from:

158566	1/25	Wed	Noon-3 p.m.	Rainier
158567	2/2	Thu	10 a.m.-1 p.m.	Northgate

**Want to know more? Call Cheryl at 206-615-0619.**



Volunteer David Matthes, above, helps with special events, takes pictures, represents us on the Advisory Council, and has even taught one of our computer classes.

## SENIOR COFFEE HOURS

### Senior Coffee Hours

Free  
The Mayor's Office for Senior Citizens' Coffee Hours bring community elders closer to City officials, providing elders an opportunity to learn more about City programs and services, and offers an opportunity to hear from elders. Refreshments are served. Coffee Hours are held the third Thursday of every month in the Central Building Conference Room, located on the 1st floor at 810-3rd Ave. (between Columbia and Marion St) from 10-11 a.m..

*Dates/speakers are TBA. Call 206-684-0500 to verify dates/times or e-mail [seniors@seattle.gov](mailto:seniors@seattle.gov).*

## ADVISORY COUNCIL



### 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 would like to get involved, please contact the facility staff for further information.

**If you'd like to get involved, please call the Lifelong Recreation Office at 206 684-4951.**

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.

## SENIOR CENTERS

### Ballard NW Senior Center

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

### Central Senior Center

500 30th Ave. S 98144  
Tel: 206-726-4926  
[www.centralareascenter.org](http://www.centralareascenter.org)

### Greenwood Senior Center

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

### Lake City Community Center

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

### Pike Place Senior Center

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

### Southeast Seattle Senior Center

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

### South Park Senior Center

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

### Sunshine Garden Chinese Senior Community Center

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

### Wallingford Community Senior Center

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

### West Seattle Senior Center

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

## REGISTRATION - Online, in Person, by Phone, and by Mail



### ONLINE

1. Visit [www.seattle.gov/parks](http://www.seattle.gov/parks).
2. Click on the SPARC logo.
3. Follow the on-screen instructions to register.
4. Pay by credit card. We accept Visa, MasterCard, and American Express. In order to make your online registration go as smoothly as possible, please set up an account 24 hours before registering at [www.seattle.gov/parks/](http://www.seattle.gov/parks/) and click on the SPARC section.



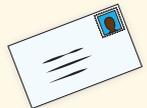
### IN PERSON

1. Visit your local community center.
2. Pay by cash, check, or credit card. We accept Visa, MasterCard, and American Express.



### BY PHONE

Call your recreation specialist, or the Business Service Center at 206-684-5177.



### BY MAIL

Mail in your check, payable to *City of Seattle*, to 4554 NE 41st St., Seattle, WA 98105, with the registration form below.

## 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

Kelly Guy, Director of Recreation

Brenda Kramer, Manager Lifelong Recreation Programs

### 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

Seattle Park District Scholarship funds are available to those who qualify. Lifelong Recreation programs have been allocated over \$50,000. To apply, visit any community center or pool, bring your most recent 1040 or SSI paperwork, and picture ID. To download forms online visit [bit.ly/SPRscholarships](http://bit.ly/SPRscholarships).

Here are some beginning qualification guidelines:

Scholarship Eligibility		Number in House			
		1		2	
80%	Monthly	\$1,963	\$2,207	\$2,657	\$2,988
70%	Monthly	\$2,208	\$2,335	\$2,989	\$3,161
60%	Monthly	\$2,336	\$2,521	\$3,162	\$3,413
50%	Monthly	\$2,522	\$2,708	\$3,414	\$3,665
40%	Monthly	\$2,709	\$2,874	\$3,666	\$3,891

## REGISTRATION FORM

Class/Trip Number	Class/Trip Name	Date	Day	Time

Name \_\_\_\_\_

Address \_\_\_\_\_

Telephone \_\_\_\_\_

Email \_\_\_\_\_

Date of Birth \_\_\_\_\_

# 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 lessons missed due to illness or vacations.

## Class Cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

## Scholarships

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

## Waiting Lists

We will create waiting lists for all filled classes. 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.

## 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 206-615-0140 or TDD 206-684-4950. 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/).*



## Community Happenings



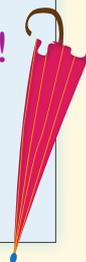
### UMBRELLA THEATER EVENT: an afternoon antidote to Seattle's winter

 Monday January 30, 1:30-4 p.m.  
at The Officer's Club in Magnuson Park

 \$5 suggested donation at the door,  
\$10 includes transportation

Brighten your day with SilverKite's  
Intergenerational Theater Company!

See page 15 for NE, 29 for SE,  
and 34 for Dementia-Friendly details.



## ♣. PADDY'S SK

JEFFERSON  
PARK

SATURDAY  
MARCH 11  
10 A.M.-NOON

\$10



SEE PAGE 37  
FOR DETAILS!

## HAPPY UN-BIRTHDAY PARTY!

**YOU'RE INVITED!**

**WHEN:** *Tuesday 2/14 from 11:30 a.m.-2 p.m.*

**WHERE:** *Bitter Lake CC*

**WHAT:** *Lunch with cake and ice cream,  
followed by Rainbow Bingo!*



**RSVP:**

please see pages 11 for **NW**,  
15 for **NE**, 21 for **Central**,  
25 for **SW**, or 29 for **SE**.