

Lifelong Recreation

Arts, Fitness and Social Activities for ages 50+



City of Seattle



“Some people are old at 18 and some people are young at 90...time is a concept that humans created.” Yoko Ono



Lifelong recreation focuses on physical activity, social engagement, education, arts , creativity and healthy lifestyles for ages 50 and better.



Lifelong Recreation Programs



Sound Steps
2003

Food and Fitness
2004

Dementia Friendly Recreation
2011

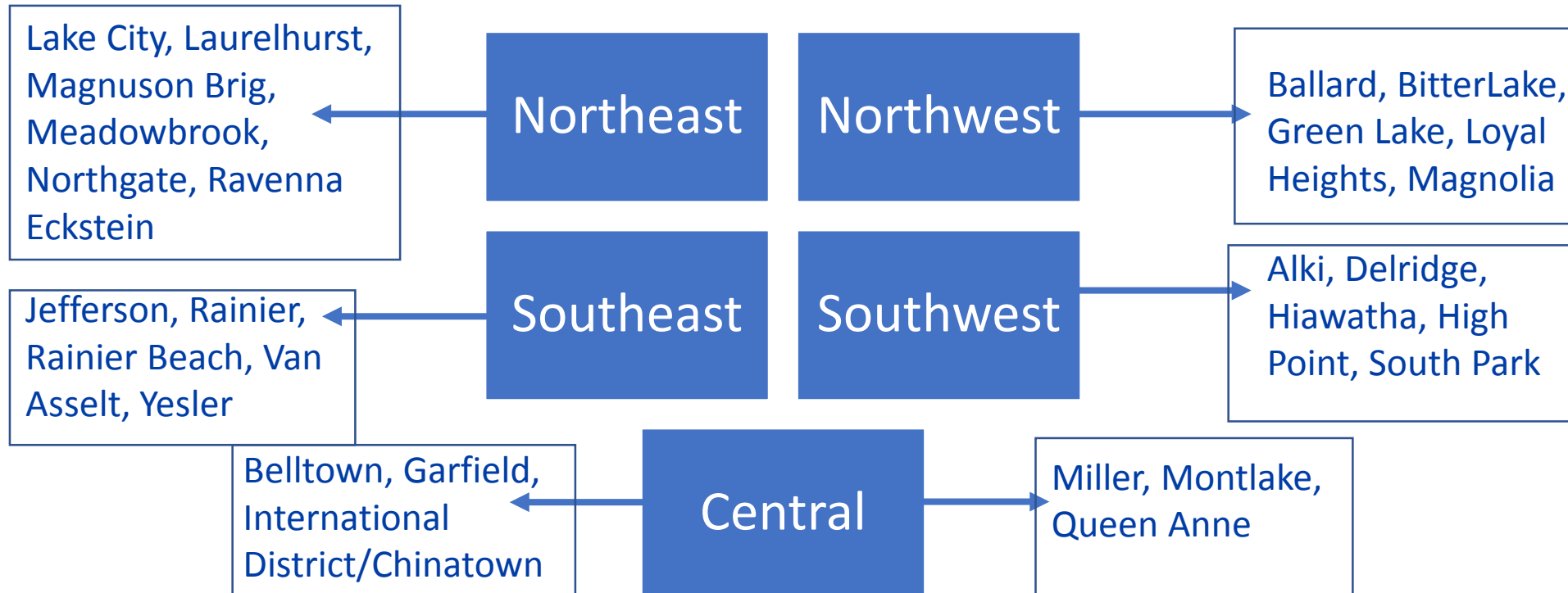
Rainbow Recreation
2017

Who we serve



Lifelong Recreation Sector Programs

We are divided into 5 sectors geographically across the city





Fitness





Trips







Arts





Social Activities





Environmental Programs



Sound Steps





Food and Fitness



Dementia Friendly Recreation



Rainbow Recreation



Volunteer Opportunities



Lifelong Recreation...Come Play With us!

