LIFELONG RECREATION

Arts, Fitness, and Social Opportunities for People 50+

Seattle Parks & Recreation

Autumn 2021

Session 2 October 25-December 18

No Classes Thanksgiving Week, November 22-26

Seattle Parks and Recreation safe return to programs: Our department is following guidance from the CDC and state and local government regarding the guidelines for pandemic safety. All participants of Lifelong Recreation programs must wear masks at all times, and maintain 6' physical distance. Please stay at home if you have any sign of illness. We will provide you with updates to department policies should they occur. Only people registered for programs will be allowed into community centers to participate. Please register in advance online or by phone at 206-684-5177 or call your community center.

Special Events

Oldies But Goodies Line Dance Party!

This is a must-go for folks who know how much fun a line dance party can be. Our very own Ms. Linda Reese is back in town to lead this special event. Come in your dancing shoes and leave with a workout. Learn and dance some of the most popular classic line dances. All registrants will receive an emailed playlist and more details prior to the dance party.

43213	11/19	Fri	1:30-3:30 p.m.	$9	High Point	L Reece

Bystander Training : Hate Crime Responses– Hybrid Event (in person and virtual)

Wondering what you would do if you witnessed racial harassment or violence in public? Imagine if someone approaches a person near you and starts saying racist slurs at them. In this one-hour session, you will learn to identify, report and safely respond to hate and bias crimes as a bystander. Class is presented by CISC and is offered in English, Cantonese, and Mandarin.

This presentation is a hybrid event, presented simultaneously, in person and virtual. To enroll in the virtual presentation via Webex, use this link for 10/20: https://bit.ly/bystanderNorth and this link for 10/28: https://bit.ly/bystanderSouth

To enroll by phone call 206-684-5177. Enroll in both so you have the option of attending in person or virtual. There is a limit on the number of attendees for the in person program.

43252	10/20	Wed	11:00 a.m	FREE	Northgate/Webex
43367	10/28	Thu	11:00 a.m.	FREE	Rainier/Webex

Virtual Programs

Webex Practice Sessions Free

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

42753	10/25	Mon	3 p.m.
42755	11/8	Mon	3 p.m.
42756	12/6	Mon	3 p.m.

Virtual Gentle Yoga

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

42913	10/26-12/14	Tue	9:30 a.m.	H Mair	$49

Virtual Pilates

Stabilize and strengthen the core muscles of your abdominal and back while improving flexibility, and posture and overall strength.

42912	10/26-12/14	Tue	11:30 a.m.	D Dragovich	$49

Hybrid (Virtual and In-Person) Enhance Fitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. All participants, former and new, must submit the 2 screening forms below prior to registration. Download the forms below or to receive the forms via email *please contact Cheryl at cheryl.brown@seattle.gov.* Kaiser Permanente members with Part B Medicare coverage must also provide a copy of their membership card with the screening forms. Mail forms to Lifelong Recreation 4554 NE 41st St., Seattle, WA 98105. Free to Kaiser Permanente members with Part B Medicare coverage. American Specialty Health (ASH) Silver and Fit will not cover Virtual Programs! If this is your first time using the Webex platform for virtual programs, please sign up for one of our free Virtual Program Practice Sessions prior to your class so we can help you connect. This is a hybrid program, presented simultaneously, in-person and virtual. The in-person classes will be at RAINIER Community Center. There is a limit on the number of attendees for the in-person program. **See page 7 for in-person class details.**

Participant Information Form Health History Form

EnhanceFitness for those paying privately (not Kaiser Permanente or ASH members)

43979	10/25-12/13	Mon	10:30 a.m.	$49	Virtual	V Bowles
43981	10/27-12/15	Wed	10:30 a.m.	$49	Virtual	Y Gartz
43983	10/29-12/17	Fri	10:30 a.m.	$49	Virtual	Y Gartz

EnhanceFitness with Kaiser Permanente Medicare Part B

American Specialty Health (ASH) Silver and Fit is not covering free virtual programs at this time. Members can register at full rate.

43978	10/25-12/13	Mon	10:30 a.m.	no fee	Virtual	V Bowles
43980	10/27-12/15	Wed	10:30 a.m.	no fee	Virtual	Y Gartz
43982	10/27-12/17	Fri	10:30 a.m.	no fee	Virtual	Y Gartz

Rainbow Recreation Returns!

Shape future offerings by connecting at the AMP walk

The AMP: AIDS Memorial Pathway

The AMP was born out of a desire to recognize the AIDS crisis in Seattle, and throughout Washington state, and our communities' responses to this crisis. We'll enjoy a short walk and open-ended conversation about the public art, and connect to begin rebuilding Rainbow Recreation together with LGBTQ+ community members. Meet on the Plaza outside the Capitol Hill Light Rail Station off Denny Way between Broadway Ave. and 10th Ave E.

44320	10/29	Fri	10 a.m.	Free

Educational Programs

Fall Prevention

Learn how to stay healthy and independent for life. Identify fall risks, make your home safer and learn which exercises are most effective for reducing the risk of falls. Through fun and interactive demonstrations, you will gain the confidence to stay falls free for life. Presented by UW Public Health students, mentored by WA State Dept of Health.

43371	11/16	Tue	Noon	Yesler	Free
43496	12/7	Tue	Noon	Meadowbrook	Free

Medicare Workshop 2022

Learn about the 2022 Medicare plans and choose the most compatible plan for you. Get screened for any potential medical benefits and learn how to save money on prescription drugs. Representatives from SHIBA (Statewide Health Insurance Benefits Advisors) will be available for one-on-one Medicare counseling in English or Chinese. Please bring along your Medicare card if you would like a one-on-one consult.

43366	10/28	Thu	11:30 a.m.	Rainier	Free
43253	11/10	Wed	11 a.m.	Meadowbrook	Free

Stroke Awareness/Hands Only CPR

Learn about hands-only CPR and how to recognize the signs of stroke. You will come away with the ability to recognize serious medical emergencies, and to communicate and collaborate with 9-1-1 dispatchers. This is a general education course for seniors and is not a certification class. Brought to you by the UW Public Health Program.

43277	11/3	Wed	11:30 a.m.	Green Lake	Free
43370	11/16	Tue	11:30 a.m.	Rainier	Free
43312	11/17	Wed	Noon	Bitter Lake	Free
43375	12/8	Wed	11:30 a.m.	Meadowbrook	Free

High Point Book Club

Meets Sept 9, Oct 14, *Nov 18, Dec 9. This is an active club seeking new members! Covid protocols communicated after registration.

42809	9/9-12/9	Thu	1:00 p.m.	Free	High Point

Gentle Yoga

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

42759	10/25-12/13	Mon	10:00 a.m.	$49	High Point	J Reed
42854	10/25-12/13	Mon	10:45 a.m.	$49	Loyal Heights	R MacDonald
42905	10/25-12/13	Mon	9:00 a.m.	$49	Meadowbrook	H Mair
42831	10/27-12/15	Wed	10:30 a.m.	$49	Bitter Lake	H Karfalt
42907	10/28-12/16	Thu	9:30 a.m.	$42	Northgate	F Marazzi

Vini Yoga

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

42855	10/29-12/17	Fri	9:30 a.m.	$49	Magnolia	L Dunbar

Pilates

Stabilize and strengthen the core muscles of your abdominal and back while improving flexibility, and posture and overall strength.

42908	10/27-12/15	Wed	11:30 a.m.	$49	Magnuson Brig	D Dragovich
42911	10/28-12/16	Thu	5:00 p.m.	$42	Northgate	D Dragovich

Chair Strength and Tone

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

42830	10/25-12/13	Mon	1:30 p.m.	$49	Bitter Lake	D Dragovich

Strength and Conditioning

ENERGIZE your Thursdays stretching, swooping, and strengthening at 8:30am! Jane will wind you through a series of exercises to build strength, flexibility, balance and achieve better overall conditioning. This class will leave you feeling happy and connected.

42910	10/28-12/16	Thu	8:15 a.m.	Magnuson Brig	$42	J Shearer

Circuit Training

Become a stronger you! This class will use common items you have in your home to help you strengthen your muscles and improve your fitness level.

42720	10/26-12/14	Tue	9:30 a.m.	Loyal Heights	$49	R Buyce
42735	10/28-12/16	Thu	9:30 a.m.	Loyal Heights	$49	R Buyce
42832	10/29-12/17	Fri	9:30 a.m.	Bitter Lake	$49	R Buyce

Tai Chi All Levels

Practice a moving meditation using slow, relaxed and repetitive movements imitating the flow of air and water. All levels welcome.

43225	10/26-12/14	Tue	10:00 a.m.	Magnuson Brig	$49	E Baxa
42829	10/27-12/15	Wed	10:30 a.m.	Green Lake	$49	E Baxa
43224	10/29-12/17	Fri	8:30 a.m.	Meadowbrook	$49	E Baxa

Tai Chi for Beginners

Practice Tai Chi, Qigong and related flow for a healthy body and mind. Slow, relaxed and repetitive movements imitate the flow of air and water. All levels welcome.

44048	10/26-12/14	Tue	10:00 a.m.	International CC	$56	K Philomon

Qigong and Beginning Tai Chi

Relaxing, ancient, meditative qigong moves, connected to the five elements, are taught followed by the beginning steps of the Yang style short form of Tai Chi. No experience necessary.

43217	10/28-12/16	Thu	12:30 p.m.	Northgate	$42	A Peizer

Zumba Gold

Ditch the workout, join the party! Fun is the key ingredient in this low impact Latin inspired dance fitness class. No rhythm or equipment required. You'll leave exhilarated and energized! Appropriate for all fitness levels. Meet at the front entrance of Delridge Community Center. Instructor: M. Jorgensen

42758	10/26-12/14	Tue	10:30 a.m.	$49	Delridge	M Jorgenson
44126	10/28-12/16	Thur	10:15 a.m.	$42	Delridge	M Jorgenson
43400	10/29-12/17	Fri	10:30 a.m.	$49	Magnolia	M Jorgenson

Aerobic Dance

Routines are fun and easy to learn, yet challenging enough to give you a sense of accomplishment. Class includes a warmup to music, cardio (aerobic dancing) and a cool down with some stretching and conditioning. You'll have a great time dancing and singing along with the songs!

42806	10/28-12/16	Thu	11:30 a.m.	$42	Delridge	S Simmons

Rock n Roll Aerobics

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

42904	10/28-12/16	Thu	11:00 a.m.	$42	Northgate	M Mish

Traditional & Contemporary Asian Dance Free!

Have fun while learning new dance moves influenced by Malaysian, Chinese and Vietnamese dance. No experience required. Class is delivered in English and Mandarin.

43363	10/9-12/18	Sat	2:00 p.m.	Free	Van Asselt	S Ma
43462	10/6-12/15	Wed	6:00 p.m.	Free	Van Asselt	S Ma

Soul Line Dance

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

42909	10/29-12/17	Fri	10:15 a.m.	$49	Magnuson Brig	M Silver

Line Dance

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

44010	10/26-12/14	Tue	11:15 a.m.	$15	Magnuson Brig	C House

Dance for Parkinson's

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. Please note; registration with Seattle Parks & Recreation AND Seattle Theatre Group Dance for PD® *at shawnr@stgpresents.org is required to access the facility.*

44049	10/27-12/15	Thu	11 a.m.-12:30 p.m.	Garfield CC

Fabulously Fit

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

42853	10/27-12/15	Wed	9:30 a.m.	$61	Magnolia	K Adolphsen

Fitness at Delridge

Build total body muscle strength using fitness bands, free weights and floor work. Improve balance, flexibility and agility. The instructor is a professional dance and fitness instructor and performer. Please bring weights to class.

42808	10/27-12/15	Wed	10:30 a.m.	$49	Delridge	S Simmons

Enhance Fitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. All participants, former and new, must submit the 2 screening forms below prior to registration. Download the forms below or to receive the forms via email *please contact Cheryl at cheryl.brown@seattle.gov.* Kaiser Permanente members with Part B Medicare coverage must also provide a copy of their membership card with the screening forms. Mail forms to Lifelong Recreation 4554 NE 41st St., Seattle, WA 98105. Free to Kaiser Permanente members with Part B Medicare coverage. American Specialty Health (ASH) Silver and Fit will cover in person classes and is limited to 10 visits a month.

Participant Information Form Health History Form

EnhanceFitness for those paying privately (not Kaiser Permanente or ASH members)

43311	10/26-12/14	Tue	Noon	$49	Magnolia	K Adolphson
43759	10/26-12/14	Tue	12:30 p.m.	$49	Magnuson Brig	C House
43755	10/27-12/15	Wed	9:30 a.m.	$49	Meadowbrook	C House
43754	10/28-12/16	Thu	9:30 a.m.	$49	Magnuson Brig	J Shearer
43309	10/28-12/16	Thu	Noon	$49	Magnolia	K Adolphson
43752	10/29-12/17	Fri	9:40 a.m.	$49	Meadowbrook	C House

EnhanceFitness with Kaiser Permanente Medicare Part B

43310	10/26-12/14	Tue	Noon	no fee	Magnolia	K Adolphson
43758	10/26-12/14	Tue	12:30 p.m.	no fee	Magnuson Brig	C House
43756	10/27-12/15	Wed	9:30 a.m.	no fee	Meadowbrook	C House
43753	10/28-12/16	Thu	9:30 a.m.	no fee	Magnuson Brig	J Shearer
43308	10/28-12/16	Thu	Noon	no fee	Magnolia	K Adolphson
43757	10/29-12/17	Fri	9:40 a.m.	no fee	Meadowbrook	C House

Pickleball

Pickleball Skills and Drills

Come see why Pickleball is the fastest growing sport in America. It's great for the mind, body and making connections with fun people. Each session includes dedicated practice & drills to improve skills- like dinking, lobbing, and servicing. You'll then have chance to put those new skills to use in open play. New students and intermediates welcome - no equipment required.

43307	10/25-12/6	Mon	11:30 a.m.	$18	High Point	M Anderson
44059	10/26-12/14	Tue	10:15 a.m.	$21	Delridge	M & J Bingham
43368	10/27-12/15	Wed	10:30 a.m.	$21	Rainier	M Anderson
43306	10/28-12/16	Thu	10:15 a.m.	$18	Delridge	D Magee
43472	10/29-12/17	Fri	10:30 a.m.	$21	Loyal Heights	M Anderson

Drop In Pickleball

Play or practice your skills in this unique paddlesport that is a fast-paced combination of tennis and ping-pong. Pickleball is the fastest growing sport in the U.S. It's easy for beginners to learn, it's healthy and OPEN to ALL! Pickleball play is outdoors only until October 4. Indoor pickleball play times will be viewable on 9/23 and registration will begin 9/27. Playing inside will require wearing masks at all times. There will be limited numbers of players allowed in the building at a time, overflow will be invited to play outside. You must register in advance to play, as only participants registered for programs will be allowed into the community centers. Online registration is limited to one session per day per participant.

10/4-12/27	M/W/F	10 a.m.	Free	Miller
10/4-12/31	M/T/W/F	10 a.m.	Free	Delridge
10/4-12/17	M/W/F	10 a.m.	Free	High Point
10/5-12/17	T/F	10 a.m.	Free	Bitter Lake
10/6-12/17	W	10:15 a.m.	Free	Garfield
10/4-12/17	M/W/F	11 a.m.	Free	Northgate
10/9-12/18	Sat	11:30 a.m.	Free	Green Lake

Creative and Perfoming Arts

Reader's Theater

The 50+ Readers Theatre has created public performances since 2004. No auditions are required, no memorization required, we read from a prepared script and bring our characters to life with our voices and with the assistance of our fellow actors. Our audience then lends us their imagination to create the scenes and the settings. It's a magical process with the actor bringing that character to life. It works every time. Instructor will advise on rehearsal and performance dates for December. Charlotte's Web by E.B White script provided. Come and join the fun!

44139 10/27 - 12/15 Wed 1 - 3 pm Magnuson $25

Brig Artist Studio

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

42796 10/8-10/29 Fri 10 a.m.-2 p.m. Magnuson Brig $112

Painting In Community

Join others to paint as a community of artists in any water medium, using your own supplies. Registration required.

42794 10/26-12/14 Tue 10 a.m.-Noon Magnuson Brig Free

Creative Memoir Writing

Free write in 10-min increments without worrying about spelling, punctuation or grammar. Instructor will give a variety of writing prompts, or write about whatever you please. Afterword read your writing to the group (optional). This method will loosen up thoughts and creativity while providing highly supportive non judgmental feedback

43219 10/28-12/16 Thu 1:45 –3 p.m. Northgate $53 A Peizer

Sound Steps Walks

The AMP: AIDS Memorial Pathway

The AMP was born out of a desire to recognize the AIDS crisis in Seattle, and throughout Washington state, and our communities' responses to this crisis. We'll enjoy a short walk and open-ended conversation about the public art, and connect to begin rebuilding Rainbow Recreation together with LGBTQ+ community members. Walk led by Tamara Keefe, Recreation Specialist newly supporting Rainbow Recreation programs. Meet on the Plaza outside the Capitol Hill Light Rail Station off Denny Way between Broadway Ave. and 10th Ave E.

44320 10/29 Fri 10 a.m. Free

Seward Park Loop

This walk is 2.8 miles and has a beautiful view of Lake Washington and the Cascade Mountains all the way around! Meet at the Audubon Center near the parking lot! Walk Leader is our own Anne Nguyen, Recreation Specialist from the SE district!

44156 11/4 Thu 11 a.m. Free

Lincoln Park Explore and Climb

Gather at Shelter 5 for a brief park introduction from Pat Pilcher, Retired National Parks Ranger amd John Hasslinger, Recreation Specialist for the SW area. Embark southward through a mature forest that later opens to a peaceful beach walk. Take in the sights & sounds of Puget Sound, breathe the fresh air and watch for orcas. Hike concludes with a cardio climb up a challenging wooded staircase, returning to Shelter 5. Participants are encouraged to ride the C Line and use Webster Street Stop- short walk to Shelter 5. Map emailed after registration. Loop Walk approx. 1.5 miles.

44166 11/10 Wed 10 a.m. Free

Green Lake Loop

Enjoy the fall colors and the company in this walk around an old favorite, Green Lake! 2.8 mile loop led by our own Carol Baxter, Recreation Specialist from the Northwest area! Meet in front of the Green Lake Community Center Community Center at 10 am.

44162 11/18 Thu 10 a.m. Free

Walks With Dogs

For people who love to walk with their dogs, or just love dogs! This group meets at various local spots and outside of the city for a group walk, and often lunch. If you would like to get on the email list to be notified of these walks, please email cheryl.brown@seattle.gov who will put you in touch with volunteer walk leader Sharon LeVine.

Volunteer Walk Leaders Needed!

The Sound Steps walking program provides opportunities for fitness and socialization, as well as exploration. We rely on community members to design and lead walks that are of interest to the community. Many of you have a favorite route, park, or knowledge of an area. One-time walks, short series, or ongoing weekly walks are all possible and welcome! If you'd like to share a walk with others, please contact cheryl.brown@seattle.gov or 206-615-0619 so that we

In Person Program Sites

Northwest: Carol Baxter-Clubine, Recreation Specialist

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

Bitter Lake CC
13035 Linden Ave. N, 98133
Tel: 206-684-7524

Green Lake CC
7201 E Green Lake Dr. N, 98115
Tel: 206-684-4052

Magnolia CC
2550 34th Ave. W, 98199
Tel: 206-386-4235

Loyal Heights CC
2101 NW 77th St., 98117
Tel: 206-684-4052

Northeast: Robin Brannman, Recreation Specialist

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

Magnuson Brig
6344 NE 74th St., 98115
Tel: 206-386-9106

Meadowbrook CC
10517 35th Ave. NE, 98125
Tel: 206-684-7522

Northgate CC
10510 5th Ave. NE, 98125
Tel: 206-386-4283

Lake City CC
12531 28th Ave NE
Tel 206-256-5645

Central: Angela Smith, Recreation Specialist

angelap.smith@seattle.gov/ cell206-450-9522

Garfield CC
2323 E Cherry St., 98122
Tel: 206-684-4788

Rainbow Recreation: Tamara Keefe, Rec Specialist

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

Miller CC
330 19th Ave. E, 98112
Tel: 206-684-4753

Southwest: John Hasslinger, Recreation Specialist

206-256-5403 /cell 206-423-3988/ john.hasslinger@seattle.gov

Delridge CC
4501 Delridge Way S, 98106
Tel: 206-684-7423

High Point CC
6920 34th Ave S.W, 98126
Tel: 206-684-7422

Southeast: Anne Nguyen, Recreation Specialist

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

Rainier CC
4600 38th Ave. S, 98118
Tel: 206-386-1919

Van Asselt CC
2820 S Myrtle St., 98108
Tel: 206-386-1921

International District CC
719 8th Ave. S., 98104
Tel: 206-233-0042

Sound Steps: Cheryl Brown, Program Coordinator

206-615-0619/ cheryl.brown@seattle.gov

Dementia Friendly Recreation: Tamara Keefe, Recreation Specialist

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

Seattle
Parks & Recreation