



RAINBOW RECREATION

PROGRAMS
FOR LGBTQ
ADULTS 50+

WINTER 2020 PROGRAMS

CLASSES RUN JANUARY 6 THROUGH MARCH 21, 2020

Pre-registration required for all events. You can pre-register for classes by:

1. Visiting www.seattle.gov/parks; click on "Register for Classes and Programs" and follow online instructions.
2. Call your local community center, give them the six-digit bar code listed with the program, and provide payment and contact information.

Questions? Concerns? Ideas?

Contact Cheryl Brown at 206-615-0619 for more information.

FIELD TRIPS

LGBTQ Trips...

Join us for fun and adventure! Pick up sites are Miller Community Center and Northgate Nordstrom Rack. Call Cheryl at 615-0619 for more information!

"Bye Bye Birdie"

Take a ferry ride across the water to enjoy Bainbridge Performing Arts rendition of the musical, "Bye Bye Birdie". This intimate theater is a great venue for a Sunday afternoon play. Lunch on your own in Winslow before the show. Price includes ferry and theater ticket.

#26866 Sun 1/12 11:30 a.m.-5:30 p.m. \$45

Hunting and Gathering

Enjoy a beautiful drive north where we may see the Snow Geese (no guarantees), explore the Bow-Edison Food Trail, and connect directly with producers and

creators of great, farm-fresh food! We will make stops at several local markets and enjoy lunch and time in Edison. Lunch on your own.

#26876 Fri 2/7 10 a.m.-3 p.m. \$24

Two Tacoma Treasures

Visit two of Tacoma's hidden gems. We will visit the WW Seymour Conservatory in historic Wright Park, and the Karpeles Manuscript Museum where we will see a display of historic manuscripts collected by the Karpeles Foundation. Lunch on your own at a local restaurant.

#26874 Thu 3/12 10 a.m.-4 p.m. \$32



Pictured above is one of our previous trips to the Wild Horse Wind Farm.

More program information on back 

Nia Moving to Heal

Improve your balance, strength, and mobility. This gentle fitness class is designed for those with long-term or chronic illness and individuals with short-term personal healing goals. Participants can stand, sit, or a combination of both.

Magnolia - \$55

(Instructor: L. Browdy)

#25067 Thu 1/9-3/19 10:30-11:30 a.m.

STRONG 45

STRONG 45 is a high-energy workout. The class combines cardio, strength training, and muscle endurance movements synced to original music. In a 45-minute class you will burn calories while toning arms, legs, abs, and glutes. Modifications to movements will be demonstrated for less intensity. *Class qualifies for \$10 off if you are a new student.

Loyal Heights (Instructor: D. O'Neill)

#25076* Mon 1/6-3/16 4:30-5:15 p.m. \$45

#25075* Thu 1/9-3/19 4:30-5:15 p.m. \$55

EnhanceFitness

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

Kaiser Permanente Capitol Hill Campus

(Instructor: G. Keeble)

#25630 Mon 1/6-3/16 2-3 p.m. \$45

#25638 Wed 1/8-3/18 2-3 p.m. \$55

#25646 Fri 1/10-3/20 2-3 p.m. \$55

Magnuson - \$55

(Instructor: Mish Mish)

#22475 Fri 1/10-3/20 9-10 a.m. \$55

Northgate NEW on Monday

(Instructor: M. Taplin)

#22531 Mon 1/6-3/16 1:45-2:45 p.m. \$45

Pickleball Skills, Drills, and Strategies

Are you new to pickleball or just looking to hone your skills? This is your class! Pickleball is great for the mind, body, and making connections with fun people. Each session includes dedicated practice covering three or more of the nine basic skills of pickleball and good strategies to be successful. Beginners and intermediates welcome.

Miller - \$24

#26870 Fri 1/31-3/20 12:30-1:30 p.m.

South Park - \$24

(Instructor: TBA)

#27083 Tue 1/14-3/3 10:30-Noon

Rainier - \$27

(Instructor: M. Anderson)

#27584 Mon 1/6-3/16 9-10:30 a.m.

Line Dance

Work out with your mind and body. Learn new dance patterns to some great music. (Instructor: L. Reese)

High Point

No class 1/28

Beginner - \$50

#27085 Tue 1/7-3/17 6:30-7:30 p.m.

#26297 Thu 1/9-3/19 11:30 a.m. - 12:30 p.m.

Advanced Beginner - \$23

#26296 Thu 1/9-3/19 12:30-1 p.m.

Intermediate - \$50

#26298 Thu 1/9-3/19 1-2 p.m.

NIA Dance Fitness

Nia is an exhilarating movement and lifestyle practice. As the first cardio workout to combine martial arts, dance, and healing arts. No previous experience necessary. All bodies and all levels welcome. *10 classes. No class 2/18.*

Delridge NEW Time - \$50

(Instructor: N. Scher)

#27088 Tue 1/7-3/17 11:15a.m. - 12:15 p.m.

GentleYoga

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

Miller - \$61

(Instructor: L. Gardener)

#26867 Tue 1/7-3/17 1:30-2:30 p.m.

#26868 Thu 1/9-3/19 1:30-2:30 p.m.

Magnuson Brig - \$50

(Instructor: M. McFadden)

#22484 Mon 1/6-3/16 10-11 a.m.

Northgate - \$61

(Instructor: D. Dragovich)

#25308 Thu 1/9-3/19 5-6 p.m.

Montlake - \$61

(Instructor: L. Gardner)

#25651 Fri 1/10-3/20 11:15 a.m. - 12:15 p.m.



TAI CHI

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

Tai Chi Chih Joy Through Movement

Miller - \$61

#25667 1/6-3/16 Tue 1:30-2:30 p.m.

#26868 1/9-3/19 Thu 1:30-2:30 p.m.

Tai Chi

Laurelhurst - \$59

#22529 Tue 1/7-3/17 12:45-1:45 p.m.

Yesler - \$55

#26300 Tue 1/7-3/17 12:30-1:30 p.m.

Tai Chi and Qigong

Northgate - \$45

(Instructor: A. Peizer)

#22530 Mon 1/6-3/16 12:30-1:30 p.m.

ARTS AND HANDWORK

Botanical Drawing in Watercolor and Ink

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. Please bring an ultra-fine Sharpie pen and a watercolor notebook (5 x 8) to the first session.

Conservatory - \$110

(Instructor: Snow Lady)

#27239 Thu 2/6-3/5 10:30 a.m.-12:30 p.m.



Women's Song Circle

If you can talk, you can sing! We'll sing our hearts out for the joy of blending and raising our voices. Lyrics provided for easy-to-sing folk, pop, and women's music and rounds. Instruments and favorite song lyrics welcome!

Garfield - \$12

#27398 Thu 1/16-3/26 6:30 - 8 p.m.

SPECIAL EVENTS

Mardi Gras Celebration!

Join us for our annual Mardi Gras lunch and entertainment! You never know what we have up our sleeve until you join! Great fun, great food, great friends!

Miller - \$8

#27713 Thu 2/20 11:30 a.m.-1:30 p.m.



Our Stories/Our Voices

Learn about the Old Lesbian Oral Herstory Project and the impact it has had on people's lives. There will be a movie shown about the project, and touching real life stories read by OLOHP members and audience participants. This event is meant to educate and inform and is open to all. Refreshments will be served.

Montlake - Free

#27712 Wed 2/5 1-3 p.m.

What is Rainbow Recreation?

Inspired by community input, we developed this selection of recreational programs for our LGBTQ friends and allies 50+. We strive to create safe and respectful environments, enhance health, and welcome community members of all backgrounds.

We are expanding these programs across the city! All of our Seattle Parks and Recreation programs are open to all, but Rainbow specific programs are featured here.



Want to share any skills, ideas or feedback? We are always looking for ways to strengthen our offerings. Please call Cheryl at 615-0619 or email her at cheryl.brown@seattle.gov for more information.

More program information on back 

GenPRIDE COMMUNITY EVENTS

Rainbow Lunch Thursdays at the Wallingford Community Senior Center



Thursdays from Noon to 12:45 p.m.
\$4 Members / \$6 Public
Drop-ins are encouraged!

WCSC welcomes and supports the gender, romantic, and sexual minorities (GRSM, or LGBTQQIAA+) community! Join us at Rainbow Lunch on Thursdays to celebrate this integral group.

Expanded van service is available on Thursdays thanks to volunteering by Bruce Terrey of Mature Friends.

In proud partnership with GenPRIDE, Mature Friends, and Lake City Seniors LGBTQ2+Allies.

Lower Level Good Shepherd Center
4649 Sunnyside Ave. N
Seattle, WA 98103

For more information call 206-461-7825 or email info@wallingfordseniors.org.



Please Email us at info@gapseattle.org for more information on social events, exercise classes, benefit enrollment, information and assistance, our local/state LGBTQ Aging Advisory Network, and our LGBTQ Cultural Humility Training.

Register online at www.seattle.gov/parks and click on “**Register for Classes and Programs**”, or visit or call your local community center.

PROGRAM LOCATIONS

DELRIDGE COMMUNITY CENTER

4501 Delridge Way SW
Seattle 98106

HIGH POINT COMMUNITY CENTER

6920 34th Ave SW, Seattle 98126

KAISER PERMANENTE CAPITOL HILL

125 16th Ave. E, Seattle 98112
Level B Fitness Center

LAURELHURST COMMUNITY CENTER

4554 NE 41st St, Seattle 98105

LOYAL HEIGHTS COMMUNITY CENTER

2101 NW 77th St., Seattle 98117

MAGNUSON COMMUNITY CENTER

7110 62nd Ave NE, Seattle 98115

MILLER COMMUNITY CENTER

330 19th Ave. E, Seattle 98112

MONTLAKE COMMUNITY CENTER

1618 E Calhoun St, Seattle 98112

NORTHGATE COMMUNITY CENTER

10510 5th Ave NE, Seattle 98125

RAINIER COMMUNITY CENTER

4600 38th Ave S, Seattle 98118

SOUTH PARK COMMUNITY CENTER

8319 8th Ave S, Seattle 98108

VOLUNTEER PARK CONSERVATORY

1400 E Galer St, Seattle 98112

YESLER COMMUNITY CENTER

917 E Yesler Way, Seattle 98122