

# LIFELONG RECREATION



Seattle  
Parks & Recreation

Fall 2020

November—December

Virtual Programs and Social Opportunities for Ages 50+

## Virtual Program Practice Sessions

Free

Let's 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.

40865 11/4 Wed 2 p.m.

40866 11/13 Fri 10 a.m.

## Morning Joe Virtual Coffee Hour

Free

Join the Lifelong Recreation Staff and some of your trip and class friends in this one hour time to connect, share and socialize. We will have a topic of the day to discuss and just enjoy chatting and seeing each other virtually! Mondays at 11 am.

40836 11/9 Mon 11 a.m.

40837 12/7 Mon 11 a.m.

Kathleen Connor from Parks Planning and Development will join us to talk about new parks projects and answer your questions!

## Active Living Fitness

Learn to maintain health and function through dynamic cardio aerobic exercise, strength training, balance, and non-impact movement for all fitness levels from your home!

40855 11/16-12/14 Mon 10-11 a.m. Y Gartz \$35

## 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.

40840 11/17-12/15 Tue 9:30-10:30 a.m. H Mair \$35

## 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.

40839 11/17-12/15 Tue 1:30-2:30 p.m. D Dragovich \$26

## Fabulously Fit

Learn how to improve endurance, strength, agility, core, balance, flexibility, and range of motion in this virtual class geared towards older adults and those who want a gentle workout.

40864 11/18-12/16 Wed 9:30-10:30 a.m. K Adolphsen \$35

Registration begins October 20th at noon, either online or by phone. No in person registration.

Scholarships for virtual programming are not available at this time.

All classes are virtual using the Webex platform. You must have a computer or other device to participate.

Connection information will be available after you register. Our staff will help you connect. Please register for one of the practice sessions to get help prior to the first class!

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

206-684-5177

## Tai Chi Chih, Joy Through Movement (Beginners+)

Work through a slow-moving meditative routine designed to circulate and balance internal energy to all the organs, muscles and bones. Chair seated students welcome.

40872 11/18-12/16 Wed 11 a.m.—Noon L Robinson \$35

## 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.

40784 11/19-12/17 Thu 9:30-10:30 a.m. S Simmons \$28

## Aerobic Dance

Who knew something could be so good for you. If you love listening and dancing to a variety of music, then you will love this class. Instructor leads routines that 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, and laughing as we encourage each other to step it up!

40786 11/19-12/17 Thu 11 a.m.-Noon S Simmons \$28

## Tai Chi—Advanced

Improve balance and posture, increase strength, and calm your mind. Class is for those that have experience with Tai Chi.

40841 11/19-12/17 Thu 1:30—2:30 p.m. A Ross \$28

## 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.

39606 11/20-12/18 Fri 9:30-10:30 am R Buyce \$28



**Until we can all get together again in person, stay healthy and safe!**

[www.seattle.gov/parks/find/lifelong-recreation-\(50\)](http://www.seattle.gov/parks/find/lifelong-recreation-(50))