

LIFELONG RECREATION

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



Seattle
Parks & Recreation

SUMMER 2023



REGISTER online at Noon:
May 23
seattle.gov/parks



Come Play with Us!

Welcome to Lifelong Recreation!

SUMMER Quarter 2023
July 10-August 26

No Programs and Facilities closed on:
• July 4 July the 4th Holiday



REGISTRATION
begins at **NOON on May 23**

Wondering how to register?
Detailed registration information can be found on pages 42 and 43.



VOLUNTEER WITH US!

We are looking for 1 or 2 volunteer DRIVERS.

As a driver you would drive 12-14 people passenger vans on Lifelong Recreation excursions to various locations within the greater Seattle area.

Requirements:

- Must be able to provide a safe and welcoming atmosphere and ensure the safe conveyance of patrons to destination site and back to drop off locations.
- Must have a valid WA State Driver's License and provide a driving abstract.
- Must be comfortable driving a large van.

Benefits:

- Driver's get \$15 toward lunch.
- Free admission to destinations on field trips.

Upon acceptance you will be enrolled in a City of Seattle Driver's Course, and a CPR and First Aid Course. You must have transportation to get to van departure sites at 82nd and Densmore, or Genesee parking lot. Driver training will be in department vans provided by staff.

Seattle Parks Lifelong Recreation Staff

Since 1974, 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!



E-Newsletter...

Receive the Lifelong Recreation Newsletter! Go to [www.seattle.gov/parks/find/lifelong-recreation-\(50\)](http://www.seattle.gov/parks/find/lifelong-recreation-(50)) and add your email address.



Register online at www.seattle.gov/parks

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Many photos courtesy of: Meryl Schenker Photography, Ryan Hawk Photography.

COMMUNITY CENTER LOCATIONS



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Northwest

Case Berrysmith, Recreation Specialist
206-233-7138 / cell 206-399-8561 / case.berrysmith@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
6) QUEEN ANNE CC
1901 1st Ave. W, 98119
tel: 206-386-4240

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Northeast

Robin Brannman, Recreation Specialist
206-386-9106 / cell 206-696-8252 / robin.brannman@seattle.gov

7) LAKE CITY CC
12531 28th Ave. NE, 98125
tel: 206-256-5645
8) LAURELHURST CC
Closed for renovations
4554 NE 41st St., 98105
tel: 206-684-752
9) MAGNUSON PARK CC
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
10) MEADOWBROOK CC
10517 35th Ave. NE, 98125
tel: 206-684-7522
11) MILLER CC
330 19th Ave. E, 98112
tel: 206-684-4753

12) MONTLAKE CC
Closed for renovations
1618 E Calhoun St., 98112
tel: 206-684-4736
13) NORTHGATE CC
10510 5th Ave. NE, 98125
tel: 206-386-4283
14) RAVENNA-ECKSTEIN CC
6535 Ravenna Ave. NE, 98115
tel: 206-684-7534

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Southwest

John Hasslinger, Recreation Specialist
206-256-5403 / cell 206-423-3988 / john.hasslinger@seattle.gov

15) DELRIDGE CC
4501 Delridge Way S, 98106
tel: 206-684-7423
16) HIAWATHA CC
2700 California Ave. SW, 98116
tel: 206-684-7441

17) HIGH POINT CC
6920 34th Ave. SW, 98126
tel: 206-684-7422
18) SOUTH PARK CC
8319 8th Ave. S, 98108
tel: 206-684-7451

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

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27-29

Southeast

TBD, Recreation Specialist
cell 206-450-9522

20) GARFIELD CC
2323 E Cherry St., 98122
tel: 206-684-4788
21) INTERNATIONAL DISTRICT / CHINATOWN CC
719 8th Ave. S, 98104
tel: 206-233-0042

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

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

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Signature Programs

Dementia-Friendly Recreation
Tamara Keefe:
206-615-0100
cell 206-399-4655
tamara.keefe@seattle.gov

Rainbow Recreation
Tamara Keefe:
206-615-0100
cell 206-399-4655
tamara.keefe@seattle.gov

Outdoor Recreation
cell 206-849-6564
sound.steps@seattle.gov

Fitness Class DROP-INS

Lifelong Recreation offers a drop-in option for a \$10 fee for fitness classes only. If you want to try a class or can't commit to the whole session, this is a great option. Call or email the Recreation Specialist to inquire if the class you are interested in has capacity to accept drop-ins, and has not been cancelled. Some classes do fill to capacity with registration.

BOLLYWOOD FITNESS						
Delridge						
58255	7/14-8/25	Fri	10:30-11:30 a.m.	A Carver	\$49	
CHAIR STRENGTH AND TONE						
Bitter Lake						
58968	7/7-8/21	Mon	1:45-2:30 p.m.	D Dragovich	\$37	
Meadowbrook						
59064	7/12-8/23	Wed	12:30-1:15 p.m.	D Dragovich	\$37	
CIRCUIT TRAINING						
Video Link - Bitter Lake: https://youtu.be/JpJLEntLKAM						
Video Link - Queen Anne: https://youtu.be/Faj4Hn5-fR0						
Bitter Lake						
58358	7/14-8/25	Fri	9:30-10:30 a.m.	R Buyce	\$49	
Loyal Heights						
58357	7/11-8/22	Tue	9:30-10:30 a.m.	R Buyce	\$49	
58356	7/13-8/24	Thu	9:30-10:30 a.m.	R Buyce	\$49	
Meadowbrook						
56771	7/14-8/25	Fri	11:30 a.m.-12:30 p.m.	R Buyce	\$49	
DANCE FIT						
Delridge						
58257	7/13-8/24	Thu	10:30-11:30 a.m.	Debbie P	\$49	
DANCE—(DROP-IN)						
TRADITIONAL AND CONTEMPORARY ASIAN						
Jefferson						
	6/28-8/30	Wed	6-7:45 p.m.	K Luo	\$2	



ENHANCE FITNESS						
Garfield						
KP and ASH Members						
58319	7/12-8/23	Wed	10:15-11:15 a.m.	YS Gartz	Free	
58329	7/14-8/25	Fri	10:15-11:15 a.m.	YS Gartz	Free	
Self-Pay						
55320	7/12-8/23	Wed	10:15-11:15 a.m.	YS Gartz	\$49	
58330	7/14-8/25	Fri	10:15-11:15 a.m.	YS Gartz	\$49	
Magnolia						
KP and ASH Members						
58580	7/10-8/21	Mon	Noon-1 p.m.	K Adolphsen	Free	
58582	7/12-8/23	Wed	Noon-1 p.m.	K Adolphsen	Free	
58578	7/14-8/25	Fri	Noon-1 p.m.	K Adolphsen	Free	
Self-Pay						
58368	7/10-8/21	Mon	Noon-1 p.m.	K Adolphsen	\$49	
58370	7/12-8/23	Wed	Noon-1 p.m.	K Adolphsen	\$49	
58366	7/14-8/25	Fri	Noon-1 p.m.	K Adolphsen	\$49	
Magnuson Bldg 30						
KP and ASH Members						
56779	7/11-8/22	Tue	9:30-10:30 a.m.	C House	Free	
56781	7/13-8/24	Thu	9:30-10:30 a.m.	J Shearer	Free	
Self-Pay						
56780	7/11-8/22	Tue	9:30-10:30 a.m.	C House	\$49	
56782	7/13-8/24	Thu	9:30-10:30 a.m.	J Shearer	\$49	
Meadowbrook						
KP and ASH Members						
56785	7/12-8/23	Wed	9:40-10:40 a.m.	C House	Free	
56775	7/14-8/25	Fri	9:40-10:40 a.m.	C House	Free	
Self-Pay						
56786	7/12-8/23	Wed	9:40-10:40 a.m.	C House	\$49	
56776	7/14-8/25	Fri	9:40-10:40 a.m.	C House	\$49	
Miller						
KP and ASH Members						
56777	7/10-8/21	Mon	10:15-11:15 a.m.	C House	Free	
56783	7/13-8/24	Thu	10:30-11:30 a.m.	M Taplin	Free	
Self-Pay						
56778	7/10-8/21	Mon	10:15-11:15 a.m.	C House	\$49	
56784	7/13-8/24	Thu	10:30-11:30 a.m.	M Taplin	\$49	



FITNESS AT A GLANCE

FABULOUSLY FIT						
Magnolia						
58371	7/12-8/23	Wed	9:30-10:45 a.m.	K Adolphsen	\$49	
FITNESS						
Delridge						
58262	7/12-8/23	Wed	10:30-11:30 a.m.	S Simmons	\$49	
LINE DANCE						
Video Link: https://youtu.be/n4CVebDKpDg						
High Point						
58266	7/13-8/24	Thu	Noon-1 p.m.	S Simmons	\$49	
Magnolia						
58389	7/10-8/21	Mon	3-4 p.m.	C Banta	\$49	
Queen Anne						
58388	7/12-8/23	Wed	5:45-6:45 p.m.	C Banta	\$49	
Van Asselt						
<i>Advanced Beginner</i>						
58321	7/13-8/24	Thu	1-2 p.m.	M Chen	\$49	
PILATES						
Video Link: https://youtu.be/C6iGDqezc3M						
Meadowbrook						
56798	7/12-8/23	Wed	11:15 a.m.-12:15 p.m.	D Dragovich	\$49	
Virtual						
56817	7/11-8/22	Tue	11:30 a.m.-12:30 p.m.	D Dragovich	\$49	
STRETCH AND BALANCE						
Northgate						
56581	7/11-8/22	Tue	2:15-3:15 p.m.	M Kaye	Free	
STRENGTH AND CONDITIONING						
Magnuson Shelter 3						
56805	7/13-8/24	Thu	8:15-9:15 a.m.	J Shearer	\$49	



TAI CHI AND QIGONG						
Video Link: https://youtu.be/J82jluSOs5s						
Garfield						
<i>All Levels</i>						
58322	7/10-8/21	Mon	10:15-11:15 a.m.	E Baxa	\$49	
Green Lake						
58398	7/12-8/23	Wed	10:30-11:30 a.m.	E Baxa	\$49	
58399	7/12-8/23	Wed	11:45 a.m.-12:45 p.m.	E Baxa	\$49	
IDCCC						
<i>Beginning</i>						
58323	7/11-8/22	Tue	10:15-11:15 a.m.	G Seminatore	\$49	
Loyal Heights						
<i>Beginning</i>						
58401	7/11-8/8	Tue	11:15 a.m.-12:15 p.m.	C Tan	\$35	
<i>Level 1</i>						
58400	7/11-8/8	Tue	12:15-1:15 p.m.	C Tan	\$35	
<i>Qigong</i>						
58394	7/13-8/10	Thu	11:15 a.m.-12:15 p.m.	C Tan	\$35	
Magnuson Shelter 2						
<i>All Levels</i>						
56808	7/11-8/22	Tue	10-11 a.m.	E Baxa	\$49	
Magnuson Park Fins						
<i>Qigong Beginning</i>						
58239	7/10-8/21	Mon	10-11 a.m.	A Peizer	\$42	
Meadowbrook						
<i>All Levels</i>						
56807	7/7-9/22	Fri	8:30-9:30 a.m.	E Baxa	\$49	
Northgate						
<i>Qigong Beginning</i>						
56800	7/13-8/24	Thu	11:15 a.m.-12:15 p.m.	A Peizer	\$42	
<i>Qigong Ongoing</i>						
56801	7/13-8/24	Thu	12:30-1:30 p.m.	A Peizer	\$42	
Ravenna-Eckstein						
<i>Qigong Beginning</i>						
58461	7/12-8/23	Wed	1:45-2:45 p.m.	A Peizer	\$42	
Wallingford Senior Center						
<i>All Levels</i>						
56809	7/14-8/25	Fri	1-2 p.m.	G Seminatore	\$49	

YOGA						
Back in Action Gentle Yoga						
High Point						
58254	7/14-8/25	Fri	Noon-1 p.m.	J Reed		\$49
Chair Yoga						
Bitter Lake						
58969	7/7-8/25	Fri	1:30-2:15 p.m.	M Samuels		\$37
Magnolia						
58970	7/11-8/22	Tue	10-10:45 a.m.	K Kleinman		\$37
Ravenna-Eckstein						
56770	7/13-8/24	Thu	2-2:45 p.m.	M Samuels		Free
Queen Anne						
58971	7/11-8/22	Tue	11:45 a.m.-12:30 p.m.	K Kleinman		\$37
Gentle Yoga						
Video Link: https://youtu.be/-rbaj950AtE						
Bitter Lake						
58379	7/12-8/23	Wed	10:30-11:30 a.m.	H Karrfalt		\$49
Green Lake						
58382	7/10-8/21	Mon	12:30-1:30 p.m.	R MacDonald		\$49
High Point						
58263	7/10-8/21	Mon	Noon-1 p.m.	J Reed		\$49
58264	7/12-8/23	Wed	Noon-1 p.m.	J Reed		\$49
Loyal Heights						
58380	7/10-8/21	Mon	10:45-11:45 a.m.	R MacDonald		\$49
Magnuson Bldg 30						
58462	7/12-8/23	Wed	10-11 a.m.	J Robin		\$49
Miller						
58771	7/10-8/21	Mon	11:45 a.m.-12:45 p.m.	L Gardener		\$49
Ravenna-Eckstein						
56789	7/13-8/24	Thu	9:30-10:30 a.m.	J Robin		\$42
Queen Anne						
58384	7/10-8/21	Mon	2-3 p.m.	R MacDonald		\$49
Gentle Yoga—Flow-Style						
Bitter Lake						
59039	7/12-8/23	Wed	5:30-6:30 p.m.	D Schultz		\$49
Queen Anne						
58384	7/10-8/21	Mon	2-3 p.m.	R MacDonald		\$49
Vini Yoga						
Loyal Heights						
58403	7/12-8/23	Wed	10:45-11:45 a.m.	A Mason		\$49
Magnolia						
58402	7/14-8/25	Fri	9:30-10:30 a.m.	M Alex		\$49
Meadowbrook						
56814	7/10-8/21	Mon	9:30-10:30 a.m.	H Mair		\$49
Northgate						
56815	7/13-8/24	Thu	10-11 a.m.	H Mair		\$49

ZUMBA®						
Video Link: https://youtu.be/mzy3RR Sfuo						
Delridge						
58272	7/11-8/22	Tue	10:30-11:30 a.m.	M Jorgensen		\$49



facebook.com/LifelongRecreationSPR/

ADULT SPORTS

For information about any Adult Sports visit our website at:

<http://www.seattle.gov/parks/find/adult-sports-teams-and-programs>,

or contact Jayson Powell at:

206-684-7092, cell 206-295-2465,

email: jayson.powell@seattle.gov.



Pickleball at a Glance

Please call the community center for days, times, and registration.

See page 25 for additional SW outdoor pickleball opportunities.

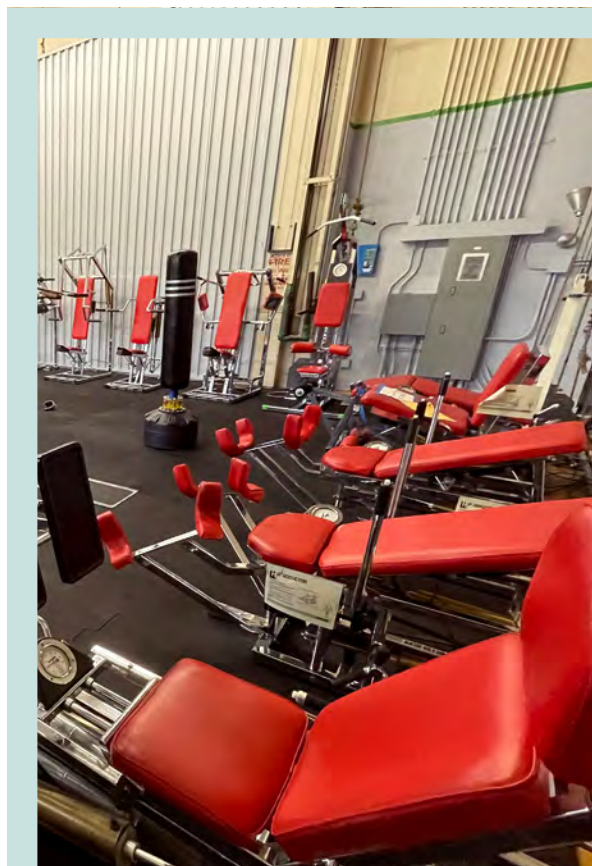
Pickleball	Free
NORTHWEST	
Bitter Lake	206-684-7524
Loyal Heights	206-684-4052
Magnolia	206-386-4235
NORTHEAST	
Magnuson	206-684-7026
Meadowbrook	206-684-7522
Northgate	206-386-4283
SOUTHWEST	
High Point	206-684-7422
Yesler	206-386-1245
SOUTHEAST	
Garfield	206-684-4788
Rainier	206-386-1919
Van Asselt	206-386-1921

Come work out at our Fitness Centers

Exercise machines, free weights, and cardio equipment. Please call the corresponding community center for up to date fitness room information.

OUR FITNESS CENTERS ARE NOW FREE!

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
Van Asselt	206-386-1921
Yesler	206-386-1245





Green Lake Small Craft Center & Mt. Baker Rowing and Sailing offer boating classes!

Programs for Ages 50+ Available

Call 206-684-4074 or 206-386-1913 for more information.



Seattle Parks & Recreation



Let us help you get your feet wet!

POOLS: YEAR-ROUND INDOOR

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

POOLS: SUMMER OUTDOOR

Colman Pool	
8603 Fauntleroy Way SW	206-684-7494
Lowery C. "Pop" Mounger Pool	
2535 32nd Ave W	206-684-4708

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
- Adult Swim Lessons
- Shallow Water Fitness
- Deep Water Fitness
- Hydro-Fit
- Stretch N Flex* AquaZumba

** Low-impact and perfect for seniors looking for ways to improve joint range of motion and flexibility.*





Case Berrysmith
Northwest
Recreation Specialist

206-233-7138 / cell 206-399-8561
case.berrysmith@seattle.gov

REGISTRATION

Register for programs using the activity number listed next to each program. Registration and payment details can be found on page 42. For accommodation requests, please call 206-684-7548.

Rainbow Recreation can be found on pages 32-33.

SCHOLARSHIPS

The scholarship cycle runs June 2023–June 2024. Have your application approved prior to registration. See page 42 for details.

TRIPS

DEPARTURE SITES

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

DEPARTURE TIMES

SOUTHBOUND TRIPS:

Bitter Lake: 20 minutes before time listed.

Ballard: at time listed.

NORTHBOUND TRIPS:

Ballard: 20 minutes before time listed.

Bitter Lake: at time listed.

BACK IN MOTION

Our **Back in Motion** programs provide fitness classes and educational programs for people with chronic pain or new to exercise, and are noted with a blue stripe on the class number line, like the one noted here.

SHAPE UP

If you are new to any **Shape Up** class, receive \$10 off your first class. **Shape Up** classes are noted by an orange asterisk next to the registration number, e.g. 160978*.

FIELD TRIPS

Seattle Aquarium

Visit aquatic life at the world-renowned Seattle Aquarium. Admission FREE with Gold Card (provided). Lunch on your own.

Northbound

58637 7/12 Wed 9 a.m.-3 p.m. \$10

Seattle Asian Art Museum and Volunteer Park

Explore the SAAM exhibits of historic and contemporary artworks from China, Korea, Japan, India, the Himalayas, and other Southeast Asian countries. Stroll next door to Seattle Parks own conservatory where luscious plants grow year around. Use Gold Cards (provided) for both admission—on your own, \$10 total. Lunch on your own nearby.

Northbound

58635 7/19 Wed 9:30 a.m.-2:30 p.m. \$10



FIELD TRIPS

Low Tide Beach Walk at Edmonds Waterfront

Enjoy a self-led walk on the beach at the Edmonds Waterfront during low tide. Lunch on your own.

Northbound

58634 8/2 Wed 9 a.m.-1 p.m. \$18

Burke Museum

Come learn, be inspired, and enjoy a trip to the Burke Museum of Natural History and Culture! Look into working labs, see one-of-a-kind objects, and view galleries containing dinosaurs and fossils, Northwest Native art, and cultural pieces from across the globe. Lunch and free time on your own in the U-District and bookstore.

Northbound

58633 8/9 Wed 9:30 a.m.-2:45 p.m. \$34

SOCIAL PROGRAMS

Games

Drop-In Bridge

Enjoy a game of bridge.

Magnolia

All Levels

58977 7/5-10/25 Wed 9 a.m.-Noon Free

Queen Anne

Intermediate

58978 7/11-9/26 Tue 12:30-3:30 p.m. Free

Crafty Ladies

Drop-in knitting, crochet, and needlepoint. Bring your project and socialize with others.

Queen Anne

58979 7/6-9/21 Thu 1:30-4 p.m. Free

Drop-In Mahjong

Play this fun game using Chinese tiles. Bring your Mahjong set if you have one. Beginners welcome.

Queen Anne

All Levels

58980 7/7-9/29 Fri 1:30-4:30 p.m. Free



ARTS AND HANDWORK

Watercolor

If you have never picked up a brush before or are an experienced watercolorist, our classes are right for you. Receive individual attention to enhance your skills. Bring your own paints and brushes. The instructor will provide a materials list. A demonstration follows each lesson in this class.

Loyal Heights

58404 7/10-8/21 Mon 10:30 a.m.-1 p.m. SKahler

\$63



DROP-IN FITNESS

Pickleball at a Glance

See page 9 for community center information for days, times, and registration.



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. An * (asterisk) notes a *Shape Up* class, see box on p 13 for details.

Aerobics and Dance

Fabulously Fit

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

Magnolia

58371 7/12-8/23 Wed 9:30-10:45 a.m. K Adolphsen \$49

Line Dance

Work out with your mind and body. Learn new dance patterns to some great music.

NEW Magnolia

58389 7/10-8/21 Mon 3-4 p.m. C Banta \$49

Queen Anne

58388 7/12-8/23 Wed 5:45-6:45 p.m. C Banta \$49



Strength and Conditioning

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.

Bitter Lake

58968 7/7-8/21 Mon 1:45-2:30 p.m. D Dragovich \$37

Circuit Training

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

Bitter Lake

58358* 7/14-8/25 Fri 9:30-10:30 a.m. R Buyce \$49

Loyal Heights

58357* 7/11-8/22 Tue 9:30-10:30 a.m. R Buyce \$49

58356* 7/13-8/24 Thu 9:30-10:30 a.m. R Buyce \$49

EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. This evidence-based program is offered in partnership with Sound Generations. For this class, NEW participants, or those returning from prior to the start of the pandemic, must submit the Participant Information and Health History forms, prior to registration. Forms location: <https://www.seattle.gov/parks/find/for-adults-50>. Kaiser Permanente members with Part B Medicare coverage must also provide a copy of their membership card, or complete the Kaiser Permanente Eligibility form. Silver and Fit participants, write your member number at the top of your forms. Mail to: Lifelong Recreation, Magnuson Bldg 30, 6310 NE 74th St, Seattle, 98115.

Note: Screening forms take up to two weeks to process. Free to Kaiser Permanente Part B Medicare coverage participants. American Specialty Health (ASH) Silver and Fit will cover in-person classes and is limited to 10 visits a month. To learn more about EnhanceFitness visit <https://projectenhance.org/enhancefitness/> and <https://projectenhance.org/about-us/>.

Magnolia

KP and ASH Members

58580 7/10-8/21 Mon Noon-1 p.m. K Adolphsen Free

58582 7/12-8/23 Wed Noon-1 p.m. K Adolphsen Free

58578 7/14-8/25 Fri Noon-1 p.m. K Adolphsen Free

Self-Pay

58368 7/10-8/21 Mon Noon-1 p.m. K Adolphsen \$49

58370 7/12-8/23 Wed Noon-1 p.m. K Adolphsen \$49

58366 7/14-8/25 Fri Noon-1 p.m. K Adolphsen \$49

Tai Chi and Qigong

Tai Chi

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

Green Lake—Back in Motion Class
Green Lake classes will be held outdoors this summer.

58398	7/12-8/23	Wed	10:30-11:30 a.m.	E Baxa	\$49
58399	7/12-8/23	Wed	11:45 a.m.-12:45 p.m.	E Baxa	\$49

Loyal Heights—Back in Motion Class
Beginning

58401*	7/11-8/8	Tue	11:15 a.m.-12:15 p.m.	C Tan	\$35
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Level 1

58400*	7/11-8/8	Tue	12:15-1:15 p.m.	C Tan	\$35
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Qigong

Qigong and Tai Chi bring great benefits for fitness, disease prevention, and improved balance. Qigong is the foundation of Tai Chi, as it develops the internal side of Tai Chi. This class teaches Tai Chi Qigong and Yang Tai Chi short form.

Loyal Heights—Back in Motion Class

58394*	7/13-8/10	Thu	11:15 a.m.-12:15 p.m.	C Tan	\$35
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Yoga and Pilates

We have a limited supply of yoga and pilates gear for new participants. We recommend that you bring your own equipment.

Yoga

Stretch and move with awareness, correct alignment, and focus on breath to increase strength and stamina, improve flexibility, and develop better balance, posture, and peace of mind. Non-flow style unless noted.

Chair Yoga

Bitter Lake

58969	7/7-8/25	Fri	1:30-2:15 p.m.	M Samuels	\$37
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Magnolia

58970	7/11-8/22	Tue	10-10:45 a.m.	K Kleinman	\$37
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Queen Anne

58971	7/11-8/22	Tue	11:45 a.m.-12:30 p.m.	K Kleinman	\$37
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Gentle Yoga

Bitter Lake

58379*	7/12-8/23	Wed	10:30-11:30 a.m.	H Karrfalt	\$49
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Green Lake—*Class will be held outdoors this summer*

58382	7/10-8/21	Mon	12:30-1:30 p.m.	R MacDonald	\$49
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Loyal Heights

58380*	7/10-8/21	Mon	10:45-11:45 a.m.	R MacDonald	\$49
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Queen Anne

58384	7/10-8/21	Mon	2-3 p.m.	R MacDonald	\$49
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Gentle Yoga—Flow Style

Bitter Lake

59039*	7/12-8/23	Wed	5:30-6:30 p.m.	D Schultz	\$49
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Queen Anne

58383	7/12-8/23	Wed	3-4 p.m.	M Samuels	\$49
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Vini Yoga

Loyal Heights

58403	7/12-8/23	Wed	10:45-11:45 a.m.	A Mason	\$49
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Magnolia

58402	7/14-8/25	Fri	9:30-10:30 a.m.	M Alex	\$49
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Class qualifies for \$10 off **SHAPE UP COUPON if you are a new student.*



Robin Brannman
Northeast
Recreation Specialist

206-386-9106 / cell 206-696-8252
 robin.brannman@seattle.gov

REGISTRATION

Register for programs using the activity number listed next to each program. Registration and payment details can be found on page 42. For accommodation requests, please call 206-684-7548.

Rainbow Recreation can be found on pages 32-33.

SCHOLARSHIPS

The scholarship cycle runs June 2023–June 2024. Have your application approved prior to registration. See page 42 for details.

TRIPS

DEPARTURE SITES

Meadowbrook CC
 10517 35th Ave. NE

Northgate CC
 10510 5th Ave. NE

DEPARTURE TIMES

NORTHBOUND TRIPS:

Meadowbrook: at time listed.

Northgate: 20 minutes before time listed.

SOUTHBOUND TRIPS:

Meadowbrook: 20 minutes before time listed.

Northgate: at time listed.

BACK IN MOTION

Our **Back in Motion** programs provide fitness classes and educational programs for people with chronic pain, or who are new to exercise, and are noted with a blue stripe on the class number line, like the one noted here.

FIELD TRIPS

Summer Games

Woodland Park Lawn Bowling Club has a history in Seattle going back many decades. Owned by the city but managed by the club, it offers lawn bowling, bocce, and croquet to members and visitors alike, promoting both competitive and recreational play. Croquet: Instructors will teach the game as promoted by the US Croquet Association, and only as can be played on a fast, level court. Bocce: Instructors will teach you the game and how to compete amongst your peers. Double-Tap Bocce: Learn the Seattle created variant to regular bocce—midway through the game, a second palino is added, doubling the scoring opportunities and changing up the strategy. Please wear flat soled shoes to help protect the greens. Transportation provided from Meadowbrook and Northgate.

Southbound

57524 7/13-7/27 Thu 9:30 a.m.-12:30 p.m. \$21



Low Tide Beach Walk

Explore the saltwater beach of West Seattle at Me-Kwa Mooks Park during low tide. Learn to find, touch, and handle, gently and safely, the unusual life forms that live between the tides. Discover the challenges of life in the tide zone. Participants experience a unique habitat in a hands-on manner that inspires curiosity, stewardship, and learning. Bring a sack lunch.

Southbound

56812 7/17 Mon 9:30 a.m.-1:30 p.m. \$10

Arlington Shop Hop

Enjoy a downtown stroll in the historic, quaint, small town of Arlington—a feast of eye candy and pop-in shopping. Find hidden treasures in the thrift, antique, and local stores. Lunch at Mirkwood Public House, a restored historic local church, on your own.

Northbound

57525 7/24 Mon 9:30 a.m.-2 p.m. \$25

Anacortes Art Festival

The Anacortes Art Festival is in its 62nd year. This is one of the oldest and largest festivals in the NW. Enjoy the lovely ride up to Anacortes, and spend a day with friends and a wandering eye, and come home with some new treasures—etherial or tangible!

Northbound

56811 8/4 Fri 9 a.m.-5 p.m. \$30

SOCIAL PROGRAMS

Book Clubs

Book Club

Explore new books, ask interesting questions, listen to different points of view, hear varied interpretations, metaphors, and themes.

Laurelhurst Book Club at Ravenna-Eckstein

Meets the 3rd Wednesday of each month.

56819 Wed 2:30-3:30 p.m. Free

Meadowbrook Book Club

Meets the 3rd Thursday of each month.

56765 Thu Noon-1 p.m. Free

NEW Ravenna-Eckstein Evening Book Club

Meets the 3rd Monday of each month.

57970 Mon 6:30-7:30 p.m. Free

Games

Drop-In Bridge

Drop-In play for bridge players. All Levels.

Japanese Garden Tateuchi Community Room

7/14-8/25 Fri 1-4 p.m. Free

Drop-In Mahjong

Drop-In and play mahjong!

Lake City

7/13-8/24 Thu 11:45 a.m.-1:15 p.m. Free

Magnuson Bldg 30

7/11-8/22 Tue 11 a.m.-2 p.m. Free

Mahjong Lessons

Mahjong bears a great resemblance in play to certain card games, namely those of the rummy family, and is fun to play. This class will introduce beginners to the basic rules and regulations of the game. Class size is limited to 5 participants so register early.

Lake City

56791 7/13-8/3 Thu 10:15-11:45 a.m. \$24

ARTS AND HANDWORK

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.

Magnuson Brig

56766 7/7-7/28 Fri 10 a.m.-2 p.m. Pope/Frazer \$112

56768 8/4-8/25 Fri 10 a.m.-2 p.m. Pope/Frazer \$112

Painting in the Community

Join others to paint as a community of artists in any water medium, using your own supplies. There is no formal teaching during this time. There is plenty of peer suggestion and support! Registration required.

Magnuson Brig

56792 7/11-8/22 Tue 10 a.m.-12:30 p.m. Free

Watercolor with Sandra Kahler

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

Magnuson Brig

56818 7/13-8/17 Thu 10 a.m.-12:30 p.m. S Kahler \$63

LIFELONG LEARNING

Write Your Life Story

Write on your own and share what you've written in class in small groups. With warm fellowship, and a comfortable environment, you can let your creative juices flow.

Meadowbrook

58706 7/11-8/22 Tue 10:30 a.m.-12:30 p.m. Free

Freewriting

Write freely and quickly for 10-minute time periods without worrying about spelling, punctuation, or grammar. Instructor will supply a variety of writing prompts to get you started or you can write about whatever you please. After writing together we will read our own writing to the group (optional). This method is designed to loosen up bottled up thoughts and creativity while providing highly supportive, nonjudgmental feedback. *No class 7/19.*

Ravenna-Eckstein

58238 7/12-8/23 Wed 3-4:15 p.m. A Peizer \$60

PADDLEBOARDING

Paddleboarding with Outdoors for All

SPR is partnering with Outdoors for All to share its newest offering, paddle boarding. Paddle boarding is a popular water sport activity that involves standing up on a board and using a paddle to make your way through the water. You'll use your arms while standing or kneeling to propel you and your board. Participants on stand-up boards must be able to independently paddle.

Magnuson North Beach

56693 7/28 Fri 9:30 a.m.-2 p.m. \$20

DROP-IN FITNESS

Pickleball at a Glance

See page 9 for community center information for days, times, and registration.

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.

Strength and Conditioning

Chair Strength and Tone

Strengthen and tone all muscle groups for improved health and fitness, all from a chair, 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.

Meadowbrook

59064 7/12-8/23 Wed 12:30-1:15 p.m. D Dragovich \$37

Circuit Training

Become a stronger you! In this fitness program you will move from one strength training station to the next with cardio intervals in-between.

Meadowbrook

56771 7/14-8/25 Fri 11:30 a.m.-12:30 p.m. R Buyce \$49



EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. This evidence-based program is offered in partnership with Sound Generations. For this class, NEW participants, or those returning from prior to the start of the pandemic, must submit the Participant Information and Health History forms, prior to registration. Forms location: <https://www.seattle.gov/parks/find/for-adults-50>. Kaiser Permanente members with Part B Medicare coverage must also provide a copy of their membership card, or complete the Kaiser Permanente Eligibility form. Silver and Fit participants, write your member number at the top of your forms. Mail to: Lifelong Recreation, Magnuson Bldg 30, 6310 NE 74th St, Seattle, 98115.

Note: Screening forms take up to two weeks to process. Free to Kaiser Permanente Part B Medicare coverage participants. American Specialty Health (ASH) Silver and Fit will cover in-person classes and is limited to 10 visits a month. To learn more about EnhanceFitness visit <https://projectenhance.org/enhancefitness/> and <https://projectenhance.org/about>.

Magnuson Bldg 30

KP and ASH Members

56779	7/11-8/22	Tue	9:30-10:30 a.m.	C House	Free
56781	7/13-8/24	Thu	9:30-10:30 a.m.	J Shearer	Free

Self-Pay

56780	7/11-8/22	Tue	9:30-10:30 a.m.	C House	\$49
56782	7/13-8/24	Thu	9:30-10:30 a.m.	J Shearer	\$49

Meadowbrook

KP and ASH Members

56785	7/12-8/23	Wed	9:40-10:40 a.m.	C House	Free
56775	7/14-8/25	Fri	9:40-10:40 a.m.	C House	Free

Self-Pay

56786	7/12-8/23	Wed	9:40-10:40 a.m.	C House	\$49
56776	7/14-8/25	Fri	9:40-10:40 a.m.	C House	\$49

Miller

KP and ASH Members

56777	7/10-8/21	Mon	10:15-11:15 a.m.	C House	Free
56783	7/13-8/24	Thu	10:30-11:30 a.m.	M Taplin	Free

Self-Pay

56778	7/10-8/21	Mon	10:15-11:15 a.m.	C House	\$49
56784	7/13-8/24	Thu	10:30-11:30 a.m.	M Taplin	\$49

Meet Mariah Kaye! Instructor of the **NEW** Stretch and Balance Class



Mariah first discovered the wonderful world of senior fitness when she joined Seattle Parks' Sound Steps program in 2009. Since then, she's tried out many ways to enjoy healthy movement and is currently focusing on the satisfying experience of stretching and building balance as effective ways to empower the bodies we have so we can do what we want to do.

NEW Stretch and Balance

AAAHH! A body that feels good! Stretches designed to end everyday pain, plus strengthening balance skills, to build a body ready and eager to take on whatever life has to offer.

Northgate— Back in Motion Class

Registration is still required for free classes as class sizes are limited.

56581	7/11-8/22	Tue	2:15-3:15 p.m.	M Kaye	Free
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Strength and Conditioning

ENERGIZE your morning stretching, swooping, and strengthening! You will go through a series of exercises to build strength, flexibility, balance, and achieve better overall conditioning. This class will leave you feeling happy and connected.

Magnuson Shelter 3

56805	7/13-8/24	Thu	8:15-9:15 a.m.	J Shearer	\$49
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Tai Chi and Qigong

Tai Chi

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

Magnuson Shelter 2

All Levels

56808 7/11-8/22 Tue 10-11 a.m. EBaxa \$49

Meadowbrook

All Levels

56807 7/7-9/22 Fri 8:30-9:30 a.m. EBaxa \$49

Wallingford Senior Center

All Levels

56809 7/14-8/25 Fri 1-2 p.m. G Seminatore \$49

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 for beginning classes; prior attendance in Annette's beginning class is required for the ongoing class at Northgate.

Magnuson Park Fins (Outdoor) No class 7/17

Beginning

58239 7/10-8/21 Mon 10-11 a.m. A Peizer \$42

Northgate No class 7/20

Beginning—Back in Motion Class

56800 7/13-8/24 Thu 11:15 a.m.-12:15 p.m. A Peizer \$42

Ongoing

56801 7/13-8/24 Thu 12:30-1:30 p.m. A Peizer \$42

Ravenna-Eckstein No class 7/19

Beginning

58461 7/12-8/23 Wed 1:45-2:45 p.m. A Peizer \$42

Exercise in Disguise: Tips to work into your day!

by Stretch and Balance Teacher, Mariah Kaye

Ankle Circles and Chicken Wings

Wake up with a smile and give yourself an excuse to savor your last cozy moments in bed. Ankle flexibility is crucial to staying upright since your feet need to adjust to variations in the walking surface. Starting your day under the covers by moving your ankles/feet in circles as well as up and down (pointing and flexing) makes sure your feet are ready to do their job the moment they hit the floor. And while you're at it, why not add some arms? Try lying on your back, tucking your arms by your sides with elbows at your waist and putting your hands palms-up beside your shoulders (like folded chicken wings). This posture opens the chest, stretches the back, and gives your posture a boost. As a bonus, it feels good! Aaahh!



Try an exercise class with us!

Yoga and Pilates

We have a limited supply of yoga and pilates gear for new participants. We recommend that you bring your own equipment.

Pilates

Stabilize and strengthen the core muscles of your abdominals and back while improving your flexibility and posture.

Meadowbrook

56798 7/12-8/23 Wed 11:15 a.m.-12:15 p.m. D Dragovich \$49

Virtual

56817 7/11-8/22 Tue 11:30 a.m.-12:30 p.m. D Dragovich \$49

Virtual Pilates is now located here in NE, and can be enjoyed at home wherever you live.

Yoga

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

NEW Chair Yoga

NEW introductory session! Chair yoga offers accessibility and is adapted for individuals with mobility and balance challenges. *No class 8/3.*

Ravenna-Eckstein—Back in Motion Class

This class is sponsored by ERA Living. Registration is still required for free classes as class sizes are limited.

56770 7/13-8/24 Thu 2-2:45 p.m. M Samuels Free

Gentle Yoga

Magnuson Bldg 30

58462 7/12-8/23 Wed 10-11 a.m. J Robin \$49

Meadowbrook

59363 7/15-8/19 Sat 10-11 a.m. J Robin \$49

Ravenna-Eckstein No class 8/3

56789 7/13-8/24 Thu 9:30-10:30 a.m. J Robin \$42

Vini Yoga

Meadowbrook

56814 7/10-8/21 Mon 9:30-10:30 a.m. H Mair \$49

Northgate

56815 7/13-8/24 Thu 10-11 a.m. H Mair \$49





John Hasslinger
Southwest
Recreation Specialist

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

REGISTRATION

Register for programs using the activity number listed next to each program. Registration and payment details can be found on page 42. For accommodation requests, please call 206-684-7548.

Rainbow Recreation can be found on pages 32-33.

SCHOLARSHIPS

The scholarship cycle runs June 2023–June 2024. Have your application approved prior to registration. See page 42 for details.

TRIPS

DEPARTURE SITES AND TIMES

High Point Community Center
6920 34th Ave. SW

Depart 15 minutes before time listed.

Hiawatha Community Center
2700 California Ave. SW—

on Walnut Ave. SW, east of CC, near parking area between CC and West Seattle High School.

Depart at time listed.

DEPARTURE SITE REQUEST

At the time of registration you will select your departure location from the available options. 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.

BACK IN MOTION

Our **Back in Motion** programs provide fitness classes and educational programs for people with chronic pain, or who are new to exercise, and are noted with a blue stripe on the class number line, like the one noted here.

FIELD TRIPS

Indian Cultural Center at Discovery Park

Learn about the origins of Discovery Park's Daybreak Star, its Native American founder and activists, and the wonderful culture of our Native People. Please bring a brown bag lunch to enjoy outdoors.

58269 7/27 Thu 10 a.m.-3:30 p.m. \$21

Blueberry Pick and Lunch

Spend the morning picking blueberries at Larsen Lake's favorite u-pick farm, then head to the Marketplace at Factoria for your choice of many lunch options on your own. This trip requires minimal walking, but option available to get your steps by using berry pick time to explore the farm's scenic greenbelt paths. Please bring money for fresh fruit and meal purchases.

58270 8/3 Thu 9:45 a.m.-2:45 p.m. \$19

USS Turner Joy

USS Turner Joy is a decommissioned Navy Destroyer tied up in Bremerton. Join us for a leisurely ferry ride followed by a guided tour of this historic ship. The ship is accessible for people with walkers, but in order to complete the below deck portion of the tour you will need to be able to navigate several steep stairways and narrow passageways. Activity fee includes transportation and tour guide costs. Lunch on your own at nearby restaurants, or brown bag option.

58271 8/17 Thu 9 a.m.-5 p.m. \$59



NATURE AND ENVIRONMENT

Mindfulness Walk Through Camp Long

Join a retired park ranger for a guided walk through this historic urban oasis. Learn the history and special features of the park while experiencing mindful meditation among the trees. Meet at the Camp Long Environmental Learning Center entrance just off 35th Ave. SW.

Camp Long

58261 8/8 Tue 10:30 a.m.-Noon P Pilcher Free

SPECIAL EVENTS

Line Dance Party

Lifelong Recreation's quarterly line dance party headlined by Ms. Linda Reese! Come in your dancing shoes and leave with a workout. Learn and dance some of the most popular line dances. All registrants will receive an emailed playlist and more details prior to the dance party.

High Point

58267 8/11 Fri 1:30-4 p.m. \$9



SOCIAL PROGRAMS

Book Clubs

High Point Book Club

Meets the 2nd Thursday of each month. This is an active club seeking new members!

Meets: 7/13 and 8/10.

NOTE: new meeting time 1-2 p.m.!

High Point

58265 Thu 1-2 p.m. Gail B Free

Silver Sounds

Join Silver Sounds singers! Have fun while bringing joy to residents of retirement communities and nursing homes. No singing experience necessary. If you play an instrument, bring it! After registration you'll receive a welcome email with further instructions. Practice and performance dates to be announced.

High Point

58268 7/1-8/26 Sat 1-2 p.m. M Summers Free

DROP-IN SPORTS

Pickleball at a Glance

See page 9 for community center information for indoor pickleball.

Outdoor Pickleball

Outdoor courts dedicated to free, open pickleball play. No registration required. Seattle Parks Lifelong Recreation Volunteer Ambassadors are present to facilitate rotations when courts are busy. Please bring a paddle, outdoor balls, and your community spirit!

Delridge Courts

7/6-8/31 T/Th 10 a.m.-Noon Free

Miller Courts

7/3-8/30 M/W/F 10 a.m.-Noon Free

Walt Hundley Courts

7/3-8/30 M/W/F 10 a.m.-Noon Free

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

Bollywood Fitness

Fitness fusion that combines global dance, strength training, and whole body stretching, to give you a complete workout—body, mind, and soul! Set to fun world music (Bollywood, Latin, Western pop, and others), you'll get a great workout and learn music and moves from other cultures. Please bring 3-5 lb. hand weights, a mat, water bottle, and towel.

Delridge

58255 7/14-8/25 Fri 10:30-11:30 a.m. A Carver \$49

Dance Fit

Dance Fit is a class that engages the entire body as well as the mind. Remembering choreography keeps your brain active while constant movement helps your heart, circulation, balance, muscles, and joints. Based on basic jazz steps, Dance Fit not only burns calories, it's fun too!

Delridge

58257 7/13-8/24 Thu 10:30-11:30 a.m. Debbie P \$49

Line Dance

Work out with your mind and body. Learn new dance patterns to some great music.

High Point

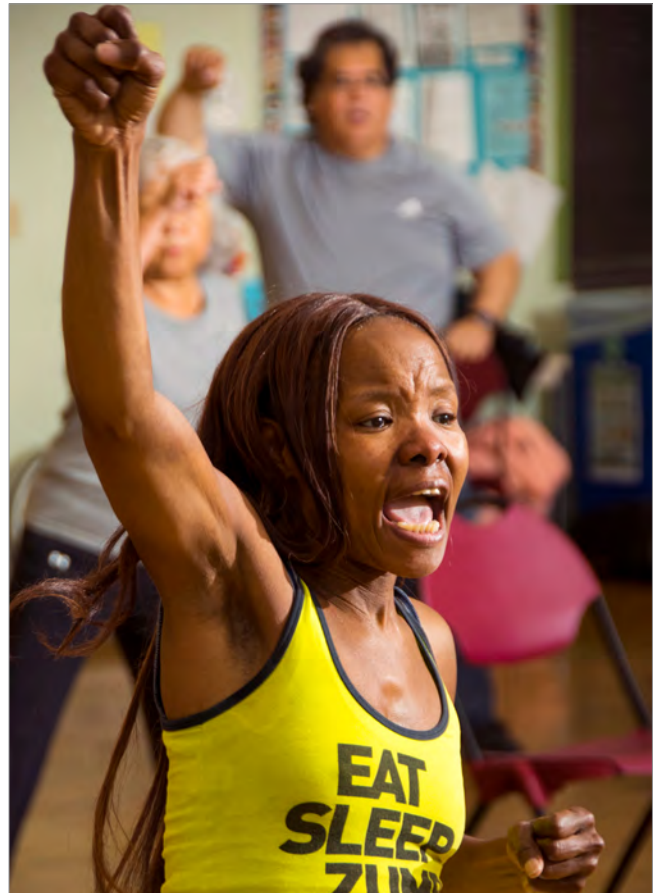
58266 7/13-8/24 Thu Noon-1 p.m. S Simmons \$49

Zumba®

Ditch the workout, join the party! Fun is the key ingredient in this low-impact, Latin-inspired dance fitness class. No rhythm or partner required. You'll leave exhilarated and energized! Appropriate for all fitness levels.

Delridge

58272 7/11-8/22 Tue 10:30-11:30 a.m. M Jorgensen \$49





Strength and Conditioning

Fitness

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

Delridge

58262 7/12-8/23 Wed 10:30-11:30 a.m. S Simmons \$49

Yoga

We have a limited supply of yoga and pilates gear for new participants. We recommend that you bring your own equipment.

Back in Action Gentle Yoga

Have you been out of action for awhile? In this gentle yoga class you can focus on enjoyable movements that will help you build strength and restore functionality of your muscles and joints. You will learn easy poses to improve your balance, flexibility and range of motion. All the poses can be modified to avoid pain, and there are no kneeling poses. Everyone can work at their own pace in a no-competition atmosphere, with peaceful music and plenty of wonderful relaxation at the end. Suitable for beginners. Bring a yoga mat if you have one, and a small blanket or large towel for covering up at the end.

High Point—Back in Motion Class

58254 7/14-8/25 Fri Noon-1 p.m. J Reed \$49

Gentle Yoga

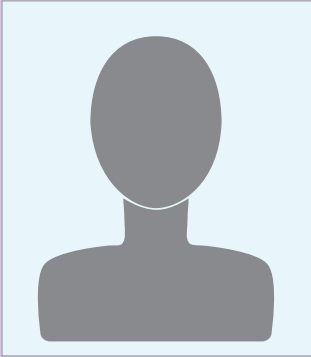
Stretch and move with awareness, correct alignment, and focus on breath to increase strength and stamina, improve flexibility, and develop better balance, posture, and peace of mind. Non-flow style. Bring a yoga mat and large towel for padding in kneeling poses.

High Point

58263 7/10-8/21 Mon Noon-1 p.m. J Reed \$49

58264 7/12-8/23 Wed Noon-1 p.m. J Reed \$49





TBD
Southeast
Recreation Specialist

cell 206-450-9522

REGISTRATION

Register for programs using the activity number listed next to each program. Registration and payment details can be found on page 42. For accommodation requests, please call 206-684-7548.

Rainbow Recreation can be found on pages 32-33.

SCHOLARSHIPS
 The scholarship cycle runs June 2023–June 2024. Have your application approved prior to registration. See page 42 for details.

TRIPS

DEPARTURE SITES AND TIMES

Garfield Community Center
 2323 E Cherry St.
 Depart at time listed.

Jefferson Community Center
 3801 Beacon Ave. S
 Depart 15 minutes prior to time listed.

Participants will be contacted 3-5 days before their field trip to confirm details and departure locations.

While masks are not required, we encourage wearing a mask if you are unable to social distance. Please be kind and respect everyone's choice.

BACK IN MOTION

Our **Back in Motion** programs provide fitness classes and educational programs for people with chronic pain, or who are new to exercise, and are noted with a blue stripe on the class number line, like the one noted here.

FIELD TRIPS

Microsoft Visitor Center

Experience the past, present, and future of Microsoft while you interact with displays and presentations. Afterwards, have lunch on the campus (on your own), or bring a sack lunch to enjoy outside. Time to explore the Microsoft Store.

58324 7/25 Tue 10:30 a.m.-2 p.m. \$18

Snoqualmie Falls Walk and Outlet Shopping

Snoqualmie Falls is a 268 ft. waterfall on Snoqualmie River with an interpretive trail from the upper falls viewpoint to the lower falls viewpoint. The trail is good for most levels, 1.4 miles round trip. Lunch at Snoqualmie Casino (sorry, no drop-offs). Afterwards, shop at North Bend Outlets. Lunch on your own.

58325 8/15 Tue 10 a.m.-3:30 p.m. \$25



Snoqualmie Falls is a spectacular NW feature!

DROP-IN SPORTS

Pickleball at a Glance

See page 9 for community center information for days, times, and registration.

FITNESS CLASSES

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

Traditional and Contemporary Asian Dance

Have fun while learning new dance moves influenced by Malaysian, Chinese, and Vietnamese dance. Class is delivered in Mandarin and English. \$2 drop-in fee per class.

Jefferson

All Levels

6/28-8/30 Wed 6-7:45 p.m. K Luo



Dance for Parkinson's

Dance for Parkinson's will return in the fall!

Line Dance

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

Van Asselt

Advanced Beginner

58321 7/13-8/24 Thu 1-2 p.m. M Chen \$49



Strength and Conditioning

EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. This evidence-based program is offered in partnership with Sound Generations. For this class, NEW participants, or those returning from prior to the start of the pandemic, must submit the Participant Information and Health History forms, prior to registration. Forms location: <https://www.seattle.gov/parks/find/for-adults-50>. Kaiser Permanente members with Part B Medicare coverage must also provide a copy of their membership card, or complete the Kaiser Permanente Eligibility form. Silver and Fit participants, write your member number at the top of your forms. Mail to: Lifelong Recreation, Magnuson Bldg 30, 6310 NE 74th St, Seattle, 98115.

Note: Screening forms take up to two weeks to process. Free to Kaiser Permanente Part B Medicare coverage participants. American Specialty Health (ASH) Silver and Fit will cover in-person classes and is limited to 10 visits a month. To learn more about EnhanceFitness visit <https://projectenhance.org/enhancefitness/> and <https://projectenhance.org/about-us/>.

Garfield

KP and ASH Members

58319	7/12-8/23	Wed	10:15-11:15 a.m.	YS Gartz	Free
58329	7/14-8/25	Fri	10:15-11:15 a.m.	YS Gartz	Free

Self-Pay

55320	7/12-8/23	Wed	10:15-11:15 a.m.	YS Gartz	\$49
58330	7/14-8/25	Fri	10:15-11:15 a.m.	YS Gartz	\$49

Jefferson

EnhanceFitness at Jefferson will return in the fall!

Coming Fall 2023:

GENTLE YOGA at Rainier Beach CC!

Keep your eyes out for this class in the Lifelong Recreation Fall 2023 brochure.



Tai Chi and Qi Gong

Tai Chi

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

Garfield

All Levels

58322	7/10-8/21	Mon	10:15-11:15 a.m.	E Baxa	\$49
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Tai Chi and Qi Gong—Beginner

Relaxing, ancient moves are taught through easy, repeating exercises followed by the beginning steps of the Tai Chi Form 24. The goal is to maintain and restore bone mass, equilibrium, balance, and poise by activating vital energy during this moving, meditation practice. No experience necessary.

IDCCC—Back in Motion Class

58323	7/11-8/22	Tue	10:15-11:15 a.m.	G Seminare	\$49
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Tamara Keefe
Dementia-Friendly Program Coordinator

206-615-0100 /
 cell 206-399-4655
tamara.keefe@seattle.gov

Working with community partners, we offer a variety of dementia-friendly recreation programs designed for and celebrating the strengths of people living with memory loss. Many of these programs have been inspired by and developed through community input. For questions and registration information, contact Tamara Keefe, or the person noted in the description.

Free Programs

To reduce barriers to participation, all of our programs are now free to attend! This is made possible through generous community sponsorships and donations. To support Dementia-Friendly Recreation with a donation, visit <https://arcseattle.org/Lifelong-Recreation-Donations> and designate "Dementia-Friendly Programs."

Receive monthly updates

There are new dementia-friendly opportunities developing in the community all the time! To learn about upcoming programs, join the email list for the Dementia-Friendly Recreation e-Newsletter. Sign-up at <http://www.seattle.gov/parks/find/dementia-friendly-recreation>.

SOCIAL PROGRAMS

Lake City Momentia Meet-Ups

Laugh, explore and connect at this inclusive, memory-friendly event for the whole community. We are rebuilding the group and would love to have you join us for improv, music, movement, and more! Reach out to Justin at 206-707-1865 or justinf@soundgenerations.org if interested. This class is offered in partnership with Lake City Seniors and Sea Mar Latino Seniors.

Lake City CC

Free

Reuniones de Momentia en Lake City

Ríase, explore y conéctese en este evento inclusivo y memorable para toda la comunidad. Estamos reiniciando el grupo y nos encantaría que se uniera a nosotros para el improv, el arte, la música, el movimiento, y más. Si desea asistir a clases, comuníquese con Justin al 206-707-1865 o justinf@soundgenerations.org. Esta clase se ofrece en colaboración con Lake City Seniors y Sea Mar Latino Seniors.

Lake City CC

Gratis

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 the Greater Seattle area, visit: www.momentiasattle.org.

Momentia Mondays at SESSC

Connect with others experiencing memory loss and explore different topics and projects together, including art, improv, drumming, movement, and more! Offered in partnership with the Southeast Seattle Senior Center (SESSC). Please call the SESSC to confirm the program details, at 206-722-0317.

Mondays

12:30-1:45 p.m.

Free

OUTDOOR RECREATION

Garden Discovery Program

Join us in the garden at The Memory Hub to engage with nature and each other. Discover changes through the season, engage in horticultural activities, and learn what makes this public "memory garden" particularly accessible to people living with dementia and their families in this 3-part series. Light refreshments provided. Offered in partnership with UW Memory and Brain Wellness Center and with support from Aegis Living Assisted Living and Memory Care communities. Directions to the central Seattle location provided to registered participants prior to program start. A conversation with the Dementia-Friendly Recreation Specialist is required for 1st time participants. Please contact tamara.keefe@seattle.gov.

The Memory Hub

1st Fridays: 7/7, 8/4, and 9/1
58708

10:30 a.m.-Noon

Free

Out and About Walks

Invigorate body, brain, and spirit with 1.5 to 2-mile moderately-paced walks in parks and neighborhoods throughout Seattle. Varied terrain includes sidewalks and gravel paths; mostly level with occasional hills. Registered participants will receive details via email. A conversation with the Dementia-Friendly Recreation Specialist is required for 1st time participants. Please contact tamara.keefe@seattle.gov.

Various Locations

2nd and 4th Fridays
58709

10:30 a.m.-Noon.

Free

Memory Loss Zoo Walks

Enjoy a gentle to moderately-paced walk through the zoo, followed by a social gathering in the zoo café. Flat, paved surface. A partnership with the Alzheimer's Association and Greenwood Senior Center. Registration and screening required by calling the Alzheimer's Association at 206-363-5500.

Woodland Park Zoo

Monday, Tuesday or Wednesday mornings

Free





Tamara Keefe
Rainbow
Program Coordinator

206-615-0100 /
 cell 206-399-4655
tamara.keefe@seattle.gov

Seattle Parks and Recreation strives to create respectful and safe environments, to enhance health and well-being, and to welcome community members of all backgrounds. While our LGBTQ+ neighbors are welcome in all programs, Rainbow Recreation was developed to specifically serve LGBTQ+ identified 50+ adults, and their friends and allies. We want your involvement to design programming that meets needs and interests! What would you like to see, or what can you offer? Contact *tamara.keefe@seattle.gov* so that we can create opportunity.

REGISTRATION

Register for programs using the activity number listed next to each program. Registration and payment details can be found on page 42. For accommodation requests, please call 206-684-7548.

TRIPS

DEPARTURE SITES AND TIMES

Miller Community Center:
 at time listed.

Possible north/south Seattle departure sites depending upon need. Contact Tamara for information.

SCHOLARSHIPS

The scholarship cycle runs June 2023–June 2024. Have your application approved prior to registration. See page 42 for details.

FIELD TRIPS

City Farm Inspo

Located in the Duwamish River Valley, Marra Farm comprises 8.7 acres of preserved farmland in Seattle's South Park neighborhood, home to both ethnically diverse immigrant communities and a high concentration of commercial industry. Respectfully explore this urban farm and be inspired to add new veggies to your meals, design improvements to your garden, and connect with others over a picnic lunch. An LGBTQ+ affirming space. Bring a lunch to enjoy at the farm if you like. Depart Miller CC at 10 a.m.

58772 7/18 Tue 10 a.m.-1 p.m. \$10

SPECIAL EVENT

See and Share at The AMP

The AMP (AIDS Memorial Pathway) uses public art to create a physical place for remembrance and reflection, utilizes technology to share stories about the HIV/AIDS epidemic and the diverse community responses to the crisis, and provides a call to action to end HIV/AIDS, stigma, and discrimination. We will have a conversation about some of the artworks using a technique propelled by your present moment observations. No technology or knowledge of art needed. Sharing lived experience as it relates to what you see will be welcome. An LGBTQ+ affirming space. Open to allies! Capitol Hill light rail-adjacent meet-up location will be emailed to registered participants. Expect to stand/walk for the duration. Walk will be approximately .5 mile.

Capitol Hill Light Rail Area

58770 8/23 Wed 10:30 a.m.-Noon Free

ENVIRONMENTAL EDUCATION

The following virtual opportunity is a collaboration between Outdoor Recreation and Rainbow Recreation.

Queer Ecology

Science showcases endless examples of the LGBTQ+ community reflected in nature—plants and animals who have same-gender mates, change genders throughout their lifespan, exhibit characteristics of multiple genders, and thrive asexually. Queer Ecology is a realm of science that seeks to acknowledge the diversity of the natural world to prove that what many humans consider “natural” may not be the case at all. With our Urban Nature Guide Friends, we'll explore this ideology and learn fascinating examples of non-human life existing outside the gender and sexuality binaries created by humans. Class is virtual and will take place on the WebEx platform.

59230 7/12 Wed 6-7:30 p.m. Free

FITNESS CLASSES

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.

Tai Chi

T'ai Chi Chih® is on pause for the summer, check back in the fall!

Yoga

We have a limited supply of yoga and pilates gear for new participants. We recommend that you bring your own equipment.

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, and peace of mind. Chair seated participants are welcome. An LGBTQ+ affirming space. Open to everyone.

Miller

58771 7/10-8/21 Mon 11:45 a.m.-12:45 p.m. L Gardener \$49





**Outdoor Specialist
Outdoor Recreation
Program Coordinator**

cell 206-618-4254
sound.steps@seattle.gov

Outdoor Recreation is our new program that encompasses Sound Steps, but adds more! Hikes, Environmental Education, Dog Walks, anything outdoor related lands here.

Please register quarterly for all programs using the activity number provided. See page 42 for registration information. Unless dates are specified, walks are generally ongoing. Check with the volunteer walk leader for any dates that may be missed.


Sign Up For Our Newsletter!


As we move into the New Year and have more volunteer walk leaders onboarded, there will be more walks available throughout Seattle than what is currently listed in this brochure. To stay up-to-date on new walks as they become available, send Brooke an email at sound.steps@seattle.gov to join the mailing list for program updates.


SCHOLARSHIPS

The scholarship cycle runs June 2023–June 2024. Have your application approved prior to registration. See page 42 for details.

Hike Rating Legend

DISTANCE 
 1 Tape Measure = .5-3 miles
 2 Tape Measures = 3-5 miles
 3 Tape Measures = 5+ miles

ELEVATION 
 1 Mountain = Mostly flat, slight elevation at most.
 2 Mountains = Some moderate inclines, rolling hills, or minimal staircases.
 3 Mountains = Be prepared for steep climbs or lengthy staircases as a main feature.

TERRAIN 
 1 Boot = Paved path or indoor flooring.
 2 Boots = Soft gravel, grass, slight mud, and/or dirt paths.
 3 Boots = Significant rocks, tree branches, tripping hazards, or mud. Come prepared!

DOG WALKS

Bring a dog, or come without one if you love dogs. Prepare to walk 2-3 miles, rain or shine. Meet at the designated site, leash your dog, and bring poop bags. Walks are free. Currently dog walks take place every Friday at 11 a.m. Please register at sound.steps@seattle.gov to get a list of locations, and so volunteer leader Sharon LeVine may contact you if there is a change.



FIELD TRIPS

Wallace Falls

A classic PNW hike, this old growth forest packs a biodiversity punch with a wide variety of plant and tree species. The gentle sound of flowing water will guide us along this 6 mile route to waterfalls that will take your breath away! Pickup at Miller CC.

Wallace Falls

58778 8/21

Mon 9 a.m.-3 p.m.



\$25



WORKSHOPS

Celebrate Summertime Fitnesswear at Oiselle

Back by popular demand, another celebration in our series of learning the adaptability of the athletic apparel industry, hosted by Seattle's own women's fitness brand Oiselle. We'll gather at their Flagship Store in University Village for some breakfast treats and a presentation on the athletic fashion industry's response to the big 3 enemies of summer fitness: blisters, sunburn, and chafing—you'll be amazed by the science! Join us at 8 a.m. for an optional group run/walk, or come at 9 a.m. if you just want to listen to the lecture. This event is open to people of all genders, but note that Oiselle creates and sells clothing gendered for 'women'.

Oiselle Flagship Store

2632 NE University Village St, Seattle, WA 98105

58777 7/14

Fri

8-10 a.m.

Free

The following virtual opportunity is a collaboration between Outdoor Recreation and Rainbow Recreation.

Queer Ecology

Science showcases endless examples of the LGBTQ+ community reflected in nature—plants and animals who have same-gender mates, change genders throughout their lifespan, exhibit characteristics of multiple genders, and thrive asexually. Queer Ecology is a realm of science that seeks to acknowledge the diversity of the natural world to prove that what many humans consider “natural” may not be the case at all. With our Urban Nature Guide Friends, we'll explore this ideology and learn fascinating examples of non-human life existing outside the gender and sexuality binaries created by humans. Class is virtual and will take place on the WebEx platform.

59230 7/12

Wed

6-7:30 p.m.

Free

ENVIRONMENTAL EDUCATION

Water Quality Testing Workshop

Many factors affect the quality of the water around us....what's it like at Magnuson Park? We'll find out in this hands-on workshop where we use measurement tools and analyze the microscopic creatures present to learn more Lake Washington and Magnuson's Wetlands.

Magnuson

58618 7/13 Thu 1-2:30 p.m. Free

Wildfires in the PNW Workshop

Increasing in frequency and severity across the Western US, wildfires and their associated smoke events have become a mainstay of Seattle summer life. Hosted by the UW Department of Atmospheric Sciences, we'll have a classroom session on how wildfires function and how scientists track and chart them, followed by tours of UW's in-house weather reporting studio and rooftop meteorology lab. An instant classic of a trip, you don't want to miss this one!

UW Dept of Atmospheric Sciences

58640 7/24 Mon 1-3 p.m. Free



All About Insects—Virtual

Representing an estimated 80% of the world's species, insects are more than just creepy crawly pests. Recent figures indicate that there are more than 200 million insects for each person on the planet! Incredible series of adaptations, hunting skills, protective mechanisms, and community coexistence have allowed them to become so dominant on Earth, and we'll learn all the basics in this virtual workshop. Class is held on the Virtual platform WebEx.

Virtual

58624 8/2 Wed 6-7:30 p.m. Free

All About Insects —Hands-On

The hands-on component of our Virtual Insects Workshop (Activity #58624 above), we'll be out in nature finding insects in a forest and grassy field in Beacon Hill. Using bug boxes, leaf litter shakeouts, and other techniques to get up close to the insects we find to see their unique features up close.

Dearborn Park International Elementary School

58627 8/3 Thu 9:30-11 a.m. Free

Soil Quality Testing Workshop

Healthy soil is critical to thriving ecosystems, so we'll learn all about what makes up quality soil landscapes and how to maintain them. Using hands-on tools we'll take samples to measure the physical, chemical, textural, and biological features of soil health. Come ready to get your hands dirty!

West Seattle Bee Garden

58638 8/10 Thu 10-11:30 a.m. Free

UW Biology Greenhouse Tour

A gorgeous new 20,000 sq ft. greenhouse on the UW campus houses over 6,000 plants, one of the country's most diverse plant collections, with a unique specialty in ancient plants! We'll stop in for a tour to learn about the plants, the highly evolved technology of the new greenhouse building, and the research being conducted at the facility.

UW Biology Greenhouse

58639 8/11 Fri 1-2:30 p.m. Free

PUBLIC TRANSIT WALKS AND HIKES

Public Transit Walks and Hikes!

Come celebrate public transportation with this wildly popular walk series. We offer "Bus Walks" where you'll meet at a destination, go for a walk, and take the bus back to your starting point, and "Lightrail Walks" where we will meet at a lightrail station and explore the area around it on foot before returning back to the station for departure. Participants are responsible for their own transit fares.




Lightrail-University of Washington Station: Arboretum Stroll

Is there a prettier sight than the Arboretum in the sunshine? We'll meet at UW station (aka Husky Stadium Station), then trek across the bridge over to one of Seattle's most magnificent floral sanctuaries. With much abloom, the plant diversity here is a full sensory delight. This path is mostly flat with a mixture of sidewalk and gravel pathways, though be aware of a singular hill to get in and out of the park. We'll walk 4.5 miles total.

UW Light Rail Station    
58773 7/10 Mon 9 a.m.-Noon Free

Bus Walk: Seattle's Waterfront



In just a brief walk, we'll move past a whole slew of famous Seattle haunts and classic local views—the ferris wheel, Seattle Aquarium, Myrtle Edwards Park, Elliot Bay Park, and all the sights and sounds in between. Starting at the Great Wheel we'll meander along the water all the way to Elliott Bay Park before hopping on public transit to take us back to the start. Walk is flat, paved, and 2.5 miles total.

Seattle Great Wheel   
58775 7/24 Mon 1:30-3:30 p.m. Free



Lightrail-Rainier Beach Station: Kubota Gardens

Join us as we trek two of the Southend's greatest secrets: the Chief Sealth Trail, and Kubota Gardens. We'll link up at Rainier Beach Station and follow the gorgeous trail to the gardens for the full sensory delight of flowers, trees, and waterfalls. Pack a lunch to enjoy in the park! Please note that while the Chief Sealth Trail is well-paved, it is a hilly walk to Kubota Gardens from the station. Round trip walk is 6-7 miles total.

Rainier Beach Light Rail Station      
58774 8/8 Tue 10 a.m.-2 p.m. Free

Join us as a WALK LEADER!

Sound Steps can't happen without volunteers, and we are looking for more people to join us leading walks throughout the city. No experience required! This is a great opportunity to give back to your community on your own schedule. Message Brooke at sound.steps@seattle.gov to get registered for a volunteer onboarding session this spring, and we can get you started in no time.



SOUND STEPS WALKS

Sound Steps is a community-driven and volunteer-led walking program designed for all levels of walkers. If you would like to plan and lead a walk, please be in touch!



Llandover Woods Sound Steps Walk

Several beautiful gravel-surfaced trails wind their way through dense northwest forest; it's often so quiet you can hear a leaf drop.

Llandover Woods Trailhead, 145th and 3rd Ave. NW
58766 7/10-8/21 Mon 10-11 a.m. Free

Rainier Beach Sound Steps Walk

Walk laps to music inside the gym at Rainier Beach CC. All paces and mobility levels welcome. Great option for those wishing to walk at their own pace, or who need access to bleachers to take breaks. Support staff and other care partners are welcome to join.

Rainier Beach CC Gym
58767 7/11-8/23 T/W 10:30-11:30 a.m. Free

Seward Park Walking Club

Join us for a weekly walk at Seward Park, with a choice between the paved 2.8 mile loop, or meandering the wooded trails throughout the park's interior. Beautiful views of Lake Washington, mountains, and rich flora and fauna make this a stunning walk! Meet in front of the Audubon Center near the main parking lot.

Seward Park Audubon Center
58765 7/10-8/21 Mon 9-10:30 a.m. Free

RUN CLUBS



Northend Run Club

Open to runners of all experience levels! We'll gather in the parking lot of Building 30 in Magnuson Park for a light warmup, then head to Magnuson's dirt track to run laps at your own pace, with the opportunity to take rest breaks whenever you need. This group will be led by an experienced track and cross-country coach, so it is a great opportunity for beginners to get some tips, for experienced runners to have some accountability to get out the door, or for anyone looking for friends to run with.

Magnuson Park Track
58768 7/7-8/25 Fri 8-10 a.m. Free

Southend Run Club

Open to runners of all experience levels! We'll gather in front of Jefferson CC for some light group warmups, then head to the track at Jefferson to run laps at your own pace, with the opportunity to take rest breaks whenever you need. This group will be led by an experienced track and cross-country coach, so it is a great opportunity for beginners to get some tips, for experienced runners to have some accountability to get out the door, or for anyone looking for friends to run with.

Jefferson Park Track
58769 7/6-8/24 Thu 8-10 a.m. Free



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 are always looking for new members. Monthly meetings are held to advise about programs, policies, and financial issues.

If you'd like to get involved, please contact a Lifelong Recreation Specialist, see p 5.

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.

VOLUNTEER OPPORTUNITIES

We have lots of opportunities for you to get involved within your community!



- Lead a book club, bridge club, or mah jong group.
- Be a field trip van driver: tours and meals comp'd.
- Join the Senior Volunteer Team at your local community center.
- Come help at a food bank with us.
- Be a walk leader with Outdoor Recreation or Sound Steps.
- Become a Seattle Urban Nature Guide.
- Help with program development by joining the Lifelong Recreation Advisory Council—see above.

Age Friendly Civic Coffee

Age Friendly Seattle hosts a monthly FREE event where older people can meet community leaders and local government officials, ask questions, and provide feedback. Join us on the 3rd Thursday of each month, 10:30 a.m.-Noon as we discuss a range of topics from housing to brain health. Multilingual captioning is included online, and interpretation is available upon request. This event is held virtually and—coming soon—we aim to bring it back in-person, too. Refreshments will be served at in-person locations. Tune in at bit.ly/AgeFriendlyLive!

For questions or accommodation requests, please call 206-233-5121 or email agefriendly@seattle.gov.



Age Friendly Seattle

The City of Seattle has created an Age Friendly Seattle Action Plan based on the following 8 domains of livability by The World Health Organization:



1. Outdoor spaces and buildings
2. Transportation
3. Housing
4. Social participation
5. Respect and social inclusion
6. Civic participation, and employment
7. Communication and information
8. Community and health services

Visit www.seattle.gov/agefriendly to learn more.

Are you 60+ years old?

Then you qualify for a Gold Card discount at locations around King County!



Discounts include:

Seattle Aquarium: FREE

Woodland Park Zoo: 75% OFF

Seattle Animal Shelter: 50% OFF

See the full list of discounts and request a Gold Card at seattle.gov/agefriendlydiscounts.

You can apply online with CiviForm, or pick up a Gold Card at your local senior center, library branch, community center, Seattle Customer Service Center, Customer Service Bureau, or Seattle Animal Shelter. No application needed!

**If you are between the ages of 18 and 59 and have a disability, visit seattle.gov/agefriendlydiscounts to apply for the FLASH card.*

Are you facing aging or disability issues?



Community Living Connections
1-844-348-5464
www.communitylivingconnections.org

SENIOR CENTERS AND PROGRAMS FOR SENIORS

About...Senior Centers!

Senior centers are lively community hubs providing a warm, welcoming social space and affordable programs to enrich the lives of seniors and their families. Caring staff provide guidance through some of the challenges of aging and navigating the network of community and government resources. Many senior centers provide counseling and support services, health services, fitness programs, financial and legal assistance, transportation options, and meal programs.

Center/Program Locations

Due to COVID 19, centers will have varying hours of operation, so please contact your center for more information.

Ballard NW Senior Center

5429 32nd Ave. NW, 98107
206-297-0403 / ballardseniorcenter.org

Central Area Senior Center

500 30th Ave. S, 98144
206-726-4926 / <https://casrcenter.org/>

Club Bamboo

3639 MLK Jr Way S, 98108
206-774-2440 / www.acrs.org

El Centro de la Raza

2524 16th Ave S, 98144
206-957-4634 / www.elcentrodelaraza.org

Ethiopian Community Center

8323 Rainier Ave S, 98118
206-325-0304 / www.ecseattle.org

Generations Aging With Pride

206-495-8312 / gapseattle.org

Greenwood Senior Center

525 N 85th St., 98103
206-297-0875 / phinneycenter.org/gsc/

International Drop-In Center

7301 Beacon Ave S, 98108
206-587-3735 / www.idicseniorcenter.org

Kin On Community Center

4416 S Brandon St, 98118
206-556-2237 / www.kinon.org

Lake City Community Center

12531 28th Ave. NE, 98125
206-268-6738 / lakecityseniors.org

North East Seattle Together (NEST)

8008 35th Ave. NE, 98115
206-525-6378 / www.nestseattle.org

Pike Place Senior Center

85 Pike St., #200, 98101
206-728-2773 / pmsc-fb.org/

Sea Mar Latino Senior Nutrition and Outreach Program

Various Locations
206-764-4700 / seamar.org

Salvation Army Senior Center/White Center

9050 16th Ave. SW, 98106
206-767-3150 / tsawwhitecenter.org

Southeast Seattle Senior Center

4655 S Holly St., 98118
206-722-0317 / sessc.org

South Park Senior Center

8201 10th Ave. S, 98108
206-767-3650 / spseniors.org

Sunshine Garden Chinese Senior Community Center

611 S. Lane St., 98104
206-624-5633 / cisc-seattle.org

Wallingford Community Senior Center

4649 Sunnyside Ave. N, 98103
206-461-7825 / wallingfordseniors.org

West Seattle Senior Center

4217 SW Oregon St., 98116
206-932-4044 / sc-ws.org

REGISTRATION



FIRST CHOICE

Go to Seattle Parks and Recreation’s new online registration software at http://bit.ly/spr_registration_account. Sign in, or create an account if this is your first time registering for classes with the new software. Once you are logged in, choose your programs and pay online.



SECOND CHOICE

Find your local recreation center at: seattle.gov/parks/centers.asp and stop by to register for programs and meet the staff. Please note hours of operation, as they vary across recreation centers.



THIRD CHOICE

Call your local recreation center during their hours of operation at the phone number listed on page 5 of this brochure, and found online at seattle.gov/parks/centers.asp. All staff can assist you with registration.



FOURTH CHOICE

Register by phone with our Business Service Center at **206-684-5177**. The Business Service Center is open Monday through Friday between 8:30 a.m. and 6 p.m. Questions may be emailed to: ParksBSC@seattle.gov.

Parks Management and Professional Staff

Magnuson Bldg 30, 6310 NE 74th St, Seattle 98115
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Parks Management

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SCHOLARSHIP INFORMATION

Seattle Park District Scholarship funds are available to those who qualify. To apply:

- Print the 2023-24 application form and fill out completely. To download forms online visit https://bit.ly/spr_scholarships, or see information about **CiviForm** to apply on the back cover.
- Gather required income and household size (proof of dependents) documentation. Page one and two of your 2022 IRS 1040 form is required.
- Submit your application and documents (black out all social security numbers and bank routing numbers before submitting).

How to submit your application

Preferred method:

Use the new **CiviForm**, or email your completed application forms and supporting documents to Scholarship.Parks@Seattle.gov—printable photo attachments or scanned documents are accepted at this time.

Or mail to:

Seattle Parks and Recreation Business Service Center
Elliott Bay Office Park
Attention: Scholarship Office, EBOP #14
Elliott Ave. W, Suite 100, Seattle, WA 98119.

Here are some beginning qualification guidelines:

Scholarship Eligibility		
Eligibility % Level	1 Person in Household— Yearly Income Range- Adjusted Gross	2 People in Household — Yearly Income Range- Adjusted Gross
90%	\$0 to \$33,975.00	\$0 to \$45,775.00
80%	\$33,975.00 to \$38,221.88	\$45,775.00 to \$51,496.88
70%	\$38,221.88 to \$42,999.61	\$51,496.88 to \$57,933.98
60%	\$42,999.61 to \$48,374.56	\$57,933.98 to \$65,175.73
50%	\$48,374.56 to \$54,421.38	\$65,175.73 to \$73,322.70

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: 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 activities 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.

Wait Lists

We will create wait lists for all filled classes and trips. 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. If you cannot attend a class or trip you are registered for, your spot will be given to the first person on the wait list.

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 206-684-7548 or TDD 206-233-1509. 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: <https://www.seattle.gov/parks/find/for-people-with-disabilities>.

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, 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 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/.



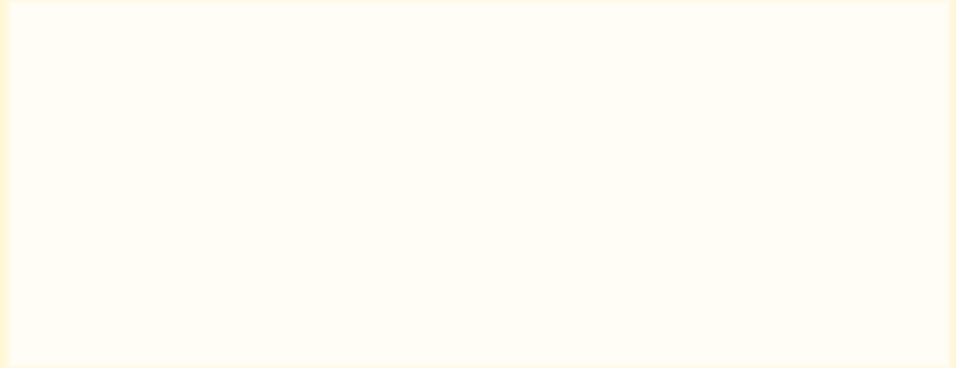
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Parks & Recreation

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Lifelong Recreation

Magnuson Building 30
6310 NE 74th St
Seattle, WA 98115

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CiviForm—What You Need to Know!

The City of Seattle has deployed a new 'one stop shopping' to help residents find and sign up for public benefit programs. CiviForm will allow residents to enter their information one time to apply for multiple programs. This can range from scholarships, gold card, childcare programs, summer camps, orca lift, and more.

Check out CiviForm at <https://civiform.seattle.gov> to see a full list of programs.



Seattle
Parks & Recreation