

LIFELONG RECREATION

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



Seattle
Parks & Recreation

WINTER 2024



REGISTER online at Noon:
December 5
seattle.gov/parks



Come Play with Us!

Welcome to Lifelong Recreation!

WINTER Quarter 2024

January 2-March 16

REGISTRATION

begins at **NOON** on **December 5**

No Programs and Facilities closed on:

- January 1 New Year's Day
- January 15 MLK Day
- February 19 President's Day
- March 7 Staff Development

No
Membership
Fees!

Wondering how to register?

Detailed registration information can be found on pages 42 and 43.

FIELD TRIPS...Missing...but they will be back!

There is a big change in the winter quarter brochure this time. Lifelong Recreation is extremely short on staff and as we try to work through the changes affecting our unit, we must reduce some of our programs. As you will notice, there are no field trips being offered this coming quarter. Until the unit's vacancies are filled, our programming efforts will focus on fitness and social opportunities so we can continue to offer quality customer service to you.

To see some fitness classes you may enjoy this winter go to Fitness at a Glance on pages 6-9, and to get more details go to your local sector (NW, NE, SW, SE) and look under FITNESS.

For other classes please visit your local sector to see what is on offer. You will find a Guided Yoga Stroll in a Park in NW, Macrame a Plant Holder in NE, a St Patrick's Day Show in SW, and Asian Dance in SE!



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!



Lifelong Recreation Inclement Weather Policy

The safety of our participants is our priority. When inclement weather occurs (snow, ice, storms), we follow the Seattle Public Schools closure decisions in determining whether it is safe to hold our classes and trips. Please listen to the news in the morning. **If Seattle Public Schools are closed or delayed, Lifelong Recreation programs are cancelled for the entire day.**

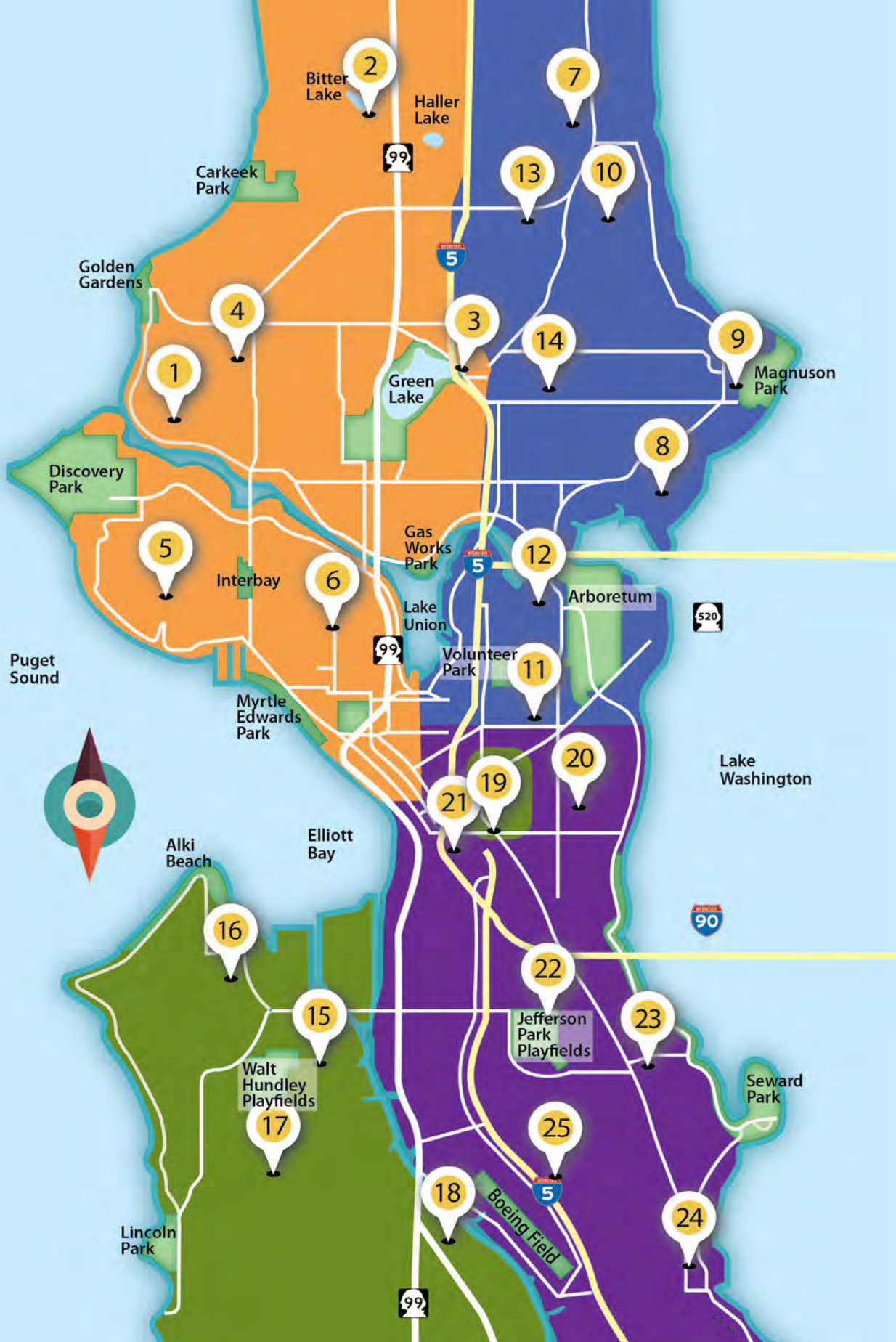


Many photos courtesy of: Meryl Schenker Photography, Ryan Hawk Photography.

Table of Contents

Programs, Map, Directories	Page
Location Map and Staff Directory	4-5
Fitness Classes at a Glance	6-9
Adult Sports, Fitness Centers, Pickleball	10
Aquatics	11
Northwest	12-16
Field Trips	12
Social Programs	13
Arts and Handwork	13
Fitness Classes	14-16
Northeast	17 22
Field Trips	17
Social Programs, Arts and Handwork	17-18
Lifelong Learning	19
Fitness Classes, Sports	19-22
Southwest	23 26
Field Trips, Nature and Environment	23
Special Events	24
Social Programs	24
Volunteer	24
Fitness Classes, Sports	25-26
Southeast	27-29
Field Trips	27
Fitness Classes	27-29
SIGNATURE PROGRAMS	30 38
Dementia-Friendly Recreation	30-31
LGBTQ+ Rainbow Recreation	32-33
Outdoor Recreation	34-38
Volunteer Opportunities	39
Community Resources	40-41
How to Register	42
Scholarships	42
Registration Information and Refund Policy	43

COMMUNITY CENTER LOCATIONS



Pages
13-17

Northwest

Gerald Seminatore, Recreation Specialist
206-233-7138 / cell 206-399-8561 / gerald.seminatore@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
Closed for renovations
2550 34th Ave. W, 98199
tel: 206-386-4235
6) QUEEN ANNE CC
1901 1st Ave. W, 98119
tel: 206-386-4240

Pages
18-22

Northeast

TBD, Recreation Specialist
206-386-9106 / cell 206-696-8252

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

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

Pages
23-26

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
Closed for renovations
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
Closed for renovations
8319 8th Ave. S, 98108
tel: 206-684-7451

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

Pages
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

Pages
30-38

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

BOLLYWOOD FITNESS					
Delridge					
62998	1/5-3/15	Fri	10-11 a.m.	A Carver	\$77
CHAIR STRENGTH AND TONE					
Bitter Lake					
62191	1/8-3/11	Mon	1:45-2:45 p.m.	D Dragovich	\$56
Meadowbrook					
61588	1/3-3/13	Wed	12:30-1:30 p.m.	D Dragovich	\$70
CIRCUIT TRAINING					
Video Link - Bitter Lake: https://youtu.be/JpJLEntLKAM					
Video Link - Queen Anne: https://youtu.be/Faj4Hn5-fR0					
Bitter Lake					
62196	1/5-3/15	Fri	9:30-10:30 a.m.	R Buyce	\$63
Loyal Heights					
62195	1/2-3/12	Tue	9:30-10:30 a.m.	R Buyce	\$63
62194	1/4-3/14	Thu	9:30-10:30 a.m.	R Buyce	\$56
Meadowbrook					
61589	1/5-3/15	Fri	11:30 a.m.-12:30 p.m.	R Buyce	\$56
DANCE FIT					
Delridge					
62999	1/4-3/14	Thu	10:15-11:15 a.m.	Debbie P	\$70
DANCE FOR PARKINSON'S					
Garfield					
62244	1/11-2/29	Thu	10:30 a.m.-Noon		Free
DANCE—(DROP-IN) \$2/CLASS					
TRADITIONAL AND CONTEMPORARY ASIAN					
Jefferson					
<i>All Levels</i>					
	1/3-3/13	Wed	6-7:45 p.m.	K Luo	\$2
Van Asselt					
<i>All Levels</i>					
	1/6-3/30	Sat	2-3:45 p.m.	K Luo	\$2

ENHANCE FITNESS					
Magnuson					
Silver&Fit Members					
61599	1/4-3/14	Thu	10:30-11:30 a.m.	J Shearer	Free
Self-Pay					
61600	1/4-3/14	Thu	10:30-11:30 a.m.	J Shearer	\$70
Meadowbrook					
Silver&Fit Members					
61746	1/8-3/11	Mon	11 a.m.-Noon	C House	Free
61597	1/2-3/12	Tue	9:40-10:40 a.m.	C House	Free
61603	1/3-3/13	Wed	9:40-10:40 a.m.	C House	Free
61593	1/5-3/15	Fri	9:40-10:40 a.m.	C House	Free
Self-Pay					
61747	1/8-3/11	Mon	11 a.m.-Noon	C House	\$56
61598	1/2-3/12	Tue	9:40-10:40 a.m.	C House	\$70
61604	1/3-3/13	Wed	9:40-10:40 a.m.	C House	\$70
61594	1/5-3/15	Fri	9:40-10:40 a.m.	C House	\$70
Miller					
Silver&Fit Members					
61595	1/8-3/11	Mon	10:15-11:15 a.m.	M Taplin	Free
61601	1/4-3/14	Thu	10:30-11:30 a.m.	M Taplin	Free
Self-Pay					
61596	1/8-3/11	Mon	10:15-11:15 a.m.	M Taplin	\$56
61602	1/4-3/14	Thu	10:30-11:30 a.m.	M Taplin	\$70
Queen Anne					
Silver&Fit Members					
62204	1/8-3/11	Mon	Noon-1 p.m.	K Adolphsen	Free
62206	1/3-3/13	Wed	Noon-1 p.m.	K Adolphsen	Free
62202	1/5-3/15	Fri	Noon-1 p.m.	K Adolphsen	Free
Self-Pay					
62205	1/8-3/11	Mon	Noon-1 p.m.	K Adolphsen	\$56
62207	1/3-3/13	Wed	Noon-1 p.m.	K Adolphsen	\$84
62203	1/5-3/15	Fri	Noon-1 p.m.	K Adolphsen	\$77
Rainier					
Silver&Fit Members					
62253	1/3-3/13	Wed	10:15-11:15 a.m.	YS Gartz	Free
62247	1/5-3/15	Fri	10:15-11:15 a.m.	YS Gartz	Free
Self-Pay					
62254	1/3-3/13	Wed	10:15-11:15 a.m.	YS Gartz	\$77
62250	1/5-3/15	Fri	10:15-11:15 a.m.	YS Gartz	\$77

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. *Note: Not available for EnhanceFitness classes.*

New to EnhanceFitness?

Scan this QR code, or go to <https://bit.ly/LLREF>, to get your registration form started.



FABULOUSLY FIT						
Queen Anne						
62478	1/3-3/13	Wed	9:30-10:45 a.m.	K Adolphsen	\$96	
FITNESS						
Delridge						
63004	1/3-3/13	Wed	10:15-11:15 a.m.	S Simmons	\$77	
GLOBAL FITNESS						
High Point						
63007	1/2-3/12	Tue	10-11 a.m.	Allison C	\$77	
JUICY JOINTS AEROBICS						
Bitter Lake						
62479	1/8-3/11	Mon	9:15-10:15 a.m.	J Rayer	\$56	
62480	1/3-/13	Wed	9:15-10:15 a.m.	J Rayer	\$77	



LINE DANCE						
Video Link: https://youtu.be/n4CVebDKpDg						
High Point						
All Levels						
63010	1/4-3/14	Thu	11:15 a.m.-12:15 p.m.	S Simmons	\$70	
Intermediate						
63029	1/4-3/14	Thu	12:20-1:05 p.m.	S Simmons	\$45	
Queen Anne						
Beginner						
62225	1/8-3/11	Mon	3:30-4:30 p.m.	C Banta	\$56	
Advanced Beginner						
62224	1/3-3/13	Wed	5:45-6:45 p.m.	C Banta	\$77	
Van Asselt						
Beginner						
62255	1/4-3/14	Thu	1-2 p.m.	M Chen	\$70	
Advanced Beginner						
62262	1/4-3/14	Thu	2:15-3:15 p.m.	M Chen	\$70	
MOVING TOWARDS RESILIENCE						
Meadowbrook						
61706	1/4-2/15	Thu	2-3:30 p.m.	M Kaye	Free	
PARTY LINE DANCES						
Meadowbrook						
62798	1/8-3/11	Mon	12:15-1:15 p.m.	C House	\$56	
PILATES						
Video Link: https://youtu.be/C6iGDgez3M						
Loyal Heights						
62226	1/8-3/11	Mon	Noon-1 p.m.	D Dragovich	\$56	
Meadowbrook						
61616	1/3-3/13	Wed	11:15 a.m.-12:15 p.m.	D Dragovich	\$70	
Ravenna-Eckstein						
61615	1/6-3/16	Sat	11:30 a.m.-12:30 p.m.	D Dragovich	\$77	
Virtual						
61633	1/2-3/12	Tue	11:30 a.m.-12:30 p.m.	D Dragovich	\$77	
SOUL LINE DANCE FOR ALL LEVELS						
Northgate						
61620	1/5-3/15	Fri	11:45 a.m.-1 p.m.	M Silver	\$63	
Miller						
61622	1/8-3/11	Mon	1:15-2:15 p.m.	M Silver	\$56	

STRETCH AND BALANCE						
Northgate						
61705	1/8-3/11	Mon	2:30-3:30 p.m.	M Kaye	Free	
STRENGTH AND CONDITIONING						
Magnuson						
61623	1/4-3/14	Thu	9:15-10:15 a.m.	J shearer	\$70	
Northgate						
61624	1/5-3/15	Fri	10:15-11:15 a.m.	M Silver	\$63	
TAI CHI AND QIGONG						
Video Link: https://youtu.be/J82jluSOs5s						
Tai Chi						
Ballard						
63344	1/8-3/11	Mon	6:30-7:30 p.m.	S House	\$56	
Bitter Lake						
63318	1/3-3/13	Wed	6:45-7:45 p.m.	S House	\$77	
Garfield						
<i>All Levels</i>						
62256	1/8-3/11	Mon	10:15-11:15 a.m.	E Baxa	\$56	
Green Lake						
<i>All Levels</i>						
62229	1/3-3/13	Wed	10:30-11:30 a.m.	E Baxa	\$77	
62230	1/3-3/13	Wed	11:45 a.m.-12:45 p.m.	E Baxa	\$77	
IDCCC						
<i>Beginning</i>						
62257	12/19-3/19	Tue	10-11 a.m.	TBD	Free	
Loyal Heights						
<i>Beginning</i>						
62232	1/2-3/12	Tue	11:15 a.m.-12:15 p.m.	C Tan	\$77	
<i>Continuing</i>						
62231	1/2-3/12	Tue	12:15-1:15 p.m.	C Tan	\$77	
Queen Anne						
62482	1/4-3/14	Thu	11 a.m.-Noon	E Baxa	\$70	
Ravenna-Eckstein						
<i>All Levels</i>						
61626	1/9-3/19	Tue	12:45-1:45 p.m.	E Baxa	\$77	
T'ai Chi Chih®						
Green Lake						
63355	1/11-3/14	Thu	10:30-11:30 a.m.	L Robinson	\$63	
Qigong						
Loyal Heights						
62227	1/4-/14	Thu	11:15 a.m.-12:15 p.m.	C Tan	\$70	
Northgate						
Qigong						
<i>Beginning</i>						
61618	1/4-2/29	Thu	11:15 a.m.-12:15 p.m.	A Peizer	\$63	
<i>Ongoing</i>						
61619	1/4-2/29	Thu	12:30-1:30 p.m.	A Peizer	\$63	
Ravenna-Eckstein						
<i>Beginning</i>						
61740	1/3-3/6	Wed	1:45-2:45 p.m.	A Peizer	\$70	
WHOLE BODY FITNESS						
Delridge						
63027	1/8-3/11	Mon	10:15-11:15 a.m.	Debbie P	\$56	

YOGA						
Back in Action Gentle Yoga						
High Point						
63030	1/5-3/15	Fri	11:30 a.m.-12:30 p.m.	J Reed	\$77	
Chair Yoga						
Ravenna-Eckstein						
56770	7/13-8/24	Thu	2-2:45 p.m.	M Samuels	Free	
Bitter Lake						
62192	1/5-3/15	Fri	1-1:45 p.m.	J Robin	\$77	
Gentle Yoga						
Video Link: https://youtu.be/-rbaj950AtE						
Green Lake						
62219	1/8-3/11	Mon	12:30-1:30 p.m.	R MacDonald	\$56	
High Point						
63005	1/8-3/11	Mon	9:45-10:45 a.m.	J Reed	\$56	
63006	1/3-3/13	Wed	11:30 a.m.- 12:30 p.m.	J Reed	\$77	
Loyal Heights						
62217	1/8-3/11	Mon	10:45-11:45 a.m.	R MacDonald	\$56	
63317	1/4-3/14	Thu	5:30-6:30 p.m.	H Karrfalt	\$70	
Magnuson						
61606	1/3-3/13	Wed	10-11 a.m.	J Robin	\$77	
Meadowbrook						
61608	1/4-3/14	Thu	10-11 a.m.	J Robin	\$63	
Miller						
63352	1/8-3/11	Mon	11:45 a.m.-12:45 p.m.	L Gardener	\$56	
Rainier						
63353	1/10-3/13	Wed	11 a.m.-Noon	L Gardener	\$70	
Ravenna-Eckstein						
61607	1/6-3/16	Sat	10-11 a.m.	J Robin	\$77	
Queen Anne						
62221	1/8-3/11	Mon	2-3 p.m.	R MacDonald	\$56	
Gentle Yoga—Flow-Style						
Bitter Lake						
62218	1/3-3/20	Wed	5:30-6:30 p.m.	D Schultz	Free	
Vini Yoga						
Ballard						
62234	1/3-3/13	Wed	10:45-11:45 a.m.	A Mason	\$70	
Delridge						
62997	1/3-3/13	Wed	11:30 a.m.-12:30 p.m.	Adelaide M	\$77	
Discovery Park ELC						
63581	1/5-3/15	Fri	9:30-10:30 a.m.	M Alex	\$77	
Meadowbrook						
61631	1/8-3/11	Mon	9:30-10:30 a.m.	H Mair	\$56	
61708	1/5-/15	Fri	1-2 p.m.	H Mair	\$70	
Northgate						
61632	1/4-3/14	Thu	10-11 a.m.	H Mair	\$70	
Rainier Beach						
62260	1/5-3/15	Fri	10-11 a.m.	A Merlo	\$77	

ZUMBA®					
Video Link: https://youtu.be/mzy3RR_SfuQ					
Delridge					
63028	1/2-3/12	Tue	10:15-11:15 a.m.	M Jorgensen	\$77
Loyal Heights					
62236	1/4-3/14	Thu	9:30-10:30 a.m.	S Price	\$70
Queen Anne					
62238	1/8-3/11	Mon	9:30-10:30 a.m.	S Price	\$56
62237	1/5-3/15	Fri	10:30-11:30 a.m.	M Jorgensen	\$77



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.



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

Pickleball at a Glance

Please visit:

<https://www.seattle.gov/parks/recreation/sports/pickleball>, or 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





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

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.



Gerald Seminatore
Northwest
Recreation Specialist

206-233-7138 / cell 206-399-8561
gerald.seminatore@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 email PKS_Info@seattle.gov.

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 CC

6020 28th Ave. NW
South of bldg, angled parking lot

Bitter Lake CC

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 who are 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. You must call or register in person to receive the discount. **Shape Up** classes are noted by an orange asterisk next to the registration number, e.g. 160978*.

FIELD TRIPS

Due to staffing capacity we are not able to run field trips as planned winter quarter. Once we are fully staffed we plan to resume field trips.



SOCIAL PROGRAMS

Games

Drop-In Bridge

Enjoy a game of bridge.

Discovery Park ELC

All Levels

62198 1/3-3/27 Wed 9 a.m.-Noon Free

Queen Anne

Intermediate

62199 1/2-3/26 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

62200 1/4-3/28 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

62201 1/5-3/29 Fri 1:30-4:30 p.m. Free

ARTS AND HANDWORK



Watercolor with Sandra Kahler

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

62235 1/8-3/11 Mon 10:30 a.m.-1 p.m. S Kahler \$84



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 page 12 for details.*

Aerobics and Dance

Fabulously Fit

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

Queen Anne

62478 1/3-3/13 Wed 9:30-10:45 a.m. K Adolphsen \$96

Class qualifies for \$10 off **SHAPE UP COUPON if you are a new student.*

Juicy Joints Aerobics

Learn fluid, stretchy movements that get your heart going, build your balance, and make your joints juicier! The second half of class includes toning with free weights and exercise for injury prevention.

Bitter Lake

62479* 1/8-3/11 Mon 9:15-10:15 a.m. J Rayor \$56

62480* 1/3-/13 Wed 9:15-10:15 a.m. J Rayor \$77

Line Dance

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

Queen Anne

Beginner

62225 1/8-3/11 Mon 3:30-4:30 p.m. C Banta \$56

Advanced Beginner

62224 1/3-3/13 Wed 5:45-6:45 p.m. C Banta \$77

Zumba®

Ditch the workout, join the party! Fun is the key ingredient to this low impact Latin inspired dance fitness class. No rhythm required. Try a class and leave happy!

Loyal Heights

62236* 1/4-3/14 Thu 9:30-10:30 a.m. S Price \$70

Queen Anne

62238 1/8-3/11 Mon 9:30-10:30 a.m. S Price \$56

62237 1/5-3/15 Fri 10:30-11:30 a.m. M Jorgensen \$77



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

62191* 1/8-3/11 Mon 1:45-2:45 p.m. D Dragovich \$56

Circuit Training

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

Bitter Lake No class 2/9, 2/16

62196* 1/5-3/15 Fri 9:30-10:30 a.m. R Buyce \$63

Loyal Heights No class 2/6, 2/8, 2/13, 2/15

62195* 1/2-3/12 Tue 9:30-10:30 a.m. R Buyce \$63

62194* 1/4-3/14 Thu 9:30-10:30 a.m. R Buyce \$56

EnhanceFitness

We have improved the application process for EnhanceFitness! Completing and sending forms in is now quick and easy with Adobe Sign—just fill out online and submit. Go to www.seattle.gov/parks/recreation/for-adults-50, or <https://bit.ly/LLREF>.

EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. For this class NEW participants, or those who have not participated in over a year, must submit an application prior to registration. Only members with Medicare Advantage with Silver&Fit as a benefit qualify for free participation. Silver&Fit participants must provide their Fitness ID number on their application. The online application and program information are located at <https://www.seattle.gov/parks/find/for-adults-50>, or <https://bit.ly/LLREF>. If you are unable to access forms electronically, you can pick up paper forms from a community center offering EnhanceFitness classes. Participants will be notified via email when their application has been processed and they are eligible to register for classes.

NOTE: American Specialty Health (ASH) Silver&Fit will cover in-person classes and is limited to 10 visits a month. To learn more about EnhanceFitness and Silver&Fit visit: <http://projectenhance.org/enhancefitness/> and <https://www.silverandfit.com/>.

SPECIAL NOTE: Changes to insurance programs have changed eligibility for free participation in EnhanceFitness classes. Beginning January 1st you must have a **Silver&Fit Fitness ID number** to qualify for FREE participation. Kaiser Medicare Advantage members have Silver&Fit as a benefit. Some non-Kaiser members may have Silver&Fit as a benefit through their Medicare Advantage Plan, call your insurance company to find out if you have Silver&Fit.

Queen Anne

Silver&Fit Members

62204 1/8-3/11 Mon Noon-1 p.m. K Adolphsen Free

62206 1/3-3/13 Wed Noon-1 p.m. K Adolphsen Free

62202 1/5-3/15 Fri Noon-1 p.m. K Adolphsen Free

Self-Pay

62205 1/8-3/11 Mon Noon-1 p.m. K Adolphsen \$56

62207 1/3-3/13 Wed Noon-1 p.m. K Adolphsen \$84

62203 1/5-3/15 Fri Noon-1 p.m. K Adolphsen \$77

Tai Chi and Qigong

Tai Chi

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

NEW Ballard—Back in Motion Class

63344	1/8-3/11	Mon	6:30-7:30 p.m.	S House	\$56
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NEW Bitter Lake—Back in Motion Class

63318*	1/3-3/13	Wed	6:45-7:45 p.m.	S House	\$77
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Green Lake—Back in Motion Class

62229	1/3-3/13	Wed	10:30-11:30 a.m.	E Baxa	\$77
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62230	1/3-3/13	Wed	11:45 a.m.-12:45 p.m.	E Baxa	\$77
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Loyal Heights—Back in Motion Class

Beginning

62232*	1/2-3/12	Tue	11:15 a.m.-12:15 p.m.	C Tan	\$77
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Continuing

62231*	1/2-3/12	Tue	12:15-1:15 p.m.	C Tan	\$77
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Queen Anne—Back in Motion Class

62482	1/4-3/14	Thu	11 a.m.-Noon	E Baxa	\$70
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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

62227*	1/4-/14	Thu	11:15 a.m.-12:15 p.m.	C Tan	\$70
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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.

Pilates

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

Loyal Heights

62226*	1/8-3/11	Mon	Noon-1 p.m.	D Dragovich	\$56
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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

62192*	1/5-3/15	Fri	1-1:45 p.m.	J Robin	\$77
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Gentle Yoga

Green Lake

62219	1/8-3/11	Mon	12:30-1:30 p.m.	R MacDonald	\$56
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Loyal Heights

62217*	1/8-3/11	Mon	10:45-11:45 a.m.	R MacDonald	\$56
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63317*	1/4-3/14	Thu	5:30-6:30 p.m.	H Karrfalt	\$70
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Queen Anne

62221	1/8-3/11	Mon	2-3 p.m.	R MacDonald	\$56
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Gentle Yoga—Flow Style

Bitter Lake *Registration required to participate.*

62218*	1/3-3/20	Wed	5:30-6:30 p.m.	D Schultz	Free
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Vini Yoga

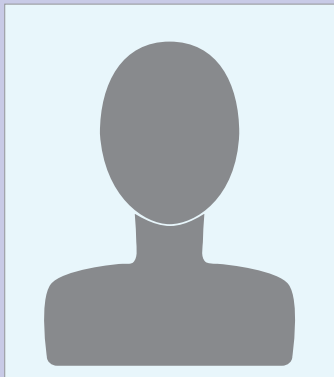
Ballard No class 2/21

62234	1/3-3/13	Wed	10:45-11:45 a.m.	A Mason	\$70
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Discovery Park ELC

63581	1/5-3/15	Fri	9:30-10:30 a.m.	M Alex	\$70
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Class qualifies for \$10 off **SHAPE UP COUPON if you are a new student.*



TBD
Northeast
Recreation Specialist

206-386-9106 / cell 206-696-8252

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 email PKS_Info@seattle.gov.

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

Due to staffing capacity we are not able to run field trips as planned winter quarter. Once we are fully staffed we plan to resume field trips.



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.

61744 Wed 2:30-3:30 p.m. Free

Meadowbrook Book Club

Meets the 3rd Thursday of each month.

61584 Thu Noon-1 p.m. Free

Northgate Book Club

Meets the 2nd Tuesday of each month.

61745 Tue 3-4 :30 p.m. Free

Ravenna-Eckstein Evening Book Club

Meets the 2nd Monday of each month.

61605 Mon 6:30-8 p.m. Free

Games

Drop-In Bridge

Drop-In play for bridge players. All Levels.

NEW Location Miller

1/5-3/29 Fri 1:30-3:45 p.m. Free

NEW Day Northgate

1/8-3/25 Mon 1-3 p.m. Free

Drop-In Mahjong

Drop-In and play mahjong!

NEW Location Northgate

1/2-3/26 Tue 11 a.m.-2 p.m. Free

1/4-3/21 Thu 10:15 a.m.-1:15 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.

Northgate

61609 1/4-1/25 Thu 9:30-11 a.m. \$24



ARTS AND HANDWORK



Macrame a Plant Hanger

Step into the world of macrame and learn the techniques of hand knotting with us. Students will learn to make a classic plant hanger by using the most commonly used macrame knots. This is a beginner friendly workshop with no previous experience required.

Meadowbrook

62556 1/24 Wed 10 a.m.-Noon K Burney \$14

Northgate

62557 3/8 Fri 10 a.m.-Noon K Burney \$14

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. *No class 2/20.*

Meadowbrook

61610 1/2-3/12 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. *No class 2/22.*

Meadowbrook

61634 1/4-2/29 Thu 10 a.m.-12:30 p.m. S Kahler \$84

LIFELONG LEARNING

AARP Smart Driver Course

The nation's first and largest refresher course for drivers age 50+ that has helped millions of drivers remain safe on today's roads and, in many cases, receive a discount on insurance rates. \$25 non-members, \$20 AARP members, **payable to instructor at first class.**

Meadowbrook

62547 1/20-1/27 Sat 10 a.m.-2 p.m.
61707 3/2-3/9 Sat 10 a.m.-2 p.m.

Medicare 101

Learn Medicare basics, the different premiums and copays in the Medicare and YOU handbook, and discover how to spend even less on healthcare while having more fun! Join us and learn these valuable skills for managing your financial future. Meets the 4th Wednesday of the month: 1/24, 2/28, and 3/27.

Northgate

61769 1/24-3/27 Wed 10 a.m.-Noon Free

DROP-IN FITNESS

Pickleball at a Glance

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



SPORTS

Basketball Skills

Basketball Skills—All Levels

Basketball is exhilarating and addicting! Coach Schut (pronounced Shoot!) is a passionate developmental skills trainer who will lead this participant-driven class. We'll engage in progressive drills and fun competitive games to help elevate your skill-set and genuine enjoyment for the game.

Magnuson

62555 1/5-3/15 Fri 2:15-3:45 p.m. W Schut Free

Pickleball Skills

Pickleball Skills—Beginner

Learn the basic strokes, rules, and strategies of pickleball. This class includes one hour of instruction and 30 minutes of practice time. Once you've learned the basics, you can join our drop-in play across most of the community centers in Seattle. Please bring your own water bottle. *No class 2/20.*

Meadowbrook

61611 1/2-1/30 Tue 2-3:30 p.m. M Bisch \$53
61612 2/6-3/12 Tue 2-3:30 p.m. M Bisch \$53

Pickleball Skills —Beyond Beginner

The player has limited experience, can sustain a short rally with players of equal ability, can get 50% + serves in, and knows how to keep score.

Meadowbrook

61614 1/2-1/10 Tue Noon-1:30 p.m. M Bisch \$53

Pickleball Skills—Intermediate/Advanced

The goal of this class is to challenge you, help you continue to advance your skills to the next level, and to be more consistent with all of your shots. Learn more about doubles court strategy, stacking, and defensive and offensive lobbing. We will also assist you with preparing for tournaments (if interested). *No class 2/20.*

Meadowbrook

61613 2/6-3/12 Tue Noon-1:30 p.m. M Bisch \$53

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

Party Line Dances

This class will introduce you to the party dances that pop up at celebrations including: Electric Slide, Cha Cha Slide, Cupid Shuffle, and other popular country and southern line dances.

Meadowbrook

62798 1/8-3/11 Mon 12:15-1:15 p.m. C House \$56

Soul Line Dance for All Levels

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.

Northgate No class 1/26 and 2/23

61620 1/5-3/15 Fri 11:45 a.m.-1 p.m. M Silver \$63

Miller

61622 1/8-3/11 Mon 1:15-2:15 p.m. M Silver \$56

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. *No class 2/21.*

Meadowbrook

61588 1/3-3/13 Wed 12:30-1:30 p.m. D Dragovich \$70

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. *No class: 2/9, 2/16, 2/23.*

Meadowbrook

61589 1/5-3/15 Fri 11:30 a.m.-12:30 p.m. R Buyce \$56



EnhanceFitness

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EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. For this class, NEW participants, or those who have not participated in over a year, must submit an application prior to registration. Only members with Medicare Advantage with Silver&Fit as a benefit qualify for free participation. Silver&Fit participants must provide their Fitness ID number on their application. The online application and program information are located at <https://www.seattle.gov/parks/find/for-adults-50>, or <https://bit.ly/LLREF>. If you are unable to access forms electronically, you can pick up paper forms from a community center offering EnhanceFitness classes. Participants will be notified via email when their application has been processed and they are eligible to register for classes.

NOTE: American Specialty Health (ASH) Silver&Fit will cover in-person classes and is limited to 10 visits a month. To learn more about EnhanceFitness and Silver&Fit visit: <http://projectenhance.org/enhancefitness/> and <https://www.silverandfit.com/>.

SPECIAL NOTE: Changes to insurance programs have changed eligibility for free participation in EnhanceFitness classes. Beginning January 1st you must have a **Silver&Fit Fitness ID number** to qualify for **FREE** participation. Kaiser Medicare Advantage members have Silver&Fit as a benefit. Some non-Kaiser members may have Silver&Fit as a benefit through their Medicare Advantage Plan, call your insurance company to find out if you have Silver&Fit.

Magnuson

Silver&Fit

61599	1/4-3/14	Thu	10:30-11:30 a.m.	J Shearer	Free
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Self-Pay

61600	1/4-3/14	Thu	10:30-11:30 a.m.	J Shearer	\$70
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Meadowbrook

No classes the week of 2/19

Silver&Fit

61746	1/8-3/11	Mon	11 a.m.-Noon	C House	Free
61597	1/2-3/12	Tue	9:40-10:40 a.m.	C House	Free
61603	1/3-3/13	Wed	9:40-10:40 a.m.	C House	Free
61593	1/5-3/15	Fri	9:40-10:40 a.m.	C House	Free

Self-Pay

61747	1/8-3/11	Mon	11 a.m.-Noon	C House	\$56
61598	1/2-3/12	Tue	9:40-10:40 a.m.	C House	\$70
61604	1/3-3/13	Wed	9:40-10:40 a.m.	C House	\$70
61594	1/5-3/15	Fri	9:40-10:40 a.m.	C House	\$70

Miller

Silver&Fit

61595	1/8-3/11	Mon	10:15-11:15 a.m.	M Taplin	Free
61601	1/4-3/14	Thu	10:30-11:30 a.m.	M Taplin	Free

Self-Pay

61596	1/8-3/11	Mon	10:15-11:15 a.m.	M Taplin	\$56
61602	1/4-3/14	Thu	10:30-11:30 a.m.	M Taplin	\$70

Moving Towards Resilience

Brain-Body-Connection. In this class we build mental, emotional and physical resilience together so we can face our personal projects and challenges with more creativity and power. We stretch ourselves personally and as a group with gentle stretches, playful games and group sharing to increase our joy in our daily lives. Each class will also include a walk. Bring your water bottle and your willingness. **Registration is required to take this course.**

Meadowbrook

61706	1/4-2/15	Thu	2-3:30 p.m.	M Kaye	Free
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Stretch and Balance

AAAH! 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. **Registration is required to take this course.**

Northgate— Back in Motion Class

61705	1/8-3/11	Mon	2:30-3:30 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

61623 1/4-3/14 Thu 9:15-10:15 a.m. J Shearer \$70

Northgate

61624 1/5-3/15 Fri 10:15-11:15 a.m. M Silver \$63

Tai Chi and Qigong

Tai Chi

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

Ravenna-Eckstein

All Levels

61626 1/9-3/19 Tue 12:45-1:45 p.m. E Baxa \$77

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.

Northgate

Beginning—Back in Motion Class

61618 1/4-2/29 Thu 11:15 a.m.-12:15 p.m. A Peizer \$63

Ongoing

61619 1/4-2/29 Thu 12:30-1:30 p.m. A Peizer \$63

Ravenna-Eckstein

Beginning—Back in Motion Class

61740 1/3-3/6 Wed 1:45-2:45 p.m. A Peizer \$70

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

61616 1/3-3/13 Wed 11:15 a.m.-12:15 p.m. D Dragovich \$70

Ravenna-Eckstein

61615 1/6-3/16 Sat 11:30 a.m.-12:30 p.m. D Dragovich \$77

Virtual

61633 1/2-3/12 Tue 11:30 a.m.-12:30 p.m. D Dragovich \$77

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.

Gentle Yoga

Magnuson

61606 1/3-3/13 Wed 10-11 a.m. J Robin \$77

Meadowbrook *No class 2/22*

61608 1/4-3/14 Thu 10-11 a.m. J Robin \$63

Ravenna-Eckstein

61607 1/6-3/16 Sat 10-11 a.m. J Robin \$77

Vini Yoga

Meadowbrook *No class 2/23*

61631 1/8-3/11 Mon 9:30-10:30 a.m. H Mair \$56

61708 1/5-/15 Fri 1-2 p.m. H Mair \$70

Northgate

61632 1/4-3/14 Thu 10-11 a.m. H Mair \$70





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 email PKS_Info@seattle.gov.

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.

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.

TRIPS

Departure Sites And Times

High Point CC

6920 34th Ave. SW

Depart 15 minutes before time listed.

Hiawatha CC

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.

FIELD TRIPS

Due to staffing capacity we are not able to run field trips as planned winter quarter. Once we are fully staffed we plan to resume field trips.



NATURE AND ENVIRONMENT

West Duwamish Historical Walk

Back by popular demand! Explore this tucked-in park alongside the Duwamish Waterway, formerly the Green-Duwamish River. This small park captures the history of the first people who lived here and illustrates how later European settlement created both opportunities and challenges to the area. We will discuss how geology shaped the park as well as the progress of the Superfund Cleanup Program. Parking is limited to two small areas across from the Duwamish Longhouse on West Marginal Way. Meet up in north parking lot, directly across the street from the Duwamish Longhouse, adjacent to crosswalk and light.

Duwamish River

63026 1/24 Wed 10:30 a.m.-Noon P Pilcher Free

SPECIAL EVENTS

Line Dance Party

Are you ready to kick up your heels and join us for an electrifying afternoon of line dancing? Join our quarterly dance celebration! Our experienced dance instructors are ready to lead you through the steps and get your heart pumping. All levels welcome. Registered students will receive an emailed playlist and more details prior to the dance.

High Point

63011 3/1 Fri 1:30-4 p.m. \$11

St. Patrick's Day Show!

Celebrate the "Luck of the Irish" where Silver Sounds will provide a lively Irish program of songs, jokes, skits, a singalong, plus free prizes, and a mystery raffle. Wear green and celebrate everything Irish. Free performance brought to you by Silver Sounds, a completely volunteer-led group spreading joy through music and entertainment. Space is limited.

High Point

63009 3/12 Tue 1:30-2:30 p.m. Free

SOCIAL PROGRAMS

Book Clubs

High Point Book Club

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

Meets: 1/11, 2/8, and 3/14.

High Point

63008 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

63018 1/6-3/30 Sat 1-2 p.m. M Summers Free



VOLUNTEER

Volunteers Orientation

Make an impact in your community! Lifelong Recreation SW is currently seeking assistant instructors for beginner pickleball classes, and leaders of outdoor walks and urban hikes. Register here to open a conversation with our volunteer coordinator and to join our Seattle Parks team. Orientation will be online via Teams.

Virtual

63024 2/27 Tue 2-3 p.m. 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

1/2-3/28 T/Th 10 a.m.-Noon Free

Miller Courts

1/3-3/29 M/W/F 10 a.m.-Noon Free

Walt Hundley Courts

1/3-3/29 M/W/F 10 a.m.-Noon Free

SPORTS

Pickleball Skills

Pickleball Skills—

Beginners/Advanced Beginners

Open to beginners and advanced beginners seeking to learn and hone basic pickleball skills and strategies. *No class 2/20, 2/22.*

Delridge

63016	1/2-1/30	Tue	10:15-11:45 a.m.	Bingham	\$25
63017	2/6-3/12	Tue	10:15-11:45 a.m.	Bingham	\$25
63014	1/4-2/1	Thu	10:15-11:45 a.m.	TBD	\$25
63015	2/8-3/14	Thu	10:15-11:45 a.m.	TBD	\$25

Pickleball Skills—All Levels

Improve your on-court skills and boost your confidence in your playing ability. All levels welcome—no equipment required!

High Point

63012	1/8-2/5	Mon	11:30 a.m.-1 p.m.	Max A	\$20
63013	2/12-3/11	Mon	11:30 a.m.-1 p.m.	Max A	\$20

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

New Location! 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 New Location

62998 1/5-3/15 Fri 10-11 a.m. A Carver \$77

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 but, it's fun too!! *No class 3/7.*

Delridge

62999 1/4-3/14 Thu 10:15-11:15 a.m. Debbie P \$70

NEW Global 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.

High Point

63007 1/2-3/12 Tue 10-11 a.m. Allison C \$77

Line Dance

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

High Point

All Levels

63010 1/4-3/14 Thu 11:15 a.m.-12:15 p.m. S Simmons \$70

NEW Line Dance—Intermediate

This class is for dancers who are familiar with basic line dance terminology and can easily execute basic line dance steps and patterns. Dancers will improve and expand upon the skills learned in beginner classes. The choreography will include dances that are longer (ranging from 32 count to 64+ counts), slightly faster, and just a little more complex. The class will explore a variety of line dance styles and music.

High Point

Intermediate

63029 1/4-3/14 Thu 12:20-1:05 p.m. S Simmons \$45

Whole Body Fitness

Use your own body weight to strengthen your core, upper and lower body as well. This class incorporates slow and quick movement for agility coupled with yoga for balance and flexibility while rounding it out with a five-minute meditation for a whole-body experience. Please bring a mat.

Delridge

63027 1/8-3/11 Mon 10:15-11:15 a.m. Debbie P \$56

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

63028 1/2-3/12 Tue 10:15-11:15 a.m. M Jorgensen \$77

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

63004 1/3-3/13 Wed 10:15-11:15 a.m. S Simmons \$77

Tai Chi and Qigong

Tai Chi—Continuing

Continuing class for Yang-style short-form Tai Chi. This style was created by Professor Cheng Man Chi'ing. Tai Chi promotes balance, stress relief, and energy cultivation. Open to all returning students who have completed the first section of the set.

High Point

Continuing

63019 1/8-3/11 Mon 11 a.m.-Noon Pam E \$56

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

63030 1/5-3/15 Fri 11:30 a.m.-12:30 p.m. J Reed \$77

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.

Gentle Yoga

High Point

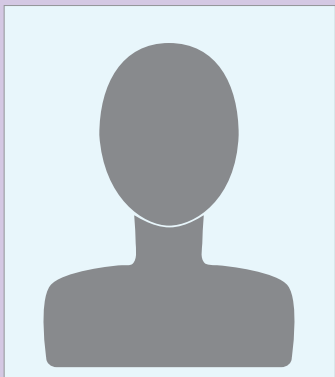
63005 1/8-3/11 Mon 9:45-10:45 a.m. J Reed \$56

63006 1/3-3/13 Wed 11:30 a.m.-12:30 p.m. J Reed \$77

NEW Vini Yoga

Delridge

62997 1/3-3/13 Wed 11:30 a.m.-12:30 p.m. Adelaide M \$77



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 email PKS_Info@seattle.gov.

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

Garfield CC

2323 E Cherry St.

Jefferson CC

3801 Beacon Ave. S

Departure Times

NORTHBOUND TRIPS:

Garfield: at time listed.

Jefferson: 15 minutes before time listed.

SOUTHBOUND TRIPS:

Garfield: 15 minutes before time listed.

Jefferson: 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

Due to staffing capacity we are not able to run field trips as planned winter quarter. Once we are fully staffed we plan to resume field trips.



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

1/3-3/13 Wed 6-7:45 p.m. K Luo \$2/class

Van Asselt

All Levels

1/6-3/30 Sat 2-3:45 p.m. K Luo \$2/class



Meet Mei Chi Chen Line Dance Instructor

Mei Chi Chen was talked into a line dance class by her friends, who continued to encourage her until the rhythm and coordination clicked for her. Now she likes supporting her students in



that same encouraging way—this winter Mei Chi is offering both Beginner, and Advanced Beginner, Line Dance classes. When she's not line dancing, Mei Chi likes ballroom dancing, walking, travelling, and she is also a certified tea ceremony master. Come dance with her at Van Asselt Community Center!

Dance for Parkinson's

Explore dance movements in a welcoming environment with live music. You will stretch and strengthen muscles, focusing on balance and rhythm. Our professional dancers use thought, imagination, eyes, ears, and touch to control movement while standing or seated. Ideal for those with Parkinson's disease, caregivers, and friends. Please note; registration with Seattle Theatre Group Dance for PD® at rexk@stgprepresents.org is required to access the facility.

Garfield

62244 1/11-2/29 Thu 10:30 a.m.-Noon Free

Line Dance

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

Van Asselt

Beginner

62255 1/4-3/14 Thu 1-2 p.m. M Chen \$70

Advanced Beginner

62262 1/4-3/14 Thu 2:15-3:15 p.m. M Chen \$70

Strength and Conditioning

EnhanceFitness

We have improved the application process for EnhanceFitness! Completing and sending forms in is now quick and easy with Adobe Sign—just fill out online and submit. Go to www.seattle.gov/parks/recreation/for-adults-50, or <https://bit.ly/LLREF>.

EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. For this class, NEW participants, or those who have not participated in over a year, must submit an application prior to registration. Only members with Medicare Advantage with Silver&Fit as a benefit qualify for free participation. Silver&Fit participants must provide their Fitness ID number on their application. The online application and program information are located at <https://www.seattle.gov/parks/find/for-adults-50>, or <https://bit.ly/LLREF>. If you are unable to access forms electronically, you can pick up paper forms from a community center offering EnhanceFitness classes. Participants will be notified via email when their application has been processed and they are eligible to register for classes.

NOTE: American Specialty Health (ASH) Silver&Fit will cover in-person classes and is limited to 10 visits a month. To learn more about EnhanceFitness and Silver&Fit visit: <http://projectenhance.org/enhancefitness/> and <https://www.silverandfit.com/>.

SPECIAL NOTE: Changes to insurance programs have changed eligibility for free participation in EnhanceFitness classes. Beginning January 1st you must have a **Silver&Fit Fitness ID number** to qualify for **FREE** participation. Kaiser Medicare Advantage members have Silver&Fit as a benefit. Some non-Kaiser members may have Silver&Fit as a benefit through their Medicare Advantage Plan, call your insurance company to find out if you have Silver&Fit.

Rainier

Silver&Fit Members

62253	1/3-3/13	Wed	10:15-11:15 a.m.	YS Gartz	Free
62247	1/5-3/15	Fri	10:15-11:15 a.m.	YS Gartz	Free

Self-Pay

62254	1/3-3/13	Wed	10:15-11:15 a.m.	YS Gartz	\$77
62250	1/5-3/15	Fri	10:15-11:15 a.m.	YS Gartz	\$77

Register online at www.seattle.gov/parks

Tai Chi and Qigong

Tai Chi

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

Garfield

All Levels

62256	1/8-3/11	Mon	10:15-11:15 a.m.	E Baxa	\$56
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Tai Chi and Qigong

Relaxing and energizing moves taught in sequence to improve coordination and balance. Maintain bone mass, equilibrium, and poise. This class will feature the Shibashi Taiji Qigong style, or another style chosen by the instructor.

IDCCC—Back in Motion Class

Beginning

62257	12/19-3/19	Tue	10-11 a.m.	TBD	Free
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Yoga

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

Vini Yoga

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

Rainier Beach

62260	1/5-3/15	Fri	10-11 a.m.	A Merlo	\$77
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Winter Quarter January 2-March 16

29



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 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>.



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.momentiasseattle.org.

OUTDOOR RECREATION



Garden Discovery Program— 2024 Kickoff

Join us in the garden at The MemoryHub to see what's emerging this year! Learn what makes this public "memory garden" accessible to people living with memory loss and family and friends, and engage in a plant-inspired activity. Light refreshments provided. Offered in partnership with UW Memory and Brain Wellness Center. Directions to the Central Seattle location provided to registered participants. A conversation with the Dementia-Friendly Recreation Specialist is required for 1st time participants. Please contact tamara.keefe@seattle.gov to arrange.

The Memory Hub

Friday: 3/1
63346
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: 1/12-3/22
63347
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 email PKS_Info@seattle.gov.

SCHOLARSHIPS

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

SOCIAL PROGRAMS

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

NEW Movie Night!

Come hang with Lifelong Recreation for movie night—we'll bring the popcorn! Cozy up for the evening to watch the highly beloved Studio Ghibli film, *Princess Mononoke*, a Japanese historical-fantasy that gets to the heart of the relationship between humans and the nature around us. Featuring hand-painted animations, gorgeous music, and brilliant writing, it's considered by many to be a masterpiece. Stick around after for a conversation on the themes and messages in the film. An LGBTQ+ affirming space open to folks 50+.

Jefferson

63357 2/15 Thu 6-8:30 p.m.

\$5

ARTS AND HANDWORK



NEW Weaving

Using a simple cardboard loom and various colors and textures of yarn, and perhaps other items, you'll create a small woven wonder to be hung on a wall or displayed as you like. Loom can be used more than once. All materials supplied. Feel free to bring twigs or other plant material, buttons, shells, wire, etc., to incorporate into your piece. An LGBTQ+ affirming space for folks 50+.

Rainier

63356 2/1 Thu 12:30-2:30 p.m.

\$5

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 and Qigong

T'ai Chi Chih®

Work through a slow, meditative routine of nineteen moves and one pose. The movements circulate and balance the internal energy (Chi) to all the organs, muscles, and bones. Anyone can do Tai Chi Chih, and chair-seated students are welcome. An LGBTQ+ affirming space.

Green Lake

63355 1/11-3/14 Thu 10:30-11:30 a.m. L Robinson \$63



Walks

NEW Volunteer Park Conservatory and Walk

We'll loop around the park, perhaps climb the spiral Olmsted-designed water tower stairs for the view, and then duck into the cozy Conservatory for a tour. Meet-up details will be emailed to registered participants. An LGBTQ+ affirming space open to folks 50+.

Volunteer Park

63354 1/23 Tue 10-11:30 a.m. Free

Yoga

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

NEW 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.

Miller

63352 1/8-3/11 Mon 11:45 a.m.-12:45 p.m. L Gardener \$56

Rainier

63353 1/10-3/13 Wed 11 a.m.-Noon L Gardener \$70





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 = 0.5-3 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

Dog Walks

Bring a dog, or come without one if you love to walk with dogs. Prepare to walk 2-3 miles, rain or shine. Meet at the designated site, leash your dog, and bring poop bags. Please register at sound.steps@seattle.gov to get a list of locations, to verify the walk start times, and so volunteer leader Sharon LeVine may contact you if there is a change.

Various Locations-Registration Info Above

1/23

Fri

11 a.m.

Free



FIELD TRIPS

Due to staffing capacity we are not able to run field trips as planned winter quarter. Once we are fully staffed we plan to resume field trips.



ENVIRONMENTAL EDUCATION

2 Part Series-Part 1—

Winter Weather: How Nature Survives

Plant and animal life goes through great lengths to stay safe and healthy throughout the coldest seasons. In this two part series, we will learn about these adaptations, how they work, and how to spot them in the wild. Sign up for both or just one class, whichever suits your interests. Tuesday's class is an online workshop to learn the basics.

Virtual WebEx

63658 1/23 Tue 6-7:30 p.m. Free

2 Part Series-Part 2—

Winter Weather: Walk

Plant and animal life goes through great lengths to stay safe and healthy throughout the coldest seasons. In this two part series, we will learn about these adaptations, how they work, and how to spot them in the wild. Sign up for both or just one class, whichever suits your interests. Thursday's class is a walk in Lincoln Park to put what we learn into action.

Lincoln Park

63657 1/25 Thu 10 a.m.-Noon Free

UW Biology Gardens Tour: Plant-Pollinator Relationships

Celebrate Valentine's Day by learning about one of the most important relationships on planet Earth: the love between plants and pollinators. Docents from the University of Washington's Biology Garden Greenhouse will take us on a tour of their newly re-opened facility, viewing their stunning plant collections and fascinating building.

UW Biology Garden Greenhouse

63343 2/14 Wed 12:30-3:30 p.m. Free



The Basics of Composting

Whether you're looking to improve your gardening skills or are just looking to reduce your household waste, come join us to learn the joys of composting! We'll be hands-on, learning the composting process, and the science behind it.

Rainier Beach Neighborhood

63655 3/14 Thu 1-3 p.m. Free

WALKS

Explore the Folklore: Walks with a Fantastical Twist

Magic is important to cultures around the world, and is all around you if you look hard enough! This walk series gets us out to hunt for (artistic renderings of) the mythical creatures that protect (or haunt...) the neighborhoods we call home.

January: Valley of the Gnomes

The Madrona neighborhood is lucky to have an army of gnomes staggered throughout the valley, offering nocturnal protection to the plants and animals around. From Madrona Beach, we'll do a short but steep walk up through the neighborhood until we stumble across the Gnome's Secret Pedestrian Trestle Bridge, where dozens are scattered across the hillside. How many will we find together? Bring your binoculars and help us search! Walk is a short 1.5 miles, but features hills, steps, and a mix of sidewalk and dirt surfaces.

Madrona Beach

63334 1/23

Tue

11 a.m.-1 p.m.

Free



February: Beware the Lincoln Park Troll!

Meet Lincoln Park's newest resident, Bruun Idun, a gigantic troll made of recycled materials by famed Danish artist Thomas Dambo. Idun (pronounced 'Eden') is a part of the "Northwest Trolls: Way of the Bird King" project, which seeks to amplify connections between Coast Salish Tribal communities and Scandinavian traditions. Using a Troll Map, we'll roam 4-5 miles through Lincoln Park's trails in search of this whimsical sculpture. Walk includes hills, and mostly dirt and gravel surfaces.

Lincoln Park

63335 2/7

Wed 9-11 a.m.

Free



March: International District Station—Dragons of the International District

Dragons are divine beasts in Chinese mythology, and the International District is beautifully adorned with many represented as sculptures, paintings, and more. As we depart the International District Light Rail Station to explore the neighborhood, we'll see how many we can spot! Walk is roughly 3 miles on flat pavement.

International District Light Rail Station

63336 3/11

Mon 1-2:30 p.m.

Free



March: Ballard Bigfoot Hunt

Local legend in the Seattle art scene, 'Henry', is famous for his colorful fantasy-themed murals, many depicting Sasquatch. With much of his public art clustered in the Ballard area, there's much to see! On this walk through Ballard and Interbay we'll search for as many of his paintings as we can, and track as many Squatches (as he affectionately calls them) as possible. Walk is roughly 5 miles long, fully paved, and features slight inclines.

Ballard Neighborhood

63339 3/29

Fri 3-5:30 p.m.

Free



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 **"Light Rail Walks"** where we will meet at a light rail 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.

Light Rail-Othello Station: Trek to Mt Baker

Labyrinths have been used as mindfulness and prayer tools in religions and spiritual practices across the world, throughout all time. On this unique light rail walk, we'll start at Capitol Hill Station and venture to Seattle University's Labyrinth for a quiet and contemplative walk, prompting you to give reflection, and to further connect your head to your heart. Walk is 1.5 miles total.

Othello

Light Rail Station

63341 1/10

Wed 9-11:30 a.m.

Free



Light Rail-UW Station: Union Bay Natural Area

Taking the back roads behind the various Husky Athletics facilities, we'll enter Union Bay Natural Area, a stunning waterfront realm home to a diverse wildlife. We'll weave through the marshy trails to see birds and plants, and check out the botanical gardens before heading back to the light rail station. We'll walk roughly 4 miles on a flat path, with a mix between pavement and dirt throughout.

UW Light Rail Station

63342 2/26

Mon 9-11:30 a.m.

Free



Light Rail-International District Station: Dragons of the International District

See under WALKS, Walks with a Fantastical Twist, page 36.

International District

Light Rail Station

63336 3/11

Mon 1-2:30 p.m.

Free



COLLABORATION WITH RAINBOW RECREATION

Movie Night: Princess Mononoke

Come hang with Lifelong Recreation for movie night—we'll bring the popcorn! Cozy up for the evening to watch the highly beloved Studio Ghibli film, Princess Mononoke—a Japanese historical-fantasy that gets to the heart of the relationship between humans and the nature around us. Featuring hand-painted animations, gorgeous music, and brilliant writing, it's considered by many to be a masterpiece. Stick around after for a conversation on the themes and messages in the film afterward. An LGBTQ+ affirming space open to folks 50+.

Jefferson CC

63357 2/15

Thu 6-8:30 p.m.

\$5



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.

ONGOING WALKS AND RUNS

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
63327 1/8-3/25 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
63328 1/9-3/27 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
63329 1/8-3/25 Mon 10-11:30 a.m. Free

Sound Steps 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

63330 1/5-3/29 Fri 8-10 a.m. Free



VOLUNTEER OPPORTUNITIES



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

- Lead a book club, bridge club, or mahjong 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 adjacent column.



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.

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 / <https://kinon.org/>

Lake City Community Center

Temporarily Closed
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
206-684-4951 • Fax 206-684-4957 • TDD/TTY Only 206-233-1509

Parks Management

AP Diaz, Superintendent
Daisy Catague, Director of Recreation
TBD, Matrix and Partnerships Manager

Professional Staff

Carol Baxter, OOC Recreation Program Coordinator,
206-849-6564
Dena Schuler, Management Systems Analyst, 206-615-1884

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 apply online with **Civiform**, or to download forms to fill out, visit https://bit.ly/spr_scholarships.
- 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 email PKS_Info@seattle.gov. 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.

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/.

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.



Seattle Parks & Recreation

Lifelong Recreation

Magnuson Building 30

6310 NE 74th St

Seattle, WA 98115

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KEEPING ACTIVE THIS WINTER

Winter is upon us, and it can be a hard time of year with short days and wet, windy, cold weather, making it difficult to keep your motivation going. But here at Lifelong Recreation we have some wonderful programs that will put some excitement, joy, and activity into this season!

When the rain and wind blows it is a great time to cozy up with a good book! If you enjoy socializing and talking about books, we have some great book clubs in the Northeast and Southwest sectors for you to join.

Looking to try something new? This quarter we are offering macrame! It was popular in the 70s—and the fun is back. Learn the art of knot tying to create your own plant hanger.

For some fresh air outdoor exercise have a look at our Outdoor Recreation section. On page 36 you will find a January walk to the "Valley of Gnomes", located right here in Seattle!

