

# LIFELONG RECREATION

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



Seattle  
Parks & Recreation

**FALL 2026**



**REGISTER online at Noon:  
August 11  
[seattle.gov/parks](https://seattle.gov/parks)**

***Come Play with Us!***

# Welcome to Lifelong Recreation!

## FALL Quarter 2026

September 14-December 19

### REGISTRATION

begins at **NOON**  
on **August 11, 2026**

### No Programs and Facilities closed on:

- September 7 Labor Day
- September 24 Staff Retreat
- October 12 Indigenous Peoples' Day/Columbus Day
- November 11 Veterans Day
- November 26-27 Thanksgiving
- December 10 Staff Retreat
- December 25 Christmas Day



*Note: No Classes 11/23-11/25 - Week of Thanksgiving*

### Wondering how to register?

Detailed registration information can be found on pages 50 and 51.

Need help navigating online registration? Come to a drop-in session to learn more, see pages 16, 22, or 35.

## Inspire Positive Aging Awards

This year two of Lifelong Recreation's EnhanceFitness Instructors were nominated for Sound Generation's "Inspire Positive Aging Awards" in the "Health & Wellness" category. This category recognizes older adults who promote healthy living and inspire people to do the same! Please join us in congratulating award recipient: Mattie Taplin, and nominee: Cindy House!



Award Nominee Cindy House



Award Recipient Mattie Taplin

# Seattle Parks Lifelong Recreation Staff



Since 1975, 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!



**Cover photo:** Happy participants in the Walking Soccer program. It is a lot of fun, come try it out! See page 12 for more information.

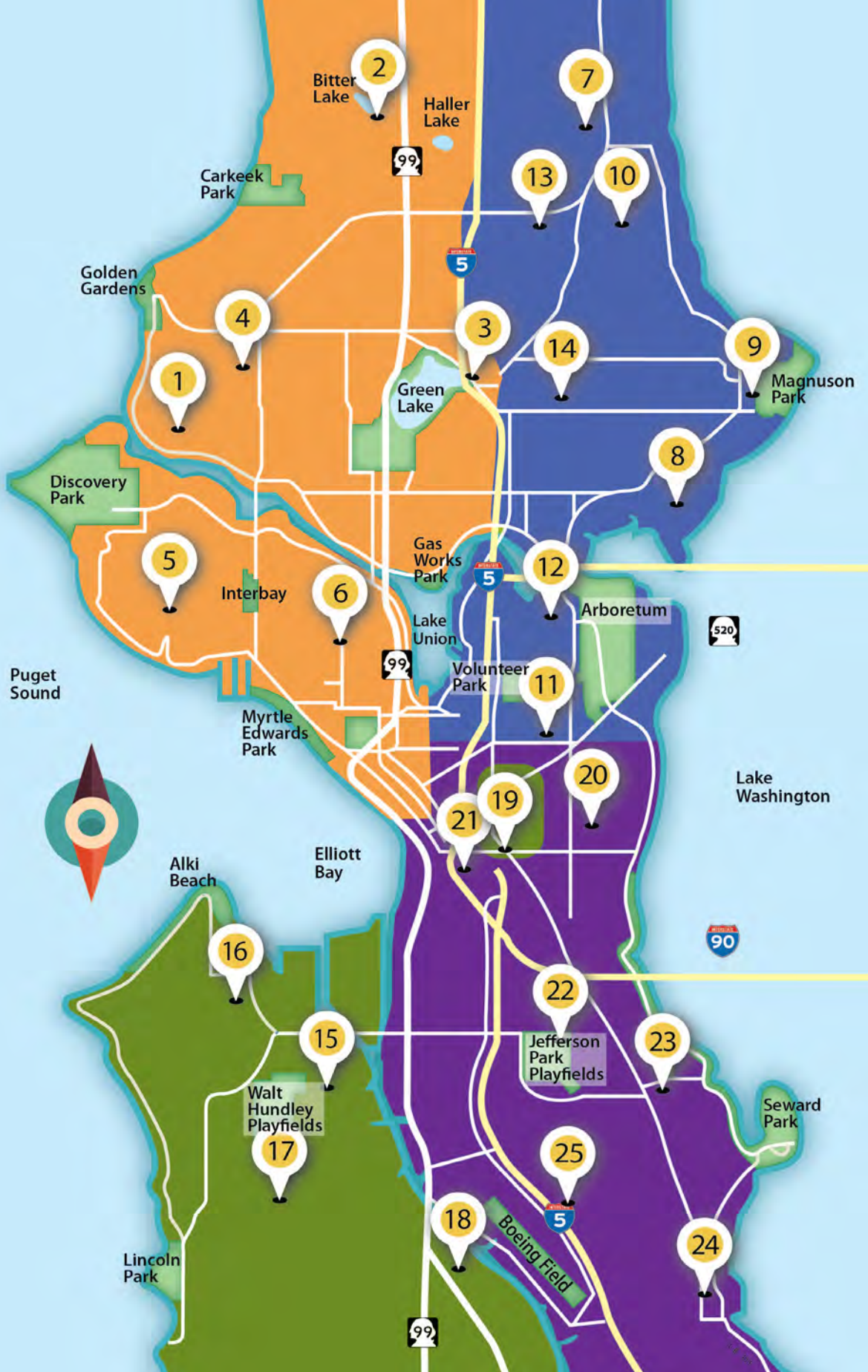


Register online at [bit.ly/spr\\_registration\\_account](https://bit.ly/spr_registration_account)

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# COMMUNITY CENTER LOCATIONS



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**Northwest**

**Gerald Seminatore, Recreation Specialist**  
206-233-7138 / cell 206-399-8561 / [gerald.seminatore@seattle.gov](mailto: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**  
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**

**Tori Fernau, Recreation Specialist**  
cell 206-696-8252 / [tori.fernau@seattle.gov](mailto:tori.fernau@seattle.gov)

**7) LAKE CITY CC**  
*Closed due to fire damage*  
12531 28th Ave. NE, 98125  
tel: 206-256-5645  
**8) LAURELHURST CC**  
4554 NE 41st St., 98105  
tel: 206-684-7529  
**9) MAGNUSON 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**  
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**  
cell 206-423-3988 / [john.hasslinger@seattle.gov](mailto: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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**Southeast**

**Masha Shtern, Recreation Specialist**  
cell 206-450-9522 / [masha.shtern@seattle.gov](mailto:masha.shtern@seattle.gov)

**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](mailto:tamara.keefe@seattle.gov)

**Outdoor Recreation**  
**Courtney Gogetap**  
cell 206-618-4254  
[sound.steps@seattle.gov](mailto:sound.steps@seattle.gov)

BOLLYWOOD FITNESS					
<b>Delridge</b>					
91849	9/18-12/18	Fri	10-11 a.m.	A Carver	\$104
BUILDING BALANCE WITH FRIENDS					
<b>Magnuson</b>					
92701	9/17-12/17	Thu	1-2:30 p.m.	M Kaye	\$25
BUILDING STABILITY					
<b>Northgate</b>					
92827	9/16-12/16	Wed	2-3 p.m.	M Kaye	\$25
CHAIR SUPPORTED FITNESS					
<b>South Park</b>					
91844	9/17-12/17	Thu	10:30-11:30 a.m.	E Hagiiwa	Free
CIRCUIT TRAINING					
Video Link - Bitter Lake: <a href="https://youtu.be/JpJLEntLKAM">https://youtu.be/JpJLEntLKAM</a>					
Video Link - Queen Anne: <a href="https://youtu.be/Faj4Hn5-fR0">https://youtu.be/Faj4Hn5-fR0</a>					
<b>Bitter Lake</b>					
92513	9/18-12/18	Fri	9:30-10:30 a.m.	R Buyce	\$52
<b>Jefferson</b>					
92645	9/18-12/18	Fri	10-11 a.m.	E Hagiiwa	Free
<b>Loyal Heights</b>					
92276	9/15-12/15	Tue	9:30-10:30 a.m.	R Buyce	\$104
92275	9/17-12/17	Thu	9:30-10:30 a.m.	R Buyce	\$88
<b>Meadowbrook</b>					
92720	9/18-12/18	Fri	11:30 a.m.-12:30 p.m.	R Buyce	\$96
92745	9/18-12/18	Fri	12:45-1:45 p.m.	R Buyce	\$96
<b>Van Asselt</b>					
92644	9/16-12/16	Wed	10-11 a.m.	E Hagiiwa	Free
DANCE FIT					
<b>Delridge</b>					
91850	9/17-12/17	Thu	10-11 a.m.	D Pierce	\$88
<b>Yesler</b>					
91863	9/18-12/18	Fri	10:15-11:15 a.m.	D Pierce	Free
DANCE FITNESS					
<b>Northgate</b>					
92822	9/16-11/4	Wed	11 a.m.-Noon	K Omori	\$64
DANCE FOR PARKINSON'S					
<b>Garfield</b>					
	10/8-11/19	Thu	10:30 a.m.-Noon		Free
DANCE— TRADITIONAL AND CONTEMPORARY ASIAN					
<b>Van Asselt</b>					
92640	9/15-12/15	Tue	10-11:45 a.m.	K Luo	Free

ENHANCE FITNESS					
<b>Garfield</b>					
Silver&Fit®   One Pass®/Renew Active					
92628	9/14-12/14	Mon	Noon-1 p.m.	N Fraser	Free
Self-Pay					
92629	9/14-12/14	Mon	Noon-1 p.m.	N Fraser	\$88
<b>Hiawatha</b>					
Silver&Fit®   One Pass®/Renew Active					
93208	9/17-12/17	Thu	11 a.m.-Noon	N Fraser	Free
Self-Pay					
93209	9/17-12/17	Thu	11 a.m.-Noon	N Fraser	\$88
<b>High Point</b>					
Silver&Fit®   One Pass®/Renew Active					
91827	9/15-12/15	Tue	9:15-10:15 a.m.	N Fraser	Free
Self-Pay					
91828	9/15-12/15	Tue	9:15-10:15 a.m.	N Fraser	\$104
<b>Jefferson</b>					
Silver&Fit®   One Pass®/Renew Active					
92624	9/17-12/17	Thu	10-11 a.m.	N Fraser	Free
Self-Pay					
92625	9/17-12/17	Thu	10-11 a.m.	N Fraser	\$88
<b>Magnolia</b>					
Silver&Fit®   One Pass®/Renew Active					
93596	9/14-12/7	Mon	Noon-1 p.m.	K Adolphsen	Free
93598	9/16-12/9	Wed	Noon-1 p.m.	K Adolphsen	Free
93594	9/18-12/11	Fri	Noon-1 p.m.	K Adolphsen	Free
Self-Pay					
93597	9/14-12/7	Mon	Noon-1 p.m.	K Adolphsen	\$88
93599	9/16-12/9	Wed	Noon-1 p.m.	K Adolphsen	\$88
93595	9/18-12/11	Fri	Noon-1 p.m.	K Adolphsen	\$96
<b>Magnuson</b>					
Silver&Fit®   One Pass®/Renew Active					
92742	9/16-12/16	Wed	1-2 p.m.	N Fraser	Free
92703	9/17-12/17	Thu	10:30-11:30 a.m.	J Shearer	Free
Self-Pay					
92743	9/16-12/16	Wed	1-2 p.m.	N Fraser	\$96
92704	9/17-12/17	Thu	10:30-11:30 a.m.	J Shearer	\$88
<b>Meadowbrook</b>					
Silver&Fit®   One Pass®/Renew Active					
92723	9/14-12/14	Mon	11 a.m.-Noon	C House	Free
92725	9/15-12/15	Tue	9:40-10:40 a.m.	C House	Free
92727	9/16-12/16	Wed	9:40-10:40 a.m.	C House	Free
92721	9/18-12/18	Fri	9:40-10:40 a.m.	C House	Free
Self-Pay					
92724	9/14-12/14	Mon	11 a.m.-Noon	C House	\$96
92726	9/15-12/15	Tue	9:40-10:40 a.m.	C House	\$104
92728	9/16-12/16	Wed	9:40-10:40 a.m.	C House	\$96
92722	9/18-12/18	Fri	9:40-10:40 a.m.	C House	\$96

<b>Miller</b>					
Silver&Fit®   One Pass®/Renew Active					
93645	9/14-12/14	Mon	1:15-2:15 p.m.	M Taplin	Free
93649	9/16-12/16	Wed	11:45 a.m.-12:45 p.m.	M Taplin	Free
93647	9/17-12/17	Thu	11:45 a.m.-12:45 p.m.	M Taplin	Free
Self-Pay					
93646	9/14-12/14	Mon	1:15-2:15 p.m.	M Taplin	\$96
93650	9/16-12/16	Wed	11:45 a.m.-12:45 p.m.	M Taplin	\$96
93648	9/17-12/17	Thu	11:45 a.m.-12:45 p.m.	M Taplin	\$88
<b>Montlake</b>					
Silver&Fit®   One Pass®/Renew Active					
92820	9/14-12/14	Mon	1:45-2:45 p.m.	N Fraser	Free
92818	9/18-12/18	Fri	3-4 p.m.	N Fraser	Free
Self-Pay					
92821	9/14-12/14	Mon	1:45-2:45 p.m.	N Fraser	\$96
92819	9/18-12/18	Fri	3-4 p.m.	N Fraser	\$104
<b>Rainier</b>					
Silver&Fit®   One Pass®/Renew Active					
92630	9/16-12/16	Wed	10:15-11:15 a.m.	YS Gartz	Free
92626	9/18-12/18	Fri	10:15-11:15 a.m.	YS Gartz	Free
Self-Pay					
92631	9/16-12/16	Wed	10:15-11:15 a.m.	YS Gartz	\$96
92627	9/18-12/18	Fri	10:15-11:15 a.m.	YS Gartz	\$104
<b>FABULOUSLY FIT</b>					
<b>Delridge</b>					
91851	9/16-12/16	Wed	10-11 a.m.	S Simmons	\$96
<b>Magnolia</b>					
93600	9/16-12/9	Wed	9:30-10:45 a.m.	K Adolphsen	\$110
<b>FITNESS</b>					
<b>Delridge</b>					
91851	9/16-12/16	Wed	10-11 a.m.	S Simmons	\$96
<b>JUICY JOINTS</b>					
<b>Bitter Lake</b>					
92515	9/14-12/14	Mon	9-10 a.m.	J Rayor	\$48
92516	9/16-12/16	Wed	9-10 a.m.	J Rayor	\$48

## NEW to EnhanceFitness?

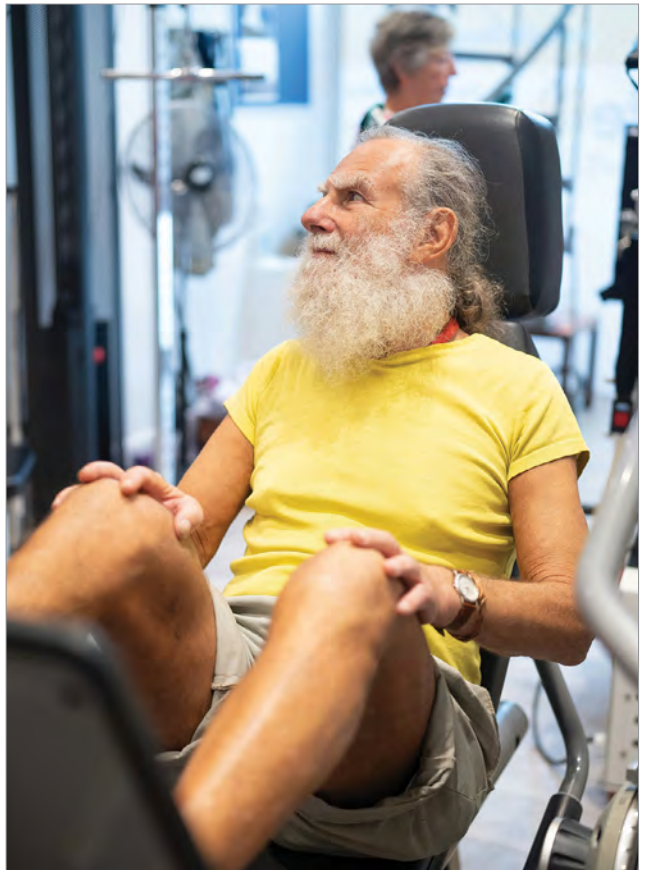
Scan this QR code, or go to <https://bit.ly/LLREF>, to get your registration form started.



<b>LINE DANCE</b>					
Video Link: <a href="https://youtu.be/n4CVebDKpDg">https://youtu.be/n4CVebDKpDg</a>					
<b>Line Dance</b>					
<b>High Point</b>					
All Levels					
91832	9/17-12/17	Thu	11:15 a.m.-12:15 p.m.	S Simmons	\$88
Improver					
91833	9/17-12/17	Thu	12:20-1:20 p.m.	S Simmons	\$88
<b>Queen Anne</b>					
Beginner					
92535	9/14-12/14	Mon	3:30-4:30 p.m.	C Banta	\$96
Continuing					
92534	9/16-12/16	Wed	5:45-6:45 p.m.	C Banta	\$96
<b>Party Line Dance</b>					
<b>Meadowbrook</b>					
All Levels					
92732	9/14-12/14	Mon	12:15-1:15 p.m.	C House	\$96
<b>Soul Line Dance</b>					
<b>Rainier</b>					
92638	9/14-12/14	Mon	12:45-1:45 p.m.	A Ponder	\$96
<b>Tuesday Dance Party</b>					
<b>Delridge</b>					
91861	9/15-12/15	Tue	10-11 a.m.	A Carver	\$104
<b>MINDFULNESS AND MEDITATION FOR VIBRANT AGING</b>					
<b>Hiawatha</b>					
93210	9/14-10/5	Mon	11:45 a.m.-12:45 p.m.	D Pierce	\$32
93211	10/19-11/16	Mon	11:45 a.m.-12:45 p.m.	D Pierce	\$40
<b>MOVE WITH EASE</b>					
<b>Bitter Lake</b>					
92517	9/14-12/14	Mon	11:30 a.m.-12:15 p.m.	J Rayor	\$30
<b>MOVES AND GROOVES</b>					
<b>Bitter Lake</b>					
92518	9/11-12/18	Fri	2-3 p.m.	C Kaplan	Free
<b>OTAGO STRENGTH AND BALANCE</b>					
<b>Montlake</b>					
92816	10/6-12/15	Tue	1:45-2:45 P.M.	K McCrory	Free
<b>PILATES</b>					
Video Link: <a href="https://youtu.be/C6iGDqezc3M">https://youtu.be/C6iGDqezc3M</a>					
<b>Loyal Heights</b>					
92279	9/15-12/15	Tue	10-11 a.m.	D Dragovich	\$96
<b>Laurelhurst</b>					
92696	9/17-12/17	Thu	12:30-1:30 p.m.	D Dragovich	\$88
<b>Meadowbrook</b>					
92734	9/16-12/16	Wed	11:30 a.m.-12:30 p.m.	D Dragovich	\$96
<b>Rainier</b>					
93627	9/14-12/14	Mon	9:10-10:10 a.m.	E Murphy	\$96
<b>Ravenna-Eckstein</b>					
92710	9/19-12/19	Sat	11:30 a.m.-12:30 p.m.	D Dragovich	\$104

<b>SAIL FITNESS</b>					
<b>Queen Anne</b>					
92536	9/15-12/15	Tue	10:45-11:45 a.m.	TBD	\$96
<b>STRETCH AND BALANCE</b>					
<b>Northgate</b>					
<i>Beginner</i>					
92832	9/14-12/14	Mon	2-3 p.m.	M Kaye	\$25
<i>Intermediate</i>					
92831	9/18-12/18	Fri	2-3 p.m.	M Kaye	\$25
<b>STRENGTH AND CONDITIONING</b>					
<b>Laurelhurst</b>					
92697	9/15-12/15	Tue	9:15-10:15 a.m.	J Shearer	\$96
<b>Magnuson</b>					
92706	9/17-12/17	Thu	9:15-10:15 a.m.	J Shearer	\$88
<b>TAI CHI AND QIGONG</b>					
Video Link: <a href="https://youtu.be/J82jluSOs5s">https://youtu.be/J82jluSOs5s</a>					
<b>Tai Chi</b>					
<b>Ballard</b>					
<i>Mixed Levels Chen-Style</i>					
92525	9/14-12/14	Mon	6:30-7:30 p.m.	S House	\$96
<b>Bitter Lake</b>					
93611	9/15-12/15	Tue	7-8 p.m.	S House	\$48
<b>Green Lake</b>					
<i>All Levels</i>					
92543	9/16-12/16	Wed	10:30-11:30 a.m.	E Baxa	\$96
<b>Garfield</b>					
<i>All Levels</i>					
92639	9/14-12/14	Mon	10:15-11:15 a.m.	E Baxa	\$96
<b>High Point</b>					
<i>All Levels</i>					
91838	9/14-12/14	Mon	11 a.m.-Noon	P Kelley-Elend	\$96
<b>Loyal Heights</b>					
<i>Beginner</i>					
92281	9/15-11/17	Tue	11:15 a.m.-12:15 p.m.	C Tan	\$80
<i>Continuing</i>					
92282	9/15-11/17	Tue	12:30-1:30 p.m.	C Tan	\$80
<b>Montlake</b>					
<i>All Levels</i>					
92817	9/14-12/14	Mon	12:45-1:45 p.m.	E Baxa	\$96
<b>Queen Anne</b>					
<i>All Levels</i>					
92537	9/17-12/17	Thu	11 a.m.-Noon	E Baxa	\$88
<b>Ravenna-Eckstein</b>					
<i>All Levels</i>					
92714	9/15-12/15	Tue	12:45-1:45 p.m.	E Baxa	\$104

<b>Qigong</b>					
<b>Loyal Heights</b>					
92280	10/1-11/19	Thu	11:15 a.m.-12:15 p.m.	C Tan	\$64
<b>Magnuson</b>					
<i>Beginner</i>					
92711	9/15-12/15	Tue	2:15-3:15 p.m.	A Peizer	\$104
<i>Ongoing</i>					
92712	9/15-12/15	Tue	3:30-4:30 p.m.	A Peizer	\$104
<b>Northgate</b>					
<i>Beginner</i>					
92829	9/17-12/17	Thu	11:15 a.m.-12:15 p.m.	A Peizer	\$88
<i>Ongoing</i>					
92830	9/17-12/17	Thu	12:30-1:30 p.m.	A Peizer	\$88
<b>WHOLE BODY FITNESS</b>					
<b>Delridge</b>					
91862	9/14-12/14	Mon	10-11 a.m.	D Pierce	\$96
<b>Rainier Beach</b>					
92643	9/15-12/15	Tue	10:30-11:30 a.m.	D Pierce	Free



<b>YOGA</b>					
<b>Back in Action Gentle Yoga</b>					
<b>High Point</b>					
91824	9/16-12/16	Wed	11:30 a.m.-12:30 p.m.	J Reed	\$96
<b>Chair Yoga</b>					
<b>Bitter Lake</b>					
92519	9/18-12/18	Fri	1:15-2 p.m.	J Robin	\$40
<b>Gentle Yoga</b>					
Video Link: <a href="https://youtu.be/-rbaj950AtE">https://youtu.be/-rbaj950AtE</a>					
<b>Ballard</b>					
92526	9/18-12/11	Fri	10:30-11:30 a.m.	TBD	\$96
<b>Bitter Lake</b>					
92520	9/16-12/16	Wed	5:30-6:30 p.m.	D Schulz	Free
<b>Green Lake</b>					
92544	9/14-12/14	Mon	12:30-1:30 p.m.	R MacDonald	\$96
<b>High Point</b>					
91830	9/14-12/14	Mon	9:45-10:45 a.m.	J Reed	\$96
91829	9/18-12/18	Fri	11:30 a.m.-12:30 p.m.	J Reed	\$104
<b>Laurelhurst</b>					
92694	9/17-12/17	Thu	11 a.m.-Noon	J Robin	\$88
<b>Loyal Heights</b>					
92283	9/14-12/14	Mon	10:45-11:45 a.m.	R MacDonald	\$96
<b>Magnolia</b>					
93601	9/15-12/15	Tue	10:30-11:30 a.m.	L Roanoke	\$96
<b>Magnuson</b>					
92705	9/16-12/16	Wed	10-11 a.m.	J Robin	\$96
<b>Miller</b>					
93505	9/14-12/14	Mon	11:45 a.m.-12:45 p.m.	L Gardener	\$96
<b>Montlake: Class with Chair Options</b>					
92815	9/14-12/14	Mon	11:30 a.m.-12:30 p.m.	J Robin	\$88
<b>Northgate</b>					
93640	9/18-12/18	Fri	11 a.m.-Noon	J Robin	\$104
<b>Ravenna-Eckstein</b>					
92715	9/15-12/15	Tue	2:30-3:30 p.m.	J Robin	\$104
93712	10/14-12/16	Wed	12:45-1:45 p.m.	L Gardener	\$64
92709	9/19-12/19	Sat	10-11 a.m.	J Robin	\$104
<b>Queen Anne</b>					
92538	9/14-12/14	Mon	2:45-3:45 p.m.	R MacDonald	\$96
<b>Yoga for Renewal</b>					
<b>Magnuson</b>					
93624	9/19	Sat	10:30-11:30 a.m.	H Mair	\$8
93625	10/17	Sat	10:30-11:30 a.m.	H Mair	\$8
93626	12/19	Sat	10:30-11:30 a.m.	H Mair	\$8
<b>Yoga for Stress Relief</b>					
<b>Ravenna-Eckstein</b>					
93187	9/16-10/7	Wed	1-2 p.m.	Jen A	Free

<b>Vini Yoga</b>					
<b>Delridge</b>					
91847	9/16-12/16	Wed	11:15 a.m.-12:15 p.m.	A Merlo	\$96
<b>Laurelhurst</b>					
92698	9/15-12/15	Tue	11 a.m.-Noon	H Mair	\$96
<b>Meadowbrook</b>					
92737	9/14-12/14	Mon	9:30-10:30 a.m.	H Mair	\$96
92744	9/17-12/17	Thu	10-11 a.m.	H Mair	\$88
<b>Rainier Beach</b>					
92642	9/18-12/18	Fri	10-11 a.m.	A Merlo	\$104
<b>ZUMBA® AND ZUMBA GOLD®</b>					
Video Link: <a href="https://youtu.be/mzy3RR_SfuQ">https://youtu.be/mzy3RR_SfuQ</a>					
<b>Laurelhurst</b>					
92699	9/15-12/15	Tue	12:15-1:15 p.m.	C House	\$96
92700	9/17-12/17	Thu	9:15-10:15 a.m.	C House	\$88
<b>Magnolia</b>					
93603	10/1-11/19	Thu	9:30-10:30 a.m.	S Price	\$64
<b>Northgate</b>					
92951	9/18-11/6	Fri	9:30-10:30 a.m.	K Omari	\$64
<b>Queen Anne</b>					
93604	9/28-12/7	Mon	9:30-10:30 a.m.	S Price	\$72

## 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.*



[www.facebook.com/LifelongRecreationSPR/](http://www.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 Adult Sports by phone at 206-684-7092, or email [adultsports@seattle.gov](mailto:adultsports@seattle.gov).



## Pickleball at a Glance

To learn about opportunities to play pickleball in the Seattle area please visit:

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

You will find information about free drop-in times, locations, and reservations at Seattle community centers with indoor and outdoor courts. No registration is required, but players must check-in at the front desk.

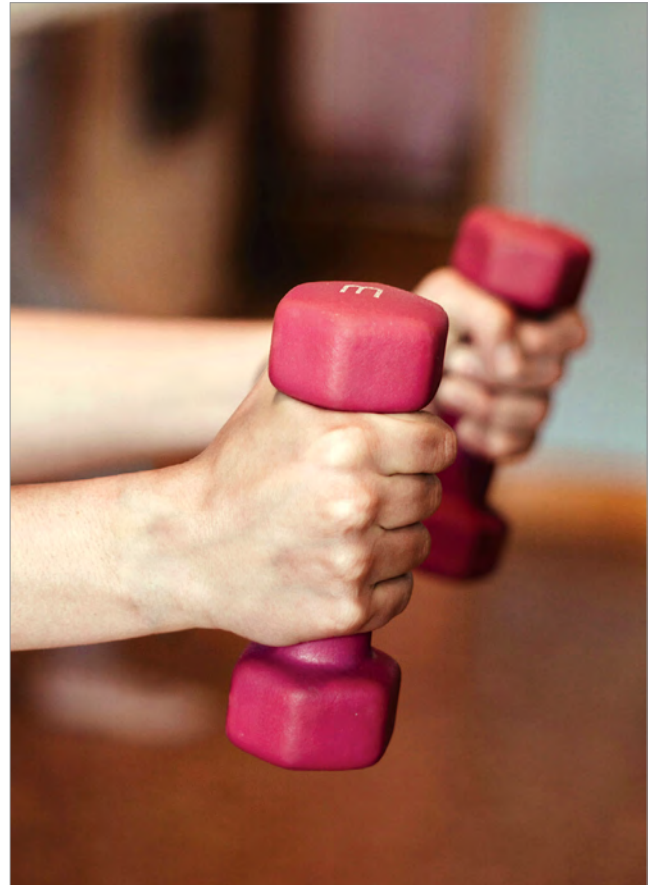


## Come work out at our Fitness Centers

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

### *OUR FITNESS CENTERS ARE 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	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**

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

## Resource Fair for Older Adults

Join us for the 3rd annual Resource Fair, an opportunity to learn about resources and services for older adults in the greater Seattle area! Over 100+ nonprofit organizations, agencies, and businesses will be in attendance, offering a wide range of services. Giveaways and a prize drawing. Plenty of parking nearby, and ADA parking at the entrance. Cohosted by Seattle Parks & Recreation's Lifelong Recreation, NEST—North East Seattle Together, and Aegis Living. No registration required. There are transportation options from SW and SE, see pages 27 (SW) and 33 (SE).

**Magnuson, Bldg 30, 6310 NE 74th St**

9/29 Tue 11 a.m.-2 p.m.

Free



## Walking Soccer— Drop-In Play



Walking soccer is a low-impact, modified version of traditional soccer. It is accessible and safer for older adults, those recovering from injury, or anyone seeking a less demanding way to enjoy the game. Other benefits include improved balance, coordination, and cardiovascular health with a focus on social connection and fun. All experience levels with soccer are welcome!

**Bring:** Turf shoes or athletic shoes, shin guards. No metal cleats.

**Register** with Bigfoot Walk Soccer Club at <https://bigfootwalksoccer.com/>.

**Lower Woodland Soccer Field 2, 5201 Green Lake Way N**

9/15-11/17 Tue 10:30 a.m.-Noon

Free

## Line Dance Party

Get ready to step, sway, and groove at our quarterly line dance celebration! Whether you're a seasoned dancer or just starting out, our expert instructors will guide you through the moves and keep the energy high. Join us for an afternoon of fun, rhythm, and community. All levels welcome! Register early to receive a playlist and event details ahead of time. Optional: Bring a potluck dish/drink to share.

**Note:** There are transportation options from the NE and SW sectors, see pages NE 24 or SW 29.

**High Point**

91834 12/4 Fri 1:30-4 p.m.

\$12

## Questions?

If you have any questions about Citywide Events please contact Carol Baxter, Recreation Program Coordinator, at 206-849-6564 or [carol.baxter@seattle.gov](mailto:carol.baxter@seattle.gov).

## REGISTRATION

Register for programs using the activity number listed next to each program. Registration and payment details can be found on page 50. For accommodation requests please email [PKS\\_ADA@seattle.gov](mailto:PKS_ADA@seattle.gov).



### Departure Sites

### Departure Times

#### Ballard CC

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

#### Bitter Lake CC

13035 Linden Ave. N  
North parking lot

#### NORTHBOUND TRIPS:

**Ballard:** 25 minutes before  
time listed.

**Bitter Lake:** at time listed.

#### SOUTHBOUND TRIPS:

**Bitter Lake:** 25 minutes before  
time listed.

**Ballard:** 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. Note: Occasionally trips may have different departure locations—check the online listing for information. Please refrain from wearing fragrances.

## SCHOLARSHIPS

The scholarship cycle runs June 2026-June 2027. Have your application approved prior to registration. Approvals are now good for 2 year periods. Please see details on page 50.

## 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.

## RAINBOW RECREATION

Rainbow Recreation classes are designed to be affirming spaces for the LGBTQ+ community and allies. Look for programs designated with a rainbow highlight in the program listings, or search 'Rainbow' in the online registration system.

## 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\*.

Several classes have reduced fees thanks to a **King County Shape Up Grant**. These classes are noted by an orange Δ (triangle) next to the registration number, e.g. 160978Δ. The Shape Up \$10 off coupon is invalid for these classes.

## FIELD TRIPS

### WA State Fair

The WA State Fair in Puyallup is one of the largest in the nation. View agricultural exhibits, animals, and plants from around the world. Visit scores of vendors selling a dizzying array of products and services. Experience the fair's midway games and rides—if you dare! Explore at your own pace, and enjoy lunch at one of the food concessions onsite, pay for on your own. This activity involves a lot of walking on paved surfaces.

#### Southbound

93613 9/23 Wed 10 a.m.-5 p.m. \$56

### Seattle Opera Open House

Seattle Opera's annual open house brings you behind the curtain and behind the scenes. Visit costume, wig, makeup, and scenic shops to view exhibits and demonstrations. Listen to live performances by opera artists, and perhaps even sing along!

#### Southbound

93615 9/26 Sat 1-5 p.m. \$25

### Explore Snohomish

Snohomish has a downtown district renowned for its historic charm and antique shops. We will spend some time walking and exploring. Enjoy lunch, pay for on your own, at one of the local cafés or restaurants. Much of this trip will be self-guided, according to your interests and curiosity. Depending on seasonal openings, we may make an additional stop at a local farm for some fresh produce or berries. This trip will involve extended walking on essentially flat surfaces.

#### Northbound

93672 10/7 Wed 9:30 a.m.-4 p.m. \$36

### Village Theater Everett

Since 1979, Village Theatre has been a leading producer of musical theatre in the Pacific Northwest. In a production marking our nation's 250th birthday, the epic musical *Ragtime* paints a vivid portrait of the people who built this country with hope for a brighter tomorrow. Following the show, we'll have an early dinner as a group at a local restaurant, pay for on your own.

#### Northbound

93671 10/29 Thu 11 a.m.-6:30 p.m. \$95

### Museum of Flight

The Museum of Flight holds one of the largest air and space collections in the USA. We will take a deep dive into the history of aviation on a docent-led tour. Optional activities include the Spacequest Virtual Reality Experience, and the Flight Simulator—pay for on your own onsite. There will be time to self-tour the museum and have lunch at the Wings Cafe, pay for on your own.

#### Southbound

93618 11/18 Wed 9:45 a.m.-2:15 p.m. \$52



### Museum of Pop Culture

Visit a museum like no other on earth. MoPOP houses some of the world's most legendary pop culture artifacts. Step into immersive exhibitions on music, fashion, film, gaming, and more. Lunch, pay for on your own, at Seattle Center Armory.

#### Southbound

93616 12/2 Wed 10 a.m.-3 p.m. \$48

## SOCIAL PROGRAMS

### Crafts

#### Drop-In Craft Circle

Drop-in and knit, crochet, etc. We donate our creations (hats, scarves, blankets, and baby clothes) to charity. Bring your project and socialize with others.

#### Queen Anne

92531 9/10-12/17 Thu 1:30-4 p.m. Free

## Games

### Drop-In Board Game Buffet

Enjoy board game self-directed play with old friends, or new. Or get up and move with ping pong or pool, or kick back with a video game.

#### Queen Anne

92529 9/11-12/18 Fri 10 a.m.-1 p.m. Free

### Drop-In Bridge

Enjoy a game of bridge.

**Magnolia** United Church of Christ,  
3555 West McGraw St.

Email [jcwells@earthlink.net](mailto:jcwells@earthlink.net), or call 206-755-8122.

#### Mixed Levels

93593 9/9-12/16 Wed 12:30-3:30 p.m. Free

#### Queen Anne

#### Mixed Levels

92530 9/15-12/15 Tue 12:30-3:30 p.m. Free

### Drop-In Mahjong

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

#### Magnolia

#### All Levels

93592 9/9-12/16 Wed 1:30-4:30 p.m. Free

#### Queen Anne

#### All Levels

92532 9/11-12/18 Fri 1:30-4:30 p.m. Free

## ARTS AND HANDWORK

### Collage

Collage is made up of overlapping pieces of material. Supply list will be emailed to registered participants. Some supplies will be provided.

#### Ballard

92524 11/10-12/15 Tue 10:30 a.m.-12:30 p.m. F Gray \$60

#### Loyal Heights

92273 10/19-11/16 Mon 1:30-3:30 p.m. LC Marvet \$60

### Drawing—Foundations and Skills

Learn with an intuitive method of drawing that unites visual perception and the development of technical skill. Discover your innate drawing abilities and enhance artistic confidence. Basic supplies provided.

#### Bitter Lake

92512 9/29-11/17 Tue 10:30 a.m.-Noon K Fitzharris \$96

## Visual Journaling

Journals may include writing, sketches, diagrams, illustrations, paintings, and numbers. Beginner-friendly class with no art experience necessary; for more experienced folks, there will be opportunities to work through creative blocks, inner critics, and self judgement. **Registration required.**

#### Ballard

93669 9/29-11/3 Tue 10:30 a.m.-Noon L Pec Free

## Watercolor

Bring your paints, brushes, and joy of painting. A demonstration is taught after each lesson with instruction. Some experience recommended. Bring your own watercolor supplies.

#### Loyal Heights

92274 9/28-11/16 Mon 10:30 a.m.-1 p.m. S Kahler \$96

## Watercolor

If you are picking up brushes for the first time, this class is for you! An introduction to basic watercolor techniques, and an opportunity to flex your creative muscles. A supply list will be provided in advance, and we will also have some on hand. Offered in partnership with Seniors Creating Art. **Registration required.**

#### Queen Anne

94296 10/7-10/28 Wed 10:30 a.m.-Noon. Free

## LIFELONG LEARNING

### Be a Dementia Friend!

Dementia Friends is a global movement changing the way people think, act, and talk about dementia. Join us for a free, 60-minute Dementia Friends Information Session where we'll talk about what dementia is, the most common type, key messages to know, communication tips, brain health, ways to foster dementia-friendly communities, and helpful resources. Time for conversation following the presentation for those interested. Learn more about Dementia Friends WA by visiting [www.dementiafriendswa.uw.edu](http://www.dementiafriendswa.uw.edu). The SPR Dementia-Friendly program pre-requisite is not needed to register for Dementia Friends.

#### Loyal Heights NEW LOCATION

93488 11/13 Fri 2-3:30 p.m. Free

## Drop-In Online Registration Support

Drop-In support hours with Lifelong Recreation staff before winter registration opens. Learn how to access your ACTIVE Net account to register, make a wish list, make a payment, and other tips and tricks! Bring your own smart phone, laptop, or tablet to practice. Public Wi-Fi available. You do not need to register in advance, but please call 206-399-8561 and leave a message to confirm your attendance.

### Bitter Lake

92514 11/4 Wed 10 a.m.-Noon Free

### Queen Anne

92533 11/3 Thu 10 a.m.-Noon Free

## Workshops

### Fraud and Identity Theft

Get an inside look at how scammers think, how to safeguard against identity theft and fraud, and what to do if you have been a victim. Learn how to navigate websites and safeguard your identity online. Presented in collaboration with AARP.

### Bitter Lake

93675 9/28 Mon 1:30-3:30 p.m. Free

### Keeping Your Balance

Falls are a threat to the health of older adults and can reduce their ability to remain independent, but you can reduce your chance of falling with proven techniques. Explore mindfulness strategies and balance exercises to encourage safety in movement. Presented by King County EMS.

### Loyal Heights

92592 9/22 Tue 10:30 a.m.-12:30 p.m. Free

## SPORTS

### Bettyball (Social Basketball)

Bettyball is an unskilled, quirky version of pickup basketball played on a half court with minimum rules, and no score keeping. It is a great community builder for older adults who want to have fun and stay in shape. Laughter is encouraged! **Registration required.**

### Green Lake

92542 9/14-12/14 Mon 10:15-11:30 a.m. Free

### Queen Anne

92528 9/17-12/17 Thu 1-2:45 p.m. Free

## Fitness for Racquet Sports

Do you play pickleball? Tennis? Squash? Racquetball? All of these sports can be rejuvenating and fun. But if we aren't careful, there may be problems with shoulder mobility, balance, and transitioning from starting to stopping as we move. This class explores ways to tone and strengthen the body so that we can safely participate in our favorite racquet sports with ease of movement, resilience, and stamina.

### Loyal Heights

93637 10/9-11/20 Fri 9:15-10 a.m. D Shore \$42

### Pickleball Skills—Beginning

Open to 50+ beginners seeking to learn and hone basic pickleball skills and strategies.

### Loyal Heights

92277 9/14-10/5 Mon 9:30-11:15 a.m. J Pilgrim- Stoppel \$48

### Pickleball Skills—Continuing

For players who have the fundamentals in hand and want to further develop their skills. After this class, you may feel confident enough to drop in on pickleball around town!

### Loyal Heights

92278 10/19-11/16 Mon 9:30-11:15 a.m. J Pilgrim- Stoppel \$60

## 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; a Δ (triangle) notes a reduced class fee made possible by a **King County Shape Up Grant**; see page 13 or box below.*

## Aerobics and Dance

### Juicy Joints Fitness

Learn fluid, stretchy movements that get your heart going, build your balance, and make your joints juicier! Learn free weights and exercise for injury prevention.

### Bitter Lake

92515Δ 9/14-12/14 Mon 9-10 a.m. J Rayor \$48

92516Δ 9/16-12/16 Wed 9-10 a.m. J Rayor \$48

## Line Dance

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

### Queen Anne

*Beginner*

92535 9/14-12/14 Mon 3:30-4:30 p.m. C Banta \$96

*Continuing*

92534 9/16-12/16 Wed 5:45-6:45 p.m. C Banta \$96

## Move with Ease

Strengthen and tone all muscle groups for improved health and fitness. Great for those who are just starting, or those who want to stay fit but need an assist from a chair for balance or support.

### Bitter Lake

92517 ▲ 9/14-12/14 Mon 11:30 a.m.-12:15 p.m. J Rayer \$30

## Moves and Grooves

Learn about your own body's ability to heal and revitalize as you dance. Movement modifications can be made according to a participant's individual needs. Taught by a physical therapist. **Registration required.**

### Bitter Lake

92518 9/11-12/18 Fri 2-3 p.m. C Kaplan Free

## Zumba Gold®

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!

### Magnolia

93603 10/1-11/19 Thu 9:30-10:30 a.m. S Price \$64

### Queen Anne

93604 9/28-12/7 Mon 9:30-10:30 a.m. S Price \$72

## Strength and Conditioning

### Circuit Training

Become a stronger you! Circuit training strengthens your major muscle groups as you rotate among training stations. Fees vary by location and days.

### Bitter Lake

92513 ▲ 9/18-12/18 Fri 9:30-10:30 a.m. R Buyce \$52

### Loyal Heights

92276\* 9/15-12/15 Tue 9:30-10:30 a.m. R Buyce \$104

92275\* 9/17-12/17 Thu 9:30-10:30 a.m. R Buyce \$88

## 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® or OnePass®/Renew Active as a benefit qualify for free participation. Silver&Fit® and OnePass®/Renew Active participants must provide their Fitness ID Number on their application. **The online application and program information are located on the LLR website at [seattle.gov/lifelong-recreation](http://seattle.gov/lifelong-recreation), 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®, and OnePass®/Renew Active will cover in-person classes and is limited to 10 visits a month.

To learn more about EnhanceFitness, Silver&Fit®, or One Pass®/Renew Active visit:

<http://projectenhance.org/enhancefitness/>,

<https://www.silverandfit.com/>, or

<https://www.youronepass.com>.

**SPECIAL NOTE:** Changes to insurance programs occur annually and can affect eligibility for free participation in EnhanceFitness classes. Beginning January 1st you must have a current Silver&Fit® or One Pass® Fitness ID number to qualify for FREE participation.

### Magnolia

Silver&Fit® | One Pass®/Renew Active

93596 9/14-12/7 Mon Noon-1 p.m. K Adolphsen Free

93598 9/16-12/9 Wed Noon-1 p.m. K Adolphsen Free

93594 9/18-12/11 Fri Noon-1 p.m. K Adolphsen Free

Self-Pay

93597 9/14-12/7 Mon Noon-1 p.m. K Adolphsen \$88

93599 9/16-12/9 Wed Noon-1 p.m. K Adolphsen \$88

93595 9/18-12/11 Fri Noon-1 p.m. K Adolphsen \$96

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

▲ Reduced class fee made possible by a **King County Shape Up Grant**.

## Fabulously Fit

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

### Magnolia

93600 9/16-12/9 Wed 9:30-10:45 a.m. K Adolphsen \$110

## SAIL Fitness

Stay Active and Independent for Life (SAIL). Performing exercises that improve strength, balance, and fitness is the single most important activity adults can do to stay active and reduce the chance of falling. Exercises can be done seated or standing. A SAIL class is a time to move, socialize, and energize.

### Queen Anne

92536 9/15-12/15 Tue 10:45-11:45 a.m. TBD \$96

## Tai Chi and Qigong

### Tai Chi

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

### Ballard

Mixed Levels Chen-Style

92525 9/14-12/14 Mon 6:30-7:30 p.m. S House \$96

### NEW Bitter Lake

93611 $\Delta$  9/15-12/15 Tue 7-8 p.m. S House \$48

### Green Lake

92543 9/16-12/16 Wed 10:30-11:30 a.m. E Baxa \$96

### Loyal Heights

Beginner

92281\* 9/15-11/17 Tue 11:15 a.m.-12:15 p.m. C Tan \$80

Continuing

**Note:** Continuing class requires instructor permission

92282 9/15-11/17 Tue 12:30-1:30 p.m. C Tan \$80

### Queen Anne

All Levels

92537 9/17-12/17 Thu 11 a.m.-Noon E Baxa \$88

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

$\Delta$  Reduced class fee made possible by a **King County Shape Up Grant**.

## Qigong

Qigong ("chee gong") and Tai Chi bring great benefits for fitness, disease prevention, and improved balance. Qigong is the foundation of Tai Chi and is recommended as a complementary practice for stress reduction, increasing vital energy, and flexibility. Styles taught in class: Taiji Qigong 18, and the Eight Pieces of Brocade.

### Loyal Heights

92280\* 10/1-11/19 Thu 11:15 a.m.-12:15 p.m. C Tan \$64

## Yoga and Pilates

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

### Pilates

Pilates focuses on strengthening and toning the body, particularly the core muscles. It involves precise, controlled movements that improve flexibility, posture, and body awareness. Much of the work is done on the floor.

### Loyal Heights

92279 9/15-12/15 Tue 10-11 a.m. D Dragovich \$96

### Yoga

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

### Chair Yoga

#### Bitter Lake

92519 $\Delta$  9/18-12/18 Fri 1:15-2 p.m. J Robin \$40

### Gentle Yoga

#### Ballard

92526 9/18-12/11 Fri 10:30-11:30 a.m. TBD \$96

#### Bitter Lake Registration required

92520 9/16-12/16 Wed 5:30-6:30 p.m. D Schulz Free

#### Green Lake

92544 9/14-12/14 Mon 12:30-1:30 p.m. R MacDonald \$96

#### Loyal Heights

92283 9/14-12/14 Mon 10:45-11:45 a.m. R MacDonald \$96

#### Magnolia

93601 9/15-12/15 Tue 10:30-11:30 a.m. L Roanoke \$96

#### Queen Anne

92538 9/14-12/14 Mon 2:45-3:45 p.m. R MacDonald \$96

**Tori Fernau**  
Northeast Recreation Specialist

cell 206-696-8252  
tori.fernau@seattle.gov

## REGISTRATION

Register for programs using the activity number listed next to each program. Registration and payment details can be found on page 50. For accommodation requests please email [PKS\\_ADA@seattle.gov](mailto:PKS_ADA@seattle.gov).



## Departure Sites and Times

### Northgate Transit Station

10200 1st Ave NE  
Passenger Pick Up/Drop Off Zone  
near South Entrance  
Depart 40 minutes before time listed.

### NEW Magnuson CC

7110 62nd Ave. NE  
Depart 20 minutes  
before time listed.

### Meadowbrook CC

10517 35th Ave. NE  
Depart at time listed.

## Departure Site Request

When you register please select your departure site from the available options. Please refrain from wearing fragrances on trips.

## SCHOLARSHIPS

The scholarship cycle runs June 2026-June 2027. Have your application approved prior to registration. Approvals are now good for 2 year periods. Please see details on page 50.

## 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.

## RAINBOW RECREATION

Rainbow Recreation classes are designed to be affirming spaces for the LGBTQ+ community and allies. Look for programs designated with a rainbow highlight in the program listings, or search 'Rainbow' in the online registration system.

# FIELD TRIPS

## Cloudstone Sculpture Park on Whidbey

Take the ferry to Whidbey Island to visit Cloudstone Sculpture Park, a hidden gem with over 500 pieces by the late sculptor Hank Nelson. Enjoy a docent-guided 90-minute walking tour on the 20-acre nature landscape, and visit the indoor gallery. Lunch in Langley, pay for on your own, before returning to Seattle. **Note:** Sculpture park terrain is short grass and gravel paths, golf cart rides will be available for up to 8 people with limited mobility. **Offered jointly with SE.**

93606 9/22 Tue 8:20 a.m.-5:30 p.m. \$49

## Carnation Farms Tour

A repeat offering from this summer due to high interest! Explore the rich history of Carnation Farms, founded in 1908, and reimaged in 2016 as a nonprofit with a mission to educate and build a resilient local food system. We'll spend time at an onsite museum, then visit their crops and livestock area. Lunch in Duvall, pay for on your own, or bring a sack lunch to enjoy outside in Duvall. **Note:** Uneven gravel and dirt paths at the farm.

93602 10/5 Mon 9 a.m.-3:30 p.m. \$23

Register online at [bit.ly/spr\\_registration\\_account](https://bit.ly/spr_registration_account)

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**La Conner and Skagit Valley Historical Museum**

Come travel to La Conner, a small town with big charm! We'll start our visit at the Skagit Valley Historical Museum to view their featured exhibit: "Where Our Food Comes From: Honoring the Farmworkers and Farmers of Skagit County". Afterwards, enjoy lunch in town, pay for on your own, take a walk on the waterfront, or explore the many shops and galleries. If time allows, we'll stop at a farm stand or two along the way.

93608 10/8 Thu 9 a.m.-4:30 p.m. \$40

**Hunter's Breakfast**

A longtime favorite! Enjoy a scenic drive over Snoqualmie Pass, a hearty brunch at the Swauk-Teaway Grange, followed by time on your own to explore the historic old towns of Roslyn and Cle Elum. Don't miss this one! Activity fee includes transportation and breakfast. **Note:** There is a ramp at the Grange. We will not be offering a Magnuson departure site for this trip.

93605 10/17 Sat 8:20 a.m.-5:30 p.m. \$64

**Northwest Trek and Giant Trolls!**

Experience the awe and wonder of native Northwest wildlife as you explore this 725 acre park dedicated to conservation and education. In addition to spotting bison and bears, you'll have the chance to seek out 8 giant troll sculptures, part of the temporary installation "Trolls: A Field Study", by Danish artist Thomas Dambo. We will explore the park by riding a tram and/or by foot. Bring a sack lunch if you prefer, or purchase food onsite, pay for on your own. **Note:** Tram is ADA accessible. Most of the trolls are viewable from paved pathways. Some forested paths are dirt and have exposed roots. *Offered jointly with SE.*

93607 10/26 Mon 8:40 a.m.-4:30 p.m. \$80

**US Naval Undersea Museum and Poulsbo**

Sit back and enjoy a ferry ride as we travel to the Kitsap Peninsula to learn more about what might be under the waves! The US Naval Undersea Museum showcases artifacts and materials related to undersea subjects including diving and salvage, torpedoes, submarine technology, and undersea vehicles. Afterwards we will have lunch in Poulsbo, pay for on your own, or bring a sack lunch to enjoy in a park.

93609 11/9 Mon 8:20 a.m.-4:30 p.m. \$52



**SOCIAL PROGRAMS**

**Book Clubs**

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

**Laurelhurst Book Group**

Meets the 3rd Wednesday of each month: 9/16, 10/21, 11/18, and 12/16.

92695 Wed 2:15-3:15 p.m. Free

**Meadowbrook Book Club**

Meets the 3rd Thursday of each month: 9/17, 10/15, 11/19, and 12/17.

92729 Thu Noon-1 p.m. Free

**Miller LGBTQ+ Affirming Book Group**

The book selection is sent via email in advance of the meeting date once a small group has registered, giving you time to finish reading before the meeting.

93504 12/9 Wed 2-3:30 p.m. Free

**Northgate Book Club**

Not meeting this fall, will return in the winter quarter.

**Ravenna Evening Book Group**

Meets the 2nd Monday of the month (\*except Oct): 9/14, \*10/19, 11/9, and 12/14.

92729 Mon 6:30-7:45 p.m. Free

## Games

### Drop-In Bridge

Drop-In play for bridge players, all levels. No lessons.

#### Montlake

9/18-12/18 Fri 1:30-3:45 p.m. Free

#### Northgate

9/14-12/28 Mon 1-3 p.m. Free

### Drop-In Mahjong

Drop-In and play mahjong, for experienced players.

#### Laurelhurst—American-Style

9/8-12/29 Tue 11 a.m.-1:45 p.m. Free

#### Magnuson—American-Style

9/10-12/17 Thu 10 a.m.-1 p.m. Free

### Mahjong Lessons

This class will introduce beginners to the basic rules and regulations of the National Mahjong League game. Class is limited to 5 participants so register early.

#### Northgate

92950 10/1-10/29 Thu 9:30-11 a.m. Jacky \$24



## ARTS AND HANDWORK

### NEW Drawing—Introduction

Drawing is easy and fun! Expand your creativity and learn how to make drawings that come to life with highlights, shadows, shapes and details. Lessons taught step-by-step in a supportive community environment. Bring home several finished art projects throughout the 4 week class. No experience necessary and all supplies provided in class. **Note:** If you would like to purchase your own supplies to use outside of class, please reach out to the NE Recreation Specialist for a supply list.

#### Montlake

93183 9/30-10/21 Wed 2-3:30 p.m. P Barth \$60

### Meadowbrook Craft Club

Bring your own supplies to craft alongside others! This is an open space for creating, socializing, and community. Beading, sewing, knitting, scrapbooking, coloring—whatever your current projects are! There is no formal instruction. Meets on 2nd Thursdays of the month, with a few exceptions\* this quarter: 9/10, 10/8, 10/22\*, 11/12, and 12/3\*. **Registration required.**

#### Meadowbrook

92730 9/10-12/3 Thu 11 a.m.-1 p.m. Free

### 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.**

#### Meadowbrook

92731 9/15-12/15 Tue 10 a.m.-12:30 p.m. Free

### Watercolor

Bring your paints, brushes, and joy of painting. A demonstration is taught after each lesson with instruction. Some experience recommended. Bring your own watercolor supplies.

#### Meadowbrook

92738 10/1-11/19 Thu 10 a.m.-12:30 p.m. S Kahler \$92

# LIFELONG LEARNING

## NEW Expressive Writing for New Discoveries

"Words for Wonder and Wellness": This class will encourage participants to explore personal responses to poetry and other art materials through conversation and in-class writing in a friendly, non-judgmental environment. Goals include promoting creativity and an appreciative engagement with the world. This free class is generously being taught by a volunteer. **Registration is required.**

### Miller

93506 9/16-11/4 Wed 1-3 p.m. A Rolfs Free

## Garden Hotline: Mushrooms

Oyster mushrooms are easy to grow on your kitchen counter. Learn a little about the world of fungi including their benefits to a sustainable world. Make a kit to take home and sprout some mushrooms you can eat!

### Northgate

93638 11/5 Thu 10-11:30 a.m. Free

## Garden Hotline: Growing Herbs Naturally

Many herbs can be started in the fall and grown indoors on a kitchen windowsill. Get started seeding new plants in this hands-on workshop, and learn how to choose the best herbs for you to grow. Explore annual, biennial, and perennial varieties, best growing conditions, soil choices, pot sizes, and plant some seeds for you to take home!

### Northgate

93635 11/19 Thu 10-11:30 a.m. Free

## 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.

### Northgate

93835 10/7 Wed 9:30-11 a.m. Free  
94274 10/28 Wed 6-8 p.m. Free  
94273 11/14 Wed 9:30-11 a.m. Free

## Resource Fair for Older Adults

Join us for the 3rd annual Resource Fair, an opportunity to learn about resources and services for older adults in the greater Seattle area! Over 100+ nonprofit organizations, agencies, and businesses will be in attendance, offering a wide range of services. Giveaways and a prize drawing. Plenty of parking nearby, and ADA parking at the entrance. Cohosted by Seattle Parks & Recreation's Lifelong Recreation, NEST—North East Seattle Together, and Aegis Living. No registration required.

### Magnuson, Bldg 30, 6310 NE 74th St

9/29 Tue 11 a.m.-2 p.m. Free

## Write Your Own Story

Write what you want on your own. Read it to the group and listen. Inspire and be inspired. Save your writing for loved ones or write for the pleasure of writing. **Note:** this is not a writing class.

### Meadowbrook

92739 9/15-12/15 Tue 10:45 a.m.-12:45 p.m. Free

## Tech Workshops

### NEW Cloud Storage Basics

Improve your understanding of what cloud storage is, how it works, and how it affects your use of everyday technology. Become familiar with common cloud storage systems and learn about what data you might want to back up to the cloud.

### Meadowbrook

92956 10/28 Wed 11 a.m.-12:30 p.m. Free

### NEW Email Scam Prevention

Learn how to identify email scams, block scam senders, and increase your digital security. Practice finding red flags of potential email scams through examples and instruction.

### Meadowbrook

92954 10/14 Wed 11 a.m.-12:30 p.m. Free

### NEW Password Management

Build an understanding of password managers, what makes a strong password, and the importance of unique passwords. Learn about resetting, improving, and organizing passwords, passkeys, and usernames.

### Meadowbrook

92955 10/21 Wed 11 a.m.-12:30 p.m. Free

### Pre-Online Registration Support—Drop-In

Drop-In Support Hours with LLR staff the week before registration opens. Learn how to access your ACTIVE Net account to register, make a wish list, make a payment, and other helpful tips and tricks! Feel free to bring your own smart phone, laptop, or tablet to practice on. Public Wi-Fi available at the center. You do not need to register in advance.

### Before Fall 2026 Registration Opens

#### Meadowbrook

8/5 Wed 10 a.m.-Noon Free

### Before Winter 2027 Registration Opens

#### Meadowbrook

12/2 Wed 10:30 a.m.-12:30 p.m. Free

12/3 Thu 10:30 a.m.-12:30 p.m. 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 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.

#### Meadowbrook

93653 9/15-10/13 Tue Noon-1:30 p.m. M Bisch \$60

### Pickleball Skills—Beyond Beginner

This class is for those who already have some experience playing and will help you reach the next level. Class includes 1-hour of instruction and 30 minutes of practice time. Prerequisite: Players should know the basic rules and how to keep score. They get at least 50% of their serves and returns in play.

#### Meadowbrook

93654 9/15-10/13 Tue 1:30-3 p.m. M Bisch \$60

93651 11/10-12/15 Tue Noon-1:30 p.m. M Bisch \$60

### Pickleball Skills—Intermediate

The goal of this class is to challenge and help you continue to move to the next level with your skills in areas such as: doubles court strategy, stacking, defensive and offensive lobbing. We can assist you with preparing for tournaments (if interested). Prerequisites: Players know the rules of pickleball including net rules and kitchen lines, can position themselves on the court and move quickly to the net, sustain rallies easily with strategic hits, serves and returns are in play and consistent, understand not to pop dinks, hard and soft game, and can work with a partner to win a point.

#### Meadowbrook

93652 11/10-12/15 Tue 1:30-3 p.m. M Bisch \$60

## DROP-IN SPORTS

### Pickleball at a Glance

See page 10 for community center information for indoor drop-in pickleball play.

## SPORTS

### Bettyball

#### Bettyball (Social Basketball)

Bettyball is an unskilled and quirky version of pickup basketball for adults. It's played on a half court with a minimum of rules to follow, and no score keeping. It is a great community builder for older adults who want to have fun in a friendly group while staying in shape. Laughter is encouraged! Led by volunteers. *Registration is required.*

#### Ravenna-Eckstein

92708 9/18-12/18 Fri 1-2:30 p.m. 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

#### Dance Fitness

A mix of dance and fitness—as the name suggests, we will blend rhythmic movements with cardio and get an intense work out! All levels of experience welcome. Bring a towel and water—and be ready to break a sweat!

##### Northgate

92822 9/16-11/4 Wed 11 a.m.-Noon K Omori \$64

#### Line Dance Party Transportation

Sign up here for a van ride to the Line Dance Party on December 4 at High Point CC in West Seattle. This is TRANSPORTATION only, you still need to register and pay for the event separately, #91834 on p 29. Lifelong Staff will contact you the week prior to confirm your preferred departure site.

**Departure Sites:** Magnuson CC at 12:15 p.m., and Northgate CC at 12:45 p.m.

93623 12/4 Fri 12:15-5 p.m. \$8

#### Party Line Dance

Learn how to do the line dances that pop up at celebrations. This class will introduce you to party dances such as Electric and Cha Cha Slide, the Cupid Shuffle, and other popular country and southern line dances.

##### Meadowbrook

92732 9/14-12/14 Mon 12:15-1:15 p.m. C House \$96

#### Zumba Gold®

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!

##### Laurelhurst

92699 9/15-12/15 Tue 12:15-1:15 p.m. C House \$96

92700 9/17-12/17 Thu 9:15-10:15 a.m. C House \$88

##### NEW Northgate

92951 9/18-11/6 Fri 9:30-10:30 a.m. K Omari \$64

## Strength and Conditioning

#### Building Balance with Friends

Balance's many dimensions work together to keep you upright and active. This class is an opportunity to build your balance skills through playful exercises and the company of new friends. Let's keep the workout lighthearted! Each class includes a walk in the surrounding neighborhood. Bring your willingness and water bottle.

##### Magnuson

92701 9/17-12/17 Thu 1-2:30 p.m. M Kaye \$25

#### Building Stability

Exercise in a circuit training format with stations focused on strengthening your stability and balance. Personalize your workout by choosing your level of challenge for each activity.

##### Northgate

92827 9/16-12/16 Wed 2-3 p.m. M Kaye \$25

#### 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

92720 9/18-12/18 Fri 11:30 a.m.-12:30 p.m. R Buyce \$96

92745 9/18-12/18 Fri 12:45-1:45 p.m. R Buyce \$96

#### Otago Strength and Balance

This evidence based program is shown to reduce falls up to 35%! Otago is a structured class that meets twice a week and is composed of 17 strength and balance exercises. The instructor will conduct a fall assessment on the 1st and last day of class. Benefits include balance, strength, fitness and well being. This class is being sponsored by Group Otago. **Note:** The first day will be an "Assessment Day" for ALL participants, new and returning! **Registration is required.**

##### Montlake

92816 10/6-12/15 Tue 1:45-2:45 p.m. K McCrory Free

## 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® or OnePass®/Renew Active as a benefit qualify for free participation. Silver&Fit® and OnePass®/Renew Active participants must provide their Fitness ID Number on their application. **The online application and program information are located on the LLR website at [seattle.gov/lifelong-recreation](http://seattle.gov/lifelong-recreation), 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®, and OnePass®/Renew Active will cover in-person classes and is limited to 10 visits a month.

To learn more about EnhanceFitness, Silver&Fit®, or One Pass®/Renew Active visit:

<http://projectenhance.org/enhancefitness/>,  
<https://www.silverandfit.com/>, or  
<https://www.youronepass.com>.

**SPECIAL NOTE:** Changes to insurance programs occur annually and can affect eligibility for free participation in EnhanceFitness classes. Beginning January 1st you must have a current Silver&Fit® or One Pass® Fitness ID number to qualify for FREE participation.

### Magnuson NEW on Wednesday

Silver&Fit®   One Pass®/Renew Active					
92742	9/16-12/16	Wed	1-2 p.m.	N Fraser	Free
92703	9/17-12/17	Thu	10:30-11:30 a.m.	J Shearer	Free
Self-Pay					
92743	9/16-12/16	Wed	1-2 p.m.	N Fraser	\$96
92704	9/17-12/17	Thu	10:30-11:30 a.m.	J Shearer	\$88

### Meadowbrook No class Friday 10/9

Silver&Fit®   One Pass®/Renew Active					
92723	9/14-12/14	Mon	11 a.m.-Noon	C House	Free
92725	9/15-12/15	Tue	9:40-10:40 a.m.	C House	Free
92727	9/16-12/16	Wed	9:40-10:40 a.m.	C House	Free
92721	9/18-12/18	Fri	9:40-10:40 a.m.	C House	Free

### Self-Pay

92724	9/14-12/14	Mon	11 a.m.-Noon	C House	\$96
92726	9/15-12/15	Tue	9:40-10:40 a.m.	C House	\$104
92728	9/16-12/16	Wed	9:40-10:40 a.m.	C House	\$96
92722	9/18-12/18	Fri	9:40-10:40 a.m.	C House	\$96

### Miller

Silver&Fit®   One Pass®/Renew Active					
93645	9/14-12/14	Mon	1:15-2:15 p.m.	M Taplin	Free
93649	9/16-12/16	Wed	11:45 a.m.-12:45 p.m.	M Taplin	Free
93647	9/17-12/17	Thu	11:45 a.m.-12:45 p.m.	M Taplin	Free

### Self-Pay

93646	9/14-12/14	Mon	1:15-2:15 p.m.	M Taplin	\$96
93650	9/16-12/16	Wed	11:45 a.m.-12:45 p.m.	M Taplin	\$96
93648	9/17-12/17	Thu	11:45 a.m.-12:45 p.m.	M Taplin	\$88

### NEW Montlake

Silver&Fit®   One Pass®/Renew Active					
92820	9/14-12/14	Mon	1:45-2:45 p.m.	N Fraser	Free
92818	9/18-12/18	Fri	3-4 p.m.	N Fraser	Free

### Self-Pay

92821	9/14-12/14	Mon	1:45-2:45 p.m.	N Fraser	\$96
92819	9/18-12/18	Fri	3-4 p.m.	N Fraser	\$104

## Strength and Conditioning

Energize your day by stretching, swooping, and strengthening! Jane will wind you through a series of exercises to build strength, flexibility, balance and achieve better overall conditioning. This class will leave you feeling happy and connected.

### Laurelhurst No class 10/27

92697	9/15-12/15	Tue	9:15-10:15 a.m.	J Shearer	\$96
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### Magnuson

92706	9/17-12/17	Thu	9:15-10:15 a.m.	J Shearer	\$88
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## Stretch and Balance—Beginner

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

92832	9/14-12/14	Mon	2-3 p.m.	M Kaye	\$25
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## Stretch and Balance —Intermediate

Standing, seated, and on the floor, you will explore ways to go deeper with stretches for your whole body. Balance challenges round out the program.

### Northgate

92831	9/18-12/18	Fri	2-3 p.m.	M Kaye	\$25
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## Tai Chi and Qigong

### Tai Chi

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

#### Montlake

All Levels

92817 9/14-12/14 Mon 12:45-1:45 p.m. E Baxa \$96

#### Ravenna-Eckstein

All Levels

92714 9/15-12/15 Tue 12:45-1:45 p.m. E Baxa \$104

### Qigong/Tai Chi—Beginner

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.

**Beginner**—No experience necessary

#### Magnuson NEW Location

92711 9/15-12/15 Tue 2:15-3:15 p.m. A Peizer \$104

#### Northgate

92829 9/17-12/17 Thu 11:15 a.m.-12:15 p.m. A Peizer \$88

**Ongoing**—Prior attendance in Annette Peizer's Beginner Class is required

#### Magnuson NEW Location

92712 9/15-12/15 Tue 3:30-4:30 p.m. A Peizer \$104

#### Northgate

92830 9/17-12/17 Thu 12:30-1:30 p.m. A Peizer \$88

## Yoga and Pilates

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

### Pilates

Stabilize and strengthen the core muscles of your abdominals and back while improving your flexibility and posture. This is a mat Pilates class.

#### Laurelhurst

92696 9/17-12/17 Thu 12:30-1:30 p.m. D Dragovich \$88

#### Meadowbrook

92734 9/16-12/16 Wed 11:30 a.m.-12:30 p.m. D Dragovich \$96

#### Ravenna-Eckstein

92710 9/19-12/19 Sat 11:30 a.m.-12:30 p.m. D Dragovich \$104

### Yoga

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

### Gentle Yoga

#### Laurelhurst

92694 9/17-12/17 Thu 11 a.m.-Noon J Robin \$88

#### Magnuson

92705 9/16-12/16 Wed 10-11 a.m. J Robin \$96

#### Miller

93505 9/14-12/14 Mon 11:45 a.m.-12:45 p.m. L Gardener \$96

#### Montlake: Class with Chair Options No class 9/21

92815 9/14-12/14 Mon 11:30 a.m.-12:30 p.m. J Robin \$88

#### NEW Northgate

93640 9/18-12/18 Fri 11 a.m.-Noon J Robin \$104

#### Ravenna-Eckstein NEW on Tuesday and Wednesday

92715 9/15-12/15 Tue 2:30-3:30 p.m. J Robin \$104

93712 10/14-12/16 Wed 12:45-1:45 p.m. L Gardener \$64

92709 9/19-12/19 Sat 10-11 a.m. J Robin \$104

### Vini Yoga

#### Laurelhurst No class 10/17

92698 9/15-12/15 Tue 11 a.m.-Noon H Mair \$96

#### Meadowbrook NEW Day Thursday

92737 9/14-12/14 Mon 9:30-10:30 a.m. H Mair \$96

92744 9/17-12/17 Thu 10-11 a.m. H Mair \$88

### NEW Yoga for Renewal

Unplug from the world of to-do lists and technology! Class includes breath work, mindful meditation, and slow, flowing movements that gently transition into deeply restorative postures. Suitable for all levels. Offered 3 Saturdays. Join us for as many as you want, but you will need to register for each day individually.

#### Magnuson

93624 9/19 Sat 10:30-11:30 a.m. H Mair \$8

93625 10/17 Sat 10:30-11:30 a.m. H Mair \$8

93626 12/19 Sat 10:30-11:30 a.m. H Mair \$8

### NEW Yoga for Stress Relief

Focus on meditation, breath, and restful, restorative poses. Great for anyone interested in trying yoga or meditation, and those that enjoy a slow-paced practice. Free class is being generously taught by a volunteer who is a trained yoga instructor. **Registration is required.**

#### Ravenna-Eckstein

93187 9/16-10/7 Wed 1-2 p.m. Jen A Free

**John Hasslinger**  
Southwest Recreation Specialist

cell 206-423-3988  
[john.hasslinger@seattle.gov](mailto: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 50. For accommodation requests please email [PKS\\_ADA@seattle.gov](mailto:PKS_ADA@seattle.gov).



## Departure Sites and Times

### High Point CC

6920 34th Ave. SW

Depart 15 minutes before time listed.

### NEW Delridge CC

4501 Delridge Way SW

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.

## SCHOLARSHIPS

The scholarship cycle runs June 2026-June 2027. Have your application approved prior to registration. Approvals are now good for 2 year periods. Please see details on page 50.

## 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.

## RAINBOW RECREATION

Rainbow Recreation classes are designed to be affirming spaces for the LGBTQ+ community and allies. Look for programs designated with a rainbow highlight in the program listings, or search 'Rainbow' in the online registration system.

## FIELD TRIPS

### Hiram M Chittenden Locks Tour

Discover the fascinating engineering marvel right in our backyard! Join us for a special guided tour of Ballard Locks, where we will explore the complex mechanics of how ships transit between Puget Sound and Lake Washington. We will also visit the fish ladder for a firsthand look at the incredible seasonal salmon run. Afterwards, enjoy free time to stroll through the gorgeous botanical gardens, and grab lunch, pay for on your own, at one of Ballard's excellent, local restaurants.

91845 9/17 Thu 9:45 a.m.-2:45 p.m. \$16

### Transportation to:

### Resource Fair for Older Adults

Transportation Only to the annual Resource Fair for Older Adults at Magnuson. We'll have 2½ hours to visit 90+ local organizations including non-profits, healthcare agencies, and local businesses offering personalized resources for aging well in the Seattle area. There will also be educational breakout sessions such as *Fraud Prevention* and *Navigating Artificial Intelligence*, as well as prizes and giveaways. Please bring a sack lunch to enjoy at the hanger.

93686 9/29 Tue 10:15 a.m.-2:30 p.m. \$8

Register online at [bit.ly/spr\\_registration\\_account](https://bit.ly/spr_registration_account)

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### Little Norway

Escape to scenic Poulsbo, a charming Scandinavian waterfront town. First a ferry ride from Seattle to explore historic Front Street's flat, easy sidewalks. Browse local boutiques, visit maritime galleries, and pick up treats at the iconic Sluys Bakery, followed by a relaxed lunch, pay for on your own, at a harborside restaurant, or pack a sack lunch.

91846 10/1 Thu 8:45 a.m.-4 p.m. \$55

### Carpinito Farms

Enjoy a scenic drive down the valley to browse their festive farm stand, which is packed with fresh-pressed apple cider, seasonal squash, and warm kettle corn. Entrance fee into the pumpkin patch is included where you can pick out your own pumpkin. Pack a sack lunch to enjoy with the group at the farm's picnic tables, paired with some fresh-pressed apple cider from the market.

91857 10/15 Thu 9:45 a.m.-2:45 p.m. \$40

### Canine Companions

Inspiring tour of the Canine Companions Puget Sound Field Office. Get an exclusive look at how these extraordinary service dogs are trained, with a live demonstration by a professional dog-in-training. Q&A session after highlighting local volunteer and puppy-raising opportunities. Then to Chinatown for 90 minutes of independent exploring and lunch, pay for on your own.

91858 11/5 Thu 9:45 a.m.-2 p.m. \$16

### Gig Harbor

Enjoy a drive to the Harbor History Museum for a private, guided tour of the region's fascinating maritime past, including a look at an authentic 65-foot fishing vessel and a restored 1893 1-room schoolhouse. Afterwards enjoy lunch, pay for on your own, at an easy-to-walk-to downtown restaurants.

91859 11/19 Thu 9:45 a.m.-3:45 p.m. \$39

### Gates Foundation Exhibit and Tour

Explore hands-on exhibits for 2 hours at the Gates Foundation Discovery Center. Next, a 1-hour guided group tour of *Building Prosperous Futures*, packed with incredible stories of global impact. Follow up with 90 minutes of free time to explore the exhibit more, or grab some lunch, pay for on your own.

91860 12/3 Thu 10 a.m.-2:15 p.m. \$12

## NATURE AND ENVIRONMENT

Join one of our nature programs with retired National Parks Ranger Pat Pilcher!

### The Day the Mountain Blew: The Eruption and Legacy of Mount St Helens

46 years ago Mount St Helens erupted. This earth-shattering event forever changed the surrounding landscape, but it also initiated an unprecedented scientific exploration to uncover the mysteries of how and why it erupted and what the future may hold. Join us for an engaging PowerPoint presentation.

#### High Point

91825 11/13 Fri 1:30-2:30 p.m. P Pilcher Free

### Duwamish Historical Waterway: Indigenous Roots and Changing Tides

Discover this gem tucked along the banks of the Duwamish Waterway. This educational walk traces the area's transformation from the ancestral home of the First People to a bustling European settlement. Learn how local geology shaped the landscape and discuss the vital, ongoing progress of the Superfund Cleanup. Meet in the north parking lot of Terminal 107 Park, directly across from the Duwamish Longhouse.

#### West Duwamish Greenbelt

93680 10/6 Tue 10:30 a.m.-Noon P Pilcher Free

### Equinox Exploration: Earth in Balance

Enjoy an immersive, outdoor education experience at Westcrest Park, exploring a completely new section of the park just in time for the Autumn Equinox. On this special day when day and night stand in perfect balance, gather to discover late-season native plants, shifting bird calls, fungi, mosses, and unique autumn transitions. Participants are encouraged to observe, record, or photograph their findings as we unlock new perspectives on our local ecology.

#### Westcrest Park

92288 9/22 Tue 10:30 a.m.-Noon Free

## SPECIAL EVENTS

### Line Dance Party

Get ready to step, sway, and groove at our quarterly line dance celebration! Whether you're a seasoned dancer or just starting out, our expert instructors will guide you through the moves and keep the energy high. Join us for an afternoon of fun, rhythm, and community. All levels welcome! Register early to receive a playlist and event details ahead of time. Optional: Bring a potluck dish/drink to share.

**Note:** Transportation option from the NE Sector, below.

#### High Point

91834 12/4 Fri 1:30-4 p.m. \$12

### TRANSPORTATION from NE

Sign up here for a van ride to the Line Dance Party from the NE Sector. This is TRANSPORTATION only, you still need to register and pay for the event separately, see above. Lifelong Staff will contact you the week prior to confirm your preferred departure site.

**Departure Sites:** Magnuson CC at 12:15 p.m., and Northgate CC at 12:45 p.m.

93623 12/4 Fri 12:15-5 p.m. \$8

## SOCIAL PROGRAMS

### Book Clubs

#### High Point Book Club

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

Meets: 9/10, 10/8, 11/12, and 12/3.

#### High Point

91831 Thu 1-2 p.m. G Buckley-Jones Free

### Dance

#### NEW Social Dance

Ready to move, groove, and connect? Come out to our weekly community Social Dance! Friendly volunteer instructors, led by Winnie Tat, will lead simple, fun dances that everyone can enjoy, no partner or rhythm required. Once registered, participants will receive reminders and updates. Interested in volunteering as an assistant dance lead? Please let Winnie know!

#### Delridge

91886 9/14-12/14 Mon 1-3 p.m. W Tat \$12

Register online at [bit.ly/spr\\_registration\\_account](https://bit.ly/spr_registration_account)

## Music

### 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

91837 9/5-12/26 Sat 11:30 a.m.-12:30 p.m. M Summers Free

## ART AND HANDWORK

### Discover the Joy of Drawing

Expand your creativity in one or both of these step-by-step drawing sessions. Learn to make your artwork come to life using foundational shapes, fine details, highlights, and deep shadows.

#### Session 1

Draw beautiful animals, flowers, and still-life scenes in a supportive community environment. No experience is necessary, and you will take home several finished art projects! Take this course on its own, or combine it with Session 2 for double the fun. All supplies are provided.

#### Hiawatha

91826 9/18-10/9 Fri 1-3 p.m. P Barth \$65

#### Session 2

Focus your skills on capturing stunning landscapes, birds, and people. New students are completely welcome, and returning Session 1 students will find all-new projects to enjoy. All supplies are provided.

#### Hiawatha

91848 10/16-11/6 Fri 1-3 p.m. P Barth \$65

## VOLUNTEER

### Volunteers Orientation

Lifelong Recreation is currently recruiting assistant pickleball instructors, assistant dance instructors, and urban hike volunteer leads to support active, inclusive programs across Seattle Parks. Register to connect with our volunteer coordinator to find out more. Orientation will be held online via Microsoft Teams.

#### Virtual

91842 9/8 Tue 1:30-2:30 p.m. Free

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## DROP-IN SPORTS

### Pickleball at a Glance

See page 10 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, water, and community spirit!

#### Delridge Courts

9/1-12/31 T/Th 10 a.m.-Noon Free

#### Miller Courts

9/2-12/30 M/W/F 10 a.m.-Noon Free

#### Mt Baker Courts

9/1-12/29 T/Th 10 a.m.-Noon Free

#### Walt Hundley Courts

9/2-12/30 M/W/F 10 a.m.-Noon Free

## SPORTS

### Pickleball Skills: All Levels

All levels, no equipment needed! Each day starts with a 15-minute warm-up, followed by 90 minutes of focused instruction and drills, and finishes with 15 minutes of fun open play. \*High Point instructors are R Lopez, D Sapp, and L Sartnurak.

#### Delridge

91853 9/15-10/20 Tue 10 a.m.-Noon M Bingham \$36

91854 10/27-12/8 Tue 10 a.m.-Noon M Bingham \$36

#### High Point

91835 9/14-10/19 Mon 11:30 a.m.-1 p.m. \* \$30

91836 10/26-12/7 Mon 11:30 a.m.-1 p.m. \* \$36

### Pickleball Skills: Intermediate

**Prerequisites:** Players have a solid grasp of pickleball rules, net regulations and kitchen lines, can advance quickly to the net, and sustain rallies with strategic shot placement. Consistent serves and returns (80%) recommended.

#### Delridge

91855 9/17-10/22 Thu 10-11:30 a.m. M Anderson \$60

91856 10/29-12/3 Thu 10-11:30 a.m. M Anderson \$60

## 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 more), you'll get a great workout and learn music and moves from other cultures. Please bring 3-5 lb. hand weights, a yoga/exercise mat, water bottle, and towel.

#### Delridge

91849 9/18-12/18 Fri 10-11 a.m. A Carver \$104

#### Chair Supported Fitness

Celebrate the reopening of South Park CC with a fun, judgment-free workout designed for every-body. We've got you covered with cardio, range of motion, and balance exercises—all with seated and standing chair-supported options. The Golden Rule: All abilities are welcome, and modifications are always available! Spread the word, don't keep the fun to yourself! Invite your friends to register, or encourage them to just drop in and say hi. **Registration is required.**

#### South Park

91844 9/17-12/17 Thu 10:30-11:30 a.m. E Hagiwa Free

#### 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

91850 9/17-12/17 Thu 10-11 a.m. D Pierce \$88

#### Yesler

**Class translated into Vietnamese.**

**Registration required for this free class.**

91863 9/18-12/18 Fri 10:15-11:15 a.m. D Pierce Free

## 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® or OnePass®/Renew Active as a benefit qualify for free participation. Silver&Fit® and OnePass®/Renew Active participants must provide their Fitness ID Number on their application. **The online application and program information are located on the LLR website at [seattle.gov/lifelong-recreation](http://seattle.gov/lifelong-recreation), 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®, and OnePass®/Renew Active will cover in-person classes and is limited to 10 visits a month.

To learn more about EnhanceFitness, Silver&Fit®, or One Pass®/Renew Active visit:

<http://projectenhance.org/enhancefitness/>,  
<https://www.silverandfit.com/>, or  
<https://www.youronepass.com>.

**SPECIAL NOTE:** Changes to insurance programs occur annually and can affect eligibility for free participation in EnhanceFitness classes. Beginning January 1st you must have a current Silver&Fit® or One Pass® Fitness ID number to qualify for FREE participation.

### Hiawatha

Silver&Fit®   One Pass®/Renew Active					
93208	9/17-12/17	Thu	11 a.m.-Noon	N Fraser	Free
Self-Pay					
93209	9/17-12/17	Thu	11 a.m.-Noon	N Fraser	\$88

### High Point

Silver&Fit®   One Pass®/Renew Active					
91827	9/15-12/15	Tue	9:15-10:15 a.m.	N Fraser	Free
Self-Pay					
91828	9/15-12/15	Tue	9:15-10:15 a.m.	N Fraser	\$104

## Line Dance

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

### High Point

All Levels					
91832	9/17-12/17	Thu	11:15 a.m.-12:15 p.m.	S Simmons	\$88
Improver					
91833	9/17-12/17	Thu	12:20-1:20 p.m.	S Simmons	\$88

## Tuesday Dance Party

Ditch the workout, join the dance party! No rhythm or equipment required. Some dances will target specific muscle groups, but all will be fun and no equipment required. You'll leave exhilarated and energized! Appropriate for all fitness levels.

### Delridge

91861	9/15-12/15	Tue	10-11 a.m.	A Carver	\$104
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## 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 yoga/exercise mat.

### Delridge

91862	9/14-12/14	Mon	10-11 a.m.	D Pierce	\$96
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## Meet Art Instructor Pete Barth!



We are thrilled to welcome Pete Barth! With over 15 years teaching experience at local colleges, Pete specializes in creating upbeat, supportive, and friendly environments tailored specifically for older adult

learners. No matter what art you are into, Pete's encouraging, step-by-step instruction will help you boost your artistic confidence and skill! His classes welcome all skill levels—join us this quarter for "Discover the Joy of Drawing", see page 29!

## Strength and Conditioning

### Fitness

Build total body muscle strength using fitness bands, free weights, and floor work. Improve balance, flexibility, and agility. Please bring hand weights.

#### Delridge

91851 9/16-12/16 Wed 10-11 a.m. S Simmons \$96

## Tai Chi

### Tai Chi

Open to All! Learn 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.

#### High Point

All Levels

91838 9/14-12/14 Mon 11 a.m.-Noon P Kelley-Elend \$96

## Yoga and Pilates

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

### Back in Action Gentle Yoga

Have you been out of action for awhile? Here 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. Everyone can work at their own pace in a non-competition atmosphere, with peaceful music and plenty of wonderful relaxation at the end.

#### High Point

91824 9/16-12/16 Wed 11:30 a.m.-12:30 p.m. J Reed \$96

## NEW Mindfulness and Meditation for Vibrant Aging

Discover the power of being present to bring more joy, clarity, and peace to your daily life. This introductory course is designed specifically for older adults who want to learn practical, easy-to-use techniques to reduce daily stress, improve sleep quality, and support sharp cognitive health. Each weekly 1-hour session includes gentle breathing exercises, a comfortable guided meditation, and a friendly group conversation. No previous experience is required, and all activities are performed from the comfort of a standard chair—no sitting on the floor or pretzel poses needed! Come as you are to meet neighborhood friends, learn tools to navigate life's changes, and invest in your overall well-being.

#### Hiawatha

93210 9/14-10/5 Mon 11:45 a.m.-12:45 p.m. D Pierce \$32

93211 10/19-11/16 Mon 11:45 a.m.-12:45 p.m. D Pierce \$40



### Yoga

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

### Gentle Yoga

#### High Point

91830 9/14-12/14 Mon 9:45-10:45 a.m. J Reed \$96

91829 9/18-12/18 Fri 11:30 a.m.-12:30 p.m. J Reed \$104

### Vini Yoga

#### Delridge

91847 9/16-12/16 Wed 11:15 a.m.-12:15 p.m. A Merlo \$96

**Masha Shtern**  
Southeast Recreation Specialist

cell 206-450-9522  
masha.shtern@seattle.gov

## REGISTRATION

Register for programs using the activity number listed next to each program. Registration and payment details can be found on page 50. For accommodation requests please email [PKS\\_ADA@seattle.gov](mailto:PKS_ADA@seattle.gov).



### Departure Sites

### Departure Times

**Garfield CC**

2323 E Cherry St.

**Jefferson CC**

3801 Beacon Ave. S

**NORTHBOUND TRIPS:**

**Garfield:** at time listed.

**Jefferson:** 20 minutes

before time listed.

**SOUTHBOUND TRIPS:**

**Garfield:** 20 minutes before time listed.

**Jefferson:** at time listed.

## SCHOLARSHIPS

The scholarship cycle runs June 2026-June 2027. Have your application approved prior to registration. Approvals are now good for 2 year periods. Please see details on page 50.

## 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.

## RAINBOW RECREATION

Rainbow Recreation classes are designed to be affirming spaces for the LGBTQ+ community and allies. Look for programs designated with a rainbow highlight in the program listings, or search 'Rainbow' in the online registration system.

# FIELD TRIPS

## Cloudstone Sculpture Park on Whidbey Island

Take the ferry to Whidbey Island and head to Cloudstone Sculpture Park, a hidden gem that features over 500 sculptures by the late sculptor Hank Nelson on a beautiful 20-acre natural landscape. Enjoy a docent-guided 90 minute walking tour, and visit the indoor gallery. Then to Langley for lunch, pay for on your own, and take the ferry back. Sculpture park terrain is flat with short grass and gravel paths, golf cart rides will be available for up to 8 people with limited mobility. **Offered jointly with NE.**

**Departure Site:** Jefferson CC only

92863 9/22 Tue 9 a.m.-5 p.m. \$49

## Transportation to Resource Fair for Older Adults at Magnuson

Transportation to the Resource Fair for Older Adults at Magnuson. Or take a break and explore nature trails, ponds, lake, beach, and a p-patch garden in the park!

### Northbound

92641 9/29 Tue 9:20 a.m.-2:20 p.m. \$8

## NW Trek and Trolls

In addition to spotting bison and bears, you'll have the chance to seek out 8 new giant troll sculptures, part of the temporary installation "*Trolls: A Field Study*", by Danish artist Thomas Dambo. Explore the park on a tram, or on foot. Bring a sack lunch or purchase food onsite, pay for on your own. **Note:** Tram is wheelchair accessible; most of the trolls are near paved pathways; some forested paths are dirt and have exposed roots. *Offered jointly with NE.*

**Departure Site:** Jefferson CC only  
92862 10/26 Mon 9 a.m.-3:30 p.m. \$80

## Suquamish Museum and Bainbridge

Take the Bainbridge Island ferry to visit the Suquamish Museum and Chief Sealth's gravesite for a 1-hour guided tour through immersive exhibits to learn about the history, culture, and art of our region's First Peoples. Then lunch, pay for on your own, and free time in downtown Bainbridge. Wheelchair and walker accessible.

**Departure Site:** Jefferson CC only  
92864 10/29 Thu 9 a.m.-3:30 p.m. \$67

## Come From Away

### Musical at Issaquah Village Theatre

This heartfelt musical captures the unforgettable days following September 11, 2001 when nearly 7,000 airline passengers were unexpectedly stranded in the small town of Gander, Newfoundland. The musical is unique in that the performers play all the instruments on stage as well as sing. Dinner in downtown Issaquah before the show, pay for on your own. Theatre ticket included. Wheelchair and walker accessible. Show is 1 hr 40 minutes, no intermission. Date subject to change, check activity before registration.

**Northbound**  
92861 11/10 Tue 5-10 p.m. \$40

## Garden d'Lights

Enjoy over half a million sparkling lights formed into the whimsical shapes of plants, flowers, birds, animals, and cascading waterfalls in set amid the natural beauty of Bellevue Botanical Garden. Listen to musical entertainment indoors. Entrance fee included. Bring a sack dinner. Paths are a mix of pavement and gravel that are wheelchair and walker accessible.

**Northbound**  
92860 12/8 Tue 4:30-8:30 p.m. \$23

34 Visit us on the web at [seattle.gov/lifelong-recreation](http://seattle.gov/lifelong-recreation)

# SOCIAL PROGRAMS

## Book Clubs

### Rainier Beach Book Club

Explore new books, listen to different points of view, share opinions and ideas with others, with an interest in banned books. Please register to attend. Meets second Monday of every month.

**Rainier Beach**  
92636 10/19-11/9 Mon 1-2:30 p.m. N Kiser Free

## Games

### Drop-In Bridge

Drop-In play for bridge players. All Levels.

**Rainier**  
92622 9/9-12/30 Wed 11 a.m.-2 p.m. Free

### Drop-In Mahjong

Hong Kong Mahjong is similar to rummy and you can pick up the basics in an afternoon!

**Rainier**  
92623 9/8-12/29 Tue Noon-3 p.m. Free

## Social Time

### Fragrance-Free Social Hour

Join us once a month for a fragrance-free social hour for those who are chemically sensitive and their allies. Coffee provided. Please register, or just stop by. Meets on the 3rd Wednesday of every month: 9/16, 10/14, 11/18, and 12/16.

**Garfield**  
93667 Wed 9:30-11 a.m. Free

### 50+ Social Time Potluck

Join us for a monthly social potluck to gather and connect. Enjoy rotating themes, birthday celebrations, and presentations on various topics. Please bring a food item to share if you can. Coffee and cake provided. Register to be emailed updates, or just stop by the third Thursday of every month: 9/17, 10/15, 11/19, and 12/17.

**Rainier Beach**  
92616 Thu 11:30 a.m.-1:30 p.m. Free

## ARTS AND HANDWORK

### Arts and Crafts Circle

Bring your art or craft projects and socialize with peers as you create! Drawing supplies and yarn provided. Register to receive activity updates and stay informed.

#### Rainier Beach

92621 9/15-12/15 Tue 11:45 a.m.-12:45 p.m. E Hagiwa Free

### Art Social in the Park

Spend time outside in a park setting while creating art with peers. Observe landscapes and create artwork based on what you see or feel inspired by. Paper and pastels/pencils will be provided or bring your own art supplies. Open to all experience levels. Picnic shelter is walker and wheelchair accessible.

#### Jefferson Park

92617 9/25 Fri 11:30 a.m.-1 p.m. E Hagiwa \$10

### Watercolor

Learn watercolor painting! Join us for an all-levels class where you'll learn brush-handling, dry and wet techniques, masking, and more. No experience necessary. Please bring your own materials including brushes, watercolors, and paper.

#### Rainier

93656 9/14-10/19 Mon 10:45 a.m.-12:15 p.m. S Day \$60

93657 10/26-11/30 Mon 10:45 a.m.-12:15 p.m. S Day \$60



Photo credit: Clifford Russell-Nichley.

### Continuing Ukulele

This class is for those who have taken a ukulele class with instructor Chessie, or those who know how to play two or more chords and have some experience. You will continue learn finger picking, strumming, and chords using carefully chosen songs offered in increasing difficulty. Bring your own ukulele to class. Please remember to prepare for play by cutting your left hand finger nails short.

#### Rainier Beach

93668 9/17-12/17 Thu 10:15-11:15 a.m. C Snider \$80

### Challah Bread Baking Workshop

Learn to make challah, a delicious fluffy braided egg bread. You'll learn the entire process from flour to loaf: mixing, hand kneading, rising, baking, and several dough braiding techniques (three, four, six-strand and round loaves). We'll provide all the ingredients and you'll make your very own loaf to take home, warm out of the oven! We'll also make hummus while we wait for the dough to rise. BYO apron.

#### Jefferson Lawn Bowling Club House

92619 11/6 Fri 10 a.m.-1 p.m. M Shtern \$25

### Medicare Advisor Individual Consulting

Got questions about Medicare Open Enrollment? Get a 30 minute private consult with an unbiased Statewide Health Insurance Benefits Advisor (SHIBA) during the Medicare Open Enrollment Period. Bring a list of your medications so the advisor can help select the best plan for you. While you are here, join us for our monthly social potluck for ages 50+ happening next door!

#### Rainier Beach

94310 10/15, 11/19 Thu 11 a.m.-2 p.m. Free

## LIFELONG LEARNING

### Beginning Ukulele

Learn to play ukulele, no experience necessary! You will learn finger picking, strumming, and chords as we learn using carefully chosen songs offered in increasing difficulty. Bring your own ukulele to class.

#### Rainier Beach

92618 9/17-12/17 Thu 11:30 a.m.-12:30 p.m. C Snider \$80

## Tech Workshops

### Password Management

Having trouble remembering your passwords and keeping them secure? Learn how to use a password manager, what makes a strong password, and the importance of unique passwords. Learn about resetting, improving, and organizing passwords, passkeys, and usernames. Free workshop presented by Pacific Tech Tutoring. Feel free to bring your lunch!

#### Rainier

93632 10/27 Tue 11:45 a.m.-1:15 p.m. Free

### Intro to Artificial Intelligence

Gain a base knowledge of how artificial intelligence works, what a large language model is, and where we are currently in the trajectory of AI technology. Learn what AI tools might be helpful in your daily life, as well as the environmental and social impacts of frequent AI usage. Free workshop presented by Pacific Tech Tutoring. Feel free to bring your lunch!

#### Rainier Beach

93633 11/3 Tue 11:45 a.m.-1:15 p.m. Free

### Photos, Cameras, and Cloud Storage

Learn how to take clear, well-lit photos on your phone, add filters, and send them to others. Learn the basics of how to store your photos in the cloud and access them remotely. Free workshop presented by Pacific Tech Tutoring. Feel free to bring your lunch!

#### Rainier

93634 11/17 Tue 11:45 a.m.-1:15 p.m. Free

### Registration and Scholarship Tech Support Session

Learn how to register for activities online with SPR the week before registration opens. Learn how to access your ACTIVE Net account to register, make a wish list, make a payment, apply for a scholarship, and more! We can also help you with your scholarship application—bring your proof of income document. Feel free to bring your own smart phone, laptop, or tablet to practice on. *Registration appreciated, but drop-ins are also welcome.*

#### Rainier Beach

92637 12/1 Tue 11:45 a.m.-12:45 p.m. Free

## DROP-IN SPORTS

### Pickleball

See page 10 for community center information for indoor pickleball.

### Outdoor Pickleball

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

#### Mt Baker Courts

9/1-12/29 T/Th 10 a.m.-Noon Free

## SPORTS

Please sign up for the **correct level** of Pickleball Skills or you will be asked to withdraw on the first day of the session.



### Pickleball Skills—Beginner

Learn the basic strokes, rules, and strategies. This class includes 1-hour of instruction and 30 minutes of practice time. Once you've learned the basics, you can join drop-in play across most of the community centers in Seattle. No experience necessary. Please bring your own water bottle.

#### Rainier

92632 9/16-10/14 Wed Noon-1:30 p.m. B Brown \$60

### Pickleball Skills—Beyond Beginner

**Prerequisites:** Players should know the basic rules and how to keep score. They get at least 50% of their serves and returns in play.

#### Rainier

92633 10/21-12/2 Wed Noon-1:30 p.m. B Brown \$60

**Pickleball Skills—Intermediate**

The goal of this class is to challenge and help you continue to move to the next level with your skills in areas such as: doubles court strategy, stacking, defensive and offensive lobbing. We can assist you with preparing for tournaments (if interested). **Prerequisites:** Players have a solid grasp of pickleball rules, net regulations, kitchen lines, can advance quickly to the net, and sustain rallies with strategic shot placement. Consistent serves and returns (80%) recommended.

**Rainier**

92634	9/16-10/14	Wed	1:30-3 p.m.	B Brown	\$60
92635	10/21-12/2	Wed	1:30-3 p.m.	B Brown	\$60

**Whole Body Fitness**

Half of the class is a fun, jazz dance-based cardio workout, and the other half is strengthening, stretching, and meditation. You'll strengthen your core, upper and lower body using your own body weight. 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. Borrow one of our mats or bring your own. This free class is sponsored by Era Living/Lakeshore Retirement Community. **Registration is required.**

**Rainier Beach**

92643	9/15-12/15	Tue	10:30-11:30 a.m.	D Pierce	Free
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**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 and get fit while learning Chinese traditional, ethnic, and square (plaza) dances! All levels and backgrounds welcome. Class is taught in Mandarin, Cantonese, and English. **Registration is required.**

**Van Asselt**

92640	9/15-12/15	Tue	10-11:45 a.m.	K Luo	Free
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**Dance for Parkinson's**

STG Dance for PD® classes use dance, live music, and community in a safe and creative environment. Working with professional dancers and teaching artists trained in the Dance for PD® method, participants are inspired to explore movement and music in ways that are refreshing, enjoyable, and stimulating. No dance experience or diagnosis of Parkinson's disease is required to participate. **Please note:** Registration with Seattle Theatre Group Dance for PD® at [rexp@stgpresents.org](mailto:rexp@stgpresents.org) is required to join the program.

**Garfield**

	10/8-11/19	Thu	10:30 a.m.-Noon		Free
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**Strength and Conditioning**

**Circuit Training**

This class is great for beginners and anyone looking to start exercising more regularly, as well as those looking for a challenge, as it offers lots of modifications and no judgment. Do exercises at circuit training-based stations to work on cardio, strength, range of motion, and balance. **Registration is required.**

**Van Asselt**

92644	9/16-12/16	Wed	10-11 a.m.	E Hagiwa	Free
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**Jefferson**

92645	9/18-12/18	Fri	10-11 a.m.	E Hagiwa	Free
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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® or OnePass®/Renew Active as a benefit qualify for free participation. Silver&Fit® and OnePass®/Renew Active participants must provide their Fitness ID Number on their application. **The online application and program information are located on the LLR website at [seattle.gov/lifelong-recreation](http://seattle.gov/lifelong-recreation), 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®, and OnePass®/Renew Active will cover in-person classes and is limited to 10 visits a month.

To learn more about EnhanceFitness, Silver&Fit®, or One Pass®/Renew Active visit:

<http://projectenhance.org/enhancefitness/>,

<https://www.silverandfit.com/>, or

<https://www.youronepass.com.>

**SPECIAL NOTE:** Changes to insurance programs occur annually and can affect eligibility for free participation in EnhanceFitness classes. Beginning January 1st you must have a current Silver&Fit® or One Pass® Fitness ID number to qualify for FREE participation.

### Garfield

Silver&Fit® | One Pass®/Renew Active

92628	9/14-12/14	Mon	Noon-1 p.m.	N Fraser	Free
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Self-Pay

92629	9/14-12/14	Mon	Noon-1 p.m.	N Fraser	\$88
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### Jefferson

Silver&Fit® | One Pass®/Renew Active

92624	9/17-12/17	Thu	10-11 a.m.	N Fraser	Free
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Self-Pay

92625	9/17-12/17	Thu	10-11 a.m.	N Fraser	\$88
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### Rainier

Silver&Fit® | One Pass®/Renew Active

92630	9/16-12/16	Wed	10:15-11:15 a.m.	YS Gartz	Free
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92626	9/18-12/18	Fri	10:15-11:15 a.m.	YS Gartz	Free
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Self-Pay

92631	9/16-12/16	Wed	10:15-11:15 a.m.	YS Gartz	\$96
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92627	9/18-12/18	Fri	10:15-11:15 a.m.	YS Gartz	\$104
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### Soul Line Dance

This is a fun energetic class for the mind, body, and soul. Learn a variety of easy choreographed soul line dances while we groove to sweet soul music.

### Rainier

92638	9/14-12/14	Mon	12:45-1:45 p.m.	A Ponder	\$96
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## Tai Chi and Qigong

### Tai Chi

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

### Garfield

All Levels

92639	9/14-12/14	Mon	10:15-11:15 a.m.	E Baxa	\$96
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## Yoga and Pilates

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

### NEW Pilates

In this mat Pilates class, stabilize and strengthen the core muscles of your abdominals and back while improving your flexibility and posture.

### Rainier

93627	9/14-12/14	Mon	9:10-10:10 a.m.	E Murphy	\$96
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### Yoga

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

### Vini Yoga

#### Rainier Beach

92642	9/18-12/18	Fri	10-11 a.m.	A Merlo	\$104
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**Tamara Keefe**  
**Dementia-Friendly Recreation Specialist**

206-615-0100 / cell 206-399-4655  
[tamara.keefe@seattle.gov](mailto: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. Programs have been inspired by and developed with 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>.

## FITNESS CLASSES

### Joyful Movement

Feel good inside and out moving to the sounds of Motown and more. Facilitated by a dance instructor familiar with physical and cognitive limitations. Participants will utilize the breath in isolated joint and full-body movement. Everyone will begin each class seated and have the option to remain seated, or to stand, as the class progresses. Join this experience and revel in a feast for the body and soul!

### Rainier Beach

93486 9/22-12/8 Tue 10:30-11:30 a.m. Free

## 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](http://www.momentiasattle.org).

## Memory Café

Living with memory loss? You, your friends, and family are invited to this monthly, free, drop-in event.

- A welcoming environment including opportunities to engage in conversation and activity.
- Refreshments provided.
- Program priority is to residents in nearby neighborhoods.
- No registration needed.

## Northgate Memory Café

**Northgate Branch Library**  
**First Thursdays, 1-2:30 p.m.**

Questions? Call Emily at 206-684-0170

*A Seattle Public Library and Seattle Parks & Recreation collaboration.*

# LIFELONG LEARNING

## Be a Dementia Friend!

Dementia Friends is a global movement changing the way people think, act, and talk about dementia. Join us for a free, 60-minute Dementia Friends Information Session where we'll talk about what dementia is, the most common type, key messages to know, communication tips, brain health, ways to foster dementia-friendly communities, and helpful resources. Time for conversation following the presentation for those interested. Learn more about Dementia Friends WA by visiting [www.dementiafriendswa.uw.edu](http://www.dementiafriendswa.uw.edu). The SPR Dementia-Friendly program prerequisite is not needed to register for Dementia Friends.

### Loyal Heights **NEW LOCATION**

93488 11/13 Fri 2-3:30 p.m. Free

# OUTDOOR RECREATION

## 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 SPR's Dementia-Friendly Recreation Specialist is required for 1st time participants. Please contact [tamara.keefe@seattle.gov](mailto:tamara.keefe@seattle.gov) to schedule.

### Various Locations

2nd and 4th Fridays\*: 9/11-12/11

\*No 4th Friday walks in November and December due to holidays

93487 10:30 a.m.-Noon. Free



**Please note:** A phone conversation with SPR's Dementia-Friendly Recreation Specialist is required for 1st time participants. Please contact [tamara.keefe@seattle.gov](mailto:tamara.keefe@seattle.gov) to schedule.

# NATURE AND ENVIRONMENT

## NEW Plants, Communication, and Community

Join a Seattle Parks & Recreation naturalist as we step into nature to unlock the hidden world of plant communication. This program offers a slow-paced walk through Kubota Garden. We'll meet the plants, lichen, and fungi that help shape this local ecosystem while learning how they share information and how we can connect with them—while also connecting with each other. Varied terrain on well-maintained garden paths. A conversation with SPR's Dementia-Friendly Recreation Specialist is required for 1st time participants. Please contact [tamara.keefe@seattle.gov](mailto:tamara.keefe@seattle.gov) to schedule.

### Kubota Garden

93489 11/10 Tue 1:30-3 p.m. Free

## Garden Discovery Program

Join us in the garden at The Memory Hub. Discover changes through the season, engage in horticultural activities, and learn what makes this public "memory garden" accessible to people living with memory loss and those close to them in a 3-part series. A Seattle Parks and Recreation and UW Memory and Brain Wellness Center collaboration. Details and directions to the central Seattle location will be emailed to registered participants. A conversation with SPR's Dementia-Friendly Recreation Specialist is required for 1st time participants. Please contact [tamara.keefe@seattle.gov](mailto:tamara.keefe@seattle.gov) to schedule.

### Memory Hub

Meets 3 First Fridays: 10/2, 11/6, and 12/4

93485 Fri 10:30 a.m.-Noon Free

**Courtney Gogetap**  
Outdoor Recreation Specialist

cell 206-618-4254  
[sound.steps@seattle.gov](mailto:sound.steps@seattle.gov)

Outdoor Recreation encompasses Sound Steps, but adds more! Hikes, Environmental Education, Dog Walks, Transit Walks, anything outdoor related lands here.

Please register quarterly for all programs using the activity number provided. See page 50 for registration information. Unless dates are specified, walks are generally ongoing. Check with the volunteer walk leader for any dates that may be missed.

### SCHOLARSHIPS

The scholarship cycle runs June 2026-June 2027. Have your application approved prior to registration. Approvals are now good for 2 year periods. Please see details on page 50.

### RAINBOW RECREATION

Rainbow Recreation classes are designed to be affirming spaces for the LGBTQ+ community and allies. Look for programs designated with a rainbow highlight in the program listings, or search 'Rainbow' in the online registration system.

### 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 if you love to walk with dogs! We meet every Friday at 10:30 a.m. Prepare to walk 2-3 miles, rain or shine. Meet at the designated site, leash your dog, and bring poop bags. Please email or phone with your contact information to [sound.steps@seattle.gov](mailto:sound.steps@seattle.gov), or call Recreation Specialist's number above to be added to the walk leader's list. Volunteer walk leader Sharon LeVine will contact you weekly with walk locations.

#### Various Locations—

Email or call to be added to the contact list

Fri 10:30 a.m.

Free



## FIELD TRIPS

Departure Sites for Field Trips (unless noted) are:

Densmore Building, 8061 Densmore Ave N.—under the entrance sign, and Jefferson CC, 3801 Beacon Ave S.

*Note: Arrival time at second location may be delayed due to traffic. Please arrive on time as we do our best to stick to schedule.*

### Nucor Steel Seattle



Explore Washington's largest recycler, Nucor Steel Seattle. Expect 1.25 miles of walking, and ascending and descending several sets of stairs. Everyone must wear LONG pants that cover the ankle without rips or tears, along with flat-bottomed, closed-toe, sturdy shoes and socks. Hard hats, safety glasses, overcoats, and earplugs will be provided. Tour lasts 1.5-2 hours. **Note:** Tour is provided for free by Nucor Steel, field trip cost covers transportation. Participant names will be shared in advance with Nucor security.

**Departure sites:** Densmore Bldg at 11:45 a.m., and Jefferson CC at 12:15 p.m.

93629 10/9 Fri 11:45 a.m.-3:45 p.m. \$12

### Oxbow Loop Trail

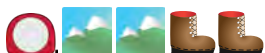


Hike this trail with us in the scenic Middle Fork Snoqualmie River Valley near North Bend. Ranked easy on AllTrails, about 2 miles. Bring your own snacks and water for the journey.

**Departure sites:** Densmore Bldg at 9:30 a.m., and Jefferson CC at 10 a.m.

93630 10/13 Tue 9:30 a.m.-3 p.m. \$29

### Woods Creek Sustainability Center Tour



Located in Woods Creek, north of Monroe, this hydroelectric project started operation in 1983, and was purchased by PUD in 2008. It produces electricity for 200-600 homes per year. Bring your own water and snacks for the journey. Plan for uneven terrain, stairs, and a short walk down a steep, graveled slope to the powerhouse.

**Departure sites:** Densmore Bldg at 8:30 a.m., and Jefferson CC at 9 a.m.

93628 10/23 Fri 8:30 a.m.-3:15 p.m. \$29

### Evans Creek Preserve

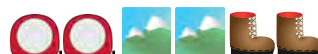


Evans Creek Preserve Trail has open meadows, wetland areas, and birding platforms. Bring enough water for the journey. Trail is about 2 miles.

**Departure sites:** Densmore Bldg at 9:30 a.m., and Jefferson CC at 10 a.m.

93639 10/27 Tue 9:30 a.m.-3 p.m. \$29

### SR3 Sealife Response + Rehabilitation + Research Environmental Exploration



Explore the Des Moines shoreline through a series of hands-on activities, learning to spot marine mammals, and what to do if they are sick or injured, followed by a visit to the SR3 Rescue Center.

**Departure sites:** Densmore Bldg at 9 a.m., and Jefferson CC at 9:30 a.m.

93642 11/3 Tue 9 a.m.-3 p.m. \$53

### Spring Lake / Lake Desire Hike

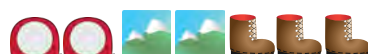


Explore this forested site with a 900-foot-tall rocky outcrop, a bog, and 3 miles of trails situated between two lakes.

**Departure sites:** Densmore Bldg at 9:30 a.m., and Jefferson CC at 10 a.m.

93641 11/23 Mon 9:30 a.m.-3 p.m. \$18

### Weowna Park Hike



Phantom Creek descends through the park to Lake Sammamish, creating a series of picturesque waterfalls and pools through a deep ravine. Hike is 3-4 miles.

**Departure sites:** Densmore Bldg at 9:30 a.m., and Jefferson CC at 10 a.m.

93644 12/8 Tue 9:30 a.m.-3 p.m. \$29

# NATURE AND ENVIRONMENT

## Let's See the Salmon Run at Carkeek Park



**Public Transportation Option:** Meet at the Eddie McAbee entrance, located behind and across the street from the Holman Road QFC. We will walk down to Carkeek Park Lower Meadow together. Register for only this class and it will include class #93203 below.

### Carkeek Park, Eddie McAbee Entrance

93202 11/20 Fri 9:40 a.m.-Noon Free



**Self Drive Option:** Meet at the Lower Meadow by Piper's Creek kiosk. Learn about a chum salmon's lifecycle on our walk through the park. How will they manage the beaver dam? Why do they look so beat up? We will find out. **Note:** There will be paved and dirt paths. Participants should be able to traverse slight inclines, go up and down stairs, and manage some uneven ground.

### Carkeek Park, Lower Meadow by Piper's Creek Kiosk

93203 11/20 Fri 10-11:30 a.m. Free

# SPECIAL EVENTS

## Lawn Bowling

Have fun socializing as you learn about this global sport and how to play the game. In partnership with [seattlebowls.org](http://seattlebowls.org).

### Jefferson Park Club House and Greens

93216 9/14 Mon 10 a.m.-Noon Free

## Lawn Bowling Additional Lessons

Learn more about playing this fun, group sport. In partnership with [seattlebowls.org](http://seattlebowls.org).

### Jefferson Park Club House and Greens

93217 9/21-9/28 Mon 10-11 a.m. Free

## Sail Sandpoint

Join Sail Sand Point for a 3-hour course on how to sail. First, a quick classroom lecture on parts of the boat, and how to read and use the wind. Next, rig the boats, spend some time sailing around while learning how to control them. Wear water-friendly clothing because you may get splashed and wet, wear water shoes, and have warm, dry clothes waiting on shore for our return. After we are done sailing, we will de-rig our boats. Hobie Waves, a catamaran (2 hulls) with a net in between, will be used.

### Sail Sandpoint at Magnuson Park

93219 9/16 Wed 10 a.m.-1 p.m. \$40

## Space 101.1 FM Tour

Curious about community radio and how it operates? Have a love of music and like sharing music with others? Want to see what it's like to be a part of recorded and LIVE radio? Join this trip to SPACE 101.1 FM, a listener supported, volunteer run, community radio station based in Magnuson Park. Space is limited, so sign up soon.

### Magnuson Park

93523 11/5 Thu 10 a.m.-1 p.m. Free

## Wreath-Making with Seattle Parks' Plants

Learn to make your own wreath to hang on your front door, inside your home, or give as a gift! Participants will be provided with a variety of seasonal greens, collected from Seattle Parks, to adorn their wreath. Cutters, wires, and natural materials will be available. Walk away with a wreath that will delight the whole family!

### Mt Baker Rowing and Sailing Center

93195 12/4 Fri 10 a.m.-Noon \$23



# TRANSIT ADVENTURES

Transit times can be unpredictable, please arrive 5 to 10 minutes early; walks will begin at the scheduled time.

## West Seattle Taxi



From Yesler CC we will catch the First Hill Streetcar, followed by a .4-mile walk to Colman Dock to the West Seattle Taxi to the West Seattle Water Taxi Pier. Bring your own lunch, there will be time to explore the West Seattle Beach. Return via the West Seattle Water Taxi.

**Note:** Participants responsible for own transportation fees.

### Meet at Yesler CC

93502 9/10 Thu 10:20 a.m.-1:50 p.m. Free

## A Chorus Line at 5th Avenue Theatre



This iconic musical is filled with electrifying choreography, and moments of raw honesty. We will walk as a group to 5th Avenue Theater (or meet us at the box office). Theater ticket included. Seats are on the main floor in tiers 3 and 4, accessible to wheelchairs and walkers. Show is about 2 hrs, no intermission. Activity led by SE Recreation Specialist Masha Shtern, [masha.shtern@seattle.gov](mailto:masha.shtern@seattle.gov) or 206-450-9522.

### Meet Outside Westlake Light Rail Station

93643 9/15 Tue 6:15-9:30 p.m. Free

## Seattle Tacoma International Airport (SEA) Public Art Collection



From the SEATAC Light Rail stop we will walk as a group to meet with the Port of Seattle for a guided tour of the SEA Public Art Collection. A driver's license is required to pass through airport security, and participant names will be shared with the Port of Seattle in advance. Tour lasts about 2 hours, moving at a conversational pace with standing during art discussions.

### Meet at SEATAC Light Rail

93193 10/19 Mon 9:40-11:40 a.m. Free

## Othello Station: Trek to Mt. Baker



From Othello Station we'll walk to the Chief Sealth Trail and Cheasty Boulevard, until our ending point at Mt. Baker Station. With gorgeous high-up views transitioning into deep forest, you'll forget you're in the thick of a neighborhood. Walk is 4 miles, fully paved, including rolling hills. **Note:** Participants responsible for own transportation fees.

### Meet at Othello Station

93679 10/29 Thu 10 a.m.-12:30 p.m. Free

## Bainbridge Ferry Ride and Bloedel Reserve



Meet at the Downtown Seattle Ferry Terminal, Colman Terminal to Bainbridge Island, and walk on. We get off on Bainbridge and use transit to visit the Bloedel Reserve—first Wednesdays are pay-what-you-wish admission and included in the field trip fee. Enjoy the views on the walk back to the pier to catch the return ferry. Bring your own sack lunch. 3.5-4 miles round trip on varied terrain. **Note:** Participants responsible for own transportation fees.

### Meet at Colman Terminal

93335 11/4 Wed 8:30 a.m.-3 p.m. \$9

## Holiday Adventure: Seattle Center



We begin at Seattle Center Armory's Winterfest! Sites include a model train and village display, with an optional scavenger hunt. Next, hop on the monorail to Westlake Center and walk .5 mile to the Fairmont Olympic Hotel to view the holiday magic. Then, stop by the Sheraton to see the Gingerbread houses before our return to at Seattle Center. Bring snacks/water. Uneven sidewalk terrain and seasonal admittance lines. **Note:** Participants responsible for own transportation fees.

### Meet at Seattle Center Armory

93196 12/1 Tue 10 a.m.-Noon Free

**Bellevue Botanical Garden**



Meet at East Main to use the 2 Line, and walk as a group the 1 mile to Bellevue Botanical Garden's *Garden d'Lights* during the day. We will explore the garden, eat snacks, then return as a group to the station. Walk is about 3-5 miles on uneven terrain.

**Meet at the 2 Line at East Main**

93213 12/9 Wed 10 a.m.-12:30 p.m. Free

**Wizard of Oz at 5th Avenue Theatre**



Follow the Yellow Brick Road to *The Wizard of Oz*, the original story put to music! After meeting up we will walk as a group to 5th Avenue Theater (or meet us at the box office). Theater ticket included. Seats are on the main floor, accessible to wheelchairs and walkers. Captions and ASL interpretation. Show is about 2 hrs 15 min with intermission.

**Meet Outside Westlake Light Rail Station**

93214 12/13 Sun 12:45-4 p.m. Free

**WALKS**

**Olmsted Walking Tour: Schmitz Preserve**



Come walk in an old growth coniferous forest and learn about Schmitz Preserve Park's history! The Olmsted brothers drew up designs that included a shelter house, pergola, and waterfalls. Trails are steep at times and can be muddy, wear appropriate footwear.

**Schmitz Preserve Park**

93199 9/15 Tue 10 a.m.-Noon Free

**Olmsted Walking Tour: Woodland Park and Rose Garden**

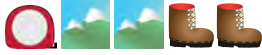


Join us for a walking tour to learn about the Olmsted's design plans, and how Woodland Park and the Rose Garden developed. This walk does not enter the zoo, and is on grass lawn and uneven ground. Wear appropriate footwear.

**Woodland Park**

93197 10/8 Thu 10 a.m.-Noon Free

**Sound Garden Tour—NOAA**

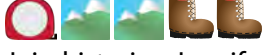


Enjoy a guided-tour of the NOAA Sound Garden. Designed and built in 1983, learn how the sound sculpture is constructed. We will meet at Magnuson Park and walk onto the NOAA campus. Registration and ID is required. Participant names will be shared with NOAA 48 hours in advance. Walk is under 3 miles, with moderate inclines on soft gravel/dirt paths. Free, but donations are welcome to support Friends of Magnuson Park.

**Magnuson Park**

93194 10/16 Fri 10 a.m.-Noon Free

**Uncovering the History of Seattle's Central Waterfront**

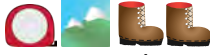


Join historian Jennifer Ott as she tells stories of piers and people, ships and railroads, and Seattle's ever-evolving landscapes. 1-mile walk along the waterfront.

**Seattle Waterfront**

93218 10/30 Fri 10-11:45 a.m. \$12

**Explore Lake Union and MOHAI**



Meet at Lake Union and enjoy a 1-2 mile outdoor exploration together. Also time to explore MOHAI at your own pace.

**Lake Union**

93227 11/18 Wed 10 a.m.-1 p.m. Free

**Olympic Manor Lights**



Join us to walk and enjoy the colorful holiday displays and decorations. Walk will be about 1-2 miles on uneven terrain. Dress warmly, wear reflective clothing, and bring flashlights. Meet at the brick kiosk/arch at the entry to the Olympic Manor neighborhood, at the north side of NW 85th and 23rd Ave. NW .

**North Ballard**

93215 12/15 Tue 4:45-6:15 p.m. Free

# 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!

## Sound Steps: Ongoing Walks

### Cal Anderson Park

Join us on this "Healthy Capitol Hill Hike" exploration! Weekly volunteer led walks will be around 2 miles on varied terrain with the option of doing exercise challenges at certain stops.

### Cal Anderson Park, meet near the restroom

93212 9/23-10/14 Wed 1-2 p.m. Free

### Discovery Park Walking Club

Explore Discovery Park! 90-minutes with varying hike elevations and possibility of stairs at a moderate pace. Group will meet in front of the Discovery Park Visitor Center at 10 a.m.

### Discovery Park ELC Visitor Center

93190 9/18-12/18 Fri 10-11:30 a.m. Free

### 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

93189 9/14-12/14 Mon 10-11 a.m. Free

### Rainier Beach Sound Steps Walk

Walk laps to music inside the gym at Rainier Beach Community Center. All paces and mobility levels welcome.

### Rainier Beach CC Gym

93191 9/15-12/16 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 2.4-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

93192 9/14-12/14 Mon 10-11:30 a.m. Free

### Walking at Magnuson Park Track

Open to all paces! We'll gather in the parking lot of Building 30 in Magnuson Park, then head to the dirt track to walk at your own pace. This group is a great opportunity to have some accountability to get out the door, or for anyone looking for friends to walk or run with.

### Magnuson Park Track

93501 9/25 and Fri 8-9 a.m. Free  
10/16



# 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. Get in touch with our Outdoor Recreation Specialist Courtney at [sound.steps@seattle.gov](mailto:sound.steps@seattle.gov) to get registered for a volunteer onboarding session, and we can get you started in no time.



## 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.

To get involved, please visit <https://arcseattle.org/get-involved/advisory-councils/>, or contact a Lifelong Recreation Specialist on page 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 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.
- Volunteer to instruct a class such as arts and crafts, fitness, or cooking.
- 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 monthly FREE events called Civic Coffee where older adults can gather, meet local government and community leaders, learn about key issues, ask questions, and provide feedback. Currently, these events are held in-person at local senior centers and other community partner sites around Seattle, with an option for participants to join online. We offer live interpretation during these events in several languages.

Go to <https://www.agingkingcounty.org/virtual-events/> for information about the next upcoming Civic Coffee event, and <https://www.youtube.com/agingkingcounty> to watch previous recordings on our YouTube channel.

For questions or accommodation requests, please call 206-233-5121 or email [agefriendly@seattle.gov](mailto:agefriendly@seattle.gov). To learn more visit us at [seattle.gov/agefriendly!](http://seattle.gov/agefriendly!)



## Age Friendly Seattle

Age Friendly Seattle is a citywide initiative that aims to make our community a great place to grow up and grow old. Since 2016, Seattle has been part of the global age-friendly movement. We focus on ensuring that people in our region can retain three key resources as we age: our health, our economic security, and our social connections.

To learn more visit us at [seattle.gov/agefriendly!](http://seattle.gov/agefriendly!)



## Are you 60+ years old?

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



### Discounts include:

**Seattle Aquarium: 75% OFF**

**Woodland Park Zoo: 75% OFF**

**Seattle Animal Shelter: 50% OFF**

**Pacific NW Ballet: 50% OFF**

### View Discounts:

Use your cell phone camera to scan this QR code

OR visit

[seattle.gov/agefriendlydiscounts](http://seattle.gov/agefriendlydiscounts).



You can apply online **at the link above**, 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, apply for a FLASH card at: [seattle.gov/agefriendlydiscounts](http://seattle.gov/agefriendlydiscounts).*



## Are you facing aging or disability issues?

Community Living Connections  
1-844-348-5464  
[www.communitylivingconnections.org](http://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

### **Ballard NW Senior Center**

5429 32nd Ave. NW, 98107  
206-297-0403 / [ballardseniorcenter.org](http://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](http://www.acrs.org)

### **El Centro de la Raza**

2524 16th Ave. S, 98144  
206-957-4634 / [www.elcentrodelaraza.org](http://www.elcentrodelaraza.org)

### **Ethiopian Community Center**

8323 Rainier Ave. S, 98118  
206-325-0304 / [www.ecseattle.org](http://www.ecseattle.org)

### **Generations Aging With Pride**

206-495-8312 / [gapseattle.org](http://gapseattle.org)

### **Greenwood Senior Center**

525 N 85th St., 98103  
206-297-0875 / [phinneycenter.org/gsc/](http://phinneycenter.org/gsc/)

### **International Drop-In Center**

7301 Beacon Ave S, 98108  
206-587-3735 / [www.idicseniorcenter.org](http://www.idicseniorcenter.org)

### **Kin On Community Center**

4416 S Brandon St, 98118  
206-556-2237 / <https://kinon.org/>

### **Lake City Senior Center**

*Site Temporarily Closed—  
Running Programs at*  
Lamb of God Lutheran Church  
12509 27th Ave. NE, 98125  
206-268-6738 / [lakecityseniors.org](http://lakecityseniors.org)

### **Lifetime Learning Center**

3841 NE 123rd St, 98125  
206-949-8882 / [lifetimelearningcenter.org](http://lifetimelearningcenter.org)

### **North East Seattle Together (NEST)**

8008 35th Ave. NE, 98115  
206-525-6378 / [www.nestseattle.org](http://www.nestseattle.org)

### **Pike Place Senior Center**

85 Pike St, #200, 98101  
206-728-2773 / [pmsc-fb.org/](http://pmsc-fb.org/)

### **Sea Mar Latino Senior Nutrition and Outreach Program**

Various Locations  
206-764-4700 / [seamar.org](http://seamar.org)

### **Salvation Army Senior Center/White Center**

9050 16th Ave. SW, 98106  
206-767-3150 / [tsawhitecenter.org](http://tsawhitecenter.org)

### **Southeast Seattle Senior Center**

4655 S Holly St, 98118  
206-722-0317 / [sessc.org](http://sessc.org)

### **South Park Senior Center**

8201 10th Ave. S, 98108  
206-767-3650 / [spseniors.org](http://spseniors.org)

### **Sunshine Garden Chinese Senior Community Center**

611 S. Lane St, 98104  
206-624-5633 / [cisc-seattle.org](http://cisc-seattle.org)

### **The Center for Active Living**

4217 SW Oregon St, 98116  
206-932-4044 / [sc-ws.org](http://sc-ws.org)

### **Wallingford Community Senior Center**

4649 Sunnyside Ave. N, 98103  
206-461-7825 / [wallingfordseniors.org](http://wallingfordseniors.org)

## REGISTRATION



### FIRST CHOICE

Go to Seattle Parks and Recreation at [http://bit.ly/spr\\_registration\\_account](http://bit.ly/spr_registration_account). Sign in, or create an account if this is your first time registering for classes. Once you are logged in, choose your program/programs and pay online.



### SECOND CHOICE

Find your local recreation center at: [seattle.gov/parks/centers.asp](http://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](http://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](mailto: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

Michele Finnegan, Acting Superintendent  
Aphrodyi Antoine, Director of Recreation  
Katie Sifford, OOC Matrix and Partnerships Manager

### Professional Staff

Carol Baxter-Clubine,  
Recreation Program Coordinator, 206-849-6564  
TBD, Administrative Specialist, 206-684-4951

## SCHOLARSHIP INFORMATION

Seattle Parks District Scholarship funds may be available to those who qualify. It is time to apply, or to renew your scholarship if your eligibility ends on May 31, 2026. Applications with a 2024 IRS 1040 will extend to May 2027. Applications with a 2025 IRS 1040 will extend until May 2028. How to apply:

- Print the 2026-27 application form and fill out completely. To apply online with **CiviForm**, or to download forms to fill out, visit [www.seattle.gov/parks/scholarships-and-financial-aid](http://www.seattle.gov/parks/scholarships-and-financial-aid).
- Gather required income and household size (proof of dependents) documentation. Page one and two of your 2025 IRS 1040 form is required.
- Submit your application and documents (black out all social security numbers and bank routing numbers before submitting).

**Note:** Scholarship funds are limited, apply early as applications can take up to two weeks to process and must be approved prior to registration.

### 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](mailto: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 and email 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\\_ADA@seattle.gov](mailto:PKS_ADA@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](http://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/](http://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](http://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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## Resource Fair for Older Adults

### Join us for the 3rd annual Resource Fair at Magnuson!

This is a fantastic opportunity to learn about resources and services for older adults in the greater Seattle area! Over 100+ nonprofit organizations, agencies, and businesses will be in attendance, offering a wide range of services. Giveaways and a prize drawing. Plenty of parking nearby, and ADA parking at the entrance. Cohosted by Seattle Parks & Recreation's Lifelong Recreation, NEST—North East Seattle Together, and Aegis Living. No registration required.

**Magnuson, Bldg 30, 6310 NE 74th St**

9/29 Tue 11 a.m.-2 p.m.

Free

