

LIFELONG RECREATION

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



Seattle
Parks & Recreation

FALL 2025



REGISTER online at Noon:
August 12
seattle.gov/parks

Come Play with Us!

Welcome to Lifelong Recreation!

FALL Quarter 2025

September 15-December 20

REGISTRATION

begins at **NOON** on **August 12**

No Programs and Facilities closed on:

- September 1 Labor Day
- September 25 Staff Development
- October 13 Indigenous People's Day/Columbus Day
- November 11 Veterans Day
- November 24-26, 29 Facilities open but no programs
- November 27-28 Thanksgiving Closure
- December 11 Staff Development
- December 25 Christmas

No
Membership
Fees!

Wondering how to register?

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

Lifelong Recreation Inclement Weather Policy

When Seattle Public Schools cancels, goes to remote learning, or delays school, all Lifelong Recreation Programs will be cancelled for the day. If schools are on break Lifelong Recreation will make any needed determination regarding weather closures, call the Lifelong Recreation mainline at 206-684-4951 to hear if programs are canceled after 8:30 am. Recreation Specialists will attempt to notify people one day prior when possible through email or phone calls when weather is predictable.

Cold

When temperatures are predicted to be 32°F or lower during the scheduled program time, outdoor programs such as hikes and walks will be cancelled, unless specifically planned to occur in snow conditions. Field trip destinations will be taken into consideration.



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!

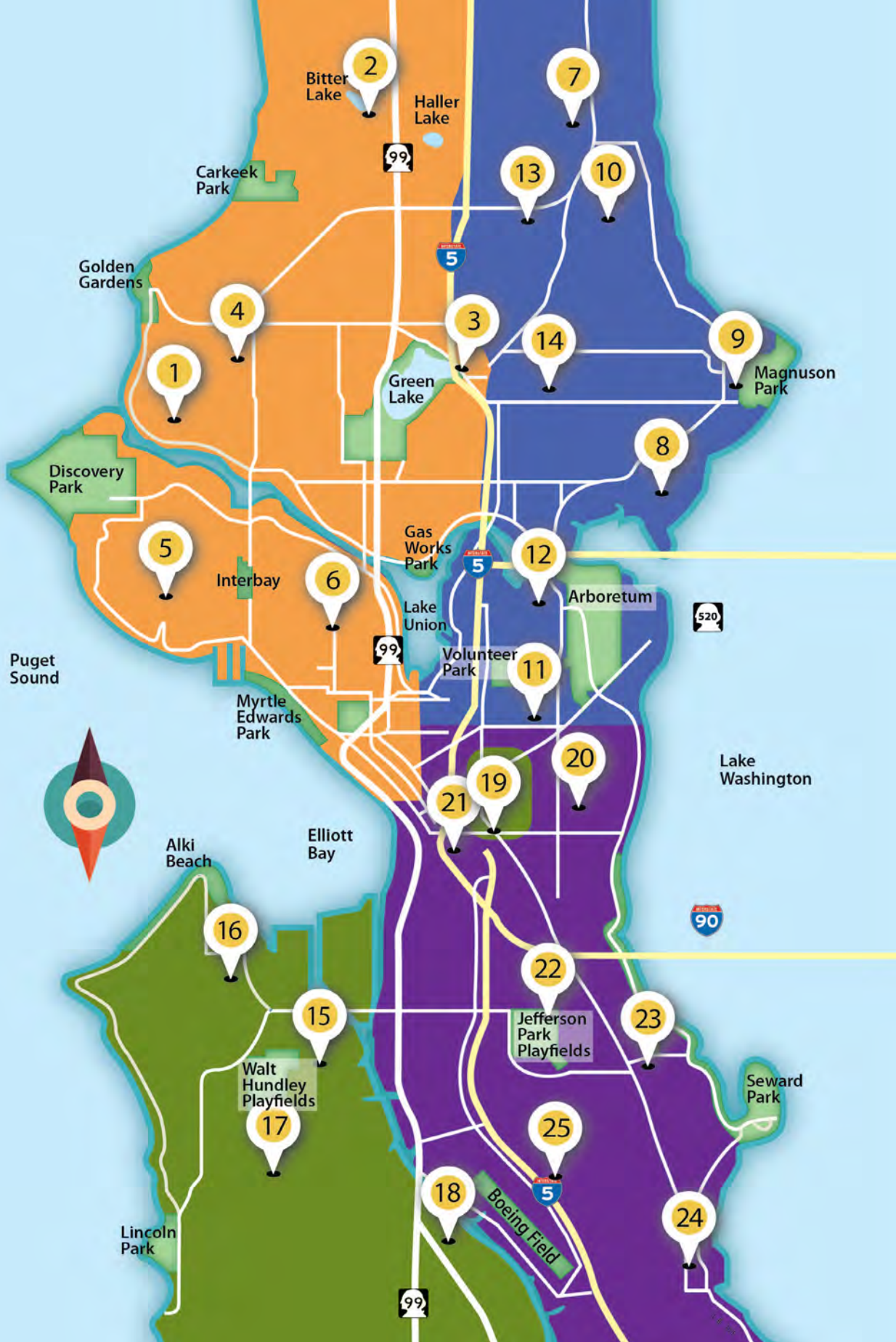


Some photos courtesy of: Meryl Schenker Photography, Ryan Hawk Photography.

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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

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
Re-opening
2550 34th Ave. W, 98199
tel: 206-386-4235
6) QUEEN ANNE CC
1901 1st Ave. W, 98119
tel: 206-386-4240

Pages
20-27

Northeast

Tori Fernau, Recreation Specialist
206-386-9106 / cell 206-696-8252 / 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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28-33

Southwest

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

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

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

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

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Southeast

Masha Shtern, Interim Recreation Specialist
cell 206-450-9522 / 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

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

Outdoor Recreation
Courtney
cell 206-618-4254
sound.steps@seattle.gov

BOLLYWOOD FITNESS						
Delridge						
80331	9/19-12/19	Fri	10-11 a.m.	A Carver		\$104
BUILDING BALANCE WITH FRIENDS						
Magnuson						
80878	10/2-12/18	Thu	1-2:30 p.m.	M Kaye		Free
BUILDING STABILITY						
Northgate						
80858	10/1-12/17	Wed	2-3 p.m.	M Kaye		Free
CIRCUIT TRAINING						
Video Link - Bitter Lake: https://youtu.be/JpJLEntLKAM						
Video Link - Queen Anne: https://youtu.be/Faj4Hn5-fR0						
Bitter Lake						
80957	9/19-12/19	Fri	9:30-10:30 a.m.	R Buyce		\$52
Loyal Heights						
80956	9/16-12/16	Tue	9:30-10:30 a.m.	R Buyce		\$96
80955	9/18-12/18	Thu	9:30-10:30 a.m.	R Buyce		\$88
Meadowbrook						
81477	9/19-12/19	Fri	11:30 a.m.-12:30 p.m.	R Buyce		\$104
DANCE FIT						
Delridge						
80333	9/18-12/18	Thu	10-11 a.m.	D Pierce		\$88
Yesler						
80334	9/19-12/19	Fri	10:15-11:15 a.m.	D Pierce		Free
DANCE FOR PARKINSON'S						
Garfield						
	10/9-12/4	Thu	10:30 a.m.-Noon			Free
DANCE— TRADITIONAL AND CONTEMPORARY ASIAN						
Jefferson						
81665	9/16-12/16	Tue	6-7:45 p.m.	K Luo		Free
Van Asselt						
81666	9/20-12/20	Sat	2-3:45 p.m.	K Luo		Free
ENHANCE FITNESS						
Garfield						
Silver&Fit® One Pass®/Renew Active						
81653	9/15-12/15	Mon	Noon-1 p.m.	N Fraser		Free
Self-Pay						
81654	9/15-12/15	Mon	Noon-1 p.m.	N Fraser		\$96
High Point						
Silver&Fit® One Pass®/Renew Active						
80365	9/16-12/16	Tue	9:30-10:30 a.m.	N Fraser		Free
Self-Pay						
80366	9/16-12/16	Tue	9:30-10:30 a.m.	N Fraser		\$96
Jefferson						
Silver&Fit® One Pass®/Renew Active						
80776	9/18-12/18	Thu	10-11 a.m.	TBD		Free
Self-Pay						
80777	9/18-12/18	Thu	10-11 a.m.	TBD		\$88

Magnuson						
Silver&Fit® One Pass®/Renew Active						
80880	9/18-12/18	Thu	10:30-11:30 a.m.	J Shearer		Free
Self-Pay						
80881	9/18-12/18	Thu	10:30-11:30 a.m.	J Shearer		\$88
Meadowbrook						
Silver&Fit® One Pass®/Renew Active						
81480	9/15-12/15	Mon	11 a.m.-Noon	C House		Free
81482	9/16-12/16	Tue	9:40-10:40 a.m.	C House		Free
81484	9/17-12/17	Wed	9:40-10:40 a.m.	C House		Free
81478	9/19-12/19	Fri	9:40-10:40 a.m.	C House		Free
Self-Pay						
81481	9/15-12/15	Mon	11 a.m.-Noon	C House		\$96
81483	9/16-12/16	Tue	9:40-10:40 a.m.	C House		\$96
81485	9/17-12/17	Wed	9:40-10:40 a.m.	C House		\$104
81479	9/19-12/19	Fri	9:40-10:40 a.m.	C House		\$104
Miller						
Silver&Fit® One Pass®/Renew Active						
80885	9/15-12/15	Mon	10:15-11:15 a.m.	M Taplin		Free
80887	9/18-12/18	Thu	10:30-11:30 a.m.	M Taplin		Free
Self-Pay						
80886	9/15-12/15	Mon	10:15-11:15 a.m.	M Taplin		\$96
80888	9/18-12/18	Thu	10:30-11:30 a.m.	M Taplin		\$88
Montlake						
Silver&Fit® One Pass®/Renew Active						
80890	9/16-12/16	Tue	1:45-2:45 p.m.	M Taplin		Free
Self-Pay						
80891	9/16-12/16	Tue	1:45-2:45 p.m.	M Taplin		\$96
Queen Anne						
Silver&Fit® One Pass®/Renew Active						
80968	9/15-12/15	Mon	Noon-1 p.m.	K Adolphsen		Free
80970	9/17-12/17	Wed	Noon-1 p.m.	K Adolphsen		Free
80966	9/19-12/19	Fri	Noon-1 p.m.	K Adolphsen		Free
Self-Pay						
80969	9/15-12/15	Mon	Noon-1 p.m.	K Adolphsen		\$96
80971	9/17-12/17	Wed	Noon-1 p.m.	K Adolphsen		\$104
80967	9/19-12/19	Fri	Noon-1 p.m.	K Adolphsen		\$104
Rainier						
Silver&Fit® One Pass®/Renew Active						
81655	9/17-12/17	Wed	10:15-11:15 a.m.	YS Gartz		Free
81651	9/19-12/19	Fri	10:15-11:15 a.m.	YS Gartz		Free
Self-Pay						
81656	9/17-12/17	Wed	10:15-11:15 a.m.	YS Gartz		\$104
81652	9/19-12/19	Fri	10:15-11:15 a.m.	YS Gartz		\$104
FABULOUSLY FIT						
Queen Anne						
80972	9/17-12/17	Wed	9:30-10:45 a.m.	K Adolphsen		\$130
FITNESS						
Delridge						
80340	9/17-12/17	Wed	10-11 a.m.	S Simmons		\$104

JUICY JOINTS					
Bitter Lake					
80979	9/15-12/15	Mon	9-10 a.m.	J Rayer	\$96
80980	9/17-12/17	Wed	9-10 a.m.	J Rayer	\$104
LINE DANCE					
Video Link: https://youtu.be/n4CVebDKpDg					
Line Dance					
High Point					
<i>All Levels</i>					
80346	9/18-12/18	Thu	11:15 a.m.-12:15 p.m.	S Simmons	\$88
<i>Intermediate</i>					
80348	9/18-12/18	Thu	12:20-1:20 p.m.	S Simmons	\$88
Queen Anne					
<i>Beginning</i>					
80983	9/15-12/15	Mon	3:30-4:30 p.m.	C Banta	\$96
<i>Continuing</i>					
80982	9/17-12/17	Wed	5:45-6:45 p.m.	C Banta	\$96

Party Line Dance					
Meadowbrook					
<i>All Levels</i>					
81489	9/15-12/15	Mon	12:15-1:15 p.m.	C House	\$96
Soul Line Dance					
Magnuson					
<i>Introduction</i>					
80883	9/18-12/18	Thu	11:45 a.m.-12:45 p.m.	M Silver	\$88
Northgate					
<i>Beginning/Improving</i>					
80853	9/19-12/19	Fri	11:45 a.m.-1 p.m.	M Silver	\$130
Rainier					
81663	9/15-12/15	Mon	11:45 a.m.-12:45 p.m.	M Silver	\$96
Tuesday Dance Party					
Delridge					
80368	9/16-12/16	Tue	10-11 a.m.	A Carver	\$96



LIMBER YARD					
Magnuson					
81643	9/15-12/15	Mon	2:30-3:30 p.m.	J Devlin	\$96
Ravenna-Eckstein					
81571	9/16-12/16	Tue	2:30-3:30 p.m.	J Devlin	\$96
MOVE WITH EASE					
Bitter Lake					
80954	9/15-12/15	Mon	11:30 a.m.-12:15 p.m.	J Rayer	\$36
OTAGO STRENGTH AND BALANCE PROGRAM					
Montlake					
81684	9/15-11/24	M/Th	1:45-2:45 p.m.	K McCrory	Free
PILATES					
Video Link: https://youtu.be/C6iGDqezc3M					
Laurelhurst					
80895	9/18-12/18	Thu	12:30-1:30 p.m.	D Dragovich	\$88
Meadowbrook					
81494	9/17-12/17	Wed	11:15 a.m.-12:15 p.m.	D Dragovich	\$104
STRETCH AND BALANCE					
Northgate					
<i>Beginning</i>					
80855	9/29-12/15	Mon	2-3 p.m.	M Kaye	Free
<i>Intermediate</i>					
80859	10/3-12/19	Fri	2-3 p.m.	M Kaye	Free
STRENGTH AND CONDITIONING					
Laurelhurst					
80896	9/16-12/16	Tue	9:15-10:15 a.m.	J Shearer	\$96
Magnuson					
80884	9/18-12/18	Thu	9:15-10:15 a.m.	J Shearer	\$88
Northgate					
80854	9/19-12/19	Fri	10:15-11:15 a.m.	M Silver	\$104
TAI CHI AND QIGONG					
Video Link: https://youtu.be/J82jluSOs5s					
Tai Chi					
Ballard					
<i>Beginning/Continuing Chen-Style</i>					
80993	9/15-12/15	Mon	6:30-7:30 p.m.	S House	\$96
Bitter Lake					
<i>All Levels</i>					
80994	9/16-12/16	Tue	10-11 a.m.	J Daniel	\$48
Green Lake					
<i>All Levels</i>					
80988	9/17-12/17	Wed	10:30-11:30 a.m.	E Baxa	\$104
80989	9/17-12/17	Wed	11:45 a.m.-12:45 p.m.	E Baxa	\$104
Garfield					
<i>All Levels</i>					
81664	9/15-12/15	Mon	10:15-11:15 a.m.	E Baxa	\$96
High Point					
<i>All Levels</i>					
80356	9/15-12/15	Mon	11 a.m.-Noon	P Kelley-Elend	\$96

Loyal Heights

<i>Beginning</i>					
80991	10/7-12/9	Tue	11:15 a.m.-12:15 p.m.	C Tan	\$64
<i>Continuing</i>					
80992	10/7-12/9	Tue	12:30-1:30 p.m.	C Tan	\$64
Magnolia					
<i>All Levels</i>					
81716	10/9-12/4	Thu	10-11 a.m.	J Daniel	\$64
Montlake					
<i>All Levels</i>					
81577	9/15-12/15	Mon	12:45-1:45 p.m.	E Baxa	\$96
Queen Anne					
<i>All Levels</i>					
80990	10/2-12/18	Thu	11 a.m.-Noon	E Baxa	\$88
Ravenna-Eckstein					
<i>All Levels</i>					
81575	9/16-12/16	Tue	12:45-1:45 p.m.	E Baxa	\$96
Qigong					
IDCC					
<i>All Levels</i>					
81661	9/16-12/16	Tue	9:45-11 a.m.	Saya S	\$120
Loyal Heights					
80987	10/9-12/4	Thu	11:15 a.m.-12:15 p.m.	C Tan	\$64
Northgate					
<i>Beginning</i>					
80851	9/18-12/18	Thu	11:15 a.m.-12:15 p.m.	A Peizer	\$80
<i>Ongoing</i>					
80852	9/18-12/18	Thu	12:30-1:30 p.m.	A Peizer	\$80
Ravenna-Eckstein					
<i>Beginning</i>					
81572	9/17-12/17	Wed	2-3 p.m.	A Peizer	\$104
<i>Ongoing</i>					
81573	9/17-12/17	Wed	12:45-1:45 p.m.	A Peizer	\$104

NEW to EnhanceFitness?

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



WHOLE BODY FITNESS					
Delridge					
80363	9/15-12/15	Mon	10-11 a.m.	D Pierce	\$96
Rainier Beach					
81668	9/16-12/16	Tue	10:30-11:30 a.m.	D Pierce	Free
YOGA					
Back in Action Gentle Yoga					
High Point					
80330	9/19-12/19	Fri	11 a.m.-Noon	J Reed	\$104
Chair Yoga					
Bitter Lake					
81001	9/19-12/12	Fri	1-1:45 p.m.	J Robin	\$36
Montlake					
81576	9/15-12/15	Mon	11:30 a.m.-12:30 p.m.	J Robin	\$96
Gentle Yoga					
Video Link: https://youtu.be/-rbaj950AtE					
Bitter Lake					
81006	9/17-12/17	Wed	5:30-6:30 p.m.	D Schulz	Free
Green Lake					
81003	9/15-12/15	Mon	12:30-1:30 p.m.	R MacDonald	\$96
High Point					
80341	9/15-12/15	Mon	9:45-10:45 a.m.	J Reed	\$96
80342	9/17-12/17	Wed	11:30 a.m.-12:30 p.m.	J Reed	\$104
Laurelhurst					
80893	9/18-12/18	Thu	11 a.m.-Noon	J Robin	\$88
Loyal Heights					
81004	9/15-12/15	Mon	10:45-11:45 a.m.	R MacDonald	\$96
81007	10/2-12/4	Thu	5:30-6:30 p.m.	H Karrfalt	\$72
Magnuson					
80882	9/17-12/17	Wed	10-11 a.m.	J Robin	\$104
Miller					
81733	9/15-12/15	Mon	11:45 a.m.-12:45 p.m.	L Gardener	\$96
Ravenna-Eckstein					
81570	9/20-12/20	Sat	10-11 a.m.	J Robin	\$104



www.facebook.com/LifelongRecreationSPR/

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.*

Queen Anne					
81005	9/15-12/15	Mon	2-3 p.m.	R MacDonald	\$96
Vini Yoga					
Ballard					
81008	9/19-12/12	Fri	10-11 a.m.	M Alex	\$96
Delridge					
80361	9/17-12/17	Wed	11:15 a.m.-12:15 p.m.	A Merlo	\$104
Laurelhurst					
80897	9/16-12/16	Tue	11 a.m.-Noon	H Mair	\$96
Meadowbrook					
81495	9/15-12/15	Mon	9:30-10:30 a.m.	H Mair	\$96
81496	9/19-12/12	Fri	1:30-2:30 p.m.	H Mair	\$80
Northgate					
80856	9/18-12/18	Thu	10-11 a.m.	H Mair	\$88
Rainier Beach					
81667	9/19-12/19	Fri	10-11 a.m.	A Merlo	\$104
ZUMBA® AND ZUMBA GOLD®					
Video Link: https://youtu.be/mzy3RR_SfuQ					
Laurelhurst					
80898	9/16-12/16	Tue	12:15-1:15 p.m.	C House	\$96
80899	9/18-12/18	Thu	9:15-10:15 a.m.	C House	\$88
Loyal Heights					
81010	10/2-12/4	Thu	9:30-10:30 a.m.	S Price	\$72
Magnolia					
81009	10/15-12/17	Wed	9:30-10:30 a.m.	S Price	\$72
Queen Anne					
81011	9/15-12/15	Mon	9:30-10:30 a.m.	S Price	\$96
81547	9/19-12/12	Fri	9:30-10:30 a.m.	K Omori	\$96

ADULT SPORTS

For information about any Adult Sports visit our website at:

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

or contact Jayson Powell at:

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

email: jayson.powell@seattle.gov.



Pickleball at a Glance

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 NOW FREE!

Delridge	206-684-7423
Garfield	206-684-4788
Hiawatha (closed for renovation)	206-684-7441
International District Chinatown	206-233-7061
Loyal Heights	206-684-4052
Meadowbrook	206-684-7522
Northgate	206-386-4283
Queen Anne	206-386-4240
Rainier Beach	206-386-1925
Rainier CC	206-386-1919
Van Asselt	206-386-1921
Yesler	206-386-1245





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

Programs for Ages 50+ Available

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



Seattle
Parks & Recreation



Let us help you get your feet wet!

POOLS: YEAR ROUND INDOOR

Ballard Pool

1471 NW 67th St. 206-684-4094

Evans Pool

7201 E Green Lake Drive N 206-684-4961

Helene Madison Pool

13401 Meridian Ave. N 206-684-4979

Meadowbrook Pool

10515 35th Ave. NE 206-684-4989

Medgar Evers Pool

500 23rd Ave. 206-684-4766

Queen Anne Pool

1920 1st Ave. W 206-386-4282

Rainier Beach Pool

8825 Rainier Ave. S 206-386-1925

Southwest Pool

2801 SW Thistle St. 206-684-7440

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.

Whimsical Whatcom

Whatcom County is beautiful and well worth exploring. Our journey will have us going to Lynden first to enjoy an apple orchard and distillery, with time to pick apples or roam the orchard. Next, time in the historic Fairhaven District for lunch, pay on your own, and some exploring. Finally, enjoy a walk to spectacular Whatcom Falls. This trip will be on a charter bus.

Departure Sites:

Jefferson CC at 8 a.m.,
Northgate Transit Center at 8:30 a.m.

81393 9/17 Wed 8 a.m.-5 p.m. \$95



Suffs Musical at 5th Avenue Theatre

An amazing opportunity to see the acclaimed Tony Award®-winning musical about the brilliant, passionate, and funny American women who fought tirelessly for the right to vote. This captivating new musical boldly explores the triumphs and failures of a struggle for equality. Please meet staff at the 5th Avenue Theatre box office at 6:30 p.m. Wheelchair and walker accessible, show is about 2 ½ hours long and includes one intermission. Registration includes theater ticket; no transportation provided.

5th Avenue Theatre, 1308 5th Ave, Seattle

82145 9/16 Tue 6:30-9:30 p.m. Free

Senior Resource Fair

Join us for the 2nd annual Senior 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 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

9/30 Tue 11 a.m.-2 p.m. Free



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.



Gerald Seminatore
Northwest
Recreation Specialist

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

REGISTRATION

Register for programs using the activity number listed next to each program. Registration and payment details can be found on page 50. For accommodation requests please email kyle.bywater@seattle.gov.

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.

TRIPS

Departure Sites

Ballard CC

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

Bitter Lake CC

13035 Linden Ave. N
North parking lot at street level

Departure Times

SOUTHBOUND TRIPS:

Bitter Lake: 25 minutes before time listed.

Ballard: at time listed.

NORTHBOUND TRIPS:

Ballard: 25 minutes before time listed.

Bitter Lake: at time listed.

SCHOLARSHIPS

The scholarship cycle runs June 2025-26. Have your application approved prior to registration. Those who applied for scholarships for 2024-25 will be extended through June 2026. If you do not have a scholarship currently please see details on page 50 to apply.

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 program info can be found on page 39, or search for "Rainbow" in Seattle Parks and Recreation's ACTIVE Net online registration system. Programs designated with a rainbow highlight are LGBTQ+ affirming spaces for community members and their allies.

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. Experience the agricultural exhibits, animals, and plants from around the world. Visit a myriad of vendors selling an array of products and services. Experience the fair's midway games and rides (if you wish)! And enjoy a leisurely walk around the sprawling fairgrounds. Lunch, pay on your own, or bring a sack lunch.

Departure Sites: 8061 Densmore Ave. N,
and Queen Anne CC

80976 9/16 Tue 10 a.m.-5 p.m. \$55

Fall Foliage Cruise

Experience the beauty of Seattle's fall foliage on the water, with Waterway Cruises! Embark on a 2-hour cruise of Lake Union and Lake Washington. Enjoy magnificent views of the waterfront and the ever-changing fall colors. Fee includes tour, complimentary drinks (coffee or tea), and a delicious lunch. Note: Trip is dependent on weather.

Southbound

80975 10/15 Wed 10:30 a.m.-2:30 p.m. \$132

Tea Ceremony at the Japanese Garden

We'll explore the Seattle Japanese Garden and experience a traditional tea ceremony just for us! Practiced in Japan for centuries, the art of the tea ceremony, also called Chado or The Way of Tea, is imbued with harmony, respect, purity, and tranquility. Ceremony will be seated on chairs and tables. Trip fee includes garden admission and tea ceremony. We will lunch at a nearby restaurant before arriving at the garden, pay on your own, or bring a sack lunch. Participants registering under this activity number must travel with the group from one of the departure sites. Note: Garden paths are a mix of pavement and gravel that are rated accessible.

Southbound

80978 10/23 Thu 11 a.m.-4 p.m. \$54

Seattle Opera

Join us for a trip to McCaw Hall for Gilbert and Sullivan's comic classic *The Pirates of Penzance*. You'll be thrilled with rapid-fire lyrics and toe-tapping tunes. Lunch afterwards at the Seattle Center Armory, pay on your own. Performance start time is 10:30 am. Participants must travel with the group from one of the departure sites.

Southbound

80973 10/28 Tue 9:30 a.m.-3 p.m. \$92

Bellevue Botanical Garden

The Bellevue Botanical Garden comprises several smaller gardens showcasing plants that thrive in the Pacific Northwest's cultivated gardens, restored woodlands, and natural wetlands. Though generally accessible, this trip will involve extensive walking. The majority of the pathways are packed material; some pathways are graded, steep, or narrow. If available, a docent may lead a tour for part of our visit. Lunch afterwards with the group at a local restaurant, pay on your own, or bring your own lunch.

Northbound

81679 11/5 Wed 10 a.m.-4 p.m. \$42

Thrifting Adventure

The popular Thrifting Adventure trip returns, with new stores and new treasures. We will visit three different, out of the way stores north and east of Seattle. (Not Goodwill.) Group lunch, pay on your own, before our final stop. NOTE: One stop on this trip will require ascending and descending a flight of stairs on foot.

Northbound

80977 12/3 Wed 10 a.m.-4 p.m. \$36

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

80960 9/18-12/18 Thu 1:30-4 p.m. Free

Games

NEW Drop-In Board Game Buffet

An assortment of board games is on offer for self-directed play with old friends, or friends you just met. Get up and move with ping pong or pool, or kick back with a video game. Volunteers and visitors are welcome to develop their own ideas and activities in a multi-purpose space, inquire with staff.

Queen Anne

80965 9/19-12/19 Fri 10 a.m.-1 p.m. Free

Drop-In Bridge

Enjoy a game of bridge.

Queen Anne

Intermediate/Advanced

80959 9/16-12/16 Tue 12:30-3:30 p.m. Free

NEW Magnolia

All Levels

81786 10/1-12/17 Wed 9:30 a.m.-12:30 p.m. Free

Drop-In Mahjong

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

Queen Anne

All Levels

80961 9/19-12/19 Fri 1:30-4:30 p.m. Free

ARTS AND HANDWORK

NEW Altered Books

Transform old books into unique, mixed-media art journals or memory books using collage, stencil, paint, and pencil. Decorate text to create personalized books that reflect your own creative story.

Magnolia

80950 10/23-11/13 Thu 10:30 a.m.-Noon K Fitzharris \$48

NEW Art of Collage

Collage is an art form made up of overlapping pieces of material, such as photographs, fabric, colored and textured paper, and other types of mixed media. This class will be an opportunity to explore, create, and socialize with others. A supply list will be provided in advance.

Ballard

81683 9/15-10/6 Mon 10:30 a.m.-Noon F Gray \$48

NEW Drawing: Foundational Skills

"Drawing on the Right Side of the Brain" classes help develop drawing skills by tapping into the visual perception located in the right side of the brain. Based on the teachings of Betty Edwards, these classes will help you discover your innate drawing abilities and enhance your artistic confidence.

Bitter Lake

80951 9/16-11/4 Tue 10:30 a.m.-Noon K Fitzharris \$96

NEW Gouache Painting for Beginners

Gouache ("goo-aash") dries to a matte, almost chalky finish allowing the overlay of bright, vivid colors. We will introduce you to gouache, with experimentation for your own personal expression. Instructor will supply a materials list before the first class meeting.

Magnolia

82037 10/20-11/17 Mon 10:30 a.m.-Noon F Santiago \$60

NEW Watercolor and Acrylics for Beginners

Though watercolor and acrylics are different media, the fundamentals of composition, light, shadow, and color apply to both. Focus your understanding on materials, papers, color theory, and mixing. Try out wet-on-dry, brushing, layering, and blending techniques. A supply list will be provided in advance.

Loyal Heights

81803 9/22-11/17 Mon 1:30-3 p.m. J Anderson \$96

Watercolor with Sandra Kahler

Get support, instruction, and encouragement for working with watercolors. Previous experience recommended. Bring your own supplies to each class, the instructor will provide a materials list. Each class includes a group lesson and demonstration.

Loyal Heights

80995 9/22-11/17 Mon 10:30 a.m.-1 p.m. S Kahler \$92

LIFELONG LEARNING

Brain Health

Discover lifestyle choices that can promote a healthy brain, and find out about the latest brain health research. An interactive workshop for learning and self-exploration. Presented by Jean Mathisen of AARP. **Registration required to attend this workshop.**

Queen Anne

80996 10/14 Tue 11 a.m.-1 p.m. Free

Drop-In Online Registration Support

Drop-In support hours with Lifelong Recreation staff the week before winter registration opens. Learn how to access your ACTIVENet account, how 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.

Bitter Lake

81979 11/19 Wed 10 a.m.-Noon Free

Magnolia

81978 11/18 Tue 10 a.m.-Noon Free

Fall Prevention

This workshop will address the significant impacts of falls on older adults. After identifying common risks and hazards, we will review key strategies to minimize fall risks in the home. There will be an opportunity for questions, as well as some practice with navigating a fall should it happen to you. Presented by King County Emergency Services. **Registration required to attend this workshop.**

Queen Anne

80997 10/21 Tue 10:30 a.m.-Noon Free

Medicare for Older Adults

Join us for a presentation on Medicare's Open Enrollment. We'll discuss choosing and changing plans, what Medigap plans are available, and how to get help paying for Medicare. This event will be presented by a volunteer representative of Statewide Health Insurance Benefit Providers (SHIBA). The organization provides free, unbiased, and confidential assistance with Medicare health care choices. Solid Ground is your local SHIBA sponsor. **Registration requested but not required to attend this workshop.**

Bitter Lake

80998 9/12 Fri 10:30 a.m.-12:30 p.m. Free

DROP-IN SPORTS

Pickleball at a Glance

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

SPORTS

Bettyball

Bettyball is an unskilled and quirky version of pickup basketball for adults. It's played on a half court with few 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! **Registration required for participation.**

Green Lake

80952 9/15-12/15 Mon 10:30 a.m.-Noon Volunteers Free

NEW Queen Anne

81530 10/2-12/4 Thu 1-2:45 p.m. Volunteers Free

Pickleball Skills—Beginning

Have you been curious about pickleball and wanted to give it a try? In this class, you'll learn the fundamentals of the game and play in a relaxed environment with others.

Loyal Heights

80986 9/15-12/15 Mon 9:30-11 a.m. J Pilgrim-Stoppel \$48

Pickleball Skills—Continuing

This class picks up where the quarter's Beginning sequence left off. For players who have the fundamentals in hand and want to further develop their skills.

Loyal Heights

80985 10/20-11/17 Mon 9:30-10:45 a.m. J Pilgrim-Stoppel/D Shore \$90

FITNESS CLASSES

*Please note: Fees may vary due to number of days a class is offered, seasonal holidays, center closures, etc. Participate at your own level of intensity, wear comfortable clothing, and bring a water bottle. An * (asterisk) notes a **Shape Up** class, see orange box on page 13 for details. A Δ (triangle) notes a reduced class fee made possible by a **King County Shape Up Grant**.*

Aerobics and Dance

Juicy Joints

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

Bitter Lake

80979	9/15-12/15	Mon	9-10 a.m.	J Rayer	\$96
80980	9/17-12/17	Wed	9-10 a.m.	J Rayer	\$104

Line Dance

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

Queen Anne

Beginning

80983 9/15-12/15 Mon 3:30-4:30 p.m. C Banta \$96

Continuing

80982 9/17-12/17 Wed 5:45-6:45 p.m. C Banta \$96

Move with Ease

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

Bitter Lake

80954Δ 9/15-12/15 Mon 11:30 a.m.-12:15 p.m. J Rayer \$36

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

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



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!

Bitter Lake

81012Δ 9/17-12/17 Wed 10:30-11:30 a.m. S Tennyson \$52

Loyal Heights

81010 10/2-12/4 Thu 9:30-10:30 a.m. S Price \$72

NEW Magnolia

81009 10/15-12/17 Wed 9:30-10:30 a.m. S Price \$72

Queen Anne

81011 9/15-12/15 Mon 9:30-10:30 a.m. S Price \$96

81547 9/19-12/12 Fri 9:30-10:30 a.m. K Omori \$96

Strength and Conditioning

Circuit Training

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

Bitter Lake

80957Δ 9/19-12/19 Fri 9:30-10:30 a.m. R Buyce \$52

Loyal Heights

80956 9/16-12/16 Tue 9:30-10:30 a.m. R Buyce \$96

80955 9/18-12/18 Thu 9:30-10:30 a.m. R Buyce \$88

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.*

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 <https://www.seattle.gov/parks/find/for-adults-50>, or <https://bit.ly/LLREF>.** If you are unable to access forms electronically, you can pick up paper forms from a community center offering EnhanceFitness classes. Participants will be notified via email when their application has been processed and they are eligible to register for classes.

NOTE: American Specialty Health (ASH) Silver&Fit®, 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.

Queen Anne

Silver&Fit® | One Pass®/Renew Active

80968 9/15-12/15 Mon Noon-1 p.m. K Adolphsen Free

80970 9/17-12/17 Wed Noon-1 p.m. K Adolphsen Free

80966 9/19-12/19 Fri Noon-1 p.m. K Adolphsen Free

Self-Pay

80969 9/15-12/15 Mon Noon-1 p.m. K Adolphsen \$96

80971 9/17-12/17 Wed Noon-1 p.m. K Adolphsen \$104

80967 9/19-12/19 Fri Noon-1 p.m. K Adolphsen \$104

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

ΔReduced 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.

Queen Anne

80972 9/17-12/17 Wed 9:30-10:45 a.m. K Adolphsen \$130

Tai Chi and Qigong

Tai Chi

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

Ballard —Back in Motion Class
Beginning/Continuing Chen-Style

80993 9/15-12/15 Mon 6:30-7:30 p.m. S House \$96

NEW Bitter Lake —Back in Motion Class
All Levels

80994^Δ 9/16-12/16 Tue 10-11 a.m. J Daniel \$48

Green Lake —Back in Motion Class
*All Levels *if you have little or no Tai Chi experience we recommend you register for the 10:30 a.m. class*

80988 9/17-12/17 Wed 10:30-11:30 a.m. E Baxa \$104

80989 9/17-12/17 Wed 11:45 a.m.-12:45 p.m. E Baxa \$104

Loyal Heights —Back in Motion Class
Beginning

80991 10/7-12/9 Tue 11:15 a.m.-12:15 p.m. C Tan \$64

Continuing

80992 10/7-12/9 Tue 12:30-1:30 p.m. C Tan \$64

NEW Magnolia —Back in Motion Class
All Levels

81716 10/9-12/4 Thu 10-11 a.m. J Daniel \$64

Queen Anne —Back in Motion Class
All Levels

80990 10/2-12/18 Thu 11 a.m.-Noon E Baxa \$88

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 —Back in Motion Class

80987 10/9-12/4 Thu 11:15 a.m.-12:15 p.m. C Tan \$64

Yoga

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

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

81001^Δ 9/19-12/12 Fri 1-1:45 p.m. J Robin \$36

Gentle Yoga

Bitter Lake

Registration required to participate

81006 9/17-12/17 Wed 5:30-6:30 p.m. D Schulz Free

Green Lake

81003 9/15-12/15 Mon 12:30-1:30 p.m. R MacDonald \$96

Loyal Heights

81004 9/15-12/15 Mon 10:45-11:45 a.m. R MacDonald \$96

81007 10/2-12/4 Thu 5:30-6:30 p.m. H Karrfalt \$72

Queen Anne

81005 9/15-12/15 Mon 2-3 p.m. R MacDonald \$96

Vini Yoga

Ballard

81008 9/19-12/12 Fri 10-11 a.m. M Alex \$96

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

*^ΔReduced class fee made possible by a **King County Shape Up Grant**.*



Tori Fernau
Northeast
Recreation Specialist

206-386-9106 / 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 kyle.bywater@seattle.gov.

SCHOLARSHIPS

The scholarship cycle runs June 2025-26. Have your application approved prior to registration. Those who applied for scholarships for 2024-25 will be extended through June 2026. If you do not have a scholarship currently please see details on page 50 to apply.

TRIPS

Departure Sites And Times

Magnuson Building 30

6310 NE 74th St.

Depart 20 minutes before time listed.

Meadowbrook CC

10517 35th Ave. NE

Depart at time listed.

Northgate Transit Station

10200 1st Ave NE

Passenger Pick Up/Drop Off Zone near South Entrance (B2)

Depart 40 minutes before time listed.

Departure Site Request

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

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 program info can be found on page 39, or search for "Rainbow" in Seattle Parks and Recreation's ACTIVE Net online registration system. Programs designated with a rainbow highlight are LGBTQ+ affirming spaces for community members and their allies.

FIELD TRIPS

Kelsey Creek Farm and Bellevue Farm Stands

We're heading east to our neighbors in Bellevue. First stop, Kelsey Creek Farm to view the historic barns and visit the farm animals. Then we will enjoy lunch, pay on your own, followed by time at several local farm stands where you can purchase fresh, local produce and flowers, and possibly the Farmer's Market if time allows. Note: There will be uneven dirt and gravel surfaces at the farm.

80903 10/9 Thu 10 a.m.-4:45 p.m. \$23

Hunter's Breakfast

A longtime favorite! Enjoy a scenic drive over the pass, a hearty brunch at the Swauk-Teaway Grange, and ample time on your own to explore the historic old town of Roslyn, and Cle Elum if time allows. 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 pick up for this trip. SE Lifelong will also be offering this field trip, and will depart from Jefferson CC. Please register with the sector corresponding with what departure site you want.

81466 10/11 Sat 8:20 a.m.-5:20 p.m. \$64

Sea Mar Museum of Chicano/a Latino/a Culture

On a guided tour with Sea Mar staff, we will learn about the rich history of Chicano/as and Latino/as in Washington State, from post war immigration to present time. Afterwards we will have lunch, pay on your own, before heading back to the sites.

79319 10/20 Mon 9:20 a.m.-3 p.m. \$16

Seattle Bookstore "Crawl"

Come along as we visit as many local book stores as we can while still having time to search the shelves for treasures! Lunch in the Ravenna neighborhood with a variety of restaurants to pick from, pay on your own, or bring a sack lunch (and a book!) to enjoy at the nearby community center. Note: All bookstores on our route will be ADA accessible to enter, however, some might have some narrow aisles to navigate.

81569 11/3 Mon 9:40 a.m.-4 p.m. \$16

Japanese Cultural Center, Garden, and Tea Ceremony

We'll start our day with a visit to Hosekibako: the Japanese Resale Shop at the Japanese Cultural and Community Center. Afterwards, lunch at Uwajimaya in the food court, pay on own, or peruse the aisles and bookstore. Followed by a stop at the Seattle Japanese Garden to experience a traditional tea ceremony. Practiced in Japan for centuries, the art of the tea ceremony, also called Chado or the Way of Tea, is imbued with harmony, respect, purity, and tranquility. Note: Tea ceremony will be seated on chairs and tables, garden paths are a mix of pavement and gravel. Some areas at the Japanese Cultural and Community Center require stairs to access.

81471 10/24 Fri 9:40 a.m.-4:30 p.m. \$58

Victorian Christmas Festival

This 4-day festival takes place in Puyallup at the Washington State Fair Grounds and is filled with festive entertainment, activities, and shopping. Explore at your own pace, and enjoy lunch at one of the food stands onsite, pay on your own. Note: This event will involve a lot of walking on paved surfaces

81472 12/5 Fri 9:40 a.m.-3:30 p.m. \$49

SOCIAL PROGRAMS

Book Clubs

Explore new books, ask interesting questions, listen to different points of view, hear varied interpretations, metaphors, and themes. *If you need a current book list for NE, please contact the NE Recreation Specialist; for Rainbow at Miller, please contact the Rainbow Recreation Specialist.*

Laurelhurst Book Group

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

80894 Wed 2:15-3:15 p.m. Free

Meadowbrook Book Club

Meets the 3rd Thursday of each month: 9/18, 10/16, 11/20, and 12/18.

81486 Thu Noon-1 p.m. Free

Miller LGBTQ+ Affirming Book Group

See Rainbow page 39 for details.

81734 12/10 Wed 2-3:30 p.m. Free

Northgate Book Club

Meets the 2nd Tuesday of each month (*except November): 9/9, 10/14, *11/18, and 12/9.

80850 Tue 3-4 :30 p.m. Free

Ravenna Evening Book Group

Meets the 2nd Monday of each month (*except October): 9/8, *10/20, 11/10, and 12/8.

81574 Mon 6:30-8 p.m. Free

Games

Drop-In Bridge

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

Montlake

9/5-12/26 Fri 1:30-3:45 p.m. Free

Northgate

9/15-12/29 Mon 1-3 p.m. Free

Drop-In Mahjong

Drop-In and play mahjong, for experienced players.

Laurelhurst

9/16-12/30 Tue 11 a.m.-1:45 p.m. Free

Magnuson

9/4-12/18 Thu 10 a.m.-1 p.m. Free

Mahjong Lessons

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

Northgate

80849 11/6-12/18 Thu 9:30-11 a.m.

\$24

ARTS AND HANDWORK

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! This is not a class with instruction. Registration required. Meets the 2nd Thursday of the month: 9/11, 10/9, and 11/13.

Meadowbrook

81487 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

81488 9/16-12/16 Tue 10 a.m.-12:30 p.m.

Free

Watercolor with Sandra Kahler

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

Meadowbrook

81497 10/2-11/20 Thu 10 am.-12:30 p.m.

S Kahler

\$92

LIFELONG LEARNING

NEW Cohousing as an Option for Older Adults

Many of us are facing decisions about how and where we'd like to live as we grow older, but have you considered cohousing? Cohousing is a small group of peers who design and create their own community of homes and common amenities where they mutually support each other and enhance each other's lives as they age. Join us as Sandy Wood presents this topic and shares information about current efforts to establish a small senior cohousing in the North Seattle area. Bring your curiosity and your questions!

Meadowbrook

81645 10/30 Thu 11 a.m.-12:30 p.m.

Free

Northgate

81646 10/8 Wed 1-2:30 p.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 NEW Time

81714 9/24 Wed 10 a.m.-Noon

Free

81715 11/12 Wed 10 a.m.-Noon

Free

SPD: Personal Safety

Learn proactive tips and steps you can take to enhance your personal safety taught by Seattle police officers and employees. This is not a self defense class. Training goals—share commonsense safety tips to decrease the odds of being a victim, discover potentially dangerous situations and how to avoid them, and learn to make a safety plan based on different environments.

Miller

81051 9/22 Mon 1:30-3:30 p.m.

Free

Senior Resource Fair

Join us for the 2nd annual Senior 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 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

9/30 Tue 11 a.m.-2 p.m. Free

NEW Stop the Bleed

Life-threatening bleeding injuries can happen anytime and when they do, every minute counts! Come learn from trained instructors about bleeding control—recognizing life-threatening bleeding, using a tourniquet, and packing and applying pressure to a wound.

Miller

81050 11/5 Wed 10:30-11:30 a.m. Free

Northgate

81047 9/19 Fri 2-3 p.m. Free

NEW WA Property Tax Exemption 101

Did you know Washington State has a property tax exemption program for seniors and people with disabilities? Come learn about eligibility and the steps to apply in this free 1-hr class.

Meadowbrook

81152 10/23 Thu 11 a.m.-Noon Free

Miller

81151 11/19 Wed 11 a.m.-Noon 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

81498 9/16-12/16 Tue 10:45 a.m.-12:45 p.m. \$10

Tech Workshops

NEW Text and Phone Call Scams

Learn to identify text messages that contain suspicious links and other key red flags that suggest potential phishing. Practice deleting messages from your device, blocking the sender, and reporting the text as junk or spam. Learn strategies for handling spam phone calls, how to recognize potentially fraudulent calls and block them.

Northgate

80900 10/15 Wed Noon-1:30 p.m. Free

NEW Email Scam Prevention

Recognize the most common email scam tactics and key signs of fraudulent emails. Learn strategies for verifying email legitimacy without putting yourself at risk. Practice filtering emails, unsubscribing from spam, and blocking scam senders.

Northgate

80901 10/22 Wed Noon-1:30 p.m. Free

NEW Preventative Online Security Practices

Build awareness around safer password usage and management, account sharing, and internet usage. Learn how two-factor authentication can help keep your accounts more secure. Practice adjusting your privacy settings on social media accounts to better protect your sensitive information.

Northgate

80902 10/29 Wed Noon-1:30 p.m. Free

Tech Time

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, how 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 2025 Registration Opens

Meadowbrook

79312 8/6 Wed 10-11:30 a.m. Free

Before Winter 2025 Registration Opens

Meadowbrook

81502 11/21 Fri 9 a.m.-Noon Free

81501 11/24 Mon 10-11:30 a.m. Free

DROP-IN SPORTS

Pickleball at a Glance

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

SPORTS

Pickleball Skills

Pickleball Skills—Beginners

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

81492 9/16-10/14 Tue Noon-1:30 p.m. M Bisch \$60

Pickleball Skills—Beyond Beginners

Prerequisite: Players should have experience with Pickleball, know the basic rules and how to keep score. They get at least 50% of their serves and returns in play.

Meadowbrook

81493 9/16-10/14 Tue 1:45-3:15 p.m. M Bisch \$60

81491 11/4-12/16 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). Instructor: M Bisch. No Prerequisites: Player knows the rules of Pickleball including net rules, kitchen lines. They can position themselves appropriately on the court and move quickly to the net, sustain rallies easily with strategic hits, serves and returns are in play and consistent (80%). They understand not to pop dinks, understand hard and soft game, and can work with partner to win a point.

Meadowbrook

81490 11/4-12/16 Tue 1:45-3:15 p.m. M Bisch \$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

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

81489 9/15-12/15 Mon 12:15-1:15 p.m. C House \$96

Soul Line Dance

A fun, energetic class for the mind, body, and soul! Come learn easy choreographed dance steps while groovin' to sweet soul music. Reap the benefits of exercise, building community, and overall good health.

Magnuson

NEW Introduction to Soul Line Dance—Learn the basic steps!

80883 9/18-12/18 Thu 11:45 a.m.-12:45 p.m. M Silver \$88

Northgate

Beginner/Improver

80853 9/19-12/19 Fri 11:45 a.m.-1 p.m. M Silver \$130

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

80898 9/16-12/16 Tue 12:15-1:15 p.m. C House \$96

80899 9/18-12/18 Thu 9:15-10:15 a.m. C House \$88

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 Magnuson Park. Bring your willingness and water bottle. *Registration is required to take this course.*

Magnuson

80878 10/2-12/18 Thu 1-2:30 p.m. M Kaye Free

NEW 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

80858 10/1-12/17 Wed 2-3 p.m. M Kaye Free

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

81477 9/19-12/19 Fri 11:30 am-12:30 p.m. R Buyce \$104



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 <https://www.seattle.gov/parks/find/for-adults-50>, or <https://bit.ly/LLREF>.** If you are unable to access forms electronically, you can pick up paper forms from a community center offering EnhanceFitness classes. Participants will be notified via email when their application has been processed and they are eligible to register for classes.

NOTE: American Specialty Health (ASH) Silver&Fit®, 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

Silver&Fit® | One Pass®/Renew Active

80880	9/18-12/18	Thu	10:30-11:30 a.m.	J Shearer	Free
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Self-Pay

80881	9/18-12/18	Thu	10:30-11:30 a.m.	J Shearer	\$88
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Meadowbrook

Silver&Fit® | One Pass®/Renew Active

81480	9/15-12/15	Mon	11 a.m.-Noon	C House	Free
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81482	9/16-12/16	Tue	9:40-10:40 a.m.	C House	Free
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81484	9/17-12/17	Wed	9:40-10:40 a.m.	C House	Free
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81478	9/19-12/19	Fri	9:40-10:40 a.m.	C House	Free
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Self-Pay

81481	9/15-12/15	Mon	11 a.m.-Noon	C House	\$96
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81483	9/16-12/16	Tue	9:40-10:40 a.m.	C House	\$96
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81485	9/17-12/17	Wed	9:40-10:40 a.m.	C House	\$104
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81479	9/19-12/19	Fri	9:40-10:40 a.m.	C House	\$104
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Miller

Silver&Fit® | One Pass®/Renew Active

80885	9/15-12/15	Mon	10:15-11:15 a.m.	M Taplin	Free
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80887	9/18-12/18	Thu	10:30-11:30 a.m.	M Taplin	Free
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Self-Pay

80886	9/15-12/15	Mon	10:15-11:15 a.m.	M Taplin	\$96
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80888	9/18-12/18	Thu	10:30-11:30 a.m.	M Taplin	\$88
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NEW Montlake

Silver&Fit® | One Pass®/Renew Active

80890	9/16-12/16	Tue	1:45-2:45 p.m.	M Taplin	Free
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Self-Pay

80891	9/16-12/16	Tue	1:45-2:45 p.m.	M Taplin	\$96
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NEW Otago Strength and Balance Program

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. **Registration is required to take this course. No class 9/29.**

Montlake

81684	9/15-11/24	M/Th	1:45-2:45 p.m.	K McCrory	Free
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Stretch and Balance—Beginning

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

Northgate—Back in Motion Class

80855	9/29-12/15	Mon	2-3 p.m.	M Kaye	Free
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NEW 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.

80859	10/3-12/19	Fri	2-3 p.m.	M Kaye	Free
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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

80896	9/16-12/16	Tue	9:15-10:15 a.m.	J Shearer	\$96
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Magnuson

80884	9/18-12/18	Thu	9:15-10:15 a.m.	J Shearer	\$88
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Northgate

80854	9/19-12/19	Fri	10:15-11:15 a.m.	M Silver	\$104
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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

81577	9/15-12/15	Mon	12:45-1:45 p.m.	E Baxa	\$96
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Ravenna-Eckstein

All Levels

81575	9/16-12/16	Tue	12:45-1:45 p.m.	E Baxa	\$96
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Qigong/Tai Chi—Beginning

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. *No class 10/2.*

Beginning—No experience necessary

Northgate

80851	9/18-12/18	Thu	11:15 a.m.-12:15 p.m.	A Peizer	\$80
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Ravenna-Eckstein

81572	9/17-12/17	Wed	2-3 p.m.	A Peizer	\$104
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Ongoing—Prior attendance in Annette Peizer's Beginning Class is required

Northgate

80852	9/18-12/18	Thu	12:30-1:30 p.m.	A Peizer	\$80
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Ravenna-Eckstein

81573	9/17-12/17	Wed	12:45-1:45 p.m.	A Peizer	\$104
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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 Limber Yard

Improve your core strength, posture, flexibility, coordination, and balance using floor exercises inspired by functional movement, Pilates, and Buff Bones®.

Magnuson

81643	9/15-12/15	Mon	2:30-3:30 p.m.	J Devlin	\$96
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Ravenna-Eckstein

81571	9/16-12/16	Tue	2:30-3:30 p.m.	J Devlin	\$96
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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

80895	9/18-12/18	Thu	12:30-1:30 p.m.	D Dragovich	\$88
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Meadowbrook

81494	9/17-12/17	Wed	11:15 a.m.-12:15 p.m.	D Dragovich	\$104
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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.

NEW Chair Yoga

Montlake

81576	9/15-12/15	Mon	11:30 a.m.-12:30 p.m.	J Robin	\$96
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Gentle Yoga

Laurelhurst

80893	9/18-12/18	Thu	11 a.m.-Noon	J Robin	\$88
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Magnuson

80882	9/17-12/17	Wed	10-11 a.m.	J Robin	\$104
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Miller—Rainbow Recreation Class

81733	9/15-12/15	Mon	11:45 a.m.-12:45 p.m.	L Gardener	\$96
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Ravenna-Eckstein

81570	9/20-12/20	Sat	10-11 a.m.	J Robin	\$104
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Vini Yoga

Laurelhurst

80897	9/16-12/16	Tue	11 a.m.-Noon	H Mair	\$96
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Meadowbrook *No class 9/29, 10/10, and 12/19*

81495	9/15-12/15	Mon	9:30-10:30 a.m.	H Mair	\$96
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81496	9/19-12/12	Fri	1:30-2:30 p.m.	H Mair	\$80
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Northgate

80856	9/18-12/18	Thu	10-11 a.m.	H Mair	\$88
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John Hasslinger
Southwest
Recreation Specialist

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

REGISTRATION

Register for programs using the activity number listed next to each program. Registration and payment details can be found on page 50. For accommodation requests please email kyle.bywater@seattle.gov.

SCHOLARSHIPS

The scholarship cycle runs June 2025-26. Have your application approved prior to registration. Those who applied for scholarships for 2024-25 will be extended through June 2026. If you do not have a scholarship currently please see details on page 50 to apply.

TRIPS

Departure Sites And Times

High Point CC

6920 34th Ave. SW

Depart 15 minutes before time listed.

Hiawatha CC

2700 California Ave. SW—on Walnut Ave. SW, east of CC, near parking area between CC and West Seattle High School.

Depart at time listed.

Departure Site Request

At the time of registration you will select your departure location from the available options. We do our best to proceed with our trips as planned; at times it is necessary to make changes to the times, cost, and destination. Please refrain from wearing fragrances.

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 program info can be found on page 39, or search for "Rainbow" in Seattle Parks and Recreation's ACTIVE Net online registration system. Programs designated with a rainbow highlight are LGBTQ+ affirming spaces for community members and their allies.

FIELD TRIPS

WA State Fair

The WA State Fair in Puyallup is one of the largest in the nation. Experience the agricultural exhibits, animals, and plants from around the world. Visit a myriad of vendors selling an array of products and services. Experience the fair's midway games and rides (if you wish)! And enjoy a leisurely walk around the sprawling fairgrounds—expect a lot of walking on paved surfaces. Lunch, pay on your own, or bring a sack lunch. Activity fee includes general admission and transportation.

80357 9/18 Thu 9:45 a.m.-3:45 p.m.

\$55

McCormick Forest Park

Hike the McCormick Forest Park Loop! It's a 1.9-mile loop with 229 feet of elevation gain, offering a mix of flat terrain and gentle inclines. The trail winds through old-growth trees, provides scenic views, and is great for spotting wildlife such as birds and deer. Activity fee includes ferry and van transportation. Please bring a sack lunch to enjoy in the park.

80358 10/2 Thu 8:45 a.m.-4:30 p.m. \$51

Steel Wheel Farm

Explore an organic farm filled with pumpkins, locally farmed produce, and specialty food items. Please bring a credit card for optional activities like the corn maze, pumpkin patch, or to purchase items such as kettle corn, roasted corn, or peppers, pickles, locally grown veggies, and more. Please pack a lunch to enjoy at the farm.

80359 10/16 Thu 9:45 a.m.-3:45 p.m. \$22

Tea Ceremony at Japanese Garden

Experience the Seattle Japanese Garden and a traditional tea ceremony just for us! Ceremony will be seated on chairs and tables. Please bring your own lunch to enjoy on campus. Trip fee includes garden admission, tea ceremony, and transportation. Garden paths are a mix of pavement and gravel that are rated wheelchair and walker accessible. Also offered in NW and NE sectors.

80401 10/23 Tue 11:15 a.m.-3:30 p.m. \$54

Issaquah Getaway

Visit the beloved Jakob Two Trees Troll in Issaquah, a breathtaking sculpture nestled in nature, waiting to be explored. Soak in the artistic wonder before heading to Gilman Village, where you'll have time to shop, dine, and unwind in its quaint, historic atmosphere. Creativity, culture, and relaxation all in one adventure! Wear walking shoes for a 1-mile round trip walk to the troll, and browsing the village.

80402 11/13 Thu 9:45 a.m.-3 p.m. \$22

SAAM and Conservatory

Two tremendous experiences separated by only a 5-min (.2 mile) walk. We'll start and finish at SAAM, but you'll have the flexibility to spend more time at your preferred spot. Lunch, pay on your own, at nearby restaurants within walking, or pack a lunch to enjoy on campus. Activity fee includes free entrance to both museum and conservatory.

80403 12/4 Thu 9:45 a.m.-2:45 p.m. \$12

NATURE AND ENVIRONMENT

Meditative Mindfulness Walk

Join our retired National Parks Ranger, Pat Pilcher, as he guides you in a meditative experience among the trees of this urban oasis. Meet at the Camp Long Environmental Learning Center entrance just off 35 Ave. SW.

Camp Long

80332 9/24 Wed 10:30 a.m.-Noon P Pilcher Free

Owls: Silent Hunters of the Night

What's up with owls? National Parks Ranger, Pat Pilcher, will share his close encounters over the years with these mysterious and wondrous avian predators. Pat will include a powerpoint on the natural history of owls and discuss their specialized "toolkit" that makes them such superb hunters. Q & A after.

High Point

81122 10/10 Fri 1:30-2:30 p.m. P Pilcher 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. \$15 at the door. Let's dance! Optional: Bring a food or drink item to share.

High Point

80367 12/5 Fri 1:30-4 p.m. \$11

SOCIAL PROGRAMS

Book Clubs

High Point Book Club

Meets the 2nd Thursday of each month (*except December). This is an active club seeking new members!

Meets: 10/9, 11/13, and *12/4.

High Point

80344 Thu 1-2 p.m. G Buckley-Jones Free

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

80355 10/4-12/27 Sat 11:30 a.m.-12:30 p.m. M Summers Free

ARTS AND HANDWORK

Watercolors with Seniors Creating Art

Come be creative with us! Explore the wonderful world of watercolor painting. Each week we will explore watercolors, learning brush usage, playing with supplies, color mixing, and building upon each session to learn new techniques and skills. Leave with finished pieces of artwork that can be gifted or put on display. No experience necessary and all supplies provided. Class is sponsored by Seniors Creating Art. Students are asked to register for a max of only 1 Seniors Creating Art class per quarter.

High Point

80329 10/8-10/29 Wed 11:30 a.m.-1 p.m. C Esp Free



LIFELONG LEARNING

Brain Health

Discover lifestyle choices that can promote a healthy brain. Find out about the latest brain health research. An interactive workshop for learning and self-exploration. This workshop is facilitated by Jean Mathisen of AARP. **Registration is required to attend this workshop.**

High Point

80474 11/7 Fri 1:30-2:30 p.m. Free

VOLUNTEER

Volunteers Orientation

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

Virtual

80362 10/7 Tue 1-2 p.m. Free

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 your community spirit!

Delridge Courts

9/2-12/30 T/Th 10 a.m.-Noon Free

Miller Courts

9/3-12/31 M/W/F 10 a.m.-Noon Free

Mt Baker Courts

9/2-12/30 T/Th 10 a.m.-Noon Free

Walt Hundley Courts

9/3-12/31 M/W/F 10 a.m.-Noon Free

SPORTS

Pickleball Skills—Beginner

Open to beginners and advanced beginners seeking to learn and hone basic pickleball skills and strategies. First 15 minutes of class time dedicated to warm-up, followed by 90 minutes of instruction and drills; finishing with 15 minutes of open play. 6 classes.

Delridge

80405	9/16-10/21	Tue	10 a.m.-Noon	MJ Bingham	\$30
80407	10/28-12/9	Tue	10 a.m.-Noon	MJ Bingham	\$25

NEW Pickleball Skills—Intermediate

Ready to take your pickleball game to the next level? This dynamic class is designed to sharpen your strategy, refine your technique, and elevate your competitive edge. Dive deep into doubles court positioning, stacking tactics, and both defensive and offensive lobbing. **Prerequisites:** Players should have a solid grasp of pickleball rules, including net regulations and kitchen lines. You should be able to move confidently on the court, advance quickly to the net, and sustain rallies with strategic shot placement. Consistent serves and returns (80%).

Delridge

80404	9/18-10/23	Thu	10-11:30 a.m.	M Anderson	\$60
80406	10/3-12/4	Thu	10-11:30 a.m.	M Anderson	\$60

Pickleball Skills—All Levels

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

High Point

80353	9/15-10/20	Mon	11:30 a.m.-1 p.m.	R Lopez/L Sartnurak	\$25
80354	10/27-12/8	Mon	11:30 a.m.-1 p.m.	R Lopez/L Sartnurak	\$30

FITNESS

Please note: Fees may vary due to number of days a class is offered, seasonal holidays, center closures, etc. Participate at your own level of intensity, wear comfortable clothing, and bring a water bottle.

Aerobics and Dance

Bollywood Fitness

Fitness fusion that combines global dance, strength training, and whole body stretching, to give you a complete workout—body, mind, and soul! Set to fun world music (Bollywood, Latin, Western, Pop, and others), you'll get a great workout and learn music and moves from other cultures. Please bring 3-5 lb. hand weights, a yoga/exercise mat, water bottle, and towel. *No class 11/29.*

Delridge

80331 9/19-12/19 Fri 10-11 a.m. A Carver \$104

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

80333 9/18-12/18 Thu 10-11 a.m. D Pierce \$88

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.*

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 <https://www.seattle.gov/parks/find/for-adults-50>, or <https://bit.ly/LLREF>.** If you are unable to access forms electronically, you can pick up paper forms from a community center offering EnhanceFitness classes. Participants will be notified via email when their application has been processed and they are eligible to register for classes.

NOTE: American Specialty Health (ASH) Silver&Fit®, 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.

High Point

Silver&Fit® | One Pass®/Renew Active

80365 9/16-12/16 Tue 9:30-10:30 a.m. N Fraser Free

Self-Pay

80366 9/16-12/16 Tue 9:30-10:30 a.m. N Fraser \$96

Line Dance

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

High Point

All Levels

80346 9/18-12/18 Thu 11:15 a.m.-12:15 p.m. S Simmons \$88

Intermediate

80348 9/18-12/18 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

80368 9/16-12/16 Tue 10-11 a.m. A Carver \$96

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

80363 9/15-12/15 Mon 10-11 a.m. D Pierce \$96

Strength and Conditioning

Fitness

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

Delridge

80340 9/17-12/17 Wed 10-11 a.m. S Simmons \$104

Tai Chi and Qigong

Tai Chi

All Levels Welcome- 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. Open to students of all levels- including beginners.

High Point

All Levels

80356 9/15-12/15 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? In this gentle yoga class you can focus on enjoyable movements that will help you build strength and restore functionality of your muscles and joints. You will learn easy poses to improve your balance, flexibility, and range of motion. All the poses can be modified to avoid pain. Everyone can work at their own pace in a no-competition atmosphere, with peaceful music and plenty of wonderful relaxation at the end. Suitable for beginners. Bring a yoga mat if you have one, and a small blanket or large towel for covering up at the end.

High Point—Back in Motion Class

80330 9/19-12/19 Fri 11 a.m.-Noon J Reed \$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

High Point

80341 9/15-12/15 Mon 9:45-10:45 a.m. J Reed \$96

80342 9/17-12/17 Wed 11:30 a.m.-12:30 p.m. J Reed \$104

Vini Yoga

Delridge

80361 9/17-12/17 Wed 11:15 a.m.-12:15 p.m. A Merlo \$104



Masha Shtern
Southeast
Interim 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 kyle.bywater@seattle.gov.

SCHOLARSHIPS

The scholarship cycle runs June 2025-26. Have your application approved prior to registration. Those who applied for scholarships for 2024-25 will be extended through June 2026. If you do not have a scholarship currently please see details on page 50 to apply.

TRIPS

Departure Sites

Garfield CC

2323 E Cherry St.

Jefferson CC

3801 Beacon Ave. S

Departure Times

NORTHBOUND TRIPS:

Garfield: at time listed.

Jefferson: 15 minutes before time listed.

SOUTHBOUND TRIPS:

Garfield: 15 minutes before time listed.

Jefferson: at time listed.

BACK IN MOTION

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

RAINBOW RECREATION

Rainbow Recreation program info can be found on page 39, or search for "Rainbow" in Seattle Parks and Recreation's ACTIVE Net online registration system. Programs designated with a rainbow highlight are LGBTQ+ affirming spaces for community members and their allies.

FIELD TRIPS

Sunflower Experience

Let's enjoy beautiful sunflower fields together! We'll visit Lora Lee's Family Farm in Duvall, which features sunflower fields, a sunflower maze, dahlias, and other flower gardens, as well as goats you can visit/pet. Flowers available to purchase. Bring a lunch to enjoy at the farm's picnic area. Dirt paths with possible uneven terrain, with most areas accessible to walkers but not wheelchairs.

Northbound

81810 9/3 Wed 9:15 a.m.-2:30 p.m. \$39

Hunter's Breakfast

A longtime favorite! Enjoy a scenic drive over the pass, a hearty brunch at the Swauk-Teaway Grange, and ample time on your own to explore the historic old town of Roslyn, and Cle Elum if time allows. Don't miss this one! Activity fee includes transportation and breakfast.

Note: There is a ramp at the Grange. Also offered in NE sector. Please register with the sector corresponding with what departure site you want.

Departure site: Jefferson CC only

81811 10/11 Sat 8:45 a.m.-5:45 p.m. \$64

Port of Tacoma and Tacoma Tideflats

Join us on this guided tour of the Port of Tacoma and Tacoma Tideflats. A guide will join us on the bus and provide a narrated, 2-hour tour. This is about as close as you can get to international trade! Please bring a sack lunch to enjoy after the tour. **Joint program with Outdoor Recreation.**

Southbound

81808 10/21 Tue 9 a.m.-2:30 p.m. \$35

Tea Ceremony at Japanese Garden

We'll explore the Seattle Japanese Garden and experience a traditional tea ceremony just for us! Practiced in Japan for centuries, the art of the tea ceremony, also called Chado or The Way of Tea, is imbued with harmony, respect, purity, and tranquility. Ceremony will be seated on chairs and tables. Please bring your own lunch to enjoy on campus. Trip fee includes garden admission, tea ceremony, and transportation. Garden paths are a mix of pavement and gravel that are rated wheelchair and walker accessible. Offered in all sectors.

Northbound

81813 10/24 Fri 11 a.m.-3 p.m. \$54

9 to 5 Musical at Issaquah Village Theatre

Set in the Rolodex era, *9 to 5: The Musical* is a delicious workplace revenge comedy from living legend Dolly Parton. Pushed to the boiling point by their sexist, egotistical, lying, hypocritical boss, three female co-workers concoct a plan to get even that spins wildly and hilariously out of control. This dance-filled musical, based on the hit 1980 film, features original and new songs by Dolly Parton herself. We'll go out to dinner in downtown Issaquah before the show, pay on your own. Trip fee includes transportation and theater ticket. Wheelchair and walker accessible. Show includes an intermission.

Northbound

81812 11/18 Tue 5:15-10:15 p.m. \$39

Garden d'Lights

Let's enjoy holiday lights together! Garden d'Lights has over half a million sparkling lights shaped into plants, flowers, birds, animals, and waterfalls set in the natural beauty of Bellevue Botanical Garden, with festive musical entertainment indoors. Activity fee includes transportation and entrance fee. Bring a sack dinner if you wish. Paths are a mix of pavement and gravel that are wheelchair and walker accessible. Fee subject to change.

Northbound

81809 12/9 Tue 4:30-8:30 p.m. \$22

SOCIAL PROGRAMS

Book Clubs

Rainier Beach Book Club

Explore new books, listen to different points of view, share opinions and ideas with others. This is a new club seeking members, with an interest in banned books. Please register to attend. Join us on the second Monday* of every month. ***Exception: 10/20.**

Rainier Beach

81662 9/8-12/8 Mon 1-2:30 p.m. N Kiser Free

Games

Drop-In Bridge

Drop-In play for bridge players. All Levels.

Rainier

81150 10/1-12/24 Wed 11 a.m.-2 p.m. Free

Social Time

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. ***Exception: 9/22.**

Rainier Beach

81647 Thu 11:30 a.m.-1:30 p.m. Free

LIFELONG LEARNING

Beginning Ukelele

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

Rainier Beach

82169 10/16-11/20 Thu 11:30 a.m.-12:30 p.m. C Snider \$48

Challah Bread Baking Workshop

Hands-on workshop where we'll learn to make challah, a delicious braided egg bread. Learn the entire process from flour to loaf: hand kneading, rising, baking, and dough braiding techniques (three, four, six-strand, and round). We'll provide all the ingredients and you'll make your 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.

Rainier Beach

81648 11/14 Fri 10 a.m.-1 p.m. M Shtern \$25

Medicare Open Enrollment Info Session

Learn about choosing/changing plans, available Medigap plans, how to get help paying for Medicare, and more. Presented by a volunteer representative of Statewide Health Insurance Benefit Providers (SHIBA). The organization provides free, unbiased, and confidential assistance with Medicare health care choices. Solid Ground is your local SHIBA sponsor.

Rainier Beach

81847 10/16 Thu 12:30-2:30 p.m. Free

Registration and Scholarship Tech Support Session

Learn how to register for activities online before winter registration opens including how to access your ACTIVE Net account, how to register, make a wish list, make a payment, apply for a scholarship, and more! For scholarship application help, bring your proof of income document. Bring your own smart phone, laptop, or tablet to practice on. Public Wi-Fi available. Drop-ins welcome.

Rainier Beach

81844 11/20 Thu 12:30-1:30 p.m. Free

NEW Tech Workshop Series

Email Scam Prevention

Recognize the most common email scam tactics and signs of fraudulent emails. Learn strategies for verifying email without putting yourself at risk. Practice filtering email, unsubscribing from spam, and blocking scam senders. Presented by Pacific Tech Tutoring.

Rainier

81726 10/7 Tue Noon-1:30 p.m. Free

Text and Phone Call Scams

Learn to identify red flags in text messages. Practice deleting the messages from your device, blocking the sender, and reporting the text as junk or spam. Learn strategies for handling spam phone calls, how to recognize potentially fraudulent calls and block them. Free workshop presented by Pacific Tech Tutoring. Feel free to bring your lunch!

Rainier

81727 10/14 Tue Noon-1:30 p.m. Free

Preventive Online Security Practices

Build awareness around safer password usage and management, account sharing, and internet usage. Learn about two-factor authentication, and privacy settings to better protect your sensitive information. Free workshop presented by Pacific Tech Tutoring. Feel free to bring your lunch!

Rainier

81728 10/28 Tue Noon-1:30 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

9/2-12/30 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—Beginners

Learn the basic strokes, rules, and strategies of pickleball. 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.

Rainier

81657	9/17-10/15	Wed	Noon-1:30 p.m.	M Bisch	\$60
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Pickleball Skills—Beyond Beginners

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. **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

81658	9/17-10/15	Wed	1:30-3 p.m.	M Bisch	\$60
81659	11/5-12/10	Wed	1:30-3 p.m.	M Bisch	\$60

Pickleball Skills—Intermediate

Get to the next level with your skills such as doubles court strategy, stacking, and defensive/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 (80%), and understand not to pop dinks, hard and soft game, and can work with a partner to win a point.

Rainier

81660	7/9-8/6	Wed	1:30-3 p.m.	M Bisch	\$60
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NEW Pickleball Conditioning

This fitness class will emphasize exercises and muscle groups used in pickleball and other racquet sports to build strength, mobility, and balance for improved gameplay and injury prevention. Includes exercises on court. Bring a yoga mat and paddle, or borrow ours.

Rainier

82039	9/19-10/24	Fri	Noon-1 p.m.	N Quandt	\$48
82040	11/7-12/19	Fri	Noon-1 p.m.	N Quandt	\$48

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

In this fun class you will stretch and learn new dance moves influenced by Chinese dance, mainly Mongolian and Tibetan music. All levels and backgrounds welcome. Class is taught in Mandarin, Cantonese, and English. **Registration is required for this free class.**

Jefferson

81665	9/16-12/16	Tue	6-7:45 p.m.	K Luo	Free
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Van Asselt

81666	9/20-12/20	Sat	2-3:45 p.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 rexk@stgprepresents.org is required to join the program.

Garfield

	10/9-12/4	Thu	10:30 a.m.-Noon		Free
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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 for class participation.**

Rainier Beach

81668	9/16-12/16	Tue	10:30-11:30 a.m.	D Pierce	Free
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Strength and Conditioning

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 <https://www.seattle.gov/parks/find/for-adults-50>, or <https://bit.ly/LLREF>.** If you are unable to access forms electronically, you can pick up paper forms from a community center offering EnhanceFitness classes. Participants will be notified via email when their application has been processed and they are eligible to register for classes.

NOTE: American Specialty Health (ASH) Silver&Fit®, 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
 81653 9/15-12/15 Mon Noon-1 p.m. N Fraser Free

Self-Pay
 81654 9/15-12/15 Mon Noon-1 p.m. N Fraser \$96

Jefferson

Silver&Fit® | One Pass®/Renew Active
 80776 9/18-12/18 Thu 10-11 a.m. TBD Free

Self-Pay
 80777 9/18-12/18 Thu 10-11 a.m. TBD \$88

Rainier

Silver&Fit® | One Pass®/Renew Active
 81655 9/17-12/17 Wed 10:15-11:15 a.m. YS Gartz Free
 81651 9/19-12/19 Fri 10:15-11:15 a.m. YS Gartz Free

Self-Pay

81656 9/17-12/17 Wed 10:15-11:15 a.m. YS Gartz \$104
 81652 9/19-12/19 Fri 10:15-11:15 a.m. YS Gartz \$104

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. Recommended for active adults.

Rainier

81663 9/15-12/15 Mon 11:45 a.m.-12:45 p.m. M Silver \$96

Tai Chi and Qigong

Tai Chi

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

Garfield

All Levels

81664 9/15-12/15 Mon 10:15-11:15 a.m. E Baxa \$96

Qi Gong

Learn relaxing, ancient moves through easy, repeating exercises. The goal is to maintain and restore bone mass, equilibrium, balance, and poise, by activating vital energy during this moving meditation practice. Instruction available in English and Japanese.

IDCC

All Levels—no experience necessary

81661 9/16-12/16 Tue 9:45-11 a.m. Saya S \$120

Yoga

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

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

81667 9/19-12/19 Fri 10-11 a.m. A Merlo \$104



Tamara Keefe
Rainbow
Recreation Specialist

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

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

REGISTRATION

Register for programs using the activity number listed next to each program. Registration and payment details can be found on page 50. For accommodation requests please email kyle.bywater@seattle.gov.

SCHOLARSHIPS

The scholarship cycle runs June 2025-26. Have your application approved prior to registration. Those who applied for scholarships for 2024-25 will be extended through June 2026. If you do not have a scholarship currently please see details on page 50 to apply.

SOCIAL

LGBTQ+ Affirming Book Group

Would you like to read books and gather to discuss them with others in an LGBTQ+ affirming space? Book choices with potential interest to community members are chosen with support from the Seattle Public Library. Registered participants will be emailed the book selection in advance of the meeting date. The Rainbow Book Group meets quarterly and will evolve based on community interest. Register early to have plenty of time to read the book! Open to community members 50+ and their allies.

Miller

81734 12/10 Wed 2-3:30 p.m. Free



FITNESS CLASSES

Fees may vary due to number of days a class is offered, seasonal holidays, center closures, etc. Participate at your own level of intensity, wear comfortable clothing, and bring a water bottle.

Yoga

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

Gentle Yoga

Stretch and move with awareness, correct alignment, and a focus on breath to increase strength and stamina, improve flexibility, and develop better balance, posture, and peace of mind. Chair seated participants are welcome. An LGBTQ+ affirming space for adults 50+ and allies

Miller

81733 9/15-12/15 Mon 11:45 a.m.-12:45 p.m. L Gardener \$96



Tamara Keefe
Dementia-Friendly
Recreation Specialist

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

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

Free Programs

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

Receive Updates

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

FITNESS CLASSES

Joyful Movement

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

Rainier Beach

81719 9/16-11/18 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.

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.

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

ARTS AND CULTURE

Art in the Park

Enjoy time in the Japanese Garden at the Arboretum and a watercolor painting experience led by an Elderwise facilitator. Series is open to persons with early to mid-stage dementia and their care partners. Each session includes time to explore the garden and a wet-on-wet watercolor painting experience. No artistic skill necessary; all materials provided.

Seattle Japanese Garden

3 Wednesdays: 11/5-11/19

81723

10 a.m.-Noon

Free

Japanese Tea Ceremony

A traditional tea ceremony just for us at Seattle Japanese Garden in the WA Park Arboretum! Practiced in Japan for centuries, the art of the tea ceremony — also called Chado or The Way of Tea—is imbued with harmony, respect, purity, and tranquility. 16th century master Sen no Rikyu refined Chado, and the Wabi-Sabi aesthetic of simplicity and humility he taught had widespread influence, including on the architecture of tea gardens. Time to wander in the garden, too, which includes an accessible path, as well as some harder to access areas including stepping stones.

Seattle Japanese Garden

81729 10/21

Tue

2-3:30 p.m.

Free

Clay Sculpting

Explore the world of hand-built clay! An opportunity to learn basic sculpting techniques and connect with others. Persons living with young-onset dementia and those close to them are especially encouraged to register. No artistic skill needed, only an openness to "play" and build community. Offered in collaboration with Seniors Creating Art.

Miller

4 Mondays: 10/20-11/10

81561

1:30-3 p.m.

Free

NATURE AND ENVIRONMENT

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 their families in this 3-part series. Light refreshments provided. Offered in collaboration with UW Memory and Brain Wellness Center. Details and directions to the central Seattle location emailed to registered participants prior to program.

The Memory Hub

3 Fridays: 10/3, 11/7, 12/5

81718

10:30 a.m.-Noon

Free

We Volunteer! Storm Drain Stencilling

Raise awareness of stormwater pollution and water quality, and the gifts and potential in a world more inclusive of people living with memory loss. Counter stigma, offer hope, and find joy and belonging through meaningful volunteer contribution We'll literally take to the streets in our third year of engaging alongside people around the world in "Taking it to the Streets", an initiative of Reimagining Dementia: A Creative Coalition for Justice. Work as a team sharing tasks and amplifying strengths. All supplies provided. Be prepared to stand/walk for 1.5 hours, traversing ~1/2 mile. Rain date: 10/8.

Details sent prior to the program

81717 9/24

Wed 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.

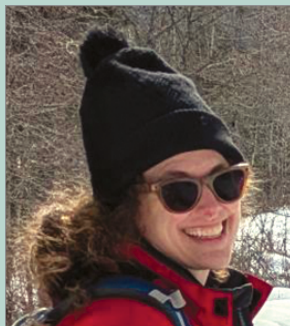
Various Locations

2nd and 4th Fridays: 9/12-12/12

81721

10:30 a.m.-Noon.

Free



Courtney
Recreation Specialist

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

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

Please register quarterly for all programs using the activity number provided. See page 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.

Sign Up For Our Newsletter!

To stay up-to-date on new walks as they become available, send an email to sound.steps@seattle.gov to join the mailing list for program updates.

SCHOLARSHIPS

The scholarship cycle runs June 2025-26. Have your application approved prior to registration. Those who applied for scholarships for 2024-25 will be extended through June 2026. If you do not have a scholarship currently please see details on page 50 to apply.

RAINBOW RECREATION

Rainbow Recreation program info can be found on page 39, or search for "Rainbow" in Seattle Parks and Recreation's ACTIVE Net online registration system. Programs designated with a rainbow highlight are LGBTQ+ affirming spaces for community members and their allies.

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 11:30 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 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 11 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.



Redmond Watershed Preserve

We will explore two easy nature-filled hikes, Tree Frog Loop Trail (.6 miles), and Trout Loop Trail (.6 miles), with time at the end for participants to enjoy being in nature and explore on their own. Please bring your own snacks/water.

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

81687 9/15 Mon 9 a.m.-2 p.m. \$21



Wallace Falls

Located in Gold Bar. Our destination on the trail will not be past the Middle Falls, which is a 5-mile round trip, moderate-ranked hike, but bring your hiking shoes and be prepared for elevation changes, lots of hill work, and rough terrain. Prepare for a long day on the trail enjoying the beauty of nature. Many picnic tables and options to enjoy nature however far you choose to hike.

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

81677 9/29 Mon 8:30 a.m.-4:30 p.m. \$35



Cedar River Watershed Education Center

Enjoy this insider tour of the Cedar River Watershed Education Center. We will be privately touring Cedar Lake (aka Chester Morse Lake after first Water Department Superintendent) and learning about ancestral lands, history, and the river valley, then traveling to the Masonary Dam to discuss hydroelectricity, geology, and hydrology. From there, we will head to Cedar Falls to connect with nature, returning to the Cedar River Watershed Education Center with time to explore. Bring your own picnic lunch to enjoy.

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

81678 10/3 Fri 8:30 a.m.-3:30 p.m. \$29



Port of Tacoma and Tacoma Tideflats

Join us on this guided tour of the Port of Tacoma and Tacoma Tideflats. A guide will join us on the bus and provide a narrated, 2-hour tour. This is about as close as you can get to international trade! Please bring a sack lunch to enjoy after the tour. *Joint program with SE.*

Departure site: Densmore Bldg at 8:45 a.m.

81566 10/21 Tue 8:45 a.m.-2:30 p.m. \$35



Issaquah FISH Salmon Hatchery and Troll

Let's learn more about the spawning of salmon and their journey with the Friends of the Issaquah Fish Hatchery. After learning all about salmon, we will take a lovely stroll to visit Jacob Two Trees and enjoy a picnic lunch, please bring a sack lunch for the picnic.

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

81682 10/28 Tue 9 a.m.-2:30 p.m. \$39



Northwest Stream Center Tour

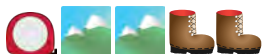
The Northwest Stream Center teaches us about the connections between forests, wetlands, streams, fish, wildlife, and people. Excellent interpretive signs along the ½ mile-long and universally accessible Nature Trail describe the complexities of NW natural resources. Journey along as we learn details about forest, wetland, and stream ecology, while listening and looking for wildlife. Participants, please bring a sack lunch.

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

81685 11/18 Tue 9 a.m.-3 p.m. \$42

TRANSIT ADVENTURES

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

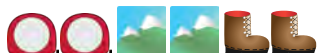


Sound Transit Union Station Office Tour

Join our Sound Transit expert, Arthur, for a guided tour. We will meet at Northgate Light Rail Station and ride transit to the International District, then walk as a group to **Sound Transit Union Station offices for the tour**. Sound Transit swag included on this adventure. Uneven terrain, steps, standing, and ~1.5 miles of walking city streets. Please bring your own snacks/water.

Northgate Light Rail Station

81689 10/7 Tue 10 a.m.-1 p.m. Free



Overlook Walk and Seattle Aquarium

Join us and explore the elevated Overlook Walk and Seattle Aquarium (free tickets for participants). We will meet at the Westlake Light Rail Station and walk the hilly .5 miles to the Overlook to start our exploration. Bring your own snacks/water.

Westlake Light Rail Station

81568 11/4 Tue 9:30 a.m.-1:30 p.m. Free



Holiday Adventure at Seattle Center

Meet at Seattle Center Armory for Winterfest with option of a scavenger hunt. Next, hop on the monorail (pay your own fare) and ride to Westlake Center, walk .5 mile to the Fairmont Olympic Hotel to see Christmas magic, then to the Sheraton for the gingerbread houses display before our return via monorail. Please bring your own snacks/water for the journey. Note: Uneven sidewalk terrain and seasonal admittance lines.

Seattle Center Armory

81524 12/3 Wed 10 a.m.-12:30 p.m. Free



Candy Cane Lane Walk

See the star of Seattle holiday light shows, showcasing a street of houses. Join us at the Roosevelt Light Rail Station and take a stroll. 2.5 miles total distance; mostly flat. Note: It will be dark; there are streetlights but bring any flashlights/visual aids you might need to walk safely.

Roosevelt Light Rail Station

81517 12/10 Wed 4:30-6:30 p.m. Free

NATURE AND ENVIRONMENT



Whale Trail Whale Watching

In partnership with Environmental Education and promoting sustainable tourism and environmental responsibility through shore-based whale watching at one of Seattle Parks Whale Trails. Learn about the habitats, ecosystems, cultural connections, and environmental harms of Seattle's whales and what we can do to keep them protected. **Offered 2 times this quarter, please select your preferred date.**

Discovery Park

81702	9/24	Wed	10-11:30 a.m.	Free
81567	11/6	Thu	10-11:30 a.m.	Free

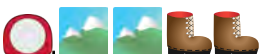


Interesting Trees

Join us on an exciting South Park Neighborhood tree walk. Meet at the Seattle Public Library South Branch with our Environmental Education team.

Seattle Public Library South Branch

81521 10/15 Wed 10:30 a.m.-Noon Free



Mushrooms

With our Environmental Education Department, we will be out in nature learning all about mushrooms! No foraging since that is not allowed in Seattle City Parks, but we will enjoy exploring the forest with our nature experts.

Lincoln Park

81523 10/22 Wed 10-11:30 a.m. Free

Wreath-Making with Seattle Parks Plants

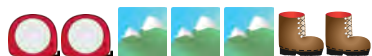
Learn to make your own wreath! Participants will be provided with a variety of seasonal greens collected from Seattle Parks to adorn their wreath. Cutters, wires, and additional decor will be available. Walk away with a wreath that will delight the whole family!

Pritchard Beach Bathhouse

8400 55th Ave. S, 98118

81522 12/5 Fri 10 a.m.-Noon \$23

WALKS

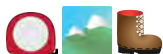


History, Views, and Hidden Gems of Queen Anne Hill

Come join us as we explore views, stairways, parks, and historic places on beautiful Queen Anne Hill. Participants must be able to walk 2.5 miles and navigate a flight of stairs at a leisurely pace. This is a volunteer-led tour by the fantastic Lisa and Lori!

Queen Anne

81690 9/19 Fri 10 a.m.-12:30 p.m. Free



Olmsted Jefferson Park Walk

Join Friends of Seattle's Olmsted Parks on a walking tour of Jefferson Park on Beacon Hill. Loop walk is .75 mile long on mostly flat terrain. Informative information will be shared about John Charles Olmsted and Jefferson Park resulting in many standing stops.

Beacon Hill

81688 10/1 Wed 10 a.m.-Noon Free

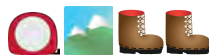


Lakeview Cemetery Guided Tour

Join Vanishing Seattle founder Cynthia Brothers, and author/illustrator of the Pacific Northwest bestselling book, *Street Trees of Seattle: An Illustrated Walking Guide*, Taha Ebrahimi, for a walking tour in Capitol Hill's historic Lake View Cemetery. This is not your typical walking tour! We will share insights and spooky history about some of Seattle's lesser-known and under-sung residents who are buried at Lake View. The tour will also highlight the fascinating trees located throughout the cemetery that are intertwined with the unique stories of Seattle. As seen on KING 5's "Evening", the walk will take us roughly 1 mile in 2 hours, rain or shine. Note: While we'll mostly be traveling along paved paths, a few spots require going onto the grass.

Capitol Hill

81686 10/24 Wed 10 a.m.-Noon \$49



Fall Foliage Sound Steps Fun Walk and Potluck

Lake Washington Boulevard is a picturesque autumn scene. We'll follow the waterfront path and all its bright seasonal colors. Bring a snack to share after as we potluck together, and enjoy fall's beauty, and Sound Steps conversation. Be prepared to walk 2 to 3 miles at a conversational pace

Mt Baker Rowing and Sailing Center

3800 Lk Wa Blvd. S, 98118

81701 10/31 Fri 10 a.m.-1:30 p.m. Free



Free First Thursday Holiday Museum Walk and Explore

We will meet at Miller CC and walk as a group 1.1 miles to Volunteer Park Conservatory to enjoy some beautiful plants and flowers. The group will then head to the Seattle Asian Art Museum. We will explore the park with an option to climb the Volunteer Park Water Tower if it is open. Please bring your own snacks/water. The group will start the return walk to Miller at 1:30 p.m. Note: Uneven, hilly terrain of 3-3.5 miles.

Volunteer Park

81518 12/4 Thu 10:15 a.m.-2:15 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

Discovery Park Walking Club

Feel at peace with nature on a Friday escape to explore Discovery Park. Trail lengths will range from 60-90 minutes long, with varying hike elevations at a moderate pace. Sound Steps volunteer-led group will meet in front of the Discovery Park Visitor Center.

Discovery Park ELC Visitor Center

81515 9/19-12/19 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

81514 9/15-12/15 Mon 10:05-11:05 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

81691 9/16-12/17 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

81516 9/15-12/15 Mon 10-11:30 a.m. Free

UW Arboretum Sound Steps Walk

Explore the beautiful University of Washington Arboretum on this social Sound Steps volunteer-led leisurely paced walk. Meet in front of the visitor center. No program 9/30, 10/28, 11/4, and 11/25.

UW Arboretum, 2300 Arboretum Drive

82061 9/16-12/9 Tue 10-11 a.m. Free

Sound Steps Walking and Running Club

Open to walkers and runners of all experience levels! We'll gather in the parking lot of Building 30 in Magnuson Park, then head to Magnuson's dirt track to walk or run laps at your own pace, with the opportunity to take rest breaks whenever you need. 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. *No program 10/10, 10/31, and 11/28.*

Magnuson Park Track

82146 9/19-12/19 Fri 8-9 a.m. Free

Sound Steps: One Day Walks

Lake Union

Join us on a social, volunteer-led Sound Steps Walk around Gas Works Park and surrounding area.

Gas Works Park

81694 9/26 Fri 10-11:30 a.m. Free

Elliot Bay and Myrtle Edwards Park

Join us on a social, volunteer-led 2.7-mile out-and-back trail near the waterfront. We will explore Elliot Bay Park and take a mid-trail detour to walk up to the Olympic Sculpture Park and enjoy snacks with a view before returning to Myrtle Edwards Park. Please bring your own snacks/water to enjoy.

Elliot Bay Park

81695 10/17 Fri 10-11:30 a.m. Free

Kruckeberg Garden

Join us on a social, volunteer-led Sound Steps Walk around Kruckeberg Garden and surrounding area.

Kruckeberg Garden

81696 11/21 Fri 10-11:30 a.m. Free



Join Us as a WALK LEADER!

Sound Steps can't happen without volunteers, and we are looking for more people to join us leading walks throughout the city. No experience required! This is a great opportunity to give back to your community on your own schedule. Get in touch with our Outdoor Recreation Specialist Courtney at 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.

If you'd like to get involved, please contact a Lifelong Recreation Specialist, see 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. To learn more visit us at 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!



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.



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.



Are you facing aging or disability issues?

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

SENIOR CENTERS AND PROGRAMS FOR SENIORS

About...Senior Centers!

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

Center/Program Locations

Ballard NW Senior Center

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

Central Area Senior Center

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

Club Bamboo

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

El Centro de la Raza

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

Ethiopian Community Center

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

Generations Aging With Pride

206-495-8312 / gapseattle.org

Greenwood Senior Center

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

International Drop-In Center

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

Kin On Community Center

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

Lake City Senior Center

*Site Temporarily Closed—
Running Programs at Alternate Locations*
12531 28th Ave. NE, 98125
206-268-6738 / lakecityseniors.org

Lifetime Learning Center

3841 NE 123rd St, 98125
206-949-8882 / lifetimelinelearningcenter.org

North East Seattle Together (NEST)

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

Pike Place Senior Center

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

Sea Mar Latino Senior Nutrition and Outreach Program

Various Locations
206-764-4700 / seamar.org

Salvation Army Senior Center/White Center

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

Southeast Seattle Senior Center

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

South Park Senior Center

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

Sunshine Garden Chinese Senior Community Center

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

Wallingford Community Senior Center

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

West Seattle Senior Center

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

REGISTRATION



FIRST CHOICE

Go to Seattle Parks and Recreation at 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 and stop by to register for programs and meet the staff. Please note hours of operation, as they vary across recreation centers.



THIRD CHOICE

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



FOURTH CHOICE

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

Parks Management and Professional Staff

Magnuson Bldg 30, 6310 NE 74th St, Seattle 98115
206-684-4951 • Fax 206-684-4957 • TDD/TTY Only 206-233-1509

Parks Management

AP Diaz, Superintendent
Aphrodyi Antoine, Director of Recreation
Kyle Bywater, OOC Matrix and Partnerships Manager

Professional Staff

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

SCHOLARSHIP INFORMATION

Seattle Parks District Scholarship funds may be available to those who qualify. A pilot program for 2025-26 will extend scholarships to those who already qualified for 2024-25 for one additional year. If you are new and need to apply:

- Print the 2025-26 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.
- Gather required income and household size (proof of dependents) documentation. Page one and two of your 2024 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 —printable photo attachments or scanned documents are accepted at this time.

Or mail to:

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

Here are some beginning qualification guidelines:

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

Registration Information and Refund Policy

Payment

Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due plus a \$20 fee. Registration is not complete and a spot in the class cannot be held without payment in full.

Fees and Charges

ARC: Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees are used to offset the cost of providing the programs. Program charges include a user fee paid to Seattle Parks and Recreation to defray operating costs. Washington State sales tax is also included where applicable.

City: Fees and charges are necessary to provide financial support to Seattle Parks and Recreation for the operating costs of programs, facilities and grounds. The revenue generated by these fees constitutes only a portion of funds required for operating and maintaining the Parks system. All fees collected from activities and concessions are used exclusively for the Parks system as these funds are deposited in the Parks and Recreation Fund, not the City General Fund. Swimming pool fees and charges are set by City Council.

Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

Refunds: It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- A full refund will be issued for any class, trip, or reservation that is canceled for any reason by the Department or the Associated Recreation Council.
- Satisfaction Guarantee-Any person who registers for a CLASS and who requests a refund before the second class session may receive a prorated refund minus a service charge.
- Any person who registers for a TRIP and requests a refund 14 days or more before it's start, may receive a refund minus a service charge.
- A transfer from one class to another is permitted without cost if done on the same business day as the original registration, and is subject to space availability.
- No fee is charged for a transfer initiated by Seattle Parks and Recreation staff when done to correct an error in registration or allow for a better recreation opportunity.
- Please read the entire policy 7.16 for specific information.
- An extra process is required for child care refunds or transfers. There will be no refunds or make-up classes for activities missed due to illness or vacations.

Class Cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

Scholarships

Seattle Parks and Recreation wants to ensure that our activities, classes, and sports are available to everyone, regardless of their ability to pay. To apply for a scholarship, please talk to one of our Recreation Specialists.

Wait Lists

We will create wait lists for all filled classes and trips. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability. If you cannot attend a class or trip you are registered for, your spot will be given to the first person on the wait list.

Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental, or physical handicap.

Accommodation for People with Disabilities

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids, or other accommodations, please email kyle.bywater@seattle.gov. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area that is not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

Specialized Programs

For information on programs for youth/adults with disabilities, please call the Specialized Programs Office at 206-684-4950, or visit the web at: <https://www.seattle.gov/parks/find/for-people-with-disabilities>.

More Information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at www.seattle.gov/parks, or call our Public Information line, 206-684-4075, or TDD/TTY 206-233-1509.

Wondering which Lifelong Recreation program is right for you? In general, Lifelong Recreation Programs are designed for (independent) people age 50 and better, but we also offer specifically designed programs for those living with dementia or chronic pain. If there is an accommodation that you need to better access one of our programs, please contact the recreation specialist in your area.

As of July 6, 2015, all of Seattle's public parks are smoke-free! Smoke-free parks help reduce litter, promote healthy lifestyles for youth, and create a welcoming environment for all park users. Smoking is allowed in public rights-of-way including sidewalks. For more information visit seattle.gov/parks/smokingban/.

DISCLAIMER NOTE

Although we strive to be accurate, this brochure is published for information purposes only. Changes may be necessary to the content depending on levels of participation or other factors, and fees may change after City Council action on the City budget each year. Please visit www.seattle.gov/parks for updated information.



Seattle Parks & Recreation

Lifelong Recreation

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

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October is Digital Equity Month

Do email and text scams make you worry? Do you want to learn more about how to protect yourself and spot these scams before they affect you?

We are holding 2 three-part workshops that will give you the tangible skills to spot and detect phishing and text scams. These workshops will give you skills that you can practice on your own devices so you can come away with concrete steps to take to make your devices more secure, and the knowledge to spot the scams. Workshops will be at Northgate Community Center and Rainier Community Center. See pages 23 and 36, under Tech Workshop Series, for more information.

