

# LIFELONG RECREATION

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



Seattle  
Parks & Recreation

**SPRING 2025**



**REGISTER** online at Noon:  
**March 4**  
[seattle.gov/parks](https://seattle.gov/parks)

***Come Play with Us!***

# Welcome to Lifelong Recreation!

## SPRING Quarter 2025

April 7-June 21

## REGISTRATION

begins at **NOON** on **March 4**

## No Programs and Facilities closed on:

- May 26            Memorial Day
- June 5            Staff Development
- June 19          Juneteenth

**NB: Spring Break runs 4/14-4/18 and may affect some activities**

No  
Membership  
Fees!

## Wondering how to register?

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

# VOLUNTEER WITH US!

## We are looking for volunteer DRIVERS

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

### Requirements:

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

### Benefits:

- Opportunity to meet great people, make friends and community.
- Drivers get \$18 toward lunch.
- Free admission to destinations on field trips.



Upon acceptance you will be enrolled in a City of Seattle Driver's Course, and a CPR and First Aid Course. You must have transportation to get to the van departure site at 82nd St and Densmore Ave N. Driver training will be in department vans provided by staff.

# 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!

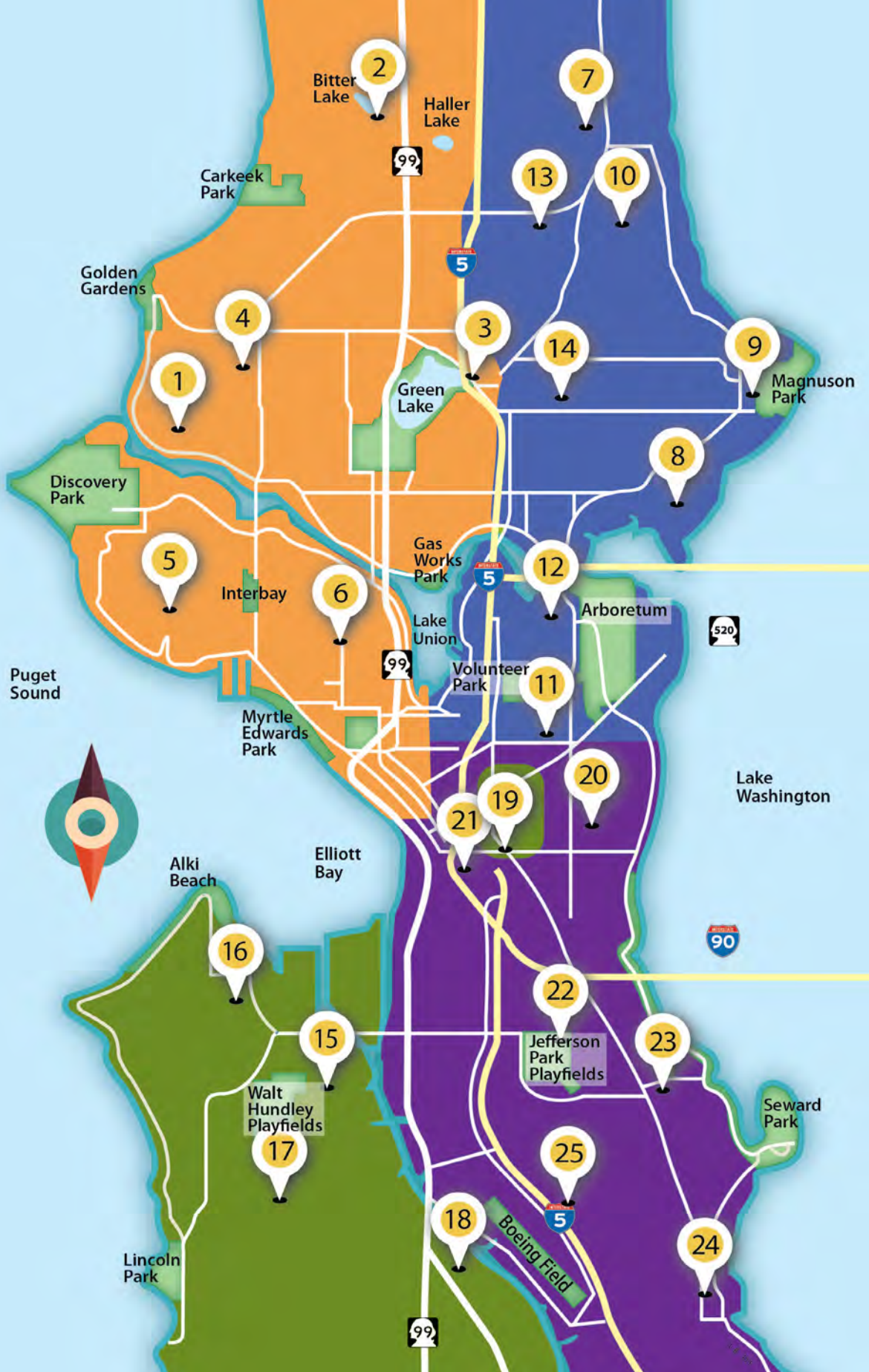


Many photos courtesy of: Meryl Schenker Photography, Ryan Hawk Photography.

## Table of Contents

Programs, Map, Directories	Page
Location Map and Staff Directory	4-5
Fitness Classes at a Glance	6-9
Adult Sports, Fitness Centers, Pickleball	10
Aquatics	11
<b>CITYWIDE EVENTS</b>	12
<b>Northwest</b>	<b>13-19</b>
Field Trips	14
Social Programs, Arts and Handwork	15
Lifelong Learning	16
Fitness Classes, Sports	16-19
<b>Northeast</b>	<b>20-27</b>
Field Trips	20-21
Social Programs, Arts and Handwork	21-22
Lifelong Learning	23
Volunteer	24
Fitness Classes, Sports	24-27
<b>Southwest</b>	<b>28-32</b>
Field Trips, Nature and Environment	28-29
Special Events	29
Social Programs, Arts and Handwork	30
Volunteer	30
Fitness Classes, Sports	30-32
<b>Southeast</b>	<b>33-37</b>
Field Trips	33-34
Social Programs, Arts and Handwork	34
Lifelong Learning	35
Fitness Classes, Sports	35-37
<b>SIGNATURE PROGRAMS</b>	<b>38-46</b>
<b>Dementia-Friendly Recreation</b>	38-39
<b>LGBTQ+ Rainbow Recreation</b>	40-41
<b>Outdoor Recreation</b>	42-46
Volunteer Opportunities	47
Community Resources	48-49
<b>How to Register</b>	50
Scholarships	50
Registration Information and Refund Policy	51

# COMMUNITY CENTER LOCATIONS



Pages  
13-19

**Northwest**

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

**1) BALLARD CC**  
6020 28th Ave. NW, 98107  
tel: 206-684-4093  
**2) BITTER LAKE CC**  
13035 Linden Ave. N, 98133  
tel: 206-684-7524

**3) GREEN LAKE CC**  
7201 E Green Lake Dr. N, 98115  
tel: 206-684-0780  
**4) LOYAL HEIGHTS CC**  
2101 NW 77th St., 98117  
tel: 206-684-4052

**5) MAGNOLIA CC**  
*Closed for renovations*  
2550 34th Ave. W, 98199  
tel: 206-386-4235  
**6) QUEEN ANNE CC**  
1901 1st Ave. W, 98119  
tel: 206-386-4240

Pages  
20-27

**Northeast**

**Tori Fernau, Recreation Specialist**  
206-386-9106 / cell 206-696-8252 / [tori.fernau@seattle.gov](mailto:tori.fernau@seattle.gov)

**7) LAKE CITY CC**  
*Closed due to fire damage*  
12531 28th Ave. NE, 98125  
tel: 206-256-5645  
**8) LAURELHURST CC**  
4554 NE 41st St., 98105  
tel: 206-684-7529  
**9) MAGNUSON CC**  
7110 62nd Ave. NE, 98115  
tel: 206-684-7026

**10) MEADOWBROOK CC**  
10517 35th Ave. NE, 98125  
tel: 206-684-7522  
**11) MILLER CC**  
330 19th Ave. E, 98112  
tel: 206-684-4753  
**12) MONTLAKE CC**  
1618 E Calhoun St., 98112  
tel: 206-684-4736

**13) NORTHGATE CC**  
10510 5th Ave. NE, 98125  
tel: 206-386-4283  
**14) RAVENNA-ECKSTEIN CC**  
6535 Ravenna Ave. NE, 98115  
tel: 206-684-7534

Pages  
28-32

**Southwest**

**John Hasslinger, Recreation Specialist**  
206-256-5403 / cell 206-423-3988 / [john.hasslinger@seattle.gov](mailto:john.hasslinger@seattle.gov)

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

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

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

Pages  
33-37

**Southeast**

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

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

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

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

Pages  
38-46

**Signature Programs**

**Dementia-Friendly Recreation**  
**Tamara Keefe:**  
206-615-0100  
cell 206-399-4655  
[tamara.keefe@seattle.gov](mailto:tamara.keefe@seattle.gov)

**Rainbow Recreation**  
**Tamara Keefe:**  
206-615-0100  
cell 206-399-4655  
[tamara.keefe@seattle.gov](mailto:tamara.keefe@seattle.gov)

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

<b>BOLLYWOOD FITNESS</b>						
<b>Delridge</b>						
75105	4/11-6/20	Fri	10-11 a.m.	A Carver	\$88	
<b>BUILDING BALANCE WITH FRIENDS</b>						
<b>Magnuson</b>						
75546	4/10-5/29	Thu	1-2:30 p.m.	M Kaye	Free	
<b>CELEBRATE FITNESS</b>						
<b>Ballard</b>						
75251	4/9-6/18	Wed	10:30-11:30 a.m.	D Pierce	\$88	
<b>CHAIR STRENGTH AND TONE</b>						
<b>Bitter Lake</b>						
75200	4/7-6/16	Mon	10:30-11:15 a.m.	J Rayer	\$60	
<b>CIRCUIT TRAINING</b>						
Video Link - Bitter Lake: <a href="https://youtu.be/JpJLEntLKAM">https://youtu.be/JpJLEntLKAM</a>						
Video Link - Queen Anne: <a href="https://youtu.be/Faj4Hn5-fr0">https://youtu.be/Faj4Hn5-fr0</a>						
<b>Bitter Lake</b>						
75204	4/11-6/20	Fri	9:30-10:30 a.m.	R Buyce	\$48	
<b>Loyal Heights</b>						
75203	4/8-6/17	Tue	9:30-10:30 a.m.	R Buyce	\$88	
75202	4/10-6/12	Thu	9:30-10:30 a.m.	R Buyce	\$80	
<b>Meadowbrook</b>						
75522	4/11-6/20	Fri	11:30 a.m.-12:30 p.m.	R Buyce	\$80	

<b>DANCE FIT</b>						
<b>Delridge</b>						
75106	4/10-6/12	Thu	10-11 a.m.	D Pierce	\$72	
<b>Queen Anne</b>						
75727	4/11-6/20	Fri	10:30-11:30 a.m.	L Spivack	\$88	
<b>Yesler</b>						
75152	4/11-6/20	Fri	10:15-11:15 a.m.	D Pierce	Free	
<b>DANCE FITNESS</b>						
<b>Laurelhurst</b>						
75359	4/10-6/12	Thu	9:15-10:15 a.m.	C House	\$72	
<b>DANCE FOR PARKINSON'S</b>						
<b>Garfield</b>						
75461	4/3-5/29	Thu	10:30 a.m.-Noon		Free	
<b>DANCE—</b>						
<b>TRADITIONAL AND CONTEMPORARY ASIAN</b>						
<b>Jefferson</b>						
75480	4/8-6/17	Tue	6-7:45 p.m.	K Luo	Free	
<b>Van Asselt</b>						
75481	4/12-6/21	Sat	2-3:45 p.m.	K Luo	Free	



ENHANCE FITNESS						
<b>Garfield</b>						
Silver&Fit® / One Pass®						
75466	4/7-6/16	Mon	Noon-1 p.m.	N Frazer	Free	
75468	4/9-6/18	Wed	1-2 p.m.	N Frazer	Free	
Self-Pay						
75467	4/7-6/16	Mon	Noon-1 p.m.	N Frazer	\$80	
75470	4/9-6/18	Wed	1-2 p.m.	N Frazer	\$88	
<b>High Point</b>						
Silver&Fit® / One Pass®						
75111	4/8-6/17	Tue	9:30-10:30 a.m.	N Frazer	Free	
Self-Pay						
75112	4/8-6/17	Tue	9:30-10:30 a.m.	N Frazer	\$88	
<b>Jefferson</b>						
Silver&Fit® / One Pass®						
75143	4/10-6/12	Thu	10-11 a.m.	N Frazer	Free	
Self-Pay						
75144	4/10-6/12	Thu	10-11 a.m.	N Frazer	\$72	
<b>Magnuson</b>						
Silver&Fit® / One Pass®						
75368	4/10-6/12	Thu	10:30-11:30 a.m.	J Shearer	Free	
Self-Pay						
75369	4/10-6/12	Thu	10:30-11:30 a.m.	J Shearer	\$72	
<b>Meadowbrook</b>						
Silver&Fit® / One Pass®						
75526	4/7-6/16	Mon	11 a.m.-Noon	C House	Free	
75528	4/8-6/17	Tue	9:40-10:40 a.m.	C House	Free	
75530	4/9-6/18	Wed	9:40-10:40 a.m.	C House	Free	
75524	4/11-6/20	Fri	9:40-10:40 a.m.	C House	Free	
Self-Pay						
75527	4/7-6/16	Mon	11 a.m.-Noon	C House	\$72	
75529	4/8-6/17	Tue	9:40-10:40 a.m.	C House	\$80	
75531	4/9-6/18	Wed	9:40-10:40 a.m.	C House	\$80	
75525	4/11-6/20	Fri	9:40-10:40 a.m.	C House	\$80	
<b>Miller</b>						
Silver&Fit® / One Pass®						
75494	4/7-6/16	Mon	10:15-11:15 a.m.	M Taplin	Free	
75496	4/10-6/12	Thu	10:30-11:30 a.m.	M Taplin	Free	
Self-Pay						
75495	4/7-6/16	Mon	10:15-11:15 a.m.	M Taplin	\$80	
75497	4/10-6/12	Thu	10:30-11:30 a.m.	M Taplin	\$72	
<b>Montlake</b>						
Silver&Fit® / One Pass®						
75498	4/8-6/17	Tue	1:45-2:45 p.m.	M Taplin	Free	
Self-Pay						
75499	4/8-6/17	Tue	1:45-2:45 p.m.	M Taplin	\$88	

<b>Queen Anne</b>						
Silver&Fit® / One Pass®						
75277	4/7-6/16	Mon	Noon-1 p.m.	K Adolphsen	Free	
75279	4/9-6/18	Wed	Noon-1 p.m.	K Adolphsen	Free	
75275	4/11-6/20	Fri	Noon-1 p.m.	K Adolphsen	Free	
Self-Pay						
75278	4/7-6/16	Mon	Noon-1 p.m.	K Adolphsen	\$80	
75280	4/9-6/18	Wed	Noon-1 p.m.	K Adolphsen	\$88	
75276	4/11-6/20	Fri	Noon-1 p.m.	K Adolphsen	\$88	
<b>Rainier</b>						
Silver&Fit® / One Pass®						
75469	4/9-6/18	Wed	10:15-11:15 a.m.	YS Gartz	Free	
75464	4/11-6/20	Fri	10:15-11:15 a.m.	YS Gartz	Free	
Self-Pay						
75471	4/9-6/18	Wed	10:15-11:15 a.m.	YS Gartz	\$88	
75465	4/11-6/20	Fri	10:15-11:15 a.m.	YS Gartz	\$88	
<b>FABULOUSLY FIT</b>						
<b>Queen Anne</b>						
75215	4/9-6/18	Wed	9:30-10:45 a.m.	K Adolphsen	\$110	
<b>FITNESS</b>						
<b>Delridge</b>						
75113	4/9-6/18	Wed	10-11 a.m.	D Pierce	\$88	
<b>INTRO TO THE FITNESS ROOM</b>						
<b>Northgate</b>						
75507	4/23-5/14	Wed	2-3 p.m.	M Kaye	Free	
76571	5/28-6/18	Wed	2-3 p.m.	M Kaye	Free	
<b>JUICY JOINTS</b>						
<b>Bitter Lake</b>						
75224	4/7-6/16	Mon	9-10 a.m.	J Rayor	\$80	
75225	4/9-6/18	Wed	9-10 a.m.	J Rayor	\$88	

## NEW to EnhanceFitness?

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



LINE DANCE						
Video Link: <a href="https://youtu.be/n4CVebDKpDg">https://youtu.be/n4CVebDKpDg</a>						
Line Dance						
High Point						
All Levels						
75117	4/10-6/12	Thu	11:15 a.m.-12:15 p.m.	S Simmons	\$72	
Intermediate						
75119	4/10-6/12	Thu	12:20-1:20 p.m.	S Simmons	\$72	
Queen Anne						
Beginning						
75227	4/7-6/16	Mon	3:30-4:30 p.m.	C Banta	\$80	
Continuing						
75226	4/9-6/18	Wed	5:45-6:45 p.m.	C Banta	\$88	
Party Line Dance						
Meadowbrook						
All Levels						
75535	4/7-6/16	Mon	12:15-1:15 p.m.	C House	\$72	
Soul Line Dance						
Magnuson						
All Levels						
76902	4/10-5/22	Thu	11:45 a.m.-12:45 p.m.	M Silver	\$56	
Northgate						
All Levels						
75517	4/11-5/23	Fri	11:45 a.m.-1 p.m.	M Silver	\$60	
Rainier						
All Levels						
75478	4/14-5/19	Mon	11:45 a.m.-12:45 p.m.	M Silver	\$48	
Tuesday Dance Party						
Delridge						
75133	4/8-6/17	Tue	10:15-11:15 a.m.	A Carver	\$88	
MARTIAL ARTS: SHORIN-RYU KARATE						
Loyal Heights						
75628	4/8-6/10	M/W	6:30-8 p.m.	H Avelar	\$112	
PILATES						
Video Link: <a href="https://youtu.be/C6iGDqezc3M">https://youtu.be/C6iGDqezc3M</a>						
Laurelhurst						
75363	4/10-6/12	Thu	12:30 a.m.-1:30 p.m.	J Devlin	\$72	
Loyal Heights						
75254	4/7-6/16	Mon	12:15-1:15 p.m.	TBD	\$80	
Meadowbrook						
75540	4/9-6/18	Wed	11:15 a.m.-12:15 p.m.	J Devlin	\$80	
Ravenna-Eckstein						
75501	4/12-6/21	Sat	11:30 a.m.-12:30 p.m.	J Devlin	\$88	
STRETCH AND BALANCE						
Northgate						
75519	4/7-6/16	Mon	2-3 p.m.	M Kaye	Free	
STRENGTH AND CONDITIONING						
Laurelhurst						
75364	4/8-6/17	Tue	9:30-10:30 a.m.	J Shearer	\$88	
Magnuson						
75371	4/10-6/12	Thu	9:15-10:15 a.m.	J Shearer	\$72	
Northgate						
75518	4/11-5/23	Fri	10:15-11:15 a.m.	M Silver	\$48	

TAI CHI AND QIGONG						
Video Link: <a href="https://youtu.be/J82jluSOs5s">https://youtu.be/J82jluSOs5s</a>						
Tai Chi						
Ballard						
Beginning/Continuing						
75234	4/7-6/16	Mon	6:30-7:30 p.m.	S House	\$80	
Bitter Lake						
Beginning/Continuing						
75235	4/9-6/18	Wed	6:45-7:45 p.m.	S House	\$44	
Garfield						
All Levels						
75479	4/7-6/16	Mon	10:15-11:15 a.m.	E Baxa	\$80	
Green Lake						
All Levels						
75229	4/9-6/18	Wed	10:30-11:30 a.m.	E Baxa	\$88	
75230	4/9-6/18	Wed	11:45 a.m.-12:45 p.m.	E Baxa	\$88	
High Point						
Continuing						
75128	4/7-6/16	Mon	11 a.m.-Noon	P Kelley-Elend	\$80	
Loyal Heights						
Beginning						
75232	4/8-6/17	Tue	11:15 a.m.-12:15 p.m.	C Tan	\$88	
Continuing						
75233	4/8-6/17	Tue	12:30-1:30 p.m.	C Tan	\$88	
Montlake						
All Levels						
75502	4/7-6/16	Mon	12:45-1:45 p.m.	E Baxa	\$80	
Queen Anne						
All Levels						
75231	4/10-6/12	Thu	11 a.m.-Noon	E Baxa	\$72	
Ravenna-Eckstein						
All Levels						
75493	4/8-6/17	Tue	12:45-1:45 p.m.	E Baxa	\$88	
Qigong						
IDCCC						
75477	4/8-6/17	Tue	9:45-11 a.m.	Saya S	\$110	
Loyal Heights						
75228	4/10-6/12	Thu	11:15 a.m.-12:15 p.m.	C Tan	\$72	
Northgate						
Beginning						
75515	4/10-6/12	Thu	11:15 a.m.-12:15 p.m.	A Peizer	\$64	
Ongoing						
75516	4/10-6/12	Thu	12:30-1:30 p.m.	A Peizer	\$64	
Ravenna-Eckstein						
Beginning						
75490	4/9-6/18	Wed	2-3 p.m.	A Peizer	\$88	
Ongoing						
75491	4/9-6/18	Wed	12:45-1:45 p.m.	A Peizer	\$88	



WHOLE BODY FITNESS					
<b>Delridge</b>					
75137	4/7-6/16	Mon	10-11 a.m.	D Pierce	\$80
<b>Rainier Beach</b>					
75488	4/8-6/17	Tue	10:30-11:30 a.m.	D Pierce	Free
<b>YOGA</b>					
<b>Back in Action Gentle Yoga</b>					
<b>High Point</b>					
75104	4/11-6/20	Fri	11 a.m.-Noon	J Reed	\$88
<b>Chair Yoga</b>					
<b>Bitter Lake</b>					
75201	4/11-6/20	Fri	1-1:45 p.m.	J Robin	\$34
<b>Gentle Yoga</b>					
Video Link: <a href="https://youtu.be/-rbaj950AtE">https://youtu.be/-rbaj950AtE</a>					
<b>Bitter Lake</b>					
75222	4/9-6/18	Wed	5:30-6:30 p.m.	D Schulz	Free
<b>Green Lake</b>					
75220	4/7-6/16	Mon	12:30-1:30 p.m.	R MacDonald	\$80
<b>High Point</b>					
75114	4/7-6/16	Mon	9:45-10:45 a.m.	J Reed/ A Merlo	\$80
75138	4/9-6/18	Wed	11:30 a.m.-12:30 p.m.	J Reed	\$88
<b>Jefferson</b>					
75145	4/11-6/20	Fri	10-11 a.m.	J Walton	\$88
<b>Laurelhurst</b>					
75361	4/10-6/12	Thu	11 a.m.-Noon	J Robin	\$72
<b>Loyal Heights</b>					
75221	4/7-6/16	Mon	10:45-11:45 a.m.	R MacDonald	\$80
<b>Magnuson</b>					
75370	4/9-6/18	Wed	10-11 a.m.	J Robin	\$88
<b>Miller</b>					
75632	4/7-6/16	Mon	11:45 a.m.-12:45 p.m.	L Gardener	\$80
<b>Montlake</b>					
75500	4/7-6/16	Mon	11:30 a.m.-12:30 p.m.	J Robin	\$80
<b>Rainier Beach</b>					
75472	4/8-6/17	Tue	9-10 a.m.	J Walton	\$88
<b>Ravenna-Eckstein</b>					
75489	4/12-6/21	Sat	10-11 a.m.	J Robin	\$88
<b>Queen Anne</b>					
75223	4/7-6/16	Mon	2-3 p.m.	R MacDonald	\$80
<b>Gentle Yoga—Flow-Style</b>					
<b>Bitter Lake</b>					
75217	4/10-6/12	Thu	5:30-6:30 p.m.	D Schulz	Free

## 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.*

Vini Yoga					
<b>Delridge</b>					
75134	4/9-6/18	Wed	11:15 a.m.-12:15 p.m.	A Merlo	\$88
<b>Ballard</b>					
75236	4/11-6/20	Fri	10:30-11:30 a.m.	M Alex	\$88
<b>Laurelhurst</b>					
75365	4/8-6/17	Tue	11 a.m.-Noon	H Mair	\$88
<b>Loyal Heights</b>					
75218	4/10-6/12	Thu	5:30-6:30 p.m.	A Mason	\$72
<b>Meadowbrook</b>					
75541	4/7-6/16	Mon	9:30-10:30 a.m.	H Mair	\$72
75542	4/11-6/20	Fri	1:30-2:30 p.m.	H Mair	\$80
<b>Northgate</b>					
75520	4/10-5/29	Thu	10-11 a.m.	H Mair	\$48
<b>Rainier Beach</b>					
75487	4/11-6/20	Fri	10-11 a.m.	A Merlo	\$88
<b>ZUMBA® AND ZUMBA GOLD®</b>					
Video Link: <a href="https://youtu.be/mzy3RR_SfuQ">https://youtu.be/mzy3RR_SfuQ</a>					
<b>Bitter Lake</b>					
76172	4/9-6/18	Wed	Noon-1 p.m.	S Tennyson	\$45
<b>Laurelhurst</b>					
75366	4/8-6/17	Tue	12:15-1:15 p.m.	C House	\$88
<b>Loyal Heights</b>					
75239	4/10-6/12	Thu	9:30-10:30 a.m.	S Price	\$72
<b>Queen Anne</b>					
75238	4/7-6/16	Mon	10:30-11:30 a.m.	S Price	\$80



[facebook.com/LifelongRecreationSPR/](https://facebook.com/LifelongRecreationSPR/)

## ADULT SPORTS

For information about any Adult Sports visit our website at:

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

or contact Jayson Powell at:  
206-684-7092, cell 206-295-2465,  
email: [jayson.powell@seattle.gov](mailto: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.

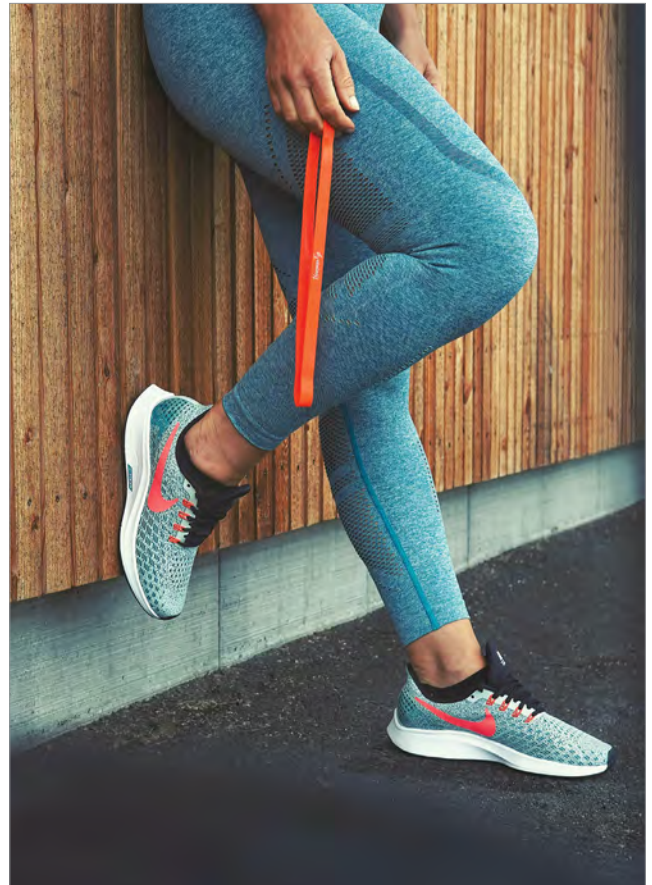


## Come work out at our Fitness Centers

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**

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

**Wellness Aquatic Activities**

Visit <http://www.seattle.gov/parks/pools.asp> for a complete list of what Seattle Pools has to offer. Our programs include:

- Lap Swim*
- Adult Swim*
- Senior Swim*
- Women Only Swim*
- Adult Swim Lessons*
- Shallow Water Fitness*
- Deep Water Fitness*
- Hydro-Fit*
- Stretch N Flex\* AquaZumba*



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

# Lifelong Recreation 50th Anniversary!

Join us in celebrating 50 memorable years of Lifelong Recreation! This day will have us reflect on how far we have come, reconnect with friends, and celebrate the joys we have had over the decades. Enjoy a performance by our own Silver Sounds group. Refreshments will be served. Donations will be accepted day of to support Lifelong Recreation Programming. This event is free, but if you need transportation please sign up in the sector you wish to travel from: NW—page 14, NE—page 21, SW—page 29, and SE—page 34. **Registration is required.**

**Location:** Garfield CC

75169 6/12 Thu 11:30 a.m.-2 p.m. Free



## Triple Mountain Pass Adventure



Enjoy a chance to explore the scenery of Washington on a luxury charter bus. The day will have us traveling over Stevens Pass, Blewett Pass, and Snoqualmie Pass, taking in the new spring foliage. We will make stops at Deception Falls, Leavenworth, and Roslyn—with time to explore. Lunch on your own.

**Departure sites:**

Jefferson CC at 8:30 a.m.,

Northgate Transit Center at 9:15 a.m.

75170 5/21 Wed 8:30 a.m.-7 p.m. \$120

### Questions?

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



**Gerald Seminatore**  
Northwest  
Recreation Specialist

206-233-7138 / cell 206-399-8561  
[gerald.seminatore@seattle.gov](mailto: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](mailto: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 2024-June 2025. 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 pages 40-41, 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

**Klondike Historical Park**

The area around Seattle's Pioneer Square has experienced a renaissance since the pandemic. Many new eateries, shops, and galleries have appeared, and they are all worth exploring. We'll begin our day at the Klondike Gold Rush National Historical Park, a museum that preserves trails, historic structures, artifacts, landscapes, and stories associated with the Klondike Gold Rush. Following this, we'll walk as a group to tour a few of the galleries and shops nearby, with lunch on your own.

**Southbound**

75241 4/9 Wed 9 a.m.-3 p.m. \$24

**Boeing Future of Flight**

Visit the Boeing Future of Flight Aviation Center and experience interactive exhibits, the Sky Deck, and more. Step inside the world's largest factory for a behind-the-scenes look at the Boeing Everett assembly line. This tour is accessible. Lunch, on your own, following the tour.

**Northbound**

77209 4/18 Fri 9 a.m.-3:30 p.m. \$80

**Seattle Aquarium**

The Seattle Aquarium immerses visitors in the marine life of the Pacific Northwest. Exhibits featuring sea otters, octopuses, and hands-on touch tanks create an engaging and educational experience. Lunch with the group, on your own. Reduced ticket/trip fee courtesy of the Aquarium's Community Connections program.

**Southbound**

75244 4/23 Wed 9:30 a.m.-3:30 p.m. \$34

**ACT Golden**

Join the audience at ACT, Seattle's American Contemporary Theater, for a performance of **Golden**. Morris Golden reaches for answers as a mysterious change machine in his laundromat becomes an unexpected source of hope. From the mind of celebrated Seattle writer Andrew Lee Creech comes a riveting world premiere that peels back layers of lives, relationships, and choices. NOTE: Due to ticketing deadlines, the window for requests for withdrawal/refund closes one month (4 weeks) before the trip.

**Southbound**

75240 5/8 Thu 12:30-5:30 p.m. \$80

**Seward Park Audubon Center**

The Seward Park Audubon Center is at the nexus of a 277-acre natural playground with the last stand of old growth forest in Seattle. We'll connect with the center's activities and programs, then embark on a walk that will have us looking around and up!

**Southbound**

75243 5/30 Fri 9 a.m.-3 p.m. \$24

**Saint Edward State Park**

Saint Edward State Park is a day use park with sprawling lawns and a forested labyrinth of trails take visitors through a lush forest to the shores of Lake Washington. Open to walkers who can traverse uneven, unpaved surfaces with occasional changes in grade. We will have time to explore on our own and then rendezvous at the Lodge for lunch, on your own.

**Northbound**

75242 6/4 Wed 10 a.m.-3 p.m. \$26

**Lifelong Recreation 50th Anniversary**

Join us in celebrating 50 memorable years of Lifelong Recreation! This event is FREE, but if you need transportation from the NW area sign up with the NW field trip number on the registration line below (for a small transportation fee). If you DO NOT NEED TRANSPORTATION, please sign up with number 75169, details on page 12. Event will be held at Garfield.

**Southbound**

75281 6/12 Thu 11:30 a.m.-1:30 p.m. \$8

# SOCIAL PROGRAMS

## Crafts

### Crafty Ladies

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

75207 4/10-7/3 Thu 1:30-4 p.m. Free

## Games

### Drop-In Bridge

Enjoy a game of bridge.

#### Queen Anne

Intermediate/Advanced

75205 4/8-7/1 Tue 12:30-3:30 p.m. Free

### Drop-In Mahjong

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

#### Queen Anne

All Levels

75208 4/11-6/27 Fri 1:30-4:30 p.m. Free

## Movies

### Monday Movies at Loyal Heights

Gather, socialize, and enjoy a classic movie. A great opportunity to make new friends and chase away the winter blues! Bring your favorite seat cushion if you wish. Snacks provided. Max. 16.

#### Local Hero

Comedy/Drama | 1983

An American oil company has plans for a new refinery and sends someone to Scotland to buy up an entire village. But things don't go as expected.

75272 4/14 Mon 12:45-3:15 p.m. \$8

#### Moonstruck

Comedy/Drama | 1987

A bookkeeper from Brooklyn finds herself in a compromising situation when she falls for the brother of the man she has agreed to marry.

75273 5/12 Mon 12:45-3:15 p.m. \$8

#### War Horse

Adventure/Drama | 2011

A young farm boy enlists to serve in World War I after his beloved horse is sold to the cavalry. His hopeful journey takes him out of England and onto the front lines as the war rages on.

75274 6/9 Mon 12:45-3:15 p.m. \$8

# ARTS AND HANDWORK

### Watercolor with Sandra Kahler

Receive individual attention to enhance your skills. Bring your own watercolor supplies to each class, a materials list will be provided. Each class includes a group lesson and demonstration. Some previous watercolor experience is recommended.

#### Loyal Heights

75246 4/7-6/9 Mon 10:30 a.m.-1 p.m. S Kahler \$92



## LIFELONG LEARNING

### Medicare and Insurance for Older Adults

The health insurance landscape can feel bewildering to navigate. The questions around Medicare and beginning coverage are many. This workshop will help you chart a course to confidence in both your decisions and your coverage. Presented by SHIBA (Statewide Health Insurance Benefits Advisors). **Registration required.**

#### Bitter Lake

75249 4/9 Wed 1:30-4:30 p.m. Free

### Workshop: 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 required.**

#### Bitter Lake

75250 4/3 Thu 1:30-3:30 p.m. Free

#### Green Lake

75248 5/1 Thu 1:30-3:30 p.m. Free

### Workshop: Prepare to Care

Developing a team approach to caregiving and networking with resources in your community can help. We'll explore conversations about caregiving, team building, connecting with resources, self-care, and social connection. Workshop facilitated by Jean Mathisen of AARP. **Registration required.**

#### Bitter Lake

75252 5/8 Thu 1:30-3:30 p.m. Free

#### Loyal Heights

75247 4/27 Thu 1:30-3:30 p.m. Free

## SPORTS

### Pickleball at a Glance

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

### 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

75199 4/7-6/16 Mon 10:30 a.m.- Noon Volunteers Free

### Pickleball Skills—Beginning

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

#### Loyal Heights

75245 4/7-5/5 Mon 9:30-10:45 a.m. D Howlett \$50

### Pickleball Skills—Advancing

Picking up where the quarter's Beginning Level class left off. For players who have the fundamentals in hand and want to develop their skills in more advanced play.

#### Loyal Heights

75282 5/12-6/16 Mon 9:30-10:45 a.m. D Howlett \$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 12 for details. A Δ (triangle) notes a reduced class fee made possible by a *King County Shape Up Grant*.

## Aerobics and Dance

### NEW Celebrate Fitness

Stretch, strengthen, and tone all muscle groups for improved health and fitness. Hear some great tunes, and practice some fun dance moves. Chairs available for participants who desire one.

#### Ballard

75251 4/9-6/18 Wed 10:30-11:30 a.m. DPierce \$88

### NEW Dance Fit

Dance Fit is a fitness class designed as a low impact movement experience. Through instruction and free dancing you will find your groove and experience the joy of movement while keeping fitness goals in view. Each week will feature a curated playlist which aims to activate, motivate, and of course, energize.

#### Queen Anne

75727 4/11-6/20 Fri 10:30-11:30 a.m. LSpivack \$88

### Fabulously Fit

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

#### Queen Anne

75215 4/9-6/18 Wed 9:30-10:45 a.m. KAdolphsen \$110

### 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

75224 4/7-6/16 Mon 9-10 a.m. JRayor \$80

75225 4/9-6/18 Wed 9-10 a.m. JRayor \$88

### Line Dance

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

#### Queen Anne

##### Beginning

75227 4/7-6/16 Mon 3:30-4:30 p.m. CBanta \$80

##### Continuing

75226 4/9-6/18 Wed 5:45-6:45 p.m. CBanta \$88

### NEW Martial Arts: Shorin-ryu Karate

Learn traditional Okinawan karate in a safe, welcoming environment. As a martial art, karate is an effective form of self-defense. As exercise and recreation, karate is a structured approach to developing and maintaining physical and cognitive health. Learn to integrate offense and defense movements in pattern drills called kata. Develop concentration, calmness, confidence, and improve overall fitness.

#### Loyal Heights

75628 4/8-6/10 Mon/ Wed 6:30-8 p.m. H Avelar \$112

### 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 NEW

76172Δ 4/9-6/18 Wed Noon-1 p.m. STennyson \$45

#### Loyal Heights

75239 4/10-6/12 Thu 9:30-10:30 a.m. SPrice \$72

#### Queen Anne

75238 4/7-6/16 Mon 10:30-11:30 a.m. SPrice \$80

\*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*.

## Strength and Conditioning

### Chair Strength and Tone

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

#### Bitter Lake

75200 4/7-6/16 Mon 10:30-11:15 a.m. J Rayor \$60

### Circuit Training

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

#### Bitter Lake

75204△ 4/11-6/20 Fri 9:30-10:30 a.m. R Buyce \$48

#### Loyal Heights

75203 4/8-6/17 Tue 9:30-10:30 a.m. R Buyce \$88

75202 4/10-6/12 Thu 9:30-10:30 a.m. R Buyce \$80



## 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

75277 4/7-6/16 Mon Noon-1 p.m. K Adolphsen Free

75279 4/9-6/18 Wed Noon-1 p.m. K Adolphsen Free

75275 4/11-6/20 Fri Noon-1 p.m. K Adolphsen Free

### Self-Pay

75278 4/7-6/16 Mon Noon-1 p.m. K Adolphsen \$80

75280 4/9-6/18 Wed Noon-1 p.m. K Adolphsen \$88

75276 4/11-6/20 Fri Noon-1 p.m. K Adolphsen \$88

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

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

## Tai Chi and Qigong

### Tai Chi

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

#### Ballard

*Beginning/Continuing Chen-Style*

75234	4/7-6/16	Mon	6:30-7:30 p.m.	S House	\$80
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#### Bitter Lake—Back in Motion Class

*Beginning/Continuing Chen-Style*

75235	4/9-6/18	Wed	6:45-7:45 p.m.	S House	\$44
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#### Green Lake—Back in Motion Class

*All Levels*

75229	4/9-6/18	Wed	10:30-11:30 a.m.	E Baxa	\$88
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75230	4/9-6/18	Wed	11:45 a.m.-12:45 p.m.	E Baxa	\$88
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#### Loyal Heights—Back in Motion Class

*Beginning*

75232	4/8-6/17	Tue	11:15 a.m.-12:15 p.m.	C Tan	\$88
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*Continuing*

75233	4/8-6/17	Tue	12:30-1:30 p.m.	C Tan	\$88
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#### Queen Anne—Back in Motion Class

*All Levels*

75231	4/10-6/12	Thu	11 a.m.-Noon	E Baxa	\$72
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### 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

75228	4/10-6/12	Thu	11:15 a.m.-12:15 p.m.	C Tan	\$72
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## 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

75201	4/11-6/20	Fri	1-1:45 p.m.	J Robin	\$34
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### Gentle Yoga

#### Bitter Lake

*Registration required to participate*

75222	4/9-6/18	Wed	5:30-6:30 p.m.	D Schulz	Free
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#### Green Lake

75220	4/7-6/16	Mon	12:30-1:30 p.m.	R MacDonald	\$80
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#### Loyal Heights

75221	4/7-6/16	Mon	10:45-11:45 a.m.	R MacDonald	\$80
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#### Queen Anne

75223	4/7-6/16	Mon	2-3 p.m.	R MacDonald	\$80
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### Gentle Yoga—Flow Style

#### Bitter Lake

*Registration required to participate*

75217	4/10-6/12	Thu	5:30-6:30 p.m.	D Schulz	Free
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### Vini Yoga

#### Ballard

75236	4/11-6/20	Fri	10:30-11:30 a.m.	M Alex	\$88
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#### Loyal Heights

75218	4/10-6/12	Thu	5:30-6:30 p.m.	A Mason	\$72
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*\*Class qualifies for \$10 off **SHAPE UP COUPON** if you are a new student.*

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



**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](mailto:kyle.bywater@seattle.gov).

**SCHOLARSHIPS**

The scholarship cycle runs June 2024-June 2025. 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 pages 40-41, 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**

**Silent Movie at the Paramount Theater**

Come experience the sounds and artistry of Paramount Theater's historic Wurlitzer Organ as we journey into the Silent Movie Era! A short film will be featured, along with a lecture and demonstrations. Afterwards, lunch at a nearby restaurant, on your own, or bring a sack lunch to enjoy at the Convention Center ARC Building. Note: You will need to traverse several city blocks, and there is some uneven pavement.

75184 4/28 Mon 10 a.m.-2:30 p.m. \$16

**Puyallup—The Remembrance Gallery and Farm 12**

The Remembrance Gallery brings awareness through interactive and immersive exhibits to the history of the "Puyallup Assembly Center", and the experiences of the many Japanese and Japanese Americans incarcerated there during World War II. We will lunch at Farm 12, on your own, or bring a sack lunch to enjoy outside. Afterwards, take a walk, visit their bakery, or soak up the beauty of the near by lupine fields. Note: There will be lots of walking on this trip, and some uneven pavement.

75182 5/19 Mon 9:20 a.m.-3 p.m. \$29

**Maltby Cafe and Flower World**

Enjoy brunch at Maltby Cafe, famous for their huge cinnamon rolls, before heading to Flower World for the afternoon. Free time to shop at their retail nursery, walk the gardens, visit the pond, mingle with free-roaming ducks, and tour the tropical greenhouse with turtles and fish. We'll save extra space in the van for plant purchases. Lunch and plants paid on your own. Note: Uneven ground, some dirt and gravel surfaces.

75183 6/2 Mon 9:40-2:30 p.m. \$23

**Lifelong Recreation 50th Anniversary**

Join us in celebrating 50 memorable years of Lifelong Recreation! This event is FREE, but if you need transportation from the NE area sign up with the NE field trip number on the registration line below (for a small transportation fee). If you DO NOT NEED TRANSPORTATION, please sign up with number 75169, details on page 12. Event will be held at Garfield.

75181 6/12 Thu 11 a.m.-2:15 p.m. \$8

**Heron Rookeries**

Spring is an active time at the local heron rookeries, and we will be visiting several nesting sites in hopes of seeing these majestic birds and their offspring! Bring binoculars if you have them, but not required. Lunch at Lake Forest Park Town Center, on your own. Note: Some traversing of dirt and uneven ground at some of the locations.

75185 6/16 Mon 9:40 a.m.-3 p.m. \$23



**SOCIAL PROGRAMS**

**Book Clubs**

**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: 4/16, 5/21, and 6/18.

75362 Wed 2:15-3:15 p.m. Free

**Meadowbrook Book Club**

Meets the 3rd Thursday of each month (except April\* and June\*): 4/24\*, 5/15, and 6/26\*.

75532 Thu Noon-1 p.m. Free

**Miller LGBTQ+ Affirming Book Group**

See Rainbow page 41 for details.

75634 6/11 Wed 2-3:30 p.m. Free

**Northgate Book Club**

Meets the 2nd Tuesday of each month: 4/8, 5/13, and 6/10.

75514 Tue 3-4:30 p.m. Free

**Ravenna Evening Book Group**

Meets the 2nd Monday of each month: 4/14, 5/12, and 6/9.

75492 Mon 6:30-8 p.m. Free

## Games

### Drop-In Bridge

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

#### Montlake

4/11-6/20 Fri 1:30-3:45 p.m.

Free

#### Northgate *No activity 4/14*

4/7-6/30 Mon 1-3 p.m.

Free

### Drop-In Mahjong

Drop-In and play mahjong, for experienced players.

#### Laurelhurst

4/8-6/17 Tue 11 a.m.-1:45 p.m.

Free

#### Magnuson

4/10-6/12 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 game. Class size is limited to 5 participants so register early.

#### Northgate

75512 5/1-5/29 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: 4/10, 5/8, and 6/12.

#### Meadowbrook

75533 4/10-6/12 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. *No activity 4/15.*

#### Meadowbrook

75534 4/8-6/17 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. *No class 4/17 and 6/12.*

#### Meadowbrook

75543 4/10-6/12 Thu 10 a.m.-12:30 p.m.

S Kahler

\$92



# LIFELONG LEARNING

## AARP: Protect Yourself from Fraud and ID Theft

Come learn from a trained AARP speaker how to spot fraud and scams to protect yourself and your family. Learn how scammers think, how to safeguard against identity theft and fraud, and what to do if you or someone you know has been impacted.

### Meadowbrook

75638 5/22 Thu 11 a.m.-Noon Free

### Northgate

75521 6/11 Wed 1-2 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

75513 4/24 Thu 5:30-7:30 p.m. Free

## NEW Reverse Mortgage Essentials

Let's dive into some common myths and misconceptions around reverse mortgages. Come learn more about how you can unlock the equity in your home, and the impacts it might have on your legacy planning and long term financial security.

### Meadowbrook

76599 5/1 Fri 10-11:30 a.m. Free

## NEW SPD: Personal Safety Class

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.

### Northgate

76598 5/30 Fri 10 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 one, or write for the pleasure of writing. Note: This is not a writing class. *No activity on 4/15.*

### Meadowbrook

75544 4/8-6/17 Tue 10:30 a.m.-12:30 p.m. \$10

## Life Transitions Series

Monthly 1-hour information sessions with opportunities to learn tips and options from professionals working in the industry. Please register for each individual topic. Space is limited due to room size.

## Wills and Trusts

### Northgate

75510 4/23 Wed 1:30-2:30 p.m. Free

## Downsizing: Do It While You Can!

### Northgate

75509 5/21 Wed 1:30-2:30 p.m. Free

## Thinking of Selling? What's Next?

### Northgate

75508 6/18 Wed 1:30-2:30 p.m. Free

## Tech Time

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

Drop-In Support Hours with Lifelong Recreation 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 Spring 2025 Registration Opens

### Meadowbrook

73348 2/26 Wed 9:30 a.m.-12:30 p.m. Free

### Laurelhurst

76480 2/27 Thu 9:30 a.m.-12:30 p.m. Free

## Before Summer 2025 Registration Opens

### Meadowbrook

75186 5/12 Mon 10 a.m.-1 p.m. Free

75187 5/16 Fri 9 a.m.-Noon Free

# VOLUNTEER

## Earth Day—Stencil Storm Drains

Volunteer with Lifelong's NE sector and Outdoor Recreation to stencil storm drains for Earth Day in the Ravenna neighborhood. Stenciling helps raise awareness and reduces the amount of harmful pollutants dumped in storm drains that lead to our local waterways. Note: Uneven ground and pavement, approximately 1 mile distance. **A joint program with Outdoor Recreation.**

Note: If it is raining or the ground is wet, we will not be able to paint and will attempt to reschedule for Thursday 4/24.

**Ravenna-Eckstein CC, outside front entrance**

75548 4/21 Mon 1-2:30 p.m. Free



# SPORTS

## Pickleball at a Glance

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

## Pickleball Skills—Beginning

Learn the basic strokes, rules, and strategies of pickleball. This class includes one hour of instruction, and 30 minutes of practice time. Once you've learned the basics, you can join our drop-in play across most of the community centers in Seattle. Please bring your own water bottle. *No class 4/15.*

### Meadowbrook

75538	4/8-5/13	Tue	Noon-1:30 p.m.	M Bisch	\$60
75537	5/20-6/17	Tue	Noon-1:30 p.m.	M Bisch	\$60

## Pickleball Skills—Beyond Beginners

**Prerequisites:** Players should have some experience with pickleball, know the basic rules, how to keep score, and they get at least 50% of their serves and returns in play. *No class 4/15.*

### Meadowbrook

75539	4/8-5/13	Tue	1:45-3:15 p.m.	M Bisch	\$60
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## 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, and defensive and offensive lobbing. We can assist you with preparing for tournaments (if interested).

**Prerequisites:** Players know the rules of pickleball including net rules and kitchen lines, can position themselves appropriately on the court and move quickly to the net, can sustain rallies easily with strategic hits, and serves and returns are in play and consistent (80%). They also understand not to pop dinks, understand hard and soft game, and can work with a partner to win a point. 4-week session.

### Meadowbrook

75536	5/20-6/17	Tue	1:45-3:15 p.m.	M Bisch	\$60
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# FITNESS

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

## Aerobics and Dance

### Dance Fitness

Come dance your way to fitness with some of our favorite Motown songs, and Philly's Top 15!

#### Laurelhurst

75359 4/10-6/12 Thu 9:15-10:15 a.m. C House \$72

### 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. *No class 4/14.*

#### Meadowbrook

75355 4/7-6/16 Mon 12:15-1:15 p.m. C House \$72

### Soul Line Dance for All Levels

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. *No class Friday 4/18.*

#### NEW Magnuson

76902 4/10-5/22 Thu 11:45 a.m.-12:45 p.m. M Silver \$56

#### Northgate

75517 4/11-5/23 Fri 11:45 a.m.-1 p.m. M Silver \$60

### 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

75366 4/8-6/17 Tue 12:15-1:15 p.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 the interesting Meadowbrook neighborhood. Bring your willingness and water bottle. **Registration is required to take this course. No class 6/5.**

#### NEW LOCATION Magnuson

75546 4/10-5/29 Thu 1-2:30 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. *No class 4/18.*

#### Meadowbrook

75522 4/11-6/20 Fri 11:30 a.m.-12:30 p.m. R Buyce \$80



**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** No class 6/5

Silver&Fit® | One Pass®/Renew Active  
 75368 4/10-6/12 Thu 10:30-11:30 a.m. J Shearer Free

Self-Pay

75369 4/10-6/12 Thu 10:30-11:30 a.m. J Shearer \$72

**Meadowbrook** No class Monday 4/14, Tuesday 4/15, Wednesday 4/16, and Friday 4/18

Silver&Fit® | One Pass®/Renew Active  
 75526 4/7-6/16 Mon 11 a.m.-Noon C House Free  
 75528 4/8-6/17 Tue 9:40-10:40 a.m. C House Free  
 75530 4/9-6/18 Wed 9:40-10:40 a.m. C House Free  
 75524 4/11-6/20 Fri 9:40-10:40 a.m. C House Free

Self-Pay

75527 4/7-6/16 Mon 11 a.m.-Noon C House \$72  
 75529 4/8-6/17 Tue 9:40-10:40 a.m. C House \$80  
 75531 4/9-6/18 Wed 9:40-10:40 a.m. C House \$80  
 75525 4/11-6/20 Fri 9:40-10:40 a.m. C House \$80

**Miller** No class Thursday 4/17 and 6/5

Silver&Fit® | One Pass®/Renew Active  
 75494 4/7-6/16 Mon 10:15-11:15 a.m. M Taplin Free  
 75496 4/10-6/12 Thu 10:30-11:30 a.m. M Taplin Free

Self-Pay

75495 4/7-6/16 Mon 10:15-11:15 a.m. M Taplin \$80  
 75497 4/10-6/12 Thu 10:30-11:30 a.m. M Taplin \$64

**NEW Montlake**

Silver&Fit® | One Pass®/Renew Active  
 75498 4/8-6/17 Tue 1:45-2:45 p.m. M Taplin Free

Self-Pay

75499 4/8-6/17 Tue 1:45-2:45 p.m. M Taplin \$88

**Intro to The Fitness Room**

In this 4-week class you will learn the basics of using the community center's fitness rooms. Get familiar with the equipment and space in a supportive group environment.

**Northgate**

75507 4/23-5/14 Wed 2-3 p.m. M Kaye Free  
 76571 5/28-6/18 Wed 2-3 p.m. M Kaye Free

**Stretch and Balance**

AAAH! A body that feels good! Stretches designed to end everyday pain, plus strengthening balance skills, to build a body ready and eager to take on whatever life has to offer. No class 4/14 and 4/21.

**Northgate**—Back in Motion Class

75519 4/7-6/16 Mon 2-3 p.m. M Kaye Free

**Strength and Conditioning**

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

**Laurelhurst**

75364 4/8-6/17 Tue 9:30-10:30 a.m. J Shearer \$88

**Magnuson**

75371 4/10-6/12 Thu 9:15-10:15 a.m. J Shearer \$72

**Northgate** No class 4/18

75518 4/11-5/23 Fri 10:15-11:15 a.m. M Silver \$48



## Yoga and Pilates

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

### Pilates

Stabilize and strengthen the core muscles of your abdominals and back while improving your flexibility and posture. These are mat pilates classes.

#### Laurelhurst

75363 4/10-6/12 Thu 12:30 a.m.-1:30 p.m. J Devlin \$72

#### Meadowbrook *No class 4/16*

75540 4/9-6/18 Wed 11:15 a.m.-12:15 p.m. J Devlin \$80

#### NEW Ravenna-Eckstein

75501 4/12-6/21 Sat 11:30 a.m.-12:30 p.m. J Devlin \$88

### Yoga

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

#### Gentle Yoga

##### Laurelhurst *No class 6/5*

75361 4/10-6/12 Thu 11 a.m.-Noon J Robin \$72

##### Magnuson

75370 4/9-6/18 Wed 10-11 a.m. J Robin \$88

#### NEW Montlake

75500 4/7-6/16 Mon 11:30 a.m.-12:30 p.m. J Robin \$80

#### Ravenna-Eckstein

75489 4/12-6/21 Sat 10-11 a.m. J Robin \$88

#### Vini Yoga

##### Laurelhurst

75365 4/8-6/17 Tue 11 a.m.-Noon H Mair \$88

##### Meadowbrook *No class Monday 4/14 and 4/18*

75541 4/7-6/16 Mon 9:30-10:30 a.m. H Mair \$72

75542 4/11-6/20 Fri 1:30-2:30 p.m. H Mair \$80

##### Northgate *No class 4/17 and 4/24*

75520 4/10-5/29 Thu 10-11 a.m. H Mair \$48

## Tai Chi and Qigong

### Tai Chi

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

#### NEW Montlake

*All Levels*

75502 4/7-6/16 Mon 12:45-1:45 p.m. E Baxa \$80

#### Ravenna-Eckstein

*All Levels*

75493 4/8-6/17 Tue 12:45-1:45 p.m. E Baxa \$88

### Qigong and Beginning Tai Chi

Relaxing, ancient, meditative Qigong moves, connected to the five elements, are taught followed by the beginning steps of the Yang-style short-form of Tai Chi. No experience necessary for beginning classes; prior attendance in Annette's beginning class is required for the ongoing classes.

#### Northgate *No class 4/17*

*Beginning—Back in Motion Class*

75515 4/10-6/12 Thu 11:15 a.m.-12:15 p.m. A Peizer \$64

*Ongoing*

75516 4/10-6/12 Thu 12:30-1:30 p.m. A Peizer \$64

#### Ravenna-Eckstein

*Beginning—Back in Motion Class*

75490 4/9-6/18 Wed 2-3 p.m. A Peizer \$88

*Ongoing*

75491 4/9-6/18 Wed 12:45-1:45 p.m. A Peizer \$88



**John Hasslinger**  
Southwest  
Recreation Specialist

206-256-5403 / cell 206-423-3988  
[john.hasslinger@seattle.gov](mailto:john.hasslinger@seattle.gov)

**REGISTRATION**

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

**SCHOLARSHIPS**

The scholarship cycle runs June 2024-25. 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 pages 40-41, 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**

**Bellevue Square**

Rain or shine, this mall is a terrific spot to get your steps in! Enjoy over 3 hours to explore an abundance of shopping, coffee houses, bakery, dining, and entertainment. Outdoor exploration is available as weather permits.

75129 4/17 Thu 9:45 a.m.-2:15 p.m. \$22

**Museum of Flight Night!**

A night out to explore this local gem—including WW1 and WW2 exhibits, President Kennedy's Air Force One, the Concorde, the first 747 prototype, the third 787, and more. There's also an optional Virtual Reality Experience for an additional \$10 (please bring exact change day of). Activity fee includes entrance. Option to bring a light dinner or snacks to enjoy at the museums free night!

75130 5/1 Thu 4:30-8 p.m. \$12



### PowellsWood Garden

Experience the untamed beauty of a Pacific Northwest forest, and a curated, English-style garden in one dynamic visit. The 3-acre garden serves as a portal to a 37-acre nature preserve brimming with native plants and wildlife. Activity fee includes entry to the garden and nature preserve. Lunch, on your own, at Federal Way Commons.

75131 5/15 Thu 9:45 a.m.-3 p.m. \$51

### Hike to Rattlesnake Ledge

A breathtaking hike with views of Cedar River Watershed, Mount Si, Rattlesnake Lake, and Chester Morse Lake. At the trailhead a gorgeous lake front to walk or relax awaits, and is equipped with waterless bathrooms. For the hiker, it offers a 4-mile round trip with an elevation gain of 1100 feet (translates into approximately 1-hour uphill). Others may choose to ascend partway, enjoy the wooded trail, then return to the trailhead to picnic along the lake. We'll allot 3 hours total to hike, explore, and picnic. On the return, we'll stop for ice cream, on your own, to reward your hard work.

75132 5/29 Thu 9:30 a.m.-3:30 p.m. \$30

### Lifelong Recreation 50th Anniversary

Join us in celebrating 50 memorable years of Lifelong Recreation! This event is FREE, but if you need transportation from the SW area sign up with the SW field trip number on the registration line below (for a small transportation fee). If you DO NOT NEED TRANSPORTATION, please sign up with number 75169, details on page 12. Event will be held at Garfield.

75148 6/12 Thu 11 a.m.-2:15 p.m. \$8

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

## NATURE AND ENVIRONMENT

### Arbor Day Neighborhood Tree Walk

In celebration of Arbor Day, join us on a neighborhood tree walk with an urban naturalist beginning at High Point Commons Park. Meet-up details will be emailed to registered participants prior to the program. Rainbow Recreation programs are LGBTQ+ affirming spaces open to community members 50+ and their allies. *Joint program with Outdoor Recreation.*

#### High Point Commons Park

75671 4/23 Wed 10:30 a.m.-Noon Free

### Historical Walk at West Duwamish

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

#### West Duwamish

75116 5/14 Wed 10:30 a.m.-Noon P Pilcher Free

## SPECIAL EVENTS

### Line Dance Party

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

#### High Point

75118 6/6 Fri 1:30-4 p.m. \$11

## SOCIAL PROGRAMS

### Book Clubs

#### High Point Book Club

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

Meets: 4/10, 5/8, and 6/12.

#### High Point

75115	Thu	1-2 p.m.	G Buckley-Jones	Free
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### 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

75127	4/5-6/28	Sat	1-2 p.m.	M Summers	Free
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## VOLUNTEER

### Volunteers Orientation

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

#### Virtual

75135	6/10	Tue	2-3 p.m.	Free
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## DROP-IN SPORTS

### Pickleball at a Glance

See page 10 for community center information for indoor pickleball.

### Outdoor Pickleball

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

#### Delridge Courts

4/1-6/26	T/Th	10 a.m.-Noon	Free
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#### Miller Courts

4/2-6/30	M/W/F	10 a.m.-Noon	Free
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#### Mt Baker Courts

4/1-6/26	T/Th	10 a.m.-Noon	Free
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#### Walt Hundley Courts

4/2-6/30	M/W/F	10 a.m.-Noon	Free
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## SPORTS

### Pickleball Skills

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

#### Delridge

##### Session 1

75123	4/8-5/6	Tue	10:15-11:45 a.m.	MJ Bingham	\$25
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75121	4/10-5/8	Thu	10:15-11:45 a.m.	J Wilson	\$25
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##### Session 2

75124	5/13-6/17	Tue	10:15-11:45 a.m.	MJ Bingham	\$30
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75122	5/15-6/12	Thu	10:15-11:45 a.m.	J Wilson	\$20
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### 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

##### Session 1

75125	4/7-5/5	Mon	11:30 a.m.-1 p.m.	M Anderson	\$25
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##### Session 2

75126	5/12-6/16	Mon	11:30 a.m.-1 p.m.	M Anderson	\$25
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# 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.

#### Delridge

75105 4/11-6/20 Fri 10-11 a.m. A Carver \$88

### 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

75106 4/10-6/12 Thu 10-11 a.m. D Pierce \$72

#### NEW Yesler

Class is translated into Vietnamese.

**Registration is required.**

75152 4/11-6/20 Fri 10:15-11:15 a.m. D Pierce Free

### EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. For this class, NEW participants or those who have not participated in over a year must submit an application prior to registration. Only members with Medicare Advantage with Silver&Fit® or OnePass®/Renew Active as a benefit qualify for free participation. Silver&Fit® and OnePass®/Renew Active participants must provide their Fitness ID Number on their application. **The online application and program information are located on the LLR website at <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					
75111	4/8-6/17	Tue	9:30-10:30 a.m.	N Frazer	Free
Self-Pay					
75112	4/8-6/17	Tue	9:30-10:30 a.m.	N Frazer	\$88

## Line Dance

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

### High Point

All Levels

75117 4/10-6/12 Thu 11:15 a.m.-12:15 p.m. S Simmons \$72

Intermediate

75119 4/10-6/12 Thu 12:20-1:20 p.m. S Simmons \$72

## 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

75133 4/8-6/17 Tue 10:15-11:15 a.m. A Carver \$88

## 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

75137 4/7-6/16 Mon 10-11 a.m. D Pierce \$80

## 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

75113 4/9-6/18 Wed 10-11 a.m. D Pierce \$88

## Tai Chi and Qigong

### Tai Chi

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

### High Point

Continuing

75128 4/7-6/16 Mon 11 a.m.-Noon P Kelley-Elend \$80

## 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

75104 4/11-6/20 Fri 11 a.m.-Noon J Reed \$88

### 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 NEW on Wednesday

75114 4/7-6/16 Mon 9:45-10:45 a.m. J Reed/A Merlo \$80

75138 4/9-6/18 Wed 11:30 a.m.-12:30 p.m. J Reed \$88

### Vini Yoga

#### Delridge

75134 4/9-6/18 Wed 11:15 a.m.-12:15 p.m. A Merlo \$88





**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](mailto:kyle.bywater@seattle.gov).

**SCHOLARSHIPS**

The scholarship cycle runs June 2024-25. 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 pages 40-41, 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**

**Tulip Gardens and La Conner**

Join us on a fun adventure to see tulips! We will enjoy walking around Roozengaarde, then spend time in La Conner for lunch. On our way back, we will stop at Snow Goose Produce for ice cream. Cost includes transportation and entry into the gardens; lunch, ice cream, and snacks on your own. Garden paths are gravel and field paths are dirt; field can be muddy depending on rainfall. There will be a restroom stop halfway through the drive.

See Outdoor Recreation page 43 for a North Seattle departure site option at Densmore (sign up with registration #75356).

*Joint program with Outdoor Recreation.*

**Departure Site: Jefferson Only**

75483 4/22 Tue 9 a.m.-4 p.m. \$72

**Bonsai Museum and Rhododendron Species Gardens**

We'll enjoy a guided tour of the Pacific Bonsai Museum, and then visit the spring blooms, unguided, at the Rhododendron Gardens next door. We'll go out to lunch after the tour, cost not included in fee. Bonsai Museum paths are a flat, paved .8 mile loop. At the Rhododendron Garden, paths are compact gravel (wheelchair and walker accessible) and level near Conservatory and Gazebo, and hilly in the rest of the garden.

**Southbound**

75482 5/2 Fri 9:30 a.m.-2:30 p.m. \$57

## Bloedel Reserve and Bainbridge

We'll take the ferry to Bainbridge Island to visit the Bloedel Reserve. We'll enjoy a guided 90-minute tour of the Japanese Garden, Moss Garden, Reflection Pool, Residence Landscape, Rhododendron Glen, and more. Afterwards, we'll head to downtown Bainbridge for lunch, on your own, stopping at the new Bainbridge Troll art installation. Most garden trails have medium elevation with varying surfaces, not recommended for walkers or wheelchairs. Rhododendron Glen is the steepest and will be the last optional part of tour.

### Northbound

75484 5/7 Wed 8:45 a.m.-4 p.m. \$86

## Dinner and Capoeira Angola

We'll start with dinner, on your own, at Agua Verde Cafe with views of Lake Union. Then we'll head to the UW for a performance by Visiting Artist Silvio Dos Reis and his Ethnomusicology and Dance Department students. We'll learn about Capoeira Angola, an Afro-Brazilian martial art that combines music, dance and philosophy. Wheelchair accessible.

### Northbound

77182 6/3 Tue 4:45-10 p.m. \$16

## Lifelong Recreation 50th Anniversary

Join us in celebrating 50 memorable years of Lifelong Recreation! This event is FREE, but if you need transportation from the SE area sign up with the SE field trip number on the registration line below (for a small transportation fee). If you DO NOT NEED TRANSPORTATION, please sign up with number 75169, details on page 12. Event will be held at Garfield.

### Departure Times:

Rainier Beach CC: 10:50 a.m., Rainier CC: 11:05 a.m., Jefferson CC: 11:15 a.m.

75486 6/12 Thu 11 a.m.-1:30 p.m. \$8

## Secret Gardens of Lake Forest Park

We'll garden-hop in our van to six gardens in the north end with a break for lunch, on your own, with time to shop the special Plant and Garden Art Sale at LFP Town Center. Each garden will host musicians, artists, and master gardeners to enhance your visit. Garden terrain can be uneven; a mix of grass, dirt, gravel, and paved paths.

### Northbound

75485 6/14 Sat 9:15 a.m.-3:15 p.m. \$45

## Bye Bye Birdie at 5th Avenue Theatre

We'll start with lunch downtown, on your own, and then enjoy a 1:30 p.m. matinee of the iconic *Bye Bye Birdie* musical! Fee includes transportation and theatre ticket. Wheelchair accessible.

### Northbound

77624 6/26 Thu 11:15 a.m.-4:30 p.m. \$16

## SOCIAL PROGRAMS

### Book Clubs

#### NEW 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. Please register to attend. Join us on the second Monday of every month: 4/14, 5/12, and 6/9.

#### Rainier Beach

75676 Mon 1-2:30 p.m. N Kiser Free

### Games

#### Drop-In Bridge

Drop-In play for bridge players. All Levels.

#### Rainier

75462 4/2-6/25 Wed 11 a.m.-2 p.m. Free

#### Drop-In Mahjong

Drop-In and play mahjong!

#### Rainier

75463 4/3-6/26 Thu 11 a.m.-2 p.m. Free

### Social Time

#### 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. Meets: 4/17, 5/15, 6/26\* (4th Thursday for June).

#### Rainier Beach

75460 Thu 11:30 a.m.-1:30 p.m. Free

## ARTS AND HANDWORK

### Visible Mending

See Rainbow page 41 for details.

#### Jefferson

75636 5/13 Tue 1:30-3 p.m. \$8

## LIFELONG LEARNING

### Artificial Intelligence and Fraud

See Rainbow page 41 for details.

#### Jefferson

75635 4/30 Wed 10:30-11:30 a.m. Free

### Challah Bread Baking Workshop

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

#### Rainier Beach

75739 6/20 Fri 10 a.m.-1 p.m. MShtern \$25

## 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 Lifelong Recreation Volunteer Ambassadors are present to facilitate rotations when courts are busy. Please bring a paddle, outdoor balls, and your community spirit!

#### Mt Baker Courts

4/1-6/26 T/Th 10 a.m.-Noon Free

## SPORTS

### Pickleball Skills—Beginning

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. No experience necessary. Please bring your own water bottle.

#### Rainier

75473 4/9-5/7 Wed Noon-1:30 p.m. M Bisch \$60

### Pickleball Skills—Beyond Beginners

**Prerequisites:** Players should have some experience with pickleball, know the basic rules, how to keep score, and they get at least 50% of their serves and returns in play.

#### Rainier

75475 4/9-5/7 Wed 1:30 p.m.-3 p.m. M Bisch \$60

75474 5/14-6/11 Wed 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, and defensive and offensive lobbing. We can assist you with preparing for tournaments (if interested). **Prerequisites:** Players know the rules of pickleball including net rules and kitchen lines, can position themselves appropriately on the court and move quickly to the net, can sustain rallies easily with strategic hits, and serves and returns are in play and consistent (80%). They also understand not to pop dinks, understand hard and soft game, and can work with a partner to win a point. Please bring your own water bottle.

#### Rainier

75476 5/14-6/11 Wed 1:30-3 p.m. M Bisch \$60

## 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

75480 4/8-6/17 Tue 6-7:45 p.m. K Luo Free

##### Van Asselt

75481 4/12-6/21 Sat 2-3:45 p.m. K Luo Free

#### 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](mailto:rexk@stgprepresents.org) is required to join the program. *No program 5/1.*

##### Garfield

75461 4/3-5/29 Thu 10:30 a.m.-Noon Free

#### NEW Whole Body Fitness

Half of the class is a fun jazz dance-based cardio workout, and the other half is strengthening, stretching, and meditation. You'll strengthen your core, upper and lower body using your own body weight. This class incorporates slow and quick movement for agility coupled with yoga for balance and flexibility while rounding it out with a five-minute meditation for a whole-body experience. Borrow one of our mats or bring your own. This free class is sponsored by Era Living/Lakeshore Retirement Community. **Registration is required.**

##### Rainier Beach

75488 4/8-6/17 Tue 10:30-11:30 a.m. D Pierce Free

### 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

75466 4/7-6/16 Mon Noon-1 p.m. N Frazer Free

75468 4/9-6/18 Wed 1-2 p.m. N Frazer Free

Self-Pay

75467 4/7-6/16 Mon Noon-1 p.m. N Frazer \$80

75470 4/9-6/18 Wed 1-2 p.m. N Frazer \$88

**Jefferson**

Silver&Fit® | One Pass®/Renew Active  
75143 4/10-6/12 Thu 10-11 a.m. N Frazer Free

Self-Pay  
75144 4/10-6/12 Thu 10-11 a.m. N Frazer \$72

**Rainier**

Silver&Fit® | One Pass®/Renew Active  
75469 4/9-6/18 Wed 10:15-11:15 a.m. YS Gartz Free

75464 4/11-6/20 Fri 10:15-11:15 a.m. YS Gartz Free

Self-Pay  
75471 4/9-6/18 Wed 10:15-11:15 a.m. YS Gartz \$88

75465 4/11-6/20 Fri 10:15-11:15 a.m. YS Gartz \$88

**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**

75478 4/14-5/19 Mon 11:45 a.m.-12:45 p.m. M Silver \$48



**Tai Chi and Qigong**

**Tai Chi**

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

**Garfield**

All Levels

75479 4/7-6/16 Mon 10:15-11:15 a.m. E Baxa \$80

**Qigong**

Relaxing, ancient moves are taught 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. A basic qigong combining the breath and natural slow movements with intentions. Style is Kunlunshang Baguazang Wushangong (Qigong from the heart), a practice that reflects all the aspects of life in harmony. Instruction available in English and Japanese. No experience necessary.

**IDCCC**

75477 4/8-6/17 Tue 9:45-11 a.m. Saya S \$110

**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.

**Gentle Yoga**

**Jefferson**

75145 4/11-6/20 Fri 10-11 a.m. J Walton \$88

**Rainier**—Rainbow Recreation Class

75633 4/6-6/18 Wed 11 a.m.-Noon L Gardener \$88

**Rainier Beach**

75472 4/8-6/17 Tue 9-10 a.m. J Walton \$88

**Vini Yoga**

**Rainier Beach**

75487 4/11-6/20 Fri 10-11 a.m. A Merlo \$88



**Tamara Keefe**  
**Dementia-Friendly**  
**Program Coordinator**

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

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

**Free Programs**

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

**Receive Updates**

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

**FITNESS CLASSES**

**Joyful Movement**

Feel good inside and out by moving to the sounds of Motown and more! Facilitated by an experienced dance instructor familiar with physical and cognitive limitations, this class will utilize breath for both isolated joint and full-body movements. 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 dance experience and revel in a feast for the body and soul!

**Rainier Beach**

75672 4/15-6/3 Tue 10:30-11:30 a.m. Free

**Coming soon!**

An exhibition of paintings created in Dementia-Friendly Recreation's Art in the Park program will be on display at the WA Park Arboretum Japanese Garden in May and June. The exhibition will honor program participants and highlight possibility. Stay tuned for exhibition and opening party details.

**MOMENTIA SEATTLE**

At Seattle Parks and Recreation, we are proud to be part of the grassroots movement empowering persons with memory loss and their loved ones to remain connected and active in the community. To learn more about Momentia and see a calendar with a full listing of memory loss offerings in the Greater Seattle area, visit: [www.momentiasattle.org](http://www.momentiasattle.org).



## OUTDOOR RECREATION

### 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. Directions to the central Seattle location emailed to registered participants prior to program start. A conversation with the Dementia-Friendly Recreation Specialist is required for 1st time participants. Please contact [tamara.keefe@seattle.gov](mailto:tamara.keefe@seattle.gov) to schedule.

#### The Memory Hub

Friday: 4/4, 5/2, 6/6  
75674

10:30 a.m.-Noon

Free

### Out and About Walks

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

#### Various Locations

2nd and 4th Fridays: 4/11-6/27

75673

10:30 a.m.-Noon.

Free



**Tamara Keefe**  
**Rainbow**  
**Program Coordinator**

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

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

**SCHOLARSHIPS**

The scholarship cycle runs June 2024-25. 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.

**NATURE AND ENVIRONMENT**

**Arbor Day Neighborhood Tree Walk**

In celebration of Arbor Day, join us on a neighborhood tree walk with an urban naturalist beginning at High Point Commons Park. Meet-up details will be emailed to registered participants prior to the program. Rainbow Recreation programs are LGBTQ+ affirming spaces open to community members 50+ and their allies. *Joint program with Outdoor Recreation.*

**High Point Commons Park**

75671 4/23 Wed 10:30 a.m.-Noon Free

**ARTS AND HANDWORK**

**Visible Mending**

Mend your moth-eaten sweaters, fix that shirt that was caught on the fence, and otherwise repair your clothing with stitching and patching meant to show. Create artful, fun, additions to sustain your wardrobe, while enjoying conversation and tea. Bring your own mending work, scraps, and project materials to work on in community with others. Inspire and be inspired by your peers. An LGBTQ+ affirming space for community members 50+ and their allies.

**Jefferson**

75636 5/13 Tue 1:30-3 p.m. \$8



## SOCIAL

### Book Groups

#### LGBTQ+ Affirming Book Group

Would you like to read and then gather to discuss with others in an LGBTQ+ affirming space? Book choices with potential interest to community members will be chosen with support from the Seattle Public Library. Registered participants will receive the book selection via email in advance of the meeting date. Register early to have plenty of time to read the book! Open to LGBTQ+ community members 50+ and their allies.

**Miller**

75634 6/11 Wed 2-3:30 p.m. Free

### Social Recreation

#### Museum Meet-Up

Located at Seattle Center, Chihuly Garden and Glass brings together multiple elements of Dale Chihuly's work including drawings, iconic glass creations, and large architectural installations. Color shines in both outdoor and indoor areas. Come by monorail, bus, or car but do join us to experience Chihuly in a group, and connect with others. An LGBTQ+ affirming space offered to community members 50+ and their allies. Admission only. Transportation on your own. Meet-up location will be emailed to registered participants prior to the date

**Chihuly Garden and Glass**

75633 5/22 Thu 1-3 p.m. Free

#### RainbowSteps Walk

Sound Steps meets Rainbow Recreation for this social walk event. Open to members of the LGBTQIA+ community (Lesbian, Gay, Bisexual, Transgender, Questioning, Intersex, Asexual, and other gender and sexual identities), as well as allies (people who are not members of the community but provide love, safety, and advocacy to those who are). We'll start at Miller CC and stroll through North Capitol Hill to Louisa Boren Park Viewpoint before returning to Miller by way of Volunteer Park. Walk is 2.5 miles with some hills. A great place to meet friends to go with to Pride Weekend festivities.

**Miller**

75637 5/16 Fri 11 a.m.-1 p.m. Free

## LIFELONG LEARNING

#### Artificial Intelligence and Fraud

Explore the fascinating intersection of artificial intelligence and fraud prevention in this hour-long interactive session. Gain a high-level understanding of AI, its current positive applications, and how it seamlessly integrates into the ongoing battle against fraud. Uncover the nuances of AI-driven social engineering tactics and delve into a discussion on the future of AI, pondering what's next and how to discern the authenticity of information in this rapidly evolving landscape. Join AARP for this insightful journey into the realms of AI and fraud, exploring both its current impact and the intriguing possibilities that lie ahead.

**Jefferson**

75635 4/30 Wed 11:30 a.m.-12:30 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 focus on breath to increase strength, stamina, improve flexibility, develop better balance, posture, and peace of mind. Chair seated participants are welcome. An LGBTQ+ affirming space open to adults 50+ and allies.

**Miller**

75632 4/7-6/16 Mon 11:45 a.m.-12:45 p.m. L Gardener \$80



**Courtney Gogetap**  
Recreation Specialist

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

Outdoor Recreation encompasses Sound Steps, but adds more! Hikes, Environmental Education, Dog Walks, 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](mailto:sound.steps@seattle.gov) to join the mailing list for program updates.


**SCHOLARSHIPS**


The scholarship cycle runs June 2024-25. 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 pages 40-41, 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](mailto:sound.steps@seattle.gov) or call Recreation Specialist's number above to be added to the walk leader's list. Volunteer walk leader Sharon LeVine will contact you weekly with walk locations.

**Various Locations—**

**Email or call to be added to the contact list**

Fri 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.



## La Conner Deception Point Crab Cruise

We will drive to La Conner and board the San Juan for a fully-narrated, 2.5-hour boat cruise with breathtaking views of Deception Pass and Swinomish Channel. There is indoor seating, and outdoor viewing areas on the boat. Cost includes a delicious lunch with Dungeness Crab, chicken, sides, and dessert. Boat is accessible to mobility devices; however larger wheelchairs may have difficulty—call if you need more information.

Departure sites: Jefferson CC at 8:45 a.m., and Densmore Bldg at 9:15 a.m.

75344 4/8 Tue 8:45 a.m.-3:45 p.m. \$185



## Tulip Gardens and La Conner

Join us on a fun adventure to see tulips. We will enjoy walking around Roozengaarde, then spend time in La Conner for lunch. On our way back, we will stop at Snow Goose Produce for ice cream. Cost includes transportation and entry into the gardens; lunch, ice cream, and snacks on your own. Garden paths are gravel and field paths are dirt; field can be muddy depending on rainfall. There will be a restroom stop halfway through the drive.

See SE sector page 33 for a SE departure site option at Jefferson CC (sign up with registration #75483).

**Note:** Parking is limited at Densmore, so it is best to arrive by public transportation.

**Joint program with SE.**

Departure site: Densmore Bldg Only

75356 4/22 Tue 9 a.m.-3:30 p.m. \$72



## St Edward State Park

We will be doing the AllTrails 2-Mile Loop Trail which includes the Lake Washington North, Beach, and Seminary Trails at the park. Please bring your own snacks/beverages to enjoy.

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

75341 4/29 Tue 9:30 a.m.-2:30 p.m. \$21



## Heybrook Lookout Hike

This 1.9-mile out-and-back, moderate, AllTrails hike has an 869 feet elevation gain. It's a short but steep climb offering stunning views from the top of a fire tower that has been on top of the hill since 1925. Please bring your own snacks/beverages to enjoy.

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

75340 6/3 Tue 9:30 a.m.-2:30 p.m. \$35



## Lakeridge Park—Deadhorse Canyon Flower Hike

We'll search for signs of spring as we descend into Deadhorse Canyon and hear spring-fed Taylor Creek. Look for native plants or count stairs—there will be many! Lake views may also be on display in this couple-mile urban hike. Nicole from Seattle Parks Environmental Education Department will be along to help identify signs of spring.

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

75333 6/4 Wed 10 a.m.-2:30 p.m. \$12



## Franklin Falls

This is a 2-mile out-and-back trail near Snoqualmie Pass with 400 feet of elevation gain. The waterfall view at the end is worth it. Please bring a sack lunch to enjoy.

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

75342 6/10 Tue 9:30 a.m.-2:30 p.m. \$35

# TRANSIT ADVENTURES

**Transit:**

**Question and Answer**

Let's enjoy an interactive Q&A panel with Sound Transit involving how to use public transportation, transit discounts, how to get an Orca Card, safety questions/concerns, and how sustainability and environmental concerns intersect.

**Northgate CC**

75459 4/4 Fri 1-2:30 p.m. Free



**Transit:**

**Bainbridge Ferry Ride and Troll**

We will meet at the Seattle Downtown Ferry Terminal, Colman Terminal to Bainbridge Island, and walk on (each participant paying their own fee). At the Bainbridge side we will get off and walk 1.5 miles to find Pia the Peacekeeper Troll. After finding Pia, we can enjoy the view on our exploration back to the pier to pick up the ferry. Bring your own sack lunch to enjoy on the return ferry. 3.5 to 4-miles round trip on flat terrain.

**Seattle Downtown Ferry Terminal**

75338 4/30 Wed 10:15 a.m.-2:15 p.m. Free



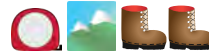
**Transit:**

**Kruckeberg Garden and Richmond Beach Picnic**

We will meet at Shoreline North/185th Station and take the bus to Richmond Beach. It will be a half mile walk to explore the new boardwalk opened at Kruckeberg Botanical Garden, and then we will walk a mile to Richmond Beach Saltwater Park to enjoy the view and picnic, participants please pack your own picnic lunch.

**Shoreline North/185th Station**

75339 5/9 Fri 10:15 a.m.-2:15 p.m. Free



**Transit:**

**Edmonds Waterfront Center**

Transit ride to Edmonds Waterfront Center to explore Brackett's Landing and Marina Beach Park. We will meet at the Lynwood Transit Station Light Rail stop and catch a bus together to downtown Edmonds. Once there, we will take a look at the Edmonds waterfront with an out-and-back, 2-mile (approximately) walk and beach exploration.

**Lynnwood Transit Center**

75336 5/13 Tue 10:15 a.m.-2:15 p.m. Free



**Transit:**

**West Seattle Alki Exploration**

We will meet at the West Seattle Taxi Dock, then enjoy an out-and-back walk to Alki Point Lighthouse to explore the waterfront. Roundtrip is about six miles in total. Please bring your own snacks and water.

**West Seattle Taxi Dock**

75337 5/28 Wed 10:15 a.m.-1:15 p.m. Free



# WALKS

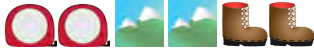


## Green Lake Loop

Bundle up and enjoy good company in this walk around an old favorite, Green Lake! 2.8-mile loop. Meet in front of Green Lake CC, walk begins at 10 a.m.

### Green Lake

75357 4/9 and 5/14 Wed 10-11:30 a.m. Free



## Lincoln Park Walk

Three miles, some hills, natural and paved surface trails along Puget Sound. All paces welcome. Meet at the center of the north parking lot at Lincoln Park.

### Lincoln Park

75358 4/7, 5/5, Mon 10-11:15 a.m. Free  
and 6/2



## Schmitz Preserve Walk

Schmitz Preserve is a section of old growth forest in West Seattle. A beautiful ravine with some elevation, but a short walk that may be extended by walking along Alki Beach. Meet in front of Alki CC.

### Schmitz Preserve

75343 5/8 Thu 10 a.m.-Noon Free



## Sound Steps Flower Fun Walk/Run

Join us in a fun Magnuson Park 5k walk/run event. Get together with friends and enjoy the socialization while exploring all the great areas Magnuson Park has to enjoy. Use this as motivation to continue your health journey, or kickstart it. Sound Steps belt packs available for those who participate, while supplies last!

### Magnuson Park

75345 5/2 Fri 10 a.m.-Noon Free

## RainbowSteps Walk

Sound Steps meets Rainbow Recreation for this social walk event. Open to members of the LGBTQIA+ community (Lesbian, Gay, Bisexual, Transgender, Questioning, Intersex, Asexual, and other gender and sexual identities), as well as allies (people who are not members of the community but provide love, safety, and advocacy to those who are). We'll start at Miller CC and stroll through North Capitol Hill to Louisa Boren Park Viewpoint before returning to Miller by way of Volunteer Park. Walk is 2.5 miles with some hills. A great place to meet friends to go with to Pride Weekend festivities. *Joint program with Rainbow Recreation.*

### Miller CC

75637 5/16 Fri 11 a.m.-1 p.m. Free

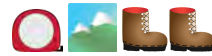
# NATURE AND ENVIRONMENT

## Arbor Day Neighborhood Tree Walk

In celebration of Arbor Day, join us on a neighborhood tree walk with an urban naturalist beginning at High Point Commons Park. Meet-up details will be emailed to registered participants prior to the program. *Joint program with Rainbow Recreation.*

### High Point Commons Park

75335 4/23 Wed 10:30 a.m.-Noon Free



## Pond Dipping at Discovery Park Wolf Creek Pond

Observing the ecosystem of Wolf Creek Pond is best done hands-on. Using nets, trays, and a portable microscope, we'll scoop the water to explore the weird and wonderful invertebrates that give our waterways life.

### Discovery Park

75334 6/11 Wed 10-11:30 a.m. Free

# VOLUNTEER

## Earth Day—Stencil Storm Drains

Volunteer with Lifelong's Outdoor Recreation and NE sector to stencil storm drains for Earth Day in the Ravenna neighborhood. Stenciling helps raise awareness and reduces the amount of harmful pollutants dumped in storm drains that lead to our local waterways. Note: Uneven ground and pavement, approximately 1 mile distance. **A joint program with NE.**

Note: If it is raining or the ground is wet, we will not be able to paint and will attempt to reschedule for Thursday 4/24.

### Ravenna-Eckstein CC, outside front entrance

75548 4/21 Mon 1-2:30 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!

### 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. Volunteer-led group will meet in front of the Discovery Park Visitor Center.

### Discovery Park ELC Visitor Center

75331 4/4-6/20 Fri 11 a.m.-12:30 p.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

75328 4/8-6/24 Mon 10-11 a.m. Free

### Rainier Beach Sound Steps Walk

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

### Rainier Beach CC Gym

75330 4/1-6/18 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 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. Bus 50 is the closest bus stop. We walk in all weather and only events severe enough to cancel Seattle Schools cancel the walk. Dress for the weather. Speed average is 2.5 mph, and walk is generally about 3 miles, mostly flat. Wear shoes for paved or dirt trails.

### Seward Park Audubon Center

75329 4/7-6/16 Mon 10-11:30 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.

### Magnuson Park Track

75332 4/4-6/20 Fri 8-10 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](mailto:sound.steps@seattle.gov) to get registered for a volunteer onboarding session, and we can get you started in no time.



## Lifelong Recreation Advisory Council

### You Can Make a Difference!

The Lifelong Recreation Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people age 50+ of all abilities and backgrounds.

### Your Advisory Council

Most classes, workshops, sports programs, special events, and facility rentals are funded through the local advisory councils, rather than from City of Seattle budget. Revenues generated through program fees offset program costs to make these activities self-sustaining. We rely on participation, donations, and contributions to maintain and upgrade equipment.

### Join Us!

Citizen direction and participation is essential to our success. Our advisory councils are always looking for new members. Monthly meetings are held to advise about programs, policies, and financial issues.

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



## Age Friendly Seattle

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

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



## Are you 60+ years old?

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



### Discounts include:

**Seattle Aquarium: 75% OFF**

**Woodland Park Zoo: 75% OFF**

**Seattle Animal Shelter: 50% OFF**

**Pacific NW Ballet: 50% OFF**

### View Discounts:

Use your cell phone camera to scan this QR code

OR visit

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



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

*\*If you are between the ages of 18 and 59 and have a disability, apply for a FLASH card at: [seattle.gov/agefriendlydiscounts](http://seattle.gov/agefriendlydiscounts).*



## Are you facing aging or disability issues?

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



# SENIOR CENTERS AND PROGRAMS FOR SENIORS

## About...Senior Centers!

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

## Center/Program Locations

### **Ballard NW Senior Center**

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

### **Central Area Senior Center**

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

### **Club Bamboo**

3639 MLK Jr Way S, 98108  
206-774-2440 / [www.acrs.org](http://www.acrs.org)

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

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

### **Ethiopian Community Center**

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

### **Generations Aging With Pride**

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

### **Greenwood Senior Center**

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

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

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

### **Kin On Community Center**

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

### **Lake City Senior Center**

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

### **Lifetime Learning Center**

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

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

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

### **Pike Place Senior Center**

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

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

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

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

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

### **Southeast Seattle Senior Center**

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

### **South Park Senior Center**

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

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

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

### **Wallingford Community Senior Center**

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

### **West Seattle Senior Center**

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

## REGISTRATION



### FIRST CHOICE

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



### SECOND CHOICE

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



### THIRD CHOICE

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



### FOURTH CHOICE

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

## Parks Management and Professional Staff

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

### Parks Management

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

### Professional Staff

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

## SCHOLARSHIP INFORMATION

Seattle Parks District Scholarship funds are 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](http://www.seattle.gov/parks/scholarships-and-financial-aid).
- Gather required income and household size (proof of dependents) documentation. Page one and two of your 2024 IRS 1040 form is required.
- Submit your application and documents (black out all social security numbers and bank routing numbers before submitting).

### How to submit your application

#### Preferred method:

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

#### Or mail to:

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

Here are some beginning qualification guidelines:

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

# Registration Information and Refund Policy

## Payment

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

## Fees and Charges

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

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

## Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone 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](mailto: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](http://www.seattle.gov/parks), or call our Public Information line, 206-684-4075, or TDD/TTY 206-233-1509.

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

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

## DISCLAIMER NOTE

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



# Seattle Parks & Recreation

## Lifelong Recreation

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

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# HAPPY SPRING!

The joys of spring are here, and Lifelong Recreation is budding with exciting opportunities!

This year we turn 50! Join us for our 50th Anniversary on June 12th as we celebrate how far we have come, details on page 12.

Celebrate Earth Day by volunteering on April 21st and help stencil storm drains in the Ravenna Neighborhood to reduce pollutants being dumped, see pages 24 and 46.

Take part in Arbor Day by going on a tree walk with an urban naturalist at High Point Commons Park, see pages 40 and 45.

We are also offering a variety of garden trips:

- Tulip Festival at Roozengaarde,
- Flower World Outing,
- Flower Hike at Dead Horse Canyon,
- Lake Forest Park Garden Tour,
- Exploring PowellsWood Garden in Federal Way and Kruckeberg Garden in Shoreline, to name a few—see your local sector to get started.

There are plenty of ways to get out and enjoy the signs of spring and the longer days, so join us! We look forward to seeing you!

