

# LIFELONG RECREATION

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



Seattle  
Parks & Recreation

SPRING 2026



**REGISTER online at Noon:  
March 3**  
**[seattle.gov/parks](http://seattle.gov/parks)**

**Come Play with Us!**

# Welcome to Lifelong Recreation!

## SPRING Quarter 2026

April 6-June 20

### REGISTRATION

begins at **NOON**  
on **March 3, 2026**

### *No Programs and Facilities closed on:*

- May 25 Memorial Day
- June 4 Staff Development
- June 19 Juneteenth

*NB: Spring Break runs 4/13-4/17, some program dates/times may be affected.*



### Wondering how to register?

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

## Welcome Recreation Leader Erika Hagiiwa!

Lifelong Recreation is excited to introduce our newest staff member—Recreation Leader Erika Hagiiwa. She joined our staff this winter. Erika loves working with older adults and is excited to get started delivering programs in the south end of Seattle. Join her for a fitness class this spring—see SW page 33 for Chair Supported Fitness at South Park, SE page 36 for Art in the Park Social with Erika at Seward Park, and SE page 37 for Fitness with Erika!



## Scholarships—Time to Apply or Renew

Seattle Parks District Scholarship funds may be available to those who qualify. Now is the time to apply for the June 2026-June 2027 cycle. Have your application approved prior to registration; approvals are now good for 2 year periods. For more information, see page 50.

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# Seattle Parks Lifelong Recreation Staff



Since 1975, the Seattle Parks Lifelong Recreation program has been serving the community with vibrant programs in physical activity, social engagement, travel, education, and arts for adults age 50+. We provide exceptional, accessible, and affordable programs that promote quality of life and engage our diverse community. We look forward to serving you!



**Cover photo:** Marge is happily active at 100! She enjoys working out in her weekly EnhanceFitness classes in NE, and celebrated the day with the group.



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# COMMUNITY CENTER LOCATIONS



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## Northwest

1) BALLARD CC 6020 28th Ave. NW, 98107 tel: 206-684-4093	3) GREEN LAKE CC 7201 E Green Lake Dr. N, 98115 tel: 206-684-0780	5) MAGNOLIA CC 2550 34th Ave. W, 98199 tel: 206-386-4235
2) BITTER LAKE CC 13035 Linden Ave. N, 98133 tel: 206-684-7524	4) LOYAL HEIGHTS CC 2101 NW 77th St., 98117 tel: 206-684-4052	6) QUEEN ANNE CC 1901 1st Ave. W, 98119 tel: 206-386-4240

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20-27

## Northeast

7) LAKE CITY CC <i>Closed due to fire damage</i> 12531 28th Ave. NE, 98125 tel: 206-256-5645	10) MEADOWBROOK CC 10517 35th Ave. NE, 98125 tel: 206-684-7522	13) NORTHGATE CC 10510 5th Ave. NE, 98125 tel: 206-386-4283
8) LAURELHURST CC 4554 NE 41st St., 98105 tel: 206-684-7529	11) MILLER CC 330 19th Ave. E, 98112 tel: 206-684-4753	14) RAVENNA-ECKSTEIN CC 6535 Ravenna Ave. NE, 98115 tel: 206-684-7534
9) MAGNUSON CC 7110 62nd Ave. NE, 98115 tel: 206-684-7026	12) MONTLAKE CC 1618 E Calhoun St., 98112 tel: 206-684-4736	

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## Southwest

15) DELRIDGE CC 4501 Delridge Way S, 98106 tel: 206-684-7423	17) HIGH POINT CC 6920 34th Ave. SW, 98126 tel: 206-684-7422	19) YESLER CC 917 E Yesler Way, 98122 tel: 206-386-1245
16) HIAWATHA CC <i>Reopening Summer 2026</i> 2700 California Ave. SW, 98116 tel: 206-684-7441	18) SOUTH PARK CC <i>Reopening May 2026</i> 8319 8th Ave. S, 98108 tel: 206-684-7451	

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## Southeast

20) GARFIELD CC 2323 E Cherry St., 98122 tel: 206-684-4788	22) JEFFERSON CC 3801 Beacon Ave. S, 98108 tel: 206-684-7481	24) RAINIER BEACH CC 8825 Rainier Ave. S, 98118 tel: 206-386-1925
21) INTERNATIONAL DISTRICT/ CHINATOWN CC 719 8th Ave. S, 98104 tel: 206-233-0042	23) RAINIER CC 4600 38th Ave. S, 98118 tel: 206-386-1919	25) VAN ASSELT CC 2820 S Myrtle St., 98108 tel: 206-386-1921

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## Signature Programs

Dementia-Friendly Recreation Tamara Keefe: 206-615-0100 cell 206-399-4655 <a href="mailto:tamara.keefe@seattle.gov">tamara.keefe@seattle.gov</a>	Rainbow Recreation Tamara Keefe: 206-615-0100 cell 206-399-4655 <a href="mailto:tamara.keefe@seattle.gov">tamara.keefe@seattle.gov</a>	Outdoor Recreation Courtney Gogetap cell 206-618-4254 <a href="mailto:sound.steps@seattle.gov">sound.steps@seattle.gov</a>
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# FITNESS AT A GLANCE

BOLLYWOOD FITNESS					
<b>Delridge</b>					
86301	4/10-6/12	Fri	10-11 a.m.	A Carver	\$80
BUILDING BALANCE WITH FRIENDS					
<b>Magnuson</b>					
86803	4/9-6/18	Thu	1-2:30 p.m.	M Kaye	\$25
BUILDING STABILITY					
<b>Northgate</b>					
86804	4/8-6/17	Wed	2-3 p.m.	M Kaye	\$25
CHAIR SUPPORTED FITNESS					
<b>South Park</b>					
87396	5/7-6/18	Thu	10:30-11:30 a.m.	E Hagiiwa	Free
CIRCUIT TRAINING					
Video Link - Bitter Lake: <a href="https://youtu.be/JpJLEntLKAM">https://youtu.be/JpJLEntLKAM</a>					
Video Link - Queen Anne: <a href="https://youtu.be/Faj4Hn5-fR0">https://youtu.be/Faj4Hn5-fR0</a>					
<b>Bitter Lake</b>					
86902	4/10-6/12	Fri	9:30-10:30 a.m.	R Buyce	\$40
<b>Loyal Heights</b>					
86901	4/7-6/9	Tue	9:30-10:30 a.m.	R Buyce	\$80
86900	4/9-6/11	Thu	9:30-10:30 a.m.	R Buyce	\$72
<b>Meadowbrook</b>					
86805	4/10-6/12	Fri	11:30 am-12:30 p.m.	R Buyce	\$72
DANCE FIT					
<b>Delridge</b>					
86302	4/9-6/11	Thu	10-11 a.m.	D Pierce	\$80
<b>Yesler</b>					
86303	4/10-6/12	Fri	10:15-11:15 a.m.	D Pierce	Free
DANCE FITNESS					
<b>Northgate</b>					
86806	4/22-6/17	Wed	11 a.m.-Noon	K Omori	\$72
DANCE FOR PARKINSON'S					
<b>Garfield</b>					
	4/9-5/28	Thu	10:30 a.m.-Noon		Free
DANCE—					
TRADITIONAL AND CONTEMPORARY ASIAN					
<b>Jefferson</b>					
87423	4/7-6/16	Tue	6-7:45 p.m.	K Luo	Free
<b>Van Asselt</b>					
87424	4/10-6/12	Fri	11 a.m.-12:45 p.m.	K Luo	Free
ENHANCE FITNESS					
<b>Garfield</b>					
Silver&Fit®   One Pass®/Renew Active					
87405	4/6-6/15	Mon	Noon-1 p.m.	N Fraser	Free
Self-Pay					
87406	4/6-6/15	Mon	Noon-1 p.m.	N Fraser	\$72
<b>High Point</b>					
Silver&Fit®   One Pass®/Renew Active					
86309	4/7-6/16	Tue	9:15-10:15 a.m.	N Fraser	Free
Self-Pay					
86310	4/7-6/16	Tue	9:15-10:15 a.m.	N Fraser	\$88

Jefferson					
Silver&Fit®   One Pass®/Renew Active					
87401	4/9-6/18	Thu	10-11 a.m.	N Fraser	Free
Self-Pay					
87402	4/9-6/18	Thu	10-11 a.m.	N Fraser	\$80
<b>Magnolia</b>					
Silver&Fit®   One Pass®/Renew Active					
86913	4/6-6/15	Mon	Noon-1 p.m.	K Adolphsen	Free
86915	4/8-6/17	Wed	Noon-1 p.m.	K Adolphsen	Free
86911	4/10-6/12	Fri	Noon-1 p.m.	K Adolphsen	Free
Self-Pay					
86914	4/6-6/15	Mon	Noon-1 p.m.	K Adolphsen	\$80
86916	4/8-6/17	Wed	Noon-1 p.m.	K Adolphsen	\$88
86912	4/10-6/12	Fri	Noon-1 p.m.	K Adolphsen	\$80
<b>Magnuson</b>					
Silver&Fit®   One Pass®/Renew Active					
86819	4/9-6/11	Thu	10:30-11:30 a.m.	J Shearer	Free
Self-Pay					
86820	4/9-6/11	Thu	10:30-11:30 a.m.	J Shearer	\$72
<b>Meadowbrook</b>					
Silver&Fit®   One Pass®/Renew Active					
86813	4/6-6/15	Mon	11 a.m.-Noon	C House	Free
86815	4/7-6/16	Tue	9:40-10:40 a.m.	C House	Free
86817	4/8-6/17	Wed	9:40-10:40 a.m.	C House	Free
86811	4/10-6/12	Fri	9:40-10:40 a.m.	C House	Free
Self-Pay					
86814	4/6-6/15	Mon	11 a.m.-Noon	C House	\$72
86816	4/7-6/16	Tue	9:40-10:40 a.m.	C House	\$80
86818	4/8-6/17	Wed	9:40-10:40 a.m.	C House	\$80
86812	4/10-6/12	Fri	9:40-10:40 a.m.	C House	\$72
<b>Miller</b>					
Silver&Fit®   One Pass®/Renew Active					
86821	4/6-6/15	Mon	1:15-2:15 p.m.	M Taplin	Free
87640	4/8-6/17	Wed	11:45 a.m.-12:45 p.m.	M Taplin	Free
86823	4/9-6/18	Thu	11:45 a.m.-12:45 p.m.	M Taplin	Free
Self-Pay					
86822	4/6-6/15	Mon	1:15-2:15 p.m.	M Taplin	\$80
87641	4/8-6/17	Wed	11:45 a.m.-12:45 p.m.	M Taplin	\$88
86824	4/9-6/18	Thu	11:45 a.m.-12:45 p.m.	M Taplin	\$80
<b>Rainier</b>					
Silver&Fit®   One Pass®/Renew Active					
87407	4/15-6/17	Wed	10:15-11:15 a.m.	YS Gartz	Free
87403	4/17-6/12	Fri	10:15-11:15 a.m.	YS Gartz	Free
Self-Pay					
87408	4/15-6/17	Wed	10:15-11:15 a.m.	YS Gartz	\$80
87404	4/17-6/12	Fri	10:15-11:15 a.m.	YS Gartz	\$80



## FABULOUSLY FIT

### Magnolia

86917 | 4/8-6/17 | Wed | 9:30-10:45 a.m. | K Adolphsen | \$110

### FITNESS

### Delridge

86311 | 4/8-6/10 | Wed | 10-11 a.m. | S Simmons | \$80

### FITNESS WITH ERIKA

### Jefferson

87460 | 4/10-6/12 | Fri | 10-11 a.m. | E Hagiwa | Free

### Van Asselt

87461 | 4/6-6/15 | Mon | 10-11 a.m. | E Hagiwa | Free

### JUICY JOINTS FITNESS

### Bitter Lake

86924 | 4/6-6/15 | Mon | 9-10 a.m. | J Rayor | \$80

86925 | 4/8-6/17 | Wed | 9-10 a.m. | J Rayor | \$88

### THE LIMBER YARD

### Magnuson

86833 | 4/6-6/15 | Mon | 2:30-3:30 p.m. | J Devlin | \$80

### Ravenna-Eckstein

86832 | 4/7-6/16 | Tue | 2:30-3:30 p.m. | J Devlin | \$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: <https://youtu.be/n4CVebDKpDg>

### Line Dance

### High Point

### All Levels

86316 | 4/9-6/18 | Thu | 11:15 a.m.-12:15 p.m. | S Simmons | \$80

### Improver Class—Intermediate

86317 | 4/9-6/18 | Thu | 12:20-1:20 p.m. | S Simmons | \$80

### Queen Anne

### Beginner

86927 | 4/6-6/15 | Mon | 3:30-4:30 p.m. | C Banta | \$80

### Continuing

86926 | 4/8-6/17 | Wed | 5:45-6:45 p.m. | C Banta | \$88

### Party Line Dance

### Meadowbrook

### All Levels

86841 | 4/6-6/15 | Mon | 12:15-1:15 p.m. | C House | \$72

### Soul Line Dance

### Magnuson

### Introduction

86855 | 4/23-6/18 | Thu | 11:45 a.m.-12:45 p.m. | M Silver | \$48

### Northgate

### Beginner/Improver

86854 | 4/24-6/12 | Fri | 11:45 a.m.-1 p.m. | M Silver | \$50

### Rainier

87421 | 4/6-6/15 | Mon | 11:45 a.m.-12:45 p.m. | M Silver | \$72

### Tuesday Dance Party

### Delridge

86334 | 4/7-6/9 | Tue | 10-11 a.m. | A Carver | \$80

### MOVE WITH EASE

### Bitter Lake

86928 | 4/6-6/15 | Mon | 11:30 a.m.-12:15 p.m. | J Rayor | \$30

### MOVES AND GROOVES

### Bitter Lake

86929 | 4/8-6/17 | Wed | 2-3 p.m. | C Kaplan | Free

### OTAGO STRENGTH AND BALANCE PROGRAM

### Montlake

86839 | 4/6-6/18 | M/Th | 1:45-2:45 p.m. | K McCrory | Free

### PILATES

Video Link: <https://youtu.be/C6iGDgezc3M>

### Laurelhurst

86846 | 4/9-6/18 | Thu | 12:30-1:30 p.m. | D Dragovich | \$80

### Loyal Heights

86932 | 4/7-6/16 | Tue | 10-11 a.m. | D Dragovich | \$88

### Meadowbrook

86847 | 4/8-6/17 | Wed | 11:30 a.m.-12:30 p.m. | D Dragovich | \$80

### Ravenna-Eckstein

86848 | 4/11-6/20 | Sat | 11:30 a.m.-12:30 p.m. | D Dragovich | \$80

# FITNESS AT A GLANCE

SAIL FITNESS					
<b>Queen Anne</b>					
86889	4/7-6/9	Tue	11 a.m.-Noon	TBD	\$80
STRETCH AND BALANCE					
<b>Northgate</b>					
<i>Beginner</i>					
86860	4/6-6/15	Mon	2-3 p.m.	M Kaye	\$25
<i>Intermediate</i>					
86859	4/10-6/12	Fri	2-3 p.m.	M Kaye	\$25
STRENGTH AND CONDITIONING					
<b>Laurelhurst</b>					
86858	4/7-6/9	Tue	9:15-10:15 a.m.	J Shearer	\$80
<b>Magnuson</b>					
86857	4/9-6/11	Thu	9:15-10:15 a.m.	J Shearer	\$72
<b>Northgate</b>					
86856	4/24-6/12	Fri	10:15-11:15 a.m.	M Silver	\$40
TAI CHI AND QIGONG					
Video Link: <a href="https://youtu.be/J82jluSOs5s">https://youtu.be/J82jluSOs5s</a>					
<b>Tai Chi</b>					
<b>Ballard</b>					
<i>Mixed Levels Chen-Style</i>					
86939	4/20-6/15	Mon	6:30-7:30 p.m.	S House	\$56
<b>Green Lake</b>					
<i>All Levels</i>					
86934	4/8-6/17	Wed	10:30-11:30 a.m.	E Baxa	\$88
86935	4/8-6/17	Wed	11:45 a.m.-12:45 p.m.	E Baxa	\$88
<b>Garfield</b>					
<i>All Levels</i>					
87422	4/6-6/15	Mon	10:15-11:15 a.m.	E Baxa	\$80
<b>High Point</b>					
<i>Continuing</i>					
86328	4/6-6/15	Mon	11 a.m.-Noon	P Kelley-Elend	\$80
<b>Loyal Heights</b>					
<i>Beginner</i>					
86937	4/7-6/9	Tue	11:15 a.m.-12:15 p.m.	C Tan	\$80
<i>Continuing</i>					
86938	4/7-6/9	Tue	12:30-1:30 p.m.	C Tan	\$80
<b>Montlake</b>					
<i>All Levels</i>					
86862	4/6-6/15	Mon	12:45-1:45 p.m.	E Baxa	\$72
<b>Queen Anne</b>					
<i>All Levels</i>					
86936	4/9-6/18	Thu	11 a.m.-Noon	E Baxa	\$80
<b>Ravenna-Eckstein</b>					
<i>All Levels</i>					
86861	4/7-6/16	Tue	12:45-1:45 p.m.	E Baxa	\$88

## Fitness Class DROP-INS

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

### Qigong

#### Loyal Heights

86933	4/9-6/11	Thu	11:15 a.m.-12:15 p.m.	C Tan	\$72
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#### Northgate

##### Beginner

86849	4/9-6/18	Thu	11:15 a.m.-12:15 p.m.	A Peizer	\$80
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##### Ongoing

86851	4/9-6/18	Thu	12:30-1:30 p.m.	A Peizer	\$80
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#### Ravenna-Eckstein

##### Beginner

86850	4/8-6/17	Wed	2-3 p.m.	A Peizer	\$88
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##### Ongoing

86852	4/8-6/17	Wed	12:45-1:45 p.m.	A Peizer	\$88
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### WHOLE BODY FITNESS

#### Delridge

86338	4/6-6/9	Mon	10-11 a.m.	D Pierce	\$80
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#### Rainier Beach

87426	4/7-6/16	Tue	10:30-11:30 a.m.	D Pierce	Free
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Like us on



[www.facebook.com/LifelongRecreationSPR/](http://www.facebook.com/LifelongRecreationSPR/)

YOGA						
<b>Back in Action Gentle Yoga</b>						
<b>High Point</b>						
86300	4/8-6/17	Wed	11:30 a.m.-12:30 p.m.	J Reed	\$88	
<b>Chair Yoga</b>						
<b>Bitter Lake</b>						
86940	4/10-6/12	Fri	1-1:45 p.m.	J Robin	\$30	
<b>Gentle Yoga</b>						
Video Link: <a href="https://youtu.be/-rbaj950AtE">https://youtu.be/-rbaj950AtE</a>						
<b>Bitter Lake</b>						
86944	4/8-6/3	Wed	5:30-6:30 p.m.	D Schulz	Free	
<b>Green Lake</b>						
86941	4/27-6/15	Mon	12:30-1:30 p.m.	R MacDonald	\$56	
<b>High Point</b>						
86313	4/6-6/15	Mon	9:45-10:45 a.m.	J Reed	\$80	
86312	4/10-6/12	Fri	11:30 a.m.-12:30 p.m.	J Reed	\$80	
<b>Laurelhurst</b>						
86828	4/9-6/18	Thu	11 a.m.-Noon	J Robin	\$80	
<b>Loyal Heights</b>						
86942	4/27-6/15	Mon	10:45-11:45 a.m.	R MacDonald	\$56	
<b>Magnolia</b>						
87469	4/7-6/16	Tue	10:30-11:30 a.m.	R Schiesser	\$88	
<b>Magnuson</b>						
86827	4/8-6/17	Wed	10-11 a.m.	J Robin	\$88	
<b>Miller</b>						
87384	4/6-6/15	Mon	11:45 a.m.-12:45 p.m.	L Gardener	\$80	
<b>Montlake With Chair Option</b>						
86830	4/6-6/15	Mon	11:30 a.m.-12:30 p.m.	J Robin	\$72	
<b>Ravenna-Eckstein</b>						
86829	4/11-6/20	Sat	10-11 a.m.	J Robin	\$88	
<b>Queen Anne</b>						
86943	4/27-6/15	Mon	2-3 p.m.	R MacDonald	\$56	
<b>Vini Yoga</b>						
<b>Ballard</b>						
86945	4/24-6/12	Fri	10:30-11:30 a.m.	M Alex	\$56	
<b>Delridge</b>						
86335	4/8-6/17	Wed	11:15 a.m.-12:15 p.m.	A Merlo	\$88	
<b>Laurelhurst</b>						
86866	4/7-6/16	Tue	11 a.m.-Noon	H Mair	\$88	
<b>Meadowbrook</b>						
86867	4/6-6/15	Mon	9:30-10:30 a.m.	H Mair	\$72	
86868	4/10-6/12	Fri	1:30-2:30 p.m.	H Mair	\$72	
<b>Northgate</b>						
86865	4/9-6/18	Thu	10-11 a.m.	H Mair	\$80	
<b>Rainier Beach</b>						
87425	4/10-6/12	Fri	10-11 a.m.	A Merlo	\$72	



## 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).



## Come work out at our Fitness Centers

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

### OUR FITNESS CENTERS ARE FREE!

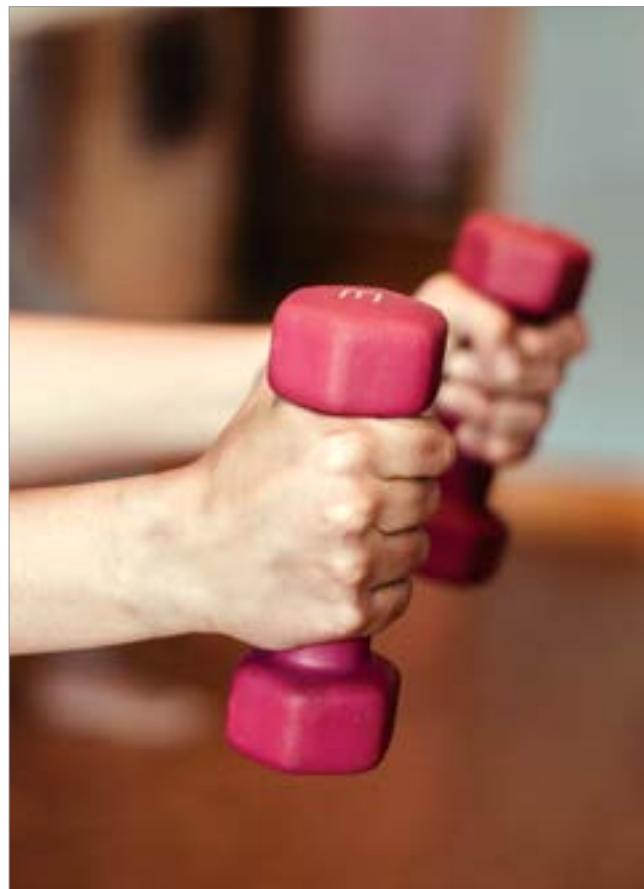
Delridge	206-684-7423
Garfield	206-684-4788
Hiawatha (closed for renovation)	206-684-7441
International District Chinatown	206-233-7061
Loyal Heights	206-684-4052
Meadowbrook	206-684-7522
Northgate	206-386-4283
Queen Anne	206-386-4240
Rainier Beach	206-386-1925
Rainier CC	206-386-1919
Van Asselt	206-386-1921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

## 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.





## 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.



## 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.*

## Coming Soon— Diablo Lake Boat Ride and Tour!



Coming early summer quarter, the next citywide trip will be to Diablo Lake in the North Cascades. This tour will take place on a boat, and the guide will tell us all about the hydro-electric dam and interesting history of the area. This will be an all-day tour full of magnificent scenery. Detailed information about this trip will be available in the Summer 2026 Brochure.

## Interested in Playing Walking Soccer?

Lifelong Recreation plans to organize clinics to introduce walking soccer in June 2026. You are invited to register to indicate your interest. We will follow up with more details as they become available.

To put your name on the list showing interest, please register with program number **87632**.



### Questions?

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

## REGISTRATION

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



### Departure Sites

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

**Bitter Lake CC**  
13035 Linden Ave. N  
North parking lot

### Departure Times

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

**Bitter Lake:** at time listed.

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

**Ballard:** at time listed.

### Departure Site Request

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

### SCHOLARSHIPS

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

### BACK IN MOTION

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

### RAINBOW RECREATION

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

### SHAPE UP

If you are new to any **Shape Up** class, receive \$10 off your first class. You must call or register in person to receive the discount. **Shape Up** classes are noted by an orange \* (asterisk) next to the registration number, e.g. 160978\*.

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

## FIELD TRIPS

### Skagit Valley Tulip Festival

The Skagit Valley Tulip Festival is a Pacific Northwest tradition. We will visit RoozenGaarde to see their 5-acre display garden and vast, colorful fields. Then enjoy lunch, pay for on your own, in the town of La Connor, with a quick stop at Snow Goose Produce after, time permitting. Garden pathways are flat, but many are unpaved, mud possible.

#### Northbound

86892 4/8 Wed 9:30 a.m.-2:30 p.m. \$72

### Puyallup Spring Fair

Spend the day at the Spring Fair in Puyallup! Take time to visit the animals and stroll through the exhibits. Enjoy lunch, pay for on your own—there will be plenty of tasty fair food options to choose from. The ground at the fair is level. To fully explore the grounds and exhibits will require lots of steps in your walking shoes!

#### Southbound

86919 4/10 Fri 10:30 a.m.-2:30 p.m. \$45



### 5th Avenue Theater

We will attend a matinee performance of Andrew Lloyd Webber's and Tim Rice's iconic rock opera *Jesus Christ Superstar*. This is a new, high-energy re-imagining of a now classic work for the musical stage. After the show, we will gather at a nearby cafe/bakery to share our experience and socialize, pay for on your own. Thanks to support from the Fifth Avenue Theater's Community Programs office, tickets are available at a nominal cost.

#### Southbound

86921 5/17 Sun Noon-4:30 p.m. \$16

### Cougar Mountain Zoo

This small but important zoo is located just east of Bellevue. We will have a 1-hour guided tour to learn about Bengal tigers, cougars, and many other fascinating animals, as well an opportunity to experience the *Tiger Tunnel Encounter*. There will be time to explore or browse in the gift shop after. Bring a sack lunch.

#### Southbound

86920 6/10 Wed 10 a.m.-3 p.m. \$48

### Edmonds Art Festival

Explore various booths of 160+ artists' works, ranging from student art to awarding winning pieces. There will be musical performances to enjoy. Lunch, pay for on your own, at one of the many food booths available. There is grass and uneven ground.

#### Northbound

86918 6/20 Sat 10 a.m.-3 p.m. \$22



# SOCIAL PROGRAMS

## Coffee Social

### Coffee Social

Join us in a gathering space to enjoy a cup of coffee and pleasant company. This is a perfect time to chat, share stories, and connect with peers. Games and light refreshments will be provided. Meets 2nd Tuesday of the month: 4/14, 5/12, and 6/9.

### Bitter Lake

88140      Tue      8:30-10 a.m.      Free

## Crafts

### Drop-In Craft Circle

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

### Queen Anne

86907      4/9-6/25      Thu      1:30-4 p.m.      Free

## Games

### Drop-In Board Game Buffet

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

### Queen Anne

86904      4/10-6/26      Fri      10 a.m.-1 p.m.      Free

### Drop-In Bridge

Enjoy a game of bridge.

### Magnolia United Church of Christ,

3555 West McGraw St.

Call Lance at 206-285-1008 to reserve a spot

### Mixed Levels

86906      4/8-6/24      Wed      12:30-3:30 p.m.      Free

### Queen Anne

### Mixed Levels

86905      4/7-6/30      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

86908      4/10-6/26      Fri      1:30-4:30 p.m.      Free

# ARTS AND HANDWORK

### Art of Collage

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

### Ballard

86895      4/21-5/12      Tue      10:30 a.m.-Noon      F Gray      \$48

### Loyal Heights

86894      4/27-5/18      Mon      1:30-3 p.m.      LC Marvet      \$48

### Drawing: Foundations and Skills

This class emphasizes an intuitive method of drawing that engages visual perception and the development of technical skills. Participants will discover their innate drawing abilities while strengthening observational skills and enhancing artistic confidence. Instructor will supply a materials list before the first class.

### Bitter Lake

86896      4/14-6/2      Tue      10:30 a.m.-Noon      K Fitzharris      \$92



### Watercolor with Sandra Kahler

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

### Loyal Heights

86897      4/20-6/15      Mon      10:30 a.m.-1 p.m.      S Kahler      \$92

## LIFELONG LEARNING

### Drop-In Online Registration Support

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

#### Bitter Lake

86909 5/13 Wed 10 a.m.-Noon

Free

#### Queen Anne

86910 5/12 Tue 10 a.m.-Noon

Free

### Tech Workshops

#### NEW Email Scam Prevention

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

#### Loyal Heights

87390 6/1 Mon 1:30-3 p.m.

Free

#### NEW Text and Phone Scams

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

#### Loyal Heights

87393 6/8 Mon 1:30-3 p.m.

Free

## DROP-IN SPORTS

### Pickleball at a Glance

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

## SPORTS

### Bettyball (Social Basketball)

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

86898 4/6-6/15 Mon 10:30 a.m.-Noon Volunteers Free

#### Queen Anne

86899 4/9-6/18 Thu 1-2:45 p.m. Volunteers Free

### Pickleball Skills—Beginner

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

#### Loyal Heights

86930 4/6-5/4 Mon 9:30-10:45 a.m. J Pilgrim-Stoppel \$50

### Pickleball Skills—Continuing

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

#### Loyal Heights

86931 5/11-6/8 Mon 9:30-10:45 a.m. J Pilgrim-Stoppel \$40

# FITNESS CLASSES

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

## Aerobics and Dance

### Juicy Joints Fitness

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

86924*	4/6-6/15	Mon	9-10 a.m.	J Rayor	\$80
86925*	4/8-6/17	Wed	9-10 a.m.	J Rayor	\$88

### Line Dance

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

#### Queen Anne

##### Beginner

86927	4/6-6/15	Mon	3:30-4:30 p.m.	C Banta	\$80
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##### Continuing

86926	4/8-6/17	Wed	5:45-6:45 p.m.	C Banta	\$88
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### Move with Ease

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

#### Bitter Lake

86928Δ	4/6-6/15	Mon	11:30 a.m.-12:15 p.m.	J Rayor	\$30
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### Moves and Grooves

A fun dance fitness class for all levels of mobility. Movement modifications can be made according to a participant's individual needs. Learn about your own body's ability to heal and revitalize as you dance. Taught by a physical therapist. **Registration required for participation.**

#### Bitter Lake

86929	4/8-6/17	Wed	2-3 p.m.	C Kaplan	Free
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### 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! (Queen Anne day/time is tentative—for updates, check the online listing before registering.)

#### Magnolia

86946	4/6-6/15	Mon	9:30-10:30 a.m.	S Price	\$80
86948	4/9-6/18	Thu	9:30-10:30 a.m.	S Price	\$80

#### Queen Anne

86947	4/10-6/12	Fri	9:30-10:30 a.m.	TBD	\$80
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## Strength and Conditioning

### Circuit Training

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

#### Bitter Lake

86902Δ	4/10-6/12	Fri	9:30-10:30 a.m.	R Buyce	\$40
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#### Loyal Heights

86901*	4/7-6/9	Tue	9:30-10:30 a.m.	R Buyce	\$80
86900*	4/9-6/11	Thu	9:30-10:30 a.m.	R Buyce	\$72



*\*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**.*

## 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.

### Magnolia

Silver&Fit® | One Pass®/Renew Active

86913	4/6-6/15	Mon	Noon-1 p.m.	K Adolphsen	Free
86915	4/8-6/17	Wed	Noon-1 p.m.	K Adolphsen	Free
86911	4/10-6/12	Fri	Noon-1 p.m.	K Adolphsen	Free

### Self-Pay

86914	4/6-6/15	Mon	Noon-1 p.m.	K Adolphsen	\$80
86916	4/8-6/17	Wed	Noon-1 p.m.	K Adolphsen	\$88
86912	4/10-6/12	Fri	Noon-1 p.m.	K Adolphsen	\$80



## Fabulously Fit

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

### Magnolia

86917 4/8-6/17 Wed 9:30-10:45 a.m. K Adolphsen \$110

### NEW SAIL Fitness

Stay Active and Independent for Life. Improve your strength and balance with the SAIL program. Performing exercises that improve strength, balance, and fitness are the single most important activity that adults can do to stay active and reduce their chance of falling. Exercises can be done seated or standing. (Scheduled day/time is tentative—for updates, check the online listing before registering.)

### Queen Anne

86889 4/7-6/9 Tue 11 a.m.-Noon TBD \$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**.

## Tai Chi and Qigong

### Tai Chi

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

#### Ballard—Back in Motion Class

*Mixed Levels Chen-Style*

86939 4/20-6/15 Mon 6:30-7:30 p.m. S House \$56

#### Green Lake—Back in Motion Class

*All Levels \*if you have little or no Tai Chi experience we recommend you register for the 10:30 a.m. class.*

86934 4/8-6/17 Wed 10:30-11:30 a.m. E Baxa \$88

86935 4/8-6/17 Wed 11:45 a.m.-12:45 p.m. E Baxa \$88

#### Loyal Heights—Back in Motion Class

*Beginner*

86937\* 4/7-6/9 Tue 11:15 a.m.-12:15 p.m. C Tan \$80

*Continuing*

86938 4/7-6/9 Tue 12:30-1:30 p.m. C Tan \$80

#### Queen Anne—Back in Motion Class

*All Levels*

86936 4/9-6/18 Thu 11 a.m.-Noon E Baxa \$80

### 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

86933\* 4/9-6/11 Thu 11:15 a.m.-12:15 p.m. C Tan \$72

## Yoga and Pilates

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

### Pilates

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

#### Loyal Heights

86932 4/7-6/16 Tue 10-11 a.m. D Dragovich \$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.

#### Chair Yoga

#### Bitter Lake

86940Δ 4/10-6/12 Fri 1-1:45 p.m. J Robin \$30

### Gentle Yoga

#### Bitter Lake *Registration required to participate*

86944 4/8-6/3 Wed 5:30-6:30 p.m. D Schulz Free

#### Green Lake

86941 4/27-6/15 Mon 12:30-1:30 p.m. R MacDonald \$56

#### Loyal Heights

86942\* 4/27-6/15 Mon 10:45-11:45 a.m. R MacDonald \$56

#### Magnolia

87469 4/7-6/16 Tue 10:30-11:30 a.m. R Schiesser \$88

#### Queen Anne

86943 4/27-6/15 Mon 2-3 p.m. R MacDonald \$56

### Vini Yoga

#### Ballard

86945 4/24-6/12 Fri 10:30-11:30 a.m. M Alex \$56

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

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

**Tori Fernau**  
Northeast Recreation Specialist

cell 206-696-8252  
[tori.fernau@seattle.gov](mailto:tori.fernau@seattle.gov)

## REGISTRATION

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



### Departure Sites and Times

#### Northgate Transit Station

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

#### NEW Magnuson CC

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

#### Meadowbrook CC

10517 35th Ave. NE  
Depart at time listed.

### Departure Site Request

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

### SCHOLARSHIPS

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

### BACK IN MOTION

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

### RAINBOW RECREATION

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

## FIELD TRIPS

### Exquisite Creatures Art Exhibit

Step into a world where art, nature, and science converge. *Exquisite Creatures*, created by artist Christopher Marley, presents thousands of specimens, from brilliantly colored insects, striking minerals, and delicate plants—as works of art! Lunch out at a restaurant afterwards, pay for on your own. Note: There will be lots of walking on this trip, the exhibit is indoors and will be paved. Some outdoor, uneven sidewalks to lunch.

87092 4/13 Mon 9:20 a.m.-3 p.m. \$68

### Rhododendrons and Bonsai in Federal Way

Today we will venture to Federal Way to visit the Rhododendron Species Botanical Garden and the Pacific Bonsai Museum. Stroll through each space at your own pace, taking in the early spring beauty. Afterwards, we will enjoy lunch out, pay for on your own. Note: Both the garden and museum are outdoor spaces. This trip will involve a lot of walking, some gravel, and dirt paths.

87157 4/28 Tue 9:40 a.m.-4 p.m. \$35

## Meerkerk Gardens and South Whidbey Island

Take a scenic ferry ride to Whidbey Island to visit Meerkerk Gardens, a peaceful woodland space with 10 acres of display gardens and 43 acres of forest. Then, off to Langley where you can enjoy lunch at one of the local establishment, pay for on your own, and check out various shops, and the Langley Whale Center. Bring a sack lunch if you prefer. Note: This trip will be mostly outside and involve a lot of walking, some gravel and dirt paths at the garden. *This is a joint trip with SE.*

87158 5/7 Thu 8:40 a.m.-5 p.m. \$63

## Sorticulture Garden Art Festival

Sorticulture is an annual festival in downtown Everett that features garden art, local plants, flowers, and outdoor products! At your own pace, visit the 120+ vendor booths, enjoy lunch at one of many local establishments or various food trucks, pay for on your own, and listen to musical entertainment. Bring a sack lunch if you prefer. Note: This trip is outdoors, will involve a lot of walking, mostly paved surfaces.

87105 6/5 Fri 9:20 a.m.-3:30 p.m. \$23

## Snoqualmie Falls and Train Shed Exhibit Hall

Come take a scenic drive to Snoqualmie Falls for a short stop at the upper viewing decks. Afterwards, a visit to the Train Shed Exhibit Hall and Railway Education Center to learn more about the history of the railroad in the Pacific Northwest. Lunch in Snoqualmie, pay for on own, or bring a sack lunch to enjoy as you explore the historic downtown area. Note: This trip will involve a lot of walking, mostly on paved surfaces with some gravel paths.

87826 6/8 Mon 9:40 a.m.-3:30 p.m. \$40



# SOCIAL PROGRAMS

## Book Clubs

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

### Laurelhurst Book Group

Meets the 3rd Wednesday of each month: 4/15, 5/20, and 6/17.

86831 Wed 2:15-3:15 p.m. Free

### Meadowbrook Book Club

Meets the 3rd Thursday of each month, \*except April: 4/23, 5/21, and 6/18.

86836 Thu Noon-1 p.m. Free

### Miller LGBTQ+ Affirming Book Group

See Rainbow page 39 for details.

87385 6/10 Wed 2-3:30 p.m. Free

### Northgate Book Club

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

86838 Tue 3-4:30 p.m. Free

### Ravenna Evening Book Group

Meets the 2nd Monday of each month: 4/13, 5/11, and 6/8.

86853 Mon 6:30-8 p.m. Free

## Games

### Drop-In Bridge

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

### Montlake

4/10-6/26 Fri 1:30-3:45 p.m. Free

### Northgate

4/6-6/29 Mon 1-3 p.m. Free

### Drop-In Mahjong

Drop-In and play mahjong, for experienced players.

### Laurelhurst

4/7-6/30 Tue 11 a.m.-1:45 p.m. Free

### Magnuson

4/9-6/18 Thu 10 a.m.-1 p.m. Free

## ARTS AND HANDWORK

### NEW Joy of Collage

Collage is an art form made up of overlapping pieces of material, such as photographs, fabric, colored and textured paper, and other types of mixed media. This will be an opportunity to explore, create, and socialize with others. A supply list will be emailed in advance. Some supplies will be provided. *No class 5/22.*

#### Northgate

88021 5/15-6/12 Fri 10-11:30 a.m. LC Marvet \$48

### Meadowbrook Craft Club

Bring your own supplies to craft alongside others! This is an open space for creating, socializing, and community. Beading, sewing, knitting, scrapbooking, coloring—whatever your current projects are! There is no formal instruction. Meets the 2nd and 4th Thursdays of the month: 4/9, 4/23, 5/14, 5/28, 6/11, and 6/25. Note: 4th Thursdays meet upstairs. *Registration required.*

#### Meadowbrook

86837 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 instruction. There is plenty of peer suggestion and support! *Registration required. No class 4/14.*

#### Meadowbrook

86840 4/7-6/16 Tue 10 a.m.-12:30 p.m. Free

### NEW Watercolor with Seniors Creating Art

Learn various watercolor painting techniques, brush usage, and coloring mixing. No experience necessary, all supplies provided. Class offered in partnership with Seniors Creating Art, taught by their instructor. You may only register for one Seniors Creating Art class per quarter with Lifelong Recreation.

#### Northgate

87445 4/23-5/14 Thu 10:30 a.m.-Noon A Masonsmith Free

### Watercolor with Sandra Kahler

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

#### Meadowbrook

86869 4/23-6/18 Thu 10 a.m.-12:30 p.m. S Kahler \$92

## LIFELONG LEARNING

### Be a Dementia Friend!

Dementia Friends is a global movement changing the way people think, act, and talk about dementia. Join us for a free, 60-minute Dementia Friends Information Session where we'll talk about what dementia is, the most common type of dementia, key messages to know, communication tips, brain health, ways to help foster dementia-friendly communities, and helpful resources. Time for questions and further conversation following the presentation for those interested. Learn more about Dementia Friends WA by visiting [www.dementiafriendswa.uw.edu](http://www.dementiafriendswa.uw.edu).

#### Meadowbrook NEW LOCATION

87382 4/30 Thu 1-2:30 p.m. Free

### NEW Garden Hotline Class: Growing Microgreens at Home

Microgreens are an excellent way to grow your own food even if you don't have a garden. All you need is a container, some potting soil, and a packet of fast-growing edible seeds. Learn about container choices, seeds, and how to tend to them for a delicious addition to your dinner salads or sandwiches. You will plant and take home a cup of microgreens to grow in a windowsill.

#### Meadowbrook

87605 4/22 Wed 11 a.m.-12:30 p.m. Free

### NEW Garden Hotline Class: Pollinators and Beneficial Insects

Beneficial insects help us manage our gardens by pollinating flowers and parasitizing, eating and otherwise eliminating the pests of plants we are troubled by. Pollinators support 1/3 of the food we eat and are under great stress in our environment. Learn how to protect beneficial insects in your garden, create habitat, minimize pesticide use, and plant the types of plants they need to thrive. We will be planting seeds of plants for your own garden to take home.

#### Meadowbrook

87606 6/10 Wed 11 a.m.-12:30 p.m. Free

**NEW Heart Healthy Plant-Based Meal****Planning**

Scientific research shows that heart disease can be prevented and even reversed with a whole foods, plant-based diet. In this fun-filled class, learn how to set-up your kitchen, grocery shop, and get tips on how to prepare healthy meals and snacks, all based on the work of Dr. Caldwell Esselstyn Jr, the author of *Prevent and Reverse Heart Disease*. Note: We will not be cooking in this class, but some samples will be provided.

**Meadowbrook**

86877 4/29-5/27 Wed 10:45 a.m.-12:45 p.m. Jeanie O \$10

**Write Your Own Story**

Write what you want on your own. Read it to the group and listen. Inspire and be inspired. Save your writing for loved ones or write for the pleasure of writing. Note: This is not a writing class. *No class 4/14.*

**Meadowbrook**

86870 4/7-6/16 Tue 10:45 a.m.-12:45 p.m. \$10

**Tech Time****Pre-Online Registration Support—Drop-In**

Drop-In Support Hours with LLR staff the week before registration opens. Learn how to access your ACTIVE Net account 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 2026 Registration Opens****Miller**

2/23 Mon 11 a.m.-1 p.m. Free

**Meadowbrook**

2/27 Fri 10 a.m.-12:30 p.m. Free

**Before Summer 2026 Registration Opens****Meadowbrook**

5/15 Fri 10:30 a.m.-12:30 p.m. Free

5/18 Mon 10 a.m.-12:30 p.m. Free

**DROP-IN SPORTS****Pickleball at a Glance**

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

**SPORTS****Bettyball****NEW Bettyball (Social Basketball)**

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

**Ravenna-Eckstein**

86961 4/10-6/12 Fri 1-2:30 p.m. Free

**Pickleball Skills****Pickleball Skills—Beginner**

Learn the basic strokes, rules, and strategies of pickleball. This class includes one hour of instruction and 30 minutes practice time. Once you've learned the basics, you can join our drop-in play across most of the community centers in Seattle. Please bring your own water bottle. *No class 4/14.*

**Meadowbrook**

86844 4/7-5/12 Tue Noon-1:30 p.m. M Bisch \$60

**Pickleball Skills—Beyond Beginner**

Prerequisite: Players should have experience with Pickleball, know the basic rules and how to keep score. They get at least 50% of their serves and returns in play. *No class 4/14.*

**Meadowbrook**

86845 4/7-5/12 Tue 1:30-3 p.m. M Bisch \$60

86842 5/19-6/16 Tue Noon-1:30 p.m. M Bisch \$60

**Pickleball Skills—Intermediate**

Help to move to the next level such as: doubles court strategy, stacking, defensive and offensive lobbing. Prerequisites: Player knows the rules including net rules, kitchen lines. They can position themselves appropriately on the court and move quickly to the net, sustain rallies easily with strategic hits, serves and returns are in play and consistent (80%). They understand not to pop dinks, understand hard and soft game, and can work with partner to win a point.

**Meadowbrook**

86843 5/19-6/16 Tue 1:30-3 p.m. M Bisch \$60

## FITNESS

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

### Aerobics and Dance

#### Dance Fitness

Dance, fitness, and fun! Come workout while enjoying an hour of movement and music. No equipment or experience required.

##### **Northgate**

86806 4/22-6/17 Wed 11 a.m.-Noon K Omori \$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 4/13.*

##### **Meadowbrook**

86841 4/6-6/15 Mon 12:15-1:15 p.m. C House \$72

#### Soul Line Dance

A fun, energetic class for the mind, body, and soul! Come learn easy choreographed dance steps while groovin' to sweet soul music. Reap the benefits of exercise, building community, and overall good health. *No class Thursday 4/30 and 5/28, and Friday 5/1, 5/29, and 6/5.*

##### **Magnuson**

Introduction—Learn the basic steps!

86855 4/23-6/18 Thu 11:45 a.m.-12:45 p.m. M Silver \$48

##### **Northgate**

Beginner/Improver

86854 4/24-6/12 Fri 11:45 a.m.-1 p.m. M Silver \$50

#### 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**

86871 4/7-6/16 Tue 12:15-1:15 p.m. C House \$88

86872 4/9-6/18 Thu 9:15-10:15 a.m. C House \$80



### Strength and Conditioning

#### Building Balance with Friends

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

##### **Magnuson**

86803 4/9-6/18 Thu 1-2:30 p.m. M Kaye \$25

#### Building Stability

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

##### **Northgate**

86804 4/8-6/17 Wed 2-3 p.m. M Kaye \$25

#### Circuit Training

Become a stronger you! In this fitness program you will move from one strength training station to the next with cardio intervals in-between. *No class 4/17.*

##### **Meadowbrook**

86805 4/10-6/12 Fri 11:30 am-12:30 p.m. R Buyce \$72

## EnhanceFitness

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

**NOTE:** American Specialty Health (ASH) Silver&Fit®, and OnePass®/Renew Active will cover in-person classes and is limited to 10 visits a month.

To learn more about EnhanceFitness, Silver&Fit®, or One Pass®/Renew Active visit:  
<http://projectenhance.org/enhancefitness/>,  
<https://www.silverandfit.com/>, or  
<https://www.youronepass.com>.

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

## Magnuson

Silver&Fit® | One Pass®/Renew Active

86819 4/9-6/11 Thu 10:30-11:30 a.m. J Shearer Free

Self-Pay

86820 4/9-6/11 Thu 10:30-11:30 a.m. J Shearer \$72

## Meadowbrook

No class 4/13, 4/14, 4/15, or 4/17

Silver&Fit® | One Pass®/Renew Active

86813	4/6-6/15	Mon	11 a.m.-Noon	C House	Free
86815	4/7-6/16	Tue	9:40-10:40 a.m.	C House	Free
86817	4/8-6/17	Wed	9:40-10:40 a.m.	C House	Free
86811	4/10-6/12	Fri	9:40-10:40 a.m.	C House	Free

Self-Pay

86814	4/6-6/15	Mon	11 a.m.-Noon	C House	\$72
86816	4/7-6/16	Tue	9:40-10:40 a.m.	C House	\$80
86818	4/8-6/17	Wed	9:40-10:40 a.m.	C House	\$80
86812	4/10-6/12	Fri	9:40-10:40 a.m.	C House	\$72

## Miller

**NEW** on Wednesday

Silver&Fit® | One Pass®/Renew Active

86821	4/6-6/15	Mon	1:15-2:15 p.m.	M Taplin	Free
87640	4/8-6/17	Wed	11:45-12:45 p.m.	M Taplin	Free
86823	4/9-6/18	Thu	11:45-12:45 p.m.	M Taplin	Free

Self-Pay

86822	4/6-6/15	Mon	1:15-2:15 p.m.	M Taplin	\$80
87641	4/8-6/17	Wed	11:45-12:45 p.m.	M Taplin	\$88
86824	4/9-6/18	Thu	11:45-12:45 p.m.	M Taplin	\$80



## Otago Strength and Balance Program

This evidence-based program is shown to reduce falls up to 35%! Otago is a structured class that meets twice a week and is composed of 17 strength and balance exercises. The instructor will conduct a fall assessment on the 1st and last day of class. Benefits include balance, strength, fitness and well being. This class is being sponsored by Group Otago. **Registration is required to take this course.** No class 4/13 and 4/16.

### Montlake

86839 4/6-6/18 M/Th 1:45-2:45 p.m. K McCrory Free

## Stretch and Balance—Beginner

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

### Northgate—Back in Motion Class

86860 4/6-6/15 Mon 2-3 p.m. M Kaye \$25

## Stretch and Balance —Intermediate

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

### Northgate

86859 4/10-6/12 Fri 2-3 p.m. M Kaye \$25

## Strength and Conditioning

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

### Laurelhurst

86858 4/7-6/9 Tue 9:15-10:15 a.m. J Shearer \$80

### Magnuson

86857 4/9-6/11 Thu 9:15-10:15 a.m. J Shearer \$72

### Northgate

No class 5/1, 5/29, and 6/5

86856 4/24-6/12 Fri 10:15-11:15 a.m. M Silver \$40

## Tai Chi and Qigong

### Tai Chi

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

### Montlake

No class 4/13

All Levels

86862 4/6-6/15 Mon 12:45-1:45 p.m. EBaxa \$72

### Ravenna-Eckstein

All Levels

86861 4/7-6/16 Tue 12:45-1:45 p.m. EBaxa \$88

## Qigong/Tai Chi—Beginner

Relaxing, ancient, meditative qigong moves, connected to the five elements, are taught followed by the beginning steps of the Yang style short form of Tai Chi. No experience necessary.

### Beginner—No experience necessary

### Northgate

86849 4/9-6/18 Thu 11:15 a.m.-12:15 p.m. A Peizer \$80

### Ravenna-Eckstein

86850 4/8-6/17 Wed 2-3 p.m. A Peizer \$88

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

### Northgate

86851 4/9-6/18 Thu 12:30-1:30 p.m. A Peizer \$80

### Ravenna-Eckstein

86852 4/8-6/17 Wed 12:45-1:45 p.m. A Peizer \$88

## Yoga and Pilates

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

### The Limber Yard

Improve your core strength, posture, flexibility, coordination, and balance using floor exercises inspired by functional movement, Pilates, and Buff Bones. This class is great for anyone who is mobile, has reasonable balance, and can get up and down from the floor.

### Magnuson

86833 4/6-6/15 Mon 2:30-3:30 p.m. J Devlin \$80

### Ravenna-Eckstein

86832 4/7-6/16 Tue 2:30-3:30 p.m. J Devlin \$88



## Pilates

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

### Laurelhurst

86846 4/9-6/18 Thu 12:30-1:30 p.m. D Dragovich \$80

### Meadowbrook No class 4/15

86847 4/8-6/17 Wed 11:30 a.m.-12:30 p.m. D Dragovich \$80

### NEW Ravenna-Eckstein No class 4/18

86848 4/11-6/20 Sat 11:30 a.m.-12:30 p.m. D Dragovich \$80

## 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 with Chair Option

### Montlake No class 4/13

86830 4/6-6/15 Mon 11:30 a.m.-12:30 p.m. J Robin \$72

## Gentle Yoga

### Laurelhurst

86828 4/9-6/18 Thu 11 a.m.-Noon J Robin \$80

### Magnuson

86827 4/8-6/17 Wed 10-11 a.m. J Robin \$88

### Miller—Rainbow Recreation Class

87384 4/6-6/15 Mon 11:45 a.m.-12:45 p.m. L Gardener \$80

### Ravenna-Eckstein

86829 4/11-6/20 Sat 10-11 a.m. J Robin \$88

## Vini Yoga

### Laurelhurst

86866 4/7-6/16 Tue 11 a.m.-Noon H Mair \$88

### Meadowbrook No class Monday 4/13, or Friday 4/17

86867 4/6-6/15 Mon 9:30-10:30 a.m. H Mair \$72

86868 4/10-6/12 Fri 1:30-2:30 p.m. H Mair \$72

### Northgate

86865 4/9-6/18 Thu 10-11 a.m. H Mair \$80

**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 [PKS\\_ADA@seattle.gov](mailto:PKS_ADA@seattle.gov).



### Departure Sites and Times

#### High Point CC

6920 34th Ave. SW

Depart 15 minutes before time listed.

#### NEW Delridge CC

4501 Delridge Way SW

Depart at time listed.

### Departure Site Request

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

### SCHOLARSHIPS

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

### BACK IN MOTION

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

### RAINBOW RECREATION

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

## FIELD TRIPS

### Chihuly Garden

Join us for an outing to explore Dale Chihuly's stunning glass art installations in the heart of Seattle Center. Includes time to stroll through vibrant indoor galleries and the outdoor garden, enjoy lunch on-site, pay for on your own, and browse the gift shop. A perfect blend of art, nature, and relaxation.

86329 4/16 Thu 10:45 a.m.-2:30 p.m. \$16

### National Nordic Museum

Discover the rich history and vibrant culture of Denmark, Finland, Iceland, Norway, and Sweden through engaging exhibits at the National Nordic Museum. We'll begin with a 1-hr guided tour, then browse the museum's gift shop for distinctive Nordic-inspired items. For lunch you can savor Scandinavian cuisine at the museum's Freya Café, or explore the many restaurants in the surrounding Ballard neighborhood—pay for lunch on your own.

86330 4/30 Thu 9:45 a.m.-2:15 p.m. \$32

## Bloom and Stroll Bellevue

Spend a spring morning enjoying the seasonal beauty of Bellevue Botanical Garden. Afterwards, savor lunch, pay for on your own, and leisure time in charming Old Bellevue's Main Street, an historic district filled with boutique shops, cozy cafés, and timeless Northwest character.

86332 5/14 Thu 9:45 a.m.-2:45 p.m. \$22

## Shadow Lake Nature Preserve

Join us for a peaceful outing to Shadow Lake Nature Preserve in Renton, home to a rare 5,000-year-old peat bog. Stroll the universally accessible half-mile boardwalk into the heart of this unique wetland, enjoy spring scenery, and learn about the diverse plants and wildlife that thrive here. This trip offers a gentle pace, natural beauty, and a chance to experience one of the region's most remarkable habitats. Please bring a sack lunch to enjoy while at the preserve.

86331 5/28 Thu 9:45 a.m.-2:30 p.m. \$30

## Point Defiance Park

Join us for a refreshing outing at Point Defiance Park. Guided by a volunteer National Parks Ranger, we'll use the late morning to explore the park's scenic trails and learn about its natural wonders. After the hike, we'll have a picnic lunch in the park. Bring a sack lunch and enjoy the beauty of the outdoors together!

86333 6/11 Thu 9:30 a.m.-4 p.m. \$35



## NATURE AND ENVIRONMENT

### Earth Day Guided Walk at Schmitz Park Preserve

Celebrate Earth Day with retired National Parks Ranger Pat Pilcher in the only remaining old growth forest in Seattle. We'll take time to appreciate the towering trees, listen for birdsong, and learn simple ways to care for our environment. Come ready to walk, discover, and celebrate the planet together on this fun, relaxed outing that is perfect for all! Meet at the Admiral Way entrance (Admiral Way and SW Stevens St.) and be prepared for muddy trails and possible rainy weather.

### Schmitz Park Preserve

86337 4/21 Tue 10:30 a.m.-Noon P Pilcher Free

### Coyote: America's Song Dog

One of the most enduring symbols of our deserts and prairies is the small canid the Aztecs called Coytl, today known as the coyote. A distant cousin of our loyal companion, the dog, coyotes spark a complex mix of admiration and unease, much like cougars, wolves, and other predators. As coyotes increasingly adapt to urban environments, they add new layers to this already charged relationship. Join us as we separate myth from fact, and explore how this remarkably resilient animal fits into, and challenges, our natural world.

### High Point

86314 5/29 Fri 1:30-2:30 p.m. P Pilcher Free

## SPECIAL EVENTS

### Line Dance Party

Get ready to step, sway, and groove at our quarterly line dance celebration! Whether you're a seasoned dancer or just starting out, our expert instructors will guide you through the moves and keep the energy high. Join us for an afternoon of fun, rhythm, and community. All levels welcome! Register early to receive a playlist and event details ahead of time. \$15 at the door. Let's dance! Optional: Bring a potluck dish or drink to share.

### High Point

86318 6/5 Fri 1:30-4 p.m. \$12

# SOCIAL PROGRAMS

## Book Clubs

### High Point Book Club

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

Meets: 4/9, 5/14, and 6/11.

#### High Point

86315            Thu 1-2 p.m.            G Buckley-Jones            Free

## Crafts

### Drop-In Craft Circle

Drop-in and knit, crochet, etc. Bring your project and socialize with others. Run by volunteers. Registration ensures you will get timely reminders and alerts about class updates.

#### Yesler

86304 4/8-6/17 Wed 10:30 a.m.-Noon K O'Donnell Free

## Music

### Silver Sounds

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

#### High Point

86327 4/4-6/27 Sat 11:30 a.m.-12:30 p.m. M Summers Free

## ARTS AND HANDWORK

### Drawing with Seniors Creating Art

Explore the wonderful world of drawing! Using a variety of pencils, you will be guided on basic techniques including shading and drawing from different perspectives. Leave with finished pieces of artwork each week. No experience necessary and all supplies provided. Class is sponsored by Seniors Creating Art. You may register for only one Seniors Creating Art class per quarter.

#### High Point

86471 4/8-4/29 Wed 11:30 a.m.-1 p.m. C Esp Free

### Writing the Yoga Journey

Seattle Park's yoga classes have inspired a loyal and vibrant community—and now, it's time to put that experience into words. We'll explore how yoga has shaped our bodies, minds, and friendships through storytelling, poetry, and reflection. Led by a seasoned poet and editor with deep roots in senior-centered writing programs, this class invites participants to share personal narratives, honor their practice, and leave with a sense of empowerment in the spirit of Jaki's classes. No writing experience required—just a willingness to reflect, connect, and create.

#### High Point

86339 6/3 Wed 1-2:30 p.m. M Noel \$19

## LIFELONG LEARNING

### Tech Workshops

#### NEW Email Scam Prevention

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

#### High Point

86476 4/17 Fri 1:30-3 p.m. Free

#### NEW Preventative Online Security Practices

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

#### High Point

86477 4/24 Fri 1:30-3 p.m. Free

#### NEW Text and Phone Call Scams

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

#### High Point

86478 5/1 Fri 1:30-3 p.m. Free

# VOLUNTEER

## Volunteers Orientation

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

### Virtual

86336 6/9      Tue 1-2 p.m.      Free

# DROP-IN SPORTS

## Pickleball at a Glance

See page 10 for community center information for indoor pickleball.



## Outdoor Pickleball

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

### Delridge Courts

4/2-6/30    T/Th 10 a.m.-Noon      Free

### Miller Courts

4/1-6/29    M/W/F 10 a.m.-Noon      Free

### Mt Baker Courts

4/2-6/30    T/Th 10 a.m.-Noon      Free

### Walt Hundley Courts

4/1-6/29    M/W/F 10 a.m.-Noon      Free

# SPORTS

## Pickleball Skills—Intermediate

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

### Delridge

86323	4/9-5/7	Thu	10:30 a.m.-Noon	M Anderson	\$60
86325	5/14-6/11	Thu	10-11:30 a.m.	N Quandt	\$60

### NEW South Park

86472	5/13-6/17	Wed	10-11:30 a.m.	N Quandt	\$75
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### NEW Yesler

88487	4/9-5/7	Thu	12:30-2 p.m.	N Quandt	\$60
88488	5/14-6/18	Thu	12:30-2 p.m.	N Quandt	\$60

## Pickleball Skills—All Levels

Sharpen your on-court skills and build confidence in your game! This active session welcomes all experience levels, no equipment needed. For Delridge classes only, first 15 minutes of class dedicated to warm-up, followed by 90 minutes of instruction and drills, finishing with 15 minutes of open play.

### Delridge

86319	4/7-5/5	Tue	10 a.m.-Noon	MJ Bingham	\$30
86321	5/12-6/9	Tue	10 a.m.-Noon	MJ Bingham	\$30

### High Point

86320	4/6-5/4	Mon	11:30 a.m.-1 p.m.	R Lopez/L Sartnurak	\$24
86322	5/11-6/15	Mon	11:30 a.m.-1 p.m.	R Lopez/L Sartnurak	\$30

# FITNESS

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

## Aerobics and Dance

### Bollywood Fitness

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

#### Delridge

86301 4/10-6/12 Fri 10-11 a.m. A Carver \$80

### 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! *No class 6/4.*

#### Delridge

86302 4/9-6/11 Thu 10-11 a.m. D Pierce \$80

#### NEW Yesler

*Class translated into Vietnamese*

86303 4/10-6/12 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

86309 4/7-6/16 Tue 9:15-10:15 a.m. N Fraser Free

### Self-Pay

86310 4/7-6/16 Tue 9:15-10:15 a.m. N Fraser \$88

**Line Dance**

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

**High Point***All Levels*

86316 4/9-6/18 Thu 11:15 a.m.-12:15 p.m. S Simmons \$80

**Line Dance—Improver**

You've mastered the basics, and now you're ready for more. Class is designed for improver level and seasoned beginners wanting to expand beyond the fundamentals. Learn dynamic, flowing line dances—feel the Latin beat, channel your inner funk star, groove to smooth soul music, and perfect your turns to the latest pop song. You'll improve your technique, build your dance vocabulary, and make new friends.

**High Point***Intermediate*

86317 4/9-6/18 Thu 12:20-1:20 p.m. S Simmons \$80

**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**

86334 4/7-6/9 Tue 10-11 a.m. A Carver \$80

**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**

86338 4/6-6/8 Mon 10-11 a.m. D Pierce \$72

**Strength and Conditioning****NEW Chair Supported Fitness**

This class is great for beginners and anyone looking to start exercising more regularly as it offers lots of modifications to various mobility and fitness levels and no judgment. Follow along with exercises to work on cardio, range of motion, and balance with seated and standing chair supported options.

**South Park**

87396 5/7-6/18 Thu 10:30-11:30 a.m. E Hagiiwa Free

**Fitness**

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

**Delridge**

86311 4/8-6/10 Wed 10-11 a.m. S Simmons \$80

**Tai Chi and Qigong****Tai Chi**

Open to current students who've completed the 1st section. Learn yang-style short-form tai chi, created by Professor Cheng Man Chi'ing. Tai chi promotes balance, stress relief, and energy cultivation.

**High Point***Continuing*

86328 4/6-6/15 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? Here you can focus on enjoyable movements that will help you build strength and restore functionality of your muscles and joints. You will learn easy poses to improve your balance, flexibility, and range of motion. All the poses can be modified to avoid pain. Everyone can work at their own pace in a no-competition atmosphere, with peaceful music and plenty of wonderful relaxation at the end.

**High Point—Back in Motion Class**

86300 4/8-6/17 Wed 11:30 a.m.-12:30 p.m. 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**

86313 4/6-6/15 Mon 9:45-10:45 a.m. J Reed \$80

86312 4/10-6/12 Fri 11:30 a.m.-12:30 p.m. J Reed \$80

**Vini Yoga****Delridge**

86335 4/8-6/10 Wed 11:15 a.m.-12:15 p.m. A Merlo \$80

**Masha Shtern**  
Southeast Recreation Specialist

cell 206-450-9522  
[masha.shtern@seattle.gov](mailto:masha.shtern@seattle.gov)

## REGISTRATION

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



Departure Sites	Departure Times	
Garfield CC 2323 E Cherry St.	<b>NORTHBOUND TRIPS:</b> <b>Garfield:</b> at time listed.	<b>SOUTHBOUND TRIPS:</b> <b>Garfield:</b> 20 minutes before time listed.
Jefferson CC 3801 Beacon Ave. S	<b>Jefferson:</b> 20 minutes before time listed.	<b>Jefferson:</b> at time listed.

## SCHOLARSHIPS

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

## BACK IN MOTION

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

## RAINBOW RECREATION

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

## FIELD TRIPS

### Olympia State Capitol Botanical Tour

Did you know that our state capitol campus is an internationally accredited arboretum, originally designed by the Olmstead Brothers? We'll have a guided 75-minute tour of the West Campus to learn about the Sunken garden, the Olmstead legacy, and enjoy the spring blossoms. Then to Olympia Farmer's Market to enjoy the waterfront, plus a small bonus garden! Accessible to wheelchairs and walkers.

#### Departure Site: Jefferson CC only

87412 4/17 Fri 9 a.m.-4 p.m. \$35

### Skagit Valley Tulip Fields

Enjoy walking around Roozengaarde, and then spend lunch time in La Conner! On our way back, we will stop at Snow Goose Produce for ice cream. Cost includes transportation and entry into the gardens, pay for lunch 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. *Also offered in NW sector sector on a different date.*

#### Departure Site: Jefferson CC only

87411 4/22 Wed 9 a.m.-4 p.m. \$72

## Elisabeth C Miller Botanical Garden

We're delighted to bring you a tour of the most exclusive garden in the Seattle area! The garden is home to rare and unusual plants in the woodland bluffs of Puget Sound. Tours take visitors from the upper shaded gardens, down a staircase through a sunny dry bank planted with drought tolerant shrubs, and under a giant canyon live oak, to a deck overlooking the water with views of the Olympic Mountains. Garden includes steep terrain and stairs and is not walker accessible. Bring your lunch.

### Northbound

87410 4/30 Thu 9:20 a.m.-1:30 p.m. \$65

## Meerkerk Gardens and South Whidbey Island

Take a scenic ferry ride to Meerkerk Gardens on Whidbey Island, a peaceful woodland space with 10 acres of display gardens and 43 acres of forest. Then to Langley for lunch, pay for on your own, and check out the various shops, and the Langley Whale Center. Bring a sack lunch if you prefer. Note: Trip is mostly outside and involves a lot of walking, some gravel and dirt paths. *This is a joint trip with NE.*

### Departure Site: Jefferson CC only

87409 5/7 Thu 8:45 a.m.-5 p.m. \$63

## Kubota Japanese Garden Tour

Kubota Garden blends Japanese garden concepts with native Northwest plants. Master landscaper Fujitaro Kubota was a horticultural pioneer when he began merging Japanese design with North American materials in 1927. We'll get a docent-guided tour of his legacy and enjoy lunch in the garden's picnic area. First 45-60 minutes of the tour are walker accessible, with the option to continue to steeper terrain for those who wish. Bring your lunch.

### Southbound

87413 5/13 Wed 10 a.m.-2 p.m. \$12

## Chihuly Garden of Glass

Wander through the garden, glasshouse, and interior exhibits showcasing the studio art of Dale Chihuly, a contemporary glass artist. A guided, public tour will be available during our visit. Afterwards, we'll have lunch at the Seattle Center Armory, pay for on your own, or bring a sack lunch.

### Northbound

87427 5/20 Wed 10:40 a.m.-2:40 p.m. \$16

## SOCIAL PROGRAMS

### Arts and Crafts

#### NEW Drop-In Arts and Crafts

Bring your art or craft projects and socialize with peers as you create! *No program 4/13.*

#### Rainier Beach

87520 4/7-6/16 Tue 11:45 a.m.-12:45 p.m. Free

### Book Clubs

#### Rainier Beach Book Club

Explore new books, listen to different points of view, share opinions and ideas with others, with an interest in banned books. Please register to attend. Meets second Monday of every month. *Exception: 4/20.*

#### Rainier Beach

87419 4/20-6/8 Mon 1-2:30 p.m. N Kiser Free

### Games

#### Drop-In Bridge

Drop-In play for bridge players. All Levels.

#### Rainier

87400 4/1-6/24 Wed 11 a.m.-2 p.m. Free

#### Drop-In Mahjong

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

#### Rainier

87519 4/7-6/30 Tue Noon-3 p.m. Free

### Social Time

#### 50+ Social Time Potluck

Join us for a monthly social potluck to gather and connect. Enjoy rotating themes, birthday celebrations, and presentations on various topics. Please bring a food item to share if you can. Coffee and cake provided. Register to be emailed updates, or just stop by the third Thursday of every month. *Exception: 4/23.*

#### Rainier Beach

87397 Thu 11:30 a.m.-1:30 p.m. Free

## ARTS AND HANDWORK

### Beginning Ukulele 50+

Learn to play ukulele, no experience necessary! You will learn finger picking, strumming, and chords as we learn using carefully chosen songs offered in increasing difficulty. BYO ukulele to class. Please prepare for play by cutting your left hand finger nails short.

#### Rainier Beach

87624 4/9-6/18 Thu 11:30 a.m.-12:30 p.m. C Snider \$72

### Art in the Park Social with Erika

Spend time outside in a park setting while creating art with peers. We'll observe landscapes and create artwork based on what you see or feel inspired by. Paper and pastels/pencils will be provided, or bring your own art supplies. Open to all experience levels.

#### Jefferson Park

87629 5/8 Fri 11:30 a.m.-1:30 p.m. E Hagiwa \$10

#### Seward Park

87630 6/10 Wed 10:30 a.m.-Noon E Hagiwa \$10

## LIFELONG LEARNING

### Challah Bread Baking Workshop

Hands-on workshop where we'll learn to make challah, a delicious braided egg bread. Learn the entire process: hand kneading, rising, baking, and dough braiding techniques (3, 4, 6-strand, and round). We'll provide all the ingredients and you'll make your own loaf to take home! We'll also make hummus while we wait for the dough to rise. BYO apron.

#### Rainier Beach

87398 5/1 Fri 10 a.m.-1 p.m. M Shtern \$25

### Registration and Scholarship Tech

#### Support Session

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

#### Rainier Beach

87420 5/12 Tue 11:45 a.m.-12:45 p.m. Free

## DROP-IN SPORTS

### Pickleball

See page 10 for community center information for indoor pickleball.

### Outdoor Pickleball

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

#### Mt Baker Courts

4/2-6/30 T/Th 10 a.m.-Noon Free

## SPORTS

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



### Pickleball Skills—Beginner

Learn the basic strokes, rules, and strategies of pickleball. This class includes 1-hour of instruction and 30 minutes of practice time. Once you've learned the basics, you can join drop-in play across most of the community centers in Seattle.

#### Rainier

87415 4/8-5/6 Wed Noon-1:30 p.m. M Bisch \$60

### Pickleball Skills—Beyond Beginner

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

#### Rainier

87416 5/13-6/10 Wed Noon-1:30 p.m. M Bisch \$60

## Pickleball Skills—Intermediate

Get to the next level with your skills such as doubles court strategy, stacking, and defensive/offensive lobbing. We can assist you with preparing for tournaments, if interested. **Prerequisites:** Players know the rules of pickleball including net rules and kitchen lines, can position themselves on the court and move quickly to the net, sustain rallies easily with strategic hits, serves and returns are in play and consistent (80%), and understand not to pop dinks, hard and soft game, and can work with a partner to win a point.

### Rainier

87417	4/8-5/6	Wed	1:30-3 p.m.	M Bisch	\$60
87418	5/13-6/10	Wed	1:30-3 p.m.	M Bisch	\$60

## Pickleball Conditioning

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

### Rainier

87414	4/10-6/12	Fri	Noon-1 p.m.	N Quandt	\$80
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## FITNESS CLASSES

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

## Aerobics and Dance

### Traditional and Contemporary Asian Dance

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 class participation.**

### Jefferson

87423	4/7-6/16	Tue	6-7:45 p.m.	K Luo	Free
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### Van Asselt

87424	4/10-6/12	Fri	11 a.m.-12:45 p.m.	K Luo	Free
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## Dance for Parkinson's

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

### Garfield

4/9-5/28	Thu	10:30 a.m.-Noon		Free
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### NEW Fitness with Erika

This class is great for beginners and anyone looking to start exercising more regularly as it offers lots of modifications and no judgment. Follow along with exercises to work on cardio, range of motion, strength, and balance. **Registration is required for class participation.**

### Jefferson

87460	4/10-6/12	Fri	10-11 a.m.	E Hagiwa	Free
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### Van Asselt

87461	4/6-6/15	Mon	10-11 a.m.	E Hagiwa	Free
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### Whole Body Fitness

Half of the class is a fun, jazz dance-based cardio workout, and the other half is strengthening, stretching and meditation. You'll strengthen your core, upper and lower body using your own body weight. This class incorporates slow and quick movement for agility coupled with yoga for balance and flexibility while rounding it out with a five-minute meditation for a whole-body experience. Borrow one of our mats or bring your own. This free class is sponsored by Era Living/Lakeshore Retirement Community. **Registration is required for class participation.** No class 4/14.

### Rainier Beach

87426	4/7-6/16	Tue	10:30-11:30 a.m.	D Pierce	Free
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## Strength and Conditioning

### EnhanceFitness

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

**NOTE:** American Specialty Health (ASH) Silver&Fit®, and OnePass®/Renew Active will cover in-person classes and is limited to 10 visits a month.

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

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

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

### Garfield

Silver&Fit® | One Pass®/Renew Active

87405 4/6-6/15 Mon Noon-1 p.m. N Fraser Free

### Self-Pay

87406 4/6-6/15 Mon Noon-1 p.m. N Fraser \$72

### Jefferson

No class 4/17

Silver&Fit® | One Pass®/Renew Active

87401 4/9-6/18 Thu 10-11 a.m. N Fraser Free

### Self-Pay

87402 4/9-6/18 Thu 10-11 a.m. N Fraser \$80

### Rainier

Silver&Fit® | One Pass®/Renew Active

87407 4/15-6/17 Wed 10:15-11:15 a.m. YS Gartz Free

87403 4/17-6/12 Fri 10:15-11:15 a.m. YS Gartz Free

### Self-Pay

87408 4/15-6/17 Wed 10:15-11:15 a.m. YS Gartz \$80

87404 4/17-6/12 Fri 10:15-11:15 a.m. YS Gartz \$80

## 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

87421 4/6-6/15 Mon 11:45 a.m.-12:45 p.m. M Silver \$72

## Tai Chi and Qigong

### Tai Chi

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

### Garfield

All Levels

87422 4/6-6/15 Mon 10:15-11:15 a.m. E Baxa \$80

## Yoga

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

### Yoga

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

### Vini Yoga

Rainier Beach No class 4/17

87425 4/10-6/12 Fri 10-11 a.m. A Merlo \$72

**Tamara Keefe**  
Rainbow Recreation Specialist

206-615-0100 / cell 206-399-4655  
[tamara.keefe@seattle.gov](mailto: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 [PKS\\_ADA@seattle.gov](mailto:PKS_ADA@seattle.gov).

**SCHOLARSHIPS**

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

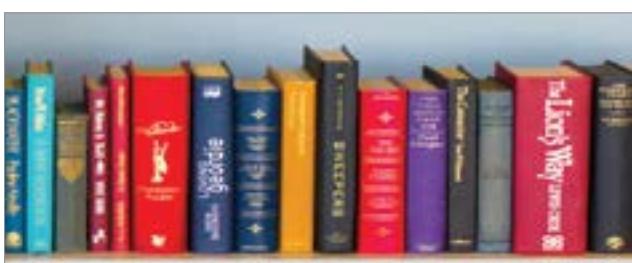
**SOCIAL**

**LGBTQ+ Affirming Book Group**

Would you like to read books and then gather to discuss them with others in an LGBTQ+ affirming space? Books with potential interest to community members are 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**

87385 6/10 Wed 2-3:30 p.m. Free



**FITNESS CLASSES**

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

**Yoga**

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

**Gentle Yoga**

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

**Miller**

87384 4/6-6/15 Mon 11:45 a.m.-12:45 p.m. L Gardener \$80

**Tamara Keefe**  
Dementia-Friendly Recreation Specialist

206-615-0100 / cell 206-399-4655  
[tamara.keefe@seattle.gov](mailto:tamara.keefe@seattle.gov)

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

### Free Programs

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

### Receive Updates

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

## FITNESS CLASSES

### Joyful Movement

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

### Rainier Beach

87380 4/21-6/16 Tue 10:30-11:30 a.m. Free

## MOMENTIA SEATTLE

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

## Memory Café

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

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

### Northgate Memory Café

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

Questions? Call Emily at 206-684-0170

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

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

## ARTS AND CULTURE

### Art in the Park

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

#### Japanese Garden, Tateuchi Community Room

3 Tuesdays: 4/28-5/12

87378

2-4 p.m.

Free

## LIFELONG LEARNING

### Be a Dementia Friend!

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

#### Meadowbrook NEW LOCATION

87382 4/30 Thu 1-2:30 p.m.

Free

## NATURE AND ENVIRONMENT

### Garden Discovery Program

Join us in the garden at The Memory Hub. Discover changes through the season, engage in horticultural activities, and learn what makes this public "memory garden" accessible to people living with memory loss and their families in this 3-part series. Light refreshments provided. Offered in collaboration with UW Memory and Brain Wellness Center. Details and directions to the central Seattle location emailed to registered participants prior to program. 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.

#### The Memory Hub

Fridays: 4/3-6/5

87379

10:30 a.m.-Noon.

Free

## OUTDOOR RECREATION

### Out and About Walks

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

#### Various Locations

2nd and 4th Fridays: 4/10-6/26

87381

10:30 a.m.-Noon.

Free

**Courtney Gogetap**  
Outdoor Recreation Specialist

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

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

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

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

### RAINBOW RECREATION

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

### Hike Rating Legend

#### DISTANCE

- 1 Tape Measure = 0.5-3 miles
- 2 Tape Measures = 3-5 miles
- 3 Tape Measures = 5+ miles



#### ELEVATION

- 1 Mountain = Mostly flat, slight elevation at most.

- 2 Mountains = Some moderate inclines, rolling hills, or minimal staircases.

- 3 Mountains = Be prepared for steep climbs or lengthy staircases as a main feature.



#### TERRAIN

- 1 Boot = Paved path or indoor flooring.

- 2 Boots = Soft gravel, grass, slight mud, and/or dirt paths.

- 3 Boots = Significant rocks, tree branches, tripping hazards, or mud. Come prepared!

## DOG WALKS

### Dog Walks

Bring a dog or come without if you love to walk with dogs! We meet every Friday at 10:30 a.m. Prepare to walk 2-3 miles, rain or shine. Meet at the designated site, leash your dog, and bring poop bags. Please email or phone with your contact information to [sound.steps@seattle.gov](mailto:sound.steps@seattle.gov), or call Recreation Specialist's number above to be added to the walk leader's list. Volunteer walk leader Sharon LeVine will contact you weekly with walk locations.

### Various Locations—

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

Fri 10:30 a.m.

Free



## FIELD TRIPS

### Departure Sites for Field Trips (unless noted) are:

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

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

### Tradition Lake Loop Trail



Tradition Lake Loop Trail, located in West Tiger Mountain Natural Resource Conservation Area, is a 3.7 mile hike with 328 feet elevation gain, ranked easy on AllTrails.

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

87173 4/7 Tue 9:30a.m.-3 p.m. \$21



### Big Gulch Trail



Big Gulch Trail in North Gulch Open Space is a hidden scenic hike in Mukilteo. Enjoy a peaceful 2.8mile journey through a ravine with a downhill descent, then a return climb with 341 ft elevation gain on this out-and-back trail.

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

87174 5/5 Tue 9:30 a.m.-2 p.m. \$21

### Lake Sammamish



Enjoy a day at Lake Sammamish! Participants can explore trails, sit beachside, or perhaps rent a kayak, pay for on your own. There is also the opportunity to check out an adaptive cycle—free at the Outdoors for All Adaptive Cycle Center if open—for a quick loop on one of the trails. Plan to spend 3 hours at the beach, and pack snacks/water accordingly.

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

87179 6/2 Tue 9 a.m.-2 p.m. \$21

### Pt Defiance Zoo Botanical Garden



Enjoy exploring Pt Defiance Zoo! First enjoy a 60-minute private garden tour where we will be introduced to some of the fascinating adaptations that help plants thrive in different habitats, and how the horticulture team works to recreate these habitats so that they can successfully grow unusual plants in Tacoma. Zoo admission included in activity fee, and time will be allowed for participants to explore and enjoy the zoo. Please bring a sack lunch, or money to buy food.

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

87180 5/12 Tue 8 a.m.-4 p.m. \$99

### Meadowdale Beach Walk



This 2.4 mile out-and-back trail with 416 feet elevation gain will take you from deep forest to open beach. Enjoy the lush, tall forest as we descend Lund's Gulch Creek. At the bottom we will travel under the train track to the beach. Pack a sack lunch to enjoy on the beach. There should be time to beachcomb and enjoy views of Puget Sound.

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

87176 6/9 Tue 9:30 a.m.-2 p.m. \$21

## NATURE AND ENVIRONMENT

### Bird Watching

Check out Camp Long's nature trails as we search for bird species in the park. Learn a few bird calls and understand the habits of certain birds in our area. No prior bird watching experience required. Bring your own binoculars if you have them, but some will also be provided. Some trails may be steep.

#### Camp Long

86949 4/15 Wed 9-10:30 a.m.

Free

### Urban Wildlife

Urban wildlife refers to non-domestic animals that inhabit and thrive in human-dominated ecosystems such as cities. Seattle's many parks are home to a large variety of urban wildlife. On this walk, we will explore just a few different species of our many animal neighbors and learn about some adaptations that help them be so successful in these environments.

#### Carkeek Park

86950 5/20 Wed 10-11:30 a.m.

Free

### Exploring the Wetland

Join us as we explore the wetland features of Magnuson Park. We will walk around the ponds and find interesting plant and animal life that depends on the wetland habitat. Be prepared to walk about a mile in potentially muddy conditions.

#### Magnuson Park

86951 6/10 Wed 10-11:30 a.m.

Free

## TRANSIT ADVENTURES

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

### UW Greenhouse Tour and Cherry Blossom Exploration



Meet at UW Station. We will walk as a group to briefly explore the cherry blossoms. Next, head to the UW Biology Greenhouse and receive a docent-guided tour.

#### UW Light Rail Station

86958 3/26 Thu 11:30 a.m.-1:30 p.m.

\$10

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



Meet at SeaTac Station. We will walk as a group to meet with Port of Seattle for a guided SEA Public Art Collection tour. A driver's license is required to pass through airport security, and participant names will be shared with the Port of Seattle in advance. The tour runs for about 2 hours throughout SEA at a conversational pace, with time standing during the art discussion.

#### SeaTac Airport Light Rail Station

87568 4/3 Fri 9:40 a.m.-12:20 p.m.

Free

### Cowen Park Walk



Meet at Roosevelt Station. We will walk to the shaded trails that connect Cowen and Ravenna Park. This 3-mile loop has soft, dirt footing and runs along a babbling ravine in a quiet nature oasis.

#### Roosevelt Light Rail Station

86959 4/9 Thu 10-11:30 a.m.

Free

### Des Moines Creek Park Trail



Meet at Angle Lake Station. Just a short walk from there is the entrance to the Des Moines Creek Park Trail—a flat, paved trail lined with a canopy of trees that leads to the beachy waterfront at Des Moines Marina. Bring a sack lunch to eat at the marina before our hike back. This out-and-back walk is 6 miles.

#### Angle Lake Light Rail Station

87172 5/14 Thu 10 a.m.-2 p.m.

Free

### Log Boom Park Exploration



Meet at Lake City Library. We will use public transportation (pay your own transit fees) to travel to Bothell Way NE, and Ballinger Way NE, and use the Burke Gilman Trail to walk 1 mile to Log Boom Park to explore the area, before catching a bus back to Lake City Library. 1 mile on trail plus 2-3 miles exploration on uneven terrain. Bring your own snacks/water for the journey.

#### Lake City Library

87185 5/28 Thu 10 a.m.-1 p.m.

Free

## WALKS

### Sound Garden Tour—NOAA



In partnership with Friends of Magnuson Park, we will have a guided tour of the NOAA Sound Garden, an outdoor public artwork in Seattle. It is 1 of 6 such works on the NOAA campus. Designed and built by sculptor Douglas Hollis in 1983, the sound sculpture is composed of twelve 21-foot-high steel-tower structures, at the top of each hangs an organ pipe attached to a weathervane that produces sounds when stirred by the wind. We will meet at Magnuson Park and walk onto the NOAA campus. **Registration required, and Photo ID Required to enter the site.** Participant names will be shared with NOAA 48 hours in advance of the class. This walk is under 3 miles, with some moderate inclines on soft gravel/dirt paths. Free but donations are welcome to Friends of Magnuson Park.

#### Magnuson Park

86952 4/17 Fri 10 a.m.-Noon Free

### Georgetown Exploration with Lisa and Lori



Come explore one of Seattle's oldest and most fascinating neighborhoods, Georgetown. We'll visit historic buildings and monuments, as well as see shops and art spaces that showcase the revitalization of this quirky, gritty, and creative neighborhood. Participants should be able to walk at least 2 miles. Meet at Oxbow Park at 10 a.m. to start the tour. Parking can be found in adjoining streets, but it is not abundant. Tour length is about 2 hours.

#### Georgetown

86954 4/24 Fri 10 a.m.-Noon Free

### Beware the Lincoln Park Troll!



Explore Lincoln Park and visit Bruun Idun: a gigantic troll made of recycled materials by famed Danish artist Thomas Dambo. Idun (pronounced "Eden") is a part of the *Northwest Trolls: Way of the Bird King* project, which seeks to amplify connections between Coast Salish Tribal Communities and Scandinavian traditions. We will roam 3-4 miles on Lincoln Park's trails in search of this whimsical sculpture. Walk includes hills, and mostly dirt/gravel surfaces.

#### Lincoln Park

87177 5/6 Wed 10-11:30 a.m. Free

### Ballard Exploration and Nordic Museum



Join us for a conversational-walking-pace exploration of Ballard and visit Frankie Feetsplinter, one of the Northwest Trolls by Thomas Dambo. Participants can then explore the National Nordic Museum—it's free first Thursday! Note: Access to Special Exhibits fee is \$5, pay for on your own.

#### Ballard

87171 5/7 Thu 10 a.m.-Noon Free

### Lezlie Jane Park Tour



In collaboration with artist Lezlie Jane, join us on this round-trip park walk to visit, and discuss with Lezlie, her creation of 3 waterfront parks, their art, and their inspiration. Parks include: Constellation Park and Marine Reserve at Charles Richey Sr Viewpoint, Cormorant Cove Park, and Weather Watch at Carroll St. This roundtrip-walk is about 3 miles on flat sidewalks, but note that park terrain is variable.

#### West Seattle

86953 5/15 Fri 10 a.m.-Noon Free

### Green Lake Loop



Enjoy good company in this walk around an old favorite, Green Lake! 2.8-mile loop.

#### Green Lake

87178 6/11 Thu 10-11:30 a.m. Free

## ONGOING WALKS AND RUNS

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

### Sound Steps: Ongoing Walks

#### Discovery Park Walking Club

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

#### Discovery Park ELC Visitor Center

86955 4/10-6/12 Fri 10-11:30 a.m. Free

#### Garfield Sound Steps Walk

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

#### Garfield CC

87181 4/9-6/18 Thu 9-10 a.m. Free

#### Llandover Woods Sound Steps Walk

Several beautiful gravel-surfaced trails wind their way through dense northwest forest; it's often so quiet you can hear a leaf drop. *No program 4/27.*

#### Llandover Woods Trailhead, 145th and 3rd Ave. NW

86957 4/6-6/15 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. *No program 4/14-15, 4/21-22, and 4/28.*

#### Rainier Beach CC Gym

87183 4/7-6/17 T/W 10:30-11:30 a.m. Free

#### Seward Park Walking Club

Join us for a weekly walk at Seward Park, with a choice between the paved 2.4-mile loop, or meandering the wooded trails throughout the park's interior. Beautiful views of Lake Washington, mountains, and rich flora and fauna make this a stunning walk! Meet in front of the Audubon Center near the main parking lot.

#### Seward Park Audubon Center

86956 4/6-6/15 Mon 10-11:30 a.m. Free

#### Sound Steps Walking

Open to all paces! We'll gather in the parking lot of Building 30 in Magnuson Park, then head to Magnuson's dirt track to walk at your own pace. This group is a great opportunity to have some accountability to get out the door, or for anyone looking for friends to walk or run with. Program meets 4/17, 5/8, and 6/12.

#### Magnuson Park Track

87182 Fri 8-9 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).*



# SENIOR CENTERS AND PROGRAMS FOR SENIORS

## *About...Senior Centers!*

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

## Center/Program Locations

### **Ballard NW Senior Center**

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

### **Central Area Senior Center**

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

### **Club Bamboo**

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

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

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

### **Ethiopian Community Center**

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

### **Generations Aging With Pride**

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

### **Greenwood Senior Center**

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

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

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

### **Kin On Community Center**

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

### **Lake City Senior Center**

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

### **Lifetime Learning Center**

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

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

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

### **Pike Place Senior Center**

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

### **Sea Mar Latino Senior Nutrition**

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

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

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

### **Southeast Seattle Senior Center**

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

### **South Park Senior Center**

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

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

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

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

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

### **Wallingford Community Senior Center**

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

## REGISTRATION



### FIRST CHOICE

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



### SECOND CHOICE

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



### THIRD CHOICE

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



### FOURTH CHOICE

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

## SCHOLARSHIP INFORMATION

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

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

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

### How to submit your application

#### Preferred method:

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

#### Or mail to:

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

Here are some beginning qualification guidelines:

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

## Parks Management and Professional Staff

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

### Parks Management

Michele Finnegan, Acting Superintendent  
Aphrodyi Antoine, Director of Recreation  
Chukundi Salisbury Sr, OOC Matrix and Partnerships Manager

### Professional Staff

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

# Registration Information and Refund Policy

## Payment

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

## Fees and Charges

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

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

## Confirmations

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

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

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

## Class Cancellations

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

## Scholarships

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

## Wait Lists

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

## Anti-discrimination

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

## Accommodation for People with Disabilities

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

## Specialized Programs

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

## More Information

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

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

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

## DISCLAIMER NOTE

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



## Lifelong Recreation

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

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# VOLUNTEER for Lifelong Recreation's Advisory Council!

The success of Lifelong Recreation Programs is in part because of wonderful volunteers. We are asking you to consider being on our Advisory Council. The advisory council assists in advocating for supports to continue the work of Lifelong Recreation. It is a yearlong commitment, but not much time is needed, meetings are monthly and virtually most of the time. See page 47 for more information.

Please reach out if you would like to consider being a part of the magic of Lifelong Recreation at 206-684-4951.

