

# LIFELONG RECREATION

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



Seattle  
Parks & Recreation

FALL 2024



REGISTER online at Noon:  
**August 13**  
[seattle.gov/parks](https://seattle.gov/parks)

*Come Play with Us!*

# Welcome to Lifelong Recreation!

## FALL Quarter 2024

September 9-December 14

### REGISTRATION

begins at **NOON** on **August 13**

### No Programs and Facilities closed on:

- September 2 Labor Day
- September 26 Staff Inservice Day
- October 14 Indigenous Peoples' Day
- November 11 Veterans Day
- November 28-29 Thanksgiving Closure  
(No classes week of 11/25-11/30)
- December 12 Staff Inservice Day
- December 25 Holiday

No  
Membership  
Fees!

### Wondering how to register?

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



## Lifelong Recreation Inclement Weather Policy

The safety of our participants is our priority. When inclement weather occurs (snow, ice, or storms), we follow the Seattle Public Schools closure decisions in determining whether it is safe to hold our classes and trips. Please listen to the news in the morning.

**If Seattle Public Schools are closed or delayed, Lifelong Recreation programs are cancelled for the entire day.**



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

# Seattle Parks Lifelong Recreation Staff



Since 1974, the Seattle Parks Lifelong Recreation program has been serving the community with vibrant programs in physical activity, social engagement, travel, education, and arts for adults age 50+. We provide exceptional, accessible, and affordable programs that promote quality of life and engage our diverse community. We look forward to serving you!



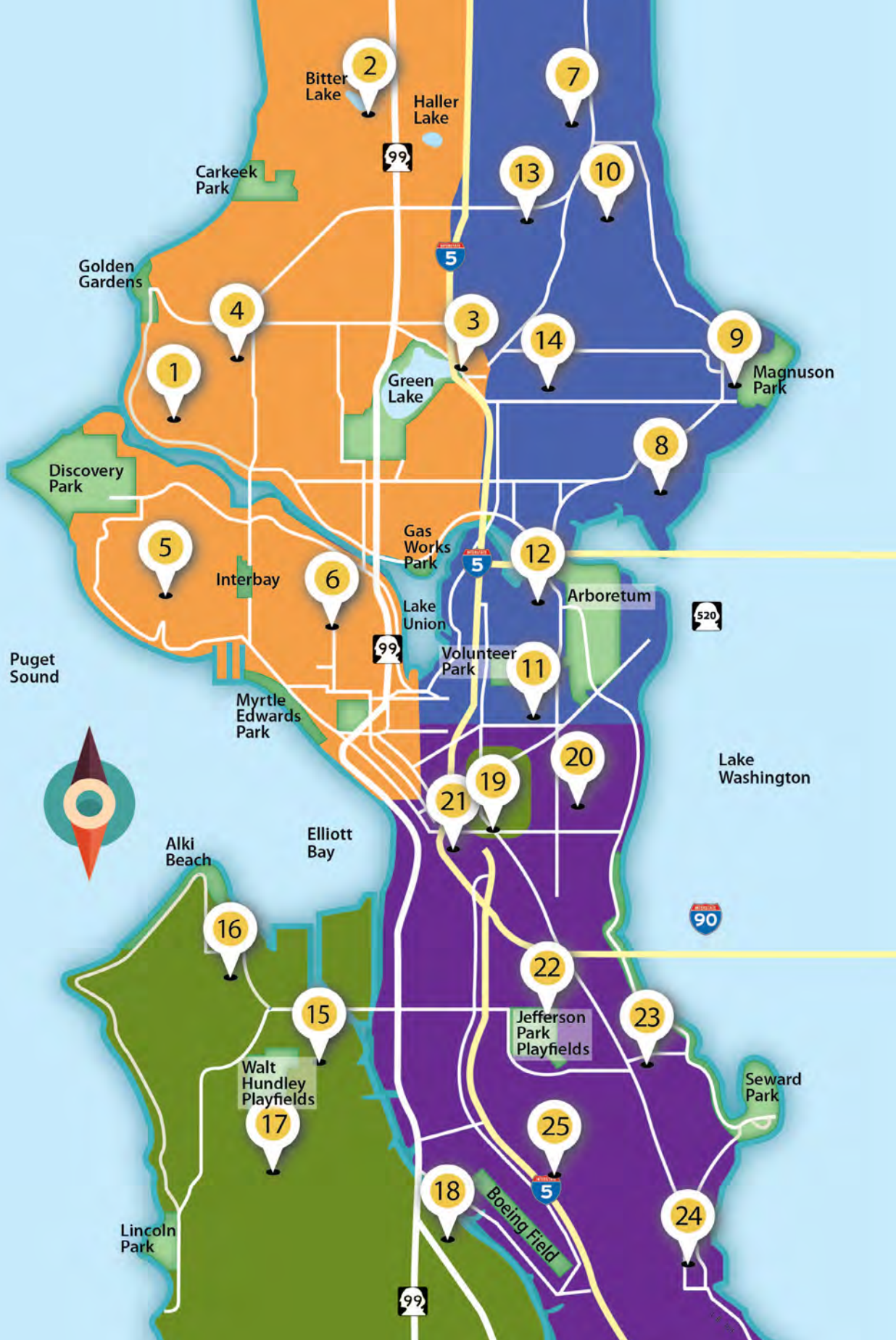
More about our SUMMER 2024 cover...

Janet Rayor, right, stilt-dancer and composer of Ella-Bella Bee & the Pollinators! Her Lifelong Recreation class Juicy Joints is at Bitter Lake CC. Debbie Pierce, left, instructor for Lifelong Recreation teaches Dance Fit, and Whole Body Fitness, in SW. John Hasslinger, SW Recreation Specialist, in the center.

## Table of Contents

Programs, Map, Directories	Page
Location Map and Staff Directory	4-5
Fitness Classes at a Glance	6-9
Adult Sports, Fitness Centers, Pickleball	10
Aquatics	11
<b>Northwest</b>	<b>12-18</b>
Field Trips	13
Social Programs, Arts and Handwork	14
Lifelong Learning	14
Fitness Classes, Sports	15-18
<b>Northeast</b>	<b>19-26</b>
Field Trips, Nature and Environment	19-20
Social Programs, Arts and Handwork	21
Lifelong Learning	22-23
Fitness Classes, Sports	23-26
<b>Southwest</b>	<b>27-32</b>
Field Trips, Nature and Environment	27-28
Special Events	29
Social Programs, Arts and Handwork	29
Volunteer	29
Fitness Classes, Sports	30-32
<b>Southeast</b>	<b>33-37</b>
Field Trips	33-34
Social Programs, Arts and Handwork	34-35
Lifelong Learning	35
Fitness Classes, Sports	35-37
<b>SIGNATURE PROGRAMS</b>	<b>38-46</b>
<b>Dementia-Friendly Recreation</b>	38-39
<b>LGBTQ+ Rainbow Recreation</b>	40-41
<b>Outdoor Recreation</b>	42-46
Volunteer Opportunities	47
Community Resources	48-49
<b>How to Register</b>	50
Scholarships	50
Registration Information and Refund Policy	51

# COMMUNITY CENTER LOCATIONS



Pages  
13-17

**Northwest**

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

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

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

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

Pages  
18-22

**Northeast**

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

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

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

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

Pages  
23-26

**Southwest**

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

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

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

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

Pages  
27-29

**Southeast**

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

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

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

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

Pages  
30-38

**Signature Programs**

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

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

**Outdoor Recreation**  
**Courtney Gogetap**  
206-618-4254  
cell 206-849-6564  
[sound.steps@seattle.gov](mailto:sound.steps@seattle.gov)

BOLLYWOOD FITNESS					
<b>Delridge</b>					
69232	9/13-12/13	Fri	10-11 a.m.	Allison C	\$91
BUILDING BALANCE WITH FRIENDS					
<b>Meadowbrook</b>					
69483	9/12-12/5	Thu	1-2:30 p.m.	M Kaye	Free
CHAIR STRENGTH AND TONE					
<b>Bitter Lake</b>					
69670	9/30-12/9	Mon	1:30-2:15 p.m.	J Rayor	\$22
69709	10/2-12/11	Wed	10:30-11:15 a.m.	J Rayor	\$28
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>					
69674	9/13-12/13	Fri	9:30-10:30 a.m.	R Buyce	\$91
<b>Loyal Heights</b>					
69673	9/10-12/10	Tue	9:30-10:30 a.m.	R Buyce	\$91
69672	9/12-12/5	Thu	9:30-10:30 a.m.	R Buyce	\$77
<b>Meadowbrook</b>					
69485	9/13-12/13	Fri	11:30 a.m.-12:30 p.m.	R Buyce	\$91
DANCE FIT					
<b>Delridge</b>					
69234	9/12-12/5	Thu	10:15-11:15 a.m.	Debbie P	\$77
DANCE FOR PARKINSON'S					
<b>Garfield</b>					
66837	7/12-8/23	Thu	10:30 a.m.-Noon		Free
DANCE— TRADITIONAL AND CONTEMPORARY ASIAN					
<b>Jefferson</b>					
69982	9/10-12/10	Tue	6-7:45 p.m.	K Luo	Free
<b>Van Asselt</b>					
70094	9/14-12/14	Sat	2-3:45 p.m.	K Luo	Free

ENHANCE FITNESS					
<b>Garfield</b>					
Silver&Fit® Members					
69974	9/9-12/9	Mon	Noon-1 p.m.	Novella F	Free
69977	9/11-12/11	Wed	Noon-1 p.m.	Novella F	Free
Self-Pay					
69973	9/9-12/9	Mon	Noon-1 p.m.	Novella F	\$77
69975	9/11-12/11	Wed	Noon-1 p.m.	Novella F	\$91
<b>Jefferson</b>					
Silver&Fit® Members					
69999	9/12-12/5	Thu	10-11 a.m.	Novella F	Free
Self-Pay					
70000	9/12-12/5	Thu	10-11 a.m.	Novella F	\$77
<b>Magnuson</b>					
Silver&Fit®					
69498	9/12-12/5	Thu	10:30-11:30 a.m.	J Shearer	Free
Self-Pay					
69499	9/12-12/5	Thu	10:30-11:30 a.m.	J Shearer	\$64
<b>Meadowbrook</b>					
Silver&Fit®					
69492	9/9-12/9	Mon	11 a.m.-Noon	C House	Free
69496	9/10-12/10	Tue	9:40-10:40 a.m.	C House	Free
69502	9/11-12/11	Wed	9:40-10:40 a.m.	C House	Free
69490	9/13-12/13	Fri	9:40-10:40 a.m.	C House	Free
Self-Pay					
69493	9/9-12/9	Mon	11 a.m.-Noon	C House	\$77
69497	9/10-12/10	Tue	9:40-10:40 a.m.	C House	\$91
69503	9/11-12/11	Wed	9:40-10:40 a.m.	C House	\$91
69491	9/13-12/13	Fri	9:40-10:40 a.m.	C House	\$91
<b>Miller</b>					
Silver&Fit®					
69494	9/9-12/9	Mon	10:15-11:15 a.m.	M Taplin	Free
69500	9/12-12/5	Thu	10:30-11:30 a.m.	M Taplin	Free
Self-Pay					
69495	9/9-12/9	Mon	10:15-11:15 a.m.	M Taplin	\$77
69501	9/12-12/5	Thu	10:30-11:30 a.m.	M Taplin	\$77
<b>Queen Anne</b>					
Silver&Fit®					
69682	9/9-12/9	Mon	Noon-1 p.m.	K Adolphsen	Free
69684	9/11-12/11	Wed	Noon-1 p.m.	K Adolphsen	Free
69680	9/13-12/13	Fri	Noon-1 p.m.	K Adolphsen	Free
Self-Pay					
69681	9/9-12/9	Mon	Noon-1 p.m.	K Adolphsen	\$77
69683	9/11-12/11	Wed	Noon-1 p.m.	K Adolphsen	\$91
69679	9/13-12/13	Fri	Noon-1 p.m.	K Adolphsen	\$91
<b>Rainier</b>					
Silver&Fit® Members					
69978	10/9-11/20	Wed	10:15-11:15 a.m.	YS Gartz	Free
69972	9/13-12/13	Fri	10:15-11:15 a.m.	YS Gartz	Free
Self-Pay					
69976	10/9-11/20	Wed	10:15-11:15 a.m.	YS Gartz	\$49
69971	9/13-12/13	Fri	10:15-11:15 a.m.	YS Gartz	\$49

## NEW to EnhanceFitness?

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



<b>FABULOUSLY FIT</b>						
<b>Queen Anne</b>						
69685	9/11-12/11	Wed	9:30-10:45 a.m.	K Adolphsen	\$98	
<b>FITNESS</b>						
<b>Delridge</b>						
69239	9/11-12/11	Wed	10:15-11:15 a.m.	Suzanne S	\$91	
<b>GLOBAL FITNESS</b>						
<b>High Point</b>						
69243	9/10-12/10	Tue	10-11 a.m.	Allison C	\$91	
<b>JUICY JOINTS</b>						
<b>Bitter Lake</b>						
68103	9/30-12/9	Mon	9-10 a.m.	J Rayor	\$28	
69693	10/2-12/11	Wed	9-10 a.m.	J Rayor	\$35	
<b>LINE DANCE</b>						
Video Link: <a href="https://youtu.be/n4CVebDKpDg">https://youtu.be/n4CVebDKpDg</a>						
<b>Line Dance</b>						
<b>High Point</b>						
<i>All Levels</i>						
69246	9/12-12/5	Thu	11:15 a.m.-12:15 p.m.	Suzanne S	\$77	
<i>Intermediate</i>						
69245	9/12-12/5	Thu	12:20-1:20 p.m.	Suzanne S	\$77	
<b>Queen Anne</b>						
<i>Beginning</i>						
69695	9/9-12/9	Mon	3:30-4:30 p.m.	C Banta	\$77	
<i>Continuing</i>						
69694	9/11-12/11	Wed	5:45-6:45 p.m.	C Banta	\$91	

<b>Party Line Dance</b>						
<b>Meadowbrook</b>						
<i>All Levels</i>						
69514	9/9-12/9	Mon	12:15-1:15 p.m.	C House	\$77	
<b>Soul Line Dance</b>						
<b>Northgate</b>						
<i>All Levels</i>						
69525	9/13-12/13	Fri	11:45 a.m.-1 p.m.	M Silver	\$88	
<b>Rainier</b>						
<i>All Levels</i>						
70026	9/9-12/9	Mon	11:45 a.m.-12:45 p.m.	M Silver	\$77	
<b>PILATES</b>						
Video Link: <a href="https://youtu.be/C6iGDqezc3M">https://youtu.be/C6iGDqezc3M</a>						
<b>Loyal Heights</b>						
69696	9/9-12/9	Mon	12:15-1:15 p.m.	D Dragovich	\$77	
<b>Meadowbrook</b>						
69520	9/11-12/11	Wed	11:15 a.m.-12:15 p.m.	D Dragovich	\$91	
<b>Ravenna-Eckstein</b>						
69519	9/14-12/14	Sat	11:30 a.m.-12:30 p.m.	D Dragovich	\$91	
<b>Virtual</b>						
69534	9/10-12/10	Tue	11:30 a.m.-12:30 p.m.	D Dragovich	\$91	
<b>STRETCH AND BALANCE</b>						
<b>Northgate</b>						
69529	9/9-12/9	Mon	1:30-2:30 p.m.	M Kaye	Free	
<b>STRENGTH AND CONDITIONING</b>						
<b>Magnuson</b>						
69527	9/12-12/5	Thu	9:15-10:15 a.m.	J Shearer	\$70	
<b>Northgate</b>						
69528	9/13-12/13	Fri	10:15-11:15 a.m.	M Silver	\$70	



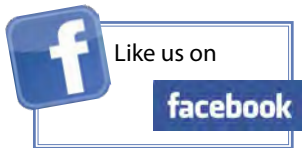
<b>TAI CHI AND QIGONG</b>						
Video Link: <a href="https://youtu.be/J82jluSOs5s">https://youtu.be/J82jluSOs5s</a>						
<b>Tai Chi</b>						
<b>Ballard</b>						
All Levels						
69700	9/9-12/9	Mon	6:30-7:30 p.m.	C House	\$77	
<b>Bitter Lake</b>						
68115	9/11-12/11	Wed	6:30-7:30 p.m.	C House	\$45	
<b>Garfield</b>						
All Levels						
69981	9/9-12/9	Mon	10:15-11:15 a.m.	E Baxa	\$77	
<b>Green Lake</b>						
All Levels						
69698	9/11-12/11	Wed	10:30-11:30 a.m.	E Baxa	\$91	
69699	9/11-12/11	Wed	11:45 a.m.-12:45 p.m.	E Baxa	\$91	
<b>High Point</b>						
All Levels						
69255	9/9-12/9	Mon	11 a.m.-Noon	Pam KE	\$77	
<b>Loyal Heights</b>						
Beginning						
69701	9/10-12/10	Tue	11:15 a.m.-12:15 p.m.	C Tan	\$45	
Continuing						
69702	9/10-12/10	Tue	12:30-1:30 p.m.	C Tan	\$45	
<b>Queen Anne</b>						
All Levels						
70580	9/12-12/5	Thu	11 a.m.-Noon	E Baxa	\$77	
<b>Ravenna-Eckstein</b>						
All Levels						
69530	9/10-12/10	Tue	12:45-1:45 p.m.	E Baxa	\$91	

<b>Qigong</b>						
<b>Loyal Heights</b>						
69697	9/12-12/5	Thu	11:15 a.m.-12:15 p.m.	C Tan	\$38	
<b>Northgate</b>						
Beginning						
69521	9/12-12/5	Thu	11:15 a.m.-12:15 p.m.	A Peizer	\$77	
Ongoing						
69524	9/12-12/5	Thu	12:30-1:30 p.m.	A Peizer	\$77	
<b>Ravenna-Eckstein</b>						
Beginning						
69522	9/11-12/11	Wed	2-3 p.m.	A Peizer	\$91	
Ongoing						
69523	9/11-12/11	Wed	12:45-1:45 p.m.	A Peizer	\$91	
<b>IDCCC</b>						
69989	9/10-12/10	Tue	10-11 a.m.	Saya S	\$91	
<b>WHOLE BODY FITNESS</b>						
<b>Delridge</b>						
69262	9/9-12/9	Mon	10-11 a.m.	Debbie P	\$77	





<b>YOGA</b>					
<b>Back in Action Gentle Yoga</b>					
<b>High Point</b>					
69231	9/13-12/13	Fri	11:30 a.m.-12:30 p.m.	Jaki R	\$91
<b>Chair Yoga</b>					
<b>Bitter Lake</b>					
69671	9/13-12/13	Fri	1:30-2:15 p.m.	J Robin	\$35
<b>Gentle Yoga</b>					
Video Link: <a href="https://youtu.be/-rbaj950AtE">https://youtu.be/-rbaj950AtE</a>					
<b>Green Lake</b>					
68101	9/9-12/9	Mon	12:30-1:30 p.m.	R MacDonald	\$77
<b>High Point</b>					
69241	9/9-12/9	Mon	9:45-10:45 a.m.	Jaki R	\$77
69242	9/11-12/11	Wed	11:30 a.m.-12:30 p.m.	Jaki R	\$91
<b>Jefferson</b>					
70001	9/13-12/13	Fri	10-11 a.m.	Christine F	\$91
<b>Loyal Heights</b>					
69688	9/9-12/9	Mon	10:45-11:45 a.m.	R MacDonald	\$77
<b>Magnuson</b>					
69506	9/11-12/11	Wed	10-11 a.m.	J Robin	\$91
<b>Meadowbrook</b>					
69508	9/12-12/5	Thu	Noon-1 p.m.	J Robin	\$77
<b>Miller</b>					
70053	9/9-12/9	Mon	11:45 a.m.-12:45 p.m.	L Gardener	\$77
<b>Rainier</b>					
70054	9/11-12/11	Wed	11 a.m.-Noon	L Gardener	\$91
<b>Rainier Beach</b>					
69980	9/10-12/10	Tue	9-10 a.m.	A Baker	\$91
<b>Ravenna-Eckstein</b>					
70497	9/9-12/9	Mon	5-6 p.m.	J Robin	\$77
69507	9/14-12/14	Sat	10-11 a.m.	J Robin	\$91
<b>Queen Anne</b>					
69691	9/9-12/9	Mon	2-3 p.m.	R MacDonald	\$77



facebook.com/LifelongRecreationSPR/

## Fitness Class DROP-INS

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

<b>Gentle Yoga—Flow-Style</b>					
<b>Bitter Lake</b>					
69689	9/11-12/11	Wed	5:30-6:30 p.m.	D Schultz	Free
69713	9/12-12/5	Thu	5:30-6:30 p.m.	D Schultz	Free
<b>Green Lake</b>					
70188	9/14-12/14	Sat	12:30-1:30 p.m.	D Lynx	\$91
<b>Vini Yoga</b>					
<b>Ballard</b>					
68097	9/11-12/11	Wed	10:45-11:45 a.m.	S Ith	\$91
70273	9/14-12/14	Sat	10:45-11:45 a.m.	Sami Ith	\$91
<b>Delridge</b>					
69259	9/11-12/11	Wed	11:30 a.m.-12:30 p.m.	Adelaide M	\$91
<b>Discovery Park ELC</b>					
69704	9/13-12/13	Fri	9:30-10:30 a.m.	M Alex	\$91
<b>Loyal Heights</b>					
69687	9/12-12/5	Thu	5:30-6:30 p.m.	A Mason	\$42
<b>Meadowbrook</b>					
69531	9/9-12/9	Mon	9:30-10:30 a.m.	H Mair	\$77
69533	9/13-12/13	Fri	1:30-2:30 p.m.	H Mair	\$91
<b>Northgate</b>					
69532	9/12-12/5	Thu	10-11 a.m.	H Mair	\$77
<b>Rainier Beach</b>					
69987	9/13-12/13	Fri	10-11 a.m.	A Merlo	\$35
<b>ZUMBA® AND ZUMBA GOLD®</b>					
Video Link: <a href="https://youtu.be/mzy3RR_SfuQ">https://youtu.be/mzy3RR_SfuQ</a>					
<b>Delridge</b>					
69263	9/10-12/10	Tue	10:15-11:15 a.m.	Marilou J	\$91
<b>Loyal Heights</b>					
69706	9/12-12/5	Thu	9:30-10:30 a.m.	S Price	\$38
<b>Queen Anne</b>					
69708	9/9-12/9	Mon	10:30-11:30 a.m.	S Price	\$77
69707	9/13-12/13	Fri	10:30-11:30 a.m.	M Jorgensen	\$91

# ADULT SPORTS

For information about any Adult Sports visit our website at:

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

or contact Jayson Powell at:

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

email: [jayson.powell@seattle.gov](mailto:jayson.powell@seattle.gov).



## Pickleball at a Glance

Please visit:

<https://www.seattle.gov/parks/recreation/sports/pickleball>, or call the community center for days, times, and registration.

SW has additional outdoor pickleball opportunities, see SW section for details.

Pickleball	Free
<b>NORTHWEST</b>	
Bitter Lake	206-684-7524
Loyal Heights	206-684-4052
Magnolia (closed for remodel)	206-386-4235
<b>NORTHEAST</b>	
Magnuson	206-684-7026
Meadowbrook	206-684-7522
Northgate	206-386-4283
<b>SOUTHWEST</b>	
High Point	206-684-7422
Yesler	206-386-1245
<b>SOUTHEAST</b>	
Garfield	206-684-4788
Rainier	206-386-1919
Van Asselt	206-386-1921

## Come work out at our Fitness Centers

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

*OUR FITNESS CENTERS ARE NOW FREE!*

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





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

**Programs for Ages 50+ Available**

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



Seattle  
Parks & Recreation



*Let us help you get your feet wet!*

**POOLS: YEAR-ROUND INDOOR**

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

**Wellness Aquatic Activities**

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

Our programs include:

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



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



**Gerald Seminatore**  
Northwest  
Recreation Specialist

206-233-7138 / cell 206-399-8561  
[gerald.seminatore@seattle.gov](mailto:gerald.seminatore@seattle.gov)

### REGISTRATION

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

### SCHOLARSHIPS

The scholarship cycle runs June 2024-June 2025. Have your application approved prior to registration. See page 50 for details.

### TRIPS

#### Departure Sites

#### **Ballard CC**

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

#### **Bitter Lake CC**

13035 Linden Ave. N  
North parking lot at street level

#### Departure Times

#### **SOUTHBOUND TRIPS:**

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

**Ballard:** at time listed.

#### **NORTHBOUND TRIPS:**

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

**Bitter Lake:** at time listed.

### BACK IN MOTION

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

### RAINBOW RECREATION

Rainbow Recreation program info can be found on pages 40-41, or search for "Rainbow" in Seattle Parks and Recreation's ACTIVE Net online registration system. Programs designated with a rainbow highlight are LGBTQ+ affirming spaces for community members and their allies.

### SHAPE UP

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

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

# FIELD TRIPS

## Cedar River Watershed

Learn more about the source of Seattle's drinking water, and experience the exquisite views and fresh air of the Cascades. Docents will guide us on short walks to explore Cedar Falls, the Masonry Dam, and more. We'll picnic above Chester Morse Lake, and allow time to explore the Educational Center. Be prepared to walk at least ¼ mile; longer distances as you are able. Bring a sack lunch and water bottle.

### Southbound

69910 9/11 Wed 9:30 a.m.-4:30 p.m. \$25

## Gates Foundation Discovery Center

Explore interactive exhibits highlighting how the Gates Foundation and its partners are working to improve the quality of life for millions of people around the globe. Discover innovations and bold ideas to solve pressing challenges facing vulnerable communities locally and globally. Find out how ordinary people are changing the world!

### Southbound

69718 10/9 Wed 10 a.m.-2 p.m. \$10

## Hunter's Breakfast

A longtime favorite! Enjoy a scenic drive over the pass, a hearty brunch at the Swauk Teanaway Grange, and ample time on your own to explore the historic old town of Roslyn—including shops, a bakery, and eateries. Don't miss this one! Activity fee includes transportation and breakfast. Note: There is a ramp at the Grange.

This is a joint trip between NW, NE and SE. The ONLY NW departure site is Densmore at 8:15 a.m.

### 8061 Densmore Ave. N at the front door

69716 10/12 Sat 8:15 a.m.-5 p.m. \$64

## Kubota Garden

Kubota Garden is a stunning 20-acre landscape that blends Japanese garden concepts with native Northwest plants. We'll have a guided walk with a Kubota Garden docent to see some of its highlights. Afterwards, enjoy a picnic lunch on your own, or wander the garden at your leisure.

### Southbound

69719 10/16 Wed 8:30 a.m.-1 p.m. \$10

## Seattle Opera Performance

A matinee performance of JUBILEE, a Seattle Opera premiere. Not long after Emancipation and the end of the Civil War, the Fisk Jubilee Singers came together and changed music forever. The singers share their personal histories through powerful vignettes full of humor, heartbreak, and hope. A short pre-performance talk will be included as part of this outing. Ticket price included in trip fee. Lunch, on your own, afterwards either onsite or at a nearby restaurant.

### Southbound

69717 10/22 Tue 9 a.m.-3 p.m. \$96

## Snoqualmie Casino

Snoqualmie Casino features all of the amenities of a casino resort. A highlight is the Falls Buffet, which boasts world-class comfort cooking and was voted "Best Buffet" by 425 Magazine. Buffet cost on your own—with a discount price for those 55+. You will have 3½ hours to dine, enjoy the casino floor, and shop. A joint outing with SW Lifelong Recreation.

### Southbound

69962 12/5 Thu 10 a.m.-3:30 p.m. \$25



## SOCIAL PROGRAMS

### Crafts

#### Crafty Ladies

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

#### Queen Anne

69676 9/5-12/19 Thu 1:30-4 p.m. Free

### Games

#### Drop-In Bridge

Enjoy a game of bridge.

#### Discovery Park ELC

All Levels

69678 9/11-12/11 Wed 9 a.m.-Noon Free

#### Queen Anne

Intermediate/Advanced

69675 9/10-12/17 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

69677 9/13-12/20 Fri 1:30-4:30 p.m. Free



## ARTS AND HANDWORK

### Watercolor with Sandra Kahler

Receive individual attention to enhance your skills. Bring your own watercolor supplies to each class; the instructor will provide a materials list. Each class includes a group lesson and demonstration. Some form of previous watercolor experience is recommended.

#### Loyal Heights

69705 9/9-11/4 Wed 10:30 a.m.-1 p.m. S Kahler \$84

### NEW Watercolor with Seniors Creating Art

An introduction to watercolor painting with an instructor from Seniors Creating Art, an SPR partner organization. All supplies are provided. **Registration required for participation.**

#### Loyal Heights

69711 9/9-9/30 Mon 1:30-3 p.m. Free

#### Bitter Lake

69712 10/9-10/30 Wed 10:30 a.m.-Noon Free

## LIFELONG LEARNING

### Keeping Your Balance

Falls are a threat to the health of older adults and can reduce their ability to remain independent, however, falls don't have to be inevitable as you age. There are proven ways to reduce and prevent falls, even for older adults. During this workshop we will look at a number of mindfulness strategies and balance exercises to encourage safety in movement. Presented by a King County EMS team.

#### Loyal Heights

70067 10/9 Tue 10 a.m.-Noon Free

#### Bitter Lake

69913 10/22 Wed 1-3 p.m. Free



## DROP-IN FITNESS

### Pickleball at a Glance

See page 10 for community center information for days, times, and registration.

## SPORTS

### NEW Bettyball

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!

#### Green Lake

70460 9/9-12/9 Mon 10 a.m.-Noon Volunteers Free

### Pickleball Skills

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

#### Loyal Heights

69808 9/13-11/1 Fri 9:30-11 a.m. TBD \$56

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

## FITNESS CLASSES

Please note: Fees may vary due to number of days a class is offered, seasonal holidays, center closures, etc. Participate at your own level of intensity, wear comfortable clothing, and bring a water bottle. An \* (asterisk) notes a *Shape Up* class, see orange box on page 12 for details. A Δ (triangle) notes a reduced class fee made possible by a *King County Shape Up Grant*.

### Aerobics and Dance

#### Fabulously Fit

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

#### Queen Anne

69685 9/11-12/11 Wed 9:30-10:45 a.m. K Adolphsen \$98

#### Juicy Joints

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

#### Bitter Lake

68103Δ 9/30-12/9 Mon 9-10 a.m. J Rayor \$28  
69693Δ 10/2-12/11 Wed 9-10 a.m. J Rayor \$35



\*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*.

## Line Dance

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

### Queen Anne

*Beginning*

69695 9/9-12/9 Mon 3:30-4:30 p.m. C Banta \$77

*Continuing*

69694 9/11-12/11 Wed 5:45-6:45 p.m. C Banta \$91

### 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!

### Loyal Heights

69706Δ 9/12-12/5 Thu 9:30-10:30 a.m. S Price \$38

### Queen Anne

69708 9/9-12/9 Mon 10:30-11:30 a.m. S Price \$77

69707 9/13-12/13 Fri 10:30-11:30 a.m. M Jorgensen \$91

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

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

## Strength and Conditioning

### Chair Strength and Tone

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

### Bitter Lake NEW on Wednesday

69670Δ 9/30-12/9 Mon 1:30-2:15 p.m. J Rayor \$22

69709Δ 10/2-12/11 Wed 10:30-11:15 a.m. J Rayor \$28

### Circuit Training

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

### Bitter Lake

69674\* 9/13-12/13 Fri 9:30-10:30 a.m. R Buyce \$91

### Loyal Heights

69673\* 9/10-12/10 Tue 9:30-10:30 a.m. R Buyce \$91

69672\* 9/12-12/5 Thu 9:30-10:30 a.m. R Buyce \$77





## EnhanceFitness

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

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

**SPECIAL NOTE:** Changes to insurance programs have changed eligibility for free participation in EnhanceFitness classes. Beginning January 1st you must have a Silver&Fit® Fitness ID number to qualify for FREE participation.

### Queen Anne

Silver&Fit®

69682	9/9-12/9	Mon	Noon-1 p.m.	K Adolphsen	Free
69684	9/11-12/11	Wed	Noon-1 p.m.	K Adolphsen	Free
69680	9/13-12/13	Fri	Noon-1 p.m.	K Adolphsen	Free

Self-Pay

69681	9/9-12/9	Mon	Noon-1 p.m.	K Adolphsen	\$77
69683	9/11-12/11	Wed	Noon-1 p.m.	K Adolphsen	\$91
69679	9/13-12/13	Fri	Noon-1 p.m.	K Adolphsen	\$91



## Tai Chi and Qigong

### Tai Chi

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

**Ballard**—Back in Motion Class  
All Levels Chen Style

69700	9/9-12/9	Mon	6:30-7:30 p.m.	C House	\$77
-------	----------	-----	----------------	---------	------

**NEW Bitter Lake**—Back in Motion Class

68115Δ	9/11-12/11	Wed	6:30-7:30 p.m.	C House	\$45
--------	------------	-----	----------------	---------	------

**Green Lake**—Back in Motion Class

69698	9/11-12/11	Wed	10:30-11:30 a.m.	E Baxa	\$91
69699	9/11-12/11	Wed	11:45 a.m.-12:45 p.m.	E Baxa	\$91

**Loyal Heights**—Back in Motion Class  
Beginning

69701Δ	9/10-12/10	Tue	11:15 a.m.-12:15 p.m.	C Tan	\$45
--------	------------	-----	-----------------------	-------	------

Continuing

69702Δ	9/10-12/10	Tue	12:30-1:30 p.m.	C Tan	\$45
--------	------------	-----	-----------------	-------	------

**Queen Anne**—Back in Motion Class

70580	9/12-12/5	Thu	11 a.m.-Noon	E Baxa	\$77
-------	-----------	-----	--------------	--------	------

### Qigong

Qigong 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.

**Loyal Heights**—Back in Motion Class

69697Δ	9/12-12/5	Thu	11:15 a.m.-12:15 p.m.	C Tan	\$38
--------	-----------	-----	-----------------------	-------	------

\*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**.

## Yoga and Pilates

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

### Pilates

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

#### Loyal Heights

69696\* 9/9-12/9 Mon 12:15-1:15 p.m. D Dragovich \$77

### Yoga

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

### Chair Yoga

#### Bitter Lake

69671Δ 9/13-12/13 Fri 1:30-2:15 p.m. J Robin \$35

*\*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**.*

### Gentle Yoga

#### Green Lake

68101 9/9-12/9 Mon 12:30-1:30 p.m. R MacDonald \$77

#### Loyal Heights

69688\* 9/9-12/9 Mon 10:45-11:45 a.m. R MacDonald \$77

#### Queen Anne

69691 9/9-12/9 Mon 2-3 p.m. R MacDonald \$77

### Gentle Yoga—Flow Style

*Registration required to participate*

#### Bitter Lake

69689 9/11-12/11 Wed 5:30-6:30 p.m. D Schultz Free

#### NEW Bitter Lake

69713 9/12-12/5 Thu 5:30-6:30 p.m. D Schultz Free

#### NEW Green Lake

70188 9/14-12/14 Sat 12:30-1:30 p.m. D Lynx \$91

### Vini Yoga

#### Ballard

68097 9/11-12/11 Wed 10:45-11:45 a.m. Sami Ith \$91

70273 9/14-12/14 Sat 10:45-11:45 a.m. Sami Ith \$91

#### Discovery Park ELC

69704 9/13-12/13 Fri 9:30-10:30 a.m. M Alex \$91

#### Loyal Heights

69687Δ 9/12-12/5 Thu 5:30-6:30 p.m. A Mason \$42





**Tori Fernau**  
**Northeast**  
**Recreation Specialist**

206-386-9106 / cell 206-696-8252  
 tori.fernau@seattle.gov

**REGISTRATION**

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

**SCHOLARSHIPS**

The scholarship cycle runs June 2024-June 2025. Have your application approved prior to registration. See page 50 for details.

**TRIPS**

**Departure Sites And Times**

**Magnuson Building 30**

6310 NE 74th St.

Depart 20 minutes before time listed.

**Meadowbrook CC**

10517 35th Ave. NE

Depart at time listed.

**NEW Northgate Transit Station**

10200 1st Ave NE

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

Depart 40 minutes before time listed.

**Departure Site Request**

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

**BACK IN MOTION**

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

**RAINBOW RECREATION**

Rainbow Recreation program info can be found on pages 40-41, or search for "Rainbow" in Seattle Parks and Recreation's ACTIVE Net online registration system. Programs designated with a rainbow highlight are LGBTQ+ affirming spaces for community members and their allies.

**FIELD TRIPS**

**Tour of Emerald Downs**

Get a behind the scenes peak of Emerald Downs in Auburn with a private tour of the facility. Take in the view from the Grandstands, stop by the barn to visit the horses, and maybe even catch the end of the morning's training session! Afterwards we will head to lunch, on your own, at Kent Station, which has a variety of restaurants to choose from. Note: There will be lots of walking on this trip with some uneven dirt surfaces in the barn area.

69505 9/9 Mon 9:10 a.m.-2 p.m. \$18

**Climbing Schurman Rock at Camp Long**

Come scale Schurman Rock at Camp Long in West Seattle, the oldest purpose-built climbing structure in the country! With the support of trained staff belayers, you will learn about the basics of rock climbing and try a few routes on Schurman Rock. No previous experience required, all safety equipment will be provided. After 2 hrs at the rock, enjoy a sack lunch (bring your own), or explore the park on your own until it is time to leave. If you prefer to meet at Camp Long register with class #69950.

69798 9/27 Fri 9:20 a.m.-2 p.m. \$45

**Hunter's Breakfast**

A longtime favorite! Enjoy a scenic drive over the pass, a hearty brunch at the Swauk-Teaway Grange, and ample time on your own to explore the historic old town of Roslyn—including shops, a bakery, and eateries. Don't miss this one! Activity fee includes transportation and breakfast. Note: There is a ramp at the Grange.

This is a joint trip between NW, NE and SE. The ONLY NE departure site is Meadowbrook CC at 8:15 a.m.

69541 10/12 Sat 8:15 a.m.-5:15 p.m. \$64

**Pumpkin Patch at Fall City Farm**

Enjoy the fall foliage colors on our drive to Fall City Farm where you can pick a pumpkin from their pumpkin patch, visit the farm animals, or enjoy a hot cup of cider and a fresh bag of mini doughnuts. Afterwards we'll take a short drive to Fall City for lunch, on your own. This trip is also offered in the SE Lifelong Recreation sector. Note: Pumpkins, doughnuts, and apple cider are available for purchase and are not included in trip cost. It is about a 2 block walk to the pumpkin patch from the van with mud, gravel, and uneven ground.

69542 10/18 Fri 9:20-2:30 p.m. \$18



**Seattle Convention Center, Art Tour**

The Seattle Convention Center's Summit Building recently opened in 2023 and houses an impressive public art collection, including work by many local artists. We will take a private 1-hour guided tour of the artwork and have an opportunity to view a variety of commissioned works, studio work, and elements integrated into the architecture of the building. Afterwards have lunch on your own, or head over to the nearby Arch Building to enjoy a sack lunch (bring your own) indoors. Note: There will be a lot walking on this tour as we cover 4 floors. Sporadic seating is available, no stairs required.

69545 11/13 Wed 9:10 a.m.-2 p.m. \$16

**Seattle Meowtropolitan Cat Cafe**

Enjoy an afternoon session in the cat lounge with just our group and a room full of 10-15 cats at the Seattle Meowtropolitan Cat Cafe! Cats at the cafe are free-roaming and being fostered for the Regional Animal Services of King County, some are available for adoption. Beverages and cat themed human treats are available for purchase at the cafe.

69543 12/4 Wed 1:20-4 p.m. \$38

**Seasonal Tea Service in Tacoma**

We'll head south to Tacoma to take part in the seasonal tea service at the Olive Branch Café & Tea Room. If time allows, afterwards we will make stops at Washington's largest used bookstore, a candy shop, and/or antique shop for optional shopping. Included in the trip's costs are transportation and tea service—tea, soup of the day, scones, seasonal fruit, chocolate dipped strawberries, 3 mini sandwiches, and 3 mini desserts.

69544 12/13 Fri 10:40 a.m.-3:30 p.m. \$74

# SOCIAL PROGRAMS

## Book Clubs

### Book Club

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

#### Laurelhurst Book Group at Ravenna-Eckstein

Meets the 3rd Wednesday of each month: 9/18, 10/16, 11/20, and 12/18. Club meets at Ravenna-Eckstein during Laurelhurst renovations.

69509                      Wed 2:30-3:30 p.m.                      Free

#### Meadowbrook Book Club

Meets the 3rd Thursday of each month: 9/19, 10/17, 11/21, and 12/19.

69481                      Thu Noon-1 p.m.                      Free

#### NEW Miller LGBTQ+ Affirming Book Group

See Rainbow page 41 for details.

70057 10/23                      Wed 2-3:30 p.m.                      Free

#### Northgate Book Club

Meets the 2nd Tuesday of each month: 9/10, 10/8, 11/12, and 12/10.

69482                      Tue 3-4 :30 p.m.                      Free

#### Ravenna's Evening Book Group

Meets the 2nd Monday of each month: 9/9, 10/21\*, 11/18\*, and 12/9. \*When a Monday holiday conflicts, they will meet the 3rd Monday of the month.

69504                      Mon 6:30-8 p.m.                      Free



## Games

### Drop-In Bridge

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

#### Miller

9/6-12/27 Fri 1:30-3:45 p.m.                      Free

#### Northgate

9/9-12/30 Mon 1-3 p.m.                      Free

### Drop-In Mahjong

Drop-In and play mahjong, for experienced players.

#### Northgate

9/3-12/31 Tue 11 a.m.-2 p.m.                      Free

#### Magnuson

9/5-12/26 Thu 10 a.m.-1 p.m.                      Free

### Mahjong Lessons

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

#### Northgate

69511 11/7-12/19 Thu 9:30-11 a.m.                      \$24

# ARTS AND HANDWORK

### Painting in the Community

Join others to paint as a community of artists in any water medium, using your own supplies. There is no formal teaching during this time. There is plenty of peer suggestion and support! Registration required.

#### Meadowbrook

69513 9/10-12/10 Tue 10 a.m.-12:30 p.m.                      Free

### Watercolor with Sandra Kahler

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

#### Meadowbrook

69535 9/12-11/7 Thu 10 a.m.-12:30 p.m.                      S Kahler                      \$84

# LIFELONG LEARNING

## NEW Free-Writing Workshop with Focus on Memoir

Let's write together with a gentle, highly supportive approach to creative writing. Facilitator will provide tips and prompts focused on writing short pieces of personal memoir. Free write in class for 10-15 minutes, then share with the group (optional), others will respond with supportive feedback only. Beginning and ongoing writers are all welcome.

### Ravenna-Eckstein

69730 9/9-11/4 Mon 1-2:30 p.m. A Peizer \$110

## 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 prepare healthy meals and snacks based on the work by Dr. Caldwell Esselstyn Jr, the author of "Prevent and Reverse Heart Disease".

### Meadowbrook

69902 10/2-10/23 Wed 10:45 a.m.-12:15 p.m. Jeanie O \$10

## Medicare 101

Learn Medicare basics, the different premiums and copays in the Medicare and YOU handbook, and discover how to spend even less on healthcare while having more fun! Join us and learn these valuable skills for managing your financial future.

### Northgate

69512 10/23 and 11/20 Wed 10 a.m.-Noon Free

## Write Your Own Story

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

### Meadowbrook

69536 9/10-12/10 Tue 10:30 a.m.-12:30 p.m. \$13

## NEW Powerful Poetry

Enjoy the power of poetry in this three-part series. With questions and a template to guide the way, we'll gather as a group with time to reflect, write, connect with others, and share. You'll create a poem as deep (or as light-hearted) as you like about what makes you the person you are. Who knows? Next might be a poetry slam! Open to community members 50+ and allies.

### Miller—Rainbow Recreation Class

70092 10/3-10/17 Thu 2-4 p.m. Free

## Life Transitions Series

### Mortgages and Other Programs

It's never too late! Come learn from experts in the industry about mortgages and other programs tailored for your situation.

### Northgate

70005 9/18 Wed 1:30-2:30 p.m. Free

### Wills, Trusts, Budget, and Financial Planning

Preparing for the future? Come learn about the different options for wills, trusts, financial planning, and budget stretching from experts in the industry.

### Northgate

70004 10/16 Wed 1:30-2:30 p.m. Free

### Organizing, Downsizing, Move, or Stay?

Organizing and/or downsizing? Considering whether to move or stay? Learn different options and tips from experts in the industry.

### Northgate

70003 11/20 Wed 1:30-2:30 p.m. Free

## Tech Time

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

Get one-on-one registration help at our Drop-In Support Hours at various NE Community Centers with the NE Lifelong Recreation Specialist in the weeks before registration opens. Learn how to access your ACTIVE Net account, how to register, make a wish list, make a payment, and other helpful tips and tricks! Feel free to bring your own smart phone, laptop, or tablet to practice on. Public Wi-Fi available at the center. You do not need to register beforehand.

### Before Fall 2024 Registration Opens

#### Meadowbrook

70066 8/5 Mon 10 a.m.-Noon Free

#### Northgate

70065 8/7 Wed 11 a.m.-1 p.m. Free

#### Miller

70063 8/12 Mon 10 a.m.-Noon Free

### Before Winter 2024 Registration Opens

#### Miller

70062 11/18 Mon 10 a.m.-Noon Free

#### Northgate

70064 11/21 Thu Noon-2 p.m. Free

#### Meadowbrook

70061 11/22 Fri 10 a.m.-Noon Free

## SPORTS

### Basketball Skills—Intermediate

Coach Schut (pronounced Shoot!) is a passionate developmental skills trainer who will lead this participant-driven class. We will pick up the pace and introduce expanded aspects of the game through progressive drills and fun, competitive games to help elevate your skill-set and enjoyment of basketball!

#### Magnuson

69480 9/13-12/13 Fri 2:15-3:45 p.m. W Schut \$136

### Pickleball Skills—Beginning

Learn the basic strokes, rules, and strategies of pickleball. This class includes 1 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 prerequisites, this class is for beginners.

#### Meadowbrook

69516 9/10-10/8 Tue 1:45-3:15 p.m. M Bisch \$53

69517 10/22-11/19 Tue 1:45-3:15 p.m. M Bisch \$53

### Pickleball Skills—Beyond Beginners

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

#### Meadowbrook

69518 9/10-10/8 Tue Noon-1:30 p.m. M Bisch \$53

### Pickleball Skills—Intermediate

The goal of this class is to challenge and help you continue to move to the next level with your skills in areas such as doubles court strategy, stacking, and defensive and offensive lobbing. We can assist you with preparing for tournaments (if interested).

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

#### Meadowbrook

69515 10/22-11/19 Tue Noon-1:30 p.m. M Bisch \$53

## DROP-IN FITNESS

### Pickleball at a Glance

See page 10 for community center information for days, times, and registration.



# FITNESS

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

## Aerobics and Dance

### Party Line Dance

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

#### Meadowbrook

69514 9/9-12/9 Mon 12:15-1:15 p.m. C House \$77

### Soul Line Dance for All Levels

Not just country! Line dance to an assortment of music genres, including soul, rhythm and blues, and country. Work out your mind and body. Learn new dance patterns to all kinds of great music. *No class 10/25, 11/8, and 12/6.*

#### Northgate

69525 9/13-12/13 Fri 11:45 a.m.-1 p.m. M Silver \$88

## Strength and Conditioning

### Building Balance with Friends

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

#### Meadowbrook

69483 9/12-12/5 Thu 1-2:30 p.m. M Kaye Free

### Circuit Training

Become a stronger you! In this fitness program you will move from one strength training station to the next with cardio intervals in-between.

#### Meadowbrook

69485 9/13-12/13 Fri 11:30 a.m.-12:30 p.m. R Buyce \$91





## EnhanceFitness

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

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

**SPECIAL NOTE:** Changes to insurance programs have changed eligibility for free participation in EnhanceFitness classes. Beginning January 1st you must have a Silver&Fit® Fitness ID number to qualify for FREE participation.

### Magnuson No class 10/10, 10/17, and 10/24

Silver&Fit®	69498	9/12-12/5	Thu	10:30-11:30 a.m.	J Shearer	Free
-------------	-------	-----------	-----	------------------	-----------	------

Self-Pay	69499	9/12-12/5	Thu	10:30-11:30 a.m.	J Shearer	\$64
----------	-------	-----------	-----	------------------	-----------	------

### Meadowbrook

Silver&Fit®	69492	9/9-12/9	Mon	11 a.m.-Noon	C House	Free
	69496	9/10-12/10	Tue	9:40-10:40 a.m.	C House	Free
	69502	9/11-12/11	Wed	9:40-10:40 a.m.	C House	Free
	69490	9/13-12/13	Fri	9:40-10:40 a.m.	C House	Free

Self-Pay	69493	9/9-12/9	Mon	11 a.m.-Noon	C House	\$77
	69497	9/10-12/10	Tue	9:40-10:40 a.m.	C House	\$91
	69503	9/11-12/11	Wed	9:40-10:40 a.m.	C House	\$91
	69491	9/13-12/13	Fri	9:40-10:40 a.m.	C House	\$91

### Miller

Silver&Fit®	69494	9/9-12/9	Mon	10:15-11:15 a.m.	M Taplin	Free
	69500	9/12-12/5	Thu	10:30-11:30 a.m.	M Taplin	Free

### Self-Pay

	69495	9/9-12/9	Mon	10:15-11:15 a.m.	M Taplin	\$77
	69501	9/12-12/5	Thu	10:30-11:30 a.m.	M Taplin	\$77

## Stretch and Balance

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

### Northgate—Back in Motion Class

69529	9/9-12/9	Mon	1:30-2:30 p.m.	M Kaye	Free
-------	----------	-----	----------------	--------	------

## Strength and Conditioning

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

### Magnuson No class 10/24

69527	9/12-12/5	Thu	9:15-10:15 a.m.	J Shearer	\$70
-------	-----------	-----	-----------------	-----------	------

### Northgate No class 10/25, 11/8, and 12/6

69528	9/13-12/13	Fri	10:15-11:15 a.m.	M Silver	\$70
-------	------------	-----	------------------	----------	------



## Tai Chi and Qigong

### Tai Chi

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

#### Ravenna-Eckstein

All Levels

69530 9/10-12/10 Tue 12:45-1:45 p.m. E Baxa \$91

### Qigong and Beginning Tai Chi

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

#### Northgate

Beginning—Back in Motion Class

69521 9/12-12/5 Thu 11:15 a.m.-12:15 p.m. A Peizer \$77

Ongoing

69524 9/12-12/5 Thu 12:30-1:30 p.m. A Peizer \$77

#### Ravenna-Eckstein

Beginning—Back in Motion Class

69522 9/11-12/11 Wed 2-3 p.m. A Peizer \$91

Ongoing

69523 9/11-12/11 Wed 12:45-1:45 p.m. A Peizer \$91



## Yoga and Pilates

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

### Pilates

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

#### Meadowbrook

69520 9/11-12/11 Wed 11:15 a.m.-12:15 p.m. D Dragovich \$91

#### Ravenna-Eckstein No class 11/30

69519 9/14-12/14 Sat 11:30 a.m.-12:30 p.m. D Dragovich \$91

#### Virtual

69534 9/10-12/10 Tue 11:30 a.m.-12:30 p.m. D Dragovich \$91

### Yoga

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

### Gentle Yoga

Magnuson—Chair Options Available

69506 9/11-12/11 Wed 10-11 a.m. J Robin \$91

Meadowbrook—Chair Options Available

69508 9/12-12/5 Thu Noon-1 p.m. J Robin \$77

Miller—Rainbow Recreation Class

70053 9/9-12/9 Mon 11:45 a.m.-12:45 p.m. L Gardener \$77

Ravenna-Eckstein—Chair Options Available

70497 9/9-12/9 Mon 5-6 p.m. J Robin \$77

69507 9/14-12/14 Sat 10-11 a.m. J Robin \$91

### Vini Yoga

Meadowbrook

69531 9/9-12/9 Mon 9:30-10:30 a.m. H Mair \$77

69533 9/13-12/13 Fri 1:30-2:30 p.m. H Mair \$91

Northgate

69532 9/12-12/5 Thu 10-11 a.m. H Mair \$77



**John Hasslinger**  
Southwest  
Recreation Specialist

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

**REGISTRATION**

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

**SCHOLARSHIPS**

The scholarship cycle runs June 2024-June 2025. Have your application approved prior to registration. See page 50 for details.

**TRIPS**

**Departure Sites And Times**

**High Point CC**

6920 34th Ave. SW

Depart 15 minutes before time listed.

**Hiawatha CC**

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

Depart at time listed.

**Departure Site Request**

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

**BACK IN MOTION**

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

**RAINBOW RECREATION**

Rainbow Recreation program info can be found on pages 40-41, or search for "Rainbow" in Seattle Parks and Recreation's ACTIVE Net online registration system. Programs designated with a rainbow highlight are LGBTQ+ affirming spaces for community members and their allies.

**FIELD TRIPS**

**Squaxin Park**

Take in the beauty of this 314-acre regional nature park along South Puget Sound. We'll kick off with a 1-hr guided outdoor education experience, followed by lunch at a reserved shelter site. You'll then have 1 hr on your own to explore nature trails and other park features, for a total of 3½ hrs in the park. Please bring a sack lunch.

69256 9/19 Thu 10 a.m.-4 p.m. \$40

**Carpinito Fun Farm**

Explore a fun farm filled with farm animals, a hay maze, goat walk, and tons of locally-farmed produce and specialty food items. Activity fee includes general admission. Please bring a credit card for optional activities like the corn maze or the pumpkin patch (patch entry fee applied toward pumpkin purchase), and items like kettle corn, roasted corn or peppers, pickles, and more. Bring a sack lunch or purchase lunch at the farm.

69257 10/3 Thu 10 a.m.-2:45 p.m. \$35



**Lake Sammamish Adaptive Cycle Adventure**

In partnership with Outdoor Recreation and Outdoors For All, join us on a Lake Sammamish cycling adventure. Bike options are provided for riders with physical, developmental, or cognitive disabilities, and for folks that used to ride a standard bicycle but no longer feel comfortable for balance and safety reasons. Please bring your own picnic lunch to enjoy after adaptive cycling.

69959 10/16 Wed 10 a.m.-3 p.m. \$68

**Museum of Flight**

A docent-led tour of the Apollo Exhibit. Learn about the Space Race and view a display of the rocket engine that launched Apollo to the moon. Experience what it would feel like to travel to the moon and back with the Spacequest Virtual Reality Experience, optional and an additional \$10 (please bring exact change day of). There will be time to self-tour the rest of the museum and have lunch, on your own, at the Wing Café.

69258 10/24 Thu 9:45 a.m.-2:30 p.m. \$41

**Snoqualmie Falls Casino**

Snoqualmie Casino features all of the amenities of a casino resort. A highlight is the Falls Buffet, which boasts world-class comfort cooking and was voted “Best Buffet” by 425 Magazine. Buffet cost on your own—with a discount price for those 55+. You will have 3 ½ hours to dine, enjoy the casino floor, and shop. A joint outing with NW Lifelong Recreation.

69265 12/5 Thu 10 a.m.-3:30 p.m. \$25

**NATURE AND ENVIRONMENT**

**Camp Long Mindfulness Walk**

Join retired National Parks Ranger, Pat Pilcher, for a guided walk through this historic urban oasis. Learn the history and special features of the park while experiencing mindful meditation among the trees. Meet at the Camp Long Environmental Learning Center entrance just off 35 Ave. SW.

**Camp Long**

69940 9/25 Wed 10:30 a.m.-Noon P Pilcher Free

**Fall Foliage**

Ever wonder why trees change colors and lose their leaves in the fall? Or notice how animals colors differ between seasons? Join us at beautiful Me-Kwa-Mooks Park as we stroll the loop (.9 miles) and talk about these seasonal changes. Meet-up details emailed to registered participants prior to the program. An LGBTQ+ affirming space open to adults 50+ and allies.

**Me-Kwa-Mooks Park**

70056 10/18 Fri 1-2:30 p.m. Free



## SPECIAL EVENTS

### Holiday Show

Bring in the happy holiday season with music, fun, jokes, a mystery raffle, and a visit from Santa Claus. Musical performance brought to you by Silver Sounds, a completely volunteer-led group that spreads joy through music and entertainment. Appropriate for all ages. Space is limited.

#### High Point

69240 12/3 Tue 1:30-2:30 p.m. Free



### Line Dance Party

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

#### High Point

69247 12/6 Fri 1:30-4 p.m. \$11

## SOCIAL PROGRAMS

### Book Clubs

#### High Point Book Club

Meets the 2nd Thursday of each month. This is an active club seeking new members!  
Meets: 9/12, 10/10, 11/14, and 12/12.

#### High Point

69244 Thu 1-2 p.m. Gail B 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

69254 9/7-12/28 Sat 1-2 p.m. Margaret S Free

## ARTS AND HANDWORK

### Acrylic Painting

Join us as we explore the world of acrylic painting! Learn about different types of brushes and color usage while you paint from references and from your imagination! Leave with finished pieces of artwork. No experience necessary and all supplies are provided. Class sponsored by Seniors Creating Art.

#### Delridge

69997 10/18-11/8 Fri 11:30 a.m.-1 p.m. TBD Free

## VOLUNTEER

### Volunteers Orientation

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

#### Virtual

69260 10/8 Tue 2-3 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, and your community spirit!

#### Delridge Courts

9/3-12/31 T/Th 10 a.m.-Noon Free

#### Miller Courts

9/4-12/30 M/W/F 10 a.m.-Noon Free

#### Mt Baker Courts

9/3-12/31 T/Th 10 a.m.-Noon Free

#### Walt Hundley Courts

9/4-12/30 M/W/F 10 a.m.-Noon Free

## SPORTS

### Pickleball Skills—All Levels

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

#### High Point

69252	9/16-10/21	Mon	11:30 a.m.-1 p.m.	Max A	\$25
69253	10/28-12/9	Mon	11:30 a.m.-1 p.m.	Max A	\$25

### Pickleball Skills

Open to beginners and advanced beginners seeking to learn and hone basic pickleball skills and strategies. *No class 9/26.*

#### Delridge

##### Session 1

69250	9/17-10/22	Tue	10:15-11:45 a.m.	MJ Bingham	\$30
69248	9/19-10/24	Thu	10:15-11:45 a.m.	J Wilson	\$25

##### Session 2

69251	10/29-12/3	Tue	10:15-11:45 a.m.	MJ Bingham	\$25
69249	10/31-12/5	Thu	10:15-11:45 a.m.	J Wilson	\$20



# FITNESS

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

## Aerobics and Dance

---

### Bollywood Fitness

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

#### Delridge

69232 9/13-12/13 Fri 10-11 a.m. Allison C \$91

### 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 9/26.*

#### Delridge

69234 9/12-12/5 Thu 10:15-11:15 a.m. Debbie P \$77

### Global Fitness

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

#### High Point

69243 9/10-12/10 Tue 10-11 a.m. Allison C \$91

### Line Dance

Work out with your mind and body. Learn new dance patterns to some great music. *No class 9/26.*

#### High Point

All Levels

69246 9/12-12/5 Thu 11:15 a.m.-12:15 p.m. Suzanne S \$77

Intermediate

69245 9/12-12/5 Thu 12:20-1:20 p.m. Suzanne S \$77

### Whole Body Fitness

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

#### Delridge

69262 9/9-12/9 Mon 10-11 a.m. Debbie P \$77

### Zumba®

Ditch the workout, join the party! Fun is the key ingredient in this low-impact, Latin-inspired dance fitness class. No rhythm or partner required. You'll leave exhilarated and energized! Appropriate for all fitness levels.

#### Delridge

69263 9/10-12/10 Tue 10:15-11:15 a.m. Marilou J \$91

## Strength and Conditioning

---

### Fitness

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

#### Delridge

69239 9/11-12/11 Wed 10:15-11:15 a.m. Suzanne S \$91

## Tai Chi and Qigong

---

### Tai Chi

Continuing class for yang style short form Tai Chi. This style was created by Professor Cheng Man Chi'ing. Tai Chi promotes balance, stress relief, and energy cultivation. Open to students of all levels, including beginners.

#### High Point

All Levels

69255 9/9-12/9 Mon 11 a.m.-Noon Pam KE \$77

## Yoga and Pilates

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

### Back in Action Gentle Yoga

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

**High Point**—Back in Motion Class

69231	9/13-12/13	Fri	Noon-1 p.m.	Jaki R	\$91
-------	------------	-----	-------------	--------	------

## Yoga

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

### Gentle Yoga

**High Point**

69241	9/9-12/9	Mon	9:45-10:45 a.m.	Jaki R	\$77
69242	9/11-12/11	Wed	11:30 a.m.-12:30 p.m.	Jaki R	\$91

### Vini Yoga

**Delridge**

69259	9/11-12/11	Wed	11:30 a.m.-12:30 p.m.	Adelaide M	\$91
-------	------------	-----	-----------------------	------------	------







**Masha Shtern**  
**Southeast**  
**Interim Recreation Specialist**

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

**REGISTRATION**

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

**SCHOLARSHIPS**

The scholarship cycle runs June 2024-June 2025. Have your application approved prior to registration. See page 50 for details.

**TRIPS**

**Departure Sites**

**Garfield CC**

2323 E Cherry St.

**Jefferson CC**

3801 Beacon Ave. S

**Departure Times**

**NORTHBOUND TRIPS:**

**Garfield:** at time listed.

**Jefferson:** 15 minutes before time listed.

**SOUTHBOUND TRIPS:**

**Garfield:** 15 minutes before time listed.

**Jefferson:** at time listed.

**BACK IN MOTION**

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

**RAINBOW RECREATION**

Rainbow Recreation program info can be found on pages 40-41, or search for "Rainbow" in Seattle Parks and Recreation's ACTIVE Net online registration system. Programs designated with a rainbow highlight are LGBTQ+ affirming spaces for community members and their allies.

**FIELD TRIPS**

**Seattle Chinese Garden**

The Seattle Chinese Garden is a tranquil hidden gem celebrating Chinese culture. We'll enjoy a docent-led tour and learn about the traditional elements of a classical Chinese Garden: plants, stone, architecture, and water. Then we'll stroll the adjacent Arboretum and have a picnic lunch in the gardens. Bring a sack lunch. The garden paths are gravel.

**Southbound**

69983 9/13 Fri 9:30 a.m.-1:30 p.m. \$22

**Hunter's Breakfast**

A longtime favorite! Enjoy a scenic drive over the pass, a hearty brunch at the Swauk-Teaway Grange, and ample time on your own to explore the historic, old town of Roslyn—including shops, a bakery, and eateries. Don't miss this one! Activity fee includes transportation and breakfast. Note: There is a ramp at the Grange.

This is a joint trip between NW, NE and SE. The ONLY SE departure site is Jefferson at 8:45 a.m.

69984 10/12 Sat 8:45 a.m.-5 p.m. \$64



### Pumpkin Patch at Fall City Farm

Enjoy the fall foliage colors on our drive to Fall City Farm where you can pick a pumpkin from their pumpkin patch, visit the farm animals, or enjoy a hot cup of cider and a fresh bag of mini doughnuts. Afterwards we'll take a short drive to Fall City for lunch, on your own. This trip is also offered in the NE Lifelong sector. Note: Pumpkins, doughnuts, and apple cider are available for purchase and are not included in the trip cost. It is about a 2-block walk to the pumpkin patch from the van with mud, gravel, and uneven ground.

#### Southbound

69985 10/18 Fri 8:45 a.m.-2:45 p.m. \$18

### Tacoma Glass Museum

The Museum of Glass in downtown Tacoma offers a learning environment to appreciate the medium of glass through creative experiences and collections. We'll enjoy a docent-lead tour through the galleries and Hot Shop, and finish with tea and cookies in the museum's Education Studio, along with an art-making project. Lunch on your own.

#### Southbound

69986 11/1 Fri 9 a.m.-4 p.m. \$38

### Seattle Chocolate Factory

During this hour-long guided tour at the Seattle Chocolate Factory we will learn about the history and origins of chocolate and get a bird's eye view inside their 60,000 square foot factory to see how their chocolates are made. Half of the tour is up 18 steps to the viewing platform in the factory, no elevator. Samples will be provided during our tour, most food allergies can be accommodated. Lunch on your own afterwards. *No refunds after 10/23.*

#### Southbound

70105 11/20 Wed 9 a.m.-3 p.m. \$35

### Garden D'Lights

Let's enjoy holiday lights together! Garden d'Lights features over half a million sparkling lights formed into the whimsical shapes of plants, flowers, birds, animals, and cascading waterfalls set amid the natural beauty of the Bellevue Botanical Garden. Activity Fee includes transportation and entrance fee into garden. Bring a sack dinner if you wish. Garden paths are level, a mix of pavement and gravel.

#### Southbound

70104 12/11 Wed 4:15-8 p.m. \$18

## SOCIAL PROGRAMS

### AMP Art Walk

See Rainbow page 41.

### AIDS Memorial Pathway

70052 9/17 Tue 10:30 a.m.-Noon Free

## Games

### Drop-In Bridge

Drop-In play for bridge players. All Levels.

#### Rainier

69969 9/4-12/18 Wed 11 a.m.-2 p.m. Free

### Drop-In Mahjong

Drop-In and play mahjong!

#### Rainier

69970 9/5-12/19 Thu 11 a.m.-2 p.m. Free

## ARTS/HANDWORK

### Acrylic Painting with Seniors Creating Art

Join us as we explore the world of painting! Learn about different types of brushes and color usage while you paint from references and from your imagination! Leave with finished pieces of artwork. No experience necessary and all supplies are provided. This free class is sponsored by Seniors Creating Art. **Registration is required to take this course.**

#### Rainier Beach

70060 9/9-9/30 Mon 10:30 a.m.-Noon \$ Goodenough Free

## SPORTS

*Please register for the appropriate level and limit registrations to two classes per quarter to ensure space for all.*

### Watercolor with Seniors Creating Art

Come be creative with us! Explore the wonderful world of watercolor painting. Each week we will explore watercolors, learning brush usage, playing with supplies, color mixing, and building upon each session to learn new techniques and skills. Leave with finished pieces of artwork that can be gifted or put on display. No experience necessary and all supplies are provided. This free class is sponsored by Seniors Creating Art. **Registration is required to take this course.**

**IDCC** Instruction available in English and Mandarin

70059 10/3-10/24 Thu 10-11:30 a.m. Xin Xin Free

#### Jefferson

69996 9/13-10/4 Fri 10-11:30 a.m. Sam L Free

## LIFELONG LEARNING

### Cheesecake Designs Workshop

In this hands-on class you will make our own mini-cheesecake and learn how to create round and rectangular swirling patterns using berries and chocolate sauces. You will get your own mini-cheesecake pan to keep! BYO Apron. Gluten-free crust available upon request

#### Rainier

70457 11/8 Fri 10 a.m.-1 p.m. M Shtern \$25

## DROP-IN SPORTS

### Pickleball

See page 10 for community center information for indoor pickleball.

### Outdoor Pickleball

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

#### Mt Baker Courts

9/3-12/31 T/Th 10 a.m.-Noon Free

### Pickleball Skills—Beginning

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

#### Rainier

70032 9/11-10/9 Wed Noon-1:30 p.m. M Bisch \$53

70033 10/23-11/20 Wed Noon-1:30 p.m. M Bisch \$53

### Pickleball Skills—Beyond Beginners

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

#### Rainier

70034 9/11-10/9 Wed 1:30-3 p.m. M Bisch \$53

### Pickleball Skills—Intermediate

The goal of this class is to challenge and help you continue to move to the next level with your skills in areas such as doubles court strategy, stacking, and defensive and offensive lobbing. We can assist you with preparing for tournaments (if interested). **Prerequisites:** Players know the rules of pickleball including net rules and kitchen lines, can position themselves appropriately on the court and move quickly to the net, can sustain rallies easily with strategic hits, and serves and returns are in play and consistent (80%). They also understand not to pop dinks, understand hard and soft game, and can work with a partner to win a point. Please bring your own water bottle.

#### Rainier

70031 10/23-11/20 Wed 1:30-3 p.m. M Bisch \$53

# FITNESS CLASSES

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

## Aerobics and Dance

### Traditional and Contemporary Asian Dance

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

**Jefferson**

69982 9/10-12/10 Tue 6-7:45 p.m. K Luo Free

**Van Asselt**

70094 9/14-12/14 Sat 2-3:45 p.m. K Luo Free

### Dance for Parkinson's

Working with professional dancers and teaching artists trained in the Dance for PD® method, participants are inspired to explore movement and music in ways that are refreshing, enjoyable, and stimulating. No dance experience or diagnosis of Parkinson's disease is required to participate. Please note: Registration with Seattle Theatre Group Dance for PD® at [rexk@stgprepresents.org](mailto:rexk@stgprepresents.org) is required to access the facility.

**Garfield**

69968 10/10-12/5 Thu 10:30 a.m.-Noon Free



## Strength and Conditioning

### EnhanceFitness

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

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

**SPECIAL NOTE:** Changes to insurance programs have changed eligibility for free participation in EnhanceFitness classes. Beginning January 1st you must have a **Silver&Fit® Fitness ID number** to qualify for **FREE** participation.

**Garfield**

Silver&Fit® Members

69974	9/9-12/9	Mon	Noon-1 p.m.	Novella F	Free
69977	9/11-12/11	Wed	Noon-1 p.m.	Novella F	Free

Self-Pay

69973	9/9-12/9	Mon	Noon-1 p.m.	Novella F	\$77
69975	9/11-12/11	Wed	Noon-1 p.m.	Novella F	\$91

**Jefferson** No class 9/26

Silver&Fit® Members

69999 9/12-12/5 Thu 10-11 a.m. Novella F Free

Self-Pay

70000 9/12-12/5 Thu 10-11 a.m. Novella F \$77

**Rainier**

Silver&Fit® Members

69978 9/11-12/11 Wed 10:15-11:15 a.m. YS Gartz Free

69972 9/13-12/13 Fri 10:15-11:15 a.m. YS Gartz Free

Self-Pay

69976 9/11-12/11 Wed 10:15-11:15 a.m. YS Gartz \$91

69971 9/13-12/13 Fri 10:15-11:15 a.m. YS Gartz \$91

**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**

70026 9/9-12/9 Mon 11:45 a.m.-12:45 p.m. M Silver \$77

**Tai Chi and Qigong**

**Tai Chi**

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

**Garfield**

All Levels

69981 9/9-12/9 Mon 10:15-11:15 a.m. E Baxa \$77

**Qigong**

Relaxing, ancient moves are taught through easy, repeating exercises. The goal is to maintain and restore bone mass, equilibrium, balance, and poise, by activating vital energy during this moving meditation practice. A basic qigong combining the breath and natural slow movements with intentions. Style is Kurlunshang Baguazang Wushangong (Qigong from the heart), a practice that reflects all the aspects of life in harmony. Instruction available in English and Japanese. No experience necessary.

**IDCCC**

69989 9/10-12/10 Tue 10-11 a.m. Saya S \$91

**Yoga and Pilates**

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

**Gentle Yoga**

**Jefferson**

70001 9/13-12/13 Fri 10-11 a.m. Christine F \$91

**Rainier**—Rainbow Recreation Class

70054 9/11-12/11 Wed 11 a.m.-Noon L Gardener \$91

**Rainier Beach**

69980 9/10-12/10 Tue 9-10 a.m. A Baker \$91

**Vini Yoga**

**Rainier Beach**

69987 9/13-12/13 Fri 10-11 a.m. A Merlo \$91





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

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

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

**Free Programs**

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

**Receive Updates**

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

**SPECIAL EVENT**

**Community GROWS Camp**

Create, play, and explore at the 2nd Community GROWS (Gathering, Reaching Out, We Strengthen) Camp, a "day camp" experience where community connection is the focus. Inspired by a poem and the resilience and blossoming of the post-2020 memory loss community, with recognition of program history, Community GROWS Camp activities are designed to promote joy and illuminate new ways of seeing each other and the natural world. We'll be together at Camp Long, a 68-acre park with a WPA-era lodge in West Seattle, both inside and outdoors, in a supportive environment. A conversation with the Dementia-Friendly Recreation Specialist is required for 1st time participants. Please contact [tamara.keefe@seattle.gov](mailto:tamara.keefe@seattle.gov) to schedule.



**Camp Long**

70102 9/25 Wed 10 a.m.-3 p.m. Free

## NATURE AND ENVIRONMENT

### Strollin' with the Salmon Stewards

Witness the magic of hundreds of chum salmon returning to spawn throughout the creek in Carkeek Park, the best salmon-viewing spot in the city. Volunteer "Salmon Stewards" will guide our group and answer questions about salmon, our local watershed, and the impact humans have on the natural environment around us. Be prepared to walk ~.5 mile and stand for the duration. 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.

#### Carkeek Park

70098 11/16 Sat 11 a.m.-12:30 p.m. Free

## ART

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

#### Japanese Garden Tateuchi Room

Meets 3 Tuesdays: 10/29, 11/5, and 11/12  
70101 10 a.m.-Noon 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).

## FITNESS CLASSES

### NEW Joyful Movement

Utilizing breath for quality isolated joint and full-body movement, revel in this feast for the body and soul! Facilitated by an experienced dance instructor familiar with physical and cognitive limitations, feel good inside and out moving to the sounds of Motown and more. Chair seated participants are welcome. A conversation with the Dementia-Friendly Recreation Specialist is required for 1st time participants. Please contact [tamara.keefe@seattle.gov](mailto:tamara.keefe@seattle.gov) to schedule.

#### Rainier Beach

70103 10/1-10/22 Tue 10:30-11:30 a.m. Free

## OUTDOOR RECREATION

### Garden Discovery Program

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

Friday: 10/4, 11/1 and 12/6  
70099 10:30 a.m.-Noon Free

### Out and About Walks

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

#### Various Locations

2nd and 4th Fridays: 9/13-12/13  
70100 10:30 a.m.-Noon. Free



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

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

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

**REGISTRATION**

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

**SCHOLARSHIPS**

The scholarship cycle runs June 2024-June 2025. Have your application approved prior to registration. See page 50 for details.

**NATURE AND ENVIRONMENT**



**Fall Foliage**

Ever wonder why trees change colors and lose their leaves in the fall? Or notice how animals colors differ between seasons? Join us at beautiful Me-Kwa-Mooks Park as we stroll the loop (.9 miles) and talk about these seasonal changes. Meet-up details emailed to registered participants prior to the program. An LGBTQ+ affirming space open to adults 50+ and allies.

**Me-Kwa-Mooks Park**

70056 10/18 Fri 1-2:30 p.m. Free



## SOCIAL

### AMP Art Walk

A short walk and guided, open-ended conversation about a few public artworks along the AIDS Memorial Pathway. Using a facilitation technique that centers observation rather than knowledge about art, and where all voices add to the richness of what is seen, walk away with a more expansive view and perhaps feeling more connected. Be prepared to walk/stand for the duration and traverse less than 1 mile. Meet-up details emailed to registered participants prior to the program. An LGBTQ+ affirming space open to adults 50+ and allies.

### AIDS Memorial Pathway

70052 9/17 Tue 10:30 a.m.-Noon Free

### NEW LGBTQ+ Affirming Book Group

Would you like to read and then gather to discuss with others in an LGBTQ+ affirming space? Book choices with potential interest to community members will be chosen with support from the Seattle Public Library. Registered participants will receive book selection and community center pick-up details in advance of the meeting date. Book Group schedule will evolve based on community interest. An LGBTQ+ affirming space open to adults 50+ and allies.

### Miller

70057 10/23 Wed 2-3:30 p.m. Free

## ARTS AND HANDWORK

### NEW Powerful Poetry

Enjoy the power of poetry in this three-part series. With questions and a template to guide the way, we'll gather as a group with time to reflect, write, connect with others, and share. You'll create a poem as deep (or as light-hearted) as you like about what makes you the person you are. Who knows? Next might be a poetry slam! An LGBTQ+ affirming space open to adults 50+ and allies.

### Miller

70092 10/3-10/17 Thu 2-4 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 open to adults 50+ and allies.

### Miller

70053 9/9-12/9 Mon 11:45 a.m.-12:45 p.m. L Gardener \$77

### Rainier

70054 9/11-12/11 Wed 11 a.m.-Noon L Gardener \$91





**Courtney Gogetap**  
Recreation Specialist

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

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

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

**Sign Up For Our Newsletter!**

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


**SCHOLARSHIPS**


The scholarship cycle runs June 2024-June 2025. Have your application approved prior to registration. See page 50 for details.


**RAINBOW RECREATION**

Rainbow Recreation program info can be found on pages 40-41, or search for "Rainbow" in Seattle Parks and Recreation's ACTIVE Net online registration system. Programs designated with a rainbow highlight are LGBTQ+ affirming spaces for community members and their allies.

**Hike Rating Legend**

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

**ELEVATION**   
**1 Mountain** = Mostly flat, slight elevation at most.  
**2 Mountains** = Some moderate inclines, rolling hills, or minimal staircases.  
**3 Mountains** = Be prepared for steep climbs or lengthy staircases as a main feature.

**TERRAIN**   
**1 Boot** = Paved path or indoor flooring.  
**2 Boots** = Soft gravel, grass, slight mud, and/or dirt paths.  
**3 Boots** = Significant rocks, tree branches, tripping hazards, or mud. Come prepared!

**DOG WALKS**

**Dog Walks**

Bring a dog or come without if you love to walk with dogs! We meet every Friday at 11:30 a.m. Prepare to walk 2-3 miles, rain or shine. Meet at the designated site, leash your dog, and bring poop bags. Please email or phone with your contact information to [sound.steps@seattle.gov](mailto:sound.steps@seattle.gov) or call Recreation Specialist's number above to be added to the walk leader's list. Volunteer walk leader Sharon LeVine will contact you weekly with walk locations.

**Various Locations—**

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

9/9-12/14 Fri 11 a.m.

Free



# FIELD TRIPS

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

Densmore Building, 8061 Densmore Ave N. under the entrance sign—30 minutes before time listed;  
Jefferson CC, 3801 Beacon Ave S.—at time listed.

### Twin Falls



Twin Falls is a 2.4-mile roundtrip hike in a stunning forest with old growth trees, a river, and not one but two waterfalls waiting for you at the end of the trail. Please bring your own snacks and water for the journey, and a picnic lunch. Note: variable terrain, steps, and muddy, uneven paths.

69948 9/11 Wed 9:30 a.m.-2:30 p.m. \$25

### Dragon Boat

Dragon boating is a sport that can accommodate a wide range of skill levels from novice to competitive. It is a low-impact, full-body workout for people of any experience level, not to mention that it's lots of fun! We can make a paddler out of anyone—it's all about time on the water. This event runs two hours once we arrive at the Kenmore site, consisting of a 30 minute intro briefing, instructions, paddler prep, 1 hour on the water (with some team building exercises), and 30 minutes post-water for a debriefing, team pics, and snacks (please bring your own). 2-3 races will be held towards the end of practice. A typical race is about 250 to 500 meters (around 2-3 mins).

69948 9/17 Tue 9:15 a.m.-1:15 p.m. \$60

### Georgetown Steam Plant Tour



Join us on a guided, private tour of the Georgetown Steam Plant, an Historical Mechanical Engineering Landmark, Seattle Landmark, and on the list of National Register of Historic Places. The Georgetown Steam Plant was built by the Seattle Electric Company in 1906-1907 on 18 acres of land along the Duwamish River. The plant's two vertical Curtis Turbines helped establish the steam turbine as capable of producing large amounts of power more cheaply and efficiently than other generators at the time. Note: The only access to the 2nd floor of the steam plant is via a steep flight of stairs (to request special assistance, please let us know in advance).

69952 10/2 Wed 9:40 a.m.-Noon \$24

### Tacoma Walking Tour



Join us on a guided walking tour, "The Sweeter Side of Tacoma", led by Pretty Gritty Tours. We will look at the best parts of the nation's fourth largest port, from candy production to shipping, and wander through the historically preserved district of downtown Tacoma including sweet treats like Almond Roca (a Tacoma original), and a look at Antique Row where the "treasures of Tacoma are kept." This tour will include walking 10 to 20 blocks on city streets with a moderate incline. Afterwards, we will enjoy a sack lunch (please bring your own lunch/water) at Wright Park before returning.

69956 10/9 Wed 10 a.m.-2:30 p.m. \$79

### Lake Sammamish Adaptive Cycle Adventure

In partnership with SW Lifelong Recreation and Outdoors For All, join us on a Lake Sammamish cycling adventure. Bike options are provided for riders with physical, developmental, or cognitive disabilities, and for folks that used to ride a standard bicycle but no longer feel comfortable for balance and safety reasons. Please bring your own picnic lunch to enjoy after adaptive cycling.

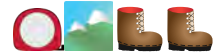
#### Departure Sites:

High Point CC—depart 15 minutes before time listed;  
Hiawatha CC (on Walnut Ave. SW, east of CC, near parking area between CC and West Seattle High School—depart at time listed.

69959 10/16 Wed 10 a.m.-3 p.m. \$68

### Billy Frank Jr

### Nisqually Wildlife Refuge



Trails wander through a variety of habitats, and visitors can enjoy amazing wildlife viewing opportunities. The Visitor Center provides an overview of the Nisqually River Delta, as well as updated wildlife sightings. The Nisqually Estuary Boardwalk (can be slippery) extends over the estuary, making each visit unique. Please bring your own sack lunch and enough water for the journey. Note: 1.5 to 2.5-miles on uneven, slippery terrain.

69964 11/13 Wed 9:15 a.m.-1:15 p.m. \$32

# NATURE AND ENVIRONMENT

OUTDOOR RECREATION (FORMERLY SOUND STEPS)

## Bird Watching with Ed Dominguez

In partnership with the Seward Park Audubon Center, Lead Naturalist Ed Dominguez will be taking us on an environmental education birdwatching journey through Seward Park. Ed is knowledgeable in geology, trees, wildflowers, and mammals, and he particularly enjoys birding and bird songs. Join us in learning more about the birds around us. Expect to walk 1.5 to 2-miles on uneven, rocky terrain. Binoculars will be provided.

### Seward Park

69944 9/18 Wed 10:30 a.m.-Noon Free



## Climbing Schurman Rock

Interested in scaling the oldest, purpose-built climbing structure in the country? With the help and support of trained Camp Long staff belayers, participants will be able to learn about rock climbing and try a few routes on Schurman Rock. No previous experience required, all safety equipment will be provided. Schurman Rock is available for recreational climbing programs with staff belayers and facilitator coaching. After the two-hours of climbing, participants are welcome to bring a sack lunch and enjoy a picnic together, or explore the park on their own. Note: There is a ¼ mile walk to and from the parking lot to the climbing rock, with some incline, gravel, uneven ground. For those needing transportation from NE sector register for #69798.

### Camp Long

69950 9/27 Fri 10 a.m.-12:30 p.m. \$35

## Birdwatching for Migratory Bird Day

Join us for a morning of birdwatching at Magnuson Park! This park has a mix of habitats including wetlands, grasslands, and woodlands, providing opportunities to see a variety of birds. Fall migration is a great time for birdwatching because many species are passing through the area. A naturalist guide will provide binoculars, but please bring your own if you have them. Also provided are ID books and tips on birdwatching techniques.

### Magnuson Park

**Parking Lot #3 by the beach**  
69945 10/10 Thu 9-10:30 a.m. Free



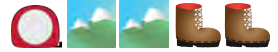
## Spider Walk

Free

With our Environmental Education Department, we will be out in nature finding spiders at Camp Long. Using bug boxes, leaf litter shakeouts, and other techniques, we will get up and close to the spiders we find to see their unique features.

### Camp Long

69957 10/30 Wed 10-11:30 a.m. Free



## Let's See the Salmon Run

This is a walk through Carkeek Park to learn about the chum salmon lifecycle, and see the salmon return from years at sea! How will they manage the beaver dam? Why do they look so beat up? We will find out. The walk will start at the Carkeek Park Lower Meadow by Piper's Creek. Note: There will be paved and dirt paths. Participants should be able to traverse slight inclines, go up and down stairs, and manage some uneven ground.

### Carkeek Park

**Lower Meadow, Park Kiosk by Piper's Creek**  
69946 11/15 Fri 2-3:30 p.m. Free



## Salmon Walk

Have you ever wanted to learn more about the watershed in your neighborhood? Now is your chance to stroll the Longfellow Creek Trail with a Seattle Parks and Recreation Environmental Education employee and learn more about the watershed, salmon, and perhaps signs of beavers.

### Longfellow Creek Trail

69963 11/20 Wed 10-11:30 a.m. Free



## Wreath-Making with Seattle Parks Plants

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

### Discovery Park

69965 12/13 Fri 10 a.m.-Noon \$18

# TRANSIT ADVENTURES

## Transit: Connections Museum

The Connections Museum in Georgetown, formerly the Herbert H. Warrick Jr. Museum of Communications, is part of The Telecommunications History Group, Inc. It features working Panel and Crossbar electromechanical central-office switches, Step-by-Step and Crossbar PBX equipment, antique telephones, switchboards, and outside plant displays, as well as a cataloged telecommunications reference library, useful for researchers. We meet at Jefferson CC, ride public transportation, and do some walking to arrive at the museum. A \$5 donation fee per person is requested. Meeting at the museum is an option—please register and email Courtney to arrange.

### Jefferson CC/Connections Museum

69960 11/5 Tue 9:15 a.m.-1:15 p.m.



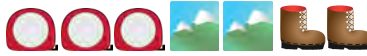
Free

## Rainier Beach Station: Kubota Gardens

Join us as we trek two of the Southend's greatest secrets—Chief Sealth Trail and Kubota Gardens. We'll link up at Rainier Beach Station and follow the gorgeous trail to the gardens for the full sensory delight of flowers, trees, and waterfalls. Pack a lunch to enjoy in the park! Please note that while the Chief Sealth Trail is well-paved, it is a hilly walk to Kubota Gardens from the station. Round trip walk is 6-7 miles total.

### Rainier Beach Station

69936 11/19 Tue 10 a.m.-2 p.m.



Free



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

## Holiday Adventure:

### Seattle Center and Fairmount Olympic

In true festive Christmas fashion, we will meet at Seattle Center Armory and enjoy Winterfest by viewing a late 19th-century model train and village display, and participate in an optional scavenger hunt. We will then hop on the monorail (each participant responsible for their own fee) and ride to Westlake Center where we will have a .5 mile walk to the Fairmount Olympic Hotel to view the Christmas trees on display. We will then walk the return route to the monorail and the tour will end at Seattle Center. Please bring your own snacks/water for the journey. Note: Participants will encounter uneven sidewalk terrain and seasonal admittance lines.

### Seattle Center Armory

69966 12/4 Wed 10 a.m.-1 p.m.



Free

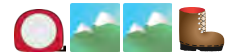
## WALKS

### Downtown Seattle Walking Adventure

This volunteer-led walking adventure starts at a free art gallery at King Street Station with stops at A Poem Emporium to learn about space and history. Next, stop at Glasshouse Studio and perhaps other galleries or a vintage clothing store. Lunch (pack your own sack lunch) will be at the Waterfall Garden. The final stop will be at the Superior Court where we will see some photos depicting the history of the building. We will be meeting inside King Street Station near Gate 3. Please pack your own snacks/water.

### King Street Station

69958 10/11 Fri 10:30 a.m.-1:30 p.m.



Free

### Ballard Locks to Discovery Park Loop

A cluster of Northwest Seattle gems, all in one walk! Starting from the Ballard Locks parking lot, we'll cross the water to Magnolia to Discovery Park, walk part of the loop trail to North Beach, and then connect back to Ballard. Featuring waterways, forest, and beach, this walk is equal parts urban and secluded, with lots of incredible Seattle history throughout. Walk is 6 miles total, with some inclines, and a mixture of pavement and dirt path. Please bring your own snacks and water needed for the journey.

### Ballard Locks

69935 10/23 Wed 11 a.m.-2 p.m.



Free

Fall Quarter September 9-December 14 45

# ONGOING WALKS AND RUNS

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



## Llandover Woods Sound Steps Walk

Several beautiful gravel-surfaced trails wind their way through dense northwest forest; it's often so quiet you can hear a leaf drop.

**Llandover Woods Trailhead, 145th and 3rd Ave. NW**  
69942 9/9-12/9 Mon 10-11 a.m. Free

## Rainier Beach Sound Steps Walk

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

**Rainier Beach CC Gym**  
69937 9/10-12/11 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**  
69939 9/9-12/9 Mon 10-11:30 a.m. Free

## Sound Steps Run Club

Open to runners of all experience levels! We'll gather in the parking lot of Building 30 in Magnuson Park for a light warmup, then head to Magnuson's dirt track to run laps at your own pace, with the opportunity to take rest breaks whenever you need. This group is a great opportunity for beginners to get some tips, for experienced runners to have some accountability to get out the door, or for anyone looking for friends to run with.

## Magnuson Park Track

69941 9/13-12/13 Fri 8-10 a.m. Free

# Join Us as a WALK LEADER!

Sound Steps can't happen without volunteers, and we are looking for more people to join us leading walks throughout the city. No experience required! This is a great opportunity to give back to your community on your own schedule. Get in touch with our Outdoor Recreation Specialist Courtney at [sound.steps@seattle.gov](mailto:sound.steps@seattle.gov) to get registered for a volunteer onboarding session, and we can get you started in no time.





## Lifelong Recreation Advisory Council

### You Can Make a Difference!

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

### Your Advisory Council

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

### Join Us!

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

If you'd like to get involved, please contact a Lifelong Recreation Specialist, see page 5.

The Associated Recreation Council (ARC) is dedicated to serving Seattle's community in partnership with Seattle Parks and Recreation with citywide fiscal accountability, advisory council support, and community-focused leadership.

## VOLUNTEER OPPORTUNITIES

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



- Lead a book club, bridge club, or mahjong group.
- Be a field trip van driver: tours and meals comp'd.
- Join the Senior Volunteer Team at your local community center.
- Come help at a food bank with us.
- Be a walk leader with Outdoor Recreation or Sound Steps.
- Become a Seattle Urban Nature Guide.
- Help with program development by joining the Lifelong Recreation Advisory Council—see 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: FREE**

**Woodland Park Zoo: 75% OFF**

**Seattle Animal Shelter: 50% OFF**

#### View Discounts:

Use your cell phone camera to scan this QR code →  
OR visit [seattle.gov/agefriendlydiscounts](http://seattle.gov/agefriendlydiscounts).



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

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

## Are you facing aging or disability issues?



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



# SENIOR CENTERS AND PROGRAMS FOR SENIORS

## About...Senior Centers!

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

## Center/Program Locations

### **Ballard NW Senior Center**

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

### **Central Area Senior Center**

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

### **Club Bamboo**

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

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

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

### **Ethiopian Community Center**

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

### **Generations Aging With Pride**

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

### **Greenwood Senior Center**

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

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

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

### **Kin On Community Center**

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

### **Lake City Community Center**

*Temporarily Closed*  
12531 28th Ave. NE, 98125  
206-268-6738 / [lakecityseniors.org](http://lakecityseniors.org)

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

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

### **Pike Place Senior Center**

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

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

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

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

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

### **Southeast Seattle Senior Center**

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

### **South Park Senior Center**

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

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

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

### **Wallingford Community Senior Center**

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

### **West Seattle Senior Center**

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

## REGISTRATION

### FIRST CHOICE



Go to Seattle Parks and Recreation's new online registration software 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 with the new software. Once you are logged in, choose your programs and pay online.

### SECOND CHOICE



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

### THIRD CHOICE



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

### FOURTH CHOICE



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

## Parks Management and Professional Staff

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

### Parks Management

AP Diaz, Superintendent  
Brian Judd, Interim Director of Recreation  
Kyle Bywater, OOC Matrix and Partnerships Manager

### Professional Staff

Carol Baxter, Recreation Program Coordinator, 206-849-6564  
Dena Schuler, Management Systems Analyst, 206-615-1884  
Masha Shtern, Administrative Specialist, 206-684-4951

## SCHOLARSHIP INFORMATION

Seattle Park District Scholarship funds are available to those who qualify. To apply:

- Print the 2024-25 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 2023 IRS 1040 form is required.
- Submit your application and documents (black out all social security numbers and bank routing numbers before submitting).

### How to submit your application

#### Preferred method:

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

#### Or mail to:

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

Here are some beginning qualification guidelines:

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

# Registration Information and Refund Policy

## Payment

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

## Fees and Charges

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

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

## Confirmations

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

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

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

## Class Cancellations

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

## Scholarships

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

## Wait Lists

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

## Anti-discrimination

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

## Accommodation for People with Disabilities

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

## Specialized Programs

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

## More Information

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

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

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

## DISCLAIMER NOTE

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



# Seattle Parks & Recreation

## Lifelong Recreation

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

CHANGE SERVICE REQUESTED

PRESORTED  
STANDARD  
U.S. POSTAGE  
PAID  
SEATTLE, WA  
PERMIT 152

## See What's Up This Fall!



Staying active and social is important, and Lifelong Recreation staff have prepared an awesome fall quarter for you! This year the ever-popular Hunter's Breakfast will have departure sites in the north and south end, making it easier for you to join us on this annual trip to the Cle Elum Grange for a delicious breakfast and visit to Roslyn. See pages 13, 20, and 33.

New this quarter, we are partnering with Seniors Creating Art to bring you more art classes. This is a great opportunity to discover your creative side and to try your hand at watercolor or acrylic painting. See pages 14, 29, 34, and 35.