



Seattle
Parks & Recreation

AGING WITH PRIDE

PROGRAMS FOR LGBTQ ADULTS 50+

Fall 2017 Programs

Lifelong Recreation offers arts, fitness and social opportunities for people ages 50 and over. We have partnered with Generations Aging with Pride to provide recreational opportunities to Seattle's LGBT community with input and feedback from community members. Generations Aging with Pride empowers older LGBTQ adults to live with pride and dignity by promoting, connecting and developing innovative programs and services that enhance belonging and support, eliminate discrimination, and honor the lives of older members of our community.

If you have questions, program ideas, or are interested in leading a program or teaching a class, please call Cheryl at 206-615-0619.

EnhanceFitness

\$45

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. Free to Kaiser Permanente members with Part B Medicare coverage.

Instructor: G Keeble.

Location: Kaiser Permanente Capitol Hill Building at 125 16th Ave. E, Level B, Fitness Center.

166831	Mon 3:15-4:15 p.m.	\$45
166839	Wed 3:15-4:15 p.m.	\$45
166828	Fri 3:15-4:15 p.m.	\$37

Hot Topics

Free

Drop in for a chance to learn something new and have a great discussion. Topics range from estate planning, health care, goal setting, and more. Please share your ideas for learning, as well as your ability to lead a session, by calling Cheryl at 206-615-0619! Classes run 10/4-12/13.

167247 Wed 1-2:30 p.m.
Cal Anderson

10/4 Visit with the VA

Learn about Veterans benefits you may be eligible for, ask questions and get educated.

Watch for the announcement of other opportunities to learn in Hot Topics.

Interplay

\$40

Convinced that the spirit doesn't age, this class uses an active and creative approach of using the five 'languages' of your body; movement, voice, words, contact and stillness. Each class is designed to offer a safe space that is fun, and transformative. A great way to add fitness and play into your life! Class runs 10/4-11/8.

167248 Wed 10-11 a.m.
Cal Anderson

Legacy Writing

Free

Write for yourself or others. Prompts and examples help get you started in this small, supportive group. People with Early Stage Memory Loss welcome. Class runs 10/2-11/20.

TBD Mon 10-11 a.m.
Cal Anderson

Off Broadway Movies

An afternoon at the movies! Enjoy oldies but goodies, thought provoking, inspiring, and maybe a few musicals, and then share your thoughts, memories, etc. Bring snacks to share!

TBD 3rd Wed 1-3 p.m.
Cal Anderson

10/18 To come

11/15 To come

12/13 To come

Register online at www.seattle.gov/parks and click on the SPARC logo, or visit or call your local community center.

Seniors Creating Art/Free Printmaking

Seniors Creating Art is a non-profit organization offering quality arts programming for adults aged 50 and over. This print-making class is taught by a working artist and all supplies are included! Class is especially for our LGBTQ friends and allies. Please call to register 206-615-0619, class is for new participants only! Class runs 10/9-11/20.

Mon 1-3 p.m. Cal Anderson

"Tai Chi Chih®, Joy Through Movement!" \$45

A slow moving meditative routine that circulates and balances the internal energy (Chi) to all organs, muscles, and bones. Anyone can do it, regardless of age or physical condition (chair seated students are welcome). Benefits of regular practice include reduced stress, improved balance, flexibility, stamina, increased energy and mental clarity. Linda Robinson, Certified TCC Instructor has taught in Seattle since 1999. Class runs 10/2 – 12/13.

166749 Mon Noon-1 p.m. Miller
TBD Wed 6-7 p.m. Miller

Gentle Yoga \$50

Designed for people aged 50+. Stretch and move with awareness, correct alignment, and breathing techniques to increase strength and stamina, improve flexibility, balance, posture, poise, and peace of mind. Instructor: Laura Gardener. Class runs 10/2-12/13.

167245 Mon 11:30 a.m.-12:30 p.m.
Cal Anderson
167246 Wed 11:30 a.m.-12:30 p.m.
Cal Anderson

Trips and Tours

Pick up sites for trips and tours are Miller Community Center and Northgate Mall, SE corner parking lot. Northbound trips pick up will be at Miller CC 20 minutes before time listed. Southbound trip pick up will be at Northgate 20 minutes before the time listed.

Trip 1: Woodinville Wineries \$10

Explore Woodinville wineries, take a tour and taste. Lunch and tasting fees on your own. Pickups at Northgate Mall SE parking lot, and Miller CC. 170080 10/12 Thu 10 a.m.-4 p.m.

Trip 2: Tacoma's "Big Three" Museums \$15

Tacoma has three great museums and many great spots for lunch. Enjoy one at a leisurely pace, or speed through all three by purchasing a museum multi-pass. Lunch and museum entry on your own! Pickups at Northgate Mall SE parking lot, and Miller CC. 170078 11/9 Thu 10 a.m.-5 p.m.

Trip 3: Stanley and Seaforts and Pt. Defiance Zoo Lights \$15

Enjoy dinner at Tacoma's historic Stanley and Seaforts restaurant, then experience the Point Defiance Zoolights. Great way to get into the holiday spirit! Dinner and zoo admission on your own. Pickups at Northgate Mall SE parking lot, and Miller CC. 170079 12/14 Thu 3-9 p.m.

Cal Anderson Park

1635 11th Ave. • Seattle, WA 98122

Miller Community Center

330 19th Ave E • Seattle, WA 98112

Northgate Community Center

10510 5th Ave NE • Seattle, WA 98125



**Seattle
Parks & Recreation**

healthy people healthy environment strong communities

Register online at www.seattle.gov/parks and click on the SPARC logo, or visit or call your local community center.

