



Seattle
Parks & Recreation

RAINBOW RECREATION

PROGRAMS
FOR LGBTQ
ADULTS 50+

WINTER 2018 PROGRAMS: JANUARY 8-MARCH 17

Pre-registration required for all events. You can pre-register for classes by:

1. Visiting www.seattle.gov/parks; click on "Register for Classes and Programs" and follow online instructions.
2. Call your local community center, give them the six-digit bar code listed with the program, and provide payment and contact information.

Questions? Concerns? Ideas? Contact Cheryl Brown at 206-615-0619 for more information.

FIELD TRIPS

ROCKPORT EAGLES AND WILD GOOSE CHASE

Enjoy two of the NW annual avian events. First we will drive to Rockport to see the many bald eagles feasting on the salmon in the Skagit River, then cruise through the fields in Mt. Vernon to search for the snow geese and trumpeter swans. Lunch on your own in Mt. Vernon.

Location: Cal Anderson Park Shelter Hse #172274 Tue 1/16 7 a.m.-4 p.m. \$22

TULALIP CASINO

Tulalip has something for everyone! Enjoy the fabulous buffet and some casino entertainment, or spend the day at the outlet mall, just next door! Location: Cal Anderson Park Shelter Hse #176487 Tue 2/20 10 a.m.-4 p.m. \$15

SPECIAL EVENTS

SING-A-LONG MUSICALS

Love musicals? Love to sing? Join us at Áegis on Madison in their fabulous theater for tea, treats, and musical movies! You bring your voice, we will provide the lyric sheets! Please call in advance to reserve your space!

Location: Áegis on Madison, 2200 E Madison St.

Mamma Mia

#174972 Wed 1/8 1-3 p.m. Free

Grease

#175018 Wed 2/5 1-3 p.m. Free

MARDI GRAS PARTY AND LUNCH!

Celebrate Mardi Gras with us at Miller Community Center!

This fabulous event will include an authentic New Orleans lunch, music, and lots of surprises. Costumes welcome! Please register in advance at 206-615-0619 so we can count on you!

Wednesday, February 7

11:30 a.m.-2 p.m. • \$6



More information on back 

Register online at www.seattle.gov/parks and click on "Register for Classes and Programs", or visit or call your local community center.

EDUCATION

WRITERS WORKSHOP

Write for yourself or others. Prompts and examples help get you started in this small, supportive group. People with Early Stage Memory Loss welcome.

Instructor: Mary Edwards

Location: Miller Community Center

#172273 Wed 1/8-3/12 Free
10-11:30 a.m.

FITNESS

ENHANCE FITNESS

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. Classes are ongoing. Free to Kaiser Permanente members with Part B Medicare coverage, and those who have the "Silver and Fit" coverage.

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

#172243 Mon 1/8-3/12 \$33
3:15-4:15 p.m.
#172253 Wed 1/3-3/14 \$45
3:15-4:15 p.m.
#172240 Fri 1/5-3/16 \$45
3:15-4:15 p.m.

"TAI CHI CHIH®, JOY THROUGH MOVEMENT!"

Work through a slow moving meditative routine of 19 moves and 1 pose. These movements circulate and balance the internal energy (Chi) to all the organs, muscles, and bones. Anyone can do it, and chair seated students are welcome. No class Wed, February 21.

Location: Miller Community Center

#172286 Mon 1/8-3/12 \$33
Noon-1 p.m.
#172283 Wed 1/3-3/14 \$41
Noon-1 p.m.

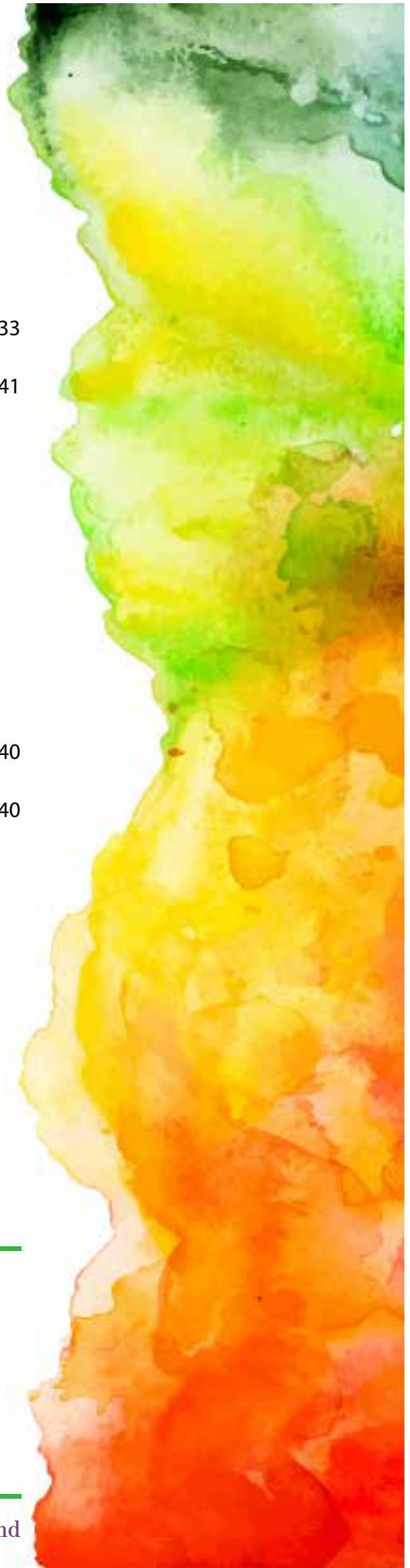
GENTLE YOGA

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

Location: Cal Anderson Park Shelter House

#172261 Tue 1/9-3/13 \$40
1:30-2:30 p.m.
#172263 Thu 1/11-3/15 \$40
1:30-2:30 p.m.



CAL ANDERSON PARK

1635 11th Ave. • Seattle, WA 98122



**Generations
Aging - Pride**
Your Resource for LGBTQ Aging
www.gapseattle.org

MILLER COMMUNITY CENTER

330 19th Ave E • Seattle, WA 98112



Seattle
Parks & Recreation
healthy people healthy environment strong communities

Register online at www.seattle.gov/parks and click on "Register for Classes and Programs", or visit or call your local community center.