

Issaquah Senior Center

Activity Calendar



CITY OF
ISSAQUAH
WASHINGTON

July 2017

Questions? Give us a call (425) 392-2381
or visit us online at issaquahwa.gov/seniors

Monday	Tuesday	Wednesday	Thursday	Friday
	Panera Delivery 9:00 AM			
Tai Chi (Drop In) 9:00 AM	Mahjong 9:00 AM		Hand and Foot Card Game 9:00 AM	
Intermediate S.A.I.L. Fitness Class 10:30 AM		Intermediate S.A.I.L. Fitness Class 9:30 AM		Intermediate S.A.I.L. Fitness Class 9:30 AM
Intermediate Bridge 10:55 AM		Intermediate Bridge 10:55 AM	artEAST Colored Pencil 11:00 AM	
Coffee Talk 11:00 AM	Let's Talk About It 11:00 AM	Beginning S.A.I.L. Fitness Class 11:00 AM	Happy Hookers Knitting 11:00 AM	Beginning S.A.I.L. Fitness Class 11:00 AM
	CCS Lunch 12:00 PM	Mindfulness Meditation Class 12:00 PM		CCS Lunch 12:00 PM
	Pinochle 1:00 PM	Book Group 1:00 PM (1st & 3rd Wednesday of month)		Pinochle 1:00 PM
Yoga 1:15 PM	Matinee Movie 1:30 PM (2nd & 4th Tuesday of month)		Yoga 1:15 PM	
Chair Yoga 2:45 PM			Tech Help 2:00-4:00 PM	
			Intermediate Line Dancing 2:45 PM	
Hours of Operation: M-F 8:30 AM-4:00 PM		Activity Night 5:30-9:00 PM	CLOSED Saturday & Sunday	

Join for a Task Force Open House

11:00AM-1:00PM

Ask questions, make suggestions and learn about what the group has been working toward on behalf of the Senior Center.

The Senior Center will be
CLOSED Tuesday, July 4th
for Independence Day

Fitness Classes

INTERMEDIATE S.A.I.L. (*Stay Active & Independent for Life*)

Exercise to stay fit. This class will include exercises to improve balance, flexibility, and strength. Exercises are customized for all fitness levels and needs.

MONDAY 10:30—11:30 AM, WEDNESDAY & FRIDAY 9:30—10:30 AM

Fee: \$50.00/10 classes

Instructor: *Barbara Scott*

BEGINNING S.A.I.L.

This class is designed to include movement and stretching that increases the heart rate while maintaining your stability. Most exercises can be done in chairs while targeting resistance training and balance for fall prevention.

WEDNESDAY & FRIDAY 11:00—12:00 PM

Fee: \$50.00/10 classes

Instructor: *Barbara Scott*

YOGA

Yoga Alliance certified instructor Barbara Stevenson uses the Viniyoga approach of combining breath awareness with movement, as well as function over form, to make this class adaptable for each individual. No experience or flexibility needed. Equipment provided.

MONDAY & THURSDAY 1:15—2:30 PM

Fee: \$8.00/class

Instructor: *Barbara Stevenson*

CHAIR YOGA

Chair yoga leads you through a gentle series of yoga poses done while seated or using a chair for balance and support. This yoga class focuses on incorporating your breath with movements to create strength, flexibility, and balance and promote a sense of calm and wellbeing. No getting on the floor or trying to become a pretzel. Reduce stress and try this ancient wellness practice.

MONDAY 2:45—3:45 PM

Fee: \$7.00/class

Instructor: *Barbara Stevenson*

LINE DANCING

Exercise your body & mind by line dancing to lively music. Dancing styles covered in class are Country Western, Swing, Tango, Cha-Cha, Waltz, and more. No dance experience or partner necessary.

THURSDAY 2:45—3:45 PM

Instructor: *Spencer*

Tech Help

with Michelle Winterstein

Bring all your computer and technology related questions—she can help! From computers to cell phones, tablets and cameras, bring yours or get help using the computers at the senior center. **THURSDAY 2:00-4:00 PM**

Group Classes

MINDFULNESS MEDITATION

Fee: \$6.00/session or \$20/4 sessions

This group will meet for 4 weekly sessions to learn basic techniques for mindfulness meditation. All the classes will be guided to follow scientifically proven techniques to reduce stress, promote health and mental resilience.

WEDNESDAYS 12:00-12:50 PM BEGINNING JULY 5TH

METRO with Dave

Interested in learning about using King County Metro and the Orca Pass? Join former Metro driver Dave Waggoner on guided trips around the area.

Contact Dave for more information: davids_waggoner@msn.com, (425) 221-2503

COLORED PENCIL ART with artEAST

Please register at the front desk.

Fee: \$45.00 course fee + \$5.00 supply fee

Remember the joy that a new box of colored pencils filled you with, as a child? Come experience the same thrill while learning additional techniques to use this versatile, portable and easily accessible medium. No drawing experience or expertise necessary. Continuing students will build on what they have already learned.

THURSDAYS 11:00 AM-12:30 PM

BEGINNING JULY 6TH

Lunch Menu

Catholic Community Services serves lunch at the Senior Center every Tuesday and Friday at noon. Those coming for lunch need to be signed in and seated by 12 pm. Limited space is available.

Suggested donation: \$3 for adults 60 and older, \$6 required for anyone else.

Friday, July 7

Oven Fried Chicken, Mashed Potatoes & Gravy, Broccoli & Cauliflower, Roll, Peaches

Tuesday, July 11

Beef Tostada, Homemade Refried Beans, Mandarin Oranges, Lemon Pudding

Friday, July 14

Lemon Pepper Fish, Cheese Potatoes, Spinach, Tropical Fruit, Pineapple-Orange Juice

Tuesday, July 18

Spanish Fish, Rice & Corn, Mexican Coleslaw, Roll, Oatmeal Cookie, Sherbet

Friday, July 21

Beef Lasagna, Green Beans, Salad, Garlic Bread, Plum & Brownie

Tuesday, July 25

Ham Macaroni Bake, Key West Vegetables, Roll, Orange Slices

Friday, July 28

Crab Cakes, Red Potatoes, Mixed Vegetables, Mixed Fruit, Cookie

CCS Nutritionist Visit—Tuesday, July 11

A Catholic Community Services Nutritionist will be in during lunch service to answer your questions. If you would like a one-on-one appointment, please see the front desk.

Activity Night at the Senior Center

Join us every Wednesday from 5:30-9:00 PM for a variety of activities with other Senior Center members!

Driftwood Sculpture Class

6:00-8:30 PM

Bring out the beauty in found wood from the beach, lakes and even your own backyard. Join a class today and become the artist you never knew you were. Tools will be provided.

Fee: \$5.00 drop-in Beginner Kits: \$8.00

Issaquah Amateur Radio Club

7:15-9:00 PM

The Issaquah Amateur Radio Club (IARC) is a group of Amateur Radio Operators (HAMs) who meet monthly at the Senior Center. They discuss what's happening in the HAM Radio world, and often a program presentation and more discussion. The club meets in the side room with the door closed, but the meeting is open to the public and anyone who may be interested or curious about HAM radio. Stop by and visit some time. If you have any questions contact John KA7TTY at 206-276-6759.

Movie Night

5:45-8:00 PM

Come watch and discuss movies in the Senior Center library. Each week will feature a different film, with the June schedule listed below.

Movie Schedule:

July 5th: RED

July 12th: Freedom Writers

July 19th: The Horse Whisperer

July 26th: 50 First Dates

Trips

Join us as we venture out on a variety of exciting adventures! Meet new people and experience some of the best outings in the area. Sign up in person, online, or over the phone today!

- Please arrive 15 min before the trip leaves.
- Vans are not wheelchair accessible.
- Trip participants must ride with the group both ways.
- Participants who need special care are required to bring a chaperone.
- Trips must have a minimum of 8 participants to run.

Thursday, 7/6 Northwest Trek 9:00 AM-2:30 PM

Northwest Trek Wildlife Park is a 723-acre park featuring a tram tour. While there, you'll board a tram and be taken on a guided tour through the 435-acre free-range area to see the wide variety of animals. Lunch will be at the Northwest Trek Café. (\$) **Heavy Walking**

Transportation + Admission Fee: \$38

Wednesday, 7/12 The Treasure House 9:45 AM-2:00 PM

The collection contains some items from pre-history, such as woolly mammoth tusk and bones, fossilized walrus ivory and weapons and tools from more recent ethnic civilizations. On display are a few mounted specimens of wildlife, including a Bengal tiger from India and a lion! The Museum is not open to the public, except for pre-arranged private tours. Lunch will be at the North Bend Bar & Grill. (\$\$)

Transportation Fee: \$10 Admission: Free

Friday, 7/14 Lunch Bunch—The Calcutta Grill 11:00 AM-1:30 PM

The Calcutta Grill, offers a selection of the Pacific Northwest's favorite foods. Enjoy dining on our two breathtaking patios with a menu offering a wide variety of delectable entrees, from a generous cut of Prime Rib to mouth watering pan seared Sea Scallops. (\$\$)

Transportation Fee: \$7

Sunday, 7/16 Port of Tacoma Boat Tour 10:30 AM-3:30 PM

The boat tours provide views of the working waterfront and some of the 29,000 jobs connected to port activities. The narrated tours featured fun facts about port history, development, tenants and customers. Lunch will be at Harbor Lights. (\$\$) **Walking on Sand**

Transportation Fee: \$15 Admission: Free

Wednesday, 7/19 Kent Senior Center & Softball 10:00 AM-1:30 PM

Come enjoy a day of senior fun! We will be watching Casket Ready 65+ team play at 10:00 AM and then going to Lunch at the Kent Senior Center OR you can just get dropped off at the Kent Senior Center around 10 and spend the day enjoying the facility! Lunch starts at 11:45 and is \$6.

Transportation Fee: \$9

Monday, 7/24 Tacoma Rainiers Baseball 10:00 AM-3:00 PM

The Tacoma Rainiers are the Triple-A affiliate of the Seattle Mariners. Join us for a day at the ballpark. Your ticket will include a hot dog and a Tacoma Rainiers baseball cap. Any additional food can be purchased at the ballpark. (\$)

Transportation Fee + Ticket: \$30

Friday, 7/28 Mt. Rainier Steam Train Ride 8:30 AM-5:00 PM

Climb aboard living history for a steam train ride through the forest and foothills south of Mount Rainier. Cross the Upper Nisqually River, explore fascinating museum exhibits and rediscover America's love affair with the locomotive. Tickets for this two-hour excursion include museum admission. Lunch will be at Bruno's Family Restaurant and Bar in Eatonville. (\$\$)

Transportation Fee + Train Ride: \$60

Please bring money for lunch and admission, which will be paid at the destination.

A transportation fee is required at the time of registration. Fees are based on staff time, mileage, parking, and any other trip expenses.

We are unable to refund fees less than \$10. Fees over \$10 will be subject to a \$10 withdrawal fee. In the event of a cancellation, transportation fees may be applied to other trips five business days or more prior to the scheduled trip.

Senior Center Information

Senior Center Access

The Issaquah Senior Center is free. All are welcome to visit and use the facility! Registration is required on your first visit. Please check in at the front desk to register. There are fees to participate in classes and programs.

Scholarships

Scholarships are generously funded by individual, corporation and community group donations. To receive a recreation scholarship or discount, applicants must meet the City's income eligibility requirements and live in Issaquah. Each calendar year, the maximum scholarship rewards are \$350 per participant and \$600 per family. Scholarships are available at 100 percent, 75 percent and 50 percent of program fees. To apply, go to issaquahwa.gov/scholarships.

Meals on Wheels

Meals are available for homebound seniors. Volunteers are available to take calls and make deliveries only on Wednesday mornings. Call Wednesday morning for an assessment to start meal delivery. If you need additional assistance, please call 206-448-5767.

Donations

The senior center is currently looking for gently used dish towels and puzzles. Bring any donations to the front desk.

Community Center and Pool Information

Senior Gold Pass

For only \$25 a year, a Senior Gold Pass includes use of the Community Center and Julius Boehm Pool. If you are 62+ years of age and live within the Issaquah School District boundaries, you qualify for a Gold Pass. Proof of address will be required at the time of registration. Scholarships are available.

Indoor Track

Looking for a place to continue your daily run or walk—rain or shine? Keep moving indoors on our track accessible on the second floor of the Community Center. Only walkers or joggers are allowed (please no strollers, riding toys or balls on the track). In total, 11.3 laps equals a mile!

Julius Boehm Pool

Join us for any of the aquatic exercise programs!

Fit to the Core: A hard core aerobic workout to improve strength, muscular and cardio endurance, and sensory feedback using the medium of water. Reduce joint compression and the downward pull of gravity while exercising with the extra resistance water provides. Classes held Monday & Friday, 8:00-9:00am.

Liquid Intervals: If your goal is a leaner, stronger, fit body then interval training is the answer. Bursts of energy followed by short recovery periods burns more calories while enhancing muscle and strength. Classes held Tuesday & Thursday, 8:00-8:45am

Deep Water Running: Experience this intense cross training program. Combining the resistance properties of water with running creates a very challenging workout in a non-impact environment. Develop speed, power, endurance and toned muscles. Classes held Wednesday, 8:00-9:00am

Move & Flow: A workout tailored for people recovering or dealing with pain. This program is a great way to move and keep muscle function without impact on your joints. Classes held Monday, Wednesday & Friday, 10:00-10:45am.

Hours	Mon-Thurs	Fri	Sat
Community Center	5:00 AM-9:00 PM	5:00 AM-9:00 PM	8:00 AM-4:00 PM
Pool (Lap/Public Swim)	6:30 AM-3:00 PM 8:00 PM-9:30 PM	6:30 AM-3:00 PM 6:30 PM-9:30 PM	12:00 PM-5:00 PM

ATTENTION: If you would like to continue receiving your newsletter in the mail, please sign up with the front desk. There will be \$5 mailing fee for the remainder of the year. Newsletters will also be available at the front desk free of charge.

CITY OF
ISSAQUAH
WASHINGTON
PARKS & RECREATION
P.O. Box 1307
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issaquahwa.gov



Upcoming Activities and Events

Tuesday, July 11— Bingo	10:30 AM
Tuesday, July 11— CCS Nutritionist Visit*	12:00 PM
Friday, July 14— Trip Planning Committee	1:00 PM
Tuesday, July 18— KCLS Tech Help	1:30 PM
Friday, July 21— <i>Speaker: Chris Klineburger "Afghanistan"</i>	1:00 PM

*See page 3 for more information (under the lunch menu)

KCLS Tech Help

On Tuesday, July 18 two staff from the Issaquah Library will be at the senior center providing technology help. You can bring in your own devices or use the computers at the senior center. This help is by appointment only, and space is limited! Appointments are available at 1:30, 2:00, and 2:30 PM. Sign-up at the front desk today!

Chris Klineburger "Afghanistan"

Following WW II there were many "Last Frontiers" around the World prior to the political turmoil that has changed life on this planet forever. Fortunately Chris Klineburger collected a great deal of traditional artifacts from native populations while establishing wildlife conservation programs around the globe in those early days of discovery.

Klineburger's life was filled with adventure, having lived with the Eskimos and trekked across parts of Afghanistan, Mongolia, Nepal, Siberia, China and the Soviet Union, all recorded in his autobiography "Gamemasters of the World".

Senior Center 2017 Task Force:

Objectives:

Provide advice on the Senior Center's day-to-day operations.

Provide advice on the Senior Center's long-term operating model.

Meetings are Tuesdays at 4:00 pm at the Senior Center, and are open to the public.

Reminder! The Senior Center accepts the following forms of payment:
Cash, Check, Visa or MasterCard—Credit cards accepted over the phone