

CITY OF BURIEN

# RECREATION GUIDE

WINTER 2020

**BATTLE OF  
BURIEN  
SATURDAY,  
JANUARY 18**

Registration  
begins  
**December 2**  
8:30 a.m.

REGISTER ONLINE @ [Burienwa.gov/parks](http://Burienwa.gov/parks)  
OR CALL 206.988.3700





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CITY OF BURIEN  
**RECREATION  
GUIDE**  
WINTER 2020



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Cover photo: Battle of Burien

**RENTAR LAS INSTALACIONES  
O PARA UN PROGRAMA**

¿SABÍA USTED que puede rentar el Centro Comunitario o los cobertizos para picnics en el Parque Seahurst para su reunión familiar? Ofrecemos también una amplia gama de clases para todo el mundo, desde los más chicos hasta los adultos mayores. Si no habla inglés, lo podemos atender más rápido si trae un amigo o familiar que le pueda interpretar. Visite el Centro Comunitario en el 14700 6th Ave SW en Burien de lunes a jueves de las 8:30am a las 8 PM, viernes de las 8:30am a las 5pm, y sábados de las 8 AM a las 12pm.

¿NO HABLA INGLÉS? Ver las pagina 39.

**SCHOLARSHIPS AVAILABLE  
FOR LOW-INCOME YOUTH**



- ✔ Pay 50% less than the listed fee if your family qualifies for free/reduced lunches
- ✔ Must be a Burien resident
- ✔ Call 206.988.3700 for information

Join Us for a Meal and Help Fight Hunger in Our Community!

# EMPTY BOWLS

**FRIDAY, JANUARY 31, 2020**

**Lunch served 11am–2pm / Dinner served 4–8pm**

Burien Community Center / 14700 6th Ave SW, Burien



Empty Bowls events can be found around the country raising money to combat hunger in our communities. Moshier Art Center Potters have donated bowls to be filled with soup at this fun event... all are invited! Your donation will get you the opportunity to pick out a beautiful handmade bowl, as well as a simple but wonderful meal of soup, bread, dessert and drink; donated by local businesses.

Proceeds to benefit the  
Highline & White Center  
Food Banks

Minimum Donations  
Adults \$20  
Children \$10

DISCOVER  
**BURIEN**



**Burienwa.gov/emptybowls**  
**206-988-3700**



# Sweetheart Ball

**SATURDAY, FEBRUARY 8**  
**Burien Community Center**

Spend the evening with your favorite little sweetheart. Participants will receive refreshments, party favors, a photo and a night of fun and dancing!

Pre-registration required. Be sure to register early, this event is sure to sell out!

Session 1: 5:30–7:00 PM

Session 2: 7:30–9:00 PM

\$18 / RD \$15 per person

Register online at [burienwa.gov/parks](http://burienwa.gov/parks) or call the Burien Community Center @ 206-988-3700.





# BURIEN WALKS & STAYS HEALTHY

Local Walking Paths & Trails

Caminos y Senderos Peatonales en los Vecindarios



## GRAVEL SURFACE & MINIMAL DISTANCE

**Hazel Valley Park**  
251 SW 126th  
.25 mile paved

**Puget Sound Park**  
135 SW 126th Street  
.5 mile cinder track

**Lake Burien School Park**  
14640 18th Ave SW  
.25 mile flat gravel loop

**Sylvester Middle School Track**  
16222 Sylvester Rd SW  
.25 mile track

**Lakeview Park**  
422 SW 160th  
.20 mile gravel loop



## NON-GRAVEL SURFACE, MORE DISTANCE, & SOME INCLINES

**Mathison Park**  
533 S 146th  
.25 mile loop trail

**Salmon Creek Ravine**  
12540 Shorewood Dr SW  
1.9 miles of trails

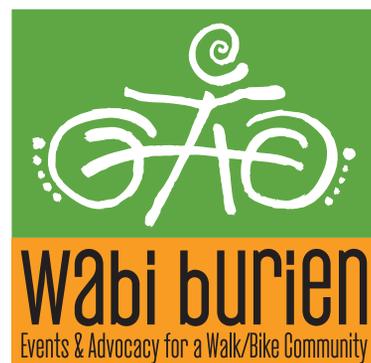


## LONGER DISTANCE, STEEP INCLINES, AND/OR UNEVEN SURFACES

**Seahurst Park**  
1600 SW Seahurst Dr SW

Nature Trail: .75 mile  
North Shoreline Trail: .4 mile

Service Road Trail: 1.15 miles  
South Shoreline Trail: .3 mile



Join Burien neighbors and others to walk and talk for fun conversation and exercise. Walking allows you to get the kinks out, clear the cobwebs, change your outlook, and get a body that feels and functions better!



1st Sunday of every month at 2pm



3rd Wednesday of the month, times may vary

Each month's meet-up location and walking route will be posted on WABI website at [wabiburien.org](http://wabiburien.org) a few days before the walk. Walks go rain or shine.

# FAMILIES / ALL AGES



## SWIM WITH US

- > Public Swims
- > Lessons for all ages
- > Water Exercise
- > Family Swims
- > Lap Swims
- > Seattle Metropolitan Aquatic Club

Evergreen Community Pool is a beautiful facility located next to the Evergreen High School campus and athletic field complex at the south end of White Center.

606 SW 116th St.  
Seattle, WA 98146  
www.evergreenpool.org  
206.588.2297

## Tae Kwon Do

Learn self-defense, get a great workout, and have lots of fun! This class teaches non-contact (traditional) Tae Kwon Do and focuses on these 5 tenets: courtesy, integrity, perseverance, self control, and indomitable spirit, in class and in daily life. Tae Kwon Do will help you increase your confidence, flexibility, balance, strength, and control of your body. Families are strongly encouraged to train together. Wear comfortable clothes that allow you to move. Uniform and testing fees are additional. No class 1/20, 2/17.

#3682

Jan 13-Apr 01 / 6-7pm / MW

6+yrs

Fee: \$116 / RD: \$110

Seahurst Banquet Hall-BCC    Dustin Dacuan



# ONE COLLEGE. MANY PATHS.

Founded in 1961 as the first community college in King County, at Highline College you choose the educational and career path that's right for you! We offer more than 100 degrees and certificates in high-demand career fields as well as traditional transfer degrees and now five bachelor's degrees.

Explore Highline today, where open access and educational opportunity have been hallmarks since 1961.

**HIGHLINE**  
COLLEGE

highline.edu



Highline is an AA/EEO/Title IX Institution. TDD (206) 870-4853 19015 1/19

# PARENT & CHILD



## ADVENTURE PALS

Join us in Burien for a fun, parent/child playgroup for children ages 24-36 months. Enjoy time together singing, learning, and getting messy in an inclusive playgroup led by an early childhood specialist. Children will develop friendships with a variety of peers, including peers with special needs. No class 1/20, 2/17, 4/6, 4/8.

- #3689      📅 Jan 6–Feb 24 / 9:30–11am / M  
 👤 24–36 mos.      💰 Fee: \$49 / RD: \$42
  - #3716      📅 Mar 9–Apr 27 / 9:30–11am / M  
 👤 24–36 mos.      💰 Fee: \$57 / RD: \$49
  - #3714      📅 Jan 6–Feb 24 / 11:30am–1pm / M  
 👤 24–36 mos.      💰 Fee: \$49 / RD: \$42
  - #3717      📅 Mar 9–Apr 27 / 11:30am–1pm / M  
 👤 24–36 mos.      💰 Fee: \$57 / RD: \$49
  - #3715      📅 Jan 8–Feb 26 / 11:45am–1:15pm / W  
 👤 24–36 mos.      💰 Fee: \$57 / RD: \$49
  - #3718      📅 Mar 11–Apr 29 / 11:45am–1:15pm / W  
 👤 24–36 mos.      💰 Fee: \$57 / RD: \$49
- 📍 Anna Children's Therapy Center



## TOT SPOT

Indoor play

**Tuesdays and Thursdays, 10–noon**  
**Cost: \$2**  
 Burien Community Center  
 14700 6th Ave SW, 98166  
 206.988.3700

## SOCCER

### Mommy/Daddy and Me Soccer

Introduce your toddler to the world's most popular sport! As you and your child participate in our fun age-appropriate activities together, your child will be developing their large motor skills and socialization skills. The fun happens on the field, and in Mommy/Daddy & Me Soccer parents are a part of the action! Each child receives a Kidz Love Soccer jersey!

#3680      📅 Feb 13–Mar 19 / 5–5:30pm / Th  
 👤 2–3 yrs, 6 mos.      💰 Fee: \$99 / RD: \$94  
 📍 Gregory Heights Elementary gym      🏆 Kidz Love Soccer



# PRESCHOOL

Choose the right way for your preschooler to be introduced to the world of dance. Let them shine brightly at our carefully tailored pre-ballet and tap classes that will allow them to develop their dance skills in a positive, fun and structured environment.



SCHOLARSHIPS  
AVAILABLE

## DANCE



### Pre Ballet

Learn ballet through creative movement and games to classical music. Students will learn rhythm, flexibility, ballet vocabulary and basic positions while focusing on being expressive through their movement and imagination. Dress code: leotards, tights or leggings and leather bottom ballet shoes. Must be potty-trained. No class 1/30.

- #3683 📅 Jan 15-Feb 19 / 5:30-6:15pm / W Fee: \$55 / RD: \$48
- #3685 📅 Jan 16-Feb 20 / 4:30-5:15pm / Th Fee: \$46 / RD: \$40
- #3687 📅 Mar 4-Apr 1 / 5:30-6:15pm / W Fee: \$46 / RD: \$40
- #3686 📅 Mar 5-Apr 2 / 4:30-5:15pm / Th Fee: \$46 / RD: \$40

👤 3-5yrs

📍 Manhattan Room-BCC 🗺 Jennifer Olszewski New City Dance Co.

### Pre Ballet/Tap

Can't decide between ballet or tap? Why not try both? Students will have fun exploring the gracefulness of ballet and the upbeat rhythm of tap. Dress code: leotards, tights or leggings, tap shoes and leather bottom ballet shoes. Must be potty-trained.

- #3688 📅 Jan 15-Feb 19 / 4:30-5:15pm / W Fee: \$55 / RD: \$48
- #3684 📅 Mar 4-Apr 1 / 4:30-5:15pm / W Fee: \$46 / RD: \$40

👤 3-5yrs

📍 Manhattan Room-BCC 🗺 Jennifer Olszewski New City Dance Co.



SCHOLARSHIPS  
AVAILABLE

## SPORTS

### Tot/Pre Soccer

Chase the ball! Tot Soccer focuses on helping kids develop their large motor skills through skill demonstrations and entertaining games like Bug in the House! These games build skill and self-esteem and prepare tots to start running and kicking-just like the big kids! Each participant receives a Kidz Love Soccer jersey! Shin guards are required after the first meeting.

#3679

📅 Feb 13–Mar 19 / 5:35–6:10pm / Th

👤 3–4yrs Fee: \$99 / RD: \$94

📍 Gregory Heights Elementary Gym 🗺️ Kidz Love Soccer

**CAMP CROCKETT**

BOARDING DOG DAY CAMP GROOMING

**LET YOUR DOG RUN!**

206-708-1178  
626 SW 154th St  
Burien 98166  
campcrockett.com



### PRESCHOOL PARENT ATTENDANCE POLICY

For most preschool classes, parents are encouraged to attend the first day of class unless otherwise stated in the class description. Parents are discouraged from attending all other classes so that their child can completely focus on the class content.



Register Now

# ART ADVENTURES IN ART

## YOUTH PARENT ATTENDANCE POLICY

For most youth classes, parents are encouraged to attend the first day of class unless otherwise stated in the class description. Parents are discouraged from attending all other classes so that their child can completely focus on the class content.

Explore the world of art through painting, drawing, collage, clay and more. Artists will be adventurous and use their imaginations, along with the elements of art and design to create work that expresses their individual artistic flair. This is creative, messy fun, so please dress accordingly! Returning students welcome. All supplies provided.

#3637 📅 Jan 21-Mar 10 / 4-5:30pm / T

👤 7-11yrs Fee: \$100

📍 MAC Multipurpose Room 🗨️ Debbie Thoma



**BURIEN CITIZEN OF THE YEAR 2017**

## Highline Tutoring & Testing Center

*"Where the students come first"*

Individualized tutoring; test proctoring, home school, Special Education, adults, college, K-12

**All Year Tutoring**

245 SW 152nd Street, Suite A, Burien WA  
206.242.0245 | httctutor@gmail.com  
highlinetutoringtesting.yolasite.com

### Kid's Clay

Pinch, roll, coil, and paint your original artwork in this fun and messy class. Learn all the basics of handbuilding each week as you learn a different way to play with clay! Complete your one-of-a-kind pieces with colorful slips and glazes. All supplies provided.

**#3639** 📅 Jan 30–Mar 19 / 4–5:30pm / Th  
👤 6–10yrs Fee: \$100  
📍 MAC Handbuilding Room 👤 Sally Anderson

### Sewing Lab

Creativity is SEW much fun! Learn sewing skills and make cool projects that you help design in this creative sewing lab. Use hand and machine sewing to create stuffed animals, pillows, tote bags and other ideas of your own design. If you have sewing skills, improve on them by working from a pattern. Sewing machines and basic supplies provided. Students can choose to bring or purchase additional fabrics for their projects

**#3638** 📅 Feb 12–Mar 4 / 4–5:30pm / W  
👤 9–14yr Fee: \$56  
📍 MAC Multipurpose Room 👤 Debbie Thoma



**SCHOLARSHIPS AVAILABLE**



### Soccer 1

Players will learn dribbling, passing, receiving, shooting, and defense. Fun skill games are played at every session and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. Perfect for first time players while being fun and engaging for kids with some experience. All participants receive a soccer jersey! Shin guards are required after the first meeting.

**#3681** 📅 Feb 13–Mar 19 / 6:15–7pm / Th  
👤 5–6yrs Fee: \$99 / RD: \$94  
📍 Gregory Heights Elementary Gym 👤 Kidz Love Soccer



# TEEN TUBING TRIP

**Feb 14, 11am–5pm / Ages 12–18**

**#3831** Fee: \$40 / RD: \$35

No school? No problem! We're heading up to Snoqualmie for a day on the tubing slopes! Snow tubing is a fun-filled, exhilarating way to enjoy the snow. No experience necessary. Tubes provided. Dress for conditions.

# TEEN LATE NIGHT

Join us on Friday nights for games, basketball, football, soccer, Wii, arts & crafts, food and so much more!

★ **MUST SHOW ID** ★

## Friday Nights

**6:30–9:30pm / Grades 6–12**

Sylvester Middle School , 225 S 152nd ST

**For updated info, visit [Burienwa.gov/teens](http://Burienwa.gov/teens)**

# TEEN AFTER SCHOOL PROGRAMS

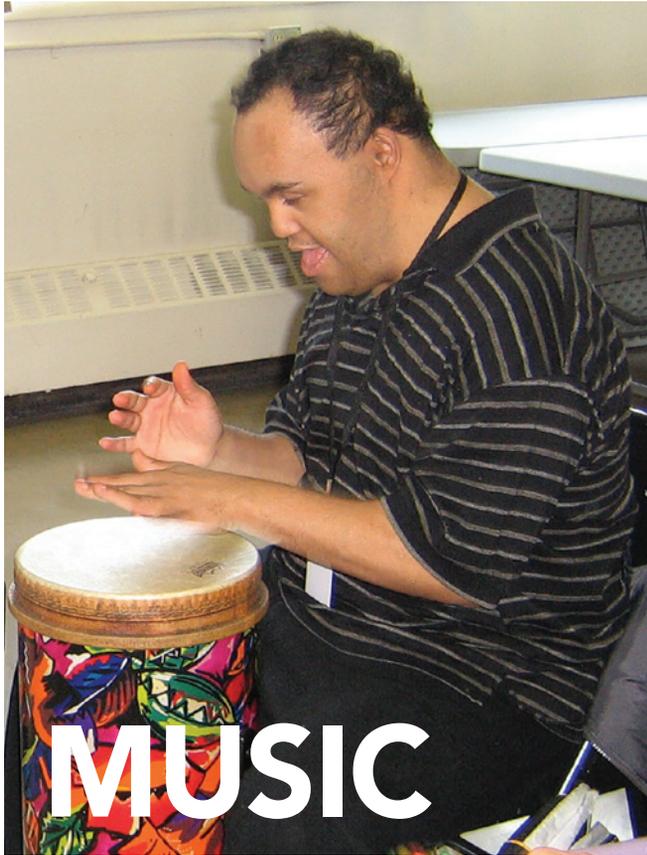
**FITNESS ★ HEALTHY SNACKS ★ RECREATION ACTIVITIES**

Sylvester Middle School and  
Glacier Middle School  
For Grades 6–8

**For updated info, visit [Burienwa.gov/teens](http://Burienwa.gov/teens)**



# SPECIALIZED RECREATION



## MUSIC

### Rhythm and Rhyme

The beat goes on and we found it! Join us in our rockin' and rollin' rhythmic fun. Drumming may never be the same again! Welcome to all abilities & all rhythms!

**#3636** 📅 Jan 8–Mar 25 / 1:30–2:30pm / W  
👤 10+yrs Fee: \$69  
📍 MAC Multipurpose Room 🗺️ Shariana Mundi

## ART

### Art Escape: Tuesdays

Explore the basic building blocks of art through paint, clay, collage and more! Using both two and three dimensional media we will explore line, form, color, shape and texture. For the artist in everyone looking for an inclusive fun and open place to create. All supplies provided.

**#3633** 📅 Jan 7–Mar 24 / 10am–12pm / T  
👤 10+yrs Fee: \$153  
📍 MAC Multipurpose Room 🗺️ Shariana Mundi

### Studio Art

An art studio for artists with untapped and diverse abilities. Come and work on your own ideas & projects with mentoring and coaching to assist in further developing your skills and portfolio. Work from imagination, pictures and still life. All art supplies provided. Instructor approval needed.

**#3634** 📅 Jan 7–Mar 24 / 12:30–3pm / T  
👤 12+yrs Fee: \$219  
📍 MAC Multipurpose Room 🗺️ Shariana Mundi

### Art Escape: Wednesdays

Explore the basic building blocks of art through paint, clay, collage and more! Using both two and three dimensional media we will explore line, form, color, shape and texture. For the artist in everyone looking for an inclusive fun and open place to create. All supplies provided.

**#3635** 📅 Jan 8–Mar 25 / 10am–12pm / W  
👤 10+yrs Fee: \$153  
📍 MAC Multipurpose Room 🗺️ Shariana Mundi



SPECIALIZED  
RECREATION  
SCHOLARSHIPS  
AVAILABLE



# SOCIAL CLUBS YOUNG ADULT NIGHTS OUT

👤 13–25yrs ★ 💰 \$7 ★ 📅 5–7pm (Bowling: 5-6:30pm)

Come join local young adults from Burien, Des Moines, Tukwila, and SeaTac for an evening of fun, food, games, and friends. Must provide own transportation. No registration is required.

Register  
Now

FRIDAY, JAN 10

## BOWLING

Hi-Line Lanes  
Burien

FRIDAY, FEB 7

## SWEETHEART PARTY

Valley Ridge CC  
SeaTac

FRIDAY, MAR 6

## BOWLING

Hi-Line Lanes  
Burien

FRIDAY, APR 3

## ART

Moshier Art Center  
Burien

## PARTICIPANT INFO

### Inclusion

As with all programs Burien Parks, Recreation and Cultural Services provides, Specialized Recreation programs are inclusive for anyone interested in attending these classes.

### Behavior Policy

In order to provide a successful experience for all participants, please note the following:

Participants must be able to function in a group environment with limited supervision.

If closer supervision is needed, a caregiver or chaperone is welcome to accompany the participant at no cost. If there is an admission fee into a venue, caregiver/chaperone would need to pay the admission cost.

Unacceptable behaviors include but aren't limited to self abuse, physical or verbal abuse towards others, violent behaviors, profanity, and constant unwillingness to participate in activities.

Non compliance may result in requirement of caregiver accompaniment or possible dismissal from activities.

## VOLUNTEER OPPORTUNITIES

Looking for volunteers to help with the Social Clubs. If you are interested contact Amanda Morales at 206.988.3711 or [amandam@burienwa.gov](mailto:amandam@burienwa.gov)

## FREE TRANSPORTATION

### Burien HYDE Shuttle Bus

Available weekdays for personal trips to doctor, shopping, and other errands. 206.727.6262

### Metro Bus Access

A shared-ride van transportation service for seniors or disabled individuals who are unable to ride regular Metro buses. 206.205.5001 or 206.689.3113

## ATTENDANT STAFFING (1:1, Aides, Chaperones, Care Providers)

Burien Parks staff provides leadership for our programs and staff ratios will depend on individual programs. We cannot provide attendant care, such as assistance using restrooms, personal transfers, eating, or dispensing medications. A participant's own attendant may accompany him/her if this type of assistance is needed.

ADULT



### Acrylic Painting Studio: Beginning to Advanced

Learn how to work with acrylics, 'the most adaptable art material of the modern age!' This class will cover a range of acrylic techniques, tools and additives with creative assignments to get the juices flowing. This course is accessible for beginners and still challenging for continuing and advanced students. A fun atmosphere designed to broaden your uses for and understanding of acrylic painting. Basic supplies will be provided. Thursday open painting studio is included with this class. No class 2/17.

#3626      📅 Jan 27-Mar 23 / 6:30-9pm / M  
👤 15+yrs      Fee: \$170  
📍 MAC Multipurpose Room      👤 Tammie Dupuis

### Acrylic Painting Open Studio

An open studio for Acrylic Painting students. Students must be signed up for Acrylic Painting Studio. Students must bring in their own painting supplies.

#3627      📅 Jan 30-Mar 19 / 6:30-8:30pm / Th  
👤 15+yrs      Fee: Included with Acrylic Painting class  
📍 MAC Multipurpose Room      👤 Monitor: Carolyn Bing

### Drawing Studio

Learn the fundamentals of observational drawing! Class will start by reviewing the key concepts of drawing with graphite. We will also review various measurement techniques for accurately rendering what we see. Students will practice observational drawing of simple objects and move into more complex objects, including the human face. This class is accessible for beginners while still being challenging for continuing and advanced students.

#3628      📅 Feb 5-Mar 4 / 6:30-8:30pm / W  
👤 15+yrs      Fee: \$85  
📍 MAC Multipurpose Room      👤 Tammie Dupuis

### Open Art, Sewing & Crafting Studio

Join other art, sewing and crafts enthusiasts who want to practice a multitude of media and hobbies, such as painting, watercolor, drawing; machine and/or hand-sewing; and paper or other crafts. (No oil-based mediums due to ventilation.) Bring your own materials, supplies and projects each time, including any power strips or extension cords. No storage space.

#3691      📅 Jan 15-Mar 25 / 12-3pm / W  
👤 18+yrs      Fee: \$44 / RD: \$33  
📍 Shorewood Room-BCC



## DROP IN FIGURE DRAWING

At Moshier Community Art Center  
Hosted by Burien Arts Association

**Thursdays, January 16-March 26**  
**12:45-3:45pm / 11 sessions**

Mandatory set up from 12:30-12:45pm

Fee: \$15 model fee to be paid each session.

No instructor. Please contact

Jacque Carrol for more information:  
russellbradley@comcast.net or 206-246-5100



# CERAMICS

## Beginning to Advanced Ceramics

 A relaxed class environment where students of all skill levels can delve into hand building or throwing on the potters wheel. Class will offer individual attention for beginning students and demonstrations for more advanced students. No class on 1/20 & 2/17.

**#3614**  Jan 6-Mar 23 / 9:30am-12pm / M  
 15+yrs Fee: \$250  
 MAC Handbuilding Room  Alec Davis

## Beginning Wheel and Beyond

 This class is for beginners and for those who want to increase their skill level on the wheel. Fundamentals of centering, throwing, trimming and glazing will be covered. Gain a greater understanding of the aesthetics of form, with one-on-one guidance. No class 1/20 & 2/17.

**#3615**  Jan 6-Mar 23 / 9:30am-12pm / M  
 15+yrs Fee: \$250  
 MAC Throwing Room  Molly Hueffed

## Pottery Wheel: Monday PM

 This class is for students who have learned the fundamentals of throwing. Work with the instructor to increase your skill level in throwing, as well as learn more about glazing and firing. It is recommended that students take Beginning Pottery Wheel before signing up for this class. No class 1/20 & 2/17.

**#3616**  Jan 6-Mar 23 / 6:30pm-9pm / M  
 15+yrs Fee: \$250  
 MAC Throwing Room  Bill Gravengood

## Pottery Wheel: Tuesday AM

 This class is for students who have learned the fundamentals of throwing. Work with the instructor to increase your skill level in throwing, as well as learn more about glazing and firing. It is recommended that students take Beginning Pottery Wheel before signing up for this class.

**#3620**  Jan 7-Mar 24 / 9:30am-12pm / T  
 15+yrs Fee: \$300  
 MAC Throwing Room  Vicki Hamilton

## Clay: On & Off the Wheel

 Give your wheel thrown pieces a little personality! This class uses the pottery wheel as a basis and a jumping off point for ways to work with ceramics. Functional and sculptural forms, on and off the wheel demonstrations, altering and adding to wheel projects and improving craftsmanship through demonstrations and one-on-one guidance. A variety of surface options such as slips, terra sigillatas, and textures will be covered. For all experience levels.

**#3621**  Jan 7-Mar 24 / 6:30-9pm / T  
 15+yrs Fee: \$300  
 MAC Throwing Room  Andrew Soto

# FELTING

## Handbuilding: Beginning to Advanced

 Learn handbuilding construction techniques such as coil and slab methods as well as experiment with surface design and using the potters wheel. For all experience levels.

**#3622**  Jan 8–Mar 25 / 6:30pm–9pm / W  
 15+yrs Fee: \$300  
 MAC Handbuilding Room  Hunter Mcgee

## Handbuilding: Intermediate to Advanced

 Handbuild a series of ceramic artwork that reflects your style and ideas. Janet explores a different theme or technique each quarter. Learn more about different construction techniques as well as decorating with slips, underglazes and glazes.

**#3624**  Jan 9–Mar 26 / 9:30am–12pm / Th  
 15+yrs Fee: \$300  
 MAC Handbuilding Room  Janet Crawley

## Beginning to Intermediate Pottery Wheel

 This class is for people new to wheel throwing and those who have learned the basics and want to further develop their work. Fundamentals of centering, throwing, trimming and glazing will be covered in this course. For those with more experience, we will explore altered forms and textured surfaces.

**#3623**  Jan 9–Mar 26 / 6:30–9pm / Th  
 15+yrs Fee: \$300  
 MAC Throwing Room  Anika Major

### CERAMICS CLASS INFORMATION

1. CLASS FEES INCLUDE FIRING FEES. Please remember that MAC does not have the space to allow for production pottery. Extra firing fees will be assessed if kiln space is being overused.
2. Students are responsible for purchasing their own clay and tools unless otherwise noted.
3. ORDERS FOR SUPPLIES will be taken at the first class and must be accompanied by a check. Some clay also available for purchase at Moshier.
4. OPEN STUDIO: students enrolling in classes marked by a  are encouraged to use MAC's free open studio times. These times can be used while the class you are enrolled in is in session.  
Mondays: 12–3:30pm, Tuesdays: 12–3:30pm, Wednesdays: 9:30am–9pm, Thursdays: 12–3:30pm, Saturdays: 10am–3pm

## Introduction to Fiber Arts: Needle Felting

Discover this ancient process that has become a popular fun and creative art form. Learn how to create textile from wool and get inspired about all of the projects you can create with felt. This introductory class will introduces you to types of wool fiber, several types of felting techniques, tools, and design. By the end of the class, you will be able to make your own felt balls and a simple figurine. All supplies provided.

**#3629**  Feb 1 / 10am–1pm / S  
 15+yrs Fee: \$25 + \$25 supply fee payable to instructor  
 MAC Multipurpose Room  Laura Williamson

## Needle Felted Valentine Day Card

Be my Valentine! Learn how to needle felt on a card-size wool canvas to create a Valentine card for the one you love. Choose between two themes and learn how to construct the design, perspective, and shading. Gain the skillsets to learn felt painting using wool. All felting tools provided.

**#3630**  Feb 8 / 10am–2pm / S  
 15+yrs Fee: \$34 + \$25 supply fee payable to instructor  
 MAC Multipurpose Room  Laura Williamson

## Wet Felting: Coaster or Trivet

Come and learn how to wet felt balls from wool to make your very own coaster or trivet set. In this 2 day workshop, make your very own balls on the first day and on the second day finish putting together the coaster or trivet.

**#3631**  Mar 14–15 / 10am–1pm / SSu  
 15+yrs Fee: \$49 + \$20 supply fee payable to instructor  
 MAC Multipurpose Room  Laura Williamson

## Wet Felting: Flower Making

Shake off those winter blues! Come learn how to make flowers using wet felting as your technique and wool as your medium. Go home with several different flower styles and knowing how to make beautiful felted flowers for any occasion. If you have wet felting tools, bring them! If not, wet felting tools will be provided (or you can buy a wet felting kit extra when you come to class).

**#3632**  Mar 21 / 10am–2pm / S  
 12+yrs Fee: \$34 + \$25 supply fee payable to instructor  
 MAC Multipurpose Room  Laura Williamson

**\$10 DISCOUNT**  
ON A DANCE  
OR FITNESS  
CLASS!

FOR THOSE 50+ This coupon is good for ANY dance or fitness class for participants who are 50 years or older and are new to that class or haven't participated in a dance or fitness class in the last 3 months.



## FIT PASS

### NEED A WORKOUT ON THE GO?

Look for the FITPASS symbol for class options. Passes must be purchased 10 minutes before class.

Good for classes that have met minimum registration. Refunds, credits, or discounts do not apply.

**FIT PASS: \$16/RD \$13**

**MIX UP YOUR FITNESS ROUTINE!**

# YOGA & MEDITATION YOGA STRETCH & STRENGTH

## FIT PASS

Experience increased health by calming and de-stressing the mind and body as we move into basic yoga postures and breathing practices. We'll stretch, strengthen and learn to release tension and increase flexibility while practicing on a mat. Janet provides options within a posture and encourages each person to participate at their own level. No class 2/17.

- #3731 📅 Feb 3-Feb 24 / 9-10:15am / M Fee: \$27 / RD: \$24
  - #3733 📅 Mar 2-Mar 30 / 9-10:15am / M Fee: \$45 / RD: \$40
  - #3732 📅 Feb 5-Feb 26 / 9-10:15am / W Fee: \$36 / RD: \$32
  - #3734 📅 Mar 4-Mar 25 / 9-10:15am / W Fee: \$36 / RD: \$32
- 👤 18+yrs 📍 Hilltop Room-BCC 👤 Janet Crawley, RYT 500

## Meditation Practice

Learn how to calm your mind and create an atmosphere of peace and joy as we practice sitting quietly, focusing on the sound of our own breath. Realize many benefits of your meditation: lowering stress, decreasing anxiety, finding more energy. All are welcome regardless of experience. Chairs, mats and blankets are available for sitting. You may attend once a week, on Monday or Wednesday, or choose to come twice a week. Please no late arrivals.

- #3595 📅 Feb 3-Mar 30 / 10:15-10:45am / M W
- 👤 18+yrs Fee: Free
- 📍 Hilltop Room-BCC 👤 Janet Crawley, RYT 500

## Gentle Chair Yoga

## FIT PASS

A great class for seniors, adults, and individuals returning from an injury, who want to gain flexibility and balance while stretching, breathing, and practicing relaxation techniques in a safe and comfortable setting. Through modifications and props, you will gain muscular strength, endurance, and flexibility; and increase stamina, lung capacity and overall wellness. For all body types.

- #3735 📅 Feb 3-Feb 24 / 11am-12:15pm / M Fee: \$27 / RD: \$24
  - #3737 📅 Mar 2-Mar 30 / 11am-12:15pm / M Fee: \$45 / RD: \$40
  - #3736 📅 Feb 5-Feb 26 / 11am-12:15pm / W Fee: \$36 / RD: \$32
  - #3738 📅 Mar 4-Mar 25 / 11am-12:15pm / W Fee: \$36 / RD: \$32
- 👤 18+yrs 📍 Hilltop Room-BCC 👤 Janet Crawley, RYT 500

## Gentle Yoga

**FIT PASS** This is a slow, gentle class appropriate for all ages and fitness levels. Yoga poses (asanas), mindful breathing (pranayama) and safe alignment, as well as self-massage techniques (myofascial release), are covered in this course. Gain strength and flexibility while learning to use the breath for deep relaxation.

**#3603** 📅 Jan 15–Feb 19 / 6–7:30pm / W Fee: \$54 / RD: \$48

**#3604** 📅 Feb 26–Apr 1 / 6–7:30pm / W Fee: \$54 / RD: \$48

👤 18+ yrs 📍 Hilltop Room–BCC 🗺️ Lori Leberer, RYT 200

## STRENGTH TRAINING

### Kettlebell Foundations

**FIT PASS** Introducing the ultimate fitness program that increases your endurance, power, strength, and confidence to burn fat fast! Kettlebell utilizes all of your core muscles that are essential for maintaining good health. This class takes the beginning moves and combines them into a challenging workout. All fitness levels welcome. Please bring water & hand towel.

**#3608** 📅 Jan 14–Jan 28 / 6:30–7:30pm / T Fee: \$30 / RD: \$27

**#3612** 📅 Feb 4–Feb 25 / 6:30–7:30pm / T Fee: \$40 / RD: \$36

**#3617** 📅 Mar 3–Mar 31 / 6:30–7:30pm / T Fee: \$50 / RD: \$45

**#3609** 📅 Jan 16–Jan 30 / 6:30–7:30pm / Th Fee: \$30 / RD: \$27

**#3613** 📅 Feb 6–Feb 27 / 6:30–7:30pm / Th Fee: \$40 / RD: \$36

**#3618** 📅 Mar 5–Mar 26 / 6:30–7:30pm / Th Fee: \$40 / RD: \$36

👤 18+ yrs 📍 Lakeview Room–BCC 🗺️ Clay Fife

## CARDIO

### COMMIT Dance Fitness

**FIT PASS** The COMMIT Dance Fitness Experience is a dynamic, fun-filled HIIT-style (high-intensity interval training) dance workout. Each routine focuses on essential fitness elements created to a variety of popular music, from all over the world, that will inspire everyone to get moving.

**#3700** 📅 Jan 11–Jan 18 / 10–11am / S Fee: \$18 / RD: \$16

**#3702** 📅 Feb 1–Feb 29 / 10–11am / S Fee: \$45 / RD: \$40

**#3704** 📅 Mar 7–Mar 28 / 10–11am / S Fee: \$36 / RD: \$32

👤 18+ yrs. 📍 Manhattan Room–BCC 🗺️ Chiara Pfeifer

**#3699** 📅 Jan 16–Jan 30 / 7pm–8pm / Th Fee: \$27 / RD: \$24

**#3701** 📅 Feb 6–Feb 27 / 7–8pm / Th Fee: \$36 / RD: \$32

**#3703** 📅 Mar 5–Mar 26 / 7–8pm / Th Fee: \$36 / RD: \$32

👤 18+ yrs. 📍 Eagle Landing–BCC 🗺️ Chiara Pfeifer



### Chen Tai Chi Chuan

Tai Chi is an ancient Chinese martial art practiced by millions every day to improve health and develop self-defense. Chen family Tai Chi is the original form of this art. In this class we will practice Joint Lubrication Qigong, Silk Reeling, and the Chen 18 Essential Forms. Improve balance and flexibility, reduce stress and joint discomfort, develop strength and focus. No prorate, no fitpass.

**#3666** 📅 Jan 14–Mar 10 / 6–7pm / T

👤 18+ yrs Fee: \$137 / RD: \$130

📍 Hilltop Room–BCC 🗺️ Viola Brumbaugh

### Qigong–Tai Chi for the Health of Body, Mind & Spirit

**FIT PASS** Improve your health, increase your energy, and speed your recovery from illness. Qigong’s stretching and strengthening movements activate ‘qi’ in your body, stimulate your immune system, strengthen your internal organs, and rejuvenate your soul. No prorate.

**#3667** 📅 Jan 15–Mar 11 / 10:45–11:45am / W

👤 18+ yrs Fee: \$100 / RD: \$95

📍 Lakeview Room–BCC 🗺️ Viola Brumbaugh

### Tai Chi for Everybody

**FIT PASS** This ancient Chinese Martial Art is a form of exercise that combines movement and meditation. In this class, we will work on basic alignment, relaxation and coordination. Each class begins with a full body joint lubricating longevity exercise set followed by form practice. Relieve stress and have fun, while gaining strength, balance and flexibility. No prorate. Drop-ins welcome.

**#3668** 📅 Jan 14–Jan 30 / 10:45–11:45am / TTh Fee: \$60 / RD: \$56

**#3669** 📅 Feb 4–Feb 25 / 10:45–11:45am / TTh Fee: \$66 / RD: \$60

**#3670** 📅 Feb 27–Mar 19 / 10:45–11:45am / TTh Fee: \$66 / RD: \$60

👤 18+ yrs 📍 Lakeview Room–BCC 🗺️ Viola Brumbaugh

# GENERAL INTEREST

## Dreams Workshop: How to Interpret Your Own

**NEW** Ever wonder what babies, teeth, flying, running or dying might mean in dreams? Some objects or actions may have universal meanings, but dreams are deeply personal, so interpreting them will rely solely on you and the meanings you place on them. This subjective workshop will provide tools and meaning to help you interpret your own dreams.

**#3804** 📅 Feb 19 / 6-7:30pm / W  
👤 18+yrs Fee: \$15 / RD: \$10  
📍 Chelsea Room-BCC 🗺️ Inez Taylor

## Dreams Workshop: Use Dreams to Balance Your Life

**NEW** The four daily stages of Falling Asleep, Sleeping, Dreaming, and Waking Up all lead to a balanced life. Learn to pay attention when you are awake or asleep and tips for remembering and interpreting sleep and dream experiences.

**#3805** 📅 Mar 18 / 6-7:30pm / W  
👤 18+yrs Fee: \$15 / RD: \$10  
📍 Chelsea Room-BCC 🗺️ Inez Taylor

## TOASTMASTERS

12:05–1:05pm / Th

MANHATTAN ROOM–BCC

Toastmasters offers help to overcome your fear of public speaking, how to give powerful presentations, and how to conduct effective and productive meetings. Meetings provide a supportive and encouraging place where you can learn transformative speaking and leadership skills which are critical for success in your career and personal life.

FREE TO ATTEND. MONTHLY MEMBERSHIP AVAILABLE.

## Basic Dog Obedience & Good Manners

**NEW** Dogs and owners will learn basic obedience and good manners, Q & A, and problem solving. Hand-outs provided.

**#3830** 📅 Feb 6-Mar 12 / 6:30-7:30pm / Th  
👤 18+yrs Fee: \$120 / RD \$108  
📍 Seahurst Banquet Hall-BCC  
🗺️ Jan Magnuson, SunStar Dog Training

## Dogsafe® Canine First Aid 101

This all-day, valuable and informative course teaches the principles of canine first aid so that owners and animal-lovers have a thorough understanding of what to do in any canine emergency. Individual canine manikins are used to teach life-saving skills, such as artificial respiration and CPR. DOGS DO NOT ATTEND.

**#3573** 📅 Feb 22 / 9am-5pm / S  
**#3574** 📅 Mar 28 / 9am-5pm / S  
👤 18+yrs Fee: \$149 / RD: \$139  
📍 Eagle Landing Room-BCC 🗺️ Helga Karisch

## Dog Living: Intro to Reactivity

**NEW** Does your dog bark and lunge on walks or in your yard? Whether your pup is over excited, fearful, or protective, you'll learn some of the fundamentals for working and living with these issues that can help improve your dog's behavior, outlook on life, and relationship with you. DOGS DO NOT ATTEND.

**#3802** 📅 Mar 19 / 6:30-7:30pm / Th  
👤 18+yrs Fee: \$20 / RD: \$17  
📍 Eagle Landing Room-BCC 🗺️ Leah Vance

## DROP-IN PING PONG

11AM–2:30PM / T F 5–7:45PM / TH

HAZEN VALLEY ELEMENTARY SCHOOL GYM

Fee: 10-visit punch-pass for \$20 or \$3 per drop-in

## ADULT DROP-IN VOLLEYBALL

SEP 9–MAY 20 / 6:30–9pm / MW

Scrimmages

Fee: 10-visit punch-pass for \$40

HAZEN VALLEY ELEMENTARY SCHOOL GYM  
402 SW 132nd St. (west-side, down stairs)

Follows Highline School District schedule.  
Closed holidays and school breaks. May cancel due to school functions. Obtain a punch pass prior to play at BCC. Recreational level play only.

Call 206.988.3700 to verify play  
and buy punch pass.

# DANCE

# BEGINNING BALLROOM DANCE

Everyone's wild for Ballroom Dance! You'll learn either Foxtrot, Waltz, Tango, Swing and Cha Cha so you can dance the night away. Perfect for beginners! This is a couples class; fee is per person. Students will focus on one of the major ballroom dances each 6 week session.

**#3578** 📅 Jan 14-Feb 18 / 6-7pm / T

**#3580** 📅 Feb 25-Mar 31 / 6-7pm / T

👤 18+yrs Fee: \$69 / RD: \$66 📍 Seahurst Banquet Hall -BCC 👤 Jacob Matthew

**\$10 DISCOUNT**  
ON A DANCE  
OR FITNESS  
CLASS!

FOR THOSE 50+ This coupon is good for ANY dance or fitness class for participants who are 50 years or older and are new to that class or haven't participated in a dance or fitness class in the last 3 months.

**SHAPE UP!**  
50.

## Advanced Ballroom Dance

Everyone's wild for Ballroom Dance! You'll learn either Foxtrot, Waltz, Tango, Swing and Cha Cha so you can dance the night away. Perfect for beginners! This is a couples class; fee is per person. Students will focus on one of the major ballroom dances each 6 week session.

**#3579** 📅 Jan 14-Feb 18 / 7-8pm / T

**#3581** 📅 Feb 25-Mar 31 / 7-8pm / T

👤 18+yrs Fee: \$69 / RD: \$66

📍 Seahurst Banquet Hall-BCC 👤 Jacob Matthew

## Scottish Country Dance

Scottish Country Dance is popular all around the world! It is good for the body, mind and soul. SCD improves physical fitness through exuberant movement and mental acuity through memorization of beautiful and sometimes complex figures. This beginning class will focus on basic SCD figures and patterns in a comfortable, structured setting, made fun with like-minded dancers. No partner or experience needed.

**#3582** 📅 Feb 6-Mar 26 / 6:30-7:45pm / Th

👤 18+yrs Fee: \$64 / RD: \$56

📍 Manhattan Room-BCC 👤 Lizzie Wratten

## Simply Social: Intro to Beginning Ballroom Dance

**NEW** These introductory lessons will provide participants with the basic knowledge of various styles of ballroom dance to enable them to navigate any dance floor. Learn the foundations of various ballroom dances, how to pair the correct dance with the music, social dance etiquette, and even a few enter and exit strategies. This class will provide basic steps and knowledge for Beginning Ballroom on Tuesdays. No partner necessary. NO CLASS 2/17.

**#3672** 📅 Jan 27-Mar 23 / 6:45-7:45pm / M

👤 16+yrs Fee: \$80 / RD: \$72

📍 Eagle Landing Room-BCC 👤 Danielle Osborne

## Simply Swing: Intro to Swing Dance

**NEW** Swing culture is alive and well in the Pacific Northwest! These introductory lessons will provide participants with the confidence to join the Seattle swing community. Participants will learn the basic steps of various swing dances, how to identify the correct style for the music, and swing dance etiquette. No partner necessary.

**#3673** 📅 Jan 29-Mar 18 / 6:45-7:45pm / W

👤 16+yrs Fee: \$80 / RD: \$72

📍 Eagle Landing Room-BCC 👤 Danielle Osborne



SENIOR  
SCHOLARSHIPS  
AVAILABLE



Register  
Now



## ENRICHMENT 50+ LAPTOP 101

From turning your laptop on and off, to learning the difference between hardware and software and how to install each. We will focus on making the vocabulary of the PC (Personal Computer) understandable, and learning how to be comfortable interfacing with the computer through customization of everything about its look and feel. This class is designed for novices and for those who want to increase their familiarity with the OS (Operating System). Bring your laptop.

**#3757** 📅 Feb 21 / 9-11:30am / F 👤 50+yrs Fee: \$39/RD: \$34  
📍 Chelsea Room-BCC 👤 John McLaughlin



### Intermediate Laptop

We will pick up where Laptop 101 left off. However, if you feel comfortable using your laptop but want to learn some tips and tricks, this class will help you become more familiar with features of the computer that make everyday tasks easier. Part of the class time will also be dedicated to individual questions. Bring your specific questions and/or listen and learn as others have their queries answered. Bring your laptop.

**#3758** 📅 Feb 28 / 9-11:30am / F  
👤 50+ yrs Fee: \$39/RD: \$34  
📍 Chelsea Room-BCC 👤 John McLaughlin

### Smart Phones: Cameras & Photos

Photography with your phone makes it a snap to capture, edit and share all in one device. In this class you will learn how to get the best results possible from your device's camera. After you have your snapshot, a photo editing app can help make it look even more fantastic. Once finished, you can text, email and/or post your creation to the internet via social media. Tablet photographers are also welcome. Bring your devices to class

**#3755** 📅 Feb 7 / 9:30-11:30am / F  
**#3768** 📅 Mar 26 / 6-8pm / Th  
**#3762** 📅 Mar 27 / 9:30-11:30am / F  
👤 50+yrs Fee: \$32/RD: \$27  
📍 Chelsea Room-BCC 👤 John McLaughlin

## Smart Phones: eBay

**NEW** Bring your smart phone, tablet or laptop and get acquainted with the ins and outs of buying and selling on eBay. If you are interested in any other sales apps, have those questions answered as well.

**#3756** 📅 Feb 14 / 9:30-11:30am / F  
👤 50+yrs Fee: \$32 / RD: \$27  
📍 Chelsea Room-BCC 👤 John McLaughlin

## Smart Phones: Email, Texting & Managing Calendars

Keep in touch with friends and family by using your phone not only as a phone but also through texts and emails. Come and learn the tips and tricks that will make you proficient and not make it feel like such a chore. Those tips also make it much easier to fill your calendar with all of your activities. If you really want to understand how to get the most use out of the calendar app, this is your class. Bring your devices to class.

**#3754** 📅 Jan 24 / 9:30-11:30am / F  
**#3766** 📅 Mar 12 / 6-8pm / Th  
**#3760** 📅 Mar 13 / 9:30-11:30am / F  
👤 50+yrs Fee: \$32 / RD: \$27  
📍 Chelsea Room-BCC 👤 John McLaughlin

## Smart Phones: Getting Started

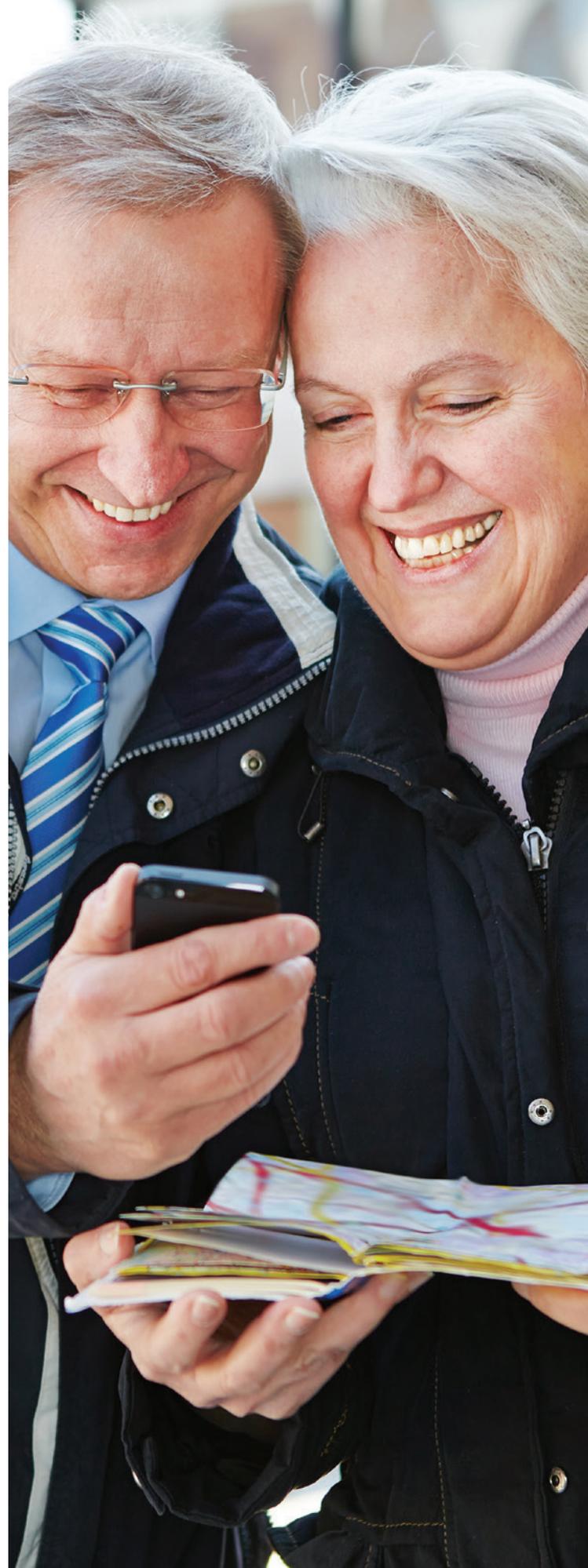
If you are new to the world of touchscreen devices, don't feel outsmarted by your smart phone. Learn the gestures that will put you in control as you increase your understanding of the settings menu, applications (apps) and notifications. Bring your devices to class.

**#3753** 📅 Jan 17 / 9:30-11:30am / F  
**#3763** 📅 Mar 5 / 6-8pm / Th  
**#3759** 📅 Mar 6 / 9:30-11:30am / F  
👤 50+yrs Fee: \$32 / RD: \$27  
📍 Chelsea Room-BCC 👤 John McLaughlin

## Smart Phones: Maps & Navigation

Learn how to use the GPS (map and navigation) app on your smart devices. You can find your way anywhere! Bring your devices to class.

**#3767** 📅 Mar 19 / 6-8pm / Th  
**#3761** 📅 Mar 20 / 9:30-11:30am / F  
👤 50+yrs Fee: \$32 / RD: \$27  
📍 Chelsea Room-BCC 👤 John McLaughlin



**New Thursday evening options!**

# HEALTH & WELLNESS

## Mood and Food

Come learn about the research and benefits of certain foods on depression and seasonal depressive disorder. When coupled with other treatments, food can often play a critical role in the healing process.

**#3575** 📅 Jan 13 / 11:30am-12:30pm / M  
👤 18+ yrs Fee: Free (pre-registration required)  
📍 Eagle Landing Room-BCC 🗺️ Christy Goff, RD

## Planning Ahead: Grab & Go Emergency

Class members will leave with a booklet to record and create an “In-Case-of-Emergency” everything document to keep you and your loved ones informed. You will receive a checklist to help you organize your personal information and records. You and your loved ones can have greater peace of mind knowing this information is collected and organized in one place that, if needed, your emergency contacts can easily be accessed. You must register for this class to ensure you get a notebook! THANK YOU Boulevard Park Place for the Emergency Planning Book sponsorship!

**#3663** 📅 Feb 6 / 10am-11am / Th  
👤 18+ yrs Fee: Free (pre-registration required)  
📍 Eagle Landing Room-BCC 🗺️ Sheila Goodfellow, Comfort Keepers

## WOMEN SUPPORTING WOMEN

### Through their Cancer Journey

**FEB 12, MAR 11**  
**3:30–5pm / W / BCC –Chelsea Room**

Open to women who have or have had any type of cancer –from diagnosis to post treatment. Facilitated by Highline Cancer Center, join us for support, providing opportunities for informative discussions, community resources, and more. Registration is not necessary. For more information or if you have questions, call (206) 901–8910.



## BRAIN INJURY GROUP (BIG)

When Life Changes: Living with Traumatic Brain Injury (TBI)

**FEB 4, MAR 3**  
**6–7:30pm / BCC Chelsea Room**

Connecting and discovering more about ourselves post concussion and brain injury. Topics include health, self-care, brain awareness and advocacy, as well as new research that aids in brain recovery. Supportive and informing individuals an communities about TBI. Open to all ages.

## Heart Health Reset

Understand the types of heart disease and what numbers to watch, including cholesterol, blood pressure and blood sugar. Discover heart-healthy lifestyle approaches, including diet, identifying healthy foods from labels, physical activity and stress management. A perfect class to honor heart health awareness month and Valentine’s Day!

**#3576** 📅 Feb 10 / 11:30am-12:30pm / M  
👤 18+ yrs Fee: Free (pre-registration required)  
📍 Eagle Landing Room-BCC 🗺️ Christy Goff, RD

## Winter Wellness: Fight Flu & Cold with Food

Continue to be a flu and cold fighter! Learn how to reduce late winter and spring illnesses using food and lifestyle choices. You’ll learn tips to prevent seasonal colds and other health issues associated with the end of winter.

**#3577** 📅 Mar 16 / 11:30am-12:30pm / M  
👤 18+ yrs Fee: Free (pre-registration required)  
📍 Eagle Landing Room-BCC 🗺️ Christy Goff, RD

## Aging & Memory: What’s Normal, What’s Not

Have you ever asked yourself “He just introduced himself and I can’t remember his name?” Some changes are to be expected as we get older. Other changes are not normal. Learn about the the normal memory changes, how memory works and how to take care of them, and the 10 signs of memory loss (Alzheimer’s Association).

**#3678** 📅 Mar 26 / 10am-11am / Th  
👤 18+ yrs Fee: Free (pre-registration required)  
📍 Shorewood Room-BCC 🗺️ Sheila Goodfellow, Comfort Keepers





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(206) 824-9276  
www.allpointsyarn.com**

*From Our Yarns  
Through Your Hands,  
Great Work to be Done  
All Season Long!*

**Open 10 a.m. - 5 p.m.  
Tuesday - Saturday.  
Closed Sunday & Monday.**



## GENERAL INTEREST 50+

### AARP Smart Driver Course

AARP offers a two-day Safe Driver Course. You may be able to get a deduction from your insurance company, if you complete this course. Fee is \$2 at the time of registration and \$15 for AARP members/\$20 for non-members to be paid in class.

- #3566    📅 Jan 15-16 / 12:30-4:30pm / WTh
  - #3567    📅 Feb 19-20 / 12:30-4:30pm / WTh
  - #3568    📅 Mar 18-19 / 12:30-4:30pm / WTh
- 👤 50+yrs    Fee: \$2    📍 Lakeview Room-BCC

### Genealogy 101: Tracing Your Roots

**NEW** Are you interested in learning about your ancestors? Then this is the class for you. You will learn to research your family through public and private records. This class will benefit beginners as well as those with genealogical experience.

- #3812    📅 Jan 20-Feb 24 / 10-11am / M
- 👤 18+yrs    Fee: \$24 / RD \$20  
📍 Chelsea Room-BCC    📍 Galen Willis

### Ask Me About Your Funeral - Part 1: The Importance of Funeral Planning

**NEW** Part 1 of this series focuses on funeral planning basics and the regulations that go with it. Learn why and how to plan for your funeral needs, whether you fund them or not, whether you have a memorial or not. Learn how to make sure your family is protected, your wishes are carried out the way and by who you want, and how to ensure the right people have the final say.

- #3799    📅 Jan 30 / 1-2pm / Th
- 👤 18+ yrs    Fee: Free (pre-registration required)  
📍 Eagle Landing Room-BCC    📍 Leah Vance

### Ask Me About Your Funeral - Part 2: Cemetery, Green Burials & Memorial Options

Part 2 of the series focuses on lasting memorial questions. Learn about cemetery and other options for cremation remembrance, why just having a plot or a niche is not enough, and how to protect your family from unexpected costs. We'll also discuss green burial and other new developments.

- #3800    📅 Feb 27 / 1-2pm / Th
- 👤 18+ yrs    Fee: Free (pre-registration required)  
📍 Eagle Landing Room-BCC    📍 Leah Vance

### Ask Me About Your Funeral - Part 3: Family Rights & Personalization

Part 3 of the series focuses on family rights. Learn about who has the rights to make decisions after you die when you are partnered, but unmarried, or in the LGBTQI community, and how to designate those rights. Discussion includes basics from the first two sessions and creative ways to personalize funeral and cemetery services.

- #3801    📅 Mar 26 / 1-2pm / Th
- 👤 18+ yrs    Fee: Free (pre-registration required)  
📍 Eagle Landing Room-BCC    📍 Leah Vance

## Art, Beauty & Identity of Oceania, France, Italy & North America

Join us on this continuing journey into the art, beauty and identity of Oceania, France, Italy and North America. View and freely discuss slides, books and experiences of art, its essential diversity, identity and esteem world-wide. Take advantage of possible visits to the permanent and traveling Oceanic art exhibits at the SAM, TAM, Asian Art Museum, Burke Museum and Wing Luke Museum. Additional charge for BCC transportation to exhibits, if used.

**#3569** 📅 Jan 16-Feb 27 / 9:30am-12pm / Th  
👤 50+ yrs Fee: \$70 / RD: \$60  
📍 Shorewood Room-BCC 👤 Elizabeth Rodgers

## Current Events & Local Issues

Join lively discussions with your peers. Topics include world, national and local events. Some of our meetings will take on issues from "Great Decisions," America's largest discussion program on world affairs. Each year the Foreign Policy Association identifies and provides a non-partisan briefing book on eight critical subjects. Voice your opinions on the world of politics, finances, religion and more. Always woven in are local issues, a bit of history and a lot of cheer. The only thing missing is you. We look forward to seeing you Thursday afternoons. NO CLASS 1/30.

**#3570** 📅 Jan 16-Mar 26 / 1-3pm / Th  
👤 50+ yrs Fee: \$30 / RD: \$20  
📍 Shorewood Room-BCC 👤 Rose Clark

## Writers Workshop

Whether your goal is to write your family history or the 'great American novel', a beginner or published author, you'll expand your horizons and hone your communication skills with the encouragement of this friendly, supportive group. Join the fun! NO CLASS 1/31.

**#3572** 📅 Jan 17-Mar 27 / 10am-12pm / F  
👤 50+ yrs Fee: \$41 / RD: \$35  
📍 Shorewood Room-BCC 👤 Sallie Tierney



## JANUARY-MARCH SCHEDULE

606 SW 116th St., Seattle

For questions, call 206.588.2297

### Shallow H2O

This low-impact water workout focuses on cardio, toning exercises, balance and flexibility training. Class takes place in our heated indoor pools in shallow water. Swimming skills are not required.

📅 Morning / 8:30-9:30am / MWF  
Evening / 7-8pm / MW 👤 18+

### Deep H2O

This low-intensity water workout combines cardiovascular work, deep-water running, jogging, bicycling and cross-country skiing movements. Class focuses on muscular strength motions that work the body's major muscle groups as well as motions that work the core and balance. Comfort in the water is recommended, but flotation belts are used during the class.

📅 Morning / 8:30-9:30am / TTh 👤 18+

### Lap Swim & Water Walking

Experience the total body fitness of swimming laps: cardiovascular conditioning, muscle strength, muscle tone, and relief from stress or try out water walking! Lap Swim and Water Walking are on your own, no instruction provided.

📅 5:30am-9:30am / M-F 11am-1pm / MWF  
7-8pm / TTh F

**Your first water aerobics class is FREE!**  
(Shallow / Deep H2O)

After that you can drop-in for \$5 for seniors and \$6 for adults, or purchase a 10-visit punch card for \$45 at the pool.  
**Schedule is subject to change.**



## EnhanceFitness

**FIT PASS** **SILVER&FIT** ENDORSED A medium level aerobic exercise session, this class includes warm-up, aerobics, weights (provided) and cool-down. We encourage new people to view a class before they register. Free to qualifying Kaiser Permanente and Silver & Fit members. NO CLASS 1/20, 2/17.

- #3596 📅 Jan 13-Jan 29 / 9-10am / MWF
  - #3599 📅 Feb 3-Feb 28 / 9-10am / MWF
  - #3601 📅 Mar 2-Mar 30 / 9-10am / MWF
  - #3597 📅 Jan 13-Jan 29 / 10:30-11:30am / MWF
  - #3600 📅 Feb 3-Feb 28 / 10:30-11:30am / MWF
  - #3602 📅 Mar 2-Mar 30 / 10:30-11:30am / MWF
- 👤 50+yrs Fee: \$40 / RD: \$35

📍 Seahurst Banquet Hall-BCC 👤 Alex Lewis

**\$10 DISCOUNT**  
ON A DANCE  
OR FITNESS  
CLASS!

FOR THOSE 50+ This coupon is good for ANY dance or fitness class for participants who are 50 years or older and are new to that class or haven't participated in a dance or fitness class in the last 3 months.



## Balance Fitness

**FIT PASS** Balance problems are aggravated as you grow older, either due to the natural aging process or some underlying disease. This class will focus entirely on specific exercises for balance. These movements will not only train your muscles to respond to balance cues, but will also increase your confidence in your body's own ability to respond when needed. When exposed to balance exercises regularly, the results have been excellent. Good for those with Parkinson's Disease or other strength/balance concerns. Free with prescription. Space limited.

ADVANCED

- #3590 📅 Jan 14-Jan 30 / 9:30-10:25am / TTh
- #3592 📅 Feb 4-Feb 27 / 9:30-10:25am / TTh
- #3594 📅 Mar 3-Mar 31 / 9:30-10:25am / TTh

BEGINNING

- #3589 📅 Jan 14-Jan 30 / 10:30-11:25am / TTh
- #3591 📅 Feb 4-Feb 27 / 10:30-11:25am / TTh
- #3593 📅 Mar 3-Mar 31 / 10:30-11:25am / TTh

👤 50+yrs Fee: \$21 / RD: \$12

📍 Manhattan Room-BCC 👤 Vivian Bowles

## Zumba Gold

**FIT PASS** Join the Zumba craze get inspired by the music, the moves and each other. Although designed for the active older adult, the true beginner, people who are not used to exercising, or are limited physically, this class will energize you and keep you coming back for more. NO CLASS 1/31.

- #3583 📅 Jan 14-Jan 28 / 10-11am / T Fee: \$27 / RD: \$24
  - #3585 📅 Feb 4-Feb 25 / 10-11am / T Fee: \$36 / RD: \$32
  - #3586 📅 Mar 3-Mar 31 / 10-11am / T Fee: \$45 / RD: \$40
- 👤 50+yrs 📍 Eagle Landing Room-BCC 👤 Cristina Herrera
- #3584 📅 Jan 17-Jan 24 / 10:30-11:30am / F Fee: \$18 / RD: \$16
  - #3587 📅 Feb 7-Feb 28 / 10:30-11:30am / F Fee: \$36 / RD: \$32
  - #3588 📅 Mar 6-Mar 27 / 10:30-11:30am / F Fee: \$36 / RD: \$32
- 👤 50+yrs 📍 Manhattan Room-BCC 👤 Cristina Herrera

## INSURANCE BENEFIT

The Burien Community Center is an eligible site for Silver and Fit Insurance benefit. This gives adults 65+ on Medicare with certain supplemental insurances associated with American Specialty Health free fitness class enrollment.

Your benefit could include free enrollment in EnhanceFitness or Zumba Gold. Please check with the front desk on your eligibility and let's get you enrolled!





# TRAVEL FOR 50+ BRUNCH WITH MAYOR BERTHA KNIGHT LANDES\*

Spend a brunch outing at the Tukwila Community Center with N.W. Storyteller/Actress Debbie Dimitre as Bertha Knight Landes, who was the first female mayor of a major American city, serving as mayor of Seattle from 1926 to 1928. Debbie has been entertaining, inspiring, and educating audiences of all ages with her historical and dramatic storytelling presentations. Trip includes admission, escort, lunch and transportation. Must register by 2/3.

#3656 📅 Feb 26 / 10am-2pm / W  
👤 50+yrs Fee: \$30 / RD: \$25 📍 Parcs Bus

**PLEASE NOTE:**  
Reminder calls will no longer be made to registrants prior to a trip, unless information has changed. Instead, an email reminder will be sent to those with email addresses on file. PLEASE ARRIVE 15 MINUTES PRIOR TO LISTED TRIP TIME.



## Skagit River Bald Eagle Interpretive Center\*\*

The Skagit River Bald Eagle Interpretive Center is located in the pristine Howard Miller Steelhead Park in Rockport, WA, on the federally designated wild and scenic Skagit River. During December and January, the river is home to hundreds of eagles feasting on the Chum salmon that are returning to spawn. It's an exciting time to visit the Skagit! Trip includes escort and transportation. Bring a sack lunch and rain gear.

#3648 📅 Jan 16 / 8am-5pm / Th  
👤 50+yrs Fee: \$25 / RD: \$22 📍 Parcs Bus

## Thunder Dome Car Museum\*

**NEW** The new Thunder Dome Car Museum was created to bring the community together to enjoy a fantastic collection of cars in a uniquely designed facility for the benefit of charity. Trip includes escort and transportation. Admission (\$13) and lunch are on your own.

#3649 📅 Jan 23 / 10am-3:30pm / Th  
👤 50+yrs Fee: \$20 / RD: \$17 📍 Parcs Bus

## Seattle Underground Tour\*\*\*

**NEW** Bill Speidel's 75-minute underground guided walking tour is Seattle's most unusual attraction, a humorous stroll through intriguing subterranean storefronts and sidewalks entombed when the city rebuilt on top of itself after the Great Fire of 1889. It begins beneath Doc Maynard's public house, then spills into historic Pioneer Square, Seattle's birthplace, before plunging underground for an exclusive, time-capsule view of the buried city. Trip includes escort and transportation. Admission (\$20) and lunch are on your own.

#3651 📅 Jan 28 / 10am-3:30pm / T  
👤 50+yrs Fee: \$18 / RD: \$15 📍 Parcs Bus

## Auburn Arts Theatre: Buddy, Ritchie & the Bopper\*

**NEW** Enjoy a bit of nostalgia at the Auburn Arts Theatre, featuring Buddy, Ritchie & the Bopper. Trip includes admission, escort and transportation. No dinner stop. Must register by 1/21. No refunds once tickets are paid.

#3662 📅 Feb 1 / 6:30-10am / Sa  
👤 50+yrs Fee: \$47 / RD: \$44 📍 Parcs Bus





## Volunteer Park Conservatory\*

The Volunteer Park Conservatory is a botanical garden, conservatory, and Seattle landmark located in Seattle, at the north end of Volunteer Park on Capitol Hill. Made up of 3,426 glass panes fit into a wood and iron framework, this Victorian-style greenhouse structure is modeled on London's Crystal Palace. Inside, the Volunteer Park Conservatory is divided into five display houses: bromeliads, ferns, palms, seasonal, and cacti/succulents. Trip includes escort and transportation. Admission is free this day. Lunch are on your own.

**#3652** 📅 Feb 6 / 10am-3:30pm / Th  
👤 50+ yrs Fee: \$18 / RD: \$15 📍 Parcs Bus

## Paint Your Day Away\*

Paint with friends in a relaxed atmosphere at the Tukwila Community Center! You will receive step-by-step instructions, so anyone can be an artist. Go home with a ready-to-hang piece of art created by you! Supplies are included (acrylic paints, brushes and flat canvas panels) to be used by participants in the class. Trip includes supplies, escort and transportation. Must register by 1/29.

**#3653** 📅 Feb 12 / 12:30-4pm / W  
👤 50+ yrs Fee: \$33 / RD: \$28 📍 Parcs Bus

## Auburn Arts Theatre: Cherry Cherry\*

**NEW** Enjoy a bit of nostalgia at the Auburn Arts Theatre, featuring Neil Diamond tribute artist Cherry Cherry. Trip includes admission, escort and transportation. No dinner stop. Must register by 1/29. No refunds once tickets are paid.

**#3654** 📅 Feb 15 / 6:30-10pm / Sa  
👤 50+ yrs Fee: \$47 / RD: \$44 📍 Parcs Bus

### TRAVEL INFORMATION

- 100% (less a \$5 processing fee): When you request to withdraw from the class a minimum of 3 business days prior to the first class.
- Trip times are subject to change.
- No substitutions allowed.
- Cancellations must adhere to refund policy.
- A cold or common illness is not considered "medical illness."



## King Country Elections & IKEA Center\*

**NEW** Get a guided tour of the inside workings of the King County Elections and then spend some leisure time—at the new IKEA Center in Renton. Trip includes escort and transportation. Lunch are on your own.

**#3655** 📅 Feb 20 / 9am-3pm / Th  
👤 50+ yrs Fee: \$18 / RD: \$15 📍 Parcs Bus

## Cinnebarre Matinee at Montlake\*

Catch a matinee at the Cinnebarre Theatre at Montlake Terrace, where you can order and eat at your seat. Movies are first run, with selections available closer to the trip date. Times are subject to change, depending on movie times. You can pick your own movie to see based on what is showing during our outing. Trip includes escort and transportation. Admission (approx. \$15-20) and lunch are on your own.

**#3657** 📅 Mar 5 / 12-5:30pm / Th  
👤 50+ yrs Fee: \$18 / RD: \$15 📍 Parcs Bus

PRE-REGISTRATION  
REQUIRED FOR TRIPS

**TRIP RATINGS** All trips involve some degree of walking. See below for walking rating:

**EASY\*** Mostly paved, minimal walking distance

**MODERATE\*\*** Sometimes paved, may include stairs, moderate walking distance

**DIFFICULT\*\*\*** Some difficult terrain, uneven ground, stairs, incline, and/or extensive walking

## Georgetown Powerplant Museum & Oxbow Park\*

**NEW** Take a tour of the Power Plant Museum and then a visit and photo-op at Oxbow Park in Georgetown. If its open, browse through the Trailer Park Mall after lunch. Trip includes admission, escort and transportation. Lunch is on your own.

**#3658** 📅 Mar 14 / 10:30am-3pm / S  
 👤 50+ yrs Fee: \$18/RD: \$15 📍 Parcs Bus

## Naval Undersea Museum\*

The U.S. Naval Undersea Museum interprets all of the Navy's undersea activities and holds the country's most comprehensive collection of U.S. Navy artifacts and collections. Trip includes admission, escort and transportation. Lunch is on your own.

**#3660** 📅 Mar 19 / 10am-2:30pm / Th  
 👤 50+ yrs Fee: \$18/RD: \$15 📍 Parcs Bus

## Living Computer Museum + Lab\*

Living Computers: Museum + Labs is a computer and technology museum located in Seattle's SoDo neighborhood. LCM+L showcases vintage computers which provide interactive sessions. Then stop into Krispy Kreme Donuts for a treat and watch behind-the-scenes mechanized donut making process through the large glass wall. Trip includes escort and transportation. Admission (\$22) and lunch/treat are on your own.

**#3661** 📅 Mar 24 / 10:30am-3pm / T  
 👤 50+ yrs Fee: \$18/RD: \$15 📍 Parcs Bus



CITY OF BURIEN PARKS,  
RECREATION & CULTURAL SERVICES

# VOLUNTEER DRIVERS NEEDED

For a variety of programs, such as Meals on Wheels and the Senior Travel program.

For more information on volunteering for Meals on Wheels, visit <https://soundgenerations.org/get-help/food/meals-on-wheels/volunteer/>.

For more information on volunteering for the Senior Travel program, please contact Bo the Burien Community Center @ (206) 812-4721.



WASHINGTON STATE ASSOCIATION OF  
SENIOR CENTER (WSASC)

# EXTENDED TRAVEL

## Scandinavia

Copenhagen, Vaxjo, Swedish Glass Museum, Stockholm, Vasa Ship Museum, High Speed Train, Oslo, Viking ship Museum, Borgund Stave Church, Flam Railway, Sognefjord, Briksdal Glacier, Geirangerfjord Cruise, Bergen. Registration Deadline is December 11, 2019.

📅 Jun 18-Jul 1, 2020 (14 days, 19 meals, includes air)  
 Fee: \$5,999 Double; \$7,299 Single

## America's Music Cities: New Orleans, Nashville and Memphis

French Quarter, Swamp tour, Mardi Gras World, Jazz Revue, Graceland, West Delta Heritage Center, Grand Ole Opry Show, Ryman Auditorium, Country Music Hall of Fame, Historic RCA Studio B, and a Whiskey Distillery. Registration Deadline is March 6, 2020.

📅 Sept 13-20, 2020 (8 Days, 10 Meals, includes air)  
 Fee: \$2,999 Double, \$3,899 Single Occupancies

## Exploring Scotland and Ireland

Edinburgh, Whiskey Distillery, Loch Ness, Urquhart Castle, Glasgow, Belfast, Titanic Experience, Giant's Causeway, The Causeway Coast Rail Journey, Derry, Glenveagh National Park, Dublin. Registration Deadline is April 11, 2020

📅 Oct 11-24, 2020 (13 days, 17 meals)  
 Fee: \$3,999 Double; \$4,749 Single

## Spotlight on Tuscany

Embrace vintage Italia as you savor fine wine, blissful countryside and ancient cities that inspired the Renaissance on this Tuscan Getaway. Highlights Montecatini Terme, Florence, Lucca, Gothic Line, Pisa, Siena, Winery Tour, Cheese Farm, San Gemignano. Registration Deadline is April 27, 2020.

📅 Nov 2-10, 2020 (9 days, 10 Meals, includes air)  
 Fee: \$2,999 Double; \$3,399 Single

### TRIPS PRESENTATION & REGISTRATION INFORMATION

TUESDAY, FEBRUARY 4, 2020 - 10:30AM

TUKWILA COMMUNITY CENTER

Visit [wsasc.org](http://wsasc.org) or call Sheri at 206-767-2321

# CULTURAL EVENTS

NW ASSOCIATED ARTS  
nwassociatedarts.org / 206.246.6040

## Your Mixtape, 12th Annual Cabaret & Silent Auction

**SATURDAY, FEB 8, 5:00PM**

Brockey Conference Center, South Seattle College

Tickets: \$60/seat, \$660/table of eleven, Age: 21+

You are cordially invited to a night of dinner, music and fundraising! Dessert Dash, Wine Pull, silent auction and NWAA choirs performing numbers from the days of making mix tapes in the 80s & 90s!

HIGHLINE COMMUNITY  
SYMPHONIC BAND  
highlinecsb@gmail.com

## Highline Band Festival

**MONDAY, FEB 24, 7PM**

Highline Performing Arts Center 401 S 152nd St

Free, All Ages

Featuring performances from area high school bands and the Highline Community Symphonic Band as guest performers.

HI-LINERS MUSICAL THEATRE  
hi-liners.org / 206-617-2152

## Legally Blonde, Jr

**JAN 3-5, JAN 10-12**

Burien Annex, 14501 4th Ave SW, Ages 3 & up

(no babes in arms)

Follow Elle Woods as she tackles stereotypes, snobbery and scandal in pursuit of her Harvard dreams.

## Frozen, Jr

**MAR 27-28, APR 3-4**

Burien Annex, 14501 4th Ave SW, Ages 3 & up

(no babes in arms)

See the magical land of Arendelle come to life in this enchanting Disney classic about true love and acceptance between sisters.

## Open Auditions – Frozen, Jr

**AUDITIONS: JAN 6, CALLBACKS: JAN 8**

Highline Performing Arts Center, 401 S 152nd St.

Ages 7-18, see website for audition details and production information.

## Classes – Get You Act Together With HMT!

**CLASSES RUN JAN-MAY, AGES 4 AND UP**

Burien Annex, 14501 4th Ave SW

Develop your acting, singing, and dancing skills. Boost your ability to speak up in school and enhance your creativity! See website for details.

HIGHLINE HERITAGE MUSEUM

819 SW 152nd, Burien

To register for programs: editor@highlinehistory.org  
More programs & information: www.highlinehistory.org;  
All programs free with unless otherwise listed.

## Kid's Storytime

**FOURTH SATURDAYS, 11AM-NOON**

**FREE WITH MEMBERSHIP**

Crafts, snacks and a story!

## Night At The Museum – Untold Stories

**FIRST FRIDAYS, 7-8:30PM**

**FREE AND OPEN TO THE PUBLIC**

Discover interesting untold stories in the Highline area! Sponsored by BECU.

## Lectures, Films & Discussions

**SECOND SATURDAYS, 1-3PM**

Lecture \$10 for members, \$15 general public

## Classes

**THIRD SATURDAYS, 1-3PM**

\$15 for members, \$20 general public

## History, Spirits & Drinks From Around The World!

**FOURTH THURSDAYS, 7-8:30 PM**

**MEMBERS \$20 – GENERAL PUBLIC \$25**

Taste great drinks from around the world while learning their history, and techniques! 21+ years only.

## I Am Highline! Community Storytelling

**FOURTH SUNDAYS, 1-2PM**

**FREE ADMISSION WITH MEMBERSHIP**

Community members sharing their stories! A place where visitors can connect with stories and with each other.

B-TOWN BEAT MUSIC & ART WALK  
Btownbeat.contact@gmail.com

## The B-Town Beat First Friday Music and Art Walk

**FIRST FRIDAYS, 5-9PM**

Celebrate art and music on the First Friday of each month. Various locations along 152nd, 153rd, Old Burien and Seahurst—Look for the sticker in the windows!—Free



BURIEN ARTS ASSOCIATION  
burienarts.org / BurienArts@gmail.com

## Pop-Up Gallery & Reception

**RECEPTION—FIRST TUESDAY**

**6:00-7:30PM**

Burien Community Center Lobby, 14700 6th Ave SW

Attend the Artist Reception and meet the Solo Artist of the Month.

NORTHWEST SYMPHONY ORCHESTRA  
northwestsymphonyorchestra.org, (206) 242-6321

## Valentines Concert

**FRIDAY, FEB 7, 7:30PM**

Highline Performing Arts Center, 401 S 152nd St.

Tickets: \$15-\$20, and can be purchased at Brown Paper Tickets, www.brownpapertickets.com, 800.838.3006

The NWSO presents its annual Valentines concert around the exciting theme of Dance, beginning with the Symphonic Dances by local composer Bruce Stark and finishing with Rachmaninoff's own popular Symphonic Dances.

BURIEN ACTORS THEATRE  
burienactorstheatre.org / 206-242-5180

## The Rocky Horror Show

**FEB 21-MAR 22, FRIDAYS & SATURDAYS AT 8PM, SUNDAYS AT 2PM**

Burien Actors Theatre, Annex to Burien Community Center, 4th Ave SW & SW 146th S

Tickets \$7-25; special deals on first weekend of each production

This campy musical comedy about sexual awakening features a Transylvanian transvestite scientist, a cryogenically preserved motorbiker and a laboratory-concocted man. Come do The Time Warp with us again! Contains minimal adult language.

# ADULTS 50+



## SERVICES & PROGRAMS

The Burien Community Center  
14700 6th Ave SW • 206.988.3700

### Drop-In Activities

Senior Info / Resources	1–4pm / M	Manhattan Room
Knitting	2pm / T 5pm / Th	Lobby
Ping Pong**	11am–2:30pm / T, F 5–7:45pm / Th	Hilltop Room

### Drop-In Cards

Bridge*	12–2:30pm / M 12–2:30pm / F	Chelsea Room
Pinochle*	12:30pm / T Th	Chelsea Room
Whist*	1pm / W	Chelsea Room

\* Get a 10-visit scan pass for \$10 or pay \$2 per visit drop-in fee.

\*\* Get a 10-visit scan pass for \$20 or pay \$3 per visit drop-in fee.



### SCHOLARSHIPS AVAILABLE

Thanks to the generosity of the Edith Trucks Trust Fund, reduced senior program fees are available for those 50 years and older.

# SOCIAL SERVICES & TRANSPORTATION

These services are NOT available at the Community Center. Call the phone numbers below for assistance.

## SENIOR INFO & ASSISTANCE

Provided by Community Living Connections. The most comprehensive network that helps adults facing aging and disability issues get the information and support they need to make informed decisions. This includes older adults, adults with disabilities, their caregivers, families and professionals. **206.962.8467** or toll free **1.844.348.5464 (KING)**

## MEALS ON WHEELS

Delivery of free frozen microwaveable meals to home bound seniors. **206.248.5680**

## VOLUNTEER DRIVERS NEEDED

If you're interested in providing a few hours a week to drive the shuttle, call for more information. **206.748.7588**

## METRO BUS ACCESS

A shared-ride van transportation service for seniors or disabled individuals who are unable to ride regular Metro buses. **206.205.5001** or **206.689.3113**

## FREE BURIEN SHUTTLE BUS RIDES

The HYDE Shuttle Bus provides free weekday transportation for seniors or those with disabilities who need to get to and from their personal appointments. Take advantage of this wonderful service and schedule trips to the doctor, grocery store, or other nearby areas. **206.727.6262**

## VOLUNTEER TRANSPORTATION

Get one-on-one service from a trained volunteer strictly for medical appointments, not limited to your local area. **206.448.5740**

# PERSONAL SERVICES

Appointments are required for these services available at the Community Center. Call early, since many services fill up weeks in advance. **206.988.3700**

## ATTORNEY CONSULTATIONS

Provided free-of-charge by local attorney Frank DeMarco. Jan 15, Feb 19, Mar 18, by appt.

## METRO ORCA BUS PASSES

Apply for the Reduced Fare Permit for Seniors &/or disabled citizens. Typically 1st and 3rd Mondays from 10am-12pm at Community Resource Room.

## REIKI GROUP THERAPY

Practitioners provide gentle, hands-on healing and relaxation. All ages. \$5 min. Jan 14, Feb 11, Mar 10, 10:30am-12:30pm.

## PROPERTY TAX INFORMATION

Property Tax Exemptions & Property Tax Deferrals are available for senior citizens and disabled veterans. Basic qualifications are: 1) annual income under indexed median household income in King County, 2) own and occupy property as principal residence and 3) over age 61 or disabled veteran with a 100% total disability rating or unable to work due to disability. Inquire at the BCC front desk for more information or go to: <http://www.kingcounty.gov/assessor>.

## CHAIR MASSAGE

Chair massages to ease the body of tension and stress symptoms. Donations start at \$2 per 15-minutes. Feb 12, Mar 11, 10am-noon. Call for appt.

## FOOT CARE CLINIC

Every Friday, 9am-3pm. \$33 per person per visit, by appt.

## STATEWIDE HEALTH INSURANCE BENEFITS (SHIBA)

Free, unbiased and confidential assistance with Medicare and health care choices. Jan 15, Feb 19, Mar 18, 1-4pm.

## MEDICARE CONSULTATIONS

Experts that will help you better understand how Medicare works as well as seven Medicare traps to avoid. Jan 17, Feb 14, Mar 13, 1-3pm.

## DIABETES SUPPORT GROUP

Learn to live well with diabetes—new topics every month. Those who live with diabetes and their families welcomed. Jan 13, Feb 3, Mar 2, 6:30-8pm.

## SENIOR GOLD AND/OR FLASH CARDS

Get free or reduced outings and personal services with this City of Seattle card for seniors and persons with qualifying disabilities. For more information, visit [www.seattle.gov/agefriendly/about/discount-program](http://www.seattle.gov/agefriendly/about/discount-program) or call 206.684.2489 or stop by the BCC. While supplies last.

## FREE INCOME TAX RETURNS

AARP volunteers provide free basic income tax returns for all ages. All inquiries may consult [www.irs.gov](http://www.irs.gov) or call 1.800.829.1040.



Appointments recommended: Wednesdays from 12:30-5pm, Feb 5-Apr 15

United Way volunteers provide free basic income tax returns for all ages. No appointments needed:



Mondays and Tuesdays from 2-7pm, Jan 13-Apr 14. No program Jan 20 and Feb 17.

# REGISTRATION INFO



## BURIEN PARKS, RECREATION & CULTURAL SERVICES

Our purpose is to enrich and inspire our community through quality experiences, people and places. We promote a healthy, livable community with opportunities for physical activity as well as personal and cultural enrichment.

### PROGRAM LOCATIONS

Burien Community Center (BCC)	14700 6th Ave SW
Burien Park Apartments	500 SW 148th St
Cedarhurst Elementary	611 S 132nd St
Chelsea Park	.839 SW 137th St
Community Center Annex	.425 SW 144th St
Dottie Harper House	.421 SW 146th St
Evergreen Community Aquatic Center	606 SW 116th, Seattle
Green House Community Garden	.437 SW 144th
Green House Field	.437 SW 144th St
Glacier Middle School	2450 S 142nd St, SeaTac
Hazel Valley Elementary	.402 SW 132nd St
Lake Burien Park	14640 18th Ave SW
MAC Moshier Community Art Center	.430 S 156th St
Moshier Field	.430 S 156th St
Normandy Park Recreation Center	.801 SW 174th Street, Normandy Park
Seahurst Park	1600 SW Seahurst Dr SW
Sylvester Middle School	16222 Sylvester Rd SW
Town Square Park	.480 SW 152nd St

**THREE WAYS TO REGISTER**

  
**ONLINE**  
[burienwa.gov/parks](http://burienwa.gov/parks)

  
**WALK IN**  
14700 6th Ave SW

  
**CALL US**  
206.988.3700

### SATISFACTION GUARANTEED

We wish to provide you with the highest-quality programs and services possible. 100% REFUND will be issued if you are dissatisfied with the quality of your instructor or facility. Please call 206.988.3700 prior to the 2nd class and we will process your Refund Request Form.

### REFUNDS

When appropriate, we will gladly refund your class fee for these amounts:

- 100%: When class is canceled by the Burien Parks, Recreation, and Cultural Services Department
- 100% (less a \$5.00 processing fee): When you request to withdraw from the class a minimum of 3 business days prior to the first class. No refunds will be issued if you request to withdraw from:
  - Programs costing \$5.00 or less
  - One day program
  - Trip or Travel programs where admission was purchased in advance
  - A scholarship was used to pay for a program

Refunds take approximately 3 weeks to process. Medical illness or other extenuating circumstances will be handled on a case-by-case basis. Documentation of the circumstance may be requested.



### CONTACT INFORMATION

BURIEN COMMUNITY CENTER  
14700 6th Ave SW, Burien, WA 98166

OFFICE HOURS  
Monday–Thursday, 8:30am–8pm  
Friday, 8:30am–5pm

-  206.988.3700
-  206.243.2784
-  [www.BurienParks.net](http://www.BurienParks.net)
-  [parksinfo@burienwa.gov](mailto:parksinfo@burienwa.gov)

### RECREATION SCHOLARSHIP PROGRAM

Scholarships are available for youth who are Burien residents and adults 50+ for Adult/Senior Programs. Call 206.988.3700 for scholarship information.

### ACCESSIBILITY

Individuals with or without disabilities may register for all programs offered by the City of Burien provided program safety requirements can be met. The Parks, Recreation & Cultural Services Department provides reasonable accommodation for people with disabilities. Please contact the Parks & Recreation office three (3) weeks in advance of the program start date to discuss accommodations. Reasonable accommodations will be determined on a case by case basis.

### INCLEMENT WEATHER POLICY

During periods of bad weather, radio stations will report school closures and changes in schedules. Please listen for the Highline School District report.

- SCHOOL CLOSED: All Burien Parks & Rec classes and programs are canceled. Canceled classes will be refunded.
- SCHOOL OPEN/TWO HOUR LATE ARRIVAL: Burien Parks & Rec classes are as follows:
  - Classes held prior to 10am are canceled.
  - Classes held after 10am: Call 206.988.3700 for updated information.
  - EARLY RELEASE due to inclement weather: Call 206.988.3700.

PLEASE NOTE: During extended periods of inclement weather, some classes will continue to be canceled. Canceled classes will be listed on the 206.988.3700 after hours message line and at [www.BurienParks.net](http://www.BurienParks.net).

### HOLIDAY CLOSURES

Christmas Eve ..... Tues, Dec 24  
 Christmas Day ..... Wed, Dec 25  
 New Years Day ..... Wed, Jan 1  
 Martin Luther King Day ..... Mon, Jan 20  
 President’s Day ..... Mon, Feb 17

### HOLIDAY HOURS

Dec 23–Jan 3 ..... 8:30am–5pm

### DISCLAIMER

This Recreation Guide is a general schedule of programs, activities and events. Dates, times and locations are subject to change. For updated information, call 206.988.3700 or visit [www.BurienParks.net](http://www.BurienParks.net).

### PHOTOGRAPHY & VIDEO

The City of Burien takes videotape or photographs of people enjoying our parks or facilities. Photographs may be used for promotional purposes and are used at the discretion of and become the property of the City of Burien. Should you not want photographs of your child utilized for publications or posted on our website and social media promotion, please let our staff or your instructor know.

### IMPORTANT INFORMATION

- Pre-registration is required for all classes unless otherwise stated.
- All fees are due at the time of registration.
- No “on site” registration will be taken by instructors.
- All classes/activities have a minimum and maximum enrollment.
- Registration is required at least three (3) working days in advance to ensure class minimums are met.
- There is a \$25 service fee for all returned checks and declined credit cards.



PaRCS registration office and the Burien Community Center will be closed for annual maintenance from January 6–10. To register visit [www.burienwa.gov](http://www.burienwa.gov) or call 206-988-3700 between 4–7pm Monday–Thursday.

# PARKS & FACILITIES

# Parques e Instalacions

	ACREAGE	BASKETBALL COURT	BARBEQUE	PICNIC AREA/TABLES	PICNIC SHELTER	PLAY TOY	RESTROOMS	SALT WATER BEACH	SKATE PARK	TENNIS COURT	WATER FEATURE	SPORTS FIELDS	GRAVEL TRAILS	PAVED TRAILS	ADA ACCESSIBLE
Arbor Lake Park 12380 2nd Ave S, 98168	8.54		★		★										
Community Center Annex 425 SW 144th St, 98166						★									
Community Center Annex Park 14549 4th Ave SW, 98166	4.8	★	★					★					★	★	
Burien Community Center 14700 6th Ave SW, 98166						★								★	
Burien Toyota & Chevrolet Dog Park 15820 6th Ave SW, 98166	2.8														
Chelsea Park 802 SW 137th St, 98166	3.0		★		★	★					★		★	★	
Des Moines Memorial Park 15623 Des Moines Memorial Dr, 98148	.01														
Dottie Harper Park 421 SW 146th St, 98166	3.9		★		★							★	★	★	
Eagle Landing Park 14641 25th Ave SW, 98166	6.21											★			
Green House /Community Garden 437 SW 144th St, 98166	.75														
Hazel Valley Park 251 SW 126th St, 98146	2.86		★										★	★	
Hilltop Park 2600 S 128th St, 98168	7.36		★	★											
Jacob Ambaum Park 12621 Ambaum Blvd SW, 98146	1.04	★	★	★		★	★						★	★	
Lake Burien School Memorial Park 1620 SW 149th St, 98166	4.6				★	★			★			★		★	
Lakeview Park* 422 SW 160th St, 98166	2.8	★		★		★							★		
Linde Hill Park (141st St Pond) 651 SW 141st St, 98166	1.0												★	★	
Manhattan School Playground Park* 18386 4th Ave S, 98148	1.0			★		★					★		★	★	
Mathison Park 533 S 146th St, 98168	5.3		★	★		★						★	★	★	
Miller Creek Trail 14455 Des Moines Memorial Dr, 98148	10			★								★	★	★	
Moshier (William E) Memorial Park & Moshier Art Center 430 S 156th St, 98148	15.2						★				★		★	★	
Puget Sound Park 135 SW 126th St, 98146	5	★		★		★						★			
Salmon Creek Park 700 SW 118th St, 98146	4.58			★									★		
Salmon Creek Ravine Park 12540 Shorewood Dr SW, 98146	87.77											★			
Seahurst (Ed Munro) Park 1600 SW Seahurst Park Rd, 98166	182.5		★	★	★	★	★					★	★	★	
Shorewood Park 11830 28th Ave SW, 98146	3.4											★			
Southern Heights Park* 12025 14th Ave S, 98168	3.27					★									
Town Square Park 480 SW 152nd St, 98166	1.0									★		★	★	★	
Triangle Park 15345 Ambaum Blvd SW, 98166	.10														





Un Centro para Eventos con la Familia  
**A CENTER FOR ALL OCCASIONS**

Reservations are currently being taken from 3-12 months in advance. Hourly rates of \$55-\$120 according to event, room, time, and dates. The Burien Community Center Seahurst Room will accommodate up to 200 people and includes an on-site kitchenette. Four smaller meeting rooms can accommodate up to 60 people. For additional information or to inquire about rental dates please see below.

**BURIEN COMMUNITY CENTER**  
 14700 6th Ave SW • 206.988.3700  
 parksinfo@burienwa.gov www.BurienParks.net

Rent  
Now



**RENT A SPACE**

Morning Half Day, All Year  
 9am-2pm  
 Afternoon Half Day, Apr 1-Sep 30  
 3pm-Dusk\*  
 All Day, Apr 1-Sep 30, 9am-Dusk\*  
 \*Dusk is between 7:30-9:30pm

206.988.3700 or  
 BCC, 14700 6TH AVE SW  
 www.BurienParks.net

**NORI SHELTER**

Northern-most shelter  
 75 people / 6 tables, 3 BBQs, water

**CORAL SHELTER**

Central location  
 75 people / 5 tables 3 BBQs, water

**SEA STAR SHELTER**

Southern-most shelter  
 75 people / 5 tables 3 BBQs, water

Half Day: \$115 / \$85 resident discount  
 Full Day: \$160 / \$135 resident discount



## ¿EN QUÉ LE PODEMOS AYUDAR?

Servicios humanos disponibles

**LUNES DE 1-4 PM**

Mediante este programa, Sea Mar proporciona servicios gratuitos en inglés y en español a los adultos mayores de 55 años y personas discapacitadas mayores de 18 años con ingresos limitados y que viven en el Condado de King. El objetivo es localizar recursos de la comunidad dentro del Condado de King, que pueden ayudar a las personas mayores a mantener una alta calidad de vida.

# KITCHEN FOR THE COMMUNITY

## COCINA PARA LA COMUNIDAD

**A FREE COOKING WORKSHOP  
FOR ADULTS AND KIDS**  
Last Wednesday of the month  
**Feb 5 • Mar 4 • Apr 8**

**UN TALLER DE COCINA GRATIS  
PARA ADULTOS Y NIÑOS**  
Ultimo Miércoles  
**feb 5 • marzo 4 • abr 8**

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**5:30-7:30 p.m.**  
**Burien Community Center**  
**14700 6th Ave SW, Burien**  
RSVP/Para reservar su espacio 206-812-6171

Disfrute este programa tan popular patrocinado por la Clínica de Sea Mar en colaboración con el Departamento de Parques de Burien. Aprenda a estirarse, relajarse y estar saludable. Está abierto para jóvenes y adultos.

**ZUMBA LOS LUNES**  
**DE 6:30-7:30PM**

**YOGA LOS MARTES**  
**DE 5:30-7PM**

**EN BURIEN COMMUNITY CENTER**

Otras clases también se proveen, clases de cocina y diabetes.  
Por favor llamar a Sea Mar para registrarse. 206-812-6140



# Baile del cariño

**SÁBADO, FEBRERO 8**  
**El Centro Comunitario de Burien**

(para familias)  
Pase la noche con su cariño. ¡Los participantes recibirán refrescos, favores de fiesta, una foto y una noche de diversión y baile!

Se requiere pre-registro. ¡Asegúrese de registrarse temprano, este evento está seguro de agotarse!

Sesión 1: 5:30-7:00 PM  
Sesión 2: 7:30-9:00 PM  
\$18 / Residente \$15 cada persona



City of Burien  
14700 6th Ave SW  
Burien, WA 98166

PRSRT STD  
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Permit #5859  
Seattle, WA

WINTER EDITION

# Family Fun Run

Town Square Park

Friday, Dec 6, 2019  
5:30pm-8:00pm

Check in 5:30pm, Run 6:30-7:30pm, Raffle 7:30pm

**FREE**

Scavenger hunt style event for runners and walkers of all ages. Throw on your holiday attire and even some colorful lights and get ready because the 60 minute dash starts at 6:30pm when the map of local businesses holding raffle tickets is revealed. The goal is to get as many raffle tickets as possible and return before 7:30pm when the raffle starts. Raffle prizes for all ages!

Cozy up with some hot chocolate starting at 5:30pm (while supplies last).



All Ages • FREE • Town Square Park, 400 SW 152nd St