

Issaquah Senior Center

Activity Calendar



CITY OF
ISSAQUAH
WASHINGTON

September 2017

Questions? Give us a call (425) 392-2381

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		
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 & 3rd Tuesday of month)		Yoga 1:15 PM	
Chair Yoga 2:45 PM		Walking Group 2:00 PM	Tech Help 2:00-4:00 PM	
			Intermediate Line Dancing 2:45-3:45 PM	
Hours of Operation: M-F 8:30 AM-4:00 PM		Activity Night 5:30-9:00 PM	CLOSED Saturday & Sunday	

The Issaquah Senior Center will be closed on Monday, September 4th in observance of Labor 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. (*Stay Active & Independent for Life*)

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: Focus. Slow down. De-stress *Fee: \$6.00/session*

Come to this 50 minute class and learn techniques to manage stress, reduce anxiety and become more resilient.

Wednesday, September 6th, 13th, 20th, 27th 12:00-12:50 PM

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

Have an idea for a class or seminar?

Most of our classes and seminars have been started by a suggestion from a member. We are currently looking for new ideas from you! If you have something in mind, please

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, September 1st

Baked Cod, Scalloped Potatoes, Carrot Raisin Salad, Broccoli, Tropical Fruit and Roll

Tuesday, September 5th

BBQ Pork Sandwich, Green Beans, Appleslaw, Oatmeal Raisin Cookie, Apricot Nectar

Friday, September 8th

Turkey Pot Pie, Mixed Vegetables, Apricots, Wheat Roll, Pineapple-Orange Juice

Tuesday, September 12th

Ham Spiral Noodles, Winter Mix Vegetables, Sourdough Bread, Apricots, Choc. Chip Cookie

Friday, September 15th

Taco Bake Casserole, Seasoned Corn, Pinto Beans, Melon

Tuesday, September 19th

Beef Stroganoff, Peas and Carrots, Roll, Banana

Friday, September 22nd

Amandine Fish, White Potatoes, Broccoli, Wheat Roll, Chocolate Pudding

Tuesday, September 26th

Beef Stir Fry, Rice, Asian Vegetables, Fortune Cookie, Peaches

Friday, September 29th

Stuffed Bell Pepper, Salad, Whole Wheat Roll, Peach Crisp

Birthday Celebration for September is Friday the 29th

Catholic Community Services is currently looking for volunteers to help with lunches on Tuesdays & Fridays. Please inquire at front desk if interested.

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 the first Wednesday of each month 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 September schedule listed below.

September 6th: Rudy ~ September 13th: Good Will Hunting

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.

Thursday, 9/7 Washington State Fair 9:00am-3:00pm

The 160-acre Washington State Fair is the largest annual attraction in the state and one of the largest fairs in the country, attracting over a million visitors every year. Enjoy delicious treats, live performances, arts and culture exhibits, shopping, animal attractions, games, rides and more - there's something for everyone. Enjoy the wonderful fair food for lunch!

Transportation Fee: \$19.00 Admission: \$10.50

Thursday, 9/14 Turner Joy 9:00am-4:00pm

Come join us on our tour of the USS Turner Joy that has been restored from its time in the Vietnam War. It was built in 1895 in the Puget Sound and is now located in Bremerton. Please wear flat-soled or rubberized-soled shoes. While the outdoor tour route is covered with a non-skid material, some parts can still be slippery, so be careful. Recommended dress is shorts, loose slacks, or pants for everyone – and LAYERS – our ship can be cold! Do keep both hands free for 70° ladder climbing. Lunch at Anthony's Homeport (\$\$).

Transportation + Admission Fee: \$45.00

Monday, 9/18 Museum of Pop Culture (MoPop) 10:00am-4:00pm

The Museum of Pop Culture is a nonprofit museum, dedicated to contemporary popular culture. It was founded by Microsoft co-founder Paul Allen in 2000 as the Experience Music Project. Since that time, MoPOP has organized dozens of exhibits, 17 of which have toured across the US and internationally. Lunch on your own in the MoPop Food Court.

Transportation Fee: \$15.00 Admission: \$25.00

Wednesday, 9/20 Lunch Bunch - High Life 10:30am-1:30pm

Located in Ballard, the High Life is in the 106-year-old historic Firehouse No. 18 that was built in 1911. They serve up a rotating menu that features the best of our four seasons here in the Pacific Northwest. With an emphasis on their grilled and brick oven roasted dishes, they create tasty, full flavored food for breakfast, lunch and dinner each and every day. You can have breakfast or lunch, as they serve breakfast until 3pm! (\$\$)

Transportation Fee: \$8.00

Thursday, 9/28 Northwest Trek Wildlife Park 9:00am-3:00pm

Northwest Trek is celebrating Seniors in the month of September and we are going to take advantage of their half-priced admission! Enjoy a narrated, comfortable Discovery Tram Tour through 435 acres of stunning meadows and forests. For 50 minutes, you'll get an eye-to-eye view of fascinating animals like moose, Roosevelt elk, bison, and more as they explore their natural habitat. Lunch at the onsite Café.

Transportation Fee: \$19.00 Admission: \$10.50

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.

SPECIAL EVENTS, ACTIVITIES and ANNOUNCEMENTS

Friday, September 1st, 1:00pm: Trip Planning Committee will be meeting to discuss trips for the upcoming months.

Monday, September 4th, Senior Center will be closed in observance of Labor Day

Tuesday, September 5th, 10:30am: BINGO Come play Bingo at the Issaquah Senior Center then stay for lunch.

Friday, September 8th, 1:00-5:00pm: Active for Life Expo See details below.

Tuesday, September 12th, 1:30pm: Movie Matinee Join us for popcorn and a movie. This week's movie is *Arrival* with Amy Adams, Jeremy Renner and Forest Whitaker.

Tuesday, September 19th, 1:30pm: Movie Matinee Join us for popcorn and a movie. This week's movie is *Lion* with Dev Patel, Rodney Mara, David Wenham and Nicole Kidman.

Tuesday, September 26th, 1:30-3:00pm: KCLS Tech Help 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. Appointment is required and space is limited! Sign-up at the front desk today!

Every Tuesday, 4pm: Senior Center 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 open to the public.

Every Thursday, 2pm: Walking Group Everyone is welcome! Exercising with a walking group is a fun, social and easy way to be active. Walk at your own pace and enjoy a friendly activity. Please wear good walking shoes. Walks will be on flat and paved paths around our beautiful downtown! Rain or Shine, we will walk.

Call to Volunteers: We are currently looking for volunteers in the following areas:

Help in the kitchen for the CCS Lunches (Tuesday & Friday)

Walking Group Leaders

Back up person to do the Panera Bread pick ups (Monday evening)

Active for Life Expo: Living Well at 55 and Beyond

Join us for a free event featuring workshops and other activities designed for our community members 55 and older. The Expo is 1-5pm on Sept. 8, at the Senior Center. The event is perfect for baby boomers, seniors, friends, and family members. Learn about benefit opportunities, discover recreation and fitness programs, and participate in educational workshops. Following our Active for Life Expo, stick around as ArtWalk comes to our Senior Center, from 6 to 9pm! Enjoy free live music and see works by

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

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,

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