

# Issaquah Senior Center

## Activity Calendar



CITY OF  
**ISSAQUAH**  
WASHINGTON

### December 2017

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Tai Chi (Drop In)</b> 9:00 AM	<b>Panera Delivery</b> 9:00 AM	<b>Intermediate S.A.I.L. Fitness Class</b> 9:30 AM	<b>Arts &amp; Crafts (Drop In)</b> 9:30 AM	<b>Intermediate S.A.I.L. Fitness Class</b> 9:30 AM
<b>Intermediate S.A.I.L. Fitness Class</b> 10:30 AM	<b>Mahjong</b> 9:00 AM	<b>Bridge</b> 11:00 AM	<b>Hand and Foot Card Game</b> 10:00 AM	<b>Beginning S.A.I.L. Fitness Class</b> 11:00 AM
<b>Bridge</b> 11:00 AM	<b>Operation School Bell Knitting Group</b> 10:00 AM	<b>Beginning S.A.I.L. Fitness Class</b> 11:00 AM	<b>Happy Hookers Knitting</b> 11:00 AM	<b>CCS Lunch</b> 12:00 PM
<b>Coffee Talk</b> 11:00 AM	<b>Let's Talk About It</b> 11:00 AM	<b>Mindfulness Solution to Pain</b> 12:00 PM (see details inside)	<b>Yoga</b> 1:15 PM	<b>Pinochle</b> 12:30 PM
<b>Yoga</b> 1:15 PM	<b>CCS Lunch</b> 12:00 PM	<b>Book Club</b> 1:00 PM (1st & 3rd Wednesday of month)	<b>Tech Help</b> 2:00-4:00 PM	<b>Issaquah Food Bank Delivery</b> 12:30 PM
<b>Chair Yoga</b> 2:45 PM	<b>Pinochle</b> 12:30 PM		<b>Intermediate Line Dancing</b> 2:45-3:45 PM	
	<b>Matinee Movie</b> 1:30 PM (2nd & 4th Tuesday of month)	<b>BINGO—Tuesday, 12/12 at 10:30am and HAWK BINGO Tuesday, 12/19 at 12:45pm</b>		
Hours of Operation: M-F 8:30 AM-4:00 PM		<b>Activity Night</b> 5:30-9:00 PM	CLOSED Saturday & Sunday	



Please plan to attend our End of Year Celebration on Friday, December 8th at 12:00pm and let us say "THANK YOU!" RSVP at the front desk.

Wear your Seahawks gear and join Seahawks Legend, DAVE WYMAN on Tuesday, December 19th at 12:45pm. RSVP at the front desk.



The Issaquah Senior Center will be **CLOSED** on Monday, December 25th, Tuesday, December 26th and January 1st

# 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* - **NO CLASS 12/25, 12/27 and 12/29**

## **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* - **NO CLASS 12/25, 12/27 and 12/29**

## **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*—**NO CLASS 12/25 and 12/28**

## **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*—**NO CLASS 12/25**

## **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**

*Fee: FREE*

Instructor: *Spencer Howard*—**NO CLASS 12/28**

# Group Classes

## **Emergency Prep Class for Seniors**

*Fee: FREE!*

There are many different types of emergencies and disasters that can affect our lives at anytime, day or night, no matter where we are....ARE YOU READY? This one hour class will focus on a number of basic disaster/emergency preparedness topics for the senior population. Sign-up at the front desk.

**DECEMBER 5th from 1:00 pm—2:00 pm**

## **2018 Newsletters Mailed to Your Home**

*Fee: \$10.00*

If you would like the monthly Senior Center Newsletter mailed to your home next year, please register at the front desk. As always, we will continue to post newsletters on the City of Issaquah website, email it out and have hard copies available at the front desk.

## **Mindfulness Solutions** (*3 week series*)

*Fee: \$30.00*

This 3-week series will be a step by step program on breathing techniques, meditation and journaling. The series will cover: Mindfulness of breathing, handling suffering and pain, rewiring your mind, and cultivating resilience and wellness. Register at the front desk. population. Sign-up at the front desk. Drop in fee is \$12.00

**DECEMBER 6th, 13th and 20th at 12:00pm**

## **METRO with Dave**

*Fee: Training is free, you pay the bus fare*

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 directly at: [davids\\_waggoner@msn.com](mailto:davids_waggoner@msn.com) or (425) 221-2503

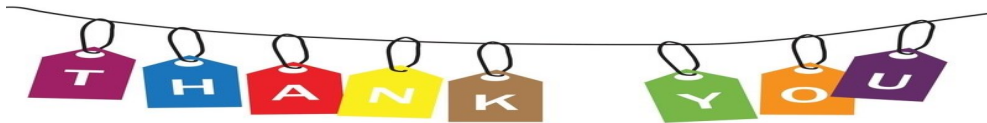
# SPECIAL EVENTS, ACTIVITIES and ANNOUNCEMENTS

Please note, the Senior Center will be **CLOSED** on  
Monday, December 25th, Tuesday, December 26th and Monday, January 1st

**Wednesday, December 6th, 2:00pm—4:00pm: Manicures** Come enjoy a free manicure brought to you by the volunteers of the National Charity League.

**Friday, December 8th, 1:00pm—2:00pm:** Trip Committee meeting. Want to have input in our 2018 trips? Attend this meeting and be part of the decision making discussions.

**Friday, December 8th, 12:00pm: End of Year Thank You Celebration** Please make plans to attend our End of Year Thank You Celebration during the CCS lunch hour and let us say "THANK YOU!" We will have live music and treats. Program details will arrive soon. Please RSVP at the front desk so we know you are coming!



**Tuesday, December 12th, 10:30am: BINGO** Come play Bingo at the Issaquah Senior Center then stay for lunch.

**Tuesday, December 12th, 1:30pm: Movie Matinee** Join us for popcorn and a movie. This weeks movie is *Falling for Christmas*. When champion figure skater Claire becomes injured she is sent to a rehabilitation center in the snowy mountains where she meets and falls for a local ice fisherman who shows her there is more to life than competition.

**Tuesday, December 19th, 12:45pm-1:45pm: Seahawks Legends!** Come meet and greet with Seahawks Legend DAVE WYMAN and play Hawk BINGO. Wear your Seahawks gear! More details to come. RSVP at the front desk.



**Wednesday, December 20th, 2:00pm-4:00pm: Manicures** Come enjoy a free manicure brought to you by the volunteers of the National Charity League.

**Friday, December 29th, 12:00pm-1:00pm:** Celebrate the December birthdays as part of the CCS lunch today.

**Every Thursday, 2:00pm-4:00pm:** Bring all your computer and technology related questions; from computers to cell phones, tablets and cameras! Michelle Winterstein is here to help!

*Thank you to the family of Helen Hammond for the generous monetary gift to the Issaquah Senior Center in her memory.*

## 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, December 1**

Dill Fish, Pasta Salad, Sugar Cookie, Mandarin Orange

### **Tuesday, December 5**

Sweet & Sour Meatballs, Rice, Broccoli, Pineapple Chunks, Jello Cup

### **Friday, December 8**

Tuna Noodle Casserole, Green Beans, Garlic Bread, Carrot-Raisin Salad

### **Tuesday, December 12**

Taco Salad, Banana, Chocolate Pudding, Apple Juice

### **Friday, December 15**

Orange Glazed Fish, Rice Pilaf, Asparagus, Dinner Roll, Oranges

### **Tuesday, December 19**

BBQ Beef Sandwich, Baked Potato, Peas & Carrots, Pears

### **Friday, December 22**

Pork Chop, Mashed Potatoes & Gravy, Spinach, Roll, Mandarin Oranges

### **Tuesday, December 26**

CLOSED

### **Friday, December 29**

Salmon Filet, Green Salad, Wild Rice, Broccoli, Wheat Roll, Peaches

***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. 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.

*December 6th: Miracle on 34th St.    ~    December 13th: White Christmas*

*December 20th: The Polar Express    ~    December 27th: It's A Wonderful Life*

# 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.

Monday, 12/4

Swanson's Nursery and Molbak's Garden

9:00am-3:30pm

Visit Swanson's Nursery (Seattle) in the morning, and then stop for lunch at Hollywood Tavern in Woodinville before continuing your trip to Molbak's Garden in the afternoon (Woodinville). Swanson's Nursery has been Seattle's favorite garden store since 1924. Hollywood Tavern is a historic, wine country tavern and restaurant in the heart of Woodinville's wine country that brings community together with inventive drinks, expressive tavern fare and a fun, informal atmosphere. Continue your trip onto Molbak's Garden.

Transportation Fee: \$15.00 Admission: FREE!!

Thursday, 12/7

NewDay NorthWest Studio Audience

8:30am-1:30pm

NewDay Northwest wants you...to fill their studio audience and have a great time! Join the hosts and various special guests as they celebrate what's great about the Northwest. The show relies on the audience to keep the energy and good vibe up—so have fun! Audience members will need to be seated in the Seattle studio by 9:30am. Taping starts at 10am and concludes around 11:30am. Then enjoy lunch at the Pyramid Ale House before heading back to the Issaquah Senior Center. This trip is limited to 12 participants.

Transportation Fee: \$15.00 Admission: FREE!!

Friday, 12/15

Argosy Locks Cruise - Boat & Bus

11:00am-4:30pm

Take in the spectacular views and experience the transition from salt to fresh water on a Locks Cruise! This fully narrated tour provides you with knowledge, fun facts, and the chance to become the attraction to those on shore as your vessel raises up or lowers, due to the ever-changing tides of Puget Sound. Between Elliott Bay and Lake Union you'll be surrounded by floating homes and houseboats, large fishing vessels, seaplanes, majestic city parks, and more. This cruise tour also includes a 20 minutes motor coach ride through Seattle. The transportation Fee and Admission cost is due at the time of registration.

Transportation Fee: \$20 Admission: \$37.25 to be paid at time of registration

Wednesday, 12/20

Lunch Bunch—McMenamins-Anderson School

10:30am-1:30pm

Open daily, McMenamins-Anderson School begins serving lunch at 11am. This Northwest-style café offers a comfortable yet sophisticated atmosphere. Menus feature market-fresh seafood, local produce and house-made pastries and desserts including ice cream from the Anderson School Creamery. Located in what was once the school cafeteria, this farm-to-table restaurant fills with light beaming through the full-length windows and stained glass. Take note of the stained glass along the top of the windows.

Transportation Fee: \$8.50 Admission: FREE!!

Thursday, 12/28

Third Place Books

10:00am-2:00pm

A large indie bookstore, carrying a large selection of new and used books. Located in Lake Forest Park, Washington. After the bookstore enjoy lunch at Lake Forest Bar and Grill. Lake Forest Bar & Grill serves classic American food, made with high quality ingredients.

Transportation Fee: \$11.00 FREE!!

**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.

## **City 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. City Scholarships are available at the Senior Center to help offset the cost of trips. To apply, go to [issaquahwa.gov/scholarships](http://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.

**Senior Center Trips: 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.

# Community Center and Pool Information

## **Senior Gold Pass**

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

## **Indoor Track**

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

## **Julius Boehm Pool**

Join us for any of the aquatic exercise programs!

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

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

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

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 8:15 PM-9:30 PM	6:30 AM-3:00 PM 7:15 PM-9:30 PM	12:30 PM-6:00 PM