



**WINTER
2017**

Encore!

News from the
Redmond Senior Center

Staying Active at the RSC

Meet Jody

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**Humanities
Washington**

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Welcome to the RSC

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Message from Marty

Greetings,

Happy New Year! I hope everyone had a wonderful holiday season. Special thanks to all of the volunteers, instructors and seniors that helped to make 2016 exceptional.

The Redmond Senior Center (RSC) staff has been busy getting ready for the 2017 winter quarter. There are several new fitness and art classes beginning in January and more trips than we have ever offered! Great opportunities for a fun and enriching start to the year.

Don't miss the annual Lunar New Year celebration on Feb 3 or the Welcome Spring Lunch on March 22. You are also welcome to attend one of the monthly Seniors from India lunches or enjoy a concert by the Sophisticated Swing Big Band.

The RSC serves a fabulous hot lunch on weekdays. We also have a large variety of interest groups, including bridge, bingo, pinochle, pickleball, table tennis, quilting and much more!

The RSC provides services and programs designed to enhance your life. We look forward to seeing you at the RSC!

Take care!

Marty Boggs, 50 Plus Administrator



Marty's Monday Morning Men's Meeting

Join Marty Boggs, RSC's administrator, for conversation, camaraderie and treats.

Room: 111/112

Day/Date:

First Monday of the Month—Jan 9,

Feb 6, Mar 6

Time: 10-11:30am

Free

Welcome Spring Lunch

Wed, Mar 22, 11:30am

The days are getting longer and the feeling of spring is in the air—come enjoy an entertaining musical performance and a tasty meal with friends.

Tickets go on sale March 1.

Reservations required; buy your tickets in advance at the Front Desk, \$7 for all ages.



Special Events & Activities

Sophisticated Swing Big Band special concert.

Spring Swing

Fri, Jan 20

1:30-3:30 pm

Multipurpose Room

Advance tickets suggested;
\$3 per person
Available at the Front Desk
beginning Jan 4.

**Free refreshments
provided by**



**Dance to live
music!**

Sophisticated Swing Big Band

Fridays - Feb 17, Mar 17

1-3:30pm

Admission \$4

Everyone is welcome.

**Free refreshments
provided by**



Join us on 3.14* for Pi Day

Enjoy a slice of pie at the Beverage Bar for a \$1 donation while it lasts.

*That's Tuesday, March 14, for those of us who aren't math geeks.



Beyond the Bus Transportation Fair

Wed, Mar 22

1 - 3 pm

Getting around town can be a challenge. Join us to learn about local transportation options.

Information tables in the Foyer, Lobby, and Fireplace Lounge.

Sponsored by Hopelink



Redmond Senior Center

City of Redmond
Parks & Recreation

Hours:
Mon-Thu, 8:30am-9pm
Fri, 8:30am-4:30pm

Located at:
8703 160th Avenue NE
Redmond WA
98052

Mailing address:
Redmond Senior
Center, MS: CHSC
P. O. Box 97010
Redmond WA
98073-9710

Phone:
Front Desk:
425-556-2314

Email:
rsc@redmond.gov

The RSC is an active recreation facility for adults age 50 or better that offers heart and brain healthy programs. Respite care is currently not provided on our site. Please call the Evergreen Care Network at 425-899-3200 or www.evergreenhealth.com for more information.

Cultural Experiences

The following programs are open to all RSC participants:

Seniors from India

Co-sponsored with the India Association of Western Washington

Everyone is invited to join seniors from India for an informative and interesting program and a catered lunch of vegetarian Indian food. For this lunch a donation of at least \$3 is suggested for those age 60 or better (the price is \$6 for individuals under 60).

Please reserve your place by calling our reservation recording at 425-556-2345. After listening to the message, clearly state your name and phone number. Reservations must be made no later than the Friday prior to the program date.

Room: Multipurpose

Time: 12-1:30pm (lunch served at 12pm)

Day: 2nd Thu (unless noted)

Dates: Jan 12, Feb 9, Mar 9



Cultural Navigator Program

A service of the Chinese Information and Services Center, the Cultural Navigator Program offers free, confidential social service assistance to individuals and families who have limited English language skills. The program particularly helps people living in East & South King County to find appropriate resources for the health of their family. Services include applying for housing, basic food, medical and so on.

Room: 103

Time: 9am-12pm

Date: Every 4th Friday of the month

Free

Seniors from China

Co-sponsored with Chinese Information and Services Center

Seniors from China are encouraged to participate in the educational and recreational programs at the RSC. Through the presence of a bilingual staff worker, they have the opportunity to participate in social, recreational, educational, and cultural activities as well as our daily hot lunch. Everyone is invited to join the program for a cross-cultural experience. For more information or updated schedule, please contact CISC staff at 206-624-5633.



Chinese Calligraphy

Chinese calligraphy is good for your health and we believe that will be another way to practice your "Qi." Do you want to learn some Chinese characters and experience the beauty of Chinese writing? When the weather permits and if the students are interested, the instructor will also teach some Tai Chi before the class.

Room: 109

Time: 10am – 12pm

Day: Fridays

Free

Chinese Language Alzheimer Support Group

A safe place for Chinese-speaking family caregivers, their family and friends to:

- Exchange practical information on caregiving problems & possible solutions
- Talk through challenges & ways of coping
- Share feelings, needs & concerns
- Learn about resources available in your community

For more information contact: Catherine Wong, (206) 957-8518 or Belle Fang, (206) 957-8514

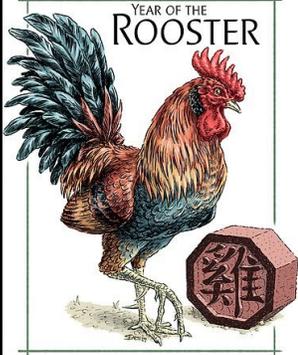
Room: 109

Time: 10 am-12 pm

Date: 1st Thursday of each month

Free

Special Activities



Chinese Information Services presents

a celebration of Asian Culture

Lunar New Year

Fri, Feb 3 • 10am-12pm

Multipurpose Room, Lobby & Foyer

Free Stage presentation begins at 10am,
enjoy the information and experience tables from 11am-12pm.

Walkin' Redmond

Crazy Sock Walk - Winter 5K

Fri, Jan 20 • 9:30am **Free**

Wear your warmest, wackiest socks and we'll show them off when we return to the RSC. Enjoy warm-up exercises and music to get you started. Rain or shine.

Please sign up at the Front Desk.

All abilities welcome!

Sorry, we are not able to accommodate dogs or children on our walks.

Presented by MEOW Cat Rescue

Cat Adoption Day & Pet Food Drive

Come meet some adorable adult cats ready for you to take home and love.

Tue, Feb 14, 11am-1pm

Fireplace Lounge

Reduced Fees for Seniors

Pet food donations gratefully accepted.

Please bring only unopened packages.



Building Closures & Special Event Schedule

The RSC will be closed for holidays as follows:

Dec 22 through Jan 3, 2017 – Holidays & Maintenance

Re-open Jan 4, 8:30am

Jan 16- Martin Luther King Day

Feb 20 - President's Day

Due to special events some regularly scheduled activities may be changed on:

Jan 25 - City All-Star Awards

Feb 3 - Lunar New Year Celebration

Mar 22- Welcome Spring Lunch

Advisory Committee News



Joan Schnebele



Dick Baranovich



Everett Dixon



Barbara Lester



Janet Boyce

Member News

The Redmond Senior Advisory Committee is composed of 11 members age 50 or better. This group acts as a liaison between the greater senior community and the RSC staff. They share ideas and encourage new programs, as well as helping to promote the RSC to the greater public. Each member serves a two-year term with the option of extending for one additional term.

A big thank you to Joan Schnebele, Janet Boyce, Dick Baranovich, Everett Dixon and Barbara Lester who recently left the Committee. All were active on many committees and in other areas of the RSC. While they will not be serving on the Advisory Committee, we know they will still be busy around the RSC. Be sure to thank them for their service when you see them.

The Committee is happy to announce that Qing (Ching) Tian, Deanna Francis, and Marty Berndt have been recruited to fill the open positions. The committee is in the process of recruiting to fill the two remaining open seats.

2016 Accomplishments

The Senior Advisory Committee extends a BIG THANK YOU to all the participants at the Redmond Senior Center for your encouragement throughout the year supporting our programs, trips, and special events. You are the ones who encourage visitors to return and make our senior center a warm and welcoming place for all who visit.

Some of the 2016 highlights:

- The Teen/Senior Center garden project was once more a great success and several pounds of fresh produce was donated to Hopelink.
- Canned & packaged foods were again donated throughout the summer to Hopelink's "End Summer Hunger Campaign", targeting children who rely on the school lunch program for a complete daily meal.
- Monthly placemats promoting healthy living styles and disease awareness were placed on the dining room tables throughout the year.
- Quarterly 5K Walks and weekly Friday walks were held on the Connector Trail.

- The "Welcome Newcomers" meetings met with great success and helped to acquire new regular members from the Redmond community. Many have shared their stories of where they came from and what attracted them to the Senior Center.
- "Program and Special Events Committee" provided set-up and table decorations for the "special lunches" as well as to assist in serving and clean-up. Members also volunteered and supported the many other events at RSC including Pet Fair, Be Aware Fair, Motor Madness and our very popular Summer Concert Series. All events were a big success and we continue to look for ways to grow and improve them.
- After years of promotion and community meetings, the Redmond Shuttle project started rolling through the Redmond community this year. The Advisory committee gives a special thanks to the members who committed so many hours, attended & organized meetings; and worked hard to gain City Council support for the project. This Shuttle Service would not have launched

without the committed support of Paul Lester, Roger Trapanier, Marty Boggs and many other dedicated Advisory Committee members and Senior Center enthusiasts. Our collective voices made a difference.

- We welcome anyone who is interested to attend our monthly meetings held on the third Thursday of each month at 10:00 am. We also welcome and appreciate any and all suggestions for growing and improving our already dynamic senior community.

Advisory Committee Meetings

Meetings are open to all RSC participants and the general public. The agenda and minutes are posted on the bulletin board across from the Greeter Desk.

Room: 109

Day: Thursday

Dates: Jan 19, Feb 16, Mar 16

Time: 10 - 11:45 am

Newcomers Reception

Join staff and Senior Advisory Committee members for an introduction to the RSC. Meet other newcomers, hear a presentation about the RSC's programs and activities, and tour the building. Coffee will be served.

Room: 109

Day: Thursday

Date: Jan 26 or Mar 23

Time: 10-11:30am

Free

Foot Care

Healthy Feet = Happy People

Our foot care provider, Michael Methe, is trained by a physician who specializes in foot care for seniors. He is in our building on Wednesdays by appointment.

Each appointment includes a foot assessment, trimming and sanding of toenails, calluses and corns.

Instructions will be provided to help the participant have more comfortable, healthy feet. Referrals for further foot care will be given as needed.

A newly sterilized set of tools will be used for each participant and proper infection control methods will be followed.

Prior registration and payment required. Call 425-556-2314 to make an appointment.

Room: 102

Time: 10am-5pm

Day: Wednesdays

Fee: \$35

Foot Care Appointment Cancellation/Transfer Guidelines

- If you cancel more than seven days before your appointment date, you will receive a 90% refund.
- If you cancel seven days or less before your appointment date you will receive a 50% refund.
- If you cancel the day of your appointment there is no refund.
- You may transfer 100% of your fee forward to a different date only one time.

2017 Senior Advisory Committee

LouAnn Ballew

Susan Bean

Marty Berndt

Eileen Englehart

Deanna Francis

Glen Gearhart

Ron Scopinich

Qing (Ching) Tian

Patti Trepanier

RSC Staff:

Marty Boggs, 50 Plus Programs Administrator

Teri Burke, & Karen Phillips, Program Coordinators

Terry Sturtz, Administrative Lead

Linda Reini, Driver

Christine Benavides, Laura Clarke, Carmain Ramjitsingh &

Amy Tang, Office Assistants

Debi Avera, CCS Nutrition Site Manager

Wellness Partnerships

Courtesy Blood Pressure Checks

Retired healthcare professionals are here to help you take your blood pressure. (If you have experience in taking blood pressure and are interested in volunteering, please contact the Front Desk.)

Room: 102 (Wellness)

Day: Tuesdays

*Time: 10am-12pm
and*

Day: Thursdays

Time: 10:30am-12pm

Free

Mobility Equipment Lending Closet

The RSC has a variety of mobility equipment available for loan. The loan is on a first-come, first-served basis, and is free. We are not able to accept reservations.

Equipment currently available: walkers, wheelchairs, crutches, and canes.

The need must be temporary; although, on occasion, we become over-stocked and may be able to accommodate some longer-term needs. Please contact the staff if you have a long-term need.

Call the Front Desk, 425-556-2314, to check availability.

Donations of lightly used equipment in good repair are accepted when space allows. Please make prior arrangements before dropping off a donation at the RSC.

Low Income Legal Assistance

Sometimes you just need a little legal advice. The Eastside Legal Assistance Program (ELAP) is a non-profit organization providing civil legal assistance to low income residents of East and Northeast King County. Volunteer attorneys from the ELAP provide confidential advice on legal matters. Call 425-747-7274 for an appointment.

Room: 102 (Wellness)

Days: 1st & 3rd Friday

Time: by appointment, 1-3pm

Free, if low income

Statewide Health Insurance Benefits Advisors (SHIBA)

Understanding insurance benefits can be difficult. A trained volunteer will meet with you privately to answer questions in the areas of health insurance and Medicare.

Room: 102 (Wellness)

Day: mostly Mondays

Dates: Jan 9 & 23

Feb 13 & 27

Mar 13 & 27

*Time: by appointment,
9:30am-12:30pm*

Free

Prior registration required for most programs; please call 425-556-2314 for more information.

Senior Rights

The Senior Rights Assistance (SRA) program trains volunteers to provide free, unbiased, accurate information regarding legal and consumer rights. SRA volunteer, Lynn Shapley, is at the RSC for 1/2 hour appointments twice a month. The volunteers are trained on issues relating to estate planning (including wills, powers of attorney and health care directives), guardianships, and landlord/tenant concerns. When necessary, they refer folks to an Elder Law Clinic attorney for further assistance. Call the center at 425-556-2314 to make an appointment.

Room: 102 (Wellness)

Day: 2nd Tuesdays

Date: Jan 10, Feb 14, Mar 14

Time: by appointment, 10am - 12:00pm

Free

Transit Travel Help From Hopelink

Stuck at home without a ride? Want to get to the library or the store without driving? Come talk with the GAPS (Getting Around Puget Sound) volunteer. A Hopelink volunteer can help you figure out how to get to where you want to go. It's easy and free!

Room: Lobby

Day: 2nd Monday of the Month

Dates: Jan 9, Feb 13, Mar 13

Time: 11am - 1pm

Free

Wellness Partnerships

Nutrition Program

Have you tried our hot lunch lately?

Lunch is cooked from scratch every weekday and is served at noon. If you are age 60 or better there is a suggested donation of \$3. If you are not yet 60 the charge is \$6. (Please help our cashier and avoid bringing \$20 bills.)

When you come for lunch, please be sure to sign in at the window and get a ticket before you make your donation. Some days we get close to selling out, so signing in is important. The window opens at 10am.

Be sure to pick up a menu when you are in the building - available at the Front Desk or Greeter Desk and on-line at [www.redmond.gov/ParksRecreation/50Plus/Lunch Menu](http://www.redmond.gov/ParksRecreation/50Plus/LunchMenu)

Meals on Wheels

Do you know someone who is homebound right now? It might be a temporary situation in which they are recuperating from surgery or a similar situation, or it might be an ongoing condition that limits their mobility.

When this occurs, it can be difficult to maintain good daily nutritional intake. For these situations, Meals on Wheels might be the answer.

After a qualifying application process, frozen entrees will be delivered to their door every two weeks. The meals are generated by Sound Generations (formerly Senior Services of King County). The RSC is the delivery site for the greater Redmond area.

Call 425-556-2314 to get the application process started.

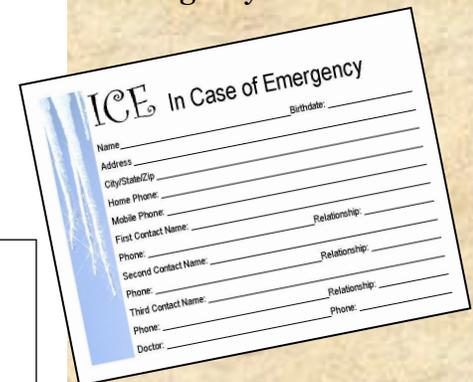
RSC's Business of the Month

We are looking for a few good businesses that would like the opportunity to showcase their products or services to our senior community.

Interested businesses are encouraged to call Sara at 425-556-2314 in the afternoon for information on the details of the program and to receive an application form.

Have you filled out your ICE card?

ICE means "In Case of Emergency."



ICE In Case of Emergency

Name: _____ Birthdate: _____

Address: _____

City/State/Zip: _____

Home Phone: _____

Mobile Phone: _____

First Contact Name: _____ Relationship: _____

Phone: _____

Second Contact Name: _____ Relationship: _____

Phone: _____

Third Contact Name: _____ Relationship: _____

Phone: _____

Doctor: _____

Teen Center Needs Musical Instruments

Do you have a musical instrument hidden in the back of a closet or tucked away in the attic? The Teen Center would like to give it a new life and pass it on to the next generation of musical stars.

If you would like to donate a musical instrument to the Teen Center please contact Rana Becker at 425-556-2372 or rbecker@redmond.gov.

Keep the music alive!



Living Well Workshops

Prior registration is required

Most workshops are presented by busy professionals who take time out of their day to share their expertise with us. Prior registration helps us insure their time is used responsibly.

A benefit of prior registration is a courtesy reminder call two days prior to the workshop and notification if it is necessary to cancel.

So, get your name on the list—it's a good thing.



To register for classes sponsored by EvergreenHealth call 425-899-3000 and press 1 (one) at the prompt. The Healthline is open Monday-Friday from 7 am - 7 pm.

To register for classes presented by other sponsors, call the Front Desk at 425-556-2314.

The workshops offered at the Redmond Senior Center (RSC) are designed to be useful and informative. The RSC does not endorse any product or program. It is each individual's responsibility to make informed decisions regarding these issues.

Laugh-It's Good Exercise!

Presented by Marilyn Fogelquist

In this group, you will have fun and simultaneously benefit your whole body - physically, mentally, and emotionally. This wellness presentation focusing on Laughter Yoga is a combination of fun, playful laughter exercises and deep breathing exercises. It is a great way to reduce stress, boost your immune system and increase oxygen to your body and brain. Laughter is a fun, healthy cardio exercise that promotes relaxation.

*Time: 12:30 – 2pm
Day/Date: Tue, Jan 10
Room 111/112*

Free

Yoga For Seniors

Presented by EvergreenHealth

Join a talented Yoga instructor and discover stretches and movements specifically created for seniors to help alleviate stress and strengthen your body.

*Time: 10 – 11:15am
Day/Date: Wed, Jan 11
Room: 107/108
Call 425.899.3000 to register*

Free

People with Hearing Loss: We're Here for You!

Presented by Hearing Loss Association of America

Learn how you, your friends and family can communicate more effectively. Topics will include: why hearing loss matters; communication strategies; affordable hearing health care; and how to hear better at the theatre and public events. HLAA-WA is the grassroots, consumer-led, all volunteer organization.

*Time: 12:30 – 2 pm
Day/Date: Tue, Jan 17
Room: 111/112*

Free

Why Am I Dizzy?

Presented by EvergreenHealth

Learn the symptoms and causes of balance disorders related to the inner ear, as well as what your doctor will need to know to help you and what can be done to manage your symptoms.

*Time: 10 – 11:15am
Day/Date: Wed, Jan 25
Room: 107/108
Call 425.899.3000 to register*

Free

Methods of Relaxation

Presented by EvergreenHealth

Learn to relax your body and your mind with simple actions.

*Time: 10 – 11:15am
Day/Date: Wed, Feb 18
Room: 107/108
Call 425.899.3000 to register*

Free

Living Well Workshops

Pelvic Core Fitness & More

Presented by Overlake Hospital
Learn techniques to maintain and improve pelvic health as you change through your life cycle. Physical therapist Kathy Golic, RPT, Overlake Medical Clinics Outpatient Rehabilitation Services, will discuss how to maintain optimum pelvic fitness, dynamic breathing and proper pelvic muscle training exercises.

Time: 10 – 11:30am
Day/Date: Wed, Feb 15
Room: 107/108

Free

Self Defense For Seniors

Presented by EvergreenHealth
Give yourself confidence and peace of mind by learning some simple techniques that will help you to protect yourself and ensure your personal safety.

Time: 10 – 11:15am
Day/Date: Wed, Feb 22
Room: 107/108

Call 425.899.3000 to register

Free

Essential Oils: Can They Enhance Your Health and Mood?

Presented by Heal the Family (Aroma Therapist)
For thousands of years plants have provided us with natural ways of promoting healthy bodies. Using essential oils from plants is one of the most potent ways to access the same compounds that the plant uses to stay healthy. Join PJ Hanks, who has studied at Bastyr

University, as she explains what essentials oils are and how we can use them to balance emotions, promote good health, and boost our immune systems.

Time: 12:30 – 2pm
Day/Date: Tue, Feb 21
Room 111/112

Free

Make Your Life Easier

Presented by EvergreenHealth
This class will cover techniques and equipment options to assist you with everyday tasks such as putting on shoes, opening medicine bottles and cans, and moving about your home, along with many other tips to make your life easier.

Time: 10 – 11:15am
Day/Date: Wed, Mar 8
Room: 107/108
Call 425.899.3000 to register

Free

Managing Osteoporosis

Presented by Overlake Hospital
Approximately one in two women and one in four men in America 50 years or older are affected by low bone mass or Osteoporosis. Overlake Medical Clinic pharmacist will review the risk factors, preventative measures, and treatment options presently available, including the various medications available for treatment.

Time: 10 – 11:30am
Day/Date: Wed, Mar 15
Room: 107/108

Free

Friends Who Care Program

Did you know that when we hear that one of our participants has an illness, injury, or has lost a loved one, the RSC sends a card? This service relies on one key factor – YOU. We can only send a card if you tell us that someone is in need. Just come in or call the Front Desk with the pertinent information – the name and the reason for the card. It also helps if you have an address or some contact information.

P.S. Donations of greeting cards that express get well, thinking of you, and sympathy wishes are welcome.

Wellness & Inquiring Minds

The Tell-Tale Heart

Presented by EvergreenHealth

Learn to recognize the warning signals of heart disease and raise your awareness of risk factors. You will also get the facts on the latest medical research and lifestyle recommendations.

Time: 10 – 11:15am

Day/Date: Wed, Mar 22

Room: 107/108

Call 425.899.3000 to register

Free

RPD ‘n U

Regular quarterly informative conversations with Redmond’s Police Department



Pre Lunch Interrogation

That’s right, this is your chance to ask the Police questions.

Don’t miss this great opportunity to hear about local safety issues and meet officers from our great Police force.

Time: 11:15am - 12pm

Day/Date: Wed, Jan 11

Room: Dining Rm

Free

Five Wishes® and POLST (Physician Orders for Life Sustaining Treatment)

Presented by Providence Senior and Community Services

Learn about this comprehensive and unique advanced planning tool that can enable you to express your wishes and what is important to you at the end of life. It is a simple, easy to use document, legal in Washington and does not require a lawyer.

Learn how it differs from a POLST (Physician Order for Life Sustaining Treatment). There is more to the POLST than simply DNR (Do Not Resuscitate).

Learn about the form, its purpose and importance, as well as some of its subtleties. Learn how it differs from a living will.

Time: 12:30 – 2 pm

Day/Date: Tue, Jan 24

Room: 111/112

Free

All Home Redmond Initiative

Presented by City of Redmond Planning Staff

Have you been wondering about homelessness in Redmond? Curious about what’s being done? Join us for this informal, but informative workshop. Learn about the causes of homelessness in Redmond, what the City and others in the community are doing, and what you as an individual community member can do as well. Come learn, discuss, and engage with the City’s All Home Redmond initiative, and be a part of the solution!

Time: 10 – 11:30 am

Day/Date: Wed, Feb 1

Room: 107/108

Free

Using the Library with Your eReader

Presented by King County Library Services

Are you wondering how to check out library books on your tablet? Or wishing you could try one out before you buy? In this class, librarians from the Redmond Library will teach you how to download library books for listening or reading. Bring your device or use one of the library’s to practice. Get the advice you need to enjoy the library on your electronic devices!

Time: 12:30 – 2pm

Day/Date: Tue, Feb 7

Room: 111/112

Free

Fragrance Free Courtesy

Please refrain from the use of any fragrant personal-care products while participating in RSC classes, programs and trips.

This includes products such as, but not limited to, perfume, cologne, scented shampoo and body wash, lotions and scented deodorants.

Your chemically sensitive co-participants thank you.



Layman's CPR/AED Training

Presented by Redmond Medic One

This free CPR/AED training is provided by members of the Redmond Fire Department. The training will cover recognition of cardiac arrest and incorporate the hands-only CPR method with the delivery of a life-saving electric shock upon the arrival of a Public Access Defibrillator. Following this interactive course a certificate will be issued. Sign up today to reserve a space, limited to eight participants.

Time: 1:30-3pm

Day/Date: Tue, Feb 14

Room 111/112

Free

Hospice/Palliative Care: What's the distinction?

Presented by Providence Senior and Community Services

Our health care system is rapidly changing and the palliative care movement is growing. Learn more about the similarities and distinctions between palliative care, palliative services/programs and hospice care. Learn the importance of exploring treatment goals and how to utilize your medical professionals to help determine the best approach when considering hospice care.

Time: 12:30 – 2 pm

Day/Date: Tue, Mar 28

Room: 111/112

Free

Inclement weather? Power outage? Wondering if we are open?

Call 425-556-2314 to hear recorded information about program cancellations or changes.



Renting the RSC

On Friday nights, Saturdays and Sundays, the RSC is available to rent for events such as: wedding receptions, homeowners' association meetings, fundraising dinners or church services. Rental of our building provides a revenue source for the RSC. If you are interested in renting the facility for your special event, please call 425-556-2301 or email, facilityrentals@redmond.gov

The City also rents other sites such as the Old Redmond Schoolhouse Community Center, picnic shelters, Adair or Fullard House, and the Old Firehouse Teen Center.

Join us for our regular hot lunch program, then stay for an interesting and educational presentation.

Sasquatch: Man-Ape or Myth?

Presented by David George Gordon—Author



Throughout the Northwest, people have reported encounters with the Sasquatch—a hairy, eight- to ten-foot-tall hominid—for hundreds of years. Yet, no scientifically accepted evidence has been offered to establish this being's existence.

Author David George Gordon evaluates the data gathered about the legendary Northwest icon, discusses the rules of critical thinking and the workings of the scientific method. Attendees are encouraged to tell their tales and share their experiences with this mysterious creature.



**Tuesday
Jan 31, 2017**

**1-2pm
Room 111/112**

Free

Tech Q & A

Now is your chance to have all your electronic technology questions answered!

Come meet knowledgeable professionals from OxyGEN, the AT&T Young Professionals group, and AT&T's 50+ professionals group to learn more about how technology can enhance your life.

The backgrounds of the presenters will be technical/engineering, project management, and marketing & sales. They will be able to answer questions about Apple (iOS) & Google's Android operating systems.

Participants and presenters will break into small groups to cover a variety of topics. You are encouraged to bring your smart phone, tablet and/or lap tops.

Please sign up at the Front Desk.

Day/Date: Thu, Mar 9

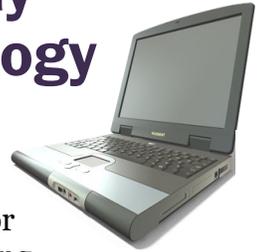
Time: 4-5:30pm

Room: 107/108

FREE



Thursday Technology Help



Is your cell phone, tablet, or laptop frustrating you? Need help finding something on-line? One-on-one technology help is available every Thursday in the Lobby. Bring your mobile device and our knowledgeable volunteers will help with your specific questions. Please sign in at the reception desk when you arrive on Thursday and the volunteers will assist you as they are available.

Help sessions usually last about 30 minutes.

Room: Lobby

Day: Thursdays

Time: 12-3pm

Free

Redmond Historical Society Saturday Speaker Series



10:30am – Noon (Doors open at 10am)

Old Redmond Schoolhouse Community Center

\$5 suggested donation for non-members Speakers subject to change.
For details: www.redmondhistoricalsociety.org

Saturday, February 11

A Look to the Past: Kirkland

Author Matt McCauley will give an overview of Kirkland's unique story, drawing on his popular newspaper column and images from the Kirkland Historical Foundation.

Saturday, March 11

Camp Lewis and the Great War

Erik Flint, Director for the Lewis Army Military Museum at JBLM shares the early history of Camp Lewis as the nation commemorates the centennial of the United States entering the Great War.

Staying Active at the RSC

Like most people, you've probably heard that physical activity and exercise are good for you. In fact, being physically active on a regular basis is one of the healthiest things you can do for yourself. Studies have shown that exercise provides many health benefits and that older adults can gain a lot by staying physically active.



At the RSC we offer plenty of opportunity to not only be active, but make friends and learn from qualified professionals like Jody Martin, who teaches SAIL and Senior Strength classes at the RSC four times per week.

“When I began teaching classes in my 20's, I saw it as a job that was fun and allowed me to work with people interested in their personal fitness. As my experience grew and I acted in various capacities in the fitness industry, I saw a career opportunity to do what I loved. I am now very passionate about impacting individuals in all stages of life, particularly older adults. I strive to make a difference in their quality of life through exercise,” said Jody.

Knowing that trying something new can always be a little intimidating, Jody focuses on making her classes welcoming to all ability levels and makes extra effort to encourage everyone to give it a try. When taking a fitness class, remember to take things at your own pace. Jody makes sure participants always know the two ground rules of fitness classes: “it's okay to rest, and if something hurts, don't do it”.



Above all, it's the comradery and friendship that truly make all classes at the RSC special. “My classes are very interactive and social in nature and I have seen many friendships form over the years.”

Interested in giving a class a try? Call 425-556-2314 for more info.



Meet our Senior Fitness Instructor Jody Martin

Instructor Jody Martin has been working in the fitness industry since 1984 and has a degree in Health and Physical Education from The University of Montana. She has been working specifically with seniors for almost 20 years and is currently teaching classes in Redmond, Bellevue and Kirkland.

“I have definitely found my purpose in life. My passion is keeping seniors active, healthy and strong!”

Interest Groups

Monday

Tennis

Reservoir Park, 9am-1pm

Wii Bowling

Fireplace Lounge, 9am-1pm

Marty's Monday Morning

Men's Meeting

(1st Mon)

Rm 111/112, 10-11:30am

Bingo

Rm 107/108, 10:15-11:15am

Bridge (Duplicate)

Rm 107/108, 12-3:30pm

(Please note: early starts are not possible.)

Just Reminiscing Band

Rm 111/112, 1:30-3:30pm

Tuesday

Open Art Studio

Rm 109, 8:45am-1pm

Pickleball

Pickleball Court, 9am-12pm

Trail Walking

Lobby, 9:30-10:30am

Writing Your Life Story

Rm 107/108, 10-11:30am

Foursome Bridge

Rm 107/108, 12-4pm

German Conversation

Coffee Group

(3rd Tue)

Fireplace Lounge, 1-3pm

Table Tennis

Multipurpose Rm, 1:30-4:30pm

Wednesday

Tennis

Reservoir Park, 9am-1pm

Wii Training

Fireplace Lounge, 10-11am

(sign-up at the Front Desk)

Quilting

Rm 111/112, 1-3pm

Line Dancing

Multipurpose Rm,

12:15-2:15pm

Pinochle

Rm 107/108, 1-3pm

Thursday

Pickleball

Pickleball Court, 9am-12pm

Party Bridge

Rm 107/108, 10 am-1pm

Musical Theater Group

Rm 111/112, 10:30am-12pm

Seniors from India

(2nd Thur)

Multipurpose Rm, 12-1:30pm

Chorus

Rm 111/112, 1-3pm

Needle Arts

Rm 109, 1-3pm

Table Tennis

Multipurpose Rm, 1:30-

4:30pm

(2-5 pm on the 2nd Thu of each month due to other program needs)

Friday

Tennis

Reservoir Park, 9am-1pm

Pinochle

Rm 107/108, 9:30am-2pm

Trail Walking

Lobby, 9:30-10:30am

Seniors from China

Rm 109, 10 am-12pm

Scrabble

Rm 111/112, 10am-12pm

Sophisticated Swing Big Band Practice

(Dance/Concert 3rd Fri)

Multipurpose Rm, 1-3:30pm

Mexican Train Dominoes

Fireplace Lounge (2nd Fri Rm

111/112), 1-3pm

Pedals & Pipes Organ Group

(2nd Fri)

Fireplace Lounge, 1-3pm

Book Club

(3rd Fri)

Rm 111/112, 1-3pm

English Language

Practice Time

Rm 109, 1-3pm

Interest Groups

What is an Interest Group?

Who can attend?

Led by volunteers, these groups bring together like-minded people to pursue a wide variety of activities.

Most groups meet weekly; however, some are monthly. There is no fee to participate in most interest groups.

Anyone age 50 or better is welcome to join any interest group at any time. Feel free to introduce yourself to the group leader and join in.

The Friday Walking Group is going strong!

Walking is good exercise and walking with others is more enjoyable. We have a group of new leaders, so come join the fun. (You are welcome to meet and walk on Tuesdays also, however there is no leader at this time.)

Room: meet in Lobby

Day: Fridays

Time: 9:30am

Free

Wii Bowling

Come join the fun!

Free!

Sign up at the Front Desk and get information on the next organizing meeting.

Games are played on Mondays in the Fireplace Lounge. Be sure to get your name on the sign up sheet at the Front Desk.



Wii Training

Have you noticed the fun and excitement resonating from the Fireplace Lounge? We're having fun with bowling, baseball, golf, and tennis, to name a few of the sports you can play. Anyone can do it! You may just need a little training on the interactive gaming unit. The Wii unit is available for play during our open hours for free. Sign up at the Front Desk for training on the use and care of the game and big screen TV.

Room: Fireplace Lounge

Day: various Wed

Time: 10am

Free

Sign-up at the Front Desk; the volunteer who provides the training doesn't come in when no one has signed up.

Do you enjoy musical theatre?



The RSC is starting an Interest Group with the special focus of putting on Music Hall/Vaudeville shows. In addition to all kinds of performers, the group needs a director, stage help, costume & prop help, writing and promotion, and musical accompaniment.

Anyone who enjoys a good live show is welcome to join us.

Room: 111/112

Day: Thursdays

Time: 10:30am-12pm

Free

Writing Your Life Story

Time is moving fast and life is full of challenges and activities. Who has time to write it all down?

Join this group to discover the fun and fulfillment of documenting your life story. Preserve your life experiences for future generations or for your own self-reflection. Group exercises and sharing of writing tips makes for a great experience. Drop in attendance is welcome.

Room: 107/108 Day: Tuesdays Time: 10am

Free



Fee Based Classes

Class Registration

Registration Begins:

Most classes are currently available for registration. Please see the trip section for trip registration dates.

Please see page 35 for withdrawal and refund information and other policies.

★ Means the class takes place in the evening

S = Senior

R = Resident under age 50

N = Non-resident under age 50

Genealogy Assistance

Interested in finding out your family history?



Experienced researcher Susan Mitchell will meet with individuals by appointment in the Computer Corner to help you access online archives. Susan has been doing genealogy for about 40 years. She is a volunteer at the National Archives in Seattle, and is a member of the DAR. Stop at the Front Desk and the staff will have Susan contact you for your one-to-one session.

Free

Arts & Crafts

Driftwood Sculpture

Wood is one of nature's wonders. Driftwood sculpture is the process of bringing out the beauty that is hidden under layers of dirt and decay. Our instructors will show you how to clean, scrape, and oil your wood, as well as how to select a base and finish the process. First-time students should bring an old bath towel to the first class. You will be able to choose a piece of wood from the instructors' supply. Come and join the creative inspiration.

Age: 50 years or better

Day: Monday

Room: 109

Morning – 10am-12:30pm

Instr: Melinda Jewett

Date: Jan 9 - Jan 30

Fee: \$20

(no class Jan 16)

Date: Feb 6 - Feb 27

Fee: \$20

(no class Feb 20)

Date: Mar 6 - Mar 27

Fee: \$26

Date: Apr 3 - Apr 24

Fee: \$26

Afternoon – 1-3:30pm

Instr: Jo Marsh

Date: Jan 9 - Jan 30

Fee: \$20

(no class Jan 16)

Date: Feb 6 - Feb 27

Fee: \$20

(no class Feb 20)

Date: Mar 6 - Mar 27

Fee: \$26

Date: Apr 3 - Apr 24

Fee: \$26

Driftwood Evening Open Workshop

Come enjoy a well-lit work space and the company of other artists as you transform your driftwood. Bring your own tools and wood. The small fee helps support evening programming at the RSC.

Led by volunteers

Age: 18 years and over

Day: Monday

Time: 6:30-8:30pm ★

Room: 109

Fee: Drop-in fee of \$3 paid each night at the Front Desk

Fee Based Classes

VALA

Connecting artists to artists,
artists to the community, and
the community to art.

VALA at the RSC

Crazy Quilt Collage

Come learn about the traditional needle arts in a contemporary format to create an art piece that can be developed into multi-functional uses. Using the basic design principles, participants will make a needle case and pillow top over the course of four weeks. Basic embroidery stitches (feather stitch, chain stitch, blanket stitch, herringbone stitch, straight stitch and couching stitch) commonly used in Crazy Quilting will be taught to begin the embellishment process of the collaged pieces. Beautiful silk ribbon embroidery, image transfer and bead embroidery are additional techniques that students will learn and explore in class to further embellish their projects.

Mary Lewis is a quilt and fiber artist who has over twenty-five years of experience engaging in the process of making quilts as well as studying the history of quilts and textiles. She is a member of the Contemporary Quilt Art Association and enjoys sharing her love of fiber arts through teaching and lectures.

Supply fee: \$10 paid directly to instructor

Age: 18 years and over

Instr: Mary Lewis

Days: Wed

Time: 1-3pm

Room: 109

Fee: \$50S/\$50/\$6.N

Date: Feb 1 - Feb 22



Meet our Driftwood Sculpture Instructor Jo Marsh

Jo has a passion for the art of driftwood sculpture as well as teaching. She sees the potential in every piece of wood and every student.

RSC Art Gallery

The RSC has a lovely gallery space to display local art. Watch for new exhibits and if you know of an artist that would like to share their art with our community please contact Karen Phillips at (425)556-2388 or kphillips@redmond.gov

Knit & Crochet—Help Group

Bring your project in progress or start new ones. Get help with problems; learn how to finish your project; and meet with others who enjoy fibers and yarns. Prior knowledge of knitting or crochet required. No registration needed; pay drop in fee of \$3 each time you attend.

Age: 18 years and over

Instr: Char McDonald

Day: 2nd & 4th Tuesday

Time: 5:30-7:30pm ★

Room: Lobby

Fee: drop-in \$3



Fee Based Classes

Dance

Ballroom Dance - Intro

Dancing is a great way to have fun, keep fit and make new friends. Learn dance steps such as the Foxtrot, Tango, Waltz, and Swing. Each class will focus on having fun, building up different rhythms, teaching the importance of lead and follow, and other dance tips to make you feel comfortable on the dance floor. Singles, couples and groups welcome.

Age: 18 years and over
Instructor: Teresa Osborn
Day: Wednesday

Time: 6:30 - 7:30pm ★
Room: Multipurpose

Fee: \$40S/\$40R/\$48N
Date: Jan 4 - Jan 25

Fee: \$40S/\$40R/\$48N
Date: Feb 1 - Feb 22

Fee: \$50S/\$50R/\$60N
Date: Mar 1 - Mar 29

Fee: \$40S/\$40R/\$48N
Date: Apr 5 - Apr 26

Ballroom Dance - On-going

Learn more dance moves for the Foxtrot, Tango, Waltz, and Swing, plus new popular social dance rhythms such as the Rumba, Cha Cha Cha and Quickstep. You will have time to practice in each class, build on technique, and lead and follow as you progress and of course have fun! Singles, couples and groups welcome.

Age: 18 years and over
Instr: Teresa Osborn
Day: Monday

Time: 6:30 - 7:30pm ★
Room: Multipurpose

Fee: \$30S/\$30R/\$36N
Date: Jan 9 - Jan 30
(no class Jan 16)

Fee: \$30S/\$30R/\$36N
Date: Feb 6 - Feb 27
(no class Feb 20)

Fee: \$40S/\$40R/\$48N
Date: Mar 6 - Mar 27

Fee: \$40S/\$40R/\$48N
Date: Apr 3 - Apr 24

Ballroom Practice Dance Party

Come practice your new moves and get comfortable on the dance floor. Teresa Osborn, your host, will play a mixture of social dance music and be available to help you improve your dancing. Intended for students in current ballroom classes, however, others are welcome.

Age: 18 years and over
Instructor: Teresa Osborn
Day: Wednesday

Time: 7:30 - 8:45pm ★
Room: Multipurpose
Fee: \$5

Date: Jan 25, Feb 22,
Mar 29, Apr 26

Drive the Distance!

Volunteer drivers are needed for the Volunteer Transportation program in Redmond.

Using their own vehicles, volunteer drivers help older adults maintain their independence by taking them to necessary medical appointments. Clients appreciate their improved access to medical care, meaningful interactions with caring volunteers, and increased peace of mind. Call (206) 748-7588, email Hilary at hilaryc@SoundGenerations.org, or visit www.SoundGenerations.org/transportation to sign-up.

Fee Based Classes

Tap Dance - Beginner Level

This class introduces tap to the novice in a safe and fun environment. Learn tap basics such as heel & toe taps, shuffles, triples, and grapevine; leading into steps and combinations. We will work on developing new motor skills, enhancing co-ordination, gaining better balance, and developing strength in the leg and ankle muscles. No experience necessary, come along and give it a go! Also recommended for returning tap students who have some experience and want a gentler return to tap. Tap shoes required.

Age: 18 years and over

Instructor: Hannah Kaye

Day: Monday

Time: 12:45 - 1:45pm

Room: Multipurpose

Fee: \$30S/\$30R/\$36N

Date: Jan 9 - Jan 30

(no class Jan 16)

Fee: \$30S/\$30R/\$36N

Date: Feb 6 - Feb 27

(no class Feb 20)

Fee: \$40S/\$40R/\$48N

Date: Mar 6 - Mar 27

Fee: \$40S/\$40R/\$48N

Date: Apr 3 - Apr 24

Tap Dance - Intermediate Level

A tap class for those with experience; you should know the basics (shuffles, flaps, triples). Learn more complicated steps such as drumbeats, time steps, off to buffalo, and pickups; as well as more rhythmically complicated choreography. We will focus on developing strong tap technique while expanding kinesthetic and spatial awareness, cardio fitness, and a greater strength and flexibility in the ankles. Great exercise and fun! Tap shoes required.

Age: 18 years and over

Instructor: Hannah Kaye

Day: Monday

Time: 11:30am—12:30pm

Room: Multipurpose

Fee: \$30S/\$30R/\$36N

Date: Jan 9 - Jan 30

(no class Jan 16)

Fee: \$30S/\$30R/\$36N

Date: Feb 6 - Feb 27

(no class Feb 20)

Fee: \$40S/\$40R/\$48N

Date: Mar 6 - Mar 27

Fee: \$40S/\$40R/\$48N

Date: Apr 3 - Apr 24



Meet our Tap Dance Instructor Hannah Kaye

Hannah is a dance artist and educator from Aotearoa New Zealand. With over 10 years of experience in the field, she has worked with a wide range of students spanning preschool to tertiary level in a number of different dance genres.

Hannah enjoys increasing the accessibility of dance to all people, as well as inspiring students creatively and artistically.

**The drop-in fee for a single
Tap class is \$12.**

Fee Based Classes

Fitness

SAIL - Balance & Strength/Fall Prevention

SAIL (Stay Active and Independent for Life) is designed to reduce the risk of falls through exercise and education. Conducted by a trained fitness specialist, the group exercise class meets twice a week and focuses on aerobics, balance, and strength training. The program also includes instruction on home and fitness safety, and assessments. Call 425-556-2314 or email rsc@redmond.gov to request a flyer with full class details. The program is a three-month series, which may be repeated. SAIL is offered at a low monthly fee of \$10, because it is subsidized by a King County EMS grant.

New SAIL students, please start with Part 1.

Age: 50 or better

Instr: Jody Martin

Days: Mon & Wed

Time: 2:30-3:30pm

Room: Multipurpose

Fee: \$10 per month

Part 1

Dates: Jan 4 - Jan 30

(no class Jan 16)

Part 2

Dates: Feb 1 - Feb 27

(no class Feb 20)

Part 3

Dates: Mar 1 - Mar 29

Part 1

Dates: Apr 3 - Apr 26

Senior Strength Basic

Designed to improve your balance, strength, and muscle tone. With the use of a chair, light weights, and tubing, you will learn specific exercises to work all the major muscle groups in your body. Please wear comfortable clothing and bring a water bottle. Register early—this class does fill up quickly!

Age: 50 or better

Instr: Jody Martin

Days: Tue & Thu

Time: 9-9:45 am

Room: Multipurpose

Date: Jan 5 - Jan 31

Fee: \$32

Date: Feb 2 - Feb 28

Fee: \$32

Date: Mar 2 - Mar 30

Fee: \$36

Date: Apr 4 - Apr 27

Fee: \$32

Senior Strength Plus

At a slightly higher intensity level, this class will focus on building strength and fitness. With the use of weights and resistance bands/tubing, you will work all the major muscle groups in your body.

Age: 50 or better

Instr: John Crain

Days: Mon & Wed

Time: 9:30-10:30am

Room: Multipurpose

Date: Jan 4- Jan 30

Fee: \$32

(no class Jan 16)

Date: Feb 1 - Feb 27

Fee: \$32

(no class Feb 20)

Date: Mar 1 - Mar 29

Fee: \$36

Date: Apr 3 - Apr 26

Fee: \$36

Senior Cardio

Designed to improve your agility and cardio-respiratory endurance through the use of low impact and easy dance movements. Set to upbeat music, this class is sure to be lots of fun! Please bring an exercise mat and a water bottle.

Age: 50 or better

Instr: Jody Martin

Days: Mon & Wed

Time: 10:30-11:30 am

Room: Multipurpose

Date: Jan 4 - Jan 30

Fee: \$27

(no class Jan 16)

Date: Feb 1 - Feb 27

Fee: \$32

(no class Feb 20)

Date: Mar 1 - Mar 29

Fee: \$36

Date: Apr 3 - Apr 26

Fee: \$36

If the class is not full Cardio is available on a drop-in basis for \$7 per class.

Fee Based Classes

Core Strength

A strong core is the key to maintaining an active lifestyle. Utilizing body resistance training as well as weights and bands, this class will focus on building muscle strength in abdominals, lower back and legs. Bring a mat and water. This is an advanced level class; new students, please check with the instructor before registering.

Age: 18 years and over

Instr: Jody Martin

Days: Thu

Time: 10-11:00 am

Room: Multipurpose

Fee: \$28S/\$28R/\$34N

Date: Jan 5 - Jan 26

Fee: \$28S/\$28R/\$34N

Date: Feb 2 - Feb 23

Fee: \$35S/\$35R/\$42N

Date: Mar 2 - Mar 30

Fee: \$28S/\$28R/\$34N

Date: Apr 6 - Apr 27

Moving for Better Balance

This research proven balance training program is based on the ancient Chinese movement called Tai Chi. The customized version of Tai Chi used in this class consists of gentle, flowing movements that are specifically tailored to improve your balance, strength, and help reduce falls. No prior experience necessary. All levels welcome!

Age: 18 years and over

Instr: Julie Cauthorn

Day: Thursday

Time: 9:30 - 10:30 am

Room: 111/112

Fee: \$40S/\$40R/\$48N

Date: Jan 5 - Jan 26

Date: Feb 2 - Feb 23

Date: Mar 2 - Mar 23

Date: Mar 30 - Apr 27

No class Apr 6



Meet our Moving for Better Balance

Instructor

Julie Cauthorn

For over 30 years Julie has been teaching movement classes. She is a physical therapist specializing in balance training and fall prevention. Julie is thrilled to be teaching the Tai Chi centered 'Moving for Better Balance' class at the Redmond Senior Center.

Zumba® Toning: Shake, shake, shake things up

Add lightweight, maraca-like toning sticks to your usual cardio Zumba® workout to spice things up. The extra weights will create a resistance training experience, all tied in to the music and rhythms of this Latin-inspired fitness form. The class will help you focus on specific muscle groups, including arms, core, and lower body, so you (and your muscles) stay engaged.

Single class drop-in fee is \$10.

Age: 18 years and over

Instr: Monika Joshi

Days: Thu

Room: Multipurpose

Time: 7:30-8:30pm ★

Fee: \$32S/\$32/\$38N

Date: Jan 5- Jan 26

Fee: \$32S/\$32/\$38N

Date: Feb 2- Feb 23



Fee: \$50S/\$50/\$60N

Date: Mar 2 - Mar 30

Fee: \$32S/\$32/\$38N

Date: Apr 6 - Apr 27

Fee Based Classes

Zumba

ZUMBA® is a great cardiovascular workout set to dynamic Latin rhythms with easy to follow moves from Latin dances including Merengue, Bollywood, Salsa and more. Great for beginners and those wanting to go at a slower pace. Teresa focuses on the dance movements and makes sure everyone learns the steps. Classes at the RSC are open to all adults. Please wear comfortable loose clothing and sneakers; and bring water. Single class drop-in fee is \$7.

Age: 18 years and over

Instr: Teresa Osborn

Room: Multipurpose

Day: Monday

Time: 5:30-6:30pm ★

Fee: \$17S/\$17R/\$20N

Date: Jan 9 - Jan 30

(no class Jan 16)

Fee: \$17S/\$17R/\$20N

Date: Feb 6 - Feb 27

(no class Feb 20)

Fee: \$22S/\$22R/\$26N

Date: Mar 6 - Mar 27

Fee: \$22S/\$22R/\$26N

Date: Apr 3 - Apr 24

Day: Tuesday

Time: 10:50-11:50am

Fee: \$22S/\$22R/\$26N

Date: Jan 10 - Jan 31

Fee: \$22S/\$22R/\$26N

Date: Feb 7 - Feb 28

Fee: \$22S/\$22R/\$26N

Date: Mar 7 - Mar 28

Fee: \$22S/\$22R/\$26N

Date: Apr 4 - Apr 25

Day: Wednesday

Time: 5:30-6:30pm ★

Fee: \$22S/\$22R/\$26N

Date: Jan 4 - Jan 25

Fee: \$22S/\$22R/\$26N

Date: Feb 1 - Feb 22

Fee: \$28S/\$28R/\$33N

Date: Mar 1 - Mar 29

Fee: \$22S/\$22R/\$26N

Date: Apr 5 - Apr 26

Day: Friday

Time: 11:30am-12:30pm

Fee: \$22S/\$22R/\$28N

Date: Jan 6 - Jan 27

Fee: \$17S/\$17R/\$20N

Date: Feb 10 - Feb 24

Fee: \$28S/\$28R/\$33N

Date: Mar 3 - Mar 31

Fee: \$22/\$22R/\$26N

Date: Apr 7 - Apr 28

Zumba Gold

Zumba Gold class is designed for active older adults, anyone who has not been exercising lately, or individuals who may be limited physically. Taught at a lower intensity, the class lasts about 45 minutes and includes a warm-up and cool-down. It is just as much fun, and utilizes the same great Latin music and dances as other Zumba classes—just not as fast. Wear loose clothing and athletic shoes that allow lateral movement, and bring water.

Age: 18 years and over

Instr: Teresa Osborn

Room: Multipurpose

Day: Tuesday

Time: 10-10:45am

Fee: \$22S/\$22R/\$26N

Date: Jan 10 - Jan 31

Fee: \$22S/\$22R/\$26N

Date: Feb 7 - Feb 28

Fee: \$22S/\$22R/\$26N

Date: Mar 7 - Mar 28

Fee: \$22S/\$22R/\$26N

Date: Apr 4 - Apr 25

Day: Friday

Time: 9-9:45am

Fee: \$22S/\$22R/\$26N

Date: Jan 6 - Jan 27

Fee: \$17S/\$17R/\$20N

Date: Feb 10 - Feb 24

Fee: \$28S/\$28R/\$33N

Date: Mar 3 - Mar 31

Fee: \$22S/\$22R/\$26N

Date: Apr 7 - Apr 28

The drop-in fee for a single Zumba or Zumba Gold class is \$7.

Fee Based Classes

NIA Movement

Nia blends a range of rhythmic music styles with carefully choreographed, easy to learn routines. Through expressive movement, people of all shapes, sizes and fitness levels learn how to adapt their exercise to their own needs and abilities and cultivate body-centered awareness. Come discover the power and joy of this creative, savvy, energizing fitness class. Open to age 18 years and older.

Age: 18 years and over

Instr: Tricia Noreus

Room: Multipurpose

Day: Tuesday

Time: 6:15 - 7:15pm ★

Fee: \$40S/\$40/\$48N

Date: Jan 10 - Jan 31

Fee: \$40S/\$40/\$48N

Date: Feb 7 - Feb 28

Fee: \$40S/\$40/\$48N

Date: Mar 7 - Mar 28

Fee: \$40S/\$40/\$48N

Date: Apr 4 - Apr 25

Day: Thursday

Time: 6:15 - 7:15pm ★

Fee: \$40S/\$40/\$48N

Date: Jan 5- Jan 26

Fee: \$40S/\$40/\$48N

Date: Feb 2- Feb 23

Fee: \$50S/\$50/\$60N

Date: Mar 2 - Mar 30

Fee: \$40S/\$40/\$48N

Date: Apr 6 - Apr 27

**The drop-in fee for a single
Nia Movement class is \$10.**

Life-Long Learning

Defensive Driving

Co-sponsored by the AAA Driver Improvement Program.

This one-day refresher course on defensive driving skills gives practical guidance for traffic accident prevention, and enhances driver safety and confidence. In order to receive a certificate of completion, plan to attend the entire class. The certificate is the proof required for a reduction in auto insurance premiums for those 55 years of age and older.

To register for the class, please send checks only - \$18 per person, payable to American Driving Services, P.O. Box 66681, Seattle, WA 98166-0681. Fee is non-refundable, but is transferable to another class. You will receive a confirmation letter with all the details. Call us at 206-243-3564 if you have additional questions.

Age: 50 or better

Instr: American Driving Services

Day: Wednesday

Time: 9am -5pm

Room: 107/108

Fee: \$18

Dates: Feb 8



Meet our Senior Strength Plus

Instructor

John Crain

John is a certified personal trainer who has been instructing a variety of classes for the City of Redmond at the Old Redmond Schoolhouse Community Center since 2013. He is bringing his exciting, high energy training techniques to the RSC in the form of Senior Strength Plus. Check it out!

Fee Based Classes

Yoga

Gentle Yoga

With a focus on proper breathing, safe stretching, and increased body awareness, this class is for those looking for a fun yoga class that's not sweaty or leaves you tied up in knots! Discover how to increase your flexibility, improve your balance and circulation, relieve stress and learn to relax. We'll practice many traditional yoga poses, modified for safety and comfort. Enjoyable for any body type. Beginners welcome! Please bring a yoga mat.

Age: 18 years and over

Day: Friday

Time: 10-11am

Room: Multipurpose

Instr: Lynne Steele

Fee: \$24/\$24R/\$29N

Date: Jan 6 - Jan 27

Fee: \$18/\$18R/\$22N

Date: Feb 10 - Feb 24

Fee: \$30S/\$30R/\$36N

Date: Mar 3 - Mar 31

Fee: \$24/\$24R/\$29N

Date: Apr 7 - Apr 28

Yoga for Full-Figures

Join us for a unique yoga class designed for those with fuller figures. Don't let your size keep you from experiencing the life enhancing gifts of a consistent yoga program. Viniyoga emphasizes linking breath and movement, with a focus on the restorative effects. This allows you to experience the rewards of yoga such as increased flexibility, strength, energy, and vitality regardless of your body type or fitness level. Bring a yoga mat or blanket to class; and it is best if your stomach is empty. Open to age 18 years and older.

Age: 18 years and over

Instr: Lynne Steele

Day: Tuesday

Time: 6:30-8pm ★

Room: 111/112

Fee: \$50S/\$50/\$60N

Date: Jan 10 - Jan 31

Fee: \$50S/\$50/\$60N

Date: Feb 7 - Feb 28

Fee: \$50S/\$50/\$60N

Date: Mar 7 - Mar 28

Fee: \$50S/\$50/\$60N

Date: Apr 4 - Apr 25

Healing Moves - Yoga for Every Body

Looking for a way to improve your health and handle stress more effectively in your life? Learn how to increase balance, flexibility, and core strength while improving posture, sleep, breathing, and the ability to relax & release stress from your body, mind and heart. In this Forrest-style Hatha Yoga class, you will receive personalized attention & instruction, structured breathing exercises & guided deep relaxation, to help you get strong and centered, both on and off the yoga mat. No yoga experience necessary - all bodies welcome! Please bring a yoga mat, strap, & yoga block (a set is available for loan for first-timers). Light, or no eating within two hours of class.

Age: 18 years and over

Instr: Debbie Pompa

Day: Thursday

Time: 7-8:15pm ★

Room: 111/112

Fee: \$42S/\$42R/\$50N

Date: Jan 5 - Jan 26

Fee: \$42S/\$42R/\$50N

Date: Feb 2 - Feb 23

Fee: \$53S/\$53/\$63N

Date: Mar 2 - Mar 30

Fee: \$42S/\$42R/\$50N

Date: Apr 6 - Apr 27

OR drop-in on any class \$12 per visit.

Extended Travel Opportunity

Offered in conjunction with the

WASHINGTON STATE ASSOCIATION OF
WSASC
SENIOR CENTERS

Iceland: Land of Fire & Ice

July 2-10,-2017

9 days, 13 meals (7 breakfasts, 6 dinners)

Highlights: Reykjavik, Golden Circle, Thingvellir National Park, Gulfoss Waterfall, Geysir, Snaefellsnes Penninsula, Cave Tour or Lava Field Walk, Breidalfjordur Bay, Saljalandsfoss, Vik, Eyjafjallajokull Volcano Visitor Center, Skogar Museum, Skogafoss, Jokulsarlon Glacial Lagoon, Vatnajukoll National Park & Glacier, Blue Lagoon or Whale Watching

Double \$4499, Single \$5299, Triple \$4449

Reservation deadline: Jan 3, 2017

Islands of New England

September 18-25, 2017

8 days, 11 meals (7 breakfasts, 1 lunch, 3 dinners)

Highlights: Providence, Newport, Boston, Cranberry Bog, Plymouth Rock, Plimoth Plantation, Cape Cod, Hyannis, Nantucket, Martha's Vineyard, Provincetown, whale Watch or Sand dunes, Lobster Dinner

Double \$2,929; Single \$3,529; Triple \$2899

Reservation deadline: March 17, 2017

Spotlight on Tuscany

October 12-20, 2017

9 days, 10 meals (7 breakfasts, 3 dinners)

Highlights: Montecatini Terme, Florence, Lucca, Gothic Laine, Siena, Winery Tour, Pisa, San Gimignano

Double \$3,549; Single \$3,749; Triple \$3,519

Reservation deadline: April 13, 2017



All prices include: roundtrip air from SeaTac, air taxes and fees/ surcharges, hotel transfers.

For details contact Sheri McConnaughey (206)768-2822 ext 2321
sheri.mcconnaughey@tukwilawa.gov .

Be sure to say you are from the Redmond Senior Center!

Parking on the City Campus

Visitors to the RSC are welcome to park in the City Parking Garage. The entrance is on the east end (take the first right as you come in the driveway).

Please pay attention to the signs that indicate where visitor parking ends and City employee parking begins; the bottom floor is for city vehicles only.

On days when you think the RSC will be busy, we strongly encourage you to carpool with a friend.

Day Trips

Trip Registration Dates

Tue, Dec13 for City of Redmond residents;

Thu, Dec15 for non-residents.

Please read the refund and withdrawal policies on page 35. Fees will be assessed as described in the policies.

Trips are reserved for age 50 or better participants.

Reservations & Waitlists

All trips close for registration three business days prior to the trip date and courtesy reminder calls will be made at that time. The only trip additions after a trip has closed will be when a trip has reached maximum enrollment with a waiting list, and there is a last minute cancellation.

Tax on trips

We are required to charge tax on sightseeing trips. You may notice the difference on your receipt. Note: trips that are educational do not require the tax.

VALA Arts Center – Fiber Fusion Exhibit

This traveling exhibition at VALA Arts Center in Redmond Town Center showcases the depth and breadth of the surface designer's work in Washington State and includes original artworks using handmade felt, paper, fabric, clothing and basket-making materials, among others. Our tour will be led by the Executive Director of the Fiber Fusion Exhibition. Lunch is at Golden Chopstick prior to the exhibit. Meal not included in fee.

Walking Rate: Some – several places to sit

Day/Date: Thu, Jan 5

Time: 12-4pm

Fee: \$15

Course Number: 7259

Cheese Making at River Valley Cheese

Located on Tiger Mountain in Issaquah, the artisan cheese makers at River Valley Cheese make cheese by hand in small-scale quantities with great attention to detail and lots of pride. Join us for a hands-on learning experience in making Burrata cheese that you will get to take home. There will be lots of tasting too! No meal planned for this trip due to the unlimited cheese buffet.

Walking Rate: Lots - possible stairs, sparse places to sit

Day/Date: Tue, Jan 10

Time: 12-5pm

Fee: \$75

Course Number: 7260

Discerning Diners

Maltby Cafe

Well known for their breakfasts, the Maltby Café is located in the former lunchroom of a schoolhouse built in 1937. Meal not included in fee.

Walking Rate: Little with stairs

Day/Date: Wed, Jan 11

Time: 9:45am-21pm

Fee: \$15

Course Number: 7261

AKC Dog Show Adventure

Each January the Western Washington Fairgrounds in Puyallup is the site for one of the largest local AKC dog shows; spanning three days and co-hosted by the Puyallup Valley Dog Fanciers, Tacoma Kennel Club and Sammamish Kennel Club. We will get there early so you can wander and see all the action - Obedience, Rally and All-Breed Confirmation. A late lunch will be at Charlie's Restaurant before we head home. Meal not included in fee.

Walking Rate: Lots - possible stairs, sparse places to sit

Day/Date: Sat, Jan 14

Time: 8:30am-3:30pm

Fee: \$25

Course Number: 7262



Adventure Trip - Cedar River Watershed

Just above North Bend in the Snoqualmie Region is the Cedar River Watershed. The trip to this natural haven will begin with a brief orientation in the education center. Extra time can be spent exploring/hiking in the area, enjoying the rain drums and the views. Remember to dress in layers, to be prepared for the weather and wear good footwear. Bring your own water and any snacks/lunch that you might want/need.

Walking Rate: Extreme – uneven ground, some up hill

Day/Date: Wed, Jan 18

Time: 8:45am-1pm

Fee: \$18

Course Number: 7263



Discerning Diners Cheesecake Factory

In addition to the cheesecake they are named for, the Cheesecake Factory serves a great lunch. Located in South Center. Meal not included in fee.

Walking Rate: Little - on & off bus

Day/Date: Thu, Jan 19

Time: 10:15am-2:30pm

Fee: \$15

Course Number: 7264

Tour KUOW Radio Station

A visit to the KUOW broadcast center, located in the University District, will give a behind the scenes look at the world of public radio. Learn about the mission of the station to create, serve, challenge and promote an understanding and appreciation of events, ideas and cultures. Don't miss this educational tour and a chance to listen in on a live show. Lunch will be later at Julia's Restaurant in Wallingford. Meal cost is not included in the fee.

Walking Rate: Modest - few places to sit

Day/Date: Tue, Jan 24

Time: 10:15am-3pm

Fee: \$15

Course Number: 7265

Movies & Munchies

How would you like to watch a newly released first run movie; order and eat food, drinks and snacks; and never leave your seat? That is the movie-going experience offered at Cinebarre Issaquah 8. The movie listing will be available the previous week and you will have several to choose from. Fee includes your admission but not the meal costs.

Walking Rate: Some – several places to sit

Day/Date: Thu, Jan 26

Time: 11:15am-4pm

Fee: \$20

Course Number: 7266

Suggestions Welcome

Do you have a suggestion for a trip destination? Would you like to recommend a restaurant for the Discerning Diners? Do you know someone who would like to teach a class?

We are always looking for new ideas to keep things fresh and exciting.

Feel free to drop a note in the suggestion box at any time—paper is available at the Front Desk.

Day Trips

Empty Bowl

Join us for a special lunch at the Burien Community Center. Local potters create beautiful bowls to be filled with soup at this fun event and all donations benefit the Highline and White Center Food Banks. For your donation of \$15 you will receive the opportunity to pick out a beautiful handmade bowl (for you to keep) filled with delicious soup. The meal also includes bread, beverage and dessert. All food is donated by area businesses. Trip fee does not include your donation.

Walking Rate: Little - on & off bus

Day/Date: Fri, Jan 27

Time: 10am-3:30pm

Fee: \$18

Course Number: 7268

Duwamish Longhouse & Cultural Center

Located near the mouth of the Duwamish River in Seattle, the Duwamish Longhouse is a traditional cedar post and beam structure designed in the Puget Salish Longhouse style. Join us for a guided tour of the Longhouse and learn about the culture and traditions of Seattle's first people - the Duwamish Tribe. Lunch will be at Jack's BBQ in Georgetown. Meal not included in fee.

Walking Rate: Modest - few places to sit

Day/Date: Tue, Jan 31

Time: 9:30am-3:30pm

Fee: \$22

Course Number: 7269

Snohomish Walkabout

After a stop at the Visitors Center for orientation, you will be free to spend the day discovering the many shops and eateries in the historic City of Snohomish. Lunch will be on your own at the restaurant of your choice. Meal is not included in fee.

Walking Rate: Lots - possible stairs, sparse places to sit

Day/Date: Wed, Feb 1

Time: 9:45-3pm

Fee: \$18

Course Number: 7270

Transit Adventure

Seattle Art Museum by Sound Transit

Learn how to confidently ride a Sound Transit bus to downtown Seattle. The Seattle Art Museum is the destination to spend a few hours enjoying current exhibits. During this unique trip you will learn how to use a provided ORCA card. Taste Cafe is located within the museum for lunch/snacks if you choose to stop for a bite to eat. Remember to wear good walking shoes and dress for the weather.

Walking Rate: Lots - possible stairs, sparse places to sit

Day/Date: Thu, Feb 2

Time: 9:30am-3:30pm

Fee: \$15

Course Number: 7271

Discerning Diners

Anthony's Beach Cafe

Anthony's Beach Café in Edmonds has a great food and view of the water. Meal not included in fee.

Walking Rate: Little - on & off bus

Day/Date: Wed, Feb 8

Time: 10am - 3pm

Fee: \$15

Course Number: 7273

Century Link Field Tour

Time to get your 12th man on! Come experience Century Link Field in Seattle by sitting in a luxury suite, seeing the visitors' locker room, and walking onto the field where the Seahawks and the Sounders play. The 90-minute tour will entertain and educate. Cameras are allowed. Lunch will be at Pyramid Alehouse. Meal is not included in trip fee.

Walking Rate: Lots - possible stairs, sparse places to sit

Day/Date: Thu, Feb 9

Time: 9:15am-3:30pm

Fee: \$35

Course Number: 7274

The Reptile Zoo

Just for fun, let's go on the least romantic trip possible for Valentine's Day – cold-blooded reptiles seem to fit the bill. Near Monroe, the Reptile Zoo provides a unique opportunity to handle snakes, touch tortoises, and get up close and personal with turtles,

alligators, lizards and many types of snakes including some venomous species such as cobras and rattlesnakes. The zoo keepers are happy to answer questions - be prepared to have fun and enjoy some magnificent creatures. And to keep with our low-romance theme, lunch will be at the Route 2 Taproom & Grazing Place. Meal not included in fee.

Walking Rate: Modest - few places to sit

Day/Date: Tue, Feb 14

Time: 9am-2pm

Fee: \$26

Course Number: 7275

Adventure Trip - "No Toll" Hike Across SR520

Ever want to walk across the bridge but did not want to do it alone? Here is your chance to meet that adventure goal! The cross-lake path includes belvederes on the new SR520 floating bridge to provide scenic viewpoints and resting areas for bikers, joggers and walkers. From the eastside to the west and back is approximately a 3 mile walk. Remember to dress in layers, to be prepared for the weather and wear good footwear. Bring your own water and any snacks/lunch that you might want/need.

Walking Rate: Lots - possible stairs, sparse places to sit

Day/Date: Wed, Feb 15

Time: 9:30 am - 2 pm

Fee: \$15

Course Number: 7276

Fran's Chocolates Tour

Come enjoy a tour and tasting at the new Fran's Chocolates in Georgetown. Learn about Fran's history with chocolates in Seattle; view the production floor and see how the chocolates are made; and then taste a variety of samples. There will be time for shopping, too. Lunch will be at the Alki Bakery Café. Meal not included in trip fee.

Walking Rate: Some - several places to sit

Day/Date: Tue, Feb 28

Time: 9:30am-2:30pm

Fee: \$26

Course Number: 7277

Transit Adventure

University Village by Bus

University Village is a large outdoor mall in Seattle. After learning how to negotiate the use of two different busses, you can spend time shopping, people watching, and eating at one of the many restaurants. University Village has many unique stores to explore. While the cost of lunch is not included in the fee, the use of an ORCA card is included.

Walking Rate: Lots - possible stairs, sparse places to sit

Day/Date: Wed, Mar 1

Time: 9am - 3pm

Fee: \$15

Course Number: 7278

Wait List Info:

When a trip fills we will put your name on a wait list. If interest is sufficient, we will try to add another vehicle or another trip date. People on the wait list will have priority.

Don't miss out on the trip you want - be sure to register early.

Need a ride?

Transportation to and from home for Redmond residents is available unless stated otherwise in the trip description.

Walking Rating

Remember to pay attention to the amount of walking for each trip. We make every effort to indicate the amount and difficulty of walking involved.

All trips are planned with those using walkers and wheelchairs in mind. Please let us know at the time you register if you will need mobility assistance.

Day Trips & Transit Adventures

A Day at Volunteer Park

Located in the heart of Seattle, Volunteer Park is home to the Volunteer Park Conservatory and the Seattle Asian Art Museum. This historic Olmsted park offers several activities: feel free to visit the Conservatory or Museum; take a walk around the park and discover the Water Tower; or even go next door and find the gravesites of Bruce Lee and Jimmy Hendrix in the Lakeside Cemetery. Bring a lunch and eat at your leisure. No lunch stop planned for this trip. This is the first Thursday of the month so the museum and conservatory admission is free.

Walking Rate: Modest - few places to sit

Day/Date: Thu, Mar 2

Time: 10am-3pm

Fee: \$15

Course Number: 7279

Mount Vernon

Walkabout

Mount Vernon sits at the center of Skagit County, located halfway between Seattle and Vancouver, BC. Historic downtown Mount Vernon offers a wide variety of shops and restaurants. Armed with a map, you will be free to explore on your own. Lunch is at the establishment of your choice.

Walking Rate: Modest - few places to sit

Day/Date: Tue, Mar 7

Time: 9am-4pm

Fee: \$25

Course Number: 7280

Discerning Diners

Pickle Time

Duvall has a fun restaurant famous for great hamburgers and milk shakes. Meal not included in fee.

Walking Rate: Little - on & off bus

Day/Date: Wed, Mar 8

Time: 10:15am-2pm

Fee: \$15

Course Number: 7281

Adventure Trip - Cross Kirkland Corridor Hike

The CKC as it is locally known is an "in town" hike that takes you through portions of our neighboring city, Kirkland. This section of the old Burlington Northern Railway is accessible year round. The one-way three mile portion is on a well maintained paved surface perfect for a spring hike; the bus will drop you off at the beginning and be waiting for you at the end. Remember to wear good hiking/walking shoes, dress in layers and bring your own snacks/lunch and water as needed.

Walking Rate: Lots - possible stairs, sparse places to sit

Day/Date: Wed, Mar 15

Time: 9:30 am - 3pm

Fee: \$15

Course Number: 7282

Discerning Diners

Shawn O'Donnell's American Grill

Join us in Seattle for the wearing of the green. Meal not included in fee.

Walking Rate: Little - on & off bus

Day/Date: Thu, Mar 16

Time: 10:45am-2:30pm

Fee: \$15

Course Number: 7283

Quilt Show

The Evergreen Fairgrounds in Monroe hosts the Quilters Anonymous 36th Annual Quilt Show - All Quilts Wild and Wonderful. With over 500 quilts on display and a merchant mall, there is sure to be something of interest to everyone. On-site vendors will be available for lunch, or bring your own lunch. Meal cost is not included in the trip fee.

Walking Rate: Lots - possible stairs, sparse places to sit

Day/Date: Fri, Mar 17

Time: 9:30 am - 3:30pm

Fee: \$26

Course Number: 7284

Chihuly Garden and Glass

Located at the Seattle Center, Chihuly Garden and Glass offers a self guided tour that includes the Exhibition Hall containing eight galleries and three Drawing Walls; the Glasshouse presenting a suspended 1,400 piece, 100 foot long sculpture; and the Garden which is a backdrop

Adventure Trips

for four monumental sculptures and other installations. Lunch is on your own at one of the many restaurants in the Armory, or at the Collections Café at Chihuly Garden and Glass. Meal not included in fee.

Walking Rate: Modest - few places to sit

Day/Date: Tue, Mar 21

Time: 8:30am-3pm

Fee: \$36

Course Number: 7285

Movies & Munchies

How would you like to watch a newly released first run movie; order and eat food, drinks and snacks; and never leave your seat? That is the movie-going experience offered at Cinebarre Issaquah 8. The movie listing will be available the previous week and you will have several to choose from. Fee includes your admission but not the meal costs.

Walking Rate: Some – several places to sit

Day/Date: Thu, Mar 23

Time: 11:15am-4pm

Fee: \$20

Course Number: 7267

Japanese Garden

Come experience a wonderful blend of tranquility and beauty. Located in the Washington Park Arboretum in Seattle, this 3.5 acre formal garden was designed and constructed under the supervision of world-renowned Japanese garden designer Juki Iida in 1960. We will have a guided tour of the gardens and enjoy the many beautiful trees and plants. Brunch prior to the tour will be at the Original Pancake House in Kirkland. Meal is not included in fee.

Walking Rate: Modest - few places to sit

Day/Date: Tue, Mar 28

Time: 9:15am-2:30pm

Fee: \$22

Course Number: 7286

Casino Trip

Angel of the Winds Casino

Enjoy a day of wagering as we travel to Angel of the Winds Casino located in Arlington. Lunch will be on your own in one of the eateries in-house. There is no transportation to and from home available for this trip. Meal not included in trip fee.

Walking Rate: Some – several places to sit

Day/Date: Wed, Mar 29

Time: 8:45am – 3 pm

Fee: \$15

Course Number: 7287

Wolf Haven

Wolf Haven is located in Tenino, WA. Enjoy a 50-minute guided visit through the public portion of the wolf sanctuary. During your guided walk, learn about wolves, both in captivity and in the wild. Potentially see up to 8-10 sanctuary residents in a beautiful, natural and serene atmosphere. A self-guided prairie walk and stop at the memorial wolf cemetery are optional. Lunch will be at the Scotty B. Diner. Meal not included in fee. Please note: Transportation to and from home is not available for this trip.

Walking Rate: Modest - few places to sit

Day/Date: Sat, Apr 1

Time: 8am – 3pm

Fee: \$50

Course Number: 7288



Meet our Driver

Linda Reini

Linda has years of driving experience and a passion for making sure everyone has a good time. Come join her for a fun trip.

Registration Information

Click...Call...or Come In

ONLINE

1. View the Current Guide at www.RedmondRecreationGuide.com
2. Select a class or event by clicking on the course number
3. Login or create a new account in order to register
Existing Registrants: use "Forgot my Login ID/Account PIN" if needed.

If you have registered for a program, or rented a facility with us in the past you have an existing account!
4. Continue Shopping and/or Check Out. Follow the prompts and enter data requested.
5. Questions and/or Help - please contact our front desk at 425-556-2314.

PHONE

Call 425-556-2314
VISA/MC only
\$10 minimum
For TTY calls please dial 711 for TRS

IN PERSON

8703 160th Avenue NE
Redmond WA 98052

Staff is available Monday -
Thursday, 8:30am-9pm
Fridays, 8:30am-4:30pm



Registration Form

For More Information Please Call 425-556-2314. Fax 425-556-2365

Mail to: Redmond Senior Center, MS: CHSC, P.O. Box 97101 Redmond, WA 98073-9701
Make checks payable to City of Redmond (Only one family per form. Photocopies accepted.)

NAME

Adult Last: _____ First: _____

Evening phone: _____ Day Phone: _____

Mailing Address: _____ E-mail: _____

City: _____ State: _____ Zip: _____ Name of Adult working in city limits _____

Work phone _____

OFFICIAL USE

Ck _____

Cash _____

CC _____

Credit _____

_____ Staff

Participant Name	Sex M/F	Birthday Child/Senior	Class #	Program Name	Fee

WAIVER OF LIABILITY

TOTAL \$

ALL participants are requested to sign the following release. Parents or guardians must sign for minors. I/We assume all risks and hazards incidental to such participation including transportation to and from the activities and do hereby waive, release absolve, indemnify and agree to hold harmless City of Redmond Parks and Recreation Department, park supervisors, instructors and persons transporting myself or my/our child for any claim arising out of any injury to myself or my/our child.

Signature(s) _____ Date _____



Credit Card Information

Card No. _____



Exp Date _____ Sign _____

Registration Information

Helpful Information

- Pre-registration required for all programs; in-class registrations are not accepted.
- Register early before classes are filled or canceled.
- For phone, mail, faxed registrations: confirmation receipts are emailed. Call if you don't receive one, 425-556-2314. Print or email a confirmation receipt yourself with online registration.
- Residency rates apply to non-resident individuals who work inside Redmond city limits. Family members are included. Adults over age 50 no matter where they live also receive the resident rates for classes & trips.
- Photographs and videotapes may be taken by staff for future publications.
- Fees shown include Washington State Sales Tax where applicable.

Program Satisfaction

Guarantee

Your satisfaction in our programs is guaranteed. If you are not completely satisfied with any class or program, you may request a refund in writing prior to completion of the class or program session. Email requests may be sent to rsc@redmond.gov.

Scholarship Program

Recreation is for everyone. Please ask about our scholarship programs for children, adults, and seniors in low-income families. Your inquiry will be confidential. For more information contact the RSC Staff at 425.556.2342.

Withdrawal, Transfer, & Refund Policies

Register Early!

Be sure your favorite class is held. Classes may be canceled due to low enrollment. Please notify us several days prior to the start date if you must withdraw. We want to provide excellent customer service.

Events/Tickets Purchases

No ticket refunds. Events take place, rain or shine.

Withdrawal/Refund Guidelines Classes, Trips & Programs

More than seven days before start date.....90% Refund
Seven days or less before start date50% Refund
Cancelled class.....100% Refund

Special refund requests will be considered on a case-by-case basis. If you find it necessary to withdraw due to serious circumstances that affect your class participation, please direct your request in writing to the RSC Staff. Requests may be sent by email to rsc@redmond.gov.

Disability Assistance

If you have a disability and need an accommodation to fully participate in a class, please:

1. Register for any and all classes in which you want to participate. You must meet all general class requirements to register for a class such as age, gender, and pre-requisites.
2. After registering, contact RSC staff as soon as possible to discuss your accommodation needs.

This newsletter is for informational purposes only and is subject to change without prior notification. The programs offered at the Redmond Senior Center are designed to be useful and informative. We do not endorse any product or program that is presented. It is the individual's responsibility to make informed decisions regarding these issues. All announcements, posters or flyers must be cleared by staff.

Visit us on the Internet at www.redmond.gov/seniors for more information, or on Facebook at www.Facebook.com/RedmondWASeniors

Encore!

Winter 2017

Also available as a pdf on-line at:

www.redmond.gov/encore

The RSC is a warm, friendly gathering place for adults age 50 and better.

It is a great place for friendship, support, a healthy meal, information, activities, educational programs, volunteering and most of all fun.

Redmond Senior Center MS: CHSC,
PO Box 97010,
Redmond WA 98073-9710

Change Service Requested



**Redmond's
COMMUNITY CENTERS**
Let's create the future **NOW**

Your voice matters

We need to hear from you about the future of Redmond's Community Centers. Your input will help develop recommendations to City Council about what we need, where we need it, and whether the community is ready and willing to support a big investment in the future of recreation.

Give us your feedback and ideas at

www.RedmondsCommunityCenters.com

For a paper version of the survey, please contact the RSC Front Desk.