**City of Renton Parks and Recreation** 

# Let's Go Renton!

Registration Opens April 23, 9am

**Aquatics Registration**June 2, 1pm

MAY - AUGUST 2025

rentonwa.gov/register

Recreation







# RIVER DAYS HIGHLIGHTS!

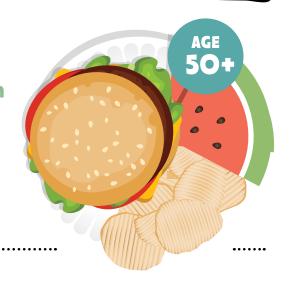


Thursday, July 24, 11am-12:30pm

#### **Renton Community Center**

A BBQ lunch featuring dancing to classic hits with Cherry Cherry - Neil Diamond Tribute Band!

\$5/pp due at time of registration. Space is limited. Register with course #24857 at rentonwa.gov/register





# **Drone Show & Live Music**

Friday, July 25, 7:30-10pm

Gene Coulon Memorial Beach Park

Look up as the night sky comes to life with a dazzling display! 7:30pm Live Music, 9:30pm Drone Show

# **Pickleball Tournament**

Sat. & Sun., July 26-27 Liberty Park

- 3-game guarantee
- Ratings-based doubles play only: women's, men's, and mixed
- Prizes for teams and champions!

Registration opens April 23, \$50/team. Captain's registration secures your team's spot! Questions? Email acolby@rentonwa.gov

rentonwa.gov/register





# Saturday & Sunday July 26-27

Saturday 11am–7pm Sunday 11am–5pm

Renton Community Center 1715 Maple Valley Hwy SHOP SMALL BUSINESSES

SUPPORT LOCAL CRAFTERS

# HELLO FROM THE MAYOR



Spring and summer are approaching, and it's the perfect time to connect with your community, get outside, and explore Renton's 1,254 acres of green space and 13 miles of trails.

Enjoy a tee time at the newly upgraded Maplewood Golf Course driving range, support local businesses and farmers by shopping the Renton Farmers Market, dive on in to the newly restored Henry Moses Aquatic Center, or grab a lawn chair and take in the Summer Concert Series at Gene Coulon, Our Parks and Recreation team works year-round on exciting experiences and programs for all ages and

abilities, and this upcoming summer should be one to remember.

Save the date for Renton River Days—a celebration that brings our entire city together each July.

Remember to put on some sunscreen, make your plans, and enjoy all the fun this spring and summer here in Renton. I look forward to seeing you at many of these fantastic events and community opportunities!

Mayor Armondo Pavone

#### **CONTACT US**

Email: recreation@rentonwa.gov Web: rentonwa.gov/recreation

#### **COURSE FEES**

R = Fee for Renton Residents
NR = Fee for Non-Residents
Complete course descriptions
can be found online.

#### **CANCELLATIONS AND REFUNDS**

To cancel and request a refund for programs, fill out an online refund form, email recreation@rentonwa.gov or visit specified centers within 7 days of program start. Refunds for cash/check payments take up to 6 weeks via City of Renton Finance Department. Online Refund Request Form available at rentonwa.gov/recreation.



#### **INCLEMENT WEATHER POLICY:**

Our priority is safety. During inclement weather (such as snow, ice, smoke, excessive heat, or heavy winds), Renton's recreation facilities and programs adhere to Renton School District guidelines. For updates on cancellations due to weather, call 425-430-6719 or visit rentonwa.gov/recreation.

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#### RECREATION CENTERS

#### **Renton Community Center**

425-430-6700 1715 Maple Valley Hwy Renton, WA 98057

#### **Don Persson**

**Renton Senior Activity Center** 425-430-6633

211 Burnett Ave. N Renton, WA 98057

#### **Highlands Neighborhood Ctr**

425-430-6744 800 Edmonds Ave. NE Renton, WA 98056

#### RENTON PARKS & RECREATION

# supporting community well-being

As Renton's population grows and changes, so do the challenges and opportunities in supporting community well-being. Recently, the Parks & Recreation Department has developed a new Mission statement to align with the National Recreation and Parks Association's (NRPA) three strategic pillars.

# our mission

To provide exceptional parks and recreational opportunities that enrich the health, wellness, and quality of life for all Renton residents while ensuring equitable access and the preservation of our natural resources and city's history.

# our pillars -



#### EQUITY

Strive to create quality parks and recreation opportunities that are accessible to, and inclusive of, all abilities.



#### **ENVIRONMENTAL RESILIENCE**

Aspire to foster sustainable parks and green spaces that support future generations and contribute to climate-resilient communities.



#### **HEALTH AND WELL-BEING**

Work toward cultivating thriving communities where everyone can experience the health and wellness benefits of parks and recreation.

Learn about the 2026 Parks, Recreation, and Open Space Plan at:

yourvoice.rentonwa.gov/pros



# THANK YOU VOLUNTEERS

#### PARKS COMMISSION

- Cynthia Burns
- Al Dieckman
- Larry Reymann
- Timothy Searing
- Woneata Stallworth
- · Marlene Winter
- Vacancy

#### SENIOR CITIZEN ADVISORY BOARD

- David Bartlett
- Brigid Cabellon
- Siona Cochran
- Marge Cochrai
- Marge Cochran-Reep
- Katharine Cooke

Shirley Haddock

- Anita Dull
- Joel G. Smith Jack Wardell

• Julie Horan

Sandy Polley

• Elaine Seay-

Davis

- Faye Williams
- Vacancy
- HUMAN SERVICES

# ADVISORY COMMITTEE

- Leslie Anderson
- Gary Barquet
- Ali Cohen
- Marjan Didra
- Adair Hasty
- Elizabeth Larson
- Valentine Portolano
- Joe Scovel
- Chelsea Stone
- Alexis Tran
- Margarita Villarreal

# **Human Services**

Our Human Services Department connects individuals with essential resources and solutions during challenging times.



#### **RENTON'S HUMAN SERVICES**

**DIVISION** collaborates with nonprofits to assist vulnerable residents. Find resources on the Renton Human Services webpage at rentonwa.gov/socialservices or call 2-1-1 for up-to-date community information.

# RENTON'S HOUSING REPAIR ASSISTANCE PROGRAM offers

free minor home repairs to lowincome residents, including safety installations, disability aids, plumbing, electrical fixes, and more. To qualify for Renton's Housing Repair Assistance Program, you must: Be a homeowner and resident in Renton for at least one year, with no plans to sell in the next twelve months and meet HUD income guidelines.

**To apply:** Complete the application process by requesting an application via email at <a href="mailto:humanservices@rentonwa.gov">humanservices@rentonwa.gov</a> or calling 425-430-6650.

After evaluation, you will be informed of your eligibility. If accepted, technicians will assess your home repair needs. Priority is given to health and safety services.



# Library PROGRAMMING

Check out King County Library System fun and educational programs and events at these local libraries.

#### **RENTON LIBRARY**

100 Mill Ave S., Renton, 98057 kcls.org/locations/renton

#### **RENTON HIGHLANDS LIBRARY**

2801 NE 10th St., Renton, 98056 kcls.org/locations/renton-highlands

#### **FAIRWOOD LIBRARY**

17009 140th Ave SE, Renton, 98058 kcls.org/locations/fairwood

#### **SKYWAY LIBRARY**

12601 76th Ave S, Seattle, 98178 kcls.org/locations/skyway





This fantastic program is made possible thanks to the generous support of individuals, service organizations, businesses, and grants.

Apply today and let's make recreation accessible for everyone!



Complete an application at Francisco Science Complete Com



# rentonwa.gov/volunteer

Get involved this summer at Renton History Museum, Renton Farmers Market, or Renton River Days; Become a coach in youth athletics or with the adaptive recreation sports program; Get involved at the Don Persson Renton Senior Activity Center or at a park project and so much more!

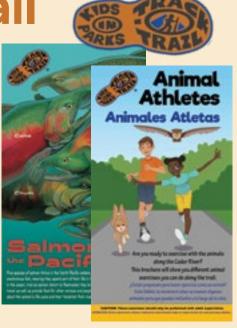
Check out the opportunities at rentonwa.gov/volunteer.

If you don't see an opportunity, contact Teresa Nishi, Volunteer Coordinator tnishi@rentonwa.gov or 425-766-5157



Get uplugged. Get outdoors. Join the Kids in Parks TRACK Trail program at Cedar River Trail Park, 1060 Nishiwaki Lane. FREE self-guided educational brochures available for kid friendly nature walks on the Cedar River Trail to learn about animals, trees, salmon, and the outdoors! Best of all, you can earn free prizes by tracking your adventures on Kidsinparks.com/cedar-river-

trail-park





235 Mill Ave. S, 425-430-6440 Wednesday–Friday 10am–4pm rentonwa.gov/museum

#### **ADMISSION**

#### \$5 Adults, \$2 Children

Children (8 and younger) and Renton Historical Society members are FREE

#### **FREE ADMISSION:**

First Wednesday of every month.

Located in an historic Art Deco firehouse, the Renton History Museum offers changing exhibits, programs, publications, and events to share Renton's stories, past and present. The Museum is situated in historic downtown Renton and is surrounded by local shops and restaurants, offers free parking, and is close to the library and Liberty Park.

#### **PERMANENT EXHIBITS**







# T-SAFETY TO THE

# SATURDAY, MAY 17

# RENTON COMMUNITY CENTER

ADMISSION IS FREE | REGISTRATION REQUIRED **SAVE THE DATE!** 

# 11am-2pm

A hands-on, family-friendly event focused on everyday safety and preventive care! Join us for this unique opportunity to engage with local organizations and volunteers who are passionate about helping families stay safe.

#23782 · rentonwa.gov/register











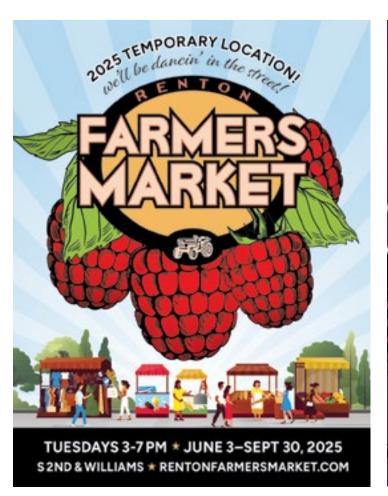
AGE 6-12 An evening of arts & crafts, exciting gym games and pizza party!

HIGHLANDS NEIGHBORHOOD CENTER 800 Edmonds Ave NE

Friday, May 23 · 4-8pm

#24501, NR \$19 / R \$15













# Environmental Science Center CLASSES

# **Family Nature Kits**

Jun 7, Jul 5, Aug 2, 10am-3pm

#### No registration needed

Join the Environmental Science Center at Liberty Park on the first Saturday of the month for free hands-on science activities and Family Nature Kits! Check out a backpack after 10 AM and return it by 3 PM for a fun way to explore Renton.

#### LIBERTY PARK BUILDING



# Nature Adventure Family Camp

#### Jul 19, 10am-12pm

Explore the "bugs" and salmon of the Cedar River, conduct research, and learn about local stewardship! Join the **Environmental Science Center for this** hands-on STEM program, ideal for families with 1st-5th graders. A participating adult is required for outdoor fun!

#### LIBERTY PARK BUILDING Registration required:

secure.qgiv.com/for/publicprograms/ event/natureadventurefamilycamp/



# Why Do My Plants Keep Dying??

Ages 18 & Up. Wondering why your garden plants aren't thriving? Join the Environmental Science Center for a presentation on plant survival, growth, and nutrition. Learn the science behind healthy plants by comparing three common garden varieties.

SENIOR ACTIVITY CENTER WEDNESDAY, 5:45-7:45PM

24700 May 7 **FREE** 

#### Cedar River Bird Walk

Ages 50 & Up. Curious about Renton's bird species and their habitat? Environmental Science Center naturalists and Ed Dominguez from Seward Park Audubon Center will lead you on a guided bird and plant walk along the Cedar River. Learn to identify birds by sight and sound while exploring the benefits of birdwatching for memory, mental health, and wellbeing.

SENIOR ACTIVITY CENTER MONDAY, 10AM-12PM

Jun 16 24697

FRFF

# Seahurst Beach Walk and Lunch

Ages 50 & Up. Join the Environmental Science Center at Seahurst Park for a guided exploration of the intertidal habitat during summer low tide! Naturalists will lead a beach walk to discover local plants and animals while sharing safe exploration tips. Participants must navigate uneven terrain. After the adventure, enjoy lunch while admiring the surf.

**SENIOR ACTIVITY CENTER** THURSDAY, 10AM-2:30PM

24698

Jul 10

**FREE** 

# **Ballard Locks Salmon** Viewing and Tour

Ages 50 & Up. Join the Environmental Science Center for an educational trip to the Ballard Locks! Learn about its history. watersheds, and stormwater management while observing salmon in the fish ladder and boats navigating the busiest locks in the U.S. Departing from Don Persson Renton Senior Activity Center.

SENIOR ACTIVITY CENTER TUESDAY, 9AM-1:30PM

24699 **FREE** Aug 12



Free with registration at rentonwa.gov/register environmentalsciencecenter.org



# **PRESCHOOL**

# **Tiny Toddler Time**

Ages 9mo – 3. Parent/guardian supervision always required. This space allows your tiny toddler to climb, explore, tumble, and meet new friends in a fun and social environment. No food or drink allowed in the Play Space. There is no seating in the Play Space so be prepared to be up and moving with your child. No program Jun 19, Jul 4

#### RENTON COMMUNITY CTR MONDAY-FRIDAY, 9-3PM

25108 May 2-23 \$5 25109 May 27-Aug 1 \$5



# YOUTH & TEEN

2025 Summer Meal Program for Greater Renton Area

# SUMMER MEALS









Renton School District will provide FREE Summer Meals in-person to all children ages 1 to 18.

- Monday, June 30 Friday, August 15; No meals served on July 3 and 4
- Everyone welcome, ages 1 to 18
- No registration required
- Meals must be eaten on-site
- Served Monday Friday (unless noted)
- Meal times vary by site
- No Drop-offs Allowed

For schedule of location, dates, and times, go to:

# rentonwa.gov/summerlunch

# And RECREATION ACTIVITIES

Join Recreation staff for FREE recreation activities from 10:30am-2:30pm.

- Heritage Park, 233 Union Ave NE
- Kiwanis Park, 815 Union Ave NE
- Sunset Neighborhood Park, 2680 Sunset Lane NE

# Family Fun Extravaganza!

These events are in partnership with King County Library System at summer meal sites.



#### Tee Off For Fun This Summer!

Mon, Jun 30, 11am Heritage Park, 233 Union Ave NE

Come tee up for fun at our 9-hole mini golf course, featuring challenging obstacles like windmills, ramps, buildings, loops, and more!

#### Magic Show with Alex Zerbe

Wed, Jul 16, 11:30am Sunset Neighborhood Park 2680 Sunset Ln NE

Weird, skillful, and charming, Alex Zerbe delivers jokes about parenthood, performs kid-friendly, interactive hip hop, and unleashes sight gags and physical comedy that will leave a trail of confetti, smiling kids, and happy parents in its wake.

#### Sing Your Song Concert Keeth Apgar of the Harmonica Pocket

Thurs, Jul 31, 11 am

Tiffany Park, 1902 Lake Youngs Way SE

In this light-hearted, engaging and playful music program, families and kids are empowered to sing together. Ukuleles, acoustic guitars and harmonicas accompany silly and sweet songs about trees, bugs and being itchy. Learn original finger plays, nonsense rhymes and new words to old songs.





#### Jeff Evans' Secrets of Wizards Show

Wed, Aug 6, 12pm Liberty Park, 1101 Bronson Way N.

You'll love the unexpected things that happen when Jeff Evans combines imagination with the power of magic. It's magic, puppetry, and laugh-out-oud fun rolled into one show!

#### Music in the Park with Marco Cortes

Thur, Aug 14, 11:30am Kiwanis Park, 815 Union Ave NE

Join us for a live musical performance by the talented Marco Cortes, singing a beautiful mix of songs in English and Spanish.









# Specialty Camps

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See rer	ntonwa.gov/reg ul 7-11	gister keyword						
			Snapolo	SNAPOLOGY CAMPS See rentonwa.gov/register keyword Snapology for full descriptions				
<b>2</b> Ju		9am-4pm	7-12	Amusement Park Engineering + STEAM Survivor - ID 24819	\$430	\$516		
	ul 14-18	9am-12pm	4-6	Junior Planes, Trains and Automobiles - ID 24826	\$225	\$270		
<b>3</b> Ju	ul 21-25	9am-4pm	7-12	Prehistoric Robots + Mining and Building Mania - ID 24827	\$430	\$516		
4 )	ul 28-Aug 1	9am-12pm	4-6	Discovering Dinosaurs - ID 24828	\$225	\$270		
<b>5</b> A	Aug 4-8	9am-4pm	7-12	Foundational Engineering + Superheroes - ID 24831	\$430	\$516		
<b>6</b> A	Aug 11-15	9am-4pm	7-12	Creature Creators + Snapology Summer Games - ID 24832	\$430	\$516		
LIT	TLE MEI	DICAL S	CHC	OOL CAMPS				
				edical School for full descriptions	4050	<b>.</b>		
	un 23-27	9am-12pm	7-10	Ocean Explorers - ID 24833	\$350	\$420		
	un 23-27	1pm-4pm	7-10	Wilderness Survival Camp - ID 24834	\$350	\$420		
	un 30- Jul 3	9am-12pm	7-10	Future Pediatrician - ID 24835	\$280	\$336		
	un 30- Jul 3	1pm-4pm	7-10	Medical Marvel - ID 24837	\$280	\$336		
	ul 7- 11	9am-12pm	4-6	Pre-K Little Doctor School - ID 24838	\$350	\$420		
	ul 7- 11	1pm-4pm	7-10	Future Doctor School - ID 24839	\$350	\$420		
	ul 14-18	9am-12pm	7-10	Future Health Heroes - ID 24840	\$350	\$420		
	ul 14- 18	1pm-4pm	8-12	Future First Responders - ID 24842	\$350	\$420		
	ul 21-25	9am-12pm	4-6	Pre-K Little Canine Veternarian - ID 24843	\$350	\$420		
10	ul 21- 25	1pm-4pm	7-10	Future Canine Veternarian - ID 24844	\$350	\$420		
10	ul 28- Aug 1	9am-12pm	8-12	STEM Sleuths - ID 24845	\$350	\$420		
<b>12</b> Ju	ul 28- Aug 1	1pm-4pm	12-14	Medical School 4 Teens - ID 24846	\$350	\$420		
		IX CAM		iFlix for full descriptions				
	ul 7-11	9am-12pm	7-13	Special Effects Movie Flix (Half Day AM) - ID 24847	\$260	\$312		
	ul 7-11	1pm-4pm	7-13	Lego Flix (Half Day PM) - ID 24848	\$260	\$312		
	ul 7-11	9am-4pm	7-13	Special Effects Movie Flix + Lego Flix (Full Day) - ID 24849	\$488	\$586		
	Aug 4-8	9am-12pm	7-13	Animation Flix (Half Day AM) - ID 24850	\$260	\$312		
	Aug 4-8	1pm-4pm	7-13	Minecraft Movie Flix (Half Day PM) - ID 24851	\$260	\$312		
	Aug 4-8	9am-4pm	7-13	Animation Flix + Minecraft Movie Flix (Full Day) - ID 24852	\$488	\$586		

# **Sports Camps**

# Sports N' Splash Camps

#### **Basketball**

Ages 7-12. Game, Set, Splash! This camp combines sports in the morning with swimming in the afternoon at Henry Moses Aquatic Center.

RENTON COMMUNITY CENTER TUESDAY-THURSDAY, 9AM-3PM

24641 Jul 1-3 NR \$180 / R \$150

# **Multi-Sport**

CEDAR RIVER PARK TUESDAY-THURSDAY, 9AM-3PM

24643 Jul 8-10 NR \$180 / R \$150 24644 Jul 15-17 NR \$180 / R \$150 24645 Aug 5-7 NR \$180 / R \$150 24646 Aug 12-14 NR \$180 / R \$150 24647 Aug 19-21 NR \$180 / R \$150





Financial Assistance for Your Recreation Programs

Scholarships for course fees are available for Renton residents of all ages.

This fantastic program is made possible thanks to the generous support of individuals, service organizations, businesses, and grants. Apply today and let's make recreation accessible for everyone!



Complete an application at rentonwa.gov/scholarship For questions, email recreation@rentonwa.gov

# Eastside Dream Elite Cheer Camp

**Ages 6-12.** Let's cheer! Participants learn to perform cheers, dance routines, and beginning tumbling skills. www.EastsideDreamElite.com

RENTON COMMUNITY CENTER • MONDAY-FRIDAY, 9:30AM-3PM

24853 Jul 7-11 NR \$324 / R \$270



# **YOUTH & TEEN**

### Renton Youth Council Summer Session

Ages 13-17. Make an Impact, Have Fun, and Let Your Voice Be Heard! Become more involved in your community while gaining valuable experience. The Renton Youth Council is looking for passionate, community-driven members like YOU!

- Take part in exciting opportunities like Legislative Youth Action Day in Olympia
- Have input in upcoming Parks and Recreation projects
- Get hands-on experience with our Parks & Recreation Division, developing leadership and project management skills

The Renton Youth Council has already planned awesome teen events, like Teen Night at Henry Moses Aquatic Center, and we want your ideas for more fun programs in our community!

Sign up now to receive updates on upcoming events and meetings—times and dates are TBD, and registered participants will get event invitations via email.

This summer, join us for:

- Camp Counselor in Training Program
- Hosting Teen Pool Night at Henry Moses Aquatic Center
- Volunteering at Renton River Days and more!

Get involved, make a difference, and have a blast along the way!

HIGHLANDS NEIGHBORHOOD CTR MONDAY, 6-7:30PM

24502 Jun9-Aug 25 FREE

# Parks and Recreation Internship

Ages 13-17. This series offers Renton teens a chance to explore the vital work of Renton Parks & Recreation through hands-on experiences, site visits, and a chance to share ideas and give feedback to our Parks and Recreation professionals and Parks Commission.

HIGHLANDS NEIGHBORHOOD CTR THURSDAY 5:30-7:30PM

24601 May 8-Jun 10

# Teen Trip -Funko Pop Museum

Ages 13-17. Visit the Funko Pop Headquarters! Explore a mega store filled with endless Pops, fun photo ops, and a create-your-own Pop station. Bring money for purchases—Pops range from \$12-\$35, with custom ones around \$30.

HIGHLANDS NEIGHBORHOOD CTR SATURDAY, 11AM-3:30PM

24400 May 10

.....

\$5

**FREE** 

# YOUTH DANCE

# Afterglow Dance Youth Hip Hop

Ages 6-12. Grow and glow to the beat with Teacher Kendra from Afterglow Youth Hip Hop! This high-energy hip hop class builds rhythm, musicality, choreography, and teamwork through fun, expressive movement. Students will learn formations and stage presence. Please wear sneakers and bring a water bottle to each class.

#### **RENTON COMMUNITY CENTER**

Ages 6-8

WEDNESDAY, 5-5:45PM

24317 Jul 2-Sep 10 NR \$132 / R \$110 Ages 9-12

WEDNESDAY, 6-6:45PM

24316 Jul 2-Sep 10 NR \$132 / R \$110



# **YOUTH ART**

# **Ceramics**

In the first session, students will work with wet clay to create a project using step-by-step guidance and provided tools, exploring various techniques. In the second session, they will glaze their masterpiece using a range of studio colors.

RENTON COMMUNITY CENTER

#### You & Me Ceramics

•••••••

Ages 3-5 with an adult. Session one, shape wet clay into age-appropriate projects while learning essential techniques. In session two, bring your creations to life with vibrant colors. A You & Me art adventure where imagination takes form! No program May 13, Jun 17.

**TUESDAY, 10AM-10:30AM** 

24660 May 6 & 20 NR \$43 / R \$36 24668 Jun 10 & 24 NR \$43 / R \$36



Ages 6-8. Unleash Your Creativity! In session one creator's dive into wet clay building with guided, step-bystep instruction. In session two, artists bring your piece to life with vibrant glazes. A fun, hands-on class to create something uniquely yours. No program May 13, Jun 17.

TUESDAY, 4:15-5:15PM

24666 May 6 & 20 NR \$58 / R \$48 24669 Jun 10 & 24 NR \$58 / R \$48

# Intermediate Creative Ceramics

Ages 9-11. Take your skills to the next level! Create complex projects using advanced forms and techniques. In session one, shape your piece with step-by-step guidance. In session two, glaze it with vibrant studio colors. A perfect class to craft something truly unique! No program May 13, Jun 17.

TUESDAY, 5:30-6:30PM

24667 May 6 & 20 NR \$58 / R \$48 24670 Jun 10 & 24 NR \$58 / R \$48



# **Acrylic Art Class**

Ages 6-12. Explore the Art of Painting! Learn composition, color theory, and technique while exploring styles from realism to abstract. No experience needed—just bring your creativity! All supplies included, and each class ends with a finished painting.

TIFFANY PARK BUILDING THURSDAY, 5-6:30PM

24671 May 8-Jun 5 NR \$180 / R \$150 THURSDAY, 10-11:30AM

24672 Jul 10-Aug 7 NR \$180 / R \$150

# INTERGENERATIONAL CLASS

# **Up-cycled Jewelry**

Ages 12 & Up. Take bits and pieces of old jewelry and create it into a work of art! Refurbish the old or create something new. Let your creativity be your guide in this fun up-cycling project. All supplies provided, however if you have a personal piece you would like to alter, please feel free to bring. Let's create jewelry magic! No experience necessary.

SENIOR ACTIVITY CENTER WEDNESDAY, 5:30-7PM

25075 Jun 25 NR \$8 / R \$5

# Chalk Pastel Landscapes

Ages 12 & Up. Unleash your creativity in this fun, multigenerational class! Explore blending, layering, and color techniques to create a vibrant landscape with chalk pastels. No prior experience needed! Provided by SilverKite and sponsored by Era Living/The Lakeshore.

SENIOR ACTIVITY CENTER WEDNESDAY, 6:30-7:30PM

24864 Jul 16



# Movie With a Scientist - Secrets of the Whales

Ages 12 & Up. Enjoy the first episode of this documentary series featuring orcas around the world communicating, hunting and interacting with their environments. Discussion and Q&A from Environmental Science Center.

SENIOR ACTIVITY CENTER WEDNESDAY, 6-7:30PM

24944 Aug 6



# YOUTH SPORTS

#### Tae Kwon Do

Ages 6 & Up. Instructors from Forza Dragon Martial Arts will teach Tae Kwon Do, Hapkido, and Hwrang Do. This program is for the entire family. Questions; email the instructor directly at forzadragonma@gmail.com

#### HIGHLANDS NEIGHBORHOOD CTR

#### **Beginning White Belts**

TUESDAY & THURSDAY, 5-6PM

25085 May 27-Jul 3 NR \$72 / R \$60

#### **Gold & Orange Belts**

**TUESDAY & THURSDAY, 6-7PM** 

25086 May 27-Jul 3 NR \$72 / R \$60

#### Advanced Green Belt & Above

TUESDAY & THURSDAY, 7-8PM

25087 May 27-Jul 3 NR \$72 / R \$60

#### **Sparring**

WEDNESDAY 5-6:30PM

25088 May 28-Jul 2 NR \$55 / R \$45



#### Renton Dragons Track & Field Team

Ages 5-14. The Renton Dragons Track and Field Team is about fun, participation, skill development, and competing with friends! In this league, everyone gets a chance to compete as we matchup against the City of Issaquah, Auburn, and Si View in a variety of running and field events. No program 7/3.

Our practices and home meet will take place at HAZEN HIGH SCHOOL on the track at 1101 Hoguiam Ave NE, Renton, WA 98059.

HAZEN HIGH SCHOOL

#### 5 to 8 year olds practice

TUESDAY & THURSDAY, 5:30-6:40PM 24648 May 13-Jul 17 NR \$84 / R \$70

#### 9 to 14 year olds practice

TUESDAY & THURSDAY, 6:40-8PM 24649 May 13-Jul 17 NR \$90 / R \$75





Our baseball program is about fun, participation, and skill development.
Players will be placed on a team of 8 to 12 and assigned a volunteer coach.

One practice and one game per week.

Each player will receive a shirt and hat.

We recommend each player provide their own helmet and glove.

# **EARLY AUGUST - END OF SEPTEMBER • RENTONWA.GOV/REGISTER**

Ages 3-11. Time to play ball! Gear up for an exciting season of tball! Perfect for young athletes eager to learn the fundamentals of baseball in a supportive and fun environment. Our program focuses on skill development, team-work, and sportsmanship while providing plenty of opportunities for players to hit, field, and run the bases.



# VOLUNTEER COACHES:

Coaches are essential to our program, providing leadership and fun for young athletes. This rewarding opportunity lets you give back to your community while setting your child's practice schedule. Plus, enjoy a 100% credit after the season! Become a Volunteer Coach – Make a Difference!

\*Practice schedule is determined by the volunteer coaches. Practices begin the week of Aug. 4-9, one week day evening practice each week.

Division	Course ID	Game Days	Game Site	Games Begin	Last Game	Potential Practice Days*	Fee
TBall 3/4's	24657	SATURDAY Mornings/	Maplewood Park	Saturday Aug. 16	Saturday Sept. 27	MonFri. evenings	\$70R/ \$84NR
Tball 5/6's	24659	- Mornings/ Afternoons				MonFri. evenings	
Coach Pitch 7/8's	24661	WEDNESDAY Evenings + Friday potential overflow games	Kiwanis Park &	Wednesday Aug. 13	Wednesday Sept. 24	Mon., Tues, or Thurs. evenings	\$70R/
Coach Pitch 9-11's	24662	THURSDAY Evenings + Friday potential overflow games	Teasdale Park	Thursday Aug. 14	Thursday Sept. 25	Mon., Tues, or Wed. evenings	\$84NR

# **ADAPTIVE RECREATION**

# Swim Night!

Ages 3 & Up. This experience is for individuals with intellectual, developmental, physical, or neurological disabilities. Enjoy an exclusive swim session at Henry Moses Aquatic Center with family and caregivers. Swim, slide, or relax in the lazy river in a safe, supportive environment. One free aide or caregiver included with admission.

# HENRY MOSES AQUATIC CENTER FRIDAY, 5:30-8:30PM

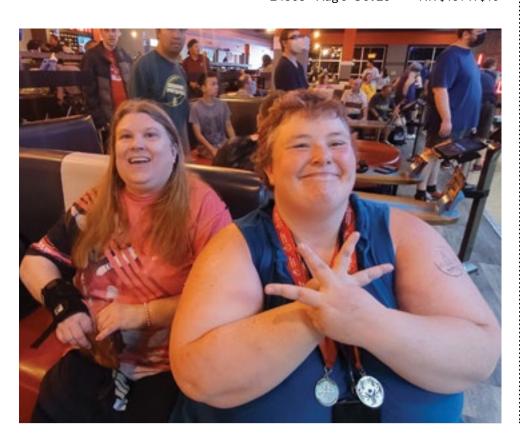
24798 Jul 11 NR \$15 / R \$10 24799 Aug 8 NR \$15 / R \$10

# **Healthy Athletes**

Ages 13 & Up. Fun fitness workouts on the same schedule at Club Thursday, coupled with wellness and nutrition education. All fitness levels are welcome! Held at the Renton Senior Activity Center. No program May 15, Jun 19, Jul 3, Jul 24.

SENIOR ACTIVITY CENTER THURSDAY, 6-7PM

24800 May 1-Aug 14 NR \$15 / R \$10





# Club Thursday

Ages 16 & Up. Meet us at the Renton Senior Activity Center for an evening filled with friends and fun! Activities vary from week to week and are listed in "The Buzz". Light snacks are provided. No program May 15, Jun 19, Jul 3, Jul 24.

SENIOR ACTIVITY CENTER EVERY OTHER THURSDAY, 7-8:30PM

24955 May 1-Aug 14 NR \$20 / R \$17

# Special Olympics Bowling

Ages 8 & Up. Ready, set, bowl! Special Olympics Bowling is open to youth and adults of all skill ability. Join us for practices at Bowlero South Seattle.

OFF-SITE LOCATION - TBD SATURDAY 12AM-2AM

24863 Aug 9-Oct 25 NR \$15 / R \$10



# Greenhouse Gardens

#### Summer/Fall

#### Year-Round Greenhouse Gardening

Grow in a temperaturecontrolled greenhouse! Gardeners provide, maintain, and water their own plants, all started from seed.

#### 4' x 3' Tables • Water provided

Limit 2 per household.
Second space not guaranteed,
email clolson@rentonwa.gov
to request a second space.

# AGES 14 & UP. COMMUNITY GARDEN & GREENHOUSE

July 7–December 14 NR \$40 / R \$34 Register with code 24339

# **ADULT GENERAL INTEREST**

# Resin Wave Charcuterie Board Workshop

Ages 18 & Up. Resin Wave Charcuterie Boards are all the rage right now! Craft your own board in a hands-on workshop. Choose your board, select a custom color pallet, and master epoxy resin pouring. Your unique creation will be ready for pickup after 2 weeks of curing and finishing.

# RENTON COMMUNITY CENTER THURSDAY, 6-8PM

24816 May 22 NR \$144 / R \$120 24817 Jun 12 NR \$144 / R \$120 24818 Aug 14 NR \$144 / R \$120



#### Cookbook Book Club

Ages 21 & Up. Join fellow food lovers each month to cook, share, and connect! Choose a recipe from a selected cookbook, prepare it at home, and bring it to the Senior Activity Center for a family-style meal and culinary discussion. Space is limited.

SENIOR ACTIVITY CENTER 2ND WED OF MONTH, 5-7PM

24425 May 14-Aug 13

FREE

# 10 Warning Signs of Alzheimer's

Ages 21 & Up. Learn to recognize common signs of the disease in yourself and others, and next steps to take, including how to talk to your doctor.

SENIOR ACTIVITY CENTER WEDNESDAY, 6:30-7:30PM

25042 Jul 30 FREE

# Compost and Amendments

Ages 18 & Up. Learn how to use compost, soil amendments, and garden "waste" to feed your soil and plants. Get tips on making better compost, using organic materials wisely, and boosting your garden naturally.

RENTON COMMUNITY CENTER WEDNESDAY, 6-7:30PM

24642

May 7

FREE

# Incredible Edibles: Grow Your Own!

Ages 18 & Up. Learn to grow healthy produce and conserve water in this online class! Tilth Alliance will cover the basics of organic vegetable gardening bringing a sustainable connection to nature into your home!

VIRTUAL ONLINE • WED, 6-7:30PM

24650

May 21

FREE

# **Eco Gardening Hacks**

Ages 18 & Up. Learn quick fixes for the Top 10 challenges PNW gardeners face—like weeds, watering, pests, and more. Discover simple tips for growing easy edibles and getting the most from your garden. Care for your garden, and it will care for you!

VIRTUAL ONLINE • TUESDAY, 6-7:30PM

24652 Jun 3

FREE

# Starting Minimalism!

Ages 21 & Up. Feeling overwhelmed by clutter? Explore the minimalist mindset, its history, and find helpful books, movies, and videos to simplify your space and reduce stress.

SENIOR ACTIVITY CENTER WEDNESDAY, 6:15-7:45PM

25081 Jun 11

FREE

# Free Dog & Cat Microchipping No appointment necessary! Eastside Veterinary Associates 1700 NE 44th St. Monday-Friday Check-in at 11:30 a.m. Proof of Renton residency via a driver's license or utility bill is required for service.

# **ADULT FITNESS**

# Pilates Sculpt

Ages 16 & Up. Bring your mat and join us for a full body sculpt experience. Use your own body weight, light dumbbells (optional) and resistance bands for strength, mobility and flexibility. This class is a fusion of Pilates, yoga, and strength training targeting all major muscle groups with a focus on core strength. Class is suitable for all fitness levels and modifications will be shown. No program Jun 19, Jul 3.

#### **RENTON COMMUNITY CENTER** THURSDAY, 6-7PM

24257	May 1-29	NR \$36 / R \$30
24271	Jun 5-26	NR \$22 / R \$18
24272	Jul 10-31	NR \$29 / R \$24
24273	Aug 7-28	NR \$29 / R \$24

#### **DROP IN OPTION**

24301 May 1-Aug 28 NR \$9 / R \$7

#### Tai Chi - Advanced

Ages 18 & Up. For students comfortable with the 24 Yang-style movements, this class refines technique, explores variations, and enhances strength and self-awareness. Dive deeper into this meditative martial art and its possibilities!

#### SENIOR ACTIVITY CENTER **WEDNESDAY, 4:15-5:30PM**

24456	May 7-28	NR \$30 / R \$24
24457	Jun 4-25	NR \$30 / R \$24
24458	Jul 2-30	NR \$38 / R \$30
24459	Aug 6-27	NR \$30 / R \$24

#### Bachata 201

Ages 18 & Up. No partner needed we'll rotate in class! Explore Bachata's blend of Dominican roots and modern flow. Designed for all levels, this course builds on fundamentals, adding complexity, musicality, and personal expression to refine your technique and boost confidence!

#### **RENTON COMMUNITY CENTER** TUESDAY, 7:40-9:10PM

24556 May 6-27 NR \$36 / R \$30 NR \$36 / R \$30 24557 Jun 3-24

### Interval Training

Ages 16 & Up. Strength training exercise infused with cardio, Pilates, stretching & core. Challenges your muscles in different ways. Burns calories & improves your strength, for a total body workout. Modifications for all fitness levels. No program Jun 19, Jul 3.

#### RENTON COMMUNITY CENTER THURSDAY, 9-10AM

Jun 3-24

Jul 1-29

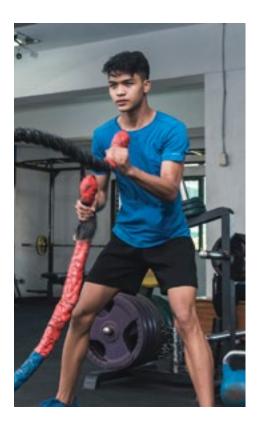
24327	May 1-29	NR \$36 / R \$30		
24330	Jun 5-26	NR \$22 / R \$18		
24331	Jul 10-31	NR \$29 / R \$24		
DROP IN	OPTION			
24505	May 1-Jul 31	NR \$9 / R \$7		
TUESDAY, 9-10AM				
24326	May 6-27	NR \$29 / R \$24		

**DROP IN OPTION** 

24328

24329

24504 May 6-Jul 29 NR \$9 / R \$7

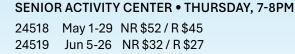


# Belly Dance Choreography

NR \$29 / R \$24

NR \$36 / R \$30

Ages 18 & Up. For students with prior belly dance experience, this class blends traditional and fusion choreography while refining technique and fluidity. Learn a dance you can perform for special occasions! No program Jun 19.



# SHARQUI Belly Dance Workout

Ages 18 & Up. SharQui – Belly Dance Fitness is a fun, cardio workout blending authentic belly dance moves with upbeat music! Improve balance, core strength, stamina, and flexibility—no experience needed. Dress comfortably, bring water, and come ready to "Shake

Your Beauty!" RENTON COMMUNITY CENTER

WEDNESDAY, 7-8PM 24520 May 7-28 NR \$42 / R \$36 24521 Jun 4-25 NR \$42 / R \$36

**DROP IN OPTION** 

May 7-Jun 25 NR \$11 / R \$9

# **ADULT FITNESS**

# Afterglow Dance Fitness

Ages 16 & Up. Burn calories while feeling those Hip-Hop, Afro, Reggaeton/Latin and Pop beats! No experience needed—just bring a towel, water bottle, and a friend. Designed for all abilities—come glow with us! No program May 24, Jun 21, Jul 5.

# RENTON COMMUNITY CENTER SATURDAY, 9:30-10:30AM

24274 May 3-31 NR \$36 / R \$30 24275 Jun 7-28 NR \$22 / R \$18

# HONEYDEW ELEMENTARY SATURDAY, 9:30-10:30AM

24276 Jul 12-26 NR \$22 / R \$18 24277 Aug 2-30 NR \$36 / R \$30

#### **DROP IN OPTION**

24302 May 3-Aug 30 NR \$9 / R \$7

# Afterglow Dance Fitness & Pilates

Ages 16 & Up. Join in on Dance Fitness, Pilates, or a combo of BOTH! Spend the first hour experiencing a calorie-burning workout through Hip-Hop, Latin, Soca, R&B and Pop beats. For the last 30 minutes, hit the mats and get some Pilates strengthening and stretching in. Perfect for all fitness levels! Bring a water bottle, yoga mat, and towel. No program Jun 24.

# RENTON COMMUNITY CENTER TUESDAY, 6-7:30PM

24278	May 6-27	NR \$29 / R \$24
24279	Jun 3-17	NR \$22 / R \$18
24280	Jul 1-29	NR \$36 / R \$30
24281	Aug 5-26	NR \$29 / R \$24

#### **DROP IN OPTION**

24300 May 6-Aug 26 NR \$9 / R \$7

# Afterglow Yoga

Ages 16 & Up. Nourish your body and your soul with Vinyasa Yoga. This class is intended to help ease into the week ahead. Students will need a yoga mat, and blocks/blankets for your practice. No program May 26.

# RENTON COMMUNITY CENTER MONDAY, 9-10AM

24621	May 5-19	NR \$22 / R \$18
24623	Jun 2-30	NR \$36 / R \$30
24624	Jul 7-28	NR \$29 / R \$24
24625	Aug 4-25	NR \$29 / R \$24

#### **DROP IN OPTION**

24626 May 5-Aug 25 NR \$9 / R \$7



# **Inclusive Yoga**

Ages 18 & Up. Experience the transformative power of our Inclusive Yoga class, specifically designed for people with abundant bodies, but all our welcome. Embrace your body and its unique beauty in a welcoming, non-judgmental environment where every pose is tailored to meet your needs. Enhance your flexibility, reduce stress, and cultivate a deeper connection with yourself in a supportive community.

# SENIOR ACTIVITY CENTER WEDNESDAY, 5:45-6:45PM

24427	May 7-28	NR \$24 / R \$20
24428	Jun 4-25	NR \$24 / R \$20
24429	Jul 2-30	NR \$30 / R \$25
24430	Aug 6-27	NR \$24 / R \$20

#### **DROP IN OPTION**

24431 May 7-Aug 27 NR \$9 / R \$7

#### **Zumba Fitness**

Ages 18 & Up. Zumba – Dance your way fit with a high-energy cardio workout to Latin music and dance moves for a fun fitness party! Improve cardio, strength, balance, and boost your mood. Bring water, comfy shoes, and a smile!

# RENTON COMMUNITY CENTER WEDNESDAY, 6-7PM

24282	May 7-28	NR \$24 / R \$20
24283	Jun 4-25	NR \$24 / R \$20
24284	Jul 2-30	NR \$30 / R \$25
24285	Aug 6-27	NR \$24 / R \$20

#### **DROP IN OPTION**

24299 May 7-Aug 27 NR \$9 / R \$7



# **ADULT SPORTS LEAGUES**

**FOR ALL LEAGUES:** Full payment is due at time of registration for teams. Space is limited. Top teams will advance to a league championship tournament. Tournament winners will receive awards.

Are you a single player looking for a team to join? Join the player pool list by emailing Aaron Colby at acolby@rentonwa.gov!



#### Fall Rec Softball

Ages 18 & Up. Ages 18 and up recreational leagues for casual players. All teams are guaranteed 14 games (doubleheaders). League follows USA format, and provides a certified USA umpire for all games. Games are held at local parks on Tuesday evenings at 6/7:10 and 8:30/9:40pm. Games begin in August and run through late September. The top teams will advance to a league championship tournament. Tournament winners will receive awards. Registration begins April 23. Space is limited. Payment is due in full at time of registration.

#### LOCAL PARKS TBD

#### Coed

Minimum three females for alternating batting order

**TUESDAY, 6-11:30PM** 24346 Aug 5-Sep 23 \$700 + Tax Fall

#### Men's Rec

Recreational league for average players.

**WEDNESDAY, 6-11:30PM** 24345 Aug 6-Sep 24 \$700 + Tax



# Corn Hole League

Ages 18 & Up. Join the Renton Cornhole League on Thursday nights at the Renton Community Center! Teams of two battle it out in a 6-week season + playoffs, following traditional rules with a few twists. No solo players—bring a partner and get ready to toss! Register early—registration fee due at sign-up!

RENTON COMMUNITY CENTER Thursday, 6-8pm

24341 Jul 10-Aug 21 \$75 + Tax

# Coed Kickball League

Ages 18 & Up. Relive your childhood fun with co-ed adult kickball! Easy, social, and open to all skill levels—grab your friends, family, or coworkers and kick some red rubber balls. Officials provided, with 4 men and 4 women on the field. Top teams battle in a championship tournament for awards! Space is limited, so register early. No program Jul 3, Jul 24.

LOCAL PARKS TBD THURSDAY, 6-10PM

#### Summer League:

24343 Jun 5-Aug 7 \$350 + Tax

Fall League:

24344 Aug 14-Sep 25 \$300 + Tax

# **ADULT SPORTS**

# Beginner Pickleball Clinic

Ages 16 & Up. Perfect for beginners or those with limited experience. Learn the rules, court etiquette, scoring, and basic shots, plus key pickleball terminology. A fun and interactive way to start playing and meet new people!

**RENTON COMMUNITY CENTER • SATURDAY 9-11:30AM** 

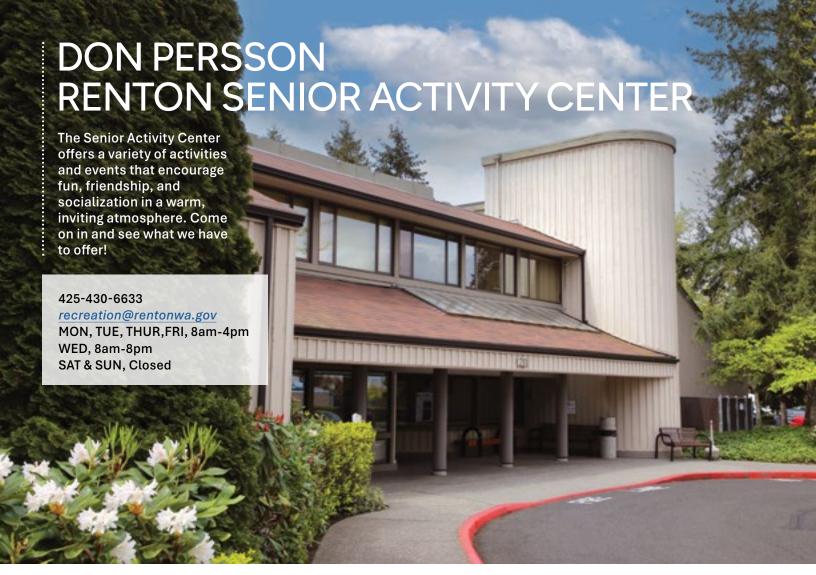
24911 Jun 7-14 NR \$90 / R \$75

#### Intermediate Pickleball Clinic

**Ages 16 & Up.** Designed for players comfortable with the basics, this clinic focuses on refining aggressive dinking, volleys, serves, returns, and strategic play to elevate your game.

RENTON COMMUNITY CENTER • SATURDAY, 9-11:30AM

24912 Jun 7-14 NR \$90 / R \$75





a variety of all-ages classes and

activities, and Drop-In programs for

seniors ages 50 & Up (i.e. Billards,

Ping Pong, and Fitness Room)

# Brushstrokes and Beyond SHOWCASE OF CREATIVITY

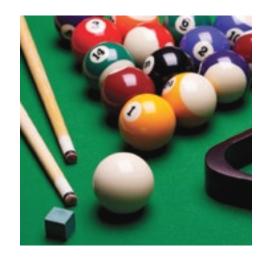
Artistic works created by Seniors at the **Don Persson Renton Senior Activity Center** 

THURSDAY, AUGUST 21 · 5:30-7:30PM

Art will be on display, open house style where people can mill around and view at their own pace.

Light refreshments served.

# SENIOR 50 & UP







Afternoon Movies	2nd Wednesday of the Month, 12:30–2pm	Lounge
Billiards	Mon, Tue, Thur, Fri, 8am-4pm Wednesday, 8am-8pm	Billiards Room
Bingo	Bingo 1st and 3rd Wednesday of the Month, 1–2pm	
Monthly Birthday Celebrations	2 AND MADDECUSM OF THE MONTH 11.31 ISM	
Bridge	Monday and Friday, 11:30am–4pm	Alder Room
Bunko	2nd and 4th Monday of the Month, 1–2pm	Cedar River Room
Duplicate Bridge	Tuesday, 11am-4pm	Alder Room
Fitness Room	Mon, Tue, Thur, Fri, 8am-4pm Wednesday, 8am-8pm	Fitness Room
Game Day Your Choice	Thursday, 12–4pm	Alder Room
Mahjong	Friday, 11am–2pm Wednesday, 3–7pm	Hemlock Room
Ping Pong	Mon, Tue, Thur, Fri, 8am–4pm Wednesday, 8am–8pm	Willow Room
Pinochle Wednesday, 9:30am–2:30pm		Willow Room
Pinochle - Single Deck for Fun	Wednesday, 12:30–3pm	Coffee Bar
Senior Lunch	Daily, 11:30am	Cedar River Room

# BEHIND THE SCENES TRIPS & TOURS

# Drone Demonstration w / Renton Police Dept

Ages 50 & Up. Guided drone demonstration hosted by the Renton Police Department (RPD). Meet RPD staff who will share highlights and examples of how drones are providing critical information, situational awareness and solving crimes.

SENIOR ACTIVITY CENTER WEDNESDAY, 8:30-11:30AM

24885

Jun 11

NR \$12 / R \$10

# Tour of Fire Station 11 & Lunch (Jimmy Mac's)

Ages 50 & Up. Meet the Renton Regional Fire Authority crew at Fire Station 11 for this unique opportunity to tour the facility, view apparatus, and time for Q&A. Lunch at own expense.

SENIOR ACTIVITY CENTER WEDNESDAY, 9AM-1PM

24860 Jul 30

NR \$12 / R \$10



# Parks Tour & Lunch at Coulon

Ages 50 & Up. Enjoy a guided tour of three recently renovated Renton parks: Philip Arnold, Kiwanis and Gene Coulon Memorial Beach Park. Meet Parks & Recreation staff who will give highlights to these expansive projects. Trip concludes with lunch (at own expense) at Gene Coulon.

SENIOR ACTIVITY CENTER WEDNESDAY, 8:30AM-1:30PM

<u>24879</u> May 7 NR \$12 / R \$10

# Key to Change Summer Recital

Ages 50 & Up. Experience Key to Change's end-of-summer string showcase, celebrating student talent with violin and viola solos, small and large ensemble pieces. Held at their Renton Studio, this inspiring recital highlights South King County's young artists.

SENIOR ACTIVITY CENTER SATURDAY, 11AM-2PM

24809 Aug 16 NR \$12 / R \$10



# **SENIOR 50 & UP DAY TRIPS**

Please bring additional money for entertainment, souvenirs, admission, and food.

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#### **Red Wind Casino**

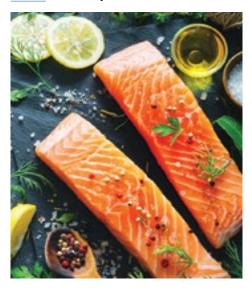
Ages 50 & Up. Red Wind Casino is the go-to spot near Olympia Washington for casino gaming, dining and entertainment, featuring more than 1,600 slot machines, and an array of table games. Luck is on your side!

#### **SENIOR ACTIVITY CENTER** TUESDAY, 9AM-4PM

24841

May 6

NR \$18 / R \$15



#### **Arnie's Edmonds**

Ages 50 & Up. Arnie's is located on the beautiful waterfront of Edmonds. Serving up Pacific Northwest favorites, this low-key venue makes for a great lunch outing. If weather permits, participants will be able to explore the waterfront and what it has to offer.

SENIOR ACTIVITY CENTER TUESDAY, 10:30AM-4PM

24883

May 27

NR \$12 / R \$10







# Song of Seattle A Cappella Concert

Ages 50 & Up. Enjoy the a cappella harmonies of Song of Seattle, a 25-member women's chorus entertaining the Northwest for over a decade! "Journey of Joy" is their send-off concert before performing in England. Show will feature PrimeTime, 13th Place International Finalist.

**SENIOR ACTIVITY CENTER** SATURDAY, 1-5PM

24858

Jun 7

NR \$30 / R \$25

#### Remlinger Farms

Ages 50 & Up. Remlinger Farms is nestled in the small town of Carnation. This 350 acre working farm provides entertainment for all ages. You will be able to enjoy time exploring this historical farm for lunch and shopping at the market.

**SENIOR ACTIVITY CENTER** THURSDAY, 10AM-4PM

24894

Jun 26

NR \$12 / R \$10



#### **Newcomer's Hour**

Ages 50 & Up. Discover the Renton Senior Activity Center! Join a guided tour to explore exciting programs and activities. Meet in the Lobby at 10:15 AM, tour is hosted by our Senior Advisory Board. Account creation and pre-registration recommended! Please call 425-430-6633.

SENIOR ACTIVITY CENTER 1ST TUESDAY OF MONTH 10:15-11:15AM

24807 May 6-Aug 5

**FREE** 



#### La Conner

Ages 50 & Up. Travel with us to the quaint town of La Conner Washington located on the Swinomish Channel up in Skagit County. This town is rich in history with small shops and restaurants to enjoy. Finish your day at the La Conner Ice Cream Tower before heading home.

**SENIOR ACTIVITY CENTER** TUESDAY, 9AM-5PM

24836

Aug 26

NR \$18 / R \$15

# **SENIOR ART**

# Introduction to Chinese Calligraphy

Ages 50 & Up. Explore Chinese Calligraphy, an ancient art form. Learn its history, basic Chinese writing with a pencil, and progress to using ink and brushes. Patience is the key as you develop your skills in this class.

SENIOR ACTIVITY CENTER WEDNESDAY, 12:30-2PM

24958

May 7-Jun 11



# Oil Painting

Ages 50 & Up. Discover the art of Oil Painting! Instructor Tabitha Brown will explore techniques, color theory and application, as well as composition. All skill levels are welcome. A recommended list of supplies is available at the Senior Center.

# SENIOR ACTIVITY CENTER THURSDAY, 9-11:30AM

<u>24526</u> May 1-Jun 5 NR \$90 / R \$75 24527 Jun 26-Jul 31 NR \$90 / R \$75



# Watercolor Exploration

Ages 50 & Up. This beginner level watercolor class introduces what monochromatic painting involves. Focus on specific subjects during Weeks 1, 3 and 5, with a review of your work 1-2 weeks later. A recommended supply list is available at the Senior Center front desk.

SENIOR ACTIVITY CENTER MONDAY, 1-3:30PM

25288 Jul 14-Aug 18 NR \$90 / R \$75

# Acrylic Painting

These step-by-step paintings are fun and our instructors make it easy to follow along. No experience necessary, all supplies provided.

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# The Blue Doorstep

Ages 50 & Up. Spring has sprung! The bright blue door, surrounded by the beauty of colorful planters sets the scene for this artistic piece. Utilize special techniques while creating texture and dimension to bring the flowers to life.

SENIOR ACTIVITY CENTER TUESDAY 12-2:30PM

24706 May 6 NR \$18 / R \$15



# **Butterfly and Flower**

Ages 50 & Up. Zooming in to the gentle touch of a butterfly to a flower. This painting project will have you admiring the beauty of a simple scene often found nature.

SENIOR ACTIVITY CENTER TUESDAY, 12-2:30PM

24707 May 20 NR \$18 / R \$15

#### Picnic at the Park

Ages 50 & Up. The summer sunshine will have you in the picnic spirit! This class will move outdoors to paint along the banks of the Cedar River. This picnic basket masterpiece will have you dreaming of the perfect picnic! Weather permitting, the class will paint outdoors.

SENIOR ACTIVITY CENTER TUESDAY, 12-2:30PM

24708 Jun 3 NR \$18 / R \$15

## Practicing Mindfulness; a Stone Stack

Ages 50 & Up. Practicing mindfulness keeps us young. Settle your mind and create a masterpiece of stacked stone on canvas, one that is light enough to carry home. You will become one with nature, listening to the surrounding sounds while painting outdoors. Weather permitting, we will move this class outside to enjoy nature in all its beauty.

SENIOR ACTIVITY CENTER TUESDAY, 12-2:30PM

24709 Jun 17 NR \$18 / R \$15

# Travel the World by Bicycle

Ages 50 & Up. Travel the world on canvas! Whether you draw inspiration from your own experiences or you are just dreaming of the destinations, this artistic piece will be a keepsake. This class will meet multiple times to create the depth of your travel! Students should bring pictures for inspiration.

SENIOR ACTIVITY CENTER TUESDAY 12-2:30PM

24711 Jul 8-29 NR \$60 / R \$50

# **SENIOR ART**

# Drawing with Graphite or Colored Pencil



Ages 50 & Up. Discover the pleasure of learning to Draw. Or simply enhance your existing drawing skills. We will use Graphite, Ink and Colored Pencils (your choice), focusing on Botanical subjects. All skill levels are welcome. A recommended supply list is available at Renton

Senior Activity Center that you will need for this class. You will find a welcoming group of student artists, happy to have you share your talents, artwork and laughter. No program Jun 19.

# SENIOR ACTIVITY CENTER THURSDAY, 1-3:30PM

24547 May 22-Jul 3 NR \$90 / R \$75 24548 Jul 17-Aug 21 NR \$90 / R \$75

# **Bubble Wrap Flowers**

Ages 50 & Up. Bring your blank canvas to life with vibrant dandelions using bubble wrap and acrylic paints! This fun and unique technique creates a stunning piece perfect for your home or as a gift. All supplies provided!

SENIOR ACTIVITY CENTER FRIDAY, 9:30-11:30AM

24474 Aug 15

NR \$12 / R \$10

# Garden Flags

Ages 50 & Up. These lovely garden flags are created with canvas cloth & decorated by you with stencils, glitter & any other embellishments you want to add! They are strung on twine and can hang in your garden, for a fruitful bounty. All supplies provided, and you will create a beautiful garden flag to take home.

SENIOR ACTIVITY CENTER FRIDAY, 9:30-11:30AM

24473 Jul 18 NR \$12 / R \$10



# Adult Coloring for Fun!

Ages 50 & Up. Coloring has been linked to reducing anxiety and depression, improve sleep, aids in meditation and mindfulness, and improves hand-eye motor skills. All materials and supplies will be provided for you to keep. *No program 5/23, 7/25*.

SENIOR ACTIVITY CENTER 2ND & 4TH FRI OF MONTH 10:30-11:30AM

24472 May 9-Aug 22



# **SENIOR DANCE**

# Thursday Afternoon Dances

Ages 50 & Up. Join us for live music and an afternoon of dancing—from the Foxtrot to the Waltz and everything in between! A fun, social way to lift your mind, body, and spirit!

SENIOR ACTIVITY CENTER
1ST THURSDAY OF MONTH, 1-3PM

24451 May 1-Aug 7



# Beginning Line Dance

Ages 50 & Up. Develop fleet feet, a positive mind and better balance with popular non-partner dances. Music is a variety from traditional country to ballroom Latin and waltz. Dress comfortably. *No program Jul 22*.

SENIOR ACTIVITY CENTER TUESDAY, 1-2PM

\$5

 24544
 May 13-Jun 24
 NR \$60 / R \$49

 24545
 Jul 8-Aug 19
 NR \$52 / R \$42

# Improver Line Dance

Ages 50 & Up. Move on to new rhythms, new steps and new dance types! A little more technical than the beginner level, and lots of FUN! Dress comfortably. *No program Jul 22*.

SENIOR ACTIVITY CENTER TUESDAY, 2:15-3:15PM

24542 May 13-Jun 24 NR \$60 / R \$49 24543 Jul 8-Aug 19 NR \$52 / R \$42

### Beginning Ballroom Dance

Ages 50 & Up. This program will be taught in a relaxed and casual environment. Enjoy good music, your favorite dances and plenty of fun. Each week will focus on a pair of dances, culminating on the 4th week; Foxtrot and Swing, Waltz and Rhumba and Cha Cha and Tango. After this class, you can utilize your skills at the Thursday Afternoon Dances that occur on the first Thursday for each month. This class is for dancers that are new to ballroom, or those that are looking for a refresher. No partner necessary.

SENIOR ACTIVITY CENTER THURSDAY, 2-3:30PM

25102 May 8-29 NR \$48/R \$40 25106 Jul 1-31 NR \$48/R \$40

# SENIOR FITNESS

#### **Chair Fitness**

Ages 50 & Up. Chair fitness boasts countless health benefits including aerobic conditioning and increased coordination. Join in for free and meet some new friends while you're here! Class is accompanied with upbeat music and requests are encouraged! No program May 2, Jun 13, Jul 4, Aug 15.

#### SENIOR ACTIVITY CENTER

WEDNESDAY, 10:45-11:30AM

24098 May 7-Aug 27

FRIDAY, 12:15-1PM

24099 May 9-Aug 29



# **Keep Moving Yoga**

Ages 50 & Up. Keep your spine youthful in this yoga class focusing on the spine, hips, shoulders, and beyond! Move safely through six hip directions, loosen stiff shoulders, and give hands and feet the attention they deserve. *No program Jun 10*.

# SENIOR ACTIVITY CENTER TUESDAY, 10:30-11:30AM

24447	May 6-27	NR \$24 / R \$20
24448	Jun 3-24	NR \$24 / R \$20
24449	Jul 1-29	NR \$30 / R \$25
24450	Aug 5-26	NR \$24 / R \$20

#### **DROP IN OPTION**

25078 May 6-Aug 26 NR \$9 / R \$7



# Senior Fitness-Monday & Wednesday

Ages 50 & Up. This exercise class celebrates healthy aging through movement with music! This Monday and Wednesday aerobics class includes thigh, calf, and glute work outs in a standing position. Emphasis on balance and various breathing techniques will be taught to reduce stress and anxiety. No program May 26.

# SENIOR ACTIVITY CENTER MON & WED, 9:15-10:15AM

24367	May 5-28	NR \$50 / R \$42
24368	Jun 2-30	NR \$65 / R \$54
24369	Jul 2-30	NR \$65 / R \$54
24370	Aug 4-27	NR \$58 / R \$48

#### **DROP IN OPTION**

24371 May 5-Aug 27 NR \$9 / R \$7

# Senior Fitness - Friday

Ages 50 & Up. This 75-minute exercise class celebrates healthy aging through movement with music! This Friday class offers aerobic work outs with added thigh, calf, and glut work outs. Added upper body and abdominal work will be incorporated using a chair and on the mat, and conclude with mindfulness session. Mat required for Friday session. No program Jul 4.

# SENIOR ACTIVITY CENTER FRIDAY, 9:15-10:30AM

24372	May 2-30	NR \$36 / R \$30
24373	Jun 6-27	NR \$29 / R \$24
24374	Jul 11-25	NR \$22 / R \$18
24375	Aug 1-29	NR \$37 / R \$30

#### **DROP IN OPTION**

24376 May 2-Aug 29 NR \$9 / R \$7



# Tai Chi - Beginner and Intermediate

Ages 50 & Up. Tai Chi will get you on your feet and moving! Yang style is one of the most popular of Tai Chi forms and it consists of 24 slow, continuous, soft, and circular movements in a flowing form. Whether you are new to Tai Chi or would like to sharpen your skills, you will enjoy a relaxing afternoon of movement. No experience is necessary.

# SENIOR ACTIVITY CENTER WEDNESDAY, 3-4PM

24452	May 7-28	NR \$24 / R \$20
24453	Jun 4-25	NR \$24 / R \$20
24454	Jul 2-30	NR \$30 / R \$25
24455	Aug 6-27	NR \$24 / R \$20

# Strength and Balance

Ages 50 & Up. Strength training improves mobility, bone density, metabolism, and balance for daily activities. A chair is available for support and modifications. Open to all abilities—move at your own pace! No program Jun 19.

# RENTON COMMUNITY CENTER THURSDAY, 10:15-11:15AM

24319	May 1-29	NR \$30 / R \$25
24322	Jun 5-26	NR \$18 / R \$15
24323	Jul 3 - Aug 7	NR \$36 / R \$30

#### **DROP IN OPTION**

24325	May 1-Aug 7	NR \$9 / R \$7

#### TUESDAY, 10:15-11:15AM

24318	May 6-27	NR \$24 / R \$20
24320	Jun 3-24	NR \$24 / R \$20
24321	Jul 1-Aug 5	NR \$36 / R \$30

#### **DROP IN OPTION**

<u>24324</u> May 6-Aug 5 NR \$9 / R \$7

# SENIOR FITNESS

#### Core Fitness & More

Ages 50 & Up. This class focuses on strengthening your core, glutes, lower back, hips and more! Yoga poses, body weight exercises and stretching will give you a full body workout. This class does require the use of a mat for floor work.

# SENIOR ACTIVITY CENTER TUESDAY, 12:30-1:30PM

24433	May 6-27	NR \$24 / R \$20
25100	Jun 3-24	NR \$24 / R\$20
24434	Jul 1-29	NR \$30 / R \$25
24435	Aug 5-26	NR \$24 / R \$20

#### **DROP IN OPTION**

24436 May 6-Aug 26 NR \$9 / R \$7

# Familiarize Yourself with Fitness

Ages 50 & Up. Learn to use gym equipment safely with Instructor Linda Mounts, gaining the confidence to work out independently. Outdoor fitness equipment will be covered if time and weather allow. Advance registration required.

# SENIOR ACTIVITY CENTER 2ND THURSDAY OF MONTH, 9-9:45AM

24432 May 8-Aug 14



# Body, Brain & Balance

Ages 50 & Up. The body, brain and balance are key components to keep you healthy and moving. This unique blend of cognitive and physical exercises will keep your mind sharp all while building muscle, core strength and working on your balance. Modifications for both standing and seated positions will make this class suitable for all fitness levels. *No program 6/19* 

# SENIOR ACTIVITY CENTER THURSDAY, 12:30-1:30PM

24437	May 1-29	NR \$30 / R \$25
24439	Jun 5-26	NR \$18 / R \$15
24440	Jul 3-31	NR \$30 / R \$25
24441	Aug 7-28	NR \$24 / R \$20

#### **DROP IN OPTION**

**FREE** 

24442 May 1-Aug 28 NR \$9 / R \$7

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# **SENIOR WELLNESS**

# Presented by Humana

FRFF



# Ten Tips to Boost Your Energy

Ages 50 & Up. Just because energy declines a bit with age doesn't mean that you can't be active. There are things you can do, regardless of your age, to increase your energy level.

# SENIOR ACTIVITY CENTER TUESDAY, 10-11AM

24791 May 13

# **Boost Your Digestion**

Ages 50 & Up. Your digestive system has an important job. It's how your body gets all the nutrients it needs to work properly and stay healthy. There are many things you can do to keep your digestive system functioning at its best.

SENIOR ACTIVITY CENTER TUESDAY, 10-11AM

24792 Jun 10 FREE

# The Truth About Carbs

Ages 50 & Up. Carbohydrates probably make up a big part of your diet. But not all carbs are created equal. Choosing the right ones can promote good health by providing a variety of important nutrients.

# SENIOR ACTIVITY CENTER TUESDAY, 10-11AM

24794 Aug 12 FREE

# Battling Dangerous Belly Fat

Ages 50 & Up. As people get older, they often see an expanding waistline as being an unwanted—but avoidable—side effect. But belly fat doesn't just make your clothes fit tighter; it can have serious health impacts.

# SENIOR ACTIVITY CENTER TUESDAY, 10-11AM

24793 Jul 8

# **Meditation Superpowers**

Ages 50 & Up. Boost energy, focus, and vitality with guided meditation! Join spiritual guide Amy to explore healing touch, visualization, and energy work. Bring a mat or use a chair, plus a journal if desired. No wrong way to meditate—just discover your superpowers! All are welcome! No program May 8.

# SENIOR ACTIVITY CENTER THURSDAY, 9-10AM

<u>24460</u> May 1-29 NR \$38 / R \$32



**FREE** 

# SENIOR GENERAL INTEREST

# Healthy Living for Your Brain & Body

Ages 50 & Up. Learn how diet, nutrition, exercise, cognitive activity, social engagement and useful hands-on tools will help you incorporate these recommendations into a plan for healthy aging. Presented by Community Educators from the Alzheimer's Association.

SENIOR ACTIVITY CENTER MONDAY, 10:30-11:30AM

25041 Jun 9 FREE

# Understanding Alzheimer's & Dementia

Ages 50 & Up. Learn basic information on the difference between Alzheimer's and Dementia, stages, risk factors, research and FDA-approved treatments. Presented by Community Educators from the Alzheimer's Association.

SENIOR ACTIVITY CENTER MONDAY, 10:30-11:30AM

<u>25043</u> Aug 11 FREE



Start your day off right in our Coffee Bar—sip, chat, and enjoy good company.

MONDAY - FRIDAY 8-11AM

Monetary donations are greatly appreciated!

# The Joy of Goal Setting

Ages 50 & Up. Set your goals for the remainder of 2025 and beyond! Whether it's health, career, volunteering, or travel, this interactive session helps you define and share your goals. Includes discussion, a writing exercise, and optional group feedback. Facilitated by Margaret Nichols, certified business coach and retired career counselor.

SENIOR ACTIVITY CENTER
1ST THURSDAY OF MONTH, 12:30-2PM

24673 May 1-Aug 7 FREE

# Downsizing, Decluttering & Decision-Making

Ages 50 & Up. Plan your next chapter with confidence! Get expert advice on decluttering, downsizing, and preparing for the future.

SENIOR ACTIVITY CENTER WEDNESDAY, 6-7:30PM

<u>24963</u> May 21 FREE

TUESDAY, 10-11:30AM

<u>24953</u> Jun 17 FREE



# Movie with a Scientist: Chasing Coral

Ages 50 & Up. Experience a global journey with divers, scientists, and photographers as they document the alarming decline of coral reefs. Explore the threats to marine life and how we can help protect it. Includes a discussion and Q&A with Environmental Science Center experts.

SENIOR ACTIVITY CENTER TUESDAY, 9:15-11:30AM

24945 May 20

# Mount St Helens Eruption After 45 Years

**FREE** 

Ages 50 & Up. After more than 4 decades, the eruption of St Helens still captivates the imagination and excites our sense of wonder and awe. Join retired park ranger, Pat Pilcher, on a journey to reveal this moment in history through personal stories and images of this stunning, geologic event.

SENIOR ACTIVITY CENTER WEDNESDAY, 2:30-3:30PM

24476 May 28 FREE

# Cruise the Loop: Renton's Car Culture

Ages 50 & Up. The Real Renton Loop – before American Graffiti, Renton's hot rods, drive-ins, and one-way streets made it a cruising hotspot from the 1960s to 1980s. Join us for a talk on this iconic car culture—bring your photos and memories to share!

SENIOR ACTIVITY CENTER MONDAY 10:30-11:30AM

24923 May 19



**FREE** 

# SENIOR GENERAL INTEREST

# Renton's Neighborhood Program in Your Community

Ages 50 & Up. The Neighborhood Program is dedicated to engaging with the residents of Renton in fun and meaningful ways through hosting and supporting neighborhood events and activities. Learn from Neighborhood Program Coordinator, Rhemy King, about how this program enhances social cohesion and livability in Renton and how you can get involved.

SENIOR ACTIVITY CENTER WEDNESDAY, 2:30-3:30PM

24212 Jun 11 FREE

# King County Senior Property Tax Exemption Program

Ages 50 & Up. Property Tax Exemptions Explained – Learn about eligibility requirements, application process, potential refunds, and exemption levels that can reduce your property taxes.

SENIOR ACTIVITY CENTER THURSDAY, 12:30-1:30PM

24825 Jul 17 FREE

# AARP Safe Driver Safety Program

Ages 50 & Up. This 8-hour class over two days covers driving laws, safety, and road conditions. Seniors may qualify for an insurance discount. Pay instructor at first class by check, money order, or exact cash, FEES: \$20 AARP members and \$25 non-members. Space is limited!

SENIOR ACTIVITY CENTER MONDAY, 12-4PM

FREE TO REGISTER

24357 May 5-12 24358 Jun 2-9

# Should I Stay or Should I Go-Reverse Mortgages

Ages 50 & Up. Reverse Mortgage
Explained – Learn how a reverse
mortgage can help you age in place
and achieve a more secure retirement.
Discover how it can pay off existing
loans, fund healthcare, or even buy
a new home. Get answers to all your
questions in this informative session!

SENIOR ACTIVITY CENTER TUESDAY, 11AM-12PM

24824 Jun 3 FREE

# Ask Me About Your Funeral- The Importance of Planning

Ages 50 & Up. Funeral & Cemetery Planning Made Simple – Learn the basics, key regulations, and important considerations for planning a funeral or memorial service. Ensure your wishes are honored and your family is protected. Get answers to questions you didn't even know to ask!

SENIOR ACTIVITY CENTER WEDNESDAY, 2:30-3:30PM

<u>24797</u> May 14 FREE

# Safe Banking for Seniors

Ages 50 & Up. These courses will help you navigate the financial world and keep you safe while doing so. Each course covers a unique topic. Presented by Financial Beginnings Washington.

SENIOR ACTIVITY CENTER TUESDAY, 10-11AM

Choosing an Executor 23380 May 27

Known Perpetrator Fraud 23485 Jun 24

# Social Security 101

Ages 50 & Up. Learn the essentials of Social Security, upcoming changes, and how the next 8–10 years may affect you. Attendees receive a FREE personalized Social Security Analysis.

SENIOR ACTIVITY CENTER-WEDNESDAY, 5:30-7:30PM

25071 May 14 FREE 25072 Aug 20 FREE



# Renton Municipal Airport in Your Community

Ages 50 & Up. Learn about this unique land and waterside airstrip on Lake Washington's south shore. Airport Director Manny Cruz will speak to its role in commerce, emergency response, and history.

SENIOR ACTIVITY CENTER WEDNESDAY, 3-4PM

24546 Jun 4 FREE

# Stay Safe: Fraud Prevention Tips

Ages 50 & Up. Recognize common scams, protect yourself from fraud, and stay safe with proactive strategies tailored for seniors. Gain essential knowledge to safeguard your personal information and financial well-being.

SENIOR ACTIVITY CENTER TUESDAY, 10-11:30AM

**FREE** 

**FREE** 

24954 Aug 5 FREE

# SENIOR CENTER HAPPENINGS



# **Bible Study**

Ages 50 & Up. This non-denominational group welcomes everyone interested in learning more about the teachings of the Bible. *No program May 26*.

SENIOR ACTIVITY CENTER MONDAY 8:30-10AM

24784

May 5-Aug 25

FREE

#### **Clutter Busters**

Ages 50 & Up. Clutter Busters is a support group, not a class, for those dealing with over-accumulation of belongings. Gain insight and motivation in a safe, confidential, and non-judgmental atmosphere. No program May 26.

SENIOR ACTIVITY CENTER MONDAY, 1-2:30PM

24789

May 5-Aug 25

FREE

# Handicraft Group

Ages 50 & Up. Surround yourself with those who share the same passion as you and craft together. Please bring your own projects for great company and support of your fellow handcrafters. No program May 26.

SENIOR ACTIVITY CENTER MONDAY, 9-11AM

24704

May 5-Aug 25

FREE





# Senior Center partners! HAPPY BIRTHDAY •

# **Urban Walks**

# Painted Hydrants Scavenger Hunt

Ages 50 & Up. Renton Municipal Arts Commission teamed up with the South Renton Connection in supporting local artists in turning ordinary hydrants in the community into masterpieces! Come for a leisurely stroll to spot countless painted fire hydrants or get competitive with a small

itive with a small team to see how many you can find.
Approximately 3 miles round trip.

SENIOR ACTIVITY CTR THURSDAY, 12:15-2:15PM

24192 May 22

Historical Downtown Walking Tour

Ages 50 & Up. Walk in the footsteps of the people who created the Renton you know today! Route is approximately 3 miles round trip.

SENIOR ACTIVITY CENTER WEDNESDAY, 12:15-2:15PM

24191

Jun 25

FREE

## **Historical Tree Tour**

Ages 50 & Up. Stroll the streets of Renton learning about the trees old enough to witness the historical legacy if the city. Trees are an essential part of what helps make urban environments pleasant places.

Route is approximately 3 miles.

SENIOR ACTIVITY CENTER THURSDAY, 10AM-12PM

24270

Jul 17

**FREE** 

**FREE** 

# SENIOR CENTER HAPPENINGS

## Widowed Support Group-WICS

Ages 50 & Up. The Widowed Support Group offers a weekly meeting for widowed individuals to find support and understanding in a compassionate, shared environment.

SENIOR ACTIVITY CENTER WEDNESDAY, 12:30-2PM

24786 May 7-Aug 27 FREE

### Live Music: South Sound Musicians

Ages 50 & Up. This is your opportunity to listen to live music performed by a passionate group of musicians! Whether it is the accordion, piano, banjo or ukulele you will be tapping your toes to the music! Sit back, relax and enjoy the music.

SENIOR ACTIVITY CENTER 3RD TUESDAY OF MONTH, 11AM-12PM

24703

May 20-Aug 19

FRFF

### **Wood Carving**

Ages 50 & Up. Enjoy learning the craft of woodcarving amongst your peers. All levels of carvers are encouraged to come, from beginner to advanced. You will need to bring your own wood and tools for your projects. If you are not sure or never done this before, stop by and check it out.

SENIOR ACTIVITY CENTER TUESDAY, 9-11:30AM

24702

May 6-Aug 26

**FREE** 

### **Patriotic Singalong**

Ages 50 & Up. Start your Memorial Day weekend in festive spirit and participate in this group singalong of patriotic tunes. "This Land is Your Land," and "You're A Grand Ole Flag" plus more. Song sheets/ lyrics provided. All voices welcome.

SENIOR ACTIVITY CENTER THURSDAY, 12-1PM

24795

May 22

**FREE** 

### Hearing Loss Assoc. America-Renton

Ages 50 & Up. This group meets to help inform, educate, and support individuals with hearing loss. Loop system is available during these meetings.

SENIOR ACTIVITY CENTER 2ND FRIDAY OF MONTH, 1-2:15PM

24790

May 9-Aug 8

**FREE** 

# Specialty **Senior Lunches**

SENIOR ACTIVITY CENTER FRIDAY, 11:30AM-1PM

Ages 50 & Up. A spectacular series of enriching luncheons that combine entertainment, arts, activity, culture, and friendship.

Asian-American Pacific Islander Heritage Month Luncheon

feat Monday Ukelele Ohana Ukelele Group

24854 • Friday, May 2

Juneteenth Luncheon

feat Roz & Friends, Break-Dancing, History of Black Musicians

24855 • Friday, June 13

Viva Las Vegas Luncheon

feat Illusion of Elvis 24856 • Friday, August 15

> **PRE-REGISTRATION IS REQUIRED AND SPACE** IS LIMITED.

\$5 per person exact cash, or check payable to Sound Generations, due on event day at the door.

# Free Grocery Cart

Ages 50 & Up. Free produce, ready-to-eat foods, and more available in the Senior Center lobby on Thursdays while supplies last! Our selection changes each week. Please bring your own grocery bag. No program Jun 19, Jul 24.

SENIOR ACTIVITY CENTER THURSDAY, 10:15AM-12PM

24188

May 1-Aug 28

**FREE** 

### Writing Club

Ages 50 & Up. If you have a passion for writing and want to let your creative mind wander or if you would like to begin to explore this art, join us for this monthly club. Participants will receive friendly feedback from peers on their writing and learn about the craft of writing while enjoying the camaraderie of fellow writers. No program Jun 19.

SENIOR ACTIVITY CENTER 3RD THURSDAY OF MONTH, 12-2PM

24264

May 15-Aug 21



# SENIOR CENTER HAPPENINGS

### Bean Bag Baseball

Ages 50 & Up. Come join in the fun at Bean Bag Baseball. Show everyone how to hit a home run. You'll meet new friends while rooting for your team. No program May 2, Jun 13, Jul 4 and Aug 15.

SENIOR ACTIVITY CENTER FRIDAY, 10-11AM

24190

May 9-Aug 29

**FREE** 

### **Book Club**

Age 50 & Up. Join our monthly book club where solitude meets social time! No assigned reading—just bring any written work you've enjoyed, from articles and poetry to novels and nonfiction. No program Jul 24.

SENIOR ACTIVITY CENTER 4TH THUR OF MONTH, 12:30-2:30PM

24265

May 22-Aug 28

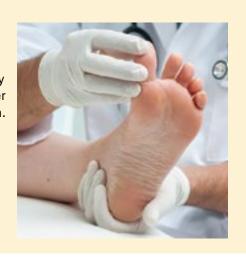
FREE



### PediCares: Licensed Footcare

Ages 50 & Up. PediCares Footcare, by appointment only at the Senior Center on the first three Fridays of the month. 30-minute sessions – bring your own bath towel or pay a \$5 laundry fee. Cost: \$40 (cash/check), \$42 (debit/credit). Call 425-430-6633 to book your appointment!

SENIOR ACTIVITY CENTER MAY 2-AUG 15





### **Blood Pressure Checks**

Ages 50 & Up. Retired nurses keep you healthy by monitoring your blood pressure. Feel free to come any time during the 90 minute window on Thursday mornings. No program June 19 and July 24.

SENIOR ACTIVITY CENTER THURSDAY, 9:30-11AM

<u>24187</u> May 1-Aug 28

FRFF

# **SENIOR TECHNOLOGY**

# Artificial Intelligence (AI)

Ages 50 & Up. You will learn what AI is by demonstrating how AI application use can transform our lives and our work. We will show you how AI enhances healthcare through remote monitoring, telehealth services, wearables for health tracking, fall detection systems and smart home devices. We will describe the issues, limitations, and ethical concerns surrounding AI. This is a two-week class.

SENIOR ACTIVITY CENTER TUESDAY 1:30-3:30PM

24689 May 6-13 NR \$39 / R \$32

MONDAY, 1:30-3:30PM

24690 Aug 11-18 NR \$39 / R \$32

### **Android Smart Phones**

Ages 50 & Up. This class covers Android basics: navigating the interface, calls, texts, contacts, email setup, apps, customization, and troubleshooting. Participants must bring their own Android phone.

SENIOR ACTIVITY CENTER TUESDAY, 1:30-3:30PM

24679 Jun 3-24 NR \$76 / R \$64

WEDNESDAY, 10AM-12PM

24680 Aug 6-27 NR \$76 / R \$64

# Understanding the Cloud

Ages 50 & Up. There are many ways to use the Cloud in a very secure and safe manor. As an example, if you have a Microsoft, Google, or an Apple account you are using the cloud and have access to their cloud storage services. This class will help you better understand the Cloud and other services offered, using it in a very secure and safe environment.

SENIOR ACTIVITY CENTER MONDAY, 1:30-3:30PM

<u>24681</u> May 19 NR \$19 / R \$16 24683 Aug 25 NR \$19 / R \$16

WEDNESDAY, 10AM-12PM

24682 Jul 16 NR \$19 / R \$16

# SENIOR TECHNOLOGY

### **iPhones**

Ages 50 & Up. Develop essential skills such as navigating the iOS interface, setting up and managing accounts, using built-in apps, and customizing settings to suit their preferences. Additionally, students may also explore basic troubleshooting to enhance their iPhone experience. Students must bring their own iPhone.

SENIOR ACTIVITY CENTER WEDNESDAY, 10AM-12PM

<u>24686</u> Jun 18-Jul 9 NR \$76 / R \$64 TUESDAY, 1:30-3:30PM

24687 Aug 5-26 NR \$76 / R \$64

# Introduction to Computers Windows 11

Ages 50 & Up. This class will empower you with foundational skills to confidently use Windows 11. By the end, you will navigate the system, access applications, communicate online, and troubleshoot basic issues, enabling independent technology use and connectivity.

SENIOR ACTIVITY CENTER WEDNESDAY, 10AM-12PM

24677 May 7-28 NR \$76 / R \$64

TUESDAY, 1:30-3:30PM

24678 Jul 8-29 NR \$76 / R \$64

# How to Register for Classes in XPLOR

Ages 50 & Up. Learn how to sign-up online for classes without a trip to the Senior Center. This class will guide you through the steps for account setup and the process of registration through XPLOR. With just a few easy steps, you will be ready to register for classes online. This is a two-week class.

SENIOR ACTIVITY CENTER WEDNESDAY, 10AM-12PM

24692 Jun 4-11 FREE

MONDAY, 1:30-3:30PM

<u>24691</u> Jul 28-Aug 4 FREE

### Microsoft Word

Ages 50 & Up. Microsoft Word is a word processing application that allows you to create a variety of documents, including letters, resumes, and more. You will learn how to navigate around the application and become familiar with some of its most important features.

SENIOR ACTIVITY CENTER MONDAY, 1:30-3:30PM

24695 Jun 16-30 NR \$57 / R \$48

### Microsoft Excel

Ages 50 & Up. With Excel, you can keep track of all kinds of data from simple to complex forms. Participants will learn how to create and format spreadsheets, input data, and perform basic calculations and functions. By the end of the class, participants will have a solid foundation in Excel's core features.

SENIOR ACTIVITY CENTER MONDAY, 1:30-3:30PM

<u>24696</u> Jul 7-21 NR \$57 / R \$48

# Computer Tutor One-on-One Support

Ages 50 & Up. Are you having problems using your technology devices and are not sure how to find the answers? Sign up for this private, one hour session and receive personalized help. Bring your own electronic device or utilize one of our laptops.

SENIOR ACTIVITY CENTER MONDAY, 12-1PM

24694 Jun 16-Aug 25 NR \$42 / R \$35

## **Cyber Security**

Ages 50 & Up. Keeping informed about the best cyber security practices is important to keeping your personal identity safe and secure. We will cover the best practices for personal security, internet safety and keeping your devices secure.

SENIOR ACTIVITY CENTER TUESDAY, 1:30-3:30PM

24684 May 20-27 NR \$38 / R \$32

WEDNESDAY, 10AM-12PM

24685 Jul 23-30 NR \$38 / R \$32

### Computer Lab

Ages 50 & Up. Need computer, email, or internet access? Our Laptop Lab offers volunteer support to help with basic computer needs. Spaces are limited, so pre-registration is encouraged! *No program Jun 19 and Jul 3*.

SENIOR ACTIVITY CENTER • THURSDAY, 9-11AM

24693 May 1-Aug 21 FREE



# MAPLEWOOD GOLF COURSE



#### **General Information**

425-430-6800

Ext. 8 for Pro Shop & Driving Range

### Tournament and PGA Instruction Information

425-430-6805

Head Golf Professional

### **Sunday Lesson Information** 425-430-6800

### **Pro Shop Hours**

May - August

6:00am - 8:30pm / Tuesday - Sunday 7:00am - 8:30pm / Monday

### **Driving Range**

- 6:00 am 9:00 pm / Everyday\*
- Closing time will be 9:00pm May-August
- 30 covered, lighted, and heated hitting stations for comfortable use year round
- \* Last call for range balls and driving range doors locked - 45 minutes before closing
- \*\* Hours of operation for the Pro Shop and Driving Range may change due to weather and course conditions, please check our website for updated hours of operation

#### Instructors

Kirk Gleason

PGA Head Professional Available Tuesday-Saturday 425-430-6805

kgleason@rentonwa.gov

#### **Chris Hughes**

PGA Asst. Professional Available Sunday-Thursday 425-430-6819

chughes@rentonwa.gov

#### Jodie Knapp

Instructor

Available Tuesday-Saturday 425-430-6816

jodigolfandtraining@hotmail.com

#### Sean Baker

**PGA** Associate Available Friday-Tuesday 425-430-6817

sbaker@rentonwa.gov



Website and to Book tee times online: rentonwa.gov/maplewood



## **SUMMER 2025 HENRY MOSES AQUATIC CENTER**

MON	TUE	WED	THU	FRI	SAT	SUN
<b>Lap Swim</b> 6-8am	<b>Lap Swim</b> 6-8am	<b>Lap Swim</b> 6-8am	<b>Lap Swim</b> 6-8am	<b>Lap Swim</b> 6-11am	<b>Lap Swim</b> 8-11am	<b>Lap Swim</b> 8-10am
<b>Water Walking</b> 8-11am	<b>Water Walking</b> 8-11am	<b>Water Walking</b> 8-11am	Water Walking 8-11am	<b>Water Walking</b> 8-11am	<b>Water Walking</b> 8-11am	Water Walking 8-11am
Swim Team 10-11am	Swim Team 10-11am	Swim Team 10-11am	Swim Team 10-11am	One-on-One Lessons 8-11am	One-on-One Lessons 8-11am	One-on-One Lessons 8-11am
<b>Lessons AM</b> 8-11am	Lessons AM 8-11am	<b>Lessons AM</b> 8-11am	<b>Lessons AM</b> 8-11am	Half Pint Splash & Play 9-10:55am	Half Pint Splash & Play 9-10:55am	Half Pint Splash & Play 9-10:55am
						<b>Volleyball</b> 10-11am
Staff Training 11:30-2:30pm	<b>Open Swim 1</b> 11:30-2:30pm	<b>Open Swim 1</b> 11:30-2:30pm	<b>Open Swim 1</b> 11:30-2:30pm	<b>Open Swim 1</b> 11:30-2:30pm	<b>Open Swim 1</b> 11:30-2:30pm	<b>Open Swim 1</b> 11:30-2:30pm
<b>Open Swim 2</b> 3:30-6:30pm	<b>Open Swim 2</b> 3:30-6:30pm	<b>Open Swim 2</b> 3:30-6:30pm	<b>Open Swim 2</b> 3:30-6:30pm	<b>Open Swim 2</b> 3:30-6:30pm	<b>Open Swim 2</b> 3:30-6:30pm	<b>Open Swim 2</b> 3:30-6:30pm
<b>Water Walking</b> 6:45-8:45pm	Water Walking 6:45-8:45pm	<b>Water Walking</b> 6:45-8:45pm	Water Walking 6:45-8:45pm			
<b>Lessons PM</b> 6:45-8:45pm	Lessons PM 6:45-8:45pm	<b>Lessons PM</b> 6:45-8:45pm	Lessons PM 6:45-8:45pm	Rental/Events 7-9pm	Rental/Events 7-9pm	Rental/Events 7-9pm
<b>Lap Swim</b> 6:45-8:45pm	<b>Lap Swim</b> 6:45-8:45pm	<b>Lap Swim</b> 6:45-8:45pm	<b>Lap Swim</b> 6:45-8:45pm	7- <del>9</del> pm	7-9pm	

1719 MAPLE VALLEY HWY // RENTONWA.GOV/HMAC



### **Open Swim Sessions**

Ages under 1 year old: FREE
Ages 1-4 years old: \$8.00
Ages 5+ years: \$16.00

### Season Pass Fees on SALE JUN 2!

VALID ONLY FOR OPEN SWIM SESSIONS (Available for use June 21-September 1)

• Ages 1-4 Years: \$75 Resident

• Ages 1-4 Years: \$90 Non-Resident

• Ages 5 & Up: \$150 Resident

• Ages 5 & Up: \$180 Non-Resident

Swim Sessions and Season Passes are non-refundable.

### **Group Ticket Rates**

Planning a group swim with 5+ people? Reserve at least 3 days in advance for guaranteed admission. One adult per 10 children required for safety.

HMAC Group Reservation Request Form found at <a href="mailto:rentonwa.gov/hmac">rentonwa.gov/hmac</a>

Group Ticket Rate: \$16 per person

(regardless of age)

### **Lockers Available**

Lockers are free to use; bring your own lock or borrow a "lender lock" (limited supply). No overnight storage. The City of Renton is not responsible for lost or stolen items.



Go to **rentonwa.gov/hmac** for more information



### **PARTY TENT RENTAL**

#### **RESERVATIONS OPEN JUNE 2!**

Secure a shaded spot for your group!
Party size includes all guests, no matter their age.

Party Tent 1 – Prime location alert! Get a 10'x20' party tent over the wave pool, a perfect downtime between splashes. Includes 25 admissions.

NR \$700 + Tax / R \$600 + Tax

Party Tent 2 – A 10'x20' party tent located North of the Lap Pool will have your guests diving into the fun! Includes 25 admissions. NR \$600 + Tax / R \$500 + Tax

Party Tent 3 – A 10'x10' party tent located by the lap pool for relaxation between splash-filled action! Includes 10 admission. NR \$300 + Tax / R \$250 + Tax

#### **NEED MORE TICKETS? NO WORRIES!**

Single admissions are available to purchase online. Groups needing 10+ extra admissions may email <u>aquatics@rentonwa.gov</u> up to 2 business days before their party tent rental to request 'Group tickets' if spots are open for that session. Group ticket rates apply.

# PRIVATE PARTY FULL FACILITY RENTAL

Host unforgettable events at Henry Moses Aquatic Center! Rent the entire facility for up to 500 guests, with exclusive access to all attractions and expert services. Book your two-hour blocks on Fridays, Saturdays, and Sundays from 7-9pm now!

Full Facility Rental Requests must be made at least 1 week prior to the date of your event. Contact <a href="mailto:aquatics@rentonwa.gov">aquatics@rentonwa.gov</a> to check availability or reserve.

NR \$4800 + Tax / R \$3800 + Tax

### Swim Lessons & Swim Team

CECCION	DATES	# OF	FEE		REGISTRATION	
SESSION	DATES	LESSONS	RESIDENT	NON-RESIDENT	BEGINS	
Morning Session 1	Jun 30-Jul 10 Mon-Thurs	8	\$72	\$84	June 2, 2025	
Morning Session 2	Jul 14–24 Mon–Thurs	8	\$72	\$84	July 9, 2025	
Morning Session 3	Jul 28–Aug 7 Mon–Thurs	8	\$72	\$84	July 23, 2025	
Morning Session 4	Aug 11–21 Mon–Thurs	8	\$72	\$84	August 6, 2025	
Evening Session 1	Jun 30–Jul 24 M/W or T/Th	8	\$72	\$84	June 2, 2025	
Evening Session 2	Jul 28–Aug 21 M/W or T/Th	8	\$72	\$84	July 23, 2025	
Swim Team Session 1	Jun 30-Jul 24 Mon-Thurs	16	\$125	\$150	June 2, 2025	
Swim Team Session 2	Jul 28–Aug 21 Mon–Thurs	16	\$125	\$150	July 23, 2025	

### **Tiny Tots:**

Ages 9mo-3; adult/child class. Practice techniques to help your baby or toddler feel safe and comfortable in the water. Each child must have one adult (16+) in the water with them throughout the class. Held in the small pool near the water slides.

### Preschool:

Ages 3-5; w/o adult in the water. Swimmers will learn to be safe and comfortable in the water. They'll focus on bobs, floating, kicks, and safety topics in the activity pool.

### Youth:

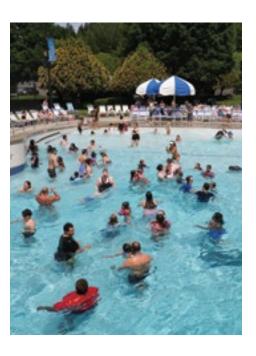
Ages 6-12. Swimmers will refine skills and increase comfort, practicing topics from water adjustment to stroke development across various skill levels. Classes will be taught in the wave and lap pools.

#### SWIM LESSON PLACEMENT

Not sure which level is right for your child? Visit <u>rentonwa.gov/HMAC</u> for helpful FAQs and fact sheets, or stop by the Renton Community Center or Henry Moses Aquatic Center for in-person assistance. Course offerings may vary based on space, community need, and instructor availability. Thank you for helping us keep our learn-to-swim programs safe and effective!

#### **REGISTRATION INFO**

Registration for aquatics programs—including the first session of swim lessons and swim team—opens June 2 at 1 pm. Future sessions will open at 1 pm on the Wednesday before each new session begins.



### One-On-One Swim Lessons

#### All ages

Based on instructor availability,
One-On-One (one student per
instructor) lessons will be offered in
the mornings on Fridays, Saturdays,
and Sundays only. All abilities and ages
are welcome to apply for One-On-One
lessons online; a coordinator will call to
schedule lessons based on first-come,
first-served availability.

## Renton River Dragons Swim Team

Ages 6-18

Swimmers who have graduated from Youth level swim lessons now have the opportunity to join the Renton River Dragons Swim Team! We have two ability levels: Orange (intermediate) and Blue (advanced). We will practice at HMAC Mon-Thurs from 10-11am during two monthly sessions this summer. See website for information about our different groups.

ORANGE GROUP - JULY SESSION Course ID 24656

BLUE GROUP - JULY SESSION Course ID 24658

## Lap Swim

Ages 16 & Up. Swimmers of all abilities can enjoy the lanes in the 25-yard lap pool.

#### **HENRY MOSES AQUATIC CENTER**

Drop-in Fee: \$7

Lap Swim Pass: NR \$72 / R \$60

### Water Walking

Ages 16 & Up. Water Walking is a great self-guided therapy that uses mild river current and resistance to maximize your low impact exercise regimen. Aqua shoes recommended. This program takes place in the lazy river.

#### **HENRY MOSES AQUATIC CENTER**

Drop-in Fee: \$7

Water Walking Pass: NR \$72 / R \$60

## Drop In -Water Volleyball

Ages 16 & Up. For the first time, volleyball nets are at Henry Moses Aquatic Center! Cool off and practice your serve on Sundays with this exciting new aquatic activity.

# HENRY MOSES AQUATIC CENTER SUNDAY, 10-11AM

Jul 6-Aug 24 \$7





### Half-Pint Splash-N-Play

Ages 6 mo. to 5. Enjoy unstructured playtime with your little one in a designated shallow water area filled with fun and laughter! Lifeguards are on duty, however, adults must stay within arm's reach of child(ren). Max 2 children per adult. Only US Coast Guard-approved lifejackets allowed, no toys. Swim diapers required.

DAY	COURSE ID	DATE/TIME	# OF SEESIONS	FEE	
DAT				RESIDENT	NON-RESIDENT
	24899	Jul 4–18 9-9:55am	3	\$23	\$28
FRIDAY	24900	Jul 4 –18 10-10:55am			
	24905	Aug 1-22 9-9:55am		\$28	\$34
	24906	Aug 1-22 10-10:55am	4		
	24901	Jul 5-19 9-9:55am	3	\$23	\$28
SATURDAY	24902	Jul 5-19 10-10:55am	3		
	24907	Aug 2-23 9-9:55am	4	\$28	\$34
	24908	Aug 2-23 10-10:55am	4		
	24903	Jul 6-20 9-9:55am	3	\$23	\$28
SUNDAY	24904	Jul 6-20 10-10:55am	3		
	24909	Aug 3-24 9-9:55am	4	\$28	\$34
	24910	Aug 3-24 10-10:55am	4		

# **Pooch Plunge**

Ages 16 & Up. Bring your dog to the Henry Moses Aquatic Center for the end of summer Pooch Plunge! Rain or shine, dogs will make a splash while taking a dip in the pool. Pet food donations will be accepted during all sessions and will be delivered to a local animal shelter after the event! Different sessions will be organized by small dogs only (25 lbs & lower) and all dog sizes.

### NR \$16 / R \$14 Registration allows 2 dogs per registrant HENRY MOSES AQUATIC CENTER

	25205	Small dogs	9-9:45am
	25209	Open to all size dogs	10-10:45am
	25210	Open to all size dogs	11-11:45am
SATURDAY	25211	Open to all size dogs	12-12:45pm
Sept. 6	25206	Small dogs	1-1:45pm
	25212	Open to all size dogs	2-2:45pm
	25213	Open to all size dogs	3-3:45pm
	25214	Open to all size dogs	4-4:45pm
	25207	Small dogs	9-9:45am
	25215	Open to all size dogs	10-10:45am
SUNDAY Sept. 7	25216	Open to all size dogs	11-11:45am
	25217	Open to all size dogs	12-12:45pm
	25208	Small dogs	1-1:45pm
	25218	Open to all size dogs	2-2:45pm
	25219	Open to all size dogs	3-3:45pm
	25220	Open to all size dogs	4-4:45pm



## Junior Lifeguard Day Camp

Ages 11-15. This inclusive summer program introduces participants of all abilities to water safety, rescue, first aid, and CPR through fun beach and water activities. They'll build fitness, teamwork, and community skills while following the American Red Cross Junior Lifeguard curriculum. Each week features a themed focus with lessons, games, and discussions. Participants gain foundational skills for becoming a certified lifeguard and receive a certificate of completion at the end of each session.

#### HENRY MOSES AQUATIC CTR • MONDAY-FRIDAY, 9AM-3PM

24913 Jul 14-18 NR \$135 / R \$115 24914 Jul 28-Aug 1 NR \$135 / R \$115 24915 Aug 11-15 NR \$135 / R \$115



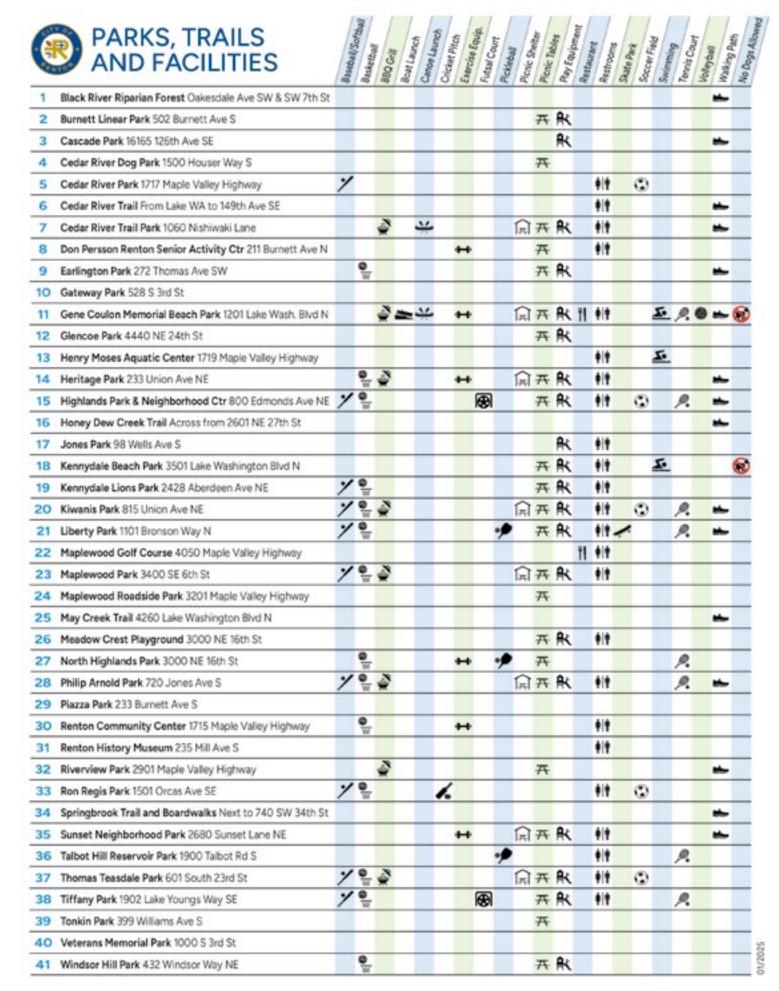
### Teen Night at HMAC

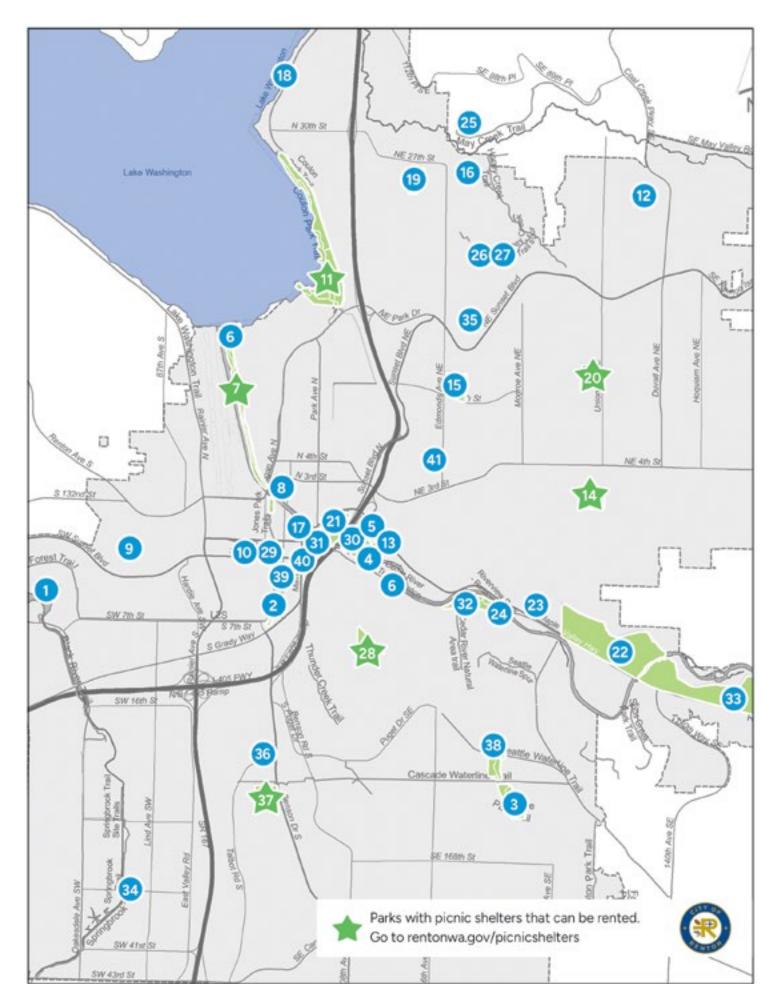
Ages 13-17. The aquatic center will only be open to teens registered for this event. Wristband required for entry, re-entry is not permitted. Families will have a designated waiting area for pick-up inside the aquatic center. Lockers can be provided upon request.

Check in for the event will be at the front entrance of Henry Moses Aquatic Center, 1719 Maple Valley Highway, Renton WA 98057. Walk-up reservations are only available if a parent/guardian is present at time of sign-in.

HENRY MOSES AQUATIC CENTER • FRIDAY, 6:30-9:30PM

24600 Jul 25 \$10





City of Renton Recreation Division // rentonwa.gov/parksandtrails // 47



NEIGHBORHOOD PROGRAM

The Neighborhood Program connects City services, resources, and programs to Renton's residents where they live. Whether it's brainstorming at a neighborhood leadership forum, creating a funding neighborhood improvement projects, or hosting barbecues at neighborhood-specific parks, the Neighborhood Program supports residents who are working to create and strengthen their sense of community.



