

April–June 2015

Golden Opportunities

Recreation Guide for Adults 50 and Over

RENTON SENIOR ACTIVITY CENTER
211 BURNETT AVENUE NORTH
RENTON, WA 98057

425-430-6633 or
RENTONWA.GOV



City of
Renton



Community Services Department

Nationally Accredited Commission for
Accreditation of Park and Recreation Agencies

Welcome

The City of Renton Community Services Department provides a drop-in facility for adults 50 years of age and older. Our mission is to provide a focal point in our community for quality recreational, social, health, educational and nutritional services. We offer a variety of activities that encourage fun, friendship and socialization in a warm and inviting atmosphere.

We invite you to come in and see what we have to offer. We do not provide respite adult day care or services that would normally be provided by a trained attendant, nurse or personal caregiver.

Renton Senior Activity Center
211 Burnett Avenue North
Renton, WA 98057

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EXTENDED HOURS

 The Renton Senior Activity Center is open until 9:00pm on Wednesday evenings. Additional classes, presentations and special events will be offered during the evening with special emphasis on the soon-to-be and newly retired adult. Please look for the moon symbol in this brochure indicating an evening class at the Renton Senior Activity Center.

MEETING SPACE

Programs under the auspices of the City of Renton receive first consideration, but meeting space is available to Renton-based senior citizen groups. Use is contingent on space and availability. Interested parties should contact Shawn Daly for information and scheduling.

Senior Advisory Committee: First and third Monday of each month at 10:00am, SMTG

NARFE (National Active and Retired Federal Employees): Second Thursday of each month at 1:00pm, LMTG

CLOSURES

The Renton Senior Activity Center will be closed on:
Monday, May 25, 2015

GOLDEN OPPORTUNITIES MEMBERSHIP

The Renton Senior Activity Center requests that all participants register to get your free GO (Golden Opportunities) card. It is a simple three-step process:

1. Fill out your Confidential Medical Emergency Information card.
2. Have your picture taken at the front counter.
3. Receive your GO Membership Card! After you have completed this process, each day you come to the Senior Activity Center swipe your card as you come in, no more signing in, and enjoy your visit to the center!

This program will allow the staff to electronically collect information and will give us percentages on residents versus nonresidents and demographic data on members. This data will be used to qualify for grants, recognitions, additional programming, and other applicable needs in aging services. The program will make tracking information more efficient in emergency situations and will improve customer service. The membership card will also open the door for future tracking on classes, activities, and events to help us better serve your needs. The information gathered will not be used for any commercial uses and will be kept confidential. We assure you that information gathered is not intended to be shared, but will be used for statistical analysis only.

Scholarship Opportunities

Recreation facilities, including the Renton Senior Activity Center, are required to recover more of the actual costs of providing programs. Thanks to a donation from our Renton Senior Advisory Committee, scholarships are available to qualifying low income Seniors to help offset the cost of some classes and programs.

For more information or to apply for a scholarship, please contact Debbie Little at 425-430-6632.

Creative Arts

Ceramics

This is an ongoing class where you purchase your bisque and glaze from the instructor. For more information contact the instructor, Dorothy Cook on class day.

Wednesdays/Fridays 9:00am–12:00pm
CR \$3

Drawing: Graphite/Colored Pencil

Develop your skills by practicing with graphite or colored pencil. Using principles of scientific illustration capture the beauty and depth of nature while becoming more adept at creating high contrast and dimension to your work. Homework and critiques will be part of our learning process. All skill levels welcome. Marina Megale has a Professional Certificate in Natural Science Illustration from the University of Washington and a BFA from Cornish Institute. Supply list available upon registration.

55002 W 1:00–4:00pm Apr 15–May 20
55003 W 1:00–4:00pm June 10–July 15
CR \$50R / \$60NR

Driftwood Sculpture

Have you always enjoyed picking up driftwood on the beach but never knew what to do with it? This is a class for beginners who want to learn how to take a piece of driftwood and create a beautiful sculpture. All you need is fun in your heart, time on your hands and patience in your soul. A kit is required to start and the \$10.00 fee is payable to the instructor. Please also bring a towel.

55479 Th 9:00am–12:00pm Apr 2–30
CR \$30R / \$36NR
55480 Th 9:00am–12:00pm May 7–28
55481 Th 9:00am–12:00pm June 4–25
CR \$25R / \$30NR



Oil Painting

Create your own individual painting or bring a photograph or picture that you would like to paint. Instructor, Greta Wiwel, will teach brush and palette knife techniques and concentrate on still lifes, florals and landscapes. You are encouraged to work at your own pace. A supply list is available upon registration.

55019 T 12:30–3:00pm Apr 14–May 19
55020 T 12:30–3:00pm May 26–June 30
CR \$32R / \$39NR

Open Watercolor

FREE Join this opportunity to participate in an informal art studio. All artists working in watercolor are invited to participate in this student led group. No meeting May 25.

Mondays 12:30–2:30pm
CR FREE

Watercolor

Come and experience the joy and beauty of watercolor painting. Learn traditional and experimental watercolor techniques and application. Class includes demonstration, individual assistance, discussion and critique. Instructor continually introduces new methods and projects to expand student's knowledge for watercolor painting while developing one's own style.

55023 F 1:00–3:00pm May 8–June 12
CR \$37R / \$45NR

Woodcarving

FREE Enjoy learning the craft of woodcarving in this student led course. All levels of carvers, from beginners to advanced are encouraged to participate.

Tuesdays 9:00am–12:00pm
CR FREE

Looking for
Dedicated
Volunteers

The Senior Center is looking for dedicated volunteers in the following areas: **coffee bar servers, receptionists for the front desk and retired RN or LPN nurses** to perform blood pressure checks. If you are interested, please pick up a volunteer application at the receptionist desk.

Computer Classes

COMPUTER LAB

FREE

We are connected to the Internet giving us access to electronic mail (e-mail) and web browsing. The lab will be monitored and is available to help you with other software programs that are available on our machines. You do not need to make an appointment, just come on in! Please note: we can not accommodate first time computer users. If you have any questions please see Debbie Little. No lab May 25.

Mondays	9:30–11:30am
Wednesdays	12:30–2:30pm
Fridays	9:30–11:30pm
CMP	FREE



Backing Up Important Data

If your computer crashes or quits, do you have a good backup of your valuable information (documents, pictures, music, and videos)? This four hour class will discuss and demonstrate: what you should backup, how often, and where, using Windows 8.1 built-in File History and System Image Back. Techniques are simple requiring only a rudimentary knowledge of the Windows 8.1 operating system. Tasks are demonstrated with DVDs, thumb drive and external hard drive. This class is a must to protect your valuable information. Prerequisite: previous computer experience suggested. Taught by Bryon Dugger.

55093	M	12:30–2:30pm	May 11–18
CMP			\$15R / \$18NR

Intro To Computers Using Windows 8.1



This eight hour course is designed for the beginner in the Windows environment. After this course, you will have a better understanding of basic computer terminology and how using the computer can make your work easier. This course will be taught at a slow, friendly pace using the Windows 8.1 operating system. Taught by Bryon Dugger.

55092	W	6:30–8:30pm	May 6–27
CMP			\$25R / \$30NR

Organize Your Computer

Need help organizing all the stuff that has accumulated on your computer? Need to understand how to find it? This eight hour class is for you. You will learn how to create folders and manage files using the Windows 8 File Explorer. You will learn all about hard disk layouts, Library structures, how to make searching for your file more effective, and much, much more. No more hard to find files after this class! This class will be just as beneficial to Windows 7 users. Prerequisite: previous computer experience required. Taught by Bryon Dugger.

55074	M	12:30–2:30pm	Apr 13–May 4
CMP			\$25R / \$30NR

Windows 8.1 Basics



Windows 8.1 is the latest version of Microsoft's operating system for PCs and tablets. Have you bought a new computer with Windows 8.1 on it or thinking about upgrading but confused by this completely redesigned version of Windows? Wait no more as this class will help you make the transition much easier as it guides you through the many changes Microsoft has made. While this eight hour class is open to everyone, students will benefit more with a basic understanding of using the Windows 8 operating system. Taught by Bryon Dugger.

55073	W	6:30–8:30pm	Apr 8–29
CMP			\$25R / \$30NR

EXTENDED HOURS



The Renton Senior Activity Center is open until 9:00pm on Wednesday evenings. Look for the moon symbol in this brochure indicating an evening class at the Renton Senior Activity Center.

Dance

Belly Dance For Fun and Exercise

Time spent in this session of Belly Dance will be devoted to perfecting your performance in the Senior Revue. New students will need to have instructor approval prior to registering for this session.

55014 F 1:00–2:30pm Apr 3–May 8
A \$30R / \$36NR

Introduction to Ballroom, Swing and Latin

It is time for you to have fun on the dance floor and change from an observer to participant! Acquire the skills of leading (male) and following (female) and move to rhythms of past and present music. The goals of this class is to prepare you for any dance function and brush up on the fundamentals of Ballroom, Swing and Latin dance styles. No class May 25.

55004 M 1:15–2:15pm Apr 6–May 4
55005 M 1:15–2:15pm May 11–June 15
A \$20R / \$24NR

Learn to Dance—Level 2

This class will prepare you to be a more proficient leader or follower and feel confident social dancing to a wide variety of music. New dance steps and variations will be taught to help you move with style and ease. No class May 25.

55044 M 2:15–3:15pm Apr 6–May 4
55006 M 2:15–3:15pm May 11–June 15
A \$20R / \$24NR

Learn to Dance—Level 3

This course is designed for the experienced dancer and for those who want to learn more advanced dance steps and focus on technique. Enjoy various rhythm interpretations with emphasis on style, quality of movement, balance and control while learning new moves and variations. The goal is to make the process fun and the result rewarding! No class May 25.

55045 M 3:15–4:15pm Apr 6–May 4
55007 M 3:15–4:15pm May 11–June 15
A \$20R / \$24NR

International Folk Dance

Learn folk dances from around the world: Hava Nagila (Israel), Alexandrovskia (Russian), Japanese Soft Shoe (USA), etc. then share the joy by performing at our annual Senior Revue in May, Renton's Farmer's Market, the Washington State Fair in September and at local Nursing Homes.

55072 Th 3:30–4:30pm Apr 9–May 7
A \$5R / \$6NR

Line Dance—Beginning

Develop fleet feet, positive mind and better balance with popular non-partner dances. Connect words, steps and music from country western to ballroom.

54998 T 3:15–4:15pm Apr 28–May 26
A \$20R / \$24NR

Line Dance—Intermediate

Betty McLain will teach current country western dances, as well as simple folk circles and mixers. This class is designed for intermediate dancers and no partner is needed. Great music, lots of exercise and fun!

54999 T 2:15–3:15pm Apr 28–May 26
A \$20R / \$24NR

Advanced Tap Dance

Combine learning new dance routines and perfect the ones you've learned before with instructor Darlene Jones. This group performs for outside organizations as well. No class on May 25.

Mondays 10:30–11:30am
CR \$3

Beginning Tap Dance

FREE Tap dancing is a fun style of dance that everyone can learn, regardless of previous dance experience. Tap contributes to increased cardiovascular conditions, strength, flexibility and coordination. It builds strength in the legs and feet in addition to increasing flexibility in the hips, knees and ankles, while developing a sense of rhythm and timing. This class is for the novice, true beginner tap dancer. Join instructor Darlene Jones in a fun form of more than just exercise. Instruction is free but please register at the Recreation Desk (with Kathie). No class on May 25.

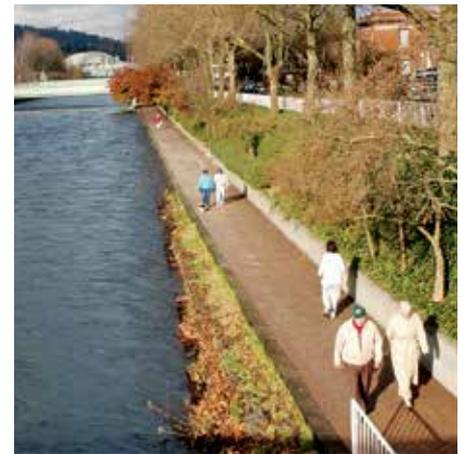
Mondays 9:30–10:15am
CR FREE

Walks

Cross Kirkland Corridor

This is a brand new trail that the city of Kirkland just opened. The trail is on the footprint of the old dinner train route that ran from Renton up to Woodinville. The surface is compacted crushed gravel and is flat with no elevation gain. We'll walk between 2 to 3 miles round trip. An independent lunch at Beachhouse Bar and Grill on the Kirkland waterfront will follow.

55511 T 9:00am–2:00pm April 14
\$12R / \$15NR



Cedar River Trail

We'll catch the trail in Maple Valley and head southeast. The trail is flat with a natural surface. Round trip mileage will be between 2 to 3 miles. An independent lunch at the Testy Chef will complete our outing.

55521 Th 9:30am–2:30pm May 14
\$10R / \$12NR

Elliott Bay Trail

This trail provides unbelievable views of what makes this area so special, the Puget Sound, Olympic Mountains and of course Elliott Bay. This is a good walking trail, paved, flat and wide. We'll walk between 2 to 4 miles round trip. An independent lunch at Paddy Coyne's on the waterfront will round out our day.

55522 T 9:30am–2:30pm June 30
\$12R / \$15NR

Fitness

Aerobics

This drop in exercise class has it all! It is designed for the 50 plus age group and all fitness levels. It includes aerobics for cardiovascular health, fat burning and bone density; strength and resistance training to build muscle; stretching to increase flexibility and improve posture; balance for fall prevention; fabulous music and great fun! Your first class is free. Participants work at their own pace. This class is taught by a certified group fitness instructor. No class on May 25.

Mon/Wed/Thur	9:15–10:15am	
Mon/Thur	10:30–11:30am	
LMTG		\$3

Exercise with the Aid of a Chair

FREE This class is designed to keep your joints in good condition, tone muscles and stimulate your circulatory system. You are encouraged to exercise at your own pace.

Wednesdays/Fridays	10:45–11:30am	
LMTG		FREE

Senior Fitness At RCC

This is a drop in program held at the Renton Community Center, 1715 Maple Valley Highway. This special time is for seniors 50 and above. This training will improve your strength, flexibility and overall fitness while having fun and meeting new people. Closed on May 25.

Monday through Friday	6:00–9:30am	
RCC		\$1

Strength and Balance

Do you think strength training isn't for the over 50 crowd? Studies show that adults 50 and over who strength train with weights greatly improve their ability to perform their daily activities, increase bone density, metabolism and improve balance. This class will teach you resistance training using correct form and maintaining good posture. Remember: exercising with a friend is a lot more fun... bring one along. Both men and women are encouraged to attend. No class on May 25.

Mondays & Fridays	1:00–2:00pm	
LMTG		\$3
Wednesdays	1:00–2:00pm	
A		\$3



FITNESS ROOM

The Renton Senior Activity Center has a fitness room just for seniors (Ages 50 and older) for only \$1.00 per day.

Fitness is not a fad, it is here to stay and can enhance the length and quality of your life. Come on down and check it out. *Orientations are required before use and done on Wednesdays from 9:00am–2:30pm and 5:00–8:30pm.*

**ONLY
\$1.00
PER DAY**

- » 2 Elliptical Trainers
- » 2 Treadmills
- » 2 Recumbent Bikes
- » Total Body Trainer
- » Chest Press
- » Bicep Curl
- » Lateral Pull-Down
- » Dumbbells
- » Fitness Balls
- » Tubing with Handles

Monday–Friday 9:00am–4:30pm
Wednesday Evenings 5:00pm–8:45pm

CLOSED: May 25

Tai Chi & Qigong

Improve your balance and increase your energy level, flexibility and coordination. Join instructor Viola Brumbaugh for a blend of eastern exercise for health benefits, longevity and fun. Great strength and prowess are not required. No class on June 2.

54996	T	1:00–2:00pm	Apr 7–May 12
A			\$24R / \$29NR
54997	T	1:00–2:00pm	May 26–June 30
A			\$20R / \$24NR

Yoga

This class works equally well for anyone who has difficulty getting on and off the floor as well as for those comfortable using a yoga mat. Our yoga addresses flexibility, improved circulation, balance and deeper breathing. Look for sharper brain functioning, better posture and muscle tone as you move to a healthier, happier and more peaceful sense of wellbeing. Please dress in comfortable clothing and bring a yoga mat. All levels of fitness are welcome.

55010	T	10:00–11:00am	Apr 7–May 12
55011	T	10:00–11:00am	May 19–June 23
LMTG			\$35R / \$42NR

Yoga For the Brain and Body

Feel good! Increase flexibility; improve balance, breathing and digestion; reduce stress and manage weight! Expect to have fun as you create a healthier body and a happier and more peaceful outlook. Please wear comfortable, loose clothing and bring a yoga mat. All levels of fitness are welcome!

55012	F	1:00–2:00pm	Apr 10–May 15
55013	F	1:00–2:00pm	May 22–June 26
SMTG			\$35R / \$42NR

Zumba Gold

It's Zumba dance with modified moves that suit the needs of those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements Zumba is known for, easy-to-follow moves and the invigorating, party-like atmosphere. Zumba Gold is the perfect fit. It's a dance-fitness class that feels friendly and most of all, fun! Join the free demonstration class on April 1 to make sure this class is for you!

55001	W	2:15–3:15pm	Apr 8–May 27
A			\$47R / \$56NR

Sports

Bean Bag Baseball

FREE It's spring time so it's baseball season. Warm up your arm for bean bag baseball!! We pick different teams each time. You'll meet new friends while hitting home runs. We play every Friday.

Fridays 10:00–11:00am
A FREE

Doubles Pool Tournament

To participate in the April Doubles Tournament, register and pay fee by April 27. To participate in the June tournament, register and pay fee by June 22.

Congratulations to Don Sherard & Roy Garnett 1st place finishers and Ben Grosso & Byron Williams 2nd place finishers in our February Doubles Tournament.

Thursdays 9:30am Apr 30, June 25
PR \$5

Nintendo Wii

FREE To truly understand how Wii has revolutionized gaming, you have to experience it yourself! Quite simply, Wii is for everyone. Let us show you what this craze is all about and enjoy bowling without wearing bowling shoes!

Tuesdays 9:30–11:30am
LL FREE

Pickleball

FREE  Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis. Two to four players can play at a time using solid paddles of wood or composite materials to hit a ball similar to a wiffle ball, over a net. It has quickly become very popular among adults as a fun game for players of all skill levels. We will supply the paddles and balls along with limited instruction. The only requirement is that you be 45+ years of age!

Wednesdays 5:30–7:30pm
A FREE

Softball

Warm-up those arms and get into shape because softball season is here! All levels of players are welcome, so come on out and join the team, especially women! Practices and home games are held on Field #1 at Liberty Park. For more information, please contact Debbie Little, 425-430-6632 or dlittle@rentonwa.gov.

Tues/Thur 9:30–11:30am Mar 31–July 30
Liberty Park, Field #1

Ongoing Activities

Bocce Ball	Equipment Available Daily	Equipment is available during operating hours. Closed May 25.
Cribbage	Thursday Mornings Game Room	Meet upstairs for some fun games of cribbage.
Double-Deck Pinochle	Mondays: Sm. Meeting Rm. Thursdays: Game Room 12:30–2:30pm	Join the group and play double-deck pinochle. Closed May 25.
Duplicate Bridge	Tuesdays, 12:00pm Game Room	There is a \$1 charge.
Handiwork Crochet Group	Mondays, 9:00–11:00am Auditorium	Learn from the experts in the group to knit, crochet, hand sew, etc. Bring your own projects and materials and join the group for great camaraderie and support of fellow handcrafters. Closed May 25.
Mah Jongg	Wednesdays, 12:00pm Game Room	Learn the ancient Chinese tile game in this drop-in activity. If you have your own tiles, please bring them.
Mexican Train Dominos	Wednesdays, 9:30am Game Room	Bring your friends!
Party Bridge	Mondays & Fridays, 12:00pm, Game Room	Closed May 25.
Pool	Open Daily, 9am–4:30pm & Wed. evenings, 5–8:30pm Pool Room	Pool tournaments are held every other month. See left column. Closed May 25.
Progressive Pinochle	Wednesdays, 12:30pm Large Meeting Room	Everyone is welcome! Winners progress to the next table.
Walking Group	Mondays, Wednesdays, & Fridays: Meet 9:00am at the Coffee Bar	The group walks one to four miles along the Cedar River Trail. Closed May 25.

Special Events

Spring Luncheon

The hunt is on!!! Eggs galore will be hidden and you're looking for the golden eggs. The prize for the golden egg is a \$10.00 gift card. A fabulous lunch will be served with an equally delicious dessert afterwards. Don't miss out on this fun activity. Sponsored by Merrill Gardens.

Egg Hunt 11:00am Wednesday Apr 1

Lunch 11:30am

A \$3.00 (donation 60 and over)
\$6.00 (charge under 60)

Bingo

FREE Thanks to Sylvester Cugini, who is funding this program in memory of his mother Emma, you can once again play bingo with us and win a prize. A big thank you to our volunteers, Gene Hill and Diana & Ron Duppenthaler.

Thursdays 1-3:00pm Apr 2, May 7, June 4

LMTG FREE

Tax Aide Appointments

FREE This is an excellent program sponsored by AARP and uses trained volunteers to assist with tax returns. Please bring in last year's tax return. All tax forms will be electronically filed only (E-file). Call 425-430-6633 to make an appointment.

Thursdays Apr 2, Apr 9

By Appointment FREE

Thursday Afternoon Dance

Thursday Afternoon Dances are held every Thursday afternoon.

Thursdays 1:00-3:00pm

Bonnie Birch Apr 2, 16, May 7, 21, June 4, 18

Bill Bennett Apr 9, 23, May 14, 28, June 11, 25

CD Apr 30

A \$2

Bunko Tuesday

FREE Bunko is a dice game that's easy to learn. If you can roll dice and count, then you can play. You change tables, so you will meet new people each round. We will play 12 rounds and there will be prizes for the most Bunko's and most wins.

Tuesdays 10-11am Apr 7, May 5, June 2

A FREE

National BLT Month

Crispy frying bacon, can't you smell it cooking already? Join us for BLT today (bacon, lettuce & tomato sandwiches). The bacon will be flying into the pan and the winner will win a gift card. Dessert will follow. Get out of the house and meet new friends. Sponsored by Merrill Gardens.

Contest 11:15am Friday Apr 10

Lunch 11:30am

A \$3.00 (donation 60 and over)
\$6.00 (charge under 60)

Speaker: Let's Focus On Our Eyesight

FREE Join us to learn about normal changes in our aging eyes as well as what we can do to promote eye health. We will also learn about age related eye conditions that may challenge day to day activities such as reading, telling time, using the phone, seeing faces and TV and navigating safely. Kate Fewel, social worker with Sight Connection will lead a lively discussion which includes information about resources. Please register at the front desk for this free presentation.

Tuesday 12:30-1:30pm Apr 14

SMTG FREE

Seattle Banjo Club

FREE Come by and listen to music that you can no longer find on the radio. Join in and sing along to your old time favorites, Five Foot Two; Bill Bailey; California, Here I Come; and the Beer Barrel Polka! Enjoy the music and stay for lunch.

Tues 10am-12pm Apr 21, May 19, June 16

A FREE

Speaker: Basic Diabetes Management

FREE This one hour interactive talk is designed to give you interesting facts about Diabetes, how to manage it with medications, and what you can do to maintain a healthy lifestyle. Presented through Walgreens Outreach, there will also be Q&A time with the pharmacist. Everyone is welcome! Please register at the front desk for this free presentation.

Tuesday 12:30-1:30pm Apr 21

SMTG FREE

National Cherry Cheesecake Day

Creamy cherry cheese cake doesn't that sound wonderful. Yummy!!!! Lots of people picked cherries growing up let's see how many cherries you can get into the basket. A gift card for the winner and dessert for everyone else. Join us for fun and laughter. Sponsored by GenCare Lifestyle at Renton.

Contest 11:15am Thursday Apr 23

Lunch 11:30am

A \$3.00 (donation 60 and over)
\$6.00 (charge under 60)

Re-Discover Renton

FREE Rain or shine (hopefully shine!) the 2015 Senior scavenger hunt will lead you all around downtown as you will re-discover Renton while getting some great exercise and fellowship. You will be given clues that will take you around Renton that will include: our downtown art, food, drinks, our new downtown businesses as well as those we know and love. Please register at the Reception Desk.

Tuesday 1:00-3:00pm Apr 28

SMTG FREE

Kentucky Derby Luncheon

The horses are at the gate and we need 6 jockeys to ride them. Put your name in the hat and if you are picked you will have a chance to win a \$10.00 gift card. Come and watch the horses run for the roses. Dessert will be served after lunch. Sponsored by Merrill Gardens.

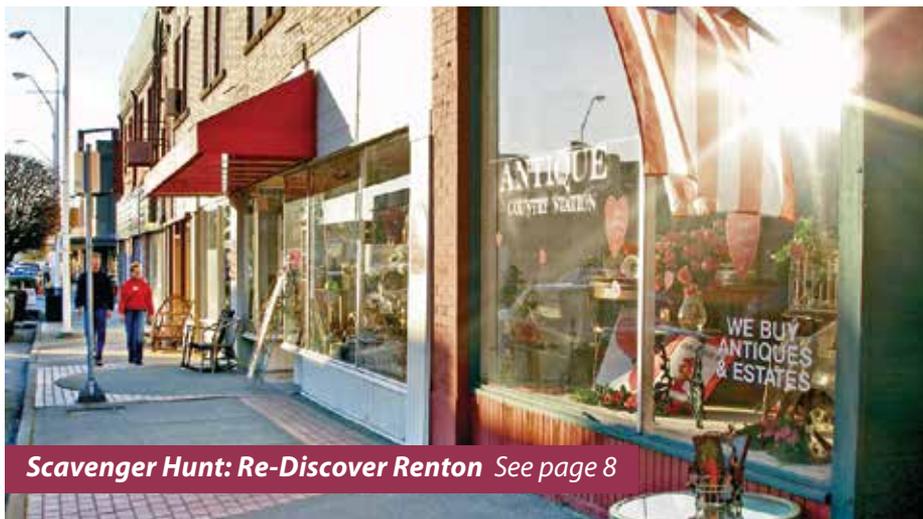
Contest 11:15am Friday May 1

Lunch 11:30am

A \$3.00 (donation 60 and over)
\$6.00 (charge under 60)



Special Events



Speaker: Your Home Is One Of Your Biggest Assets!

FREE Helpful tips will be presented for home modification based on your lifestyle, i.e., de-cluttering for a safer environment; minor repairs, staging, remodeling, type of modifications if planning to sell and how to pay for these costs. Our speakers will be Dori Brashear with Windermere Real Estate; Patty Koskovich with Koskovich Design Group, LLC; and John Barnes with Landmark Professional Mortgage. Please register at the front desk for this free presentation.

Tuesday 12:30–2:30pm June 9
SMTG FREE

Regional Reduced Fare Permit/Orca Card

If you are 65 years of older, you can purchase a Regional Reduced Fare Permit. If you want to update to the ORCA card, please bring your Regional Reduced Fare Permit.

Tuesday 11:00am–12:00pm Apr 21, June 16
SS \$3

Father's Day Luncheon

The guys are up and the pitchers are on the mound today. It's time to celebrate the guys. Join us for a pitching contest and the winner will receive a gift card. Lunch and dessert served for everyone and the men leave with a gift also. Sponsored by Merrill Gardens.

Contest 11:15am Friday June 19
Lunch 11:30am
A \$3.00 (donation 60 and over)
\$6.00 (charge under 60)

Summertime Blooms

FREE The sun is shining and we need a little color in our homes. Renton Lowes is donating flowers, pots and potting soil for every senior who signs up to plant one pot for their home. Add color to your home today. Please register by June 10 to participate. Sponsored by Lowes of Renton.

Wednesday 10:00–11:00am June 24
A FREE

Mother's Day Luncheon

We have many special women out there that need to celebrate Mother's day with us. You work, clean, and cook all day, take a break. All women will be served lunch, dessert and be given a gift. Relax and get out of the house and celebrate today. You deserve it!!!! Sponsored by Merrill Gardens.

Lunch 11:30am Friday May 8
A \$3.00 (donation 60 and over)
\$6.00 (charge under 60)

Speaker: Living Longer, Living Smarter Planning for Retirement

FREE This is a two-day AARP seminar providing education about active planning for a secure retirement. Thinking ahead...is your home and community a place where you could stay involved with the people and places you love? Do you have enough funds to retire and stay retired? (If the answer is no, the speakers will share how to improve your situation.) The seminar encompasses three primary steps: decide what your future holds, create a plan, and share your wishes. Please register either in person or by calling 425-430-6633 by May 8 for this event. Space is limited.

Wednesdays 6:00–8:00pm May 13 & 20
SMTG FREE

Senior Stage Revue

☾ Have you seen the greatest show in Renton? We have talented seniors singing, dancing and entertaining us. You don't want to miss the fun. There is a matinee and an evening show. Tickets are required and will be available beginning April 13.

Thursday 1:00pm May 14
Friday 7:00pm May 15
Carco Theatre \$3.00

Speaker: Time Management

FREE Are you tired of feeling like there are not enough hours in the day? From this session you will learn tips and techniques, which will help you be more productive by capturing more time, to start realizing a more harmonious and peaceful lifestyle. Dori Brashear Trainer/Coach will share a lot of helpful tips. Please register at the front desk for this free presentation.

Tuesday 12:30–2:00pm May 19
SMTG FREE

National Hamburger Month

Juicy melt in your mouth burgers are on the menu for today's lunch. Join us to see who can throw the most meat patties on the bun and win a \$10.00 gift card. Lots of fun, laughter and a wonderful dessert to follow.

Contest 11:15am Wednesday May 27
Lunch 11:30am
A \$3.00 (donation 60 and over)
\$6.00 (charge under 60)

Special Interest

A.A.R.P. "Driver Safety Program"

This 8-hour (4 Hours each day) classroom oriented (no driving) course covers State Laws, driving conditions and safety. Course completion qualifies seniors for the state mandated insurance premium reduction. Bring exact cash (as instructor doesn't have change), check or money order payable to AARP, to the first class. A.A.R.P. Driving Class is \$15.00 with A.A.R.P. Membership Card (need to bring to first class) and \$20.00 without A.A.R.P. Registration begins April 1 for the April class, May 1 for May class and June 1 for June class. **Phone-in registration is accepted.**

Thursdays	12:30–4:30pm	Apr 23 & 30
Thursdays	12:30–4:30pm	May 21 & 28
Thursdays	12:30–4:30pm	June 18 & 25
LMTG		\$15

Bible Study

This non-denominational group is open to all individuals who wish to learn more about what the Bible teaches.

Thursdays	9:15–11:30am
SMTG	Donation

Book Club

FREE Our book club is going strong and always welcoming more participants. We would love for you to join us. The schedule is as follows:

"HEART OF DARKNESS" Joseph Conrad
Wednesday 10:00–11:30am Apr 15

"TEN LITTLE INDIANS" Sherman Alexi
Wednesday 10:00–11:30am May 20

"THE PICTURE OF DORIAN GRAY"
Oscar Wilde
Wednesday 10:00–11:30am June 17

SS FREE



Bridge Lessons

FREE For beginning and intermediate players that would like to learn the mystery of the game called bridge. This will be a hands-on learning (or reviewing) the basic concepts of the game. Bidding (auction) will be explained as well as some of the card playing conventions. Instruction will be light and fun without any pressure to achieve goals.

Thursdays	12:30–3:00pm
SS	FREE

Discussion Group

FREE Do you know why we color Easter eggs or decorate a Christmas tree? Are you curious about history, science, music, cultures around the world? Join our group and discuss topics chosen by you! The world is a huge place with lots of wonderful things to discuss. Using the Internet and libraries there is no limit for discussion topics. If you enjoy sharing your ideas and opinions, this could be the group for you!

Fridays	9:30–11am	Apr 10, May 8, June 12
SS		FREE

Financial Workshops

These financial workshops are offered by Dwayne A. Dilley, Vice President of Senior Financial Advisors, a Registered Investment Advisor. These workshops are designed to be useful and informative. We do not endorse any product or programs. It is the individual's responsibility to make informed decisions regarding these issues.

Please preregister for these workshops by calling 425-430-6633.

Can I Retire Now or Should I Wait?

FREE 🌙 If you are considering retirement this year or within the next five years, this workshop might be right for you. Some of the key topics covered in this evening program will be appropriate asset allocation for your investments, distribution planning for income, evaluating social security benefits and managing health care expenses.

Wednesday	7:00–8:30pm	May 6
SMTG		FREE

Mandatory IRA Distributions and Roth Accounts

FREE What required distribution rules apply for IRA and retirement plan withdrawals in 2015? This financial workshop will discuss Required Minimum Distribution from top to bottom and whether or not it makes sense to convert an IRA into a Roth.

Monday	9:30–11:00am	May 11
		FREE

NEWCOMER'S HOUR **FREE**

Take time to meet the staff and learn about all the exciting programs and activities available. Join us in the lobby to begin your tour.

Thank you to volunteer Jo Matas for conducting these tours.

Thursdays ★ 10–11am ★ Apr 16, May 21, June 18 ★ Lobby

Special Interest



COOKING WITH CHER

Classes are taught by Cherilyn Williams, our Nutrition Site Manager here at the Senior Center. She has a degree in Culinary Arts and 20+ years of experience. You will leave with new culinary skills and techniques, as well as proper sanitation and food safety information.

Please sign up by the Friday before the session for participant count.

Desserts 101: Crème Brûlée

A classic French dessert, rich creamy custard topped with caramelized sugar.

55046 T 2:00–4:00pm Apr 28
Kitchen \$20R / \$24NR

Knife Skills 101

Learn how to use, handle and sharpen a Chef knife properly and safely. You'll practice how to slice, dice, chop, mince, julienne vegetables and meats with ease and learn the art of tourne.

55047 T 2:00–4:00pm May 26
Kitchen \$20R / \$24NR

Kitchen Staples 101

What are important staples you should always have on hand so you can cook like a professional? You will learn the answer to that and more!

55048 T 2:00–4:00pm June 23
Kitchen \$20R / \$24NR

Piano Keyboards

For those just starting out, Laurel will teach you to read notes, arrange music and music theory. If you are more advanced, Laurel will assist you as well. No matter your skill level or interest, Laurel is here to help.

55021 T 9:30–11:30am Apr 7–28
55022 T 9:30–11:30am May 5–26
55076 T 9:30–11:30am June 2–23
SMTG \$31R / \$38NR

Writing For Fun

Write for your family or for yourself. Share stories in a comfortable environment with fellow writers offering comments and encouragement. No class on May 25.

55000 M 10:30am–12pm Apr 27–June 1
SS \$5R / \$5NR

Legal Services

Free Legal Information

FREE Free legal information is available to adults 50 years and older on the following topics: Living Trust, Will Guidance (not preparation), Durable Power of Attorney, Health Care Directives, Medicaid qualification, Real Estate, Landlord/Tenant Concerns, Consumer Affairs and Accidents. Visits are limited to one per calendar year. Half-hour consultation appointments are available. The local Law Office of Dan Kellogg provides this free service. Please call the Renton Senior Activity Center to make an appointment on the first working day of the month.

Tuesdays Apr 28, May 26, June 23

By Appointment FREE

Statewide Health Insurance Benefits Advisor (SHIBA)

FREE Understanding insurance benefits can be difficult. A trained volunteer from SHIBA will meet with you privately to answer questions in the areas of Medicare (billing procedures), Medicare Part D, health insurance and long term care insurance.

Tuesdays Apr 28, May 26, June 23

By Appointment FREE

Neighborhood Legal Clinic

Neighborhood Legal Clinic is a service of the King County Bar Association Young Lawyer Division providing free legal information, advice and referrals to the public regardless of income level. They handle a wide variety of legal matters including divorce, real estate, landlord/tenant, debtor/creditor problems, bankruptcy, immigration, consumer affairs, car accidents, wills, estate planning and probate. You will be referred to the nearest neighborhood clinic. **Call 206-267-7070, Ext. 1.**

Trips & Tours

If walking or climbing stairs poses a problem for you, check with staff prior to registering. Refunds only if your spot can be filled unless otherwise noted. Most trips include a Renton Senior Activity Center representative.

Washington State Sales Tax will be added to all Trips and Tours per Washington State Department of Revenue guidelines.

Cracked Crab Feast and Cruise

We'll travel to La Conner and board the Viking Star for a 2.5 hour cruise along the Swinomish Channel out to Deception Pass. The highlight of the day will be the Cracked Crab Feast served onboard as we ply the waters out to the Deception Pass Bridge. Cost includes transportation, cruise, lunch and a representative from the Renton Senior Activity Center.

55008 W 9:00am–5:00pm Apr 22
\$86R / \$104NR

Phantom of the Opera at the Paramount

Hailed by critics as 'bigger and better than ever before' this production boasts many updates: exciting special effects; new scenic and lighting designs; and modern staging and choreography. The beloved story and thrilling score is performed by a cast and orchestra of 52, making this one of the largest productions now on tour. An independent dinner at a restaurant of your choice at Pacific Place in downtown Seattle will precede the show. Cost includes transportation, admission and a representative from the Renton Senior Activity Center.

55009 Th 3:30–11:00pm Apr 30
\$80R / \$96NR

Portland on the Train

Join us as we head south to the Rose City aboard an Amtrak train. After having an independent lunch together upon our arrival, you will then have the afternoon on your own to enjoy the city. Cost includes transportation and a representative from the Renton Senior Activity Center.

55594 W 6:45am–10:00pm May 6
\$68R/\$73NR

Pompeii Exhibit at the Pacific Science Center/ Maggie Bluffs

Experience Pompeii before and after the epic eruption 2,000 years ago. Imagine the moment their world vanished and discover the miraculous artifacts unearthed since. Witness the final moments of those entombed in ash—including one of the largest collection of body casts ever presented. This exhibition tells the tale of this city, hidden from view and forgotten for centuries until its rediscovery over 250 years ago. An independent lunch at Maggie Bluffs will precede our entrance into the exhibit. Cost includes transportation, admission and a representative from the Renton Senior Activity Center.

55091 T 10:30am–4:30pm May 12
\$32R / \$39NR



© ArtBrom, flickr.com/photos/art-sarah/3846064489/

Tour of CenturyLink Field and Henry's American Bar & Grill

Capture the CenturyLink Field experience like never before, as you get an up close and personal look at the behind the scenes areas and views. See the back-of-the-house areas, Suite and Club level, as well as the famous 12th man Flag Pole. Feel what it's like for Russell, Kam or Marshawn playing in front of 67,000 screaming fans. Don't forget your cameras, you're sure to want to capture the beauty of the stadium and sweeping views of Puget Sound and the Olympic Mountains. This is a walking tour so you must be able to climb stairs and walk independently. After our tour we'll have an independent lunch at Henry's American Bar and Grill. Cost includes transportation, admission and a representative from the Renton Senior Activity Center.

55109 Th 9:00am–2:30pm May 28
\$35R / \$42NR

Safeco Field Tour/ Pyramid Brewing

Safeco Field is the fabulous home of our beloved Seattle Mariners. We'll tour one of the premier baseball fields ever built, including areas not normally open to the public. Cameras are encouraged. This is a walking tour so you must be able to climb stairs and walk independently. After our tour, lunch is on your own across the street at Pyramid Brewing. Cost includes transportation, admission and a representative from the Renton Senior Activity Center.

55105 T 9:00am–2:00pm June 9
\$24R / \$29NR

Yakima Valley Wine Tour

A full day of wine tasting, vineyard hopping and countryside exploring are planned for today. We will visit four wineries: Hyatt Vineyards, Silver Lake Winery, Two Mountain and Bonair Winery. A boxed lunch is included so when registering, please fill out your lunch selection. We will make a brief stop at McDonald's in Ellensburg on the way over and another at Dairy Queen in Cle Elum on the way home. Your wine tasting is also included. Cost includes transportation, box lunch, wine tasting and a representative from the Renton Senior Activity Center.

55104 Th 7:30am–7:30pm June 18
\$75R / \$90NR

Wicked at the Paramount Theatre

Long before that girl from Kansas arrives in Munchkinland, two girls meet in the Land of Oz. One born with Emerald skin, she's smart, fiery and misunderstood. The other is beautiful, ambitious and popular. How these two grow up to become the 'Wicked Witch of the West' and 'Glenda the Good Witch' makes for the most completely satisfying musical in a very long time. An independent dinner at the Daily Grill will follow this mesmerizing production. Cost includes transportation, admission and a representative from the Renton Senior Activity Center.

55111 Th 11:30am–6:30pm July 9
\$74R / \$89NR

Wellness



Clutter Buster Support Group

FREE Clutter Busters is a support group for hoarders and creative messy people. If you have too much 'stuff,' Clutter Busters meetings will offer tools to success and help you focus on a plan of recovery. Boomer Burden is added to Clutter Buster's curriculum for those dealing with the possessions of a deceased loved one. In addition to personal sharing, a relevant book is read. This non-judgmental group will help you to create peace and order in your environment. Attend a Clutter Busters meeting and your life could change in a way you never thought possible. Facilitated by Keith Collingwood.

Fridays ■ 9:30–11:00am ■ Free ■ Small Meeting Room

Blood Pressure Checks

FREE Retired nurses volunteer their time to keep you healthy by monitoring your blood pressure.

April & May	Thursdays	9:30–11:30am
June	Tuesdays/Thursdays	9:30–11:30am
NR		FREE

Foot Care

We have foot care service for people who cannot manage their own foot care. Karen's Foot Care Services specializes in gentle foot care service for senior citizens. Call the Renton Senior Activity Center foot care line at 425-430-6662 to schedule an appointment. Appointments can be made for Wednesdays between 9:00am-4:00pm. The cost is \$27.00.

Wednesdays	9:00am–4:00pm
NR	\$27

Hearing Loss Association of America—Renton

FREE This hearing loss groups helps inform, educate and support individuals with hearing loss.

Fridays	12:15–1:30pm	Apr 10, May 8, June 12
NR		FREE

Widowed Information And Consultation Service (WICS)

Grieving and recovering individuals often find comfort in talking with others who have had a similar experience. WICS groups are a place where men and women can share feelings and concerns. The group meets every Wednesday.

Wednesdays	12:30–2:30pm
SS	Donation

Nutrition

Senior Nutrition Program

The purpose of the Congregate Hot Lunch Program is to provide nutritious meals in a group setting, to encourage social interaction and reduce isolation, and to make support services available to senior citizens age 60 and older.

A meal that provides 1/3 of daily nutritional needs is served at 11:30am For individuals 60 years and older, a suggested donation of \$3 helps cover the cost of the meal. No eligible senior age 60 or older will be denied a meal if unable to donate. For individuals younger than 60 years old, the charge is \$6. **Please try to have correct change, as we are not always able to make change.**

Note: The dining room opens at 10:30am for reservations and tickets. Groups of five or more must make reservations by Monday the week prior to their visit. On your first visit please complete the Congregate Nutrition Participant Information Form and return it to the Nutrition Office. This site is provided by Senior Services of Seattle/King County. **For information or reservations, call 425-254-1128 between 9:00am and 1:00pm.**

Volunteering for the Nutrition Program

Help needed with set up, hostessing, food preparation, washing dishes and cleaning up. Food workers card is required. Hours range from 9:00am to 1:00pm, Monday through Friday.

Contact Cherilyn Williams, 425-254-1128.

Meals On Wheels

For the homebound seniors, frozen Meals-On-Wheels may be delivered upon request. **For more information, call 206-448-5767.**

Meals on Wheels DRIVERS NEEDED!

Meals on Wheels (MOW) has immediate openings for volunteer drivers and coordinators at the Renton Senior Activity Center. Drivers work about 3 hours on Wednesdays. Coordinators work 1 to 2 days per week, 4 to 6 hours total.

For more information or an application, please contact: Adam Porter at 206-448-5767 or visit seniorservices.org

Special Services

Home Repair

The City of Renton Human Services Program offers a variety of home repairs at no cost for eligible residents who live within the City of Renton. If you need a repair, **please call Human Services at 425-430-6650.**



The Budkis Memorial Fund

Mij and Chuck Charbonneau lost their beloved English Bulldog, "Budkis", to an inoperable tumor. In Budkis' absence, Chuck and Mij have decided to continue to provide funding to assist low income senior citizens with emergency pet care needs. Please contact your local veterinarian.



Senior Pet Food Program

Through the Humane Society's Senior Pet Food Program, free pet food will be delivered to the Renton Senior Activity Center. **For information on this program, call 425-430-6633.**

211 Community Resources Line

You can dial 2-1-1 from any landline in King County to receive referral information from a referral specialist on a wide range of services in King County.

Senior Information and Assistance

Senior Information and Assistance is committed to providing a full range of community education, services and resources for King County seniors and their caregivers. **Call Senior Information and Assistance at 206-448-3110 for more information.**

Reduced Utility Rates and Utility Tax Rebate

The City of Renton offers reduced rates for low-income senior citizens (61 and over), and low-income disabled citizens. Applications can be obtained at the Renton Senior Activity Center or at the Utility Billing Customer Service counter at Renton City Hall.

Transportation

Handicapped Parking

Disabled persons may obtain a parking sticker by submitting a physician's certificate to a local vehicle licensing office. Forms are available at the reception desk.

King County Metro Orca Card

If you are a senior citizen 65 years or older, you can receive a Regional Reduced Fare Permit for three dollars (\$3) at the Renton Senior Activity Center on **April 21 and June 16 from 11:00am to 12:00pm.**

Volunteer Transportation for Seniors

Qualified volunteer drivers provide rides to medical appointments and other essential services. To qualify for transportation, you need to be 60 years or older, a King County resident and have no other transportation options available. **For information, call Volunteer Transportation for Seniors at 206-448-5740 between 8:00am and 3:00pm.**

Hyde Shuttle

The Hyde Shuttle offers free door-to-door service throughout the Renton city limits for seniors 55 years of age and older and people with disabilities of all ages. They provide transportation to the Renton Senior Activity Center, grocery stores, libraries, banks, to visit a friend, cultural and social activities, medical appointments, and local errands. Register for service by phone. There is no application or in-person eligibility screening. Riders may request service up to 30 days in advance and same day service on a space available basis. The shuttles are lift-equipped for people who have difficulty using stairs or use a mobility aid. Hours of operation are 8:00am to 4:00pm, Monday through Friday. Shuttles are free, although donations are accepted.

To request a ride or for more information please call 206-727-6262 or visit their website at www.seniorservices.org.

ADA (Americans with Disabilities Act) Paratransit Program

This program is for people who have a disability which prevents them from using a lift equipped Metro bus. There is no income limit. People registered under ADA Paratransit can use ACCESS transportation van service in all areas, on days and times Metro buses operate. Riders can bring a personal care attendant, if they are unable to use ACCESS transportation alone. They can also bring at least one friend on any trip.

Reservations for ACCESS transportation van service can be made up to one week in advance by calling 206-205-5000. Metro fare is \$1.75 per ride.

General Information

Policies

We do not provide respite care, adult daycare, and/or services that would normally be provided by a trained attendant, nurse or personal caregiver (i.e., incontinence, inability to use the restroom independently or preventing a participant from leaving the facility). In addition, the provision of any personal care by staff for a participant is beyond our capability. Senior adults with special needs may be eligible for other community-based programs. Contact ElderHealth Northwest Connections at 425-227-9095.

This brochure is for informational purposes only and is subject to change without prior notification. The programs offered at the Renton Senior Activity 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 through the Recreation office.

Medical Information Card

We encourage all participants to complete a medical information card which provides us valuable information in the case of an emergency. Ask for one at the reception desk.

Parking

Park ONLY in designated parking spaces. Carpool or take the bus if possible, and observe the handicapped signs. If you park illegally your car may be towed. Do not leave valuables in your car. Overflow parking is available on the backside of Carpenter's Hall and at Renton Memorial Stadium.

ADA Accommodations



Most City of Renton facilities are wheelchair accessible. The City of Renton provides reasonable accommodations for those with disabilities. American Sign Language (ASL) interpreter available upon request. **For this or other assistance, please call two business days in advance: 711(TDD) or 425-430-6600.**

Resident Policy

Addresses within the greater Renton area do not accurately indicate whether or not a household and/or business is located within Renton City limits or unincorporated King County. If your address conforms to the examples below, you live inside the Renton City limits.

1. Have a four digit or less house number and a one or two digit street address. For example, 1234 SE 4th Street, Renton.
2. Have a four digit or less house number and a street name. For example, 1234 Main Avenue S., Renton.
3. Have a five digit house number and were annexed by the City of Renton after August 25, 2006.

Registration

Legend

DOWNSTAIRS:

A = Auditorium
 L = Lobby
 LL = Library Lounge
 CR = Craft Room
 FR = Fitness Room
 NR = Nurses Room
 SS = Special Services Room
 CB = Coffee Bar

UPSTAIRS:

PR = Pool Room
 GR = Game Room
 CMP = Computer Room
 SMTG = Small Meeting Room
 LMTG = Large Meeting Room

Registration Options Registration begins April 1.

1. Walk-In Registration

Renton Senior Activity Center
211 Burnett Avenue N., Renton, WA 98057

2. Online Registration at

www.rentonwa.gov/cybersignup

www.rentonwa.gov/cybersignup is available 24 hours a day. This system allows you to register for courses via your computer. All you need is the following:

- » Valid Visa or MasterCard number and expiration date
- » Family PIN
- » Participant Barcode
- » Course Number

First time users: call us at 425-430-6633 and we will assign you a Family PIN and Participant Barcode(s).

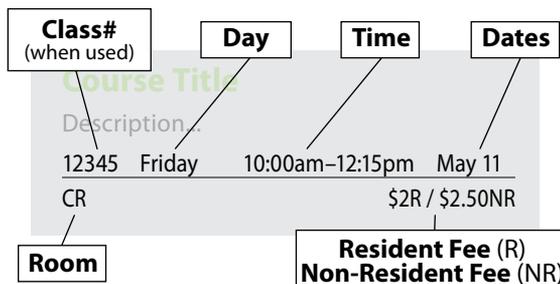
Payment Options

You can pay for programs and activities at the Renton Senior Activity Center with cash, check, money order or Visa or MasterCard.



What Do Those Numbers Mean?

Confused about how to read this brochure and what all those numbers mean? Below is information that may be helpful.



Planning a Party?

RENTON SENIOR ACTIVITY CENTER

211 Burnett Avenue North
Renton, WA 98057

425-430-6633 or
rentonwa.gov

STAFF

Shawn Daly, Recreation Supervisor
Debbie Little, Recreation Coordinator
Kathie Svedin, Secretary
Patty Wills and Lisa Wivag
Recreation Programmers

HOURS

Monday 9:00am–5:00pm
Tuesday 9:00am–5:00pm
Wednesday 9:00am–9:00pm
Thursday 9:00am–5:00pm
Friday 9:00am–5:00pm

EXTENDED HOURS

 The Renton Senior Activity Center is open until 9:00pm on Wednesday evenings. Additional classes, presentations and special events will be offered during the evening with special emphasis on the soon-to-be and newly retired adult. Please look for the moon symbol in this brochure indicating an evening class at the Renton Senior Activity Center.



BIRTHDAYS • REUNIONS • ANNIVERSARIES • RETIREMENT PARTIES

The Renton Senior Activity Center, located along the banks of the Cedar River offers a banquet room with a view. Hardwood floors, elegant stage, outside patio, and kitchen make this facility an ideal venue.

Rates:	Resident	Non-Resident
Friday (5-hour min.)	\$650	\$750
Saturday (10-hour min.)	\$1,300	\$1,500
Additional hours	\$130/hour	\$150/hour

Friday rentals are available after 5:00pm only. There is a security deposit of \$550 for all events.

Have you ever heard of Pickleball?

Visit [PAGE 7](#) and check
out this fun activity
on Wednesday evenings.



City Officials

Denis Law, Mayor
Terry Higashiyama
Community Services
Administrator

City Council

Randy Corman
Marcie Palmer
Armondo Pavone
Ruth Perez
Don Persson
Ed Prince, President
Greg Taylor

Parks Commission

Cynthia Burns, Chair
Al Dieckman
Michael O'Donin
Larry Reymann
Tim Searing
Troy Wigstrand
Marlene Winter

Senior Advisory Committee

Pat Baylor, President
Peggy Budziu
Mij Charbonneau
Bill Clapp
Dorothy Cook
Eric Eastberg
Ruby Griffin

Shirley Haddock
Karla Nuss
Sandy Polley
Marge Reep
Vicki Richards
Charles Robinson
Kay Stone
Milt Tiede