



CITY OF
ISSAQUAH
WASHINGTON

SENIOR

PROGRAM & SERVICE GUIDE

Inside

CLASSES

FITNESS

LUNCH MENUS

RESOURCES

TRIPS



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**GET
SENIOR PROGRAM
UPDATES**

issaquahwa.gov/seniors

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ISSAQUAH SENIOR CENTER

75 N.E. Creek Way

Open 8:30 a.m. - 4 p.m. weekdays

425-837-3300

issaquahwa.gov/seniors



Welcome to Your Senior Center!

As we look toward a new year, I am excited about the opportunities ahead for Issaquah's dynamic, growing senior community.

Starting Jan. 3, 2017, the City of Issaquah will reopen the Issaquah Senior Center, under the operation of our Parks & Recreation Department.

Our vision is clear — to provide every senior with a welcoming place to access resources and services.

Our City Hall team has been working to prepare for the reopening. Collaborating with seniors and other community members, we look forward to offering expanded programs and services, while maintaining existing offerings.

To receive regular updates about senior services, I invite you to sign up at issaquahwa.gov/seniors.



Mayor Fred Butler

Whether you're a regular at the senior center or a new arrival to our community, I look forward to welcoming you to the facility.

In the months ahead, we have a tremendous opportunity to serve our community's seniors. I invite community members of all ages to share your ideas and talents as we work to provide the best services possible.

I am excited to say, welcome to your senior center!

A handwritten signature in black ink, which appears to be "Fred Butler". The signature is fluid and cursive, written over a white background.

Introducing Key Staff Members



Katie Moeller

Katie Moeller, Senior Center manager, has been a member of our Parks & Recreation team for a decade.

Moeller, an Issaquah native and mother of two young daughters, holds a recreation degree from Western Washington University. She has a broad range of experience with all ages of Parks & Recreation customers, from children in our summer day camps, and children, families and seniors at Julius Boehm Pool.

In addition to her duties, she is an active member of Influence the Choice, a group working to reduce youth substance abuse within the Issaquah School District.



Jeff Watling

Jeff Watling, parks and recreation director, brings more than 24 years of professional parks and recreation experience to our community.

He served most recently as the parks, recreation and community services director for the City of Kent. During his 10-year tenure, he oversaw Kent's Senior Activity Center.

Watling previously served as the parks and recreation director for the City of Sammamish from 2000-06, where he completed its first parks plan, and preserved more than 270 acres of land for Sammamish's future active and passive parks.

Lunch Menus

Catholic Community Services serves lunch at the Senior Center every Tuesday and Friday at noon. Suggested donation: \$3 for adults 60 and older, \$6 for other adults.

TUESDAY, JAN. 3

Salisbury steak, mashed potatoes and gravy, carrots, spinach salad, wheat roll and fig

TUESDAY, JAN. 17

Ham spiral noodles, winter mix vegetables, sourdough bread, apricots and chocolate chip cookie

FRIDAY, JAN. 6

Baked cod, scalloped potatoes, carrot raisin salad, broccoli, tropical fruit and roll

FRIDAY, JAN. 20

Chicken fried rice, egg rolls, stir-fried vegetables, fortune cookies and Mandarin orange

TUESDAY, JAN. 10

Turkey pot pie, mixed vegetables, apricots, wheat roll and pineapple-orange juice

TUESDAY, JAN. 24

Ground pork and rice casserole, baby carrots, wheat roll and kiwi

FRIDAY, JAN. 13

Macaroni and cheese, Brussels sprouts, wheat roll, fruit cocktail and cookie

FRIDAY, JAN. 27

Beef stir-fried rice, Asian vegetables, fortune cookies and peaches

TUESDAY, JAN. 31

Stuffed bell peppers, salad, wheat roll and peach crisp

Fees & Scholarships

Senior Center Access

The Issaquah Senior Center is free. Membership is not required. All are welcome to visit and use the facility! Registration is required on your first visit. Please check in at the front desk to register. There are fees to participate in classes and programs. Please inquire at the front desk about how to register for classes and programs.

Senior Gold Pass

For only \$25 a year, a Senior Gold Pass includes use of the Community Center and Julius Boehm Pool.

If you are 62 years of age or older and live within the Issaquah School District boundaries, you qualify for a Gold Pass. Proof of address will be required at the time of registration. Scholarships are available.

Scholarships

Scholarships are generously funded by individual, corporate and community group donations. To receive a recreation scholarship or discount, applicants must:

- Meet the City's income eligibility requirements
- Live in Issaquah

Each calendar year, the maximum scholarship awards are \$350 per participant and \$600 per family. Scholarships are available at 100 percent, 75 percent and 50 percent of program fees.

To apply, go to issaquahwa.gov/scholarships.

Fees & Scholarships

Cancellation & Refund Policies

Transfers into other class times or sessions will be granted if space is available (except for swim lessons).

Withdrawals requested five or more business days prior to the first class are subject to a \$10 fee.

Withdrawals requested less than five business days prior to the first class receive a 50 percent refund per registrant for each class.

No refunds will be issued after the first class.

If a program is canceled due to low enrollment, a full refund will be issued. No refunds are issued for classes less than \$10.

Returned checks will be assessed a \$40 fee.

Nonresident Fees

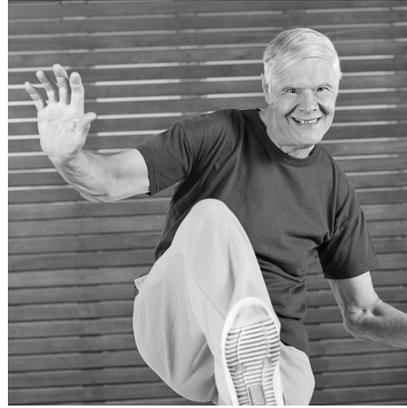
Participants who live outside of Issaquah's city limits can expect to pay about 20 percent more than residents for certain parks and recreation programs.

The nonresident rate ensures that families living outside of Issaquah contribute to services on an equal basis with residents who pay City taxes.

Volunteer With Us

Have a great time while serving your community! We have a variety of volunteer positions available — at the Senior Center, community events and more. To learn more, visit issaquahwa.gov/volunteer or call 425-837-3300.

Senior Center



Classes

Beginning S.A.I.L. (Stay Active & Independent for Life)

This class includes movement and stretching that increases the heart rate while maintaining your stability. Most exercises can be done in chairs, while targeting resistance training and balance for fall prevention. Fee: \$50 for 10 classes. Instructor: Barbara.

- 11 a.m.-noon, Wednesdays and Fridays

Intermediate S.A.I.L. (Stay Active & Independent for Life)

Exercise to stay fit. This class includes exercises to improve balance, flexibility and strength. Exercises are customized for all fitness levels and needs. Fee: \$50 for 10 classes.

Instructor: Barbara.

- 9:30-10:30 a.m. Wednesdays and Fridays

Let's Dance

This class will explore movement in many ways. Each class will begin with a warm up and teach basic dance skills. Learn a new dance every few weeks. If you are interested in participating, please sign up at the front desk. You will be contacted once we have a minimum number of participants.

Senior Center

Line Dancing

Exercise your body and mind by line dancing to lively music. Dancing styles covered in class are country western, swing, tango, cha cha, waltz and more. No previous dance experience or partner necessary. Fee: \$5 per class. Instructor: Spencer.

- 2:45-3:45 p.m. Thursdays

Yoga

In this beginning yoga class, you'll learn stretches to aid in flexibility, the art of breathing, meditation and relaxation for overall health. Fee: \$8 per class. Instructor: Barbara.

- 1:15-2:30 p.m. Thursdays

Life Story Writing

This guided autobiography program encourages you through memory-provoking questions about life themes, writing tips, intriguing exercises and discussion. No writing experience necessary! Join instructor Megan Featherstone Douma. Fee for eight classes: \$80 for residents, \$96 for nonresidents.

- 1-3 p.m. Wednesdays from Jan. 25-March 15

Watercolor Delight

This beginner-level class teaches you the basics of watercolors. Watch short demos given by instructor Priyanka Parmanand from Crimson Canvas, and explore new methods and techniques — and ways to break the rules! Discover how to use watercolors in different projects to ultimately find your own style. Fee: \$25 for residents, \$30 for nonresidents.

- 10 a.m.-noon Feb. 11

Senior Center

Colored Pencils

This class is your opportunity to learn some basic colored pencil skills with one of artEAST's artists. Fee: Free.

- 11 a.m. Jan. 23

Activities & Services

Billiards

Come play pool! Check in at the front desk. Feel free to bring your own pool cue.

Coffee Talk

Join Katie Moeller, recreation specialist, to share your ideas about what programs, activities and events you want to see at your Senior Center in the future!

- 11 a.m. Mondays

Meals on Wheels

Meals are available for homebound seniors. Volunteers are available to take calls and make deliveries only on Wednesday mornings. Call Wednesday morning for an assessment to start meal delivery. If you need additional assistance, please call Meals on Wheels at 206-448-5767.

Walks

Join us for a chance to walk and stay active, rain or shine! Meet at the Senior Center. Fee: Free.

- artEAST "39 Steps" Exhibit: 10 a.m.- noon Jan. 11
- Rainier Trail: 10 a.m.-noon Jan. 18
- artEAST Gallery Tour: 10 a.m.-noon Jan. 25

Senior Center

Lunch Club

Lunch Club is serving up great times, great food and a lot of fun! Bring money for each meal. Parks & Recreation staff will lead each trip. Meet at the Senior Center. Transportation provided. Fee: \$5 per trip. Please bring \$25 for your own lunch.



- 12th Ave Café: 11 a.m.-1 p.m. Jan. 5
- Café 1910: 11 a.m.-1 p.m. Jan. 19
- Twede's Café: 11 a.m.-1 p.m. Feb. 16

Trips

Join us as we venture out on a variety of exciting adventures! Meet new people and experience some of the best outings our area has to offer! Meet at the Senior Center. Parks & Recreation staff will lead each trip. Please register at least two days in advance. Vans are not wheelchair-accessible. Fee: \$5. Please bring money for admission, which will be paid at the destination.

- Hydroplane Museum: 10 a.m.-1 p.m. Jan. 10
- Bill & Melinda Gates Foundation: 11 a.m.-2 p.m. Jan. 18
- Crossroads Mall/Lunch: 10 a.m.-1 p.m. Jan. 24
- Starbucks Roastery: 10 a.m.-1 p.m. Feb. 21

Community Center

Fitness Center

Treat yourself to a full body workout in the Community Center Fitness Center, which includes the latest in Precor machines, stationary bikes, stair climbers, elliptical cross-trainers and treadmills! Our facility features complimentary wi-fi, TVs with cable and towel service at the front desk.

Indoor Track

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

Drop-In Programs

Join us for basketball, pickleball or volleyball! Times and days of the week for each drop-in program are listed below. Fees: Use your membership pass, or pay the drop-in fee:

- 18-61 years old: \$5
- 62+ years old: \$4
- Pickleball pass: \$35/24 visits

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Basketball Noon - 2 p.m.	Basketball 40+ Noon - 2 p.m.	Basketball Noon - 2 p.m.		Basketball Noon - 2 p.m.
	Pickleball Noon - 2 p.m.		Pickleball Noon - 2 p.m.	
Volleyball 6 - 9 p.m.	Basketball 6 - 9 p.m.			

Community Center



Every Way Fitness

We're all trying to stay active and capable as we get older, and this is the class where we can do it together. All levels are welcome — we work at our own pace, maintaining what we've got, and trying to build more endurance, strength, flexibility and balance through functional exercise that includes cardio, toning and stretching. Some of our activities will be seated, and there will always be the option to perform the whole class in a chair if that is what works best for you.

- Personal Training — Fee: \$50 per session
- Small Group Personal Training — Workout with friends in groups of two to four. Cost goes down with each additional person.
- Aerobics & Conditioning — Fee: \$6 drop-in or \$50 for 10 classes. 8:15-9:25 a.m. Mondays, Wednesdays and Fridays
- Let's Move — Fee: \$6 drop-in or \$50 for 10 classes. 11:30 a.m.-12:30 p.m. Mondays

Taught by Kristina Gravette, an ACE-certified instructor. For more information, contact Kristina at 425-391-0404 or kt-gravette@msn.com. Fees are paid directly to the instructor.

Julius Boehm Pool



Move & Flow

A workout tailored for people recovering or dealing with pain. This program is great way to move and keep muscle function without impact on your joints. Classes are 10-10:45 a.m. Mondays, Wednesdays and Fridays.

- Jan. 4-26, with no class on Jan. 16. Fee: \$37.50 for two classes per week, \$60 for unlimited
- Jan. 30-March 25, with no class Feb. 20-24. Fee: \$47 for two classes per week, \$60 for unlimited
- March 13-April 6. Fee: \$37.50 for two classes per week, \$60 for unlimited

Tibbetts Valley Park

Tennis and Friends

This group meets winter, spring, summer and fall at Tibbetts Valley Park depending on weather conditions. For more information call, Lloyd Spencer at 425-369-8332. Fee: Free.

Local & Regional Resources

HEALTH & HUMAN SERVICES

EADS Day Services

EADS provides services for people with mild to profound physical and cognitive disabilities, including seniors with age-related disabilities, such as Parkinson's or Alzheimer's.

- eadscares.wordpress.com

Issaquah Food & Clothing Bank

The Issaquah Food & Clothing Bank provides quality food, clothing and other items to residents of the Issaquah School District.

- 179 First Ave. S.E.
- 425-392-4123
- issaquahfoodbank.org

Eastside Legal Assistance Program

Eastside Legal Assistance Program provides free legal advice on civil law issues to low-income residents of East and Northeast King County. Services are available through 30-minute appointments at legal clinics in our region. Call to reserve an appointment.

- 425-747-7274
- elap.org

Bridge Disability Ministries

Bridge Disability Ministries builds relationships among people of all abilities to alleviate isolation and provide services such as medical equipment, advocacy for vulnerable adults and social activities.

- 425-885-1006
- bridgemin.org

Catholic Community Services

Catholic Community Services serves dinner at 5:30 p.m. Monday to Friday at Issaquah Community Hall. Everyone is welcome.

- 180 E Sunset Way
- 425-679-0342
- ccsww.org

Chinese Information & Service Center

The Chinese Information & Service Center provides services to immigrants including immigrant transition, adult-day center, caregiver support, in-home care and case management.

- 206-624-5633
- cisc-seattle.org

Sound Generations

Sound Generations promotes the emotional, social and physical well-being of older adults through a network of community connections and services.

- 206-448-5757
- soundgenerations.org

Eastside Friends of Seniors

Eastside Friends of Seniors is a dedicated team of trained volunteers and professionals providing vital support and assistance, including transportation, to seniors facing the challenges of aging.

- 425-369-9120
- eastsidefriendsofseniors.org

Local & Regional Resources

King County Housing Authority

The King County Housing Authority owns and manages many properties, several of which are designated for older adults and persons with disabilities. A searchable listing of their properties is available online.

- 206-574-1100
- kcha.org

Overlake Senior Health Clinic

Open to anyone 65 or older, the Overlake Senior Health Clinic accepts Medicare and Medicare supplements.

- 1750 112th Ave. N.E., Suite A101, Bellevue
- 425-688-5234
- overlakehospital.org

INFORMATION & REFERRAL

Community Living Connections

Community Living Connections is a resource for information and referral for aging and disability-related services, consultation and planning assistance for long-term care, and access to family caregiver supports. Callers can be connected to resources within their community.

- 206-962-8467 or 1-844-348-5464
- communitylivingconnections.org

AgeWise King County

AgeWise King County is a free e-newsletter from the Seattle-King County Aging and Disability Services Advisory Council, features articles about health and wellness, disability issues, aging in place and more.

- agewisekingcounty.org

TRANSPORTATION

Eastside Friends of Seniors

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- eastsidefriendsofseniors.org

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- 206-448-5757
- soundgenerations.org

ORCA Lift

ORCA LIFT is reduced transit fare that can help you get more out of your public transportation system, including King County Metro Transit and Sound Transit.

- kingcounty.gov/orcalift

Coffee Talk

**SHARE YOUR IDEAS FOR FUTURE
SENIOR CENTER PROGRAMS**

**11 a.m. Mondays
Issaquah Senior Center**



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HELPING HAND**

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