

January–April 2019

Golden Opportunities

Recreation Guide for Adults 50 and Over



RENTON SENIOR ACTIVITY CENTER
211 Burnett Ave N, Renton, WA 98057
425-430-6633, rentonwa.gov





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The City of Renton Community Services Department provides a drop-in facility for adults age 50 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, 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.

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 Debbie Little at dlittle@rentonwa.gov or 425-430-6632 for information and scheduling.

Senior Advisory Board

First Monday of each month
 at 10:00am, SMTG

Weather Alert

All classes, activities, nutrition and transportation services will be canceled due to inclement weather if the Renton School District schools are closed. School closures are announced on local radio and television stations. If schools are open, but the road conditions are questionable, **call the Renton Senior Activity Center, 425-430-6633, regarding cancellation of programs, classes and lunch.**

Participation

The Renton Senior Activity Center is operated by the Community Services Department of the City of Renton and is free and open to anyone age 50 and older. If there is a charge for a class, trip, event, etc., the City of Renton provides a 20% discount for residents. To become a participant, please complete your Confidential Medical Emergency Information card. This confidential information is helpful in case of an emergency and to contact you if needed. The information gathered is not used for any commercial uses. The card is available at the front desk.

Closures

The Renton Senior Activity Center will be closed on the following dates:

January 1 and 21.



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–Friday.

Contact Charles at 425-254-1128.

SCHOLARSHIP OPPORTUNITIES

Recreation facilities are required to recover more of the actual costs of providing programs. Thanks to a donation from our Renton Senior Advisory Board, 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, contact Debbie Little at 425-430-6632.



CREATIVE ARTS

Ceramics

This is the place for you! Whether you are experienced with ceramics or this is your first time. You will enjoy the creative and fun learning atmosphere. 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

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 \$12.00 fee is payable to the instructor. Please bring a towel.**

325	Jan 3–31	Th	9:00am–12:00pm
CR			NR \$35 / R \$30
326	Feb 7–28	Th	9:00am–12:00pm
328	Mar 7–28	Th	9:00am–12:00pm
330	Apr 4–25	Th	9:00am–12:00pm
CR			R \$25 / NR \$30

Oil Painting

Create your own individual painting. 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.**

333	Jan 8–Feb 12	Tu	12:30–3:00pm
334	Feb 19–Mar 26	Tu	12:30–3:00pm
1548	Apr 9–May 14	Tu	12:30–3:00pm
CR			R \$33 / NR \$40

Open Painting

FREE Join in this opportunity to participate in an informal art studio. All artists working in any medium—colored pencil, pastel, watercolor, acrylic, oil painting—are invited to participate in this student-led group. There is no formal instruction, just a place to work at your own pace in the medium of your choice.

Thursdays	12:30–2:30pm
CR	

Drawing with Graphite/ Colored Pencil

Using principles of scientific illustration, capture the beauty and depth of nature while becoming more adept at creating high contrast and dimension in 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.

331	Jan 9–Feb 13	W	1:00–4:00pm
336	Feb 27–Apr 3	W	1:00–4:00pm
CR			R \$50 / NR \$60

Watercolor

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. **Please pick up a supply list upon registration. No class January 21.**

340	Jan 14–Feb 25	M	1:00–3:00pm
341	Mar 18–Apr 22	M	1:00–3:00pm
CR			R \$50 / NR \$60

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	

COMPUTER CLASSES TAUGHT BY JERRY MILLER



Android Smartphone

Learn the ins and outs of navigating your phone; setting up home screens; making and receiving phone calls; adding to your contact list; text messaging; changing settings; and security basics. **Bring your smart phone (not an iPhone or Windows phone). An email account using Gmail is required.**

363	Jan 7–28	M	9:30–11:30am
CMP			R \$23 / NR \$28
369	Mar 4–25	M	12:30–2:30pm
370	Apr 4–25	Th	9:30–11:30am
CMP			R \$37 / NR \$45

Computer Chaos

Keep your computer organized by using File Explorer. It allows you to search the contents of disks, folders and libraries; and open, delete, rename, copy, and move files and folders. **Prerequisite: basic computer skills.**

361	Jan 14–28	M	12:30–2:30pm
380	Feb 18–25	M	12:30–2:30pm
381	Apr 2–9	Tu	12:30–2:30pm
CMP			R \$23 / NR \$28

Introduction to Computers

Learn basic terminology and how to use the mouse and keyboard; navigate the computer by using Microsoft Windows 10; access software and the help system; and browse the internet. Basic maintenance and safety precautions are also covered.

359	Jan 15–Feb 5	Tu	12:30pm–2:30pm
397	Mar 5–26	Tu	9:30am–11:30am
399	Apr 4–25	Th	12:30pm–2:30pm
CMP			R \$37 / NR \$45

Cyber Security

This course will cover best practices for personal security, internet and email safety, and keeping your devices secure. After this class that you will be safe using the internet, your computer, or mobile device. **Prereq. basic computer skills.**

367	Jan 16–23	W	9:30–11:30am
382	Feb 4–11	M	12:30–2:30pm
383	Apr 2–9	Tu	9:30–11:30am
CMP			R \$23 / NR \$28

Windows 10

Microsoft releases updates to it's Windows 10 operating system about twice a year. Bring yourself up to date on new security features; using and customizing the Start Menu and desk-top areas; and newer programs like the Edge browser, Calendar, People, Email and more. A Microsoft account is suggested but not required. **Prerequisite: Computer Basics.**

362	Jan 17–Feb 7	Th	9:30–11:30am
408	Mar 5–26	Tu	12:30–2:30pm
409	Apr 3–24	W	9:30–11:30am
CMP			R \$37 / NR \$45

Google Maps

Google Maps offers satellite imagery, street maps, 360° panoramic views of streets, real-time traffic conditions, and route planning for traveling by foot, car, bicycle, or public transportation. Use Google Maps on your computer, phone, or tablet to search, explore, and find your way around the world. **Prerequisite: Internet Basics, Computer and Android Basics.**

366	Jan 17–Feb 7	Th	12:30–2:30pm
389	Mar 7–28	Th	9:30–11:30am
CMP			R \$37 / NR \$45

Using the Cloud

You may be using the cloud and not realize it. If you have a Microsoft, Google, or an Apple account you are using the cloud and have access to their cloud storage services—usually free. Access to your files from anywhere you have access to the internet. And you can easily share photos and files with others. **Prerequisite: basic computer skills.**

360	Jan 30	W	9:30–11:30am
406	Feb 27	W	9:30–11:30am
407	Apr 29	M	12:30–2:30pm
CMP			R \$15 / NR \$18

Email

The course will focus on the more popular programs like Microsoft's Outlook.com and Google's Gmail. Learn how to securely setup an account; send and open email; attach files to emails; create contacts; navigate and create folders to store emails; and understand basic safety guidelines. Having these email accounts is vital when using newer operating systems such as Windows 10 and Android smart phones. **Prerequisite: Internet Basics, Computer Basics.**

368	Feb 6–20	W	9:30–11:30am
384	Mar 6–20	W	9:30–11:30am
CMP			R \$28 / NR \$34

Introduction to Facebook

Facebook is a social networking site that makes it easy for you to connect and share with your family and friends online. You will learn how to create an account; create a page; manage your profile, timeline and news feed; and add photos, friends or family contacts. Activate privacy and security settings so you can use Facebook with out worries. **Prerequisite: Internet and computer basics.**

418	Feb 12–26	Tu	9:30–11:30am
419	Apr 16–30	Tu	12:30–2:30pm
CMP			R \$28 / NR \$34

Microsoft Publisher

Have you ever wanted to make your own business cards, flyers, birthday or holiday cards, certificates, newsletters, and more? Microsoft Publisher is an entry-level desktop publishing application from Microsoft. Use a Publisher template or create a layout from scratch. Learn the basics along with many tips and tricks for using this fun application.

358	Feb 12–26	Tu	12:30–2:30pm
403	Apr 16–30	Tu	9:30–11:30am
CMP			R \$28 / NR \$34

COMPUTER LAB

Wednesdays 12:30–2:30pm

Fridays 9:30–11:30am

FREE We are connected to the Internet giving us access to electronic mail (e-mail) and web browsing. The lab will be monitored and help is available with software programs on our machines. You do not need to make an appointment, just come on in!

Please note: we cannot accommodate first time computer users. If you have any questions please see Sean Claggett.

Microsoft Excel

With Excel, you can keep track of all kinds of data from simple to complex forms that help you organize, sort, and record data. Different tools help you to chart, graph, compare and maintain records. You will learn about the various parts of Excel including the menu ribbon, cells, columns and rows. We will use a spreadsheet template to practice using simple math equations. **Prerequisite: basic computer skills.**

364	Feb 14–28	Th	9:30–11:30am
402	Apr 8–22	M	12:30–2:30pm
CMP			R \$28 / NR \$34

Microsoft Word

Microsoft Word allows you to create a variety of documents, including letters, resumes, and more. In these lessons, you'll learn how to navigate the Word interface and become familiar with some of its most important features such as the Ribbon, Quick Access Toolbar, and Backstage view. Some of the features include WYSIWYG (what-you-see-is-what-you-get) display. It ensures that everything you see on screen will appear the same way when printed or moved to another format or program. **Prerequisite: basic computer skills.**

365	Feb 14–28	Th	12:30–2:30pm
404	Mar 7–21	Th	12:30–2:30pm
CMP			R \$28 / NR \$34

DANCE

Ballroom Dance

Join the fun and move from observer to participant! Learn how to dance to rhythms of past and present music. Acquire the know-how in leading/following and get the beat in all the Ballroom, Swing and Latin dances to prepare you for special dance functions, parties, weddings, cruises, etc. Learning to move and step with ease and style will be time well spent. Classes are taught by YuSan Gartz. **No class January 21.**

309	Jan 7–Feb 4	M	2:10–3:10pm
BR			R \$35 / NR \$42.50
310	Feb 18–Mar 11	M	2:10–3:10pm
312	Apr 8–29	M	2:10–3:10pm
BR			R \$28 / NR \$34

Beginning Line Dance

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

347	Jan 8–Feb 26	Tu	2:15–3:15pm
BR			R \$32 / NR \$38
348	Mar 5–Apr 30	Tu	2:15–3:15pm
BR			R \$36 / NR \$43

Improver Line Dance

After learning the basics, move on to simple, joyful dances with a variety of music from waltzes to Latins to foot-stompin' country westerns.

327	Jan 8–Feb 26	Tu	3:15–4:15pm
BR			R \$32 / NR \$38
329	Mar 5–Apr 30	Tu	3:15–4:15pm
BR			R \$36 / NR \$43

Beginning Tap Dance

FREE Everyone can learn tap dancing 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 true beginner. **Please register at the Recreation Desk.** Instructor Darlene Jones.

Mondays	9:30–10:15am
CR	

Advanced Tap Dance

Learn new dance routines and perfect the ones you already know with instructor Darlene Jones. This group performs for outside organizations as well.

Mondays	10:30–11:30am
CR	\$3

Beginning Belly Dance for Fun and Exercise

Want to learn how to belly dance, laugh, and get a little sweaty? Just do it for the fun and exercise! Come join the class, Saroya loves to teach!

315	Jan 4–25	F	1:10–2:15pm
320	Feb 1–22	F	1:10–2:15pm
LMTG			R \$25 / NR \$30
324	Mar 1–29	F	2:15–3:00pm
LMTG			R \$31 / NR \$37
323	Apr 5–26	F	2:15–3:00pm
LMTG			R \$25 / NR \$30

Performance Belly Dance

This is a performing group open to experienced Belly Dancers. Choreographed new steps and routines with various implements will be taught. Precision, flair and elegance will take your dancing to a whole new level.

315	Jan 4–25	F	1:10–2:15pm
320	Feb 1–22	F	1:10–2:15pm
			R \$30 / NR \$36
321	Mar 1–29	F	1:10–2:15pm
			R \$37 / NR \$44
322	Apr 5–26	F	1:10–2:15pm
			R \$30 / NR \$36



FITNESS

Aerobic and Movement Fitness Fun

This drop-in exercise class celebrates aging strong through movement with music. It is designed for the 50-plus age group and all fitness levels while embracing safe aerobic conditioning for all. This fun-filled class will help improve body fat and muscle percentages, reaction speed, coordination, self-confidence and your body's agility. We will move to fabulous music and have great fun together! Participants are encouraged to work at your own pace. Your first class is free. Class is taught by Tom Willa, a Certified Group Fitness Instructor and Personal Trainer. **No class on January 21.**

Mondays/Wednesdays 9:15–10:15am
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

Strength and Balance

Studies show adults 50 and over who strength train with weights greatly improve their ability to perform their daily activities, increase bone density and metabolism and improve balance. This class will teach you resistance training using correct form and posture. Remember: exercising with a friend is a lot more fun...bring one along. Both men and women are encouraged to attend. Class is taught by Peggy Johnson, a Certified Group Fitness Instructor. **No class on January 1, 21.**

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

Tai Chi & Qigong

Improve your balance and increase your energy level, flexibility, and coordination. Join instructor John Lindsay for a blend of eastern exercise for health benefits, longevity, and fun. Great strength and prowess are not required.

335 Jan 8–29 Tu 1:00–2:00pm
337 Feb 5–26 Tu 1:00–2:00pm
338 Mar 5–26 Tu 1:00–2:00pm
339 Apr 9–30 Tu 1:00–2:00pm
BR R \$20 / NR \$24

Tai Ji Quan: Movement for Better Balance

 Improve your balance and train yourself to prevent falls. Learn a series of movements adapted from traditional (low impact) Tai Ji Quan which is tailored specifically to improve balance. This program is endorsed by the National Coalition on Aging and taught by experienced physical therapist, Julie Gazzoli.

318 Jan 9–Mar 20 W 5:00–6:00pm
313 Apr 3–Jun 12 W 5:00–6:00pm
CR R \$46 / NR \$55

Gentle Therapeutic Yoga

 **Ages 16 and up.** Join instructor Ann Ford for Hatha Yoga classes located at the quiet and uninterrupted Renton Senior Activity Center. **Drop-ins are not allowed for yoga programs.** Instructor: Ann Ford.

444 Jan 9–Feb 27 W 5:15–6:15pm
445 Mar 6–Apr 24 W 5:15–6:15pm
LMTG R \$96 / NR \$115

Core Strength Yoga

 Combining yoga, body weight and free weight exercises. All levels welcome. Beginning with light stretching and leading into yoga movements that integrate body weight exercises, adding free weights (optional) to build core, upper and lower body strength. **Bring: yoga mat, 2 yoga blocks and 3–5 lbs hand weights. No drop-ins.** Instructor: Ann Ford.

446 Jan 9–Feb 27 W 6:30–7:45pm
447 Mar 6–Apr 24 W 6:30–7:45pm
LMTG R \$96 / NR \$115

Qigong

If you are physically challenged and would like a full-body workout, but yoga is not for you, qigong is a practice you should try. Qigong is part of an ancient Chinese healthcare system that integrates 1) physical postures—both moving and stationary, 2) breathing techniques, and 3) focused intention. This gentle, self-healing practice is designed to maintain your health, increase your vitality, calm your mind, and reconnect with your spirit. **Please bring a yoga mat.**

314 Jan 10–Feb 14 Th 11:15am–12:15pm
316 Feb 21–Mar 28 Th 11:15am–12:15pm
317 Apr 11–May 16 Th 11:15am–12:15pm
LMTG R \$30 / NR \$36

Yoga/Qigong

This workout was created for those who consider themselves moderately fit no matter their age. Deeper yogic stretches are followed by the gentle flows of qigong. Together, these exercises pull the best from both practices to create more energy, stamina, balance, and harmony in your life. **Please bring a yoga mat.**

344 Jan 8–Feb 12 Tu 10:00–11:00am
345 Feb 19–Mar 26 Tu 10:00–11:00am
346 Apr 9–May 14 Tu 10:00–11:00am
LMTG R \$30 / NR \$36

Upbeat Yoga

All levels of fitness are welcome to this fun, upbeat class that focuses on flexibility, circulation, posture, balance, and breathing. Look for sharper brain functioning and improved muscle tone as you move toward a healthier, happier and more peaceful sense of well-being. **Please bring a yoga mat.**

1555 Jan 7–Feb 11 M 10:30–11:30am
1557 Feb 21–Mar 28 M 10:30–11:30am
1556 Apr 11–May 16 M 10:30–11:30am
LMTG R \$30 / NR \$36

NEWCOMER'S HOUR

Friday ★ 10–11am ★ Lobby
Jan 18, Feb 15, Mar 15, Apr 19

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 Ann Lofstrom for conducting these tours.



WHY CLASSES GET CANCELLED

Nothing kills a great class faster than waiting until the last minute to register. Program staff monitor how registration is going and must determine if enrollment is sufficient or not. If there are not enough students registered, we have to cancel the class.

PLEASE REGISTER WELL IN ADVANCE.



ONGOING ACTIVITIES

Beach Ball Volleyball	Thursdays, 10–11am in the Large Meeting Room	YOU'VE BEEN SERVED! Join in on the fun and laughter of beach ball volleyball while competing as a team. The game will be played while sitting in chairs.
Bocce Ball	Equipment available daily	Equipment is available during operating hours. Closed Jan 1 and 21.
Cribbage	Thursday mornings	Meet for some fun games of cribbage.
Double-Deck Pinochle	Mondays & Thursdays, 12:30pm	Join the group and play double-deck pinochle. Closed Jan 21.
Duplicate Bridge	Tuesdays, 12pm in the Game Room	There is a \$1 charge. Closed Jan 1.
Handicraft Group	Mondays, 9–11am in the 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 Jan 21.
Mah Jongg	Wednesdays, 12pm in the Game Room	Learn the ancient Chinese tile game in this drop-in activity. If you have your own tiles, please bring them.
Party Bridge	Mondays & Fridays, 12:00pm in the Game Room	Closed Jan 21.
Pool	Open Daily in the Pool Room	Pool tournaments are held every other month. See page 7. Closed Jan 1 and 21.
Progressive Pinochle	Wednesdays, 12:30pm in the Large Meeting Room	Everyone is welcome! Winners progress to the next table.
Walking Group	Mondays, Wednesdays, & Fridays, 9am in the Coffee Bar	The group walks one to four miles along the Cedar River Trail at a leisurely pace. Closed Jan 21.



SPECIAL INTEREST

AARP Driver Safety Program

This eight-hour (four 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. Payment is made by check or money order payable to AARP on the first day of class. **Registration begins on the first working day of the month. Phone-in registration is accepted.**

Thursday	Jan 17 & 24	12:30–4:30pm
Thursday	Feb 21 & 28	12:30–4:30pm
Thursday	Mar 21 & 28	12:30–4:30pm
Thursday	Apr 18 & 25	12:30–4:30pm
LMTG	\$20 (\$15 w/ AARP membership)	

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:

***The New Jim Crow* – Michelle Alexander**
 Wednesday Jan 23 10:00–11:30am

***The Wright Brothers* – David McCullough**
 Wednesday Feb 20 10:00–11:30am

***Kindred* – Octavia E Butler**
 Wednesday Mar 20 10:00–11:30am

***Bartenders Tale* – Ivan Doig**
 Wednesday Apr 17 10:00 – 11:30am
 SS

Learn How to Play Pinochle

FREE Pinochle is a trick-taking game typically for two, three or four players and played with a 48-card Pinochle deck. Players score points by trick-taking and forming combinations of cards into melds. Each hand is played in three phases: bidding, melds, and tricks. Learn how to play and conquer the nuances of this social card game in a free class taught by Darlene McTee.

Wednesdays 9:00–10:30am
 GR

Writing for Fun

The main purpose is to provide a positive environment for seniors to share their creative writing. We strive to provide a warm, supportive environment for positive and constructive feedback. Members of this group can share many forms of creative writings including memoirs, poetry, short stories, essays and observations. Publication is always possible, but not a primary goal. Writing can become a medium for self-reflection, self-expression and communication. **No program January 21.**

342	Jan 7–Mar 25	M	10:45am–12:30pm
343	Apr 8–Jun 17	M	10:45am–12:30pm
SS			R \$10 / NR \$12

SPECIAL EVENTS

Thursday Afternoon Dance

Thursday Afternoon Dances are held every Thursday afternoon.

Bonnie Birch – Jan 3, Jan 17, Jan 31, Feb 7, Feb 21, Mar 7, Mar 21, Apr 4, Apr 18

Bill Bennett – Jan 10, Jan 24, Feb 14, Feb 28, Mar 14, Mar 28, Apr 11, Apr 25

Thursdays	1:00–3:00pm
A	\$2

Bingo

FREE Thanks to an anonymous donor who is funding this program in memory of his mother, you can once again play bingo with us and win a prize. **A big thank you to our volunteers Gene Hill, Diana and Ron Duppenhaler.**

Thursdays	1:00–3:00pm
January 3, February 7, March 7, April 4	

LMTG

National Spaghetti Day Luncheon

Imagine you're in Italy and join us for some rich meat sauce over spaghetti and a great dessert to follow. We'll have an easy game today. You'll guess how many pieces of spaghetti are in the jar. The winner will receive a gift card. **Tickets are required and will be on sale Dec 17–28 at the front desk.**

Friday	Jan 4	11:15 Contest
		11:30 Lunch

A	\$4.00 (donation 60 and over)
	\$10.00 (charge under 60)

Bunko Tuesday

Bunko is a dice game that's fun and 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 Bunkos and most wins.

Tuesday	10:00–11:00am
January 8, February 5, March 5, April 2	

A

Regional Reduced Fare Permit/ORCA

If you are 65 years or 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
January 15, February 19, March 19, April 16	
SS	\$3

Seattle Banjo Club

FREE 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.

Tuesday	10:00am–12:00pm
January 15, February 19, March 19, April 16	

A

National Hat Day

Cowboy hats, baseball hats, sombreros, what's your hat of choice? Wear it today and let's see if you have the most unique hat. We'll play fruit hat toss and see who can get the most fruit in the hat. The winner receives a gift card and everyone will get a scrumptious dessert. **Sponsored by Gencare-Renton at The Lodge. Tickets required and will be on sale Dec 26–Jan 9 at the front desk.**

Tuesday	Jan 15	11:15 Contest
		11:30 Lunch

A	\$4.00 (donation 60 and over)
	\$10.00 (charge under 60)

SPEAKER Dignity Memorial

FREE Join us for our free informational, no-obligation seminar. Dignity Memorial would like to assist the senior citizens of Renton in not only better understanding the emotional and financial benefits of pre-planning final arrangements, but also better preparing for their family's most difficult day in life. We can fulfill a significant need of our elders, offer them and their families peace of mind, and preserve their life story for future generations.

Tuesday	Jan 22	12:30pm
SMTG		



Valentine's Day Luncheon

Cupids and hearts will be out today. Bring your sweetheart or come and meet a sweetheart. Wear red or pink for our Valentine's Day Luncheon. We'll play Valentine Bingo and give away gift cards for prizes, have Lasagna for lunch and a wonderful dessert. Don't miss out, you could be the lucky one. **Sponsored by Gencare-Renton at The Lodge. Tickets required and will be on sale Jan 21–Feb 8.**

Thursday	Feb 14	11:00 Bingo
		11:30 Lunch

A	\$2.00
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Tax Aide Program

FREE This is an excellent program sponsored by AARP and uses trained volunteers to assist with tax returns. Seniors are asked to bring in last year's tax return. All tax forms will be electronic filling only (E-file). **Call 425-430-6633 to make an appointment beginning Jan 14.**

Thursdays	Feb 7–Apr 11	By Appt.
GR		

SPEAKER VRI Medical Alert Company

FREE VRI is an emergency response company that connects clients to a 24/7/365 monitoring center. With over 25 years experience, VRI can assess the coverage needed and provide the care deserved through various monitoring devices that clients can choose from to keep them safe in and outside their homes.

Tuesday	Feb 26	12:30pm
SMTG		

SPECIAL EVENTS

Senior Revue Participation Meeting

FREE We need some talented seniors to participate in our annual Senior Revue. Singers, dancers, entertainers come one, come all. This is a mandatory meeting to go over all the ins and outs of the senior revue. When you participate you commit to a dress rehearsal and two shows.

Wednesday Mar 6 10:00am
A

National Peanut Clusters Day

Goopy, rich and yummy peanut clusters. Who knew that they would have a special day for candy! Join us for laughter while playing peanut cluster toss and see who wins the gift card. Lunch and dessert for everyone. **Tickets are required and will be on sale Feb 15–Mar 1 at the front desk.**

Friday Mar 8 11:15 Contest
11:30 Lunch
A \$4.00 (donation 60 and over)
\$10.00 (charge under 60)

SPEAKER History of Electricity

FREE Enter a room and switch the lights on. Magic. Electricity is a mere 125 years old. Steve Schmidt, Aerobic instructor and licensed professional engineer, will present a 45-minute “illuminating” talk on the history and growth of electricity. This region played an important role in its growth and acceptance. **Please sign up at the front desk.**

Tuesday Mar 12 12:30pm
SMTG

St. Patrick’s Day Luncheon

It’s the luck of the Irish today! Come on in, do a jig and wear green for us. The Lakeshore is bringing dessert and prizes for the winners of bingo. Join us for some fun and laughter. **Sponsored by The Lakeshore.**

Friday Mar 15 11:15 Contest
11:30 Lunch
A \$4.00 (donation 60 and over)
\$10.00 (charge under 60)

SPEAKER “Preventing Falls” An Interactive Talk by Julie Gazzoli

FREE 🌙 Did you know that every 11 seconds a senior is seen in an emergency room for a fall related injury and that half of those seniors hospitalized for fall related injuries end up in a nursing home? Don’t want to be a part of this awful statistic? Come to “Preventing Falls,” an interactive talk by Julie Gazzoli, physical therapist for over 25 years and Tai Chi for Better Balance instructor. Learn the latest physical therapy research on falls and evidenced-based strategies that really work to lower your risk.

Wednesday Mar 27 6:00pm
SMTG

Spring Luncheon

The bunny is hopping around and hiding colorful eggs at the RSAC. Join us and see if you can find the golden egg for a gift card or other eggs filled with candy. Either way you take something home. Lunch and dessert will be fabulous. **Sponsored by Gencare-Renton at The Lodge. Tickets are required and will be on sale March 25–April 10.**

Tuesday Apr 17 11:15 Contest
11:30 Lunch
A \$4.00 (donation 60 and over)
\$10.00 (charge under 60)

National Oatmeal Cookie Day

Remember making cookies with your family? Oatmeal was always a favorite and they’re good for you. Play Frisbee cookie and see if you can win a \$10.00 gift card. Of course we’ll have Oatmeal cookies for dessert and a great lunch. **Tickets are required and will be on sale April 19–24 at the front desk.**

Tuesday Apr 30 11:15 Contest
11:30 Lunch
A \$4.00 (donation 60 and over)
\$10.00 (charge under 60)



PLANNING A PARTY?

BIRTHDAYS • REUNIONS ANNIVERSARIES RETIREMENT PARTIES

The Renton Senior Activity Center, located along the banks of the Cedar River, offers a banquet room with a beautiful view. Amenities include hardwood floors, elegant stage, outdoor patio, and kitchen.

RATES	RES.	NON-RES.
Friday (5-hour min.)	\$650	\$750
Saturday (10-hour min.)	\$1,300	\$1,500
Add'l hours	\$130/hr	\$150/hr

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

LEGAL SERVICES

Free Legal Information

FREE Legal information is available to adults 50 years and older on: Living Trust, Will Guidance (not preparation), Durable Power of Attorney, Health Care Directives, and Medicaid qualification, Real Estate, Landlord/Tenant Concerns, Consumer Affairs, and Accidents. Limited to one half-hour consultation per year. **The local Law Office of Dan Kellogg provides this free service. Call the Senior Activity Center on the first working day of the month for an appointment.**

Tuesday Feb 26, Mar 26, Apr 23 By Appt

Free Tax Consultation

FREE An IRS licensed Enrolled Agent from McClaffin Tax Services LLC will provide one half-hour free tax consultation to adults 50 years and older. Come with your questions on Income Taxes dealing with the IRS, unfiled tax returns, unpaid taxes, and tax savings techniques. This service does not include tax preparation. **Call the Senior Activity Center on the first working day of the month for a half-hour appointment.**

Tuesday Jan 8, Feb 12, Mar 12 By Appt

Neighborhood Legal Clinic

Neighborhood Legal Clinic is a service of the King County Bar Association Young Lawyer Division, providing free legal information to the public regardless of income level on matters such as divorce, real estate, landlord/tenant, debtor/creditor problems, bankruptcy, immigration, consumer affairs, car accidents, wills, estate planning and probate. **Call 206-267-7070, Ext. 1.**

Statewide Health Insurance Benefits Advisor (SHIBA)

FREE A trained volunteer from SHIBA will meet with you privately to answer questions in the areas of Medicare, Medigap, Medicaid and long term care insurance. **Call the Senior Activity Center to make an appointment on the first working day of the month.**

Tues Jan 22, Feb 26, Mar 26, Apr 23 By Appt

TRIPS & TOURS

Washington State sales tax will be added to trips and tours per Washington State Department of Revenue guidelines.

Boeing Future of Flight and Arnie's

The Future of Flight Aviation Center and Boeing Tour is one of Seattle's most loved, premier attractions. It is a one-of-a-kind opportunity to view 747, 767, 777, and 787 Dreamliners on the assembly line before they take to the sky. Admission included. **Please bring money for lunch.**

496 Jan 17 Th 9:00am-4:00pm
R \$38 / NR \$45

Little Creek Casino and Resort and Creekside Buffet

At Shelton's Little Creek Casino Resort, you will find nearly a dozen dining options, table games, slots, bingo, concerts, wine lounge and so much more. All this, mere minutes from Olympia, this will be a great fun day getaway. **Please bring money for lunch.**

497 Feb 7 Th 9:00am-4:00pm
R \$15 / NR \$18

Point Defiance Zoo and Aquarium and Lunch at Anthony's Point Defiance

The new Pacific Seas and Aquarium is an underwater delight. Stare at hammerhead sharks or gaze at green sea turtles. Explore pacific coast habitats from the cold Northwest to tropical Baja California. **Please bring money for lunch. Admission included.**

498 Apr 4 Th 9:00am-3:00pm
R \$32 / NR \$38

Poulsbo Undersea Museum and Shopping, Lunch at Elmer's

If you're interested in learning more about the Navy's undersea operations, technology, combat, research and salvage, you've come to the right place. Admission is free. **Please bring money for lunch and shopping.**

499 Apr 25 Th 8:30am-4:30pm
R \$15 / NR \$18

LUNCH TIME GETAWAYS

NORTH BEND BAR & GRILL

Since 1998 the North Bend Bar and Grill has been proud to serve delicious food with great beverages in an inviting and warm environment.

492 Jan 24 Th 11:00am-2:00pm
R \$10 / NR \$12

BAY CAFE

This fun throw back diner is located on the waterfront at Fisherman's Terminal in Seattle.

493 Feb 12 Tu 11:00am-2:00pm
R \$10 / NR \$12

MAMA STORTINI'S

Join us for a delicious blend of Pacific Northwest and Old World flavors. Popular pastas, fresh British Columbia salmon, crispy thin crust pizzas, juicy burgers and much more.

494 Mar 28 Th 11:00am-2:00pm
R \$10 / NR \$12

WALLY'S CHOWDER HOUSE

This unique northwest seafood restaurant overlooking the Puget Sound offers award-winning New England clam chowder and an unparalleled variety of fish and chips.

495 Apr 24 W 11:00am-2:00pm
R \$10 / NR \$12

NOTE: *If walking or climbing stairs poses a problem for you, or if you require handicapped accessibility, 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.*

NUTRITION

Senior Nutrition Program

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

A meal that provides a third of daily nutritional needs is served at 11:30am. For individuals 60 years and older, a suggested donation of \$4 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 \$10. **Closed January 1 and 21. 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, complete the Congregate Nutrition Participant Information form, and return it to the Nutrition Office. This site is provided by Sound Generations. **For information or reservations, call 425-254-1128, between 9:00am-1:00pm.**

Meals On Wheels

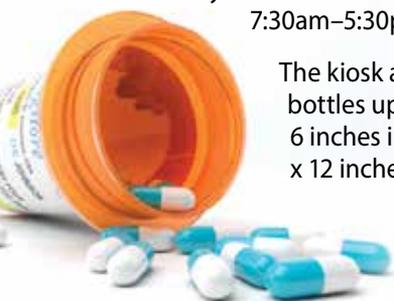
For the homebound seniors, frozen Meals-On-Wheels may be delivered upon request. **For more information, call 206-448-5767.**

FREE DRUG DISPOSAL

Kiosk in the Police Lobby, City Hall

We all have unwanted and leftover medications in our cabinets. Now the city is providing a way to dispose of them. They can be deposited for free in a kiosk in the police lobby of city hall between Mon-Fri, 7:30am-5:30pm.

The kiosk accepts bottles up to 6 inches in diameter x 12 inches tall.



WELLNESS

Blood Pressure

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

Thursdays 9:30-11:30am
NR

Clutter Buster Support Group

FREE Clutter Busters is a support group for hoarders, clutterers and creative messy people. If you have too much 'stuff,' Clutter Buster meetings will offer a way to help you get in control of your living space. Clutter Busters is not a class, we use a support group format. Using a self-help book study method, you will gain insight and motivation toward overcoming hoarding and disorganization. Members are encouraged to share recent efforts to overcome clutter and hoarding in a safe, confidential, non-judgmental and supportive atmosphere. Facilitated by Keith Collingwood.

Fridays 9:30-11:00am
SMTG

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. The cost is \$32.

Wednesdays By Appt.
NR \$32

Hearing Loss Association of America - Renton

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

Fri Jan 11, Feb 8, Mar 8, Apr 12 12:15-1:30pm
NR

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

DENTAL SERVICES

We are excited to partner with Health Smiles, Inc. to provide low-cost dental services to you. A licensed Dental Hygienist will be here once a month to provide dental assessments, routine dental cleanings, oral cancer screenings, fluoride treatments and referrals to local dentists and specialists.

To make an appointment, please call Healthy Smiles, Inc., 206-650-3272.



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 425-430-6600.**



The Budkis Memorial Fund

Mij and Chuck Charbonneau lost their beloved English Bulldog, "Budkis", to an inoperable tumor. In Budkis' absence, Chuck and Mij provide funding to assist low-income senior citizens with emergency pet care needs.

Contact your local veterinarian.



Community Living Connections

We are a network of advocates for people facing aging or disability issues. Older adults, adults with disabilities, caregivers, family members, and professionals can call us to get objective, confidential information about community resources and service options.

Call 206-962-8467 or email info@communitylivingconnections.org. Our website is communitylivingconnections.org.

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 pick up.

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 information from a referral specialist on a wide range of community services in King County.

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 are at the Renton Senior Activity Center or the Utility Billing Customer Service counter in 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 front 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 Tuesday, 11:00am–12:00pm: January 15, February 19, March 19, April 16.

Volunteer Transportation

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, 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 equipped for people who have difficulty using stairs or use a mobility aid. Hours of operation are Monday through Friday, 8:00am–4:00pm. Shuttles are free, although donations are welcomed.

To request a ride, or for more information, call 206-727-6262 or visit soundgenerations.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. Metro fare is \$1.75 per ride. Call 206-205-5000.

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. For more information, contact Full Life Care at 206-528-5315.

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 front desk.

Parking

Park in designated parking spaces. Carpool or take the bus if possible, and observe the handicapped signs. If you illegally park your car, it 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 is available upon request. **For assistance, call two business days in advance: 711 (TDD line) 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 St, 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
- K = Kitchen
- 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 begins January 2

1. Walk-In Registration

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

2. Online Registration at

rentonwa.gov/recreation **NEW WEBSITE**

rentonwa.gov/recreation 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 with an expiration date
- » Family PIN
- » Participant barcode
- » Course number

For first time users: call 425-430-6633 and we'll assign you a Family PIN and Participant Barcode(s).

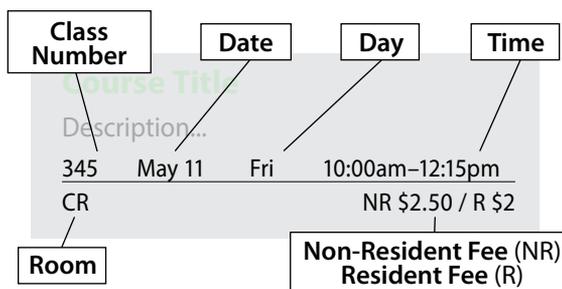
Payment Options

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



RENTON SENIOR ACTIVITY CENTER

211 Burnett Avenue N
Renton, WA 98057

425-430-6633 // rentonwa.gov

STAFF

Debbie Little, Recreation Supervisor
Sean Claggett, Recreation Coordinator
Ryan Delfin, Recreation Assistant
Lisa Wivag, Recreation Programmer
Carrie Dash, Receptionist

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



City Officials

Denis Law, Mayor
Kelly Beymer
Community Services
Administrator

Parks Commission

Tim Searing, Chair
Cynthia Burns
Al Dieckman
Larry Reymann
Shun Takano
Troy Wigstrand
Marlene Winter

Senior Advisory Board

Peggy Budziu	Sandy Polley
Ruby Griffin	Marge Reep
Shirley Haddock	Patty Reese
Sandy Jensen	Vicki Richards

City Council

Don Persson,
President
Carol Ann Witschi,
President Pro-Tem
Randy Corman
Ryan McIrvine
Armondo Pavone
Ruth Pérez
Ed Prince

New, Improved Registration Tool!

Create your account today to see what courses you are interested in and what's available. To create a new account, go to

rentonwa.gov/recreation > Create an Account

*Planning an event?
Rent a facility online*

Set search parameters

New classes & events plus annual favorites

Call the Front Desk with any questions, 425-430-6633

Register or reserve from any web device

Easier view of scheduled activities

New and improved calendar structure

Track multiple family member activities

Online, immediate account creation via email address

Now all receipts and confirmations are viewable and printable

NOTE: Cyber sign-up will no longer be available after December 4.

Registration for Winter/Spring 2019
Opens January 2, 9:00am

COMING UP: MERGING BROCHURES

The Senior Activity Center brochure, *Golden Opportunities*, and *What's Happening* will merge beginning with the next Summer 2019 issue. All the great programs and events together at your fingertips!



Look for it
Summer 2019