

October - December 2012

Golden Opportunities

**OVER 101 WAYS
TO STAY ACTIVE
FOR ADULTS 50 AND OVER!**

**RENTON SENIOR ACTIVITY CENTER
211 BURNETT AVENUE NORTH
RENTON, WA 98057
425-430-6633 OR RENTONWA.GOV**

RENTON. AHEAD OF THE CURVE.

City of
Renton
Community Services Department



NATIONALLY ACCREDITED COMMISSION FOR ACCREDITATION OF PARK AND RECREATION

Welcome

WELCOME

The City of Renton Community Services Department offers 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.

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HOLIDAY CLOSURES

November 22 and 23, December 24 and 25.

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 road conditions are questionable, call the Renton Senior Activity Center, 425-430-6633, for cancellation information regarding programs, classes and lunch.

For Your Information

RENTON SENIOR ACTIVITY CENTER PARTICIPANTS

The Renton Senior Activity Center is requesting all participants register to get your free GO (Golden Opportunities) membership 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 for your card.
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 free program will allow the staff to electronically collect information on our participants and will give us percentages on residents versus non-residents 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 card membership program will make tracking information on a client more efficient in emergency situations and will improve customer service. The Senior Center membership card will also open the door for future program 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.

*Thank you,
Your Renton Senior Activity Center Staff*

VOLUNTEERS NEEDED!

We need volunteers to help in our Nutrition program. We are looking for volunteers to make sandwiches, wash dishes, cook, and hostess. Hours range from 9:30 a.m. - 1:00 p.m., Monday through Friday. Please call **425-254-1128**.

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 time availability. Interested parties should contact Shawn Daly for information and scheduling.

Senior Advisory Board – First and third Monday of each month at 10:00 a.m. - SMTG

Computer Classes

BACKING UP IMPORTANT DATA

If your computer crashes or quits, do you have a good back-up of your valuable information (documents, pictures, music, and videos)? This class will review and discuss: what you should back-up, how often, and where, using Windows 7 built-in Backup and Restore. Techniques are simple; require only a rudimentary knowledge with the Windows 7 operating system. Tasks are demonstrated with DVDs and external hard drive. This is a must class to protect your valuable information. Prerequisite: previous computer experience suggested.

#51102	Wednesday	10/24-10/31
9:30-11:30am	CMP	\$15R/\$18NR
#51103	Monday	12/10-12/17
9:30-11:30am	CMP	\$15R/\$18NR

BEYOND INTRODUCTION TO COMPUTERS

This eight-hour class is a continuation of the Introduction to Computers class and is designed to further enhance students overall understanding of the Windows 7 Operating System. After this class, you will feel comfortable personalizing your computer, installing applications or a printer, organizing files, adding users, and various other settings of your computer system through the Control Panel. Prerequisite: previous computer experience required.

#51089	Monday	10/8-10/29
9:30-11:30am	CMP	\$25R/\$30NR
#51090	Thursday	11/15-12/13
12:30-2:30pm	CMP	\$25R/\$30NR

EXCEL 2007 BASICS

This 10-hour course acquaints you with the fundamentals of Microsoft Excel. You will learn how to set up your Excel environment, modify columns, rows and cells, format text, create simple and complex formulas, print worksheets, sort data and how to create basic functions. Prerequisite: previous computer experience suggested.

#51091	Monday	10/8-11/5
12:30-2:30pm	CMP	\$30R/\$36NR

EXCEL 2007 BEYOND THE BASICS

This eight-hour class builds on the skills and concepts taught in Excel 2007 Basic. It is a great way to improve your skills and build on what you already know. You will learn how to use multiple worksheets and workbooks efficiently. You will start working with more advanced formatting options, including styles, themes, backgrounds and formulas. You will also learn how to create outlines and subtotals, create and apply cell names, and work with lists and tables. Prerequisite: previous Excel experience required.

#51110	Monday	11/19-12/10
12:30-2:30pm	CMP	\$25R/\$30NR

INTERNET NAVIGATION

This six-hour class is designed to help a new computer user on how to do basic browsing tasks using the Internet. Become familiar with how to enter and save website addresses, search tools and how to choose an appropriate one for a particular type of search. Explore fun and helpful websites, discuss printing from the Internet, explore blogs, and discuss Internet safety. Prerequisite: previous computer experience suggested.

#51099	Thursday	10/11-10/25
9:30-11:30am	CMP	\$20R/\$24NR
#51100	Tuesday	12/4-12/18
12:30-2:30pm	CMP	\$20R/\$24NR

INTRODUCTION TO COMPUTERS

This eight-hour class is designed for the beginner in the Windows environment using Windows 7. After this class, you will have a better overall understanding of basic computer terminology and how using the computer can make your work easier. This class will be taught at a slow, friendly pace.

#51094	Tuesday	10/9-10/30
12:30-2:30pm	CMP	\$25R/\$30NR
#51095	Wednesday	11/7-11/28
9:30-11:30am	CMP	\$25R/\$30NR
#51096	Thursday	11/29-12/20
9:30-11:30am	CMP	\$25R/\$30NR

INTRODUCTION TO EMAIL

In this four-hour class you will become familiar with the basics of using online e-mail services. We'll cover choosing a provider; setting up a web-based email account; managing contacts and sending messages. Prerequisite: previous computer experience suggested. Valid email address required with established username and password. Please bring them to class.

#51097	Wednesday	10/10-10/17
9:30-11:30am	CMP	\$15R/\$18NR
#51098	Tuesday	12/11-12/18
9:30-11:30am	CMP	\$15R/\$18NR

MAKE YOUR OWN PHOTO CARD

Make your own cards using photos and designs of your choosing. In this eight-hour class you will learn to use Adobe Photoshop Elements 9 to create various greeting cards that can be used to share with family and friends. This is a great class to learn how to prepare personalized greeting cards for the upcoming holiday season. If you do not own this software, using the free lab at the Senior Center for practice is highly recommended. Prerequisite: previous computer experience suggested.

#51106	Monday	11/5-12/3
9:30-11:30am	CMP	\$30R/\$36NR

MICROSOFT WORD 2007 BASICS

This ten-hour class acquaints you with the fundamentals of Microsoft Word 2007. Learn how to set up your Word environment, basic tasks with text, saving documents, proofing, hyperlinks, printing, formatting, text boxes, clip art, shapes, templates, and lists. Prerequisite: previous computer experience highly recommended.

#51092	Tuesday	10/9-11/6
9:30-11:30am	CMP	\$30R/\$36NR

Computer Classes

Creative Arts

MICROSOFT WORD 2007 BEYOND THE BASICS

This eight-hour class will start with a review of the basics of Microsoft Word and quickly move into more advanced features. You will learn how to improve your document layout by adding tabs and indents, working with tables, templates, lists, mail merge, forms, and adding headers and footers. This hands-on class is a great way to improve your skills, build on what you know, and learn new things. Prerequisite: previous Word experience required.

#51109	Tuesday	11/13-12/4
9:30-11:30am	CMP	\$25R/\$30NR

MORE PHOTOSHOP ELEMENTS 9

This eight-hour class is a continuation of the Photoshop Elements 9 class and is designed to further enhance students overall skills in Photoshop Elements 9 using the Organizer and Editor. Lighting, color correction and balance, filters, layer masks, and levels are just a few of the topics planned to be covered in this class. This is a great way to build on your photo editing skills and learn new things. Prerequisite: students need to have a basic understanding of the Photoshop Elements environment.

#51101	Thursday	10/18-11/8
2:00-4:00pm	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 class is for you. You will learn how to organize your files using Windows 7 Libraries. Learn their structure, how to use them, how to add folders, how to make your searches more effective, and much, much more. No more hard to find files after this class! Prerequisite: previous computer experience suggested.

#51104	Thursday	11/1-11/15
9:30-11:30am	CMP	\$20R/\$25NR
#51105	Wednesday	12/5-12/19
9:30-11:30am	CMP	\$15R/\$20NR

PHOTOSHOP ELEMENTS 9

This eight-hour class introduces the photo organizing, editing, and sharing features of Adobe Photoshop Elements 9. It will cover importing, organizing, and finding photos with the Organizer. You will be taught how to enhance your photos such as touching up, correcting, resizing and cropping, straightening, adding text, and special effects. Essentially, getting them looking great and ready to share with family and friends. Prerequisite: previous computer experience highly recommended.

#51108	Tuesday	11/6-11/27
12:30-2:30pm	CMP	\$25R/\$30NR

COMPUTER LAB

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! However, you must have taken one of our computer classes previously to take advantage of the Computer Lab. We cannot accommodate first time computer users. If you have any questions please see Debbie Little. **Closed on November 23.**

Wednesday	CMP	12:30-2:30pm
Friday	CMP	9:30-11:30am

BUNKA EMBROIDERY

Class fee will include a demonstration and assistance with the kit of your choice. Kits are available for an additional fee paid directly to the instructor. Please bring a pair of small scissors to class.

#50780	Wednesday	10/3-10/24
9:30-11:30am	SMTG	\$20R/\$24NR
#50782	Wednesday	10/31-11/21
9:30-11:30am	SMTG	\$20R/\$24NR
#50783	Wednesday	11/28-12/19
9:30-11:30am	SMTG	\$20R/\$24NR

COLORED PENCIL

Enjoy a support group for artists of all levels using colored pencils, watercolor pencils, ink and more. Students may also select projects of their own choosing. Each session ends with students sharing ideas, projects, critiques and occasional treats. **No class on November 22.**

#50629	Thursday	10/4-11/8
1:00-3:00pm	CR	\$28R/\$34NR
#50630	Thursday	11/15-12/20
1:00-3:00pm	CR	\$24R/\$30NR

CERAMICS

This is an ongoing class where you purchase your bisque and glaze from the instructor. For more information contact the instructor on class day. **No class November 23.**

Wednesday/Friday	CR	9:00am-2:00pm	\$3
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OPEN PAINTING *Free*

Join in this opportunity to participate in an informal art studio. All artists working in oil, watercolor, drawing, ink pastels, etc. meet every Thursday and work independently. All are invited and welcome to participate. **No class on November 22.**

Thursday	9:00am-12:00pm	CR
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OPEN 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. **No class on December 27.**

Tuesday	9:00am-12:00pm	CR
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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.

#50628	Tuesday	10/2-11/6
12:30-3:00pm	CR	\$30R/\$36NR
#50803	Tuesday	11/20-12/18
12:30-3:00pm	CR	\$25R/\$30NR

WATERCOLOR

Discover fun and easy techniques to develop beautiful watercolor paintings. Apply bold colors and transparent washes, develop depth, continuity and confidence in your painting style. From landscapes to still life, flowers to Koi, this class is great for beginners to advanced students. A supply list is available upon registration. Please welcome our new watercolor instructor, Mary Ann Coles!

#50622	Monday	10/1-11/5
12:30-3:00pm	CR	\$35R/\$42NR
#50623	Monday	11/19-12/17
12:30-3:00pm	CR	\$30R/\$36NR

Fitness and Sports

SENIOR FITNESS TRAINING

Improve your strength, flexibility and overall fitness while having fun and meeting new people. A special time has been reserved for you every Monday through Friday mornings in the Fitness Room at the Renton Community Center, 1715 SE Maple Valley Highway. This program is for all seniors aged 50 and above. Fee is paid at the Renton Community Center and applied only to this class. **Closed November 12, 22 and 23 and December 24 and 25.**

Monday-Friday RCC 7:30-9:30am \$1

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 November 12, 22 and December 24.**

Monday/Wednesday/Thursday 9:15-10:15am LMTG \$3
 Monday/Thursday 10:30-11:30am LMTG \$3

EXERCISE WITH THE AID OF A CHAIR

Free

This class is designed to keep those joints in good condition, tone muscles and stimulate your circulatory system. You are encouraged to exercise at your own pace. **No class November 23.**

Wednesday/Friday LMTG 10:45-11:30am

NINTENDO WII

Free

To truly understand how the Wii has revolutionized gaming, you have to experience it yourself. Quite simply, Wii is for anyone. Let us show you what this craze is all about and enjoy playing bowling, baseball, golf, boxing and tennis. We play every Tuesday morning. **No games on December 25.**

Tuesday LL 9:30-11:00am

STRENGTH AND BALANCE

Studies show that adults 50 and over who strength train with weights, greatly improve their ability to perform their daily activities, increase bone density, increase 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 November 12 and December 24**

Monday 1:00-2:00pm LMTG \$3
 Wednesday 1:00-2:00pm A \$3

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.

#50621 Tuesday 10/2-12/18
 1:00-2:00pm A \$33R/\$40NR

YOGA FOR THE BRAIN AND BODY

Feel good! Increase flexibility, improve balance, breathing and digestion, reduce stress and manage weight! Please wear comfortable, loose clothing and bring a yoga mat. All levels of fitness are welcome!

#50626 Tuesday 10/2-11/6
 1:00-2:00pm LMTG \$33R/\$40NR
 #50627 Tuesday 11/13-12/18
 1:00-2:00pm LMTG \$33R/\$40NR

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

#50657 Wednesday 10/3-11/7
 2:15-3:15pm A \$33R/\$40NR
 #50658 Wednesday 11/14-12/19
 2:15-3:15pm A \$33R/\$40NR

FITNESS ROOM

The fitness room is for seniors (age 50+) is open Monday - Friday from 9:00 a.m. to 4:30 p.m. Come on down and check it out. Orientations are required before use and are done on Wednesdays from 9:00 a.m. to 2:30 p.m. Equipment consists of two elliptical trainers, two treadmills, two recumbent bikes, one total body trainer, one chest press, one bicep curl, one lateral pull-down, dumbbells, fitness balls and tubing with handles. **Fitness room will be closed on November 12, 22 and 23 and December 24 and 25.**

Monday-Friday FR 9:00am-4:30pm \$1

DOUBLES POOL TOURNAMENT

Congratulations to Ben Cheney and Jim Dagley, winners of our June Tournament and Roy Garnett and Beto Espinoza winners of our August Tournament. **Please register and pay the fee by October 22.**

Thursday 10/25 PR \$5 9:30am

2012 CHAMPIONSHIP POOL TOURNAMENT

The first place finisher in this tournament will be named the 2012 Renton Senior Activity Center Pool Champion. Both the first and second place finishers will have their name engraved on the trophy located in the Pool Room. This tournament is for our regular Renton players and those who have participated in a Renton Tournament this year. Please use good judgment. **Please pay and register by December 10.**

Thursday 12/13 PR \$5 9:30am

General Interest

COOKING WITH CHER

On the same concept as 'Dinners Ready' or 'Dinners To Go,' we'll do all the planning, shopping, food prepping and you'll go home with a delicious, high quality main entree designed to freeze or enjoy that very evening, saving you time and money. Taught by Cherilyn Williams, our Nutrition Site Manager. She has a degree in Culinary Arts and 20+ years of experience. Not only will you leave with a main entree but also learn new culinary skills and techniques, proper sanitation and food safety. We'll even provide the take home containers. Please sign up by the Friday before the session for participant count.

Ravioli

Expand you culinary skills by making two different fillings and two different sauces for your home-made pasta. Tastes even better the next day!
#51072 Wednesday 10/10
1:30-4:30pm Kitchen \$17R/\$21NR

Gumbo

This classic creole dish from New Orleans is made with a dark roux, vegetables and meats or shellfish served over rice
#51073 Wednesday 11/14
1:30-4:30pm Kitchen \$17R/\$21NR

Sweet and Sour Chicken

This famous Chinese dish is balanced between sweet and sour, usually made with sugar and vinegar, vegetables and served over rice.
#51074 Wednesday 12/12
1:30-4:30pm Kitchen \$17R/\$21NR

Free/New

DISCUSSION GROUP

Do you know why we color Easter eggs or decorate a Christmas tree? Are you curious about history, science, music and cultures around the world? Join our newly formed group to 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!
Friday 10/12, 11/9, 12/14 9:30-10:30am SS

A.A.R.P. DRIVER SAFETY PROGRAM

This classroom oriented (no driving) course covers State Laws, driving conditions and safety. Course completion qualifies seniors for the state mandated insurance premium reduction. Cost for A.A.R.P. Driving Class \$12.00 with A.A.R.P. Membership Card (need to bring to first class) and \$14.00 without A.A.R.P. Membership Card. Bring exact cash (instructor doesn't have change), check or money order payable to A.A.R.P., to the first class. Registration begins at 9:00a.m. on October 1. Phone in registration is accepted. **No classes in November or December.**
Thursday 10/18-10/25
12:30-4:30pm LMTG \$14

BIBLE STUDY

This non-denominational group is open to all individuals who wish to learn more about what the Bible teaches. **No class on November 22.**
Thursday 9:15-11:30am SMTG Donation



Free

BRIDGE LESSONS

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. The bidding (auction) will be explained as well as some of the card playing conventions. The class will be light and fun without any pressure to achieve goals. **No class on November 22.**
Thursday SMTG 12:30-3:00pm

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. Bring your keyboard with you. If you do not have a keyboard, you will need to talk to the instructor to make arrangements.

#51086	Tuesday	10/9-10/30
9:30-11:30am	SMTG	\$22R/\$27NR
#51087	Tuesday	11/6-11/27
9:30-11:30am	SMTG	\$22R/\$27NR
#51088	Tuesday	12/4-12/18
9:30-11:30am	SMTG	\$18R/\$22NR

New

WRITING FOR FUN

Are you bursting to write exciting stories, nostalgic memories, thoughts of a simpler time? Your grandchildren may never enjoy the freedom of bike riding all day, the inventing of games without a coach, the comfort of family meals - simple tales your family will treasure. Share one page, 300 words with fellow writers for comments, encouragement and nostalgia. This is not about detailed autobiography that is never completed, it's not about perfect punctuation, this is about creating words that come to life!
#50643 Tuesday 10/9,10/23,11/13,11/27,12/11
12:30-2:00pm SMTG \$15R/\$18NR

Financial Workshops

Healthy Lifestyles

These financial workshops are offered by Dwayne Dilley, Vice President of Senior Financial Advisors, and a Registered Investment Advisor. These workshops are designed to be useful and informative. We do not endorse any product or program. It is the individuals right to make informed decisions regarding these issues. **Please pre-register for these workshops by calling 425-430-6633.**

DISTRIBUTION PLANNING FOR IRA'S AND RETIREMENT PLANS

Free

What required distribution rules apply for IRA and retirement plan distributions for 2012? This workshop will review the rules and procedures for calculating your RMD on IRA's and other qualifying accounts, including your 401(k). Also covered will be beneficiary designations on IRA's and the "Stretch" IRA. Monday 11/26 9:30-11:00am SMTG

SELECTED TAX ISSUES FOR RETIREES

Free

This workshop will review the changes in the tax code for 2012 and possible changes in the coming year. Mr. Dilley will discuss social security benefits, qualified dividends and capital gains and itemized deductions. He will be joined by Tina Polf, CPA. Monday 12/10 9:30-11:00am SMTG



BLOOD PRESSURE CHECKS

Free

Retired nurses volunteer their time to keep you healthy by monitoring your blood pressure. **Closed November 22 and December 25.** Tuesday/Thursday 9:30-11:30am NR

CLUTTER BUSTERS SUPPORT GROUP

Free

Clutter Busters Support Group is for the organizationally challenged. Are you feeling overwhelmed in a crowded or messy environment? This non-judgemental support group will discuss the emotional issues often called obsessive-compulsive hoarding or creative messy disorder often associated with organizationally challenged individuals who are ready to create peace and order through positive reinforcement group discussion. Learn how to live the life you want by creating a plan of action and celebrate your success with fellow group members. Facilitated by Susan Fakkema. The group will meet every Friday. **No meeting on November 23.** Friday 9:30-11:00am SMTG

FOOT CARE

We have foot care service for people who cannot manage their own foot care. Karen's Footcare Services specializes in gentle foot care service for senior citizens. Call the Renton Senior Activity Center footcare line at 425-430-6662 to schedule an appointment. Appointments can be made for Wednesdays between 1:00-4:00pm (except the second Wednesday of each month). Wednesday 9:00am-4:00pm NR \$27

HEARING LOSS ASSOCIATION OF AMERICA RENTON

Free

This hearing loss group helps inform, educate and support individuals with hearing loss. Friday 10/12, 11/9, 12/14 12:15-1:30pm NR

WICS (WIDOWED INFORMATION AND CONSULTATION) SERVICE

Free

Grieving and recovering individuals often find comfort in talking with others who have had a similar experience. WICS groups is a place where men and women can share their feelings and concerns. The group meets every Wednesday. Wednesday 12:30-2:30pm SS

Performing Arts

BALLROOM DANCE - ADVANCED BALLROOM, LATIN AND SWING

Step out of the box! Learn smooth transitions to exciting Latin, ballroom and west coast swing variations that encourage confidence. The class will work together to expand your repertoire and create new moves. Students should be comfortable with basic steps before attending this class. **No class November 12.**

#50576	Monday	10/1-10/29
3:15-4:15pm	A	\$16R/\$20NR
#50579	Monday	11/5-12/10
3:15-4:15pm	A	\$16R/\$20NR

BALLROOM DANCE - BEGINNING BOOMER SPECIAL

Share the joy of moving together as a team, leading and following to a variety of music. Enjoy the social mixing; exercise for mind and body; and encouragement from positive classmates. Emphasis on swing, fox trot, waltz and two-step. Come alone or with a partner. Instructor Betty McLain gets you dancing by the first lesson! **No class November 12.**

#50574	Monday	10/1-10/29
1:15-2:15pm	A	\$16R/\$20NR
#50577	Monday	11/5-12/10
1:15-2:15pm	A	\$16R/\$20NR

INTERMEDIATE BALLROOM DANCE

Add zest to ballroom dancing with easy variations, plus a mixer and pattern or two. Add Latins, West Coast Swing and more. No partner necessary. **No class November 12.**

#50575	Monday	10/1-10/29
2:15-3:15pm	A	\$16R/\$20NR
#50578	Monday	11/5-12/10
2:15-3:15pm	A	\$16R/\$20NR

HULA FOR BEGINNERS

Experience the modern expression of an ancient dance! Discover the beauty of the Hawaiian culture as you learn the basic steps and hand motions of hula. Have fun with hula 'auana' - the modern era dance - and learn how to tell the story. Take yourself away to the tropical paradise of Hawaii!

#50636	Tuesday	10/2-10/30
9:30-10:30am	LMTG	\$23R/\$28NR
#51112	Tuesday	11/6-12/11
9:30-10:30am	LMTG	\$23R/\$28NR

HULA FOR ADVANCED BEGINNERS

You've mastered the hula basics and now you want to learn more! Delve into more advanced hula steps and motions for a new experience of the Hawaiian Islands. You will have fun learning a more complex hula 'auana, along with basic Hawaiian words and aspects of the culture.

#50638	Tuesday	10/2-10/30
10:30-11:30am	LMTG	\$23R/\$28NR
#51113	Tuesday	11/6-12/11
10:30-11:30am	LMTG	\$23R/\$28NR

BEGINNING LINE DANCE

Develop fleet feet, positive mind and better balance with popular non partner dances. Connect words, steps and music from country western to ballroom. **No class November 27.**

#50580	Tuesday	10/2-10/30
3:15-4:15pm	A	\$16R/\$20NR
#50582	Tuesday	11/6-12/11
3:15-4:15pm	A	\$16R/\$20NR

INTERMEDIATE LINE DANCE

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! **No class November 27.**

#50581	Tuesday	10/2-10/30
2:15-3:15pm	A	\$16R/\$20NR
#50583	Tuesday	11/6-12/11
2:15-3:15pm	A	\$16R/\$20NR

MIDEASTERN DANCE

Learn how enchanting this ancient form of dance can be. Revitalize grace and poise as you learn new moves, enhance old moves and put it all together to form a stunning dance routine. Come join the fun as you weave mystic moods. **No class on October 26 and November 23.**

#50618	Friday	10/5-11/2
1:00-2:15pm	A	\$17R/\$22NR
#50619	Friday	11/9-12/14
1:00-2:15pm	A	\$24R/\$29NR

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 November 12 and December 24.**

Monday	10:15-11:30am	CR	\$3
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BEGINNING TAP DANCE

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. 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 November 12 and December 24.**

Monday	CR	9:30-10:15am
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Free

Special Events

BUNKO TUESDAY *Free*
 Bunko is a dice game that's fun and easy to learn. If you can roll dice and count, then you can play. You will meet new people each round as you change tables. We will play 12 rounds and there will be prizes for the most Bunko's, and most wins. **Sponsored by Merrill Gardens.**
 Tuesday 10/2; 11/6; 12/4 A 10:00-11:00am

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 great big thank you to our volunteers, Pat Hess and Diana and Ron Duppenenthaler.
 Thursday 10/4; 11/1; 12/6 LMTG 1:00-3:00pm

THURSDAY AFTERNOON DANCES
 As of November 1 we will have dances on the first, second, third and fourth Thursdays with an occasional fifth Thursday. The Bonnie Birch Duo will be playing the first and third Thursdays of each month and Bill Bennett will play the second, fourth and occasionally the fifth Thursdays. **No dance on November 22.**
Bill Bennett
 10/11, 10/25, 11/8, 11/29, 12/13, 12/27
Bonnie Birch Duo
 11/1, 11/15; 12/6; 12/20
 1:00-3:00pm A \$2

BEAN BAG BASEBALL *Free*
 You're missing out if you're not here to play bean bag baseball! We pick different teams each time. You'll meet new friends while getting home runs. Come out of the rain and warm up that arm. Meet us in the auditorium. We play every Friday. **No play on November 23.**
 Friday A 10:00-11:00am

OCTOBERFEST LUNCHEON
 The leaves are changing color and fall is approaching fast. Come and celebrate this German holiday and play root beer pong. We'll see who can bounce the ping pong ball into a glass of root beer. The winner will receive a gift card and we'll have bratwurst for lunch with dessert to follow. **Sponsored by Merrill Gardens.**
 Friday 10/5 A Contest 11:00am
 \$3.00(donation 60 & over) Lunch 11:30am
 \$6.00(charge under 60)

NATIONAL ANGEL FOOD CAKE DAY LUNCHEON
 Who doesn't like this spongy, soft cake that feels like angels made it? This cake is so light and fluffy, we'll see who can throw it far enough to get it in the barrel. There will be a prize for the winner. Dessert to follow. **Sponsored by Merrill Gardens.**
 Wednesday 10/10 A Contest 11:00am
 \$3.00(donation 60 & over) Lunch 11:30am
 \$6.00(charge under 60)

PRESENTATION: MEDICARE-WHAT'S NEW *Free*
 Our speaker, Andrew Tartella, Liaison Officer from the regional office of Medicare, will provide information and explain the recent changes to Medicare in 2012 and changes coming in 2013. You will receive information to help you understand the various parts of Medicare and how to compare Medicare coverage options. Discussion will also include Medicare covered services and supplies, the rights that all Medicare beneficiaries are entitled to, and how to use the Medicare appeals process. **Please register at the front desk.**
 Thursday 10/11 LMTG 12:30pm

REGIONAL REDUCED FARE PERMIT/ORCA CARD
 If you are age 65 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 10/16 \$3 SS 11:00am-12:00pm
 Tuesday 12/18 \$3 SMTG 11:00am-12:00pm

PRESENTATION: AGING EYES *Free*
 Age related macular degeneration (AMD) is the most common cause of blindness among the elderly. It is a disease that can lead to sudden vision loss. This presentation will try to answer the following questions: What is AMD? Who gets AMD? What can be done if I have AMD? Our speaker will be Dr. Zaidi from Retina and Macula Specialist.
 Tuesday 10/16 SMTG 12:30pm

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:
"SNOW FLOWER AND THE SECRET FAN" - LISA SEE
 Wednesday 10/17 SS 10:00-11:30am
"THE NINE" - JEFFREY TOOBIN
 Wednesday 11/21 SS 10:00-11:30am
"THE GOLDEN SPRUCE" - JOHN VAILLANT
 Wednesday 12/19 SS 10:00-11:30am

NEWCOMERS HOUR *Free*
 Take this 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 our volunteer, Jo Matas, for conducting these tours.
 Thursday 10/18; 11/15; 12/20 Lobby 10:00-11:00am

AARP RENTON CHAPTER #414 *Free*
 Members and non-members are encouraged to attend.
RENTON ROTARY IN THE COMMUNITY - SALLY ROCHELLE
 Friday 10/19 LMTG 1:00pm
COASTAL SALISH CULTURE - RENTON HISTORICAL MUSEUM
 Friday 11/16 LMTG 1:00pm
CHRISTMAS LUNCHEON - INSTALLATION OF OFFICERS
 TBA

Special Events

HOLIDAY CRAFT BAZAAR

Free

Our annual craft bazaar is here. We have over 50 vendors who have crafted handmade items with love. You can do your holiday shopping and avoid the rush around the mall. Donuts, coffee and lunch are available for purchase. Come support our seniors. Saturday 10/27 A 9:00am-3:00pm

GOLDEN GAMES

Seniors from the Puget Sound Senior Centers are going to have a friendly competition amongst each other. The events will be held at the Federal Way Community Center and will include a pool tournament, Wii Bowling, a spelling bee, horse racing, etc. Cost includes an event t-shirt, lunch, awards, and transportation. **Please register by Monday, October 22.** Monday 10/29 \$25 8:00am-4:00pm

HALLOWEEN DAY LUNCHEON

The goblins, ghosts and ghouls are out at the Senior Activity Center. Let's join them and wear our orange and black today. We'll celebrate by playing the Pumpkin Slide, just like shuffle board. Join us for some fun and laughs. Dessert to follow and a prize for the winner. **Sponsored by Merrill Gardens.** Wednesday 10/31 A Contest 11:00am
\$3.00(donation 60 & over) Lunch 11:30am
\$6.00(charge under 60)

PRESENTATION: HOW TO RELAX PAINFUL TIGHT MUSCLES

Dr. Meinhofer will reveal some of the major breakthroughs in the causes for tight muscles and what you can do about them. Learn the three major reasons muscles get tight and the common problems of tight muscles as you age. Dr. Meinhofer will share time-tested techniques that work to relax muscles. Please register for this free presentation. Wednesday 11/7 SMTG 12:30-2:00pm

NATIONAL PEANUT BUTTER MONTH LUNCH

Did you grow up on peanut butter and jelly sandwiches? Yummy!! Peanut butter is the star of the day. We'll toss peanuts in a jar to see how many you can get in. We'll have a prize for the senior that wins and dessert for everyone. **Sponsored by The Lakeshore.** Friday 11/9 A Contest 11:00am
\$3.00(donation 60 & over) Lunch 11:30am
\$6.00(charge under 60)

PRESENTATION: MEDICATION MANAGEMENT

Kim McDonald, from A Helping Hand Homecare, will be our presenter. Kim will talk about the key steps to ensure safety when taking medications and interactions of natural supplements with prescriptions. Learn what questions to ask your pharmacist about your medications. Tuesday 11/20 SMTG 12:30-1:30pm

THANKSGIVING DAY LUNCHEON

Football, turkey and pumpkin pie, this sounds like Thanksgiving. We'll have a savory turkey lunch with all the trimmings and pumpkin pie for dessert. Get a ticket when you come in for door prizes before lunch. **Tickets available in the Nutrition Office or at lunch beginning November 1. Tickets must be purchased in advance by November 15.** Wednesday 11/21 A Lunch 11:30am
\$3.00(donation 60 & over)
\$6.00(charge under 60)

BABY FACE LUNCHEON

You've got the cutest little baby face!! Bring a picture of yourself when you were a baby. We'll put the pictures on poster board and see who can guess who's who. The winner will receive a prize. Dessert to follow. **Sponsored by Merrill Gardens.** Friday 11/30 A Contest 11:00am
\$3.00(donation 60 & over) Lunch 11:30am
\$6.00(charge under 60)

FRANK SINATRA'S B-DAY LUNCHEON

It's "Ol' Blue Eyes" birthday and we're celebrating. He loved cherry lifesavers and we're going to play Spin the Lifesaver. If it lands on you, you may win a prize or you may get to sing "New York New York." A wonderful dessert to follow. **Sponsored by Merrill Gardens.** Wednesday 12/12 A Contest 11:00am
\$3.00(donation 60 & over) Lunch 11:30am
\$6.00(charge under 60)



HOLIDAY LUNCHEON

It's the busiest time of the year; you've been shopping and planning for the holidays. Take a break and join us for a wonderful lunch, great entertainment, and meet some new friends. We will have a scrumptious dessert. Don't miss out. **Tickets required and are on sale beginning November 26. Tickets must be purchased by December 14.** Wednesday 12/19 A Lunch 11:30am
\$3.00(donation 60 & over)
\$6.00(charge under 60)

Trips and 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.

LEAVENWORTH

Sit back and enjoy the fall colors as we travel east to this Bavarian Village. We will spend the day shopping and taking in the village. There will be time for an independent lunch before heading out. We'll have a surprise stop or two on the way home. Fee includes transportation and Renton Senior Activity Center representative. #51111 Monday 10/15 8:30am-6:30pm \$55R/\$66NR

HOLIDAY FOOD AND GIFT FESTIVAL

This is your chance to stop and sample delicious food amid the sights and sounds of the holidays. Make this a memorable holiday season with unique gifts purchased for your family and friends. Cost includes transportation only. Admission will be \$12.50. #51075 Thursday 10/18 9:30am-4:30pm \$14R/\$17NR

GOLDEN GAMES

Seniors from the Puget Sound Senior Centers are going to have a friendly competition amongst each other. The events will be held at the Federal Way Community Center and will include a pool tournament, Wii Bowling, a spelling bee, horse racing, etc. Cost includes an event t-shirt, lunch, awards, and transportation. **Please register by Monday, October 22.** Monday 10/29 \$25 8:00am-4:00pm

WICKED AT THE PARAMOUNT/IVAR'S ACRES OF CLAMS

Long before that girl from Kansas arrives in Munchkinland, two girls meet in the land of Oz. One-born with emerald skin- i.e. smart, fiery and misunderstood. The other is beautiful, ambitious and very popular. How these two grow to become the 'Wicked Witch of the West' and 'Glenda the Good Witch' makes for the most completely satisfying new musical in a long time. **Wicked** has been called Broadway's biggest blockbuster by winning 35 major awards, including a Grammy and three Tony Awards. An independent dinner at The Daily Grill will follow the show. Cost of trip includes transportation, admission and a Renton Senior Activity Center Representative. #51077 Thursday 11/15 12:30-7:30pm \$64R/\$77NR

BELLEVUE BOTANICAL GARDENS

The enormously popular Garden d'Lights festival features over half a million lights which transform the Botanical Gardens into a blossoming winter wonderland. You won't want to miss the 'Aquarium of Lights' with pulsating jellyfish and sprawling octopus; a gorgeous pond and border display of a flowing river of lights with four waterfalls. Even if you have attended the festival in the past, each year a bigger and better display is promised. Please be aware that there are steps and uneven terrain, non-skid soled shoes are recommended. An independent dinner at Jimmy Macs in Renton will precede our tour of Garden d'Lights. #51081 Tuesday 11/27 4:45-9:30pm \$15R/\$18NR

VICTORIAN COUNTRY CHRISTMAS

Join us in an opportunity for some incredible shopping, wonderful entertainment and fun activities to get you into the holiday spirit. All booths are located inside beautifully decorated comfortable buildings with vendors dressed in Victorian styled clothing. Cost includes transportation only. Admission is \$8.00. #51076 Thursday 11/29 9:30am-4:30pm \$13R/\$16NR

HOLIDAY FEAST AT THORNEWOOD CASTLE

Thornewood Castle, built in 1908 on four acres of Tacoma's American Lake waterfront, will be dressed for the holidays, ablaze with lights and lavishly decorated trees. Following a tour of this private residence we will sit down to enjoy a wonderful holiday feast. Before heading home a special treat is in store as we witness the largest drive-through holiday display - Fantasy Lights at Spanaway Park. Fee includes transportation, holiday feast, admission and a Renton Senior Activity Center representative. #51079 Monday 12/3 2:00-8:00pm \$71R/\$86NR

GOVERNOR'S MANSION HOLIDAY TOUR

The Governor's Mansion is a beautiful sight any time of year but at the holidays it sparkles with a special glow. The tour involves visiting the public rooms of the mansion which includes the main entrance, foyer, sitting room, parlor, art gallery dining room and formal ballroom. Please remember to bring photo identification and be aware that umbrellas, backpacks, food and beverages are NOT allowed on the tour. Please be aware that there is quite a bit of walking on this tour. An independent lunch will follow the tour of the mansion at Falls Terrace Restaurant in Tumwater. **When registering, please make sure we have your legal name as they are required to be submitted prior to our tour. Must register by December 10.** #51080 Wednesday 12/12 9:00am-3:30pm \$20R/\$24NR

IRISH TENORS AT BENAROYA HALL/PADDY COYNE'S

Enjoy and be charmed by beautiful Irish music and traditional sounds of the holiday season provided by the Irish Tenors and full orchestra. Benaroya Hall provides the perfect setting to make this an exciting and memorable holiday experience. Keeping with the Irish theme, we will dine at Paddy Coyne's at Pier 70 prior to the concert. Cost includes transportation, concert admission and a Renton Senior Activity Center representative. Dinner is not included. #51082 Wednesday 12/19 4:00-10:00pm \$75R/\$90NR

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

Ongoing Activities

BOCCE BALL

Equipment is available during operating hours. **Closed November 22.**

CRIBBAGE

Meet upstairs in the Game Room on Thursday mornings for some fun games of cribbage. **Closed November 22.**

DOUBLE-DECK PINOCHLE

Join the group, and play double-deck pinochle on Thursday afternoons at 12:30 p.m. to 2:30 p.m. in the Game Room. **Closed November 22.**

DUPLICATE BRIDGE

Duplicate bridge is played on Thursdays at 12:00 p.m. and Fridays at 12:15 p.m. There is a \$1 charge on each day. **Closed November 22.**

HANDIWORK CROCHET GROUP

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 on Mondays from 9:00 a.m. to 11:00 a.m. **Closed November 12 and December 24.**

HORSESHOES

The pit is open and ready for play. Equipment available.

MAH JONGG

Learn the ancient Chinese tile game in this drop-in activity. If you have your own tiles, please bring them. The group meets every Wednesday at 12:00 p.m. in the Game Room.

MEXICAN TRAIN DOMINOS

Join this newly formed group that plays every Wednesday at 9:30 a.m. in the Game Room.

PARTY BRIDGE

Play Party Bridge every Monday and Friday at 12:00 p.m. in the Game Room. **Closed November 12, 23 and December 24.**

POOL

Open from 9:00 a.m. to 4:30 p.m. daily. Pool tournaments are held every other month. Check the brochure. **Closed November 12, 22, 23 and December 24 and 25.**

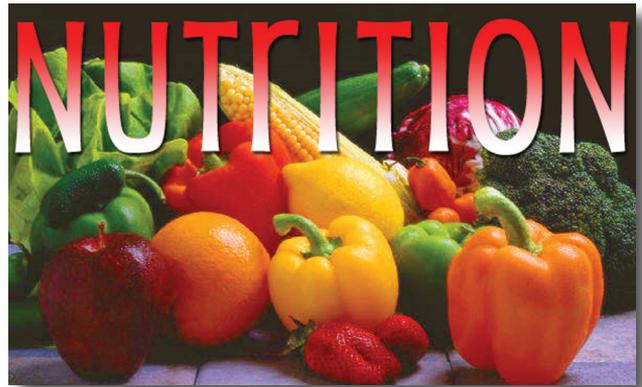
PROGRESSIVE PINOCHLE

Play every Wednesday at 12:30 p.m. Winners progress to the next table. Everyone is welcome.

WALKING GROUP

Meet in the Coffee Bar at 9:00 a.m. on Monday, Wednesday, and Friday. The group walks one to four miles along the Cedar River Trail. **Closed November 12, 23 and December 24.**

Nutrition



RENTON 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 11:30 a.m. In addition to a hot meal, a soup and sandwich meal is also available and on most days a salad bar is also available. 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 10:30 a.m. 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 9:00 a.m. and 1:00 p.m.

MEALS ON WHEELS

Meals on Wheels (MOW) has immediate openings for volunteer drivers and co-coordinators at the Renton Senior Activity Center. Drivers work about 3 hours on Wednesdays (\$.35 per mile reimbursement). 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 425-430-6600**.



THE BUDKIS MEMORIAL FUND

Mij and Chuck Charbonneau lost their beloved English Bulldog, "Budkis", to an inoperable tumor. In Budkis' absence, Chuck and Mij 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**.

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.

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.

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 **October 16 and December 18 from 11:00 a.m. to 12:00 p.m.**



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 \$1.25 per ride.

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 8:00 a.m. and 3:00 p.m.

HYDE SHUTTLE

Free

Senior Services introduced a new van service in Renton for seniors 55 years of age and older and people with disabilities of all ages. The Hyde Shuttles offer free door-to-door service throughout the Renton city limits, transporting riders to the Renton Senior Activity Center, grocery stores, libraries, banks, to visit a friend, cultural and social activities, medical appointments, and local errands. Riders 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 8:00 a.m. to 4:00 p.m. 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.

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 white medical information card which provides us valuable information in the case of an emergency. Ask 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 **425-430-6633**.

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.

- Have a four digit or less house number and a one or two digit street address. For example, 1234 SE 4th Street, Renton.
- Have a four digit or less house number and a street name. For example, 1234 Main Avenue S., Renton.
- 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:

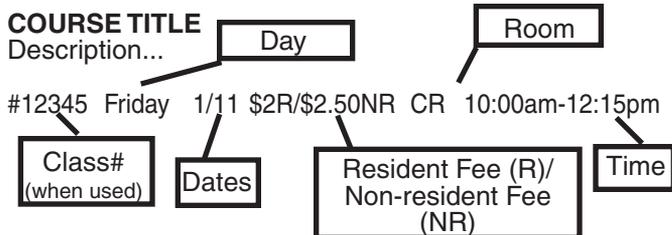
PR = Pool Room
GR = Game Room
CMP = Computer Room
SMTG = Small Meeting Room
LMTG = Large Meeting Room

REGISTRATION PROCEDURE

In an attempt to make our registration procedure easier and more convenient, you are now able to register for any class, trip or service on the first day of registration **October 1**.

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.



REGISTRATION OPTIONS



WALK-IN

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

INTERNET

Cyber Sign-Up (cybersignup.org) 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

PAYMENT OPTIONS

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



HOLIDAY CRAFT BAZAAR

SATURDAY, OCTOBER 27

Handmade crafts by Renton area adults 50 and over will be on sale from 9:00 a.m. to 3:00 p.m. at the Renton Senior Activity Center. **Call 425-430-6633.**



Hours

Monday - Friday 9:00am - 5:00pm

Staff

Shawn Daly
Recreation Supervisor

Debbie Little
Recreation Coordinator

Kathie Svedin
Secretary

Patty Wills
Lisa Wivag
Recreation Programmer

Renton Senior Activity Center
211 Burnett Avenue North
425-430-6633

City Officials

Denis Law, Mayor

City Council

Terri Briere
Randy Corman
Marcie Palmer
Ed Prince
Don Persson
Greg Taylor
Rich Zwicker, President

Terry Higashiyama
Community Services Administrator

Parks Commission

Cynthia Burns
Al Dieckman
Michael O'Donin
Larry Reymann, Chair
Tim Searing
Troy Wigestrang

Senior Advisory Board

Pat Baylor
Mary Brown
Peggy Budiu
Ben Cheney, President
Bill Clapp
Dorothy Cook
Eric Eastberg
Mary Lou Gilbert
Ruby Griffin
Elaine Koehler
Emilie McCue
Sandy Polley
Marge Reep
Milt Tiede
Rose Warren

PLANNING A PARTY?

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 full kitchen make this facility an ideal venue.

Rates:	Resident	Non-Resident
Friday (5-hour min.)	\$600	\$700
Saturday (10-hour min.)	\$1200	\$1400
Additional hours	\$120/hour	\$140/hour

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



2012 MAYORS SENIOR ADVISORY BOARD (pictured left to right)
Sitting: Mary B. Brown, Rosie Warren, Emilie McCue, Marge Reep, Elaine Koehler, Eric Eastberg Standing: Kay Stone, Ben Cheney, Dorothy Cook, Bill Clapp, Peggy Budzui, Ruby Griffin, Sandy Polley, Pat Baylor
Not pictured: Mary Lou Gilbert and Milt Tiede