

# LIFELONG RECREATION

Arts, Fitness, and Social Opportunities for People 50+



Seattle  
Parks & Recreation

## Autumn 2021

Session 2 October 25-December 18

## No Classes Thanksgiving Week, November 22-26

**Seattle Parks and Recreation safe return to programs:** Our department is following guidance from the CDC and state and local government regarding the guidelines for pandemic safety. All participants of Lifelong Recreation programs must wear masks at all times, and maintain 6' physical distance. Please stay at home if you have any sign of illness. We will provide you with updates to department policies should they occur. Only people registered for programs will be allowed into community centers to participate. Please register in advance online or by phone at 206-684-5177 or call your community center.

## Special Events

### Oldies But Goodies Line Dance Party!

This is a must-go for folks who know how much fun a line dance party can be. Our very own Ms. Linda Reese is back in town to lead this special event. Come in your dancing shoes and leave with a workout. Learn and dance some of the most popular classic line dances. All registrants will receive an emailed playlist and more details prior to the dance party.



[43213](#) 11/19 Fri 1:30-3:30 p.m. \$9 High Point L Reece

### Bystander Training : Hate Crime Responses– Hybrid Event (in person and virtual)

Wondering what you would do if you witnessed racial harassment or violence in public? Imagine if someone approaches a person near you and starts saying racist slurs at them. In this one-hour session, you will learn to identify, report and safely respond to hate and bias crimes as a bystander. Class is presented by CISC and is offered in English, Cantonese, and Mandarin.

*This presentation is a hybrid event, presented simultaneously, in person and virtual. To enroll in the virtual presentation via Webex, use this link for 10/20: <https://bit.ly/bystanderNorth> and this link for 10/28: <https://bit.ly/bystanderSouth>*

*To enroll by phone call 206-684-5177. Enroll in both so you have the option of attending in person or virtual. There is a limit on the number of attendees for the in person program.*

[43252](#) 10/20 Wed 11:00 a.m. FREE Northgate/Webex

[43367](#) 10/28 Thu 11:00 a.m. FREE Rainier/Webex

# Virtual Programs

## Webex Practice Sessions Free

Practice signing in for and maneuvering in Webex so when your class starts, you are confident in how to make everything work for you. No pressure, just a chance to learn, troubleshoot and gain knowledge before your class starts.

[42753](#) 10/25 Mon 3 p.m.

[42755](#) 11/8 Mon 3 p.m.

[42756](#) 12/6 Mon 3 p.m.

## Virtual Gentle Yoga

Stretch and move with awareness, correct alignment and a focus on breath to increase strength and stamina, improve flexibility, and develop better balance, posture, poise, and peace of mind.

[42913](#) 10/26-12/14 Tue 9:30 a.m. H Mair \$49

## Virtual Pilates

Stabilize and strengthen the core muscles of your abdominal and back while improving flexibility, and posture and overall strength.

[42912](#) 10/26-12/14 Tue 11:30 a.m. D Dragovich \$49



## Hybrid (Virtual and In-Person) Enhance Fitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. All participants, former and new, must submit the 2 screening forms below prior to registration. Download the forms below or to receive the forms via email *please contact Cheryl at [cheryl.brown@seattle.gov](mailto:cheryl.brown@seattle.gov)*. Kaiser Permanente members with Part B Medicare coverage must also provide a copy of their membership card with the screening forms. Mail forms to Lifelong Recreation 4554 NE 41<sup>st</sup> St., Seattle, WA 98105. Free to Kaiser Permanente members with Part B Medicare coverage. American Specialty Health (ASH) Silver and Fit will not cover Virtual Programs! If this is your first time using the Webex platform for virtual programs, please sign up for one of our free Virtual Program Practice Sessions prior to your class so we can help you connect. This is a hybrid program, presented simultaneously, in-person and virtual. The in-person classes will be at RAINIER Community Center. There is a limit on the number of attendees for the in-person program. **See page 7 for in-person class details.**

[Participant Information Form](#)

[Health History Form](#)

## EnhanceFitness for those paying privately (not Kaiser Permanente or ASH members)

[43979](#) 10/25-12/13 Mon 10:30 a.m. \$49 Virtual V Bowles

[43981](#) 10/27-12/15 Wed 10:30 a.m. \$49 Virtual Y Gartz

[43983](#) 10/29-12/17 Fri 10:30 a.m. \$49 Virtual Y Gartz

## EnhanceFitness with Kaiser Permanente Medicare Part B

American Specialty Health (ASH) Silver and Fit is not covering free virtual programs at this time. Members can register at full rate.

[43978](#) 10/25-12/13 Mon 10:30 a.m. no fee Virtual V Bowles

[43980](#) 10/27-12/15 Wed 10:30 a.m. no fee Virtual Y Gartz

[43982](#) 10/27-12/17 Fri 10:30 a.m. no fee Virtual Y Gartz

# Rainbow Recreation Returns!

Shape future offerings by connecting at the AMP walk

## The AMP: AIDS Memorial Pathway

The AMP was born out of a desire to recognize the AIDS crisis in Seattle, and throughout Washington state, and our communities' responses to this crisis. We'll enjoy a short walk and open-ended conversation about the public art, and connect to begin rebuilding Rainbow Recreation together with LGBTQ+ community members. Meet on the Plaza outside the Capitol Hill Light Rail Station off Denny Way between Broadway Ave. and 10th Ave E.

44320 10/29 Fri 10 a.m. Free

## Educational Programs

### Fall Prevention

Learn how to stay healthy and independent for life. Identify fall risks, make your home safer and learn which exercises are most effective for reducing the risk of falls. Through fun and interactive demonstrations, you will gain the confidence to stay falls free for life. Presented by UW Public Health students, mentored by WA State Dept of Health.

[43371](#) 11/16 Tue Noon Yesler Free

[43496](#) 12/7 Tue Noon Meadowbrook Free

### Medicare Workshop 2022

Learn about the 2022 Medicare plans and choose the most compatible plan for you. Get screened for any potential medical benefits and learn how to save money on prescription drugs. Representatives from SHIBA (Statewide Health Insurance Benefits Advisors) will be available for one-on-one Medicare counseling in English or Chinese. Please bring along your Medicare card if you would like a one-on-one consult.

[43366](#) 10/28 Thu 11:30 a.m. Rainier Free

[43253](#) 11/10 Wed 11 a.m. Meadowbrook Free

### Stroke Awareness/Hands Only CPR

Learn about hands-only CPR and how to recognize the signs of stroke. You will come away with the ability to recognize serious medical emergencies, and to communicate and collaborate with 9-1-1 dispatchers. This is a general education course for seniors and is not a certification class. Brought to you by the UW Public Health Program.

[43277](#) 11/3 Wed 11:30 a.m. Green Lake Free

[43370](#) 11/16 Tue 11:30 a.m. Yesler Free

[43312](#) 11/17 Wed Noon Bitter Lake Free

[43375](#) 12/8 Wed 11:30 a.m. Meadowbrook Free

### High Point Book Club

Meets Sept 9, Oct 14, \*Nov 18, Dec 9. This is an active club seeking new members! Covid protocols communicated after registration.

[42809](#) 9/9-12/9 Thu 1:00 p.m. Free High Point



## Gentle Yoga

Stretch and move with awareness, correct alignment and a focus on breath to increase strength and stamina, improve flexibility, and develop better balance, posture, poise, and peace of mind.

<a href="#">42759</a>	10/25-12/13	Mon	10:00 a.m.	\$49	High Point	J Reed
<a href="#">42854</a>	10/25-12/13	Mon	10:45 a.m.	\$49	Loyal Heights	R MacDonald
<a href="#">42905</a>	10/25-12/13	Mon	9:00 a.m.	\$49	Meadowbrook	H Mair
<a href="#">42831</a>	10/27-12/15	Wed	10:30 a.m.	\$49	Bitter Lake	H Karfalt
<a href="#">42907</a>	10/28-12/16	Thu	9:30 a.m.	\$42	Northgate	F Marazzi

## Vini Yoga

Stretch and move with awareness, correct alignment and a focus on breath to increase strength and stamina, improve flexibility, and develop better balance, posture, and peace of mind. Non-flow style. We recommend you bring your own equipment.

<a href="#">42855</a>	10/29-12/17	Fri	9:30 a.m.	\$49	Magnolia	L Dunbar
-----------------------	-------------	-----	-----------	------	----------	----------



## Pilates

Stabilize and strengthen the core muscles of your abdominal and back while improving flexibility, and posture and overall strength.

<a href="#">42908</a>	10/27-12/15	Wed	11:30 a.m.	\$49	Magnuson Brig	D Dragovich
<a href="#">42911</a>	10/28-12/16	Thu	5:00 p.m.	\$42	Northgate	D Dragovich

## Chair Strength and Tone

Strengthen and tone all muscle groups for improved health and fitness in this low-level fitness class. Great for those who are just starting an exercise regimen, or those who need to stay fit but need the security of a chair.

<a href="#">42830</a>	10/25-12/13	Mon	1:30 p.m.	\$49	Bitter Lake	D Dragovich
-----------------------	-------------	-----	-----------	------	-------------	-------------



## Strength and Conditioning

ENERGIZE your Thursdays stretching, swooping, and strengthening at 8:30am! Jane will wind you through a series of exercises to build strength, flexibility, balance and achieve better overall conditioning. This class will leave you feeling happy and connected.

[42910](#) 10/28-12/16 Thu 8:15 a.m. Magnuson Brig \$42 J Shearer

## Circuit Training

Become a stronger you! This class will use common items you have in your home to help you strengthen your muscles and improve your fitness level.

[42720](#) 10/26-12/14 Tue 9:30 a.m. Loyal Heights \$49 R Buyce

[42735](#) 10/28-12/16 Thu 9:30 a.m. Loyal Heights \$49 R Buyce

[42832](#) 10/29-12/17 Fri 9:30 a.m. Bitter Lake \$49 R Buyce



## Tai Chi All Levels

Practice a moving meditation using slow, relaxed and repetitive movements imitating the flow of air and water. All levels welcome.

[43225](#) 10/26-12/14 Tue 10:00 a.m. Magnuson Brig \$49 E Baxa

[42829](#) 10/27-12/15 Wed 10:30 a.m. Green Lake \$49 E Baxa

[43224](#) 10/29-12/17 Fri 8:30 a.m. Meadowbrook \$49 E Baxa

## Tai Chi for Beginners

Practice Tai Chi, Qigong and related flow for a healthy body and mind. Slow, relaxed and repetitive movements imitate the flow of air and water. All levels welcome.

44048 10/26-12/14 Tue 10:00 a.m. International CC \$56 K Philomon

## Qigong and Beginning Tai Chi

Relaxing, ancient, meditative qigong moves, connected to the five elements, are taught followed by the beginning steps of the Yang style short form of Tai Chi. No experience necessary.

[43217](#) 10/28-12/16 Thu 12:30 p.m. Northgate \$42 A Peizer

## Zumba Gold

Ditch the workout, join the party! Fun is the key ingredient in this low impact Latin inspired dance fitness class. No rhythm or equipment required. You'll leave exhilarated and energized! Appropriate for all fitness levels. Meet at the front entrance of Delridge Community Center. Instructor: M. Jorgensen

<a href="#">42758</a>	10/26-12/14	Tue	10:30 a.m.	\$49	Delridge	M Jorgenson
<a href="#">44126</a>	10/28-12/16	Thur	10:15 a.m.	\$42	Delridge	M Jorgenson
<a href="#">43400</a>	10/29-12/17	Fri	10:30 a.m.	\$49	Magnolia	M Jorgenson

## Aerobic Dance

Routines are fun and easy to learn, yet challenging enough to give you a sense of accomplishment. Class includes a warmup to music, cardio (aerobic dancing) and a cool down with some stretching and conditioning. You'll have a great time dancing and singing along with the songs!

<a href="#">42806</a>	10/28-12/16	Thu	11:30 a.m.	\$42	Delridge	S Simmons
-----------------------	-------------	-----	------------	------	----------	-----------

## Rock n Roll Aerobics

Get in shape and have fun with an upbeat fitness class to Rock n' Roll music that will get your heart rate up , improve your stamina and flexibility. Class includes isolations, stretching and strength training as well.

<a href="#">42904</a>	10/28-12/16	Thu	11:00 a.m.	\$42	Northgate	M Mish
-----------------------	-------------	-----	------------	------	-----------	--------

## Traditional & Contemporary Asian Dance **Free!**

Have fun while learning new dance moves influenced by Malaysian, Chinese and Vietnamese dance. No experience required. Class is delivered in English and Mandarin.

<a href="#">43363</a>	10/9-12/18	Sat	2:00 p.m.	Free	Van Asselt	S Ma
<a href="#">43462</a>	10/6-12/15	Wed	6:00 p.m.	Free	Van Asselt	S Ma

## Soul Line Dance

Not just country! Line dance to an assortment of music genres, including soul, rhythm and blues and country. Work out your mind and body. Learn new dance patterns to all kinds of great music.

<a href="#">42909</a>	10/29-12/17	Fri	10:15 a.m.	\$49	Magnuson Brig	M Silver
-----------------------	-------------	-----	------------	------	---------------	----------

## Line Dance

Work out your mind and body. Learn new dance patterns to all kinds of great music.

<a href="#">44010</a>	10/26-12/14	Tue	11:15 a.m.	\$15	Magnuson Brig	C House
-----------------------	-------------	-----	------------	------	---------------	---------

## Dance for Parkinson's

Explore dance movements in a welcoming environment with Live Music. You will stretch and strengthen muscles, focusing on balance and rhythm. Our professional dancers use thought, imagination, eyes, ears and touch to control movement while standing or seated. Ideal for those with Parkinson's disease, caregivers, and friends. Please note; registration with Seattle Parks & Recreation AND Seattle Theatre Group Dance for PD® at [shawnr@stapresents.org](mailto:shawnr@stapresents.org) is required to access the facility.

<a href="#">44049</a>	10/27-12/15	Thu	11 a.m.-12:30 p.m.		Garfield CC	
-----------------------	-------------	-----	--------------------	--	-------------	--

## Fabulously Fit

Learn how to improve endurance, strength, agility, core, balance, posture, and range of motion.

[42853](#) 10/27-12/15 Wed 9:30 a.m. \$61 Magnolia K Adolphsen

## Fitness at Delridge

Build total body muscle strength using fitness bands, free weights and floor work. Improve balance, flexibility and agility. The instructor is a professional dance and fitness instructor and performer. Please bring weights to class.

[42808](#) 10/27-12/15 Wed 10:30 a.m. \$49 Delridge S Simmons



## Enhance Fitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. All participants, former and new, must submit the 2 screening forms below prior to registration. Download the forms below or to receive the forms via email *please contact Cheryl at cheryl.brown@seattle.gov*. Kaiser Permanente members with Part B Medicare coverage must also provide a copy of their membership card with the screening forms. Mail forms to Lifelong Recreation 4554 NE 41<sup>st</sup> St., Seattle, WA 98105. Free to Kaiser Permanente members with Part B Medicare coverage.

[Participant Information Form](#)

[Health History Form](#)

## EnhanceFitness for those paying privately (not Kaiser Permanente or ASH members)

<a href="#">43311</a>	10/26-12/14	Tue	Noon	\$49	Magnolia	K Adolphson
<a href="#">43759</a>	10/26-12/14	Tue	12:30 p.m.	\$49	Magnuson Brig	C House
<a href="#">43755</a>	10/27-12/15	Wed	9:30 a.m.	\$49	Meadowbrook	C House
<a href="#">43754</a>	10/28-12/16	Thu	9:30 a.m.	\$49	Magnuson Brig	J Shearer
<a href="#">43309</a>	10/28-12/16	Thu	Noon	\$49	Magnolia	K Adolphson
<a href="#">43752</a>	10/29-12/17	Fri	9:40 a.m.	\$49	Meadowbrook	C House



## EnhanceFitness with Kaiser Permanente Medicare Part B

American Specialty Health (ASH) Silver and Fit is not covering free virtual programs at this time. Members can register at full rate.

<a href="#">43310</a>	10/26-12/14	Tue	Noon	no fee	Magnolia	K Adolphson
<a href="#">43758</a>	10/26-12/14	Tue	12:30 p.m.	no fee	Magnuson Brig	C House
<a href="#">43756</a>	10/27-12/15	Wed	9:30 a.m.	no fee	Meadowbrook	C House
<a href="#">43753</a>	10/28-12/16	Thu	9:30 a.m.	no fee	Magnuson Brig	J Shearer
<a href="#">43308</a>	10/28-12/16	Thu	Noon	no fee	Magnolia	K Adolphson
<a href="#">43757</a>	10/29-12/17	Fri	9:40 a.m.	no fee	Meadowbrook	C House

# Pickleball

## Pickleball Skills and Drills

Come see why Pickleball is the fastest growing sport in America. It's great for the mind, body and making connections with fun people. Each session includes dedicated practice & drills to improve skills- like dinking, lobbing, and servicing. You'll then have chance to put those new skills to use in open play. New students and intermediates welcome - no equipment required.

<a href="#">43307</a>	10/25-12/6	Mon	11:30 a.m.	\$18	High Point	M Anderson
<a href="#">44059</a>	10/26-12/14	Tue	10:15 a.m.	\$21	Delridge	M & J Bingham
<a href="#">43368</a>	10/27-12/15	Wed	10:30 a.m.	\$21	Rainier	M Anderson
<a href="#">43306</a>	10/28-12/16	Thu	10:15 a.m.	\$18	Delridge	D Magee
<a href="#">43472</a>	10/29-12/17	Fri	10:30 a.m.	\$21	Loyal Heights	M Anderson

## Drop In Pickleball

Play or practice your skills in this unique paddlesport that is a fast-paced combination of tennis and ping-pong. Pickleball is the fastest growing sport in the U.S. It's easy for beginners to learn, it's healthy and OPEN to ALL! Pickleball play is outdoors only until October 4. Indoor pickleball play times will be viewable on 9/23 and registration will begin 9/27. Playing inside will require wearing masks at all times. There will be limited numbers of players allowed in the building at a time, overflow will be invited to play outside. You must register in advance to play, as only participants registered for programs will be allowed into the community centers. Online registration is limited to one session per day per participant.

10/4-12/27	M/W/F	10 a.m.	Free	Miller
------------	-------	---------	------	--------





# Creative and Performing Arts



## Reader's Theater

The 50+ Readers Theatre has created public performances since 2004. No auditions are required, no memorization required, we read from a prepared script and bring our characters to life with our voices and with the assistance of our fellow actors. Our audience then lends us their imagination to create the scenes and the settings. It's a magical process with the actor bringing that character to life. It works every time. Instructor will advise on rehearsal and performance dates for December. Charolett's Web by E.B White script provided. Come and join the fun!

[44139](#) 10/27 - 12/15 Wed 1 - 3 pm Magnuson \$25



## Brig Artist Studio

In this 4-hour, mentored art studio class you will work independently on your artwork in a supportive encouraging and friendly group. All levels are welcome and must be able to work independently. Individual and group critiques are given each class. All mediums welcome. Students are responsible for their own art supplies.

[42796](#) 10/8-10/29 Fri 10 a.m.-2 p.m. Magnuson Brig \$112

## Painting In Community

Join others to paint as a community of artists in any water medium, using your own supplies. Registration required.

[42794](#) 10/26-12/14 Tue 10 a.m.-Noon Magnuson Brig Free

## Creative Memoir Writing

Free write in 10-min increments without worrying about spelling, punctuation or grammar. Instructor will give a variety of writing prompts, or write about whatever you please. Afterword read your writing to the group (optional). This method will loosen up thoughts and creativity while providing highly supportive non judgmental feedback

[43219](#) 10/28-12/16 Thu 1:45 –3 p.m. Northgate \$53 A Peizer

# Sound Steps Walks

## The AMP: AIDS Memorial Pathway

The AMP was born out of a desire to recognize the AIDS crisis in Seattle, and throughout Washington state, and our communities' responses to this crisis. We'll enjoy a short walk and open-ended conversation about the public art, and connect to begin rebuilding Rainbow Recreation together with LGBTQ+ community members. Walk led by Tamara Keefe, Recreation Specialist newly supporting Rainbow Recreation programs. Meet on the Plaza outside the Capitol Hill Light Rail Station off Denny Way between Broadway Ave. and 10th Ave E.

44320 10/29 Fri 10 a.m. Free

## Seward Park Loop

This walk is 2.8 miles and has a beautiful view of Lake Washington and the Cascade Mountains all the way around! Meet at the Audubon Center near the parking lot! Walk Leader is our own Anne Nguyen, Recreation Specialist from the SE district!

[44156](#) 11/4 Thu 11 a.m. Free

## Lincoln Park Explore and Climb

Gather at Shelter 5 for a brief park introduction from Pat Pilcher, Retired National Parks Ranger and John Hasslinger, Recreation Specialist for the SW area. Embark southward through a mature forest that later opens to a peaceful beach walk. Take in the sights & sounds of Puget Sound, breathe the fresh air and watch for orcas. Hike concludes with a cardio climb up a challenging wooded staircase, returning to Shelter 5. Participants are encouraged to ride the C Line and use Webster Street Stop- short walk to Shelter 5. Map emailed after registration. Loop Walk approx. 1.5 miles.

[44166](#) 11/10 Wed 10 a.m. Free

## Green Lake Loop

Enjoy the fall colors and the company in this walk around an old favorite, Green Lake! 2.8 mile loop led by our own Carol Baxter, Recreation Specialist from the Northwest area! Meet in front of the Green Lake Community Center Community Center at 10 am.

[44162](#) 11/18 Thu 10 a.m. Free

## Walks With Dogs

For people who love to walk with their dogs, or just love dogs! This group meets at various local spots and outside of the city for a group walk, and often lunch. If you would like to get on the email list to be notified of these walks, please email [cheryl.brown@seattle.gov](mailto:cheryl.brown@seattle.gov) who will put you in touch with volunteer walk leader Sharon LeVine.

## Volunteer Walk Leaders Needed!

The Sound Steps walking program provides opportunities for fitness and socialization, as well as exploration. We rely on community members to design and lead walks that are of interest to the community. Many of you have a favorite route, park, or knowledge of an area. One-time walks, short series, or ongoing weekly walks are all possible and welcome! If you'd like to share a walk with others, please contact [cheryl.brown@seattle.gov](mailto:cheryl.brown@seattle.gov) or 206-615-0619 so that we

# In Person Program Sites



**Northwest:** Carol Baxter-Clubine, Recreation Specialist

206-233-7138/ cell 206-399-8561/ carol.baxter@seattle.gov

**Bitter Lake CC**

13035 Linden Ave. N, 98133

Tel: 206-684-7524

**Green Lake CC**

7201 E Green Lake Dr. N, 98115

Tel: 206-684-4052

**Magnolia CC**

2550 34th Ave. W, 98199

Tel: 206-386-4235

**Loyal Heights CC**

2101 NW 77th St., 98117

Tel: 206-684-4052

---

**Northeast:** Robin Brannman, Recreation Specialist

206-386-9106/ cell 206-300-2043/ robin.brannman@seattle.gov

**Magnuson Brig**

6344 NE 74th St., 98115

Tel: 206-386-9106

**Meadowbrook CC**

10517 35th Ave. NE, 98125

Tel: 206-684-7522

**Northgate CC**

10510 5th Ave. NE, 98125

Tel: 206-386-4283

**Lake City CC**

12531 28th Ave NE

Tel 206-256-5645

---

**Central:** Angela Smith, Recreation Specialist

angelap.smith@seattle.gov/ cell 206-450-9522

**Garfield CC**

2323 E Cherry St., 98122

Tel: 206-684-4788

**Rainbow Recreation:** Tamara Keefe, Rec Specialist

tamara.keefe@seattle.gov/cell 206-399-4655

**Miller CC**

330 19th Ave. E, 98112

Tel: 206-684-4753

---

**Southwest:** John Hasslinger, Recreation Specialist

206-256-5403 /cell 206-423-3988/ john.hasslinger@seattle.gov

**Delridge CC**

4501 Delridge Way S, 98106

Tel: 206-684-7423

**High Point CC**

6920 34th Ave S.W, 98126

Tel: 206-684-7422

---

**Southeast:** Anne Nguyen, Recreation Specialist

206-684-7484/ cell 206-310-8163/ anne.nguyen@seattle.gov

**Rainier CC**

4600 38th Ave. S, 98118

Tel: 206-386-1919

**Van Asselt CC**

2820 S Myrtle St., 98108

Tel: 206-386-1921

**International District CC**

719 8th Ave. S., 98104

Tel: 206-233-0042

**Sound Steps:** Cheryl Brown, Program Coordinator

206-615-0619/ cheryl.brown@seattle.gov

---

**Dementia Friendly Recreation:** Tamara Keefe, Recreation Specialist

cell 206-399-4655/tamara.keefe@seattle.gov



**Seattle**  
Parks & Recreation