

Senior Activity Center Spring/Summer Classes



ART

OPEN ART TIME!

Calling all artists! Woodcarvers, oil painters, mixed media and other artists, do you need a place to be creative? This no-frills, no instructor session is just for you. Bring your projects and take advantage of this open classroom time.

Mondays

June 27-August 29, 9:30 a.m.-4:30p.m.

Members: \$3/Session ■

Non-members: \$5/Session

SUMI PAINTING

Experience the simple pleasure of Asian ink painting. With practice, a few brush strokes evoke images of bamboo, birds, boats, flowers and Mt. Rainier. Beginners are welcome. Call for supply list.

Session A: Wednesdays

June 8-July 13, 9:30-11:30 a.m.

Session B: Wednesdays

July 27-August 31, 9:30-11:30 a.m.

Members: \$56 ■ Non-members: \$62

COLLAGE WITH ASIAN PAPERS

Explore the world of collage. We will play with Asian papers, treasures from the recycling bin and more. Be prepared to cut and paste! Additional material fee: \$8.

Fridays

July 8-August 12, 1:00-3:00 p.m.

Members: \$50 ■ Non-members: \$55

WOODCARVING

This class is dedicated to the art and skill of woodcarving. It will give all levels of carving enthusiasts a solid foundation. Participants develop the skills to add a personal and creative touch to projects. Bring your projects, tools and enthusiasm.

Session A: Fridays

June 3-August 5, 9:00 a.m.-12:00 p.m.

Members: \$48 ■ Non-members: \$53

SKETCHING AND COLORED PENCIL COMBO

Have you always wanted to try your hand at drawing? This is your chance to explore sketching. Learn about tones and values, texture and pencil methods. We will use both colored pencils and a sketching pencil. Call for supply list.

Session A: Thursdays

June 9-July 14, 1:30 p.m.-3:30 p.m.

Session B: Thursday

July 28-Sept. 1, 1:30 p.m.-3:30p.m.

Members: \$32 ■ Non-members: \$37

KNOTTY KNITTERS

Meet, mingle and knit! If you have a passion for knitting, join this group that ranges from beginners to seasoned knitters. Drop in and learn the basics or share your talent and techniques. Grab your yarn and be knotty for a day! Beginners welcome!

Wednesdays, 1:00 p.m.

FREE



COMPUTER

OPEN COMPUTER LAB

This computer lab is open for older adults who would like to practice what they have learned in classes, work on special projects and get hands-on experience. Volunteers are available to share information and answer questions.

Fridays, 10:00 a.m.-12:00 p.m.

FREE

THURSDAY OPEN COMPUTER LAB

Learn about general concepts, components and applications such as browsers, navigating and the internet, Google, Cloud Suites and more.

Thursdays, 3:00-5:00 p.m.

FREE

MICROSOFT OFFICE

Learn to use Word, Excel and Power Point more efficiently and discover some tips and tricks to use your computer. This class is will explore and fine tune your computer skills.

Session A: Mondays

May 9-June 6, 10:00 a.m.-12:00 p.m.

Members: \$40 ■ Non-members: \$45

I HAVE AN IPAD, IPHONE, IPOD...NOW WHAT?

Learn how to set up and personalize your device. This class will cover internet, maps and driving directions, calendar, camera and photos, texting, music, and more! Learn how to share your calendar with all your apple devices, how to download and use "apps", and learn all about the amazing "Siri," who will listen to your voice commands!

Session A: Mondays

June 20-July 18, 10 a.m.-12 p.m.

Members: \$40 ■ Non-members: \$45

PHOTO EDITING 101-NEW!

Learn to discover and improve your photos using Photoshop Elements. Do you want to rotate, and change the size of your digital photos? Wish you could remove red-eye and adjust the brightness of some of your favorite shots? These are just a few tricks you will learn in this class. Bring your laptop.

Session A: Mondays

August 1-22, 10:00 a.m.-12:00 p.m.

Members: \$40 ■ Non-members: \$45

FITNESS

INTRODUCTION TO YOGA

Empower your mind and strengthen your body as you move through poses. Build strength, increase flexibility and find focus. Poses may be modified by doing chair yoga, a unique style that adapts yoga positions and poses through creative use of a chair for support.

Session A: Tuesdays & Thursdays

May 10-June 16, 11:00 a.m.-11:45 a.m.

Session B: Tuesday & Thursday
June 21-July 28, 11:00 -11:45 a.m.

Session C: Tuesday & Thursdays
Aug. 2-Sept. 8, 11:00-11:45 a.m.

Members: \$32 ■ Non-members: \$37

DROP-IN LINE DANCING

Grab your friends and exercise your body & mind by dancing to lively, upbeat music. Line Dancing is a fun way to dance socially without a dance partner. Drop-in for a swingin' good time.

Mondays, 1:00 p.m.

Tuesdays, 2:30 p.m.

\$1.00 DROP IN FEE

ZUMBA GOLD

Want to jump on the latest fitness trend? Jump on the Zumba Gold bandwagon. It is a combination of Latin dance and low-impact aerobic exercise for older adults with a little cha-cha-cha. Try it!

Session A: Tuesdays & Thursdays

May 10-June 16, 9:00-9:55 a.m.

Session B: Tuesday & Thursday

June 21-July 28, 9:00-9:55 a.m.

Session C: Tuesday & Thursdays

August 2-September 8, 9:00-9:55 a.m.

Members: \$32 ■ Non-members: \$37

STRETCH & STRENGTHEN

Improve your core strength, balance and posture. Class includes warm-up, muscle-specific and abdominal exercises and stretching. Join us for the brand new class!

Session A: Tuesdays & Thursdays

May 10-June 16, 10:00-10:45 a.m.

Session B: Tuesdays & Thursdays

June 21-July 28, 10-10:45 a.m.

Session C: Tuesday & Thursdays

August 2-September 8, 10-10:45 a.m.

Members: \$32 ■ Non-members: \$37

BEGINNING & INTERMEDIATE BALLROOM DANCE

Learn basic and advanced steps, techniques and choreography. From Waltz to Swing, Cha-Cha to Tango, your instructor will teach you how to identify music and be confident to dance. Partner suggested, but not required.

Session A: Mondays

June 6-July 11, 4:00-5:00 p.m.

Session B: Mondays

July 18-August 22, 4:00-5:00 p.m.

Members: \$32 ■ Non-members: \$37



FIT HAPPENS

Instructor, Judi Floyd incorporates fun choreography with low-impact aerobics, uses light weights for muscle strength and concentrates on endurance, flexibility, balance and core strength.

Session A: M/W/F

May 9-June 17, 8:00-9:00 a.m.

Session B: M/W/F

June 20-July 29, 8:00-9:00 a.m.

Session C: M/W/F

August 1-September 9, 8:00-9:00 a.m.

Members: \$32 ■ Non-members: \$37

FITNESS & FUN

Enjoy this total body conditioning class that strengthens your cardiovascular and muscular fitness. Balance exercises and stretching round out this total body workout. Join the fun and meet new friends!

Session A: M/W/F

May 9-June 17, 9:30-10:30 a.m.

Session B: M/W/F

June 20-July 29, 9:30-10:30 a.m.

Session C: M/W/F

August 1-Sept. 9, 9:30-10:30 a.m.

Members: \$32 ■ Non-Members: \$37

SAIL CLASS

(Stay Active & Independent for Life) Join us for a fun hour of exercise that includes light aerobics and strength training while focusing on balance, coordination, and falls prevention.

Session A: M/W/F

May 9-June 17, 10:35-11:35 a.m.

Session B: M/W/F

June 20-July 29, 10:35 -11:35 a.m.

Session C: M/W/F

Aug. 1-Sept. 9, 10:35-11:35 a.m.

Members: \$32 ■ Non-Members: \$37

FUN EVENTS

MOTHER'S DAY CELEBRATION: GLITZ & GLAM

Celebrate Mother's Day with an afternoon of glitz & glam in your honor! Celebrate your special day enjoying fantastic food and good friends with glitz, glam and sparkle! RSVP by May 4!

Thursday, May 5, 1:00 p.m.

Members: FREE ■

Non-Members:\$4.00 + tax = \$4.38

OPEN HOUSE:

May the force be with You! CELEBRATING 10 YEARS

The Lakewood Senior Center is commemorating ten years of fun, fitness, education, and fellowship at our current location. Make it a quest to visit the center. Learn of the numerous programs and services available to older adults, that are offered by our Center and community partners. We have a galaxy of programs. Join us for an out of the world party, resources and entertainment! Don't miss it! For more information, call 253.798.4090

Thursday

June 2, 10:00 a.m.-1:00 p.m.

FREE

SWEET SOUNDS OF SUMMER

Help celebrate the arrival of summer and stop by the social room for a sweet treat and some sunshine. Sponsored by Family Resource HomeCare.

Friday

June 17, 10:00 a.m.-12:00 p.m.

BASEBALL, BURGERS AND A BBQ

Everyone loves baseball! Join us for an all American party with baseball, burgers, apple pie and a BBQ. Don't miss this delicious day of sun, fun, great friends and good food. RSVP by August 15. This event fills quickly!

Wednesday

August 17, 1:00 p.m.

Members: FREE ■

Non-Members:\$4.00 + tax = \$4.38

SOUP-TACULAR

Join us for a free hot lunch with dessert, provided by Bridgeport Place. It's not just about the food; it's about camaraderie and the social opportunity to eat, sit and chat with friends! Please feel free to invite a new friend!

Session A: Thursday,
May 19, noon

Session B: Thursday
June 16, noon

Session C: Thursday
July 21, noon

Session D: Thursday
August 18, noon

WELCOME WEDNESDAY

"Sometimes you want to go where everybody knows your name and they're always glad you came." Let the Lakewood Senior Activity Center be that place for you! Join us on the second Wednesday of each month at 11:00 a.m. for a tour and introduction to our programs. Dessert of the Month takes place at the same time. Don't miss it!

Session A: Wednesday
May 11, 11:00 a.m.

Session B: Wednesday
June 8, 11:00 a.m.

Session C: Wednesday
July 13, 11:00 a.m.

Session D: Wednesday
August 10, 11:00 a.m.

FREE

DESSERT OF THE MONTH

You are invited to join us for a mouth watering delicious treat. Each month there is a new delightful surprise. Sponsored by Narrows Glen.

Session A: Wednesday
May 11, 10:00 a.m.-12:00 p.m.

Session B: Wednesday
June 8, 10:00 a.m.-12:00 p.m.

Session C: Wednesday
July 13, 10:00 a.m.-12:00 p.m.

Session D: Wednesday
August 10, 10:00 a.m.-12:00 p.m.

FREE

RED HAT CHAPTER- RUBY & AMEETHYST DIVAS

Welcome to "where there is fun after fifty (and before) for all women". Silliness is the comedy relief of life, so we join red gloved hands and go for the gusto together. We share a bond of affection and an enthusiasm for wherever life takes us.

CAKE DAY

It's your birthday, let's have a party! The Center has a monthly birthday party to celebrate its member's special day. Join us even if it's not your birthday! Sponsored by The Weatherly Inn.

Session A: Tuesday
May 3, 10:00 a.m.-12:00 p.m.

Session B: Tuesday
June 7, 10:00 a.m.-12:00 p.m.

Session C: Tuesday
July 5, 10:00 a.m.-12:00 p.m.

Session D: Tuesday
August 2, 10:00 a.m.-12:00 p.m.

FREE

MENS COFFEE HOUR

Enjoy conversation and a great cup of coffee. This is a fellowship time for men. Join us every Tuesday and Wednesday of the month (except the first Tuesday).

Tuesdays, 10:00 a.m.

Wednesdays, 2:00 p.m.

Don't miss special guest, Lakewood Police Chief, Mike Zaro on Tuesday, June 21, 10:00 a.m.

LIFELONG LEARNING

BRAIN FITNESS

Keep your brain engaged and challenged. Research shows that keeping your brain active can help reduce age-related cognitive disorders. Join us and super charge your brain with interactive brain games and challenges. First and second Thursdays.

Session A: Thursday
May 5 & 12, 2:00 p.m.

Session B: Thursday
June 9, 2:00 p.m. (2nd week only)

Session C: Thursday
July 7 & 14, 2:00 p.m.

Session D: Thursday
August 4 & 11, 2:00 p.m.

FREE

CREATIVE WRITING WORKSHOP 101

The workshop offers a small, informal and friendly class for those wanting to write and receive feedback. Participants share their stories, articles or poetry and receive helpful suggestions and encouragement.

Session A: Mondays
July 11-Aug. 29, 9:30 a.m.-11:30 a.m.

Members: \$42 ■ Non-members: \$47

EARLY STAGE MEMORY LOSS SEMINAR

Concerned about memory loss? If memory problems are affecting your life, attend this seminar to learn more about early stage memory loss. You are invited and encouraged to bring a family member or support person with you. This program provides education and supportive discussion on topics such as: medical causes and treatments, planning for the future, strategies for coping and communication. Sponsored by the Alzheimer's Association. Registration required. Please call 206.529.3868 to sign up.

Tuesday, June 30, 1:00-4:00 p.m.

BEGINNING YOUR FAMILY HISTORY

With TV's current programs of "Who Do You Think You Are?" and "Finding Your Roots", do you ever wonder about your roots? Join Dee Haviland Fournier, as we begin to research our ancestors. Dee has over 30 years' experience and currently volunteers as an instructor at Heritage Quest Research Library.

Session A: June 23, 1:00 p.m.

Session B: July 28, 1:00 p.m.

Session C: August 25, 1:00 p.m.

FREE

HAPPY BOOKERS CLUB

Do you love to read? Do you enjoy meeting others who love good books? Escape the everyday, read a great book and make new friends. Happy Bookers meet once a month to discuss the current book from Pierce County libraries' Book Club Collection (both fiction and non-fiction award-winning books).

Session A: Thursday
May 12, 10:30 a.m.

Session B: Thursday
June 9, 10:30 a.m.

Session C: Thursday
July 14, 10:30 a.m.

Session D: Thursday
August 11, 10:30 a.m.



BOARD & CARD GAMES

Mah Jongg: Tuesdays, 1:00 p.m.
Cribbage: Thursdays, 11:00 a.m.

AARP SMART DRIVER COURSE

Drivers who are older than 55 can qualify for a reduction in their auto insurance rates by attending the AARP Driver Safety Program. We are a host site for the AARP Driving Class and offer one session every month. Space is limited. You must attend both days on the two-day classes (Class length totals eight hours).

Session A: Wednesday & Thursday
May 11 & 12, 9:00 a.m.-1:00 p.m.

Session B: Tuesday & Wednesday
June 7 & 8, 12:30-4:30 p.m.

Session C: Tuesday
July 12, 9:00 a.m.-5:30 p.m.

Session D: Tuesday & Wednesday
August 9 & 10, 9:00 a.m.-1:00 p.m.

Fee: \$15.00 AARP members
\$20.00 Non AARP members

VOLUNTEER OPPORTUNITIES

We have many volunteer opportunities at the Lakewood Senior Activity Center. Our volunteers help us build a strong sense of community by donating their time, services and expertise. It develops new skills and abilities, increases self-esteem, and builds new friendships. We are looking for volunteer instructors for a variety of classes including art, exercise, computers and more. We are also looking for special event hosts, van drivers and "Senior Ambassadors" to help in the office. If you are interested in growing and getting connected, call Elizabeth at 253.798.4090.

MEMBERSHIP

"This is a new day, a new beginning". Explore new adventures with us! "The Force is strong with this one!" Sign up for 2016 membership at the Lakewood Activity Center and enjoy all the benefits from January through December. Membership includes discounts on classes, activities and our award winning programs. We offer a galaxy full of programs. You will also receive the delivery of our monthly newsletter to your home. Can't imagine us without you! Join our team and "May the force be with you!"

MEMBERSHIP FEE: \$30/Individual • \$40/Couple

SENIOR ACTIVITY CENTER

REGISTRATION/PAYMENT OPTIONS	
In Person	Lakewood City Hall, 1st Floor M - F 8:30am - 5pm Cash/Check/Credit Card
By Phone	253.983.7887 M - F 8:30am - 5pm Visa/MasterCard Only
By Fax	253.983.7895 24 hour convenience (Please Print Clearly)
By Mail	Send completed registration form & payment to: Parks, Recreation & Community Services 6000 Main Street SW, Lakewood, WA 98499
Online	https://www.cityoflakewood.us/parks-and-recreation/program-registration 24 hour convenience Visa/MasterCard only
Lakewood Senior Activity Center Programs	To register for any of the older adult programs, please contact the Lakewood Senior Activity Center - 253.798.4090 9112 Lakewood Drive SW #121, Lakewood, WA 98499