

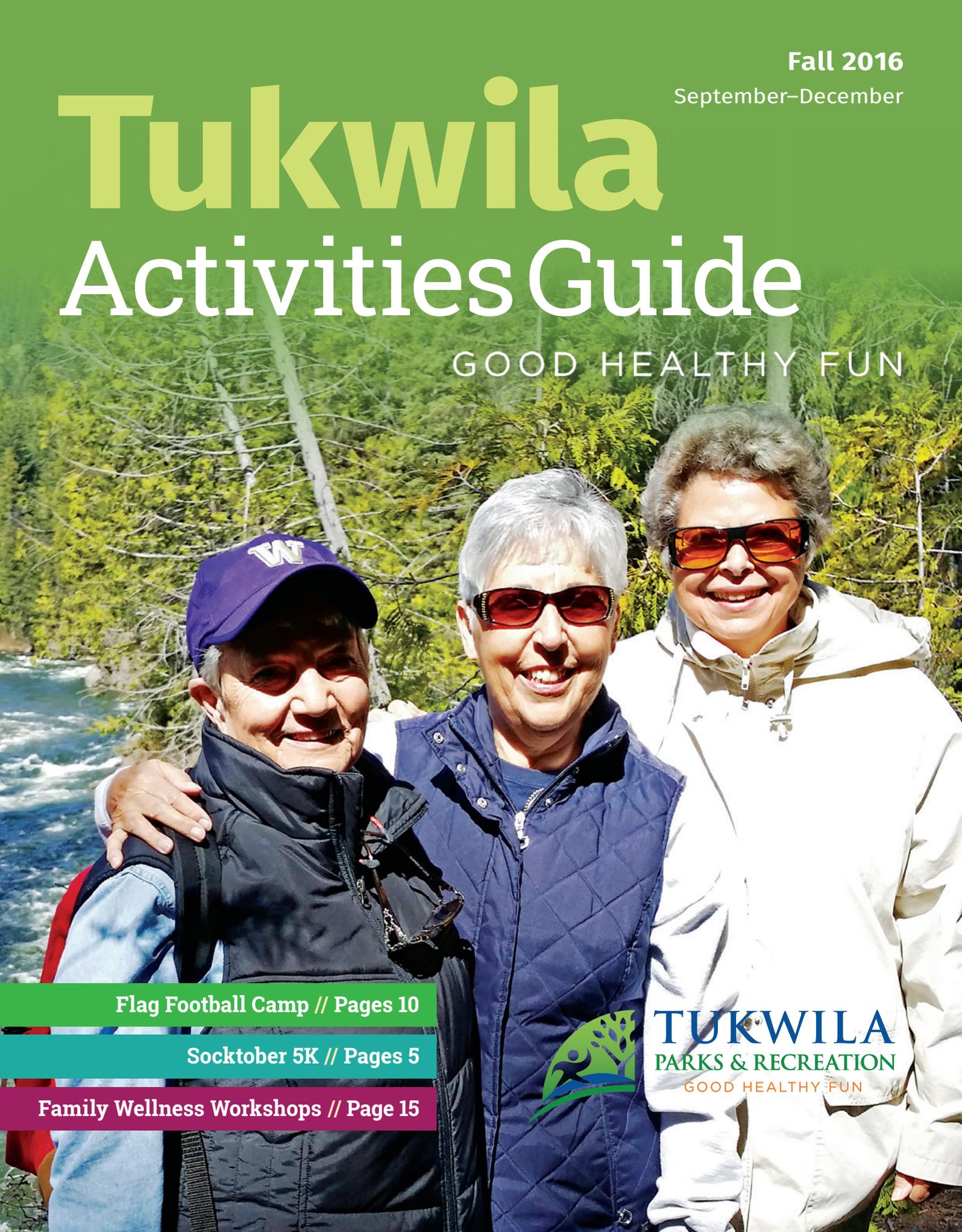
Fall 2016

September–December

Tukwila

Activities Guide

GOOD HEALTHY FUN



Flag Football Camp // Pages 10

Socktober 5K // Pages 5

Family Wellness Workshops // Page 15



TUKWILA
PARKS & RECREATION
GOOD HEALTHY FUN

Tukwila Community Center

12424 42nd Ave S
Tukwila, WA
206.768.2822
www.tukwilawa.gov

Monday–Thursday 6:30am–9:00pm
Friday 6:30am–8:00pm
Saturday 8:00am–2:00pm
Sunday 9:00am–1:00pm

Closed Sept. 5, Nov. 11, 24-25, Dec. 24-26, 31

Hours and rates are subject to change without notice. Closed on all major holidays. Children may not be left unattended.

FREE SENIOR TIME

Tukwila residents (50+) can use the Fitness Room for FREE from 6:30–12pm on Mon, Wed, and Fri.

FITNESS ROOM AGE REQUIREMENTS

Must be 13 or older to be in Fitness Room
Under 16 must be accompanied by adult

Under 18 must complete orientation before using equipment

Check out great fitness classes starting on page 19.

NO JOINING FEES!



Activity Fees

	Adult	Youth (17 & under) Senior (50+)
Fitness Room/Gym	\$5/visit	\$3/visit
Racquetball Drop-in	\$5/hour	\$4/hour
Racquetball Reservation	\$7/hour	\$5/hour
Shower	\$1 (FREE with picture ID)	

Passes

	Adult		Youth (17 & under) Senior (50+)	
10-visit Fitness Punch card*	Non-Resident	\$45	Non-Resident	\$27
	Resident	\$40	Resident	\$24
1-Month Pass*	Non-Resident	\$36	Non-Resident	\$24
	Resident	\$29	Resident	\$19
3-Month Pass*	Non-Resident	\$99	Non-Resident	\$66
	Resident	\$78	Resident	\$51
6-Month Pass*	Non-Resident	\$185	Non-Resident	\$121
	Resident	\$148	Resident	\$97

*The above passes include use of the Fitness Room, most fitness classes and open gym activities during scheduled sessions.

Punch cards valid for one year from date of purchase. Unused visits or time will not be refunded, transferred, or credited. Passes are non-refundable and non-transferable. The City of Tukwila reserves the right to cancel, suspend, or terminate a pass or punch card at any time. Proof of residency in Tukwila is required for the Resident rate.

Women's Only Fitness Times

Saturday 2:00–4:00pm // Sunday 1:00–3:00pm



GOOD HEALTHY FUN



Fall 2016

Tukwila Parks & Recreation Activities Guide

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Robert Eaton, Manager

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Tukwila Community Center

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Phone: 206.768.2822

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Facility Rentals

Phone: 206.767.2322

Email: Rentals@tukwilawa.gov

Foster Golf Links & Billy Baroo's

13500 Interurban Ave South, Tukwila

Pro Shop: 206.242.4221

Restaurant: 206.588.2763

Parks Maintenance

Phone: 206.433.7157

Kris Kelly, Supervisor

Kris.Kelly@tukwilawa.gov

DIRECTOR'S MESSAGE

Fall in Tukwila.

Did you know November is western Washington's rainiest month?

Combine the rain and short daylight hours, along with the beginning of a busy holiday season, and it is easy to let physical activity and healthy eating fall to the wayside. Tukwila Parks and Recreation is here to help. Set yourself and your family up for a healthy holiday season by making an appointment with one of our personal trainers. A variety of training packages are offered for individuals, friends, and families. You can also earn a free membership pass good for the fitness room and all of the fitness classes offered at the Tukwila Community Center, see page 19 for more details.

Many of us enjoy being active outdoors year round, one new activity that I have been enjoying is FootGolf. FootGolf is a combination of soccer and golf and is played on a golf course with a regulation #5 soccer ball on shortened holes with 21-inch diameter cups. Foster Golf Links became an accredited and certified FootGolf course by the American FootGolf League in 2014. What I like about FootGolf is that you do not need any golf or soccer experience to enjoy the game and it is fun the entire family—rain or shine. Check out www.fostergolflinks.com/-footgolf for more information and special rates just for Tukwila residents.

As we move towards the holidays the annual Spirit of Giving event sweeps through Tukwila. Event staff partners with several local businesses, nonprofit organizations and the Tukwila School District to collect items for local families in need. Volunteers are needed to help with our Day of Giving event; for more information please see page 17.

On behalf of Tukwila Parks and Recreation, we hope you have a good, healthy, and fun fall.

Yours for Parks and Recreation,



Rick Still, Parks and Recreation Director



CITY OF TUKWILA

2016 Mayor

Allan Ekberg

2016 City Council

Joe Duffie
Dennis Robertson
Verna Seal
Kathy Hougardy
De'Sean Quinn
Kate Kruller
Thomas McLeod

Parks & Recreation Director

Rick Still

Parks Commission

Heidi Watters
Donald Scanlon
Matt Mega
Sean Albert
Mike Martin

Arts Commission

Steve Mullet
Brian Kennedy
Cynthia Chesak
Trisha Gilmore
Daniel Humkey (SR)
Sheila Coppola

Library Advisory Board

Steve Miller
Marie Parrish
Linda McLeod
Gerie Ventura
Scott Kruize

Bring your friends,
dress up in your best
costume, and join the fun!

Autumn Harvest CARNIVAL

Thursday, October 27
6-8pm • Tukwila Community Center

Costume Contest
Halloween Crafts
Games and much more!

Healthy dinner option available for purchase.

**Goul-ish,
Healthy, Fun!**



Tukwila Community Center
12424 42nd Ave S // 206.768.2822
\$2.00 per child

Socktober 5K Fest

FUN RUN
& WALK

October 1 ★ 8:00am
Foster Golf Links

Join us for Socktober Fest 5K Fun Run & Walk at Foster Golf Links. Wear your craziest socks and help others by donating socks to the Spirit of Giving Campaign. Spirit of Giving volunteers collect household items and gifts to be distributed to Tukwila families in need. Raffle tickets will be given to those wearing unique and crazy socks and a ticket for each pack of socks donated.

This course meanders through Foster Golf Links and along the beautiful Green River Trail. Sorry, no bikes, skates or skateboards will be allowed on the course. Baby jogger strollers are welcome, and dogs must be on a leash.

Check-in begins at 7:00am at Foster Golf Links

TO REGISTER CALL 206.768.2822

**REGISTRATION through
SEPTEMBER 28**

\$10 plus a pack of socks to be
donated to our Socktober
Spirit of Giving Campaign.

**FREE for current TCC
Fitness Pass members**

Must register at TCC prior to run.

DAY OF RACE

\$20 plus a pack of socks to be
donated to our Socktober Spirit
of Giving Campaign. *Day of race
registration closes 30 minutes
prior to race start.*





4060 South 144th Street,
Tukwila // 206.242.1640

Monday–Thursday 10am–9pm

Friday 10am–6pm

Saturday 10am–5pm

Sunday 11am–5pm



CHILDREN

Kaleidoscope Play and Learn

Mondays at 10:30am

Newborn to age 5 with caregiver.

Have fun singing songs, telling stories, reading books, creating art and playing. Play & Learn is in English and the facilitator is bilingual in English and Spanish. *Niños recién nacidos hasta los 5 años, acompañados de un cuidador. Diviertanse cantando canciones, contando cuentos, leyendo libros, haciendo manualidades y jugando. Juega y Aprende (Play & Learn) es en inglés, y el facilitador es bilingüe en inglés y español.*

Family Story Time

Wednesdays and Saturdays at 10:30am

Ages 1 to 6 with adult.

Help your child develop early literacy skills while we sing, play, and read wonderful stories together.

Arabic Story Time

Sundays at 12pm

Ages 2 and older and their families.

Learn the Arabic alphabet and Arabic words through stories and songs in Arabic.

Fun for Children and Teens

Early Release Wednesdays

Sept. 21, Oct. 26, Nov. 2 & 23, Dec. 7 & 14

Come to the library for activities like games, movies, book groups and more! Teen programs begin 30 minutes after Middle and High School students are released. Children's programs begin 45 minutes after Elementary School students are released. Call 206.242.1640 or visit www.kcls.org for more information.

TEENS

Teen Book Club

Third Wednesdays, 3-4pm (monthly)

Sept. 21, Oct. 19, Nov. 16, Dec. 14

Grades 6-12

Do you like to read? Want to hear what other teens are reading? Want to learn about hot new books and get copies before they hit the shelves? Drop in for snacks and conversation and a chance to get free books!

Drop-in to Learn about eBooks and More

Third Fridays, 3-4pm (monthly)

Sept. 16, Oct. 21, Nov. 18, Dec. 16

Learn how to download eBooks, magazines, comic books, movies and other online services from KCLS! Bring your eReader, tablet, phone-or just your questions.

Stay tuned for more teen excellence at the library! Everything from squishy circuits to robotics to coding to knitting to poetry to, you know, life skills. Check the online events calendar at www.kcls.org, pick up a paper copy at the library, or call us at 206.242.1640.

Tukwila Learning Center Preschool

2016
2017

We empower children to think, explore and navigate the journey of learning.



- Reggio Emilia (play-based) inspired preschool program
- Qualified and enthusiastic staff
- Child progress assessments
- First aid and CPR certified staff
- Low child to teacher ratio
- Scholarships available
- Easy access to community resources
- Affordable



September 12–June 10

MONTHLY

Explorers 3's Class	Tues/Thurs 9:30–11:30am	\$105 RD \$130
Discovery Kids 4's Class	Mon/Wed/Fri 9:30am–12:00pm	\$170 RD \$195
Adventurers 3/4 Split Class	Tues/Thurs 12:00–2:30pm	\$110 RD \$135

\$50 registration fee (non-refundable)

Kirstin.May@tukwilawa.gov or Instructor Nichole at Nichole.Flores@tukwilawa.gov
Tukwila Community Center • 12424 42nd Ave S, Tukwila • 206.768.2822



A.S.A.P.

AFTER SCHOOL ACTIVITIES PROGRAM

@ Tukwila Community Center

Looking for something fun to do after school?

Well, you found the right place! Join us for games, crafts, homework help, music, fun and friends! Each day will combine at least 30 minutes of physical activities with crafts and projects that are sure to please everyone! A.S.A.P. follows the Tukwila School District calendar. Transportation from Tukwila schools will be provided by the Tukwila School District.

No program on 9/5, 10/14, 11/11, 11/24-25 and 12/19-30

**Grades K-6 • Location: TCC
School End-6pm**

Monthly Fees: Sept. \$143 / Oct. \$150 / Nov. \$135 / Dec. \$90



EARLY BIRDS

Get your day started off right!

Join us every morning as we enjoy games, projects, movies, and more!

- A light breakfast will be served between 7:15-7:30am.
- Early Birds follows the Tukwila School District calendar.
- Transportation to Tukwila schools provided by the Tukwila School District.

No program: 9/5,10/14, 11/11, 11/24-25, 12/19-30

**Grades K-6 • TCC
6:30am-School Start**

MONTHLY FEES

Sept. \$100 // Oct. \$110
Nov. \$95 // Dec. \$65

Early Release Wednesdays

Join us for some fun filled afternoons as we enjoy games, crafts, snacks and much more. Sign up for the early release program and spend the afternoon with us. A light snack will be provided. Transportation from the Tukwila schools will be provided by the Tukwila School District.

Grades K-6 • 1:00-6:00pm

Sept 21	\$12 / \$8RD	19919
Oct 26	\$12 / \$8RD	19920
Nov 2, 23	\$24 / \$16RD	19921
Dec 7, 14	\$24 / \$16RD	19922



NO SCHOOL? NO PROBLEM!

Join us for an exciting day jam-packed with fun activities, including great games, awesome arts & crafts, and much, much more!

Children need to bring a sack lunch and a smile. We'll take care of everything else, including breakfast (served from 7:30–7:45am) and a light snack (served at 3:00pm).

DON'T MISS THE FUN, SIGN UP NOW!

Tukwila Community Center • Grades K-6

Oct 14, Friday 6:30am–6:00pm 19912

\$47 / \$40RD

WINTER BREAK CAMP

DECEMBER 2016

Tukwila Community Center

Oh, the weather outside is frightful... but inside Winter Break Camp, things are just heating up! We have something for everyone with activities including games, crafts, and all sorts of other fun. Campers can reunite with some old friends, or just make some new ones! All campers must bring a sack lunch and beverage each day. A light breakfast and afternoon snack will be provided. *No camp on 12/26*

GRADES K-6

Mon–Fri ★ 6:30am–6:00pm

Dec 19–23 \$130 / \$110RD 19914

Dec 27–30 \$110 / \$95RD 19915

Dec 19–30 \$230 / \$195RD 19916

*Daily rates are available at \$40/day for residents and \$47/day for non-residents.



YOUTH DANCE

Pre-Ballet

This class will introduce younger students to basic ballet vocabulary and technique in a structured yet fun setting. Simple coordination, musicality, rhythm and concentration will be emphasized. Students are encouraged to explore space and enjoy dancing. Leotards and ballet shoes recommended.

Ages 3–4 Fee: \$37 / \$30RD Mondays

Sept 12–Oct 17 4:45–5:15pm 19906

Nov 7–Dec 12 4:45–5:15pm 19909

TCC Dance Studio Instr: Chayil Brooks

Ballet 1/2

This class will cover the fundamentals of classical ballet technique. It will focus on proper body alignment, French terminology and musicality. Please wear black leotard and pink tights. Ballet shoes are required.

Ages 6–10 Fee: \$37 / \$30RD Mondays

Sept 12–Oct 17 5:15–6:00pm 19907

Nov 7–Dec 12 5:15–6:00pm 19910

TCC Dance Studio Instr: Chayil Brooks

Jazz

Join us for an upbeat dance class with lots of fun music! The one-hour class begins with a warm-up, isolations and stretching. Students will learn fundamental jazz steps and basic movement combinations, while jazz vocabulary is expanded.

Ages 8 & Up Fee: \$37 / \$30RD Mondays

Sept 12–Oct 17 6:00–7:00pm 19908

Nov 7–Dec 12 6:00–7:00pm 19911

TCC Dance Studio Instr: Chayil Brooks



BEGINS SEPTEMBER 17, 2016 // FOR AGES 3 TO 6

PEE WEE SOCCER

FOCUSING ON FUN, PARTICIPATION AND SOCIALIZATION

Pee Wee Soccer is designed to develop and improve your child's soccer skills. The first 40 minutes will be skills and drills with the last 20 minutes set aside for scrimmages.

- » Please wear shin guards and cleats (tennis shoes OK).
- » Please bring a water bottle.

Ages 3-4 \$50 / \$40 RD Saturdays
Sept 17-Oct 22 9am-10am 19939

Ages 5-6 \$50 / \$40 RD Saturdays
Sept 17-Oct 22 10am-11am 19940

TCC BALLFIELD
12424 42ND AVE S. TUKWILA
206.768.2822

PARENT VOLUNTEERS NEEDED!

FLAG FOOTBALL CAMP

Winter Break



Flag Football staff/coaches will bring structure, organization, and supervision to each camp session. Each day we will focus on a specific fundamental skill which is then incorporated into age appropriate games. Most importantly, Flag Football Camp is designed to create a fun, safe, and exciting atmosphere for each child.

Mon-Thurs • Dec 19-22 • 10am-12noon
Grades K-5 • \$50/\$40RD • #19966

See you on the field!

What to bring: Comfortable weather-appropriate athletic apparel, sneakers or rubber cleats, re-fillable water bottle.



Youth Basketball League

GRADES K-5

2016
2017

Registration begins September 1st // Registration deadline December 1st

Tukwila Parks and Recreation strives to provide a positive recreation experience for all. These experiences help youth develop new physical and social skills in a fun, participatory and safe environment under the guidance of knowledgeable and supportive coaches. Youth Sports Programs contribute to an individual's physical, social, emotional, cultural and educational growth and development.

- » Practices begin the week of January 3rd at local schools.
- » **Games begin January 21st** and are held on Saturdays for (8) weeks.
- » The Recreation Department will assist with assigning players to teams/coaches.

Score is not kept for K-4 and standings are not tallied for all divisions to facilitate a recreational environment.

Skills & Drills Day

Save the Date!
Saturday, December 17th

All registered league players are invited to come to TCC for a FREE pre-season skills clinic and scrimmages. Check www.teamsideline.com/tukwila for specific age groups and times.

For information on registration please call TCC at 206.768.2822 or visit our league website at www.teamsideline.com/tukwila

Registration Deadline is December 1st. Space is NOT guaranteed after the deadline.

K/1 Boys & Girls	\$69/\$60RD	19930
2nd Boys & Girls	\$69/\$60RD	19931
Grade 3/4 Boys	\$69/\$60RD	19932
Grade 3/4 Girls	\$69/\$60RD	19933
Grade 5 Boys	\$69/\$60RD	19934
Grade 5 Girls	\$69/\$60RD	19935

Tukwila School District Free or Reduced qualified participants pay a reduced rate of \$25

Volunteer Coaches Needed!

Coaches must be available for weekly practices and games! Time commitment is approximately 6 hours/week. All coaches must complete a coaches training, attend coaches meeting, and pass a federal background check. If you are interested, please contact Steve at steve.batz@tukwilawa.gov.

Kids First B-Ball Clinics

@ Thorndyke Elem. School
Tuesdays and Thursdays
October 11 – November 17

Get a jump on your basketball skills by learning the fundamentals. A fun and positive environment will be cultivated through encouragement and lots of fun. Skills include dribbling, shooting, passing and defense. Advanced training will be offered for those players who want to master their skills. Days and times are subject to the school district schedule and may change!
No clinic on 10/27.

Instructor: Wayne Severson • 6 weeks

Grades K-2	6-7pm	\$25/\$20RD	19964
Grades 3-5	7-8pm	\$25/\$20RD	19965

Sponsorship Opportunities Available

Sponsor a player for as little as \$60 or a team for as little as \$250.
For more information, please contact marlus.francis@tukwilawa.gov.



TEEN ROOM

MONDAY – FRIDAY
3:00–6:00PM
FREE ★ SEPT 6–DEC 16

GRADES 6 AND UP
TUKWILA COMMUNITY CENTER

Need somewhere fun to hang out after school? Come down to the Teen Room at TCC. We have pool, air hockey, ping pong, crafts, study table, and much more. Best of all... it's FREE!

BRING YOUR FRIENDS AND COME ENJOY SOME FUN AND SAFE RECREATION.

FRIDAY TEEN LATE NIGHTS

GRADES 6-12
TUKWILA COMMUNITY CENTER

12424 42nd Ave S
Tukwila
206.768.2822



Teen Late Night is THE place to be!

A safe environment with awesome activities and games for teens that want to have a fun experience and hang out with friends.

8:00-11:00PM
\$2.00



Sept 16, 23
Oct 7, 14, 21
Nov 4, 18
Dec 2, 9

Up All Night Basketball

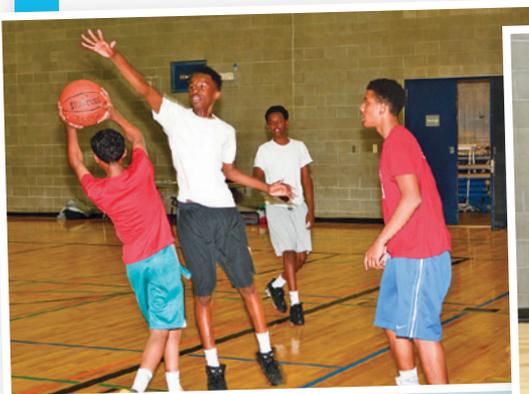
October 14-15 ★ 8:00pm-8:00am ★ TCC

This overnight event is STRICTLY FOR THE BALLERS who can hoop all night. This event includes 5-on-5 games, a partner three point contest, an all-star game, an open run, unlimited Gatorade, pizza, breakfast, and more. There will be a room dedicated for those that need to sleep. Bring your "A" game, hoop shoes, pillow and blanket if you need to, but we won't stop playing basketball until it's all over.

You can pre-register for this event at the Tukwila Community Center front desk. Registration will also take place the night of the event. This is a lock in program. No one will be permitted to leave the Tukwila Community Center earlier than 7:00 am.

Grades 6-12 @ Tukwila Community Center

\$20.00 ★ Code #19923



Teen Open Gym

Bring your friends and join us at Tukwila Community Center open gym program. A supervisor on site will create teams and run organized games for those wanting to play or just come and work on your jump shot. **Grades 6-12 @ TCC**

September 14-December 16

Mondays & Wednesdays ★ 5:00-7:00pm ★ FREE



TEENS FOR TUKWILA

The mission of this group is to **“Help teens prepare for their future.”** If this is something that interests you, then join our group. The major areas of focus are college preparation, a community service project, and job preparation. This leadership development group is open to high school students who live in Tukwila, and it is a tremendous opportunity for its members to have and create unique experiences that will impact their lives and future.

For more information contact Nate Robinson at 206.768.2822.

feared factor friday

september 23 // tukwila community center

8:00pm-10:30pm • Grades 6-12 • \$2.00 (audience/participants)



Test your will against 29 other contestants and see if you have what it takes to be the Fear Factor Champion. This two hour long elimination tournament will separate the crazy from the craziest teens. **The winner will receive a \$100 gift card to the Westfield Mall, and second place will receive a \$50 gift card to the Mall.** There will be competitions and prizes for the teens in the audience as well. So if you don't want to participate, come and watch an event you will never forget.

only the strong will survive.

80% of Tukwila's kids qualify for Free/Reduced Meals.

100% of them deserve healthy positive play.



The H.E.R.O. FUND is a scholarship fund to Help Expand Recreation Opportunities so that Tukwila's Youth can enjoy the benefits of Recreation. Please consider making a contribution. **Call 206.768.2822 for information.**

BE A HERO and give Tukwila's kids the opportunity for **GOOD HEALTHY FUN.**

SPECIALIZED RECREATION PROGRAM

The City of Tukwila, in collaboration with the cities of Burien and SeaTac, will offer monthly socials for teens and young adults with special needs. Food and drinks are provided at each event. No registration is required.

Grades: 6 and up
\$6.00 per person
Fridays // 5:00-7:00pm

September 9 Potluck & Games

Angle Lake Park in SeaTac
 19408 International Blvd

October 14 Bowling

Hi-Line Lanes in Burien
 15733 Ambaum Blvd

November 18 Cooking & Games

Tukwila Community Center
 12424 42nd Ave S

December 9 Bowling

Hi-Line Lanes in Burien
 15733 Ambaum Blvd

SPECIAL INTEREST

Piano Lessons

TIMES FILL UP FAST!

Individual, 30-minute lessons catered to each student's level emphasize musical theory, physical technique and different styles (classically based, but also including jazz and ethnic music).

Call for updated class info! 206.768.2822

Several spots still open!

Ages: 5 & up

Tuesdays 30-minute lessons 3:00–7pm

Thursdays 30-minute lessons 3:00–8pm

TCC Social Hall Instr: Kevin Johnson & Loren Temkin



First-Time Home Buyer Seminar

FREE first-time home buyer seminar covering all major aspects of the home buying process. Presented by Washington State Finance Commission professionals in an open, unbiased format. Please bring a sack lunch/dinner. Pre-registration required, call or sign up at TCC.

Ages: 18 & up **FREE** Tues & Wed

October 11–12 6–8:30pm 19968

November 8–9 6–8:30pm 19969

December 6–7 6–8:30pm 19967

Family Wellness Workshops

DINNER INCLUDED

Tuesdays 5:30–7:30pm

October 18 #20003

November 8 #20004

December 13 #20005

TCC Kitchen / Social Hall

\$3.00 per person / per workshop

For info email:

marlus.francis@tukwilawa.gov

**Healthy Cooking
Family Fitness
Nutrition Education**



SUGARY DRINKS HAVE BEEN A MAJOR CONTRIBUTOR TO THE OBESITY EPIDEMIC.

A typical 20-ounce soda contains 15 to 18 teaspoons of sugar and upwards of 240 calories.

Children who drink at least one serving of sugar-sweetened beverages per day have **55% increased odds of being overweight or obese.**

In the 1970s, children drank nearly **three times more milk** than sugar-sweetened beverages.



MARTIAL ARTS

Tae Kwon Do

Guun Tado martial arts instructs students in the formal arts of Korean martial arts styles. Besides Tae Kwon Do, there are styles of Hapkido, Hwurang Do and street self-defense. This program is for the entire family. Registration deadline is five business days prior to class start date. No class 9/5, 12/26-1/2.

New class starts every month.

Ages 6 & up \$53 / \$44RD Mon & Wed

Beginner 5:30-6:30pm

Intermediate 6:30-8:00pm

Advanced 7:30-9:00pm

TCC Social Hall Instructors: Glenn Diola & Carla Abbott

Yoshukai Karate

This class focuses on the individual's development of skill, coordination, balance and stamina. Learn the fundamentals of body, hand, and foot work-including blocking, kicking, and punching, which are all needed in self-defense and offense. Registration deadline is five business days prior to class start date. No class 10/27, 12/27, 12/29.

New class starts every month.

Ages 5 & up \$53 / \$44RD Tues & Thurs

All Levels 6:10-7:10pm

TCC Dance Studio Instr: Betty Nibler



Oscar Chavez Preschool Volunteer

OSCAR CHAVEZ has been a volunteer at Tukwila Learning Center for a year. Oscar, a sophomore at Big Picture High School, is fortunate enough to spend two days a week in the preschool program as an intern. He is interested in pursuing a career in teaching young children.

When asked about his volunteer experience Oscar stated, "My experience in the preschool classroom has been great, I have discovered that it is somewhat a stress reliever for me, I have learned so many new things while working at the community center and I enjoy it very much."



Oscar will join the preschool teaching team in the new school year as a second year intern. He has gained and will continue to gain experience working in a classroom setting and learning more about early childhood education. Each quarter at Big Picture High School the students are required to work on projects related to their internship and present them to a group of individuals.

Oscar has previously presented on the importance of outdoor play for children and learning about the rhythm of different types of music.

When Oscar is not volunteering or at school he enjoys studying music and socializing with his friends. Oscar hopes one day to have a career in teaching or music engineering.

VOLUNTEER SPOTLIGHT

CITY OF TUKWILA

Veterans Day Ceremony

November 10, 2016 • 10:00am – 12 noon
Tukwila Community Center

Please join us to celebrate the veterans and active service members in our community in a ceremony hosted by Council President Joe Duffie. Refreshments will be provided.

To ensure that Tukwila's veterans are personally thanked for their service, we invite you to provide City Hall with the names of those to be honored.

Contact Laurel Humphrey at 206-433-8993 or laurel.humphrey@tukwilawa.gov for more information.



Spirit of GIVING

The Spirit of Giving is a holiday giving program for local children in need. This program relies on generous individuals who are interested in purchasing new gift items for the young in our community. You can truly make a difference in the life of a local child.

If you or your business would like to share in the Spirit of Giving, contact Shannon Fisher:

206.768.2822 or
shannon.fisher@tukwilawa.gov



VOLUNTEER OPPORTUNITY

UNITED WAY DAY OF CARING

Friday, September 23 // 9:30am to 12:00pm
Tukwila Community Center, 12424 42nd Ave S, Tukwila

Pitch in for Parks! We are looking for volunteers of all ages and ability levels to help us beautify the Tukwila Community Center. Projects include: weeding, mulching & trash-pickup.



Please register through the United Way of King County's website at:
www.uwkc.org/events/day-of-caring/

Habitat Restoration Volunteers Needed

There are many ways to get involved!



Duwamish Alive!

WORK PARTY 9:30am–2:00pm
Saturday • Oct 22, 2016

Join the Duwamish Alive Coalition to help preserve and enhance habitat for people and wildlife, and improve the health of the Puget Sound by working within the Duwamish River watershed. Restoration is on-going throughout the year, but it's only during Duwamish Alive that our organizations come together to host hundreds of volunteers at multiple sites to make a huge impact on the same day! We provide the instructions, tools and even snacks and coffee to keep you energized.

For more information visit the website at www.duwamishalive.org or call 206.923.0853

Restore the Duwamish Shoreline Challenge

WORK PARTY 9:30am–2:00pm
Saturday • Oct 22, 2016

Join the City in restoring the Duwamish River shoreline by participating in one or all of the work parties.

For more information contact Shannon Fisher at shannon.fisher@tukwilawa.gov or 206.768.2822

Codiga Park

A small group of volunteers take care of Codiga Park twice a month during the weekdays. The group focuses on creating a beautiful and thriving natural area along the river.

If you'd like to join, please call EarthCorps: 206.322.9296 x217

UPCOMING WORK PARTIES

These EarthCorps volunteers, called the Puget Sound Stewards, are looking for an extra hand or two during work parties where they remove weeds, spread mulch, and water plants.

- October 1 • 9:30am–2:00pm
- November 12 • 9:30am–2:00pm
- December 3 • 9:30am–2:00pm

FOR WORK PARTY INFO call 206.322.9296 x217 or visit earthcorps.org/volunteer.php

Cottage Creek Buffer Enhancement Project

Help the City remove invasive plants and put in native plants to restore a damaged stream buffer that flows next to Tukwila City Hall.

For more information contact Shannon Fisher at shannon.fisher@tukwilawa.gov or 206.768.2822

Interested in getting involved in the community?



If you are interested in participating in the City of Tukwila Volunteer Program, either by becoming a volunteer or by participating in volunteer opportunities, please contact Shannon Fisher at the Tukwila Community Center at 206.768.2822 or send an email shannon.fisher@tukwilawa.gov.



WE ARE ALWAYS LOOKING FOR VOLUNTEERS WHO WOULD LIKE TO IMPROVE THE QUALITY OF LIFE IN OUR COMMUNITY.

Anyone who likes landscaping, planting flowers, or weeding and would like to volunteer their time should contact us. We have monthly habitat restoration project sites throughout Tukwila. If gardening is not your thing, consider helping out with painting or minor construction. If you or your group has an interest in helping out, contact the Volunteer Program staff:

206.768.2822
SHANNON.FISHER@TUKWILAWA.GOV

HELPING HANDS

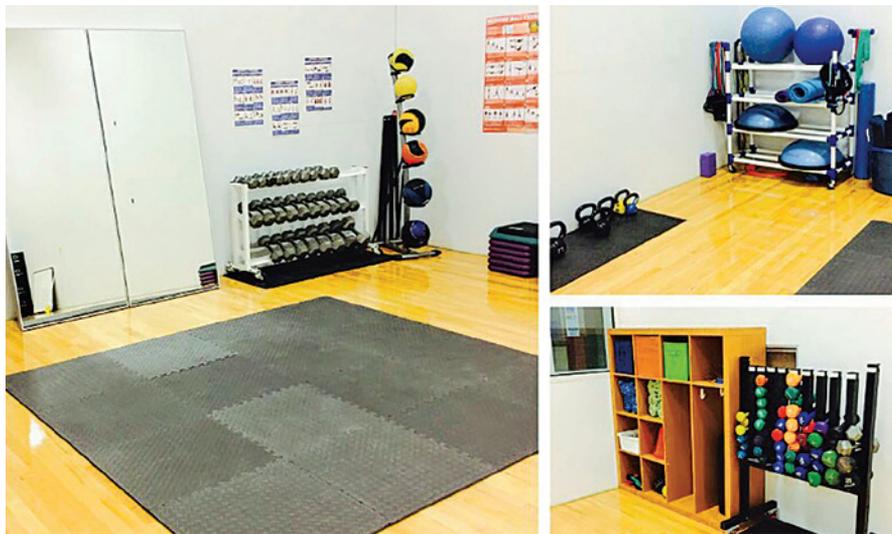


Personal training available at TCC

Take Your Fitness to the Next Level!

Whether you want to achieve muscular toning, cardiovascular endurance, weight loss, or overall improvement of health and wellness, TCC's personal trainers will design a detailed program and motivate you to achieve YOUR individual fitness goals.

Purchase a Six Pack and get a 1 month Fitness Pass for FREE



60-minute sessions

Single	\$35
Triple Play	\$90
Six Pack	\$175

Buddy Prices (2-3 people)

Single	\$30 per person
Triple Play	\$75 per person
Six Pack	\$125 per person

Gym Quality, Community Priced

EMAIL: personal.trainer@tukwilawa.gov to work with a personal trainer TODAY!

Jocelyn Shelby



My passion and focus is to make your fitness journey FUN and challenging. I have over 20 years of experience in the fitness industry, working with all ages,

backgrounds and levels of fitness. My goal is to help you find what works for you, teach you how to eat healthy and maintain a long-term active lifestyle.

Keegan Thorpe



I am excited about my role at TCC where I will help people achieve their desired fitness and wellness goals. I enjoy helping people discover their inner athlete, and

together we will push ourselves farther than we thought we could. I will focus on fitness development and educate you on moderate lifestyle changes.

Kerry James



My training philosophy:

- > Focus on the fundamentals of movement
- > Apply the five components of fitness, which include: muscular strength, body com-

positions, muscular endurance, cardio respiratory endurance, and flexibility

- > Reachable goals
- > Teach workouts that clients can also recreate on their own
- > Workouts are tailored to individual needs
- > For sports specific training, I challenge and push the athletes to reach their full potential

Workout with one of our personal trainers in a non-intimidating private setting!

COMMIT TO BE FIT!

With a fitness membership you can drop in anytime for any of these great classes shown here. **FLEXIBLE. EASY. FUN.**



ABS'OLUTE CORE & STRETCHING

This class focuses on routines that are designed to increase your core strength and improve your posture, energy and flexibility. Beginners welcome and bring a yoga mat if you have one.

BOOT CAMP—A.M.

Start your morning off right with a total body circuit including bodyweight, core, battle ropes, medicine balls, kettlebell, plyometric, kickboxing type workouts and more!

BOOT CAMP—LUNCHTIME

This class will put you to the test with high-intensity, full-body workouts that target the major muscle groups of the upper & lower body, specifically designed for maximum calorie burn in the shortest amount of time. From circuit-style and functional exercises that jump-start cardio fitness, to creative muscle-toning exercises using dumbbells, resistance bands, and body weight. Great for people with busy schedules who need to pack a hard workout into a quick 50 minutes.

JAZZERCISE

We bring the moves, you turn up the heat! You want that look good, feel great, got-my-stride-on-and-you-love-it confidence? That's where we come in. It's a calorie-torching, hip swiveling, Shakira'd-be-proud party with a hot playlist to distract you from the burn (up to 800 calories-per-hour). We'll leave you breathless, toned and coming back for more.

NOW INCLUDED!

MIXXEDFIT®

MixedFit® is a people-inspired dance fitness program that is a perfect blend of explosive dancing and boot camp toning. MixedFit® combines popular dance music typically heard on the radio with repetitive, easy to follow dance moves and boot camp toning to create a workout that is challenging, effective, and FUN!

RIZZMIC®

A 60 minute cardio roller coaster through American dance! We begin with a five minute, warm up sequence, then we delve into the melting pot. We'll go from a 1950's jitterbug to a heavy hitting hip hop routine, then a high energy country swing, followed by a dramatic Broadway number. We will always end class with a low intensity cool down routine and lyrical stretch. Rizzmic® is a high intensity dance fitness experience that seamlessly blends exercise with truly stylized dance!

STRENGTH 45 BY JAZZERCISE

Fire up your muscles for 45 minutes with Strength 45 or go for a full hour of max burn with our Strength 60 class. These muscle sculpting workout will transform you! A hardcore mix of standing and floor work target the major muscle groups to melt fat and carve your curves. Stability balls, weights, tubes and natural resistance engage your muscles while eat-pumping playlists distract you from the burn. You are gonna love the results. Burn up to 800 calories and chisel your core, arms, shoulders, back, legs, glutes and everything in between. These muscle sculpting strength work outs are a fab way to cross-train your body so you can get the most out of every class!

TABATA

Burn more calories in less time! This is a workout that is short, efficient and can fit in almost any fitness program at varying fitness levels/ability. Basic TCC Tabata outline: six exercises, 20 seconds at your personal best, 10 seconds rest in between each exercise. Total of eight sessions/rounds.

TAI CHI

This class will introduces the basic movements of Tai Chi with a focus on the fundamentals of the practice and an emphasis on relaxation. By the end of the course, students will have learned a beginning Tai Chi pattern excerpted from the Standard 24 Form. If there is time there may be instruction in the entire 24 posture pattern form. This course is geared toward students who are new to Tai Chi, but all students, regardless of experience, are welcome.

YOGA * No class in September *

Viniyoga style is an approach to yoga that adapts the various yoga poses and practices to the needs of the individual in the moment. This is accomplished by adapting the pose to the individual rather than forcing the person to fit into an idealized pose. We use props and gentle guidance to build a safe and effective practice.



CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ABSOLUTE CORE & STRETCHING			6:30-7:20am Fitness Studio			
BOOT CAMP-A.M.	6:30-7:20am Gym				6:30-7:20am Gym	
BOOT CAMP-LUNCHTIME	12:05-12:55pm Gym		12:05-12:55pm Gym		12:05-12:55pm Gym	
JAZZERCISE 	7:50-8:50am Dance Studio 6:05-7:05pm Banquet	6:05-7:05pm Banquet Hall	7:50-8:50am Dance Studio 6:05-7:05pm Banquet	6:05-7:05pm Banquet Hall	7:50-8:50am Dance Studio	9:15-10:15am Dance Studio
MIXKEDFIT®		5:00-5:55pm Dance Studio				
RIZZMIC®		7:15-8:15pm Dance Studio		7:15-8:15pm Dance Studio		
STRENGTH 45 <i>BY JAZZERCISE</i>	7:10-7:55pm Banquet Hall	7:10-7:55pm Banquet Hall	7:10-7:55pm Banquet Hall			
TABATA		12:05-12:55pm Gym		12:05-12:55pm Gym		
TAI CHI	6:00-7:00pm Dance Studio		6:00-7:00pm Dance Studio			
YOGA <i>No class in September</i>		6:00-7:30pm Classroom B		6:00-7:30pm Classroom B		

Schedule subject to change. Check the website for most current information.

	ADULT	YOUTH (17 & under) and SENIOR (50+)
10-visit Fitness Punch card*	\$45 / \$40 RD	\$27 / \$24 RD
1-Month Pass*	\$36 / \$29 RD	\$24 / \$19 RD
3-Month Pass*	\$99 / \$78 RD	\$66 / \$51 RD
6-Month Pass*	\$185 / \$148 RD	\$121 / \$97 RD

*The above passes include use of the fitness room, fitness classes, and open gym activities during scheduled sessions.



NO JOINING FEES!



Adult Athletics

Adult Volleyball League

Tuesdays // 6:00–9:00pm

Adult COED Volleyball leagues are offered three (3) times throughout the year. All games are played at TCC on Tuesday nights starting at 6pm. Teams play two matches of three games per night. Level of play is Recreational (non-spiking & non-blocking). The league is self-officiated (call your own) and teams must have 3 women on the court at all times. Teams play 20 league matches—no playoffs. Teams must have 50% or more residents on the roster to qualify for the resident discount.

Fall League

Oct 11–Dec 13 \$175 / \$160 RD 19893

Winter League

Jan 10–Mar 14 \$175 / \$160 RD 19894



Women's Only Fitness Times

Saturdays 2:00–4:00pm

Sundays 1:00–3:00pm

TCC Fitness Room

.....
Adult 40+ • Daytime

Open Gym Basketball

Tues & Thur, 1:00–3:00pm

Drop in fees required
(included in fitness pass membership)
*Cancellations may occur without prior notice



The Junius Boling Athletic Club was founded in 2016 in honor of Seahawks #89, Doug Baldwin's Grandfather. Mr. Boling has had a positive impact in the lives of many men and women in the Pensacola, FL area. He taught respect and the value of life through relationships. It is the goal of the JBAC to bring those same values to the Pacific Northwest and make a difference through community and athletics, starting with adults!

The mission of the JBAC is to create a positive impact among youth and families through athletics. Making health and wellness more than just an idea, but a lifestyle. They hope to create an environment that not only changes lives, but helps the youth and families of tomorrow grow, and encourages positive adult role models to step forward.

There will be ZERO TOLERANCE for fighting, foul language, and mistreatment of players and staff. All players MUST sign the roster, a liability waiver, and code of conduct.

SATURDAY MORNING DIVISION

OR

THURSDAY EVENING DIVISION

League Plays at Tukwila Community Center

League Begins Mid-September // Registration Deadline August 9th

Register at juniusbolingathleticclub.com

- » Price per team is \$700.00 (After August 9, team fee is \$750)
- » Price includes full uniforms
- » Limit of 6 teams per division
- » 8 regular season games, and an end of season tournament
- » Awards will be given out for MVP, Most Improved Player, Best Defensive Player, and the Best 6th Man



Most KID-FRIENDLY Course

Cascade Golfer Magazine's Readers Choice Award

Foster is an 18-hole golf course with a Beautiful Clubhouse, Fully-Stocked Golf Shop, and Banquet and Meeting Rooms.

OPEN TO THE PUBLIC!



Join the Foster Junior Golf Team!

Foster Golf Links welcomes new and experienced junior golfers to our program. Junior Camps, weekly practices, team competitions, are just a few of the opportunities available.

For more info, check out fostergolflinks.com.

Since 1925, Foster Golf Links has provided quality golf and entertainment to generations of golfers. Partnered with Billy Baroo's, the tradition continues.

Golf, FootGolf, Junior Golf, Get Golf Ready Lesson Program and Saturday Jazz Night at Billy Baroo's are just a few exciting programs we offer.

To learn more, visit www.fostergolflinks.com or find us on Facebook.

RESIDENT SPECIAL

\$10.00 OFF

ANY GET GOLF READY or JUNIOR PROGRAM

GET GOLF READY

If you LIVE or WORK in Tukwila, bring in this coupon for a one-time discount of \$10.00 off any Get Golf Ready or Junior Program.



Steak, Seafood, Burgers & Patio Dining with a Golf Course View at Billy Baroo's
206.588.2763 • billybaroos.com



Foster Golf Links // 13500 Interurban Ave S., Tukwila, WA 98168
206.242.4221 // www.fostergolflinks.com



Good Healthy Fun is Ageless!

Welcome to Tukwila Parks & Recreation's Senior Program

Our goal is to provide a well-rounded program to meet the needs of mature adults 50 years of age or older. If you have program ideas or suggestions, please contact your Senior Program staff at:

Tukwila Community Center
12424 42nd Avenue South
206.768.2822

Registration

The registration deadline for classes and workshops is one (1) week in advance, unless otherwise noted.

Transportation

We provide transportation for many of our programs for non-driving seniors living within the Tukwila service area.



Hyde Shuttle Transportation

Need to go shopping? Want to visit a friend? Have a doctor's appointment? The Hyde Shuttle is a FREE van service for seniors and people with disabilities living in Tukwila. You can ride anywhere within the service area set up by Senior Services.

Shuttle Service hours are Monday-Friday from 9:00am-4:00pm. Call today to schedule a ride! 206.727.6262

**TUESDAYS
LUNCH AT NOON**

Featuring healthy, fresh lunches created from scratch by a professional on-site chef.

Additionally, a **registered nurse, psychologist, and other health and human service providers** are available for one-on-one consultations. **Entertainment and educational opportunities** will contribute to the atmosphere and create a wonderful opportunity to socialize with both new and longtime friends.

The City of Tukwila is pleased to partner with **Catholic Community Services of Pierce County and Sea Mar Community Health Center** on this program.

A suggested donation of \$3 for people 60+. \$6 for those under 60 is required

Good Healthy NEW Cooking Workshops

Join us the first Thursday of every month at 10:30am to learn how to prepare and taste some healthy alternative foods to add to your diet. Registered dietitian Carolyn Lee will be here to facilitate the workshops. **\$5 per session.**

Call 206-767-2321 to register.

September 1	Thursday	1997
October 6	Thursday	1998
November 3	Thursday	1999
December 1	Thursday	1988

Detour Lunch Tours

This fall we will continue our senior Thursday lunch program by visiting various senior lunch sites in King and Pierce Counties. Transportation is FREE. You will need to make a donation for your meal at each site.

Thursdays • 10:30am Depart
Call TCC to register: 206-768-2822

- Sept 15** Black Diamond Senior Center
- Oct 20** Mt Si Senior center
- Nov 17** Redmond Senior Center
- Dec 15** Sumner Senior Center

SOCIALS PROGRAMS

Pizza and a Movie NEW

Thursdays • 10:30am • \$6 / \$5RD

Join your friends for a few laughs and maybe a few tears with a little pizza thrown in.

September 22: The Intern 19974

Starring Robert Deniro & Ann Hathaway
A 70-year old widower has discovered that retirement isn't all it's cracked up to be. He becomes an Intern for an online fashion site.

October 27: The Meddler 19975

Starring Susan Sarandon & Rose Byrne
A mother has happily relocated from New Jersey to Los Angeles to be near her daughter, a successful (but still single) screen writer, to smother her with motherly love.

December 28: The Holiday 19976

Starring Cameron Diaz, Kate Winslet, Jude Law, & Jack Black

Two women, who have never met and live 6,000 miles apart, find themselves with relationship troubles. They meet online at a home exchange website and impulsively switch homes for the holiday.

SOCIAL PROGRAMS Everyone welcome!

FREE activities at the Tukwila Community Center

Bridge	Mondays 10am–2:00pm	Everyone is welcome to take part in open play bridge. Call 206-242-3681 at least two days ahead for registration information. Closed 9/5, 12/26
Progressive Pinochle	Tuesdays 12:30–2:30pm	Don't miss this wonderful opportunity to enjoy great company and a relaxing time playing pinochle.
Open Game Days	Thursdays 12:30pm	Join us for game day with Scrabble, Mexican Train, Canasta and more.



SERVICES

Meals on Wheels

Are you or someone you know homebound or having difficulty getting meals? We are part of King County's "Meals on Wheels" program, delivering meals weekly to the homebound. Orders are taken on Mondays from 9:00-10:00am. Meals are delivered on Thursdays between 9:00-11:00am.

Call 206-448-5767 for info or apply on line @www.seniorseervices.org/foodassistance/mealsonwheels

Pet Food Program

Are you having trouble getting pet food for your canine or feline friend?

Contact us at 206-767-2321 to apply for the FREE pet food program.

Foot Care

Our Health Nurse is here to provide you with Foot Care on the third Thursday of each month. Appointment times are from 9:00am-2:30pm.

Call 206-768-2822 for an appointment. Fee: \$20 cash or checks accepted. Please bring your own towel.

Help Us, Help You – Human Services Assistance

Do you or someone you love need to connect with social and health services, need Energy Assistance or Minor Home Repair? Tukwila Human Services staff will be at Tukwila Community Center to assist you with your human service needs on the 4th Wednesday of each month from 9:00–11:00am. These meetings are confidential and by appointment only.

Let us know what we can do for you by calling the senior program staff at 206.768.2822.

Volunteer Transportation

Volunteer transportation helps isolated, frail, low-income seniors who are without other transportation options to medical and other essential medical appointments. Call seven days in advance of appointment to schedule a FREE ride.

Call Senior Services (Sound Generations) at 206.448.5740.

Aging & Alzheimer's Workshops

Sponsored by the Tukwila Library Advisory Board

Staying Safe

Thursday, September 29
9:30–11:30am • FREE

People with dementia are at risk for getting lost and suffering other injuries. This session explores why people with dementia have an increased safety risk. It also helps the learner assess for and correct safety problems in the home environment, be able to anticipate and avoid unsafe situations, and be able to react appropriately when accidents do happen.

Meaningful Activities

How to Make the Most of Your Interactions with a Person with Dementia

Thursday, October 20
9:30–11:30am • FREE

Learn how to engage the person with dementia and create meaningful, personalized activities out of everyday tasks and interactions without adding to caregiving time. This class will also teach participants how to create a portable, individualized activity bag to have at the ready to meet the needs of the person with dementia for calming, sensory stimulation, boredom, and more.

Call Sheri at 206-767-2321 to register.



The nation's leading Medicare exercise program for older adults. Free membership for those 65+ with supplemental health plans. Inquire with your insurance provider or @ TCC Front Desk

What Is SilverSneakers?

The award-winning SilverSneakers fitness program is the nation's leading fully-funded Medicare exercise program for older adults. Born out of the need for a fitness program tailored specifically to the Medicare-eligible population, SilverSneakers was developed in 1992 to engage and reach a population that may have never been to a fitness location.

SilverSneakers Fitness Pass

Tukwila Community Center is an eligible site for Silver Sneakers. This gives adults 65+ on Medicare with the following supplemental health plans a free membership to the several fitness programs. Blue Cross/Blue Shield, Aetna National, Columbia Community Care, Essence, Group Health Cooperative, Humana, Spokane Community Care and WellPoint – National. Please contact the front desk for more information.

SilverSneakers Seniors Classes

With a fitness membership or SilverSneakers pass you can drop in anytime for any of these great classes shown here. See page 2 for membership information.

SilverSneakers

SilverSneakers is great for total-body conditioning. The instructor guides you through exercises using resistance tools at your own pace.

Enhance Fitness

Feel empowered to sustain a life of independent health in a program with proven effectiveness that helps you improve balance, flexibility, strength, and aerobic training. Class is designed to meet all ability levels.

Open Gym Volleyball

Looking for fun and fitness without a commitment? Drop in three times a week for a great volleyball workout.

Tai Chi

This class will introduce the basic movements of Tai Chi with a focus on the fundamentals of the practice and an emphasis on relaxation. By the end of the course, students will have learned a beginning Tai Chi pattern excerpted from the Standard 24 Form. This course is geared toward students who are new to Tai Chi, but all students, regardless of experience, are welcome.

Yoga *No class in September*

Viniyoga style is an approach to yoga that adapts the various yoga poses and practices to the needs of the individual in the moment. This is accomplished by adapting the pose to the individual rather than forcing the person to fit into an idealized pose. We use props and gentle guidance to build a safe and effective practice.

CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SilverSneakers	8:15–9:00am Social Hall	10:00–10:45am Dance Studio	8:15–9:00am Social Hall		10:00–10:45am Dance Studio
Enhance Fitness	9:00–10:00am Dance Studio		9:00–10:00am Dance Studio		9:00–10:00am Dance Studio
Line Dancing		1:15–2:15pm Social Hall			
Open Gym Volleyball	9:00am–Noon Gym		9:00am–Noon Gym		9:00am–Noon Gym
Yoga <i>No class in September</i>		6:00–7:30pm Classroom B		6:00–7:30pm Classroom B	
Tai Chi	6:00–7:00pm Dance Studio		6:00–7:00pm Dance Studio		

TRIPS & SPECIAL EVENTS

All trip destinations and times are subject to change. Participants are responsible for being at TCC in time for departure. Unless otherwise noted, all trips depart and return at TCC. The Tukwila Senior Program will only notify clients if there is a change in time from what is stated in the brochure.

Reservations

Reservations must be made in person or by phone. Trip fees must be PAID UPON REGISTRATION. Make check/money orders payable to Tukwila Community Center. You may register yourself and one other person for any program/trip in this brochure. Registrations may start early for certain trips, please review special conditions noted in the trip description.

Due to the number of people on the trips, group reservations are usually made for lunch. If you don't want to eat lunch with the group, please inform staff at the time of your reservation. When lunch is included in the trip, please inform staff of any dietary restrictions you may have and we will try to accommodate your needs.

Cancellations

To receive a refund, cancellations must be made one week prior to the trip. Extended trip cancellation deadlines may vary, please contact the Senior Programs office.

Transportation

Transportation to the Center for trip departure is available for non-driving participants within the service area. Please make arrangements for transportation at registration.

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Extended Travel Opportunities on Page 30!

Bastyr University

Wednesday, September 7

Tour the 51-acre campus of Bastyr University, a natural health science facility located in Kenmore, WA. Built in 1959 as a Catholic seminary, the facility has been used by Bastyr since 1996. After the tour you can have lunch on your own in the campus dining room.

9:00am-3:00pm \$15 / \$12RD 19867

Puyallup Fair

Wednesday, September 14

It's the biggest party in the state and you don't want to miss it! Enjoy delicious food, wild rides and dazzling entertainment. Fee includes entrance. Lunch will be on your own.

9:00am-3:30pm \$22 / \$17RD 19876

Angels of the Wind Casino

Wednesday, September 21

Visit the friendliest casino in the Northwest and the home of the \$1 strawberry shortcake. Lunch will be on your own.

8:30am-4:00pm \$15 / \$12RD 19875

Veteran's Memorial Museum/Centralia

Wednesday, September 28

The museum contains displays from the Revolutionary War to the Global War on Terrorism. Museum has the artifacts of our veterans from every war and conflict. Lunch will be on your own.

8:30am-3:30pm \$19 / \$16RD 19878



Hama Hama Oyster Tour and Oyster Saloon

Friday, October 7

Located in Lilliwap, WA, both the oyster farm and saloon are just a shells-throw from the tied flats. We will tour the farm and then have lunch on your own at the Oyster Saloon.

8:00am-4:00pm \$19 / \$16RD 19874

Mystery Trip

Wednesday, October 19

Over the river and through the woods to ... we go. Enjoy a fun filled day of adventure and excitement. Lunch will be on your own.

8:30am-3:00pm \$25 / \$21RD 19877

Halloween Bunco

Wednesday, October 26

Come join your fellow ghosts and goblin's for a fun filled day of Bunco, the easiest dice game around. Come dressed in costume, prizes will be given for the most creative costumes. Lunch will be provided.

10:30am-2:00pm \$10 / \$8RD 19890

High Tea/British

Saturday, October 29

Enjoy a High Tea prepared and served by the Daughters of the British Empire. The tea will also include a raffle. This event will have a Halloween twist.

12:00 noon \$25 / \$20RD 19880



King County Elections Tour Wednesday, November 2

Have you ever wondered what happens to your ballot once you put it in the mail? See democracy in action. You can walk the 1/5 mile "loop" circling the ballot processing area. See every step a ballot takes, from signature verification to opening and scanning. Lunch on your own at a local restaurant.

9:00am-2:30pm \$15 / \$12RD 19868

Silver Reef Casino Overnighter

Monday & Tuesday
October 31 - November 1

Back by popular demand! An overnight trip to the Silver Reef Casino located in Ferndale, WA. Even if you are not a big gambler it's a great place to relax and enjoy the amenities.

\$88 / \$80RD Double Occupancy
\$140 Single Occupancy

8:00am-4:30pm 19888

Java and Clay

Wednesday, November 9

Bring out the artist in all of us. Today we travel to Gig Harbor to enjoy wonderful brewed java and paint a beautiful piece of pottery. Lunch will be on your own in Gig Harbor.

9:00am-3:00pm \$22 / \$18RD 19881

Thanksgiving Dinner Wednesday, November 16

The City of Tukwila proudly sponsors and serves a Thanksgiving meal, now in its 26th year. Enjoy entertainment, along with a great meal, celebrating the holiday with friends and neighbors. This event is for senior 50 years of age and older. Pre-registration is required and limited to the first 150 people.

11:00am-1:00pm at TCC FREE 19879

Singin' in the Rain/ Issaquah Village Theater

Wednesday, November 30

Based on the classic Metro-Goldwyn-Mayer film by special arrangement with Warner Bros. Theater Ventures, Inc. the Village Theater presents Singin' in the Rain. "What a glorious feeling, I'm happy again!" Enjoy one of the greatest movie musicals of all time.

6:00-10:30pm \$50 / \$45RD 19882

Coat Factory

Friday, December 2

If you have never experienced this amazing coat sale then this is a must. Item House is located in Tacoma and manufactures coats for top name companies. This private dock sale is a wonderful opportunity to shop for yourself or for holiday presents.

9:00am-noon FREE 19886

Old Goat Farm/Puyallup Wednesday, December 7

In December of 2004, quite by accident Greg Graves and Gary Waller found this beautiful little place located just outside of Orting. Their mission is to offer well-grown garden plants that they also showcase in their garden. Christmas time is supposed to be the time of year to visit. Lunch will be on your own at a local restaurant.

9:00am-2:00pm \$15/12RD 19869

Holiday Bunco

Wednesday, December 14

Come play the world's easiest dice game and celebrate the holidays with new and old friends. We will play Bunco and have our annual gift exchange (\$10 limit). Lunch is included.

10:30am-2:30pm \$10 / \$8RD 19870

Friday Lunch Excursions NEW

Enjoy the beautiful region we live in with some time by the water.

LUNCH ON YOUR OWN.

Depart TCC at 11:00am \$5/\$3RD Fridays

Sept 23: Cascade Golf Course/
Riverbend Café 19980

Oct 21: Chambers Bay Golf Course 19981

Nov 18: Class Act OSC 19982

December 16: Foster Golf Course/
Billy Baroos 19983

TRIPS & SPECIAL EVENTS



Red Hat Society

The “Duwamish Divas” chapter of the Red Hat Society is having a wonderful time.

The only responsibility that the Red Hat Society has is for each chapter to have fun. The Duwamish Divas takes that responsibility very seriously! This group provides an opportunity for those who have shouldered various responsibilities at home and in the community, to say goodbye to their burdens. It’s a chance to have fun with no rules! The group travels the second Thursday of each month.



Please contact Sheri McConnaughey in the senior program office with any questions, 206.767.2321.

Sept 8	Country Village	19958
Oct 13	Edmonds	19959
Nov 10	Seattle Aquarium	19955
Dec 8	Wright’s Nursery	19956

EXTENDED TRAVEL



**Informational presentation at Tukwila Community Center:
Tuesday, September 20, 10:00am**

South Pacific Wonders

February 7–21, 2017

Highlights: Cairns, Great Barrier Reef, Sydney, Sydney Opera House, Christchurch, Mount Cook National Park, Queenstown, Milford Sound, and Arrowtown.

BOOK NOW Double \$5,999, Single \$7,119, Triple \$5,949

For bookings after August 9, 2016 call Sheri McConnaughey 206.767.2321

Included in the Price: Round Trip Air, Hotels, 15 days and 19 meals

Side trip to Fiji is available

Iceland: Land of Fire and Ice

July 2–10, 2017

Highlights: Reykjavik, Golden Circle, Thingvellir National Park, Gullfoss Waterfall, Geysir, Snæfellsnes Peninsula, Cave Tor or Lava Field Walk, Breidafjordur Bay, Selmalandsfoss, Vik, Eyjafjallajokull volcano Visitor Center, Skogar Museum, Skogafoss, Jokulsarlon Glacial Lagoon, Vatnajokull National Park & Glacier, Blue Lagoon.

BOOK NOW Double \$4,499, Single \$5,299, Triple \$4,449

For bookings after January 3, 2017 call Sheri McConnaughey 206.767.2321

Included in Price: Round Trip Air, Hotels, 9 days and 13 meals

Recreation is for Everyone!

We want everyone in Tukwila to have the opportunity to participate in, benefit from, and enjoy parks and recreation facilities.

We are dedicated to enriching the lives of all persons participating in Tukwila Parks and Recreation programs. If you are interested in a class or program, but hesitate to register because of a developmental or physical limitation, please contact Tracy Gallaway at 206.768.2822 for assistance. Reasonable accommodations for special needs require a minimum of three weeks notice in advance of the program start date. Participants needing individual assistance to participate in programs, including toileting, transferring, eating, dressing, or behavior intervention must bring an attendant/companion to the program.

Resident Fees

We are pleased to offer Tukwila Residents a REDUCED fee for nearly all of our programs and activities. Please note that the Resident Fee is the lower fee and typically highlighted. To qualify for the reduce Resident Rate, you must be able to provide verification of residency in Tukwila.

Registration

Most programs and activities have a minimum and/or maximum enrollment to ensure a quality experience for all participants. Please register at least five business days in advance (payment must be received at time of registration). Programs and activities may be canceled (or combined) due to low enrollment.

Fees listed include all applicable taxes.

Scholarships

Scholarships are available for Tukwila area youth, teen, and senior adults to participate in many of the programs offered by Tukwila Parks and Recreation. Income and residency restrictions apply. Information and applications are available at the Tukwila Community Center. Gender Equity Statement: The City of Tukwila complies with the State of Washington's "Fair Play in Community Sports Act" that prohibits discrimination against any person in a community athletics program on the basis of gender.

Refunds

Your satisfaction is important to us. If you are not completely satisfied with a program or activity, you may request a refund. All refund requests must be in writing. Refunds are subject to pro-rated amounts. A \$5.00 processing fee will be deducted from refund amounts. Full refunds will be issued if we cancel a program due to low enrollment. Camps, rentals, leagues, and other activities may have different refund policies—please refer to that specific program information.

Inclement Weather

Tukwila Parks and Recreation programs follow the Tukwila School District's weather advisory. If the School District is closed, all recreation programs will be canceled. If children have already arrived, parents will be notified to pick up their children immediately. If the Tukwila School District is delayed in opening, recreation programs will also be delayed. Please call the facility for up-to-date program information. Inclement weather can also affect park use and trail conditions. Please use caution when visiting parks and trails during poor weather.

Activity Location Key

Cascade View Elementary School, 13601 32nd Ave S
Foster Golf Links, 13500 Interurban Avenue S
Foster High School, 4242 S 144th St
Foster Public Library, 4060 S 144th St
Neudorf Stadium at FHS, 4242 S 144th St
Performing Arts Center at FHS, 4242 S 144th St
Showalter Middle School, 4628 S 144th St
Starfire Sports (Ft. Dent), 14800 Starfire Way
Tukwila Community Center, 12424 42nd Avenue S
Tukwila Elementary School, 5939 S 149th St
Tukwila Heritage & Cultural Center, 14475 59th Ave S
Thorndyke Elementary School, 4415 S. 150th St

HOW TO REGISTER

In Person

Tukwila Community Center
12424 42nd Avenue S

Cash/Check/Visa/Mastercard

By Phone

206.768.2822 Visa/Mastercard





Meetings, Banquets, and Rental Events

attractive • affordable • accessible

Convenient with easy access

The Tukwila Community Center is an award-winning facility with a variety of amenities. Our beautiful setting along the Green/Duwamish River with Mt. Rainier in the background is an attractive backdrop for your event. Plenty of FREE parking and easy freeway access makes our location convenient for your guests.

Tukwila Community Center is a great place for:

- » Weddings
- » Receptions
- » Anniversaries
- » Class Reunions
- » Trade Shows
- » Retreats
- » Conferences
- » Trainings
- » Sporting Events
- » Board Meetings
- » Worship Services
- » Business Meetings

Your event is important to you . . . therefore, it's important to us

WHEN ORGANIZING AN EVENT, THE PLANNING PROCESS SHOULD BE AS EASY AS POSSIBLE FOR YOU. Tukwila Community Center has a variety of rooms and set-up options to best suit your needs. We'll even set up your room prior to your arrival . . . one less thing for you to worry about.

The Tukwila Community Center offers river, mountain, and beautiful landscaped views with plenty of free on-site parking and convenient freeway access. Only eight minutes from Sea-Tac Airport and three minutes from local hotels, your out-of-town guests will love that they won't have to go far. A short drive from downtown Seattle makes the community center a quick and affordable escape from the hustle and bustle of the city.



"We have used your facility several times over the years and I have always experienced the utmost professionalism and friendliness—just what you hope a community center will offer!"

Facility Rentals



Gymnasium



Banquet Hall



Social Hall



Meeting/Classrooms

Rentals 7 days a week:

Monday–Thursday 7:00am–9:00pm

Friday 7:00am–1:00am

Saturday 8:00am–1:00am

Sunday 8:00am–12:00am

Facility amenities include:

- » Open 7 days a week
- » 48,000 sf floor plan
- » FREE Parking for 300+
- » Priority scheduling & discounted rates for Tukwila residents
- » 11,000 sf Gymnasium
- » 3,000 sf Banquet Hall
- » 2,000 sf Social Hall
- » Commercial-style kitchen
- » 4 Classrooms
- » FREE wireless internet
- » Wireless microphone system
- » LCD Projector w/ screen
- » Beer, wine or champagne subject to restrictions

	Gymnasium	Banquet Hall	Social Hall	Meeting / Classrooms
Square Feet:	11,000	3,000	2,000	750–1,000
Configuration:	Multi-use	Multi-purpose room; dividable into 3 sections; tables and chairs in room	Fireside Lounge attached; Tables and chairs in room	Tables and chairs in room
Seating:	600 max. banquet-style; 1,500 max. theater-style	200 max. banquet-style; 325 max. theater-style	96 max. banquet-style; 150 max. theater-style	32 max. classroom-style; 40 max. theater-style
Amenities:	Carpet for trade shows and receptions; kitchen available for add'l charge	Free wireless internet, Sound system with wireless mics. Available for add'l charge: LCD projector, kitchen.	Free wireless internet. Available for add'l charge: LCD projector, portable sound system with mics, kitchen.	Free wireless internet. Available for additional charge: LCD projector/screen
Set-up/Cleaning:	Table/chair set-up included in rental fee; Customer must clean			
Reservations:	Trade Shows = Up to 18 mo. in advance; 11 mo. for other use (12 mo. for Tukwila Residents); minimum # of hours applies		Up to 11 mo. in advance (12 mo. for Tukwila Residents); minimum number of hours applies	



Ask us about our military veteran discount.

Call or stop by for a tour!

Rental office open: Monday–Friday 8:30am–5:30pm

206.767.2322 // rentals@tukwilawa.gov // 12424 42nd Ave South, Tukwila

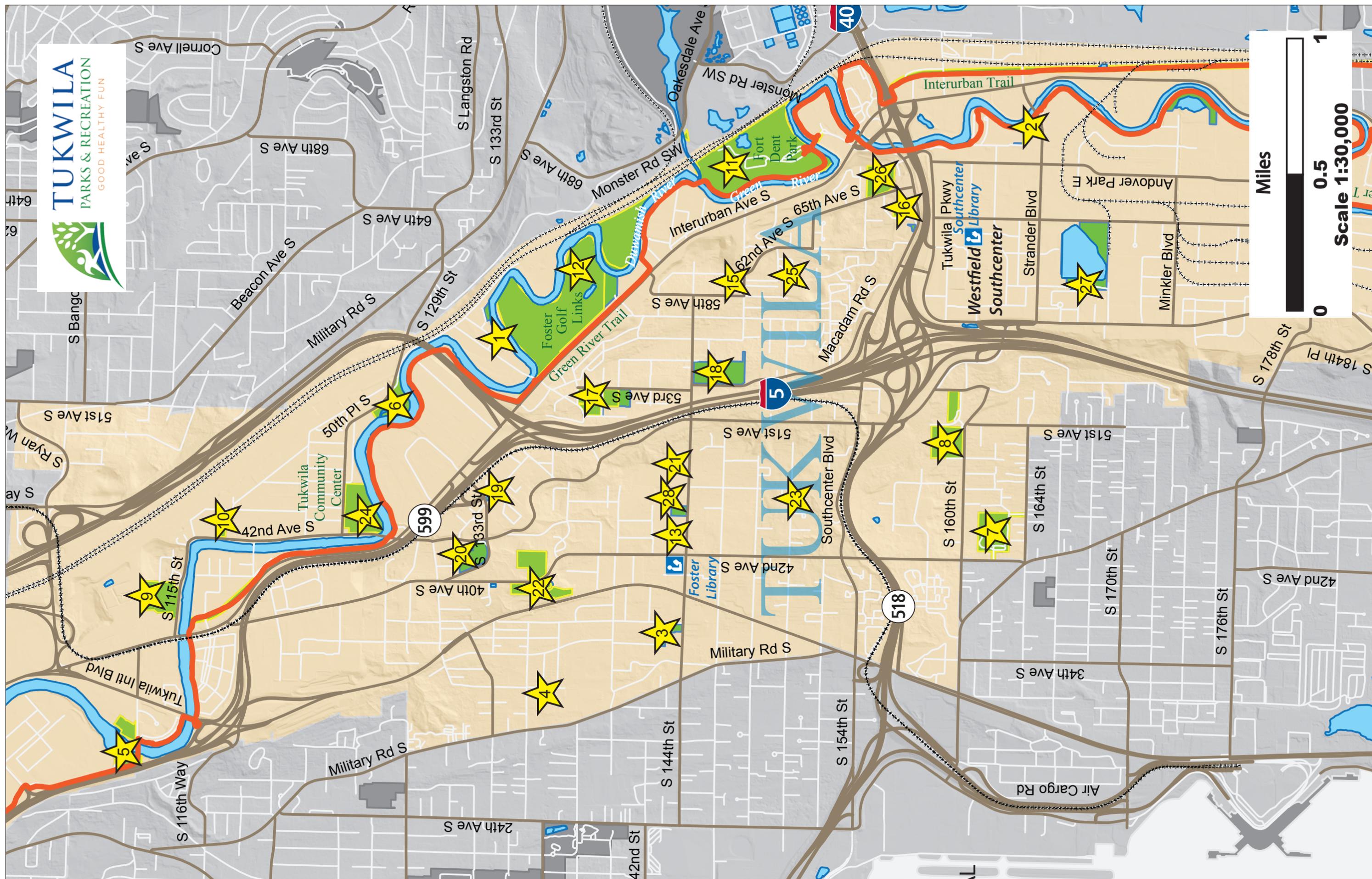
Parks // Trails // Playfields

T = Temporary Restroom
 = Tukwila School District properties
 = Park has a shelter that can be rented
 Call 206.767.2322 for info • www.tukwilawa.gov/parkmap

		Walking Path	Tennis Court	T-ball Field	Spray Park	Soccer	Skate Park	River Access	Restrooms	Play Equipment	Picnic Tables	Picnic Shelter	Pea Patch	Indoor Pool	Horseshoes	Greenbelt	Golf	Exercise Equipment	BBQ Grill	Basketball	Baseball/Softball	
1	57th Avenue Mini Park										★								★			
2	Bicentennial Park	★	★						★	★	★								★	★		
3	Cascade View Community Park	★	★						T	★	★								★	★		
4	Cascade View Elementary School																					
5	Cecil Moses Park	★	★						★		★	★										
6	Codiga Park	★	★					★	T	★	★	★										
7	Crestview Park	★	★	★					T	★	★	★							★	★		
8	Crystal Springs Park	★	★						★	★	★	★							★	★		
9	Duwamish Hill Preserve	★	★								★	★				★						
10	Duwamish Park	★	★						T	★	★	★							★	★		
11	Fort Dent Park/Starfire	★	★	★					★	★	★	★										
12	Foster Golf Links	★	★						★													
13	Foster High School								★												★	
14	Grandview Off-Leash Dog Park	★	★						T													
15	Hazelnut Park	★	★								★											
16	Ikawa Park	★	★																			
17	Joseph Foster Memorial Park	★	★	★					★	★	★	★							★	★		
18	Macadam Winter Garden	★	★																			
19	Riverton Mini Park	★	★								★								★			
20	Riverton Park	★	★						T	★	★	★							★			
21	Showalter Middle School	★	★	★					★											★		
22	Southgate Open Space	★	★																			
23	Thorndyke Elementary School	★	★							★	★	★										
24	Tukwila Community Center	★	★							★	★	★							★	★		
25	Tukwila Elementary School	★	★							★	★	★								★		
26	Tukwila Park	★	★							★	★	★							★	★		
27	Tukwila Pond Park	★	★							★	★	★							★	★		
28	Tukwila Pool	★	★																		★	

TUKWILA PARKS & RECREATION

GOOD HEALTHY FUN



Miles



Scale 1:30,000



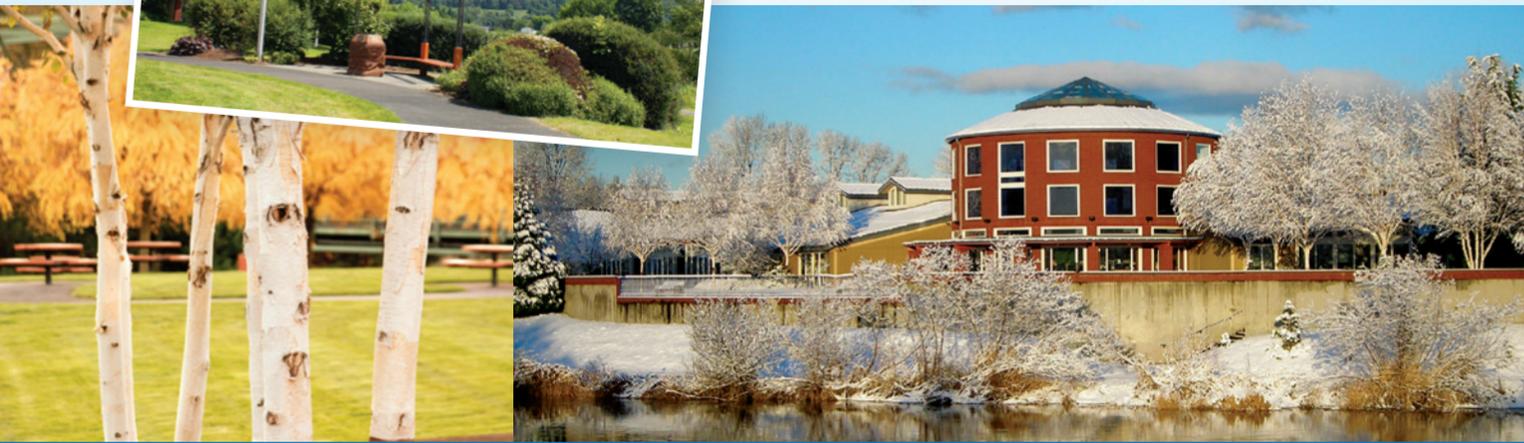
TUKWILA COMMUNITY CENTER

12424 42nd Ave. S. TUKWILA

In 2017, the City will celebrate TCC's 20 year anniversary! Many people are familiar with the Tukwila Community Center (TCC)—the gymnasium, multi-purpose rooms, fitness center, and rental facilities. The grounds that surround the Community Center include a walking path, multi-purpose ball field, splash park, picnic shelter, playground, picnic tables, barbeque grills, skate park,

basketball court, and veteran's memorial. Opportunities for people to be active and play at TCC are endless.

Throughout the past 20 years the Community Center has become known as a central hub for activity. A wealth of fitness classes, educational workshops, community events, afterschool activities, summer camp programs, teen pursuits, activities for seniors, arts and cultural programs, a senior lunch program and much more are offered annually. The Center has become a top choice for people hosting business meetings, weddings, tradeshow and other celebrations.



We look forward to Seeing You in the Parks



Tukwila Community Center
12424 42nd Ave S
Tukwila, WA 98168

Postmaster:
If named addressee
has moved, deliver
to current resident.

To help us correct addresses or eliminate duplicates, please call 206.768.2822.

PRESORT STANDARD
U.S. POSTAGE
PAID
SEATTLE, WA
PERMIT NO. 12698

Autumn Harvest

CARNIVAL

Thursday, October 27
6-8pm • Tukwila Community Center

Costume Contest
Halloween Crafts
Games and much more!
Healthy dinner option
available for purchase.

Bring your friends, dress up
in your best costume,
and join the fun!

Goulish,
Healthy, Fun!



Tukwila Community Center // 12424 42nd Ave S // 206.768.2822 // \$2.00 per child