

Recreation Guide

SPRING BREAK ESCAPE

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**SITTING IS THE
NEW SMOKING**

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**TEEN TUBING AT
SNOQUALMIE!**

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REGISTER ONLINE @
BurienParks.net
206.988.3700



Learn to knit or crochet a winter hat PAGE 15



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BURIEN RECREATION GUIDE WINTER 2017

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Rentar Las Instalaciones o Para Un Programa

¿SABÍA USTED que puede rentar el Centro Comunitario o los cobertizos para picnics en el Parque Seahurst para su reunión familiar? Ofrecemos también una amplia gama de clases para todo el mundo, desde los más chicos hasta los adultos mayores. Si no habla inglés, lo podemos atender más rápido si trae un amigo o familiar que le pueda interpretar. Visite el Centro Comunitario en el 14700 6th Ave SW en Burien de lunes a jueves de las 8:30 AM a las 8:00 PM, viernes de las 8:30 AM a las 5:00 PM, y sábados de las 8:00 AM a las 12:00 PM.

¿NO HABLA INGLÉS? Ver las pagina 39.



SCHOLARSHIPS AVAILABLE FOR LOW INCOME YOUTH

- > Pay 50% less than the listed fee if your family qualifies for free/reduced lunches
- > Must be a Burien resident
- > Call 206.988.3700 for information

PROCEEDS TO BENEFIT THE
HIGHLINE & WHITE CENTER
FOOD BANKS

EMPTY BOWLS

Join Us for a Meal and

Help Fight Hunger in Our Community!

FRIDAY, JANUARY 27

Lunch 11:00am-2:00pm • Dinner 4:00-8:00pm
Minimum Donation of: \$15 Adult / \$10 Child

Burien Community Center • 14700 6th Ave SW
BurienParks.net • 206.988.3700

Empty Bowls events can be found around the country raising money to combat hunger in our communities. Moshier Art Center Potters have donated bowls to be filled with soup at this fun event...all are invited!

Your donation gives you the opportunity to pick out a beautiful handmade bowl, and enjoy a simple, but wonderful, meal of soup, bread, dessert and drink; donated by local businesses.

DISCOVER
BURIEN



Daddy Daughter

Valentine's Ball

BURIEN COMMUNITY CENTER

Dance the night away with your favorite little girl. Admission includes cookies, punch, a flower for each daughter, and photo of the couple in Cupid's Corner. Pre-registration required.

Be sure to register early, this event sells out!

Saturday, February 4th

SESSION 1: 5:30–7:00 pm

SESSION 2: 7:30–9:00 pm

\$35 / RD \$30

Addn'l Daughters \$10



KIDS' NIGHT IN



IT'S TIME FOR KIDS' NIGHT IN AT THE BURIEN COMMUNITY CENTER!

Drop your kids off in their pajamas for an evening of fun while you have a night on the town. Each month has a unique theme filled with crafts, games, and dinner too!

AGES 5-12 YEARS \$27 / RD \$23

FRIDAYS 6:00–9:00PM

JANUARY 20 :: 19339
IT'S SNOWING!

FEBRUARY 11 :: 19340
COOKING 101

MARCH 17 :: 19341
MARCH MADNESS

BCC Seahurst
Banquet Hall



AFTER-HOURS BEACH WALK

Fri, January 13, 8:00pm–10:00pm

Come to the beach when tides and lights are out! Join the Environmental Science Center, beach naturalists and fellow Puget Sound enthusiasts to see marine animals in a whole new light—your FLASHLIGHT!

Bring hats, gloves, wading boots, and flashlight.



TODDLER TIME FREE WITH ESC

Wednesdays 10:30–11:30am
at Environmental Science Center*

**Last Wednesday of the month at
Burien Library through March*

An Environmental Science Center naturalist will share the natural wonders of our area with toddlers through story time, song, science activities and crafts.



**ENVIRONMENTAL
SCIENCE CENTER**

EnvScienceCenter.org // 206.248.4266



EVERGREEN COMMUNITY AQUATIC CENTER

Evergreen Community Pool is a beautiful facility located next to the Evergreen High School campus and athletic field complex at the south end of White Center.

606 SW 116th St. Seattle, WA 98146

www.evergreenpool.org • 206.588.2297

- Public Swims
- Lessons for all ages
- Aquarobics
- Family Swims
- Lap Swims
- WhiteWater Aquatics Swim Team

FREE FAMILY SWIM PASSES NOW AVAILABLE!

Low-income families who qualify for free/reduced lunches and live within Burien city limits can now receive FREE Family Swim Passes for the Evergreen Community Aquatic Center. Passes are good for Open and Lap Swims.

**Pick up your pass at the
Burien Community Center
14700, 6th Ave SW**

Information: 206.988.3700



Burien WALKS & Stays Healthy



Local Walking Paths & Trails

Caminos y Senderos Peatonales en los Vecindarios

EASY	Gravel surface & minimal distance
	<p>Hazel Valley Park 251 SW 126th • .25 mile paved</p> <p>Lake Burien School Park 14640 18th Ave SW • .25 mile flat gravel loop</p> <p>Lakeview Park 422 SW 160th • .20 mile gravel loop</p> <p>Miller Creek Trail 14455 Des Moines Memorial Dr • .5 mile paved</p> <p>Puget Sound Park 135 SW 126th Street • .5 mile cinder track</p> <p>Sylvester Middle School Track 16222 Sylvester Rd SW • .25 mile track</p>
MODERATE	Non-gravel surface, more distance, & some inclines
	<p>Mathison Park 533 S 146th • .25 mile loop trail</p> <p>Salmon Creek Ravine 12540 Shorewood Dr SW • 1.9 miles of trails</p>
MODERATE to HIGH	Longer distance, steep inclines, and/or uneven surfaces
	<p>Seahurst Park 1600 SW Seahurst Dr SW</p> <p>Nature Trail: .75 mile Service Road Trail: 1.15 miles North Shoreline Trail: .4 mile South Shoreline Trail: .3 mile</p>



Wabi burien

Events & Advocacy for a Walk/Bike Community

Join Burien neighbors and others to walk and talk for fun conversation and exercise. Walking allows you to get the kinks out, clear the cobwebs, change your outlook, and get a body that feels and functions better!

burien's
walk talk

1st Sunday of every month at 2:00pm

wabi
weekday walkers

3rd Wednesday of the month, times may vary

Each month's meet-up location and walking route will be posted on WABI website a few days before the walk. Walks go rain or shine.

www.WabiBurien.org
info@WabiBurien.org

KARATE

Beginning Karate for NEW Students

REGISTER EARLY... This popular class fills quickly! Learn the basics of blocking, striking, kicking, self-defense, and more. For students who want advancement in Belts and to move to the next level (Beginning for Continuing Students), uniforms and a Seattle Tang Soo Do \$40 Association membership fee are required after 5 weeks of this session. No class 1/16 & 2/20.

Age: 8Y and up Fee: \$114 / RD \$99 Classes: 22
19331 Jan 9–Mar 29 6:00pm–7:00pm Mon, Wed
 BCC Manhattan Room Instructor: Paul Miller

Beginning Karate for CONTINUING Students

This is a continuation of the Beginning class for returning White Belt students. No class 1/16 & 2/20.

Age: 8Y and up Fee: \$114 / RD \$99 Classes: 22
19334 Jan 9–Mar 29 6:00pm–7:00pm Mon, Wed
 BCC Manhattan Room Instructor: Paul Miller

Intermediate Karate–Tang Soo Do

For Tang Soo Do graduates who have earned the rank of Yellow, Orange & Purple belts (or by instructor's permission only). No class 1/16 & 2/20.

Age: 8Y and up Fee: \$114 / RD \$99 Classes: 22
19333 Jan 9–Mar 29 7:00pm–8:00pm Mon, Wed
 BCC Manhattan Room Instructor: Paul Miller

Advanced Karate–Tang Soo Do

Continuation of Intermediate class for students with Green Belts and higher (or by Instructor's permission only). No class 1/16 & 2/20.

Age: 8Y and up Fee: \$114 / RD \$99 Classes: 22
19332 Jan 9–Mar 29 7:00pm–8:00pm Mon, Wed
 BCC Manhattan Room Instructor: Paul Miller

SOCCER

Mommy/Daddy & Me Soccer

Introduce your toddler to the world's most popular game! As you and your child participate in our fun age appropriate activities, your child will be developing their large motor skills and socialization skills. The fun happens on the field, and in Mommy/Daddy & Me Soccer, parents are part of the action, not watching from the sidelines! All kids receive a Kidz Love Soccer jersey!

Age: 2Y–3Y Fee: \$103 / RD \$98 Classes: 8
19342 Jan 26–Mar 16 5:00–5:30pm Thur
 Cedarhurst Elem. Gym Instr: Kidz Love Soccer, PNW

DANCE

Dance with Me

Have fun with your child while enhancing the mind body connection through the Brain Dance and use of nursery rhymes, movement games, props and more. In this class we will explore the elements of dance to a variety of music styles. Both parents and caregivers are welcome.

Age: 2Y–4Y Fee: \$46 / RD \$40 Classes: 5
19306 Jan 17–Feb 14 9:30am–10:15am Tue
19307 Feb 28–Mar 28 9:30am–10:15am Tue
 BCC Manhattan Room Instructor: New City Dance Co



Indoor Tot Spot

Tues & Thur 10am–12pm
Saturdays 10–11:30am

Looking for new ways to engage your toddler? Visit our indoor playground, perfect for those wet and cold days. The play area is equipped with ride-on-toys, tumbling mats, playground equipment and plenty more.



Age: Crawlers to 5 year old
Drop In: \$2 per child (cash only)
Punch Card: \$20 for 10 visits (Visa, MC, cash or check)

Preschool

Burien Co-op Preschool

Experience the power of PLAY with your child in a developmentally appropriate cooperative preschool. Program meets September to May.

INFORMATION/REGISTER:

www.BurienCo-op.org or 206.241.6714

Day Programs

FIREFLIES 1's Tuesdays 9:45-11:15am \$40/month + \$13.80 quarter	OTTERS 3's Tue/Wed/Thur 9:30-11:30am \$112/month + \$41.50 quarter
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DRAGONFLIES 2's Wed/Thur 9:45-11:45am \$77/month + \$27.80 quarter	ORCAS 4's Tue/Wed/Thur 12:15-2:45pm \$121/month + \$41.50 quarter
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Students must meet age requirement by August 31 of current school year.

Community Center Annex
425 SW 144th St • Registration fee: \$50

Adventure Pals

Join us in Burien for a fun, parent/child playgroup for children ages 24-36 Months. Enjoy time together singing, learning, and getting messy in an inclusive playgroup led by an Early Childhood Specialist. Children will develop friendships with a variety of peers, including peers with special needs.

Classes Held on MONDAYS

- » Classes run in 7-9 week sessions
- » You may register for the morning OR the mid-day class
- » Registration opens 2 weeks prior to the start of each session
- » Registration forms and payment in full are due prior to the start of each session

For session dates and information, call Children's Therapy Center in Burien, 253-216-0720.



CHILDREN'S THERAPY CENTER
Celebrate what is. Commit to what can be.



DANCE

Pre-Ballet

Calling all little ballerinas. Learn ballet through creative movement and games to classical music. Students will learn rhythm, flexibility, ballet vocabulary and basic positions while focusing on being expressive through their movement and imagination. Dress code: leotards, tights or leggings and leather bottom ballet shoes.

Age: 3Y-5Y	Fee: \$46 / RD \$40	Classes: 5
19351 Jan 18-Feb 15	10:00-10:45am	Wed
19352 Mar 1-29	10:00-10:45am	Wed
19308 Jan 19-Feb 16	4:00-4:45pm	Thur
19309 Mar 2-30	4:00-4:45pm	Thur
BCC Manhattan Room	Instructor: New City Dance Co	

NEW CITY DANCE COMPANY

Academy of Ballet, Tap, Jazz, Modern and Hip-Hop

408 SW 153rd St Burien, WA 98166 (206) 242-7989

Pre Ballet/Tap

Can't decide between ballet or tap? Why not try both? Students will have fun exploring the gracefulness of ballet and the upbeat rhythm of tap. Dress code: leotards, tights or leggings, tap shoes and leather bottom ballet shoes.

Age: 3Y-5Y	Fee: \$46 / RD \$40	Classes: 5
19310 Jan 18-Feb 15	4:30pm-5:15pm	Wed
19311 Mar 1-29	4:30pm-5:15pm	Wed
BCC Manhattan Room	Instructor: New City Dance Co	

PRESCHOOL PARENT ATTENDANCE POLICY

For most preschool classes, parents are encouraged to attend the first day of class unless otherwise stated in the class description. Parents are discouraged from attending all other classes so that their child can completely focus on the class content.





SPORTS

Tot Soccer

Little tykes will enjoy running and kicking just like the big kids! Encourages large motor skill development through fun soccer games and introduces small children to the group setting. All participants receive a soccer jersey! Shin guards are required after the first meeting.

Age: 3Y-4Y Fee: \$103 / RD \$98 Classes: 8
 19344 Jan 26-Mar 16 5:40-6:15pm Thur

Cedarhurst Elem. Gym Instructor: Kidz Love Soccer, PNW

Pre Soccer

Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age appropriate environment. All participants receive a soccer jersey! Shin guards are required after the first meeting.

Age: 4Y-5Y Fee: \$103 / RD \$98 Classes: 8
 19345 Jan 26-Mar 16 5:40-6:15pm Thur

Cedarhurst Elem. Gym Instructor: Kidz Love Soccer, PNW

SCHOLARSHIPS AVAILABLE

Please call 206.988.3700 for more information.

Little Hoopers

Introduce your children to basketball in this fun program specific for preschoolers! Children ages 3-5 learn the basics of basketball in a fun, kid friendly environment. Parents will be invited to join their child during the last half of the program as they learn to dribble, pass, shoot and more! Bring a water bottle.

Age: 3Y-5Y Fee: \$40 / RD \$34 Classes: 4
 19325 Jan 23-Feb 13 3:30pm-4:15pm Mon
 19326 Mar 6-27 3:30pm-4:15pm Mon

BCC Seahurst Banquet Hall Instructor: TBA

Preschool Sport Skills

Children will get an introduction to basketball, flag football, soccer, and tumbling. They will practice listening skills, how to follow directions and improve their eye-to-hand coordination, balance and muscle control. Perfect for building confidence, making new friends, and learning the importance of teamwork! Bring a water bottle.

Age: 3Y-5Y Fee: \$40 / RD \$34 Classes: 4
 19328 Jan 23-Feb 13 4:30pm-5:15pm Mon
 19329 Mar 6-27 4:30pm-5:15pm Mon

BCC Seahurst Banquet Hall Instructor: TBA

Burien Area Youth Sports

Baseball & Softball

PAC WEST LITTLE LEAGUE

Ages: 4-18 yrs • March-June and Fall
www.pacwestlittleleague.com • 206.243.9229

TEE-BALL AND COACH PITCH LEAGUES

Des Moines Parks and Recreation

Ages: 3-5 yrs for Tee-Ball;
 6-8 yrs for Coach Pitch • January-May
www.desmoineswa.gov • 206.870.6527

Basketball

YOUTH BASKETBALL LEAGUES

Des Moines Parks and Recreation

Grades: 5-6 boys; 7-8 boys and (separate) girls; 9-10 boys • December-February
www.desmoineswa.gov • 206.870.6527

Full Teen Hoops

SOUTHWEST BOYS & GIRLS CLUB

Grades: 7-12 • Spring

Register as a player or a team

www.sw.positiveplace.org • 206.436.1910

Football & Cheerleading

BURIEN BEARCATS

Ages: 7-14 yrs • Spring

www.burienbearcats.org • 206.824.4018

PUGET SOUND LANCERS

Grades: 1st-8th, Kindergarteners can play if they play up with 1st & 2nd graders • Aug-Nov

www.leaguelineup.com/pugetsoundlancers/
 253.777.5243

Lacrosse

SOUTHWEST TITAN

LACROSSE CLUB

Grades: 3-6 boys; 5-6 girls; 7-8 boys & (separate) girls;

9-12 girls and boys (separate) • March-May

www.swlacrosseclub.org

Soccer for Players with Disabilities

TOPSOCCER

Ages: For boys/girls age 4 yrs and up and men/women with cognitive and/or physical disabilities.

Games played at Starfire Sports facility in Tukwila
korrio.com/groups/tukwila-topsoccer

Soccer

HIGHLINE SOCCER CLUB

(FORMERLY WEST HIGHLINE SOCCER)

Ages: 5-18 yrs. 7 to U19 • Sept-late Fall

www.highlinesoccerclub.com

YOUTH SOCCER

Des Moines Parks and Recreation

Ages: 3-5 yrs co-ed; 6-7 yrs co-ed;

8-9 yrs and 10-11 yrs boys or girls • Spring

www.desmoineswa.gov • 206.870.6527

HIGHLINE SPRING SOCCER CLUB

Ages: 5-12 yrs • Spring

www.highlinesoccerclub.com

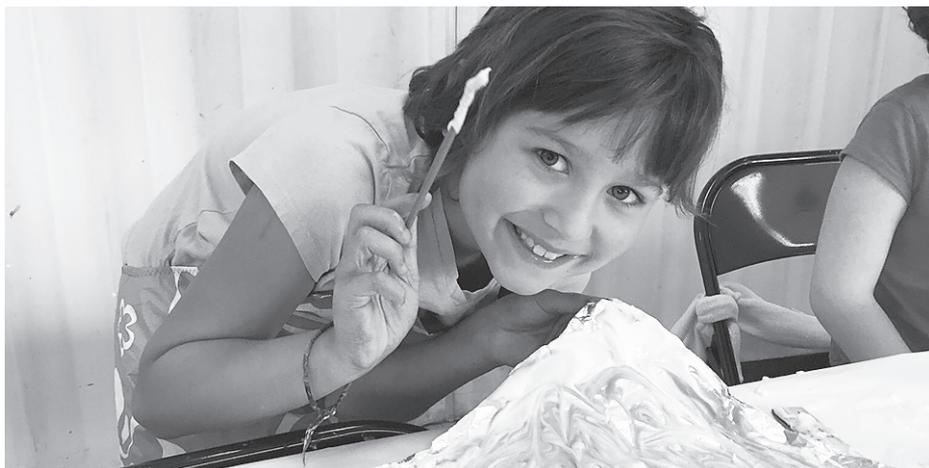
HIGHLINE PREMIERE FOOTBALL CLUB

Ages: U8, U9, and U10

For players looking for higher

competitive levels • August-September

www.highlinepremiere.com



ART

Kid's Clay

Pinch, roll, coil, and paint your original artwork in this fun and messy class. Learn all the basics of handbuilding each week as you learn a different way to play with clay! Complete your one-of-a-kind pieces with colorful slips and glazes. All supplies provided.

Age: 6Y–10Y Fee: \$100 / RD \$96 Classes: 8
19374 **Jan 31–Mar 21** **4:00pm–5:30pm** **Tue**
 MAC Handbuilding Room Instructor: Oleana Perry

Adventures in Art

Explore the world of art through painting, drawing, printmaking, clay and more. Your young artist will learn color mixing, design principles and construction while making work that expresses a sense of adventure. This is wonderful, messy fun, so please dress accordingly! Returning students welcome. All supplies provided.

Age: 7Y–11Y Fee: \$100 / RD \$96 Classes: 8
19372 **Feb 2–Mar 23** **4:30pm–6:00pm** **Thur**
 MAC Multipurpose Room Instructor: Vanessa Norris

SEW Creative

NEW You'll have SEW much fun creating projects by hand and on a sewing machine! Play with fabric scraps and sewing machine stitches to create fabric collage pictures that can be made into notecards or framed as art. You'll also do a simple printmaking on canvas fabric and sew that artwork onto a cool tote bag. All supplies provided, including sewing machines.

Age: 9Y–15Y Fee: \$58 / RD \$55 Classes: 2
19369 **Mar 11–18** **9:30am–12:00pm** **Sat**
 MAC Multipurpose Room Instructor: Debbie Thoma



DANCE

Intro to Break Dance

NEW DAY & TIME! This high-energy form of self-expression helps develop rhythm, athleticism and body control. Time during each class will be allotted for structured learning of techniques and free form presentation of movements.

Age: 7Y–11Y Fee: \$26 / RD \$22 Classes: 5
19317 **Jan 17–Feb 14** **5:00pm–5:45pm** **Tue**
19318 **Feb 28–Mar 28** **5:00pm–5:45pm** **Tue**
 BCC Manhattan Room Instructor: David Dinh

Hip Hop

NEW DAY! This class teaches rhythm, coordination, and age-appropriate hip hop choreography. Hip Hop is upbeat and great for kids who like to move.

Age: 7Y–11Y Fee: \$26 / RD \$22 Classes: 5
19315 **Jan 17–Feb 14** **6:00pm–6:45pm** **Tue**
19316 **Feb 28–Mar 28** **6:00pm–6:45pm** **Tue**
 BCC Manhattan Room Instructor: David Dinh

YOUTH PARENT ATTENDANCE POLICY

For most youth classes, parents are encouraged to attend the first day of class unless otherwise stated in the class description. Parents are discouraged from attending all other classes so that their child can completely focus on the class content.



COOKING

Creative Cooking

Hmmm Good!

Cook up some yummy comfort food in the middle of winter. \$12 supply fee due to instructor at time of class.

Age:	6Y-11Y	Fee:	\$12 / RD \$10	Classes:	1
19322	Jan 14	10:00am-12:00pm	Sat		
19520	Jan 14	12:30-2:30pm	Sat		

DHH Down Stairs Instructor: Patricia Charboneau

Be Mine!

Bake up something special for your favorite Valentine. \$12 supply fee due to instructor on day of class.

Age:	6Y-11Y	Fee:	\$12 / RD \$10	Classes:	1
19323	Feb 11	10:00am-12:00pm	Sat		
19521	Feb 11	12:30-2:30pm	Sat		

DHH Down Stairs Instructor: Patricia Charboneau

Luck O' the Irish!

Get ready to cook up something for St. Patty's Day! \$12 supply fee due to the instructor on day of class.

Age:	6Y-11Y	Fee:	\$12 / RD \$10	Classes:	1
19324	Mar 11	10:00am-12:00pm	Sat		
19522	Mar 11	12:30-2:30pm	Sat		

DHH Down Stairs Instructor: Patricia Charboneau

SPORTS

Basketball Basics

This class will focus on basketball skills such as passing, dribbling, shooting, running/agility as well as basic rules of the game. Children will learn training and conditioning as well as teamwork and sportsmanship. Children should be prepared to have fun and wear comfortable clothes and appropriate sports shoes. No class 1/16.

Age:	5Y-7Y	Fee:	\$50 / RD \$43	Classes:	5
19335	Jan 9-Feb 13	6:00pm-6:45pm	Mon		
19336	Feb 27-Mar 27	6:00pm-6:45pm	Mon		

Southern Heights Elem. Gym Instructor: TBA

Level Up- Basketball Training

This class is an excellent opportunity for children to learn or improve on basketball skills such as passing, dribbling, shooting, running/agility as well as basic rules of the game. Children will learn training and conditioning as well as teamwork and sportsmanship. Children should be prepared to have fun and wear comfortable clothes and appropriate sports shoes. No class 1/16

Age:	7Y-10Y	Fee:	\$50 / RD \$43	Classes:	5
19337	Jan 9-Feb 13	7:00pm-7:45pm	Mon		
19338	Feb 27-Mar 27	7:00pm-7:45pm	Mon		

Southern Heights Elem. Gym Instructor: TBA

Soccer 1

Players will learn dribbling, passing, receiving, shooting, and defense. Fun skill games are played at every session and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. Perfect for first time players while being fun and engaging for kids with some experience. All participants receive a soccer jersey! Shin guards are required after the first meeting.

Age:	5Y-6Y	Fee:	\$103 / RD \$98	Classes:	8
19348	Jan 26-Mar 16	6:15-7:00pm	Thur		

Cedarhurst Elem Gym Instructor: Kidz Love Soccer, PNW

FITNESS

Yoga

This class that is structured around stretch, strength & breath. Designed to incorporate awareness of self, inner quiet and focus. It will also be challenging and fun, so get ready to move! All levels welcomed. Your own Yoga mat is optional. Bring a water bottle. No class 2/20.

Age:	8Y-12Y	Fee:	\$46 / RD \$40	Classes:	8
19304	Jan 23-Mar 20	6:00pm-6:45pm	Mon		

BCC Hilltop Room Instructor: TBA

SPRING BREAK ESCAPE

APRIL 3-7

Join Spring Craz Camp for fun with arts & crafts, group games, camp songs, field trips and much, much more! Snack will be provided. Campers are responsible for bringing their own lunch.

There is a minimum of 10 participants required.

Grade:	1-6	Fee:	\$146 / RD \$139	Classes:	5
19558	Apr 3-7	7:00am-6:00pm	Mon-Fri		

BCC Eagle Landing Room

**MORE YOUTH SPORTS
SEE PAGE 9**

SCHOLARSHIPS AVAILABLE

Please call 206.988.3700 for more information.

TRAVEL

TUBING @ SNOQUALMIE PASS

No school? No problem!

Snow tubing is easy, fun and is a perfect way to spend the day in the snow!

Grade: 7-12 Fee: \$35 / RD \$30 Classes: 1
 19557 Jan 27 11:00am-5:00pm Fri



ART

Teen Wheel

Join your friends in squishing and wedging the clay and having fun learning the basics of throwing on the potter's wheel. We'll work on wedging, centering, pulling a cylinder, trimming and glazing. You may also add birds or small animal sculptures to enhance your wheel-thrown creations. Sign up with a friend! Returning students welcome. All supplies are included. No class 2/20.

Age: 11Y-17Y Fee: \$90 / RD \$85 Classes: 6
 19376 Feb 6-Mar 20 4:30pm-6:00pm Mon
 MAC Throwing Room Instructor: Janet Crawley

TEEN AFTER-SCHOOL PROGRAM



Activities Include:

Fitness

Healthy Snacks

Recreation Activities

Sylvester Middle School

For 7th & 8th Grade Sylvester Students

Tuesday-Thursday 2:45-5:30pm
 Fridays 1:15-4:30pm

For details contact:
patriciam@burienwa.gov
 or call **206.988.3708**



TEEN LATE NIGHT

FRIDAY NIGHTS
8pm-11pm
 Grades: 7th-12th
 Sylvester Middle School
 225 South 152nd St

Join us on Friday nights for games, basketball, football, soccer, Wii, arts & crafts, food and so much more!

★ **Must Show ID** ★



Participant Info

Inclusion As with all programs Burien Parks, Recreation and Cultural Services provides, Special Recreation programs are inclusive for anyone interested in participating in these classes.

Behavior Policy In order to provide a successful experience for all participants, please note the following:

Participants must be able to function in a group environment with limited supervision.

- If closer supervision is needed, a caregiver or chaperone is welcome to accompany the participant at no cost. If there is an admission fee into a venue, caregiver/chaperone would need to pay the admission cost.
- Unacceptable behaviors include but aren't limited to self abuse, physical or verbal abuse towards others, violent behaviors, profanity, and constant unwillingness to participate in activities.
- Non compliance may result in requirement of caregiver accompaniment or possible dismissal from activities.

Attendant Staffing

(1:1, Aides, Chaperones, Care Providers)

Burien Parks staff provides leadership for our programs and staff ratios will depend on individual programs. We cannot provide attendant care, such as assistance using restrooms, personal transfers, eating, or dispensing medications. A participant's own attendant may accompany him/her if this type of assistance is needed.

Art Escape: Tuesdays

Explore the basic building blocks of art through paint, clay, collage and more! Using both two and three dimensional media we will explore line, form, color, shape and texture. For the artist in everyone looking for an inclusive fun and open place to create. All supplies provided.

Age: 10Y and up Fee: \$64 / RD \$60 Classes: 6
19545 Jan 17–Feb 21 10:00am–12:00pm Tue

Age: 10Y and up Fee: \$53 / RD \$50 Classes: 5
19546 Feb 28–Mar 28 10:00am–12:00pm Tue

MAC Multipurpose Room Instructor: Shariana Mundi

Art Escape: Wednesdays

Explore the basic building blocks of art through paint, clay, collage and more! Using both two and three dimensional media we will explore line, form, color, shape and texture. For the artist in everyone looking for an inclusive fun and open place to create. All supplies provided.

Age: 10Y and up Fee: \$64 / RD \$60 Classes: 6
19541 Jan 18–Feb 22 10:00am–12:00pm Wed

Age: 10Y and up Fee: \$53 / RD \$50 Classes: 5
19543 Mar 1–29 10:00am–12:00pm Wed

MAC Multipurpose Room Instructor: Shariana Mundi

Rhythm & Rhyme

The beat goes on and we found it! Join us in our rockin' and rollin' rhythmic fun. Drumming may never be the same again! Welcome to all abilities & all rhythms!

Age: 10Y and up Fee: \$42 / RD \$40 Classes: 6
19542 Jan 18–Feb 22 1:30pm–3:00pm Wed

Age: 10Y and up Fee: \$35 / RD \$33 Classes: 5
19544 Mar 1–29 1:30pm–3:00pm Wed

MAC Multipurpose Room Instructor: Shariana Mundi

Studio Art

An art studio for artists with untapped and diverse abilities. Come and work on your own ideas & projects with mentoring and coaching to assist in further developing your skills and portfolio. Work from imagination, pictures and still life. All art supplies provided. Please bring your lunch. Instructor approval needed.

Age: 12Y and up Fee: \$116 / RD \$110 Classes: 6
19547 Jan 19–Feb 23 11:00am–2:00pm Thur

Age: 12Y and up Fee: \$97 / RD \$92 Classes: 5
19548 Mar 2–30 11:00am–2:00pm Thur

MAC Multipurpose Room Instructor: Shariana Mundi



Continued on next page ►►



PLAY & LEARN

DROP-IN PLAY TIME for parents, families and children ages 6 months to 5 years. A great way to meet other families with young children.

Age: 6 months – 5 years • Free • Tuesdays, 10:00am–11:30am



SKIP Early Intervention
127 SW 156th St, Burien
253.216.0720

Social Clubs Young Adult Nights Out

Come join local young adults from Burien, Des Moines, Tukwila, and SeaTac for an evening of fun, food, games, and friends. Must provide own transportation.

No registration is required.

Ages 13 to 25 • 5:00–7:00pm (Bowling: 5–6:30pm) • \$6.00

Jan 13 Game Night

Valley Ridge
Community Center
4644 S 188th St
SeaTac

Feb 10 Bowling

Hi-Line Lanes
15733 Ambaum Blvd
Burien

Mar 10 Art Night

Moshier Art Center
430 South 156th St
Burien

Apr 14 Bowling

Hi-Line Lanes
15733 Ambaum Blvd
Burien



Volunteer Opportunities:

Looking for volunteers to help with the Social Clubs. If you are interested contact Amanda Morales at **206.988.3711** or **amandam@burienwa.gov**

Free Transportation

Burien HYDE Shuttle Bus:

Available weekdays for personal trips to doctor, shopping, and other errands.
206.727.6262

Metro Bus Access: A shared-ride van transportation service for seniors or disabled individuals who are unable to ride regular Metro buses.
206.205.5001 or 206.689.3113

TOPSoccer

The Outreach Program for Soccer (TOPSoccer) is a community-based soccer program for boys and girls and men and women, aged 4 years and older, who have a cognitive and/or physical disability. The program is based on skill level, not age, and participants include players, coaches, and buddy-volunteers who are paired with each player to assist with the game. TOPSoccer creates an environment where all participants make lasting memories and simply have fun with the game! Games played at Starfire Sports facility in Tukwila.

korrio.com/groups/tukwila-topsoccer/



Intermediate Knitting: Hats

NEW Let's work in the round! Come and learn something new using circular needles to knit two seamless hats that can be finished with a sweet tassel. Knit any size hat, in any weight yarn with two hat patterns. This class is for intermediate knitters. There is a supply list for this class. No class on 2/18.

Age: 15Y and up Fee: \$42 / RD \$40 Classes: 3
 19472 Feb 4-25 10:30am-12:30pm Sat
 MAC Multipurpose Room Instructor: Barbara Kerr

Intermediate Crocheting: Hats

NEW Crochet a hat for you or your loved one to keep them toasty during the winter weather. Using the most versatile hat pattern, starting from the top down, you will create a hat made with only one yarn. Learn a variety of hat toppers and reverse crochet to create a tidy edge. This class is for intermediate knitters. There is a supply list for this class.

Age: 15Y and up Fee: \$29 / RD \$27 Classes: 2
 19523 Feb 4-11 1:00pm-3:00pm Sat
 MAC Multipurpose Room Instructor: Barbara Kerr



Acrylic Painting Studio: Beginning to Advanced

Learn how to work with acrylics, 'the most adaptable art material of the modern age!' This class will cover a range of acrylic techniques, tools and additives with creative assignments to get the juices flowing. This course is accessible for beginners and still challenging for continuing and advanced students. A fun atmosphere designed to broaden your uses for and understanding of acrylic painting. Basic supplies will be provided. No class 2/20.

Age: 15Y and up Fee: \$156 / RD \$150 Classes: 8
 19363 Jan 30-Mar 27 6:30pm-9:00pm Mon
 MAC Multipurpose Room Instructor: John Taylor



Acrylic Painting Open Studio

An open studio for Acrylic Painting students. Students must be signed up for Acrylic Painting Studio.

Age: 15Y and up Fee: \$27 / RD \$25 Classes: 8
 19365 Feb 2-Mar 23 6:30pm-8:30pm Thur
 MAC Multipurpose Room Monitor: Carolyn Bing

SCHOLARSHIPS AVAILABLE

Please call 206.988.3700 for more information.



CERAMICS

Clay Class Information:

1. Class and Studio Only fees include firing fees. Please remember that MAC does not have the space to allow for production pottery. Extra firing fees will be assessed if kiln space is being overused.
2. Students are responsible for purchasing their own clay and tools unless otherwise noted.
3. Orders for supplies will be taken at the first class and must be accompanied by a check. Some clay also available for purchase at Moshier.
4. Open Studio: students enrolling in classes marked by a  are encouraged to use MAC's free open studio times. These times can be used while the class you are enrolled in is in session. Mondays: 12–3:30pm, Tuesdays: 12–3:30pm, Wednesdays: 9:30am–9pm, Saturdays: 10am–3:00pm.



Pine Needle & Clay Baskets

NEW Create beautiful traditional pine needle baskets using terracotta clay and pine needles. Start by creating a terracotta base and learn how to weave long pine needles with thread and raffia to create a basket and a lid. Gretchen will demonstrate how to incorporate decorative items, such as buttons, beads or small clay pieces into your basket. Clay and pine needles provided. Bring in beads or other decorative items, if you would like to incorporate them into the piece.

Age: 15Y and up Fee: \$37 / RD \$35 Classes: 2
19527 Jan 22–29 10:00am–12:00pm Sun
 MAC Handbuilding Room Instr: Gretchen Baar



Surface Decoration: Cone 5/6

NEW Create rich, layered surfaces for sculptural and functional work in this 4 week class. Play with patterns through drawing, carving and applying texture to develop decorations that fit your forms. We will start by building layers at the leather-hard stage and continue adding layers using a variety of glazing techniques to bring your work to life. Bring in your greenware and bisqueware along with inspirational images to this class.

Age: 15Y and up Fee: \$69 / RD \$65 Classes: 4
19528 Feb 18–Mar 11 9:00am–11:00am Sat
 MAC Throwing Room Instructor: Lynne Hobaica

Beginning to Advanced Ceramics

A relaxed class environment where students of all skill levels can delve into handbuilding or throwing on the potter's wheel. Class will offer individual attention for beginning students and demonstrations for more advanced students. Fee includes glazes and firing. No class 1/16 & 2/20.

Age: 15Y and up Fee: \$228 / RD \$218 Classes: 10
19360 Jan 9–Mar 27 9:30am–12:00pm Mon
 MAC Throwing Room Instructor: Alec Davis

Beginning to Intermediate Pottery Wheel

This class is for people new to wheel throwing and those who have learned the basics and want to further develop their work. Fundamentals of centering, throwing, trimming and glazing will be covered in this course. For those with more experience, we will explore altered forms and textured surfaces. Fee includes glazes and firing.

Age: 15Y and up Fee: \$274 / RD \$262 Classes: 12
19355 Jan 12–Mar 30 6:30pm–9:00pm Thur
 MAC Throwing Room Instructor: John Taylor

Beginning to Advanced Handbuilding

Learn handbuilding construction techniques such as coil and slab methods as well as experiment with surface design and using the potter's wheel. For all experience levels. Fee includes glazes and firing.

Age: 15Y and up Fee: \$274 / RD \$262 Classes: 12
19353 Jan 11–Mar 29 6:30pm–9:00pm Wed
 MAC Handbuilding Room Instructor: Hunter McGee

Pottery Wheel: Monday PM

This class is for students who have learned the fundamentals of throwing. Work with the instructor to increase your skill level in throwing, as well as learn more about glazing and firing. It is recommended that students take Beginning Pottery Wheel before signing up for this class. Fee includes glazes and firing. No class 1/16 & 2/20.

Age: 15Y and up Fee: \$228 / RD \$218 Classes: 10
19359 Jan 9–Mar 27 6:30pm–9:00pm Mon
 MAC Throwing Room Instructor: Deborah Schwartzkopf

Pottery Wheel: Tuesday AM

This class is for students who have learned the fundamentals of throwing. Work with the instructor to increase your skill level in throwing, as well as learn more about glazing and firing. It is recommended that students take Beginning Pottery Wheel before signing up for this class. Fee includes glazes and firing.

Age: 15Y and up Fee: \$274 / RD \$262 Classes: 12
19354 Jan 10–Mar 28 9:30am–12:00pm Tue
 MAC Throwing Room Instructor: Victoria Hamilton

CERAMICS



Clay: On and Off the Wheel 🍷

Give your wheel thrown pieces a little personality! Learn altering techniques, new forms both on and off the wheel and improve craftsmanship through demonstrations and one-on-one guidance. A variety of surface options such as slips, terra sigillatas, and textures will be covered. For all experience levels. Fee includes glazes and firing.

Age: 15Y and up Fee: \$274 / RD \$262 Classes: 12

19361 Jan 10–Mar 28 6:30pm–9:00pm Tue

MAC Throwing Room Instructor: Lauren Laughlin

Expressive Tableware 🍷

Bring it to the table! Create an individual table setting that is functional and artistic. Using textures, patterns and color, design unique and personal pieces that express your style. Janet will demonstrate handbuilding with templates to create a dinner and salad plate, soup bowl, and tumbler. On the final day, let's set the table using our handmade tableware and enjoy a delicious potluck together. Fee includes firing and glazes.

Age: 15Y and up Fee: \$274 / RD \$262 Classes: 12

19358 Jan 12–Mar 30 9:30am–12:00pm Thur

MAC Handbuilding Room Instructor: Janet Crawley



Clay: Less is More 🍷

Make the most of your ceramic pieces by learning to limit your palette and simplify your designs. This quarter let's push clay boundaries by developing your creative eye. How do you see your pieces? Explore what that means and how to interpret that in your ceramic work. Discussions about process and surface design will be explored. Pieces will be thrown or handbuilt. Designed for intermediated to advanced students. Fee includes glazes and firing.

Age: 15Y and up Fee: \$228 / RD \$218 Classes: 10

19356 Jan 12–Mar 16 9:30am–12:00pm Thur

MAC Throwing Room Instructor: Molly Hueffed

Clay for Seniors

Design it, Build it and Serve it Up. This 4 week workshop for seniors will focus on creating serving plates and platters. Using slab construction we'll create sets of small plates and serving trays and then have fun with surface decoration. No experience necessary, just a willingness to get your hands into clay. All supplies provided. NO OPEN STUDIO TIME with this class. Work must be made in class to be fired at the studio.

Age: 50Y and up Fee: \$49 / RD \$46 Classes: 4

19357 Feb 27–Mar 20 9:30–11:30am Mon

MAC Handbuilding Room Instructor: Shari Kaufman



Adult Enrichment

COMPUTERS 50+

Computers 101

From turning the computer on and off, to learning the difference between hardware and software and how to install each. We will focus on making the vocabulary of the PC (Personal Computer) understandable, and learning how to be comfortable interfacing with the computer through customization of everything about its look and feel. This class is designed for novices and for those who want to increase their familiarity with the OS (Operating System). Bring your laptop, if you have one.

Age: 50Y and up	Fee: \$35 / MD \$26	Classes: 1
19426 Jan 6	9:30am–12:00pm	Fri
19427 Mar 3	9:30am–12:00pm	Fri
BCC Chelsea Room		Instructor: John McLaughlin

Intermediate Computers

We will pick up where Computer Basics left off. However, if you feel comfortable using a computer but want to learn some tips and tricks, this class will help you become more familiar with features of the computer that make everyday tasks easier. Part of the class time will also be dedicated to individual questions. Bring your specific questions and/or listen and learn as others have their queries answered. Bring your laptop, if you have one.

Age: 50Y and up	Fee: \$35 / MD \$26	Classes: 1
19428 Jan 13	9:30am–12:00pm	Fri
19429 Mar 10	9:30am–12:00pm	Fri
BCC Chelsea Room		Instructor: John McLaughlin



Digital Photos: Your Camera & Computer

Bring your digital camera and cable and we will explain all of those buttons and symbols and how they can help you take better photos. Then we will break down how to upload them to the computer, quickly edit them, and publish them to the internet or email them to your family. A demonstration camera and sample photos will be available. Bring your digital camera, cables and laptop, if you have them. (Make sure cameras are charged or bring extra batteries.)

Age: 50Y and up	Fee: \$35 / MD \$26	Classes: 1
19430 Feb 3	9:30am–12:30pm	Fri
BCC Chelsea Room		Instructor: John McLaughlin

All About Email

You will learn how to set-up an email account and learn all the features: compose and send a message, reply, forward, and attach files and photos. You will also learn all about how to use instant message and video programs associated with the most popular online email programs. Bring your laptop, if you have one.

Age: 50Y and up	Fee: \$35 / MD \$26	Classes: 1
19423 Feb 17	9:30am–12:00pm	Fri
BCC Chelsea Room		Instructor: John McLaughlin

Smart Device: Phones & Tablets

Don't feel outsmarted by your smart device. Bring your phone or tablet to the computer lab and learn the gestures that will put you in control. Also learn about several applications (apps) that will help you get the best from your device.

Age: 50Y and up	Fee: \$35 / MD \$26	Classes: 1
19559 Jan 20	9:30am–12:00pm	Fri
19432 Feb 24	9:30am–12:00pm	Fri
19433 Mar 24	9:30am–12:00pm	Fri
BCC Chelsea Room		Instructor: John McLaughlin

✳ MD = Senior Program Membership Discount ✳



DANCE

Beginning Ballroom Dance

Everyone's wild for Ballroom Dance! You'll learn either Foxtrot, Waltz, Tango, Swing and Cha Cha so you can dance the night away. Perfect for beginners! This is a couple's class; fee is per person. Students will focus on one of the major ballroom dances each 5 week session.

Age: 16Y and up	Fee: \$60 / RD \$55	Classes: 5
19434 Jan 17–Feb 14	6:00pm–7:00pm	Tue
19436 Feb 28–Mar 28	6:00pm–7:00pm	Tue
BCC Seahurst Banquet Hall		Instructor: Jacob Matthew

Advanced Ballroom Dance

This class is for those who have mastered previous classes and would like more advanced steps and good technique for movement skills. Builds on skills learned in earlier levels adding more detailed lead/follow instruction and style. Teachers permission is required for this class.

Age: 16Y and up	Fee: \$60 / RD \$55	Classes: 5
19435 Jan 17–Feb 14	7:00pm–8:00pm	Tue
19437 Feb 28–Mar 28	7:00pm–8:00pm	Tue
BCC Seahurst Banquet Hall		Instructor: Jacob Matthew

SCHOLARSHIPS AVAILABLE

Please call 206.988.3700 for more information.

master gardener stormwater series

Catching Rain: Rain Garden Workshop

Get all your questions answered about rain gardens: what they are, why they matter and how to build one. Experts from the Master Gardener Rain Garden Program of King County will explain how rain gardens are more than just beautiful, they also help solve one of the largest sources of pollution for Puget Sound by naturally cleaning and controlling stormwater.

All Ages FREE Classes: 1
19554 Jan 25 5:45–7:45pm Wed

BCC Shorewood Room Instructor: Lisa Haglund, WSU Master Gardener Rain Garden Program

Beyond Rain Gardens: Stormwater Solutions for All Yards

No place for a rain garden? There are many different ways you can stop your home's stormwater runoff from polluting local waterways. Learn these methods to help reduce pollution, reduce flooding, protect your property, and beautify your landscape. Learn how to use trees and plants in your landscape to stop runoff, how to improve your soil naturally, and how to reduce impermeable surfaces. Class will cover tips and guidelines for installing Green Stormwater Infrastructure (GSI) at home including rock-filled trenches, cisterns, and permeable paving.

All Ages FREE Classes: 1
19555 Feb 22 5:45–7:45pm Wed

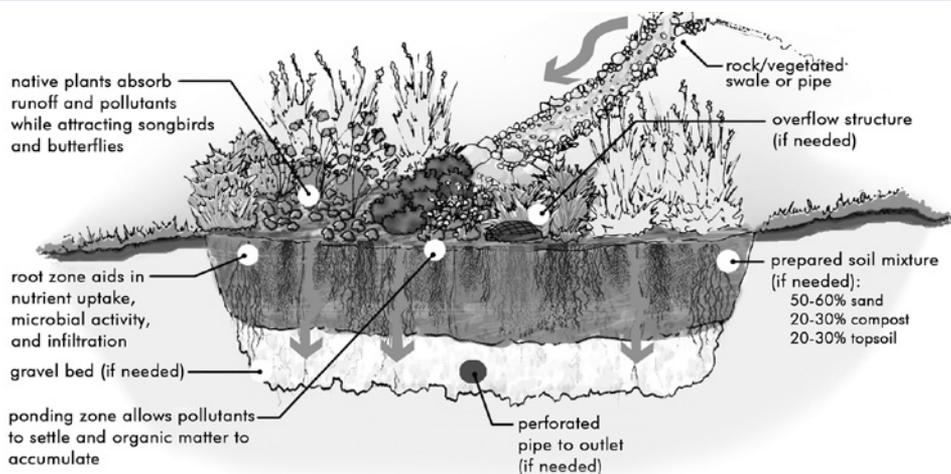
BCC Eagle Landing Room Instructor: Lisa Haglund, WSU Master Gardener Rain Garden Program

Greening Your Yard: A Natural Yard Care Workshop

Yards are outdoor living spaces used for playing, relaxing, dining, exercising and more. Traditional lawn care programs often include inefficient watering practices, high waste production, and overuse of chemicals, resulting in toxic stormwater runoff during heavy rainfalls. Learn how to save time and money, protect your family, and protect the environment by kicking your yard's chemical dependency and adopting these tried and true methods for a healthier yard!

All Ages FREE Classes: 1
19556 Mar 22 5:45–7:45pm Wed

BCC Eagle Landing Room Instructor: Lisa Haglund, WSU Master Gardener Rain Garden Program



Adult Enrichment

GENERAL INTEREST

Innovative Stitches

Get together with other local fiber arts enthusiasts to share your love of all things stitched; needlework, beading, quilting and more! You may work independently or collaborate with others on a project. Bring your creativity and supplies and be prepared to make close-knit bonds with others. All skill levels are welcome.

Age: 18Y and up Fee: \$14 / RD \$12 Classes: 6
19441 Jan 11–Feb 15 10:00am–12:00pm Wed

19442 Feb 22–Mar 29 10:00am–12:00pm Wed

BCC Shorewood Room

Understanding Chocolate

NEW For all the chocolate lovers out there, this tasting class will surely satisfy the palate. A local chocolatier will guide you through the process of chocolate making, from origin to bar. Tastings of different chocolates from around the world will be provided.

Age: 16Y and up Fee: \$18 / RD \$15 Classes: 1
19406 Feb 22 6:30pm–8:00pm Wed

19409 Mar 9 6:30pm–8:00pm Thur

BCC Shorewood Room

Instructor: Ellane Pirotte

Telling Your Story

NEW Join this fun and stimulating class teaching you the basic steps in the process of recalling and writing on your life experiences, exploring the challenges involved, the resources available and learning valuable tools that will help you develop those stories into an interesting and entertaining document.

Age: 18Y and up Fee: \$40 / RD \$35 Classes: 6
19524 Jan 19–Feb 23 9:30am–11:30am Thur

BCC Chelsea Room

Instructor: Delores Davis

How Money Works

Do you want to take control of your money? You can do it! Learn tips and tricks to free yourself from debt, pay yourself first, use time to your advantage and get financially independent. Refreshments will be provided.

Age: 18Y and up Free Classes: 1
19552 Feb 8 6:00pm–7:00pm Wed

BCC Shorewood Room

Instructor: Rene' Yoshino

GENERAL INTEREST 50+

AARP Smart Driver Course

AARP offers a two-day Safe Driver Course. You may be able to get a deduction from your insurance company, if you complete this course. Fee is \$2 at the time of registration and \$15 for AARP members/\$20 for non-members to be paid in class.

Age: 50Y and up Fee: \$2 Classes: 2
19418 Mar 14–15 12:30pm–4:30pm Tue–Wed
 BCC Lakeview Room Instructor: Richard Silva



*Sea Mar Community
 Living Connections presents*

SENIOR INFORMATION & ASSISTANCE PROGRAM

Sea Mar provides free services in English and Spanish for Adults 60+ and Disabled Persons 18+ with limited incomes that reside in King County. The objective is to locate Community Resources in King County, which can help them maintain a high quality of life.

Mondays: 8:30am–2:00pm
BCC Eagle Landing Room

Current Events & Local Issues

Join lively discussions with your peers. Topics include world, national and local events. Voice your opinions on the world of politics, finances, religion and many more subjects.

Age: 50Y and up Fee: \$29 / MD \$20 Classes: 10
19422 Jan 5–Mar 9 1:00pm–3:00pm Thur
 BCC Shorewood Room Moderator: Rose Clark

Writers Workshop

Whether your goal is to write your family history or the 'great American novel', a beginner or published author, you'll expand your horizons and hone your communication skills with the encouragement of this friendly, supportive group. Join the fun! No class 1/27.

Age: 50Y and up Fee: \$39 / MD \$30 Classes: 10
19421 Jan 6–Mar 17 10:00am–12:00pm Fri
 BCC Shorewood Room Instructor: Sallie Tierney

Art History: Art & Cultures of the Middle East: Part 2

Join us for the second of two quarters from prehistoric to modern traditions of the Middle East. Visit the treasures of the Middle East from the days of early Christianity of Byzantium, and Islam in Jerusalem, Damascus, Istanbul, Bagdad, Samarra and in Persia from Persepolis to Isfahan. And forget the crusade! There will be a museum trip.

Age: 50Y and up Fee: \$68 / MD \$59 Classes: 7
19419 Jan 12–Feb 23 9:30am–12:00pm Thur
 BCC Shorewood Room Instructor: Elizabeth Rodgers

Senior Finance

NEW Receive Financial Tools for Seniors and Almost Seniors! People struggle with money because they just don't have all the facts. Once they do, they can make very intelligent decisions. This class will give you the tools you didn't learn in school and the truth about some key areas in your personal finances. Refreshments will be provided.

Age: 50Y and up FREE Classes: 1
19553 Feb 24 10:30–11:30am Fri
 BCC Eagle Landing Room Instructor: Rene' Yoshino

Clay for Seniors

Design it, Build it and Serve it Up. This 4 week workshop for seniors will focus on creating serving plates and platters. Using slab construction we'll create sets of small plates and serving trays and then have fun with surface decoration. No experience necessary, just a willingness to get your hands into clay. All supplies provided. NO OPEN STUDIO TIME with this class. Work must be made in class to be fired at the studio.

Age: 50Y and up Fee: \$49 / RD \$46 Classes: 4
19357 Feb 27–Mar 20 9:30–11:30am Mon
 MAC Handbuilding Room Instructor: Shari Kaufman

DIVERSITY & INCLUSION DISCUSSION

Join us as Kela Hall shares one of her stories about how she overcame adversity which ultimately put her on the track she is on. She will focus on women in leadership and talk about the importance of perseverance in shifting paradigms. Hosted by the American Association of University Women.

Age: 50Y and up FREE Classes: 1
19568 Feb 4 10:00am–12:00pm Sat
 BCC Shorewood Room Speaker: Kela Hall



KELA HALL is CEO and Co-Founder of KD Hall Communications and its foundation. Kela holds her Master's Degree in Business Administration and Adult Education and Training. Kela has over 15 years of experience in

Higher Education, Communications, Strategy and Event planning. She has a passion to work on women's initiatives, provided access, opportunity and experience for the future workforce through mentorship, internships and conferences. She recently was honored to attend a private White House discussion on how to foster national impact for women and children of color across STEM fields.

*** MD = Senior Program Membership Discount ***

HEALTH & WELLNESS

CHIRO CHATS

Chronic Pain

NEW FREE This class will address the how's and why's of chronic pain. Topics will include possible causes for pain, how pain affects your body and overall well-being, and different ways to address the pain.

FREE			Classes: 1
19562	Jan 12	12:30–2:00pm	Thur
19563	Jan 12	6:30–8:00pm	Thur

BCC Hilltop Room Instr: Optimal Health Spine & Wellness

Brain Health

NEW FREE This class will address three main points of brain health: Movement and Exercise, Diet (specifically intermittent fasting), and Sleep.

FREE			Classes: 1
19564	Feb 9	12:30–2:00pm	Thur
19565	Feb 9	6:30–8:00pm	Thur

BCC Hilltop Room Instr: Optimal Health Spine & Wellness

Positive Thinking

NEW FREE Have you considered how negative thinking can affect your overall health? This class will address how negative thinking is a habit and discuss the health consequences and what can be done to change it.

FREE			Classes: 1
19566	Mar 9	12:30–2:00pm	Thur
19567	Mar 9	6:30–8:00pm	Thur

BCC Hilltop Room Instr: Optimal Health Spine & Wellness

Free CPR Classes

Burien–Normandy Park
Fire Department

15100 8th Ave SW Burien

Pre-registration required

206.242.2040 / CPR-info@burienfire.org

Free Drop-In Blood Pressure Testing

Mon, Wed & Thur, 9am – 4pm

- No pre-registration necessary
- Available at Fire Station
15100 8th Ave SW Burien

SITTING IS THE NEW SMOKING

NEW Smoking used to be the slow, silent killer. No one knew it was all that bad for you, then years later we've learned it was leading to a slow death. We would argue that sitting is the new smoking. This silent killer is doing more than adding to our waistlines. Our brains are literally being starved for growth elements because this process must be fueled by movement! And we're not talking "running a marathon." Learn the simple movements that can build your brain and keep the sedentary lifestyle from being your demise! Hosted by Collins Chiropractic.

Age: All ages	Free	Classes: 1	
19525	Jan 19	6:30pm–8:00pm	Thur

BCC Shorewood Room Instructor: Collins Chiropractic

**DIABETES SUPPORT GROUP
INFO ON PAGE 29**

HEALTH & WELLNESS 50+

HEALTHY EATING ON A BUDGET

NEW Want to discover healthy, simple and inexpensive snacks and meals? Together we will learn and share ways to shop and prepare tasty foods while staying within a budget. Learn how to read your food labels to make healthier product choices, avoid additives, get the best value and nutrition, and still keep your meals simple and tasting good! This will be fun and interactive and there will be samples!

Age: 50Y and up	FREE	Classes: 1	
19526	Jan 31	10:45am–11:45am	Tue

BCC Shorewood Room Instructor: Kat Cook

HEALTH & WELLNESS 50+

ORGANIZING YOUR AFFAIRS

Speaking of Dying: Film Screening & Discussion

NEW View a short film dedicated to the idea that we can all have a better death and learn what's important about supporting a loved one who is dying. This film inspires and encourages you to talk to your friends and family about your own choices for medical treatment if you can no longer speak for yourself. It helps break the taboo in our culture—of not talking about death, even though none of us get out of life alive. Afterwards there will be time to share your thoughts, and get some of your questions answered. Sponsored by El Dorado West.

Age: Parents, and 50Y and up	FREE	Classes: 1	
19445	Feb 8	10:00am–11:30am	Wed

BCC Chelsea Room Instructor: Jennifer Kropack

Begin With the End in Mind

Death is a subject that we want to avoid discussing, but we know that it will affect every one of us at some point during our life. However, instead of waiting until a death has occurred, it is better to learn about your options in advance; so you and your family can make decisions based upon what is best for you, and not when you have a cloud of grief and anxiety hanging over your head.

During the presentation, you will receive information that will help you with your planning, including:

- What information will be needed at the time of death?
- What is the Federal Trade Commission's "Funeral Rule," and how does it affect your planning?
- What benefits are available to you if you are a Veteran?
- What are your options for paying for your arrangements in advance, and what are the benefits?
- What needs to be done for those of you who just want cremation?
- What are the costs and payment options available?

Age: 50Y and up	FREE	Classes: 1	
19438	Feb 22	10:00am–11:30am	Wed

BCC Chelsea Room Instructor: Cameron Smock

Adult Fitness

★ TRY SOMETHING NEW! ★

FREE FITNESS TRIAL WEEK

JANUARY 9-14

@ the Burien Community Center

No need to register, just show up, take one or all of the classes offered, and enter yourself into a drawing for 50% off a fitness class! *

ENTER FOR A CHANCE TO WIN
50% OFF
A FITNESS CLASS*

MONDAY, JANUARY 9

Enhance Fitness	8:45, 9:45, 10:45am	Seahurst
Yoga Stretch & Strength	9:00am	Hilltop
Stroller Strides	9:30am	Lakeview
Meditation Practice	10:15 am	Hilltop
Low Impact Chair Yoga	11:00am	Hilltop
Zumba	5:30pm	Seahurst

TUESDAY, JANUARY 10

Stroller Strides	9:30am	Lakeview
Tai Chi for Everybody	10:45am	Lakeview
Chen Tai Chi Chuan	6:00pm	Hilltop
Kettlebell	6:30pm	Lakeview

WEDNESDAY, JANUARY 11

Stroller Strides	9:30am	Lakeview
Qigong	10:45am	Lakeview
Gentle Yoga	6:00pm	Hilltop

THURSDAY, JANUARY 12

Stroller Strides	9:30am	Lakeview
MixedFit	7:00pm	Seahurst

FRIDAY, JANUARY 13

Stroller Strides	9:30am	Lakeview
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SATURDAY, JANUARY 14

MixedFit	10:00am	Manhattan
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*up to \$25, not applicable to Moshier classes

SWIM

Aqua Fit



HIGHLINE ATHLETIC CLUB

A wonderfully beneficial aerobic workout in the water for adults, seniors and anyone with body ailments. A great way to get an aerobic workout and tone muscles in a non-impact environment. Foam dumbbells and other devices are used to add resistance and intensity. Please advise your instructor if you are not a swimmer. The pool is 4.5 feet deep. Please provide your own towels.

Age: 18Y and up Fee: \$80 / RD \$72 Classes: 12

19446 Jan 10–Feb 16 8:30am–9:30am Tue, Thur

19447 Feb 21–Mar 30 8:30am–9:30am Tue, Thur

19448 Jan 10–Feb 16 6:00pm–7:00pm Tue, Thur

19449 Feb 21–Mar 30 6:00pm–7:00pm Tue, Thur

HAC Pool

Instructor: Highline Athletic Club

Yoga in Water



HIGHLINE ATHLETIC CLUB

De-stress, breathe and move in and under the water. Find balance while building strength and endurance through yoga like moves. Bring goggles and a desire to relax. After class, enjoy the healing elements of the hot tub and dry and wet heat sauna.

Age: 18Y and up Fee: \$41 / RD \$36 Classes: 6

19450 Jan 10–Feb 14 5:00pm–5:40pm Tue

19451 Feb 21–Mar 28 5:00pm–5:40pm Tue

HAC Pool

Instructor: Highline Athletic Club

FIT PASS

NEED A WORKOUT ON THE GO?

Look for the **FIT PASS** symbol for class options. Passes must be purchased 10 minutes before class.

Good for classes that have met minimum registration. Refunds, credits, or discounts do not apply.

FIT PASS: \$13 / RD \$10

MIX UP YOUR FITNESS ROUTINE!

CARDIO

Early Bird Fitness

Guarantee yourself a regular work-out by scheduling it into your day BEFORE work or daily responsibilities begin! A terrific opportunity to improve flexibility, muscle tone, circulation and endurance.

Age: 16Y and up Fee: \$55 / RD \$48 Classes: 14
19443 Jan 18–Feb 17 6:00am–7:00am Wed, Fri, Mon

Age: 16Y and up Fee: \$56 / RD \$51 Classes: 15
19444 Feb 27–Mar 31 6:00am–7:00am Mon, Wed, Fri

BCC Seahurst Banquet Hall Instructor: Pam Odegard

MixedFit®

FIT PASS MixedFit® is a people inspired dance fitness program that is a perfect mix of explosive dance moves and boot camp toning. We dance to music that you would hear on the radio or in the club. Our moves are easy to follow, repetitive, and explosive allowing students of all fitness levels to maximize their workout all while having fun.

Age: 14Y and up Fee: \$31 / RD \$27 Classes: 5

19484 Jan 19–Feb 16 7:00pm–8:00pm Thur

19485 Mar 2–30 7:00pm–8:00pm Thur

19486 Jan 21–Feb 18 10:00am–11:00am Sat

19487 Mar 4–Apr 1 10:00am–11:00am Sat

BCC Manhattan Room Instructor: Chiara Pfeifer

Stroller Strides®

STROLLER STRIDES Stroller Strides® is a stroller-based fitness program designed for moms with little ones. Each 60-minute, total body workout incorporates power walking, strength, toning, songs and activities. Certified fitness instructors offer a variety of fun class formats both indoors and outdoors. All locations also offer a free Plum Moms Club so moms can form lasting friendships with other moms through organized playdates, moms' nights out, and activities for the whole family. No class 1/16, 1/27, & 2/20.

Age: 18Y and up Fee: \$55/monthly

9:30am–10:30am Mon, Tues, Wed, Thur, Fri

BCC Lakeview Room Instructor: Stroller Strides

Registration and schedule can be found at <http://www.burien-desmoines.fit4mom.com/> or just drop in and pay before class starts.

Zumba Gold

FIT PASS SILVER&FIT ENDORSED Zumba Gold is an easy to follow program that lets you move to the beat at your own speed. It's an invigorating Latin influenced dance fitness class that feels fresh and exhilarating. Benefit from the low-impact moves on a physical and emotional level. This class is designed for the active older adult, the true beginner, people who are not used to exercising, or are limited physically. No class 1/27.

Age: 16Y and up Fee: \$31 / RD \$27 Classes: 4

19500 Jan 20–Feb 17 10:00am–11:00am Fri

Age: 16Y and up Fee: \$39 / RD \$34 Classes: 5

19501 Mar 10–Apr 7 10:00am–11:00am Fri

BCC Manhattan Room Instructor: Cristina Herrera

Zumba

FIT PASS Join the Zumba craze, with its fusion of Latin and international inspired music and dance moves that create an exciting and effective aerobic/fitness workout. Whether you know how to dance or not, Zumba will keep you coming back for more. No class 1/16 & 2/20.

Age: 16Y and up Fee: \$47 / RD \$41 Classes: 5

19496 Jan 23–Feb 27 5:30–6:30pm Days: Mon

Age: 16Y and up Fee: \$39 / RD \$34 Classes: 4

19497 Mar 6–27 5:30–6:30pm Mon

BCC Seahurst Banquet Hall Instr: Anne Marie Littleton



◀ Stroller Strides – indoor and outdoor class formats

THE B-TOWN RUNNING GROUP IS BACK!

This is a casual mixed paced running group that meets Thursdays at 7pm by the art sculpture at Town Square Park.

Questions? gabbig@burienwa.gov

STRENGTH TRAINING

Kettlebell Foundations

FIT PASS Introducing the ultimate fitness program that increases your endurance, power, strength, and confidence to burn fat fast! Kettlebell utilizes all of your core muscles that are essential for maintaining good health. This class takes the beginning moves and combines them into a challenging workout. All fitness levels welcome. Please bring water & hand towel.

Age: 16Y and up Fee: \$47 / RD \$41 Classes: 5

19477 Jan 17–Feb 14 6:30pm–7:30pm Tue

19479 Jan 19–Feb 16 6:30pm–7:30pm Thur

19475 Jan 21–Feb 18 8:15am–9:15am Sat

Age: 16Y and up Fee: \$56 / RD \$49 Classes: 6

19478 Feb 21–Mar 28 6:30pm–7:30pm Tue

19480 Feb 23–Mar 30 6:30pm–7:30pm Thur

19476 Feb 25–Apr 1 8:15am–9:15am Sat

BCC Lakeview Room Instructor: Clay Fife

ADULT DROP-IN VOLLEYBALL



MONDAYS & WEDNESDAYS

Scrimmages 6:30–9:00pm

Hazel Valley Elementary School Gym
402 SW 132nd St., Burien (west-side, down stairs)

Follows Highline School District schedule

Have fun, meet people!

- > \$4 fee each night
- > Must sign in on hold harmless sheet
- > For players ages 16 and up, no minor children allowed in facility due to risk and liability
- > RECREATIONAL LEVEL PLAY ONLY (Unsafe play, foul language & not playing as a team will be warned, then asked to leave)

Call 206.988.3700 to verify play

TAI CHI

Tai Chi for Everybody

FIT PASS This ancient Chinese Martial Art is a form of exercise that combines movement and meditation. In this class, we will work on basic alignment, relaxation and coordination. Each class begins with a full body joint lubricating longevity exercise set followed by form practice. Relieve stress and have fun, while gaining strength, balance and flexibility.

Age: 16Y and up	Fee: \$66 / RD \$60	Classes: 7/8
19390 Jan 10–31	10:45am–11:45am	Tue, Thur
19391 Feb 2–28	10:45am–11:45am	Thur, Tue
19392 Mar 2–23	10:45am–11:45am	Thur, Tue

BCC Lakeview Room Instructor: Viola Brumbaugh

Chen Tai Chi Chuan

Tai Chi is an ancient Chinese martial art practiced by millions every day to improve health and develop self-defense. Chen family Tai Chi is the original form of this art. In this class we will practice Joint Lubrication Qigong, Silk Reeling, and the Chen 18 Essential Forms. Improve balance and flexibility, reduce stress and joint discomfort, develop strength and focus.

Age: 16Y and up	Fee: \$137 / RD \$130	Classes: 10
19393 Jan 10–Mar 14	6:00pm–7:00pm	Tue

BCC Hilltop Room Instructor: Viola Brumbaugh

Qigong–Health of Body, Mind & Spirit

Improve your health, increase your energy, and speed your recovery from illness. Qigong's stretching and strengthening movements activate 'qi' in your body, stimulate your immune system, strengthen your internal organs, and rejuvenate your soul.

Age: 16Y and up	Fee: \$100 / RD \$95	Classes: 10
19394 Jan 11–Mar 15	10:45am–11:45am	Wed

BCC Lakeview Room Instructor: Viola Brumbaugh

SCHOLARSHIPS AVAILABLE

Please call 206.988.3700 for more information.



YOGA

Gentle Chair Yoga

FIT PASS A great class for seniors, adults, and individuals returning from an injury, who want to gain flexibility and balance while stretching, breathing, and practicing relaxation techniques in a safe and comfortable setting. Through modifications and props, you will gain muscular strength, endurance, and flexibility; and increase stamina, lung capacity and overall wellness. For all body types. No class 2/20.

Age: 16Y and up	Fee: \$49 / RD \$43	Classes: 5
19458 Jan 23–Feb 27	11:00am–12:15pm	Mon
19459 Jan 18–Feb 15	11:00am–12:15pm	Wed
19461 Mar 1–29	11:00am–12:15pm	Wed

Age: 16Y and up	Fee: \$39 / RD \$34	Classes: 4
19460 Mar 6–27	11:00am–12:15pm	Mon

BCC Hilltop Room Instructor: Janet Crawley

Gentle Yoga

FIT PASS This is a slow, gentle class appropriate for all ages and fitness levels. Yoga poses (asanas), mindful breathing (pranayama) and safe alignment, as well as self-massage techniques (myofascial release), are covered in this course. Gain strength and flexibility while learning to use the breath for deep relaxation.

Age: 16Y and up	Fee: \$39 / RD \$34	Classes: 5
19464 Jan 18–Feb 15	6:00pm–7:30pm	Wed
19465 Mar 1–29	6:00pm–7:30pm	Wed

BCC Hilltop Room Instructor: Lori Leberer RYT 200

Yoga Stretch & Strength

FIT PASS Do you want to feel great about yourself? Join us to experience increased health by calming and de-stressing the mind and body as we move into basic yoga postures and breathing practices. We'll stretch, strengthen and learn to release tension and increase flexibility while practicing on a mat. Janet provides options within a posture and encourages each person to participate at their own level. No class 2/20.

Age: 16Y and up	Fee: \$49 / RD \$43	Classes: 5
19492 Jan 23–Feb 27	9:00am–10:15am	Mon
19493 Jan 18–Feb 15	9:00am–10:15am	Wed
19495 Mar 1–29	9:00am–10:15am	Wed

Age: 16Y and up	Fee: \$39 / RD \$34	Classes: 4
19494 Mar 6–27	9:00am–10:15am	Mon

BCC Hilltop Room Instructor: Janet Crawley

FITNESS 50+



SILVER&FIT[®] ENDORSED

SILVER & FIT INSURANCE BENEFIT

The Burien Community Center is an eligible site for Silver and Fit Insurance benefit. This gives adults 65+ on Medicare with certain supplemental insurances associated with American Specialty Health free fitness class enrollment.

Your benefit could include free enrollment in EnhanceFitness or Zumba Gold. Please check with the front desk on your eligibility and let's get you enrolled!

3 R's of Exercise: Retain, Restore, Renew

FIT PASS Exercise and fitness routines specifically designed for seniors: stretching, balance, strength and coordination. Adaptations for those with specific physical problems. This is an easy way to improve your fitness while working out with other seniors.

Age: 50Y and up Fee: \$57 / RD \$48 Classes: 12
 19462 Jan 10–Feb 16 9:30am–10:30am Tue, Thur
 19463 Feb 28–Apr 6 9:30am–10:30am Tue, Thur
 BCC Hilltop Room Instructor: Eileen Broomell

Balance Fitness for Fall Prevention

FIT PASS Balance problems are aggravated as you grow older, either due to the natural aging process or some underlying disease. This class will focus entirely on specific exercises for balance. These movements will not only train your muscles to respond to balance cues, but will also increase your confidence in your body's own ability to respond when needed. When exposed to balance exercises regularly, the results have been excellent. Good for those with Parkinson's Disease or other strength/balance concerns.

Age: 50Y and up Fee: \$21 / RD \$12 Classes: 8
 19410 Jan 3–26 10:30am–11:30am Tue, Thur
 19411 Jan 31–Feb 23 10:30am–11:30am Tue, Thur
 19412 Feb 28–Mar 23 10:30am–11:30am Tue, Thur
 BCC Manhattan Room Instructor: Vivian Bowles

**WHAT IS A FITPASS?
SEE PAGE 22**

Advanced Balance Fitness

FIT PASS Are you ready for the next level of Balance Fitness for Fall Prevention? Continue to strengthen your core muscles and build the sense of balance that is so important as we age. Reduce your risk of falling, while improving your balance, flexibility, strength and confidence through focused exercises.

Age: 50Y and up Fee: \$21 / RD \$12 Classes: 8
 19414 Jan 3–26 11:35am–12:35pm Tue, Thur
 19415 Jan 31–Feb 23 11:35am–12:35pm Tue, Thur
 19416 Feb 28–Mar 23 11:35am–12:35pm Tue, Thur
 BCC Manhattan Room Instructor: Vivian Bowles

Enhance Fitness

FIT PASS **SILVER&FIT[®] ENDORSED** A medium level aerobic exercise session, this class includes warm-up, aerobics, weights (provided) and cool-down. We encourage new people to view a class before they register. Call 206-988-3700 if you are a Group Health or Silver & Fit member, you may be eligible for free classes. No class 1/16, 1/27 and 2/20.

Age: 50Y and up Fee: \$35/RD\$30/Free Classes: Monthly
 19377 Jan 4–30 8:45am–9:45am Wed, Fri, Mon
 19378 Jan 4–30 9:45am–10:45am Wed, Fri, Mon
 19379 Jan 4–30 10:45am–11:45am Wed, Fri, Mon
 19380 Feb 1–27 8:45am–9:45am Wed, Fri, Mon
 19381 Feb 1–27 9:45am–10:45am Wed, Fri, Mon
 19382 Feb 1–27 10:45am–11:45am Wed, Fri, Mon
 19383 Mar 1–31 8:45am–9:45am Wed, Fri, Mon
 19384 Mar 1–31 9:45am–10:45am Wed, Fri, Mon
 19385 Mar 1–31 10:45am–11:45am Wed, Fri, Mon
 BCC Seahurst Banquet Hall Instructor: Alex Lewis

SilverSneakers Classic



Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Handheld weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support. Open to qualified SilverSneakers members only. No class 1/16, 1/27 and 2/20.

Age: 50Y and up Free to Members Classes: Monthly
 19387 Jan 4–30 12:15pm–1:00pm Wed, Fri, Mon
 19388 Feb 1–27 12:15pm–1:00pm Wed, Fri, Mon
 19389 Mar 1–31 12:15pm–1:00pm Wed, Fri, Mon

BCC Seahurst Banquet Hall Instructor: Alex Lewis

Sitting Fit

This senior exercise class is performed entirely in the seated position. It will consist of a light warm up, stretching and breathing exercises. Upper and lower body exercises with wrist/ankle weights and/or dumbbells will help strengthen bones and health. A cool down will end the class. The class is taught in an encouraging and supportive environment where everyone goes at his/her own pace during the workout. No class 1/16 and 2/20.

Age: 50Y and up Fee: \$10 Classes: 28
 19386 Jan 9–Mar 17 3:30–4:30pm Mon, Wed, Fri
 BPA Community Room Instructor: Alex Lewis

**RECEIVE A
\$10.00
DISCOUNT**

**ON ANY DANCE
OR FITNESS CLASS!
(for those 50+)**

This coupon is good for ANY dance or fitness class for participants who are 50 years or older and are new to that class or haven't participated in a dance or fitness class in the last 3 months.



Travel for Adults 50+

Travel Information

- Trip times are subject to change.
- No substitutions allowed.
- Cancellations must adhere to refund policy.
- A cold or common illness is not considered "medical illness."

TRIP RATINGS

All trips involve some degree of walking. See below for walking rating:

EASY * Mostly paved, minimal walking distance

MODERATE** Sometimes paved, may include stairs, moderate walking distance

DIFFICULT*** Some difficult terrain, uneven ground, stairs, incline, and/or extensive walking

The International Exhibition of Sherlock Holmes*

NEW A mystery awaits! Enjoy an interactive experience that combines science with history and culture to bring to life the historic underpinnings of author Sir Arthur Conan Doyle's rich and vibrant stories. Trip includes escort and transportation. Lunch and admission (under 65: \$28.75, 65 and over: \$26.75) are on your own.

Age: 50Y and up Fee: \$17 / RD \$15 Classes: 1
19504 Jan 5 10:00am–4:00pm Thur

Vehicle Transportation PaRCS Bus

Angel of the Winds Casino*

Check out 'The World's Friendliest Casino,' nestled in the Arlington area. Trip includes escort and transportation. Lunch is on your own.

Age: 50Y and up Fee: \$23 / RD \$20 Classes: 1
19505 Jan 10 9:00am–5:00pm Tue

Vehicle Transportation PaRCS Bus

Skagit River Bald Eagle Interpretive Center***

NEW The Skagit River Bald Eagle Interpretive Center is located in the pristine Howard Miller Steelhead Park in Rockport, Washington, on the federally designated Wild and Scenic Skagit River. During December and January the river is home to hundreds of eagles feasting on the Chum salmon that are returning to spawn. It's an exciting time to visit the Skagit! Trip includes escort and transportation. Lunch and suggested \$5 tour donation are on your own.

Age: 50Y and up Fee: \$23 / RD \$20 Classes: 1
19514 Jan 19 8:00am–4:00pm Thur

Vehicle Transportation PaRCS Bus

Centerstage: Hard Travelin' with Woody

Hop a box car and commune with the spirit, stories and songs of America's iconic folk singer of the working man, Woody Guthrie. Trip includes admission, escort and transportation. No meal stop. **MUST REGISTER BY 1/6.**

Age: 50Y and up Fee: \$58 / RD \$53 Classes: 1
19511 Jan 22 1:00pm–5:00pm Sun

Vehicle Transportation PaRCS Bus

The Reptile Zoo*

NEW Head up to Monroe for lunch and if you are brave enough, get a hands-on experience with lizards, snakes, an albino alligator & other creatures! Trip includes escort and transportation. Lunch and admission (\$8) are on your own.

Age: 50Y and up Fee: \$20 / RD \$17 Classes: 1
19507 Jan 31 10:00am–5:00pm Tue

Vehicle Transportation PaRCS Bus

Bainbridge Organic Distillers Tour*

NEW Travel to the quaint town of Winslow on Bainbridge Island for exploring and lunch. Then we will check out the Bainbridge Organic Distillers and learn all about the making of distilled spirits on site. They are proud to be the State's first distillery of organic gin, Vodka and Whiskey...and you might get a taste! Trip includes escort and transportation. Lunch is on your own.

Age: 50Y and up Fee: \$23 / RD \$20 Classes: 1
19508 Feb 2 9:00am–5:00pm Thur

Vehicle Transportation PaRCS Bus



Make Your Own Chocolate*

NEW Get hands on and experience the magic of creating chocolate at Dawn's Chocolates in Lynnwood. Everyone will go home with chocolates they made. Trip includes class, escort and transportation. Lunch is on your own.

Age: 50Y and up Fee: \$46 / RD \$40 Classes: 1
19513 Feb 7 9:00am–4:00pm Tue

Vehicle Transportation PaRCS Bus

Little Creek Casino*

Feeling lucky? Join us for a trip to the Little Creek Casino. Experience the sights and sounds of this Vegas-style casino. Trip includes escort and transportation. Lunch is on your own.

Age: 50Y and up Fee: \$23 / RD \$20 Classes: 1
19506 Feb 15 9:00am–5:00pm Wed

Vehicle Transportation PaRCS Bus

The Hydroplane & Raceboat Museum*

NEW The Hydroplane and Raceboat Museum in Kent is the nation's only public museum dedicated solely to powerboat racing. Trip includes escort and transportation. Lunch and admission (\$5) are on your own.

Age: 50Y and up Fee: \$17 / RD \$15 Classes: 1
19519 Feb 23 9:30am–2:00pm Thur

Vehicle Transportation PaRCS Bus



McMenamins Anderson School in Bothell

NEW Join us as we explore the Art-Deco school building with classrooms turned into hotel-rooms, a movie theater, weekly music, fire pits and one-of-a kind art. This is the latest Washington addition, a destination and gathering place for all. Has going back to school ever been such fun? Trip includes escort and transportation. Lunch will be on your own at one of the many restaurants on site.

Age: 50Y and up Fee: \$17 / RD \$15 Classes: 1
 19512 Mar 1 10:00am–4:00pm Wed

Vehicle Transportation PaRCS Bus

Snoqualmie Casino*

Head straight to the casino in North Bend to see what the fuss is all about. Trip includes escort and transportation. Lunch is on your own.

Age: 50Y and up Fee: \$20 / RD \$17 Classes: 1
 19502 Mar 9 9:00am–5:00pm Thur

Vehicle Transportation PaRCS Bus

Beethoven Pastoral Symphony*

NEW Take the light rail downtown for an afternoon matinee with the Seattle Symphony at Benaroya Hall. Each performance features a world renowned soloist and the amazing Seattle Symphony Orchestra. Not only will you watch an extraordinary performance, you will be treated to a pre-concert lecture. Trip includes admission, escort and transportation. Lunch and Link Light Rail fare (\$6) are on your own. **MUST REGISTER BY 2/16.**

Age: 50Y and up Fee: \$41 / RD \$37 Classes: 1
 19510 Mar 17 9:00am–3:00pm Fri

Vehicle Transportation PaRCS Bus

ManeStage Theatre: The Diary of Anne Frank*

NEW Join us as we travel to ManeStage in Sumner to view this award winning play about the lives of eight people hiding from the Nazis in a concealed storage attic. This production beautifully captures their fear, hope, laughter and grief. Trip includes admission, escort and transportation. No meal stop. **MUST REGISTER BY 3/3.**

Age: 50Y and up Fee: \$40 / RD \$35 Classes: 1
 19509 Mar 25 12:30pm–5:00pm Sat

Vehicle Transportation PaRCS Bus

Orca Beverage Plant Tour & Mukilteo Waterfront*

See how over 80 flavors and brand name sodas are produced and bottle in crafted glass bottles, then head down to the Mukilteo Waterfront for lunch and leisure time. Trip includes admission, escort and transportation. Lunch is on your own.

Age: 50Y and up Fee: \$23 / RD \$20 Classes: 1
 19516 Mar 29 9:00am–3:00pm Wed

Vehicle Transportation PaRCS Bus

**PRE-REGISTRATION
 REQUIRED FOR TRIPS**



The Washington State Assoc. of Senior Center's (WSASC)

EXTENDED TRAVEL OPPORTUNITIES

Iceland: Land of Fire & Ice July 2–10, 2017

Highlights: Reykjavik, Golden Circle, Thingvellir National Park, Gullfoss Waterfall, Geysir, Snaefellsnes 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.

Double \$4,499, Single \$5,299, Triple \$4,449 Included in Price: Round Trip Air, Hotels, 9 days and 13 meals

Islands of New England September 18–25, 2017

HIGHLIGHTS: Providence Rhode Island, Newport, Boston, Cape Cod, Martha's Vineyard, Hyannis, Nantucket, and Provincetown.

Double \$2,929 Includes Round Trip Air, Hotels, 11 meals with a traditional New England lobster dinner.

Discover Tuscany October 12–20, 2017

Highlights: Montecatini Terme, Florence, Siena, Pisa, San Gimignano, Statue of David, the Gothic Line, Ponte Del Diavolo and the finest wines and cheeses of the land.

Double \$3,549 Includes Round Trip Air, Hotels and 10 meals



Info / registration: www.wsasc.org
 or call Sheri at 206.767.2321

Adults 50+ Services & Programs

At The Burien Community Center 14700 6th Ave SW • 206.988.3700

Drop In Activities

Human Services	Mondays @ 8:30am	Eagle Landing
Bridge*	Mondays @ Noon–2:30pm Fridays @ Noon–2:30pm	Chelsea Room Eagle Landing Room
Open Art Studio	Mondays @ 12:30pm–3:30pm	Shorewood Room
Knitting	Tuesdays @ 2:00pm	Lobby
Pinochle*	Tuesdays & Thursdays @ 12:30pm	Chelsea Room
Wii Bowling	Wednesdays @ 10:00am	Eagle Landing Room
Whist*	Wednesdays @ 1:00pm	Chelsea Room
Ping Pong	Tuesdays & Fridays @ 11am–2:30pm Saturdays @ 9:00am–Noon	Hilltop Room

*Please use these times to utilize the **Chelsea Room Lending Library**

Social Services & Transportation

These services are NOT available at the Community Center.
Call the phone numbers below for assistance.

Senior Information & Assistance: Provided by Community Living Connections

The most comprehensive network that helps adults facing aging and disability issues get the information and support they need to make informed decisions. This includes older adults, adults with disabilities, their caregivers, families and professionals. **206.962.8467** or toll free **1.844.348.5464** (KING)

MEALS on WHEELS

Delivery of free frozen microwavable meals to home bound seniors. **206.248.5680**

Volunteer Drivers Needed

If you're interested in providing a few hours a week to drive the shuttle, call for more information. **206.748.7588**

Free Burien Shuttle Bus Rides

The **HYDE Shuttle Bus** provides free weekday transportation for seniors or those with disabilities who need to get to and from their personal appointments. Take advantage of this wonderful service and schedule trips to the doctor, grocery store, or other nearby areas. **206.727.6262**

Metro Bus Access

A shared-ride van transportation service for seniors or disabled individuals who are unable to ride regular Metro buses. **206.205.5001** or **206.689.3113**

Volunteer Transportation

Get one-on-one service from a trained volunteer strictly for medical appointments, not limited to your local area. **206.448.5740**



Membership Opportunities

A membership offers you reduced fees on some programs, a bi-monthly activity newsletter mailed to your home, and an opportunity to financially support all of the City's senior programs. Your support is appreciated!

Scholarships Available

Thanks to the generosity of the Edith Trucks Trust Fund, reduced senior program fees are available for those 50 years and older.

Adults 50+ Services & Programs



Have you tried Wii Bowling? Wednesdays at 10:00am, see page 28



Travel for those age 50+, see page 26

Personal Services

Appointments are required for these services available at the Community Center. Call early, since many services fill up weeks in advance. **206.988.3700**

Foot Care Clinic

Every Thursday, 9:00am–3:00pm.
\$33 per person per visit, by appointment.

Attorney Consultations

Provided free-of-charge by local attorney Frank DeMarco.
January 19, February 16 and March 16
by appointment.

Metro ORCA Bus Passes

Apply for the Regional Reduced Fare Permit for Seniors &/or disabled citizens.
2nd Tuesday of the month, 10:30-11:30am
January 10, February 14 and March 14

Hearing Clinic

Free ear checks and hearing screens by Highline Hearing Professionals.
Wednesday, February 1, 10:00am.
Call for appointment.

Reiki Group Therapy

Local Reiki practitioners provides gentle, restful hands-on healing and relaxation.

All ages welcome.

2nd Tuesday of the month, by appointment, 10:30am–12:30pm,
January 10, February 14 and March 14,
\$5 minimum donation.

Chair Massage

Local and licensed massage therapist offers chair massages to ease the body of tension and stress symptoms. Donations start at \$2 per 15-minutes.

2nd Wednesday of the month,
10:00am–Noon: January 11, February 8
and March 8. Call for appointments.

Statewide Health Insurance Benefits (SHIBA)

A free service that provides free, unbiased, and confidential assistance with Medicare and health care choices.

4th Wednesday of the month,
9:00am–12:00pm, January 25,
February 22 and March 22.

Medicare Consultations

Still have questions about Medicare? Meet with experts that will help you get a better understanding of how Medicare works as well as seven Medicare traps and how our information can help you avoid them.

1:00pm–3:00pm, January 13, February 10
and March 10.

Diabetes Support Group

Learn about living well with diabetes with new topics every month. We welcome all people who live with diabetes and their families. Led by Leslie Merklin-Barber BSN, RN, CDE and Rita Nauer, RD, CD, CDE.

First Monday of every month (except when there is a holiday), 6:30pm–8:00pm.
January 9, February 6 and March 6.

Free Income Tax Returns

AARP AARP volunteers provide free basic income tax returns for all ages. All inquiries may consult www.irs.gov or call 1.800.829.1040.

Appointments recommended:
Wednesdays from 1:00–6:00pm,
February 1–April 12.

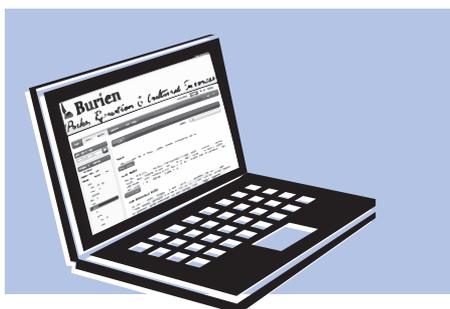


United Way volunteers provide free basic income tax returns for all ages.

Appointments recommended: Tuesdays from 2:00–7:00pm, January 10–April 18.

Registration Information

THREE WAYS TO REGISTER...



ONLINE

Register.BurienParks.net



WALK IN

14700 6th Ave SW



CALL US

206.988.3700

- Pre-registration is required for all classes unless otherwise stated.
- All fees are due at the time of registration.
- No "on site" registration will be taken by instructors.
- All classes/activities have a minimum and maximum enrollment.
- Registration is required at least three (3) working days in advance to ensure class minimums are met.
- There is a \$25 service fee for all returned checks and declined credit cards.



BURIEN PARKS, RECREATION & CULTURAL SERVICES

Our purpose is to enrich and inspire our community through quality experiences, people and places. We promote a healthy, livable community with opportunities for physical activity as well as personal and cultural enrichment.

PROGRAM LOCATIONS

BCC Burien Community Center	14700 6th Ave SW
Burien Park Apartments	500 SW 148th St
Cedarhurst Elementary	611 S 132nd St
Chelsea Park	839 SW 137th St
Community Center Annex	425 SW 144th St
Dottie Harper House	421 SW 146th St
Evergreen Community Aquatic Center	606 SW 116th, Seattle
Green House Community Garden	437 SW 144th
Green House Field	437 SW 144th St
Highline Athletic Club	125 S 156th St
Highline High School	225 S 152nd St
Hazel Valley Elementary	402 SW 132nd St
Lake Burien Park	14640 18th Ave SW
MAC Moshier Community Art Center	430 S 156th St
Moshier Field	430 S 156th St
Seahurst Elementary	14603 14th Ave SW
Seahurst Park	1600 SW Seahurst Dr SW
Southern Heights Elementary	11249 14th Ave S, Seattle
Sylvester Middle School	16222 Sylvester Rd SW
Town Square Park	480 SW 152nd St



To view these locations on your PC, visit www.bit.ly/BPclasslocs

To view these locations on a smartphone, scan this QR Code

Satisfaction Guaranteed

We wish to provide you with the highest-quality programs and services possible. 100% CREDIT will be issued if you are dissatisfied with the quality of your instructor or facility, please call 206.988.3700 prior to the 2nd class and we will issue you a full credit or process your Refund Request Form.

Refunds & Credits

When appropriate, we will gladly refund or credit your class fee for these amounts:

- 100%: When class is canceled by the Burien Parks, Recreation, and Cultural Services Department due to insufficient enrollment OR when you request to withdraw from the class a minimum of 3 business days prior to the first class and accept a credit.
- 100% (less a \$5.00 processing fee): When you request to withdraw from the class a minimum of 3 business days prior to the first class and prefer a refund. No refunds will be issued if you request to withdraw from:
 - Programs costing \$5.00 or less
 - One day program
 - Trip or Travel programs where admission was purchased in advance
 - Special Events
 - A scholarship was used to pay for a program

Credits will be valid for one (1) calendar year. Refunds take approximately 3 weeks to process, and will not be issued from a credit. Medical illness or other extenuating circumstances will be handled on a case-by-case basis. Documentation of the circumstance may be requested.

Recreation Scholarship Program

Scholarships are available for youth who are Burien residents and adults 50+ for Adult/Senior Programs.

Call 206.988.3700 for scholarship information.

Accessibility

Individuals with or without disabilities may register for all programs offered by the City of Burien provided program safety requirements can be met. The Parks, Recreation & Cultural Services Department provides reasonable accommodation for people with disabilities. Please contact the Parks & Recreation office three (3) weeks in advance of the program start date to discuss accommodations. Reasonable accommodations will be determined on a case by case basis.

Inclement Weather Policy

During periods of bad weather, radio stations will report school closures and changes in schedules. Please listen for the Highline School District report.

1. SCHOOL CLOSED: All Burien Parks & Rec classes and programs are canceled. Canceled classes will be refunded.
2. SCHOOL OPEN/TWO HOUR LATE ARRIVAL: Burien Parks & Rec classes are as follows:
 - Classes held prior to 10:00am are canceled.
 - Classes held after 10:00am: call 206.988.3700 for updated information.
3. EARLY RELEASE due to inclement weather: call 206.988.3700.

PLEASE NOTE: During extended periods of inclement weather, some classes will continue to be canceled. Canceled classes will be listed on the **206.988.3700** after hour's message line and at **www.BurienParks.net**.

Disclaimer

This Recreation Guide is a general schedule of programs, activities and events. Dates, times and locations are subject to change. For updated information, call **206.988.3700** or visit **www.BurienParks.net**.

Photography & Video

The City of Burien takes videotape or photographs of people enjoying our parks or facilities. Photographs may be used for promotional purposes and are used at the discretion of and become the property of the City of Burien. Should you not want photographs of your child utilized for publications or posted on our website and social media promotion, please let our staff or your instructor know.

FIND US AT...

Burien Community Center
14700 6th Ave SW, Burien, WA 98166

OFFICE HOURS

Monday–Thursday, 8:30am–8:00pm
Friday, 8:30am–5:00pm
Saturday, 8:00am–12:00pm

PHONE 206.988.3700

FAX 206.243.2784

WEBSITE www.BurienParks.net

EMAIL US parkinfo@burienwa.gov

HOLIDAY CLOSURES

Christmas Eve Fri & Sat
.....Dec 23 & 24
Christmas Mon, Dec 26
Closed Sat, Dec 31
New Years Day Mon, Jan 2
Martin Luther
King Day Mon, Jan 16
President's Day Mon, Feb 20

HOLIDAY HOURS

Dec 27–30 8:30am–5:00pm

SPECTACULAR SEAHURST PARK



BREATHTAKING BEAUTY. CLOSE-TO-HOME. EXPERIENCE IT!

RELAX

to the soothing
sound of waves

WATCH

a magnificent sunset over
the Olympic Mountains

WALK

on forested trails
in peaceful solitude

OBSERVE

the diversity of marine
life on the beach

EXCITE

the kids with the new
climbing play structure



SEAHURST PARK PICNIC SHELTERS

SHELTER RESERVATIONS

Online reservations begin **January 1**
 Phone and in-person reservations begin
January 3 for April 1–Sept 30 season.

Morning Half Day 9:00am–2:00pm

Afternoon Half Day 3:00pm–Dusk*

Full Day 9:00am–Dusk*

*Dusk between approximately 7:00pm–9:30pm

By Phone: call 206.988.3700

In-Person: at BCC, 14700 6th Ave SW

Online: visit BurienParks.net



Nori Shelter *Northern-most shelter*

75 people

6 tables, 3 BBQs

Half Day: \$90 / \$75 *RESIDENT DISCOUNT*

Full Day: \$145 / \$125 *RESIDENT DISCOUNT*

Coral Shelter *Central location*

75 people

5 tables 3 BBQs, water

Half Day: \$90 / \$75 *RESIDENT DISCOUNT*

Full Day: \$145 / \$125 *RESIDENT DISCOUNT*

Sea Star Shelter *Southern-most shelter*

75 people

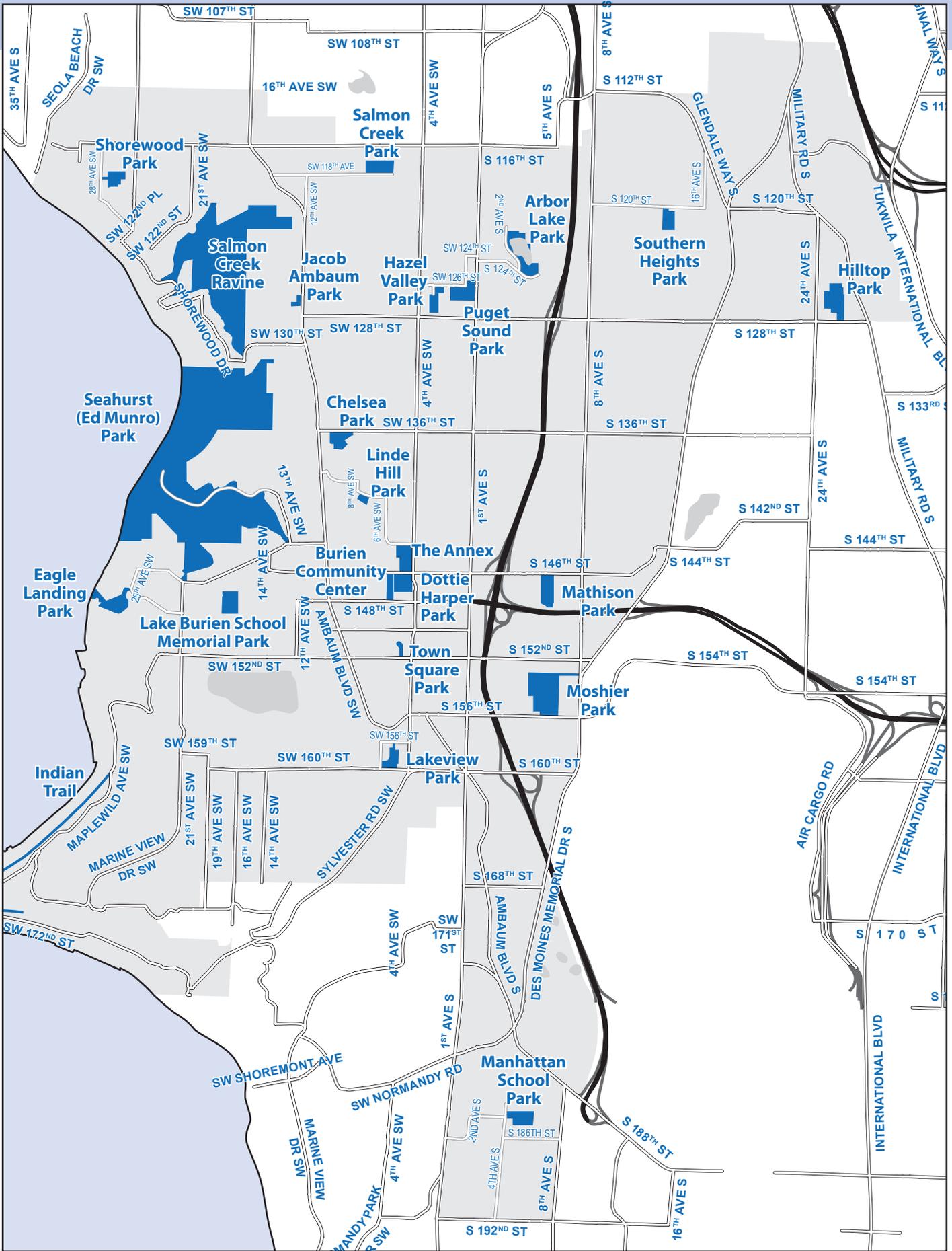
5 tables, 3 BBQs, water

Half Day: \$90 / \$75 *RESIDENT DISCOUNT*

Full Day: \$145 / \$125 *RESIDENT DISCOUNT*



	Acreage	Basketball Court	Barbeque	Picnic Area/Tables	Picnic Shelter	Play Toy	Restrooms	Saltwater Beach	Skate Park	Tennis Court	Water Feature	Sports Fields	Gravel Trails	Paved Trails	ADA Accessible
Arbor Lake Park 12380 2nd Ave S, 98168	8.54		★		★										
Community Center Annex 425 SW 144th St, 98166							★								
Community Center Annex Park 14549 4th Ave SW, 98166	4.8	★		★					★					★	★
BCC 14700 6th Ave SW							★								★
Chelsea Park 839 SW 136th St, 98166	3.0			★		★	★				★			★	★
Des Moines Memorial Park 15623 Des Moines Memorial Dr, 98148	.01														
Dottie Harper Park 421 SW 146th St, 98166	3.9			★		★							★	★	★
Eagle Landing Park 14641 25th Ave SW, 98166	6.21												★		
Green House / Community Garden 437 SW 144th St, 98166	.75														
Hazel Valley Park 251 SW 126th St, 98146	2.86			★										★	★
Hilltop Park 2600 S 128th St, 98168	7.36		★	★											
Jacob Ambaum Park 12621 Ambaum Blvd SW, 98146	1.04	★	★	★		★	★							★	★
Lake Burien School Memorial Park 14640 18th Ave SW, 98166	4.6					★	★			★			★		★
Lakeview Park* 422 SW 160th St, 98166	2.8	★		★		★								★	
Linde Hill Park (141st St Pond) 651 SW 141st St, 98166	1.0													★	★
Manhattan School Playground Park* 18386 4th Ave S, 98148	1.0			★		★					★			★	★
Mathison Park 533 S 146th St, 98168	5.3		★	★		★							★	★	★
Miller Creek Trail 14455 Des Moines Memorial Dr, 98148	10			★									★	★	★
Moshier (William E) Memorial Park & Moshier Art Center 430 S 156th St, 98148	15.2						★				★			★	★
Puget Sound Park 135 SW 126th St, 98146	5	★		★		★							★		
Salmon Creek Park 700 SW 118th St, 98146	4.58			★										★	
Salmon Creek Ravine Park 12540 Shorewood Dr SW, 98146	87.77												★		
Seahurst (Ed Munro) Park 1600 SW Seahurst Park Rd, 98166	182.5		★	★	★	★	★	★					★	★	★
Shorewood Park 11830 28th Ave SW, 98146	3.4												★		
Southern Heights Park* 12025 14th Ave S, 98168	3.27					★									
Town Square Park 480 SW 152nd St, 98166	1.0									★			★	★	★
Triangle Park 15345 Ambaum Blvd SW, 98166	.10														



Performing Arts



BURIEN ACTORS THEATRE

www.burienactorstheatre.org
206.242.5180

Sex with Strangers

a thoughtful comedy written by Laura Eason

February 10–March 5

Fridays and Saturdays at 8:00pm

Sundays at 2:00pm

Burien Actors Theatre, Annex to Burien Community Center, 4th Ave SW & SW 146th
Tickets \$7-20; special deals on first weekend of each production

Suitable for ages 13 and older due to adult content and language

A provocative look at the complexities of relationship, sex and identity—and ambition's dark side—in our digital era. When a talented woman whose writing career never took off and a young man who has become wildly successful blogging about his "sexcapades" are trapped in a snowed-in retreat, undeniable chemistry ignites.



HI-LINERS MUSICAL THEATRE

www.hi-liners.org, 206.617.2152
info@hi-liners.org

G2K—The Sound of Music

January 7, 8, 13, 14, & 15

Friday and Saturdays at 7 pm, Sundays at 3 pm

Renton Civic Theatre, 507 S 3rd St, Renton

\$12, all seats reserved, All ages!

The spirited, romantic and beloved musical story of Maria and the von Trapp Family, uniquely adapted specifically for youth performers. This is family entertainment at its best!

DownStage Center Spring Classes

Beginning February 2017

The Burien Annex, 14501 4th Ave SW

Ages 5 and up

Speak up, collaborate, create art, invent stories, imagine, sing, shout, dance. Taking classes can help you get into a show, or get into college! Put down the remote or game controller and... ACT!

Auditions for the DownStage Center Spring Show: Disney's The Jungle Book KIDS

January 19, 2017

The Burien Annex, 14501 4th Ave SW, Ages 7 to 13
DSC programming features a "no tears" workshop style audition, a rehearsal schedule tailored to the needs of our youngest actors, and performance opportunities in small venues just right for developing voices. Sign up now to audition for this adaptation of the classic Jungle Book!

MOMENTUM DANCE ACADEMY

www.MomentumDanceAcademy.org
206.242.1239

Dance and Theatre Lessons

15811 Ambaum Blvd. SW, Suite 160, Burien
3yrs–Adult

Momentum Dance Ensemble is dedicated to providing professional dance and theatre instruction in a caring and nurturing environment to students of all ages. We offer a well-rounded program that offers the techniques and disciplines of classical ballet, jazz, tap, contemporary, Irish, hip hop, theatre, and ballroom. Classes for adults include tap, jazz and ballet from beginning to intermediate levels!

NORTHWEST SYMPHONY ORCHESTRA

www.northwestsymphonyorchestra.org
206.242.6321

Valentines Concert

Friday, February 10, 7:30pm

Highline Performing Arts Center

401 S 152nd St, Burien

Tickets \$12-\$15, free tickets available for Highline students

Enjoy the NWSO's 30th Anniversary Season! Concert features Anniversary Overture by northwest composer Roger Treece, Tchaikovsky's Piano Concerto #1, soloist Sown Le Choi, and Beethoven's Symphony #4.



A CENTER FOR ALL OCCASIONS

UN CENTRO PARA EVENTOS CON LA FAMILIA

If there is a special occasion in your future, the Burien Community Center will be ready to serve you and your guests.

Reservations are currently being taken from 3–12 months in advance. Hourly rates of \$35–\$100 according to event, room, time, and dates. The Burien Community Center Seahurst Room will accommodate up to 200 people and includes an on-site kitchenette. Four smaller meeting rooms can accommodate up to 60 people.

For additional information or to inquire about rental dates please contact us at facilityrentals@burienwa.gov or 206.988.3700 or visit www.BurienParks.net.

Wedding Receptions // Reunions
Retirement Parties // Dances
Corporate Parties // Baptisms
Birthday Parties // Baby Showers
...and much more!

BURIEN COMMUNITY CENTER

14700 6th Ave SW • 206.988.3700
facilityrentals@burienwa.gov
www.BurienParks.net

BRING PARKS & REC TO YOUR PHONE

Get your own FREE BurienParks.net mobile app for SmartPhones & iPads. Get up-to-date info on city parks, recreation classes, news, arts and community events.



Download the BurienParks.net App



Scan with your SmartPhone or visit www.m.BurienParks.net





DON'T
TOSS IT—
LET US TRY
TO FIX IT!

Free

Fix It CAFE

New

Bring small household items and clothing to the Burien Community Center and our experienced “fixers” will try to repair and mend them.

Wednesday, March 1, 3:30–6:30pm

Burien Community Center

SEAHURST ROOM

For more info or to sign up, contact Tom Watson at tom.watson@kingcounty.gov or 206-477-4481, or visit KCecoconsumer.com

Sponsored by the Highline High School-based High Tekerz robotics team and the King County EcoConsumer public outreach program.



¿En qué le podemos ayudar?

Servicios humanos disponibles

LUNES: 8:30 A.M.–2:00 P.M.

Mediante este programa, Sea Mar proporciona servicios gratuitos en inglés y en español a los adultos mayores de 55 años y personas discapacitadas mayores de 18 años con ingresos limitados y que viven en el Condado de King.

El objetivo es localizar recursos de la comunidad dentro del Condado de King, que pueden ayudar a las personas mayores a mantener una alta calidad de vida.

YOGA
LOS MARTES
DE 5:30–7PM

ZUMBA
LOS MIÉRCOLES
DE 5:30-6:30PM

**EN CENTRO
COMUNITARIO
DE BURIEN**



Disfrute este programa tan popular patrocinado por la Clínica de Sea Mar en colaboración con el Departamento de Parques de Burien. Aprenda a estirarse, relajarse y estar saludable. Está abierto para jóvenes y adultos.

Otras clases también se proveen, clases de cocina y diabetes. Por favor llamar a Edgar Lopez para registrarse. 206-812-6171


Sea Mar
Community Health Centers
Clínica de la Comunidad

Para Padres y Sus Hijas

Baile del Día de San Valentín

CENTRO COMUNITARIO DE BURIEN

Baila toda la tarde con tu chiquita favorita. La admisión incluye galletas, jugo, una flora para cada niña, una foto de papá e hija en la Esquina de Cupido, y una rifa con premios divertidos. Se requiere preinscripción.

¡Inscríbanse ya! ¡Este evento se llena rápido!

Sábado 4 de Febrero

Primer Baile de las 5:30 a las 7:00 pm
Segundo Baile de las 7:30 a las 9:00 pm

\$35. Descuento para residentes: \$30. Hijas adicionales: \$6





City of Burien
14700 6th Ave SW
Burien, WA 98166

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Seattle, WA

master gardener stormwater series

JANUARY 25th Catching Rain: Rain Garden Workshop

FEBRUARY 22nd Beyond Rain Gardens: Stormwater Solutions for All Yards

MARCH 22nd Greening Your Yard: A Natural Yard Care Workshop

Instructor: Lisa Haglund, WSU Master Gardener Rain Garden Program

**See details on
page 19**

