

SENIOR ACTIVITIES	
Northwest Senior Games	http://www.northwestseniorgames.org/ 206-755-3588
Senior Services	http://www.seniorservices.org/ 206-448-5757
Active Options	http://www.activeoptions.org/
FLASH Gold card	http://www.cityofseattle.net/humanservices/seniorsdisabled/mosc/goldcard.htm
Sound Steps	http://www.seattle.gov/parks/seniors/soundsteps.htm
COMMUNITY CENTERS/POOLS	
YMCA	206-382-5003 http://www.ymca.net/find-your-y/ Membership: http://www.seattleyymca.org/files/29/Membership%20Application-current.pdf Financial Aid: http://www.seattleyymca.org/files/120/YGS_FinAid_App10.pdf
Seattle Parks and Recreation	http://www.cityofseattle.net/parks/centers.asp
Seattle Pools	http://www.cityofseattle.net/parks/pools.asp
Bellevue Aquatic Center	http://www.ci.bellevue.wa.us/aquatic_center.htm
Federal Way Community Center	http://www.itallhappenshere.org/swim.html 253-835-6900
SPORTS	
Challenged Athletes Foundation	http://www.challengedathletes.org/
Outdoors For All -skiing, biking, water sports	http://www.outdoorsforall.org/
Cascade Bicycle Club	http://www.cbcef.org/
Bicycle Guide Maps	http://www.wsdot.wa.gov/bike/localmaps.htm
Hiking	http://www.parks.wa.gov/ada-rec/
Quad Rugby (Seattle)	Curt Chapman, 206-282-2886
National Center on Physical Activity and Disability	http://www.ncpad.org/lifetime/
Seattle Adaptive Sports Experience: -Basketball, track, Paralympics	http://www.seattleadaptivesports.org/
Wheelchair Soccer	http://www.rollingthundr.org/
Bellevue Highland Center -Wheelchair basketball	http://www.ci.bellevue.wa.us/highland_center.htm

-Weight room/Nu-Step -Quad Rugby	
Wilderness Inquiry	http://www.wildernessinquiry.org/
Footloose Sailing	http://www.footloosesailing.org/
Samarya Center	http://www.samaryacenter.org/
Little Bit Therapeutic Riding Center	425-882-1554
Community Integration Services: WATSU, aquatic therapy, water Tai Chi/Ai Chi	http://cisaquatics.com/ 425-830-7746
ARTS/CRAFTS	
Seattle Knitters Guild	http://seattleknittersguild.org/
Pacific Northwest Art Guild	http://www.pnnag.org/pnnag.org/Welcome.html
Seattle Center Arts Studio	http://www.creativeactivities.org/opportunities/seattle-center-artist-studio-assistant
Sanctuary Art Center	http://www.sanctuaryartcenter.org/default.htm
Very Special Arts- Washington	http://www.creativeactivities.org/
TRAVEL	
	http://www.disabledtravelers.com/
	http://www.disabilitytravel.com/
Wheelchair Getaways	http://www.wheelchairgetaways.com/ 800-642-2042
SERVICES	
Seattle Public Library -free classes -social groups	http://www.spl.lib.wa.us/
Community Services for the Blind and Partially Sighted	http://www.csbps.com/
Washington Access Fund	http://www.washingtonaccessfund.org/
Easter Seals	http://www.easterseals.com/site/PageServer