

SEATTLE FUN

*Recreational & Leisure activities in
North Seattle & Shoreline*

Arts & Entertainment

Cinemas

IMAX Theatre - 200 2nd Ave. N (Pacific Science Center)

Call (206) 443-IMAX for shows and times.

As of July 2003 the IMAX theater will no longer be free for people with developmental disabilities and their caregivers. Pricing updates to follow.

IMAX Dome Theatre - Pier 59

Call (206) 622-1868 or (206) 622-1869 for show times.

Cost: \$7.00 Adults; Children free.

Call ahead to see if they will give free admission for individuals with developmental disabilities and their caregivers.

Majestic Bay Theatre - 2044 NW Market Street

Call: (206) 781-2229

Meridian 16 Theaters-1501 7th Ave. Tel: (206) 223-9600

Montlake 9 Cinema - 6009 244th SW Mountlake Terrace

Call: (425) 744-1112

Adults with developmental disabilities pay full matinee price and attendant is free.

Oaktree Cinema -10006 Aurora Ave. N

Call: (206) 527-1748

Adults with developmental disabilities pay full matinee price and attendant is free.

Bus #358 runs along Aurora to/from downtown Seattle.

Pacific Place Theatres -600 Pine St. (Downtown-Inside Pacific Place Mall)

Call: (206) 652-2404

Arts & Entertainment

Music

Experience Music Project - 325 5th Ave N.

Call (206) 367-5483 for exhibit info and times. Yearly membership is \$60.00 for two people. Call (206) 262-3213 to set up special flex pass for people with disabilities. Not transferable amongst clients, only caregivers: One person must remain constant.

Website: <http://www.emplive.com/>

Music Shops

American Music - 4450 Fremont Ave N

Tel: (206) 633-1774

Kammer Drums and Percussion - 8403 ½ Greenwood Ave N

Tel: (206) 783-6804

Petosa Music - 313 NE 45th St. (Wallingford)

Tel: (206) 632-2700

Seattle Drum Store - 843-NE Northgate Way

Tel: (206) 363-1853

The Trading Musician - 5908 Roosevelt Way NE

Tel: (206) 522-6707

Tapes/CD's and Records

Barnes & Noble - 2700 NE University Village

Tel: (206) 517-4107

Bedazzled Discs - 4742 University Way NE

Tel: (206) 985-2990

Bop Street Records and CD Exchange - 5512 20th NW (Ballard)

Tel: (206) 783-3009

Camelot Music - Northgate Mall

Tel: (206) 364-4600

Cellophane Square - 4538 University Way NE

Tel: (206) 634-2280

Sam Goody - 1431 3rd Ave. (Downtown)

Tel: (206) 624-9910

Silver Platters

*9560 1st NE (Northgate) Tel: (206) 524-3472

*16935 Southcenter Parkway Tel: (206) 575-3472

*14603 NE 20th Bellevue Tel: (425) 643-3472

www.silverplatters.com

Sonic Boom Records - 3414 Fremont N

Tel: (206) 547-2666

Tower Records - 4321 University Way NE

Tel: (206) 632-1187

Arts & Entertainment

Museums

Bellevue Art Museum

Address: 301 Bellevue Square

Call: (425) 519-0770 for exhibit info.

Open: Tues 10am-5pm, Wed 12-8pm, Sat 10am-5pm, Sun 12-5pm

Cost: \$6.00 Adults \$4.00 Seniors and Students

Visit the third Thursday of the month for free admission

Website: <http://www.bellevueart.org/>

Burke Museum - NW corner of UW campus near 17th Ave NE and NE 45th St.

Call: (206) 543-5590 or visit <http://www1.cac.washington.edu/burkemuseum/> for exhibit information.

Children's Museum - Center House at Seattle Center

Hours: M-F 10am-5 pm S/S 10am-6pm

Price: \$5.00/person

Website: <http://www.thechildrensmuseum.org/>

Frye Museum -904 Terry (Between Columbia and Cherry/Capital Hill)

Free Admission and Free parking

Open: Tues/Wed/Fri/Sat 10am-5pm, Thurs 10am-9pm, Sun 12-5pm

Closed Mondays Call for exhibit info: (206) 622-9250 ext 223

Henry Art Museum - NE 41st & 15th Ave NE (On UW campus)

Call (206) 543-2280 for exhibit info.

Open Tues-Sun 11am-5pm, Thurs open until 8pm

Cost: \$5.00 or Thurs evening between 5-8pm, pay what you like nights

(For an additional dollar, you can get free admission to the Burke museum the same day)

Museum of History and Industry - 2700 24th E.

Tel: (206) 324-1126 Hours: 10-5

Cost: Adults-\$5.00 Seniors/ Adults with Developmental Disabilities -\$5.00

Seattle Art Museum - 100 University Street

Cost: \$7.00 Adults \$5.00 Seniors

First Thursday of each month is Free

Open: Tues-Sun 10am-5pm, Thurs 10am-9pm

Tel: (206) 654-3100 for exhibit info.

Website: <http://www.seattleartmuseum.org>

Seattle Asian Art Museum -1400 E Prospect (in Volunteer Park)

Cost: \$3.00 **First Thursday of each month is Free.**

Tel: (206) 654-3100 for exhibit info.

Open: Tues-Sun 10am-5pm, Thurs 10am -9pm

Website: <http://www.seattleartmuseum.org>

SAM/SAAM

Free First Friday Lectures at 11am the first Friday of each month.

Alternating between SAM and SAAM each month. See website for topics, locations and dates. Public tours available with docents on the free first Thursdays call ahead for times.

Sign language interpretation is available upon request with two weeks notice.

Call: (206) 654-3123

Arts & Entertainment

Seattle Children's Theatre - 201 Thomas St

Tel: (206) 441-3322

Shoreline Historical Museum - 749 N. 175th St.

FREE

Tel: (206) 542-7111

Open: Tues.-Sat., 10 - 4 PM

Wheelchair accessible.

Other Information

Edmond's Art Commission -City of Edmonds

Public art through out the town and parks.

Sponsoring summer concerts in the park, monthly art exhibits, etc.

Call: (425) 771-0228 or visit <http://www.ci.edmonds.wa.us> (click on Arts Commission then Public art)

Puppets

Seattle Puppet Theatre - 13002 10th NW

Tel: (206) 365-0100

Thistle Theatre

Tel: (206) 524-3388

May be able to attend performances at local schools.

Website: <http://www.thistletheatre.org> for schedule of show times and directions

Northwest Puppet Center - 9123 15th Ave NE

Call: (206) 523-2579 for voicemail schedule

Friday 7:30pm and Sat/Sun 1pm and 3pm

\$6.50 Children, \$8.50 Adults, \$7.00 Senior

Some scholarship tickets available.

Website: <http://www.nwpuppets.org/>

Community Service Ideas

Homeless Shelters

Donate housewares, blankets and clothes (new or used) to homeless shelters in your area.

Gospel Mission (Everett) - 3711 Smith Street Open Monday - Friday 9-4 pm.

It is a bit tricky to find so you may want to call for directions at (425) 252-1206.

Gospel Mission (Seattle) - call (206) 622-5177 Call for donation sites and details.

Charitable Organizations

Donate items to charitable organizations with thrift shops.

American Cancer Society- call (206) 524-3399

Deseret Industries- call (206) 542-9447 for directions and donation times.

Northwest Center - call (206) 285-5441 for donation sites or to arrange pick-up at your home.

PAWSThrift Shop – call (425) 528-7855 for donation times and location.

Children's Hospital -call (206) 526-2338 for donation locations and times.

Other Volunteer Opportunities

Seattle Animal Control - You can listen to a recorded message on volunteer opportunities by calling, (206) 615-0820.

Become a dog walker or donate used towels and blankets to your local pet shelter.

For information visit website: AC.Volunteers@ci.seattle.wa.us

PAWS- 15305 4th Ave W. (Lynnwood)

Many volunteer opportunities available. Call (425) 787-2500 or visit their website at <http://www.paws.org> for more information.

Adopt a Stop - Call the Adopt-a-Stop coordinator at (206) 263-6503

Adopt a bus stop in King County. Responsibilities include; removing graffiti, washing the garage can and disposing of garbage. Volunteers receive 10 round-trip metro bus tickets per month and a sticker recognizing you as the adopter affixed to the litter container.

Email: adoptastop@metrokc.gov

Or fill out an application online at:

http://transit.metrokc.gov/programs_info/aas/about.html

Northwest Harvest - (206) 625-0755 or 1-800-722-6924

Website: <http://northwestharvest.org>

Volunteer with United Way

Many opportunities are available, please check the website: <http://uwkcvolunteers.org>

Community Service Ideas

Adopt a Park

Clean up parks, plant trees, weed gardens, etc. For Volunteer Opportunities with Seattle Parks and Recreation, call (206) 684-4075 or visit website: parksinfo@ci.seattle.wa.us

P-Patch

Call the P-Patch Office, (206) 684-0264, and they will refer you to the P-Patch nearest to you.

Volunteer to help your local P-Patch weed, turn compost, harvest and clean garden areas. There are also opportunities available to help maintain the flower gardens.

RE-Store

The Re-Store is a nonprofit organization that salvages and sells used building materials such as lumber, flooring, doors, windows and more. The Re-Store is always looking for volunteers to help around the store, from sweeping and organizing to larger artistic endeavors.

Call (206) 297-9119 for more information, or visit them at 1440 NW 52nd St in Ballard.

Day Trips

Country Village-817 238th St. SE Bothell

Tel: (425) 483-2250

Or visit: <http://www.countyvillagebothell.com>

45 specialty shops, antiques, galleries, gifts and cafes in a garden setting.

Restrooms, benches and tables available.

Farmers market every Friday June-September

Art market every Sunday June-September

Molbaks-*13625 NE 175th Woodinville Tel: (425) 398-5210

Take bus # 377 from Northgate Transit Center or downtown bus tunnel.

Small amount of walking involved when taking the bus.

Atrium with tables and café, greenhouses and gift shop.

Target, cinemas and other shopping across the street.

Everett Area

Forest Park, Pool, Picnic and Petting Farm

From I5 North take 41st street exit.

Go straight thru light (road will curve a bit) continue past 41st St. and Rucker Ave up winding road, on left you will see park entrance.

Petting farm open in late Spring and Summer only

Jetty Island Ferry

10th St. Boat launch at Marine Park

Free 5 minute Ferry ride from Everett Marina to Jetty Island

2 miles of beach and dunes, guided nature walks and trails

Call: (425) 257-8300 for info and schedule

Open: July 5th- August

Farms

Visit <http://www.pugetsoundfresh.org> for the Farm Fresh Guide to farmers markets, farms to visit and places to buy/pick fresh berries and produce.

Destinations

Bookshops

Barnes and Noble

*600 Pine (Downtown) Tel: (206) 264-0156

*2700 NE University Village Tel: (206) 517-4107

Borders Books and Music-1501 4th St. (Downtown)

Tel: (206) 622-4599

Half Price Books

- 2362 HWY 99 Edmonds Tel: (425) 670-6199

Third Place Books-17179 Bothell Way NE

Tel: (206) 366-3333

University Book Store- 4326 University Way NE

Tel: (206) 634-3400

Shopping

Alderwood Mall- 3000 184th St. SW (Lynnwood)

Tel: (425) 771-1211

Bath and Body Works

*Aurora Village Shopping Center (Near Costco) Tel: (206) 542-7839

* 743 Northgate Mall Tel: (206) 365-7037

BigK - 13200 Aurora N Tel: (206) 363-6319

Big Lots -155th & Aurora (in the Shoreline Central Market/Sears shopping area)

Restrooms and lots of great deals. Cheap sodas, juices and snack foods.

Burlington Coat Factory - 24111 Hwy 99 (Edmonds)

Country Village - 817 238th St. SE (Bothell)

Tel: (425) 483-2250

Website: <http://www.countyvillagebothell.com>

45 specialty shops, antiques, galleries, gifts and cafes in a garden setting.

Restrooms, benches and tables.

Farmers market every Friday June-September

Art market every Sunday June-September

Fred Meyer- 18325 Aurora Ave. N. Tel: (206) 546-0720

Home Depot

*1335 N 205th Tel: (206) 546-1900

(Nice outdoor sidewalks-mostly covered- linking Costco, Bath and Body Works, Taco Del Mar, PetCo and Starbucks)

*11616 Aurora N Tel: (206) 361-9600

Lake Forest Park Village -17179 Bothell Way

Destinations

Shopping

Lowe's Home Improvement - 12525 Aurora N. Tel: (206) 366-0365

Northgate Mall - 555 Northgate Way Tel: (206) 362-4777

Ostrum Drugs

*18320 Midvale Ave N (off Aurora in QFC complex) Tel: (206)542-3110

*6744 NE 181st (Kenmore Village) Tel: (425) 486-7711

Pacific Place Mall -600 Pine Tel: (206) 405-2655

Movie theaters, cafes, lost of tables and shops. Free music concerts in the summer.

PetCo- 1241 N. 205th St. Shoreline Tel: (206) 546-1234

Petsmart

*18820 Highway 99 (Lynnwood) Tel: (425) 672-4422

*13000 Aurora Ave. N. (Shoreline) Tel: (206) 361-1634

Pike Place Market -1st Ave and Pike St. Downtown Seattle

Tel: (206) 682-7453

Fresh produce, handmade wares, ethnic eateries and shops.

Ross Dress for Less

*13201 Aurora Ave N Tel: (206) 367-6030

*1418 3rd Ave (Downtown) Tel: (206) 623-6781

Southcenter Mall -Tukwila off I-5 and I-405 Tel: (206) 246-7400

Target and Northgate North Parking Lot -302 NE Northgate Way

Tel: (206) 494-0897

TJMaxx

*2362 HWY 99 Edmonds Tel: (425) 774-5001

*11029 Roosevelt Way (Northgate) Tel: (206) 363-9511

University Village - 2673 NE University Village Mall Tel: (206) 523-0622

Wallingford Center - 1815 N 45th Tel: (206) 547-7246

Westlake Center - 4th Ave & Pine St. Tel: (206) 467-3044

Arts and Crafts Stores

Alexander's bead Bazaar- 6307 Roosevelt Way NE

Tel: (206) 526-8909

Bead World- 9520 Roosevelt Way NE

Tel: (206) 523-0530

Dakota Art Store- 6110 Roosevelt Way NE

Tel: (206) 523-4830

Fusion Beads-1111 NW Leary Way (4 Blocks east of the Ballard Bridge)

Mon- Sat 10-6 Sun 12-5

Call: (206) 782-4595 for info on classes or to subscribe to newsletter.

JoAnn's Fabrics

*15236 Aurora Ave. N. Tel: (206) 362-8072

*Lake Forest Park Shopping Center Tel: (206) 417-5782

*Lynnwood Square Shopping Center Tel: (425) 776-3300

Destinations

Arts and Crafts Stores

Michael's Crafts

*17686 Southcenter Parkway Tel: (206) 575-4352

*1802 12th St. (Issaquah) Tel: (425) 369-9301

Zenith Supplies Inc.- 6300 Roosevelt Way NE Tel: (206) 525-7997

Soap and candle making supplies. Bulk essential oils and lotions.

Shopping Areas

Costco Complex- N 205th & Aurora Ave

Home Depot, Kinko's, PetCo, Costco, Bath and Body Works, Starbucks, Party Store, Taco Del Mar

Lake Forest Park Shopping Center-17179 Bothell Way

Third Place Books, Rite Aid, JoAnn's Fabrics, Hallmark, Wild Birds Unlimited, Albertsons, Dryers Ice Cream, Food Court, Tree Top Toys, Great Harvest Bread, King County Library, Gift Shops

Northgate Complex -11029 Roosevelt Way

Pacific Fabrics, Shoe Pavilion, Baskin and Robbins, Longs Drugs, Seattle's Best Coffee, TJ Maxx, Kinko's and US Post Office

Safeway Shopping Complex-155th Aurora Ave N

Safeway, Christian Book Store, Korean Market, JoAnn's Fabrics, Bartell Drug Store

Safeway Shopping Complex-2362 HWY 99 Edmonds (Just north of the Costco complex)

Safeway, Half Price Books, Mocha Café, TJ Maxx

Sears/Central Market Shopping Area-155th & Aurora

Sears, Central Market, Pier One Imports, Big Lots, Supercuts, Marshall's, Children's Hospital Thrift Shop

Open Air Markets/Shops

Pike Place Market-1st Ave and Pike St. (Downtown Seattle)

Tel: (206) 682-7453

Fresh produce, handmade wares, ethnic eateries and shops.

Other

Archie Mcphee's Tiki Hut and Toy House

2428 NW Market Street (Ballard) Tel: (206) 297-0240

Dollar Stores

* 22220 NW Market St. (Ballard) Tel: (206) 297-1202

*145th and 15th Ave NE (Shoreline)

*13033 Aurora Ave. N Tel: (206) 362-1027

Destinations

Senior Centers

NorthShore Senior Center -10201 E. Riverside Drive (Bothell)

Call: (425) 487-2441 if you would like to be on their mailing list.

Special classes for adults with developmental disabilities.

Shoreline/Lake Forest Park Senior Center -18560 &1st Ave NE.

Call (206) 365-1536 for more information or a free copy of their newsletter.

Thrift store, classes, low-cost lunch and a lounge area to have coffee or soda.

Offers access to Special Services such as a health enhancement program, free blood pressure and diabetes checks, legal consultations, meals on wheels, senior rights assistance, computer classes and much more. It is also possible to purchase metro bus stickers here.

Thrift Shops

Great places to look for tapes, records, musical equipment, books, bags, etc.

American Cancer Society Discovery Shop - 6814 Roosevelt Way NE

Bellevue Christen School Thrift Shop - 18827 Bothell Way NE

(in the QFC Shopping center)

Deseret Industries - 17935 & Aurora Ave Shoreline Tel: (206) 542-9447

The Last White Elephant -902 NE 65th St. Tel: (206) 525-0170

Salvation Army

*12526 33rd NE (off Lake City Way) Tel: (206) 363-1606

*1010 4th Ave. S. (Downtown) Tel: (206) 624-0204

Shop & Save - 21558 HWY 99 (Edmonds) Tel: (425) 771-8323

Shoreline/Lake Forest Park Senior Center -18560 1st Ave NE.

Tel: (206) 365-1536 Hours: M-F 9:30 a.m.-3:30 p.m.

St. Vincent de Paul -13555 Aurora Ave. N Tel: (206) 364-8495

Thriftco - 124 N 85th (Greenwood) Tel: (206) 789-5357

Value Village

*125th & Lake City Way Tel: (206) 365-8232

*8700 & 15th Ave NW (near Holman Road) Tel: (206) 783-4648

*174th and Highway 99 (Lynnwood)

Neighborhoods

Downtown Greenwood - 84th to 87th & Greenwood

(Bus #5 from Northgate or downtown)

Lots of shops to wander around; check out the interesting antique and import shops, stop in at on the ethnic eateries for lunch, visit the cats at the PAWS adoption center, have ice cream or a soda at McDonalds.

Downtown Lake City – 123rd to 130th in Lake City

(Bus #75 or 41 from Northgate or Downtown)

Stop in at value village, the Salvation Army or the antique shops on the main street to look for treasures. Stroll to Fred Meyer, Radio Shack or QFC. Dick's Burgers is nearby for cones and Cranium Coffee and Collectibles is a good place to relax over tea or coffee in a retro atmosphere.

Destinations

Community Centers (West Seattle and South Seattle)

Alki Community Center

5817 SW Stevens
Seattle, WA 98116
Tel: (206) 684-7430

Delridge Community Center

4501 Delridge Wy SW
Seattle, WA 98106
Tel: (206) 684-7423

Garfield Community Center

2323 East Cherry
Seattle, WA 98122
Tel: (206) 684-4788

Hiawatha Community Center

2700 California Ave SW
Seattle, WA 98116
Tel: (206) 684-7441

High Point Community Center

6920 34th Ave SW
Seattle, WA 98126
Tel: (206) 684-7422

Jefferson Community Center

3801 Beacon Ave S
Seattle, WA 98108
Tel: (206) 684-7481

Langston Hughes Cultural Arts Center

104 17th Avenue S
Seattle, WA 98144
Tel: (206) 684-4757

Rainier Community Center

4600 28th Ave S.
Seattle, WA 98118
Tel: (206) 386-1919

Rainier Beach Community Center

8825 Rainier Ave S
Seattle, WA 98118
Tel: (206) 386-1925

South Park Community Center

8319 Eighth Ave S
Seattle, WA 98108
Tel: (206) 684-7451

Destinations

Community Centers (West Seattle and South Seattle)

Southwest Community Center

2801 SW Thistle St

Seattle, WA 98126

Tel: (206) 684-7438

Van Asselt Community Center

2820 S Myrtle St

Seattle, WA 98108

Tel: (206) 386-1921

Yesler Community Center

835 E Yesler Way

Seattle, WA 98104

Tel: (206) 386-1245

Community Centers (North Seattle to Downtown Seattle)

Ballard Community Center

6020 28th Ave NW

Seattle, WA 98107

Tel: (206) 684-4093

Bitter Lake Community Center

13035 Linden Ave. N

Seattle, WA 98133

Tel: (206) 684-7524

Green Lake Community Center

7201 E Green Lake Dr N

Seattle, WA 98115

Tel: (206) 684-0780

Laurelhurst Community Center

4554 NE 41st St.

Seattle, WA 98105

Tel: (206) 684-7529

Loyal Heights Community Center

2101 NW 77th St.

Seattle, WA 98117

Tel: (206) 684-4052

Destinations

Community Centers (North Seattle to Downtown Seattle)

Magnolia Community Center

2550 34th Ave W

Seattle, WA 98199

Take bus # 19, 24, 31 or 33 from downtown Seattle.

Tel: (206) 386-4235

Meadowbrook Community Center

10517 35th Ave NE

Seattle, WA 98125

Pool and walking areas around facility.

Bus # 64 from downtown/lake city way or bus 365 from the university district.

Tel: (206) 684-7522

Miller Community Center

330-19th Ave. E

Seattle, WA 98112

Tel: (206) 684-4753

Montlake Community Center

1618 E Calhoun St

Seattle, WA 98112

Tel: (206) 684-4736

Queen Anne Community Center

1901 First Ave W.

Seattle, WA 98119

Tel: (206) 386-4240

Ravenna-Eckstein Community Center

6535 Ravenna NE

Seattle, WA 98115

Tel: (206) 684-7534

Ferry Rides

Website: <http://www.wsdot.wa.gov/ferries>

Tel: 1-888-808-7977

Walk-on Fares: \$4.50-5.50 for Adults

\$2.20 -\$2.70 with Regional Reduced Fare Permit

Bainbridge/Bremerton Ferry

Leaves regularly from downtown Seattle.

Bus #66, 16, 41 or 5 from Northgate transit center will take you downtown.

See Schedule for times.

Edmonds/Kingston Ferry

Bus #317 from the Aurora Transit Center takes you within one block of the terminal

See schedule for times.

Elliott Bay Water Taxi

See website for schedule: <http://transit.metrock.gov>

Telephone: (206) 553-3000

Cost: **Free** with reduced fare permit or \$2.00 full fare

Metro tickets are treated as cash towards the fare.

8 minutes from Pier 54 to W. Seattle.

Sails every 30 minutes (except for re-fueling break 9:30-11 M-F).

Runs daily from April 18 to September 28th, 2003.

Food & Drink

Cafés/Bakeries

Aurora Doughnuts - 13201 Aurora Ave. N

Doughnuts, drinks and ice cream. There are restrooms and tables.

Countryside Doughnuts

*10032 Main St. (Bothell) Tel: (425) 485-4530

*543 Northgate Way Tel: (206) 367-4382

Essential Bakery -1604 N. 34th (near Fremont)

Tel: (206) 545-0444

Family Doughnut Shop- 2100 Northgate Way N Tel: (206) 368-9107

The Grateful Bread - 7001 & 35th NE

Tel: (206) 525-3166

Lunch, coffee, juice and pastries displayed in glass cases.

Restrooms available. Indoor and outdoor tables.

Great Harvest Bread

*Ballard-2218 NW Market Street Tel: (206) 706-3434

*Lake Forest Park-17171 Bothell Way NE Tel: (206) 365-4778

*Sandpoint-5408 Sandpoint Way Tel: (206) 524-4873

Limited seating, free slices of bread.

Hillcrest Bakery - 10010 Main St. (Bothell)

Honey Bear Bakery - 17179 Bothell Way NE (inside Third Place Books)

Many other eateries, tables, life sized chess set, within the food court.

Krispy Kreme Doughnuts-12505 NE Aurora Ave N. Tel: (206) 440-1900

Leena's Café-17732 15th Ave NE Tel: (206) 364-4919

Richmond Beach Grocery Store - 2002 NW Richmond Beach Rd

Tel: (206) 546-1944

A few tables, drinks, sandwiches, baked goods

Shoreline Market-155th and Highway 99 (in the Sears shopping area)

Café, outdoor tables, espresso and bakery.

Starbucks

*14359 15th Ave NE Tel: (206) 366-2707

Still Life Café-709 N. 35th (Fremont) Tel: (206) 547-9850

Sunflour Bakery - 3118 NE 65th

Tel: (206) 525-1034

Target Café - 302 NE Northgate Way

Tel: (206) 494-0897

Teacup-2207 Queen Anne N. Tel: (206) 283-5931

Third Place Books Food Court -17179 Bothell Way NE

Tel: (206) 366-3333

Mexican food, bakery, Japanese cuisine, diner fare and Italian cafe within the food court (on upper level of bookstore).

Food & Drink

Cafés/Bakeries

Touchstone Bakery - 501A N. 36th Ave. (Fremont)

Tel: (206) 547-4000

Cooperative bakery, serving organic treats and bread.

Take out window and small café.

Tully's Coffee

*2060 NW Market Street (Ballard) Tel: (206) 781-4887

*7900 E Greenlake Drive N. Tel: (206) 517-5004

*3223 W. McGraw (Magnolia) Tel: (206) 282-3191

*1401 4th Ave (Downtown Seattle) Tel: (206) 625-0600

Westernco Doughnut House

*10420 Holman Rd. N Tel: (206) 789-2926

*7500 15th NW (Ballard) Tel: (206) 783-4245

Whole Foods Market- 1026 NE 64th St. Tel: (206) 985-1500

The market has a salad bar, bakery, deli and juice bar with lots of tables.

Coffee & Tea

Café Ladro

*435 15th Ave E (206) 267-0551 (Capital Hill)

*801 Pine St (206) 405-1950 (Downtown)

*108 Union St. (206) 267-0600 (Downtown)

*452 N 36th St. (206) 675-0854 (Fremont)

*600 Queen Anne Ave (206) 282-1549

*2205 Queen Anne Ave (206) 282-5313

*7011 California Ave SW (206) 938-8021 (West Seattle)

Starbucks

*14359 15th Ave NE Tel: (206) 366-2707

Still Life In Fremont Coffeehouse

*709 N 35th Tel: (206) 547-9850

Still Life on The Ave Cafe

*1405 NE 50th Tel: (206) 729-3542

Tea Houses

Kuan Yin Teahouse -1911 N 45th St (Wallingford) Tel: (206) 632-2055

Many tables, restrooms, huge variety of tea offered as well as snack food.

Tea costs \$2-3 dollars/person. Parking on street.

Perennial Tea Room - 1910 Post Alley Tel: (206) 448-4054

Two small tables and a huge variety of tea to buy. They usually serve one or two types of tea daily.

Teacup- 2207 Queen Anne N. Tel: (206) 283-5931

Food & Drink

Fast Food

Burger King - 14340 15th Ave NE

Costco

*19105 Highway 99 (Lynnwood) Tel: (425) 640-7700

*N. 205th and Highway 99 Mountlake Terrace

Snack bar with tables. Must have membership to enter

Website: www.costco.com

Dick's Drive-In

*111 NE 45th (Wallingford)

*12325 30th NE (off Lake City Way)

Cheap ice cream, floats and sodas. No tables.

McDonald's

*15201 Aurora N Tel: (206) 365-4560

*14507 Lake City Way Tel: (206) 365-9020

*8533 Greenwood Ave Tel: (206) 789-6018

Taco Bell - 1406 Lake City Way

Free refills on soda.

QFC

*416 Northgate Way Tel: (206) 362-6611

*1531 NE 145th (North Seattle) Tel: (206) 363-5717

*1000 NW Richmond Beach Rd. Tel: (206) 546-5129

Produce Stands

Country Farms - 22800 Hwy 99 Edmonds

Dan's Produce - 163rd & Aurora Ave. N

Lenny's Produce - 10410 Greenwood Ave. N

Pike Place Market - 1st Ave & Pike St.

Yakima Fruit Stand - 17321 Bothell Way

Visit <http://www.pugetsoundfresh.org> for the **Farm Fresh Guide** to farmers markets, farms to visit and places to buy/pick fresh berries and produce.

Food & Drink

Luncheon Spots

Azteca

* 301 NE Northgate Way Tel: (206) 364-4419

* 5025 25th Ave NE (University Village Plaza) Tel: (206) 525-5234

* 2319 NW Market St. (Ballard) Tel: (206) 782-7079

California Pizza Kitchen- 401 NE Northgate Way

Tel: (206) 367-4445

Johnny Rocket's

Reminiscent of a 1940's hamburger and malt shop, Johnny Rockets features juicy burgers, hand-dipped malts and shakes, chili dogs and warm apple pie offering up a slice of true Americana.

***University Village-** Call (206) 522-4483 for more information.

***Pacific Place -** Level 4 Call (206) 749-9803 for more information.

Kopper Kettle Restaurant- 18300 Midvale Ave N (off Aurora in QFC complex)

Tel: (206) 542-2401

Sunflour Bakery - 3118 NE 65th

Tel: (206) 525-1034

Sunlight Café- 6403 Roosevelt Way NE Tel: (206) 522-9060

Vegetarian and vegan meals at reasonable prices.

Todo Mexico- 19953 Ballinger Way NE Shoreline Tel: (206) 363-5051

Information & Resources

DSHS Child Protective Services
To Report Abuse or Neglect Involving Children
Call: 1-800-562-5624 (Statewide Hotline Number)

To Report Abuse or Neglect of Adults in Their Own Homes
Call: 1-800-346-9257 (Region #4) Ask for APS Intake

To Report Abuse or Neglect Involving Adults in Facilities
Call: 1-800-562-6078 (Statewide Number)

Specialized Recreation

The King county parks and Recreation office has many ongoing and special events including evening dances.

Call for schedule of events, times and cost: (206) 205-8335

Seattle Parks and Recreation

100 Dexter Avenue N.

General Information: (206) 684-4075

For a complete overview of Seattle Parks & Recreation including addresses and features of each park: <http://www.pan.ci.seattle.wa.us/seattle/parks/parkspaces/parklist.htm>

Shoreline Parks and Recreation

Shoreline City Hall

17544 Midvale Ave. N.

Tel: (206) 546-5041

pks@ci.shoreline.wa.us

Transportation

METRO Transit

Call or see website for route schedules: <http://transit.metrokc.gov/>

Tel: (206) 553-3000

Regional Reduced Fare Permit

Discounted bus pass for adults with developmental disability.

Cost: One time fee of \$3.00 then each bus ride is .25 cents

Call: (206) 553-3060, M-F 8am-5pm for paperwork.

TTY users call (206) 384-1739, and request an application form.

Requires doctor's signature and check box that says that the person requires an attendant while riding the bus. (Then companion rides free)

Once paperwork is submitted, pick up pass at King Street Station, 201 S. Jackson St

Need Photo ID unless over 65 years of age.

Open: M-F 8am-5pm.

Information & Resources

Flash Cards

Are available for seniors and adults with developmental disabilities through the mayor's office. They offer discounts and reduced entrance fees to many venues.

Requirements for applying for the card are listed on the paperwork and on the website.

The cards provide identification and eligibility to receive discounts at various businesses, reduced fares on Amtrak, and free tickets to the Woodland Park Zoo and Seattle Aquarium.

To obtain a card print the paperwork off the website: <http://www.cityofseattle.net/> (Look for the Mayor's office link) or call the community line at, 1-800-621-4636 for more information.

Also available through the Mayor's office is a Disability Resource Link page with many valuable contacts for information and services.

<http://www.cityofseattle.net/humanservices/ads/disabilitylinks.htm>

Learning Activities

Libraries (call or check website for current free programs)

**Several Seattle Public Libraries are in the process of closing for renovations or have been temporarily relocated. Here are the changes we are aware of so far---we will update this as more information becomes available:

The **North Branch Library** at 6801 35th Avenue N.E has closed for remodel. In the mean time it has moved to 10548 5th Avenue N.E (across from The Bon Marche at Northgate Mall. **

Seattle

All Seattle library branches have reduced their hours and will be open as follows:

Monday/Tuesday 1 p.m.-8 p.m.

Wednesday 10 a.m.- 8 p.m.

Thursday-Saturday 10 a.m. – 6 p.m.

Sunday hours remain the same.

Ballard-5711 24th Ave NW (206) 684-4089

Broadview-12755 Greenwood Ave. N (206) 684-7519

Greenlake Branch - 7364 E. Greenlake Dr. N. (206) 684-7547

Greenwood-8016 Greenwood Ave N (206) 684-4086

Lake City Branch - 12501 28th N.E. (206) 684-7518

***North Branch** -6801-35th Ave. N.E. (206) 684-7539 (**See Above**)

Have free used magazines by front door that can be taken home.

Freemont-731 N 35th St 92060 684-4084

University Branch - 5009 Roosevelt Way N.E. (206) 684-4063

Wallingford-1501 N 45th St (206) 684-4088

Seattle Public Library Resources

Website: www.spl.org

Volunteer Hotline (206) 386-4664

TTY (206) 386-4697

Help Desk (206) 386-4134

King County

Website: <http://www.kcls.org/>

Kenmore-18138 73rd NE (425) 486-8747

Lake Forest Park-17179 Bothell Way NE (206) 362-8860

Richmond Beach-2402 NW 195th PL Shoreline (206) 546-3522

Shoreline- 345 NE 175th (206) 362-7550

Learning Activities

Seattle Science Center - 200 2nd Ave N.

24hr Exhibit Hotline: (206) 443-2800

General Info: (206) 443-2100

Open: M-F 10am-6pm

Fountain/music in pavilion or center house <http://www.seattlecenter.com/>

As of July 2003, SSC and the IMAX theater will no longer be free for people with developmental disabilities and their caregivers. We will update the site with the new prices as they become available.

See website for current events: <http://www.paesci.org>

Experience Music Project - 325 5th Ave N.

Call: (206) 367-5483 for exhibit info and times. Yearly membership is \$60.00 for two people. Call Chris Loraine (206) 262-3213 to set up special flex pass for people with disabilities. Not transferable amongst clients, only caregivers: One person must remain constant. Website: <http://www.emplive.com>

Seattle Tilth Association - 4649 Sunnyside Ave. N.

Located at the Good Shepard Center in Wallingford.

Call: (206) 633-0451

The tilth organization offers information about organic gardening and composting. There are demonstration gardens that are open to the public.

Seattle P-Patch Program - Locations throughout the city.

Call: (206) 684-0264 for more information.

A 10'x10' plot costs \$22/year and "gardenship" funds are available to help offset the cost. Some plots are still available in the Seattle area. Other p-patches have a 2-3 year waiting list, so if you are thinking of starting a garden for fun or as an educational project do not delay!

Volunteer Park Conservatory - 1247 15th Ave. E

Conservatory hours: Open everyday, including holidays, from 10 am to 4 p.m.

Admission is free

For history of conservatory: (206) 684-4743

See Website: <http://www.pan.ci.seattle.wa.us/seattle/parks/parkspaces/conservatory.htm>

Self- Guided Walking Tours

Visit, <http://www.cityofseattle.net> or <http://www.historylink.org/> to print the maps of Seattle's historic neighborhoods. Click on "Seattle/King County Cyber Tours" the site includes guides for Pioneer Square, the International District, Pike Place Market, Ballard and Columbia City.

New Ideas

Molbak's in Woodinville - 13625 NE 175th Street Woodinville Tel: (425) 483-5000 is an escape from the city. Take bus # 41 from the Northgate Transit Center to 125th & Lake City Way, then transfer to the # 372 to Woodinville. Walk through the nursery and browse the gift shop, have a hot drink or juice at their espresso stand, or rest awhile at a table before hopping the bus back to Seattle.

De Young's Farm and Garden store is right next door and across the street there is a shopping center with Target and movie theatres. This adventure takes around 4 hours depending upon the amount of time spent shopping and if you time your buses correctly.

Swanson's Nursery & Greenhouse - 9701 15th Ave NW Tel: 206-782-2543

A great place to look at all the plants, escape the spring rains in the green houses and have a drink at their espresso stand.

Tully's Coffee Houses are also great places to avoiding April's damp weather. Warm up by one of their fireplaces, sip a hot drink, people watch or read a magazine. There are many Tully's throughout Seattle, here are just a few locations to get you started:

- *2060 NW Market Street (Ballard) Tel: (206) 781-4887
- *7900 E Green Lake Dr. N. Tel: (206) 517-5004
- *3223 W. McGraw (Magnolia) Tel: (206) 282-3191
- *1401 4th Ave (Downtown Seattle) Tel: (206) 625-0600

If you are in the mood for something wacky, stop by **Archie McPhee's Tiki Hut and Toy House** - 2428 NW Market Street in Ballard Tel: (206) 297-0240 for a look at their unusual inventory of plastic nick knacks.

Take a bus ride to **University Village** and explore the shops, or spend the afternoon in their courtyard. To get there take bus # 75 or # 68 from the Northgate Transit Center. Route #75 will also take you through the **Sand Point** area. You may want to make a stop at City People's and check out the nursery or stop by Great Harvest for a free slice of bread.

Nurseries & Gardens

Nurseries

Emery's Garden - 2829 164th St. SW (Lynnwood)

Call: (425) 783-4555 or visit their website: <http://emerysgarden.com> for directions.

Open Everyday.

Great selection of plants and gifts.

Magnolia Garden Center - 3213 W. Smith St.

Call: (206) 284-1161

Molbak's

*13625 NE 175th Woodinville Tel: (425) 398-5210

Sky Nursery - 18528 Aurora Ave. N (Shoreline) Tel: (206) 546-4851

Swanson's Nursery & Greenhouse - 9701 15th Ave NW Tel: (206) 782-2543

A great place to look at all the plants, get warm in the green houses and have a hot drink at their espresso stand.

Wight's Home and Garden - 5026 196th SW (Lynnwood) Tel: (425) 775-3636

Gardens

Japanese Garden - 1502 Lake Washington Boulevard (in the Arboretum)

Open March through November.

Admission Fees: 2003-2004

\$3.00 Adult (19-64)

\$2.00 Youth (6-18) College/University students

(with valid ID) Senior (65 & over) FREE

Children (0-5) FREE

Garden information call: (206) 684-4725

Teahouse information call: (206) 324-1483

Washington Park Arboretum - 2300 Arboretum Dr.

Open: Daily 8 a.m. to sunset.

Tel: (206) 543-8800

Great place to wander and look at thousands of plants and trees.

Kubota Garden - 9600 Renton Avenue South

Open: Year round and daily from sunup to sunset

Admission: Free

20 acres blending Japanese garden concepts with native Northwest plants.

Volunteer Park Conservatory - 1247 15th Ave. E

Hours: Open everyday, including holidays, from 10 am to 4 p.m.

Admission is free.

For history of conservatory: (206) 684-4743

<http://www.pan.ci.seattle.wa.us/seattle/parks/parkspaces/conservatory.htm>

The Rose Garden adjacent to the Woodland Park Zoo - 5000 Fremont Ave. N.

Open: Daily 4 a.m. to 11:30 p.m. Best visited May through August.

Admission: Free

Outdoor Recreation & Sports

Beaches

Alki Beach Park - Alki Way SW (West Seattle)

2 ½ mile stretch of beach with walkway and bicycle path.

Edmonds Marina- 336 Admiral Way Tel: (425) 774-0546

Sheridan Beaches -165th & Lake City Way

Beach area is private. Access to Burke Gilman from nearby neighborhood.

Magnuson Beach - 7400 Sand Point Way NE (Naval station entrance) or 65th & Sand Point Way leads directly to the beach.

Matthews Beach - 9300 51st Ave. NE

Paved walking area, beach access, kid's equipment, basketball courts and picnic tables.

West Green Lake Beach -7312 W Green Lake Dr.

East Green Lake Beach - 7201 E Green Lake Dr.

Richmond Saltwater Park - 2021 NW 190th St.

Paved trail to the sandy beach. Restrooms and picnic tables.

Golden Gardens - 8499 Seaview Place NW

Located in Ballard. Boardwalk, restrooms, beach, picnic tables.

Bowling

Leilani Lanes- 10201 Greenwood N.

Tel: (206) 783-8010.

Be sure to call ahead and check if it is a league day.

Cost: \$3.37/game/adult or \$2.87/game/junior

& \$2.00 Junior, \$3.00 Adult/game shoe rental.

Adaptive equipment available.

Sunset Lanes-NW Market Street in Ballard.

Tel: (206) 782-7310

Call ahead to make sure it is not a league day.

Cost: \$2.85/game/adult or \$2.60/game junior/senior + \$2.50 for shoes

Bumper and ramp available.

Robin Hood Lanes-9801 Edmonds Tel: (425) 776-2101

Cost: \$1.00/game/person \$1.00 shoe rental/person

No Ramp, but they do have bumpers.

Horse Back Riding

Little Bit Therapeutic Riding Center - 19802 NE 148th (Woodinville)

Tel: (425) 882-1554

Outdoor Recreation & Sports

Indoor, Winter and Rainy Day Walking

Alderwood Mall- 3000 184th St. SW (Lynnwood)

Tel: (425) 771-1211

Lake Forest Park Village - 17179 Bothell Way

Northgate Mall - 555 Northgate Way Tel: (206) 362-4777

Pacific Place Mall - 600 Pine Tel: (206) 405-2655

Pike Place Market - 1st Ave and Pike St. Downtown Seattle

Tel: (206) 682-7453

Fresh produce, handmade wares, ethnic eateries and shops.

Southcenter Mall - Tukwila off I-5 and I-405 Tel: (206) 246-7400

University Village - 2673 NE University Village Mall Tel: (206) 523-0622

Wallingford Center - 1815 N 45th Tel: (206) 547-7246

Westlake Center - 4th Ave & Pine St. Tel: (206) 467-3044

Parks-Central and South

Alki Beach Park-Alki Way SW (West Seattle)

2 ½ mile stretch of beach with walkway and bicycle path.

Discovery Park- 3801 W Government Way (Magnolia)

Call: (206) 386-4236 Visitors Center-open 8-5 daily

Paved and unpaved trails, ponds, forest, beach. Restrooms and tables available.

Gasworks Park-Northlake Way at Meridian

21 Acre park with great view of downtown. Grassy hills, restrooms.

Hiram M. Chittenden Locks

3015 NW 54th Street (Ballard)

Open: 7 a.m. to 9 p.m. M-F (Salmon viewing in July & August)

Call: (206) 783-7059 for information

Waterfall Park- 2nd & S. Main (Pioneer Square)

Tables and waterfall

Parks-North

Bitterlake Park - Bitter Lake 13035 Linden Ave. N

Tel: (206) 684-7524

Community center with gym and restrooms. Kid's equipment, picnic tables, grassy area by lake with trail and baseball fields.

Blyth Park - W. Riverside Drive (Bothell)

Take Main St. through Bothell to 102nd and turn right. Drive past Sammamish River Park until you reach W. Riverside Drive. Turn Right. Road will dead end in the park.

Kid's equipment, paved walking path, picnic tables and restrooms.

Carkeek Park - 950 NW Carkeek Park Road (off Greenwood Ave)

Large park with nature trails, kid's equipment, picnicking with a view and beach access. must cross a bridge over railroad tracks. Steep steps to down to the beach.

Outdoor Recreation & Sports

Parks-North

Cedar Park - 135th St. NE & 37th Ave NE (off Lake City Way)

Paved walking trail, kid's equipment, and picnic tables.

Cromwell Park - N. 179th St. & Meridian Ave.

Small, shady park with gravel walkway, kid's equipment and benches.

Echo Lake - N. 200th St. & Ashworth

Paved and gravel walkways by lake, restrooms.

Foster Island Nature Trail - 2700 24th Ave. E (UW/Montlake Area)

The trail follows the water and there are a couple of long bridges to cross that are low to the water. Safe for all ages, although the ground sometimes gets a bit mushy. The walk begins at the Museum of History and Industry and ends in a grassy meadow. It also connects to the UW Arboretum.

Green Lake Park - 7201 E. Green Lake Dr. N.

Playground, wading pool, boat rental, paved walking trail, pool and grassy area.

Hamlin Park - 16006 15th Ave. NE

Off-Leash dog walk forested area, baseball field, grassy area with picnic tables and lots of shade, forest trails, kid's equipment, and restrooms. Some steps to picnic area, rough terrain. Concerts in the summer months.

Junior League of Seattle Playground/Picnic Area - 7400 Sand Point Way (Go straight after entering at the Navel Station gate) Playground and plenty of benches for people watching.

Lake Ballinger Park - 23500 Lakeview Dr. (Montlake Terrence) Tel: (425) 776-9173

50 acre park with picnic tables, playground, lake, & softball area.

Lake City Park - 124th and 26th Ave (off Lake City Way)

Paved walking trail, kid's equipment, picnic tables and grassy area.

"Last Open Space in Lake City" - 14043 32nd Avenue NE (off Lake City Way)

Small paved walkway, restrooms, tables and benches. Kid's equipment and grassy area.

Licton Springs Park - N. 97th and Ashworth N.

Paved walkway, tables, kid's equipment and restrooms. Wooded and grassy areas.

Magnuson Park - NE 74th and Sand Point Way NE

Paved way, restrooms, picnic benches and swimming area.

Meadowbrook Nature Trail - 107th & 35th Ave NE (off Lake City Way)

Paved walking trail/bridges encircling a pond and Thorton's creek.

Lupine and other native plants.

Meridian Park - N 170th St. & Wallingford N.

School playground with gravel track for walking.

Northacres Park - 130th & Meridian

Forest trails, swings, wading pools, picnic tables and grills. Restrooms a short walk away.

Northcrest Park - NE 170th St. & 9th Ave NE

Small, shady park with kid's equipment and benches.

Paramount Park - NE 155th St. & 8th Ave. NE

Walking path, baseball fields, skateboard park, enclosed play area for kids, benches and tables, restrooms.

Outdoor Recreation & Sports

Parks-North

Paramount Park Nature Area- NE 147th & 9th PL NE (on dead end road)

If heading south on 5th Ave, turn left on 147th and follow road straight, then veer to the left at the curve in the road. Park has non-paved trails.

Pinehurst Park -120th and 14th Ave NE (Between Northgate and Lake City Way)

Kid's equipment, grassy area for walking.

Ravenna Park - 5520 Ravenna Ave NE (U-Village area)

Walking trails, play fields, tennis courts and play area.

Ronald Bog - N 175th St. & Meridian Ave.

Grassy area with lake and shaded benches.

Samammish River Park - Off 102nd St. in Bothell

Heading North, drive down Main St. in Bothell and take a right at 102nd St. Park will be a few blocks up on the right hand side. Also accessible from bus #306 – park is a few blocks from the bus stop.

Walking area along the river with lots of ducks, chickens and pigeons. Wooden bridge leads to Bothell Landing Park with restrooms & picnic tables.

Sandel Park – 92nd NW & 1st Ave NW

Paved walking trail, benches, picnic tables, restrooms, basketball court and kids equipment.

St. Edward's State Park - 144145 Juanita Dr. NE (Kenmore)

316 acre park with 7 miles of trails through wooded areas, Lake Washington waterfront and plenty of grassy areas. (**\$5.00 parking permit now required—good all day. Fee is waved when disabled placard is displayed.**)

Visit: <http://www.parks.wa.gov/reserve.asp> or call (360) 902-8580 for more information on state parks, parking permits in state parks or ADA act within the state park system.

Twin Ponds Park - 155th N. & 1st Ave. NE

Paved trail, kids equipment, restrooms and grassy area. Pond area with picnic tables.

There is also a trail around the pond, however, it is unpaved and uneven. Also, it is necessary to cross a narrow wooden plank bridge to complete the loop.

Victory Heights Park - 107th NE & 19th Ave NE

Small park with tennis courts, kid's equipment, benches and grassy area.

View Ridge Play Field - NE 70th St. and NE 45th PL. (Between Sandpoint U Village)

Paved walkways, restrooms, basketball, playfield, benches, kid's equipment.

Wilcox Park - 52nd Ave W. & Veteran's Way (Lynnwood)

Picnic benches, grassy and wooded areas, some kid's equipment.

Outdoor Recreation & Sports

Swimming Pools

Ballard-1471NW 67th Tel: (206) 684-4094

Colman Outdoor Pool-8603 Fauntleroy Way SW

(Between Lincoln Park and Fauntleroy Way SW)

Set on the beach, the pool is heated saltwater and features a giant tube slide.

Open daily June 15-September 2, 2003

Call: (206) 684-7494 for cost and pre/post season weekend pool schedule.

Bus #54 from downtown will get you near the pool.

Evans Pool-7201 Green Lake Dr. N Call (206) 684- 4961 for schedule.

Fircrest Pool-15230 15th Ave. NE (Located in the activity building)

Accessible by stairs or lift.

The therapy pool includes water jets and is heated to 95 degrees.

Admission Fees: \$1.75 Youth

\$2.25 Adults

Call: (206) 361-3655 for pool schedule.

Helene Madison Pool - 13401 Meridian Avenue N

Call for Schedule: (206) 684-4979

Shoreline Pool -19030 1st Ave. N

Call for schedule: (206) 362-1307

General Admission Fees:

Adult-\$2.75

Adult with disability-\$1.75

Child (4 and under)- FREE

Youth (5-17)-\$1.75

Senior (60+)-\$1.75

Meadowbrook Pool - 10515 35th Avenue NE

Call for schedule: (206) 684-4989

Mounger Outdoor Pool - 2535 32nd Ave. W (Magnolia)

Open May 17- September 14, 2003.

There is one large pool with a 50 ft corkscrew slide and one smaller, warmer pool for wading.

Admission: Adults (19-64)-\$2.75; Youth (1-18)-\$2.00; Special Populations-\$2.00;

Seniors (65+)-\$2.00

Call: (206) 684-4708 for additional information.

Mountlake Terrace Pool - 5303 228th Street SW (Mountlake Terrace)

Call for Schedule: (425) 776-9173

Lynnwood Pool - 18900 44th Avenue W (Lynnwood)

Call for Schedule: (425) 771-4030

Yost Pool - 700 Main Street Edmonds (Summer Only)

Call for Schedule: (425) 775-2645

Outdoor Recreation & Sports

Wading Pools

Greenlake - N 73rd and W Green Lake Way

Northacres Park- 12800 1st Ave. NE

Volunteer Park- 1400 E Galer (Capital Hill)

Workout Facilities

Shoreline Family YMCA - 1220 NE 175th St.

Call for prices and classes: (206) 364-1700.

Weight/fitness room also some low impact exercise classes.

Spartan Gym-18560 1st Ave NE (at the SE campus of the Shoreline Conference Center)

Drop-In Hours:

M-Th 8am-10pm

Fri 8am-5pm

Sat 8am-1:30pm

Fees: Adults \$2 per visit or \$16 for a 10 punch pass

Youth \$1 per visit or \$ 8 for a 10 punch pass

Call: (206) 418-3383 for more details.

Meadowbrook Community Center-10515 NE 35th. Tel: (206) 684-7522

Small gym with weight machines. \$15/month with unlimited use of machines.

Seasonal Events

Summer Events 2003

Concerts

City of Shoreline Parks, Recreation and Cultural Services Department

FREE lunchtime music concerts in the summer at parks around the Shoreline area.

For more information on Wednesday Concerts in the Park call

(206) 417-4645. For more information on the Tuesday Lunchtime Music Series

call (206) 546-5041 or visit <http://www.cityofshoreline.com/parks>

Tuesday Lunchtime Music Series:

July 8 Richmond Beach Saltwater Park

Brian Waite Band: Reggae, Jazz, Folk Rock

July 15 Hamlin Park

Anzanga Marimba Ensemble: African Marimba

July 22 Richmond Beach Saltwater Park

Shows by Beau: Music with a fun, maritime theme

July 29 Hamlin Park

Panudo: Steel Drum Band

August 5 Richmond Beach Saltwater Park

Jazz 4 U: American jazz, blues, folk and rock

Wednesday Concerts in the Park (sponsored by the Shoreline-LFP Arts Council)

July 9 Animal Acres Park, LFP

The Mary Wiles Show: Country, classic rock, variety

July 16 Cromwell Park

Two Scoops Combo: Blues, boogie and swing

July 23 Cromwell Park -Swingin' Summer Eve

Guarneri Underground: Energetic world music

July 30 Cromwell Park

Illusion of Elvis: Elvis and friends

August 6 Richmond Beach Saltwater Park

Jim Basnight Band: pop-rock, blues, jazz, R&B

August 13 Richmond Beach Saltwater Park

Shoreline Jazz Band and Karin Kajita Jazz Quintet

August 20 Richmond Beach Saltwater Park

Eakra Bata: Caribbean steel drums and dance

Seasonal Events

Summer Events 2003

Shoreline Arts Commission Free Summer Concerts

Concerts will be on the Showmobile stage this year, shine or rain. Bring your picnic supper, your family and friends and please, dress for the weather. The music will be great!

See the website: <http://www.ShorelineArts.net> or call (206) 417-4645 for additional information.

Wednesday Night Concerts in the Parks Sponsored by the Shoreline-LFP Arts Council
7:00-8:30 except as noted:

July 9 The Mary Wiles Show, country, classic rock, variety 7:00
Animal Acres Park NE 178th & Brookside Blvd.

July 16 Two Scoops Combo, blues, boogie & swing 7:00
Cromwell Park, Meridian Ave at N 182nd

July 23 Guarneri Underground, energetic Afro/Celtic/Flamenco/world music 7:00 with
the City of Shoreline's Swingin' Summer Eve event
Cromwell Park, Meridian Ave at N 182nd

July 25 Latin Expression, danceable hot salsa 7:00 - 9:00
with the City of Lake Forest Park's Picnic in the Park event
Lake Forest Park Town Centre Bothell Way at Ballinger Way NE

July 30 Illusion of Elvis, Elvis & Friends 7:00
Cromwell Park, Meridian Ave at N 182nd

Aug. 6 The Jim Bas Night Band, pop-rock, blues, jazz, R&B 7:00
Richmond Beach Community Park, Richmond Bch Rd at 21st Ave NW

Aug. 13 Shoreline Jazz Band, local jazz teachers & friends 7:00
Karin Kajita Jazz Quintet, swingin' hard bop jazz 7:45
Richmond Beach Community Park, Richmond Bch Rd at 21st Ave NW

Aug 20 Bakra Bata, Caribbean steel drums & dance 7:00
Richmond Beach Community Park, Richmond Bch Rd at 21st Ave NW

Downtown "Out to Lunch" Concerts

Concerts are hosted by the Downtown Seattle Association

See website for listing: <http://www.downtownseattle.org/>

Seasonal Events

Summer Events 2003

University Village-2673 NE University Village Mall

- July 16** The Dudley Manlove Quartet- KIXI
July 23 Left Hand Smoke- Warm 106.9
July 30 Dusty 45s- KIXI
August 6 Dr. Funk- Warm 106.9
August 13 The Nowhere Men- Warm 106.9
August 20 Clayton Wagy "Memories of a King"- KIXI

Concerts are held from 6:30 –7:30 p.m.

Call: (206) 523-0622 for more information

Website: <http://www.uvillage.com>

Edmonds Art Commission Summer Concerts

The *Family Concerts* are scheduled for Thursdays, 11:30 - 12:30, at the Frances Anderson Center outdoor amphitheatre, 700 Main St., Edmonds. American Sign Language (ASL) interpretation is provided for each of the four performances. Take a break, pack a lunch, and bring the kids to enjoy one or all of these entertaining concerts. In case of rain the performance will be held in the Anderson Center gym.

- July 17 **Bochinche**, A Musical Tour of the Americas
July 24 **Pam Pulver**, The Pulver Mime Show
July 31 **SRS Irish Dancers**, Jigs and Reels
August 7 **Buck & Elizabeth**, "What a Good Good Day It Is"

Call: (425) 771-0228 or (425) 771-0230 for more information.

Seattle Folklore Society

Sponsoring many folk music concerts and local artists.

Call (206) 528-8546 or visit their website, www.seafolklore.org, for a listing of summer events.

Fairs and Festivals

Shoreline Arts Festival 2003

June 28 & 29, 2003

Shoreline Center 18560 - 1st Ave NE

Saturday 10-7 Sunday 10-5

Two days of arts, music, literature and dancing.

SeaFair

July 5-August 4, 2003

See website for scheduled daily activities: <http://www.seafair.com/>

Seasonal Events

Summer Events 2003

Fairs and Festivals

King County Fair-King County Fairgrounds in Enumclaw
July 16-20, 2003

Admission: Adults \$7, Seniors (62+) \$5

Tel: (206) 296-8888 or (360) 825-7777

Website: www.metrokc.gov/parks/fair/

Bite of Seattle

July 18-20, 2003

Free Admission

Call: (425) 283-5050 or visit <http://www.biteofseattle.com> for more information.

Bumpershoot

August 29-September 1, 2003

Hours: 11am-11pm

Free for adults with developmental disabilities and their attendants.

Taste of Edmonds

Friday August 8- Sunday August 10, 2003

Friday/Saturday 11 a.m.-10 p.m.

Sunday 11 a.m. – 7 p.m.

Admission: \$2.00 per person. Free for ages 10 and under.

Other Events

Lake City Farmer's Market - 3-7pm on Thursdays near 125th and Lake City Way NE in the parking lot behind the fire station.

Shakespeare in the Park

Call: (206) 748-1551 for other shows and locations.

Website: www.greenstage.org

Country Village - 817 238th St. SE (Bothell)

Tel: (425) 483-2250

Website: <http://www.countyvillagebothell.com>

Farmers market every Friday June-September

Art market every Sunday June-September

Produce Farms to Visit (Farm Fresh Guide)

Many local farms are open to the public and sell fresh organic produce in season or offer u-pick flowers, fruits and vegetables.

For a list of farms and farmer's market see website: <http://www.pugetsoundfresh.org>

Special Events

Little Bit Therapeutic Riding Center - 19802 NE 148th (Woodinville)

Tel: (425) 882-1554

Horse back riding.

Tour SAFCO Field - 1250 1st Ave S. Seattle Mariners Baseball Club.

Call: (206) 346-4000 a couple days ahead to make sure tour has not been cancelled for special event. Meet in front of Mariners Team Store (across from Hale's brewery) for ticket purchase. Closed Monday

Tours: Tues-Sun 12:30 and 2:30pm. Cost: \$7Adults, \$5 Seniors (no discount for adults with disabilities)

Point Defiance Zoo & Aquarium - 5400 N. Pearl Street (Tacoma)

Call (253) 404-3678 for more information or visit their website at <http://www.pdza.org>.

To schedule education programs and/or group visits: (253) 591-5333.

Opens 9:30 am, closing time varies with season.

Cost: Ages 0-3 Free, 4-13 \$6.00, 14+ \$7.75, 62+ \$7.00, School Students \$4.00

Located inside the Tacoma Washington Park. 700 acres of exhibits.

Directions: Point Defiance Zoo & Aquarium in north Tacoma is just 40 miles south of Downtown Seattle. From Interstate 5, take Exit 132 and follow the signs to Highway 16 West/Gig Harbor. Take the 6th Avenue exit and turn left. Take the next right onto Pearl Street, which dead-ends at Point Defiance Park.

Directional signs will lead you to the Zoo Parking lots.

Woodland Park Zoo - 5500 Phinney Avenue N.

Call: (206) 684-4800 (recorded) or visit their website: <http://www.seattleaquarium.org/>

Opens at 9:30am, closing time varies with season

Cost: \$8.50 Adults, \$5.75 Adults with disability

Seattle Science Center - 200 2nd Ave N.

24hr Exhibit Hotline: (206) 443-2800

General Info: (206) 443-2100

Open: M-F 10am-6pm

Fountain/music in pavilion/hands on museum

As of July 2003, SSC and the IMAX theater are no longer free for adults with developmental disabilities and their caregivers. Pricing updates to follow.

See Website for current events: <http://www.pacsci.org>

Seattle Aquarium - 1483 Alaskan Way on Pier 59

Tel: (206) 386-4300

Website: <http://www.seattleaquarium.org/>

Open 365 days a year.

10:00am - 5:00pm, Day after Labor Day through Memorial Day

9:30am - 7:00pm, Memorial Day through Labor Day

Cost: Adult 19-64 \$7.50 Senior/Disabled \$6.75

Free tickets available through the Mayor's office.