

FAMILY FIRST COMMUNITY CENTER

FALL 2026



Artwork by: Burkhalter, J. 2023



16200 116th Ave SE Renton, WA 98058



425.517.0810



FALL 2026

September 9 - December 18

operating hours

Monday - Friday - 9:00-8:00pm

Saturday - 10:00-6:00pm

Sunday - Closed

recreation hours

**FFCC welcomes people of
ALL AGES with programs
and activities designed to
meet the needs of each
age groups.**

9:00am - 12:00pm

Seniors (50+) & Toddlers

12:00pm - 2:00pm

Intergenerational (all ages)

2:30pm - 5:45pm

Middle & High Schoolers

6:00pm - 8:00pm

Intergenerational (all ages)

Growth Mindset | Leadership | Integrity | Fun

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EARLY CLOSURES

October 23rd - closes @ 6:00pm

November 23 - closes @ 6pm

December 11th - closes @ 6:00pm

HOLIDAY CLOSURES

November 11th - Veteran's Day

November 26, 27 & 28 - Thanksgiving



HealthPoint

Mon - Tues 10:00am-7:00pm

Wed - Fri 8:00am - 5:00pm

For medical, dental, & behavioral
health needs, call to schedule
@ 425-400-1899



Seniors & Adults



PICKLEBALL

W/ THE FAMILY FIRST COMMUNITY CENTER

Seniors - Tues & Thurs @ 9:00am-12:00pm

Adults - Wednesdays @ 6:00pm-7:45pm

- **FREE**
- **Beginners to advance welcome!**

Community members can drop-in to play pickleball and connect with other locals. Bring your own paddle or borrow one of ours!



SEATED STRETCHING FOR SENIORS

W/ GOLDEN SUN ATHLETICS

Tuesdays & Thursdays @ 9:30-10:00am

Sep 8 - Dec 18 (No class on 11/26)

- **FREE** through Fall 2026
- **Seniors & Adults (50+)**

Improve your flexibility and mobility with a personalized seated stretching routine!

SOFT STYLE KUNG FU FOR SENIORS

W/ GOLDEN SUN ATHLETICS

Tuesdays & Thursdays @ 10:30am-11:30am

Sep 29 - Dec 18 (No class: Nov 26)

- **FREE** thru fall 2026
- **Seniors & Adults (50+)**

Learn Baat Ying Baat Faat, a Chinese martial arts, to build balance, strength & coordination through traditional Kung Fu techniques.

KUNG FU STAFF CLASS FOR SENIORS

W/ GOLDEN SUN ATHLETICS

Tuesdays @ 12:30-1:30pm

Sep 8 - Dec 18

- **\$20.00/class**
- **Seniors & Adults (50+)**
- **Staff rentals and purchases can be made directly with the instructor**

Master the traditional Chinese staff with Sifu Ricky Thatsanavongsa. This is a senior-friendly class focusing on gentle movement, alignment, and mobility through classical Kung Fu principles--all to help build balance, strength, and coordination.

Scholarships are available thanks to the **Christa Miller Memorial Fund**. Scan to apply.





Seniors & Adults

YOGA: COMMUNITY WELLNESS SERIES

W/ CEDAR RIVER YOGA

Wednesdays @ 12:00-1:00pm

- September 9, 23, 30; October 7, 14, 21; November 4, 18, 25; December 2, 9, 16
- Spots are limited, pre-register now!
- Free

This community-based yoga program provides accessible, high-quality instruction focused on strength, mobility, balance, nervous system regulation, and overall well-being. Classes combine breathwork, functional movement, and traditional yoga postures, with modifications to support safety and accessibility.

GUITAR & UKULELE LESSONS (FAMILY BEGINNER CLASS II)

W/ THE RHAPSODY PROJECT

Thursdays @ 5:30-6:30pm

Sep 10 - Dec 17 (No class: 11/26)

- FREE
- Ages 10 & up! (youth, teen, adult, & seniors)

Beginner players will learn guitar or ukulele, meet new friends & learn stories about American musicians. Bring the whole family to attend! Drop-ins available.

Accommodations will be made for intermediate musicians.

Need to
borrow an
instrument?
Request one
here!



MINDFULNESS-BASED STRESS REDUCTION CLASS (MBSR)

W/ DR. RUTH MICHAELIS, MD

Wednesdays @ 5:30-7:45pm

- September 9th-November 18th (No class: 11/11)
- November 7th, Saturday is Day of Mindfulness from 10:00am-3:00pm
- Adults & Seniors, Healthpoint patients
- Free

MBSR is an evidence-based program that teaches us to be mindful of the present moment through guided meditation and gentle movement practices. Each class is 2.25 hours and is intended for people of ALL ABILITIES who want to learn ways of meeting their lives through the good and the bad moments just as they are. Pre-register on My Active Center by September 16th, or call our front desk at 425-517-0810.

DIABETIC SHOE SERVICES

W/ PRIORITY FOOTWEAR

Thursdays @ 9:00am-2:00pm

Sep 10 - Dec 10 (No class: 11/26)

- Seniors 65+, qualifying medicaid recipients
- Pre-registration & drop-ins available!
- Free

Priority Footwear helps elders with diabetes and sensitive feet stay active, comfortable, and protected. The services offer professional foot evaluations, Medicare-approved diabetic shoes, and custom orthotics designed to reduce pain, prevent complications, and improve everyday mobility. **Drop-ins are accepted on case by case basis, but appointments are highly encouraged. To schedule your appointment, contact 206-957-7772 with Priority Footwear Office Team**



Seniors & Adults



SENIOR & ADULT ACRYLIC PAINTING CLASSES 1 & 2

W/ JORDAN BYE FINE ARTS

Wednesdays

1st class @ 10:00am-11:30am

2nd class @ 12:00pm-1:30pm

- Sep 9 - Dec 16 (No class: 11/11)
- FREE through Fall 2026

Artists will learn basic art skills, including composition and color theory. Both students with no previous art experience and a previous art interest are welcome! We will be painting a variety of styles, from realism to abstract. Supplies are provided and classes will result in a finished painting each week.

MARI LOU'S FOOT CARE

Wednesdays @ 9:00am-2:00pm

Sep 17; Oct 14; Dec 16

- FREE for seniors through fall 2025
- Pre-registration required!
- Limited spots available.

Foot care for those unable to provide for themselves. In addition to assessing the feet of patients taking blood thinners or those that are diabetics. Go to MyActiveCenter or call our front desk to pre-register!



ZUMBA FITNESS FOR SENIORS

W/ NANCY LOPEZ

Mondays @ 11:30am-12:30pm

- Sep 14 - Dec 18, 2026
- FREE

Stop on by for a series of Zumba Aerobic classes using all dance styles. Every class we will revisit the steps that we've covered and build onto a choreographed routine. Come join the fun! Drop-ins welcomed!





Adults

MULTI-GENERATIONAL KUNG FU

W/ GOLDEN SUN ATHLETICS

Tuesdays & Thursdays @ 6:00pm-7:30pm
September 8- Dec 17 (No class: 11/26)

- FREE thru fall 2026
- Ages 8+ (Youth, Teens, Adults, Seniors)

Multi-Generational Kung fu is a free class to help students of all ages build foundational stances, hand techniques, and breathing exercises that build strength, focus, and balance. Active wear clothes and shoes recommended! Pre-register as space is limited!

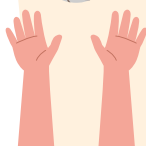
INTERGENERATIONAL VOLLEYBALL

W/ THE FAMILY FIRST COMMUNITY CENTER

Tuesdays & Thursdays @ 6:00pm-7:45pm

- FREE
- Adults
- Drop-ins welcomed!

Join us at the FFCC for a drop-in time with your friends and/or family! Proper athletic shoes required.



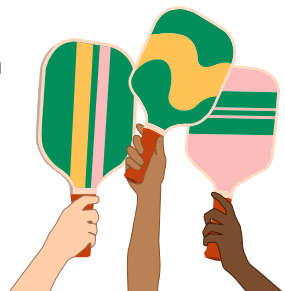
PICKLEBALL

W/ THE FAMILY FIRST COMMUNITY CENTER

Adults - Wednesdays @ 6:00pm-7:45pm

- FREE
- Beginners to advance welcome!

Community members can drop-in to play pickleball and connect with other locals. Bring your own paddle or borrow one of ours!



40 & UP MEN BASKETBALL

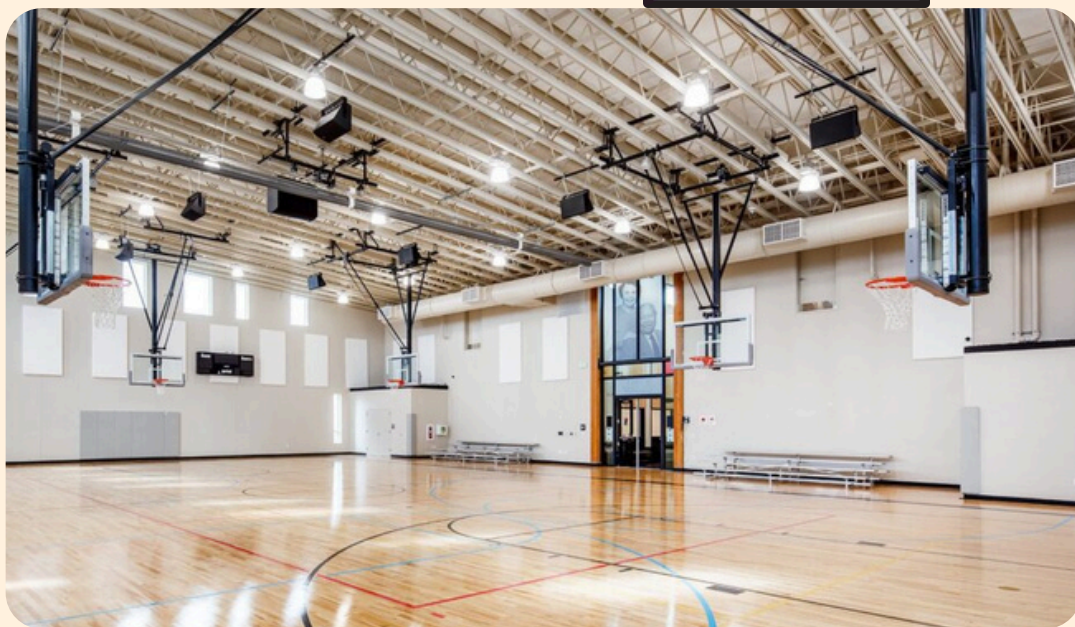
W/ THE FAMILY FIRST COMMUNITY CENTER

Saturdays @ 10:30am-12:30pm

September 12 - December 19

- FREE
- Drop-ins welcomed!
- Subject to change or cancellation during our modified hours week!

Join us for basketball pick-up games! This is a good opportunity to meet your neighbors and enjoy a friendly game or two! Both courts available if there are enough players.



30 & UP WOMEN BASKETBALL

W/ THE FAMILY FIRST COMMUNITY CENTER

Saturdays @ 3:30pm-5:30pm

September 12th-December 19th (No program on 11/28)

- FREE
- 30 + women only
- Drop-ins welcomed!

Join us every Saturday for drop-in scrimmages with other women. Pick-up games to get you up and moving with some friendly competition.



Toddlers

SPANISH STORYTIMES (HORA DE CUENTOS EN ESPAÑOL)

W/ KING COUNTY LIBRARY SYSTEM

Wednesdays @ 11:00am-12:00pm

September 9, 16, 23, 30; October 7, 14, 21, 28; November 4, 18, 25

- FREE
- Toddlers, Young Children, & Families

Engage your child in stories, music, movement, and rhymes designed to support early literacy development, followed by a structured play session.

NATURE STORYTIME

W/ ENVIRONMENTAL SCIENCE CENTER

2nd Friday of the month @ 10:00am-11:00am
September 11, October 9, November 13, December 11

- FREE
- 5 & under w/ families

Join the ESC for stories, movement, and science activities as we learn about the natural world around us. Themes rotate each month.

Thank you  **BOEING** for making our STEM programs free to the community!



TOT TIME

AT THE FAMILY FIRST COMMUNITY CENTER

Monday, Wednesday, Friday @ 9:00-11:00am

- FREE
- Ages 5 and under with adult

Bring your little one to the Family First Community Center for Drop-In Tot Time, where toys, puzzles, and books await—and toddlers can also enjoy playtime in the gym. A great time to make new friends for you and your little one! **Dates subject to change to accommodate special programs.**



FAMILY SCIENCE TIME

W/ ENVIRONMENTAL SCIENCE CENTER

Thursdays @ 5:30-7:30pm on Sep 10, Oct 8, Nov 12, Dec 10

Saturdays @ 1:00pm-3:00pm on Sep 26, Oct 24, Nov 14, Dec 12

- FREE
- Grades K-5 & families

Join the ESC for drop-in family science time! Each session features a different STEM topic with hands-on activities and crafts to keep your kids learning all year long! Stop by during any part of our event time to be a part of the fun. Open to all ages, but best recommended for families with scientists. Lessons will differ between Thursday and Saturday classes.



ENVIRONMENTAL
SCIENCE CENTER





Young Children

YOUTH ACRYLIC PAINTING CLASS

W/ JORDAN BYE FINE ARTS

Wednesdays @ 6:00pm-7:30pm

Sep 9 - Dec 16 (No class: 11/11)

- \$15/class
- Ages 5-17



Artists will learn basic art skills including composition and color theory. Everyone's welcome—whether you've never tried art before or already love it! We will be painting a variety of styles, from realism to abstract. Supplies are included in the cost and classes will result in a finished painting each week.



AMHARIC TIGRIGNA STORYTIME

W/ KING COUNTY LIBRARY SYSTEM

Tuesdays @ 6:00pm-7:00pm

October 6 - November 17

- FREE
- Toddlers, Young Children, Families



Enjoy stories, music, movement and rhymes that develop your child's early literacy skills in Amharic and Tigrigna. All ages with a caregiver.

INTRODUCTION TO BALLET

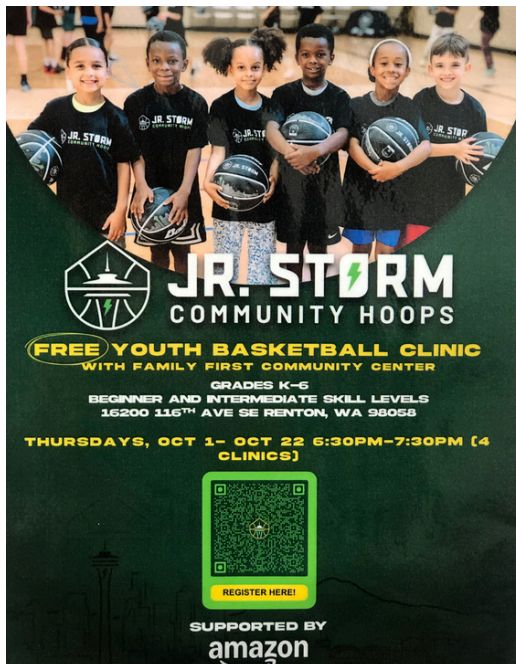
W/ DESTINY WIMPYE OF PACIFIC NORTHWEST BALLET

Saturday @ 10:00am-11:00am

Sep 12 & 19; Oct 17 & 24

- FREE
- Ages 5-9
- Pre-register in advance as space is limited!

Students will learn basic ballet movements and terminologies. Ballet attire (leotards, tights, and ballet slippers) is required. Drop-in at the FFCC front desk to register or, if already a member, add them to the class through My Active Center.



NEW WEEKLY YOUTH BASKETBALL CLINIC W/ SEATTLE STORM

Thursday @ 6:30pm-7:30pm
October 1st - 22nd, 2026
(4-week series)

- FREE
- Grades K to 6th, boys & girls

This Amazon Community Basketball Clinic Series is presented free of charge to the community. Beginner-Intermediate Skill Level! You may sign up for as many dates as desired. There is no requirement to attend them all. Check-in 15 mins early. Register here:



JR. STORM
HOOPS ACADEMY





Teens



EXPRESSIT! TEEN ART PROGRAM

W/ RENTON ART OASIS

Wednesdays @ 3:30-4:30pm

Sep 9 - Dec 16 (No class: 11/11)

- **FREE**
- **6th-12 graders**

Expressit! is a youth-centered arts program that combines visual art and reflective writing to support creative expression, self-awareness, and critical thinking in teens.

GUITAR & UKULELE LESSONS

(TEEN ONLY BEGINNER CLASS)

W/ THE RHAPSODY PROJECT

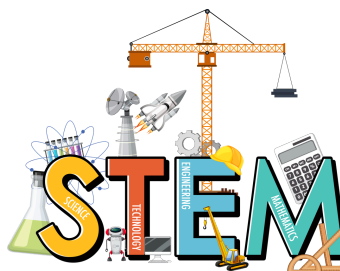
Thursdays @ 4:30-5:30pm;

Sep 10 - Dec 17 (no class on 11/26)

- **FREE**
- **Ages 10 & up! (youth, teen, adult, & seniors)**

Beginner players will learn guitar or ukulele, meet new friends & learn stories about American musicians. Bring the whole family to attend! Drop-ins available.

**Need to
borrow an
instrument?
Request one
here!**



STEM YOUTH PROGRAMMING

W/ A VISION FOR ENGINEERING, LITERACY & ACCESS (AVELA)

Tuesday (twice a month) @ 3:30-5:00pm

October 6 & 20; November 3 & 17; December 1

- **FREE**
- **6th-12 graders**

Introducing youth to fundamental STEM concepts with a mix of workshops targeting 3-5th graders. Drop-ins are welcome, but we encourage pre-registration in advance as space is limited. Register with the FFCC front desk or online on [MyActiveCenter](https://myactivecenter.org).

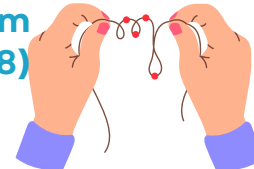
CELEBRATION OF CULTURES

W/ HYUNJOO KOO

Saturdays @ 11:00am-12:30pm

Sep 12 - Dec 12 (no class 11/28)

- **FREE**
- **Ages 5 & up with adults**



Presented by Studio Vignette Collective, this program focuses on bringing family together by introducing art technique & styles from cultures around the world. Pre-register as space is limited!

YOUTH ACRYLIC PAINTING CLASS

W/ JORDAN BYE FINE ARTS

Wednesdays @ 6:00pm-7:30pm

Sep 10 - Dec 16 (No class: 11/11)

- **\$15/class**
- **Ages 5-17**



Artists will learn basic art skills including composition and color theory. Everyone's welcome—whether you've never tried art before or already love it! We will be painting a variety of styles, from realism to abstract. Supplies are included in the cost and classes will result in a finished painting each week.



Teens



YOUNG QUEENS

W/ LIFE ENRICHMENT GROUP

Fridays @ 3:00pm-4:30pm

Sep 11 - Dec 18 (No class: 11/27)

Empower



- FREE
- Teens and nonbinary youth

Join Young Queens and embark on a journey of self-discovery, mentorship, and growth. Explore your unique potential, build lasting friendships, and embrace the path to success. Be a part of our empowering sisterhood! Unlock your potential today!

MULTI-GENERATIONAL KUNG FU

W/ GOLDEN SUN ATHLETICS

Tuesdays & Thursdays @ 6:00pm-7:30pm

September 12- Dec 17 (No class: 11/26)

- FREE thru fall 2026
- Ages 8+ (Youth, Teens, Adults, Seniors)

Multi-Generational Kung fu is a free class to help students of all ages build foundational stances, hand techniques, and breathing exercises that build strength, focus, and balance. Active wear clothes and shoes recommended! Pre-register as space is limited!

TEEN LEADERSHIP GROUP (DYNO'S)

W/ KING COUNTY LIBRARY SYSTEM & FFCC

Fridays (2x a month) @ 4:00pm-5:30pm

- September 18 & 25, October 16 & 23, November 20, December 18
- FREE
- Ages 13 -18
- Earn volunteer hours!

Are you passionate about libraries and your community? Join the DYNO (Determined Youth Neighborhood Outreach) leaders group in collaboration with Fairwood Library, Renton Library, and the FFCC. Members will earn volunteer credit and have a voice in programs offered in the greater community. *Scan the QR code to sign the interest form.



King County Library System



TIGRIGNA LANGUAGE AND CULTURE AWARENESS

W/ SELAM SCHOOL SERVICES

Saturdays @ 10:00am - 12:00pm

September 12 - December 19 (No class: 11/28)

- FREE
- Ages 5-18
- Contact 425-985-9563 for more info!

Our program focuses on listening, communication, comprehension, speaking, reading, and writing the language of Tigrigna. Students are introduced to the culture of Eritrea-speaking countries through visitors, video, pictures of cultures. We practice songs, dances, and moral values of the culture and country. All backgrounds welcomed!



Teens



TEEN VOLLEYBALL

W/ FAMILY FIRST COMMUNITY CENTER

Tuesdays and Thursdays @ 2:30-5:30pm

- **FREE**
- **Middle Schoolers & High Schoolers**

Join us at the FFCC for a drop-in time volleyball with your friends and/or family!

TEEN BASKETBALL

W/ FAMILY FIRST COMMUNITY CENTER

Monday, Wednesday, Friday @ 2:30-5:30pm

- **FREE**
- **Middle Schoolers & High Schoolers**

Come join the fun, stay active, and connect with your peers through open-gym basketball games. Make sure to bring your athletics shoes!

ZUMBA FITNESS BASICS FOR TEENS

W/ NANCY LOPEZ

Fridays @ 6:00pm-7:00pm

September 11 - December 18

(No class on 10/23, 11/27, 12/11)

- **FREE**
- **Adults & Teens**

Stop by for a fun series of Zumba aerobic classes featuring a variety of dance styles! Each class will revisit the steps we've learned and build on them to create a choreographed routine. Come join the fun, get moving, and enjoy the music!

FAMILY FIRST FRIDAY

W/ THE GATHERING CHURCH

First Fridays of the month, 6:00pm-8:00pm

Sep 11, Oct 2, Nov 6 & Dec 4

- **FREE**
- **Families and all ages**
- **Pre-register in advance!**



Join The Gathering Church for a warm meal, games, and fun activities for all ages! Register in advance on [MyActiveCenter](#) to ensure there is enough food for participants in attendance!



HIP HOP DANCE BREAKING

W/ MASSIVE MONKEES

Fridays, 3:30pm-4:30pm

- **September 11 - December 12**
- **FREE**
- **Teens, and young children with adult presence**



The purpose of Hip-Hop Dance/Breaking is to build students' confidence, skills, grit, creativity, and musicality—all while having fun as they learn advanced dance moves, tricks, choreography, performance, and battling. Provided by Body Language Studio x Breaking Boundaries Foundation!



Intergenerational



Need to
borrow an
instrument?
Request one
here! →



ZUMBA FITNESS BASICS

W/ **NANCY LOPEZ**

Thursdays @ 6:00pm-7:00pm

Sep 11 - Dec 18 (No class on 10/23, 11/27, 12/11)

- FREE
- Adults & Teens

Stop by for a fun series of Zumba aerobic classes featuring a variety of dance styles! Each class will revisit the steps we've learned and build on them to create a choreographed routine. Come join us!

MULTI-GENERATIONAL KUNG FU

W/ **GOLDEN SUN ATHLETICS**

Tuesdays & Thursdays @ 6:00pm-7:30pm

September 12- Dec 17 (No class: 11/26)

- FREE thru fall 2026
- Ages 8+ (Youth, Teens, Adults, Seniors)

Multi-Generational Kung fu is a free class to help students of all ages build foundational stances, hand techniques, and breathing exercises that build strength, focus, and balance. Active wear clothes and shoes recommended! Pre-register as space is limited!

GUITAR & UKULELE LESSONS

(FAMILY BEGINNER CLASS II)

W/ **THE RHAPSODY PROJECT**

Thursdays @ 5:30-6:30pm; Sep 10 - Dec 17

- FREE
- Ages 10 & up! (youth, teen, adult, & seniors)

Beginner players will learn guitar or ukulele, meet new friends & learn stories about American musicians. Bring the whole family to attend! Drop-ins available. Accommodations will be made for intermediate musicians.

FAMILY FIRST FRIDAY

W/ **THE GATHERING CHURCH**

First Friday of the month, 6:00pm-8:00pm

September 11; October 2; November 6; December 4

- FREE for families and all ages

Join The Gathering Church for a warm meal, games, and fun activities for all ages!

Register in advance on MyActiveCenter to ensure there is enough food for participants in attendance!





Intergenerational

FFCC Back-to-School 2026 crew!



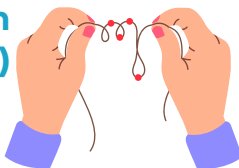
CELEBRATION OF CULTURES

W/ **HYUNJOO KOO**

Saturdays @ 11:00am-12:30pm

Sep 12 - Dec 12 (no class 11/28)

- FREE
- Ages 5 & up with adult



Presented by Studio Vignette Collective, this program focuses on bringing family together by introducing art technique & styles from cultures around the world. Pre-register as space is limited!

AMHARIC TIGRIGNA STORYTIME

W/ **KING COUNTY LIBRARY SYSTEM**

Tuesdays @ 6:00pm-7:00pm

October 6 - November 17

- FREE
- Toddlers, Young Children, Families



Enjoy stories, music, movement and rhymes that develop your child's early literacy skills in Amharic and Tigrigna. All ages with a caregiver.



**King County
Library System**

WINTER ORNAMENT-MAKING

W/ **HYUNJOO KOO**

Friday @ 6:00am-7:30pm

December 18

- FREE
- Ages 5 & up with their adults!



Join Studio Vignette Collective for a creative and cozy art experience where families can design and craft their own winter-themed ornaments. Come together, express your creativity, and make keepsakes that capture the beauty of the season. All materials are provided! Pre-register as space is limited.

TIGRIGNA LANGUAGE AND CULTURE AWARENESS

W/ **SELAM SCHOOL SERVICES**

Saturdays @ 10:00am - 12:00pm

September 12 - December 19 (No class on 11/28)

- FREE
- Ages 5-18
- Contact 425-985-9563 for more info!

Our program focuses on listening, communication, comprehension, speaking, reading, and writing the language of Tigrigna. Students are introduced to the culture of Eritrea-speaking countries through visitors, video, pictures of cultures. We practice songs, dances, and moral values of the culture and country. All backgrounds welcomed!

Facility Rentals

Interested in hosting your next **meeting** at The Family First Community Center? FFCC currently has the **Community Meeting Room** available for smaller meetings. For more information visit our website!

Availability

Saturdays from 2-6pm

Capacity

40 person capacity

Options

3 layout designs available

LEARN MORE 



1



2



3

