



# september

## IN FREEWAY PARK

SUNDAY	MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY
29	30	31	Sept 1	2	3	4
	BOOK CARTS BUSKERS	PAINTING		WELLNESS	FILM PAINTING	
5	6	7	8	9	10	11
	BOOK CARTS BUSKERS	PAINTING		WELLNESS	FILM PAINTING	
12	13	14	15	16	17	18
	BOOK CARTS BUSKERS ZUMBA			WELLNESS		
19	20	21	22	23	24	25
	BOOK CARTS BUSKERS ZUMBA	FIELD GUIDES		WELLNESS		
26	27	28	29	30	Oct 1	2
	BOOK CARTS BUSKERS ZUMBA REACH			WELLNESS	FALL FEST	

### ● BOOK CARTS

Seneca Plaza | Mon-Fri | 12-2pm  
\$2-4 for new and gently used books.  
Best book sale in the City! Proceeds go to Friend's of the Seattle Public Library.

### ● BUSKERS

Seneca Plaza | Mon-Thu | 12-2pm.  
Enjoy live music and support local musicians while you visit the park.

### ● WELLNESS

#### Tai Chi Yang and Reiki

Upper Lawns | Thurs | 12-1pm  
+ **Tai Chi** is a mind-body practice that involves a series of slow, flowing exercises that combine movement, meditation, and rhythmic breathing.  
+ **Reiki** is an energy-healing technique. Benefits include: relaxation, pain relief, and emotional balance.

### ● ZUMBA

Seneca Plaza | 5:30-6:30 pm  
Join your favorite instructors for the best dance party in town.

### ● FRIDAY FILMS

#### Seattle Chamber Music Society Film

Seneca Plaza | Fri, Sep 3 | 7:30 - 9:30 pm  
Limited edition screening of the SCMS Summer Festival.

- BRAHMS Sonata for Cello and Piano in F Major, Op 99
- PRICE String Quartet in G Major
- SCHUBERT Fantasia for Piano, Four Hands in F minor, Op. 103, D. 940

#### David Byrne's American Utopia

(rescheduled) Sept 10 | Seneca Plaza  
7:30 pm Raffle, Popcorn, + Surprises  
Movies starts at 8:30 pm

### ● PAINTING PARTIES

8/31 and 9/7 12-2pm | Seneca Plaza  
9/3 10-2pm | First Hill Farmer's Market  
9/10 4-6pm | Seneca Plaza  
Explore your creativity and add your voice to our annual art-lantern installation.

### ● REACH SERVICES

Seneca Plaza | 10am-12:30pm  
Outreach services for neighbors in need.

### ● FIELD GUIDES

#### Listening Party

Meet in Upper Lawns | 5-7pm  
Celebrate the final days of Field Guides with an artist-led walk and talk. Refreshments and treats provided.

### ● FALL FESTIVAL

Upper Lawns | 4:30-7:30pm  
Let's gather to celebrate the creativity of our community, and collectively embrace the change of seasons with color, light, food and music.  
**We will be collecting donations of winter supplies/clothes.**

#### VISIT OUR WEBSITE FOR MORE DETAILS

freewayparkassociation.org  
FOLLOW US ON INSTAGRAM  
@freewayparkseattle

