

Occupational Balance Breaks and Activities

(more details about transportation, etc. will be available at the conference).

Friday—Structured occupational balance activities—some require pre-registration.

Full Occupational Balance time from 11:30-3.

| Day/time | Activity |
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| Friday Lunch 11:30-1 Workshop 1-2:30 | Make Your Own Dreamcatcher Lori Snow, a Traditional Health apprentice from the Seattle Indian Health Board, will teach workshop attendees how to make a dreamcatcher. <ul style="list-style-type: none"> • On-site at the W Hotel (room TBA) • Lunch on your own before workshop • Must pre-register and pre-pay through SSO:USA • \$20 includes instruction and all materials Register Now |
| Friday Tour 12-1 Lunch 1-3 | Bill & Melinda Gates Foundation Visitor Center Tour Join a free private tour for conference attendees of the Gates Foundation Visitor Center. Tour will include the current special exhibit, <i>Women Hold Up Half The Sky</i> . This powerful, beautifully presented exhibit embraces social justice through “stories of women who have changed their lives through education, economic empowerment, courage, and hope. It challenges visitors to open their eyes, minds, hearts, and most of all, to take action to improve women and girls’ lives locally and globally.” <ul style="list-style-type: none"> • 15 min Metro Transit bus ride from hotel (\$2.50 each way)* • Pre-register through SSO:USA—10 person minimum for private tour, no maximum (will break into smaller groups if needed) • Lunch on own following tour at Seattle Center Armory Food Court—short walk from the Visitor Center https://www.gatesfoundation.org/Visitor-Center http://www.seattlecenter.com/ Register Now! |
| Friday Tour 12-1 Lunch 1-3 | Pike Place Market Tour Seattle’s Pike place market has been operating as a farmer’s market in downtown Seattle since 1907. Enjoy the sights, sounds, and smells of this vibrant market on a private tour for conference attendees. Highlights of the tour include delicious food samples, history and anecdotes, the original Starbucks store, the Pike Place Fish Company, the Gum Wall, and more. <ul style="list-style-type: none"> • Walk to the Market—.6 miles from hotel* • Pre-register through SSO:USA • Pay what you wish at the time of the tour • Lunch on own after tour http://www.seattlefreewalkingtours.com/market-experience-tour.php Register Now! |

Note: Make your own dream catcher, Bill and Melinda Gates Foundation Tour, and the Pike Place Market Tour all require pre-registration. You can register by clicking the link above or at the bottom of the conference registration page!

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| <p>Friday</p> <p>Lunch 11:30-1:00</p> <p>Tour 1:25-2:25</p> | <p>Argosy Harbor Tour</p> <p>During this 1-hour narrated cruise, you'll learn about Seattle history, be dazzled by the Seattle skyline, explore the workings of our shipping port, and get a close-up view of the historic waterfront, all wrapped up in the natural beauty of Elliott Bay and the surrounding Olympic and Cascade Mountain ranges.</p> <ul style="list-style-type: none"> • Walk to waterfront and tour location .5 miles* • Pre-register on your own on-line • \$27 adults; \$22 seniors (\$3 online discount for purchasing ticket at least one day in advance) • Lunch on own before (multiple choices on the waterfront) <p>https://www.argosycruises.com/argosy-cruises/harbor-cruise/</p> |
| <p>Friday</p> <p>11:30-3 (on your own)</p> | <p>Seattle Underground Tour</p> <p>Enjoy a 75 minute humorous, guided walking tour of Seattle's intriguing subterranean storefronts and sidewalks entombed when the city rebuilt on top of itself after the Great Fire of 1889. The tour begins beneath Doc Maynard's Public House, then spills into historic Pioneer Square, Seattle's birthplace, before plunging underground. Tours start on the hour.</p> <ul style="list-style-type: none"> • 15 minute Metro Transit bus ride (\$2.50 each way) or a .5 mile walk • Pre-register on your own on-line at Underground Tour website • \$22 adults • Lunch on own before or after depending on your choice of tour time <p>http://www.undergroundtour.com/about/index.html</p> |

* Volunteer guide will be available to accompany attendees from the W Seattle Hotel to the destination

Saturday

Saturday—Some possible options for exploring downtown Seattle on your own

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| <p>Saturday</p> <p>12:30-2:30</p> | <p>FareStart Restaurant</p> <p>FareStart trains persons who are homeless, in recovery, or previously incarcerated in the restaurant industry. Open 12-2 for lunch. Great menu.</p> <ul style="list-style-type: none"> • Bus or walk .7 miles • Reservations required (make on your own) • Meals from around \$15-25 <p>http://www.farestart.org/farestart-restaurant</p> |
| <p>Saturday</p> <p>12:30-2:30</p> | <p>Pike Place Market</p> <p>Walk to the Market and enjoy the sights. Buy lunch at cafes or from Market vendors, visit the first Starbucks store, shop at artisan stalls. Suggestions for restaurants: Copacabana, Etta's</p> <ul style="list-style-type: none"> • Walk to market .6 miles |

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| Saturday 12:30-2:30 | Seattle Free Walking Tours Pay-what-you-wish tours including a 1 hour tour of the Pike Place Market and a 1.5 hour tour of historic Seattle <ul style="list-style-type: none"> • Sign up on your own in advance on-line http://www.seattlefreewalkingtours.com/ |
| Saturday 12:30-2:30 | REI Flagship Store Beautifully built facility—great outdoors equipment <ul style="list-style-type: none"> • Bus or walk to store https://www.rei.com/stores/seattle.html |

Additional Activity Recommendations (Pre and Post-Conference)

Sightseeing:

- **Ballard Locks and Fish Ladder.** Daily 7-9 pm. 3015 NW 54th St. Free.
<http://www.ballardlocks.org/>
- **Center for Wooden Boats.** 10-8pm Monday-Saturday. 1010 Valley St. Free to visit; charge to rent boats.
<http://cwb.org/locations/south-lake-union/>
- **Ferry boat to Bainbridge Island.** Buy your ticket at the ferry terminal and walk on for a 30 min crossing. After reaching Bainbridge, walk up from the ferry landing for lunch at restaurant of your choice (walk is fairly steep). Return on ferry. Or, stay on for the ride back to Seattle without departing the ferry. \$8.20 Adult/\$4.10 Senior
<http://www.wsdot.com/ferries/schedule/ScheduleDetailByRoute.aspx?schedrouteid=1740>
Restaurant ideas: https://www.tripadvisor.com/Restaurants-g58342-Bainbridge_Island_Washington.html
- **Seattle Aquarium.** 9:30-5 daily. 1483 Alaskan Way. \$30/person
<http://www.seattleaquarium.org/>

Museums:

- **Klondike Gold Rush Museum.** Daily 10-5pm. 319 2nd Ave. S. National Park - no fee, donations accepted.
<https://www.nps.gov/klse/index.htm>
- **Museum of Flight.** Daily 10-5pm. 9404 E. Marginal Way S. \$21/adult
<http://www.museumofflight.org/>
- **Museum of History and Industry (MOHAI).** Daily 10-5pm. 860 Terry Ave N. \$20 adults/ \$16 seniors
<http://mohai.org/>
- **Olympic Sculpture Park.** Free outdoor sculpture park open daily sunrise to sunset. 2901 Western Ave.
<http://www.seattleartmuseum.org/visit/olympic-sculpture-park>

- **Seattle Art Museum.** Friday and Saturday 10-9pm; Sunday 10-5pm. 1300 1st Ave. \$25 Adults/ \$23 seniors
https://tickets.seattleartmuseum.org/public/show_events_list.asp

Tours:

- **Boeing Everett Plant Tour.** Tour of plant where Boeing 747, 777, and 787 are assembled. 25 miles north of Seattle, in Everett. \$25/adult
<https://www.futureofflight.org/boeing-tour-seattle>
- **Market History and Art Tour.** Saturday mornings 9-10 am. \$15/adult
<http://pikeplacemarket.org/events/market-history-art-tour?date=1497110400>
- **Market to Table Pike Place Market: Tours and Cooking Class.** \$95/person
<http://pikeplacemarket.org/events/market-table-tours-and-cooking-classes>
- **Seattle Public Library.** Self-guided tours between 12-6 pm. 1000 4th Ave. Free.
<http://seattlearchitecture.org/tours/downtown-tours/>
- **Theo's Chocolate Factory Tour.** Daily 10-6. 3400 Phinney Ave. N. \$10/person
<https://www.theochocolate.com/factory-tours/>

Shopping:

- **Uwajimaya.** Asian food and gifts market. 600 5th Ave S.
<http://www.uwajimaya.com/stores/seattle>

Theater and Sports:

- **The 5th Avenue Musical Theater.** Saturday evening. "Ragtime"
<https://www.5thavenue.org/show/ragtime>
- **Seattle Symphony.** Saturday evening. Vivaldi's Four Seasons
<http://www.seattlesymphony.org/ConcertTickets/calendar>
- **Soccer Seattle Sounders FC.** Sunday 10/22. Sounders vs Colorado Rapids.
<https://www.soundersfc.com/tickets>