

SHORELINE • LAKE FOREST PARK

SENIOR ACTIVITY CENTER

May and June 2026 Activity Guide



website: shorelineseniorcenter.org

Our website can be instantly translated into over 100 different languages!

18560 1st Ave NE, Building G, Shoreline, WA 98155

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Shoreline-LFP Senior Center/Sound Generations

18560 1st Ave NE, Building G

Shoreline, WA 98155

206-365-1536

Look What's New at the Center!

The Center staff is very excited to bring you many new opportunities and programs in May and June!

- * Welcome to **MySeniorCenter**, see page 3
- * **Talks, Presentations & Special Events**, see page 5
- * New **Balance & Stability Class**, see page 11
- * New **Watercolor classes**, see page 15
- * **Notary Services**, see page 18
- * **Community Dining Cultural Meals** for May and June, see page 19



CENTER HOURS

Monday—Thursday
8:30 am-4:00 pm

Friday

8:30 am-1:00 pm

CENTER CLOSURES

Memorial Day:
5/25

Juneteenth: 6/19

Cover Image: Members of our Open Art group. See page 15 for more information and to join the fun!

Center Staff

Center Director: Emily Jones
Kitchen Manager: Phil Bennett
Program Manager: Kevin Hallagan
Foot Care: Echo Aumick, CNA
Social Worker: Jill Bieler, MSW
Operations Coordinator: Heather Stipulkosky
Reception Volunteer: Robin Asher
Mental Health Counselor: Christine Vervitsiotis, LMHC

Center Board

President: Chris Melton
Vice President: Maryn Wynne
Secretary: Ellen Sullivan
Treasurer: Cindy McCrea
Members at Large: Brian Beam, Bill Kesel, Ned McCrea, Douglas Woods, Sarah Shepler

Core Beliefs

The Shoreline-Lake Forest Park Senior Activity Center strives to meet the needs of older adults by providing services and programs which enhance and promote quality of life, self-worth, independent living, community, and dignity. We believe that seniors offer great value to society, and in safe spaces they may share talents, gain friendships, enjoy new opportunities, and live the best life possible.

At the Shoreline-Lake Forest Park Senior Activity Center we embrace the belief that racial and other social identities should be respected and affirmed. We partner with older adults to provide accessible and inclusive services so they can age their way.

The Shoreline-Lake Forest Park Senior Activity Center does not discriminate on the basis of age, gender, marital status, familial status, religion, race, color, creed, sex, national origin, sexual orientation, gender identity, political ideology, the presence of any sensory, mental or physical disability or any other basis.

Special Announcements

New Beginnings

An Exciting New Chapter for our Senior Center

The Shoreline Lake Forest Park Senior Center is happy to announce that we are formally separating from Sound Generations as of April 10, 2026. This marks a significant shift in how services and partnerships will be managed moving forward. This change is intended to allow for greater local control, flexibility in programming, and a renewed focus on directly serving the needs of our community. While the separation ends a longstanding affiliation, we would like to express our appreciation for our past collaboration and a shared commitment to supporting older adults in our region.

MySeniorCenter

Coming Soon: A New Way to Stay Connected at our Senior Center

We're excited to share that our center will soon begin using **MySeniorCenter**, a new and easy-to-use system designed especially for senior centers like ours. This system will help us better keep track of activities, classes, and visits, making your experience even smoother and more enjoyable. Members will be able to sign in more easily when they arrive, see what programs are happening, and even register for classes online from home through a companion website called **MyActiveCenter**. Many centers across the country use this system because it saves time, reduces paperwork, and helps staff focus more on serving members. We'll be sharing more details soon and will offer plenty of help and guidance to make this transition comfortable for everyone.

What's Changing? A Closer Look at Key Tags, Sign-In, and Online Registration

As part of our move to MySeniorCenter, you'll notice helpful new tools designed to save time and keep things simple.

- **Key Tags:** Members will receive a small key tag (similar to a grocery store key tag) that is unique to you. You can scan it when you arrive at the Center to sign in quickly. If you forget your tag or prefer help, staff and volunteers will always be nearby.
- **Sign-In Kiosk:** We'll have a friendly touchscreen sign-in kiosk at the Reception Desk. Just scan your key tag or follow the simple on-screen steps to check in. It's easy to use, and we'll offer hands-on help until everyone feels confident.
- **Online Registration from Home:** You'll also be able to explore activities, classes, and events from home using a website called **MyActiveCenter**. If you like, you can sign up for programs online instead of calling or stopping by. Prefer to register in person or by phone? That option isn't going away—this just gives you more choices!

We're excited about these updates and believe they'll make your time at the Center even more enjoyable. More information—and practice opportunities—are coming soon!

General Information

2026 Memberships

Membership Benefits:

- Discounts on Classes, Activities & Services
- Bimonthly Activity Guide is mailed to you
- Complimentary lunch during your birthday month
- Supporting the Center with your membership helps us to hire the highest quality instructors and provide activities and services that enhance older adults' lives

Individual - \$50

Household - \$83

Veteran - \$28

Veteran Household - \$54

Sales tax is included in membership price.

Cash Payments

Are you paying with cash? Please try to have exact change ready for payment. **No coins, please.**

New Contact Information

Please add the Center's **new additional phone number** to your list of contacts so you will continue to receive your reminder calls.

You may receive our calls from:

206-365-1536

206-365-1537

206-365-1538

855-740-9814 (New)

Technology Programs

Tech Support & Classes

One-on-One Tech Support

Techs Repair has partnered with us to offer FREE one-on-one tech support here at the Center for phones, tablets, and computers. Appointments are 20 minutes long and they fill up fast! Call the Reception Desk to schedule your appointment.

1st & 3rd Thursday Afternoons

Mac Basics: Getting Comfortable with Your Apple Computer

Techs Repair has partnered with us to offer this FREE introductory class that helps participants understand the basics of using a Mac computer, including navigating the system, managing files, adjusting settings, and learning useful tips for everyday use. The session will also include time for questions and answers. Participants are encouraged to bring their own laptop (Mac for this class) if you would like hands-on help, but it is not required.

Please call to register. **Free**

Friday 5/29

10:00 am—12:00 pm

Windows Basics: Everyday Computer Skills

Techs Repair has partnered with us to offer this FREE class that introduces the fundamentals of using a Windows computer, including navigating the desktop, managing files and folders, adjusting settings, and learning helpful shortcuts for everyday tasks. Time will be reserved at the end for questions and discussion. Participants are encouraged to bring their own laptop (Windows laptop for this class) if you would like hands-on help, but it is not required. Call to register. **Free**

Monday 6/22

10:00 am—12:00 pm

Tech Support Shoreline Library

Tech support is available at the Shoreline Library on Thursdays from 10:30 am—11:30 am.

Call **206-362-7550** for more information.

Tech Support at Lake City Seniors

Digital Equity Coordinator, John, is available to help answer your technology questions. Please call John and leave a voicemail at **509-800-7081**.

Talks, Presentations & Special Events

Please visit or call the Reception Desk at 206-365-1536 to register unless otherwise indicated. Talks & Presentations are free.

Talks & Presentations

Demystifying Your Medical Bills

Thursday, May 14, 1:00 pm—2:00 pm

Are you confused by your medical bills? This session will help you understand them and learn how to get errors corrected when they occur. Presenter Jim Becker recently retired from a career developing and supporting healthcare software systems, and his presentation on demystifying the medical bills which are generated by such systems has been well-received at KCLS libraries, senior centers, and senior living facilities in the Seattle area.

La Guitarra Española | Music from Spain's Master Composers for Guitar

Tuesday, May 19, 1:30 pm—3:30 pm

In this KCLS program, guitarist Reyes González will perform selected pieces from the guitar and piano repertoire that imbued with old world characteristics rooted in the European-Spanish-Iberian tradition of charm, passion and soul. Join us for an afternoon of classical guitar, featuring the music of Spanish master composers Joaquín Rodrigo, Isaac Albéniz, Francisco Tárrega, Fernando Sor and more. **No registration required.**

Special Events

Curation 101: Archiving and Preservation Workshop

Tuesday, June 30, 2:00 pm—3:30 pm

Learn how to take care of your own treasures with the Shoreline Historical Museum! Bring a treasured photo, letter, or other small artifact and learn how to properly house and store your items so they can have a long and happy life!

Participants will all receive a free archival box to preserve their keepsake. **Space limited.**

Coffee With A Cop

Thursday, May 7, 9:30 am—11:30 am

This event is open to all community members. Come and share ideas, concerns, ask questions, or simply have casual conversations with your local police officers. Build relationships, no agendas, just conversations over a cup of coffee. **No registration necessary.**

Members Only Coffee Social

Fridays, 5/8 & 6/12, 10:30 am—11:30 am

Senior Center Members! We have heard your requests for morning coffee, for unstructured social time, for space to play board games, etc. This program is all of that and more! Meet people, play games, or whatever you want--this is unstructured space and time for members to get together and have fun. **Free to Center Members. No registration necessary.**

Death Café

Mondays, 5/11 & 6/8, 1:00 pm—3:00 pm

Death Cafés are gatherings where people can discuss death, dying, and mortality in a relaxed, supportive, and safe environment. They are not grief support groups or counseling sessions, but rather opportunities to share thoughts and connect. Join us for a warm, open, free-flowing discussion. Bring your stories, reflections, or curiosity as we explore how death shapes the way we live. Reduce the taboo of death, connect with others, gain new perspectives, and build community.

All are welcome—no agenda, no judgment. Space is limited, **please register for each session separately by emailing Sahara at**

deathcafe@steadygrounddoula.net



RAINBOW BINGO

SHORELINE • LAKE FOREST PARK
SENIOR ACTIVITY CENTER

Friday, May 8th 2026
7:00pm - Doors Open at 6:00pm

\$20 Includes Entertainment & Loaded Nachos
Tickets - Call or Online
206-365-1536
www.shorelinelfpseniorcenter.org

\$10 Bingo Packet at the Door
Cash or Check

Rainbow Jello Shots
Beer - Wine & Soft Drinks
21 Plus Event

with Hostess
Sylvia O'Stayformore



Trivia Night

Hosted by
Jeopardy! Champions
Sally Neumann
Leah Caglio
Head in the Clouds Trivia

Friday, May 22, 2026
Doors open at 6:30 pm
Games from 7pm to 9pm
Tickets \$10
Call 206-365-1536 or Online:
www.shorelinelfpseniorcenter.org
21 Plus Event
Snacks—Beer—Wine & Soft Drinks for Sale

Trivia Table Teams of 6
Put together a team or
join one
Make new friends at
Trivia Night

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SENIOR ACTIVITY CENTER
18560 1st Ave NE Bldg G
Shoreline, WA 98155



RAINBOW BINGO

SHORELINE • LAKE FOREST PARK
SENIOR ACTIVITY CENTER

Friday, June 12th 2026
7:00pm - Doors Open at 6:00pm

\$20 Includes Entertainment & Loaded Nachos
Tickets - Call or Online
206-365-1536
www.shorelinelfpseniorcenter.org

\$10 Bingo Packet at the Door
Cash or Check

Rainbow Jello Shots
Beer - Wine & Soft Drinks
21 Plus Event

with Hostess
Sylvia O'Stayformore

Support Your Senior Center!

Health & Wellness Programs

Fitness Classes by the Quarter

Fall Quarter Line Dancing

Whether you're a seasoned dancer or a total beginner, this is your chance to learn some fun moves, meet new friends, and groove to great music! With five levels of classes, instructors Denise Hunsaker and (TBD) have an exciting quarter planned for you in this 10 week session.

All Line Dancing registration is in-person only; no exceptions, please. Please have your class number ready. New dancers must start at Level 1, New Beginner. All classes are held in the Spartan Recreation Center Dance Room.

Fall Quarter Registration Open: Monday, June 1
Fall Quarter: Mid-September—Mid December
Exact Dates TBD

Line Dancing, New Beginner Level 1 (Classes 1A and 1B)

This class is for both brand-new dancers and those who are looking for a review of basic line dance steps and combinations. We will cover both the language and movements that are unique to line dancing, equipping students to be able to know the names of basic steps/patterns and how to do them. The teaching pace will be slow and repetitive to allow new dancers the opportunity to gain confidence as well as ability on the dance floor. We will use a variety of music, in a relaxed, social atmosphere. **No previous dance experience required.**

Class 1A: Tuesdays **10:30 am—11:30 am**
Instructor: TBD
Member: \$TBD/Non Member: \$TBD

Class 1B: Thursdays **1:00 pm—2:15 pm**
Instructor: Denise Hunsaker
Member: \$TBD/Non Member: \$TBD

Line Dancing, Beginner Level 2 (Classes 2A and 2B)

This class is for those who have been introduced to and have some experience with line dancing, and are ready to add to their basic step and step combination skill set. Each quarter we will add new steps and dances so that you can continue to learn and develop as a line dancer. The teaching pace is faster and the choreography more challenging than Level 1, but also repetitive to reinforce muscle memory. We will cover a variety of dance styles & rhythms to music from different genres. **You must know and be able to execute the basic steps of the New Beginner Level to move on to the Beginner Level.**

Class 2A: Tuesdays **11:45 am—12:45 pm**
Instructor: TBD
Member: \$TBD/Non Member: \$TBD

Class 2B: Thursdays **2:30 pm—3:45 pm**
Instructor: Denise Hunsaker
Member: \$100/Non Member: \$150

Line Dancing, Advanced Beginner Level 3 (Class 3)

This class is designed for those who have danced at the Beginner Level for a minimum of a year. This class will introduce seasoned beginner-level dancers to steps and patterns that are common in the Improver Level (Level 4), and provide the opportunity to experience more challenging choreography. This is a great transition from the beginner level towards the upper-level classes. **You must know and be able to execute the steps and combinations of both the New Beginner and Beginner Levels to move up to this level.**

Class 3: Thursdays **11:45 am—12:45 pm**
Instructor: Denise Hunsaker
Member: \$TBD/Non Member: \$TBD

Fitness Classes by the Quarter

Fall Quarter Line Dancing, Continued

Line Dancing, Improver Level 4 (Class 4)

This class is designed for those who know how to do all the steps and step combinations of the previous levels and are ready to continue to grow in their Advanced Beginner/Improver skill level with longer and slightly more difficult choreography. We will add steps and step combinations to a fun variety of music. **You must be able to execute the steps and step combinations of the first three levels before moving to Improver Level.**

Class 4: Tuesdays 2:45 pm—4:00 pm

Instructor: Denise Hunsaker

Member: \$TBD/Non Member: \$TBD

Line Dancing, Intermediate Level 5 (Class 5)

This is the most difficult level of Line Dancing classes offered and is only for those who have danced at the Improver Level for a minimum of a year. At this level, the choreography takes a definite leap up in difficulty, length and variety of rhythms and step combinations, which makes this level incredibly fun and challenging. Intermediate dancers should be more independent dancers who have a mastery of a broad range of steps and step combinations and who can dance on their own without looking at others and/or the instructor all the time. **You must know and be able to execute the steps and step combinations of the first four levels before moving to this class.**

Class 5: Tuesdays 1:00 pm—2:30 pm

Instructor: Denise Hunsaker

Member: \$TBD/Non Member: \$TBD

Summer Quarter Yoga

Calm your mind, stretch and strengthen your body and improve your balance with a Yoga class designed for students 50 and older. Each class includes breath awareness, mindful meditation and a sequence of poses to work each part of your body. Instructor Heidi Mair AWC, E-RYT specializes in Yoga for active older adults. She is a certified Wellness Counselor and Yoga Teacher with over 3,030 hours of teaching experience. Chair Yoga and Mat Yoga are available. **All Yoga registration is in-person only. Please note that dates may change slightly before the quarter starts.**

Summer Quarter: July 6—September 25

Registration Open: Monday, June 1—July 6

Chair Yoga

Class begins and ends in a chair with a portion of class spent standing focused on balance and building strength. Participants must be able to get up and down from a chair independently.

Mondays 11:30 am—12:30 pm

Member: \$110/Non Member: \$165

Wednesdays 11:00 am—12:00 pm

Member: \$120/Non Member: \$180

Fridays 11:00 am—12:00 pm

Member: \$110/Non Member: \$165

Mat Yoga

Participants must be able to get up and down from the mat. Bring a yoga mat if you have one.

Wednesdays 9:30 am—10:30 am

Member: \$120/Non Member: \$180

Fridays 9:30 am—10:30 am

Member: \$110/Non Member: \$165

Health & Wellness Programs

Classes by the month require advance registration. **Please visit or call the Reception Desk at 206-365-1536 to register.**

Fitness Classes by the Month

Yang Style Tai Chi

Join instructor Mary Newbill for Yang Style Tai Chi for health and fun! Tai Chi strengthens our Chi, or life force, building muscle, balance and health. Slow, relaxed movement coordinated with breath becomes meditation, improves posture and flexibility, and elevates mood while reducing falls for seniors. Medical research reports improvement in joint pain, arthritis, and many diseases. In the Beginner class, you will learn the first half of Cheng Man-Ching's Short Form, with applications and Qi Gong. Then in Intermediate and Continuing classes, you will work on completing and refining the Yang-style short form with Qi Gong, warm ups, applications and Water Form. **Registration required on a monthly basis.**

Beginning Tai Chi (1)

Thursdays 1:00 pm—2:00 pm
Member: \$40/Non Member: \$60 per month

Intermediate Tai Chi (2)

Tuesdays 1:30 pm—2:30 pm
Member: \$40/Non Member: \$60 per month

Continuing Tai Chi (3)

Thursdays 2:00 pm—3:00 pm
Member: \$40/Non Member: \$60 per month



Enhance® Fitness

Join instructor CeCe Ryan for Enhance®



Fitness, a fun, evidence-based group exercise and fall prevention program. Join us as we become more active, energized, and empowered to sustain independent lives. This class meets three days each week. Participants are asked to attend all sessions during the month they are enrolled. **Registration required on a monthly basis. Registration for May and June opens Friday, April 10th.**

This is a free class for Kaiser Permanente and United Healthcare Members with Medicare Advantage Plans upon confirmation of eligibility. Members must still register monthly as space is limited.

This class meets three times a week. Participants who do not have regular attendance will not be permitted to register for future sessions unless the class is not at capacity.

**Monday/Wednesday/Friday 10:00 am—11:00 am
Member: \$75/Non Member: \$150 per month
(Sales tax will be added to the price)**

Get Fit ~ Stay Fit

Instructor CeCe Ryan leads this gentle exercise program, performed either seated or standing. Improve your physical conditioning, range-of-motion, strength, and endurance while decreasing your risk of falls or injuries. Class meets twice weekly. **Registration required on a monthly basis.**

**Tuesdays/Thursdays 10:00 am—11:00 am
Member: \$50/Non Member: \$100 per month
(Sales tax will be added to the price)**

Health & Wellness Programs

Classes by the month require advance registration. **Please visit or call the Reception Desk at 206-365-1536 to register.**

Fitness Classes by the Month

Age Reversing Essentrics® Workout

As seen on PBS, this “Aging Backwards” class, taught by Natalia von Somoff, restores movement in your joints and liberates your spine, shoulders, and hips. Essentrics dynamically stretches and strengthens every muscle in the body, rebalancing the body in continuous rotational movements. Gentle movements will increase full-body mobility and strength, relieve chronic aches and pains, and improve your balance, posture and overall health. Bring a yoga mat, towel, and strap.

Tuesdays 10:00 am—11:00 am

MAY: Member: \$60/Non Member: \$80 (plus tax)

JUNE: Member: \$75/Non Member: \$100 (plus tax)

Saturdays 10:00 am—11:00 am

MAY: Member: \$75/Non Member: \$100 (plus tax)

JUNE: Member: \$60/Non Member: \$80 (plus tax)

Essentrics® Beginner Stretch

This class is mostly seated with some standing. Join instructor Natalia von Somoff for this slower-paced workout designed for those who have stiffness, are just beginning to exercise or want to feel stronger. This full-body workout will focus on mobility, posture, range of motion, core strength, balance, reducing stiffness, and engaging all of your muscles. This class will help relieve pain and will leave you feeling energized!

Fridays 10:00 am—11:00 am

MAY: Member: \$75/Non Member: \$100 (plus tax)

JUNE: Member: \$45/Non Member: \$60 (plus tax)

FREE Balance & Fall Prevention

Keep Your Balance—Keep Moving

Led by instructor Toshiko Aramaki, this is NOT a traditional exercise class. It is an entry-level course made up of 50% discussion on fall prevention strategies and 50% balance exercises. This 8-week course guides you in developing an exercise routine. **Please commit to attending all 8 sessions. This class is free, thanks to a grant from the Shoreline Fire Department. Call the Reception Desk to be placed on the waitlist.**

Next Session: 6/10—7/29

Wednesdays 1:30 pm—2:30 pm

Otago Strength and Balance Program

Join instructor Kari McCrory for Otago, an evidence-based program shown to reduce falls up to 35%! Otago is an eight-week program, with a brief fall assessment before the start and after completion of the course. Class is composed of 17 strength and balance exercises. Benefits include balance, strength, fitness, and well-being. This class meets twice a week. **Participants should be able to attend ALL sessions in this eight-week class.**

This class is for Center members only. **Donations for this class in any amount is appreciated.**

Participants with poor attendance will not be permitted to register for future sessions.

Next Session: 6/8—7/27

Registration Opens Monday, May 4

Mondays/Wednesdays 9:00 am—10:00 am

Mondays/Wednesdays 10:00 am—11:00 am

Health & Wellness Programs

Classes by the month require advance registration. **Please visit or call the Reception Desk at 206-365-1536 to register.**

Balance & Fall Prevention

Balance & Stability *with Breaking Branches Health & Fitness*



Balance & Stability is a gentle yet effective movement class designed to help older adults improve core stability, balance, coordination, and joint flexibility. Through guided stretches, low-impact resistance training, and functional exercises, participants will build strength, reduce fall risk, and feel more agile in everyday life. Join instructor Ursula (Renee) Wright for this special opportunity taking place in June!

Thursdays 11:00 am—12:00 pm

JUNE: Member: \$40/Non Member: \$60

(Sales tax will be added to the price)

Meditation & Self-Care

Self-Breema

Nurturing and energizing self-care exercises can bring balance to the body, vitality to the mind, and cultivate connection to the heart. Using Breema's universal principles of harmony, such as Body Comfortable and No Force, individuals will benefit from the effect of these gentle exercises which can be done sitting or standing, no matter their abilities. Join instructor Erde Sun for this **free** class. **Please call the Center to register.**

Mondays, 5/18 & 6/22 1:30 pm—2:15 pm

Donation Requests

Our Foot Care program is in need of regular or large-sized bottles of lotion, and the front office is in need of colored and white copy paper. Thank you!

Mind-Body-Medicine Skills Group



Join in for a weekly small-group experience focused on reducing stress, supporting emotional well-being, and building inner resilience. Learn practical tools like meditation, movement, and creative expression — all in a supportive, welcoming space. This group is led by Erian Goodson, LMT - a Naturopathic Doctorate Student at Bastyr University. **Free**

Wednesdays 5/6—6/24 1:30 pm—3:30 pm

Mind(full) Aging: Share Space/Grief

Loss is an inevitable part of living and loving. It is painful, ever-changing, and too often experienced in isolation. Share Space / Grief is a confidential group where we will hold and share space with others who are going through the grieving process. Each group will focus on a particular type of loss.

May 26: Companion loss (friend, pet)

June 2: Family loss (parent, partner, child)

June 23: Aging related loss (due to health conditions, mobility issues, loss of independence)

June 30: Anticipatory loss / caregiving-related losses

NOTE: These groups are funded by the City of Shoreline. All are welcome; however, priority is given to Shoreline residents who meet income requirements. Please call 425-382-3015 for more information and to register

Tuesdays 5/26—6/30 12:30 pm—2:00 pm

Join Our Coin Drive!

Every penny really does make a difference! We're collecting coins to support programs and activities at the Senior Center, and we'd love your help.



Clean out those jars, pockets, and piggy banks—your loose change adds up to big smiles and brighter days for our center! We raised \$80 so far!

Health & Wellness Programs

Drop-In classes are available for new and returning participants. Come any time. **Call the Reception Desk with any questions at 206-365-1536.**

Drop-In Fitness Classes

Zumba® Gold



Join instructor Cindy House for Zumba Gold, an energetic fitness program that involves cardio and Latin-inspired

dance. Zumba Gold is a lower-intensity version of the typical Zumba program. All are welcome, regardless of experience. Zumba targets many different muscle groups at once for total body toning. It also boosts your heart health. Come join the fun! **This is a free class for Kaiser Permanente and United Healthcare Medicare Advantage Plan Members with preregistration.**

Wednesdays 1:00 pm—2:00 pm

Member: \$5/Non Member: \$9

(Sales tax included in the price)

Rock N' Roll Aerobics



Join instructor Cindy House and get in shape while having fun with an upbeat fitness class that

will get your heart rate up and improve your stamina and flexibility. Class includes stretching, isolations and some popular dance moves. Feel free to have a chair at your side to take breaks or rock out while seated! **This is a free class for Kaiser Permanente and United Healthcare Medicare Advantage Plan Members with preregistration.**

Thursdays 1:00 pm—2:00 pm

Member: \$5/Non Member: \$9

(Sales tax included in the price)

Veterans Yoga Project



Veterans, First Responders, and their friends and family are welcome to join instructor Caleb Lay for this yoga class to improve

breathing, flexibility, balance, and mood. Postures can be adapted to your abilities. All Ages Welcome. Class is ongoing and you may attend anytime. No late entry to class, please. **Free**

Thursdays

2:00 pm—3:00 pm

Hula

In the summer months, our Kupuna group is enjoying time together practicing the gracefully beautiful dance form of hula. Hula is a visual dance form using hand motions to represent the words in a song or chant. New participants are welcome, but be aware the summer sessions are less instruction-based and more focused on practice.

Mondays 6/1, 6/16, 6/29 Only 1:00 pm—2:30 pm

Members: \$4/Non Members: \$8

Freshcut Paper Bouquets

We are stocked up on the beautiful pop-up paper flowers from FreshCut Paper with new offerings! These paper bouquets are a great fundraiser for the Center. FreshCut Paper bouquets are a memorable way to celebrate holidays, birthdays, milestones, express thanks, or just say "thinking of you." Come to the Center to see the new designs! Standard-sized bouquets are \$14 and minis are \$7. Thank you for your support.

Health & Wellness Programs

Call or visit the Reception Desk at 206-365-1536 to schedule services.

Health Care Services

Bastyr Naturopathic Medicine

Senior-level students from Bastyr offer full services every **Tuesday** from **8:30 a.m. to 10:30 a.m.** with Supervising Doctor **Kris Somol, ND**. Many patients come to Bastyr because they have tried conventional approaches to their health concerns and it hasn't worked. Others are looking for a more holistic and natural approach to their health care. Bastyr focuses on treating the root cause of disease, helping patients of all ages address short-term and chronic conditions. ***Cancellations must be made 24 hours in advance of your appointment to qualify for a refund.*** Payment is taken at the time of appointment scheduling.

Tuesdays 8:30 am—10:30 am
Member: \$17/Non Member: \$25

Foot Care Appointments

Foot care provider **Echo Aumick** is at the Center to provide foot care. Echo skillfully clips nails, files callouses, and works to shape up your feet. **Please see page 23 for all foot care policies. Masks are required during appointments.**

Mondays—Thursdays 8:00 am—3:00 pm
Member: \$27/Non Member: \$45

Bequests

The Shoreline-Lake Forest Park Senior Activity Center receives bequests from time to time that enable us to substantially increase our support for the Center and its members. In implementing your estate planning, we invite you to keep the Senior Center in mind. For specific advice on structuring such gifts, please contact your financial advisor.

Lifelong Learning & Personal Growth

Lifelong learning and personal growth classes are available for new and returning participants. New participants should arrive 5 minutes prior to class start time. **Call the Reception Desk with any questions at 206-365-1536.**

FREE Lifelong Learning Opportunities

Coloring for Adults

Rediscover the joy of coloring! It's a fun, creative way to relax, meet new friends, and let your imagination flow. All supplies are provided, so just join the fun with facilitator Teresa Houghtaling.

Tuesdays 12:30 pm—1:30 pm

Bring Your Own Book Club

Have you always wanted to join a book club but couldn't commit? Then this casual book discussion group is for you! Talk about whatever you're currently reading and discuss a variety of books, blogs, podcasts, movies, and more. This class is a collaboration with the Shoreline and Richmond Beach Libraries. **No registration required.**

Mondays 5/4 & 6/1 2:00 pm—3:00 pm

Lifelong Learning & Personal Growth

Lifelong learning and personal growth classes are available for new and returning participants. New participants should arrive 5 minutes prior to class start time. **Call the Reception Desk with any questions at 206-365-1536.**

FREE Lifelong Learning Opportunities

Conversational ESL

If English is not your native language and you would like to improve your conversation and pronunciation skills, this is the class for you. Join instructors Tessa and Doug Machle for practice improving conversational abilities and making new friends. **Please call the Reception Desk to register.**

Tuesdays 10:00 am—11:00 am

Beginning ESL Reading

This class will practice the English sound system for pronunciation, words, and reading with grammar and vocabulary. It will also focus on simple sentence structure. **Please call the Reception Desk to register.**

Tuesdays 11:00 am—12:00 pm

English Learners Conversation Group

This is a social group for people learning English to practice the language together.



Este es un grupo social para personas que están aprendiendo inglés y quieren practicar el idioma juntas.

这是一个供英语学习者互相交流、共同练习英语的社交小组。

이 그룹은 영어를 배우는 분들이 함께 모여 영어를 연습할 수 있는 소셜 모임입니다.

Это социальная группа для тех, кто изучает английский язык и хочет практиковаться вместе с другими.

Thursdays 11:00 am—12:00 pm

Queer Senior Social

Attention queer seniors of all shades! This group is by queer people and for queer people, so bring a friend and have fun! Get together with your LGBTQIA+ peers and make this program whatever the group wants it to be, whether that's playing games and talking about books, or just hanging out with new friends and building community together. NOTE: we're using the term "queer" as a loose umbrella term for the broader LGBTQIA+ community. All are welcome, at no charge.

Thursdays 5/28 & 6/25 1:30 pm—2:30 pm

Music

Puget Sound Strummers Ukelele Jam!

Join us as we take turns picking songs from our Uke book. Any acoustic instruments and singers are welcome. There is no teaching, but we all help beginners find the chords.

1st and 3rd Tuesdays 2:00 pm—3:30 pm

Members: \$4/Non Members: \$8 per session

(Sales tax included in the price)

Gold Cards Available

The Gold Card provides discounts on retail, services, arts, entertainment, and tourism in Seattle for King County residents ages 60 and over.

Lifelong Learning & Personal Growth

Arts & Crafts

Open Art

Join facilitator Brian Schuessler for an opportunity to create and socialize. Bring your creative projects to work on while enjoying the company of others working on their own projects. Whether it's painting, drawing, coloring, or other, come create with us! **No oil paints, please.**

Thursdays 12:00 pm—2:00 pm

Members: \$4/Non Members: \$8 per session

(Sales tax included in the price)

Driftwood Sculpture

Unveil the hidden beauty in driftwood with expert Susan Watts. Explore the art of driftwood transformation by shaping, smoothing and enhancing weathered wood into stunning natural art. Instructor has basic tools available for purchase for \$25 (cash only, please).

Tuesdays 1:00 pm—3:00 pm

Members: \$4/Non Members: \$8 per session

(Sales tax included in the price)

Basic Knitting Club

Whether you want to learn a new craft or gain tips on a knitting project you are working on, this group of friendly crafters will assist you. Should you prefer to crochet, no problem: they are happy to help you complete your project. Men and women alike enjoy this class. Come and join the fun!

Mondays 1:00 pm—2:30 pm

Members: \$4/Non Members: \$8 per session

(Sales tax included in the price)

Calling All Garden Helpers!

Do you enjoy being outside and getting your hands a little dirty? We're looking for volunteers to help care for our gardens this spring and summer! Tasks include watering, weeding, trimming, and general plant care. It's a great way to enjoy fresh air, support the Senior Center, and help keep our outdoor spaces beautiful for everyone. Let us know if you're interested!

Gather and Create: Handmade Cards

Discover the joy of card-making in this beginner-friendly rubber stamping class—no experience needed! Instructor Pamela Keller Tomchick will guide you step-by-step as you create your own beautiful handmade cards. All supplies are included.

Registration required.

Tuesday 5/19 & 6/16 1:00 pm—3:00 pm

Members: \$10/Non Members: \$15 per session

(Sales tax included in the price)

Pocket-Sized Watercolor Exploration

Interested in learning about watercolor, but unsure where to start? Then this class is for you! Drop on in and learn the basics in this FREE Pocket-Sized Watercolor Class and go home with some supplies to start creating on your own! All supplies are included. **Registration required. Free**



Monday, 5/11

12:00 pm—1:30 pm

Watercoloring Flora

Taught by local artist, Nancy Malek - Nancy will walk you through the steps to create various kinds of flowers and plants. Finish the class with a garden painting you will love! All supplies are included. **Registration required.**



Monday, 6/15

12:00 pm—2:30 pm

Members: \$20/Non Members: \$25 per session

(Sales tax will be added to the price)

Lifelong Learning & Personal Growth

Arts & Crafts

Origami 2.0

Join Jon Ann Cruver and take your origami skills to another level with a class for those who are comfortable with more intricate forms of the art of paper folding. Time will be spent on developing folding skills with the traditional crane and hummingbird. Learn how to create beautiful designs for gift giving or special occasions. If there's time we will learn how to make some very cute candy boxes. **Registration required.**



Tuesday, 5/21 **12:30 pm—2:30 pm**
Members: \$4/Non Members: \$8 per session
(Sales tax included in the price)

Origami: Summer Fun Folding

Not necessarily a class of traditional origami forms, but some fun things you may of learned during summer camp days, perhaps...long ago. Hopefully, after learning or relearning something you can go home and teach it to a young person in your life that's not on a screen. Just a good time, maybe sing some camp songs, who knows?! **Registration required.**



Thursday, 6/16 **1:45 pm—3:45 pm**
Members: \$4/Non Members: \$8 per session
(Sales tax included in the price)

Quilting & Sewing

All levels of quilters welcome; work on your own project. Be prepared to laugh and make some new friends.

Tuesdays **12:00 pm—3:00 pm**
Members: \$4/Non Members: \$8 per session
(Sales tax included in the price)

Educational

Conversational Spanish

Whether you are well versed in speaking Spanish or just beginning, you are welcome to attend. You have the option to join our Latino SEA MAR guests after class from 10 am—11 am for their regular Spanish language programming. Eric has taught Spanish at various universities and has been actively engaged throughout his career in national-level discussion and policy making regarding diversity and inclusion. New participants welcome any time. This class is brought to you in partnership with Wall Group Law.

Wednesdays **9:00 am—10:00 am**
Members: \$4/Non Members: \$8 per session
(Sales tax included in the price)

Memoir Writing Group

We've all got a lifetime of stories. Join facilitator Arlene Springer every 1st and 3rd Thursday to work on and share your short memoirs. Practice preserving your memories in writing with this supportive and encouraging group! If you've written any short memoir pieces, you are encouraged to bring them with you to share with the group! **This is a drop-in class.**

1st and 3rd Thursdays **10:00 am—11:30 am**
Members: \$4/Non Members: \$8 per session
(Sales tax included in the price)

Lifelong Learning & Personal Growth

Personal Growth

Stages of Change

Why don't they just do it? Is there anything more frustrating than watching someone resist a necessary change? Whether it's quitting a bad habit, starting a good habit, or accepting needed help, we all struggle sometimes to do what we know we should do.

Why is change so hard? Come join us for a conversation about the stages of change. We will discuss how motivation works and learn strategies to best support ourselves (and others) on the journey. **Please Call the Reception Desk to register.**

Free

Friday 6/5

10:30 am—12:00 pm

Games

Duplicate Bridge

This is a friendly, non-sanctioned game in which identical deals are played in order to compare individual scores. Come join the fun! A partner and knowledge of Bridge playing are required. Enjoy a complimentary coffee service during the game! Facilitated by Ralph Nussbaum.

Wednesdays

11:30 am—3:30 pm

Members: \$4/Non Members: \$8 per session

(Sales tax included in the price)

Pinochle

This fun game is a trick-taking, Ace-Ten card game for four players (per table) played with a 48-card deck. New players always welcome. Facilitated by Karen Napora and Donna Turner.

Thursdays

12:30 pm—3:30 pm

Members: \$4/Non Members: \$8 per session

(Sales tax included in the price)

Activities in Chinese

CISC Chinese Musical Group

CISC Chinese Musical Instrument Group is an ensemble comprising both instrumentalists and vocalists, dedicated to performing a repertoire of traditional and contemporary music. The group utilizes a broad array of instruments, including erhu, flute, electric wind instrument, violin, electronic keyboard, and saxophone. Our mission is: unity, respect, understanding, and inclusiveness. The ensemble fosters holistic well-being among its members and encourages collective enjoyment and engagement, particularly in the golden age.

Through musical performance, the group promotes cultural connection, enabling audiences to appreciate the rich heritage and distinctive qualities of Chinese musical tradition. **Free**

Wednesdays

9:00 am—2:00 pm

Activities in Spanish

Sea Mar

Do you know any Spanish-speaking seniors? Sea Mar (a community-based



organization committed to providing quality, comprehensive health, human, housing, educational and cultural services to diverse communities, specializing in service to Latinos in Washington state) provides seniors nutritional and socialization opportunities and programming delivered in Spanish. **Please contact 206-764-4700 for more information. Free**

Wednesdays

9:00 am—2:00 pm

Additional Services

Assistance

Social Worker Appointments

Jill Bieler is a licensed Social Worker with a Master of Social Work degree and a Post-Graduate Certificate in Aging Studies. She offers free, confidential support to Shoreline and Lake Forest Park residents through in-person or phone appointments.

Jill provides compassionate support and practical assistance in areas such as:

- * **Advocacy and Referrals:** Help connecting to community resources for housing, food assistance, transportation, financial aid, legal services, and mental health support.
- * **Emotional Support and Counseling:** Short-term counseling for seniors and their families dealing with aging-related challenges, grief and loss, illness adjustment, and caregiving stress; evaluates mental health concerns for referrals to outside agencies.
- * **Application Assistance:** Guidance with applications for senior housing, utility discount programs, and public benefits.

Please call or visit the Reception Desk to schedule an appointment.

Veterans Benefit Advising

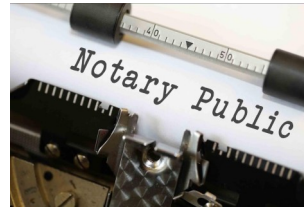
We are pleased to offer appointments with Veterans Benefits Advisor **Tim Miller**. Appointments are available on the **third Monday of the Month**.

Some areas in which the Benefits Advisor can assist:

- * Veteran Benefit Overview and Workshops
- * Veteran Healthcare and Navigation
- * Burial Benefits and Death benefits
- * Spousal Benefits

Please call or visit the Reception Desk to schedule an appointment.

Notary Service



We are excited to announce a new service at our Senior Activity Center! We are pleased to offer **professional notary**

services right here at the Center. Whether you need documents notarized for personal, legal, or financial purposes, our trusted notary Heather is here to make the process simple and convenient. **Please call in advance or visit the Reception Desk for more details or to schedule an appointment!**
Member: \$5/Non Member: \$10

Food Security

Grocery Giveaway

The Center hosts a weekly grocery giveaway on Mondays during lunch service in the dining room. Excess food donations from our community partners will be available to guests. Please remember to bring your own bag. Supplies are limited and dependent on excess donations.

Meals on Wheels

Do you have difficulty shopping or preparing food? This program delivers nutritious frozen meals on a weekly basis. Please call **206-448-5767**.

Community Dining

Lunch is served to seniors Monday through Friday from 11:45 am to 12:15 pm. **In-Center dining only.** Please bring exact change for payment.

- Arrive 11:35 am
- The suggested donation for a senior lunch is \$5 per person for guests 60 and over; guests under 60 cost \$10. Lunch is first come, first served.
- **Payment accepted in cash or a check made out to Sound Generations (This will not change after April 10).**
- ***Please bring exact change for payment.***

A Community Dining PIF form must be filled out by qualified diners in order to participate in our lunch program. Upon completion of the form, a meal card will be made for you to bring to the Center when you come for lunch. You may pick up a menu for the month at the Center.

Please see the menu on our website:
shorelineseniorcenter.org

Birthday Lunch: As a 2026 Center member, you can enjoy a complimentary lunch during your birthday month.

Leftovers? We do not provide a container for leftovers. Please bring your own container if you wish to bring home your delicious leftovers. To-Go Lunches are not available. Diners must eat at the Center.

Cultural Meals at the Center

Pack your appetite and grab your fork—it's time for a delicious trip around the world! This month, Chef Phil is whisking us away with a playful mix of global comfort foods that are big on flavor and full of heart. From dunk-and-dip Shakshuka to Peru's bold and hearty Rocoto Relleno and Lomo Saltado, plus the cozy, feel-good goodness of Egyptian Koshari, every meal is a little adventure. Come hungry, come curious, and get ready to savor great food, good stories, and even better company!



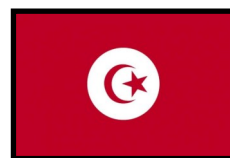
Friday, May 8th we're turning up the flavor with Peru's beloved **Rocoto Relleno**—a dish that's as bold as it is comforting! This traditional favorite features a mildly spicy rocoto pepper generously stuffed with seasoned ground meat, onions, olives, and spices, then baked with a creamy topping until perfectly tender. Hailing from the historic city of Arequipa, Rocoto Relleno blends vibrant flavors with hearty tradition, offering a taste of Peruvian hospitality in every bite. ¡Buen provecho! Tasty!



Tuesday, May 19th we're firing up the skillet for Peru's iconic **Lomo Saltado**—a joyful celebration of flavor and fusion! This hearty favorite brings together tender strips of beef stir-fried with onions, tomatoes, and savory seasonings, then served alongside crispy fries and fluffy rice. Born from Peru's rich *chifa* tradition, where Chinese and Peruvian cuisines meet, Lomo Saltado is colorful, comforting, and full of lively flair. A true crowd-pleaser—¡qué delicioso! Mouthwatering!



Friday, June 12th we're digging into the heart of Egyptian comfort food with **Koshari**—a joyful bowl full of flavor and history! This beloved street-food classic layers rice, lentils, and pasta, topped with a zesty tomato sauce, crispy onions, and just the right touch of spice. Simple ingredients come together in a wonderfully satisfying way, making Koshari a true celebration of warmth, tradition, and togetherness. One bite, and you'll taste why it's a national favorite—sahtain! What a treat!



Tuesday, June 23rd we're gathering around the table for **Shakshuka**—a vibrant, feel-good favorite enjoyed across the Middle East and North Africa! Thought to originate in Tunisia, this comforting dish features gently poached eggs nestled in a rich, spiced tomato and pepper sauce, simmered until warm and wonderfully savory. Once a humble skillet meal meant for sharing, Shakshuka has become a beloved symbol of community, comfort, and bold flavor. Perfect for dipping, savoring, and smiling—bete'avon! Wow!

Services Through Sound Generations

Transportation Services

Hyde Shuttle

Did you know Hyde Shuttle offers transportation within King County for residents in Shoreline and Lake Forest Park? Hyde Shuttle transports adults 55 and older and/or people living with disabilities of all ages. You can arrange transportation to the Senior Center, grocery store, medical appointments, or errands within your neighborhood.

Call Hyde Shuttle at 206-727-6262 for more information. Rides must be arranged three full days in advance. Donations are gladly accepted.

Volunteer Transportation Services

Do you need a ride to a medical or dental appointment? Volunteer Transportation through Sound Generations can help! Drivers use their own vehicles to provide a safe, personalized and affordable transportation service for older adults. Eligible adults are King County residents who are 60 and over with limited transportation options who can self-transfer into a private vehicle.

Please call Volunteer Transportation at 206-448-5740 for more information.

Additional Programs

Did you know that **Sound Generations** has many different departments available to help you? Here are some of the services available to you:

Minor Home Repair

Minor Home Repair provides services for income eligible homeowner of all ages in Seattle, Shoreline, and Bellevue. They can help with minor plumbing, electrical, carpentry, and accessibility modifications. Call **206-448-5751** for information.

Caregiver Support

Caregiver Support will help eligible unpaid caregivers in finding community resources and assist in securing the services you need, including caregiver counseling and support groups.

Call 206-448-3110 for details.

Geriatric Regional Assessment Team (GRAT)

Geriatric Regional Assessment Team (GRAT) offers outreach, comprehensive assessment and early intervention for aging adults who are isolated and escalating toward crisis. King County residents aged 55 and over are eligible. This includes: memory issues, mental health issues, substance use, risk of losing home, and risk of hospitalization.

Call 206-448-5730 for details.

Pathways Information & Assistance

Pathways Information & Assistance will help you find community resources and support such as in-home support, transportation, Medicaid, food assistance, and housing options. **Call 206-448-3110** for details.

Elder Education Institute

The Elder Education Institute provides professional training and community-based educational workshops on topics pertinent to the unique needs of older adults. **Call 206-727-6262 Extension 6226** for details.

May 2026 Class Schedule by Day

Class	Day	Time	Instructor	Page #
Otago	MONDAY	9:00 - 10:00	Kari McCrory	10
Enhance Fitness	MONDAY	10:00 - 11:00	CeCe Ryan	9
Otago	MONDAY	10:00 - 11:00	Kari McCrory	10
Chair Yoga	MONDAY no class 5/18 & 5/25	11:30 - 12:30	Heidi Mair	8
Pocket-Sized Watercolor Exploration	MONDAY 5/11	12:00 - 1:30	ShoreLake Arts	15
Knitting Club	MONDAY	1:00 - 2:30		15
Death Café	MONDAY 5/11	1:00 - 3:00	Sahara	5
Self Breema	MONDAY 5/18	1:30 - 2:15	Erde Sun	11
Bring Your Own Book Club	MONDAY 5/4	2:00 - 3:30	King County Library	13
Bastyr Clinic	TUESDAY	8:30 - 11:30	Bastyr	13
Conversational ESL	TUESDAY	10:00 - 11:00	Tessa & Doug	14
Get Fit - Stay Fit	TUESDAY	10:00 - 11:00	CeCe Ryan	9
Essentrics	TUESDAY	10:00 - 11:00	Natalia von Somoff	10
Line Dancing 1A	TUESDAY	10:30 - 11:30	TBD	7
Beginning ESL Reading	TUESDAY	11:00 - 12:00	Cathy Costa	14
Line Dancing 2A	TUESDAY	11:45 - 12:45	TBD	7
Quilting & Sewing	TUESDAY	12:00 - 3:00		16
Mind(full) Aging	TUESDAY starts 5/26	12:30 - 2:00	Christine Vervitsiotis	11
Coloring for Adults	TUESDAY	12:30 - 1:30	Teresa Houghtaling	13
Origami 2.0	TUESDAY 5/21	12:30 - 2:30	JonAnn Cruver	16
Line Dancing Intermediate 5	TUESDAY	1:00 - 2:30	Denise Hunsaker	8
Handmade Cards	TUESDAY 5/19	1:00 - 3:00	Pamela Keller Tomchick	15
Driftwood Sculpture	TUESDAY	1:00 - 3:00	Susan Watts	15
Intermediate Tai Chi 2	TUESDAY	1:30 - 2:30	Mary Newbill	9
La Guitarra Española	TUESDAY 5/19	1:30 - 3:30	Reyes González	5
Ukelele Jam Sessions	TUESDAY 5/5 & 5/19	2:00 - 3:30	Jenny Shore	14
Line Dancing Improver 4	TUESDAY	2:45 - 4:00	Denise Hunsaker	8
Otago	WEDNESDAY	9:00 - 10:00	Kari McCrory	10
Conversational Spanish	WEDNESDAY	9:00 - 10:00	Eric Vogt	16
SeaMar	WEDNESDAY	9:00 - 2:00	Martha Acuna	17
CISC Musical Group	WEDNESDAY	9:00 - 2:00		17
Mat Yoga	WEDNESDAY	9:30 - 10:30	Heidi Mair	8
Otago	WEDNESDAY	10:00 - 11:00	Kari McCrory	10
Enhance Fitness	WEDNESDAY	10:00 - 11:00	CeCe Ryan	9
Chair Yoga	WEDNESDAY	11:00 - 12:00	Heidi Mair	8
Duplicate Bridge	WEDNESDAY	11:30 - 3:30	Ralph Nusbaum	17
Zumba Gold	WEDNESDAY	1:00 - 2:00	Cindy House	12
Mind Body Medicine Skills	WEDNESDAY	1:30 - 3:30	Erian Goodson, LMT	11
Keep Your Balance-Keep Moving	WEDNESDAY thru 5/20	1:30 - 2:30	Toshiko Aramaki	10
Coffee with a Cop	THURSDAY 5/7	9:30 - 11:30	Shoreline PD	5
Get Fit - Stay Fit	THURSDAY	10:00 - 11:00	CeCe Ryan	9
Memoir Writing Group	THURSDAY 5/7 & 5/21	10:00 - 11:30	Arlene Springer	16
English Learners Conversation Group	THURSDAY	11:00 - 12:00		14
Line Dancing 3	THURSDAY	11:45 - 12:45	Denise Hunsaker	7
Open Art	THURSDAY	12:00 - 2:00	Brian Schuessler	15
Tech Support	THURSDAY 5/7 & 5/21	12:30 - 3:30	Techs Repair	4
Pinochle	THURSDAY	12:30 - 3:30	Karen Napora	17
Demystifying your Medical Bills	THURSDAY 5/14	1:00 - 2:00	Jim Becker	5
Line Dancing 1B	THURSDAY	1:00 - 2:15	TBD	7
Rock & Roll Aerobics	THURSDAY	1:00 - 2:00	Cindy House	12
Beginner Tai Chi 1	THURSDAY	1:00 - 2:00	Mary Newbill	9
Queer Senior Social	THURSDAY 5/28	1:30 - 2:30	Kevin Halligan	14
Continuing Tai Chi 3	THURSDAY	2:00 - 3:00	Mary Newbill	9
Veterans Yoga Project	THURSDAY	2:00 - 3:00	Caleb Lay	12
Line Dancing 2B	THURSDAY	2:30 - 3:45	Denise Hunsaker	7
Mat Yoga	FRIDAY	9:30 - 10:30	Heidi Mair	8
Mac Basics: Apple Computers	FRIDAY 5/29	10:00 - 12:00	Techs Repair	4
Enhance Fitness	FRIDAY	10:00 - 11:00	CeCe Ryan	9
Essentrics Beginner Stretch	FRIDAY	10:00 - 11:00	Natalia von Somoff	10
Members' Coffee Social	FRIDAY 5/8	10:30 - 11:30		5
Chair Yoga	FRIDAY	11:00 - 12:00	Heidi Mair	8
Essentrics	SATURDAY	10:00 - 11:00	Natalia von Somoff	10

June 2026 Class Schedule by Day

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Otago	MONDAY	9:00 - 10:00	Kari McCrory	10
Enhance Fitness	MONDAY	10:00 - 11:00	CeCe Ryan	9
Otago	MONDAY	10:00 - 11:00	Kari McCrory	10
Windows Basics: Everyday Skills	MONDAY 6/22	10:00 - 12:00	Techs Repair	4
Chair Yoga	MONDAY	11:30 - 12:30	Heidi Mair	8
Watercoloring Flora	MONDAY 6/15	12:00 - 2:30	Nancy Malek	15
Death Café	MONDAY 6/8	1:00 - 3:00	Sahara	5
Knitting Club	MONDAY	1:00 - 2:30		15
Kupuna Hula Practice	MONDAY 6/1, 6/16, 6/29	1:00 - 2:30	Gloria Kawabori	12
Self Breema	MONDAY 6/22	1:30 - 2:15	Erde Sun	11
Bring Your Own Book Club	MONDAY 6/1	2:00 - 3:30	King County Library	13
Bastyr Clinic	TUESDAY	8:30 - 11:30	Bastyr	13
Conversational ESL	TUESDAY	10:00 - 11:00	Tessa & Doug	14
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Coloring for Adults	TUESDAY	12:30 - 1:30	Teresa Houghtaling	13
Line Dancing Intermediate 5	TUESDAY thru 6/16	1:00 - 2:30	Denise Hunsaker	8
Handmade Cards	TUESDAY 6/16	1:00 - 3:00	Pamela Keller Tomchick	15
Driftwood Sculpture	TUESDAY	1:00 - 3:00	Susan Watts	15
Intermediate Tai Chi 2	TUESDAY	1:30 - 2:30	Mary Newbill	9
Ukelele Jam Sessions	TUESDAY 6/2 & 6/16	2:00 - 3:30	Jenny Shore	14
Curation 101: Archiving & Preservation	TUESDAY 6/30	2:00 3:30	Shoreline Historical Museum	5
Line Dancing Improver 4	TUESDAY thru 6/16	2:45 - 4:00	Denise Hunsaker	8
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Center Expectations and Policies

Code of Conduct

The Shoreline-Lake Forest Park Senior Activity Center has established rules of conduct that promote a safe, healthy and barrier-free environment. Our staff makes every effort to apply these rules in a fair, humane and positive manner for the benefit of all. Our goal is to be a safe place where everyone feels welcome. The Senior Center does not discriminate or tolerate discrimination of any kind due to race, religion, gender identity, age, ability, sexual orientation, language, class or socio-economic status. We acknowledge that systemic racism exists, and we are committed to taking a stand against racism and intolerance.

Refund Policy

Refunds may be considered only in cases of unforeseen medical emergencies involving the participant or a significant other, or surgeries that prevent participation in class activities. Please note: Classes purchased as a full quarter session (such as Yoga or Line Dancing) are non-refundable, as instructors are compensated for the entire session based on full enrollment.

Bastyr Policy

24-hour notice of cancellation must be provided in advance of an appointment to receive a refund or credit.

Foot Care Policies

Please be advised of the following policies for foot care appointments:

- 24-hour notice required for cancellation of appointment.
- Less than 24-hour notice, or failure to attend your appointment, will result in being charged for the appointment. In this case, you will be able to reschedule your appointment after payment has been made.
- Please **BE ON TIME FOR YOUR SCHEDULED APPOINTMENT**. If you are beyond five minutes late, payment will be required, and you will have to reschedule your appointment.
- Please bring a hand towel, face mask, and any medication updates; masks are required in the clinic room during your appointment.
- **If you are ill, you will need to reschedule your appointment.**
- **We reserve the right to refuse service to anyone who presents with health concerns.**
- **New clients:** Please arrive 15 minutes prior to your appointment for intake paperwork completion, and bring a copy of all medications you take with the dosages frequencies.

Land Acknowledgement

The Shoreline-Lake Forest Park Senior Activity Center acknowledges the Coast Salish peoples of this land, the land which touches the shared waters of all tribes and bands within the Duwamish, Puyallup, Suquamish, Tulalip, Snoqualmie and Muckleshoot nations.

Sound Generations
Shoreline-Lake Forest Park Senior Activity Center
2208 2nd Ave
Seattle, WA 98121

Non-profit
U.S. Postage

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Seattle, WA

Sponsors

We deeply appreciate the generous support of our sponsors, who help us continue our mission and serve our community. Please show your gratitude by visiting them and exploring the valuable services they offer. Your support of our sponsors helps strengthen the programs you love! Would you like to become a sponsor of the Center? Please contact Director Emily Jones for more information.

