

# SHORELINE • LAKE FOREST PARK SENIOR ACTIVITY CENTER

## July and August 2026 Activity Guide



**Shoreline Senior Center Quilters and Sewers: Sew Much Fun, Sew Little Time!**

**website: [shorelineseniorcenter.org](http://shorelineseniorcenter.org)**

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

**18560 1<sup>st</sup> Ave NE, Building G, Shoreline, WA 98155**

**Phone 206-365-1536**

**Email: [info@shorelineseniorcenter.org](mailto:info@shorelineseniorcenter.org)**

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Shoreline-LFP Senior Center/Sound Generations

18560 1<sup>st</sup> 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!

- \* **Talks, Presentations & Special Events**, see page 5
- \* Fall **Line Dance Registration**, see pages 6-7
- \* New **Seated Balance Class**, see page 9
- \* New **Pen and Ink Sketching** class, see page 15
- \* **Community Dining Cultural Meals** for July and August, see page 18



### CENTER HOURS

**Monday—Thursday**  
**8:30 am-4:00 pm**  
**Friday**  
**8:30 am-1:00 pm**

### CENTER CLOSURES

**4th of July:**  
**Friday 7/3**  
**Staff Workday:**  
**Friday 7/17**

**Cover Image:**  
**Senior Center Quilting & Sewing Group,**  
**May 26, 2026**

### 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 Senior 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 Senior 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 Senior 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.

**SAVE THE DATE!**

# **2026 Shoreline Chocolate Festival!**

We're trying something new this year!

Local chocolatiers will be setting up shop right here at the Senior Center for an afternoon of chocolate sampling, discovery and indulgence. Your ticket includes one sample from each vendor – and if you find a new favorite, they'll have products available to purchase on the spot!



**Tickets go on sale August 24,  
and all proceeds support the  
programs and community you  
love here at the Senior Center.**

Bring your families, your friends, your neighbors, that stranger on the train ... If this first festival is as fun as we're expecting, it won't be the last!

# General Information

## 2026 Membership Discounts

A little savings goes a long way—enjoy discounted **calendar year memberships** starting July 1<sup>st</sup>!

### 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 - \$25**

**Household - \$40**

**Veteran - \$20**

**Veteran Household - \$35**

## Cash Payments

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

## Sales Tax

We have received a ruling from the WA Department of Revenue that determined we no longer need to charge sales tax as of July 1<sup>st</sup>.

## Registering for Classes

It's the perfect time to register for your upcoming activities. You can register in three ways:



- Visit the Reception Desk
- Call the Reception Desk at 206-365-1536
- Line Dancing and Yoga Registrations are in-person only

Please note: **Lifelong Learning classes generally do not require advance registration** unless otherwise indicated in the guide.

# 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. 1<sup>st</sup> & 3<sup>rd</sup> Thursday Afternoons.**

### 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 if registration is required. Talks & Presentations are free.**

## Talks & Presentations

### Senior Property Tax Exemption Info Session

Monday, July 6, 1:00 pm—2:00 pm

Are you a homeowner over the age of 61 or disabled with a maximum household income less than \$84,000? If so, you qualify for the SENIOR PROPERTY TAX EXEMPTION! Join the King County Assessor's Office for this info session on eligibility requirements, the application process, benefit levels, and more. **Registration required.**

### Living Alone with (Minimal) Fear

Friday, August 7, 10:00 am—11:30 am

Aging-related losses can make us question our ability to continue to live safely and comfortably in our own home. Join us for a conversation about assessing and reducing risk. From a mental health perspective, we will talk about ways in which anxiety and worry can cause us to exaggerate perceived threat while simultaneously undermining our ability to deal with that threat effectively. We will also spend a lot of time in problem-solving mode, where participants will be encouraged to share practical strategies and personal tips with others. **Registration required.**

## Special Events

### Bonjour! French Fun with the Kids of North Seattle French School

Thurs., July 2 and Fri., Aug 21, 9:30 am—10:30 am

Say bonjour to North Seattle French School's summer campers! Together you'll learn some new French words and phrases, and work together on a fun craft and activity. **Registration required.**

### Shoreline Heat Pump Program Presentation

Wednesday, July 29, 1:00 pm—2:00 pm

Join *Energize Shoreline* for a free Energize Shoreline workshop to learn how heat pumps can both cool your home in the summer and keep it warm in the winter—while using less energy. You'll also learn how to save money on installation, including a \$2,500 discount, and get connected with trusted local installers who can guide you every step of the way. Hot weather is becoming more common, and the City of Shoreline is here to help you stay comfortable at home. Learn more at [ShorelineWA.gov/GoElectric](http://ShorelineWA.gov/GoElectric). **Registration required.**

### Summer Social Fridays

Fridays, 9:00 am—11:30 am

Meet people, play cards, have a cup of coffee, and just hang out with friends new and old. Every Friday in the summer (that we're open). Sponsored in part by Edmonds' Village. **No registration necessary.**

### Welcome to Medicare

Friday, July 10, 9:00 am—11:30 am

*Welcome to Medicare* is a presentation for people who are beginning their Medicare journey. We will discuss enrollment, cost, benefits, and adding coverage. This is a presentation and discussion with a SHIBA representative. **Registration required.**

### Senior Citizens Day Celebration with Tammy & Candace

Friday, August 21, 9:00 am—11:30 am

Celebrate Senior Citizens Day with our amazing long-time volunteer duo, Tammy & Candace! Come for coffee, tea, and snacks, and share wisdom, memories, and the secrets that keep you happy with some members of our Memoir Writing Group.

# 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 11-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 8**

**Fall Quarter: September 22—December 17**

### 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: Niriko Hashimoto**

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

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**Class 1B: Thursdays 1:00 pm—2:15 pm**

**Instructor: Denise Hunsaker**

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

### 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: Heather Stipulkosky**

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

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**Class 2B: Thursdays 2:30 pm—3:45 pm**

**Instructor: Denise Hunsaker**

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

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

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

#### 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: \$154/Non Member: \$198**

### 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**

**Fall Registration Opens 8/1**

#### 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**

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**Wednesdays 11:00 am—12:00 pm**

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

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**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**

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**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<sup>®</sup> Fitness

Join instructor CeCe Ryan for Enhance<sup>®</sup>



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 July and August opens Friday, June 12<sup>th</sup>.**

**No class 8/14—8/21**

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

### 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. **No class 8/12—8/20**

Tuesdays/Thursdays 10:00 am—11:00 am  
Member: \$50/Non Member: \$100 per month

# 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.

**Tuesdays, Saturdays 10:00 am—11:00 am**

**Class will resume in September**

### 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.

**Fridays 10:00 am—11:00 am**

**Class will resume in September**

### QiGong

Whether you spell it Qigong, Chi Gung, or another way, come see how focused breathing, connected to gentle movement, supports whole-body health. Experience the healing energy of Qi when supported by the calm of meditation in this ongoing group practice. Facilitated by volunteer Rich Williams, this class is available on a drop in basis.

**Fridays 10:00 pm—11:00 pm**

**Members: \$3/Non Members: \$7 per session**

### Seated Fitness and Balance with Novella

A seated exercise class for all levels. A low-impact, instructor-led workout performed entirely or primarily while sitting in a chair.



This class is designed to build strength, flexibility, and cardiovascular endurance. We will also work on balance. Hand and ankle weights will be provided. Join Novella for an hour of exercising and fun!

**Wednesdays 2:30 pm—3:30 pm**

**Member: \$25/Non Member: \$50 per month**

## FREE Balance & Fall Prevention

### 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: 8/10—10/5**

**Registration Opens Monday, July 13**

**Mondays/Wednesdays 9:00 am—10:00 am**

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**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

### 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.**

**Two Sessions: 6/10—8/29 & 9/2—10/21**  
**Wednesdays 1:30 pm—2:30 pm**

## 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, 7/20 & 8/17 1:30 pm—2:15 pm**

### 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 skills like meditation, movement, and creative expression — all in a supportive, welcoming space. This group is led by Dr. Erian Goodson, LMT. **Free Wednesdays 7/1—8/19 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.

**July 7:** Companion loss (friend, pet)

**July 14:** Family loss (parent, partner, child)

**July 21:** Aging related loss (due to health conditions, mobility issues, loss of independence)

**July 28:** 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 7/7—7/28 12:15 pm—1:45 pm**

### Donation Requests

Our front office is in need of colored and white copy paper. Thank you!

# 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: \$4/Non Member: \$8**

### 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: \$4/Non Member: \$8**

### 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**

### Kupuna Hula

Over the summer, our Kupuna group is enjoying time together practicing the gracefully beautiful dance form of hula. Our regular instructor is out for July and August, so in these months the group will be practicing what they've already learned.

**Mondays 7/13, 7/27, 8/10, 8/24 Only**

**1:00 pm—2:30 pm**

**Members: \$3/Non Members: \$7**

(Sales tax inclusive)

## Health Care Services

### Foot Care Appointments

Congratulations to foot care provider **Echo Aumick** on her retirement! We are currently seeking a new foot care provider, so check back for details.



# 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 and Steven Goodman 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 7/30 & 8/27 1:30 pm—2:30 pm**

### Death Café

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](mailto:deathcafe@steadygrounddoula.net)

**Mondays 7/13 & 8/10 1:00 pm—3:00 pm**

# 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: \$3/Non Members: \$7 per session**

### 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: \$3/Non Members: \$7 per session**

### 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: \$3/Non Members: \$7 per session**

### 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 7/21 & 8/18** 1:00 pm—3:00 pm

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



The graphic features a light blue background with a yellow band across the middle. On the left, there is a stylized illustration of a woman with blonde hair, glasses, and a red smile. Above her head, the word "RAINBOW" is written in colorful letters, and below it, "BINGO" is written in large, bold, black letters. To the right of the illustration, a list of dates is provided. The year "2026" is written in large, bold, purple letters on the yellow band. Below the band, the word "Trivia Night" is written in a white, serif font, with a glowing lightbulb icon above it. To the right of the "Trivia Night" text, a list of dates is provided.

January 9
February 13
March 13
April 10
May 8
June 12
September 11
October 9
November 13
December 11

**2026**

January 23
March 27
May 22
September 25
November 20

# Lifelong Learning & Personal Growth

## Arts & Crafts

### Pen and Ink Sketching (Introduction to Fruits & Nature)



Discover the joy of art through Pen and Ink Sketching. In this beginner-friendly class, award-winning artist Shujing will guide you step-by-step to capture the beauty of fruits and nature using simple lines and shading techniques. No experience necessary. **Registration required.**

**Thursdays, 7/9—8/13                      9:30 am—11:30 am**  
**Members: \$48/Non Members: \$53 per session**

### 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: \$3/Non Members: \$7 per session**

## 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.

**1<sup>st</sup> and 3<sup>rd</sup> Tuesdays                      2:00 pm—3:30 pm**  
**Members: \$3/Non Members: \$7 per session**

## 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: \$3/Non Members: \$7 per session**

### Memoir Writing Group

We've all got a lifetime of stories. Join facilitator Arlene Springer every 1<sup>st</sup> and 3<sup>rd</sup> 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.**

**1<sup>st</sup> and 3<sup>rd</sup> Thursdays                      10:00 am—11:30 am**  
**Members: \$3/Non Members: \$7 per session**

# Lifelong Learning & Personal Growth

## 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: \$3/Non Members: \$7 per session**

### 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 Donna Turner.

**Thursdays 12:30 pm—3:30 pm**

**Members: \$3/Non Members: \$7 per session**

## 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

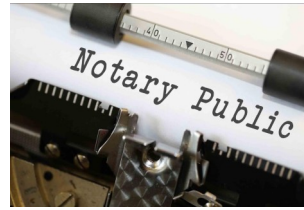
We are pleased to offer appointments with Veterans Benefits Advisor **Tim Miller**. Appointments are available on the **third Monday of the Month**.

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 aft**
- **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](http://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 Persian Meatballs to Ethiopia's beloved Misir Wot, plus the cozy, feel-good tastiness of Denmark's Copenhagen-style Cod Cakes, every meal is a little adventure. Come hungry, come curious, and get ready to savor great food, good stories, and even better company!



**Tuesday, July 7<sup>th</sup>** we're bringing the warmth of Persia to your plate with tender, aromatic **Persian Meatballs** known as koobideh. These are inspired delights that are bursting with savory goodness! These juicy meatballs are seasoned with fragrant spices, fresh herbs, and a hint of onion, then gently cooked to perfection and served with fluffy rice and a tangy tomato sauce or yogurt on the side. One bite and you'll be saying Jān! (جان)



**Thursday, July 30<sup>th</sup>** we're turning up the spice with Ethiopia's beloved **Misir Wot**—a rich, vibrant dish that's full of bold flavor and tradition! This comforting classic features tender red lentils simmered slowly in a fragrant blend of berbere spices, garlic, and onions, creating a deeply savory and slightly smoky stew. A staple of Ethiopian cuisine, Misir Wot is hearty, nourishing, and beautifully spiced—an experience as much as a meal. One taste and you might just say *betam tiru!* Mouthwatering!



**Tuesday, August 11<sup>th</sup>** we're setting our sights on the cozy cafés of Denmark with Copenhagen-style Cod Cakes—a comforting classic straight from the Nordic coast! These golden-pan-seared cakes are made with flaky cod, gently mixed with herbs, onion, and a touch of seasoning, then crisped to perfection on the outside while staying tender within. Traditionally served with a creamy remoulade sauce and a bright squeeze of lemon, this dish is simple, satisfying, and full of fresh seaside flavor. A staple of Danish home cooking, Cod Cakes are warm, hearty, and quietly elegant—one bite and you'll be saying *lækkert!* Delicious!



**Friday, August 28<sup>th</sup>** we're heading to the heart of Italy for a rustic and comforting favorite—Polenta with Mushrooms and Sausage, Italian-style! Creamy, golden polenta is cooked low and slow until perfectly smooth, then topped with savory sausage and earthy mushrooms simmered in rich herbs and garlic. This hearty dish is a celebration of simple ingredients coming together in the most delicious way, just like in the cozy kitchens of Northern Italy. Warm, satisfying, and full of old-world charm—one bite and you'll be saying *delizioso!*

# 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.

# Shoreline Senior Center Word Search

L I N E D A N C E O P E N A R T E V  
X M L P E R M B R I D G E Z C S N O  
Z W U M D W Y E M Q I G O N G E H L  
S Q N M A T Y O G A G Y V L I L A U  
O D C E S S E N T R I C S B X F N N  
T J H C E F O O T C A R E D W B C T  
A J V X I L C H A I R Y O G A R E E  
G D R I F T W O O D V M C S D E S E  
O F R I E N D S H I P B R D Z M G R  
S Q U I L T I N G T A I C H I A S I  
P I N O C H L E Y E X G H U L A E N  
W E K N I T T I N G R F Q A O S X G

Find the following words in the puzzle.

Words are hidden → and ↓ and ↘

BRIDGE  
CHAIR YOGA  
DRIFTWOOD  
ENHANCE  
ESSENTRICS  
FOOTCARE  
FRIENDSHIP

HULA  
KNITTING  
LINE DANCE  
LUNCH  
MAT YOGA  
OPEN ART  
OTAGO

PINOCHLE  
QIGONG  
QUILTING  
SELFBREMA  
TAI CHI  
VOLUNTEERING

# July 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	11:30 - 12:30	Heidi Mair	8
Property Tax Exemption Info	MONDAY 7/6	1:00 - 2:00	King County Assessor	5
Knitting Club	MONDAY	1:00 - 2:30		15
Kupuna Hula	MONDAY 7/13 & 7/27	1:00 - 2:30		12
Death Café	MONDAY 7/13	1:00 - 3:00	Sahara	14
Self Breema	MONDAY 7/20	1:30 - 2:15	Erde Sun	11
Bastyr Clinic	TUESDAY	8:30 - 11:30	Bastyr	13
Conversational ESL	TUESDAY	10:00 - 11:00	Tessa, Doug & Steven	14
Get Fit - Stay Fit	TUESDAY	10:00 - 11:00	CeCe Ryan	9
Beginning ESL Reading	TUESDAY	11:00 - 12:00	Cathy Costa	14
Quilting & Sewing	TUESDAY	12:00 - 3:00		16
Mind(full) Aging	TUESDAY	12:15 - 1:45	Christine Vervitsiotis	11
Coloring for Adults	TUESDAY	12:30 - 1:30	Teresa Houghtaling	13
Handmade Cards	TUESDAY 7/21	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 7/7 & 7/21	2:00 - 3:30	Jenny Shore	16
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
Shoreline Heat Pump Program	WEDNESDAY 7/29	1:00 - 2:00	Energize Shoreline	5
Zumba Gold	WEDNESDAY	1:00 - 2:00	Cindy House	12
Mind Body Medicine Skills	WEDNESDAY	1:30 - 3:30	Dr. Erian Goodson	11
Keep Your Balance-Keep Moving	WEDNESDAY	1:30 - 2:30	Toshiko Aramaki	11
Seated Fitness and Balance	WEDNESDAY	2:30 - 3:30	Novella Fraser	10
Bonjour! French Fun with Kids	THURSDAY 7/2	9:30 - 10:30	French School	5
Pen & Ink Sketching	THURSDAY starts 7/9	9:30 - 11:30	Shujing Sun	16
Get Fit - Stay Fit	THURSDAY	10:00 - 11:00	CeCe Ryan	9
Memoir Writing Group	THURSDAY 7/2 & 7/16	10:00 - 11:30	Arlene Springer	16
English Learners Conversation Group	THURSDAY	11:00 - 12:00		14
Open Art	THURSDAY	12:00 - 2:00	Brian Schuessler	15
Tech Support	THURSDAY 7/2 & 7/16	12:30 - 3:30	Techs Repair	4
Pinochle	THURSDAY	12:30 - 3:30	Donna Turner	17
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 7/30	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
Welcome to Medicare	FRIDAY 7/10	9:00 - 11:30	SHIBA	5
Summer Socials	FRIDAY	9:00 - 11:30		5
Mat Yoga	FRIDAY	9:30 - 10:30	Heidi Mair	8
QiGong	FRIDAY	10:00 - 11:00	Rich Williams	10
Enhance Fitness	FRIDAY	10:00 - 11:00	CeCe Ryan	9
Chair Yoga	FRIDAY	11:00 - 12:00	Heidi Mair	8
Science Fun	FRIDAY 7/10	11:15 - 12:15	Marlin Martin	13

# August 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	11:30 - 12:30	Heidi Mair	8
Death Café	MONDAY 8/10	1:00 - 3:00	Sahara	14
Knitting Club	MONDAY	1:00 - 2:30		15
Kupuna Hula	MONDAY 8/10 & 8/24	1:00 - 2:30		12
Self Breema	MONDAY 8/17	1:30 - 2:15	Erde Sun	11
Bastyr Clinic	TUESDAY	8:30 - 11:30	Bastyr	13
Conversational ESL	TUESDAY	10:00 - 11:00	Tessa, Doug & Steven	14
Get Fit - Stay Fit	TUESDAY	10:00 - 11:00	CeCe Ryan	9
Beginning ESL Reading	TUESDAY	11:00 - 12:00	Cathy Costa	14
Quilting & Sewing	TUESDAY	12:00 - 3:00		16
Coloring for Adults	TUESDAY	12:30 - 1:30	Teresa Houghtaling	13
Handmade Cards	TUESDAY 8/18	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 8/4 & 8/18	2:00 - 3:30	Jenny Shore	16
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
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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 ends 8/19	1:30 - 3:30	Dr. Erian Goodson	11
Keep Your Balance-Keep Moving	WEDNESDAY	1:30 - 2:30	Toshiko Aramaki	11
Seated Fitness and Balance	WEDNESDAY	2:30 - 3:30	Novella Fraser	10
Pen & Ink Sketching	THURSDAY ends 8/13	9:30 - 11:30	Shujing Sun	16
Get Fit - Stay Fit	THURSDAY	10:00 - 11:00	CeCe Ryan	9
Memoir Writing Group	THURSDAY 8/6 & 8/20	10:00 - 11:30	Arlene Springer	16
English Learners Conversation Group	THURSDAY	11:00 - 12:00		14
Open Art	THURSDAY	12:00 - 2:00	Brian Schuessler	15
Tech Support	THURSDAY 8/6 & 8/20	12:30 - 3:30	Techs Repair	4
Pinochle	THURSDAY	12:30 - 3:30	Donna Turner	17
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 8/27	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
Senior Citizens Day Celebration	FRIDAY 8/21	9:00 - 11:30	Tammy & Candace	5
Summer Socials	FRIDAY	9:00 - 11:30		5
Mat Yoga	FRIDAY	9:30 - 10:30	Heidi Mair	8
Bonjour! French Fun with Kids	FRIDAY 8/21	9:30 - 10:30	French School	5
Enhance Fitness	FRIDAY	10:00 - 11:00	CeCe Ryan	9
QiGong	FRIDAY	10:00 - 11:00	Rich Williams	10
Living Alone with (Minimal) Fear	FRIDAY 8/7	10:00 - 11:00	Christine Vervitsiotis	5
Chair Yoga	FRIDAY	11:00 - 12:00	Heidi Mair	8

# Center Expectations and Policies

## Code of Conduct

The Shoreline Senior 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 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 Senior 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

**PAID**  
Permit #1148  
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.

