

SHORELINE • LAKE FOREST PARK

SENIOR ACTIVITY CENTER

September and October 2026 Activity Guide



A driftwood sculpture is just nature's artwork with a little encouragement.

website: shorelineseniorcenter.org

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

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

Phone 206-365-1536

Email: info@shorelineseniorcenter.org

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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 September and October!

- * **Talks, Presentations & Special Events**, see page 6
- * Fall **Line Dance Registration**, see pages 7-8
- * **Balance Classes**, see pages 10-11
- * New **Art** classes, see page 14
- * **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

Labor Day:
Monday 9/7

Cover Image:

Driftwood Sculpting Class

Photo by Levi Vikstrom

Center Staff

Center Director: Emily Jones
Kitchen Manager: Phil Bennett
Program Manager: Kevin Hallagan
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, Sarrah 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.



Join us for the
first ever
Shoreline
Chocolate Festival!

Saturday October 24th

Meet local artisan chocolatiers! Sample local chocolate! Support the Senior Center!



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

Member tickets: \$20

Non Member Tickets: \$25



Brugge Chocolates

Festival Sponsors:





RAINBOW BINGO

SHORELINE • LAKE FOREST PARK
SENIOR ACTIVITY CENTER

September 11, 2026
7:00pm - Doors Open at 6:00pm

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

\$10 Bingo Packet at the Door
Cash or Check

with Hostess
Sylvia O'Stayformore

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



RAINBOW BINGO

SHORELINE • LAKE FOREST PARK
SENIOR ACTIVITY CENTER
18560 1st Ave NE - Shoreline, WA 98155

October 9th 2026
7:00pm - Doors Open at 6:00pm

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

\$10 Bingo Packet at the Door
Cash or Check

with Hostess
Sylvia O'Stayformore

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



Trivia Night

Hosted by
Jeopardy! Champions
Sally Neumann

Friday, September 25, 2026
Doors open at 6:30 pm
Games from 7pm to 9pm
Tickets \$10
Call 206-365-1536 or Online:

Trivia Table Teams of 6
Put together a team or
join one

SHORELINE • LAKE FOREST PARK
SENIOR ACTIVITY CENTER
18560 1st Ave NE Bldg G
Shoreline, WA 98155

Support Your Senior Center!

General Information

2026 Membership Discounts

A little savings goes a long way—enjoy discounted **calendar year 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 - \$25

Household - \$40

Veteran - \$20

Veteran Household - \$35

Cash Payments

Are you paying with cash? Please have exact change ready for payment. **No coins and no bills over 20, please.**

Newsletter Mailing List

If you prefer to view the Activity Guide online, and no longer want a paper copy in the mail, please call the Reception Desk to be removed from the mailing list.

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.**

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.

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 credit.

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

Nutrition for Strong Bones, Sharp Minds & Steady Feet

Thursday, September 10, 10:30 am—11:30 am

What you eat can make a bigger difference than you might think! Join nutritionist and senior living advisor Randi Carter for a fun conversation full of practical tips you can start using right away to help you stay strong, think clearly, keep your balance, and enjoy life with more energy. **Registration required.**

Estate & Medicaid Planning Made Simple: A Free Workshop for Seniors and Families

Wednesday, September 16, 1:00 pm—2:00 pm

Learn how Medicaid planning may help protect savings, prepare for long-term care, and give your family peace of mind.

Join attorney Chandra Lewnau of Wall Group Law for a clear, practical seminar on estate planning with a special focus on Medicaid planning, long-term care costs, and the key legal documents every senior should consider. Ideal for seniors, adult children, caregivers, and families planning ahead.

Registration required.

safeTALK Suicide Prevention Workshop

Monday, September 21, 10:00 am—2:00 pm

This safeTALK Suicide Prevention Workshop is designed to empower you to realize when someone is experiencing suicidal ideations and to give you the tools needed to keep them safe. The highest rate of suicide is with people 70 and over, but one at a time we can make our communities suicide-safe. Lunch will be provided. **Registration required.**

Special Events: Mark Your Calendars

Foot Care Provider Echo's Retirement Event

Tuesday, September 8, 1:30 pm—3:00 pm

If you haven't heard, Echo Aumick, our esteemed footcare specialist of 25 years, has officially retired. Echo requested that instead of a party, we host a casual time for people to gather and give her their send-offs, thanks, and congratulations. No reservations necessary, come any time during the event.

Shoreline Senior Center Ribbon Cutting

Tuesday, September 22, 1:30 pm—2:30 pm

Come celebrate with us at our ribbon cutting ceremony and open house! As we move forward as an independent organization, we're excited to welcome community members, partners, and friends to learn more about our work and our plans for the future. Join us for refreshments, conversation, and a chance to help us mark this exciting milestone.

2026 Shoreline Chocolate Festival

Saturday, October 24, 11:00 am—3:00 pm

Come taste your way through our first annual Shoreline Chocolate Festival! Seven local artisan chocolatiers will be gathered in one place, offering samples of their finest handcrafted creations for you to savor, compare, and enjoy. This will be a fun, delicious afternoon of chocolate and community. 100% of proceeds from ticket sales go toward supporting programs and operations here at your senior center, so invite your friends and neighbors! Tickets are available at the center and on the Senior Center website starting August 24. Member tickets are \$20, and non member tickets are \$25.

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 Last Day to Register: 9/15

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: Noriko Hashimoto

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

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

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

Health & Wellness Programs

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

Fall 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.**

Fall Quarter: October 12—December 18

Fall Registration is Open September 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: \$90/Non Member: \$135

Wednesdays 11:00 am—12:00 pm

Member: \$80/Non Member: \$120

Fridays 11:00 am—12:00 pm

Member: \$90/Non Member: \$135

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: \$80/Non Member: \$120

Fridays 9:30 am—10:30 am

Member: \$90/Non Member: \$135

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 September and October opens Friday, August 14th.**

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. **No Class 9-28—10/16**

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 9-28—10/16**

**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. 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

SEPT: Member: \$60/Non Member: \$80 Starts 9/8

OCT: Member: \$60/Non Member: \$80

Saturdays 10:00 am—11:00 am

SEPT: Member: \$45/Non Member: \$60 Starts 9/12

OCT: Member: \$60/Non Member: \$80

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 can help with relieving pain, and will leave you feeling energized!

Fridays 10:00 am—11:00 am

SEPT: Member: \$45/Non Member: \$80 Starts 9/11

OCT: Member: \$75/Non Member: \$100

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 2:50 pm—3:50 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: 10/7—12/16

Registration Opens Monday, September 1

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.**

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.

Next Session: 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, 9/21 & 10/19 1:30 pm—2:15 pm

Mind(full) Aging: Anxiety Skill-Builders Group

There are many reasons why anxiety can increase as we age, and it is easy to become overwhelmed by worry, discomfort, and sleepless nights. There is no 'quick fix' but there are many tools that we can use to calm both the body and the mind. In this group, we will practice practical applications for anxiety reduction.

NOTE: This group is 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.

Mondays 9:30 am—11:00 am
Series Meets: 9/14, 9/28, 10/26, 11/9, 11/23, and 12/7

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

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

Our Kupuna group is enjoying time together learning 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. Join instructor Kathy DeAgular for this fun class.

Mondays 1:00 pm—2:30 pm

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

QiGong (Chi-Gong)

Although there are hundreds of schools, styles, and form of QiGong, this class is specially curated for our senior population and draws from many different forms. Classes include gentle stretching, slow intentional movement, focused breathing, and visualization while standing, seated in chairs, and on yoga mats for supported whole-body relaxation. Please bring personal props. Facilitated by volunteer Rich Williams, class size is limited and available weekly on a first come, first served basis.

Fridays 10:00 am—11:00 am

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

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 and Social Time 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.

Tuesdays 12:30 pm—1:30 pm
Thursdays 9:30 am—12:30 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.**

Monday 9/21 2:00 pm—3:00 pm

Never Grow Up: Science Fun with Marlin

ENERGY! Join Marlin Martin, retired physics/chemistry teacher for an hour of timeless hands-on science experiments related to the energy of motion, potential and kinetic. Swinging pendulums, falling objects, rotating objects. Bring your grandkids or just bring your friends and be kids again!

NOTE if you attended Marlin's previous class, you'll have a chance to finish your garden weather stations. **Registration required. Free.**

Thursday 9/17 10:00 am—11:30 am

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. No class in September.**

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

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

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

Mondays 9/14 & 10/5 1:00 pm—3:00 pm

Arts & Crafts

Drawing Flora Class

Join local artist, McKy Karvounis, as she walks you through various techniques for drawing flora of all flavors: flowers, ferns, leaves, and more! Take what you learn and create a fall foliage picture of your choosing. All supplies included. Space is limited so register now.

Monday 9/14 12:00 pm—2:00 pm

Members: \$15/Non Members: \$20 per session

Fingerpainting Class

Fingerpainting?!?! Yes, fingerpainting! Local artist, Nancy Malek, will help you turn a version of Van Gogh's "Starry Night" into "Spooky Night"! Gloves are included as you learn easy ways to create art with just your hands and a few extra tools. All supplies included. **Registration required.**

Monday 10/19 12:00 pm—2:00 pm

Members: \$15/Non Members: \$20 per session

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

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

Lifelong Learning & Personal Growth

Arts & Crafts

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 9/15 & 10/20 1:00 pm—3:00 pm

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

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

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

Flower Arranging with Aviva

Join us for a hands-on bouquet-making workshop using colorful flowers and foliage grown by local gardener, Aviva Vikstrom. Use your creativity to make an arrangement of seasonal blooms to take home. **Registration required.**

Thursday 9/17 10:30 am—11:30 am

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

Lifelong Learning & Personal Growth

Socializing

Speed Friending

Interested in meeting others in your community and making new friends? Speed Friending is a fun and fast paced way to meet new people in a way that dissolves awkward social barriers. - This is a collaboration with the Social Health Manager at the Greenwood Senior Center and Phinney Neighborhood Association. **Registration required by 10/9.**

Free.

Tuesday 10/13

1:30 pm—3:30 pm

Members Coffee Social

Senior Center Members! We have heard your requests for morning coffee, for unstructured social time, for space to play boardgames, etc.. This new program is all of that and more! Meet people, play games, this is unstructured space and time for our members to get together and have fun.

Fridays 9/18 & 10/9

10:30 am—11:30 am

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

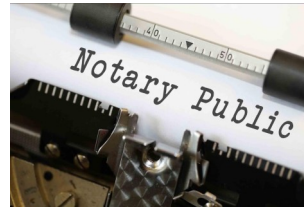
We are pleased to offer appointments with Veterans Benefits Advisor **Tim Miller**. Appointments are available on the **third Monday of the Month**.

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

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.

Cultural Meals at the Center

Pack your appetite and get ready to stamp your passport because we're setting off on another delicious journey around the globe! Chef Phil is bringing a lineup of international favorites that celebrate comfort, tradition, and unforgettable flavor. From Cuba's savory **Ropa Vieja** and Portugal's cozy **Caldo Verde** to Italy's cheesy **Pollo alla Sorrentina** and Greece's beloved **Moussaka**, each meal offers a taste of a different culture and a story worth sharing. Come hungry, come adventurous, and join us as we explore the world one delicious bite at a time!



Tuesday, September 1st we're heading to the vibrant island of Cuba for one of its most beloved comfort foods. **Ropa Vieja**, which means "old clothes," is a flavorful dish of tender shredded beef simmered slowly with tomatoes, peppers, onions, and savory spices until every bite is rich and delicious. Often considered Cuba's national dish, this hearty favorite is a celebration of family, tradition, and bold Caribbean flavors. It's the perfect way to experience a taste of Havana without leaving your seat. ¡Delicioso!



Friday, September 25th we're heading back to Southern Italy for a taste of the sunny Amalfi Coast with **Pollo alla Sorrentina!** Tender chicken is baked with a rich tomato sauce, melted mozzarella, and fragrant Italian herbs, creating a dish that is both comforting and full of classic Mediterranean flavor. Inspired by the seaside town of Sorrento, this beloved favorite celebrates the simple, fresh ingredients that make Italian cooking so unforgettable. Warm, hearty, and irresistibly cheesy, it's a delicious journey to Italy in every bite. *Delizioso!*



Tuesday, October 6th we're traveling to Portugal for a bowl of one of the country's most cherished comfort foods, **Caldo Verde!** This hearty and nourishing soup combines tender potatoes, flavorful sausage, and finely shredded greens simmered together in a rich, savory broth. A staple of Portuguese family gatherings and celebrations, Caldo Verde is beloved for its simple ingredients and comforting flavors. Warm, satisfying, and steeped in tradition, this rustic favorite brings a taste of Portugal's welcoming countryside to your table. *Que delícia!*



Friday, October 23rd we're traveling to Greece to enjoy one of its most iconic comfort foods, **Moussaka!** This classic Mediterranean casserole features layers of tender eggplant, seasoned ground meat, and a rich, creamy béchamel sauce baked until golden and bubbling. A beloved staple of Greek family tables, Moussaka is a delicious blend of hearty flavors and time-honored tradition. Warm, comforting, and packed with Old World charm, this dish brings the sun-soaked spirit of Greece to every bite. *Opa!*

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.**

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

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