Shoreline Senior Center

18560 1st Avenue NE Bldg G • Shoreline WA 98155 • (206)365-1536

November and December 2026 Activity Guide



website: shorelineseniorcenter.org

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

Email: info@shorelineseniorcenter.org

Publication ID Statement as
Required by USPS Bulk Mail Permit
This is a Publication of:
Shoreline Senior Center
18560 1st Ave NE, Building G
Shoreline, WA 98155
206-365-1536

Inclement Weather Policy Advisory



With wintery weather approaching, please be advised of the Center's closure policy

- If the Shoreline School District closes all their schools for adverse weather, the Center will also be closed.
- If the Shoreline School District is on a 2-hour late start, the Center will open at regular time.
- If our building loses power or water, or if the school district closes the Shoreline Center Campus, the Center will be closed.
- You can check the school district's website for closures at https://www.ssd412.org/
- We will send text alerts from the phone number **855-740-9814 .**

CENTER HOURS

Monday—Thursday
8:30 am-4:00 pm

Friday

8:30 am-1:00 pm

CENTER CLOSURES

11/11, 11/26 & 11/27

12/24—1/1

Cover Image:

Flower Arranging with Aviva 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
Foot Care Specialist: Brenda Pagdilao

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

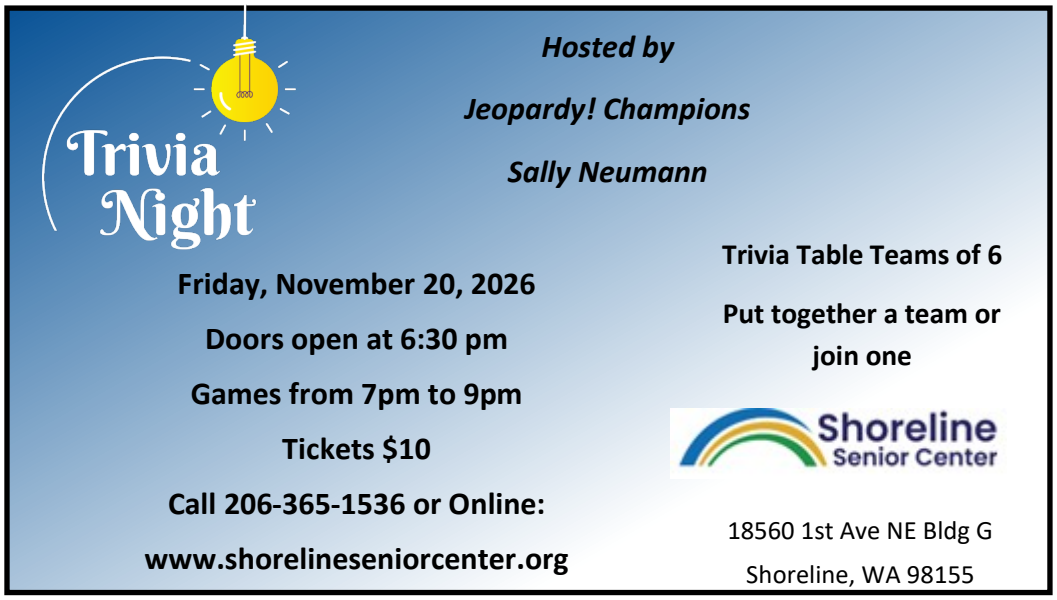
The Shoreline Senior Center strives to meet the needs of older adults by providing services and programs which enhance and promote quality of life, self-worth, independent living, community, and dignity. We believe that seniors offer great value to society, and in safe spaces they may share talents, 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.







Support Your Senior Center!

General Information

2027 Membership Drive

Our 2027 Membership Drive is officially underway! Purchase your 2027 calendar year membership and receive the rest of 2026 for *FREE!*

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 - $45 **Household - $75**

Veteran - $25 **Veteran Household - $50**

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.

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

Refund Policy

Credit 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 and Foot Care Policies

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

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.

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

Managing Loss During the Holiday Season

Friday, November 6, 10:30 am—11:30 am

Alone for the holidays? Many people are. Join us for a supportive, non-judgmental conversation around managing grief, loss, and isolation during the holiday season. **Registration required.**

Panel on Aging with Adrien Miller

Monday, November 16, 2:00 pm—3:30 pm

Do you feel that you have what you need to know about home care, downsizing, senior housing, and selling your home? Please join us to learn from a panel of experts in these fields so you are better informed if a day comes when you need this information.

Demystifying Herbal and Dietary Supplements

Thursday, November 19, 1:00 pm—2:30 pm

Participants will learn about dietary supplements including how they're regulated, an introduction to the evidence, guidelines for choosing high-quality products, and resources for finding relevant research. The presentation will be one hour, with an additional 30 minutes (optional) for Q&A and exploring resources. Bring your devices if you'd like to practice. **Registration required.**

End of Life Ready

Friday, November 20, 10:00 am—11:15 am

Join an End of Life WA representative for a 75-minute presentation and question and answer period that will show you how to plan ahead for end-of-life. We will review how to prepare and complete an Advance Directive, how to choose a Health Care Agent if you can't speak for yourself, and what choices are legal and accessible to die on your terms in Washington State.

Special Events

Fred Hutch Cancer Center Mammogram Van

Tuesday, December 15, 8:30 am—4:00 pm

We are excited to host the Fred Hutch Mammogram Van again! It is incredibly convenient to come to the Center for your yearly screening.

For women 40 and older, getting a yearly screening is a vital part of your preventative health care, but if can be difficult to schedule and get to Fred Hutch for your appointment. The Mammogram Van makes it quick and easy! Appointments only take approximately 15 minutes.

Contact Fred Hutch's scheduling line at 206-606-7800 for appointment scheduling or questions about your insurance coverage.

Unfortunately, the van cannot accommodate participants requiring wheelchairs, walkers, or canes.

Donation Requests

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

Health & Wellness Programs

Fitness Classes by the Quarter

Winter 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, our instructors have an exciting quarter planned for you in this 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.

Winter Quarter Registration Opens December 1
Winter Quarter: TBA

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: $TBD/Non Member: $TBD

Class 1B: Thursdays 1:00 pm—2:15 pm

Instructor: Denise Hunsaker

Member: $TBD/Non Member: $TBD

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

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

Class 2A: Tuesdays 11:45 am—12:45 pm

Instructor: Heather Stipulkosky

Member: $TBD/Non Member: $TBD

Class 2B: Thursdays 2:30 pm—3:45 pm

Instructor: Denise Hunsaker

Member: $TBD/Non Member: $TBD

Line Dancing, Advanced Beginner Level 3 (Class 3)

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

Class 3: Thursdays 11:45 am—12:45 pm

Instructor: Denise Hunsaker

Member: $TBD/Non Member: $TBD

Fitness Classes by the Quarter

Fall Quarter Line Dancing, Continued

Line Dancing, Improver Level 4 (Class 4)

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

Class 4: Tuesdays 2:45 pm—4:00 pm

Instructor: Denise Hunsaker

Member: $TBD/Non Member: $TBD

Line Dancing, Intermediate Level 5 (Class 5)

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

Class 5: Tuesdays 1:00 pm—2:30 pm

Instructor: Denise Hunsaker

Member: $TBD/Non Member: $TBD

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.**

Winter Quarter Starts in January TBD

Winter Registration is Open December 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: $TBD/Non Member: $TBD

Wednesdays 11:00 am—12:00 pm

Member: $TBD/Non Member: $TBD

Fridays 11:00 am—12:00 pm

Member: $TBD/Non Member: $TBD

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: $TBD/Non Member: $TBD

Fridays 9:30 am—10:30 am

Member: $TBD/Non Member: $TBD

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

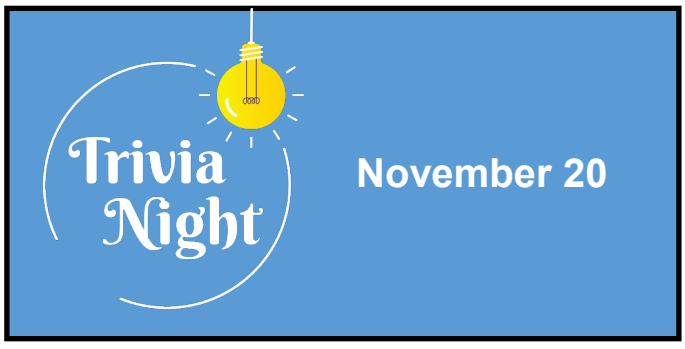


Enhance® Fitness

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 November and December opens Friday, 10/9**

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



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

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!

No class 11/12 and 12/30

Wednesdays **2:45 pm—3:45 pm**

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

NOV: Member: $60/Non Member: $80

DEC: Member: $60/Non Member: $80

Saturdays No 11/14 **10:00 am—11:00 am**

NOV: Member: $30/Non Member: $40

DEC: Member: $45/Non Member: $60

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 No 11/13 **10:00 am—11:00 am**

NOV: Member: $30/Non Member: $60

DEC: Member: $45/Non Member: $60

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

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.

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

Freshcut Paper Bouquets

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



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.

Current Session: 10/7—12/16
Check Website for Next Session
Mondays/Wednesdays 9:00 am—10:00 am
Mondays/Wednesdays 10:00 am—11:00 am

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: Begins in January
Check Website for Details
Wednesdays 1:30 pm—2:30 pm

Health & Wellness Programs

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



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, 11/16 & 12/21 1:30 pm—2:15 pm

Health Care Services

Foot Care Appointments with Brenda

Welcome to our new foot care provider **Brenda Pagdilao!** She will be at the Center to provide foot care on Mondays and Fridays. Brenda skillfully clips nails, files callouses, and works to shape up your feet.

Currently, appointments are only available for clients who have been receiving foot care with Echo.

Sorry, but we are unable to serve diabetic clients at this time.

Masks are required during appointments.

Mondays & Thursdays 8:30 am—3:30 pm

Member: $35/Non Member: $50

Payment required when booking your appointment.

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 11/9 & 12/21 **2:00 pm—3:00 pm**

Nature Fun with French Kids

Help our neighbors, the elementary kids the North Seattle French School, learn about nature! Between now and June, we will have multiple short events where we go next door to the school to learn French words and phrases with the kids related to plant identification, gardening, weather, and nature in general.

As we all know, weather (and kids) can be unpredictable, so many of these activities cannot be scheduled months ahead like our normal classes, so keep a lookout for flyers announcing these events in the lobby, and let us know if you'd like to be texted or emailed when one pops up! **Registration required. Free.**

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 11/9 & 12/7 1:00 pm—3:00 pm

Socializing

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 11/13 & 12/11 10:30 am—11:30 am

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

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 11/17 & 12/15 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

Lifelong Learning & Personal Growth

Games

Introduction to American Mahjong

Join Tracy Dawn Brewer and learn the basics of American Mahjong; specifically directed towards beginners in a fun, welcoming environment, guiding new players through the rules, tiles, and basic strategy so they can play with confidence.

She also provides table setup, materials, and organization for experienced players, ensuring everything is ready for a smooth and enjoyable game. **Free**

Friday 11/6 & 12/4 **10:00 am—12:30 pm**

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.

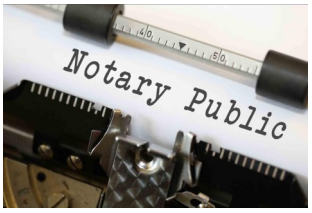
Veterans Benefit Advising

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—we're setting off on another delicious culinary journey ! Chef Phil is bringing a lineup of international favorites that celebrate comfort, tradition, and unforgettable flavor. We will return to recent favorites! From Cuba's savory **Ropa Vieja** and Portugal's cozy **Caldo Verde** to Dominican Republic's **La Bandera** and India's beloved **Coconut Lentil Curry**, 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, November 10th we're heading to the vibrant island of Cuba for one of its most beloved comfort foods. Back by popular demand, **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, November 20th 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!*



Tuesday, December 8th we're flying the flavors of the Dominican Republic high with **La Bandera**—the nation's pride on a plate! This colorful trio of white rice, savory stewed beans, and tender meat is as iconic as the Dominican flag itself. This dish is a daily tradition that celebrates family, flavor, and the rhythm of island life. ¡Buen provecho!



Friday, December 18th we're diving into the comforting flavors of India with **Coconut Lentil Curry**—a creamy, aromatic hug in a bowl! This dish blends red lentils simmered in coconut milk with fragrant spices like turmeric, cumin, and ginger, creating a vibrant balance of warmth and richness. Rooted in everyday home cooking, it's a celebration of nourishment, tradition, and the colorful spirit of Indian cuisine. Swadisht bhojan! Mouthwatering!

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.

Senior Rights Assistance

Senior Rights Assistance provides assistance with estate planning, POAs, probate, guardianship, and long-term care planning of older adults.

Call 206-488-5720 for details.

Shoreline Senior Center
18560 1st Avenue NE Bldg. G
Shoreline, WA 98155

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