

SHORELINE • LAKE FOREST PARK SENIOR ACTIVITY CENTER

March and April 2026 Activity Guide



website: shorelinefppseniorcenter.org

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

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

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Shoreline-LFP Senior Center/Sound Generations

18560 1st Ave NE, Building G

Shoreline, WA 98155

206-365-1536

Inclement Weather Policy Advisory



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 make every effort to update our website and voicemail with closure information.

CENTER HOURS

**Monday—Thursday
8:30 am-4:00 pm**

Friday

CENTER CLOSURES

**No planned
closures in
March or April**

Cover Image:

Chef Phil and Community Dining Volunteers David Stiles, Nicholas Dunlap, and Phil Walton bringing flavor, friendship, and fun to every meal served!

Center Staff

Center Director: Emily Jones
Kitchen Manager/Chef: Phil Bennett
Program Coordinator/Volunteer Coordinator: Kevin Hallagan
Foot Care: Echo Aumick, CNA
Social Worker: Jill Bieler, MSW
Administrative Assistant: Heather Stipulkosky
Reception Volunteers: Robin Asher and Erde Sun
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

Core Beliefs

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

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

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

Registration Information

Welcome to your March and April Activity Guide! You will notice some changes this year. Please take a moment to read through what's new.

2026 Memberships

It is time to renew your memberships for 2026!

Membership Benefits:

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

Individual - \$50

Couple - \$83

Veteran - \$28

Veteran Couple - \$54

Sales tax is included in membership price.

If you are a veteran, please let us know when you are signing up for membership.

March and April Highlights

- New Presentations, Talks, and Special Events: see pages 5-6
- Line Dancing and Yoga Info: see pages 7-8
- Free Balance and Fall Prevention classes: see page 10
- Fred Hutch Mammogram Van: see page 12
- Four new art classes: see pages 14-15
- New Notary Services available: see page 17
- Community Dining information: see page 18
- Class schedules by the day: see pages 20-21

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.



Cash Payments

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





RAINBOW BINGO

SHORELINE • LAKE FOREST PARK
SENIOR ACTIVITY CENTER
Friday March 13th, 2026

7:00pm - Doors Open at 6:00pm

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

\$10 Bingo Packet at the Door
Cash or Check

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

with Hostess
Sylvia O'Stayformore



RAINBOW BINGO

SHORELINE • LAKE FOREST PARK
SENIOR ACTIVITY CENTER
Friday April 10th, 2026

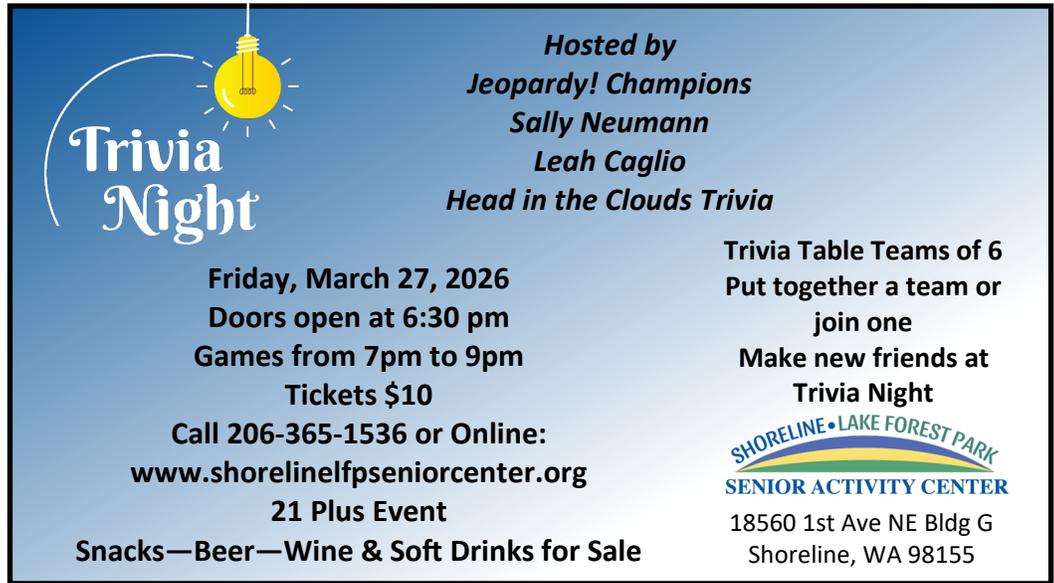
7:00pm - Doors Open at 6:00pm

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

\$10 Bingo Packet at the Door
Cash or Check

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

with Hostess
Sylvia O'Stayformore



Trivia Night

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

Friday, March 27, 2026
Doors open at 6:30 pm
Games from 7pm to 9pm
Tickets \$10
Call 206-365-1536 or Online:
www.shorelinefpcseniorcenter.org
21 Plus Event
Snacks—Beer—Wine & Soft Drinks for Sale

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

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

Support Your Senior Center!

Talks, Presentations & Special Events

Most talks, presentations, and special events require advance registration unless otherwise indicated. **Please visit or call the Reception Desk at 206-365-1536 to register. Talks & Presentations are free.**

Talks & Presentations

Anxiety Toolkit

Friday, March 6, 10:30 am—12:00 pm

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.

Join us for a practical conversation about anxiety! In this workshop, we will explore why specific anxiety reduction techniques work for specific types of anxiety. We will also spend a good amount of time practicing these skills together.

Budgeting and Retirement Basics

Wednesday, March 11, 1:00 pm—2:30 pm

As advancements in medicine and technology have increased the average life expectancy in the US, our retirement nest egg needs to reflect these changes. Add to that the increasing cost of living, and it gets harder to make ends meet. Join Nathan Spiecker, Financial Educator from the WA State Department of Financial Institutions, for a presentation on budgeting and retirement basics. We will cover budgeting and saving strategies, how to prepare for retirement, and what resources are available in our local area that can help as we look for ways to economize our lifestyle.

Bar Stories Legacy Program

Wednesday, March 25, 1:00 pm—3:00 pm

Pull up a chair and share your story—it's waiting to be told! The Legacy Project is a relaxed, meaningful storytelling event that brings people together to share stories from their lives. No scripts, no pressure, and **no storytelling experience needed**—just an open space to speak, listen and connect in a conversational style. The only rule is kindness and respect.

Every storyteller receives a free professional recording of their performance. **No registration required**

Finding, Evaluating, and Using Health Information

Thursday, April 2, 10:30 am—12:00 pm

Do you rely on Dr. Google for health information? How do you know whether the information is trustworthy? In this class, participants will join Susan Banksterry to learn about reliable health resources, improve their search skills, and develop critical evaluation skills. **Please bring your laptop/device if you want to follow along.** The presentation will be an hour. The last 30 minutes (optional) will be for questions, further discussion and to practice search skills.

Free Tax Help

AARP: Drop-in service at the Shoreline Library will be Tuesdays 3:00—6:15 and Thursdays 11:00—2:30. Assistance available February 3—April 14. Contact the Shoreline library at 206-362-7550

Hopelink: Drop-in services will be Sundays 10—4, Mondays & Tuesdays 5:30—9, Saturdays 10—4. Hopelink is located at 17837 Aurora Ave N in Shoreline. Available January 26—April 19.



Talks, Presentations & Special Events

Special Events

Members Only Coffee Social

Senior Center Members! We have heard your requests for morning coffee, for unstructured social time, for space to play board games, etc. This program is all of that and more! Meet people, play games, or whatever you want--this is unstructured space and time for members to get together and have fun. **Free to Center Members**

Friday 3/13 & 4/10 **10:30 am—11:30 am**

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 calling the Reception Desk or emailing Sahara at deathcafe@steadygrounddoula.net

Monday 3/9 & 4/13 **1:00 pm—3:00 pm**

Technology Programs

Tech Support

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 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**.

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.

Health & Wellness Programs

Fitness Classes by the Quarter

Spring 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 Sarah Diener have an exciting quarter planned for you in this 10 week session.

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

Registration Open: Monday, March 2
Spring Quarter : April 7—June 18
No Class 4/21 & 4/23

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: Sarah Diener
Member: \$100/Non Member: \$150

Class 1B: Thursdays **1:00 pm—2:15 pm**
Instructor: Denise Hunsaker
Member: \$100/Non Member: \$150

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: Sarah Diener
Member: \$100/Non Member: \$150

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

Line Dancing, Advanced Beginner Level 3 (Class 3)

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

Class 3: Thursdays **11:45 am—12:45 pm**
Instructor: Denise Hunsaker
Member: \$100/Non Member: \$150

Fitness Classes by the Quarter

Spring 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: \$100/Non Member: \$150

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: \$140/Non Member: \$180

Spring 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.**

Spring Quarter : April 6—June 19

Registration Open: Tuesday, March 2—April 6

No Class: 4/17, 4/20, 5/25

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: \$110/Non Member: \$165

Fridays 11:00 am—12:00 pm

Member: \$100/Non Member: \$150

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: \$110/Non Member: \$165

Fridays 9:30 am—10:30 am

Member: \$100/Non Member: \$150

Health & Wellness Programs

Classes by the month require advance registration. **Please visit or call the Reception Desk at 206-365-1536 to register.** Registration closes one week prior to the first day of class.

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 March and April opens Friday, February 13th.** 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 full.

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

Get Fit ~ Stay Fit

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

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

Health & Wellness Programs

Classes by the month require advance registration. **Please visit or call the Reception Desk at 206-365-1536 to register.** Registration closes one week prior to the first day of class.

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

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

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

Saturdays 10:00 am—11:00 am

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

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

Essentrics® Beginner Stretch

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

Fridays 10:00 am—11:00 am

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

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

Free Balance & Fall Prevention

Keep Your Balance—Keep Moving

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

Next Session: 4/1—5/20

Wednesdays 1:30 pm—2:30 pm

Otago Strength and Balance Program

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

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

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

Next Session: 4/1—6/3

Registration Opens Monday, March 9

Monday/Wednesday 9:00 am—10:00 am

Monday/Wednesday 10:00 am—11:00 am

Health & Wellness Programs

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

Drop-In Fitness Classes

Zumba® Gold



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

Wednesdays 1:00 pm—2:00 pm
Member: \$5/Non Member: \$9
(Sales tax included in the price)

Rock N' Roll Aerobics



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

Thursdays 1:00 pm—2:00 pm
Member: \$5/Non Member: \$9
(Sales tax included in the price)



Veterans Yoga Project



Veterans, First Responders, and their friends and family are welcome to join instructor Caleb Lay for this yoga class to improve breathing, flexibility, balance, and mood. Postures can be adapted to your abilities. All Ages Welcome. Class is ongoing and you may attend anytime. No late entry to class, please. **This is a free class.**

Thursdays 2:00 pm—3:00 pm

Hula

Our Kupuna group, led by instructor Kathy De Aguiar, is enjoying time together learning the gracefully beautiful form of hula. Hula is a visual dance form using hand motions to represent the words in a song or chant. **Class is ongoing and you may attend anytime.**

Mondays 1:00 pm—2:30 pm
Members: \$4/Non Members: \$8
(Sales tax included in the price)

Meditation & Self-Care

Self-Breema

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

Mondays, 3/16 & 4/20 1:30 pm—2:15 pm

Lifelong Learning & Personal Growth

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

Free Lifelong Learning Opportunities

Conversational ESL

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

Tuesday 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. **Participants must commit to attending both Tuesday and Thursday sessions. Please call the Reception Desk to register.**

Tuesday/Thursday 11:00 am—12:00 pm



Bring Your Own Book Club

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

Mondays 3/9 & 4/6 2:00 pm—3:00 pm

Mind(full) Aging

Join Mental health provider Christine Vervitsiotis in exploring Meaning and Purpose Through Expressive Arts - In this 8 week series, we will explore what the right half (the creative, intuitive side) of our brains want us to know! There is no expectation that you will bring any specific talents to this group, just a willingness to be curious and nonjudgemental.

NOTE: This group is funded by the City of Shoreline; Participants must be Shoreline residents and meet income guidelines. For more information/registration, call (425) 382 3015.

Tuesdays 3/17—5/12 12:30 pm—2:00 pm

No class 3/24

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 3/12 & 4/9 1:30 pm—2:30 pm

Coloring for Adults

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

Tuesdays 12:30 pm—1:30 pm

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.**

Thursday 12:00 pm—2:00 pm

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

(Sales tax included in the price)

Driftwood Sculpture

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

Tuesday 1:00 pm—3:00 pm

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

(Sales tax included in the price)

Basic Knitting Club

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

Monday 1:00 pm—2:30 pm

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

(Sales tax included in the price)

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.

Tuesday 3/17 & 4/21 1:00 pm—3:00 pm

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

(Sales tax included in the price)

Acrylic Painting

Taught by local artist, Theresa Williams.

 Theresa will lead you step-by-step through the process of painting your personalized version of our NW tulip field. All supplies are included.

Monday, 3/16 12:30 pm—2:30 pm

Members: \$30/Non Members: \$35 per session

(Sales tax will be added to the price)

Abstract Painting

Taught by local artist, Mcky Karounis.

 Mcky will lead you through creating an abstract painting you'll love while listening to music that inspires you! All supplies are included.

Monday, 4/13 12:30 pm—2:30 pm

Members: \$30/Non Members: \$35 per session

(Sales tax will be added to the price)

Quilting & Sewing

All levels of quilters welcome; work on your own project. Be prepared to laugh and make some new friends. **Free, thanks to a generous anonymous donor.**

Tuesday 12:00 pm—3:00 pm

Lifelong Learning & Personal Growth

Arts & Crafts

Origami



Welcome Spring with some joyful origami! What could be a more symbolic of our seasonal change than butterflies?

Turn a colorful square of paper into a delicate dancing butterfly with just a few folds! Add to that, a cute gift box and some other simple but delightful projects depending on time.

Join JonAnn Cruver on the first day of Spring! You will love it!

Friday, 3/20 **10:00 am—12:00 pm**

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

Printmaking



Join instructor Nataliya Zigelboym to learn about the history of printmaking, tools, and techniques. We will make the artworks inspired by the Pacific

North West flora. Additionally, each participant will create their own stamp. This is a hands-on class. All the materials provided, no previous experience required.

Friday, 3/27 **10:00 am—12:00 pm**

Members: \$30/Non Members: \$35

(Sales tax will be added to the price)

Bequests

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

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.

Wednesday **9:00 am—10:00 am**

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

(Sales tax included in the price)

Music

Puget Sound Strummers Ukelele Jam!

Puget Sound Strummers was started 25 years ago by Larry Squire. We still follow his format. We take turns picking the song from our Uke book, but any acoustic instrument is welcome. Singers are also welcome. There is no teaching, but we all help beginners find the chords.

1st and 3rd Tuesdays **2:00 pm—3:30 pm**

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

(Sales tax included in the price)

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! You need to bring a partner in order to play — if you do not have one, call the Center and we will try to find you a partner. Registration is required and there is a limited number of spaces available. Enjoy a complimentary coffee service during the game! Facilitated by Ralph Nussbaum.

Wednesday 11:30 am—3:30 pm

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

(Sales tax included in the price)

Pinochle

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

Thursdays 12:30 pm—3:30 pm

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

(Sales tax included in the price)

Activities in Chinese

CISC Chinese Musical Group

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

Wednesday 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**

Wednesday 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.
- * 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

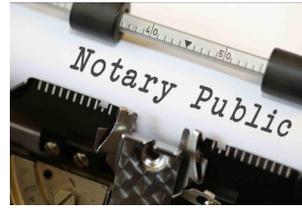
We are pleased to offer appointments with Veterans Benefits Advisor **Tim Miller**. Appointments are available on the **third Monday of the Month**.

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 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.
- **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:
shorelinefpcseniorcenter.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

Get ready to travel the world—one bite at a time! This season, Chef Phil is serving up a passport to flavor with a lineup of international delights that will warm your heart and tickle your taste buds. From the traditional warmth of Coq au Vin to the comforting notes of Coconut Lentil Curry, Chef brings a new culinary adventure and a chance to celebrate the rich traditions around the world. Bring your appetite, your curiosity, and your love of good company, because we have treats in store for you!



Friday, March 13th we're savoring the romance of France with **Coq au Vin**—a rustic classic simmered to perfection!

This beloved dish brings together tender chicken braised in red wine with mushrooms, onions, and herbs, creating deep flavors worthy of the French countryside. Once a humble farmhouse meal, it has grown into a timeless symbol of comfort, and culinary elegance. Bon appétit!" Tasty!



Tuesday, March 24th we're turning up the cozy comfort of Korea with **Kimchi-jjigae**—the bubbling, boldly flavored

stew that warms both heart and home! Made with aged kimchi, tender tofu, and savory seasonings, this dish is a delicious celebration of Korea's love for spice, depth, and fermentation magic. Jalmukgesseumnida! Delicious!



Friday, April 10th we're bringing the vibrant spirit of Lebanon to the table with **Falafel**—the beloved golden bites

that are crunchy on the outside, tender on the inside, and packed with herby goodness! These chickpea fritters are a street food favorite and a proud symbol of Levantine hospitality. Served with fresh veggies, tahini, or tucked into warm pita, falafel is a celebration of bold flavor, tradition, and community in every bite. Sahtein! What a treat!



Tuesday, April 21st 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.



March 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
Acrylic Painting	MONDAY 3/16	12:30 - 2:30	Theresa Williams	14
Knitting Club	MONDAY	1:00 - 2:30		14
Kupuna Hula	MONDAY	1:00 - 2:30	Kathy De Aguiar	11
Death Café	MONDAY 3/9	1:00 - 3:00		6
Self Breema	MONDAY 3/16	1:30 - 2:15	Erde Sun	11
Bring Your Own Book Club	MONDAY 3/9	2:00 - 3:30	King County Library	13
Bastyr Clinic	TUESDAY	8:30 - 11:30	Bastyr	12
Conversational ESL	TUESDAY	10:00 - 11:00	Tessa & Doug	13
Get Fit - Stay Fit	TUESDAY	10:00 - 11:00	CeCe Ryan	9
Essentrics	TUESDAY	10:00 - 11:00	Natalia von Somoff	10
Line Dancing 1A	TUESDAY thru 3/17	10:30 - 11:30	Sarah Diener	7
Beginning ESL Reading	TUESDAY	11:00 - 12:00	Cathy Costa & Jane Sitko	13
Line Dancing 2A	TUESDAY thru 3/17	11:45 - 12:45	Sarah Diener	7
Quilting & Sewing	TUESDAY	12:00 - 3:00		14
Mind(full) Aging	TUESDAY starts 3/17, no 3/24	12:30 - 2:00	Christine Vervitsiotis	13
Coloring for Adults	TUESDAY	12:30 - 1:30	Teresa Houghtaling	13
Line Dancing Intermediate 5	TUESDAY	1:00 - 2:30	Denise Hunsaker	8
Handmade Cards	TUESDAY 3/17	1:00 - 3:00	Pamela Keller Tomchick	14
Driftwood Sculpture	TUESDAY	1:00 - 3:00	Susan Watts	14
Intermediate Tai Chi 2	TUESDAY	1:30 - 2:30	Mary Newbill	9
Ukelele Jam Sessions	TUESDAY 3/3 & 3/17	2:00 - 3:30	Jenny Shore	15
Line Dancing Improver 4	TUESDAY thru 3/17	2:45 - 4:00	Denise Hunsaker	8
Otago	WEDNESDAY	9:00 - 10:00	Kari McCrory	10
Conversational Spanish	WEDNESDAY	9:00 - 10:00	Eric Vogt	15
SeaMar	WEDNESDAY	9:00 - 2:00	Martha Acuna	16
CISC Musical Group	WEDNESDAY	9:00 - 2:00		16
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	16
Zumba Gold	WEDNESDAY	1:00 - 2:00	Cindy House	11
Budgeting & Retirement Basics	WEDNESDAY 3/11	1:00 - 2:30	WA Dept of Financial Institutions	5
Bar Stories Legacy Program	WEDNESDAY 3/25	1:00 - 3:00		5
Keep Your Balance-Keep Moving	WEDNESDAY	1:30 - 2:30	Toshiko Aramaki	11
Get Fit - Stay Fit	THURSDAY	10:00 - 11:00	CeCe Ryan	9
Beginning ESL Reading	THURSDAY	11:00 - 12:00	Cathy Costa & Jane Sitko	13
Line Dancing 3	THURSDAY	11:45 - 12:45	Denise Hunsaker	7
Open Art	THURSDAY	12:00 - 2:00	Brian Schuessler	14
Tech Support	THURSDAY 3/5 & 3/19	12:30 - 3:30	Techs Repair	6
Pinochle	THURSDAY	12:30 - 3:30	Karen Napora	16
Line Dancing 1B	THURSDAY thru 3/19	1:00 - 2:15	Sarah Diener	7
Rock & Roll Aerobics	THURSDAY	1:00 - 2:00	Cindy House	11
Beginner Tai Chi 1	THURSDAY	1:00 - 2:00	Mary Newbill	9
Queer Senior Social	THURSDAY 3/12	1:30 - 2:30	Kevin Halligan	13
Continuing Tai Chi 3	THURSDAY	2:00 - 3:00	Mary Newbill	9
Veterans Yoga Project	THURSDAY	2:00 - 3:00	Caleb Lay	11
Line Dancing 2B	THURSDAY thru 3/19	2:30 - 3:45	Denise Hunsaker	7
Mat Yoga	FRIDAY	9:30 - 10:30	Heidi Mair	8
Origami	FRIDAY 3/20	10:00 - 12:00	JonAnn Cruver	15
Printmaking	FRIDAY 3/27	10:00 - 12:00	Nataliyia Zigelboym	15
Enhance Fitness	FRIDAY	10:00 - 11:00	CeCe Ryan	9
Essentrics Beginner Stretch	FRIDAY	10:00 - 11:00	Natalia von Somoff	10
Anxiety Toolkit	FRIDAY 3/6	10:30 - 12:00	Christine Vervitsiotis	5
Members' Coffee Social	FRIDAY 3/13	10:30 - 11:30		6
Chair Yoga	FRIDAY	11:00 - 12:00	Heidi Mair	8
Essentrics	SATURDAY	10:00 - 11:00	Natalia von Somoff	10

April 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
Abstract Painting	MONDAY 4/13	12:30 - 2:30	McKy Karounis	14
Death Café	MONDAY 4/13	1:00 - 3:00		6
Knitting Club	MONDAY	1:00 - 2:30		14
Kupuna Hula	MONDAY	1:00 - 2:30	Kathy De Aguiar	11
Self Breema	MONDAY 4/20	1:30 - 2:15	Erde Sun	11
Bring Your Own Book Club	MONDAY 4/6	2:00 - 3:30	King County Library	13
Bastyr Clinic	TUESDAY	8:30 - 11:30	Bastyr	12
Fred Hutch Mammogram Van	TUESDAY 4/28	8:30 - 4:00	Fred Hutch	12
Conversational ESL	TUESDAY	10:00 - 11:00	Tessa & Doug	13
Get Fit - Stay Fit	TUESDAY	10:00 - 11:00	CeCe Ryan	9
Essentrics	TUESDAY	10:00 - 11:00	Natalia von Somoff	10
Line Dancing 1A	TUESDAY no 4/21	10:30 - 11:30	Sarah Diener	7
Beginning ESL Reading	TUESDAY	11:00 - 12:00	Cathy Costa & Jane Sitko	13
Line Dancing 2A	TUESDAY no 4/21	11:45 - 12:45	Sarah Diener	7
Quilting & Sewing	TUESDAY	12:00 - 3:00		14
Mind(full) Aging	TUESDAY	12:30 - 2:00	Christine Vervitsiotis	13
Coloring for Adults	TUESDAY	12:30 - 1:30	Teresa Houghtaling	13
Line Dancing Intermediate 5	TUESDAY no 4/21	1:00 - 2:30	Denise Hunsaker	8
Handmade Cards	TUESDAY 4/21	1:00 - 3:00	Pamela Keller Tomchick	14
Driftwood Sculpture	TUESDAY	1:00 - 3:00	Susan Watts	14
Intermediate Tai Chi 2	TUESDAY	1:30 - 2:30	Mary Newbill	9
Ukelele Jam Sessions	TUESDAY 4/7 & 4/21	2:00 - 3:30	Jenny Shore	15
Line Dancing Improver 4	TUESDAY no 4/21	2:45 - 4:00	Denise Hunsaker	8
Otago	WEDNESDAY	9:00 - 10:00	Kari McCrory	10
Conversational Spanish	WEDNESDAY	9:00 - 10:00	Eric Vogt	15
SeaMar	WEDNESDAY	9:00 - 2:00	Martha Acuna	16
CISC Musical Group	WEDNESDAY	9:00 - 2:00		16
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	16
Zumba Gold	WEDNESDAY	1:00 - 2:00	Cindy House	11
Keep Your Balance-Keep Moving	WEDNESDAY	1:30 - 2:30	Toshiko Aramaki	11
Get Fit - Stay Fit	THURSDAY	10:00 - 11:00	CeCe Ryan	9
Finding, Evaluating & Using Health I	THURSDAY 4/2	10:30 - 12:00	Susan Banksterry	5
Beginning ESL Reading	THURSDAY	11:00 - 12:00	Cathy Costa & Jane Sitko	13
Line Dancing 3	THURSDAY no 4/23	11:45 - 12:45	Denise Hunsaker	7
Open Art	THURSDAY	12:00 - 2:00	Brian Schuessler	14
Tech Support	THURSDAY 4/2 & 4/16	12:30 - 3:30	Techs Repair	6
Pinochle	THURSDAY	12:30 - 3:30	Karen Napora	16
Line Dancing 1B	THURSDAY no 4/23	1:00 - 2:15	Sarah Diener	7
Rock & Roll Aerobics	THURSDAY	1:00 - 2:00	Cindy House	11
Beginner Tai Chi 1	THURSDAY	1:00 - 2:00	Mary Newbill	9
Queer Senior Social	THURSDAY 4/9	1:30 - 2:30	Kevin Halligan	13
Continuing Tai Chi 3	THURSDAY	2:00 - 3:00	Mary Newbill	9
Veterans Yoga Project	THURSDAY	2:00 - 3:00	Caleb Lay	11
Line Dancing 2B	THURSDAY no 4/23	2:30 - 3:45	Denise Hunsaker	7
Mat Yoga	FRIDAY	9:30 - 10:30	Heidi Mair	8
Enhance Fitness	FRIDAY	10:00 - 11:00	CeCe Ryan	9
Essentrics Beginner Stretch	FRIDAY	10:00 - 11:00	Natalia von Somoff	10
Members' Coffee Social	FRIDAY 4/10	10:30 - 11:30		6
Chair Yoga	FRIDAY	11:00 - 12:00	Heidi Mair	8
Essentrics	SATURDAY	10:00 - 11:00	Natalia von Somoff	10

Center Expectations and Policies

Code of Conduct

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

Refund Policy

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

Bastyr Policy

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

Foot Care Policies

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

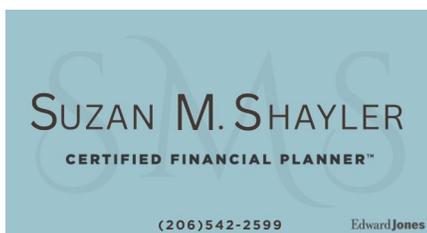
- 24-hour notice required for cancellation of appointment.
- Less than 24-hour notice, or failure to attend your appointment, will result in being charged for the appointment. In this case, you will be able to reschedule your appointment after payment has been made.
- Please **BE ON TIME FOR YOUR SCHEDULED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

Land Acknowledgement

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

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.

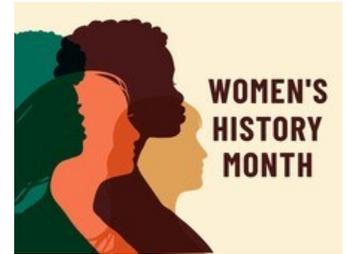


Sound Generations
Shoreline-Lake Forest Park Senior Activity Center
2208 2nd Ave
Seattle, WA 98121

Non-profit
U.S. Postage

PAID
Permit #1148
Seattle, WA

March is Women’s History Month. Women's History Month is a time to honor the contributions and achievements of women throughout history. It highlights the pivotal roles women have played in various fields such as science, politics, arts, and social justice. This month serves as a reminder of the progress made towards gender equality and the ongoing efforts needed to address the challenges women still face today. It's an opportunity to reflect on the inspiring stories of women who have broken barriers and paved the way for future generations. The focus of Women's History Month 2026 is "Leading the Change: Women Shaping a Sustainable Future." It celebrates the contributions of women who are leading sustainability efforts across environmental, economic, educational, and social justice movements.



Nutrition Spotlight: Celebrate Local Spring Produce

Spring in Washington brings an exciting burst of fresh, local flavors! As the season warms, farms across the Pacific Northwest begin harvesting crisp asparagus, tender baby bok choy, vibrant mustard greens, and the first ruby-red rhubarb of the year. By May, even more delicious options arrive—like arugula, beet greens, chard, snap peas, and sweet early strawberries—making it the perfect time to brighten up your meals with farm-fresh ingredients.

Tip: Try roasting local asparagus, tossing fresh greens into salads, or enjoying a bowl of strawberries for a naturally sweet treat. Choosing seasonal Washington produce means better flavor, great nutrition, and support for our local growers—what a refreshing way to welcome spring!

