18560 1st Ave NE, Suite #1
Shoreline, WA 98155
206-365-1536
Email: shorelinesc@soundgenerations.org
shorelinelfpseniorcenter.org
Staff
Director: Theresa LaCroix
Administrative Assistant: Jarrod Wright
Activities Programmer: Donna Saltzberg
Kitchen Manager: Donnie Bland
Foot Care: Echo Aumick, CAN
Power of One Volunteer Program Coordinator: Terry Monette
Meals on Wheels Coordinator: Joann Ekstrom

Center Advisory Board and Officers
President: Douglas Woods
Vice President: Ginny Scantlebury
Secretary: Ellen Sullivan
Treasurer: Patrick Carter
Members at Large: Brian Beam,
Janice Bellotti-Pace, Liz Fye, Bill Kesel,
and Michelle Pidduck

We regret that the necessary measures to protect us all from the spread of the Coronavirus include closure of the Center and limited services. This causing an inability to generate revenue.

We welcome and are gratefully accepting financial donations at this time.

With great appreciation,
Theresa LaCroix
Director, Shoreline-Lake Forest Park Senior Center

Visit our website shorelinelfpseniorcenter.org & on
Director's Notes

There are many exciting things happening at the Center this spring! We celebrated the Grand Opening of our new WELLNESS STUDIO on February 29th.

In addition to our delicious Dining Program, Hyde Shuttle, previous classes and scheduled spring events, beginning March 1, 2020, Shoreline-Lake Forest Park Senior Center has opened a Wellness Studio. This newest program offers exciting and unique programs and classes for body, mind and spirit to enhance navigating the way through the aging process.

We’ve created a Wellness Alliance Team made up of medical professionals, innovative fitness and dance instructors, along with other individuals who will assist us in developing programs and classes designed to support participants’ emotional and spiritual skills.

The Wellness Studio is a dedicated space within the Senior Center, allowing opportunities for classes to be offered early morning, evenings, and weekends, along with daytime programs.

The classes, which began March 1st, include...

- Yoga for Arthritis
- Tai Chi for Head Trauma
- Chair Yoga
- Strength Testing
- Gentle Mat Yoga
- Qi Gong
- Fitness Over 80
- Stretching for Adults
- Memory Testing
- Nutrition Classes
- Adaptive Yoga for people with brain injuries
- Theatre Classes
- Healing Through Music Therapy

...and the list goes on. A complete list with times, costs are found on pages 13-16 in this guide. Instructor bios can be picked up at the Center or viewed on our website.

The Wellness Alliance Team will also to provide wellness/fitness programming for those coping with chronic ailments. This will be done in partnership with Bastyr Naturopathic Medical Services, Echo Aumick’s Foot Care services, our dance instructors, and community partners such as Everett Clinic and Pacific Medical Center.

We will continue to build the “One Stop Shopping” concept for your wellness needs. Wellness Studio classes are open to all ages over 21. Each month, additional classes will be included to broaden our spectrum of services.

Come to the Center and check out what we have to offer you this Spring!

Warm regards,

Theresa LaCroix

Director, Shoreline-Lake Forest Park Senior Center
ALTERNATIVE MEDICINE CLINIC FROM BASTYR COLLEGE OF NATURAL MEDICINE

Naturopathic medicine emphasizes preventing disease, encouraging the body's inherent healing ability, treating the whole person and educating patients.
*Please state if you prefer a Spanish speaking Doctor for your assessment and treatment

**Call 206-365-1536 for appointment**
Closed: Monday, May 25
Day: Mondays
Time: 9:00 am- 4:00 pm
Location: Craft Room (CR) #G131
Cost: $15 per visit

BLOOD PRESSURE/BLOOD SUGAR
Service performed by Bastyr Medical Student.

**No appointment required**
Closed: Monday, May 25
Day: Mondays
Time: 8:00 am- 4:30 pm
Location: Craft room (CRR) #G131
Cost: **FREE**

BLOOD PRESSURE CHECKS
Performed by Saira Amir-Ali RN

**No appointment required**
Day: 2nd Thursday Monthly
Time: 10:00am-12:00pm
Location: Clinic Room (CR) #G121
Cost: **FREE**

COMMUNITY DINING (LUNCH PROGRAM)

Delicious hot lunch served daily. Sign in each day at the Front Desk to receive your lunch ticket!

Closed: Monday, May 25
Day: Monday through Friday
Time: 11:45am-12:15pm
Location: Dining Room (DR) #G111
Cost: $4.00 suggested donation if 60+
Cost of the meal is $10.00 for those under 60.
See pages 23-25 for our monthly menus

DENTAL CARE

Services offered through **Smiles for Life Dental Hygiene**. No medical coupons or sliding scale as rates are lower than most dentists.
- Date: 3rd Thursday of the month
- Time: Appointments will be arranged through the hygienist.
- Location: Counseling Room (CNR)

Please come to the Front Desk at the Center, or call 206-365-1536 to give your name and phone number. A packet of forms needs to be filled out prior to your 1st appointment. The hygienist will contact you to schedule your appointment.
Cancellations under 24 hours will be charged $35.

FOOT CARE

Foot Care Provider Echo Aumack
Call the Center at 206-365-1536 to provide your name & phone number. The Foot Care Provider will contact you with an appointment date.
Cancellations must be made 24 hours in advance to avoid being charged!

Day: Monday, Wednesday, Thursday, Friday
Time: by appointment see above
Location: Clinic Room (CR) #G121
Cost: *SC members $22
   Adult Family Home $20
   *SC Non-members $30

HAIRCUTS

Drop by the Front Desk or call 206-365-1536 to schedule an appointment with our stylist Teresa Vannoy-Draper.

Day: 2nd & 4th Thursday monthly
Time: 1:00 p.m.- 3:30 p.m.
Location: Craft Room (CR) #G131
Cost: *SC Members $12
   *SC Non-members $14
LEGAL CONSULTATION
Attorney Karl Flaccus or an associate provides
FREE 20 minute consultations. Call for an
appointment 206-365-1536.

date: 2nd Tuesday monthly
location: Conference room (CFR) G#133
cost: *SC members have priority
Free for *SC members & Non-members

MEALS ON WHEELS (MOW)
Anyone who is home-bound due to illness or
disability or has difficulty shopping or cooking
may apply for Meals on Wheels. To obtain
an application, call Sound Generations, at
206-448-5767 or online:
www.soundgenerations.org We also offer
nutritional supplements such as Ensure at a
discounted price. MOW volunteers are at the
Senior Center on Tuesday and Thursday morn-
ings.

Orders are taken on Tuesday morning
9:00am—12 noon for a Thursday morning
delivery. Call the Center at 206-365-1536.

MEDICAL EQUIPMENT
A limited supply of walkers & canes is available
for loan at no charge. See Front Desk, or call
206-365-1536.

cost: FREE

MINOR HOME REPAIR
Skilled repair technicians make minor plum-
ing, carpentry, electrical repairs, & install wheel-
chair ramps, grab bars & handrails. Income
eligibility required.
Call for more information 206-448-5751

PROPERTY TAX EXEMPTION
For information call 206-296-3920

WATER CONSERVATION PROJECT (WCP)
Free installation plus water-saving toilet for those meeting eligibility guidelines.
Call 206-448-5751

SENIOR RIGHTS ASSISTANCE (SRA)
SRA provides free legal and consumer
information to older adults and their families.
Highly trained volunteers support clients by
helping problem-solve, providing information &
resources plus, making appropriate referrals to
other agencies. SRA coordinates the Elder Law
Legal Clinic in Seattle & Kent, collaborating with
the King County Bar Association.

Call SRA at 206-448-5720 to schedule an
appointment or for more information!

SEWER DISCOUNT PROGRAM FOR
LOW-INCOME SENIORS
Shoreline residents call 206-546-2494
Lake Forest Park residents call 206-368-5440
Must be 62 and up

SHIBA
A trained volunteer will be available to assist
consumers (18 and up) w/ info on public and
private health insurance options (including
Medicare) available to them in Washington
day: 3rd Friday of the month
time: 10:00am—12:00pm

cost: FREE
location: Meals on Wheels Room (MOW) #G132
Book appointments at the Front Desk or call
206-365-1536.

SNAP
You may be eligible for SNAP. Supplemental
Nutrition Assistance Program). Two-thirds of
adults, 50+ who are eligible for benefits, do not
apply because they think they are ineligible.

Call to check on eligibility criteria:
Toll free # 1-877-501-2233

UTILITY BILL DISCOUNTS
City Light/Seattle Public Utilities discounts: Call
the Utility Discount Program at 206-684-0268
HYDE SHUTTLE SERVICE

HYDE Shuttles offer round-trip van transportation to hot lunches, senior centers, grocery shopping, & other local errands for seniors 55 and older & people with disabilities of all ages. Donations are appreciated. If you live in NE Seattle, you may get van service to the medical facilities in the Northgate area.

- date: Monday through Friday
- time: 9:00 am—4:00 pm

Call 206-727-6262

*Rides must be scheduled prior to the date of the ride!

Calling before 12 noon—call 3 days ahead
Calling after 12 noon—call 4 days ahead

VOLUNTEER TRANSPORTATION

Call by Wednesday of the week before your appointment. Sound Generations provides rides to medical for people who have NO OTHER WAY to get there.

For more information or to schedule a ride call 206-727-6262,

- day: Monday - Friday
- Time: 8:00 am - 3:00 pm.

2020 MEMBERSHIPS
AVAILABLE NOW

SINGLE $35    COUPLE $60

Members are discounted on class fees
Members are mailed the quarterly newsletter
Members are honored with a free birthday lunch
New Member breakfast social in January

Membership is good through December 31, 2020

Your membership dollars support exciting programs, services and special events!

Become a member today!

Membership Application is on page 27 for your convenience
LEVEL 1 ENHANCE FITNESS®
Instructor: CeCe Ryan
CHAIR EXERCISE is designed for people with limited mobility. No charge for eligible Kaiser Permanente members. Participants may be seated or in a wheelchair. Regular attendance is expected for best results.

Drop-Ins WELCOME!
days: Tuesday & Thursday
time: 10:30am-11:15am
location: Exercise Room (EXR) #G123
cost: *SC Member $3.00/class  
  *SC Non-member & NON KAISER $6.00/class

LEVEL 2 ENHANCE FITNESS®
Instructors: CeCe Ryan and Toshiko Aramaki
Monday & Friday - CeCe Ryan  
Wednesday - Toshiko Aramaki
Best for individuals who are currently in other exercise forums or have a walking routine. No charge for eligible Kaiser Permanente members.
If this class is full, the front desk volunteers are able to guide you in registering for another class.

Drop-Ins WELCOME!
days: Monday, Wednesday, Friday
time: 10:00am—11:00am
location: Dining Room (DR) #G111
cost: *SC Member $3.00/class  
  *SC Non-member & NON KAISER $6.00/class

ENHANCE FITNESS® LEVEL 2
Instructor: CeCe Ryan
Best for individuals who are currently in other exercise forums or have a walking routine. No charge for eligible Kaiser Permanente members.

Drop-Ins WELCOME!
days: Monday, Wednesday, Friday
time: 12:30pm – 1:30pm
locations: Bridge Room (BR) #G112—Monday  
  Exercise Rm (EXR) #G123—Wed & Fri
cost: *SC Member $3.00/class  
  *SC Non-member & NON KAISER $6.00/class

CECE’S BELLY DANCING
Instructor: CeCe Ryan
This Dance class will introduce you to a range of music, movement and cultures of the world. The class is upbeat and positive while instruction is flexible, comfortable, low impact and self-paced for dancers of all shapes, sizes, and ability level. The perfect mix of learning dance moves while having fun. Drop-Ins WELCOME!
New participants are welcome to join anytime.
day: Wednesday
time: 2:00 pm-3:00 pm
location: Exercise Room (EXR) #G121
cost: *SC Member $3/class  
  *SC Non-member $4/class

LIGHT and LIVELY WITH CECE
Instructor: CeCe Ryan
For people wishing to improve their physical conditioning and decrease risk of injuries. Class focus on strength training. Class has available space.

Drop-Ins WELCOME!
days: Tuesday and Thursday
time: 11:30am-12:30pm
location: Exercise Room (EXR) #G123
cost: *SC Members $4.00/class  
  *SC Non-Member $6.00/class

SIMPLY STRETCHING with CeCe
**New Class** in our Wellness Studio
See the full description on page 13
CANCER SURVIVOR EXERCISE CLASS
Instructor: Toshiko Aramaki
This class addresses exercises designed for women & men having survived cancer, based on limited energy, weight gain / loss and pain levels. Toshiko will speak with you prior to class to assess your level of participation.

**NO Drop-ins allowed**
days: Monday & Friday
time: 1:00pm – 2:00pm
location: Game Room (GR) G#120
cost: *SC Members & Non-members $5/class

FALL PREVENTION EXERCISE
Instructor: Toshiko Aramaki
Leave name & phone number at front desk and instructor will contact you. This class reinforces the exercises learned in 'Keep Your Balance - Keep Moving' with concentration on building & maintaining balance.

**NO Drop-ins allowed**
days: Monday, Wednesday, Friday
time: 11:15am – 12:15pm
location: Monday in Bridge Room
        Wednesday/Friday in Exercise Room
cost: *SC Members $4.00/class
     *SC Non-members $6.00/class

FITNESS FOR LIFE 80+
Instructor: Toshiko Aramaki
This balance class focuses on strengthening all major muscles on your body. This class is for those who need a little more attention from instructor and focus on strengthening your muscles, your bone health, balance, agility, flexibility and reaction time. These are all very important for seniors to prevent falls and to prevent injuries even if the falls happen.
day: Monday & Friday
time: 10am-11:00am
location: Monday & Friday Exercise Room (ER)
cost: *SC Members $4/class
     *SC Non-members $6/class

KEEP YOUR BALANCE-KEEP MOVING
Instructor: Toshiko Aramaki
This is NOT a traditional exercise class but is made up of 50% discussion on Fall Strategies and 50% balance exercises. It is an ENTRY level course which guides you in developing an exercise routine. This is a 10-week course. Check Front Desk for new course dates throughout the year. Leave name/number at front desk & the instructor will contact you.

**NO Drop-ins allowed**
day: Tuesday
time: 9:30am-11:00am
location: Game Room (GR) #G120
cost: *SC Members & Non-members FREE
Sponsored by Shoreline Fire Department

KICKBOXING  **NEW CLASS**
Instructor: Toshiko Aramaki
In this class, you can expect a full body workout engaging every muscle group in your body with a strong focus on your core muscles. You can also improve flexibility, balance and coordination and build faster reflexes. Despite the name, this workout is noncontact and all punches and kicks are thrown into the air. The hour incorporates a warm-up, cool down, some strength training using dumbbells as well as both dynamic and static stretching.
day: Wednesday evenings
time: 5:00pm—6:00pm
location: Dining Room (DR) #G111
cost: *SC member $6
     *SC Non-member $10
**FITNESS**

**YANG STYLE TAI CHI**

In China doctors often prescribe Tai Chi for people as they age or to support healing of an illness or injury. Current western medical research proves the benefits of this ancient system of movement for problems including: decreased balance and flexibility, hypertension, arthritis, heart disease, heart failure, anxiety, depression, Parkinson’s, sleep problems, not to mention preventing falls and increased muscle strength. For more information please go to health.harvard.edu/staying-healthy/the-health-benefits-of-tai-chi

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**YANG STYLE TAI CHI AND APPLICATIONS**

Instructor: Mary Newbill

Stand-alone class for beginning or continuing students. Qi Gong warm-ups and Cheng Man-Ching Young Form. New participants encouraged to take Beginner class first or in tandem with this class.

Drop-ins WELCOME!

days: Tuesdays & Fridays

time: 10:45am-11:45am

location: Tuesday Craft Room (CRR) #G131 Friday Advanced class Spartan Gym (SPG)

cost: *SC Members $6/class
*SC Non-members $8/class

*May purchase class ticket up to 15 classes to be used within 90 days of purchase.

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**BEGINNER TAI CHI & TAI CHI IN A CHAIR**

Instructor: Mary Newbill

Recommended for those without previous experience. Establishes basic skills critical to building a life-long practice. The class cycle rotates each month. Drop in anytime. This is a 4 week course and full payment is required at time of registration. Includes meditative breathwork.

This class is suitable for all levels of fitness and is based on relaxed, gentle, movement that allows the body to open meridian flows, thereby loosening the joints and muscles and supporting internal organ health. For more information please go to www.health.harvard.edu/customer_service

Drop-Ins WELCOME!

day: Tuesdays

time: 12pm—1pm

locations: Game Room (GR) #G120

cost: *SC Member $24
*SC Non-member $32

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For more classes offered with Instructor Mary Newbill look on page 16
NEW NIGHT BEGINNER CLOGGING CLASS!
Instructor: Maureen Pettit
You can learn to clog! No dance experience necessary. Clogging is enjoyable, fun, healthy exercise. Steps are always "cued" by the instructor, like square dancing. Shoes and taps will be discussed at the first class.
Register at Senior Center front desk.
day: Wednesday
time: 5:00-6:00pm
location: Craft Room (CR) #G131
cost: *SC Members $5.00/class
*SC Non-members $7.00/class

INTERMEDIATE 1 CLOGGING
(MUST HAVE COMPLETED BEGINNER CLASS)
Instructor: Maureen Pettit
For students who have completed Beginner level and are familiar with the basics of clogging, but are not quite ready for the Intermediate level. Dance to choreographed dances.
day: Monday
time: 10:15 - 11:00am
location: Spartan Gymnastic Room (SPGR)
Cost: *SC Members $5.00/class
*SC Non-members $7.00/class

INTERMEDIATE 2 CLOGGING
Instructor: Maureen Pettit
Learn more challenging steps and combinations. You will also dance to higher level steps and choreographed dance routines in this fun and friendly class.
day: Monday
time: 11:00am - 12:00pm
location: Spartan Gymnastic Room (SPGR)
cost: *SC Members $5.00/class
*SC Non-members $7.00/class

BEGINNER CLOGGING
Instructor: Maureen Pettit
Clogging is a rhythmic, grounded style of dance, brought to the USA by immigrants from Europe. It is fun and great exercise for all ages, and danced to all genres of music. Learn the basic steps utilized in all levels of clogging. No dance experience necessary. Clogging is always "cued" by the instructor, like square dancing. Shoes and taps will be discussed at the first class.
Register at Senior Center front desk.
day: Monday
time: 9:30am—10:15am
location: Spartan Gymnastic Room (SPGR)
cost: *SC Members $5.00/class
*SC Non-members $7.00/class

HULA
Instructor: Kathy DeAguiar
Learn 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.
day: Thursday
time: 1:30 pm-2:30 pm
location: Dining Room (DS) #G11
Cost: *SC Member $3/class
*SC Non-member $5/class

Register and pay for all dance classes at the Senior Center front desk. May purchase tickets for up to 15 classes, good for 90 days.
NEW BEGINNERS LINE DANCE CLASS
Instructor: Denise Hunsaker

This class is particularly designed to meet the needs of brand new dancers. In these 11 weeks, students will be introduced to both the language and movements of line dancing. The teaching pace will be steady and slow 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. Line dancing is a superb exercise for both your body and brain.

No previous dance experience required.

No new registrations or drop ins after the 4th week of Spring quarter, unless arranged with the Instructor.

day: Tuesday
time: 9:45am - 10:45am
location: Spartan Center Dance Room
cost: *SC Members $6.00/class
*SC Non-members $8.00/class

*May purchase ticket for up to 15 sessions, good for 90 days.

ADVANCED BEGINNER LINE DANCE
Instructor: Denise Hunsaker

For those who have learned the basic line dance steps and are ready to try new choreography, new step combinations and who have at least 6-9 months at the beginner level.

No new registrations or drop ins after 4th week of Spring quarter, unless arranged with the Instructor.

day: Tuesday
time: 2:45pm - 3:45pm
location: Spartan Gymnastic Room (SPGR)
cost: *SC Members $6.00/class
*SC Non-members $8.00/class

*May purchase ticket for up to 15 sessions, good for 90 days.

BEGINNERS LINE DANCE
Instructor: Denise Hunsaker

For those who have been introduced to line dancing and are ready to add on 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. We will cover a variety of dance styles & rhythms to music from different genres. This is a great way to exercise both your body your brain while having fun and being social. It’s best to have some line dance experience for this class.

No new registrations or drop ins after 4th week of Spring quarter, unless arranged with the Instructor.

day: Tuesday
time: 10:45am - 11:45am
location: Spartan Gymnastic Room (SPGR)
cost: *SC Members $6.00/class
*SC Non-members $8.00/class

*May purchase ticket for up to 15 sessions, good for 90 days.

IMPROVER INTERMEDIATE LINE DANCE
Instructor: Denise Hunsaker

For those wanting to learn more challenging steps, rhythms and step combinations. Must have at least one year at the advanced beginner level and a mastery of the basic line dance steps.

day: Tuesday
time: 1:15pm - 2:30pm
location: Spartan Center Dance Room
cost: *SC Members $6.00/class
*SC Non-members $8.00/class

*May purchase ticket for up to 15 sessions, good for 90 days.
SPECIAL EVENTS

Birthday Celebration Luncheons   April 17th, May 21st, June 25th
Celebrate we us. Senior Center members with a birthday in the
allocated month get a complimentary lunch.

KARAOKE BINGO

Grab a few of your best buds and join us for a night filled with songs,
food & drink and FUN! Karaoke Bingo is every 2nd Friday night of the
month. Games from 7:00pm to 9:00pm, $10 for 8 games, cash only.

HOT ROD EXTRAVAGANZA ~ CAR SHOW   Saturday, April 25th   10am-3pm

Enjoy an afternoon with hot rods, rat rods, customs classics
restorations lowriders and unrestored survivors 1990 or older.
Slow drags at 1pm, awards for all classes. Food, tours and
entertainment $25 per entry with 100% of proceeds to go to
benefit programs at the Shoreline/Lake Forest Park Senior Center.

Help the Center Raise Funds!

By shopping at Fred Meyer or
Amazon, the Center receives a
portion of your purchase as a
corporate donation!

Go to
fredmeyer.com/communityrewards
OR
smile.amazon.com
and designate Sound Generations as
your nonprofit of choice!

We would like to thank each of you for your patience and support during our
closure. We will continue to monitor the Corona-Virus situation as it relates to
our communities and decisions will be made in the best interest of our participants.

Please regularly check our website at shorelinelfpseniorcenter.org
and Facebook page for new and current events we are scheduling in
upcoming months as we navigate handling through these delicate times.

Visit our website shorelinelfpseniorcenter.org & on
**ADAPTIVE YOGA**

For people with brain injuries

Instructor: Sharon St. John-Rachuna

Yoga poses are adapted for student’s ability & experience. Participate at your own level. All are welcome. For additional info: www.explorationconsulting.com/Brain-Injury-Yoga

Call 206-365-1536 to register for class
day: Mondays
time: 1:00-2:00pm
location: Wellness Studio (WS)
cost: *SC Members & Non-members FREE

**ENERGY LIGHT THERAPY**

COME SOAK UP SOME RAYS!

**SAD** is a type of depression that occurs during the fall and winter when there are fewer hours of sunlight.
The light from a sun lamp is believed to have a positive impact on serotonin and melatonin. These chemicals help control your sleep and wake cycle. Serotonin also helps reduce anxiety and improve mood” — Healthline Oct 2018

Please check in and pay at the front desk
day: Mon, Tues, Wed, Thurs, & Fri
time: 9:00am-9:30am
location: Wellness Studio (WS)
Cost: *SC Members $2/session
SC Non members $3/session

**NUTRITION PRESENTATION BY PACIFIC MEDICAL CENTERS**

Facilitator: Christy Goff, MS, RDN, CD,
Dietitian for Living Well Alliance Team | Pacific Medical Centers

**APRIL**: Meal planning for one or two workshop

**MAY**: Stress and Nutrition – mindfulness workshop (include meditation)

**JUNE**: Cooking demo for brain health
day: 2nd Friday of each month
dates: April 10, May 8, June 12
time: 1:00pm-3:00pm
location: Wellness Studio (WS) #G127 or Craft Room (CR) #G131
cost: *SC Member and *SC Non members FREE donations accepted for the class

**SIMPLY STRETCHING**

A Deep, Restful, Sustained Stretching Class

Instructor: CeCe Ryan

Lengthen, strengthen & achieve better mind-body awareness with simple, sustained stretches Relax, Refresh and Recharge. On the floor but may be modified for chair work. **You get down once, and up once.**
Easy, gentle and nourishing for your body and your mind. No impact and no stress on any joints. Stretching improves circulation and breathing, lowers aches and pains, increases flexibility and range of motion and will reenergize you. Long, passive holds of seated and reclined postures gently stretch and open all your stuck places no matter what your age, strength, or level of flexibility. The calm afterglow you experience from this class will have you coming back for more!

You will need a mat, a towel for comfort, wear layers of stretchy clothing
day: Wednesday
time: 3:00pm-4:00pm
location: Wellness Studio (WS) #G127
cost: cost: *SC Members $4/class
*SC Non-members $6/class
Healing Moves Series: Spring 2020

1. Yoga for Healthy Bones
Instructor: Heidi L. Mair, AWC, E-RYT
Do you have osteoporosis or osteopenia? In this 4-part series, you will learn about the physiology of these common conditions and how Yoga can help. Each class will begin with 15 minutes of discussion followed by 45 minutes of Yoga practice designed to build bone health (density and structure), improve balance and reduce the risk of fracture. Class will include poses on the mat or chair and standing. Minimum enrollment: 5; maximum enrollment: 20

This is not a drop-in class.
Minimum enrollment: 5; max enrollment: 20
day: Tuesdays, April 14 – May 5
time: 1:30 – 2:30 pm
location: Wellness Studio (WS) #G127
cost: *SC Member $24.00 for month course
*SC Non-members $32.00

2. Yoga for Healthy Joints
Instructor: Heidi L. Mair, AWC, E-RYT
Are you one of the 34 million Americans suffering from the chronic pain of arthritis? Specific Yoga poses are scientifically linked to increased flexibility and healthy cartilage in the joints. In this 4-part series, you will learn the physiology of arthritis and how Yoga can help. Classes will include poses on the mat or chair and standing.

This is not a drop-in class.
Minimum enrollment: 5; max enrollment: 20
day: Tuesdays, May 12 – June 2
time: 1:30 – 2:30 pm
location: Wellness Studio (WS) #G127
cost: *SC Member $24.00 for month course
*SC Non-members $32.00

3. Relax & Restore with Yoga
Instructor: Heidi L. Mair, AWC, E-RYT
Yoga is recommended to ease anxiety, depression and stress. Yoga’s unique integration of mindful meditation, breathwork, movement and relaxation calms the mind, balances emotions and releases tension in the body. In this 3-part series, you will practice restorative Yoga poses, linking breath and movement followed by an extended period of meditation and relaxation.

This is not a drop-in class.
Minimum enrollment 5; max enrollment: 20.
day: Tuesdays, June 9 – 23
time: 1:30 – 2:30 pm
location: Wellness Studio (WS) #G127
cost: *SC Member $24.00 for month course
*SC Non-members $32.00

Instructor: Heidi Mair, Wellness Counselor, AWC (500 hours), and Yoga Teacher E-RYT (200 hours) with over 1500 hours of teaching experience & certified to teach Yoga to Seniors. Find out more about Yoga and healthy aging at Heidi’s website.
INTRO TO YOGA (2 Sessions)
Instructor: Heidi L. Mair, AWC, E-RYT
Haven’t tried Yoga yet?
Start with Introduction to Gentle Yoga.
For students with little or no experience, join this two-part introductory session. Following an introductory session, you will be prepared to join a drop-in class of your choice. You will:
• Explore the reasons many people over 50 practice Yoga.
• Discover if Yoga is right for you.
• Learn breathing techniques and increase circulation.
• Learn basic poses and their names.
• Learn safe ways to move from one pose to the next.
• Practice mindfulness to calm your mind and reduce stress.

Introduction to Gentle Yoga Session 1
day: Friday, April 17th and 24th
time: 11am–12 noon
location: Wellness Studio (WS) #G127
cost: *SC $6/class
*SC Non-member $9/class

Introduction to Gentle Yoga Session 2
day: Friday, May 15th and 22nd
time: 11am–12 noon
location: Wellness Studio (WS) #G127
cost: *SC $6/class
*SC Non-member $9/class

DROP-IN CLASSES

GENTLE CHAIR YOGA - meets twice a week
Instructor: Heidi L. Mair, AWC, E-RYT
Chair Yoga class students begin, and end class seated in chairs with a portion of practice spent standing.
days: Monday and Wednesday
April 6 – June 17; no class May 25th (Memorial Day)
time: 11:00am–12:00pm
location: Wellness Studio (WS) #G127
cost: *SC Member $6/class
*SC Non-member $9/class

GENTLE MAT YOGA - meets twice a week
Instructor: Heidi L. Mair, AWC, E-RYT
Calm your mind, stretch and strengthen your body and improve your balance with a Gentle Yoga class designed for students 50 and older. Gentle Yoga offers a nurturing, accessible and inclusive setting to explore Yoga, regardless of age or physical activity level.
days: Wednesday and Friday
day: Wednesdays April 8 – June 17
time: 12:30pm-1:30 pm
location: Spartan Gymnastic Room (SPGR)
day: Fridays 9:30am-10:45am April 10 – June 19
time: 12:30pm-1:30 pm
location: Wellness Studio (WS) #G127
cost: *SC Member $6/class
*SC Non-member $9/class
TAI CHI PLAY
Instructor: Mary Newbill
Free Style Tai Chi & Chi Kung movement initiates chi flow through the acupuncture meridians. Playful and relaxing, this class will energize the rest of your day; Integrating principles of meditation, movement, and breath without needing to remember a specific form or sequence.

day: Thursday
time: 11:30am-12:30pm
location: Wellness Studio (WS) #G127
cost: cost: *SC Members $6/class
     *SC Non-members $8/class

For more classes offered with Instructor Mary Newbill look on page 9

CIRCLE OF SOUND
Healing through sound & music
Instructor: Valerie Placenti, CCMHP.

Come experience the Joy of Sound and Chant! This class is for anyone interested in the discovery & exploration of Breath, Sound, Chant and Music for Renewal and Inspiration.

The practice of sound and music for health and wellbeing is ancient. It can easily be traced back 3,000 years and more than likely, it stems from thousands of years earlier.

In this 60-minute class, we will be using breath, ancient techniques of humming, toning, chant, and listening to cross-cultural music selected from a variety of composers and genres, to help bring about increased health & wellbeing.

day: Saturdays
time: 10:00am— 11:00am
location: Wellness Studio (WS) #G127
cost: *SC Member $45/session
     *SC Non-members $60/session

In partnership with Pacific Sound & Voice Please call the Senior Center to register.

BRAIN HEALTH CLASS
Instructor: Mary Newbill
An hour and half class with the last 20 -30 minutes or so spent doing Tai Chi & Chi Kung healing meditations. "The Inner Smile" and "Quiet Mind Listening”.

day: Thursday
time: 1pm-2:30pm
location: Wellness Studio (WS) #G127
cost: cost: *SC Members $8/class
     *SC Non-members $10/class

THEATRE CLASSES
Jazz up your brain with a Theatre Class

THEATRE GAMES
Instructor: Nan Burling
Explore your imagination, work as a team and act

day: Saturdays—April 4, 11, 25, May 2
time: 12-1:15pm
location: Wellness Studio (WS) #G127
cost: four classes/session
     *SC Member $48/session
     *SC Non-members $60/session

READER’S THEATRE
Instructor: Nan Burling
Enjoy favorite and new pieces of literature Work as an ensemble with read aloud scripts

day: Saturdays—April 4, 11, 25, May 2
time: 1:30-2:45pm
location: Wellness Studio (WS) #G127
cost: four classes/session
     *SC Member $48/session
     *SC Non-members $60/session

These are not drop-in classes.
Please call the Senior Center to register.
ADULT COLORING CLUB
Facilitator: Carole Huza
Whether you have artistic skills or not, Adult Coloring Clubs are for everyone. Experiencing symptoms of Parkinson’s, MS, Arthritis, etc., coloring improves eye to hand coordination and gentle joint exercise.
days: TUESDAY
time: 1:00PM—2:30PM
location: Conference Room (CR) #G133
cost: *SC Member & Non members $2/session

THE ART CLUB (all mediums except oil)
Facilitator: Eloise Mickleson
Bring your acrylics, pastels, almost any art medium. We help each other in class as we work on our own projects.
days: THURSDAY
time: 9:30am-11:30am
location: Game Room (CR) #G133
cost: *SC Member $2/session
*SC Non members $3/session

BASIC KNITTING CLUB
Instructor: Donna Ault
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.
*Check out their knitting display in the lobby display case. Men & women alike enjoy this class.
days: Monday
time: 12:00 pm – 2:00 pm
locations: Exercise Room (EXR) #G123
cost: *SC Member $2/session
*SC Non members $4/session

DRIFTWOOD SCULPTURE
Instructor: Dana Theodorsen
Learn to transform rough wood into a beautiful sculpture. Instructor has basic tools available for $15, first visit free.
days: Tuesday
time: 1:00 pm—3:30pm
location: Exercise Room (EXR) #G123
cost: *SC Member $6.00/class
*SC Non-member $8.00/class

FRENCH CONVERSATION -INTERMEDIATE
Instructor: Jill Capozzoli
Celebrate French holidays. Read and discuss current events, news, articles, contemporary novels. Watch and comment on French films in a fun, supportive environment.
Notez: Cette classe n’est pas appropriée aux débutants. Chaque étudiant doit avoir l’autorisation par le professeur avant l’inscription dans la classe.
days: Thursday
time: 10:00am – 11:30am
location: Conference Room (CR) #G133
cost: *SC Member $20/month
*SC Non-member $25/month
FRIDAY AFTERNOON AT THE MOVIES
In partnership with Scarecrow Video
day: 1st Friday of each month
April 3rd "The Band Wagon" (1953, 112 minutes) directed by Vincente Minnelli, starring Fred Astaire and Syd Charisse. Synopsis: A musical in vivid Technicolor about a pretentiously artistic director who is hired for a new Broadway musical and changes it beyond recognition.

May 1st "Notorious" (1946, 102 minutes) directed by Alfred Hitchcock, starring Cary Grant, Ingrid Bergman, and Claude Rains. Synopsis: Alfred Hitchcock's film noir about a woman who is recruited to spy on a post-WWII group of Nazis in Brazil plotting to retake power.

June 5th "Rivers and Tides Andy Goldsworthry: Working with Time" (2001, 90 minutes) directed by Thomas Riedelsheimer. Synopsis: A documentary about Andy Goldsworthy, a Scottish artist whose specialty is ephemeral sculptures made from elements of nature.

time: 1:00pm-3:00pm
location: Bridge Room (BR) #G112
cost: *SC Member $2.00 suggested donation
*SC Non members $2.00 suggested donation

SENIOR READS BOOK CLUB
Facilitator: Candice Reed
For those that love to read.
Apr. 14 - Circe by Madeline Miller
May 12 - Nothing to See Here by Kevin Wilson
Jun. 9 - Eleanor Oliphant is Completely Fine by Gail Honeyman
day: 2nd Tuesday of each month
time: 1:00pm – 2:00pm
location: Bridge Room (BR) #G112
cost: *SC Member $2/session
*SC Non members $4/session

SHORELINE-LFP SENIOR SINGERS
Facilitator: Lewis Wilburn
For those that love to sing. All singers welcome—no tryouts required. Sing to the music you have loved through the years.
day: Thursdays
time: 10:00am—11:15am
location: Bridge Room (BR) #G112
cost: *SC Members & Non-members Suggested Donation $2

SPANISH CONVERSATION
ADVANCED BEGINNERS
Instructor: Gabe Salvatter
days: Monday
time: 10:00am—11:30am
location: Conference Room (CR) #G133
cost: *SC Member $3.00/class
*SC Non-member $6.00/class

Like us on
TECHNOLOGY CLASSES
Participants determine the class content. Come with your list of functions/features you wish to use on your device.

Instructor: Jacque Cook
days: Wednesdays
location: Conference Room (CR) #G133

PHONE
Suggested topics: Navigate screens, contacts, email, texting, blocking calls, photos, appointment/medication reminders, how to get connected anywhere, verbal dictation, how to find the right app and accessibility options for understanding conversation on your phone. Also receive a comprehensive user manual.
dates: Wednesdays 4/8, 4/15, 4/22
time: 1pm—2pm
cost: *SC Member $20/session
*SC Non-member $25/session

IPAD TABLET
Suggested topics: Navigate screens, photos, verbal dictation to email/texting, how to find the right app, appointment/medication reminders, getting your questions answered on the Web, how to talk to and see your grandkids in real time, placing audio/text books on your device, select music to listen to, enlarge print, audio option for all text and much more
dates: Wednesdays 4/8, 4/15, 4/22
Time: 2:30pm—3:30pm
cost: *SC Member $20/session
*SC Non-member $25/session

ANDROID TABLET
Suggested topics: Navigate screens, photos, how to find the right App, getting your questions answered on the Web, how to talk to and see your grandkids in real time, placing audio/text books on your device, select music to listen to, enlarge print, audio option for all text and much more. Also an introduction to additional functions.
dates: Wednesdays 5/6, 5/13, 5/20
time: 2:30pm—3:30pm
cost: *SC Member $20/session
*SC Non-member $25/session

MAC LAPTOP
Suggested topics: Basic troubleshooting, WiFi issues, basic Pages (Word processing), Numbers (spreadsheet) use, utilizing the Web as entertainment and information resource, navigating and speaking and seeing your grandkids in real time. Also an introduction to additional features.
dates: Wednesdays 6/3, 6/10, 6/17
time: 1-2 PM
cost: *SC Member $20/session
*SC Non-member $25/session

PC LAPTOP
Suggested topics: Basic troubleshooting, WiFi issues, basic Word, utilizing the Web as entertainment and information resource, navigating and speaking to and seeing your grandkids in real time. Also an introduction to additional features.
dates: Wednesdays 6/3, 6/10, 6/17
time: 2:30-3:30 PM
cost: *SC Member $20/session
*SC Non-member $25/session
BADDUK
Facilitator: Andrew Cho
This fun game is played in Korean
day: Thursday
time: 12:30pm-4:30pm
location: Conference Room (CR) #G133
cost: *SC Members & Non-members FREE

DUPLICATE BRIDGE
Facilitator: Claudia Olney
This is a friendly, non-sanctioned game in which identical deals are played in order to compare individual scores.
days: Wednesday
time: 12:00pm—4:00pm
location: Bridge Room (BR) #G112
cost: *SC Member $3.00/session
*SC Non-member $4.00/session

HARTU
Facilitators: Ken & Tina Marable
A new fun board game created by a Shoreline resident. Available in retail stores.
days: Wednesday & Thursday
time: 1:00pm—4:00pm
location: Craft Room (CR) #G131
cost: *SC Member $2.00/session
*SC Non-member $4.00/session

MAHJONG
Facilitator: Bettie Russell
Players of all skill levels welcome.
Set-up begins at 8:30am, with the actual games beginning at 9 am
*New players may simply drop by anytime!
day: Monday
time: 9:00am
location: Third Place Commons—Stadler Room
cost: *SC Members & Non-members FREE

PINOCHELE
New players always welcome.
day: Thursday
time: 12:30pm—3:30pm
location: Bridge Room (BR) #G112
cost: *SC Member $3.00/session
*SC Non-member $4.00/session

SCRABBLE CLUB
Facilitators: Bob Collet & Jane Jackson
Bring your board or use ours.
New guests always welcome!
day: Thursday
time: 12:30pm—4:00pm
location: Game Room (GR) #G120
cost: *SC Member $3.00/session
*SC Non-member $4.00/session
CLUTTER CONTROL
Facilitator: Nona Martin
Find ways to get rid of clutter and how to deal with it. Develop a plan to help you de-clutter.
days: 1st Wednesday of each month
time: 11:00am—12:00pm
location: Game Room (GR) #G120
cost: *SC Member $2.00/session
*SC Non-member $4.00/session

COFFEE WITH ALAIN
Facilitator: Alain Rhone
April: Property tax discount program & 2020 changes
May: Nutrition, food banks & home delivered meals
June: transportation
day: 2nd Thursday of the Month
time: 10:00am—11:00am
location: Game Room (GR) #G120
cost: *SC Members & Non-members FREE

COMMUNITY CONVERSATIONS
Facilitator: Generations Aging with Pride
We hold these events at several locations in the Seattle Metro area. Attendees are free to discuss any topic in a judgement free and safe space. All senior LGBTQIA+ are welcome including their caregivers, friends, family, and allies.
day: 2nd Wednesday of each month
time: 6:30pm-8:30pm
location: Computer/Lounge (C/L) #G134
cost: *SC Members & Non-members FREE

LIFE TRANSITIONS SUPPORT GROUP
Facilitator: Alain Rhone
A support group to discuss life events that impact members of the aging community, whether it is retirement, terminal illness, downsizing your home, or other significant life events.
day: 2nd Thursday of the Month
time: 11:00am—12:00pm
location: Game Room (GR) #G120
cost: *SC Members & Non-members FREE

PARKINSON’S SUPPORT GROUP
Facilitator: Jessica Anderson, Aegis Living Care Director
Caregivers & family welcome!
A support group can offer advice, provide understanding of the stages of the ailment and offer opportunities for support & friendships with others who understand. A great opportunity to have your questions answered. The meetings are led by a skilled Social Worker who will offer a wealth of knowledge on the subject.
day: 3rd Wednesday monthly
time: 3:00 p.m. – 4:00 p.m.
location: Craft Room (CR) #G131
cost: *SC Members & Non-members

POWER OF ONE VOLUNTEERING
Contact our front desk at 206-365-1536,
leave a message for Terry Monette
Become a Power of One Volunteer and share your time and talents on a regular basis with teachers and students in the Shoreline School District.
MENTAL HEALTH COUNSELING
*NEW PROGRAM*
Ellie Valda is a graduate student at City University of Seattle. She is in her second year of the Clinical Mental Health Counseling program. Her approach to counseling is integrative and strives to meet the client where they are. Mental health and self-care are incredibly important and Ellie believes it should be accessible to everyone. First time clients or anyone interested in starting that journey are welcome.

days: Monday, Wednesday, Friday
time: 10:00am-3:00pm
location: Nurses Room (N) #G117
cost: *SC Member $15.00/session
*SC Non-member $20.00/session

MENTAL HEALTH COUNSELING
*NEW PROGRAM*
A new program will begin in 2020 with a Spanish speaking counselor available to meet with individuals for counseling.
day: Tuesday
time: 8:00am-5:00pm
location: Nurses Room (N) #G117
cost: call insurance for pricing

We are allies
This is a safe place for all.

CODE OF CONDUCT
Shoreline Lake Forest Park Senior Center has established rules of conduct that promote a safe, healthy, and barrier free environment. Our staff makes every effort to apply these rules in a fair, humane, and positive manner for the benefit of all.

While visiting Shoreline-LFP Senior Center, the following are prohibited:
Engaging in disruptive or unsafe behavior that disturbs the public, staff or damages senior center property
Making a threat of verbal or physical harassment to the public or staff
Engaging in any activity prohibited by law or any other conduct that unreasonably interferes with other’s use of the building
Improperly using restrooms (e.g. no bathing, washing, washing clothes, sleeping, or eating)
Entering or remaining in the building barefooted, without a shirt or being attired so as to be disruptive to Senior Center business
Smoking in the Senior Center or in the parking lot; we are located on Shoreline-LFP School District Property and abide by their policies. You may smoke in your vehicle
Consuming alcoholic beverages outside of the Multi-Purpose Room; alcohol is only permitted during sanctioned events; no use of illegal substances per Federal Regulations
Sexual misconduct
Bringing in animals other than Certified Service dogs; Service dogs must be attired in their official Service dog vest and the owner have in their possession proper documents noting the dog’s licensing

Note: items left in or around City buildings will be removed
Individuals whose actions violate these rules will be asked to stop such actions. The Senior Center reserves the right to require anyone violating these rules of conduct to leave the facility. The Senior Center may withdraw permission for a person to re-enter its facilities if that person continues to violate these rules.

YOUR COOPERATION IN OBSERVING THESE RULES IS APPRECIATED
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Milk choices:</strong> Skim, Chocolate, 2% Milk available Special thanks to our volunteers, Safeway, &amp; Food Lifeline for donating their products to Community Dining</td>
<td>A $4 donation is suggested for seniors 60 and older. Persons under 60 can enjoy a meal for $10</td>
<td><strong>Ham with Fruit Glaze</strong> Au Gratin Potatoes Mixed Vegetables Roll Carrot Raisin Salad Peaches &amp; Mangos</td>
<td>Roast Pork, Israeli Couscous Beets Cucumber Salad Bread and Butter Baked Cinnamon Apple</td>
<td>Tilapia with Lemon Dill Butter Roasted Potatoes Green Beans Whole Wheat Roll Oranges</td>
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<tr>
<td>6</td>
<td>7</td>
<td>8 Passover Starts</td>
<td>9 Good Friday</td>
<td>10</td>
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<tr>
<td><strong>Liver and Onion gravy, bacon, Mashed Potatoes, Green Beans Roll with butter Peaches (alternate protein available)</strong></td>
<td><strong>French Wine Chicken Stew</strong> with Potato, Tomato, onions Green Salad Bread/Butter Melon</td>
<td><strong>Chinese Chicken Chop Suey</strong> with Vegetables and Crunchy Chow Mein Noodles Tropical Fruit</td>
<td>Baked Fish Scalloped Potatoes Brussel sprouts Citrus Salad Roll with Butter</td>
<td><strong>Cheese Tortellini with Pesto Cream</strong> Mixed Green Salad with Dressing Garlic Bread Applesauce</td>
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<td>13</td>
<td>14</td>
<td>15 BIRTHDAY LUNCH</td>
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<tr>
<td><strong>Chef Salad on a Bed of Lettuce, tomato, onion, egg, olives, roll, butter Cheddar Potato Soup Caramel Bananas Ice Cream</strong></td>
<td><strong>Tuna Noodle Casserole</strong> Buttered Carrots Green Salad Roll with Pat Butter Strawberry with Jell-O</td>
<td><strong>Pasta Bolognese</strong> Roasted Squash Green Salad Garlic Bread Orange Salad Apples</td>
<td>Seafood Newburg, In Puff Pastry Shell Herb Glazed Carrots Tossed Salad, Dressing &amp; Croutons Birthday Cake</td>
<td>BBQ Pulled Pork Roasted Potatoes Marinated Vegetable Salad Watermelon</td>
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<td>20</td>
<td>21 Earth Day</td>
<td>22</td>
<td>23</td>
<td>24</td>
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<tr>
<td><strong>Tomato Soup Smoked Sausage Sauerkraut Roll, butter 4 bean marinated Salad Brown Sugar Pears Ice Cream</strong></td>
<td><strong>Hungarian Goulash</strong> Buttered Noodles Cabbage Salad Roasted Carrots Mixed Berries</td>
<td><strong>Chicken with Spanish Rice</strong> Mexican Chopped Salad with honey Lime Dressing Roll Oranges &amp; Pineapple</td>
<td><strong>Creamed Turkey with gravy &amp; Stuffing</strong> Biscuit Seasoned Broccoli with red peppers Fruit Salad</td>
<td>Crab cakes Tartar Sauce Green Beans with Almonds Cottage Fries, Peaches</td>
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<td>27</td>
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<tr>
<td><strong>Meatloaf Stuffed Peppers</strong> Mashed Potatoes Buttered Carrots Green Salad Roll with Pat Butter Strawberry with Jell-O</td>
<td><strong>Ham and Cheese Quiche</strong> Brown Rice Mixed Vegetables Pineapple</td>
<td><strong>Shepherd's Pie</strong> Carrot Raisin Salad With Cranberries Pineapple Roll with Butter</td>
<td><strong>Mushroom Smothered Chicken, Baked Potato, Sour cream and Chives, Roll Mixed Vegetables Fruit Cocktail</strong></td>
<td><strong>CHEF'S NOTE:</strong> Menu is subject to change with delicious surprises</td>
</tr>
</tbody>
</table>
## Shoreline Lake Forest Park Senior Center Hot Lunch

**May 2020**

<table>
<thead>
<tr>
<th>Meals</th>
<th>Description</th>
</tr>
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<tbody>
<tr>
<td>1</td>
<td>Turkey Meat Loaf with gravy, Mashed sweet potatoes, Sautéed Mixed Greens, Fresh Oranges</td>
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<tr>
<td>2</td>
<td>Quiche Lorraine with Bacon and Swiss, Spring green Salad w/ tomato, croutons dressing, Roasted Potatoes, Fresh Fruit Salad</td>
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<td>3</td>
<td>Pork Chili Verde, Spanish Rice, Roasted Vegetable Aoga Fresca, Warm Tortilla, Pian</td>
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<td>4</td>
<td>Citrus Sage Chicken, Wheat Berry Salad, Broccoli, Roll, Assorted Melons</td>
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<td>5</td>
<td>Sheppard's Pie, Romaine Salad w/ tomato &amp; dressing, Roll with Butter, Peaches</td>
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<td>6</td>
<td>Japanese Chicken Katsu, Roasted Sweet Potatoes, mixed Vegetables, Fruit Salad, Roll with Butter</td>
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<tr>
<td>7</td>
<td>Chicken with Gravy, Mashed Potatoes w/ Caramelized Onions, Roasted Cauliflower, Banana, Roll</td>
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<tr>
<td>8</td>
<td>Macaroni and Cheese, Ham Steak, Buttered Broccoli, Cantaloupe</td>
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<tr>
<td>9</td>
<td>Tuna Caesar Salad, w/ croutons, parmesan cheese, Cabbage Patch Soup, Whole Wheat Roll, Apricots &amp; Strawberries</td>
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<tr>
<td>10</td>
<td>Adobo Pork, Jasmine Rice, Egg Roll, Fresh Tropical Fruit, Green Salad</td>
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<tr>
<td>11</td>
<td>Beef Goulash on Steamed Garlic Bread, Tomato &amp; Cucumber Salad, Berry, Orange Fruit Mix, Chocolate Chip Cookie</td>
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<tr>
<td>12</td>
<td>Closed Memorial Day</td>
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<tr>
<td>13</td>
<td>Linguini Pasta with Red Clam Sauce, cheese, Mixed Green Salad, Cucumber &amp; Olives, Dressing, Garlic Bread, Bananas</td>
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<tr>
<td>14</td>
<td>Chicken Patty with Mushroom sauce, Roasted Potatoes, Steamed mixed veggie, Raspberry Jell-O with bananas</td>
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<tr>
<td>15</td>
<td>Hot Seafood Sandwich topped with hollandaise sauce, Biscuit, salted w/tomato cucumber, dressing, Assorted Melons</td>
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<tr>
<td>16</td>
<td>Hamburger Steak, with gravy, Steamed lemon carrots, Roasted Potatoes, Citrus Fruit Salad, roll</td>
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<tr>
<td>17</td>
<td>Birth Day Lunch Cake</td>
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<tr>
<td>18</td>
<td>Beef Stroganoff, Cucumber Salad, Romaine Lettuce, Croutons, Olive oil Dressing, Pickles, Cheese Wedges, Baby Carrots, Breadsticks</td>
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<tr>
<td>19</td>
<td>Chicken with Gravy, Mashed Potatoes, Roasted Sweet Potatoes, Mixed Vegetables, Fresh Fruit Salad, Assorted Cheeses</td>
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<tr>
<td>Monday</td>
<td>Tuesday</td>
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<tr>
<td>Meatball &amp; Spaghetti with Marinara&lt;br&gt; Julienned Peppers and Onions&lt;br&gt; Marinated Vegetable Salad&lt;br&gt; Mixed Melons</td>
<td>Tilapia with Lemon Dill Butter&lt;br&gt; Roasted Potatoes&lt;br&gt; Green Beans&lt;br&gt; Whole Wheat Roll Oranges</td>
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<td>Chicken and Cheese Quiche&lt;br&gt; Asparagus&lt;br&gt; Honeydew Melon&lt;br&gt; Roll with butter</td>
<td>Tortellini with Pesto Cream Sauce&lt;br&gt; Cauliflower Salad&lt;br&gt; Garlic Bread&lt;br&gt; Seasonal Fruit</td>
</tr>
<tr>
<td>Ham Steaks&lt;br&gt; Apple Chutney, Baked Acorn Squash&lt;br&gt; Tomato cucumber onion Salad, Roll with Butter&lt;br&gt; Fruit</td>
<td>Beef Pot Pie&lt;br&gt; Broccoli Cheese Salad Mixed Melon&lt;br&gt; Greek Lemon and Chicken Rice Soup</td>
</tr>
<tr>
<td>Father's Day lunch</td>
<td>BBQ Pork Ribs&lt;br&gt; Mashed Potatoes&lt;br&gt; Pineapple Coleslaw&lt;br&gt; Cornbread&lt;br&gt; Watermelon</td>
</tr>
<tr>
<td>Oven Fried Chicken Drumsticks&lt;br&gt; Peas with colored peppers and onions&lt;br&gt; Cornbread&lt;br&gt; Watermelon</td>
<td>Sesame Orange Asian Beef&lt;br&gt; Sautéed Onions, Celery, Peppers, Sprouts, Cabbage Steamed Rice, Pineapple, Roll</td>
</tr>
</tbody>
</table>
**Membership Application**

**DEMOGRAPHICS FOR OUR GRANTS:**
- **Date of birth:**
- **Gender:**
- **Household size:**
- **No. children under 18 in home:**
- **What race do you identify with most:**
- **Are you a veteran:**
  - Y □ N □
- **Are you disabled:**
  - Y □ N □
- **Are you an immigrant:**
  - Y □ N □
- **Have limited English:**
  - Y □ N □
- **Are you homeless:**
  - Y □ N □
- **Income:**
  - Very Low □
  - Low □ Moderate □

**New Member? YES □ NO □ New Address? YES □ NO □**
- **SINGLE($35) □ COUPLE($60) □**

**Required Fields:**
- **First Name:**
- **Home Address:**
- **City:**
- **State:**
- **Zip:**
- **Phone:**
- **Email:**
- **Emergency Contact Name:**
- **Emergency Contact Phone:**

**How can you help the center? It takes 100s of volunteers to run the center. We’d love for you to be a part of the volunteer team.**

Please indicate if you would like to volunteer:
- Kitchen Aide □
- Dishwasher □
- Bingo Crew (training provided) □ Teacher/Facilitator □
- Marketing Delivery □
- Front Desk Receptionist □
- Bargain Corner Clerk/Cashier/Pricer □
- Other □

**Emergency Information for Paramedics (i.e. health history, medication, allergies, past accidents):**
- **Doctor’s name:**
- **Doctor’s Phone:**
- **Preferred Hospital:**
- **City:**

**Photographs are taken at the Senior Center at special events.**

May the Center use any photographs for publicity purposes?
- Yes □
- No □

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**18560 1st Ave NE Suite 1, Shoreline, WA 98155**

Phone: 206-365-1536 Email: shorelinesc@soundgenerations.org

Facebook: www.facebook.com/ShorelineLakeForestParkSrCenter

**OFFICE USE ONLY**

Date ___________ paid: Cash □ Check □ Credit card □

Initial of staff processing _______
Our thanks to Shoreline/Lake Forest Part Center’s CORPORATE SPONSORS
Please consider supporting them with your patronage

American Legion Post #227     shorelinepost227.com
Crista Senior Living Communities   cristasenioryliving.org
Emerald City Senior Living     emeraldcityseniorliving.com
Ida Culver House Broadview     Karli.Christiansen@eraliving.com
Laurel Cove Community         laurelcovecommunity.com
MacLeod’s Floor Covering       Lynnwood, WA
Northgate Retirement Community happylivingbycogir.com
The Snow Group                 BradVogel@jeffsnowgroup.com
Sunrise Senior Living          SunriseNorthgate.com
We speak medicare.org

2020 Holiday Closures

| Holiday                  | Date
|--------------------------|------|
| Memorial Day             | Monday, May 25
| Independence Day         | Friday, July 3
| Labor Day                | Monday, September 7
| Veterans Day             | Wednesday, November 11
| Thanksgiving             | Thursday, November 26
| Day after Thanksgiving   | Friday, November 27
| Christmas Eve            | Thursday, December 24
| Christmas Day            | Friday, December 25 |