SouthEast Seattle Senior Center

Vibrant Diverse Caring

WHAT'S HAPPENING

2026 APRIL, MAY, JUNE



Spring at SESSC: Learning, Creativity, and Community

As we move through the first quarter, I'm grateful for the many ways our community brings our mission to life—supporting self-sufficient and fulfilling lives for aging adults in our multicultural community.

We kicked off February with powerful Black History Month programming, including our event on **100 Inventions by African Americans.** The conversations it sparked reminded us how vital it is to honor history and fuel lifelong learning. March brought the energy of **International Women's History Month & Artist Talk,** with the room filled with work by talented women artists. Participants connected directly with the artists, celebrating creativity as a tool for expression, healing, and community.

Health and wellness stayed front and center with a strong turnout for our recent talk on health disparities, focusing on prostate health and early detection. Your thoughtful questions showed how essential clear, culturally relevant health information is for our older adults.

Creativity is thriving too—congratulations to our newest group of weavers! Watching new skills and friendships take shape is always a joy.

Spring is bringing even more ways to gather and give back. We're gearing up for our **Rainbow Bingo Fundraiser,** continued community building through **Brew & Brady,** and our always-resourceful **Lunch & Learn** series—most recently focused on property tax exemptions for seniors, including senior veterans. And May is just around the corner, bringing **GiveBIG** and a chance to deepen support for the center. Our fundraising campaign—supporting older adults and our vital meal program—now includes generous matching funds from our **Board of Directors,** helping every donation go even further. **Thank You** for being part of this vibrant community. Your participation, generosity, and belief in our mission make everything possible. As the days grow brighter, we look forward to a season of connection, learning, and renewal together.

With gratitude, Brady Rainey, Executive Director

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IN MEMORY

We fondly remember our member who have transitioned:
Marion Dillard and Edward Foster.



IN GRATITUDE

We are grateful for the contributions made between January through March! Your support for our Senior Center and its programs is genuinely impacting the lives of seniors and their families!

Ahava Goldwater, Alexander Arceo, Alice Gregory, Ann Martin, Audrey Seale, Betty Mathews, Bill Mowat, Carla McLean, Claudia Smith, Courtney Chinn, Deanna Getz, Del Rey, Diane Miller, Donovan O'Brien, Elsie Roscoe, Eloise Huggins, Gabriel Waltmeyer, Gregg Allred, Gretchen DeDecker, Holly Court AA, Ikuko Brennan, Jamie Emerson, Jeannie O'Brien, Jia Jones, Johannes Kwok Yan Liu, Joseph Connor, Joseph Givins, Josie Gardner, Judith Hightower, Kate Harkins, Laura Clenna, Laura Pierce, Linda Romanovitch, Loretta McIver, Loretta Orpilla, Lynda Greene, Lynda Musselman, Lynne Wilson, Margaret Anne Murphy, Margaret Yellowwolf, Mark Jeffries, Mary Downs, Miriam Gourdine, Mitsue Kinjo Schilling, Nancy Rotecki, Nancy Runkle, Nancy and Stewart Clark, Pamela Nolte, Patricia Cleary, Paul Martin, Peggy Soong-Yaplee, Presbyterian Women, Ridhima Gupta, Sarah Nell Reynolds, Sarah Shriver, Scott Gehring, Sharon Ayers, Spencer Lew, Suzette Kapule, Suzanne Scommodau, Tais Assem, Terry Ward, Wanda Downs. Columbia City Bouquet, Georgetown Brewery, Leschi Market, Molly Moon's Ice Cream, Pepsi, The Lakeshore, Tutta Bella.

bouquet
COLUMBIA CITY | SOUTH LAKE UNION

Georgetown
BREWING COMPANY

Leschi Market

molly moon's

The LAKESHORE

pepsi

tutta bella

CHEAP CHICKADEE
THRIFT SHOP

Hours: 10am – 2pm
Mondays & Wednesdays

Every Dollar Stays Here—Supporting Seniors and Programs in Our Multicultural Community!

4645 S. Holly St., Seattle WA 98118 Located off bus route #7
206-722-0317 www.sessc.org

SESSC LAND USE ACKNOWLEDGMENT

The SESSC acknowledges that it stands on the traditional lands of the Coast Salish Peoples, including the Duwamish, Suquamish, Stillaguamish, and Muckleshoot Tribes, who have stewarded this land since time immemorial. We recognize the ongoing injustices faced by Indigenous communities and are committed to fostering learning opportunities that deepen our understanding of their history, resilience, and contributions.

Meals & Community GiveBIG!

Together, we're making South Seattle a place where every older adult belongs!
Join us on May 5th and 6th as we rally toward our GiveBIG goal of $28,000
Because of you, hundreds of meals each month become moments of connection. Seniors gather for lunch, friendship, and community — and for many, this is the most meaningful part of their day. Cost is still a barrier for so many, and your generosity ensures access to meals and programs that keep older adults healthy, active, and connected.

"*Since joining the Center, I feel like I have a family again. Thank you for making this possible.*"

Every day, your support keeps our doors open to seniors who rely on us for connection, movement, joy, and belonging. From culturally rooted celebrations to exercise classes and social programs, you help create a community where older adults feel seen, supported, and valued.

GiveBIG starts April 28! Scan the QR code, tap https://bit.ly/GiveBIG2026, or donate at the Front Desk. Your generosity keeps our community nourished, connected, and thriving.









Limerick Fun by Alex Arceo

Our members had an absolute blast during this month's Limerick Writing Workshop! After a quick and playful overview of what makes a limerick tick, participants were challenged to finish the final three lines of this starter poem: "There once was a student named Lee, Who climbed up the library tree." From there, the creativity took off. Laughter, rhymes, and a few mischievous twists filled the room as everyone crafted their own endings.

Sylvia Lee
There once was a student named Lee,
Who climbed up the library tree.
She fell on her head,
and thought she was dead,
because she loved to read.

Mae Edwards
There once was a student named Lee
Who climbed up the library tree.
To see the sky,
He looked low and high,
But he still could not see.

Gordon Hamilton
There once was a student named Lee,
Who climbed up the library tree.
The bark was quite rough,
So the climbing was rough,
So wound up scraping her knee.

Beulah Early
There once was a student named Lee,
Who climbed up the library tree.
He came down to see,
And found out it was a sea,
(And thought) where in the world is he?

Lutisher Edmondson
There once was a student named Lee,
Who climbed up the library tree.
She fell on her head,
and thought she was dead,
because she loved to read.

Alex Arceo
There once was a student named Lee,
Who climbed up the library tree.
He nearly fell,
When he heard the bell,
And the teacher marked him tardy.

2026 BIRTHDAY LUNCH

Calling all April, May and June Birthday Celebrants!
Join us for a Birthday Lunch on **Thursday, May 21st,** from 12:00 to 1:30pm. Enjoy live music by **CC Engel** while you reconnect with friends and savor a delightful meal. We extend a heartfelt thank you to our sponsor:

bouquet
COLUMBIA CITY | SOUTH LAKE UNION

April

Abigail Lee, Addie Downs, Angelika Tam, Annette Burfect, April Branham, Barbara Peete, Barbara Singletary, Betsy Martin, Brenda Nelson, Caryee Bryant, Charles Kite, Constance Cunningham, Corbin Houchins, Erin Musser, Ernest Lees, Frances Kialpha, Gloria Perkins, Gloria Yuman, Henry Kumasaka, Hung Yee, Jane Steetle, Joel Melin, Johannes Liu, Katherine Nitsche, Kathleen Dodd, Lee Gaylor, Lee Johnson, Linda Lewis, Lisa Clark, Lorna Stone, Lydia Hungate, Marcelino Gomez, Marcia Partee, Maria McDaniel, Mary Downs, Patricia Dampier, Patricia Mitchell, Pennie Pruitt, Rebecca Hunt, Richard Palmer, Rubymae Austin, Sharon Ayers, Shemayim Elohim, Sue Kennedy, Sybil Brown.

May

Ahava Goldwater, Anna Ponder, Augusta Gannon, Beryl Thompson, Carmela Hare, Carol Travis Rountree, Carolyn Miles, Charles Hall, Cora Lee Liley, Crista Schneider, Darcy Snider, Dave Mumm, Doris Morgan, Dorothy Bagsby, Earl Flowers, Ellen Novitski, Esther Kubie-Maimon, Etta Cosey, Gerald Hinton, Gloria Kemp-Boyd, Glynn Sewer, Gordon Hamilton, Gwendolyn Wilson, Isaako Si'uleo, Itsumi Okazaki, Janet Ridder-Graddon, Janice Melin, Joyce Turner, Karen Hart, Lillian Sako, Lynda Musselman, Mae Deguchi, Mary Lentini, Noreen Ward, Patricia Vazquez, Paul Lewis, Paula Terrell, Pilar Castro, Randy Sugarman, Resherial Lewis, Robert Liebscher, Roberta Langworthy, Robin Christopher, Sally Chong, Shirley Miles, Stephen DeSanto, Theresa Hazard, Ursula Gramaje, Vel Made, William Bensinger, Yun Shu Chen.

June

Anthony Fromhart, Audria Anderson, Barbara Ginn, Barbara Jainga, Becky Milkulka, Brady Rainey, Brenda Radford, Bruce Crowley, Carolyn Scott-Brown, Clayton Pitre, Donna Stringer, Dorothy Green, Elizabeth Urban, Esther Moton, Esther Reiquam, Eugenia Walls, Eva Patton, Frances Alexander, Joyce Gilliam, Kay Vera, Maggie Crain, Margaret Nicosia, Marina Gran, Mary Santiago, Maxime Chawki, Michi Hirata, Nancy Grayson, Patricia Paschal, Regina Walker, Robert Blough, Ron Edlund, Ruthe Ridder, Sharon Edmondson, Susanna Smith, Terry Ward, Vicki Gezon, Vicki Smith-Jones, Vicky Shannon, Willia Mae Edwards, Wonder Thompson, Yoshiko Miyauchi.



SOCIAL SERVICES

BY JAIME CLARK, MSW, LICSW

I'm thrilled to share with you over ten years of experience as a Social Worker at the SESSC. I'm here to meet with you and to address your concerns through some of life's challenging transitions. If I don't know the answer, I will do my best to connect you with someone who does.

My services are free to seniors, caregivers, and people with disabilities. I also specialize in senior and low-income housing, caregiver support, resources for people with dementia, mental health referrals, Medicaid/Medicare resources, legal referrals, home care options, and Long-term care planning.

Call or email to make an appointment with me. I look forward to working with you!

Office Availability: Monday, Tuesday, Thursday and Friday

Appointments strongly encouraged. Make an appointment by calling (206) 722-0317 or email jaimec@sessc.org

Lunch & Learn Presentations, FREE
Thursdays, 1:30-3:00pm

- **4/16 - Heart Disease and Stroke Risk**

Learn the basics of heart disease and stroke with Mary Pat O'Leary, RN, a longtime leader in aging and disability services. She'll share practical tips and evidence-based insights to help you stay healthy.

- **5/14 - Seattle Utility Discount Program**

Stop by to see if you qualify for reduced utility bills. Quick screening, friendly support, and real savings for your household.

- **6/11 - In-Home Help Without Medicaid**

The African American Elders Program will explain Washington's Tailored Supports for Older Adults and Medicaid Alternative Care—programs that offer in-home support even if you don't qualify for Medicaid.If you want, I can also format these in a punchier "newsletter-ready" layout or add icons that match your style.

Caregiver Workshop, FREE
Tuesday, 12:30-4:30pm

5/12 - Dealing with Dementia

A 4-hour, in-person workshop designed for anyone caring for someone with dementia. Boost your knowledge and confidence, learn practical tools, and take home the full Dealing with Dementia guidebook.

Created by the **Rosalynn Carter Institute for Caregivers.**

Instructor: Mary Pat O'Leary, RN



Memory Café, Thursdays, 2-4pm, FREE

Our Memory Café is open to all but is especially intended for **people living with dementia and their loved ones.** At our Memory Café, there will be appetizers, and activities that may include live music, dance, or art. People with any level of dementia symptoms are welcome, however this is not an adult day drop off program, so if a participant needs support they will need to be accompanied by loved one or caregiver.

Save The Date

- **4/30 SilverKite Special Performance**
- **5/28 Wood Working Project**
- **6/25 Taproot Improv Class**

SilverKite Community Arts

4 CULTURE

CALENDAR: APRIL

BY ALEXANDER ARCEO, SENIOR PROGRAMMING & LOGISTICS COORDINATOR

Theater Interest Group - Free & Discounted Tickets!

Enjoy free and discounted tickets from a variety of cultural organizations, including:

Free tickets donated by the Seattle Symphony

Discounted tickets from local theaters for plays and performances

If you love music, theater, and live performances, this is a great way to enjoy the arts at little or no cost!

How to Join
Just send your email address so you can be notified whenever tickets become available.



Contact
Margaret Yellowwolf: thewolffamily2@comcast.net

You can also let the front desk know you're interested.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:00 Open Studio Weaving $ 9:00 Weaving Wednesdays $ 9:00 Mark's Exercise Class $ 10:00 Mark's Exercise Class $ **10:00 Cheap Chickadee** **11:00 Balance, Board Games, and More** 12:00 Community Dining 2:00 TangoStride $ Seattle Parks & Recreation	**2** 9:00 Open Studio Weaving $ 9:00 Spinning $ 10:30 Beach Volleyball 12:00 Community Dining 1:00 Mark's One-on-One Exercise Therapy $ **1:00 Brew & Brady** 2:00 AA Holly Court Meeting	**3** 9:00 Open Studio Weaving $ 9:00 Mark's Exercise Class $ 9:00 Happy Hands Open Sew $ 10:00 Mark's Exercise Class $ 10:30 Conversational Spanish 12:00 Community Dining 1:00 Dominoes Mexican Train 1:00 Chess 1:00 Karaoke 2:00 SSUG Ukulele Group 2:00 AA Holly Court Meeting **6:00 Rainbow Bingo Fundraiser $**
6 **8:15 Blood Pressure Check with Valerie** 9:00 Open Studio Weaving $ 9:00 Mark's Exercise Class $ 10:00 Mark's Exercise Class $ **10:00 Cheap Chickadee** 12:00 Community Dining 1:00 Mahjong 2:00 AA Holly Court Meeting	**7** 9:00 Open Studio Weaving $ 9:00 Weaving Tuesdays $ 11:00 Mark's Gentle Stretch $ 12:00 Community Dining 1:00 Dominoes Mexican Train 1:00 Chess 1:00 Kiwanis Meeting **1:00 DEI Program Committee Meeting** 2:00 AA Holly Court Meeting **Van Trip: Boehm's Chocolates $** Seattle Weavers' Guild	**8** 9:00 Open Studio Weaving $ 9:00 Weaving Wednesdays $ 9:00 Heather's Massage $ 9:00 Mark's Exercise Class $ 10:00 Mark's Exercise Class $ 10:00 Fai's Embroidery, Sashiko, Mending Group $ **10:00 Cheap Chickadee** **11:00 Balance, Board Games, and More** 12:00 Community Dining 1:00 Fai's Rock Painting $ 2:00 TangoStride $	**9** 9:00 Open Studio Weaving $ **10:00 Brenda's Acrylic Painting Class $** 10:30 Beach Volleyball 12:00 Community Dining 1:00 Mark's One-on-One Exercise Therapy $ **1:30 Lunch & Learn: Heart Disease and Stroke Risk w Mary Pat O'Leary, RN** 2:00 AA Holly Court Meeting **Transit Trips: Vashon Island Tea Tasting**	**10** 9:00 Open Studio Weaving $ 9:00 Mark's Exercise Class $ 9:00 Happy Hands Open Sew $ 10:00 Mark's Exercise Class $ **10:00 Veterans' Coffee Hour** 10:30 Conversational Spanish 12:00 Community Dining 1:00 Dominoes Mexican Train 1:00 Chess 1:00 Karaoke 2:00 SSUG Ukulele Group 2:00 AA Holly Court Meeting
13 **8:15 Blood Pressure Check with Valerie** 9:00 Open Studio Weaving $ 9:00 Mark's Exercise Class $ 10:00 Mark's Exercise Class $ **10:00 Cheap Chickadee** 12:00 Community Dining 1:00 Mahjong 2:00 AA Holly Court Meeting 2:00 Ukelele Gatherings	**14** 9:00 Open Studio Weaving $ 9:00 Weaving Tuesdays $ **9:30 Book Club: Hollow Kingdom. Author: Kira Jane Burton** 11:00 Mark's Gentle Stretch $ 12:00 Community Dining 1:00 Dominoes Mexican Train 1:00 Chess 1:00 Kiwanis Meeting 2:00 AA Holly Court Meeting **Van Trip: Maeve Chocolate Factory Tour $**	**15** 9:00 Open Studio Weaving $ 9:00 Heather's Massage $ 9:00 Weaving Wednesdays $ 9:00 Mark's Exercise Class $ **10:00 Cheap Chickadee** 10:00 Mark's Exercise Class $ **10:15 Celebrating National Poetry Month: SESSC Poetry and Story Sharing** **11:00 Balance, Board Games, and More** 12:00 Community Dining 2:00 TangoStride $ *National Poetry Month!*	**16** **9:00 Tuina $** 9:00 Open Studio Weaving $ 10:30 Beach Volleyball **12:00 Community Dining** 1:00 Mark's One-on-One Exercise Therapy $ **1:00 Meaningful Movies: The Beautiful Game** 2:00 AA Holly Court Meeting	**17** 9:00 Open Studio Weaving $ 9:00 Mark's Exercise Class $ 9:00 Happy Hands Open Sew $ 10:00 Mark's Exercise Class $ 10:30 Conversational Spanish 12:00 Community Dining 1:00 Dominoes Mexican Train 1:00 Chess 1:00 Karaoke 2:00 SSUG Ukulele Group 2:00 AA Holly Court Meeting

CALENDAR: APRIL

BY ALEXANDER ARCEO, SENIOR PROGRAMMING & LOGISTICS COORDINATOR

Monday	**Tuesday**	Wednesday	**Thursday**	Friday
20	**21**	**22**	**23**	**24**
8:15 Blood Pressure Check with Valerie 9:00 Open Studio Weaving $ 9:00 Mark's Exercise Class $ 10:00 Mark's Exercise Class $ **10:00 Writing Your Story with Delores Davis** **10:00 Cheap Chickadee** 12:00 Community Dining 1:00 Mahjong **1:00 UAP/UFO UPDATE with Anthony Fromhart** 2:00 AA Holly Court Meeting	9:00 Open Studio Weaving $ 9:00 Weaving Tuesdays $ 10:00 Fai's Creative Play Paper $ 11:00 Mark's Gentle Stretch $ 12:00 Community Dining 1:00 Dominoes Mexican Train 1:00 Chess 1:00 Kiwanis Meeting 2:00 AA Holly Court Meeting	9:00 Open Studio Weaving $ 9:00 Heather's Massage $ 9:00 Weaving Wednesdays $ 9:00 Mark's Exercise Class $ **10:00 Cheap Chickadee** 10:00 Mark's Exercise Class $ **10:00 A Matter of Balance: 8 week class** 10:00 Fai's Embroidery, Sashiko, Mending Group $ **11:00 Balance, Board Games, and More** 12:00 Community Dining 1:00 Fai's Rock Painting $ 2:00 TangoStride $	**9:00 Tuina $** 9:00 Open Studio Weaving $ **10:00 Brenda's Acrylic Painting Class $** 10:30 Beach Volleyball 12:00 Community Dining 1:00 Mark's One-on-One Exercise Therapy $ 2:00 AA Holly Court Meeting	9:00 Open Studio Weaving $ 9:00 Mark's Exercise Class $ 9:00 Happy Hands Open Sew $ 10:00 Mark's Exercise Class $ 10:30 Conversational Spanish 12:00 Community Dining 1:00 Dominoes Mexican Train 1:00 Chess 1:00 Karaoke 2:00 SSUG Ukulele Group 2:00 AA Holly Court Meeting
27	**28**	**29**	**30**	**May 1**
8:15 Blood Pressure Check with Valerie 9:00 Open Studio Weaving $ 9:00 Mark's Exercise Class $ 10:00 Mark's Exercise Class $ **10:00 Cheap Chickadee** **11:00 POCAAN** 12:00 Community Dining 1:00 Mahjong 2:00 AA Holly Court Meeting 2:00 Ukelele Gatherings	9:00 Open Studio Weaving $ 9:00 Weaving Tuesdays $ 10:00 Fai's Creative Play Paper $ 11:00 Mark's Gentle Stretch $ 12:00 Community Dining 1:00 Dominoes Mexican Train 1:00 Chess 1:00 Kiwanis Meeting 2:00 AA Holly Court Meeting	9:00 Open Studio Weaving $ 9:00 Heather's Massage $ 9:00 Weaving Wednesdays $ 9:00 Mark's Exercise Class $ **10:00 A Matter of Balance: 8 week class** **10:00 Cheap Chickadee** 10:00 Mark's Exercise Class $ **11:00 Balance, Board Games, and More** 12:00 Community Dining **1:00 Listening Sessions for Veterans** 2:00 TangoStride $	**9:00 Tuina $** 9:00 Open Studio Weaving $ 10:30 Beach Volleyball 12:00 Community Dining 1:00 Mark's One-on-One Exercise Therapy $ 2:00 AA Holly Court Meeting **2:00 Memory Café: SilverKite Special Performance**	9:00 Open Studio Weaving $ 9:00 Mark's Exercise Class $ 9:00 Happy Hands Open Sew $ 10:00 Mark's Exercise Class $ 10:30 Conversational Spanish 12:00 Community Dining 1:00 Dominoes Mexican Train 1:00 Chess 1:00 Karaoke 2:00 SSUG Ukulele Group 2:00 AA Holly Court Meeting

SESSC UPCOMING CLOSURES
May 25 (Mon): Memorial Day Holiday
Jun 19 (Fri): Juneteenth Holiday

VETERANS' CORNER

Veterans' Coffee Hour
Fridays, 4/10, 5/8, 6/12 from 10-11am
A dedicated time for veterans to gather and socialize



Summer Field Trips: don't forget to sign up and pay at the Front Desk by May 15!

Van Trips:

Jul 9, Woodlawn Park Rose Gardens: Roam 2.5 acres of beautiful flowers. Leave SESSC at 1pm. $25

Aug 6, Volunteer Park Dahlia Gardens: Take advantage of free First Thursday admissions to the Seattle Asian Art Museum, or Volunteer Park Conservatory. Leave SESSC at 1pm. $25

Sep 10, House of Fire Tour: Watch the creation of fireplaces or wood stoves. Leave SESSC at 8am. $35

Transit Trips:

Jul 16, Bakery Crawl: Visit historic Larsen's & Nielsen's Danish bakeries and the newer Fuji Bakery.

Aug 31, Evergreen State Fair, Monroe: Farm animals and displays of larger fairs with smaller crowds. There's also a farm museum.

Sep 17, DK Market: Pan-Asian market with everything you expect and much you've never seen.

Questions? See Scott Gehring or email scottgehring60@gmail.com – Subject: "Field Trips"

SPECIAL EVENTS

HIGHLIGHTS & FUNDRAISERS

4/2, 5/7, 6/4 – 1:00PM · Brew & Brady

4/3 – 6:00PM · Rainbow Bingo FUNDRAISER ($) · Theme: Old Is New Again

4/9 – 1:30PM · Lunch & Learn: Heart Disease & Stroke Risk w/ Mary Pat O'Leary, RN

4/15 – 10:15AM · Celebrating National Poetry Month: SESSC Poetry & Story Sharing

4/16 – 1:00PM · Meaningful Movies: The Beautiful Game

4/20 – 10:00AM · Writing Your Story w/ Delores Davis

4/20 – 1:00PM · UAP/UFO UPDATE with Anthony Fromhart

4/22 to 6/10 – 10:00AM · A Matter of Balance (8-week class)

4/29 – 1:00PM · Listening Sessions for Veterans

4/30 – 2:00PM · Memory Café: SilverKite Special Performance

5/8 – 10:00AM · Veterans' Coffee Hour with Rebekah Clinger-Prince, LICSW

5/21 – 12:00PM · Birthday Lunch Celebration

6/17 – 11:00AM–2:00PM · Juneteenth Celebration





Coming Soon: Mariners Game for Veterans

Theater Interest Group: Free & Discounted Tickets! Enjoy free Seattle Symphony tickets and discounted local theater performances—email Margaret Yellowwolf (thewolffamily2@comcast.net) or tell the front desk to get notified when tickets are available.

2026 MEMBERSHIP

Where connection grows, creativity thrives, and care surrounds you—welcome to your vibrant multicultural community!

Renew Individual Membership	$80/year
New Individual Membership	$100/year
Individual Lifetime Membership	$1,500

To join or renew your membership, please visit the Front Desk, scan the code, or call 206-722-0317



BOARD OF DIRECTORS

We're expanding our board! Got skills in numbers, tech, law, or another strength? Let's connect! Contact Sharon Ayers at sharonay@sessc.org



Sharon Ayers
Retired Educator
Board Chair



Rev Joseph Connor
Retired Social Worker
Finance Committee Chair



Lynda Greene
Retired, SESSC ED
Board Vice Chair



Chris Jeffries
Retired, Seattle Times
Property Committee
Chair



Donna Kimbrough
Retired KCHA HR
Board Development
Committee Chair



Jen Lottis
Small Business
Owner Board
Secretary



Loretta McIver
Retired, SPS Educator
Board & SESSC Special
Events Committee

VOLUNTEER NEWS

Volunteers make SESSC come alive!
No matter how you volunteer — greeting, serving, teaching, planting, creating, or sharing — you make life brighter for older adults in our community.

Want to make a difference? Email Meeca Ford at volunteer@sessc.org or call (206) 833-7557
We'll help you find the perfect role!



Honoring the **Women of SESSC** whose leadership and **Civil Rights** advocacy continue to inspire our community. I**nternational Women's Day** • Organized by the **SESSC Program Committee**.

2025: A YEAR IN MOTION

Every **meal** is a story shared, a **volunteer** choosing generosity older adult choosing **connection**, and a neighbor welcomed.

THANK YOU!

To every volunteer, donor, partner, staff member, and neighbor

DONATE

17,900+ meals shared across our multicultural community

7,000+ volunteer hours powering meals and events

5,200+ activities that inspired movement, learning, creativity & connection

free social work services for older adults, caregivers, and people with disabilities, ensuring access to essential support & resources

480+ programs supporting caregivers, families, and older adults with dignity and respect

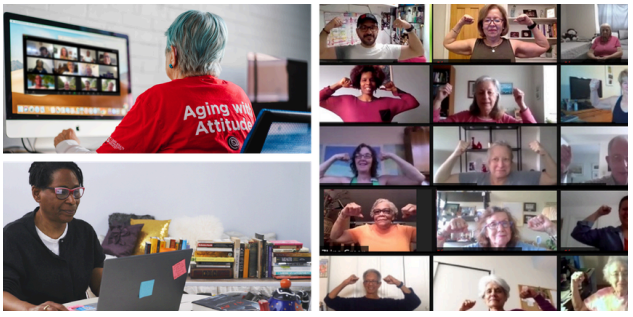
26+ local partners & businesses expanding access, support, and connection

Join Free Online Classes from Home!

Senior Planet from AARP helps older adults use technology to learn new skills, save money, get in shape, and make new friends. Classes, discussion groups, and activities are open to older adults ages 50+ and always completely free. Trending class topics include:

- **Smartphones and Apps**
- **Social Media**
- **Online Safety**
- **Open Mic Night**
- **Intro to Artificial Intelligence**
- **Strength and Balance**
- **Tai Chi**
- **Travel and Virtual Tours**
- **and much more!**

SENIOR PLANET FROM AARP



Scan for more info

Visit us online, or call our free hotline for more information: www.seniorplanet.org 888-713-3495

SUPPORT OUR COMMUNITY WITH MONTHLY GIVING

Your monthly gift helps us continue programs, events, and services that support our community. Even a small monthly donation makes a big difference.



Two Easy Ways to Give

Eva & Erin: Always in great spirits at @tangostride class
Alex: All music, all service, all curiosity

I.Give Online with Your Phone

Make a donation in less than a minute:

1. Use your phone camera to scan the QR Code
2. Tap the link that appears
3. Choose your donation amount
4. Select Monthly Giving to give each month
5. Enter your payment information

Safe and secure
Takes less than 1 minute
Set it once and you're done

II.Give at the Front Desk

1. Prefer to give in person? Visit our front desk to:
2. Make a one-time donation
3. Get help with monthly and online giving

Why Monthly Giving Matters

- Monthly gifts help us:
- Plan programs with confidence
- Provide consistent services
- Support community events and activities
- Keep our center strong all year long
- Even $10 or $20 per month makes a lasting impact.

DIVERSITY, EQUITY, AND INCLUSION STATEMENT

At SESSC, we believe diversity, equity, and inclusion is about embracing EVERYONE! We cultivate a culture where employees, members, and participants can bring their best selves. We develop and implement initiatives that support and consider everyone. We do what it takes to build an unbiased and inclusive culture at our senior center and our community.

THE SESSC MISSION STATEMENT

We provide services, activities, and support to promote self-sufficient and fulfilling lives for aging adults (50+) in our multicultural community.



Check out our Membership perks and Board opportunities! Don't miss this chance to join a great community! Call 206-722-0317

SouthEast Seattle Senior Center
Vibrant Diverse Caring
(206) 722-0317 www.sessc.org
4655 S. Holly St. Seattle, WA 98118
CHANGE SERVICE REQUESTED

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Permit 1622
Seattle, WA

Website: www.sessc.org
Facebook and Instagram: southeastseattleseniorcenter
TikTOK: sessc.org
Youtube: southeastseattleseniorcent2194





RESOURCES



Notary Public Services at SESSC
Call Mary Downs at 206-722-0317 to make an appointment. Cost: $15



Holly Court AA Meetings at SESSC
This AA group meets on Monday, Tuesday, Thursday and Friday: 2:00-3:30pm and on Sundays: 6:00-7:30pm.



Medical Equipment
SESSC has a small inventory of home-health aids available.
Call Jaime 206-722-0317 to learn more.



2-1-1 Community Resource Line
Dial 2-1-1 to receive information for a referral specialist in King County.



Meals on Wheels
Receive nutritionally balanced meals delivered to your door. Call Sound Generations at 206-448-3110 for more info.



Minor Home Repair
Call Sound Generations to find out if you are eligible for low-cost minor home repair at 206-448-5751



Senior Rights Assistance
For concerns about insurance, social security, and more, call Senior Rights Assistance at 206-448-5720



Transportation
Hyde Shuttle: 206-727-6262
ACCESS: 206-205-5000
Volunteer Transportation: 206-448-5740