



Membership Fees & Benefits

MEMBERSHIP TYPE	COST
Annual Fee	\$60.00
Lifetime – Individual	\$1,000.00
Gold (Must be at least 90 years old)	FREE

- Free Quarterly Newsletter mailed to your home
- Free Birthday Lunch during the month of your birthday
- Discounted program and trip fees
- Nutritional daily lunch program
- Discounts at the Center’s Thrift Store
- Access to support groups for concerns with aging
- Access to resident, licensed social worker
- Financial, insurance, income tax and legal counseling available.

In addition to the privileges listed that members enjoy, Lifetime Members have their names listed in the newsletter and are invited to special Lifetime Member events.

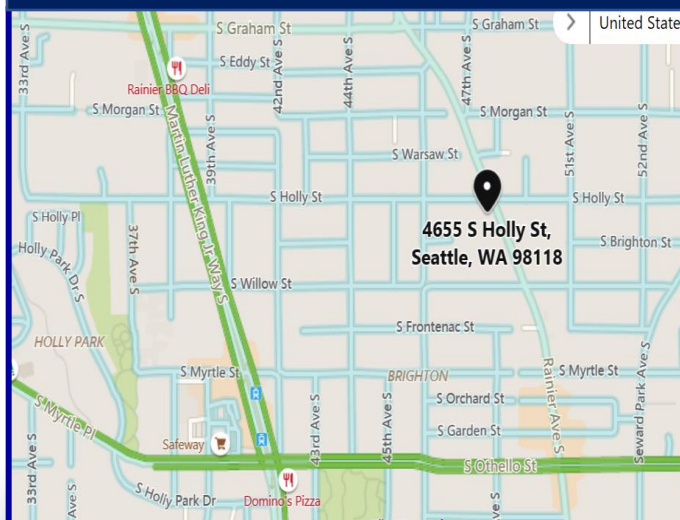
How You Can Help

The SESSC is partially funded by the City of Seattle, community organizations, private donations and special activities. Additional revenue is generated from activities, membership dues and special events. You can also support the Center with your contribution of stocks, bonds and Planned Giving. Contact **Lynda Greene**, SESSC Executive Director, for more information.

www.sessc.org

To join,
contact the
Membership Coordinator:
Alexander Arceo
206-722-0317
alexar@sessc.org

Our Location



SouthEast Seattle Senior Center

4655 S. Holly Street, Seattle, WA 98118

(At the corner of Rainier Ave. S and S. Holly St.
along the #7 bus route)

Open Monday through Friday; 8:30 a.m. – 4:00 p.m.

Barbara Chamberlain, Board President
Lynda Greene, Executive Director

(206) 722-0317



Center Information

BE PART OF OUR FAMILY!!



Vibrant Diverse Caring

206-722-0317

4655 S. Holly St., Seattle, WA 98118



Vibrant Diverse Caring

SESSC Programs

We offer a variety of classes and activities to meet the needs and interests of all seniors.

Fitness and Exercise

The SESSC offers classes to keep you in great physical shape, such as Enhance Fitness, Chair Exercise, Yoga, Ti Chi and Gentle Stretch.

Community Dining Program

Our Community Dining Program provides a delicious hot lunch Monday-Friday. A suggested donation of \$4.00 is requested. Lunch is served from 12:00 p.m. to 12:45 p.m. We would love for you to join us.

Wellness and Special Services

- Foot Care* (Tuesdays)
- Massage Therapy (Wednesdays, except 1st Wednesdays)
- Blood Pressure Checks (Wednesdays)
- Dental Hygiene Program
- Dementia Friendly Drumming Circle
- Alcoholics Anonymous

*Our Foot Care specialist is qualified to serve those with diabetes.

www.sessc.org

SESSC MISSION STATEMENT

We provide services, activities and support to promote self-sufficient and fulfilling lives for aging adults in our multi-cultural community.

As a not-for-profit organization, we have served the needs of our senior community for over 56 years. We are located in the Rainier Valley and are a part of the most diverse zip code in the United States: 98118!!

Our activities include an extensive exercise program, computer classes, dance classes, jewelry-making classes, along with art classes, games, recreational trips and more! In addition, we offer a dental hygiene program, a lunch program, massage and foot care therapy.

Be sure to drop by our Cheap Chickadee Thrift Store – next door – and peruse an array of treasures!! All sales from the Thrift Store benefit the SouthEast Seattle Senior Center.

Arts and Crafts and Groups

- Art, Quilting and Weaving Classes
- Southend Crafters, Quilting Group
- Chess Club

Personal Enrichment Activities

- Computer Classes
- AARP Defensive Driving Course
- Crime Prevention and Personal Safety Classes

Cards and Games

- Dominoes, Hands and Feet, and Bingo
- Nintendo Wii Game System
- Jigsaw Puzzles, Sudoku and Board Games

Trips

- Monthly trips to area Casinos
- Trips to restaurants and other places of interest

Social Services and Support

The SESSC has a Social Worker on staff who can answer, aid and refer you to the appropriate resources available to assist you. Inquire at the Front Desk.

(206) 722-0317

Facilities

- Computer Lab with eight workstations
- Multi-Purpose room for meetings and activities
- Social Hall for special events, celebrations and rentals
- Lending Library
- Cheap Chickadee Thrift Shop located next door
- Parking lot adjacent to the Center
- Conveniently located on Metro Bus Lines: 7 & 9

Facility Rental

Our Social Hall is available for rent. It is suitable for your event or meeting. You may get a copy of our rental brochure from the Front Desk or from our website: www.sessc.org

Vibrant Diverse Caring



4655 S. Holly St., Seattle, WA 98118