

# Membership

Contact Alex Arceo for more information

MEMBERSHIP TYPE	COST
Annual	\$60
Lifetime (Individual)	\$1,000
Gold (Must be 90+ years old)	<b>FREE</b>

- 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 the Center's support groups
- Access to resident, licensed social worker
- Financial, insurance, income tax and legal counseling available.

In addition to the privileges listed above, 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, by King County, community organizations, private donations and special activities. Additional revenue is generated from regular 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.

4655 S. Holly Street Seattle, WA 98118

## Cheap Chickadee Thrift Store

Be sure to drop by our Thrift Store—next door—and peruse the treasures!! All sales benefit the Senior Center.



## 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;  
8:30am – 4:00pm

Phone: 206-722-0317; Fax: 206-722-2768

## SOCIAL MEDIA

Visit our website at <https://sessc.org> where you can find the monthly menu and quarterly newsletter.

Find us and "Like" us on Facebook



4655 S. Holly Street Seattle, WA 98118

## SouthEast Seattle Senior Center



Vibrant Diverse Caring

**BRINGING SENIORS TOGETHER...**



**ONE ACTIVITY AT A TIME.**



**TOGETHER,  
WE ARE COMMUNITY.**

**TOGETHER,  
WE ARE VIBRANT, DIVERSE, CARING.**

4655 S. Holly Street Seattle, WA 98118

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

## Services

Inside these walls...



### Community Dining Program

Our program provides a delicious hot lunch Monday—Friday. A donation of \$4.00 is requested, but not mandatory. The Center will never turn away someone who is hungry. Lunch is served from 12:00-12:45pm. Please join us!

**Wellness and Special Services** (Call to schedule an appointment.)

- Massage Therapy—Heather Robinson (LMP) loves her job and chose massage because she can see the result of what she does with her own eyes. Affordable therapy is available from a licensed therapist.
- Foot Care—Available every Tuesday, Echo Aumick, a caring, trained and experienced foot care provider offers her services.
- Blood Pressure Checks - Performed by Beulah Early, RN, every Wednesday, these checks are free and no registration is required.
- Alcoholics Anonymous meetings are held and open to the public.

## Activities

For the mind, body and social aspects



### Activities

The programming at the SESSC ranges from extensive exercise programs to arts and crafts classes. Some activities are included below:

#### Fitness and Exercise

- Silver Sneakers, Iso-Rhythmic Dance, Drumming, Beach Volleyball,
- Adaptive Yoga and Yoga for Seniors, and multiple Tai Chi classes (day and evening)

#### Arts and Crafts

- Art, Quilling and Weaving Classes
- Southend Crafters and a Coloring Group

#### Cards and Games

- Dominoes, Hands & Feet, Bingo
- Chess, Sudoku, Mahjong
- Book Club
- Casino Trips

#### Personal Enrichment

- Conversational Spanish Class
- Guided Meditation for Self Care
- AARP Development and Workshops

## Support

Answers, aids and referrals



### Social Services and Support

Jaime Clark, MSW, LICSW takes appointments M-F for individual help. She can answer, aid and refer you to the appropriate resources at no charge. Referrals are available for housing, in-home care, legal referrals, medical/health insurance referrals, transportation, depression, grief, caregiver stress, memory loss and applications for benefit programs. Regular programs include:

**Momentia Mondays**—Held on Mondays, this fun program empowers those experiencing memory loss to remain active in the community.

**Problem Solving Therapy**—Nine sessions with Jaime are available to those who are experiencing symptoms of depression.

Please check the Center's quarterly newsletter—accessible from our website—for all social service classes, activities, presentations and/or programming.