

Shoreline-Lake Forest Park Senior Activity Center



MISSION STATEMENT

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

Spend a day at the Center....

Participate in one of the 34 fitness classes offered weekly, with all levels offered from chair to intense aerobic.



5 MEDICAL SERVICES

- ❖ Bastyr Naturopathic Medical Services
 - ❖ POCAAN Mobil Unit – provides monthly visits to include 2 general practitioners plus Physician's Assistant & nursing staff
 - ❖ Acupuncture services
 - ❖ Footcare
 - ❖ Social Worker
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- ❖ Sept. '24 Fred Hutch Mobil Mammogram unit - quarterly visits



3 NUTRITION PROGRAMS

Community Dining, Meals on Wheels, Emergency Pantry

Enjoy a nutritious lunch while making new friends!



Suggested donation \$5 for those 60 years of age & older. Cost for those under 60 is \$10



**We offer several specialty fitness classes,
addressing chronic ailments**

- **Fitness During Stage 4 Cancer Treatment and Fitness post Stage 4 Cancer**
- **Fitness for Parkinsons (TREBLE)**
- **Healing Moves Yoga Series**
 - **Yoga for Osteoporosis**
 - **Yoga for Arthritis**
 - **Yoga for Lower Back Pain**

Following lunch, try your hand at.....

Digital courses.....



Arts/Craft Class....Driftwood
Sculpting, Sewing, Knitting



If you prefer a little competition, then Bridge, Badduk, Pinnacle or Hartu might interest you.



Or visit with our social worker to help you find housing as your choose to downsize your home? She can help you create your online medical portal or complete your Senior Property Tax Reduction application?

Then finish out your visit with.....

A dance class, Hula, Clogging,
Line Dancing or Latin steps



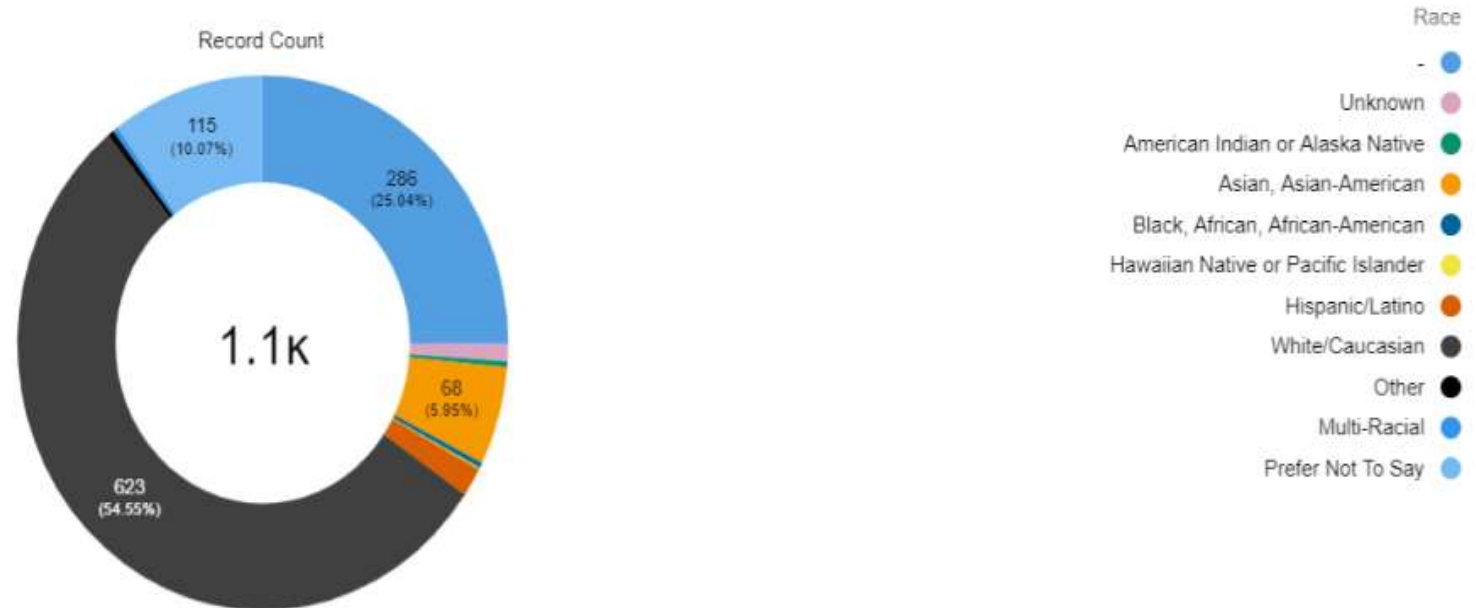
Relax through Tai Chi,
Yoga, or a Documentary
Series



And the results?

We increased BIPOC & Multi Racial participation to 39%

Racial Demographics TY





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Male participation increased from 4% to 18%



Veterans now make up 7% of our users and rising!

We provide a Veterans' Benefit Advisor

- Do you suffer from hearing loss?
- Have you been diagnosed with cancer?
- Do you struggle with nightmares or sleepless nights?
- Have you completed your Spousal Support benefits?
- Would you like to prepare your Burial Rights?

DIVERSITY, EQUITY & INCLUSION

- ❖ 39% participation identify as multi-racial and BIPOC
- ❖ The increase is a result of dedicated programming to include:
 - ESL courses
 - Language courses
 - Community Dining providing 4 cultural meals/month
 - SEA MAR contract to provide 5 hours of Spanish language classes weekly
 - LGBTQIA multi-generational programming



Thank you for your support through the years. We are committed to reaching a greater number of older adults in the coming years and ask for your assistance.

Our Request for 2025-2026

- Effective September 2023, we sustained annual rent increase, which will escalate through 2027, until our lease reaches a 100% increase.
- In 2024, we filled the vacant Program Coordinator position and a .8 Administrative Assistant position; these had been vacant in '23
- With the increase in senior population numbers, we are requesting an increase of \$10,000/year, to meet the demands of our aging population

Thank you for your support!

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