SHORELINE • LAKE FOREST PARK
SENIOR ACTIVITY CENTER

Lake Forest Park City Council Community Partner Presentation July 9, 2026

Welcome to the Center!

Health & Wellness Programs

- Line Dancing
- Yoga- mat & chair
- Tai Chi
- Balance & Fall Prevention
- Essentrics
- Enhance® Fitness
- Zumba Gold
- Hula
- Rock n’ Roll Aerobics
- Veterans Yoga Project
- Meditation & Self-Care

Healthcare Services

- Bastyr Naturopathic Medicine
  Tuesdays, 8:30 am—10:30 am
  Member: $17/Non Member: $25

- Foot Care Appointments
  Our specialist is retiring this month; services on pause

- Mental Health Counselor appointments for Shoreline residents
  Schedule varies, FREE

- Quarterly visits of the Fred Hutch Cancer Center Mammogram Van
  Last Friday of the month, FREE

Need Something Else?
We Can Help!

- Veterans Benefits Advising with Tim Miller
- Social Worker Assistance
  for Lake Forest Park and Shoreline residents
- Notary Services
- One-on-One Tech Support
- Weekly Grocery Giveaway / Food Pantry

Community Dining

- $5 donation for those 60 years and older; $10 for those under 60
- Hot lunches served M-F, 11:45am to 12:15pm
- Can’t make it to the Center? You may qualify for Meals on Wheels

Lifelong Learning

- Arts & Crafts
- Conversational Spanish
- Driftwood Woodworking
- Knitting, Sewing, and Quilting
- Ukulele Jam
- CISC Chinese Musical Group (for Chinese Speakers)
- Sea Mar (for Spanish Speakers)

Get Your Game On!

- Pinochle
- Duplicate Bridge
- Rainbow Bingo & Trivia Night fundraisers throughout the year

Talks, Presentations & Special Events

- Welcome to Medicare
  Friday, July 10, 9:00 am—11:30 am

- Living Alone with (Minimal) Fear
  Friday, August 7, 10:00 am—11:30 am

- Queer Senior Social
  Thursday, July 30, 1:30 pm—2:30 pm

- Bonjour! French Fun with the Kids of North Seattle French School
  Friday, August 21, 9:30 am—10:30 am

2025 by the Numbers

SERVICE NUMBERS	PROGRESS						
	Q1	Q2	Q3	Q4	TOTAL	Annual Goal	
Unduplicated Lake Forest Park residents	264	51	51	24	390	210	We did it!
Health program contacts for Lake Forest Park residents	1994	2098.25	2077	2060	8,229.25	2,150 (hours)	This includes fitness classes and activities, wellness services, and congregate meals.
Recreation program contacts for Lake Forest Park residents	705.5	741.5	734.45	631	2812.45	2,432 (hours)	

2026 by the Numbers

SERVICE NUMBERS	PROGRESS						
	Q1	Q2	Q3	Q4	YTD	Annual Goal	
Unduplicated Lake Forest Park residents	275	97			372	210	
Health program contacts for Lake Forest Park residents	2097.25	821.50			2918.75	2,150 (hours)	This includes fitness classes and activities, wellness services, and congregate meals.
Recreation program contacts for Lake Forest Park residents	637	102			739	2,432 (hours)	NOTE: We migrated to a new database in April; 3 weeks of
Lake Forest Park residents utilizing Social Worker; hours	4; 5.5 hours	5; 19.5 hours			9; 25 hours	N/A	attendance did not get recorded in new system. Statistics for Q2 are lower as a result.

Challenges in 2025/2026

- At the end of 2025, Sound Generations Board determined that the three remaining Senior Centers will separate in the next three years. The Center board decided to leave ASAP. Our last day was April 10.
- Separation not going as smoothly as hoped; Center has retained counsel to assist in transition.
- We are applying for 501c3 status; until we receive our determination letter from the IRS (approx. 10-12 months), our funding options will be very limited.
- Our footcare specialist is retiring this month, leaving a client base of 400+ looking for affordable services. We are seeking alternative models for providing care, as the current program is no longer sustainable.

Looking Ahead

- Thanks to you, the City of Lake Forest Park Councilmembers, we can now offer social worker assistance to LFP residents. We anticipate increased participation as the word gets out.

- Once the terms of separation from SG are final and we receive our 501c3 status, some expenses will decrease and we can actively pursue donations and foundation grants.

- SAVE THE DATE! September 22, 2026, we are holding a ribbon cutting to celebrate our independence and to introduce our old is new again name, Shoreline Senior Center. Please join us!

We can’t wait to see you at the Center!

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