

# Senior Services



Congregate Meal Program is offered by International Community Health Services at the Bush Asia Center.

Provides Asian meals followed by group activities for low-income adults ages 60 and older; suggested donation of \$2.50 per meal.

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409 Maynard Avenue South  
Seattle, WA, 98104  
0.3 Miles



(206) 521-4129



[ichs.com/ichs-locations/ichs-meal-program-at-bush-asia-center/](https://ichs.com/ichs-locations/ichs-meal-program-at-bush-asia-center/)



**Kawabe  
Memorial  
House**

Hot Meal Program offered at the Kawabe Memorial House.

Serves a Japanese and American style lunch for adults ages 60 and older. Those under the age of 60 may attend and pay a larger fee.

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221 18th Avenue South  
Seattle, WA, 98144  
1.1 Miles



(206) 322-4550



[kawabehouse.org](https://kawabehouse.org)



El Centro de la Raza provides a meal program primarily serving latino seniors, ages 60 and older, as well as multiple activities.

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2524 16th Avenue South  
Seattle, WA, 98114  
2.0 Miles



(206) 957-4643



[elcentrodelaraza.org/el-centro-senior-hub](https://elcentrodelaraza.org/el-centro-senior-hub)



# Senior Services

Hot Meal Program offered at Pike Market Senior Center.

Prepares and serves nutritionally balanced hot breakfasts and lunches everyday.

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Hot Meal offered by Central Asia Senior Center.

Serves a hot meal five days a week for adults ages 60 and older. Meals can be delivered. Also offers support services at mealtimes.

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**ASIAN COUNSELING  
and REFERRAL SERVICE**

Club Bamboo offered at Asian Counseling and Referral Service.

Offers lunches with food similar to Asian and Pacific Islanders. Additionally, sponsors culturally rooted physical activities. Also provides supportive social activities like modern dance, art classes, and salon services.



85 Pike Street  
Seattle, WA, 98101  
2.1 Miles



(206) 728-2773



[www.pmsc-fb.org](http://www.pmsc-fb.org)



500 30th Avenue South  
Seattle, WA, 98144  
2.2 Miles



(206) 726-4926



[casrcenter.org/food-dining#monthly-menu](http://casrcenter.org/food-dining#monthly-menu)



3639 Martin Luther King Junior Way South  
Seattle, WA, 98114  
3.4 Miles



(206) 805-8988



[acrs.org/services/aging-services-for-older-adults-3/](http://acrs.org/services/aging-services-for-older-adults-3/)



# Senior Services

Community Dinner offered at  
Bethany Presbyterian Church.

Provides coffee, hot chocolate, and  
snacks followed by a homemade meal  
once a week. Optional bible study  
available.

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Senior Nutrition Project's Meal  
Program offered by Filipino  
Community of Seattle.

The Congregate ethnic meal program  
provides hot meals and socializing  
for older adults.

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Congregate meal offered by IDIC  
Filipino Senior & Family Services.

Provides an Asian-themed hot meal  
Wednesday's and Friday's.



1818 Queen Anne Avenue  
North  
Seattle, WA, 98109  
5.0 Miles



(206) 284-2222



<https://www.bethanypc.org/ministries/wednesday-night-dinner/>



5740 Martin Luther King Junior Way South  
Seattle, WA, 98118  
5.8 Miles



(206) 722-9372



[filcommsea.org/senior-services](http://filcommsea.org/senior-services)



7301 Beacon Avenue South  
Seattle, WA, 98108  
7.0 Miles



(206) 587-3735



[idicseniorcenter.org](http://idicseniorcenter.org)



**SouthEast Seattle  
Senior Center**  
*Vibrant Diverse Caring*



# Senior Services

Community dining lunch offered at SouthEast Seattle Senior Center.

Provides a healthy and balanced home-cooked meal for older adults.

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## Senior Citizens

Congregate Meal offered at South Park Senior Center.

Serves a hot meal by reservation three days a week for adults ages 50 and older.

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## SEATTLE WHITE CENTER COMMUNITY CENTER

Senior Center offered by the Salvation Army at White Center Corps.

Offers a variety of health and recreational services to older adults ages 55 and older; also provides a week day lunch.

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(206) 722-0317



[sessc.org/meals](http://sessc.org/meals)



8201 10th Avenue South  
Seattle, WA, 98108  
7.4 Miles



(206) 767-2544



[spseniors.org](http://spseniors.org)



9050 16th Avenue Southwest  
Seattle, WA, 98106  
8.7 Miles



(206) 767-1350



[tsawhitecenter.org](http://tsawhitecenter.org)



# Senior Services

Seniors lunch and social activities offered at Somali Community Services of Seattle.

Serves a nutritious hot lunch twice per week to older adults. Primarily serves East African adults ages 60 and older. Also coordinates social activities and field trips.

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Elders Lunch Program offered by United Indians of All Tribes Foundation at Labateyah Youth Home.

Provides weekday nutritional lunches and other activities involving nutrition counseling and healthcare for Native American seniors ages 55 and older. Delivers food as well.

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Senior Community Meal offered by Hunger Intervention Program at Lamb of God Church.

Provides a nutritious lunch three times a week, served primarily to seniors ages 60 and older. The lunch is a part of Senior Activity Day, offering a variety of programming before, through, and after the lunch.



(206) 760-1181



[somcss.org](http://somcss.org)



9010 13th Avenue Northwest  
Seattle, WA, 98117  
11.5 Miles



(206) 678-5900



[unitedindians.org/community-services/elders-program](http://unitedindians.org/community-services/elders-program)



12509 27th Avenue Northeast  
Seattle, WA, 98125  
13.8 Miles



(206) 538-6567



[lakecityseniors.org](http://lakecityseniors.org)



Ukrainian  
Community Center  
of Washington

# Senior Services

Social Services offered at Ukrainian Community Center of Washington.

Offers mental health counseling and case management; assistance with immigration status adjustment (green cards/citizenship) and family reunification; senior programs with hot meals and activities; parenting education and family support.



Community meal offered by Calvary Chapel South.

Provides a hot meal once a month to anyone in need. Also free hygiene kits, bibles, haircuts.



Senior Congregate Nutrition Services - Federal Way offered at Korean Women's Association - King County.

Provides ethnic-based nutritious lunches weekly to elders on Monday and Friday. The program is a holistic approach of needed elderly assistance, health promotion, and cultural activities in appropriate languages.



(425) 430-8229



[www.uccwa.org](http://www.uccwa.org)



1340 West Smith Street  
Kent, WA, 98032  
24.4 Miles



(253) 852-7030



[ccskent.org/community-meal](http://ccskent.org/community-meal)



31635 23rd Avenue South  
Federal Way, WA, 98003  
31.0 Miles



(253) 946-1995



[kwacares.org](http://kwacares.org)



# Senior Services



Southeast Asian Pacific Senior Meal sites offered at Korean Women's Association - Senior City.

Provides ethnic-based, nutritious lunches bi-weekly to Cambodian and Vietnamese older adults. However all seniors are welcome.

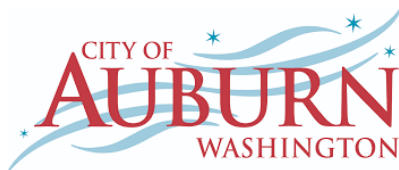
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Memory Care and Wellness Services offered by Full Life Care at Snohomish County Adult Day Health Center.

Specialized adult day health program for adults with moderate to severe dementia. Offers activities for cognitive stimulation, a structured fitness program, occupational therapy, health assessment, and nursing.

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Auburn Respite Care Program offered at Auburn Senior Activity Center.

Provides adult day care for older adults and respite for caregivers one day a week. Participants enjoy socialization, companionship and lunch.

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31635 23rd Avenue South  
Federal Way, WA, 98003  
31.0 Miles



(253) 656-3459



[kwacares.org](http://kwacares.org)



2931 Rucker Ave  
Everett, WA, 98201



(425) 355-1313



[fulllifecare.org/contact-us/locations/snohomish-county-adult-day-health-center/](http://fulllifecare.org/contact-us/locations/snohomish-county-adult-day-health-center/)



808 9th Street Southeast  
Auburn, WA, 98002



(253) 326-3198



[www.auburnwa.gov](http://www.auburnwa.gov)

# Senior Services



Adult Day Program offered by Old Friends Club in Carnation.

Provides a small-group environment where people with cognitive impairments participate in guided conversation, art, music, exercise, games and other activities. Provides supportive services for participants' caregivers.

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Heads Up program offered by Full Life Care at South Seattle Adult Day Health Center.

Conducts a long-term daily program for adults who have acquired a brain injury. Develops skills for independence and enhances meaningful daily life. Must meet SHS criteria for adult day health funding.

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Program/Outreach offered at Elderwise.

Provides a holistic approach to senior services; offers adult day care with art, exercise, lunch, and discussion groups.



4851 Tolt Avenue  
Carnation, WA, 98104



(425) 681-9776



[oldfriendsclub.org/](http://oldfriendsclub.org/)



1625 South Columbian Way  
Seattle, WA, 98108



(206) 528-5315



[fulllifecare.org](http://fulllifecare.org)



1021 Columbia Street  
Seattle, WA, 98104



(206) 913-1557



[elderwise.org](http://elderwise.org)



# Senior Services



Sunshine Garden Chinese Senior Community Center offered by Chinese Information and Services Center in Seattle.

Operates a senior day care center to help Chinese-speaking seniors ages 50 and older remain healthy and active.

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Healthy Living offered by Kin On Health Care Center.

Provides an environment that fosters wellness and lifelong learning for members of the community.

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Social/Recreational Activities offered at Pike Market Senior Center.

Offers activities for senior engagement and wellness including exercise, movies, dances, art classes, field trips and other activities for adults, ages 55 and older in Downtown Seattle and vicinity.



611 South Lane Street  
Seattle, WA, 98104



(206) 624-5633



[lakecityseniors.org](http://lakecityseniors.org)



900 South Jackson Street  
Seattle, WA, 98104



(888) 721-3634



[kinon.org](http://kinon.org)



85 Pike Street  
Seattle, WA, 98101



(206) 728-2773



[pmsc-fb.org](http://pmsc-fb.org)

# Senior Services



Recreational Activities offered by Central Area Senior Center.

Recreation includes bridge and other card games, bingo, arts and crafts, excursions and other social activities for older adults.

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**ASIAN COUNSELING  
and REFERRAL SERVICE**

Club Bamboo offered at Asian Counseling and Referral Service.

Offers lunches with food familiar to Asian and Pacific Islanders. Additionally sponsors culturally rooted physical activities such as Yoga, Vietnamese Stick exercises and Qi-gong. Also provides supportive activities like modern dance, art, and salon services.

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Recreational activities offered by Center for Active Living.  
Offers a variety of recreational activities for older adults.



500 30th Avenue South  
Seattle, WA, 98114



(206) 726-4926



[casrcenter.org](http://casrcenter.org)



3639 Martin Luther King  
Junior Way South  
Seattle, WA, 98144



(206) 805-8988



[acrs.org](http://acrs.org)



4217 Southwest Oregon Street  
Seattle, WA, 98116



(206) 932-4044



[wscenter.org](http://wscenter.org)

# Senior Services



Congregate Meal offered by IDIC  
Filipino Senior & Family Services.

Provides an Asian-themed hot meal  
Wednesdays and Fridays.

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7301 Beacon Avenue South  
Seattle, WA, 98108



(206) 587-3735



[idicseniorcenter.org](http://idicseniorcenter.org)



**SouthEast Seattle  
Senior Center**  
*Vibrant Diverse Caring*

Leisure activities offered at  
SouthEasy Seattle Senior Center.

Provides social, and recreational  
activities to encourage new  
experiences, new discoveries, and  
continued independence for older  
adults. Includes special interest  
groups, a lesbian support group,  
memory cafe, arts and crafts, and  
field trips.

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4655 South Holly Street  
Seattle, WA, 98118



(206) 722-0317



[sessc.org](http://sessc.org)



Senior Recreational Activities offered  
by Mercer Island Parks & Recreation  
Department at Mercer Island  
Community & Event Center.

Offers a variety of recreational  
activities for older adults. Call for  
specific site locations.



8236 Southeast 24th Street  
Mercer Island, WA, 98040



(206) 275-7609



[mercerisland.gov](http://mercerisland.gov)

# Senior Services



Senior Center offered at South Park Senior Center.

Provides opportunities for older adults to get together including karaoke, crafts, movie nights, and game nights.

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Lifelong Learning offered at Wallingford Community Senior Center.

Offers a book group, writing, knitting group, topical classes, arts, field trips and practical skill building.

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Senior Center offered by the Salvation Army at White Center Corps.

Offers a variety of health and recreational services to older adults ages 55 and older; also provides a week day lunch.



8201 10th Avenue South  
Seattle, WA, 98108



(206) 767-2544



[spseniors.org](http://spseniors.org)



4649 Sunnyside Avenue North  
Seattle, WA, 98103



(206) 461-7825



[wallingfordseniors.org](http://wallingfordseniors.org)



9050 16th Avenue Southwest  
Seattle, WA, 98106



(206) 767-3150



[tsawhitecenter.org](http://tsawhitecenter.org)

# Senior Services



Recreational Activities offered by Sound Generations at Ballard NW Senior Center.

Provides art and crafts activities, technology classes, field trips, language classes, writing classes, and other activities for older adults.

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Leisure Activities offered at Greenwood Senior Center.

Provides classes in writing, crafts and painting. Organizes regular trips and outings. Coordinates monthly Bingo nights.

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Senior Programs offered by SeaTac Parks and Recreation Department at SeaTac Community Center.

Provides senior transportation, foot care, meals on wheels and vision screenings. Blood pressure screening, flu shots, legal assistance and recreation/leisure programs for older adults.



5429 32nd Avenue  
Northwest  
Seattle, WA, 98107



(206) 297-0403



[ballardseniorcenter.org](http://ballardseniorcenter.org)



525 North 85th Street  
Seattle, WA, 98103



(206) 297-0875



[phinneycenter.org](http://phinneycenter.org)



13735 24th Avenue South  
SeaTac, WA, 98168



(206) 973-4690



[ci.seatac.wa.us](http://ci.seatac.wa.us)

# Senior Services



Recreation and Education offered by Burien Senior and Older Adult Program at Burien Community Center.

Provides a regular schedule of aerobics, conditioning/strengthening, dancing, drama, crafts, cards, painting, creative writing, current events, films, etc.



Recreation offered at Don Persson Renton Senior activity center.

Activities offered include dance, exercise, crafts, other games and fellowship.



**Redmond**  
WASHINGTON

Senior Recreation & Services offered by Redmond Parks and Recreation Department at Redmond Senior Center.

Offers a variety of services and activities for ages 50+. From fitness to wellness workshops to arts and crafts classes, these activities rotate and change on a seasonal basis.



14700 6th Avenue Southwest  
Burien, WA, 98166



(206) 988-3700



[burien.hosted.civiclive.com](http://burien.hosted.civiclive.com)



211 Burnett Avenue North  
Renton, WA, 98057



(425) 430-6633



[rentonwa.gov](http://rentonwa.gov)



8703 160th Avenue Northeast  
Redmond, WA, 98052



(425) 556-2300



[redmond.gov](http://redmond.gov)



# Senior Services



Recreation offered at Northshore Senior Center - Kenmore.

Provides a variety of recreational services for individuals, age 55 and older, living in the Northshore School District.

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Recreational Activities at Shoreline-Lake Forest Senior Center.

Provides classes, exercise, special events, counseling and many other

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Leisure Activities offered at Northshore Senior Center - Bothell.

Provides recreational and leisure activities for adults ages 55 and older who are living in the Northshore area.



6910 Northeast 170th Street  
Kenmore, WA, 98028



(425) 489-0707



[northshoreseniorcenter.org](http://northshoreseniorcenter.org)



18560 1st Avenue Northeast  
Shoreline, WA, 98155



(206) 365-1536



[shorelineseniorcenter.org](http://shorelineseniorcenter.org)



10201 East Riverside Drive  
Bothell, WA, 98011



(425) 487-2441



[northshoreseniorcneter.org](http://northshoreseniorcneter.org)

# Senior Services



Recreation offered at Issaquah Senior Center.

Provides recreational and social activities for older adults in the Issaquah area.



Recreational and Social Activities offered at Kent Senior Activity Center.

Provides field trips, monthly meetings, computer classes, workshops, TaiChi, video exercise, Chi Gong, line dancing, Hula, and a recreation center for older adults.



Senior Adult Program offered at Greater Maple Valley Community Center.

Operates a community center with activities, foot care, blood pressure checks and field trips for area seniors ages 50 and over.



75 Northeast Creek Way  
Issaquah, WA, 98027



(425) 837-3339



[issaquahwa.gov](http://issaquahwa.gov)



600 East Smith Street  
Kent, WA, 98030



(253) 856-5150



[kentwa.gov](http://kentwa.gov)



22010 Southeast 248th Street  
Maple Valley, WA, 98038



(425) 432-1272



[maplevalleycc.org](http://maplevalleycc.org)

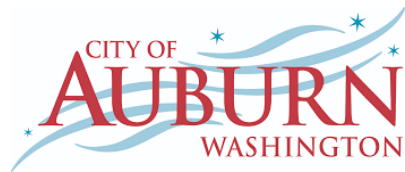
# Senior Services



Senior Services offered at Federal Way Community Center.

Offers a full senior program with water- and land-based fitness activities, classes, contests, dancing, day trips and special events.

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Recreation offered at Auburn Senior Activity Center

Provides recreational activities for seniors in the Auburn area. Activities vary.

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Recreational Activities offered at Federal Way Senior Center

Provides classes, recreational opportunities, and educational activities for older adults.



876 South 333rd Street  
Federal Way, WA, 98003



(253) 835-6925



[itallhappenshere.org](http://itallhappenshere.org)



808 9th Street Southeast  
Auburn, WA, 98002



(253) 931-3016



[auburnwa.gov](http://auburnwa.gov)



4016 South 352nd Street  
Auburn, WA, 98001



(253) 838-3604



[federalwayseniorcenter.org](http://federalwayseniorcenter.org)

# Senior Services



Leisure Activities offered at Mt Si Senior Center

Plans a variety of recreational and social activities for older adults. Includes exercise classes, line dancing and yoga.

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411 Main Avenue South  
North Bend, WA, 98045



(425) 888-3434



[mtsiseniorcenter.org](http://mtsiseniorcenter.org)