

October 2018

Join us for coffee and conversation with

Seattle Parks and Recreation's Lifelong Recreation Program



Age Friendly Seattle Coffee Hours are held on the third Thursday of every month at the Central Building and on other dates in Seattle neighborhoods.

The events bring community elders closer to City officials to explore topics of interest. Presentations often include cutting edge information about healthy aging, legal and planning issues, and more.

Participants learn about City programs and services, and officials hear from their constituents.

Coffee and refreshments are served.

Thursday, October 18

10:00–11:00 a.m.

The Central Building

810 3rd Avenue

1st Floor Conference Room
(between Columbia & Marion
in downtown Seattle)

Join Cheryl Brown from the Lifelong Recreation Program to hear about the wide array of programs for people aged 50+ offered throughout the city. From yoga, fitness and art classes to local field trips to international travel excursions, there is truly something for everyone. Through the Dementia-Friendly Recreation program, Sound Steps walking program, and Rainbow Recreation for LGBTQ elders and allies, programs are offered to suit diverse communities and a broad range of abilities and interests. Bring your questions and programming ideas!

For accessibility questions or to request an accommodation, contact Sarah Demas (206-386-4058 or agefriendly@seattle.gov).

Age Friendly Seattle

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