

July 2019

Join us for coffee and conversation with
Aging and Disability Services

Thursday, July 18
10:00–11:00 a.m.

The Central Building
810 3rd Avenue
1st Floor Conference Room
(between Columbia & Marion
in downtown Seattle)



Cathy Knight



Dick Woo

Aging and Disability Services (ADS), a division of City of Seattle's Human Services Department, is the Area Agency on Aging (AAA) for Seattle – King County. Meet Director Cathy Knight and Advisory Council Vice Chair Dick Woo as they talk about the current work of the AAA, including the development of the Area Plan for 2020 - 2023. Your input on this process will be much appreciated!

Want to hear from the presenters themselves? Watch this month's "Age Friendly Minute" along with short video stories ("vlogs") about previous coffee hours by searching for "Aging King County" on YouTube!

For questions about accessibility or to request an accommodation, contact Lenny Orlov (206-386-1521 or agefriendly@seattle.gov) at least one week prior to the event.



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.

Age Friendly Seattle

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www.seattle.gov/agefriendly

