



Seattle Mayor's Office for Senior Citizens

Mayor's Office for Senior Citizens 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.

Mayor's Office for Senior Citizens
Tel. 206-684-0500
711 Relay Service
seniors@seattle.gov
www.seattle.gov/seniors

April 2017 Coffee Hour

Join us for a conversation with

Cheryl Brown & Jill Ellison
Lifelong Recreation & Sound Steps

Thursday, April 20, 2017

10:00–11:00 a.m.

The Central Building, 1st Floor Conference Room
810 3rd Avenue

(between Columbia & Marion Streets in downtown Seattle)

Join us for coffee and meet Cheryl Brown and Jill Ellison, coordinators of Seattle Parks and Recreation's Lifelong Recreation and Sound Steps programs, respectively. With a focus on physical activity, social engagement, education, arts, creativity, and healthy lifestyles for people age 50+ and serving adults of all abilities, these age-friendly programs will keep you active and connected. There's something for everyone, indoors and out.

For questions about accessibility or to request an accommodation, contact Rowena Rye (206-684-0500 or seniors@seattle.gov). Requests should be made as soon as possible (at least three days prior to the event).

Photo credits:

*Watercolor art class by Mary Dalzell.
Recreation hike photo by Cheryl Brown.
Birdwatchers photo by Ryan Hawk.
Sound Steps photo by Leatha Bailey.*



City of Seattle
Edward B. Murray, Mayor

Human Services Department
Catherine Lester, Director