

Shape Up! Seattle



**A NEIGHBORHOOD
PHYSICAL ACTIVITY GUIDE
FOR SENIOR ADULTS
IN SOUTHEAST SEATTLE
AND DUWAMISH**

WELCOME TO THE SHAPE UP! SEATTLE GUIDE

Physical activity is vital for keeping a high quality of life and independence. Many experts recommend being physically active, including:

- The U.S. Surgeon General • American Heart Association
- American Diabetes Association
- American Cancer Society • National Institute on Aging
- Centers for Disease Control and Prevention

If you're active now – good for you! Keep it up! If you need to be more active, this guide can help get you started.

PHYSICAL ACTIVITY IS FOR EVERYONE

A recent U.S. Surgeon General's report stressed the benefits of physical activity - especially for older adults.

- Even older adults who are frail can improve their health and independence by being more physically active.
- Physical activity doesn't have to be strenuous to benefit your health. Moderate activities include walking, gardening, and dancing.
- People who are not physically active can improve their health and well-being through small increases in their level of activity.
- Activities that improve balance, flexibility, strength and endurance help older adults do the tasks they need to do to live independently.
- Aim for at least **30 minutes of activity, for at least 10 minutes at a time, five days a week.**

BENEFITS OF PHYSICAL ACTIVITY

Regular physical activity:

- Improves your energy, mood, sleep and mental alertness
- Reduces aches and pains
- Reduces risk of falling
- Helps to maintain independence
- Provides a way to spend time with friends and family, or to meet new people

Some activities in this guide may provide only light intensity exercise. Vary your routine, and remember . . .

Be healthy. Be active.

30 minutes a day
at least **10** minutes at a time
5 days a week

www.BeActive.org

TIPS FOR SAFETY AND FITNESS

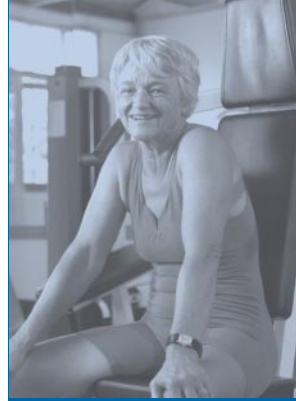
- **Check with your doctor.** It's always wise to get advice from your doctor before making a big change in your physical activity. Ask about what types of physical activity are best for you and how to best avoid injury.
- **Drink plenty of water every day,** especially before and after any physical activity. Don't wait until you feel thirsty.
- **Pay attention to your pain.** It's common to feel a little soreness, especially when you first start a new activity. But serious muscle pain, neck or low back pain, cramps or nausea can be signs of serious injuries. See your doctor if these symptoms persist.
- **Consider expanding your physical activity regimen.** Once you're comfortable with your new routine, think about adding activities for strength training, flexibility and balance.

WHO WE ARE

This guide, the result of a 2003 survey of service providers in the Southeast Seattle and Duwamish neighborhoods, is brought to you through a collaborative effort of the **Southeast Seattle Senior Center, Seattle Parks and Recreation, Healthy Aging Partnership (HAP) and University of Washington Health Promotion Research Center.** Over the next several years, we will work in Southeast Seattle to promote physical activity and increase activity opportunities for senior adults. We hope this guide will prove useful to seniors and the programs that serve them.

THANKS

We would like to thank **Get in SHAPE Chicago** and the researchers at the University of Illinois, Chicago involved in the SHAPE program. Their support, advice and direction have greatly informed our surveys and the development of this guide.



I think exercise will make the bodies of seniors like us stronger . . . feel less tired, and experience less sickness and pain.

IN THIS GUIDE

Please note that all of the information in this guide is intended for use after discussing physical activity with a healthcare provider. None of the material is intended to replace specific recommendations of a doctor or other healthcare provider.

Programs have been categorized for your convenience. Please refer to the table of contents. A map of program locations is also included on pages 9 and 10.

Fees may be associated with programs listed in this guide. All program information is subject to change. Please contact program sites directly for the most current and detailed information.

Inclusion of an organization in this guide does not imply endorsement. Additionally, omission of an organization is not intentional and does not negate the value of a program's contribution to the community.

If you are a program provider and would like to update or include program information in this neighborhood guide, please contact:

Senior Services of Seattle/King County

1-888-435-3377 • info@shapeupkingcounty.org



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I like working out at the exercise[room] . . . pumping iron, that's what my son says, pumping iron. I LOVE it.



Adult Day Programs

1 | ELDERHEALTH NORTHWEST

4712 - 35th Ave. S.
Seattle, WA 98118
(206) 721-3634
www.elderhealth.org

Activities: *Chair-based aerobics, combined free weights and balance, dementia-specific chair-based exercise, indoor bowling, mini-golf, walking*

METRO ROUTES

**7, 9, 39,
42, 48,
7 Express**

Adult Day Programs

METRO ROUTES

39

2 | POLACK ADULT DAY CENTER (Kline Galland Home)

7500 Seward Park Ave. S.
Seattle, WA 98118
(206) 725-8800
www.klinegalland.org/dayCenter.html

Activities: *Combined chair-based exercise, free weights*

42, 48
42 Express

3 | PROVIDENCE ELDERPLACE

5900 Martin Luther King Jr. Way S.
Seattle, WA 98118
(206) 320-5325
www.providence.org/longtermcare/elderplace

Activities: *Chair-based exercise*

132

4 | SOUTHEAST ADULT DAY HEALTH PROGRAM

1443 S. 99th St.
Seattle, WA 98118
(206) 763-1185

Activities: *Chair-based exercise, walking*

I think that exercise gets to be a part of you, especially when you do it all the time. You look forward to doing it.



Boating

5 | MOUNT BAKER ROWING AND SAILING CENTER

3800 Lake Washington Blvd. S.
Seattle, WA 98118
(206) 386-1913
www.cityofseattle.net/parks/Boats/mtbaker.htm

Activities: *Rowing, sailing, windsurfing, kayaking and outreach programs.*

METRO ROUTES

39

Bowling

6 | IMPERIAL LANES

2101 22nd Ave. S.
Seattle, WA 98134
(206) 325-2525

Activities: *League and open bowling*

METRO ROUTES

4, 7, 9, 39,
42, 48

Community Centers

7 | DELRIDGE COMMUNITY CENTER

4501 Delridge Way SW
Seattle, WA 98106
(206) 684-7423
www.cityofseattle.net/parks/Centers/Delridge.htm

Activities: *Dance, yoga*

METRO ROUTES

20, 85, 135

Community Centers

METRO ROUTES

36

8 | JEFFERSON PARK COMMUNITY CENTER

3801 Beacon Ave. S., Seattle, WA 98108
(206) 684-7481

www.cityofseattle.net/parks/Centers/jeffercc.htm

Activities: *Aerobics combined with bands, aerobics combined with weights, chair-based arthritis exercise (PACE), line dancing, t'ai chi, tennis, walking*

7, 9,
39, 48

9 | RAINIER COMMUNITY CENTER

4600 38th Ave. S., Seattle, WA 98118
(206) 386-1919

www.cityofseattle.net/parks/Centers/rainiercc.htm

Activities: *Nautilus equipment and machines, pickleball, walking*

22

10 | SOUTHWEST COMMUNITY CENTER

2801 SW Thistle, Seattle, WA 98126
(206) 684-7438

www.cityofseattle.net/parks/Centers/swcc.htm

Activities: *Combined free weights and flexibility bands, dancing, pickleball, pilates, swimming, walking, water aerobics, yoga*

32, 36, 106

11 | VAN ASSELT COMMUNITY CENTER

2820 S. Myrtle, Seattle, WA 98108
(206) 386-1921

www.cityofseattle.net/parks/Centers/vanasseltcc.htm

Activities: *Modern jazz dance, pickleball, t'ai chi, walking*

Cultural Organizations



12 | FILIPINO COMMUNITY CENTER

5740 Martin Luther King Jr. Way S.
Seattle, WA 98118
(206) 722-9372
www.pilipinas.cx/fcs/fcc.htm

Activities: *Chair-based aerobics, hula dance*

13 | NIKKEI HORIZONS

700 6th Ave. S. and 1601 E. Yesler Way
Seattle, WA 98104
(206) 726-6469
www.nikkeiconcerns.org/nikkeihorizons.html

Activities: *Exercise conditioning, gentle stretching yoga, tai chi, pickleball, western line dancing, hula dancing, kendo*

14 | PACIFIC ASIAN EMPOWERMENT PROGRAM

(Serving the Hmong and Lao Communities)

3329 Beacon Ave. S., Seattle, WA 98144
(206) 324-0236
www.paep-seattle.org

Activities: *Aerobics, ethnic dancing*

Music is playing and people are dancing and exercising. Even those who cannot do exercise feel happy just being there.

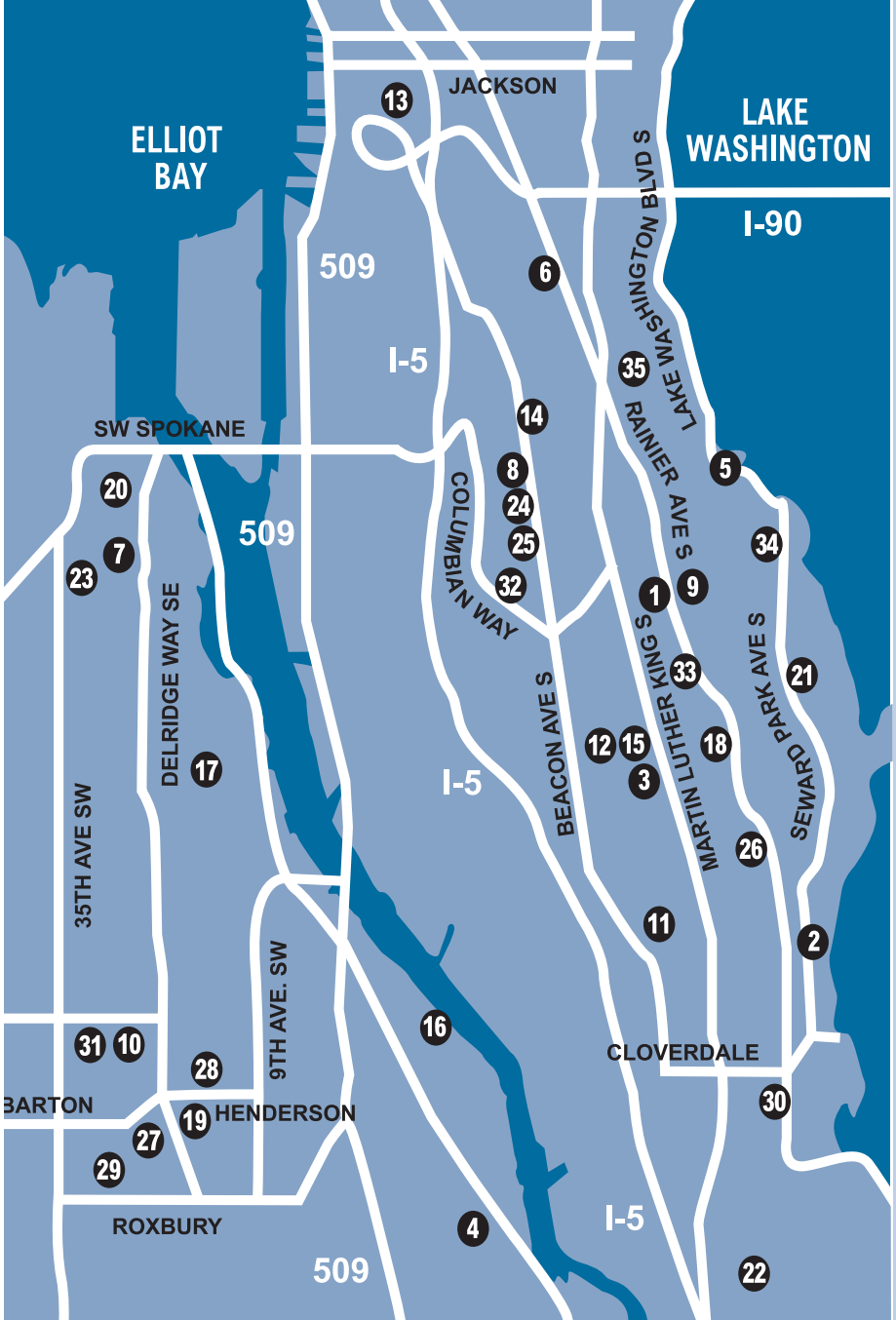
METRO ROUTES

42, 48

7, 9, 14

36

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Cultural Organizations

METRO ROUTES

42, 48

15 | PACIFIC ASIAN EMPOWERMENT PROGRAM

(Serving the Filipino Community)

5740 Martin Luther King Jr. Way S.

Seattle, WA 98118

(206) 325-1230

<http://www.paep-seattle.org>

Activities: *Aerobics, ballroom dancing*

60, 130

132

16 | TONGAN AMERICAN POLYNESIAN ASSOCIATION


8201-10th Ave. S.

Seattle, WA 98108

(206) 439-1813 or (206) 208-0004 (vm)

www.paep-seattle.org

Activities: *Combined aerobics, chair-based exercise, stretching and Hawaiian dance*



If I don't do exercise, it hurts. I see that some senior people in my neighborhood complain about their pain. But, if they do not exercise, it will hurt more.

Educational Organizations

METRO ROUTES

17 | SOUTH SEATTLE COMMUNITY COLLEGE

6000 16th Ave. SW
Seattle, WA 98106
(206) 764-5300
www.southseattle.edu

Activities: *Aerobics, basketball, chair-based aerobics and flexibility, dancing, flexibility classes, free weights, nautilus equipment, pilates, stationary equipment, t'ai chi, tennis, walking, yoga*

(Must be enrolled as a student or staff to participate. WA residents 60 years or older may register for up to two courses (either audit or for credit) for a fee of \$5 per class.)

18 | ST. EDWARD'S SCHOOL

4212 S. Mead
Seattle, WA 98118-2702
(206) 725-1774

Activities: *The gym is available for use by parishioners of St. Edward Parish and neighbors in the surrounding Rainier Valley community on Sunday afternoons between 2 p.m. and 7 p.m. Call the school to reserve. (No organized programs.)*

128, 135

7, 9

Fitness Facilities

METRO ROUTES

22, 54

19 | 24 HOUR FITNESS

2500 SW Barton, Seattle, WA 98126
(206) 933-0333
www.24hourfitness.com

Activities: *Aerobics, nautilus equipment, pilates, rep rebok, yoga*

20, 85, 135

20 | ALLSTAR FITNESS

2629 SW Andover St.
Seattle, WA 98126
(206) 932-9999
www.allstarfitness.com

Activities: *Aerobics, kick boxing, nautilus equipment, pilates, rep rebok, stationary bike classes, swimming, water aerobics, yoga*

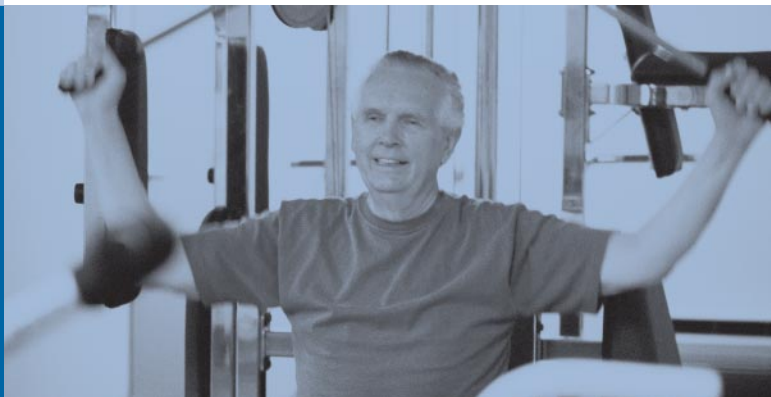
39

21 | CURVES FOR WOMEN

5224 Wilson Ave. S., Seattle, WA 98118
(206) 722-0335

Activities: *30 minute circuit training including aerobic exercise & hydraulic resistance (Women only)*

Exercise has improved both my physical and mental health.



22 | FUNDAMENTAL GOLF

5145 S. Fountain, Seattle, WA 98178
(206) 725-6691

Activities: *Individual golf lessons*

23 | WEST SEATTLE GOLF COURSE

4470 35th SW, Seattle, WA 98126
(206) 935-5187
www.seattlegolf.com

Activities: *Golf and golf clinics*

24 | JEFFERSON PARK GOLF COURSE

4101 Beacon Ave. S., Seattle, WA 98108
(206) 762-4513
www.seattlegolf.com

Activities: *Golf and golf clinics*

METRO ROUTES

42

21, 22, 37,
51, 53, 54,
55, 560

36

Lawn Bowling

25 | LAWN BOWLING FOR SENIORS

4103 Beacon Ave S.
Seattle, WA 98108
(206) 762-2490
www.cityofseattle.net/parks/Seniors/lawnbowling.htm

Activities: *Lawn bowling*

METRO ROUTES

36

Senior Centers

METRO ROUTES

7, 9

26 | SOUTHEAST SEATTLE SENIOR CENTER

4655 S. Holly St., Seattle, WA 98118
(206) 722-0317

www.seniorservices.org/sc/southeast.asp

Activities: *Combined chair-based aerobics, flexibility and weights (Lifetime Fitness Program), dance, yoga*

Senior Programs

METRO ROUTES

22, 54

27 | DAYSTAR RETIREMENT VILLAGE

2615 SW Barton St., Seattle, WA 98126
(206) 937-6122

www.cshomes.org/Daystar_Retirement_Village_Seattle_WA.html

Activities: *Chair-based aerobics, stationary equipment, walking, water aerobics*

85, 128,
135, 136,
137

28 | SALVATION ARMY SENIOR CENTER

9002-16th Ave. SW, Seattle, WA 98106
(206) 763-8842

Activities: *Chair-based aerobics combined with weights*

20, 22,
54, 85,
113, 570

29 | WESTWOOD HEIGHTS

9455 27th Ave. SW, Seattle, WA 98126
(206) 932-2736

www.westwoodheights.org

Activities: *Combined chair-based aerobics, weights and flexibility classes (Lifetime Fitness Program)*

Water Sports

30 | RAINIER BEACH POOL

8825 Rainier Ave. S., Seattle, WA 98118
(206) 386-1944

www.cityofseattle.net/parks/aquatics/rainier-beachpool.htm

Activities: *Swimming and water aerobics*

31 | SOUTHWEST POOL

2801 SW Thistle, Seattle, WA 98126
(206) 684-7440

www.cityofseattle.net/parks/Aquatics/Swpool.htm

Activities: *Swimming and water aerobics*

32 | VA PUGET SOUND

1660 S. Columbian Way, Seattle, WA 98108
(206) 764-2202

www.puget-sound.med.va.gov/

Activities: *Water aerobics available for eligible veterans*

METRO ROUTES

7, 9, 32, 36,
39, 42, 48,
106, 107

22

32, 36, 39, 60



Yoga/Pilates

METRO ROUTES

7, 9,
42, 48

33 | PHYSICAL INTELLIGENCE INCORPORATED

5209 Renton Ave. S., Seattle, WA 98118
(206) 725-7331
www.physicalintelligence.net/

Activities: *One-on-one training in the Gyrotonic® method to develop flexibility, muscle tone and healthy patterns of movement.*

39

34 | LOTUS YOGA

5004 S. Genesee, Seattle, WA 98118
(206) 760-1917
www.lotusyoga.biz/

Activities: *Breathing and relaxation workshops, qigong, yoga*

14

35 | VITALITY PILATES AND FITNESS STUDIO

3603 S. McClellan St., Seattle, WA 98144
(206) 328-6517
www.vitalitypilates.com

Activities: *Aerobic exercise, dance, pilates, yoga*

*Exercise is
needed for
long life . . .
and to feel
younger.*



Local Resources

TRANSPORTATION

Bus listings are subject to change without notice. Please contact METRO for more detailed information at:

METRO

Rider Information: (206) 553-3000

Customer Service: (206) 553-3060

Web: <http://transit.metrokc.gov/>

RIDE OPTIONS

A transportation program for seniors in SE Seattle

(206) 296-3700

<http://www.seniorservices.org/vts/Options.htm>

MAYOR'S OFFICE FOR SENIOR CITIZENS

(206) 685-0500

<http://www.cityofseattle.net/humanservices/mosc/default.htm>

SEATTLE PARKS AND RECREATION, SENIOR PROGRAMS

(206) 684-4951

<http://www.ci.seattle.wa.us/parks/seniors/index.htm>

SENIOR SERVICES OF SEATTLE/KING COUNTY

2208 Second Avenue, Seattle, WA 98121

1-888-4ELDERS (1-888-435-3377) • www.seniorservices.org

INFORMATION & ASSISTANCE

For answers to questions about living a healthy life as an older adult, call 1-888-4ELDERS (1-888-435-3377) toll free

For ASIAN language services, call: (206) 695-7595

For SPANISH language services, call: (206) 764-4716

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