Shape Up! Seattle

A NEIGHBORHOOD PHYSICAL ACTIVITY GUIDE FOR SENIOR ADULTS IN SOUTHEAST SEATTLE AND DUWAMISH
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
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.
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
I like working out at the exercise room . . . pumping iron, that’s what my son says, pumping iron. I LOVE it.

Adult Day Programs

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

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<th>WEBSITE</th>
<th>ACTIVITIES</th>
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| 39           | **POLACK ADULT DAY CENTER**  
  (Kline Galland Home)  
  7500 Seward Park Ave. S.  
  Seattle, WA  98118  
  (206) 725-8800  
  www.klinegalland.org/dayCenter.html | Combined chair-based exercise, free weights |
| 42, 48       | **PROVIDENCE ELDERPLACE**  
  5900 Martin Luther King Jr. Way S.  
  Seattle, WA  98118  
  (206) 320-5325  
  www.providence.org/longtermcare/elderplace | Chair-based exercise |
| 132          | **SOUTHEAST ADULT DAY HEALTH PROGRAM**  
  1443 S. 99th St.  
  Seattle, WA  98118  
  (206) 763-1185 | 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.

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**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

**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

**4 | SOUTHEAST ADULT DAY HEALTH PROGRAM**

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

**Activities:** Chair-based exercise, walking
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.

Bowling

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

Activities: League and open bowling

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
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<td><strong>JEFFERSON PARK COMMUNITY CENTER</strong></td>
</tr>
<tr>
<td>3801 Beacon Ave. S., Seattle, WA 98108</td>
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<tr>
<td>(206) 684-7481</td>
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<tr>
<td><a href="http://www.cityofseattle.net/parks/centers/jeffercc.htm">www.cityofseattle.net/parks/centers/jeffercc.htm</a></td>
</tr>
<tr>
<td><strong>Activities:</strong> Aerobics combined with bands, aerobics combined with weights, chair-based arthritis exercise (PACE), line dancing, t’ai chi, tennis, walking</td>
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<tr>
<td>7, 9, 39, 48</td>
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<tr>
<td><strong>RAINIER COMMUNITY CENTER</strong></td>
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<tr>
<td>4600 38th Ave. S., Seattle, WA 98118</td>
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<tr>
<td>(206) 386-1919</td>
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<tr>
<td><a href="http://www.cityofseattle.net/parks/centers/rainiercc.htm">www.cityofseattle.net/parks/centers/rainiercc.htm</a></td>
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<tr>
<td><strong>Activities:</strong> Nautilus equipment and machines, pickleball, walking</td>
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<td>22</td>
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<tr>
<td><strong>SOUTHWEST COMMUNITY CENTER</strong></td>
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<tr>
<td>2801 SW Thistle, Seattle, WA 98126</td>
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<td>(206) 684-7438</td>
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<td><a href="http://www.cityofseattle.net/parks/centers/swcc.htm">www.cityofseattle.net/parks/centers/swcc.htm</a></td>
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<tr>
<td><strong>Activities:</strong> Combined free weights and flexibility bands, dancing, pickleball, pilates, swimming, walking, water aerobics, yoga</td>
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<tr>
<td><strong>VAN ASSELT COMMUNITY CENTER</strong></td>
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<tr>
<td>2820 S. Myrtle, Seattle, WA 98108</td>
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<tr>
<td>(206) 386-1921</td>
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<tr>
<td><a href="http://www.cityofseattle.net/parks/centers/vanasseltcc.htm">www.cityofseattle.net/parks/centers/vanasseltcc.htm</a></td>
</tr>
<tr>
<td><strong>Activities:</strong> Modern jazz dance, pickleball, t’ai chi, walking</td>
</tr>
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</table>
Cultural Organizations

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

**METRO ROUTES**

**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, t’ai 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
Elderhealth Northwest 1
Polack Adult Day Center 2
Providence Elderplace 3
Southeast Adult Day Health Program 4
Mt. Baker Rowing & Sailing Center 5
Imperial Lanes 6
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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.

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.
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.)
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| 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 | **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 |
| 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.
Golf

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

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
Senior Centers

**METRO ROUTES**

7, 9

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**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

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**METRO ROUTES**

22, 54

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**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

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**METRO ROUTES**

85, 128, 135, 136, 137

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**SALVATION ARMY SENIOR CENTER**

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

**Activities:** Chair-based aerobics combined with weights

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**METRO ROUTES**

20, 22, 54, 85, 113, 570

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**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)
30 | RAINIER BEACH POOL
8825 Rainier Ave. S., Seattle, WA 98118
(206) 386-1944
www.cityofseattle.net/parks/aquatics/rainierbeachpool.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
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.

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

Activities: Breathing and relaxation workshops, qigong, yoga

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.
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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