



Auburn Senior Activity Center

Mission Statement

To enhance the quality of life of senior adults in our community through social, recreational, health and wellness, educational, and nutritional services and programs.

Upcoming Events

- June 15 Pioneer Queen Coronation
- July 4 Fourth of July Festival
- July 12 ADA Sidewalk Sale "Rockin' & Shoppin'
- August 11-13 Auburn Good Ol' Days Festival

Rent the Senior Activity Center



Need a facility to host a wedding, anniversary, meeting or party. The Senior Center has just the place for you.

Book now!

Pioneer Queen Coronation



Join us for the Pioneer Queen Coronation on June 15, 2006. Each year the pioneer queen represents Auburn in the Good Ol' Days parade in August.

Mark your calendar!

Senior Center Brochure



Check out the 2006 July/August Senior Activity Center Brochure! Find out information on how to register for classes, trips & tours, special events and much more!

Register now!

Location

Senior Activity Center
808 Ninth Street SE
Auburn WA 98002
253-931-3016

Parks Main

Senior Activity Center Brochure

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Current Menus

July Hot Lunch
July Soup & Sandwich
August Hot Lunch
August Soup & Sandwich

Current Calendars

July
August

Information

Recreation
Education
Health
Nutrition
Support Services

Senior Clubs, Programs & Information

- Book Club
- Better Breathers Club
- Wellness Team Coffee Hour
- Pedometer Club
- Pool Tournaments
- Pinochle Parties
- Mexican Train Dominoes
- Mah Jongg
- Therapeutic Massage
- Senior Savers Pantry
- Social Bridge
- Nutrition Team Supper Club
- Wellness Team Supper Club

What does the Senior Center have to offer?

The Senior Activity Center provides comprehensive programming for ages 55 and over in five primary service areas:

- Recreation
- Education
- Health
- Nutrition
- Support Services

Recreation programs include exercise and fitness activities, outdoor excursions and travel, hiking and card playing, social events such as movies and parties, games such as pool and horseshoes, and sports such as softball and volleyball. *Check out the current Senior Center Activity Brochure for availability and registration information.*

Educational offerings change each month, but include arts and crafts, academic, computer, and fitness classes. Topics are as varied as driving, oil painting and current affairs. A senior computer lab is an addition, added with the move to the new facility. *Check out the current Senior Center Activity Brochure for availability and registration information.*

Health & Wellness Activities and Services are a major focus of the Center. The Center participates in the Senior Wellness Project with four components: Lifetime Fitness Exercise Program, Health Enhancement Program (HEP), Management of Chronic Conditions classes, and Peer Mentoring. An RN with HEP is on site one day per week to work with individuals on their personal health goals. Staff from other health agencies provide periodic health assessments, foot care, flu shots, blood pressure clinics, therapeutic massage, and medical information and referral. A group of seniors forms the "Wellness Team", which works on Center wellness projects and activities such as Wellness Coffee Hours. Volunteers are provided through SHIBA (Senior Health Insurance Benefit Act) program to help seniors resolve questions about Medicare / Medicaid and seniors' rights. *Check out the current Senior Center Activity Brochure for availability and registration information.*

Nutrition Programs provided by Senior Services of Seattle/King County (SSS/KC) includes the federally funded nutrition project lunch Monday through Friday at the Senior Activity Center. SSS/KC also provides frozen Meals on Wheels. Volunteers deliver these meals to homebound seniors unable to prepare their own meals. Volunteers also deliver hot lunches on a temporary basis to seniors recovering from a hospital stay. A variety of nutrition education materials and lectures are routinely provided. Center volunteers also work to provide a monthly food pantry for which groceries are purchased in bulk, re-packaged by volunteers and sold at a good savings to seniors.

Support Services include providing information on subjects such as Social Security, wills, health insurance, tax counseling. The Center works with the Humane Society in offering the senior pet food bank. The Senior Center receives many phone calls requesting information regarding needs for seniors, therefore, the Center serves as a key information and referral site for area services to the elderly.

Auburn Senior Activity Center
More Than You Imagined.