



# AARTH COMMUNITY HAPPENINGS

July 2026



## Movement Series: Summer Wellness Flow

WEDNESDAY, JULY 1<sup>st</sup>, 15<sup>th</sup>, 29<sup>th</sup>  
11:00AM-11:30AM | Zoom

Our Summer Movement Series continues with gentle and energizing wellness sessions designed to help you stay active, improve mobility, and support your overall well-being. Guided sessions focus on simple movements

encourage strength, balance, flexibility, and relaxation in a supportive community environment for all fitness levels.

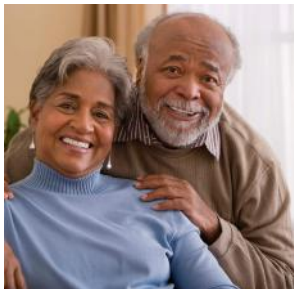


## Grocery Giveaway

WEDNESDAY, JULY 15<sup>TH</sup>  
2:00PM-4:00PM | Receive  
Location After Registration

In partnership with New Beginnings Christian Fellowship, we invite community members to join our Grocery Giveaway. Receive free perishable and non-

perishable groceries while supplies last and connect with caring community partners dedicated to supporting local families and households. Join us for a day centered on support, kindness, and shared community resources.



## The Business of Getting Older

WEDNESDAY, JULY 22<sup>nd</sup>  
12:00PM-1:30PM | Zoom

Getting older is a journey we all share, but planning for the future doesn't have to be overwhelming. Join AARTH for The Business of Getting Older, a free

workshop designed to help older adults and caregivers prepare for the road ahead. Learn about healthcare, financial planning, and other important topics while connecting with experts and others in your community. Come with your questions, leave with practical resources, helpful insights, and greater confidence for the future.



## Soulful Cooking with Chef Adunni

SATURDAY, JULY 25<sup>TH</sup>  
11:00AM-12:00PM | Zoom

Discover how delicious heart-healthy cooking can be! Join AARTH for a virtual cooking demonstration featuring a flavorful, low-sodium twist on a

Southern favorite: Low Country Okra Soup. You'll learn practical tips for reducing sodium, using herbs and spices to build bold flavor, and preparing meals that support heart health and blood pressure management. Whether you're cooking for yourself or your family, you'll leave with simple techniques and a recipe you can enjoy again and again.



REGISTER FOR ALL WORKSHOPS at [www.aarth.org](http://www.aarth.org)





# Come Visit Us.....

Find AARTH staff at various community events.

## Byrd Barr Place 3<sup>RD</sup> Annual Block Party

SATURDAY, JULY 11<sup>TH</sup>  
12:00PM-4:00PM | 722 18th Avenue Seattle, WA 98122

AARTH is excited to be tabling at the Byrd Barr Place 3rd Annual Block Party! Stop by our table to meet the team, learn about our free health and wellness programs, upcoming workshops, and community resources, and discover ways to get

involved. While you're there, enjoy an afternoon of music, family-friendly activities, local vendors, and community celebration.

## Community Resources

Senior Bus Pass  
(ORCA RRF)

Disability Bus Pass  
(ORCA RRF)

Subsidized  
Annual Pass



### Scan here to learn more about transportation assistance

Getting around King County doesn't have to be expensive. King County has affordable transit options available for older adults and people with disabilities. Discover whether you qualify for a reduced-fare ORCA card or a free annual transit pass, what documents you'll need, and how to apply by scanning the QR code.

## AARTH TEAM

Shelia Braxton  
Executive Director  
SheliaB@aarth.org

Ramona Shyne  
Program Manager  
ramonas@aarth.org

Ebony Harrison  
Training Coordinator  
ebonyh@aarth.org

Feben Girmai  
Training Coordinator  
febeng@aarth.org

Rena Cann  
Office Administrator  
renac@aarth.org

Vinson Latimore  
Consultant

Kimberly Breland  
Consultant

Yolanda Drew  
Consultant

Dr. Renee McCoy  
Consultant

Physical Address 1111 Harvard Ave Seattle, WA 98122  
206.850.2070  
Mailing Address PO BOX 428 Renton, WA 98057



## Thank you to our Community Partners

AARTH is able to provide the workshops and classes for FREE thanks to grants and support from our sponsors.

