



# AARTH COMMUNITY HAPPENINGS

June 2026



## Movement Series: Summer Wellness Flow

WEDNESDAY, JUNE 10<sup>TH</sup> & 24<sup>TH</sup>  
11:00AM-11:30AM | Zoom

Our Movement Series is back with Summer Wellness Flow, bringing gentle and energizing wellness sessions designed to help you stay active, improve mobility, and support your overall well-being. These welcoming

guided sessions focus on simple movements that encourage strength, balance, flexibility, and relaxation in a supportive community environment for all fitness levels.



## Grocery Giveaway

WEDNESDAY, JUNE 10<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, while connecting with caring community partners dedicated to supporting local families and households. Join us for a day centered on support, kindness, and shared community resources.

## Memory Sunday

June 13th & 14th, AARTH is participating in Memory Sunday/Saturday, a national initiative focused on raising awareness about Alzheimer's disease and brain health within African American faith communities.

Memory Sunday/Saturday is officially observed on the second Sunday and Saturday in June, encouraging churches and community leaders to educate, support, and empower families through important conversations around memory care and early awareness. This year's theme is "Every Memory Matters: Early Conversations, Empowered Decisions."



Scan Here To Learn More



### Thank You for Showing Up for Community Health!

To our incredible community of donors, thank you from the bottom of our hearts.

Your generosity during GiveBIG 2025 made a meaningful impact on the lives of the seniors, caregivers, families, and community members we serve. Because of your support, AARTH can continue providing health education, resources, workshops, and programs that help build healthier and stronger communities.

You gave. You cared. You made a difference.



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

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# Come Visit Us.....

Find AARTH staff at various community events.

## SouthEast Seattle Senior Center (SESSC)

WEDNESDAY, JUNE 17<sup>TH</sup>  
 11:00AM-2:00PM | 4655 S Holly St,  
 Seattle, WA 98118  
 Juneteenth Community Event

## Fred Hutch Cancer Center

SATURDAY, JUNE 27<sup>TH</sup>  
 10:00AM-2:00PM | Office of Community  
 Outreach and Engagement Matt Griffin  
 YMCA, 3595 S 188th St, SeaTac, WA

Health & Wellness Fair

# 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



## Aging with Pride

THURSDAY, JUNE 25<sup>TH</sup>  
 12:00PM-1:30PM | Zoom

A virtual gathering created for LGBTQ+ older adults to connect, learn, and thrive in community. This space encourages open conversation, shared experiences, wellness education, and celebrating the beauty of aging authentically. Facilitated by Rev. Dr. Renee McCoy, this event is an opportunity to build meaningful connections while accessing supportive resources in a safe and affirming environment.



The AARTH offices will be closed in observance of Juneteenth on Friday, June 19. As we honor this important day of freedom, reflection, and celebration, we encourage our community to participate in the many Juneteenth events happening throughout the city. We hope to see you there as we celebrate culture, history, resilience, and community together.

Learn more about local celebrations:

[www.casrcenter.org](http://www.casrcenter.org)  
[www.naamnw.org](http://www.naamnw.org)

## 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.

