

Happening This Month

November 2026

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Soulful Cooking with Chef Adunni

SATURDAY, November 7TH 11:00AM-12:00PM
Zoom & In-Person Central District, Seattle, WA
(Receive Location After Registration)

Bring Gullah-inspired flavor to your kitchen! In this hybrid cooking demo, offered in person and on Zoom, Chef Adunni will prepare Gullah Spiced Kale Stir Fry with Garlic Fried Rice and Beans, highlighting affordable ingredients with anti-inflammatory benefits that may help lower cancer risk.



Diabetes Self-Management Program

MONDAY, November 9TH 6:00PM-7:30PM (Zoom)

Take charge of your diabetes care with AARTH's free 6-week virtual workshop! Learn practical ways to manage diabetes, reduce stress, and build healthy habits while connecting with others for support. Sessions are held Mondays until December 14th.



Smooth Travels: Navigating SeaTac Airport with a Mobility Device

THURSDAY, November 12TH 12:00PM-1:30PM
(In-Person) Burien Community Center, 14700 6th Ave SW, Burien, WA 98166

This workshop helps seniors, caregivers, and travelers with physical or invisible disabilities prepare for their next trip. Learn about travel options, see a live equipment demonstration, ask questions, and take home helpful resources.



Empowering Mental Health with Black Seniors

THURSDAY, November 19TH
12:00PM-2:00PM (Zoom)

Aging comes with changes, and emotional well-being is just as important as physical health.

Dr. McCoy will share practical ways to navigate life's challenges, strengthen your support system, and care for your mental health as you age.



In observance of the Thanksgiving Holiday, AARTH's Offices will be closed 11/26 & 11/27



Grocery Giveaway

WEDNESDAY, November 18TH
2:00PM-4:00PM In-Person
(Receive Location After Registration)

AARTH's partnering with New Beginnings Christian Fellowship Ministry to provide free grocery boxes filled with perishable and non-perishable food items. Registration is required, and boxes are available for pickup only. No ID or proof of residence is needed. Supplies are limited!

Catch Us Around The Community:



African American Caregivers Forum

SATURDAY, November 7TH 10:00AM-3:30PM
Museum of Flight, 9404 East Marginal Way S., Seattle, WA 98108

Affordable long-term care coverage for Washington workers

WA CARES FUND

The WA Cares Fund is an earned benefit designed to help you age independently in your own home.

Scan to learn about the program

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 Manager
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.