



Eastside Adult Services

Address:

12831 NE 21st PL Bellevue
WA 98005

Phone Number:

425-250-7030

Website:

easterseals.com/washington

Hours: Monday-Friday
10am-2pm

Extended Hours:

Monday-Friday 2-5p

Program Director:

Jill Braun

jbraun@wa.easterseals.com

**Assistant
Director/Activities
Director:**

Sarah Lowes

slowes@wa.easterseals.com

About Easterseals:

Easterseals Washington serves over 4,100 children and adults annually throughout the state. We change the way the world defines and views disability by making profound, positive differences in people's lives every day, helping our clients build the skills and access the resources they need to live, learn, work and play.

About Eastside Adult Services:

Eastside Adult Services serves adults with disabilities ages 18 and up. We strive to enhance a person's independence, social status, and quality of life. We provide respite for caregivers as well as a safe and productive environment for participants. Our program provides medical monitoring, snack, lunch, as well as organized activities.

Activities:

Our activities are evidenced base that focus on inclusivity, participant choice, skill development, and independence. Activities are scheduled monthly and centralized around a theme. Our activities are meant to have participants experience new opportunities as well as to continue and develop life skills.

Activity Examples:

Field Trips: Zoo, Volunteering, Aquarium, Cycling, Fire Station tour, Grocery Shopping

Activities: Art, Music, Bowling, Aerobic Exercise and Fitness, Dancing, Social Skills, Life Skills, Memory Group, Sensory Room, Technology Achievement Center

Extended Hours: Food Handler's Class, Cooking Class, Gardening, Internet Safety, Computer Class, Healthy Relationships

