



# SeaTac Senior Flyer



Volume 22, Issue 2

March/April 2018

Senior Program  
SeaTac Community Center  
13735 24th Avenue South, SeaTac, WA 98168

Senior Program Hours  
Monday-Friday, 8:30 a.m.-4 p.m.  
Information: 206.973.4690

March



April

## 25th Anniversary Celebration & Free Pancake Breakfast Saturday, March 10

Believe it or not, the SeaTac Community Center opened its doors in March 1993. The Senior Program started operations in the fall of 1993, so we are celebrating 25 years as well! The anniversary party will feature a free pancake breakfast served from 8:00-10:00 a.m. The Hanky Panky Band will perform from 8:30-9:30 a.m., followed by a brief formal program. The morning will feature an opportunity to walk down memory lane with photo exhibits and perhaps visits with individuals and staff from back in the day. Tickets are required for the free pancake breakfast and are available at the senior desk. After the breakfast there will be activities in the gym for families and children.

## St. Patrick's Luncheon • Wednesday, March 14, 10:30 a.m.

It will be the wearin' of the green for sure as we celebrate with a traditional corned beef luncheon with cabbage, potatoes, carrots and biscuits. The Hanky Panky Band will be here to lead the festivities. Reservations are REQUIRED and are now open. The suggested donation is \$4 for those 60 or over. If your ticket is at will call, we will hold it until 10:30 a.m. on March 14th. As this is one of our biggest functions of the year, we are not able to offer any substitute meals.



## Spring Luncheon • Wednesday, April 4, 10:30 a.m.

What better way to welcome spring than with your favorite bonnet, and pastel accessories. We will be serving a delicious ham luncheon with scalloped potatoes and strawberry shortcake. The Hanky Panky Band will be here to lead us in song and dance. Reservations are not required. The suggested donation for those 60 or over is \$4.

## Birthday Celebrations

If you are celebrating a birthday in March or April, we hope you can join us. The Hanky Panky Band will be here to lead the fun. A big shout out to El Dorado for providing the delicious birthday cakes!

- Wednesday, March 21 and Wednesday, April 18. The fun starts at 10:30 a.m.

## Empty Prescription Pill Containers

We are now accepting empty pill bottles with tops that have all labels and personal information removed. They will be eventually be used by Doctors Without Borders. (We are only accepting prescription containers and not over the counter ones.)

## Trip Registration

Be sure to mark your calendars for trip registration for Tuesday, April 3 for SeaTac residents. General registration opens on Wednesday, April 4. Information traditionally found in the Parks Activity Guide will now be in the SeaTac Quarterly magazine. We are excited about the new venue and hope you will enjoy the new format. This registration will cover trips from May through July. As always, we welcome ideas for trip outings.



Information • 206.973.4690 • [www.ci.seatac.wa.us](http://www.ci.seatac.wa.us)



# Services for Seniors

## SeaTac Senior Café

Join us for a delicious meal served Tuesday-Friday in the banquet room at the SeaTac Community Center. **The suggested donation is \$4.00.**



Lunch is served at 11:45 a.m. and is available on a first come, first served basis. The lunch program is part of Catholic Community Services of Western Washington. Advanced reservations are required for groups of 5 or more for lunch. Please see staff when making plans for a group visit.

**First time to lunch?** Check with our volunteers who will greet you and get you situated. All individuals having lunch need to fill out a participant information form which includes birth date. Your cooperation is appreciated!

**Alternate Meals** - Occasionally we get a request for an alternate entrée selection. If you need a different entrée, please let the kitchen staff know no later than 11:15 a.m. Though we cannot guarantee an alternate selection, we will do our best to accommodate needs based on allergies, preferences and cultural dictates.

## Transportation

Transportation options to the SeaTac Café. For individuals living in the following areas:

- **SeaTac:** Reservations required by 9:00 a.m. of the morning you need a ride. Operates within the City limits. For information or ride call 206.973.4690. (Senior Van)
- **SeaTac & Tukwila:** For transportation in and about SeaTac and Tukwila, call the Hyde Shuttle at 206.727.6262.
- **Greater Burien Area:** Call the Hyde Shuttle at 206.727.6262.

For transportation needs other than lunch:

### Metro Access Information:

For information about the county's door to door transportation system, call 206.205.5000. TTY phone number is 206.749.4286.

## Remembrances

Please keep in your thoughts our friends who have recently passed:

Bob Wegener

## Meals on Wheels

Home delivered meals are available on a temporary or long term basis. The suggested donation is \$5.00 per meal. For more information or an application, call 206.973.4690.

## Statewide Health Insurance Benefits Advisor

A trained SHIBA volunteer will be here the third Thursday of each month to answer questions and provide assistance about Medicare, Medigap, Social Security, insurance and related billing problems. An appointment is needed and can be made by calling 206.973.4690.

## Senior Information and Assistance

This county wide referral program provides information and resources on senior related issues. Have a question? Call 206.448.3110.

## Foot Care

Tina Williams, a registered nurse, provides this valuable service. Appointments are required and can be made by calling 206.973.4690. The fee is \$30. Don't forget to bring a towel.

## Massages

Lita Artis will be here the third Tuesday of each month. Appointments are required and can be made by calling the senior desk at 206.973.4690. The rates are \$30 for 30 minutes, \$45 for 45 minutes and \$60 for 60 minutes.

## Free Legal Advice

Attorney Mary Henderson is here the first Thursday of each month to answer legal questions for seniors. This can include issues regarding wills, Power of Attorney, landlord tenant issues and the Vulnerable Adult Protective Act. Appointments are required and are for 30 minutes. For an appointment, please call the senior desk at 206.973.4690.



# Programs & Activities

## Drop in Activities

The Senior Program has several fun opportunities to play cards and games. Both our card room and lobby provide great venues. Whether you like pinochle, bridge, cribbage, board games, Scrabble or Mah Jongg, join the fun. Our groups are friendly and newcomers and beginners are always welcome. For more information, call the Senior Program at 206.973.4690.

## Bridge

Thursday afternoons, 12:30-3:00 p.m.

## Bunko

2nd Wednesday each month, 5:00 p.m.

## Canasta

Tuesdays, 12:30-3:00 p.m.

## Cribbage

Fridays, 9:00 a.m.

## Mah Jongg

Thursdays, 9:30-11:30 a.m.

Drop in for a fun game of Mah Jongg!

## Movie Matinee

Wednesdays, 12:30 p.m.

Join us for some classics and new releases.

## Pinochle

Wednesdays, 12:30 p.m.

## Wii Games

Wii Bowling, Fridays, 9:00 a.m.-3:00 p.m.

## Wood Carving

Wednesdays, 10:00 a.m.-Noon

## Handy Reference Numbers

- SeaTac Senior Program..... 206.973.4690
- SeaTac Community Center ..... 206.973.4680
- SeaTac City Hall..... 206.973.4800
- Hyde Shuttle..... 206.727.6262
- Meals on Wheels..... 206.448.5767
- Referral agencies that provide information and resources on senior related issues:*
- Senior Information & Assistance ..... 206.448.3110
- Community Living Connections..... 206.962.8467

## Alzheimer's Association Caregivers Support Group

Meetings for unpaid care partners, family members and friends are held the 3rd Thursday of each month from 1:00-2:30 p.m. For more information contact Gerry Crouch at 206.632.3985.

- Thurs., March 15 & Thurs., April 19, 1-2:30 p.m.

## Driver Safety

Brush up on your driver safety skills in this one day classroom workshop. Fee payable to instructor on day of class. Cost is \$15 for AARP members of \$20 for non-members.

- Thursday, March 8, 9 a.m.-4:30 p.m.
- Thursday, June 14, 9 a.m.-4:30 p.m.

## New Exercise & Health Class!

SeaMar is sponsoring an exercise and health class that will meet the 2nd and 4th Wednesday of each month from 9:30-11 a.m. Instructions will be available in both English and Spanish. There is no charge for the class. Details will be posted at the Senior Program or call 206.973.4690 for more details.

## Weather Proof Walking

The gym is now open on Monday, Wednesday and Friday mornings from 8:45-9:45 a.m. Feel free to drop in and get your steps in. You might even want to stay and have some coffee afterwards.

### Games!

Check out these great games for drop in play:

Mexican Train Dominoes, Scrabble, Rummikub, Cribbage, Canasta, Dizios, and playing cards.

## 25th Anniversary Celebration!

### SeaTac Community Center

Saturday, March 10, 2018 • 8 a.m.-2 p.m.

Pancake Breakfast ~ 8-10 a.m.  
*(Pick up your free pancake breakfast tickets.)*

Bouncy houses & more ~ 10 a.m.-2 p.m.  
*(Bring your kids and families!)*



## Comfort Keepers Classes

### Living Well with Chronic Illness • Wednesday, March 21, 12:30 p.m.

Chronic illness is something that affects the whole family: the person with the illness, the primary chronic caregiver and other family members. Learn key strategies for improving communication with your health provider care team and caregivers. The facilitator, Barbara Gehrett, MD, will cover the following: What is chronic disease? Why bother with 'management' of chronic disease? What is Planned care vs. Demand care? What resources are available to help patients and caregivers?

### Eating Well to Reduce Fatigue • Wednesday, April 18, 12:30 p.m.

Fatigue or exhaustion is a common clinical complaint among older adults. It can significantly interfere with a person's ability to function at home. This workshop will identify factors that affect fatigue. Learn some coping skills and what foods and vitamins can help. Presented by Christy Goff, MS.RDN < CD, Dietician for Pacific Medical Center, Living Well.



## Welcome to Melissa Wells

Please join us in welcoming new Senior Program staff member Melissa Wells. Melissa will be helping out with our lunches as well as driving the van. We are so happy to have her join our team!

## Weather Related Closures

The Senior Program follows the Highline School district weather related closures. If the schools are closed, we do not have lunch or scheduled programs/classes. Though the facility may be open, we encourage everyone to be safe and stay home to avoid icy and snowy conditions. We generally are able to update our phone message to indicate whether we are open. The number to call is 206.973.4690. This is a good time of the year to stock up on a few extra days of supplies including non-perishable food, water, medication and any pet needs as well.

