



SeaTac Senior Flyer



Volume 22, Issue 3

May/June 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



Senior Program Staff Changes

Kathleen's retirement in April has brought about some exciting staffing changes. Linda Croasdill has moved into the acting Senior Services Supervisor position. Amy Oliverson, who has worked at the SeaTac Community Center's front desk, will be in Linda's position as acting Recreation Program Specialist. Amy has helped out for some time in our Café on Wednesdays so she knows what she is getting into and she is excited about this opportunity. Ellen, Lisa and Melissa remain on board so we are very happy to have such a strong and devoted team. Stop in and say "hello" if you haven't met Amy and to congratulate Linda.

Mother's Day Luncheon • Wednesday, May 9 • 10:30 AM

Help us in celebrating the important women in our lives with this luncheon featuring music by the Hanky Panky Band. Reservations are not required. The menu features shrimp linguini, spinach salad and coconut cream pie. The suggested donation is \$4 for those 60 and over.

Father's Day Luncheon • Wednesday, June 13 • 10:30 AM

Now it is time to celebrate the men in our lives. Once again the Hanky Panky Band will be here. We will be serving beef hot dogs, Baked beans, chips, and watermelon. Reservations are not required. The suggested donation is \$4 for those 60 and over.

Birthday Celebrations

If you are celebrating a birthday in May or June, we hope you can join us. The Hanky Panky Band will be here to lead the fun. A big shout out to SHAG Housing for providing the delicious birthday cakes! The suggested donation is \$4 for those 60 or over.



- Wednesday, May 16 and Wednesday, June 20. The fun starts at 10:30 AM.

Presented by Comfort Keepers

Lifestyle Choices for Senior Housing Options as We Age

Today, people nearing, or in, retirement have many choices in how and where they grow old. Where you live is fundamental to the lifestyle you will enjoy. This workshop will examine the various housing options and the pros and cons of each. You will receive an aging-in-place design checklist. Since some lifestyle choices require the selling of a property, we also take a look at options for selling, and the pros and cons of each.



Presented by: Carolyn Edmonds, Windermere and Al Franzen, Sound Properties

- Wednesday, May 16, 12:30 PM

Holiday Closures

The Senior Program will be closed in observance of Memorial Day on Monday, May 28th.

Information • 206.973.4690 • 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:

Doris Reed

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., May 17 & Thurs., June 21, 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, 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.

Holiday Bazaar ~ Save the date!

Please save Saturday, November 10, 2018 to visit the annual holiday bazaar.

Early Bird registration will open in mid-July. More information will be in the July/August Senior Flyer.



Thank You for a Wonderful 23 Years

Before heading off into the sunset, or at least the east coast, I wanted to thank all of you for a wonderful 23 years. I cannot imagine a better job than working with the dedicated and compassionate staff, the remarkable volunteers and all the participants. Some of you walked the same path with me for 20 plus years, and others for different portions of it. You all meant a great deal to me and have touched my life profoundly. We have shared special moments, laughter, hugs and tears. You made my retirement a very special occasion. My transition is made so much easier by knowing the program will be in Linda's capable and compassionate hands with the support of Ellen, Lisa, Melissa and the addition of Amy.... and of course, all of you. Wishing you all peace, good health and happiness.

With Love, Kathleen



Pictured from left to right: Ellen Burns, Christine Lee, Kathleen Cummings, Lisa Hughes, Linda Croasdill and Melissa Wells.

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