



SeaTac Senior Flyer



Volume 22, Issue 4

July/August 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



Floor Refinishing Project for the Banquet Room and Gym

The floors in the banquet room and gym will be refinished between Sunday, July 22 and Sunday, August 5. The Senior Program will be open for drop in activities, trips, coffee bar and computer lab Monday-Friday, 8:30 AM–4 PM. You can bring a snack or a brown bag lunch and enjoy a cup of coffee at the center. Just a reminder that all gym activities and the Senior Lunch Program will not be available during this time.

Independence Day Luncheon • Tuesday, July 3, 11:15 AM

Help us in celebrating the United States of America's Independence Day with a luncheon to honor the day. Reservations are not required. The menu features hamburger, fries, baked beans, coleslaw, and dessert. The suggested donation is \$4 for those 60 and over. We will be closed on Wednesday July 4th in observation of the holiday. Have a happy and safe 4th of July!

Western Day Luncheon • Wednesday, August 8, 10:30 AM

Put on your boots and your western wear for a hoedown! Once again, the Hanky Panky Band will be here. We will be serving BBQ beef sandwich, baked potato, peas and carrots and a special cowboy dessert. Reservations are not required. The suggested donation is \$4 for those 60 and over.

Birthday Celebrations

If you are celebrating a birthday in July or August, 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, July 18 and Wednesday, August 15. The fun starts at 10:30 AM.



Trip Registration

Mark your calendars for trip registration beginning Tuesday, July 10 for SeaTac residents. General registration opens on Wednesday, July 11. 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 July thru October. As always, we welcome ideas for trip outings.

Empty Prescription Pill Containers

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

Holiday Closures

The Senior Program will be closed in observance of Independence Day on Wednesday, July 4th.

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:

Raye Grant

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.

Bunko

2nd Wednesday each month, 5 PM

Canasta

Tuesdays, 12:30-3 PM

Cribbage

Fridays, 9 AM

Mah Jongg

Thursdays, 9:30-11:30 AM
Drop in for a fun game of Mah Jongg!

Movie Matinee

Wednesdays, 12:30 PM
Join us for some classics and new releases.

Pinochle

Wednesdays, 12:30 PM

Wii Games

Wii Bowling, Fridays, 9 AM-3 PM

Wood Carving

Wednesdays, 10 AM-Noon

Alzheimer's Association Caregivers Support Group

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

• Thurs., May 17 & Thurs., June 21, 1-2:30 PM

Weather Proof Walking

The gym is now open on Monday, Wednesday and Friday mornings from 8:45-9:45 AM. 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. Bazaar hours are 9 AM–3 PM.

Early Bird registration will open on Monday, July 9.

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





I Scream, You Scream, We All Scream for Ice Cream!

Whether the weather is hot or not, it is time for ice cream. Join us for lunch on Fridays in July and on Tuesdays in August and we will serve up some delicious ice cream treats!



SeaTac Senior Program Fund

We were given a generous donation from the estate of Lydia LeCompte almost two years ago. The SeaTac Senior Program has opened a designated funds account at the Renton Community Foundation. The name on the fund is The SeaTac Senior Program Fund. This will allow individuals an opportunity to give donations to the SeaTac Senior Program, which will be tax deductible. This account will enable us to save the money we receive from our annual fund raisers and also be independent from the City general fund. If you would like more information regarding how to donate to the Senior Program, please see Linda Croasdill, Senior Supervisor.

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Salad Bar

Our salad bar is provided by funds from the City’s Human Services allotment, as well as support from the fundraising efforts of the Advisory Committee and occasional surplus items from our meals provided by Catholic Community Services. The salad bar is generally available on Tuesdays, Thursdays and Fridays – on days when the attendance count is 70 or fewer. It is available to all individuals having lunch and there is no additional fee. Our guidelines are pretty simple – one time through for each person, reasonable portions and no take homes on salad items. Everyone’s adherence to these guidelines is appreciated. Misuse of the salad bar could possibly result in its discontinuation, something no-one wants.

