



SeaTac Senior Flyer



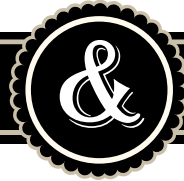
Volume 22, Issue 5

September/October 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

SEPTEMBER



OCTOBER



Connect with us on Facebook!

The Senior Program has a brand new Facebook page. "Like" our page to get all the latest info about our programs. Just search for "seatac senior center" and then click the "Like" button to get our posts and updates in your news feed. Ask Amy if you need help finding the page or have any questions.

Flu Shots • Wednesday, September 19, 10:00-11:00 AM

The Seattle Visiting Nurse Association (VNA) returns for annual flu shots. This nonprofit agency provides nurses to administer the shots. The VNA will bill Medicare for your shot – there is no direct cost to you. If you are not on Medicare or have assigned your Medicare over to an HMO, there is a fee. Sign-ups open on September 4.

Halloween Luncheon • Wednesday, October 31, 10:30 AM

Come in costume, if you wish, to help celebrate Halloween with the Hanky Panky Band. There will be a costume parade to show all the wonderful and creative costumes. The suggested donation is \$4 for those 60 and over.

Welcome Pasefika Ladies Group

I am pleased to announce and welcome Pasefika to the senior program. Pasefika will start coming every Tuesday from 9:30 AM to 2:00 PM. They will hold their group in the senior craft room and then join for lunch. They will have several volunteers assisting with the group both in the kitchen and leading different group activities. Please stop in and welcome the ladies to our SeaTac family.

Trip Registration

Trip registration begins on Tuesday, October 2 for SeaTac residents. General registration opens on Wednesday, October 3. Watch for the trip listing in the fall edition of the SeaTac Quarterly magazine that comes out at the end of September. We welcome ideas for trip outings.

Birthday Celebrations

Join in the fun with the Hanky Panky Band as we celebrate those having birthdays in September and October. All individuals with a birthday are eligible for a door prize drawing. A big shout out to SHAG Housing for providing the delicious birthday cakes!

- Wednesday, September 19 and Wednesday, October 17. The fun starts at 10:30 AM.



Holiday Closures

The Senior Program will be closed on Monday, September 3 in observance of Labor Day.

Holiday Bazaar ~ Save the date!

Please save Saturday, November 10, 2018 to visit the annual holiday bazaar. Bazaar hours are 9 AM–3 PM.

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:

David Marquis • Jerry Germundson
Fay Dyrness • Bob Wagner

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

Games!

Check out these great games for drop in play:

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

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., Sept. 20 & Thurs., Oct. 18, 1-2:30 PM

Driver's 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 and \$20 for non-members.

• Thurs., Sept. 13, 9 AM-4:30 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.

Free Gentle Yoga Class with Jennifer

Jennifer Spofford, Yoga Therapist and Personal Yoga instructor will be offering a free yoga class. This class is a combination of gentle energetic movement and strength moves for the whole body. Please register at the senior desk or call Linda or Amy at 206.973.4690. Relax and enjoy.

• Monday, Sept. 10, 9-10 AM (Room 107)

Senior Balance Class

We will be offering a four-week balance class that will include a PowerPoint informational session as well as time in the gym learning exercises and techniques to strengthen your body and improve your balance. You can register at the Senior Desk or by calling 206.973.4690 and ask for Linda or Amy. Cost of the class is \$5 for entire session.

Instructor: Tiffany Siu, DPT (Highline Physical Therapy)

• Wednesdays, Sept. 26, October 3, 10 & 17, 9 AM





Comfort Keepers

Aging & Memory: What's Normal and What's Not?

Have you ever asked yourself, "He just introduced himself and I can't remember his name?" Some changes are to be expected as we get older. Other changes are not normal. Learn about the following: normal memory changes in your lifespan, how does memory work and what can I do to take care of my memory, and the 10 signs of memory loss (Alzheimer's Association).

- Wednesday, September 19, 12:30 PM

Medicare Update

The Washington State Insurance Commissioner's Office will present unbiased Medicare information and 2018 updates and changes. This includes: Understanding your health care options and rights, finding affordable health care coverage, and evaluating and comparing health insurance plans.

- Wednesday, October 17, 12:30 PM

Holiday Bazaar

Saturday, November 10, 9:00 AM-3:00 PM

The Holiday Bazaar will be here before you know it. We already have more than 50 vendors and are anticipating up to 80 vendors by the time November is here. As usual, vendors will be in the gym and the main lobbies. The senior program section will be in the banquet room. The Candy Cane Café and the gift baskets will be the main features along with the raffle. Though we have scaled down some items, your help is still needed in the following areas:



Publicity: If you know of a location to post a flyer, let us know. Senior housing, church, medical offices, etc. The more we get the word out, the better. Posters are available for pick up by mid October.

Connections: The gift basket raffle has become one of the bigger areas of the bazaar. We are always looking for new and different items for the baskets. If you or someone you know has a 'connection' let us know. Traditionally, we have local restaurants, salons, car services, etc. in this category.

Raffle Tickets: Tickets are \$1 and the drawing will be at the Thanksgiving Luncheon. Books of tickets to sell or buy will be available the first part of October. The more tickets we sell, the better!

SeaTac Senior Program Fund

The SeaTac Senior Program has opened a designated funds account at the Renton Regional 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, Recreation Supervisor Senior Program.

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

