



SeaTac Senior Flyer



Volume 22, Issue 6

November/December 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

NOVEMBER



DECEMBER



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

Mark your calendars for the busiest day and single fundraiser all year. See details on the back page.

Thanksgiving Luncheon • Friday, November 16, 10:30 AM

This is our biggest event of the year. We will serve a traditional turkey dinner with all the trimmings. Reservations are required and open on November 1. The suggested donation is \$4 for those 60 years and over. You must give us each individuals name and date of birth in order to make a reservation. Seating for the first 180 is in the banquet room, overflow seating is in the lobby. The festivities will include the Hanky Panky Band and the drawing for the craft raffle.



Holiday Luncheon • Wednesday, December 19, 10:30 AM

We will serve a turkey dinner with all the trimmings. The Hanky Panky Band will be here to make this luncheon the highlight of the holiday season. Reservations are required and open on November 26. Please have names and birth dates for each reservation. The suggested donation is \$4 for individuals 60 years and older. Seating for the first 180 is in the banquet room, overflow seating is in the lobby.

End of the Year Party! • Wednesday, December 26, 10:30 AM

Celebrate the end of 2018 as we welcome 2019. Wow how time flies! Reservations are not required for this event. The suggested donation is \$4 for everyone 60 years and over. The Hanky Panky Band will be here with bells on and ready to play "Auld Lang Syne." Happy New Year everyone!

Upcoming Construction Projects in the Senior Wing

We are having new ADA electric doors installed at the senior entrance which may require us to use the north entrance to the community center for a short time during construction. Also, we are having a new sink and counter top installed in the craft room, so this too may interrupt scheduled activities. We will keep you posted on the upcoming schedule and times of both projects.

Birthday Celebrations

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



- Wednesday, November 7 and Wednesday, December 12. The fun starts at 10:30 AM. *(These dates have changed due to the holidays.)*

Holiday Closures

Monday, November 12 ~ Veteran's Day Observed
Thursday, November 22 & Friday, November 23 ~ Thanksgiving Holiday
Tuesday, December 25 ~ Christmas Day
Tuesday, January 1, 2019 ~ New Year's Day

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:

Marty Hill • Lawrence Markuson • Charlie Brown

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

Tuesdays, 9-11:30 AM

Thursdays, 9-11:30 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., Nov. 15 & Thurs., Dec. 20, 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.

- Thursday, November 8, 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.

Gentle Yoga Class

Jennifer Spofford, Yoga Therapist and Personal Yoga instructor will be offering a yoga class featuring a combination of gentle energetic movement and strength moves for the whole body. Please register at the front desk. Relax and enjoy.

- Mondays & Wednesdays, November 14-January 30, 9-10 AM, \$190/\$10 a class

Senior and Holiday Trips Still Available

- Red Wind Casino ~ Monday, November 19, 8:30 AM-4 PM, \$8
- Garden D’Lights at Bellevue Botanical Gardens ~ Tuesday, November 27, 2-7 PM, \$7

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

Holiday Bazaar

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

It's the most wonderful time of the year...time for the SeaTac Holiday Bazaar! We are looking forward to another successful bazaar, but we can't do it without you! Make sure you've marked your calendar and tell your family and friends. We'll have 80 vendors selling an exciting variety of treasures - from handcrafted gifts and vintage items to a selection of commercial products. The community center will be bursting with holiday items and unique gift ideas. We can't wait to see you there! Other highlights include:



Candy Cane Cafe: Serving lots of delicious goodies to keep our shoppers energized.

Gift Basket Raffles: We'll be having a raffle for approximately 20 themed gift baskets. Themes include the Seahawks, chocolate, LeMay Marymount Museum, and personal services such as nails, foot care, and massages. Tickets are just \$1 each! The raffle drawings will happen toward the end of the afternoon.

50-50 Raffle: Tickets are \$1 each and are available to buy now! Books of 10 tickets are available to check out if you would like to help sell (or to buy for yourself). The raffle drawing will be at 2:30 PM on November 4 with half of the proceeds going to one winner and the other half to the Senior Program.

Craft Raffle: This year we have two beautiful handcrafted raffle prizes. Tickets are \$1 each and are available now. The drawing will take place at our Thanksgiving Luncheon on November 16. Again, books of 10 tickets are available to check out to buy or sell. Both items can be seen proudly hanging in our display case at the community center.

- **First Prize:** A beautiful hand stitched quilt with maple leaf design (twin size) in an autumn color palette. Many thanks to Judy Pugh for sharing her talents.
- **Second Prize:** A stunning hand crocheted throw blanket in white, lovingly made by Marlys Markuson.

The bazaar is our only fundraiser of the year and is only as successful as the support we receive. Please spread the word, pick up some raffle tickets to buy or sell, come hungry and we'll do our best to send you home happy!

We extend our heartfelt thanks to our generous senior participants who have donated toward several gift basket items. We would also like to acknowledge the support we have received from the community. Please let these businesses know how much their support was appreciated:

- Sizzler
- Sola Nails
- LeMay Marymount Museum
- Lita Artis, Massage Therapist
- Tina Williams, RN
- Ivar's



Special thanks to Boulevard Park Place for sponsoring the bazaar.

Funds raised from the Holiday Bazaar help support our programs and activities. Our Senior Citizen Advisory Committee members (Fred Geraldson, Alice Belenski, Judy Beste, Dennis Anderson, Steven Pinto, and Vicki Lockwood) meet monthly in part to discuss purchases. This year, this has included support for the SeaTac Café salad bar and holiday meals, Meals on Wheels, dishes, placemats, and entertainment. If you have an idea for a purchase, see one of the committee members or staff.

