



# SeaTac Senior Flyer



Volume 23, Issue 3

May/June 2019

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



## Canasta Party at SeaTac • Friday, May 10 • 9:00 AM

We will have a fun day playing Canasta at the senior program. There will be door prizes, snacks and prizes for highest hand, lowest hand, first team to get four red 3's, highest team score and lowest team score. There will be a random drawing for partners. Players must sign up at the senior desk to play. Cost of the event is \$2 due at sign up. If you have any questions, please see Linda.

## Mah Jongg Party at SeaTac • Thursday, June 13 • 9:00 AM

The new 2019 Mah Jongg cards are here and we are ready to play. There will be door prizes and snacks. There will be a prize for the most Mah Jongg. Players must sign up at the senior desk to play. Cost of the event is \$2 due at sign up. If you have any questions, please see Linda.

## Mother's Day Luncheon • Wednesday, May 8 • 10:30 AM

Help us in celebrating the important women in our lives with this luncheon featuring the music of the Hanky Panky Band. No reservations needed. The menu features Florentine Fish, roasted red potatoes, spinach salad, bread stick and strawberry shortcake. The suggested donation is \$4 for those 60 and over.



## Father's Day Luncheon • Wednesday, June 12 • 10:30 AM

Now it is time to celebrate the men in our lives. The Hanky Panky Band will perform. Menu is a hamburger, Boston baked beans, chips, watermelon and an ice cream treat. 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 and over.

- Wednesday, May 15 and Wednesday, June 19. The fun starts at 10:30 AM.

## Brought to you by Comfort Keepers



## 10 Ways to Simplify your Legal Affairs • Wednesday, May 15, 12:30 PM

Estate planning ensures your assets will go to the people you want them to go. This workshop covers what you need to know about your will, durable power of attorney and advance directives. Make sure you plan now so you'll have peace of mind for yourself and family members in the future. Presented by Northwest Elder Law Group.

## Holiday Closures

The Senior Program will be closed in observance of Memorial Day on Monday, May 27.



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:

Cal Bannon • Dennis Anderson  
Judy Mercer • Martin Claspill

## 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

## 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 1-2:30 PM. For more information contact Gerry Crouch at 206.632.3985.

• Thurs., May 16 & Thurs., June 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, May 2, 9 AM-5:30 PM

## Weather Proof Walking & Senior

### Exercise Group

Come join the fun! The gym is open Monday, Wednesday and Friday mornings from 8:45-9:45 AM. The group walks, does chair and stretching exercises and we have free weights available for your use. It is a fun and social group. Drop in and give it a try. You might meet a new friend and the coffee's only a quarter.

### 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 2, 2019 to visit the annual holiday bazaar.

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

## **Mother's Day Afghan Drawing, Wednesday, May 8, 2019 12:00**

We will be raffling a beautiful hand-made red, white and blue afghan at the Mother's Day Luncheon on Wednesday, May 8. This stunning afghan was skillfully hand crafted by Marlys Markuson. Tickets will go on sale on Friday, April 26. The cost of a ticket is \$1.00 each, you do not have to be present to win and the raffle proceeds benefit the SeaTac Senior Program. Tickets will be available at the Senior Desk.

## **Calling All Crafters!**

Do you love to create? Do you have crafting skills you can share with others? Are there new skills you'd like to learn? The SeaTac Crafters are back, come and join us! We'll be having a kick-off meeting on June 11 at 9:30 AM. Feel free to bring a project of your own to work on as we chat about a new direction for the group and enjoy some light refreshments. Hope to see you there! If you have any questions, see Amy or call her at 206.973.4683.

## **Progressive Picnic with Mystery Stop \* Wednesday, June 18, 2019 9:30 AM**

We will gather in the lower parking lot at SeaTac Community Center at 9:15 AM for 9:30 AM departure to our first mystery stop. We will enjoy a morning snack and the sights and sounds of a local park. Then we will journey to our next destination in Auburn at Game Farm Park. We will have lunch with other senior centers participating in the picnic. Then depart for our final destination, the Highline SeaTac Botanical Garden for a guided tour and a little sweet treat for dessert. Cost of this trip is \$10, which does not include lunch. Lunch will be a suggested donation of \$4, which will be due the morning of the trip (cash only please). Come along and join the gang on a fun day of exploring your own backyard.



*Field trip to T-Mobile Field on April 1.*

