



SeaTac Senior Flyer



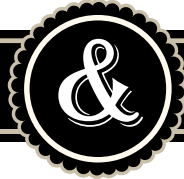
Volume 23, Issue 5

September/October 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

SEPTEMBER



OCTOBER



Holiday Bazaar • Saturday, November 2, 9 AM-3 PM

Invite all your friends to come to the annual holiday bazaar! We will feature 70+ vendors. The Candy Cane Café will offer a wide variety of food items from Ivar's Clam Chowder, chili, hot dogs, grilled cheese and much more. The Gift Baskets and 50/50 Raffle will be drawn at 2:30 PM. It is \$1 per ticket and you do not have to be present to win. There is still some vendor space available. For more information, call 206.973.4690.

Western Day Luncheon • Wednesday, September 25, 10:30 AM

Put on your best pair of cowboy boots, your square dancing duds and your favorite western hat to dance at SeaTac. Reservations are not required. The menu will feature cheeseburger, steak fries, coleslaw, watermelon and a surprise dessert (Sorry, no alternate meals). The suggested donation is \$4 for those 60 and over. The music of the Hanky Panky Band will begin at 10:30 AM.

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

Calling all clowns, pirates, ghosts, goblins and witches! Dressing in a costume is optional, but there will be a costume parade just before lunch featuring all the participants who wish to participate. Reservations are not required. The menu will feature Salisbury steak with gravy, potatoes, carrots, spinach salad and a spooky dessert (Sorry, no alternate meals). The suggested donation is \$4 for those 60 and over. The music of the Hanky Panky Band will begin at 10:30 AM.



Birthday Celebrations

If you are celebrating a birthday in September or October, 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, September 18 and Wednesday, October 16. The fun starts at 10:30 AM.



Trip Registration

Mark your calendars for trip registration beginning Tuesday, October 1 for SeaTac residents. General registration opens on Wednesday, October 2. Trips are located in the back of SeaTac Quarterly magazine. This registration will cover trips from October thru January. As always, we welcome ideas for trip outings.

Holiday Closures

The Senior Program will be closed on Monday, September 2 in observance of Labor Day holiday.



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:

Bill Oliver • Kathleen DeLuca

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.

- Thursday, Sept. 19 & Thursday, Oct. 17, 1-3 PM

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. Our groups are friendly and newcomers and beginners are always welcome. Whether you like pinochle, bridge, cribbage, board games, Scrabble, Rummikub, Dizios, Mah Jongg, and playing cards, join the fun. For more information, call the Senior Program at 206.973.4690.

Bunko

2nd Wednesday each month, 5 PM

Canasta

Tuesdays & Thursdays, 12:30-3 PM

Crafts

First & third Tuesdays, 12:30 PM

Cribbage

Fridays, 9 AM

Indoor Flying

Mondays, 2-5 PM
Fridays, Noon-3 PM

Mah Jongg

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

Mexican Train Dominoes

Fridays, 12:30-3 PM

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., Sept. 19 & Thurs., Oct. 17, 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, September 5, 9 AM-5:30 PM

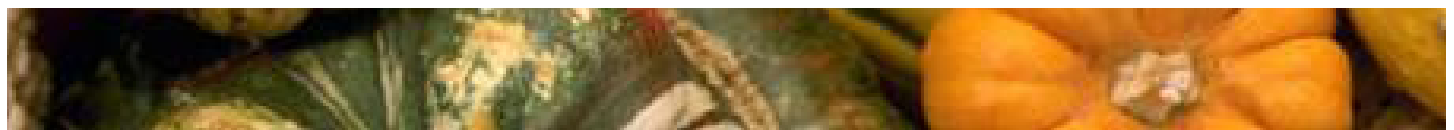
Weather Proof Walking & Senior

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.

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
<i>Referral agencies that provide information and resources on senior related issues:</i>	
Senior Information & Assistance ...	206.448.3110
Community Living Connections.....	206.962.8467



Make an Emergency “Grab and Go” Notebook

Every registered participant will leave with a notebook to record and create an “In-Case-of-Emergency” book with everything you will need for you and your loved ones. You will receive a checklist to help you organize your personal information and records. We would like to thank Boulevard Park Place Retirement Community for providing all the supplies for the notebooks. Registration is required for the class and space is limited.

• Wednesday, September 18, 12:30 PM

Unbiased Medicare Information from the Washington State Insurance Commissioner’s Office

Yes, that enrollment date is coming soon! This class will help you compare information to help make that yearly Medicare decision.

- Understanding your health care coverage options and rights
- Find affordable health care coverage
- Evaluate and compare health insurance plans

Presented by: Steve Lewis, SHIBA (Statewide Health Insurance Benefits Advisors) from the Washington State Office of the Insurance Commissioner

• Wednesday, October 16, 12:30 PM

Holiday Bazaar

Saturday, November 2, 2019 • 9 AM-3 PM

SeaTac Community Center

The Holiday Bazaar will be here before you know it. We are anticipating up to 80 vendors by the time November is here. We will have the Candy Cane Café operating during the bazaar serving a variety of food items and beverages. The senior program will offer the gift basket raffles, 50/50 raffle, and much more.

Vendor Information

Vendor space is still available. The cost for space only is \$40 and space with a table is \$45. For more information, and to get a vendor application, please call the SeaTac Senior Program at 206.973.4690.

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!

