



SeaTac Senior Flyer

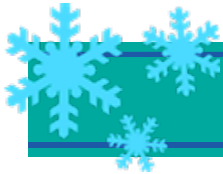


Volume 24, Issue 1

January/February 2020

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



January



February

Trip Registration

Mark your calendars for trip registration beginning Tuesday, January 7 for SeaTac residents. General registration opens on Wednesday, January 8. Trip information is found in the SeaTac Quarterly magazine, which is mailed to all SeaTac residents and also available in the Community Center. This registration will cover trips from February through April. As always, we welcome ideas for trip outings.

Change in Lunch Donations

Starting on January 7 the suggested donation for the congregate lunch program will be raised to \$4.50 for those participants 60 years or older. The cost of the meal will be \$6.50 for those individuals who are under the age of 60. Punch cards will be increasing as well to \$45 for 10 lunches and \$31.50 for 7 lunches. If you have any questions, please see Ellen, Linda or Amy.



Sweeties Luncheon • Wednesday, February 12, 10:30 AM

Join the Hanky Panky Band as we celebrate all the sweeties in our lives. Reservations are not required. The suggested donation is \$4.50 for those 60 or over. The menu will be salmon filet, wild rice, Caesar salad, and ice cream with rhubarb sauce.

Birthday Celebrations

If you are celebrating a birthday in January and February, we hope you can join us. The Hanky Panky Band will be here to lead the fun. Thank you to SHAG Housing for continuing to provide the delicious birthday cakes. The suggested donation is \$4 for those 60 and over.



- Wednesday, January 15 and Wednesday, February 19. The fun starts at 10:30 AM.

Craft Workshops

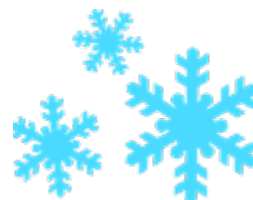
Join the SeaTac Crafters for two fun and easy upcoming workshops. On January 7, learn to make a "popcorn pouch" bag, and on February 4, carve your own linoleum block stamp and print Valentine cards. Both workshops will be at 12:30 pm. Talk to Amy at 206.973.4683 for details and to sign up.

Weather Related Closures

The Senior Program follows the Highline School District weather related closures. If the schools are closed, we do not have lunch or scheduled programs/classes. Please see the back cover for more information about weather related closures.

Holiday Closures

Wednesday, January 1, 2020 ~ New Year's Day
 Monday, January 20 ~ Martin Luther King Jr. Day
 Monday, February 17 ~ President'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 \$4.50.**



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:

Janet Smith • Eileen Broomell

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, Jan. 16 & Thursday, Feb. 20, 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

Second Wednesdays, 4 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., Jan. 16 & Thurs., Feb. 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, January 9, 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

Save the Date!

City of SeaTac Celebrates 30 Years!



Saturday, February 29, 2020 • Noon – 4 PM

Come celebrate the 30 year birthday of the City of SeaTac. There will be music with the Hanky Panky Band and Tyee High School band, kids activities and crafts, giveaways and refreshments.

**Event may be subject to change due to unplanned weather conditions.*

Holiday Bazaar Wrap Up

The decorations are down, your houseguests have left and the rain and wind may even have stopped for a bit. This can only mean one thing... it's time to wrap up the 2019 holiday bazaar. Thank you to all those who helped make the event a success. Preparation for the bazaar starts several months before the big event. The Senior Citizen Advisory Committee meets monthly to discuss and coordinate the events of the day. Volunteers and staff gather items for the gift baskets, number tickets, work on promotion of the event, vendor registration, handling parking dilemmas, menu selection and preparation all take many hands to accomplish. We could not do this without our crew of great volunteers and staff. Many thanks to all those involved.

The final tally of the bazaar was \$3,515.51. Funds raised support the activities of the Senior Program. The Senior Citizen Advisory Committee discusses and approves how these funds are to be spent. The Committee welcomes any ideas you might have for a purchase. This past year, funds were approved to buy Fred Meyer gift cards for the basket raffle and supplementing the holiday meals. Other purchases include placemats, support of the salad bar, door prizes, Meals on Wheels, and entertainment.

Proceeds Totals

- **Café** ~ \$958.51 (Thank you to Boulevard Park Place and the Cottages at Renton for their sponsorships to help offset the food costs of the Cande Cane Café.)
- **50/50 Raffle** ~ \$573 (Won by Kathleen Wagner \$286.50. Proceeds for the Senior program were \$286.50.)
- **Gift Baskets** ~ \$1,791 (This includes the baskets at the holiday meals as well as the bazaar.)
- **Craft Sales** ~ \$479.50

Thanks again to everyone who worked so hard to make this a magnificent and memorable annual community event.

Weather Related Closures

The Senior Program follows the Highline School district weather related closures. If the schools are closed, we do not have lunch or scheduled programs/classes. Though the facility may be open, we encourage everyone to be safe and stay home to avoid icy and snowy conditions. We generally are able to update our phone message to indicate whether we are open. The number to call is 206.973.4690. This is a good time of the year to stock up on a few extra days of supplies including non-perishable food, water, medication and any pet needs as well. It's always good to be prepared.