

SeaTac Senior Flyer



Volume 24, Issue 6

August 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



Zoom Through Summer With New Virtual Programs

The Senior Program is going virtual! This month we're introducing two new programs using the popular videoconferencing software Zoom. It's fun and easy to use, and you can also join in by phone call. We'll have links to these activities on our [Facebook page](#) and at www.seatacwa.gov/services/senior-program. If you are new to Zoom and need some help getting started, give us a call and we'll be happy to lend a hand. We hope to add more virtual activities in the future, so let us know if there's something you'd like to see added!

Zoom Social Hour • Thursdays, 3-4 PM

A time to chat, laugh, reconnect, and keep those quarantine blues at bay. Hosted by Senior Program staff, each week we'll have a new lighthearted topic to jumpstart conversation. Our first social hour will be August 13th. [Click here](#) to join on Zoom. To join by phone, call 1.253.215.8782 and when prompted, enter Meeting ID: 975 0052 7347 and Passcode: 579627.

Grab-n-Go Cyber Crafts • Every other Monday, 1-2 PM

Let's craft together while we're apart! We'll provide a kit for you to pick up with everything you need for an easy craft, then the group will create it together over Zoom. Our first Cyber Crafts meeting will be August 11th. [Click here](#) to register so you can get your free kit. After registering, you will receive a confirmation email containing information about joining the meeting.

Holiday Bazaar Cancelled

It is with great sadness that we announce that we have cancelled this year's Holiday Bazaar. Due to the recent increase of COVID-19 cases and continuing uncertainty around the State's reopening timeline, we do not feel that we are able to proceed with the bazaar in a way that allows for necessary health and safety modifications or gives our vendors time to prepare. Although we will miss our cherished tradition this year, we hope to find new ways of celebrating and bringing our community together during the upcoming holiday season.

Lunches To Go

Your SeaTac Café team is now offering alternate meals for pickup three days a week. Our "drive-thru" will be open Tuesday, Wednesday, and Thursday each week from 11:45 AM to 12:30 PM, handed out on a first come, first served basis. Please enter the parking lot from the entrance on 24th Avenue S. and pick up your meal in front of the Senior Program doors. We will be waiting with your packaged meal for you to take home and eat. Meals are for 60 and over only and the suggested donation is \$4.50. We have 10-meal punch cards available for a suggested donation of \$45.00, which we encourage you to purchase in order to minimize cash handling at this time. (Please have checks ready, made out to CCS.)

Information • 206.973.4690 • www.seatacwa.gov



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Foot Care Services Now Available

Tina Williams, RN has returned to provide foot care services. Please call the Senior Desk to schedule an appointment 206.973.4690. The cost of the appointment is \$35.

Food Assistance

If you need food assistance, we have some nonperishable food items available at the senior program from a food pantry we have started. We also have other community based programs we are working with to help individuals get through this crisis. Please call us and we can give you more information, 206.973.4690. Please leave a message if we are not able to answer the call. We will get through this together!

Free Face Coverings Available for Seniors

Face coverings are available for seniors who are 55 and over. These face coverings are reusable and can be washed with soap and water, hang to dry and reuse. You can pick up two free face coverings per senior by car during our curbside lunch service hours, Tuesday-Thursday, 11:45 AM – 12:30 PM in the senior parking lot while supplies last. For more information, please call 206.973.4690.

Find Us Online

We are always available to answer questions or offer assistance by phone, but it's easy to keep up with us online as well! If you're on Facebook, be sure to follow us. It's the easiest way to keep up-to-date on important announcements, online classes, and other fun stuff. "Like" us at: facebook.com/seatacseiorcenter. You can always find current Senior Flyers, menus, and information on the SeaTac Senior Program website: seatacwa.gov/services/senior-program.

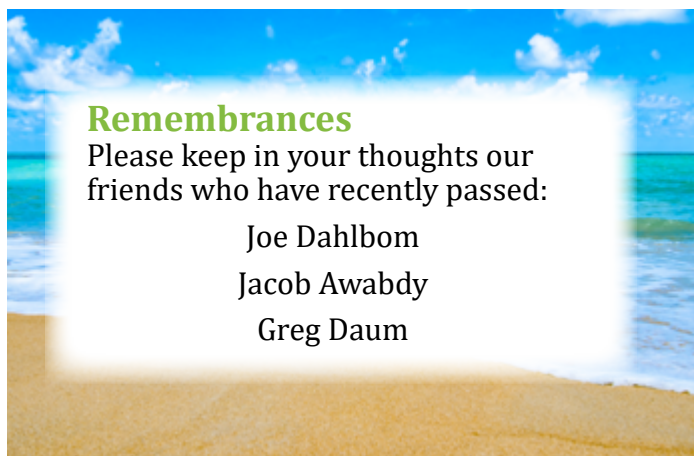
AARP Fraud Information

[Fraud Watch Network Important Information Sheet](#): Lists community resources.

[Fraud Watch Network Watchdog Alert Handbook](#): Details 13 common scams that con artists use to steal your money.

[Fraud Watch Network Con Artist Playbook](#): Shines a spotlight on the common strategies scammers use and gives you the tools to defend yourself against their tricks.

[How to Freeze your Credit](#): Provides an overview of how to freeze your credit.



Remembrances

Please keep in your thoughts our friends who have recently passed:

- Joe Dahlbom
- Jacob Awabdy
- Greg Daum

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



SeaTac Alternate Lunch Menu ~ August 2020



Curbside pickup only • 11:45-12:30 PM • 206.973.4690

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 BBQ Pork Open Face Sandwich Green Beans Carrot Raisin Salad	5 Fish & Chips Coleslaw Yogurt Strawberry Rhubarb Compote	6 Meatloaf Potatoes & Gravy Carrots Oranges	7
10	11 Baked Cod Roasted Mediterranean Veggies Oatmeal Raisin Cookie	12 Philly Cheese Sandwich Brussel Sprouts Grapes	13 Corn Chowder Wheat Roll Coleslaw Banana	14
17	18 Salmon Filet Wild Rice Caesar Salad Ice Cream Rhubarb Sauce	19 Beef Macaroni Broccoli Wheat Roll Applesauce	20 Pork Chops With Apples Cucumber Tomato Feta Salad Rice Pudding	21
24	25 BBQ Chicken Pasta Salad Green Beans BBQ Pinto Beans Ice Cream Pineapple Sauce	26 Split Pea Soup 1/2 Ham Sandwich Berry Crisp	27 Beef Stir Fry Fried Rice W/ Egg Peas & Carrots Fortune Cookie	28
31	<ul style="list-style-type: none"> • Suggested donation of \$4.50. • Punch cards are available for a suggested donation of \$45 for ten meals. • Meals will be given out on a first, come first serviced basis. • Currently no reserved orders will be available. 			