



# SeaTac Senior Flyer

Volume 24, Issue 10

December 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

## DECEMBER

### **Holiday Luncheon • Wednesday, December 23, 11:45 AM-12:30 PM**

**Reservation required, please call 206.973.4690 by Tuesday, December 15.**

Stop by for lunch and a generous helping of holiday cheer! Our festive curbside Holiday Luncheon will include ham, mashed potatoes & gravy, green beans, a Hawaiian roll, and special holiday dessert. Suggested donation of \$4.50 for everyone 60 and over.

### **New Year's Eve Luncheon • Thursday, December 31, 11:45 AM-12:30 PM**

**Reservation required, please call 206.973.4690 by Tuesday, December 22.**

Wondering how to perk up your socially distant New Year's Eve? We've got you covered! Pick up a delicious New Year's Eve lunch and receive a special "Party-in-a-Bag" full of fun party surprises! After lunch, join us for our New Year's Eve Virtual Social Hour (details below) and we'll celebrate together. Lunch menu includes salmon filet, wild rice, Caesar salad, ice cream & rhubarb sauce. Suggested donation of \$4.50 for everyone 60 and over.

### **New Year's Eve Virtual Social Hour • Thursday, December 31, 2:00 PM**

We're having a party! But no super spreaders here, it's a virtual party! We can't think of a better way to close out 2020 than by catching up with all of our cherished senior program friends. Bring your favorite festive beverage and let's look back on the crazy year it's been, look forward to a better year ahead, and maybe even sing a rousing chorus of "Auld Lang Syne." Don't forget your party hat! Join us on Zoom: visit [www.zoom.us](http://www.zoom.us), click "Join a meeting" and enter Meeting ID 949 6559 4029. Join us on the "Party Line": call 1.253.215.8782 and enter Meeting ID 949 6559 4029.)

### **Lunches To Go**

Your SeaTac Café team is 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. Suggested donation for 60+ is \$4.50. Cost for under 60 is \$6.50. 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.)

### **Furlough Days and Holiday Closures**

Wednesday, December 24 ~ Closed for a City Wide Furlough Day

Thursday, December 25 ~ Closed for Christmas Day Holiday

Friday, January 1 ~ Closed for New Year's Day Holiday

Information • 206.973.4690 • [www.seatacwa.gov](http://www.seatacwa.gov)





# SeaTac Senior Flyer

Page 2

December 2020

## Virtual Programs

The Senior Program is going virtual! Join our virtual programs using the popular videoconferencing software Zoom or by phone. We hope to add more virtual activities in the future, so let us know if there's something you'd like to see added! To participate in these free programs, visit [www.seatacwa.gov/services/senior-program](http://www.seatacwa.gov/services/senior-program), where you'll find links to the Zoom meetings and phone numbers to call to join in. 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.

### Zoom Social Hour • Fridays, 10-11 AM

A time to chat, laugh, reconnect, and keep those quarantine blues at bay. Hosted by Senior Program staff. Find the Zoom link for this meeting on our website. To join by phone, call 1.253.215.8782 and when prompted, enter Meeting ID: 975 0052 7347.

### Grab-n-Go Cyber Crafts • December 1 & December 14, 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. Find the Zoom link for this meeting on our website. To join by phone, dial 1.253.215.8782 and enter meeting ID number 983 0319 7157.

**Tuesday, December 1** - Holiday Ribbon Wreath

**Monday, December 14** - Fabric Scrap Christmas Ornaments

## SHIBA Appointments for Open Enrollment or Insurance Questions are Available

Steve Lewis, SHIBA volunteer is available to assist with open enrollment and other insurance questions you may have regarding your insurance coverage. Open enrollment for 2020 ends December 7. Steve is currently making telephone appointments. Please call 206.973.4690 to schedule a time. Appointments usually take one hour. There is also the State Office of Insurance Commission available to assist you at 1.800.562.6900.

## 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.

## Free Legal Assistance with Mary Henderson, Attorney at Law

Mary Henderson returns to provide local seniors with a 30-minute appointment for free legal assistance. You must call the Senior Desk and make an appointment, 206.973.4690. There will be no drop-in appointments available at this time.

**Time:** 1:00-3:00 PM

**Dates:** Thursdays ~ December 3 & January 7

## Free Masks Available for Seniors

Face coverings are available for seniors who are 55 and over. These masks are reusable and can be washed with soap and water, hang to dry and reuse. You can pick up two free masks 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.

# SeaTac Senior Flyer



## Connect with us by Email

Would you like to receive the Senior Flyer and other updates by email? Keeping up to date with local happenings can be awfully difficult right now, but with circumstances changing day to day it's more important than ever to stay connected. If you use email, we want to connect with you! We'll send you the digital version of the Flyer with helpful links and keep you informed of changes in our programs and services as soon as they happen. Don't worry, we promise not to spam you! Just email [aoliverson@seatacwa.gov](mailto:aoliverson@seatacwa.gov) and let us know you'd like to be added to our email list.

## 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](https://facebook.com/seatacseiorcenter). You can always find current Senior Flyers, menus, and information on the SeaTac Senior Program website: [www.seatacwa.gov/services/senior-program](http://www.seatacwa.gov/services/senior-program).

## Looking Back on a Long, Strange Year

It has now been eight long months since we closed our doors due to the coronavirus pandemic. Eight months since we have welcomed you into our Senior Program home, heard your laughter in the lobby, the clinking of dishes in the banquet room, or the quiet (sometimes not-so-quiet!) murmur of voices from the card room. It is hard to put into words how much we miss the joy of having you all here together with us. But there is also much to be grateful for as we come to the end of 2020. It is a blessing to be able to continue to serve you. Seeing your masked faces and sharing words of encouragement through a car window or on a Zoom screen lifts our spirits more than you know. This year has pushed us all to grow and change, to learn new skills and tap into our creativity. We have been inspired as we have seen the positivity and perseverance of our seniors. As we approach the holidays and a new year, we hope that each of you will have joy in your life and feel reassured that we will all be together again soon. We are still in this together, though we may be six feet apart.

All our Love and Best Wishes,  
Linda and Amy

## 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  
Minor Home Repair..... 206.973.4810  
*Referral agencies that provide information and resources on senior related issues:*  
Senior Information & Assistance ... 206.448.3110  
Community Living Connections..... 206.962.8467



SEATAC SENIOR PROGRAM

# Holiday Luncheon To Go

TUESDAY, DECEMBER 23



**CALL TO RESERVE 206-973-4690**

# *New Year's Eve Lunch & Party To Go*

THURSDAY, DECEMBER 31





# SeaTac Alternate Lunch Menu ~ December 2020



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

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>• Suggested donation of \$4.50.</li> <li>• Punch cards are available for a suggested donation of \$45 for ten meals.</li> <li>• Meals will be given out on a first, come first serviced basis.</li> <li>• Currently no reserved orders will be available.</li> </ul>	1 BBQ Chicken Pasta Salad Green Beans BBQ Pinto Beans Ice Cream	2 Creamy Tomato Fettuccine Green & Yellow String Beans Wheat Roll	3 Beef Chili Colorado Broccoli Cauliflower Orange	4
	8 Baked Cod Roasted Mediterranean Veggies Oatmeal Raisin Cookie	9 Philly Cheese Sandwich Brussel Sprouts Grapes	10 BBQ Pork Loaded Baked Potato Lemon Garlic Broccoli & Parmesan Applesauce	11
14	15 Chicken Cacciatore Zucchini & Tomato Medley Wheat Roll Pears	16 Pork Chops With Apples Cucumber Tomato Feta Salad Rice Pudding	17 Beef Macaroni Broccoli Wheat Roll Applesauce	18
21	22 Hungarian Goulash Broccoli Pound Cake Strawberries Whip Cream	23 <b>HOLIDAY LUNCH</b> Ham Mashed Potatoes & Gravy Green Beans, Hawaiian Roll Dessert <b>RESERVATION REQUIRED</b>	24 <b>CLOSED FOR CITY FURLOUGH</b>	25 <b>CLOSED FOR CHRISTMAS DAY HOLIDAY</b>
28	29 Fish & Chips Coleslaw Yogurt Strawberry Rhubarb Compote	30 BBQ Pork Open Face Sandwich Green Beans Carrot Raisin Salad	31 <b>NEW YEAR'S EVE LUNCH</b> Salmon Filet Wild Rice Caesar Salad Ice Cream & Rhubarb Sauce <b>RESERVATION REQUIRED</b>	



# Activity Calendar ~ December 2020

## SeaTac Senior Program • 206.973.4690



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul style="list-style-type: none"> <li>Lunch is served by drive through pick-up only.</li> <li>For links to Zoom meetings, see our website or Facebook.</li> <li>Classes will be held virtually. Contact Comfort Keepers for details. 253.945.1400</li> </ul>		1 11:45-12:30 Lunch 1:00 Grab-n-Go Crafts (Zoom)	2 11:45-12:30 Lunch	3 11:45-12:30 Lunch 1:00 Legal Help (by apt)	4 10:00 Virtual Social Hour (Zoom)	5
	6	7 9:00 Foot Care (by apt)	8 11:45-12:30 Lunch	9 11:45-12:30 Lunch	10 11:45-12:30 Lunch	11 10:00 Virtual Social Hour (Zoom)
13	14 1:00 Grab-n-Go Crafts (Zoom)	15 11:45-12:30 Lunch	16 11:45-12:30 Lunch	17 11:45-12:30 Lunch	18 9:00 Foot Care (by apt) 10:00 Virtual Social Hour (Zoom)	19
20	21 9:00 Foot Care (by apt)	22 11:45-12:30 Lunch	23 11:45-12:30 Holiday Lunch - Res. Req'd	24 CLOSED FOR CITYWIDE FURLOUGH	25 CLOSED FOR CHRISTMAS DAY HOLIDAY	
27	28	29 11:45-12:30 Lunch	30 11:45-12:30 Lunch	31 11:45-12:30 NYE Lunch - Res. Req'd 2:00 NYE Virtual Party		