

SeaTac Senior Flyer

Volume 25, Issue 4

April 2021

Senior Program
SeaTac Community Center
13735 24th Avenue South, SeaTac, WA 98168

Senior Program Hours
Monday-Friday, 8:30 AM-4 PM
Information: 206.973.4690



April

Spring Luncheon To Go

Wednesday, April 14, 11:45 AM-12:30 PM

Celebrate spring with a ham luncheon with all fixings. The menu will be ham with a pineapple glaze, mashed potatoes with gravy, green beans, wheat roll, peaches, and cherry pie. **Advance reservation required by Thursday, April 8. Please call 206.973.4690 to make a reservation.** Suggested donation is \$4.50 for those 60+, cost is \$6.50 for those under 60. On behalf of the senior program we would like to wish everyone a happy and heathy spring season.



Senior Lunch To Go

Your SeaTac Café team is offering alternate meals for pickup four days a week. Our “drive-thru” is open Tuesday through Friday from 11:45 AM to 12:30 PM on a first come, first served basis. Please access the parking lot from the entrance on 24th Avenue South 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 ages 60+ is \$4.50. Cost for under 60 is \$6.50. We have a 10-meal punch card 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 your check ready, made out to CCS.)

Seniors Working Out

In-person fitness is back! The instructor will start class slowly with warm ups, stretching with bands, chair exercises, strengthening and balance activities, and some hand weight exercises. Weights will be available to check out at the front desk or you may bring your own equipment from home. This is an instructor-led class, not the open walking/exercise group. This class is open to seniors 55+. Class meets on M/W/F, 8:30-9:15 AM and registration is required. To register for the class, please call 206.973.4680.

There will be social distancing and you must wear a mask while in the building. This class may be subject to change due to current and/or future state restrictions related to Covid.

- April 2-30 (\$10)

COVID-19 Vaccine Waitlist

Be sure to check out the back cover for information about our Covid-19 vaccine waitlist.

Information • 206.973.4690 • www.seatacwa.gov



Virtual Programs

Our virtual programs are open to all seniors and welcoming to newcomers! You can join any of our virtual programs by video call or by telephone. Visit www.zoom.us, click "Join a Meeting" and enter the Meeting ID number found below. To join by phone, call 253.215.8782, then enter the Meeting ID.

Book Club • Tuesday, April 27, 10 AM

Love to read? Join our book club! April book selection is "*Hollow Kingdom*" by Kira Jane Buxton. Kira Jane is a local author from Seattle. Read the book and join in on the fun at the virtual book club. This club meets the fourth Tuesday of each month. Happy reading! **Meeting ID 968 1386 2445.**

Social Hour • Fridays, 10–11 AM

A time to chat, laugh, reconnect, and keep those quarantine blues at bay. Hosted by Senior Program staff. No preregistration necessary. **Meeting ID 975 0052 7347.**

Grab-n-Go Cyber Crafts • Mondays, April 5 & 19, 1 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. If you are new to the group, please call Amy at 206.973.4683 so we can be sure to make enough kits for everyone. **Meeting ID 983 0319 7157**

There is a \$5 charge for each craft kit to help defray the cost of materials. The preferred method of payment is to prepay for your kits using a \$25 "punch card." We can accept credit/debit cards and checks, cash is no longer accepted for SeaTac Recreation programs.

Monday, April 5 – Gold-dipped Marble Coasters

Monday, April 19 – May Day Flower Basket

Comfort Keeper's Virtual Classes (Zoom Presentations)

Registration: Just email southseattle@comfortkeepers.com or call Comfort Keepers at 253.945.1400. Attendees will receive a reminder the week of class along with handouts.



Presented by Comfort Keepers

Make an Emergency "Grab & Go" Notebook • Thursday, April 1, 10 AM

The first 30 participants to register will receive a free notebook by mail to create and record an "In-Case-of-Emergency" booklet. This will contain documents to keep you and your loved ones informed. This notebook has 21 sections with forms and checklists to help you easily record your personal information. A Zoom class will assist you with completing the notebook and answer any questions. This class is sponsored by Village Green Retirement Campus. The cost of the notebook will be \$15 after the first 30 participants have registered.

Dizziness & Imbalance in Older Adults • Thursday, April 15, 10 AM

This class will discuss common causes of dizziness, vertigo and balance problems in older adults. We'll cover the vestibular (inner ear) system and its role in helping maintain balance, as well as common causes of vertigo and their symptoms and treatment options for dizziness and balance problems. Topics of interest will include Benign Positional Vertigo (BPPV) and Meniere's disease.

Aging & Memory: What's Normal, What's Not • Thursday, April 29, 10 AM

Some changes are to be expected as we get older. Other changes are not normal. Learn what are normal memory changes, how memory works, and what you can do to take care of your memory.



SHIBA Appointments for 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. 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 ~ April 1 and May 6

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-Friday, 11:45 AM – 12:30 PM in the senior parking lot while supplies last. For more information, please call 206.973.4690.

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 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://www.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.

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.....	206.973.4815
<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



Need your Covid Vaccine? We can help!

The SeaTac Senior Program is working with the Puget Sound Regional Fire Authority's mobile vaccination team to coordinate **short notice vaccinations** when they have leftover vaccine doses that need to be used quickly.

- Those who are age **65 and over** who have been *unable to schedule a vaccination elsewhere* can be put on a waitlist to be notified if vaccines are available.
- Individuals on the waitlist should be prepared to come to the **SeaTac Community Center** within an hour when called.
- *Individuals should continue to look for appointments elsewhere, as this supply is very limited and unpredictable.*
- Call **206-973-4690** to be put on the waitlist.

We are also happy to help with eligibility questions, locating vaccination facilities, and navigating provider scheduling websites.



seatacwa.gov/services/senior-program
206-973-4690



facebook.com/seatacseniorcenter

COVID-19 Vaccine Information

We are available to help with eligibility questions, finding vaccination locations, online appointment scheduling and transportation information. Other vaccine assistance resources:

- WA State COVID-19 Assistance Hotline: 1-800-525-0127
- King County COVID-19 Call Center: 206-477-3977
- Vaccine Finder Website: covidwa.com (This website is frequently updated with locations that are offering vaccine appointments.)

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-Friday, 11:45 AM – 12:30 PM in the senior parking lot while supplies last. For more information, please call 206.973.4690.





SeaTac Alternate Lunch Menu ~ April 2021

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




Monday	Tuesday	Wednesday	Thursday	Friday
<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 served basis. • Currently no reserved orders will be available. 			1 Chef Salad Turkey & Ham Cheese & Egg 1000 Dressing Bread sticks Peaches	2 Baked Cod Roasted Mediterranean Veggies Oatmeal Raisin Cookie
5	6 Meatloaf Potatoes & Gravy Carrots Oranges	7 Salmon Filet Wild Rice Caesar Salad Wheat Roll Ice Cream	8 Philly Cheese Sandwich Brussel Sprouts Grapes	9 Vegetarian Stuffed Peppers Salsa Lemon Bars
12	13 Chicken Cheese Taco Cauliflower Salsa Guacamole Caramelized Bananas	14 Spring Luncheon Ham Dinner Mashed Potatoes & Gravy Green Beans Cherry Pie & Ice Cream Reservation Required	15 Broccoli Cheese Soup 1/2 Turkey Sandwich Apple Crisp	16 BBQ Pork Loaded Baked Potato Lemon Garlic Broccoli & Parmesan Applesauce
19	20 Hungarian Goulash Broccoli Pound Cake Strawberries Whip Cream	21 BBQ Chicken Pasta Salad Green Beans BBQ Pinto Beans Ice Cream Pineapple Sauce	22 Beef Stir Fry Fried Rice W/ Egg Peas & Carrots Fortune Cookie Ice Cream Cup	23 Pork Chops With Apples Cucumber Tomato Feta Salad Rice Pudding
26	27 Beef Macaroni Broccoli Wheat Roll Applesauce	28 Fish & Chips Coleslaw Yogurt Strawberry Rhubarb Compote	29 BBQ Pork Open Face Sandwich Green Beans Carrot Raisin Salad Lemon Bar	30 Baja Chicken Black Bean & Corn Rice Salad Ice Cream



Activity Calendar ~ April 2021

SeaTac Senior Program • 206.973.4690



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul style="list-style-type: none"> • (V) indicates that activity is held virtually. See Senior Flyer or website for details. • Lunch is served by drive through pickup only. • All classes are currently virtual. Contact Comfort Keepers for details or registration: 253.945.1400 • Foot Care and Legal Help are by appointment only; call the senior desk at 206.973.4690 				1 10:00 *Class: Make an Emergency Notebook (V) 11:45-12:30 Lunch 1:00 Legal help by apt.	2 8:30-9:15 Seniors Working Out (Gym) 9:00 Foot Care, by apt 10:00 Virtual Social Hour (V) 11:45-12:30 Lunch	3
4 	5 8:30-9:15 Seniors Working Out (Gym) 11:45-12:30 Lunch 1:00 Grab-n-Go Crafts (V)	6 11:45-12:30 Lunch	7 8:30-9:15 Seniors Working Out (Gym) 11:45-12:30 Lunch	8 11:45-12:30 Lunch	9 8:30-9:15 Seniors Working Out (Gym) 10:00 Virtual Social Hour (V) 11:45-12:30 Lunch	10
11	12 8:30-9:15 Seniors Working Out (Gym) 9:00 Foot Care, by apt 11:45-12:30 Lunch	13 11:45-12:30 Lunch	14 8:30-9:15 Seniors Working Out (Gym) 11:45-12:30 Spring Lunch (Reservation Required)	15 10:00 *Class: Dizziness & Imbalance (V) 11:45-12:30 Lunch	16 8:30-9:15 Seniors Working Out (Gym) 10:00 Virtual Social Hour (V) 11:45-12:30 Lunch	17
18	19 8:30-9:15 Seniors Working Out (Gym) 11:45-12:30 Lunch 1:00 Grab-n-Go Crafts (V)	20 11:45-12:30 Lunch	21 8:30-9:15 Seniors Working Out (Gym) 11:45-12:30 Lunch	22 11:45-12:30 Lunch	23 8:30-9:15 Seniors Working Out (Gym) 9:00 Foot Care, by apt 10:00 Virtual Social Hour (V) 11:45-12:30 Lunch	24
25	26 8:30-9:15 Seniors Working Out (Gym) 9:00 Foot Care, by apt 11:45-12:30 Lunch	27 11:45-12:30 Lunch 10:00 Book Club	28 8:30-9:15 Seniors Working Out (Gym) 11:45-12:30 Lunch	29 10:00 *Class: Aging & Memory (V) 11:45-12:30 Lunch	30 8:30-9:15 Seniors Working Out (Gym) 10:00 Virtual Social Hour (V) 11:45-12:30 Lunch	