

SeaTac Senior Flyer

Volume 25, Issue 9

September 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



SEPTEMBER

Western Day Luncheon • Wednesday, September 15, 11:45-12:30 PM, (Curbside & delivery)

Put on chaps, cowboy boots and spurs for the Western Day Luncheon. Menu will be serving BBQ chicken, chuck wagon potatoes, broccoli, roll and a cowboy cookie. Our curbside service will begin at 11:45 AM and go until 12:30 PM or until we sell out. Suggested donation is \$4.50 for those 60 and over; cost is \$6.50 for those under 60. Reservation is required. Please call 206.973.4690.
Howdy you little doggies!

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.)

Reopening Update

The Senior Program is currently open during normal business hours (8:30 AM to 4:00 PM, Monday – Friday) and we have resumed several in-person programs. Masks are required for everyone while inside the Center. Unfortunately, due to rising Covid-19 case numbers and uncertainty surrounding the Delta variant, we are unable to resume in-person lunch service at this time.

This update is current as of publishing time, but as we all know by now, things can change quickly. If you have any questions about the status of any of our programs, please visit our website at www.seatacwa.gov/services/senior-program or call us at 206.973.4690.

Information • 206.973.4690 • www.seatacwa.gov



Indoor Drop-in Activities

Mondays	Crafts, 1:00 PM
Tuesdays	Mah Jongg, 9:30 AM Canasta, 12:30 PM
Wednesdays	Wood Carving, 10:00 AM
Fridays	Wii Games, 9:00-11:30 AM Mexican Train, 12:30 PM

For more information about these drop-in activities, please call 206.973.4690.

**All participants must wear a mask while indoors.*

Drop-in Christmas Craft Days

Summer break is over. Is it time to think about Christmas yet? The craft group will resume meeting in person on September 13 and we'll be working on projects for our Holiday Bazaar sale. For September and October we'll meet every Monday afternoon and work on a different project each week. The projects will be simple, holiday-themed items including décor, cards, ornaments, and more. Make one to keep and one (or more) to sell. Participation is free and open to all. Come join us and feed your creative spirit!



- Starting September 13, we will meet on Mondays in September and October, 1:00 PM

Weather-Proof Walking & Workout Group

The Community Center gym is open to seniors for walking and exercise on Mondays, Wednesdays and Fridays from 8:45-9:45 AM. This self-directed group walks and incorporates a variety of stretching and strengthening techniques. This program is free and new participants are welcome to join any time. *All participants must wear a mask while indoors.*

Drop-in Lawn Games Group

Enjoy a little friendly competition with some good old fashioned lawn games at the rose garden lawn in the Highline SeaTac Botanical Garden. This beautiful grassy courtyard surrounded by roses is the perfect location for outdoor games of all sorts. Our group meets weekly on Mondays at 11:00 AM for games like bocce, croquet, cornhole, and maybe a few you've never heard of. Have a game you love to play? Come share it with us! The entrance to the garden is directly across the parking lot from the Senior Program entrance. The path to the left will take you to the rose garden. This is a very sunny spot, so don't forget a hat and sunscreen.

- Mondays, September 13, 20, and 27 (as weather allows), 11:00 AM

SeaTac Holiday Bazaar



Saturday, November 6, 2021, 9:00 AM - 3:00 PM • SeaTac Community Center

The Holiday Bazaar will be here before you know it. We are anticipating up to 60 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. We will have a few returning fund raising raffles to help support the Senior Program.

Vendor Information

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

Presented by Comfort Keepers

To register or for more information, email southseattle@comfortkeepers.com or call 1.253.945.1400. All classes are virtual and free of charge. Ages 55+.

Swindling Seniors through Scams & Schemes – What You Need to Know

This class will cover scams and various frauds targeted specifically to seniors, and the necessary steps to take to prevent one from falling victim to predators. This class will be interactive, bring your stories and questions. Presented by Greg Reith, Threat Intelligent Lead with more than 35 years of experience in risk and intelligence.

- Wednesday, September 8, 10 AM

What are my options when I need a Caregiver?

If you are like most people, you want to live at home. With some help at home most seniors can. In fact, getting some help often increases your options for staying independent. This class will provide information on hiring a caregiver. Presented by Sheila Goodfellow, CSA & Dru Reith, Client Care Coordinator.

- Wednesday, September 15, 10 AM

Walk On! Living Well with Foot Pain

Pesky foot and ankle pain makes it harder to walk and carry out your daily functions. This class will be a presentation on treating and living with ankle and foot pain. Learn about common causes of foot and ankle pain, why we all deal with foot pain, and what you can do about it. Best evidence approaches to treating your pain and limited function will be taught. Participants will leave with a greater understanding of the foot and ankle and an understanding of treatment strategies to keep them aging healthy. Presented by Brett Neilson, DPT Physical Therapist.

- Thursday, September 23, 10 AM

Estate Planning and Long-Term Care Planning for you & your family

Learn about the essential estate planning documents and an overview of the available ways to fund long-term care. This presentation will include a discussion of common estate planning and long-term care pitfalls and how to avoid them. Presented by Michelle Siebenaler, Elder Law Attorney.

- Thursday, September 30, 10 AM

Washington State Senior Citizens Property Tax Relief

The Washington State Legislature has made a major change in the Senior Citizens Property Tax Relief Program. To qualify, you need to meet the following criteria:

- Annual household income earned in 2020 of \$58,423, including Social Security or other income sources
- Born in 1959 or earlier, or disabled and unable to work in 2019 or earlier
- Own the residence as of December 31, 2020
- Occupy as a primary residence nine months each year

King County has made it easier and faster to apply for this program. You can apply online or visit TaxRelief.KingCounty.gov any time. For more information, or assistance with your online application, you can e-mail exemptions.assessments@kingcounty.gov or call 206.296.3920.

You may also call the Senior Desk for more information 206.973.4690.

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 are no drop-in appointments available at this time.

Time: 1:00–3:00 PM

Dates: Thursday, August 5 (Due to increased demand there are no available appointments.)

Thursday, September 2 (Due to increased demand there are no available appointments.)

Legal Assistance On-Line with King County

In the last few months, we have seen an increased demand for Free Legal Assistance. Currently Mary Henderson is booking at least a month out here at the senior program. Check out the Neighborhood Legal Clinic of King County. They are accepting on-line intakes only. You will get 30 minutes of free legal assistance. Go to the website listed below for more information.

www.kcba.org/For-the-Public/Free-Lega-Assistance/Neighborhood-Legal-Clinics

Meals on Wheels

The City of SeaTac delivers Meals on Wheels to eligible persons living in SeaTac who are homebound and 60+ years of age. For more information, call Senior Program staff at 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.

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

Referral agencies that provide information and resources on senior related issues:

Senior Information & Assistance ... 206.448.3110

Community Living Connections..... 206.962.8467

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! Our website is kept up to date with the most current information and important announcements. You can find us at www.seatacwa.gov/services/senior-program. If you're on Facebook, follow "City of SeaTac Parks and Recreation" for all kinds of helpful information about the Senior Program and recreation for the whole family.



SeaTac Alternate Lunch Menu ~ September 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 for ages 60+ and \$6.50 for under 60 years. • 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. • Menu is subject to change due to availability. 		1 Swiss Cheese Burger Lettuce & Tomatoes Sweet Potatoes Fries Mixed Berries	2 Chicken Fajita W/ Bell Peppers & Zucchini Rice Salsa, Guacamole, Sour Cream Peaches	3 Lemon Pepper Baked Cod Potatoes Au Gratin Pineapple Upside Down Cake
6 CLOSED	7 Vegetable Lasagna Green Beans Sautéed Cinnamon Apples	8 Pork Tenderloin Bake Spinach Butternut Squash Grapes Oatmeal Cookies	9 Amandine Fish Broccoli Wheat Roll Orange Lemon Bar	10 Wild Rice Chicken Soup 1/2 Egg Salad Sandwich Oranges
13	14 Salisbury Steak w/ Gravy Mashed Potatoes Sautéed Spinach Fig Newton	15 Western Day BBQ Chicken Chuck Wagon Potatoes Broccoli & Roll Cowboy Cookies Reservation Required	16 Chef Salad W/ Turkey Cheese & Egg Beans & Peas Breadsticks Peaches	17 Pork Soft Tacos Mexicali Veggies Rice Salsa & Sour Cream Banana
20	21 Macaroni & Cheese Brussel Sprouts Wheat Roll Strawberries	22 Sweet & Sour Pork Vegetables Rice Fortune Cookie Ice Cream	23 Spaghetti W/ Beef Green Beans Garlic Bread Pears	24 Omelet Sausage Patty Apple Juice Hashbrowns Honey Dew Melon
27	28 Honey Dijon Chicken Potatoes Beets Peaches	29 Beef & Pepper Steak Brussel Sprouts Pound Cake W Strawberries Whip Cream	30 Beef & Rice Burrito Salsa, Guacamole Sour Cream Cucumber Tomato Salad Sautéed Cinnamon Apples	



Activity Calendar ~ September 2021

SeaTac Senior Program • 206.973.4690



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Classes will be held virtually online and broadcast to the SeaTac Community Center. <ul style="list-style-type: none"> To register to watch at home, email southseattle@comfortkeepers.com or call 253.945.1400. To register to watch at the Senior Center, call 206.973.4690. 			1 8:45 Indoor Walking 10:00 Class: Brain Boost 10:00 Wood Carving 11:45 Lunch 12:30 Pinochle	2 10:30 Tai Chi 11:45 Lunch 1:00 Free Legal Advice with Mary H	3 8:45 Indoor Walking 9:00 Wii Games 11:45 Lunch 12:30 Mexican Train	4
5	6 CLOSED FOR LABOR DAY	7 9:30 Mah Jongg 10:30 Tai Chi 11:45 Lunch 12:30 Canasta	8 8:45 Indoor Walking 10:00 Wood Carving 10:00 Class: Scams & Schemes 11:45 Lunch 12:30 Pinochle	9 10:30 Tai Chi 11:45 Lunch	10 8:45 Indoor Walking 9:00 Foot Care 9:00 Wii Games 11:45 Lunch 12:30 Mexican Train	11
12	13 8:45 Indoor Walking 9:00 Foot Care 11:00 Lawn Games 1:00 Crafts	14 9:30 Mah Jongg 10:30 Tai Chi 11:45 Lunch 12:30 Canasta	15 8:45 Indoor Walking 10:00 Class: Caregiver Options 10:00 Wood Carving 11:45 Western Lunch 12:30 Pinochle	16 10:30 Tai Chi 11:45 Lunch 1:00 SHIBA	17 8:45 Indoor Walking 9:00 Wii Games 11:45 Lunch 12:30 Mexican Train	18
19	20 8:45 Indoor Walking 11:00 Lawn Games 1:00 Crafts	21 9:00 Senior Advisory Meeting 9:30 Mah Jongg 10:30 Tai Chi 11:45 Lunch 12:30 Canasta	22 8:45 Indoor Walking 10:00 Wood Carving 11:45 Lunch 12:30 Pinochle	23 10:00 Class: Living with Foot Pain 10:30 Tai Chi 11:45 Lunch	24 8:45 Indoor Walking 9:00 Wii Games 11:45 Lunch 12:30 Mexican Train	25
26	27 8:45 Indoor Walking 9:00 Foot Care 11:00 Lawn Games 1:00 Crafts	28 9:30 Mah Jongg 10:30 Tai Chi 11:45 Lunch 12:30 Canasta	29 8:45 Indoor Walking 10:00 Wood Carving 11:45 Lunch 12:30 Pinochle	30 10:00 Class: Estate & Long-Term Care 10:30 Tai Chi 11:45 Lunch	<ul style="list-style-type: none"> Lunch is served by drive through pickup only. Foot Care, Legal Help, and SHIBA are by appointment only; call the senior desk at 206.973.4690. 	