

SeaTac Senior Flyer

Volume 25, Issue 11

November/December 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

NOVEMBER



DECEMBER

Thanksgiving Luncheon • Friday, November 12, 11:45 AM-12:30 PM

There is always something to be thankful for! Celebrate and give thanks with us at our curbside to-go Thanksgiving feast. The meal will feature roast turkey and all the trimmings, mashed potatoes & gravy, dressing, cranberry sauce, green beans, a roll, and of course, pie! Suggested donation is \$4.50 for those 60 and over; cost is \$6.50 for those under 60. This is our most popular meal of the year, so **reservations are required by Friday, November 5**. Please call 206.973.4690.



Holiday Luncheon • Friday, December 17, 11:45 AM-12:30 PM

'Tis the season for joy, cheer, and delicious holiday food! You may catch a few of Santa's helpers delivering meals. The meal will feature baked ham with mustard, mashed potatoes & gravy, yams, a roll, and nice slice of pie. Suggested donation is \$4.50 for those 60 and over; cost is \$6.50 for those under 60. **Reservations are required by Friday, December 10**. Please call 206.973.4690.



End of the Year Luncheon • Thursday, December 30, 11:45-12:30 PM

We will ring in 2022 with a curbside luncheon with hats and streamers. The menu will be salmon filet, wild rice, Caesar salad, roll, and dessert. Curbside service will be from 11:45 till 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. **Reservations required**. Please call 206.973.4690.

The SeaTac Senior Program Staff would like to wish everyone a happy and healthy holiday season and a Happy New Year! Thank you for all your kindness and support.

Holiday Bazaar Cancelled

Due to restrictions and staffing constraints associated with the pandemic, we have made the difficult decision to cancel the Holiday Bazaar. We apologize for the disappointment and inconvenience this may cause and hope to bring this special event back in the near future.

Holiday Closures

Veterans DayThursday, November 11
Thanksgiving.....Thursday, November 25 & 26
ChristmasFriday, December 24
New Year's Day.....Friday, December 31



Tree Lighting

SeaTac Community Center
Friday, December 3
5:45 PM for the tree lighting
Happy Holidays everyone!

Information • 206.973.4690 • www.seatacwa.gov



New Proof of Vaccination Requirements

In accordance with King County Mandates, proof of vaccination is now required for participation in Senior Program and Community Center activities and events. You may present any of the following as proof: original vaccination record card, photo or copy of vaccination record card, or digital “vaccine passport” such as MyIR Mobile. Unvaccinated individuals must present proof of a negative Covid-19 test taken within the last 72 hours. Home tests are not admissible. You will be required to present your documentation each time you visit, unless conducting brief business such as registering for an activity or picking up a flyer. The Senior Program entrance will not be open; all visitors must enter through the main (north) entrance and check in at the front desk.

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.)*

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.

SeaTac Senior Volunteers Needed to Serve on Committee

The Senior Citizen Advisory Committee is looking for SeaTac residents, who are seniors (55+) who would like to volunteer to serve on our committee. We meet monthly on the third Tuesday at 9:00 AM (Currently we are meeting virtually). We work on matters related to seniors in our community and work on solutions to improve their health and wellbeing. If you have any questions or would like to learn more about the committee, please call Linda Croasdill, Senior Services Supervisor at 206.973.4686.

Remembrances

Please keep in your thoughts our friend who has recently passed:

Adele Sheets

Cyber-Seniors

Do you have technology questions?

Cyber-Seniors Technology Mentors are local young people who have been trained to teach technology to older adults and are standing by to help with your smart phone, tablet or computer.

You can also learn to:

- Set up a video call with friends and family
- Order groceries and medication online
- Watch movies, musicals and news shows
- Schedule appointments with medical professionals over video

To schedule free 1-on-1 tech-help over the phone or via video conference call 1.206.222.9244, or visit www.kingcountycyberseniors.org

A program of: Metropolitan Center for Applied Research & Extension, WSU Extension and Aging & Disability Services



Weather-Proof Walking & Workout Group

The Community Center gym is open to seniors for walking and exercise on Mondays, Wednesdays and Fridays from 8:30-9:30 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.*



Come play Mah Jongg on Tuesdays at 10:00 AM and Thursdays at 1:00 PM!



Mexican Train is played on Fridays at 12:30 PM. Please join us!

Indoor Drop-in Activities

Mondays	Crafts, 1:00 PM
Tuesdays	Mah Jongg, 10:00 AM Canasta, 12:30 PM
Thursdays	Mah Jongg, 1:00 PM
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 Crafts

The craft group schedule is changing (again)! We will meet on the 2nd and 4th Mondays for fun crafts of all kinds. All supplies are provided, and participation is open to all. To help defray the cost of materials, there is a suggested donation of \$5 per craft (Check or credit/debit card only; punch cards are available).

- 2nd & 4th Mondays, 1:00 PM

Bunco is Back !

We welcomed back the Bunco gang in October! If you would like to play in November, please call and register for the game by Wednesday, November 3 at Noon. Call 206.973.4690 to register. Currently, there will be no food or beverages offered with game and you must always wear a mask while inside the building. If you have never played Bunco, just give us a call and we give you a summary of the game and sign you up.

- Thursday, November 4, 1:00-3:00 PM
- December, Date TBD, 1:00 -3:00 PM

Senior Health Benefits Advisory (SHIBA)

SHIBA appointments will be returning to in person visits. Please call the senior desk at 206.973.4690 to make an appointment regarding Medicare, Medicaid, insurance questions and other related matters. Appointments last about an hour.

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, November 4, and Thursday, December 2

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

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
<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

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 ~ November 2021



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

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 BBQ Pork Open Face Sandwich Green Beans Carrot Raisin Salad Lemon Bar	3 Salmon Filet Wild Rice Caesar Salad Wheat Roll Ice Cream	4 Philly Cheese Sandwich Brussel Sprouts Grapes	5 Baja Chicken Black Bean, Corn, Rice Salad Ice Cream
8	9 Meatloaf Potatoes & Gravy Carrots Oranges	10 Fish & Chips Coleslaw Yogurt Strawberry Rhubarb	11 CLOSED For Veteran's Day	12 Roast Turkey Mashed Potatoes & Gravy Cranberry Sauce Green Beans Wheat Roll Pumpkin Pie
15	16 Chicken Cheese Taco Cauliflower Salsa Guacamole Bananas	17 BBQ Pork Loaded Baked Potato Lemon Garlic Broccoli & Parmesan Applesauce	18 Beef Stir Fry Fried Rice W/ Egg Peas & Carrots Fortune Cookie Ice Cream Cup	19 Pork Chops With Apples Cucumber Tomato Feta Salad Rice Pudding
22	23 Hungarian Goulash Broccoli Pound Cake Strawberries	24 BBQ Chicken Pasta Salad Green Beans BBQ Pinto Beans Ice Cream	25 CLOSED For Thanksgiving Day	26 CLOSED For Thanksgiving Day
29	30 Split Pea Soup 1/2 Ham Sandwich Berry Crisp	<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. 		





Activity Calendar ~ November 2021

SeaTac Senior Program • 206.973.4690



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 8:30 Indoor Walking	2 10:00 Mah Jongg 11:45 Lunch 12:30 Canasta	3 8:30 Indoor Walking 11:45 Lunch	4 11:45 Lunch 1:00 Mah Jongg 1:00 Bunco 1:00 Legal Help (by apt)	5 8:30 Indoor Walking 9:00 Wii Games 11:45 Lunch 12:30 Mexican Train	6
7	8 8:30 Indoor Walking 9:00 Foot Care (by apt) 1:00 Crafts	9 10:00 Mah Jongg 11:45 Lunch 12:30 Canasta	10 8:30 Indoor Walking 11:45 Lunch	11 CLOSED FOR VETERAN'S DAY	12 8:30 Indoor Walking 9:00 Wii Games 11:45 THXGIVING LUNCHEON - Reservation Req'd 12:30 Mexican Train	13
14	15 8:30 Indoor Walking 9:00 Foot Care (by apt)	16 9:00 Senior Advisory Meeting 10:00 Mah Jongg 11:45 Lunch 12:30 Canasta	17 8:30 Indoor Walking 11:45 Lunch	18 11:45 Lunch 1:00 Mah Jongg 1:00 SHIBA (by apt) 1:00 Legal Help (by apt)	19 8:30 Indoor Walking 9:00 Wii Games 11:45 Lunch 12:30 Mexican Train	20
21	22 8:30 Indoor Walking 9:00 Foot Care (by apt) 1:00 Crafts	23 10:00 Mah Jongg 11:45 Lunch 12:30 Canasta	24 8:30 Indoor Walking 11:45 Lunch	25 CLOSED FOR THANKSGIVING HOLIDAY	26 CLOSED FOR THANKSGIVING HOLIDAY	27
28	29 8:30 Indoor Walking 9:00 Foot Care (by apt)	30 10:00 Mah Jongg 11:45 Lunch 12:30 Canasta	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.			