

# SeaTac Senior Flyer

Volume 26, Issue 4

July/August 2022

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

## July & August

### **Independence Day Luncheon • Friday, July 1, 11:15 AM-12:30 PM**

Join us to celebrate our Nation's 246th birthday with a luncheon on Friday, July 1st. We will enjoy a loaded cheeseburger, fries and berry shortcake with whip. We will start serving lunch at 11:45 AM. Lunch is a suggested donation of \$4.50 for those 60 and over; the cost is \$6.50 for under 60. Please plan to join us for a celebration with good food and good friends.

### **Senior BBQ Picnic at Angle Lake Park • Friday, July 15, 10:30 AM-12:30 PM**

Celebrate summer at our 2nd Annual Senior Summer BBQ! Join us for a classic BBQ lunch, live music, games, and lots of fun! We'll enjoy grilled hamburgers, hot dogs, chips, watermelon, bottled water and dessert. Music by C.C. Engel will begin at 10:30 AM and lunch will be served at 11:45 AM. **Reservations are required for this event. Please call 206.973.4690 by July 11 to make your reservation.** We will also be offering limited transportation to the park on the Senior Van, departing from the SeaTac Community Center at 10:00 AM and Angle Lake Court apartments at 10:20 AM, with a return trip leaving the park at 12:45 PM. **If you need transportation, please reserve your spot on the van by Wednesday, July 13.**

### **Beach Party Luncheon • Wednesday, August 10, 11:15 AM-12:30 PM**

Wear your favorite flip flops, beach wear and sun hat for the festive summer luncheon. The party will feature baked cod, roasted potatoes, veggies and ice cream treats. We will start serving lunch at 11:45 AM. Lunch is a suggested donation of \$4.50 for those 60 and over; the cost is \$6.50 for under 60. **Reservations are required for this event. Please call 206.973.4690 by Thursday, August 4 to make your reservation.** Don't forget your sunscreen.

### **Join us for Sweet Ice Cream Treats**

We are adding an ice cream treat to celebrate summer. In July we will offer the treat on Thursdays and in August we will offer the treat on Tuesdays. Come on in and enjoy lunch and cool off with a summertime ice cream treat.

### **Birthday Luncheons • Wednesdays, July 20 & August 17 11:15 AM-12:30 PM**

We will have lunch and then enjoy a nice serving of birthday cake to celebrate all the July and August birthdays. Please let the luncheon host know it's your birthday and you may win a surprise! Come in and enjoy the fun.

### **Remembrances**

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

### **Holiday Closures**

Independence Day ~ Monday, July 4

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



**Check in and Win!**

Have you tried our new check-in station yet? To help you get in the habit of checking in each time you come to the senior center, we'll be having drawings each week in July. Every time you check in at our easy touch screen station in the lobby, or with our volunteers in the lunchroom, you'll be entered in that week's drawing for a \$10 Fred Meyer gift card. Not sure how to check-in? Just ask a staff member or volunteer to show you.

**SeaTac Senior Café**

Join us for a delicious meal served Tuesday-Friday in the banquet room at the SeaTac Community Center. The suggested donation is \$4.50 for those 60 and over; the cost is \$6.50 for those under 60. Lunch is served at 11:45 AM and is available on a first come, first served basis. The lunch program is part of Catholic Community Services of Western Washington. Advanced reservations are required for groups of five or more for lunch. Please see staff when making plans for a group visit.

As of July 1 we will no longer have to-go meals. You are welcome to dine in and take home your leftovers. Please provide your own containers. There will be no take out containers available.

**Senior Coffee Bar**

The senior coffee bar is open serving regular and decaf coffee or black and herbal tea. The coffee bar hours are 9:00 AM-3:00 PM. Stop on by for a Cup of Joe.

**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.

**Weather-Proof Walking & Workout Group**

The SeaTac 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.

**Garden Games Return**

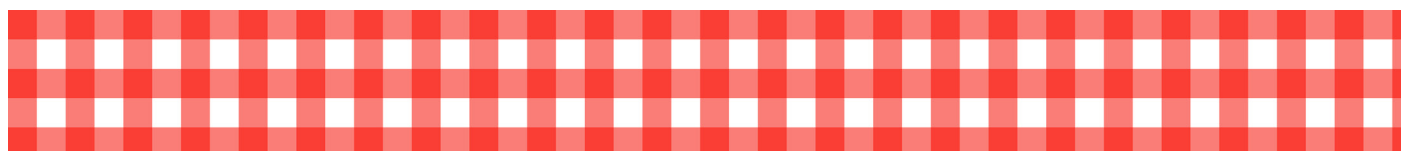
Garden games in the botanical garden returns with fun games like corn hole, ladder ball, washer toss, Bocce Ball, bean bag toss, Molkky, and croquet. Join us in the lobby of the senior program and we will walk over to the garden together and play games. We recommend that you wear good walking shoes. This activity is weather dependent, we will not play if it is raining. You can call the senior desk at 206.973.4690 and check on the status of garden games. We have fun playing games and you get some exercise.

- Mondays, 11 AM-12 PM (Starting July 11)

**Drop-in Activities**

Mondays	Garden Games, 11 AM-12 PM <i>(Starting July 11)</i> Bridge, 1-3 PM
Tuesdays	Crafts, 1:00 PM <i>(1st &amp; 3rd Tuesday)</i> Canasta, 12:30 PM
Wednesdays	Bridge, 12:00 PM <i>(1st &amp; 3rd Wednesday)</i>
Thursdays	Mah Jongg, 1:00 PM Pinochle, 12:00-3:30 PM
Fridays	Wii Games, 9:00-11:30 AM Mexican Train, 12:30 PM Coffee Catch-up, 9:30-11 AM

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



### Creative Crafters

Creative Crafters meet the 1st & 3rd Tuesday. Please sign up in advance so we can make sure we have enough materials for everyone. Cost is \$5 per session. There is a sign-up list for future classes at each meeting or you can call Amy at 206.973.4683 to sign up.

We will be taking our summer break during the month of August. Please join us again in September.

- Tuesday, July 5, 1 PM ~ Macrame keychain
- Tuesday, July 19, 1 PM ~ Etched glass vase

### July & August Trips

Summer trip registration is open. We are very excited about our exciting batch of senior trips for summer. Find the details on all our trips in the summer edition of the Recreation & Services Guide which was mailed to SeaTac residents in mid June. They are also available at the SeaTac Community Center and City Hall. You may register for trips by calling 206.973.4680 and making payment with a credit or debit card or in person using a card or check (no cash). We are looking forward to seeing you on our adventures!

#### Rhododendron Garden & Pacific Bonsai Museum

Friday, July 8, 9:00 AM, \$19

#### Scottish Highland Games

Sunday, July 24, 8:30 AM, \$25

#### Fall City Wallaby Ranch

Monday, August 8, 10:15 AM, \$29

#### Lake Wilderness Picnic

Monday, August 15, 9:15 AM, \$21

#### Evergreen State Fair

Monday August 29, 9:00 AM, \$20

### 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.

**Dates:** Thursday, July 21 and Thursday, August 25

### 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, July 7, and Thursday, August 4

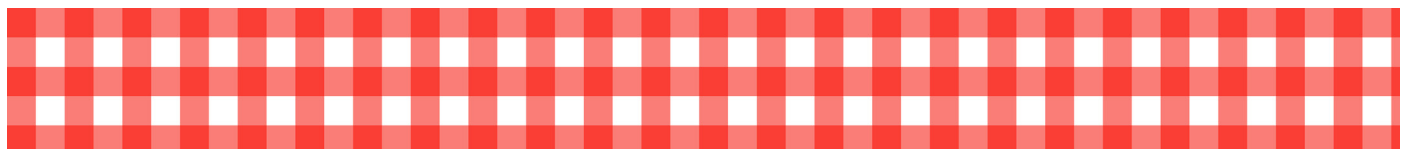
### Legal Assistance On-Line with King County

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-Legal-Assistance/Neighborhood-Legal-Clinics](http://www.kcba.org/For-the-Public/Free-Legal-Assistance/Neighborhood-Legal-Clinics)

### Energy Assistance Programs

If you live in South King County, you rent or own, and if your income is at or below the current qualifying guidelines you may be eligible for this program. You must call the Multi-Service Center at 253.517.2263 for an appointment. (No walk-in will be accepted.) Call Linda, Senior Services Supervisor if you have any questions, 206.973.4686.





**Music in the Park**

Music in the Park returns with another great summer lineup! Performances will be held at Angle Lake Park and Riverton Heights Park. For a description of the performances, please visit [www.seatacwa.gov/music](http://www.seatacwa.gov/music).

Show Nuff Funk ~ Wednesday, July 13, 6:30 PM  
Riverton Heights Park

Brian Vogan ~ Wednesday, July 20, 6:30 PM  
Riverton Heights Park

Mambo Cadillac ~ Wednesday, July 27, 6:30 PM  
Riverton Heights Park

Champagne Honeybee ~ Wednesday, Aug. 3, 6:30 PM  
Angle Lake Park



Concerts are sponsored by the City of SeaTac and supported by 4Culture and Sound Transit.

**Minor Home Repair Program**

The City of SeaTac provides a Minor Home Repair Program for income eligible SeaTac homeowners. The program is funded through federal Community Development Block Grant funds and the use of these funds requires:

- We collect income information (income tax forms or statements)
- Proof of home ownership
- We assess each job for lead base paint risks, historical preservation, and environmental impacts prior to undertaking any work

Residents are required to have owned and occupied their home for at least one year, have current homeowner’s insurance, and not intend to move in the near future.

To access the program and for more information, residents should call Kim Cooper, Human Services Coordinator, at 206.973.4815.

**Holiday Bazaar Meeting**

Wed., July 6, 10 AM, Senior Conference Rm

Looking for help with holiday crafts, gift baskets, and volunteer support.

**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.

**Handy Reference Numbers**

SeaTac Senior Program.....	206.973.4690
SeaTac Community Center .....	206.973.4680
SeaTac City Hall.....	206.973.4800
Home Energy Assistance .....	253.517.2263
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](http://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.