

# SeaTac Senior Flyer

Volume 26, Issue 5

September/October 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



## **Hanky Panky Band Returns to the Senior Program! Sept. 7 & 14 & Oct. 5 & 19, 1:00-3:00 PM**

The Hanky Panky Band with Patty, Larry, Judy, and Joanne will return to perform for an afternoon full of dancing, laughing, and a little time to catch up with old friends. Seating for Hanky Panky's will begin at 12:30 PM. If you would like to have lunch, we recommend you arrive by 11:30 AM. Lunch will be served at 11:45 AM for a suggested donation of \$4.50 if over the age of 60, and \$6.50 if under the age of 60. Lunch is served on a first come first served basis. For more information, please call 206.973.4690.

## **Senior Prom Luncheon & Dance • Wed., Sept. 14 • Lunch 11:30 AM, Dance 1:00-3:00 PM**

Dust off your dancing shoes and pull those fancy clothes out of the closet, we're going to the prom! We're welcoming back the Hanky Panky Band with a formal bash, complete with decorations, food, photo booth, and a Prom King & Queen! You are welcome to join us for lunch, the dance, or both, but please make a reservation by September 7 if you will be joining us for lunch, which will be Salisbury steak with mashed potatoes and gravy. Light refreshments will be served at the dance. Lunch is a suggested donation of \$4.50 for 60+; the cost is \$6.50 for under 60. The dance is free!

## **Halloween Party Lunch • Friday, October 28, 11:30 AM**

There's a chill in the air and a shiver up my spine, it must be time for trick-or-treat! Join us for a Halloween feast and a special treat at the spookiest party in town. Wear a costume and join in the costume parade. Lunch is a suggested donation of \$4.50 for 60+; the cost is \$6.50 for under 60.

## **Holiday Bazaar • Saturday, November 5, 9:00 AM-3:00 PM Save The Date!**

Mark your calendars for the return of the SeaTac Holiday Bazaar! Our favorite holiday event is back, with fantastic vendors and all the festive fun we've missed the last couple of years. Get ready to kick off your holiday season with great shopping, our delicious Candy Cane Café, craft sale, gift baskets, 50/50 raffle, and more. We can't wait to see you there! For vendor information, please contact Jessica Ramirez at 206.973.4691 or [jramirez@seatacwa.gov](mailto:jramirez@seatacwa.gov).

## **Birthday Luncheons • Wednesdays, September 21 & October 19, 11:30 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: Tani Robar

## **Holiday Closures**

Labor Day ~ Monday, September 5

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



### 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.

### Creative Crafters

During September and October, we will be preparing for our craft sale at the Holiday Bazaar on November 5th. The 1st and 3rd Tuesdays we will have a formal class to learn the projects listed below. On the 2nd and 4th Tuesdays, the craft room will be open for informal work time to make extra items for the sale. Many hands make light work, so please join us!

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.

- September 7: Wooden bead ornaments
- September 21: Festive hand warmers and yarn santas
- October 5: Wood spool pincushion
- October 19: Pinecone door swag

### 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.

### September & October Trips

To register for trips, please call or visit the Community Center front desk, 206.973.4680. Details for each trip can be found in the current Recreation & Services Guide.

#### Woodland Park Zoo

Mon., Sept. 12, 9:15 AM, \$12 (*waitlist*)

#### Fox Island Museum & Gig Harbor Lunch

Mon., Sept. 19, 8:30 AM, \$18 (*waitlist*)

#### Village Theatre, Little Shop of Horrors

Thursday, October 13, 11:00 AM (*season ticket holders*)

Registration for the following trips will open on September 20 for SeaTac residents and September 21 for non-residents. Our trips fill up fast, so don't wait to register!

#### Des Moines Fast Ferry to Seattle Waterfront

Friday, September 30, 9:00 AM, \$37

#### Singin' in the Rain at Tacoma Musical Playhouse

Sunday, October 2, 12:30 PM, \$43

#### Nisqually Wildlife Refuge Bird Walk

Monday, October 3, 8:00 AM, \$8

#### St. Demetrios Greek Festival

Friday, October 7, 11:00 AM, \$8

#### Leaf-Peeping at the Washington Park Arboretum

Monday, October 17, 9:15 AM, \$23

#### Learn to Ride a Metro Bus

Monday, October 24, 10:00 AM, Free (*Must also attend a workshop on Oct. 12.*)

## Wellness Wednesday **New!**

We are kicking off fall with a new program called "Wellness Wednesdays." We will have classes and events focusing on senior wellness, safety, good habits, self-awareness, and compassion. We are looking for input from participants who may want to try something new; so, we want your ideas and comments. Feel free to talk to Linda, Amy, or Nina about what you want to participate in to help you reach your wellness goals. Our first class is on October 26. See below.

### Medicare Open Enrollment Class

Lee Rockoff, our SHIBA volunteer, will be conducting a class on Medicare Open Enrollment here at the senior program to assist you with any questions you may have with selecting the proper Medicare plan. There will information given out at the class and there will be time for questions and answers. Please register for the class by calling 206.973.4680. For more information about open enrollment or to make an appointment with Lee please call 206.973.4690. Medicare Open Enrollment is October 15 through December 7, 2022.

- **Wednesday, October 26, 12:30 PM**

### 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:

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.

### Learn to Ride a Metro Bus

MV Transportation will have a workshop and escorted outing to introduce independent bus riding seniors how to travel on public transportation safely and confidently in a group setting. The workshop will focus on paying the bus fare, using the ORCA card, and where to get off the bus. There will be an additional day for an escorted instructional outing to the Burien Transit Center. We will transport the class to the transit center on the senior van, where you will board a bus to the South Center area. You will have lunch on your own at a local restaurant, then return to the transit center and meet the senior van to return to the center. You must attend both the workshop and escorted instructional outing. Please register for class and the outing call 206.973.4680. For information call 206.973.4690.

	DATE	DAY	TIME	AGE	FEE
Workshop	Oct. 12	W	12:30 PM	55+	Free
Outing	Oct. 24	M	10:00 AM	55+	Free

### Comfort Keepers presents:

#### Dizziness & Imbalance

In this class we will discuss common causes of dizziness, vertigo, and balance problems in older adults. We will cover the vestibular (inner ear) system and its role in helping maintain our balance, 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. Presented by Katie Tutko, Physical Therapist, Outpatient Physical Therapy. Please register for the class by calling 206.973.4680.

- **Wednesday, September 28, 12:30 PM**

#### Drop-in Activities

Mondays	Bridge, 1:00–3:00 PM
Tuesdays	Crafts, 1:00 PM Canasta, 12:30 PM
Wednesdays	Bridge, 12:00 PM (1st & 3rd Wednesday)
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

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

### 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, Sept. 15 and Thursday, Oct. 20

### 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, Sept. 1, and Thursday, Oct. 6

### 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.

### 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.