

SeaTac Senior Flyer

Volume 27, Issue 5

September/October 2023

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



Newcomers Socials • September 1 & October 6, 10:00 AM (1st Friday of each month)

Are you new to the SeaTac Senior Program? Do have questions about the center or want to meet new people? Come learn about our programs, and meet staff, volunteers, and other participants. We'll also play a fun party game or two and have yummy treats. All are welcome to attend. There is no need to register, but if you're planning to attend please let us know so we can be sure to provide enough treats. Drop by the senior desk or call 206.973.4690 to let us know you'll be joining us.

Senior Ball • Wednesday, September 27, 10:30 AM-12:30 PM

Lace up your dancing shoes and put on your most elegant attire for the SeaTac Senior Ball. Dance to the Hanky Panky Band, take photos in front of a festive backdrop, and enjoy a photo slideshow of all the fun we've had at the Senior Program this year. The doors open at 10:30 AM. Lunch is a suggested donation of \$4.50 for those over 60; the cost is \$6.50 for those under 60. The menu will be a Chef Salad with all the fixings. Reservation required for this luncheon. Please call 206.973.4690 or stop by the My Senior Center Kiosk and register. Let's have a ball!

Birthday Luncheons • Wednesdays, Sept. 20 & Oct. 18, 11:30 AM-12:30 PM

Join us for music, dancing and laughs at the monthly birthday party with music performed by the Hanky Panky Band. The fun starts at 10:30 AM and lunch and cake will be served at 11:45 AM. Lunch is a suggested donation of \$4.50 for those 60 and over; the cost is \$6.50 for those under 60. Come join us for your birthday and you may win a \$10 gift card to Fred Meyer from the Senior Citizen Advisory Committee. Birthday cakes are currently sponsored by Heights by Vintage.

Halloween Lunch • Wednesday, October 25, 10:30 AM-12:30 PM

It's spooky season! Come do the "Monster Mash" with us. We will dance the morning away with tunes by the Hanky Panky Band. Music begins at 10:30 AM. You are welcome to come in costume for the costume parade following the music. Lunch will be served at 11:45 AM and lunch is a suggested donation of \$4.50 for those over 60; the cost is \$6.50 for those under 60. Reservations are required for this luncheon. Please call 206.973.4690 or stop by the My Senior Center Kiosk and register. Will you be tricked or treated? Menu for the luncheon is to be determined.

Senior Program Survey Luncheon • Tuesday, October 3, 11:00 AM-12:30 PM

Summary Meeting • Friday, November 17, 10:00-11:30 AM

We want your feedback about our programs! During the month of October, we will be conducting a survey to learn how we can serve you better. We'll kick off the survey with a special luncheon on October 3. We will have staff at each table to assist you with the survey and will also play a fun table game. Reservations are requested but not required for this luncheon. We will present the survey results at a summary meeting on Friday, November 17 and all are welcome to attend. We are looking forward to your input. If you have any questions, please contact us at 206.973.4690.

Information • 206.973.4690 • www.seatacwa.gov



In Remembrance

Please keep in your thoughts our friends who has recently passed: Kat Kennedy, Glenys Cochran, and Verona Hoff

Holiday Closures

Labor Day ~ Monday, September 4

AARP Safe Driving Class

Cars have changed. So have traffic rules, driving conditions and the roads you travel on every day. Some drivers have never looked back since they got their first driver's license, but even the most experienced drivers can benefit from refreshing their driving skills. You may also get a discount on your car insurance. The cost is \$20 for AARP members or \$25 non-members, payable to the instructor on the first day of class. Check or cash payments accepted. You must register for the class with SeaTac Senior Program, and you must attend both Tuesday and Thursday classes to receive your certificate.

- Tuesday, September 12 & Thursday, September 14, 9:00 AM–1:30 PM

Cooking Classes for Seniors

This class is designed to make home-cooked meals easy and accessible with fun new recipes. We will explore easy and quick dinner recipes and fall hearty soup and chili cookout. We will make the recipes and have a little sample to enjoy along with a copy of the recipes. We will discuss alternate ways to adapt the recipes for different dietary needs. Please call 206.973.4680 to save your space at the table.

- Sept. 5, 12:30 PM ~ Salad and Dressings 12:30 PM
- Sept. 26, 12:30 PM ~ Sheet Pan Meals 12:30 PM
- Oct. 10, 12:30 PM ~ Quick & Easy Dinners 12:30 PM
- Oct. 24, 12:30 PM ~ Hearty Soup & Chili 12:30 PM

Lemon Bar Baking Contest – Friday, October 20 1:00 PM

Do you make the BEST lemon bars around? Put your baking prowess to the test in a friendly contest. We need both bakers and judges for our first-ever baking contest. Bakers, please sign up by October 13, then bring your fresh-baked bars the morning of October 20. (We'll have more information for you when you sign up.) Taste testers, join us after lunch on October 20 to vote for the winner. The maker of the best bars will receive a special prize, and bragging rights! Sign up at the senior desk or call 206.973.4690.

Medicare Open Enrollment Class · Friday, October 13, 12:30 PM

Presented by Lee Rockoff, SHIBA (Statewide Health Insurance Benefits Advisor)

That enrollment date is coming soon! This free class will give you the information you need make that yearly Medicare decision, including your rights and coverage options, how to evaluate different insurance plans, and how to find affordable coverage. Register by calling 206.973.4680 or in person at the front desk.

Walking with Nina

On the second and fourth Tuesdays we will venture out to local parks for a morning walk. We will meet at the center at 8:45 AM and take the van to the park for a walk and then return at approximately 11:30 AM. Please wear good walking shoes, layer your clothing and bring a water bottle. Please register in advance for walks. Fee is \$5 per walk.

- Des Moines Marina, (September 12, 8:45 AM, \$5)
- Golden Gardens, (September 26, 8:45, \$5)

Seniors Working Out

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.

Senior Trips

Registration for October through December trips will begin on September 19 (residents) and September 20 (non-residents). Find all the details on our exciting day trips in the Fall Recreation & Services Guide, arriving in SeaTac mailboxes the 2nd week of September. If you aren't a SeaTac resident, we always have plenty of copies available at the Center. Our trips fill up fast, so be sure to register early.

- Autumn in the Japanese Gardens, Oct. 2, \$10
- Cabaret at Tacoma Musical Theatre, Oct. 7, \$41
- Ride the Mt. Rainier Scenic Railroad, Oct. 15, \$42
- Tacoma Holiday Food & Gift Festival, Oct. 27, \$27
- Haunted Port Townsend, Oct. 30, \$20

Senior Book Club

We welcome suggestions for books, subject areas, and authors. For more information or book club suggestions, please contact Linda Croasdill at 206.973.4690.

- Tuesday, September 19, 10:30 AM ~ *"The Alice Network"* by Kate Quinn
- Tuesday, Oct. 17, 10:30 AM ~ *"Maid"* by Stephanie Lane

Creative Crafters

Get in touch with your creative side! We meet the 1st and 3rd Tuesdays at 12:30 PM to learn and create together. Each session is \$5 and provides instruction and materials for one project. No experience or skills are required, and all are welcome! Sign-up sheets for each project are posted in the senior lobby, or call Amy at 206.973.4683.

- September 19 - Scrappy Sunflower Wreath
- October 3 - Wood & Paper Pumpkin Decor
- October 17 - Craft Aprons

Drop-in Activities

Mondays	Bridge, 1:00–3:00 PM
Tuesdays	Crafts, 1:00 PM (<i>1st & 3rd Tues.</i>) Canasta, 12:30 PM
Wednesdays	Bridge, 12:00 PM (<i>1st & 3rd Wed.</i>)
Thursdays	Pinochle, 12:00–3:30 PM Mah Jongg, 12:30–3:00 PM
Fridays	Wii Games, 10:00–11:30 AM Mexican Train, 12:30 PM Bridge, 1:00 PM

Seniors Working Out (gym) M/W/F, 8:30–9:30 AM

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

Writing Group

Beatriz Esparragoza, Adult Services Librarian at both Valley View and Des Moines libraries is leading the Writing Group every second Friday. There will be opportunities to share what you have written with the other participants in the group, as well as time to work on your own writing and create substance for your project. Please register for the class. For more information, please call 206.973.4690.

- September 8 & October 13, 10:00 AM

Tech Support for Seniors with Smart Phones and Tablets

Beatriz Esparragoza will also provide individual technical support appointments for seniors who need assistance with a smart phone, tablet, or setting up an email account. 15-minute appointments are available for seniors to get assistance. To make an appointment, call the senior desk at 206.973.4690.

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.

You are welcome to dine in and take home your leftovers. **Please provide your own containers. There will be no take out containers available.**

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.

Senior Health Benefits Advisor (SHIBA)

Our Statewide Health Insurance Benefits Advisor (SHIBA) volunteer is available to help with unbiased information about options for health insurance and related matters. In-person meetings are available on the third Thursday of each month. There are no drop-in appointments available and please wear a mask during the appointment.

Dates: Thursday, September 14 and Thursday, October 19

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.

Senior Massage

Lita Artis, LMP is here to offer relaxing and therapeutic chair massage for seniors on the third Tuesday of each month. A 30-minute appointment costs \$35. Please call 206.973.4690 to make an appointment.

Date: Tuesday, September 19. No massages in October.

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. Call the Senior Desk to make an appointment, 206.973.4690. There are no drop-in appointments available.

Time: 1:00–3:00 PM

Dates: Thursday, September 7 and Thursday, October 5

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

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.

Minor Home Repair Program

The City of SeaTac provides a Minor Home Repair Program for income eligible SeaTac homeowners. To access the program, to see if you meet the requirements, and for more information, residents should call Kim Cooper, Human Services Coordinator, at 206.973.4815.

Ways to Connect with Us

Email

Would you like to receive the Senior Flyer and other updates by email? Just email aoliverson@seatacwa.gov and let us know you'd like to be added to our email list.

Find Us Online

You can find us at www.seatacwa.gov/services/senior-program.

Facebook

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.

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

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

Senior Information & Assistance ... 206.448.3110

Community Living Connections..... 206.962.8467