

SeaTac Senior Flyer

Volume 28, Issue 1

January/February 2024

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

JANUARY & FEBRUARY

Banquet Room and Gym Closure

The banquet room and gym will be closed for refinishing of the floors from January 1 through January 15, 2024. There will be no Senior Congregate Lunch Program or gym activities. We will still offer our regular drop-in programs. You are welcome to bring a brown bag lunch and enjoy a hot cup of coffee or tea in the senior lobby. If you have questions, please see Linda or Amy, or call 206.973.4680.

Sweetie Valentine Luncheon • Wednesday, February 14, 10:30 AM–12:30 PM

This is the day to wear red. We will have the Hanky Panky band and dancing in the banquet room starting at 10:30 AM. The menu is still to be determined. Reservations are required by Thursday, February 8. We need all participants' names and date of birth. Suggested donation is \$4.50 for those 60 and over: cost is \$6.50 for those under 60.



Leap Year Celebration • Thursday, February 29, 11:00 AM–12:30 PM

Let's have a little fun every four years. We will be wearing our pajamas to lunch. We will have some fun games for everyone that will start at 11:00 AM followed by lunch at 11:45 AM. The menu is still to be determined. Wearing PJ's encouraged but not required. Come on in and enjoy the fun. For more information, please see Linda or Amy. Suggested donation is \$4.50 for those 60 and over: cost is \$6.50 for those under 60.

Birthday Luncheons • Wednesdays, January 17 & February 21, 11:30 AM–12:30 PM

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

Bring on the Bling

We love to see our ladies all decked out for Wednesday dancing, so we're starting jewelry theme days! On the Birthday Party Wednesday of each month, search through your jewelry box and choose your bling to fit our theme.

January 17: Pearl Paradise

February 21: Heart to Heart

Thank you to Glovina Albrecht (one of our wonderful volunteer receptionists) for this fun idea!

Newcomer's Social Hour Friday, January 5 & February 2, 10:00–11:00 AM (Senior Lobby)

Are you curious about the Senior Program but don't know where to start? We understand that starting something new can be a little nerve wracking. That's why we've started our Newcomer's Social Hour. It's a great opportunity to learn about our programs, meet new seniors and staff, ask questions, and have a good time. We always have a fun game to play and some delicious goodies to share. We'd love for you to join us!

Holiday Closures

New Year's Day ~ Monday, January 1

Martin Luther King Jr. Day ~ Monday, January 15

President's Day ~ Monday, February 19

Information • 206.973.4690 • www.seatacwa.gov



Creative 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. New members are always welcome. For more information, please call 206.973.4690.

- Fridays, January 12 & February 9, 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 for tech support, call the senior desk at 206.973.4690.

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. We will not meet in December due to the holidays.

- Tues., January 16, 10:30 AM ~ "Rose Code" by Katie Quinn
- Tues., February 20, 10:30 AM ~ TBD

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.

- January 2 – Upcycled Gift Tags (Bring your used Christmas cards)
- January 16 – Diamond Painting Bookmarks
- January 30 – Easy Fleece Pet Blankets - free! (blankets will be donated to RASKC animal shelter)
- February 6 – Woven Paper Cards
- February 20 – Embossed Metal Art

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.

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, January 16 and Thursday, January 18, 9:00 AM–1:30 PM

AARP Smart Driver TEK Class

In AARP's Smart Driver TEK workshop, you will learn how the latest technology can make driving safer and easier. This 90-minute interactive workshop will cover the latest technologies to look for when you're shopping for a new car and to make the most of high-tech safety features when driving. Learn about the safety benefits of blind spot warning systems, forward collision warnings, lane departure warnings, smart headlights and more. This class is free. Please, register for this class by calling 206.973.4680.

- Wednesday, January 31, 12:30 2:00 PM

Emergency Preparedness and Sign Up for Code Red

Will Lugo, the City of SeaTac's Emergency Management Program Manager, will talk about emergency preparedness for a wide range of events and disasters, what items we need in our home and car safety kits, as well as signing up for code red alerts on your smart phone. Please register for this class by calling the front desk 206.973.4680.

- Wednesday, January 24, 12:30 PM

The Book of Life ~ A Comfort Keepers Class

The Book of Life is wonderful for both you and your loved ones to have all the healthcare, legal and other personal information at your fingertips when needed. This necessary book is easy to complete and user friendly for seniors. You must register for this class and the cost is \$15. No drop-in participants will be allowed for this class. Space is limited. Please register by calling the front desk at 206.973.4680. You can pay the instructor \$15 check or cash.

- Wednesday, February 21, 12:30 PM

Pet Food & Supplies Donation Drive to benefit RASKC

Help us make life a little warmer for shelter pets! From January 16 to February 16, we are holding a donation drive and several fun free activities to benefit Regional Animal Services of King County (RASKC). Pick up a copy of the RASKC wish list and drop off your donations in the Senior Program and SeaTac Community Center lobbies. Pet food donations should be unopened and items such as pet beds must be new and unused. We hope you'll join us in showing some love to our local shelter pets and the people who care for them.



- January 16–February 16

Cat Blanket Craft Activity

Learn to make simple no-sew fleece blankets that we will donate. Free, no sign up necessary. Donations of fleece fabric (at least 22" x 18") are needed. Contact Amy at 206.973.4683 if you have fleece to donate.

- Tuesday, January 30, 12:30 PM–2:00 PM

RASKC Animal Shelter VIP Tour

We'll tour the Kent RASKC Animal Shelter, and learn what goes into caring for shelter pets and finding loving homes for the many cats, dogs, rabbits, reptiles, and other critters the shelter takes in. Lunch at Kent Station before our tour will be on your own. The trip is free with any donation, but space is limited so you must register in advance.

- Monday, January 22, 11:00 AM–3:00 PM

Pet Fostering Information Session

Date is yet to be determined. Information will be posted at the SeaTac Community Center and sent to our email list when available.

One of the most valuable ways to volunteer with RASKC is to open your heart and home on a temporary basis to an animal that is waiting to be adopted. Foster Care Coordinator Lori Mason will present information on the foster program, answer questions, and help you start the process if you decide being a foster pet parent is right for you. This info session is open to all interested seniors, adults, and families.

Pet Vaccination Clinic with Seattle Humane Society

Is your pet up to date on their vaccines? Seattle Humane Society is making it easy to protect your furry friend with a walk-in clinic at the SeaTac Community Center. Contact the Front Desk for more information, 206.973.4680.

- Saturday, January 27

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.

Weather Related Closures

The Senior Program follows the Highline School District weather related closures. If the schools are closed, we do not have lunch or scheduled programs/classes.

Though the facility may be open, we encourage everyone to be safe and stay home to avoid icy and snowy conditions. We generally are able to update our phone message to indicate whether we are open. The number to call is 206.973.4690. This is a good time of the year to stock up on a few extra days of supplies including non-perishable food, water, medication and any pet needs as well. It's always good to be prepared.



Drop-in Activities

Mondays	Bridge, 1:00–3:00 PM
Tuesdays	Crafts, 1:00 PM (1st & 3rd Tues.) Canasta, 12:30 PM
Wednesdays	Bridge, 12:00 PM (1st & 3rd Wed.)
Thursdays	Pinochle, 12:00–3:30 PM
Fridays	Wii Games, 10:00–11:30 AM Bridge, 1:00 PM Newcomer Meeting, 10 AM (1st Fri.)
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.

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. You must call 206.973.4690 to make an appointment. Appointments last about an hour. There are no drop-in appointments available.

Dates: Thursday, January 18 & Thursday, February 15

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, January 16 and Tuesday, February 20

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: Thursdays, January 4, February 1, and March 7

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.



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

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.