

SeaTac Senior Flyer

Volume 28, Issue 2

March/April 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

MARCH & APRIL

St. Patrick's Day Luncheon • Wednesday, March 13, 10:30 AM–12:30 PM

Celebrate the luck of the Irish at our St. Patrick's Day Luncheon! Get ready to don your green attire and join us for a festive gathering filled with delicious food, delightful company, and music from the Hanky Panky Band. We'll have a traditional meal of corned beef and cabbage, potatoes, carrots, a biscuit, and apple crisp. No substitutions. **This lunch is by reservation only. Reservations are now open and will be accepted until Wednesday, March 6.** Please call 206.973.4690 to register. This is one of our most popular meals of the year, so make your reservation ASAP! \$4.50 suggested donation for 60+; those under 60 must pay \$6.50.



Spring Luncheon • Wednesday, March 27, 10:30 AM–12:30 PM

The flowers are blooming, the birds are chirping, and we're saying farewell to winter. Let's welcome spring with a joyful celebration and a delicious meal. We'll serve ham, scalloped potatoes, green beans, green salad, a roll, and strawberry shortcake. No substitutions. The Hanky Panky Band will entertain as we dance away our winter blues. \$4.50 suggested donation for 60+; those under 60 must pay \$6.50.

Line Dance Party with Suzanne Marlin • Friday, April 19, 2:00 PM–4:00 PM

Suzanne will lead a fun and festive springtime line dance party in the Banquet Room at the SeaTac Community Center. There be music, dancing, snacks and a lot of laughs and fun. **The party is open to Seniors 55 years and older. You must register for this event due to the limited room space.** To register, please call 206.973.4680. Don't forget to bring your comfortable dancing shoes. Happy dancing!

Birthday Luncheons • Wednesdays, March 20 & April 17, 11:30 AM–12:30 PM

We will have lunch and then enjoy a nice serving of birthday cake to celebrate all the March and April birthdays. Please let the luncheon host know it's your birthday and you may win a surprise! We are happy to announce that The Heights by Vintage is sponsoring the monthly birthday parties.

Newcomer's Social Hour • Friday, March 1 & April 5, 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!

Senior Trip Registration • March 26 & 27

Spring quarter trip registration is coming up! See the Spring Recreation Guide for descriptions and details on our upcoming trips. The Recreation Guide will be available in mid-March at the SeaTac Community Center and City Hall and will be mailed to SeaTac residents. Trip registration for residents starts March 26 and for non-residents on March 27.



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, March 8 & April 12, 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.

- Tues., Mar. 20, 10:30 AM ~ "Angel Falls" by Kristen Hannah
- Tues., April 16, 10:30 AM ~ Title 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.

- March 5 & 19 – Faux stained glass canister
- April 2 – Elastic button bracelets
- April 16 – Painted terracotta herb pots

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, March 19 and Thursday, March 21, 9:00 AM–1:30 PM

FD Cares SeaTac

We invite you to learn more about FD Cares. Providing the highest quality of emergency medical assistance is the top priority for Puget Sound Fire/FD Cares. This includes not only responding to your calls for help, but also providing you with information that can help to improve the quality of your life, and tools that can help you help us in your time of need. Come to this helpful and informative class to learn more about what is available to you from Puget Sound Regional Fire Authority. Please register for this class by calling 206.973.4680.

- Wednesday, March 13, 12:30–1:30 PM

Container Gardening Class and Trip with Robyn Marleia

Class: Wednesday, April 17, 12:30 PM–1:30 PM

Trip: Wednesday, May 1, 12:30 PM – 3:30 PM

Learn about container gardening with gardening expert Robyn Marleia. Robyn is a registered Washington State Horticulturist with many years of professional gardening experience. This class will reveal tips for both beginning and well-seasoned gardeners to create healthy, beautiful, and unique container plantings. The class will be a short demonstration followed by a question-and-answer session. Robyn will also be our guide on a trip to the nursery at McLendon Hardware in Renton to help you select the perfect plants for your container project. Please register by calling 206.973.4680. You may register for both the class and trip or either one independently.



March & April Trips

Our March trips are currently full, but please join the waitlist if you are interested in attending. Registration for April trips begins March 26 & 27. Register by calling 206-973-4680 or in person at the SeaTac Community Center.

March

- March 11 • Luck o' the Irish Luncheon, \$9
- March 15 • Quilters Anonymous Quilt Show, \$20
- March 23 • Jersey Boys (rescheduled), \$41
- March 25 • Seattle Pinball Museum, \$30

April

- April 1 • April Fools' Day Mystery Trip, \$42
- April 8 • Suquamish Tribal Museum & Poulsbo, \$28
- April 15 • Flower World & Maltby Café, \$12
- April 26 • Tahoma Vista Alpaca Farm & Fiber Mill, \$20

Walking Trips with Nina are Back!

Lace up your walking shoes and venture out to some of our beautiful parks for a springtime walk with friends. Recreation Leader Nina leads walks on the 2nd and 4th Tuesdays. Each walk costs just \$5 and will depart from the Community Center at 8:45 AM and return by 11:30 AM. We'll kick off our walks for 2024 with a trip to Seward Park on April 30. Please pre-register for walking trips at 206-973-4680.

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.

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

Dates: Thursday, March 21 & Thursday, April 18

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 \$40.

Senior Massage

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

Dates: Tuesday, March 26 and Tuesday, April 23

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, March 7, and Thursday, April 4

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.

