

SeaTac Senior Flyer

Volume 28, Issue 3

May/June 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

May & June

Exciting New Partnership with Food Innovation Network for Tuesday Lunches

We're working with the Food Innovation Network and Spice Bridge to provide 30 meals for Tuesday's senior lunch. In April so far, we have had wonderful and delicious veggie tacos, chicken stew with yellow rice, and samosas with red rice. We are encouraging participants to arrive at 11:15 AM to secure a meal ticket. This will also provide the staff time make an alternate meal if we have sold out of the first 30 meals. If you arrive later than 11:45 AM there will be no guarantee a meal will be provided due to preparedness of the meals. If you have any questions, please see Linda or Amy.

Mother's Day Luncheon • Wednesday, May 8, 10:30 AM–12:30 PM

Come celebrate your favorite mother with the Hanky Panky Band starting at 10:30 AM, followed by a lunch of chicken cacciatore, zucchini and tomato medley, wheat roll and dessert. Suggested donation is \$4.50 for those 60 and over; cost is \$6.50 for those under 60. Please call 206.973.4690 and save your place at the table. We would like to wish every mother a happy and safe Mother's Day!

Father's Day Luncheon • Wednesday, June 12, 10:30 AM–12:30 PM

I remember when my dad taught me how to use a table saw and an electric drill. I have very fond memories of my dad showing me how to build and fix things. We will celebrate with a Father's Day luncheon. The menu is yet to be determined. Please call 206.973.4690. Doors will open at 10:30 AM and the meals will be served at 11:45 AM. Suggested donation is \$4.50 for those 60 and over; cost is \$6.50 for those under 60. Thank you to dads everywhere who helped their kids make this world a kinder place... Happy Father's Day!

Bunko Party • Wednesday, June 5, 12:30–3:00 PM

Join in on the fun and stick around after lunch and play Bunko. This fun and entertaining dice game is a great way to meet new friends and invite old friends to come and play. We ask that you register for the event so we know how many people are attending. We will have snacks and beverages available for the participants. Please call to register at 206.973.4680. We hope to see you there and remember to yell, "BUNKO"!

Birthday Luncheons • Wednesdays, May 15 & June 26, 11:30 AM–12:30 PM

We will have lunch and then enjoy a nice serving of birthday cake to celebrate all the May and June birthdays. Please let the luncheon host know it's your birthday and you may win a surprise! (Closed June 19 for the Juneteenth holiday.)

Newcomer's Social Hour • Friday, May 3 & June 7, 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!

Childhood Photo Match Up Contest for May & June

Starting in May we will have the ladies bring a childhood photo for the Mother's Day Photo Contest. We will collect photos until Wednesday, May 8 and reveal the identity of each photo on Wednesday, May 29. In June, we will have the gentlemen bring in a childhood photo for the contest by Friday, June 7 and reveal the identity of each photo on Wednesday, June 26. For both contests we will make a photocopy of each picture and return the original photo to the participants. We will post the photos with a list of names for you to match the name and the photo. Good luck and happy matching.

Information • 206.973.4690 • 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.

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.

Sold Out Lunches

Lately we have had several lunches sell out. We hate to turn people away and make every possible effort to serve everyone. Unfortunately, we can't always predict the future and sometimes our popularity catches us by surprise! To help us accommodate everyone, we ask that you arrive for lunch by 11:15 AM. We begin serving side salads, milk, or special items at 11:30, followed by the entrée at 11:45. Arriving by 11:15 will allow us time to prepare additional meals if we have more people than we are expecting. Thank you for helping us make sure everyone gets fed!

Welcoming Back the SeaMar Latino Group to Wednesdays

We are happy to announce that SeaMar will be here at the SeaTac Senior Program on Wednesdays as well as Thursdays. Yanin Diaz and her assistant, Anna, will be available to assist with programming and help with translations. Everyone is very excited to return on Wednesdays to dance and sing along with Hanky Panky Band.

Save the Date!

Senior Picnic @ Angle Lake Park

Friday, July 19, 10:30 AM-12:30 PM

Walks with Nina

Join Nina on her ventures to local parks for a springtime walk. We will meet at the center and take the van to the park for a walk. Please wear good walking shoes, sunscreen, layer your clothes and bring a bottle of water. This activity may be cancelled at short notice due to heat and weather conditions. Please register for the walks by calling 206.973.4680.

When: Every second & fourth Tuesday, 8:45 AM–11:30 AM
Fee: \$5 per walking trip

- April 30 ~ Seward Park
- May 14 ~ Alki Beach
- May 28 ~ Kubota Gardens
- June 11 ~ Lake Wilderness Arboretum
- June 25 ~ Schmitz Preserve Park

New Zumba Gold Class

We are excited to present Zumba Gold! Get your heart pumping with this fun, low-impact dance workout with a Latin flair. Bilingual in English & Spanish, instructor Gabriela Velasquez teaches to all levels of fitness and brings a warm, inclusive, and upbeat vibe. There is no need to pre-register, just drop in Thursdays at 10:00 in the banquet room. (Please check in first at the kiosk in the senior lobby). This class is currently being offered free of charge.

- Thursdays, 10:00-11:00 AM

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.

May & June Trips

At the time of publication, we have space available on two of our remaining spring quarter trips:

- May 20 · Juanita Bay Bird Walk, \$12
- June 24 · The Great Troll Hunt, Part 2: West Seattle & Vashon Island, \$34

Please call 206-973-4680 or stop by the Community Center front desk to register.

Summer Trip Registration • June 25 & 26

Keep an eye out for our Summer Recreation Guide for details on our next batch of fun and exciting trips! The new guide will be available the second week of June and trip registration will begin at 8:30 AM on June 25 (for SeaTac residents) and June 26 (for non-residents). Registrations are limited to 4 trips per person on these two days. If space is available after June 26, you may register for additional trips.



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, May 10 & June 14, 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., May 21, 10:30 AM ~ *"The Art of War"* by Sun Tzu
- Tues., June 18, 10:30 AM ~ *"Songs in Ordinary Time"* by Mary McGarry Morris

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.

- May 7 ~ Button Bracelets
- May 21 ~ Shibori Dyed Tea Towels
- June 4 ~ Bead Weaving
- June 18 ~ Patriotic Door Hanger

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, May 7 & Thursday, May 9, 9 AM–1:30 PM

The Science of Pain Class

Do you have chronic or persisting pain? You are not alone. One in four Americans experience persistent pain conditions. The latest research suggests that the more you understand your pain, the less impact your pain has on your life. Join Dr. Neilson, as he shares the latest in pain science information. This informational session will help you better understand your pain system so you can move forward and enjoy life to the fullest, despite your pain. Please register by calling 206.973.4680.

Presented by: Dr. Brett Neilson, PT, DPT, DSC

- Wednesday, May 8, 12:30 PM

Know the 10 Signs for Alzheimer's and Other Dementia

Alzheimer's and other dementias cause changes in memory, thinking, and behavior that interfere with daily life. Join us to learn about 10 common warning signs and what to watch for in yourself and others. The program covers: Typical age-related changes, common warning signs of Alzheimer's, how to approach someone about memory concerns, early detection, the benefits of a diagnosis, the diagnostic process, and Alzheimer's Association resources. Please register by calling 206.973.4680. Family members are welcome to attend.

- Wednesday, June 12, 12:30 PM

Protect yourself from Fraud & Scams

Salal Credit Union and Adult Protective Services will be here to present a class on how to protect yourself from the latest scams and fraud activities related to seniors and our community. Please register by calling 206.973.4680. Family members are welcome to attend. This will be a very helpful and informative topic to protect yourself and your loved ones.

Presented by: Salal Credit Union of Tukwila and Adult Protective Services

- Wednesday, June 26, 12:30 PM



These services are provided by busy professionals in our community as a courtesy to our patrons. To be respectful of their time, we ask that you give as much notice as possible should you need to change or cancel your appointment. The Senior Program reserves the right to refuse future appointments to those who have missed appointments without notice.

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 206.973.4680 to make an appointment. Appointments last about an hour. There are no drop-in appointments available.

Dates: Thursday, May 16 & Thursday, June 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, 206.973.4680. There are no drop-in appointments available.

Time: 1:00–3:00 PM

Dates: Thursday, May 2, and Thursday, June 6

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 206.973.4680 to make an appointment.

Dates: Tuesday, May 28 and Tuesday, June 25

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.

Senior Farmers Market Nutrition Program

Apply through May 24, 2024.

Eligible seniors can receive an \$80 voucher to be used for the purchase of fresh fruits and vegetables at participating local farmers markets. Vouchers are provided on an e-Benefit card that can be used like a debit card. To be eligible, you must be 60 or older and meet income requirements.

Apply at sfmnp-seattleking.org. If you need a paper application or assistance applying online, contact Linda or Amy in the Senior Program office at 206-973-4690.

Drop-in Activities

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

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