

# SeaTac Senior Flyer

Volume 28, Issue 5

September/October 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

## September & October

### Senior Ball • Wednesday, September 25, 10:30 AM–12:30 PM

Put on your dancing shoes and join us for the SeaTac Senior Ball! We're transforming the community center into a festive ballroom where you can enjoy a delicious meal, live music from the Hanky Panky Band, and a chance to dance the day away with friends old and new. 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. Fancy dress is encouraged, but not required.

### Halloween Lunch • Wednesday, October 30, 10:30 AM–12:30 PM

It's spooky season! Come do the "Monster Mash" with us. Dance the morning away with tunes by the Hanky Panky Band, then show off your costume in the costume parade and contest (with prizes!) Music starts at 10:30 AM and the costume contest will be at 11:30 AM. Lunch will be served at 11:45 AM. Lunch is a suggested donation of \$4.50 for those over 60; the cost is \$6.50 for those under 60.

### Birthday Luncheons • Wednesdays, September 18 & October 16, 11:30 AM–12:30 PM

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

### New Bunco Group • Friday, September 20 & October 18, 12:30–3:00 PM

We are starting up a new Bunco group on the third Friday of the month. Try your luck at this lively, fast paced game of chance. Newcomers are always welcome!

### Newcomer's Social Hour • Friday, September 6 & October 4, 10:00–11:00 AM

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! Please join us in the senior lobby.

### Unbiased Medicare Information from SHIBA • Thursday, October 3, 12:30 PM

That annual enrollment date is coming soon! This class will help you compare information to help make that yearly Medicare decision. The following will be covered:

- Understanding your health care coverage options and rights.
- Find affordable health care coverage.
- Evaluate and compare health insurance plans.

Presented By: Lee Rockoff, SHIBA (Statewide Health Insurance Benefits Advisors) from the Washington State Office of the Insurance Commissioner and Solid Ground. Register by calling 206.973.4680 or in person at the front desk. There will be a question-and-answer session following the class for any individual concerns.

### Holiday Closure

Labor Day ~ Monday, September 2

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



## SENIOR MEALS

### SeaTac Senior Café

Join us for a delicious meal served Wednesday-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.**

### Tuesday Multicultural Meals with Food Innovation Network

We are working in partnership with Food Innovation Network (FIN) and Spice Bridge to provide 30 meals for our senior lunch program on Tuesdays. We encourage participants to arrive around 11:15 AM to secure a meal ticket. You may call 209.973.4690 to find out more about what we will be serving that day. This meal is funded by the Veterans, Seniors, and Human Services Levy of King County starting July 1, 2024. The meal is available to any King County resident 55+ years or older. For more information see Linda or Amy.

### 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!

### Creative Movement with Teresa Castillo

Beginning October 3rd, experienced fitness instructor Teresa Castillo will bring her good energy and positive attitude to this fun new Creative Movement class. Using a wide variety of techniques, including balance and core exercises, yoga movements, Tai Chi, Pilates and mat work, light weights, and resistance training, Teresa will help you build and strengthen your daily practice for functionality, longevity, and connection. Plus she will share some healthy snack suggestions too. **Class is free, but registration is required.**

- Tuesdays & Wednesdays, 1:00-2:00 PM

### Walks with Nina

Join Nina on her ventures to local parks for a summertime 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. Meet at the center at 8:45 AM. Please register for the walks by calling 206.973.4680.

When: Every second & fourth Tuesday, 8:45 AM–11:30 AM  
Fee: \$7 per walking trip

- September 3 ~ Cancelled
- September 17 ~ Saltwater State Park
- October 8 ~ Seward Park
- October 22 ~ Seahurst Park

*Walks are subject to cancellation due to weather and air quality conditions.*

### 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

**The Banquet Room will open to lunch patrons starting at 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.

### New Bunco Group

We are starting a new Bunco group on the third Friday of the month. We have Bunco on Friday, September 20, and October 18, 12:30 to 3:30 PM. Try your luck at this lively, fast paced game of chance. Newcomers are always welcome!

### 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, September 13 & October 11, 10:00 AM

### 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 17, 10:30 AM ~ *"The Covenant of Water"* by Abraham Verghese
- Tuesday, October 15, 10:30 AM ~ *"Shelter in Place"* by Nora Roberts

### 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.

### Drop-in Tech Time with Caleb

Is your "smart" phone making you feel not so smart? Is your computer uncooperative? Do you feel overwhelmed by all the new tech out there? Help has arrived! Caleb Girmai, a recent UW grad in Information Technology, is offering one-on-one tech help for seniors. He can help with all kinds of devices and issues. No need to make an appointment, just drop in. Caleb is also hoping to teach tech classes for us in the future. If you have a question or topic that would make a good class, let us know.

- 2nd Monday of the month, 12:30–2:00 PM (Starting September 9)

### 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, Oct. 8 & Thurs., Oct. 10, 9:00 AM–1:30 PM

### Fall Prevention & Safety Class

Puget Sound Regional Fire Authority will present a class on fall prevention for seniors. Learn how to prevent falls in your home and tips to safeguard yourself when you are out and about. There will be other safety measures touched on to help you improve your safety awareness. Please register by calling 206.973.4680 or stop by the front desk.

- Wednesday, October 23, 12:30 PM

### Craft Workshop: Cardboard Relief Art with Noelle Cook

Cardboard Relief Art is a fun, imaginative art form that anyone can do. Using simple cardboard and your imagination you can create a masterpiece! Join us at our usual craft time for a special 2-part workshop where Noelle will show examples of her own art and guide you through the process of creating your own project. Cost for the workshop is just \$7 (craft group punch cards will be accepted). Please register in advance to ensure we have enough space and materials for everyone. Sign up in the Senior Lobby or by calling Amy at 206.973.4683.

- Sept. 17 & Oct. 1, 12:30 – 1:30 PM

### 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 \$7 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 3 ~ Scented Lavender Candles
- September 17 ~ Cardboard Relief Workshop
- October 1 ~ Cardboard Relief Workshop
- October 15 ~ Halloween Window Clings

### 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.) Bunco, 12:30 PM (3rd 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.

## Fall Trip Registration

### September 24 & 25

With the arrival of a new season comes a new schedule packed with fun senior trips! Find the details on all our trips in the Recreation & Services Guide, available the second week of September.

General registration for fall quarter trips will begin at 8:30 AM on Wednesday, September 25. SeaTac residents and Senior Program volunteers may register one day early, starting at 8:30 AM on Tuesday, September 24. You are welcome to register in person or by phone (we do not have online registration available for trips). Registrations are completed in the order that you contact us, whether that is in person or by phone call.

**If you are registering by phone, please call the SeaTac Community Center front desk at 206.973.4680. Do not call the senior program desk or any staff member directly, all registrations will be done through the front desk.** Due to the volume of phone calls, we are usually not able to respond right away to voice messages, so if we don't answer it's best to just keep trying! It helps things run smoothly if you are ready with your chosen trips and payment method. Trip registration is a very busy time and we do our best to ensure that the process is fair to everyone. We appreciate your patience and understanding.

## 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.

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, September 19 & Thursday, October 17

## Free Legal Assistance

Mary Henderson and Matthew Cunanan, attorneys at law, will be here once a month to answer legal questions for seniors. These include issues regarding wills, Power of Attorney, Elder Law, landlord-tenant issues and the Vulnerable Adult Protective Act. Thirty-minute appointments are available on the first Thursday of each month. Call 206.973.4690 to make an appointment.

**Time:** 11:00 AM–3:00 PM

**Dates:** Thursday, September 5 and Thursday, October 3

## Foot Care Services

Foot Care services with Tina Williams, RN and Pam Ferguson, RN by appointment only. Cost is \$40. Call 206.973.4690 to make an appointment.

## 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, September 24 and Tuesday, October 22

## 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

