



# SeaTac Senior Flyer



Volume 23, Issue 2

March/April 2019

Senior Program  
SeaTac Community Center  
13735 24th Avenue South, SeaTac, WA 98168

Senior Program Hours  
Monday-Friday, 8:30 a.m.-4 p.m.  
Information: 206.973.4690

## March & April



### Volunteer Openings

Calling all volunteers! It really is a great way to get involved in the program and meet lots of new people. We currently have the following openings:

- SeaTac Café ~ Help with table set up, lunch service and clean up. Help is needed Tuesdays, Thursdays and Fridays, 9:00 AM-12:30 PM
- Meals on Wheels ~ Help with calling and putting orders into computer. Mondays from 9:30-11:30 AM. Help delivering meals on Thursday mornings from 8:30-10:00 AM.
- A Senior Citizen Advisory Committee member is needed. See Linda Croasdill for information.

### Birthday Celebrations

Join in the fun with the Hanky Panky Band as we celebrate those having birthdays in March and April. All individuals with a birthday are eligible for a door prize drawing. We are happy to announce that SHAG Housing is continuing to provide the delicious birthday cakes!

- Wednesday, March 20 and Wednesday, April 17. The fun starts at 10:30 AM.



### St. Patrick's Luncheon • Wednesday, March 13, 10:30 a.m.

It will be the wearin' of the green for sure as we celebrate with a traditional corned beef luncheon with cabbage, potatoes, carrots and biscuits. The Hanky Panky Band will be here to lead the festivities. Reservations are REQUIRED and are now open. The cost is \$4.00. If your ticket is at will call, we will hold it until 10:30 a.m. on March 13th. As this is one of our biggest functions of the year, we are not able to offer any substitute meals.



### Spring Luncheon • Wednesday, April 24, 10:30 a.m.

What better way to welcome spring than with your favorite bonnet, and pastel accessories. We will be serving amandine fish, rice pilaf, broccoli, roll, orange, and lemon bars. The Hanky Panky Band will be here to lead us in song and dance. Reservations are not required. The suggested donation for those 60 or over is \$4.00.

### Trip Registration

Mark your calendars for trip registration beginning Tuesday, April 2 for SeaTac residents. General registration opens on Wednesday, April 3. Information will be in the SeaTac Quarterly magazine. This registration will cover trips from May through July. As always, we welcome ideas for trip outings.

### New ADA Doors for the Senior entrance to be installed in March 2019

We will be installing new doors at the senior entrance in March 2019. For your safety you may be rerouted to the north side of the building at the community center entrance. We expect this job to be completed in approximately three business days. We will offer lunch and our regular daily programs. Thank you for our cooperation.



Information • 206.973.4690 • [www.ci.seatac.wa.us](http://www.ci.seatac.wa.us)



# Services for Seniors

## 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 \$4.00.**



Lunch is served at 11:45 a.m. 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 5 or more for lunch. Please see staff when making plans for a group visit.

**First time to lunch?** Check with our volunteers who will greet you and get you situated. All individuals having lunch need to fill out a participant information form which includes birth date. Your cooperation is appreciated!

**Alternate Meals** - Occasionally we get a request for an alternate entrée selection. If you need a different entrée, please let the kitchen staff know no later than 11:15 a.m. Though we cannot guarantee an alternate selection, we will do our best to accommodate needs based on allergies, preferences and cultural dictates.

## Transportation

Transportation options to the SeaTac Café. For individuals living in the following areas:

- **SeaTac:** Reservations required by 9:00 a.m. of the morning you need a ride. Operates within the City limits. For information or ride call 206.973.4690. (Senior Van)
- **SeaTac & Tukwila:** For transportation in and about SeaTac and Tukwila, call the Hyde Shuttle at 206.727.6262.
- **Greater Burien Area:** Call the Hyde Shuttle at 206.727.6262.

For transportation needs other than lunch:

### Metro Access Information:

For information about the county's door to door transportation system, call 206.205.5000. TTY phone number is 206.749.4286.

## Remembrances

Please keep in your thoughts our friends who have recently passed:

Will Dyrness

## Meals on Wheels

Home delivered meals are available on a temporary or long term basis. The suggested donation is \$5.00 per meal. For more information or an application, call 206.973.4690.

## Statewide Health Insurance Benefits Advisor

A trained SHIBA volunteer will be here the third Thursday of each month to answer questions and provide assistance about Medicare, Medigap, Social Security, insurance and related billing problems. An appointment is needed and can be made by calling 206.973.4690.

## Senior Information and Assistance

This county wide referral program provides information and resources on senior related issues. Have a question? Call 206.448.3110.

## Foot Care

Tina Williams, a registered nurse, provides this valuable service. Appointments are required and can be made by calling 206.973.4690. The fee is \$30. Don't forget to bring a towel.

## Massages

Lita Artis will be here the third Tuesday of each month. Appointments are required and can be made by calling the senior desk at 206.973.4690. The rates are \$30 for 30 minutes, \$45 for 45 minutes and \$60 for 60 minutes.

## Free Legal Advice

Attorney Mary Henderson is here the first Thursday of each month to answer legal questions for seniors. This can include issues regarding wills, Power of Attorney, landlord tenant issues and the Vulnerable Adult Protective Act. Appointments are required and are for 30 minutes. For an appointment, please call the senior desk at 206.973.4690.



# Programs & Activities

## Drop in Activities

The Senior Program has several fun opportunities to play cards and games. Both our card room and lobby provide great venues. Whether you like pinochle, bridge, cribbage, board games, Scrabble or Mah Jongg, join the fun. Our groups are friendly and newcomers and beginners are always welcome. For more information, call the Senior Program at 206.973.4690.

## Bunko

2nd Wednesday each month, 5 PM

## Canasta

Tuesdays, 12:30-3 PM

## Cribbage

Fridays, 9 AM

## Mah Jongg

Tuesdays, 9-11:30 AM

Thursdays, 9-11:30 AM

Drop in for a fun game of Mah Jongg!

## Movie Matinee

Wednesdays, 12:30 PM

Join us for some classics and new releases.

## Pinochle

Wednesdays, 12:30 PM

## Wii Games

Wii Bowling, Fridays, 9 AM-3 PM

## Wood Carving

Wednesdays, 10 AM-Noon

## Handy Reference Numbers

SeaTac Senior Program..... 206.973.4690

SeaTac Community Center ..... 206.973.4680

SeaTac City Hall..... 206.973.4800

Hyde Shuttle..... 206.727.6262

Meals on Wheels..... 206.448.5767

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

Senior Information & Assistance ..... 206.448.3110

Community Living Connections..... 206.962.8467

## Alzheimer's Association Caregivers

### Support Group

Meetings for unpaid care partners, family members and friends are held the 3rd Thursday of each month from 1-2:30 PM. For more information contact Gerry Crouch at 206.632.3985.

- Thurs., March 21 & Thurs., April 18, 1-2:30 PM

### Driver's Safety

Brush up on your driver safety skills in this one day classroom workshop. Fee payable to instructor on day of class. Cost is \$15 for AARP members and \$20 for non-members.

- Thursday, March 7, 9 AM-5:30 PM

## Weather Proof Walking & Senior

### Exercise Group

Come join the fun! The gym is open Monday, Wednesday and Friday mornings from 8:45-9:45 AM. The group walks, does chair and stretching exercises and we have free weights available for your use. It is a fun and social group. Drop in and give it a try. You might meet a new friend and the coffee's only a quarter.

### Games!

Check out these great games for drop in play:

Mexican Train Dominoes, Scrabble, Rummikub, Cribbage, Canasta, Dizios, and playing cards.



# Senior Classes



The following two classes are brought to you by Comfort Keepers

## How To Stay Connected Through Better Hearing • Wednesday, March 20, 12:30 PM

Join us for an overview of how hearing works, treatments for hearing problems and a discussion of the latest technology. Eileen will be available before and after the program to provide complimentary hearing screening and hearing aid cleaning as time allows, and by pre-scheduled appointments only. Please call 206.973.4690 or stop by the senior desk prior to the workshop for your appointment. Presented by: Audiologist from Highline Hearing Professionals

## Ingredients For Longevity • Wednesday, April 17, 12:30 PM

Learn how to age gracefully and continue to live a healthy and active lifestyle. Hear about the changes in calorie, protein and nutrient needs that we experience as our bodies age. We will talk about nutritional recommendations to help decrease risks of developing chronic diseases including diabetes and heart disease. Learn tips on how to cook simple and delicious meals that are healthy, balanced and budget-conscious. Presented by: Christy Goff, RD

## Reflexology For Your Feet and Hands • Wednesday, March 27, 12:30 PM

Do you have pain in your feet or hands? Join us for a workshop with Lita Artis, MA, LMP and learn how to get relief from your aches and pains as well relaxing exercises for calming your soul. Please sign up by calling 206.973.4680 or at the senior desk. There will be door prizes to all registered participants. Presented by: Lita Artis, SeaTac Senior Program's Senior Massage Therapist

## "All Aboard" Learn How To Ride a Metro Bus

**Classroom Instruction** • Wednesday, April 24, 12:30 PM

**Field Trip to Ride a Bus** • Monday, May 6, 9:30 AM

A classroom style training which is designed to be an introduction to using the King County Metro bus system. The classroom presentation is followed by a field trip to reinforce what was discussed in the classroom. We will have our classroom instruction here at the senior program. We will meet here and take the senior van to the Burien Park & Ride for our field trip. Please note that this is a two-day workshop. Please register for the class and the field trip by calling 206.973.4680 or at the senior desk.

### Inclement Weather

Though we hope we are out of the time frame for inclement weather, this is a reminder that we follow the Highline School District weather related closures. If the schools are closed, programs such as lunch and classes are cancelled as well. Closure updates are usually posted on the Senior Program's phone at 206.973.4690.

