



SeaTac Senior Flyer



Volume 23, Issue 4

July/August 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



Independence Day Lunch • Wednesday, July 3 • 10:30 AM

Helping celebrate the United States of America's 243rd Independence Day with a luncheon to honor the day. Reservations are not required. The menu features cheeseburger, steak fries, baked beans, watermelon, and a special ice cream treat. The suggested donation is \$4 for those 60 and over. We will be closed on Thursday, July 4th in observance of the holiday. Have a fun and safe 4th of July!

Beach Party • Wednesday, August 28 • 10:30 AM

Pull out your brightest Hawaiian shirts, Bermuda shorts, sundress and flip flops for the SeaTac Beach Party. Put on your favorite beach hat just before jumping on the dance floor to the music of the Hanky Panky Band. We will be serving hamburger, fries, baked beans, watermelon, and dessert. The suggested donation is \$4 for those 60 and over. Swim at your own risk. We will not have lifeguards on patrol in the banquet room.



I Scream, You Scream, We All Scream for Ice Cream!

Whether the weather is hot or not, it is time for ice cream. Join us for lunch on Fridays in July and on Tuesdays in August and we will serve up some delicious ice cream treats!

Birthday Celebrations

If you are celebrating a birthday in May or June, we hope you can join us. The Hanky Panky Band will be here to lead the fun. A big shout out to SHAG Housing for providing the delicious birthday cakes. The suggested donation is \$4 for those 60 and over.



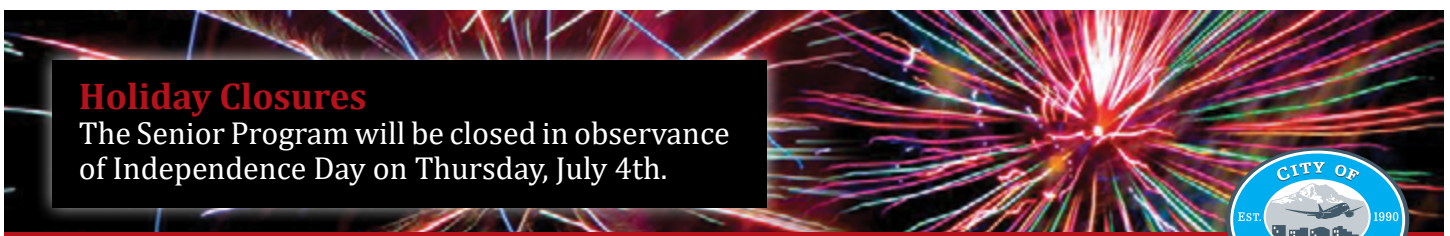
- Wednesday, July 17 and Wednesday, August 21. The fun starts at 10:30 AM.

Trip Registration

Mark your calendars for trip registration beginning Tuesday, July 2 for SeaTac residents. General registration opens on Wednesday, July 3. Trips are located in the back of SeaTac Quarterly magazine. This registration will cover trips from July thru October. As always, we welcome ideas for trip outings.

Holiday Bazaar

Please save Saturday, November 2, 2019 to visit the holiday bazaar. Open 9 AM-3 PM. Early bird registration will open Monday, July 1, 2019. See back cover for more details.



Holiday Closures

The Senior Program will be closed in observance of Independence Day on Thursday, July 4th.

Information • 206.973.4690 • 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:

Former SeaTac City Councilmember
Terry Anderson

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

Crafts

Tuesdays, 9 AM

Cribbage

Fridays, 9 AM

Indoor Flying

Mondays, 2-5 PM
Fridays, Noon-3 PM

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

Games!
Check out these great games for drop in play:
Mexican Train Dominoes, Scrabble, Rummikub, Cribbage, Canasta, Dizios, and playing cards.

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., July 18 & Thurs., August 15, 1-2:30 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.

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



Drop in for some Mexican Train Dominos

Veterans Memorial

COMMUNITY MEETING

Wednesday, July 17, 2019 • 6-7:30 PM

SeaTac Community Center

This veterans memorial will pay tribute to men and women military veterans of the past and present for their service. The memorial will incorporate engraved bricks as a lasting way to remember our loved ones who have passed away, been killed in the line of duty, or who currently serve our country.



John Barker, Landscape Architect from Forrest Gardens, LLC will provide conceptual design concepts to share with the community. The project will be completed by Veterans Day on November 11, 2019 for a ribbon cutting ceremony. In addition, we will share information about the memorial bricks that will be available for community members to purchase to honor their loved ones and will have examples of the memorial bricks for you to view.

Meeting Objectives

- Give the community an opportunity to review the designs.
- Receive community input.
- Allow the community to learn more about the project.
- Review estimated timeline.
- Fundraising efforts

For more information, please contact Lawrence Ellis, Parks, Community Programs & Services Director, at 206.973.4681.

SeaTac Holiday Bazaar,

Saturday, November 2, 2019 • 9:00 AM- 3:00 PM

SeaTac Community Center

The Holiday Bazaar will be here before you know it. We are anticipating up to 80 vendors by the time November is here. We will have the Candy Cane Café operating during the bazaar serving a variety of food items and beverages. The senior program will offer the gift basket raffles, 50/50 raffle, and much more.

Vendor Information

Early bird registration is available Monday, July 1 through July 31. The cost for space only is \$35 and space with a table is \$40. On August 1 the price will increase by \$5. The cost for space only is \$40 and space with a table is \$45. Returning vendors have an opportunity to claim their space from last year until 4:00 PM on Monday, July 8. For more information, and to get a vendor application, please call SeaTac Senior Program at 206.973.4690.

