



SeaTac Senior Flyer



Volume 23, Issue 6

November/December 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

NOVEMBER



DECEMBER



Holiday Bazaar • Saturday, November 2, 9 AM-3 PM

Invite all your friends to come to the annual holiday bazaar! We will feature 75+ vendors. Please see the back page for additional information.

Thanksgiving Luncheon • Friday, November 22, 10:30 AM

The Thanksgiving Luncheon is one of the biggest senior events of the year. Reservations are required and we must have every registered guest name and date of birth before releasing the tickets. Tickets for the Thanksgiving lunch will be available starting Wednesday, November 6 at the Senior Office. The menu will be roast turkey, mashed potatoes with gravy, yam's, green beans, roll and pumpkin pie. (Sorry, no alternate meals.) The suggested donation is \$4 for those 60 and over. The Hanky Panky Band will begin at 10:30 AM. We will have gift baskets available in the lobby, cost of the tickets are \$1.

Holiday Luncheon • Wednesday, December 18, 10:30 AM

Let's ring in the holidays! Reservations are required and we must have every registered guest name and date of birth before releasing the tickets. Tickets will be available on Wednesday, December 4 at the Senior Office. The menu will be holiday ham, mashed potatoes with gravy, green beans, rolls and desserts. The Holiday Luncheon will be generously sponsored by the Puget Sound Regional Fire Authority. The Hanky Panky Band will begin at 10:30 AM. We will have gift baskets available in the lobby, cost of the tickets are \$1.

Birthday Celebrations

If you are celebrating a birthday in September or October, 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, November 13 and Wednesday, December 11. The fun starts at 10:30 AM.

Refinishing Floors in Gym and Banquet Room

Starting Tuesday, December 24 the Banquet Room and Gym at Community Center will be closed for re-finishing the wood floors. The project will be completed by Monday, January 6, 2020. We will not offer lunch or gym activities during this time. We will still be open for all drop-in activities in the senior wing. Please check the holiday closure schedule below.

Holiday Closures

- Monday, November 11 ~ Veteran's Day
- Thursday, November 28 & Friday, November 29 ~ Thanksgiving Holiday
- Tuesday, December 24 ~ Early closure for Christmas Eve
- Wednesday, December 25 ~ Christmas Day
- Wednesday, January 1, 2020 ~ New Year's Day





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:

Larry Pikovsky

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.

- Thursday, Nov. 21 & Thursday, Dec. 19, 1-3 PM

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. Our groups are friendly and newcomers and beginners are always welcome. Whether you like pinochle, bridge, cribbage, board games, Scrabble, Rummikub, Dizios, Mah Jongg, and playing cards, join the fun. For more information, call the Senior Program at 206.973.4690.

Bunko

November 20, 4 PM

December 4, 4 PM

Canasta

Tuesdays & Thursdays, 12:30-3 PM

Crafts

First & third Tuesdays, 12:30 PM

(We will be taking a break from crafting during November and December. Please join us again in January.)

Cribbage

Fridays, 9 AM

Indoor Flying

Mondays, 2-5 PM

Fridays, Noon-3 PM

Mah Jongg

Tuesdays & Thursdays, 9-11:30 AM

Drop in for a fun game of Mah Jongg!

Mexican Train Dominoes

Fridays, 12:30-3 PM

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

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., Nov. 21 & Thurs., Dec. 19, 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, November 7, 9 AM-5:30 PM
- Thursday, January 9, 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.

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

Holiday Bazaar

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

SeaTac Community Center

Invite all your friends to come to the annual holiday bazaar! We will feature 75+ vendors. The Candy Cane Café will offer a wide variety of food items from Ivar's Clam Chowder, chili, hot dogs, grilled cheese and much more. The gift baskets and 50/50 raffle will be drawn at 2:30 PM. It is \$1 per ticket and you do not have to be present to win. For more information, call 206.973.4690.



Please Join Us!

Veterans Memorial Dedication Ceremony

Veterans Day, November 11, 2019 ★ 11:00 AM

SeaTac Community Center, 13735 24th Ave. S.

The SeaTac Veterans Memorial pays tribute to men and women military veterans of the past and present for their service. The memorial incorporates engraved paver tiles as a lasting way to remember our loved ones who have served. While located in SeaTac, the Veterans Memorial is a welcome place to honor veterans from every community.

Please join us for this celebration to honor our veterans!

