



# SeaTac Senior Flyer



Volume 24, Issue 2

March/April 2020

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

## Link Rail Training

**Classroom Instruction • Monday, March 9, 10:00-11:00 AM**

**Field Trip to Ride a Link Rail • Friday, March 13, 10:00 AM-2:30 PM**

A classroom style training which is designed to be an introduction to using the Link Rail 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 Tukwila 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.



## St. Patrick's Luncheon • Wednesday, March 11, 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 \$4.50. If your ticket is at will call, we will hold it until 10:30 a.m. on March 11th. **As this is one of our biggest functions of the year, we are not able to offer any substitute meals.**

## 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 18 and Wednesday, April 15. The fun starts at 10:30 AM.

## Spring Luncheon • Wednesday, April 22, 10:30 a.m.

What better way to welcome spring than with your favorite bonnet and pastel accessories. We will be serving BBQ Chicken, pasta salad, baked beans, and ice cream with topping. 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 \$4.50.

## Trip Registration

Mark your calendars for trip registration beginning Tuesday, March 3 for SeaTac residents. General registration opens on Wednesday, March 4. Information will be in the SeaTac Quarterly magazine. This registration will cover trips from April through June. As always, we welcome ideas for trip outings.



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 \$4.50.**



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:

Shirley Bakeng • Meela Pastor • Joe Longley  
Janet Smith • Emil Winterhalder • Dennis Dyer

## 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, Mar. 19 & Thursday, Apr. 16, 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

Second Wednesdays, 4 PM

## Canasta

Tuesdays & Thursdays, 12:30-3 PM

## Crafts

First & third Tuesdays, 12:30 PM

## 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., March 19 & Thurs., April 16, 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 5, 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.

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## 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
<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

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# Senior Classes - Spring into Learning!

## Better Hearing Class

**Wednesday, March 11, 12:30 PM**

Join us for an overview of how hearing works, how it affects balance, fall risks and our overall health. We will talk about hearing technology and hearing aids. Join us for a discussion on how to improve your hearing.

Presented by: Audiologist from Highline Hearing Professionals

## Hospitalization Happens: Know your Options and Resources

**Wednesday, March 18, 12:30 PM**

Whether it's a planned hospital stay or an emergency, the actual discharge process can be a whirlwind of tough decisions. You may need housing, rehabilitation or home care. Because of changes in Medicare funding rules, much of the care will not be at the hospital but provided after you are discharged. Educating yourself on your options will ease your stress level during your road to recovery. Learn how to be the best advocate for yourself or a loved one. Planning and Advance Directives will as be discussed.

Sponsored by: Comfort Keepers

## The Not So Sweet Truth about Sugar

**Wednesday, March 25, 12:30PM**

Learn the truth about sugar and what it does to our bodies and minds.

Joy Gonzales will lead the class and be open for questions regarding the class.

Presented by: Joy Gonzales, RD from Providence ElderPlace

## Learn about Providence ElderPlace PACE Program

**Wednesday, April 8, 12:30 PM**

Providence ElderPlace is a program that helps keep adults in the community by managing all their medical care and providing transportation, helping seniors stay in their homes for as long as possible. Serving people on Medicare and Medicaid.

Presented by: Providence ElderPlace

## Brain Boost: Energize & Protect your Brain with Food

**Wednesday, April 15, 12:30 PM**

You will learn how to energize and protect your brain with food choices and to optimize your lifestyle to retain your memory for the future. Sponsored by Comfort Keepers.

Presented by: Christy Goff, RD

## AARP Home Fit Guide

**Wednesday, April 29, 12:30 PM**

This workshop was created to help people stay in the homes they love, by empowering and equipping the tools and information from accessibility and livability viewpoint to safely remain in those homes as the age.

Presented by: AARP

