



# SeaTac Senior Flyer

Volume 24, Issue 3

May 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

## May

### Hot Lunches To Go

Your SeaTac Café team is now offering alternate meals for pickup three days a week. Starting Tuesday, May 5, our “drive-thru” will be open Tuesday, Wednesday, and Thursday each week from 11:45 AM to 12:30 PM, handed out on a first come, first served basis. Please enter the parking lot from the entrance on 24th Avenue S. and pick up your meal in front of the Senior Program doors. We will be waiting with your packaged meal for you to take home and eat. Meals are for 60 and over only and the suggested donation is \$4.50. We have 10-meal punch cards available for a suggested donation of \$45.00, which we encourage you to purchase in order to minimize cash handling at this time. (Please have checks ready, made out to CCS.)

### Virtual Senior Trips on Facebook

We may not be able to get out and about, but that doesn’t mean our senior trips can’t go on! Amy has been busy scouring the internet for the world’s most engaging virtual tours. Every Monday afternoon on Facebook she shares a new “Virtual Senior Trip” somewhere in the world. You’ll find interactive online tours, beautiful photos and video, and engaging questions and conversation prompts. Come “travel” with us and meet your friends in the comment section. It might be just the thing to cure that cabin fever! Find all of the virtual trips (and other useful information) at [facebook.com/seatacseniorcenter](https://facebook.com/seatacseniorcenter).

### Free AARP Washington’s Fraud Watch Network Virtual Workshop Friday, May 15, 2020, 10:00 AM

Join us for a virtual discussion on how to spot and avoid identity theft and fraud, so you can protect yourself and your family. Hear about the latest COVID-19 and Coronavirus Stimulus Check scams as fraudsters adapt their messages and tactics to new medical and economic concerns arising now. (Free for AARP members and non-members.) SeaTac Senior Program members can conveniently participate from the comfort of their home by going online using their computer, laptop, tablet or even a smartphone. To register for this class call Linda at 206.973.4686 or Amy at 206.973.4683. We can provide the link and event code to attend this workshop.



### Food Assistance

If you need food assistance, please call us. We can help!

### Remembrances

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

Charlie Clemans • Norman Smith • Dr. Alan Gunsul



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



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## Exciting Changes at the SeaTac Senior Program

Things have been quiet in our building lately, but time has not been standing still. There are some exciting changes happening to look forward to when we open up again. First, our center is getting a facelift! We've had a fresh coat of paint to spruce things up and you won't believe how much lighter and brighter our space looks. Soon we'll be installing new automatic sliding doors in the north entrance. We can't wait to show off our "new and improved" center!

We're also getting a new computer check-in system called MySeniorCenter. It's fun and easy to use and will make lunch and activity check-ins much faster and easier. We've had wonderful feedback from other centers and seniors using this system. We hope to have it ready to roll when we reopen our doors.



## 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

## Stay Safe!

We hope you all know how much we miss you and look forward to being able to serve you in person again. In the meantime, we are still here if you need us and hope you won't hesitate to contact us. Please continue to follow the state guidelines to stay home, wear a mask if you need to go out for essential activities, and wash your hands often. Until we meet again, be safe and stay well!

## May Meal Menu for To Go Lunches

May meal menu is on page three.






# SeaTac Alternate Lunch Menu ~ May 2020

**Curbside pickup only • 11:45-12:15 PM • 206.973.4690**



Monday	Tuesday	Wednesday	Thursday	Friday
Suggested donation of \$4.50 Punch cards are available for a suggested donation of \$45 for ten meals.	Meals will be given out on a first come, first served basis. Currently no reserved orders will available.	After picking up your meal, please exit the parking lot.	Please practice social distancing and wash your hands! We miss you!	1
4	5 Beef & Pepper Steak Brussel Sprouts Pound Cake W Strawberries Whip Cream	6 Sack Lunch to Go	7 Chefs Salad W/ Turkey Cheese & Egg Beans & Peas Breadstick Peaches	8
11	12 Salisbury Steak w/ Gravy Mashed Potatoes Sautéed Spinach Fig Newton	13 Sack Lunch to Go	14 Oven Fried Chicken Roasted Potatoes Broccoli Wheat Roll Orange	15
18	19 Vegetable Lasagna Green Beans Sautéed Cinnamon Apples	20 Sack Lunch to Go	21 Macaroni & Cheese Brussel Sprouts Wheat Roll Strawberries	22
25 <b>MEMORIAL DAY</b> 	26 Honey Dijon Chicken Potatoes Beets Peaches	27 Sack Lunch to Go	28 Lemon Pepper Baked Cod Potatoes Au Gratin Pineapple Upside Down Cake	29