



SeaTac Senior Flyer

Volume 24, Issue 4

June 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

June

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.

Upcoming Virtual Classes

Many of the classes we would normally hold in the center are now being made available online. You can conveniently participate from the comfort of your home by going online using a computer, laptop, tablet or even a smartphone. You can find links to all online classes on the SeaTac Senior Program website and Facebook page or we will be happy to email you a link to register. Call us at 206.973.4690 or email Amy at aoliverson@seatacwa.gov if you'd like help with registration.

Free AARP Washington's Fraud Watch Network Virtual Workshop Wednesday, June 24, 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.)



Nutrition to Reduce Fatigue Friday, June 5, 10:00 AM

Fatigue or exhaustion is a common clinical complaint among older adults. It can significantly interfere with a person's ability to function at home. This workshop will identify factors that affect fatigue. Learn some coping skills and what foods and vitamins can help. Presented by Christy Goff, Dietitian and sponsored by Comfort Keepers.





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Hot Lunches To Go

Your SeaTac Café team is now offering alternate meals for pickup three days a week. 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.)

Food Assistance

If you need food assistance, we have some nonperishable food items available at the senior program from a food pantry we have started. We also have other community based programs we are working with to help individuals get through this crisis. Please call us and we can give you more information, 206.973.4690. Please leave a message if we are not able to answer the call. We will get through this together!

Remembrances

Please keep in your thoughts our friend who has recently passed:

Holt Brewer



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!

June Meal Menu for To Go Lunches

June meal menu is on page three.





SeaTac Alternate Lunch Menu ~ June 2020

Curbside pickup only • 11:45-12:30 PM • 206.973.4690



Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Meatloaf Potatoes & Gravy Carrots Oranges	3 Sack Lunch to Go Select Sandwich Fruit Chips Cookie	4 Fish & Chips Coleslaw Yogurt w/ Strawberry Rhubarb Compote	5
8	9 Chicken Cacciatore Zucchini & Tomato Medley Wheat Roll Pears	10 Sack Lunch to Go Select Sandwich Fruit Chips Cookie	11 Philly Cheese Sandwich Brussel Sprouts Grapes	12
15	16 Salmon Filet Wild Rice Caesar Salad Ice Cream Rhubarb Sauce	17 Sack Lunch to Go Select Sandwich Fruit Chips Cookie	18 BBQ Pork Loaded Baked Potato Lemon Garlic Broccoli & Parmesan Applesauce	19
22	23 Hungarian Goulash Broccoli Pound Cake Strawberries Whip Cream	24 Sack Lunch to Go Select Sandwich Fruit Chips Cookie	25 Beef Stir Fry Fried Rice W/ Egg Peas & Carrots Fortune Cookie	26
29	30 BBQ Chicken Pasta Salad Green Beans BBQ Pinto Beans Ice Cream Pineapple Sauce		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 be available.