

SeaTac Senior Flyer

Volume 29, Issue 3

July/August 2025

SeaTac Senior Program
SeaTac Community Center
13735 24th Ave. South, SeaTac

Senior Program Hours
Monday-Friday, 8:30 a.m.-4 p.m.
Information: 206-973-4690

Senior BBQ at Angle Lake Park ~ Friday, July 11, 10:30 a.m.—12:30 p.m.

This annual event is filled with good music from CC Engel, fun dancing, delicious food and friends. We will have hot dogs, hamburgers, chips, bottled water, and dessert to celebrate a nice summer day in the park. The music begins at 10:30 a.m. and the BBQ will start at 11:15 a.m. We will also have lawn games like corn hole and more available to play at the park. Shuttle service in the senior van is available from the Community Center Senior Program parking lot. The shuttle will leave at 9:30 a.m. **Reservations are required by July 8th. Please call for reservations for both lunch and shuttle service, 206.973.4680.**

Special Event Lunches

Each month we have a special lunch to celebrate seasonal holidays and birthdays. These lunches operate on the usual lunch schedule and the suggested donation remains \$5. Unless otherwise noted, reservations are not necessary.

Independence Day Luncheon ~ Wednesday, July 3

Join us as we celebrate the red, white, and blue! The Hanky Panky Band will entertain.

Hawaiian Luau ~ Wednesday, August 13

Dust off your grass skirts, Hawaiian shirts, Muumuus, and your flowered leis for our Hawaiian Luau with the Hanky Panky Band.

Birthday Luncheons ~ Wednesdays, Mar. 19 & Apr. 16

Please let the luncheon host know it's your birthday month and you may win a surprise!

Gema Choir is coming to the Senior Program ~ Thursday, July 3, 11:15 -11:45 a.m.

Enjoy a fun pre-lunch musical celebration in the banquet room. Coro Gema is directed by Gloria Alanis and many of our SeaMar Program participants sing in the choir! Come in and enjoy the music.

Movie Matinee ~ Wednesdays, 12:30 p.m.

Beat the heat and enjoy a movie with friends. Each Wednesday after lunch we'll show a fun movie and have popcorn. We show a variety of genres, from classics to recent releases and dramas to comedies. Call 206-973-4690 to find out the day's movie selection, or just be surprised! *There will be no movie on July 30.*

Aging Today: Navigating Healthcare & Housing ~ Wednesday, July 30, 12:30 p.m.

Presented by Shane Fowler, General Manager of Merrill Gardens of Tukwila

Aging Today: Navigating Senior Healthcare and Housing is a comprehensive guide designed to assist older adults and their families in understanding the complex landscape of senior care and housing options. This resource delves into various aspects, including Healthcare Navigation, Housing Choices, Financial Planning, and Legal Considerations. By providing clear, practical information, this guide empowers seniors and their caregivers to make informed decisions, ensuring a higher quality of life and peace of mind as they navigate the challenges of aging. We welcome you to invite your children, other family members, and/or caregivers to attend. It is always good to make informed decisions rather than in a crisis. Please register for this class by calling 206.973.4680.

Holiday Closures

Independence Day ~ Friday, July 4



Newcomer's Social Hour ~ 10–11 a.m. Friday, August 1

Are you curious about the Senior Program but don't know where to start? We understand that starting something new can be a little nerve wracking. That's why we've started our Newcomer's Social Hour. It's a great opportunity to learn about our programs, meet new seniors and staff, ask questions, and have a good time. We always have a fun game to play and some delicious goodies to share. We'd love for you to join us! Please join us in the senior lobby.

Due to the July 4 holiday, there will be no Newcomer's Social in July.

Summer Dance Party with Suzanne Simmons ~ Friday, July 25, 1:30–3:30 p.m.

Suzanne will lead a dance party in the banquet room at the SeaTac Community Center. There will be music, dancing, snacks and a lot of laughs and fun. The party is open to Seniors 55 years and older. You must register for this event due to the limited room space. To register, please call 206-973-4680. Don't forget to bring your comfortable dancing shoes. Happy dancing!

Botanical Walk with Elby

Join SeaTac's new Urban Forester, Elby Jones, on a walk to discover the diverse plant life living right here in our own backyard. Elby will lead an easy walk in North SeaTac Park, teaching and answering questions about the plants and trees you encounter. The group will meet in the Senior Program lobby at 8:45 a.m. and walk with Elby for about an hour. There is no charge to attend, but please register so we know how many people to expect. Register by calling 206-973-4680.

- Tuesday, July 29, 8:45–10 a.m.

Creative Movement with Teresa Castillo

Experienced fitness instructor Teresa Castillo will bring her good energy and positive attitude to this fun new Creative Movement class. Using a wide variety of techniques, including balance and core exercises, yoga movements, Tai Chi, Pilates and mat work, light weights, and resistance training, Teresa will help you build and strengthen your daily practice for functionality, longevity, and connection. Plus she will share some healthy snack suggestions too. **Class is free, but registration is required.**

- 3–4 p.m. on Tuesdays

Zumba Gold

Join us for Zumba Gold! Get your heart pumping with this fun, low-impact dance workout with a Latin flair. Bilingual in English & Spanish, instructor Gabriela Velasquez teaches to all levels of fitness and brings a warm, inclusive, and upbeat vibe. There is no need to pre-register, just drop in Thursdays at 10 a.m. in the banquet room. (Please check in first at the kiosk in the senior lobby). This class is currently being offered free of charge.

- 10–11 a.m. on Thursdays

The banquet room will open to lunch patrons starting at 11 a.m.

Seniors Working Out

The SeaTac Community Center gym is open to seniors for walking and exercise from 8:30–9:30 a.m. on Mondays, Wednesdays and Fridays. This self-directed group walks and incorporates a variety of stretching and strengthening techniques. This program is free and new participants are welcome to join any time.

- 8:30 p.m. on Mondays, Wednesdays, and Fridays.

Handy Reference Numbers

SeaTac Senior Program	206-973-4690
SeaTac Community Center	206-973-4680
SeaTac City Hall.....	206-973-4800
Home Energy Assistance	253-517-2263
Hyde Shuttle	206-727-6262

Meals on Wheels 206-448-5767

Minor Home Repair..... 206-973-4815

Referral agencies that provide information and resources on senior related issues:

Senior Information & Assistance 206-448-3110

Community Living Connections..... 206-962-8467

Creative Crafts with Amy 1st & 3rd Tuesdays · 12:30 - 2:30 p.m.

This twice-monthly workshop is your ticket to hands-on creativity, laughter, and a whole lot of fun. Each session features a new project — from painting and paper crafts to mixed media and seasonal surprises. Whether you're a seasoned maker or just love trying something new, you'll leave each class with a finished piece and a smile. All materials provided — just bring your imagination! *Fee for each class is \$7. 5 class punch cards are available for \$25.*

There will be no craft class on July 15.

Plastic Bottle Butterflies · July 1

Create a little summertime whimsy with colorful eye catching butterfly ornaments. We'll upcycle empty soda bottles into adorable butterflies you can use to adorn windows, bags, or whatever you please.

Beaded Suncatcher · August 5

Catch those beautiful rays of summer sunshine with a sparkly beaded suncatcher. Choose from a rainbow of beads and learn simple stringing techniques to make your own dazzling design. Perfect for hanging in a sunny window or gifting to someone special.

Gel Plate Printing · September 2

Learn the fun and fascinating art of gel plate printing. Created by layering paint or ink on a firm gelatin plate and adding texture with a myriad of objects and techniques, each print is absolutely one of a kind. The only limit is your imagination! We'll use our prints to create a few handmade cards, and you'll have lots of extra prints to take with you for your own projects.

Creative Writing Group

This writing group will give you the opportunity to share what you have written with the other participants in the group, as well as time to work on your own writing, and create substance for your project. Please register for the class. New members are always welcome. For more information, please call 206-973-4690.

- 10 a.m. Fridays, July 11 & August 8

Arts & Crafts Show & Supply Swap August 19, 11:00 am - 2:00 pm

Show off your creative side and get inspired at a special art show and supply swap. Bring in a creation or two that you're especially proud of and we'll show them off! This can be something you've created in one of our classes or something you've made on your own, in any medium. Please bring your pieces with you to the show, we do not have room to store them.

At the same time, we'll be clearing out our supply stash and invite you to do the same! Bring in supplies you no longer need or want and swap with your fellow artists and crafters. At the end of the afternoon, we'll gather up everything that hasn't been claimed and donate it to a local used art supply store. All are welcome to contribute and/or pick up supplies!

This activity will take the place of our regular Tuesday craft class. There is no cost to participate.

Senior Book Club

We welcome suggestions for books, subject areas, and authors. For more information or book club suggestions, please contact Linda Croasdill at 206-973-4690.

- July 15 ~ "The Book of Lost Friends" by Lisa Wingate
- August 19 ~ "The Briar Club" by Kate Quinn

Bunco Group

We have a fun Bunco group that meets on the third Friday of the month, 12:30–3:30 p.m. Try your luck at this lively, fast paced game of chance. Newcomers are always welcome!

Drop-in Activities

Mondays	Party Bridge, 1–3 p.m.
Tuesdays	Crafts, 12:30 p.m. (1st & 3rd Tues.) Canasta, 12:30 p.m.
Wednesdays	Duplicate Bridge, 12 p.m. (1st & 3rd Wed.)
Thursdays	Pinochle, 12–3:30 p.m.
Fridays	Wii Games, 10–11:30 a.m. Party Bridge, 1 p.m. Newcomer Meeting, 10 a.m. (1st Fri.) Bunco, 12:30 p.m. (3rd Fri.)

Seniors Working Out (gym) M/W/F, 8:30–9:30 a.m.

For more information about these drop-in activities, please call 206-973-4690.

SENIOR MEALS

SeaTac Senior Café

Join us for a delicious meal served Tuesday-Friday in the banquet room at the SeaTac Community Center. Lunch is served at 11:45 a.m. and is available on a first come, first served basis. Advanced reservations are required for groups of five or more for lunch. Please see staff when making plans for a group visit.

You are welcome to dine in and take home your leftovers. **Please provide your own containers.**

There will be no take out containers available.

Meals on Wheels Program

The Meals on Wheels has recently transitioned from the Senior Program to the Human Services Department, with support from Sound Generations. Sound Generations is looking for volunteers to support this program, including drivers, meal packers and callers. Volunteer hours will be available on Mondays midday. For more information regarding volunteering or about the program, please call Sound Generations at 206-448-5767 or email

mealsonwheels@soundgenerations.org.

Sold Out Lunches

Occasionally we have lunches sell out. We hate to turn people away and make every possible effort to serve everyone. Unfortunately, we can't always predict the future and sometimes our popularity catches us by surprise! To help us accommodate everyone, we ask that you arrive for lunch by 11:15 a.m. We begin serving side salads, milk, or special items at 11:30 a.m., followed by the entrée at 11:45 a.m. Arriving by 11:15 a.m. will allow us time to prepare additional meals if we have more people than we are expecting. Thank you for helping us make sure everyone gets fed.

These services are provided by busy professionals in our community as a courtesy to our patrons. To be respectful of their time, we ask that you give as much notice as possible of cancellations or changes. We reserve the right to refuse future appointments to those who have missed appointments without notice.

Senior Health Benefits Advisor (SHIBA)

Our Statewide Health Insurance Benefits Advisor (SHIBA) volunteer is available to help with unbiased information about options for health insurance and related matters. Call 206-973-4680 to make an appointment. Appointments last about an hour. There are no drop-in appointments available.

Dates: Thursday, Mar. 20 & Thursday, Apr. 17

Free Legal Assistance

Mary Henderson and Matthew Cunanan, attorneys at law, will be here once a month to answer legal questions for seniors. These include issues regarding wills, Power of Attorney, Elder Law, landlord-tenant issues and the Vulnerable Adult Protective Act. Thirty-minute appointments are available on the first Thursday of each month. Call 206-973-4690 to make an appointment.

Time: 11 a.m.–3 p.m.

Dates: Thursday, Mar. 6 & Thursday, Apr. 3

Foot Care Services

Foot Care services with Pam Ferguson, RN by appointment only. Cost is \$40. Call 206-973-4690 to make an appointment.

Senior Massage

Lita Artis, LMP is here to offer relaxing and therapeutic chair massage for seniors on the fourth Tuesday of each month. A 30-minute appointment costs \$35. Please call 206-973-4680 to make an appointment.

Dates: Tuesday, Mar. 25 and Tuesday, Apr. 29

Tech Support for Seniors with Smartphones and Tablets

A King County Librarian will provide one-on-one technical support for seniors who need assistance with their smart phones and tablets. There are 15-minute appointments available on the second Friday of each month. Call 206-973-4680 for an appointment.

Time: 11 a.m.–12 p.m.

Dates: Friday, Mar. 14 and Friday, Apr. 11

Minor Home Repair Program

The City of SeaTac provides a Minor Home Repair Program for income eligible SeaTac homeowners. To access the program, to see if you meet the requirements, and for more information, residents should call Kim Cooper, Human Services Coordinator, at 206-973-4815.

Energy Assistance Programs

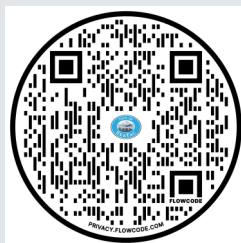
If you live in South King County, you rent or own, and if your income is at or below the current qualifying guidelines you may be eligible for this program. You must call the Multi-Service Center at 253-517-2263 for an appointment. (No walk-in will be accepted.) Call Linda, Senior Services Supervisor if you have any questions, 206-973-4686.

Senior Trip Registration

Summer Registration Open Now

Fall Registration Opens Sept 24

SeaTac Residents & Volunteers Sept 23



With the arrival of each new season comes a new schedule packed with fun senior trips! Find the full details on all our trips in the digital version of Recreation & Services Guide. You can find the digital version by scanning this QR code with your smartphone camera. If

you aren't able to access the digital guide, we have copies available at the Senior Desk.

Registration begins at 8:30 a.m. sharp on the designated day. Registrations are completed in the order that you contact us, whether that is in person or by phone call. There will be a 4 trip maximum per person on these two days. You may register for additional trips later if available.

In person registration: Register at the Community Center Front Desk. Doors open and registration begins at 8:30 sharp.

Phone Registration: Call the SeaTac Community Center front desk at 206-973-4680. Do not call the senior program desk or any staff member directly, all registrations will be done through the front desk. Please be ready with your chosen trips and credit card information. You may also save a card on file with us to expedite the process.

Voicemail: Due to the volume of registrations we process on these days, we are usually not able to respond right away to voice messages. If you call and we don't answer, it's usually best to wait a few minutes and try again.

Online registration: We do not offer online registration at this time.

Trip registration is a very busy time and we do our best to ensure that the process is fair to everyone. If you have any questions about our process or policies, please reach out. We appreciate your patience and understanding.

Upcoming Trips

Many of our summer trips are currently full, but it is always worth it to get on the waitlist! We often have cancellations and are sometimes able to add an additional van or trip day if there is enough interest.

Ballard Locks Picnic & Tour

- Monday, July 7, \$12

Washington State History Museum: "The Things They Brought Home"

- Friday, July 25, \$21 *Free to military veterans and 1 guest*

NW Trek Grandparents Trip

- Monday, July 8, \$31/senior, \$25/youth

Mary Poppins at Tacoma Musical Playhouse

- Sunday, August 1, \$42

Diablo Lake & Lunch Tour

- Friday, August 15, \$116

Washington Garlic Festival

- Friday, August 22, \$18

Evergreen State Fair

- Monday, August 25, \$16

Walking With Nina

Walking Trips depart from the Community Center at 8:45 a.m. and return around 11:30 a.m.

Fee per trip: \$7

- July 8: Honey Creek Trail
- July 22: Seahurst Beach
- August 12: Alki Beach
- August 26: Lincoln Park