

SeaTac Senior Flyer

Volume 30, Issue 2

March/April 2026

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

St. Patrick's Day Lunch ~ Wednesday, March 11, 10:30 a.m.-12:30 p.m.

Get ready for the wearin' o' the green and join us for a festive luncheon filled with delicious food, delightful company, and music from the Hanky Panky Band. We'll have a traditional meal of corned beef and cabbage, potatoes, carrots, a biscuit, and dessert. There will be no alternate meals and reservations are required. Get your ticket at the Community Center front desk or call 206-973-4680. Suggested donation is \$5 for 60+ (under 60 must pay \$7).

Ethiopian Lunch & Coffee Ceremony ~ Tuesday, April 14, 11 a.m. – 1:30 p.m.

Celebrate Spring with an authentic Ethiopian meal and experience the rich cultural tradition of an Ethiopian Coffee Ceremony. Serve Ethiopians Washington will serve up a hearty meal of traditional Ethiopian foods. After lunch, Mercy from SEW will roast and brew fresh coffee, which is then shared in a meaningful, unhurried way to build community and togetherness. Come learn about Ethiopian traditions and welcome spring in a spirit of warmth and connection. Free and open to all seniors. **RESERVATION REQUIRED by calling 206.973.4680.** *This event is made possible by funding from the King County Veterans, Seniors, and Human Services Levy Grant*

Birthday Parties ~ Wednesdays, March 18 & April 15, 10:30 a.m.—12:30 p.m.

Join us monthly for our Birthday Party Lunch filled with laughter, great food, and plenty of fun! We'll celebrate everyone's special day with music from the Hanky Panky Band. Please let the luncheon host know if it's your birthday month and you may win a surprise! Suggestion donation is \$5 for those 60 and over. Under 60 pay \$7.

Emergency Preparedness Class ~ Wednesday, April 15, 12:30—2:00 p.m.

Presented by Sheila Goodfellow and Dru Reith of Comfort Keepers

In today's world climate, it is extremely important to be prepared for an emergency. Gain peace of mind by learning what emergencies we are at risk for, the steps to prepare ourselves, and the supplies needed to survive a disaster should one happen. This class draws on resources from AARP, Red Cross and FEMA.

Senior Trip Registration

Spring quarter trip registration is coming up! See the Spring Recreation Guide for descriptions and details on our upcoming trips. The Recreation Guide will be available in mid-March on the city website. Scan the QR code here to go directly to the guide. We will also have a limited number of printed copies available at the Senior Desk. **Trip registration for residents starts March 24 and for non-residents on March 25.**



Maintenance Closure ~ March 30 to April 10, No Lunch or Gym Activities

Due to the widespread flooding in December, our floor maintenance was rescheduled to allow us to serve as an emergency shelter if the need arose. Unfortunately, this means we will have to cancel programs in the Banquet Room and Gym from March 30 to April 10. There will be no lunch, Seniors Working Out, or Tai Chi during this time.

We apologize for the inconvenience and look forward to resuming these activities the week of April 13.



Remembrances

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

Cyndy Lentsch
Gary Harrison



**AARP Safe Driving Course ~ Tue & Thu
March 10 & 12 9:30 a.m.—1:30 p.m.**

Cars have changed. So have traffic rules, driving conditions, and the roads you travel every day. Some drivers have never looked back since they got their first driver’s license, but even the most experienced drivers can benefit from refreshing their driving skills. You may also get a discount on your car insurance. AARP members pay \$20 and nonmembers \$25; payable to the instructor at class (check or cash).

**King County Metro Pop-up ~ Thursdays,
March 19 & April 16 9:30-11:30 a.m.**

Don’t let transportation problems slow you down! A team from King County Metro will be on site to provide information and assistance. Metro representatives can help with: getting a new Adult or Senior ORCA Card, adding value to your card, replacing lost or damaged cards, answering questions, and much more.

Gardening with Robyn

**The Magic & Medicine of Plants
Wednesday, April 22, 12:30 –1:30 p.m.**

Plants have long been valued not only for their beauty, but also for their healing properties and cultural significance. Drawing inspiration from the classic book *The Magic and Medicine of Plants*, this class explores traditional plant remedies, common healing herbs, and how certain plants support wellness.

**From Seed to Supper: Veggie Gardening Basics
Wednesday, May 13, 12:30—1:30 p.m.**

Interested in growing your own fresh produce? This practical, beginner-friendly class covers the essentials of vegetable gardening in the Pacific Northwest. You’ll leave with clear steps to start growing your own vegetables this season.

**Senior Tai Chi with Malcolm Lewis
Tuesdays, May 19 - Jun. 23, 10-11:15 a.m.
Thursdays, May 20 - Jun. 25, 10-11:15 a.m.**

The practice of Tai Chi offers many health benefits for seniors. It is proven to reduce fall risk and boost mental health. It’s a gentle, low-impact exercise ideal for managing conditions like arthritis and boosting overall health. Expert instructor Malcolm Lewis will lead this 6-week series on Tuesdays or Thursdays at 10:00 a.m. The class is free, but you must register for the full series; you must register separately for Tuesday and Thursday: no drop-ins.



Seniors Working Out ~ M,W, F 8:30-10 a.m.

This self-directed group incorporates a variety of techniques to improve strength, flexibility, and overall fitness. This program is free and new participants are welcome to join any time.

**Line Dance Party
Friday, April 24 1:30 –3:30 p.m.**

Suzanne Simmons leads our quarterly Soul Line Dance Party with her fun, upbeat, and easy-to-follow style. There will be great music, dancing, snacks, and lots of fun! Dancers of all levels are welcome. Don’t forget to bring your comfortable dancing shoes. The party is free and open to all seniors 55+. Please register in advance due to limited room space. Call 206-973-4680.

Our fitness programs are supported by the King County Veterans, Seniors, and Human Services Levy.

Handy Reference Numbers

- SeaTac Senior Program.....206-973-4690
- SeaTac Community Center.....206-973-4680
- SeaTac City Hall206-973-4800
- 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

Cooking with Ms. Lisa ~ 2nd & 4th Thu, 12:30—2:00 p.m.

March 5, March 26, April 23

Join Ms. Lisa for a fun and delicious cooking class. Lisa will demonstrate recipes for healthy meals with simple ingredients for you and your family and friends. Register at the front desk, 206-973-4680.

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

This craft workshop is your ticket to hands-on creativity, laughter, and a lot of fun. Each session features a new project — from painting and paper crafts to mixed media and seasonal surprises. All materials provided — just bring your imagination! Fee for each class is \$8, or \$40 per quarter (6 classes). Spring Quarter starts April 1.

Spiral “Woven” Felt Basket—Mar. 3

These lovely little baskets use a clever construction method to create the look of weaving without the hassle. An ingenious pattern and a small amount of hand stitching is all that’s required.

Upcycled Photo Frame—Mar. 17

Transform everyday materials into something beautiful! Using simple cardboard scraps, you’ll create a beautifully textured photo frame that looks great on its own or as a base for your own embellishments.

Springtime Ceramic Planter—Apr. 7

Choose from selection of charming spring-themed ceramic planters—a watering can, rubber boot or teapot, to paint and personalize.

Whimsical Fairy Birdhouse—Apr. 21

Create a magical miniature home straight out of a storybook! You’ll decorate a birdhouse with paint, natural elements, and charming details to make a cozy retreat fit for fairies or feathered friends.



Newcomer’s Social Hour ~ 10–11 a.m. Friday, March 6 & April 3

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. No need to register; just join us in the Senior Lobby at 10 a.m. on the first Friday of the month.

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

Relax and enjoy a movie with friends. Each Wednesday after lunch we show a fun movie from 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 is no movie on Wednesdays when we have a class scheduled after lunch.*

Senior Book Club

Our book club meets on the 3rd Tuesdays at 10:30. We welcome new members and suggestions for books, subject areas, and authors.

- March 17: *Daughter of Fortune* by Isabel Allende
- April 21: *The Humans C* by Matt Haig

Creative Writing Group

Strengthen your writing skills with creative exercises and sharing with other group members. The group is led by a King County Librarian and new members are always welcome.

- 10 a.m. Fridays, March 13 & April 10

Drop-in Activities

Mondays	Party Bridge, 1–3 p.m.
Tuesdays	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.	

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 (we suggest arriving by 11:15). Advance reservations are required for groups of five or more for lunch. Please see staff when making plans for a group visit.

Lunch is a suggested donation of \$5 for those age 60 and above. Donations can be made via cash or check only, and you are welcome to donate for multiple meals at a time. For those under 60, there is a mandatory charge of \$7.

We do not provide takeout meals, but you are welcome to dine in and take home your leftovers.

Need a Ride to Lunch?

For SeaTac residents only. The SeaTac Senior Van provides transportation to and from the Community Center every day that we have lunch (normally Tuesday through Friday).

Reservations are required by 9 a.m. of the morning you need a ride.

Please call 206-973-4690 for details or to set up a ride.

Meals on Wheels

The Meals on Wheels program is administered by the Human Services Dept. in partnership with Sound Generations. For information about the program, please call Sound Generations at 206-448-5767 or email mealsonwheels@soundgenerations.org.

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, March 19 & April 16

Free Legal Assistance

Mary Henderson, attorney at law, is here the first Thursday of the 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. Call 206-973-4680 to make an appointment.

Time: 11 a.m.–3 p.m.

Dates: Thursday, March 5 & April 2

Foot Care Services

Riah Hughes, RN, provides foot care services most Mondays, by appointment only. Cost is \$50. Call 206-973-4680 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, March 24 & April 28

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, March 13 & April 10

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-ins will be accepted.) Call Linda, Senior Services Supervisor if you have any questions, 206-973-4686.

King County Metro Pop-up ~ 3rd Thursdays, 9:30-11:30 a.m.

Don't let transportation problems slow you down! A team from King County Metro will be on site to provide information and assistance. Metro representatives can help with: getting a new Adult or Senior ORCA Card, adding value to your card, replacing lost or damaged cards, answering questions, and much more.

Dates: Thursday, March 19 & April 16