

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.

SERVICES

These services are provided as a courtesy by busy professionals in our community. 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.

Call 206-973-4680 to make an appointment.

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. Appointments last about an hour. There are no drop-in appointments available.

Dates: Thursday, May 21 & June 18

Free Legal Assistance

Mary Henderson, attorney at law, provides 30-minute appointments 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.

Time: 11 a.m.–3 p.m.

Dates: Thursday, May 7 & June 4

Foot Care Services

Riah Hughes, RN, provides foot care services most Mondays, by appointment only. Cost is \$50.

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.

Dates: Tuesday, May 26 & June 23

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.

Time: 11 a.m.–12 p.m.

Dates: Friday, May 8 & June 12

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, May 21 & June 18

SeaTac Senior Flyer

Volume 30, Issue 3

May/June 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

Check In & Win! ~ Throughout the Month of May

Remember to check in for your activities and you could win a \$40 Fred Meyer gift card! We'll hold a drawing every Friday afternoon starting May 8, and each day you've checked in that week gives you a chance to win. You don't need to be present to win—we'll notify you. As a reminder, you should check in for all Senior Program activities by scanning your card at the kiosk in the Senior Lobby. Your check-ins help us report accurate data and secure funding for our programs. If you're not sure how check-in works or don't have a card, just ask a staff member or volunteer—we'll be happy to help!

Retirement Living & Housing Options Class ~ Wednesday, May 20, 12:30—1:30 p.m.

Presented by Comfort Keepers of South King County

Have you asked yourself any of the following questions: Should I continue living in my home or make a move? What if I am hospitalized and need a higher level of skilled care? What types of services can be brought into my home? Come and learn the facts about Assisted & Independent Living communities, Skilled Nursing/Rehab facilities, in-home care, and Adult Family Homes. Please call 206-973-4680 to register.

Springtime Plant Walk ~ Tuesday, May 19, 8:45—10:00 a.m.

Join the City of SeaTac's Urban Forester, Elby Jones, on a walk to discover the diverse plant life living right here in our own backyard. Learn about native and invasive plants and the restoration work being done in North SeaTac Park. Elby will lead an easy walk while teaching and answering questions. We will meet in the Senior Program lobby at 8:45 a.m. and walk 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.

Help Shape the Future of SeaTac Parks & Recreation!

The SeaTac Parks, Recreation, and Open Space Plan, currently in development, will guide the future of our parks and programs. Now is your chance to share your ideas on what you'd like to see and what's most important to you. Scan the QR code to take a quick survey and join us for a community meeting later this summer to share your thoughts (more info to come). We want to hear from you!



Mothers Day Lunch ~ Wednesdays, May 6, 10:30 a.m.—12:30 p.m.

Celebrate the incredible women in our lives with a delightful Mother's Day lunch. Dance to live music from the Hanky Panky Band and enjoy a delicious meal of Beef Stroganoff with mixed berry shortcake for dessert. Reservations are not required. Suggested donation is \$5 for those 60 and over. Under 60 pay \$7.

Fathers Day Lunch ~ Wednesday, June 17, 10:30 a.m.—12:30 p.m.

Join us for a special Father's Day lunch as we celebrate the fathers and father figures who mean so much to us. The Hanky Panky Band will play and we'll serve a hearty meal and special dessert. Reservations are not required. Suggested donation is \$5 for those 60 and over. Under 60 pay \$7.

Birthday Parties ~ Wednesdays, May 20 & June 10, 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! Suggested donation is \$5 for those 60 and over. Under 60 pay \$7.

Holiday Closures

Memorial Day ~ Monday, May 25

Juneteenth ~ Friday, June 19



**Newcomer's Social Hour ~ 10–11 a.m.
Friday, May 1 & June 5**

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.*

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.

- May 19: *Water For Elephants* by Sara Gruen
- June 16: *Between Sisters* by Kristin Hannah

Writers Workshop

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, May 8 & June 12

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 Tai Chi with Malcolm Lewis
Tuesdays, May 19 - Jun. 23, 10-11:15 a.m.
Thursdays, May 21 - 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 a.m.—9:45 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.

Outdoor Walking—New Group Leader Needed!

Do you like to walk and make new friends? You could be our new outdoor walking group leader! Our group meets at 9:00 a.m. every Tuesday that we don't have a Walking with Nina trip. We walk rain or shine through North SeaTac Park and the Highline SeaTac Botanical Garden. The group leader simply gathers the group and leads the walk—it's easy! If you're interested, talk to Linda or Amy in the senior office, 206-973-4690. You will need to fill out a volunteer application, including a background check.

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

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

May 14, May 28, June 11, June 25
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 and all materials are provided — just bring your imagination! *Fee for each class is \$8, or \$40 per quarter (6 classes).*

Repurposed Jewelry Art, May 5

Turn old or mismatched jewelry into eye-catching artwork. Using brooches, beads, and baubles, you'll design and create a sparkling piece to display.

Stylish & Sturdy Tote Bag, May 19

This tote bag is a great example of using everyday materials in an unexpected way. We'll transform decorative drying mats into a sturdy tote bag that's both practical and fun.

Diamond Painting, June 2

Relax and enjoy the sparkle! This easy, meditative craft uses tiny resin "diamonds" to create a shimmering design. You'll leave with a dazzling piece of art and a new favorite pastime!

Reverse Applique T-shirt, June 16

Give a plain T-shirt a bold artistic upgrade! Learn the basics of reverse applique, a fun embellishment technique that uses layered fabrics and strategic cuts to reveal colorful designs.

Gardening with Robyn

Brighten up your green thumb with these free and engaging classes by Certified WA State Horticulturist Robyn Marleia.

**The Magic & Medicine of Plants
Wed, May 13, 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.

**Herb Garden Essentials
Wed, June 3, 12:30—1:30 p.m.**

Fresh herbs can elevate meals and add fragrance and beauty to your garden. Learn about plant care, harvesting, preservation techniques, and creative ideas for container planting. Ideal for gardeners of all experience levels, this class will help you cultivate a thriving herb garden at home.

**AARP Safe Driving Course
May 12 & 14, 9:00 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).

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
<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