



SeaTac Senior Flyer



Volume 19, Issue 5

September/October 2015

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

SEPTEMBER



OCTOBER

Birthday Celebrations

If your birthday falls in September or October, we hope you can celebrate with us. All registered birthday celebrants will be eligible for a door prize drawing. Reservations are not required. The suggested donation is \$3 for individuals 60 or over. (To be eligible for the birthday door prize, you need to complete a Participant Information Form for the lunch program.) Thanks to Normandy Park Assisted Living for providing two door prizes for each birthday luncheon.

- Wednesday, Sept. 16 & Wednesday, Oct. 21. The fun starts at 10:30 a.m.

Trick-or-Treat • Wednesday, October 28, 10:30 a.m.

Wear your favorite costume and join the festivities. Lunch will feature ribs. After lunch, we will watch a scary movie!

How to Stay Connected through Better Hearing

Wednesday, September 16, 12:30 p.m.

Hearing loss can occur at any age and can affect much of your daily life. Most cases can be easily treated with amplification. Join us for an overview of how hearing works, treatments for hearing problems and a discussion of the latest technology. Presented by Highline Hearing Professionals. There is a limited number of free 15 minute screenings. See staff if interested.



SHIBA: Medicare Update • Wednesday, October 21, 12:30 p.m.

A volunteer for the Statewide Health Insurance Benefits Advisory will be here to give an overview of any upcoming changes in Medicare. This workshop coincides with the open enrollment window for the prescription drug coverage as well.

Alzheimer's Association Caregiver Support Group

September 17, 1:00-2:30 p.m.

Join us for this inaugural caregiver support meeting. Caring for someone with memory loss? Alzheimer's Association caregiver support groups provide a consistent and caring place for people to learn, share and gain emotional support from others who are also on a unique journey of providing care to a person with memory loss. The group for unpaid care partners, family members and friends will be held the 3rd Thursday of each month, 1:00-2:30 p.m.



Flu Shots • Wednesday, October 14, By Appointment

Seattle Visiting Nurse Association will once again offer flu shots here. Appointments are from 10:30 a.m.-12:30 p.m. Appointments can be made by calling the senior office at 206.973.4690 starting September 28. The agency will directly bill Medicare for your shot.

Facility Closure: Monday, September 7 ~ Labor Day

Information • 206.973.4690 • www.ci.seatac.wa.us



SERVICES FOR SENIORS

SeaTac Senior Café

Join us for a delicious meal served Tuesday-Friday in the banquet room at the SeaTac Community Center. The suggested donation is \$3.00. Lunch is served at 11:45 a.m. and is available on a first come, first served basis. The lunch program is part of Catholic Community Services of Western Washington. Advanced reservations are required for groups of 5 or more for lunch. Please see staff when making plans for a group visit.



Our **salad bar** is generally available on Tuesdays, Thursdays and Fridays unless there is a special event or an entrée salad for lunch. The salad bar is available 11:15-11:45 a.m.

First time to lunch? Check with our volunteers who will greet you and get you situated. All individuals having lunch need to fill out a participant information form which includes birth date. Your cooperation is appreciated!

Alternate Meals - Occasionally we get a request for an alternate entrée selection. If you need a different entrée, please let the kitchen staff know no later than 11:15 a.m. Though we cannot guarantee an alternate selection, we will do our best to accommodate needs based on allergies, preferences and cultural dictates.

Transportation

Transportation options to the SeaTac Café. For individuals living in the following areas:

- **SeaTac:** Reservations required by 9:00 a.m. of the morning you need a ride. Operates within the City limits. For information or ride call 206.973.4690. (Senior Van)
- **SeaTac & Tukwila:** For transportation in and about SeaTac and Tukwila, call the Hyde Shuttle at 206.727.6262.
- **Greater Burien Area:** Call the Hyde Shuttle at 206.727.6262.

For transportation needs other than lunch:

Metro Access Information:

For information about the county's door to door transportation system, call 206.205.5000. TTY phone number is 206.749.4286.

Remembrances

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

Don Burns

Meals on Wheels

Home delivered meals are available on a temporary or long term basis. The suggested donation is \$3.00 per meal. For more information or an application, call 206.973.4690.

Statewide Health Insurance Benefits Advisor

A trained SHIBA volunteer will be here the third Thursday of each month to answer questions and provide assistance about Medicare, Medigap, Social Security, insurance and related billing problems. An appointment is needed and can be made by calling 206.973.4690.

Senior Information and Assistance

This county wide referral program provides information and resources on senior related issues. Have a question? Call 206.448.3110.

Foot Care

Tina Williams, a registered nurse, provides this valuable service. Appointments are required and can be made by calling 206.973.4690. The fee is \$28. Don't forget to bring a towel.

Massages

Lita Artis will be here the third Tuesday of each month. Appointments are required and can be made by calling the senior desk at 206.973.4690. The rates are \$30 for 30 minutes, \$45 for 45 minutes and \$60 for 60 minutes.

Free Legal Advice

Attorney Mary Henderson is here the first Thursday of each month to answer legal questions for seniors. This can include issues regarding wills, Power of Attorney, landlord tenant issues and the Vulnerable Adult Protective Act. Appointments are required and are for 30 minutes. For an appointment, please call the senior desk at 206.973.4690.



PROGRAMS & ACTIVITIES

Drop in Activities

The Senior Program has several fun opportunities to play cards and games. Both our card room and lobby provide great venues. Whether you like pinochle, bridge, cribbage, board games, Scrabble or Mah Jongg, join the fun. Our groups are friendly and newcomers and beginners are always welcome. For more information, call the Senior Program at 206.973.4690.

Bridge

Thursday afternoons, 12:30-3:00 p.m.

Bunko

2nd and 4th Wednesday each month, 5:00 p.m.

Canasta

Tuesdays & Wednesdays, 12:30-3:00 p.m.

Crafts, Coffee & Conversation

Tuesdays, 9:00-11:30 a.m.

Whether you are a seasoned crafter, or are looking for something new, this group will have something for you to do.

Mah Jongg

Mondays, 10:00 a.m.-Noon

Tuesdays, 12:30-3:00

Drop in for a fun game of Mah Jongg!

Movie Matinee

Wednesdays, 12:30 p.m.

Join us for some classics and new releases.

Pinochle

Wednesday afternoons, 12:30 p.m.

Wii Games

Wii Bowling, Fridays, 9:00 a.m.-3:00 p.m.

Wood Carving

Wednesdays, 10:00 a.m.-Noon

Current Volunteer Openings

One of the best ways to get involved with the Senior Program is to volunteer. We have a great group of volunteers. Our current vacancies include:

- Dishwashers
- Banquet room cleanup
- Meals on Wheels Drivers

Wednesday Lunches with the Hanky Panky Band

Wednesdays, 10:30 a.m.

Each Wednesday, we are fortunate to have the Hanky Panky Band entertain us with music and song. Whether you love to dance or just enjoy the music, join the fun which starts at 10:30 a.m. The band has been playing here for more than 20 years. Wednesdays just wouldn't be the same without them. Reservations are not required unless you are a party of 5 or more. Be sure to let the band know how much you appreciate them. When the band wraps up around 11:45 a.m., lunch is served. The suggested donation for lunch is \$3 for individuals 60 and over.

Driver Safety

Driver Safety is a one day class and Marty Hill is our instructor. Cost is \$15 for AARP members or \$20 for non-members.

- Thursday, September 10, 9:00 a.m.-4:30 p.m.

Seniors Working Out

Get a great morning workout with this exercise class. The specially designed exercises include stretching, reaching, strengthening and coordination. By repetition, you gain strength and aerobic conditioning. Classes meet on M/W/F mornings from 8:45-9:45 a.m. (Class # 11772)

- Sept. 21-Oct. 23 (15 sessions), \$45

Bridge Lessons Interest List

We have found a bridge instructor for individuals who would like to learn how to play party bridge. The class will be offered on Mondays or Thursdays starting at 10:00 a.m. Please call 206.973.4690 to sign up.

Basic Ballroom Dancing

Class will start with the basics of foxtrot, waltz, rumba and tango. Principals of lead, follow, footwork, timing and balance are also taught. No partner needed. Dancing is great fun and exercise. Class will be meeting on Tuesdays. (Class # 11765)

- Sept. 15-Dec. 1, Tuesdays, 1-2 p.m., \$60

HOLIDAY BAZAAR

Saturday, November 7th
9 a.m.-3 p.m.

Please mark your calendars for our annual Holiday bazaar. Here is an update on where we stand and how you can help!

Volunteer ~ Lots of individuals are needed to make the bazaar a success. We will have a pre-bazaar meeting on Thursday, October 8th at 12:30.

Vendors ~ As we go to print, we already have rented 70 spaces. We have lots of returning vendors and some new faces which will maintain the eclectic selection of gifts and goodies that will be available. If you are thinking of renting a space, you have to hurry as we only have about 10 spaces left.

Raffles ~ The craft group has once again outdone itself with beautiful quilts. The raffle usually features 5 prizes and tickets are available to sell or purchase in early October. Tickets are \$2 each and come in books of 10. A great way to support the Senior Program is to buy a book of tickets or check out a book to sell.

Gift Baskets ~ This area features a wonderful selection of gift items and baskets. We are always looking for new leads – either themes for baskets or business connections for donations. We also pass the hat around to our many groups to help fill some of the larger baskets.

Candy Cane Café ~ The Café will once again offer all sorts of food to keep all our workers and shoppers energized. New menu ideas are always welcome.

Bake Sale ~ Calling all bakers! Start sorting through your favorite recipes, we need your baked items. We will have a sign-up sheet at the senior desk starting in October for those able to bring items. Our commercial kitchen will be available the first week in November for baking. See staff for details.

Please note that our popular and successful “Almost New Corner” is taking a year off. If you were saving items to bring to the center, please redirect them to one of the local thrift stores.

The bazaar is really our only fundraiser. Proceeds from the bazaar support the Senior Program. The Senior Citizen Advisory Committee oversees purchases made with the fundraising money. Traditionally this has included purchases for our salad bar, entertainment, card tables, kitchen equipment, door prizes and decorations. So far this year, the money has purchased Mah Jongg cards, a new card table, a cooler and NetFlix cards. If you have an idea for a purchase, please see one of our Advisory Committee members: Fred Geraldson, Alice Belenski, Donna Ellenberger, Vicki Lockwood, Doris Spence, Dennis Anderson and Judy Beste.

