



# SeaTac Senior Flyer



Volume 20, Issue 2

March/April 2016

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



## **St. Patrick's Day Luncheon • Wednesday, March 16, 10:30 a.m.**

It will be the wearin' of the green for sure at this annual favorite event. The Hanky Panky Band will be here to lead us in song and dance. Lunch features a traditional corned beef luncheon. Please note, there is not an alternate meal available this day. Advanced reservations are required and open on March 1. On the day of the event, if you have not checked in by 11:00, we will release your reservation. The suggested donation for those 60 or over is \$3. Groups of 5 or more must see staff to sign up for the event. The fee for those under 60 is \$6. Space is limited for this popular event so be sure to sign up early.

## **Spring Luncheon • Wednesday, March 23, 10:30 a.m.**

Could it be that spring has sprung? Whether or not the tulips have bloomed, we will be celebrating the arrival of longer days, the return of some sunshine and blossoms everywhere. Be sure to wear your favorite bonnet or hat. The Hanky Panky Band will kick off the fun at 10:30 and lunch will feature ham, scalloped potatoes and strawberry shortcake. Reservations are not required. The suggested donation for those 60 or over is \$3. (This is also our March birthday luncheon.)

## **Birthday Celebrations**

If your birthday falls in March or April, we hope you will celebrate with us. All registered celebrants will be eligible for a door prize drawing. Reservations are not required. The suggested donation for lunch is \$3 for individuals 60 or older. Thanks to Normandy Park Assisted Living for providing two door prizes for each birthday luncheon.

- Wednesday, March 23 and Wednesday, April 20. The fun starts at 10:30 a.m.

## **Spring Ahead: Daylight Savings Time Begins March 13**

Don't forget to move your clocks forward one hour for daylight savings time which begins on Sunday, March 13th.

## **Trip Registration**

SeaTac residents can sign up for trips starting April 5. General registration opens on April 6. Our spring/summer brochure should be available online and in the mail by the end of March. The brochure covers trips and activities from May-August. Though details have not been finalized, our summer trips are always popular. Linda does a great job of finding jewels of the northwest to explore and enjoy.

## **Stress Management**

Managing stress is something we all could use some tips on. Lita Artis, massage therapist, will be here to talk about managing stress through massage.

- Wednesday, April 27, 12:30 p.m.

Information • 206.973.4690 • [www.ci.seatac.wa.us](http://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.



**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:

Joan Smith • Audrey Gingrich • Doris Edwards  
Pat Barter • Irene Lomax

## 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, 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

## Youth Volunteers

All of our volunteers look great and you may have noticed that some of our volunteers are looking pretty young. We have students from Three Tree Montessori School here on two Wednesdays each month. This is a wonderful combination of the students helping out and some interaction between generations.

## Fraud Awareness

It is estimated that seniors are swindled out of nearly \$3 billion a year. Since only 1 in 44 cases are reported, it is likely that the \$3 billion is only the tip of the iceberg. The Senior Money Project was created in response to this troubling trend. The project has produced several videos geared towards senior targeted fraud. Each video presentation will be approximately 40 minutes. We will be showing these videos at 12:30 p.m. on the following days:

- March 30 ~ Reverse Mortgages
- April 6 ~ Scams
- April 13 ~ Identity Theft and Estate Planning

## Driver Safety

Driver Safety is a one day class and Marty Hill is our instructor. Ages 55+. Cost is \$15 for AARP members or \$20 for non-members.

- Thursday, March 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.

- March 28-April 29\* (15 sessions), \$45

## Silver Sounds Concert

Silver Sounds Concert at Highline Performing Arts Center. See staff if interested.

- Thursday, April 14, 12:30-2:30 p.m., \$10\*
- Sunday, April 17, 4:00-4:00 p.m., \$15
- \* Thursday show is a dress rehearsal.

## 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.....	206.448.5757
<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



## **Comfort Keepers Sleep Matters**

In a recent national survey, over one-quarter of adults said they had missed activities, or had made errors because of sleep related issues in the past three months. Find out what sleep really is, what happens when we don't get enough and strategies to improve the amount and quality of sleep. Presented by Katherine Figel, RD, CD, Living Well Alliance, Pacific Medical Center.

- Wednesday, March 16, 12:30 p.m.

## **Ten Ways to Simplify Your legal Affairs**

Rebecca King, an Attorney with Northwest Elder Law Group, will be here to discuss ways to simplify legal issues. Topics will include wills, durable powers of attorney and advance directives.

- Wednesday, April 20, 12:30 p.m.

## **Alzheimer's Association Caregiver Support Group**

This caregiver support group provides 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. Meetings for unpaid care partners, family members and friends will be held the 3rd Thursday of each month. For more information, contact group facilitator Gerry Crouch at 206.632.3985.

### **Upcoming Meeting Dates:**

- Thursday, March 17 and Thursday, April 21, 1:00-2:30 p.m.
- Wednesday, March 9: Group Facilitator Gerry will be here for an informal chance for you to meet him and find out more about the support group and the Alzheimer's Association. He will have a table in our lobby.

## **Respect**

The Senior Program is governed by a Code of Conduct that essentially is based on one principle – respect. We ask that individuals treat each other as they would like to be treated. You don't have to like everyone you meet at the Senior Program, and you may not even understand all the individuals you come in contact with. However, each individual deserves to be treated with respect. If you have a comment to make and are not sure how it will be received, it is better left unsaid. If you have a concern about an individual or a situation, please feel free to bring it to the attention of staff. The Code of Conduct is posted on the senior bulletin board. Code of Conduct violations can result in suspension from program participation.

## **Have you thanked a volunteer today?**

April is National Volunteer month. Our volunteers are a great group of people. They are a dedicated crew who go above and beyond to make sure your experience at the SeaTac Senior Program is pleasant and enjoyable. We have volunteers who help with the lunches, who ensure that more than 11,000 meals are delivered each year to homebound seniors, serve as receptionist and lend a hand whenever needed. Simply put – they are the best!