



SeaTac Senior Flyer



Volume 20, Issue 5

September/October 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

SEPTEMBER



OCTOBER



METRO • September 7, 12:30 p.m.

Transportation Options and Training plus ORCA TO GO

King County Metro will be here to talk about the different transportation options that are available. Participants will learn how to independently travel to destinations of their choice. There will also be an opportunity to work with the METRO staff and actually plan and take a future group trip.

ORCA TO GO will also be here for seniors and people with disabilities wishing to get an ORCA card. ORCA TO GO agents can take care of ORCA card transactions including adding E-purse value to new and existing passes. VISA, MasterCard and cash are accepted. Agents will take photos as part of applying for Regional Reduced ORCA card for people with disabilities and Medicare cardholders. People over age 65 can receive senior Regional Reduced ORCA cards.

Foot Reflexology • Wednesday, September 14, 12:30 p.m., Free

Lita Artis, massage therapist, returns for this informative talk on foot reflexology. Reflexology is an alternative medicine involving application of pressure to the feet and hands with specific thumb, finger, and hand techniques without the use of oil or lotion. It is based on a system of zones and reflex areas that purportedly reflect an image of the body on the feet and hands, with the premise that such work effects a physical change to the body. Ages 55+.

Birthday Celebrations

If your birthday falls in September or October, 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.

- Wed., Sept. 21 and Wed., Oct. 19. The fun starts at 10:30 a.m. with the Hanky Panky Band.

Trick-or-Treat • Wednesday, October 26, 10:30 a.m.

Join us for some fall fun as we celebrate an early Halloween. The Hanky Panky Band will be here to entertain. Costumes are always welcome at this fun event. Advanced reservations are not required. The suggested donation for lunch is \$3 for those 60 or over.

Holiday Closures

The SeaTac Community Center is closed on Monday, September 5th for Labor Day.

Nutrition Class Cancelled

Unfortunately we have had to cancel the "Eat Better, Feel Better" Nutrition class originally scheduled for September 21. The instructor is no longer available.

Flu Shots • Date Pending

Seattle Visiting Nurse Association will be here to give flu shots in October. Look for flyers or call 206.973.4690 after September 12 for information.

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.



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.

Meals on Wheels

Home delivered meals are available on a temporary or long term basis. The suggested donation is \$5.00 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 \$30. 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 Wednesday each month, 5:00 p.m.

Canasta

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

Coloring

Tuesdays & Thursdays, 9:30-11:30 a.m.
Bring your own supplies or check out ours!

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

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

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, Sept. 8, 9:00 a.m.-4:30 p.m.
- Thursday, Nov. 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. Classes meet on M/W/F mornings from 8:30-9:30 a.m.

- Sept. 12-Oct. 21 (17 classes), \$51
- Oct. 31-Dec. 9 (16 classes), \$48

Coloring

We have added coloring to our drop in activities on Tuesday and Thursday mornings. Coloring for adults is a very big thing right now. It can help reduce stress and stimulate brain areas related to motor skills. Bring out the inner artist in you and join the fun. We have plenty of books and coloring pens and markers.

Alzheimer's Association Caregivers Support Group

Meetings for unpaid care partners, family members and friends are held the 3rd Thursday of each month from 1:00-2:30 p.m. For more information contact Gerry Crouch at 206.632.3985.

- Thurs., Sept. 22 & Thurs., Oct. 20, 1-2:30 p.m.

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



HOLIDAY BAZAAR

Saturday, November 5, 9 a.m.- 3 p.m.

Before you know it, the Holiday bazaar will be here. Plans are under way to make sure things go smoothly. Here are ways you can help out.

Vendor Space ~ Spread the word to any crafty people you know that limited space is still available. Vendor applications are available at the front desk. The cost is \$35 for a space or \$40 if you want one of our tables in that space.

Gift Baskets ~ We will be asking each organized activity to help out with a contribution towards the gift baskets. This includes the lunch program, card players, classes, etc. If you have an idea for something for a gift basket, or a connection to a local business, please let staff know.

Raffle Tickets ~ Books of tickets will be available starting October 3. Be sure to pick up a book or two, or make a purchase. Tickets are \$2 each with 10 tickets in a book. The craft group has once again outdone themselves with the beautiful items in the raffle. The display case will feature the raffle items starting the first part of October.

Volunteer ~ We will need help the week before the bazaar and the day of the bazaar. If you are interested in volunteering, let staff know. We will have a volunteer meeting towards the end of October. Help is needed with parking lot patrol, selling raffle tickets, helping to set up, kitchen assistance, just to name a few areas.

Publicity ~ We are always looking for new ways to attract more people to the bazaar. If you have a contact or idea of where we can post our flyers in November, please let us know.

Changes ~ This year will not be offering the bake sale or the "almost new" area. There will be plenty of sweets to tempt you at the Café in lieu of a bake sale table. If you have been saving up items for almost new, please donate them to a local charity.



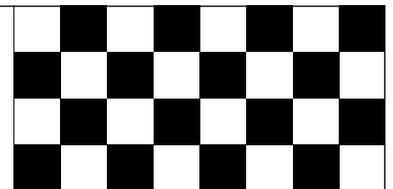
GAMES

Monday Morning Game Days

Mexican Train Dominoes ~ September 12, 10:00 a.m.

UNO ~ October 3, 10:00 a.m.

Hearts ~ October 10, 10:00 a.m.



Medicare

We will host two Medicare workshops this fall. One is focused on individuals new to Medicare or soon to be on Medicare with a segment also on open enrollment for existing Medicare participants. This will be on October 5th. The second class, sponsored by Comfort Keepers, will focus on decisions regarding the annual open enrollment and will take place on October 19th.

Welcome to Medicare • Wednesday, October 5, 12:30 p.m.

This is a great introduction to Medicare for those soon to be turning 65. The class will cover:

- Medicare A, B, C and D.
- Help you understand your Medicare benefits and options.
- Help paying for Medicare if you qualify.

The workshop is presented by SHIBA – Statewide Health Insurance Benefits Advisors- and offers free, unbiased help and information. For existing Medicare participants, open enrollment questions will also be discussed. Open enrollment is from October 15-December 7.

Comfort Keepers Classes

Unbiased Medicare Information, Wednesday October 19, 12:30 p.m., Free

Come and get a free unbiased education and advice from SHIBA, the Statewide Health Insurance Benefits Advisor. The workshop will help you better understand your health care options and rights, find affordable health care coverage, and evaluate and compare health insurance plans. SHIBA is a service of the Washington State Office of the Insurance Commissioner. Ages 55+.

