



SeaTac Senior Flyer



Volume 20, Issue 6

November/December 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

November



December



Holiday Bazaar • Saturday, November 5, 9:00 a.m.-3:00 p.m.

Our annual holiday extravaganza is here. See the back page for details. We have 80 vendors, wonderful raffle prizes, and lots of goodies to entice you, including our Candy Cane Café. Be sure to join us for the day and spread the word to family and friends.

Thanksgiving Celebration • Friday, November 18, 10:30 a.m.

This special event provides all of us with the opportunity to reflect on all that we are grateful for. The Hanky Panky Band will be here to lead us in song and dance. Our kitchen crew will be preparing a wonderful turkey dinner with all the trimmings. Reservations are required and open on November 1. The suggested donation is \$3 for individuals 60 years of age or older. Seating in the banquet room is limited to the first 180 people.

Holiday Luncheon • Friday, December 16, 10:30 a.m.

We will be having a delicious ham dinner and the Hanky Panky Band will be here for this popular luncheon. The event will also feature the raffle drawing that has beautiful hand crafted items. Tickets are \$2 each and are on sale now through December 16. Reservations are required and open on November 28. The suggested donation is \$3 for individuals 60 years or older. Seating in the banquet room is limited to the first 180.

End of the Year Party • Wednesday, December 28, 10:30 a.m.

Help us celebrate the end of 2016 and the approach of 2017. We will have some party favors, everyone's favorite band, the Hanky Panky Band and a salmon dinner. Reservations are not required. The suggested donation is \$3 for individuals 60 and over.

Birthday Celebrations

If your birthday falls in November or December, we hope you 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.

- Wed., Nov. 16 and Wed., Dec. 21. The fun starts at 10:30 a.m. with the Hanky Panky Band.

Winter Trip Registration

SeaTac residents can sign up on Tuesday, December 6 for winter trips. This includes trips from January-April. Registration is open to all on December 7.

Holiday Closures

The SeaTac Community Center is closed on the following days:

- Friday, November 11 ~ Veteran's Day
- Thursday & Friday, November 24 & 25 ~ Thanksgiving Holiday
- Monday, December 26 ~ Christmas Day Observed



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.

Remembrances

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

- **Doris Spence** ~ Doris was one of the first Advisory Committee members. She played a vital role in shaping the path the Senior Program would take. She was a dedicated volunteer for nearly 20 years.

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.

Mexican Train

Mondays, 12:30 p.m.



Pinochle

Wednesdays, 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, 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.

• Oct. 31-Dec. 9 (16 classes), \$48

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., Nov. 17 & Thurs., Dec. 22, 1-2:30 p.m.

Inclement Weather & Preparedness ❄️

With winter approaching, it is always a good time to take stock of emergency supplies. Be sure to have a flashlight ready with plenty of batteries, bottles of water, non perishable food items, pet food and ample supplies of medications on hand.

In case of inclement weather, the Senior Program follows the Highline School District closures. If the schools are closed, there are no programs or lunches at the Senior Program. The Community Center may still be open, but senior programs are cancelled. We will do our best to update our senior message phone (206.973.4690) when weather dictates a closure. If the weather is iffy, it is always better to stay at home than venture out.

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.....	206.448.5767
<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.**



Our elves have been working all year long to get things ready for the best Bazaar yet! Our 80 vendor spaces are sold out and we are expecting quite an eclectic collection of wares. There will be hand crafted items, unique jewelry, body care products, specialty items, photos with Santa, and one of a kind gifts for everyone on your list – including yourself. We hope you invite some family and friends to check us out and join the fun. Here are a few key points to keep in mind:

Candy Cane Café ~ The Café will do its best to help keep all our shoppers energized. The menu will include polish, hot dogs, salads, and baked potatoes. There will also be a sweet corner which will sell apple and pumpkin pie. Yummy!

Gift Baskets ~ This area is in the banquet room and features lovely gift baskets with various themes. Tickets for a chance to win a basket are only \$1. Whether you are looking for a Seahawk basket for your favorite '12', a basket filled with chocolate delights, or other themed baskets, you will want to check this out.

Parking ~ Our parking lots are usually full all day. Sharing a ride is a great way to help. Staff, volunteers and vendors park off site to help the cause as well.

Publicity ~ We are always looking for new ways to spread the word. We have post cards and flyers available. Be sure to pick some up if you know of a location for posting - senior housing, local businesses, churches, etc. The more the merrier!

Raffle Tickets ~ The craft raffle features 5 beautiful hand crafted items plus a \$50 grocery gift card. The items are displayed in the main lobby. Tickets are \$2 each. Check out a book of 10 to sell or buy. The raffle drawing is at our holiday luncheon on December 16.

- First Prize: State Flower Quilt (Our craft group embroidered and put together this incredible quilt featuring the flowers of each state. Thanks go out for all their efforts – spearheaded by Judy Pugh. Tammy and Carol Ancell did the quilting.)
- Second Prize: Blanket in ecru and beige. (Thanks to Marlys Markuson who crafted this gorgeous blanket that is both elegant and will keep you warm.)
- Third Prize: Eagle Wall Hanging made by our craft group.
- Fourth Prize: America the Beautiful wall hanging made by our craft group.
- Fifth Prize: Afghan in soft blues made by Donna Ellenberger. This beautiful afghan will be just the thing to cuddle up with on rainy days!
- Sixth Prize: \$50 grocery gift card purchased with Advisory fundraising monies.

Donors ~ A tip of the hat to local business and individuals who have donated to the bazaar. To date these include Ivar's, Plush Pippin, The Greek House Restaurant, Sizzlers, Tina Williams, (foot care), and Lita Artis (massage). Their generosity is greatly appreciated.

Proceeds from the senior portion of the bazaar (the craft tables, café, raffles and gift baskets) benefit the Senior Program. The Advisory Committee decides and votes on purchases with the funds raised. This year, funds will support birthday lunch door prizes, new silverware and dishes for the café, entertainment, Meals on Wheels, and supplies for the end of year party. Other purchases will include gift cards for the raffle prize and holiday gift baskets. Many thanks to the Advisory Committee for their efforts. Committee members include Chair Fred Geraldson, Alice Belenski, Judy Beste, Donna Ellenberger, Vicki Lockwood, Dennis Anderson and William Oliver.