



SeaTac Senior Flyer



Volume 21, Issue 1

January/February 2017

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

January



February

E-Readers and Digital Downloads • Wednesday, January 11, 12:30 p.m.

King County Library Systems will be here to walk us through the use of e-books and digital downloads. Whether you received a new device for the holidays or have been meaning to dust off the ones you have, this will be a great hands on class. Bring your own device or learn from one of the devices the library will provide for training.

Islam 101 • Wednesday, January 25, 12:30 p.m.

Do you have questions on Islamic beliefs and practices? This interactive class helps clarify misconceptions about Islam and Muslims in America. What do your Muslim neighbors believe? Discover what Islam say about human rights and serving humanity.

Sweeties' Luncheon • Wednesday, February 15, 10:30 a.m.

Join us as we celebrate the sweeties in our lives. The Hanky Panky Band will be here and lunch will feature pork BBQ ribs. Advanced Reservations are not required. The suggested donation is \$3 for those 60 or older.



Crime Prevention Workshop • Wednesday, February 8, 12:30 p.m.

SeaTac Community Service Officer, Sana Toutai-Wight will be at the Senior Program to lead an informative Crime Prevention Workshop relating to seniors and to answer questions.

Birthday Celebrations

If your birthday falls in January or February, 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., Jan. 18 and Wed., Feb. 15. The fun starts at 10:30 a.m. with the Hanky Panky Band.

Inclement Weather & Preparedness

With winter approaching, it is always a good time to take stock of emergency supplies.



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.

Facility Closures

Monday, January 2
New Year's Day (observed)

Monday, January 16
Martin Luther King Jr. Day

Monday February 20
President's Day



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.

Beginning January 3, single serve salad will be replacing salad bar until further notice.

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:

Frances Hellums • Bob Gamrath
Carl Fallon • Leo Songer

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, 10:00 a.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, January 12, 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 & coordination. Classes meet on M/W/F mornings from 8:45-9:45 a.m.

- January 9-February 17* (17 classes), \$51
- February 27-April 7 (18 classes), \$54
- April 17-May 26 (18 classes), \$54

*No class on January 16.

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., Jan. 19 & Thurs., Feb. 16, 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.....	206.448.5767
<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



Bazaar Wrap Up

The decorations are gone, the crowds have left, our feet have stopped aching and the rain may even have stopped for a bit. This can only mean one thing... It's time to wrap up the 2016 bazaar! Thank you to all those who helped make the event another success. Preparation for the bazaar starts months before the big event. Certainly the craft group is busy planning and working on their projects as the Advisory Committee meets monthly to discuss and tweak the event. Gathering of items for the gift baskets, numbering of tickets, promotion of the event, vendor registration, handling parking dilemmas, menu selection and preparation all take many hands to accomplish. We could not do this without our crew of great volunteers and staff. Many thanks to all those involved.

The final tally of the bazaar was \$3,592. Though this was less than previous years, it does reflect a considerable effort. Funds raised support the activities of the Senior Program. The Advisory Committee discusses and approves how these funds are to be spent. The Committee welcomes any ideas you might have for a purchase. This past year, funds were approved to buy new silverware, plates and soup bowls for the Café. Other purchases include placemats, new card tables, support of the salad bar, door prizes, Meals on Wheels and entertainment.

Raffle Winners:

The final component of the bazaar took place at our holiday luncheon. We raffled a few more gift baskets and picked the winners of the main craft raffle. The winners are:

- **First Prize:** Mary Henderson won the State Flower Quilt Our craft group embroidered and put together, featuring the flowers of each state. Thanks go out for all the efforts of the group – spearheaded by Judy Pugh. Tammy and Carol Ancell did the quilting.
- **Second Prize:** Thanks to Marlys Markuson who crafted this gorgeous blanket that is both elegant and will keep you warm. It was won by Michelle David.
- **Third Prize:** Sandy Stober will be enjoying the Eagle Wall Hanging made by our craft group.
- **Fourth Prize:** The America the Beautiful wall hanging made by our craft group will be enjoyed by Mary Chris O'Keefe.
- **Fifth Prize:** The afghan in soft blues made by Donna Ellenberger was won by Steve Taniguichi.
- **Sixth Prize:** The \$50 grocery gift card purchased with Advisory Committee fundraising monies will be enjoyed by Virginia Olson.

The proceeds from the raffle were \$376.

Other Proceeds Were:

- **Café ~ \$523**
- **50/50 Raffle ~ \$325**
This was won by Jim Rick. Proceeds for the Senior program were \$325.
- **Crafts ~ \$816**
This includes the total from the bazaar as well as the smaller sales through the year.
- **Gift Baskets ~ \$1,552**
This includes the baskets at the holiday meals as well as the bazaar.

Thanks again to all our helpers and to the craft group who work all year long on this event!

