



July 7th, 2021

We are glad the historic heat wave is past us and we can now enjoy the lovely Seattle summer! We hope you had a great 4th of July. On July 12th at 10am we will be starting Rock n' Roll Aerobics with our wonderful instructor Mish Mish. If you would like to attend please give Emily a call at 206-707-1865. We also have space in our Art class with Marilyn, call Emily if you would like to join!

If you are fully vaccinated, we are lifting the mandatory face mask restrictions when picking up your to-go lunch. This means you have the option of not wearing a face covering if you are outdoors, if you are fully vaccinated. We will not be asking for proof of vaccination, but we hope you will adhere to the 'honor system' and follow CDC guidelines as well as our own. **We are still requiring masks during indoor activities for now, and are waiting for further instruction from the church.** If you have any questions involving the vaccine, where to get vaccinated, or anything else regarding COVID, please feel free to reach out to us and we will assist you the best way we can.

On July 16th we will be having an outreach event with Hopelink and SDOT, if you have any questions about transit come ask them. Neighborhood Pop-Ups will start up again every other week, formally known as ORCA to-go. King County Metro Neighborhood Pop-Up events will provide an opportunity for you to ask transit related questions, get help filling out a Regional Reduce Fare Permit (RRFP) application, reload your Orca card, and more. The Neighborhood Pop-up will also include a Spanish-speaking Community Liaison for those whose primary language is Spanish. We are also planning a fieldtrip to Alki Beach in August—more to come about both of these events!

Starting July 7th we will have tables and chairs available for seating during lunch in front of the Lamb of God Church. This will give you the option of eating lunch outdoors with your friends, or taking a moment to enjoy a delicious meal in a community setting. Spaces are on a first come, first serve basis and will be cleaned throughout the lunch service.

We hope to see you soon!

Cheers,

Lake City Seniors

Lake City Seniors Current Programming

- Community Dining – **To-go lunches** at the Lamb of God church from 12:30 p.m. to 1:30 p.m. Hyde shuttle may be able to help with **lunch deliveries**; call 206-707-1865.
- Please refer to the calendar on the next page for current classes; call Emily at 206-707-1865 to be added to any of the classes. Also, through Scarecrow Video you can rent out **FREE movies!**
- Schedule in-person and virtual **social work appointments for information and assistance or consultations** with our Social Worker Akira, call 206-472-5472.
- If you need Technology Help please call Jennifer at 425-298-6536.
- Find us at Lakecityseniors.org or follow us on **Facebook** to get more up to date information at www.facebook.com/LakeCitySeniors

Please call Lake City Seniors at 206-268-6740 if you have questions about these services or know of an older adult in need of a meal or outreach.

Activities Calendar

Call Emily at 206-707-1865 if you would like to register for any of these activities!

Classes with an asterisk (*) are only offered virtually; this includes Music and Mindfulness, Matter of Balance and Bingo. Tai Chi and Chair yoga are offered both virtually on Zoom and in-person. All other classes are in-person only at the Lamb of God Church.

The Lamb of God Church is located at [12509 27th Ave NE Seattle WA 98125](#), right behind the Lake City Community Center and Albert Davis park.

<p><u>7/5 Monday</u> *NO classes* 12:30-1:30 Lunch</p>	<p><u>7/6 Tuesday</u></p>	<p><u>7/7 Wednesday</u> 10-Tai Chi 11- Art w/ Marilyn 11:30- Tech Help 11:30-Umbrella Walk 12:30-1:30 Lunch 1:30 –Bingo*</p>	<p><u>7/8Thursday</u></p>	<p><u>7/9 Friday</u> 10:00-Latin Dance 12:30-1:30 Lunch 1:30- Watercolor Class</p>
<p><u>7/12 Monday</u> 10- Rock N’ Roll Aerobics 11- Chair Yoga 12:30-1:30 Lunch 2:00- Music and Mindfulness*</p>	<p><u>7/13 Tuesday</u></p>	<p><u>7/14 Wednesday</u> 10-Tai Chi 11- Art w/ Marlyn 11:30- Tech Help 12:00-Adult Playground 12:30-1:30 Lunch 1:30 –Bingo*</p>	<p><u>7/15Thursday</u></p>	<p><u>7/16 Friday</u> 10:00-Latin Dance <u>11:30-Orca Pop-up</u> 12:30-1:30 Lunch 1:30- Watercolor Class</p>
<p><u>7/19 Monday</u> 10- Rock N’ Roll Aerobics 11- Chair Yoga 12:30-1:30 Lunch 2:00- Music and Mindfulness*</p>	<p><u>7/20 Tuesday</u></p>	<p><u>7/21 Wednesday</u> 10-Tai Chi 11am- Art w/ Marily 11:30- Tech Help 11:30-Umbrella Walk 12:30-1:30 Lunch 1:30 –Bingo*</p>	<p><u>7/22Thursday</u></p>	<p><u>7/23 Friday</u> 10:00- Matter of Balance* 10:00-Latin Dance 12:30-1:30 Lunch 1:30- Watercolor Class</p>
<p><u>7/26 Monday</u> 10- Rock N’ Roll Aerobics 11- Chair Yoga 12:30-1:30 Lunch 2:00- Music and Mindfulness*</p>	<p><u>7/27 Tuesday</u></p>	<p><u>7/28 Wednesday</u> 10-Tai Chi 11am- Art w/ Marlyn 11:30- Tech Help 12:00-Adult Playground 12:30-1:30 Lunch 1:30 –Bingo*</p>	<p><u>7/29Thursday</u></p>	<p><u>7/30 Friday</u> 10:00- Matter of Balance* 11:00-Latin Dance 11:30-ORCA Pop-up 12:30-1:30 Lunch 1:30- Watercolor Class</p>

Laptops for Participants



We have been fortunate enough to receive a grant that has allowed us to purchase 20 laptops and hotspots for our participants! If you are someone who would be interested in computer technology but do not have a device and/or internet access, please reach out to Jennifer Lynch to request a laptop, hotspot, or both. If you receive a laptop, you will also be enrolled in classes with Cyber-Seniors, a company partnering with us to provide digital education. They will teach basic computer operating skills, email access, Zoom access and, how to use the 'Libby' app. If you already have a device and would be interested in just the Cyber-Seniors training to hone your digital skills, please let Jennifer know at 425-298-6536.

Lake City Farmers Market



The Lake City Farmers market is open! Come get fresh produce, flowers, dinner and much more!

Come to market on Thursday's from 3-7pm.

The market will continue every Thursday until Sept 23rd.

Orca and Hopelink Pop-up



ORCA RRFP (Regional Reduced Fare Services) services return on Friday July 16th 11:30-1:30.

Services Available:

- Reload your ORCA RRFP card
- Sign up to receive an ORCA RRFP card
- Get information about the RRFP card
- Hopelink transportation Information

\$25 Gift Card to all who attend on

Friday, July 16th!

Next pop-up is July 30th from 11:30-1:30.

Farwell to Shaili



I can't believe how fast time flies but my time at HIP is coming to an end. I will be leaving my role as Meal Program Coordinator on July 16th in order to move to Portland to be closer to friends and my community.

It's been such a great pleasure cooking and serving meals for you all! I've thoroughly enjoyed getting to know you all over the course of the year and will miss seeing everyone who comes to our meal service.

Despite it being a challenging year for so many of us, I'm so happy I got to spend it doing something I love and work with an amazing group of people, including everyone at Sound Generations, our amazing volunteers, and of course our seniors! Thanks for making my time with Lake City Seniors so special!

Farewell and lots of love,

Shaili

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	6			5	1			2
				6	9	4	3	

Olympics Trivia-

1. An Olympic gold medal is made mostly of what metal?
2. What is the Olympic motto?
3. What country boycotted the 1980 Summer Olympics?
4. What black Olympian has been credited with "single-handedly crushing Hitler's myth of Aryan supremacy"?
5. How old was the oldest Olympic medal winner?

8	3	4	9	6	2	5	7	1
2	9	7	1	5	8	4	6	3
1	5	6	3	7	4	2	9	8
6	1	5	2	4	7	3	8	9
7	8	3	5	9	6	1	4	2
4	2	9	8	1	3	7	5	6
9	4	1	6	2	5	8	3	7
5	6	8	1	3	9	2	4	1
3	7	2	4	8	9	6	1	5

1. Silver- The last Olympic medal that was actually solid gold was awarded in 1912. Today, "gold" medals are 92.5% silver
2. "Faster, Higher, Stronger".
3. The United States boycotted the 1980 Summer Olympics to protest the soviet invasion of Afghanistan
4. Jesse Owens- Owens was the most successful athlete in the 1936 Summer Olympics winning four gold medals.
5. 72! During the 1920 Summer Olympics, Swedish Shooter Oscar Swahn won a silver medal in the double shot running deer contest.

Olympics Trivia Answers-