

# April 2024 Activities



a community partner site of Sound Generations

## Sea Mar Latino Senior Programa

Sea Mar Latino Senior Programa de Nutrición y Socialización. Sea Mar provee actividades saludables, divertidas y apropiadas para la edad incluyendo educación en salud. La meta es ayudar a los adultos mayores a disfrutar una mayor calidad de vida física y emocional.

**Lunes, Miércoles y Viernes - 9am-12:30pm**

Para más información, contacte a Martha Acuna Duran: **(206) 354-0597**

## Tech Help Drop-In Need one-to-one tech help?

Our Digital Equity Coordinator, John, is here to help with your technology questions.

**Appointments are available on  
Mondays, Wednesdays, and Fridays  
between 9:00am - 3:00pm.**

To schedule an appointment with John, please give him a call at **(509) 800-7081**, or go online to <https://booking.appointy.com/lakecitytechhelp>

**Mondays, Wednesdays and Fridays from 9:00am-3:00pm**

New Location: Lamb of God Lutheran Church  
12509 27th Ave NE Seattle, WA 98125  
[www.LakeCitySeniors.org](http://www.LakeCitySeniors.org) or call (206) 268-6740

**Welcome to Lake City Seniors**, where we invite you to join us for free and low-cost programs, fun activities, social services, and a nutritious meal. You will meet new people, create wonderful memories, and be surrounded by a diverse community of neighbors!

## Getting Around Puget Sound

Please join the Hopelink Mobility Management team to learn about Access vs. Hyde Shuttle vs. Hopelink options for transportation. Julio Perez will share information about the areas served by the three transportation providers and how to enroll in these services.

## Health Screenings

The Center for Multicultural Health (CMH) is hosting in-person glucose and blood pressure screenings on the second Monday of every month. Their next visit will be on **Monday, April 8th from 10:00am-1:00pm**

## Legal Planning Clinic

**Monday April 29th By appointment**

Connect with an attorney for free for legal help completing power of attorney and advance directive documents.

**Call (425) 780-5589 to make an appointment**

## Tech Classes with John

**Organizing Email Accounts**

**April 12th at 10am** — Learn how to organize your inbox and get around your email folders.

**Keeping Your Photos And Data Safe**

**April 26th at 10am** — Learn how to keep your photos, files, and data safe so that you can access them if you ever lose your device or have to transfer them to a new device. We will talk about how back-ups work and how you can use cloud storage for easier access.

## Chinese Information and Service Center (CISC)

CISC will now visit on the **first Friday** of every month to provide resource updates, information and assistance.

Their next visit will be **Friday, April 5th from 10:00am-11:00am.**

## Music and Mindfulness

**Fridays at 1:30pm**

Join us as we use live and recorded music to practice mindfulness, relaxation, and self-awareness using active listening, guided imagery, and progressive muscle relaxation.

## Cooking and Nutrition Class w/ HIP

**April 19th at 10am in Spanish**

**April 29th at 1:30pm in English**

Aidyn Stevens who is an Americorp member serving with Hunger Intervention Program as the Senior Meals lead is teaching a class where participants will get to be hands on; learning senior nutrition and making a meal together.

Come join and learn how to put together a nutritious meal and make Tarragon Pesto Pasta with Chicken.

## Silver Screeners

**Monday, April 8th at 1:30pm**

Silver Screeners are back! Please join us for Popcorn and a movie followed by a discussion with a volunteer from scarecrow **video**

**This month's movie will be:  
The Princess Bride**

We couldn't do what we do without our partners!



[www.instagram.com/LakeCitySeniors](https://www.instagram.com/LakeCitySeniors)



[www.facebook.com/LakeCitySeniors](https://www.facebook.com/LakeCitySeniors)

Monday 4/1	Wednesday 4/3	Friday 4/5
9:00am-12:30pm: Actividades en Español con Sea Mar 10:00am-11:00am: Rock n’ Roll Aerobics 11:15am-12:15pm: Gentle Chair Yoga with Annie* 12:30pm-1:30pm: Lunch time! Hosted by HIP 1:00pm-2:30pm: Mahjong  <p align="center"><u>No Tech Help</u></p>	10:00am-11:00am: Tai Chi* (Instructor: Daniel L. Altschuler) 太極 11:00am-12:00pm: Zumba with Cindy 11:00am-12:30pm: Knitting & Crocheting Social Time 12:30pm-1:30pm: Lunch time! Hosted by HIP 1:00pm-2:30pm: Mahjong 1:30pm-2:30pm: BINGO TIME!  <p align="center"><u>No Tech Help</u></p>	9:00am-12:30pm: Actividades en Español con Sea Mar <b>10:00am-11:00am: CISC Visit</b> 11:00am-12:00pm: Latin Dance Fitness 12:30pm-1:30pm: Lunch time! Hosted by HIP 1:00pm-2:30pm: Mahjong <b>1:30pm-2:30pm: Music and Mindfulness</b> 1:30pm-3:00pm: Watercolor Class with Kathleen  <p align="center"><u>No Tech Help</u></p>
Monday 4/8	Wednesday 4/10	Friday 4/12
9:00am-12:30pm: Actividades en Español con Sea Mar 10:00am-11:00am: Rock n’ Roll Aerobics <b>10:00am-1:00pm: Health Screenings</b> 11:15am-12:15pm: Gentle Chair Yoga with Annie* 12:30pm-1:30pm: Lunch time! Hosted by HIP 1:00pm-2:30pm: Mahjong <b>1:30pm-3:30pm: Movie Time! The Princess Bride</b>  <p align="center"><u>No Tech Help</u></p>	9:00am-3:00pm: Tech Help with John 10:00am-11:00am: Tai Chi* (Instructor: Daniel L. Altschuler) 太極 11:00am-12:00pm: Zumba with Cindy 11:00am-12:30pm: Knitting & Crocheting Social Time <b>12:00pm-2:00pm: Massage Therapy with Annie (By Appointment)</b> 12:30pm-1:30pm: Lunch time! Hosted by HIP 1:00pm-2:30pm: Mahjong 1:30pm-2:30pm: BINGO TIME!  	9:00am-12:30pm: Actividades en Español con Sea Mar <b>10:00am-11:00am: Tech Class: Organizing Email Accounts</b> 11:00am-12:00pm: Latin Dance Fitness 11:30am-3:00pm: Tech Help with John 12:30pm-1:30pm: Lunch time! Hosted by HIP 1:00pm-2:30pm: Mahjong 1:30pm-3:00pm: Watercolor Class with Kathleen  <p align="center"><u>No Music and Mindfulness</u></p>
Monday 4/15	Wednesday 4/17	Friday 4/19
9:00am-12:30pm: Actividades en Español con Sea Mar 10:00am-11:00am: Rock n’ Roll Aerobics 11:15am-12:15pm: Gentle Chair Yoga with Annie* 12:30pm-1:30pm: Lunch time! Hosted by HIP 1:00pm-2:30pm: Mahjong  <p align="center"><u>No Tech Help</u></p>	9:00am-3:00pm: Tech Help with John 10:00am-11:00am: Tai Chi* (Instructor: Daniel L. Altschuler) 太極 11:00am-12:00pm: Zumba with Cindy 11:00am-12:30pm: Knitting & Crocheting Social Time 12:30pm-1:30pm: Lunch time! Hosted by HIP 1:00pm-2:30pm: Mahjong 1:30pm-2:30pm: BINGO TIME!  	9:00am-12:30pm: Actividades en Español con Sea Mar 9:00am-3:00pm: Tech Help with John <b>10:00am-11:00am: Cards and Coffee Social Hour</b> <b>10:00am-11:00am: Making a 'Senior Meal' Cooking and Nutrition Class (En Espanol)</b> 11:00am-12:00pm: Latin Dance Fitness 12:30pm-1:30pm: Lunch time! Hosted by HIP 1:00pm-2:30pm: Mahjong <b>1:00pm-3:00pm: A Matter of Balance Workshop</b> <b>1:30pm-2:30pm: Music and Mindfulness</b> 1:30pm-3:00pm: Watercolor Class with Kathleen  
Monday 4/22	Wednesday 4/24	Friday 4/26
9:00am-12:30pm: Actividades en Español con Sea Mar <b>9:00am-3:00pm: Tech Help with John</b> 10:00am-11:00am: Rock n’ Roll Aerobics 11:15am-12:15pm: Gentle Chair Yoga with Annie* 12:30pm-1:30pm: Lunch time! Hosted by HIP 1:00pm-2:30pm: Mahjong  	9:00am-3:00pm: Tech Help with John 10:00am-11:00am: Tai Chi* (Instructor: Daniel L. Altschuler) 太極 11:00am-12:00pm: Zumba with Cindy 11:00am-12:30pm: Knitting & Crocheting Social Time 12:30pm-1:30pm: Lunch time! Hosted by HIP 1:00pm-2:30pm: Mahjong 1:30pm-2:30pm: BINGO TIME!  	9:00am-12:30pm: Actividades en Español con Sea Mar <b>10:00am-11:00am: Tech Class: Keeping Your Photos And Data Safe</b> <b>10:00am-11:00am: Cards and Coffee Social Hour</b> 11:00am-12:00pm: Latin Dance Fitness 11:30am-3:00pm: Tech Help with John 12:30pm-1:30pm: Lunch time! Hosted by HIP 1:00pm-2:30pm: Mahjong <b>1:00pm-3:00pm: A Matter of Balance Workshop</b> <b>1:30pm-2:30pm: Music and Mindfulness</b> 1:30pm-3:00pm: Watercolor Class with Kathleen  
Monday 4/29	Wednesday 5/1	Friday 5/3
9:00am-12:30pm: Actividades en Español con Sea Mar <b>9:00am-3:00pm: Tech Help with John</b> <b>9:00am-3:00pm: Legal Planning Clinic (By Appointment)</b> 10:00am-11:00am: Rock n’ Roll Aerobics 11:15am-12:15pm: Gentle Chair Yoga with Annie* 12:30pm-1:30pm: Lunch time! Hosted by HIP 1:00pm-2:30pm: Mahjong <b>1:30pm-2:30pm: Making a 'Senior Meal' Cooking and Nutrition Class (English)</b>  	9:00am-3:00pm: Tech Help with John 10:00am-11:00am: Tai Chi* (Instructor: Daniel L. Altschuler) 太極 11:00am-12:00pm: Zumba with Cindy 11:00am-12:30pm: Knitting & Crocheting Social Time 12:30pm-1:30pm: Lunch time! Hosted by HIP 1:00pm-2:30pm: Mahjong 1:30pm-2:30pm: BINGO TIME!  	9:00am-12:30pm: Actividades en Español con Sea Mar 9:00am-3:00pm: Tech Help with John <b>10:00am-11:00am: CISC Visit</b> 11:00am-12:00pm: Latin Dance Fitness 12:30pm-1:30pm: Lunch time! Hosted by HIP 1:00pm-2:30pm: Mahjong <b>1:00pm-3:00pm: A Matter of Balance Workshop</b> 1:30pm-3:00pm: Watercolor Class with Kathleen  