

IT TAKES A VILLAGE!



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 mejor 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, will be available to answer your questions about technology. If you have a specific question, please bring your device and he will be able to help.



Momentia in Spanish



Spanish Momentia is back!

We are starting our Spanish Speaking Momentia group up with Ruben. Ruben is bilingual and will be playing guitar while singing. We will have refreshments and snacks provided by Seattle Parks and Recreation and Arc.

There will be singing and dancing. Please join us! This group was designed to help supporting those with Dementia and Dementia related illnesses. This group is available for those with dementia, their caregivers and those who help support them.

CISC

CISC is here the second Wednesday of every month to provide resource updates, Information and Assistance and more!

Their next visit will be **Wednesday, August 10th from 1:00p-2:00p**

Silver Screeners with Scarecrow video

Silver Screeners are back! Please join us for a movie and discussion with a volunteer from scarecrow.

Monday 8/25– The Philadelphia Story
English with Spanish subtitles



Senior Activities August 2022

a community partner site of Sound Generations

Mondays, Wednesdays and Fridays

9:00am-3:00pm

Lake City Community Center

12531 28th Ave NE, Seattle, WA 98125

www.Lakecityseniors.org or call 206-268-6740

We are no longer requiring mask but they are HIGHLY recommended

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!

Tech Help Seminars

Our New Digital Equity Coordinator, John, will be holding seminars to help answer questions you may have with technology.

Wednesday, August 24th-Smart Phone Help

Wednesday, August 31st-Internet and Computer Help

Mahjong is Back!

We are bringing back Mahjong! Everyone is invited to join. We will be holding Mahjong twice a week after lunch.

Wednesdays and Fridays
1:00pm-2:30pm

Knitting and Crocheting Social Time

Every week we have Knitting and Crocheting Social time. Everyone is invited to bring their own projects to work on and socialize with others. We have yarn, crochet hooks, and knitting needles!

Wednesdays 11:00am-12:30pm

Getting Around the Puget Sound

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

August 17th from 11:30am until 1:30pm

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



www.instagram.com/lakecityseniors



Facebook.com/lakecityseniors

August 2022 - Lake City Community Center 12531 28th Ave. NE. Seattle, 98125 - Lakecityseniors.org or call 206-268-6740

Monday 8/1	Wednesday 8/3	Friday 8/5
9:00am-12:30pm: Actividades en Español con Sea Mar 10:00am-11:00am: Rock n' Roll Aerobics 11:15am-12:15pm: Gentle ChairYoga with Annie* 12:30pm-1:30pm: Lunch time! Hosted by HIP 2:30pm-3:30pm: Music and Mindfulness** Footcare, by appointment	10:00am-11am: Tai Chi* (Instructor: Daniel L. Altschuler) 太極 11:00am-12:30pm: Knitting & Crocheting Social Time 12:30pm-1:30pm: Lunch time! Hosted by HIP 12:30pm-1:30pm: Library Book Browse 1:00pm-2:30pm: Mahjong 1:30pm-2:30pm: BINGO TIME!*	9am-12:30pm: Actividades en Español con Sea Mar 10:30am-1:30pm: Tech Help with John 11:00am-12:00pm: Latin Dance Fitness 12:30pm-1:30pm: Lunch time! Hosted by HIP 1:00pm-2:30pm: Mahjong 1:30pm-3pm: Watercolor class with Kathleen
Monday 8/8	Wednesday 8/10	Friday 8/12
9:00am-12:30pm: Actividades en Español con Sea Mar 10:00am-11:00am: Rock n' Roll Aerobics 11:15am-12:15pm: Gentle ChairYoga with Annie* 12:30pm-1:30pm: Lunch time! Hosted by HIP 1:15pm-3:00pm: Momentia in Spanish with Ruben 2:30pm-3:30pm: Music and Mindfulness**	10:00am-11am: Tai Chi* (Instructor: Daniel L. Altschuler) 太極 11:00am-12:30pm: Knitting & Crocheting Social Time 12:30pm-1:30pm: Lunch time! Hosted by HIP 12:30pm-1:30pm: Library Book Browse 1:00pm-2:00pm: CISC PROGRAMMING 1:00pm-2:30pm: Mahjong 1:30pm-2:30pm: BINGO TIME!*	9:00am-12:30pm: Actividades en Español con Sea Mar 10:30am-1:30pm: Tech Help with John 11:00am-12:00pm: Latin Dance Fitness 12:30pm-1:30pm: Lunch time! Hosted by HIP 1:00pm-2:30pm: Mahjong 1:30pm-3:00pm: Watercolor Class with Kathleen
Monday 8/15	Wednesday 8/17	Friday 8/19
9:00am-12:30pm: Actividades en Español con Sea Mar 10:00am-11:00am: Rock n' Roll Aerobics 11:15am-12:15pm: Gentle ChairYoga with Annie* 11:00am-1:30pm: Health Screening 12:30pm-1:30pm: Lunch time! Hosted by HIP 2:30pm-3:30pm: Music and Mindfulness**	10:00am-11:00am: Tai Chi* (Instructor: Daniel L. Altschuler) 太極 11:00am-12:30pm: Knitting & Crocheting Social Time 11:30am-1:30pm: Getting Around Puget Sound 12:30pm-1:30pm: Lunch time! Hosted by HIP 12:30pm-1:30pm: Library Book Browse 1:00pm-2:30pm: Mahjong 1:30pm-2:30pm: BINGO TIME!*	9:00am-12:30pm: Actividades en Español con Sea Mar 10:30am-1:30pm: Tech Help with John 11:00am-12:00pm: Latin Dance Fitness 12:30pm-1:30pm: Lunch time! Hosted by HIP 1:00pm-2:30pm: Mahjong 1:30pm-3:00pm: Watercolor Class with Kathleen
Monday 8/22	Wednesday 8/24	Friday 8/26
9:00am-12:30pm: Actividades en Español con Sea Mar 10:00am-11:00am: Rock n' Roll Aerobics 11:15am-12:15pm: Gentle ChairYoga with Annie* 12:30pm-1:30pm: Lunch time! Hosted by HIP 1:00pm-3:00pm: Movie: The Philadelphia Story (English with Spanish subtitles) 2:30pm-3:30pm: Music and Mindfulness**	10:00am-11:00am: Tai Chi* (Instructor: Daniel L. Altschuler) 太極 11:00am-12:00pm: Folk Dancing with Susan 11:00am-12:30pm: Knitting & Crocheting Social Time 12:30pm-1:30pm: Lunch time! Hosted by HIP/ Library Book Browse 1:00pm-2:30pm: Mahjong 1:30pm-2:30pm: Smartphone Help Seminar 1:30pm-2:30pm: BINGO TIME!*	9:00am-12:30pm: Actividades en Español con Sea Mar 10:30am-1:30pm: Tech Help with John 11:00am-12:00pm: Latin Dance Fitness 12:30pm-1:30pm: Lunch time! Hosted by HIP 1:00pm-2:30pm: Mahjong 1:30pm-3:00pm: Watercolor Class with Kathleen
Monday 8/29	Wednesday 8/31	
9:00am-12:30pm: Actividades en Español con Sea Mar 10:00am-11:00am: Rock n' Roll Aerobics 11:15am-12:15pm: Gentle ChairYoga with Annie* 12:30pm-1:30pm: Lunch time! Hosted by HIP 2:30pm-3:30pm: Music and Mindfulness**	10:00am-11:00am: Tai Chi* (Instructor: Daniel L. Altschuler) 太極 11:00am-12:30pm: Knitting & Crocheting Social Time 12:30pm-1:30pm: Lunch time! Hosted by HIP 12:30pm-1:30pm: Library Book Browse 1:00pm-2:30pm: Mahjong 1:30pm-2:30pm: Internet and Computer Help Seminar 1:30pm-2:30pm: BINGO TIME!*	<p align="center"><i>*Programs with one asterisk are offered both online and in-person at the Lake City Community Center.</i></p> <p align="center"><i>**Programs with two asterisks indicate they are completely virtual.</i></p>