

Momentia Monthly: Tango Stride

The *TangoStride™ Technique* uses music, collaboration and tango-inspired movement. Movements are designed based on each participant's abilities in order to improve their overall walking. Wheelchairs, walkers & canes welcome!

Benefits

- Improve posture and confidence
- Rebuild balance and stability
- Regain coordination and connection
- Enhance ability to initiate and stop momentum
- Heighten spatial awareness and proprioception
- Build connection and community

Friday, August 16th | 1-2:30pm

Light snacks and socializing to follow

Senior Fraud Prevention Workshop

A free workshop provided by local non-profit, Parkview Services. Scams and fraud are on the rise. This workshop is designed to inform you about the latest scams, tips on fraud prevention and resources to assist you should you become a target. Come join us in a safe environment to learn and share your own experiences.

Friday, August 2nd

1-2pm

Lake City Community Center

Free to attend

Watercolor Painting with Kathleen Coyle



Kathleen Coyle is back with a weekly watercolor class where participants will be introduced to the creative possibilities of watercolor painting. All levels are welcome, beginners encouraged.

Wednesdays | 1-3pm

Lake City Community Center



This class is made possible with a grant from 4 Culture.

**Scarecrow Video Presents
 their Silver Screeners Cinema Club
 a FREE senior outreach program**

**1-3pm / Inspiration Room
 Lake City Community Center**

August 12th *Intimate Stories* (2002, 1h 32min)

Three people and a baby set off on separate journeys, along the same road; their disparate dreams and stories intertwine amidst the breathtaking deserted Patagonia route.

(Spanish with English subtitles)

August 26th *Ball of Fire* (1941, 1h 51min)

A screwball comedy about when a group of professors working on a new encyclopedia encounter a mouthy nightclub singer who is wanted by the police to help bring down her mob boss lover..

(English with Spanish subtitles)

Lake City SENIORS COMMUNITY MEAL

Mondays, Wednesdays, and Fridays: 12 – 1 pm

Lake City Community Center—12531 28th Ave NE

Suggested Donation \$4 for seniors 60 and over (Suggested \$6 for under 60)

we accept EBT

For a calendar of daily activities, visit the front desk, or LakeCitySeniors.org

August Menu

(Please note the menu is subject to change)



		<p>Friday, August 2 Chicken Caesar Salad & Croutons Roasted Spaghetti Squash Fresh Fruit Cauliflower Dark Chocolate Squares</p>
<p>Monday, August 5 Ground Meat Tetrazzini Green Salad Broccoli Sun Dried Tomato Roll Summer Strawberry Rhubarb Crisp</p>	<p>Wednesday, August 7 Mild Chicken Tikka Masala Brown Rice Mixed Vegetables Garbanzo Bean Salad Whole Wheat Dinner Roll Fresh Fruit Tropical Coconut Pudding</p>	<p>Friday, August 9 Bean and Cheese Enchilada Casserole Fresh Salad Seasonal Fruit Sugar Cookie</p>
<p>Monday, August 12 Italian Pesto Chicken Vegetable Pasta Salad Dinner Roll Fresh Fruit Cranberry Oatmeal Cookies</p>	<p>Wednesday, August 14 Citrus and Thyme Salmon Steaks Mixed Vegetable Medley Parsley Potatoes Fresh Fruit Bread Pudding</p>	<p>Friday, August 16 Chicken Salad Sandwich Vegetable Soup Assorted Fresh Fruit Chocolate Chip Cookies</p>
<p>Mon, August 19 Ground Meat Lasagna Italian Mixed Vegetables Spinach Salad with Dressing Garlic Dinner Rolls Fresh Fruit Crisp</p>	<p>Wednesday, August 21 Chicken Pozole with Hominy Brown Rice Fresh Green Salad with Dressing Tropical Fruit Cocktail Cherry Almond Dark Chocolate Chip Cookies</p>	<p>Friday, August 23 Stir Fried Chicken Sautéed Green Vegetables Asian Soba Noodles with Peanut Sauce Mandarin Oranges Mochi Cookies</p>
<p>Monday, August 26 Crispy Baked Chicken Breast Mashed Potatoes Fresh Spinach Salad Fresh Fruit Roasted Mixed Vegetables Whole Wheat Dinner Roll Birthday Cake</p>	<p>Wednesday, August 28 Roasted Balsamic Chicken Thighs Green Salad Seasonal Vegetables Dinner Roll Fresh Fruit Crisp</p>	<p>Friday, August 30 Chicken Tacos Corn and Black Bean Salad Green Salad Watermelon Salsa Vanilla Ice Cream</p>

This meal is a collaboration of

