



a community partner site of Sound Generations

# December 2023 Activities

## 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 every week 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. The next visit will be in January.

## 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 **Health Screenings on hold until further notice.**

## Tai Chi and Zumba Cancellation

**Due to seasonal church services, we will unfortunately have to cancel our Wednesday Morning exercise classes for the entire month of December**

**Tai Chi and Zumba will be back at their usual times in January**

## Holiday Card Making Workshop

**December 15th at 10:00am**

Join us for this fun filled holiday card making workshop led by Susan. Make something special for the people in your life or just enjoy some arts and crafts time.

## 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, December 1st 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.

## Silver Screeners with Scarecrow video

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

**Monday the 11th—A Christmas Story**

## LEGAL PLANNING CLINIC Monday December 4th 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**

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)

		Friday 12/1
<p align="center"><b>Please note that our program will be closed the following dates: Christmas week (12/25 - 12/29) Monday 1/1 for New Years</b></p>	<p align="center"><i>*Programs with one asterisk are offered both online and in-person at Lamb of God Church.</i></p>	<p>9:00am-12:30pm: Actividades en Español con Sea Mar  <b>9:00am-3:00pm: Tech Help with John</b>  <b>10:00am-11:00am: CISC Visit</b>            11:00am-12:00pm: Latin Dance Fitness            12:30pm-1:30pm: Lunch time! Hosted by HIP  <b>1:00pm-2:30pm: Mahjong</b>  <b>1:30pm-2:30pm: Music and Mindfulness</b>            1:30pm-3:00pm: Watercolor Class with Kathleen</p>
Monday 12/4	Wednesday 12/6	Friday 12/8
<p>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  <b>11:30am-1:30pm: Getting Around Puget Sound</b>            11:15am-12:15pm: Gentle Chair Yoga with Annie            12:30pm-1:30pm: Lunch time! Hosted by HIP  <b>1:00pm-2:30pm: Mahjong</b></p>	<p><b>9:00am-3:00pm: Tech Help with John</b>            11:00am-12:30pm: Knitting &amp; Crocheting Social Time            12:30pm-1:30pm: Lunch time! Hosted by HIP/ Library Book Browse  <b>1:00pm-2:30pm: Mahjong</b>            1:30pm-2:30pm: BINGO TIME!*</p> <p align="center"><u>NO Tai Chi</u> <u>NO Zumba</u></p>	<p>9:00am-12:30pm: Actividades en Español con Sea Mar  <b>9:00am-3:00pm: Tech Help with John</b>            11:00am-12:00pm: Latin Dance Fitness            12:30pm-1:30pm: Lunch time! Hosted by HIP  <b>1:00pm-2:30pm: Mahjong</b>  <b>1:30pm-2:30pm: Music and Mindfulness</b>            1:30pm-3:00pm: Watercolor Class with Kathleen</p>
Monday 12/11	Wednesday 12/13	Friday 12/15
<p>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  <b>1:00pm-2:30pm: Mahjong</b>  <b>1:00pm-3:00pm: Silver Screeners (A Christmas Story)</b></p>	<p><b>9:00am-3:00pm: Tech Help with John</b>            11:00am-12:30pm: Knitting &amp; Crocheting Social Time  <b>12:00pm-2:00pm: Massage Therapy with Annie (By Appointment)</b>            12:30pm-1:30pm: Lunch time! Hosted by HIP/ Library Book Browse  <b>1:00pm-2:30pm: Mahjong</b>            1:30pm-2:30pm: BINGO TIME!*</p> <p align="center"><u>NO Tai Chi</u> <u>NO Zumba</u></p>	<p>9:00am-12:30pm: Actividades en Español con Sea Mar  <b>9:00am-3:00pm: Tech Help with John</b>  <b>10:00am-11:am: Holiday Card Making with Susan</b>            11:00am-12:00pm: Latin Dance Fitness            12:30pm-1:30pm: Lunch time! Hosted by HIP  <b>1:00pm-2:30pm: Mahjong</b>  <b>1:30pm-2:30pm: Music and Mindfulness</b>            1:30pm-3:00pm: Watercolor Class with Kathleen</p>
Monday 12/18	Wednesday 12/20	Friday 12/22
<p>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  <b>1:00pm-2:30pm: Mahjong</b></p>	<p><b>9:00am-3:00pm: Tech Help with John</b>            11:00am-12:30pm: Knitting &amp; Crocheting Social Time            12:30pm-1:30pm: Lunch time! Hosted by HIP/ Library Book Browse  <b>1:00pm-2:30pm: Mahjong</b>            1:30pm-2:30pm: BINGO TIME!*</p> <p align="center"><u>NO Tai Chi</u> <u>NO Zumba</u></p>	<p>9:00am-12:30pm: Actividades en Español con Sea Mar  <b>10:00am-11:00am: Computer 101 Class</b>            11:00am-12:00pm: Latin Dance Fitness  <b>11:30am-3:00pm: Tech Help with John</b>            12:30pm-1:30pm: Lunch time! Hosted by HIP  <b>1:00pm-2:30pm: Mahjong</b>            1:30pm-3:00pm: Watercolor Class with Kathleen  <u>NO Music and Mindfulness</u></p>
Monday 12/25	12/27	12/29
<p align="center"><b>Christmas Day No Programming No Lunch</b></p>	<p align="center"><b>Program Closed No Programming No Lunch</b></p>	<p align="center"><b>Program Closed No Programming No Lunch</b></p>