

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

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.

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

Our Digital Equity Coordinator, John, is available to help answer your technology questions. Appointments are available Monday, Wednesday and Friday between 9:00am - 1pm.
 Drop in hours from 1pm - 3pm
 If you would like to schedule an appointment with him please give him a call at **(509) 800-7081**
 Or go online to <https://booking.appointy.com/lakecitytechhelp>

CISC is Back!

CISC will now visit the **first Friday** of every month to provide resource updates, Information and Assistance

Their next visit will be **Friday December 2nd** from **11:00am-12:00pm**

Silver Screeners with Scarecrow video

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

Monday the 12th - The Palm Beach Story



Senior Activities December 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!



Holiday Card Making Workshop

November 14th at 1:30pm

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.

Digital Photo Management

November 21st at 1:30pm

This class will provide tips and recommendations for managing photos on your devices. We will discuss how to organize photo storage space, how to safely back up photos, and how to share photos with others.

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







www.instagram.com/lakecityseniors



Facebook.com/lakecityseniors

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

<p align="center">*Programs with one asterisk are offered both online and in-person at the Lake City Community Center.</p> <p align="center">**Programs with two asterisks indicate they are completely virtual.</p>	<p align="center">WEATHER POLICY: Follow Seattle Public Schools (if they are delayed or closed, activities are too) Check radio/TV for updates.</p>	<p align="center">Friday 12/2</p> <p>9:00am-12:30pm: Actividades en Español con Sea Mar 9:00am-3:00pm: Tech Help with John 11:00am-12:00pm: CISC PROGRAMMING 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</p>
<p align="center">Monday 12/5</p> <p>9:00am-12:30pm: Actividades en Español con Sea Mar 9:00am-3:00pm: Tech Help with John 10:00am-11:00am: Rock n' Roll Aerobics 11:15am-12:15pm: Gentle Chair Yoga with Annie* (Pre-recorded Online) 12:30pm-1:30pm: Lunch time! Hosted by HIP 12:30pm-1:30pm: App Testing Pop-Up 1:00pm-2:30pm: Mahjong 3:00pm-4:00pm: Music and Mindfulness**</p>	<p align="center">Wednesday 12/7</p> <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/ Library Book Browse 1:00pm-2:30pm: Mahjong 1:30pm-2:30pm: BINGO TIME!</p>	<p align="center">Friday 12/9</p> <p>9:00am-12:30pm: Actividades en Español con Sea Mar 9:00am-3:00pm: 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</p>
<p align="center">Monday 12/12</p> <p>9:00am-12:30pm: Actividades en Español con Sea Mar 9:00am-3:00pm: Tech Help with John 10:00am-11:00am: Rock n' Roll Aerobics 11:15am-12:15pm: Gentle Chair Yoga with Annie* (Pre-recorded Online) 12:30pm-1:30pm: Lunch time! Hosted by HIP 1:00pm-3:00pm: Movie: The Palm Beach Story 1:00pm-2:30pm: Mahjong 3:00pm-4:00pm: Music and Mindfulness**</p>	<p align="center">Wednesday 12/14</p> <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/ Library Book Browse 1:00pm-2:30pm: Mahjong 1:30pm-2:30pm: Holiday Card Making Workshop with Susan 1:30pm-2:30pm: BINGO TIME!*</p>	<p align="center">Friday 12/16</p> <p>9:00am-12:30pm: Actividades en Español con Sea Mar 9:00am-3:00pm: Tech Help with John 10:00am-11:00am: Folk Dancing with Susan 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</p>
<p align="center">Monday 12/19</p> <p>9:00am-12:30pm: Actividades en Español con Sea Mar 9:00am-3:00pm: Tech Help with John 10:00am-11:00am: Rock n' Roll Aerobics 11:15am-12:15pm: Gentle Chair Yoga with Annie* (Pre-recorded Online) 11:30am-1:30pm: Getting Around Puget Sound 12:30pm-1:30pm: Lunch time! Hosted by HIP 1:00pm-2:30pm: Mahjong 3:00pm-4:00pm: Music and Mindfulness**</p>	<p align="center">Wednesday 12/21</p> <p>9:00am-1:00pm: 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/ Library Book Browse 1:00pm-2:30pm: Mahjong 1:30pm-2:30pm: BINGO TIME! 1:30pm-2:30pm: Digital Photo Management Seminar With John</p>	<p align="center">Friday 12/23</p> <p align="center">Center Closed No Programming No Lunch</p>
<p align="center">Monday 12/26</p> <div style="display: flex; justify-content: space-between; align-items: center;">  <div style="text-align: center;"> <p>Center Closed No Programming No Lunch</p> </div>  </div>	<p align="center">Wednesday 12/28</p> <p align="center">Center Closed No Programming No Lunch</p>	<p align="center">Friday 12/30</p> <div style="display: flex; justify-content: space-between; align-items: center;">  <div style="text-align: center;"> <p>Center Closed No Programming No Lunch</p> </div>  </div>