



a community partner site of Sound Generations

February 2024 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 temporarily only available on
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/>

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 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 **March**

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, February 12th from 10:00am-1:00pm**

Tech Help Update

John will temporarily be providing the Ballard Senior Center with tech help. Unfortunately, due to his schedule, he will **NOT** be available to provide tech help at our program **Mondays only** in February. He will still be available Wednesdays and Fridays and **will** be teaching his tech classes.

Tech Classes with John

Don't Get Locked Out of Online Accounts February 9th at 10am — Learn how to set up accounts, like your email, so you don't get locked out if you forget a password. We will discuss helpful settings you can use to prevent yourself from losing access to important services.

How To Avoid Scams February 23rd at 10am — Scams and data breaches can be stressful when you aren't sure what exactly is going on. Learn how to recognize scams and what steps you can take to protect yourself and feel prepared.

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, February 2nd 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.

Legal Planning Clinic

Monday February 12th 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

Silver Screeners

Monday, February 12th at 1:30pm
Silver Screeners are back! Please join us for Popcorn and a movie followed by a discussion with a volunteer from scarecrow.

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



www.instagram.com/LakeCitySeniors



www.facebook.com/LakeCitySeniors

		Friday 2/2
<p><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 9:00am-3:00pm: Tech Help with John 10:00am-11:00am: CISC Visit 11:00am-12:00pm: Latin Dance Fitness 12:30pm-1:30pm: Lunch time! Hosted by HIP 1:00pm-2:30pm: Mahjong 1:30pm-2:30pm: Soundview Intergenerational Visit with Sea Mar 1:30pm-2:30pm: Music and Mindfulness 1:30pm-3:00pm: Watercolor Class with Kathleen</p>
Monday 2/5	Wednesday 2/7	Friday 2/9
<p>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> <p style="text-align: center;"><u>No Tech Help</u></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 12:00pm-2:00pm: Massage Therapy with Annie (By Appointment) 12:30pm-1:30pm: Lunch time! Hosted by HIP 1:00pm-2:30pm: Mahjong 1:30pm-2:30pm: BINGO TIME!</p>	<p>9:00am-12:30pm: Actividades en Español con Sea Mar 10:00am-11:00am: Tech Class: Don’t Get Locked Out of Online Accounts 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-2:30pm: Soundview Intergenerational Visit with Sea Mar 1:30pm-2:30pm: Music and Mindfulness 1:30pm-3:00pm: Watercolor Class with Kathleen</p>
Monday 2/12	Wednesday 2/14	Friday 2/16
<p>9:00am-12:30pm: Actividades en Español con Sea Mar 9:00am-3:00pm: Legal Planning Clinic (By Appointment) 10:00am-11:00am: Rock n’ Roll Aerobics 10:00am-1:00pm: Health Screenings 11:15am-12:15pm: Gentle Chair Yoga with Annie 12:30pm-1:30pm: Lunch time! Hosted by HIP 1:00pm-2:30pm: Mahjong 1:30pm-3:30pm: Movie Time! Kedi</p> <p style="text-align: center;"><u>No Tech Help</u></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 1:00pm-2:30pm: Mahjong 1:30pm-2:30pm: BINGO TIME!</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-2:30pm: Soundview Intergenerational Visit with Sea Mar 1:30pm-2:30pm: Music and Mindfulness 1:30pm-3:00pm: Watercolor Class with Kathleen</p>
Monday 2/19	Wednesday 2/21	Friday 2/23
<p style="text-align: center;">Presidents’ Day No Programming No Lunch</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 1:00pm-2:30pm: Mahjong 1:30pm-2:30pm: BINGO TIME!</p>	<p>9:00am-12:30pm: Actividades en Español con Sea Mar 10:00am-11:00am: Tech Class: How to Avoid Scams 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-2:30pm: Music and Mindfulness 1:30pm-3:00pm: Watercolor Class with Kathleen</p>
Monday 2/26	2/28	Friday 3/1
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