

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 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

CISC will now visit the **first Friday** of every month to provide resource updates, Information and Assistance. Their next visit will be **Friday February 3rd from 10:00am-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 13th—Rocket Gibraltar (1988)
Monday the 27th— Hidden Figures (2016)



Senior Activities February 2023

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!

Inclement Weather Update

If you would like to receive text alerts to be notified when we have to close for any reason, call 206-268-6740 and leave a message with your name and phone number.

Tech Social Hour

Wednesdays at 1:30pm

Join us each week as we learn tech skills, play games, and help each other navigate our phones, tablets, and other devices.

Ping Pong

Monday, Wednesday, and Friday at 1:30pm

We will now hold Ping Pong every day we are open for programming.

Music and Mindfulness

Returns in a hybrid format on February 13th 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. No prior musical experience is required to join the class.

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



www.instagram.com/lakecityseniors



Facebook.com/lakecityseniors

	Wednesday 2/1	Friday 2/3
	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 & Ping Pong 1:30pm-2:30pm: Tech Social Hour 1:30pm-2:30pm: Advisory Committee Meeting NO BINGO	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 & Ping Pong 1:30pm-3:00pm: Watercolor Class with Kathleen 1:30pm-2:30pm: Intergenerational Visit with Sea Mar
Monday 2/6	Wednesday 2/8	Friday 2/10
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* 12:30pm-1:30pm: Lunch time! Hosted by HIP 1:00pm-2:30pm: Mahjong & Ping Pong	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 & Ping Pong 1:30pm-2:30pm: BINGO TIME!* 1:30pm-2:30pm: Tech Social Hour	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 & Ping Pong 1:30pm-3:00pm: Watercolor Class with Kathleen 1:30pm-2:30pm: Intergenerational Visit with Sea Mar
Monday 2/13	Wednesday 2/15	Friday 2/17
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 (Zoom Only) 12:30pm-1:30pm: Lunch time! Hosted by HIP 1:00pm-3:00pm: Movie: Rocket Gibraltar 1:00pm-2:30pm: Mahjong & Ping Pong 1:30pm-2:30pm: Music and Mindfulness*	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 12:00pm-2:00pm: King Count Metro Tabling 12:30pm-1:30pm: Lunch time! Hosted by HIP/ Library Book Browse 1:00pm-2:30pm: Mahjong & Ping Pong 1:30pm-2:30pm: BINGO TIME!* 1:30pm-2:30pm: Tech Social Hour 1:30pm-2:30pm: END OF LIFE WASHINGTON VISIT	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 & Ping Pong 1:30pm-3:00pm: Watercolor Class with Kathleen
Monday 2/20	Wednesday 2/22	Friday 2/24
President's Day No Programming No Lunch	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 1:30pm-2:30pm: Tech Social Hour 1:30pm-3:30pm: CIVIC COFFEE HOUR NO BINGO	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 & Ping Pong 1:30pm-3:00pm: Watercolor Class with Kathleen
Monday 2/27		
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 Video) 12:30pm-1:30pm: Lunch time! Hosted by HIP 1:00pm-3:00pm: Movie: Hidden Figures 1:00pm-2:30pm: Mahjong & Ping Pong 1:30pm-2:30pm: Music and Mindfulness*	WEATHER POLICY: Follow Seattle Public Schools (if they are delayed or closed, activities are too) Check radio/TV for updates.	<i>*Programs with one asterisk are offered both online and in-person at the Lake City Community Center.</i>