

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 (Monday and Friday Only)
 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 January 6th 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 9th—M.A.S.H.

Monday the 23rd— Guess Who's Coming to Dinner



Senior Activities January 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!

Midsound Visit

January 13th

Midsound Fisheries will be coming out for your input on the design of the Lake City Floodplain Park.

They'll hold a session in Spanish at **10:00am** and will be tabling during lunch starting at **12:30pm**

Tech Social Hour

Starting January 11th 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.

Advance Care Planning

January 30th at 1:30pm

End of Life Washington will be out to discuss Advance Care Planning. In this workshop, you'll learn how to reduce anxiety for yourself and your loved ones and how to plan so that you can receive the medical care that you want.

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.

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



www.instagram.com/lakecityseniors



Facebook.com/lakecityseniors

Monday 1/2

Wednesday 1/4

Friday 1/6

**NEW YEARS DAY
NO PROGRAMMING
NO LUNCH**

10:00am-11:00am: Tai Chi* (Instructor: Daniel L. Altschuler) 太極
9:00am-3:00pm: Tech Help with John
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!*

9:00am-12:30pm: Actividades en Español con Sea Mar
9:00am-3:00pm: Tech Help with John
10:00am-12:00pm: CISC Programming: Tech Help
 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

Monday 1/9

Wednesday 1/11

Friday 1/13

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-3:00pm: Movie: M.A.S.H.
 1:00pm-2:30pm: Mahjong

10:00am-11:00am: Tai Chi* (Instructor: Daniel L. Altschuler) 太極
9:00am-1:00pm: Tech Help with John
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: Tech Social Hour

9:00am-12:30pm: Actividades en Español con Sea Mar
9:00am-3:00pm: Tech Help with John
10:00am-11:00am: Midsound Visit (Spanish)
 11:00am-12:00pm: Latin Dance Fitness
 12:30pm-1:30pm: Lunch time! Hosted by HIP
12:30pm-1:30pm: Midsound Visit
1:00pm-2:30pm: Mahjong
 1:30pm-3:00pm: Watercolor Class with Kathleen

Monday 1/16

Wednesday 1/18

Friday 1/20

**MARTIN LUTHER KING JR. DAY
NO PROGRAMMING
NO LUNCH**

10:00am-11:00am: Tai Chi* (Instructor: Daniel L. Altschuler) 太極
9:00am-1:00pm: Tech Help with John
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: 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
 1:30pm-3:00pm: Watercolor Class with Kathleen

Monday 1/23

Wednesday 1/25

Friday 1/27

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*
11:30am-1:30pm: Getting Around Puget Sound
 12:30pm-1:30pm: Lunch time! Hosted by HIP
1:00pm-3:00pm: Movie: Guess Who's Coming to Dinner
 1:00pm-2:30pm: Mahjong

10:00am-11:00am: Tai Chi* (Instructor: Daniel L. Altschuler) 太極
9:00am-1:00pm: Tech Help with John
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-3:00pm: CIVIC COFFEE HOUR
 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
1:30pm-2:30pm: Intergenerational Visit with SeaMar
 1:30pm-3:00pm: Watercolor Class with Kathleen

Monday 1/30

**WEATHER POLICY: Follow Seattle Public Schools (if they are delayed or closed, activities are too)
Check radio/TV for updates.**

****Programs with one asterisk are offered both online and in-person at the Lake City Community Center.***

*****Programs with two asterisks indicate they are completely virtual.***

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
1:30pm-2:30pm: Advance Care Planning with End of Life Washington