

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

EnhancedWellness

Do you want to make positive changes in your life? Have you been diagnosed with any chronic conditions? Do you want to be more physically or socially active? Have you been unhappy or unsatisfied lately? Do you have a goal that you want to achieve?

If you answered yes to any of the questions, then EnhanceWellness is for you!

Learn strategies to make positive changes in ... Physical Activity, Health Management, Socialization, Emotions, Nutrition ... and many more...

Receive a personalized health action plan that identifies your health risks and the steps to take to improve your health and well-being. Design your own schedule and type of meetings – one-on-one, phone calls, and even emails

Join our 6 week FREE program designed for you. This program is offered in both Spanish and English!

HIP is Hiring!



Hunger Intervention Program
Food security for all

Our partners at Hunger Intervention Program (HIP) are hiring a senior meal delivery driver! HIP's mission is to increase food security for underserved populations in North King County through nutritious meals, educational programs, and advocacy. HIP's Senior Community Meal Program provides a low-cost, nutritious, and delicious hot lunch three days a week to seniors 60 and over as well as other members of the Lake City community. If you are looking for experience working with a great team and making a difference to seniors needing meal support, this is a great fit for you.

The Senior Meal Delivery Driver will deliver freshly made, perishable meals to seniors living in NE Seattle. On Mondays, Wednesdays, and Fridays the delivery driver will prep, pack, and deliver meals in HIP vehicles. This position requires a reliable individual with a passion for helping people, especially seniors, and the ability to communicate effectively with individuals from diverse backgrounds. If this sounds like you please email jobs@hungerintervention.org or call 206-538-6567 for the full position description and instructions to apply.



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

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!

Friendly Folk Dancing with Susan

SilverKite Presents:



Move to inspiring music from around the world, while seated comfortably with friends. Inspired by her background in folk dance, SilverKite's Susan Wickett-Ford is excited to be back with you in person for a creative mix of follow-along dance activities (mostly, or entirely seated – your choice) including rhythm sticks, and maracas.

Where: **Lake City Senior Center**

When: **Wednesday, January 12th**

Time: **11:00am-12:00pm**

Matter of Balance

Sound Generations Presents:

Do you have concerns about falling? Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels. This program emphasizes practical strategies to manage falls.

In this workshop you will view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home, exercise to increase strength and balance.

You should attend if you are concerned about falls, interested in improving balance, flexibility and strength, if you have fallen in the past, If you have restricted activities because of falling concerns.

This is a FREE 4-week workshop held over Zoom or in-person.

Caregivers are welcome too!

Contact Emily at 206-707-1865 to join!

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



www.instagram.com/lakecityseniors



Facebook.com/lakecityseniors

December 2021 - Lake City Community Center 12531 28th Ave. NE, Seattle, 98125 - Lakecityseniors.org or call 206-268-6740

Monday 1/3	Wednesday 1/5	Friday 1/7
<p><i>Closed in celebration of New Years</i></p> 	9am-12:30pm: Actividades en Español con Sea Mar 10:00-11am: Tai Chi (Instructor: Daniel L. Altschuler) 太極 11:30am: Mark's Neighborhood Walk 12:30-1:30pm: Lunch time! Hosted by HIP 12:30-1:30: Library Book Browse 1:30-2:30pm: BINGO TIME!*	9am-12:30pm: Actividades en Español con Sea Mar 10:00-11:00am: Virtual Reality Class 11:00-12pm: Latin Dance Fitness 12:30-1:30pm: Lunch time! Hosted by HIP 1:30-3pm: Watercolor Painting with Kathleen Coyle
Monday 1/10	Wednesday 1/12	Friday 1/14
9am-12:30pm: Actividades en Español con Sea Mar 10:00-11:00am: Rock n' Roll Aerobics 11:15-12:15am: Gentle Chair Yoga with Two Dog Yoga* 12:30-1:30pm: Lunch time! Hosted by HIP 2:30-3:30pm: Music and Mindfulness**	9am-12:30pm: Actividades en Español con Sea Mar 10:00-11am: Tai Chi (Instructor: Daniel L. Altschuler) 太極 11:00-12pm: Folk Dancing with Susan 12:30-1:30pm: Lunch time! Hosted by HIP 12:30-1:30: Library Book Browse 1:30: Lake City Advisory Committee	9am-12:30pm: Actividades en Español con Sea Mar 11:00-12pm: Latin Dance Fitness 12:30-1:30pm: Lunch time! Hosted by HIP 1:30-3pm: Watercolor Painting with Kathleen Coyle
Monday 1/17	Wednesday 1/19	Friday 1/21
9am-12:30pm: Actividades en Español con Sea Mar 10:00-11:00am: Rock n' Roll Aerobics 11:15-12:15am: Gentle Chair Yoga with Two Dog Yoga* 12:30-1:30pm: Lunch time! Hosted by HIP 1:30-2:30pm: Virtual Reality Classes 2:30-3:30pm: Music and Mindfulness**	9am-12:30pm: Actividades en Español con Sea Mar 10:00-11am: Tai Chi* (Instructor: Daniel L. Altschuler) 太極 11:30am: Mark's Neighborhood Walk 12:30-1:30pm: Lunch time! Hosted by HIP 12:30-1:30: Library Book Browse 1:30-2:30pm: BINGO TIME!*	9am-12:30pm: Actividades en Español con Sea Mar 11:00-12pm: Latin Dance Fitness 12:30-1:30pm: Lunch time! Hosted by HIP 1:30-3pm: Watercolor Painting with Kathleen Coyle
Monday 1/24	Wednesday 1/26	Friday 1/28
9am-12:30pm: Actividades en Español con Sea Mar 10:00-11:00am: Rock n' Roll Aerobics 11:15-12:15am: Gentle Chair Yoga with Two Dog Yoga* 12:30-1:30pm: Lunch time! Hosted by HIP 1:30-2:30pm: Virtual Reality Classes 2:30-3:30pm: Music and Mindfulness**	9am-12:30pm: Actividades en Español con Sea Mar 10:00-11am: Tai Chi* (Instructor: Daniel L. Altschuler) 太極 12:30-1:30pm: Lunch time! Hosted by HIP 12:30-1:30: Library Book Browse 1:30-2:30pm: BINGO TIME!*	9am-12:30pm: Actividades en Español con Sea Mar 11:00-12pm: Latin Dance Fitness 12:30-1:30pm: Lunch time! Hosted by HIP 1:30-3pm: Watercolor Painting with Kathleen Coyle
Monday 1/31		
9am-12:30pm: Actividades en Español con Sea Mar 10:00-11:00am: Rock n' Roll Aerobics 11:15-12:15am: Gentle Chair Yoga with Two Dog Yoga* 12:30-1:30pm: Lunch time! Hosted by HIP 1:30-2:30pm: Virtual Reality Classes 2:30-3:30pm: Music and Mindfulness**	<p><i>Please call Emily at 206-707-1865 to register for these classes, as space is limited.</i></p>	<p><i>Programs with two asterisks indicate they are completely virtual. Programs with one asterisk are offered both in-person at the Lake City Community Center and online.</i></p>