

# July 2024 Activities



a community partner site of Sound Generations

## 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 available on  
Mondays, Wednesdays, and Fridays  
between 9:00am - 3:00pm.**

To schedule an appointment with John, please give him a call at **(206) 268-6741**, or go online to <https://booking.appointy.com/lakecitytechhelp>

**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](http://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 July 29th at 11:30am.**

## Health Screenings

The Center for Multicultural Health (CMH) is hosting in-person glucose and blood pressure screenings once a quarter.

**The next visit will be Monday, September 9th.**

## Special Presentation with The Arc of King County Monday July 29th at 1:30pm

Join us at Lake City Seniors for a special training by The ARC of King County. We will learn how biases impact our words and the way people with disabilities are treated. If you have a disability, or know, love, and work with people with disabilities, you don't want to miss this event.

## Legal Planning Clinic July 15th 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**

## 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, May 3rd from 10:00am-11:00am.**

## Silver Screeners

**Monday, July 8th at 1:30pm**

Silver Screeners are back! Please join us for Popcorn and a movie followed by a discussion with a volunteer from scarecrow video

**This month's movie will be:  
Moonrise Kingdom**

## Farmers Market Visit July 15th at 1:30pm

Staff from the Lake City Farmers Market will be holding a talk about how to use your food assistance benefits at the market, including EBT/ SNAP and the Senior Farmers Market Nutrition Program benefits at the market.

## Tech Classes with John

**Simplify Your Smartphone**

**July 12th at 10am** — Learn how to organize your smartphone to make it easier to navigate. We will discuss how to delete apps, turn off notifications, and generally simplify your device.

**Smartphone Tips and Tricks**

**July 26th at 10am** — Join us and learn some useful tricks on your smartphone. We will show helpful touchscreen motions to navigate your device, tips to save time and reduce frustration, and figure out what all those symbols and icons are.

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



[www.instagram.com/LakeCitySeniors](https://www.instagram.com/LakeCitySeniors)



[www.facebook.com/LakeCitySeniors](https://www.facebook.com/LakeCitySeniors)

**Monday 7/1**

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

**NO TECH HELP**

**Wednesday 7/3**

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!

**NO TECH HELP**

**Friday 7/5**

9:00am-12:30pm: Actividades en Español con Sea Mar  
**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-3:00pm: Watercolor Class with Kathleen

**NO TECH HELP**

**Monday 7/8**

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-3:30pm: Movie Time! Moonrise Kingdom**

**Wednesday 7/10**

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!

**Friday 7/12**

9:00am-12:30pm: Actividades en Español con Sea Mar  
**10:00am-11:00am: Tech Class with John: Simplify Your Smartphone**  
 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-3:00pm: Watercolor Class with Kathleen

**Monday 7/15**

9:00am-12:30pm: Actividades en Español con Sea Mar  
 9:00am-3:00pm: Tech Help with John  
**9:00am-3:00pm: Legal Planning Clinic (By Appointment)**  
 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-3:00pm: Farmers Market Presentation**

**Wednesday 7/17**

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: Advisory Committee Meeting**  
**NO BINGO**

**Friday 7/19**

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 7/22**

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: Civic Coffee Hour: Brain Health**

**Wednesday 7/24**

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!

**Friday 7/26**

9:00am-12:30pm: Actividades en Español con Sea Mar  
**10:00am-11:00am: Tech Class with John: Smartphone Tips and Tricks**  
 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-3:00pm: CISC Nutrition Education Class (in Chinese)**  
 1:30pm-3:00pm: Watercolor Class with Kathleen

**Monday 7/29**

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  
**1:30pm-3:00pm: Lunch and Learn with The Arc of King County**

**Wednesday 7/31**

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!

***\*Programs with one asterisk are offered both online and in-person at Lamb of God Church.***