

# June 2024 Activities



a community partner site of Sound Generations

**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!

## 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>

## 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.

## 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, June 7th from 10:00am-11:00am.**

## Health Screenings

The Center for Multicultural Health (CMH) is hosting in-person glucose and blood pressure screenings on the second Monday of every month. **The next visit will be on June 10th.**

## Board Game Social Hour

**Now Mondays at 1:30pm**

Stay after lunch to play card and board games while you enjoy coffee, snacks and socializing with others!

## Silver Screeners

**Monday, June 10th 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:  
My Man Godfrey**

## Special Educational Event with GenPride

**You're Invited:**

**Wednesday June 12th at 1:30pm**

Join us for a special presentation by GenPride, dedicated to fostering a welcoming environment for members of the LGBT+ community within our senior program. This interactive workshop will provide valuable insights and practical strategies to ensure inclusivity and support for all participants.

Bring your questions and an open mind as we explore ways to show up for our friends and neighbors. Everyone is encouraged to participate and contribute to the discussion. Together, we can create a more inclusive and supportive community

## Cooking and Nutrition Class w/ HIP June 7th at 10am in Chinese

The Hunger Intervention Program is teaching more classes where participants will get to be hands on; learning senior nutrition and making a meal together.

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



www.Instagram.com/LakeCitySeniors



www.Facebook.com/LakeCitySeniors

**Monday 6/3**

9:00am-12:30pm: Actividades en Español con Sea Mar  
 10:00am-11:00am: Rock n' Roll Aerobics  
**10:00am-1:00pm: Tech Help with Greg**  
 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: Board Game Social Hour (Scrabble)**

**Wednesday 6/5**

**10:00am-1:00pm: Tech Help with Greg**  
 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 6/7**

9:00am-12:30pm: Actividades en Español con Sea Mar  
**10:00am-11:00am: CISC Visit**  
**10:00am-11:00am: Making a 'Senior Meal' Cooking and Nutrition Class**  
**10:00am-11:00am: El Final de la Vida**  
 11:00am-12:00pm: Latin Dance Fitness  
 12:30pm-1:30pm: Lunch time! Hosted by HIP  
 1:00pm-2:30pm: Mahjong  
**1:00pm-3:00pm: A Matter of Balance Workshop**  
 1:30pm-3:00pm: Watercolor Class with Kathleen  
**NO TECH HELP**

**Monday 6/10**

9:00am-12:30pm: Actividades en Español con Sea Mar  
 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! My Man Godfrey (1936)**  
**1:30pm-2:30pm: Board Game Social Hour (Scrabble)**  
**NO TECH HELP**

**Wednesday 6/12**

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  
**1:30pm-2:30pm: Special Educational Event With GenPride**  
**NO BINGO**  
**NO MAHJONG**

**Friday 6/14**

9:00am-12:30pm: Actividades en Español con Sea Mar  
 9:00am-3:00pm: Tech Help with John  
**10:00am-11:00am: El Final de la Vida**  
 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 6/17**

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  
**1:30pm-2:30pm: Board Game Social Hour (Scrabble)**  
**NO TECH HELP**

**Wednesday 6/19**

**Juneteenth**  
**No Programming**  
**No Lunch**

**Friday 6/21**

9:00am-12:30pm: Actividades en Español con Sea Mar  
 9:00am-3:00pm: Tech Help with John  
**10:00am-11:00am: El Final de la Vida**  
 11:00am-12:00pm: Latin Dance Fitness  
 12:30pm-1:30pm: Lunch time! Hosted by HIP  
 1:00pm-2:30pm: Mahjong  
**1:00pm-2:30pm: CISC Nutrition Class**  
 1:30pm-3:00pm: Watercolor Class with Kathleen

**Monday 6/24**

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  
**1:30pm-2:30pm: Board Game Social Hour (Scrabble)**  
**NO TECH HELP**

**Wednesday 6/26**

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 6/28**

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 7/1**

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  
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