

# 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**

**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 different transportation providers and how to enroll in these services.  
**March 6th from 11:30am until 1:30pm**

**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-11:00am**

**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 Mondays, Wednesdays, and Fridays between 9:00am - 1pm.  
 Drop-in hours are from 1pm - 3pm.  
 If you would like to schedule an appointment with John, please give him a call at:  
**(509) 800-7081**  
 Or go online to  
<https://booking.appointy.com/>

**Health Screenings**  
 The Center for Multicultural Health (CMH) will once again be hosting in-person glucose and blood pressure screenings on the **second Monday of every month.**  
 Their next visit will be Monday, **March 13th from 11:30am-1:30pm**

**Sign up for Closure Alerts**  
 If you would like to receive text alerts to be notified when our center is closed, please call 206-268-6740 and leave a message with your name and phone number.  
**We will send notifications only in the event of a closure.**



## Senior Activities March 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](http://www.LakeCitySeniors.org) or call 206-268-6740

**We are no longer requiring masks, 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!

**New Sign-In Policy**  
 We are implementing a new sign-in policy. We ask that **everyone** who enters the building sign-in at the front desk **as well as** signing in for any class you may be participating in. We want to thank you for your patience as we implement this extra step to help keep Lake City Seniors a safe place for all.

**COVID-19 Vaccination Event**  
**Wednesday, March 1st**  
 We will be hosting a vaccination event. Please join us to receive your updated Bivalent Covid-19 Booster.  
**Vaccines and boosters are free**, no insurance is required.  
**No appointment needed.** On-site registration available.

**Computer 101 Classes**  
 In his new Computer 101 Classes, John will explain the basics on how to safely use a computer.  
**Computer Basics 101** - Friday, March 10th from 10am-11am  
**Computer Safety 101** - Friday, March 24th from 10am-11am

**Music and Mindfulness**  
**Online and in-person on Mondays at 1:30pm.**  
 Join us for some 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](https://www.instagram.com/lakecityseniors)



[Facebook.com/lakecityseniors](https://Facebook.com/lakecityseniors)

	Wednesday 3/1	Friday 3/3
<p><i>*Programs with an asterisk are offered both online and in-person at the Lake City Community Center.</i></p>	<p>10:00am-11:00am: Tai Chi* (Instructor: Daniel L. Altschuler) 太極  <b>9:00am-3:00pm: Tech Help with John</b>  <b>10am-2:00pm: Community Covid-19 Vaccination Event</b>  <b>11:00am-12:00pm: Zumba with Cindy</b>                      11:00am-12:30pm: Knitting &amp; 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!*</p>	<p>9:00am-12:30pm: Actividades en Español con Sea Mar  <b>9:00am-3:00pm: Tech Help with John</b>  <b>10:00am-11:00am: CISC PROGRAMMING</b>                      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</p>
Monday 3/6	Wednesday 3/8	Friday 3/10
<p>9:00am-12:30pm: Actividades en Español con Sea Mar  <b>9:00am-3:00pm: Tech Help with John</b>                      10:00am-11:00am: Rock n' Roll Aerobics                      11:15am-12:15pm: Gentle Chair Yoga with Annie (Pre-recorded Video)  <b>11:30am-1:30pm: Getting Around Puget Sound</b>                      12:30pm-1:30pm: Lunch time! Hosted by HIP                      1:00pm-2:30pm: Mahjong  <b>1:30pm-2:30pm: Downsizing Your House Workshop</b>  <b>1:30pm-2:30pm: Music and Mindfulness*</b></p>	<p>10:00am-11:00am: Tai Chi* (Instructor: Daniel L. Altschuler) 太極  <b>9:00am-3:00pm: Tech Help with John</b>  <b>11:00am-12:00pm: Zumba with Cindy</b>                      11:00am-12:30pm: Knitting &amp; 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!*</p>	<p>9:00am-12:30pm: Actividades en Español con Sea Mar  <b>10:00am-11:00am: Computer Basics 101</b>  <b>11:00am-3:00pm: Tech Help with John</b>                      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</p>
Monday 3/13	Wednesday 3/15	Friday 3/17
<p>9:00am-12:30pm: Actividades en Español con Sea Mar  <b>9:00am-3:00pm: Tech Help with John</b>                      10:00am-11:00am: Rock n' Roll Aerobics                      11:15am-12:15pm: Gentle Chair Yoga with Annie (Pre-recorded Video)  <b>11:30am-1:30pm: Health Screenings</b>                      12:30pm-1:30pm: Lunch time! Hosted by HIP                      1:00pm-2:30pm: Mahjong  <b>1:30pm-2:30pm: Music and Mindfulness*</b></p>	<p>10:00am-11:00am: Tai Chi* (Instructor: Daniel L. Altschuler) 太極  <b>9:00am-1:00pm: Tech Help with John</b>  <b>11:00am-12:00pm: Zumba with Cindy</b>                      11:00am-12:30pm: Knitting &amp; Crocheting Social Time                      12:30pm-1:30pm: Lunch time! Hosted by HIP/ Library Book Browse                      1:00pm-2:30pm: Mahjong  <b>1:30pm-3:30pm: Advisory Committee Meeting</b>  <b>NO BINGO</b></p>	<p>9:00am-12:30pm: Actividades en Español con Sea Mar                      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</p> <p style="text-align: center;"><b>NO TECH HELP</b></p>
Monday 3/20	Wednesday 3/22	Friday 3/24
<p>9:00am-12:30pm: Actividades en Español con Sea Mar  <b>9:00am-3:00pm: Tech Help with John</b>                      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  <b>1:30pm-3:00pm: Medical Marijuana Class</b>  <b>1:30pm-2:30pm: Music and Mindfulness*</b></p>	<p>10:00am-11:00am: Tai Chi* (Instructor: Daniel L. Altschuler) 太極  <b>9:00am-3:00pm: Tech Help with John</b>  <b>11:00am-12:00pm: Zumba with Cindy</b>                      11:00am-12:30pm: Knitting &amp; 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!*</p>	<p>9:00am-12:30pm: Actividades en Español con Sea Mar  <b>10:00am-12:30pm: Tomando Control de su Salud (en Español)</b>  <b>10:00am-11:00am: Computer Safety 101</b>  <b>11:00am-3:00pm: Tech Help with John</b>                      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</p>
Monday 3/27	Wednesday 3/29	Friday 3/31
<p>9:00am-12:30pm: Actividades en Español con Sea Mar  <b>9:00am-3:00pm: Tech Help with John</b>                      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  <b>1:30pm-2:30pm: Music and Mindfulness*</b></p>	<p>10:00am-11:00am: Tai Chi* (Instructor: Daniel L. Altschuler) 太極  <b>9:00am-3:00pm: Tech Help with John</b>  <b>11:00am-12:00pm: Zumba with Cindy</b>                      11:00am-12:30pm: Knitting &amp; 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!*</p>	<p>9:00am-12:30pm: Actividades en Español con Sea Mar  <b>9:00am-3:00pm: Tech Help with John</b>  <b>10:00am-12:30pm: Tomando Control de su Salud (en Español)</b>                      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</p>