

March 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 temporarily only available on
Wednesdays, and Fridays between 9:00am - 3:00pm.**

To schedule an appointment with John, please give him a call at **(509) 800-7081**, or go online to <https://booking.appointy.com/>

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, March 1st 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. Their next visit will be on **Monday, March 11th from 10:00am-1:00pm**

Music and Mindfulness Fridays at 1:30pm

Join us as we use live and recorded music to practice mindfulness, relaxation, and self-awareness using active listening, guided imagery, and progressive muscle relaxation.

Meet & Greet With Samaa

Monday, March 18th 1:30pm-2:30pm

Enjoy some tea and a treat and get to know Samaa our Social Worker and newest addition to the team! This is an opportunity to ask any social work or mental health related questions and learn about local resources available for you!

Vaccination Clinic

Wednesday, March 20th 11am-2pm

Join Washington State Department of Health and Sound Generations for a community Flu & Covid-19 vaccination event! Vaccination is FREE, no insurance is required.

Please note that these are the same "versions" of the vaccines that were provided in October. If you have received either shot in the past 6 months you will not be eligible for a new booster.

Tech Workshops with John

Device Storage Cleaning

March 8th & 22nd at 10am — Get help with cleaning up old photos, files, apps, emails, and anything else on your devices.

Password Organization

March 15th & 29th at 10am — Get help with resetting passwords and learn John's recommendations and tips for organizing them in notebooks or in password managers.

These will be interactive workshops, so please bring a device you wish to work with.

Silver Screeners

Monday, March 11th 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: Hunt for the Wilderpeople

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



www.Instagram.com/LakeCitySeniors



www.Facebook.com/LakeCitySeniors

		Friday 3/1
		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-2:30pm: Soundview Intergenerational Visit with Sea Mar 1:30pm-2:30pm: Music and Mindfulness 1:30pm-3:00pm: Watercolor Class with Kathleen <u>NO TECH HELP</u>
Monday 3/4	Wednesday 3/6	Friday 3/8
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 (Online Only) 12:30pm-1:30pm: Lunch time! Hosted by HIP 1:00pm-2:30pm: Mahjong <u>NO TECH HELP</u>	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!	9:00am-12:30pm: Actividades en Español con Sea Mar 10:00am-11:00am: Tech Workshop with John: Device Storage Cleaning 10:00am-2:00pm: Tax Help 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-2:30pm: Soundview Intergenerational Visit with Sea Mar 1:30pm-2:30pm: Music and Mindfulness 1:30pm-3:00pm: Watercolor Class with Kathleen
Monday 3/11	Wednesday 3/13	Friday 3/15
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! Hunt For the Wilderpeople <u>NO TECH HELP</u>	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: BINGO TIME!	9:00am-12:30pm: Actividades en Español con Sea Mar 10:00am-11:00am: Tech Workshop with John: Password Organization 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-2:30pm: Soundview Intergenerational Visit with Sea Mar 1:30pm-2:30pm: Music and Mindfulness 1:30pm-3:00pm: Watercolor Class with Kathleen
Monday 3/18	Wednesday 3/20	Friday 3/22
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: Social Worker Meet and Greet with Samaa <u>NO TECH HELP</u>	9:00am-3:00pm: Tech Help with John 10:00am-11:00am: Tai Chi* (Instructor: Daniel L. Altschuler) 太極 11:00am-2:00pm: Vaccination Event (Flu and Covid) 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: Advisory Committee Meeting <u>No Bingo</u>	9:00am-12:30pm: Actividades en Español con Sea Mar 10:00am-11:00am: Tech Workshop with John: Device Storage Cleaning 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-2:30pm: Music and Mindfulness 1:30pm-3:00pm: Watercolor Class with Kathleen
Monday 3/25	Wednesday 3/27	Friday 3/29
9:00am-12:30pm: Actividades en Español con Sea Mar 10:00am-2:00pm: DSHS Mobile Office Visit (SNAP Benefits & Cash assistance) 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 <u>NO TECH HELP</u>	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!	9:00am-12:30pm: Actividades en Español con Sea Mar 10:00am-11:00am: Tech Workshop with John: Password Organization 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-2:30pm: Music and Mindfulness 1:30pm-3:00pm: Watercolor Class with Kathleen