

# 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.  
**May 8th from 11:30am until 1:30pm**

**CISC**  
 CISC will now visit the **first Friday** of every month to provide resource updates, information and assistance.  
**There will be no visit in May.** Their next visit will be **Friday, June 1st 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, April 10th 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 May 2023

*a community partner site of Sound Generations*

**Mondays, Wednesdays and Fridays**

9:00am-3:00pm

Lamb of God Lutheran Church

12509 27th 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!

**Lake City Seniors' New Home**  
 In case you missed it, there was a fire at the Lake City Community Center. The response from fire fighters was quick and thankfully no one was hurt in the incident. However, the damage to the building is quite extensive and the community center has now been permanently closed as a result.  
 The Lamb of God Lutheran Church has been a great community partner during the pandemic, and they've kindly offered us the use of their space indefinitely. From now on, **programming will take place at the Lamb of God Lutheran Church.**

**Massage Therapy**  
**By appointment only**  
 Annie will now be offering massage therapy once a month with a recommended donation amount of \$15 per massage. Contact Justin by calling 206-707-1865 or by emailing [justinf@soundgenerations.org](mailto:justinf@soundgenerations.org) to book an appointment

**Computer 101 Classes**  
**Passwords 101** - Learn the basics of passwords and how they work. We will discuss how to make your passwords more secure and tips for keeping yourself safe.  
**Password Management 101** - Learn how to simplify the process of logging into online accounts.

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)

Monday 5/1	Wednesday 5/3	Friday 5/5
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 <b>1:00pm-3:00pm: Mahjong</b> <b>1:30pm-2:30pm: Music and Mindfulness*</b>	<b>9:00am-3:00pm: Tech Help with John</b> 10:00am-11:00am: Tai Chi* (Instructor: Daniel L. Altschuler) 太極 <b>11:00am-12:00pm: Zumba with Cindy</b> 11:00am-12:30pm: Knitting & Crocheting Social Time 12:30pm-1:30pm: Lunch time! Hosted by HIP/ Library Book Browse <b>1:00pm-3:00pm: Mahjong</b> 1:30pm-2:30pm: BINGO TIME!*	9:00am-12:30pm: Actividades en Español con Sea Mar <b>9:00am-3:00pm: Tech Help with John</b> 11:00am-12:00pm: Latin Dance Fitness <b>11:30am-1:30pm: International Community Health Services Tabling</b> 12:30pm-1:30pm: Lunch time! Hosted by HIP <b>1:00pm-3:00pm: Mahjong</b> 1:30pm-3:00pm: Watercolor Class with Kathleen
Monday 5/8	Wednesday 5/10	Friday 5/12
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 <b>11:30am-12:30pm: Getting Around Puget Sound</b> 12:30pm-1:30pm: Lunch time! Hosted by HIP <b>1:00pm-3:00pm: Mahjong</b> <b>1:30pm-2:30pm: Music and Mindfulness*</b>	<b>9:00am-3:00pm: Tech Help with John</b> 10:00am-11:00am: Tai Chi* (Instructor: Daniel L. Altschuler) 太極 <b>11:00am-12:00pm: Zumba with Cindy</b> 11:00am-12:30pm: Knitting & Crocheting Social Time <b>12:00pm-2:00pm: Message Therapy with Annie (By Appointment)</b> 12:30pm-1:30pm: Lunch time! Hosted by HIP/ Library Book Browse <b>1:00pm-3:00pm: Arts Activity to Commemorate the Community Center</b> <b>1:00pm-3:00pm: Mahjong</b>  NO BINGO	9:00am-12:30pm: Actividades en Español con Sea Mar <b>10:00am-11:00am: Password 101 Class with John</b> 11:00am-12:00pm: Latin Dance Fitness <b>11:30am-3:00pm: Tech Help with John</b> <b>11:30am-1:30pm: Sound Generations Tabling</b> 12:30pm-1:30pm: Lunch time! Hosted by HIP <b>1:00pm-3:00pm: Mahjong</b> 1:30pm-3:00pm: Watercolor Class with Kathleen
Monday 5/15	Wednesday 5/17	Friday 5/19
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 <b>1:00pm-3:00pm: Mahjong</b> <b>1:30pm-2:30pm: Music and Mindfulness*</b>	<b>9:00am-3:00pm: Tech Help with John</b> 10:00am-11:00am: Tai Chi* (Instructor: Daniel L. Altschuler) 太極 <b>11:00am-12:00pm: Zumba with Cindy</b> 11:00am-12:30pm: Knitting & Crocheting Social Time 12:30pm-1:30pm: Lunch time! Hosted by HIP/ Library Book Browse <b>1:00pm-3:00pm: Mahjong</b> <b>1:30pm-3:00pm: Advisory Committee Meeting</b>  NO BINGO	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: Downsizing Your Home Workshop</b> 11:00am-12:00pm: Latin Dance Fitness 12:30pm-1:30pm: Lunch time! Hosted by HIP <b>1:00pm-3:00pm: Mahjong</b> 1:30pm-3:00pm: Watercolor Class with Kathleen
Monday 5/22	Wednesday 5/24	Friday 5/26
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 <b>1:00pm-3:00pm: Mahjong</b> <b>1:30pm-2:30pm: Music and Mindfulness*</b>	<b>9:00am-3:00pm: Tech Help with John</b> 10:00am-11:00am: Tai Chi* (Instructor: Daniel L. Altschuler) 太極 <b>11:00am-12:00pm: Zumba with Cindy</b> 11:00am-12:30pm: Knitting & Crocheting Social Time 12:30pm-1:30pm: Lunch time! Hosted by HIP/ Library Book Browse <b>1:00pm-3:00pm: Mahjong</b> 1:30pm-2:30pm: BINGO TIME!*	9:00am-12:30pm: Actividades en Español con Sea Mar <b>10:00am-11:00am: Password Management 101 Class with John</b> 11:00am-12:00pm: Latin Dance Fitness <b>11:30am-3:00pm: Tech Help with John</b> 12:30pm-1:30pm: Lunch time! Hosted by HIP <b>1:00pm-3:00pm: Mahjong</b> 1:30pm-3:00pm: Watercolor Class with Kathleen
Monday 5/29	Wednesday 5/31	
<b>Memorial Day</b> <b>No Lunch</b> <b>No Programming</b>	<b>9:00am-3:00pm: Tech Help with John</b> 10:00am-11:00am: Tai Chi* (Instructor: Daniel L. Altschuler) 太極 <b>11:00am-12:00pm: Zumba with Cindy</b> 11:00am-12:30pm: Knitting & Crocheting Social Time 12:30pm-1:30pm: Lunch time! Hosted by HIP/ Library Book Browse <b>1:00pm-3:00pm: Mahjong</b> 1:30pm-2:30pm: BINGO TIME!*	<i><b>*Programs with one asterisk are offered both online and in-person at the Lake City Community Center.</b></i>