

May 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, May 3rd 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. **There will be no Health Screenings in May.**

Cooking and Nutrition Class w/ HIP

May 3rd at 10am in Chinese

May 10th and 17th at 10am in English

May 24th at 10am in Spanish

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

Cannabis 101 Class

Monday May 20th at 1:30pm

Join Dockside Cannabis as they discuss cannabis in Washington State and different cannabinoids - including CBD, medical marijuana, and products in the regulated marketplace. Join us for a fun and educational discussion!

Tech Classes with John

How To Backup Files and Photos

Friday, May 10th at 10am — Discuss how to make backup copies of your photos and files to keep them safe. John will show visual examples and give specific tips for how to do this.

Silver Screeners

Monday, May 13th 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: If Beale Street Could Talk where a young woman embraces her pregnancy while she and her family set out to prove her childhood friend and lover innocent of a crime he didn't commit.

Cards and Coffee Social Hour

Now Mondays at 1:30pm

We are excited to announce that Cards and Coffee Social Hour has been moved to Mondays at 1:30pm. Stay after lunch to play card and board games while you enjoy coffee, snacks and socializing with others!

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



www.Instagram.com/LakeCitySeniors



www.Facebook.com/LakeCitySeniors

	Wednesday 5/1	Friday 5/3
<p>** Starting Monday 5/13 Tech Help will be provided by a volunteer and will have reduced hours.</p>	<p>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!</p>	<p>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 (Chinese) 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</p>
Monday 5/6	Wednesday 5/8	Friday 5/10
<p>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: Cards and Coffee Social Hour</p>	<p>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!</p>	<p>9:00am-12:30pm: Actividades en Español con Sea Mar 10:00am-11:00am: Tech Class: How To Backup Files and Photos 10:00am-11:00am: Cooking and Nutrition Class (Rescheduled English) 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 1:00pm-3:00pm: A Matter of Balance Workshop 1:30pm-3:00pm: Watercolor Class with Kathleen</p>
Monday 5/13	Wednesday 5/15	Friday 5/17
<p>9:00am-12:30pm: Actividades en Español con Sea Mar 10:00am-1:00pm: Tech Help** 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: Cards and Coffee Social Hour 1:30pm-3:30pm: Movie Time! If Beale Street Could Talk <u>NO HEALTH SCREENINGS</u></p>	<p>10:00am-11:00am: Tai Chi* (Instructor: Daniel L. Altschuler) 太極 10:00am-1:00pm: Tech Help** 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</p> <p style="text-align: center;"><u>NO BINGO</u></p>	<p>9:00am-12:30pm: Actividades en Español con Sea Mar 10:00am-11:00am: Making a 'Senior Meal' Cooking and Nutrition Class (English) 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 <u>NO TECH HELP</u></p>
Monday 5/20	Wednesday 5/22	Friday 5/24
<p>9:00am-12:30pm: Actividades en Español con Sea Mar 10:00am-1:00pm: Tech Help** 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: Cards and Coffee Social Hour 1:30pm- 2:30pm: Cannabis 101 Class</p>	<p>10:00am-11:00am: Tai Chi* (Instructor: Daniel L. Altschuler) 太極 10:00am-1:00pm: Tech Help** 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!</p>	<p>9:00am-12:30pm: Actividades en Español con Sea Mar 10:00am-11:00am: Making a 'Senior Meal' Cooking and Nutrition Class (Spanish) 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 <u>NO TECH HELP</u></p>
Monday 5/27	Wednesday 5/29	Friday 5/31
<p style="text-align: center;">Memorial Day No Programming No Lunch</p>	<p>10:00am-11:00am: Tai Chi* (Instructor: Daniel L. Altschuler) 太極 10:00am-1:00pm: Tech Help** 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!</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 1:00pm-3:00pm: A Matter of Balance Workshop 1:30pm-3:00pm: Watercolor Class with Kathleen <u>NO TECH HELP</u></p>