

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

Tech Help is Back

We have secured funding to re-hire our Digital Equity Coordinator, Jennifer! She is here to help with your technology needs.
 If you would like to schedule an appointment with her please give her a call at 425-298-6536.

She will be available on Wednesdays for appointments and Fridays from 11:30am until 1:30pm. If you would like a guaranteed time with her please make an appointment. If you have a quick question she may be able to help during the drop in time.



Senior Activities May 2022

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 or call 206-268-6740

We are no longer requiring mask 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!

Enhanced Wellness

Have you ever thought about improving your health? Uncluttering your home? Getting more exercise? Being more social? Please join our new EW coach Kathy for a pop-up event and learn what EW can do for you.

**Monday, May 9th
11:30am-1:30pm**

Gardening Class

Want the chance to meet new people and learn/share gardening skills? Join a free 4-week class happening the first four Mondays in May, 1:30-3:00pm. All skill levels are welcome. Snacks will be provided. Grow your own window-sill herbs, grow/cook/learn about garden and wild edibles, share food memories and more! Limited seats available. To register for the class, call 206-268-6738 or sign-up at the front desk.

Flower Making with Silverkite



Silverkite:

Join us on Friday, May 6th for a paper flower making workshop. This workshop coincides with Cinco De Mayo. Come make paper flowers with us!

Friday, May 15th at 10:00am

No registration needed.

Momentia in Spanish



Spanish Mementia is back!

We are starting our Spanish Speaking Momentia group up with Raul. Raul is bilingual and will be playing guitar while singing. We will have refreshments and snacks provided by Seattle Parks and Recreation and Arc.

There will be signing and dancing. Please join us! This group was designed to help supporting those with Dementia and Dementia related illnesses. This group is available for those with dementia, their caregivers and those who help support them.

Monday, May 16th at 1:30pm-3:00pm

Getting Around the Puget Sound

Please join the Hopelink Mobility Management team to learn about Access vs. Hyde Shuttle vs. Hopelink transportation options. Julio Perez will share the areas served by the above three listed transportation providers and how to enroll in these services.

May 18th from 11:30 until 1:30pm

Silver Screeners with Scarecrow video

Silver Screeners are back! Please join us for a movie and discussion with a volunteer from scarecrow.

Monday the 9th– Elsa Y Fred

Spanish with English subtitles

Monday the 23rd– In the Heat of the Night

English with Spanish subtitles

Celebrate Cinco De Mayo

Come celebrate this important day for the Mexican Community. Learn about the historic battle between the Mexican and French armies.

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



www.instagram.com/lakecityseniors

Facebook.com/lakecityseniors

May 2022 - Lake City Community Center 12531 28th Ave. NE. Seattle, 98125 - Lakecityseniors.org or call 206-268-6740

Monday 5/2	Wednesday 5/4	Friday 5/6
9am-12:30pm: Actividades en Español con Sea Mar 10:00-11:00am: Rock n' Roll Aerobics 11:15-12:15pm: Gentle ChairYoga with Annie* 12:30-1:30pm: Lunch time! Hosted by HIP 1:30-3:00pm: Gardening Class 2:30-3:30pm: Music and Mindfulness**	10:00-11am: Tai Chi (Instructor: Daniel L. Altschuler) 太極 11:00-12pm: Folk Dancing with Susan 11:30am: Mark's Neighborhood Walk 12:30-1:30pm: Lunch time! Hosted by HIP 1:30-2:30pm: Virtual Reality Classes 12:30-1:30: Library Book Browse 1:30-2:30pm: BINGO TIME!* 1:30-2:30pm: Matter of Balance	9am-12:30pm: Actividades en Español con Sea Mar Celebrate Cinco De Mayo 10am-11am: Flower Making workshop 11:00-12pm: Latin Dance Fitness 11:30-1:30pm: Tech Help with Jennifer 12:30-1:30pm: Lunch time! Hosted by HIP 1:30-3pm: Watercolor class with Kathleen Footcare, by appointment
Monday 5/9	Wednesday 5/11	Friday 5/13
9am-12:30pm: Actividades en Español con Sea Mar 10:00-11:00am: Rock n' Roll Aerobics 11:15-12:15pm: Gentle ChairYoga with Annie* 11:30-1:30pm: EnchnacedWellness Drop In Session 11:30-1:30pm: Health Screenings 12:30-1:30pm: Lunch time! Hosted by HIP 1:00-3:00pm: Silver Screeners! Spanish with English subtitles 1:30-3:00pm: Gardening Class 2:30-3:30pm: Music and Mindfulness**	10:00-11am: Tai Chi (Instructor: Daniel L. Altschuler) 太極 12:30-1:30pm: Lunch time! Hosted by HIP 1:30-2:30pm: Virtual Reality Classes 12:30-1:30: Library Book Browse 1:30-2:30pm: BINGO TIME!* 1:30-2:30pm: Matter of Balance	9am-12:30pm: Actividades en Español con Sea Mar 11:00-12pm: Latin Dance Fitness 11:30-1:30pm: Tech Help with Jennifer 12:30-1:30pm: Lunch time! Hosted by HIP 1:30-3:30pm: Cooking Matters 1:30-3pm: Watercolor Class with Kathleen
Monday 5/16	Wednesday 5/18	Friday 5/20
9am-12:30pm: Actividades en Español con Sea Mar 10:00-11:00am: Rock n' Roll Aerobics 11:15-12:15pm: Gentle ChairYoga with Annie* 12:30-1:30pm: Lunch time! Hosted by HIP 1:30-3:00pm: Momentia in Spanish with Ruben 1:30-3:00pm: Gardening Class 2:30-3:30pm: Music and Mindfulness**	10:00-11am: Tai Chi* (Instructor: Daniel L. Altschuler) 太極 11:30am: Mark's Neighborhood Walk 11:30-1:30pm: Getting around the Puget Sound 12:30-1:30pm: Lunch time! Hosted by HIP 12:30-1:30: Library Book Browse 1:30-2:30pm: Virtual Reality Classes 1:30-2:30pm: BINGO TIME!* 1:30-2:30pm: Matter of Balance	9am-12:30pm: Actividades en Español con Sea Mar 11:30-1:30pm: Tech Help with Jennifer 11:00-12pm: Latin Dance Fitness 12:30-1:30pm: Lunch time! Hosted by HIP 1:30-3pm: Watercolor Class with Kathleen
Monday 5/23	Wednesday 5/25	Friday 5/27
9am-12:30pm: Actividades en Español con Sea Mar 10:00-11:00am: Rock n' Roll Aerobics 11:15-12:15pm: Gentle ChairYoga with Annie* 12:30-1:30pm: Lunch time! Hosted by HIP 1:00-3:00pm: Silver Screeners! English with Spanish subtitles 1:30-3:00pm: Gardening Class 2:30-3:30pm: Music and Mindfulness**	10:00-11am: Tai Chi* (Instructor: Daniel L. Altschuler) 太極 11:00-12pm: Folk Dancing with Susan 12:30-1:30pm: Lunch time! Hosted by HIP 12:30-1:30: Library Book Browse 1:30-2:30pm: Virtual Reality Classes 1:30-2:30pm: Matter of Balance	9am-12:30pm: Actividades en Español con Sea Mar 11:00-12pm: Latin Dance Fitness 11:30-1:30pm: Tech Help with Jennifer 12:30-1:30pm: Lunch time! Hosted by HIP 1:30-3pm: Watercolor Class with Kathleen
Monday 5/30		
<p align="center">Memorial Day Center is closed</p> 12:30-1:30pm: Lunch Time! Hosted by HIP, lunch in the parkinglot	<p align="center"><i>Programs with two asterisks indicate they are completely virtual.</i></p>	<p align="center"><i>Programs with one asterisk are offered both in-person at the Lake City Community Center and online.</i></p>