



a community partner site of Sound Generations

November 2023 Activities

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?

While John, our Digital Equity Coordinator, is away on parental leave, we will have volunteers providing tech help. Greg will be at the program 10am-1pm Mondays, Wednesdays, and Fridays. The Lake City Public Library will provide tech help from 1pm-3pm on Wednesdays.

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!

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. The next visit is: **November 13th at 11:30am**

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 **Health Screenings on hold until further notice.**

Flu and COVID Vaccine Clinic Wednesday November 1st from 10:00am-2:00pm

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

This event will provide the most updated boosters for both Flu and COVID.

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. No prior musical experience is required to join the class.

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, November 3rd from 10:00am-11:00am.**

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 mobile phone number. **We will send notifications only in the event of a closure.**

Día de Muertos Celebration

We will be holding our annual Día de Muertos Celebration on **Friday November 3rd** starting right after lunch at 1:00pm. Please join us in the celebration. We will have treats and a mariachi band.

Advance Care Planning November 27th at 1:30pm

End of Life Washington will be out to discuss Advance Care Planning. In this workshop, you'll learn how to reduce anxiety for yourself and your loved ones and how to plan so that you can receive the medical care that you want.

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



www.Instagram.com/LakeCitySeniors



www.Facebook.com/LakeCitySeniors

	Wednesday 11/1	Friday 11/3
<p>Please note that our program will be closed the following dates:</p> <p>Friday 11/10 for Veterans Day</p> <p>Friday 11/24 for the Day after Thanksgiving</p> <p>Christmas week (12/25 - 12/29)</p> <p>Monday 1/1 for New Years</p>	<p>10:00am-1:00pm: Tech Help 10:00am-11:00am: Tai Chi* (Instructor: Daniel L. Altschuler) 太極 10:00am-2:00pm: COVID Vaccine Clinic 11:00am-12:00pm: Zumba with Cindy 11:00am-12:30pm: Knitting & Crocheting Social Time 12:30pm-1:30pm: Lunch time! Hosted by HIP/ Library Book Browse 1:00pm-2:30pm: Mahjong 1:00pm-3:00pm: Tech Help with Library 1:30pm-2:30pm: BINGO TIME!*</p>	<p>9:00am-12:30pm: Actividades en Español con Sea Mar 10:00am-1:00pm: Tech Help 10:00am-11:00am: CISC Visit 11:00am-12:00pm: Latin Dance Fitness 11:30am-2:00pm: Matter of Balance 12:30pm-1:30pm: Lunch time! Hosted by HIP 1:00pm-2:30pm: Mahjong 1:00pm-2:00pm Day of the Dead Celebration 1:30pm-2:30pm: Music and Mindfulness 1:30pm-3:00pm: Watercolor Class with Kathleen</p>
Monday 11/6	Wednesday 11/8	Friday 11/10
<p>9:00am-12:30pm: Actividades en Español con Sea Mar 10:00am-12:30pm: Tomando Control de su Salud (en Español) 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 1:00pm-3:30pm: Matter of Balance</p>	<p>10:00am-1:00pm: Tech Help 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/ Library Book Browse 1:00pm-2:30pm: Mahjong 1:00pm-3:00pm: Tech Help with Library 1:30pm-2:30pm: BINGO TIME!*</p>	<p style="text-align: center;">Veterans Day (Observed) No Programming No Lunch</p>
Monday 11/13	Wednesday 11/15	Friday 11/17
<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 11:30am-2:00pm: Matter of Balance 11:30am-1:30pm: Getting Around Puget Sound Tabling 12:30pm-1:30pm: Lunch time! Hosted by HIP 1:00pm-2:30pm: Mahjong</p>	<p>10:00am-1:00pm: Tech Help 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/ Library Book Browse 1:00pm-2:30pm: Mahjong 1:30pm-3:00pm: Advisory Committee Meeting NO BINGO</p>	<p>9:00am-12:30pm: Actividades en Español con Sea Mar 10:00am-1:00pm: Tech Help 10:00am-11:00am: Folk Dancing With Susan 11:00am-12:00pm: Latin Dance Fitness 12:30pm-1:30pm: Lunch time! Hosted by HIP 1:00pm-2:30pm: Mahjong 1:00pm-3:30pm: Matter of Balance 1:30pm-2:30pm: Music and Mindfulness 1:30pm-3:00pm: Watercolor Class with Kathleen</p>
Monday 11/20	Wednesday 11/22	Friday 11/24
<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 1:00pm-3:30pm: Matter of Balance</p>	<p>10:00am-1:00pm: Tech Help 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/ Library Book Browse 1:00pm-2:30pm: Mahjong 1:30pm-2:30pm: BINGO TIME!*</p>	<p style="text-align: center;">Thanksgiving Weekend No Programming No Lunch</p>
Monday 11/27	Wednesday 11/29	
<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-3:00pm: Advance Care Planning Class</p>	<p>10:00am-1:00pm: Tech Help 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/ Library Book Browse 1:00pm-2:30pm: Mahjong 1:30pm-2:30pm: BINGO TIME!*</p>	<p style="text-align: center;"><i>*Programs with one asterisk are offered both online and in-person at Lamb of God Church.</i></p>