

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

Card Making with SilverKite

Create a special and unique greeting card for friends and family. Led by SilverKite's Susan Wickett-Ford, you'll use a variety of papers, markers, stamps, stickers, and collage materials, during this workshop you'll make beautiful cards to share with others during the holiday season, or any time!

November, 17th at 10am

Mahjong

Join us on Wednesday's in November at 1:30pm for Mahjong!

Mahjong is a Chinese tile, matching puzzle game and typically uses 4 players. We would love to get the group running again so please join us!



Tech Help Drop-In Need one-to-one tech help?

Our Digital Equity Coordinator, Jennifer, will be available to answer your questions about technology. If you have a specific question, please bring your device and she will be able to help.

Friday's in November | 11:30-1:30pm

B.U.D.D.I.E.S. Program



Building Unique Dynamic Duos Inspiring Enhanced Social Connection is a new Sound Generations program that was built to make social connections between volunteers and all the clients we serve.

This program allows you to sign up for a pen pal who you can trade letters, notes, postcards with, you can talk with them over the phone or virtually on video chat. This is a great opportunity for the cold months ahead of us and you can gain a friend in the process.

If you would like to be considered for this program or if you have any questions please contact Emily at 206-707-2865 or emilyb@soundgenerations.org



a community partner site of Sound Generations

Senior Activities November 2021

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

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!

Virtual Reality Class

Lake City Seniors Presents:

Have you ever wondered what Virtual Reality is? Have you ever wanted to explore the mountains, play mini golf, or visit an online world all from the comfort of the Community Center?

Lake City Seniors purchased 10 Oculus Headset for our participants to participate in virtual reality classes. The first sessions in November will be an introduction on how to use the headsets and what Virtual Reality is.

All are welcome, please stop by and see for yourself how fun and beneficial virtual reality can be!

Where: Lake City Senior Center

When: Friday's in November

Time: 10:00am-11:00am

Lake City Senior Advisory Committee

Lake City Senior is starting a Client Advisory Committee! Being on the Committee entails:

- ♦ Attending quarterly meetings hosted by the Lake City Senior Days partner organizations
- ♦ Sharing your ideas to make programming safe & equitable for all
- ♦ Giving feedback about past, present, and future programming
- ♦ Advocating on behalf of the program to local legislators

If you would like to learn more about the committee please consider coming to a information session!

November 5th from 12:30-1:30pm at the Community Center

November 13th 1:30-2:30pm virtually over Zoom

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




www.instagram.com/lakecityseniors



Facebook.com/lakecityseniors

October 2021 - Lake City Community Center 12531 28th Ave. NE, Seattle, 98125 - Lakecityseniors.org or call 206-268-6740

Monday 11/1	Wednesday 11/3	Friday 11/5
<p align="center">Dia De Los Muertos Celebrations starting at 10am!</p> <p>9am-12:30pm: Actividades en Español con Sea Mar 11:30-1:30pm: King County Metro Neighborhood ORCA Pop-Up 10:00-11:00am: Rock n' Roll Aerobics 11:15-12:15am: Gentle Chair Yoga with Two Dog Yoga* 12:30-1:30pm: Lunch time! Hosted by Hunger Intervention Program 2:30-3:30pm: Music and Mindfulness**</p>	<p>9am-12:30pm: Actividades en Español con Sea Mar 10:00-11am: Tai Chi (Instructor: Daniel L. Altschuler) 太極 12:30-1:30pm: Lunch time! Hosted by Hunger Intervention Program 1:30-3:00pm: Mahjong 1:30-2:30pm: BINGO TIME!*</p>	<p>9am-12:30pm: Actividades en Español con Sea Mar 10:00-11:00am: Virtual Reality Class 11:00-12pm: Latin Dance Fitness 12:30-1:30pm: Lunch time! Hosted by Hunger Intervention Program 12:30-1:30pm: Lake City Senior Advisory Committee INFO Session at Lake City Community Center 1:30-3pm: Watercolor Painting with Kathleen Coyle</p>
Monday 11/8	Wednesday 11/10	Friday 11/12
<p>9am-12:30pm: Actividades en Español con Sea Mar 10:00-11:00am: Writing Workshop with Raul in Spanish 10:00-11:00am: Rock n' Roll Aerobics 11:15-12:15am: Gentle Chair Yoga with Two Dog Yoga* 12:30-1:30pm: Lunch time! Hosted by Hunger Intervention Program 1:00pm-3:00pm: Tomando Control de su Salud 2:30-3:30pm: Music and Mindfulness**</p>	<p align="center">Veteran's Day Celebration at lunch</p> <p>9am-12:30pm: Actividades en Español con Sea Mar 10:00-11am: Tai Chi (Instructor: Daniel L. Altschuler) 太極 12:30-1:30pm: Lunch time! Hosted by HIP 1:30-2:30pm: Lake City Senior Advisory Committee INFO Session Virtual** 1:30-3:00pm: Mahjong 1:30-2:30pm: BINGO TIME!*</p>	<p>9am-12:30pm: Actividades en Español con Sea Mar 10:00-11:00am: Virtual Reality Class 11:00-12pm: Latin Dance Fitness 12:30-1:30pm: Lunch time! Hosted by Hunger Intervention Program 1:30-3pm: Watercolor Painting with Kathleen Coyle</p>
Monday 11/15	Wednesday 11/17	Friday 11/19
<p>9am-12:30pm: Actividades en Español con Sea Mar 10:00-11:00am: Rock n' Roll Aerobics 11:30-1:30pm: King County Metro Neighborhood ORCA Pop-Up 11:15-12:15am: Gentle Chair Yoga with Two Dog Yoga* 12:30-1:30pm: Lunch time! Hosted by Hunger Intervention Program 1:00pm-3:00pm: Tomando Control de su Salud 2:30-3:30pm: Music and Mindfulness**</p>	<p>9am-12:30pm: Actividades en Español con Sea Mar 10:00-11am: Tai Chi* (Instructor: Daniel L. Altschuler) 太極 10:00-11:00am: Thanksgiving Card Making Workshop 12:30-1:30pm: Lunch time! Hosted by Hunger Intervention Program 1:30-3:00pm: Mahjong 1:30-2:30pm: BINGO TIME!*</p>	<p>9am-12:30pm: Actividades en Español con Sea Mar 10:00-11:00am: Virtual Reality Classes 11:00-12pm: Latin Dance Fitness 11:30-1:30: Tech Help with Jennifer 12:30-1:30pm: Lunch time! Hosted by Hunger Intervention Program 1:30-3pm: Watercolor Painting with Kathleen Coyle</p>
Monday 11/22	Wednesday 11/24	Friday 11/26
<p>9am-12:30pm: Actividades en Español con Sea Mar 10:00-11:00am: Rock n' Roll Aerobics 11:15-12:15am: Gentle Chair Yoga with Two Dog Yoga* 11:30-1:30pm: King County Metro Neighborhood Orca Pop-Up 12:30-1:30pm: Lunch time! Hosted by Hunger Intervention Program 1:00pm-3:00pm: Tomando Control de su Salud 2:30-3:30pm: Music and Mindfulness**</p>	<p>9am-12:30pm: Actividades en Español con Sea Mar 10:00-11am: Tai Chi* (Instructor: Daniel L. Altschuler) 太極 12:30-1:30pm: Lunch time! Hosted by Hunger Intervention Program 1:30-3:00pm: Mahjong 1:30-2:30pm: BINGO TIME!*</p>	<p>No Programming or Lunch</p> 
Monday 11/29	<p align="center">Please call Emily at 206-707-1865 to register for these classes, as space is limited.</p>	
<p>9am-12:30pm: Actividades en Español con Sea Mar 10:00-11:00am: Rock n' Roll Aerobics 11:30-1:30pm: King County Metro Neighborhood ORCA Pop-Up 11:15-12:15am: Gentle Chair Yoga with Two Dog Yoga* 12:30-1:30pm: Lunch time! Hosted by Hunger Intervention Program 2:30-3:30pm: Music and Mindfulness**</p>	<p align="center">Programs with two asterisks indicate they are completely virtual. Programs with one asterisk are offered both in-person at the Lake City Community Center and online.</p>	