

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

Momentia in Spanish



Spanish Momentia is back!

We are starting our Spanish Speaking Momentia group up with Ruben. Ruben 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 singing 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.

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 Wednesday and Friday between 9:00am - 1pm. Drop in hours from 1pm - 3pm. If you would like to schedule an appointment with him please give him a call at **(509) 800-7081** Or go online to <https://booking.appointy.com/lakecitytechhelp>

CISC is Back!

CISC will now visit the **first Friday** of every month to provide resource updates, Information and Assistance. Their next visit will be **Friday November 4th from 11:00am-12:00pm**

Silver Screeners with Scarecrow video

Silver Screeners are back! Please join us for a movie and discussion with a volunteer from scarecrow. **Monday the 14th—Home for the Holidays**
Monday the 28th— Cyrano, My Love



Senior Activities November 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!

Community Dining Update

Starting Monday November 7th we will move back to plated meals for community dining. Lunches will be served at the tables to anyone who wishes to stay and eat at the center.

If you typically receive "to-go" lunches, please be aware that there will be a wait while "for here" lunches are served.

Thank you for your patience and cooperation while we navigate these changes.

Phoenix Performance

Monday November 7th at 10:30am

Please join us for "Phoenix," an original intergenerational theater production. "Phoenix" is a 45 minute performance where an intergenerational cast of 5 will share personal stories, songs, and scenes related to the theme.

CPR Workshop

November 7th 1:30pm-2:30pm

Attend this free one hour hands-only CPR/stroke educational workshop! You will come away with the ability to recognize and respond to serious medical emergencies, such as stroke, heart attacks and cardiac arrest. You will learn how to do hands-only CPR and how to communicate and collaborate with 9-1-1 dispatchers and first responders.

(Limit 15 Participants)

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



www.instagram.com/lakecityseniors



Facebook.com/lakecityseniors

	Wednesday 11/2	Friday 11/4
	10:00am-11:00am: Tai Chi* (Instructor: Daniel L. Altschuler) 太極 10:00am-11:00am: Day of the Dead Mask Making 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 1:15pm-2:30pm Day of the dead celebration with Mariachi Band 1:30pm-2:30pm: BINGO TIME!*	9:00am-12:30pm: Actividades en Español con Sea Mar 9:00am-3:00pm: Tech Help with John 11:00am-12:00pm: CISC PROGRAMMING 11:00am-12:00pm: Transportation Focus Group (Spanish) 11:00am-12:00pm: Latin Dance Fitness 12:30pm-1:30pm: Lunch time! Hosted by HIP 1:00pm-2:30pm: Mahjong 1:30pm-3:00pm: Watercolor Class with Kathleen
Monday 11/7	Wednesday 11/9	Friday 11/11
9:00am-12:30pm: Actividades en Español con Sea Mar 10:00am-11:00am: Rock n' Roll Aerobics 10:30am-12:30pm: Phoenix Performance 11:15am-12:15pm: Gentle Chair Yoga with Annie** (Online Only) 12:30pm-1:30pm: Lunch time! Hosted by HIP 1:00pm-2:30pm: Mahjong 1:30pm-2:30pm: CPR Workshop 1:30pm-3:00pm: Momentia 3:00pm-4:00pm: Music and Mindfulness**	10:00am-11:00am: Tai Chi* (Instructor: Daniel L. Altschuler) 太極 9:00am-3:00pm: Tech Help with John 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: Transportation Focus Group (English) 1:30pm-2:30pm: BINGO TIME!*	<p style="text-align: center;">Veterans Day Center is Closed No Lunch</p>
Monday 11/14	Wednesday 11/16	Friday 11/18
9:00am-12:30pm: Actividades en Español con Sea Mar 10:00am-11:00am: Rock n' Roll Aerobics 11:00am-2:00pm: Medicare Help 11:15am-12:15pm: Gentle Chair Yoga with Annie* 12:30pm-1:30pm: Lunch time! Hosted by HIP 1:00pm-3:00pm: Movie: Home for the Holidays 1:00pm-2:30pm: Mahjong 1:30pm-2:30pm: Fire Prevention Workshop 3:00pm-4:00pm: Music and Mindfulness**	10:00am-11:00am: Tai Chi* (Instructor: Daniel L. Altschuler) 太極 9:00am-3:00pm: Tech Help with John 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: Computer Tips Class with John 1:30pm-2:30pm: Advisory Committee Meeting <p style="text-align: center;">NO BINGO</p>	9:00am-12:30pm: Actividades en Español con Sea Mar 10:00am-11:00am: Folk Dancing with Susan 9:00am-3:00pm: Tech Help with John 11:00am-12:00pm: Latin Dance Fitness 12:30pm-1:30pm: Lunch time! Hosted by HIP 1:00pm-2:30pm: Mahjong 1:30pm-3:00pm: Watercolor Class with Kathleen
Monday 11/21	Wednesday 11/23	Friday 11/25
9:00am-12:30pm: Actividades en Español con Sea Mar 10:00am-11:00am: Rock n' Roll Aerobics 11:15am-12:15pm: Gentle Chair Yoga with Annie* 11:30am-1:30pm: Getting Around Puget Sound 12:30pm-1:30pm: Lunch time! Hosted by HIP 1:00pm-2:30pm: Mahjong 3:00pm-4:00pm: Music and Mindfulness**	9:00am-3:00pm: Tech Help with John 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 style="text-align: center;">Thanksgiving Weekend Center is Closed No Lunch</p>
Monday 11/28	Wednesday 11/30	
9:00am-12:30pm: Actividades en Español con Sea Mar 10:00am-11:00am: Rock n' Roll Aerobics 11:00am-2:00pm: Medicare Help 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-3:00pm: Movie: Cyrano, My Love 3:00pm-4:00pm: Music and Mindfulness**	10:00am-11:00am: Tai Chi* (Instructor: Daniel L. Altschuler) 太極 9:00am-3:00pm: Tech Help with John 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: Smartphone and Tablet Tips Class with John 1:30pm-2:30pm: BINGO TIME!*	<p style="text-align: center;">*Programs with one asterisk are offered both online and in-person at the Lake City Community Center.</p> <p style="text-align: center;">**Programs with two asterisks indicate they are completely virtual.</p>