

October 2023 Activities



a community partner site of Sound Generations

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 every week on Mondays, Wednesdays, and Fridays between 9:00am - 1:00pm. Drop-in hours are from 1:00pm - 3:00pm.

To schedule an appointment with John, please give him a call at **(509) 800-7081**, 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. The next visit is: **November**

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, October 6th 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. Their next visit will be on **Health Screenings on hold until further notice**.

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.**

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!

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.

Mushroom Growing Class

Friday October 20th at 10am

Learn how to use kitty litter, alfalfa pellets, newspaper and plastic bags with holes cut out to grow Oyster Mushrooms! This class will teach you how to put the bag together and what to expect from the mushrooms.

Live Performance of "Sidewalks"

Monday, October 30th at 10am

Join us for Silverkite's 2023 production, "Sidewalks". "Sidewalks" a storytelling performance devised from the life-based stories of 4 actors diverse in age, identity, and cultural backgrounds.

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



www.instagram.com/LakeCitySeniors



www.facebook.com/LakeCitySeniors

Monday 10/2

9:00am-12:30pm: Actividades en Español con Sea Mar
9:00am-3:00pm: Tech Help with John
10:00am-12:30pm: Tomando Control de su Salud (en Español)
 10:00am-11:00am: Rock n’ Roll Aerobics
11:15am-12:15pm: Gentle Chair Yoga with Annie (On Zoom)
 12:30pm-1:30pm: Lunch time! Hosted by HIP
1:00pm-2:30pm: Mahjong

Wednesday 10/4

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/ Library Book Browse
1:00pm-2:30pm: Mahjong
 1:30pm-2:30pm: BINGO TIME!*

Friday 10/6

9:00am-12:30pm: Actividades en Español con Sea Mar
9:00am-3:00pm: Tech Help with John
10:00am-11:00am: CISC Visit
 11:00am-12:00pm: Latin Dance Fitness
 12:30pm-1:30pm: Lunch time! Hosted by HIP
1:00pm-2:30pm: Mahjong
1:30pm-2:30pm: Music and Mindfulness
 1:30pm-3:00pm: Watercolor Class with Kathleen

Monday 10/9

9:00am-12:30pm: Actividades en Español con Sea Mar
9:00am-3:00pm: Dementia Legal Planning Clinic (By Appointment)
9:00am-3:00pm: Tech Help with John
 10:00am-11:00am: Rock n’ Roll Aerobics
10:00am-12:30pm: Tomando Control de su Salud (en Español)
 11:15am-12:15pm: Gentle Chair Yoga with Annie
 12:30pm-1:30pm: Lunch time! Hosted by HIP
1:00pm-2:30pm: Mahjong

Wednesday 10/11

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/ Library Book Browse
1:00pm-2:30pm: Mahjong
 1:30pm-2:30pm: BINGO TIME!*

Friday 10/13

9:00am-12:30pm: Actividades en Español con Sea Mar
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

NO MUSIC AND MINDFULNESS

Monday 10/16

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
 12:30pm-1:30pm: Lunch time! Hosted by HIP
1:00pm-2:30pm: Mahjong

Wednesday 10/18

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!*

Friday 10/20

9:00am-12:30pm: Actividades en Español con Sea Mar
10:00am-11:00am: Mushroom Growing Class
 11:00am-12:00pm: Latin Dance Fitness
 12:30pm-1:30pm: Lunch time! Hosted by HIP
1:00pm-2:30pm: Mahjong
1:30pm-2:30pm: Music and Mindfulness
 1:30pm-3:00pm: Watercolor Class with Kathleen

Monday 10/23

9:00am-12:30pm: Actividades en Español con Sea Mar
 10:00am-11:00am: Rock n’ Roll Aerobics
10:00am-12:30pm: Tomando Control de su Salud (en Español)
 11:15am-12:15pm: Gentle Chair Yoga with Annie
 12:30pm-1:30pm: Lunch time! Hosted by HIP
1:00pm-2:30pm: Mahjong

Wednesday 10/25

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!*

Friday 10/27

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
1:30pm-2:30pm: Music and Mindfulness
 1:30pm-3:00pm: Watercolor Class with Kathleen

Monday 10/30

9:00am-12:30pm: Actividades en Español con Sea Mar
 10:00am-11:00am: Rock n’ Roll Aerobics
10:00am-12:30pm: Tomando Control de su Salud (en Español)
10:00am –11:00am: Live Theater Performance of “Sidewalks”
11:15am-12:15pm: Gentle Chair Yoga with Annie (On Zoom)
 12:30pm-1:30pm: Lunch time! Hosted by HIP
1:00pm-2:30pm: Mahjong

****Programs with one asterisk are offered both online and in-person at Lamb of God Church.***