

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

WeCare Medicare Presentation

Kelsey Rauenhorst will be presenting an educational overview of Medicare to inform you of your various options. Following the presentation, she will be available for one-on-one appointments to answer specific questions or assist with enrollments. She is an employee of Sound Generations, so all commissions go directly to help fund the work being done for older adults in King County.

**Presentation will be held on
October 20th starting at 10am**

If you are unable to attend, but would like to meet with Kelsey one-on-one, please call 855-727-6234 to set up an appointment.



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 October | 11:30-1:30pm

Fresh Bucks



Fresh Bucks helps Seattle residents on a tight budget afford fruits and vegetables. Participants enrolled in Fresh Bucks Vouchers receive \$40 in Fresh Bucks Voucher per month to purchase fruits and vegetables at any participating Fresh Bucks Retailer.

You are eligible if you live in the City of Seattle and your household income is below 80% of the median income.

You will need to provide your household size, household income, and Seattle resident address.

For more information or to apply

Call 206-364-7930 or

Email NSFC@CHS-WA.org



a community partner site of Sound Generations

Senior Activities October 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!

Silver Screeners

Scarecrow Movies presents

SCARECROW MOVIE CLUB

Join us on the 2nd and 3rd Monday's of the month at 1:00pm for a movie and discussion.

Movie on the 11th: **A Spirit of a Beehive**
(Spanish with English subtitles)

Movie on the 25th: **I Walked with a Zombie**
(English with Spanish subtitles)

Where: **Lake City Senior Center**

When: **2nd & 4th Mondays**

Time: **1:00 PM to 3:00 PM**

Microgreens Class With the Tilth Alliance



Microgreens are an excellent way to grow your own food even if you don't have a garden. All you need is a container, some potting soil and a packet of fast-growing edible seeds. Microgreens are harvested when the plants are seedlings and are full of nutrients that are great for you. Learn how to get them started, what seeds to use, and when to harvest in this fun and interactive class.

Where: **Lake City Senior Center**

When: **Monday, October 11th**

Time: **1:30 PM to 3:00 pm**

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

		Friday 10/1
<i>Please call Emily at 206-707-1865 to register for these classes, as space is limited.</i>	<i>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.</i>	9am-12:30pm: Actividades en Español con Sea Mar 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
Monday 10/4	Wednesday 10/6	Friday 10/8
9am-12:30pm: Actividades en Español con Sea Mar 11:30-1:30pm: King County Metro Neighborhood Pop-Up brings Metro to you! 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	9am-12:30pm: Actividades en Español con Sea Mar 9:30-10:15am: Music and Mindfulness** 10:00-11am: Tai Chi (Instructor: Daniel L. Altschuler) 太極 12:30-1:30pm: Lunch time! Hosted by Hunger Intervention Program 1:30-2:30pm: BINGO TIME!*	9am-12:30pm: Actividades en Español con Sea Mar 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
Monday 10/11	Wednesday 10/13	Friday 10/15
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* 12:30-1:30pm: Lunch time! Hosted by Hunger Intervention Program 1-3pm: Scarecrow Silver Screeners w/ Scarecrow Video, A Spirit of a Beehive 1:30pm: Microgreens class w/ Tilth Alliance	9am-12:30pm: Actividades en Español con Sea Mar 9:30-10:15am: Music and Mindfulness** 10:00-11am: Tai Chi* (Instructor: Daniel L. Altschuler) 太極 11:30-12:30 Umbrella Walks with Parks and Rec 12:30-1:30pm: Lunch time! Hosted by Hunger Intervention Program 1:30-2:30pm: BINGO TIME!*	9am-12:30pm: Actividades en Español con Sea Mar 11:00-12pm: Latin Dance Fitness 11:00-12:00pm: Love Food, Stop Waste with Tilth Alliance * 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
Monday 10/18	Wednesday 10/20	Friday 10/22
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 Pop-Up brings Metro to you! 12:30-1:30pm: Lunch time! Hosted by Hunger Intervention Program	9am-12:30pm: Actividades en Español con Sea Mar 9:30-10:15am: Music and Mindfulness** 10:00-11am: Tai Chi* (Instructor: Daniel L. Altschuler) 太極 10:00am: WeCare Medicare Presentation 12:30-1:30pm: Lunch time! Hosted by Hunger Intervention Program 1:30-2:30pm: BINGO TIME!*	9am-12:30pm: Actividades en Español con Sea Mar 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
Monday 10/25	Wednesday 10/27	Friday 10/29
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* 12:30-1:30pm: Lunch time! Hosted by Hunger Intervention Program 1-3pm: Scarecrow Silver Screeners w/ Scarecrow Video– I Walked with a Zombie	9am-12:30pm: Actividades en Español con Sea Mar 9:30-10:15am: Music and Mindfulness** 10:00-11am: Tai Chi* (Instructor: Daniel L. Altschuler) 太極 11:30-12:30 Umbrella Walks with Parks and Rec 12:30-1:30pm: Lunch time! Hosted by Hunger Intervention Program 1:30-2:30pm: BINGO TIME!*	9am-12:30pm: Actividades en Español con Sea Mar 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