

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 October 7th 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 10th– Meet Me in St. Louis
Monday the 24th– Bride and Prejudice



Senior Activities October 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

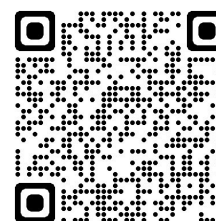
Welcome to Lake City Seniors where we invite you to join us for free and low-cost programs, fun activities, social services, and a nutritious meal. You will meet new people, create wonderful memories and be surrounded by a diverse community!

COVID Vaccination event October 12th

We will be hosting a vaccination event. They will be administering the new Bivalent booster that provide better protections from new COVID variants. **Vaccines and boosters are free** no insurance is required.

Preregistration is Suggested. On-site registration available.

Scan the code below to preregister online:



Container Gardening

October 19th 1:30pm-2:30pm

You don't need a yard to grow your own food! Container gardening is great for beginners, apartment dwellers and anyone with challenging soil.

Website Testing October 3rd

The Holding Co. will be holding interviews at the center. These will be 30-40 minute interviews where participants will be testing a website and providing feedback. Participants will be given a \$50 gift card for their time.

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



www.instagram.com/lakecityseniors



Facebook.com/lakecityseniors

October 2022 - Lake City Community Center 12531 28th Ave. NE. Seattle, 98125 - Lakecityseniors.org or call 206-268-6740

Monday 10/3

Wednesday 10/5

Friday 10/7

9:00am-12:30pm: Actividades en Español con Sea Mar
9:00am-3:00pm: Website Testing Interviews
 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
 2:30pm-3:30pm: 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: 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: 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 10/10

Wednesday 10/12

Friday 10/14

9:00am-12:30pm: Actividades en Español con Sea Mar
 10:00am-11:00am: Rock n' Roll Aerobics
11:00am-1:00pm: Health Screening
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! Meet Me in St. Louis
1:00pm-2:30pm: Mahjong
 2:30pm-3:30pm: Music and Mindfulness**

10:00am-11:00am: Tai Chi* (Instructor: Daniel L. Altschuler) 太極
9:00am-3:00pm: Tech Help with John
10:00am-2:30pm: Vaccination 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
 1:30pm-2:30pm: BINGO TIME!*

9:00am-12:30pm: Actividades en Español con Sea Mar
9:00am-3:00pm: Tech Help with John
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
 1:30pm-3:00pm: Watercolor Class with Kathleen

Monday 10/17

Wednesday 10/19

Friday 10/21

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
1:15pm-3:00pm: Momentia in Spanish with Ruben
1:00pm-2:30pm: Mahjong
 2:30pm-3:30pm: 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: BINGO TIME!*

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
11:30am-1:30pm: Getting Around Puget Sound
 12:30pm-1:30pm: Lunch time! Hosted by HIP
 1:00pm-2:30pm: Mahjong

NO WATERCOLOR

Monday 10/24

Wednesday 10/26

Friday 10/28

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! Bride and Prejudice
 2:30pm-3:30pm: Music and Mindfulness**

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9:00am-3:00pm: Tech Help with John
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 11:00am-12:00pm: Latin Dance Fitness
 12:30pm-1:30pm: Lunch time! Hosted by HIP
 1:00pm-2:30pm: Mahjong

NO WATERCOLOR

Monday 10/31

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
 2:30pm-3:30pm: Music and Mindfulness**

****Programs with one asterisk are offered both online and in-person at the Lake City Community Center.***

*****Programs with two asterisks indicate they are completely virtual.***