Momentia Monthly Meet-up: TangoStride

Momentia is a grassroots movement empowering persons with memory loss and their loved ones to remain connected and active in the community. This month, we feature TangoStride, a technique that uses music, collaboration and tango-innspired movements to benefit overall well-being.

Friday, October 18th th | 1-2:30pm

Light snacks and socializing to follow

Chinese Film Series: *If You Are The One 2*

Qin (Ge You) and Liang (Shu Qi) question their relationship after watching their friends' lavish divorce ceremony.

**Friday, October 18th
1-3pm
(Chinese with English subtitles)**
Discussion to follow by Pin Wan, a retired Asian Studies Professor.

Watercolor Painting with Kathleen Coyle

Kathleen Coyle is back with a weekly watercolor class where participants will be introduced to the creative possibilities of watercolor painting. All levels are welcome, beginners encouraged.

**Wednesdays | 1-3pm
Lake City Community Center**

4 CULTURE

This class is made possible with a grant from 4 Culture.

Scarecrow Video Presents
their **Silver Screeners Cinema Club**
a **FREE** senior outreach program

1-3pm / Inspiration Room
Lake City Community Center

October 14 *En el septimo dia (On the Seventh Day)* (2018, 1h 37m) Directed by Jim McKay. Facing the weight of fatherhood and life as an undocumented immigrant, José forms a soccer team with his friends to de-stress. On the day of the championship game, he is called into work and asked to make a decision between his job or his team.

(Spanish with English subtitles)

October 28 *King Kong* (1933, 2h 5m), directed by Merian Cooper, Ernest Schoedsack. This iconic monster film follows an actress who is kidnapped and offered as a sacrifice to King Kong, a giant gorilla. The film has been praised for its revolutionary use of stop-motion animation and special effects.

(English with Spanish subtitles)

Menu ➡

Lake City

SENIORS COMMUNITY MEAL

Mondays, Wednesdays, and Fridays: 12 – 1 pm
Lake City Community Center—12531 28th Ave NE
Suggested Donation $4 for seniors 60 and over (Suggested $6 for under 60)
**we accept EBT*

October Menu
(Please note the menu is subject to change)

BOO!

For a calendar of daily activities, visit the front desk, or LakeCitySeniors.org

	Wednesday, October 2	**Friday, October 4**
	Cashew Chicken	BBQ Pulled Pork Sandwich on Bun
	Stir Fried Vegetables	Coleslaw
	Earl's Homemade Rolls	Roasted Corn on the Cob
	Basmati Rice	Sweet Potato Fries
	Apricots with Whipped Cream	Apple Crisp
Monday, October 7	**Wednesday, October 9**	**Friday, October 11**
Breaded Pollock with Tartar Sauce	Ground Turkey Pot Pie	Baked Chicken
Earl's Homemade Rolls	Green Salad	Peppers and Carrots
Potato Wedges	Earl's Homemade Rolls	Brown Rice
Green Salad with Vegetables	Cinnamon Baked Apples	Garden Salad
Fresh Fruit	Whipped Cream	Apricot Crisp
Oatmeal and Fig Cookies		
Monday, October 14	**Wednesday, October 16:**	**Friday, October 18**
Moroccan Chicken Tagine	**World Food Day Celebration**	Pork Cheeseburgers
Earl's Homemade Rolls	Black Bean and Cheese Enchiladas	Pesto Pasta Salad with Vegetables
Couscous with Cashews and Raisins	Green Salad	Seasonal Fruit
Green Bean Sauté	Earl's Homemade Rolls	Pumpkin Cookies
Apricot Cups	Fresh Fruit	
Lemon Olive Oil Cake	Vanilla Ice Cream	
Monday, October 21:	**Wednesday, October 23**	**Friday, October 25**
Fall Harvest Celebration	Oven Fried Chicken	Macaroni and Cheese with Ham
Roast Ham	Roasted Potatoes and Gravy	Green Salad
Green Salad with Apples, Cranberry, and Walnuts	Garden Salad with Vegetables	Roasted Vegetables
Butter Sautéed Carrots and Peppers	Fresh Fruit	Apricot Cups
Earl's Homemade Rolls	Banana Pudding	Cherry Almond Chocolate Chunk Cookies
Harvest Squash Sweet Bread		
Monday, October 28:	**Wednesday, October 30:**	
Birthday Celebration	**Halloween Celebration**	
Turkey Lasagna	Jack-O-Lantern Pumpkin Soup	
Green Salad	Earl's Homemade Rolls	
Earl's Homemade Garlic Rolls	Green Salad with Chicken and Cranberries	
Fresh Fruit	Vanilla Ice Cream with Strawberry Compote	
Birthday Cake		

This meal is a collaboration of

Hunger Intervention Program   SOUND generations   Sea Mar Community Health Centers Clínica de la Comunidad   CISC BRIDGING CULTURES COMMUNITIES & GENERATIONS   Seattle Parks & Recreation