Sea Mar Latino Senior Programa

Sea Mar Latino Senior Programa de Nutrición y Socialización. Sea Mar prove actividades saludables, divertidas y apropiadas para la edad incluyendo educación en salud. La meta es ayudar a los adultos mayores a disfrutar una major calidad de vida física y emocional.

Lunes y Viernes - 9am-12:30pm
Para más información, contacte a Martha Acuna Duran: **(206) 354-0597**

Chinese Information and Service Center (CISC)

CISC will now visit every month to provide resource updates, information and assistance.

Their next visit will be **Friday, October 2nd from 10:00am-12:00pm**

Foot Care with Keith!

Monday 10/5
30 Min appt.
9:00am-2:30pm

By Appointment Only
Free of Charge

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 on <u>Mondays, Wednesdays, and Fridays</u> between 9:00am - 3:00pm.

To schedule an appointment with John, please give him a call at **(206) 268-6741** , or go online to
https://tinyurl.com/lcs-tech-help-appt

Humana Partnership

Humana is a major U.S. health insurance company providing a wide range of insurance plans and healthcare services, focusing heavily on Medicare Advantage for seniors, including health, dental, and vision.

Humana aims to help people live healthier lives through insurance, wellness programs, and its CenterWell healthcare services, serving millions of customers nationwide.

They will now visit twice a month to help any of your needs.

Our next dates are Friday, October 2nd

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

King County VSHSL Veterans, Seniors, & Human Services Levy

SOUND generations · Sea Mar Community Health Centers Clínica de la Comunidad · 服務社 仁人 CISC BRIDGING CULTURES COMMUNITIES & GENERATIONS · Hunger Intervention Program · Humana

Lake City SENIORS

a community partner site of Sound Generations

October Activities Calendar

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!

Free Advance Legal Planning Clinic
October 19th
9:00am-3:00pm

Call (425) 780-5589 or email dementia@probonocouncil.org
To schedule an appointment

Presentation with Neurologist, Dr. Rosenbloom
October 5th, 1pm-2pm

Sponsored by the University of Washingtons Meical Center Dr. Rosenbloom will be here to discuss about the Alzheimer's disease and dementia treatment pipeline.

Karaoke Party with Terry

October 30th 2026 between 1:00pm—3:00pm

Join the party and show us your singing skills!

www.Instagram.com/LakeCitySeniors

www.Facebook.com/LakeCitySeniors

October 2026 Calendar | Lake City Seniors is now at Lamb of God Lutheran Church: 12509 27th Ave NE, Seattle, WA 98125 | For more information, visit **www.LakeCitySeniors.org** or call **(206) 268-6740**

	Friday 10/2	**Friday 10/2 (Continued)**
	9:00am-12:30pm: Actividades en Español con Sea Mar 10:30am-1:30pm: Tech Help with Aiden 10:00am-12:00pm: CISC Visit 11:00am-12:00pm: Latin Dance Fitness	**12:00pm-2:00pm: Humana Visit** 12:30pm-1:30pm: Lunch time! Hosted by HIP 1:00pm-3:00pm: Mahjong & Rummikub 1:30pm-3:00pm: Watercolor Class with Kathleen
Monday 10/5	**Wednesday 10/7**	**Friday 10/9**
9:00am-3:00pm: Tech Help with John 9:00am-12:30pm: Actividades en Español con Sea Mar **9:00am-2:30pm: Footcare with Keith (By Appointment)** 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-2:00pm: Presentation with Neurologist, Dr. Rosenbloom** **1:00pm-3:00pm: Mahjong & Rummikub (Hosted on the third floor)**	10:00am-11:00am: Tai Chi* (Instructor: Daniel L. Altschuler) 太極 11:00am-12:00pm: Zumba with Cindy 12:30pm-1:30pm: Lunch time! Hosted by HIP 1:00pm-3:00pm: Mahjong & Rummikub 1:30pm-2:30pm: BINGO TIME!	9:00am-3:00pm: Tech Help with John 9:00am-12:30pm: Actividades en Español con Sea Mar **10:00am-11:00am: Tech 101 Class: Smartphone Tricks** 11:00am-12:00pm: Latin Dance Fitness 12:30pm-1:30pm: Lunch time! Hosted by HIP 1:00pm-3:00pm: Mahjong & Rummikub 1:30pm-3:00pm: Watercolor Class with Kathleen
Monday 10/12	**Wednesday 10/14**	**Friday 10/16**
9:00am-3:00pm: Tech Help with John 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* **12:15pm-1:15pm: Lake City Farmers Market Tabling** 12:30pm-1:30pm: Lunch time! Hosted by HIP 1:00pm-3:00pm: Mahjong & Rummikub **1:30pm-2:30pm: Roundtable Conversations with Syl:** **What's Your favorite movie and why?**	10:00am-11:00am: Tai Chi* (Instructor: Daniel L. Altschuler) 太極 11:00am-12:00pm: Zumba with Cindy 12:30pm-1:30pm: Lunch time! Hosted by HIP 1:00pm-3:00pm: Mahjong & Rummikub 1:30pm-2:30pm: BINGO TIME!	9:00am-3:00pm: Tech Help with John 9:00am-12:30pm: Actividades en Español con Sea Mar **10:00am-11:00am: Tech 101 Class: Tech Treats** 11:00am-12:00pm: Latin Dance Fitness 12:30pm-1:30pm: Lunch time! Hosted by HIP 1:00pm-3:00pm: Mahjong & Rummikub 1:30pm-3:00pm: Watercolor Class with Kathleen
Monday 10/19	**Wednesday 10/21**	**Friday 10/23**
9:00am-3:00pm: Tech Help with John 9:00am-12:30pm: Actividades en Español con Sea Mar **9:00am-3:00pm: Free Advance Legal Planning Clinic** 10:00am-11:00am: Rock n' Roll Aerobics 11:15am-12:15pm: Gentle Chair Yoga with Annie* **12:15pm-12:45pm: Bridging Care Presentation** 12:30pm-1:30pm: Lunch time! Hosted by HIP 1:00pm-3:00pm: Mahjong & Rummikub **1:30pm-2:30pm: Roundtable Conversations with Syl:** **Major historical events of our lifetime a not so deep dive**	10:00am-11:00am: Tai Chi* (Instructor: Daniel L. Altschuler) 太極 11:00am-12:00pm: Zumba with Cindy 12:30pm-1:30pm: Lunch time! Hosted by HIP 1:00pm-3:00pm: Mahjong & Rummikub 1:30pm-2:30pm: BINGO TIME!	9:00am-3:00pm: Tech Help with John 9:00am-12:30pm: Actividades en Español con Sea Mar **10:00am-11:00am: Tech 101 Class: AI "Tricks"** 11:00am-12:00pm: Latin Dance Fitness 12:30pm-1:30pm: Lunch time! Hosted by HIP 1:00pm-3:00pm: Mahjong & Rummikub **1:30pm-3:00pm: CISC Nutrition Class (In Chinese)** 1:30pm-3:00pm: Watercolor Class with Kathleen
Monday 10/26	**Wednesday 10/28**	**Friday 10/30**
9:00am-3:00pm: Tech Help with John 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-3:00pm: Medicare Presentation with Solid Ground** **1:00pm-3:00pm: Mahjong & Rummikub (Hosted on the third floor)**	10:00am-11:00am: Tai Chi* (Instructor: Daniel L. Altschuler) 太極 11:00am-12:00pm: Zumba with Cindy **12:00pm-2:00pm: Massage Therapy with Annie (By Appointment)** 12:30pm-1:30pm: Lunch time! Hosted by HIP 1:00pm-3:00pm: Mahjong & Rummikub 1:30pm-2:30pm: BINGO TIME!	9:00am-3:00pm: Tech Help with John 9:00am-12:30pm: Actividades en Español con Sea Mar **10:00am-11:00am: Tech 101 Class: AI Current Events Discussion** 11:00am-12:00pm: Latin Dance Fitness **12:00pm-2:00pm: Humana Visit** 12:30pm-1:30pm: Lunch time! Hosted by HIP **1:00pm-3:00pm: Mahjong & Rummikub (Hosted on the third floor)** **1:00pm-3:00pm: Karaoke Party with Terry!** 1:30pm-3:00pm: Watercolor Class with Kathleen