



September 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 will be **September 11th at 11:30am**

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, September 1st 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 **Monday, September 11th from 11:00am-1:00pm.**

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 CANCELLED

~~Wednesday September 27th from
10:00am-2:00pm~~

. Due to changing government guidelines and backlog of requests for updated vaccines, we will unfortunately have to reschedule out planned vaccination event. **We will no longer be holding a flu and covid vaccine clinic on September 27th.**

Computer 101 Classes

Learn About The Cloud

September 8th at 10am -- Learn about what exactly "the cloud" is and how it works. We will discuss cloud services like iCloud, Google Drive, and OneDrive and how to use them.

Online Payments and Banking

September 22nd at 10am - Learn how to safely make payments online using your credit card or bank accounts. We will discuss online banking, how to set-up automatic payments, and other tips for keeping your finances secure.

MICROGREENS

**Monday September 25th
1:30pm-2:30pm**

Using healthy soil choices, a variety of fun seeds, and small plastic cups learn how to grow a small crop of microgreens to use in salads, sandwiches or just eat as a garnish. Microgreens are full of nutrients and easy and fun to grow. It is an easy way to learn to grow something and super nutritious for your diet.

Folk Dancing

Folk Dancing with Susan is back! Join us **September 15th at 10am** for this fun and low intensity exercise class.

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



www.instagram.com/LakeCitySeniors



www.facebook.com/LakeCitySeniors

		Friday 9/1
<i>*Programs with one asterisk are offered both online and in-person at Lamb of God Church.</i>		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-3:00pm: Watercolor Class with Kathleen
Monday 9/4	Wednesday 9/6	Friday 9/8
Labor Day No Programming No Lunch	9:00am-1:00pm: 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!*	9:00am-12:30pm: Actividades en Español con Sea Mar 9:00am-3:00pm: Tech Help with John 10:00am-11:00am: Learn About the Cloud Class 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-2:30pm: Music and Mindfulness 1:30pm-3:00pm: Watercolor Class with Kathleen
Monday 9/11	Wednesday 9/13	Friday 9/15
9:00am-12:30pm: Actividades en Español con Sea Mar 9:00am-3:00pm: Tech Help with John 10:00am-11:00am: Rock n' Roll Aerobics 11:30am-1:30pm: Getting Around Puget Sound 11:15am-12:15pm: Gentle Chair Yoga with Annie 12:30pm-1:30pm: Lunch time! Hosted by HIP 1:00pm-2:30pm: Mahjong 1:30pm-2:30pm Lavender Wand Making Class	9:00am-1:00pm: 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!*	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-2:30pm: Music and Mindfulness 1:30pm-3:00pm: Watercolor Class with Kathleen
Monday 9/18	Wednesday 9/20	Friday 9/22
9:00am-12:30pm: Actividades en Español con Sea Mar 9:00am-3:00pm: Tech Help with John 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	9:00am-1:00pm: 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-3:00pm: Advisory Committee Meeting <u>NO BINGO</u>	9:00am-12:30pm: Actividades en Español con Sea Mar 9:00am-3:00pm: Tech Help with John 10:00am-11:00am: Online Payments and Banking Class 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-2:30pm: Music and Mindfulness 1:30pm-3:00pm: Watercolor Class with Kathleen
Monday 9/25	Wednesday 9/27	Friday 9/29
9:00am-12:30pm: Actividades en Español con Sea Mar 9:00am-12:00pm TOMANDO 9:00am-3:00pm: Tech Help with John 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 1:30pm-2:30pm: Microgreens Class	9:00am-1:00pm: Tech Help with John 10:00am-11:00am: Tai Chi* (Instructor: Daniel L. Altschuler) 太極 10:00am-2:00pm: FLU and COVID Vaccine Clinic Event Cancelled 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 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