

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



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.

Wednesdays in September | 11:30-1:30pm

Get a FREE \$25 ORCA Card

Starting Oct. 2, King County Metro bus routes in north King County will change to make it easier to get where you're going and to connect bus service with three new Link Light rail stations. You're eligible for a Free \$25 ORCA card if you or work in these zip codes:

98011 98115 98155
98028 98125 98177
98105 98133 98195
98103

To get your FREE \$25 ORCA Card,
Call 206-364-7930 or
Email NSFC@CHS-WA.org



For questions, feedback, or suggestions contact

Lake City Seniors Staff

Lakecityseniors@soundgenerations.org
206-268-6740

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



a community partner site of Sound Generations

Senior Activities September 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!

Neighborhood Pop-Up Formerly ORCA To-Go



King County Metro Neighborhood Pop-Up brings Metro to you! At a Neighborhood Pop-Up event, we will provide customer service on ORCA cards, answer questions about how to use the regional transit system, provide information about upcoming Metro expansions and more!

Where: **Lake City Senior Center**
When: **2nd & 4th Mondays**
Time: **10:30 AM to 12:30 AM**



Love Food, Stop Waste With the Tilth Alliance



Join instructor Cynthia Andrews and Tilth Alliance, representing Seattle Public Utilities, for a fun class about saving food and saving money. Cynthia will share some tips on how to store food to make it last longer, how to use leftovers efficiently and how to shop and not overbuy at the grocery store. We will be sharing a notebook full of food storage tips, a shopping guide and recipes with all participants and everyone will receive a reusable produce bag. Through our raffle you may be the lucky winner of a set of pyrex bowls with lids—perfect for storing food in your refrigerator or cabinets.

This event is offered on Zoom and there will be an online viewing at the Community Center. Please call Emily at 206-707-1865 to register.

www.instagram.com/lakecityseniors

Facebook.com/lakecityseniors

September 2021 - Lake City Community Center 12531 28th Ave. NE, Seattle, 98125 - Lakecityseniors.org or call 206-268-6740

	Wednesday 9/1	Friday 9/3
<i>Please call Emily at 206-707-1865 to register for these classes, as space is limited.</i>	9am-12:30pm: Actividades en Español con Sea Mar 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 12:30-1:30pm: Lunch time! Hosted by Hunger Intervention Program 1:30-3pm: Watercolor Painting with Kathleen Coyle
Monday 9/6	Wednesday 9/8	Friday 9/10
<i>In observance of Labor Day, there will be no scheduled activities</i> <i>Lunch will not be served.</i>	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 11:30-1:30: Tech Help with Jennifer 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 12:30-1:30pm: Lunch time! Hosted by Hunger Intervention Program 1:30-3pm: Watercolor Painting with Kathleen Coyle
Monday 9/13	Wednesday 9/15	Friday 9/17
9am-12:30pm: Actividades en Español con Sea Mar 9:30-11:30am: King County Metro Neighborhood Pop-Up brings Metro to you! 9:30-10:10am: Rock n' Roll Aerobics 10:20-11:00am: 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 11:30-1:30: Tech Help with Jennifer 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 12:30-1:30pm: Lunch time! Hosted by Hunger Intervention Program 1:00-2:00pm: Love Food, Stop Waste with Tilth Alliance * 1:30-3pm: Watercolor Painting with Kathleen Coyle
Monday 9/20	Wednesday 9/22	Friday 9/24
9am-12:30pm: Actividades en Español con Sea Mar 9:30-10:10am: Rock n' Roll Aerobics 10:20-11:00am: 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	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 11:30-1:30: Tech Help with Jennifer 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 12:30-1:30pm: Lunch time! Hosted by Hunger Intervention Program 1:30-3pm: Watercolor Painting with Kathleen Coyle
Monday 9/27	Wednesday 9/29	<i>Programs with two asterisks indicate they are completely virtual.</i> <i>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 9:30-11:30am: King County Metro Neighborhood Pop-Up brings Metro to you! 9:30-10:10am: Rock n' Roll Aerobics 10:20-11:00am: 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 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!*	