

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, will be available to answer your questions about technology. If you have a specific question, please bring your device and he will be able to help.

He will be at the center Wednesdays and Fridays from 10:30am- 1:30pm

CISC

CISC is here the second Wednesday of every month to provide resource updates, Information and Assistance, Mahjong and more!

Wednesday, September 14th from 1:00p-2:00p

Silver Screeners with Scarecrow video

Silver Screeners are back! Please join us for a movie and discussion with a volunteer from scarecrow.

Monday the 12th- El Amor Brujo
 Spanish with English subtitles
Monday the 26th- Notorious
 English with Spanish subtitles



Senior Activities September 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!

Love Food, Stop Waste



Join Tilth Alliance to learn tips on storing food to make it last longer, using leftovers efficiently, and shopping and not overbuying at the grocery store.

Monday, September 19th 1:30pm-2:30pm

This class will be held over zoom and will be streamed at the center.

Email Justin at

justinf@soundgenerations.org for more information.

Zumba!

Our Latin Dance instructor, Cindy is taking on a second class! She will be leading a Zumba class every week starting the first Wednesday in September.

Every Wednesday 11:00am-12:00pm

Scam Safety Seminar

This presentation will cover common online scams and how to avoid them. We will discuss good practices and what you can do to minimize spam and feel safe using the internet.

September 7th 1:30pm-2:30pm

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



www.instagram.com/lakecityseniors



Facebook.com/lakecityseniors

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

		Friday 9/2
<p><i>*Programs with one asterisk are offered both online and in-person at the Lake City Community Center.</i></p> <p><i>**Programs with two asterisks indicate they are completely virtual.</i></p>		9:00am-12:30pm: Actividades en Español con Sea Mar 10:30am-1:30pm: 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-3:00pm: Watercolor Class with Kathleen
Monday 9/5	Wednesday 9/7	Friday 9/9
Labor Day Center Closed No Lunch	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: Scam Safety Seminar 1:30pm-2:30pm: BINGO TIME!*	9:00am-12:30pm: Actividades en Español con Sea Mar 10:30am-1:30pm: 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-3:00pm: Watercolor Class with Kathleen
Monday 9/12	Wednesday 9/14	Friday 9/16
9:00am-12:30pm: Actividades en Español con Sea Mar 10:00am-11:00am: Rock n' Roll Aerobics 11:00am-1:00pm: Health Screening 11:15am-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: Silver Screeners! Spanish with English subtitles 1:15pm-3:00pm: Momentia in Spanish 2:30pm-3:30pm: Music and Mindfulness**	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-2:00pm: CISC PROGRAMMING 1:00pm-2:30pm: Mahjong 1:30pm-2:30pm: Wander VR Experience 1:30pm-2:30pm: BINGO TIME!*	9:00am-12:30pm: Actividades en Español con Sea Mar 10:30am-1:30pm: 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-3:00pm: Watercolor Class with Kathleen Footcare, by appointment
Monday 9/19	Wednesday 9/21	Friday 9/23
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 1:30pm-2:30pm: Love Food Stop Waste 2:30pm-3:30pm: Music and Mindfulness**	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 11:30am-1:30pm: Getting Around Puget Sound 12:30pm-1:30pm: Lunch time! Hosted by HIP/ Library Book Browse 1:00pm-2:30pm: Mahjong 1:30pm-2:30pm: Mini Golf VR Experience 1:30pm-2:30pm: BINGO TIME!*	9:00am-12:30pm: Actividades en Español con Sea Mar 10:30am-1:30pm: 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-3:00pm: Watercolor Class with Kathleen
Monday 9/26	Wednesday 9/28	Friday 9/30
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 1:00pm-3:00pm: Silver Screeners! English with Spanish subtitles 2:30pm-3:30pm: Music and Mindfulness**	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 30pm-2:30pm: BINGO TIME!*	9:00am-12:30pm: Actividades en Español con Sea Mar 10:30am-1:30pm: 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-3:00pm: Watercolor Class with Kathleen