



July 27th -31st
Lake City Community Center
12531 28th Ave NE,
Seattle, 98125

July 29th, 2020

Governor Inslee has created a "Safe Start Plan" with 4 phases. As of June 19th, King County is in Phase 2. Phase 2 allows for hair salons, restaurant, and retail shops to open at half capacity and also some religious services to open at limited capacity. To find more information, please go to <https://kingcounty.gov/depts/health/covid-19/safe-start.aspx>. Lake City Seniors will continue to update you as the phases progress for King County. Phase 2 does not affect our services and we will continue to operate as we have been.

During this time, we are working to expand virtual classes and hoping to provide small outdoor classes following social distancing measures in the near future. Our virtual classes include activities over the phone, through Zoom, and social work appointments using Doxy. We are continuing food delivery with Hyde Shuttle throughout the rest of the summer and into the fall. We will not be holding activities or lunch in the Community Center until phase 4 at the earliest. **Remember the weather is getting hotter. Please drink extra water, stand in the shade while picking up to-go lunches and stay indoors as much as possible during the mid-day hours.**

We are practicing social distancing measures, using gloves, wearing masks and will continue to follow these guidelines. You must wear a facial covering if you are picking up your lunch at the Lake City Community Center; one will be providing if you do not have one. Thank you for all those who have reached out- we love to hear from you via phone call and email. We will be updating you as we know more information.

Lake City Seniors team,
Vedrana, Akira, and Emily

Lake City Seniors ESSENTIAL PROGRAM UPDATE

- Community Dining – **To-go lunches** in the Lake City Community Parking Lot are available from 12:30 p.m. to 1:30 p.m. Please wear a facial covering while picking up meals. Hyde shuttle may be able to help with **Lunch deliveries**; call 206-707-1865.
- Staff will be making **reassurance calls** with our Social Worker for any participants who would like one. To sign-up, please call 206-707-1865.
- **Walking Club** meets Wednesday's at 11:15 am. Call Akira at 206-472-5472 to join. Please be wear a mask, we will continue to use social distancing protocol.
- We are offering Zoom fitness classes including **Chair Yoga and Tai Chi**. We are also offering **Water Coloring** Classes with our instructor Kathleen and Beginner Spanish with Brenda.
- Weekly on Wednesdays at 1:30pm-**Bingo** with prizes, call 206-307-0855 to join!
- **Virtual Library, Real Books!** Weekly at 2:00-3:00 on Monday to call in and see what books we have to offer, we will get the books to you one you've chosen.
- Follow us on **Facebook** to get more up to date information at <https://www.facebook.com/LakeCitySeniors/>

Please call Lake City Seniors at 206-268-6740 if you have questions about these services or know of an older adult in need of a meal or outreach.

Activities Calendar

<p><u>7/27 Monday</u> 11- Zoom Chair Yoga 12:30-1:30 Lunch** 2:30- Sip and Paint* 2-Vitual Library, Real Books</p>	<p><u>7/28 Tuesday</u></p>	<p><u>7/29 Wednesday</u> 10-Tai Chi 11:15- Walking Group 12:30-1:30 Lunch** 1:30 –Bingo</p>	<p><u>7/30 Thursday</u> 1:30- Watercolor Classes With Kathleen</p>	<p><u>7/31 Friday</u> 10:30-Making Pop-up Cards* 12:30-1:30 Lunch**</p>
<p><u>8/3 Monday</u> 11- Zoom Chair Yoga 12:30-1:30 Lunch** 1:30-Jump for Joy* 2-Vitual Library, Real Books</p>	<p><u>8/4 Tuesday</u></p>	<p><u>8/5 Wednesday</u> 10-Tai Chi 10:30-Art Social Hour* 11:15- Walking Group 12:30-1:30 Lunch** 1:30 –Bingo</p>	<p><u>8/6 Thursday</u> 1:30- Watercolor Classes With Kathleen</p>	<p><u>8/7 Friday</u> 10-Beginner Spanish Classes 10:30 Memoir Writting* 12:30-1:30 Lunch**</p>
<p><u>8/10 Monday</u> 11- Zoom Chair Yoga 12:30-1:30 Lunch** 1:30-Improv Theatre* 2-Vitual Library, Real Books</p>	<p><u>8/11 Tuesday</u></p>	<p><u>8/12 Wednesday</u> 10-Tai Chi 10:30- Stroytelling* 11:15- Walking Group 12:30-1:30 Lunch** 1:30 –Bingo</p>	<p><u>8/13 Thursday</u> 1:30- Watercolor Classes With Kathleen</p>	<p><u>8/14 Friday</u> 10-Beginner Spanish Classes 10:30 Poetry Writing* 12:30-1:30 Lunch**</p>
<p><u>8/17 Monday</u> 11- Zoom Chair Yoga 12:30-1:30 Lunch** 1:30-Mindfullness, Compassion, Creativity and Performance* 2-Vitual Library, Real Books</p>	<p><u>8/18 Tuesday</u> 1- Creating a Pollinators Paridise on Zoom</p>	<p><u>8/19 Wednesday</u> 10-Tai Chi 11:15- Walking Group 12:30-1:30 Lunch** 1:30 –Bingo</p>	<p><u>8/20 Thursday</u> 1:30- Watercolor Classes With Kathleen</p>	<p><u>8/21 Friday</u> 10-Beginner Spanish Classes 10:30 Music & Memories: The 1960s* 12:30-1:30 Lunch**</p>

Call Emily at 206-707-1865 if you would like to register for any of these activities! * indicates classes by

Silver Kite



** Indicates lunch by HIP



Beginner Spanish Class is canceled 7/31 but will resume on 8/7

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



Scarecrow movies are back! Scarecrow is going to provide DVDs for you to borrow on a monthly basis- let us know if you are interested! Call Emily Billow for more information at 206-707-1865 or e-mail at emilyb@soundgenerations.org

In addition, you can access online movies with a library card on Kanopy and Hoopla; titles such as KEDI , BOMBSHELL: THE HEDY LAMARR STORY, RUMBLE, and others at <https://spl.kanopy.com/>.

They also have a Latin American catalogue: <https://spl.kanopy.com/category/622>

PEARLS



PEARLS is a short-term intervention focused on problem solving and encouraging participants to engage in behaviors that help reduce feelings of depression. The current COVID-19 pandemic and community events might have you or a friend/loved one feeling discouraged and in need of support. If you or someone you know is 55 or older, consider the PEARLS program. It can help you find ways to manage and reduce feelings of depression through problem solving, social connection and physical activity.

Go to <http://bit.ly/AgeFriendlyLive> and use the blue "Join Event Now" button to view online (captioned in Arabic, Chinese, English, Korean, Russian, Spanish and Vietnamese). To join by phone, or for detailed instructions, click the green "Get Instructions" button.

AgeWise TV



Lake City Seniors have geared up with other senior centers in King County to provide curated content for older adults including yoga instruction, art projects, and documentary films. Age Wise TV is a production of the Seattle Channel. If you keep watching you may be able to see one of our very own yoga instructors teach!

To watch previous episodes, go to:

<https://www.seattlechannel.org/feature-shows/agewise-tv-episodes>

New episodes air on the Seattle Channel-
1:00pm Saturday and Thursdays

Making the Most of Your Bountiful Harvest



Learn some tips and tricks for maximizing the harvest from your P-Patch.

Each fruit and veggie you grow will have optimum times and methods for harvest.

In this class we'll virtually tour the garden to look at what's growing, discuss how and when to harvest, and share tasty recipes for dinner and beyond.

We will also discuss easy preservation tips to save your bounty for later in the year and how to share your excess with the food bank or other community organizations.

Classes held on Saturday 8/22 and Thursday 8/27

Email Emily at emilyb@soundgenerations.org or call her at 206-707-1865 to register for the class.

Lake City Seniors

Find all the words hidden in the across, down, and diagonally, with no backwards.

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I D S O E V V A D R A H H P P D O E R W M H
I E M E A E H A F K C C A A N A A L A I S S
I S T Y D D R T I Y O A C I O L R R A A E E
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R C N L P M R H E H S W A L K I N G C L U B
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O T T L M A S G P O V E A S O N E H H O U T
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E Q U I T Y H O N W I H C C I S C N M T W E
B I N G O K T T Q A G N T E A N H S E A M U
F G S U P P O R T E H C S R S F O D S S R I
    
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AKIRA	DARCY	HIP	SEATTLE	TAICHI
ART	EMILY	LAKECITY	SENIORS	VEDRANA
BINGO	EQUITY	LUNCH	SHAILI	VIRTUAL
CISC	FITNESS	PACKETS	SOCIALSERVICES	WALKINGCLUB
COMMUNITY	HEALTHYAGING	SEAMAR	SUPPORT	YOGA

Trivia!

1. What famous explorer first climbed Mount Everest in 1953?
2. Who became Premier of the Soviet Union in 1958?
3. Senator Joseph McCarthy, who conducted a nationally televised hearing in 1954 to root out Communists in the government, represented what state?
4. What is the name of the woman who refused to give up her seat on a bus in Montgomery, Alabama in 1955?
5. Which member of the royal family became head of state in Great Britain in 1953?