



September 8th-11th
Lake City Community Center
12531 28th Ave NE,
Seattle, 98125

September 9th, 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.

During this time, we are working to expand virtual classes and hoping to provide small outdoor activities following social distancing measures in the near future. 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 to 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 while the weather is hot. Please do not come early to pick up lunch (which starts at 12:30 pm).**

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 provided if you do not have one. Thank you for all those who have reached out- we love to hear from you! 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.
- **Walking Club** meets Wednesday's at 11:15 am. Call Akira at 206-472-5472 to join.
- 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. On Wednesdays at 1:30pm-**Bingo** with prizes. Call Emily at 206-707-1865 to be added to any of the classes.
- **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. Also, through Scarecrow Video you can rent out FREE movies! Email Emily for more information.
- Schedule in-person and virtual **social work appointments for information and assistance or consultations** with our Social Worker Akira, call 206-472-5472.
- Follow us on **Facebook** to get more up to date information at 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>9/7 Monday</u> 11- Zoom Chair Yoga 12:30-1:30 Lunch** 2-Vitual Library, Real Books</p>	<p><u>9/8 Tuesday</u> 9-Yoga with Rich 11-Let's do art together 7:30- Washington's Undiscovered Feminist</p>	<p><u>9/9 Wednesday</u> 10-Tai Chi 11:15- Walking Group 12:30-1:30 Lunch** 1:30 –Bingo</p>	<p><u>9/10 Thursday</u> 1:30- Watercolor Classes With Kathleen</p>	<p><u>9/11 Friday</u> 10-Beginner Spanish Classes 12:30-1:30 Lunch**</p>
<p><u>9/14 Monday</u> 11- Zoom Chair Yoga 12:30-1:30 Lunch** 1:30-Circle Dance* 2-Vitual Library, Real Books</p>	<p><u>9/15 Tuesday</u> 9-Yoga with Rich 11-Let's do art together 7:30- The Poetic Apothecary: Poems for healing and comfort</p>	<p><u>9/16 Wednesday</u> 10-Tai Chi 11:15- Walking Group 12:30-1:30 Lunch** 1:30 –Bingo</p>	<p><u>9/17 Thursday</u> 1:30- Watercolor Classes With Kathleen</p>	<p><u>9/18 Friday</u> 10-Beginner Spanish Classes 12:30-1:30 Lunch** 4:00pm-6:00 City Fruit-Come get FREE fruit!</p>
<p><u>9/21 Monday</u> 11- Zoom Chair Yoga 12:30-1:30 Lunch** 1:30-Song Writing* 2-Vitual Library, Real Books</p>	<p><u>9/22 Tuesday</u> 9-Yoga with Rich 11-Let's do art together</p>	<p><u>9/23 Wednesday</u> 10-Tai Chi 11:15- Walking Group 12:30-1:30 Lunch** 1:30 –Bingo</p>	<p><u>9/24 Thursday</u> 1:30- Watercolor Classes With Kathleen</p>	<p><u>9/25 Friday</u> 10-Beginner Spanish Classes 12:30-1:30 Lunch**</p>
<p><u>9/28 Monday</u> 11- Zoom Chair Yoga 12:30-1:30 Lunch** 2-Vitual Library, Real Books</p>	<p><u>9/29 Tuesday</u> 9-Yoga with Rich 11-Let's do art together</p>	<p><u>9/30 Wednesday</u> 10-Tai Chi 11:15- Walking Group 12:30-1:30 Lunch** 1:30 –Bingo</p>	<p><u>10/1 Thursday</u> 1:30- Watercolor Classes With Kathleen</p>	<p><u>10/2 Friday</u> 10-Beginner Spanish Classes 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



** Indicates lunch by HIP



City Fruit



Fruit for All is our way of sharing fresh, harvested fruit from Seattle with our local community. We understand times are challenging, and welcome everyone to come and get FREE, nutritious fruit through our pop-up stands

Lake City Community Center
September 18th
4:00-6:00pm

Come get FREE delicious fruit!

Fall Rec 2 Go Kits

"Rec 2 Go" Kits will now be distributed quarterly! Each kit will include supplies for recreating at home and along with our Virtual Programs! This quarter's kit will include: art supplies, fitness supplies, an updated fitness dice, art journal supplies and weekly prompts, a recipe card, a music bingo card, Sharks themed goodies, and much more!!! **To order:** Send a \$10 check made out to "City of Seattle" to Specialized Programs 4554 NE 41st ST, Seattle WA 98105, **by September 17.**

Please include a note with your check listing if you'd like "Drive Thru" or "Drop Off". If you select "Drop Off", please include an address.

South End "Drive Thru" Location: Van Asselt CC

North End "Drive Thru" Location: Densmore Building

Distribution Date: Friday September 25, staff will call the week of with specific times.

Life Long Fitness Classes



Registration begins Tuesday, September 15th at noon, either online or by phone at 206-684-5177. No in person registration.

All classes are virtual using the WebEx platform. You must have a computer or other device to participate.

Connection information will be available after you register. Our staff will help you connect. Please register for one of the practice sessions to get help prior to the first class!

Classes include- A Matter of Balance, Chair Strength and Tone, Gentle yoga, Soul Line Dance, Tai Chi-Advanced, Thriller Dance, and others!

Medication Management: Tips to Avoid Errors & Accidents



Tuesday October 8th from 1-2 p.m.

Making mistakes with medications is more common than you think—especially with so many disruptions during COVID-19. The Washington Poison Center is receiving significantly more calls from adults ages 60+ about pill predicaments like double dosing or taking the wrong medication. Join Washington Poison Center staff for a discussion on these common medication errors, the practices that put people at higher risk of making a mistake, and easy strategies to prevent errors.

Call Emily at 206-707-1865 to register.

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Trivia

1. What new type of telephone was invented in 1963?
2. Who delivered the famous "I have a dream" speech in 1963?
3. What iconic anti-war novel did Joseph Heller publish in 1961?
4. Russia imprisoned Gary Powers in 1960 for spying. What type of plane did he fly?
5. What did the U.S. Postal Service add in 1963 that is part of every address today?

