



September 14th-18th
Lake City Community Center
12531 28th Ave NE,
Seattle, 98125

September 15th, 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. *During this time of wildfires, protect yourself from smoke by staying indoors as much as possible and avoiding activities that would increase indoor pollution (such as vaccuming, candles, using a fireplace, etc.). Smoke can hurt your eyes, irritate your respiratory system, and worsen chronic heart and lung diseases.* **At this time, 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>9/14 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 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** 2:00 pm- Live Concert with Nathalie 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> 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> 12:30-1:30 Lunch</p>
<p><u>10/5 Monday</u> 11- Zoom Chair Yoga 12:30-1:30 Lunch** 2-Vitual Library, Real Books</p>	<p><u>10/6 Tuesday</u> 9-Yoga with Rich 11-Let's do art together</p>	<p><u>10/7 Wednesday</u> 10-Tai Chi 11:15- Walking Group 12:30-1:30 Lunch** 1:30 –Bingo</p>	<p><u>10/8 Thursday</u> 1- Medication Management: Tips to Avoid Errors & Accidents 1:30- Watercolor Classes With Kathleen 5- Rank Choice Voting</p>	<p><u>10/9 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

Silver Kite  arts that change lives

** 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!

Live Concert with Nathalie



Join us Friday 9/18 at 2:00 pm for an acoustic session with Nathalie. She'll be strumming and singing her heart out with an eclectic mix of songs. You'll hear songs by The Beatles, Leonard Cohen, Sarah McLachlan, Goo Goo Dolls, and more!

You can call in at 206-307-0855 Or
Join Zoom Meeting

<https://zoom.us/j/93407317997?pwd=bFhWcis1ZXJjM1BHRHFta2hWdVVTQTog>

Call Emily at 206-707-1865 for an emailed link or if you have questions

Help with Medicare



SHIBA is a free, unbiased and confidential counseling service of the Washington State Office of the Insurance Commissioners (OIC).

We're a statewide network of trained volunteers who assist and advocate for consumers about Medicare, health insurance, and access to health care and prescription drugs.

This impartial counseling resource helps consumers understand their rights and options, learn about private insurance, government programs and many other health care-related topics.

Call 206-727-6221 or 1-800-562-6900

Rank Choice Voting



Tuesday October 8th at 5 p.m.

Are you curious to learn more about Ranked-Choice Voting? Wondering how this simple, common-sense, non-partisan reform strengthens our democracy?

Ranked-choice voting makes your vote more powerful, makes campaigns more civil, and ensures that your vote isn't wasted. Join us to learn more! This information session is open to the public. We encourage people of all political backgrounds to attend. FairVote Washington is inviting you to a scheduled Zoom meeting. Fair Vote Washington

Call Emily at 206-707-1865 to register.

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Trivia

1. Which film won the Oscar for Best Picture in 1960?
2. Which actor won the Oscar for Best Actor for his role in the 1962 film *to Kill a Mockingbird*?
3. Which film was the highest grossing release of 1963, yet still lost money because it was one of the most expensive films ever made?
4. Who played the role of Norman Bates in the 1960 horror movie, *Psycho*?
5. What was the name of Butch Cassidy's gang in *Butch Cassidy and the Sundance Kid*?

I don't trust stairs because they're always up to something.