



November 9<sup>th</sup>-13<sup>th</sup>  
 Lake City Community Center  
 12531 28<sup>th</sup> Ave NE,  
 Seattle, 98125

Activities Calendar

<u><b>11/2 Monday</b></u> <b>Dia de los Muertos</b> 11- Zoom Chair Yoga 12:30-1:30 Lunch**	<u><b>11/3 Tuesday</b></u> <b>10- Beginning Drawing*</b> 11-Let's do art together	<u><b>11/4 Wednesday</b></u> 10-Tai Chi 12:30-1:30 Lunch** 1:30 -Bingo	<u><b>11/5 Thursday</b></u> 10am- Mindfulness Practices 1:30- Watercolor Classes With Kathleen	<u><b>11/6 Friday</b></u> 10-Beginner Spanish Classes 12:30-1:30 Lunch**
<u><b>11/9 Monday</b></u> 11- Zoom Chair Yoga 12:30-1:30 Lunch**	<u><b>11/10 Tuesday</b></u> 11-Let's do art together	<u><b>11/11 Wednesday</b></u> <b>Veteran's Day</b> 10-Tai Chi <b>12:30-1:30 Lunch** (NO DELIVERED LUNCH)</b>	<u><b>11/12 Thursday</b></u> 10am- Mindfulness Practices 1:30- Watercolor Classes With Kathleen	<u><b>12/13 Friday</b></u> 10-Beginner Spanish Classes 12:30-1:30 Lunch**
<u><b>11/16 Monday</b></u> 11- Zoom Chair Yoga 12:30-1:30 Lunch**	<u><b>11/17 Tuesday</b></u> <b>10am-Sip and Paint (Acrylics)</b> 11-Let's do art together	<u><b>11/18 Wednesday</b></u> 10-Tai Chi 12:30-1:30 Lunch** 1:30- Bingo <b>2:00- RRF Field Trip</b>	<u><b>11/19 Thursday</b></u> 10am- Mindfulness Practices 1:30- Watercolor Classes With Kathleen	<u><b>11/20 Friday</b></u> 10-Beginner Spanish Classes 12:30-1:30 Lunch**
<u><b>11/23 Monday</b></u> 11- Zoom Chair Yoga 12:30-1:30 Lunch**	<u><b>11/24 Tuesday</b></u> 11-Let's do art together	<u><b>11/25 Wednesday</b></u> 10-Tai Chi 12:30-1:30 Lunch** 1:30 -Bingo	<u><b>11/26 Thursday</b></u> <b>Thanksgiving</b> No Classes	<u><b>11/27 Friday</b></u> <b><u>No lunches or programming.</u></b>

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



### RRFP Virtual Field Trip



## Seattle Department of Transportation

Join the Seattle Department of Transportation and Hopelink on a group virtual field trip to learn how to use local public transit options in Seattle and Puget Sound Region.

On this trip, we will practice using Regional Reduced Fare Permit (RRFP) ORCA Cards on the LINK light rail and transferring between the light rail and the bus. **November 18<sup>th</sup> at 3:00pm on Zoom.** Those who attend will receive a \$30 Fred Myer gift card.

### Meal Deliveries

There will be no meal deliveries on Wednesday, 11/11 in observation of Veteran's Day.

Likewise, there will be no delivery on Friday, 11/27 in observation of Thanksgiving.

### NAMI in Our Own Voice

This presentation change attitudes, assumptions and stereotypes about people with mental health conditions. These 60- or 90-minute presentations provide a personal perspective of mental illness, as presenters with lived experience talk openly about what it's like to live with a mental health condition.

Our trained presenters humanize the misunderstood, highly stigmatized topic of mental illness by showing that it's possible to live well with a mental health condition. The presentation also includes a chance to ask presenters questions.

Please contact Emily at 206-707-1865 if you would like to join. This is held over Zoom but you can call in.

### Mindfulness Practices



Join us for a one-hour Mindfulness class on **Thursday, November 12, at 10:00 a.m.** Mindfulness practices are a great antidote in these turbulent and uncertain times. You will learn mindfulness self-care practices that will help you deal with stress, anxiety, and worry. Join us to experience supporting your health and wellbeing. Call Emily at 206-707-1865 to join! This Class has been taught at the center before and is also can be translated into Spanish.

### Change of Location

Lake City Seniors have temporarily moved to Lamb of God Church- 12509 27th Ave NE, Seattle, WA 98125. The Church is a block away from the Lake City Community Center, across the street from Albert Davis Park (corner of 125<sup>th</sup> and 27<sup>th</sup>). The building and property is a better option for our program moving into the winter months. Lunch is served on M, W, F from 12:30-1:30 .

### Sip and Paint (Acrylics)

November 17th at 10am



Join us for a step-by-step acrylic painting workshop with one of Silver Kite's professional teaching artists. Grab a piping hot or ice cold beverage of your choice and spend an hour with us talking and making art together! If you do not have paints but would like to join, we may be able to get paints for you.

Please call Emily at 206-707-1865 to sign up!

## Happy Veterans Day

Lake City Seniors want to take time on to honor and recognize all those who have served our country in all branches of the Armed Service. Thank you for your sacrifice, your dedication to our country, and setting an example for all of us. Below we wanted to spot light two of our participants who are veterans. On the left is Ernie: he served during the Korean War; and to the right is Earl: he served in World War II.



We also wanted to acknowledge that although Veterans Day is a time for celebrating, we want to shed light on Veterans that are struggling with their mental health and/or homelessness. There are nearly 40,000 veterans living without a home at any given time, and veterans have a much higher rate of depression and suicide. Lake City Seniors is dedicated to assisting veterans with whatever needs they might have.

If you need assistance or have questions please call Akira at 206-472-5472

If you would like to learn more please go to: [va.gov/homeless/](http://va.gov/homeless/)

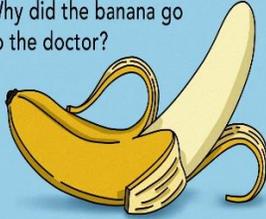
2				6				
	8				1			
			8	3			9	
	3	5	1					
1					2	8		7
				9				
			3	5		6		2
3	4							
		2			7			1

# Veterans Day Word Search

X W X M T L Z M A Y M S O L D I E R E X Y O T D  
 R U I K Z P R E C I F F O Y T T E P A Q V G B R  
 K J P G I Z U C O M M A N D E R D E T A V I R P  
 R T E R R U Z A R M E D F O R C E S B L Y I T P  
 N C H A P L A I N A C Z Z R D A S E R G E A N T  
 A D Y E W S H R Q R J A Z A O V Z A N G T O N N  
 R E V P G X R E C I V R E S Y J M O V X M F A P  
 E P X P E A R Z G N M G L Q D J A I D Z M W F Z  
 T L D P Q V L O J E J W A K F M C M L B X J Y G  
 E O L O W D R F L S T W R X S T O M G I Z B V S  
 V Y B E K P J I U I S T I V H K F Q Z D T O A Z  
 V M G E N E R A L O A V M P N E C P T M S A N E  
 Z E N C I O O N M J M S D O K N N A Y Y Y J R M  
 W N T W W Q L N I N F A A S J A X L R N D V Y Y  
 D T M P F V M O L D F H C P B M I E I R J G Y H  
 B Y S Q N T M W C H R W L Z G R C I H S A L M A  
 U S G N I N I A R T C I S A B I F B J Q T B R R  
 N A Z V T N A N E T U E I L F A P X M H Z E A T  
 G R B E N P Q S P M I V O F I W B M T C L W D S  
 I N I A T P A C F C C K O V A V H C K N I U B Z  
 S J S T A T I O N E D Z X G M A D B N A K C Y G  
 N L G Q B R R L A R O P R O C W A Y A R C E L N  
 E M K N C B C Q S Y N A M A E S W Y R B O P M O  
 Q P L U F A I R F O R C E N C O A S T G U A R D

- |            |              |               |             |
|------------|--------------|---------------|-------------|
| admiral    | Air Force    | airman        | armedforces |
| army       | barracks     | basictraining | branch      |
| camouflage | captain      | chaplain      | Coast Guard |
| colonel    | commander    | corporal      | deployment  |
| enlisted   | ensign       | general       | lieutenant  |
| major      | Marines      | military      | navy        |
| officer    | pettyofficer | private       | rank        |
| sailor     | seaman       | sergeant      | service     |
| soldier    | stationed    | veteran       |             |

2	5	3	4	6	9	1	7	8
9	8	4	7	2	1	5	6	3
6	7	1	8	3	5	2	9	4
4	3	5	1	7	8	9	2	6
1	9	6	5	4	2	8	3	7
8	2	7	6	9	3	4	1	5
7	1	9	3	5	4	6	8	2
3	4	8	2	1	6	7	5	9
5	6	2	9	8	7	3	4	1

Why did the banana go to the doctor?  
  
 It wasn't peeling well!

  
 What do you get when you drop a pumpkin?  
 Squash.  
 RS