



November 16th-20th
Lake City Community Center
12531 28th Ave NE,
Seattle, 98125

Rec’N the Streets



Seattle Parks and Recreation are holding several activities outdoors this fall and into the winter, with the weather permitting. Parks and Recreation would like to hold the following classes for our participants.

Mobile Playground is an activity-based opportunity provided by the Seattle Parks and Recreation Rec’N the Streets program. City staff provide a wide variety of games and activities on site. These activities will provide a safe and socially distanced opportunity for older adults to socialize and stay active.

Umbrella Walks is an activity-based opportunity provided by the Seattle Parks and Recreation Rec’N the street program. City staff will provide umbrellas and a guide to walk around the neighborhood. This would be similar to Akira’s Walking Group this summer.

All activities require participants to socially distance, wear masks, and follow all COVID guidelines put in place by Seattle Parks and Rec. If you would be interested in either of these two opportunities, please call Emily at 206-707-1865 or email her at emilyb@soundgenerations.org.

It’s in the Story

Join us for an hour long story telling event. This is held over the phone and is a fun hour of socialization around telling your life stories with guided prompts from Silver Kites instructor Bobbi.

Akira and Emily attended the last session with other participants and it was lovely. We would love for you to join!

December 8th starting at 3pm- Call 206-307-0855

Mindfulness Practices



Join us for a one-hour Mindfulness class on **Thursday, December 3rd, 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 can also be translated into Spanish.

There will be no meal or meal delivery on Friday, 11/27 in observation of Thanksgiving.

Happy Thanksgiving!

130th Link Station Open House



Sound Transit is hosting a virtual open house that you can participate in anytime starting now to November 30th. The open house is online and asks you questions about the design and art work of the stop that will be on 130th street.

Public opinion is important and this open house will only take a few minutes. Help shape the future of the 130th street Link station; a station you can help design!

You can find more information and participate at:

<https://ne130thstation.participate.online/>

