

Food Updates

As of 3/17-North Helpline food banks will operate within our regular hours and will have pre-packed boxes of food available.

If you are sick or concerned about your or a family member's health, please send someone with your North Helpline card on your behalf. If that is not an option please call our office at 206 367-3477.

Lake City Food Bank Hours:
Wednesday 10 AM to 1 PM

Thursday 4:30 PM to 6:30 PM

Saturday 10 AM to 1 PM



Need a good book to read?

📖 Download the Libby App on your phone and get free book downloads.

📖 Go to <https://www.spl.org/books-and-media/books-and-ebooks/books-on-your-device> and get books downloaded to your device or online.

Seattle Public Libraries and Seattle Community Centers are closed until April 13th.

For questions, contact Emily at 206-707-1865



Keep Being Active

Did you know there are lots of ways to stay active? With our fitness classes closed we wanted to give you a few tips and tricks to stay moving.

- Walk up and down your stairs
- Make your own weights out of waterbottles or other kitchen items
 - Take a stroll outside
 - Work in your yard or garden

Staying active is key to healthy aging!
For more ideas and info go to
<https://go4life.nia.nih.gov/>

Go to lakecityseniors.org for fitness videos

Stay Connected and Get FREE Internet For 2 months



Effective Monday, March 16, 2020, Comcast is offering 2 months free to new Internet Essentials customers in response to recent and anticipated emergency measures associated with the Coronavirus (COVID-19). Go to the link below to see if you qualify for this program

<https://www.internetessentials.com/covid19>

1-855-846-8376



Lake City Senior's update

March 16th 2020

The Lake City Seniors shares your concerns about the rapidly evolving and expanding global novel coronavirus (COVID-19). At this time, there are no cases of COVID-19 at Lake City Seniors, nor any staff with symptoms.

The Lake City Seniors will continue to be closed except for essential programs listed below through April 13th following the Seattle School Closure notice and recommendations from the King County Department of Public Health.

Lake City Seniors ESSENTIAL PROGRAM UPDATE

- Community Dining – To-go lunches in the Lake City Community Parking Lot are available between 12:00 p.m. – 1:0 p.m.
- Hyde shuttle may be able to help with food deliveries please call 206-707-1865.
- Social Workers are continuing outreach and will have office hours for individuals as needed.
- Staff will be holding reassurance calls for any participants that would like one, to sign-up please call 206-707-1865 or email emilyb@soundgenerations.org

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