

SPECIAL INTEREST

Piano Lessons

TIMES FILL UP FAST!

Individual, 30-minute lessons catered to each student's level emphasize musical theory, physical technique and different styles (classically based, but also including jazz and ethnic music).

Call for updated class info! 206.768.2822

Several spots still open!

Ages: 5 & up

Tuesdays 30-minute lessons 3:00–7pm

Thursdays 30-minute lessons 3:00–8pm

TCC Social Hall Instr: Kevin Johnson & Loren Temkin



First-Time Home Buyer Seminar

FREE first-time home buyer seminar covering all major aspects of the home buying process. Presented by Washington State Finance Commission professionals in an open, unbiased format. Please bring a sack lunch/dinner. Pre-registration required, call or sign up at TCC.

Ages: 18 & up **FREE** Tues & Wed

October 11–12 6–8:30pm 19968

November 8–9 6–8:30pm 19969

December 6–7 6–8:30pm 19967

Family Wellness Workshops

DINNER INCLUDED

Tuesdays 5:30–7:30pm

October 18 #20003

November 8 #20004

December 13 #20005

TCC Kitchen / Social Hall

\$3.00 per person / per workshop

For info email:

marlus.francis@tukwilawa.gov

**Healthy Cooking
Family Fitness
Nutrition Education**



SUGARY DRINKS HAVE BEEN A MAJOR CONTRIBUTOR TO THE OBESITY EPIDEMIC.

A typical 20-ounce soda contains 15 to 18 teaspoons of sugar and upwards of 240 calories.

Children who drink at least one serving of sugar-sweetened beverages per day have **55% increased odds of being overweight or obese.**

In the 1970s, children drank nearly **three times more milk** than sugar-sweetened beverages.



MARTIAL ARTS

Tae Kwon Do

Guun Tado martial arts instructs students in the formal arts of Korean martial arts styles. Besides Tae Kwon Do, there are styles of Hapkido, Hwurang Do and street self-defense. This program is for the entire family. Registration deadline is five business days prior to class start date. No class 9/5, 12/26-1/2.

New class starts every month.

Ages 6 & up \$53 / \$44RD Mon & Wed

Beginner 5:30-6:30pm

Intermediate 6:30-8:00pm

Advanced 7:30-9:00pm

TCC Social Hall Instructors: Glenn Diola & Carla Abbott

Yoshukai Karate

This class focuses on the individual's development of skill, coordination, balance and stamina. Learn the fundamentals of body, hand, and foot work-including blocking, kicking, and punching, which are all needed in self-defense and offense. Registration deadline is five business days prior to class start date. No class 10/27, 12/27, 12/29.

New class starts every month.

Ages 5 & up \$53 / \$44RD Tues & Thurs

All Levels 6:10-7:10pm

TCC Dance Studio Instr: Betty Nibler



Oscar Chavez Preschool Volunteer

OSCAR CHAVEZ has been a volunteer at Tukwila Learning Center for a year. Oscar, a sophomore at Big Picture High School, is fortunate enough to spend two days a week in the preschool program as an intern. He is interested in pursuing a career in teaching young children.

When asked about his volunteer experience Oscar stated, "My experience in the preschool classroom has been great, I have discovered that it is somewhat a stress reliever for me, I have learned so many new things while working at the community center and I enjoy it very much."



Oscar will join the preschool teaching team in the new school year as a second year intern. He has gained and will continue to gain experience working in a classroom setting and learning more about early childhood education. Each quarter at Big Picture High School the students are required to work on projects related to their internship and present them to a group of individuals.

Oscar has previously presented on the importance of outdoor play for children and learning about the rhythm of different types of music.

When Oscar is not volunteering or at school he enjoys studying music and socializing with his friends. Oscar hopes one day to have a career in teaching or music engineering.

VOLUNTEER SPOTLIGHT

CITY OF TUKWILA

Veterans Day Ceremony

November 10, 2016 • 10:00am – 12 noon
Tukwila Community Center

Please join us to celebrate the veterans and active service members in our community in a ceremony hosted by Council President Joe Duffie. Refreshments will be provided.

To ensure that Tukwila's veterans are personally thanked for their service, we invite you to provide City Hall with the names of those to be honored.

Contact Laurel Humphrey at 206-433-8993 or laurel.humphrey@tukwilawa.gov for more information.



Spirit of GIVING

The Spirit of Giving is a holiday giving program for local children in need. This program relies on generous individuals who are interested in purchasing new gift items for the young in our community. You can truly make a difference in the life of a local child.

If you or your business would like to share in the Spirit of Giving, contact Shannon Fisher:

206.768.2822 or
shannon.fisher@tukwilawa.gov



VOLUNTEER OPPORTUNITY

UNITED WAY DAY OF CARING

Friday, September 23 // 9:30am to 12:00pm
Tukwila Community Center, 12424 42nd Ave S, Tukwila

Pitch in for Parks! We are looking for volunteers of all ages and ability levels to help us beautify the Tukwila Community Center. Projects include: weeding, mulching & trash-pickup.



Please register through the United Way of King County's website at:
www.uwkc.org/events/day-of-caring/

Habitat Restoration Volunteers Needed

There are many ways to get involved!



Duwamish Alive!

**WORK PARTY 9:30am–2:00pm
Saturday • Oct 22, 2016**

Join the Duwamish Alive Coalition to help preserve and enhance habitat for people and wildlife, and improve the health of the Puget Sound by working within the Duwamish River watershed. Restoration is on-going throughout the year, but it's only during Duwamish Alive that our organizations come together to host hundreds of volunteers at multiple sites to make a huge impact on the same day! We provide the instructions, tools and even snacks and coffee to keep you energized.

For more information visit the website at www.duwamishalive.org or call 206.923.0853

Restore the Duwamish Shoreline Challenge

**WORK PARTY 9:30am–2:00pm
Saturday • Oct 22, 2016**

Join the City in restoring the Duwamish River shoreline by participating in one or all of the work parties.

For more information contact Shannon Fisher at shannon.fisher@tukwilawa.gov or 206.768.2822

Codiga Park

A small group of volunteers take care of Codiga Park twice a month during the weekdays. The group focuses on creating a beautiful and thriving natural area along the river.

If you'd like to join, please call EarthCorps: 206.322.9296 x217

UPCOMING WORK PARTIES

These EarthCorps volunteers, called the Puget Sound Stewards, are looking for an extra hand or two during work parties where they remove weeds, spread mulch, and water plants.

- October 1 • 9:30am–2:00pm
- November 12 • 9:30am–2:00pm
- December 3 • 9:30am–2:00pm

FOR WORK PARTY INFO call 206.322.9296 x217 or visit earthcorps.org/volunteer.php

Cottage Creek Buffer Enhancement Project

Help the City remove invasive plants and put in native plants to restore a damaged stream buffer that flows next to Tukwila City Hall.

For more information contact Shannon Fisher at shannon.fisher@tukwilawa.gov or 206.768.2822

Interested in getting involved in the community?



If you are interested in participating in the City of Tukwila Volunteer Program, either by becoming a volunteer or by participating in volunteer opportunities, please contact Shannon Fisher at the Tukwila Community Center at 206.768.2822 or send an email shannon.fisher@tukwilawa.gov.



WE ARE ALWAYS LOOKING FOR VOLUNTEERS WHO WOULD LIKE TO IMPROVE THE QUALITY OF LIFE IN OUR COMMUNITY.

Anyone who likes landscaping, planting flowers, or weeding and would like to volunteer their time should contact us. We have monthly habitat restoration project sites throughout Tukwila. If gardening is not your thing, consider helping out with painting or minor construction. If you or your group has an interest in helping out, contact the Volunteer Program staff:

206.768.2822
SHANNON.FISHER@TUKWILAWA.GOV

HELPING HANDS