

Good Healthy Fun is Ageless!

Welcome to Tukwila Parks & Recreation's Senior Program

Our goal is to provide a well-rounded program to meet the needs of mature adults 50 years of age or older. If you have program ideas or suggestions, please contact your Senior Program staff at:

Tukwila Community Center
12424 42nd Avenue South
206.768.2822

Registration

The registration deadline for classes and workshops is one (1) week in advance, unless otherwise noted.

Transportation

We provide transportation for many of our programs for non-driving seniors living within the Tukwila service area.



Hyde Shuttle Transportation

Need to go shopping? Want to visit a friend? Have a doctor's appointment? The Hyde Shuttle is a FREE van service for seniors and people with disabilities living in Tukwila. You can ride anywhere within the service area set up by Senior Services.

Shuttle Service hours are Monday-Friday from 9:00am-4:00pm. Call today to schedule a ride! 206.727.6262

**TUESDAYS
LUNCH AT NOON**

Featuring healthy, fresh lunches created from scratch by a professional on-site chef.

Additionally, a **registered nurse, psychologist, and other health and human service providers** are available for one-on-one consultations. **Entertainment and educational opportunities** will contribute to the atmosphere and create a wonderful opportunity to socialize with both new and longtime friends.

The City of Tukwila is pleased to partner with **Catholic Community Services of Pierce County and Sea Mar Community Health Center** on this program.

A suggested donation of \$3 for people 60+. \$6 for those under 60 is required

Good Healthy NEW Cooking Workshops

Join us the first Thursday of every month at 10:30am to learn how to prepare and taste some healthy alternative foods to add to your diet. Registered dietitian Carolyn Lee will be here to facilitate the workshops. **\$5 per session.**

Call 206-767-2321 to register.

September 1	Thursday	19977
October 6	Thursday	19978
November 3	Thursday	19979
December 1	Thursday	19883

Detour Lunch Tours

This fall we will continue our senior Thursday lunch program by visiting various senior lunch sites in King and Pierce Counties. Transportation is FREE. You will need to make a donation for your meal at each site.

Thursdays • 10:30am Depart
Call TCC to register: 206-768-2822

- Sept 15** Black Diamond Senior Center
- Oct 20** Mt Si Senior center
- Nov 17** Redmond Senior Center
- Dec 15** Sumner Senior Center

SOCIALS PROGRAMS

Pizza and a Movie NEW

Thursdays • 10:30am • \$6 / \$5RD

Join your friends for a few laughs and maybe a few tears with a little pizza thrown in.

September 22: The Intern 19974

Starring Robert Deniro & Ann Hathaway
A 70-year old widower has discovered that retirement isn't all it's cracked up to be. He becomes an Intern for an online fashion site.

October 27: The Meddler 19975

Starring Susan Sarandon & Rose Byrne
A mother has happily relocated from New Jersey to Los Angeles to be near her daughter, a successful (but still single) screen writer, to smother her with motherly love.

December 28: The Holiday 19976

Starring Cameron Diaz, Kate Winslet, Jude Law, & Jack Black

Two women, who have never met and live 6,000 miles apart, find themselves with relationship troubles. They meet online at a home exchange website and impulsively switch homes for the holiday.

SOCIAL PROGRAMS Everyone welcome!

FREE activities at the Tukwila Community Center

Bridge	Mondays 10am–2:00pm	Everyone is welcome to take part in open play bridge. Call 206-242-3681 at least two days ahead for registration information. Closed 9/5, 12/26
Progressive Pinochle	Tuesdays 12:30–2:30pm	Don't miss this wonderful opportunity to enjoy great company and a relaxing time playing pinochle.
Open Game Days	Thursdays 12:30pm	Join us for game day with Scrabble, Mexican Train, Canasta and more.



SERVICES

Meals on Wheels

Are you or someone you know homebound or having difficulty getting meals? We are part of King County's "Meals on Wheels" program, delivering meals weekly to the homebound. Orders are taken on Mondays from 9:00-10:00am. Meals are delivered on Thursdays between 9:00-11:00am.

Call 206-448-5767 for info or apply on line @www.seniorseervices.org/foodassistance/mealsonwheels

Pet Food Program

Are you having trouble getting pet food for your canine or feline friend?

Contact us at 206-767-2321 to apply for the FREE pet food program.

Foot Care

Our Health Nurse is here to provide you with Foot Care on the third Thursday of each month. Appointment times are from 9:00am-2:30pm.

Call 206-768-2822 for an appointment. Fee: \$20 cash or checks accepted. Please bring your own towel.

Help Us, Help You – Human Services Assistance

Do you or someone you love need to connect with social and health services, need Energy Assistance or Minor Home Repair? Tukwila Human Services staff will be at Tukwila Community Center to assist you with your human service needs on the 4th Wednesday of each month from 9:00–11:00am. These meetings are confidential and by appointment only.

Let us know what we can do for you by calling the senior program staff at 206.768.2822.

Volunteer Transportation

Volunteer transportation helps isolated, frail, low-income seniors who are without other transportation options to medical and other essential medical appointments. Call seven days in advance of appointment to schedule a FREE ride.

Call Senior Services (Sound Generations) at 206.448.5740.

Aging & Alzheimer's Workshops

Sponsored by the Tukwila Library Advisory Board

Staying Safe

Thursday, September 29
9:30–11:30am • FREE

People with dementia are at risk for getting lost and suffering other injuries. This session explores why people with dementia have an increased safety risk. It also helps the learner assess for and correct safety problems in the home environment, be able to anticipate and avoid unsafe situations, and be able to react appropriately when accidents do happen.

Meaningful Activities

How to Make the Most of Your Interactions with a Person with Dementia

Thursday, October 20
9:30–11:30am • FREE

Learn how to engage the person with dementia and create meaningful, personalized activities out of everyday tasks and interactions without adding to caregiving time. This class will also teach participants how to create a portable, individualized activity bag to have at the ready to meet the needs of the person with dementia for calming, sensory stimulation, boredom, and more.

Call Sheri at 206-767-2321 to register.



GENERAL INTEREST

Open Studio

Do you have a love for the arts? Come join our open studio to learn how to paint or fine tune your skills. We have an instructor that teaches beginning and advanced techniques in oil painting and water colors. No class 11/24.

Thursdays		10am–noon	
Sept 8–29	\$34 / \$27RD		19946
Oct 6–27	\$34 / \$27RD		19947
Nov 3–17	\$27 / \$20RD		19948
Dec 1–29	\$34 / \$27RD		19949

TCC Classroom B Instr: Marianne Perkins

Senior Line Dancing

Learn basic dance steps, as well as the Electric Slide, Slap Leather, Boot Scootin' Boogie and many other easy to master dances. No partner needed.

\$3 drop in	Tuesdays
Sept 6–Dec 13	1:15–2:15pm

TCC Social Hall

FITNESS AND ATHLETICS

Tukwila Trailers

Women of all ages are invited to participate. This group meets at TCC each Monday to hike, rain or shine. Please contact the senior programs office for space availability and schedule.

Mondays • \$10/\$8 RD
 Departs TCC at 8:45am

		Rating*
Sept 12	Anderson Island/ Potluck	1
Sept 19	Rattle Snake Lake/ Sack Lunch	1
Sept 26	Mercer Slough/Eat Out	2
Oct 3	Ship Canal Trail/Eat Out	1
Oct 10	Scatter Creek Trail/ Eat Out	2
Oct 17	Gold Creek/Eat Out	1
Oct 24	Remlinger/Eat Out	2
Oct 31	Capital Hill/Eat Out	2
Nov 7	Capital Lake/Eat Out	1
Nov 14	Tehaleh/Eat Out	1
Nov 21	Chambers Bay/Eat Out	2
Nov 28	Burke Gillman/Eat Out	1
Dec 5	Soos Creek/Eat Out	2
Dec 12	Sammamish Slough/ Eat Out	1
Dec 19	Party/Potluck	0

*RATING

- 1 – Paved and/or smooth trail surface
- 2 – Some hills; exposed roots and rocks possible
- 3 – Some difficult terrain; hills or stairs

Open Weight Room

Mon, Wed & Fri • FREE • TCC
 6:30am–12pm • Fitness Room

FREE Fitness Room time for senior residents age 50 and above. Proof of residency required.

Enhance Fitness

Feel empowered to sustain a life independent health with a program with proven effectiveness that helps you improve balance, flexibility, strength, and aerobic training. Class is designed to meet all ability levels.

Mon, Wed, Fri • \$34 / \$27 RD
 No class on Sept 5, Nov 11 & 25, Dec 26

Sept 2–30	M/W/F	9–10am	19551
Oct 3–31	M/W/F	9–10am	19552
Nov 2–30	M/W/F	9–10am	19553
Dec 2–30	M/W/F	9–10am	19554

TCC Dance Studio • Drop-in \$3/day

FREE for Group Health members and SilverSneakers passholders

Senior Volleyball League

Thursdays • 9am–12noon

Each year our volleyball league gets more and more popular and we'd love to have you join the fun! We welcome new teams and individuals who want to participate. Registration begins 9/1.

Fall League

Oct 20–Dec 22 \$38 / \$32RD 19937

Winter League

Jan 12–Mar16 \$30 / \$27RD 19938

Open Gym Volleyball

Mon, Wed & Fri • Fee \$3.00
 9:00am–Noon • TCC Large Gym

Looking for fun and fitness without a commitment? Drop in three times a week for a great volleyball workout.



The nation's leading Medicare exercise program for older adults. Free membership for those 65+ with supplemental health plans. Inquire with your insurance provider or @ TCC Front Desk

What Is SilverSneakers?

The award-winning SilverSneakers fitness program is the nation's leading fully-funded Medicare exercise program for older adults. Born out of the need for a fitness program tailored specifically to the Medicare-eligible population, SilverSneakers was developed in 1992 to engage and reach a population that may have never been to a fitness location.

SilverSneakers Fitness Pass

Tukwila Community Center is an eligible site for Silver Sneakers. This gives adults 65+ on Medicare with the following supplemental health plans a free membership to the several fitness programs. Blue Cross/Blue Shield, Aetna National, Columbia Community Care, Essence, Group Health Cooperative, Humana, Spokane Community Care and WellPoint – National. Please contact the front desk for more information.

SilverSneakers Seniors Classes

With a fitness membership or SilverSneakers pass you can drop in anytime for any of these great classes shown here. See page 2 for membership information.

SilverSneakers

SilverSneakers is great for total-body conditioning. The instructor guides you through exercises using resistance tools at your own pace.

Enhance Fitness

Feel empowered to sustain a life of independent health in a program with proven effectiveness that helps you improve balance, flexibility, strength, and aerobic training. Class is designed to meet all ability levels.

Open Gym Volleyball

Looking for fun and fitness without a commitment? Drop in three times a week for a great volleyball workout.

Tai Chi

This class will introduce the basic movements of Tai Chi with a focus on the fundamentals of the practice and an emphasis on relaxation. By the end of the course, students will have learned a beginning Tai Chi pattern excerpted from the Standard 24 Form. This course is geared toward students who are new to Tai Chi, but all students, regardless of experience, are welcome.

Yoga *No class in September*

Viniyoga style is an approach to yoga that adapts the various yoga poses and practices to the needs of the individual in the moment. This is accomplished by adapting the pose to the individual rather than forcing the person to fit into an idealized pose. We use props and gentle guidance to build a safe and effective practice.

CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SilverSneakers	8:15–9:00am Social Hall	10:00–10:45am Dance Studio	8:15–9:00am Social Hall		10:00–10:45am Dance Studio
Enhance Fitness	9:00–10:00am Dance Studio		9:00–10:00am Dance Studio		9:00–10:00am Dance Studio
Line Dancing		1:15–2:15pm Social Hall			
Open Gym Volleyball	9:00am–Noon Gym		9:00am–Noon Gym		9:00am–Noon Gym
Yoga <i>No class in September</i>		6:00–7:30pm Classroom B		6:00–7:30pm Classroom B	
Tai Chi	6:00–7:00pm Dance Studio		6:00–7:00pm Dance Studio		

TRIPS & SPECIAL EVENTS

All trip destinations and times are subject to change. Participants are responsible for being at TCC in time for departure. Unless otherwise noted, all trips depart and return at TCC. The Tukwila Senior Program will only notify clients if there is a change in time from what is stated in the brochure.

Reservations

Reservations must be made in person or by phone. Trip fees must be PAID UPON REGISTRATION. Make check/money orders payable to Tukwila Community Center. You may register yourself and one other person for any program/trip in this brochure. Registrations may start early for certain trips, please review special conditions noted in the trip description.

Due to the number of people on the trips, group reservations are usually made for lunch. If you don't want to eat lunch with the group, please inform staff at the time of your reservation. When lunch is included in the trip, please inform staff of any dietary restrictions you may have and we will try to accommodate your needs.

Cancellations

To receive a refund, cancellations must be made one week prior to the trip. Extended trip cancellation deadlines may vary, please contact the Senior Programs office.

Transportation

Transportation to the Center for trip departure is available for non-driving participants within the service area. Please make arrangements for transportation at registration.

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**Extended Travel
 Opportunities on Page 30!**

Bastyr University

Wednesday, September 7

Tour the 51-acre campus of Bastyr University, a natural health science facility located in Kenmore, WA. Built in 1959 as a Catholic seminary, the facility has been used by Bastyr since 1996. After the tour you can have lunch on your own in the campus dining room.

9:00am-3:00pm \$15 / \$12RD 19867

Puyallup Fair

Wednesday, September 14

It's the biggest party in the state and you don't want to miss it! Enjoy delicious food, wild rides and dazzling entertainment. Fee includes entrance. Lunch will be on your own.

9:00am-3:30pm \$22 / \$17RD 19876

Angels of the Wind Casino

Wednesday, September 21

Visit the friendliest casino in the Northwest and the home of the \$1 strawberry shortcake. Lunch will be on your own.

8:30am-4:00pm \$15 / \$12RD 19875

Veteran's Memorial Museum/Centralia

Wednesday, September 28

The museum contains displays from the Revolutionary War to the Global War on Terrorism. Museum has the artifacts of our veterans from every war and conflict. Lunch will be on your own.

8:30am-3:30pm \$19 / \$16RD 19878



Hama Hama Oyster Tour and Oyster Saloon

Friday, October 7

Located in Lilliwap, WA, both the oyster farm and saloon are just a shells-throw from the tied flats. We will tour the farm and then have lunch on your own at the Oyster Saloon.

8:00am-4:00pm \$19 / \$16RD 19874

Mystery Trip

Wednesday, October 19

Over the river and through the woods to ... we go. Enjoy a fun filled day of adventure and excitement. Lunch will be on your own.

8:30am-3:00pm \$25 / \$21RD 19877

Halloween Bunco

Wednesday, October 26

Come join your fellow ghosts and goblin's for a fun filled day of Bunco, the easiest dice game around. Come dressed in costume, prizes will be given for the most creative costumes. Lunch will be provided.

10:30am-2:00pm \$10 / \$8RD 19890

High Tea/British

Saturday, October 29

Enjoy a High Tea prepared and served by the Daughters of the British Empire. The tea will also include a raffle. This event will have a Halloween twist.

12:00 noon \$25 / \$20RD 19880



King County Elections Tour Wednesday, November 2

Have you ever wondered what happens to your ballot once you put it in the mail? See democracy in action. You can walk the 1/5 mile "loop" circling the ballot processing area. See every step a ballot takes, from signature verification to opening and scanning. Lunch on your own at a local restaurant.

9:00am-2:30pm \$15 / \$12RD 19868

Silver Reef Casino Overnighter

Monday & Tuesday
October 31 - November 1

Back by popular demand! An overnight trip to the Silver Reef Casino located in Ferndale, WA. Even if you are not a big gambler it's a great place to relax and enjoy the amenities.

\$88 / \$80RD Double Occupancy
\$140 Single Occupancy

8:00am-4:30pm 19888

Java and Clay

Wednesday, November 9

Bring out the artist in all of us. Today we travel to Gig Harbor to enjoy wonderful brewed java and paint a beautiful piece of pottery. Lunch will be on your own in Gig Harbor.

9:00am-3:00pm \$22 / \$18RD 19881

Thanksgiving Dinner Wednesday, November 16

The City of Tukwila proudly sponsors and serves a Thanksgiving meal, now in its 26th year. Enjoy entertainment, along with a great meal, celebrating the holiday with friends and neighbors. This event is for senior 50 years of age and older. Pre-registration is required and limited to the first 150 people.

11:00am-1:00pm at TCC FREE 19879

Singin' in the Rain/ Issaquah Village Theater

Wednesday, November 30

Based on the classic Metro-Goldwyn-Mayer film by special arrangement with Warner Bros. Theater Ventures, Inc. the Village Theater presents Singin' in the Rain. "What a glorious feeling, I'm happy again!" Enjoy one of the greatest movie musicals of all time.

6:00-10:30pm \$50 / \$45RD 19882

Coat Factory

Friday, December 2

If you have never experienced this amazing coat sale then this is a must. Item House is located in Tacoma and manufactures coats for top name companies. This private dock sale is a wonderful opportunity to shop for yourself or for holiday presents.

9:00am-noon FREE 19886

Old Goat Farm/Puyallup Wednesday, December 7

In December of 2004, quite by accident Greg Graves and Gary Waller found this beautiful little place located just outside of Orting. Their mission is to offer well-grown garden plants that they also showcase in their garden. Christmas time is supposed to be the time of year to visit. Lunch will be on your own at a local restaurant.

9:00am-2:00pm \$15/12RD 19869

Holiday Bunco

Wednesday, December 14

Come play the world's easiest dice game and celebrate the holidays with new and old friends. We will play Bunco and have our annual gift exchange (\$10 limit). Lunch is included.

10:30am-2:30pm \$10 / \$8RD 19870

Friday Lunch Excursions NEW

Enjoy the beautiful region we live in with some time by the water.

LUNCH ON YOUR OWN.

Depart TCC at 11:00am \$5/\$3RD Fridays

Sept 23: Cascade Golf Course/
Riverbend Café 19980

Oct 21: Chambers Bay Golf Course 19981

Nov 18: Class Act OSC 19982

December 16: Foster Golf Course/
Billy Baroos 19983

TRIPS & SPECIAL EVENTS



Red Hat Society

The “Duwamish Divas” chapter of the Red Hat Society is having a wonderful time.

The only responsibility that the Red Hat Society has is for each chapter to have fun. The Duwamish Divas takes that responsibility very seriously! This group provides an opportunity for those who have shouldered various responsibilities at home and in the community, to say goodbye to their burdens. It’s a chance to have fun with no rules! The group travels the second Thursday of each month.



Please contact Sheri McConnaughey in the senior program office with any questions, 206.767.2321.

Sept 8	Country Village	19958
Oct 13	Edmonds	19959
Nov 10	Seattle Aquarium	19955
Dec 8	Wright’s Nursery	19956

EXTENDED TRAVEL



**Informational presentation at Tukwila Community Center:
Tuesday, September 20, 10:00am**

South Pacific Wonders

February 7–21, 2017

Highlights: Cairns, Great Barrier Reef, Sydney, Sydney Opera House, Christchurch, Mount Cook National Park, Queenstown, Milford Sound, and Arrowtown.

BOOK NOW Double \$5,999, Single \$7,119, Triple \$5,949

For bookings after August 9, 2016 call Sheri McConnaughey 206.767.2321

Included in the Price: Round Trip Air, Hotels, 15 days and 19 meals

Side trip to Fiji is available

Iceland: Land of Fire and Ice

July 2–10, 2017

Highlights: Reykjavik, Golden Circle, Thingvellir National Park, Gullfoss Waterfall, Geysir, Snaefellsnes Peninsula, Cave Tor or Lava Field Walk, Breidafjordur Bay, Selmalandsfoss, Vik, Eyjafjallajokull volcano Visitor Center, Skogar Museum, Skogafoss, Jokulsarlon Glacial Lagoon, Vatnajokull National Park & Glacier, Blue Lagoon.

BOOK NOW Double \$4,499, Single \$5,299, Triple \$4,449

For bookings after January 3, 2017 call Sheri McConnaughey 206.767.2321

Included in Price: Round Trip Air, Hotels, 9 days and 13 meals