



Community Services

HYDE SHUTTLE: Need to go shopping? Get a haircut? Visit a friend? 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 Hours are Monday-Friday from 9:00am-4:00pm. Call 206-727-6262 to schedule a ride.

Meal Services

DUWAMISH CURVE CAFE

Lunch is served at 11:30am - NOON

Healthy lunches available in person each Tuesday.

\$3 donation suggested for those 60+, \$6 donation for those 59 and under is required.



TUKWILA HUMAN SERVICES:

The Office of Human Services helps connect Tukwila residents with a broad range of programs to meet a variety of social service needs.

Phone: 206-433-7181 or 206-433-7180

MEALS ON WHEELS

Are you or someone you know homebound or having difficulty getting meals? We are part of "Meals on Wheels" network and deliver meals each week to those that are homebound. Orders are taken on Mondays and delivered Thursdays. Call 206-448-5767 for information or visit

www.seniorservices.org/foodassistance/mealsonwheels

Self-Care

HEALTHY FEET

Nurse Mary-Lou Payne accepts appointments the third Thursday of each month between 8am-1pm. Reserve an appointment by calling 206-768-2822. Please bring a towel. The fee is \$25 by cash or check, paid directly to Mary-Lou.

FREE SENIOR FITNESS PASS FOR TUKWILA SENIORS 55+

If you live in Tukwila and are 55 years of age or older you can work out in our Fitness Room and participate in drop-in class/activities for FREE

Monday-Saturday 6:30am - 12:00pm

FREE VETERAN'S FITNESS ROOM PASS/THANK YOU FOR YOUR SERVICE

If you are a veteran that lives in King County you may obtain a FREE fitness pass.

TUKWILA SENIOR SCOOP



The Tukwila Trailers Women's hiking group hikes year-round. This group meets Mondays at TCC rain or shine and departs at 8:30am.

Please call 206-768-2822 to register. Price: \$10

November 4 - Dash Point State Park -2

December 2 - Bellevue Botanical Garden d'Lights (afternoon and evening with dinner before the garden visit. -1

December 16 - Holiday Party

Hike Rating:

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



SCAN HERE TO BE ADDED TO THE SENIOR ADULT NEWSLETTER

TUKWILA TRAILERS WOMEN'S HIKING



SOCIAL PROGRAMS

**MEXICAN TRAIN
DOMINOES
THURSDAYS, NOON
SENIOR LOUNGE
FREE**

**PROGRESSIVE
PINOCHLE
CALL 206-767-2321
IF INTERESTED**

Drop-in Fitness

Fees:
\$5 for 1 visit
OR
\$30 for a 10 visit punch pass

OPEN PLAY PICKLEBALL
Tuesdays: 1:15pm - 3:15pm
Thursdays: 9:30am - 11:30am
Thursdays: LADIES 1:15pm-3:15pm
Fee: \$5 or free with paid membership
Players can drop in to play pickleball, make new friends, and have some fun.



OPEN PLAY VOLLEYBALL
Mon 9:30am - 11:30am
Wed 10:30am - 12:30pm
Fee: \$5 or free with paid membership
Back by popular demand! Players can drop in to play volleyball, practice skills, and exercise.



Wellness Classes (Free)

DRUM FITNESS
Instructor: Suzanne Simmons
Classes are Mondays 11:00am-12:00pm
March to the beat of your own drum with one of the latest and most fun fitness trends! Drum Fitness can be done sitting or standing and takes a simple movement - drumming - and turns it into a full-body workout that will leave you smiling, sweating, and feeling great. It brings together drumsticks, an exercise ball, and a stand to create one of the most fun workouts you'll ever do.

SILVER SNEAKERS
Instructor: Suzanne Simmons
Tuesdays: 10:00 - 11:00am Thursdays: 8:00am - 9:00am
Designed to increase muscle strength, range of movement, and improve activities for daily living. Low impact training suitable for all fitness levels, a chair may be used for seated exercises and standing support.

BEGINNING LINE DANCING
Instructor: Suzanne Simmons
Tuesdays 11:05am-11:50pm
Line dancing is a great form of low impact exercise where participants will learn repeated dance steps that follow a pattern to fun music. Line dancing will increase balance and flexibility as well as improve strength, muscle function, and cardiovascular heart health.

FUNCTIONAL STRENGTH TRAINING
Instructor: Jocelyn Shelby,
Wednesdays: 8:00am – 9:00am
Learn how to move your muscles to improve posture, balance, core strength, coordination, and range of motion. This class aims to increase energy and strength to perform daily activities with minimal pain and injury. Participants can expect standing and floor exercises.

SAIL (STAYING ACTIVE AND INDEPENDENT FOR LIFE)
Instructors: Madison and Trish
Mondays & Wednesdays 10 a.m. – 11 a.m.
SAIL is an evidence-based fall prevention fitness program designed for adults 65 and older. Performing exercises that improve strength, balance and flexibility is the single most important activity adults can do to stay active and reduce their chances of falling. The entire class curriculum of activities and education in the Stay Active and independent for Life program has proven to help improve strength and balance, if done regularly.

Registration

Advanced registration is required for most activities. Many Programs are **FREE** to Tukwila residents as we recover from the Covid-19 Pandemic. Funding is provided through the King County Veterans, Senior & Human Services Levy.
Register by visiting: www.tukwilawa.gov/signup or 206-768-2822

Trips/Tours/Events

Pre-registration is required

VETERAN'S DAY EVENT
AT THE TUKWILA COMM CENTER
FRIDAY, NOVEMBER 8
11:00AM-1:00PM
FREE

PATCH WORK PIONEERS
Lunch and Performance with Debbie Dimitre
Friday, November 15
11:00am-2:00pm
\$10.00
Debbie Dimitre brings to life the story of the Denny Party, the first non-Native settler of Seattle, as remembered by Louisea Boren Denny.



November
Bite Sized Nutrition Topics
“All about the Holidays”
Wednesday, November 6
11:30-12:45pm

Ask a Nutritionist Q&A
Wednesday, November 20th
11:30-12:30pm

THANKSGIVING LUNCH
Tuesday, November 26
11:00am-1:00pm
\$10.00
Now in its 35 year, this annual celebration is held at the Double Tree in and Suites by Hilton



FREE
NUTRITION
WORKSHOPS
*Please Pre-Register



December
Bite Sized Nutrition Topics
“Surviving Treat Season”
Wednesday, December 4
11:30-12:45pm

Ask a Nutritionist Q&A
Wednesday, November 11th
11:30-12:30pm

LEGALLY BLONDE
AT THE ISSAQUAH VILLAGE THEATER
THURSDAY, DECEMBER 12
11:00AM-5:00PM
\$45.00

HOLIDAY BUNCO
TUKWILA COMM CENTER
WEDNESDAY, DECEMBER 18
10:30 - 2:00PM
\$10.00

A WALK IN THE PARK
with Green Tukwila

Embark on a unique learning journey with Olena Perry, a renowned expert, during our Friday “walk in the park”. Discover the significance of native plants, the importance of trees, and the crucial role of urban forests. Remember to dress appropriately for the weather and bring a water bottle.

11/22 Tukwila Park, Fall Colors Tour 10-11:30am
12/20 Duwamish Hill Preserve Solstice Walk and Reading 10-11:30am

WWW.TUKWILAWA.GOV/SENIORS

NOVEMBER/DECEMBER 2024