



TUKWILA SENIOR SCOOP

MAY/JUNE
GOOD HEALTHY FUN IS AGELESS!

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.

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
May 6 , Nisqually National Refuge - 1
May 20, Denny Creek - 2
June 3, Padilla Bay - 1
June 10, Barclay Lake - 2
June 17, Ohanopecosh - 2
June 24, Sheep Lake 2

TUKWILA TRAILERS WOMEN'S HIKING



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

VETERAN'S EVENT
SEATTLE MARINERS VS ATLANTA BRAVES
WEDNESDAY, MAY 1ST 11:00AM
Free for Veteran's and spouse



Limited spots available
must show military ID to register

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.

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)

***Summer Schedule changes June 24th**

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 11:15am-12:00pm
 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.

SOFT STYLE KUNG FU FOR SENIOR ADULTS

Thursdays 1:00pm-2:00pm - Instructor: Ricky
 Students will develop better coordination, balance, strength, and flexibility through traditional breathing and movement 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.



WORKSHOPS

ALZHEIMERS & AGING

HEALTHY LIVING FOR YOUR BRAIN AND BODY
 This program is intended for healthy individuals who are looking for ways to age well. It is not designed for individuals with Alzheimer's disease or dementia. It is designed to offer research-based recommendations about taking care of our brains and bodies in order to age as well as possible.
THURSDAY, MAY 23 - 10:00AM - FREE

COOKING & NUTRITION CLASSES

SPICE IT UP!
WEDNESDAY, MAY 8
11:30AM-12:30PM
 Nutrition discussion
 +
WEDNESDAY, MAY 15
11:30AM - 1:30PM
 Nutrition discussion & cooking demonstration in celebration of Cinco de Mayo!

SENIOR PAINTING OPEN TIME

Join us on Thursdays from 10:00am-noon to engage with other artists socially and artistically.
 No formal instruction provided
ONLY DURING MAY
FREE



Trips/Tours/Events

Pre-registration is required

SUFFRAGE FIRST!: DEBBIE

DIMITRE
Thursday, May 9
11:00am-2:00 pm
 Debbie will perform Alice Paul who wrote and introduced the equal right amendment in 1923
Lunch is provided
\$20

WING LUKE MUSEUM

Wednesday, June 26
9:00am-3:30pm
 The museum focuses on the culture, art and history of Asian Pacific americans
Lunch will be on your own
\$20

CLEARWATER CASINO

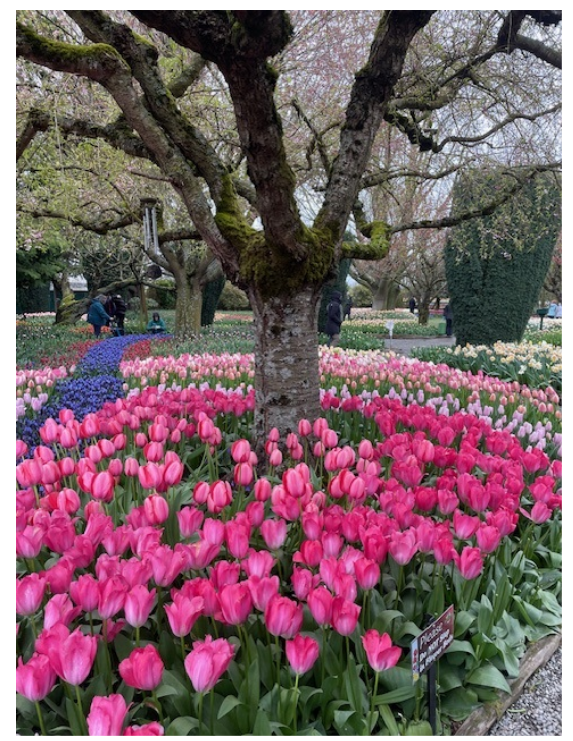
Wednesday, July 31
8:30am-5:00pm
 Travel across the Sound to the Beautiful Clearwater Casino, We will drive around and take the Ferry home.

DURIS PICKLE FARM

Wednesday, August 14
9:30am-3:00pm
 Join us as we travel south to Puyallup to learn how to make cold packed pickles.
Lunch will be on your own
\$20

SEATTLE MARINER'S

VS
TAMPA BAY DEVIL RAYS
WEDNESDAY, AUGUST 28
11:00am- 4:00pm
\$20



Silver Sneakers 101

Join us **MAY 10th at 10:00am** to learn more about Silver Sneakers, if you're eligible, and all of the benefits they offer!



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
 Registration begins February 12th



WWW.TUKWILAWA.GOV/SENIORS

MAY/JUNE 2024