



**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.

**SEATTLE MARINERS  
VS  
TAMPA BAY**

**WEDNESDAY, AUGUST 28TH  
11:00AM  
\$40**



**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](http://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**



**JULY/AUGUST  
GOOD HEALTHY FUN IS AGELESS!**

**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**

**July 29, Middle Fork of the Snoqualmie -2  
August 12 - Buck Creek - 2  
August 26 - Mystery Hike - 2**

**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**





Drop-in Fitness

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

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



OPEN PLAY VOLLEYBALL  
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.



Trips/Tours/Events

\*Pre-registration is required\*

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.  
\$15

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

COMING IN SEPTEMBER....  
LITTLE CREEK CASINO  
WEDNESDAY, SEPTEMBER 25TH  
\$15

BURIEN BUNCO PARTY  
Thursday, July 18  
10:45am-1:45pm  
Join us for Bunco at Burien Community Center. Rides available, meet at TCC at 10:20am.  
FREE

SEATTLE MARINER'S VS TAMPA BAY RAYS  
WEDNESDAY, AUGUST 28  
11:00am- 4:0pm  
\$40

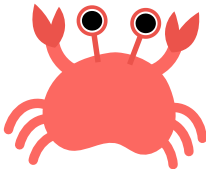
COMING IN OCTOBER...  
VETERAN'S WATERWAYS FALL  
COLOR CRUISE ON LAKE  
WASHINGTON  
This event is for veteran's and plus one.  
Tuesday, October  
FREE



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 11:15am-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.  
NO CLASSES IN JULY AND AUGUST



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.

HELL  
Summer



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.  
6/28 Crystal Springs 10-11:30am  
8/23 Riverton Park & Gully Gardens 10-11:30am  
9/27 Green River Trail TCC 10-11:30am

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](http://www.tukwilawa.gov/signup) or 206-768-2822

WWW.TUKWILAWA.GOV/SENIORS

JULY/AUGUST 2024