



**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**

**March 4, Chambers Bay - 1**  
**March 18, Lake Union - 1**  
**April 1, April Fools Hike - 1**  
**April 15, Tulips-Mt Vernon - 1**  
**April 22, Wallace Falls - 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

## 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](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.

# 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\*



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 11:15am-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  
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. Beginning in January  
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.

SENIOR BEGINNER TAP DANCE  
Instructor: Ms. Melanie  
Wednesdays, Noon – 1:00 p.m., Begins January 10th. (\$30/month)  
Please wear comfortable (stretchy) athletic wear, lace-up or Mary-Jane tap shoes. Senior Beginner Tap is a wonderful entry or reintroduction to dance for adults who have little dance experience or who have not laced up their tap shoes in some time. Dancers will learn basic rhythmic tap skills, and terminology. Dancers participate in warm up, center, and traveling exercises. Dancing is great for senior adults as it will help keep them fit and healthy, while increasing energy, cognitive stimulation, cardiovascular health and bone strength. Tap dancing regularly will improve posture and muscle strength, increase balance and coordination and will help relieve stress – a win-win! Let's get our dance on!



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

\*Registration begins February 12th\*

WORKSHOPS

ALZHEIMERS

Effective Communication

Tuesday, March 12th at 10:00am

Explore ways that Alzheimer's and other dementias affect an individuals ability to communicate across different stages, and get tips to better communicate with people living with the disease.

Dementia Conversations

Tuesday, April 9th at 10:00am

If you know someone who is experiencing changes in memory, thinking and behavior, this is education program provides tips and strategies for difficult-but-important conversations about changes that may be related to dementia

FINANCE

Acting as a Responsible Financial Caregiver

Tuesday, March 12 1 p.m. – 2 p.m.

EMERGENCY/DISASTER PREPAREDNESS

Regional Fire Authority Disaster Skills

Tuesday, April 16 1pm-2pm

Utility shut-off & fire extinguisher training

NUTRITION

How to Overcome Winter Blahs

March 6th - Discussion 11:30a-12:30p

March - 13th - Discussion/Cooking 11:30a-1:30p

How to overcome winter blahs by nourishing your body... Learn about nutrients that boost immunity and improve mood as well as providing fuel to encourage us to stop hibernating and get active!

Plant Based Eating

April 10th - Discussion 11:30a-12:30p

April 17th - Cooking/Discussion 11:30a - 1:30p

Learn how you can get all of the nutrients that you need by "eating like a bunny" in celebration of Easter and Earth Day! Even if you do not aspire to be a vegetarian or a vegan, eating more plants (fruits, veggies, whole grains) each day can help all of us to boost our health and build resiliency.

UKULELE WORKSHOP

Instructor: Biff Moss

Tuesdays 1:00pm - 2:00pm

Session 1: March 5,12,19,26

Session 2: April 2,9,16,23,30

\$40 per month session

UKRAINIAN EGG DESIGN

Friday, March 1 9:00am-1pm

Pysanka is a Ukrainian Easter Egg, Decorated with Traditional Folk Designs Using A Wax-Resist Method. The Designs Are not Painted On But Drawn With A Kitska Tool And Beeswax FREE Lunch will be provided

SENIOR PAINTING OPEN TIME

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

Trips/Tours/Events  
\*Pre-registration is required\*

SAINT PATRICK'S DAY BUNCO

Wednesday, March 13th

10:30am-2:00 pm

Corned beef and cabbage lunch will be provided

\$15

DEBBIE DIMITRE

STORYTELLER PERFORMS:

ELEANOR ROOSEVELT

Thursday, March 21st

11:00am-2:00pm

Lunch will be provided

\$20

ISSAQUAH VILLAGE THEATRE

THE FANTASTICKS

Thursday, March 28th

10:30AM-5:00PM

"Try to Remember" the first time you saw this musical charmer. It's no wonder that the Fantasticks was the longest-running musical in the world. The Fantasticks tells the story of a boy and girl who fall madly in love, and two meddling fathers try to keep them apart.

\$60

TULALIP CASINO

WEDNESDAY, APRIL 3RD

8:30AM-4:00PM

Voted the Best Casino in the pacific northwest by the Seattle Times

\$15

BUNCO PARTY AT BURIE

COMMUNITY CENTER

Wednesday, April 17

10:45am-1:45pm

Depart from Tukwila Community Center at 10:15am

lunch will be provided

FREE

TULIP TOUR

MT VERNON/LACONNER

Wednesday, April 24th

8:30am-4:00pm

Lunch will be on your own

\$15

\*REGISTRATION BEGINS FEBURY 12\*

Tukwila & Issaquah Parks and Recreation presents...

Reflections of Italy

with Optional 3-Night Taormina Pre Tour Extension

September 25 – October 4, 2024

Book Now & Save \$100 Per Person

Upgrade to Elite Airfare! see inside for details

For more information contact Sheri McConaughy Tukwila Parks and Recreation (206) 768-2822 ext 2321 [sheri.mcconnaughy@tukwilawa.gov](mailto:sheri.mcconnaughy@tukwilawa.gov)

Join us for an info session on Tuesday, March 19th at 1:00pm

WWW.TUKWILAWA.GOV/SENIORS