



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 Healthy lunches available for curbside pick-up or join us in person each Tuesday. Please call one week in advance to reserve: 206-768-2822 and press 0.

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



Biff Moss performs the 1st and 3rd week at the Duwamish Curve Cafe

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 WEIGHT ROOM PASS FOR TUKWILA SENIORS 60+

If you live in Tukwila and are 60 years of age or older you can work out in our Fitness Room for FREE Monday-Wednesday-Friday-Saturday 6:30am-12:30pm

FREE VETERAN'S (55+) FITNESS ROOM PASS/THANK YOU FOR YOU SERVICE

If you are a Veteran 55+ that lives in King County you may obtain a FREE fitness pass good until Dec 31, 2022. This program is sponsored by the King County Veteran's, Seniors and Human Service Levy.

TUKWILA SENIOR SCOOP

A PUBLICATION OF TUKWILA PARKS AND RECREATION



STAYING SAFE-STAYING CONNECTED

SEPTEMBER/OCTOBER

TUKWILA TRAILERS WOMEN'S HIKING GROUP

The Tukwila Trailers hiking group is happy to announce that we will be able to provide transportation again for our hikes with a limited number of participants. This group meets Mondays at TCC rain or shine and departs at 8:30am. Please call 206-768-2822 to register. Price: \$8

- September 12th- Denny Creek Water Slide -2
September 19th - Twin Falls-3
September 26th - Theler Wetlands Trail-1
October 3rd - Nisqually Delta -1
October 10th - Padilla Bay-1
October 17th -Washington Park Arboretum -1
October 24th - 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

OPEN PLAY PICKLEBALL

Tuesdays 1:30 - 3:30pm
Thursdays: 9:30 - 11:30am

Players can drop in to play pickleball, make new friends, and have some fun.



OPEN PLAY VOLLEYBALL

Mon 9:30am - 11:30am & Wed 10:30-12:30
Back by popular demand! Players can drop in to play volleyball, practice skills, and exercise.

DROP IN FITNESS & WELLNESS CLASSES

FUNCTIONAL STRENGTH TRAINING

Instructor: Jocelyn Shelby,
Wednesdays: 8:00 – 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.



SILVER SNEAKERS

Instructor: Suzanne Simmons, Tuesdays:
10:00 – 11:00am Thursdays: 8:00 - 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. Class can be modified depending on fitness levels.

TAI CHI FOR ARTHRITIS & FALL PREVENTION

Instructor: David Kiesel
Wednesdays: 10:00-11:00am

Certified Instructor of Tai Chi for Arthritis and Fall Prevention Improve your balance, strength, coordination and breathing with a series of gentle, graceful movements linked together in a continuous, smooth-flowing sequence. Sessions are focused on learning movements and increasing overall health.



BEGINNING LINE DANCING

Tuesdays 11am-12pm

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.



DRUM FITNESS

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. Using the exercise ball as your drum, and mixing in fun moves, drum fitness turns keeping a rhythm into a workout you won't want to stop. All fitness levels are welcome! Instructor Suzanne Simmons

Classes begin Monday Oct. 3rd 11am-12pm

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 August 29th

TRIPS/TOURS/EVENTS

SENIOR DAY AT THE SEATTLE MARINERS Vs SAN DIEGO PADRES

Wednesday, September 14th
11:00am-5:00pm
\$48
Lunch is included

LITTLE CREEK CASINO
Located in Shelton, WA
Wednesday, October 5th
8:30am-4:30pm
\$15

A DAY IN LA CONNER
Wednesday, SEPTEMBER 28TH
Today we travel north to the quaint town of LaConner in Skagit County
Lunch will be on your own
8:30am-4:00pm
\$15

LITTLE SHOP OF HORRORS
ISSAQUAH VILLAGE THEATER! Murder! Doo-Wap! Aliens!
A wildly entertaining sci-fi musical comedy
Thursday, October 13th
10:30am-4:30pm
\$40

HALLOWEEN BUNCO
Join us today for a thrilling game of Bunco. Wear your favorite costume and maybe win a prize. Lunch will be provided.
Wednesday, October 26th
10:30am-2:30pm
FREE



BEGINNING UKULELE CLASS

This introductory class will be held on Tuesdays from 1:00pm-2:00pm
Instructed by Biff Moss
Session 1: October 4-25
Session 2: November 1-29
\$20 a Session

BEGINNING WATERCOLOR

Instructor: Marianne Perkins
Fridays, 11:00am-1:00pm

This class is strictly designed for the beginner painter that wants to learn watercolor. We will begin from step one at an easy pace to make sure everyone is feeling confident with their true artistic self. Come laugh, learn and enjoy the experience.

SENIOR PAINTING CLASS

Thursdays, 10:00am-noon

Join Marianne Perkins to refine painting skills and learn new techniques. Marianne positively challenges her students in a supportive atmosphere intended to inspire. This class is for non-beginners who have taken a class with Marianne in the past.

These classes are 1 month. Classes begin September 15 & 16th