



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



If you think you, or someone you know, qualifies for the Veterans' Honor Flight Program, which takes veterans to visit monuments in DC reach out to the Community Center!

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 60+

If you live in Tukwila and are 60 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



MARCH /APRIL 2023
STAYING SAFE-STAYING CONNECTED

The Tukwila Trailers hiking group hikes year-round with limited hikes during December, January and February. This group meets Mondays at TCC rain or shine and departs at 8:30am. Please call 206-768-2822 to register. Price: \$8

- March 6th - East Lake Sammamish Trail - 1
- March 20th - Burke Gilman Trail Bothell/Woodinville -1
- April 3rd - Ship Canal Trail - 1
- April 10th - Centennial Trail Snohomish - 1
- April 17th - Wylie Slough & Tulips - 1
- April 24th - Preston Fall City - 1

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

Tuesdays: 1:30pm - 3:30pm

Thursdays: 9:30am - 11:30am

LADIES

Thursdays: 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)

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.

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. Class can be modified depending on fitness levels.

ZUMBA GOLD

Instructor: Colleen MacIntyre

Thursdays 10:45am-11:45am

Join Collen for this fun, low impact cardio dance that will benefit your heart, balance, coordination, stress management and cognitive Function. Class will include motivational music, a safe warm-up cardio movement, cool down and stretching

BEGINNING LINE DANCING

Instructor: Suzanne Simmons

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

Classes are Mondays 11am-12pm

Instructor: Suzanne Simmons

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!



UKRAINIAN EGG
DESIGN WORKSHOP

NEW

WEDNESDAY, MARCH 29TH
9:00AM-1:00PM

FREE

PYSANKA IS UKRAINIAN EASTER EGG,
DECORATED WITH TRADITIONAL FOLK
DESIGNS USING A WAX-RESIST METHOD.
THE WORD PYSANKA COME FROM THE
VERB PYSATY, "TO WRITE" AS THE DESIGNS
ARE NOT PAINTED ON BUT DRAWN WITH A
KITSKA TOOL AND BEESWAX



UKULELE WORKSHOP
Instructor: Biff Moss

Tuesdays
1:00pm - 2:00pm

Session 1: March 7-28, 2023
Session 2: April 4-25, 2023

\$40 per month session

NATIONAL PARK TOUR INFORMATIONAL
PRESENTATION

TUESDAY, MARCH 7TH - 11am-12pm
America's National Parks Tour with Collette
Vacations

September 26-October 7, 2023
Double \$5,099 Single \$6,699

Trips/Tours/Events

NORTHWEST AFRICAN AMERICAN MUSEUM

Wednesday, March 8

9:30am-3:30pm

\$15

The Northwest African American Museum is housed in the historic Coleman school building built in 1909 which overlooks a beautiful green sprawling park named after rock legend Jimi Hendrix, in the heart of Seattle's Central District. Lunch will be on your own.

SAINT PATRICKS DAY BUNCO PARTY

Wednesday, March 15th

10:30am-2:30pm

FREE

Corned Beef and Cabbage Lunch will be prepared
by Chef Jamie King

SNOQUAMIE CASINO

Wednesday, March 22

8:30am-3:00pm

\$15

Enjoy a FUN day at the Snoqualmie Casino located
near North Bend. Lunch will be on your own.

Tulip Tour Cracked Crab Cruise in La Conner

Wednesday, April 12th

8:00am-4:30pm

Cost: \$85



The cruise route will take you south through the beautiful Swinomish Channel, then north along Saratoga Passage to view the Deception Pass Bridge, one of the most photographed landmarks in Washington State. This cruise features a lunch of Dungeness Crab, BBQ Chicken, Roasted Potatoes, Bread Dessert and Beverages.

UW GREENHOUSE TOUR

Wednesday, April 19th

9:30am-4:00pm

\$15

The Botany Greenhouse has 8,000 square feet of growth space and the Botany Garden has 1.3 acres of land and holds the Department of Botany's extensive collection of more than 1,500 unique species of plants and 210 plant families. Come visit each of the 8 greenhouse rooms that take you through a journey of the tropics, desert, bog and fern forest. Lunch will be on your own at University Village.

MOLBAK'S AND FLOWER WORLD

Wednesday, April 26th

9:00am-3:30pm

\$15

Today we will visit two long time Nurseries in the Northwest. Molbak's is in Woodinville and Flower World is in Maltby. Lunch will be oneyour own at the Maltby Cafe.

SENIOR PAINTING CLASS

Instructor: Marianne Perkins

Thursdays, 10:00am-12:00pm

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.

Begins March 2nd thru May 25th

\$70 for 11 classes

NO CLASS MARCH 30 & APRIL 6

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.

Begins March 3rd thru May 26th

\$70 for 11 classes

NO CLASS MARCH 31 & APRIL 7

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 13th

