



TUKWILA SENIOR SCOOP

NOVEMBER/DECEMBER 2023

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
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.

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.



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

TUKWILA TRAILERS WOMEN'S HIKING

November 6 - Mud Mountain Dam River Trail-2
November 13 - Discovery Park -1
December 4 -Rustin Waterfront - 1
December 11 - Holiday Party

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



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
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
Classes are Mondays 11:00am-12:00pm
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.

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.

UKULELE WORKSHOP
Instructor: Biff Moss
Tuesdays 1:00pm - 2:00pm
Session 1: November 7,14,28
Session 2: December 5,12,19
\$30 per month session

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.
\$40 for the month

BEGINNING WATERCOLOR
Instructor: Marianne Perkins
Fridays, 10:00am-12:00pm
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.
\$40 for the month

NEW

APPALACHIAN
Basket Weaving Class
Tuesday, November 7th
9:00am-2:00pm
Have you ever wanted to learn how to weave a Basket? or have made many and want to make more?
Please bring a bucket, towel, scissors and a tape measure
snacks will be provided
\$20

ALZHEIMER WORKSHOP
10 Warning Signs
Date/Time TBA

SENIOR ADULT FINANCE CLASSES
Choosing a Financial Caregiver
Tuesday, November 14
1:00pm
Choosing an Executor
Tuesday, December 12
1:00pm



Trips/Tours/Events

Pre-registration is required

Veteran’s Day Event
Thursday, November 9th
11:00am-1:30 pm
Join us today to honor our veterans and their families
Entertainment and lunch will be provided
FREE

12 Days of Goodness
with the Seattle Seahawks
Friday, December 8th
11:00am-1:00pm
Tukwila Community Center
Help us celebrate and appreciate our Veterans. This FREE event will include guest appearances by Seattle Seahawk Legends.
Enjoy lunch and photo opportunities.

Holiday Bunco
Wednesday, December 13th
10:30am - 2:30 pm
Join us in celebrating the Holidays with a friendly game of Bunco
Lunch will be provided
FREE

Issaquah Village
Theatre
Beautiful The Carole King Musical
10:30am-4:30pm
Thursday, December 21st
\$40

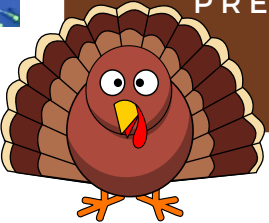
TRIP CANCELLATIONS
PLEASE NOTE:
OUR TRIPS ARE VERY POPULAR AND WE HAVE BEEN HAVING LARGE WAITING LISTS. PLEASE BE CONSIDERATE IN LETTING US KNOW IF YOU CANNOT JOIN US SO THAT WE MAY FILL YOUR SPOT.
THANK YOU!



34TH ANNUAL TUKWILA SENIOR ADULT
THANKSGIVING LUNCHEON
TUESDAY, NOVEMBER 21, 2023
11:00AM-1:30PM

HELD AT
THE DOUBLE TREE INN AND SUITES BY
HILTON
16500 SOUTHCENTER PARKWAY

PRE-REGISTRATION REQUIRED
FREE



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 October 11th