

TUKWILA SENIOR SCOOP

A PUBLICATION OF TUKWILA PARKS AND RECREATION



Let's Reconnect at
**SUMMER PICNICS
IN THE PARKS**

Welcome to Summer! Nothing quite says summer like a picnic and we're thrilled to offer summer ***Picnics in the Parks*** for Tukwila's Older Adults this summer.

As we ease back into social activities we're looking forward to creating a safe space to visit with friends and make new friends. Events include FREE food and entertainment. Space is limited and advanced registration is required by calling 20 206-768-2822.

Wednesday, July 28th - Joseph Foster Memorial Park 11:00am – 1:00pm

Wednesday, September 1st – Tukwila Community Center Picnic Shelter – 11:00am-1:00pm

We're also happy to announce the return of in-person senior fitness classes at the Tukwila Community Center. Classes are FREE for the remainder of 2021, see inside for details and registration information.

These activities are made possible through the King County Veterans, Senior, and Human Services Levy.

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JULY/AUGUST 2021

NATURE WALKS WITH GREEN TUKWILA

July 12th – Fort Dent Park: 6800 Fort Dent Way, 10 am, advanced registration required, FREE
Sunshine and the Green-Duwamish River, this walk will be a hot one. Green Tukwila staff will discuss river health and new restoration sites while walking on the Green River Trail. Bring a sun hat and a water bottle.

August 9th - Riverton Park: 4101 South 131st St, 10 am, advanced registration required, FREE
Riverton Park has a great walking loop, onsite exercise equipment, and the Gully Gardens P-Patch. The focus of the conversation will be large trees in urban environments and gardening.

SENIOR HIKING GROUP

The Tukwila Trailers hiking group has started meeting again for monthly walks around Puget Sound. Both men and women are welcome to join for a walk (previously a women's only group). Hikers and staff meet at local trailheads for gentle hikes and walks designed for all abilities.

Hikes meet at 10am, parking location will be confirmed after registration.



July 26th - Seward Park: 5900 Lake Washington Blvd S., advanced registration required, FREE
Let's stroll around one of Seattle's favorite wooded parks boasting a 300-acre forest with hiking trails, walking paths, and beaches.

August 16th - Kubota Gardens: 9817 56th Ave S, Seattle, advanced registration required, FREE
Explore 20 Acres of Japanese gardens dating back to 1927 with flowers, ponds, and water features.

Meal Services



DUWAMISH CURB CAFE

Hot, Healthy lunches available for curbside pick-up each Tuesday. Please call one week in advance to reserve: 206-767-2321 or 206-768-2822 and press 0. \$3 donation suggested for those 60+, \$6 donation for those 59 and under is required.

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

FREE FITNESS CLASSES

INTRODUCTION TO PICKLEBALL WITH MARLUS

Tuesdays: 1:30 -2:30 – Begins July 13th (no class 7/20)
Pickleball is the fastest growing sport in the US because it is a great activity for all ages and abilities and it is easy to learn. Learn the basics of Pickleball: scoring, serving, etiquette and strategies. All equipment is provided.
Space is limited to four people per class.



SILVER SNEAKERS WITH SUZANNE

Tuesdays: 10:00 – 11:00am– begins July 6th
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.

FUNCTIONAL STRENGTH TRAINING WITH JOCELYN

Wednesdays: 8:00 – 9:00am– begins July 7th
Movements designed to strengthen and tighten all your muscles improving your posture, balance, core strength, coordination, and range of motion. This class aims to increase your energy and strength to perform daily activities with minimal pain and injury. Participants can expect standing and floor exercises.

TAI CHI with John

Thursdays: 1:00 – 2:00pm– begins July 8th
The class will introduce you to the basic movements of Tai Chi. The focus will be designed to increase balance, strength, relaxation, flexibility, and improve breathing through gentle movement. Suitable for all fitness levels.



YOGA & STRETCHING

A free & fun weekly 1-hour Virtual yoga practice for LGBTQIA+ older adults, and their family, loved ones, allies, or caregivers. Previous experience with yoga or stretching is not required. Come join us and move a little while having a whole lot of fun! Mondays – 11:00am, Wednesday & Fridays 3:30PM
Pre-register for the class here: <http://genpri.de/yoga>

Registration

Advanced registration is required for hikes, fitness classes, and picnics. Please visit www.tukwilawa.gov/signup or call 206-768-2822



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.

Low-Income Home Energy Assistance Program (LIHEAP): If your main source of heat is electricity, gas, or heating oil, and you need help paying your utility bill, please have your bill in hand and call to schedule an appointment. Phone: 253-517-2263

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

Housing Support

City of Tukwila: COVID-19 Rent/Utility Assistance Program: to qualify for this program you must be a Tukwila resident who is experiencing a loss of income, unemployment, or illness due to COVID-19. For details contact Human Services by calling 206-433-7182 or 206-433-7181.

City of Tukwila Water/Sewer: Service will not be shut off for non-payment during this time. Call the Finance Department for more information and to make payment arrangements. Phone: 206-433-1835

Seattle City Light Discount Program: Seattle City Light offers a Utility Discount Program for seniors, persons with disabilities, and low-income customers. Up to 60% on your Seattle City Light bill for income qualified customers. Phone: 206-684-0268

Self-Care

Healthy Feet

Nurse Mary-Lou Payne accepts appointments the third Thursday of each month between 8am-1pm. Reserve a May or June appointment by calling 206-767-2321. Bring a towel and plan to wear a facemask while in the building. Basic health and temperature screening is required when entering the Tukwila Community Center. The fee is \$25 by cash or check, paid directly to Mary-Lou.

Mindful Mondays

Learn techniques to reduce stress and ease your mind. Visualization, guided imagery, breathing exercises, and more are taught in a comfortable online atmosphere. Join the ZOOM meeting for 45 minutes beginning at 11 am. <https://us02web.zoom.us/j/84258602806>

To Join by Phone: (253) 215 8782 - Meeting ID# 842 5860 2806 Password:466159