



TUKWILA SENIOR SCOOP

JANUARY/FEBRUARY 2024

STAYING SAFE-STAYING CONNECTED

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.

SOLID WASTE COLLECTION DISCOUNT

The City of Tukwila provides a solid waste discount for homeowners or renters who pay for garbage and or food & yard waste collection services and meet eligibility requirements. Qualified residents will receive a 50% discount off their solid waste bill. Once approved by the City of Tukwila Public Works Department, the discount will be applied to the next billing period. Retroactive discounting is not available. To qualify for the solid waste collection discount, **you must meet all the following criteria:**

- 1. At least one of the owners/renters in the house must be 62 years old or older and/or disabled.
- 2. Your total annual household income, from all sources, must be less than \$47,950 if in a one-person household or \$54,800 if in a two-person household (50% of the Area Median Income.)
- 3. You must be an owner or renter and reside in the City of Tukwila.

You can visit TukwilaWA.gov/garbage-recycling to fill out the application or contact 206-431-2445 or recycle@TukwilaWA.gov for more information.

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
January 22, Game Farm Park - 1
January 29, Bradly Lake - 1
February 5, Snow Geese Fir Island - 1
February 26, Seward Park - 1

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

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: January 9,16,23,30
Session 2: February 6,13,20,27
\$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 Jan/Feb Session (4 classes)

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.
\$50 for the Jan/Feb Session (5 classes)

ALZHEIMER WORKSHOPS
(FREE)
Understanding and Responding to
Dementia-Related Behavior
Tuesday, January 9, 10 a.m.
Review caregiver tips and strategies to respond to some common behaviors exhibited by individuals living with dementia, such as agitation, confusion and more.

Understanding Alzheimer’s and Dementia
Tuesday, February 13, 10 a.m.
Learn basic information on the difference between Alzheimer’s and dementia, stages, risk factors, research and FDA-approved treatments.

FINANCE CLASSES
Senior Finance Classes brought to you by
Financial Beginnings
Tuesdays, 1 p.m. – 2 p.m.
• Understanding Powers of Attorney, January 23
• Choosing a Financial Caregiver, February 13
• Acting as a Responsible Financial Caregiver, March 12
Please pre-register at <https://tukwilawa.gov/signup>

SENIOR NUTRITION & COOKING
WEDNESDAY WORKSHOPS \$10/MONTH

Kicking off the New Year with Healthy Eating,
January 17 - Discussion 11:30a-12:30p
January - 24th - Cooking 11:30a-1:30p
What is eating healthy and how to create nutrition goals that are achievable, sustainable, and support your health long term - Paired with a Cooking workshop in the following session.
Nutrition for Heart Health
February 7 - Discussion 11:30a-12:30p
February 21 - Cooking 11:30a - 1:30p
Cardiovascular disease is the number one cause of death in the U.S., and it can be prevented with food and lifestyle choices! Join us to learn the basics of nutrition for heart health. Paired with a Cooking workshop in the following session.

Trips/Tours/Events

Pre-registration is required

NEW YEARS BUNCO
Wednesday, January 10th
10:30am-2:00 pm
Lunch will be provided
FREE



Issaquah Village Theatre
Doctor Ruth
Thursday, January 25th
11:00am-5:00pm
She’s America’s favorite sex therapist! Dr. Ruth promises an unforgettable, hilarious. and uplifting day of Theater
\$40

Red Wind Casino
Wednesday, January 31st
8:30am - 4:00 pm
\$15
The luckiest casino in the South Sound



Valentine Bunco
Wednesday, February 14th
10:30am-2:30pm
Free
Lunch will be provided



Dawn’s Candy & Cakes
Wednesday, February 7th
8:30am-4:00pm
\$35
Chocolate 101
Get ready for Valentine’s Day, discover how to simplify detail work a make filled candies. You will receive a mold and a box for your treats.

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!

REGISTRATION BEGINS
DECEMBER 1

NEW FITNESS CLASSES

SAIL (Staying Active and Independent for Life)
Mondays & Wednesdays 10 a.m. - 11 a.m. Beginning in January (FREE)
SAIL is an evidence-based fall prevention fitness program 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
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!



WWW.TUKWILAWA.GOV/SENIORS