

JANUARY/FEBRUARY 2009, Issue 51

# Shoreline-Lake Forest Park Senior Center



18560 1st Ave. NE, Suite #1, Shoreline, WA 98155

206-365-1536 • FAX 206-364-8930 • shorelinesc@seniorservices.org

## ACTIVITIES GUIDE

**CENTER HOURS: 8:30am-4:30pm Monday-Friday**

*Premises, classrooms and activities are handicapped accessible.*

### Membership Drive 2009



**Warmness Happens at our Senior Center**



**Be a sweetheart: Join Us!**

**Renew Now ~ New Members Welcome!**

2009 – SHORELINE – LAKE FOREST PARK SENIOR CENTER REGISTRATION - 2009

Office use only: Receipt #	Amt	Cash	Check #	Single (\$22)	Couple(\$35)
<b><u>AS OF SEPT 1<sup>ST</sup> PRORATED</u></b>					
<b><u>FOR NEW MEMBERS ONLY</u></b>					

LAST NAME: \_\_\_\_\_ FIRST: \_\_\_\_\_ MIDDLE INITIAL: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ APT.# \_\_\_\_\_

CITY: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_ DAYTIME PHONE #: ( ) \_\_\_\_\_

CELL PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

Are you a current volunteer? Yes \_\_\_\_\_ No \_\_\_\_\_ Interested in volunteering? Yes \_\_\_\_\_ No \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_ MALE: \_\_\_\_\_ FEMALE: \_\_\_\_\_

**LOCAL EMERGENCY CONTACT::**

FAMILY/FRIEND: \_\_\_\_\_

DAYTIME EMERGENCY PHONE # (\_\_\_\_) \_\_\_\_\_

CELL PHONE. (\_\_\_\_) \_\_\_\_\_

DOCTOR: \_\_\_\_\_ DOCTORS # (\_\_\_\_) \_\_\_\_\_

MEDICAL PROBLEMS:

PLEASE LIST ALL CLASSES AND ACTIVITIES YOU PARTICIPATE IN ON A REGULAR BASIS:

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# January-February 2009



## ***Memo from the Director***

Well, we have come through another year with a growth in programs and services. I am very proud of the staff for the wonderful work they have done this year to enhance the programs and services the senior center offers. I am also grateful for the support we have received from our volunteers, supporters and the Cities of Shoreline and Lake Forest Park.

With the economic times as they are, we face another challenging year. But that isn't new. We always face challenges in keeping the center viable, so I am optimistic that we will come through 2009 having grown and improved our offerings while remaining financially stable, WITH YOUR HELP.

AND HAPPY NEW YEAR.

Bob

## ***Hello from your Program Coordinators:***



Happy New Year! It is the time to look back on what we accomplished last year, and to think about what we would like to tackle this year. There are many possibilities. In fact I am sure that every one has already thought about their New Years resolution. Did you decide to spend more time with your family? If you did, you had the same resolution as more than 50% of Americans who vowed to appreciate loved ones, and spend more time with family and friends this year. One way you can accomplish this is to invite your family and friends to join you at the Senior Center for lunch, a class or a workshop. Check out the Activities Guide and find those events that you would like to participate in to fulfill your New Years resolution.

With care, Judy

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**The Senior Center will be  
CLOSED Thursday, January 1; Monday,  
January 19; Monday, February 16.**

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# Shoreline-Lake Forest Senior Center

## Classes at a Glance

See the inside of this Guide for more details.

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### EXERCISE

Exercise to Music	MWF	8:30-9:30AM
EnhanceFitness	MWF	9:30-10:30AM
EnhanceFitness	MWF	1:55-2:55PM
Beg. Enhance Fitness	TTh	1:15-2:15PM
Soft Exercise	W F	10:45-11:30AM
Tai Chi	T F	10:45-11:45AM
Gentle Yoga	W	10:00-11:00AM
Matter of Balance	W	12:30-2:00PM

(Class full for this session)

### DANCING

Line Dance	T	1:00-2:30PM
Hula	Th	1:30-2:30PM

### GAMES

Billiards	M-F	8:30-2:45PM
Mah Jongg	M	9:30-12:30 **
Duplicate Bridge	W	12:00-4:00PM
Table Tennis	MWThF	2:30-4:15PM
Scrabble Club	Th	12:00-4:00PM
Pinochle	Th	12:00-3:30PM
Chess	W	1:00-4:00PM

### EDUCATION/LANGUAGES

Book Group	2 <sup>nd</sup> F	1:00-2:30PM
Sign Lang/cont.	F	9:30-11:30AM
French	Th	10:00-12:00PM
Discussion Group	T	10:00-11:00AM
Genealogy	3 <sup>rd</sup> T	2:30-4:30PM
Current Events	Th	1:00-2:30PM

### ARTS

Watercolor	W	12:30-3:30PM
Oil Painting	Th	9:30-12:00PM
Senior Singers	Th	10:00-11:30AM

### LIFE SKILLS & SUPPORT GROUPS

Life's Transitions	T	1:00-2:00PM
Diabetes Group	3rd T	10:00-11:00AM
Parkinson's Group	4th T	11:45-12:15PM
Caregivers Group	2nd T	12:30-1:30PM
Sea Mar Latino Seniors	W	10:30-1:00PM

### CRAFTS

Handcrafters	M	9:30-11:30AM
Knitting	M	1:30-3:30PM
Woodcarving	T	1:00-3:00PM
Quilting/sewing	T	12:00-3:00PM
Rug Making	T	1:00-3:00PM

\*\*Mah Jongg meets at Third Place Commons in Lake Forest Park, 17171 Bothell Way NE.

### COMPUTER

The Center offers a variety of computer classes, from the very basic to helping set up your new laptop. Please see the Computer Class schedule in the current Activity Guide.

**SIGN UP** for Exercise Class tickets, most classes, and events at the Senior Center's Front Desk. For further information call the Center at 206-365-1536 or see us on-line at [seniorservices.org](http://seniorservices.org).

E-mail: [shorelinesc@seniorservices.org](mailto:shorelinesc@seniorservices.org)

12/1/08 revised



## Staff and Volunteers

Director: Bob Lohmeyer

Program Coordinators: Jon Ann Cruver & Judy Parsons

Administrative Secretary: Marilyn Yeider

Bookkeeper: Rose Davis

Social Worker: Scott Theisen

Foot care: Echo Aumick, CNA & Jan Burnell, RN

Job Connections: Mike Speyer

Kitchen Manager: Lynn Mathews

Power of One Volunteer Coordinator: Cathy Liu Scott

Security: James Boushey, Kelly Boushey

Custodian: Carlos Caidas

Meals On Wheels Coordinators: Heather Hovey and Lois Ackerman

Thrift Shop Managers: Kathryn Egan and Marleta Moran

Center Board President: Janis Drake

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## Services

Our Senior Center does not endorse products or service providers. Our aim is to protect the elderly from undue coercion. The Center is not a market place. We neither approve nor condone solicitation of business within our facilities. Program are offered for member's enjoyment, entertainment and education. Shoreline-Lake Forest Park Senior Center does not discriminate against clients, applicants or employees on the basis of race, color, creed, religion sex, age, national origin, marital status, handicap, political ideology or sexual orientation.

Please report any violation to the Center Director.

**For each service that is non-fee based, we appreciate your support with a donation at the Front Desk. A canister is provided so that you will not have to wait for the receptionists to serve you. Thank you.**

**Alternative Medicine Clinic from Bastyr College of Natural Medicine:** Appointments available every Monday, 9 a.m.-noon. You can get a Naturopathic Medicine appointment with Bastyr University held at the senior center. Assessments will be made by final year clinical students supervised by a licensed Naturopathic Doctor (ND). Fee: \$10 for the center to cover costs. For appointments call the Front Desk: 206-365-1536.

**Basic Food Program:** Basic Food is Washington State's food stamp program. Individuals and families who are eligible for the program

can apply and receive food stamp benefits for use in grocery stores, convenience stores, even farmer's markets. Staff from the Basic Food Program am will be here quarterly to help people apply or answer questions. For more information call: 425-889-7880 or 1-877-644-3663 and ask for Holly M.

**Computer Bank Charity** places refurbished computers with people who have a low income To apply write a brief letter explaining why you can't afford a new computer and send it to CBC, PO Box 55441, Seattle, WA 98155, or send an email to compbank@hotmail.com. Include your mailing address and phone number.

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**Community Dining (Lunch Program):** Sign in each day at the Front Desk. Hot lunches served Monday through Friday at 11:45 a.m. Serving time ends at noon. Cost: \$3.00 suggested donation if 60+. Cost of the meal is \$5.75 for all others. What a great time to chat with friends and enjoy a hot meal. We serve 11:45a.m. - noon.

**Dental Care:** The center is offering dental hygiene services through All Smile Dental Hygiene Services. This will be a fee based service with appointments open for the 2nd and 4th Thursdays of each month. No medical coupons or sliding scale as rates are lower than most dentists. Appointments will be taken at the Center's Front Desk, or call 206-365-1536.

**Fax Use:** \$1 per page for local use of our FAX machine here at the Center.

**Foot Care Information:** Receive care Wednesdays & Fridays from a CNA, 8:30 a.m.-3:30 p.m. **\$20 for members & \$25 for non-members.** Cancellations must be made at least one full day in advance. Call for appointments, 206-365-1536. Pay at the Front Desk. Please bring a clean towel with you to your appointment.

**Haircuts:** 2nd and 4th Thursdays at the "Storage Room Salon" - **\$10.00 for members, \$12 for nonmembers.** Join the many satisfied customers of Teresa Vannoy-Draper. Make appointments at Front Desk or call 206-365-1536. \$10.00 for members, \$12 for non-members.

**Handicapped Parking Applications:** Available at your local Department of Transportation site.

**Job Connections:** If you're looking for someone to do household repairs / work, or maybe you're looking for a part-time job contact our Volunteer: Mike Speyer by leaving a message at 206-365-1536. He will return your call.

**Legal Consultation:** Attorneys Karl Flaccus or Daniel Quick come on the 2nd Tuesday of each month for free consultations, 8:30 - 10:40 a.m. Call the Front Desk Volunteers to schedule. Members served first.

**Low-Vision Magnifier/Reader:** Please feel free to use our Low-Vision Magnifier/Reader any time you need. Located in our library. It is easy to use and magnifies print, making almost everything possible to read. For instructions on use ask Jon Ann, Bob, Scott or Marilyn for help.

**Massage Therapy:** Every Tuesday, (not a 5th Tuesday), 8:30 a.m. - 12:30 p.m., 15-minute chair massage: **\$10 for members; \$12 for non-members,** provided by Sandi Nyitray, LMT. Appointments at the Front Desk.

**Meals on Wheels:** Anyone who is home-bound due to illness or disability or has difficulty shopping or cooking, may apply for Meals on Wheels. To obtain an application, call the Senior Center, 206-365-1536. We also sell nutritional supplements such as Ensure at a discounted price. Please place orders on Tuesday, 9:00 a.m. - noon, for a Thursday delivery. Donations of paper grocery bags with handles are welcome.

**Medical Equipment:** Are you in temporary need of a walker, bath bench or commode? The Center has some items available for loan. See Front Desk, or call 206-365-1536.

**Metro Regional Bus Pass:** Senior Regional Reduced Fare Permit application forms may be picked up at our Front Desk. Forms available for Metro Taxi Scrip also.

**Metro Stickers: NEW FEES!** We have reduced fare stickers for **\$9.00 per month.** They stick on your permit and give you unlimited rides. (You don't have to pay 50 cents on regular Metro buses, but you do have to pay .75cents for the Access Vans.) You will need to apply for Monthly Access cards which are **\$18.00.** The number for Metro: 206-205-5000 to check status or cancellation; 206-263-3113 for reservations.

**NW Hospital Visiting Nurse:** Nurse's Office. On the 3rd Thursday of each month 9:00 a.m. - noon. No charge for visits. Have your blood pressure and/or blood sugar levels checked. Donations to the center accepted. Blood Pressure checks only on the First Thursday of each month 10 a.m. - noon, by volunteer Lois Aker-

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man, RN

**SHIBA:** A statewide network of trained volunteers who educate, assist and advocate for consumers about their rights and options regarding health insurance and health care access, so they can make informed choices. **Senior Rights & Assistance:** SRA trains volunteers to assist seniors with consumer issues, elder abuse/crimes, end-of-life planning, estate planning, powers of attorney, guardianship, and social security. Volunteers can also make referrals on homeowners concerns, elder law clinics and landlord-tenant rights. Our volunteer, Anita Matson, comes two Friday mornings each month Yuri Sosinv is here for the other two Fridays. Call the Shoreline Senior Center at 206-365-1536 for an appointment, or call the SRA office at Senior Services, 206-448-5720.

Also: a **Consumer Specialist**, Kim Winn, is here on the 1st and 3rd Thursdays, 12:30-3:30p.m. to answer questions about Consumer Issues (warranties, fraud, contracts, small claims court, utilities and more.) Make an appointment at 206-365-1536 or at the Center's Front Desk.

**Social Worker / Counseling/ Support Groups:** Refer to Table of Contents for page numbers.

**Stamps:** Available at the Front Desk. We'll also mail your stamped letters.

**Tax Preparation:** By AARP volunteers starting Friday, February 6. Make appointments at the Senior Center Front Desk or call 206-365-1536. See page 20 for more information.

**Volunteer Transportation:** Senior Services provides rides to medical appointments for people who have no other way (such as Metro, family, friends) to get there. For more information or to schedule a ride call 206-448-5740, Monday - Friday, 8:00 a.m. - 3:00 p.m. Call by Wednesday of the week before your appointment.

**Van Shuttle Service to the Center:** (For seniors who live in Shoreline or Lake Forest Park.) From your front door to our front door, we can get you to the Senior Center for lunch

and activities. The Senior Shuttle operates Mondays through Fridays, 9:00 a.m. - 4:00 p.m. All rides are free. Call 206-727-6262 to schedule a ride.

**CAN YOU HELP GET OUR SENIORS WHO NEED RIDES TO OUR CENTER? WE NEED MORE VOLUNTEER VAN DRIVERS!** Call 206-727-6262 to see how you can become one of our very special volunteers!

We have a serious need for more VAN Drivers! Some of our participants can't get to the Center if the van isn't available.

## **VAN DRIVERS STILL NEEDED!**

**Can you or someone you know help? Senior Services provides the training necessary. All you need is a regular driver's license.**

**Time commitment: a half-day or full day, once a week, morning, afternoon, it's pretty much up to you and your schedule.**

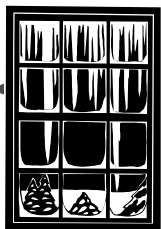
**Call Jon Ann or Judy at 206-365-1536 or Senior Services Transportation: 206-727-6262, to volunteer and get more information.**

**Voter Registration:** Voter registration forms are available at the Front Desk. To vote in an election a voter must have the form post-marked at least 30 days before any election. If a voter has a current registration but moved within King County, the voter may phone in an in-county address change by calling 206-296 VOTE (8683).



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## Classes



**Please make payments for classes at the Front Desk . Please prepay for each month or sessions of classes in which you participate. Canisters for fees will be provided in facilitated classrooms.**

*All classes, activities and events arranged at this Senior Center are for the convenience and pleasure of the participants who desire to attend. The Senior Center does not assume any responsibility for the well being or safety of the participants or their property in any matters pertaining to said activities and events. Members and their guests participate at their own risk and should not expect or hold the Senior Center responsible in any way. The Senior Center offers a variety of classes, but does not endorse any speakers.*

### EXERCISE

**GENTLE YOGA:** Wednesday, 10:00 a.m.-11:00 a.m., Exercise Room. Practice a safe yoga, by learning basic positions using chair and floor work. Many poses practiced while seated, others using the chair for balance and some poses on the floor. Please bring a yoga mat or bath-sized towel and wear loose clothing to class. Instructor: Carolynne Kast. **Fees: \$3.50 for members, \$4.50 for nonmembers.** Purchase a Gentle Yoga ticket for up to 15 sessions, good for 90 days.

**EXERCISE TO MUSIC:** Mon., Wed. & Fri., 8:30 a.m. - 9:30 a.m., Spartan Recreation Center, Aerobics Room. Bring water bottle and mat. Instructor: Sherry Herdrick. **Fees: \$3.25 per class for members, \$4.25 for nonmembers.** Purchase an Exercise to Music ticket for up to 15 sessions, good for 90 days.

**SOFT EXERCISE:** Wed. & Fri., 10:45 a.m. - 11:30 a.m., Bridge Room. This is a non-impact stretching and toning class. All exercises are done while sitting on a chair as you work with light weights and bands. But be careful: you may have too much fun and meet new friends as you become stronger and more

fit! Instructor: Lisa Haynes, Fee: \$2.00 per class for center members, \$2.50 for nonmembers. Pay at the Front Desk. You may purchase a Soft Exercise ticket for up to 15 sessions, good for 90 days.

**ENHANCE FITNESS:** Mon., Wed. & Fri., 9:30 a.m.-10:30 a.m., Dining Room. Instructors: Toshiko Aramaki, and Lisa Haynes. Afternoon Class: Mon., Wed. & Fri., 1:55 p.m. - 2:55 p.m., Spartan Recreation Center. Instructor: Lisa Haynes. For people wishing to improve physical conditioning and decrease risk of injuries. Fees: No charge for Eligible Group Health Members (those who have Medicare Parts A & B and are "locked in"), **\$2.50 per class for Center members, \$3.00 nonmembers of the Center.** Pay at the Front Desk. Purchase an EnhanceFitness ticket for up to 15 sessions good for 90 days.

**BEGINNING ENHANCE FITNESS:** Tues. & Th., 1:15 p.m.-2:15 p.m., Spartan Recreation Center. Instructor: Sherry Herdrick. Fee: No charge for Eligible Group Health Members (those who have Medicare Parts A & B and are "locked in"), **\$2.50 per class for Center members, \$3.00 nonmembers of the Center.** Pay at the Front Desk. Purchase an EnhanceFitness ticket for up to 15 sessions, good for 90 days.

**TAI CHI FOR HEALTH:** Tuesdays, 10:45 a.m. - 11:45 a.m. and Fridays, 10:45 a.m. - 11:45 a.m., Spartan Recreation Center. Instructor: Mary Stokes. **Fees: \$3.50 per single class for Center members, \$4.50 for nonmembers.**

### DANCING

**LINE DANCE:** BEGINNERS & INTERMEDIATE Tuesdays, 1:00 p.m.-2:30 p.m., Dining Room Instructor: Joe Mraz. Line dancing is a great way to exercise your body and mind while meeting new friends and listening to some great music! The first 45 minutes will be devoted to beginners, the last 45 to intermediate. All are welcome to stay the whole time. The fee is a set fee for the whole time or part of

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the time. Cost: \$5:00 per class for members, \$7:00 for nonmembers. Purchase a Line Dance ticket for up to 15 sessions, good for 90 days.

**HULA:** Thursdays, 1:30 p.m.-2:30 p.m., in the Dining Room. The class is open to all skill levels. Work will be on reviewing dances learned in previous class session plus new dances. Instructor: Kathy De Aguiar. Fee: \$1.00, non-members, \$2.00 .

## **GAMES & CARDS**

**BILLIARDS:** Mon. - Fri., 8:30 a.m. - 4:30 p.m., Billiards Room, 2 tables, drop in. For men and women. Fee: \$1.00.

**MAH JONGG:** Mondays, 9:30 a.m.-4:00 p.m., *Third Place Commons, Lake Forest Park Towne Centre meeting room, 17171 Bothell Way NE, Lake Forest Park.*

### **WEDNESDAY DUPLICATE BRIDGE:**

Wednesdays, Bridge Room, noon -4:00 p.m. for play time. Duplicate Bridge is a partnership. If you don't have a partner call Howard at 425-486-8132. **Fee: \$1.50 for members. \$2.50 non-members.**

**THURSDAY BRIDGE:** Thursdays, 12:00p.m. Contract Bridge in a low key atmosphere, for set up foursomes. Fee: \$1.00;non-members, \$2.00

**TABLE TENNIS:** Mon., Wed., Thurs. & Fri., 2:30 p.m.-4:15 p.m. Exercise Room. Beginner to vigorous games of table tennis. Everyone welcome! Fee: \$1.00 per session, non-members, \$2.00.

**SCRABBLE CLUB:** Thursdays, 12:00 p.m., Craft Room. Play time, bring a board. Fee: \$1.00 , non-members, \$2.00 .

**PINOCHLE:** Thursdays, 12:00 p.m., Bridge Room. Join in on the fun! Fee: \$1.00 per session, non-members, \$2.00

**CHESS:** Wednesdays, 1:00 p.m. - 3:00 p.m., Conference Room. Play time, no lessons. Fee: \$1.00, , non-members, \$2.00

## **EDUCATION & LANGUAGES**

**BOOK GROUP:** Second Fridays, 1:00 p.m. - 2:30 p.m., Conference Room. All book lovers

welcome! Call LaJuana Swilley at 206-362-5425 for information. Fee: \$1.00, non-members, \$2.00

**SIGN LANGUAGE, CONTINUING:** Fridays, 9:30 a.m. - 11:30 a.m., Conference Room. Facilitator/Instructor: Patsy Rice. Fee: \$1.00, non-members, \$2.00

### **FRENCH CONVERSATION & READING:**

Thursdays, 10:00 a.m. to noon, Conference Room. All levels welcome! Instructor: Yvonne Shakarian. **Fee: \$10.00 monthly for members, \$13.00 for nonmembers.**

**THE CRACKERBARREL, formerly called the DISCUSSION GROUP:** Tuesdays 10:00 a.m. 11:00 a.m., Conference Room. The same friendly faces and almost anything and everything is discussed. New members welcome! Fee: \$1.00 , non-members, \$2.00.

**GENEALOGY:** Third Tuesday of each month, 2:30 p.m.-4:30 p.m. Computer Room. Facilitated by Center member Liz Poitras. Some searches can involve the use of our computers Fee: \$1.00 plus \$1.00 for supplies , non-members, \$2.00

**CURRENT EVENTS:** Thursdays, 1:00 p.m. - 2:30 p.m., Exercise Room. Facilitator: Dee Pinkerton & Harry Spizman. Fee: \$1.00 for members, \$2.00 non-members.

## **VISUAL & PERFORMING ARTS**

**WATERCOLOR:** Wednesdays, 12:30 p.m. - 3:30 p.m., Craft Room. Instructor: Ellen Andersen. This is an ongoing class with new members always welcome. Cost: \$7 for members per class, \$8.50 for nonmembers.

**OIL & ACRYLIC PAINTING:** Thursdays, 9:30 a.m. - 11:30 a.m., Craft Room. Facilitator: Lucille Denning. We invite you to join us each week where you can bring your oils, acrylics, pastels, almost any art medium. We help each other in class and do our own thing. Fee: \$2.00, non members: \$2.50.

**SENIOR SINGERS:** Thursdays, 10:00 a.m. - 11:30 a.m., Bridge Room. We have great fun and sound wonderful! Join us if you love to sing. Auditions not needed!

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## LIFE SKILLS & SUPPORT GROUPS

**LIFE'S TRANSITIONS:** Tuesdays, 1:00 p.m. - 2:00 p.m., Conference Room. A place to discuss life's events, changes and items of interest. Bring a joke, story or cartoon to share. Open to all! Facilitator: Carolyn Kruse, MSW. Donation: \$1.00.

**DIABETES SUPPORT GROUP:** Open group, third Tuesdays, 9:45 a.m.-10:45 a.m., Exercise Room. Facilitator: Scott Theisen, MSW. Donation: \$1.00.

**HARD OF HEARING GROUP:** Contact Scott Theisen, MSW, about this group.

**PARKINSON'S GROUP:** Open group, fourth Tuesday of each month, 11:15 a.m. - 12:15 p.m., Craft Room. Facilitator: Scott Theisen, MSW. Donation: \$1.00

**SEA MAR LATINO SENIOR, PROGRAM PARA ADULTOS MAYORES:** Wednesdays, 10:30 AM, Conference Room. Spanish speaking seniors get together for informational speakers, interactive games, lunch. Facilitator: Ignacio Ayala. Venga a conocer nuevos amigos y a pasar un buen rato con gente como usted. El programa para adultos mayores en el Senior Center de Shorelines divertido y le gustara. Invitamos a todas las personas mayores de 55 anos a que vengan a nuestra reunion semanal todos los miercoles de 10:30 a 1:00 de la tarde hacemos alguna actividad, recreativa, comen su almuerzo y lo mas importante socializan y conocen gente nueva.

**STROKE GROUP:** Contact: Scott Theisen, MSW, about this group.

**CAREGIVER'S SUPPORT GROUP:** Open group, second Thursday of each month, 12:30 p.m. - 1:30 p.m., Computer Room. Facilitator: Randi Warner. Donation: \$1.00.

## CRAFTS

**HANDCRAFTERS:** Mondays, 9:30 a.m. - 11:30 a.m., Exercise Room. A group that meets each week to help produce items for our Holiday Bazaar held each November. *Back the first Monday in February.*

**BASIC KNITTING:** Mondays, 1:30 p.m. - 3:30 p.m., Craft Room. Instructor: Donna Ault. Donna can fix almost any mess and can teach you almost anything you need to know about knitting! Fee: \$1.00. , non-members, \$2.00

**"RUG BUGS" RUG MAKING:** Tuesdays, 1:00 p.m.-3:00 p.m., Exercise Room. New "ruggers" always welcome! Get help and chat about making braided rugs, some material available. Fee: \$1.00 members, \$2.00 non-members.

**WOODCARVING:** Tuesdays, 1:00 p.m. - 3:00 p.m., Craft Room. Taught by experienced teacher, Jerry Clapp. Jerry will furnish materia for beginners projects. Experienced carvers can bring their own projects. Tools will be available for purchase. **Fee: \$5 per class for members, \$7 for nonmembers.** There is an additional fee for project supplies.

**QUILTING & SEWING:** Tuesdays, noon - 3:00 p.m., Craft Room. We welcome all level quilters! The ThimbleBelle Quilters create a special quilt each year for our Holiday Bazaar.



**Quilt Raffle Winner, 2008!**  
**The Squires Family**

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# Computer Classes

**In order to be assured of your space in a class, or to make sure a class will be held, register & pay fees at least 3 days before the class date.**

Refunds for cancellations by students are made only if the class has not begun or when an emergency occurs. For information call 206-365-1536 or sign up at the front desk. **Limited to 5 students per class. Wait lists taken. If you bring your laptop computer we can accommodate up to 5 more in each class.**

**BASIC COMPUTER ORIENTATION:** For the very beginner with NO computer experience. Classes will be 4 two-hour sessions. Fee: \$40 for members, \$50 for nonmembers. **Pay fees in advance of class, please.** All sessions: 10:00AM-12:00PM

Wednesdays, January 7, 14, 21, 28

Instructor: Dick Harrison

Wednesdays, February 4, 11, 18, 25

Instructor: Zels Johnson

**INTERMEDIATE COMPUTER:** Prerequisite: 101 or equivalent. Review of Orientation class, introduction of Microsoft Windows XP, browsing the Internet, e-mail, and Microsoft Word. Classes will be 4 two-hour sessions. Fee: \$40 for members, \$50 for nonmembers. **Pay fees 3 days in advance of class.** All classes 1:30PM to 3:30PM

Thursdays, January 8, 15, 22, 29

Thursdays, February 5, 12, 19, 26

Instructor: Dick Harrison

**DIGITAL CAMERA BASICS:** Learn to use your digital camera more fully. How to take interesting and beautiful pictures. How to download pictures to a computer and edit them in order or enhance the subject. Classes will be 4 two-hour sessions. Bring your camera, we'll be going on a "field trip" around the center complex, take some shoots, then come back and apply your computer knowledge. You will also learn how to navigate the digital photo processors at a local store. Fee: \$40 for members, \$50 for nonmembers. **Pay fees 3 days**

**in advance of class.** Bring with you to class: the cable that came with your camera to download or a card reader such as a SanDisk for your size card. 1:30PM-3:30PM

Wednesday, January 7, 14, 21, 28

Wednesday, February 4, 11, 18, 25

Instructor: Dick Harrison

**COMPUTER WORKSHOP: ANSWERING YOUR QUESTIONS, SOLVING YOUR PROBLEMS.** Prerequisite: at least Basic Orientation or equivalent. In this class you will have the opportunity to ask questions about using your computer: keeping your computer up to date, adding and removing programs; keeping your computer up to speed by defragmenting and cleaning up files, even VISTA mysteries can be solved for you. Learn how to maneuver the Internet and fix basic problems that may occur on your computer and much more. Two 2 hour sessions. Fee: \$25 for members, \$35 for nonmembers. **Pay fees 3 days in advance of class.**

Monday, February 2 & 9, 10AM to noon

Instructor: Zels Johnson

**FIGURING OUT YOUR LAPTOP:** The instructor will help you get familiar with your new machine: working with the built-in mouse, options and ease of use, especially if you travel. You can even watch movies on your laptop! Find out how! **As an addition to the class: if you need help setting up your laptop, make an appointment for a two hour, one on-one set up consultation with our instructor.** The fee for this additional time will be \$14. Our instructor will help you with settings as well as set up an e-mail account with your own password; and importantly, set up security for your laptop. Make an appointment for this service with the instructor during your class session.

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Friday, January 9 & 16, 10:00AM-noon

Fee: \$25 for members, \$35 for nonmembers.

**Pay fees 3 days in advance of class.** Instructor: Zels Johnson

**Computer Bank Charity:** places refurbished computers with people who have a low income

*See page 4 of this Guide for more information*

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## Programs-Entertainment-Events

### JANUARY PROGRAMS

**Tuesday, Jan.6: Ice Cream Social**, right after lunch, sponsored by Richmond Beach Medical & Rehabilitation Center. A yummy treat from one of our neighbors!

**Tuesday, Jan. 20: PROBUS**, 11:00 A.M. in the Exercise Room. This meeting is open to all interested participants of the Senior Center.

**Thursday, Jan. 15 : Happy Birthday Member Lunch**, free lunch to members celebrating a birthday in January.

**Friday, Jan 16-March 6: Seniors Making Art**, 10:00AM to noon: no fees. **Illustrated Memoirs** with Constance Perenyi. Putting together words, photos, images and beautiful papers to make a book to preserve and celebrate your memories. Pre-registration necessary, at the Senior Center Front Desk or call 20-365-1536.

**Friday, Jan. 23: Red Hat Society**, 12:30 PM in the Bridge Room. The group is always planning a great activity. Please join us! Co-Queen Mums are Barbara Nilson and Lassie Davis.

### FEBRUARY PROGRAMS

**Tuesday, Feb. 3: Ice Cream Social**, right after lunch, sponsored by Richmond Beach Medical & Rehabilitation Center. A yummy treat!

**Tuesday, Feb. 17: PROBUS**, 11:00 AM in the Exercise Room.

**Thursday, Feb. 19: Happy Birthday Member Lunch** , free lunch to current members celebrating a birthday in February.

**Friday, Feb.27: Red Hat Society**, 12:30 PM, in the Bridge Room. Co-Queen Mums are Barbara Nilson and Lassie Davis. See the Red Hat Group's activity list on the front hall bulletin board.



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#### University House, Issaquah

Issaquah  
(425) 557-4200

#### Ida Culver House, Broadview

North Seattle  
(206) 361-1989

#### University House, Wallingford

Seattle  
(206) 545-8400

#### Ida Culver House, Ravenna

Seattle  
(206) 523-7315

#### Aljoia Thornton Place (2009)

Northgate  
(206) 306-7920

[eraliving.com](http://eraliving.com)



## Thrift Shop



**Come, Shop,  
Enjoy!**

**Shop hours:**

**9:30 a.m. -**

**3:30 p.m.**

**Monday through  
Friday**

**Lots of terrific finds are waiting.  
We look forward to serving you!**

**All Sales are final, all of the time.**



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# There's a Lot Going On Here!

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From our Thrift Shop: **COLLECTOR'S ITEM FIND:**

## **See's Candy Barbie Doll**

This special limited edition Barbie Doll has never been opened and the box is in mint condition with a few minor scratches and dings from shelf life. Copyrighted in 1999 by the Mattel, Inc., the back of the box states that "BARBIE DOLL'S FIRST JOB, See's Candied Salesperson". The blonde Barbie is dressed in the white See's uniform inside a See's Candy Store diorama which include miniature boxes of chocolates, a cash register, a shopping bag, "A happy habit poster" and a bag of candy her hand. There is a warning on the box that this contains small parts and not for children under 3 years of age.

THIS ITEM WILL BE UP FOR BIDS BEGINNING

January 5, 2009; closing: January 16, 3PM

See item on display at the Senior Center;

all proceeds to the Senior Center.

Be sure to check other great surprises at our

Thrift Shop!



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## **Seniors Making Art**

### **Illustrated Memoirs**

**starting Friday, January 16th**

**To run through, Friday, February 27, 10:00AM to noon.**

Use words, photos, images and a variety of beautiful papers to create a book to preserve and celebrate your memories. No artistic experience necessary.

Taught by Constance Perenyi

No fee, but pre-registration required, class size limited. Register at the Front Desk or call 206-365-1536

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## **ENTERTAINMENT BOOKS ON SALE!**

**STILL ONLY \$20!**

**PURCHASE AT THE SENIOR CENTER FRONT DESK.**

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# Power of One Program

## Shoreline- Lake Forest Park Your Community, Your Neighbors, Your Schools.

Have you been thinking about volunteering? Have you seen the signs and flyers talking about the Power of One Volunteer Program in the Shoreline schools? You will be happy to know that we are always looking for a few good people to assist our students. Even if you contact us now towards the end of the school year, we will find a place for you and have you in the perfect position to continue right into the next school year.

When you join the Power of One Senior Volunteers, you become part of a team working to help each child be successful in school. The time that you commit to each student is part of the overall strategy to help that student become a successful learner. Sometimes you are part of assessing what the student needs and sometimes you are part of the prescription for solving the learning problems. As an added benefit, you will become familiar with your

neighborhood school, the educational system as it works today, and the future of our community- the young people you assist.

Just remember it is never too late to make the call and join the Power of One Senior Volunteers.

Minimum one hour a week, 36 weeks a year,  
No penalties for taking time off for other activities,

Be a part of the solution. Satisfy your curiosity about how our schools really operate.

Call Cathy Liu Scott for more information about what you can do: 206-368-7911.

*The purpose of the Power of One volunteers is to assist our Shoreline schools to achieve excellent education for all students, even those who come with special challenges whether they are language deficiencies (learning English as a second language) or learning disabilities. We believe, as caring adults, we can assist these students to become successful learners.*

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## Social Work Services



### **COUNSELING**

Problem solving, family issues, adult children concerns, aging process questions, memory concerns, grief / loss issues, health questions, anxiety or depression. If you need someone to talk to who can give you ob-

jective feedback regarding your concerns, call Scott at 365-1536. He is at the Center every Tuesday and Wednesday, 9:30-4:00.

### **ENHANCE WELLNESS PROGRAM**

Want to change something about your life: more friends, exercise, better health? Then come see Scott at the Center about the Enhance Wellness Program or call Scott for an appointment: 206-268-6761 to leave a message and he will call you back.

**DIABETES GROUP** Open group. 3rd Tuesday of the month, 9:45-10:45 a.m., Exercise Room.

**LIFE'S TRANSITIONS GROUP** Open group. A safe place to discuss life's events, changes and issues of interest. Bring a joke, cartoon, or story to share. Facilitator: Carolyn Kruse, MSW. Every Tuesday, 1:00 - 2:00 p.m., Conference Room.

**HARD OF HEARING GROUP** Please contact Scott Theisen about this group.

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**A PARKINSON'S GROUP** Open Group, fourth Tuesday of each month, 11:15 a.m. - 12:15 p.m., Craft Room.

**A STROKE GROUP** Please contact Scott Theisen about this group.

**CAREGIVER'S SUPPORT GROUP** Open group, second Thursday of each month, 12:30-1:30, Computer Room. Donation: \$1.00.

**A MATTER OF BALANCE:** exercises and information on maintaining balance. More classes will be planned in 2009.

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## Other Services of Interest

**Senior Services Information and Assistance**  
**Senior Services can answer your questions: 448-3110**

### Medicare Info and Assistance

Do you need help to ease the frustration of making Medicare choices, sorting medical bills, or evaluating long term care insurance? Call the Senior Rights Assistance Program at 448-5720 or 1-800-972-9990, ext. 461.

### Senior Rights Assistance Program

FREE legal aid to seniors. The clinic is open for appointments from 1-3 p.m. on the first and third Friday of each month at Senior Services in Seattle, 2208 Second Ave. Call 448-5720 for information and an appointment. This is an amazing service for all seniors and their families.

A Medicare (SHIBA) & SRA Volunteer is at the Center on regularly scheduled days. Appointments can be made at the Front Desk.

### Senior Services Web Site

Our parent agency, Senior Services, has a web site for those of you "surfing the net." Check it out for information about our many programs and Senior Centers. Come see us at: [www.seniorservices.org](http://www.seniorservices.org)

### AA / Chemical Dependency Groups

For those who desire to stop drinking. Wednesday AA for women, at 7:30 p.m. Also SKIP, Mondays 7:00 p.m., for men and women at the Senior Center.

### Property Tax Exemptions

You may be eligible for a Property Tax Exemption for 2005 and beyond if your total annual income is \$35,000 or less and you are 61+

years by December 31 or under 61 and retired because of a physical disability, or you are a widow / widower at least 57 years of age whose spouse had an exemption at the time of death. For complete information contact the King County Assessor's Office at 296-3920.

### 55+ Job Employment Center

The Seattle Mayor's Office for Senior Citizens offers free Job Search workshops. The purpose of the workshops are to make you more savvy about your job search. Call 206-684-0500 for information.

### Utility Bill Discounts

Eligible senior citizens or people with disabilities can receive a 50 percent reduction on their Seattle City Light and Combined Utility bills. To qualify, the maximum gross income limits for a one-person house \$25,416/year or \$33,240/year for a two-person household. Call the Seattle Mayor's Office for Senior Citizens at 684-0500 for application information.

### Low-Income Senior Sanitary Sewer Discount Program

For Lake Forest Park residents, 62+, Income limits under \$27,250 for a one person household & \$31,150 for a two person or more household. Application/renewal forms available at the senior center or through the City of Lake Forest Park: 206-368-5440.

For Shoreline residents, 62+, income limits under \$27,250 for one person; \$31,150 for two or more. Application through Ronald Water District: 206-546-2494.

### Gold Card for Discounts

Gold Cards from The Seattle Mayor's office: call 1-888-435-3377 for more information.

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## Illness & Memorials

Get well wishes to Hazel Pizzano and Bea Robertson

Condolences to the family and friends of Leilani Miller and Ken McIntyre and Dr. James Naiden

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## Donations to Our Center

We'd like to express our deepest appreciation to all of our friends who donated to your Senior Center including: Carol Connors in Memory of Dan Connors; Sammie Sullivan Johnson in memory of Dr. Naiden

Donations from our community helped make our Holiday Bazaar a success, thank you to: Sky Nursery, Northwest Hospital Nurses, Rick Steves ETBD, Alki Tours, Dick's Drive Ins, Great Harvest Bread, Heritage Photographs, Ivar's and Kidd Valley, Museum of Flight, Mu-

seum of History and Industry, Seattle Art Museum, Burgermaster, James Alan Salon, Shoreline Dinner's Ready, Bob Pfiffer, Shoreline High School Interact Club, Greenwood Market, Central Market, North City Les Schwab, North Sound Carpets, Hombre Hair Salon, Sons of Italy, Charlotte Bachman, Janis Drake, Ann Marzan, Heather Hovey, Lynn Mathews, Leilani Miller, The Green Basket Company, Donna Ault, Ed & Jon Ann Cruver, Bob Lohmeyer.

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## Volunteer Opportunities

### Thrift Shop Loves Volunteers!

See Store Manager, Kathryn Egen, about how to volunteer in our fast growing Thrift Shop! You can work a four hour shift once a week, and help the Senior Center; retail experience not necessary. Call Kathryn on Mondays: 206-365-1536

### Front Desk Volunteers

Be in the center of the Center! The Front Desk Volunteers are at the very core: answering phones, helping with appointments, promoting the center's activities and membership and so much more.

Call Marilyn at 206-365-1536, 8:30AM to 12:30PM to volunteer or for more information.

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## Membership

Membership for the 2009 calendar year is \$22.00 for a single household or \$35 for a couple. **This membership will be good through December of 2009**

You will be asked to show your membership card in order to get member prices. We thank you for your faithful membership throughout the years. We are working hard so that we can continue to serve you well. Sign up at the

Front Desk or mail the membership form in this Activity Guide. **Membership must be renewed every year. Reduced membership dues in the last quarter of the year will apply to NEW members only.**

2009 Memberships can be renewed at the Center's Front Desk or mail in the application/renewal form included in this Activity Guide.

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## Special Thanks

Thank you to the **Cities of Shoreline and Lake Forest Park** for their generous support. Thank you to the **Knossos Foundation** in support of the Power of One Program and to **United Way of King County**. The Holiday Bazaar was a great success again this year thanks to the hard work of dozens of volunteers. Individuals won't be listed for fear of leaving someone out, but expressions of appreciation goes to the Chairpersons: Florine Goosen and Alice Lucas for the Rummage Sale; Nancy Gorgen and Donna Ault for the Handcrafters; Sally Swank and George Bundy for the food service; Bev Kay for the Silent Auction, Patty Price for the Holiday Boutique; the ThimbleBelle Quilters for the Raffle Quilt; to

Scott Keeny for membership; Merlita Sansano and Heather Hovey for the Bake Sale; the Front Desk volunteers. Some of our classes helped by making donations to the Silent Auction. Thank you for your support of your Senior Center: Joe Mraz from Line Dance, the French Class, the Senior Singers, the PM EnhanceFitness class, the Friday Book Group, the Sign Language class, and the Front Desk Receptionists.



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## Special Information

### SHIBA

A statewide network of trained volunteers who educate, assist and advocate for consumers about their rights and options regarding health insurance and health care access, so they can make informed choices. Our volunteer, Anita Matson, comes two Friday, mornings each month, Yuri Sosinov is here the other two months. Call the Shoreline-LFP Senior Center at 206-365-1536 for an appointment or for telephone help with health insurance questions, or call 1-800-562-6900 to reach the SHIBA Helpline.

### THRIFT SHOP DONATIONS

Donations to our Thrift Shop help with one of our most important and consistent fundraising programs. In order to serve our patrons well we have certain guidelines we need to follow:

1. Donated clothing items need to be in good repair and CLEAN, please
2. We CAN NOT accept exercise equipment, medical equipment or supplies, large pieces of furniture or large appliances.
3. We CAN NOT accept electronics, old computers and such. It costs us to get rid of them when they don't sell.

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# Your Senior Center

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## Senior Center Ambassadors

To help our total community understand who and where we are, several of our volunteers, staff, participants and instructors have gone to the weekly Shoreline City Council meetings to inform them of the activities and programs going on at the center.

We are seeking passionate volunteers to go to the city council meetings. They are held at the north-end of the Shoreline Conference Center, every Monday. Times will vary between 6:30PM and 7:30PM, alternating each week. "Mic" time is only 3 minutes and volunteers are provided a script which they may follow or just use as a guide. Judy Parsons, one of the center's Program Coordinators, will help with information and how-tos.

In addition to letting the city council know what's up at our center, the meetings are telecast on Channel 21, so this is a good way to get good information out to more people.

**How you can help? Call Judy at 206-365-1536 to get a time and topic, or let her know what you'd like to talk about, something that you think people need to know about this center.**

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*Happy New Year  
Everyone!*

**2009!**



Here's a challenge for you:

How about trying something NEW at the Senior Center?

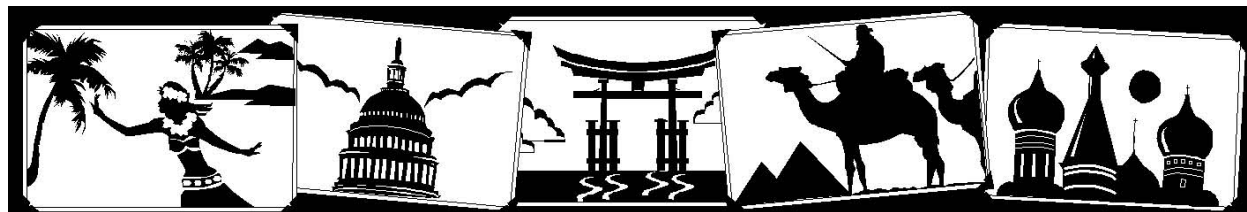
An exercise class: we have lots and you know you need it!

Come to lunch at least once a week: check out our menus for January & February.

Come shoot a game of pool, play pinochle, go to watercolor class,  
join the Senior Singers, take up knitting, woodcarving, brush up on your French, or.....  
pick one of 50 classes offered here at the center!

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## Travel Information



*Come by the center and check out all the listings at our travel desk or you may book a trip. If you arrange a trip through the travel company, call us to let us know. The travel company will give us a small commission. Thank you for your support.*

**Book your trips through us and help make bucks for the Center!  
Call to find out how: 206-365-1536.**

### PLEASE NOTE:

The Shoreline-Lake Forest Park Senior Center offers a variety of information classes, but does not endorse any speaker. The presenters have been asked not to solicit or call any clients and to give information ONLY. We suggest you listen to a variety of presenters before you make any kind of decision. Presentations are meant as an educational opportunity and no marketing is allowed.

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## Grandparents Corner

*(as space permits, Judy will insert some hints and helps for Grandparents, or Great Grandparents in dealing with the little ones in their lives.)*

Winter has kept you inside, and you are watching your grandchildren for the day. Why not make a fun day of it, and make a special treat together?

### Easy Chocolate Drops

1 cup chocolate chips

1 cup butterscotch chips

1-½ cup shoestring potatoes (Break them up slightly because they are so long.)

1-cup peanuts (dry roasted, unsalted, slightly chopped)

Melt chips in the microwave, slowly about 10 to 15 seconds each time until melted.

Stir in shoestring potatoes and peanuts.

Drop 1 Tablespoon full of the mixture on wax paper, until all mixture is used.

Put the Chocolate Drops in the refrigerator until hard, about 15 minutes.

Makes 3 ½ dozen.

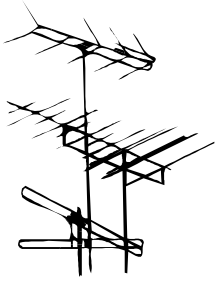


Adapted from, "Christmas Cookies & Candies" by Grandma Bonja.

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## MORE WAYS OF GETTING ASSISTANCE FROM YOUR SENIOR CENTER

### What About HDTV Conversion?



TV in the US will switch to all-digital broadcasting starting February 17, 2009.

That means if you have cable, or satellite  
or already had a TV with a digital tuner, you are set to go.

BUT if you have an outside antenna or rabbit ears on an old TV set,  
you need to make a choice:

1. purchase a converter box so you can continue to use your current television,
2. Switch to cable or satellite service....a paid service,
3. Buy a new TV with an ATSC digital tuner.

#### If you are going for the converter box but need help to install it:

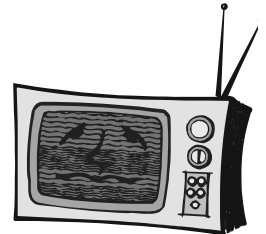
You can get help at least two ways: 1. contact KCTS9 : "sign up for our DTV help list and we'll help keep you up to date so you can make the switch smoothly. Call Member services 1.800.937.5287 or go to KCTS.org

2. **For Center members**, the Senior Center has some "techs" who can come to your home to install your converter box. **You must have your box ready to install before they come.** Call 206-365-1536 to make an appointment.

Purchasing a converter box using the **TV Converter Box Coupon Program**

**You can receive a \$40 off coupon by :**

1. picking up a Coupon application at the Senior Center,
2. Complete an application on-line at [www.DTV2009.gov](http://www.DTV2009.gov)
3. You can request up to 2 coupons.
4. **The converter boxes is expected to cost between \$40 and \$70, so a \$40 coupon would be a great help.**



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### TAX PREPARATION WITH AARP VOLUNTEERS

Offered again, this year, but off-site. Make appointments through the center, 206-365-1536, starting in January, 2009, for every Friday, beginning February 6th until April 10th. Preparers will be in the "little house" behind the Shoreline Community Church, directly across the street from the center. This site is not handicapped accessible; call 206-361-2777 if you need accessibility consideration.

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Senior Services

# January 2009

## Community Dining – Hot Lunches

Served at various locations throughout King County. Please call (206) 448-5768 for the location nearest you.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Special thanks to Starbucks &amp; Ivar's for donating their products to Community Dining</b>		<b>Happy New Year Everyone!</b>	<b>Closed for Holiday</b>	<b>1</b> Quiche Lorraine Vegetables Spinach Salad Bavarian Roll Peaches
<b>5</b> Linguini Pasta w/Meat Sauce Parmesan Cheese Spinach Salad w/Dressing Garlic Breadstick Tropical Fruit	<b>6</b> Sliced Turkey w/Gravy Mashed Potatoes Vegetables Cranberry Jelly Wheat Parker House Roll Sliced Peaches	<b>7</b> Polish Sausage w/Mustard Hot Dog Bun Sauerkraut Beans in Tomato Sauce Broccoli Fruit Cocktail	<b>8</b> Chicken Stir Fry Steamed Rice Bavarian Roll Lemon Pudding	<b>9</b> Pork Roast Steamed Red Potatoes Broccoli Brown Gravy French Bread Applesauce
<b>12</b> Curried Chicken Breast w/Sauce Coconut Rice Vegetable Mix Whole Wheat Bread Fresh Orange	<b>13</b> Minestrone Soup Corned Beef on Rye Sandwich Sliced Peaches	<b>14</b> Pork Chop w/ Pepper Cream Gravy Yams Mustard Greens Cornbread Apple Strudel Stick	<b>Member Birthday Lunch 2/15</b> Baked Chicken Breast w/Gravy Garlic Mashed Potatoes Vegetables Bavarian Roll <b>Yummy Birthday Cake</b>	<b>16</b> Hamburgers Tator Tots Coleslaw Lettuce & Tomato Slice Mandarin Oranges
<b>19</b> <b>Closed in Observance of Martin Luther King, Jr. Day</b>	<b>20</b> Beef Stroganoff Curly Noodles Mixed Vegetables Wheat Roll Chocolate Pudding	<b>21</b> Quiche Lorraine Vegetable Mix Bavarian Roll Fresh Orange	<b>22</b> Beef Pot Roast Spinach Salad w/Dressing Biscuit Birthday Cake	<b>23</b> Turkey Tetrazzini Green Salad w/Dressing Small Whole Wheat Roll Tropical Fruit Mix
<b>Chinese New Year 26</b> Sweet & Sour Chicken Brown Rice Vegetables Parker House Roll Mandarin Oranges	<b>27</b> Fruit Glazed Turkey Ham Scalloped Potatoes Vegetable Mix Cornbread Fruit juice Cookie	<b>28</b> Breaded Fish Fillet Tartar Sauce Mac & Cheese Spinach Wheat Roll Apricots	<b>29</b> Vegetarian Lasagna Green Salad w/Spinach w/Dressing Garlic Bread Tropical Fruit	<b>30</b> Meatloaf w/Gravy Mashed Potatoes Sliced Carrots Bavarian Roll Fresh Orange



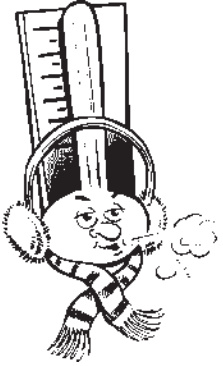
# February 2009

## Community Dining – Hot Lunches

Served at various locations throughout King County. Please call (206) 448-5768 for the location nearest you.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Swiss Steak w/ Tomato Onion Gravy Red Potatoes Vegetable Mix Parker House Roll Strawberry Ice Cream	<b>3</b> Meatballs in Sauce Vegetable Mix Spinach Salad w/Dressing Hoagie Roll Tropical Fruit	<b>4</b> Roast Beef w/Gravy Mashed Potatoes Baby Carrots White Bread Mandarin Oranges	<b>5</b> Pineapple Pepper Pork Steamed Rice Broccoli Multi Grain Roll Fresh Apple	<b>6</b> BBQ Chicken Breast Beans in Tomato Sauce Zucchini Squash Cornbread Pears in Gelatin
<b>9</b> Chicken Italian Sausage Bow Tie Pasta Vegetable Mix Garlic Bread Sliced Peaches	<b>10</b> Turkey Ham w/Pineapple Yams Green Beans Bavarian Roll Fresh Orange	<b>11</b> Meatloaf w/Gravy Mashed Potatoes Peas & Carrots Coleslaw Wheat Parker House Roll Lemon Pudding	<b>12</b> Baked Chicken Quarter w/Gravy Mashed Potatoes Sliced Beets French Roll Raspberry Sherbet Cookie	<b>13</b> Sliced Turkey w/Gravy Mashed Potatoes Vegetable Mix Cranberry Jelly Parker House Roll Banana
<b>16</b> <b>Closed for Presidents' Day</b>	<b>17</b> Ivar's Clam Chowder Sausage Pizza Tossed Green Salad Fruit Yogurt	<b>18</b> Shepherd's Pie w/Mashed Potatoes Green Beans Spinach Salad w/Dressing Mandarin Oranges	<b>Member Birthday Lunch 19</b> Turkey Pot Roast w/Gravy Whipped Potatoes Vegetables Whole Wheat Roll <i>Birthday Cake</i>	<b>20</b> Beef Stew Green Salad w/Spinach w/Dressing Whole grain Roll Apricots
<b>23</b> Orange Chicken Breast White Rice Vegetables Parker House Roll Plums	<b>24</b> Salisbury Steak w/ Mushroom Gravy Baked Potato Winter Mix Whole Wheat Bread Cookie	<b>25</b> Breaded Fish Square w/ Tartar sauce Hamburger Bun Tator Tots Coleslaw Lettuce/Tomato Apricots	<b>26</b> Meat Balls Penne Pasta Marinara/Parmesan Cheese Spinach Salad w/ Dressing Garlic Breadstick Mandarins	<b>27</b> Vegetarian Quiche Spinach Salad/Dressing Whole Grain Roll Chocolate Ice Cream
				<b>Special thanks to Starbucks &amp; Ivar's for donating their products to Community Dining</b>

**BRR! WINTER  
WEATHER/  
ADVERSE  
WEATHER**



**If the Shoreline School District is CLOSED  
the Senior Center will be **CLOSED!****

*Classes, activities, nutrition and transportation will be cancelled at the Senior Center if the Shoreline School District closes because of bad weather.*

If the schools are open, but you are not sure about center activities, call us:

**206-365-1536**



If the School District is running late, we will be open our regular hours. Lunch will be served, but some classes may be canceled. Call to make sure your class, appointment or other activity is going to be held:

**206-365-1536**

Senior Services of Seattle-King County  
Shoreline-Lake Forest Park  
Senior Center  
2208 2nd Ave.  
Seattle, WA 98121

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