“Enhancing the emotional, social, and physical well-being of Boomers and Beyond”

January/February/March 2018 Issue

Upcoming Events, Activities and Classes
Page 2, 4-7

See What’s On The Menu For Lunch
Page 8-9

Good Things To Know When You Need Help
Page 10
Upcoming Events, Fundraisers, and Activities

SESSC Members Annual Meeting

Monday January 22nd, 2018
10:00am - 1:00pm
Location: Social Hall

Lunch will be Served.
Please sign up at the Front Desk or call 206-722-0317 to reserve your spot by Wednesday, January 16th.

Southeast Seattle Senior Center Presents
RAINBOW BINGO!
PAJAMA-RAMA
Friday, Mar. 9, 2018, 6-9pm
Beer, Wine and Jello-Shots Available

This zany and silly fundraiser welcomes anyone (21 and over) for a night of games, pandemonium, prizes and entertainment by Sylvia O’Stayformore, plus the Sisters of Perpetual Indulgence.

- Price includes 12 Bingo Games
- Wheelchair Accessible
- Dinner and Drinks Available Separately
- Reserve a table of 6 more for you and your friends

Ticket Information
- $20.00 per person In advance
- $25.00 day of event

Purchase Your Tickets
- Online at www.sessc.org
- By Phone via credit card (206) 722-0317
- In Person at the SESSC Front Desk

$75.00 per person — $85.00 after January 28, 2018
Happy New Year!

It seems hard to believe that the new year is here! As we noted in the previous newsletter, 2018 will be a year with challenges and opportunities. One of our goals in 2018 is to raise significant revenue in order to sustain our Center. The money raised from these events will support the programs and activities you enjoy. We are counting on your support, whether you attend our events or invite your friends and those you know to join us.

Plan to attend our Annual Members’ Meeting on Monday, January 22, from 10:00 a.m. to 1:00 p.m. We will share with you information regarding the future plans for the Center, the financial status of our Center and compelling and momentous changes in our relationship with Sound Generations. Because these changes will impact you, it is critically important that you attend so that any questions or concerns you might have can be addressed.

Last but not least, we are happy to let you know that our Enhance Fitness instructor, Mark Bryant, is back! His classes will be on Mondays and Thursdays, starting January 8, from 8:45 a.m. to 9:45 a.m.

Thank you for your continued participation and support.

With Gratitude,

Lynda Greene, SESSC Executive Director

Barbara Chamberlain, SESSC Board President
Classes and Activities

**COFFEE BAR AT THE B & B CAFE**
Monday - Friday, 9:00am - 11:00am  
Location: Social Hall  Coffee: $0.50  
Enjoy coffee among friends.

**SOUTH END CRAFTERS**
1st Mondays, Starting February 5th, 11:00am - 12:30pm  
Location: Arts and Crafts Room  
Instructor: Fai Coffin  Cost: $4.00 Members, $8.00 Non-Members  
Join a warm and welcoming group of crafters. Occasional material fees might apply. Sign up at the Front Desk.

**COMMUNITY DINING LUNC** 
Monday - Friday, 12:00pm - 12:45pm  
Location: Social Hall  
Cost: Age 60+: $4.00 Suggested Donation  All Others: $10.00  
All Community Dining lunches are made from scratch. Our chef, Sharon Smith, puts together a homemade meal and is assisted by SESSC volunteers. You may pick up a copy of the monthly menu at the Front Desk.

**OPEN-STUDIO (DAY USE) WEAVING**
Monday - Friday, 9:00am - 3:00pm  
Location: Weaving Room  Cost: $5.00 per day  
Experienced weavers and those who have completed their first two samplers are invited to utilize SESSC looms on an open-loom basis. A pre-paid punch card is available for your use. Purchase card at Front Desk.

**HANDS-N- FEET**
Mondays, 1:00pm - 3:00pm  
Location: SESSC Library  
Instructor: Patricia Scott  Cost: $1.00 Members, $2.00 Non-Members  
Patti Scott will teach you to play this fun card game.

**YOGA**
Tuesdays, 9:00am - 10:00am  
Location: Multi-Purpose Room  
Instructor: Julie Fournier, Susanna Reynolds  
Cost: $10.00, Members, $20.00 Non-Members per class  
This down-to-earth class is perfect for students new to yoga, who might be intimidated by the idea of yoga or curious about yoga. Sign up at Front Desk.

**DOMINOES**
Wednesdays, 9:30am - 11:30am  
Location: Arts and Crafts Room  
Cost: $2.00 Members, $4.00 Non-Members

**REGULAR BINGO**
Wednesdays, 12:30pm - 3:00pm  
Location: Social Hall  Bingo Manager: Patricia Vazquez  
Cost: $5.00 Buy-in, $3.00 if you bring a new player  
Come join the fun!

**WE’RE COLORING ANYWAY!**
Thursdays, 10:00am - 11:00am  
Location: Social Hall  Cost: Complimentary  
Coloring can be a healing and therapeutic activity for adults. It can help ease tension, is relaxing, and inspires creativity. The Center has a limited supply of crayons and books to color you may use. Please join us!

**ALISS LUNCH GATHERING**
First Thursday of the Month  
Gathering at 11:30am  
Location: Arts and Crafts Room  
Facilitator: Fai Coffin  
Cost: Free for Gathering, $4.00 Suggested Donation for Lunch  
Aging Lesbians in South Seattle. This is a gathering primarily for lesbians but all are welcome to attend.

**ALISS EVENING GATHERINGS**
2nd and 4th Tuesdays, 6:30pm - 8:00pm  
Location: Social Hall  
Facilitator: Fai Coffin  
Aging Lesbians in South Seattle. This is a gathering primarily for lesbians but all are welcome to attend.

**BEACH VOLLEYBALL**
Thursdays, 1:30pm - 2:30pm  
Location: Social Hall  
Instructor: Marcelino Gomez  Cost: $2.00 Members, $4.00 Non  
This is a modified form of volleyball played by sitting in chairs and using a beach ball. This class is part of the Thursday Chair Exercise class.

**CHESS CLUB**
Tuesdays, 10:00am - 1:30pm and Fridays, 11:30am - 1:30pm  
Location: Social Hall  
Facilitator: Alexander Arceo  
Cost: $2.00 Members, $4.00 Non-Members  
Play a game of chess with a friend or come to learn how to play. It is never too late to learn how to play chess.

**“HAPPY HANDS” QUILTING GROUP**
1st and 3rd Thursdays, 9:30am - 12:00pm  
Location: Arts and Crafts Room  
Facilitator: Patty Buckingham  
Cost: $4.00 Members, $8.00 Non-Members  
Quilting has returned! All are welcome to join.

**CONVERSATIONAL SPANISH CLASS**
Fridays, 10:30am - 11:30am  
Location: Wellness Room  
Instructor: Marcelino Gomez  Cost: $2.00 Members, $4.00 Non-Members  
Contrary to popular perception, Spanish is an easier language to learn than English! Learn under the tutelage of Marcelino Gomez. Sign up at the Front Desk.

**FRIDAY MOVIES**
Fridays, 12:30pm - 3:00pm  
Location: Multi-Purpose Room  
Movie Monitor: Patricia Stonehocker  
Cost: $2.00 Members, $4.00 Non-Members  
Enjoy a wide variety of movies ranging from the classics like “Casablanca” and “The Wizard of Oz” to modern favorites like “The Lord of the Rings”.

**CLASSIC MOVIES FROM SCARECROW VIDEO ON THE SECOND FRIDAY OF THE MONTH**
2nd Fridays, 12:30pm - 3:00pm  
Location: Multi-Purpose Room  
Movie Monitor: Patricia Stonehocker  Facilitator: Rhias Hall  
Cost: $2.00 Members, $4.00 Non-Members  
On the second Friday of the month, Scarecrow Video will present a classic movie for your viewing enjoyment.
ENHANCE FITNESS WITH MARK BRYANT
Mondays and Thursdays, Starting January 8th, 8:45am - 9:45am
Location: Social Hall
Cost: $24.00 members, $48.00 non-members, per month
Focus is on standing, aerobics, stretching, balance, and strength training.
Get in shape, get fit! Sign up at the Front Desk.

SELF DEFENSE FOR SENIORS
Thursdays, January 4th-25th, 11:00am - 12:00pm
Location: Social Hall
Instructor: Mark Bryant
Cost for Entire Class: $24.00 members, $48.00 non-members
Learn to defend yourself. Mark Bryant will show you how.

BEGINNING WEAVING
Tuesdays, 9:00am - 12:00pm
Location: Weaving Room  Instructor: Linda Stryker
Cost : $15.00 Members, $30.00 Non-Members per session
This is a continuous meeting time. Call instructor to see if a loom is open.
All materials provided. Calculate, warp and weave two samplers. Most people take 4-5 sessions to complete their samplers. Contact Linda Stryker at 206-431-9213 or LLStryker@hotmail.com if you are interested.

CLASSIC GAMES DAY
Tuesdays, 9:00am - 11:00am
Location: Social Hall
Facilitator: Alex Arceo  Cost: Complimentary
Join us to play classic games like Uno, Scrabble, and Old Maid.

ADAPTIVE YOGA
Selected Tuesday Evenings, 6:30pm - 7:45pm
January 9th, 16th, 23rd, 30th and February 6th
Location: Multipurpose Room
Instructor: Nicole Hamilton  Cost : $15.00 per person per class
Do you have physical limitations and think it means you can’t participate in yoga? Yoga can be for everyone! This class is geared to participants with really different abilities. Participants may attend both sessions. Pre-registration is required at Front Desk.

FOOT CARE WITH ECHO
By Appointment Only
Tuesdays, 8:30am - 3:30pm
Location: Wellness Center
Foot Care Specialist: Echo Aumick
Cost: $25.00 members/$30.00 non-members - Until Further Notice
Echo Aumick is a caring and experienced foot care provider trained to take care of some foot conditions. She is also certified to treat the feet of those with diabetes. Cancellation a day before your appointment is acceptable. No-shows will be charged the regular fee. Sign up at the Front Desk for your appointment. Gift Certificates Available. Buy one for someone you care about.

MASSAGE THERAPY
By Appointment, 9:30am - 3:30pm
Except the first Wednesday of the month
Location: Wellness Center
Massage Therapist: Heather Robinson
Cost: $25.00 members/$30.00 non-members per 1/2 hour - Until Further Notice
Heather Robinson provides a low-cost, 30-minute or 60-minute therapeutic massage by appointment. Call (206) 722-0317 to make an appointment in advance or register at the Front Desk. No shows will be charged the regular fee.

HELP WITH PCS, LAPTOPS, SOCIAL MEDIA, SMART PHONES AND TABLETS
Fridays, 1:00pm - 2:00pm
Location: Computer Lab
Facilitator: John Mistur  Cost: Complimentary
John can help you with any questions or problems you might have with these items. He can also help you create various documents and establish a free e-mail account. We encourage you to take advantage of his expertise.

SESSC BIRTHDAY LUNCHES
3rd Thursday of the Month, 12:00pm - 1:00pm
Location: Social Hall
Cost: $4.00 Suggested donation ages 60+, $10.00 under 60
Free for SESSC Members with CURRENT membership with a birthday in a corresponding month listed above.
**Classes & Activities**

**ANNUAL MEMBERS MEETING**  
Monday, January 22nd, 10:00am - 1:00pm  
Location: Social Hall  
Plan to attend the 2018 Annual Members Meeting. We will discuss the SESSC budget and the direction the Center will go in 2018 over lunch. Be sure to sign up at the Front Desk or call 206-722-0317 reserve your spot and ensure you will have lunch. Priority for lunch is given to those who RSVP.

**RECLAIM YOUR SPACE**  
2nd Mondays, January 8th, February 12th, March 12th, 1:00pm - 2:00pm  
Location: Multipurpose Room  
Cost: $3.00-$10.00 Suggested Donation per meeting  
Instructor: Jaime Clark, MSW  
Do you have emotional difficulty or isolation due to extreme clutter? Have difficulty discarding (or recycling, selling, giving away) ordinary items? Do you avoid inviting people into your home due to extreme clutter? Many people who struggle with hoarding find group support very helpful and empowering. Open group, no registration required, but RSVP requested.  
**NO ONE IS TURNED AWAY IF UNABLE TO MAKE A DONATION**

**REIGNITE THE MIND WITH IMAGINATION AND PLAY!**  
Mondays, January 8th, 15th, 22nd, 10:30am - 11:30am  
Location: Multipurpose Room  
Instructor: Pam Nolte  
Cost: $2.00 Members, $4.00 Non-Members  
Back by popular demand! Get ready to leave the stress behind and enter the joy of imagination with Taproot Theatre founder, actor and teaching artist, Pam Nolte. Imaginative journeys and improvised games free the mind and unleash the laughter for an hour of success for every participant! There is no memory component required — just a desire to learn new things and have a great time with others. Care partners are welcome to join in. Sign up at the Front Desk.

**CAREGIVER SUPPORT GROUP**  
2nd Tuesdays, January 9th, February 13th, March 13th, 1:00pm - 2:30pm  
Location: Multipurpose Room  
Facilitator: Toni Crutchfield  
Cost: Complimentary  
Open to anyone caring for an older adult or adult with a disability. Talk with other Caregivers. Discuss challenges, frustrations, what works, resources, and services. Contact Toni Crutchfield of Sound Generations at (206) 727-6210 for more information.

**UNITED HEALTH CARE - HOW THEY CAN HELP YOU**  
Wednesdays, January 10th and 24th, 10:00am - 11:00am  
Location: Social Hall  
Facilitator: Sharon Reyes  
Cost: Complimentary  
Sharon will be here on the days listed above. She will be able to determine if you might be eligible for benefits outside of original Medicare. See page 11 for more details.

**WATCHING SELMA - REMEMBERING MARTIN LUTHER KING, JR.**  
Thursday, January 11th, 10:00am - 12:15pm  
Location: Multipurpose Room  
Cost: for Movie: $2.00 Members, $4.00 Non-Members  
Cost for Lunch: $4.00 Suggested donation  
The Center will be showing the movie, “Selma,” starring David Oyelowo as Martin Luther King, Jr., who rallied his followers on the historic march from Selma to Montgomery, Alabama. Discuss the movie with others over lunch in our Community Dining Program.

**MOMENTIA DRUM CIRCLE - (FORMALLY DEMENTIA FRIENDLY DRUMMING CIRCLE ON THE THIRD FRIDAY OF THE MONTH)**  
3rd Mondays, January 15th, March 19th, 11:00am - 12:00pm  
Location: Social Hall  
Cost: Complimentary, Donations Welcome  
Facilitators: John Britt, and Kenny Mandell  
Momentia Seattle is a grassroots movement empowering people with memory loss and their loved ones to remain connected and active in the community. Join this facilitated, dementia-friendly Momentia Drum Circle, where people with all stages of memory loss can come together and explore the healing nature of rhythm and beats. No registration is required.

**MOMENTIA MONDAYS**  
Mondays, beginning January 10th, 10:30am - 11:30am  
Location: Multipurpose Room  
Facilitator: Jaime Clark, MSW  
Cost: Suggested Donation of $3-$10 per meeting  
Momentia is a grassroots movement empowering people with memory loss and their loved ones to remain connected and active in the community. Join us to explore the possibilities of different ways to stay engaged while living with memory loss. This is a great way to create diverse and accessible programming here at the SESSC!  
**NO ONE IS TURNED AWAY IF UNABLE TO MAKE A DONATION**

**HEART HEALTH**  
Wednesday, January 31st, 11:00am - 12:00pm  
Location: Multipurpose Room  
Facilitator: Christy Goff  
Cost: Complimentary. Donations welcome.  
Back by popular demand! In this class, participants will leave with an understanding of the types of heart disease and what their numbers mean when talking about cholesterol, blood pressure and blood sugar. They will also discover heart-healthy lifestyle approaches, including nutrition, physical activity and stress management. RSVP requested. Call 206-722-0317 or sign up at the Front Desk to reserve your spot.

**VALENTINE’S DAY COOKIE AND CARD MAKING ACTIVITY**  
Wednesday, February 14th, 10:00am - 12:00pm  
Location: Social Hall  
Facilitator: Fai Coffin and Alex Arceo  
Cost: $5.00 Members, $10.00 Non-Members  
No baking or card making skills necessary. Have a lot of fun mixing all the ingredients to make cookie dough and use cookie cutters to form cookies. Next we’ll bake them and as the cookies are baking we can make valentine cards. You can share the cookies with your friends and bring some home for family, friends or just yourself. Sign up at the Front Desk.

**AARP DRIVER SAFETY COURSE**  
Session 1: Friday, February 16th and 23rd, 9:00am - 1:00pm  
Session 2: Friday, April 27th and May 4th, 9:00am - 1:00pm  
Location: Multipurpose Room  
Facilitator: Marge Lutton  
Cost: $15.00 AARP Members, $20.00 Non-AARP Members  
Now is a great time to refresh and enhance your driving skills. This is a great course to get you “up to speed” with the latest information on driver safety. Completion of the course may make you eligible for a discount on your car insurance. Each session is a complete course. Sign up at the Front Desk.
SHARE YOUR STORY - SHARE YOUR JOURNEY - SESSC’S BLACK HISTORY MONTH EVENT
Friday, February 23rd, 11:00am - 12:00pm
Location: Social Hall
Cost: Complimentary. Any monetary donation is welcome
This will be an opportunity for SESSC members of African American heritage to share with all in attendance their stories, family history, and perhaps how they found their way to the Pacific Northwest. Refreshments will be available. Contact Alexander Arceo at 206-722-0317 if you are interested in sharing your story.

RAINBOW BINGO - PAJAMA-ARAMA
Friday, March 9th, 6:00pm - 9:00pm
Location: Social Hall
Volunteer Bingo Manager: Patricia Vazquez
Cost: $20.00 In advance, $25.00 At the door
Join the fantastic Ms. Sylvia O’Stayformore at the Southeast Seattle Senior Center for prizes and pandemonium to raise money for the Center’s programs.

ST. PATRICK’S DAY COFFEE, LIMERICK AND PASTRY PARTY
Friday, March 16th, 10:00am - 11:00am
Location: Social Hall
Cost: Complimentary
Join us for a coffee with Bailey’s Irish Cream or tea and munch on a pastry or while reading limericks, or if you are daring and willing, take the time to write your own and share it with the group. Bring your friends!

APRIL FOOLS CRAZY HAT DAY
Monday, April 2nd, 12:30pm - 1:30pm
Location: Social Hall
Cost: $2.00 Suggested Donation
Sport your favorite hat or make one out of the materials provided. Special prizes for the most original hat and crazy hat. Refreshments provided.

SESSC Casino Trips

EMERALD QUEEN CASINO 27 SPACES, NO WHEELCHAIRS
Tuesday, January 30th, 9:00am pickup, 3:00pm return
Cost: $8.00 Members, $16.00 Non-Members
It’s time to return to the Emerald Queen Casino. Sign up and pay for trip at the Front Desk. Not a gambler? Climb aboard anyway and have lunch!

RED WIND CASINO 25 SPACES, NO WHEELCHAIRS
Tuesday, February 27th, 9:00am Pickup, 3:00pm Return
Cost: $8.00 Members, $16.00 Non-Members
It’s Red Wind Casino time. Sign up and pay for trip at the Front Desk. Not a gambler? Climb aboard anyway and have lunch!

LUCKY EAGLE CASINO 27 SPACES, NO WHEELCHAIRS
Tuesday, March 27th, 8:30am Pickup, 3:00pm Return
Cost: $8.00 Members, $16.00 Non-Members
Feeling lucky? Come on over to the Lucky Eagle Casino. Sign up and pay for trip at the Front Desk. Not a gambler? Climb aboard anyway and have lunch!

SESSC Closures
Martin Luther King, Jr. Birthday - Monday, January 15
Presidents’ Day - Monday, February 19

SESSC AND SEATTLE PARKS JOINT PROGRAMS
To register and make payment for joint programs:
1) Call Angela Smith at 206-684-7484.
2) Go online at www.seattle.gov/parks, register at your local Parks community center, or call the Business Service Center at 206-684-5177. Cash, Check, Visa, MasterCard, and American Express are accepted.
Make checks payable to ‘City of Seattle.’ These activities are not held at the SESSC. Please be sure to refer to each activity to determine locations, times, and dates.

MICROSOFT VISITORS CENTER - 172381
Tuesday, January 9th, 10:00am - 2:30pm
Contact: Angela Smith Cost: $12.00
Explore the hands-on interactive exhibits where you’ll experience a glimpse into the future, balanced with a nod to the past, e.g., the first computer. See the latest from Microsoft Artificial Intelligence and the history of innovation in between. Lunch and free time at Redmond Town Center.

SEATTLE CHOCOLATE CO. AND CULINARY ARTS - 172384
Tuesday, February 13th, 9:30am - 4:30pm
Contact: Angela Smith Cost: $14.00 plus fee
Taste and discover the history of untold stories at Seattle Chocolate Company, and learn how new flavors are invented. Next, lunch at the highly regarded Culinary Arts Program at South Seattle College where students prepare savory and sweet meals for the moderate palate. See why this is the bakery’s favorite time of year. Please note, the guided chocolate tour includes a fair amount of walking and stairs. Call programer to arrange ADA accommodation upon registration. $10.00 for tour, and lunch on your own.

STROKE AWARENESS/HANDS-ONLY CPR
Wednesday, January 10th, 12:15am - 1:15pm at Rainier Beach - 172340
Wednesday, March 14th, 10:30am - 11:30am at Rainier - 172342
Contact: Angela Smith Cost: Free
Learn about hands-only CPR and how to recognize the signs of a stroke. You will come away with the ability to recognize serious medical emergencies, and to communicate and collaborate with 9-1-1 dispatchers. This is a general education course for older adults and is not a certification class. Brought to you by King County EMS.

DROP-IN Tai Chi at Rainier Beach
Mondays and Thursdays, 9:30am - 10:30am
Location: Rainier Beach Community Center
Instructor: S. Hiserman Contact: Angela Smith Cost: $3.00 Drop-in
Improve your balance and posture, increase strength, and calm your mind.

SESSC TRIP POLICY
- All participants must be ambulatory (i.e., mobile) to go on an SESSC trip, and must be able to take care of their personal needs.
- Payment for trips is due upon registration, whether done in person at the Front Desk or via phone. For your convenience, MasterCard and VISA credit cards may be used to pay for activities over the phone.
- A minimum of five paid registrants is required for every trip.
- If you must cancel a trip, a check will be issued for trip cancelations if made at least three days prior to the trip. Missed paid trips will be considered a donation to the Center.
- Drivers will not wait for late comers. You must be at the designated location for pick up before the scheduled departure time.

ACTIVITY CANCELLATION POLICY
SESSC Classes may be cancelled if minimum attendance is not reached one week in advance of activity. Please sign up and pay for activities one week in advance. All classes, programs, and activities are subject to change.
### January 2018

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Closed</td>
<td>Closed</td>
<td>Closed</td>
<td>Closed</td>
<td></td>
</tr>
<tr>
<td>New Year’s Day</td>
<td>New Year’s Day</td>
<td>New Year’s Day</td>
<td>New Year’s Day</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Chicken Tortilla Soup,</td>
<td>Beef Stroganoff, Egg</td>
<td>Chicken Tacos, Spanish</td>
<td>Smothered Pork Chops,</td>
</tr>
<tr>
<td></td>
<td>Grill Cheese</td>
<td>Noodles, Green Beans,</td>
<td>Rice, Pinto Beans, Fruit</td>
<td>Herb Butter Potatoes,</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Pears, Biscuit</td>
<td></td>
<td>Peas &amp; Carrots, Roll</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>with Butter</td>
</tr>
<tr>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
</tr>
<tr>
<td>Sloppy Jo, Baked potato,</td>
<td>Sloppy Jo, Baked potato,</td>
<td>Sloppy Jo, Baked potato,</td>
<td>Sloppy Jo, Baked potato,</td>
<td>Sloppy Jo, Baked potato,</td>
</tr>
<tr>
<td>Coleslaw, Apple</td>
<td>Coleslaw, Apple</td>
<td>Coleslaw, Apple</td>
<td>Coleslaw, Apple</td>
<td>Coleslaw, Apple</td>
</tr>
<tr>
<td></td>
<td>Teriyaki Chicken,</td>
<td>Creamy Chicken with</td>
<td>Shepherd’s Pie, Pickled</td>
<td>Zuppa Toscana Soup,</td>
</tr>
<tr>
<td></td>
<td>Steamed Rice, Asian</td>
<td>Vegetables on Biscuit,</td>
<td>Beets, Fruit, Roll</td>
<td>Green Salad, Biscuit with</td>
</tr>
<tr>
<td></td>
<td>Mango</td>
<td></td>
<td>with Butter</td>
<td>Jelly,</td>
</tr>
<tr>
<td>15</td>
<td>16</td>
<td>17</td>
<td>Birthday Lunch</td>
<td>Wing Day</td>
</tr>
<tr>
<td>Closed</td>
<td>Closed</td>
<td>Birthday Lunch</td>
<td>Birthday Lunch</td>
<td>Wing Day</td>
</tr>
<tr>
<td>Martin Luther King, Jr.</td>
<td>Martin Luther King, Jr.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Day</td>
<td>Day</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Bleu Cheese Burger,</td>
<td>BBQ Chicken, Roasted</td>
<td>Herb Baked Chicken,</td>
<td>Sweet Chili Wings,</td>
</tr>
<tr>
<td></td>
<td>Potato Chips, Baked</td>
<td>Potato, Green Beans,</td>
<td>Roasted Garlic Butter</td>
<td>Baked Potato,</td>
</tr>
<tr>
<td></td>
<td>Beans, Coleslaw with</td>
<td>Salad, Fruit</td>
<td>Potatoes, Green Beans</td>
<td>Green Salad,</td>
</tr>
<tr>
<td></td>
<td>Mango</td>
<td></td>
<td>with Onion &amp; Bacon,</td>
<td>Orange</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Baked Cinnamon Apple</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Slices</td>
<td></td>
</tr>
<tr>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
</tr>
<tr>
<td>SESSC Member Mtg.</td>
<td>SESSC Member Mtg.</td>
<td>SESSC Member Mtg.</td>
<td>SESSC Member Mtg.</td>
<td>SESSC Member Mtg.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>29</td>
<td>30</td>
<td>31</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Baked Ham, Scallop</td>
<td>Breakfast Tuesday,</td>
<td>Hamburger Steak</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Potato, Honey Glazed</td>
<td>Pepper, Spinach &amp; Cheese</td>
<td>with Mushroom Gravy,</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Carrots, Roll with Butter</td>
<td>Scramble, Pork Sausage,</td>
<td>Smashed Potato, Peas &amp;</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>French Toast with Fruit</td>
<td>Carrots, Roll with</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Butter</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### February 2018

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Wing Day</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
</tr>
<tr>
<td>Smoked Salmon Chowder,</td>
<td>Chicken Parmesan, Green</td>
<td>Chicken Fettuccini,</td>
<td>Cheeseburger with</td>
<td>Beef Stroganoff,</td>
</tr>
<tr>
<td>Green Salad, Orange Slices,</td>
<td>Salad, Apple Slices,</td>
<td>Green Salad, Peas, Pears,</td>
<td>Lettuce, Tomato, Onion</td>
<td>Butter Herb penne Pasta,</td>
</tr>
<tr>
<td></td>
<td>Cottage Cheese with</td>
<td>Roll with Butter</td>
<td>and Pickle,</td>
<td>Green Salad, Peas &amp; Carrots,</td>
</tr>
<tr>
<td></td>
<td>Fruit</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>13</td>
<td>14</td>
<td>Birthday Lunch</td>
<td>Birthday Lunch</td>
</tr>
<tr>
<td>Beef Chili Dog, Macaroni &amp; Cheese, Applesauce, Coleslaw</td>
<td>Fried Catfish, Roasted Potato, Coleslaw, Fruit, Cornbread</td>
<td>Philly Beef Sandwich with Peppers &amp; Onions, Baked Potato, Fruit</td>
<td>Chicken with Creamy Marsala Sauce, Rice Pilaf, Peas &amp; Carrots, Fruit, Roll with Butter</td>
<td>Vegetable Lasagna, Green Salad, Peaches, Garlic Bread</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
</tr>
<tr>
<td>Closed</td>
<td>Closed</td>
<td>Closed</td>
<td>Closed</td>
<td>Closed</td>
</tr>
<tr>
<td>Presidents’ Day</td>
<td>Presidents’ Day</td>
<td>Presidents’ Day</td>
<td>Presidents’ Day</td>
<td>Presidents’ Day</td>
</tr>
<tr>
<td></td>
<td>Baked Herb Chicken,</td>
<td>Sloppy Jo, Baked Fries,</td>
<td>Teriyaki Chicken, Steamed Rice, Asian Vegetables, Pear, Roll with Butter</td>
<td>Spaghetti, Green Beans, Green Salad, Garlic Bread</td>
</tr>
<tr>
<td></td>
<td>Mashed Potato, Broccoli,</td>
<td>Corn, Green Salad, Pears</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fruit, Roll with Butter</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>26</td>
<td>27</td>
<td>28</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken Tacos, Black</td>
<td>Chicken Stew, Grilled</td>
<td>Jambalaya, Green Salad,</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beans, Spanish Rice,</td>
<td>Cheese Sandwich,</td>
<td>Green Salad, Green Beans,</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peaches, Churros</td>
<td>Apple Slices</td>
<td>Apple Slices</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### SESSC Community Dining Program Menu

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td>Wing Day 2</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Clam Chowder, Biscuit, Green Salad, Yogurt with Berries</td>
</tr>
<tr>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td></td>
</tr>
<tr>
<td>Panko Breaded Cod, Coleslaw, Roasted Potato, Orange, Roll with Butter</td>
<td>Honey Glazed Ham, Wild Rice Pilaf, Peas &amp; Carrot, Roll with Butter</td>
<td>Spaghetti, Green Salad</td>
<td>Jambalaya, Green Salad</td>
<td>Green Beans, Apple Slices</td>
</tr>
<tr>
<td>12</td>
<td>13</td>
<td>14</td>
<td>Birthday Lunch 15</td>
<td>16</td>
</tr>
<tr>
<td>BBQ Pork, Sandwich, Coleslaw with Apples, Fruit</td>
<td>Chicken Tacos with Black Beans, Corn Chips, Apple Slices</td>
<td>Meatloaf, Macaroni &amp; Cheese Green Salad, Fruit</td>
<td>BBQ Chicken, Roasted Potato, Mixed Vegetable, Cinnamon Apple Slices</td>
<td>Vegetable Soup, Biscuit, Spiced Peaches, Green Salad, Jell-O with Fruit</td>
</tr>
<tr>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
</tr>
<tr>
<td>Cheeseburger with Lettuce, Tomato, Onion and Pickle, Coleslaw, Potato Chips</td>
<td>Beef Stroganoff, Pea Salad, Fresh Fruit, Roll with Butter</td>
<td>Baked Herb Chicken, Mashed Potato, Peas &amp; Carrot, Green Salad</td>
<td>Chicken Parmesan, Green Salad, Cottage Cheese with Fruit</td>
<td>Tuna Sandwich with Lettuce &amp; Tomato, Creamy Tomato Soup, Green Salad, Fruit</td>
</tr>
<tr>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
</tr>
<tr>
<td>Smothered Chicken, Mashed Red Potatoes, Greens, Biscuit</td>
<td>Scrambled Eggs with Pepper, Spinach &amp; Cheese, Pancake with Fruit, Sausage</td>
<td>Lemon Pepper Chicken, Steamed Rice, Broccoli, Pineapple</td>
<td>Vegetable Lasagna, Green Salad, Oranges, Garlic Bread</td>
<td>Chili Dog, Baked Beans, Macaroni Salad</td>
</tr>
</tbody>
</table>

### About the Community Dining Program

**Lunch Service**

Monday - Friday from 12:00pm - 12:45pm

Menu is subject to change without notice

All meals are prepared from scratch

**Cost:** $4.00 Suggested Donation for Age 60+ $10.00 for All Others

### Advertisements

**Columbia City Bouquet**

4873 Rainier Avenue South, Seattle, WA 98118
206-722-2200  columbia_citybouquet.com

Providers of our monthly birthday lunch floral arrangement

**Columbia City Bakery**

4655 S Holly St, Seattle, WA 98118  206-722-0317
USE YOUR CREDIT/DEBIT CARD AT THE SESSC
You can pay for all activities (except for the Community Dining Program) with your credit or debit card. It is safe and secure. Visa and MasterCard accepted.

HOLLY COURT AA MEETINGS
This Alcoholics Anonymous group meets on Mondays, Tuesdays, Thursdays and Fridays on the second floor from 2:00pm - 3:30pm, and Sundays at 6:00pm.

2-1-1 COMMUNITY RESOURCES LINE
Did you know you can dial 2-1-1 from any landline phone in King County to receive referral information from a referral specialist? Referrals are available on a wide range of services offered in King County.

MEALS ON WHEELS
Enjoy delicious home-delivered meals that are available for delivery throughout King County. Interested? Please contact Sound Generations at 206-448-3110 for details about this program.

MINOR HOME REPAIR
Sound Generation’s Minor Home Repair program offers low-cost repairs for minor plumbing, electrical, or carpentry problems. Homeowners of all ages in Seattle, Shoreline, and Bellevue are eligible. Please call 206-448-5751 to coordinate your services.

GOLD CARDS
You can receive discounts from local businesses who participate in this program with a Gold Card. Drop by the Front Desk to get one.

NOTARY PUBLIC SERVICE
Contact: Mary Downs
Cost: $10.00
SESSC Finance Coordinator, Mary Downs, is a notary. If you need your documents notarized, please call 206-722-0317 to make an appointment with her.

DENTAL HYGIENICS
1st Wednesdays, January, March, June, September
8:30am-3:00pm
Location: SESSC Wellness Center
Dental Hygienist: Deb Fredrikson
SESSC offers dental hygiene care through Dental Hygienics. This is a fee based service. No medical coupons or sliding scale, as rates are lower than most dental private practices. Appointments will be made through the dental hygienist. Please come to the Center’s Front Desk to pick up an information packet, or call 206-948-7355 to speak with Deb Fredrikson, Dental Hygienist.

BARTELL DRUGS eSCRIP PROGRAM
You can support the Center by making purchases at any Bartell Drugs with an eSCRIP card. The cards are free to obtain and the Center can receive up to 4% back from all purchases you make. It’s a win-win deal! Contact Alex at 206-722-0317 for more information.

FRED MEYER eSCRIP PROGRAM
You can support the Center by making purchases at any Fred Meyer store and by becoming a member of their Community Rewards Program. Once enrolled, the Center will receive a percentage of what you spend. Contact Alex at 206-722-0317 for more information.

MEDICAL EQUIPMENT LOANS
The SESSC usually has a small inventory of walkers, canes, wheelchairs and other home-health aids available for your use. Please contact Jaime at 206-722-0317 for more details.

SENIOR RIGHTS ASSISTANCE
For concerns and questions about Medicare or Supplemental insurance, long-term care insurance, Social Security, SSD or SSI legal assistance, please call Senior Rights Assistance Office at 206-448-5720.

TRANSPORTATION OPTIONS
The following services are useful for arranging transportation to the Center and other appointments. For additional transportation options call Senior Services at 206-448-3110.

HYDE SHUTTLE
206-727-6262
Door-to-door transportation in the Rainier Valley and Renton
ACCESS
206-205-5000 OR 1-800-923-7433
Door-to-door and hand-to-hand transportation at your beck and call.

VOLUNTEER TRANSPORTATION
206-448-5740
Escorted rides to essential appointments.
Got these cards?  
GET MORE.

Get more benefits than you’re currently getting from Original Medicare with a
UnitedHealthcare Dual Complete® (HMO SNP) plan. It combines your doctor,
hospital and prescription drug coverage into one plan — for a $0 plan premium.* *

Additional benefits may include:

- **Health Products Catalog**  
  Up to **$620** in credits to buy things you may need.

- **Dental Coverage**  
  **$1,500** toward dental services.

- **Transportation Assistance**  
  Up to **24** one-way rides every year.

- **Vision Coverage**  
  Bi-annual exam and **$200** credit every 2 years for eyewear.

Call today to enroll or get answers to your questions.

Sharon Reyes  
Licensed Sales Agent  
1-206-733-0027, TTY 711

UHCCommunityPlan.com/WA

---

Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract and a contract with the State Medicaid Program. Enrollment in the plan depends on the plan's contract renewal with Medicare. This plan is available to anyone who has both Medical Assistance from the State and Medicare. This information is not a complete description of benefits. Contact the plan for more information Limitations, co-payments, and restrictions may apply. Benefits, premiums and/or co-payments/ co-insurance may change on January 1 of each year. Premiums, co-pays, co-insurance and deductibles may vary based on the level of Extra Help you receive. Please contact the plan for further details. * **You must continue to pay your Medicare Part B premium, if not otherwise paid for under Medicaid or by another third party. UnitedHealthcare Insurance Company complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-277-4716 (TTY: 711). 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-855-277-4716 (TTY: 711)。Consult a health care professional before beginning any exercise program. Availability of the SilverSneakers program varies by plan/market. Refer to your Evidence of Coverage for more details. Healthways and SilverSneakers are registered trademarks of Healthways, Inc. and/or its subsidiaries. © 2017 Healthways, Inc. All rights reserved.

Y0066_170307_152902_FINAL_H5008-002 Accepted 00013C5B CST11751_H5008-002
Advertisements

Words Matter.
Get your FREE caption phone today!

Captioned phone conversations are displayed on the screen so you never miss what is being said.

Contact me today to get yours:
Mary Ellen Friesz
206-450-6400
maryellen.friesz@clearcaptions.com

ClearCaptions™