

Kent 50 Plus Bulletin

PROGRAMS, ACTIVITIES, AND SERVICES FOR 50+ Spring/Summer 2020



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Information

The **Kent Senior Activity Center** is a 22,000 square foot facility open to men and women, age 50 plus living in the Kent area. Individuals and groups take part in programs, activities, and services which enhance their dignity, support their independence, and encourage their involvement in the community. The Center does not provide services that would normally be provided by a trained attendant, nurse, or personal caregiver (e.g. incontinence, inability to use the restroom facilities by one's self, or preventing participant from leaving the grounds of the Center). The provision of any personal care by staff for a participant is beyond our capability and cannot be expected. *This brochure is for informational purposes only and is subject to change without prior notification.*

Registration Policy

1. Register early to ensure likelihood of placement in activity of first choice.
2. Registration is processed on a first come, first served basis.
3. For mail-in or FAX registrations, you will be called for a second choice if activity is filled.
4. Confirmations are available upon request.
5. The Department has the right to change content and provisions of activities.
6. There will be a \$25.00 fee for returned checks.

All efforts will be made to accommodate everyone desiring to participate in a trip or class. If your trip or class is full, please put your name on the wait list to assist the staff in determining whether there is sufficient interest to warrant an additional trip or class. The Kent Senior Activity Center reserves the right to cancel or alter an itinerary due to weather conditions or circumstances beyond our control. For trips which leave the Center before regular opening hours, the Center will open ½ hour prior to trip departure. For trips that leave after Center has opened, please do not check in until ½ hour or less before trip departure. This will help alleviate confusion at the front desk. All trips depart on time. Drivers will not wait for latecomers.

A **technology fee of \$1.00** will be applied to each transaction \$10.00 and over to support systems that provide convenience and efficient service delivery. This fee will not be applied to the Senior Center lunch program.

Cover Photo: Puget Sound Salmon Fishing

Every effort is made for accuracy in the bulletin, however the City of Kent and the Senior Activity Center cannot be held responsible for typographical errors or changes beyond our control.

Refunds and Credits

1. Full refunds will be given for any class postponed, rescheduled, or cancelled by the Department.
2. A \$5 service fee will be deducted for every approved refund. Additional cancellation fees may be based upon the cost, type of activity, and when the activity is cancelled.
3. Three days notice prior to activity is required on all request for refunds or transfers.
4. No refunds will be given after one half of the program is over.
5. No refunds/transfers will be given for one day activities once completed – no exceptions.
6. Some programs have specific refund policies. Please check prior to registration.
7. You must cancel your trip or class through the front desk. Per the State Auditor, you may not trade cash with another participant who is taking your place. The replacement participant must sign up and pay at the front desk.

When involved in any program described in this bulletin, participants grant full permission to use any photographs, video-tapes, motion pictures, recordings, or any other record of such programs for any City of Kent informational or promotional use.

STAFF

Cindy Robinson Facility Manager
John Fiskum Program Coordinator
Helena Reynolds Program Coordinator
Tammy Heldt Program Coordinator
Dana Gagner Program Assistant
Marta Sheridan Program Assistant
Pending Transportation Specialist
Cassandra Holland Evening Assistant
Lyuda West, Barbara Lindow, Allie Busik Rental Attendants

HOURS

Monday – 8:30 am – 4:30 pm
Tuesday – 8:30 am – 9:30 pm
Wednesday – 8:30 am – 9:00 pm
Thursday – 8:30 am – 9:00 pm
Friday – 8:30 am – 4:30 pm
Saturday & Sunday - Closed (except for special events)

Kent Senior Activity Center
 600 E. Smith St., Kent, WA 98030
 253-856-5150
www.kent50Plus.com

Special Events

THE SENIOR ACTIVITY CENTER WILL BE CLOSED THE FOLLOWING DATES:

Monday, May 25 – Memorial Day

Friday, July 3 – Independence Day Holiday

August 31– Sept 6 – Maintenance

Monday, September 7 – Labor Day

Marta Sheridan



While you have seen Marta around the senior center for a couple of years, we are pleased to announce she has joined the senior center staff full time, thanks to the funding we received through the King County VSHS Levy. Marta enjoys traveling and the great outdoors.

Helena Reynolds

After over 29 years of service, we are sad to see Helena Reynolds leaving the senior center staff. She has decided it is time to retire and spend time enjoying other aspects of her life including, but not limited to, time with her husband and kids and wonderful grandkids. Helena's last day is June 30th.



Mick Spane



After 15 years of service, our bus driver Mick Spane has retired and will be enjoying time with his family and friends.

We wish both Helena and Mick the best in retirement.

BEATLES UKULELE MUSICAL MEDLEY

FRIDAY, MAY 1*

12:00 – 12:45 PM

Everyone is invited to buy lunch and then enjoy a musical trip down memory lane presented by the Pineapple Express Ukulele players and singers. Songs include: Hey Jude, In My Life, Let It Be, Yesterday, and many more. Hawaiian Orange Chicken with steamed rice will be served for lunch beginning at 11:45 AM.

Lunch \$7.00; Concert No Charge

Limited perimeter seating for guests not buying lunch

*NOTE: As of press time, this date is tentative. Please call (253) 856-5164 to confirm the event the last week of April.

KIWANIS CLUB OF KENT

ANNUAL EASTER BREAKFAST

SATURDAY, APRIL 11, 9:00 AM

(DOORS OPEN AT 8:45 AM)

Please join the Kiwanis Club for great food, fun, and fellowship as they thank you for helping to make Kent a great community in which to live. Tickets will be available at the Senior Center for seniors only in mid-March.

Free for seniors (200 tickets available)

***KNOT QUITE WRITE PLAYERS* READERS THEATRE**

SPRING PRESENTATIONS

MONDAYS, JUNE 22 & 29**

1:30 – 3:00 PM

Mark your calendars and plan to attend one or both of the Reader's Theatre troupe, the *Knot Quite Write Players* 2020 spring presentations."

The Show includes:

Agopornis (Lovebirds) by Travis Mayes*

Poker Night by Beverly Reich

The License by Fred Sahner

The Son-in-Law by Susan Jarrett*

Tickets may be purchased for \$1.00 beginning at 12:30 PM on the day of the event. For more information, call (253) 856-5150.

* indicates KQWP member

**NOTE: As of press time, this date is tentative. Please call (253) 856-5164 to confirm the event the last week of May.

Special Events

RESCHEDULED

KENT FIREFIGHTERS FOUNDATION VETERANS LUNCHEON

FRIDAY, MAY 15, 11:45 AM

Military veterans are being honored at our spring seasonal luncheon. Two complimentary tickets are available on **Friday, April 17 from 8:30 am to 4:00 pm for Veterans showing appropriate Veteran's identification.** Tickets will be available for general public (limit 2) for \$3.00 each beginning **Monday, April 20.** Special thanks to the Kent Firefighters Foundation volunteers for sponsoring, setting up, serving, and cleaning up for this special event.

72329 Fr 5/15 11:45 am

\$3.00 all ages

Limit 2 tickets per person. Guest may purchase in person or by phone with MC/Visa.

KENT LIONS BARBECUE

SATURDAY, MAY 30, 12:00 – 1:30 PM

Join the Kent Lions Club as they prepare their annual complimentary barbecue lunch for seniors. Enjoy burgers, hot dogs, baked beans and all the "fixings." No tickets needed. Food is served 12:00 pm – 1:30 pm or until gone.

NEWCOMER'S SOCIAL

WEDNESDAY, JUNE 3, 10:00 AM



Please join us for our quarterly Newcomer's Social to meet staff and other new attendees, see a brief video, learn about programs, activities and services available, volunteering opportunities, and take

a brief tour. Newcomers are invited to stay for the volunteer orientation at 11:00 AM.

VOLUNTEER ORIENTATION

WEDNESDAY, JUNE 3, 11:00 AM

Potential volunteers are invited to discuss our volunteer program, learn about exciting volunteer opportunities, and learn how volunteering can enhance your life. Call (253)856-5150 for more information.

ELVIS AT THE PLACE

THURSDAY, JUNE 25, 2020, 4 PM TO 8 PM

This event features Social Security and Medicare Workshops, info booths, Ingallina's Boxed Dinners, door prizes and an Illusions of Elvis Tribute concert by Danny Vernon. Tickets originally went on sale March 5, 2020 for this event. Remaining tickets will be available by phone with MC/Visa beginning Tuesday, March 24, 2020 for this June 25th Event.

\$10 all ages

SMOOTH TONES SINGERS SUMMER CONCERT

FRIDAY, AUGUST 7

1:00 – 1:45 PM

The *Smooth Tone Singers* are presenting their annual Summer Concert in Room 6 after lunch. Everyone is welcome to enjoy their acappella and accompanied songs, directed by Ruth Fletcher, assisted by Kay Payne. No tickets needed but seating is limited.

No charge

SILVERSOUNDS NW ROCK 'N ROLL CHOIR CONCERT LUNCH FUNDRAISER

THURSDAY, AUGUST 20

6:15 – 8:00 PM

Tickets are available on Wednesday, July 29 for any size donation to the Kent Parks Deli & Cafe Lunch Program. See back-page ad or flyers for more information.

Special thank you to co-sponsors Stafford Suites, Normandy Park, and Fountain Court Sr. Living.

10TH ANNUAL

FD CARES WELLNESS FAIR

THURSDAY, SEPTEMBER 17

8:30 AM – 12 PM

Mark your calendars and plan to attend our 10th Annual Kent Fire Department **CARES Wellness Fair** featuring health screenings, information booths, door prizes, and lunch for \$1.00 while supplies last. If available, free flu shots will also be offered.



Weekly Ongoing Events

KOFFEE KLATCH

MONDAYS, 11:00 AM – 12:00 PM

Special thanks to our multiple co-sponsors for providing free coffee, complimentary



entertainment, and door prizes every Monday morning. Entertainers include:

- **Mark Stern** (rock 'n roll vocals & guitar)

April 6, May 4

- **Norm Bellas** (jazz pianist) **April 13, May 11, June 8, July 13, August 10**
- **Joe Mundo** (piano classics) **April 20, May 18, June 15, July 20, August 17**
- **Beth Wulff** (piano favorites and standards) **April 27, June 22, July 27, August 24**
- **Andy Burnett** (rock 'n roll vocals & guitar) **June 1, 29, July 6, August 3**

No Koffee Klatch on Monday, May 25, or August 31 (Center closed for Memorial Day and Maintenance).

Co-Sponsored by: Stafford Suites, Edward Jones, Only Senior Options, Providence Elder Health, and A Helping Hand NW

Free

KENT BALLROOM & BEYOND DAYTIME DANCES

TUESDAYS, 1:15 – 2:15 PM

Complimentary ballroom dances are held every Tuesday from 1:15 to 2:15 pm. Music genres include rock 'n' roll, country, swing, two-step, and line dance as well as many others. Special thanks to Scenic Vista for co-sponsoring daytime dances.

Scheduled musicians:

- **Charlie Brown** (vocals, keyboard, accordion) **April 7, May 5, June 2, August 4**
- **Randy Litch** (guitar, vocals, variety) **April 14, 21, 28; May 12, 19, 26; June 9, 16, 23; July 14, 21, 28; August 11, 18, 25**
- **Ron Bolin, Dancin' DJ** (rock 'n roll and other recorded music) **June 30, July 7**

(Center Closed September 1 for Maintenance)

Co-Sponsored by: Scenic Vista

Free

KENT EVENING BALLROOM & SWING DANCES OPEN TO ALL AGES

TUESDAYS, 7:30 – 9:30 PM

1ST TUESDAYS, 7:45 – 9:30 PM

Every Tuesday night. No reservations required. Special thanks to Judson Park, Stafford Suites, and The Weatherly Inn for providing refreshments which are served for a nominal donation on the 1st and 5th Tuesdays. For a brochure of dance band details and schedule, please contact the front desk at 253-856-5150.



- **Kings of Swing** (17-piece big band) **April 7, May 5, June 2, August 4**
- **Randy Litch** (guitar, vocals, variety) **April 14, 21, 28; May 12, 19, 26; June 9, 16, 23; July 14, 21, 28; August 11, 18, 25**
- **Ron Bolin, Dancin' DJ** (rock 'n roll and other recorded music) **June 30, July 7**

\$5.00 at the door, all ages, listening & dancing

KARAOKE

2ND FRIDAYS, 9:00 AM – 1:30 PM

April 10, May 8, June 12, July 10, August 14

4TH THURSDAYS, 9:00 AM – 1:30 PM

April 23, May 28, June 25, July 23, August 27

Whether you sing solo, duet, with a group, or just listen, you're welcome to this Karaoke session every 2nd Friday and 4th Thursday. Special thanks to volunteers Dan Atwell and others for hosting and providing disks for these sessions. For more information, please call 253-856-5150.



Free

Monthly Ongoing Events

DELI BINGO

2ND WEDNESDAYS, 12:15 – 1:00 PM

APRIL 8, MAY 13, JUNE 10, JULY 8, AUGUST 12

After lunch, enjoy 4 games of Deli Bingo every 2nd Wednesday. Gift card prizes are valued from \$25 to \$50. Lunch is \$6.00, compliments of Stafford Suites and generous anonymous donors. Bingo is free with the purchase of lunch.



WIN A WEDNESDAY DELI LUNCH

SPONSORED BY MISSION HEALTHCARE

WEEKDAYS, 11:45 AM – 1:00 PM

Lunch guests may enter their names in the drawing when they purchase their daily lunch tickets. Drawings are held for 2 winners every Wednesday at 12:30 pm and for an additional winner after the end of every month. Special thanks to Mission Healthcare.

SCENIC VISTA LUNCH AND GIFT DRAWING

1ST TUESDAYS

APRIL 7, MAY 5, JUNE 2, JULY 7, AUGUST 4

Come early for lunch and pick up a free coupon for a monthly Scenic Vista Free Lunch Ticket Giveaway. A special seasonal Gift Basket will also be given away.

Fundraising Events

C-12'S LUNCH FUNDRAISING CAMPAIGN

WEEKDAYS, 8:30 AM – 4:30 PM

The Kent Parks Deli & Cafe operates every weekday (11:45 am to 1:00 pm) at the Kent Senior Activity Center thanks to the excellent staff, dedicated corps of volunteers, and generous contributions from local organizations. The C-12 fundraising campaign (**Cafe-12 Months of the Year**) launched to help offset the cost of the program and to provide reduced-cost lunches to those in need. Tax-deductible donations may be made by cash, check, MasterCard or Visa in person or over the phone by calling 253-856-5150. Donors who desire a tax-deductible receipt must request it when contributions are made.

GREETING CARDS!

Be sure and take advantage of our large supply of greeting cards. Cards for most occasions are available for \$.25/card. Thank you to the volunteer crew for doing such a great job on the card project.

SILVERSOUNDS NW ROCK 'N ROLL CHOIR CONCERT LUNCH FUNDRAISER

THURSDAY, AUGUST 20

6:15 – 8:00 PM

Tickets are available on Wednesday, July 29 for any size donation to the Kent Parks Deli & Cafe Lunch Program. See back-page ad or flyers for more information.

Special thank you to co-sponsors Stafford Suites, Normandy Park, and Fountain Court Sr. Living

Special Interests/Ongoing Programs

TATTERED PAGES BOOK CLUB

1ST WEDNESDAYS, 1:00 – 2:30 PM



Join us for an opportunity to discuss each monthly book selection with other avid readers. New members are always welcome whether you have read the monthly selection or not.

Book selections:

- April 1** *Of Mice and Men*
John Steinbeck (Fiction)
- May 6** *Born on a Blue Day*
Daniel Tammet (Memoir)
- June 3** *The Radium Girls*
Kate Moore (Non-Fiction)
- July 1** *Dog on It*
Spencer Quinn (Fiction)
- August 5*** *Girl Waits with Gun*
Amy Stewart (Historical)
- Sept 2**** *The Day the World Came to Town*
Jim DeFede (Historical)

*On August 5 Book Club meets off site. See flyer for specific details and pre-registration details.

**On, September 2nd, Book Club will meet at the Kent Library.

TATTERED PAGES BOOK CLUB

SPEEDY READIES SESSION

3RD WEDNESDAYS

12:00 PM, LUNCH AT STAFFORD SUITES

1:00 PM, DISCUSSION

Looking for more reading enjoyment? Join the Speedy Readies, held at Stafford Suites every other month, for an additional book club opportunity.

The 2020 selections are:

- May 20** *American Prison: Journey into Business of Punishment*
Shane Bauer (Non-Fiction)
- July 15** *The Frangipani Tree Mystery*
Ovidia Yu (Fiction)
- Sept 16** *Maisie Dobbs*
Jacqueline Winspear (Historical Fiction)

Arts, Hobbies & Cultural Activities

ADULT COLORING CLUB

THURSDAYS, 10:00 – 11:30 AM

Coloring
for Adults



Coloring isn't just for kids. In fact, adult coloring is said to enhance a person's mood, reduce anxiety, and relieve stress. Health benefits also include exercising fine motor skills and training the brain to focus. If you are looking for a simple and fun way to have more color and creativity in your life, our Adult Coloring Club is the group for you. No art experience necessary! Bring your own coloring book or coloring pages, colored pencils, markers, or crayons. We'll have a few supplies on hand, including some detailed coloring pages.

BRING YOUR OWN CRAFT

WEDNESDAYS, 9:00 AM – 12:00 PM

Friends, new and old, come to work on dolls, crochet, scrapbooks, knitted items, and needlepoint. Most importantly, join us for conversation and socializing. All crafters welcome.

DRAMA - "KNOT QUITE WRITE PLAYERS"

READER'S THEATER

MONDAYS – TIME VARIES

The Kent Senior Activity Center's Reader's Theater troupe entertains crowds twice a year and welcomes new members. For more info, please contact 253-856-5150.



FLY TYING

TUESDAYS, 9:30 AM – 12:00 PM

Bring your fly tying equipment and join this group. Most importantly, join us for conversation and socializing.

WOODCARVING

WEDNESDAYS, 9:30 – 11:30 AM

Work with others who share your interest in woodwork and practice the fundamentals of carving.

Special Interests/Ongoing Programs

GARDENING – O'BRIEN GARDEN CLUB

3RD FRIDAY, 11:00 AM

If you have an interest in gardening, check out O'Brien Garden Club. New members are always welcome. Annual dues are \$20.00. For more information, contact Susan at 425-392-8151 or Pat at 253-854-4300.

KNITTING – HOOKS "N" NEEDLES R US

THURSDAYS, 1:00 PM – 2:00 PM



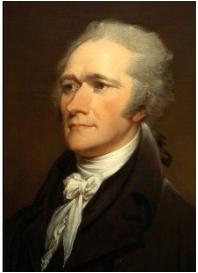
Bring your embroidery projects, knitting, or any needlework. Most importantly, join us for conversation and socializing.

POETRY IS FUN! CLUB

1ST & 3RD FRIDAYS, 10:45 – 11:45 AM

If you would like to listen, read, discuss, and/or receive critique for a poem you've written or are writing, join this group which meets every first and third Friday. Experienced and published poet Jim Teeters volunteers to facilitate this group and welcomes all who appreciate listening to or writing poetry. No experience required.

HAMILTON, THE MUSICAL RETURNS TO SEATTLE IN 2021



Everyone is invited to this final session of the *Hamilton Discussion Group* whether you attended our prior sessions or not. We'll share our *Hamilton* experiences and future plans will be discussed, including the possibility of renewing the *Hamilton Discussion Group* or hosting a *Hamil-Thon* --- 46 song overview--- before the show returns. For more information

pick up a flyer or call 253-856-5150 before June 30, 2020.

72330 Th 6/18 10:00 – 11:30 AM

No Charge but pre-registration strongly suggested

CONVERSATION SPANISH/ENGLISH GROUP

Want to improve your Spanish or English?

A new, friendly conversation group is starting up *this summer* (?) Time and Day will depend on what is best for the group. Call 253-856-5150 to put your name on the list.

Veterans, Seniors, Human Service Levy Programs

In 2019 The Kent Senior Activity Center was awarded money for specific new programming through 2023. We are excited for all the new opportunities that are coming to the senior center and our community. Please inquire at the Senior Center as more programs are being added.

TAI CHI & MOVEMENT GROUP

TUESDAY 9:00 – 10:15 AM

Tai Chi Movement is a slow, gentle class that will assist you with better balance, less stress, and more connection to yourself and others. Mindful meditation can help reduce the symptoms of stress, anxiety, and depression

LGBT & ALLIES GROUP

TUESDAY 10:30 AM – 12:00 PM

Whether you are part of the community or an ally join us for support, fun, and kinship. The purpose is to provide a safe and comfortable atmosphere where individuals can share their experience with others in order to learn from others and be supportive.

THE INDIA POP – UP CENTER

TUESDAY 10:30 AM – 1:30 PM

Join us at the India Association of Western Washington's pop-up center at Kent Senior Activity Center to address computer literacy, conversational English, games, music, wellness, and a light lunch. Enjoy our wellness program, enhance memory skills and discover joyful friendships.

- 10:30 am – 12:00 pm: Programs designed for members of The India Association of Western Washington
- 12:00 – 1:30 pm: Programs welcoming to all.

Special Interests/Ongoing Programs

Cards & Games

BRIDGE

WEDNESDAYS, 12:00 PM

Bridge games begin at noon every Wednesday.

CRIBBAGE

THURSDAYS, 10:30 AM

Join the growing Cribbage group.

GREEDY

TUESDAYS, 4:00 PM

Stick around after Mexican Train Dominoes on Tuesdays for this exciting card game.

HAND & FOOT

WEDNESDAYS & FRIDAYS, 12:30 PM

Come join this fun card game group.

MAHJONG

MONDAYS, 11:30 AM

An informal group plays American Mahjong. All players and observers are welcome.

MEXICAN TRAIN DOMINOES

TUESDAYS & THURSDAYS, 1:00 PM



New members are welcome to learn and play this special version of Dominoes.

PICKLEBALL

MONDAYS & FRIDAYS, 9:00 – 11:00 AM

WEDNESDAYS, 12:00 – 2:00 PM

Drop-in pickleball is played at the Kent Commons gym year-round. **Daily drop-in fee is \$2.00.** Quarterly passes are also available at Kent Commons.

PING PONG

MONDAYS, 1:30 – 4:15 PM

WEDNESDAYS, 1:30 – 4:45 PM

Invite your friends to join us for our afternoon ping-pong sessions. Players of all levels are welcome and encouraged to participate. As a courtesy, players are asked to rotate doubles.

PINOCHLE

TUESDAYS, 12:30 PM

WEDNESDAYS, 5:30 PM

Tuesday afternoon and Wednesday evening pinochle groups. Everyone Welcome.

WHIST

FRIDAYS, 12:15 PM

It's the "Mother of All Bridge Games".

Spend your Friday afternoons with the Whist group



Wii SESSIONS

MONDAYS, 12:30 PM

Wii bowling, golf and tennis sessions are fun for participants and spectators alike. Volunteers encourage and help all learn how to play these interactive games.

ATTENTION ACCESS RIDERS!

Please be sure and book your take-home ride for at least 45 minutes prior to the Senior Center closing. (The Center closes at 4:30 pm on Mondays, and Fridays and at 9:00 pm on Tuesdays, Wednesdays, and Thursday. Please also note any early closures the Center may have during the year.)



Special Interests/Ongoing Programs

Music & Dance

BALLROOM DANCES – DAYTIME

TUESDAYS, 1:15 – 2:15 PM

All ages welcome. See page 5 for schedule.

Free

BALLROOM DANCES – EVENING

TUESDAY NIGHTS, 7:30 – 9:15 PM

All ages welcome. See page 5 for schedule.

\$5.00 per person*

*There is a \$1.00 per person price increase for this program, effective April 7th. This is the first price increase in over 20 years.

BLUEGRASS JAM!

SATURDAY, APRIL 18 12:00 – 5:00 PM

Join your fellow bluegrass fans for an afternoon of great music. Bring your instrument or just come to listen.

\$5.00 at the door

HULA DANCING

MONDAYS, 12:30 – 2:00 PM

2ND & 4TH THURSDAYS, 12:30 – 2:00 PM



Come Hula with us! Low-impact aerobic movements to Hawaiian music. Learn the olelo, mele, and hula (language, song, and dance) of the 50th state.

Free

KARAOKE

2ND FRIDAYS, 9:00 AM – 1:30 PM

4TH THURSDAYS, 9:00 AM – 1:30 PM

Singers and listeners welcome to enjoy these sessions.

See Page 5 for details.

Free

LINE DANCING

WEDNESDAYS, 1:45 – 2:45 PM, INTERMEDIATE

3:15 – 4:00 PM, BEGINNERS

Line dancing is facilitated by volunteer leaders. Come and enjoy this group activity.

Free

RING 'N' SWING SQUARE DANCE

THURSDAYS, 1:15 – 3:15 PM

Enjoy an afternoon of square dancing with your friends.

Leader: Jack Hardin.

\$4.00 per person*

*There is a \$1.00 per person price increase for this program, effective April 9th. This is the first price increase in over 20 years.

SWING DANCE

1ST TUESDAYS, 7:45 PM – 9:30 PM

See Page 5 for schedule.

\$5.00 per person*

*There is a \$1.00 per person price increase for this program, effective April 7th. This is the first price increase in over 20 years.

UKULELE LESSONS – BEGINNING

1ST & 3RD THURSDAYS, 1:00 – 1:30 PM

Mas Tamekuni teaches free ukulele lessons prior to our regular Hawaiian style singalongs. Students are welcome to stay to play and sing during the Pineapple Express jam sessions every 1st and 3rd Thursdays from 1:30 to 3:00 pm. Pre-registration is required for lessons. For more information, call 253-856-5150

Free

UKULELE JAM SESSIONS

WITH PINEAPPLE EXPRESS

1ST & 3RD THURSDAYS

JAM SESSIONS: 1:30 – 3:00

PM

No playing or singing experience is required to join our Ukulele group, the *Pineapple Express*. Bring your own ukulele and enjoy this Hawaiian-style singalong.

Free



Health & Service Programs

Pre-Registration and/or Fee Required

COUNSELING – INDIVIDUAL MONDAYS BY APPOINTMENT

Individual, one-on-one, counseling sessions are provided by Valley Cities Counseling. Private confidential appointments last approximately one hour. An individual can book a limited number of appointments. A broad range of issues may be discussed in confidence during these sessions. Call Cindy or Tammy at 253-856-5150 to make an appointment.

Free

FITNESS CENTER MONDAY – FRIDAY, 8:30 AM – 4:00 PM EXTENDED HOURS – TUESDAY, WEDNESDAY, THURSDAY EVENINGS UNTIL 9:00 PM



Fully equipped with cardio and strength training equipment.

Fees:

Age 50+, \$1.50 per visit

Age 18 – 49, \$3.00 per visit

Or purchase a pass:

- | Age 50+ | Age 18 – 49 |
|--------------------|--------------------|
| • \$12.50/1 month | \$20.00/1 month |
| • \$30.00/3 months | \$55.00/3 months |
| • \$120.00/1 year | \$210.00/1 year |

Personal training instruction is available by appointment. Call John Dineen at 253-820-5623 for an appointment. Personal trainer requires 24 hour notice for cancellation of appointment. If cancelled less than 24 hours prior to appointment, full fee will be charged.

Fee: \$25.00/hour/person.

FOOT CLINIC TUESDAYS, BY APPOINTMENT

Licensed nail technicians from Karen's Foot Care, provides routine foot care services. After completing an assessment of your feet, she will soak your feet, trim the nails, and file and pad corns/calluses. Karen's Foot Care has added additional technicians to make it easier for you to get an appointment on short notice and give you more flexibility with time options.

Call 253-856-5159 to make an appointment.

Cost: \$32.00

HAIRCUTS (CALL FOR SPECIFIC DATES AND TIMES) GENERALLY 2ND MONDAY

Convenient low-cost haircuts for senior men and women by a professional/licensed hair stylist. Clients must wash their hair on the day of dry cut appointment. Stylist has the right to refuse service if hair is not shampooed.



By appointment, \$8.00

HEALTHY SMILES AFFORDABLE TEETH & DENTAL CLEANING 1ST FRIDAYS, 4TH THURSDAYS, BY APPOINTMENT

Licensed and registered dental hygienist, Darcy Spencer-Wenger provides oral hygiene services for older adults.

Care includes

teeth cleaning, fluoride application, denture cleaning, dry mouth/low saliva care, gum pocket measurements, oral hygiene instruction, and referrals to dentists. Age 50+ qualifies. **Call 206-650-3272 to schedule an appointment.**

\$79.00 fee includes a fluoride varnish



Health & Service Programs

Pre-Registration and/or Fee Required

HEALTH INSURANCE COUNSELING

2ND MONDAYS, BY APPOINTMENT

SHIBA (Statewide Health Insurance Benefits Advisors) is available by appointment for health insurance counseling including Medicare, Managed Care, Medicaid, and Long-Term Care. Call 253-856-5150 to schedule an appointment. Call the Help Line at 1-800-562-6900 for immediate assistance.

Free

NEIGHBORHOOD LEGAL CLINIC

WEDNESDAYS, 6:00 – 9:00 PM



This clinic is for general legal issues and is open to all ages. For appointment, call 206-267-7070 on Wednesday between 9:00 am and noon for the following Wednesday.

Free

SENIOR LEGAL CLINIC

2ND & 4TH FRIDAYS, 1:00 – 3:00 PM

Legal assistance for seniors or persons dealing with senior issues. For appointment, call 206-448-5720.

Free

BASIC WILLS PROJECT

2ND & 4TH FRIDAYS, 1:00 – 3:00 PM

Qualified individuals can meet with an attorney for one hour to draft and execute a simple will. This is a program of Sound Generations and the King County Bar Association Neighborhood Legal Clinic. Appointments will be available on the 2nd and 4th Fridays of the month. To learn if you qualify and to schedule an appointment, please call Sound Generations at 206-448-5720.

Free

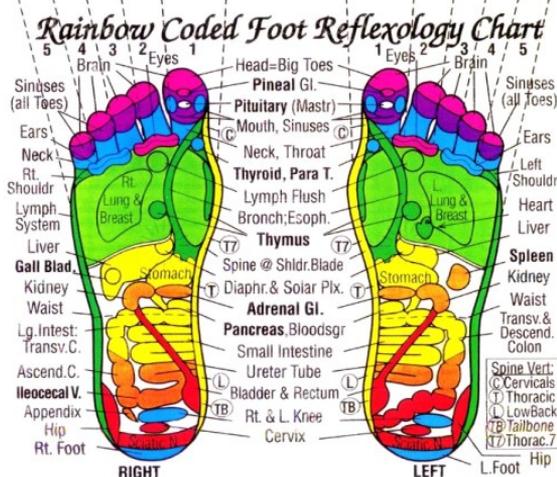
MEALS ON WHEELS

Call 253-856-5158.

REFLEXOLOGY WITH NEIL MCNEILL, CR AND CINDY HOLM, CR

WEDNESDAYS

Certified Reflexologists, Neil McNeill and Cindy Holm apply a specific touch to the reflexes on the feet, hands and ears that represent a mini-map of the whole body. This technique balances the autonomic nervous system to reduce stress, improve circulation, and promote natural foot health. Reflexology is known as a complementary medicine; it does not treat for specific illness, diagnose, or prescribe. The program offers a variety of appointment lengths and techniques including PNF and PFM* which is for foot structure issues, bunions, hammer toes and plantar fasciitis.



*This requires one to lie prone on a massage table for a 90-minute session.

\$40.00 for 45-minute sessions

\$60.00 for 60-minute sessions

\$70.00 for 90-minute sessions

By appointment, call 253-856-5150.

facebook

KENT SENIOR ACTIVITY CENTER ON FACEBOOK

Do you have a Facebook account? Check out our Facebook page – Kent 50 Plus Adventures. We highlight trips, activities and outdoor recreation. Be sure and “like” us.

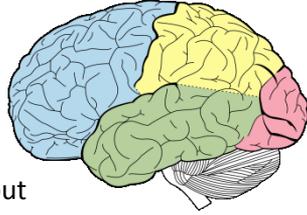
Health & Service Programs

Free Drop-In Support Groups

ALZHEIMER SUPPORT GROUP

1ST WEDNESDAYS, 6:30 PM

Join this group for educational discussions and support for those caring for family or friends with Alzheimer's disease. This is an excellent opportunity to learn more about the disease and sharing experiences with



others. This group is affiliated with the Alzheimer Association of Western Washington and led by a volunteer.



alzheimer's association®

LGBT & ALLIES GROUP

TUESDAY 10:30 AM – 12:00 PM

Whether you are part of the community or an ally, join us for support, fun, and kinship. The purpose is to provide a safe and comfortable atmosphere where individuals can share their experience with others in order to learn from others and be supportive. This program is funded through the King County VSHS Levy.



SOCIAL SUPPORT GROUP

MONDAYS, 10:00 – 11:00 AM



This is a drop-in group where you can meet new friends, talk about topics of interest or concern, and receive support and encouragement. This group

is facilitated by Valley Cities Behavioral Health Care.

Free Drop-In Programs

BLOOD PRESSURE MONITORING

EVERY TUESDAY, 10:30 AM – 12:00 PM

Take advantage of this service to monitor your blood pressure. Special thanks to retired and working RNs Pat,



Barbara, Marcellis, and Linda for their monthly contribution.

Free

**CHI GONG
THURSDAYS,
9:30 – 10:30 AM**

Breathing for your health and wellness. Try out this great form of exercise similar to Tai Chi. Class uses a video.

Free

TAI CHI & MOVEMENT GROUP

TUESDAY 9:00 – 10:15 AM

Tai Chi Movement is a slow, gentle class that will assist you with better balance, less stress, and more connection to yourself and others. Mindful meditation can help reduce the symptoms of stress, anxiety, and depression.

ATTENTION ACCESS RIDERS!

Please be sure and book your take-home ride for at least 45 minutes prior to the Senior Center closing. (The Center closes at 4:30 pm on Mondays, and Fridays and at 9:00 pm on Tuesdays, Wednesdays, and Thursday.)



Health & Service Programs

LOST AND FOUND

A GRIEF SUPPORT GROUP

The popular Grief Support group is an 8-week series. Participants are welcome to attend all 8 weeks or may join for any 1 or more of the sessions. This group is facilitated by Valley Cities Behavioral Health Care.

Schedule:

Wednesday, April 1 – May 20

10:00 - 11:30 AM

Wednesday, July 1 – August 19

10:00- 11:30 AM

Session 1) Introduction to group members and an overview of Grief 101.

Session 2) The 5 stages of Grief. This includes Denial, Anger, Bargaining, Depression, and Acceptance.

Session 3) If I start crying, will I be able to stop? Learn more about the healing quality of shedding your tears.

Session 4) Our Senses. Explore how our senses are affected and may even trigger us in our grief. Learn the many positive ways our senses hold memories.

Session 5) Holidays, Anniversaries, and Birthdays. How to take care of ourselves and manage these events.

Session 6) Helping Others Who May be Grieving. Learn the 10 Best and Worst Things to say to someone in grief or loss.

Session 7) Cultural and Spiritual Perspectives in Grief and Loss. Gain insight from various cultural and spiritual traditions, as well as sharing your own valuable experiences.

Session 8) Creating an Altar. Prepare for the Day of the Dead or create an altar any time. We will provide flowers, candles, and an altar cloth. You bring photos, CDs, and other memorabilia and, together, we will create an altar to our grief and loss.

BE WELL WORKSHOPS

WEDNESDAYS, 1:00 – 2:30 PM – NO CHARGE

Be Well moves into spring and summer with topics covering healthy environment, healthy attitude, healthy brain, and more. All are welcome to join us for 1 or more of these helpful and healthful sessions, provided at no cost to participants. This group is led by Valley Cities Behavioral Health Care team member.

April

Aging and Your Senses

Like so many of our body's systems, our senses also change as we get older. This month provides useful information on what to expect and ways to deal with these changes.

- 1st Vision** – Eyesight can be affected in one's 30's or 40's, and changes do continue past age 50. Explore healthy vision, what diseases may look like, and tips to maintain eye health.
- 8th Hearing** – Decades of hearing loud noises including music, sporting events, and machinery may cause a decline in our ability to hear clearly. Learn what we can do to protect our ears, and the options available for hearing assistance.
- 15th Smell** – The sense of smell is more important than we often realize-alerting us to potential danger, impacting our appetite, and mood. This session explains how this sense is affected later in life and provides helpful hints.
- 22nd Taste** – Craving sweet, spicy, salty, or bitter foods may have implications for health. Chinese medicine makes use of these differences to treat disease and disharmony in one's body. Learn more about this ancient way of viewing preferred tastes, as well as how taste preferences and the sense of taste change as we mature.
- 29th Touch** – As we age, we progressively lose our tactile sense. It may be harder to feel pain, tell the differences in temperature, or know where your body is in relation to the floor. Here's a look at the facts plus information on how we can compensate for this loss.

Health & Service Programs

May

Technology and Health

Whether we like it or not technology is constantly changing, and it is here to stay. These sessions will help you navigate the technological devices most commonly used, and understand their impact on both health and health care.

- 6th Smartphones** – In this age of information obtained through screens, we are at a loss if we don't keep up. Taking and sending photos, using apps, and texting are just a few things that can be confusing. Bring your mobile phones, tablets, electronic books, and we'll offer hands on information.
- 13th Computers** –Computers are used for all kinds of things, including entertainment, healthcare information, shopping and more. Let's explore the potential benefits to your health while using this technology safely and securely.
- 20th Monitoring Devices** –There are many of these "smart" devices which allow you to have current information and monitor your own health. This session provides information on the latest health technology, plus some of the risks and benefits of using it.
- 27th Screen Use Impacts your Health** – Screen use may impact our safety and security as well as our relationships and our sleep. Social media, including scams and bullying, will also be discussed.



June

Relationships

Humans are social creatures and relationships are important to maintaining good health. Relationships can be challenging as well as rewarding. This month explores both the rewarding and the challenging aspects of relationships.



- 3rd Boundaries** – Examining relationships in the context of "boundaries." Explore the meaning of healthy boundaries, staying empathetic while protecting boundaries, and understanding the role of boundaries in relationships. These are just some of the areas we'll look at in relationship to healthy boundaries.
- 10th Communication** – This is a skill which requires practice and involves listening as well as expressing ourselves in ways that we can be heard and understood. In this session, you will practice the use of "I" statements to see if you really are listening when others speak, and practice speaking in ways that others understand.
- 17th Forgiveness** – Learn more about the powerful concept of forgiveness as a means of compassion, and a path to improved emotional health. This includes forgiving ourselves as well as others.
- 24th Expectations** – We all have expectations even if they're not realistic. Explore what we can do to understand where our expectation come from and how we can successfully manage them.

Health & Service Programs

July Your Brain

Alzheimer's disease is a public health crisis, primarily affecting adults age 50 and over. There is much more to understand about the cognitive changes of aging than just Alzheimer's. Explore these changes, the varying forms of dementia and practical ways to maintain brain health.

- 1st Normal Cognitive Changes** – We all forget things sometimes. Identify the normal cognitive changes of aging versus those that indicate a process requiring further investigation.
- 8th Difficult Conversations** – Discover ways to have those difficult conversations with friends or loved ones when you observe changes that are concerning. Also, investigate your own ability to hear these conversations if they pertain to you.
- 15th Types of Dementia** – While Alzheimer's is the most publicized form of dementia, there are many other forms. Meaningful discussion about Parkinson, Vascular, dementia with Lewy Bodies, and more in this session.
- 22nd Delirium vs Dementia vs Pseudo dementia** – There are other health issues that can be mistaken for dementia. Learn to distinguish some of these different conditions by their unique onset or symptoms.
- 29th Maintaining a Healthy Brain** – Diet, physical exercise, and "brain games" are some of the ways to maintain a healthy brain. Join us as we explore and participate in physical and brain exercises as well as eating some brain-healthy snacks.



August

Using Financial Resources Wisely

Financial resources impact our ability to keep ourselves healthy. This month features tips to increase your understanding and options to wisely use your resources.



- 5th Reverse Mortgages/Long Term Care Insurance** – Our population is living longer than previous generations. We've seen the commercials but what do these terms really mean and how do we know if they make sense for us?
- 12th Making the Most of Your Entertainment Dollar** – Isolation in older adults can negatively impact both physical and mental health. Discover options in our community to join free and low-cost activities and entertainment.
- 19th Recycle, Reuse and Repurpose** – Retirement often means limited financial resources. Here are some innovative ideas to help your dollars last longer.
- 26th Family and Charitable Giving** – Approaching giving in a thoughtful way and learning to say "no" when you do not want to give or cannot afford to give. Explore the difference between giving and financial exploitation.

facebook

KENT SENIOR ACTIVITY CENTER ON FACEBOOK

Do you have a Facebook account? Check out our Facebook page – Kent 50 Plus Adventures. We highlight trips, activities and outdoor recreation. Be sure and "like" us.

Healthy Living Classes

PRE-REGISTRATION AND/OR FEE REQUIRED

AEROBICS

This class is designed specifically for seniors interested in a total fitness program. Goals are improved cardiovascular fitness, increased range of motion, improved circulation, muscular strength, and general endurance. Great self-esteem builder. Come meet new friends and join the fun. Requirements: exercise mat and support shoes.



72190	M/W	4/1 – 4/29	10:00 – 11:00 am
\$45.00			
72191	M/W	5/4 – 5/27	10:00 – 11:00 am
\$35.00		(no class 5/25)	
72192	M/W	6/1 – 6/29	10:00 – 11:00 am
\$45.00			
72193	M/W	7/1 – 7/29	10:00 – 11:00 am
\$45.00			
72194	M/W	8/3 – 8/26	10:00 – 11:00 am
\$40.00		(no class 8/31)	

STRETCH & STRENGTHENING BEGINNING

This class will help you to improve your strength, flexibility and balance. Even if you haven't exercised in some time, you will fit into this class. Parts of the class can be done standing or lying on the floor, but seated options are also available. Mobility issues and other physical limitations can be accommodated. Please bring 1lb to 3lb hand weights.

72195	Tu/Th	4/2 – 4/30	10:15 – 11:15 am
\$45.00			
72196	Tu/Th	5/5 – 5/28	10:15 – 11:15 am
\$40.00			
72197	Tu/Th	6/2 – 6/30	10:15 – 11:15 am
\$45.00			
72198	Tu/Th	7/2 – 7/30	10:15 – 11:15 am
\$45.00			
72199	Tu/Th	8/4 – 8/27	10:15 – 11:15 am
\$40.00			

STRETCH & STRENGTHENING INTERMEDIATE

If you want to gain overall body strength, become more flexible, and improve your balance, this is the class for you. This class is a bit more challenging than the beginning class. Please bring these items to class: Floor mat, hand weights or variable ankle/wrist weights (3 to 5 lbs. to start, according to your ability).

72200	Tu/Th	4/2 – 4/30	9:00 – 10:00 am
\$45.00			
72201	Tu/Th	5/5 – 5/28	9:00 – 10:00 am
\$40.00			
72202	Tu/Th	6/2 – 6/30	9:00 – 10:00 am
\$45.00			
72203	Tu/Th	7/2 – 7/30	9:00 – 10:00 am
\$45.00			
72204	Tu/Th	8/4 – 8/27	9:00 – 10:00 am
\$40.00			

YOGA



Yoga helps ease tension, increase strength and flexibility, and improves overall health. No previous yoga experience

needed; beginners welcome. Instructor Carolyn Rosenfield has over 20 years of teaching experience. Please bring a mat and 1 large towel.

72187	Fr	4/10 – 5/15	9:45 – 10:45 am
\$47.00			
72188	Fr	5/22 – 6/26	9:45 – 10:45 am
\$47.00			
72189	Fr	7/10 – 8/21	9:45 – 10:45 am
\$47.00		(no class 8/7)	

Lifelong Learning

AARP DRIVER SAFETY PROGRAM

Brush up on your safe driving skills and enroll today in this certified class for those 50 and older. Upon successful completion of this two-day course, many insurance companies reduce auto coverage rates.



If you are a member of AARP (with your membership number) the fee is \$15.00 (\$20 after July 1). If you are not a member of AARP or do not have your membership number, **the fee is \$20.00 (\$25 after July 1). Payment must be made by check or money order payable to AARP only.** You must have your driver's license number and AARP membership number at the time of sign up to receive the discount. Each person registering requires their own personal AARP membership number. If you need assistance with your AARP member number or to join AARP, call 1-888-OUR-AARP (1-888-687-2277).

Spring Registration Open Now

70982 Th, F 4/9 – 4/10 10:00 am – 3:00 pm

72205 Th, F 5/7 – 5/8 10:00 am – 3:00 pm

72206 Th, F 6/11 – 6/12 10:00 am – 3:00 pm

\$15 or \$20 per session (checks payable to AARP)

Summer Registration Opens May 27

72207 Th, F 7/9 – 7/10 10:00 am – 3:00 pm

72208 Th, F 8/13 – 8/14 10:00 am – 3:00 pm

72209 Th, F 9/10 – 9/11 10:00 am – 3:00 pm

\$20 or \$25 per session (checks payable to AARP)

ESTATE PLANNING & LONG-TERM CARE STRATEGIES

This workshop is for you and your family to learn about the essential estate planning documents and an overview of the available ways to fund long-term care. This presentation will include a discussion of common estate planning and long-term care pitfalls and how to avoid them.

Presented by: Michelle Siebenaler, attorney

Sponsored by: Comfort Keepers in Home Care of South King County

72251 Tu 5/5 10:00 – 11:00 AM

Free, Pre-registration required.

NUTRITION WORKSHOPS

All of the following classes provide practical information about how to follow a whole food eating plan, decrease sugar, and improve inflammation. Each class is designed to help you take another step on your path towards the vibrant health you want to experience. Previous class attendance is not at all required.

BETTER BREAKFAST & SANDWICH-FREE LUNCHESES

Join this class to hear an innovative approach to the most important meal of the day. You will learn why breakfast is so important, what is wrong with standard breakfast foods and what to eat instead. If it is hard to imagine eating anything but a sandwich for lunch – please attend this class! Get ready to learn about non-bread 'sandwiches' as well as no-sandwich lunch options, why lunch is so important, and how having the right containers makes it easy. Includes a list of breakfast choices and lunch options with recipes.

72252 Mo 4/20 10:00 – 11:00 am

\$5.00

Fat Completely Clarified

This is one of the most misunderstood nutrition topics! In this class you will learn everything you need to know about fat and fatty acids and more. Information includes the different types of fatty acids, which ones to include and to avoid, the fatty acid content of various foods and how to include healthy fat into your eating plan. We guarantee you will be surprised! Includes menu plan and healthy fat choices.

72253 Mo 5/18 10:00 – 11:00 am

\$5.00

All About Grains

Are they good? Are they bad? Should I eat them? What about gluten? It's so confusing! The goal of this class is to sort it all out. Topics covered include: types of grains, what gluten is, why it should be avoided, the problem with non-gluten grains and gluten-free food (anti-nutrients and GMOs), how to make grains more digestible, and how to include them in a healthy diet. Instructions for soaking/sprouting and menu plan included.

72254 Mo 6/22 10:00 – 11:00 am

\$5.00

Lifelong Learning

NUTRITION WORKSHOPS CONTINUED

Functional Foods and Digestion

Functional foods are whole, natural foods that not only taste good but are also therapeutic and help heal your system. You will first learn a bit about the digestive system, why it is an underlying root cause of many health conditions, and some parts that often need support. Then you hear which foods help improve digestion, balance blood sugar and decrease inflammation, as well as how to incorporate these foods into a daily plan. Includes a list of functional foods and their properties.

72255 Mo 7/27 10:00 – 11:00 am
\$5.00

Melatonin, Meditation and Mindfulness

Stress and blood sugar can be enemies of a good night sleep. Join this class to learn about the cortisol-melatonin cycle and what you can do to help balance its regulation. In addition, hear the difference between meditation and mindfulness, how to practice and how these practices improve the circadian cycle and sleep. Guided meditation included.

72256 Mo 8/24 10:00 – 11:00 am
\$5.00

BEGINNING WATERCOLOR PAINTING

BEGINNING WATERCOLOR – SKIES

Learn basic landscape principles and how to approach a landscape painting in watercolor. We will include the sky, mountains, trees, water, and buildings; where to start and how to incorporate the subject matter into your painting. All supplies included but bring if you have any.

72270 Fr 5/8 12:30 – 3:30 pm
\$35.00

BEGINNING WATERCOLOR – LANDSCAPES

Learn basic landscape principles and how to approach a landscape painting in watercolor. We will include the sky, mountains, trees, water, and buildings; where to start and how to incorporate the subject matter into your painting. All supplies included but bring if you have any.

72271 Fr 6/12 12:30 – 3:30 pm
\$35.00

www.kent50Plus.com

253-856-5150

EXPANDING YOUR MIND

Enjoy these exciting classes that are sure to increase your knowledge of the world around you. These classes are funded by King County VSHS Levy.

“TALKING ABOUT DEATH: A GIFT FOR YOU AND YOUR LOVED ONES”

Talking about death and dying is difficult even taboo in some communities. Yet, families who talk about it are known to be better prepared, less fearful, and can help the dying person to have a more peaceful death. We will view the film, "Speaking of Dying" which is a locally produced documentary that talks frankly about these issues, so we will all be more comfortable when it happens to us or our loved ones. The program includes interaction and opportunity for some sharing.

Bio: Dori Gillam is a Speaker and Writer who engages her audiences to participate in discussions about aging, ageism, resilience, and talking about death and dying. She cared for her parents for seven years until they died 30 days apart, after being married for over 70 years. She has worked for AARP, Sound Generations, the Bayview Retirement Community, and is a hospice worker.

72249 We 6/17 10:00 – 11:30am
Free, Pre-registration required.

SAFETY, AWARENESS & SELF DEFENSE: MUST KNOW INFORMATION ABOUT HOW TO PROTECT YOURSELF

In this informational and hands-on workshop, you will learn of awareness and defense strategies for older adults. Discussion will focus on how to avoid being targeted, surveying your surroundings and spotting potential danger before getting yourself into trouble. Prevention should always be your primary objective but we will cover blocking and striking techniques to defend yourself with confidence.

Bio: Carl Williams is the Chief Instructor for Z Ultimate Self Defense studios in the Kent location. He has been training in Kenpo Karate for 12 years and has a passion for making a positive impact on others, no matter their age. He was first drawn to martial arts through his daughter who began training after being bullied at school. Watching her train and grow in confidence, he decided it was his turn to join – a decision he has never regretted.

72250 We 8/19 10:00 – 11:30 am
Free, Pre-registration required.

Computer Learning

Students are welcome to bring their own laptop or similar portable electronic device to class to facilitate learning these skills on a device regularly used. The computer lab has been upgraded to all new Windows 10 equipment.

PRE-REGISTRATION & FEE REQUIRED

COMPUTERS 1: INTRODUCTION TO COMPUTERS

From turning the computer on and off, to learning the difference between hardware and software and how to install each, we will focus on making the vocabulary of the PC (Personal Computer) understandable. We will focus on the fundamentals and vocabulary that will make you comfortable using and speaking about any computer. This class is designed for novices and for those who want to increase their familiarity with the Windows 10 OS (Operating System).

72236 We 6/24 9:30 – 11:30 am
\$27.00

COMPUTERS 2: FILE MANAGEMENT

In this class, we will pick up where Computers 1 left off, as well as expanding on the tips and tricks taught therein. The essential tools in your computer for keeping your photos and files where you expect them to be and well-ordered will be the focus of this class. Part of the class time will be dedicated to individual questions. Bring your own questions and/or listen and learn as others have theirs answered.

72244 We 7/1 9:30 – 11:30 am
\$27.00

COMPUTERS 3: SECURITY, SAFETY & PRIVACY



For users who have taken the preceding courses or are comfortable with daily computer use, but would like to know more about the technical aspects of computing. The focus will be on interpreting the information available in Windows Task Manager and keeping the computer systems and security up to date. We will also

cover using the internet with a maximum of privacy and uninstalling software that you may not want or need.

72240 We 7/8 9:30 – 11:30 am
\$27.00

SOCIAL NETWORKING

Bring your device or use our computers to get schooled in all the latest methods of social networking. Sign up for a Facebook account and follow your grandchildren on their Twitter feeds.

Get up-to-date on how to electronically communicate. Check out the Senior Center's Facebook page – Kent 50 Plus Adventures.



72235 We 5/13 9:30 – 11:30 am
\$27.00

OFFICE 2007: WORD

Office 2007 updated the look of all its components dramatically and the successive versions have followed its template with only minor variations. This course will introduce new users, as well as help those familiar with older versions of Office Suite to reacquaint themselves. The emphasis will be on Word; however, questions about any of the office programs will be answered.

72232 We 5/6 9:30 – 11:30 am
\$27.00

DIGITAL CAMERA PHOTOGRAPHY

Bring your digital camera and cable, and the instructor will explain all of those buttons and symbols and how they can help you take better photos. The class will break down how to upload them to the computer, quickly edit them, and publish them to the internet or email them to your family. A demonstration camera and sample photos will be available.

72241 We 7/15 9:30 am – 12:00 pm
\$33.00

SMART DEVICES: SMART PHONES & TABLETS, GETTING STARTED

If you are new to the world of touchscreen devices, don't feel outsmarted by your smart phone. Learn the gestures that will put you in control as you increase your understanding of the settings menu, applications (apps), and notifications.

72238 We 4/8 9:30 – 11:30 am
72239 We 5/20 9:30 – 11:30 am
72242 We 7/22 9:30 – 11:30 am
\$27.00 each session

Computer Learning

SMART DEVICES: NAVIGATION AND MAPS

With a smart phone in your pocket you never need to be lost again. Using Google Maps is a great way to get yourself where you need to go. It's also a great way to find out all about the many restaurants and businesses near where you are, or where you are going to be.

72237	We	4/22	9:30 – 11:30 am
72243	We	6/3	9:30 – 11:30 am
72229	We	8/5	9:30 – 11:30 am

\$27.00 each session

SMART DEVICES: EMAIL, TEXTING & MANAGING YOUR CALENDAR

Keep in touch with friends and family by using your phone not only as a phone but also as a way to communicate through texts and emails. Come and learn the tips and tricks that will make you proficient and not make it feel like such a chore. Those tips also make it much easier to fill your calendar with all your activities. If you have an email address you would like to access

with your phone, please **bring your password** to make the process as easy as possible.

72228	We	4/15	9:30 – 11:30 am
72231	We	5/27	9:30 – 11:30 am
72233	We	7/29	9:30 – 11:30 am

\$27.00 each session

SMART DEVICES: CAMERAS

Photography with your phone makes it a snap to capture, edit, and share all in one device. In this class, you will learn how to get the best results possible from your device's camera. After you have your snapshot, a photo editing app can help make it look even more fantastic. Once finished, you can text, email and/or post your creation to the internet via social media. Tablet photographers are also welcome.

70968	We	4/1	9:30 – 11:30 am
72227	We	4/29	9:30 – 11:30 am
72230	We	6/10	9:30 – 11:30 am
72234	We	8/12	9:30 – 11:30 am

\$27.00 each session

Trips

THE KENT SENIOR ACTIVITY CENTER OFFERS A WIDE VARIETY OF FUN, EXCITING, AND EDUCATIONAL TRIPS AND OUTINGS. PLEASE NOTE THE FOLLOWING INFORMATION BEFORE YOU BEGIN MAKING YOUR SELECTIONS.

The Kent Senior Activity Center requires early sign-up for overnight tours. For us to qualify as a group, registration is required at least 60 days before departure, and a minimum number of travelers are required. To assist with this, we have initiated a registration deadline.

Participation Policy – We reserve the right to determine the level of activity AND the eligibility of an individual's ability to participate on each trip or one's need for assistance. We also reserve the right to expel any person whose behavior is inappropriate or incompatible with the interests of the group.

Extra Cost Provision – As on any trip, inclement weather and other conditions beyond our control may prevent or delay departure of a scheduled airline, ship, train, or motor coach. If, because of a delay, the participant must book an additional hotel night, meals, transportation, etc. all additional costs are solely the responsibility of the participant, not the City of Kent or any other supplier. Due to rising fuel costs, a fuel surcharge may be implemented by trip provider.

Most trips fill up, so sign-up early. Once a trip fills, a waitlist is maintained. A trip having a waitlist does not guarantee your spot can be filled if you cancel.

PLEASE BE AWARE THAT THE CITY OF KENT HAS A "NO-TOLERANCE" POLICY REGARDING DRINKING OR DRUGS AND DRIVING. IF YOU ARE DRIVING HOME FROM A SENIOR ACTIVITY CENTER TRIP, PLEASE BE RESPONSIBLE.

TRIP ACTIVITY LEVELS

Below are generic trip activity levels. See description of each individual trip for specific details.

EASY – Up to 2 blocks of walking on even terrain and a few stairs. Periodic rest stops and intermittent seating available throughout the day.

MILD – Between 2-4 blocks of even walking and short flight(s) of stairs. Resting areas vary. Standing approximately 30 minutes periodically over the day.

MODERATE – Up to 4 blocks of walking and some incline and/or steps involved. Resting areas available at end of tour. Standing approximately 1 hour periodically over the day. May not be appropriate for canes, walkers, or wheelchairs.

STRENUOUS – More than 4 blocks of walking with many stairs and uneven terrain. No resting areas available for long periods of time. More than 1 hour of standing. Not appropriate for canes, walkers, or wheelchairs.

Trip and activities fees include a 10% sales tax as legally required by the State of Washington. **Some trips have a specific refund policy. Trip cancellation may include a penalty fee up to 100% of the trip cost. Please check prior to registration.**

Trips

Spring Registration Open Now PRE-REGISTRATION & FEE REQUIRED

LUNCH AT CROCKETT'S PUBLIC HOUSE

Activity level: MILD, no wheelchairs, bring \$ for lunch

Located in downtown Puyallup in a historic brick building, where all of their food is prepared in-house, cooked to order from their original recipes. Try the "Mom's Sloppy Joe" or "Public House Meatballs", which were both featured on the show Diners, Drive-ins and Dives.

72257 Tu 4/7 11:00 am – 1:30 pm
\$22.00 + lunch

SKAGIT VALLEY TULIPS

Activity level: MILD, no wheelchairs, bring \$ for lunch



Don't miss our annual tour to the Skagit Valley tulip fields. Bring your camera and take in the sights as we visit the fields and nurseries. You'll have time for lunch out on

your own on this trip. Dress for spring weather and wear appropriate shoes as you will be outside a great deal on this trip.

72326 We 4/15 8:00 am – 5:00 pm
\$39.00 + lunch

WASHINGTON STATE SPRING FAIR

Activity level: MILD, not suitable for wheelchairs or walkers, bring \$ for lunch

This year's Spring Fair is full of new exhibits, great music, comedy, and delicious food. Come enjoy an afternoon out and indulge in some fudge, an elephant ear or Fisher scones then take a leisurely stroll through the exhibit halls.



72259 Fr 4/17 9:30 am – 2:30 pm
\$38.00 includes admission

EMERALD QUEEN CASINO

Activity level: MILD, no wheelchairs, bring \$ for lunch

Come check out the newly constructed Emerald Queen Casino in Tacoma now featuring a footprint of 310,000 square feet with picturesque views of the South Sound. Then enjoy a no host lunch at one of their new restaurants; the International Buffet, Asian Garden Restaurant, or the Deli Cafe.

72260 Tu 4/28 10:00 am – 3:00 pm
\$22.00 + lunch

EXPLORING CLE ELUM & ROSLYN, WA

Activity level: MILD, not suitable for wheelchairs or walkers, bring \$ for lunch

After heading over beautiful Snoqualmie Pass, we'll head for the Historic Cle Elum Bakery for coffee and pastries before making several stops in Cle Elum. We will have lunch out and shopping in Roslyn and then check out the fascinating Roslyn Cemetery with its segregated sections from the mining days. Ice cream stop on the return.

72328 Th 4/30 8:30 am – 4:00 pm
\$24.00 + lunch

HULDA KLAGER LILAC GARDENS

Activity level: MILD, not suitable for wheelchairs or walkers, bring \$ for lunch

Each year thousands of visitors step back in time to discover the 1880's Victorian farm house and country

gardens that comprise the Hulda Klager Lilac Gardens. In the spring, the gardens host Lilac Days to celebrate the beauty of lilacs in bloom. Visitors from around the world stroll through the gardens, buy their favorite lilacs, visit Hulda's Victorian-era home, and shop for



special items in the gift shop. Enjoy a no host lunch at a local restaurant.

72327 We 5/6 8:00 am – 5:00 pm
\$39.00 + lunch

Trips

SOUND OF MUSIC @ MANESTAGE THEATRE PUYALLUP

Activity level: MILD, no wheelchairs

Enjoy one of the most beloved musicals of all time. Set in Austria during World War II. You'll enjoy the classic songs from the Von Trapp Family. Trip includes reserved seat tickets.

72325 Fr 5/8 6:00 pm – 10:00 pm
\$45.00

CLIFF HOUSE RESTAURANT

Activity level: EASY no wheelchairs

The Cliff House sits on a bluff overlooking Commencement Bay in Northeast Tacoma, boasting panoramic views of the Puget Sound and Tacoma's skyline. Enjoy a tasty lunch at this Pacific Northwest landmark. We will be ordering meals off of a limited menu.



72261 We 5/13 10:15 am – 1:00 pm
\$69.00 includes lunch

LEAVENWORTH IN SPRINGTIME

Activity level: MILD, not suitable for wheelchairs, bring \$ for lunch



Sit back, relax, and enjoy a beautiful ride in a deluxe motorcoach over scenic Stevens Pass enroute to Leavenworth.

You'll have a few hours to explore the Bavarian Village and have lunch on your own. We'll return via Blewitt and Snoqualmie Passes, making this a nice scenic ride. Ice cream stop on the return trip.

72323 Th 5/21 8:00 am – 5:00 pm
\$59.00 + lunch

BRUNCH AT THE EGG & US

Activity level: EASY no wheelchairs, bring \$ for lunch

The Egg & Us located in Issaquah is known for their fifty different ways to cook your eggs! They also offer eleven ways to prepare your sandwich or burger, and seven ways to mix your salad. Whether it's omelets, scrambles, waffles, French toast, sandwiches, soups, or salads; with this much variety, you're sure to find the perfect dish!

72258 We 5/27 10:15 am – 1:00 pm
\$22.00 + lunch

LUNCH OUT AT FALL CITY ROAD HOUSE

Activity level: EASY no wheelchairs, bring \$ for lunch

Fresh farm to table and traditional fare await you at the Fall City Road House. After lunch, catch a quick look at Snoqualmie Falls before returning to Kent.

72324 Fr 5/29 10:30 am – 2:30 pm
\$22.00 + lunch

LUNCH AT STEAMER'S CAFÉ & A SCENIC RIDE THROUGH POINT DEFIANCE PARK

Activity level: MILD, wheelchairs & walkers okay. Bring \$ for lunch

Enjoy some famous Northwest seafood along with a beautiful view. Steamers features great fish & chips along with a large variety of seafood dishes as well as some other local tastes. Following lunch be sure to grab yourself some ice cream for the road and enjoy a scenic drive through Pt. Defiance Park.

72316 Fr 6/5 10:30 am – 2:45 pm
\$22.00 + lunch

WILDFIN AMERICAN GRILL & POINT RUSTON

Activity level: MILD no wheelchairs, bring \$ for lunch

Join us for spectacular waterfront dining at this iconic location on the Tacoma Waterfront; every table offers breathtaking views of the Olympics, Commencement Bay, and Mt. Rainier. After lunch, you will have time for shopping or take stroll along the waterfront trail.

72266 We 6/10 10:30 am – 2:30 pm
\$22.00 + lunch

Trips

PT. DEFIANCE ZOO & AQUARIUM

Activity level: MODERATE, not suitable for wheelchairs or walkers, bring \$ for lunch

Take a tour of all the animals and enjoy the newly opened Pacific Seas Aquarium, which is a must-see underwater delight! We will enjoy a late no-host lunch at Anthony's after our outing.

72265 Th 6/18 9:30 am – 3:00 pm
\$41.00 includes admission

MT. ST. HELENS

Activity level: EASY, not suitable for wheelchairs

In 1980, the landscape of southwestern Washington changed forever. The eruption of Mt. St. Helens destroyed many parts of our ecosystem but over 40 years later the area has had massive regrowth.



Come see this beautiful area and enjoy the history and beauty of this terrain.

A box lunch is included.

72263 Th 6/25 8:00 am – 6:00 pm
\$39.00 includes box lunch

ATTENTION

The day trips that occur in July and August (listed on pages 24-26) will not be available for registration until Wednesday, May 27 at 8:30 AM

RIDE THE FERRY

Activity level: MODERATE, not suitable for wheelchairs or walkers, bring \$ for lunch

The "Ride the Ferry" trip is back by popular demand. The route is yet to be determined based on various factors related to the ferry system.



There will be time for a no host lunch.

72317 We 7/1 8:15 am – 5:00 pm
\$45.00 + lunch

MALTBY CAFÉ & FLOWER WORLD

Activity level: MILD, not suitable for wheelchairs or walkers, bring \$ for lunch

Enjoy a no host brunch at the Maltby Café, which is known for their large portions and homemade cinnamon rolls. After brunch, we will travel to Flower World where you can wander through their fifteen acres of flowers, plants, shrubs, trees and displays. They are one of the largest retail nurseries of its kind on the West Coast.

72264 Th 7/2 9:30 am – 3:30 pm
\$22.00 + lunch

LAKEWOLD GARDENS

Activity level: MODERATE, not suitable for wheelchairs or walkers, bring \$ for lunch

A Premier Northwest garden experience; walk the paths of the beautiful Lakewold Gardens and you will be strolling through a period in garden history. Collections include Rhododendron, Japanese Maples, and Champion Trees of Washington State. We will stop for no host lunch at a local restaurant after.

72312 We 7/8 9:45 am – 2:30 pm
\$30.00 includes admission

PORT TOWNSEND

Activity level: MODERATE, not suitable for wheelchairs or walkers, bring \$ for lunch



We will enjoy a visit to this charming Victorian seaport on the Olympic Peninsula. Spend the day taking a stroll

through the quaint shops and enjoy a great no-host lunch at one of their many restaurants.

72267 Th 7/9 8:00 am – 5:00 pm
\$25.00 + lunch

Trips

RUSTY PLOW BLUEBERRY FARM

Activity level: MODERATE, not suitable for wheelchairs or walkers

This farm is located in Enumclaw has a variety of blueberries that they grow every year. We will take a tour of this great farm as well as have some time to pick some berries, and enjoy a no host lunch at a local restaurant.



72268 Mo 7/13 9:00 am – 1:30 pm
\$22.00 + lunch + blueberries

SEQUIM LAVENDAR FARMS

Activity level: MODERATE, not suitable for wheelchairs or walkers

The fragrance of lavender fills the air this time of year around Sequim. We will visit a few lavender fields and have lunch at a local restaurant. You will have the opportunity to purchase lavender and other goods.

72269 We 7/15 8:00 am – 5:00 pm
\$52.00 includes lunch

CHUCKANUT DRIVE AND MANOR

Activity level: EASY, not suitable for wheelchairs

Enjoy a tasty lunch with a beautiful view. The Chuckanut Manor has wonderful food. After lunch we will enjoy a drive along the amazing Chuckanut Drive. A definite Northwest treat.



72262 Fr 7/24 9:30 am – 5:00 pm
\$69.00 includes lunch

MEET THE FLEET CRUISE

Activity level: MILD, not suitable for wheelchairs or walkers

Join Waterways Cruises as we proudly view the vessels of the U.S. Navy, US Coast Guard, and Canadian Navy as they visit our city for Sea Fair. Trip includes a plated lunch and Captain’s narration of the history of Sea Fair.

72313 W 7/29 10:00 am – 4:00 pm
\$72.00 includes lunch and tour

CRYSTAL MOUNTAIN GONDOLA AND LUNCH AT SUMMIT HOUSE

Activity level: MODERATE, not suitable for wheelchairs or walkers

Cyrstal Mountain’s gondola provides a comfortable, scenic ride to the highest restaurant in Washington. The Summit House sits perched at 6,872 feet above sea level. You’ll take in amazing views of the Cascades on the ride and dine with a bird’s eye view of Mt. Rainier. Trip includes transportation, gondola ride, lunch, and gratuity.



72318 Fr 8/7 9:00 am – 3:00 pm
72319 Fr 8/21 9:00 am – 3:00 pm
\$69.00 includes lunch (each trip)

SEATTLE MARINERS VS HOUSTON ASTROS

Activity level: MODERATE, not suitable for wheelchairs or walkers

We’re headed to Safeco Field where we’ll watch the Mariners take the field for a mid-week matinee game at 1:10pm. Price includes exclusive Terrace Club level ticket, hot dog buffet, and transportation.

72314 We 8/12 11:00 am – 6:00 pm
\$79.00 includes admission and buffet

BALLARD LOCKS AND LUNCH AT FISHERMAN’S TERMINAL

Activity level: EASY, not suitable for wheelchairs

Ballard Locks is a complex set of locks at the west end of Salmon Bay in Seattle. It is surrounded by beautiful gardens and a bustling fish ladder. We will also enjoy lunch at Chinook’s at Salmon Bay, located at Fisherman’s Terminal.



72320 Fr 8/14 10:00 am – 3:30 pm
\$65.00 includes lunch

Trips

DAY ON WHIDBEY ISLAND

Activity level: MODERATE, not suitable for wheelchairs or walkers

Join us for a day of exploring beautiful Whidbey Island. We'll travel north and take in the stunning views of Deception Pass. We will make several stops, including some time in charming Langley, and return via the Mukilteo Ferry. Box lunch included.



72315 We 8/19 8:00 am – 6:00 pm
\$44.00 includes box lunch

LOW COUNTRY BOIL – PICNIC

Activity level: EASY, not suitable for wheelchairs



What is a "Low Country Boil?" Seafood, vegetables and sausage boiled in a savory broth then dumped on a covered table for all to enjoy. This will be held

at a special destination. Indulge in this classic summertime event.

72321 W 8/26 11:00 am – 3:00 pm
\$49.00

MT. RAINIER

Activity level: MODERATE, not suitable for wheelchairs or walkers

Don't miss this Northwest favorite. We will be going up to Paradise to enjoy the beauty of the area. This trip includes a box lunch. Please bring your Senior Pass if you have one.



72322 Th 8/27 8:00 am – 5:00 pm
\$39.00 includes box lunch

Extended/Overnight Travel

All overnight registration is now open
See flyers for full details

LEAVENWORTH SUMMER THEATRE:

August 4 – 6

Join us as we head to Leavenworth to enjoy classic shows at the outdoor summer theater. We will see the special 25th anniversary production of "The Sound of Music" as well as "The Music Man". We will enjoy 2 nights lodging at Icicle Inn with daily breakfast and plenty of time to explore Leavenworth as well as a trip to Ohme Gardens.



Trip includes:

- Reserved seat ticket to Sound of Music
- Reserved seat ticket to The Music Man
- 2 nights lodging with daily breakfast
- Admission to Ohme Gardens
- Trip Escort, Taxes, Fees
- Roundtrip transportation

Trip costs:

Double Occupancy \$ 440.00
Single Occupancy \$ 650.00

VICTORIA B.C. HOLIDAY GETAWAY

December 8 – 10

Holiday time in Victoria is bursting with festive activities; from strolling the dazzling Inner Harbour to shopping the cobblestone streets. Join us for a few days to relax, shop, sightsee, and see why Victoria is an enchanting place to spend during the holiday season.

Trip includes:

- Round trip transportation on Victoria Clipper
- Round trip onboard meal & beverage voucher Victoria Clipper
- 2 nights lodging at the Hotel Grand Pacific with daily breakfast
- Transportation to and from Victoria Clipper Terminal
- Taxes, ferry tolls, fuel surcharges
- Trip Escort

Trip costs:

Double Occupancy \$450.00
Single Occupancy \$599.00

Outdoor Recreation

Adventure Travel

PRE-REGISTRATION & FEE REQUIRED

All adventure registration is now open

HORSEBACK RIDING AT SUNCADIA RESORT

Activity level: STRENUOUS, not suitable for wheelchairs or walkers, bring \$ for lunch



You'll be led by guides on gentle, trail-wise horses on a classic trail ride. You'll explore the open forest and woodland trails of Suncadia. 1 ½ hours in the saddle, covering 5

miles. No prior riding experience necessary. Guided by "Three Peaks Outfitters." Please pick up an info sheet for this special trip. No host lunch out after the ride.

72297 W 5/20 8:30 am – 4:00 pm
\$85.00 + Lunch

BIKING THE PAVED TRAILS OF SUNCADIA RESORT

Activity level: STRENOUS, not suitable for wheelchairs or walkers, bring \$ for lunch

We'll ride a variety of loops through the beautiful Resort property. There are some hills but not difficult terrain. We'll ride a total of 12 miles on this entry level ride. Trip includes a top-quality rental bike and helmet. Lunch out after the ride.

72298 F 6/19 8:30 am – 4:00 pm
\$60.00 + lunch

YAKIMA RIVER SCENIC FLOAT & LUNCH

Activity level: MODERATE, no wheelchairs or walkers, wear outdoor clothing, hiking boots or shoes.

Float the beautiful Yakima River. No big rapids but awesome scenery in this dramatic river canyon. Hosted by Rill Adventures, this trip includes a lunch on the float. Please pick up a flyer for details about how to dress and what to bring.

72300 W 7/22 8:00 am – 4:30 pm
\$80.00

ZIP LINING AT BELLEVUE ZIP TOUR

Activity level: STRENUOUS, not suitable for wheelchairs & walkers, bring \$ for lunch

Enjoy the exhilaration of zip lining. This tour includes 7 different zip lines plus 2 suspension bridges. No prior experience necessary. Please pick up an info sheet about this special trip. Lunch out after the tour.

72299 F 6/12 8:45 am – 3:00 pm
\$85.00 + Lunch

SEA KAYAK ADVENTURE

Activity level: STRENUOUS, not suitable for wheelchairs or walkers, bring \$ for lunch

Join us for an entry level Sea Kayak experience out of beautiful Port Gamble on the protected waters of Puget



Sound. You will be instructed and guided by the professional guides of the "Olympic Outdoor Center." No prior Kayaking experience necessary. Trip includes Kayak, PFD, and instruction. Please pick up an information sheet about this trip.

72301 W 8/5 8:00 am – 5:00 pm
\$75.00

Nature Walks

PRE-REGISTRATION & FEE REQUIRED

Get out and see some beautiful areas without committing to long hiking distances. Nature walks will range from 2 to 4 miles. Please see our flyer for details about destinations and trail conditions.

FOOTHILLS TRAIL

We'll walk about 4 miles on this paved path along the Carbon River near Orting. This Rails to Trails project trail has minimal elevation gain.

72283 Th 5/28 9:00 am – 1:30 pm
\$24.00

MCDONALD PARK – SNOQUALMIE RIVER

We'll walk about 3 ½ miles along the Tolt and Snoqualmie Rivers near Carnation, WA.

Trail surface is hard pack dirt and some mud. Hiking boots recommended. Minimal elevation gains in this out and back walk.

72284 Th 6/25 9:00 am – 2:00 pm
\$24.00

Outdoor Recreation

ATTENTION

The following nature walks will not be available for registration until Wednesday, May 27 at 8:30 AM

OXBOW LOOP TRAIL

This scenic loop around Oxbow Lake near North Bend will give you the feeling of solitude while being fairly close in. Trail surface is hard pack, gravel and wood chip. Hiking boots recommended. 60' of elevation gain in 2 mile loop.

72282 Th 7/30 9:00 am – 1:00 pm
\$24.00

SNOQUALMIE VALLEY TRAIL – RATTLESNAKE LAKE TO NORTH BEND

This regional trail has a hard-pack and gravel surface. Hiking boots recommended. We'll walk about 4 miles losing elevation on this on-way walk. Lunch out at North Bend Bar & Grill after the walk.

72286 M 8/24 9:00 am – 2:00 pm
\$24.00

Hiking

From May – August we will typically host 2 hikes per month. Hike destinations vary greatly in distance and difficulty. Please see our "Hiking Program Flyer" for more details about our hike rating system and what to bring on day hikes. *Pack a lunch and extra water unless otherwise noted in hike description.*

Spring Hiking Registration Open Now

SKOOKUM FLATS & FALLS

This trail east of Greenwater on Hwy 410 parallels the White River and heads to 250' tall Skookum Falls. 4.5 miles round trip with 500' of elevation gain. High point: 2500'. Rated: Easy

72274 Tu 5/12 8:30 am – 4:00 pm
\$24.00

GRANITE LAKES TRAIL

This trail in the Middle Fork Snoqualmie area has 2 different points of access. We will choose our starting point based on trail conditions. We will not make it all the way to the lakes as this is a long hike but will make it to Granite Creek. 6 miles round-trip with 1000' of elevation gain.

Rated: Moderate

72275 Tu 5/26 8:30 am – 3:30 pm
\$24.00

MIRROR LAKE

This hike is accessed off of the Lost Lake road east of Snoqualmie near Stampede Pass. Nice forested trail passes Cottonwood Lake heading to sub-alpine Mirror Lake. 4.5 miles round-trip with 800' of elevation gain. High Point: 4200' Rated: Moderate



72276 Tu 6/9 8:30 am – 4:30 pm
\$24.00

GREENWATER - MEEKER LAKES

Hike through beautiful cathedral-like old growth forest enroute to Greenwater Lakes. 5 miles round-trip with 500' of elevation gain. High Point: 2950' Rated: Easy

72277 Tu 6/23 8:30 am – 4:30 pm
\$24.00

ATTENTION

The following hikes will not be available for registration until Wednesday, May 27 at 8:30 AM

SPRAY FALLS – SPRAY PARK

These hikes are located near Lake Mowich in the Carbon River entrance to Mt Rainier. You will have 2 options today; hike to spectacular 354' Spray Falls – 4.5 miles with 800 ft. of elevation gain for a moderate hike, or continue on to Spray Park with its stunning wildflower meadows and mountain views. 7.5 miles round trip with 1700' of elevation gain. This option is a strenuous hike in the high country. High Point: 6400'

72278 Tu 7/7 7:30 am – 5:00 pm
\$24.00

Outdoor Recreation

Hiking Continued

CRYSTAL MOUNTAIN GONDOLA TO RIDGE TRAIL

After a scenic ride up to the summit at nearly 7000', we'll hike the ridge out and back about 4 mile round-trip. Incredible views of Mt Rainier, the White River



Valley, and Crystal Ski area. After hiking, enjoy a beverage at the Summit House before riding the gondola back to the base area. 500'

of elevation gain. High Point 7000'. Rated: Moderate for elevation.

72279 **Tu** **7/21** **8:00 am – 4:00 pm**
\$40.00

MT. FREEMONT LOOKOUT

This is a spectacular hike in the high country of Mt. Rainier. The trail starts at Sunrise, climbs to the ridge, passes Frozen Lake and then traverses to Mt Freemont. Amazing views of the mountain and valley below. 5.5 miles round trip with 1000' of elevation gain. Rated: Strenuous.

72280 **Tu** **8/4** **8:00 am – 5:00 pm**
\$24.00

NACHES PEAK LOOP



We'll depart from Tipsoo Lake near Chinook Pass and hike the loop clockwise to see the best Mt Rainier views. This is a fairly easy hike in beautiful

high country. 4.5 miles with 500' of elevation gain. Rated: Moderate for elevation

72281 **Tu** **8/18** **8:00 am – 5:00 pm**
\$24.00

MT. HOOD OREGON HIKERS GET-A-WAY

Sept 15 – 17, 2020 * Details coming in May

KENT SUMMER OUTDOOR TRAIL WALKS: JUNE – SEPTEMBER

Free and open to all ages. These walks are at different Kent locations. Come exercise and explore your city!

- Self-Guided walks are every other Wednesday morning.
- Guided walks are once a month on Sundays.

Schedules will be available from early May at Kent Commons, Kent Senior Activity Center and at ShoWalk sessions.

SELF-GUIDED WEDNESDAY MORNING WALKS DATES & LOCATIONS 9:00 to 11:00 am

- 6/3 Interurban Trail south from Kent Commons
- 6/17 Soos Creek Trail south from Gary Grant Park
- 7/1 Green River Trail east from LA Fitness
- 7/15 West Fenwick Park Trails
- 7/29 Morrill Meadows Park Trails
- 8/12 Soos Creek Trail north from Gary Grant Park
- 8/26 Covington Community Park Loop
- 9/9 West Fenwick Park Trails
- 9/23 Morrill Meadows Park Trails

LEADER-GUIDED SUNDAY WALKS DATES & LOCATIONS All starting at 11 am

- 6/21 Wilson Play Fields for Clark Lake Park Trails
- 7/19 Bicentennial Park for Green River Trail,
- 8/16 Cedar River Park for Cedar River Trail (NEW!)
- 9/20 Hogan Park at Russell Rd. for Rabbit Loop Trail (including new Meeker St trail)



Outdoor Recreation

Fishing

PRE-REGISTRATION & FEE REQUIRED

We offer a variety of fishing tours from single-day trips to overnight-travel angling adventures. Please pick up a flyer for details. The Senior Activity Center has good quality loaner gear available. Please inquire at registration. Contact John Fiskum at 253-856-5163 for more information.

YAKIMA RIVER GUIDED FLY FISHING FLOAT



Join us for a professionally guided float trip on Washington's "Blue Ribbon" Yakima River. We'll pursue wild Rainbow and Cutthroat trout. 2 anglers per boat or raft with a pro guide. This trip includes flies, leaders, gear and lunch. Please request a Yakima Guided Float information sheet.

- If you cancel this trip there will be no refund unless a replacement is found.

72287 **W** **4/1** **7:00 am – 7:00 pm**
\$225.00

Rattlesnake Lake Trout Fishing

Rattlesnake Lake near North Bend, WA, is a productive Rainbow Trout lake. Regulations allow both fly and conventional tackle but no bait is allowed. It is very helpful to have a floating craft to fish this lake but there is shoreline access as well. We will take a van and utility trailer to haul float tubes and pontoon boats or you can meet us at the lake. Please request a Rattlesnake Lake Information Sheet.

72288 **W** **4/29** **8:00 am – 4:00 pm**
\$24.00
\$7.00 drive self

MINERAL LAKE TROUT FISHING

Mineral is one of Western Washington's most productive trout lakes. Rainbow trout range from 9" to over 9lbs as the lake gets a liberal plant of fish from both the state and the private resort. All methods of angling are legal here and a limit of trout can be retained. There is dock space available and rental boats are very affordable. Please request a Mineral Lake Information Sheet for details.

72289 **Mo** **5/4** **7:00 am – 4:30 pm**
\$24.00 + Dock or Boat Rental

PUGET SOUND BEACH FLY FISHING "DIY"

We will walk and wade a productive beach in search of Sea Run Cutthroat. Please pick up a Puget Sound Beach Fishing Information Sheet for details.



72290 **Th** **5/21** **6:00 am – 1:00 pm**
\$24.00

SKYKOMISH RIVER GUIDED SALMON & STEELHEAD

The "Sky" is one of the Puget Sound regions most productive Salmon & Steelhead Rivers. We'll fish for both Summer Chinook and Summer Steelhead on this fully-guided adventure. This trip includes tackle. Equipment, bait and fish cleaning. Please see the Skykomish River Guided Fishing flyer for more details.

- If you cancel this trip there will be no refund unless a replacement is found.

72291 **W** **6/17** **5:00 am – 4:00 pm**
\$240.00

NACHES RIVER GUIDED TROUT FLY FISHING FLOAT

A guided float trip down the Naches River is truly an adventure with a combination of bouncy whitewater and beautiful fishing holding runs and pools. The



Naches holds both wild Westslope Cutthroat and Rainbow trout and dry fly fishing is usually productive. We'll be guided by the guides of Red's Fly Shop. All tackle, equipment, flies, leaders,

and lunch is provided on this trip. Please request a Naches River Guided Fishing Information sheet for details.

- If you cancel this trip there will be no refund unless a replacement is found.

72292 **W** **6/24** **7:00 am – 8:00 pm**
\$275.00

Outdoor Recreation

Fishing continued

SMALL STREAM WALK & WADE FISHING

We'll walk and wade fish a small stream that drains the East slope of the Cascades. Specific stream will be determined by water and run-off levels. This is classic small stream fishing with flies or lures for mostly small to modest size wild trout – Rainbow and Cutthroat. Please request a Small Stream Info Sheet.

72293 **W** **7/1** **7:00 am – 5:00 pm**
\$24

COWLITZ RIVER GUIDED SUMMER STEELHEAD

The Cowlitz is typically Washington's most productive Summer Run Steelhead River. The river received a large plant of smolts 2 years ago and if the run materializes like it should fishing will be good. This is fully guided jet sled fishing with conventional tackle and everything is included. Please request a Cowlitz River Summer Steelhead Guided fishing Info sheet.

- If you cancel this trip there will be no refund unless a replacement is found.

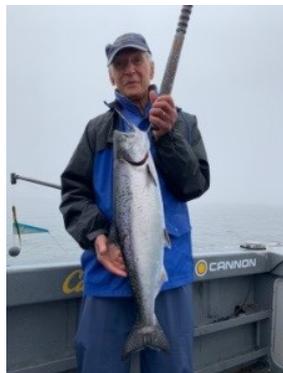
72294 **Th** **7/9** **4:00 am – 5:00 pm**
\$245

PUGET SOUND SALMON CHARTER FISHING

We'll target hatchery Chinook & Coho salmon in Puget Sound with the professional guides of "All Star Charters" We had a great trip last summer with these guides. If you like calm water and fully guided fishing you will like this trip.

- If you cancel this trip there will be no refund unless a replacement is found.

72295 **Th** **7/23** **4:00 am – 4:00 pm**
\$265



COLUMBIA RIVER SALMON – GUIDED



We'll fish the mighty Columbia out of Longview, WA. This is primarily a Chinook troll fishery but summer Steelhead are also encountered. We will fish with pro guides out of comfortable jet sleds and all tackle and equipment is provided. Overnight lodging the evening before the fishing day in Longview.

- If you cancel this trip there will be no refund unless a replacement is found.

72296 **W – Th** **8/19 – 20** **2:00 pm – 6:00 pm**
\$349 Double Occupancy per person
\$389 Single Occupancy per person

Golf

PRE-REGISTRATION & FEE REQUIRED

Each month from May – October, we'll offer group golf outings. On each trip, we'll visit a different course and play 9 or 18 holes. After the round, enjoy a no host lunch at the clubhouse or a nearby eatery. All trips require pre-registration and transportation payment. Green fees are payable at the course. Participants providing their own transportation will be charged a \$7 administration fee. Times, dates, and destinations are subject to change based on unforeseen circumstances and tee time availability.



MEADOW PARK

A 27 hole course near Lakewood. We'll play 9 holes and then have lunch at Carr's restaurant in Lakewood.

72303 **Tu** **5/5** **8:45 am – 3:30 pm**
\$24.00 + green fees & lunch

Outdoor Recreation

Golf Continued.

MT. SI

An 18 hole course near North Bend. We will play 9 holes and then enjoy lunch at the clubhouse.

72304 Tu 5/19 8:45 am – 3:30 pm
\$24 + green fees & Lunch

HIGH CEDARS

An 18 hole course near Orting. We will play 9 holes then enjoy lunch at the clubhouse.

72305 Tu 6/2 8:45 am – 3:30 pm
\$24 + green fees and lunch

SUN COUNTRY



We will play 18 holes at this course near Cle Elum and then enjoy lunch at the clubhouse.

72306 Tu 6/16 7:45 am – 5:00 pm
\$26 + green fees and lunch

ALLENMORE

An 18 hole course near Tacoma. We will play 9 holes and then have lunch at the Spar in Tacoma.

72307 Tu 6/30 8:45 am – 3:30 pm
\$24 + green fees and lunch

ATTENTION

The following golf trips will not be available for registration until Wednesday, May 27 at 8:30 AM

TAHOMA VALLEY

An 18 hole course near Yelm. We will play 18 holes and then eat in the restaurant at the course.

72308 Tu 7/14 8:00 am – 4:30 pm
\$24 + green fees and lunch

Fort Lewis

A 27 hole course near DuPont. We will play 9 holes and then dine at the clubhouse.

72309 Tu 7/28 8:45 am – 3:30 pm
\$24 + green fees and lunch

ENUMCLAW

An 18 hole course in Enumclaw. We will play 9 holes and then have lunch at Krain Inn.



72310 Tu 8/11 8:45 am – 3:30 pm
\$24 + green fees and lunch

BROOKDALE

An 18 hole course in Parkland. We will play 9 holes and then have lunch at the 21 21 Bar and Grill.

72311 Tu 8/25 8:45 am – 3:30 pm
\$24 + green fees and lunch



50 PLUS CO-ED SOFTBALL

Kent is currently seeking players 50+ both men and women to try out for our co-ed competition softball team. For more information about schedules and details, contact John at 253-856-5150 or jfiskum@kentwa.gov.

SHOWALK: INDOOR WALKS AT SHOWARE CENTER

FREE Indoor Walking through May 20
Monday – Wednesdays, 9:00 – 11:00 am

- Open to all ages and modalities
- Two levels for walking and stairs for extra cardio!
- Monthly health screenings (glucose and blood pressure)
- Great for caregivers and rehabilitation, **Call Kent Commons at (253)856-5000 for more information.**

Volunteer Opportunities

VOLUNTEERS NEEDED FOR VARIOUS PROGRAMS

Volunteers are needed to fill various regular or substitute positions. Meals on Wheels drivers, packers and callers, and lunch helpers are needed. Pick up an application, background check form and handbook. For more information, contact Helena at 253-856-5164.

REGISTERED VOLUNTEERS

REGISTERED VOLUNTEERS who are recording hours on a regular basis should have received a letter in March labeled "IMPORTANT." This includes a Spring - Summer Update and information about how to get free admission to the Knot Quite Write Players dress rehearsal and 2 complimentary Veterans tickets to the 2020 Kent Firefighters Foundation Veterans Luncheon as well as changes to the 2020 Volunteer Appreciation Brunch schedule. If you are a registered volunteer but did not receive your envelope labeled "IMPORTANT 2020 VOLUNTEER INFORMATION," please call (253) 856-5150. The photo below features some of our volunteers taken at our Christmas Luncheon last December.

SENIOR ADVISORY COMMITTEE

3RD FRIDAY OF THE MONTH, 10:00 AM

The purpose of the Senior Advisory Committee is to provide counsel and liaison to Center staff. If you are interested in being a member of this valuable committee or in seeing what goes on at a meeting, please stop by on the 3rd Friday of the month. The committee does not meet in July, August or December. All meetings are open to the public.

Committee Members: Sharon Crain, Orval Dealy, Coreen Jones, Linda DeVange, Wilma Peterson, Dan Atwell, Loretta Pearson, Louanne Schrenk, and Anne Lowe.

2020 Volunteer Appreciation Event

Volunteers who have recorded at least 100 hours since March 2019 will receive an invitation to our Volunteer Appreciation Event during the month of March. If you are a new volunteer who is recording hours on a regular basis, you will receive an invitation in early April. If you do not receive your invitation by April 10, 2020, please call Helena at (253) 856-5150.



2019 Volunteer Picture

This is just a few of our over 400 volunteers, contributing over an average of 60,000 hours a year.

Community Resources

Affordable Care Act information	www.wahealthplanfinder.org
America's Debt Help Center	www.debt.org
Brain Resources for Seniors	https://www.dana.org/explore-neuroscience/successful-aging/
Catholic Community Service Center	253-854-0077
City of Kent Home Repair Program	253-856-5065
City of Kent Housing & Human Services	253-856-5070
Kent Food Bank	253-520-3550
Community Living Connections Resource Line (formerly Senior Information & Assistance)	206-962-8467, 1-844-348-5464 (toll free)
Kent Library	253-859-3330, www.kcls.org
Legal Clinic – Senior Issues	206-448-5720
Legal Clinic – General	206-267-7070
Meals on Wheels – Kent	253-856-5158
Meals on Wheels – Seattle	206-448-5767
Medicare Information	1-800-633-4227, www.medicare.gov/
Metro	206-553-3000
ACCESS	206-205-5000
Senior Guidance-senior living resources	www.seniorguidance.org
Social Security Administration - Kent	1-866-931-7671, www.socialsecurity.gov
SHIBA Help Line	1-800-562-6900
Taxpayer Advocate	1-877-777-4778, www.TaxpayerAdvocate.irs.gov
Veterans Program – King County	206-477-8282
Volunteer Medical Transportation	206-448-5740
Washington Masonic Charities Outreach Services	1-844-288-3531 www.wa-masoniccharities.org

April Menu

Hours: 11:45 am – 1:00 pm – All Meals \$7.00 (\$6.00 on Wednesdays)

- A. Full meal features items listed below and a fresh-cut salad bar, homemade bread, dessert, beverage
- B. Homemade soup, deli-style sandwich and small Chicken Caesar Salad
- C. Large Chicken Caesar Salad and Soup

All options include beverage and dessert (Deli not available on special advanced ticket lunch days). Special thanks to **Stafford Suites** for their weekly fruit donation. Thank you to generous participants for co-sponsoring Deli Bingo prizes and to **Mission Healthcare** for co-sponsoring Wednesday and monthly lunch ticket drawings. Take out carriers and wrap are not available for leftovers. Every effort will be made to provide the published menu, but the **Kent Parks Deli and Café** reserve the right to make substitutions as necessary.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>DELI BINGO courtesy of generous donors every 2nd Wednesday 12:15 – 1:00 pm</p> <p>All who purchase a \$6 lunch ticket on the 2nd Wednesday may request a set of BINGO cards for the 4 games to win prizes.</p>		<p>1) Nellie's Deli \$6.00 Sandwich, Soup du jour, salad, dessert, coffee/tea/milk Specialty Sandwich for first 25: Grilled Ham & Cheese</p>	<p>2) Navy Bean Soup Breaded Pork Chop Steamed Potatoes Mushroom Gravy Mixed Vegetables</p>	<p>3) Onion Soup Chicken & Dumplings Mashed Potatoes</p>
<p>6) Beef Noodle Soup Hand-Breaded Chicken Breast Rice Pilaf w/ Gravy Asian Vegetables</p>	<p>7) Vegetable Soup Swiss Steak Mashed Potatoes w/Gravy Carrots</p>	<p>8) Nellie's Deli \$6.00 – Deli Bingo Sandwich, Soup du jour, salad, dessert, coffee/tea/milk Specialty Sandwich for first 25: Pulled Pork</p>	<p>9) Soup du Jour Chili Cheese Baked Potato Steamed Broccoli Sour Cream, Chives, Bacon Bits</p>	<p>10) Chicken Rice Soup Homemade Meatloaf Mashed Potatoes w/ Gravy Corn</p>
<p>13) Egg Drop Soup Teriyaki Beef Steamed Rice Asian Vegetables</p>	<p>14) Minestrone Soup Parmesan Chicken Pasta w/Marinara Sauce Green Beans</p>	<p>15) Nellie's Deli \$6.00 Sandwich, Soup du jour, salad, dessert, coffee/tea/milk Specialty Sandwich for first 25: Meatball Marinara</p>	<p>16) Tomato Soup Chicken & Dumplings Mashed Potatoes</p>	<p>17) Corn Chowder Hand-Breaded Fish & Chips Coleslaw</p>
<p>20) Chicken Rice Soup Three-Cheese & Meat Lasagna Homemade Garlic Bread Green Beans</p>	<p>21) Creamy Potato Soup Swedish Meatballs over Egg Noodles Steamed Carrots</p>	<p>22) Nellie's Deli \$6.00 Sandwich, Soup du jour, salad, dessert, coffee/tea/milk Specialty Sandwich for first 25: Reuben On Rye</p>	<p>23) Navy Bean Soup Salisbury Steak Mashed Potatoes w/Onion Gravy Green Beans</p>	<p>24) Vegetable Soup Baked Ham Scalloped Potatoes Green Peas</p>
<p>27) Lentil Soup Liver & Onions Mashed Potatoes Green Beans</p>	<p>28) Soup du Jour Chicken Cordon Bleu Rice Pilaf Peas & Carrots</p>	<p>29) Nellie's Deli \$6.00 Sandwich, Soup du jour, salad, dessert, coffee/tea/milk Specialty Sandwich for first 25: Tuna Melt</p>	<p>30) Potato Soup Spaghetti & Meatballs Homemade Garlic Bread Corn</p>	

May Menu

Hours: 11:45 am – 1:00 pm – All Meals \$7.00 (\$6.00 on Wednesdays)

- A. Full meal features items listed below and a fresh-cut salad bar, homemade bread, dessert, beverage
- B. Homemade soup, deli-style sandwich and small Chicken Caesar Salad
- C. Large Chicken Caesar Salad and Soup

All options include beverage and dessert (Deli not available on special advance ticket lunch days). Special thanks to **Stafford Suites** for their weekly fruit donation. Thank you to generous participants for co-sponsoring Deli Bingo prizes and to **Mission Healthcare** for co-sponsoring Wednesday and monthly lunch ticket drawings. Take out carriers and wrap are not available for leftovers. Every effort will be made to provide the published menu, but the **Kent Parks Deli and Café** reserve the right to make substitutions as necessary.

Monday	Tuesday	Wednesday	Thursday	Friday
DELI BINGO courtesy of generous donors every 2nd Wednesday 12:15 – 1:00 pm All who purchase a \$6 lunch ticket on the 2nd Wednesday may request a set of BINGO cards for the 4 games to win prizes.				1) Cream of Broccoli Soup Hawaiian Orange Chicken Steamed Rice Carrots
4) Noodle Soup Homemade Meatloaf Mashed Potatoes w/ Gravy Corn	5) CINCO DE MAYO Mexican Pozole Chicken Enchilada Spanish Rice Refried Beans Beef	6) Nellie's Deli \$6.00 Sandwich, Soup du jour, salad, dessert, coffee/tea/milk Specialty Sandwich for first 25: Grilled Ham & Cheese	7) Lentil Soup Barbecued Chicken JoJo Potatoes Baked Beans	8) Navy Bean Soup Breaded Pork Chop Steamed Red Potatoes w/Gravy Carrots
11) Onion Soup Beef Stew over Homemade Biscuit	12) Vegetable Soup Salisbury Steak Mashed Potatoes w/Onion Gravy Corn	13) Nellie's Deli \$6.00 – Deli Bingo Sandwich, Soup du jour, salad, dessert, coffee/tea/milk Specialty Sandwich for first 25: Pulled Chicken	14) Split Pea Soup Liver & Onions Mashed Potatoes Steamed Green Peas	15) FIREFIGHTERS FOUNDATION LUNCH Tossed Salad Hand-Breaded Chicken Breast Potatoes w/ Gravy Green Beans Advanced tickets:\$3.00
18) Lentil Soup Tuna Noodle Casserole Steamed Cabbage	19) Corn Chowder Hand-Breaded Fish & Chips Coleslaw	20) Nellie's Deli \$6.00 Sandwich, Soup du jour, salad, dessert, coffee/tea/milk Specialty Sandwich for first 25: Philly Cheese Steak	21) Soup du Jour Three-Cheese & Meat Lasagna Homemade Garlic Bread Almond Green Beans	22) Creamy Potato Soup Specialty Quiche Seasoned Corn
25) Center Closed for Memorial Day	26) Minestrone Soup Baked Ham & Scalloped Potatoes Peas	27) Nellie's Deli \$6.00 Sandwich, Soup du jour, salad, dessert, coffee/tea/milk Specialty Sandwich for first 25: Tuna Melt	28) Navy Bean Soup Swiss Steak Red Potatoes w/Onion Gravy Green Beans	29) Potato Soup Chicken Yakisoba (Chicken, Noodles, Vegetables)

June Menu

Hours: 11:45 am – 1:00 pm, All Meals \$7.00 (\$6.00 on Wednesdays) Options include

- A. Full meal features items listed below and a fresh-cut salad bar and homemade bread.
- B. Homemade soup, deli-style sandwich and small Chicken Caesar Salad
- C. Large Chicken Caesar Salad and Soup

All options include beverage and dessert (Deli not available on special advanced ticket lunch days). Special thanks to **Stafford Suites** for their weekly fruit donation. Thank you to generous participants for co-sponsoring 2nd Wednesday Deli Bingo prizes and to **Mission Healthcare** for co-sponsoring Wednesday and monthly lunch ticket drawings. Take out carriers and wrap are not available for leftovers. Every effort will be made to provide the published menu, but the **Kent Parks Deli and Café** reserve the right to make substitutions as necessary

Monday	Tuesday	Wednesday	Thursday	Friday
1) Navy Bean Soup Salisbury Steak Mashed Potatoes w/Onion Gravy Green Beans	2) Onion Soup Hand Breaded Chicken Breast Steamed Rice w/Mushroom Gravy Cabbage	3) Nellie's Deli \$6.00 Sandwich, Soup, salad, dessert, coffee/tea/milk Specialty Sandwich for first 25: Grilled Ham & Cheese	4) Tomato Soup Chicken & Dumplings Mashed Potatoes	5) Creamy Potato Soup Macaroni & Cheese with Ham Steamed Carrots
8) Chicken Rice Soup Breaded Pork Chop Steamed Red Potatoes w/Onion Gravy Mixed Vegetables	9) Vegetable Soup Liver & Onions Mashed Potatoes w/Gravy Seasoned Corn	10) Nellie's Deli \$6.00 – Deli Bingo Sandwich, Soup du jour, salad, dessert, coffee/tea/milk Specialty Sandwich for first 25: Sloppy Joe	11) Egg Drop Soup Teriyaki Chicken Steamed Rice Asian Vegetables	12) Spilt Pea Soup Three-Cheese Meat Lasagna Homemade Garlic Bread Green Peas
15) Potato Chowder Hand-Breaded Fish & Chips Coleslaw	16) Beef Vegetable Soup Specialty Quiche Steamed Cabbage	17) Nellie's Deli \$6.00 Sandwich, Soup du jour, salad, dessert, coffee/tea/milk Specialty Sandwich for first 25: - BLT	18) Barley Soup Baked Ham & Scalloped Potatoes Peas	19) Navy Bean Soup Parmesan Chicken Pasta with Marinara Sauce Carrots
22) Lentil soup Old-fashioned Meatloaf Red Potatoes w/ Gravy Carrots	23) Taco Tuesday Pozole Soft Beef Taco OR Taco Salad Tortilla Chips	24) Nellie's Deli \$6.00 Sandwich, Soup du jour, salad, dessert, coffee/tea/milk Specialty Sandwich for first 25: - Tuna Melt	25) Minestrone Soup Orange Chicken Steamed Rice Green Beans	26) Vegetable Soup Swiss Steak Mashed Potatoes w/Gravy Carrots
29) Barley Soup Italian Meatballs over Pasta Marinara Sauce Steam Vegetables	30) Onion Soup Herb Baked Chicken Rice Pilaf w/ Gravy Seasoned Carrots	FREE Lunch Co-sponsored by Mission Healthcare ENTER TO WIN A FREE WEDNESDAY LUNCH TICKET Buy a \$7 lunch ticket (\$6 Wed.) and ask for a free coupon to win a free lunch valid any Wednesday. DRAWINGS held every Wednesday at 12:30 pm and at the end of the month. Need not be present to win.		

July Menu

Hours: 11:45 am – 1:00 pm – All Meals \$7.00 (\$6.00 on Wednesdays)

- A. Full meal features items listed below and a fresh-cut salad bar, homemade bread, dessert, beverage
- B. Homemade soup, deli-style sandwich and small Chicken Caesar Salad
- C. Large Chicken Caesar Salad and Soup

All options include beverage and dessert (Deli not available on special advanced ticket lunch days). Special thanks to **Stafford Suites** for their weekly fruit donation. Thank you to generous participants for co-sponsoring Deli Bingo prizes and to **Mission Healthcare** for co-sponsoring Wednesday and monthly lunch ticket drawings. Take out carriers and wrap are not available for leftovers. Every effort will be made to provide the published menu, but the **Kent Parks Deli and Café** reserve the right to make substitutions as necessary.

Monday	Tuesday	Wednesday	Thursday	Friday
DELI BINGO courtesy of generous donors every 2nd Wednesday 12:15 – 1:00 pm All who purchase a \$6 lunch ticket on the 2nd Wednesday may request a set of BINGO cards for the 4 games to win prizes.		1) Nellie's Deli \$6.00 Sandwich, Soup, salad, dessert, coffee/tea/milk Specialty Sandwich for first 25: Grilled Ham & Cheese	2) Chicken Noodle Soup Cheeseburger JoJo Fries	3) Center Closed Independence Day
6) Vegetable Soup Chili Cheese Baked Potato Steamed Broccoli Sour Cream, Chives, Bacon Bits	7) Navy Bean Soup Salisbury Steak Mashed Potatoes w/Onion Gravy Green Beans	8) Nellie's Deli \$6.00 – Deli Bingo Sandwich, Soup du jour, salad, dessert, coffee/tea/milk Specialty Sandwich for the first 25: Pulled Pork	9) Barley Soup Breaded Pork Chop Steamed Red Potatoes w/Onion Gravy Mixed Vegetables	10) Tomato Soup Chicken & Dumplings Mashed Potatoes
13) Chicken Noodle Soup Swiss Steak Mashed Potatoes w/Gravy Mixed Vegetables	14) Spilt Pea Soup Three-Cheese Meat Lasagna Homemade Garlic Bread Green Peas	15) Nellie's Deli \$6.00 Sandwich, Soup du jour, salad, dessert, coffee/tea/milk Specialty Sandwich for first 25: BLT	16) Corn Chowder Fish & Chips Coleslaw	17) Soup du Jour Liver & Onions Mashed Potatoes w/Gravy Seasoned Corn
20) Beef Noodle Soup Hand-Breaded Chicken Breast Rice Pilaf & Gravy Peas	21) Vegetable Soup Homemade Meatloaf Mashed Potatoes w/Gravy Carrots	22) Nellie's Deli \$6.00 Sandwich, Soup du jour, salad, dessert, coffee/tea/milk Specialty Sandwich for first 25: Tuna Melt	23) Potato Soup Spaghetti & Meat Sauce Homemade Garlic Bread Corn	24) Onion Soup Baked Ham & Scalloped Potatoes Mixed Vegetables
27) Barley Soup Italian Meatballs over Pasta Marinara Sauce Steamed Carrots	28) Split Pea Soup Chicken Pot Pie Seasoned Corn	29) Nellie's Deli \$6.00 Sandwich, Soup du jour, salad, dessert, coffee/tea/milk Specialty Sandwich for first 25: Meatball Marinara	30) Egg Drop Soup Teriyaki Beef Steamed Rice Asian Vegetables	31) Onion Soup Chicken Alfredo with Pasta Carrots

August Menu

Hours: 11:45 am – 1:00 pm – All Meals \$7.00 (\$6.00 on Wednesdays)

- A. Full meal features items listed below and a fresh-cut salad bar, homemade bread, dessert, beverage
- B. Homemade soup, deli-style sandwich and small Chicken Caesar Salad
- C. Large Chicken Caesar Salad and Soup

All options include beverage and dessert (Deli not available on special advanced ticket lunch days). Special thanks to **Stafford Suites** for their weekly fruit donation. Thank you to generous participants for co-sponsoring Deli Bingo prizes and to **Mission Healthcare** for co-sponsoring Wednesday and monthly lunch ticket drawings. Take out carriers and wrap are not available for leftovers. Every effort will be made to provide the published menu, but the **Kent Parks Deli and Café** reserve the right to make substitutions as necessary.

Monday	Tuesday	Wednesday	Thursday	Friday
3) Turkey Soup Oven-Fried Chicken Roasted Potatoes Corn on the Cob	4) Vegetable Soup Breaded Pork Chop Red Potatoes w/Gravy Green Beans	5) Nellie's Deli \$6.00 Sandwich, Soup du jour, salad, dessert, coffee/tea/milk Specialty Sandwich for first 25: Grilled Ham & Cheese	6) Chicken Noodle Soup Swiss Steak Mashed Potatoes w/Gravy Mixed Vegetables	7) Soup du jour Chicken Cordon Bleu Rice Pilaf Peas & Carrots
10) Navy Bean Soup Liver & Onions Mashed Potatoes w/Gravy Seasoned Peas	11) Lentil Soup Tuna Noodle Casserole Steamed Cabbage	12) Nellie's Deli \$6.00 – Deli Bingo Sandwich, Soup du jour, salad, dessert, coffee/tea/milk Specialty Sandwich for first 25: Pulled Chicken	13) Onion Soup Hand-Breaded Chicken Breast Steamed Rice w/Mushroom Gravy Lima Beans	14) Potato Chowder Hand-Breaded Fish & Chips Coleslaw
17) Split Pea Soup Baked Ham & Scalloped Potatoes Green Peas	18) Tomato Soup Chicken & Dumplings Mashed Potatoes	19) Nellie's Deli \$6.00 Sandwich, Soup du jour, salad, dessert, coffee/tea/milk Specialty Sandwich for first 25: Tuna Melt	20) Chicken Noodle Soup Homemade Meatloaf Steamed Potatoes w/Onion Gravy Green Beans	21) Egg Drop Soup Chicken Stir Fry Steamed Rice Crispy Chow Mein Noodles
24) Minestrone Soup Barbecue Chicken JoJo Potatoes Baked Beans Potato Salad	25) Taco Tuesday Pozole Soft Beef Taco OR Taco Salad Tortilla Chips	26) Nellie's Deli \$6.00 Sandwich, Soup du jour, salad, dessert, coffee/tea/milk Specialty Sandwich for first 25: Philly Cheese Steak	27) Navy Bean Soup 3 Cheese & Meat Lasagna Homemade Garlic Bread Almond Green Beans	28) Vegetable Soup Salisbury Steak Mashed Potatoes w/Onion Gravy Corn

<p>Center Closed For Maintenance ALL WEEK August 31 – September 7, 2020 Opens Tuesday, September 8, 2020 at 8:30 AM</p>	<p>FREE Lunch Co-sponsored by Mission Healthcare ENTER TO WIN A FREE WEDNESDAY LUNCH TICKET Buy a \$7 lunch ticket (\$6 Wed.) and ask for a free coupon to win a free lunch valid any Wednesday. DRAWINGS held every Wednesday at 12:30 pm and at the end of the month. Need not be present to win.</p>
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LUNCH PROGRAM DESSERT & CONCERT FUNDRAISER

Thursday, August 20, 2020

Dessert by Stafford Suites – 6:15 PM

Rock & Roll Choir Concert – 7:00 PM

Featuring SilverSounds NW Choir

Co-sponsored by Fountain Court and Normandy Park

Tickets on sale for any size donation beginning Wed. July 29, 2020 by phone with MC/Visa or in person at

600 E. Smith St. Kent, WA 98030

(253) 856-5150

Celebrating 10 years of SilverSounds' greatest hits!

KENT 50 PLUS & FD CARES PRESENT THE 10th Annual WELLNESS FAIR

8:30 a.m. to Noon
Kent Senior Activity Center
600 E. Smith Street, Kent, WA 98030

Thursday, September 17, 2020
There is no charge for guests to attend this event.

- +** **Info Booths** *No Charge*
featuring Health, Housing, Finances and Social Services
- +** **Flu Shots** *No Charge*
Compliments of FD Cares while supplies last
- +** **Health Screenings** *No Charge*
Free Blood Pressure and Glucose checks

- +** **Fitness Options** *No Charge*
Observe exercise classes and workshops (Fitness Center with Trainer, Chi Gong, Stretch & Strengthening)
- +** **\$1 boxed lunch**
Buy tickets day of event beginning at 8:30 a.m. while supplies last

For co-sponsorship booth info, call 253-856-5150.
Special thanks to Farrington Court for coordinating lunch project



KENT SENIOR ACTIVITY CENTER
600 E. SMITH ST.
KENT, WA 98030-4600

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