



OCTOBER Senior Center Monthly Snapshot

Special Events

Drop by to join us for some extra FUN! You won't want to miss out on these special events. **Call the Senior Center at 253-856-5150 for more information.**

Legacy Estate Planning Seminar

Come to this FREE Estate Planning Seminar held by Iddins Law Group and get all your questions answered. Workshop is FREE, but registration is required.

Friday
10/3

2-4 p.m.



Dementia Friends

Dementia Friends is a global movement changing the way people think, act, and talk about dementia through free, one hour information sessions. Participants learn what dementia is, how to support those affected, and simple ways to promote brain health and take action in their communities.

Tuesday
10/14

10 a.m.



Lions Breakfast

Join the Kent Lions as they serve you a delicious complimentary breakfast of pancakes, eggs, ham, fruit, juice and coffee. No registration required. Contact 253-856-5150 for more information.

Saturday
10/25

9-10:15
a.m.



13th Annual



WELLNESS & RESOURCE FAIR

Thursday, October 9, 2025
9:30 a.m. – 12 p.m.

Kent Senior Activity Center •

600 E. Smith Street, Kent, WA 98030

There is no charge for guests to attend this event.

Special Events

Continued

Drop by to join us for some extra FUN! You won't want to miss out on these special events. **Call the Senior Center at 253-856-5150 for more information.**



Kiwanis of Kent Annual Halloween Pumpkin Decorating

Come join the decorating fun! Paint, Dress, and decorate a pumpkin to take home for the upcoming "Spooky Holiday". Space is limited to 15 so come early and pick out your perfect pumpkin décor.

Monday,
10/20 12:30 -
2:30 PM



Expanding Your Mind presents "The End of the Wild West in Washington by Pretty Gritty Tours"

Washington was, in many ways, the last frontier. As the golden age of the cowboy and the Wild West came to an end, it met its final days in Washington state. The last outlaws, train robberies, and cowboys vanished here.

Wednesday,
10/22 10 a.m.



Popcorn and Sodas for \$0.50 each.

Monthly Movie Matinee: Signs

"A former priest and his family uncover mysterious crop circles on their farm, leading to a suspenseful battle between faith, fear, and a possible alien invasion." Starring Mel Gibson and Joaquin Phoenix

3rd Tuesday
of Each
Month 1:45-
4 p.m.



Drop-In Computer Lab

6 computers and 6 iPads and a knowledgeable staff to assist you.

Tuesday 2-4 p.m.

Indian American Community Services

IACS invites you to the Kent Senior Activity Center Pop-Up. Programs include wellness and fitness, mental health support, fun activities, digital literacy, small business help desk, snacks, and more. Activities are open to all Kent Senior Activity Center participants! For more information contact seniorcoord@iaww.org or 253-234-9989 (ext 3).

2nd & 4th
Tuesdays of
the Month 12:30 -
3 p.m.



Vietnamese Cultural Group

Evergreen Elders Connections is hosting a Vietnamese Cultural Group that fosters meaningful relationships and promotes the well-being of elders by creating opportunities for social engagement, cultural exchange, and intergenerational connection. Activities include socializing, light exercise, dancing, karaoke, and more. All KSAC participants are welcome!

1st & 3rd
Tuesdays of
the month 9 - 11:30
a.m.



Senior Center Deli and Café

Join us for a homemade meal that includes soup, salad, entree, dessert, and beverages. Every effort will be made to provide the published menu, but the Kent Parks Deli & Café reserves the right to make substitutions as necessary. Menus available at MyKentParks.com/50plus.



Cost

Lunch at the Senior Center

Lunch prices have changed this year to reflect current food and labor costs. Thank you for your continued support!

No lunch service August 20 - September 1. – Served Tuesday, Thursday, and Friday starting July 8.

Tues, Thurs,	11:45 a.m. -	Regular: \$9
Fri	1 p.m.	Reduced: \$5.50

Trips and Tours

Get out and get moving with us! This month, we encourage you to join us on one of our day trips to explore local, surrounding cities and the great outdoors. Please confirm mobility requirements for each specific trip. Day trips fill up fast. **To learn more or sign up for future trip opportunities, check out pages 32-33 of the Fall Parks Program Guide.**

Day trips

Cost Course #

Explore Downtown Enumclaw

Cole Street in downtown Enumclaw is a vibrant retail area with interesting shops and delicious eateries. Spend some time browsing and shopping, then enjoy lunch at the famous Mint restaurant. **ACTIVITY LEVEL: EASY.** Limited wheelchair spots available, must be scheduled at the time of registration with staff.

Mon,	10:30 a.m. -	\$26	SC1508 01F
10/1	2:30 p.m.		

Trolls & Ferries

We're off to see the amazing trolls created by Thomas Dambo, the Danish artist and creator. We will ride the ferry to beautiful Vashon and Bainbridge Islands to witness these masterpieces. This trip includes a boxed lunch to enjoy along the way. **ACTIVITY LEVEL: MODERATE.** No wheelchairs or walkers, uneven terrain.

Tue,	8:30 a.m. -	\$73	SC1600 01F
10/7	4 p.m.		

Annual Fall Colors Tour

Travel east on Hwy 2 over beautiful Stevens Pass. Lunch and shopping in downtown Leavenworth, then return over Swauk and Snoqualmie Passes. You'll travel in comfort on a deluxe motorcoach. No host lunch out in Leavenworth. **ACTIVITY LEVEL: MODERATE.** Not suitable for wheelchairs, some walking, short periods outdoors.

Wed,
10/15

8 a.m. -
5 p.m.



Outdoor Recreation

Get out and enjoy a hike or nature walk to take in the beauty of Washington State, enjoy a round of golf, or get out on the water with us to catch some fish!

To learn more or sign up for future trip opportunities, check out page 34-35 of the Fall Recreation Guide.

Outdoor Recreation

Cost

Course #

Granite Creek Connector Trail

The Granite Creek Connector Trail is located off of Middle Fork Road near North Bend. We'll hike the 2.5 mile Connector to the Granite Lakes Trail and then descend to the trailhead, making this a oneway hike. This adventure is 4 miles total with 1000' of elevation gain. After the hike, we'll have lunch out at the Snoqualmie Brewery.

Tuesday,
10/28

8:30 a.m. -
4 p.m.

\$30

SC1217 01F

Fishing Trips

We offer a wide variety of fishing trips, from day trips to overnight adventures. Contact John Fiskum for questions: 253-856-5163 or JFiskum@KentWA.gov

KSAC Skagit River Guided Fishing

The Skagit River gets a great return of Fall Coho Salmon. We'll fish with pro guides out of comfortable jet sleds as we pursue these hard fighting and great eating Salmon. All tackle and equipment are provided. No prior fishing experience is required for this adventure.

Fri,
10/17

4 a.m. -
6 p.m.

\$329

SC1124 01F

Chehalis River Guided Salmon Fishing

Join us for a guided salmon fishing adventure on the Chehalis River. A strong run of Coho is projected so our prospects for success are good. We'll fish with pro guides out of a comfortable jet sled. All tackle and equipment is provided. No prior Salmon fishing experience is required.

Wed,
10/29






5 a.m. -
5 p.m.

\$329

SC1126 01F

Health and Wellness

From a fully-equipped fitness center and both paid and FREE fitness classes, to support groups and individual health-care.

				Cost	Course #
Fitness Center	Located at the Senior Center. Equipped with cardio and strength training equipment.	M-F	8:30 a.m. - 4 p.m.	\$2 Daily rate	
Fitness Classes	Adult 50+ Yoga: Yoga helps ease tension, increases strength and flexibility, and improves overall health. No previous yoga experience needed. Beginners welcome. The instructor has over 20 years of teaching experience. Please bring a mat and 1 large towel. Instructor: C. Rosefield	Friday	9:30 - 10:30 a.m.	\$42	SC0804 02F
Fitness Opportunities	Exercise DVD: <i>Walk Away The Pounds by Leslie Sansone</i> Meet up with friends and enjoy a workout. It isn't just walking around the social hall; it's weights, walking, stretching, etc.	Monday & Wednesday	9:30 - 10:30 a.m.		
	Chi Gong	Thursday	9:30 - 10:30 a.m.		
	Tai Chi	Thursday	11 a.m. - 12 p.m.		
	Line Dancing Line dancing is open for all interested participants. Every Monday and Thursday. Beginner - 1:30 PM - 2:35 PM Advanced - 2:40 PM - 4:00 PM	Monday & Thursday	Beginning 1:30 - 2:35 p.m. Advanced 2:40 - 4:00 p.m.		
	Fitness Class IACS: Chair Yoga & Movement; 4th Tuesday of the month: Strength Training. Sponsored by Indian American Community Services, join us for a range of fitness classes for all activity levels! Open to all Kent Senior Activity Center participants.	2nd & 4th Tuesday of the month	12:45 - 1:30 p.m.		
	Hula Come Hula with us! Low impact aerobic movements to Hawaiian music. Learn the Olelo, Mele and Hula from the 50th state (language, song and dance).	Monday & Friday	12 - 2 p.m.		

Health and Wellness

From a fully-equipped fitness center and both paid and FREE fitness classes, to support groups and individual health-care, we pride ourselves on offering a wide range of services to help keep your mind, body, and soul healthy!

Cost Course #

Wellness Programs

Social Support Group:

Join us to 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.*

Mondays

10:30 -
11:30 a.m.



Grief Support:

Living through Loss: Join us in person to discuss grief, learn about healing, and receive support and encouragement. This group is facilitated by Valley Cities Behavioral Health Care.

1st Wed
of the
Month
8/6-10/8

10-11:30
a.m.



MS Support Group

For those caring for family or friends with MS, this is an excellent opportunity to share and learn with others.

3rd Thurs
of the
Month.

1-3 p.m.



Alzheimer's Caregiver Support Group

Family and friends caring for someone with Alzheimer's or related dementia can come together to share experiences, gain support, and resources. First Wednesday of the month.

1st Wed
of the
month

12:30-1:30
p.m.



DEMENTIA CAREGIVER SUPPORT GROUP Sponsored by Gentiva Hospice

For loved ones and caregivers of people living with dementia. Join these facilitated monthly meetings to share experiences, support, and laughter! Third Friday of the month.

3rd Friday
of the
month

9:30 a.m.



Be Well Workshop

October: More Physical as We Age
10/1 Body Composition
10/8 Changes in Aging Organs Systems
10/15 Gastrointestinal Tract Changes
10/22 Neuromuscular Changes
10/29 Skin: Your Biggest Organ

Wed

1 - 2:30 p.m.



Kent Senior Activity Center, 600 East Smith St., Kent, WA 98030
Monday - Friday: 8:30 a.m. - 4:30 p.m.
253-856-5150 • MyKentParks.com/50Plus

Health and Wellness

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Cost

Course #

Comfort Keepers: Aging & Memory

Ever forget someone's name right after meeting them? Join this free seminar to learn about normal memory changes, how memory works, tips for maintaining brain health, and the 10 signs of memory loss. Seminar is free but, registration is required.

10/23

1-3 p.m.



SC0211 01F

Individual Counseling

One-on-one counseling sessions are provided by Valley Cities Counseling; appointments are held in person, via phone, or Zoom. Call us at 253-856-5150 to schedule an appointment. This program is funded by the King County VSHS Levy. *By Appointment only.*



Puzzle Experience

Receive themed puzzles regularly.
Email SeniorActivityCenter@KentWA.gov with your request.



Health and Wellness

From a fully-equipped fitness center and both paid and FREE fitness classes, to support groups and individual health-care, we pride ourselves on offering a wide range of services to help keep your mind, body, and soul healthy!



Health Services

Blood Pressure Monitor

Wednesday

9 a.m. -
12 p.m.



Health Insurance Counseling

State Health Insurance Board Advisory (SHIBA) meetings are the second Monday of the month by appointment only.

Immediate assistance HELP LINE 1-800-562-6900.

Call 253-856-5150 to schedule appointment covers Medicare, Managed Care Medicaid and Long - Term Care

Schedule
Appt.



Haircuts

Contact the Kent Senior Activity Center at 253-856-5150 to schedule an appointment. Appointments are on first Monday of the month. Must wash hair day of appointment.

Schedule Appt. \$15

Foot Care

*A licensed nail technician from Wellness Footcare will complete an assessment of your feet and then soak them, trim the nails, and file and pad corns/calluses. **To schedule your appointment, call 253-856-5159.***

Schedule Appt. \$40

Senior Legal Clinic

by Iddins Law Group

Iddins Law Group will be here on the third Friday of each month to offer legal advice and discounted services to seniors.

Call the Senior Center at 253-856-5150 to schedule your complimentary consultation.

Schedule Appt.



Elder Law

by Sound Generations

*Elder Law Clinic helps with senior/aging legal issues. **Call 206-448-5720 for an appointment.***

Schedule Appt.



Kent Senior Activity Center, 600 East Smith St., Kent, WA 98030
Monday - Friday: 8:30 a.m. - 4:30 p.m.
253-856-5150 • MyKentParks.com/50Plus

Health and Wellness

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Cost Course #

Health Services

Hopelink Transportation Resource Help Desk

Stop by to learn more about your transportation options and resources! Free information will be available to attendees and will cover the following topics:

- ORCA Program
- King County Metro Services
- Volunteer Driver Programs
- Travel options advising and referrals

For help finding a ride: FindARide.org or call the Transportation Referral Line 425-943-6760

First Tuesday of Each Month

First Tuesday of Each Month
10 a.m.-
12 p.m.



Classes

Expand your mind and get creative with this month's class offerings! **Learn more starting on page 36 of the Fall Recreation Guide.**

Cost Course #

AARP Smart Driver Safety

Have you been looking for a place to take AARP's Driver Safety Program? Join us at the Senior Activity Center! Registration is required. Payment is due and payable to AARP the first day of class. Class is for individuals age 50 and older. If you are a member of AARP, the fee is \$20 per person. The cost for non-members is \$25. Pay at class with check or cash.

10/2 &
10/3
12 PM - 4
PM

AARP
Members
\$20 non-
Members
\$25

Medicare 101 - Seminar

Discover Medicare essentials. Ideal for those turning 65 or transitioning from work plans. Explore Original Medicare, Medigap Plans, and Medicare Advantage options. Navigate the complexities effortlessly. No registration needed. First Tuesday of each month

1st
Tuesday of
the month
11 a.m. -
12 p.m.



Classes



Expand your mind and get creative with this month's class offerings! **Learn more starting on page 37 of the Spring/Summer Recreation Guide**

Medicare Plan Reviews	Already on Medicare? One on one plan reviews for 2025/2026. Medicare Advantage or Medigap Plans. Appointment recommended. Call 360-731-6455 to schedule.	Every Mon. in Oct. & Nov. App. Required	10 a.m. - 1 p.m.
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MEDICARE - 2026 UPDATES	What changes are coming in 2026? Will there be a cap on Prescription Drug costs? Will weight loss drugs be covered? What is happening with Medicare Advantage plans? Attend this seminar for the latest updates.	Fri 10/10 11 a.m.	
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Do you want to learn Spanish? For Beginning Spanish, join us on Mondays. Classes are taught by retired Spanish instructors.

Senior Spanish Classes	Advanced Spanish - aims to improve the student's proficiency through advanced structure and vocabulary. Class will be conducted almost entirely in Spanish. This class is NOT FOR BEGINNERS. Taught by a former teacher.	Thursday, 9/5-12/19 10 - 11:30 a.m.	\$50	SC0101 03F
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Ukulele	Come learn to play the ukulele, beginners welcome! 2nd and 4th Tuesday	2nd and 4th Tuesday 1:30 - 3 p.m.	FREE
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Clubs and Groups

Whether you like to read, craft, color, or carve, join like-minded individuals at one of our weekly clubs! All are welcome to join.



Clubs

Bilingual Group / English & Spanish Conversation Practice Group:

Come join others who like to practice their English or Spanish. A qualified instructor is here to help.

Tuesday

10 a.m. -
12 p.m.



Fly Tying Group

Tuesday

10 a.m. -
12 p.m.

Woodcarving

Wednesday

10 a.m. -
12 p.m.



Bring your Own Craft

Wednesday

10 a.m. -
12 p.m.

Adult Coloring Club

Thursday

9-11:30
a.m.



Kent Senior Stitchers

Knitting and crocheting projects created during Kent Senior Stitchers will be donated within our community.

Tuesday

12 -
3 p.m.



Poetry Club

Join us if you enjoy any or all aspects of poetry. No experience necessary. 1st & 3rd Friday of the Month

1st & 3rd
Friday of
the month

10 a.m. -
11 a.m.

Tattered Pages Book Club

An Unfinished Love Story, Doris Kearns Goodwin

Wednesday,
10/1

1 -
2:30 p.m.



Speedy Readers

No Meeting for October

Knot Quite Write Players

The Kent Senior Activity Center's Readers Theater troupe always welcomes new members.

Friday

1:30 -
2:30 p.m.



Cards and Games

Who's ready to have a little fun? From card games to outdoor ping pong, we're ready for you to come and play!



Cost

				Cost
Cards	Bingo Hillside Assisted Living and Weatherly Inn Kent will be hosting Bingo the 3rd Wednesday of the month, all senior center members are welcome to join! No buy in, free to play! Games, Fun, Prizes!	3rd Wednesday of the Month	1:30 - 3 p.m.	
	Bridge	Wednesday	12 - 3 p.m.	
	Hand & Foot	Wednesday & Friday	12:30 - 4 p.m.	
	Cribbage	Thursday	10:30 a.m. - 12:30 p.m.	
	Pinochle	Monday & Tuesday	12:30 - 3 p.m.	
	Whist	Friday	12 - 4 p.m.	
	Mexican Train Dominoes	Thursday	1 - 3 p.m.	
	American Mah Jong	Monday	11:30 a.m. - 3 p.m.	
Games	Billiards	Tuesday- Thursday	8:30 a.m. - 4 p.m.	\$2 per day
	Ping Pong	Monday & Wednesday	1:30 - 4 p.m.	
	Coloring and Puzzle Books Did you know the Kent Senior Activity Center has puzzle and coloring books for its participants? Come pick yours up, see the front desk if you have questions!			
Outdoor games	Corn Hole	Seasonal		
	Outdoor Ping Pong	Seasonal		

Volunteer Opportunities

If you're looking for ways to get more involved at the Senior Center, check out our available volunteer opportunities!

Advisory Committee

2nd Friday of the Month 10 - 11 a.m.

Coffee Bar

Mon - Fri 8:30 a.m. - 12 p.m.

Meals on Wheels Volunteers

Wednesday

Deli & Café Lunch

Daily Mon - Fri
11:00 a.m. - 1:30 p.m.

Movie Matinee Volunteer

3rd Tuesday of the month 1 - 4 p.m.

Front Desk Administrative Volunteers:

Thursday and Fridays 8:30 am - 1:00 pm

Health Room Volunteers

Varies

Odds and Ends

Kent Senior Activity Center Outreach Coordinator

Do you need help with resources and services related to aging? Get connected to Kent Senior Activity Outreach Coordinator for a variety of issues related to aging. Housing, home repair, food insecurity, mental health, transportation, elder abuse, etc. **Call 253-856-5150 for more information.**



televëda

FREE classes daily
televëda.com to join!



TELEVËDA VIRTUAL EVENT PLATFORM

Kent Senior Activity Center has partnered with virtual platform Televeda. Televeda is a simple online program that lets you join on demand and live classes, games, and social events from home so you can stay connected, active, and have fun with others.

Sponsored through the King County VSHS Levy.

SCAN THE QR CODE TO SIGN UP AND GET STARTED!

