



APRIL 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.**

Kiwanis Easter Brunch

Join us for this annual event. Breakfast services begins at 9:00 a.m. Contact 253-856-5150 for more information. Tickets will be available at the front desk. Event is for seniors 50+ only.

Saturday,
4/4

9 -10 a.m.

**Free, limit
one per
senior**

REFLEXOLOGY WORKSHOP

Meet our Nationally Board-Certified Reflexologist Leilani Saper and learn about the benefits of reflexology.

Monday,
4/6

11 a.m.

FREE

Expanding Your Mind presents "Dollhouses and the Mighty Power of Miniatures"

In this talk, explore the surprising and inspiring history of miniatures. See how people have demonstrated astonishing creativity and resourcefulness in tiny scale during wars, economic disasters, and pandemics. Author Elise Hooper will share how restoring a dollhouse that has been in her family for five generations helped her connect with her own history and view the world as one filled with possibility.

Tuesday,
4/21

1p.m.

FREE

Monthly Movie Matinee: Saint Ralph

The unlikely story of Ralph Walker, a ninth-grader who outran everyone's expectations except his own in his bold quest to win the 1954 Boston Marathon

3rd Tuesday
of Each
Month

1:45-4 p.m.

FREE

Popcorn and
Sodas for
\$0.50 each.

Special Events

Continued

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Drop-In Computer Lab

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

Tuesdays

2-4 p.m.

FREE

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.

FREE

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!

NO MEETING
FOR APRIL,
RETURNS IN
JULY!

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

Tues, Thurs,
Fri

11:45 a.m.
- 1 p.m.

Regular: \$9
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 38-39 of the Spring/Summer Parks Program Guide.**



Day trips

Cost

Course #

Snoqualmie Casino

Indulge in a hosted group lunch at Falls Buffet, featuring five stations of world-class comfort cuisine. After, explore the newly expanded casino and enjoy gaming time. **ACTIVITY LEVEL: MODERATE.** No wheelchairs or walkers.

Thursday,
4/2

10:30 a.m. -
3:30 p.m.

\$54

SC 1503 01S

Jacob Two Trees and Lunch Out

Join us for a delightful outing to Jacob Two Trees, one of the Dambo trolls located in the Pacific Northwest. The troll is located a 1/4 mile walk down an even path. Following the troll visit, we will enjoy a delicious lunch at a local restaurant – great food, good company, and a wonderful day together. **ACTIVITY LEVEL: EASY.** No wheelchairs or walkers.

Friday,
4/17

10:30 a.m. -
2 p.m.

\$74

SC 1502 01S

Brunch out at Kettle Café

Enjoy a no-host brunch at the Kettle Cafe in Enumclaw which features a diverse menu with both breakfast and lunch items available. After brunch, you will have a short time to explore downtown Enumclaw. **ACTIVITY LEVEL: EASY.** Limited wheelchair spots available. Must be scheduled at time of registration with staff.

Wednesday,
4/22

9:30 a.m. -
1 p.m.

\$29

SC 1517 01S

Grease

Join us for a trip to Village Theatre in Issaquah to enjoy the Mainstage production of Grease, one of the world's most popular and beloved musicals. This high-energy show delivers nonstop, nostalgic, rock-and-roll fun! Note: This production contains adult themes and language, as well as depictions of underage drinking and smoking. **ACTIVITY LEVEL: MILD.** Not suitable for wheelchairs.

Thursday,
4/30

12:45 p.m.
- 5:15 p.m.

\$118

SC1504 01S

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 40-41 of the Spring/Summer Recreation Guide.

MORE HIKES!

Amazing Summer Hikes in the High Country

From July through September, we head to beautiful high-country destinations on Mount Rainier and the Alpine Lakes region. Based on alpine conditions, our summer destinations will be confirmed and published on June 1. *For information about our hiking program, contact John at 253 856-5163 or JFiskum@KentWA.gov.*



Outdoor Recreation

Skookum Flats Hike

This beautiful hike off of Hwy 410 follows the White River to 250' Skookum Falls. 4 miles out-and-back round trip with 250' of elevation gain. Rated: 2

Tue 4/14	8:30 a.m. - 3:30 p.m.	\$29	SC1222 01S
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Ebey's Landing Hike

A stunning hike on Whidbey Island along a bluff overlooking Puget Sound and the Olympic Peninsula. 5.5 miles round trip with 260' of elevation gain. Rated: 2

Tue 4/28	8 a.m. - 4 p.m.	\$35	SC1223 01S
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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

Trout Flyfishing Adventure

Join us for a fully guided float fishing adventure in the beautiful Yakima River with the pro guides of Troutwater Fly Shop.

Wed 4/15	7 a.m. - 6 p.m.	\$329	SC 1301 01S
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Potholes Walleye Guided Fishing

Enjoy a day of professionally guided fishing on Potholes Reservoir. Trip includes transportation, overnight lodging, fishing, and equipment.

Wed & Thur 4/29 - 4/30	9 a.m. - 6 p.m.	\$539	SC 1603 01S
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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	
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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 4/10-5/15	9:30 - 10:30 a.m.	\$48	SC0804 01S
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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 - 2:30 PM Advanced - 2:35 PM - 3:35 PM	Monday & Thursday	Beginning 1:30 - 2:30 p.m. Advanced 2:35 - 3:35 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.		
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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

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.

Wednesdays 10-11:30 a.m.
4/1-5/20



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 Workshops

April: Spring into Good Health
4/1 - Vaccinations and Screening Tests as we Age
4/8 - Stress Awareness Month and You
4/15 - Annual Checkups
4/22 - Earth Day Celebration
4/29 - The Importance of Social Connections

Wed 1 - 2:30 p.m.



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Cost Course #

Legacy Estate Planning Seminar

Attend this FREE Estate Planning Seminar held by Iddins Law Group and get all of your questions answered! Seminar is free, but registration is required.

Friday
4/10
2-4 p.m.

FREE
Registration
required

SC0204 015

King County Metro Transit Options Seminar

During our group presentation, we introduce the public transit system and explain the different transportation options available to seniors and people with disabilities, including how to ride safely and confidently on the bus. We share tools, tips, and resources to help them travel more independently. This program is presented by the King County Metro Transit Instruction Program.

Wednesday
4/8
10 a.m.



Medicaid Alternative Care Options and Tailored Supports for Older Adults

Presented by Neighborhood House Medicaid Alternative Care (MAC) and Tailored Supports for Older Adults (TSOA) are supplemental Medicaid and Medicare programs designed to support adults aged 55 and older by providing services such as medical equipment, meals, massage therapy, acupuncture, caregiving assistance, and more.

Thursday
4/23
1 p.m.



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 for appointment referral.
This program is funded by the King County VSHS Levy.
By Appointment only.



Puzzle Experience

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



Health and Wellness

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Health Services

Blood Pressure Monitor	Wednesday	9 a.m. - 12 p.m.	
Health Insurance Counseling	<p>State Health Insurance Board Advisory (SHIBA) meetings are the second Monday of the month by appointment only.</p> <p>Immediate assistance HELP LINE 1-800-562-6900. Call 253-856-5150 to schedule appointment covers Medicare, Managed Care Medicaid and Long - Term Care</p>		<p>Schedule Appt.</p>
Haircuts	<p>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.</p>		<p>Schedule Appt. \$15</p>
Foot Care	<p>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.</p>		<p>Schedule Appt. \$40</p>
NEW! REFLEXOLOGY	<p>Enjoy a relaxing 30-minute reflexology session working on your feet (hands and ears can be worked as well). Clients will lay on a massage table, fully clothed, aside from shoes and socks. Call (253) 856-5150 to schedule an appointment.</p>		<p>Schedule Appt. \$30</p>
Senior Legal Clinic by Iddins Law Group	<p>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.</p>		<p>Schedule Appt.</p>
Elder Law by Sound Generations	<p>Elder Law Clinic helps with senior/aging legal issues. Call 206-448-5720 for an appointment.</p>		<p>Schedule Appt.</p>

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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
4/16, 6/18, 8/20

Thursday,
4/16
10 a.m.-
12 p.m.



Classes

Expand your mind and get creative with this month's class offerings! **Learn more starting on page 42 of the Spring/Summer 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.

4/2 & 4/3
Thu & Fri
12 PM - 4
PM

AARP
Members
\$20 non-
Members
\$25
SC0213 015

Medicare 101 - Seminar

Helpful if you are turning 65, or over 65 and retiring. Learn the basics of Medicare. Discover the difference between Original Medicare, Medigap Plans, and Medicare Advantage Plans. Learn when and how to enroll and how to avoid penalties. Educational only. No plan details will be discussed. 4/6, 5/4, 6/1

Monday
4/6
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



Cost Course #

Medicare Help Desk One-on-One	Helpful for those already on Medicare. Get one on one answers about benefits and drug coverage. Set up a Medicare.gov account. Ask any Medicare related questions. Your helper is an Independent Medicare Broker and not affiliated with the Federal Medicare Program. No appointment required. 4/7, 5/5, 6/2	Tuesday, 4/7 11:30 a.m. - 12:30 p.m.		Course #
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Should You Leave Medicare Advantage for Original Medicare?	Explore your options to switch from Medicare Advantage to Original Medicare. What are the cost differences? How do networks work? When can I switch? Do I have to go through Medical Underwriting? Will I need a Medigap Plan? What about Drug Coverage? Get all your questions answered by an Independent Medicare Broker. 4/9, 6/4, 8/6	Thursday 4/9 11 a.m.- 12:30 p.m.		Course #
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Senior Spanish Classes	Beginning Spanish: Class focuses on practical communication for travel and daily life, teaching basic expression, vocabulary (family, food numbers, places), simple structures, and cultural insights in a relaxed setting with peers, emphasizing speaking and listening. No previous knowledge of Spanish required. Online supplement to the class will be provided for additional practice.	Thursday, 4/2-6/11 12:30 - 1 P.M.	\$45	SC0101 01S
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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, 4/2-6/11 10 - 11:30 a.m.	\$55	SC0102 01S
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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.		Course #
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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

<p>Bilingual Group / English & Spanish Conversation Practice Group: <i>Come join others who like to practice their English or Spanish. A qualified instructor is here to help.</i></p>	Tuesday	10 a.m. - 12 p.m.	
<p>Fly Tying Group</p>	Tuesday	10 a.m. - 12 p.m.	
<p>Woodcarving</p>	Wednesday	10 a.m. - 12 p.m.	
<p>Bring your Own Craft</p>	Wednesday	10 a.m. - 12 p.m.	
<p>Adult Coloring Group</p>	Thursday	9-11:30 a.m.	
<p>Kent Senior Stitchers <i>Knitting and crocheting projects created during Kent Senior Stitchers will be donated within our community.</i></p>	Tuesday	12 - 3 p.m.	
<p>Poetry Club <i>Join us if you enjoy any or all aspects of poetry. No experience necessary. 1st & 3rd Friday of the Month</i></p>	1st & 3rd Friday of the month	10 a.m. - 11 a.m.	
<p>Tattered Pages Book Club <i>The Lions of 5th Avenue, Fiona Davis *See Book Club flyer for details of the field trip for this book.</i></p>	Wednesday, 4/1	1 - 2:30 p.m.	
<p>Speedy Readers</p>	No meeting for April	1 - 2 p.m.	
<p>Knot Quite Write Players <i>The Kent Senior Activity Center's Readers Theater troupe always welcomes new members.</i></p>	Friday	1:30 - 2:30 p.m.	

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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 - 3:30 p.m.	
	Mexican Train Dominoes	Thursday	1 - 3 p.m.	
Games	American Mah Jong	Monday	11:30 a.m. - 3 p.m.	
	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.

Deli & Café Lunch

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

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 resource referrals 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.**

Armed Forces Day Lunch TICKETS GO ON SALE!

Tickets go on sale on Wednesday, April 15th! **Limit 2 tickets per person.**

Wednesday 4/15 8:30 a.m.

\$4, limit 2 per person

TELEVĒDA VIRTUAL EVENT PLATFORM

FREE

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!

