



CITY OF BURIEN

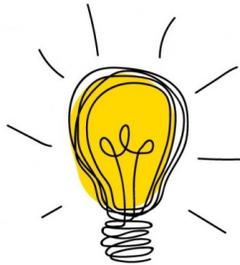
SENIOR NEWSLETTER

January - February 2017

What would you like to see offered at the BCC?

What kind of classes, trips or services would you like to participate in at the Burien Community Center? We want your ideas!

- Movie nights or matinees
- Marijuana farm tour
- Speed dating for 70+



If you have any ideas or thoughts, stop by the office or give Meagan a call at 206.988.3700.

Membership Drive 2017

Do you enjoy receiving the newsletter at your home? Are you taking advantage of the member's discount on some of our classes and programs? If you answered yes to either of those questions, then you will be ready to sign up for the 2017 membership program that began in December.

Membership letters were mailed the second week of December explaining the different levels and the resident discount. If you are not a current member of the Burien Senior Program and want to become one or if you have questions, stop by the office or give Kristy a call at 206.988.3700.

Thank you for your continued support.

Friday, January 27

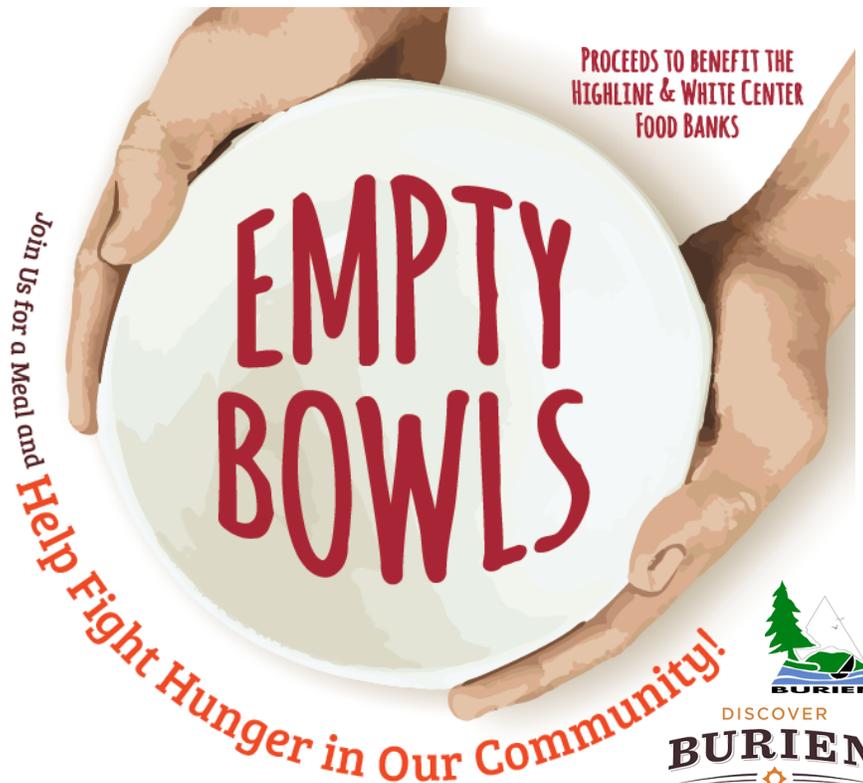
Lunch: 11am-2pm

Dinner: 4pm-8pm

Minimum Donation:

\$15 Adult / \$10 Child

Moshier Art Center Potters have donated bowls to be filled with soup at this fun event....all are invited!



INFORMATION

Burien Community Center
14700 6TH AVE SW, Burien 98166
206.988.3700

Hours of Operation:

Monday-Thursday 8:30am-8pm
Friday 8:30am-5pm
Saturday 8am-12pm
Closed Holidays

City of Burien Council Members

Steve Armstrong Austin Bell
Lauren Berkowitz Bob Edgar
Lucy Krakowiak Nancy Tosta
Debi Wagner

Burien Senior Program Staff

Kristy Dunn, Recreation Supervisor
Meagan Schmieder, Recreation
Specialist

Volunteer Staff

Trips: Marilyn Bickford,
Bob Rothwell & Gerrie Kellogg

Meals on Wheels: Heidi Foote,
Becky Hashimoto, Ginny Hill, Sue
Jarrett, Teresa Kaufman, Nicky
Macinnes, Timothy Manion, Teddi
McDougall, Jon McGraw, Terry
Moyer, Jan Nickell, John & Dolores
Nielsen, Billie Potts, Monda Rojas,
Jeff Nelson, Stephanie Ross, Karen
Little, and Marvin McMillan

Hyde Shuttle: Marilyn Bickford,
Bob Rothwell, Bonnie Timm, Clyde
Hundley, Rich Wilcox

SERVICES

The Burien Senior Program offers a variety of services to aid older adults. For more information or to schedule an appt, call our office at 206.988.3700.

Senior Rights Assistance: A SHIBA representative is available for appts the 3rd Wednesday of each month: January 18 & February 15

Attorney Consultation: Frank De Marco provides FREE consultation appts: January 19 & February 16

METRO Bus Passes: You can apply for the ORCA Regional Reduced Fare Permit. Drop-ins available: January 10 & February 14- 10:30am sharp

Foot Care Clinic: Thursdays from 9am-3pm. \$33 per participant, per visit. By appt only.

Medicare Consultation: FREE consultation and workshop: Fridays, 1pm-3pm: January 13 & February 10

Free Hearing Check: Highline Hearing Professionals are offering free ear checks and hearing screens. Sign up now for your private appt: February 1, 10am-11am

Chair Massages: \$2 for 15 minute session. Donations are accepted. By appt Wednesdays, 10am-Noon: January 11 & February 8

Medical Lending Program: We offer free lending of durable equipment such as canes, walkers, bath benches, wheelchairs and crutches. Please check with the front desk for availability.

Reiki: By appt on Jan 10 & Feb 14 from 10:30am-12:30pm. Please be early or on time for your appts, as 5 minutes or more tardiness will disrupt sessions and will have to be rescheduled. A donation of \$5 min per session. All ages welcome.

Diabetes Support Group: First Monday of every month (except when there is a holiday), 6:30pm-8:00pm. January 9 & February 6

RESOURCES

METRO CUSTOMER SERVICE
206-553-3000

**Americans with Disabilities Act (ADA)
Paratransit Program**
206-689-3113

ACCESS

Ride request for registered riders:
206-205-5000 or 1-866-205-5001

BURIEN HYDE SHUTTLE
M – F, 9am – 4pm.
Call 206-727-6262

VOLUNTEER TRANSPORTATION
(one-on-one for medical appts)
206-448-5740

**SENIOR INFORMATION & ASSISTANCE:
COMMUNITY LIVING CONNECTIONS**
206-962-8467 or toll free
1-844-348-5464(KING)

MEALS ON WHEELS
206-248-5680

HEALTH & HUMAN SERVICES
211

Scholarships are available to seniors in need!

Scholarship applications may be obtained at the front desk or by contacting any of the senior program staff at 206.988.3700.

The contents of this newsletter are for informational purposes only. **Dates, times, locations and costs are subject to change.** The City of Burien and Burien Senior Program does not endorse any products, programs or services that are presented. Every individual is responsible for making informed decisions regarding these services, programs or products.



THANK YOU!

Betty Latham and Jan Gentry for collating the September newsletter.

Jackie Thompson and Marvin McMillan for delivering newsletters.

Joan Oestrich for donating items.

Bernie Houle for many hours helping set up and clean up for Cards.

Please see the front desk if you have made a contribution and do not see your name.



**- Cards -
JOIN US!**

\$1/member, \$2/non-member

Bridge

Monday & Friday, Noon-2:30pm
Chelsea and Eagle Landing Room

Pinochle

Tuesday & Thursday,
12:30pm-3:30pm
Chelsea Room

Whist

Wednesday, 1pm-3:30pm
Chelsea Room

El Dorado West
1010 SW 134th Street
Burien, WA 98146
P 206/248-1975
F 206/243-7382

Webb Peterson
Executive Director
Webbp@villageconcepts.com
www.villageconcepts.com
Independent, Assisted Living &
Memory Care



**El Dorado
West**

A VILLAGE CONCEPTS
RETIREMENT COMMUNITY

Luxurious Living
for Seniors
At Affordable Prices



Tel: 206-988-5117
Fax: 206-988-5136

149 S 140th Street
Burien, WA 98168

Teresa Church
Property Manager

FPI Management

Drop-In Programs

Knitting/Crocheting Group - **FREE!**

Every Tuesday from 2pm-4pm in Lobby

Open Art Studio - Mondays from 12:30pm-3:30pm (\$2 drop-in fee)

Ping Pong & Puzzles - **FREE!**

Tuesdays and Fridays from 11am-2:30pm and
Saturdays from 9am-Noon in Hilltop Room

Wii Bowling - Wednesdays at 10am in Eagle
Landing Room (\$1/member, \$2/non-member)



**BOULEVARD
PARK PLACE**
ACTIVE RETIREMENT LIVING

2805 S 125th St, Burien, WA 98168
(125th & Military Road South)

Phone: (206) 243-0300 Fax (206) 243-5476

www.Boulevardparkplace.com Email: bppmagic@aol.com

Join us for Breakfast
the 3rd Fri of each
month. Call for info.

Tax Assistance



AARP volunteers provide free basic income tax
returns. Appts recommended, Wednesdays,
Feb 1-April 12 from 1pm-6pm



United Way volunteers
provide free basic
income tax returns.

Drop in, Tuesdays, Jan 10-April 18 from
2pm-7pm



Murray's CARSTAR Collision

22001 Pacific Hwy S. Ste 101

Des Moines, WA 98198

P 206-824-8454

F 206-824-4733

lisa@murrayscollision.com

CARSTAR.COM | 1-800-CARSTAR



Winter Highlights



SILVER&FIT[®] ENDORSED

Silver and Fit Insurance Benefit

The Burien Community Center is an eligible site for Silver and Fit Insurance benefit. This gives adults 65+ on Medicare with certain supplemental insurances associated with American Specialty Health free fitness class enrollment.

Your benefit could include free enrollment in EnhanceFitness or Zumba Gold. Please check with the front desk on your eligibility and let's get you enrolled!

GAME ON!

Get together with teens from our Sylvester Middle School afterschool program to play board games!



Tuesday, January 3

3 PM-4 PM

Shorewood Room

FREE!

RECEIVE A \$10.00 DISCOUNT

**ON ANY DANCE
OR FITNESS CLASS!**
(for those 50+)

SHAPE UP! 50+

This coupon is good for ANY dance or fitness class for participants who are 50 years or older and are new to that class or haven't participated in the last 3 months.

Fitness

 **SilverSneakers Classic**
HEALTHWAYS **SilverSneakers** FITNESS
Monthly 12:15pm—1pm M, W, F
Instructor: Alex Lewis
\$35 / RD \$30 / FREE

Enhance Fitness

Monthly 8:45am, 9:45am, 10:45am M, W, F
Instructor: Alex Lewis \$35 / RD \$30 / FREE

Gentle Chair Yoga

19458 Jan 23–Feb 27 11:00am–12:15pm M
19459 Jan 18–Feb 15 11:00am–12:15pm W
Instructor: Janet Crawley \$49 / RD \$43

Zumba Gold

19500 Jan 20–Feb 17 10:00am–11:00am W
Instructor: Cristina Herrera \$31 / RD \$27 / FREE

Yoga Stretch & Strength

19492 Jan 23–Feb 27 9:00am–10:15am M
19493 Jan 18–Feb 15 9:00am–10:15am W
Instructor: Janet Crawley \$49 / RD \$43

3 R's of Exercise: Retain, Restore, Renew

19462 Jan 10–Feb 16 9:30am–10:30am Tu, Th
Instructor: Eileen Broomell \$57/MD \$48

Tai Chi for Everybody

19390 Jan 10–31 10:45am–11:45am Tu, Th
19391 Feb 2–28 10:45am–11:45am Tu, Th
Instructor: Viola Brumbaugh \$66 / RD \$60

Chen Tai Chi Chuan

19393 Jan 10–Mar 14 6:00pm–7:00pm Tu
Instructor: Viola Brumbaugh \$137 / RD \$130

Qigong– Health of Body, Mind & Spirit

19394 Jan 11–Mar 15 10:45am–11:45am W
Instructor: Viola Brumbaugh \$100 / RD \$95

Balance Fitness for Fall Prevention

19410 Jan 3–26 10:30am–11:30am Tu, Th
19411 Jan 31–Feb 23 10:30am–11:30am Tu, Th
Instructor: Vivian Bowles \$21 / MD \$12

Advanced Balance Fitness

19414 Jan 3–26 11:35am–12:35pm Tu, Th
19415 Jan 31–Feb 23 11:35am–12:35pm Tu, Th
Instructor: Vivian Bowles \$21 / MD \$12

*See the Winter Recreation Guide
for a complete listing of
classes & descriptions.*

FREE! Chiropractor Chats

Chronic Pain

This class will address the how's and why's of chronic pain. Topics will include possible causes for pain, how pain affects your body and overall well-being, and different ways to address the pain.

19562	Jan 12	12:30–2:00pm	Th
19563	Jan 12	6:30–8:00pm	Th

Brain Health

This class will address three main points of brain health: Movement and Exercise, Diet (specifically intermittent fasting), and Sleep.

19564	Feb 9	12:30–2:00pm	Th
19565	Feb 9	6:30–8:00pm	Th

Positive Thinking

Have you considered how negative thinking can affect your overall health? This class will address how negative thinking is a habit and discuss the health consequences and what can be done to change it.

19566	Mar 9	12:30–2:00pm	Th
19567	Mar 9	6:30–8:00pm	Th

Instructor: Optimal Health Spine & Wellness

Computers & Photography

Computers 101

19426	Jan 6	9:30am–12:00pm	F
-------	-------	----------------	---

Intermediate Computers

19428	Jan 13	9:30am–12:00pm	F
-------	--------	----------------	---

Digital Photos: Your Camera & Computer

19430	Feb 3	9:30am–12:30pm	F
-------	-------	----------------	---

All About Email

19423	Feb 17	9:30am–12:00pm	F
-------	--------	----------------	---

Smart Device: Phones & Tablets

19559	Jan 20	9:30am–12:00pm	Fri
19432	Feb 24	9:30am–12:00pm	Fri

Instructor: John McLaughlin \$35 / MD \$26

master gardener stormwater series

JANUARY 25th Catching Rain: Rain Garden Workshop

FEBRUARY 22nd Beyond Rain Gardens: Stormwater Solutions for All Yards

MARCH 22nd Greening Your Yard: A Natural Yard Care Workshop

Instructor: Lisa Haglund, WSU Master Gardener Rain Garden Program

Health & Wellness

Sitting is the New Smoking

Sitting-this silent killer is doing more than adding to our waist-lines. Our brains are literally being starved for growth elements because this process must be fueled by movement! And we're not talking "running a marathon." Learn the simple movements that can build your brain and keep the sedentary lifestyle from being your demise! Hosted by Collins Chiropractic.

19525	Jan 19	6:30pm–8:00pm	Thur	FREE
-------	--------	---------------	------	------

Instructor: Collins Chiropractic

Healthy Eating on a Budget

Want to discover healthy, simple and inexpensive snacks and meals? Together we will learn and share ways to shop and prepare tasty foods while staying within a budget. Learn how to read your food labels to make healthier product choices, avoid additives, get the best value and nutrition, and still keep your meals simple and tasting good! This will be fun and interactive and there will be samples!

19526	Jan 31	10:45am–11:45am	Tue	FREE
-------	--------	-----------------	-----	------

Instructor: Kat Cook

Enrichment

Clay for Seniors

Design it, Build it, and Serve it Up. This 4 week workshop for seniors will focus on creating serving plates and platters.

19357	Feb 27-	Mar 20	9:30-11:30am	Tu
-------	---------	--------	--------------	----

Instructor: Shari Kaufmann \$49 / RD \$46

AARP Smart Driver Course

19418	Mar 14–15	12:30pm–4:30pm	Tue–W
-------	-----------	----------------	-------

Instructor: Richard Silva \$2

Current Events & Local Issues

19422	Jan 5–Mar 9	1:00pm–3:00pm	Th
-------	-------------	---------------	----

Moderator: Rose Clark \$29 / MD \$20

Writers Workshop

19421	Jan 6–Mar 17	10:00am–12:00pm	F
-------	--------------	-----------------	---

Instructor: Sallie Tierney \$39 / MD \$30

Art History: Art & Cultures of the Middle East: Part 2

19419	Jan 12–Feb 23	9:30am–12:00pm	Th
-------	---------------	----------------	----

Instructor: Elizabeth Rodgers \$68 / MD \$59

Senior Finance

19553	Feb 24	10:30–11:30am	F
-------	--------	---------------	---

Instructor: Rene' Yoshino FREE

ALL CLASSES REQUIRE PRE-REGISTRATION



Winter Travel



The International Exhibition of Sherlock Holmes* **NEW!**

A mystery awaits! Enjoy an interactive experience that combines science with history and culture to bring to life the historic underpinnings of author Sir Arthur Conan Doyle's rich and vibrant stories. Trip includes escort and transportation. Lunch and admission (under 65: \$28.75, 65 and over: \$26.75) are on your own.
19504 Jan 5 10:00am-4:00pm Thur \$17 / RD \$15

Angel of the Winds Casino*

Trip includes escort and transportation. Lunch is on your own.
19505 Jan 10 9:00am-5:00pm Tue \$23 / RD \$20

Skagit River Bald Eagle Interpretive Center*** **NEW!**

The Skagit River Bald Eagle Interpretive Center is located in the pristine Howard Miller Steelhead Park in Rockport, Washington, on the federally designated Wild and Scenic Skagit River. Trip includes escort and transportation. Lunch and suggested \$5 tour donation are on your own.
19514 Jan 19 8:00am-4:00pm Thur \$23 / RD \$20

Centerstage: Hard Travelin' with Woody*

Hop a box car and commune with the spirit, stories and songs of America's iconic folk singer of the working man, Woody Guthrie. Trip includes admission, escort and transportation. No meal stop. **MUST REGISTER BY 1/6.**

19511 Jan 22 1:00pm-5:00pm Sun \$58 / RD \$53

The Reptile Zoo* **NEW!**

Head up to Monroe for lunch and if you are brave enough, get a hands-on experiences with lizards, snakes, an albino alligator and other creatures! Trip includes escort and transportation. Lunch and admission (\$8) are on your own.
19507 Jan 31 10:00am-5:00pm Tue \$20 / RD \$17

Bainbridge Organic Distillers Tour* **NEW!**

Travel to the quaint town of Winslow on Bainbridge Island for exploring and lunch. Then we will check out the Bainbridge Organic Distillers and learn all about the making of distilled spirits on site. They are proud to be the State's first distillery of organic gin, Vodka and Whiskey...and you might get a taste! Trip includes escort and transportation. Lunch is on your own.
19508 Feb 2 9:00am-5:00pm Thur \$23 / RD \$20

Make Your Own Chocolate* **NEW!**

Get hands on and experience the magic of creating chocolate at Dawn's Chocolates in Lynnwood. Everyone will go home with chocolates they made. Trip includes class, escort and transportation. Lunch is on your own.
19513 Feb 7 9:00am-4:00pm Tue \$46 / RD \$40

Little Creek Casino*

Trip includes escort and transportation. Lunch is on your own.
19506 Feb 15 9:00am-5:00pm Wed \$23 / RD \$20

The Hydroplane & Raceboat Museum* **NEW!**

The Hydroplane and Raceboat Museum in Kent is the nation's only public museum dedicated solely to powerboat racing. Trip includes escort and transportation. Lunch and admission (\$5) are on your own.
19519 Feb 23 9:30am-2:00pm Thur \$17 / RD \$15

Extended Travel

The Washington State Association of Senior Centers (WSASC) offers wonderful extended travel opportunities for seniors who would like to see more of America & the world.

Iceland: Land of Fire and Ice July 2-10, 2017

Highlights :Reykjavik, Golden Circle, Thingvellir National Park, Gullfoss Waterfall, Geysir, Snaefellsnes Peninsula, Cave Tor or Lava Field Walk, Breidafjordur Bay, Selmalandsfoss, Vik, Eyjafjallajokull volcano Visitor Center, Skogar Museum, Skogafoss Jokulsarlon Glacial Lagoon, Vatnajokull National Park & Glacier, Blue Lagoon.

Double \$4,499, Single \$5,299, Triple \$4,449
Included in Price: Round Trip Air, Hotels, 9 days and 13 meals



Islands of New England September 18-25, 2017

HIGHLIGHTS: Providence Rhode Island, Newport, Boston, Cape Cod, Martha's Vineyard, Hyannis, Nantucket, and Provincetown.

Double \$2,929
Includes Round Trip Air, Hotels, 11 meals with a traditional New England lobster dinner.

Discover Tuscany October 12-20, 2017

Highlights: Montecatini Terme, Florence, Siena, Pisa, San Gimignano, Statue of David, the Gothic Line, Ponte Del Diavolo and the finest wines and cheeses of the land.

Double \$3,549
Includes Round Trip Air, Hotels and 10 meals



FOR INFO CONTACT
Sheri McConaughy
206.767.2321



Trip Rating: All trips involve some degree of walking. Please assess your mobility when considering a trip.

- * Easy: mostly paved, minimal walking distance
- ** Moderate: sometime paved, may include stairs, moderate walking distance
- *** Difficult: some difficult terrain, uneven ground, stairs, incline, and/or extensive walking distance

Volunteer Opportunities

Highline Cancer Center - If you have as little as four hours a week, you can become part of the volunteer team at the HCC Cancer Resource Center. Call Jessie at 253-207-5155 for more info.

Hyde Shuttle Volunteer Driver - The Hyde Shuttle offers a fun and rewarding volunteer opportunity. Call Senior Services at 206 748-7588 or apply online at www.Seniorservices.org

AARP - AARP is a good place to find opportunities to help others. For more information, please email volunteer@aarp.org or call our Volunteer Helpline at 1-866-740-7719.

WANTED:

Burien Senior Program Volunteer Trip Drivers!



Want to do some volunteer work
AND go on fun trips?
This is the perfect opportunity!

Call Meagan at 206-812-4721 for more info.



Water Exercise Classes

Mon/Fri 8:30-9:30AM and Mon/Wed 7:00-8:00PM

Try a **FREE** class!

Call [206.588.2297](tel:206.588.2297) or visit
www.evergreenpool.org

All programs, including travel, must adhere to the Parks & Recreation refund policy if there are any changes or cancellations. (Note: A cold or common illness is not considered "medical," so if you wake up sick or choose not to drive even when programs are still running, you will forfeit your class and trip fee, even if your spot can be filled.)

Trip substitution cannot be made without prior approval of travel program coordinator or supervisor. Please check at the front desk if you have any questions, concerns or comments.

Inclement Weather Policy

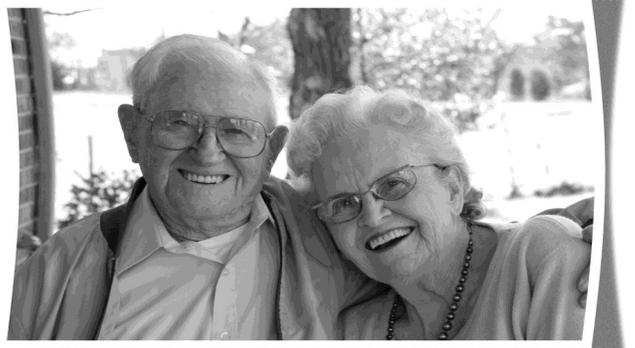
During periods of bad weather, radio & news stations will report school closures and changes in schedules. Please listen for the Highline School District report.

1. SCHOOL CLOSED: All Burien Parks & Rec classes and programs are cancelled.
2. SCHOOL OPEN/LATE ARRIVAL: Burien Parks & Rec classes are as follows:
 - Classes held prior to 10:00 am are cancelled.
 - Classes held after 10:00 am call (206) 988-3700 for updated information.
3. EARLY RELEASE due to inclement weather: Contact the Parks & Rec office for class cancellation information.

PLEASE NOTE: During extended periods of inclement weather, some classes will continue to be cancelled. Cancelled classes will be listed on the (206) 988-3700 after hours message line.

Get prepared now: <http://takewinterbystorm.org/> or <http://www.burienwa.gov/index.aspx?NID=763>

We invite you to come to our events and experience a taste of the Daystar lifestyle. Through our supportive and educational programs and activities you will find life easy, fulfilling and fun! There's always something going on at Daystar!



Stop by to see us and learn about our special pricing and move-in incentives!



DAYSTAR
RETIREMENT VILLAGE
It's so good to be home!

(206) 937-6122
2615 SW Barton St
Seattle, WA 98126

www.DaystarSeattle.com



BURIEN SENIOR PROGRAM

14700 6th Ave SW

BURIEN, WA 98166

PRESRT STD
US POSTAGE
PAID
SEATTLE, WA
PERMIT NO. 5859

ORGANIZING YOUR AFFAIRS

Speaking of Dying: Film Screening & Discussion

NEW

View a short film dedicated to the idea that we can all have a better death and learn what's important about supporting a loved one who is dying. This film inspires and encourages you to talk to your friends and family about your own choices for medical treatment if you can no longer speak for yourself. It helps break the taboo in our culture—of not talking about death, even though none of us get out of life alive. Afterwards there will be time to share your thoughts, and get some of your questions answered. Sponsored by El Dorado West.

Age: Parents, and 50Y and up FREE Classes: 1
19445 Feb 8 10:00am–11:30am Wed
BCC Chelsea Room Instructor: Jennifer Kropack

Begin With the End in Mind

Death is a subject that we want to avoid discussing, but we know that it will affect every one of us at some point during our life. However, instead of waiting until a death has occurred, it is better to learn about your options in advance; so you and your family can make decisions based upon what is best for you, and not when you have a cloud of grief and anxiety hanging over your head.

NEW

Age: 50Y and up FREE Classes: 1
19438 Feb 22 10:00am–11:30am Wed
BCC Chelsea Room Instructor: Cameron Smock

****Pre-Registration required****