

THE SUNNYSIDER

*Quarterly Newsletter of the
Wallingford Community Senior Center*

July - September 2023

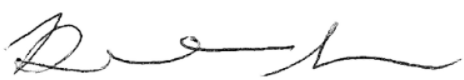


Here Comes Summer!

This time of year, reminds us of the beauty of change – how environments evolve over time. On that note....

WCSC is celebrating a new look! As part of our Strategic Plan designed by members, WCSC's board, and leadership, we are excited to announce the unveiling of our new logo. This logo is an integral part of our action plan to increase WCSC's visibility as a leading community resource where all people age 50 and better are empowered and supported in their pursuit of healthy aging.

Please celebrate this change with us by renewing your membership! We and the WCSC board would love to hear your comments and feedback, and look forward to connecting at the Member Advisory Forum on July 11 at 3:30!



Denise Malm
Acting Executive Director



Rachel Collier
Acting Operations Director



WALLINGFORD
COMMUNITY
SENIOR CENTER



**Wallingford
Community**
SENIOR CENTER

4649 Sunnyside Ave N Suite 140 Seattle, WA 98103

Hours: Monday - Friday, 9AM - 5PM (206) 461-7825 wallingfordseniors.org

Want to Become a WCSC Member?

Membership renewal is here! New and current members can join or renew by filling out the Membership Form on page 10 (back cover).

Why join WCSC? Membership grants many benefits. Plus, it's the best way to join a wonderful and welcoming group of friends. Membership costs \$40, or \$60 for a two-person household. The benefits of membership include:

- A discount on all fee-based programs such as EnhanceFitness, outings, community lunch, and beyond
- A free Thanksgiving lunch at our Annual Meeting
- Voting on WCSC bylaws and new board members
- An invitation to the Member Advisory Forum
- *And more!*

To become a member, fill out the Membership Form on page 10 (back cover) and return it to our front desk.

Questions? Call (206) 461-7825 or email register@wallingfordseniors.org

Make Your Voice Heard at the Member Advisory Forum!

WCSC leadership is excited to hear from you again at our upcoming quarterly Member Advisory Forum. All members are encouraged to come and discuss their recent experiences and thoughts on WCSC and its future. Staff and board members will be present to listen and learn about members' ideas and hopes for the center, and will use feedback to help create a roadmap for the future. Don't miss your chance to have your voice heard! Join members, staff, and volunteers on **July 11th at 3:30pm.**



WCSC Staff & Board

Staff

Amanda Kruger
Dalton Marks
Deborah Barnes
Denise Malm
Kidist Peterson
Mark Maddaloni
Rachel Collier
Randy Miner

Board

Tera Giles
Wilson Trang
Ann Dingwall
Gene Sumner
Gini Tripp
Janet Morgan

*Contact the Board at
board@wallingfordseniors.org*

Thank you to City of Seattle's Human Services Department, Aging and Disability Services Division and King County's Department of Human Services Veteran's, Seniors and Human Services Levy (VSHSL). Both agencies provide WCSC with invaluable funding to support our programs.

Mask Policy Update

As of June 1, WCSC is no longer requiring masks while hanging out in the center. **Certain programs may still require masks. WCSC is still enforcing our COVID vaccination + booster policy.** For questions please call (206) 461-7825.

WCSC is committed to non-discrimination in regard to age, race, gender, gender identity, disability, sexual orientation, national origin, religion, and political ideology for participants, volunteers, and employees. WCSC makes reasonable accommodations to ensure its programs and activities are accessible to those with disabilities. Please let us know if you need assistance or have unique requirements.

Volunteer at the Center

Volunteers are an essential part of WCSC's operations, and a vital part of its community. Want to know when new volunteer opportunities arise? **Email register@wallingfordseniors.org** and share your name and preferred method of contact for new volunteer positions as they become available.

Donate to WCSC!

Did you know that it costs \$50 to provide just one EnhanceFitness class? Generous donors are invaluable to WCSC's operations and help keep essential programs like these running! With your help, the center can continue to grow its programs, events, and services.

Donate online at wallingfordseniors.org/donate or send a check to 4649 Sunnyside Ave. N. Ste. 140, Seattle, WA, 98103. **Support positive aging and your local senior center today!**

Summer Programs

Check out our recurring and special Summer programs! Register in advance by calling the front desk at **(206) 461-7825**. Have questions? Email **register@wallingfordseniors.org**.

Health & Wellness

Yoga

Join Rich and Jen for gentle and accessible yoga. A great way to invigorate your body and spirit. On Zoom Mondays (Rich) and Fridays (Jen) at 9am. In-person and on Zoom on Tuesdays (Jen) at 9am and on Wednesdays (Rich) at 8am.

Advance registration required for Zoom participation. \$7 per class.

Strength Training

Work on your strength and resistance training with Marilyn! Tuesdays at 10:30am.

**No registration required.
\$4 members, \$6 nonmembers.**

Tai Chi

Tai Chi is coming to WCSC in partnership with Seattle Parks & Rec! Every Friday between 7/14-8/25 at 1pm. Limited mats and props available.

Advance registration preferred. FREE.



Chair Yoga

Join Jen on Thursdays for a slowed-down chair yoga class. In-person and on Zoom Thursday mornings at 9am.

Advance registration required for Zoom participation. \$7 per class.

EnhanceFitness

Move and groove 3-days a week with this evidence-based program designed by UW, Group Health (Kaiser), and Fred Hutch Research Center. Mondays and Wednesdays at 10:30am with Marilyn, Fridays at 10:30am with Mish Mish!

No registration required. \$4 for members, \$6 for nonmembers, and FREE for Kaiser Medicare Adv. members.

Health & Wellness

Foot Care

Our licensed foot care nurse provides a medical assessment, treatment and recommendations, and referrals if necessary.

Advance registration required. \$40 for members and non-members.

Blood Pressure Readings

Stay informed on your blood pressure levels. Every other Wednesday from 10am-noon, starting 7/5

No registration required. FREE.

Nordic Pole Walking Workshop

July 28 at 1pm

Walking poles propel you forward and use more of your core and upper body than walking does alone. Join this workshop to learn more and try it out for yourself! **Only 5 slots!** Please be ready to share your height upon registering.

Advance registration required. FREE.

Recreation

Japanese Garden Outing

July 6 at 11:45am

Come take a walk and smell the flowers at the Seattle Japanese Garden. A guided tour is available, or you can choose to explore on your own. Be prepared for walking and warm weather.

Advance registration is required. \$10 members, \$12 non-members (includes admission).



Seattle Chocolate Factory Tour Outing

Aug. 10 at 1:15pm

Don't miss this opportunity to see how chocolate is made and tour the well-known Seattle Chocolate Factory. And did we say there'll be samples? *Tour is not ADA accessible - please inquire for more details.*

Advance registration required. \$14 for members, \$16 for non-members (includes admission).

Scarecrow Video's Silver Screeners

3rd Wednesdays of the month at 1:15pm

It's movie day at WCSC! Bring your comfy clothes and watch classic movies selected by Scarecrow Video. This Autumn, we'll be showing: *The Day the Earth Stood Still* (7/19); *Calendar Girls* (8/16); *A Man Called Otto* (9/21).

No registration required. FREE.

Knitting Circle

Every Wednesday at 1pm

Grab your knitting needles and come knit at WCSC!

No registration required. FREE.

Weekly Games

Social Bridge - Every Tuesday at 9am

Cribbage - Every Tuesday at 11am

Chinese Mah Jongg - Every Tuesday & Friday at 12:30pm

Pinochle - Every Tuesday at 1pm

Scrabble - Every Wednesday at 1pm

No registration required. FREE.



Men's Group

Every Tuesday at 2:30pm

Join the men's club every 1st and 3rd Tuesdays in-person, and 2nd and 4th Tuesdays on the phone.

Advanced registration required for phone meetings, in-person drop-ins welcome. FREE.

Monthly Bingo

2nd Monday of the month at 1pm

Join us for bingo, fun, and prizes!

No registration required. FREE.

Recreation

Washington State Fair Outing

Sept. 14, 10am

Calling all fair food enthusiasts! Tag along with your friends (or make new ones!) while enjoying music, exhibits, animals and more. Get food at the fair or bring a packed lunch.

Advance registration required. \$18 for members, \$20 for non-members (includes admission).

WCSC Talent Show & Makers' Showcase

Aug. 31, 1pm

Do you have a special skill, hobby, or talent you've been wanting to share with your friends? Here's your chance! WCSC is putting on a talent show and a makers' market showcasing members' art, handmade goods, and more. **If you'd like to perform or display your art**, email register@wallingfordseniors.org, or call/stop by and talk to Amanda.

No registration required. FREE.



Play Reading

Every Thursday at 1pm

Join a vibrant group of actors reading through a variety of plays, including many Pulitzer award winning and nominated works. This is your chance to be loud and express yourself!

No registration required. FREE.



Art Together

Tuesdays at 11am on Zoom

Chat with friends and work on your creative projects together. Paint, knit, or just doodle!

Advance registration required for first time. FREE.

Chandler's Book Club

*1st Tuesday of the month at 1pm
(Canceled 7/4)*

Join this group of readers as they read a new book each month and have lively discussion. Members of the club vote on the book selections, so you know you'll be reading books you enjoy!

No registration required. FREE.

Education

French 101

Every Monday at 5:30pm on Zoom

Casual conversational group and experience and exploration of French language and culture.

Advance registration required for first time. FREE.

Creative Mending

1st and 3rd Mondays at 1pm

Explore fashion and textile reclaiming, mending and altering. Bring a mending project or start a sampler!

No registration required. FREE.



Toastmasters

Every Wednesday at noon

Wallingford's Toastmasters chapter is located at WCSC! **Members** may audit classes for free and learn about public speaking.

No registration required. FREE.

Writers' Workshop

Every Wednesday at 3:30

Embrace the strength of your own story. This group is a safe space for writers to: receive help marketing your work; ask questions; get feedback; brainstorm new ideas; and find support from peers.

Advance registration required for Zoom participation, in-person drop-ins welcome. FREE.

Education

Financial Beginnings: Avoiding Scams

July 13 at 10:45am

This presentation will cover what a scam is, why they work, different types and warning signs of scams, and how to build your scam defenses.

No registration required. FREE.



Technology Mentoring

By appointment

Make an appointment with one of our helpful tech mentors, and get help using your phone, computer, or a specific website/program!

Call (206) 461-7825 or email register@wallingfordseniors.org to schedule an appointment. FREE.

CPR Class

July 24 at 11:45am

Are you looking to refresh your first aid training? Want to make sure you have CPR skills just in case you need them while with friends or grandkids? Come to this class to work with a local firefighter and make sure you have the information you need! The Seattle Fire Department will be offering a CPR class training participants in CPR and choking techniques.

Advance registration preferred. FREE.

Humanities WA - This is the End: How Movies Prepared Us for the Pandemic

Aug. 17 at 1pm

If some of our experiences during the COVID-19 pandemic seemed familiar, it might be because the movies already imagined them. In this talk illustrated with clips, Robert Horton looks at the eerie imagery of apocalyptic movies, and how these films foreshadowed our responses during the pandemic.

No registration required. FREE.

Ready for Aging: Steps to Create Your Circle of Support

Sept. 6 at 1pm

This class welcomes and engages people of all ages to prepare for end-of-life planning and organization. Join to learn how you can be best prepared and informed, and how to create your circles of support!

Advance registration required. \$10 members, \$20 non-members.

Financial Beginnings: Preventing Identity Theft

July 20 at 10:45am

This module explains what identity theft is, how it can occur and how you can protect yourself.

No registration required. FREE.

How Metro Can Work For You! King County Metro Transit Instruction

Aug. 4 at 1pm

Learn to safely and confidently travel on the Metro bus. There will also be a community instructional outing scheduled for Monday August 7, 2023. Attendance to this workshop is a prerequisite for going on the community instructional outing. With Marie Marquart, Group Transit Instructor, First Transit.

Advance registration is required. FREE.

Foliage Friday

Fridays at 11am on Zoom

Join Ashley each “Foliage Friday” for casual plant talk – houseplant show and tell, propagation adventures, outdoor plant walks, tips on plant ID, and more! Show off your plants too, if you wish! Also a time for casual chat - no particular passion for plants required.

Advance registration required for first time. FREE.



Good Food & Healthy Eating

Beginning of Fall Potluck

Sept. 25 at noon

Bring a home-cooked meal or dessert and celebrate the changing of leaves and pumpkin spice!

Advance registration required. Please bring something to share. FREE.

Free Produce Pick-Up

Mondays at 11:30am

WCSC partners with local community food resources to bring free and fresh food access to you! Drop in to our Monday "Enhance Fitness" program, and stick around to load up and save yourself a trip to the grocery store.

No registration required. FREE.

Services

Death Café

At a Death Café, people gather to drink tea, have snacks, and discuss death. The objective of this global organization is to increase awareness of death with a view of helping people make the most of their lives.

WCSC's Death Café will take place on the last Tuesday of every month at 6pm. Meetings will be on Zoom in July, September, and November, and in-person in August, October, and December.

Advance registration required for Zoom participation, in-person drop-ins welcome. FREE.

SHIBA Counseling

First Thursdays of the month, 9:30am-12:30pm

Have questions about Medicare, or need help signing up? Make an appointment with a Statewide Health Insurance Benefits Advisor (SHIBA) volunteer to get all of the help you need!

Advance registration required. FREE.

July Community Lunch Menu

All dietary restrictions accommodated. No reservations needed. Served hot n' delicious from noon to 12:45pm. \$5 members, \$7 non-members.

Tuesday

4

Closed

Wednesday

5

Chef's
Choice

Thursday

6

Chicken Parm,
salad, cooked veggies,
bread, dessert

Friday

7

Pizza, salad,
cooked veggies,
dessert

11

Mac & cheese,
salad, cooked
veggies, dessert

12

Pulled BBQ on a bun,
cooked veggies, salad,
dessert

13

Cheese taquitos w/
fixings, cooked
veggies, dessert

14

Beef shepherds pie,
cooked veggies, salad,
dessert

*To find out what we're serving for the rest of the season,
please visit www.wallingfordseniors.org/community-lunch*

WCSC July, August & September 2023 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Yoga with Rich (Zoom) 10:30 EnhanceFitness 1:00 Creative Mending (1st & 3rd Mondays) 1:00 Monthly Bingo (2nd Mondays) 5:30 French 101 (Zoom)	9:00 Social Bridge 9:00 Yoga with Jen (Hybrid) 10:30 Strength Training 11:00 Art Together (Zoom) 11:00 Cribbage 12:00 Community Lunch 12:30 Mah Jongg (Chinese) 1:00 Pinochle 1:00 Chandler's Book Club (1st Tuesdays, Hybrid) 2:30 Phone-In Men's Group 6:00 Death Cafe (Last Tuesdays, alternating between Zoom and in Person)	8:00 Yoga with Rich (Hybrid) 9:30 Blood Pressure Readings (Every Other Week) 10:30 EnhanceFitness 12:00 Toastmasters 12:00 Community Lunch 1:00 Knitting 1:00 Scrabble 1:15 Scarecrow Video's Silver Screeners Movies (3rd Wed) 3:30 Writer's Workshop (Hybrid)	9:00 Chair Yoga with Jen (Hybrid) 12:00 Community Lunch 1:00 Play Reading	9:00 Yoga with Jen (Zoom) 9:00-4:30 Foot Care by Appointment (2nd & 4th Fridays) 10:30 EnhanceFitness 11:00 Foliage Friday (Zoom) 12:00 Community Lunch 12:30 Mah Jongg (Chinese)

July Special Events: **TH 6th:** 11:45am, Seattle Japanese Garden Outing, **T 11th:** 3:30pm, Member Advisory Forum, **TH 13th:** 10:45am, Avoiding Scams, **W 19th:** 1:15pm, Scarecrow Video Movie: *The Day the Earth Stood Still*, **TH 20th:** 10:45am, Preventing Identity Theft, **M 24th:** 11:45am, CPR Class, **F 28th:** 1pm, Nordic Pole Walking Workshop

August Special Events: **F 4th:** 1pm, King County Metro Instruction Presentation, **TH 10th:** 1:15pm, Chocolate Factory Tour Outing, **W 16th:** 1:15pm, Scarecrow Video Movie: *Calendar Girls*, **TH 17th:** 1pm, Humanities WA Presentation, **TH 31st:** 1pm, WCSC Talent Show & Maker's Showcase

September Special Events: **W 6th:** 1pm, Ready For Aging: Steps to Create Your Circle of Support, , **TH 14th:** 10am, Puyallup Fair Outing, **W 21st:** 1:15pm, Scarecrow Video Movie: *A Man Called Otto*, **M 25th:** 12pm, Beginning of Fall Potluck

**Membership Renewal
is here! Please flip to the other
side of this page to get started.**



**Wallingford
Community**
SENIOR CENTER
(206) 461-7825

Membership Form, Page 2

Your OPTIONAL responses to the following questions help Wallingford Community Senior Center receive valuable funding from our sponsoring entities. We will not, under any circumstances, share your personal information with other individuals or organizations. We do not sell, communicate or divulge your information to any mailing lists.

Income Level:

*If you answer A for income level, the fee is waived (or pay what you can)

Check 1	1 person	2 persons	3 persons	4 persons
c A*	\$0-28,800	\$0-32,900	\$0-37,000	\$0-41,100
c B	28,801-47,950	32,901-54,800	37,001-61,650	41,101-68,500
c C	47,951-70,650	54,801-80,750	61,651-90,850	68,501-100,900
c D	70,651+	80,751+	90,851+	100,901+

Do you consider yourself...	Member 1	Member 2	Do you consider yourself...	Member 1	Member 2
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Are you...

a single adult living alone?	<input type="checkbox"/>	<input type="checkbox"/>
in a household with children under 18?	<input type="checkbox"/>	<input type="checkbox"/>
a veteran?	<input type="checkbox"/>	<input type="checkbox"/>
a person with a disability?	<input type="checkbox"/>	<input type="checkbox"/>
limited English speaking?	<input type="checkbox"/>	<input type="checkbox"/>
without housing?	<input type="checkbox"/>	<input type="checkbox"/>

Ethnicity

Hispanic or Latino	<input type="checkbox"/>	<input type="checkbox"/>
Not Hispanic or Latino	<input type="checkbox"/>	<input type="checkbox"/>

Gender (select all options that apply):

Female	<input type="checkbox"/>	<input type="checkbox"/>
Male	<input type="checkbox"/>	<input type="checkbox"/>
Transgender and/or Non-Binary	<input type="checkbox"/>	<input type="checkbox"/>

Race (select all options that apply):

American Indian or Alaska Native	<input type="checkbox"/>	<input type="checkbox"/>
Asian, Asian-American	<input type="checkbox"/>	<input type="checkbox"/>
Black, African, African-American	<input type="checkbox"/>	<input type="checkbox"/>
Hawaiian Native or Pacific Islander	<input type="checkbox"/>	<input type="checkbox"/>
White	<input type="checkbox"/>	<input type="checkbox"/>
Other	<input type="checkbox"/>	<input type="checkbox"/>
Multi-Racial	<input type="checkbox"/>	<input type="checkbox"/>

Sexual Orientation

Bisexual	<input type="checkbox"/>	<input type="checkbox"/>
Gay	<input type="checkbox"/>	<input type="checkbox"/>
Heterosexual	<input type="checkbox"/>	<input type="checkbox"/>
Lesbian	<input type="checkbox"/>	<input type="checkbox"/>
Questioning	<input type="checkbox"/>	<input type="checkbox"/>
Other or Not Listed	<input type="checkbox"/>	<input type="checkbox"/>

Membership renewal continues on reverse, see page 2

 Complete form & return with payment to: WCSC, 4649 Sunnyside Ave N, Ste 140, Seattle, WA 98103		Date:	
Membership Level	Price	Amount Enclosed	
Individual July 1 2023 –July 1 2024 \$40/yr			
Household July 1 2023–July 1 2024 \$60/yr			
Here is an additional donation to support WCSC:			
*If you answered A for income level (see reverse), the fee is waived (or pay what you can)			
Member 1		Member 2	
Full Name:		Full Name:	
Birthdate (MM/DD/YYYY):		Birthdate (MM/DD/YYYY):	
Phone 1:	Ph 2:	Phone 1:	Ph 2:
Email:		Email:	
Mailing Address:		Mailing Address:	
<i>Your membership matters: Members vote on bylaws and major organizational changes, elect Board members, receive the Sunnysider Newsletter at their home address, receive the bi-weekly E-News via email, and receive discounted rates on many programs. Members opt in to appearing in photographs which may be used for promotional purposes unless indicated otherwise below. Members agree to follow the WCSC Code of Conduct. All personal information is handled confidentially in accordance with our privacy policy.</i>			
Membership renewal continues on reverse, see page 2			

Change Service Requested