

THE SUNNYSIDER

Quarterly Newsletter of the
Wallingford Community Senior Center

April - June 2023



A group of WCSC members visit Bainbridge Island and tour the Japanese American Exclusion Memorial.

Happy Spring, Wallingford!

2022 was a year of self-reflection and creating positive changes for the Wallingford Community Senior Center. Board, members and staff came together to create a new:

MISSION: WCSC is committed to connecting and empowering seniors to live happy, healthy, and engaged lives.

VISION: We envision our community as a place where all people age 50 and better are welcomed, empowered, and supported in their continuing pursuit of well-being and self-discovery.

THREE YEAR STRATEGIC PLAN: We defined five desired outcomes that include: community engagement, empowerment-focused programming, participant, resource & board development.

In January, we hosted our first Member Advisory Forum as a step toward fulfilling the WCSC strategic plan informed by our shared vision, mission, and values. Here are a few highlights:

- “New Programs, Community Events:” Amanda, Program Manager, has been listening to (*cont. on pg. 2*)

4649 Sunnyside Ave N Suite 140 Seattle, WA 98103

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

member suggestions to create new programs, events and trips. Her successes include increased program opportunities and attendance, and returning programs, including a partnership with Seattle Parks & Rec to bring Tai Chi to WCSC. More info on page 4.

- “Board Communication, Board Participation and More Solicitation for Member feedback:” We would like to extend a warm welcome to Janet Morgan as she joins the WCSC board. Janet is a long-time member and volunteer at the center, and we are grateful for all she does including stepping into this new role. With members Janet & Gene Sumner on the board, we are happy to see more channels for members to communicate directly with the WCSC Board of Directors. As always, you may also continue to send correspondence to the board at board@wallingfordseniors.org.

We look forward to the future positive direction of WCSC for all members and those to come. Please join us at the next Member Advisory Forum on April 11th, 3:30pm.



Denise Malm & Rachel Coller

Acting Executive Director & Acting Operations Director



Now Serving Lunch on Fridays!

Starting in April, our Community Lunch will be served on Fridays at its standard time from noon to 12:45. Lunch is \$5 for members and \$7 for non-members, and on a sliding-scale. This marks an exciting step for the center as we've continued to bring operations back and better than ever following the center's safety closure related to COVID. You can find the full lunch menu for April on page 8. Remember to follow our eNews to see our new lunch menus as soon as they come out!

Make Your Voice Heard at the Member Advisory Forum!

After the success of our first forum, WCSC leadership is excited to hear from you again at the second 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 the members, staff, and volunteers on **April 11th at 3:30pm.**



Want to Become a WCSC Member?

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 membership period renews each July. 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, **please visit the front desk or visit wallingfordseniors.org.**

Already a member? Remember - membership renews in July – so keep an eye out for the renewal form in the next Sunnysider!

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.

Resources for Older Adults

- **Fall Prevention:** As a Geriatric Mental Health Social Worker, WCSC's social worker Denise Malm can come to your house and do a fall assessment - **free for WCSC members**. For more information, email Denise at dmalm@wallingfordseniors.org or call (206) 461-7825.
- **Cable Discounts:** Seattle residents who are on Seattle's Utility Discount Program or who are low-income can qualify for a cable discount program. Call the Office of Cable Communication at (206) 684-8498.
- **Companionship Opportunities:** Volunteer or request a senior companion. Homage Senior Services facilitates both the Senior Companion programs in both King and Snohomish Counties. Call (425) 355-1138.

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.

Subscribe to The Sunnysider!

Not a member, but want to stay informed? Never miss out on WCSC news by subscribing to *The Sunnysider*, WCSC's quarterly newsletter with updates on program changes and organizational announcements.

Email your name and address to mark@wallingfordseniors.org to receive future newsletters.

Interested in getting WCSC's biweekly email newsletter? Subscribe online at wallingfordseniors.org.

Getting too much of *The Sunnysider*? Unsubscribe by emailing mark@wallingfordseniors.org



Spring Program Highlights

Check out new recurring programs coming to the center, and some programs that are still growing! Have questions? Email register@wallingfordseniors.org.

Health & Wellness

Tai Chi is coming to WCSC in partnership with Seattle Parks & Rec! Starting in April, come every Friday from 1pm-2pm for **FREE** classes. Limited mats and props available.

Yoga is here 5 days a week! Classes are offered online via Zoom on Mondays and Fridays. Classes on Tuesday, Wednesday, and Thursday are hybrid; take them in person or online via Zoom! Learn more on the next page.



Technology Mentoring

Make a **FREE** 1-hour appointment with one of WCSC's helpful tech mentors, and get help using your phone, computer, a website or program!

Recreation

Bingo is back! Every 2nd Monday of the month, get together with your friends from 1pm-3:30pm for bingo, prizes, and laughs. Starts on 4/10 and is **FREE** for everyone.

Play Reading is now at 1pm-4pm every Thursday. 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!

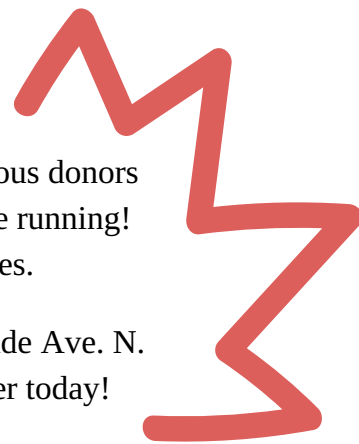
Scarecrow's Silver Screeners series continues. There's a lineup of great movies this quarter: The Second Best Exotic Marigold Hotel (2015) on 4/19, Three Thousand Years of Longing (2022) on 5/17, and X: The Man with the X-Ray Eyes (1963) on 6/21. Movies start at 1:15pm.

Death Café is also making its return as a recurring program. It will start in-person on 6/27 at 6pm, then be held online in July, and then will switch back-and-forth. Learn more on page 7.

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!



Yoga at WCSC

Our yoga classes are taught by **Rich Macdonald** and **Jen Helfer**. Each bring their own personal flair and focus to their classes.

Rich's **Monday** and **Wednesday** classes get you going in the morning. Rich likes to build a little heat during class—while offering an hour that centers, invigorates, aligns, stabilizes, and then calms you back down.

Jen's **Tuesday** and **Friday** classes are designed to meet you where you are, and offers a refreshing blend of focus on: stability, mobility, flexibility, circulation, body and breath awareness, and relaxation.

Jen also teaches **Chair Yoga** on **Thursdays**. This hybrid class provides many of the same features as her other classes, but invites you to slow down and explore your options. This class is designed with stability and support in mind, and uses the chair to enhance, empower, and inspire your yoga practice.

All classes are \$8 for members and \$10 for nonmembers. All are welcome and invited — especially first-time yoga participants! Classes are offered in-person and online (hybrid), and online-only.

If you have your own props (yoga mat, blocks, blankets, strap) feel free to bring them. There are limited props available for student use and we have plenty of chairs for everyone!

Schedule

- **Mondays** with Rich, 9am-10am, online only
- **Tuesdays** with Jen, 9am-10:15am, hybrid
- **Wednesdays** with Rich, 8am-9am, hybrid
- **Thursdays** with Jen, 9am-10:15am, hybrid
- **Fridays** with Jen, 9am-10am, online only

Relax at WCSC with Friday Foot Care

Join us every 2nd and 4th Friday of the month for Foot Care. Our licensed foot care nurse provides a medical assessment, treatment and recommendations, and referrals if necessary.

Reserve your spot by emailing **register@wallingfordseniors.org** or by calling **(206) 461-7825**. Cost is \$40. Participants must show proof of vaccination on their first visit and masks are required as part of a healthy protocol.





Spring Special Events

Just as the flowers bloom, so do new programs at WCSC! To register please call **(206) 461-7825** or email **register@wallingfordseniors.org**. Have questions? Email **register@wallingfordseniors.org**. Our trips outside the center have limited seating so remember to sign-up in advance!

April

- **Skagit Tulip Festival Outing, Thurs. the 13th, 9:00am.** \$20 for members, \$22 for non-members. Includes admission to Tulip Town. Bring money for lunch or bring your own.
- **Ready for Aging, Tues. the 18th, 2:00pm.** Formerly *Who Has Your Keys?*, Guila is back for this second class to present about end-of-life planning and organization. This presentation welcomes and engages people of all ages. \$10 members, \$20 non-members.
- **Hamilton Relay Presentation, Thurs. the 20th, 10:30am.** Hamilton Relay will share resources for individuals and supporters of those who experience being deaf, hard of hearing, or have difficulty hearing, speaking, or being understood on the phone. **FREE**.
- **Earth Day Lunch & Learn, Thurs. the 20th, 12pm.** WCSC's Deborah Barnes will present about Earth Day and Eco-Fashion! The presentation is **FREE**, lunch is priced as normal.
- **Trivia for Seniors, Tues. the 25th, 12pm.** There will be 4 rounds of 10 questions from an array of categories. Players will be part of a team. Trivia is **FREE**, lunch is priced as normal.

May

- **Afternoon Tea/May Day, Mon. the 1st, 1:30pm.** Enjoy May Day with tea and light snacks while learning the history of Afternoon Tea traditions. Have special tea pots and/or sets? Bring them in to use or simply show off; if enough people bring in their teapots and/or sets, we can use them our next display! **FREE**.
- **Presentation by Foss Home and Village, Thurs. the 11th, 1pm.** This presentation will cover the process of finding low-income beds for skilled nursing, assisted living, and memory care homes. It will also go over the process of applying for Medicaid. **FREE**.
- **Mother's Day Brunch, Mon. the 15th, 11:30am.** Bring your family and friends to celebrate Mother's Day with a light brunch and good conversation. \$5 members, \$7 non-members.
- **AARP Smart Driving Course, Thurs. 18th & Friday 19th, 1pm.** This refresher course covers current rules of the road and defensive driving techniques for today's increasingly challenging driving environment. After attending **both** classes, you'll receive or renew a certificate entitling you to a discount on your auto insurance! Bring your AARP membership number. \$20 for AARP members; \$25 for non-members. Advance registration required.

May Continued

- **Edmonds Jazz Connection Outing, Sat. the 20th, time TBA.** Join us for this local festival showcasing some of the best high school jazz programs throughout the PNW. Time is to be determined as the event is still being planned, but for now, we plan on meeting at WCSC around 9am. \$6 for members, \$8 for non-members.
- **WCSC Talent Show & Maker's Market, Thurs. the 25th, 1pm.** Do you have a special skill, hobby, or talent you've been wanting to share with your community? Here's your chance! We will be putting on a talent show at WCSC, along with showcasing our members' art, handmade goods, and more. Email, call, or stop by and talk to Amanda if you'd like to perform or display your work. Participation and attendance are **FREE**.

June

- **AARP Smart DriverTEK Presentation, Thurs. the 1st, 1pm.** Smart DriverTEK is a **FREE** AARP Driver Safety educational program experienced through a 90-minute workshop. As a result of the program, attendees become more up-to-date on available safety technologies in cars, recognize how technologies might enhance driving safety and extend safe driving years, and learn more about the benefits of vehicle safety technologies and using them properly.
- **Summer Kickoff Picnic, Thurs. the 8th, 12pm.** Summer is here, time to welcome the sun! Meet for lunch in the pavilion behind the Good Shepherd Center and enjoy the sunshine, good food, and good music. Lunch is priced as normal, or you can hang out without getting lunch.
- **Social Justice 101: Juneteenth, Tues. the 13th, 2pm.** WCSC's social worker Denise Malm and WCSC member Vicki Nino Osby will share the history and importance of this new federal holiday. **FREE**.
- **Humanities WA - After the Blast: Mount St. Helens 40 Years Later, Thurs. the 15th, 10:45am.** Eric Wagner, author and biologist, will take you on a journey through the blast zone. He explores not just the surprising ways plants and animals survived the eruption, but also the complex roles that people have played, all while showing how fascinating Mount St. Helens still is 40 years after the blast. **FREE**.
- **Edmonds Art Festival Outing, Fri. the 16th, 10am.** Join for live performances, gallery art, and local artists and vendors displays. Bring money to buy food and art, or just enjoy the displays, energy, and live music. Be prepared for walking and warm weather - bringing a water bottle is encouraged! \$7 for members, \$9 for non-members.
- **Death Café, Tues. the 27th, 6:00pm.** Death Café is back at WCSC! A death café is where people, often strangers, gather to eat cake, drink tea and discuss death. The objective is to increase awareness of death with a view of helping people make the most of their lives. Guided by WCSC's social worker, this is a group-led discussion of death with no agenda or themes. It is a discussion group, rather than a grief support or counselling session. First of recurring meetings. **FREE**.



Wallingford Community Senior Center

4649 Sunnyside Ave N, Ste. 140

Seattle WA 98103 ~ 206-461-7825 ~ wallingfordseniors.org



Tuesday

Wednesday

Thursday

Friday

April Menu:

4

Beef Dip with Au Jus,
French Fries, Salad &
Dessert

5

Lentil Dahl with
Rice, Flatbread,
Cooked Veggies &
Dessert

6

Chicken Fried Rice,
Coleslaw, Cooked
Veggies & Dessert

7

Homemade Mac &
Cheese w/
Salad & Dessert

11

Chef's Choice

12

Beef Shepherd's Pie,
Mashed Potatoes,
Veggies, & Dessert

13

Grilled Cheese with
Soup, Salad &
Dessert

14

Chicken Parm w/ Salad
& Dessert

18

Grilled Cheese with
Soup, Salad & Dessert

19

Chicken Alfredo,
Bread,
Salad & Dessert

20

Chef's Choice

21

Roast with potatoes,
Gravy, Bread & Dessert

25

Pulled BBQ on Soft
Buns, Cole Slaw &
Dessert

26

Lentil Dahl with
Rice, Flatbread,
Salad & Dessert

27

Fajitas with Rice,
Fix-ins, Tortillas &
Dessert

28

Homemade Mac &
Cheese w/ Salad &
Dessert

WCSC Member Price \$5

All others \$7 (Sliding Scale)

Alternate meals available

WCSC April, May & June 2023 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Yoga with Rich (Zoom) 10:30 EnhanceFitness 1:00 - 3:00 Technology Mentoring by Appointment 1:00 Creative Mending (1st & 3rd Mondays) 1:00 Monthly Bingo (2nd Mondays) <i>NEW</i> 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 11:00 Cheryl's Book Club (2nd Tues) 12:00 Community Lunch 12:30 Mah Jongg (Chinese) 1:00 Pinocle 1:00 Chandler's Book Club (1st Tuesdays, Zoom) 2:30 Phone-In Men's Group	8:00 Yoga with Rich (Hybrid) 9:30 Blood Pressure Readings (2nd & 4th Wed) <i>NEW</i> 10:30 EnhanceFitness 12:00 Toastmasters 12:00 Community Lunch 1:00 Knitting 1:00 Scrabble 1:00 International Inclusion (2nd & 4th Wed) 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 12:00 Community Lunch <i>NEW</i> 11:00 Foliage Friday (Zoom) 12:30 Mah Jongg (Chinese) 1:00 Tai Chi <i>NEW</i>

April Special Events: **T 11th:** 3:30pm, Member Advisory Forum, **TH 13th:** 9:00am, Skagit Tulip Festival Outing, **T 18th:** 2pm, Ready For Aging: Steps to Create Your Circle of Support (FKA Who Has Your Keys?), **W 19th:** 1:15pm, Scarecrow Video Movie: *The Second Best Exotic Marigold Hotel*, **TH 20th:** 10:30am, Hamilton Relay Presentation, **TH 20th:** 12pm, Earth Day Lunch and Learn, **T 25th:** 12pm, Trivia for Seniors

May Special Events: **M 1st:** 1:30pm, Afternoon Tea/May Day, **TH 11th:** 1pm, Housing Presentation by Foss Home and Village, **W 17th:** 1:15pm, Scarecrow Video Movie: TBD, **TH 18th & F 19th:** 1pm, AARP Smart Driving Course, **SAT 20th:** time TBD, Edmonds Jazz Connection Outing, **TH 25th:** 1pm, WCSC Talent Show & Maker's Market

June Special Events: **TH 1st:** 1pm, AARP Smart Driver Tech Presentation, **TH 8th:** 12pm, Summer Kickoff Picnic, **T 13th:** 2pm, Social Justice 101: Juneteenth, **TH 15th:** 10:45am, Humanities WA Presentation, **F 16th:** 10am, Edmonds Art Festival Outing, **W 21st:** 1:15pm, Scarecrow Video Movie: X: The Man with the X-Ray Eyes, **T 27th:** 6pm, Death Café Returns

Wallingford Community Senior Center Information

(206) 461-7825 Hours: M-F 9:00am - 5:00pm wallingfordseniors.org

Staff

- Amanda Kruger - Program Manager
- Dalton Marks - Kitchen Coordinator
- Deborah Barnes - Program Intern
- Denise Malm - Acting Executive Director
- Domingo Gutierrez - Van Driver & Office Assistant
- Kidist Peterson - Administrative Intern
- Mark Maddaloni - Development Coordinator
- Rachel Coller - Acting Director of Operations
- Randy Miner - Dishwasher

Board of Directors

- Tera Giles - President
- Wilson Trang - Treasurer
- Ann Dingwall - Secretary
- Gene Sumner
- 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.

Change Service Requested

