

THE SUNNYSIDER

Quarterly Newsletter of the
Wallingford Community Senior Center

Jan-March 2023



On December 14th, members participated in a cookie exchange at WCSC then hopped in the van for a trip to Candy Cane Lane.

Happy New Year!

Thank you for making 2022 a year to celebrate and remember at the center. Your positive spirit, warm smiles, and special moments created at the center were not just appreciated, but needed. Thank you for showing up and being yourself!

- WCSC Staff

Creating the Future with our Value Statements in Mind

As the WCSC staff prepares for 2023, we are centering our new value statements in all our planning and actions. We want to share these statements with you so that together we can create the best programming, services, and experiences we know is possible for the center.

- 1. We believe elders know what they want and need.** We are committed to listening carefully and actively collaborating.
- 2. We believe in self-discovery at all ages and stages of life.** We help empower older adults to live their best lives.
- 3. We believe in community,** and in fostering a sense of inclusion and belonging for all.
- 4. We believe in promoting wellness** through proactive, preventative programming.
- 5. We believe advocacy is a powerful tool.** We advocate for our community against systemic ageism and the harm it causes.

4649 Sunnyside Ave N Suite 140 Seattle, WA 98103

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

Message from the Board

by WCSC Board of Directors



The Board of Directors is pleased to announce the selection and appointment of Denise Malm assuming the role of Acting Executive Director, and Rachel Collier assuming the role of Acting Director of Operations. This is a shared leadership collaboration as they will continue to perform their current scope of work. This change took effect December 7th, 2022.

"We are thrilled for Denise and Rachel to advance the goals and mission of WCSC," says Board President Wilson Trang. "They bring historical and institutional knowledge that is second to none. Not to mention their passion and dedication to our community."

Make Your Voice Heard at the Membership Advisory Council!

We are excited to announce this new program that will give members the time and space to voice their thoughts, concerns, and hopes for WCSC. Like one of our value statements says, "we are committed to listening carefully and actively collaborating." The council will meet once every quarter. All executive staff members will be present and look forward to hearing your thoughts. **Join us for the first meeting at 3:30pm on Tuesday, January 10th!**

Meet Amanda

Please welcome our new program manager, Amanda! Amanda moved to Seattle 3 years ago from Denver where she went to school for Business Marketing. Amanda joined WCSC in late November and has been hard at work since. She loves being by the water and enjoys paddle boarding, kayaking, and spending time with her two dogs. She likes Seattle because she can experience all four seasons, something not quite possible in Southern California, where she grew up. Amanda is excited to be in a role that focuses on creating and building relationships, and looks forward to bringing fun, exciting programs to the center.



Message from the Directors

by Denise and Rachel

We are so excited and honored to have the opportunity to hear your values, desires, and aspirations for the center! We believe that the Wallingford Community Senior Center is for you, with you, about you, and by you.

Communicating with membership is our top priority. Please join us for the first WCSC Membership Advisory Council Meeting on January 10th at 3:30pm.

As we enter 2023, please join us in having hope and seeing possibility for our shared future at Wallingford Community Senior Center.

Resources

- **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, talk with Denise by emailing her 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**.

THANK YOU TO OUR SHARE TO CARE SPONSORS!



Relax at WCSC with Friday Foot Care

Join us every 2nd and 4th Fridays 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.

Non-Discrimination & Accessibility

WCSC is committed to non-discrimination with 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.

Happenings at WCSC

Autumn was full of festive activities at the center!
Take a look back with us on some of our special events, including our Halloween Costume Contest, Share to Care Fundraiser, Thanksgiving Luncheon, and Holiday Lights Outing.



Wallingford Community Senior Center

4649 Sunnyside Ave N, Ste. 140

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



Tuesday	Wednesday	Thursday
<p>3 Chicken Parmesan, Salad, Bread & Dessert</p>	<p>4 Chicken Fried Rice, Fresh Slaw & Dessert</p>	<p>5 Chef's Choice</p>
<p>10 Pulled BBQ on a Toasted Bun, Fresh Cole Slaw & Dessert</p>	<p>11 Eggplant Parmesan, Salad, Bread & Dessert</p>	<p>12 Grilled 2-Cheese sandwich, Veggie Soup & Dessert</p>
<p>17 Chicken Alfredo, Salad, Bread & Dessert</p>	<p>18 Green Chili Pork, Tortillas, Veggie Slaw & Dessert</p>	<p>19 Beef Stroganoff, Cooked Veggies & Dessert</p>
<p>24 Fish & Chips, Salad & Dessert</p>	<p>25 Chef's Choice</p>	<p>26 Spaghetti & Meatballs, Salad, Bread & Dessert</p>
<p>31 Fried Chicken, Coleslaw & Dessert</p>	<h2>January Menu</h2>	

WCSC Member Price \$5

All others \$7 (Sliding Scale)

Alternate meals available

- All Dietary Needs & Restrictions Accommodated -

WCSC January, February & March 2023 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9:00 Yoga with Rich (Zoom)</p> <p>10:30 EnhanceFitness</p> <p>1:00 - 3:00 Technology Mentoring by Appointment</p> <p>1:00 Creative Mending (1st & 3rd Mondays)</p> <p>2:30 Play Reading</p> <p>5:30 French 101 (Zoom)</p>	<p>9:00 Social Bridge</p> <p>9:00 Yoga with Jen</p> <p>10:30 Strength Training</p> <p>11:00 Art Together (Zoom)</p> <p>11:00 Cribbage</p> <p>11:30 Cheryl's Book Club (3rd Tuesdays)</p> <p>12:00 Community Lunch</p> <p>12:30 Mah Jongg (Chinese)</p> <p>1:00 Pinochle</p> <p>1:00 Chandler's Book Club (1st Tuesdays, Hybrid)</p> <p>2:30 Phone-In Men's Group</p>	<p>8:00 Yoga with Rich</p> <p>10:30 EnhanceFitness</p> <p>12:00 Toastmasters</p> <p>12:00 Community Lunch</p> <p>1:00 Knitting</p> <p>1:00 Scrabble</p> <p>1:15 Scarecrow Video's Silver Screeners Movies (3rd Wednesdays)</p> <p>3:30 Writer's Workshop (Hybrid)</p>	<p>9:00 Chair Yoga with Jen</p> <p>11:00 Hand Drumming</p> <p>12:00 Community Lunch</p>	<p>9:00 Yoga with Jen (Zoom)</p> <p>9:00-4:30 Foot Care by Appointment (2nd & 4th Fridays)</p> <p>10:30 EnhanceFitness</p> <p>11:00 Foliage Friday (Zoom)</p> <p>11:00 Tell Us Your Story (2nd & 4th Fridays)</p> <p>12:30 Mah Jongg (Chinese)</p>

January Special Events: **TH 5th:** 10am Bridge Lessons Series Starts, **T 10th:** 3:30pm Member Advisory Council Meeting, **F 13th:** 12pm Seattle Symphony Outing, **W 18th:** 1:15pm Scarecrow Video Movie: Ruggles of Red Gap, **M 23rd:** 12pm Lunar New Year Potluck

February Special Events: **W 15th:** 1:15pm Scarecrow Video Movie: TBD, **TH 16th:** 1:30pm Outing to Nordic Museum

March Special Events: **F 10th:** Nutrition Education Presentation, **W 15th:** 1:15pm Scarecrow Video Movie: TBD, **TH 16th:** Outing to Bainbridge Island and Japanese American Exclusion Memorial, **TH 23rd:** 1-3pm Who Has Your Keys? (Part 2)



Winter Highlights

Winter is here and we have a great slate of special events and programs! To register please call (206) 461-7825 or email register@wallingfordseniors.org. Have questions? Email amanda@wallingfordseniors.org. Our trips outside the center have limited seating so remember to sign-up in advance.

January

- **Tuesday, Jan. 10th: Member Advisory Council, 1pm.** The first of our new quarterly meetings for members to share their thoughts, feedback, and aspirations for the center. Let's meet, share ideas, and make plans for an enriching new year!
- **Friday, Jan. 13th: Seattle Symphony Outing, 12pm.** Join us for a show at the Seattle Symphony! We'll be seeing a solo performance of piano concertos such as Haydn, Mozart and Beethoven, performed by Jean-Efflam Bavouzet. **\$6 for members, \$8 for non-members.**
- **Monday, Jan. 22nd: Lunar New Year Potluck, 12pm.** Join WCSC as we celebrate Lunar New Year. Bring in your dish of choice to share as we usher in the new year together with food, music, and good company!

February

- **Thursday, Feb. 16th: Outing to the Nordic Museum, 1:30pm.** Visit to The Nordic Museum in Ballard. Come to the center early for lunch at noon, then hop on the van to head to the museum for a guided tour. **\$6 for members, \$8 for non-members.** Lunch not included in pricing.

March

- **Friday, March 10th: Nutrition Education Presentation, 3:30pm.** Graduate students from the UW Nutritional Sciences Program are coming to the center to offer nutrition education to our members. They'll share their presentation and leave time for questions.
- **Thursday, March 16th: Trip to Bainbridge Island, time TBD.** Visit the Japanese American Exclusion Exhibit, then visit the downtown area for shopping, browsing, and lunch. Bring your own bagged lunch or lunch money, and remember to bring an umbrella, just in case! **\$7 members, \$9 non-members.**
- **Thursday, March 23rd: Who Has Your Keys? (Part 2), 1pm.** After a popular and engaging program in December, Guila is coming back to present more about end-of-life planning and organization. With important information for everyone to learn, this class welcomes and engages people of all ages. **\$10 members, \$20 non-members.**

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

- Wilson Trang - President
- Tera Giles - Vice President
- Lisa Stuebing - Secretary
- Ann Dingwall
- Gene Sumner
- Pranjali Shirwaikar

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

Wallingford Community Senior Center
4649 Sunnyside Avenue N Suite 140
Seattle WA 98103

