

# THE SUNNYSIDER

Quarterly Newsletter of the  
Wallingford Community Senior Center

January - March 2024



On Dec. 19 WCSC held its annual cookie exchange! Our community brought in their favorite holiday treats to share with others.

## New Year's Resolution: Stay You, Wallingford!

*You are wonderful just as you are.*

For over forty years our community has cultivated a sense of space and belonging, so that we may all be cared for, self-expressive, and fulfilled. It's true: engaging with community allows for valuable exchanges of knowledge, stories, and life lessons, facilitating personal growth through diverse experiences. It allows us a chance to take risks, to claim benefits to our health and wellbeing, and so much more.

But it is also a safe place to exist as we are, and to celebrate ourselves, our shared space, and the accomplishments of our lives. And - if we're feeling rambunctious - the joys of a curated experience designed to just simply be enjoyed.

So whether you plan on joining a new class, or just attending the same one you have grown into over the years - meeting someone new, or bumping into an old friend at Community Lunch - going on a faraway outing or just staying in our neighborhood - you're doing it well here at WCSC, and for that we are so grateful.

This year, do not change Wallingford - you're off the hook! We all do the work of empowerment and support in pursuit of healthy aging, together.

A handwritten signature in black ink that reads "Rachel Collier".

Rachel Collier  
Executive Director

4649 Sunnyside Ave N Suite 140 Seattle, WA 98103  
Hours: Monday - Friday, 9AM - 5PM | (206) 461-7825  
[wallingfordseniors.org](http://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 **January 9th at 3:30pm.**

## Volunteer at the Center

Want to join a vital part of our community?  
Become a WCSC volunteer! **Go to**



**[www.wallingfordseniors.org/volunteer](http://www.wallingfordseniors.org/volunteer)**  
**and fill out the form.** We are currently looking for volunteers interested in the following areas:

- Front Desk (weekly)
- Technology Mentors (weekly or biweekly)
- Spaghetti Dinner (quarterly)
- Special Event Help (by occasion)

## Resources for Older Adults

- **Northwest Justice Project** (King County Bar Association) offers 30 minute **FREE** legal appointments. Call to leave a message at **206-267-7070** or fill out an appointment request online at [nwjustice.org/get-legal-help](http://nwjustice.org/get-legal-help)
- **If you are paying for debt you can't afford** - contact HELPS at **855-435-7787** or go to their website [www.helpsishere.org](http://www.helpsishere.org)
- **Elder Friends Volunteer Companionship Program connects an elder with a volunteer.** Contact Full Life Care at **206-224-3790** or **206-528-5315** or [fulllifecare.org/services/elderfriends](http://fulllifecare.org/services/elderfriends)
- **Tax season starts on January 23rd!** United Way and AARP offer free assistance filing your taxes. For United Way, call (206) 461-3700 or visit [uwkc.org/need-help/tax-help](http://uwkc.org/need-help/tax-help). For AARP, call 1-888-687-2277 or visit [aarp.org/membership/benefits/finance/taxaide/](http://aarp.org/membership/benefits/finance/taxaide/).

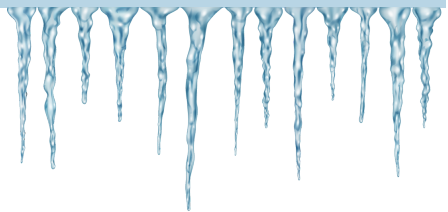
**WCSC is committed to non-discrimination** in regard to age, race, gender, gender identity, disability, sexual orientation, national origin, religion, and political ideology for participants, volunteers, and employees. WCSC makes reasonable accommodations to ensure its programs and activities are accessible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

## 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 benefits of membership include:

- A discount on all fee-based programs such as EnhanceFitness, outings, Community Lunch, etc.
- A free Thanksgiving lunch at our Annual Meeting
- Ability to vote on WCSC bylaws and board members
- An invitation to the Member Advisory Forum
- *And more!*

To become a member or inquire about membership, call **(206) 461-7825** or visit **[wallingfordseniors.org/membership](http://wallingfordseniors.org/membership)**





# Winter Programs

Check out our recurring and special winter programs! Register in advance by talking to the front desk or by calling **(206) 461-7825**. You can register for virtual programs online at [wallingfordseniors.org/programs](http://wallingfordseniors.org/programs).

## Health & Wellness Program Updates!

Enjoy a diverse offering of yoga five days a week, our popular EnhanceFitness classes (soon to be covered by more insurance plans!), and new programs: Strength Training, SAIL and World Dance Party. All ages and abilities welcome!

### Hybrid SAIL Seated Fitness with Jen - **NEW!**

*Tuesdays at 10:30am*

SAIL (Staying Active & Independent for Life) is an evidence-based strength, balance, and fitness class designed for older adults and anyone who is at high risk for falling. Join in-person or online for this playful and energizing SEATED fitness class! **No registration required. \$3 members, \$5 non-members**

### Advanced Strength Training

*(formerly Strength Training)*

*Thursdays at 10:30am*

Work on your strength and resistance training with Marilyn! Strengthen your major muscle groups and improve your ability to perform daily activities. Involves floorwork as well as use of free weights, exercise bands, and exercise balls.

**No registration required. \$4 members, \$6 non-members.**

### Strength Training - **NEW!**

*Thursdays at 1pm*

This 45-minute class will focus on strengthening the major muscles throughout the body, utilizing free weights and exercise bands. The goal is to maintain and increase your ability to perform activities of daily living with greater ease and confidence, all experience levels welcome! **No registration required. \$4 members, \$6 non-members.**

### EnhanceFitness

Move and groove 3-days a week with this evidence-based program designed by UW, Group Health (now Kaiser), and Fred Hutch Research Center. Created with older adults in mind, EnhanceFitness takes you through aerobics and resistance training segments in an accessible and scalable way for all mobility levels. **No registration required. \$4 members, \$6 non-members, and covered by some insurance plans.**

Mondays at 9:15am with Marilyn  
Mondays at 10:30am with Marilyn  
Wednesdays at 9:15am with Marilyn

Wednesdays at 10:30am with Mish Mish and Gini  
Fridays at 10:30am with with Mish Mish

### World Beat Dance Party with Mish Mish - **NEW!**

*Last Tuesdays of the month from 1-2pm*

Get fit while you exercise to music from around the world! Combine aerobics with movements inspired by flamenco, belly dance, Bollywood, Latin dance, and popular line dances from Greece, Turkey and the Middle East. We might even throw in a few modern dances like the Hustle, Electric Slide, and some Country Western fusion. Each month will focus on a different group of dances. Anyone is invited to come and teach their favorite dance. **No registration required. \$4 members, \$6 non-members.**

## Health & Wellness

### Foot Care

*Every-other Friday*

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.**

### Yoga For Every Body **with Rich**

*Mondays at 9am on Zoom & Wednesdays at 8am in-person and on Zoom*

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

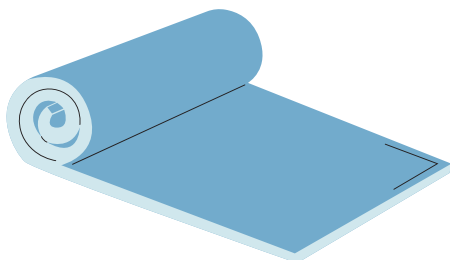
**Advance registration required for online participation. \$7 for members and non-members.**

### Chair-Inspired Gentle Yoga **with Jen**

*Tuesdays at 9am in-person and on Zoom*

Join Jen for this invigorating, Chair-Inspired Gentle Yoga and mindful movement class! This class is designed with stability and support in mind—and uses the chair to enhance, empower, and inspire your Yoga practice. Taught through an accessible lens, each practice is “patiently paced” and offers a wide variety of variations, props, and supportive options for your added safety and comfort.

**Advance registration required for online participation. \$7 for members and non-members.**



### Open Ping-Pong Time - **NEW!**

*Mondays from 3-5pm*

Bring your friends and come play ping-pong every Monday.

**No registration required. FREE.**

### Yoga For Every Body **with Jen**

*Fridays at 9am on Zoom*

Designed to meet you where you are, this class offers a refreshing blend of focus on: stability, mobility, flexibility, circulation, body awareness, and relaxation. Taught through an accessible lens, each practice is “patiently paced” and offers a wide variety of variations, props, and supportive options for your added safety and comfort.

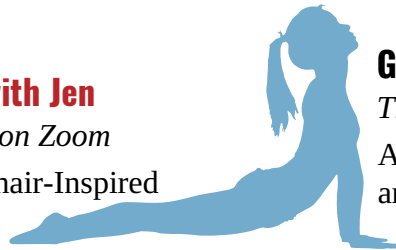
**Advance registration required. \$7 for members and non-members.**

### Gentle & Accessible Yoga **with Jen**

*Thursdays at 9am in-person and on Zoom*

Are you looking for a more interactive and personalized Yoga experience that helps you feel more at home in your own body? Taught through an accessible lens, each practice is “patiently paced” and offers a wide variety of variations, props, and supportive options for your added safety and comfort.

**Advance registration required for online participation. \$7 for members and non-members.**





## Recreation

### Cinema Termite Movie Days - **NEW!**

*1st Wednesdays of the month at 1:30pm*

Cinema Termite has been screening classic movies throughout the community for years, and now Andrew H. will be showing movies at WCSC the first Wednesday of the month. This winter, they'll be showing: *Duel* (1/3); *What's Up Doc?* (2/7); *The Taking of Pelham One Two Three* (3/6).

**No registration required. FREE.**

### Wing Luke Museum **Outing**

*Thursday Jan. 25 at 1pm*

The Wing Luke Museum focuses on the culture, art and history of Asian Americans, Native Hawaiians, and Pacific Islanders. Established in 1967, the museum is a Smithsonian Institution affiliate and the only pan-Asian Pacific American community-based museum in the US. We will leave WCSC at 1pm and have a guided tour before exploring the museum on our own!

**Advance registration required. \$11 for members, \$13 for non-members.**

### 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.**

### Seattle Art Museum **Outing**

*Thursday Feb. 8 at 1pm*

The Seattle Art Museum features art collections and exhibitions from around the world! Current temporary exhibits include works by Calder and Elizabeth Malaska. We will leave WCSC at 1pm, and have a guided tour of the museum, and then are able to explore further!

**Advance registration required. \$10 for members, \$12 for non-members.**

### 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

Join us for bingo, fun, and prizes! Every 2nd Monday of the month at 1pm.

**No registration required. FREE.**



### Chandler's Book Club

*1st Tuesday of the month at 1pm*

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! Meets in-person and online via Zoom.

**Advance registration required for online participation. FREE.**

### Art Together

*Tuesdays at 11am on Zoom*

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

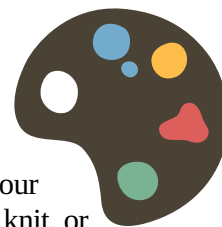
**Advance registration required for first time. FREE.**

### Knitting Circle

*Every Wednesday at 1pm*

Grab your knitting needles and come knit at WCSC!

**No registration required. FREE.**



## Recreation

### Seattle Irish Festival **Outing**

*Saturday March 16 at 12pm*

Join us for the Irish Festival at the Seattle Center in honor of St Patrick's Day! This event celebrates Irish heritage, culture, and arts with traditional music, step-dancing, lectures, genealogy workshops, Irish films, exhibits, displays, and more.

**Advance registration required. \$4 for members, \$6 for non-members.**

### Scarecrow Video's Silver Screeners

*3rd Wednesdays of the month at 1:30pm*

It's movie day at WCSC! Bring your comfy clothes and watch classic movies selected by Scarecrow Video. This winter, we'll be showing: *Paper Moon* (1/17); *Kind Hearts and Coronets* (2/21); *Erin Brockovich* (3/20).

**No registration required. FREE.**

### Weekly Games

**Social Bridge** - Tuesdays at 9am

**Cribbage** - Tuesdays at 11am

**Chinese Mah Jongg** - Tuesdays & Fridays at 12:30pm

**Pinochle** - Tuesdays at 1pm

**Scrabble & Classic Board Games** - Wednesdays at 1pm

**No registration required. FREE.**

## Education

### Rebuilding Together **Presentation**

*Thursday Jan. 11 at 1pm*

Rebuilding Together provides home repairs for low income homeowners and partners with volunteers and local organizations to revitalize communities. They will be here to present an overview of the work they offer, especially focusing on work they can do for older adults! They'll also be discussing their upcoming National Rebuilding Month.

**Advance registration appreciated. FREE.**

### **Civic Coffee** with age Friendly Seattle

*Wednesday Jan. 24 at 1pm*

Age Friendly Seattle hosts monthly Civic Coffee events in partnership with The Seattle Public Library. These are opportunities for older adults to gather and learn about a topic from local experts. The topic of this event will be alternative therapies, such as horticulture therapy, art therapy, hypnotherapy, etc. More info and panelist announcements to come!

**Advance registration appreciated. 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.**

### 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.**

### French 101

*Every Monday at 5:30pm on Zoom*

Casual conversational group and exploration of French language and culture.

**Advance registration required for first time. FREE.**

## Education

### Humanities WA - A Space for Black History

*Thursday Feb. 22 at 1pm*

Luther Adams – Free Man of Color is an associate professor of ethnic, gender, and labor studies at the University of Washington, Tacoma. As a student and teacher of Black history and culture, his work brings together the interdisciplinary study of urban, southern, labor, and religious history to understand Black culture and life. In this presentation he uses Black thought, images, and poetry, as well as local history, to create an open space to ask questions about Black history and why it matters to all of us.

**Advance registration appreciated. 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.**

### End of Life Doula Presentation

*Tuesday March 26 at 1pm*

Kathy Bates will be presenting about her experiences being an End of Life Doula, what that means, and more! Kathy is a certified End of Life Doula, a certified Geriatric Mental Health Specialist, and was a social worker in skilled nursing facilities for 30+ years. FREE, RSVPs are appreciated!

**Advance registration appreciated. FREE.**

### Writers' Workshop

*Every Thursday at 2:30*

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.**

### Technology Mentoring

*By appointment*

Make an appointment with one of our helpful tech mentors, and get 1-on-1 help using your phone, computer, or a specific website/program!

**Call (206) 461-7825 or email [register@wallingfordseniors.org](mailto:register@wallingfordseniors.org) to schedule an appointment. FREE.**

### Writing Poetry Without Rhyme: Writing Poems for All Occasions

*Mondays Jan. 8 & 22 & 29, Feb. 5 at 12pm*

This class will offer ideas and techniques for writing free verse poetry, poems without rhyme at the ends of the lines. No previous experience writing poetry is needed. Experienced writers are welcome. Instructor Shelley Tucker has a Ph.D. in Writing Education and has four books published on writing poetry. Limited to 6 participants, so be sure to save your spot in advance.

**Advance registration required. FREE.**

## Services

### Death Café - New Dates!

*First Tuesdays from 6-8pm, fourth Mondays from 1-3pm*

We're adding a second Death Café to the schedule! You now have your choice of attending in the evening, or in the afternoon. 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. Attendance will now be limited, so be sure to sign up in advance!

**Advance registration appreciated. FREE.**



## Services

### 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.**

## Good Food & Healthy Eating

### Lunar New Year Potluck

*Feb. 12 at 12pm*

Join WCSC for our popular Lunar New Year's celebration! Bring in your dish of choice to share as we usher in the new year together with food, music, and good company! Rebuilding Together will be tabling.

**Advance registration appreciated. 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 EnhanceFitness program, and stick around to load up and save yourself a trip to the grocery store.

**No registration required. FREE.**

### Birthday Lunch

*Last Fridays of the month at 12pm*

On the last Friday of every month, WCSC Community Lunch turns into Birthday Lunch, where we celebrate everyone who had a birthday in the month. Members can use their 1 free lunch ticket and cake is provided for everyone.

**No registration required. Normal lunch prices apply.**

## January 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

2

Chef's  
Choice

### Wednesday

3

Pulled BBQ on  
a bun, cooked  
veggies, dessert

### Thursday

4

Hot sandwiches with  
cheese, soup, veggies,  
salad, dessert

### Friday

5

Pizza, salad,  
cooked veggies,  
dessert

9

Mac & cheese,  
salad, veggies,  
dessert

10

Chicken and cheese  
taquitos w/ fixings,  
veggies, dessert

11

Scrambled eggs with  
cheese, pancakes,  
bacon, hashbrowns, fruit

12

Spaghetti and  
meatballs, veggies,  
salad, dessert

# WCSC January, February & March 2024 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<div>9:00 Yoga for Every Body with Rich (Zoom)</div> <div>9:15 EnhanceFitness</div> <div>10:30 EnhanceFitness</div> <div>12:00 Writing Poetry Without Rhyme (Jan 8, Jan 22, Jan 29, Feb 5)</div> <div>1:00 Creative Mending (1st &amp; 3rd Mondays)</div> <div>1:00 Monthly Bingo (2nd Mondays)</div> <div>1:00 Death Cafe (4th Mondays)</div> <div>3:00 Open Ping Pong Time</div> <div>5:30 French 101 (Zoom)</div>	<div>9:00 Social Bridge</div> <div>9:00 Chair-Inspired Gentle Yoga with Jen (Hybrid)</div> <div>10:30 SAIL Seated Fitness</div> <div>11:00 Art Together (Zoom)</div> <div>11:00 Cribbage</div> <div>12:00 Community Lunch</div> <div>12:30 Mah Jongg (Chinese)</div> <div>1:00 Pinochle</div> <div>1:00 Chandler's Book Club (1st Tuesdays, Hybrid)</div> <div>1:00 World Beat Dance Party (Last Tuesdays)</div> <div>2:30 Phone-In Men's Group (In-Person 1st and 3rd Tuesdays)</div> <div>6:00 Death Cafe (1st Tuesdays)</div>	<div>8:00 Yoga for Every Body with Rich (Hybrid)</div> <div>9:15 EnhanceFitness</div> <div>10:30 EnhanceFitness</div> <div>12:00 Toastmasters</div> <div>12:00 Community Lunch</div> <div>1:00 Knitting</div> <div>1:00 Classic Board Games</div> <div>1:30 Cinema Termite Movie Screening (1st Wed)</div> <div>1:30 Scarecrow Video's Silver Screeners Movies (3rd Wed)</div>	<div>9:00 Gentle &amp; Accessible Yoga with Jen (Hybrid)</div> <div>10:30 Advanced Strength Training</div> <div>9:30 - 12:30 SHIBA Counseling by Appointment (1st Thursdays)</div> <div>12:00 Community Lunch</div> <div>1:00 Play Reading</div> <div>1:00 Strength Training</div> <div>2:30 Writer's Workshop (Hybrid)</div>	<div>9:00 Yoga for Every Body with Jen (Zoom)</div> <div>9:00-4:30 Foot Care by Appointment (2nd &amp; 4th Fridays)</div> <div>10:30 EnhanceFitness</div> <div>11:00 Foliage Friday (Zoom)</div> <div>12:00 Community Lunch</div> <div>12:00 Birthday Lunch (Last Fridays)</div> <div>12:30 Mah Jongg (Chinese)</div>
<div><b>January Special Events:</b> <b>W 3rd:</b> 1:30pm, Cinema Termite Movie Day: <i>Duel</i>, <b>T 9th:</b> 3:30pm, Member Advisory Forum, <b>TH 11th:</b> 1:00pm, Rebuilding Together Presentation, <b>W 17th:</b> 1:30pm, Scarecrow Video Movie Day: <i>Paper Moon</i>, <b>W 24th:</b> 1:00pm, Civic Coffee w/ Age Friendly Seattle, <b>Th 25th:</b> 1:00pm, Wing Luke Museum Outing</div> <div><b>February Special Events:</b> <b>W 7th:</b> 1:30pm, Cinema Termite Movie Day: <i>What's Up Doc?</i>, <b>TH 8th:</b> 1:00pm, Seattle Art Museum Outing, <b>Mon 12th:</b> 12pm, Lunar New Year Potluck, <b>W 21st:</b> 1:30pm, Scarecrow Video Movie Day: <i>Kind Hearts and Coronets</i>, <b>TH 22nd:</b> 1:00pm, Humanities WA Presentation</div> <div><b>March Special Events:</b> <b>W 6th:</b> 1:30pm, Cinema Termite Movie Day: <i>The Taking of Pelham One Two Three</i>, <b>Sat 16th:</b> 12:00pm, Seattle Irish Festival Outing, <b>W 20th:</b> 1:30pm, Scarecrow Video Movie Day: <i>Erin Brockovich</i>, <b>T 26th:</b> 1:00pm, End of Life Doula Presentation</div>				

# 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 Assistant
- Denise Malm - Social Worker
- Kidist Peterson - Administrative Assistant
- Mark Maddaloni - Development Coordinator
- Rachel Coller - Executive Director
- Randy Miner - Dishwasher

## Board of Directors

- Tera Giles - President
- Wilson Trang - Treasurer
- Ann Dingwall - Secretary
- Janet Morgan
- Gini Tripp

*Contact the Board at [board@wallingfordseniors.org](mailto: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 Ave, N Suite 140  
Seattle, WA 98103

