

THE SUNNYSIDER

Quarterly Newsletter of the
Wallingford Community Senior Center

April - June 2024



WCSC members enjoy sharing each others home-cooked food at the annual Lunar Year New Year potluck on February 8.

Join us at Spaghetti Dinner on April 19!

You're invited to join in on the warm camaraderie of community and enjoy a tasty plate while supporting Wallingford Community Senior Center's mission at our upcoming Spaghetti Dinner!

Celebrate recent successes, including expanded health and wellness programs, stimulating and well-attended lectures and learning opportunities, newly-engaged and motivated volunteers, and increased participation all-around – and help us underscore the positive impact of this community's effort.

Together, we can continue to foster a vibrant and supportive community for older adults here in Wallingford, while spreading the word about the benefits of WCSC! Your support is invaluable, and we eagerly anticipate your presence at these special, ongoing events.

Rachel Collier
Executive Director

4649 Sunnyside Ave N Suite 140 Seattle, WA 98103

Hours: Monday - Friday, 9AM - 5PM | (206) 461-7825 | 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 **April 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 and fill out the form. We are currently looking for volunteers interested in the following areas:

- Van Driver
- Grocery Help
- Technology Mentors (weekly or biweekly)

Resources for Older Adults

- **Dementia Legal Planning:** Attorneys can help talk through: powers of attorney for finances and health care; health care directives; and dementia directive form. Criteria: 60 and over, people living with dementia of any age, or those under 60 with a family history of dementia. This free service is subject to capacity. To get started, you can call the Dementia Legal Planning at [425-780-5589](tel:425-780-5589) or visit probonocouncil.org/dementia-legal-planning.
- **King County Property Tax Deferral:** If you are a homeowner, you may qualify for a deferral of your property tax liability! Criteria: people age 61 or above as of Dec 31 2023 - or - people who are retired because of physical disability. Additionally, applicants must own and live in the home for at least nine months of the year, and have a household income of \$84,000 or less in the year 2023. To get started, you can call: [206-296-3920](tel:206-296-3920), or email exemptions.assessments@kingcounty.gov.

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 email register@wallingfordseniors.org

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.



Spring Programs

More sun, warmer weather, and new programs at WCSC are here! Check out what recurring and special spring programs and services are happening this quarter. You can register in advance by talking to the front desk, or by calling (206) 461-7825. For online and hybrid programs, you can register online at wallingfordseniors.org/programs.

Health & Wellness

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.

Hybrid SAIL Seated Fitness with Jen - NEW!

Tuesdays from 10:30am - 11:30am in-person and on Zoom

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.

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.

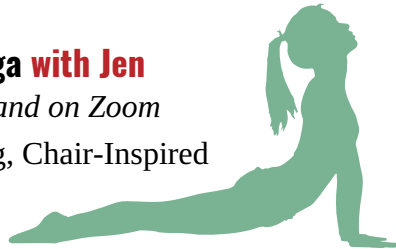
Advance registration required. \$7 for members and non-members.

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.



Health & Wellness

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

Last Tuesdays of the month from 1pm - 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.

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 hour-long aerobics and resistance training segments in an accessible and scalable way for all mobility levels.

Mondays at 9:15am with Marilyn

Wednesdays at 10:30am with Mish Mish and Gini

Mondays at 10:30am with Marilyn

Fridays at 10:30am with with Mish Mish

Wednesdays at 9:15am with Marilyn

Fridays at 1pm with Novella - **NEW!**

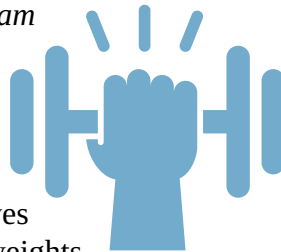
No registration required. \$4 members, \$6 non-members, and covered by some insurance plans.

Advanced Strength Training

(formerly Strength Training)

Thursdays from 10:30am - 11:30am

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 from 1pm - 1:45pm

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.

Foot Care

Every-other Friday by appointment

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.

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 to support positive aging and your local senior center today!

Recreation

Rolling Crones Choir Performance

Monday, April 22 from 12:30pm - 1:30pm

The Rolling Crones Singers is a women's choral group that performs music from Broadway musicals, vocal jazz, renaissance madrigals and contemporary choral composers. Join us to enjoy what's sure to be a fun performance!

Advance registration appreciated. FREE.

Art Together

Tuesdays from 11am - noon on Zoom

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

Advance registration required for first time. FREE.

Skagit Tulip Festival Outing

Thursday, April 25 from 9:30am - 3:30pm

It's again time for the Tulip Festival! Join us to see the beautiful flowers and tulip fields of Roozengaarde. After enjoying the flowers we'll head to The Rex Bar & Grill for lunch.

Advance registration required. \$20 for members, \$22 for non-members. Price includes admission to Roozengaarde, but bring money for lunch or pack your own!

Cinema Termite Movie Days - NEW!

First 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 quarter, they'll be showing: *Grease* (4/3); *Sorcerer* (5/1); *Rumble in the Bronx* (6/5).

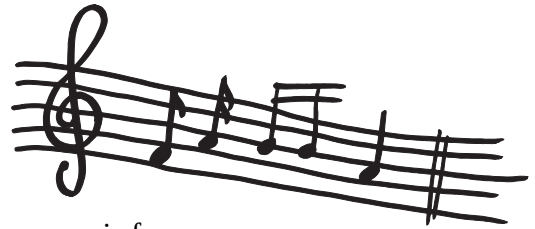
No registration required. FREE.

Speed Friending

Monday, April 29 from 1pm - 3pm

In partnership with Greenwood Senior Center- come make new friends in a fun and fast-paced way! You'll meet with different people for short amounts of time, and we'll have conversation starters available to keep the communication moving.

Advance registration required. FREE.



Men's Group

Tuesdays from 2:30pm - 4pm

Join WCSC's Men's Group every Tuesday for conversation and discussions, now in-person every week.

No registration required. FREE.



Scarecrow Video's Silver Screeners

Third 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 spring, we'll be showing: *English Vinglish* (4/17); *Double Indemnity* (5/15).

No registration required. FREE.

Monthly Bingo

Join us for bingo, fun, and prizes! Every 2nd Monday of the month from 1pm to 3pm.

No registration required. FREE.

Knitting Circle

Every Wednesday at 1pm

Grab your knitting needles and come knit at WCSC!

No registration required. FREE.

Recreation



Green Lake Outing

Thursday, June 27 from 10am - 12pm

Let's celebrate the start of summer with a morning at the lake! Walk the paved loop around Green Lake, check out the nearby shops and restaurants, or bring a chair or blanket to relax and enjoy the beautiful view.

Advance registration required. FREE.

Foliage Friday

Every Friday from 11am - noon 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.

Weekly Games

Social Bridge - Tuesdays at 9am

Cribbage - Tuesdays at 11am

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

Pinochle - Tuesdays at 1pm

Classic Board Games - Wednesdays at 1pm

Beginner Bridge - Thursdays at 10am



No registration required. FREE.

Education

French Club

Every Monday from 5:30pm - 6:30pm on Zoom

Casual conversational group and exploration of French language and culture.

Advance registration required for first time. FREE.

Ikebana Flower Arrangement Presentation

Tuesday, April 23 from 1:30pm - 2:30pm

WCSC member Mitsuko will lead this presentation and demonstration on Ikebana, the ancient art of Japanese flower arrangement! She will share how to produce attractive arrangements based on your own feelings and expression. You can come to enjoy the presentation, or bring in your own materials (flowers and branches from your yard, containers/vases) to follow along with her instruction.

Advance registration appreciated. FREE.

WCSC Book Club

First Tuesdays of the month from 1pm - 2pm, in-person and on Zoom

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.

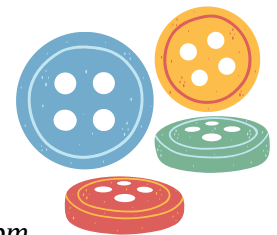
Advance registration required for online participation. FREE.

Play Reading

Every Thursday from 1pm - 4pm

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.



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.

Education



Effective Communication in Relationships Presentation

Friday, May 17 from 2:30pm - 3:30pm

After her popular Senior Sexuality presentation last year, Austin is back to chat about effective communication! Delve into practical strategies and insights designed to enrich your relationships and refine your communication prowess with a warm touch. Join us as we explore topics such as setting boundaries, refining listening skills, and nurturing deeper connections.

Advance registration appreciated. FREE.

Toastmasters

Every Wednesday from noon to 1pm

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

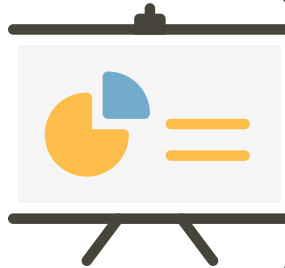
No registration required. FREE.

Elder Law Presentation

Friday, June 7 from 2:15pm - 3:15pm

Inspired by conversations held at our popular Death Cafes, an attorney will be coming to the center to talk about documents such as wills and health care directives, and common errors he sees and how to avoid them.

Advance registration appreciated. FREE.



Writers' Workshop

Every Thursday from 2:30pm - 3:30pm

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.

People's Memorial Presentation

Wednesday, June 12 from 1:30pm - 2:30pm

Another presentation inspired by our Death Café conversations, a representative from People's Memorial will be coming to the center to talk about green burial options. Learn about newer options for burial such as aquamation and organic reduction.

Advance registration appreciated. FREE.

Technology Mentoring

First and third Thursdays by appointment from 1pm - 3pm

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 to schedule an appointment. FREE.

Juneteenth Discussion

Tuesday, June 18 from 1:15pm - 2:15pm

Have you been curious about the Juneteenth holiday, and want to know more about the history and significance? Join our social worker Denise Malm to watch an informative video to learn more about Juneteenth, followed by a discussion to share your thoughts and questions.

Advance registration appreciated. FREE.



Services

SHIBA Counseling

First and third Thursdays of the month
between 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.

Death Café - New Dates!

Fourth Mondays (2-4pm on 4/22, 1-3pm on 6/24) & first Tuesdays from 6-8pm

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.

Good Food & Healthy Eating

Mother's Day Brunch

Tuesday, May 14 from 12pm to 12:45pm

Let's celebrate mothers and children, family and friends! Enjoy a special brunch menu and good conversation!

Advance registration appreciated. \$5 members, \$7 non-members.

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.

April 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

Vegetarian
lasagna, salad,
veggies, dessert

Wednesday

3

Chicken stir-fry,
salad, veggies,
dessert

Thursday

4

Sandwiches, soup,
veggies, salad,
dessert

Friday

5

Pizza, salad,
cooked veggies,
dessert

9

Mac & cheese,
salad, veggies,
dessert

10

Chef's
Choice

11

Cheese quesadillas w/
fix-ins, veggies, salad,
dessert

12

Grilled chicken strips,
veggies, pasta salad,
dessert

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

WGSC April, May & June 2024 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9:00 Yoga for Every Body with Rich (Zoom)</p> <p>9:15 EnhanceFitness</p> <p>10:30 EnhanceFitness</p> <p>1:00 Creative Mending (1st & 3rd Mondays)</p> <p>1:00 Bingo (2nd Mondays)</p> <p>1:00 Death Cafe (4th Mondays) (2pm on 4/22)</p> <p>5:30 French Club (Zoom)</p>	<p>9:00 Social Bridge</p> <p>9:00 Chair Inspired Gentle Yoga with Jen (Hybrid)</p> <p>10:30 SAIL Seated Fitness with Jen (Hybrid)</p> <p>11:00 Art Together (Zoom)</p> <p>11:00 Cribbage</p> <p>12:00 Community Lunch</p> <p>12:30 Mah Jongg (Chinese)</p> <p>1:00 Pinochle</p> <p>1:00 WGSC Book Club (1st Tuesdays, Hybrid)</p> <p>1:00 World Beat Dance Party (Last Tuesdays)</p> <p>2:30 Men's Group</p> <p>6:00 Death Cafe (1st Tuesdays)</p>	<p>8:00 Yoga for Every Body with Rich (Hybrid)</p> <p>9:15 EnhanceFitness</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 Classic Board Games</p> <p>1:30 Cinema Termite Movie Screening (1st Wed)</p> <p>1:30 Scarecrow Video's Silver Screeners Movies (3rd Wed)</p>	<p>9:00 Gentle & Accessible Yoga with Jen (Hybrid)</p> <p>10:00 Beginner Bridge</p> <p>10:30 Advanced Strength Training</p> <p>9:30 - 12:30 SHIBA Counseling by Appointment (1st & 3rd Thursdays)</p> <p>12:00 Community Lunch</p> <p>1:00 Play Reading</p> <p>1:00 Strength Training</p> <p>1:00 Tech Mentoring by Appointment (1st & 3rd Thursdays)</p> <p>2:30 Writer's Workshop</p>	<p>9:00 Yoga for Every Body 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>12:00 Community Lunch</p> <p>12:30 Mah Jongg (Chinese)</p> <p>1:00 EnhanceFitness</p>

April Special Events: W 3rd: 1:30pm, Cinema Termite Movie Day: *Grease*, **T 9th:** 3:30pm, Member Advisory Forum, **W 17th:** 1:30pm, Scarecrow Video Movie Day: *English Vinglish*, **F 19th:** 6:00pm, Spaghetti Dinner, **M 22nd:** 12:30pm, Rolling Crones Choir Performance, **T 23rd:** 1:30pm, Ikebana Flower Arrangement Presentation, **Th 25th:** 9:30am, Skagit Tulip Festival Outing, **M 29th:** 1:00pm, Speed Friending

May Special Events: W 1st: 1:30pm, Cinema Termite Movie Day: *Sorcerer*, **T 14th:** 12:00pm, Mother's Day Brunch, **W 15th:** 1:30pm, Scarecrow Video Movie Day: *Double Indemnity*, **F 17th:** 2:30pm, Effective Communication in Relationships, **TH 23rd:** 1:00pm, Woodland Park Zoo Outing

June Special Events: W 5th: 1:30pm, Cinema Termite Movie Day: *Rumble in the Box*, **F 7th:** 2:15pm, Elder Law Presentation, **W 12th:** 1:30pm, People's Memorial Association Presentation, **T 18th:** 1:15pm, Juneteenth Discussion, **Th 27th:** 10:00am, Green Lake Outing

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
- Gini Tripp - Vice President
- Wilson Trang - Treasurer
- Ann Dingwall - Secretary
- Janet Morgan
- Stephen Hodges

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.