

# THE SUNNYSIDER

Quarterly Newsletter of the  
Wallingford Community Senior Center

July - September 2024



WCSC patrons gather on last Friday of the month for Birthday Lunch, a celebration of recent birthdays in the community.

## Our Community is Growing!

As we embrace summer, I am delighted to share with you the growth our community has been experiencing. Our commitment to engaging more seniors, their families, and friends has led to WCSC's highest annual attendance since reopening three years ago. We've also been seeing membership rise as these new participants create meaningful connections at the center. This growth is a testament to the dedication and enthusiasm each of you has shared to make WCSC the place it is today. Together, we are creating impactful, resonant, and meaningful experiences for older adults and the Wallingford community.

Throughout this season of warmth and energy, we are grateful to share this mission with you, and we hold space for and acknowledge the positives: the results of our shared efforts, the experiences we've had, and the connections we've made - some of which extend far beyond the center. I am excited to see how the journey continues, knowing that we are making a lasting difference 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)

# Join Your Community at Spaghetti Dinner Fundraisers!

Bring your friends and family for a delicious meal that helps support healthy aging in your community. All dietary restrictions are accommodated. \$10 for adults, and \$5 for kids 10 and under. RSVPs appreciated, walk-ins welcome. **See you at WCSC on July 19 at 6pm!**



## 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 in need of volunteers to fill the following roles during the day:

- Van Driver
- Grocery Help
- Technology Mentors

And also in need of volunteers to help with our night-time **Spaghetti Dinner Fundraisers**. Contact [amanda@wallingfordseniors.org](mailto:amanda@wallingfordseniors.org) with any questions.

## Save the Date for the Next 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 Tuesday **July 9th at 3:30pm.**

## Resources for Older Adults

- **Northwest Bar Association:** Works with over 1400 volunteer attorneys, paralegals, law students and community members to provide free legal assistance for low income King County residents. **Eligibility criteria vary across services. Call (206) 267-7100.**
- **HELPS:** Represents clients who no longer wish to receive unwanted debt collection communication. Clients do not deal with debt collector harassment while they use their protected Social Security, pensions, VA benefits and disability income for their needs. Must have at least one stream of established protected income, such as those listed above. Call (855) 435-7787.
- **Dementia Legal Planning Project - WA Pro Bono Council:** Assists eligible clients with free legal help with Powers of Attorney for Finances and Health Care, Health Care Directives, and Dementia Directives. Services are widely available including King County. Must either be at least 60 years of age or have dementia. Call 2-1-1 to get connected.

**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.

# Summer 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](http://wallingfordseniors.org/programs).

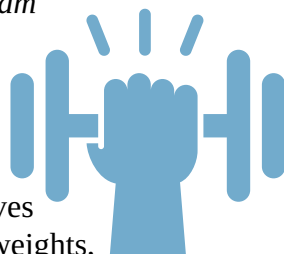
## Health & Wellness

### Advanced 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

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.**

### Hybrid SAIL Seated Fitness

Tuesdays from 10:30am - 11:30am & **Fridays from 2:15pm - 3:15pm (NEW)**

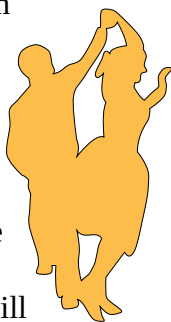
SAIL (Staying Active & Independent for Life) is an evidence-based strength, balance, and fitness class designed for older adults and anyone who is at high risk for falling. Join in-person or online for this playful and energizing SEATED fitness class!

**No registration required. \$3 members, \$5 non-members.**

### World Beat Dance Party

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.**

### Gentle & Accessible Yoga

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



### Low Vision & Aging Eyes Presentation

Wednesday, August 28 from 2pm - 3pm

Did you know that less than 10 percent of visually impaired patients seek out low vision services that can improve quality of life? Optometrist Dr. Chelsie Russ will be coming in to talk about the eye aging process, how to access low vision services, and to answer your questions!

**Advance registration appreciated. FREE.**

### Yoga For Every Body

*At various times*

Start your day with yoga brought to you by Rich or Jen. 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 teaches through an accessible lens that is “patiently paced” and offers a wide variety of variations, props, and supportive options.

- Mondays from 9 - 10:15am on Zoom **with Rich**
- Wednesdays from 8 - 9:15am in-person or on Zoom **with Rich**
- Fridays from 9 - 10:15am on Zoom **with Jen**

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

### Chair-Inspired Gentle Yoga

*Tuesdays from 9 - 10:15am 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.

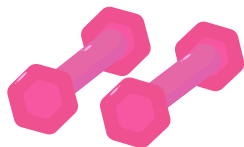
**Advance registration required for online participation. \$7 for members and non-members.**

### 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**
- 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 Mish Mish**
- Fridays at 1pm **with Novella**

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



## Education

### Tilth Composting Presentation

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

Our neighbors at Tilth will be presenting about the benefits of composting, and how you can compost even without a backyard! Also learn about the power of composting worms in this hands-on class.

**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.**

### AARP Smart Driver Course

Tuesday, August 13 and Wednesday, August 14 from 1:30 to 5:30pm

This driver refresher course covers the current rules of the road and defensive driving techniques for today's increasingly challenging driving environment. You'll learn how to manage and accommodate common age-related changes in vision, hearing, and reaction time. After the course, you'll receive a certificate entitling you to a discount on your auto insurance!

This also serves as a refresher course to extend your eligibility for your insurance discount. You must attend both classes to receive your certificate. With Joel Ferguson, AARP Driver Safety Instructor.

Bring your AARP membership number. \$20 for AARP members; \$25 for non-members. Make checks payable to AARP.

**Advance registration appreciated. 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.**



### Recompose Outing

Monday, July 29 from 10:30 - 12:30pm

Continuing our Death Café inspired program series, join us for a tour of Recompose.

Recompose was the first-ever human composting and funeral home facility in the world. We will walk through the facility and learn about their history, goals, and the human composting process.

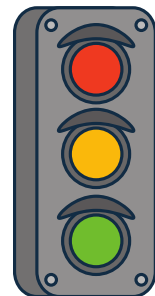
**Advance registration required. \$2 for members, \$4 for non-members.**

### 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.**



### 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.**

## Education

### Seattle Genealogical Society Presentation & Library Tour

Tuesday, September 10 from 1 - 2pm

Learn more about the Seattle Genealogical Society! Located upstairs in the Good Shepherd Center, SGS conducts meetings, offers classes and seminars, compiles and publishes research materials, and maintains a computer-equipped library open to the public for researching family history. We will meet at WCSC and head up to their library to learn about how they can help you with your family research!

**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](mailto:register@wallingfordseniors.org) to schedule an appointment. FREE.**

### Jung Society Presentation

Monday, September 30 from 1 - 2:30pm

The C.G. Jung Society is on a mission to raise consciousness through fostering deep psychological and spiritual understanding of ourselves and the increasingly complex and challenging world around us. Come in and find out more about our neighbor the Jung Society and what they offer!

**Advance registration appreciated. FREE.**



## Recreation

### UW Greenhouse Tour Outing

Tuesday, July 16 from 12:50 - 3pm

Join us for a guided tour of the UW Department of Biology's greenhouse! The 20,000 foot greenhouse is home to 3,400 unique plant species in four separate biomes, and is utilized for research and science classes.

**Advance registration required. \$2 for members, \$4 for nonmembers.**

### Historic Everett Boat Tour Outing

Thursday, August 22 from 3 - 8pm

This one-hour boat tour explores Everett's former milltown days, when the lumber, fishing and maritime industries thrived. The tour offered by the Port of Everett and Historic Everett takes place from 6pm to 7pm, aboard the ADA accessible 60-passenger Jetty Island Ferry. Meet at WCSC at 3pm to head to Everett and grab a bite to eat (or bring your own to enjoy!) before the tour.

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

### Music & Mindfulness

Mondays in August from 3:15 - 4:15pm

Practice mindfulness, relaxation and self-awareness and learn how to implement these practices in your life. Sessions of this four-week workshop will incorporate breathwork, gentle movement and instrumental improvisations all while focusing on relaxation and restoration. Instructor Kate Schnieder has a Bachelor's of Music in Music Therapy and is a board-certified music therapist.

**Advance registration appreciated. FREE.**



## Recreation

### Men's Group

*Tuesdays from 2:30pm - 4pm*

Join WCSC's Men's Group every Tuesday for conversation and discussions. The group meets in-person on 1st and 3rd Tuesdays, and over the phone on the 2nd and 4th Tuesdays.

**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.**

### Ikebana Flower Arrangement 4-Week Workshop

*Wednesdays in September from 3:30 - 4:30pm*

Work alongside Mitsuko as you learn how to create your own unique arrangements based on the ancient art of Japanese flower arrangement. No experience necessary! Each class is a unique, standalone class, and you are not required to attend all 4. Bring in your own assortment of flowers and plants to work with, and we will have vases available if you don't want to bring your own. Mitsuko has been practicing Ikebana for over 50 years and has participated in many exhibitions, flower & garden shows, Ikebana international exhibitions, and more.

**Advance registration appreciated. Prices per session are \$5 for members, \$7 for nonmembers.**

### Puyallup Fair Outing

*Thursday, September 12 from 10 - 4:30pm*

Join us for our annual trip to the Washington State Fair! Enjoy music, exhibits, animals and more! Price includes admission to the fair.

**Advance registration required. \$19 for members, \$21 for nonmembers.**

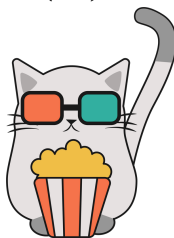


### Cinema Termite Movie Days

*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: *The Princess Bride* (7/3); *Beauty and the Beast* (1946) (8/7); *Singin' in the Rain* (9/4).

**No registration required. 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.**

### Knitting Circle

*Every Wednesday at 1pm*

Grab your knitting needles and come knit at WCSC!

**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: *Donkey Skin* (7/17); *To Have and Have Not* (8/21); *A Fish Called Wanda* (9/18),

**No registration required. FREE.**

## Recreation

### 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.**



### 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.**

## Services

### Death Café

*Fourth Mondays from 1-3pm & first Tuesdays from 6-8pm*

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.**



### 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.**

## Good Food & Healthy Eating

### 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 stay around to load up and save yourself a trip to the grocery store.

**No registration required. FREE.**

### Community Lunch

*Tuesdays, Wednesdays, Thursdays, and Fridays from noon to 12:45pm*

Stop by for a hot and nutritious lunch at WCSC, cooked fresh every day. To see what we're serving, stop by the front desk for a lunch calendar or look on our website.

**No registration required. \$5 for members, \$7 for non-members.**





# Wallingford Community

## SENIOR CENTER

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

### 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
<input type="checkbox"/> A*	\$0-31,650	\$0-36,200	\$0-40,700	\$0-45,200
<input type="checkbox"/> B	31,651-52,700	36,201-60,250	40,701-67,800	45,201-75,350
<input type="checkbox"/> C	52,701-77,700	60,251-88,800	67,801-99,900	75,351-110,950
<input type="checkbox"/> D	77,701+	88,801+	99,901+	110,951+


Do you consider yourself...	Member 1	Member 2	Do you consider yourself...	Member 1	Member 2
<b>Are you...</b>			<b>Race (select all options that apply):</b>		
a single adult living alone?	<input type="checkbox"/>	<input type="checkbox"/>	American Indian or Alaska Native	<input type="checkbox"/>	<input type="checkbox"/>
in a household with children under 18?	<input type="checkbox"/>	<input type="checkbox"/>	Asian, Asian-American	<input type="checkbox"/>	<input type="checkbox"/>
a veteran?	<input type="checkbox"/>	<input type="checkbox"/>	Black, African, African-American	<input type="checkbox"/>	<input type="checkbox"/>
a person with a disability?	<input type="checkbox"/>	<input type="checkbox"/>	Hawaiian Native or Pacific Islander	<input type="checkbox"/>	<input type="checkbox"/>
limited English speaking?	<input type="checkbox"/>	<input type="checkbox"/>	White	<input type="checkbox"/>	<input type="checkbox"/>
homeless?	<input type="checkbox"/>	<input type="checkbox"/>	Other	<input type="checkbox"/>	<input type="checkbox"/>
<b>Ethnicity</b>			Multi-Racial	<input type="checkbox"/>	<input type="checkbox"/>
Hispanic or Latino	<input type="checkbox"/>	<input type="checkbox"/>	<b>Sexual Orientation</b>		
Not Hispanic or Latino	<input type="checkbox"/>	<input type="checkbox"/>	Bisexual	<input type="checkbox"/>	<input type="checkbox"/>
<b>Gender (select all options that apply):</b>			Gay	<input type="checkbox"/>	<input type="checkbox"/>
Female	<input type="checkbox"/>	<input type="checkbox"/>	Heterosexual	<input type="checkbox"/>	<input type="checkbox"/>
Male	<input type="checkbox"/>	<input type="checkbox"/>	Lesbian	<input type="checkbox"/>	<input type="checkbox"/>
Transgender and/or Non-Binary	<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
Individual July 1 2024 —July 1 2025	\$40/yr	
Household July 1 2024—July 1 2025	\$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)		
<b>Member 1</b>		<b>Member 2</b>
<b>Full Name:</b>		<b>Full Name:</b>
<b>Birthdate (MM/DD/YYYY):</b>		<b>Birthdate (MM/DD/YYYY):</b>
<b>Phone 1:</b>	<b>Ph 2:</b>	<b>Phone 1:</b>
<b>Email:</b>		<b>Ph 2:</b>
<b>Mailing Address:</b>		<b>Mailing Address:</b>
<p><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></p>		

**MEMBERSHIP RENEWAL CONTINUES ON REVERSE, SEE PAGE 2**

Change Service Requested


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