

# THE SUNNYSIDER

Quarterly Newsletter of the  
Wallingford Community Senior Center

October - December 2024



WCSC members getting ready to embark on a Historic Everett Boat Tour on August 22.

## WCSC and the Season of Connection

Wallingford Community Senior Center is a place for people of all backgrounds to come together and to celebrate the wonderful things we share, and to connect with one another across barriers. This year we may need this more than ever!

In the spirit of celebration and connection this season, WCSC has a whole host of cultural and celebratory events which hold space for our community and cultivate our common ground. Join us for Social Connections in Aging and the Personal Safety Nets four-week workshop, as we explore ways to stay together and to prepare for life's inevitable challenges. Take an opportunity to be silly (or spooky!) at our Halloween Party, Potluck, and Costume Contest – and then join us for our annual Día de los Muertos excursion to Lake City Seniors. Look forward to the annual Thanksgiving Luncheon and Membership Meeting, and drop by in December for our Holiday Cookie Exchange, Holiday Lights Outing, and Holiday Afternoon Tea.

These events will foster new experiences and friendships, and help ensure that older adults feel cherished and connected. We look forward to creating these connections with you and creating lasting memories together.

Warmly,

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

# 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 Oct. 18 at 6pm!**



# 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 **Oct. 8 at 3:30pm.**

# Resources for Older Adults

- **[FindARide.org](http://FindARide.org)** is an online resource for transportation services in the central Puget Sound region. Transportation options include public transit, special needs transportation, and community shuttles. The site was created and managed by Sound Transit until 2015 and is now a service of Hopelink.
- **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.

# 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:

- Lunch helpers
- 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.



**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.

# Fall Programs

Escape the cold and gray at WCSC and enjoy all the new programs we have to offer! You can register for programs 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

### 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.**

### Strength Training

*Thursdays from 10:30 - 11:30am*

This class will focus on strengthening the major muscles throughout the body, utilizing free weights, exercise bands, floor work, and exercise balls. 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 hour-long aerobics and resistance training segments in an accessible and scalable way for all mobility levels.

- Mondays at 10:30am **with Marilyn**
- Wednesdays at 9:15am **with Marilyn**
- Wednesdays at 10:30am **with Mish Mish and Amanda**
- 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.**

### 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.

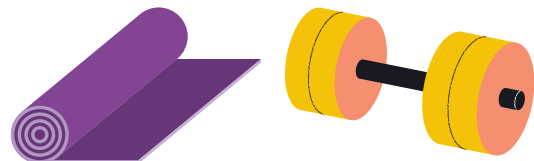
**Advance registration required for online participation. \$7 for members and non-members.**

### 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.**



## Health & Wellness

### 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.**



### Hybrid SAIL Seated Fitness

*Tuesdays from 10:30 - 11:30am and Fridays from 2:15 - 3:15pm*

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!

**Advance registration required for online participation. \$3 members, \$5 non-members.**

## Education

### Thinking About the World (TATW) Discussion Group

*2nd and 4th Thursdays from 1:30 - 2:30pm*

TATW is a discussion group that captures semi-current events in a package of written material, which becomes the basis of a one-hour facilitated discussion. The articles and essays are drawn from a variety of newspapers, magazines, and journals. Explore aspects of society and culture with a focus on politics, science, technology, and other timely subjects. Join us for the first meeting on **October 10th**, “Introducing the TATW Discussion” to meet the facilitators and learn more about the group.

**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!

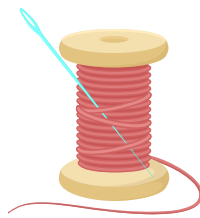
**No registration required. FREE.**

### 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.**



### History of Jazz Performance

*Wed. Oct. 9th from 1:30 - 2:30pm*

Join musician Charles Lambert at the keyboard as he highlights the history of American Jazz and some of the greatest musicians of the genre. Through piano performance and interspersed lecture, Charles will train your ear to recognize the distinctive sounds of genres like Big Band, Bebop, Modern Jazz, and Afro-Cuban Jazz.

**Advance registration appreciated. \$3 members, \$5 non-members.**



### 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.**

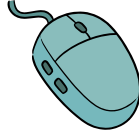
## Education

### Technology Mentoring

*By appointment every Monday from 10am-12pm and 1st and 3rd Thursdays 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!

**Advance registration required. 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.

**No registration required. FREE.**

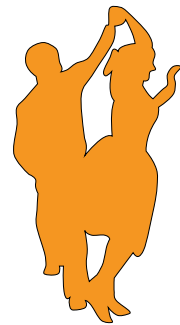
## Recreation

### Folk Dancing with Meridian Students

*1st Tuesdays from 1:30 - 2:45pm starting in October*

Learn a new folk dance from the first and fourth graders of the Meridian School! The students will be learning new dances each month and then become our teachers. Enjoy different styles of folk dances from around the world! 4th graders will be teaching from 1:30pm - 2pm, and 1st graders will be teaching from 2:15pm - 2:45pm. Don't miss the kick-off performance from the students on **September 24th from 2:15pm to 2:45pm!**

**Advance registration appreciated. FREE.**



### Swans Trail Harvest Festival Outing

*Thurs. Oct. 17th from 10am - 2:30pm*

Welcome in the fall at the Swans Trail Harvest Festival! Enjoy a corn maze, hay rides, pumpkin patch, fresh pressed cider, a country store with homemade products, and more! Price includes admission to attractions.

**Advance registration required. \$15 members, \$17 non-members.**

### 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 they're showing movies at WCSC the first Wednesday of the month. This quarter, they'll be showing: *Jaws* (10/2); *Fantastic Voyage* (11/6); *Meet Me in St. Louis* (12/4).

**No registration required. FREE.**



### 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.**

### 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 fall, we'll be showing: *Stranger than Fiction* (10/16); *Midnight Run* (11/20); *Last Holiday* (12/18),

**No registration required. FREE.**

## Recreation

### Halloween Party, Potluck, and Costume Contest

Wed. Oct. 30th from 12 - 2pm

Our annual Halloween party and costume contest! Bring your favorite Halloween treats and fall dishes to share. Be sure to come dressed to impress with your spooky and creative costumes!

**Advance registration appreciated. FREE.**

### Día de los Muertos Outing

Mon. Nov. 4th from 12:30 - 2:15pm

Let's celebrate Day of the Dead with Lake City Seniors for their annual Día de los Muertos event! There will be lunch (suggested donation of \$4), live music, and dancing at this fun event!

**Advance registration required. FREE.**



### Bellevue Botanical "Garden d'Lights" Outing

Tues. Dec. 10th from 10am - 12:30pm

Garden d'Lights features over half a million sparkling lights formed in the whimsical shapes of plants, birds, animals, and cascading waterfalls set amid the natural beauty of the gardens. There will also be live entertainment and free refreshments.

**Advance registration required. \$5 members, \$7 non-members.**

### Holiday Cookie Exchange

Wed. Dec. 18th from 4 - 5pm

Drop off home-made cookies by 3:45pm on 12/18, then choose from available cookies from 4 - 5pm made by WCSC members. Enjoy cookies and hot chocolate to get into the holiday spirit!

**No registration required. FREE.**

### Holiday Lights Outing

Wed. Dec. 18th from 6 - 7pm

Join us on a drive around Candy Cane Lane and Olympic Manor! Meet at WCSC for some hot chocolate beforehand, and then hop on the van to view the famous street of holiday lights

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

### Wrinkles in Time Performance

Wed. Oct. 23rd from 2 - 3pm

We're excited to welcome Wrinkles in Time back to WCSC! Their interactive performance involves skits and stories, movement and sound, all improvised on the spot using material offered up by YOU, the audience.

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

### Foliage Friday

Every Friday from 11am - noon on Zoom

Join Ashley 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.**



### 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.**

### Knitting Circle

Every Wednesday at 1pm

Grab your knitting needles and come knit at WCSC!

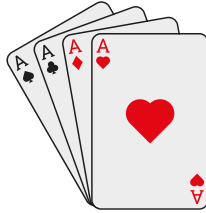
**No registration required. FREE.**

## Recreation

### 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 1 - 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.**

## Social Services

### Personal Safety Nets **Workshop**

*Select Mondays from 3:15 - 5:15pm*

Join a supportive group to take steps toward putting together YOUR Personal Safety Net. This 4-week workshop with WCSC's Social Worker will help you prepare for the inevitable time in the future when you need support. By the end of this workshop, you'll have a personal binder with your documentation, resources, preferences, and support system all in one place, as well as a plan of action for future steps. **Meets on 10/21, 10/28, 11/4, 11/11.**

**Advance registration required. \$40 members, \$60 non-members, and free for low-income participants.**

### 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.**



### Social Connections in Aging **Presentation**

*Mon. Oct. 7th from 3:15 - 4:15pm*

Join WCSC's Social Worker and Geriatric Mental Health specialist as she explores the growing issue of loneliness and isolation in our society. How do we enhance friendships & community as we age? This presentation addresses the social aspect of developing a Personal Safety Net (PSN) that impacts our health and well-being.

**Advance registration required. FREE.**

### 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.**



## Good Food & Healthy Eating

### Veterans Day Lunch & Army Band Performance

*Fri. Nov. 8th from 12 - 1pm*

After last year's amazing and popular performance, the 133rd Army Band will be back to help us celebrate our veterans. Normal lunch prices apply, except for veterans who eat free! Coming to enjoy the music (but not eat lunch) is free.

**Advance registration required. \$5 members, \$7 non-members, FREE for veterans.**

### Holiday Afternoon Tea

*Tues. Dec. 17th from 1:30 - 3pm*

Enjoy tea and snacks as we learn about British holiday traditions! There will be scones with clotted cream and jam, finger sandwiches, and of course lots of delicious tea!

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

### Thanksgiving Meal & Annual Membership Meeting

*Thurs. Nov. 21st from 12 - 2:30pm*

Your membership matters! Join us for WCSC's annual Thanksgiving meal and 2024 Membership Meeting to get an update on the state of WCSC, vote to approve bylaw changes, and elect board members.

**Advance registration appreciated. Free for 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 stay around to load up and save yourself a trip to the grocery store.

**No registration required. FREE.**

## October Community Lunch Menu

All dietary restrictions accommodated. No reservations needed. Served hot n' delicious from noon to 12:45pm. \$5 members, \$7 non-members, and FREE for first time diners.

9/1  
Mac & cheese,  
veggies, salad,  
dessert

9/2  
Pork tenderloin,  
salad, veggies,  
dessert

9/3  
Grilled cheese, tomato  
soup, salad, veggies,  
dessert

9/4  
Chicken fajitas,  
veggies, salad,  
dessert

9/7  
Grilled chicken strips,  
pasta salad, veggies,  
dessert

9/8  
Hot sandwiches, soup,  
veggies, salad, dessert

*To find out what we're serving for the rest of the season,  
please visit [www.wallingfordseniors.org/community-lunch](http://www.wallingfordseniors.org/community-lunch)*



# WCSC October, November & December 2024 Calendar

## Monday

- 9:00 Yoga for Every Body with Rich (Zoom)
- 10:00 Tech Mentoring by Appointment
- 10:30 EnhanceFitness
- 12:00 Community Lunch
- 1:00 Creative Mending (1st & 3rd Mondays)
- 1:00 Bingo (2nd Mondays)
- 1:00 Death Café (4th Mondays)
- 3:15 Personal Safety Net (Mondays 10/21, 10/28, 11/4, 11/11)
- 5:30 French Club (Zoom)

## Tuesday

- 9:00 Social Bridge
- 9:00 Chair Inspired Gentle Yoga with Jen (Hybrid)
- 10:30 SAIL Seated Fitness with Jen (Hybrid)
- 11:00 Cribbage
- 12:00 Community Lunch
- 12:30 Mah Jongg (Chinese)
- 1:00 Pinochle
- 1:00 WCSC Book Club (1st Tuesdays, Hybrid)
- 1:30 Folk Dancing with Meridian School (1st Tuesdays)
- 2:30 Men's Group (1st and 3rd Tuesdays in Person)
- 6:00 Death Café (1st Tuesdays)

## Wednesday

- 8:00 Yoga for Every Body with Rich (Hybrid)
- 9:15 EnhanceFitness
- 10:30 EnhanceFitness
- 12:00 Toastmasters
- 12:00 Community Lunch
- 1:00 Knitting
- 1:00 Classic Board Games
- 1:30 Cinema Termite Movie Screening (1st Wed)
- 1:30 Scarecrow Video's Silver Screeners Movies (3rd Wed)

## Thursday

- 9:00 Gentle & Accessible Yoga with Jen (Hybrid)
- 9:30 - 12:30 SHIBA Counseling by Appointment (1st & 3rd Thursdays)
- 10:00 Beginner Bridge
- 10:30 Strength Training
- 12:00 Community Lunch
- 1:00 Play Reading
- 1:00 Tech Mentoring by Appointment (1st & 3rd Thursdays)
- 1:30pm Thinking About the World Discussion Group (2nd & 4th Thursdays)
- 2:30 Writer's Workshop

## Friday

- 9:00 Yoga for Every Body with Jen (Zoom)
- 9:00 Foot Care by Appointment (2nd & 4th Fridays)
- 10:30 EnhanceFitness
- 11:00 Foliage Friday (Zoom)
- 12:00 Community Lunch
- 12:30 Mah Jongg (Chinese)
- 1:00 EnhanceFitness
- 2:15 SAIL Seated Fitness with Jen (Hybrid)

**October Special Events:** **W 2nd:** 1:30pm, Cinema Termite Movie Day: *Jaws*, **M 7th:** 3:15pm, Social Connections in Aging, **T 8th:** 3:30pm, Member Advisory Forum, **W 9th:** 1:30pm, History of Jazz Performance, **W 16th:** 1:30pm, Scarecrow Movie Day: *Stranger than Fiction*, **Th 17th:** 10:00am, Harvest Festival Outing, **F 18th:** 6:00pm, Spaghetti Dinner, **W 23rd:** 2:00pm, Wrinkles in Time Performance, **W 30th:** 12:00pm, Halloween Party & Costume Contest

**November Special Events:** **M 4th:** 12:30pm, Dia de Los Muertos Outing, **W 6th:** 1:30pm, Cinema Termite Movie Day: *Fantastic Voyage*, **F 8th:** 12:00pm, Veteran's Day Lunch, **W 20th:** 1:30pm, Scarecrow Movie Day: *Midnight Run*, **Th 21st:** 12:00pm, Annual Thanksgiving Luncheon & Membership Meeting

**December Special Events:** **W 4th:** 1:30pm, Cinema Termite Movie Day: *Meet Me in St. Louis*, **T 10th:** 10:00am, Garden d'Lights Outing, **T 17th:** 1:30pm, Holiday Afternoon Tea, **W 18th:** 4:00pm, Cookie Exchange, **W 18th:** 6:00pm, Holiday Lights Outing, **W 18th:** 1:30pm, Scarecrow Movie Day: *Last Holiday*

# 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
- Stephen Hodges - Treasurer
- Janet Morgan

*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

