

# THE SUNNYSIDER

Quarterly Newsletter of the  
Wallingford Community Senior Center

January - March 2025



*The 133rd Army Band members playing for a crowd of seniors and veterans at WCSC for our Veteran's Day Lunch on Nov. 8.*

## Welcome to the New Year with WCSC!

Happy New Year! As we step into 2025, we have so much to celebrate and even more to look forward to. Our senior center is more vibrant than ever, and that's because of you — our incredible members.

Your participation and passion steward this community's health and growth, and we cannot be more grateful. This year we have seen our membership grow to its highest level yet! It is exciting and heartwarming to see so many new faces joining us for classes, activities, and shared meals. Every new member brings new stories, personal and shared resiliency, and talents that enrich us all.

At this moment, we are all setting our new year's resolutions and intentions. Consider that now is the perfect time to invite a friend to join you for a class, to come down for lunch and a program, or even just stop the center by to say hello. This is your center, and we're here to welcome and support you and your community every step of the way.

With gratitude and excitement for the year ahead,

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

# Share Your Thoughts with WCSC Leadership

We want to hear from you! Join WCSC board members, staff, and volunteers at our next Member Advisory Forum on **Tuesday, January 14th from 3:30 to 4:30pm**. All members are encouraged to come and discuss their recent experiences and thoughts on the center and its future. Don't miss your chance to help shape your community and the future of healthy aging in Wallingford!



## It's Spaghetti (Fundraiser) Time!



Bring your friends and family for a delicious meal that helps support all the amazing programs, services, and events at WCSC. We're serving fresh spaghetti, garlic bread, caesar salad, roasted veggies and dessert. All dietary restrictions are accommodated. \$10 for adults and \$5 for kids 10 and under. RSVPs are appreciated but walk-ins are also welcome - **see you at WCSC on Jan. 17 at 6pm!**

## Resources for Older Adults

- **Community Living Connections** is a free resource network for people facing aging or disability issues. They can provide community resources or give individual consultation for long-care needs. Call them toll free at **1-844-348-5464**.
- **Retirement Connection** is a resource guide “for those 50 and better” as well as the people that serve them. You can **pick up a guide at WCSC**, or find resources online at **www.RetirementConnection.com**. Call them at **1-800-462-1316** for more info.
- **Free Bereavement Support Groups** are offered to everyone through Kaiser Permanente. Bereavement classes, support groups, counseling, and memorial events can help while you grieve the death of your loved one. Call **206-326-4549** for more information.

**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.

## WCSC is looking for Board members

Our Board of Directors is growing! We encourage individuals who would like to contribute skills in:

- philanthropic development
- law
- finance
- aging and geriatrics

to apply and get in touch with us. Give us a call at (206) 461-7825 to learn more!

# Winter Programs

Stay active and social at WCSC this winter with all the 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 9:15am **with Marilyn**
- Mondays at 10:30am **with Trudi**
- 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.**

### 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.

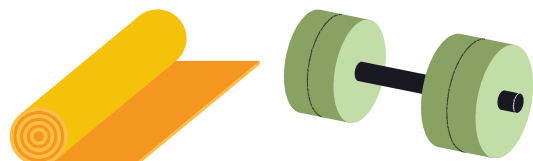
**Advance registration required for online participation. \$7 for members and non-members.**

### 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

### Qigong Presentation

*Tues. Jan. 21st from 3:15 - 4:30pm*

Qigong (*pronounced chee-gung*) is a body-focused exercise, developed thousands of years ago as part of traditional Chinese medicine. It typically involves meditation, coordinating slow-flowing movement, deep rhythmic breathing, and a calm meditative state of mind. People practice qigong around the world for recreation, exercise, relaxation, preventive medicine, and more. Learn about the practice and try qigong yourself, from experienced instructor Jean Clough who has been studying it for nearly 25 years!

**Advance registration required. FREE.**

### Social Skills Discussion Group

*Multiple dates from 1:15 - 3:30pm*

Looking for connection? Want to deepen your existing friendships? Join Geriatric Mental Health Specialist Denise Malm, and Teresa Tam, Social Connection Project Coordinator at the Greenwood Senior Center, for a 4-part Social Skills series. This group will discuss knowledge and strategies from the book *How to Know a Person - The Art of Seeing Others Deeply and Being Deeply Seen* by David Brooks. The group will meet every third Thursday of the month (1/16, 2/20, 3/20, 4/17) from 1:15pm to 3:30pm

**Advance registration required. FREE.**

### GenPride Presentation

*Wed. Jan. 29th from 1:30 - 2:30pm*

GenPride will be coming to WCSC to offer a great introduction to anyone looking to solidify their understanding of core LGBTQIA2S+ concepts and how LGBTQIA2S+ folks are impacted by discrimination in communities. This 60-minute presentation will cover the LGBTQIA2S+ senior experience, foundational concepts around gender & sexuality, how gender diversity shows up globally, and pronoun use.

**Advance registration required. FREE.**



## Education

### **Creative Mending**

*1st and 3rd Mondays  
from 1 - 3pm*

Explore fashion and textile reclaiming, mending and altering. Bring a mending project or start a sampler!

**No registration required. FREE.**

### **Toastmasters**

*Wednesdays from noon - 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.**

### **French Club**

*Mondays from 5:30 - 6:30pm  
on Zoom*

Casual conversational group and exploration of French language and culture.

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

### **End of Life WA Presentation**

*Tues. Feb. 11th from 1:15 - 2:15pm*

A representative from End of Life Washington will be presenting about topics often brought up at our popular Death Café - the Death with Dignity Law and Voluntary Stopping Eating and Drinking (VSED). Learn about these topics from a trusted organization, and get your questions answered!

**Advance registration required. FREE.**



### **Adult, Child, and Infant CPR Training**

*Tues. March 11th from 1:15 - 3:45pm*

This class taught by the Seattle Fire Department teaches how to perform CPR with rescue breaths, how to use an AED, as well as choking intervention techniques on adults, children, and infants. **To receive two-year certification from the Health and Safety Institute for the course the cost is \$30**, but you may take this course without receiving certification for free.

**Advance registration required.**

### **“Ship of Gold” Presentation**

*Tues. March 25th from 1:30 - 3pm*

The sinking of the wooden hull steamship, the SS Central America, during a hurricane in 1857 was America's worst peacetime sea disaster, claiming a loss of 425 lives and over 3 tons of California gold. Alan Scott, a member of the team that rediscovered the ship in 1988, will highlight the adventure in recovering one of the richest treasures from America's past. He will be showing some of the undersea video and images that document the deep-ocean marine life, shipwreck artifacts, and treasure recovered from the wreck site.

**Advance registration appreciated. FREE.**

### **Writers' Workshop**

*Thursdays from 2:30 - 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.**

### **Technology Mentoring**

*At various times by appointment*

Get 1-on-1 help from one of our handy tech mentors, using your phone, computer, or a specific website/program!

- Monday at 10am and 11am
- 1st and 3rd Thursdays at 1pm and 2pm
- Fridays at 1pm and 2pm

**Advance registration required. FREE.**



## Recreation

### Trivia with Raisbeck High School

*Fri. Jan 10th from 3:30 - 4:30pm*

Come in and test your knowledge with trivia hosted by students from Raisbeck High School! You never know what odd facts and figures may come in handy for different questions and categories, so try your luck!

**Advance registration appreciated. FREE.**

### NW African American Museum Outing

*Thurs. Feb. 6th from 12:45 - 3pm*

Join us for a guided tour of The Northwest African American Museum (NAAM)! NAAM exhibitions and programs feature the visual arts, music, crafts, literature, and history of African Americans in the Northwest. The museum focuses on African Americans whose route to the new world was through slavery as well as recent immigrants arriving from places such as Somalia, Sudan, and Ethiopia.

**Advance registration required. \$14 for members, \$16 for non-members.**

### Folk Dancing with Meridian Students

*1st Tuesdays from 2:15 - 2:45pm starting in Feb.*

Learn a new folk dance from the first 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!

**Advance registration appreciated. FREE.**

### 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: *3:10 to Yuma* (1957) (2/5) and *Ferris Bueller's Day Off* (3/5).

**No registration required. FREE.**

### MOHAI Outing

*Tues. Jan 14th from 1:00 - 3:30pm*

The Museum of History and Industry is the largest private heritage organization in the State of Washington making the Puget Sound region's history come alive using hands-on interactive experiences. Check out temporary exhibits about Almost Live! and the WTO protests, along with the museum's permanent historical collection.

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



### 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 winter, we'll be showing: *Wings of Desire* (1/15); *The Hundred-Foot Journey* (2/19); *Passport to Pimlico* (3/19).

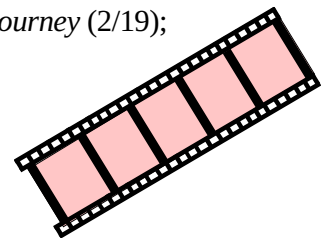
**No registration required. FREE.**

### 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.**



## Recreation

### Fort Nisqually Living History Museum **Outing**

*Wed. Feb. 19th from 9:30am - 3:30pm*

Experience daily life in the 1850s! Fort Nisqually was the first European settlement on Puget Sound, and is now a living history museum where volunteers and staff, in period clothing, engage visitors in the work, crafts, and social practices of the mid-19th century. We will have a guided tour of the museum, followed by lunch before we head back to WCSC. Price includes admission to the museum. Please bring money for lunch or pack your own.

**Advance registration required. \$21 for members, \$23 for non-members.**



### Learnin' to Fly **Sing Along Performance**

*Tues. Feb. 25th from 1:15 - 2:15pm*

Enjoy a sing-along performance from Learnin' to Fly! A group of musicians who play a variety of songs and genres, mainly from the 60's through the 80's - hopefully including some of your favorites!

**Advance registration appreciated. FREE.**

### Musical Duo **Performance**

*Wed. Mar. 12th from 1:30 - 2:30pm*

Patti and Phillip teamed up as a musical duo in 2024, with backgrounds of big and small band involvement, stand-up comedy, and theatrical experience. During their spirited show with multiple instruments and jazz vocals, they combine the Great American Songbook with humor, group engagement, and quality musicianship.

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



### Seattle Symphony **Outing**

*Fri. Mar. 14th from 11am - 3pm*

Join us on a trip to the Seattle Symphony to hear Stravinsky's classic Rite of Spring! This performance will also feature Mozart's 22nd Piano Concerto, and new work by Brian Raphael Nabors inspired by Maya Angelou's writings. RSVPs required, \$6 for members, \$8 for nonmembers.

**Advance registration appreciated. FREE.**

### Knitting Circle

*Every Wednesday at 1pm*

Grab your knitting needles and come knit at WCSC!

**No registration required. FREE.**

### Play Reading

*Thursdays from 1 - 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.**

### Foliage Friday

*Fridays from 11 - 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.**

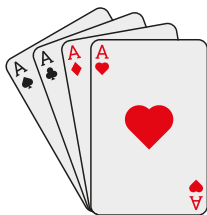


## Recreation

### 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.**



## Social 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 is limited, so be sure to sign up in advance!

Advance 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, book list available at the front desk.

Advance registration required for online participation. **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

### Lunar New Year Potluck

Tues. Jan. 28th from 12 - 1pm

Join us for our annual Lunar New Year potluck celebration! Bring in your dish of choice to share as we usher in the new year together with food, music, and good company!

Advance registration appreciated. **FREE.**

### Community Lunch

Monday - Friday, noon - 12:45

No reservations needed - WCSC is serving lunch hot n' delicious! \$5 for members, \$7 for non-members, and FREE for first time diners.

Want to find out what we're serving? Go online to [www.wallingfordseniors.org/community-lunch](http://www.wallingfordseniors.org/community-lunch) or scan the QR code.

### 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.**





# WCSC January, February, and March 2025 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>9:00</b> Yoga for Every Body w/ Rich (Zoom)</p> <p><b>9:15</b> EnhanceFitness w/ Marilyn</p> <p><b>10:00 - 12:00</b> Tech Mentoring by Appointment</p> <p><b>10:30</b> EnhanceFitness w/ Trudi</p> <p><b>12:00</b> Community Lunch</p> <p><b>1:00</b> Creative Mending (1st &amp; 3rd Mon)</p> <p><b>1:00</b> Bingo (2nd Mon)</p> <p><b>1:00</b> Death Café (4th Mon)</p> <p><b>5:30</b> French Club (Zoom)</p>	<p><b>9:00</b> Social Bridge</p> <p><b>9:00</b> Chair Inspired Gentle Yoga w/ Jen (Hybrid)</p> <p><b>10:30</b> SAIL Seated Fitness w/ Jen (Hybrid)</p> <p><b>11:00</b> Cribbage</p> <p><b>12:00</b> Community Lunch</p> <p><b>12:30</b> Mah Jongg (Chinese)</p> <p><b>1:00</b> Pinochle</p> <p><b>1:00</b> WCSC Book Club (1st Tues, Hybrid)</p> <p><b>2:15</b> Folk Dancing w/ Meridian School (1st Tues)</p> <p><b>2:30</b> Men's Group (1st and 3rd Tues in Person)</p> <p><b>6:00</b> Death Café (1st Tues)</p>	<p><b>8:00</b> Yoga for Every Body w/ Rich (Hybrid)</p> <p><b>9:15</b> EnhanceFitness w/ Marilyn</p> <p><b>10:30</b> EnhanceFitness w/ Mish Mish and Gini</p> <p><b>12:00</b> Toastmasters</p> <p><b>12:00</b> Community Lunch</p> <p><b>1:00</b> Knitting</p> <p><b>1:00</b> Classic Board Games</p> <p><b>1:30</b> Cinema Termite Movie Screening (1st Wed)</p> <p><b>1:30</b> Scarecrow Video's Silver Screeners Movies (3rd Wed)</p>	<p><b>9:00</b> Gentle &amp; Accessible Yoga with Jen (Hybrid)</p> <p><b>9:30 - 12:30</b> SHIBA Counseling by Appointment (1st &amp; 3rd Thurs)</p> <p><b>10:00</b> Beginner Bridge</p> <p><b>10:30</b> Strength Training</p> <p><b>12:00</b> Community Lunch</p> <p><b>1:00</b> Play Reading</p> <p><b>1:15</b> Social Skills Discussion Group (3rd Thurs 1/16, 2/20, 3/20, 4/17)</p> <p><b>1:00 - 3:00</b> Tech Mentoring by Appointment (1st &amp; 3rd Thurs)</p> <p><b>2:30</b> Writer's Workshop</p>	<p><b>9:00</b> Yoga for Every Body with Jen (Zoom)</p> <p><b>9:00</b> Foot Care by Appointment (2nd &amp; 4th Fri)</p> <p><b>10:30</b> EnhanceFitness w/ Mish Mish</p> <p><b>11:00</b> Foliage Friday (Zoom)</p> <p><b>12:00</b> Community Lunch</p> <p><b>12:30</b> Mah Jongg (Chinese)</p> <p><b>1:00</b> EnhanceFitness w/ Novella</p> <p><b>1:00 - 3:00</b> Tech Mentoring by Appointment</p> <p><b>2:15</b> SAIL Seated Fitness w/ Jen (Hybrid)</p>

**January Special Events: F 10th:** 3:30pm, Trivia w/ Raisbeck HS, **T 14th:** 1:00pm, MOHAI Outing, **T 14th:** 3:30pm, Member Advisory Forum, **W 15th:** 1:30pm, Scarecrow Movie Day: *Wings of Desire*, **F 17th:** 6:00pm Spaghetti Dinner, **T 21st:** 3:15pm, Qigong Presentation, **T 28th:** 12:00pm, Lunar New Year Potluck, **W 29th:** 1:30, GenPride Presentation

**February Special Events: W 5th:** 1:30pm, Cinema Termite Movie Day: *3:10 to Yuma* (1957), **Th 6th:** 12:45pm, NW African American Museum Outing, **T 11th:** 1:15pm, End of Life WA Presentation, **W 19th:** 9:30am, Fort Nisqually Living History Museum Outing, **W 19th:** 1:30pm, Scarecrow Movie Day: *The Hundred-Foot Journey*, **T 25th:** 1:15pm, Learnin' to Fly Sing Along Performance

**March Special Events: W 5th:** 1:30pm, Cinema Termite Movie Day: *Ferris Bueller's Day Off*, **T 11th:** 1:15pm, CPR Training, **W 12th:** 1:30pm, Musical Duo Performance, **F 14th:** 11:00am, Symphony Outing, **W 19th:** 1:30pm, Scarecrow Movie: *Passport to Pimlico*, **T 25th:** 1:30pm, "Ship of Gold" Presentation

# 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
- Linda Swancy

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

