

THE SUNNYSIDER

Quarterly Newsletter of the
Wallingford Community Senior Center

April - June 2025



WCSC members show-off their watercolor paintings after a popular Watercolor Landscape Painting class on Feb. 12, 2025. Keep reading to learn about our new watercolor group starting this April!

Upcoming Changes at WCSC

As we welcome the arrival of spring, I want to take a moment to celebrate the season of renewal and growth with all of you. Whether you enjoy our exercise classes, recreational opportunities, educational programs or otherwise, we are grateful for your participation and for all the warmth and friendship you bring to our center.

Looking ahead to the new membership year beginning in July, I am excited to share some important updates. We will be making significant improvements to our computer lab to enhance your experience with better technology, member access to printing, and standing tech support hours. We will also be formalizing our monthly cultural celebrations and heritage months, offering more events and outings that celebrate the diverse traditions and experiences within our community.

Alongside these additions to our programs and services, some of our paid programs will see marginal price increases, and membership costs will also increase to help sustain the quality of experiences we provide. *(cont. on next page)*

4649 Sunnyside Ave N Suite 140 Seattle, WA 98103

Hours: Monday - Friday, 9AM - 5PM

(206) 461-7825 | wallingfordseniors.org

Membership will be \$50 for an individual, and \$75 for a household. We remain committed to keeping our programs as accessible and valuable as possible, including our cost-free option for low-income participants. The support of our members and community allows us to continue offering a welcoming space with meaningful activities in service of our critical mission.

Thank you for being part of our wonderful community—I look forward to seeing you at the center throughout the year!



Rachel Collier
Executive Director

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.

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 April 18 at 6pm!**



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

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.

Health & Wellness

Qigong - **NEW!**

Every Tuesday from April 22nd - June 17th (except May 27th) from 4pm - 5pm

The ancient Chinese practice of Qigong uses slow, precise movements and controlled breathing to improve balance, flexibility, and muscle strength. **Beginners welcome!** Jean Clough, Qigong Instructor, has been studying Qigong since 1999 and has been teaching for 16 years. With a background in science, Jean delights in teaching Qigong in ways relevant to Western minds and is enchanted by the magic of energy and the power of healing through our minds.

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.

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.

Meditation Group - **NEW!**

Thursdays from 1pm - 2pm

Come together for meditation practice - beginners welcome! Learn about insight meditation with community member Janet P., who has been meditating for 25 years.

No registration required. FREE.

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.

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.

EnhanceFitness

Move and groove 3-days a week with this evidence-based program designed by UW, Group Health (now Kaiser Permanente), 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.

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.

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.

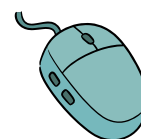
No registration required. FREE.

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!

Advance registration required. FREE.



Education

Mt. St. Helens Presentation

Tuesday, April 15th from 1:15pm - 2:15pm

Join retired park ranger Pat Pilcher on a journey to reveal this moment in history through personal stories and images of this stunning, geologic event. Pat spent 30 years working as a forestry technician/park ranger and naturalist guide, in positions with the US Forest Service, the National Park Service, King County Parks, and Seattle Parks.

Advance registration appreciated. FREE!

Dementia Friends Info Session

Tuesday, May 13th from 1:15pm - 2:15pm

Dementia Friends is a global movement changing the way people think, act, and talk about dementia. Come learn about the most common type of dementia, early signs and symptoms to be aware of, communication tips, ideas to maintain a healthy brain, and helpful community resources. All attendees will receive a free workbook, brain health handout, pin, and recognition item for becoming a Dementia Friend.

Advance registration appreciated. FREE!



Recreation

Watercolor Group - NEW!

2nd and 4th Wednesdays from 2:15pm to 3:30pm

After a great watercolor class this February, Kelly is back to host an ongoing watercolor group! Join us starting April 23rd to explore the art of watercolor painting with other artists of all levels - no experience necessary! Share ideas and create beautiful artwork in a fun, relaxed environment. Supplies are provided but feel free to bring your own.

Advance registration appreciated. FREE.

Folk Dancing with Meridian Students

1st Tuesdays from 2:15 - 2:45pm

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! April dancing will be held on the 2nd Tuesday, April 8th.

Advance registration appreciated. 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.

Notary Party

Tuesday April 1st from 3pm - 6pm

Have you been working on your will, advanced directive, or other legal documents you'd like to get notarized? Come join us for a Notary Party! We'll have no-cost notary services available between 3pm and 6pm, no appointment necessary. Bring your completed but unsigned documents, with a notary section and a valid ID. If your documents need witnesses, we will have at least 2 on hand. You're also welcome to come just to be a witness for others!

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.



Recreation

Rolling Crones Performance

Wednesday April 9th from 1:30pm - 2:30pm

The Rolling Crones are back at WCSC! This senior women's choral group 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. \$4 members, \$6 non-members.

Skagit Tulip Festival Outing

Thursday, April 17th from 9:30am - 3:30pm

It's time again 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. Price includes admission to Roozengaarde, bring money for lunch or pack your own!

Advance registration required. \$22 members, \$24 non-members.

Snoqualmie Train Ride Outing

Saturday, May 31st from 9:15am - 2:30pm

All aboard! Enjoy a scenic train ride through the upper Snoqualmie Valley aboard historic passenger cars along part of the original 1880s railroad. Experience a one-of-a-kind view of Snoqualmie Falls from the train, then head to the Northwest Railway Museum for a guided tour of the Train Shed Exhibit Hall. All followed by lunch before heading back to WCSC! Price includes admission to the museum and train ride, bring money for lunch or pack your own!

Advance registration required. \$26 members, \$28 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: *In the Heat of the Night* (4/2), *Pleasantville* (5/7) and *The Mummy* (1932) (6/4).

No registration required. FREE.

Poetry Reading

Tuesday, June 10th from 1:30pm - 2pm

Join us for an engaging poetry reading by Ed Cadman, featuring three of Samuel Taylor Coleridge's most beloved works—*The Rime of the Ancient Mariner*, *Kubla Khan*, and *Epitaph*. Coleridge (1772-1834), a key figure of the Romantic movement, revolutionized English poetry by embracing personal insight and emotional depth as integral to the art.

No registration required. FREE!

Seattle Symphony Outing

Friday April 11th from 11am - 2:30pm

We're going back to the Seattle Symphony! Dvořák's "New World" Symphony captures the energetic elements of music Dvořák heard in America, dosed with a heartfelt nostalgia for his homeland.

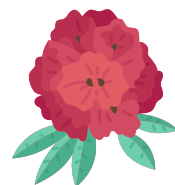
Advance registration required. \$6 members, \$8 non-members.

Rhododendron Species Botanical Garden Outing

Thursday, May 15th from 12:30pm - 4:30pm

Join us on a guided tour of The Rhododendron Species Botanical Garden! This 22-acre woodland garden is home to the largest collection of Rhododendron species in the world, along with a diverse botanical collection including many rare plants.

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

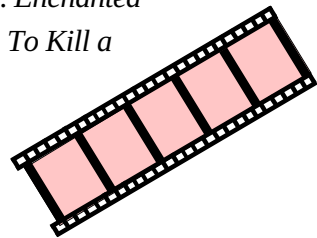


Scarecrow Video's Silver Screeners

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: *Enchanted April* (4/16); *Field of Dreams* (5/21); *To Kill a Mockingbird* (6/18).

No registration required. FREE.



Recreation

Edmonds Art Festival **Outing**

Friday, June 13th from 10am - 2pm

Join us for a trip to the Edmonds Art Festival! There will be live performances, gallery art, and local artists and vendors showcasing their works. Bring your own money for food/art purchases or just enjoy the art, energy, and live music! Be prepared for walking and warm weather- bringing a water bottle is encouraged!

Advance registration required. \$7 members, \$9 non-members.



Seattle Aquarium **Outing**

Thursday, June 26th from 10am - 1:30pm

Join us for a trip to the Seattle Aquarium! Explore incredible marine life, hang out with the playful otters, and check out the recently-opened Ocean Pavilion!

Advance registration required. Price TBD.



Puzzles & Plants

Fridays from 11am - noon on Zoom

Join Ashley each Friday for casual plant talk – houseplant show and tell, propagation adventures, outdoor plant walks, tips on plant ID, and more! Also a time for casual chat and working on crossword puzzles together - no particular passion for plants required.

Advance registration required for first time. FREE.

BarStories.org **Storytelling Event**

Monday, June 30th from 1pm - 2:30pm

Bar Stories Legacy Project brings storytelling to life! This unique show recreates the intimate atmosphere of sharing stories, but with a mic and an eager audience ready to listen. Each story captures authentic, real-life moments—hilarious, dramatic, or touching—shared in a conversational style. Both new and seasoned storytellers are encouraged to join! The only rule is kindness and respect. As a bonus, every storyteller receives a free professional recording of their performance. Pull up a chair and share your story—it's waiting to be told!

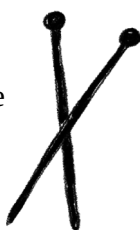
Advance registration appreciated. FREE!

Knitting Circle

Every Wednesday at 1pm

Grab your knitting needles and come knit at WCSC!

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, book list available at the front desk.

Advance registration required for online participation. 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.

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 & Scrabble** - Wednesdays at 1pm
- **Beginner Bridge** - Thursdays at 10am

No registration required. FREE.

Social Services

DSHS Mobile Office Visit

Friday, May 2nd from 10am - 2pm

The DSHS Mobile Community Services Office will be onsite and open to the community! They will be available for applications, changes, ID vouchers, help with programs such as lifeline phone plans, food and cash assistance, Medicare Savings Program, and Disability Medical Assistance. They will also be able to provide information regarding other community resources. Free, no registration required!

No 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 is limited, so be sure to sign up in advance!

Advance registration required. FREE.

King County Metro Pop-Up Visit

Tuesday, June 24th from 1pm - 3pm

The King County Metro team will be onsite to provide assistance with getting a new Adult ORCA Card or Senior and Disabled Regional Reduced Fare Permit (RRFP), replace lost or damaged cards, answer questions and offer guidance about using the regional transit system, provide information about new Metro services, and listen to your feedback!

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

Mother's Day Brunch

Monday, May 12th from 12:30pm - 1:30pm

Let's celebrate mothers and children, family and friends! Enjoy a special brunch menu and good conversation. Friends and family are encouraged to attend!

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

Community Lunch

Monday - Friday, 12pm- 12:45pm

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 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 April, May, and June 2025 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Yoga for Every Body w/ Rich (Zoom)	9:00 Social Bridge	8:00 Yoga for Every Body w/ Rich (Hybrid)	9:00 Gentle & Accessible Yoga with Jen (Hybrid)	9:00 Yoga for Every Body with Jen (Zoom)
9:15 EnhanceFitness w/ Marilyn	9:00 Chair Inspired Gentle Yoga w/ Jen (Hybrid)	9:15 EnhanceFitness w/ Marilyn	9:30 - 12:30 SHIBA Counseling by Appointment (1st & 3rd Thurs)	9:00 Foot Care by Appointment (2nd & 4th Fri)
10:00 - 12:00 Tech Mentoring by Appointment	10:30 SAIL Seated Fitness w/ Jen (Hybrid)	10:30 EnhanceFitness w/ Mish Mish and Gini	10:00 Beginner Bridge	10:30 EnhanceFitness w/ Mish Mish
10:30 EnhanceFitness w/ Trudi	11:00 Cribbage	12:00 Toastmasters	10:30 Strength Training	11:00 Puzzles & Plants (Zoom)
12:00 Community Lunch	12:30 Mah Jongg (Chinese)	12:00 Community Lunch	12:00 Community Lunch	12:00 Community Lunch
1:00 Creative Mending (1st & 3rd Mon)	1:00 Pinochle	1:00 Knitting	1:00 Play Reading	12:30 Mah Jongg (Chinese)
1:00 Bingo (2nd Mon)	1:00 WCSC Book Club (1st Tues, Hybrid)	1:00 Classic Board Games	1:00 - 3:00 Tech Mentoring by Appointment (1st & 3rd Thurs)	1:00 EnhanceFitness w/ Novella
1:00 Death Café (4th Mon)	2:15 Folk Dancing w/ Meridian School (1st Tues) (April- 2nd Tues, 4/8)	1:30 Cinema Termite Movie Screening (1st Wed)	2:30 Writer's Workshop	1:00 - 3:00 Tech Mentoring by Appointment
5:30 French Club (Zoom)	2:30 Men's Group (1st and 3rd Tues in Person)	1:30 Scarecrow Video's Silver Screeners Movies (3rd Wed)		2:15 SAIL Seated Fitness w/ Jen (Hybrid)
	4:00 Qigong Class (4/22 - 6/17, no class 5/27)	2:15 Watercolor Group (2nd and 4th Wed, starting 4/23)		
	6:00 Death Café (1st Tues)			

April Special Events: **T 1st:** 3:00pm, Notary Party, **W 2nd:** 1:30pm, Cinema Termite Movie Day: *In the Heat of the Night*, **T 8th:** 3:30pm, Member Advisory Forum, **W 9th:** 1:30pm, Rolling Crones Performance, **F 11th:** 11:00am, Symphony Outing, **T 15th:** 1:15pm, Mt St Helens Presentation, **W 16th:** 1:30pm, Scarecrow Movie Day: *Enchanted April*, **Th 17th:** 9:30am, Tulip Festival Outing, **F 18th:** 6:00pm Spaghetti Dinner

May Special Events: **F 2nd:** 10:00am, DSHS Mobile Office, **W 7th:** 1:30pm, Cinema Termite Movie Day: *Pleasantville*, **M 12th:** 12:30pm, Mother's Day Brunch, **T 13th:** 1:15pm, Dementia Friends Info Session, **Th 15th:** 12:30pm, Rhododendron Species Botanical Garden Outing, **W 21st:** 1:30pm, Scarecrow Movie Day: *Field of Dreams*, **Th 29th:** 3:00pm, End of Life WA Presentation, **Sat 31st:** 9:15am, Snoqualmie Train Outing

June Special Events: **W 4th:** 1:30pm, Cinema Termite Movie Day: *The Mummy* (1932), **T 10th:** 1:30pm, Poetry Reading, **F 13th:** 10:00am, Edmonds Art Fair Outing, **W 18th:** 1:30pm, Scarecrow Movie: *To Kill a Mockingbird*, **T 24th:** 1:00pm, KC Metro Event, **Th 26th:** 10:00am, Seattle Aquarium Outing, **M 30th:** 1:00pm, BarStories.org Storytelling Event

Wallingford Community Senior Center Information

(206) 461-7825 Hours: M-F 9:00am - 5:00pm wallingfordseniors.org

Staff

- Amanda Kruger - Program Manager
- Deborah Barnes - Program Assistant
- Denise Malm - Social Worker
- Kidist Peterson - Administrative Assistant
- Laura Brenalvirez - Kitchen Manager
- 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 - Secretary
- Gema Ebanks
- Linda Swancy

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.

Change Service Requested

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

