

# THE SUNNYSIDER

Quarterly Newsletter of the  
Wallingford Community Senior Center  
October - December 2025



*WCSC members visiting Hat and Boots Park in Georgetown after our outing to the Connections Museum!*

## The Future is Here!

All are invited to join us for our Thanksgiving Luncheon on November 20th at 12pm. The WCSC Thanksgiving Luncheon is now the “stuffing” of local legend – heaps of all your favorites and all the fixings! And why not enjoy this time together – it’s free for members! Members, stick around for the Annual Membership Meeting where elect new members to the WCSC Board of Directors, and reflect on the past year while looking to the future. We will also share WCSC’s Strategic Framework for the years 2026-2029. This plan, developed with the input of our members, peers, volunteers and more, focuses on five key areas: sustainable fundraising, community engagement, staff and board development, cultural diversity and sensitivity, and participant experience enhancements. We will also have the chance to thank outgoing Board President Tera Giles, who has served with distinction to the full terms allowed within the WCSC Bylaws.

I am also thrilled to share that the WCSC Fall Reception, our annual fundraiser, was a tremendous success, thanks to the generosity and enthusiasm of our supporters, and the diligent and thoughtful work of WCSC *(continued on next page)*

4649 Sunnyside Ave N Suite 140 Seattle, WA 98103

Hours: Monday - Friday, 9AM - 5PM

(206) 461-7825 | [wallingfordseniors.org](http://wallingfordseniors.org)

Board of Directors and WCSC Staff. With the help of our members and friends, we raised more funds in a single evening than ever before! What a lovely and incredible reminder of the impact we can make when we come together. Be on the lookout for the WCSC Fall Reception to get your seat next September.

A few folks have asked how to be sure to receive an early invitation to the WCSC Fall Reception. Our invitation strategy for this event focuses first on the individuals and groups who sustain WCSC throughout the year - making the jump to supporting WCSC comes with its perks! Consider attending a Spaghetti Dinner or making a gift, and we'll be sure to offer you a seat at the event before it is available for general sign-up.

With the support of our community, we look forward to a year of improvements, new opportunities, and continued connection. See you soon!

Warmly,



Rachel Collier, Executive Director

## Thanksgiving Luncheon & Annual Membership Meeting

Thursday, November 20th from 12 - 2:30pm

Your membership matters! Join us for our annual Thanksgiving meal and 2025 Membership Meeting to get an update on the state of WCSC, vote to approve bylaw changes, and elect board members.

**Free for members, \$10 for non members. Advance registration appreciated.**

## Membership Advisory Forum

Tuesday, October 14th from 3:30 - 4:30pm

Have feedback to share? Suggestions or ideas? All members are encouraged to come to our quarterly Advisory Forum! Staff and board members will be present to listen and learn about your ideas and hopes for the center.

Join members, staff, & volunteers on **Tuesday Oct. 14 at 3:30pm.**

## Have a Community Good Time at Spaghetti Dinner!

Bring your friends and family for a delicious meal that helps support the amazing programs, services, and events at WCSC. We're serving fresh spaghetti, garlic bread, Caesar salad, 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 Friday October 17th 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.

## Resources for Older Adults

- **Smart 911 Program:** Smart911 is a free service that allows you to provide information about yourself or your household to 911 in case of emergencies. The Smart911 system is supported within King County and Seattle. Check it out on the city's website: [seattle.gov/care/9-1-1-communications-center/create-smart911-profile](https://seattle.gov/care/9-1-1-communications-center/create-smart911-profile)
- **Companionship Opportunities:** Volunteer or request a senior companion. Homage Senior Services facilitates both the Senior Companion programs in both King and Snohomish Counties. Call (425) 355-1138.
- **Northwest Justice Project** (King County Bar Association) offers 30 minute **FREE** legal appointments. Call to leave a message at **206-267-7070** or fill out an appointment request online at [nwjustice.org/get-legal-help](https://nwjustice.org/get-legal-help)







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

## Health & Wellness

### Zumba Gold w/ Sandi T.

*Every Monday from 3:15 - 4:15pm*

Zumba has come to WCSC! Zumba Gold is specifically designed for active older adults, offering a fun and lower-intensity Latin inspired dance workout. It focuses on balance, range of motion, and coordination. Beginners welcome! Class will start with slower movements as you learn the choreography and rhythm.

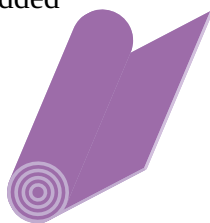
**No registration required. \$4 members, \$6 non-members, and covered by some insurance plans.**

### Gentle & Accessible Yoga

*Thursdays from 9 - 10:15am 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. \$8 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. \$8 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. \$4 members, \$6 non-members, and covered by some insurance plans.**

### Blood Pressure Readings

*Second Wednesdays from 10am - 12pm*

Ballard Center healthcare professionals will be here every 2nd Wednesday offering blood pressure readings!

**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

*2nd and 4th Fridays by appointment*

Our licensed foot care nurse provides a medical assessment, treatment and recommendations, and referrals if necessary.

**Advance registration required. \$45 for members and non-members.**

## Health & Wellness

### Yoga For Every Body

*Mondays and Fridays from 9 - 10:15am on Zoom*

Start your day with yoga brought to you by Rich (Mondays) or Jen (Fridays). 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.

**Advance registration required for online participation. \$8 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 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.**

### Writers' Workshop

*Thursdays from 2:30 - 3:30pm*

Embrace the strength of your own story. This group is a safe space for writers to ask questions, get feedback, brainstorm new ideas, and find support from peers.

**No registration required. FREE.**

### Windows 11 Workshop - **Let's Do This!**

*Wednesday, October 8th from 1:30 - 5pm*

Join Rachel for a hands-on workshop to upgrade your computer to Windows 11 with guidance and support in a friendly group setting. We'll walk through the process together and troubleshoot any technical issues, and if there's time we'll explore and develop confidence using the new layout. For computers that can't run Windows 11, we'll explore alternative solutions so everyone leaves with a plan.

**Advance registration required, let us know if you're bringing a laptop or desktop. FREE.**

### Tech Support Hours

*Mondays 3 - 5pm & Thursdays 1 - 3pm*

Drop by during our designated tech support times for help with problem solving and quick questions.

**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

### **NW Geologic Catastrophes Presentation**

*Wednesday, October 15th from 1:30 - 2:30pm*

Our spectacular Northwest landscapes represent devastating, natural events that shaped the region. Imagine enormous surges of molten lava flowing across the land, years of glacier ice sheets thousands of feet thick, and a series of breath-taking floods that created the Eastern Washington Channeled Scablands, all bringing us to today's remarkable Cascades volcanic scenery. Join retired park ranger Pat Pilcher as he interprets these events to help you understand and appreciate the monumental, geologic legacy.

**Advance registration appreciated. FREE.**

## Recreation

### **Folk Dancing with Meridian Students**

*1st Tuesdays from 2:30 - 3pm*

Learn a new folk dance from the second graders of the Meridian School! The students will be learning new dances each month and then become our teachers. Classes will take place in the Meridian School gym- we will meet at WCSC and walk over together. Don't miss the kids' kick-off performance at WCSC on October 7th at 2:30pm!

**Advance registration appreciated. FREE.**

### **Music & Meditation Workshop**

*10/2, 10/9, 10/16, 10/30 from 1:15 - 2:15pm*

Practice mindfulness, relaxation and self-awareness and learn how to implement these practices in your life. 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.**

### **Sea Mar Museum Outing**

*Thursday, October 9<sup>th</sup> from 1:15 - 4:30pm*

The Sea Mar Museum of Chicano/a/Latino/a Culture is focused on the life of Mexican Americans, Chicano/as and Latino/as from the earliest times to the present. This museum chronicles and collects the social and economic history of Washington's Spanish speaking community from World War II to the present. Join us for a guided tour to learn how life and communities developed in Washington as people migrated and immigrated to the state.

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

### **Senior Self Defense Presentation**

*Thursday, November 6th from 1:15 - 2:15pm*

Join us for an interactive self-defense session designed to help seniors feel more confident, independent, and informed about their personal safety. Led by Gig Harbor Self Defense, this session covers real-life safety strategies—how to identify potentially dangerous situations, what criminals often look for, and simple, effective ways to avoid becoming a target. No physical activity is required!

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



### **WCSC Book Club**

*1st Tuesdays, 1 - 2pm, Hybrid*

This group of readers explores a new book each month and have lively discussions. Members of the club vote on the book selections, so you know you'll be reading books you enjoy! Meets in-person & via Zoom.

**Book club is currently at capacity. If interested in joining please email**

**[register@wallingfordseniors.org](mailto:register@wallingfordseniors.org)**

### **Men's Group**

*Tuesdays from 2:30 - 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

### Julie Cascioppo Book Event

Tuesday, October 14th from 1:30 - 2:30pm

WCSC member Julie Cascioppo has published her memoir! Join Julie as she discusses *I Love Being Abroad*, reads a few excerpts, signs purchased copies of the book, and performs a French song or two! Julie's memoir offers a rare and funny glimpse into the Paris of the 1980s through the eyes of a woman who dared to go it alone—and sing her way home.

**Advance registration appreciated. FREE.**

### Bailadores de Bronce Performance Outing

Tuesday, October 21st from 10am - 1:30pm

Experience the vibrant heartbeat of southern Mexico through a dynamic showcase of traditional dance and music! Bailadores de Bronce was formed by a group of students at the University of Washington in 1972 and portrays the positive aspects of the Mexican culture in the broader community, breaking down cultural barriers and building bridges within the community.

**Advance registration required. \$12 members, \$14 non-members.**

### Rediscovering Wonder in Costa Rica Presentation

Tuesday, October 28th from 1 - 2pm

Anita will be sharing about her experience in Costa Rica with snapshots of wildlife, waterfalls, and the kind of peace you don't pack in a suitcase.

**Advance registration appreciated. FREE.**

### Halloween Party & Costume Contest

Wednesday, October 29<sup>th</sup> from 1:30 to 2:30pm

Our annual Halloween party and costume contest! Be sure to come dressed to impress with your spooky and creative costumes! Invite your grandkids and make some fun Halloween crafts and masks together!

**Advance registration appreciated. FREE.**

### Best of the NW Art & Craft Show Outing

Friday, November 7th from 2 - 4:30pm

Come with us to the annual Best of the Northwest Fall Show, Seattle's Premier Art & Fine Craft show! Enjoy seeing 115+ talented NW artists in all mediums, watch artists in action and see how the artwork is made, and find some exciting local treasures.

**Advance registration required. \$8 members, \$10 non-members.**

### Cinema Termite Movie Days

First Wednesdays of the month at 1:30pm

It's movie day at WCSC! This quarter, Cinema Termite will be showing:



*The Island of Lost Souls* (1932) (10/1)

*Forbidden Planet* (1956) (11/5)

*A Christmas Story* (1983) (12/3)

**No registration required. FREE.**

### Death Café

4<sup>th</sup> Mondays from 1-3pm, 1<sup>st</sup> 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.

**Advance registration required. FREE.**

### Monthly Bingo

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

**No registration required. FREE.**

### Knitting Circle

Every Wednesday at 1pm

Grab your knitting needles and come knit at WCSC!

**No registration required. FREE.**

### 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.**

## Recreation



### Seattle Symphony **Outing**

*Sunday, November 16th from 1 - 4:30pm*

We're going back to the Seattle Symphony! This performance will include Beethoven's Piano Concerto No. 3, balancing stormy energy and subtle introspection concerto rooted in Classical forms. Then immerse yourself in Bruckner's Fourth Symphony, the composer's musical vision of a mythic past, complete with knights riding from a medieval town into a lush forest full of lilting birdsong and the blaring of hunters' horns.

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

### Tents, Tusks & Tales: My Kenya Safari **Chronicles Presentation**

*Tuesday, November 25th from 1 - 2pm*

Anita is back to share her adventures from Kenya, including camping under stars, waking to barking baboons, and finding magic in the dust and wonder of the wild!

**Advance registration appreciated. FREE.**

### Puzzles & Plants

*Fridays from 11am - noon on Zoom*

Join Ashley each Friday for casual plant talk – houseplant show and tell, propagation adventures, 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.**

### Throw and Build Pottery Studio **Outing**

*Wednesday, December 3rd from 9:45am - 12:15pm*

Join us for a workshop at Throw and Build Pottery Studio! Create holiday luminaries that glow! In this hands-on workshop, you'll create and decorate luminaries using clay slabs. Learn basic techniques, then unleash your creativity- make them beautiful or adorable. Add details, carve patterns, and choose your glaze. Then your pieces will be fired and you'll pick up your finished creations in three weeks!

**Advance registration required. \$33 for members and non-members.**

### Holiday Party & **Cookie Exchange**

*Tuesday, December 23<sup>rd</sup> from 4 - 5pm*

Drop off home-made cookies by 3:45pm on Tuesday 12/23, then choose from available cookies from 4:00pm – 5:00pm. Come in to decorate cookies and enjoy hot chocolate to get into the holiday spirit! Be sure to sign up for the popular Holiday Lights right after!

**No registration required. FREE.**

### Holiday Lights **Outing**

*Tuesday, December 23<sup>rd</sup> from 5:30 - 6:30pm*

Join us on a drive around Candy Cane Lane! Meet at WCSC for some cookies and 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.**

### Road Trip Across the USA **Presentation**

*Tuesday, December 30<sup>th</sup> from 1 - 2pm*

In June 2021, Anita embarked on a spirited cross-country road trip through 16 states, 9 national parks and monuments, and crazy road-side attractions. From unexpected detours to charming small towns each stop became a snapshot of discovery- whether it was savoring local flavors, reconnecting with nature, or simply embracing the joy of movement.

**Advance registration appreciated. FREE.**

### Weekly Games

- Social Bridge - Tuesdays at 9am
- Cribbage - Tuesdays at 11am
- Chinese Mah Jongg - Tuesdays & Fridays at 12:30pm
- Pinochle - Tuesdays at 1pm
- Scrabble - Wednesdays at 1pm
- Beginner Bridge - Thursdays at 10am

**No registration required. FREE.**



## Social Services

### SHIBA Counseling - Extra Appointments for Open Enrollment!

*First and third Thursdays of the month between 9:10am-12:55pm*

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!

Between October 15<sup>th</sup> and December 4<sup>th</sup>, our SHIBA volunteer will be offering extra appointments for the Medicare open enrollment period. During those 8 weeks appointments will be available every Wednesday afternoon from 12pm to 3:45pm, and every Thursday morning from 9:10am to 12:55pm. Be sure to schedule your appointment in advance as we do tend to fill up!

**Advance registration required. FREE.**

### King County Metro Pop-Up Visit

*Wednesday, November 19th from 1:30 - 3:30pm*

The KC 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, and offer information and guidance about using the regional transit system! Come with your questions and feedback!

**No registration required. FREE!**

### DSHS Mobile Office Visit

*Monday, December 22nd from 11am - 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.

**No registration required. FREE!**

## Good Food & Healthy Eating

### Veteran's Day Lunch

*Friday, November 7th from noon - 1pm*

The 133rd Army Band will be back for the 3rd year in a row to help us celebrate our community's veterans! Normal lunch prices apply (\$6 members, \$8 nonmembers), except for veterans who eat free!

**Advance registration appreciated. Coming to enjoy the music but not eat lunch is free.**

### Holiday Afternoon Tea

*Tuesday, December 9th 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 tea! Bring your favorite fun tea pots or cups to show off.

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

### Community Lunch

*Monday - Friday, noon - 12:45pm*

No reservations needed - WCSC is serving lunch hot n' delicious! \$6 for members, \$8 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.





# WCSC October, November, December 2025 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Yoga for Every Body w/ Rich (Zoom) 9:15 EnhanceFitness w/ Marilyn 10:00 - 12:00 Tech Mentoring by Appt 10:30 EnhanceFitness w/ Trudi 12:00 Community Lunch 1:00 Creative Mending (1 <sup>st</sup> & 3 <sup>rd</sup> Mon) 1:00 Bingo (2 <sup>nd</sup> Mon) 1:00 Death Café (4 <sup>th</sup> Mon) 3:15 Zumba Gold w/ Sandi 3:00 - 5:00 Tech Support	9:00 Social Bridge 9:00 Chair Inspired Gentle Yoga w/ Jen (Hybrid) 10:30 SAIL Seated Fitness w/ Jen (Hybrid) 11:00 Cribbage 12:00 Community Lunch 12:30 Mah Jongg (Chinese) 1:00 Pinochle 1:00 WCSC Book Club (1 <sup>st</sup> Tues, Hybrid) 2:30 Folk Dancing w/ Meridian School (1 <sup>st</sup> Tues) 2:30 Men's Group (1 <sup>st</sup> & 3 <sup>rd</sup> Tues in Person) 6:00 Death Café (1 <sup>st</sup> Tues)	9:15 EnhanceFitness w/ Marilyn 10:00 Blood Pressure Reading (2 <sup>nd</sup> Wed) 10:30 EnhanceFitness w/ Mish Mish and Gini 12:00 Toastmasters 12:00 Community Lunch 1:00 Knitting 1:00 Classic Board Games 1:30 Cinema Termite Movie Screening (1 <sup>st</sup> Wed) <div><b>Holiday Closures!</b> Mon 10/13, Thurs 11/27, Fri 11/28, Thurs 12/25, Thurs 1/1</div>	9:00 Gentle & Accessible Yoga with Jen (Hybrid) 9:30 - 12:30 SHIBA Counseling by Appt (1 <sup>st</sup> & 3 <sup>rd</sup> Thurs) 10:00 Beginner Bridge 10:30 Strength Training 12:00 Community Lunch 1:00 Play Reading 1:00 - 3:00 Tech Support 1:00 - 3:00 Tech Mentoring by Appt (1 <sup>st</sup> & 3 <sup>rd</sup> Thurs) 1:15 Music & Meditation (10/2, 10/9, 10/16, 10/30) 2:30 Writer's Workshop	9:00 Yoga for Every Body with Jen (Zoom) 9:00 Foot Care by Appt (2 <sup>nd</sup> & 4 <sup>th</sup> Fri) 10:30 EnhanceFitness w/ Mish Mish 11:00 Puzzles & Plants (Zoom) 12:00 Community Lunch 12:30 Mah Jongg (Chinese) 1:00 EnhanceFitness w/ Novella 1:00 - 3:00 Tech Mentoring by Appt (2 <sup>nd</sup> & 4 <sup>th</sup> Fri) 2:15 SAIL Seated Fitness w/ Jen (Hybrid)

**October Special Events:** **W 1st:** 1:30pm, Cinema Termite Movie Day: *The Island of Lost Souls*, **W 8th:** 1:30pm, Windows 11 Workshop, **Th 9th:** 1:15pm Sea Mar Museum Outing, **T 14th:** 1:30pm Book Event, **T 14th:** 3:30pm Membership Forum, **W 15th:** 1:30pm, Geo Catastrophes Presentation, **F 17th:** 6pm Spaghetti Dinner, **T 21st:** 10am, Performance Outing, **T 28th:** 1pm, Ania Costa Rica Presentation, **W 29th:** 1:30pm, Halloween Party & Costume Contest

**November Special Events:** **W 5th:** 1:30pm, Cinema Termite Movie Day: *Forbidden Planet*, **Th 6th:** 1:15pm, Senior Self Defense, **F 7th:** 12pm, Veteran's Day Lunch, **F 7th:** 2pm, Art Show Outing, **Sun 16<sup>th</sup>:** 1pm, Seattle Symphony Outing, **W 19th:** 1:30pm, King County Metro Pop-Up, **Th 20th:** 12pm, Thanksgiving Luncheon & Annual Membership Meeting, **T 25th:** 1pm, Ania Kenya Presentation

**December Special Events:** **W 3rd:** 9:45am, Throw & Build Outing, **W 3rd:** 1:30pm, Movie Day: *A Christmas Story*, **T 9th:** 1:30pm, Afternoon Tea, **M 22nd:** 11am, DSHS Mobile Office, **T 23rd:** 4pm, Cookie Exchange, **T 23rd:** 5:30pm, Holiday Lights Outing, **T 30th:** 1pm, USA Road Trip Presentation

# 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
- Rachel Collier - Executive Director
- Randy Miner - Dishwasher
- Will Farmer - Kitchen Manager

## Board of Directors

- Gema Ebanks
- Gini Tripp - Vice President
- Janet Morgan - Secretary
- Linda Swancy
- Seth Greenfest
- Stephen Hodges - Treasurer
- Tera Giles - President

*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

