

THE SUNNYSIDER

*Quarterly Newsletter of the
Wallingford Community Senior Center*

January - March 2026



Our 2025 annual Thanksgiving Luncheon, membership meeting, and board election. We loved celebrating another great year at WCSC!

Welcoming the New Year, Together in Community

As we head into the new year, there is so much to be excited for! Having just hosted our largest event ever, a wonderful and festive Thanksgiving Luncheon, it feels like there is always someone new to meet and something new to celebrate at WCSC. Thank you all for making this community as vibrant and as active as it has ever been, and for setting the stage for a great new year!

I am equally delighted to share that the Board of Directors has appointed a new Board President, Gini Tripp! Many of you know Gini through her extensive participation and volunteerism at the center, and service on the Board of Directors most recently as Vice President. Through these experiences, Gini has made a tremendous positive impact on WCSC over the years, and we are all excited to see what we will accomplish next with her leadership.

You will notice several changes to our fitness calendar as we adjust class times and frequencies starting January 1st, so please be sure to check in on your class times using the attached Program Calendar. Additionally, due to a new Washington State sales tax requirement “ESSB 5814”, certain classes categorized as “live presentations” are now subject to sales tax. Please note that this sales tax will be collected as a portion of our fees – in other words, all taxes are included, and your experience will remain the same. (*cont. on next page*)

4649 Sunnyside Ave N Suite 140 Seattle, WA 98103

Hours: Monday - Friday, 9AM - 5PM

(206) 461-7825 | wallingfordseniors.org

To account for added costs however, most programs impacted by the tax will increase in cost by \$1. Please note whether the cost of your favorite programs, such as Enhance Fitness, has changed (no programs with recent cost increases were affected).

Finally, we are excited to announce that Wallingford Community Senior Center shirts are available for purchase, starting on January 1st! These shirts are an excellent way to show pride in your community while also supporting the center. We have a small pilot inventory and plan to adjust and restock on a monthly basis – so if we don't have yours on hand immediately, we will be able to fulfill your shirt order soon after. Available in all sizes, and in black or white.

We look forward to seeing you in class, at an event, or sporting your new WCSC gear this year!

Warmly,

Rachel Coller

Rachel Coller, Executive Director



Membership Advisory Forum

Wednesday, January 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 vision for the center.

Join members, staff, & volunteers on **Wednesday January 14 at 3:30pm**.



Resources for Older Adults

Free Dementia Directives Tools:

- Dementia-Directive.org offers a downloadable Alzheimer's-specific living will developed by medical experts
- Compassion & Choices provides an interactive "Dementia Values and Priorities Tool" to help you communicate wishes
- End of Life WA offers an Advance Directive for Living with Dementia
- Washington Law Help features the "Advance Directive for Living with Dementia"
- MyDirectives: A digital platform for creating advance directives, available via mobile app.

Prepare for the 2026 tax season:

- AARP Site Locator Tool or call 888-227-7669.
- **Seattle Public Library:** Many branches host free tax help sessions. Check the SPL Tax Help calendar in January for specific details.
- **United Way:** Information on in-person and virtual assistance is available on their website.
- **WA211:** Dial 2-1-1 or visit WA211.org for referrals to local services and tax help options.

Spill the Sauce 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 spaghetti, garlic bread, Caesar salad, veggies and dessert. All dietary restrictions are accommodated. Invite your neighbor!

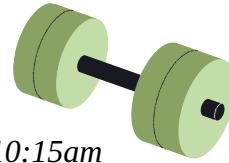
\$10 for adults and \$5 for kids 10 and under. RSVPs are appreciated but walk-ins are also welcome - see you at WCSC on Friday January 16th at 6pm!



Winter 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



Strength Training - New Time!

Wednesdays from 10:30 - 11:30am and Fridays from 9:15 - 10:15am

Now available TWICE a week, thanks to popular demand! This class focuses 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. \$5 members, \$7 non-members.

Zumba Gold w/ Sandi T.

Every Monday from 3:15 - 4:15pm

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!

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

Hybrid SAIL Seated Fitness - New Time!

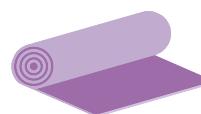
Tuesdays and Thursdays from 10:30 - 11:30am

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.

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 offers variations, props, and supportive options.

Advance registration required for online participation. \$8 for members and non-members.

Blood Pressure Readings

2nd Wednesdays from 10am - 12pm

Stay informed on your blood pressure levels! Trish O. will be here every month offering blood pressure readings.

No registration required, FREE.

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**
- Fridays at 10:30am **with Mish Mish**
- Fridays at 1pm **with Novella**



No registration required. \$5 members, \$7 non-members, and covered by some insurance plans.

Education

Tech Support Hours

Thursdays 1 - 3pm and varying monthly times

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

No registration required. FREE.



Weyerhauser Kidnapping Presentation

Thursday, January 15th from 1 - 2pm

In 1935, 9-year old George Weyerhaeuser is snatched off the streets two blocks from his home. The boy became the subject of the biggest manhunt in NW history. Learn all about this historic case with Bryan J., local author of *Deep in the Woods!*

Advance registration appreciated. FREE.

Stop the Bleed Course

Thursday, January 29th from 1 - 2pm

Stop the Bleed training courses are led by the American College of Surgeons, and train the public to save lives and stop life-threatening bleeding. Learn how to recognize bleeding emergencies and become empowered to act quickly and effectively to make a life-or-death difference.

Advance registration required. FREE.

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.

Technology Mentoring

At various times by appointment

Get 1-on-1 mentoring from one of our knowledgeable tech mentors, using your phone, computer, or a specific website/program. Build your context, confidence, and skills!

Advance registration required. FREE.

Tech Workshops with Rajat

3rd Wednesdays from 2 - 4pm

Join Rajat A. and learn about practical uses of tools and technology that can help you navigate daily life!

January 21st: Practical Uses of AI

February 18th: Password Safety & Storage

March 18th: Cloud Storage

Advance registration appreciated. FREE.

Education



Books to Prisoners Presentation & Book Drive

Thursday, March 5th from 1 - 2pm

The Seattle-based non-profit Books to Prisoners is one of the largest and oldest prison book projects in the country! Books to Prisoners processes about 14,000 book requests each year from jails and prisons across the U.S., and shipped out over 35,000 pounds of books in 2025 alone. Join us to learn more about the organization's mission, social justice work, and how you can get involved.

WCSC will be partnering with Books to Prisoners on a book drive from March 2nd to April 3rd, so bring in your book donations!

Demystifying Your Medical Bills Presentation

Thursday, February 5th from 1 - 2pm

Are you confused by your medical bills? This session will help you understand billing paperwork, learn how to identify errors and get them corrected when they occur, and avoid paying unnecessary bills. Jim B. is a long-time Seattle resident who recently retired from a career developing and supporting healthcare software systems.

Advance registration appreciated. FREE.

The Mystery of Moses Seattle Presentation

Tuesday, March 31st from 1 - 2pm

Seattle historian and author David Norman Lewis shares the interesting mystery of Chief Seattle's grandson, Moses. Moses was bobbed from the reservations, to the boarding schools, to hop fields, to freak shows, to playing accordion at all night dances. No man on Puget Sound ever melded the worlds of history and mythology as much as Moses Seattle.

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.

Advance registration appreciated. FREE.

Chaos, Calm, and Curiosity in Nepal

Presentation

Tuesday, January 27th from 1 - 2pm

From Kathmandu's traffic jams to Himalayan horizons—join Anita to learn about one woman's journey through wonder, weather, and warm welcomes.

Advance registration appreciated. FREE.

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

Trivia with Raisbeck High School

Friday Jan 9th from 3 - 4pm

Come in and test your knowledge with trivia hosted by students from Raisbeck Aviation High School! You never know what odd facts and figures may come in handy, so join in the fun and try your luck!

Advance registration appreciated. FREE.

Recreation

Watercolor Painting Group

2nd and 4th Wednesdays from 2 - 3:30pm

Join Barbara D. 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.

No registration required. FREE.



Seattle Asian Art Museum Outing

Thursday, January 22nd from 1 - 4pm

Join us for a visit to The Seattle Asian Art Museum! Explore on your own, or enjoy a self-guided tour to learn about all of the amazing exhibits that this museum has to offer.

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

Central Library Tour Outing

Friday, February 6th from 1 - 4pm

The Central Library branch of the Seattle Public Library is one of Seattle's most iconic buildings. The Central Library boasts a unique collection of art, innovative architecture with nearly 10,000 windows, and of course an incredible collection of over one million books. Join us for a guided tour to learn all about the history and features of the flagship library building!

Advance registration required. \$3 members, \$5 non-members.

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.

Wrinkles in Time Performance

Friday, February 13th from 2:30 to 3:30pm

We're excited to welcome the 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. Sometimes poignant, sometimes amusing, always entertaining- come enjoy!

Advance registration appreciated. \$4 members, \$6 non-members.

Men's Group

1st & 3rd Tuesdays from 2:30 - 4pm

Join WCSC's Men's Group for fun and inclusive conversation and discussions on community, life, and health.

No registration required. FREE.

Cinema Termite Movie Days

First Wednesdays of the month at 1:30pm

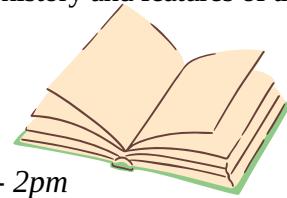
It's movie day at WCSC! This quarter, Cinema Termite will be showing:

Tron (1982) (January 7th)

Dirty Dancing (1987) (February 4th)

Sanjuro (1962) (March 4th)

No registration required. FREE.



Talk About Books

4th Thursdays from 1 - 2pm

Talk about books without the pressure of assigned readings. This group will have an open discussion about books, whether they be fiction, non-fiction, long-time favorites or ones you're looking forward to reading. If you just want to hear about books come and listen to others' opinions, all are welcome.

No registration required. FREE.

Recreation

NW Flower & Garden Festival Outing

Thursday, February 19th from 10am - 2pm

Join us for an outing to the 2026 Northwest Flower and Garden Festival! Explore over 20 display gardens, various expert-led sessions and hands on learning activities, and thousands of unique treasures in the garden marketplace. This annual event is perfect for sparking creativity and gathering ideas for beautiful, thriving living spaces.

Advance registration required. \$18 members, \$20 non-members.



Wandering Through Morocco Presentation

Tuesday, February 24th from 1 - 2pm

Join Anita for a photographic journey across cultures and landscapes as she recounts her adventures through Morocco.

Advance registration appreciated. FREE.



Seattle Symphony Outing

Friday, March 13th from 11am - 2:30pm

We're headed back to the Symphony! This performance will highlight two great Hungarian composers, Liszt and Kodály, beginning with Liszt's symphonic poem, Les Préludes, and the high-spirited First Piano Concerto. Then Kodály's Suite from Háry János draws on Hungarian folk melodies to depict the tall tales of an imaginative veteran.

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

Down Under Detours: Tasmania Unleashed Presentation

Tuesday, March 24th from 1 - 2pm

From devilish wildlife to windswept coastlines—an unexpected journey through Australia's wild and whimsical island.

Advance registration appreciated. FREE.

Death Café

4th Mondays from 1-3pm, 1st 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.

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.

Seattle Irish Festival Outing

Saturday, March 14th from 12 - 3pm

Join us for the Irish Festival at the Seattle Center in honor of St Patrick's Day! This event celebrates Irish heritage, culture, and arts with traditional music, step-dancing, lectures, genealogy workshops, Irish films, exhibits, displays, and more.

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

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.

Recreation

Weekly Games

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

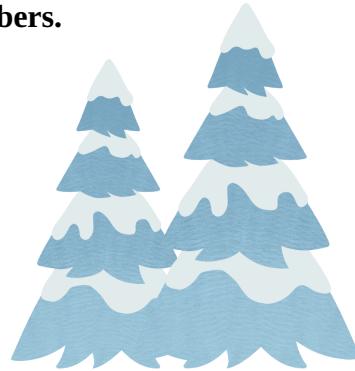
No registration required. FREE for members, \$3 for non-members.

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.



Social Services

SHIBA Medicare Counseling

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!

Advance registration required. FREE.

Good Food & Healthy Eating



Lunar New Year Potluck

Tuesday, February 17th from noon - 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.



Free Produce Pick-Up

Mondays at 11:30am

WCSC partners with local community food resources to bring free and fresh food access to you! Drop in to our Monday EnhanceFitness program, and stay around to load up and save yourself a trip to the grocery store.

No registration required. FREE.

Community Lunch

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 or scan the QR code.



WCSC January, February, March 2026 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Yoga for Every Body w/ Rich (Zoom)	9:00 Social Bridge	9:15 EnhanceFitness w/ Marilyn	9:00 Gentle & Accessible Yoga with Jen (Hybrid)	9:00 Yoga for Every Body w/ Jen (Zoom)
9:15 EnhanceFitness w/ Marilyn	9:00 Chair Inspired Gentle Yoga w/ Jen (Hybrid)	10:00 Blood Pressure Readings (2 nd Wed)	9:30 - 12:30 SHIBA Counseling by Appt (1 st & 3 rd Thurs)	9:15 Strength Training
10:00 - 12:00 Tech Mentoring by Appt	10:30 SAIL Seated Fitness w/ Jen (Hybrid)	10:30 Strength Training	9:00 Foot Care by Appt (2 nd & 4 th Fri)	10:00 Beginner Bridge Mish Mish
10:30 EnhanceFitness w/ Trudi	11:00 Cribbage	12:00 Community Lunch	10:30 SAIL Seated Fitness w/ Jen (Hybrid)	10:30 EnhanceFitness w/ Mish Mish
11:30 Produce Pickup	12:30 Mah Jongg (Chinese)	1:00 Classic Board Games	11:00 Puzzles & Plants (Zoom)	11:00 Puzzles & Plants (Zoom)
12:00 Community Lunch	1:00 Pinochle	1:00 - 3:00 Tech Mentoring by Appt	12:00 Community Lunch	12:00 Community Lunch
1:00 Creative Mending (1 st & 3 rd Mon)	1:00 WCSC Book Club (1 st Tues, Hybrid)	1:30 Cinema Termite Movie Screening (1 st Wed)	1:00 Play Reading	12:30 Mah Jongg (Chinese)
1:00 Bingo (2 nd Mon)	2:30 Folk Dancing w/ Meridian School (1 st Tues)	2:00 Watercolor Painting (2 nd & 4 th Wed)	1:00 Talk About Books (4 th Thurs)	1:00 EnhanceFitness w/ Novella
1:00 Death Café (4 th Mon)	2:30 Men's Group (1 st & 3 rd Tues)	6:00 Death Café (1 st Tues)	1:00 - 3:00 Tech Support	1:00 - 3:00 Tech Mentoring by Appt
3:15 Zumba Gold w/ Sandi	Holiday Closures Thurs 1/1, Mon 1/19, Mon 2/16			
January Special Events: W 7 th : 1:30pm, Movie Day: <i>Tron</i> (1982), F 9 th : 3pm, Trivia w/ Raisbeck HS, W 14th : 3:30pm Membership Advisory Forum, Th 15th : 1pm, Weyerhaeuser Kidnapping Presentation, F 16th : 6pm Spaghetti Dinner, W 21st : 2pm, AI in Daily Life Workshop, Th 22nd : 1pm, Seattle Asian Art Museum Outing, T 27th : 1pm, Nepal Travel Presentation, Th 29th : 1pm, Stop the Bleed Course	February Special Events: W 4 th : 1:30pm, Movie Day: <i>Dirty Dancing</i> , Th 5th : 1pm, Demystifying Your Medical Bills, F 6th : 1pm, Central Library Outing, F 13 th : 2:30pm, Wrinkles in Time Performance, T 17th : 12pm, Lunar New Year Potluck, W 18th : 2pm, Password Storage and Security Workshop, Th 19th : 10am, NW Flower & Garden Festival Outing, T 24th : 1pm, Morocco Travel Presentation			
March Special Events: W 4 th : 1:30pm, Movie Day: <i>Sanjuro</i> (1962), Th 5th : 1pm, Books to Prisoners Pres, F 13th : 11am, Symphony Outing, Sat 14th : 12pm, Irish Festival Outing, W 18th : 2pm, Cloud Storage Workshop, T 24th : 1pm, Tasmania Travel Presentation, T 31st : 1pm, Historian 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 Coller - Executive Director
- Randy Miner - Dishwasher
- Will Farmer - Kitchen Manager

Board of Directors

- Chris Hardy
- Gema Ebanks
- Gini Tripp - President
- Janet Morgan - Secretary

- Linda Swancy
- Seth Greenfest - Vice President
- Stephen Hodges - Treasurer

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

4649 Sunnyside Ave. N Suite 140
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