

THE SUNNYSIDER

Quarterly Newsletter of the
Wallingford Community Senior Center

April - June 2026



WCSC hosted a joyful and exhilarating group experience with interactive performance group, *Wrinkles in Time!*

The Experience of Being Together

I am excited to share several important improvements that have recently been made to enhance the safety, comfort, and overall experience at our center as part of our foremost strategic objective of the new year, “Experience Enhancements”. Beginning with a comprehensive safety inspection to ensure our facility meets the highest standards for our members and staff, we identified a number of opportunities to improve your experience while you are here at WCSC. We have installed a fully stocked first aid cabinet along with a regular service plan to keep it up to date, and a new Automated External Defibrillator (AED) has been installed.

Our kitchen has also received meaningful upgrades to improve our food preparation for Community Lunch and Special Events. We have installed a new slicer and fryer, which will allow our staff and volunteers to prepare food more efficiently and cost-effectively while expanding menu options. We are also pleased to share that, through our participation in the Meal Partnership Coalition, we are realizing cost savings by accessing free and often locally-sourced foods. This allows us to stretch our resources further while enhancing the quality and variety of meals offered through our Community Lunch program, as we continue its trajectory of growth. These improvements are just the beginning, as we turn next towards improving our restrooms and coffee station.

4649 Sunnyside Ave N Suite 140 Seattle, WA 98103

Hours: Monday - Friday, 9AM - 5PM

(206) 461-7825 | wallingfordseniors.org

I would also like to give a shout out to our new programs which leverage the expertise and passion of our wonderful long-time Social Worker, Denise. We are now offering “End of Life Paperwork Coaching” on a monthly basis, and this quarter we will be offering another “Personal Safety Nets 4-Week Workshop”! These programs are in addition to our twice-monthly Death Café, and other Social Services. You may read more about these programs in this packet, and we invite you to connect with our Social Worker any time!

Thank you for being an essential part of our community - we look forward to growing, improving, and being together.

Warmest wishes,

Rachel Collier, Executive Director



Membership Advisory Forum

Wednesday, April 8th 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 April 8th at 3:30pm.**

Resources for Older Adults

- **WA Warm Line:** The WA Warm Line is a confidential peer support help line for people living with emotional and mental health challenges. Specially-trained volunteers have lived experience with mental health challenges, and a deep understanding of what you are going through. They are here to provide emotional support, comfort, and information. Call (877) 500-9276 or go to <https://findahelpline.com/organizations/washington-warm-line> for more information.
- Download a free **AARP HomeFit Guide!** Learn smart ways to make a home comfortable, safe and a great fit for older adults, and people of all ages. <https://www.aarp.org/livable-communities/housing/info-2020/homefit-guide.html>
- The 2026 **Senior Farmer’s Market Nutrition Program (SFMNP)** application will open Monday, April 6! The SFMNP provides low-income seniors with a new \$80 card that can be used to purchase fresh fruits and vegetables at participating King County farmers market locations. Learn more at <https://www.agingkingcounty.org/what-we-do/healthy-aging/#sfmnp>

Come and Spaghet-it, 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 April 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.

Spring Programs

Register for programs in advance by talking to the front desk or by calling (206) 461-7825. For online and hybrid programs registration is **required**, and you can register online at wallingfordseniors.org/programs.

Health & Wellness

Qigong

Tuesdays from 3:55 - 4:55pm through April 28th

The ancient Chinese practice of Qigong uses slow, precise movements and controlled breathing to improve balance, flexibility, and muscle strength. With a background in science, Jean Clough 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.

Hybrid SAIL Seated Fitness

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 Jen for this playful and energizing SEATED fitness class!

\$4 members, \$6 non-members, & covered by some insurance plans.

Strength Training

Wednesdays 10:30 - 11:30am & Fridays 9:15 - 10:15am

This class focuses on strengthening the major muscles throughout the body, utilizing free weights, exercise bands, floor work, and exercise balls. 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.

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.

\$8 for members and non-members.

EnhanceFitness

Move and groove 3-days a week with this evidence-based program designed by UW, 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, & 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 supportive options for your added safety and comfort.

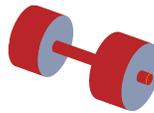
\$8 for members and non-members.

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.



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, 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.

\$8 for members and 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.

Education

The Amazing Gen Z in Nepal **Presentation**

Tuesday, April 14th from 1 - 2pm

American Nepali Student & Women's Educational Relief (ANSWER) is an organization dedicated to helping the people of Nepal address problems of poverty through education. ANSWER provides educational sponsorships for impoverished students throughout Nepal, ranging from urban cities to remote rural villages. Join the organization's founder, Earle, to learn more about this incredible work!

Advance registration appreciated. 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.

UW Tax Clinic **Presentation**

Wednesday, April 22nd from 3:30 - 4:30pm

The University of Washington School of Law Tax Clinic provides free legal representation to low-income tax payers who have active disputes with the IRS. Join students from the clinic as they discuss the services they provide, share free resources, and answer your questions.

Advance registration required. FREE.

Southwest National Park Sites: America's Hidden Gems **Presentation**

Tuesday, May 12th from 1 - 2pm

Take a journey with retired park ranger, Pat Pilcher, to explore tucked-away park sites and discover the variety and splendor of “America's Best Idea.” Through personal stories and photos he will share his 40+ years of traveling and working in this colorful and exciting region.

Advance registration appreciated. FREE.



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.

Creative Time Together

1st and 3rd Mondays from 1 - 3pm

Bring your projects! This a group to work on your artistic endeavors and share in a warm and inviting environment. Come in with your mending or fabric-based project, or bring in your paints, collage, beading, knitting, drawing projects, designs or more! All levels and artistic mediums welcome.

No registration required. FREE.

Education

Demystifying Your Medical Bills Presentation & One-on-One Assistance

Wednesday, May 20th from 1:30pm - 2:30pm

Jim B., a long-time Seattle resident who recently retired from a career developing and supporting healthcare software systems, is back with his presentation by popular demand! This session will help you understand billing paperwork, learn how to identify errors, and avoid paying unnecessary bills. Plus, Jim will be staying after the presentation to offer one-on-one assistance for people's specific questions and scenarios.

Advance registration appreciated. FREE.

ICHS PACE Presentation

Tuesday June 9th from 1 - 2pm

Come learn about healthy independent aging at ICHS PACE! ICHS PACE provides all-inclusive care for low-income Seniors (55+), empowering them to live independently in their homes for as long as possible, instead of having to move into a nursing home, while receiving the same level of care.

Advance registration appreciated. FREE.

Recreation

Edith Forbes Book Event

Monday April 6th from 2 - 3pm

Author Edith Forbes, sister of WCSC member Julia, will be here to discuss and read from her new novel, *The Lawnmower Lady*! The lawnmower lady is Fay Kirkwood, a grumpy offshoot of an old New England family who left behind social connections to live on a country farm. Having dropped dead at age 78, she is horrified to discover that she is still here, watching helplessly as her niece carries out a wish she had meant as a joke- to have her body taken into the woods to feed wildlife. This unorthodox "green burial" launches a chain reaction of consequences far beyond anything Fay intended or imagined, but she is powerless to intervene.

Advance registration appreciated. FREE.

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!

Monthly Bingo

Join us for bingo, fun, and prizes! Every 2nd Monday of 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!



"Behind the Curtain" of AI Presentation

Tuesday June 23rd from 1:30 - 3:30pm

We've heard the pitches, we've had the conversations, and we've very likely decided how we feel about AI. But what is it, and how does it work? ...And were the answers more forthcoming, would that change how we feel about it? *What happens behind the curtain??*

Join E.D. Rachel as we demystify and deconstruct the mechanics of AI. Rachel will demonstrate the hardware and software required to implement AI models locally, right here at WCSC. We will explore the tools in the background that consumers never see, and consider the impacts of such powerful tools in conversation. Please note that this presentation does not address everyday use of AI services.

Advance registration appreciated. FREE.

Folk Dancing with Meridian Students

Tuesdays April 7th and May 5th from 2:30 - 3pm

Learn a new folk dance from the second graders of the Meridian School! The students learn new dances each month and then become our teachers.

Advance registration appreciated. FREE.

Our Voices, Ourselves Group

1st Wednesdays, 10:30am - 11:30am

This group focuses on cultivating and curating our experiential wisdom, both unique and common. Let's talk about influencers and archetypes, the challenging gift of diversity and why we remember events in differing ways. Consider how language, voice and the cultural narrative impact perceptions and more!

No registration required. FREE.

Recreation



Skagit Tulip Festival Outing

Thursday, April 16th from 9:30am - 4pm

It's again time for the Tulip Festival! Join us to see the beautiful flowers and fields of Roozengaarde. After enjoying the tulips we'll check out the nearby PNW Artisan Marketplace at Christianson's Nursery, and finally head to lunch as a group! Price includes admission to Roozengaarde, bring money for lunch or pack your own!

Advance registration required. \$23 members, \$25 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

Postal Service for the Dead

Thursday, April 23rd from 6 - 8pm

Postal Service for the Dead is a collective project where people come together to send letters for people in their lives who have died. Join us to write a letter or create a work of art to honor and communicate with your loved ones. WCSC will provide supplies, stamps and envelopes.

Advance registration required, email register@wallingfordseniors.org. Free, donations are appreciated.

Cinema Termite Movie Days

First Wednesdays of the month at 1:30pm

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

The World is Not Enough (1999) (April 1st)

Soylent Green (1973) (May 6th)

Speed (1994) (June 3rd)

No registration required. FREE.



Silver Kite Performance

Friday, May 1st from 2:30 to 4:00pm

SilverKite Community Arts'® Intergenerational Theatre Company is coming to WCSC! Blending movement, music, and personal narrative, *A Masterpiece* explores identity, aging, and the connections that shape our lives across generations. This unique storytelling experience invites audiences into an intimate performance shaped by the real-life stories, memories, and perspectives of a multigenerational ensemble.

Advance registration appreciated, 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, 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.

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.

Trivia with Raisbeck High School

Thursday April 30th from 1 - 2pm

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.



Play Reading

Thursdays from 1 - 4pm

Join a vibrant group of actors reading through a variety of plays, including Pulitzer award winning and nominated works. This is your chance to be loud and express yourself!

No registration required. FREE.

Recreation

Poetry is Fun Workshop

Fridays, May 8th - June 12th from 2:30 - 3:30pm

Explore your creativity in this six week poetry group! Join Naomi S., a published poet and professional writer, as you respond to poetry, song lyrics, stories and imagery with writing, sharing, and a little art! You don't have to be a poet or writer, and all experience levels are welcome!

Advance 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.

SEA Art Collection Outing

Friday, May 15th from 12:45 - 4pm

Join us for a guided tour of the public art collection at SEA Airport! The Port of Seattle has been an active proponent of public art since the late 1960s, and the first public agency in the region to establish a public art collection. This collection features some of the finest contemporary work in glass, sculpture, photography, painting, and new media. The region's diversity is well-represented through European, all-American, Asian, Northwest Native American, and folk-art influences.

Registration required. \$8 members, \$10 non-members.

Planetarium Outing

Friday, May 22nd from 9:30 - 11:30am

Embark on an astronomical journey at the UW Planetarium! Enjoy an immersive tour of stargazing, storytelling, and cosmic exploration, led by passionate students and astronomy enthusiasts.

Registration required. \$4 members, \$6 non-members.

Weekly Games - See Program Calendar for Times!

- Social Bridge
- Cribbage
- Pinochle
- Chinese Mah Jongg
- Scrabble
- Beginner Bridge
- Rummikub
- Beginner Pinochle

FREE for members, \$3 for non-members.

Seattle Symphony Outing - 1 of 2!

Friday, May 29th from 11am - 2:30pm

We're headed back to the Seattle Symphony! Spend some time in the Jazz Age with a musical feast of George Gershwin. Featuring incredible pieces such as the "Concerto in F", "Porgy and Bess: A Symphonic Picture", and "An American in Paris".

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

Thrifting Outing

Thursday, June 18th from 12:30 - 4pm

Get ready for a thrift store adventure up north! We'll be exploring 3 different thrift stores- Assistance League of Everett, Bella's Voice in Lynnwood, and Magpie in Shoreline. Enjoy browsing, shopping, and supporting these local non-profit shops.

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

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.

Registration required. FREE.

Portugal & Spain Travel Presentation

Tuesday, May 26th from 1 - 2pm

Travel With Anita: Winding Roads and Moorish Stones. Hear all about a whirlwind journey through Portugal and Spain!

Registration appreciated. FREE.



Recreation



Seattle Symphony **Outing - 2 of 2!**

Sunday, June 7th from 1:00 - 4:30pm

We're headed back to the Symphony, for *Let's Misbehave: The Songs of Cole Porter!* Cole Porter's songbook has inspired countless artists across the decades. Join Tony DeSare, Aubrey Logan and John Manzari as they reimagine hits like "I Get a Kick Out of You," "I've Got You Under My Skin," "Anything Goes" and many more.

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

Ireland Travel **Presentation**

Tuesday, June 30th from 1 - 2pm

Travel With Anita: Green Roads and Gaelic Echoes. Join Anita E. to learn about her spirited journey through Ireland!

Advance registration appreciated. FREE.

Social Services

End of Life Paperwork Coaching

First Thursdays of the month from 6pm - 8pm

Looking for an opportunity to complete your end of life paperwork in community? Come with your questions and goals, and we will work on them together! Led by WCSC Social Worker, Denise Malm.

No registration required. FREE.

Personal Safety Nets

Thursdays in June from 1:30 -3:00pm

Join a supportive group to take steps toward putting together YOUR Personal Safety Net. This 4-week workshop with Denise Malm, Social Worker will help you prepare for that inevitable time in the future when you need support. Don't wait until after you need it! By the end of the workshop, you'll have a personal binder with your documentation, resources, preferences, and support system all in one place, as well as a plan of action for future steps. The workshop is limited to 12 participants; we will collect a waitlist for a future workshop.

Advance registration and payment required. Total price for all four weeks is \$40 members, \$60 non-members.

Good Food & Healthy Eating

Mother's Day **Brunch**

Thursday, May 7th from 12:15 - 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!

RSVPs appreciated. \$5 members, \$7 non-members

Free Produce **Pick-Up**

Mondays at 11:30am

WCSC partners with local community food resources to bring free and fresh food access to you! Drop in to our Monday EnhanceFitness program, and stay around to load up and save yourself a trip to the grocery store. No registration required!



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 April, May, June 2026 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9:00 Yoga for Every Body w/ Rich (Zoom)</p> <p>9:15 EnhanceFitness w/ Marilyn</p> <p>10:00 - 12:00 Tech Mentoring by Appt</p> <p>10:30 EnhanceFitness w/ Trudi</p> <p>11:30 Produce Pickup</p> <p>12:00 Community Lunch</p> <p>1:00 Creative Mending (1st & 3rd Mon)</p> <p>1:00 Bingo (2nd Mon)</p> <p>1:00 Death Café (4th Mon)</p>	<p>9:00 Social Bridge</p> <p>9:00 Chair Inspired Gentle Yoga w/ Jen (Hybrid)</p> <p>10:00 - 12:00 Tech Mentoring by Appt</p> <p>10:30 SAIL Seated Fitness w/ Jen (Hybrid)</p> <p>11:00 Cribbage</p> <p>12:00 Community Lunch</p> <p>12:30 Mah Jongg (Chinese)</p> <p>1:00 Pinochle</p> <p>1:00 WCSC Book Club (1st Tues, Hybrid)</p> <p>2:30 Folk Dancing w/ Meridian School (1st Tues)</p> <p>2:30 Men's Group (1st & 3rd Tues)</p> <p>3:55 Qigong (thru April)</p> <p>6:00 Death Café (1st Tues)</p>	<p>9:15 EnhanceFitness w/ Marilyn</p> <p>10:00 Blood Pressure Readings (2nd Wed)</p> <p>10:30 Strength Training</p> <p>10:30 Our Voices, Ourselves (1st Wed)</p> <p>12:00 Toastmasters</p> <p>12:00 Community Lunch</p> <p>1:00 Knitting</p> <p>1:00 Classic Board Games</p> <p>1:30 Cinema Termité Movie Screening (1st Wed)</p> <p>2:00 Watercolor Painting (2nd & 4th Wed)</p> <div style="border: 2px solid orange; border-radius: 15px; padding: 5px; text-align: center;"> <p>Holiday Closures Thurs 4/9, Mon 5/25, Fri 6/19</p> </div>	<p>9:00 Gentle & Accessible Yoga with Jen (Hybrid)</p> <p>9:30 - 12:30 SHIBA Counseling (1st & 3rd Thurs)</p> <p>10:00 Beginner Bridge</p> <p>10:30 SAIL Seated Fitness w/ Jen (Hybrid)</p> <p>12:00 Community Lunch</p> <p>1:00 Play Reading</p> <p>1:00 Rummikub</p> <p>1:00 Talk About Books (4th Thurs)</p> <p>1:00 - 3:00 Tech Support</p> <p>1:30 Personal Safety Nets (June)</p> <p>2:30 Writer's Workshop</p> <p>6:00 End of Life Paperwork Coaching (1st Thurs)</p>	<p>9:00 Yoga for Every Body with Jen (Zoom)</p> <p>9:15 Strength Training</p> <p>9:00 Foot Care by Appt (2nd & 4th Fri)</p> <p>10:30 EnhanceFitness w/ Mish Mish</p> <p>11:00 Puzzles & Plants (Zoom)</p> <p>12:00 Community Lunch</p> <p>12:30 Mah Jongg (Chinese)</p> <p>1:00 EnhanceFitness w/ Novella</p> <p>1:00 - 3:00 Tech Mentoring by Appt</p> <p>2:30 Poetry is Fun (5/8 - 6/12)</p>

April Special Events: **W 1st:** 1:30pm, Movie Day: *The World Is Not Enough*, **M 6th:** 2pm, Book Reading, **W 8th:** 3:30pm, Membership Advisory Forum, **T 14th:** 1pm, Amazing Gen Z in Nepal, **Th 16th:** 9:30am, Tulip Festival Outing, **F 17th:** 6pm Spaghetti Dinner, **W 22nd:** 3:30pm, UW Tax Clinic Presentation, **Th 23rd:** 6pm, Postal Service for the Dead, **Th 30th:** 1pm, Trivia w/ Ratsbeck HS

May Special Events: **F 1st:** 2:30pm, Silver Kite Performance, **W 6th:** 1:30pm, Movie Day: *Soylent Green*, **Th 7th:** 12:15pm, Mother's Day Brunch, **T 12th:** 1pm, National Parks Presentation, **F 15th:** 12:45pm, SEA Art Outing, **W 20th:** 1:30pm, Demystifying Your Medical Bills, **F 22nd:** 9:30am, Planetarium Outing, **T 26th:** 1pm, Portugal & Spain Travel Presentation, **F 29th:** 11am, Symphony Outing

June Special Events: **W 3rd:** 1:30pm, Movie Day: *Speed*, **Sun 7th:** 1pm, Symphony Outing, **T 9th:** 1pm, ICHS Presentation, **Th 18th:** 12:30pm, Thrifting Outing, **T 23rd:** 1:30pm, "Behind the Curtain" of AI, **T 30th:** 1pm, Ireland Travel 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

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

