

# THE SUNNYSIDER

Quarterly Newsletter of the  
Wallingford Community Senior Center

July - September 2026



*WCSC members enjoying a guided tour of the Central Library!*

## A Special Place

When I think of the things that truly make WCSC special, it always starts and ends with the people. Every day, I see members welcoming newcomers, sharing their lives and talents, and opening themselves to new possibilities. Relationships, new and old, are our greatest strength.

This past spring, for the first time in many years we did not reach our fundraising goal. I have been reflecting on the opportunities and challenges before us, and this triggered an important conversation between myself, the Board of Directors and staff. How can we creatively sustain and grow the work that matters so much to our community? How can we leverage our greatest strength to achieve this?

**We now call on you to think differently about engagement and support.**

We are actively exploring new ways to enroll members as ambassadors for the Center: sharing our story with friends and neighbors, participating to achieve Center goals, and playing a more active role in ensuring that WCSC continues to thrive. Fundraising is part of that effort, but so is outreach, advocacy, and simply helping others discover the value of belonging. I am joined in this effort by our Fundraising and Outreach Committee, volunteers working fastidiously to contribute expertise and time towards this mission.

4649 Sunnyside Ave N Suite 140 Seattle, WA 98103

Hours: Monday - Friday, 9AM - 5PM

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

I am optimistic about what lies ahead because I believe deeply in this community. There are certainly challenges to face, but let us not face these challenges without standing beside the wisdom, commitment, and generosity of the people who make this Center what it is. In the coming months, you'll hear more about opportunities to get involved, to share your ideas, and help shape our next chapter – from members, staff, and others alike. Please let us know if you would like to contribute towards this initiative - I would love to hear from you directly at any time.

Thank you for everything you already do to support one another and this organization. Together, we can make WCSC a leading resource for older adults to live happy, healthy, and engaged lives.

With Gratitude,

Rachel Collier, Executive Director

## Get Involved!

Join us this fall for our signature annual fundraiser, the “*WCSC Fall Reception: Golden Thread - Honoring Wisdom and the Ties That Bind Us*”. Enjoy an evening of delicious food and drink, live music, and an exciting auction, all while celebrating the invaluable contributions of older adults in our community.

Together, we'll support the Center's vital programs, strengthen community connections across generations, and reaffirm the wisdom, dignity, and vitality that older adults bring to our lives. We hope you'll be part of this special evening.

September 19th, 2026

Tickets start at \$40

[www.wallingfordseniors.org/fallreception](http://www.wallingfordseniors.org/fallreception)



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 July 8th from 3:30pm to 4:30pm.**

## The Pasta-bilities are Endless!

Bring your friends and family to our quarterly Spaghetti Dinner fundraiser! Enjoy a delicious meal that helps support all of 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 Friday, July 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.



# Summer 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

### Yoga For Healthy Aging w/ Jen

*Tuesdays (hybrid, chair only), Thursdays (hybrid), and Fridays (Zoom) from 9 - 10:15am*

Jen's Yoga For Healthy Aging classes offer a refreshing and playful blend of focus on strength and flexibility, balance and agility, cardiovascular and brain health, and stress management. Each practice is taught through an accessible lens and offers variations, props, and supportive options for your added safety and comfort. Students are not required to move onto the floor for class-- other options are available! All levels of experience welcome!

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

### 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.**



### 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 Rachel H. - new instructor!
- Wednesdays at 9:15am with Marilyn
- Fridays at 10:30am with Mish Mish
- Fridays at 1:15pm with Novella - updated time!

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

### Strength Training

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

This class focuses on strengthening the major muscles throughout the body, utilizing free weights, 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.**

### SAIL Seated Fitness (Hybrid)

*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.**

## Education

### Senior Property Tax Exemption Program Presentation

Tuesday, July 14th from 1 - 2pm

The King County Assessor will be here to discuss the Senior Property Tax Exemption Program, including the recent limit increases for 2026! This program provides property tax reductions for eligible seniors and disabled homeowners, and we will be discussing eligibility requirements, the application process, and an overview of the different exemption levels and how they reduce property taxes.

Advance registration appreciated. FREE.

### Writers' Workshop - New Day & Time!

Wednesdays from 1:30 - 2:30pm

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.



### Seattle Library Levy Presentation

Tuesday, July 21st from 1 - 2pm

The Seattle Library Levy is up for renewal this summer—join the Seattle Public Library Foundation to learn about the levy and have your questions answered! The library is one of the most-loved and most-used institutions in Seattle, serving 430,000 residents and offering a variety of programs and services to the wider community.

Advance registration appreciated. FREE.

### Set in Seattle Presentation

Tuesday, August 18<sup>th</sup> from 1 - 2pm

From *Tugboat Annie* to *Sleepless in Seattle*, Seattle has a long history as a place to set a story, film a story, or even both! Join Kris to talk about the legacy Seattle has left on film, what it says about our city, what it leaves out, and explore Seattle through the lens of how the rest of the world sees us. Kris Hambrick is a twenty-year Seattle resident with professional experience in the arts, theater, and film communities. She has taught film history at Seattle International Film Festival, The Creative Retirement Institute, and more!

Advance registration appreciated. FREE.

### Gold Fever: The Stampede to the Klondike Presentation

Thursday, September 3<sup>rd</sup> from 1 - 2pm

In 1896 in a small stream in the remote Klondike wilderness of Canada's Yukon, miners found gold flakes that would ignite one of the greatest stampedes of fortune seekers the world has known. Retired National Park Service ranger, Pat Pilcher, will present the story of this epic event and how Seattle played a crucial role in this remarkable chapter of Northwest history.

Advance registration appreciated. 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.

### Tech Support Drop-in Hours

Mondays and Thursdays 2 - 4pm

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

No registration required. FREE.



### Puzzles & Plants

Fridays from 11am - noon on Zoom

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

Advance registration required for first time. FREE.

### Civic Coffee w/ Age Friendly Seattle

Tuesday, August 25<sup>th</sup> from 1 - 2pm

Age Friendly Seattle hosts monthly Civic Coffee events in partnership with The Seattle Public Library. These are opportunities for older adults to gather and learn about a topic from local experts. More info to come, view more about Civic Coffee at: <https://www.seattle.gov/age-friendly/events>

Advance registration appreciated. FREE.

## Education



### Garden Hospitality Presentation

Tuesday, September 15<sup>th</sup> from 1 - 2pm

Did you know your yard could host up to 50 species of birds? It's a zoo out there, once you pay attention! Join Penny, a Master Gardener, Master Birder and animal behaviorist with Birds Connect Seattle, to learn about these neighbors we share our lives with. Listen to bird songs and talk about how to create inviting landscapes that are safe for everyone.

**Advance registration appreciated. FREE.**



## Recreation

### DANCE This Performance Outing

Friday, July 10<sup>th</sup> from 12:15pm - 3pm

Now in its 28th year, Seattle Theatre Group's signature dance program, *DANCE This* brings together youth & adult performers from diverse communities across the area to share their culture and talent through the art of dance. Come enjoy this unique performance at the historic Moore Theatre!

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

### 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.**

### Frye Art Museum Outing

Wednesday July 29<sup>th</sup> from 1pm - 3pm

We're getting a guided tour of The Frye Art Museum! The Frye's collection of oil paintings reflects the distinctive vision of the museum's founders, celebrating late-nineteenth and early-twentieth-century European and American art. Their collection has grown over the years to explore contemporary works and embrace previously underrepresented perspectives.

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

### Our Voices, Ourselves Group

1<sup>st</sup> Wednesdays, 10:30am - 11:30am

This group focuses on cultivating and curating our experiential wisdom, both unique and common. Consider how language, voice and the cultural narrative impact perceptions and more!

**No registration required. FREE.**

### Knitting Circle

Every Wednesday at 1pm

Grab your knitting needles and come knit at WCSC!  
No registration required, free!

### Monthly Bingo

2<sup>nd</sup> Mondays from 1-3pm

Join us for bingo, fun, and prizes! No registration required, free!



## Outings w/ SDOT and Hopelink!

Seattle Department of Transportation's Transit Education Program is designed to empower older adults with essential transit skills including managing ORCA cards, navigating options, and mastering transit-riding abilities. These transit-oriented field trips are being offered for FREE thanks to SDOT and Hopelink, and include lunch and transit costs. We will meet at WCSC in the morning and navigate to our destinations as a group- more specific details coming soon!

Thursday July 23<sup>rd</sup> - Crosslake Connection light rail to Bellevue

Thursday August 13<sup>th</sup> - Water Taxi to Alki Beach

Wednesday September 16<sup>th</sup> - Guided walking tour of the Seattle Waterfront

**Advance registration required. FREE.**

## Recreation

### WCSC Book Club

*First Tuesdays, 1 - 2pm, Hybrid*

This group of readers explores and discusses a new book each month. Members of the club vote on the selections, so you know you'll be reading books you enjoy!

**Book club is currently at capacity. If interested in joining please email [register@wallingfordseniors.org](mailto:register@wallingfordseniors.org)**

### Museum of History and Industry Outing

*Thursday, August 6th from 9:30am - 12:30pm*

MOHAI is one of only eight venues across the country that will host the *Freedom Plane National Tour: Documents That Forged a Nation* this summer, in recognition of the nation's 250th anniversary. View these historical records before they return to the National Archives vaults, as well as the rest of the museum's engaging exhibits!

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



### Sea Mar Fiestas Patrias Outing

*Saturday, September 19th from 12 - 3pm*

Sea Mar Fiestas Patrias commemorates the independence of Latin American countries, many of which celebrate their national independence day in the month of September. Join us on an outing to Seattle Center to experience this festival and enjoy delicious traditional Latin American food and cooking demonstrations, live music, traditional folk dance performances, and more!

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

### Folk Music Performance

*Monday, September 21<sup>st</sup> from 1:30 - 3pm*

David Collier and Diane Chodkowski have been making music and a life together for over 10 years and are overjoyed to be performing for WCSC again! This duo brings a variety of original songs: some straight-up folk, jazzy tunes that feel like standards, a bit of bluegrass, and some sea-songs. Featuring a new album and even newer songs!

**Advance registration appreciated. Free, donations appreciated.**

### 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: *Stand By Me* (7/1), *Citizen Kane* (8/5) and *Legend of Drunken Master* (9/2).

**No registration required. FREE.**



### Men's Group

*1<sup>st</sup> and 3<sup>rd</sup> 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!

### Bellevue Arts in the Garden Outing

*Friday, August 28th from 1:30 - 4:30pm*

Join us for the Bellevue Botanical Garden's annual Arts in the Garden event! Along with their always beautiful cultivated gardens and collections, discover 25 unique artists and a wide variety of 3-D garden art among the flowerbeds and woodlands.

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

### Watercolor Group

*2nd and 4th Wednesdays from 2 to 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, feel free to bring your own.

**Advance registration appreciated. FREE.**



### Play Reading

*Thursdays from 1 - 4pm*

Join a vibrant group of actors reading through various plays, including many Pulitzer award winning and nominated works. This is your chance to be loud and express yourself! No registration required, free!

### Washington State Fair Outing

*Thursday, September 24th from 10am - 4:30pm*

It's time for our annual trip to the Washington State Fair! Enjoy music, exhibits, animals and more!

**Advance registration required. \$20 members, \$22 non-members.**

## Recreation

### 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.**

### 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.**

## Social Services



### SHIBA Medicare Counseling

*First and third Thursdays between 9:10am and 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.**

### End of Life Paperwork Coaching

*Thursdays July 2nd and August 6th 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.**

## Good Food & Healthy Eating

### Ethiopian New Year Celebration

*Friday, September 11th from noon - 1pm*

Celebrate Ethiopian New Year! We will have traditional Ethiopian food for lunch, a display of authentic dresses, and Kidi will be performing the Ethiopian coffee ceremony.

**Advance registration appreciated. \$6 members, \$8 non-members; free to celebrate without eating lunch.**

### Summer BBQ Birthday Lunch

*Friday, July 31st from noon - 1pm*

Let's bask in the joy of these long summer days with a barbecue! Enjoy some classic BBQ staples and celebrate July's birthdays all in one fun lunch get-together.

**Advance registration appreciated. \$6 members, \$8 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. 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. Join us on the last Friday of the month for Birthday Lunch. Members celebrating their birthday month eat for free, and enjoy cake, music and celebration abound!

Go online to [www.wallingfordseniors.org/community-lunch](http://www.wallingfordseniors.org/community-lunch) or scan the QR code to view this month's menu.



# WCSC July, August, September 2026 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>9:00</b> Yoga for Every Body (Zoom)</p> <p><b>9:15</b> EnhanceFitness w/ Marilyn</p> <p><b>10:00 - 12:00</b> Tech Mentoring by Appt</p> <p><b>10:30</b> EnhanceFitness w/ Rachel H.</p> <p><b>11:30</b> Produce Pickup</p> <p><b>12:00</b> Community Lunch</p> <p><b>1:00</b> Bingo (2<sup>nd</sup> Mon)</p> <p><b>1:00</b> Death Café (4<sup>th</sup> Mon)</p> <p><b>2:00 - 4:00</b> Tech Support</p>	<p><b>9:00</b> Social Bridge</p> <p><b>9:00</b> Chair Inspired Gentle Yoga w/ Jen (Hybrid)</p> <p><b>10:00 - 12:00</b> Tech Mentoring by Appt</p> <p><b>10:30</b> SAIL Seated Fitness w/ Jen (Hybrid)</p> <p><b>11:00</b> Cribbage</p> <p><b>12:00</b> Community Lunch</p> <p><b>12:30</b> Mah Jongg (Chinese)</p> <p><b>1:00</b> Pinochle</p> <p><b>1:00</b> WCSC Book Club (1<sup>st</sup> Tues, Hybrid)</p> <p><b>2:30</b> Men's Group (1<sup>st</sup> &amp; 3<sup>rd</sup> Tues)</p> <p><b>6:00</b> Death Café (1<sup>st</sup> Tues)</p>	<p><b>9:15</b> EnhanceFitness w/ Marilyn</p> <p><b>10:00</b> Blood Pressure Readings (2<sup>nd</sup> Wed)</p> <p><b>10:30</b> Strength Training w/ Marilyn</p> <p><b>10:30</b> Our Voices, Ourselves (1<sup>st</sup> Wed)</p> <p><b>12:00</b> Toastmasters</p> <p><b>12:00</b> Community Lunch</p> <p><b>1:00</b> Knitting</p> <p><b>1:00 - 3:00</b> Tech Mentoring by Appt</p> <p><b>1:00</b> Classic Board Games</p> <p><b>1:30</b> Writer's Workshop</p> <p><b>1:30</b> Cinema Ternite Movie Screening (1<sup>st</sup> Wed)</p> <p><b>2:00</b> Watercolor Painting (2<sup>nd</sup> &amp; 4<sup>th</sup> Wed)</p>	<p><b>9:00</b> Yoga for Healthy Aging w/ Jen (Hybrid)</p> <p><b>9:10 - 12:30</b> SHIBA Counseling (1<sup>st</sup> &amp; 3<sup>rd</sup> Thurs)</p> <p><b>10:00</b> Beginner Bridge</p> <p><b>10:30</b> SAIL Seated Fitness w/ Jen (Hybrid)</p> <p><b>12:00</b> Community Lunch</p> <p><b>1:00</b> Play Reading</p> <p><b>1:00</b> Rummikub</p> <p><b>1:00</b> Talk About Books (4<sup>th</sup> Thurs)</p> <p><b>2:00 - 4:00</b> Tech Support</p>	<p><b>9:00</b> Yoga for Healthy Aging w/ Jen (Zoom)</p> <p><b>9:00</b> Foot Care by Appt (2<sup>nd</sup> &amp; 4<sup>th</sup> Fri)</p> <p><b>9:15</b> Strength Training w/ Marilyn</p> <p><b>10:30</b> EnhanceFitness w/ Mish Mish</p> <p><b>11:00</b> Puzzles &amp; Plants (Zoom)</p> <p><b>12:00</b> Community Lunch</p> <p><b>12:30</b> Mah Jongg (Chinese)</p> <p><b>1:00 - 3:00</b> Tech Mentoring by Appt</p> <p><b>1:15</b> EnhanceFitness w/ Novella</p>
<p><b>Holiday Closures</b> Fri 7/3, Mon 9/7</p>				

**July Special Events:** **W 1<sup>st</sup>:** 1:30pm, Movie Day: *Stand By Me*, **Th 2<sup>nd</sup>:** 6pm, End of Life Paperwork Coaching, **W 8<sup>th</sup>:** 3:30pm, Membership Advisory Forum, **F 10<sup>th</sup>:** 12:15pm, DANCE This Outing, **T 14<sup>th</sup>:** 1pm, Tax Assessor Meeting, **F 17<sup>th</sup>:** 6pm, Spaghetti Dinner, **T 21<sup>st</sup>:** 1pm, Library Levy Presentation, **Th 23<sup>rd</sup>:** 10am, Bellevue Light Rail Outing, **W 29<sup>th</sup>:** 1pm, Frye Art Museum Outing, **F 31<sup>st</sup>:** 12pm Summer BBQ

**August Special Events:** **W 5<sup>th</sup>:** 1:30pm, Movie Day: *Citizen Kane*, **Th 6<sup>th</sup>:** 9:30am, MOHAI Outing, **Th 6<sup>th</sup>:** 6pm, End of Life Paperwork Coaching, **Th 13<sup>th</sup>:** 10am, Water Taxi Outing, **T 18<sup>th</sup>:** 1pm, Set in Seattle Presentation, **T 25<sup>th</sup>:** 1pm, Civic Coffee, **F 28<sup>th</sup>:** 1:30pm, Arts in the Garden Outing

**September Special Events:** **W 2<sup>nd</sup>:** 1:30pm, Movie Day: *Legend of Drunken Master*, **Th 3<sup>rd</sup>:** 1pm, Stampedo to the Klondike Presentation, **F 11<sup>th</sup>:** 12pm, Ethiopian New Year, **T 15<sup>th</sup>:** 1pm, Garden Hospitality Presentation, **W 16<sup>th</sup>:** 10am, Seattle Waterfront Outing, **Sat 19<sup>th</sup>:** 12pm, Sea Mar Fiestas Patrias Outing, **Sat 19<sup>th</sup>:** 6pm, Fall Reception, **M 21<sup>st</sup>:** 1:30pm, Folk Music Performance, **Th 24<sup>th</sup>:** 10am, WA State Fair Outing