

THE SUNNYSIDER

Quarterly Newsletter of the
Wallingford Community Senior Center
October - December 2026



Our second annual Ethiopian New Year celebration was filled with tasty food, strong coffee, and great conversation!

Let's Do This!

I recently asked those in our community to think in new ways about engagement and support, and what a delight the response has been! Many have approached me with an offer, a suggestion, a resource – and we have been challenged in turn to consider, reason, and apply these offerings to needs as they arise and change. On behalf of our community members, all of whom benefit from your consideration: Thank You! Let's keep this energy going!

We have welcomed a wonderful group of ambassadors who have helped us spread the word about our mission and bring new energy and synergy to our efforts. WCSC Ambassadors have connected with businesses and received much support for our auction and annual event The Fall Reception, held on September 19th. Others connected with the community throughout most of the summer at the Farmer's Market, letting people know about things like Spaghetti Dinner, the Fall Reception, and the role and importance of our senior center in their community. *(continued on next page)*

4649 Sunnyside Ave N Suite 140 Seattle, WA 98103

Hours: Monday - Friday, 9AM - 5PM

(206) 461-7825 | wallingfordseniors.org

These efforts are helping us to enroll the wider community in our mission, to bring more people into our community, and to create new opportunities to support the future of WCSC - this while maintaining and developing the WCSC programming you know and love, and working steadily to make improvements that strengthen our center and enhance the experience for everyone who walks through our doors.

Most importantly, we want you to know how grateful we are to have every member, participant, and supporter as part of this community. Every word of encouragement, every act of support, and each attendance at every program and event helps us to continue providing this “special place” - where folks can make new connections, stay active in community, and experience inclusion and belonging right here in Wallingford. Thank you for standing with us and joining us as we strive to make the Wallingford Community Senior Center a leading resource for older adults.

Warmly,



Rachel Coller, Executive Director

Thanksgiving Luncheon & Annual Membership Meeting

Thursday, November 19th from 12 - 2:30pm
Your membership matters! Join us for our annual Thanksgiving meal and 2026 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 required- limited seats available.

Membership Advisory Forum

Wednesday, 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.

Time for a Reset-ti? Try Some Spaghetti!

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 16th 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

- **PSE's Home Energy Lifeline Program (HELP):** Puget Sound Energy has resources and options if you need energy bill assistance.
<https://www.pse.com/en/account-and-billing/assistance-programs>
- **Health Related Social Needs (HRSN):** The HRSN program through Aging and Disability Services allows qualifying Medicaid enrollees to receive non-medical services to needs that can contribute to poor health. Learn more:
<https://www.agingkingcounty.org/help-information/health-related-social-needs-services-hrsn/> or call **(833) 453-0336**.
- **Property tax reduction:** King County offers a property tax exemption that can reduce property taxes by 30% to 90% and freeze your home's valuation for eligible seniors. Email Exemptions.Assessments@kingcounty.gov or call **206-296-3920** for more information.



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 in advance at 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!

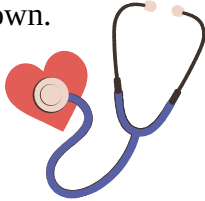
Advance registration required for online participation. \$8 for members and non-members.

Zoom Yoga For Every Body w/ Rich

Mondays from 9 - 10:15am on Zoom

Rich likes to build a little heat during class while offering an hour that centers, invigorates, aligns, stabilizes and then calms you back down.

\$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.

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.**
- Wednesdays at 9:15am **with Marilyn**

- Fridays at 10:30am **with Mish Mish**
- Fridays at 1:15pm **with Novella**

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!

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

Health & Wellness

Health Fairs with PLU Nursing School

Mondays October 19th, October 26th, November 2nd, & November 9th from 9:30am - 12:30pm

Nursing students from Pacific Lutheran University will be hosting four free Health Fairs at WCSC! Each week this group of nursing students will be providing health assessments, checking vital signs and blood pressure, and offering health education and resources.

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.

Education

How Whiskey Won Washington Presentation

Thursday, October 1st from 1pm - 2pm

Washington has a mixed history with liquor, with efforts to ban or restrict it dating back to 1854, and “blue laws” remained on the books well into the twentieth century. How did whiskey inspire both trouble and innovation? How did its import by settlers affect Indigenous communities and other groups? And how did whiskey play a role in the very creation of our state? Join author and journalist Becky Garrison as she distills the history of the barrel and the bottle in our state.

This presentation is part of Humanities Washington's Speakers Bureau program, in which cultural experts discuss history, politics, music, philosophy, and everything in between.

Advance registration appreciated. FREE.

2026 Medicare Enrollment Presentation

Friday, October 2nd from 2:30 - 4:00pm

Larry from the Statewide Health Insurance Benefits Advisors (SHIBA) will be here to discuss Medicare Open Enrollment before the period opens on October 15th. This presentation is for people already on Medicare who are interested in or planning to make changes to their plan for the next year during open enrollment.

Advance registration appreciated. FREE.

Tech Support Drop-in Hours

Mondays & Thursdays 2 - 4pm

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

No registration required. FREE.



Writers' Workshop

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.



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 program!

Advance registration required. FREE.

Education

Hands-Only CPR Class

Monday, October 19th from 1pm - 2pm

Join community member and registered nurse, Sarah M., for a free CPR class! Sarah will teach participants how to respond to a person experiencing a cardiac emergency using the Hands-Only CPR method utilized by the American Heart Association. Learn about cardiac arrest and have the opportunity to simulate responding to a cardiac arrest witnessed either at home or in the community. All physical ability and health literacy levels are welcome, no formal certification will be earned in the class. Learn something new, or come to refresh your life-saving knowledge!

Advance registration appreciated. Free.

Home Energy Savings Workshop

Wednesday November 18th from 1:30 - 2:30pm

Join Kambo Energy Group for an interactive workshop focused on practical ways to save energy and lower household utility costs. Learn simple energy-saving strategies, explore available utility assistance and home energy support programs, and connect with resources to help make your home more energy efficient.

Advance registration appreciated. FREE.

Personal Safety Training

Wednesday, December 16th from 1:30 - 3:30pm

This Personal Safety training from the Crime Prevention unit with the Seattle Police Department will focus on aspects of safety such as awareness, trusting our instincts, how to stay safe in different situations, and more. This is not a self-defense class or a de-escalation course, but rather an opportunity to learn proactive tips to enhance your personal safety!

Advance registration appreciated. FREE.

Recreation



Smith Tower Outing w/ SDOT and Hopelink

Thursday October 8th from 10:00am - 2:30pm

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. Visit and learn about the iconic Smith Tower, followed by lunch at Tat's Deli!

Advance registration required. FREE.

Seattle Symphony Outing - 1 of 2!

Sunday, October 4th from 1 - 4:30pm

We're headed back to the Seattle Symphony, for *Ennio Morricone: The Official Symphonic Experience*! Immerse yourself in the world of legendary Oscar-winning composer Ennio Morricone, with musical selections from film scores such as *Cinema Paradiso*, *The Mission*, *The Hateful Eight*, *Once Upon a Time in the West* and more. This program blends live symphonic performance with curated film clips and exclusive interviews with actors and directors.

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

Julie Cascioppo Book Event

Tuesday, October 13th from 1:30 - 2:30pm

Join WCSC member Julie as she discusses her memoir, *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.

Knitting Circle

Grab your knitting needles and come knit at WCSC! Every Wednesday at 1pm. No registration required, free!

Bingo

Join us for bingo, fun, and prizes! Every 2nd Monday of the month from 1 to 3pm. No registration required, free!

Recreation

Woodland Park Zoo **Outing**

Wednesday, October 21st from 9:45am - 1:30pm

We have a guided tour of the Woodland Park Zoo's new Forest Trailhead exhibit! From the forest floor to a sky-high canopy trail, we will meet the wildlife icons of forest conservation including tree kangaroos, red panda, kea and nearly 20 species of reptiles, amphibians and fish. There are a limited number of spots available to meet us at the zoo instead of taking the van- email register@wallingfordseniors.org for more info!

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

Play Reading

Thursdays from 1 - 4pm

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

Talk About Books

Thursdays October 22nd and December 3rd 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!

Halloween Party & **Costume Contest**

Thursday, October 29th from 1:00pm to 2:00pm

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.

Our Voices, Ourselves **Group**

1st 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.

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 or feel free to bring your own.

Advance registration appreciated. 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: *The Incredible Shrinking Man* (10/7), *Ghost* (11/4) and *Die Hard* (12/2).

No registration required. FREE.



Cascadia Art Museum **Outing**

Friday, November 6th from 1 - 3:30pm

Cascadia Art Museum provides enriching experiences for the community through original exhibitions, public programs, publications and educational outreach. Join us for a guided tour of the museum to learn about local Northwest art history!

Advance registration required. \$14 members, \$16 non-members.

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. *There will not be a Death Cafe on Monday 12/28.*

Advance registration required. FREE.

Men's Group

1st and 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!

Recreation

Raging Grannies Performance

Thursday, November 12th from 1pm - 2pm

Come hear the Seattle Raging Grannies (SRGs)! The SRGs are a beloved Seattle institution often found at protests and other events, and have been singing for 30 years! In the tradition of wise women elders, the mission of the SRGs is to promote global peace, justice, social and economic equality by raising public awareness through the medium of song, humor and education. The concert will be about 20 minutes, followed by a discussion.

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.

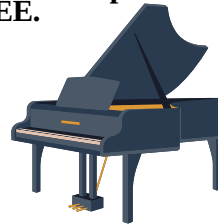
Advance registration required for first time. FREE.

Seattle Symphony Outing - 2 of 2!

Sunday, November 15th from 1 - 4:30pm

Let's enjoy Tchaikovsky's First Piano Concerto and Zarathustra! Feel the full might of the orchestra with Tchaikovsky's beloved masterpiece, a grand display of Romantic virtuosity that draws on Ukrainian, French and Russian folk and popular song. Then, the orchestra tackles Strauss' landmark tone poem, Also sprach Zarathustra, based on Friedrich Nietzsche's philosophical work of the same name. RSVPs required, \$6 for members, \$8 for nonmembers.

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



Holiday Party & Cookie Exchange

Tuesday, December 22nd from 4 - 5pm

Our annual holiday celebration, with live music from Patti Dean! Drop off home-made cookies by 3:45pm on Tuesday 12/22, then choose from available cookies from 4:00pm – 5:00pm. Decorate cookies and enjoy hot chocolate to get into the holiday spirit!

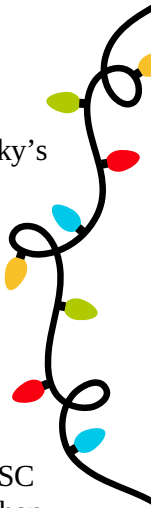
No registration required. FREE.

Holiday Lights Outing

Tuesday, December 22nd 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.



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.

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.

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 15th and December 7th, our SHIBA volunteer will be offering extra appointments for the Medicare open enrollment period. Appointments will be available every Monday afternoon from 1pm to 5pm, every Thursday morning from 9:10am to 12:55pm, as well as a few extra Fridays! Be sure to schedule your appointment in advance as we do tend to fill up!

Advance registration required. FREE.

Speaking of Dying Screening & Discussion

Thursday, November 5th from 1:30 - 3:00pm

Join us for a screening of the film "Speaking of Dying", followed by a facilitated discussion with Denise Malm, LICSW

Fear of dying is most often fear of the unknown, and due to this fear far too many of us die in ways we would not wish to. The documentary "Speaking of Dying" demonstrates the value of end of life planning and dying well, capturing the voices and stories of people becoming comfortable speaking of dying. The film reveals the complexities of end-of-life choices in today's medical environment, while also demonstrating resources and empowering attitudes.

Advance registration appreciated. FREE!



Good Food & Healthy Eating

Veteran's Day Lunch

Friday, November 13th from noon - 1pm

Join us for a special lunch to help us celebrate our community's veterans and their families!

Advance registration appreciated. \$6 for members, \$8 for non-members, veterans eat 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.

Holiday Afternoon Tea

Tuesday, December 29th from 1:30 - 3pm

Enjoy tea and snacks as we learn about British New Year's 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. \$8 for members, \$10 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 or scan the QR code.



WCSC October, November, December 2026 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Yoga for Every Body w/ Rich (Zoom) 9:15 EnhanceFitness w/ Marilyn 9:30 Health Fair (10/19, 10/26, 11/2, 11/9) 10:30 EnhanceFitness w/ Rachel H. 11:30 Produce Pickup 12:00 Community Lunch 1:00 Bingo (2nd Mon) 1:00 Death Café (4th Mon) 2:00 - 4:00 Tech Support	9:00 Social Bridge 9:00 Chair Inspired Gentle Yoga w/ Jen (Hybrid) 10:00 - 12:00 Tech Mentoring by Appt 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 (1st Tues, Hybrid) 2:30 Men's Group (1st & 3rd Tues) 6:00 Death Café (1st Tues)	9:15 EnhanceFitness w/ Marilyn 10:00 Blood Pressure Readings (2nd Wed) 10:30 Strength Training w/ Marilyn 10:30 Our Voices, Ourselves (1st Wed) 12:00 Toastmasters 12:00 Community Lunch 1:00 Knitting 1:00 - 3:00 Tech Mentoring by Appt 1:00 Classic Board Games 1:30 Writer's Workshop 1:30 Cinema Termite Movie Screening (1st Wed) 2:00 Watercolor Painting (2nd & 4th Wed)	9:00 Yoga for Healthy Aging w/ Jen (Hybrid) 9:10 SHIBA Counseling (1st & 3rd Thurs) 10:00 Beginner Bridge 10:30 SAIL Seated Fitness w/ Jen (Hybrid) 12:00 Community Lunch 1:00 Play Reading 1:00 Rummikub 2:00 - 4:00 Tech Support	9:00 Yoga for Healthy Aging w/ Jen (Zoom) 9:00 Foot Care by Appt (2nd & 4th Fri) 9:15 Strength Training w/ Marilyn 10:00 Beginner Pinochle 10:30 EnhanceFitness w/ Mish Mish 11:00 Puzzles & Plants (Zoom) 12:00 Community Lunch 12:30 Mah Jongg (Chinese) 1:00 - 3:00 Tech Mentoring by Appt 1:15 EnhanceFitness w/ Novella

October Special Events: **Th 1st:** 1pm, Humanities W/A Presentation, **F 2nd:** 2:30pm, Medicare Open Enrollment Presentation, **Sun 4th:** 1pm, Seattle Symphony Outing, **W 7th:** 1:30pm, Movie Day: *The Incredible Shrinking Man*, **Th 8th:** 10am, Smith Tower Outing, **T 13th:** 1:30pm, Julie Book Reading, **W 14th:** 3:30pm, Membership Advisory Forum, **F 16th:** 6pm, Spaghetti Dinner, **M 19th:** 1pm, CPR Class, **W 21st:** 10am, Woodland Park Zoo Outing, **Th 22nd:** 1pm, Talk About Books Group, **Th 29th:** 1pm, Halloween Party & Costume Contest

November Special Events: **W 4th:** 1:30pm, Movie Day: *Ghost*, **Th 5th:** 1:30pm, Speaking of Dying Screening, **F 6th:** 1pm, Cascadia Art Museum Outing, **Th 12th:** 1pm, Raging Grannies Performance, **F 13th:** 12pm, Veteran's Day Lunch, **Sun 15th:** 1pm, Seattle Symphony Outing, **W 18th:** 1:30pm, Home Energy Savings Presentation, **Th 19th:** 12pm, Thanksgiving Luncheon & Annual Membership Meeting

December Special Events: **W 2nd:** 1:30pm, Movie Day: *Die Hard*, **Th 3rd:** 1pm, Talk About Books Group, **W 16th:** 1:30pm, Personal Safety Training, **T 22nd:** 4pm, Holiday Party & Cookie Exchange, **T 22nd:** 5:30pm, Holiday Lights Outing, **T 29th:** 1:30pm, Holiday Tea

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
- John Luethe
- 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

