



Wallingford Community Senior Center April 2019 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
1	2	3	4	5	6/7
8a – Yoga For Every Body 9a – Foot Care 9:30a – Enhance Fitness 10:30a – Enhance Fitness 1p – Medicare Presentation 2:30p – L.I.F.E Discussion Group	8:45a – Social Bridge 12p – Community Lunch 12:30p – Mah Jongg 1p – Book Group	9a – Senior Rights Assistance 9:30a – Enhance Fitness 10:30a – Enhance Fitness 12p – Community Lunch 12:30p – Scrabble 1p – Knitting Circle 1p – Both Sides Now	8:45a – Duplicate Bridge 2p – Job Search Roundtable Discussion 6p – Secret Senior Art Society	8a – Yoga For Every Body 10:30a – Enhance Fitness 12p – April Birthday Lunch 12:30p – Mah Jongg 1:30p – Green Lake Loopers	
8	9	10	11	12	13/14
8a – Yoga For Every Body 9a – Foot Care 9:30a – Enhance Fitness 10:30a – Enhance Fitness 1p – Self-Defense & Personal Safety 2p – L.I.F.E Discussion Group	8:45a – Social Bridge 12p – Community Lunch 12:30p – Mah Jongg 2:30p – Men’s Club	9:30a – Enhance Fitness 10:30a – Enhance Fitness 12p – Community Lunch 12:30p – Scrabble 1p – Knitting Circle 1:30p – Social Justice 101 TED Talk	8:45a – Duplicate Bridge 2p – Job Search Roundtable Discussion 7p – Death Café	8a – Yoga For Every Body 10:30a – Enhance Fitness 12p – Community Lunch 12:30p – Mah Jongg 1:30p – Green Lake Loopers 1:30p – Tips to Sell Your Home 2p – Financial Consultations	
15	16	17	18	19	20/21 Saturday
8a – Yoga for Every Body 9:30a – Enhance Fitness 10:30a – Enhance Fitness	8:45a – Social Bridge 12p – Community Lunch 12:30p – Mah Jongg	9:30a – Enhance Fitness 10:30a – Enhance Fitness 12p – Community Lunch w/ Meridian School 12:30p – Scrabble 1p – Knitting Circle 3:30p – Movie with Scarecrow Video: <i>Destry Rides Again</i>	8:45a – Duplicate Bridge 1p – Mix & Match Art Series: Colored and Watercolor Pencils 2p – Job Search Roundtable Discussion 6p – Secret Senior Art Society	8a – Yoga for Every Body 10:30a – Enhance Fitness 12p – Community Lunch 12:30p – Mah Jongg 1:30p – Green Lake Loopers	Rainbow Bingo Brunch! 11a – 3p 
22	23	24	25	26	27/28
8a – Yoga for Every Body 9:30a – Enhance Fitness 10:30a – Enhance Fitness 2p – L.I.F.E Discussion Group	8:45a – Social Bridge 12p – Community Lunch 12:30p – Mah Jongg 2:30p – Men’s Club 3:30p – Letting Go Writing Workshop	9:30a – Enhance Fitness 10:30a – Enhance Fitness 12p – Community Lunch 12:30p – Scrabble 1p – Knitting Circle	8:45a – Duplicate Bridge 2p – Job Search Roundtable Discussion	8a – Yoga For Every Body 10:30a – Enhance Fitness 12p – Community Lunch 12:30p – Mah Jongg 1:30p – Green Lake Loopers	
29	30	Van Rides to Lunch & Enhance Fitness (T,W,F – Call to schedule)	One-on-One Computer Help (M-F by appointment)	Social Worker Consultations (T, by appointment)	
8a – Yoga For Every Body 9:30a – Enhance Fitness 10:30a – Enhance Fitness	8:45a – Social Bridge 12p – Community Lunch 12:30p – Mah Jongg 1:30p – Silver Kite Intergenerational Theater: “Boxes”				

ONGOING PROGRAM DESCRIPTIONS	Member/ Public Cost	Registration required?
Birthday Lunch: 1 st F, 12p. Celebrate April birthdays by enjoying lunch and cake!	\$4 / \$6	No
Book Group: 1 st T, 1-2p. Join us for friendly, fun, and free discussion. Currently full.	\$2 / \$4	Yes
Both Sides Now: 1 st W, 1-2p. Men & women sharing points of view and stories.	\$3 / \$5	Yes
Bridge: T, Th, 8:45a-12p. Social (all levels; T) or Duplicate (experienced; Th).	\$2 / \$4	Yes
Community Lunch: T, W & F, 12-12:45p. Choose between hot entrée with sides, or soup & hearty salad combo. <i>Attend lunch any day to be entered in a drawing on Friday to win a free lunch!</i>	\$4 / \$6	No
Computer Mentoring, PC or Mac: Various. Call to schedule a one-on-one appointment.	\$5 / \$8	Yes
Enhance Fitness: M & W, 9:30-10:30a; M, W, F, 10:30-11:30a. Invigorating exercise program for older adults of all abilities. Includes aerobics, strength, balance, and flexibility.	\$4 / \$6	No
Games: 12:30-3:30p. Mah Jongg T & F, Scrabble W. Fun and social play for all levels!	\$2 / \$4	No
Green Lake Loopers: F, 1:30p. Walk around Green Lake at a moderate or gentle pace.	Free	Appreciated
Knitting Circle: W, 1-3p. Knitting and friendship with June and Louise's know-how!	\$2 / \$4	No
L.I.F.E. (Lessons in Female Experience) Discussion Group: 2 nd & 4 th M, 2:30-4p. Explore current affairs impacting women. Currently full.	\$10 / \$13 for series	Yes
Men's Club: 2 nd & 4 th T, 2:30-3:30p. Social conversation group for men. Topics vary.	\$3 / \$5	No
Yoga For Every Body: M & F, 8-9a. Gentle all-levels yoga with Sam Poyta.	\$7 / \$9	No
APRIL PROGRAM SPECIALS	Member/ Public Cost	Registration required?
1st, Medicare Presentation: M, 1-3p. Get all your Medicare questions answered! With Jim Yragui.	Free	Appreciated
1st, 8th Foot Care: M, 9a-4:30p. Appointments with Bonnie Ackles, RN, ARNP, Certified Foot Care Specialist, include massage and treatment of toenails, calluses, and corns.	\$34 / \$37	Yes
3rd, Senior Rights Assistance: W, 9a-12p. One-on-one help with Medicare, health insurance, estate planning, substitute decision making, powers of attorney, etc.	Free	Yes
8th, Self-Defense & Personal Safety: M, 1-2p. Learn about pre-assault indicators, proactive boundary testing, and new verbal and physical skills to "encourage" a would-be attacker to back off.	\$12 / \$15	Yes
4th, 11th, 18th, 25th, Job Search Roundtable Discussion: Th, 2-4p. Career Counselor George Strang leads a round table discussion focused on job search techniques for older adults.	Free	Appreciated
10th, Social Justice 101 TED Talk Video & Discussion: W, 1:30-3p. "What Do You Do When Someone Just Doesn't Like You?" Video with discussion facilitated by the WCSC Diversity & Inclusion Committee.	\$3 / \$5	Appreciated
11th, Death Café: Th, 7-8:30p. Death Café is a safe space to discuss mortality, dying, and death. There is never an agenda to Death Café, but there is always cake, tea, and interesting conversation.	Free	Appreciated
12th, Tips To Sell Your Home: F, 1:30-3p. Learn about the current Seattle real estate market and what type of preparation is necessary to sell your home, as well as tips on downsizing. Led by Jamie Flaxman, a Real Estate Broker and Seniors Real Estate Specialist with Coldwell Banker Bain.	Free	Appreciated
12th, Financial Consultations: F, 2-4p. Sign up to talk with a Financial Adviser in a private, no cost/no obligation appointment. If you have concerns about outliving your money, paying for long term care and/or leaving something for your loved ones, this is your chance to get professional advice. With Elizabeth Gray, an Investment Advisor Representative and an Independent Insurance Agent.	Free	Yes
17th, Movie with Scarecrow Video: <i>Destry Rides Again</i>: W, 3:30-6p. A 1939 film directed by George Marshall. When a tough western town needs taming, the mild-mannered son of a hard-nosed sheriff gets the job. Drinks and popcorn provided!	\$2 / \$4	Appreciated
18th, Mix & Match Art Series: Colored and Watercolor Pencils: Th, 1-3:30p. Join us for a supportive and relaxing art filled afternoon delving into colored pencils. This is a class where you will be able to comfortably and safely explore and experiment as you learn about these two mediums.	\$10 / \$15	Yes
20th, Rainbow Bingo: Sat, 11a-3p. Our inaugural Rainbow Bingo Brunch with an Easter theme! Wear your most splendid Easter bonnet at an Easter Parade to win a special prize. Enjoy food, booze, and play bingo with your friends and the entire neighborhood. Fabulous fun for all!	\$20/ticket	Yes
23rd, Letting Go Writing Workshop: T, 3:30-5p. Join Rebecca Crichton, ED of Northwest Center for Creative Aging, for a writing workshop exploring the important issue of what 'Letting Go' means to us. Using discussion and writing, we will inquire about the 'stuff' in our lives.	\$8 / \$10	Appreciated
30th, Silver Kite Intergenerational Theater: "Boxes": T, 1:30-3:30p. "Boxes" is an original theatre performance created by an intergenerational cast of performers who explore through music, dramatic scenes, monologues, and dance the many types of boxes we encounter in our everyday lives.	Free	Appreciated