


Wallingford Community Senior Center August 2018 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
1	2	3	4/5	6	7
8	9	10	11/12	13	14
15	16	17	18/19	20	21
22	23	24	25/26	27	28
29	30	31			

Van Rides to Lunch & Enhance Fitness
(T,W,F – Call to schedule)

One-on-One Computer Help
(M-F by appointment)

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
7p – Folk Dancing

8a – Yoga For Every Body
10:30a – Enhance Fitness
12p – Birthday Lunch
12:30p – Mah Jongg
1:30p – Green Lake Loopers

8a– Yoga For Every Body
9:30a – Enhance Fitness
10:30a – Enhance Fitness
1:30p – Self-Defense & Personal Safety
3:30p – Writing Group

8:45a – Social Bridge
11:30a – Community Lunch
12:30p – Mah Jongg
1p – Book Group
6:30p – Group For Those Who Love Someone With A Chronic Illness

9:30a – Enhance Fitness
10:30a – Enhance Fitness
12p – Community Lunch
12:30p – Scrabble
1p – Knitting Circle
3:30p – Classic Movie: *To Be Or Not To Be*

8:45a – Duplicate Bridge
1:30p – Music Appreciation: Beethoven
7p – Folk Dancing

8a – Yoga For Every Body
10:30a – Enhance Fitness
12p – Community Lunch
12:30p – Mah Jongg
1:30p – Green Lake Loopers

8a – Yoga For Every Body
9:30a – Enhance Fitness
10:30a – Enhance Fitness
1p – Medicare Presentation
3:30p – Writing Group

8:45a – Social Bridge
11:30a – Community Lunch
12:30p – Mah Jongg
1p – L.I.F.E. Discussion Group
2:30p – Men’s Club
7:30p – Sedentary Sousa Band

9:30a – Enhance Fitness
10:30a – Enhance Fitness
12p – Community Lunch
12:30p – Scrabble
1p – Knitting Circle
1p – How to Ride the LINK
6:30p – Poggie Fishing Club

8:45a – Duplicate Bridge
1:30p – Meals For One Or Two Cooking Class
7p – Folk Dancing

8a – Yoga For Every Body
10:30a – Enhance Fitness
12p – Community Lunch
12:30p – Mah Jongg
1p – Explore The Benefits Of Acupuncture
1:30p – Green Lake Loopers

8a – Yoga For Every Body
9:30a – Enhance Fitness
10:30a – Enhance Fitness
3:30p – Writing Group
6:30p – Housing Peer Support Group

8:45a – Social Bridge
11:30a – Community Lunch
12:30p – Mah Jongg
1:30p – Social Justice 101 TED Talk: *Racial Politics Of Time*
6:30p – Group For Those Who Love Someone With A Chronic Illness

9:30a – Enhance Fitness
10:30a – Enhance Fitness
12p – Community Lunch
12:30p – Scrabble
1p – Knitting Circle

8:45a – Duplicate Bridge
1:30p – Music Appreciation: Wagner
7p – Folk Dancing

8a – Yoga For Every Body
10:30a – Enhance Fitness
12p – Community Lunch
12:30p – Mah Jongg
1:30p – Green Lake Loopers

8a – Yoga For Every Body
9:30a – Enhance Fitness
10:30a – Enhance Fitness
3:30p – Writing Group

8:45a – Social Bridge
11:30a – Community Lunch
12:30p – Mah Jongg
1p – L.I.F.E. Discussion Group
2:30p – Men’s Club
7:30p – Sedentary Sousa Band

9:30a – Enhance Fitness
10:30a – Enhance Fitness
12p – Community Lunch
12:30p – Scrabble
1p – Knitting Circle
6:30p – Housing Peer Support Group (at Ballard Library)

8:45a – Duplicate Bridge
10a – LINK Instructional Outing
7p – Folk Dancing

8a – Yoga For Every Body
10:30a – Enhance Fitness
12p – Community Lunch
12:30p – Mah Jongg
1:30p – Green Lake Loopers

ONGOING PROGRAM DESCRIPTIONS	Member/ Public Cost	Registration required?
Birthday Lunch: 1 st F, 12p. Celebrate all the August 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. Currently full.	\$3 / \$5	Yes
Bridge: T, Th, 8:45a-12p. Social (all levels; T) or Duplicate (experienced; Th).	\$2 / \$4	Yes
Community Lunch: T, served 11:30a-12:45p, W & F, 12-12:45p. Choose between hot entrée with sides, or soup & hearty salad combo. Plus à la carte options on Tuesdays! <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 KP: Free	No
Folk Dancing: Th, 7-9p. Have fun and be active while learning world dances!	\$2 / \$4	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 Sandy's know-how!	\$2 / \$4	No
L.I.F.E. (Lessons in Female Experience) Discussion Group: 2 nd & 4 th T, 1-2:20p. 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
Poggie Fishing Club: 3 rd W, 6:30-10:30p. Seattle Poggie Club, oldest in the northwest.	Free	No
Sedentary Sousa Band: 2 nd & 4 th T, 7:30-9:30p. Check out their practice!	n/a	Call for info
Senior Rights Assistance: 1 st W, 9a-12p. One-on-one help with Medicare, health insurance, estate planning, substitute decision making, powers of attorney, etc.	Free	Yes
Writing Group: M, 3:30- 4:30p. Supportive resource for writing and publishing.	\$3 / \$5	No
Yoga For Every Body: M & F, 8-9a. Gentle all levels yoga. Props and chairs will be provided to ensure comfortable and safe participation for all. With Sam Poyta.	\$7 / \$9	No
AUGUST PROGRAM SPECIALS	Member/ Public Cost	Registration required?
6th, Self-Defense & Personal Safety: M, 1:30-3p. Maintain your independence by learning a few tips, tricks, and skills to keep at bay those who may mean you harm.	\$12 / \$15	Yes
7th, 21st, Group For Those Who Love Someone With A Chronic Illness: T, 6:30-8p. Come join others in similar circumstances to support each other and share your concerns.	\$2 / \$4	Yes
8th, Classic Movie Night: To Be Or Not To Be: W, 3:30-6p. Enjoy a screening followed by a discussion led by Scarecrow Video's film experts! Drinks and popcorn provided!	\$2 / \$4	Appreciated
9th, 23rd, Music Appreciation Classes: Th, 1:30-3p. Learn how the music of Beethoven (8/9) & Wagner (8/23) shaped the cultural climate of turn-of-the-century Europe. Attend one or both!	\$5 / \$8	Appreciated
13th, Medicare Presentation: M, 1-3p. Compare costs & benefits of various Medicare plans.	Free	Appreciated
15th, How To Ride The LINK: W, 1-2p. Learn how to confidently travel on the LINK Light Rail!	Free	Appreciated
16th, Meals for 1 or 2 Cooking Class: Th, 1:30-3p. Registered Dietitian demonstrates simple tips and tricks for healthy meal planning & quick and easy meal ideas. Taste tests at the end!	\$3 / \$6	Appreciated
17th, Explore the Benefits of Acupuncture: F, 1-2p. Observe a live demonstration as acupuncture is applied to a real patient.	Free	Appreciated
20th at WCSC, 29th at Ballard Library, Housing Peer Support Group: M & W 6:30-8p. If you are an older adult worried about future housing, come share concerns, brainstorm solutions, and exchange resources with others.	\$2 / \$4	Yes
21st, Social Justice 101 TED Talk: Racial Politics of Time: T, 1:30-2:30p. Watch a thought-provoking take on history and race, followed by a facilitated discussion.	\$3 / \$5	Appreciated
30th, LINK Instructional Outing: Th, 10-12p. Practice what you learned in the 8/15 "How to Ride the LINK" presentation during this escorted instructional outing. Location TBD.	Free	Yes