




Wallingford Community Senior Center December 2018 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
8a– Yoga For Every Body 9a – Foot Care 9:30a – Enhance Fitness 10:30a – Enhance Fitness 2p – Computer Mentoring	8:45a – Social Bridge 11:30a – Community Lunch 12:30p – Mah Jongg 1p – Book Group 4p – CLOSING EARLY	CLOSED FOR RENOVATIONS	CLOSED FOR RENOVATIONS	CLOSED FOR RENOVATIONS
10	11	12	13	14
8a– Yoga For Every Body 9a – Foot Care 9:30a – Enhance Fitness 10:30a – Enhance Fitness 1p – Medicare Presentation 2p – L.I.F.E. Discussion Group 2p – Computer Mentoring	8:45a – Social Bridge 11:30a – Community Lunch 12:30p – Mah Jongg 2:30p – Men’s Club	9a – Senior Rights Assistance 9:30a – Enhance Fitness 10a – Computer Mentoring 10:30a – Enhance Fitness 12p – Community Lunch with Meridian School 12:30p – Scrabble 1p – Knitting Circle 1:30p – Online Self-Defense 1:30p – Social Justice 101 TED Talk 2p – Computer Mentoring 3:30p – Classic Movie: <i>White Christmas</i>	8:45a – Duplicate Bridge 10a – Computer Mentoring 4:30p – Holiday Lights Around Town Outing (Trip 2 at 6:45pm) <div style="border: 2px dashed black; border-radius: 15px; padding: 10px; text-align: center; margin-top: 10px;">Holiday Party 4:30 – 7 pm <i>Come enjoy refreshments, live music, and crafts!</i></div>	8a – Yoga For Every Body 10a – Computer Mentoring 10:30a – Enhance Fitness 12p – December Birthday Lunch 12:30p – Mah Jongg 1:30p – Green Lake Loopers 2p – <i>Ebb and Flow</i> Movie Screening and Discussion
17	18	19	20	21
8a – Yoga For Every Body 9:30a – Enhance Fitness 10:30a – Enhance Fitness 2p – L.I.F.E. Discussion Group 2p – Computer Mentoring	8:45a – Social Bridge 11:30a – Community Lunch 12:30p – Mah Jongg	9:30a – Enhance Fitness 10a – Computer Mentoring 10:30a – Enhance Fitness 12p – Community Lunch 12:30p – Scrabble 1p – Knitting Circle	8:45a – Duplicate Bridge 10a – Computer Mentoring 7p – Folk Dancing	8a – Yoga For Every Body 10a – Computer Mentoring 10:30a – Enhance Fitness 12p – Community Lunch 12:30p – Mah Jongg 1:30p – Green Lake Loopers
24	25	26	27	28
CLOSED 	CLOSED 	9:30a – Enhance Fitness 10a – Computer Mentoring 10:30a – Enhance Fitness 12p – Community Lunch 12:30p – Scrabble 1p – Knitting Circle 2p – Computer Mentoring	8:45a – Duplicate Bridge 10a – Computer Mentoring 7p – Folk Dancing	10a – Computer Mentoring 10:30a – Enhance Fitness 12p – Community Lunch 12:30p – Mah Jongg 1:30p – Green Lake Loopers
31	January 1	31	1	2
CLOSED	CLOSED	<div style="border: 2px solid black; border-radius: 15px; padding: 10px; text-align: center;">Van Rides to Lunch & Enhance Fitness (T,W,F – Call to schedule)</div>	<div style="border: 2px solid black; border-radius: 15px; padding: 10px; text-align: center;">Social Worker Consultations (T,W by appointment)</div>	

ONGOING PROGRAM DESCRIPTIONS	Member/ Public Cost	Registration required?
Birthday Lunch: 2 nd F, 12p. Celebrate all the December 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
Bridge: T, Th, 8:45a-12p. Social (all levels; T) or Duplicate (experienced; Th). Except 12/6 & 25.	\$2 / \$4	Yes
Community Lunch: T, served 11:30a-12:45p, W & F, served 12-12:45p. Except 12/5, 7, 25. 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: Various. Call to schedule a one-on-one appointment. Get PC help with Michael or Ed. Get PC, Mac or Smartphone help with Ari or Dylan.	\$5 / \$8	Yes
Enhance Fitness: M & W, 9:30-10:30a; M, W, F, 10:30-11:30a. Except 12/5, 7, 24 & 31. Invigorating exercise program for older adults of all abilities. Includes aerobics, strength, balance, and flexibility. Please call to register for 12/3 due to limited space.	\$4 / \$6 KP: Free	No
Folk Dancing: Th, 7-9p. Except 12/6 & 13. Have fun and be active while learning world dances!	\$2 / \$4	No
Games: Mah Jongg T & F, Scrabble W, 12:30-3:30p. Except 12/5, 7, & 25. 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. The walk will be cancelled for dangerous conditions: snow, sleet, sub-freezing temperatures, etc.	Free	Appreciated
Knitting Circle: W, 1-3p. Except 12/5. Knitting and friendship with June & Louise's know-how!	\$2 / \$4	No
L.I.F.E. (Lessons in Female Experience) Discussion Group: 2 nd & 3 rd M, 2-3:30p. Using humor, compassion, and critical thinking, explore current affairs impacting women.	\$10 / \$13 for series	Yes
Men's Club: 2 nd T, 2:30-3:30p. Social conversation group for men. Topics vary.	\$3 / \$5	No
Yoga For Every Body: M & F, 8-9a. Except 12/7, 24, 28 & 31. Gentle all-levels yoga with Sam Poyta.	\$7 / \$9	No
DECEMBER PROGRAM SPECIALS	Member/ Public Cost	Registration required?
3rd, 10th, 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
10th, Medicare Presentation: M, 1-3p. Compare costs & benefits of various Medicare plans.	Free	Appreciated
12th, Senior Rights & Health Insurance Assistance: W, 9a-12p. One-on-one help with health insurance, Medicare, estate planning, substitute decision making, powers of attorney, etc.	Free	Yes
12th, Online Self-Defense: W, 1:30-3p. Learn about basic website safety, including strong passwords and wise online shopping in this class with the Seattle Public Library.	Free	Yes
12th Social Justice 101 TED Talk Video & Discussion: <i>When We Design For Disability, We All Benefit:</i> W, 1:30-3p. Watch a TED Talk by Elise Roy, a disability lawyer and design thinker whose Deafness gives her a unique perspective. Discussion facilitated by Ty Nolan.	\$3 / \$5	Appreciated
12th, Classic Movie: <i>White Christmas:</i> W, 3:30-6p. Enjoy a film screening and discussion led by Scarecrow Video's film experts! Drinks and popcorn provided!	\$2 / \$4	Appreciated
13th, Holiday Lights Around Town Outing: Th, Trip 1 4:30-6:15p, Trip 2 6:45-8:30p. See Candy Cane Lane and North Seattle's lights from the warm comfort of WCSC's van. Enjoy the holiday party before or after your trip!	\$8 / \$12	Yes
13th, Holiday Party: Th, 4:30-7p. Celebrate the season by enjoying hot cocoa, cider, cookies, and live music with us. Do a holiday craft too!	Free	Appreciated
14th, <i>Ebb and Flow</i> Movie Screening and Discussion: F, 2-4p. See WCSC Member Eiichi Yamashita recount his family history. Discussion led by Denise Malm, WCSC Social Worker	\$5 / \$8	Appreciated
CLOSURES: December 5 – 7: Renovations and Staff & Volunteer Trainings December 24 – 25: Christmas Eve and Christmas Day December 31 – January 1: New Year's Eve and New Year's Day	<i>Thank you for your patience & understanding this month as we are closed for holidays and important renovations to our space.</i>	