



## Wallingford Community Senior Center February 2019 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
<div style="border: 2px solid black; border-radius: 15px; padding: 10px; width: fit-content; margin: auto;"> <p><b>Van Rides to Lunch &amp; Enhance Fitness</b> (T,W,F – Call to schedule)</p> </div>	<div style="border: 2px solid black; border-radius: 15px; padding: 10px; width: fit-content; margin: auto;"> <p><b>One-on-One Computer Help</b> (M-F by appointment)</p> </div>	<div style="border: 2px solid black; border-radius: 15px; padding: 10px; width: fit-content; margin: auto;"> <p><b>Social Worker Consultations</b> (T,W by appointment)</p> </div>		<p><b>1</b></p> <p>8a – Yoga For Every Body 10a – Computer Mentoring 10:30a – Enhance Fitness 12p – February Birthday Lunch 12:30p – Meridian School Chorus Concert 12:30p – Mah Jongg 1:30p – Green Lake Loopers</p>	<p><b>2/3</b></p> <p>Sat, 11a – Legacy Giving Brunch</p>
<p><b>4</b></p> <p>8a– Yoga For Every Body 9a – Foot Care 9:30a – Enhance Fitness 10:30a – Enhance Fitness 1p – Medicare Presentation</p>	<p><b>5</b></p> <p>8:45a – Social Bridge 12p – Community Lunch 12:30p – Mah Jongg 1p – Book Group 1:30p – Chair Yoga</p>	<p><b>6</b></p> <p>9a – Senior Rights Assistance 9:30a – Enhance Fitness 10:30a – Enhance Fitness 12p – Community Lunch w/ Meridian School 12:30p – Scrabble 1p – Knitting Circle 1p – Both Sides Now</p>	<p><b>7</b></p> <p>8:45a – Duplicate Bridge 1:30p – Personal Safety Nets Four-Week Workshop 2p – Job Search Roundtable Discussion</p>	<p><b>8</b></p> <p>8a – Yoga For Every Body 10:30a – Enhance Fitness 12p – Community Lunch 12:30p – Mah Jongg 1p – The Poetic Apothecary 1:30p – Green Lake Loopers</p>	<p><b>9/10</b></p>
<p><b>11</b></p> <p>9a – Foot Care 9:30a – Enhance Fitness 10:30a – Enhance Fitness 1p – Hearing Loss &amp; Its Impact on Health, Cognition &amp; Quality of Life 2:30p – L.I.F.E. Discussion Group</p>	<p><b>12</b></p> <p>8:45a – Social Bridge 12p – Community Lunch 12:30p – Mah Jongg 2:30p – Men’s Club</p>	<p><b>13</b></p> <p>9:30a – Enhance Fitness 10:30a – Enhance Fitness 12p – Community Lunch 12:30p – Scrabble 1p – Knitting Circle 1:30p –Social Justice 101 TED Talk 3:30p – Classic Movie: <i>Mildred Pierce</i></p>	<p><b>14</b></p> <p>8:45a – Duplicate Bridge 1:30p – Personal Safety Nets Four-Week Workshop 2p – Job Search Roundtable Discussion 7p – Death Café</p>	<p><b>15</b></p> <p>10:30a – Enhance Fitness 12p – Community Lunch 12:30p – Mah Jongg 1:30p – Green Lake Loopers</p>	<p><b>16/17</b></p>
<p><b>18</b></p> <p><b>CLOSED</b></p> 	<p><b>19</b></p> <p>8:45a – Social Bridge 11a – ORCA-To-Go &amp; Hopelink Transportation Info 12p – Community Lunch 12:30p – Mah Jongg</p>	<p><b>20</b></p> <p>9:30a – Enhance Fitness 10:30a – Enhance Fitness 12p – Community Lunch w/ Meridian School 12:30p – Scrabble 1p – Knitting Circle</p>	<p><b>21</b></p> <p>8:45a – Duplicate Bridge 1:30p – Personal Safety Nets Four-Week Workshop 2p – Job Search Roundtable Discussion</p>	<p><b>22</b></p> <p>8a – Yoga For Every Body 10:30a – Enhance Fitness 12p – Community Lunch 12:30p – Mah Jongg 1:30p – Green Lake Loopers</p>	<p><b>23/24</b></p>
<p><b>25</b></p> <p>8a – Yoga For Every Body 9:30a – Enhance Fitness 10:30a – Enhance Fitness 1p – Protect Yourself from Fraud and Identity Theft 2:30p – L.I.F.E. Discussion Group</p>	<p><b>26</b></p> <p>8:45a – Social Bridge 10a – Wisdom Café Discussion Group 12p – Community Lunch 12:30p – Mah Jongg 1:30p – Chair Yoga 2:30p – Men’s Club</p>	<p><b>27</b></p> <p>9:30a – Enhance Fitness 10:30a – Enhance Fitness 12p – Community Lunch 12:30p – Scrabble 1p – Knitting Circle</p>	<p><b>28</b></p> <p>8:45a – Duplicate Bridge 2p – Job Search Roundtable Discussion</p>		

<b>ONGOING PROGRAM DESCRIPTIONS</b>	<b>Member/ Public Cost</b>	<b>Registration required?</b>
<b>Birthday Lunch:</b> 1 <sup>st</sup> F, 12p. Celebrate all the February birthdays by enjoying lunch and cake!	\$4 / \$6	No
<b>Book Group:</b> 1 <sup>st</sup> T, 1-2p. Join us for friendly, fun, and free discussion. Currently full.	\$2 / \$4	Yes
<b>Both Sides Now:</b> 1 <sup>st</sup> W, 1-2p. Men & women sharing points of view and stories.	\$3 / \$5	Yes
<b>Bridge:</b> T, Th, 8:45a-12p. Social (all levels; T) or Duplicate (experienced; Th).	\$2 / \$4	Yes
<b>Chair Yoga:</b> T, 1:30-2:30p. <b>Except 2/12 and 2/19.</b> Gentle all-levels chair yoga with Sam Poyta.	\$7 / \$9	No
<b>Community Lunch:</b> 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
<b>Computer Mentoring, PC or Mac:</b> Various. Call to schedule a one-on-one appointment.	\$5 / \$8	Yes
<b>Enhance Fitness:</b> M & W, 9:30-10:30a; M, W, F, 10:30-11:30a. <b>Except 2/18.</b> Invigorating exercise program for older adults of all abilities. Includes aerobics, strength, balance, and flexibility.	\$4 / \$6	No
<b>Games:</b> 12:30-3:30p. Mah Jongg T & F Scrabble W. Fun and social play for all levels!	\$2 / \$4	No
<b>Green Lake Loopers:</b> F, 1:30p. Walk around Green Lake at a moderate or gentle pace.	Free	Appreciated
<b>Knitting Circle:</b> W, 1-3p. Knitting and friendship with June and Louise's know-how!	\$2 / \$4	No
<b>L.I.F.E. (Lessons in Female Experience) Discussion Group:</b> 2 <sup>nd</sup> & 4 <sup>th</sup> M, 1-2:20p. Explore current affairs impacting women. Currently full.	\$10 / \$13 for series	Yes
<b>Men's Club:</b> 2 <sup>nd</sup> & 4 <sup>th</sup> T, 2:30-3:30p. Social conversation group for men. Topics vary.	\$3 / \$5	No
<b>Yoga For Every Body:</b> M & F, 8-9a. <b>Except 2/11, 2/15, and 2/18.</b> Gentle all-levels yoga with Sam Poyta.	\$7 / \$9	No
<b>FEBRUARY PROGRAM SPECIALS</b>	<b>Member/ Public Cost</b>	<b>Registration required?</b>
<b>1<sup>st</sup>, Meridian School Chorus Concert:</b> F, 12:30-1:15p. Enjoy a performance from Meridian School 4 <sup>th</sup> & 5 <sup>th</sup> graders while you eat lunch!	Free	No
<b>2<sup>nd</sup>, Legacy Giving Brunch:</b> Sat, 11a. Learn about WCSC's Legacy Giving Program over brunch! Please RSVP to Ashley at <a href="mailto:alarson@wallingfordseniors.org">alarson@wallingfordseniors.org</a> or 206-461-7825 by 2/1.	Free	Yes
<b>4<sup>th</sup>, 11<sup>th</sup> Foot Care:</b> 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
<b>4<sup>th</sup>, Medicare Presentation:</b> M, 1-3p. Get all your Medicare questions answered! With Jim Yragui.	Free	No
<b>6<sup>th</sup>, Senior Rights Assistance:</b> W, 9a-12p. One-on-one help with Medicare, health insurance, estate planning, substitute decision making, powers of attorney, etc.	Free	Yes
<b>7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, Personal Safety Nets Four-Week Workshop:</b> Th, 1:30-3p. In depth workshop focusing on personal safety nets. Facilitated by Denise Malm and Zaryn Avaren. Series starts January 31 <sup>st</sup> .	\$30 / \$50 for series	Yes
<b>7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>, Job Search Roundtable Discussion:</b> Th, 2-4p. Career Counselor George Strang leads a round table discussion focused on job search techniques for older adults.	Free	Yes
<b>8<sup>th</sup>, The Poetic Apothecary: Poems for Healing and Comfort:</b> Th, 1-2p. Poet and performer Judith Adams explores poetry's restorative powers; writing poetry can be a potent medicine.	Free	Appreciated
<b>11<sup>th</sup>, Hearing Loss and Its Impact on Health, Cognition, and Quality of Life:</b> M, 1-2p. Explore the best solutions for managing hearing loss and myths/facts about hearing aids. With Shivani Patel, AuD.	Free	Appreciated
<b>13<sup>th</sup> Social Justice 101 TED Talk Video &amp; Discussion:</b> 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
<b>13<sup>th</sup>, Classic Movie Night: Mildred Pierce:</b> W, 3:30-6p. Enjoy a film screening and discussion led by Scarecrow Video's film experts! Drinks and popcorn provided!	\$2 / \$4	Appreciated
<b>14<sup>th</sup>, Death Café:</b> 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	Yes
<b>25<sup>th</sup>, Protect Yourself from Fraud and Identity Theft:</b> M, 1-3p. Learn how scammers think, how to safeguard against identity theft and what to do if you or someone you know has been a victim.	Free	Appreciated
<b>26<sup>th</sup>, Wisdom Café Discussion Group:</b> T, 10-11:30a. Open discussion group facilitated by Rebecca Crichton. This month, discuss the topic, "Dreaming Our Future".	\$8 / \$10	Appreciated