




## Wallingford Community Senior Center January 2019 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5/6</b>	
<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>	<p><b>1</b></p> <p><b>CLOSED</b></p> 	<p><b>2</b></p> <p>9a – Senior Rights &amp; Health Insurance Assistance 9:30a – Enhance Fitness 10a – Computer Mentoring 10:30a – Enhance Fitness 12p – Community Lunch 12:30p – Scrabble 1p – Knitting Circle 1p – Both Sides Now Discussion Group</p>	<p><b>3</b></p> <p>8:45a – Duplicate Bridge 10a – Computer Mentoring 1p – Book Group 2p – Job Search Roundtable Discussion Group</p>	<p><b>4</b></p> <p>8a – Yoga For Every Body 10a – Computer Mentoring 10:30a – Enhance Fitness 12p – January Birthday Lunch 12:30p – Mah Jongg 1:30p – Green Lake Loopers</p>	
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12/13</b>
<p>8a – Yoga For Every Body 9a – Foot Care 9:30a – Enhance Fitness 10:30a – Enhance Fitness</p>	<p>8:45a – Social Bridge 11:30a – Community Lunch 12:30p – Mah Jongg 1:30p – Chair Yoga 2:30p – Men’s Club</p>	<p>9:30a – Enhance Fitness 10a – Computer Mentoring 10:30a – Enhance Fitness 12p – Community Lunch w/ Meridian School 12:30p – Scrabble 1p – Knitting Circle 1:30p – Social Justice 101 TED Talk: <i>Let’s End Ageism</i> 3:30p – Classic Movie: <i>Singin’ in the Rain</i></p>	<p>8:45a – Duplicate Bridge 10a – Computer Mentoring 2p – Job Search Roundtable Discussion Group 7p – Death Cafe</p>	<p>8a – Yoga For Every Body 10a – Computer Mentoring 10:30a – Enhance Fitness 12p – Community Lunch 12:30p – Mah Jongg 1p – Writing Group – Letting Go 1:30p – Green Lake Loopers</p>	
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19/20</b>
<p>8a – Yoga For Every Body 9a – Foot Care 9:30a – Enhance Fitness 10:30a – Enhance Fitness 1p – Financial Education &amp; Scam Prevention 2:30p – L.I.F.E. Discussion Group</p>	<p>8:45a – Social Bridge 11:30a – Hopelink Transportation Info 11:30a – Community Lunch 12:30p – Mah Jongg 1:30p – Chair Yoga</p>	<p>9:30a – Enhance Fitness 10a – Computer Mentoring 10:30a – Enhance Fitness 12p – Community Lunch 12:30p – Scrabble 1p – Knitting Circle</p>	<p>8:45a – Duplicate Bridge 10a – Computer Mentoring 12:30p – Self-Defense &amp; Personal Safety Class 2p – Job Search Roundtable Discussion Group</p>	<p>8a – Yoga For Every Body 10a – Computer Mentoring 10:30a – Enhance Fitness 12p – Community Lunch 12:30p – Mah Jongg 1p – AARP Smart Driver Course 1:30p – Green Lake Loopers</p>	
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26/27</b>
<p><b>CLOSED</b></p>  <p><b>MLK Day</b></p>	<p>8:45a – Social Bridge 10a – Wisdom Café Discussion Group 11:30a – Community Lunch 12:30p – Mah Jongg 1:30p – Chair Yoga 2:30p – Men’s Club</p>	<p>9:30a – Enhance Fitness 10a – Computer Mentoring 10:30a – Enhance Fitness 12p – Community Lunch w/ Meridian School 12:30p – Scrabble 1p – Knitting Circle</p>	<p>8:45a – Duplicate Bridge 10a – Computer Mentoring 1p – Mix and Match Art Class: Pastels 2p – Job Search Roundtable Discussion Group</p>	<p>8a – Yoga For Every Body 10a – Computer Mentoring 10:30a – Enhance Fitness 12p – Community Lunch 12:30p – Mah Jongg 1p – AARP Smart Driver Course 1:30p – Green Lake Loopers</p>	
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		
<p>8a – Yoga For Every Body 9:30a – Enhance Fitness 10:30a – Enhance Fitness 1p – Getting To Sold 2:30p – L.I.F.E. Discussion Group</p>	<p>8:45a – Social Bridge 11:30a – Community Lunch 12:30p – Mah Jongg 1:30p – Chair Yoga</p>	<p>9:30a – Enhance Fitness 10a – Computer Mentoring 10:30a – Enhance Fitness 12p – Community Lunch 12:30p – Scrabble 1p – Knitting Circle</p>	<p>8:45a – Duplicate Bridge 10a – Computer Mentoring 1:30p – Personal Safety Nets Four-Week Workshop 2p – Job Search Roundtable Discussion Group</p>		

ONGOING PROGRAM DESCRIPTIONS	Member/ Public Cost	Registration required?
<b>Birthday Lunch:</b> 4 <sup>th</sup> F, 12p. Celebrate all the January birthdays by enjoying lunch and cake!	\$4 / \$6	No
<b>Book Group:</b> 1 <sup>st</sup> T, 1-2p. <b>Except 1/1.</b> Th., 1/3 instead. 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. <b>Except 1/1.</b> Social (all levels; T) or Duplicate (experienced; Th).	\$2 / \$4	Yes
<b>Chair Yoga:</b> T, 1:30-2:30p. <b>Except 1/1.</b> Chair yoga is designed for all abilities. 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 1/21.</b> Invigorating exercise program for older adults of all abilities. Includes aerobics, strength, balance, and flexibility.	\$4 / \$6 KP: Free	No
<b>Games:</b> 12:30-3:30p. Mah Jongg T & F Scrabble W. <b>Except 1/1.</b> 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>Job Search Roundtable Discussion:</b> Th, 2 -4 p. Career Counselor George Strang shares job search tips for older adults.	Free	Yes
<b>Knitting Circle:</b> W, 1-3p. Knitting and friendship with June and Sandy's know-how!	\$2 / \$4	No
<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>Wisdom Café Discussion Group:</b> 22 <sup>nd</sup> T, 10-11:30a. Open discussion group for seniors. Topics vary.		
<b>Yoga For Every Body:</b> M & F, 8-9a. <b>Except 1/21.</b> Gentle all levels yoga with Sam Poyta.	\$7 / \$9	No
JANUARY PROGRAM SPECIALS	Member/ Public Cost	Registration required?
<b>2<sup>nd</sup>, Senior Rights &amp; Health Insurance 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> 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>9<sup>th</sup> Social Justice 101 TED Talk Video &amp; Discussion – Let's End Ageism:</b> W., 1:30-3p. Video and discussion facilitated by WCSC Diversity & Inclusion Committee.	\$3 / \$5	Appreciated
<b>9<sup>th</sup>, Classic Movie Night: Singin' in the Rain-</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>10<sup>th</sup>, Death Café:</b> Th., 7-8:30p. A safe space to discuss mortality, dying and death. Cake and tea provided, interesting conversation is up to you! With Mitzi Weiland, M.A., C.T.	Free	Appreciated
<b>11<sup>th</sup>, Writing Group – Letting Go:</b> F., 1-2:30p. Learn to let go of your "stuff" with discussion & writing prompts. With Rebecca Crichton of NWCCA.	\$8 / \$10	Appreciated
<b>14<sup>th</sup>, Financial Education &amp; Scam Prevention:</b> M., 1-2p. Learn steps you can take to reduce the likelihood of financial scams.	Free	Appreciated
<b>17<sup>th</sup>, Self-Defense &amp; Personal Safety:</b> Th., 12:30-1:30p. Learn self-defense skills in a supported environment. With Joanne Factor, Safety and Self-defense Trainer of Strategic Living.	\$12 / \$15	Yes
<b>18<sup>th</sup>, 25<sup>th</sup>, AARP Smart Driver Course:</b> F., 2-5p. Facilitated by Joel Ferguson, AARP Driver Safety Instructor.	\$15 / \$20	Yes
<b>22<sup>nd</sup>, Wisdom Café Discussion Group – Make New Friends and Keep The Old:</b> T., 10-11:30a. Friendship is important; what have you learned about making friends as you age?	\$8 / \$10	Appreciated
<b>24<sup>th</sup>, Mix &amp; Match Art Class - Pastels:</b> Th., 1-3:30p. Explore, experiment and have fun with pastels! Compare soft pastels with oil pastels, while learning techniques. Facilitated by artist Cynthia Yachtman.	\$10 / \$15	Yes
<b>28<sup>th</sup>, Getting To Sold:</b> M., 1-3:30p. Thinking of selling your home? Gain valuable insights with Jamie Flaxman, Coldwell Banker realtor.	Free	Yes
<b>31<sup>st</sup>, Personal Safety Nets Four-Week Workshop:</b> Th., 1:30-3p. Prepare for that inevitable time when you will need support. In depth workshop focusing on building your personal safety net. Facilitated by Denise Malm, MSW.	\$30 / \$50	Yes