






Wallingford Community Senior Center July 2018 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
2	3	4 CLOSED	5	6	7/8
9a – Foot Care 9:30a – Enhance Fitness 10:30a – Enhance Fitness 2p – Yoga For Every Body 3:30p – Writing Group	8:45a – Social Bridge 11:30a – Community Lunch 12:30p – Mah Jongg 1p – Book Group	 Happy 4th of July!	8:45a – Duplicate Bridge 1p – Art Sampler Duo: Watercolors 7p – Folk Dancing	10:30a – Enhance Fitness 12p – Birthday Lunch 12:30p – Mah Jongg 1:30p – Green Lake Loopers	
9	10	11	12	13	14/15
9a – Foot Care 9:30a – Enhance Fitness 10:30a – Enhance Fitness 1p – Medicare Presentation 2p – Yoga For Every Body 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	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 3:30p – Classic Movie: <i>Gaslight</i>	8:45a – Duplicate Bridge 1p – Art Sampler Duo: Pastels 7p – Folk Dancing	10:30a – Enhance Fitness 11a – ORCA-To-Go & Hopelink Transportation Resources 12p – Community Lunch 12:30p – Mah Jongg 1:30p – Green Lake Loopers	
16	17	18	19	20	21/22
9:30a – Enhance Fitness 10:30a – Enhance Fitness 2p – Yoga For Every Body 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: <i>Privilege Systems</i> 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 1:30p – An Attitude Of Gratitude 6:30p – Poggie Fishing Club	8:45a – Duplicate Bridge 1:30p – Music Appreciation Class: Mozart 7p – Folk Dancing	10:30a – Enhance Fitness 12p – Community Lunch 12:30p – Mah Jongg 1:30p – Green Lake Loopers	Sat, 2p – Gilbert & Sullivan’s <i>Patience</i>
23	24	25	26	27	28/29
9:30a – Enhance Fitness 10:30a – Enhance Fitness 2p – Yoga For Every Body 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	8:45a – Duplicate Bridge 7p – Folk Dancing	10:30a – Enhance Fitness 12p – Community Lunch 12:30p – Mah Jongg 1:30p – Green Lake Loopers	
30	31	 Van Rides to Lunch & Enhance Fitness (T,W,F – Call to schedule)	 Social Worker Consultations (T,W by appointment)	 One-on-One Computer Help (M-F by appointment)	
9a – Foot Care 9:30a – Enhance Fitness 10:30a – Enhance Fitness 2p – Yoga For Every Body 3:30p – Writing Group	8:45a – Social Bridge 11:30a – Community Lunch 12:30p – Mah Jongg				

ONGOING PROGRAM DESCRIPTIONS	Member/ Public Cost	Registration required?
Birthday Lunch: 1 st F, 12p. Celebrate all the July 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: 2 nd 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 (not 7/4). Choose between hot entrée with sides, or soup & hearty salad combo. Plus à la carte options on Tuesday! <i>Attend lunch any day, and your name will 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 (not 7/4). 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 (not 7/4). Mah Jongg T & F, Scrabble W. Fun & 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 (not 7/4). Knitting and friendship with June and Sandy's know-how!	\$2 / \$4	No
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: 2 nd 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, 2-3p. Gentle all levels yoga. Props and chairs will be provided to ensure comfortable and safe participation for all. Grow stronger in mind, body, and spirit.	\$7 / \$9	No
JULY PROGRAM SPECIALS	Member/ Public Cost	Registration required?
2nd, 9th, 30th, Foot Care: M, 9a-3:45p. Appointments with Bonnie Ackles, RN, ARNP, Certified Foot Care Specialist, include massage and treatment of toenails, calluses, and corns.	\$34 / \$37	Yes
5th, Art Sampler – Watercolors: Th, 1-2:30p. Come explore, experiment, and bring home some lovely subtle watercolor original art. No experience necessary, all materials included.	\$7/ \$10	Yes
9th, Medicare Presentation: M, 1-3p. Compare costs & benefits of various Medicare plans.	Free	Appreciated
10th, 24th, L.I.F.E. (Lessons in Female Experience) Discussion Group: T, 1-2:20p. Using critical thinking, compassion, and humor; explore current affairs impacting females. Group currently accepting new members for summer session (July-September). Speak to Denise to register.	\$10 / \$13 for series	Yes
11th, Classic Movie Night: Gaslight: 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
12th, Art Sampler – Pastels: Th, 1-2:30p. Explore the softness and wonder that comes from layering and blending soft chalk pastels. No experience necessary, all materials included.	\$7/ \$10	Yes
13th, ORCA-To-Go & Hopelink Transportation Resources: F, 11a-1p. Drop by their table!	Free	No
16th, Housing Peer Support Group: M, 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
17th, Social Justice 101 TED Talk: How Studying Privilege Systems Can Strengthen Compassion: T, 1:30-2:30p. Peggy McIntosh's talk will be followed by a facilitated discussion.	\$3 / \$5	Appreciated
17th, 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
18th, An Attitude of Gratitude: W, 1:30-2:30p. Consider what gratitude is in mind/body/spirit, how to cultivate it, and explore a personal story through the lens of gratitude.	\$3 / \$6	Appreciated
19th, Music Appreciation Class – Mozart: Th, 1:30-3p. Learn as you enjoy Mozart's music!	\$5 / \$8	Appreciated
21st, Gilbert & Sullivan's Patience: S, 2-4p. Ride the van from WCSC or meet at the theater. Join us for an outing to see <i>Patience</i> , a delightful romantic satire.	\$15 / \$20	Yes