


Wallingford Community Senior Center June 2018 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
	<div style="border: 2px solid black; border-radius: 15px; padding: 5px;"> <p>Van Rides to Lunch & Enhance Fitness (T,W,F – Call to schedule)</p> </div>	<div style="border: 2px solid black; border-radius: 15px; padding: 5px;"> <p>Social Worker Consultations (T,W by appointment)</p> </div>	<div style="border: 2px solid black; border-radius: 15px; padding: 5px;"> <p>One-on-One Computer Help (M-F by appointment)</p> </div>	<p>1 10:30a – Enhance Fitness 12p – Birthday Lunch 12:30p – Cribbage 12:30p – Mah Jongg 1:30p – Green Lake Loopers</p>	<p>2/3</p>
<p>4 9:30a – Enhance Fitness 10:30a – Enhance Fitness 1p – Intermediate Tai Ji Quan: Moving for Better Balance 2:30p – Beg. Tai Ji Quan: MBB 3:30p – Writing Group</p>	<p>5 8:45a – Social Bridge 11:30a – Community Lunch 12:30p – Mah Jongg 1p – Book Group</p>	<p>6 9a – Senior Rights Assistance 9:30a – Enhance Fitness 10:30a – Enhance Fitness 12p – Community Lunch (With Meridian School Students) 12:30p – Scrabble 1p – Knitting Circle 1p – Both Sides Now</p>	<p>7 8:45a – Duplicate Bridge 9a – Foot Care 7p – Folk Dancing</p>	<p>8 9a – Neighborcare Health Screenings 10:30a – Enhance Fitness 12p – Community Lunch 12:30p – Cribbage 12:30p – Mah Jongg 1:30p – Green Lake Loopers</p>	<p>9/10</p>
<p>11 9a – Foot Care 9:30a – Enhance Fitness 10:30a – Enhance Fitness 1p – Intermediate Tai Ji Quan: Moving for Better Balance 2:30p – Beg. Tai Ji Quan: MBB 3:30p – Writing Group</p>	<p>12 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</p>	<p>13 9:30a – Enhance Fitness 10:30a – Enhance Fitness 12p – Community Lunch 12:30p – Scrabble 1p – Knitting Circle 1:30p – Home Fire Safety with Seattle Fire Department 3:30p – Classic Movie: <i>My Man Godfrey</i></p>	<p>14 8:45a – Duplicate Bridge 1p – Introduction to Facebook 7p – Folk Dancing</p>	<p>15 10:30a – Enhance Fitness 12p – Community Lunch 12:30p – Cribbage 12:30p – Mah Jongg 1:30p – Green Lake Loopers</p>	<p>16/17</p>
<p>18 9:30a – Enhance Fitness 10:30a – Enhance Fitness 1p – Medicare Presentation 1p – Intermediate Tai Ji Quan: Moving for Better Balance 2:30p – Beg. Tai Ji Quan: MBB 3:30p – Writing Group</p>	<p>19 8:45a – Social Bridge 10a – Total Joint Replacement 11:30a – Community Lunch 12:30p – Mah Jongg</p>	<p>20 9:30a – Enhance Fitness 10:30a – Enhance Fitness 12p – Community Lunch 12:30p – Scrabble 1p – Knitting Circle 6:30p – Poggie Fishing Club</p>	<p>21 8:45a – Duplicate Bridge 1:30p – Frye Art Museum Private Tour 7p – Folk Dancing</p>	<p>22 10:30a – Enhance Fitness 12p – Community Lunch 12:30p – Cribbage 12:30p – Mah Jongg 1:30p – Green Lake Loopers</p>	<p>23/24</p>
<p>25 9:30a – Enhance Fitness 10:30a – Enhance Fitness 1p – Intermediate Tai Ji Quan: Moving for Better Balance 2:30p – Beg. Tai Ji Quan: MBB 3:30p – Writing Group</p>	<p>26 8:45a – Social Bridge 11:30a – Community Lunch 12:30p – Mah Jongg 1p – Recreational Cannabis For Health & Happiness 2:30p – Men’s Club 7:30p – Sedentary Sousa Band</p>	<p>27 9:30a – Enhance Fitness 10:30a – Enhance Fitness 12p – Community Lunch 12:30p – Scrabble 1p – Knitting Circle</p>	<p>28 8:45a – Duplicate Bridge 7p – Folk Dancing</p>	<p>29 10:30a – Enhance Fitness 12p – Community Lunch 12:30p – Cribbage 12:30p – Mah Jongg 1:30p – Green Lake Loopers</p>	<p>30</p>

ONGOING PROGRAM DESCRIPTIONS	Member/ Public Cost	Registration required?
Birthday Lunch: 1 st F, 12p. Celebrate all the May 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 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. Invigorating exercise program for older adults of all abilities. Includes attention to 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, Cribbage F. 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. Knitting and friendship with June Skidmore's know-how!	\$2 / \$4	No
L.I.F.E. (Lessons In Female Experience) Discussion Group: 2 nd T, 1-2:20p. Using critical thinking, compassion, and humor; explore current affairs impacting females. 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 and health insurance, estate planning, substitute decision making, powers of attorney, etc.	Free	Yes
Tai Ji Quan: Moving for Better Balance: M, 4/2 - 6/25, Beginner: 2:30-3:30p, Intermediate: 1-2p (must have taken beginner class). Currently full.	\$30 / \$50 for series	Yes
Writing Group: M, 3:30- 4:30p. Supportive resource for writing and publishing.	\$3 / \$5	No
JUNE PROGRAM SPECIALS	Member/ Public Cost	Registration required?
7th, 11th, Foot Care: Th, 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
8th, Neighborcare Health Screenings: F, 9a-12p. Get your glucose and blood pressure screened by a RN and ask any questions you have about eligibility for medical/dental services.	Free	No
13th, Home Fire Safety: W, 1:30-2:30p. Learn how to respond to a fire in your home and see if you qualify for a free smoke/carbon monoxide alarm! With the Seattle Fire Department.	Free	Appreciated
13th, Classic Movie Night: "My Man Godfrey": 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
14th, Introduction to Facebook: Th, 1-2:30p. Learn the basics of Facebook and how to get an account started at this workshop with the Seattle Public Library.	Free	Yes
18th, Medicare Presentation: M, 1-3p. Compare costs & benefits of various Medicare plans.	Free	Appreciated
19th, Total Joint Replacement: T, 10-11a. If you are thinking of having knee or hip surgery, learn how to prepare yourself and your home for the event.	Free	Appreciated
21st, Frye Art Museum Tour: Th, 1:30-4p. Take the WCSC van to the Frye Art Museum and enjoy a private, interactive tour of the museum's exhibitions from trained gallery guides.	\$7 / \$10	Yes
26th, Recreational Cannabis for Health & Happiness: T, 1-2p. Learn what recreational cannabis can do for you from two experienced budtenders. No cannabis will be sold.	\$3 / \$5	Appreciated