



Wallingford Community Senior Center March 2019 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
4	5	6	7	1	2/3
<div style="border: 2px solid black; border-radius: 15px; padding: 5px; width: fit-content; margin: auto;"> <p style="text-align: center;">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; width: fit-content; margin: auto;"> <p style="text-align: center;">One-on-One Computer Help (M-F by appointment)</p> </div>	<div style="border: 2px solid black; border-radius: 15px; padding: 5px; width: fit-content; margin: auto;"> <p style="text-align: center;">Social Worker Consultations (T, by appointment)</p> </div>		<p>8a – Yoga For Every Body 10:30a – Enhance Fitness 12p – March Birthday Lunch 12:30p – Mah Jongg 1:30p – Green Lake Loopers</p>	
<p>8a – Yoga For Every Body 9a – Foot Care 9:30a – Enhance Fitness 10:30a – Enhance Fitness 1p – Advanced Directives Presentation</p>	<p>8:45a – Social Bridge 11:30a – Community Lunch 12:30p – Mah Jongg 1p – Book Group 1:30p – Chair Yoga</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>8:45a – Duplicate Bridge 12:30p – Writing Life Stories: Seniors & Students 2p – Job Search Roundtable Discussion</p>	<p>8a – Yoga For Every Body 10:30a – Enhance Fitness 12p – Community Lunch 12:30p – Mah Jongg 1:30p – Green Lake Loopers</p>	9/10
11	12	13	14	15	16/17
<p>8a – Yoga for Every Body 9a – Foot Care 9:30a – Enhance Fitness 10:30a – Enhance Fitness 1p – Oral Health: Addressing and Improving Health Outcomes 2:30p – L.I.F.E. Discussion Group</p>	<p>9:30a – Ashton Applewhite Talk & Book Signing: <i>This Chair Rocks</i> 11:30a – Community Lunch 12:30p – Mah Jongg 1:30p – Chair Yoga 2:30p – Men’s Club</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 – Movie and Discussion: <i>The Lady in the Van</i></p>	<p>8:45a – Duplicate Bridge 2p – Job Search Roundtable Discussion 7p – Death Café</p>	<p>8a – Yoga for Every Body 10:30a – Enhance Fitness 12p – Community Lunch 12:30p – Mah Jongg 1:30p – Green Lake Loopers</p>	
18	19	20	21	22	23/24
<p>8a – Yoga for Every Body 9:30a – Enhance Fitness 10:30a – Enhance Fitness 1p – Medicare Presentation</p>	<p>8:45a – Social Bridge 11:30a – Community Lunch 12:30p – Mah Jongg 1:30p – Chair Yoga</p>	<p>9:30a – Enhance Fitness 10:30a – Enhance Fitness 12p – Community Lunch w/ Meridian School 12:30p – Scrabble 1p – Knitting Circle</p>	<p>8:45a – Duplicate Bridge 1:30p – Housing Forum for Homeowners 2p – Job Search Roundtable Discussion</p>	<p>8a – Yoga For Every Body 10:30a – Enhance Fitness 12p – Community Lunch 12:30p – Mah Jongg 1:30p – Green Lake Loopers</p>	
25	26	27	28	29	30/31
<p>8a – Yoga For Every Body 9:30a – Enhance Fitness 10:30a – Enhance Fitness 1:00p – Hearing Loss & It’s Impact on Health 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 2:30p – Men’s Club 3:30p – Writing Workshop: “Letting Go”</p>	<p>9:30a – Enhance Fitness 10:30a – Enhance Fitness 12p – Community Lunch 12:30p – Scrabble 1p – Knitting Circle</p>	<p>8:45a – Duplicate Bridge 2p – Job Search Roundtable Discussion 6p – Legacy Giving Event with Washington Wild</p>	<p>8a – Yoga for Every Body 10:30a – Enhance Fitness 12p – Community Lunch 12:30p – Mah Jongg 1:30p – Green Lake Loopers</p>	

ONGOING PROGRAM DESCRIPTIONS	Member/ Public Cost	Registration required?
Birthday Lunch: 1 st F, 12p. Celebrate March 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.	\$3 / \$5	Yes
Bridge: T, Th, 8:45a-12p. Social (all levels; T) or Duplicate (experienced; Th). <i>Except 3/12</i>	\$2 / \$4	Yes
Chair Yoga: T, 1:30-2:30p. Gentle all-levels chair yoga with Sam Poyta.	\$7 / \$9	No
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 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, 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 aerobics, strength, balance, and flexibility.	\$4 / \$6	No
Games: 12:30-3:30p. Mah Jongg T & F Scrabble W. 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.	Free	Appreciated
Knitting Circle: W, 1-3p. Knitting and friendship with June and Louise's know-how!	\$2 / \$4	No
L.I.F.E. (Lessons in Female Experience) Discussion Group: 2 nd & 4 th M, 2:30-4p. Explore current affairs impacting women. 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: 3rd W, 6:30-10:30p. Seattle Poggie Club, oldest in the northwest.	Free	No
Sedentary Sousa Band: 2nd & 4th T, 7:30-9:30p. Check out their practice!	Free	No
Yoga For Every Body: M & F, 8-9a. Gentle all-levels yoga with Sam Poyta.	\$7 / \$9	No
MARCH PROGRAM SPECIALS	Member/ Public Cost	Registration required?
4th, Advance Directives Presentation: M, 1-2:30p. Learn about hospice services and what to expect in the actively dying process, prearranging funeral options and expenses, and Advanced Directives, which ensure your wishes are honored in the event that you are unable to communicate.	Free	Yes
4th, 11th 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
6th, Senior Rights Assistance: W, 9a-12p. One-on-one help with Medicare, health insurance, estate planning, substitute decision making, powers of attorney, etc.	Free	Yes
7th, Writing Life Stories, Seniors & Students: Th, 12:30-2p. Students will engage with seniors to learn more about their lives. Meet and interact with 5 th graders in Meridian School, create a "memory box" with the students which you will take home.	Free	Appreciated
7th, 14th, 21st, 28th, Job Search Roundtable Discussion: Th, 2-4p. Career Counselor George Strang leads a round table discussion focused on job search techniques for older adults.	Free	Yes
11th, Oral Health, Addressing & Improving Health Outcomes: M, 1-2p. Learn about the contributing factors to good oral health and practical steps to take to address oral health issues.	Free	Appreciated
12th, Ashton Applewhite Talk & Book Signing: <i>This Chair Rocks</i>: T, 9:30-11:30a. Author, activist and TED Talk speaker Ashton Applewhite will give a talk about ending Ageism followed by a book signing for her book, <i>This Chair Rocks: A Manifesto Against Ageism</i> .	Free	Yes
13th Social Justice 101 TED Talk Video & Discussion: W, 1:30-3p. "Through the Eyes of a Child Immigrant" Video with discussion facilitated by the WCSC Diversity & Inclusion Committee.	\$3 / \$5	Appreciated
13th, Movie & Discussion: <i>The Lady in the Van</i>: W, 3:30-6p. Maggie Smith stars in this film about an unlikely friendship between an author and an eccentric older woman who lives in her van. Facilitated discussion with WCSC Social Worker Denise Malm to follow. Drinks and popcorn provided!	\$2 / \$4	Appreciated
14th, Death Café: 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
18th, Medicare Presentation: M, 1-3p. Get all your Medicare questions answered! With Jim Yragui.	Free	No
21st, Housing Forum for Homeowners: Th, 1:30-4p. WCSC Social Worker, Denise Malm will moderate a panel of experts discussing property tax relief, advocacy and other important issues facing older adult homeowners in Seattle.	Free	Yes
25th, Hearing Loss and Its Impact on Health: M, 1-2p. Explore the best solutions for managing hearing loss and myths/facts about hearing aids.	Free	Appreciated
26th, Writing Group: "Letting Go": T, 10-11:30a. Using discussion and writing we'll explore the important issue of what 'Letting Go' means to us.	\$8 / \$10	Appreciated

