



## Wallingford Community Senior Center May 2018 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>	<p><b>1</b></p> <p>8:45a – Social Bridge 11:30a – Community Lunch 12:30p – Mah Jongg 1p – Book Group</p>	<p><b>2</b></p> <p>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</p>	<p><b>3</b></p> <p>8:45a – Duplicate Bridge 1:30p – Aging Well 7p – Folk Dancing</p>	<p><b>4</b></p> <p>10:30a – Enhance Fitness 12p – Birthday Lunch 12:30p – Cribbage 12:30p – Mah Jongg 1:30p – Green Lake Loopers</p>	<p><b>5/6</b></p>
<p><b>7</b></p> <p>8:30a – Yoga For Every Body 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><b>8</b></p> <p>8:45a – Social Bridge 10a – Communicating with Confidence 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><b>9</b></p> <p>9:30a – Enhance Fitness 10:30a – Enhance Fitness 12p – Community Lunch (With Meridian School Students) 12:30p – Scrabble 1p – Knitting Circle 3:30p – Classic Movie: <i>Odds Against Tomorrow</i></p>	<p><b>10</b></p> <p>8:45a – Duplicate Bridge 9a – Foot Care 1:30 – Navigating the Health Care System 7p – Folk Dancing</p>	<p><b>11</b></p> <p>10:30a – Enhance Fitness 12p – Community Lunch 12:30p – Cribbage 12:30p – Mah Jongg 1p – AARP Smart Driver Course 1:30p – Green Lake Loopers</p>	<p><b>12/13</b></p>
<p><b>14</b></p> <p>8:30a – Yoga For Every Body 9a – Foot Care 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><b>15</b></p> <p>8:45a – Social Bridge 10a – Am I Asleep Yet? 11:30a – Community Lunch 12:30p – Mah Jongg</p>	<p><b>16</b></p> <p>9:30a – Enhance Fitness 10:30a – Enhance Fitness 12p – Community Lunch 12:30p – Scrabble 1p – Knitting Circle 6:30p – Poggie Fishing Club</p>	<p><b>17</b></p> <p>8:45a – Duplicate Bridge 1p – Fake News Survival Guide 1:30p – End-of-Life Issues 7p – Folk Dancing</p>	<p><b>18</b></p> <p>10:30a – Enhance Fitness 12p – Community Lunch 12:30p – Cribbage 12:30p – Mah Jongg 1p – AARP Smart Driver Course 1:30p – Green Lake Loopers</p>	<p><b>19/20</b></p>
<p><b>21</b></p> <p>8:30a – Yoga For Every Body 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><b>22</b></p> <p>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><b>23</b></p> <p>9:30a – Enhance Fitness 10:30a – Enhance Fitness 12p – Community Lunch (With Meridian School Students) 12:30p – Scrabble 1p – Knitting Circle</p>	<div style="border: 1px solid black; padding: 10px; background-color: #f0f0f0;"> <p><b>CLOSED</b></p> <p>Good Shepherd Center Floor Refinishing Project</p> <p>We apologize for the inconvenience</p> </div>		<p><b>24</b></p>
<p>GSC floor refinishing project: Must enter through back door &amp; be prepared for some extra noise!</p>					
<p><b>28</b></p> <p><b>CLOSED</b></p> <p style="color: blue; font-style: italic;">Memorial Day</p> 	<p><b>29</b></p> <p>8:45a – Social Bridge 11:30a – Community Lunch 12:30p – Mah Jongg</p>	<p><b>30</b></p> <p>9:30a – Enhance Fitness 10:30a – Enhance Fitness 12p – Community Lunch 12:30p – Scrabble 1p – Knitting Circle</p>	<p><b>31</b></p> <p>8:45a – Duplicate Bridge 10a – Washington Park Arboretum Walking Tour 1:30p – Resilience 7p – Folk Dancing</p>	<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>31</b></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 May 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. Currently full.	\$3 / \$5	Yes
<b>Bridge:</b> T, Th, 8:45a-12p (not 5/24). Social (all levels; T) or Duplicate (experienced; Th).	\$2 / \$4	Yes
<b>Community Lunch:</b> T, Served 11:30a-12:45p, W, F, 12-12:45p (not 5/25). Choose between hot entrée with sides or soup & hearty salad combo. Plus à la carte options on Tuesday!	\$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 (not 5/25, 5/28). Invigorating exercise program for older adults of all abilities. Includes attention to aerobics, strength, balance and flexibility.	\$4 / \$6 KP: Free	No
<b>Folk Dancing:</b> Th, 7-9p (not 5/24). Have fun and be active while learning world dances!	\$2 / \$4	No
<b>Games:</b> 12:30-3:30p (not 5/25). Mah Jongg T & F, Scrabble W, Cribbage F. Fun & 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 Skidmore'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> T, 1-2:20p. Using critical thinking, compassion, and humor; explore current affairs impacting females. 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>Poggie Fishing Club:</b> 3 <sup>rd</sup> W, 6:30-10:30p. Seattle Poggie Club, oldest in the northwest.	Free	No
<b>Sedentary Sousa Band:</b> 2 <sup>nd</sup> & 4 <sup>th</sup> T, 7:30-9:30p. Check out their practice!	n/a	Call for info
<b>Senior Rights Assistance:</b> 1 <sup>st</sup> W, 9a-12p. One-on-one help with Medicare and health insurance, estate planning, substitute decision making, powers of attorney, etc.	Free	Yes
<b>Tai Ji Quan: Moving for Better Balance:</b> M, 4/2 - 6/25, (not 5/28) Beginner: 2:30-3:30p, Intermediate: 1-2p (must have taken beginner class). Currently full.	\$30 / \$50 for series	Yes
<b>Writing Group:</b> M, 3:30- 4:30p (no 5/28). Supportive resource for writing and publishing.	\$3 / \$5	No
<b>Yoga For Every Body:</b> M, 8:30-9:30a (no 5/28) with Judy Green. Gentle yoga for all levels.	\$7 / \$9	No
<b>MAY PROGRAM SPECIALS</b>	<b>Member/ Public Cost</b>	<b>Registration required?</b>
<b>3<sup>rd</sup>, Aging Well:</b> Th, 1:30-2:30p. Learn how to optimize your physical, emotional, and spiritual health through the upcoming decades of life. With Dr. Cyrus Appell, MD.	\$3 / \$5	Appreciated
<b>8<sup>th</sup>, Communicating With Confidence:</b> T, 10-11a. Learn a variety of techniques to help you express yourself verbally with confidence and clarity, enabling you to engage meaningfully!	\$3 / \$5	Appreciated
<b>9<sup>th</sup>, Classic Movie Night: "Odds Against Tomorrow":</b> 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
<b>10<sup>th</sup>, 14<sup>th</sup>, Foot Care:</b> 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
<b>10<sup>th</sup>, Navigating the Health Care System:</b> Th, 1:30-2:30p. An overview of our evolving healthcare system, including how to select your provider. With Dr. Cyrus Appell, MD.	\$3 / \$5	Appreciated
<b>11<sup>th</sup> &amp; 18<sup>th</sup>, AARP Smart Driver Course:</b> F, 1-5p. Complete this driver refresher course to receive a certificate entitling you to a discount on your auto insurance!	\$15 AARP / \$20	Yes
<b>14<sup>th</sup>, Medicare Presentation:</b> M, 1-3p. Compare costs & benefits of various Medicare plans.	Free	Appreciated
<b>15<sup>th</sup>, Am I Asleep Yet?:</b> T, 10-11a. Learn about the different types of anesthesia available.	Free	Appreciated
<b>17<sup>th</sup>, Fake News Survival Guide:</b> Th, 1-2:30p. Learn what is driving online misinformation!	Free	Yes
<b>17<sup>th</sup>, End-Of-Life Issues:</b> Th, 1:30-2:30p. Learn how palliative and hospice services can ensure a comfortable and dignified last weeks and months of life. With Dr. Cyrus Appell, MD.	\$3 / \$5	Appreciated
<b>31<sup>st</sup>, Washington Park Arboretum Walking Tour:</b> Th, 10a-12:30p. Take the WCSC van to the stunning Arboretum and explore Azalea Way and Loderi Valley on a private tour!	\$12 / \$15	Yes
<b>31<sup>st</sup>, Resilience:</b> Th, 1:30-2:30p. Learn about factors that determine our resilience and how to maintain a realistic perspective and positive outlook. With Dr. Cyrus Appell, MD.	\$3 / \$5	Appreciated

