

Wallingford Community Senior Center May 2019 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
6	7	8	9	10	11/12
13	14	15	16	17	18/19
20	21	22	23	24	25/26
27	28	29	30	31	

**Social Worker
Consultations**
(T, by appointment)

**Van Rides to Lunch
& Enhance Fitness**
(T,W,F – Call to schedule)

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

8:45a – Duplicate Bridge
10a – Mindfulness Practice As We Age
2p – Job Search Roundtable Discussion

8a – Yoga For Every Body
10:30a – Enhance Fitness
12p – May Birthday Lunch
12:30p – Mah Jongg
1:30p – Green Lake Loopers

8a – Yoga For Every Body
9a – Foot Care
9:30a – Enhance Fitness
10:30a – Enhance Fitness
1p – Clear Captions Presentation

8:45a – Social Bridge
12p – Community Lunch
12:30p – Mah Jongg
1p – Book Group

9:30a – Enhance Fitness
10:30a – Enhance Fitness
12p – Community Lunch
12:30p – Scrabble
1p – Knitting Circle
1:30p – Social Justice 101 TED Talk

8:45a – Duplicate Bridge
10a – Mindfulness Practice As We Age
2p – Job Search Roundtable Discussion
7p – Death Café

8a – Yoga For Every Body
10:30a – Enhance Fitness
12p – Community Lunch
12:30p – Mah Jongg
1:30p – Green Lake Loopers
2p – Financial Consultations

8a – Yoga for Every Body
9a – Foot Care
9:30a – Enhance Fitness
10:30a – Enhance Fitness
1p – Strategies for a Sustainable Income in Retirement
2p – L.I.F.E Discussion Group

8:45a – Social Bridge
12p – Community Lunch
12:30p – Mah Jongg
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
3:30p – Movie with Scarecrow
Video: *Kedi*
6:30p – Poggie Fishing Club

8:45a – Duplicate Bridge
10a – Mindfulness Practice As We Age
2p – Job Search Roundtable Discussion

8a – Yoga for Every Body
10:30a – Enhance Fitness
12p – Community Lunch
12:30p – Mah Jongg
1:30p – Green Lake Loopers

8a – Yoga for Every Body
9:30a – Enhance Fitness
10:30a – Enhance Fitness
1p – Medicare Presentation
2p – L.I.F.E Discussion Group

8:45a – Social Bridge
12p – Community Lunch
12:30p – Mah Jongg

9:30a – Enhance Fitness
10:30a – Enhance Fitness
12p – Community Lunch
12:30p – Scrabble
1p – Knitting Circle

8:45a – Duplicate Bridge
2p – Job Search Roundtable Discussion

8a – Yoga For Every Body
10:30a – Enhance Fitness
12p – Community Lunch
12:30p – Mah Jongg
12:30p – ORCA-To-Go & Hopelink Transportation Resources
1:30p – Green Lake Loopers

Closed for Memorial Day



8:45a – Social Bridge
12p – Community Lunch
12:30p – Mah Jongg
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
11a – Meals for One or Two Cooking Class
2p – Job Search Roundtable Discussion

8a – Yoga For Every Body
10:30a – Enhance Fitness
12p – Community Lunch
12:30p – Mah Jongg
1:30p – Green Lake Loopers



ONGOING PROGRAM DESCRIPTIONS	Member/ Public Cost	Registration required?
Birthday Lunch: 1 st F, 12p. Celebrate 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.	\$3 / \$5	Yes
Bridge: T, Th, 8:45a-12p. Social (all levels; T) or Duplicate (experienced; Th).	\$2 / \$4	Yes
Community Lunch: T, W & F, 12-12:45p. Choose between hot entrée with sides, or soup & hearty salad combo. <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
Yoga For Every Body: M & F, 8-9a. Gentle all-levels yoga with Sam Poyta.	\$7 / \$9	No
MAY PROGRAM SPECIALS	Member/ Public Cost	Registration required?
1st, 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
2nd, 9th, 16th, Mindfulness Practice As We Age: Th, 10-11:30a. In this series, we will review the findings of several scientific studies illustrating the relevance of mindfulness to older adults.	Free	Appreciated
2nd, 9th, 16th, 23rd, 30th, 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	Appreciated
6th, 13th 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, Clear Captions Presentation: M, 1-2p. Learn about a federal program that provides caption phones at no cost to those who are hard of hearing.	Free	Appreciated
8th, Social Justice 101 TED Talk Video & Discussion: W, 1:30-3p. "What You Think You Know About Addiction Is Probably Wrong" Video with discussion facilitated by the WCSC Diversity & Inclusion Committee.	\$3 / \$5	Appreciated
9th, 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	Appreciated
10th, Financial Consultations: F, 2-4p. Sign up to talk with a Financial Adviser in a private, no cost/no obligation appointment. With Elizabeth Gray, an Investment Advisor Representative and an Independent Insurance Agent.	Free	Yes
13th, Strategies For A Sustainable Income In Retirement: M, 1-2p. Learn how to create a written plan based on all your hopes and dreams until you turn 100 years old. This workshop is perfect for those already retired, or within 5-10 years of retirement.	Free	Appreciated
15th, Movie with Scarecrow Video: Kedi: W, 3:30-6p. A 2016 film directed by Ceyda Torun. A heartwarming documentary about feral cats in Istanbul and the people who care for them. Drinks and popcorn provided!	\$2 / \$4	Appreciated
20th, Medicare Presentation: M, 1-3p. Get all your Medicare questions answered! With Jim Yragui	Free	Appreciated
24th, ORCA To-Go & Hopelink Transit Resources: F, 12:30-2p. Travel around Seattle with ease! Hopelink will share transportation resources, while King County Metro provides full-service sales and assistance for ORCA Cards and other related fare products. Drop by their table!	Free	No
30th, Meals for One or Two Cooking Class: Th, 11a-12:30p. Join a Registered Dietitian to learn simple tips and tricks for healthy meal planning, easy meal ideas, and enjoy taste tests at the end!	\$5 / \$10	Appreciated