




Wallingford Community Senior Center November 2018 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
			1 8:45a – Duplicate Bridge 10a – Computer Mentoring 4:45p – Pacific Northwest Ballet Dress Rehearsal Outing 7p – Folk Dancing	2 8a – Yoga For Every Body 10a – Computer Mentoring 10:30a – Enhance Fitness 12p – November Birthday Lunch 12:30p – Mah Jongg 1:30p – Green Lake Loopers
5 8a– Yoga For Every Body 9a – Foot Care 9:30a – Enhance Fitness 10:30a – Enhance Fitness 2p – Computer Mentoring 3:30p – Writing Group	6 8:45a – Social Bridge 11:30a – Community Lunch 12:30p – Mah Jongg 1p – Book Group	7 9a – Senior Rights Assistance 9:30a – Enhance Fitness 10a – Computer Mentoring 10:30a – Enhance Fitness 12p – Community Lunch 12:30p – Scrabble 1p – Knitting Circle 1p – Both Sides Now	8 8:45a – Duplicate Bridge 10a – Computer Mentoring 1:30p – Strength & Power Training For The Older Adult 7p – Folk Dancing	9 8a – Yoga For Every Body 9a – Senior Rights Assistance 10a – Computer Mentoring 10:30a – Enhance Fitness 12p – Community Lunch 12:30p – Mah Jongg 1:30p – Saving Snow Leopards & Securing Livelihoods 1:30p – Green Lake Loopers
12 9a – Foot Care 9:30a – Enhance Fitness 10:30a – Enhance Fitness 1p – Medicare Presentation 2p – L.I.F.E. Discussion Group 2p – Computer Mentoring 3:30p – Writing Group	13 8:45a – Social Bridge 11:30a – Community Lunch 12:30p – Mah Jongg 2:30p – Men’s Club	14 8a – Yoga For Every Body 9:30a – Enhance Fitness 10a – Computer Mentoring 10:30a – Enhance Fitness 11:30a – Minor Home Repair Info 12p – Community Lunch with Meridian 12:30p – Scrabble 1p – Knitting Circle 1:30p – iPad Basics 1:30p – Social Justice 101 TED Talk 2p – Computer Mentoring 3:30p – Classic Movie: <i>Casablanca</i>	15 8:45a – Duplicate Bridge 10a – Computer Mentoring 7p – Folk Dancing	16 8a – Yoga For Every Body 10a – Computer Mentoring 12p – Thanksgiving Friendship Luncheon 12:30p – Mah Jongg 1:30 – Annual Membership Meeting 1:30p – Green Lake Loopers
19 8a – Yoga For Every Body 9:30a – Enhance Fitness 10:30a – Enhance Fitness 2p – Computer Mentoring 3:30p – Writing Group	20 8:45a – Social Bridge 11:30a – Community Lunch 12:30p – Mah Jongg	21 9:30a – Enhance Fitness 10a – Computer Mentoring w/ Michael 10:30a – Enhance Fitness 12p – Community Lunch 12:30p – Scrabble 1p – Knitting Circle	22 CLOSED	23 CLOSED
26 8a – Yoga For Every Body 9:30a – Enhance Fitness 10:30a – Enhance Fitness 12p – Computer Mentoring 2p – L.I.F.E. Discussion Group 3:30p – Writing Group	27 8:45a – Social Bridge 11:30a – Community Lunch 12:30p – Mah Jongg 2:30p – Men’s Club	28 9:30a – Enhance Fitness 10a – Computer Mentoring 10:30a – Enhance Fitness 12p – Community Lunch with Meridian 12:30p – Scrabble 1p – Knitting Circle 2p – Computer Mentoring	29 8:45a – Duplicate Bridge 10a – Computer Mentoring	30 8a – Yoga For Every Body 10:30a – Enhance Fitness 10a – Computer Mentoring 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 all the November 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, 1-2:30p. Men & women sharing points of view and stories.	\$3 / \$5	Yes
Bridge: T, Th, 8:45a-12p. Except 11/22. Social (all levels; T) or Duplicate (experienced; Th).	\$2 / \$4	Yes
Community Lunch: T, served 11:30a-12:45p, W & F, 12-12:45p. Except 11/16, 11/23. 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. Get PC help with Michael or Ed. Get PC, Mac or Smartphone help with Ari or Dylan.	\$5 / \$8	Yes
Enhance Fitness: M & W, 9:30-10:30a; M, W, F, 10:30-11:30a. Except 11/16, 11/23. 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. Except 11/22, 11/29. Have fun and be active while learning world dances!	\$2 / \$4	No
Games: 12:30-3:30p. Mah Jongg T & F Scrabble W. Except 11/23. Fun and social play for all levels!	\$2 / \$4	No
Green Lake Loopers: F, 1:30p. Except 11/23. 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, through December. 2-3:30p. Explore current affairs impacting women.	\$10 / \$13	Yes
Men's Club: 2 nd & 4 th T, 2:30-3:30p. Social conversation group for men. Topics vary.	\$3 / \$5	No
Writing Group: M, 3:30-5p. Supportive resource for writing and publishing.	\$3 / \$5	No
Yoga For Every Body: M & F, 8-9a. Except 11/12, 11/23. Gentle all levels yoga with Sam Poyta.	\$7 / \$9	No
NOVEMBER PROGRAM SPECIALS	Member/ Public Cost	Registration required?
1st, Pacific Northwest Ballet Dress Rehearsal Outing: Th, 4:45-9p. Join us for a special outing to the Pacific Northwest Ballet's "All Premiere" Dress Rehearsal & Conversation.	\$8 / \$10	Yes
5th, 12th, 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
7th, 9th, Senior Rights & Health Insurance Assistance: W, F, 9a-12p. Individual 45-minute appointments on a range of topics including Medicare, power of attorney and estate planning.	Free	Yes
8th, Strength & Power Training For The Older Adult: Th, 1:30-2:30p. Learn how to use strength and power training to combat physical aches and pains associated with getting older.	Free	Appreciated
9th, Saving Snow Leopards & Securing Livelihoods: F, 1:30-2:30p. Explore cultures that share the mountains with snow leopards throughout the 12 countries of its range. With Snow Leopard Trust.	Free	Appreciated
12th, Medicare Presentation: M, 1-3p. Compare costs & benefits of various Medicare plans.	Free	Appreciated
14th, Minor Home Repair & Water Conservation Info: W, 11:30a-1p. The Water Conservation Program will remove your old toilet and replace it with a water-saving toilet at no cost to you. Learn if you qualify!	Free	Appreciated
14th, iPad Basics: W, 1:30-3p. Get an introduction to tablets using the Library's iPads.	Free	Yes
14th, Social Justice 101 TED Talk Video & Discussion: Facing Homelessness: W, 1:30-3p. Rex Hohlbein shows us how we can take our own small but meaningful steps to end homelessness.	\$3 / \$5	Appreciated
14th, Classic Movie Night: Casablanca: W, 3:30-6p. Enjoy a film screening and discussion led by Scarecrow Video's film experts! Drinks and popcorn provided!	\$2 / \$4	Appreciated
16th, Thanksgiving Friendship Luncheon: F, 12-1:30p. Dine in community with us!	\$6 / \$10	Yes
16th, Annual Membership Meeting: F, 1:30-3p. Make your voice heard! Join us for yearly reports, board elections, an open forum, and more.	Free	Appreciated