





## Wallingford Community Senior Center October 2018 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6/7</b>
8a– Yoga For Every Body 9a – Foot Care 9:30a – Enhance Fitness 10:30a – Enhance Fitness 12p – Mixed Media Exploration: Paints & Pastels 2p – Wet-on-Wet Watercolor 3:30p – Writing Group	8:45a – Social Bridge 11:30a – Community Lunch 12:30p – Mah Jongg 1p – Book Group 6:30p – Evening L.I.F.E. Discussion Group	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 7p – Wallingford United Methodist Church Concert To Benefit WCSC 7p – Folk Dancing	8a – Yoga For Every Body 10:30a – Enhance Fitness 12p – October Birthday Lunch 12:30p – Mah Jongg 1:30p – Green Lake Loopers	
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13/14</b>
8a– Yoga For Every Body 9a – Foot Care 9:30a – Enhance Fitness 10:30a – Enhance Fitness 12p – Mixed Media Exploration: TBD 1p – Medicare Presentation 2p – L.I.F.E. Discussion Group 3:30p – Writing Group	8:45a – Social Bridge 11:30a – 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 1:30p – Intro to Facebook 1:30p – Social Justice 101 TED Talk Video & Discussion 3:30p – Classic Movie: <i>Phantom of the Opera</i>	8:45a – Duplicate Bridge 1:30p – Music Appreciation: Mozart 7p – Folk Dancing	8a – Yoga For Every Body 10:30a – Enhance Fitness 12p – Community Lunch 12:30p – Mah Jongg 1:30p – Travel In Time Lecture: The Silk Road & The Khazars 1:30p – Green Lake Loopers	
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20/21</b>
8a – Yoga For Every Body 9:30a – Enhance Fitness 10:30a – Enhance Fitness 12p – Mixed Media Exploration: Clay 3:30p – Writing Group	8:45a – Social Bridge 10a – Planning for Driving Retirement 11:30a – Community Lunch 12:30p – Mah Jongg 6:30p – Evening L.I.F.E. Discussion Group	9:30a – Enhance Fitness 10:30a – Enhance Fitness 12p – Community Lunch 12:30p – Scrabble 1p – Knitting Circle 1:30p – Financial Self-Defense 6:30p – Poggie Fishing Club	8:45a – Duplicate Bridge 7p – Folk Dancing	8a – Yoga For Every Body 10:30a – Enhance Fitness 12p – Community Lunch 12:30p – Mah Jongg 1:30p – Green Lake Loopers	
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27/28</b>
8a – Yoga For Every Body 9:30a – Enhance Fitness 10:30a – Enhance Fitness 12p – Mixed Media Exploration: Clay 2p – L.I.F.E. Discussion Group 3:30p – Writing Group	8:45a – Social Bridge 11:30a – 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 1:30p – Develop & Maintain A Healthy Voice	8:45a – Duplicate Bridge 10:45a – Theo Chocolate Factory Tour 1p – Job Search Round Table Discussion 2p – Job Search Coaching 7p – Folk Dancing	8a – Yoga For Every Body 10:30a – Enhance Fitness 12p – Community Lunch 12:30p – Mah Jongg 1:30p – Green Lake Loopers	
<b>29</b>	<b>30</b>	<b>31</b>			
8a – Yoga For Every Body 9:30a – Enhance Fitness 10:30a – Enhance Fitness 12p – Mixed Media Exploration: TBD 3:30p – Writing Group	8:45a – Social Bridge 11:30a – Community Lunch 12:30p – Mah Jongg	9:30a – Enhance Fitness 10:30a – Enhance Fitness 12p – Community Lunch 12:30p – Scrabble 1p – Knitting Circle	<b>Van Rides to Lunch &amp; Enhance Fitness</b> (T,W,F – Call to schedule)	<b>One-on-One Computer Help</b> (M-F by appointment)	

ONGOING PROGRAM DESCRIPTIONS	Member/ Public Cost	Registration required?
<b>Birthday Lunch:</b> 1 <sup>st</sup> F, 12p. Celebrate all the October 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.	\$3 / \$5	Yes
<b>Bridge:</b> T, Th, 8:45a-12p. 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 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
<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. Invigorating exercise program for older adults of all abilities. Includes aerobics, strength, balance, and flexibility.	\$4 / \$6 KP: Free	No
<b>Folk Dancing:</b> Th, 7-9p. Have fun and be active while learning world dances!	\$2 / \$4	No
<b>Games:</b> 12:30-3:30p. Mah Jongg T & F Scrabble W. Fun and 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 and Sandy's know-how!	\$2 / \$4	No
<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>Writing Group:</b> M, 3:30-5p. Supportive resource for writing and publishing.	\$3 / \$5	No
<b>Yoga For Every Body:</b> M & F, 8-9a. Gentle all levels yoga with Sam Poyta.	\$7 / \$9	No
OCTOBER PROGRAM SPECIALS	Member/ Public Cost	Registration required?
<b>1<sup>st</sup>, 8<sup>th</sup>, Foot Care:</b> 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
<b>1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>, Mixed Media Exploration:</b> M, 12-1:30p. Explore different media from clay to collage, paints to pastels. At Neo Art School, down the hall from WCSC.	\$16 Clay \$10 Other	Yes
<b>1<sup>st</sup>, Wet-On-Wet Watercolor:</b> M, 2-3p. Watercolor class rich with color!	\$3 / \$5	Yes
<b>2<sup>nd</sup>, 16<sup>th</sup>, Evening L.I.F.E. (Lessons in Female Experience) Discussion Group:</b> 1 <sup>st</sup> & 3 <sup>rd</sup> T, through December. 6:30-8p. Explore current affairs impacting women.	\$10 / \$13	Yes
<b>3<sup>rd</sup>, Senior Rights Assistance:</b> 1 <sup>st</sup> W, 9a-12p. One-on-one help with Medicare, health insurance, estate planning, substitute decision making, powers of attorney, etc.	Free	Yes
<b>4<sup>th</sup>, Wallingford United Methodist Church Concert:</b> Th, 7-8:30p. Enjoy live music and refreshments in support of Wallingford Community Senior Center.	\$20 Donation	Appreciated
<b>8<sup>th</sup>, Medicare Presentation:</b> M, 1-3p. Compare costs & benefits of various Medicare plans.	Free	Appreciated
<b>8<sup>th</sup>, 22<sup>nd</sup>, L.I.F.E. (Lessons in Female Experience) Discussion Group:</b> 2 <sup>nd</sup> & 4 <sup>th</sup> M, through December. 2-3:30p. Explore current affairs impacting women.	\$10 / \$13	Yes
<b>10<sup>th</sup> Social Justice 101 TED Talk Video &amp; Discussion: <i>I've Lived As A Man And As A Woman, Here's What I Learned</i>:</b> W, 1:30-3p. Paula Stone Williams explores the gender divide.	\$3 / \$5	Appreciated
<b>10<sup>th</sup> Intro To Facebook:</b> W, 1-3:30p. Stay connected with this class from Seattle Public Library.	Free	Yes
<b>10<sup>th</sup>, Classic Movie Night: <i>Phantom of the Opera</i>:</b> W, 3:30-6p. Enjoy a film screening and discussion led by Scarecrow Video's film experts! Drinks and popcorn provided!	\$2 / \$4	Appreciated
<b>11<sup>th</sup>, Music Appreciation Class: Mozart:</b> Th, 1:30-2:30p. Explore Mozart's life & music.	\$3 / \$6	Appreciated
<b>12<sup>th</sup>, Travel In Time Lecture: <i>The Silk Road &amp; The Khazars</i>:</b> F, 1:30-2:30p. Join Jeff Jordan to explore this little-known empire of 1200 years ago.	\$3 / \$6	Yes
<b>16<sup>th</sup>, Planning for Driving Retirement:</b> T, 10-11:30a. Achieve transportation independence.	Free	Appreciated
<b>17<sup>th</sup>, Financial Self-Defense:</b> W, 1:30-2:30p. Protect yourself from identity fraud and scams.	Free	Appreciated
<b>24<sup>th</sup>, Develop and Maintain a Healthy Voice:</b> W, 1:30-2:30p. Sing together for joy & laughter!	\$10 / \$12	Appreciated
<b>25<sup>th</sup>, Theo Chocolate Factory Tour:</b> Th, 10:45-12:45. Your golden ticket to Theo Chocolate!	\$15 / \$18	Yes
<b>25<sup>th</sup>, Job Search Round Table Discussion &amp; Coaching:</b> Th, Discussion 1-2p, Coaching 2-4p. Job search techniques for older adults. Sign up for 1-1 coaching afterwards if you wish.	Free	Yes

