




## Wallingford Community Senior Center September 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 style="text-align: center;"><b>Social Worker Consultations</b> (T,W by appointment)</p> </div>	<div style="border: 2px solid black; border-radius: 15px; padding: 10px; width: fit-content; margin: auto;"> <p style="text-align: center;"><b>One-on-One Computer Help</b> (M-F by appointment)</p> </div>	<div style="border: 2px solid black; border-radius: 15px; padding: 10px; width: fit-content; margin: auto;"> <p style="text-align: center;"><b>Van Rides to Lunch &amp; Enhance Fitness</b> (T,W,F – Call to schedule)</p> </div>	1/2
<p>3</p> <p><b>CLOSED FOR LABOR DAY</b></p> 	<p>4</p> <p>8:45a – Social Bridge 11:30a – Community Lunch 12:30p – Mah Jongg 1p – Book Group 6:30p – Group For Those Who Love Someone With A Chronic Illness</p>	<p>5</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>6</p> <p>8:45a – Duplicate Bridge 9a – Foot Care 1p – Fall Prevention Presentation 7p – Folk Dancing</p>	<p>7</p> <p>8a – Yoga For Every Body 10:30a – Enhance Fitness 12p – Birthday Lunch 12:30p – Mah Jongg 1:30p – Green Lake Loopers</p>	8/9
<p>10</p> <p>8a– Yoga For Every Body 9:00a – Foot Care 9:30a – Enhance Fitness 10:30a – Enhance Fitness 1p – Medicare Presentation 3:30p – Writing Group</p>	<p>11</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>12</p> <p>9:30a – Enhance Fitness 10:30a – Enhance Fitness 12p – Community Lunch 12:30p – Scrabble 1p – Knitting Circle 3:30p – Classic Movie: <i>I Confess</i></p>	<p>13</p> <p>8:45a – Duplicate Bridge 1:30p – Music Appreciation: American Jazz 7p – Folk Dancing</p>	<p>14</p> <p><b>CLOSED FOR UNITED WAY DAY OF CARING</b></p> 	15/16
<p>17</p> <p>8a – Yoga For Every Body 9:30a – Enhance Fitness 10:30a – Enhance Fitness 2p – Wet-on-Wet Watercolor Class 3:30p – Writing Group</p>	<p>18</p> <p>8:45a – Social Bridge 11:30a – Community Lunch 12:30p – Mah Jongg 1:30p – Social Justice 101 TED Talk: <i>Violence Against Women – It’s A Men’s Issue</i></p>	<p>19</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>20</p> <p>8:45a – Duplicate Bridge 1p – Introduction To Online Travel 7p – Folk Dancing</p>	<p>21</p> <p>8a – Yoga For Every Body 10:30a – Enhance Fitness 12p – Community Lunch 12:30p – Mah Jongg 1:30p – Green Lake Loopers</p>	22/23
<p>24</p> <p>8a – Yoga For Every Body 9:00a – Foot Care 9:30a – Enhance Fitness 10:30a – Enhance Fitness 2p – Wet-On-Wet Watercolor Class 3:30p – Writing Group</p>	<p>25</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>26</p> <p>9:30a – Enhance Fitness 10:30a – Enhance Fitness 12p – Community Lunch 12:30p – Scrabble 1p – Knitting Circle 6:30p – Housing Peer Support Group (at Ballard Library)</p>	<p>27</p> <p>8:45a – Duplicate Bridge 1:30p – Music Appreciation: Musicals Of The 40’s &amp; 50’s 7p – Folk Dancing</p>	<p>28</p> <p>8a – Yoga For Every Body 10:30a – Enhance Fitness 12p – Community Lunch 12:30p – Mah Jongg 1:30p – Green Lake Loopers</p>	<p>29/30</p> 

ONGOING PROGRAM DESCRIPTIONS	Member/ Public Cost	Registration required?
<b>Birthday Lunch:</b> 1 <sup>st</sup> F, 12p. Celebrate all the September 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. 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 (Except 9/14.) 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, (Except 9/14.) 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. (Happening 9/14)	Free	Appreciated
<b>Knitting Circle:</b> W, 1-3p. Knitting and friendship with June and Sandy'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. Explore current affairs impacting women. 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, health insurance, estate planning, substitute decision making, powers of attorney, etc.	Free	Yes
<b>Writing Group:</b> M, 3:30- 4:30p. Supportive resource for writing and publishing. (Except 9/3.)	\$3 / \$5	No
<b>Yoga For Every Body:</b> M & F, 8-9a. Gentle all levels yoga. Props and chairs will be provided to ensure comfortable and safe participation for all. With Sam Poyta. (Except 9/3.)	\$7 / \$9	No
SEPTEMBER PROGRAM SPECIALS	Member/ Public Cost	Registration required?
<b>4<sup>th</sup>, Group For Those Who Love Someone With A Chronic Illness:</b> T, 6:30-8p. Come join others in similar circumstances to support each other and share your concerns.	\$2 / \$4	Yes
<b>6<sup>th</sup>, 10<sup>th</sup>, 24<sup>th</sup> – Foot Care:</b> 9a-2:15p. Appointments with Bonnie Ackles, RN, ARNP, Certified Foot Care Specialist, include massage and treatment of toenails, calluses, and corns.	\$34 / \$37	Yes
<b>6<sup>th</sup>, Fall Prevention Presentation:</b> Th, 1-2p. Learn how to reduce risk factors for falling and exercises to challenge and improve your balance.	Free	Appreciated
<b>10<sup>th</sup>, Medicare Presentation:</b> M, 1-3p. Compare costs & benefits of various Medicare plans.	Free	Appreciated
<b>12<sup>th</sup>, Classic Movie Night: I Confess:</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>13<sup>th</sup>, 27<sup>nd</sup>, Music Appreciation Classes:</b> Th, 1:30-2:30p. Learn about the evolution of American jazz (9/13) and musicals of the 40's & 50's (9/27). Attend one or both!	\$5 / \$8	Appreciated
<b>17<sup>th</sup>, 24<sup>th</sup> Wet-on-Wet Watercolor Classes:</b> M, 2-3p. Watercolor class sessions rich with color! Each week offers a different theme and focus. Attend one or all!	\$3 / \$6	Appreciated
<b>18<sup>th</sup>, Social Justice 101 TED Talk Video: Violence Against Women – It's A Men's Issue:</b> T, 1:30-2:30p. Jackson Katz points out how violence against women is intrinsically a men's issue. Video followed by a facilitated discussion.	\$3 / \$6	Yes
<b>20<sup>th</sup>, Introduction To Online Travel:</b> Th, 1-2p. Learn how to research and book travel online using Seattle Public Library resources and other travel websites.	Free	Yes
<b>26<sup>th</sup> Housing Peer Support Group at Ballard Library:</b> W, 6:30-8p. If you are an older adult worried about future housing, come share concerns, brainstorm solutions, and exchange resources with others.	Free	Yes