

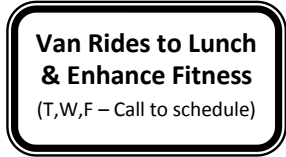

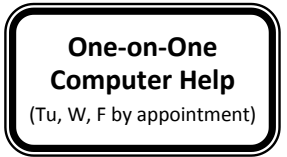


Wallingford Community Senior Center September 2019 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 -CLOSED- 	3 8:45a – Social Bridge 12p – Community Lunch 12:30p – Mah Jongg 1p – Book Group	4 8a – Yoga For Every Body 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	5 8:45a – Duplicate Bridge 9a – Foot Care 1p – Mix & Match Art Series: Collage & Assemblage 2p – Job Search Roundtable	6 10:30a – Enhance Fitness 12p – September Birthday Community Lunch 12:30p – Mah Jongg 1:30p – Green Lake Loopers 2p – Financial Consultations: Bring Your Questions!
9 8:30a – Yoga For Every Body 9a – Foot Care 9:30a – Enhance Fitness 10:30a – Enhance Fitness 12p – Community Lunch 1p – Retirement Planning 101	10 8:45a – Social Bridge 12p – Community Lunch 12:30p – Mah Jongg 2:30p – Men’s Club 7:30p – Sedentary Sousa Band	11 8a – Yoga For Every Body 9:30a – Enhance Fitness 10:30a – Enhance Fitness 12p – Community Lunch 12:30p – Scrabble 1p – Knitting Circle	12 8:45a – Duplicate Bridge 2p – Job Search Roundtable 7p – Death Cafe	13 -CLOSED- UNITED WAY DAY OF CARING 1:30p – Green Lake Loopers
16 8:30a – Yoga For Every Body 9:30a – Enhance Fitness 10:30a – Enhance Fitness 10:30a – Fiber Art Show & Edmonds Exploration Outing 12p – Community Lunch 1p – Money Smart For Older Adults	17 8:45a – Social Bridge 12p – Community Lunch 12:30p – Mah Jongg	18 8a – Yoga For Every Body 9:30a – Enhance Fitness 10:30a – Enhance Fitness 12p – Community Lunch 12:30p – Scrabble 1p – Knitting Circle 1:30p – Movies with Scarecrow - <i>Being There</i> (1979) 6:30p – Poggie Fishing Club	19 8:45a – Duplicate Bridge 10a – Celebrate Urban Birds 2p – Job Search Roundtable	20 10:30a – Enhance Fitness 12p – Community Lunch 12:30p – Mah Jongg 1:30p – Green Lake Loopers 1:30p – Tips To Sell Your Home
23 8:30a – Yoga For Every Body 9:30a – Enhance Fitness 10:30a – Enhance Fitness 12p – Community Lunch 1p – Know The Difference Between Medicare And Medicare	24 8:45a – Social Bridge 12p – Community Lunch 12:30p – Mah Jongg 2:30p – Men’s Club 7:30p – Sedentary Sousa Band	25 8a – Yoga For Every Body 9:30a – Enhance Fitness 10:30a – Enhance Fitness 12p – Community Lunch 12:30p – Scrabble 1p – Knitting Circle	26 8:45a – Duplicate Bridge 1p – AARP Smart Driver Course (Day One)	27 10:30a – Enhance Fitness 12p – Community Lunch 12:30p – Mah Jongg 1p – AARP Smart Driver Course (Day Two) 1:30p – Green Lake Loopers
30 8:30a – Yoga For Every Body 9:30a – Enhance Fitness 10:30a – Enhance Fitness 12p – Community Lunch 1p – Financial Forum		 <p style="text-align: center;">Van Rides to Lunch & Enhance Fitness (T,W,F – Call to schedule)</p>	 <p style="text-align: center;">Social Worker Consultations (T,W by appointment)</p>	 <p style="text-align: center;">One-on-One Computer Help (Tu, W, F by appointment)</p>

ONGOING PROGRAM DESCRIPTIONS	Member/ Public Cost	Registration required?
Birthday Lunch: 1 st F, 12p. Celebrate August birthdays by enjoying lunch and cake!	\$4 / \$6	No
Book Group: 1 st Tu, 1-2p. Join us for friendly, fun, and free discussion. Currently full, call for waitlist.	\$2 / \$4	Yes
Both Sides Now: 1 st W, 1-2p. Men & women sharing points of view and stories.	\$3 / \$5	Yes
Bridge: Tu, Th, 8:45a-12p. Social (all levels; T) or Duplicate (experienced; Th). Currently full, call for waitlist.	\$2 / \$4	Yes
Community Lunch: M-W, F, 12-12:45p except 9/2 & 9/13. Choose between two delicious home-cooked entrées. <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
Death Cafe: 2 nd Th, 7-8:30p. A safe space to discuss mortality, dying & death. No agenda, but there is always cake, tea, and interesting conversation. Everyone is welcome. With Mitzi Weiland, MA, CT.	Free	Appreciated
Enhance Fitness: M & W, 9:30-10:30a; M, W, F, 10:30-11:30a except 9/2 and 9/13. 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 Tu & 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
Job Search Roundtable Discussion: Th, 2-4p except 9/26. Career Counselor George Strang leads a round table discussion on job search techniques and resume development for older adults. Attend one or all.	Free	Appreciated
Knitting Circle: W, 1-3p. Knitting and friendship with June and Louise's know-how!	\$2 / \$4	No
Men's Club: 2 nd & 4 th Tu, 2:30-3:30p. Social conversation group for men. Topics vary.	\$3 / \$5	No
Yoga For Every Body: M, W, 8-9a except 9/2. Gentle all-levels yoga with Rich MacDonald.	\$7 / \$9	No
SEPTEMBER PROGRAM SPECIALS	Member/ Public Cost	Registration required?
5th, Mix & Match Art Series: Collage & Assemblage: Th, 1-3:30p. Explore together creatively, incorporating images into a brand new visual form. Learn with help from local artist Cynthia Yachtman!	\$10/\$15	Yes
5th, 9th Foot Care: Th, 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, Financial Consultations – Bring Your Questions!: F, 2 – 4p. Meet with Elizabeth Gray, Investment Adviser Representative & Independent Insurance Agent in a private no obligation consultation.	Free	Yes
9th, Retirement Planning 101: M, 1–2p. Learn answers to frequently asked questions, tips and strategies for giving yourself more peace of mind about your finances in retirement. With Elizabeth Gray and Noemi Chaparro of Securian Advisors Northwest	Free	Appreciated
16th, Money Smart For Older Adults: M, 1–2p. Join Paul Robinson, Manager of the Fremont Branch of HomeStreet Bank, to learn how to prevent financial exploitation, guard against identity theft, plan for unexpected loss of the ability to manage your finances, prepare financially for disasters, and more!	Free	Yes
16th, Fiber Art Show & Edmonds Exploration Outing: M, 10:30–1:30. Attend the 2019 Fiber Art Show, featuring fiber and mixed media art made by our neighbors, PNNAG, grab lunch and peruse Edmonds shopping. Van departs promptly at 10:30 AM. Art show is free to the public.	\$8/\$10	Yes
18th, Movies with Scarecrow Video: <i>Being There (1979)</i>: W, 3:30-6p. Through a series of chances, a simple gardener becomes an unlikely advisor to a powerful insider in Washington business and politics.	\$2/\$4	Appreciated
19th, Celebrate Urban Birds: Th, 10–11a. Participate in scientific research while learning about local and migrant birds! Meet at WCSC, then we'll head out to Meridian Park to do our research. Facilitated by Victoria Dzenis, WCSC Program Manager.	Free	Appreciated
20th, Tips To Sell Your Home: F, 1:30–3p. Topics include: understanding today's Seattle market, preparing your home to receive top dollar, and tips on downsizing. With Jamie Flaxman, local Realtor with Coldwell Banker Bain.	Free	Appreciated
23rd, Know The Difference Between Medicare And Medicaid: M, 1–2p. Despite their similar names, Medicare and Medicaid differ in some key respects. This can have a big impact on your retirement budget, so it pays to know how each works. With Heather Eacker of Eldercare Navigators.	Free	Appreciated
26th, 27th, AARP Smart Driver Course: Th & F, 1–5p. A driver refresher course for older drivers. Receive a certificate entitling you to a discount or discount extension on your auto insurance! You must attend both classes to receive your certificate. With Joel Ferguson, AARP Driver Safety Instructor.	\$20 (\$15 AARP members)	Required
30th, Financial Forum: M, 1–2:30p. Discuss your financial concerns and questions in a casual, round table format. Come with your questions regarding income distribution planning, probate, charitable gifting, taxes, long-term care insurance, inflation, Social Security... etc.! With Kristen Lomax of SOFA.	Free	Appreciated