



THE SUNNYSIDER



A Newsletter for Members & Friends of
Wallingford COMMUNITY Senior Center

APRIL, MAY, JUNE 2013

STRETCHING IN SPRING

Friends,

In the last issue I talked about our intention of stretching — so we can strengthen WCSC’s foundation for years to come. That means reaching outside of ourselves, inviting new people in, and going beyond our ‘comfort zone’ and the confines of our ‘walls’. Spring is a time of renewal and emergence. We hope you’ll sense this in our programs in the coming months. A few highlights we are excited about:

- A new partnership with Wallingford’s branch of the Seattle Public Library. Look for library classes and discussions that we will host.
- A renewed partnership with the Alzheimer’s Association. Starting in April, we’ll be hosting a caregiver support group.
- A few of our programs will be offered ‘beyond the walls of Wallingford’, at the NE branch of the Public Library. This is one way we can expand our reach to other north and northeast Seattle neighbors.

As we expand in new ways, we will also be attentive to nurturing the sense of welcome and personal connection that is at our core and important to so many of you. We hope you will stretch a little with us, trying something new and helping to invite and welcome others into our community.

Kathleen

THIS IS YOUR ORGANIZATION! MEMBERSHIP MEETING — MAY 15, 2013

Your membership in WCSC really does matter. Your critical support helps build a sound future for WCSC. You have an important voice in ensuring that we fulfill our mission and achieve our vision of an inclusive, vibrant, age-friendly organization!

To keep you up-to-date, we bring members together in an open forum to hear about the ‘state of WCSC’, to ask questions, and to elect members of the Board.

**Join us for the 2013 WCSC Membership Meeting
Wednesday May 15th — 1:15pm**

Meeting will start immediately following lunch*.

*Board candidate information & agenda will be available to members
and posted at WCSC by April 15, 2013.*

***Come for lunch at Noon,
immediately prior to the meeting.**

Please RSVP so we set enough places and have plenty of food!
206-461-7825 or register@wallingfordseniors.org
Suggested Lunch Donation: \$3 / person over 60 years of age; \$6 / others.



‘YOU + ONE’ 2013 MEMBERSHIP CAMPAIGN

NEVER TOO LATE TO JOIN!

**WANTED:
480 CARING INDIVIDUALS TO
MAKE A DIFFERENCE**

Spread the word!
Help us build and grow!
See page 15 for more
membership information

WE COUNT ON YOU

Greeting someone by name. Making someone new feel welcome. Taking a moment to listen.

Facilitating a group or class. Offering a creative idea or constructive suggestion.

Helping someone fix a computer problem or master a new skill.

It takes many hands, hearts, and minds to build a caring, connected community. Your involvement matters. For all of you who already play a part in weaving the tapestry of our community, thank you. And this is an invitation to be part of our collective effort—whether you are new to our community or already here.

Make a difference — feel good!

CALL FOR VOLUNTEERS — MAYBE YOU!

- **Publicity Hounds:** Promote our programs & services on foot or online. *Dogs welcome!*
- **Front Desk Receptionists:** Hub-central for all WCSC activity. Greeter and much more. *Smiles required!*
- **Party Helpers:** Hands to help with special events. Prepare, set-up, decorate, greet, serve food, or clean up. *Create a good time!*
- **Diggin' in Dirt Garden Helpers:** Volunteer to make our community P-Patch garden grow. *Share in the bounty!*
- **Wallingford Walk Leader:** Organize **just one** Wallingford Walk. *Popular healthy steps!*

Interested? Want to learn more?

Contact Polly Nelson at pnelson@wallingfordseniors.org

Interested in volunteering as a Board or Advisory Council member?

Contact Kathleen Crompton at kcrompton@wallingfordseniors.org

THANK YOU

In 2012, 203 volunteers gave more than 5000 hours of service to WCSC.

Thank You!

Celebrate Service
National Volunteer Week
April 21 - 27, 2013

Board of Directors

Jim Strong Christopher Novak
Mike Ruby Ed Ringness
Judith Stoloff Birjodh Tiwana
Beverly James Javier Womeldorff
Billie Hess

Advisory Council

Laurie McCray Mary Heim
June Skidmore Ted Jonsson
Ed Atwood Charlotte Moss
Jake Weber Chris White
Kathy Boran

A special thanks to volunteers on WCSC's Board & Advisory Council for their work to chart a course to the future

And Our Appreciation to These Community Businesses for In-kind Contributions & Support

QFC

ESSENTIAL BAKING COMPANY

RUSTY PELICAN CAFÉ

STARBUCKS

YOGURLAND

AND WALLINGFORD CHAMBER OF COMMERCE

STRENGTHEN WCSC WITH A SPRING GIFT THROUGH GIVEBIG

If you took part in **GiveBIG** last year, we say thank you once again! On this amazing day of community giving, \$7.4 million were raised. 65 people stepped forward to support WCSC, with generosity that was a very 'BIG' milestone for WCSC and those who count on our services and call us their community.



GiveBIG is back for 2013! **On May 15th**, the Seattle Foundation will host a 24 hour on-line charitable giving event to inspire people to support 1300 nonprofit organizations who make King County a stronger, more vibrant community for all. That includes WCSC! **We hope to rally our entire community and circle of friends to join in. Gifts large and small will find a good home here!** Over the coming weeks, you'll hear more about this campaign and how you can easily be part of a day of generous success for WCSC and many others who serve our community. *With Appreciation!*

WCSC INFORMATION

FIND US

4649 Sunnyside Ave N — Suite 140 — Seattle 98103
Lower level of the Good Shepherd Center
Phone 206-461-7825

HOURS OF OPERATION

Monday: 10am—2pm
Tuesday — Friday: 8:45am—5pm
Other Times as Scheduled

STAY CONNECTED

E-Newsletter: For most current info, don't miss our 'E-Sunnysider'. To subscribe, send an e-mail (with name and email address) to register@wallingfordseniors.org.

Website: www.wallingfordseniors.org.

Paper Newsletter: 'The Sunnysider' is published quarterly for members and friends of WCSC.

PROGRAM PARTICIPATION

Advance registration and payment may be required for many programs. Call or email WCSC for questions. Current membership is required for certain programs.

YOUR VOICE MATTERS

This is your place. We welcome your ideas, involvement, and feedback. If you have a concern or experience a problem at WCSC, please talk with a staff member so we may work with you to resolve the matter.

TRANSPORTATION

WCSC Van: WCSC offers van rides on Wednesdays and Fridays for those with limited mobility participating in Enhance Fitness, Senior Nutrition Lunch and/or special events. The service area is within Seattle city limits, generally north of the ship canal. A \$1.50 per ride donation is suggested. Call WCSC to arrange rides in advance. The driver calls daily to confirm rides. Cancel by calling WCSC or the van cell phone 206-856-8250.

Bus Service: Metro's buses #16 and #44 serve the WCSC area. Call Metro, 206-553-3000, for info.

Other Options:

- **Hyde Shuttle**: For people over 55 and/or with disabilities living in limited areas of Seattle. Call 206-727-6262.
- **Metro ACCESS Van**: Must be eligible for the ADA Para-transit Program. Call 206-263-3113 for info.

NON-DISCRIMINATION & ACCESSIBILITY

WCSC enforces a non-discrimination policy with regard to age, race, gender, disability, sexual orientation, national origin, religion and political ideology for participants, volunteers and employees. WCSC makes reasonable accommodations to ensure its programs and activities are accessible to those with disabilities. Tell us if you have special needs.

WCSC STAFF TEAM

Kathleen Crompton (Executive Director); Polly Nelson (Program & Volunteer Manager); Bob Robbins (Kitchen Coordinator); Mike Lemon (Van Coordinator); Emma Bishop (Office Assistant); Mark Montgomery (Intern); Randy Miner and Tim Johnson (Dishwashers); Maggie Jackson (Custodian)

APRIL—JUNE 2013 PROGRAM SUMMARY

	Day(s)	Date	Time	Member	Non-Member
LIFELONG LEARNING — PG. 6					
AARP Driver Safety	Th-Fr	5/9—5/10	1pm—5pm	\$12 AARP	\$14 non-AARP
The Artist's Way Series, Drop-In OK	W	4/3, 4/24, 5/15, 6/5, 6/26	7-8:30pm	\$13 & GSC	\$15
Book Group	1st Tu	4/2, 5/7, 6/4	1—2pm	Free	NA
Global Warming Now	Th	5/16, SPL, NE Branch	6:15—7:45pm	Free	Free
Knitting Circle	W	Ongoing—Drop-In	1pm—3pm	\$2	\$3
Sedentary Sousa Band	Tu	2nd & 4th	7:30-9:30pm	Free	Free
Summer Reading	Tu	6/4	11:30am-1:30pm	Free	Free
Writing Group	Tu	Ongoing	9—10am	\$3	\$4
GAMES & RECREATION — PG. 7					
Bridge, Social	Tu	Ongoing	8:45—Noon	\$2	\$3
Bridge, Guided Practice	W	Ongoing	10am—Noon	\$2	\$3
Bridge, Duplicate	Th	Ongoing	8:45—Noon	\$2	\$3
Cribbage	F	Ongoing	12:30—3:30pm	\$2	\$3
Mah Jongg	Tu	Ongoing	12:30—3:30pm	\$2	\$3
Poggies-Fishing Club	3rd W	Ongoing	6:30-10pm	Free	Free
Scrabble & Pinochle	W	Ongoing	12:30—3:30pm	\$2	\$3
Tiptoe Through the Tulips Tour	M	4/22	9:45am—5pm	\$20	\$20
HEALTH PROMOTION & PHYSICAL FITNESS — PG. 8					
Allergies: Itchy, Sniffy, Achoo! Pharmacist	Th	4/25 May/June TBA	3:30—4:30pm	Free	Free
Ask Your Pharmacist	Last Tu	4/30, 5/28, 6/25	Noon—1pm	Free	Free
Enhance Fitness	M, W, F	Ongoing	10:30—11:30am	\$3	\$3.50/GHC: \$0
Meditation, Beginners Class	TBA		TBA		
Mini-Massage Appointments	F	4/26	1—3pm	\$5	\$10
Seattle Sloop Co-Ed 50+ Recreational Softball	T, Th	Practice, Call for Details	10am—Noon	\$20 Fee	NA
Strength & Conditioning	W	Ongoing	9:30—10:15am	\$5	\$6.50
Walk & Bus: Short Field Trips	M	4/22—6/3, not 5/27	1—3pm	Free	Free
Yoga for Every Body	F	Ongoing	8—9am	\$5	\$7
SOCIAL & TRANSITION SUPPORT — PG. 9					
Aging in Community . . . Aging Your Way	Th	5/9	5:45—8pm	Free	Free
Alzheimer's Association Caregiver Support	1st M	4/1, 5/6, 6/3	2—3:30pm	Free	Free
Job Search Workshop for 55+	TBA	TBA	TBA	Free	Free
Legal Issues & Older Adults	Th	4/18	1:30—2:30pm	Free	Free
55+ Life Transitions: Planning & Resources	Th	5/23, SPL, NE Branch	6—7:30pm	Free	Free
Men's Group	3rd Tu	4/16, 5/21, 6/18	1—2pm	Free	Free
Navigating Aging Resources		Ongoing	Ask Staff	Free	Free
Senior Rights Assistance	1st W	4/3, 5/1, 6/5	9—Noon	Free	Free
TECHNOLOGY LEARNING & ACCESS— PG. 11					
Bridging the Miles with Technology	W	4/24	1:30—4pm	\$12	\$18
Computer Mentoring, 1-on-1	T, W, F	Ongoing	1—3pm	\$5	\$8
Drop-In Computer Center - Open to All	M—F	Ongoing, NA during classes	WCSC Hours	Free	Free
Home Computer Repair	On Call	Ongoing-Members Only	As Needed	Free	NA
Is Windows 8 or a Surface Tablet for You?	W	5/22	1:30—4pm	\$12	\$18
LinkedIn For Job Seekers	F	TBA	10am—2pm	\$15	\$20

APRIL—JUNE 2013 PROGRAM SUMMARY

	Day(s)	Date	Time	Member	Non- Member
TECHNOLOGY LEARNING & ACCESS — PG. 12					
SPL Craigslist	M	6/24	6:30—8pm	Free	Free
SPL E-Books and Downloads	M	5/20	11am—1:30pm	Free	Free
SPL Web 2.0	Th	5/2	1:30—3:30pm	Free	Free
STS Computer Basics	Tu & Th	4/2 & 4/4, 5/7 & 5/9, 6/4 & 6/6	10am—3pm	\$10	\$15
STS Computer Basics Plus!	Tu	4/9, 5/14, 6/11	10am—3pm	\$10	\$15
STS Intro to Microsoft Word, "Simplified"	W	4/10, 6/12	10am—3pm	\$10	\$15
STS Publishing a Book On-Line	W	5/15	10am—3pm	\$10	\$15
Technology Fair & Devices for Aging at Home		TBA		Free	Free
HEALTHY COOKING & MEALS — PG. 13					
Birthday Lunch	1st F	4/5, 5/3, 6/7	Noon	\$3, 60+	\$6 under 60
Community Café	Tu	Ongoing	11:30am—1pm	A la Carte Pricing	
Food & You: Healthy & Fun Nutrition	3rd W	4/17, 5/17, 6/19	12:30—1:15pm	Free	Free
Pots and Plans	Th	4/18, 4/25, 5/2, 5/9, 5/16, 5/23	11—Noon	Free	Free
Senior Nutrition Lunch	W, F	Ongoing	Noon	\$3, 60+	\$6 under 60
COMMUNITY ACROSS GENERATIONS — PG. 14					
Annual Membership Meeting	W	5/15	1:15pm	Free	Free
Community P-Patch Gardening	TBA	Ongoing	TBA	Free	Free
Dance 4 Wallingford	Sat	5/11	6—9pm	See Below	See Below
Family Movie Night	Sat	4/20	5:30—8:30pm	Donation	Donation
Intergenerational 4-H & Scouts	Various	Various	Various		
Pancake Breakfast	Sun	6/9	9am—Noon	\$5/\$2.50	\$5/\$2.50
Wallingford Walks	Sat	TBA	10am—Noon	Free	Free

WHAT'S COMIN' UP? SAVE THE DATES!

- ◎ Family Movie Night — April 20th ◎
- ◎ Using Technology to Bridge The Miles — April 24th ◎
- ◎ Dance 4 Wallingford — May 11th ◎
- ◎ Membership Meeting & GiveBIG — May 15th ◎
- ◎ Wallingford Farmers Market Returns — May 29th
- ◎ Mayor's Office for Senior Citizens Coffee Hour at WCSC — June TBA ◎
- ◎ Pancake Breakfast — June 9th ◎
- ◎ 'Wallingford Family' Parade and Festival — July 6th ◎
- ◎ Virginia V Cruise to Benefit WCSC — August 11th ◎
- ◎ Goddess Festival to Benefit WCSC — September 14th ◎
- ◎ United Way Day of Caring — September 20th ◎

LIFELONG LEARNING



SUMMER READING

TUESDAY JUNE 4TH, 11:30 AM—1:30 PM FREE

Courtesy of the Wallingford Branch of the Seattle Public Library. Get ideas about great reads for the lazy days of summer, including new books, classics, and bestsellers. **Free**

* *beyond the walls of wallingford*

GLOBAL WARMING NOW

THURSDAY, MAY 16TH, 6:15—7:45PM



The Climate Reality Project

East Coast Hurricane Sandy, Midwestern drought, Western wildfires, record high temperatures and this only in the U.S.! 2012 broke weather records around the world. Al Gore's climate change slideshow, updated for Seattle audiences, will be presented by Michael Foster as part of The Climate Reality Project. A call to action and real solutions for today!

***AT SEATTLE PUBLIC LIBRARY, NE BRANCH,**
6801 35th Ave. N.E., Seattle, 206-684-7539



WCSC BOOK GROUP

1ST TUESDAY MONTHLY 1—2 PM
APR 2ND, MAY 7TH, JUN 4TH

Engaging monthly discussions facilitated by Chandler Clifton, retired community college instructor. WCSC members may check out books at the meeting or from staff. Books to be discussed:

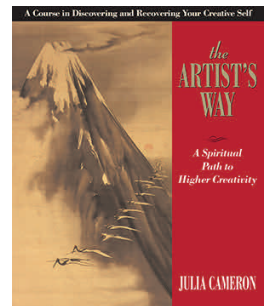
- **Apr 2nd:** *A Death in the Family*, James Agee
- **May 7th:** *Ines of My Soul*, Isabel Allende
- **Jun 4th:** *The Hemingses of Monticello*, Annette Gordon-Reed
- **July 2nd:** *Cry The Beloved Country*, Alan Paton

THE ARTIST'S WAY

WEDNESDAYS, EVERY THREE WEEKS (SEE PAGE 4), 7:00PM—8:30 PM

Explore and expand your creativity, using the principles and framework of Julia Cameron's *The Artist's Way*. Discover and recover your creative self! Drop-ins always welcome; join us for one session or many, just be sure to register in advance.

\$13 members / \$15 non-members (Greenwood Senior Center members receive member rate)



KNITTING CIRCLE

EVERY WEDNESDAY 1—3 PM

Knitting, tips, tea and friendship with June Skidmore's hospitality and know-how. Whether new to knitting, needing a refresher, or just want to enjoy good company, be part of this circle of camaraderie and craft. All skills and levels welcome.

\$2 members / \$3 non-members



AARP DRIVER SAFETY COURSE

THURSDAY & FRIDAY* 1—5PM
MAY 9TH—10TH

Learn current rules of the road, defensive driving techniques and how to safely operate your vehicle in today's challenging driving conditions. Learn how to accommodate for changes to vision, hearing and reaction time. You may be eligible for an insurance discount after completing this course.

\$12 AARP members / \$14 non-AARP members
Register in Advance!

*Join us for lunch before class on Friday.

LIFELONG LEARNING

WEEKLY WRITING GROUP EVERY TUESDAY 9—10 AM



Like to write? Join others in this creative pursuit. Improve how you share your ideas through the written word. Guidance for writing and publishing offered. This facilitated group gives you an opportunity to workshop new or existing material in a supportive environment.

\$3 members / \$4 non-members

SEDENTARY SOUSA BAND 2ND & 4TH TUESDAYS 7:30—9:30 PM



This local treasure has called WCSC its rehearsal home since 2009. Catch them practicing and playing here and at their public performances. Toe-tapping, make-you-smile music!

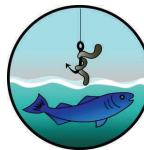
GAMES & RECREATION

TIPTOE THROUGH THE TULIPS MONDAY, APR 22ND, 9:45AM PICKUP—5PM

Join us on a trip to the famous Skagit Tulip Festival! Fields of tulips and daffodils in bloom, with lunch in quaint La Conner, WA.

\$20, CALL WCSC TO REGISTER

In partnership with Seattle Parks & Recreation, Lifelong Recreation Program.



POGGIES—FISHING CLUB 3RD WEDNESDAY, 6:30—10PM

Seattle Poggie Club, the oldest fishing club in the northwest. Interested in sport fishing and environmental concerns related to fishing.

FREE

• BRIDGE

CALL TO FIND OUT ABOUT JOINING A TABLE.

- ♦ **SOCIAL BRIDGE**
TUESDAYS, 8:45AM—NOON
- ♦ **BRIDGE, GUIDED PRACTICE**
WEDNESDAY, 10AM—NOON
Improve your skills by practicing with a seasoned expert. All levels and drop-ins welcome!
- ♦ **DUPLICATE BRIDGE**
THURSDAYS, 8:45AM—NOON

ALL GAMES: \$2 MEMBERS / \$3 NON-MEMBERS / DROP-INS WELCOME!

• MAH JONGG

TUESDAYS, 12:30—3:30PM

• SCRABBLE

WEDNESDAYS, 12:30—3:30PM

• PINOCHLE

WEDNESDAYS, 12:30—3:30PM

• CRIBBAGE

FRIDAYS, 12:30—3:30PM



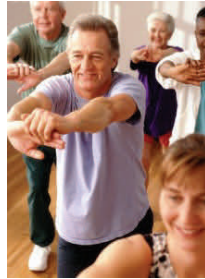
HEALTH PROMOTION & PHYSICAL FITNESS

STRENGTH AND CONDITIONING

WEDNESDAYS, 9:30—10:15AM

An active, advanced class using a variety of exercises to build coordination, flexibility, balance, and to align posture. Limited class size allows personal attention.

Led by Blanka Jindrach



\$5 members / \$6.50 non-members

YOGA FOR EVERY BODY— DROP-IN!

EVERY FRIDAY, 8—9AM

ROOM 202 OF THE GOOD SHEPHERD CENTER

Open to all ages, levels of ability.

Strengthen, stretch, unwind the mind and body with centering yoga postures and breathing.



Judith Robin, Instructor

Drop In Pricing per Class

\$5 members / \$7 non-members

ENHANCE FITNESS

EVERY MONDAY, WEDNESDAY & FRIDAY 10:30—11:30AM

Led by Blanka Jindrach, 2012 Enhance Fitness Instructor of the Year

An adaptable exercise program designed for older adults:

- Challenging enough for those who are active
- Accommodating for those needing gentler activity



Becoming fit just became a whole lot more fun

EnhanceFitness is
Three Classes in One.

- Strength Training
- Flexibility and Balance
- Aerobic and Cardio

Join us for a life of better health.

WCSC members \$3 per class / non-members \$3.50 per class / 10-class punch-cards available

No cost to Group Health Medicare Advantage Members

*Registration not currently required. First class free to try out.

WALK & BUS: SHORT FIELD TRIPS

MONDAYS, APR 22ND—JUN 3RD, NOT MAY 27TH, 1—3 PM

Come to explore our neighborhood as an urban villager on foot or bus.
Discover little known places near-by, combining walking with public transit.

Be surprised by what you'll learn and see!

Meet up to start at WCSC. Walk details available at WCSC. RSVP in advance please!

Led by Patricia Bannister

Free.



MEDITATION: BEGINNERS CLASS

INTERESTED? CALL FOR DETAILS

Research points to the health benefits of meditation. Mindfulness practices may change our brains and help us live with more joy and contentment. *It is never too late to start!* If you have an interest in a beginner's meditation class or in joining a meditation group, please let us know. We are looking for a group of at least four to get started.

Contact Janet Parr (Front Desk Volunteer)
or Kathleen Crompton



MINI-MASSAGE

FRIDAYS, APRIL 19TH, 1—3PM BY APPOINTMENT
(OTHER DATES TBA)

15-minute head, neck and shoulder massage.
Lanie Riley, LICSW, LMP, has practiced massage in the Good Shepherd Center since 1987. Co-founder of The Seattle Massage School in 1976. Lanie has taught and given massage steadily for 30+ years.

\$5 members / \$10 non-members

HEALTH PROMOTION & PHYSICAL FITNESS (CONT.)

ITCHY, SNIFFY, ACHOO!

A PHARMACIST CONVERSATION ABOUT ALLERGIES
THURSDAY, APR 25TH, 3:30—4:30PM

As we enter the pollen heavy months, join us for a special Pharmacist Conversation with practical information about allergies in adults. What causes an allergic reaction? What are common triggers? When should you worry? How can you get relief?
Thanks to Pharmaca in Wallingford.

Free



ASK YOUR PHARMACIST
LAST TUESDAYS, NOON—1PM
APR 30TH, MAY 28TH, & JUN 25TH,

Bring all of your medications (prescription and over-the-counter) and your questions to a free consultation with a Pharmaca pharmacist. Oh, and get your blood pressure checked too! Practical, helpful information about medication management.

Free

Seattle Sloop Co-Ed 50+ RECREATIONAL SOFTBALL

PRACTICE: TUESDAY & THURSDAY, MARCH—APRIL, 10AM—NOON
GAMES MAY—JULY

Seattle Sloop is Seattle's only 50+ Co-Ed Softball Team in the recreational league. Want to play—give it a try? Call WCSC for information.

Cost: League fees \$20 + WCSC membership



SOCIAL & TRANSITION SUPPORT

alzheimer's  association®

CAREGIVER SUPPORT GROUP

1ST MONDAY, 2—3:30PM
APR 1ST, MAY 6ST, JUN 3RD

An Alzheimer's Association caregiver support group for unpaid care partners, family members and friends of individuals with memory loss.

Free

LEGAL ISSUES & OLDER ADULTS

WITH LEGAL VOICE

THURSDAY, APR 18TH, 1:30—2:30PM

A discussion of legal issues facing older adults today. Highlights of the new edition of the *Handbook for Washington Seniors: Legal Rights and Resources* will be shared. Topics include health and long-term care, finances, benefits, dealing with death, family relations, age and disability discrimination, elder abuse and more.

Free

* *beyond the walls of wallingford*

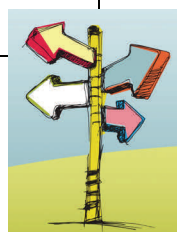
55+ LIFE TRANSITIONS:

PLANNING & RESOURCES
THURSDAY, MAY 23RD, 6—7:30PM

Learn about resources that enhance the later stages of life. We'll discuss housing and care needs for older adults.

With Larry Sowa of CHOICE Advisory Services.

* **AT SEATTLE PUBLIC LIBRARY, NE BRANCH,**
 6801 35th Ave. N.E., Seattle, 206-684-7539



SENIOR RIGHTS & HEALTH

INSURANCE ASSISTANCE

1ST WEDNESDAY, 9AM—NOON
APR 3RD, MAY 1ST, JUN 5TH

Individual appointments on a range of topics, including: Medicare, estate planning, powers of attorney and more!

With Senior Information and Assistance / SHIBA Representative — Jerry Keating

Free

Advance registration required

SOCIAL & TRANSITION SUPPORT



AGING IN COMMUNITY 'YOUR WAY'

Connections and Meaningful Conversations

MAY 9TH, 5:45—8PM (OTHER DATES TBD)

An open invitation for you to explore topics of common interest about staying active and engaged as we age.

General format is:

5:45pm Sharing a Meal Together (Bring a dish to share..)

6:30pm Topical Conversation

Topic Examples

- Creating a network of support
- Living alone as we age
- Exploring housing options
- Technology to support healthy aging
- Inter-generational connections as we age

Free. Let us know you're coming! Call 206-461-7825 or e-mail register@wallingfordseniors.org.

AGING IN COMMUNITY WORKGROUP FORMING



With aging in community a very real concern for many, it is a high priority for WCSC programming. **But we need your help to define what that will look like.** What programs and activities will we offer? How can we bring people together and foster connections? What are the lessons learned from others that we should adopt and try here?

Is this topic 'about you'? Do you have some creative ideas or critical questions? **We're looking for team members to meet 1 - 2 times per month to put some 'legs' underneath an important program area.** First meeting mid-April. Date to be determined by group availability.

Contact Kathleen Crompt by phone 206-461-7825, or at kcrompt@wallingfordseniors.org if you are willing to pitch in — or if you want a little more info before you decide.

MEN'S GROUP

3RD TUESDAY, 1—2PM

APR 16TH, MAY 21ST, JUN 18TH



ALL men invited to join a group of 'guys' for relaxing and open social conversation connected to things we might share in common. Those attending create a list of topics for future discussions. It's a good time to talk and listen and share—in an easy environment. This is NOT therapy.

Stories and laughter welcome! Facilitated by Chandler Clifton **Free**



55+ JOB SEARCH WORKSHOP TBA

55+ and jobless in Seattle? Learn about job search techniques, job lists, web sites and more at this workshop facilitated by the Mayor's Office for Senior Citizens Employment Resource Center (MOSC-ERC).

Space limited! Registration required.

Send name, email, and phone number to Paul Valenti (paul.valenti@seattle.gov). Put WCSC in the subject line of your e-mail. **Free.**

NAVIGATING AGING RESOURCES UPON REQUEST

WCSC's staff provide information and referral assistance about social services and other resources to meet your needs. Including care and support needs for yourself or an aging family member and making plans for the future. Check out our resource information display or ask staff for individualized assistance.

P.S. Look for an announcement about a Social Worker at WCSC — coming soon!!

TECHNOLOGY LEARNING & ACCESS

LINKEDIN FOR JOB SEEKERS

FRIDAY, TBA

10AM—2PM

(Lunch break from Noon-12:30pm)



LinkedIn is a social networking site for working professionals and job seekers. In this hands-on workshop, you will learn how to set up your profile, make connections, and look for jobs. Please sign up for your free LinkedIn account before coming to class. Bring an electronic copy of your resume and a digital photo if you have one for uploading.

Advance registration is required.

\$15 members / \$20 non-members

IS WINDOWS 8 OR A SURFACE TABLET FOR YOU?



WEDNESDAY, MAY 22ND, 1:30—4PM

Curious about Microsoft's Windows 8 and the Surface Tablet computers? We'll review and demo Windows 8 and the Surface Tablet. Demo style class designed to help you decide if it's time to make the switch to Windows 8.

\$12 Members, \$18 Non-members
Advance registration is required



BRIDGING THE MILES WITH TECHNOLOGY

Wednesday, April 24th

1:30 — 4 pm

How can technology help you stay connected with family and friends? What about having a virtual Sunday dinner together with your relatives back East?

In this demonstration workshop, you'll be introduced to a whole range of tools for distance communication including email, online and video chat.

Welcome to bring your laptop and walk through steps to install software and create communications accounts.

\$12 Members / \$18 Non-members. Advance registration is required.

TECHNOLOGY LEARNING SUPPORT

DROP-IN COMPUTER CENTER

OPEN TO ALL

Three Macs and six PC computers, with easy-to-read keyboards, available during our regular hours. PCs not available when computer classes are in session. No time limit! Free wi-fi available for those with wi-fi enabled laptops and other devices.

Free

B&W printing available for \$.10/page.



A SPECIAL TECHNOLOGY RESOURCE FOR WCSC MEMBERS ONLY:

FREE TO LOW-COST* COMPUTER REPAIR

If your computer needs fixing, avoid the high diagnostic costs at repair centers by contacting WCSC. Make a 'fix-it' appointment by speaking with a WCSC staff member. Most repairs are free and can be done in your home. *On rare occasion, there may be a cost for special-order parts.

For current members, by appointment only.
Talk with a WCSC staff member for more info.

COMPUTER MENTORING—PC/WINDOWS OR MAC

TUESDAY, WEDNESDAY, FRIDAY, VARIOUS WEEKS, 1—3PM

Stumped by your computer? Need help getting over a stumbling block? Our One-on-one 60-minute computer mentoring appointments provides a great opportunity to learn new skills or polish existing ones. Bring your laptop or use one of ours Windows 7 desktops or Macs. Our experienced volunteers are here to help you!

Call for an appointment today. **Cost: \$5 members / \$8 non-members**

TECHNOLOGY LEARNING & ACCESS



WE ARE SO EXCITED TO BE PARTNERING WITH THE SEATTLE PUBLIC LIBRARY, WALLINGFORD BRANCH, TO OFFER THE FOLLOWING COMPUTER CLASSES IN OUR TECHNOLOGY CENTER
HEATHER McNAMEE, WALLINGFORD BRANCH LIBRARIAN, CLASS INSTRUCTOR
Advance registration required. Free

- **WEB 2.0**
THURSDAY, MAY 2ND, 1:30—3:30PM
 Learn about blogs, wikis, Facebook and more. Must already have basic web browsing skills.
- **E-BOOKS AND DOWNLOADS**
MONDAY, MAY 20TH, 11AM—1:30PM
 Starting to download books onto your mobile device? Curious about e-books and how they work? Learn about the benefits of this useful new format and what you can download free from the library!
- **CRAIGSLIST**
MONDAY, JUNE 24TH, 6:30—8PM
 Learn techniques to help you find or sell items, housing and jobs on Craigslist. In this class you will sign-up for a free Craigslist account and learn how to get started.



SENIORS TRAINING SENIORS (STS) IN COMPUTER TECHNOLOGY

SPONSORED BY THE CITY OF SEATTLE, MAYOR'S OFFICE FOR SENIOR CITIZENS

Register by calling **WCSC**. Advance registration required.

STS COMPUTER BASICS

TUESDAY & THURSDAY, APR 2ND & 4TH; MAY 7TH & 9TH; JUN 4TH & 6TH
10AM—3PM (2 DAYS TOTAL)

Learn what is Windows, how to use a computer, mouse, internet, and e-mail. Learn in a relaxed setting. Must attend both days. For older adults with little or no computer experience.

\$10 members / \$15 non-members

STS INTRODUCTION TO MICROSOFT WORD "SIMPLIFIED"

WEDNESDAY, MAY 10TH; JUN 12TH
10AM—3PM

Learn the fun of 'typing', writing, creating without using 'white out'. Once you learn the wonders of 'typing on a computer', using Microsoft Word, you will never use a typewriter again!

\$10 members / \$15 non-members

STS COMPUTER BASICS PLUS!

TUESDAY, APR 9TH; MAY 14TH; JUN 11TH
10AM—3PM

This class is for advanced beginners and intermediates who want to stretch and gain new skills. You must know your existing e-mail address, password and have good mouse skills.

\$10 members / \$15 non-members

STS PUBLISHING A BOOK ON-LINE

WEDNESDAY, MAY 15TH
10AM—3PM

Have you ever thought about writing a book? You can realize that dream by learning the capabilities of Microsoft Word for publishing an e-book.

\$10 members / \$15 non-members

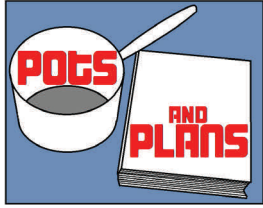
TECHNOLOGY FAIR AND DEVICES FOR AGING AT HOME

Coming This Summer!

Showcasing new software and devices that can make your home life easier.

Tech experts will be here to answer your questions.

HEALTHY COOKING & MEALS



POTS & PLANS

THURSDAYS, APRIL 18TH—MAY 23RD, 11AM—NOON

Free cooking classes taught by registered dietitians. Learn how to prepare quick, healthy, affordable meals using basic cooking skills. Free samples and a grocery raffle every time! Take one, many or all the classes.

Free, Register in Advance.

Presented by Chicken Soup Brigade and generously funded through a grant from AARP Foundation

FOOD & YOU: HEALTHY & FUN NUTRITION

WED OR FRI: APRIL 17TH, MAY 17TH, JUNE 19TH
12:45—1:30PM

A fun way to improve your health & happiness through good eating. Learn about healthy food through demos and games!

FREE

COMMUNITY CAFÉ LUNCH

EVERY TUESDAY 11:30AM—1PM

Join us for this drop-in community lunch. Choose from menu of homemade soup, sandwiches, burgers, salad, daily specials, beverages & desserts.

Food prepared to order by WCSC Chef Bob.

Items priced individually.

COMMUNITY CAFÉ SAMPLE MENU:

ALL ITEMS UNDER \$5!

DAILY SPECIALS.....\$4.50

Ex. Eggplant tomato bake with side salad or fruit; BBQ meatballs with roasted potatoes and slaw

SOUP OF THE DAY.....\$2.50

Ex. Navy bean, baked potato

BURGER.....\$3.50

Beef, Veggie, Salmon, Turkey

CUSTOM SANDWICH.....\$3.00

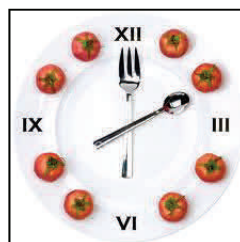
SPRING SALAD.....\$2.50

FRUIT SALAD.....\$1.50

SWEETS.....\$1.00

BEVERAGES.....\$.75

Including coffee and hot chocolate



SENIOR NUTRITION LUNCH

EVERY WEDNESDAY & FRIDAY, NOON

Dine in community with nutritious and delicious hot lunches. Varietal and seasonal menus home-cooked at WCSC. Monthly birthdays celebrated with cake every 1st Friday. Menu available at WCSC or on our website.

Van service available for our N. Seattle neighbors (pg. 3)

Age 60+: \$3 suggested donation; Under 60: \$6 charge. Food stamps accepted. Call in advance.

BIRTHDAY LUNCH DATES

APR 5TH, MAY 3RD, JUN 7TH



FAVORITE NUTRITION LUNCH ITEMS

According to a survey of our lunch participants, these are the favorite Senior Nutrition Lunch items:

1. Meatloaf
2. Veggie Quiche
3. Roast Pork
4. Baked Fish
5. Grilled Cheese
6. Your Favorite?

What's your favorite item? Call or email and let us know! Then come to the Nutrition Lunch and try Bob's wonderful cooking while dining with others.

A special "Thank You" to everyone who participated in this survey.

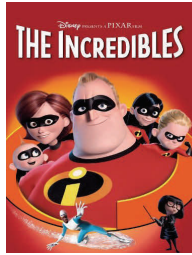
COMMUNITY ACROSS GENERATIONS

FAMILY MOVIE NIGHT

SATURDAY, APRIL 20TH

5:30—8:30PM

Showing *The Incredibles*
rated PG, 105 minutes long.



Families, neighbors, friends, singles -
come for spaghetti and a movie!

Reserve your seat early for this popular event!

E-mail or call: register@wallingfordseniors.org or
206-461-7825

Donations appreciated.

COMMUNITY P-PATCH GARDENING



LOOKING FOR A SPACE TO GARDEN?

We've started spring gardening in our P-Patch!
It's time to get our gardening team together and
we're lining up helpers from Tilth and the 4-H Club.

This is an easy way to get in on some prime
gardening space and enjoy its bounty!

Are you interested?

Planting, weeding, digging watering, harvesting fun for
green-thumbs of all ages.

PANCAKE BREAKFAST

SUNDAY, JUNE 9TH

9AM—NOON



Join us for this all-ages favorite event.
Yummy pancakes, French Toast and much more.

ADULTS: \$5; KIDS: \$2.50

INTERGENERATIONAL 4-H & SCOUTS

Various days of the month

Seattle's only 4-H club and several scout troops meet
at WCSC to work on a variety of projects. Great
chance for easy, positive intergenerational
connections and sharing!

Call for more information.



Dance 4 Wallingford

Saturday, May 11th

6—9pm

A community dance party with 'world' flavor to benefit

Wallingford COMMUNITY Senior Center

FamilyWorks Food Bank and Resource Center

Bring your family, friends, and neighbors for fun, dance lessons, and dancing.
Learn international dances such as the Samba, Contra, Waltz, Polka and more!

Special thanks to our dance instructors: Geoff Cole,
Mariah Pepper, Blanka Jindrach and Fresh Fitness.

Suggested donation:

\$10 Single

\$15 Couple

\$20 Family



Held at the Wallingford COMMUNITY Senior Center

4649 Sunnyside Ave N—Lower level Good Shepherd Center—Seattle, WA 98103

Wallingford COMMUNITY Senior Center – 2013 MEMBERSHIP APPLICATION

Your membership matters! It helps us keep program fees low with member discounts & is key to a solid financial base for WCSC. Join or renew today, with thanks! p.s. Membership is tax deductible.

TO ACTIVATE, COMPLETE ALL INFORMATION & RETURN WITH PAYMENT TO:
 4649 SUNNYSIDE AVE N, SUITE 140 – SEATTLE, WA 98103

DATE: _____

Membership Category	Membership Price	Amount Enclosed
<input type="checkbox"/> New Member <input type="checkbox"/> Renewing Member <input type="checkbox"/> Lifetime Member		
<input type="checkbox"/> Individual Annual Membership	\$30.00	\$
<input type="checkbox"/> Household Annual Membership	\$50.00	\$
<input type="checkbox"/> Low Income Membership	Pay what you can	\$
Here is an additional donation to support WCSC.	*****	\$

WE HANDLE ALL PERSONAL INFORMATION CONFIDENTIALLY.

PLEASE PRINT

Individual/Household Member #1

NAME – LAST; FIRST; MIDDLE INITIAL; (NICKNAME - if preferred)

DATE OF BIRTH (Month / Day / Year)

GENDER Female Male Other

Mailing Street Address: : _____

Apartment / Suite #: _____

City: _____

State: _____

Zip-code: _____

PHONE NUMBER(S)

Primary: Home Cell Work

Alternate: Home Cell Work

E-MAIL

Send only e-mail newsletter (not paper)

Individual/Household Member #2

NAME – LAST; FIRST; MIDDLE INITIAL; (NICKNAME - if preferred)

DATE OF BIRTH (Month / Day / Year)

GENDER Female Male Other

PHONE NUMBER(S)

Primary: Home Cell Work

Alternate: Home Cell Work

E-MAIL

Send only e-mail newsletter (not paper)

For more household members, attach additional pages.

OFFICE USE ONLY	Date Received / Initials: _____ / _____	Payment Amount: \$ _____	<input type="checkbox"/> Cash <input type="checkbox"/> Check # _____ <input type="checkbox"/> Other _____	Notes:	Input Date / Initials: _____ / _____
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Wallingford Community Senior Center
4649 Sunnyside Ave N
Suite 140
Seattle, WA 98103



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Return Service Requested

Wallingford COMMUNITY Senior Center

Building community across generations. Fostering healthy positive aging.

PHONE: 206-461-7825 | ONLINE: www.wallingfordseniors.org

JOIN
WCSC

CONNECT
*with others across
generations*

BUILD
vital community

JOIN WCSC TODAY!
BECOME A MEMBER OR RENEW FOR 2013!