

Connecting at The Center



Summer is sizzling at the Thrift Store

We have an exciting summer planned at The Center Thrift Store. Plus, every time you shop, you are funding programs and services at The Center. Stop by for some shopping fun or to donate your gently used treasures!

- Summer hours: We will be open until 7 p.m. on Wednesday, Saturday and Sunday, so stop in after work or dinner in the Junction to see what's new in the shop.
- Summer Fest: The Thrift Store will be in the center of the action during West Seattle's three-day street fair on July 10-12. You'll have an opportunity to shop tons of great merchandise, and we'll have extra help for you to find exactly what you're looking for—plus extended hours all three days of the fair.
- Mending Workshop: Join us for a free mending workshop with our Thrift Store Manager Yoni Marker on Wednesday, July 15, from 5 - 6 p.m. in Hatten Hall. Learn more on page 4.



4217 SW Oregon St.
Seattle, WA 98116

206-932-4044
info@wscenter.org
wscenter.org

Hours:
Monday - Friday
8:30 a.m. - 4:30 p.m.
Wednesday
8:30 a.m. - 6 p.m.

Margie's Café Hours:
Monday - Friday
9 a.m. - 1:30 p.m.
Wednesday 4 - 6 p.m.

Community Dining Hours:
Monday - Thursday
11:45 a.m. - 12:30 p.m.

The Center Thrift Store
4504 California Ave. SW
Seattle, WA 98116

Hours:
Monday, Tuesday, Thursday & Friday
10 a.m. - 4 p.m.
Wednesday, Saturday & Sunday
10 a.m. - 7 p.m.

Instagram Facebook LinkedIn YouTube @thecenterforactiveliving

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The Center's mission:

Our mission is to provide a welcoming, inclusive environment where people can enjoy warm friendships, healthy activities, joyful experiences and meaningful engagement as they age.



Greetings From the Executive Director

I want to say a big thank-you to everyone who has donated to support The Center's work this year. And I'm so grateful to our fantastic local businesses who stepped in to sponsor The Center of It All, our Annual Fundraising Breakfast.

Thank you!

Amy Lee Derenthal





Late Wednesday fun continues

**LATE
WED!**

We've heard wonderful feedback from members on our late Wednesday program offerings, and we're continuing to add more to the calendar. Here's a recap of what you can expect on Wednesday afternoons:

- First Wednesday: Board Games in Margie's Café (Backgammon, Mexican Train, Bananagrams and more!)
- Second Wednesday: Quiet Reading at The Center
- Third Wednesday: Featured lecture or workshop (see pages 4-5 for July and August topics)
- Fourth Wednesday: Fabric Painting
- Fifth Wednesday: Trivia Time
- Every week: Margie's Café open with drinks and snacks for sale, Burke Dykes Computer Lab open late and the Thrift Store open for late shopping

Plus, this fall, you can look forward to these special events:

- Menopause Series continues
- Social Security and Medicare workshop
- Charitable giving presentation

March in the parade with us

Join us to walk in the West Seattle Grand Parade on Saturday, July 18! Help represent The Center and showcase our vibrant, active community as we march the parade route together. Sign up at the front desk.

Street closure during Summer Fest

New this year, Oregon St. between 44th Ave. SW and the alley behind The Center will be closed during West Seattle's street fair July 10-12 for pedestrian safety. If you have a mobility limitation and are getting dropped off at The Center on Friday, July 10, your driver will need to drive west on Oregon St. from 42nd Ave. SW and turn left into the alley, drop you off in the alley and then back out. The sidewalk around our entrance will also be impacted by festival booths. Contact the front desk for questions or additional help.

Lectures, Special Events & Workshops

Some of our lectures and special programs require advance RSVP, due to their popularity and limited seating. Sign up by visiting or calling our front desk: 206-932-4044. (\$ = fee, R = RSVP required)

Documentaries



"The Disability Paradox" (R) **Thursday, July 30,** **1 - 2 p.m.**

In honor of Disability Pride, join us for a screening of this excellent documentary. Filmmaker Chris Lynch, who is

disabled with osteogenesis imperfecta, explores the idea of the 'Disability Paradox,' which suggests many individuals with disabilities report they experience an excellent quality of life when, to most people, they seem to live an undesirable existence.



"I Remember Better When I Paint" (R) **Thursday, August 13, 1 - 2 p.m.**

"I Remember Better When I Paint" is the first international documentary about the positive impact of art and other creative therapies on people with Alzheimer's. The film, by Eric Ellena and Berna Huebner and

narrated by Olivia de Havilland, examines how these approaches can change the way we look at the disease.

July Lectures & Workshops

Property Tax Exemption Application Workshop (R)

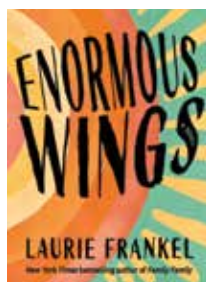
Wednesday, July 15, 1 - 3 p.m.

Join KCDRC's HOMES representatives for this workshop assisting eligible homeowners with applying for the King County Property Tax Exemption program. This is an opportunity for people who qualify to receive in-person guidance with the application process. Please check the King County Assessor website in advance to see if you qualify: senior-exemption.kingcounty.gov. Workshop size limited to 6.

LATE WED!

Enormous Wings (R) **Wednesday, July 15, 4 - 5:30**

Join New York Times best-selling author



Laurie Frankel as she discusses her new book *Enormous Wings*. At 77, Pepper Mills begrudgingly moves into a retirement community. There she finds new friends, falls in love and shockingly becomes pregnant. *Enormous Wings* is an urgent novel about female agency and bodily autonomy, morality and mortality.

LATE WED!

Stylish and Sustainable: Mending Workshop (R)

Wednesday, July 15, 5 - 6 p.m.



Give your clothes a second life! Join The Center's Thrift Store Manager, Yoni Marker, for a 1-hour mending workshop and learn simple, practical techniques to fix everyday wear and tear.

Perfect for complete beginners, this hands-on session will guide you through basics like sewing on buttons, repairing small tears and patching holes—all in a relaxed and friendly environment. Bring 1-2 items to work on (clothing or textiles). All other tools and materials will be provided.

Owls: Silent Hunters on the Wing (R)

Thursday, July 16, 1 - 2:30 p.m.

Join retired park ranger Pat Pilcher for a lively discussion and presentation on owls. Learn about the wondrous world of these avian predators. Pat will discuss their natural history and share stories about their superb hunting skills.

How to Successfully Grow Irises (R)

Wednesday, July 22, 1 - 2 p.m.

Former Master Gardener, Margy Stover, will share the steps to successfully grow irises. There will be a demonstration on digging clumps for replanting and sharing. Participants are encouraged to bring their own clumps of iris that are finished blooming, along with a knife or a pruner. She'll also share info on gardens to visit and shopping resources.

Lectures, Special Events & Workshops

Better Communication – Better Care (R)

Wednesday, July 29, 1 - 2:30 p.m.

Join WA Advocates for Patient Safety for an interactive workshop to help patients and families protect themselves from preventable medical harm. Participants will learn how to become better partners with their healthcare team through better communication, smarter choices and the importance of “Speaking Up” in an effective and cooperative manner.

Style Refresh with Cabi (R)

Thursday, July 30, 10 - 11:30 a.m.

Cabi stylist Mary Beth Logsdon will get us inspired for fall fashion with this free session. Discover fresh fashion trends, styling tips and outfit ideas to help you look and feel your best this coming season.

August Lectures & Workshops

Living a Purpose-Full/Meaning-Full Life (R)

Wednesdays, August 5 - 26, 9:30 - 10:30 a.m.

What gets you up in the morning? What puts pep in your step? How do you get motivated to keep learning, stay connected and build new friendships? Come share your thoughts and explore new possibilities in creating a purpose-full, meaning-full life. Led by Geri Dubé, retired therapist. The four-week series is limited to 10 participants.



Reverse Mortgages & Retirement Wealth (R)

Wednesday, August 5, 1 - 2:30

This educational class explores how strategically using home equity can strengthen your retirement plan and grow long-

term wealth. Learn how a reverse mortgage can eliminate an existing mortgage payment, protect investment accounts in down markets, defer Social Security and create tax-efficient cash flow, with insights from Christopher Gibson, a West Seattle mortgage professional.

Spruce Up Your Garden (R)

Wednesday, August 12, 1 - 2:30 p.m.

Dave “D.C.” Clausen will share clever garden design tips with simple and exciting ideas to spruce up your garden space. You’ll learn how to walk your neighborhood to pick out favorite plants for color,

texture and size and bring them in mind to spruce up your garden, big or small.

History of Rock & Roll: The first 40 Years, Part 1 (R)

Wednesday, August 19, 1 - 3 p.m.

This two-part series will take you on a ride through rock and roll history. Part 1 will cover the roots of rock and roll through the beginning of the British band “invasion,” roughly late 1940s through 1964. Topics include blues, rhythm and blues, doo-wop, Little Richard, Chuck Berry, Elvis, the Brill Building “girl group” phenomenon, Phil Spector’s “wall of sound” and the early Beatles.



Eating to Protect Your Kidneys and Heart After 50 (R)

Thursday, August 20, 10:30 - 11:30 a.m.

Join Registered Dietitian Amy Higbee to discover simple, realistic nutrition strategies to help protect

your kidneys and heart. Learn easy food swaps, food preparation tips, hydration strategies and meal ideas to promote kidney and heart health. Class limited to 16 participants.

History of Rock & Roll: The first 40 Years, Part 2 (R)

Wednesday, August 26, 1 - 3 p.m.

Part 2 will cover the transition years of rock and roll from a popular phenomenon to a mature art form, roughly 1965 through 1990. Topics include folk rock and Bob Dylan, The Beatles studio years, rock and roll to classic rock, psychedelic/San Francisco and FM radio, Woodstock, heavy metal, corporate takeover of the rock music industry, punk rock, MTV, rap/hip-hop and the early Seattle grunge scene.

Jazz History in Seven Genres (R)

Thursday, August 27, 1 - 3 p.m.

Back by overwhelming demand, UW Music Professor Emeritus Tom Collier celebrates Jazz Appreciation Month with a multi-media presentation on the history of jazz through the lens of seven distinctive genres, including early jazz, swing, bebop, cool, hard bop, free jazz and fusion. Tom will help define each genre through recordings and visuals of iconic artists such as Louis Armstrong, Duke Ellington and Miles Davis.

Health & Wellness Programs

Try a new fitness class at The Center this summer.



Fitness Classes

Balance & Strength

Wednesdays and Fridays, 10 - 11 a.m.

Personal trainer Denise Geroux will help you improve your balance and prevent falls with this interactive class using Feldenkrais Method™ of Awareness Through Movement™, Tai Chi and Chi Gung exercises. You will learn how to align your posture in standing and sitting and strengthen your lower body and core. We will also work on joint stability and flexibility, breathing and mindfulness—all of which contribute to better balance. We use chairs in this class. All abilities are welcome.

NEW!

Corrective Strength Training for You Wednesdays, 1:30 - 2:30 p.m.

Personal trainer and corrective exercise specialist Canvas Rose of Rosefit will help you restore muscular balance and decrease pain by teaching you how to effectively use self-myofascial release to maximize your strength training. We will release overactive muscles and strengthen under-active muscles to reduce pain and restore function. All abilities are welcome.

Fitness for Fun

Mondays and Fridays, 9 - 10 a.m.

Join Sherry for a class that engages all parts of your body and brain. She will have you moving your body and having fun with upbeat music and easy steps. Every class will be a little different to keep you flexible in mind and body.

Gentle Chair Yoga

Mondays, 10 - 11 a.m.

Join certified yoga instructor Nadine Blinn for a fun and relaxing class of chair and standing poses (no floor sitting) to improve breathing, flexibility, balance and mood. Poses can be adapted to your abilities or limitations.

Get Moving!

Tuesdays, 9:30 - 10:30 a.m.

Physical therapist Sherryl DeVries leads this multi-level variety workout class designed for everyone, especially for people with a Parkinson's diagnosis. Exercises will include big movement, cardio, weight training, dance and boxing. All movements can be modified with a chair.

Health & Wellness Programs

Hatha Yoga

Fridays, 11:30 a.m. - 12:30 p.m.

Certified yoga instructor Nadine Blinn uses soft versions of poses designed for seniors that are held for longer periods, allowing the body to ease into them. This class includes floor and chair exercises, so please bring a mat. Expect a calm beginning and end with a relaxed pace. Chairs are available for assistance in balancing and pose adaptations. Beginners through experienced yogis are welcome!

Intentional Movement

Wednesdays, 9 - 10 a.m.

This music-driven movement class blends simple dance moves with full-body exercises to boost mood and improve coordination. No experience needed, just come ready for fun! Bring walking shoes and a bottle of water!

Meditation Class

Tuesdays, 9 - 10 a.m.

This class will explore a variety of ways to make friends with our minds. Each week includes several brief on-the-spot meditations, a review of what has been covered, as well as discussion of the results. The goal is to develop and deepen the skills needed for a relaxed presence.

Qi Gong

Wednesdays, 3 - 4 p.m. (no class on August 12,19)

Natalia Boffi is a certified Holden Qi Gong instructor and Integrative Nutrition Health Coach. Her gentle, accessible classes support balance, mobility, stress reduction and overall well-being. Movements can be done standing or seated. Qi Gong is a great complement for people who enjoy Tai Chi or yoga.

Tai Chi

Level 1 Beginners: Thursdays, 9 - 9:30 a.m.

Level 2 Intermediate: Thursdays, 9:30 -10 a.m.

Level 3 Advanced: Thursdays, 10 - 11 a.m.

Improve your balance and increase your energy, strength and coordination. Join instructor Richard Lazeres for a continuing class that blends exercises for health benefits, longevity and fun. Level 1 is for beginners. Level 2 is for intermediate practitioners and those looking for a review of basic moves and combinations. Level 3 will be for people experienced in tai chi and ready to add to their skill set.

Yoga For Strong Bodies, Strength and Stability Thursdays, 2:30 - 3:30 p.m.

Challenge your body at any age with movements that support strength, balance and confidence. You'll learn how to build strong bones through good alignment, intentional yoga poses and light weights that stimulate bone density safely and effectively. This approach creates healthy stress on your bones—just enough to encourage growth—while improving your posture, stability and overall strength. It's a mindful, sustainable way to stay strong for life. If possible, bring two blocks, light weights and a yoga mat.

Health & Wellness Services

Foot Care Clinics (R) (\$)

Give your feet the attention they deserve with a footcare appointment with our nurse. Please contact the front desk for availability: 206-932-4044. Limited openings; appointments are scheduled months in advance. Fee: \$45 members / \$55 non-members.

Haircuts by Talia (R) (\$)

Monday, July 13, August 10, 8:30 - 10:30 a.m.

Are you due for a trim or buzz? We offer mobile haircut and barber services once a month in partnership with licensed cosmetologist Talia Landau. Haircuts are offered on a pay-what-you-can scale with all proceeds going to support The Center. Please arrive with clean, dry and unstyled hair, if possible. Pictures of desired styles are welcome. To book your appointment, call Talia at 206-317-4656 and mention The Center.

Connections to the Community Programs

Actividades en Español

Actividades En Español Con El Apoyo De Sea Mar Community Health Center's Staff (Sea Mar Activities in Spanish)

Martes (Tuesdays), 9 a.m. - 2 p.m.

El Personal de Sea Mar le da la bienvenida a todos los miembros para disfrutar de un día completo de actividades divertidas, socialización, almuerzo, información, asistencia y recursos en Español. Para obtener más información, envíe un correo electrónico a Ayadet Duque: AyadetDuquePerez@seamarchc.org o 206-610-9693.

We welcome all members of the Latinx community for a full day of activities, social time, lunch information, assistance and resources. For more info, contact Ayadet Duque: AyadetDuquePerez@seamarchc.org or 206-610-9693.

Games & Social Activities

American Mahjong

Wednesdays, 12:30 - 3 p.m.

Stimulate your brain by playing this ancient Chinese tile game that is similar to the card game Rummy. All levels of players and newcomers are welcome.

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Board Games

Wednesdays, July 1, August 5, 4 - 6 p.m.

Rediscover your favorite classic board games or find a new one to love at

The Center's casual, drop-in board game time at Margie's Café. Enjoy a relaxed late afternoon of casual play, community and beverages.

Chess Club

Tuesdays, 1:30 - 3 p.m.

Are you looking for a new activity to keep your brain sharp and clear? Join us for lessons, short tutorials and chess for all levels of expertise.

Coffee With Vets

Tuesdays, July 14, August 11, 11 a.m. - 12 p.m.

Local veterans enjoy coffee and conversation, then stay for lunch! This is a great opportunity to get to know other veterans and hear stories about their time in the military and chat about other topics.

Conversation Circle

Thursdays, July 2, 16, August 6, 20, 1 - 2:30 p.m. (Group #1)

Tuesdays, July 7, 21, August 4, 18, 1 - 2:30 p.m. (Group #2)

Share stories in a friendly group to build connections, enhance skills and confidence for deeper friendships and learn to enjoy whole-hearted and open discussions to eliminate loneliness. For info about Group #1, contact Andrew Joslin: lightsout@yahoo.com. For info about Group #2, contact Teresa Keenehan: teekay3@comcast.net.

Cribbage

Tuesdays, 12:30 - 3 p.m.

If you are a cribbage player, it's time to meet up and play with other enthusiasts. For info: Jay Fulwider: budandotis@msn.com or 206-257-5599.

Current Events Discussion Group

Thursdays, July 9, 23, August 6, 20, 1 - 2:30 p.m. (full) and 2:30 - 4 p.m.

Join us for an engaging discussion of what's going on in the world. We welcome a diversity of opinions. Led by our social worker, Toni Ameslav, MSW, this group meets every other week at The Center. To register: 206-932-4044 / ext. 9 or tonia@wscenter.org. If you are not pre-registered, you will not be admitted.

Communication Lab 2.0

Thursdays, July 9, 23, August 13, 27, 1 - 2:30 p.m.

In a spirit of inquiry and mutual respect, we observe our communication habits to see what works to connect and what doesn't, experiment with new practices that foster care, respect, honest connection and share our experiments, experiences, challenges and celebrations. Sura Hart, a trainer with the Center for Nonviolent Communication, will help you strengthen your communication skills through fun activities, role plays and her No-Fault Zone® game. For info: Sura Hart: 805-698-3332 or sura@thenofaultzone.com.

Connections to the Community Programs

Let's Have Fun

Thursdays, 12 - 2 p.m.

Want to socialize and have some fun? At these casual weekly meetups, we'll gather around a table, get to know each other, chat and play Mexican Train in a joyful setting. For info: Cynthia: cindifuda@yahoo.com.

Member Happy Hour

Friday, August 7, 3 - 4:30 p.m.

First Fridays at The Center! We provide free snacks and offer wine, beer, cider and non-alcoholic drinks at happy hour prices. This is a great way to meet other members and welcome new members to The Center.

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Mexican Train

Wednesdays, 4 - 6 p.m.

Join us every Wednesday afternoon for Mexican Train dominoes—a fun, social and easy-to-learn game that is perfect for both beginners and seasoned pros!

New Member Tours

Our Membership Welcoming Committee is delighted to offer guided tours for new members and anyone interested in learning more about The Center. During your 30-minute tour, we'll showcase our building's spaces and amenities as well as answer any questions you may have. To schedule a tour, contact Nancy Newby: 206-932-4044.

Older Westside Lesbian Group (OWLS)

We welcome everyone to join us for OWLS where we always do something fun! For our upcoming event dates and details, contact: Dee Quiggle: deequiggle2@gmail.com.

Party Bridge

Wednesdays, 10 a.m. - 12 p.m.

Join us for Party Bridge at The Center. If you love playing cards with your friends, come win tricks with us every Wednesday. For info: Kim Roper: kimputer@comcast.net.

Pinochle

Thursdays, 12 - 3 p.m.

No partner is needed for this popular game at The Center. For info: Susan Berven: 206-938-4844 or suebee98126@yahoo.com.

Scrabble / Bananagrams Club

Fridays, 12:30 - 1:30 p.m.

Meet up with your friends at Margie's Café for Scrabble, the ultimate crossword game where every letter counts. Or try Banagrams, the only anagram game that will drive you bananas. It's fun, engaging and good for your brain.

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Quiet Reading at The Center

Wednesdays, July 8, August 12, 4 - 6 p.m.

Escape the noise and settle in for a peaceful afternoon of quiet reading at The Center. Just bring your favorite book, find a cozy corner in Margie's Café and enjoy the simple pleasure of getting lost in a good story alongside fellow book lovers. Wine, beer, non-alcoholic drinks and snacks will be for sale at Margie's.

**LATE
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Trivia Time

Wednesday, July 29, 4 - 6 p.m.

Put your knowledge to the test with Trivia Time at The Center! Whether you're a history buff or a pop-culture pro, come join the friendly competition while enjoying a beverage and a snack from Margie's Café.

Westside Friends Outreach Program

We match you with a Center volunteer for ongoing companionship and practical help. Our volunteers can visit with you in your home, take walks, go on outings or help with errands. To register, contact Michele Fawcett-Long: michelef@wscenter.org.

Lifelong Learning & Growth Programs



Music, Dance & Theater

Hand Drumming Workshop

Tuesdays, 2:30 - 4 p.m.

Experience relaxation, energy and well-being when you join Kenny Mandell's popular workshop. No experience necessary. Drums and/or rattles provided, but if you have your own, please bring them.

Improv

**Mondays, July 27, August 10, 24, 1:30 - 2:30 p.m.
(no class on July 13)**

Improvisers perform instant stories by "just saying yes!" Using concentration, focus and awareness, you will create characters, stories and fun! Improv is the art and craft of opening your mind and heart to collectively build stories that can be hilarious or moving. Retired theatre professor Tammi Doyle, who is also a playwright, director and improviser, is trained with Unexpected Productions and invites you to trust, risk and laugh while doing improv.

Line Dancing

Level 1 Beginners: Mondays, 11 a.m. - 12 p.m.

**Level 2 Advanced: Mondays, 12 - 1 p.m.
(no class July 6)**

Dancing is a great source of fitness, and line dancing helps keep the mind young. Experienced instructor Chris Banta teaches line dances to a variety of music, from traditional country to ballroom, Latin and waltz. Level 1 focuses on simple

beginner dances, good for those who are starting or continuing line dancing. In Level 2, the dances will be a little more complicated. All students are welcome in either class.

Ukes Sing-Along

Mondays, 1 - 2:30 p.m.

Join this lively group for weekly ukulele playing and singing. Free to members / \$5 non-members.

Art Classes

Arts & Crafts Meet-Up

Thursdays, 12 - 2 p.m.

A weekly gathering for creative and artistic people to work on your own projects and socialize with like-minded people. Bring your own materials plus your creative energy and find encouragement and community. Creative people of all ages and stages of development are welcome to join us!

Exploring Art Class

Tuesdays, 10:30 a.m. - 12 p.m.

Explore, experiment, and enjoy making art with others. Each season brings new projects and ideas as we work with different materials and techniques. Past classes have included painting, sculpting and handmade books, always with an emphasis on creativity, personal expression, and discovery. Follow the class or work on your own project. For info: Jo Swanberg: ardellajo@yahoo.com or 805-234-1754.

Lifelong Learning & Growth Programs

Fabric Painting (R)

Thursdays, July 9, August 13, 10 a.m. - 12 p.m.

Wednesdays, July 22, August 26,

4 - 6 p.m.

**LATE
WED!**

Join Lloyd Hardesty with "Scarf It Up with LH" as you learn the techniques of using acrylic paints with a wet wash and dry brush. We'll paint on all types of fabric, and you'll leave with a one-of-a-kind piece of art. Supplies provided. The max class size is 14 for each session.

Quilters Group

Mondays, July 6, 20, August 3, 17, 6:30 - 9 p.m.

Share your recent work, get inspiration and join a fun community of local quilters. Quilters of all levels of experience are welcome. For info: Mary Anne Spada: spada01@comcast.net or 206-795-5774.

Languages, Reading & Writing

All-Inclusive Book Club

Friday, July 17, August 21, 1 - 2:30 p.m.

Share your ideas and help make this book club your own. Your input helps make this club unique. We pick books to read together and vote quarterly. For info: Susan Hagy: susanhagy1@gmail.com or call 206-325-4077.

Book Club: Season 4 (full)

Fridays, July 10, August 14, 1 - 2 p.m.

Join us as we read and discuss books from many genres. Monthly books are suggested, summarized and chosen by members of the group. For info: Cheryl Cough: cherylcough@gmail.com

(The Not So) Beginner Spanish Class

Thursdays, 9 - 10 a.m.

Designed for beginners with some experience speaking Spanish, the goal of this class is to eventually transition into the Casual Spanish Conversation class. For more information contact Suzanne Geoghegan: suzannegeo1@gmail.com.

Casual Spanish Conversation Class

Thursdays, 10 - 11 a.m.

This class is based on themes with vocabulary and grammar support. Opportunities are provided to practice speaking in a relaxed and comfortable environment. For more information contact Jerie Milici: jerie.milici@gmail.com.

Conversational German

Fridays, 9:45 - 10:45 a.m.

(no classes in August)

Come speak German with native speakers and make new friends at this informal weekly gathering. Begleiten Sie Uns!

English Conversation Class

Tuesdays, 9:30 - 10:30 a.m.

Foreign language speakers are paired with volunteers who give one-to-one English lessons to practice their pronunciation as well as their comprehension skills. The group has a lot of fun getting to know each other and making new friends. To volunteer or for info: Jerie Milici: jerie.milici@gmail.com.

Ham Radio Group

Mondays, July 6, August 3, 5:45 - 7:30 p.m.

Meet with members of the West Seattle Amateur Radio Club and find out how amateur radio can benefit you and your community. Doors open at 5:45 p.m., and this meeting runs concurrently with the club's Monday Night Net (6:15 - 7 p.m.), so you can listen in or join the conversation. For info: Jim Edwards: wsbigband@gmail.com.

Mindfulness with Journaling

**Wednesdays, July 8, 22, August 12, 26,
11 a.m. - 12:30 p.m.**

Certified teacher Kristine Kero explores the daily practice of mindful journaling, which can improve wellness and relieve stress. You do not read out loud what you write. She will provide questions for self-reflection and focus on breathing for calmness. Bring a notebook and pen.

Writing Group

**Wednesdays, July 1, 15, August 5, 19,
11 a.m. - 12:30 p.m.**

This writing group encourages you to write for your family or for yourself. Facilitated by Natalie Bumgardner, the group shares stories in a comfortable environment with fellow writers offering comments and encouragement. Space is limited. To participate, contact Natalie in advance for materials and other info: nataliebumgardner@yahoo.com.

Accessible Services Programs



Margie's Café is open late every Wednesday until 6 p.m.

Technology Programs

LATE WED!

Burke Dykes Computer Lab
Mondays, Tuesdays, Thursdays,
8:30 a.m. - 4:20 p.m.
Wednesdays, 8:30 a.m. - 5:50 p.m.

Use our Windows computers to check email, surf the internet, search online resources and access popular software like Microsoft Office. Printer and scanner available. If you want support while using our computers, stop by during our Digital Navigation program hours.

Tech Made Easy

Mondays, 2:30 - 3:30 p.m., Wednesdays, 3 - 4 p.m.
We can't hide from tech or ignore it, so why not learn how to make it work for us? We'll help you make interacting with your digital devices simpler, safer and more satisfying. If it has a chip (not chocolate!), we deal with it. Join this group dedicated to getting benefits rather than frustration out of their devices. Come on Mondays for information and discussion, return on Wednesdays to practice new skills on your own device.

Digital Navigation: Tech Guidance and Troubleshooting

Tuesdays, Wednesdays, Thursdays,
11:30 a.m. - 3 p.m.

(no service available August 11-13)

If you have questions about your cell phone, tablet

or personal computer, come to our computer lab and queue up for a one-on-one 30-minute support session. We'll help you gain confidence with your device by providing practical advice and solutions for common device headaches. Suggested donation: \$10. No appointment necessary. Before heading to The Center, please call 206-932-4044/ext. 114 to confirm the lab schedule for the day.

Food & Meals

Margie's Café

Monday - Friday, 9 a.m. - 1:30 p.m.
Wednesday, 4 - 6 p.m.

LATE WED!

Open for breakfast, lunch and snacks, Margie's Café offers a rotating weekly menu of delicious, freshly prepared breakfast items, sandwiches, quiches, salads and soups. Prices are à la carte.

Community Dining

Monday - Thursday, 11:45 a.m. - 12:30 p.m.

We serve a hot meal prepared from scratch by our staff Chef Francisco in a community setting. Our menu changes every day and is designed to be culturally varied and nutritious. Suggested \$5 ages 60+ / required \$10 under 60.

Accessible Services Programs

Meals On Wheels

Meals on Wheels provides nutritious meal delivery at no cost for people age 60+ who qualify. Operated together with Sound Generations. Sign up or volunteer: soundgenerations.org.

West Seattle Food Bank Distribution

Tuesdays, 9 - 9:30 a.m.

Together with the West Seattle Food Bank, we offer boxes of nutritious food at no cost. Pick-up is at The Center every Tuesday

Support Groups

Aging Well

Group #1: Mondays, 1 - 2 p.m. (full)

Group #2: Mondays, 11 a.m. - 12 p.m. (full)

Through discussions and sharing, participants in Aging Well support each other at this weekly group that meets in person. All discussions are confidential. To be added to the waitlist for Group #1 contact Josh Maduell: 206-932-4044 / ext. 2 or joshm@wscenter.org. To be added to the waitlist for Group #2, contact Michele Fawcett-Long: 206-928-1730 or michelef@wscenter.org.

Caregivers Support Group

**Fridays, July 24, August 7, 28, 2:15 - 3:30 p.m.
(no class on July 3)**

Share your challenges and successes with other caregivers. Peer support can help with both the practical and emotional aspects of caregiving. All caregivers are welcome, whether the person you care for is local or in another city. To register, contact our social worker, Toni Ameslav: 206-932-4044 / ext. 9 or tonia@wscenter.org. If you are not pre-registered, you will not be admitted.

Diabetic Support Group

**Friday, August 7, 1 - 2 p.m.
(no class on July 3)**

Join our monthly meetings that provide mutual support as well as practical advice on living well with diabetes. Diabetics and family and friends of diabetics are all welcome. To register, contact our social worker, Toni Ameslav: 206-932-4044 / ext. 9 or tonia@wscenter.org.

Low Vision Group

Tuesdays, July 14, August 11, 2 - 3 p.m.

We welcome you to participate in this group to share the challenges of dealing with low vision and receive resources and support. To register, contact our social worker, Josh Maduell: 206-932-4044 / ext. 2 or joshm@wscenter.org.

Men's Support Group

Group #1: Fridays 11 a.m. - 12:30 p.m.

Group #2: Mondays, 11:45 a.m. - 12:45 p.m.

Have you been looking for a space to discuss the challenges of aging as a man? Our men's support group is an opportunity for men to come together in a safe and supportive environment to discuss different topics, ideas and resources. To register, contact our social worker, Josh Maduell: 206-932-4044 / ext. 2 or joshm@wscenter.org.

Parkinson's Support Group

**Mondays, July 20, 2 - 3 p.m.
(no class on August 17)**

Are you looking for a group to support you in your Parkinson's experience? This monthly in-person group is for people with Parkinson's and their care partners, spouses and significant others. Our goal is to help everyone live their life to the fullest by providing information, resources and space to share personal experiences. We will also host outside speakers from the Northwest Chapter of the American Parkinson's Disease Association. RSVP and info: Anne Bowman: mikeannewa@comcast.net.

Specialist Services

Legal Consultations (R)

Need legal advice? Our volunteer attorneys provide free 30-minute consultations if you need legal resources, help with estate planning or have questions about elder law. Please contact the front desk to schedule an appointment: 206-932-4044. Appointments are scheduled months in advance.

Navigating Medicare Presentation

Thursdays, July 2, August 6, 11 a.m. - 12:30 p.m.

In this educational presentation, Patrice Lewis will go over Medicare basics, review the available options and discuss what to consider when selecting a Medicare Health Insurance plan.

Calendar of Events: July

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		8:30 - 5:50 Computer Lab 9:00 Intentional Movement 10:00 Balance & Strength 10:00 Party Bridge 11:00 Writing Grp 11:30 Digital Navigation 12:30 Mahjong 1:30 Corrective Strength Training 3:00 Qi Gong 3:00 Tech Made Easy 4:00 Board Games 4:00 Mexican Train	8:30 - 4:20 Computer Lab 9:00 Beginner Spanish 9:00 Tai Chi 10:00 Spanish Convo 11:00 Navigating Medicare 11:30 Digital Navigation 12:00 Arts & Crafts 12:00 Let's Have Fun 12:00 Pinochle 1:00 Convo Circle Grp #1 2:30 Yoga Strong Bodies 3:30 Early Closure	Closed for Fourth of July holiday weekend
6	7	8	9	10
8:30 - 4:20 Computer Lab 9:00 Fitness for Fun 10:00 Gentle Chair Yoga 11:00 Aging Well Grp #2 11:45 Men's Grp #2 12:30 Movie 1:00 Aging Well Grp #1 1:00 Ukes 2:30 Tech Made Easy 5:45 Ham Radio Grp 6:30 Quilters Grp	8:30 - 4:20 Computer Lab 9:00 Meditation 9:00 Sea Mar 9:30 Get Moving 9:30 English Convo 10:30 Exploring Art 11:30 Digital Navigation 12:30 Cribbage 1:00 Convo Circle Grp #2 1:30 Chess Club 2:30 Hand Drumming	8:30 - 5:50 Computer Lab 9:00 Intentional Movement 10:00 Balance & Strength 10:00 Party Bridge 11:00 Mindfulness with Journaling 11:30 Digital Navigation 12:30 Mahjong 1:30 Corrective Strength Training 3:00 Qi Gong 3:00 Tech Made Easy 4:00 Quiet Reading 4:00 Mexican Train	8:30 - 4:20 Computer Lab 9:00 Beginner Spanish 9:00 Tai Chi 10:00 Spanish Convo 10:00 Fabric Painting (R) 11:30 Digital Navigation 12:00 Arts & Crafts 12:00 Let's Have Fun 12:00 Pinochle 1:00 Current Events Grp #1 1:00 Comm Lab 2.0 2:30 Yoga Strong Bodies 2:30 Current Events Grp #2	9:00 Fitness for Fun 9:45 German 10:00 Balance & Strength 11:00 Men's Grp #1 11:30 Hatha Yoga 12:30 Scrabble/ Bananagrams 1:00 Book Club: Season 4
13	14	15	16	17
8:30 - 4:20 Computer Lab 8:30 Haircuts (R) (\$) 9:00 Fitness for Fun 10:00 Gentle Chair Yoga 11:00 Aging Well Grp #2 11:00 Line Dancing 11:45 Men's Grp #2 12:30 Movie 1:00 Aging Well Grp #1 1:00 Ukes 2:30 Tech Made Easy	8:30 - 4:20 Computer Lab 9:00 Meditation 9:00 Sea Mar 9:30 Get Moving 9:30 English Convo 10:30 Exploring Art 11:00 Coffee with Vets 11:30 Digital Navigation 12:30 Cribbage 1:30 Chess Club 2:00 Low Vision Grp 2:30 Hand Drumming	8:30 - 5:50 Computer Lab 9:00 Intentional Movement 10:00 Balance & Strength 10:00 Party Bridge 11:00 Writing Grp 11:30 Digital Navigation 12:30 Mahjong 1:00 Property Tax Workshop (R) 1:30 Corrective Strength Training 3:00 Qi Gong 3:00 Tech Made Easy 4:00 Enormous Wings (R) 4:00 Mexican Train 5:00 Mending Workshop	8:30 - 4:20 Computer Lab 9:00 Beginner Spanish 9:00 Tai Chi 10:00 Spanish Convo 11:30 Digital Navigation 12:00 Arts & Crafts 12:00 Let's Have Fun 12:00 Pinochle 1:00 Owls: Silent Hunters on the Wing (R) 1:00 Convo Circle Grp #1 2:30 Yoga Strong Bodies 3:30 Legal Consults (R)	9:00 Foot Care (R) (\$) 9:00 Fitness for Fun 9:45 German 10:00 Balance & Strength 11:00 Men's Grp #1 11:30 Hatha Yoga 12:30 Scrabble/ Bananagrams 1:00 All-Inclusive Book Club
20	21	22	23	24
8:30 - 4:20 Computer Lab 9:00 Fitness for Fun 10:00 Gentle Chair Yoga 11:00 Aging Well Grp #2 11:00 Line Dancing 11:45 Men's Grp #2 12:30 Movie 1:00 Aging Well Grp #1 1:00 Ukes 2:00 Parkinson's Grp 2:30 Tech Made Easy 6:30 Quilters Grp	8:30 - 4:20 Computer Lab 9:00 Meditation 9:00 Sea Mar 9:30 Get Moving 9:30 English Convo 10:30 Exploring Art 11:30 Digital Navigation 12:30 Cribbage 1:00 Convo Circle Grp #2 1:30 Chess Club 2:30 Hand Drumming	8:30 - 5:50 Computer Lab 9:00 Intentional Movement 10:00 Balance & Strength 10:00 Party Bridge 11:00 Mindfulness with Journaling 11:30 Digital Navigation 12:30 Mahjong 1:00 How to Successfully Grow Irises (R) 1:30 Corrective Strength Training 3:00 Qi Gong 3:00 Tech Made Easy 4:00 Fabric Painting 4:00 Mexican Train	8:30 - 4:20 Computer Lab 9:00 Beginner Spanish 9:00 Tai Chi 10:00 Spanish Convo 11:30 Digital Navigation 12:00 Arts & Crafts 12:00 Let's Have Fun 12:00 Pinochle 1:00 Current Events Grp #1 1:00 Comm Lab 2.0 2:30 Yoga Strong Bodies 2:30 Current Events Grp #2	9:00 Fitness for Fun 9:45 German 10:00 Balance & Strength 11:00 Men's Grp #1 11:30 Hatha Yoga 12:30 Scrabble/ Bananagrams 2:15 Caregivers Support Grp
27	28	29	30	31
8:30 - 4:20 Computer Lab 9:00 Fitness for Fun 10:00 Gentle Chair Yoga 11:00 Aging Well Grp #2 11:00 Line Dancing 11:45 Men's Grp #2 12:30 Movie 1:00 Aging Well Grp #1 1:00 Ukes 1:30 Improv Class 2:30 Tech Made Easy	8:30 - 4:20 Computer Lab 9:00 Meditation 9:00 Sea Mar 9:30 Get Moving 9:30 English Convo 10:30 Exploring Art 11:30 Birthday Lunch (R) 11:30 Digital Navigation 12:30 Cribbage 1:30 Chess Club 2:30 Hand Drumming 2:30 Legal Consults (R)	8:30 - 5:50 Computer Lab 9:00 Intentional Movement 10:00 Balance & Strength 10:00 Party Bridge 11:30 Digital Navigation 12:30 Mahjong 1:00 Better Communication (R) 1:30 Corrective Strength Training 3:00 Qi Gong 3:00 Tech Made Easy 4:00 Trivia 4:00 Mexican Train	8:30 - 4:20 Computer Lab 9:00 Beginner Spanish 9:00 Tai Chi 10:00 Spanish Convo 10:00 Style Refresh with Cabi (R) 11:30 Digital Navigation 12:00 Arts & Crafts 12:00 Let's Have Fun 12:00 Pinochle 1:00 The Disability Paradox (R) 2:30 Yoga Strong Bodies	9:00 Foot Care (R) (\$) 9:00 Fitness for Fun 9:45 German 10:00 Balance & Strength 11:00 Men's Grp #1 11:30 Hatha Yoga 12:30 Scrabble/ Bananagrams

Community Dining Menu: July

The Center Community Dining

We serve a hot lunch prepared from scratch in a communal setting in Hatten Hall at The Center.

Hours: Monday - Thursday, 11:45 a.m. - 12:30 p.m.

Suggested donation \$5/person ages 60+; required \$10 under 60

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Lamb in red wine sauce Garlic mashed potatoes Roasted zucchini Fresh fruit	Turkey with gravy Mashed potatoes Green beans Seasonal fruit	Closed for Fourth of July holiday weekend
6	7	8	9	10
Chicken Pastor burrito Beans and rice Green salad Seasonal fruit	Beef taco salad Black beans, corn, tomatoes & sour cream Corn chips Seasonal fruit	Glazed ham Scalloped potatoes Broccoli Roll Seasonal fruit	Chicken teriyaki Basmati rice Broccoli Pineapple	Community Dining closed, visit: 
13	14	15	16	17
Lemon roasted chicken Spanish rice Garden salad Fresh fruit	Pork in tomatillo sauce Whole beans Zucchini & peppers Fresh fruit	Tandoori chicken Basmati rice Zucchini Squash Apple cobbler	Quiche Creamy spinach Stewed tomatoes Roll Fresh baked dessert	Community Dining closed, visit: 
20	21	22	23	24
Meatloaf Mashed potatoes & gravy Green beans Roll Tropical fruit	Chicken Mole (chocolate sauce) Spanish rice Broccoli Flour tortilla Fruit & yogurt	Catch of the day Rice Pilaf Garden salad Tropical fruit	Pork hominy soup Corn chips Green salad Fresh fruit	Community Dining closed, visit: 
27	28	29	30	31
Chicken Alfredo over fettuccini Broccoli Garlic bread Fresh fruit	Birthday Lunch BBQ pork Pasta salad Coleslaw Watermelon	Salisbury steak Mashed potatoes Mixed veggies Roll Seasonal fruit	Chicken Jambalaya Rice Roasted zucchini Fresh fruit	Community Dining closed, visit: 

Calendar of Events: August

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
8:30 - 4:20 Computer Lab 9:00 Fitness for Fun 10:00 Gentle Chair Yoga 11:00 Aging Well Grp #2 11:00 Line Dancing 11:45 Men's Grp #2 12:30 Movie 1:00 Aging Well Grp #1 1:00 Ukcs 2:30 Tech Made Easy 5:45 Ham Radio Grp 6:30 Quilters Grp	8:30 - 4:20 Computer Lab 9:00 Meditation 9:00 Sea Mar 9:30 Get Moving 9:30 English Convo 10:30 Exploring Art 11:30 Digital Navigation 12:30 Cribbage 1:00 Convo Circle Grp #2 1:30 Chess Club 2:30 Hand Drumming	8:30 - 5:50 Computer Lab 9:00 Intentional Movement 9:30 Purpose-Full Life (R) 10:00 Balance & Strength 10:00 Party Bridge 11:00 Writing Grp 11:30 Digital Navigation 12:30 Mahjong 1:00 Reverse Mortgages (R) 1:30 Corrective Strength Training 3:00 Qi Gong 3:00 Tech Made Easy 4:00 Board Games 4:00 Mexican Train	8:30 - 4:20 Computer Lab 9:00 Beginner Spanish 9:00 Tai Chi 10:00 Spanish Convo 11:00 Navigating Medicare 11:30 Digital Navigation 12:00 Arts & Crafts 12:00 Let's Have Fun 12:00 Pinochle 1:00 Current Events Grp #1 1:00 Convo Circle Grp #1 2:30 Yoga Strong Bodies 2:30 Current Events Grp #2 3:30 Legal Consults (R)	9:00 Foot Care (R) (\$) 9:00 Fitness for Fun 10:00 Balance & Strength 11:00 Men's Grp #1 11:30 Hatha Yoga 12:30 Scrabble/ Bananagrams 1:00 Diabetic Support Grp 2:15 Caregivers Support Grp 3:00 Member Happy Hour
10	11	12	13	14
8:30 - 4:20 Computer Lab 8:30 Haircuts (R) (\$) 9:00 Fitness for Fun 10:00 Gentle Chair Yoga 11:00 Aging Well Grp #2 11:00 Line Dancing 11:45 Men's Grp #2 12:30 Movie 1:00 Aging Well Grp #1 1:00 Ukcs 1:30 Improv Class 2:30 Tech Made Easy	8:30 - 4:20 Computer Lab 9:00 Meditation 9:00 Sea Mar 9:30 Get Moving 9:30 English Convo 10:30 Exploring Art 11:00 Coffee w/ Vets 12:30 Cribbage 1:30 Chess Club 2:00 Low Vision Grp 2:30 Hand Drumming	8:30 - 5:50 Computer Lab 9:00 Intentional Movement 9:30 Purpose-Full Life (R) 10:00 Balance & Strength 10:00 Party Bridge 11:00 Journaling 12:30 Mahjong 1:00 Spruce Up Your Garden (R) 1:30 Corrective Strength Training 3:00 Tech Made Easy 4:00 Quiet Reading 4:00 Mexican Train	8:30 - 4:20 Computer Lab 9:00 Beginner Spanish 9:00 Tai Chi 10:00 Spanish Convo 10:00 Fabric Painting (R) 12:00 Arts & Crafts 12:00 Let's Have Fun 12:00 Pinochle 1:00 I Remember When I Paint (R) 1:00 Comm Lab 2.0 2:30 Yoga Strong Bodies	9:00 Fitness for Fun 10:00 Balance & Strength 11:00 Men's Grp #1 11:30 Hatha Yoga 12:30 Scrabble/ Bananagrams 1:00 Book Club: Season 4
17	18	19	20	21
8:30 - 4:20 Computer Lab 9:00 Fitness for Fun 10:00 Gentle Chair Yoga 11:00 Aging Well Grp #2 11:00 Line Dancing 11:45 Men's Grp #2 12:30 Movie 1:00 Aging Well Grp #1 1:00 Ukcs 2:30 Tech Made Easy 6:30 Quilters Grp	8:30 - 4:20 Computer Lab 9:00 Meditation 9:00 Sea Mar 9:30 Get Moving 9:30 English Convo 10:30 Exploring Art 11:30 Digital Navigation 12:30 Cribbage 1:00 Convo Circle Grp #2 1:30 Chess Club 2:30 Hand Drumming	8:30 - 5:50 Computer Lab 9:00 Intentional Movement 9:30 Purpose-Full Life (R) 10:00 Balance & Strength 10:00 Party Bridge 11:00 Writing Grp 11:30 Digital Navigation 12:30 Mahjong 1:00 Rock & Roll: Part I (R) 1:30 Corrective Strength Training 3:00 Tech Made Easy 4:00 Wine & Wills (R) 4:00 Mexican Train	8:30 - 4:20 Computer Lab 9:00 Beginner Spanish 9:00 Tai Chi 10:00 Spanish Convo 10:30 Eating to Protect Your Kidneys & Heart (R) 11:30 Digital Navigation 12:00 Arts & Crafts 12:00 Let's Have Fun 12:00 Pinochle 1:00 Current Events Grp #1 1:00 Convo Circle Grp #1 2:30 Yoga Strong Bodies 2:30 Current Events Grp #2 3:30 Legal Consults (R)	9:00 Foot Care (R) (\$) 9:00 Fitness for Fun 10:00 Balance & Strength 11:00 Men's Grp #1 11:30 Hatha Yoga 12:30 Scrabble/ Bananagrams 1:00 All-Inclusive Book Club
24	25	26	27	28
8:30 - 4:20 Computer Lab 9:00 Fitness for Fun 10:00 Gentle Chair Yoga 11:00 Aging Well Grp #2 11:00 Line Dancing 11:45 Men's Grp #2 12:30 Movie 1:00 Aging Well Grp #1 1:00 Ukcs 1:30 Improv Class 2:30 Tech Made Easy	8:30 - 4:20 Computer Lab 9:00 Meditation 9:00 Sea Mar 9:30 Get Moving 9:30 English Convo 10:30 Exploring Art 11:30 Birthday Lunch (R) 11:30 Digital Navigation 12:30 Cribbage 1:30 Chess Club 2:30 Hand Drumming 2:30 Legal Consults (R)	8:30 - 5:50 Computer Lab 9:00 Intentional Movement 9:30 Purpose-Full Life (R) 10:00 Balance & Strength 10:00 Party Bridge 11:00 Journaling 11:30 Digital Navigation 12:30 Mahjong 1:00 Rock & Roll: Part II (R) 1:30 Corrective Strength Training 3:00 Qi Gong 3:00 Tech Made Easy 4:00 Fabric Painting 4:00 Mexican Train	8:30 - 4:20 Computer Lab 9:00 Beginner Spanish 9:00 Tai Chi 10:00 Spanish Convo 11:30 Digital Navigation 12:00 Arts & Crafts 12:00 Let's Have Fun 12:00 Pinochle 1:00 Jazz History in Seven Genres (R) 1:00 Comm Lab 2.0 2:30 Yoga Strong Bodies	9:00 Fitness for Fun 10:00 Balance & Strength 11:00 Men's Grp #1 11:30 Hatha Yoga 12:30 Scrabble/ Bananagrams 2:15 Caregivers Support Grp
31				
8:30 - 4:20 Computer Lab 9:00 Fitness for Fun 10:00 Gentle Chair Yoga 11:00 Aging Well Grp #2 11:00 Line Dancing 11:45 Men's Grp #2 12:30 Movie 1:00 Aging Well Grp #1 1:00 Ukcs 2:30 Tech Made Easy				

Community Dining Menu: August

The Center Community Dining

We serve a hot lunch prepared from scratch in a communal setting in Hatten Hall at The Center.

Hours: Monday - Thursday, 11:45 a.m. - 12:30 p.m.

Suggested donation \$5/person ages 60+; required \$10 under 60

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Hot dog Sauerkraut salad Potato salad Seasonal fruit	Chicken in green curry sauce Basmati rice Broccoli Cauliflower Fresh fruit	Catch of the day Orzo Garden salad Fresh fruit	Meatball & gravy Mashed potatoes Broccoli Roll Seasonal fruit	Community Dining closed, visit: 
10	11	12	13	14
Fajitas Spanish rice Green beans Flour tortilla Seasonal fruit	Chicken parmesan Mixed vegetables Garlic bread Tropical fruit	Tuna cakes Spanish rice Coleslaw Seasonal fruit & yogurt	Orange sesame turkey breast Au Gratin potatoes Mixed vegetables Tropical fruit	Community Dining closed, visit: 
17	18	19	20	21
Grilled salmon Orzo Garden salad Seasonal fruit	Pork, zucchini & corn in a tomatillo sauce Rice pilaf Green beans Seasonal fruit	Spaghetti & meat sauce Garlic bread Garden salad Fresh fruit	Chicken à la King Italian mixed vegetables Roll Mix of melons	Community Dining closed, visit: 
24	25	26	27	28
Lime & herb chicken Rice Mixed vegetables Grapes	Birthday Lunch Mexican barbacoa Garden salad Mexican rice Seasonal fruit	Turkey & gravy Scalloped potatoes Broccoli Garden salad Fresh fruit	Panko fish Pineapple salsa Coleslaw Rice pilaf Fresh fruit	Community Dining closed, visit: 
31				
Hungarian Goulash Egg noodles Green beans Fresh fruit				

Volunteerism at The Center

Meet volunteers: Ceedee and Bob

Ceedee Felton and Bob Kirchner are a couple who volunteer together every Thursday in our Community Dining program. Over the past six months, they have become familiar and welcoming faces, helping serve hot meals and enjoying the strong sense of community they've found along the way.

West Seattle residents since 2009, Ceedee and Bob live just two blocks from The Center. Before moving here, they spent 30 years on Mercer Island. Bob also grew up in West Seattle, and attended Alki Grade School, James Madison Junior High, and West Seattle High School, and he still keeps in touch with many of his childhood classmates.

After retiring in 2024, the couple began taking classes at The Center and quickly discovered what a vibrant and active place it is. Inspired by the staff, instructors and fellow participants they met, they decided volunteering would be a meaningful way to give back and stay connected.

Bob spent 38 years as a real estate broker in the Seattle area, while Ceedee worked as both a teacher and an affordable housing property manager. Together, they later operated a small family vending business for 16 years. Outside of The Center, Ceedee serves as a board member and treasurer for their condo association, while Bob enjoys gardening and pruning around the property.

Their advice for anyone considering volunteering: "Taking the next step is easy—at any time or commitment level."



Come volunteer with us!

We need volunteers in Community Dining to assist the chef with food prep in the kitchen on Wednesdays from 9 a.m. - 12:30 p.m. Other openings include fill-in roles in Community Dining, Margie's Café and the Thrift Store. We also need a few new volunteers in our Westside Friends program to be paired with seniors for in-home visits to provide conversation and companionship.

Questions?

Contact Danny Perez, Volunteer Coordinator
206-932-4044 / ext. 108 or dannyp@wscenter.org



The Center

Thrift Store



Meet staff member Brandon Jones

We are excited to introduce you to Brandon, our new Thrift Store Coordinator! He brings experience working at multiple thrift chains and a wonderful enthusiasm for retail to our store. He's also a Multimedia Design student at Highline College, a talented artist, self-proclaimed dinosaur enthusiast and a proud father of an 11-year-old daughter.

Brandon is eager to support both volunteers and shoppers in this part-time role.



Follow The Center Thrift Store on Instagram!
[@thecenterthriftstore](https://www.instagram.com/thecenterthriftstore)



4504 California Ave. SW
Monday, Tuesday, Thursday & Friday 10 a.m. - 4 p.m.
Wednesday, Saturday & Sunday 10 a.m. - 7 p.m.
wscenter.org/thrift-store

The Center for Active Living

Our team

Executive Director
Amy Lee Derenthal

Office Manager
Jennifer Whip

Development Manager
Laurie Porter

Membership Coordinator
Nancy Newby

Administrative Assistant
Heather Scott

Program Supervisor
Jack Jannack

Volunteer Coordinator
Danny Perez

Digital Navigator
Martin Piccoli

Head Chef
Francisco Briseño

Social Workers
Josh Maduell, MSW
Toni Ameslav, MSW

Westside Friends Coordinator
Michele Fawcett-Long

Thrift Store Manager
Yoni Marker

Thrift Store Coordinator
Brandon Jones

Staff Member
Terry Hunt

Board meetings are held the second Wednesday of each month at 5:30 p.m. at The Center. Board meeting minutes are available upon request. To get in touch with the board or join a committee, email board@wscenter.org.

Our Board of Directors

Kristine Milkovich
Board President
The Milkovich Team / Ensemble

Ann Manley
Board Vice President
The Manley Law Firm, PS, Inc.

Christopher Gibson
Board Treasurer
C2 Financial

Emily B. Austin
Board Secretary
Metropolist + Compass

Katy Aversenti Schumaker
Counselor and Art Therapist

Lupe Barnes
Community Member

Stephanie Bruno
Mission Wealth

Scott Collins
ComForCare Home Care

Lloyd Hardesty
Community Member

Kevin Ledgerwood
Home Instead

Jennifer Lottis
Jen Lottis Solutions

Jack Rizzuto
Nucor Steel

Board committees:

- Ambassador (marketing and membership)
- Equity and Inclusion
- Facilities
- Finance
- Fundraising and Donor Development
- Executive/Governance (board members only)



Good to know...

Upcoming closure

The Center will close early at 3:30 p.m. on Thursday, July 2, and will be closed on Friday, July 3, for the Fourth of July holiday weekend.

Join our Facilities Committee

Do you have a background in facilities planning? Our newest board committee is looking for additional members with expertise in maintenance, facility improvements, capital planning and major building systems. To inquire, contact Jennifer Whip, jenniferw@wscenter.org.

Shop at Thriftway, support The Center

You can support The Center simply by saving your Thriftway receipts and dropping them off at our front desk. Thriftway will donate 1% of your purchases back to The Center to support our programs and services.

Member news corner

We are here to help you get the most out of your experience at The Center for Active Living. Our membership team of staff and volunteers can help you renew your membership, sign up for a tour, answer questions about our programs and activities and much more. If you're not sure how to plug into everything that's happening at The Center, give us a call or stop by the front desk. Our goal is to make you feel welcome and ready to pursue your goals of health, wellness and lifelong learning.

Bring a friend

All our programs and dining options are open to the community, so you do not need to be a member to try our classes or enjoy a meal at The Center. We charge a \$5 fee for non-members to participate in most classes. Bring a friend or neighbor and introduce them to The Center!

Your membership benefits

- No fees for members on most classes and activities
- 50% off every first Friday at The Center Thrift Store
- A copy of our bi-monthly newsletter
- Free luncheon celebration the month of your birthday
- Free cookie on Fridays at Margie's Café

Member Happy Hour

Join us on First Fridays for a special gathering for our members. We provide free snacks and offer wine, beer, cider and non-alcoholic drinks at happy hour prices. This is a great way to meet other members and welcome new members to The Center. Our next event is Friday, August 7, 3 - 4:30 p.m. (No happy hour in July.)



Don't forget to renew your membership!

Your membership expires one year after you join and needs to be renewed annually. You can renew in person, over the phone or online at wscenter.org/membership.

Questions? Contact Nancy Newby, Membership Coordinator
206-932-4044 / ext. 1 or nancyn@wscenter.org

"After many years of work that I loved, the Center is my new connection. A place that gives me strength through exercise, meeting new people, making new friendships. It's community. It's livelihood. It helps us thrive so we, in turn, can give back, and watch it grow strong."
~ Cecily Nagel, member



margie's

CAFÉ

WEST SEATTLE'S BEST SECRET LUNCH SPOT

Rotating weekly menu of delicious, freshly prepared sandwiches, salads and soups. Plus Caffè Ladro coffee and pastries baked on-site.

OPEN MONDAY - FRIDAY | 9 A.M. - 1:30 P.M.

WEDNESDAY | 4 - 6 P.M.

prices are à la carte



Terry's greatest movies you've never heard of

Every Monday at 12:30 p.m. in the second-floor Nucor Room.
Featuring newsreels, popcorn, previews and cartoons.

July 6: *Singin' in the Rain* (1952) Gene Kelly, Debbie Reynolds, Jean Hagen, Cyd Charisse, Millard Mitchell, Rita Moreno. (102 m., color)

July 13: *The Notebook* (2004) Ryan Gosling, Rachel McAdams, James Garner, Gena Rowlands, Sam Shephard, Joan Allen. (124 m., color) (PG)

July 20: *The Ballad of Lucy Whipple* (2001) Glenn Close, Jena Malone, Meatloaf, Bruce McGill, Wilfred Brimley. (96 m., color) (PG)

July 27: *How the West Was Won*, Part 1 (1962) Gregory Peck, Debbie Reynolds, Robert Preston, John Wayne, James Stewart, Walter Brennan. (82 m., color)

August 3: *How the West Was Won*, Part 2 (1962). (82 m., color)

August 10: *King of the Khyber Rifles* (1953). Tyrone Power, Terry Moore, Michael Rennie. (100 m., color)

August 17: *Roman Holiday* (1953) Audrey Hepburn, Gregory Peck, Eddie Albert. (119 m., b/w)

August 24: *Ex-Machina* (2014) Oscar Isaac, Alicia Vikander, Domhnall Gleason. (108 m., color) (R)

August 31: *Strange Woman* (1946) Hedy Lamarr, George Sanders, Louis Hayward, Gene Lockhart, Hilary Brooke. (100 m., b/w)

Birthday Lunches

July Birthday Lunch

Tuesday, July 28, 11:30 a.m. - 12:30 p.m.

Featuring: Guitarist and vocalist Kimball Conant

Menu: BBQ pork, pasta salad, coleslaw, watermelon

August Birthday Lunch

Tuesday, August 25, 11:30 a.m. - 12:30 p.m.

Featuring: Pianist and vocalist Marilyn Milano

Menu: Mexican barbacoa, deluxe garden salad, Mexican rice, seasonal fruit

Suggested \$5/person ages 60+; required \$10 under 60

Limited seating. RSVP early.

**FREE to
members on
the month
of their
birthdays.**



Sponsored by:



CHASE THE RAINBOW

**Rainbow Bingo at The Center for Active Living
is the ultimate night out for anyone 21+!**

Join the fabulous **Sylvia O'Stayformore** for laughter, excitement, fantastic prizes, costumes and Jell-O shots.

Día de los Muertos
Friday, October 16
6 - 9 p.m.

Candy Cane Lane: Elf Edition
Friday, November 20
6 - 9 p.m.



Get your tickets early, before they sell out! Go to: wscenter.org/rainbow-bingo

\$40 entry fee includes entertainment, dauber and a snack.

Drinks and snacks also available for purchase.

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Wine & Wills: Estate Planning Made Easy

In honor of National Make-A-Will Month in August, join us for this free event featuring a panel of estate planning experts. They'll demystify the process and answer your questions in a relaxed, welcoming setting. Enjoy a glass of wine, nibble on appetizers and meet other members.

Wednesday, August 19

Program 4 - 5 p.m.

Social hour 5 - 6 p.m.

Scan the QR code to RSVP:



WEDNESDAY, AUGUST 19, 2026

WINE & WILLS

ESTATE PLANNING MADE EASY