

Connecting at The Center



Thank you for
being part of our
community.

We are so grateful for you

Every day, something wonderful happens at The Center for Active Living—you walk through our door. Whether you're greeting a new member, leading a class, telling a friend about us or simply showing up with a smile, you help make The Center the vibrant place it is.

Many of you also give your time as volunteers and your financial support as donors, and we are grateful for your investment in The Center.

As the year wraps up, our whole staff team wants to say thank you. It's a joy to share this community with you. Happy holidays!



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 - Sunday
10 a.m. - 4 p.m.

    @thecenterforactiveliving

Contents

Greetings from the Executive Director.....	2
Special Events.....	3
Lectures & Workshops	4-5
Health & Wellness Programs.....	6-7
Connections to the Community Programs.....	8-9
Lifelong Learning & Growth Programs	10-11
Accessible Services Programs	12-13
Calendar of Events: November	14
Community Dining Menu: November	15
Calendar of Events: December.....	16
Community Dining Menu: December	17
Volunteerism at The Center.....	18
What's New at The Center Thrift Store.....	19
Our Team and Board	20
Member News Corner	21
Margie's Café, Movies.....	22
Birthday Lunches, Jazz Night, Rainbow Bingo.....	23
Nourish Our Work.....	24



Greetings From the Executive Director

As the year draws to a close, I'm thinking about the people who make The Center such a welcoming place. I want to personally thank our members, volunteers, donors and community partners for their support in 2026. I'm grateful for the many ways you show up for one another and for The Center.

This year, we've continued to welcome many new members and see more people come through our doors for lunch, a class or simply time together. We know isolation is real, especially as the days grow shorter, and it means so much to see people finding friendship and a sense of belonging here.

In the new year, I look forward to sharing our new three-year strategic plan and how we'll make The Center even more accessible and active for our community.

I wish you a wonderful holiday season. Thank you for being part of The Center. I'm grateful for every one of you.

*Amy Lee
Derenthal*



The Center's mission:
To transform the experience of aging
into an empowering, supported and
connected chapter of life.



Holiday events at The Center

West Seattle Silver Sounds Holiday Show (R)

Wednesday, November 25, 1 - 2 p.m.

Join West Seattle Silver Sounds for a festive, seasonally inappropriate comedy show as we ask, "Is It Too Early for Christmas?" We'll tip our hats to the holidays that get ignored as the stores start stocking Christmas items too early. Enjoy prizes plus a mystery raffle.

Mary Kay Holiday Glow (R)

Thursday, December 3, 1 - 2:30 p.m.

This holiday season, make it merrier with a festive beauty and self-care experience! Mary Kay Beauty Consultant, Dawn Bly, will guide you through simple winter skincare tips to keep skin hydrated, eyes looking refreshed and lips feeling soft and comfortable. Come enjoy a little holiday glow, a little self-care and some merry moments.



**LATE
WED!**

Navigating Grief During the Holidays (R)

Wednesday, December 16, 4 - 5:30

The holidays can be especially hard for those grieving a loved one. Join Sandra Neperud, founder of The Grief App, for a practical, compassionate talk on handling traditions that no longer feel right, communicating your needs to family and real tools for getting through grief waves—whether it's your first holiday season without them or your fifteenth.

**LATE
WED!**

Charitable Giving and Your Financial Strategy (R)

Wednesday, November 18, 4 - 5:30 p.m.

Giving from the heart can also be a smart part of your financial plan. Whether you have a passion for a specific charity or you are beginning to think about leaving a legacy, join Pamela Malcolm, Financial Advisor, for this informative presentation.

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

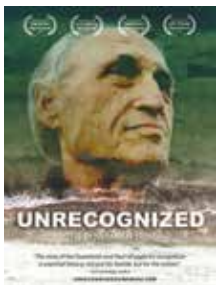


"Where Soldiers Come From" (R)

**Thursday, November 5,
12:45 - 2:30 p.m.**

This Veterans Day, join us for an intimate look at the young men who fight our wars and the families and town they come from. Returning to her hometown, director Heather

Courtney gains extraordinary access following these young men as they grow and change from reckless teenagers to soldiers looking for roadside bombs in Afghanistan to 23-year-old veterans dealing with the silent war wounds of Traumatic Brain Injury and PTSD.



"Unrecognized: The Duwamish Tribe" (R)

**Thursday, November 19,
1 - 2 p.m.**

In honor of Native American Heritage Month, we present "Unrecognized: The Duwamish Tribe," a film about about power, politics and culture.

Through historical records, lived experience and behind-the-scenes decisions about public art, this half-hour film illustrates how the tribe's fight for federal recognition is both political and cultural.

Despite organized opposition from recognized tribes and legal pushback from the federal government, "Unrecognized" shows how the Duwamish descendants of Seattle's First People refuse to be erased. Filmed and presented by local documentarian and Center member, B.J. Bullert.

November Lectures & Workshops



Diabetes 101 (R) Wednesday, November 4, 1 - 2:30 p.m.

This educational presentation is for anyone interested in learning more about diabetes—whether you are living with diabetes, have pre-diabetes, care for someone with diabetes or simply want to better understand the disease. We'll cover what diabetes and pre-diabetes are, how food and nutrition affect blood sugar, common signs and symptoms, how diabetes is diagnosed and risk factors for developing diabetes.

Westside Dance with Dean (R) (\$) Tuesdays, November 10 - December 15 East Coast Swing: 6:30 - 7:30 p.m. Waltz: 7:45 - 8:45 p.m.

Our next six-week dance series begins in November with options for East Coast Swing or Waltz. Instructor Dean Paton leads these live partner-dance classes. No partner is necessary; both singles and couples are welcome. Series fee: \$100 members and non-members. Register and pay in advance at wscenter.org/events/westside-dance.

Lectures, Special Events & Workshops

History of Rock & Roll: Part 3 - The 60s (R)

Wednesday, November 11, 1 - 3 p.m.

Our Rock & Roll series continues with UW Music Professor Emeritus Tom Collier. In Part 3, we'll look at folk rock, Bob Dylan, the Beatles studio years, rock and roll to classic rock, psychedelic/San Francisco, FM radio and Woodstock.

History of Rock & Roll: Part 4 - The 70s, 80s and Beyond (R)

Wednesday, November 18, 1 - 3 p.m.

UW Music Professor Emeritus Tom Collier will take us through the most recent decades as he covers heavy metal, the corporate takeover of the rock music industry, punk rock, new wave, MTV, rap/hip-hop and the early Seattle grunge scene.

December Lectures & Workshops

Senior Scams (R)

Wednesday, December 2, 1 - 2:30 p.m.

Shane Fowler, General Manager of Merrill Gardens Tukwila, KIXI radio host and lifelong senior advocate, will speak to the different methods being used to scam seniors out of their money and security. He'll share examples and show you how to avoid becoming victims of these crimes. You'll leave feeling more empowered and confident in this ever-changing world of technology and AI.

AARP Smart Driver (R) (\$)

Saturday, December 5, 8:30 a.m. - 5 p.m.

Medical conditions, certain medications and age-related physical changes can increase the risk of injury and crashes among older drivers. It is critically important that older drivers make driving safely a personal priority. Our ability to drive is affected by changes in ourselves, our vehicles and the roads we drive on. Think of this course as a step to continue to build your knowledge of safe driving practices. Class size is limited to 12. Fee: \$20 AARP members / \$25 non-AARP members. (Upon completion of the course, most insurances offer a safe driver discount.)

History of Jazz Part 2 (R)

Wednesday, December 9, 1 - 3 p.m.

Jazz lovers, this program is for you! UW Music Professor Emeritus Tom Collier picks up where the History of Jazz in Seven Genres left off with a multimedia presentation on the jazz genres of cool, hard bop, free jazz and fusion.

Bayfest Intergenerational Theatre

Monday, December 14, 4:30 - 5:30 p.m.

The BAYFEST Youth Theatre Intergenerational Theatre Project will present a free and humorous performance by the Fall 2026 Cohort of Teens and Senior Adults. "Intergen" Project participants work together with BAYFEST staff and teachers in 10-12 workshops over three months to get to know each other and put together an original show.



Become a Lifetime member

Do you want one fewer thing to hassle with in 2027? Consider becoming a Lifetime member of The Center! You'll start off the New Year never needing to renew again, plus you'll receive special benefits and invites. Lifetime membership is \$999 per individual and \$1,499 per household. Learn more at wscenter.org/membership.

Health & Wellness Programs



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.

Corrective Strength Training for You

Wednesdays, 1:30 - 2:30 p.m.

(no class November 25)

Have pain or stiffness? Personal trainer Canvas Rose of Rosefit will teach simple techniques in a casual group setting to relax tight muscles and strengthen weak ones, helping you move easier and feel less pain. You'll also learn easy self-massage methods to use before and during your strength training.

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 Sherryll 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 November 18)

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.

NEW!

Rhythm & Groove

**Wednesdays, 4 - 5 p.m.
(no class December 2, 23)**

This class blends dance movement with infectious and funky rhythmic tunes. Each class focuses on musicality, coordination and memory through fun and easy-to-follow dance routines. Wear your tennis shoes, bring a water bottle and a desire to groove.

Tai Chi

Level 1 Beginners and Intermediate:

Thursdays, 9 - 10 a.m.

**Level 2 Advanced: Thursdays, 10 - 11 a.m.
(no class December 24)**

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 and intermediate practitioners looking for a review of the first third Cheng Man Ching's 37. Level 2 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.

(no class December 24)

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. 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. Starting in January 2027, fees will be \$50 members / \$60 non-members and a new client fee of \$15.

Haircuts by Talia (R) (\$)

**Monday, November 9, December 14,
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. 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 Mah Jongg

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 are welcome. For players new to the game, please register for our new class, American Mah Jongg for Beginners.

American Mah Jongg for Beginners (R)

Tuesdays, November 17, December 15, 1:30 - 4:15 p.m.

Come learn to play Mah Jongg, an ancient Chinese game that was modified in America in the 1920's. We'll explain the tiles, the rules and how to read the National Mah Jongg League card. Play a hand and listen to the clacking of the tiles, which resembles sparrow chattering.

LATE
WED!

Board Games

Wednesdays, November 4, December 2, 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, November 10, December 8, 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, November 5, 19, December 3, 17, 1 - 2:30 p.m. (Group #1)

Tuesdays, November 3, 17, December 1, 15, 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, November 12, December 10, 17, 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.

Connections to the Community Programs

Communication Lab 2.0

**Thursdays, November 12, December 10,
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.

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, November 6, December 4, 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.

LATE
WED!

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)

**Mondays, November 9, December 14,
3 - 4:30 p.m.**

In November and December, we will be meeting at The Center. We'll have a planned activity in November. In December, join us for our annual holiday party and \$10 gift exchange. We welcome everyone to join us for OWLS where we always do something fun! For info: 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 class December 24)

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 Bananagrams, the only anagram game that will drive you bananas. It's fun, engaging and good for your brain.

Talking About Death Won't Kill Us

**Tuesdays, November 3, 17, December 1, 15,
12 - 1:30 p.m.**

Join us as we "un-taboo" the subject of dying as we embrace and learn about end-of-life considerations and feel empowered in the process. We'll have a set topic in the first meeting of the month and open-topic discussion in the second, in the style of a Death Café.

Westside Friends Outreach Program

Westside Friends can 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



Our Ukes
Sing-Along group
meets Monday
afternoons.

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, November 9, 23, December 14,
1:30 - 2:30 p.m.**

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.

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, November 12, December 10,
10 a.m. - 12 p.m.**

LATE WED! **Wednesdays, November 25, December 23, 4 - 6 p.m.**

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, November 2, 16, December 7, 21,
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, November 20, December 18, 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.

All Seasons Book Club

Fridays, November 13, December 11, 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.

(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 info: 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 info: Jerie Milici: jerie.milici@gmail.com

Conversational German

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

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, November 2, December 7,
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, November 11, 25, December 9, 23,
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, November 4, 18, December 2, 16,
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



Cozy up with a book and a cup of coffee at Margie's Café this season.

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. Volunteer Susana Herbert leads this group dedicated to getting benefits rather than frustration out of their devices. Join us 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.

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

LATE WED!

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

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

Group #1: Fridays, November 6, December 4, 2:15 - 3:30 p.m.

Group #2: Fridays, November 13, December 11, 2:30 - 4 p.m.

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, November 6, December 4, 1 - 2 p.m.

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, November 10, December 8, 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, November 16, December 21, 2 - 3 p.m.

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. 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, November 5, December 3, 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. There will be time for questions at the end of the presentation.

Calendar of Events: November

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
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 12:00 Talking About Death Won't Kill Us 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 Move- ment 10:00 Balance & Strength 10:00 Party Bridge 11:00 Writing Grp 11:30 Digital Navigation 12:30 Mah Jongg 1:00 Diabetes 101 (R) 1:30 Strength Training 3:00 Qi Gong 3:00 Tech Made Easy 4:00 Rhythm & Groove 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 Medicare 11:30 Digital Navigation 12:00 Arts & Crafts 12:00 Let's Have Fun 12:00 Pinochle 12:45 Where Soldiers Come From (R) 1:00 Convo Circle Grp #1 2:30 Yoga Strong Bodies 3:30 Legal Consults (R) 5:00 Wine & Jazz (R) (\$) 7:00 Jazz Night (\$)	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 Diabetic Support Grp 2:15 Caregivers Support Grp #1 3:00 Members Happy Hour
9	10	11	12	13
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 2:30 Tech Made Easy 3:00 OWLS	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 6:30 Westside Dance (R) (\$)	8:30 - 5:50 Computer Lab 9:00 Intentional Movement 10:00 Balance & Strength 10:00 Party Bridge 11:00 Journaling 11:30 Digital Navigation 12:30 Mah Jongg 1:00 History of Rock & Roll Part III (R) 1:30 Strength Training 3:00 Qi Gong 3:00 Tech Made Easy 4:00 Rhythm & Groove 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 All Seasons Book Club 2:30 Caregivers Support Grp #2
16	17	18	19	20
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 2:00 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 12:00 Talking About Death Won't Kill Us 12:30 Cribbage 1:00 Convo Circle Grp #2 1:30 Chess Club 1:30 Mah Jongg for Beginners (R) 2:30 Hand Drumming 6:30 Westside Dance (R) (\$)	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 Mah Jongg 1:00 History of Rock & Roll Part IV (R) 1:30 Strength Training 3:00 Tech Made Easy 4:00 Rhythm & Groove 4:00 Charitable Giving (R) 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 Unrecognized: The Duwamish Tribe (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 6:00 Rainbow Bingo (R) (\$)
23	24	25	26	27
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 Ukcs 1:30 Improv 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) 6:30 Westside Dance (R) (\$)	8:30 - 5:50 Computer Lab 9:00 Intentional Movement 10:00 Balance & Strength 10:00 Party Bridge 11:00 Journaling 11:30 Digital Navigation 12:30 Mah Jongg 1:00 Silver Sounds (R) 3:00 Qi Gong 3:00 Tech Made Easy 4:00 Fabric Painting (R) 4:00 Rhythm & Groove 4:00 Mexican Train	Closed for Thanksgiving holiday	Closed for Thanksgiving holiday
30				
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: November

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
2	3	4	5	6
Fish cakes Coleslaw Orzo & herbs Mix of berries w/ yogurt sauce	Beef tamale casserole Green salad Spanish rice Cantaloupe	Spaghetti and meatballs Caesar salad Roll Fruit cocktail	Filipino chicken adobo Rice Broccoli Seasonal fruit	Community Dining closed, visit: 
9	10	11	12	13
Meatloaf Mashed potatoes & gravy Green beans Roll Tropical fruit salad	Tex-Mex chicken Black beans Green salad Seasonal fruit	Chinese pepper steak Rice Broccoli Fresh fruit	Swedish meatballs Mashed potatoes Roasted vegetables Roll Seasonal fruit	Community Dining closed, visit: 
16	17	18	19	20
Pork loin in Porto wine sauce Roasted potatoes Broccoli Fruit cocktail	Beef taco salad Sour cream Tortilla chips Beans Corn Fresh fruit	Catch of the day Spanish rice Green salad Fresh fruit	Hungarian Goulash Egg noodles Broccoli Roll Fresh fruit	Community Dining closed, visit: 
23	24	25	26	27
Teriyaki chicken Rice Broccoli Seasonal fruit	Birthday Lunch Turkey breast Cranberry sauce Mashed potatoes & gravy Green beans Pumpkin pie	Salisbury steak Garlic mashed potatoes Green beans & onions Fruit cocktail	Closed for Thanksgiving holiday	Closed for Thanksgiving holiday
30				
Lasagna Garden salad Garlic bread Fresh fruit				

Calendar of Events: December

Monday		Tuesday		Wednesday		Thursday		Friday	
1		2		3		4			
		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 12:00 Talking About Death Won't Kill Us 12:30 Cribbage 1:00 Convo Circle Grp #1 1:30 Chess Club 2:30 Hand Drumming 6:30 Westside Dance (R) (\$)		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 Mah Jongg 1:00 Senior Scams (R) 1:30 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 Mary Kay Holiday Glow (R) 1:00 Convo Circle Grp #1 2:30 Yoga Strong Bodies 3:30 Legal Consults (R) 7:00 Jazz Night (\$)		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 Diabetic Support Grp 2:15 Caregivers Support Grp #1 3:00 Member Happy Hour	
7		8		9		10		11	
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 2:30 Techs 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 11:00 Coffee with Vets 11:30 Holiday Lunch (R) 11:30 Digital Navigation 12:30 Cribbage 1:30 Chess Club 2:00 Low Vision Grp 2:30 Hand Drumming 6:30 Westside Dance (R) (\$)		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 Mah Jongg 1:00 History of Jazz Part II (R) 1:30 Strength Training 3:00 Qi Gong 4:00 Rhythm & Groove 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 1:00 All Seasons Book Club 2:30 Caregivers Support Grp #2	
14		15		16		17		18	
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 1:30 Improv 2:30 Techs Made Easy 3:00 OWLS 4:30 Bayfest Intergenera- tional Theatre		8:30 - 4:20 Computer Lab 9:00 Meditation 9:00 Sea Mar 9:30 Get Moving 9:30 English Convo 11:30 Digital Navigation 12:00 Talking About Death Won't Kill Us 12:30 Cribbage 1:00 Convo Circle Grp #2 1:30 Chess Club 1:30 Mah Jongg for Beginners (R) 2:30 Hand Drumming 6:30 Westside Dance (R) (\$)		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 Mah Jongg 1:30 Strength Training 3:00 Qi Gong 3:00 Tech Made Easy 4:00 Rhythm & Groove 4:00 Mexican Train 4:00 Navigating Grief During the Holidays (R)		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 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 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	
21		22		23		24		25	
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 Movies 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 11:30 Digital Navigation 12:30 Cribbage 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 Journaling 11:30 Digital Navigation 12:30 Mah Jongg 1:30 Strength Training 3:00 Qi Gong 3:00 Tech Made Easy 4:00 Fabric Painting (R) 4:00 Mexican Train		8:30 - 4:20 Computer Lab 9:00 Beginner Spanish 10:00 Spanish Convo 11:30 Digital Navigation 12:00 Arts & Crafts 12:00 Let's Have Fun 2:00 Early Closure		Closed for Holiday Break	
28		29		30		31			
Closed for Holiday Break		Closed for Holiday Break		Closed for Holiday Break		Closed for Holiday Break			

Community Dining Menu: December

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	4
	Seafood casserole Green salad Roll Seasonal fruit	Lamb stew Garden salad Roll Seasonal fruit	Lime chicken Rice Mixed vegetables Melon	Community Dining closed, visit: 
7	8	9	10	11
Swiss meatballs Mashed potatoes Green beans Fresh fruit	Holiday Lunch Country baked ham Mashed sweet potatoes Broccoli Fruit salad	Chicken Louisiana Roasted zucchini Rice pilaf Seasonal fruit	Catch of the day Couscous Roasted vegetables Fruit ambrosia	Community Dining closed, visit: 
14	15	16	17	18
Sloppy joe Coleslaw Potato salad Fruit ambrosia	Beef Stroganoff Egg noodles Roll Broccoli Tropical fruit	Italian sausage Rotini with roasted tomato sauce Mixed vegetables Tropical fruit	Greek chicken Couscous Garden salad Seasonal fruit	Community Dining closed, visit: 
21	22	23	24	25
Hominy soup Garden salad Corn chips Seasonal fruit	Spaghetti & meat sauce Garlic bread Salad Fresh fruit	Quiche Florentine Broccoli Roll Seasonal fruit	White turkey chili Broccoli Cornbread Grapes	Closed for Holiday Break
28	29	30	31	
Closed for Holiday Break	Closed for Holiday Break	Closed for Holiday Break	Closed for Holiday Break	

Volunteerism at The Center



Meet volunteers: Chris Cameron & Valerie Tims

Chris Cameron enjoys volunteering in The Center's kitchen, where he helps prepare meals, tackles the dishes and occasionally volunteers behind the bar for special events. Originally from New Hampshire, Chris graduated from Colby College in Maine. After college, he created the marketing program for Smartfood Popcorn and later worked for Frito-Lay after it purchased the brand. Following his passion for cycling, he joined Mongoose Bicycles in Los Angeles before starting his own public relations company serving the outdoor industry. After retiring, Chris was ready to give back and found The Center to be a natural fit. He and his wife, Kiki, have lived in West Seattle for nearly 10 years and enjoy being part of this vibrant community.

Since retiring in September last year, Valerie Tims has become a familiar face at The Center, volunteering at Rainbow Bingo, writing cards to brighten members' days and participating as a member of the Fundraising Committee. Valerie says what draws her to The Center is its welcoming spirit and the opportunity to connect with people and hear the stories that make each person unique. A retired Senior Human Resources Generalist, Valerie stays busy outside The Center with gardening, traveling and exploring other cultures. In the summer, she shared beautiful bouquets of dahlias from her garden with The Center, Thrift Store and her neighbors. Her adventurous side has taken her to Ireland, Iceland and Egypt—and, in 1998, on an unforgettable 48-day bicycle ride from Seattle to Washington, D.C., raising funds and awareness for the American Lung Association.

Come volunteer with us!

We need volunteers for fill-in and backup 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

WHAT'S
NEW

The Center

Thrift Store

It's cozy season at The Center Thrift Store!

Stop by to refresh your wardrobe for colder weather with jackets, sweaters and seasonal footwear. We also stock books, board games and other items to cuddle up with on a wintry day.

If you're getting ready for holiday hosting, you'll find decor, serving dishes, unique glass wear and serving utensils. Going to a party? Pick up a unique host gift at the Thrift Store.

We love your donations, especially good quality brands, winter boots and unique accessories.



Follow The Center Thrift Store on Instagram!
@thecenterthriftstore



4504 California Ave. SW
Monday- Sunday 10 a.m. - 4 p.m.
wscenter.org/thrift-store
Instagram: @thecenterthriftstore

The Center for Active Living

Our team

Executive Director
Amy Lee Derenthal

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

Kitchen Assistant
Robert Benson

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

Our Board of Directors

Ann Manley
Interim Board 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

Carole Barnes
Community Member

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

Kelly Zuger
Ensemble Real Estate

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 info@wscenter.org.



Good to know...

Rent The Center this holiday season

If you are hosting a gathering or event this season, consider renting space at The Center. We offer several fantastic, wheelchair accessible spaces to rent on Friday evenings and Saturdays. Our rooms are ideal for celebrations, nonprofits and small business events. Your rental makes a difference—revenue provides vital support for our programs. Learn more at wscenter.org/facilities-rentals.

Upcoming closures

A heads up to our members that The Center will be closed:

- Thursday, November 26, and Friday, November 27, for Thanksgiving
- Friday, December 25, through Friday, January 1, for holiday break (we will close at 2 p.m. on Thursday, December 24)

Membership at The Center



Member news corner

Make the most of your membership

There's always something happening at The Center for Active Living, and we want to help you find the activities, programs and connections that are right for you. Whether you have a question about your membership, would like to take a tour, want to learn more about a program or just aren't sure where to start, our staff and volunteers are happy to help. Stop by the front desk or give us a call at 206-932-4044 / ext. 1. We want The Center to be a place where you feel welcome, connected and excited to participate.

Getting to The Center

There are lots of ways to get here! Transportation options include King County Metro (C Line), Hyde Shuttle, King County Access, Lyft, Uber, taxis and the King County Taxi Scrip program. If you drive, free short-term street parking is available nearby. Low-cost parking is also available in the lot behind The Center, with the entrance on 42nd Ave. SW. You can pay by scanning the HONK QR code or using the free HONK app. If you'd rather not use an app, there is also a credit card payment kiosk in the middle of the parking lot. If you have questions or need help, contact Nancy Newby at 206-932-4044 / ext. 116 or nancyn@wscenter.org.

Member Happy Hour

First Fridays are for our members! Join us for Member Happy Hour, a relaxed afternoon to catch up with friends, meet someone new and welcome new members to The Center. We provide complimentary snacks, with wine, beer, cider and non-alcoholic beverages available at happy hour prices. Upcoming Happy Hours are Fridays, November 6, and December 4, 3 - 4:30 p.m.

How do I know when to renew my membership?

Memberships are renewed annually, one year from the date you joined. If your renewal is coming up, you can renew in person, over the phone or online at wscenter.org/membership. Not sure when your membership expires or have a question about renewing? Contact the front desk, at 206-932-4044 / ext. 1 or info@wscenter.org.



margie's

Café

WEST SEATTLE'S BEST SECRET LUNCH SPOT

Rotating weekly menu of delicious, freshly prepared sandwiches, salads and soups. Plus Caffe 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.

Nov. 2: *Merrily We Live* (1938) with Constance Bennett, Brian Aherne, Alan Mowbray, Billie Burke, Bonita Granville, Tom Brown, Ann Dvorak, Patsy Kelly. (90 min., b/w)

Nov. 9: *The Ballad of Lucy Whipple* (2001) with Glenn Close, Jena Malone, Bruce McGill, Meat Loaf. (96 min., color) (PG)

Nov. 16: *The Last Hurrah* (1958) with Spencer Tracy, Jeffrey Hunter, Dianne Foster, Basil Rathbone, Pat O'Brien, Donald Crisp, Ed Brophy, John Carradine, Ricardo Cortez, Frank McHugh, Anna Lee, Ken Curtis, Jane Darwell. (121 min., b/w)

Nov. 23: *The Cincinnati Kid* (1965) with Steve McQueen, Ann Margret, Edward G. Robinson, Karl Malden, Tuesday Weld, Joan Blondell, Rip Torn, Jack Weston, Cab Calloway. (103 min., b/w)

Nov. 30: *The Crowd Roars* (1932) with James Cagney, Joan Blondell, Ann Dvorak, Eric Linden, Guy Kibbee, Frank McHugh. (70 min., b/w)

Dec. 7: *Action in the North Atlantic* (1942) with Humphrey Bogart, Raymond Massey, Alan Hale, Sr., Julie Bishop, Ruth Gordon, Sam Levene, Dane Clark. (107 min., b/w)

Dec. 14: *All Through the Night* (1942) with Humphrey Bogart, Conrad Veidt, Kaaren Verne, Jane Darwell, Frank McHugh, Peter Lorre, Judith Anderson, William Demarest, Jackie Gleason, Phil Silvers, Barton MacLane. (107 min., b/w)

Dec. 21: *Edge of Darkness* (1943) with Errol Flynn, Ann Sheridan, Walter Huston, Nancy Coleman, Helmut Dantine, Judith Anderson, Ruth Gordon, John Beal, Roman Bohnen. (120 min., b/w)

Birthday Lunches

November Birthday Lunch

Tuesday, November 24, 11:30 a.m. - 12:30 p.m.

Featuring: Guitarist Kelly Van Camp

Menu: Turkey breast, cranberry sauce, mashed potatoes & gravy, green beans, pumpkin pie

December Holiday Lunch

Tuesday, December 8, 11:30 a.m. - 12:30 p.m.

Featuring: Harpist Marian Sussman

Menu: Country baked ham, mashed sweet potatoes, broccoli, fruit salad

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

Limited seating. RSVP early.

FREE to members on the month of their birthdays.



Sponsored by:

holiday
by ATRIA
SENIOR LIVING

BRIDGE
PARK

America's Choice in Home Care
VisitingAngels
LIVING ASSISTANCE SERVICES

M
MERRILL
GARDENS
FOUNDED

Jazz Night

Thursdays, November 5, December 3

Join Larry Knapp and guest musicians for an evening of fantastic live jazz music at The Center.

Wine, beer, non-alcoholic drinks, tapas and desserts are available for purchase.

\$10 entry fee at the door.

The Center
for Active Living



Sponsored by:

village green
SENIOR LIVING | WEST SEATTLE

America's Choice in Home Care
VisitingAngels
LIVING ASSISTANCE SERVICES

CHASE THE RAINBOW

Candy Cane Lane:

Elf Edition

Friday, November 20

6 - 9 p.m.

\$40 entry fee includes entertainment, dauber and a snack. Drinks and snacks also available for purchase.

Get your tickets early, before they sell out! Go to:

wscenter.org/rainbow-bingo



Sponsored by:

holiday
by ATRIA
SENIOR LIVING

BRIDGE
PARK



4217 SW Oregon St.
Seattle, WA 98116

Non-Profit
Organization
U.S. Postage
PAID
Seattle, WA
Permit No.
657



Help nourish our work

Behind every class, support group, social worker service and nutritious meal at The Center is a community of financial supporters. Your year-end gift truly makes an impact and helps us keep our doors open to everyone who needs connection and support.

Will you join us this holiday season in fueling The Center's work?

Visit wscenter.org/donate or scan the QR code:



P.S. Giving Tuesday is December 1 if you want to make your gift on this global day of philanthropy.