

Connecting at The Center



Give through
May 31:



Spring into something new at The Center

There are so many ways to be part of our community this season. Here are some ideas:

- **Annual Fundraising Campaign:** Now through May 31, help us reach our fundraising goal to ensure another year of vibrant programming. You can give today or make your donation on May 5 in honor of GiveBIG. Your support powers our programs.
- **Share your time as a volunteer:** From Margie's Café to our Thrift Store, our volunteers are the engine of The Center. We have fresh opportunities for every skill set—come be part of the team!
- **Join us for Late Wednesdays:** If you can't make it during the day, come for our new Late Wednesday hours. It's the perfect time to catch an interesting lecture or just grab a glass of wine and connect with other members.
- **Try something new at Margie's:** We've added more items to the menu at Margie's Café, including yummy salads and delicious breakfast items. Margie's is open every weekday and has extended hours on Wednesdays.



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.

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

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Greetings From the Executive Director

Thank you to everyone who is attending The Center's Annual Fundraising Breakfast on Tuesday, May 5, or participating in our campaign by making a donation. Your support is essential—fundraising makes it possible for us to offer the programs and services that strengthen our community, and we truly couldn't do it without you.

I'm excited to continue building on what you shared in our membership survey. Your feedback guides our planning, and we're already seeing it come to life. Our "Late Wednesdays" are gaining momentum—and stay tuned as we add new learning opportunities and activities to our late afternoon offerings.

In May, we're launching a new Menopause Series, designed to create space for connection, conversation and education around this important topic—particularly for our younger members navigating this stage of life. This is just one of many initiatives inspired by your input, and we look forward to rolling out more throughout 2026.

Enjoy the warmer weather, and I look forward to seeing you at The Center.

Warmly,

P.S. The Center is participating in the Silver Saunter, a 20-minute walk that's part of West Seattle's famous Loop the 'Lupe event on Saturday, June 6. Hope you'll join us! More info: wscenter.org/silver-saunter



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.



**LATE
WED!**

Menopause Lecture Series

Let's break the silence on menopause! Join us for a special lecture series to demystify this normal life transition. With help from our guest speakers, we'll take an open, honest look at improving sleep and managing symptoms. This is also an opportunity to connect with other women who are navigating this phase right alongside you. Free, open to the community. RSVP by visiting or calling our front desk: 206-932-4044.

Finding Rest: Holistic Solutions to Menopausal Insomnia (R)

Wednesday, May 6, 4:30 - 6 p.m.

If menopause is disrupting your sleep, this workshop will help you understand why—and what you can do about it. Our guest speaker, Jerica Green, will explore the root causes of insomnia and leave you with simple, practical tools to help you sleep better and wake feeling more rested.

Mimosas & Menopause: Bubbles, Hot Flashes & Real Talk (R)

Wednesday, June 3, 4:30 - 6 p.m.

Grab a mimosa and pull up a chair! Menopause specialist, Sarah Whitehead, ARNP, from West Seattle's Lumina Clinic, will break down everything you wish your doctor had told you about menopause—from hormones to hot flashes—in one honest hour.

Special Bunny Event

Wednesday, May 20, 1 - 3 p.m.

Join us for this drop-in event with Special Bunny, an all-rabbit animal rescue. Meet gentle, fluffy friends, enjoy cuddle time and learn some fun facts about these special creatures. We hope this fun event will be a chance to relax and bring a smile to your face. Free and open to the community, all ages.



Lectures & 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**)

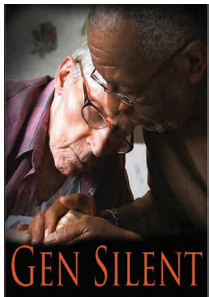
Documentaries



Juneteenth: Faith & Freedom (R) **Thursday, June 18, 1 - 2:30 p.m.**

In honor of Juneteenth, we'll screen Juneteenth: Faith & Freedom. A black man is troubled by the legacy of American slavery and the misuse of Christianity to justify it. He travels throughout Texas and discovers how the

Juneteenth holiday reveals the hope and courage that empowered the formerly enslaved and their descendants to fight for freedom in an unjust society.



Gen Silent (R) **Wednesday, June 24, 1 - 2:30 p.m.**

To celebrate Pride Month, join us for a showing of the film Gen Silent. This groundbreaking documentary follows six older adults in the Boston area who grapple with the decision to

conceal their LGBTQ+ identities or risk discrimination in care facilities where they are at heightened risk for elder abuse, neglect and exploitation.

May Lectures & Workshops

Backyard Birding (R)

Wednesday, May 6, 1 - 3 p.m.

Join Richard Lazeres a long time West Seattle birder. He will be discussing mostly resident backyard birds. The presentation is geared toward beginning birders.

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

**Wednesdays, May 6 - 27,
9 - 10 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.

Demystifying Your Medical Bill (R)

Thursday, May 7, 1 - 2 p.m.

If you're confused by your medical bill, this is the presentation for you. Guest speaker Jim Becker will help you understand how to read your bill and get errors corrected when they occur.



Social Security Benefits Q&A (R) **Wednesday, May 13, 1 - 2:30 p.m.**

The Social Security benefits filing process can be a daunting and confusing experience. Take part in this group question-and-answer session where we discuss

various rules and filing strategies for Social Security retirement, spousal and survivor benefits, as well as the basics of Medicare enrollment. Led by David Carvalho, a retired Social Security Claims Specialist with 20 years of experience, who is now working as a Social Security Benefits Advisor.

Westside Dance with Dean (R) (\$)

Tuesdays, May 19 - June 23

East Coast Swing: 6:30 - 7:30 p.m.

Three Key Dance Styles: Cha-Cha, Foxtrot and Waltz: 7:45 - 8:45 p.m.

Our next six-week dance series begins in late May with options for East Coast Swing or Three Key Dance Styles. Instructor Dean Paton leads these live partner-dance classes that are great for beginners as well as more experienced dancers. 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.

**LATE
WED!**

Plan for the Expected, Prepare for the Unexpected. The Impact of Alzheimer's and Dementia in Our Community (R)

Wednesday, May 20, 4 - 5:30 p.m.

Join us for a discussion about Alzheimer's disease. We will discuss risk factors, warnings signs and resources. You'll also leave with information about how we can prepare and protect ourselves by having trusted contacts, family conversations, designated beneficiaries and an up-to-date power of attorney.

Lectures & Workshops



Never Again is Now: The WWII Japanese American Incarceration and Its Lessons for Today (R)

Thursday, May 21, 1 - 2:30 p.m.

In honor of Asian American and Pacific Islander Heritage month,

Lori Bannai, Professor Emerita, Seattle University School of Law, will talk about the WWII Japanese American incarceration and its haunting relevance today as immigrant and communities of color again face arrest and incarceration without due process and we see a breakdown of law.

Property Tax Exemption (R)

Wednesday, May 27, 1 - 2:30 p.m.

You're invited to an informative session with Jada Bertreax from the Dispute Resolution Center of King County. Jada will share information about the King County Property Tax Exemption. The income limit has increased to \$84,000, making it possible for more homeowners who are seniors, Veterans or people with disabilities to qualify.

June Lectures & Workshops



Creating a Vision Board (R)

Wednesdays, June 3 - 17, 9 - 10 a.m.

Join Geri Dubé, retired therapist, in this three-session workshop where participants will create a Life Collage or Vision Board. Using

photos cut from old magazines, we'll tell the story of the life we wish to create for ourselves this year. Come be part of the fun as we free ourselves to imagine our next chapter. Please bring scissors, a glue stick and lots of old magazines for sharing. Class size is limited to 10.

West Seattle Silver Sounds – Jaws on Alki (R)

Wednesday, June 3, 1 - 2 p.m.

Just when you thought it was safe to go back in the water...Silver Sounds presents "Jaws on Alki." Join us for a humorous, preposterous musical performance of a friendly shark who brings sunshine to West Seattle. You'll get a summer-themed pin, mystery raffle ticket and an hour of music and laughs, all free of charge!

Reverse Mortgages & Aging in Place (R)

Thursday, June 4, 1 - 2:30 p.m.

This educational seminar is designed to clear up common myths about reverse mortgages and explain how they work. Learn how a reverse mortgage can support retirement, fund home improvements or help you downsize using a reverse purchase loan with insights from Eric Aasness, a West Seattle native and real estate professional.



Civic Coffee Hour

Wednesday, June 10, 1 - 2 p.m.

Age Friendly Seattle, in partnership with the

Seattle Public Library, is hosting this free event about transportation. Guest speakers will cover transportation broadly while bringing light rail into the discussion. Refreshments will be provided.



Captains and a Colonel on Columbia (46th Ave) (R)

Wednesday, June 17, 1 - 2:30 p.m.

In 1888, Colonel Thomas Ewing of the West Seattle Land and Improvement Company announced the opportunity to buy

lots in the Admiral District. Join George Vrechek, a volunteer with the Southwest Seattle Historical Society, for a look at the history of the resulting residential development between 1888 and 1910 and some of the homes that were built.

LATE WED!

Gold Fever: History of the Stampede to the Klondike (R)

Wednesday, June 17, 4 - 5:30 p.m.

In August of 1896, in a small stream in the remote Klondike wilderness of Canada's Yukon, four miners found gold flakes that would ignite one of the greatest stampedes of fortune seekers the world has known. Discover how Seattle played a crucial role in this stunning chapter of American history.

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.

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.

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!

Health & Wellness Programs

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.

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.
(no class May 14, 28, June 25)

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.

Stress Reduction Class

Thursdays, May 7, 21, June 4, 18, 11 a.m. - 12 p.m.

Join Stress Coach Dat Tran to learn how to manage stress and have fun while doing it. He'll teach about an extraordinary method he created that can be used to navigate stress in as easy as one breath and 10 seconds. This class can be enjoyed by anyone who wants to feel extraordinary in community and has a vision of having a more stress-free and joyful life.

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, May 11, June 8, 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

Hone your interpersonal skills at Conversation Circle or Communications Lab 2.0



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.

LATE WED!

Board Games

Wednesdays, May 6, June 3, 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, May 12, June 9, 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, May 7, 21, June 4, 18, 1 - 2:30 p.m. (Group #1)

Tuesdays, May 5, 19, June 2, 16, 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 Teressa Keenehan: teekay3@comcast.net.

Connections to the Community Programs

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, May 14, 28, June 11, 25, 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, May 14, 28, June 11, 25, 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

Fridays, May 1, June 5, 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.

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.

Quiet Reading at The Center

Wednesdays, May 13, June 10, 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.

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, May 11, June 8, 22, 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.

Come and try watercolor, acrylics and drawing, with classic, impressionist or abstract approaches to creating art. We have supplies you can use or you can bring your own. You can bring your own projects to work on, too. The goal is to find your style and to meet other artists.

Fabric Painting (R)

LATE WED! **Thursdays, May 14, June 11, 10 a.m. - 12 p.m.**

Wednesdays, May 27, June 24, 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.

Lifelong Learning & Growth Programs

Quilters Group

Mondays, May 4, 18, June 1, 8, 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, May 15, 1 - 2:30 p.m.

Share your ideas to help make this book club your own. We invite everyone to bring a book title and summary that you think would be good for future discussions. We will vote for books for the next couple of months. For info: Susan Hagy: susanhagy1@gmail.com or 206-325-4077.

Book Club: Season 4 (full)

Fridays, May 8, June 12, 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

Beginner Spanish Class

Thursdays, 9 - 10 a.m.

Designed for beginners with little or some experience speaking Spanish, the goal of this class is to eventually transition into the Casual Spanish Conversation class.

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.

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, May 4, June 1, 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, May 13, 27, June 10, 24,
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 have to 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, May 6, 20, June 3, 17,
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



Join us Monday through Thursday for lunch at Community Dining

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 & 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 25-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.

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.

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, May 1, 22, June 5, 26, 2:15 - 3:30 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

Fridays, May 1, June 5, 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, May 12, June 9, 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, May 18, June 15, 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. 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, May 7, June 4, 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: May

Monday	Tuesday	Wednesday	Thursday	Friday
				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 3:00 Member Happy Hour
4	5	6	7	8
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 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 2:30 Hand Drumming	8:30 - 5:50 Computer Lab 9:00 Intentional Movement 9:00 Living a Purpose-Full & Meaning-Full Life (R) 10:00 Balance & Strength 10:00 Party Bridge 11:00 Writing Grp 11:30 Digital Navigation 12:30 Mahjong 1:00 Backyard Birding (R) 3:00 Qi Gong 3:00 Tech Made Easy 4:00 Board Games 4:30 Holistic Solutions to Menopausal Insomnia(R)	8:30 - 4:20 Computer Lab 9:00 Beginner Spanish 9:00 Tai Chi 10:00 Spanish Convo 11:00 Stress Reduction 11:00 Navigating Medicare 11:30 Digital Navigation 12:00 Arts & Crafts 12:00 Let's Have Fun 12:00 Pinochle 1:00 Demystifying Medical Bills (R) 1:00 Convo Circle Grp #1 2:30 Yoga Strong Bodies 3:30 Legal Consults (R) 7:00 Jazz Night (\$)	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
11	12	13	14	15
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 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 2:00 Low Vision Grp 2:30 Hand Drumming	8:30 - 5:50 Computer Lab 9:00 Intentional Movement 9:00 Living a Purpose-Full & Meaning-FullLife (R) 10:00 Balance & Strength 10:00 Party Bridge 11:00 Mindfulness with Journaling 11:30 Digital Navigation 12:30 Mahjong 1:00 Social Security Q&A (R) 3:00 Qi Gong 3:00 Tech Made Easy 4:00 Quiet Reading	8:30 - 4:20 Computer Lab 9:00 Beginner Spanish 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 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
18	19	20	21	22
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 2:30 Hand Drumming 6:30 Westside Dance (R) (\$)	8:30 - 5:50 Computer Lab 9:00 Intentional Movement 9:00 Living a Purpose-Full & Meaning-FullLife (R) 10:00 Balance & Strength 10:00 Party Bridge 11:00 Writing Grp 11:30 Digital Navigation 12:30 Mahjong 1:00 Bunny Event 3:00 Qi Gong 3:00 Tech Made Easy 4:00 Plan for Expected. Prepare for the Unexpected (R)	8:30 - 4:20 Computer Lab 9:00 Beginner Spanish 9:00 Tai Chi 10:00 Spanish Convo 11:00 Stress Reduction 11:30 Digital Navigation 12:00 Arts & Crafts 12:00 Let's Have Fun 12:00 Pinochle 1:00 Never Again is Now (R) 1:00 Convo Circle Grp #1 2:30 Yoga Strong Bodies 3:30 Legal Consults (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 2:15 Caregivers Support Grp
25	26	27	28	29
Closed for Memorial Day	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 2:30 Hand Drumming 2:30 Legal Consults (R) 6:30 Westside Dance (R) (\$)	8:30 - 5:50 Computer Lab 9:00 Intentional Movement 9:00 Living a Purpose-Full & Meaning-FullLife (R) 10:00 Balance & Strength 10:00 Party Bridge 11:00 Mindfulness with Journaling 11:30 Digital Navigation 12:30 Mahjong 1:00 Property Tax Exemption (R) 3:00 Qi Gong 3:00 Tech Made Easy 4:00 Fabric Painting (R)	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 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

Calendar of Events: June

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
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 Quilter's 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 2:30 Hand Drumming 6:30 Westside Dance (R) (\$)	8:30 - 5:50 Computer Lab 9:00 Intentional Movement 9:00 Vision Board (R) 10:00 Balance & Strength 10:00 Party Bridge 11:00 Writing Group 11:30 Digital Navigation 1:00 Jaws on Alki (R) 12:30 Mahjong 3:00 Qi Gong 3:00 Tech Made Easy 4:00 Board Games 4:30 Menopause & Mimosas (R)	8:30 - 4:20 Computer Lab 9:00 Beginner Spanish 9:00 Tai Chi 10:00 Spanish Convo 11:00 Stress Reduction 11:00 Navigating Medicare 11:30 Digital Navigation 12:00 Arts & Crafts 12:00 Let's Have Fun 12:00 Pinochle 1:00 Reverse Mortgages & Aging in Place (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 3:00 Member Happy Hour
8	9	10	11	12
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 with Vets 11:30 Digital Navigation 12:30 Cribbage 1:30 Chess 2:00 Low Vision Grp 2:30 Hand Drumming 6:30 Westside Dance (R) (\$)	8:30 - 5:50 Computer Lab 9:00 Intentional Movement 9:00 Vision Board (R) 10:00 Balance & Strength 10:00 Party Bridge 11:00 Mindfulness with Journaling 11:30 Digital Navigation 12:30 Mahjong 1:00 Civic Coffee Hour 3:00 Qi Gong 3:00 Tech Made Easy 4:00 Quiet Reading	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
15	16	17	18	19
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 Movies 1:00 Aging Well Grp #1 1:00 Ukcs 2:00 Parkinson's Grp 2:30 Tech Made Easy 6:30 Quilter's 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 2:30 Hand Drumming 6:30 Westside Dance (R) (\$)	8:30 - 5:50 Computer Lab 9:00 Intentional Movement 9:00 Vision Board (R) 10:00 Balance & Strength 10:00 Party Bridge 11:00 Writing Grp 11:30 Digital Navigation 12:30 Mahjong 1:00 Captains and a Colonel on Columbia (R) 3:00 Qi Gong 3:00 Tech Made Easy 4:00 Gold Fever (R)	8:30 - 4:20 Computer Lab 9:00 Beginner Spanish 9:00 Tai Chi 10:00 Spanish Convo 11:00 Stress Reduction 11:30 Digital Navigation 12:00 Arts & Crafts 12:00 Let's Have Fun 12:00 Pinochle 1:00 Juneteenth: Faith & Freedom (R) 1:00 Convo Circle Grp #1 2:30 Yoga Strong Bodies 3:30 Legal Consults (R)	Closed for Juneteenth
22	23	24	25	26
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 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 Mahjong 1:00 Gen Silent (R) 3:00 Qi Gong 3:00 Tech Made Easy 4:00 Fabric Painting	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 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 6:00 Rainbow Bingo (R) (\$)
29	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	8:30 - 4:20 Computer Lab 9:00 Meditation 9:00 Sea Mar Community 9:30 Get Moving 9:30 English Convo 10:30 Exploring Art 11:30 Digital Navigation 12:30 Cribbage 1:30 Chess 2:30 Hand Drumming 2:30 Legal Consults (R)			

Community Dining Menu: June

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	5
Beef Stroganoff Egg noodles Green beans Garden salad Fresh fruit	Chicken taco salad Beans, corn tortilla chips, tomatoes & sour cream Fresh fruit	Peach-glazed turkey Au gratin potatoes Fruit cocktail	Hot dogs Coleslaw Potato salad Fruit salad	Community Dining closed, visit: 
8	9	10	11	12
Enchilada casserole Green beans, corn & peppers Fresh fruit	Chicken in Chipotle sauce Mexican rice Sautéed zucchini Fresh fruit	Pork & mushrooms Roasted potatoes Mixed vegetables Honeydew melon	Meatballs Mashed potatoes & gravy Mixed vegetables Seasonal fruit	Community Dining closed, visit: 
15	16	17	18	19
Sweet & sour meatballs Steamed rice Zucchini Yellow squash Fresh fruit	Hawaiian hamburger Pineapple, lettuce, tomatoes & onions Potato salad Coleslaw Fresh fruit	Tuna cakes Rice pilaf Coleslaw Fresh fruit	BBQ ribs Baked beans Coleslaw Seasonal fruit	Closed for Juneteenth
22	23	24	25	26
Chicken Cacciatore over pasta Green beans Fresh fruit	Birthday Lunch BBQ pork sliders Pasta salad Coleslaw Watermelon	Baked chicken citrus drumsticks Basmati rice Zucchini Cantaloupe	California meatloaf Hot potato salad Roasted vegetables Seasonal fruit	Community Dining closed, visit: 
29	30			
Chicken fried rice Broccoli Spring roll Fruit cocktail	Spaghetti & meat sauce Green salad Roll Seasonal fruit			

Volunteerism at The Center



Meet Volunteers: Sue and John

Volunteers help us ensure members feel welcome and part of our community. In this edition, we highlight two outstanding volunteers, Sue Miller and John Brunelle, who share their time and talents at The Center.

Sue Miller

For the past two years, Sue has been volunteering regularly, often helping check in guests at Jazz Night, Rainbow Bingo and other special Center events. She says she enjoys the warm welcome she receives from staff and values the sense of appreciation and teamwork. Sue especially loves connecting with fellow volunteers and members, noting the camaraderie and shared stories that make each shift meaningful. Her advice? "Say yes to volunteering!" Sue believes strong communities rely on volunteer energy. Sue says whether you give a little time or a lot, you'll make a difference—and likely find a sense of belonging along the way.

John Brunelle

John has been volunteering over the past couple of years in many different areas of The Center. He says he values the connections he's built with members and fellow volunteers and finds that giving back has enriched his retirement. To people who are considering volunteering, John says there are many flexible opportunities at The Center—from regular shifts to as-needed events, there's something for everyone.

Volunteer with us!

We are looking for volunteers in Community Dining, specifically to assist the chef in the kitchen on Wednesdays from 9 a.m. - 12:30 p.m. Duties include cutting, chopping and following other chef-directed instructions to prepare lunchtime meals.

Other current openings include fill-in roles in Community Dining, Margie's Cafe and the Thrift Store when regularly scheduled volunteers plan to be away or are absent due to illness. 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

Spring cleaning with a purpose

Doing some decluttering? Your donations to The Center Thrift Store turn into vital funding for the programs you love upstairs. Help us refresh our racks for the season.

Our current wish list includes:

- Art & decor: High-end art and unique decorative items
- Fashion: Newer women's clothing, designer handbags and jewelry
- Unused gems: Those brand-new holiday items you just haven't used



4504 California Ave. SW, Seattle, WA 98116
Hours: Monday - Sunday 10 a.m. - 4 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

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

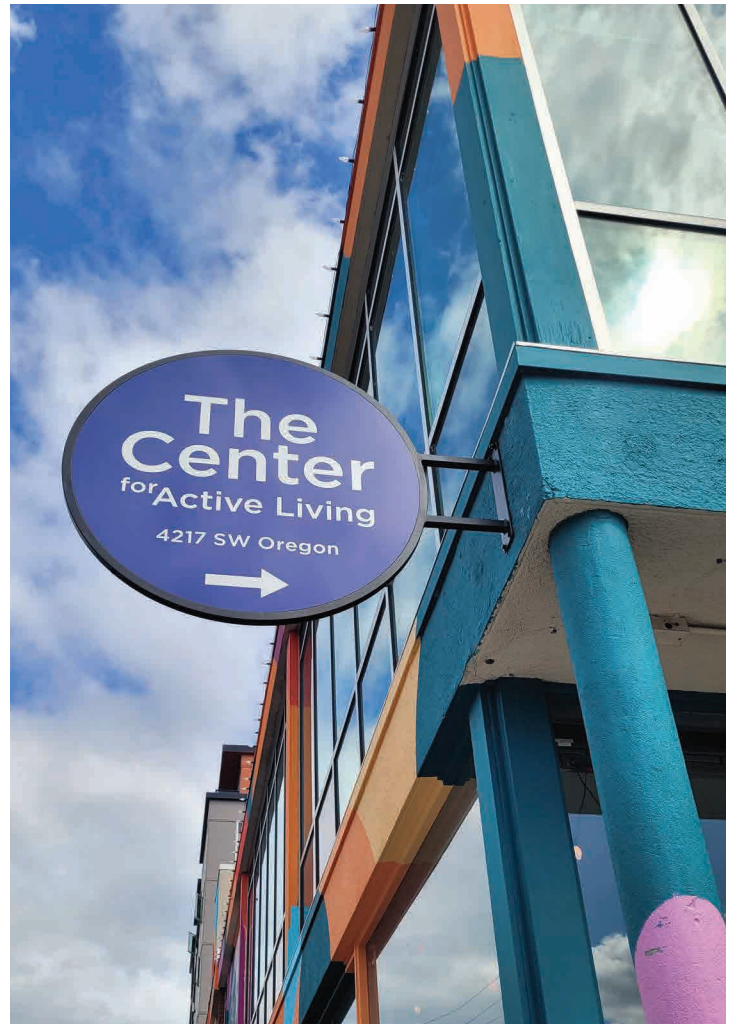
Kevin Ledgerwood
Home Instead

Jennifer Lottis
Jen Lottis Solutions

Jack Rizzuto
Nucor Steel

Board committees:

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



In your words

"I don't mean to sound like a woe-is-me widow. But life is different when you are alone after 40 years of companionship. The Center helped me kickstart my new life, starting with the aptly named class, Get Moving! The Center is a genuine 'third place.' I know I'll always get a cheerful welcome. I might make a new friend at a fun and healthy activity like yoga or line dance. And if it's Friday, I might go home with beer bread or a free cookie, along with that warm feeling of community."

~ Lorrie Church, member

We will be closed:
Monday, May 25, for Memorial Day
Friday, June 19, for Juneteenth

The Center for Active Living

Join in the fun, become a member

All our programs and dining options are open to the community and available at a low cost. So, you do not need to be a member to visit or try out our programs. Bring a friend or neighbor and introduce them to The Center today.

Enjoy all the benefits and sense of community at The Center by becoming a member. Your membership will be active for one year, and your renewal date is based on the month you joined. You will receive a notification the month of your anniversary with a reminder to renew. You will want to keep your membership up-to-date so you don't miss any of our events and programs. Or you can become a lifetime member and receive special benefits and event invites.

Members also receive:

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

2026 Membership fees

Annual Individual: **\$99**
Lifetime Individual: **\$999**

Annual Household: **\$149**
Lifetime Household: **\$1,499**

Become a member, make friends, connect, volunteer and pursue your goals in health, wellness and lifelong learning.

You can join or renew
in person or over the phone at
our front desk or easily online
by scanning the QR code.





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.

May 4: *Going Places* (1938) with Dick Powell, Anita Louise, Allen Jenkins, Ronald Reagan, Walter Catlett, Harold Huber, Louis Armstrong, Maxine Sullivan, Eddie Anderson, The Dandridge Sisters. (84 m., color)

May 11: *Whispering Smith* (1948) with Alan Ladd, Brenda Marshall, Robert Preston, Donald Crisp, Fay Holden, Frank Faylen. (88 m., color)

May 18: *Desperate Journey* (1942) with Errol Flynn, Raymond Massey, Ronald Reagan, Nancy Coleman, Alan Hale, Arthur Kennedy, Albert Basserman. (107 m., b/w)

June 1: *Network* (1976) with William Holden, Faye Dunaway, Peter Finch, Robert Duvall, Ned Beatty, Beatrice Straight, Darryl Hickman. (121 m., color) (R)

June 8: *Broadway Gondolier* (1935) with Dick Powell, Joan Blondell, Adolphe Manjou, Louise Fazenda, William Gargan, Grant Mitchell. (98 m., b/w)

June 15: *Till the End of Time* (1946) with Dorothy McGuire, Guy Madison, Robert Mitchum, Bill Williams, Tom Tully, William Gargan, Jean Porter, Ruth Nelson. (105 m., b/w)

June 22: *Dark City* (1950) with Charlton Heston, Elizabeth Scott, Viveca Lindfors, Dean Jagger, Jack Webb, Don DeFore, Ed Begley, Sr., Harry Morgan. (98 m., b/w)

June 29: *Christmas in July* (1940) with Dick Powell, Ellen Drew, Raymond Walburn, William Demarest, Ernest Truex, Franklin Pangborn. (67 m., b/w)

Birthday Lunches

May Birthday Lunch

Tuesday, May 26, 11:30 a.m. - 12:30 p.m.

Featuring: Musician Kelly Van Camp

Menu: Cochinita Pibil (pork cooked in orange sauce), rice, garden salad, tropical fruit

June Birthday Lunch

Tuesday, June 23, 11:30 a.m. - 12:30 p.m.

Featuring: The Ukes

Menu: BBQ pork sliders, pasta salad, coleslaw, watermelon

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

Limited seating. RSVP early.



FREE to members on the month of their birthdays.

Sponsored by:



Jazz Night

Thursdays, May 7, June 4
7 - 9 p.m.

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:



CHASE THE RAINBOW

Wicked Pride
Friday, June 26
6 - 9 p.m.

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



Sponsored by:



METROPOLIST



4217 SW Oregon St.
Seattle, WA 98116

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

GIVE 
BIG
POWERED BY
501 COMMONS **MAY 5**

Join the fun with GiveBIG on Tuesday, May 5

The region's biggest day of philanthropy is a great opportunity to support your community at The Center.

Your donation funds our fun classes and programs, social worker outreach, counseling, support groups, digital navigation, nutritious meals and more.

Here's the impact of your gift:

- \$50 = Funds 10 hot, nutritious lunches in our meal program
- \$100 = Sponsors a year at The Center for someone who can't afford to pay
- \$250 = Funds fitness classes for one month to help people stay active
- \$500 = Covers one month of digital navigation classes and services
- \$1,000 = Supports 30 social worker home visits to vulnerable older adults

Scan the QR code to give:

