

Connecting at The Center



Find your fall rhythm at The Center

Fall is a great time to reset your wellness and exercise routines. The Center offers a variety of ways to support your whole health:

- Exercise classes including Tai Chi, Corrective Strength Training for You, Intentional Movement, Qi Gong and Yoga
- Mindfulness programs like Meditation, Stress Reduction and Mindfulness with Journaling
- Places to nourish your body with a delicious meal or snack at Margie's Café or Community Dining where you never have to eat alone
- Opportunities for social interaction in our support groups, Member Happy Hour, Conversation Circle, Let's Have Fun, games and much more
- Supportive, professional staff social workers who can help you if you are struggling with loneliness, isolation or lack of aging support



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

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Greetings From the Executive Director

Wow—what a year it has been so far! I want to thank all of you who choose to spend your time with us and help make The Center such a welcoming and lively place.

I love seeing The Center so filled with activity and laughter. Margie's Café is often bustling with people enjoying a delicious lunch, connecting with friends and playing Bananagrams, chess or Mexican Train. There is always something happening upstairs!

It has also been wonderful to see our Late Wednesday programming become so popular. We look forward to adding even more afternoon and early evening activities in the coming months.

We encourage you to share your experience at The Center with others in the community and invite them to join us. The more members, the merrier!

Here's to a fun fall filled with friendship, laughter and new experiences together.

Amy Lee Derantha

P.S. A big thank you to the William E. Wockner Foundation for their financial support of The Center.



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



**William E. Wockner
FOUNDATION**



Upcoming Wellness Events

**LATE
WED!**

Health & Wellness Fair (R)

Wednesday, September 23, 4:30 - 6:30 p.m.

Our Health & Wellness Fair will feature local businesses focused on health, wellness and life transitions. Visit with providers ranging from dental and physical therapy care to somatic healing and energy work and much more. Enjoy light appetizers and beverages while exploring resources to support your overall health.

**LATE
WED!**

Not Winding Down, You're Just Waking Up! (R)

Wednesday, October 7, 4 - 6 p.m.

Our Menopause Series continues this fall with an interactive session that reminds us that menopause is a threshold, not an ending. Julie Rajaratnam, a leadership and transition coach, will guide you to map your life as it is, imagine what could be and plant the seeds for what's next. Come and play with possibility!

How to Live Your Best Life: Senior Resource Event

Saturday, October 10, 9 a.m. - 3 p.m.

Our Lady of Guadalupe Church

We are partnering with Our Lady of Guadalupe and the West Seattle Catholic Parishes to host a free community event aimed at adults 50+. Stop by Our Lady of Guadalupe's gym (7000 35th Ave. SW, Seattle) for a fun day of presentations and workshops on an array of topics including health, wellness, Medicare, technology and more. You will also be able to explore resource tables hosted by local businesses and organizations.

Pay What You Can Haircutting Event

Monday, October 12, 11 a.m. - 3 p.m.

A haircut is more than just maintenance—it's dignity, confidence and feeling like yourself. That's why local salon Little Shop of Hairdos® is hosting a special Pay What You Can Haircut Event at The Center for Active Living. This event is for people ages 50+ who are on a fixed income, going through a tight season or simply in need of a little extra care. You'll receive a professional haircut offered with kindness, respect and an open heart. The staff at Little Shop of Hairdos® say "Because community isn't about transactions. It's about showing up for one another." No appointment needed. All proceeds will be donated back to The Center.

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



"Paper Children"
Documentary (R)
Wednesday,
September 9,
1 - 2:15 p.m.

In honor of Hispanic Heritage Month, join us for a screening of "Paper Children." One family seeks safety and heals from the past, while bearing the weight of an uncertain future. "Paper Children" goes beyond the headlines to the subtle, intimate reality of four siblings who fled gang violence in Honduras to face the terrifying, labyrinth-like U.S. asylum process.



"Day of the Dead: A Celebration of Life" (R)
Wednesday, October 28,
1 - 2:30 p.m.

In honor of El Día de los Muertos, join us for the documentary "Day of the Dead: A Celebration of Life." Each year, the spirits of the dead return to visit the living in this fascinating look into the famous Mexican holiday El Día de los Muertos—the Day of the Dead.

September Lectures & Workshops

Puget Sound Honor Flights: Remembering & Honoring Veterans (R)

Tuesday, September 8, 11 a.m. - 12 p.m.

Learn about a free program that flies veterans to Washington D.C. to visit and reflect at the memorials built in their honor. We invite WWII, Korean War and Vietnam War-era veterans to join us for an informational session about this program, including how to sign up.

Westside Dance with Dean (R) (\$)

Tuesdays, September 15 - October 20

Blues/One Step: 6:30 - 7:30 p.m.

Intermediate East Coast Swing: 7:45 - 8:45 p.m.

Our next six-week dance series begins in September with options for Blues/One Step, an ideal starting point for new dancers and just as rewarding for those with some experience, or Intermediate East Coast Swing, a class that assumes dancers have the rudiments of East Coast Swing. 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.

Stay Strong, Steady and Independent: Simple Steps to Prevent Falls (R)

Wednesday, September 16, 1 - 2:30 p.m.

Join the King County Emergency Medical Services One Step Ahead Fall Prevention Program for an informative and engaging presentation focused on reducing fall risk and promoting healthy, independent living. Participants will learn about the importance of fall prevention, gain better understanding of their personal risk factors and explore simple, evidence-based strategies to reduce the risk of falls.

LATE WED!

AI and Older Adults (R)

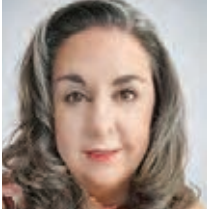
Wednesday, September 16, 4 - 5:30 p.m.

Are you curious about Artificial

Intelligence and want to learn more? Join

Susana Herbert, our Tech Made Easy instructor, and Chris Beckman, a cybersecurity professional, as they discuss what AI is, how to use it and the inherent challenges or pitfalls of older adults using AI. The presentation will be followed by a Q&A.

Lectures, Special Events & Workshops



Myths & Truths of Senior Living (R)

**Wednesday, September 23,
1 - 2:30 p.m.**

Nichole Casado brings 29 years of long-term care experience in this presentation that helps unpack senior living. Nichole will cover housing-with-care options, including in-home care, Continuing Care Retirement Communities, Independent Living, Assisted Living, Secured Memory Care, Skilled Nursing and Adult Family Homes, as well as funding options.

Property Tax Exemption Application Workshop (R)

Thursday, September 24, 1 - 3 p.m.

Join KCDRC's HOMES representatives for this workshop assisting eligible homeowners with applying for the King County Property Tax Exemption program. This is an opportunity for people who qualify to receive in-person guidance with the application process. Please check the King County Assessor website in advance to see if you qualify: senior-exemption.kingcounty.gov. You must bring paper copies of your documents in order to participate. Workshop size limited to 4.

October Lectures & Workshops



Fall Prevention Interactive Workshop (R)

**Wednesday, October 14,
1 - 2:30 p.m.**

We are excited to welcome back local physical therapist Julia Badding of Sea Pines Physical Therapy for this popular hands-on workshop. Julia will offer live demonstrations, tips, handouts and a Q&A session about preventing falls and how to fall.



Housing & Aging Workshop: Navigating Your Next Chapter (R)

**Wednesday, October 14,
1 - 3 p.m.**

Are you or a loved one considering a move or planning for the future? Join us for an informative workshop designed for adults 55+ and their families. Learn practical downsizing strategies, explore housing and care options, understand essential legal documents and gain valuable tax and financial insights to help you avoid costly mistakes. You'll receive expert guidance to make informed decisions, plan with confidence and gain peace of mind for the road ahead.

**LATE
WED!**

Medicare & Social Security Strategies (R)

Wednesday, October 21, 4 - 5:30 p.m.

Join David Carvalho, a retired Social Security Claims Specialist, and Anne-Marie Murray, Independent Insurance Producer, for a presentation discussing strategies on how to navigate the confusion around Medicare and Social Security. Presentation will be followed by a Q & A.

Style Refresh with Cabi (R)

Thursday, October 29, 10 - 11:30 a.m.

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

Divination Day (R)

Friday, October 30, 11 a.m. - 12:30 p.m.

Divine your future with Laura, a pagan witch. Laura will be doing divination with your choice of Druid ogham, Viking runes or various oracle cards, such as Celtic healing or "Slavic Oracle." Take advantage of this opportunity to have a free reading. Limited to 6 participants.

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 October 14)

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

Fitness for Fun

Mondays and Fridays, 9 - 10 a.m.

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

Gentle Chair Yoga

Mondays, 10 - 11 a.m.

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

Get Moving!

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

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

Health & Wellness Programs

Hatha Yoga

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

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

Intentional Movement

Wednesdays, 9 - 10 a.m.

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

Meditation Class

Tuesdays, 9 - 10 a.m.

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

Qi Gong

Wednesdays, 3 - 4 p.m.

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.

Stress Reduction Class

**Thursdays, September 3, 17, October 1, 15,
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.

Tai Chi

Level 1 Beginners and Intermediate:

Thursdays, 9 - 10 a.m.

**Level 2 Advanced: Thursdays, 10 - 11 a.m.
(no class September 17)**

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.

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, September 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. Pictures of desired styles are welcome. To book your appointment, call Talia at 206-317-4656 and mention The Center.

Connections to the Community Programs

Actividades en Español

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

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

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

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

Games & Social Activities

American 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.

NEW!

American Mah Jongg for Beginners (R)
Tuesdays, September 15, October 20,
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, September 2, October 7,
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, September 8, October 13,
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.

Communication Lab 2.0

Thursdays, September 10, 24, October 8, 22,
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.

Conversation Circle

Thursdays, September 3, 17, October 1, 15,
1 - 2:30 p.m. (Group #1)
Tuesdays, September 1, 15, October 6, 20,
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.

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.

Connections to the Community Programs

Current Events Discussion Group

Thursdays, September 3, 17, October 1, 15, 29, 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.

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, September 4, October 2, 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
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Mexican Train

Wednesdays, 4 - 6 p.m.

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

New Member Tours

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

Older Westside Lesbian Group (OWLS)

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

Party Bridge

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

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

Pinochle

Thursdays, 12 - 3 p.m.

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

Scrabble / Bananagrams Club

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

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

NEW!

Talking About Death Won't Kill Us

Tuesdays, September 1, 15, October 6, 20, 12 - 1:30 p.m.

Bring your lunch (if you'd like) and 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, all in the style of a Death Café.

**LATE
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Trivia Time

Wednesday, September 30, 4 - 6 p.m.

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

Westside Friends Outreach Program

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

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, September 14, 28, October 26, 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 made 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.

Fabric Painting (R)

Thursdays, September 10, October 8, 10 a.m. - 12 p.m.

WEDNESDAYS! **Wednesdays, September 23, October 28, 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, September 21, October 5, 19, 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.

Lifelong Learning & Growth Programs

Languages, Reading & Writing

All-Inclusive Book Club

Friday, September 18, October 16, 1 - 2:30 p.m.

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

Book Club: Season 4 (full)

Fridays, September 11, October 9, 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.

NEW!

Late Wednesday Book Club

Wednesdays, September 9, October 14, 4 - 6 p.m.

Join us for a new late afternoon club for book lovers. You'll get to help decide on the format and structure of this book club alongside fellow readers. Wine, beer, non-alcoholic drinks and snacks will be for sale at Margie's. Interested in joining or leading this group? Let us know at the front desk.

(The Not So) Beginner Spanish Class

Thursdays, 9 - 10 a.m.

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

Casual Spanish Conversation Class

Thursdays, 10 - 11 a.m.

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

Conversational German

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

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

Monday, October 5, 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, September 9, 23, October 14, 28, 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, September 2, 9, October 7, 21, 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



We are here to support your physical, mental and emotional health.

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 Susan 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

Margie's Café

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

Wednesday, 4 - 6 p.m.

**LATE
WED!**

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

Community Dining

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

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

Accessible Services Programs

Meals On Wheels

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

West Seattle Food Bank Distribution

Tuesdays, 9 - 9:30 a.m.

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

Support Groups

Aging Well

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

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

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

Caregivers Support Group

Group #1: Fridays, September 4, 25, October 2, 23, 2:15 - 3:30 p.m.

Group #2: Fridays, September 11, October 9, 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

Fridays, September 4, October 2, 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, September 8, October 13, 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, September 21, October 19, 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, September 3, October 1, 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: September

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 #2 1:30 Chess Club 2:30 Hand Drumming	8:30 - 5:50 Computer Lab 9:00 Intentional Movement 10:00 Balance & Strength 10:00 Party Bridge 11:00 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 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 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 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) 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
Closed for Labor 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 11:00 Coffee with Vets 11:00 Honor Flights (R) 11:30 Digital Navigation 12:30 Cribbage 1:30 Chess Club 2:00 Low Vision Grp 2:30 Hand Drumming	8:30 - 5:50 Computer Lab 9:00 Intentional Movement 10:00 Balance & Strength 10:00 Party Bridge 11:00 Mindfulness with Journaling 11:30 Digital Navigation 12:30 Mah Jongg 1:00 Paper Children (R) 1:30 Strength Training 3:00 Qi Gong 3:00 Tech Made Easy 4:00 Mexican Train 4:00 Late Wednesday Book Club	8:30 - 4:20 Computer Lab 9:00 Beginner Spanish 9:00 Tai Chi 10:00 Spanish Convo 10:00 Fabric Painting 11:30 Digital Navigation 12:00 Arts & Crafts 12:00 Let's Have Fun 12:00 Pinochle 1:00 Comm Lab 2.0 2:30 Yoga Strong Bodies	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 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 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 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 American Mah Jongg for Beginners 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 Stay Strong, Steady & Independent (R) 1:30 Strength Training 3:00 Qi Gong 3:00 Tech Made Easy 4:00 AI & Older Adults (R) 4:00 Mexican Train	8:30 - 4:20 Computer Lab 9:00 Beginners Spanish 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 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 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 Ukes 2:00 Parkinson's Grp 2:30 Tech Made Easy 6:00 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 Birthday Lunch (R) 11:30 Digital Navigation 12:30 Cribbage 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 Mindfulness with Journaling 11:30 Digital Navigation 12:30 Mah Jongg 1:00 Myths & Truths (R) 1:30 Strength Training 3:00 Qi Gong 3:00 Tech Made Easy 4:00 Fabric Painting (R) 4:00 Mexican Train 4:30 Wellness Fair	8:30 - 4:20 Computer Lab 9:00 Beginners 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 Property Tax Workshop (R) 1:00 Comm Lab 2.0 2:30 Yoga Strong Bodies	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 #1
28	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 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 11:30 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 11:30 Digital Navigation 12:30 Mah Jongg 1:30 Strength Training 3:00 Qi Gong 3:00 Tech Made Easy 4:00 Trivia Time 4:00 Mexican Train		

Community Dining Menu: September

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
	Chicken in coconut sauce Basmati rice Broccoli Seasonal fruit	Spaghetti & meat sauce Caesar salad Garlic bread Mix of berries	Shepherd's pie Zucchini Roll Tropical fruit salad	Community Dining closed, visit: 
7	8	9	10	11
Closed for Labor Day	Chorizo street taco Refried beans Spring mix salad Seasonal fruit	Chicken fajitas Rice & beans Broccoli Fresh fruit	Beef stew Garden salad Roll Seasonal fruit	Community Dining closed, visit: 
14	15	16	17	18
Chicken Coq Au Vin Red potatoes Broccoli Fresh fruit	Teriyaki salmon Rice Garden salad Seasonal fruit	Indian butter chicken Basmati rice Garden salad Honeydew melon	Enchilada casserole Deluxe green salad Green beans Spanish rice Chef's choice dessert	Community Dining closed, visit: 
21	22	23	24	25
Deviled Pork Red potatoes Roasted vegetables Peaches & yogurt	Birthday Lunch Meatloaf Mashed potatoes & gravy Roll Roasted broccoli & cauliflower Cake	Catch of the day Rice pilaf Roasted vegetables Seasonal fruit	Chicken in red curry Basmati rice Parsley carrots Seasonal fruit	Community Dining closed, visit: 
28	29	30		
BBQ chicken Baked beans Coleslaw Seasonal fruit	Chicken mole Spanish rice Broccoli Flour tortilla Fruit & yogurt	Sweet & sour pork Steamed rice Asian mixed vegetables Garden salad Fresh baked dessert		Community Dining closed, visit: 

Calendar of Events: October

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			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 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) 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
5	6	7	8	9
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 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 Board Games 4:00 Not Winding Down, You're Just Waking Up (R) 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 11:30 Digital Navigation 12:00 Arts & Crafts 12:00 Let's Have Fun 12:00 Pinochle 1:00 Comm Lab 2.0 2:30 Yoga Strong Bodies	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 2:30 Caregivers Support Grp #2
12	13	14	15	16
Closed for Indigenous Peoples Day 11:00 - 3:00 Pay What You Can Haircutting Event	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 Mindfulness with Journaling 11:30 Digital Navigation 12:30 Mah Jongg 1:00 Fall Prevention Workshop (R) 1:00 Housing & Aging Workshop (R) 3:00 Qi Gong 3:00 Tech Made Easy 4:00 Mexican Train 4:00 Late Wed. Book Club	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 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 6:00 Rainbow Bingo (R) (\$)
19	20	21	22	23
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 American Mah Jongg for Beginners	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 Medicare & Social Security (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 Comm Lab 2.0 2:30 Yoga Strong Bodies	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 #1
26	27	28	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 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)	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 Day of the Dead (R) 1:30 Strength Training 3:00 Qi Gong 4:00 Fabric Painting (R) 4:00 Mexican Train	8:30 - 4:20 Computer Lab 9:00 Beginner Spanish 10:00 Tai Chi 10:00 Spanish Convo 10:00 Style Refresh with Cabi (R) 11:30 Digital Navigation 12:00 Arts & Crafts 12:00 Let's Have Fun 12:00 Pinochle 1:00 Current Events Grp #1 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 11:00 Divination Day (R) 11:30 Hatha Yoga 12:30 Scrabble/ Bananagrams

Community Dining Menu: October

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
			Chicken parmesan Butter lemon noodles Broccoli Seasonal fruit	Community Dining closed, visit: 
5	6	7	8	9
Hawaiian hamburgers Roasted corn salad Tropical Fruit	Chicken in Chipotle sauce Mexican rice Tostada Seasonal fruit	Grilled catch of the day Garden salad Rice pilaf Fruit cocktail	Baked citrus chicken Basmati rice Zucchini & corn Pineapple	Community Dining closed, visit: 
12	13	14	15	16
Closed for Indigenous Peoples Day	Sweet & sour pork Basmati rice Asian mixed vegetables Fresh fruit	Chicken fried rice Spring roll Broccoli Tropical fruit	Hot dog Coleslaw Potato salad Seasonal fruit	Community Dining closed, visit: 
19	20	21	22	23
Fish parmesan Orzo lemon & herbs Yellow squash Fruit cocktail	Beef barbacoa Tortilla Mexican rice Garden salad Seasonal fruit	Chicken taco salad Spring mix salad Sour cream, tomatoes & corn Tortilla chips Custard	Crab cakes Rice pilaf Broccoli Fresh fruit	Community Dining closed, visit: 
26	27	28	29	30
Lasagna Broccoli & cauliflower Garlic bread Fresh baked dessert	Birthday Lunch Bratwurst Hot potato salad Sauerkraut Glazed carrots Cake	Pork in mushroom sauce Garlic potatoes Broccoli Seasonal fruit	Beef cauldron roast Mashed haunted potatoes Roasted-in-fire vegetables Sleepy Hollow roasted pumpkin	Community Dining closed, visit: 

Volunteerism at The Center



Meet volunteers: Charlie Rotholtz & Trudi McLaughlin

In this edition of Volunteer Spotlight, we're shining the light on two of The Center Thrift Store's dedicated volunteers, Charlie Rotholtz (pictured left) and Trudi McLaughlin (pictured right).

Charlie Rotholtz has been volunteering at The Center for the past six months, bringing warmth and enthusiasm to every shift. A Seattle native who returned to West Seattle five years ago, Charlie enjoys connecting with regular visitors and helping Thrift Store customers feel confident—whether they're preparing for a job interview, a first date or a new chapter in life. Outside The Center, Charlie works as a designer in the tech industry but has also been a bartender, box office manager, copyeditor and ice cream maker for a small-batch ice creamery. A lifelong volunteer, Charlie has supported organizations including NPR and Old Dog Haven. At home, life revolves around a beloved senior dog named Toast, who loves to be pampered with treats as much as possible.

Trudi McLaughlin is a lifelong West Seattle resident who has been volunteering at The Center for the past 16 months. She found the perfect fit in the Thrift Store, where her love of thrifting and organizing shines while processing donations and helping customers discover unique treasures. Trudi especially enjoys the friendships she's made with fellow volunteers and encourages anyone considering volunteering to "just try it." Before retiring, she worked in administrative positions, most recently at Food Lifeline. She also loves to travel and completed an unforgettable 18-day dory river and camping trip through the Grand Canyon.

Come volunteer with us!

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

Questions?

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



The Center

Thrift Store

Help fill our shelves with treasures

If you are doing some fall cleaning or decluttering, keep The Center's Thrift Store in mind. We love your donations of high-quality clothing, jewelry, art and household items. For fall and winter, we are especially looking for unique items like pottery and crafts and recent on-trend clothing like wide-leg pants. No appointment is necessary to donate items.



Back to regular hours

We're returning to regular Thrift Store hours beginning in September. Stop by any day of the week between 10 a.m. and 4 p.m.

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



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

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

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

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

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.



Good to know...

Join a Board Committee

Do you have interest, expertise or work experience in marketing, facility improvement, finance, diversity/inclusion or fundraising? We welcome members to apply to join one of our Board Committees! Our committees include Ambassador (marketing and membership), Equity and Inclusion, Facilities, Finance and Fundraising/Donor Development. To inquire, email board@wscenter.org.

Upcoming closures

The Center will be closed on Monday, September 7, for Labor Day and Monday, October 12, for Indigenous Peoples Day.

Membership at The Center



Member news corner

Transportation and parking

Getting to The Center is easier than you might think! 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're driving, free short-term street parking is available nearby, and low-cost parking is available in the lot behind The Center (entrance is on 42nd Ave. SW). Pay by scanning the HONK QR code or using the free HONK app (available in the App Store and Google Play). Prefer not to use the app? A payment kiosk located in the middle of the parking lot accepts credit card payments.

For information about transportation options or assistance setting up the HONK app, contact Nancy Newby, at 206-932-4044 / ext. 1.

Bring a friend

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

Member Happy Hour

Join us on First Fridays for a special gathering for our members. We provide free snacks and offer wine, beer, cider and non-alcoholic drinks at happy hour prices. This is a great way to meet other members and welcome new members to The Center. Our next events are Friday, September 4, and Friday, October 2, 3 - 4:30 p.m.

Don't forget to renew your membership!

Your membership expires one year after you join and needs to be renewed annually. You can renew in person, over the phone or online at wscenter.org/membership. Questions? Contact Nancy Newby, Membership Coordinator at 206-932-4044 / ext. 1 or nancyn@wscenter.org



margie's

CAFÉ

WEST SEATTLE'S BEST SECRET LUNCH SPOT

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

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

WEDNESDAY | 4 - 6 P.M.

prices are à la carte



Terry's greatest movies you've never heard of

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

September 14: *Twenty Million Sweethearts* (1934) Dick Powell, Ginger Rogers, Pat O'Brien, Allen Jenkins, Grant Mitchell, The Mills Brothers. (89 min., b/w)

September 21: *The Whole Town's Talking* (1935) Edward G. Robinson, Jean Arthur, Wallace Ford, Edward Brophy, Donald Meek. (95 min., b/w)

September 28: *The Killer That Stalked New York* (1950) Evelyn Keyes, Dorothy Malone, Lola Albright, Jim Backus, Richard Egan. (75 min., b/w)

October 5: *Bad for Each Other* (1953) Charlton Heston, Lizabeth Scott, Arthur Franz, Marjorie Rambeau. (82 min., b/w)

October 19: *Two of a Kind* (1951). Edmond O'Brien, Lizabeth Scott, Terry Moore, Alexander Knox. (75 min., b/w)

October 26: *The Glass Wall* (1953) Gloria Grahame, Ann Robinson, Jerry Paris. (80 min., b/w)



Birthday Lunches

September Birthday Lunch

Tuesday, September 22, 11:30 a.m. - 12:30 p.m.

Featuring: Patti Dean

Menu: Meatloaf, mashed potatoes & gravy, dinner roll, roasted broccoli & cauliflower, cake

October Birthday Lunch

Tuesday, October 27, 11:30 a.m. - 12:30 p.m.

Featuring: Bonnie Birch

Menu: Bratwurst, hot potato salad, sauerkraut, glazed carrots, cake

Suggested \$5/person ages 60+; required \$10 under 60
Limited seating. RSVP early.

FREE to members on the month of their birthdays.



Sponsored by:



BRIDGE PARK



Jazz Night

Thursdays, September 3, October 1

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

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

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



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BRIDGE PARK





4217 SW Oregon St.
Seattle, WA 98116

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You're invited to savor tastings from local wineries, complemented by a delectable charcuterie spread. Afterward, linger for a night of live jazz featuring acclaimed local musicians.

Thursday, November 5

Wine tasting: 5 - 7 p.m.

Live music: 7 - 9 p.m.

Tickets: \$50 each

100% of ticket sales go to support programs at The Center for Active Living. This ticket includes both wine tasting and Jazz Night entry.

Scan the QR code to RSVP:



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