

Connecting at The Center



Take our member survey

Get involved this season

This spring is a great time to get engaged as a member of The Center. Your involvement helps create a vibrant, welcoming space that meets your needs and the needs of the West Seattle community.

- Join us for our Annual Membership Meeting on Wednesday, March 19, from 1-2:30 p.m. This is a good opportunity to learn about our plans for the future of The Center and meet other members.
- Take our 2025 Member Survey. We want your input on classes, activities, services and much more. Our survey will be open through Friday, March 21. Scan the QR code on this page. You can also take the survey in our computer lab.
- Try volunteering this year. We offer many fun ways to share your time and talent at The Center. Visit our website for more info: wscenter.org/volunteer



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.

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
11 a.m. - 4 p.m.

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Greetings from the Executive Director

I'm excited to report that we just reached a fun milestone—we now have surpassed 1,500 members! That's a 300% increase from where we were coming out of the pandemic in 2021.

A strong and engaged membership is a fantastic thing for The Center. That's one of the reasons we invite you to take our member survey this spring. Your feedback will help our staff and board as we continue our strategic planning for the future of The Center for Active Living.

Contact our front desk if you need help filling out the survey. We don't want to miss out on hearing your input.

I hope to see you at one of our upcoming events:

- Annual Membership Meeting: Wednesday, March 19, 1 - 2:30 p.m.
- Jazz Night: Thursdays, March 6 and April 3, 7 - 10 p.m.
- Annual Fundraising Breakfast: Tuesday, May 6, 7:30 - 9 a.m. (advance RSVP required)
- Rainbow Bingo: Fridays, May 16 and June 27, 6 - 9 p.m. (advance ticket purchase required)

As always, you'll find all the details on our website: wscenter.org.

Happy Spring,



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.



**“O sleep, O gentle sleep, Nature’s soft nurse,
How have I frightened thee, that thou no more will weigh my eyelids down
and steep my senses in forgetfulness?”**

Shakespeare, “Henry IV” (1597)

Even in Shakespeare’s day, people had trouble sleeping! Almost everyone has occasional sleep problems, and some people experience regular difficulty falling asleep, staying asleep or both.

This is especially true as we age, although sleep problems are not a normal part of aging. Adults generally need six to eight hours of sleep per night. Some medical conditions, such as Parkinson’s and chronic pain, may contribute to poor sleep. Certain medications may also affect sleep quality. These conditions should be treated by a physician. If you are a caregiver, your sleep may be disturbed multiple times during the night.

Chronic insomnia, lasting six months or longer, can cause serious physical and emotional distress and should be taken seriously because chronic sleeplessness can increase the risk of developing hypertension, type 1 diabetes and depression.

Although no single insomnia remedy works for everyone, sleep specialists recommend a few techniques that are easy to follow and may help:

- Turn off all electronics an hour before bed and keep them out of the bedroom.
- Expose yourself to bright light during the day and dim light at night.
- Exercise outside, daily if possible. A half-hour is ideal, at least three hours before bedtime.
- Avoid alcohol in the evening. It may help you fall asleep but can interfere with your sleep during the night. Avoid caffeine after mid-afternoon if you are sensitive to it.
- Avoid long-term use of prescription sleeping pills.
- If you take daytime naps, keep them under 20 minutes and not close to bedtime.
- Try deep, slow inhalations and exhalations in bed.
- Worry and stress can cause sleeplessness. Remind yourself that your problems can be dealt with in the morning.

Enjoy the mystery of sleep!

*Toni Ameslav, MSW,
is a staff social
worker at The Center
for Active Living.*



Lectures & Workshops

Youth Irish
Dance Performance
March 17, 1:15 p.m.



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**)

Special Performances

St. Patrick's Day Bagpipe Performance **Monday, March 17, 12 p.m.**

Join us for a brief bagpipe performance by Center member John McDonald. He'll honor the St. Patrick's Day holiday dressed in traditional regalia.

Youth Irish Dance Performance **Monday, March 17, 1:15 - 1:45 p.m.**

Join us for a special show by West Seattle's own Comerford School of Irish Dance. This group of young dancers will do a variety of jigs and reels. Free to the community.

West Seattle Silver Sounds: April Love, April Showers (R)

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

Do love and rain go together? Find out in this wacky performance by the West Seattle Silver Sounds. Enjoy the music, laugh at the jokes and skits and enjoy the free prizes and raffle.

Lectures & Workshops

AARP Smart Driver (R) (\$) **Saturday, March 1, 8:30 a.m. - 5 p.m.**

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

Pay Parking Made Easy

Bring your smartphone, your phone's password, a credit/debit card and your license plate number and we will help you set up the HONK app on your phone so you can easily pay at the pay parking lot behind The Center. For an appointment, contact Nancy Newby: 206-932-9044

Lectures & Workshops



All Roads Lead to Rome: Searching for the End of My Father's War (R)

Thursday, March 13, 1 - 2 p.m.

Seattle author Bill Thorness explores WWII and family history in his new book *All Roads Lead*

to Rome: Searching for the End of My Father's War.

He considers the value and limits of memory, attitudes toward war and our society's inadequate understanding and support of combat veterans. Author Kit Bakke calls the memoir "a heartfelt attempt to bridge a generation gap and probe the brutal and fiercely debilitating impact of war."



Basics of Diabetes

Thursday, April 10, 1 - 2:30 p.m.

Join us for this important discussion about diabetes, which is more common than you

think—more than 29% of Americans ages 65+ are affected by this disease. Tina Mitchell, RN, CDCES, will discuss simple lifestyle changes to help reduce your risk or better manage your blood sugar levels. She will also discuss medication options that can support your body's efficiency.



Hearing Screenings (R)

**Tuesday, April 22,
11 a.m. - 1:30 p.m.**

Join Audiologist Dr. Melanie Hecker for a complimentary hearing screening. Limited spots available.



In Honor of Earth Day: Recycling & Composting 101 (R)

Thursday, April 24, 1 - 2 p.m.

Do you have questions about what goes in your recycling and compost? Ever wonder what happens to all the things you throw out after the truck takes them away? A representative from Waste Management will show us the basics of how to sort and the benefits to our climate and community. Feel free to bring confusing items you've encountered and other questions about our waste streams. Free to the community.



Right-Size Your Next Move: How to Downsize Your Home or Decide If It's Time to Move (R)

**Monday, March 10,
1:30 - 3:30 p.m.**

Feeling overwhelmed by your home or wondering if it's time for a change? Whether you're considering downsizing, relocating or staying put, this class will help you navigate one of life's biggest decisions with clarity and confidence. Kristine Milkovich and



Emily Austin will help you gain practical insights, actionable steps, and the guidance you need to move forward—whether for retirement, wellness or a simpler lifestyle.

Soups with Chef Hayla (R) (\$)

Thursday, April 17, 3:30 - 5 p.m.

Join Chef Hayla in the kitchen! You'll learn how to create one of her amazing soups from scratch. At the end of the class, you will get to enjoy a bowl of soup with a side of freshly baked beer bread. Class size is limited to 10 and a minimum of 5 participants must register. \$10 members/\$15 non-members.

Westside Dance With Dean (R) (\$)

Tuesdays, March 11 - April 15

Brush up on your dance skills with our next six-week series. Instructor Dean Paton leads these live partner-dance classes in Swing 1 & 2. No partner is necessary, both singles and couples are welcome. Cost for the six-week series is \$84 members / \$120 non-members. Register and pay in advance at wscenter.org/events/westside-dance.

Swing 1: Intro to East Coast Swing: 6:30 - 7:30 p.m.

Anyone can swing dance, and this class gives you the foundation plus some great moves.

Swing 2: Dancing to the Blues (a traveling dance): 7:45 - 8:45 p.m.

Great music—and an easy dance to learn. This class works well for both new dancers and those with partner-dance experience.

Health & Wellness Programs



We offer more than a dozen weekly fitness and wellness classes.

Fitness Classes

Balance & Strength

Wednesdays and Fridays, 10 - 11 a.m.

Join personal trainer, Denise Geroux, to 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, an 18-year veteran instructor, 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.

Functional Mobility Yoga

Wednesdays, 3 - 4 p.m.

(except March 19, April 9, 16)

Nally Berg, certified yoga instructor, will lead this class designed to move and strengthen body parts that support healthy living. She focuses on the

seven functional movements (locomotion, hinge, squat, push, pull, rotate and anti-rotation) that allow our bodies to maintain mobility and pain-free movements as we age. All levels and all bodies are appropriate for this class, and chair yogis and modifications are welcome. Bring a water bottle, yoga mat and desired props.

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 movement 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

Health & Wellness Programs

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!

Meditation Class

Tuesdays, 9 - 10 a.m.

This class will explore a variety of ways to make friends with our minds. Each week includes on-the-spot practice, 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 relaxed presence.

Move, Dance and Socialize

Wednesdays, 9 - 10 a.m.

(except March 19, April 9,16)

Bring your friends to move, dance and socialize in this fun class that welcomes all fitness levels. Bring a water bottle, walking shoes and a sassy attitude.

Tai Chi

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

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

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

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

Stress Reduction Class

(formerly Wellbeing Workshop)

Thursdays, 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, Strong Bones

Thursdays, 2:30 - 3:30 p.m.

Certified yoga therapist Milo will lead weight-bearing movements that help you become stronger and steadier slowly, gradually and safely. You will go through a series of movements that strengthen your bones and muscles, which will give balance to your body. This class can be enjoyed by anyone who can stand and get down on the floor comfortably. Please bring a mat, blocks, blanket, pillow and personal weights if you have them.

Health & Wellness Services

Dental Hygiene Clinics (R) (\$)

Friday, March 28, 8:30 a.m. - 5 p.m.

Get your pearly whites cleaned at The Center by Dental Hygienist Jan Loder-Gaidos, RDH. Pick up an application form at our front desk and call Jan's office at 206-498-4023 to set up an appointment. Estimated fee: \$98 - \$130.

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: \$40 members / \$50 non-members.

Haircuts by Talia (R) (\$)

Mondays, March 3, April 7, 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 will be 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



Get involved at The Center through one of our social activities.

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 Yanin Diaz: yanindiaz@seamarchc.org o 206-227-6025.

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 Yanin Diaz: yanindiaz@seamarchc.org or 206-227-6025.

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.

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. For info: Conwell Dickey: conwell@conwelld.net.

Coffee With Vets

Tuesdays, March 11, April 8, 11 a.m. - 12 p.m.

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

Conversation Circle

Tuesdays, March 4, 18, April 1, 15, 1 - 2:30 p.m. (Group #2)

Thursdays, March 6, 20, April 3, 17, 1 - 2:30 p.m. (Group #1)

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 Cynthia Fuda: cindifuda@yahoo.com. For info about Group #2, contact Teresa 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, March 6, 20, April 3, 17, 1 - 2:30 p.m. (full) and 2:30 - 4 p.m. (full)

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, call or email 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.

Communication Lab 2.0

Thursdays, March 13, 27, April 10, 24, 1 - 2:30 p.m. (full)

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 Talk About Death Over Lunch

Tuesdays, March 4, 18, April 1, 15, 12 - 1:30 p.m.

Join us for lunch as we gather around the table to engage in one of life's most important conversation topics: death. This casual discussion group is based on Michael Hebb's book Let's Talk About Death over Dinner and is designed to help us become more at ease with the subject. New talking points are presented at each gathering to help keep the discussion fresh and lively. Intrigued? Then bring your own lunch or just bring yourself and join the conversation!

New Members Tour

Uncover the hidden jewel of West Seattle! Our Membership Concierge offers tours to new

members and anyone who is just curious about the Center. We'll give you a tour of our vibrant space and answer your questions about our programs and services. To schedule a tour, please call or email Cynthia Fuda: 206-932-4044 or info@wscenter.org.

Older Westside Lesbian Group (OWLS)

We welcome everyone to join us for OWLS where we always do something fun! For March and April events 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 Club

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

Meet up with your friends at Margie's Café for the ultimate crossword game where every letter counts. It's fun, engaging and good for your brain.

LGBTQ+ and Allies Monthly Social

The Center invites all LGBTQ+ individuals, their friends and allies to join this social meetup group. If you would like to join our group and be notified of our social gatherings via email, please send an email to info@wscenter.org. Your information will be forwarded to the group facilitators.

Westside Friends Outreach Program

We match you with a Center volunteer for ongoing companionship and practical help. Our volunteers can chat over the phone, visit with you or help you with tasks like grocery shopping or picking up library books. To register, contact Michele Fawcett-Long: michelef@wscenter.org.

Lifelong Learning & Growth Programs



Join us for
a dance, art or
language class at
The Center.

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.

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. Open to all musicians and singers. For info: Andrew Joslin: lightsout@yahoo.com.

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, learn and create art using a variety of techniques and materials, from watercolor and acrylic paint to pastels and pen and ink.

Lifelong Learning & Growth Programs

Fabric Painting (R)

Thursdays, March 13, April 10, 10 a.m. - 12 p.m.

Learn the techniques of using acrylic paints using a wet wash and dry brush painting to create beautiful tablecloth centerpieces, cloth napkins and scarves. This activity strengthens the left side of our brain and allows our creative thoughts to flow. Leave this class with a one-of-a-kind individually painted piece of art. Supplies will be provided. Max class size is 10.

Quilters Group

Mondays, March 3, 17, April 7, 21, 6:30 - 9 p.m.

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

Languages, Reading & Writing

All-Inclusive Book Club

Fridays, March 21, April 18, 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 group discussion. We will vote on books for the next couple of months. For info: Susan Hagy: susanhagy1@gmail.com or 206-325-4077.

Book Club: Season 3

(formerly Book Club for Adventurous Readers)

Fridays, March 14, April 11, 1 - 2 p.m.

(limited openings)

Join us as we read and discuss books from many genres. Monthly books are suggested and chosen by members of the group.

Casual Spanish Conversation Class

Thursdays, 10 - 11 a.m.

This class is based on themes with vocabulary and grammar support. All levels are welcome. Opportunities are provided to practice speaking in a relaxed and comfortable environment. A new group addition is now offered for beginners with little or no experience speaking Spanish. For more information contact Jerie Milici: jerie.milici@gmail.com.

Conversational German

Tuesdays, 10 - 11 a.m.

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

English as a Second Language (ESL) 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, March 3, April 7, 5:45 - 7:30 p.m.

Meet with members of the West Seattle Amateur Radio Club and find out how amateur radio can benefit you and your community. Doors open at 5:45 p.m. and this meeting runs concurrent 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, March 12, 26, April 9, 23,

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

Certified teacher Kristine Kero explores the daily practice of mindful journaling, which can improve wellness and relieve stress. You do not 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, March 5, 19, April 2, 16,

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

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

Accessible Services Programs



Technology Programs

Burke Dykes Computer Lab

Mondays - Thursdays, 8:30 a.m. - 4:20 p.m.

Use our Window computers to check email, surf the internet, search online resources and access popular software like Microsoft Office. If you want assistance while using our computers, sign up for one-on-one help with our Digital Navigation service.

Traveling the Digital World (formerly Digital Discussion)

Mondays, 3 - 4 p.m.

Join us as we take you on an adventure across the technologies that impact your everyday life. Past topics have included shopping apps and digital coupons, safety and online banking, health records and MyChart. Stop by the computer lab to pick up a printed description and schedule of upcoming topics. All aboard!

Digital Navigation (R)

Monday through Friday, by appointment

Our Digital Navigator guides you in the use of your computer, tablet or phone. They can teach you how to make and receive calls and texts, set up and access voicemail, recover forgotten passwords, install new apps, manage email, update operating systems, decipher error messages, organize cloud storage and much more. Suggested donation: \$10. To book a 45-minute appointment: Martin Piccoli: 206-932-4044 / ext. 114 or martinp@wscenter.org.

Drop-In Digital Navigation

Thursdays, 12 - 3 p.m.

If you have a quick question about your cell phone, tablet or personal computer, bring it to our computer lab and queue up for a 25-minute session. Suggested donation: \$5. No appointment necessary.

Mobile Device Learning Communities

**Android phones and tablets, Fridays,
9:30 - 10:45 a.m.**

iPhones and iPads, Fridays, 12:30 - 1:45 p.m.

Each class begins with a 20-minute presentation on a current topic in mobile phone technology. After the presentation, participants will share their tech questions and digital dilemmas. We'll then work as a group to help each other maximize the benefits of our portable digital technology! Stop by the computer lab to pick up a printed description and schedule of upcoming topics.

Food & Meals

Margie's Café

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

Open for coffee, lunch and snacks, Margie's Café offers a rotating weekly menu of delicious, freshly prepared cookies, 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

All our support groups require advance RSVP to participate. If you are not pre-registered, you will not be admitted.

Aging Well Group (full)

Mondays, 1 - 2 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 register, contact our social worker, Josh Maduell: 206-932-4044 / ext. 2 or joshm@wscenter.org.

Caregivers Support Group

Fridays, March 7, 28, April 4, 25, 2:15 - 3:15 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.

Diabetic Support Group

Fridays, March 7, April 4, 1 - 2 p.m.

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

Low Vision Group

Tuesdays, March 11, April 8, 2 - 3 p.m.

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

Men's Support Group

Friday, March 7, 21, April 4, 18,

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

Have you been looking for a space to discuss the challenges of aging as a man? Our new 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, March 17, April 21, 2 - 3 p.m.

Are you looking for a group to support you in your Parkinson's experience? This monthly in-person group is for people with Parkinson's and their caregivers, 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.

Medicare Presentation

Thursdays, March 6, April 3, 11 a.m. - 12:30 p.m.

Patrice Lewis will go over the basics of Medicare, review options available to you and discuss what to consider when selecting a plan. Patrice is also available to meet one-to-one with a pre-scheduled appointment.

Calendar of Events: March

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
8:30 - 4:20 Computer Lab 8:30 Haircuts (R) (\$) 9:00 Fitness for Fun 10:00 Gentle Chair Yoga 11:00 Line Dancing 12:30 Movies 1:00 Aging Well 1:00 Ukles 3:00 Traveling the Digital World 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 ESL 10:00 German 10:30 Exploring Art 12:00 Let's Talk Death 12:30 Cribbage 1:00 Convo Circle Grp #2 1:30 Chess Club 2:30 Drumming	8:30 - 4:20 Computer Lab 9:00 Move, Dance & Socialize 10:00 Balance & Strength 10:00 Party Bridge 11:00 Writing Grp 12:30 Mahjong 3:00 Functional Mobility Yoga	8:30 - 4:20 Computer Lab 9:00 Tai Chi 10:00 Spanish 11:00 Medicare 11:00 Stress Reduction 12:00 Arts & Crafts 12:00 Pinochle 12:00 Drop-In Digital Navigation 1:00 Convo Circle Grp #1 1:00 Current Events Grp #1 2:30 Yoga Strong Bodies 2:30 Current Events Grp #2 3:30 Legal Consults (R) 7:00 Jazz Night (\$)	8:30 - 5:00 Foot Care (R) (\$) 9:00 Fitness for Fun 9:30 Android Learning Community 10:00 Balance & Strength 11:00 Men's Support Grp 11:30 Hatha Yoga 12:30 Scrabble Club 12:30 iPhone Learning Community 1:00 Diabetic Support Grp 2:15 Caregivers Support Grp
10	11	12	13	14
8:30 - 4:20 Computer Lab 9:00 Fitness for Fun 10:00 Gentle Chair Yoga 11:00 Line Dancing 12:30 Movies 1:00 Aging Well 1:00 Ukles 1:30 Rightsizing Your Next Move (R) 3:00 Traveling the Digital World	8:30 - 4:20 Computer Lab 9:00 Meditation 9:00 Sea Mar 9:30 Get Moving! 9:30 ESL 10:00 German 10:30 Exploring Art 11:00 Coffee with Vets 12:30 Cribbage 1:30 Chess Club 2:00 Low Vision Grp 2:30 Drumming 6:30 Westside Dance (R) (\$)	8:30 - 4:20 Computer Lab 9:00 Move, Dance & Socialize 10:00 Balance & Strength 10:00 Party Bridge 11:00 Mindfulness with Journaling 12:30 Mahjong 3:00 Functional Mobility Yoga	8:30 - 4:20 Computer Lab 9:00 Tai Chi 10:00 Spanish 10:00 Fabric Painting (R) 11:00 Stress Reduction 12:00 Arts & Crafts 12:00 Pinochle 12:00 Drop-In Digital Navigation 1:00 All Roads Lead to Rome (R) 1:00 Comm Lab 2.0 2:30 Yoga Strong Bodies	9:00 Fitness Fun 9:30 Android Learning Community 10:00 Balance & Strength 11:30 Hatha Yoga 12:30 Scrabble Club 12:30 iPhone Learning Community 1:00 Book Club: Season 3
17	18	19	20	21
8:30 - 4:20 Computer Lab 9:00 Fitness for Fun 10:00 Gentle Chair Yoga 11:00 Line Dancing 12:00 St. Patrick's Bagpipe Performance 12:30 Movies 1:00 Aging Well 1:00 Ukles 1:15 Youth Irish Dance 2:00 Parkinson's Grp 3:00 Traveling the Digital World 6:30 Quilters Grp	8:30 - 4:20 Computer Lab 9:00 Meditation 9:00 Sea Mar 9:30 Get Moving! 9:30 ESL 10:00 German 10:30 Exploring Art 12:00 Let's Talk Death 12:30 Cribbage 1:00 Convo Circle Grp #2 1:30 Chess Club 2:30 Drumming 6:30 Westside Dance (R) (\$)	8:30 - 4:20 Computer Lab 10:00 Balance & Strength 10:00 Party Bridge 11:00 Writing Grp 12:30 Mahjong	8:30 - 4:20 Computer Lab 9:00 Tai Chi 10:00 Spanish 11:00 Stress Reduction 12:00 Arts & Crafts 12:00 Pinochle 12:00 Drop-In Digital Navigation 1:00 Convo Circle Grp #1 1:00 Current Events Grp #1 2:30 Yoga Strong Bodies 2:30 Current Events Grp #2 3:30 Legal Consults (R)	8:30 - 5:00 Foot Care (R) (\$) 9:00 Fitness for Fun 9:30 Android Learning Community 10:00 Balance & Strength 11:00 Men's Support Grp 11:30 Hatha Yoga 12:30 Scrabble Club 12:30 iPhone Learning Community 1:00 All-Inclusive Book Club
24	25	26	27	28
8:30 - 4:20 Computer Lab 9:00 Fitness Fun 10:00 Gentle Chair Yoga 11:00 Line Dancing 12:30 Movies 1:00 Aging Well 1:00 Ukles 3:00 Traveling the Digital World	8:30 - 4:20 Computer Lab 9:00 Meditation 9:00 Sea Mar 9:30 Get Moving! 9:30 ESL 10:00 German 10:30 Exploring Art 11:30 Birthday Lunch (R) 12:30 Cribbage 1:30 Chess Club 2:30 Drumming 2:30 Legal Consults (R) 6:30 Westside Dance (R) (\$)	8:30 - 4:20 Computer Lab 9:00 Move, Dance & Socialize 10:00 Balance & Strength 11:00 Party Bridge 11:00 Mindfulness with Journaling 12:30 Mahjong 3:00 Functional Mobility Yoga	8:30 - 4:20 Computer Lab 9:00 Tai Chi 10:00 Spanish 11:00 Stress Reduction 12:00 Arts & Crafts 12:00 Pinochle 12:00 Drop-In Digital Navigation 1:00 Comm Lab 2.0 2:30 Yoga Strong Bodies	8:30 - 4:30 Dental Care (R) (\$) 9:00 Fitness for Fun 9:30 Android Learning Community 10:00 Balance & Strength 11:30 Hatha Yoga 12:30 Scrabble Club 12:30 iPhone Learning Community 2:15 Caregivers Support Grp
31				
8:30 - 4:20 Computer Lab 9:00 Fitness Fun 10:00 Gentle Chair Yoga 11:00 Line Dancing 12:30 Movies 1:00 Aging Well 1:00 Ukles 3:00 Travelling the Digital World				

Community Dining Menu: March

The Center Community Dining

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

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Pork and cactus Rice Zucchini Seasonal fruit	Taco salad Roasted corn Black beans Fresh fruit	Cornmeal-encrusted fish Rice pilaf Broccoli Seasonal fruit	Chicken cacciatore Glazed carrots Fruit cocktail	Community Dining closed, visit: 
10	11	12	13	14
Baked chicken w/ lime and honey Roasted potatoes Green beans Peaches and yogurt	Spaghetti & meatballs Garden salad Garlic bread Seasonal fruit	Tuna casserole Broccoli Dinner roll Fresh fruit	Enchilada Garden salad Spanish rice Fresh fruit	Community Dining closed, visit: 
17	18	19	20	21
Crab cakes Rice pilaf Coleslaw Fresh fruit	Meatloaf & gravy Mashed potatoes Roasted fresh vegetables Fruit cocktail	Masala chicken Rice Broccoli Seasonal fruit	Catch of the day Garden salad Cilantro-infused rice Fruit cocktail w/ yogurt sauce	Community Dining closed, visit: 
24	25	26	27	28
Mexican BBQ chicken Refried beans Roasted vegetables Seasonal fruit	Birthday Lunch Corned beef & cabbage Garden salad Red potatoes Irish coffee cake	Chicken pasta alfredo Garden salad Fresh fruit	Southwest turkey chili with black beans Cornbread Cauliflower Fresh fruit	Community Dining closed, visit: 
31				
Chili dog Potato salad Coleslaw Fruit cocktail				Community Dining closed, visit: 

Community Dining Menu: April

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				
	Tandoori chicken Basmati rice Roasted yellow squash & zucchini Seasonal fruit	Cajun fish Pasta Roasted zucchini Fruit cocktail	Pork tenderloin Mashed potatoes Broccoli Apple	Community Dining closed, visit: 
2				
3				
4				
5				
6				
7				
Salisbury steak Mashed potatoes Steamed squash Fresh fruit	Sweet and sour chicken Rice Asian mixed vegetables Seasonal fruit	Tuna ceviche over a tostada shell Cucumber salad Seasonal fruit	California meatloaf Mashed potatoes and gravy Roll Broccoli Seasonal fruit	Community Dining closed, visit: 
8				
9				
10				
11				
12				
13				
14				
Pineapple-glazed ham Scalloped potatoes Glazed beets Fresh fruit	Pork & salsa verde Spanish rice Mixed vegetables Orange	Meatballs Mashed potatoes Sautéed green beans, onions & peppers Roll Tropical fruit Jell-O	Lasagna Tomato and cucumber salad Fresh fruit Garlic bread	Community Dining closed, visit: 
15				
16				
17				
18				
19				
20				
21				
Coconut curry chicken Basmati rice Roasted zucchini Fresh fruit	Spaghetti with meat sauce Garden salad Garlic bread Pineapple	Fried rice w/ chicken Asian mixed vegetables Cabbage spring roll Apple	Panko-crusted catch of the day Sweet potatoes Roasted mixed vegetables Fresh fruit	Community Dining closed, visit: 
22				
23				
24				
25				
26				
27				
28				
Beef enchilada Spanish rice Garden salad Fruit cocktail	Birthday Lunch Hamburgers Coleslaw Baked beans Watermelon Root beer floats	Tamal plate Mixed rice Garden salad Seasonal fruit		Community Dining closed, visit: 
29				
30				

Volunteerism at The Center

Meet Volunteer: Grace Queen

The Center for Active Living is dedicated to fostering a welcoming and vibrant environment for all its members, and we are thankful for our amazing volunteer team for making that happen each day.

In this edition, we'd like you to meet one of our newest volunteers at Margie's Café, Grace Queen. Grace started volunteering in December and quickly became known for her warm, caring and vibrant personality.

Originally from a small mountain town in North Carolina, Grace said she was looking for an opportunity to connect more deeply with her home community of West Seattle, where she has lived for six of the past 10 years.

A cool fact is that Grace is a published author, and her book, *Accomplishments & Accomplices*, was released last August. This historical comedy, set in 1820s England, follows two meddling matrons as they attempt to play matchmaker with their unsuspecting new neighbors. Grace cites the writings of Jane Austen and P.G. Wodehouse as part of her inspiration for the book. (Look for it in paperback, Kindle and audiobook editions!)

If you visit The Center on a Monday around lunchtime, be sure to stop by Margie's Café to meet Grace where you will be greeted with her warm smile.



Grace Queen is a writer and the author of a new historical comedy.

Come volunteer with us!

We have a wide variety of volunteer positions from weekly commitments to occasional tasks. Fill out our online application at wscenter.org/volunteer. Current openings include Margie's Café, kitchen prep, dishwasher, Thrift Store, Westside Friends and evening events

Questions?

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

WHAT'S
NEW

The Center

Thrift Store

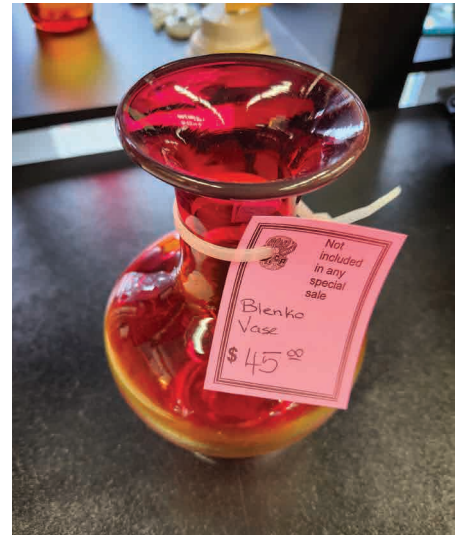
Our favorite kind of donations

When you donate your items to The Center Thrift Store, you're helping fund all the great programs and activities that happen upstairs.

Certain types of donations provide the highest return in our store. As you're cleaning out your closets this spring, keep an eye out for some of our favorite kinds of donations:

- High-end art pieces
- Decorative items
- Newer women's clothing
- Handbags
- Jewelry
- Holiday gifts that you don't think you'll use

Thanks for supporting The Center!



4504 California Ave. SW, Seattle, WA 98116
Hours: Monday - Sunday 11 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

Chef / Community Dining
Francisco Briseño

Chef / Margie's Café
Hayla Thompson

Social Workers
Josh Maduell, MSW
Toni Ameslav, MSW

**Westside Friends
Coordinator**
Michele Fawcett-Long

Thrift Store Manager
Aylene Kandappu

Our Board of Directors

Stephanie Bruno
Board President
Mission Wealth

Kristine Milkovich
Board Vice President
The Milkovich Team,
John L. Scott

Jeffrey Eis
Board Treasurer
Nucor Steel Seattle

Ann Manley
Board Secretary
The Manley Law Firm,
PS, Inc.

Emily B. Austin
Metropolist + Compass

Katy Aversenti Schumaker
Counselor and Art
Therapist

Lupe Barnes
Community Member

Scott Collins
ComForCare Home Care

Lloyd Hardesty
Community Member

Dennis Jackson
Community Member

Kevin Ledgerwood
Home Instead

Board committees:

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

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.

The Center's impact in the past year

- 1,500 members
- More than 50 classes offered per week
- 375 meals served weekly
- 117 people participated in support groups
- 400 meals delivered to homebound community members monthly
- 422 people got technology help
- 1,100 hours of volunteer time provided in Westside Friends program
- 50 people received counseling or outreach from our two staff social workers
- 82 people got affordable health services, like foot care, dental care and haircuts
- 108 community members got free legal advice

Welcome Laurie

Laurie Porter has joined our staff team as Development Manager. She will be supporting The Center's fundraising and sponsorship efforts that provide critical funding for our operations, including the Annual Fundraising Breakfast. Laurie is a familiar face around The Center—she's been a volunteer at Margie's Café and in several other roles.



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

2025 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 Caffè Ladro coffee and pastries baked on-site.

OPEN MONDAY - FRIDAY

9 a.m. - 1:30 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

March 3: *A Connecticut Yankee in King Arthur's Court* (1949) with Bing Crosby, Rhonda Fleming, William Bendix, Cedric Hardwicke, Henry Wilcoxon, Virginia Fields. (107 min., color)

March 10: *Daughter of Shanghai* (1937) with Anna May Wong, Charles Bickford, Buster Crabbe, Cecil Cunningham, J. Carrol Naish, Anthony Quinn, Philip Ahn. (63 min., b/w)

March 17: *Daughter of the Dragon* (1931) with Anna May Wong, Warner Oland, Sessue Hayakawa, Holmes Herbert. (72 min., b/w)

March 24: *Tiger Bay* (1933) with Anna May Wong, Henry Victor, Rene Ray, Victor Garland. (105 min., b/w)

March 31: *The Boys in the Boat* (2023) with Joel Edgerton, Callum Turner. (123 min., color, rated PG-13)

April 7: *Devil in a Blue Dress* (1995) with Denzel Washington, Jennifer Beals, Tom Sizemore, Don Cheadle, Lisa Nicole Carson. (102 min., color, rated R)

April 14: *Storm Warning* (1951) with Doris Day, Ronald Reagan, Ginger Rogers, Steve Cochran, Ned Glass. (93 min., b/w)

April 21: *The Winning Team* (1952) with Doris Day, Ronald Reagan, Bob Lemon, Frank Lovejoy. (98 min., b/w)

April 28: *City That Never Sleeps* (1953) Marie Windsor, Gig Young, Mala Powers, Chill Wills, William Tallman, Paula Raymond. (90 min., b/w)

Birthday Lunches

March Birthday Lunch

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

Featuring: Music by the Bonnie Birch Duo

Menu: Corned beef & cabbage, garden salad, red potatoes and Irish coffee cake

April Birthday Lunch

Tuesday, April 29, 11:30 a.m. - 12:30 p.m.

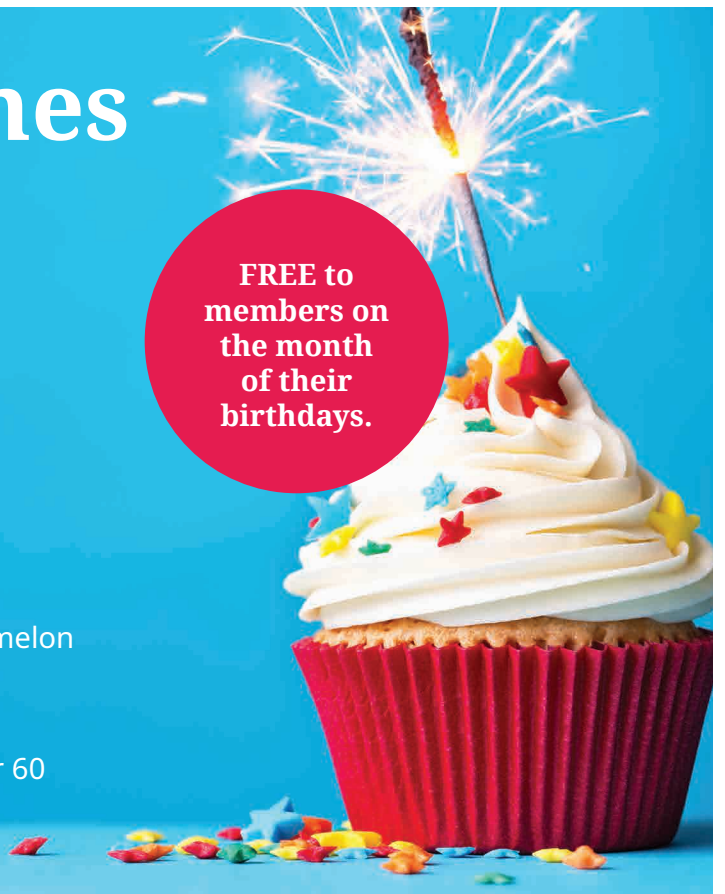
Featuring: Musician Dina Blade and her hats

Menu: Hamburgers, coleslaw, baked beans, watermelon and root beer floats

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

Limited seating. RSVP early.

FREE to members on the month of their birthdays.



CHASE THE RAINBOW

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

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

Flower Power
Friday, May 16
6 - 9 p.m.

Double Rainbow
Friday, June 27
6 - 9 p.m.

Get your tickets early!



\$35 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

Jazz Night

Thursdays, March 6 and April 3, 7 - 10 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





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Seattle, WA 98116

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657

You're invited!

Our Annual Fundraising Breakfast is The Center's biggest event. This year's theme is "The Center of It All," and you won't want to miss the chance to be in the middle of all the fun.

Annual Fundraising Breakfast
Tuesday, May 6
7:30 - 9 a.m.
Alki Masonic Hall

More info:
wscenter.org/annual-fundraising-breakfast

