

# Connecting at The Center



Join us for  
Late Wednesday  
activities at  
The Center.

## Late Wednesdays at The Center

Introducing a new way to Wednesday!

Many of you have told us that the fun shouldn't have to end at 4 p.m. That's why we are thrilled to announce Late Wednesdays at The Center, a new programming series.

Starting in March, we are keeping our doors open until 6 p.m. every Wednesday to offer a rotating calendar of engaging activities designed to help you unwind and connect.

Our Wednesday lineup features something for everyone:

- Learn something new: Some weeks will feature our most-requested workshops and lectures, as well as a new late afternoon session of the popular Fabric Painting class.
- Play & relaxation: Board Games, Quiet Reading and Trivia Time will be part of the offerings on a rotating schedule.

To make the afternoon even sweeter, Margie's Café will be open during these extended hours, serving up wine, beer, non-alcoholic beverages and snacks.

We can't wait to see you there!



4217 SW Oregon St.  
Seattle, WA 98116

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

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

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

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

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

**Hours:**  
Monday - Sunday  
10 a.m. - 4 p.m.

 @thecenterforactiveliving

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## Greetings From the Executive Director

I hope you'll join us for our Annual Membership Meeting on Wednesday, March 18, from 3 - 4 p.m. in Hatten Hall. And we've scheduled it so you can stay afterward and participate in Late Wednesdays at The Center.

Each year we host this opportunity to share the current "State of The Center" and provide an update on our long-term strategic direction. This year, we'll focus specifically on our finances and how your membership plays a vital role in supporting a sustainable future for our community.

I hope to see you at our Annual Membership Meeting or one of these other upcoming events:

- Jazz Night: Thursdays, March 5 and April 2, 7 - 9 p.m.
- Member Happy Hour: Fridays, March 6 and April 3, 3 - 4:30 p.m.
- 80's Dance Party: Thursday, March 26, 7 - 9 p.m.
- Rainbow Bingo: Friday, April 17, 6 - 9 p.m. (advance ticket purchase required)
- Annual Fundraising Breakfast: Tuesday, May 5, 7:30 - 9 a.m. (advance RSVP required)

You can find details on our website, [wscenter.org](http://wscenter.org).

Warmly,



### 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.



**Annual Fundraising Breakfast  
"The Center of It All"  
Tuesday, May 5  
7:30 - 9 a.m.**

The Brockey Conference Center  
at South Seattle College (new location)

Learn more:  
[wscenter.org/annual-fundraising-breakfast](http://wscenter.org/annual-fundraising-breakfast)



## 80's Dance Party

**Thursday, March 26, 7 - 9 p.m.**

Get ready to groove to the best hits of the 80's!  
Live DJ music and dancing

\$10 at the door, open to the community for 21+  
Wear your favorite 80's attire.



## Pay What You Can Haircutting Event Saturday, April 11, 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**)

## St. Patrick's Day

### Youth Irish Dance Performance

**Tuesday, March 17, 1 - 1:30 p.m.**

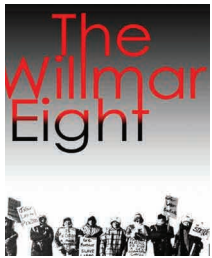
Enjoy a special show by West Seattle's own Comerford School of Irish Dance. These talented young dancers will do a variety of jigs and reels.

### St. Patrick's Day Bagpipe Performance

**Tuesday, March 17, 1:30 - 2 p.m.**

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

## Documentaries

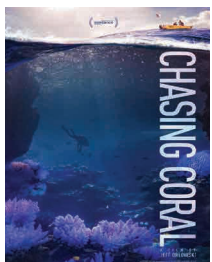


### The Willmar 8 (R)

**Wednesday, March 11,  
1 - 2:30 p.m.**

In honor of Women's History Month, join us for the screening of "The Willmar 8," directed by actress Lee Grant. In December 1977 in the small town of Willmar,

Minn., eight women went on strike over charges of sexual discrimination, unequal pay and unequal opportunities at the Citizens National Bank. The strike made national headlines.



### Chasing Coral (R)

**Wednesday, April 22,  
1 - 2:45 p.m.**

This Earth Day, dive into the deep with us for a special screening of "Chasing Coral." A daring team of divers and scientists will go on a thrilling underwater adventure as

they solve the mystery of our vanishing reefs and reveal a hidden world we can't afford to lose.

## Lectures & Workshops



### What Would You Do? (R)

**Wednesdays, March 4 - 25,  
9:30 - 10:30 a.m.**

All of us have faced tough dilemmas and difficult scenarios and have learned strategies for

coping through our own experiences. Facilitated by Geri Dubé, a retired therapist with more than 35 years of experience, this series will dive into thorny issues you might encounter and explore how to handle the situation. This is a four-week series limited to 10 participants.



### The True Butterfly Effect

**Tuesday, March 10,  
11 a.m. - 1 p.m.**

Artist Alexandra Nason will lead a hands-on butterfly art activity inspired by the "butterfly effect"—the idea that small actions can

create meaningful change. Participants can drop in at any time to decorate a metal butterfly while reflecting on creativity, connection and the impact of everyday gestures. All materials provided; no art experience needed.

### Clean Air Workshop (R)

**Wednesday, March 18, 1 - 2:30 p.m.**

This interactive Clean Air Workshop helps people understand how air pollution affects health and daily life. Participants will explore local air quality issues and learn practical protection strategies. All participants will receive a free "AirMatters Toolkit" with accessible resources to stay safe, informed and engaged in advocating for cleaner, healthier neighborhoods.



**LATE  
WED!**

### Estate Planning

**Essentials (R)**

**Wednesday, March 18,  
4:30 - 5:30 p.m.**

Join West Seattle attorney and Center board member Ann Manley for a conversation about estate planning. Ann will cover topics like the essential components of a comprehensive plan, how to prepare for a seamless transition of your assets and ensure your wishes are honored at the end of life and how to minimize taxes. You are invited to bring your questions!

# Lectures, Special Events & Workshops

## **A Season of Renewal: Spring Beauty & Self Care (R)**

**Thursday, March 19, 10 - 11:30 a.m.**

Beauty Consultant Dawn Bly will lead a free Mary Kay workshop designed to help you feel refreshed, relaxed, and confident. Enjoy simple skincare tips, easy makeup ideas and soothing self-care habits that enhance your natural beauty. No experience needed—just come, unwind and enjoy a bit of springtime pampering. Class size limited to 10.

## **Westside Dance with Dean (R) (\$)**

**Tuesdays, March 24 - April 28**

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

**Cross-Step Waltz: 7:45 - 8:45 p.m.**

Instructor Dean Paton leads these live partner-dance classes that are great for beginners as well as more experienced dancers. No partner is necessary; both singles and couples are welcome. Series fee: \$100 members and non-members. Register and pay in advance at [wscenter.org/events/westside-dance](http://wscenter.org/events/westside-dance).

## **Dream Job: The National Park Service (R)**

**Wednesday, April 15, 1 - 3 p.m.**

Pat Pilcher, retired park ranger, will share what it's like to work for the National Park Service. He'll highlight the diversity and spectacular beauty of our national parks that filmmaker Ken Burns called "America's Best Idea." Pat will also relate his personal experience doing his "dream job" at the seven different national parks where he worked throughout his career.

## **LATE WED!** **Is It Time to Right-Size Your Life? (R)**

**Wednesday, April 15, 4 - 5:30 p.m.**

Join West Seattle realtors, facilitators and topic experts, Emily Austin and Kristine Milkovich—who are also Center board members—for an informative program to explore decluttering, downsizing and planning your next chapter with confidence. Learn how to recognize the right time to simplify, use home equity wisely and create a clear life-mapping plan. Gain practical guidance to make empowered decisions on your timeline.



## **Home Care or Home Health: What is the Difference? (R)**

**Thursday, April 16,**

**10 - 11:30 a.m.**

"Home Care" and "Home Health" are two distinct programs that provide services to people at

home. Both programs can help make it possible for individuals to remain at home if they wish to do so. Led by one of our social workers, Toni Ameslav, this class will discuss features of each program, how to qualify, approximate costs and more. Toni will include time for Q&A.

## **Jazz History in Seven Genres (R)**

**Thursday, April 23, 1 - 3 p.m.**

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

## **Style Refresh with Cabi (R)**

**Thursday, April 30, 10 - 11:30 a.m.**

Cabi stylist Mary Beth Logsdon will get us inspired for summer 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.

## **AARP Smart Driver (R) (\$)**

**Saturday, May 2, 8:30 a.m. - 5 p.m.**

Stay safe behind the wheel by joining this course designed to refresh your driving knowledge and reinforce safe driving practices. Class size is limited to 12. Fee: \$20 AARP members / \$25 non-AARP members. (Upon completion of the course, most insurances offer a safe driver discount.)

# Health & Wellness Programs



## Fitness Classes

### Balance & Strength

**Wednesdays and Fridays, 10 - 11 a.m.**

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

### Fitness for Fun

**Mondays and Fridays, 9 - 10 a.m.**

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

### Gentle Chair Yoga

**Mondays, 10 - 11 a.m.**

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

### Get Moving!

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

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

### Hatha Yoga

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

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

# Health & Wellness Programs

**NEW!**

## **Intentional Movement** **Wednesdays, 9 - 10 a.m.** **(no class March 25)**

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 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 a relaxed presence.

## **Tai Chi**

**Level 1 Beginners: Thursdays, 9 - 9:30 a.m.**  
**Level 2 Intermediate: Thursdays, 9:30 -10 a.m.**  
**Level 3 Advanced: Thursdays, 10 - 11 a.m.**  
**(no class March 19, April 2, 9,16)**

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** **Thursdays, March 5, 19, April 2, 16,** **11 a.m. - 12 p.m.**

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

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

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

## Health & Wellness Services

### **Foot Care Clinics (R) (\$)**

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

### **Haircuts by Talia (R) (\$)**

**Monday, March 9, 8:30 - 10:30 a.m.**

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

# Connections to the Community Programs

## Actividades en Español

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

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

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

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

## Games & Social Activities

### American Mahjong

**Wednesdays, 12:30 - 3 p.m.**

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

**LATE  
WED!**

### Board Games

**Wednesdays, March 4, April 1,  
4 - 5:50 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, March 10, April 14, 11 a.m. - 12 p.m.**

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

### Conversation Circle

**Thursdays, March 5, 19, April 2, 16, 1 - 2:30 p.m.  
(Group #1)**

**Tuesdays, March 3, 17 April 7, 21, 1 - 2:30 p.m.  
(Group #2)**

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

### Cribbage

**Tuesdays, 12:30 - 3 p.m.**

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

### Current Events Discussion Group

**Thursdays, March 5, 19, April 2, 16, 30,  
1 - 2:30 p.m. (full) and 2:30 - 4 p.m.**

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

### Communication Lab 2.0

**Thursdays, March 12, 26, April 9, 23, 1 - 2:30 p.m.**

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

# Connections to the Community Programs

**NEW!**

## 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 and chat or play games in a joyful setting. For info: Cynthia: cindifuda@yahoo.com.

## Let's Talk About Death Over Lunch

**Tuesdays, March 3, 17, April 7, 21, 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!

## Member Happy Hour

**Friday, March 6, April 3, 3 - 4:30 p.m.**

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

## New Member Tours

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

## Older Westside Lesbian Group (OWLS)

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

## Party Bridge

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

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

## Pinochle

**Thursdays, 12 - 3 p.m.**

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

## Scrabble / Bananagrams Club

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

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

**LATE WED!**

## Quiet Reading at The Center

**Wednesdays, March 11, April 8, 4 - 5:50 p.m.**

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

**LATE WED!**

## Trivia Time

**Wednesday, April 29, 4 - 5:50 p.m.**

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

## Westside Friends Outreach Program

We match you with a Center volunteer for ongoing companionship and practical help. Our volunteers can 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



## 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, March 9, 23, April 13, 27,  
1:30 - 2:30 p.m.**

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

### Line Dancing

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

**Level 2 Advanced: Mondays, 12 - 1 p.m.**

Dancing is a great source of fitness, and line dancing helps keep the mind young. Experienced instructor Chris Banta teaches line dances to a variety of music, from traditional country to ballroom, Latin and waltz. Level 1 focuses on simple beginner dances, good for those who are starting or continuing line dancing. In Level 2, the dances will be a little more complicated. All students are welcome in either class.

### Ukes Sing-Along

**Mondays, 1 - 2:30 p.m.**

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

## Art Classes

### Arts & Crafts Meet-Up

**Thursdays, 12 - 2 p.m.**

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

### Exploring Art Class

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

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

**LATE  
WED!**

### Fabric Painting (R)

**Thursdays, March 12, April 9,  
10 a.m. - 12 p.m.**

**Wednesdays, March 25, April 22, 4 - 6 p.m.**

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

# Lifelong Learning & Growth Programs

## Quilters Group

**Mondays, March 2, 16, April 6, 20, 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 20, April 17, 1 - 2:30 p.m.**

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

### Book Club: Season 4 (full)

**Fridays, March 13, April 10, 1 - 2 p.m.**

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

### Beginner Spanish Class

**Thursdays, 9 - 10 a.m.**

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

### Casual Spanish Conversation Class

**Thursdays, 10 - 11 a.m.**

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

### Conversational German

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

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

### English Conversation Class

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

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

### Ham Radio Group

**Mondays, March 2, April 6, 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, March 11, 25, April 8, 22, 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 4, 18, April 1, 15, 11 a.m. - 12:30 p.m.**

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

# Accessible Services Programs



Margie's Café is now open from 4 - 6 p.m. on Wednesdays

## Technology Programs

### **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 Drop-In Digital Navigation program hours.

### **Tech Made Easy**

**Mondays, Wednesdays, 3 - 4 p.m.**

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

### **Digital Navigation (R)**

**By appointment**

For technical issues that are not resolved after a visit to our Drop-in Digital program, appointments may be made with our Digital Navigator to continue the technical support. Suggested donation: \$10.

To learn more about how we offer appointments: Martin Piccoli: 206-932-4044 / ext. 114, martinp@wscenter.org.

### **Drop-In Digital Navigation**

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

If you have a 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. Before heading to The Center for drop-in support, please call 206-932-4044/ ext. 114 to confirm the computer lab schedule for the day.

## Food & Meals

### **Margie's Café**

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

Open for coffee, lunch and snacks, Margie's Café offers a rotating weekly menu of delicious, freshly prepared 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](http://soundgenerations.org).

## West Seattle Food Bank Distribution

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

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

## Support Groups

### Aging Well

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

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

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

### Caregivers Support Group

**Fridays, March 6, 27, April 3, 24, 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](mailto:tonia@wscenter.org). If you are not pre-registered, you will not be admitted.

### Diabetic Support Group

**Fridays, March 6, April 3, 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](mailto:tonia@wscenter.org).

### Low Vision Group

**Tuesdays, March 10, April 14, 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](mailto: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](mailto:joshm@wscenter.org).

### Parkinson's Support Group

**Mondays, March 16, April 20, 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](mailto: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, March 5, April 2, 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.

### Navigating Medicare Drop-In

**Tuesdays, March 24, April 28, 11 a.m. - 12:30 p.m.**

Patrice will be available to answer your Medicare questions and, if need be, schedule a personal appointment with you.

# Calendar of Events: March

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
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 Ukés 3:00 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 Drop-In Digital Nav 12:00 Death Over Lunch 12:30 Cribbage 1:00 Convo Circle Grp #2 1:30 Chess Club 2:30 Hand Drumming	8:30 - 5:50 Computer Lab 9:00 Intentional Move- ment 9:30 What Would You Do? (R) 10:00 Balance & Strength 10:00 Party Bridge 11:00 Writing Grp 11:30 Drop-In Digital Nav 12:30 Mahjong 3:00 Tech Made Easy 4:00 Board Games	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 Drop-In Digital Nav 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 Current Events Grp #2 2:30 Yoga Strong Bodies 3:30 Legal Consult (R) 7:00 Jazz Night (\$)	9:00 Foot Care (R) (\$) 9:00 Fitness for Fun 9:45 German 10:00 Balance & Strength 11:00 Men's Grp #1 11:30 Hatha Yoga 12:30 Scrabble/ Bananagrams 1:00 Diabetic Support Grp 2:15 Caregivers Support Grp 3:00 Member Happy Hour
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
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 Ukés 1:30 Improv 3:00 Tech Made Easy	8:30 - 4:20 Computer Lab 9:00 Meditation 9:00 Sea Mar 9:30 Get Moving 9:30 English Convo 10:30 Exploring Art 11:00 Coffee with Vets 11:00 The True Butterfly Effect 11:30 Drop-In Digital Nav 12:30 Cribbage 1:30 Chess Club 2:00 Low Vision Grp 2:30 Hand Drumming	8:30 - 5:50 Computer Lab 9:00 Intentional Movement 9:30 What Would You Do? (R) 10:00 Balance & Strength 10:00 Party Bridge 11:00 Mindfulness with Journaling 11:30 Drop-In Digital Nav 12:30 Mahjong 1:00 Willmar 8 (R) 3:00 Tech Made Easy 4:00 Quiet Reading	8:30 - 4:20 Computer Lab 9:00 Beginner Spanish 9:00 Tai Chi 10:00 Spanish Convo 10:00 Fabric Painting (R) 11:30 Drop-In Digital Nav 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
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
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 Ukés 2:00 Parkinson's Grp 3:00 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 Drop-In Digital Nav 12:00 Death Over Lunch 12:30 Cribbage 1:00 Convo Circle Grp #2 1:00 Youth Irish Dance 1:30 Bagpipe Performance 1:30 Chess Club 2:30 Hand Drumming	8:30 - 5:50 Computer Lab 9:00 Intentional Movement 9:30 What Would You Do? (R) 10:00 Balance & Strength 10:00 Party Bridge 11:00 Writing Grp 11:30 Drop-In Digital Nav 12:30 Mahjong 1:00 Clean Air Workshop (R) 3:00 Tech Made Easy 3:00 Annual Membership Mtg 4:30 Estate Planning Essentials (R)	8:30 - 4:20 Computer Lab 9:00 Beginner Spanish 10:00 Spanish Convo 10:00 Season of Renewal (R) 11:00 Stress Reduction 11:30 Drop-In Digital Nav 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 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
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
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 Ukés 1:30 Improv 3:00 Tech Made Easy	8:30 - 4:20 Computer Lab 9:00 Meditation 9:00 Sea Mar 9:30 Get Moving 9:30 English Convo 10:30 Exploring Art 11:00 Medicare Drop-In 11:30 Birthday Lunch (R) 11:30 Drop-In Digital Nav 12:30 Cribbage 1:30 Chess Club 2:30 Hand Drumming 6:30 Westside Dance (R) (\$)	8:30 - 5:50 Computer Lab 9:30 What Would You Do? (R) 10:00 Balance & Strength 10:00 Party Bridge 11:00 Mindfulness with Journaling 11:30 Drop-In Digital Nav 12:30 Mahjong 3:00 Tech Made Easy 4:00 Fabric Painting (R)	8:30 - 4:20 Computer Lab 9:00 Foot Care (R) (\$) 9:00 Beginner Spanish 9:00 Tai Chi 10:00 Spanish Convo 11:30 Drop-In Digital Nav 12:00 Arts & Crafts 12:00 Let's Have Fun 12:00 Pinochle 1:00 Comm Lab 2.0 2:30 Yoga Strong Bodies 7:00 Dance Party (\$)	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/Banana- grams 2:15 Caregivers Support Grp
<b>30</b>	<b>31</b>			
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 Ukés 3:00 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 Drop-In Digital Nav 12:30 Cribbage 1:30 Chess Club 2:30 Hand Drumming 2:30 Legal Consult (R) 6:30 Westside Dance (R) (\$)			

# 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
2	3	4	5	6
Pork roast Garlic mashed potatoes Broccoli Seasonal fruit	Chicken enchilada Garden salad Spanish rice Fresh fruit	Catch of the day Rice pilaf Coleslaw Fresh fruit	Chicken Cacciatore over pasta Glazed carrots Fruit cocktail	<b>Community Dining closed, visit:</b> 
9	10	11	12	13
Baked chicken with lime & honey Roasted potatoes Greens beans, onions & peppers Peaches and yogurt	Spaghetti & meatballs Caesar salad Garlic bread Fresh fruit	Filipino chicken adobo Rice Broccoli Fresh fruit	Tuna casserole Green salad Roll Fresh fruit	<b>Community Dining closed, visit:</b> 
16	17	18	19	20
Crab cakes Rice pilaf Coleslaw Fresh fruit	Mexican BBQ chicken Refried beans Roasted vegetables Fresh fruit	Masala chicken Rice Broccoli Fresh fruit	Catch of the day Garden salad Cilantro-infused rice Fruit cocktail with yogurt sauce	<b>Community Dining closed, visit:</b> 
23	24	25	26	27
Meatloaf & gravy Mashed potatoes Roasted fresh vegetables Fruit cocktail	<b>Birthday Lunch</b> Corned beef & cabbage Garden salad Red potatoes Irish coffee cake	Chicken Pasta Alfredo Garden salad Fresh fruit	Southwestern turkey chili with black beans Cornbread Cauliflower Fresh fruit	<b>Community Dining closed, visit:</b> 
30	31			
Chili hot dog Potato salad Coleslaw Fruit salad	Taco salad Roasted corn Black beans Fresh fruit			

# Calendar of Events: April

Monday		Tuesday		Wednesday		Thursday		Friday	
				1		2		3	
				8:30 - 5:50 Computer Lab 9:00 Intentional Movement 10:00 Balance & Strength 10:00 Party Bridge 11:00 Writing Grp 11:30 Drop-In Digital Nav 12:30 Mahjong 3:00 Tech Made Easy 4:00 Board Games		8:30 - 4:20 Computer Lab 9:00 Beginner Spanish 10:00 Spanish Convo 11:00 Stress Reduction 11:00 Navigating Medicare 11:30 Drop-In Digital Nav 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 3:00 Member Happy Hour	
6		7		8		9		10	
8:30 - 4:20 Computer Lab 9:00 Fitness for Fun 10:00 Gentle Chair Yoga 11:00 Aging Well Grp #2 11:00 Line Dancing 11:45 Men's Grp #2 12:30 Movie 1:00 Aging Well Grp #1 1:00 Ukcs 3:00 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 Drop-In Digital Nav 12:00 Death Over Lunch 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 Mindfulness with Journaling 11:30 Drop-In Digital Nav 12:30 Mahjong 3:00 Tech Made Easy 4:00 Quiet Reading		8:30 - 4:20 Computer Lab 9:00 Beginner Spanish 10:00 Spanish Convo 10:00 Fabric Painting (R) 11:30 Drop-In Digital Nav 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	
13		14		15		16		17	
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 3:00 Tech Made Easy		8:30 - 4:20 Computer Lab 9:00 Meditation 9:00 Sea Mar 9:30 Get Moving 9:30 English Convo 10:30 Exploring Art 11:00 Coffee with Vets 11:30 Drop-In Digital Nav 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 Writing Grp 11:30 Drop-In Digital Nav 12:30 Mahjong 1:00 Dream Job: National Park Service (R) 3:00 Tech Made Easy 4:00 Is It Time to Right Size Your Life? (R)		8:30 - 4:20 Computer Lab 9:00 Beginner Spanish 10:00 Spanish Convo 10:00 Home Care or Home Health (R) 11:00 Stress Reduction 11:30 Drop-In Digital Nav 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) (\$)	
20		21		22		23		24	
8:30 - 4:20 Computer Lab 9:00 Fitness for Fun 10:00 Gentle Chair Yoga 11:00 Aging Well Grp #2 11:00 Line Dancing 11:45 Men's Grp #2 12:30 Movie 1:00 Aging Well Grp #1 1:00 Ukcs 2:00 Parkinson's Grp 3:00 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 Drop-In Digital Nav 12:00 Death Over Lunch 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 Mindfulness with Journaling 11:30 Drop-In Digital Nav 12:30 Mahjong 1:00 Chasing Coral (R) 3:00 Tech Made Easy 4:00 Fabric Painting (R)		8:30 - 4:20 Computer Lab 9:00 Beginner Spanish 9:00 Tai Chi 10:00 Spanish Convo 11:30 Drop-In Digital Nav 12:00 Arts & Crafts 12:00 Let's Have Fun 12:00 Pinochle 1:00 Jazz History in Seven Genres (R) 1:00 Comm Lab 2.0 2:30 Yoga Strong Bodies		9:00 Fitness for Fun 9:45 German 10:00 Balance & Strength 11:00 Men's Grp #1 11:30 Hatha Yoga 12:30 Scrabble/ Bananagrams 2:15 Caregivers Support Grp	
27		28		29		30			
8:30 - 4:20 Computer Lab 9:00 Fitness for Fun 10:00 Gentle Chair Yoga 11:00 Aging Well Grp #2 11:00 Line Dancing 11:45 Men's Grp #2 12:30 Movie 1:00 Aging Well Grp #1 1:00 Ukcs 1:30 Improv Class 3:00 Tech Made Easy		8:30 - 4:20 Computer Lab 9:00 Meditation 9:00 Sea Mar 9:30 Get Moving 9:30 English Convo 10:30 Exploring Art 11:00 Medicare Drop-In 11:30 Birthday Lunch (R) 11:30 Drop-in Digital Nav 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 Drop-In Digital Nav 12:30 Mahjong 3:00 Tech Made Easy 4:00 Trivia		8:30 - 4:20 Computer Lab 9:00 Beginner Spanish 9:00 Tai Chi 10:00 Spanish Convo 10:00 Cabi Refresh (R) 11:30 Drop-In Digital Nav 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 2:30 Yoga Strong Bodies 2:30 Current Events Grp #2			

# 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
<b>1</b>				
		Tandoori chicken marinated in yogurt & Indian spices Basmati rice Roasted yellow squash & zucchini Fresh fruit	Catch of the day fritter Coleslaw Rice Fruit cocktail	Community Dining closed, visit: 
<b>2</b>				
<b>3</b>				
<b>6</b>				
Huli Huli chicken Coconut rice Garden salad Fresh fruit	Sweet & sour chicken Rice Asian mixed vegetables Fresh fruit	Pork tenderloin Mashed potatoes Broccoli Apple	California meatloaf Mashed potatoes & gravy Roll Broccoli Fresh fruit	Community Dining closed, visit: 
<b>7</b>				
<b>8</b>				
<b>9</b>				
<b>10</b>				
<b>13</b>				
Cajun fish Pasta Roasted zucchini Fruit cocktail	Pork & salsa verde Spanish rice Mixed vegetables Orange	Meatballs Mashed potatoes & gravy Green beans, onions & peppers Roll Jell-O with tropical fruit mix	Tamal plate Mexican rice Garden salad Fresh fruit	Community Dining closed, visit: 
<b>14</b>				
<b>15</b>				
<b>16</b>				
<b>17</b>				
<b>20</b>				
Coconut curry chicken Basmati rice Roasted zucchini Fresh fruit	Meat sauce over spaghetti Garden salad Garlic bread Pineapple	Fried rice with chicken Asian mixed vegetables Spring roll with cabbage Apple	Panko-crusted catch of the day Sweet potatoes Roasted mixed vegetables Fresh fruit	Community Dining closed, visit: 
<b>21</b>				
<b>22</b>				
<b>23</b>				
<b>24</b>				
<b>27</b>				
Beef enchilada casserole Spanish rice Garden salad Fruit cocktail	<b>Birthday Lunch</b> Hamburgers Coleslaw Baked beans Watermelon Root beer floats	Chicken fajita Rice Garden salad Fresh fruit	Salisbury steak Mashed potatoes Steamed yellow squash Fresh fruit	
<b>28</b>				
<b>29</b>				
<b>30</b>				

# Volunteerism at The Center



Scott serves in our  
Westside Friends  
program

## Meet Volunteer: Scott Schill

Meet Scott Schill, who's been volunteering with our Westside Friends program for more than seven years. Originally from Los Angeles, Scott moved to the Pacific Northwest as a child and has called West Seattle home since 2002. He and his wife raised their two sons here, making the community an integral part of their lives.

Scott encourages anyone considering volunteering to take the leap. "It's easy to get started, doesn't require a huge time commitment and has a really positive impact. You get back far more than you put in."

Outside of The Center, Scott has supported organizations like Jewish Family Service and pro bono legal programs such as the Unemployment Law Project. Professionally, he's a self-described "recovering litigator" who now practices longevity law—a field he developed to help people navigate the complexities of living well over longer lives. And here's a fun fact: Scott is also a film producer! He's produced two feature films, including *Frank vs. God*, a project he's especially proud of.

For Scott, volunteering is all about connection. "What motivates me most are the people," he shares. Over the years, Scott says he's had the privilege of working with incredible individuals whose life experiences have taught him valuable lessons. The laughter, camaraderie and sense of purpose make every moment meaningful. "It's rewarding, fun and always leaves me feeling good," he says.

## Come volunteer with us!

We're currently looking for ongoing volunteers to help in our Thrift Shop. We also need folks to join our substitute list to fill in occasionally wherever is needed at The Center, especially in Margie's Café and Community Dining. We provide training and ongoing support. Volunteering is a great way to meet new people!

Questions? Contact Danny Perez, Volunteer Coordinator  
206-932-4044 / ext. 108 or [dannyp@wscenter.org](mailto:dannyp@wscenter.org)

WHAT'S  
NEW

# The Center Thrift Store

## A world of hidden gems

We take pride in offering an eclectic variety of items to suit every shopper, ranging from essential, low-cost thrifted pieces to one-of-a-kind vintage and antique treasures. Whether you are hunting for a budget-friendly find or a rare collectible with historical charm, you never know what you'll uncover in our ever-changing inventory. Best of all, every purchase directly supports our programming, making it a win-win for you and our mission!

## New Thrift Store hours!

We've extended our hours at the Thrift Store so you can now shop earlier every day. Our new hours are 10 a.m. - 4 p.m. daily.



4504 California Ave. SW, Seattle, WA 98116  
**Hours:** Monday - Sunday 10 a.m. - 4 p.m.  
[wscenter.org/thrift-store](http://wscenter.org/thrift-store)





**Our team**

**Executive Director**  
Amy Lee Derenthal

**Office Manager**  
Jennifer Whip

**Development Manager**  
Laurie Porter

**Membership Coordinator**  
Nancy Newby

**Administrative Assistant**  
Heather Scott

**Program Supervisor**  
Jack Jannack

**Volunteer Coordinator**  
Danny Perez

**Digital Navigator**  
Martin Piccoli

**Head Chef**  
Francisco Briseño

**Social Workers**  
Josh Maduell, MSW  
Toni Ameslav, MSW

**Westside Friends Coordinator**  
Michele Fawcett-Long

**Thrift Store Manager**  
Yoni Marker

**Staff Member**  
Terry Hunt

**Our Board of Directors**

Kristine Milkovich  
**Board President**  
The Milkovich Team / Ensemble

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

Christopher Gibson  
**Board Treasurer**  
C2 Financial

Emily B. Austin  
**Board Secretary**  
Metropolist + Compass

Katy Aversenti Schumaker  
Counselor and Art Therapist

Lupe Barnes  
Community Member

Stephanie Bruno  
Mission Wealth

Scott Collins  
ComForCare Home Care

Lloyd Hardesty  
Community Member

Kevin Ledgerwood  
Home Instead

Jack Rizzuto  
Nucor Steel

**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](mailto:board@wscenter.org).



## Meet Terry

You may see a new face at our front desk on Thursdays and Fridays. Terry Hunt is providing us with staff support. Stop by and say hi!

## Your membership resources

Whether you are a new face or a long-time regular, our front desk team is here to ensure you get the most out of your membership at The Center. We invite you to stop by anytime for a guided tour of our facilities, personalized help navigating our busy program calendar or expert assistance with transportation and parking options. Our friendly staff and volunteers are dedicated to making your experience seamless and stress-free—we are always happy to help!

# The Center for Active Living

## Join in the fun, become a member

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

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

### Members also receive:

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

### 2026 Membership fees

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

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

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

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





# margie's

CAFÉ

## WEST SEATTLE'S BEST SECRET LUNCH SPOT

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

**March 2:** *Conclave* (2024) with Ralph Fiennes, Isabella Rossellini, John Lithgow, Stanley Tucci. (120 min., color, PG)

**March 9:** *Lady Be Good* (1941) with Ann Southern, Eleanor Powell, Robert Young, Lionel Barrymore, Red Skelton, Dan Dailey, Jimmy Dorsey and His Orchestra. (111 min., b/w)

**March 16:** *Indiana Jones and the Dial of Destiny* (2023) with Harrison Ford, Karen Allen, Phoebe Waller-Bridge, John Rhys-Davis, Toby Jones. (154 min., color, PG-13)

**March 23:** *Crime of Passion* (1957) with Barbara Stanwyck, Sterling Hayden, Raymond Burr, Fay Wray. (84 min., b/w)

**March 30:** *Interns Can't Take Money* (1937) with Barbara Stanwyck, Joel McCrea, Lloyd Nolan. (77 min., b/w)

**April 6:** *Easter Parade* (1948) with Judy Garland, Fred Astaire, Ann Miller, Peter Lawford. (103 min.; color)

**April 13:** *The Great Moment* (1944) with Joel McCrea, Betty Field, Harry Carey, William Demarest, Franklin Pangborn. (83 min., b/w)

**April 20:** *Glory Alley* (1952) with Leslie Caron, Ralph Meeker, Gilbert Roland, Louis Armstrong, John McIntire. (79 min., b/w)

**April 27:** *Circus World* (1964) with John Wayne, Rita Hayworth, Claudia Cardinale, Lloyd Nolan, Richard Conte. (138 min., color)

# Birthday Lunches

## March Birthday Lunch

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

Featuring: Bonnie Birch

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

## April Birthday Lunch

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

Featuring: Dina Blade

Menu: Hamburgers, coleslaw, baked beans, watermelon, 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.



Sponsored by:



# Jazz Night

Thursdays, March 5, April 2

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

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

\$10 entry fee at the door.

The Center  
for Active Living



Sponsored by:  village green  
SENIOR LIVING | WEST SEATTLE



# CHASE THE RAINBOW

High School Prom:  
A Night to Remember  
Friday, April 17  
6 - 9 p.m.

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



Sponsored by:





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## Annual Membership Meeting

Wednesday, March 18  
3 - 4 p.m.

All members are invited to attend our Annual Membership Meeting. We'll share our current "State of The Center" and our long-term strategic plan. Snacks and non-alcoholic drinks will be provided. This is a great opportunity to learn about the future of The Center and meet other members.

