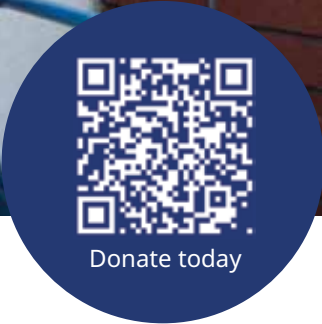


Connecting at The Center



The center of it all is you!

The Center for Active Living is where fun, community and belonging come together. Your support keeps it thriving.

Your gift through our annual fundraising campaign between now and the end of May will fund the services that our community depends on, like engaging classes, interesting lectures, support groups, counseling, digital navigation, nutritious meals and more.

- \$50 = Funds 10 hot, nutritious lunches in our meal program
- \$100 = Sponsors a year at The Center for someone who can't afford to pay
- \$250 = Funds fitness classes for 1 month to help people stay active
- \$500 = Covers 1 month of digital navigation classes and services
- \$1,000 = Supports 33 social worker home visits to vulnerable older adults

Donate today to help us reach our goal of \$75,000 by May 31. Give at wscenter.org/donate or scan the QR code.



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.

Contents

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



Greetings from the Executive Director

One of my favorite stories to tell is how The Center got started way back in 1971.

A local West Seattle teacher, Marion Hill, was raising her children while also caring for her father. Her children kept bringing older neighbors over, and Marion often had a living room full of people. This sparked her idea to start a senior center! With the help of State Representative Dave Ceccarelli, she found the current location and set her sights on making it a reality. On Dec. 2, 1971, we officially became a Senior Center—and the rest is history!

Thank you to everyone who has donated to our fundraising campaign or plans to attend our Annual Fundraising Breakfast on Tuesday, May 6. The Center's impact is possible because of you—our donors and supporters—helping us grow our membership and expand programming.

Spring is here, and as I look out my window at the blue sky (currently), I get excited about the programs and activities we'll be enjoying together over the coming months. One of those is the West Seattle Grand Parade. We're looking for volunteers to take the lead in organizing our presence this year. If you'd like to help, reach out to Danny, our Volunteer Coordinator.

Thank you for being here for us,

A handwritten signature in blue ink that reads "Amy Lee Derenthal".



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.

We will be closed:

Monday, May 26, for Memorial Day
Thursday, June 19, for Juneteenth



Art can help us cope with uncertainty

We are living in uncertain, often stressful times. Each of us copes differently with this uncertainty. Participating in the arts, whether through attendance at an event or through joining a class, can add meaning to our lives and help us stay balanced and able to cope, while creating community with others. There are many benefits to taking in the arts, whether it's an art exhibition at a museum, a concert in a symphony hall or in a park or a dance recital.

Some activities are best done in solitude, while others require group participation. You don't need the talent of Picasso to take a painting class, nor do you need the voice of an opera singer to enjoy singing in a community chorus. Learning to play a musical instrument, either through private or group lessons or in an ensemble, can be gratifying and fun. A photography class is an excellent way of seeing the world around us through a camera lens. Acting classes and community theater provide additional ways of expressing yourself. A dance class will have you moving to lively music!

The Center offers a variety of art classes for our members. Community colleges and Seattle Parks and Recreation programs also have classes in music, painting, photography, playwriting and readers' theater at a reasonable cost.

Whatever artistic endeavors you choose, I hope you discover the immeasurable joys of learning, sharing and creating community through art!

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



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)

Featured Events



Juneteenth: The Struggle for Freedom, Then and Now (R) **Wednesday, June 4, 1 - 2:30 p.m.**

Join Board Member Dennis Jackson for a presentation on increasing understanding of

Juneteenth and its significance in our history. We will examine when Black Americans began to gain their rights through constitutional amendments and court rulings. June 19 is a day to remember the struggle of the past and look forward to a brighter future. It serves as a reminder that the fight for equality and justice is not over.



Pride Month: The Lavender Scare (R) **Wednesday, June 18, 1 - 2:30 p.m.**

In honor of Pride, we present a special screening of the award-winning documentary, The Lavender Scare. In 1953, President

Eisenhower declared gay men and lesbians to be a threat to the security of the country and therefore unfit for government service. The film is a compelling story of one man's fight for justice. And it is a chilling reminder of how easy it can be, during a time of fear and uncertainty, to trample the rights of an entire class of people in the name of patriotism and national security.

Special Classes & Workshops

AARP Smart Driver (R) (\$) **Saturday, July 26, 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.)

Backyard Birding (R) **Wednesday, May 14, 1 - 3 p.m.**

Join Richard Lazeres, a longtime West Seattle birder, for this presentation geared toward beginner birders. He will discuss mostly resident backyard birds you might spot in your neighborhood.

Beautifully You: Enhancing Your Natural Glow (R) **Thursday, May 22, 10 - 11:30 a.m.**

Join us for a delightful Mary Kay beauty session, with beauty consultant Dawn Bly, designed to celebrate and enhance your natural beauty! In this class, you'll discover simple skincare and makeup tips that bring out your radiant, youthful glow without heavy products or complicated routines. This fun and interactive session will leave you feeling confident, refreshed and beautifully you! Class size limited to 12.



Cabi Fashion Show (R) **Friday, May 9, 1:30 - 3:30 p.m.**

Come learn about the latest fashion trends and get inspired at this special event. Cabi personal stylist Mary Beth Logsdon and other stylists will be providing styling services with the Cabi limited edition line. You'll get to see fashion live as they walk the runway.



From Research to Romance: The Making of Accomplishments & Accomplices (R)

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

Join us for a special literary event with café volunteer Grace Ellen Queen, who will share insights about the writing of her novel, Accomplishments & Accomplices. Many of you have enjoyed reading the book—now get a behind-the-scenes look at how it came to life. Grace will answer questions, share favorite research materials and read from a chapter that was cut from the final version, offering a rare glimpse of the story's evolution. Don't miss this engaging discussion and live reading!

Lectures, Special Events & Workshops



The Power of Vision: 3 Keys to Mastering Your Results (R) **Wednesday, June 25, 1 - 2:30 p.m.**

In this presentation, Janice Morgan will share three tools to help you achieve your goals and improve your results, find greater

clarity on your goals and dreams and increase your confidence to achieve these goals and dreams.

Safe and Secure: Protecting Yourself from Scams and Fraud (R)

Thursday, June 5, 1 - 2 p.m.

Join Kun Yu from Bank of America for this presentation designed specifically for seniors who want to learn how to recognize, prevent, and protect themselves from fraud and scams. With the rise of online and phone scams, it's important to understand the tactics used by fraudsters and how to stay one step ahead. You'll learn about the different types of scams including phishing, identity theft, and financial fraud and discover practical strategies to protect your personal information and finances.



Social Security Benefits Q&A (R) **Wednesday, May 7, 1 - 2:30 p.m.**

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

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

Soups with Chef Hayla (R) (\$)

Thursday, May 8, 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, May 13 - June 17

Brush up on your dance skills with our next six-week series. Instructor Dean Paton leads these live partner-dance classes in Swing & Waltz. 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.

Waltz 1: Intro to Waltz: 7:45 - 8:45 p.m.

Come explore the world's most romantic dance. You'll learn to float around the dance floor to great songs, in both modern and classic styles. No previous dance experience needed.



Worms & Fish & Brains, Oh My! What Model Organisms Teach Us About Neurodegeneration **Wednesday, June 11, 1 - 2 p.m.**

Ever wonder how brain cells grow and die? Join Dr. Amitabha "Guppy" Gupta as he shares exciting breakthroughs in the fundamental biology of brain cells at Fred Hutch Cancer Center as it celebrates 50 years. The center's wide spectrum of researchers,

which includes a Nobel Laureate, are uncovering new insights from worms, flies and mice that will shape how we think about our aging brains.



What Is the Home Equity Conversion Mortgage?

Thursday, May 22, 1 - 2:30 p.m.

What if you could access home equity to pay off an existing mortgage or to access funds for home improvements or even

use the money to alleviate financial stress? And what if you had no required principal and interest payments? Join Christopher Gibson to learn what's new and improved about reverse mortgages.

Health & Wellness Programs



Stress management class with coach Dat Tran

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 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 May 21)

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.

Health & Wellness Programs

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 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 May 21)

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

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 a 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 weightbearing 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, May 9, June 27, 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, May 5, Jun 2, 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, May 13, June 10, 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, May 6, 20, June 3, 17, 1 - 2:30 p.m.

(Group #2)

Thursdays, May 1, 15, June 5, 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 Teressa Keenehan: teekay3@comcast.net.

Connections to the Community Programs

Cribbage

Tuesdays, 12:30 - 3 p.m.

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

Current Events Discussion Group

Thursdays, May 1, 15, 29, June 12, 26,

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 Toni: 206-93204044 / ext. 9 or tonia@wscenter.org. If you are not pre-registered, you will not be admitted.

Communication Lab 2.0

Thursdays, May 8, 22, June 12, 26,

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, May 6, 20, June 3, 17, 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 Tours

Uncover the hidden jewel of West Seattle! Our Membership Concierge offers tours to new members and anyone who is 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, contact 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 May and June 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



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.

(except June 2)

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

(except June 2)

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). 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, May 8, June 12, 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, May 5, 19, June 2, 16, 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, May 16, June 20, 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 3

(formerly Book Club for Adventurous Readers)

Fridays, May 9, June 13, 1 - 2 p.m.

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

Conversational German

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

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

English Conversation Class (formerly English as a Second Language Class)

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

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

Ham Radio Group

Mondays, May 5, June 2, 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, May 14, 28, June 11, 25, 11 a.m. - 12:30 p.m.

Certified teacher Kristine Kero explores the daily practice of mindful journaling, which can improve wellness and relieve stress. You do not have to read out loud what you write. She will provide questions for self-reflection and focus on breathing for calmness. Bring a notebook and pen.

Writing Group

Wednesdays, May 7, 21, June 4, 18, 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 or stop by during our Drop-In Digital Navigation program.

Traveling the Digital World (formerly Digital Discussions)

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. You can learn 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, martinp@wscenter.org or stop by the computer lab.

Drop-In Digital Navigation

Tuesdays and 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.

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.

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.

Accessible Services Programs

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, May 2, 23, June 6, 27, 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, May 2, June 6, 1 - 2 p.m.

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

Low Vision Group

Tuesdays, May 13, June 10, 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, May 2, 16, June 6, 20, 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, May 19, June 16, 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, May 1, June 5, 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.

NEW!

What To Do In Retirement (R)

Mondays, May 5, June 2, 3:15 - 4:15 p.m.

Kristine Kero M.S., a career consultant for 30 years, is offering complimentary 20-minute meetings to chat about the possibilities for your future. Together you can explore volunteering, part-time or full-time work, starting a business or how to use your hobbies and skills you love. Make an appointment and get started creating new activities in your life. Please contact the front desk to schedule an appointment: 206-932-4044.

Calendar of Events: May

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			8:30 - 4:20 Computer Lab 9:00 Tai Chi 10:00 Spanish 11:00 Medicare 11:00 Stress Reduction 11:30 Drop-In Digital Nav. 12:00 Arts & Crafts 12:00 Pinochle 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 Foot Care (R) (\$) 9:00 Fitness for Fun 9:45 German 10:00 Balance & Strength 11:00 Men's Support Grp 11:30 Hatha Yoga 12:30 Scrabble Club 1:00 Diabetic Support Grp 2:15 Caregivers Support Grp
5	6	7	8	9
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 Ukes 3:00 Traveling the Digital World 3:15 What to Do in Retirement (R) 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 - 4:20 Computer Lab 9:00 Move, Dance & Socialize 10:00 Balance & Strength 10:00 Party Bridge 11:00 Writing Grp 12:30 Mahjong 1:00 Social Security Q&A (R) 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 11:30 Drop-In Digital Nav. 12:00 Arts & Crafts 12:00 Pinochle 1:00 Comm Lab 2.0 2:30 Yoga Strong Bodies 3:30 Soups with Chef Hayla (R) (\$)	8:30 - 4:30 Dental Care (R) (\$) 9:00 Fitness Fun 9:45 German 10:00 Balance & Strength 11:00 Men's Support Grp 11:30 Hatha Yoga 12:30 Scrabble Club 1:00 Book Club: Season 3 1:30 Cabi Fashion Show (R)
12	13	14	15	16
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 Ukes 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 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 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 1:00 Backyard Birding (R) 3:00 Functional Mobility Yoga	8:30 - 4:20 Computer Lab 9:00 Tai Chi 10:00 Spanish 11:00 Stress Reduction 11:30 Drop-In Digital Nav. 12:00 Arts & Crafts 12:00 Pinochle 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 Foot Care (R) (\$) 9:00 Fitness for Fun 9:45 German 10:00 Balance & Strength 11:00 Men's Support Grp 11:30 Hatha Yoga 12:30 Scrabble Club 1:00 Book Club Season 3 6:00 Rainbow Bingo (R) (\$)
19	20	21	22	23
8:30 - 4:20 Computer Lab 9:00 Fitness for Fun 10:00 Gentle Chair Yoga 11:00 Line Dancing 12:30 Movies 1:00 Aging Well 1:00 Ukes 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 English Convo 10:30 Exploring Art 11:30 Birthday Lunch 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 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 Writing Grp 12:30 Mahjong 1:00 From Research to Romance (R)	8:30 - 4:20 Computer Lab 9:00 Tai Chi 10:00 Beautifully You (R) 10:00 Spanish 11:00 Stress Reduction 11:30 Drop-In Digital Nav. 12:00 Arts & Crafts 12:00 Pinochle 1:00 Home Equity Conversion Mortgage (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 Support Grp 11:30 Hatha Yoga 12:30 Scrabble Club 2:15 Caregivers Support Grp
26	27	28	29	30
Closed for Memorial Day	8:30 - 4:20 Computer Lab 9:00 Meditation 9:00 Sea Mar 9:30 Get Moving! 9:30 English Convo 10:30 Exploring Art 11:30 Drop-in Digital Nav. 12:30 Cribbage 1:30 Chess Club 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 11:00 Stress Reduction 11:30 Drop-In Digital Nav. 12:00 Arts & Crafts 12:00 Pinochle 1:00 Current Events Grp #1 2:30 Yoga Strong Bodies 2:30 Current Events Grp #2	9:00 Fitness for Fun 9:45 German 10:00 Balance & Strength 11:00 Men's Support Grp 11:30 Hatha Yoga 12:30 Scrabble Club

Community Dining Menu: May

The Center Community Dining

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

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				2
			Filipino chicken adobo Steamed rice Greens Seasonal Fruit	Community Dining closed, visit: 
				5
				6
				7
				8
				9
Meatballs & gravy Mashed potatoes Broccoli Fruit cocktail	Lemon chicken Spanish rice Garden salad Fresh fruit	Catch of the day Lemon couscous Mixed roasted vegetables Seasonal fruit	Lamb chops Mashed potatoes Broccoli Seasonal fruit	Community Dining closed, visit: 
				12
				13
				14
				15
				16
Chicken teriyaki Steamed rice Garden salad Seasonal fruit	Deviled pork Parsley red potatoes Roasted vegetables Tropical fruit	Sloppy joe on bun Coleslaw Sweet potato fries Tropical fruit	Chicken almonidine Scalloped potatoes Green beans in olive oil Seasonal fruit	Community Dining closed, visit: 
				19
				20
				21
				22
				23
Shepherd's pie Broccoli Fresh fruit	Birthday Lunch Mexican turkey dinner Rice Mixed roasted vegetables Seasonal fruit	Chicken marsala Garlic mashed potatoes Broccoli Seasonal fruit	Sweet & sour meatballs Steamed rice Asian mixed vegetables Cocktail fruit in yogurt sauce	Community Dining closed, visit: 
				26
				27
				28
				29
				30
Closed for Memorial Day	Spaghetti with meat sauce Garlic bread Broccoli Fresh fruit	BBQ chicken Baked beans Coleslaw Fruit cocktail	Italian sausages over pasta Garden salad Garlic bread Seasonal fruit	Community Dining closed, visit: 

Calendar of Events: June

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
8:30 - 4:20 Computer Lab 8:30 Haircuts (R) (\$) 9:00 Fitness for Fun 10:00 Gentle Chair Yoga 12:30 Movies 1:00 Aging Well 1:00 Ukcs 3:00 Traveling the Digital World 3:15 What to Do in Retirement (R) 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 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 Writing Grp 12:30 Mahjong 1:00 Juneteenth: The Struggle for Freedom (R) 3:00 Functional Mobility Yoga	8:30 - 4:20 Computer Lab 9:00 Tai Chi 10:00 Spanish 11:00 Stress Reduction 11:00 Medicare 11:30 Drop-In Digital Nav. 12:00 Arts & Crafts 12:00 Pinochle 1:00 Safe & Secure (R) 1:00 Convo Circle Grp #1 2:30 Yoga Strong Bodies 3:30 Legal Consults (R) 7:00 Jazz Night (\$)	8:30 Foot Care (R) (\$) 9:00 Fitness for Fun 9:45 German 10:00 Balance & Strength 11:00 Men's Support Grp 11:30 Hatha Yoga 12:30 Scrabble Club 1:00 Diabetic Support Grp 2:15 Caregivers Support Grp
9	10	11	12	13
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 Ukcs 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 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 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 1:00 Worms & Fish & Brains, Oh My! (R) 3:00 Functional Mobility Yoga	8:30 - 4:20 Computer Lab 9:00 Tai Chi 10:00 Spanish Class 10:00 Fabric Painting 11:00 Stress Reduction 11:30 Drop-In Digital Nav. 12:00 Arts & Crafts 12:00 Pinochle 1:00 Comm Lab 2.0 1:00 Current Events Grp #1 2:30 Yoga Strong Bodies 2:30 Current Events Grp #2	9:00 Fitness for Fun 9:45 German 10:00 Balance & Strength 11:00 Men's Support Grp 11:30 Hatha Yoga 12:30 Scrabble Club 1:00 Book Club: Season 3 1:00 Wrinkles in Time (R) 3:00 Lifetime Membership Meeting (R)
16	17	18	19	20
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 Ukcs 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 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 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 Writing Grp 12:30 Mahjong 1:00 The Lavender Scare (R) 3:00 Functional Mobility Yoga	Closed for Juneteenth	8:30 Foot Care (R) (\$) 9:00 Fitness for Fun 9:45 German 10:00 Balance & Strength 11:00 Men's Support Grp 11:30 Hatha Yoga 12:30 Scrabble Club 1:00 All-Inclusive Book Club
23	24	25	26	27
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 Ukcs 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 English Convo 10:30 Exploring Art 11:30 Birthday Lunch 11:30 Drop-In Digital Nav. 12:30 Cribbage 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 Mindfulness with Journaling 12:30 Mahjong 1:00 The Power of Vision (R) 3:00 Functional Mobility Yoga	8:30 - 4:20 Computer Lab 9:00 Tai Chi 10:00 Spanish Class 11:00 Stress Reduction 11:30 Drop-In Digital Nav. 12:00 Arts & Crafts 12:00 Pinochle 1:00 Comm Lab 2.0 1:00 Current Events Grp #1 2:30 Yoga Strong Bodies 2:30 Current Events Grp #2	8:30 Dental Care (R) (\$) 9:00 Fitness for Fun 9:45 German 10:00 Balance & Strength 11:00 Men's Support Grp 11:30 Hatha Yoga 12:30 Scrabble Club 2:15 Caregivers Support Grp 6:00 Rainbow Bingo (R) (\$)
30				
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 Ukcs 3:00 Traveling the Digital World				

Community Dining Menu: June

The Center Community Dining

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

Hours: Monday - Thursday, 11:45 a.m. - 12:30 p.m.
Suggested donation \$5/person ages 60+; required \$10 under 60

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Beef Stroganoff Egg noodles Green beans Garden salad Fresh fruit	Chicken taco salad Beans, corn tortilla chips, tomatoes and sour cream Fresh fruit	Peach-glazed turkey Au Gratin potatoes Broccoli Fruit cocktail	Hot dogs Coleslaw Potato salad Fruit salad	Community Dining closed, visit: 
9	10	11	12	13
Beef enchilada casserole Green beans Corn & peppers Fresh fruit	Chicken in chipotle sauce Mexican rice Sautéed zucchini Fresh fruit	Pork and mushrooms Roasted potatoes Mixed vegetables Honeydew	Meatballs Mashed potatoes and brown gravy Mixed vegetables Seasonal fruit	Community Dining closed, visit: 
16	17	18	19	20
Sweet & sour pork Steamed rice Zucchini Yellow squash Fresh fruit	Hawaiian hamburger Pineapple, lettuce, tomatoes, onions Potato salad Coleslaw Fresh fruit	Tuna cakes Rice pilaf Coleslaw Seasonal fruit	Closed for Juneteenth	Community Dining closed, visit: 
23	24	25	26	27
Chicken cacciatore over pasta Green beans Fresh fruit	Birthday Lunch California meatloaf Colcannon potatoes Roasted vegetable Seasonal fruit	Baked citrus chicken drumsticks (oil, garlic, lime juice) Basmati rice Zucchini Cantaloupe	BBQ pork sliders Pasta salad Coleslaw Watermelon	Community Dining closed, visit: 
30				
Chicken fried rice Broccoli Spring roll Fruit cocktail				Community Dining closed, visit: 

Volunteerism at The Center

Meet Volunteer: Bretnie Eschenbach

Bretnie Eschenbach is a volunteer with a passion for service, a knack for connecting with people and a readiness to help wherever needed. Bretnie started volunteering at Margie's Café last August, and since then she's jumped into new roles in the kitchen, dining room and at special events. We love the expertise, enthusiasm and positive attitude she brings to The Center, which draw people to her effortlessly.

Bretnie has a 25-year background in the utility industry, where she specialized in energy efficiency programs. A resident of West Seattle since 2003, she originally hails from Texas. She says she loves West Seattle for its "small town feel within a big city."

Her journey with The Center began during the pandemic when her husband volunteered to deliver meals to homebound members. Inspired by his connections with other volunteers and members, Bretnie decided to volunteer as well.

An avid reader, Bretnie reads 75-100 books annually and is always eager to discuss new book recommendations. In her free time, she enjoys pickleball, volleyball, hiking and kayaking.

Say hi to Bretnie next time you see her at The Center!



Bretnie Eschenbach is a volunteer with a passion for service

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

Meet our new staffer



We're excited to introduce you to Yoni Marker, our new Thrift Store Coordinator. She'll be responsible for overseeing day-to-day operations, providing outstanding customer service, coordinating the store's volunteers and keeping the store clean, safe and welcoming.

Yoni is a Pacific Northwest girl—she was born in Bellingham. She says her family and friends mean the world to her and have supported her in many ways. Yoni was homeschooled by her university professor and musician father, and she and her brother grew to love the local music scene. Her mom and abuelita taught her to be strong and independent and to embrace not only her Spanish culture but the culture of everyone around her.

Yoni loves fashion, so she is a great fit for the Thrift Store! A self-proclaimed fashionista, she sees fashion as a way to express music, culture and independence. Yoni began creating her own style and clothing based on vintage pieces, and she eventually followed her passion to Seattle. Working on and off in the fashion industry, she found many friends who have encouraged her to pursue her dreams. A few

years later, Yoni paid it forward by helping her younger sister find her way in Seattle. From fashion, music, books, wine and her two cats, Yoni has many loves but always makes time for her family and friends. She says, "Don't dream it, be it."

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

Thrift Store Coordinator
Yoni Marker

Board meetings are held the second Wednesday of each month at 5:30 p.m. at The Center. Board meeting minutes are available upon request. To get in touch with the board or join a committee, email board@wscenter.org.

Our Board of Directors

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)



Other ways to support

You can be a part of our work in many ways:

- **Jewel of the Junction Giving Circle:** You can join our giving circle with a pledge of \$1,500 per year for three years.
- **Corporate matching:** Does your company match donations? Contact us to learn how to double the impact of your gift.
- **Legacy giving:** You can make a lasting impact on our programs by including The Center for Active Living in your will or estate plan. We can help you set this up.
- **Workplace giving campaigns:** If you are a government employee, you can designate The Center for a gift during your giving campaign.
- **Vehicle donation:** You can donate your used car or truck to The Center.

Contact Laurie Porter, lauriep@wscenter.org or 206-932-4044 / ext. 111, for more information.

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: 206-932-4044

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 Caffe 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

May 5: *Love Me or Leave Me* (1955) with Doris Day, James Cagney, Cameron Mitchell, Tom Tully. (122 min., color)

May 12: *Julie* (1956) with Doris Day, Louis Jourdan, Frank Lovejoy, Jack Kelly, Ann Robinson. (99 min., b/w)

May 19: *Gunfight at the O.K. Corral* (1957) with Burt Lancaster, Kirk Douglas, Rhonda Fleming, Jo Van Fleet, Frank Faylen, Kenneth Tobey, DeForest Kelly, Earl Holliman, Dennis Hopper, Martin Milner, Olive Carey. (122 min., color)

June 2: *Mississippi* (1935) with Bing Crosby, W. C. Fields, Joan Bennett, Queenie Smith, Gail Patrick, Claude Gilligwater, Ann Sheridan. (73 min., b/w)

June 9: *The Spoilers* (1942) with Marlene Dietrich, John Wayne, Randolph Scott, Margaret Lindsay, Harry Carey, Richard Barthelmess. (87 min., b/w)

June 16: *The Iron Lady* (2011) with Meryl Streep, Jim Broadbent, Olivia Colman, Iain Glen, Anthony Head, Richard E. Grant. (105 min., color)

June 23: *Red Light* (1949) with George Raft, Virginia Mayo, Gene Lockhart, Barton MacLane, Harry Morgan, Raymond Burr, Arthur Franz, William Frawley. (83 min., b/w)

June 30: *Dark Command* (1940) with Claire Trevor, John Wayne, Walter Pidgeon, Roy Rogers, Gabby Hayes, Porter Hall, Marjorie Main. (94 min., b/w)

Birthday Lunches

May Birthday Lunch

Tuesday, May 20, 11:30 a.m. - 12:30 p.m.

Featuring: Kelly Van Camp

Menu: Mexican turkey dinner, rice, mixed roasted vegetables and seasonal fruit

June Birthday Lunch

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

Featuring: The Center's Ukes group

Menu: California meatloaf, colcannon potatoes, roasted vegetables and seasonal fruit

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

FREE to members on the month of their birthdays.



Sponsored by:



BRIDGE PARK



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.
SOLD OUT!

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

Get your tickets early!

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

\$35 entry fee includes entertainment, dauber and a snack.
Bingo cards, drinks and snacks available for purchase.



Sponsored by:



BRIDGE PARK





4217 SW Oregon St.
Seattle, WA 98116

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657

Jazz Night

Thursdays, May 1 and June 5, 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.



Sponsored by:

