

WELCOME!



THE SENIOR CENTER OF WEST SEATTLE

4217 S. W. Oregon Street, Seattle WA 98116

Phone: 206-932-4044 | Fax: 206-932-4077 |

Hours: 8:30 a.m. to 5:00 p.m. Monday through Friday

Closed: Saturday, Sunday, and Holidays

A Community Partner Site of Sound Generations

OUR MISSION STATEMENT

“The Senior Center of West Seattle strives to promote independence and life enjoyment by providing access to medical and legal services, community housing resources, lifelong learning opportunities, and social events to keep seniors engaged in our Community.”

The Center’s Board of Directors and Staff are pleased to have you as a member of our community. Please let us know if we can be of assistance to you in any way. We are here to serve you.

The Senior Center of West Seattle is a multi-purpose center where older adults may come together to fulfill many of their social, physical, and intellectual needs. It exists to encourage expanding interests, tap potential and develop their talents. The Center is also a bridge – a broad, two-way bridge – linking the loose knit senior community at large.

MEMBERSHIP

Membership is open to people of all ages. For those over the age of 50, it is \$50 per year, and for those under the age of 50, it is \$75 per year and Lifetime memberships are also available for a one-time fee of \$500. Membership renewals are based on the month you joined. You will receive a membership card with your month and year you joined.



As a member you will receive the bi-monthly SCWS *Livin' Life @ the Center* newsletter, a *free* Birthday Lunch in the month you were born, a *free* Holiday Lunch, one free movie pass, one free coffee & cookie from Margie's Café, a 50% discount on Members Day (the 2nd Tuesday of each month) at our thrift store called The Stop 'N Shop, as well as reduced fees on activities, classes, and events offered at the Center.

The newsletter will be mailed to your home. All activities, updates, monthly menus and events are listed here. You may find this a very valuable tool. Also, on the mailing label you will see your membership renewal date for your convenience. You can also access the newsletter on The Center's website. Always contact our Front Desk to make reservations, appointments or for any questions. 206-932.4044 x 1

WEBSITE

The Center maintains its own website where you can purchase advance tickets for events, get news, pay your dues and make a donation.
www.sc-ws.org

FACEBOOK

The Center also has a Facebook page that consistently features articles, events, and people in our community. Please take a moment to “Like” our page so you can receive these updates. It’s a convenient way to keep abreast of what’s happening here.

www.Facebook.com/Senior Center of West Seattle



What’s available at The Center?

MARGIE’S CAFÉ

In 2007 with the expansion of the Center, we added Margie’s Café for the convenience of our members, as well as for the West Seattle community. Our wonderful café volunteers serve coffee, tea, freshly baked cookies, daily homemade soup, and a selection of sandwiches and salads made to order. The café is a great place to enjoy a delicious meal and make new friends. Join us – you don’t need reservations. Wi-Fi available.

Margie’s Cafe is open from 8:30 a.m. to 1:30 p.m. Monday - Friday.

FOOD BANK

The Center provides an on-site Food Bank for low-income members of the Center and seniors in the West Seattle Community. The Food Bank is available on Tuesday (except holidays) from 10:00 a.m. to 10:30 a.m. At 8:30 a.m. you can reserve your place in line by getting a number for that day.

STOP 'N SHOP

The Center maintains a thrift shop on-site at 4504 California Ave SW. All proceeds from the sale of items donated benefit the ongoing operations of the Center. The Stop 'N Shop is operated by volunteers seven days a week from 10:00 a.m. to 4:00 p.m. (Closed on various holidays.) Let us know if you would be interested in volunteering in the thrift store.



On the second Tuesday of every month, members of the Center receive a 50% discount on most items in the store. You will need to show your membership card.

BURKE DYKES COMPUTER CENTER

Monday – Friday the computer center is available for using computers, scanners and printers. The computers in the Computer Center are open to the public to use at any time when there is not a scheduled class. Additionally, the building has Wi-Fi for your convenience.

Free Computer Assistance called Open Computer Lab is available on Mondays (except holidays) from 9:00 a.m. – 11:00 a.m. No registration is required. The lab's available to give you an opportunity to ask questions of our skilled and knowledgeable volunteers.

Lab assistance is available on Mondays mornings only.

The Computer Center offers scheduled computer/technology classes for a fee. Computer Basics (Seniors Training Seniors), Email, Introduction to the Internet, Introduction to Microsoft Word, Smart phones, iPhone/iPad Basics, Apps & Devices, Digital Cameras, Facebook, and Digital Image Editing are just a few. Registration for these classes is required.

Please register for classes with our front desk receptionist.

VOLUNTEER OPPORTUNITIES



The Center's staff relies on volunteers to assist with all of our programs, activities and the general operation of The Center. Most likely you met one of our many volunteers when you were first introduced to the Center.

There are many volunteer opportunities available at the Center. Ongoing positions include: Front Desk Receptionist, Kitchen Assistant, Café Server, Outreach Program Visitor, Computer Room Assistant, Stop 'N Shop Cashier and Backroom Store Assistant, to name a few. Volunteering is a great way to make new friends, share your talents with others, build your resume, learn new skills, and just have fun while feeling great about giving back to your community.

Please contact the Volunteer Coordinator to find out current volunteering opportunities: 206-932-4044 ext. 8.

PROGRAMS/ EVENTS / ACTIVITIES

Senior Center of West Seattle offers a wide variety of programs, events and activities. (See Newsletter for the most up-to- date details.) If you'd like to see us offer something not listed there, please contact our Program/Activities Coordinator at ext. 3

PROGRAMS

ENHANCE FITNESS PROGRAM

This exercise program is designed specifically for seniors. Classes are held on Monday, Wednesday, and Friday at 8:30 a.m. The cost is \$3 per class or *free* to Group Health Advantage members. The instructor makes this innovative and fun class into strength training with wrist and ankle weights, aerobics, balance, and stretching. This program is designed to be safe and effective for seniors with a wide range of physical abilities and disabilities. This class requires your doctor's consent. Please ask the receptionist for the necessary forms.

SOCIAL SERVICES PROGRAMS

SUPPORT GROUPS

- LOW VISION
- AGING WELL
- CAREGIVER SUPPORT GROUP
- SING-A-LONG MONTHLY GROUP

*Facilitated by Licensed Social Worker,
Holly McNeill*



COMMUNITY RESOURCES AND SUPPORT

Our licensed Social Workers are on staff to assist elders and their families with a variety of issues including: housing, in home support, caregiving issues, transportation, accessing medical services etc.

The Outreach Program provides intensive in-home case management for home bound elders, including volunteers for support in certain situations.

FOOT CARE PROGRAM

The Center offers Foot Care Services onsite for seniors. The cost is \$22 for members of the Center and \$27 for non-members. A licensed nurse is available on Mondays to provide this service.

Please call 206-932-4044 ext. 1 for appointments.

MEALS ON WHEELS

This service is provided to seniors in our community who can benefit from home-delivered meals, making it easier for them to remain healthy and independent. Prepared meals are delivered to their homes by volunteers each Wednesday morning.

To participate in the Meals on Wheels Program, please call Sound Generations at 206-448-5767.

COMMUNITY DINING PROGRAM- *"Junction Diner"*

The logo for Junction Diner features the word "Junction" in a white, cursive script font with a drop shadow, followed by "diner" in a white, sans-serif font. The word "diner" is enclosed within a black oval shape. The entire logo is set against a teal rectangular background.

Junction diner

The Center offers a Monday –Thursday Nutrition Lunch Program for a suggested donation of \$3.00 for seniors age 60 and older and \$6.00 for all others. Meals are prepared by our onsite chef and served in our Junction Diner. Healthful meals are planned with seniors in mind. A monthly menu is published in the newsletter for your convenience. Menus are subject to change without notice, though we try to adhere to our published menus as much as possible.

Reservations: YES! Please call ahead to reserve a spot.

The number of meals are limited.



INCOME TAX ASSISTANCE

This service is provided *free* for seniors who need assistance with their income tax submittal. Trained volunteers with AARP are available at the Center from February through April 15. Paperwork from the previous tax year is required. Donations are not necessary, but are gladly accepted and benefit the ongoing operations of the Center.

Appointments are required and you should make an appointment early. Please contact the Front Desk.

SENIOR RIGHTS, INSURANCE, & LEGAL ASSISTANCE

Once a month a Senior Rights Specialist (from SHIBA = Statewide Health Insurance Benefits Advisor) schedules individual appointments to provide information and assistance regarding Medicare, Medicaid, Medigap plans, and claims assistance.

Attorney John Llewellyn provides legal assistance on the first and third Thursdays of the month. Free 20 minute appointments are available.

**Should you decide to hire him in the future, you will be charged for further services.*

All Insurance and Legal appointments are made with our Front Desk:

Call 206-932-4044 to schedule a free 20-minute consultation with an attorney.

SPECIAL EVENTS AND FUNDRAISERS



The Center offers monthly events to encourage socialization, fun, and help create funds for the Center. Food, no-host bars, activities and entertainment maybe provided.

These special events may be during the day or evening which include Birthday Luncheons; Chinese New Year Luncheon; Dinner Cabarets such as Elvis Night, West Seattle Big Band Swing Dance, Paella Dinner, or events such as; Paint Night, Trivia Night, and Rainbow Bingo. All proceeds from these benefit the Continued Center's operating fund.

The newsletter will have advertisements for these events and you will see posters and flyers in the Center. We have many fundraising events throughout the year, please contact the volunteer coordinator if you are interested in volunteering for any of these functions.

ACTIVITIES

ONGOING ACTIVITIES

Looking for something to do?
Want to meet new friends?



We have many activities that occur once or twice a month such as:

- Coffee Time with Vets, Circle of Singles, Sing-Along, LGBTQ Social, Financial Workshops, Medicare Workshops, Reiki Energy, Caregiver Support, and Low Vision Support Groups.

The Center offers a number of ongoing activities each day:

- Monday:
Enhance Fitness, Computer Lab, Duplicate Bridge, Pinochle, Tai Chi, Watercolor, Gentle Yoga, and Ukulele Practice, Zumba Gold, and Aging Well Group
- Tuesday:
Cribbage, Technology classes, Hardanger, Quilting, and Book Reading Group
- Wednesday:
Enhance Fitness, Duplicate Bridge, Bridge For Fun, Mahjong, Gentle Yoga, Acrylics Painting Class, Paper Crafting Classes and Terry's Matinee Movies
- Thursday:
Line Dancing, Pinochle, Tai Chi & Qigong, German and Writing Group
- Friday:
Bingo, Regain Your Balance, Chair Massage, Film History, Terry's Matinee Movies, and Conversational Spanish

SENIOR CENTER POLICY

The Senior Center of West Seattle does not endorse products or service providers, nor do we assume any responsibility for the quality of any products. Our aim is to protect the elderly from undue coercion. The Center is not a market place. We neither approve nor condone solicitation of business within our facilities. Programs are offered for member enjoyment, entertainment and/or information only. Please report any violation to the Center Director.

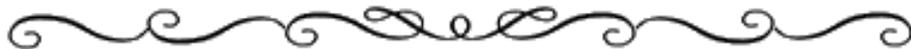
DISCRIMINATION STATEMENT

“We embrace the belief that cultural, social and other differences should be respected and celebrated.”

The Senior Center of West Seattle does not discriminate on the basis of age, gender, marital status, religion, race, color, creed, sex, national origin, sexual orientation, gender identity, political ideology, the presence of any sensory, mental, or physical disability in admission to, access to, treatment of, employment in its programs and activities.

LEGAL ENTITY

The Senior Center of West Seattle is a Not-for-Profit 501 (C) 3 organization. It is a community partner site of Sound Generations (previously known as Senior Services.)



The Center is closed on all holidays. In the event of inclement weather the Center will be closed if the Seattle Public Schools are closed. Follow your TV news channels for this information.



A Community Partner Site of Sound Generations

