

Connecting at the Senior Center

March/April 2024

ARTS
WEST

APRIL 4 - 28, 2024

ENGLISH

BY SANAZ TOOSI

DIRECTED BY NAGHMEH SAMINI

ARTSWEST.ORG

Winner
of the 2023
Pulitzer Prize
in Drama

New Partnership with ArtsWest

ArtsWest is inviting our members to attend the upcoming award-winning play *English* at an exclusive discounted rate all season long. Plus, attendees at the Thursday, April 11, showing can stop by the theater's box office for a special gift from ArtsWest.

English is written by Sanaz Toossi, winner of the Pulitzer Prize for Drama in 2023. It is co-produced with Seda Iranian Theatre Ensemble and directed by Naghmeh Samini.

As described by ArtsWest: "Two words set in motion award-winning playwright Sanaz Toossi's intricate and profound New York debut: 'English Only.' This is the mantra that rules one classroom in Iran, where four adult students are preparing for the TOEFL — the Test of English as a Foreign Language. Chasing fluency through a maze of word games, listening exercises, and show-and-tell sessions, they hope that one day, English will make them whole. But it might be splitting them each in half."

ArtsWest is a professional, nonprofit theater and art gallery that has been an artistic hub in the West Seattle Junction since 1998.

Tickets: \$30 tickets are available for Senior Center members. Use the code `WS_SENIOR24` when purchasing at artswest.org or by mentioning the Senior Center to the box office in person or at 206-938-0339.



Senior Center
4217 SW Oregon St
Seattle, WA 98116
Monday-Friday:
8:30am-4:30pm

Margie's Café
M-F: 9am-1:30pm

Community Dining
M-Th: 11:45am-12:30pm

Stop 'N Shop
4504 California Ave SW
Seattle, WA 98116
Monday-Sunday:
11am-4pm

sc-ws.org • 206-932-4044 • info.scws@soundgenerations.org

Table of Contents

From the Executive Director.....	2
Lectures & Special Programs.....	3-6
Program Descriptions.....	7-12
Toni's Tips	13
March Calendar & Menus.....	14-15
April Calendar & Menus	16-17
Stop 'N Shop	18
Margie's Café	19
Senior Center Info	20-21
Movies	22
Piano Bar	22
Rainbow Bingo	22
Birthday Lunches	23
Fundraising Breakfast	24

Mission Statement:

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.



Greetings From the Executive Director

I'm excited to share that the Senior Center is really resonating with people as a place to build community and prevent loneliness. Our membership numbers continue to grow. In January, we had 49 households join or renew and 143 single memberships join or renew. A fun fact is that the youngest new members to join us are ages 38, 43, 47 and 53! It's great to have such a wide span of ages among our members at the Senior Center.

We depend on membership fees to fund our programs and services. With our new membership fee levels, we are inviting you to invest at a higher level. That helps us cover the cost of our operations, which has increased significantly in the past several years.

Our new annual membership fees are:
\$50 = Supporter level – For those of you who want to support the Senior Center and don't come as often to programs and classes

\$120 = Frequent Participant level – For those of you who come to classes on a weekly basis and can pay at this level (still a great value at just \$10/month)

\$500 = Lifetime Member level – The best deal ever! For those of you who know you'll be coming to classes and programs for years to come. Plus, you never have to remember to renew.

I also want to invite you to save the date for our Annual Fundraising Breakfast on Tuesday, May 14, when we'll be kicking off the celebration of our new name and brand.

Happy spring!

A handwritten signature in cursive script that reads "Amy Lee Derenthal".

Lectures & Special Programs

History Hour Lectures

We are presenting fantastic topics these next two months. Our lecture series covers a broad range of topics, hosted by various local authors and speakers. Advance RSVP requested.

MARCH: WOMEN'S HISTORY MONTH

"And It Has Pockets! The Battle for Women's Clothing Equality"

Thursday, March 14, 4:30-5:30pm



Comparisons have shown that modern garments designed for women have about half the storage space of clothing designed for men. From their invention, pockets in women's fashion have represented

independence—so much so that in the 18th century, laws were enacted to strip women of their personal liberty by making the contents of their pockets the property of their husband. The right to have pockets went hand-in-hand with the right to vote. And people today are still speaking out about the inequality between men's and women's clothing based on this simple storage system. Join theater teacher and costume designer Diane Johnston in this entertaining and educational presentation about fashion history and the historical trends that find their way into our modern closets. Free to members and non-members, thanks to sponsorship from Humanities Washington.



APRIL: EARTH MONTH

"Recycling & Composting 101"

Wednesday, April 10, 1-2pm



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



**Seattle
Public
Utilities**

Lectures & Special Programs

We love celebrating and commemorating holidays at the Senior Center. Here are dates we're marking these next two months.

March:

WOMEN'S HISTORY MONTH

For almost 30 years, presidents have issued annual proclamations in March to celebrate the contributions women have made to the United States and recognize the specific achievements women have made over the course of American history in a variety of fields. Our March History Hour lecture will dig into the pockets of the past, tracing the history of the humble pocket to determine if the battle for equality may still be decided by a few inches of extremely influential fabric.

ST. PATRICK'S DAY

The patron saint of Ireland is celebrated this day, and we have three events to commemorate the holiday.

Silver Sounds Show

Wednesday, March 13, 1-2pm

Silver Sounds will present a lively "Wearin' O' the Green" celebration, including songs, jokes, a sing-along, plus prizes and a mystery raffle. Wear green and celebrate everything Irish! Free for members and non-members.

Youth Irish Dance Performance

Friday, March 15, 1:30-2pm

Join us for a special show by West Seattle's own Comerford School of Irish Dance. This group of young dancers will do a variety of jigs and reels. Some of them will be performing for the first time and some will undoubtedly go on to become champions. Free for members and non-members.



Birthday Lunch

Our Luck O' the Irish Birthday Lunch will feature traditional food and Irish music by the Bonnie Birch Duo. Wear green and RSVP early.

April:

EARTH DAY

This annual event on April 22 honors the achievements of the environmental movement and raises awareness of the need to protect the Earth's natural resources for future generations. Our April History Hour will be a "Recycling 101" presentation to help in this global effort.



JAZZ APPRECIATION MONTH

This music festival is held every April in the United States and Canada to honor jazz as an early American art form.



SEXUAL ASSAULT AWARENESS MONTH

This month also commemorates a time for advocates, survivors, their loved ones and the community to come together to talk openly about sexual violence to support survivors, increase knowledge and awareness and identify strategies and resources to prevent sexual violence.



Lectures & Special Programs

Special Events & Workshops

All 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.

WESTSIDE DANCE WITH DEAN

Tuesdays, March 5-April 2

Swing: 7-8pm

Waltz: 8:15-9:15pm

Dust off your dancing shoes for another great dance series! Popular instructor Dean Paton returns with live partner-dance classes in swing and waltz. Cost for the five-week series is \$70/person for members and \$100/person for non-members. RSVP in advance at sc-ws.org/westside-dance.

SECRETS TO AFFORDING SENIOR LIVING

Wednesdays, March 6, 1-2:30pm;

April 24, 3-4:30pm



Aging safely and gracefully is a challenge that we'll first face with our loved ones and then for ourselves. Join Dawn Schaper, executive director of With A Little Help Home Care, in these two presentations to help make the "Golden Years" as enjoyable, secure, active, healthy, social, stress-free and dignified as possible. In April, Dawn will be joined by attorney Robert McDonald who will discuss medication rights for seniors. Free for members and non-members.



FABRIC ART DESIGN WORKSHOPS

Thursdays, March 14, April 11, 11am-12:30pm

Discover the art of painting on fabric in these workshops where we'll use 'wet-on-wet' and 'drybrush' techniques to paint intuitively and freely. Learn how to transform an existing article of clothing or home accessory into an original piece of art.

Beginners and advanced artists are welcome and all supplies will be provided. Space is limited to 12. Free for members and non-members.



FREE TAX RETURN PREPARATION

Feb 2-April 12, 9am-2:30pm

Have your federal tax return prepared for free by IRS-certified AARP volunteers at the Senior Center. This service is provided to low- and moderate-income taxpayers. AARP membership is not required. Stop by the front desk or call 206-932-4044 x1 to schedule an appointment and find out what documents to bring with you. (Note: AARP is unable to do your return if you have rental property income or bought/sold cryptocurrency in 2023.)

Lectures & Special Programs

EMPATHY HOUR

Thursdays, March 14, 28; April 11, 25, 1-2:30pm

We all long to be heard with attention, kindness and empathy—and without judgment, criticism or lecturing. Come to Empathy Hour to receive empathic listening and to give the gift of empathic listening to others. Sura Hart, a trainer with the Center for Nonviolent Communication, will help you strengthen your listening skills through fun activities, role plays and her No-Fault Zone® game. Free for members and non-members.

PARKINSON'S SUPPORT GROUP

Tuesdays, March 19, April 16, 2-3pm

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.



SOUND BATH HEALING

Wednesdays, March 20, April 10, 1-2:30pm

Discover how to improve sleep, lower your blood pressure and reduce a myriad of other health concerns with a sound bath. Sound baths use Tibetan singing bowls to create a state of harmony by using sound to allow your body to harmonize and clear negativity and illnesses. Certified singing bowl therapist and Reiki master Judi Ervin and her team will help you relax, let go and leave stress and anxiety behind. This class can be done seated or on the floor. Please bring a mat and small pillow if needed. Free for members and non-members.

Programs: Health & Wellness

Fitness Classes

BALANCE & STRENGTH

Wednesdays and Fridays, 10-11am

Improve your balance and prevent falls with this class that utilizes elements of tai chi, qigong and yoga. We incorporate exercises to improve the many components of balance such as specific balance exercises, lower body strength, flexibility and mindfulness. We allow for a wide range of abilities and use assistive devices such as chairs and tables.

ENHANCE FITNESS

Mondays, Wednesdays and Fridays, 9-10am

Join our fitness instructor for this innovative class combining aerobics, strength, balance and stretching. No experience needed. Enhance Fitness class is free to members, Kaiser Permanente Medicare Advantage members and some Silver and Fit providers. Check eligibility with your insurance company.

GENTLE CHAIR YOGA

Mondays, 10-11am

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, 9:30-10:30am

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, 11:30am-12:30pm

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, 9-10am

This class will explore a variety of ways to make friends with our minds. Each week will include 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 to be more present and relaxed.

MOVING THROUGH CANCER EXERCISE CLASS

Mondays, 1-2pm, Wednesdays, 10-11am

This virtual class is designed for cancer survivors in collaboration with UW Medical Research. Participants have completed their cancer treatment and are looking for specialized exercises. Led by a certified Cancer Exercise Trainer. Contact the front desk to see if you qualify.

REJUVENATING YOGA

Wednesdays, 3-4pm

Join certified yoga instructor Katy Aversenti Schumaker for this afternoon offering. This class will be a combination of hatha yoga, a low and slow flow, restorative yoga and yin yoga. We will check in at the beginning of class and Katy will customize the hour to fit the desires of the yogis in attendance. This is a gentle, all-levels class and is appropriate for all bodies. Chair yogis welcome as well. Please bring a mat, block and blanket if you have them.

TAI CHI

Level 1 Beginners: Thursdays, 9:30-10am

Level 2 Advanced: Thursdays, 10-11am

(except March 7, April 4, 25)

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 both beginners and those looking for a review of basic moves and combinations. Level 2 will be for those experienced in tai chi and ready to add on to their basic skill set.

Programs: Health & Wellness

YOGA FOR STRONG BODIES, STRONG BONES

Thursdays, 2:30-3:30pm

Join certified yoga therapist Milo in weight bearing movements that will help you become stronger and steadier: slowly, gradually and safely. You will be led through a series of movements that strengthen your bones and muscles which will give balance to your body. Using light weights offers resistance and is helpful for building bone mass but will be optional. Movement using resistance and light weight is a great way to help your bones stay healthy and avoid osteoporosis, too. This class can be enjoyed by anyone who can stand and get down on the floor comfortably. Please bring a mat, blocks, a blanket and pillow and personal weights if you have them.

Health & Wellness Services

DENTAL HYGIENE CLINICS

Contact front desk for an application.

Estimated fee: \$98-126

Get your pearly whites cleaned at the Senior Center by Dental Hygienist Jan Loder-Gaidos, RDH. Pick up an application form at the Senior Center and call Jan's office at 206-498-4023 to set up an appointment.

FOOT CARE CLINICS

Contact front desk for availability.

Fee: \$40 members, \$50 non-members

Give your feet the attention they deserve with a foot care appointment with one of our nurses.

HAIRCUTS BY TALIA

Wednesdays, March 6, April 3, 1:30-4:30pm

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 Senior 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 Senior Center.

HEALING TOUCH

Thursdays, 9-10:30am

During ancient times, "laying on of hands" served as a first-line therapy for people who were suffering. Today, these same energy practices are finding a place in modern medicine. Enjoy the feeling of "relaxation and well-being" after a 20-minute seated session of Healing Touch. Patty Bodzioch, Healing Touch Certified Practitioner, offers these sessions of gentle, light or near body touch.

NEW! SOUND BATH HEALING

Wednesdays, March 20, April 10, 1-2:30pm

Discover how to improve sleep, lower your blood pressure and reduce a myriad of other health concerns with a sound bath. Sound baths use Tibetan singing bowls to create a state of harmony by using sound to allow your body to harmonize and clear negativity and illnesses. Certified singing bowl therapist and Reiki master Judi Ervin and her team will help you relax, let go, and leave stress and anxiety behind. This class can be done seated or on the floor. Please bring a mat and small pillow if needed. Free for members and non-members.

Actividades en Español

ACTIVIDADES EN ESPAÑOL CON EL APOYO DE SEA MAR COMMUNITY HEALTH CENTER'S STAFF / SEA MAR ACTIVITIES IN SPANISH

Martes (Tuesdays), 9am-2pm

El Personal de Sea Mar le da la bienvenida a todos los miembros para disfrutar de un día completo de actividades divertidas, socialización y almuerzo 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 and lunch. For more info, contact Yanin Diaz: yanindiaz@seamarchc.org or 206-227-6025.

Programs: Connections to the Community

Games & Social Activities

AMERICAN MAHJONG

Wednesdays, 1-3pm

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, 1:30-3pm

Are you looking for a new activity to keep your brain sharp and clear? Join us for lessons, short tutorials and chess for all levels of expertise. For info: Conwell Dickey: conwell@conwelld.net.

COFFEE WITH VETS

Tuesdays, March 12, April 9, 11am-12pm

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 other topics.

CONVERSATION & FRIENDSHIP CORNER

Thursdays, March 7, 21, April 4, 18, 1-2:30pm

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.

CRIBBAGE

Tuesdays, 12:30-3pm

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 7, 21, April 4, 18, 1-2:30pm (full) and 2:30-4pm (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 Senior Center. To register: Toni Ameslav: 206-932-4044 x9 or tonia@soundgenerations.org.

NEW! EMPATHY HOUR

Thursdays, March 14, 28, April 11, 25, 1-2:30pm

We all long to be heard, with attention, kindness and empathy—and without judgment, criticism or lecturing. Come to Empathy Hour to receive empathic listening and to give the gift of empathic listening to others. Sura Hart, a trainer with the Center for Nonviolent Communication, will strengthen your listening skills through fun activities, role plays and her No-Fault Zone® game.

OLDER WESTSIDE LESBIAN GROUP (OWLS)

Thursdays, March 7, 7pm; April 4, 6:45pm

In March, OWLS are going to meet at the Senior Center for Piano Bar; \$10 admission. Our April outing will be to visit the Nordic Museum on free admission day. We welcome everyone to join us for OWLS where we always do something fun! For info: Dee Quiggle: deequiggle2@gmail.com.

PARTY BRIDGE

Wednesdays, 10am-12pm

Join us for Party Bridge at the Senior 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, 12-3pm

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

SCRABBLE CLUB

Fridays, 12:30-1:30pm

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, too.

WESTSIDE FRIENDS OUTREACH PROGRAM

We match you with a Senior 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@soundgenerations.org.

Programs: Lifelong Learning and Growth

Music & Dance

HAND DRUMMING WORKSHOP

Tuesdays, 2:30-4pm

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, 11am-12pm

Level 2 Advanced: Mondays, 12-1pm

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, 1-2:30pm

Join this lively group for weekly ukulele playing and singing. Open to all musicians and singers. For info: Charlie Strong: charliestrong@earthlink.net.

Art Classes

ARTS & CRAFTS GROUP

Thursdays, 12-2pm

If you do beadwork, paint, do collage, mixed media, bookmaking, doll making, embroidery, knitting, crocheting or are looking for a place to explore a new artistic hobby, come join us. For info: Linda Hulce: 206-755-1472 or lulce6@aol.com.

EXPLORING ART CLASS

Tuesdays, 10:30am-12pm

Explore, learn and create art using a variety of techniques and materials, from watercolor and acrylic paint to pastels and pen and ink. Instructor Laura will share her techniques and tricks with you to make sure everyone feels that creative spark.

NEW! FABRIC ART DESIGN WORKSHOPS

Thursdays, March 14, April 11, 11am-12:30pm

Discover the art of painting on fabric in these workshops where we'll use 'wet-on-wet' and 'drybrush' techniques to paint intuitively and freely. Learn how to transform an existing article of clothing or home accessory into an original piece of art. Beginners and advanced artists are welcome and all supplies will be provided. Space is limited to 12. Free for members and non-members.

QUILTERS GROUP

Mondays, March 4, 18, April 1, 15, 6:30-9pm

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

BOOK CLUB FOR ADVENTUROUS READERS

Fridays, March 8, April 12, 1-2pm

We will explore it all—fiction, non-fiction, bestsellers, fantasy, sci-fi and young adult literature. Come prepared to share a book recommendation and enjoy lively discussion. These selections are subject to change, based on group decisions and availability of books. New members are welcome!

CASUAL SPANISH CONVERSATION CLASS

Thursdays, 10-11am

This class is based on themes with vocabulary and grammar support. We provide many opportunities to practice speaking in a relaxed and comfortable environment. All levels are welcome. To volunteer or for info: Jerie Milici: jerie.milici@gmail.com.

CONVERSATIONAL GERMAN

Tuesdays, 10-11am

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

ENGLISH AS A SECOND LANGUAGE (ESL) CLASS

Tuesdays, 9:30-10:30am

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.

Programs: Accessible Services

HAM RADIO GROUP

Mondays, March 4, April 1, 5:45-7:30pm

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 5:45pm and this meeting runs concurrent with the club's Monday Night Net (6:15-7pm), so you can listen in or join the conversation. For info: Jim Edwards: wsbigband@gmail.com.

JOURNALING FOR MINDFULNESS

**Wednesdays, March 13, 27, April 10, 24,
11am-12:30pm**

Certified teacher Kristine Kero explores the daily practice of mindful journaling, which can improve wellness and relieve stress. Timed prompts will provide self-reflection to explore how to journal for mindfulness, focus on breathing for calmness and other empowering strategies. Bring a journal or notebook to do writing exercises. You do not have to share what you write.

WRITING GROUP

**Wednesdays, March 6, 20, April 3, 17,
11am-12:30pm**

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 limited. To participate, contact Natalie in advance for materials and other info: nataliebumgardner@yahoo.com.

Technology Programs

BURKE DYKES COMPUTER LAB

**Mondays, Tuesdays and Wednesdays,
8:30am-4:30pm**

Use our Windows 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.

DIGITAL DISCUSSIONS

Mondays, 3-4pm

Join us for an ongoing series of 50-minute presentations developed to support your journey into the world of today's technology. Upcoming topics include income tax software, GPS software, banking apps, Zoom, eBooks, audiobooks and games. Stop by the computer lab to pick up a printed schedule of these events.

DIGITAL NAVIGATION

Monday through Friday, by appointment

Our Digital Navigation team guides you in the use of your computer, tablet or phone. We can teach you how to make and receive calls and texts, set up and access voicemail, recover forgotten passwords, install new apps, manage email, update operating systems, decipher error messages, organize cloud storage and much more. Suggested donation: \$10. To book a 45-minute appointment: Martin Piccoli: 206-932-4044 x114 or martinp@soundgenerations.org.

DROP-IN DIGITAL NAVIGATION

**Mondays and Thursdays (except April 8 & 11),
1-3:30pm, no appointment necessary**

If you have a quick question about your cell phone, tablet or personal computer, bring it to our computer lab on Mondays and Thursdays and queue up for a 25-minute session with one of our team members. Suggested donation: \$5.

DIGITAL NAVIGATION MINI-COURSES

Fridays, March 15-April 12

Fee: \$25 members/\$35 non-members
Space limited; advance registration required by contacting Martin: 206-932-4044 x114 or martinp@soundgenerations.org.

Course #1: Cell Phone 101 (9:30-10:20am):

Are you a first-time smartphone owner still working on basics? Have you owned a smartphone for less than one year and still aren't sure how it works? Join us for a series of five classes devoted to the ABCs of smartphones.

Course #2: It Could Happen to You (11-11:50am):

We'll look at some of the bigger challenges we face when using our tech devices, from crashes to hacks to theft and more. We'll discuss how to reduce our risks of these events and how to recover from them when they do occur. (Recommended for individuals familiar with their devices.)

Programs: Accessible Services

Food & Meals

MARGIE'S CAFÉ

Monday-Friday, 9am-1:30pm

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

COMMUNITY DINING

Monday-Thursday, 11:45am-12:30pm

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 \$4/person ages 60+; \$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, 9-9:30am

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

Support Groups

AGING WELL GROUP

Mondays, 1-2pm

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, Toni Ameslav: 206-932-4044 x9 or tonia@soundgenerations.org.

DIABETIC SUPPORT GROUP

Fridays, March 1, April 5, 1-2pm

If you are diabetic or pre-diabetic, have a friend or family member who is or are simply interested in the topic, join our monthly meetings that cover nutrition, foot care and vision care. To register, contact our social worker, Toni Ameslav: 206-932-4044 x9 or tonia@soundgenerations.org.

LOW VISION GROUP

Tuesdays, March 12, April 9, 2-3pm

We welcome you to participate in this group to share the challenges of dealing with low vision and receive resources and support. To register, Toni Ameslav: 206-932-4044 x9 or tonia@soundgenerations.org.

NEW! PARKINSON'S SUPPORT GROUP

Tuesdays, March 19, April 16, 2-3pm

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.

VIRTUAL CAREGIVERS SUPPORT GROUP

Wednesdays, March 13, April 10, 1:30-2:30pm

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, Toni Ameslav: 206-932-4044 x9 or tonia@soundgenerations.org.

Specialist Services

LEGAL CONSULTATIONS

John Llewellyn, Attorney

Dianlyn Cenidoza, Attorney

Marisa Samuelson, Attorney

Thursdays, March 7, 21, April 4, 18, 3:30-5pm

Heather De Vrieze, Attorney

Tuesdays, March 26, April 30, 2:30-4pm

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. By appointment only.

MEDICARE PRESENTATION

Thursdays, March 7, April 4, 11am-12pm

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.

Home Care or Home Health Care...What's the Difference?

By Toni Ameslav, MSW, Staff Social Worker

Families often ask us for help setting up home health care for a family member, when they actually want to set up home care, so I thought it would be helpful to give a brief overview of the difference between the two.

Home care is assistance provided with activities of daily living, such as meal preparation, transportation and light housework, as well as non-medical personal care tasks like shower and dressing help and assistance with transfers from bed to chair or bed to walker.

These services can be provided by a caregiver from a licensed home care agency or by a private individual hired by an individual or family to provide these services. Home care services are usually paid for privately, although some long-term care policies cover home care. They are never covered by Medicare. Most agencies require a minimum number of hours per shift, usually four hours. Costs vary widely among home care agencies so comparison shopping is important. It's important to use a licensed home care agency that provides oversight of its employees and will be responsible for their wages and benefits. If you hire a caregiver privately through word of mouth or other means, be sure to check their references carefully. You may be able to negotiate an hourly rate with them and not be dependent on a certain number of hours per shift.

For low-income individuals who meet financial criteria and have at least two non-medical personal care needs, the state of Washington pays for a certain number of hours per month of caregiving from a home care agency or individual, depending on the individual's needs. This requires an application process, and our social workers can assist with this process.

Home health care is a Medicare-covered service provided in an individual's home, usually following surgery, injury, hospitalization or a stay in a skilled



nursing facility. Medicaid also covers home health care for people who qualify. You must be on Medicare Part A and/or Part B or have private insurance that pays for home health care. Home health care must be ordered by a physician and can include intermittent nurse visits, physical therapy, occupational therapy, speech therapy, social work and a home health aide for bathing.

To qualify for home health care, an individual must be homebound according to Medicare rules, have a skilled need and be under the care of a physician. Individuals are initially certified for 60 days and can be recertified for another 60 day period if they still have a skilled need at the end of 60 days. Skilled needs include physical therapy for rehab following a hip replacement, wound care, tube feeding or skilled nursing for sterile dressing changes.

Home health care is generally short-term, and an individual must be showing improvement or decline in order to be recertified. If a home health care patient stabilizes, they will be discharged from home health services. Home health care does not include home care services like meal prep and non-medical personal care, except for shower assist by a home care bath aide.

If you have questions about home care or home health care, please contact one of our social workers.

Calendar of Events: March

Monday	Tuesday	Wednesday	Thursday	Friday
1				
R=RSVP required \$=fee				8:30 - 5:00 Foot Care (R) (\$) 9:00 Enhance Fitness 9:00 - 5:00 Taxes (R) 10:00 Balance & Strength 11:30 Hatha Yoga 12:30 Scrabble Club 1:00 Diabetic Grp (R)
4		5		6
8:30 - 4:30 Computer Lab 9:00 Enhance Fitness 10:00 Gentle Chair Yoga 11:00 Beginner Line Dancing 12:00 Adv Line Dancing 12:30 Movies 1:00 Aging Well Grp (R) 1:00 UKES Sing-Along 1:00 - 3:30 Drop-In Digital Support 3:00 Digital Discussions 5:45 HAM Radio Grp 6:30 Quilters Grp	8:30 - 4:30 Computer Lab 9:00 Meditation 9:00 Sea Mar Community 9:30 Get Moving! 9:30 ESL Class 10:00 German 10:30 Exploring Art Class 12:30 Cribbage 1:30 Chess Club 2:30 Hand Drumming 7:00 Westside Dance (R) (\$)	8:30 - 4:30 Computer Lab 9:00 Enhance Fitness 10:00 Balance & Strength 10:00 Party Bridge 11:00 Writing Grp 1:00 Secrets to Affording Senior Living (R) 1:00 American Mahjong 1:30 - 4:30 Haircuts (R) (\$) 3:00 Rejuvenating Yoga	9:00 Healing Touch (R) 9:00 - 5:00 Taxes (R) 10:00 Spanish 11:00 Medicare 12:00 Arts & Craft Grp 12:00 Pinochle 1:00 - 3:30 Drop-In Digital Support 1:00 - Current Events #1 (R) 1:00 Convo & Friendship 2:30 Yoga Strong Bodies 2:30 Current Events #2 (R) 3:30 - 5:00 Legal Assist (R) 7:00 Piano Bar (\$)	9:00 Enhance Fitness 9:00 - 5:00 Taxes (R) 10:00 Balance & Strength 11:30 Hatha Yoga 12:30 Scrabble Club 1:00 Book Club
11		12		13
8:30 - 4:30 Computer Lab 9:00 Enhance Fitness 10:00 Gentle Chair Yoga 11:00 Line Dancing 12:00 Adv Line Dancing 12:30 Movies 1:00 Aging Well Grp (R) 1:00 UKES Sing-Along 1:00 - 3:30 Drop-In Digital Support 3:00 - 4:00 Digital Discussions	8:30 - 4:30 Computer Lab 9:00 Meditation 9:00 Sea Mar Community 9:30 Get Moving! 9:30 ESL Class 10:00 German 10:30 Exploring Art Class 11:00 Coffee w/ Vets 12:30 Cribbage 1:30 Chess Club 2:00 Low Vision Grp (R) 2:30 Hand Drumming 7:00 Westside Dance (R) (\$)	8:30 - 4:30 Computer Lab 9:00 Enhance Fitness 10:00 Balance & Strength 10:00 Party Bridge 11:00 Journaling for Mindfulness 1:00 Silver Sounds St. Pat's Show (R) 1:00 American Mahjong 1:30 Virtual Caregivers Support Grp (R) 3:00 Rejuvenating Yoga	9:00 Healing Touch (R) 9:00 - 5:00 Taxes (R) 9:30 Tai Chi 10:00 Spanish 11:00 Fabric Design Art 12:00 Arts & Craft Grp 12:00 Pinochle 1:00 - 3:30 Drop-In Digital Support 1:00 Empathy Hour 2:30 Yoga Strong Bodies 4:30 History Hour (R) (\$)	9:00 Enhance Fitness 9:00 - 5:00 Taxes (R) 9:30 Digital Mini Course: Cell Phone 101 (R) (\$) 10:00 Balance & Strength 11:00 Digital Mini Course: It Could Happen To You (R) (\$) 11:30 Hatha Yoga 12:30 Scrabble Club 1:30 Celtic Dancers St. Pat's Show
18		19		20
8:30 - 4:30 Computer Lab 9:00 Enhance Fitness 10:00 Gentle Chair Yoga 11:00 Line Dancing 12:00 Adv Line Dancing 12:30 Movies 1:00 Aging Well Grp (R) 1:00 UKES Sing-Along 1:00 - 3:30 Drop-In Digital Support 3:00 Digital Discussions 6:30 Quilters Group	8:30 - 4:30 Computer Lab 9:00 Meditation 9:00 Sea Mar Community 9:30 Get Moving! 9:30 ESL Class 10:00 German 10:30 Exploring Art Class 12:30 Cribbage 1:30 Chess Club 2:00 Parkinson's Grp (R) 2:30 Hand Drumming 7:00 Westside Dance (R) (\$)	8:30 - 4:30 Computer Lab 9:00 Enhance Fitness 10:00 Balance & Strength 10:00 Party Bridge 11:00 Writing Grp 1:00 Sound Bath Healing 1:00 American Mahjong 3:00 Rejuvenating Yoga	9:00 Healing Touch (R) 9:00 - 5:00 Taxes (R) 9:30 Tai Chi 10:00 Spanish 12:00 Arts & Craft Group 12:00 Pinochle 1:00 - 3:30 Drop-In Digital Support 1:00 Current Events #1 (R) 1:00 Convo & Friendship 2:30 Yoga Strong Bodies 2:30 Current Events #2 (R) 3:30 - 5:00 Legal Assist (R)	8:30 - 4:00 Foot Care (R) (\$) 9:00 Enhance Fitness 9:00 - 5:00 Taxes (R) 9:30 Digital Mini Course: Cell Phone 101(R) (\$) 10:00 Balance & Strength 11:00 Digital Mini Course: It Could Happen To You (R) (\$) 11:30 Hatha Yoga 12:30 Scrabble Club
25		26		27
8:30 - 4:30 Computer Lab 9:00 Enhance Fitness 10:00 Gentle Chair Yoga 11:00 Line Dancing 12:00 Adv Line Dancing 12:30 Movies 1:00 Aging Well Grp (R) 1:00 UKES Sing-Along 1:00 - 3:30 Drop-In Digital Support 3:00 Digital Discussions	8:30 - 4:30 Computer Lab 9:00 Meditation 9:00 Sea Mar Community 9:30 Get Moving! 9:30 ESL Class 10:00 German 10:30 Exploring Art Class 11:30 Birthday Lunch (R) (\$) 12:30 Cribbage 1:30 Chess Club 2:30 Hand Drumming 2:30 - 4:00 Legal Assist (R) 7:00 Westside Dance (R) (\$)	8:30 - 4:30 Computer Lab 9:00 Enhance Fitness 10:00 Balance & Strength 10:00 Party Bridge 11:00 Journaling for Mindfulness 1:00 American Mahjong 3:00 Rejuvenating Yoga	9:00 Healing Touch (R) 9:00 - 5:00 Taxes (R) 9:30 Tai Chi 10:00 Spanish 12:00 Arts & Craft Grp 12:00 Pinochle 1:00 - 3:30 Drop-In Digital Support 1:00 Empathy Hour 2:30 Yoga Strong Bodies	9:00 Enhance Fitness 9:00 - 5:00 Taxes (R) 9:30 Digital Mini Course: Cell Phone 101 (R) (\$) 10:00 Balance & Strength 11:00 Digital Mini Course: It Could Happen To You (R) (\$) 11:30 Hatha Yoga 12:30 Scrabble Club
28		29		

Community Dining Menu: March



We serve a hot lunch in a communal setting Monday through Thursday from 11:45am-12:30pm in Hatten Hall. Suggested \$4/person ages 60+; \$10 under 60

Monday	Tuesday	Wednesday	Thursday	Friday
1				
				Community Dining closed, visit Margie's Café! 
4 5 6 7 8				
Pork and cactus Rice Zucchini Seasonal fruit	Chicken taco salad Romaine lettuce, tomatoes, peppers, carrots Roasted corn Black beans Fresh fruit	Cornmeal-encrusted fish Rice pilaf Broccoli Seasonal fruit	Chicken Cacciatore with white wine mushrooms, peppers and tomatoes Pasta Glazed carrots Fruit cocktail	Community Dining closed, visit Margie's Café! 
11 12 13 14 15				
Baked chicken with lime and honey Roasted potatoes Green beans, onions, peppers Peaches and yogurt	Spaghetti with meatballs Garden salad Garlic bread Seasonal fruit	Tuna casserole Broccoli Dinner roll Fresh fruit	Beef enchilada casserole Zucchini and tomatoes Spanish rice Fresh fruit	Community Dining closed, visit Margie's Café! 
18 19 20 21 22				
Crab cakes Rice pilaf Coleslaw Fresh fruit	Meat loaf with gravy Mashed potatoes Roasted vegetables Fruit cocktail	Masala chicken with rice Broccoli Seasonal fruit	Pan-seared salmon Cilantro rice Garden salad Fruit cocktail with yogurt sauce	Community Dining closed, visit Margie's Café! 
25 Birthday Lunch 26 27 28 29				
Mexican BBQ chicken Refried beans Roasted vegetables Fresh fruit	Corned beef and cabbage Garden salad Red potatoes Irish coffee cake	Pasta Alfredo with chicken Garden salad Fresh fruit	Southwest turkey chili with black beans Cornbread Cauliflower Fresh fruit	Community Dining closed, visit Margie's Café! 

Calendar of Events: April

Monday		Tuesday		Wednesday		Thursday		Friday	
1		2		3		4		5	
8:30 - 4:30 Computer Lab 9:00 Enhance Fitness 10:00 Gentle Chair Yoga 11:00 Line Dancing 12:00 Adv Line Dancing 12:30 Movies 1:00 Aging Well Grp (R) 1:00 UKES Sing-Along 1:00 - 3:30 Drop-In Digital Support 3:00 Digital Discussions 5:45 HAM Radio Grp 6:30 Quilters Grp		8:30 - 4:30 Computer Lab 9:00 Meditation 9:00 Sea Mar Community 9:30 Get Moving! 9:30 ESL Class 10:00 German 10:30 Exploring Art Class 12:30 Cribbage 1:30 Chess Club 2:30 Hand Drumming 7:00 Westside Dance (R) (\$)		8:30 - 4:30 Computer Lab 9:00 Enhance Fitness 10:00 Balance & Strength 10:00 Party Bridge 11:00 Writing Grp 1:00 American Mahjong 1:30 - 4:30 Haircuts (R) (\$) 3:00 Rejuvenating Yoga		9:00 Healing Touch (R) 9:00 - 5:00 Taxes (R) 10:00 Spanish 11:00 Medicare 12:00 Arts & Craft Grp 12:00 Pinochle 1:00 - 3:30 Drop-In Digital Support 1:00 Current Events #1 (R) 1:00 Convo & Friendship 2:30 Yoga Strong Bodies 2:30 Current Events #2 (R) 3:30 - 5:00 Legal Assist (R) 7:00 Piano Bar (\$)		8:30 - 5:00 Foot Care (R) (\$) 9:00 Enhance Fitness 9:00 - 5:00 Taxes (R) 9:30 Digital Mini Course: Cell Phone 101 (R) (\$) 10:00 Balance & Strength 11:00 Digital Mini Course: It Could Happen To You (R) (\$) 11:30 Hatha Yoga 12:30 Scrabble Club 1:00 Diabetic Grp (R) 6:00 Rainbow Bingo (R) (\$)	
8		9		10		11		12	
8:30 - 4:30 Computer Lab 9:00 Enhance Fitness 10:00 Gentle Chair Yoga 11:00 Line Dancing 12:00 Adv Line Dancing 12:30 Movies 1:00 Aging Well Grp (R) 1:00 UKES Sing-Along 3:00 Digital Discussions		8:30 - 4:30 Computer Lab 9:00 Meditation 9:00 Sea Mar Community 9:30 Get Moving! 9:30 ESL Class 10:00 German 10:30 Exploring Art Class 11:00 Coffee w/ Vets 12:30 Cribbage 1:30 Chess Club 2:00 Low Vision Grp (R) 2:30 Hand Drumming		8:30 - 4:30 Computer Lab 9:00 Enhance Fitness 10:00 Balance & Strength 10:00 Party Bridge 11:00 Journaling for Mindfulness 1:00 History Hour Earth Day 1:00 Sound Bath Healing 1:00 American Mahjong 1:30 Virtual Caregivers Support Grp (R) 3:00 Rejuvenating Yoga		9:00 Healing Touch (R) 9:00 - 5:00 Taxes (R) 9:30 Tai Chi 10:00 Spanish 11:00 Fabric Design Art 12:00 Arts & Craft Grp 12:00 Pinochle 1:00 Empathy Hour 2:30 Yoga Strong Bodies		9:00 Enhance Fitness 9:00 - 5:00 Taxes (R) 9:30 Digital Mini Course: Cell Phone 101 (R) (\$) 10:00 Balance & Strength 11:00 Digital Mini Course: It Could Happen To You (R) (\$) 11:30 Hatha Yoga 12:30 Scrabble Club 1:00 Book Club	
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22		23		24		25		26	
8:30 - 4:30 Computer Lab 9:00 Enhance Fitness 10:00 Gentle Chair Yoga 11:00 Line Dancing 12:00 Adv Line Dancing 12:30 Movies 1:00 Aging Well Grp (R) 1:00 UKES Sing-Along 1:00 - 3:30 Drop-In Digital Support 3:00 Digital Discussions		8:30 - 4:30 Computer Lab 9:00 Meditation 9:00 Sea Mar Community 9:30 Get Moving! 9:30 ESL Class 10:00 German 10:30 Exploring Art Class 12:30 Cribbage 1:30 Chess Club 2:30 Hand Drumming		8:30 - 4:30 Computer Lab 9:00 Enhance Fitness 10:00 Balance & Strength 10:00 Party Bridge 11:00 Journaling for Mindfulness 1:00 American Mahjong 3:00 Rejuvenating Yoga 3:00 Secrets to Affording Senior Living (R)		9:00 Healing Touch (R) 10:00 Spanish 12:00 Arts & Craft Grp 12:00 Pinochle 1:00 - 3:30 Drop-In Digital Support 1:00 Empathy Hour 2:30 Yoga Strong Bodies		8:30 - 5:00 Dental Clinic (R) (\$) 9:00 Enhance Fitness 9:00 - 5:00 Taxes (R) 10:00 Balance & Strength 11:30 Hatha Yoga 12:30 Scrabble Club	
29		30							
8:30 - 4:30 Computer Lab 9:00 Enhance Fitness 10:00 Gentle Chair Yoga 11:00 Line Dancing 12:00 Adv Line Dancing 12:30 Movies 1:00 Aging Well Grp (R) 1:00 UKES Sing-Along 1:00 - 3:30 Drop-In Digital Support 3:00 Digital Discussions		8:30 - 4:30 Computer Lab 9:00 Meditation 9:00 Sea Mar Community 9:30 Get Moving! 9:30 ESL Class 10:00 German 10:30 Exploring Art Class 11:30 Birthday Lunch (R) (\$) 12:30 Cribbage 1:30 Chess Club 2:30 Hand Drumming 2:30 - 4:00 Legal Assist (R)						R = RSVP required \$ = fee	

Community Dining Menu: April

We serve a hot lunch in a communal setting Monday through Thursday from 11:45am-12:30pm in Hatten Hall. Suggested \$4/person ages 60+; \$10 under 60



Monday		Tuesday		Wednesday		Thursday		Friday	
1		2		3		4		5	
Pasta Alfredo with Italian sausages over linguini Roasted vegetables Seasonal fruit		Tandoori chicken marinated in yogurt and Indian spices Basmati rice Roasted yellow squash and zucchini Seasonal fruit		Cajun fish Pasta Roasted zucchini Fruit cocktail		Pork tenderloin Mashed potatoes Broccoli Apple		Community Dining closed, visit Margie's Café! 	
8		9		10		11		12	
Salisbury steak Mashed potatoes Steamed yellow squash Fresh fruit		Sweet and sour chicken Rice Asian mixed vegetables (broccoli, carrots, snow Peas) Seasonal fruit		Tuna casserole Broccoli Dinner roll Seasonal fruit		California meatloaf Mashed potatoes with gravy Roll Broccoli Seasonal fruit		Community Dining closed, visit Margie's Café! 	
15		16		17		18		19	
Pineapple-glazed ham Scalloped potatoes Glazed beets Fresh fruit		Pork and salsa verde Spanish rice Mixed vegetables Orange		Meatballs Mashed potatoes Sautéed green beans, onions, peppers. Roll Jell-O with tropical fruit		Spinach and cheese lasagna Salad with tomato and cucumber Broccoli Fresh fruit		Community Dining closed, visit Margie's Café! 	
22		23		24		25		26	
Coconut curry chicken Basmati rice Roasted zucchini Fresh fruit		Tamale plate Mexican rice Garden salad Seasonal fruit		Fried rice with chicken Asian mixed vegetables (broccoli, carrots, snow peas) Spring roll with cabbage Apple		Panko-crusted fish Sweet potatoes Roasted vegetables Fresh fruit		Community Dining closed, visit Margie's Café! 	
29		Birthday Lunch 30							
Beef enchiladas Spanish rice Garden salad Fruit cocktail		Hamburgers Coleslaw Baked beans Watermelon Root beer floats							

What's New at the Stop 'N Shop

When you shop and donate at our thrift store, you help provide vital revenue to support the Senior Center's programs. Stop by this month to find a new spring treasure or donate a gently used item.

HOURS

Beginning in March, our thrift store will be open Monday through Sunday from 11am - 4pm!

BE SOCIAL

Follow our shop's Instagram to see what's new: @stopnshop_thrift

FIND OF THE MONTH

Curved curio cabinet, \$180



Meet Stop 'N Shop Volunteer: Professional Organizer Kelli Thomas

Story: Angela Nichols, Stop 'N Shop Coordinator
Photo: Aylene Kandappu, Stop 'N Shop Manager

Kelli Thomas began volunteering at our thrift store last year, and what luck for us—she's a professional organizer! In addition to helping us organize and merchandize, she is our security person, which includes helping the cashier and moving around the store to help customers. Kelli says she really enjoys meeting and working with the other volunteers. She first heard about the opportunity to volunteer through her sister-in-law, Hayla, our Margie's Café chef!

A Pacific Northwest native and graduate of Evergreen State College, Kelli has lived in West Seattle for nearly 10 years. She has moved back and forth to the East Coast twice, but there is just something about the Northwest that kept her and her family coming back. She has been married for more than 25 years and has two wonderful teenage daughters and three beloved tiny dogs.

Kelli works for Bee Organized, a local professional organizing small business. She enjoys reading, crafting and CrossFit—and she loves warm weather and being outside.

Have Lunch or Coffee at Margie's Café



Rotating weekly menu of delicious, freshly prepared sandwiches, salads and soups. We also serve fresh-baked beer bread, Caffe Ladro coffee and delicious from-scratch cookies and other baked goods.

Open Monday through Friday
9am - 1:30pm
Prices à la carte





Meet Volunteer Chris McEvoy

The next time you visit the Senior Center, there's a good chance you'll run into Chris. He has been a volunteer for two years and has worked in so many different roles, including kitchen preparation and dishwashing, serving our Community Dining guests and helping at our Rainbow Bingo events.

Recently, Chris has been involved as a member of our New Member Welcoming Committee, which offers member tours and aims to make every new member feel valued and appreciated.

Chris first got involved at the Senior Center as a regular participant in the Arts and Crafts program and soon after decided to become a volunteer. He is always willing to jump in and help wherever he is needed and has often stepped in on short notice to fill a last-minute volunteer role. Chris is known for his friendly attitude and warm smile.

In his free time, Chris enjoys playing pickleball and golf and spending time with his granddaughter. He is originally from Ellensburg but has lived in West Seattle for most of his adult life.



Executive Director
Amy Lee Derenthal

Office Manager
Jennifer Whip

Administrative Assistant
Nancy Newby

Bookkeeper
Andrea Erickson

Program Supervisor
Jack Jannack

Program Specialist
Nancy Cossette

Volunteer Coordinator
Danny Perez

Digital Navigator
Martin Piccoli

Chef/Site Coordinator
Francisco Briseño

Chef/Site Coordinator
Hayla Thompson

Social Workers
Mo Fain, MSW
Toni Ameslav, MSW

**Westside Friends
Coordinator**
Michele Fawcett-Long

Stop 'N Shop Manager
Aylene Kandappu

**Stop 'N Shop
Coordinator**
Angela Nichols

2023 Board of Directors

Dawn Schaper
President
With A Little Help Home Care

Stephanie Bruno
Board Vice President
Mission Wealth

Kristine Milkovich
Board Secretary
The Milkovich Team,
John L. Scott

Jeffrey Eis
Treasurer
Nucor Steel Seattle

Emily B. Austin
Austin and Martin Broker
Team/Metropolist

Scott Collins
ComForCare Home Care

Dennis Jackson
Community Member

Kevin Ledgerwood
Home Instead

Ann Manley
The Manley Law Firm, PS, Inc.

Board Committees:

- Equity and Inclusion
- Finance
- Fundraising and Donor Development
- Ambassador (Marketing and Membership)
- Governance (Board Members Only)

Board meetings are held the second Wednesday of each month at 5:30pm in person. Board meeting minutes are available for public viewing in our library.

To get in touch with the board or join a committee, email scwsboard@soundgenerations.org



About Membership at the Senior Center

OPEN TO THE COMMUNITY

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 participate. Bring a friend or neighbor and introduce them to the Senior Center today!

RENEW YOUR MEMBERSHIP ANNUALLY

Membership fees are vital to the Senior Center's operations, so please renew your membership promptly. You can renew in person or over the phone at our front desk or easily online: sc-ws.org/get-involved/membership.

LIFETIME MEMBERSHIP

Consider becoming a lifetime member of the Senior Center. You'll never need to renew again, plus you'll receive special benefits and event invites. Lifetime membership is \$500 per individual and \$750 per household.

NO FEES FOR MEMBERS

Our classes and activities are free for members, except for some specialty services and special programs. Unless noted otherwise, most classes and activities cost \$5-10 for non-members, except specialty services.

MEMBERSHIP BENEFITS

There are so many benefits to being a member of the Senior Center, including:

- No fees for members on classes and activities (except specialty services like foot care, dental hygiene and some special programs and events)
- Our bi-monthly newsletter mailed to your home that includes news, menus, calendars, upcoming events and more
- 50% discount on the first Friday of the month at our Stop 'N Shop thrift store
- Free luncheon celebration the month of your birthday

HOW TO REGISTER FOR CLASSES

We no longer require advanced RSVP for most of our classes. Just show up and sign in for the day using our new, easy sign-in system. A few specialty programs and events still require an RSVP. You can do that by visiting or calling our front desk: 206-932-4044. Some have online sign-ups at sc.ws.org.

NAME CHANGE

We are changing our name soon! Stay tuned for an announcement later this spring. One thing that will not change is our broad, engaging and fun programming. In fact, we plan to continue to add events, classes and activities based on what you tell us you want and need.

BECOME A VOLUNTEER

The Senior Center offers a broad range of programs, activities and services to meet the needs of a diverse and growing West Seattle community. We welcome volunteers to contribute their time in all our programs. Find out more: sc-ws.org/get-involved/volunteer.

PIANO BAR WITH LARRY KNAPP AND GUEST MUSICIANS

**Thursdays,
March 7 & April 4, 7-10pm**

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

Wine, beer, specialty cocktails and non-alcoholic drinks are available for purchase.

\$10 entry fee.
Tickets for sale only at the door.

**LIVE
MUSIC &
DRINKS**



April 5: Greased Lightning

May 17: Hawaiian Luau

June 15: Embrace Your Rainbow

Oct. 4: Oktoberfest

Nov. 15: BINGOlympics

6-9pm, entry fee: \$35. Ages 21+
Tickets available at: sc-ws.org/rainbow-bingo



Terry's The Greatest Movies You've Never Heard Of

Every Monday at 12:30pm in the
second-floor Nucor Room

Featuring newsreels, popcorn,
previews and cartoons

March 4: Not As a Stranger (1955) with Frank Sinatra, Robert Mitchum, Olivia de Havilland, Broderick Crawford, Gloria Grahame, Lee Marvin, Charles Bickford, Harry Morgan, Lon Chaney, Jr. (135 min.)

March 11: Roughshod (1948) with Gloria Grahame, Robert Sterling, John Ireland, Jeff Donnell, Martha Hyer, Myrna Dell, Claude Jarman, Jr. (81 min.)

March 18: Wagon Train, The Sacramento Story (1958) with Ward Bond, Margaret O'Brien, Marjorie Main, Linda Darnell, Robert Horton, Dan Duryea, Reed Hadley (55 min.)

March 25: Night Has a Thousand Eyes (1948) with Edward G. Robinson, Gail Russell, John Lund, Jerome Cowan, Virginia Bruce, William Demarest (80 min.)

April 1: The Lusty Men (1952) with Robert Mitchum, Susan Harward, Arthur Kennedy, Arthur Hunnicutt, Frank Faylen (113 min.)

April 8: Queen Bees (2021) with Ellen Burstyn, James Caan, Ann-Margret, Jane Curtin, Christopher Lloyd, Loretta Devine (100 min.)

April 15: Living Proof (2008) with Harry Connick, Jr., Tammy Blanchard, Amanda Bynes, Jennifer Coolidge, Amy Madigan, Swoosie Kurtz, Regina King, Bernadette Peters. (91 min.)

April 22: The Glass Wall (1953) with Gloria Grahame, Vittorio Gassman, Ann Robinson, Jerry Paris, Kathleen Freeman. (80 min.)

April 29: Senior Moment (2021) with William Shatner, Jean Smart, Christopher Lloyd, Ruta Lee, Kaye Ballard (92 min.)

March Birthday Lunch Luck o' the Irish

Tuesday, March 26, 11:30am-12:30pm
Featuring the Bonnie Birch Duo

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

Suggested donation: \$4 ages 60+, \$10 under 60

Limited seating. RSVP early!
Sign up at the front desk or call 206-932-4044 x1

FREE
TO MEMBERS
WITH
MARCH
BIRTHDAYS



April Birthday Lunch Hamburgers & Hats

Tuesday, April 30, 11:30am-12:30pm
Featuring Dina Blade and her hats

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

Suggested donation: \$4 ages 60+, \$10 under 60

Limited seating. RSVP early!
Sign up at the front desk or call 206-932-4044 x1

FREE
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You're Invited

We've moved our Annual Fundraising Breakfast back to the spring! Join us on Tuesday, May 14, for a fun event where we'll be kicking off the celebration of our new name and brand.

The Senior Center is a small nonprofit that depends on community donations, and this is our biggest annual fundraiser. We hope you'll attend and support all the programs and services we provide our West Seattle community.

