“Nothing compares to the simple pleasure of riding a bike,” John F. Kennedy said. That still holds true today no matter one’s age!

Thanks to our friends at Providence Mount St. Vincent, Senior Center members and friends are invited to take a ride on one of their unique trishaw bikes this summer on Alki. Guests sit on a comfortable seat while being pedaled by a volunteer.

Through grant funding facilitated by LeadingAge of Washington, the Mount received three of these specialized electric bikes and one wheelchair accessible unit through a program called Cycling without Age, which began in Denmark in 2012. The team at Cycling Without Age knows that a lifelong love of cycling shouldn’t be deterred by one’s physical abilities or age.

Rides will be provided on Tuesday, Aug. 15, from 9 a.m. to noon on Alki. To sign up, contact Storey Squires: storey.squires@providence.org. We are also looking for volunteers to pedal the bikes.

Thank you, Providence Mount St. Vincent, for sponsoring the Senior Center’s 2023 Annual Breakfast.
Greetings and happy summer!

One of the topics I’ve been sharing over the past year is around our rebranding of the Senior Center into a “Center for Aging Well” model.

As we work on the new name, we can use your help by sharing the adjectives that come to mind for you when you think of the Senior Center. We will have a place to collect these thoughts in Hatten Hall on a whiteboard. This will help us as we work with our Board of Directors to develop a new name.

I’m also very proud and excited to share with you that we have reached a new milestone—1,000 members! During the pandemic we were down to 300 members and pre-pandemic we had between 600-700 members.

Thank you to each of you for participating in what we are providing to our community. Our Senior Center is a fun and resourceful place to spend time. Margie’s Café has also added a new way for our members to connect before or after attending a program or class. A shout-out to the staff for all their hard work to make this a place you want to spend time.

I hope to see you here soon,

Greetings
From the
Executive
Director

We will be closed Monday and Tuesday, July 3-4, for the Fourth of July holiday.
July Birthday Lunch

Tuesday, July 25, 11:30 a.m.-12:30 p.m.
Featuring summertime tunes from Kelly Van Camp

Menu: BBQ pork, baked beans, coleslaw and watermelon

Suggested donation: $4 ages 60+, $10 under 60
Limited seating. RSVP early!

August Birthday Lunch

Tuesday, Aug. 29, 11:30 a.m.-12:30 p.m.
Featuring guitarist Rolando Martinez

Menu: Mexican barbacoa, deluxe garden salad, whole beans and seasonal fruit

Suggested donation: $4 ages 60+, $10 under 60
Limited seating. RSVP early!
Our lecture series covers a broad range of topics, hosted by various local authors and speakers. 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. Entry fee: $10 members and non-members.

**JULY**

Disability Pride Month
**Wednesday, July 19, 1-2 p.m.**
This month commemorates the 1990 passage of the Americans with Disabilities Act (ADA), which prohibits discrimination against individuals with disabilities and recognizes that disabilities are a part of human diversity. Join our staff social worker Mo Fain for a discussion and Q&A about the disability rights movement and living with disabilities.

**AUGUST**

Aging Well Month
**Wednesday, Aug. 9, 1-2:30 p.m.**
“Centuries on Foot: Washington’s Historic Trails”: Get inspired to hike, walk or armchair travel with this month’s topic presented by author Judy Bentley. Follow seasoned travelers from Cape Flattery and Puget Sound across Cascade Mountain passes, through inland plateaus, into the Kettle Range in the north and the Blue Mountains in the south and back along the Columbia River to Cape Disappointment. Judy is the co-author of the second edition of Hiking Washington’s History, with Craig Romano, which traces 44 historic trails walked by native people, explorers, military expeditions, homesteaders, railroads, miners, sheepherders, road builders, fire lookouts and more. Bentley will trace the history of trails and sample a few footprints across Washington’s spectacular terrain.
**ENHANCE FITNESS**
Mondays, Wednesdays and Fridays, 9-10 a.m.
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, 10-11 a.m.
Join certified yoga instructor Nadine Blinn for a fun and relaxing class of chair and standing poses (no floor sitting) to improve breathing, flexibility, balance and mood. Poses can be adapted to your abilities or limitations.

**GET MOVING!**
Tuesdays, 9:30-10:30 a.m.
Physical therapist Sherryl DeVries leads this multi-level variety workout class designed for everyone, especially for people with a Parkinson’s diagnosis. Exercises will include big movement, cardio, weight training, dance movement and boxing. All movements can be modified with a chair.

**HATHA YOGA**
Fridays, 11:30 a.m.-12:30 p.m.
Certified yoga instructor Nadine Blinn uses soft versions of poses designed for seniors that are held for longer periods allowing the body to ease into 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!

**NEW! MEDITATION CLASS**
Tuesdays, 9-10 a.m.
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. Regular attendance is encouraged but not necessary.

**MOVING THROUGH CANCER EXERCISE CLASS**
Mondays, 1-2 p.m., Wednesdays, 10-11 a.m.
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.

**TAI CHI**
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.

**DENTAL HYGIENE CLINICS**
Fridays, Aug. 25, Oct. 27, Dec. 8
9 a.m.-5 p.m.
Estimated fee: $94-124
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**
July 7, 20, 21, 28 (full), Aug. 4, 18 (filling quickly); Sept. 1, 15; Oct. 20
Fee: $40 members, $50 non-members
Give your feet the attention they deserve with a foot care appointment with Nurses Keith Germain or Carly McCaffray.
Programs: Connections to the Community

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 y almuerzo en Español. Para obtener más información, envíe un correo electrónico a Yanin Diaz: yanindiaz@seamarchc.org o 206-764-8041.

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 206-764-8041.

Games & Social Activities

AMERICAN MAHJONG
Wednesdays, 1-3 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, July 11, Aug. 8, 11 a.m.-12 p.m.
Local veterans enjoy coffee and conversation, then stay for lunch! This is a great opportunity to get to know other veterans and hear stories about their time in the military and other topics.

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.

OLDER WESTSIDE LESBIAN GROUP (OWLS)
We will host Saturday picnics at Lincoln Park June through September—dates coming soon! All are welcome. For info: Dee Quiggle: deequiggle2@gmail.com.

Field Trips

Join us for a field trip this summer! Senior Center staff will lead outings using public transportation to fun destinations around the city. This is a great way for people to try public transportation in a safe, group setting. Fares are $1-$2.75. Sign up at our front desk.

Friday, July 14, 10:30 a.m.-3:30 p.m.
Metro and water taxi trip to the Aquarium

Friday, July 21, 10:30 a.m.-3:30 p.m.
Hyde Shuttle trip to Frye Art Museum and lunch

Friday, July 28, 11:30 a.m.-3:30 p.m.
Metro trip to Log House Museum & Alki Beach

Friday, Aug. 18, 11:30 a.m.-3:30 p.m.
Metro trip to Seward Park Third Place Books

Friday, Aug. 25, 10:30 a.m.-3:30 p.m.
Hyde Shuttle trip to Frye Art Museum and lunch
PARTY BRIDGE
Wednesdays, 10 a.m.-12 p.m.
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.

PINOCHEL
Thursdays, 12-3 p.m.
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, 12:30-1:30 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, too.

CONVERSATION & FRIENDSHIP CORNER
Thursdays, July 6, 20; Aug. 3, 17, 31, 1-2 p.m.
We may know the value of friendships, but many of us have trouble maintaining regular contact or even recognizing where there may be opportunities for friendships to grow. Joe Lamy will lead discussions that encourage group reflection and provide tips on how to cultivate richer connections.

SECOND THURSDAY OUT!
Thursday, Aug. 10, 6-9 p.m.
Join us for a BBQ Potluck at David and Lee’s home and help us plan our fall programming. All LGBTQ+, their friends and neighbors are invited. For info: David Pelton: montana59028@yahoo.com or 206-932-8662.

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.

直线舞蹈
周一，下午11点至中午
舞蹈是健身的重要来源，而直线舞蹈有助于保持思维年轻。经验丰富的讲师克里斯·班塔教授直线舞多样化音乐背景下的各种舞蹈，包括传统乡村舞、国标舞、拉丁舞和华尔兹。所有水平的学员都欢迎加入这个友好的团队，无需伙伴。来享受乐趣与锻炼吧！

艺术课程

手鼓工作坊
周二，下午2:30-4:00
体验放松，精力和健康，当你加入肯尼·曼德的热门工作坊。无需经验。鼓或铃铛提供，但如果你有自己，敬请携带。

探索艺术课程
周二，上午10:30-12:00
探索、学习并运用各种技法与材料，如水彩画、丙烯画、水粉画、钢笔画等。兰布拉（Laura）将分享她的技法和技巧，确保每个人都能感受到创造的火花。

英国手风琴唱诵会
周一，上午1-2:30
加入这个充满活力的团体，每周一起弹奏和歌唱手风琴。欢迎所有音乐家和歌手。信息：查理·斯特朗：charliestrong@earthlink.net。

拼布小组
周一，下午6:30-9:00
分享你的最新作品，获取灵感，加入一个充满乐趣的本地拼布团体。所有经验水平的拼布爱好者都欢迎。信息：玛丽·安妮·斯帕达：spada01@comcast.net或206-795-5774。
**Programs: Lifelong Learning and Growth**

**Languages, Reading & Writing**

**BOOK CLUB FOR ADVENTUROUS READERS**  
Fridays, July 14, Aug. 11, 1:30-2:30 p.m.  
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. New members are welcome!

**CONVERSATIONAL GERMAN**  
Tuesdays, 10-11 a.m.  
Come speak German with native speakers and make new friends at this informal weekly gathering at Margie’s Café. Begleiten Sie Uns!

**CASUAL SPANISH CONVERSATION CLASS**  
Thursdays, 10-11 a.m.  
Our Spanish instructors welcome both beginners and intermediate-level speakers. Sessions will be loosely structured with instruction given as needed, as well as weekly topic sheets. All are welcome to try. Hasta la vista!

**HAM RADIO GROUP**  
Monday, Aug. 7, 5:45-7:30 p.m.  
Meet with members of the West Seattle Amateur Radio Club and find out how amateur radio can benefit you and your community. 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.

**JOURNALING FOR MINDFULNESS**  
Wednesdays, July 12, 26; Aug. 9, 23  
11 a.m.-12:30 p.m.  
Certified teacher Kristine Kero explores the daily practice of mindful journaling, which can improve wellness and relieve stress. 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, July 5, 19; Aug. 2, 16  
11 a.m.-12:30 p.m.  
This writing group encourages you to write for your family or for yourself. Facilitated by Natalie Bumgardner, the group shares stories in a comfortable environment with fellow writers offering comments and encouragement. To participate, contact Natalie in advance for materials and other info (space limited): nataliebumgardner@yahoo.com.

**Technology Programs**

**BURKE DYKES COMPUTER LAB**  
Mondays, Tuesdays and Wednesdays  
8:30 a.m.-4 p.m.  
Come to the Senior Center for computer lab time to check your email, surf the internet or play games.

**GUIDED COMPUTER SUPPORT**  
By appointment, suggested donation: $10  
We can support you as you browse online or work in programs like Word, Excel, Zoom, Skype and more. Get help with online tasks like renewing your driver’s license, responding to jury summons, opening your first email account, setting up online banking or researching a specific topic.

**TECH SUPPORT**  
By appointment, suggested donation: $10  
Bring in your phone, tablet or laptop, and we can help you recover forgotten passwords, download apps for any device, fill out online forms, text a photo, delete old email addresses, manage icons on your home screen, update Windows, connect a Bluetooth device and more.
**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, salads and soups. Prices are à la carte.

**JUNCTION DINER/HOT LUNCHES**  
**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 $4 donation per meal.

**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 Senior Center every Tuesday.

**Support Groups**

**AGING WELL GROUP**  
**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 Mo Fain: 206-932-4044 x2 or maureenf@soundgenerations.org.

**DIABETIC SUPPORT GROUP**  
**Fridays, July 7, Aug. 4, 1-2 p.m.**  
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.

**VIRTUAL CAREGIVERS SUPPORT GROUP**  
**Wednesdays, July 12, Aug. 9, 1:30-2:30 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, Toni Ameslav: 206-932-4044 x9 or tonia@soundgenerations.org.

**Specialist Services**

**LEGAL CONSULTATIONS**  
**John Llewellyn, Attorney**  
**Thursdays, July 6, 20; Aug. 3, 17, 3:30-5 p.m.**  
**Heather De Vrieze, Attorney**  
**Tuesday, July 25, Aug. 29, 2:30-4 p.m.**  
Need legal advice? Our volunteer attorneys provide free 20-minute consultations if you need legal resources, help with estate planning or have questions about elder law. By appointment only.

**MEDICARE PRESENTATION**  
**Thursdays, July 6, Aug. 10, 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.
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**Our summer hours:**
8:30 a.m.-4 p.m

(R) = RSVP required
($) = fee

Programs sometimes change. Please visit sc-ws.org or call our front desk for the latest information.
## Calendar of Events: August

### Monday
- **8:30-4:00** Computer Lab
- **9:00** Meditation
- **9:00** Sea Mar Community
- **9:30** Get Moving!
- **10:00** German
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- **2:30** Hand Drumming

### Thursday
- **10:00** Tai Chi
- **10:00** Spanish Class
- **12:00** Pinochle
- **12:00** Arts & Crafts Grp
- **1:00** Friendship Corner
- **3:30-5:00** Legal Assistance (R)
- **By appt:** Tech Support

### Friday
- **9:00** Enhance Fitness
- **9:30-5:00** Foot Care (R) ($)
- **11:30** Hatha Yoga
- **12:30** Scrabble Club
- **1:00** Diabetic Support Grp (R)
- **By appt:** Tech Support

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**Programs sometimes change. Please visit sc-ws.org or call our front desk for the latest information.**
### Junction Diner / Hot Lunch Menu: July

Hot lunch served Monday through Thursday from 11:45 a.m. – 12:30 p.m. in Hatten Hall
Suggested donation: $4/meal

<table>
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<tr>
<td>3 Closed for Fourth of July holiday</td>
<td>4 Closed for Fourth of July holiday</td>
<td>5 Salisbury steak</td>
<td>6 Pork in tomatillo sauce</td>
<td>7 Diner closed, visit</td>
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<td>Steamed potatoes</td>
<td>Refried beans</td>
<td>[Margie's logo]</td>
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<td>Mixed vegetables</td>
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<td>Roll</td>
<td>Fresh fruit</td>
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<tr>
<td>10 Beef taco salad</td>
<td>11 Chicken mole</td>
<td>12 Glazed ham</td>
<td>13 Chicken teriyaki</td>
<td>14 Diner closed, visit</td>
</tr>
<tr>
<td>Black beans</td>
<td>(chocolate sauce)</td>
<td>Scalloped potatoes</td>
<td>Basmati rice</td>
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<td>Corn</td>
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<td>Tomatoes</td>
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<td>Seasonal fruit</td>
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<td>Sour cream</td>
<td>Flour tortilla</td>
<td>Roll</td>
<td>Carrots and red peppers</td>
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<td>Corn chips</td>
<td>Fruit and yogurt</td>
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<td>Fresh fruit</td>
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<td>Seasonal fruit</td>
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<td>[Margie's logo]</td>
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<tr>
<td>17 Lemon roasted chicken</td>
<td>18 Cheeseburgers</td>
<td>19 Tandoori chicken</td>
<td>20 Quiche Lorraine</td>
<td>21 Diner closed, visit</td>
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<tr>
<td>Spanish rice</td>
<td>Pasta salad</td>
<td>Basmati rice</td>
<td>Creamy Lorraine</td>
<td>[Margie's logo]</td>
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<tr>
<td>Garden salad</td>
<td>Pea salad</td>
<td>Zucchini and squash</td>
<td>Stewed tomatoes</td>
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<td>Fresh fruit</td>
<td>Seasonal fruit</td>
<td>Apple cobbler</td>
<td>Roll</td>
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<td>[Margie's logo]</td>
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<tr>
<td>24 Birthday Lunch</td>
<td>25 BBQ pork</td>
<td>26 Soy-meat pastor burrito</td>
<td>27 Chicken alfredo</td>
<td>28 Diner closed, visit</td>
</tr>
<tr>
<td>Meatloaf</td>
<td>Baked beans</td>
<td>Mexican rice</td>
<td>fettuccini</td>
<td>[Margie's logo]</td>
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<tr>
<td>Mashed potatoes and gravy</td>
<td>Coleslaw</td>
<td>Garden salad</td>
<td>Broccoli</td>
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<td>Green beans</td>
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<td>Roll</td>
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<td>Garlic bread</td>
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<td>Tropical fruit</td>
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<td></td>
<td>Fresh-baked dessert</td>
<td>[Margie's logo]</td>
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<tr>
<td>31 Pork loin in red wine sauce</td>
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<tr>
<td>Garlic mashed potatoes</td>
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<tr>
<td>Roasted zucchini</td>
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<td>Fresh fruit</td>
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### Junction Diner / Hot Lunch Menu: August

Hot lunch served Monday through Thursday from 11:45 a.m. – 12:30 p.m. in Hatten Hall
Suggested donation: $4/meal

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<tr>
<th>Monday</th>
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<td></td>
<td><strong>Orange sesame turkey breast</strong></td>
<td><strong>Grilled salmon</strong></td>
<td><strong>Chicken jambalaya</strong></td>
<td><strong>Diner closed, visit</strong></td>
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<td></td>
<td><em>Au gratin potatoes</em></td>
<td><em>Orzo</em></td>
<td><em>Rice</em></td>
<td><em>orzo’s</em></td>
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<tr>
<td></td>
<td><em>Mixed vegetables: carrots, broccoli and red pepper</em></td>
<td><em>Garden salad</em></td>
<td><em>Roasted zucchini and squash</em></td>
<td><strong>margie’s</strong></td>
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<tr>
<td></td>
<td><em>Mixed peppers</em></td>
<td><em>Seasonal fruit</em></td>
<td><em>Tropical fruit</em></td>
<td><strong>margie’s</strong></td>
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<td><strong>margie’s</strong></td>
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<tr>
<td></td>
<td><strong>Lasagna</strong></td>
<td><strong>Crab cakes</strong></td>
<td><strong>Chicken à la king</strong></td>
<td><strong>Hungarian goulash</strong></td>
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<td></td>
<td><em>Mixed vegetables: cauliflower, zucchini, carrots, green beans and lima beans</em></td>
<td><em>Spanish rice</em></td>
<td><em>Italian mixed vegetables: cauliflower, zucchini, carrots, green beans and lima beans</em></td>
<td><em>Egg noodles</em></td>
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<td></td>
<td><em>Garlic bread</em></td>
<td><em>Coleslaw</em></td>
<td><em>Roll</em></td>
<td><em>Green beans</em></td>
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<td><em>Fresh fruit</em></td>
<td><em>Seasonal fruit and yogurt</em></td>
<td><em>Mixed melon</em></td>
<td><em>Fresh fruit</em></td>
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<td></td>
<td><strong>Pork, zucchini and corn in tomatillo sauce</strong></td>
<td><strong>Chicken breast</strong></td>
<td><strong>Meatballs and gravy</strong></td>
<td><strong>Cajun fish</strong></td>
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<td></td>
<td><em>Rice pilaf</em></td>
<td><em>in peanut sauce</em></td>
<td><em>Mashed potatoes</em></td>
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<td><em>Green beans</em></td>
<td><em>Spanish rice</em></td>
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<td></td>
<td><strong>Beef fajitas</strong></td>
<td><strong>Panko-crusted fish</strong></td>
<td><strong>Spaghetti and meat sauce</strong></td>
<td><strong>Lime and herbs chicken</strong></td>
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<td></td>
<td><em>Spanish rice</em></td>
<td><em>Pineapple salsa</em></td>
<td><em>Garlic bread</em></td>
<td><em>Rice</em></td>
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<td></td>
<td><em>Green beans</em></td>
<td><em>Coleslaw</em></td>
<td><em>Garden salad</em></td>
<td><em>Mixed vegetables: cauliflower, zucchini, carrots, green beans and lima beans</em></td>
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<td></td>
<td><em>Flour tortilla</em></td>
<td><em>Rice pilaf</em></td>
<td><em>Fresh fruit</em></td>
<td><em>Grapes</em></td>
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<td><em>Seasonal fruit</em></td>
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<td><strong>28</strong></td>
<td><strong>Birthday Lunch</strong></td>
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<td><strong>Birthday Lunch</strong></td>
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<td><strong>Birthday Lunch</strong></td>
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<td><strong>Chicken and green curry</strong></td>
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<td><em>Creamy sauce</em></td>
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<td><strong>Chicken parmesan</strong></td>
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<td><strong>Pork and gravy</strong></td>
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<td><em>Pasta</em></td>
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Meet Our Social Workers

You may have noticed an office just inside the entrance to Hatten Hall labeled “Social Worker.” This is where the Senior Center’s two staff social workers sit—Mo and me, Toni. We provide all kinds of free, confidential services to both members and non-members. Besides meeting in our office, we also make home visits in West Seattle and White Center to people who are unable to come in to see us.

We can help you with all sorts of things. For housing, we assist in finding housing, filling out housing applications, making referrals to local home care agencies and sharing information about long-term care facilities. We also can answer questions and help you make choices about Medicare, Medicaid, Social Security, food assistance and other benefits. Around transportation, we can help you navigate various forms of transportation in and around Seattle and apply for transportation programs.

One of the most important things we do is provide emotional support if you are feeling isolated, lonely or worried. We can connect you with one of our many support groups or help you find a counselor.

Even if you don’t need assistance right now, stop by our office to meet us. We’d love to say hello!
Volunteer Spotlight

Meet Mary Anne Spada

By Sara Hanson-Andreu, Volunteer Coordinator

You’ve probably noticed that behind our reception desk always hangs a beautiful quilt. Those quilts don’t just magically appear…they arrive via one of our hidden heroes, Mary Anne Spada. Mary Anne has been leading the West Seattle Quilter’s Group as a volunteer for 16 years.

The Quilters Group, which meets at the Senior Center twice per month, has about 45 members who live by two rules: Do unto others as you would have them do unto you and NO drama! Every year they choose a different focus, and this year’s is ‘Sewing for the community.’ They have been working on preemie quilts, burp cloths, quilts for children, catheter covers and quilts for nursing homes and hospice—100 quilts will be donated to Madigan Army Medical Center when they are complete.

The group welcomes all different skill levels, and they enjoy ‘show and tell’ where they can share their own projects. They also host a Quilters Retreat at the Senior Center where they work—and have fun—all weekend together.

Mary Anne takes pride in making the group cohesive and inclusive. “The group really inspires, motivates and supports one another,” she says. “Not just in quilting, but in life. We support each other in so many ways.”

Mary Anne grew up in Snohomish and moved to West Seattle 35 years ago. She taught middle and high school home economics and math. Her passion for quilting led her to become a sales rep in the fabric industry. Mary Anne has two sons who live in Seattle. When she’s not quilting, she enjoys working in her garden, traveling and giving quilts to her family and friends. “My family is still appreciative of getting quilts!” she says.

In September, the group will host a quilters showcase at the Senior Center with a chance to see more of these quilters’ fantastic work. We want to thank Mary Anne for her many hours devoted to this group and for making the Senior Center a more beautiful place!
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 summer gem or donate a gently used item.

Find of the Month: Venetian Glass Couple ($222)

HOURS
Our thrift store is open Thursday through Tuesday from 11 a.m.-4 p.m.

DONATIONS
We love to receive antiques, men’s and women’s modern clothing in great condition, cameras, fine china, art, jewelry, games, sterling silverware and vintage luggage. Check our website for details on what we accept. No appointment needed to donate.

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

Meet Volunteer Junko Belcourt

Junko Belcourt enjoys getting to know customers at the Stop ‘N Shop. “I like helping them find useful items, as well as unusual treasures they might like,” she says. Junko loves history, so when she finds an interesting vintage item in the shop, she likes imagining the life that item may have had.

Junko grew up in Japan, attended dental college and worked as a dental assistant before traveling around Australia for a couple of years on a working holiday visa. She later also traveled to many places in Europe and Asia with her husband and children.

She wears many hats at the Stop ‘N Shop, helping with cashiering, providing customer service and processing donated items. Junko’s colleagues enjoy her calm demeanor, sense of humor and curiosity about the interesting items that are donated to the shop.
WEST SEATTLE’S BEST SECRET LUNCH SPOT
OPEN TO THE COMMUNITY, ALL AGES

At Margie’s Café, you’ll find a rotating weekly menu of delicious, freshly prepared sandwiches, salads and soups. We are open to the public, so stop by with a friend for lunch or coffee.

Margie’s CAFE

Open Monday through Friday, 9 a.m. - 1:30 p.m.
Prices are à la carte.

MOVIE MONDAYS

Every Monday at 12:30 p.m. in the second-floor Nucor Room

July 10: Confidential Agent (1945) with Charles Boyer, Lauren Bacall, Katina Paxinou, Peter Lorre, George Coulouris, Wanda Hendrix. (118 min.)

July 17: Five Came Back (1939) with Chester Morris, Lucille Ball, John Carradine, Allen Jenkins, C. Aubrey Smith. (75 min.)

July 24: Inside the Walls of Folsom Prison (1951) with David Brian, Steve Cochran, Ted de Corsia, William Campbell. (87 min.)

July 31: Tarzan the Ape Man (1932) with Johnny Weissmuller, Maureen O’Sullivan, C. Aubrey Smith. (99 min.)


Aug. 21: Confessions of Boston Blackie (1941) with Chester Morris, Harriet Hilliard (Nelson), Lloyd Corrigan, Walter Sande. (65 min.)

Aug. 28: The Devil to Pay! (1930) with Ronald Colman, Loretta Young, Myrna Loy, Paul Cavanagh. (73 min.)
You can renew your membership easily in person, over the phone, at our front desk, or online at sc-ws.org/get-involved/membership. If you let your membership lapse in the past year, please renew now. Membership fees are an important source of revenue for the Senior Center.

Annual membership fees:
- Individual membership (any age): $50 each
- Household membership (anyone sharing a household): $75 total
- Lifetime membership (never need to renew again!): $500 each
- Household lifetime membership: $750 total for household

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.)
- 50% discount on the first Friday of the month at our Stop ‘N Shop thrift store
- Free birthday luncheon celebration
- Free cookie Fridays at Margie’s Café
- Discounts at local West Seattle businesses

Mission Statement
Our mission is to provide a welcoming, inclusive environment where people can enjoy warm friendships, healthy activities, joyful expressions and meaningful engagement as they age.

2023 Board of Directors
Dawn Schaper
President
Brookdale Admiral Heights

Dennis Jackson
Vice President
Community Member

Stephanie Bruno
Secretary
Mission Wealth

Emily B. Austin
Austin and Martin Broker
Team/Metropolist

Kathy Blackwell
Community Member

Scott Collins
ComForCare Home Care

Jeffrey Eis
Nucor Steel Seattle

Kristine Milkovich
The Milkovich Team,
John L. Scott

Ann-Marie Murray
Independent Producer,
Coastal Insurance

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
OPEN TO THE COMMUNITY
All of 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!

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

NO FEES FOR MEMBERS
Our classes and activities are free for members, except for some specialty services and special programs, or if noted. Non-members pay $5 per class, except specialty services. Membership costs only $50 per year.

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.

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.

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.)
• 50% discount on the first Friday of the month at our Stop ‘N Shop thrift store
• Free birthday luncheon celebration
• Free cookie Fridays at Margie’s Café
• Discounts at local West Seattle businesses
Free Event: Legacy Giving Circle members are people who have named the Senior Center in their estate plans. This event is open to everyone. Come learn about how Ethical Wills give you the chance to be remembered the way you want to be remembered and how to articulate the values you want to endure in your family as the generations pass. Guest speaker is Sara Elward.

Wednesday, Aug. 16
4-5:30 p.m.
Hatten Hall

Free. RSVP required in advance at the front desk.