

Come join us! Stage 1 Reopening!



The Senior Center is pleased to welcome back the “Artists Group” as one of our classes during our Stage 1 Reopening. Consider the class a little bit of art, a little bit of therapy, and a whole lotta fun!

Joyce (lower left) enjoys watercolors and spends her time with the group producing cards for family and friends. Favorite subjects include seahorses and the sun! Danise (upper left) is known for her enchanting cards and scrapbooking talent! She comes with containers full of paper to fill her group time. Peggy (lower right) is a watercolor artist of many years – she started when she was 5! She paints everything from portraits to landscapes to abstracts. Here she works on a lovely tiger lily. And then there is Cris (upper right). She considers herself a yarn artist – she loves to crochet. Here she is seen chatting and working on a piece called “Summer of 69.”

So, gather up your art project, put on your mask, and enjoy some “socially distant” creative time! (Thursdays from 1:00 – 3:30 p.m.)



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Chef/Site Coordinator
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Outreach-Westside Friends

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Bookkeeping Assistant

Andrea Erickson

Stop-n-Shop Manager

Aylene Kandappu

Newsletter Layout/Design

Gail Wodzin

Stop 'n Shop Hours:

Thursday - Sunday

11am-2pm

4504 California Ave. SW

Seattle, WA 98116

Senior Center Hours

Monday - Friday

8:30am - 4pm

206-932-4044

email us at:
info.scws@soundgenerations.org



Greetings from the Executive Director



Dear Members, Participants and Friends,

To say we miss you is an understatement. We miss your laughing voices, your conversations with others in your groups and classes and enjoying all the Senior Center has to offer. I hope you're all doing ok and finding ways to stay active.

We're working on some new ideas for fall to make sure the vibrancy of the Senior Center gets out to all of you while you're staying home as well as new opportunities to visit the Senior Center. If you have any ideas of ways for us to connect with you, please let us know!

It has been nice to see some of you as you are coming back and joining in the programming we have to offer right now. Our June 29th modified reopening went off without a hitch and we're so happy people are willing to wear masks and practice social distancing to keep everyone safe. We hope to see more of you over the coming months.

On a "sad for us and happy for her" note, Holly McNeill is retiring this fall to be able to pursue her love of gardening as a Master Gardener and to spend time with her family in Arizona. Holly will be SUPER HARD to replace as she has been our Social Worker for almost 10 years and has extensive knowledge and experience in her field. She will be greatly missed and I can't thank her enough for what she has done for seniors in West Seattle over the years. Due to COVID-19 there won't be a big going away party and if you'd like to send a card, please send it to the Senior Center and we'll make sure she gets it. The job is posted right now and we're hoping to add a new person to our team soon so Holly can go off and enjoy retirement!



Also, you'll see on the back page that we are having a special Joy is in the Journey Virtual Fundraising Breakfast on Tuesday, September 29th. The event will be broadcast live from 8-8:45 a.m. Mark your calendars for this special opportunity. We'll share more information over the next few weeks, and if you're interested in being a Table Captain or Sponsor, please let me know.

Enjoy the remainder of our summer and let's hope for a nice fall and please do take good care of yourselves –



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Sound Generations Advocacy – John Cluff

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.

Board meetings are held the second Wednesday of each month at 5:30 pm via Zoom.

To get in touch with the board email: scwsboard@soundgenerations.org
Board meeting minutes are available for public viewing in our library.

Stage 1 Reopening

The Senior Center of West Seattle is now open with limited programming by appointment only. To make an appointment for a class or activity listed below, call 206-932-4044, ext. 1 or stop by.

■ **Aging Well**

Wednesdays, 1:00-2:00pm

Suggested donation \$5

Facilitated by Holly McNeill, MSW LICSW.

Are you feeling challenged by changes in your health, relationships, housing, mobility, or income? Looking for ways to make new connections, communicate, increase self-esteem, manage anxiety, cultivate acceptance? Join in as we share stories, learn coping strategies, give and receive support. We also have occasional speakers on a variety of topics. All sharing is confidential.

■ **Low-Vision Group**

Facilitated by Holly McNeill, MSW LICSW

The Center's Low-Vision Group is starting up again with monthly meetings. Holly is reaching out to past members to set up the new schedule. If you or someone you know would be interested, please contact Holly for more information at (206) 932-4044 x2.

■ **Artists Group**

Thursdays, 1:00-3:30pm

Suggested donation \$2 members, \$3 non-members

If you do beadwork, paint in any of the many water media, do collage, mixed media, bookmaking, doll making, embroidery, knitting, crocheting, or are looking for a place to learn a bit more or to explore another art form—come join us! It's always fun! Contact Linda at (206) 755-1472 or lulce6@aol.com for more information, and then call the Senior Center to register at (206) 932-4044 x1.

■ **Coffee with Vets**

Tuesday, September 8, 1-3pm

Tuesday, October 13, 1-3pm

Find common ground in good conversation about shared experiences with other veterans. This event is possible through the support of Jon Gerhardt.

■ **Burke Dykes Computer Lab**

NEW DAYS! Monday - Friday

9:30am-2:30pm, by appointment only

Check your email, surf the web, or play some games! PCs, a printer, and a scanner are available. Special thanks to our own Burke Dykes and the City of Seattle's Technology Matching Fund for support in upgrading our computer lab.

NEW! COMMUNITY COFFEE

Join staff and members for coffee and conversation! Let's share stories, tips on how we're getting along, and visions for ourselves and the community as 2021 approaches. Tuesday afternoons. Call the Center to register or for more information. (206) 932-4044 x1.

■ **Dental Hygienist**

Once a month, by appointment. Please stop by our reception desk to pick up an information packet and registration forms if you are interested in getting your pearly whites cleaned at the Center!

■ **Ham Radio Group**

Monday September 7, 5:45-7:30pm

Monday, October 5, 5:45-7:30pm

Meet with members of the West Seattle Amateur Radio Club and find out how Amateur Radio can benefit you, your loved ones, and your community. For more details, email info@WestSeattleARC.org.

■ **Legal Consultations with Heather de Vrieze**

Tuesday, September 29, 2:30-4:00pm

Tuesday, October 27, 2:30-4:00pm

Free 20-minute consultations. Call the front desk to make appointments: (206) 932-4044 x1.

■ **Legal Assistance / Elder Law & Estate Planning**

Thursday, September 3 & 17, 3:00pm-5:00pm

Thursday, October 1 & 15, 3:00pm-5:00pm

Free 20-minute consultations. Call the front desk to make appointments: (206) 932-4044 x1.

■ **West Seattle Writing Group**

Wednesday, September 2 & 16, 11am-12:30pm

Wednesday, October 7 & 21, 11am-12:30pm

\$1 members/\$2 non-members

Write for your family or for yourself. Share stories in a comfortable environment with fellow writers offering comments and encouragement. Facilitated by Natalie Bumgardner.

Things to Do at the Center



Want to keep in touch with family and friends?

The computer lab is now open! Gordon Umino takes some time to conduct a little personal business at the Center. Signup early so we can allow for social distancing. Contact the front desk to make your appointment: 206-932-4044 x1.

Stop the spread, spread kindness instead.

Please enter the Center only if you have a mask on and practice social distancing!

The staff and membership thank you.

Film History Course
Fridays
12:30- 12:50pm
Nucor Room
September 4th
to Oct 30th

A JOURNEY THROUGH ALFRED HITCHCOCK MOVIES

Documentaries surveying various Alfred Hitchcock films answer the question "Why Is Alfred Hitchcock Important to all movies—past, present, and future."

Shown in 20-minute segments.

\$1 members
non-members



Newsreels, Previews, Cartoons and Free Popcorn!

Terry Holm presents "The Greatest Movies You've Never Heard Of." Join Terry for some free popcorn, engaging movies, and lively discussions! Movie screenings are Wednesdays and Fridays at 1:00 p.m.

Movie Line-up...

Wednesdays at 1:00 PM - Nucor Room

- Wed. Sept. 2: The Guns of Fort Petticoat (1957)
- Wed. Sept. 9: Finding Your Feet (2017)
- Wed. Sept. 16: Poms (2019)
- Wed. Sept. 23: Assignment – Paris (1952)
- Wed. Sept. 30: The Mayor of Hell (1933)

- Wed. Oct. 7: The White Angel (1936)
- Wed. Oct. 14: Next Stop, Greenwich Village (1978)
- Wed. Oct. 21: Smash Up (1947)
- Wed. Oct. 28: My Six Convicts (1952)

Fridays at 1:00 PM - Nucor Room

- Fri. Sept. 4: The Leisure Seeker (2017)
- Fri. Sept. 11: The Devil Wears Prada (2006)
- Fri. Sept. 18: 20,000 Leagues Under the Sea (1954)
- Fri. Sept. 25: The Letter (1940)

- Fri. Oct. 2: Cash on Demand (1961)
- Fri. Oct. 9: Violent Saturday (1955)
- Fri. Oct 16: Blue Collar (1978)
- Fri. Oct 23: The Anderson Tapes (1971)
- Fri. Oct. 30: Stargate (1994)

Essential Services & Stop 'n Shop



Community Dining Meals and Food Support

- Sack lunches are available between 11:45 a.m. – 12:30 p.m. – Monday through Friday at the Senior Center.
- Meals are also being delivered to seniors in their homes. Call 206-932-4044 ext. 1 to get added to the list or if you know a senior who could use a meal.
- West Seattle Food Bank Distribution
Boxes of nutritious food are available for pick-up on Tuesdays at 9:00 a.m. at the Senior Center.
- Meals on Wheels: The Senior Center of West Seattle is a Meals on Wheels distribution site. Sound Generations manages this program. To sign up or to volunteer, go to their website: www.soundgenerations.org.

The Stop 'n Shop is Open for Business!

Aylene, Tessa and our volunteers welcome you to the Senior Center's thrift store – Stop 'n Shop. Now open Thursday – Sunday, 11am-2pm. Donations for the thrift store are being accepted by appointment only. Please call them at 206-932-4044 ext. 7 to set a time to discuss what we are accepting at this time.

The shop is filled with lots of goodies from CDs to clothing to charming dish sets not to mention knickknacks and antiques! The shop raises valuable funds for the Senior Center – and this is especially vital during these times when we are unable to raise funds through programming and building rentals.



We are looking for volunteer greeters to be a friendly masked face in the shop. You will help greet people and remind them to wear their mask, limit the amount of customers in the store to 6 at one time, and a few other tasks as they arise. The hours needed are Fridays from 10:30am-2:30pm.

Please let us know if you would like to volunteer in our awesome thrift shop by contacting Sara Hanson-Andreu, our Volunteer Coordinator at 206-932-4044 x8 or sarah@soundgenerations.org.



We are restarting our email communications to members and participants. If you'd like to be in the "know" in this way, please provide us with your email! You can send it to: info.scws@soundgenerations.org along with your name and phone number. Thanks!

Online Programming for West Seattle Seniors

Although we are not yet back to our full programming at the Senior Center, we are offering the following online options. Please go to our website to learn more!

■ LIVE ONLINE FITNESS CLASSES

9am on Monday, Wednesday and Friday

Join SCWS Fitness Instructor Maria Dowell. Please email Maria ma15dowell@gmail.com if you are interested and for details about how to connect. Optional \$3 class fee.

■ CARDIO SALSA

Tuesdays 10:30 AM / Thursdays 4:00 PM

Get ready for good music to lead you from an easy warm up, to a little heat and to a cool down, all in 45 minutes! Please email Maria ma15dowell@gmail.com or call (206) 574-8944 if you are interested and for details about how to connect. Optional \$8 class fee.

■ CHAIR YOGA with Kathleen Dowd

Wednesdays 9:30-10:30 AM via Zoom

Join in for weekly online (Zoom) yoga sessions. Check the Senior Center website for an updated schedule and registration information.

■ MINDFULNESS CLASSES

10am on Mondays—30-minute meditation/checking

10am on Thursdays—60-minute class

Email kate@practiceseattle.com if you would like to join.

■ LGBTQIA+ SENIOR YOGA CLASSES

Monday/Wednesday/Friday via Zoom

GenPride is now hosting yoga classes online. Classes are free and open to all senior and older adult LGBTQIA+, their significant others, friends, family, allies, or caregivers.

■ OLDER WESTSIDE LESBIAN GROUP (OWLS)

Join us for virtual conversations and for developing plans for future in-person meet-ups and activities. If you would like to be included in the mailing list, please contact Dee Quiggle at deel.quiggle@yahoo.com.

■ FOOT CARE

The Senior Center may be restarting our foot care program. If you would like to come to the Center for foot care, please call (206) 932-4044 x1 to put your name on the waiting list. Make sure to leave your phone number so we can follow up with you!

■ MEMOIR WRITING: “THE GIFT OF STORY”

With all that is going on, it’s a great time to stop, reflect, and write! Join teacher Martin Piccoli in a series of 5 classes that will guide you in writing about your most memorable moments. Sunday afternoon Zoom classes, starting Sep. 13. Members: Free, Non-members: Suggested \$50 donation to the Center. Contact Martin at (206) 932-4044 x3 or martinp@soundgenerations.org for details.

■ CURRENT EVENTS DISCUSSION GROUP

Join us for an engaging, online (Zoom) discussion of what’s going on in the world. We meet twice a month. Please contact Toni Ameslav at (206) 932-4044 x9 for more information.

■ DIABETIC SUPPORT GROUP

During the pandemic, it’s especially important to build your support networks. This group will meet monthly starting in late September. Contact Toni Ameslav (206) 932-4044 x9 for more information.

■ VIRTUAL BRIDGE

Interested? Please contact Kim Roper at kimputer@comcast.net. Please include: 1) your name 2) email address 3) phone number.

■ WEST SEATTLE VIRTUAL ART WALK

Visit www.wsartwalk.org

■ LET’S BE PEN PALS PROGRAM

We have people of all ages from around the country and the world who would love to be pen pals with you. If you’re interested in being matched with a pen pal, please contact Karen Pfeiffer Bush at Karen@Housewarmingseattle.com or by mail at PO Box 80132, Seattle, WA 98108.

■ SILVER KITES ART COMMUNITY

King County Library System is offering FREE registration to selected online classes. Please visit www.silverkite.us/kcls and use the password: KCLS2020 to register.

■ SEATTLE PUBLIC LIBRARY

Resources designed especially for people age 50+. You can find online book clubs, art classes, skill-building workshops, special collections, and more. Go to www.spl.org and click on “Programs & Services.”

Our Volunteers

WE MISS YOU ALL!

The Senior Center of West Seattle could not operate without the help of over 250 dedicated Volunteers that help us continue to be the Jewel of the Junction! We have volunteers who work in the kitchen, Café, Stop 'N Shop, at the front desk, do administrative duties, clean, building maintenance, bingo, Rainbow Bingo, facilitators, Westside Friends, evening events and so much more!

We miss your smiles, your laughter, your sense of humor and tireless dedication to our community! It is quiet here without you and we have faith that we will be together again. When that day comes, our smiles will be a little brighter, our laughter a little louder and our hugs a little tighter! Be well, and know that we are saving your spot until we get to be together again!

Pam Abbey
Eileen Akers
Judy Allen
Lois Ames
Amelie Ardourel
Carrie Backman
Ciara Barrett
Megan Bauer
Kevin Bean
Jack Benson
Carlee Berger
Elizabeth Berube
Kelly Bishop
Jack Bitzer
Patricia Black
Simone Bouterse
Patricia Bouthillette
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Charles Bowden
Mary Boykin
Holly Branch
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Kristin Escobar
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Peter Gallagher
Kelli Garces
Hamilton Gardiner
David Gardner
Steve Garrett
Jennifer Garrett
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Hideko Go
Ross Goldman
Irene Gonzales
Stephen Gonzales
David Gonzalez
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Bruce Gross
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Phylliss Harris
Megan Hartz
Ande Harwood
Morgan Haughn
Sue Hays
Dawn Hepburn
Susana Herbert
Lisa Hill
Donald Hill
Erin Hill
Paul Ho
Terry Holm
Kay Horton
Linda Hulce

Joe Hunt
Chris Ilovar
Isabela Iovanel
Dennis Jackson
Russel James
Ben James
Phyllis Jantz
Pam Jensen
Gay Johansson
Sue Johnson
Benjamin Jury
Minna Jyvala
Stefan Kapelac
Rik Keller
Jill Kemble
Sharon Kenneally
Hank Kerns
Andrew Kim
Jong Kim
Molly Kirkland
Curtis Kirkland
Chet Kittleson
Carol Klein
Jill Kolod
Zey Kolze
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Heather Longnecker
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Carol McClure Frillman
Kelly McMahan
Sandra Melo
Alan Mendelsohn
Mary Michaels
Noelle Million
Rebecca Mitsui
Linda Morgan
Lynne Morris
Alison Morton
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Lief Munson
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John Murphy
Robert Murphy
Zak Murray
Ann-Marie Murray
Mary Nance
Darnell Nelson
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Jennifer O'Hare
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Amy Thomson
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Catherine Verrenti
Donna Lou Vodopich
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Mark Walker
Lauren Ward
Stephen Ward
Karen Wasserman
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Senior Center of West Seattle
4217 SW Oregon St.
Seattle, WA 98116

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**Join us for a special virtual
fundraising breakfast
Tuesday, September 29, 2020
8:00 a.m. to 8:45 a.m.**

You can help us raise funds from your living room or office to support the vitality of the Senior Center of West Seattle.

The Senior Center is an important community amenity that promotes mental, emotional and physical health as we age. Your generous donation funds this fun and vibrant social gathering place for West Seattle seniors. It also supports the essential services the Senior Center has been providing vulnerable seniors during this pandemic.

Interested in attending or being a Team Captain? Register on our website at sc-ws.org or contact Nicole Knowles at 206-932-4044 ext. 4.

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SEATTLE

Joy VIRTUAL
FUNDRAISING
BREAKFAST
**is in the
Journey**

