



*Ballard NW has always been known as the "Friendly Center" where all are welcomed, supported and appreciated. At Sound Generations and Ballard NW Senior Center, we embrace the belief that racial and other social identities should be respected and affirmed. We don't tolerate racism on any level and we commit to work for a better future.*



## **BALLARD NW SENIOR CENTER**

Ballard NW Senior Center, a community partner of Sound Generations

# **August**

### **Virtual Al Hovland \$pring for \$eniors September 13, 6 p.m.**

The world has changed and so has our fantastic event. The date has changed to September 13<sup>th</sup> and we won't all be in the same room, but the excitement will be in the air as we raise our paddles, bid on great silent and exciting live items, see a tribute to Al, view Center videos (will you be in one? You will have to watch and see) play a game, and financially support the Center's programs and services from our own viewing location. Get your virtual tables together, family and friends, other residents if you live in a retirement complex, associates, whoever and wherever they live, they can join you to support your Center.

We still need some wonderful items. A gift card to a favorite restaurant, vacation destination, hotel, or business that you either get donated or purchase and give to the Center not only benefits that business, but raises money for the Center when a guest bids and wins the item. A win win for all, the business, Center and winning bidder. Can you or a family member provide a service? Bake 2 dozen cookies for 3 months, do yard work, build a deck, provide and deliver specialty cocktails for 4? Use your imagination.

Information will be provided soon on how to register, bid, and enjoy this special night, our biggest fundraiser of the year. It's easy, I promise. Prepare for an evening to remember, celebrate and support your great Center. Thanks for helping to make our virtual auction a success!

### **Thank You Volunteers**

August has always been our Volunteer Appreciation Month, culminating in our special thank you event that honored you for your outstanding service. Sadly, that event can't happen because only one-on-one inside activities are allowed and that is not changing soon. But, we can give the same heartfelt thanks and appreciation for all you do. There wouldn't be a Center without all the help you each provide: Receptionists, Community Dining, group leaders, Board, building and grounds, party and special events leaders and helpers, Wednesday night crew, and data entry. All of you are deeply valued. We are grateful for your service, time, smiles, commitment, knowledge, dedication and so many more great qualities. **Thank you, Thank you!!**

### **Your Help is Needed!**

The Covid-19 Virus continues to turn our world upside down. We are just now starting the very gradual reopen for one-on-one services and small outside offerings. All special events have been cancelled, and there is no reliable time table for reopening further. Fundraisers are at Zero, donations and memberships are down and basically no Center classes and activity fees. We are providing many services, take-out/pick-up lunches, social work phone and in person consultations, phone friends program, wellness checks, virtual groups and Center maintenance. And, bills need to be paid to keep things going. If you can support the Center, donations may be made at [BallardSeniorCenter.org](http://BallardSeniorCenter.org); by phone with credit card at 206-297-0403; or send a check to Ballard NW Senior Center, 5429 32nd Ave. NW, Seattle, WA 98107. Please support our \$pring for \$eniors Auction and Gala. Your Raise the Paddle donations are an easy way to support the Center. **THANK YOU!**

## DIRECTOR'S MESSAGE

**Newsletter Published by:**  
**Ballard NW Senior Center**  
"Where Friends Meet Friends"  
Tax ID # 91-0823767

### VISIT US

Mondays 8:30AM-4:30PM  
Tuesdays 8:30AM-4:30PM  
Wednesdays 8:30AM-9:00PM  
Thursdays 8:30AM-4:30PM  
Fridays 8:30AM-4:30PM

**5429 32nd Ave NW**  
**Seattle, WA 98107**

**Phone 206.297.0403**  
**Fax 206.297.0558**

### FIND US ONLINE

[BallardSeniorCenter.org](http://BallardSeniorCenter.org)

### FACEBOOK

[Ballard NW Senior Center](https://www.facebook.com/BallardNWSeniorCenter)

### TWITTER

[@BallardNWS](https://twitter.com/BallardNWS)

### BOARD OF DIRECTORS

**President:** Jan Loder

**Treasurer:** Rutha Thomas

**Secretary:** Henry Grenley

### Members At Large:

Claire Anderson  
Annie Davis  
Rusty Forster  
Chris Hoban  
Carolyn Golesch  
Bobbie Long  
David Moise  
Susan Schneider  
Paul Sivesind  
Mary Webster

### VOLUNTEER CHAIRS

**Auction:** Jeanne Eagleson  
and Rutha Thomas

**Bookstore:** Susan Schneider

**Building & Grounds:** Stephen Sill

**Rummage:** Red Hats -  
Judy McBride

**Jewelry:** Ramona Owen

### CENTER STAFF

**Executive Director**

**Carlye Teel**

[CarlyeT@SoundGenerations.org](mailto:CarlyeT@SoundGenerations.org)

**Program Coordinator**

**Lisa**

[LisaM@SoundGenerations.org](mailto:LisaM@SoundGenerations.org)

**Social Worker**

**Jennifer**

[JenniferC@SoundGenerations.org](mailto:JenniferC@SoundGenerations.org)

**Community Dining**

**Chef Lori**

[LoriG@SoundGenerations.org](mailto:LoriG@SoundGenerations.org)

**Administrative Assistant**

**Carolyn**

[CarolynW@SoundGenerations.org](mailto:CarolynW@SoundGenerations.org)



Hi Everyone! I say Happy August. August has always been Volunteer Appreciation Month at the Center. So, even though we are still mostly apart, I want to thank each of our wonderful volunteers who are the Heart and Soul of the Center. You make it what it is. **THANK YOU!!!**

It's mid-July as I'm writing this and thinking about how long it has been since we have all been together. Handshakes and hugs were allowed, people could sit 6 to a table, we could see each other's faces. Well, times have changed and for everyone's health and safety, we have changed too. We miss you, and hope you and your families are doing well. We are happy to have started a very gradual reopen process that will take months to complete, but, we have a start. As you know, I'm one for silver linings and finding some positives in even the hardest situations.

For many the last 5 months have been extremely difficult and the challenges continue. I was reading an article in the AARP magazine by Sari Harrar on happiness in hard times. Countless researchers have found pursuing and finding happiness in hard times gives us the resilience to get through it. "We need to focus on happiness more now, not less". "The happiness that helps in great difficulty is realistic. It recognizes fears and anxieties. It looks for meaning. It nourishes and sustains us". Happiness is not necessarily "fun and laughs" but "positivity, a mix of realism, hope and compassion". "When you pay attention to how you shape your life right now, you won't feel victimized by what's going on." The experts suggest some ways to help cultivate happiness. (1) Play some songs of hope and happiness; *Beautiful Day, What a Wonderful World, Happy, Here Comes the Sun, Somewhere Out There*; (2) Connect - Human connection is the chicken soup of kindness, good relationships keep us happier and healthier; (3) Move and breathe - physical activity can boost happiness by reducing stress; (4) Take a moment to savor a wonderful moment, a sunrise or a cherished memory; and (5) People that keep themselves physically, mentally, and socially active focus more on the positive. So, while this is a tough time these tips can help us. Remember the power of that smile for you and all those that see it.

While we are sad we can't have our traditional in person auction gala, we are excited that we will be doing a fantastic virtual AL Hovland Memorial Spring for Seniors, September 13<sup>th</sup> Auction Gala. Silver lining, because of the virus we have learned new skills and a way to have our biggest fundraiser of the year which will be exciting, fun, and profitable and allow more guests to participate from anywhere in the country. Please see separate article. We need everyone's help and support. Get September 13<sup>th</sup> at 6 pm on your calendars.

We hope that as the weeks move forward we can slowly add more inside and outside services. We are all tired of the "NO'S and YOU HAVE TO'S", but until there is a proven cure and vaccine, all the protocols and safety rules must continue. We will continue our pick-up and delivery lunch services for the foreseeable future. See the calendar for available services now.

Love and remember to smile,

*Carlye*

## EVENTS & ACTIVITIES

### TAKE-OUT/PICK-UP LUNCHEES & DELIVERIES

**Mon—Thurs 12:00 Noon-1:00 pm ...Suggested Donation \$4**

Chef Lori will prepare delicious take-out lunches for pick up at the Center's front door on a first come, first serve basis. Deliveries for housebound participants are Tuesdays and Thursdays.

**Weekly Menus to be posted on Center's website at [Ballardseniorcenter.org](http://Ballardseniorcenter.org)**

### SOCIAL WORKER CONSULTATIONS Social Worker Jennifer

**Mon, Wed, and Thurs by appointment .....Free**

**Please call 206-297-0403 for appointment NO DROP INS**

Jennifer is available to help members find solutions for whatever their needs may be. She is friendly, approachable and eager to offer her assistance.

### FOOT CARE CLINIC Nurse Keith

**Wed August 12 & 26 9:00 am-4:00 pm ...\$25 member/\$40 non-member**

**Please register by calling 206-297-0403 – NO DROP INS**

Nurse Keith helps take care of your feet. Bring your own towel.

### MYSTERY BOOK CLUB (Outdoors) Leader Lisa

**Mon August 17 10:00 am-11:30 am ..... Free**

**Please register by calling 206-297-0403—NO DROP INS**

We're kicking off our new Mystery Book Club with a novel set in 1960's Baltimore that combines modern psychological insights with elements of classic noir. Join us for relaxed conversation and make new friends! This month's selection is *Lady in the Lake* by Laura Lippman.

### HISTORY BOOK CLUB (Outdoors) Leader Karla

**Mon August 24 10:00 am-11:30 am ..... Free**

**Please register by calling 206-297-0403 – NO DROP INS**

History is a powerful subject. Knowing the past allows you to understand the present. Join this interesting group and enjoy discussing and learning together. This month's selection is *The Women's Hour: The Great Fight to Win the Vote* by Elaine Weiss.

### OUTDOOR COLORING GROUP Leader Lisa

**Wednesdays in August 10:30 am-11:30 am .....Free**

**Please register by calling 206-297-0403—NO DROP INS**

Coloring is a great way to relieve stress and exercise your creative mind. Find out which medium you like best (colored pencils, gel pens, markers, crayons, etc.) and explore new ones. Bring your own supplies or use those provided by the Center. All are welcome.

### CHAIR YOGA (temporarily outdoors) Instructor Leo

**Tuesdays in August 1:00-1:45 PM .....\$5 member/\$10 non-member**

**Please register by calling 206-297-0403 – NO DROP INS**

Build Strength and flexibility while seated. Shoes are okay to wear. We use chairs for stability and as a balance aid.

### QI GONG FITNESS CLASS (Outdoors) Instructor Terry

**Tuesdays in August 10:30 am-11:30 am ..... \$5 member/\$10 non-member**

**Please register by calling 206-297-0403 — NO DROP INS**

Qi means "energy" and Gong means "to work with" so Qi Gong simply means working with the body's energy. Qi Gong focuses on body posture, movement, breathing and meditation.

### OUTDOOR WALKING GROUPS Leader Lisa

**Mondays in August (Gentle) 9:00 am-10:00 am ..... Free**

**Wednesdays in August (Moderate) 2:00 pm – 3:00 pm ... Free**

**Please register by calling 206-297-0403 – NO DROP INS**

Meet Lisa outside in front of the Center. Rain or shine!

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>3</b>		<b>4</b>		<b>5</b>		<b>6</b>		<b>7</b>	
9:00 Gentle Walking Group Social Worker by Appt.		10:30 Qi Gong (Outdoors) 1:00 Chair Yoga		10:30 Outdoor Coloring Group 2:00 Moderate Walking Group		Social Worker by Appt.		<b>CENTER CLOSED</b>	
<b>10</b>		<b>11</b>		<b>12</b>		<b>13</b>		<b>14</b>	
9:00 Gentle Walking Group Social Worker by Appt.		10:30 Qi Gong (Outdoors) 1:00 Chair Yoga		9:00—4:00 Foot Care 10:30 Outdoor Coloring Group 2:00 Moderate Walking Group Social Worker by Appt.		Social Worker by Appt.		<b>CENTER CLOSED</b>	
<b>17</b>		<b>18</b>		<b>19</b>		<b>20</b>		<b>21</b>	
9:00 Gentle Walking Group 10:00 Mystery Book Club Social Worker by Appt.		10:30 Qi Gong (Outdoors) 1:00 Chair Yoga		10:30 Outdoor Coloring Group 2:00 Moderate Walking Group Social Worker by Appt.		Social Worker by Appt.		<b>CENTER CLOSED</b>	
<b>24</b>		<b>25</b>		<b>26</b>		<b>27</b>		<b>28</b>	
9:00 Gentle Walking Group 10:00 History Book Club Social Worker by Appt.		10:30 Qi Gong (Outdoors) 1:00 Chair Yoga		9:00—4:00 Foot Care 10:30 Outdoor Coloring Group 2:00 Moderate Walking Group Social Worker by Appt.		Social Worker by Appt.		<b>CENTER CLOSED</b>	
<b>31</b>									
9:00 Gentle Walking Group Social Worker by Appt.									

**BALLARD NW SENIOR CENTER'S**

**Al Hovland Memorial Auction**



# Spring for Seniors September 13

**A Virtual Auction and Gala**

**SUNDAY, SEPTEMBER 13TH—6PM**

*Join us for a virtual auction while in the comfort of your own home! Stephen Kilbreath and Cameron Smock will be your hosts. Spend an hour, Raise the Paddle, bid on your favorite items, Support your Center, be entertained, have fun and play a game. Please join us!*



**Free Registration:**

**BallardSeniorCenter.org**

## **27TH ANNUAL AUCTION SPONSORED BY:**

Holland America  
Dick & Sherry Richards  
Eye Associates  
David & Karen Aoyama  
Mountain Pacific Bank  
Carol Batchelder  
Tim & Sharon McKenzie  
Ballard Ornamental Ironworks  
Stoneway Hardware  
The Lockspot Cafe  
Foss Home and Village

Trident Seafood  
Anne Parker-Pollack  
Swedish Medical Center  
Seattle Divorce Services  
Rutha Thomas, Century 21  
Merrill Gardens at Ballard  
Bardahl Manufacturing Corp.  
Sunset Hill Veterinary  
Healthy Pearls for Seniors  
Karl Jacobsen & Vicky Stover

Ocean Peace  
Amy Dussault  
Sarah Hovland  
Bowie Electric  
Annie's Nannies, Inc.  
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Karla Wight  
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Dee Corbett

