



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

December

**Center Services Suspended, except Lunch Take-out and One-on-One Services.
See Inside for more Information**

Year End Appeal

"I didn't know how big a part the center played in my life until many of my activities were suspended, I'm devastated."

These words sum up the feelings of many participants that count on the center daily. 2020 has been an extraordinary year for all. Both extraordinarily difficult and extraordinarily rewarding. We have always had the mission to improve seniors' lives. This year's challenges, reduced funding and the pandemic, have made the mission even clearer. The center has stepped in to fill as many gaps as we can. We are making a big difference and we want to keep it going. Your assistance is deeply appreciated and deeply needed as we continue to develop services that meet the most basic needs. Among them food and isolation issues.

Over the last 9 months while everyone's world, including the center's, was turned upside down, we have served thousands of hot meals, the social worker provides ways to stay positive and connected, groups are meeting remotely, one-on-one services, foot care, dental hygiene, financial advice, and Bastyr naturopathic services. All are offered with strict rules enforced. The center has provided stability in an uncertain world. "The center is the rock in my life. Thank you."

Our financial situation is difficult. All our fundraisers, except

the auction, were cancelled, donations, support and grants are down. We are well below our revenue goals. Expenses continue as we provide critical services to our communities' seniors. We will lose \$90,000 in County funding but got a smaller allocation for 2021. Thanks Council Member Jeanne Kohl-Welles. We ask our center family and the community to make a generous tax deductible year end donation to support this vital center. 3 ways to contribute: 1. Make your check to Ballard NW Senior Center and mail to 5429 32nd NW Seattle WA 98107; 2. Call the center at (206) 297-0403 and donate by credit card; 3. Donate online at www.ballardseniorcenter.org and click on the orange button at the top. Thank you!

Center Schedule for the Holidays

We will provide as many services in December as allowed. The Governor has just announced additional restrictions and we will move forward as the virus and people's actions dictate. Take-out/pickup lunches will continue at the door Monday through Thursday with delivery on Tuesday and Thursday in the immediate area. For now, our schedule for the center will be for approved one-on-one services only, Monday through Thursday between 9:00 am and 2:00 pm, subject to change, and closed on Friday. **We will be closed for the Holidays on December 24th and 25th and December 31st and January 1st. Stay tuned as the situation is fluid and subject to change on a moment's notice.**

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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
FACEBOOK
Ballard NW Senior Center
TWITTER
@BallardNWS

BOARD OF DIRECTORS

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Bookstore: Susan Schneider
Building & Grounds: Stephen Sill
Rummage: Red Hats -
Judy McBride
Jewelry: Ramona Owen

CENTER STAFF

Executive Director
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JenniferC@SoundGenerations.org

Community Dining

Chef Lori
LoriG@SoundGenerations.org
Administrative Assistant

Carolyn
CarolynW@SoundGenerations.org



DIRECTOR'S MESSAGE



The Governor has put many restrictions back in place. On November 16th the center suspended many inside services for the next 4 weeks. We will continue pick-up/take-out lunches and delivery and one on one services, social work, foot care, etc. Please call the center at 206.297.0403 for additional information. No Drop ins.

Hi Everyone, I hope you all have a wonderful Holiday Season however you celebrate. It will certainly be different than what anyone imagined. It's been 9 months since we were all together looking forward to a great 2020 and all we would do at the center to be the best we could be. Even in August I hopefully thought well, maybe by December we will be able to be together to celebrate, have fun at the Santa Breakfast, trim the center trees, enjoy our Holiday feasts, have a celebratory New Year's party and reflect on making it through this year. But alas it's not to be. I'm as tired as you are of not seeing family, having dinner or going to a play with friends, shopping trips, travel and on it goes. It's hard to see the alarming surge in cases, I hope this changes soon. But as my favorite columnist Paul Schoenfeld said in his 11-01 column, we are at War! War with Covid-19 Virus. We must all join together to fight and win this battle.

I know many have lost so much, relatives, friends, jobs, economic security, connections and feel afraid and are isolated. I have wondered about those that lived thru the 1918 flu pandemic and how they managed for 2 long years. As Dr. Schoenfeld said, as with all wars we become "weary" of the sacrifices we need to make to keep this enemy at bay. He then thought about what our 20th Century parents and grandparents went through and their sacrifices during the World Wars, the Holocaust, the Great Depression, the Korean and Vietnam Wars and survived and made the world a better place for their kids, grandkids and great grandchildren. There are still many challenges and work to be done to make this a better place for all, but to win the war with this virus we need to double down on public health requirements, use grit, determination and strength, follow all the rules, practice distancing, wearing masks, washing hands. But, it's also most important to stay connected and safe during this time even when it's colder and harder during our fall months, so how do we manage? It's suggested that we still go outside, bundle up and go for walks; be creative, find new outlets that engage our minds; change our routines, read a different type of book, watch some educational TV, or try a new recipe. Remember our social worker Jennifer offers tips and is available if you want to chat, Call the center to schedule an in person or phone appointment. We will get through this.

You know me and my silver linings and during this long year we have provided a lot of services, done things in different ways but we are a better and stronger center. We know we can meet any challenge, reimagine our path, and succeed. Our biggest challenge at the moment is financial. I hope our participants and community supporters will be as generous as their situation allows so that we can end the year strongly.

Let's keep the Holidays bright, see the positives each day, count our blessings, and make this a good Holiday Season and see the possibilities for a wonderful 2021. Happy Holidays!
Love,

"Thankfulness creates gratitude, which generates contentment, that causes peace"

Carlye

This program receives funding from the King County Veterans, Seniors and Human Services Levy.

EVENTS & ACTIVITIES

TAKE-OUT/PICK-UP LUNCHESES & 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

SOCIAL WORKER CONSULTATIONS Social Worker Jennifer

Mon, Wed, and Thurs by appointmentFree
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 Dec. 9 & 23 9:00 am-4:00 pm\$25 member/\$40 non-member
Please call for appointment 206-297-0403 – NO DROP INS
Nurse Keith helps take care of your feet. Bring your own towel.

DENTAL HYGIENE CLINIC Healthy Pearls Dental Hygienist Jan

Monday Dec. 28Low Cost
Appointments only. Call Jan 206-498-4023 NO DROP INS
Oral health is important to overall health and Jan's passion is to make preventive oral health care available and accessible to seniors.

BASTYR NATUROPATHIC SERVICES

Tuesday, Dec. 1, 8, 15, and 22Free
Appointments only. Call 206-297-0403. NO DROP INS
Naturopathic treatments for your ailments! Help your body to help your health.

FICTION BOOK CLUB Leader Karla

SUSPENDED UNTIL COVID RESTRICTIONS ARE LIFTED

Mon. 10:00 am-1:30 amFree
Please register by calling 206-297-0403 No more than 5 participants —NO DROP INS
Join us for relaxed conversation, new friends, and great books.

HISTORY BOOK CLUB Leader Karla

SUSPENDED UNTIL COVID RESTRICTIONS ARE LIFTED

Mon. 10:00 am-11:30 am Free
Please register by calling 206-297-0403 No more than 5 participants – NO DROP INS
History is a powerful subject. Join this group and enjoy discussing and learning together.

"No man is a failure who has friends."

- A Christmas Carol

CHAIR YOGA Instructor Leo

SUSPENDED UNTIL COVID RESTRICTIONS ARE LIFTED

Tues. & Thurs. 1:15-2:15 pm\$5 member/\$10 non-member
Please register by calling 206-297-0403. No more than 5 Participants – 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 Instructor Terry

SUSPENDED UNTIL COVID RESTRICTIONS ARE LIFTED

Mondays 1:15-2:15 pm\$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.

LIVE ONLINE (ZOOM) QI GONG FOR HEALTH CLASSES

Tuesdays in December 9:30 am Free

Qi Gong is known to be effective for improving your immune and respiratory systems and reducing stress. Email Terry at terryleers.sfq@gmail.com or 206-999-5381 for registration details,

OUTDOOR WALKING GROUPS Leader Jennifer

SUSPENDED UNTIL COVID RESTRICTIONS ARE LIFTED

Mondays (Gentle pace at 2 miles per hour) 9:00 am-10:00 am Free
Wednesdays (Moderate pace at 3 miles per hour) 1:00 pm-2:00 pm Free
Please call 206-297-0403 to be screened prior to registering. Participants must be independent with balance and have a steady gait. May need medial clearance to participate. Please no wheeled walkers or canes. Please contact the Center if you have questions. No more than 5 participants – NO DROP INS
Meet friends while maintaining your health and independence. Meet outside in front of the Center and walk on the Burke Gilman Trail. Flat surface and Gentle or Moderate pace. Rain or shine!

FINANCIAL SERVICES Kylie Bernethy

Tuesday, Dec. 1 10:00 am-12:00 pmFree

Please register by calling 206-297-0403 Appointments only NO DROP INS

Kylie B. Bernethy is an independent financial services professional who assists with financial questions relating to IRAs, Mutual Funds, Retirement Income Planning, Health Insurance, Long Term Care Insurance and Annuities.



CALENDAR OF EVENTS LISTED ON BACK PAGE

CALENDAR OF EVENTS & ACTIVITIES

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1		2		3		4		5	
		9:30 Online Zoom Qi Gong Financial Services by Appt. Bastyr Services by Appt.		Social Worker by Appt.		Social Worker by Appt.		CENTER CLOSED	
7		8		9		10		11	
Social Worker by Appt.		9:30 Online Zoom Qi Gong Bastyr Services by Appt.		9:00-4:00 Foot Care Social Worker by Appt.		Social Worker by Appt.		CENTER CLOSED	
14		15		16		17		18	
Social Worker by Appt.		9:30 Online Zoom Qi Gong Bastyr Services by Appt.		Social Worker by Appt.		Social Worker by Appt.		CENTER CLOSED	
21		22		23		24		25	
Social Worker by Appt.		9:30 Online Zoom Qi Gong Bastyr Services by Appt.		9:00-4:00 Foot Care Social Worker by Appt.		CENTER CLOSED.		CENTER CLOSED	
28		29		30		31		1	
Dental Hygiene by Appt. Social Worker by Appt.		9:30 Online Zoom Qi Gong		Social Worker by Appt.		CENTER CLOSED		CENTER CLOSED	

Center Memberships Are Available

2021 memberships are available now and are due in January 2021. 2020 has been tough but we have high hopes that in 2021, hopefully early in the year, we will be back together and continue all the services and programs we are used to plus the new remote offerings. Members receive many benefits. Classes and services, like foot care, trips when we can do them again, all cost less with your membership. The membership fees also provide a way to support the center. Dues for 2021 are \$50. Please return the membership form with your payments. Payments may be made one time at \$50. Two payments at \$25 or quarterly at \$12.50. Thanks for your continued support.



Holiday Pies and Scones

To help keep our Holidays bright and with delicious treats, Chef Lori offers to make her scrumptious pies and scones. Call the center at 206-297-0403 to preorder and prepay with credit card by December 16th. Pickup December 22nd and 23rd.

Cherry or Apple Pies...\$15.00 ea. **Pumpkin Pie...**\$10 ea.
Sweet Scones: Blueberry Lemon or Pumpkin Pecan
Savory Scones: Bacon, Cheddar, and Green Onion;
 Scones Packed 6 to an order...\$7.00 Scones may be frozen and reheated.

Festive Holiday Meal

We are disappointed not to have our festive Holiday meals inside the center with all excited to be together to celebrate. But, Chef Lori and crew will have a delicious and festive meal for take-out and delivery in the immediate area (for registered clients) on Tuesday December 22nd. The menu includes Spinach Salad, Beef Bourguignon, Mashed Yukon Gold Potatoes, Roasted Vegetables, and Cranberry Cheesecake for you to enjoy. The suggested donation is \$4.00 for pickup.

It's flu Season, Get your Flu Shots

It's not too late to get your seasonal flu shot. It's more important than ever as we battle seasonal flu and COVID-19. COVID-19 is surging and to have both hit at the same time would be disastrous. Stay healthy and protect yourself and others. Let's pull together to defeat the Virus and win this War!



Holiday Gift Ideas: *“To your enemy, forgiveness; to an opponent, tolerance; to a friend, your heart; to a customer, service; to all, charity; to every child, a good example; to yourself, respect”*

- Oren Arnold