

HAPPY New Year

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 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

JANUARY

2022

WELCOME BACK Status Quo: Status Quo Update: Welcome 2022. It was our hope that there would be a change to our status Quo. But, alas, that's not to be. We will continue to add additional services and activities during January. **However, proof of vaccination is required to enter the Center, temperatures taken, masks are required, distances maintained and numbers limited for many activities. Safety is our first priority.** We had great Holiday activities in December and they were done safely with our requirements and safety protocols in place. We feel confident our procedures work and while some disagree with our strict policies and feel we shouldn't have any restrictions we continue to require all to be in effect to come to the Center. We urge anyone not vaccinated to please consider getting vaccinated to benefit you, your family, friends, and anyone you come in contact with.

AUCTION AND YEAREND UPDATE

An update on our wonderful Spring for Seniors, auction and gala, fall addition. The numbers are still being finalized. At this writing in early December we grossed \$79,600, including the great contributions from our sponsors and donors. Our auction guests were very generous with their bidding and support. After expenses the amount will give our finances a big boost. We are so lucky to be in such a generous community. Stay tuned for final figures.

As many have said "I didn't realize how important this Center is to me and others till the pandemic hit and things were curtailed. I took the Center and all the programs for granted and there was a big hole in my life. I couldn't see my friends, couldn't take my class, go on a trip, be connected. I was so lonely. Then the Center resumed things, a bit differently but I could participate and volunteer. I would have gone crazy without my Center"

Donations are just starting to come in for the year end appeal and we hope our participants and the community will continue their generosity. We were a bit concerned that the yearend appeal following so closely on the auction might not be as successful. Frankly we need both paths to maintain and grow our vital services. As so many have said the Center made a big difference in their lives during this pandemic. I hope everyone will support the Center financially at a level that is comfortable for them and continue to give in the new year. Thank you, we continue to take yearend donations in January.

MEMBERSHIPS ARE DUE



It's January and time to join or renew your membership for 2022. Over the last two years many didn't join or renew memberships because of the pandemic. But now that we are offering so many services, programs and activities with more on the way every month the benefits are many. Some include lower fees for trips, foot care, many classes, and activities. There is a members only lunch and special activities for members and you know you are supporting the Center. Dues are \$50 for the year. Payable one time now, or \$25 paid twice ½ now and ½ in June or \$12.50 paid quarterly ¼ now, ¼ in March ¼ in June and ¼ in September. Enjoy the benefits of membership. Thanks!

SNOW



It's winter and we could see some of the white stuff. If there is snow, other inclement weather, or major weather happening the Center follows the Seattle Public Schools schedule. If the schools are closed or late the Center is closed or late. Please call the Center before coming to the Center to be sure we are open. Staff comes from a distance and local conditions can change the availability. The safest place in snow or inclement weather is in your own home. A trip to the Center isn't worth a fall, broken bone or wrecked car.

**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

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[@BallardNWS](#)

BOARD OF DIRECTORS

President: Jan Gaides
Treasurer: Rutha Thomas
Secretary: Henry Grenley

Members At Large:

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

VOLUNTEER CHAIRS

Auction: Jeanne Eagleson
and Rutha Thomas

Bookstore: Susan Schneider

Building & Grounds: Stephen Sill

Rummage: Red Hats

Jewelry: Ramona Owen

CENTER STAFF

Executive Director

Carlye Teel

CarlyeT@SoundGenerations.org

Social Worker

Jennifer

JenniferC@SoundGenerations.org

Program Coordinator

Community Dining

Chef Lori

LoriG@SoundGenerations.org

Administrative Assistant

Patricia

PatriciaS@SoundGenerations.org



DIRECTOR'S MESSAGE



Hello 2022 and thankfully good bye 2021. We are ready for 2022 but unfortunately it looks like more of the same. Can you believe we started this pandemic about 22 months ago? We made it through the original COVID then the Delta variant arrived, it's still with us and is joined by the Omicron variant. Yes, things are better, but we have a ways to go. The Center made many changes in how we provide services. We proved that we can adapt, pivot, change and serve more people than we had previously. We are a better and stronger Center. You know me and

my silver linings. We look forward to a good 2022 and hope you will take part in our health and wellness services, exercise opportunities, educational experiences, fun, connection and volunteer times. We are the Ballard NW Senior Center and 2022 will be a fantastic year. Join us!

Let's have a quick recap of 2021. The year started with the promise of vaccinations and oh the scramble for appointments. We hosted 3 vaccination clinics. We started one on one services with social work, and added foot care, dental hygiene, Bastyr Naturopathic appointments, legal and financial advice. Exercise started outside and then moved inside and small group activities were added. We had an outside summer BBQ and mini rummage sale. By fall our auction, rummage sale and Holiday Bazaar were held. I'm writing this in mid- December it's time for holiday parties, the Seahawk and holiday lunch and welcoming 2022. We decreased isolation and provided ways to connect. Our dedicated board and volunteers were fabulous. With their help and support we all moved forward. As the year ends we continue to add more activities and plan a great 2022.

2022 holds great promise and great challenges as we continue to increase all our activities. We are still in a pandemic. The country is making progress with vaccinations and fighting this virus but unfortunately it feels like danger and uncertainty stay right on our doorstep. Things look brighter and then things go backward. The stress of this last 22 months has many on edge, exhausted, and wondering what's next. This effects our minds, bodies and our health both mental and physical. So, how do we help ourselves with this pandemic stress? Dr. Schoenfeld suggests be patient, except your experiences, acknowledge them and be aware of sensations. Look for triggers and take a minute to figure out your reactions, allow yourself to feel what you are experiencing. As situations ease or turn upside down make incremental changes and give yourself time to adapt to the new situation and guidelines. This is all going to take time to recover and move forward as the situations change. Remember to take care of your health maintenance for regular checkups and get the health screenings that have been put off. Remember to rest and relax our bodies need time to repair.

We are the friendly Center, remember how important that smile is to you and to all that see it. Let's make 2022 the best yet at the Center and with your help it will be

Smiles and Love,

Carlye

"January is the month for dreaming" Jean Hersey

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



GROWING MEMBERSHIPS AND PARTICIPANTS

During 2022 we want to increase our members and participants. The Center programs, services and activities are fantastic and benefit all who participate. During the pandemic we found people in the community that either didn't know about the Center or didn't know about all our offering. Now that we are doing more and more on site and still connecting remotely too it's the perfect time to get current members and participants reconnected and make sure others in the community learn about us and all our offerings. Please let your neighborhood friends and neighbors know about your wonderful Center and that there is something here for everyone to make their days and even their lives better in little and big ways. Growing our membership and participation rates allows us to do more and be an even stronger Center. Do give us your good ideas for services and activities you want us to consider offering. Thanks everyone together we can do more.

ONGOING ACTIVITIES

RED HATS AND MEN'S BREAKFAST



Red Hats: Our Scarlet Belles of Ballard Red Hat group are a fun bunch that have a great program going under Queen Bobbie. They meet the first Monday of the month at noon in the dining room for lunch and then plan their fun, interesting and exciting events, trips and activities. They are also great volunteers that are essential to our rummage sales organizing and pricing pre-sale, working day of set up and on sale days in various area. What a group. Thanks Red Hats.



Men's Breakfast: \$3.00, Rusty Forster leads. The guys meet the 4th week of the month, January 28th is the first, at 9:00 a.m. They share good guy time, have a delicious breakfast, listen to a speaker, chat and have the dining room to themselves. Have a great event.

COMMUNITY DINING

Monday through Thursday at Noon

Proof of vaccination is required for inside dining.

We are pleased that community dining is available inside, capped at 30, first come first served. It's wonderful to have people chatting, laughing, sharing a meal together and being in a warm and inviting place. Enjoy Chef Lori's delicious meal,

...Continued

ONGOING ACTIVITIES (continued)

COMMUNITY DINING ...continued

a funny joke, and be part of the community. Connection is so important. important. Masks are required except when eating and distances are maintained but we are together.

Pick-up at the door and delivery continue Monday through Thursday as usual and the menus are the same for all three paths. Inside dining uses disposable containers and cutlery. There is no coffee, tea or milk services but water is supplied for inside dining. See you for lunch

WEDNESDAY NIGHT

HAPPY HOUR 4:30

DINNER 5:00 and BINGO 6:30

Come for a winter night of fun, good food, and comradery with Center friends. It's a wonderful time to share an evening. Enjoy a delicious beverage, a yummy chef Lori dinner and an exciting and friendly night of Bingo with cash prizes. Come for one event or all three and make a night of it. Beverages are \$1. for water and soda; \$3. for beer and wine; \$5. for cocktails. Dinner is \$7. Due to the pandemic dinner is served on disposable containers and there is no coffee or tea service and **outside food is not allowed.** Please dinner reservations by 3 on Monday, minimum of 10 and maximum of 25 for dinner. **There are no reservations needed for Bingo.**



SEATTLE REPARATORY THEATRE

PUBLIC WORKS PROGRAM

Tuesdays at 2:30

Proof of vaccination and masks Required, distances maintained and limited to 20.

This is a fantastic group. Come join in. Learn the history of musical theatre, sing and dance your way to a fun afternoon. Led by Lia and the crew from the Rep this is such a positive experience. Participants have been in Rep plays, free tickets to Rep plays for participants and opportunities for being the scenes meetings and social times to discuss plays and so much more. Interested, come check out this weekly workshop. You will be glad you did.

ENTER'S CLOSED DAYS: PLAN AHEAD

- The Center is closed on Monday January 3rd as the final day of the New Year's celebration.
- We are closed January 17th as we honor Dr. Martin Luther King, his life and all his accomplishments.
- We are closed February 21st in honor of President's Day and their contributions to our country.



We are expanding our activities more and more and look forward to you being here at the Center.

“Cheers to a new year and another chance to get it right”
Oprah Winfrey



ATTENTION VETERANS! FITNESS SCHOLARSHIP AVAILABLE

Are you interested in trying one (or all) of our fantastic fitness classes but haven't gotten around to it? With our new **Veterans Fitness Scholarship** you can enroll in any of our classes **FREE** of charge! Try Chair Yoga, EnhanceFitness, and more. **Call the Center at 206-297-0403**

VETERANS' SOCIAL HOUR Every 2nd Wed, 12:00-1:00 pm

Come and spend the hour socializing with your fellow veterans while enjoying a free lunch provided by the Center - All participants must be fully vaccinated.

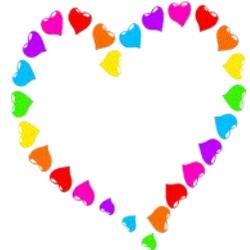
BASTYR NATUROPATHIC SERVICES Every Tuesday: FREE

We are fortunate to have the Bastyr Naturopathic services here at the Center each week. This is the start of a new year and if you are interested in helping yourself to better health and wellness see the Bastyr providers, it's free. The clinic provides a wide variety of services that helps your body help itself. They approach your health from a whole person perspective. They address underlying issues not just symptoms. Whatever your dealing with, degenerative conditions, allergies, asthma, fatigue, cardiovascular or high blood pressure, flu, colds digestive issues or you want to maintain your already good health they are here to help you be your best self.

RUMMAGE SALE

Friday February 11th 9 to 3 and
Saturday February 12th 10 to 3

Our first big rummage sale of the year is coming very soon. Our sales are eagerly anticipated and known for their high quality and variety. Our three sales are big parts of our financial budget. Please as you do your after Holiday cleanup and new year organization put a bag/box or two of your quality don't needs together for the Center as they will be another's treasures. We also need volunteers to help with organization now to sale, set up Wednesday afternoon and all day Thursday, during the sale Friday and Saturday, and post sale Saturday from 2 to 5. Thanks many hands make light work and together we can do more than any can do separately. We need YOU!



VALENTINE PARTY

Safety protocols strictly enforced!

Plan ahead and get the Valentine party on Monday February 14th at 1 on your calendars. Fun games, entertainment, delicious party food and of course valentine candy for all. Limited to 50. Call February first after 10 to reserve your spot at this day of friendship and love.

OTHER NEWS

Special January days:

It's the start of a new year and there are some special days to celebrate in January. Some are meaningful, some interesting, or some just fun. Hope you will find some to celebrate.

1/1 New Year's day and play outside; 1/2 buffets; 1/3 toss fruit-cake and sleep; 1/4 spaghetti; 1/5 birds; 1/8 bubble bath and argyles; 1/10 houseplants and oysters and clean your desk; 1/11 Morse code and milk; 1/12 hot tea, pharmacists and take the stairs; 1/13 rubber ducky and make dreams come true; 1/15 bagels and hats; 1/17 Martin Luther King Day, kid inventors and hot buttered rum; 1/18 Winnie the Poo; 1/19 popcorn; 1/20 cheese lovers and penguins; 1/23 pie and handwriting; 1/24 compliments, belly laughs and peanut butter; 1/26 Australia, spouses and peanut brittle; 1/28 fun at work, kazoos and blueberry pancakes; 1/29 puzzles

REMINDER TO ALL
Proof of vaccination required

THANK YOU PATRICIA AND GOOD LUCK

Our Administrative Assistant Patricia will be heading off mid-January to pursue her art career. We thank her for all the positive additions she accomplished for the Center. Her care and concern for the Center and our participants is memorable. She will still be around and helping out as her schedule permits. She leaves us with great memories and also excitement to pursue her new adventure. Please stop by and thank her for her contributions. Thanks Patricia, good luck and don't be a stranger.

THANK YOU VOLUNTEERS

We are so grateful to our wonderful volunteers. We couldn't do all we do without their dedication, support and willingness to contribute to the Center's volunteer needs. If you would like to join the great group of volunteers, please contact the Center and we will get the process started. There are long term and one time opportunities available. Volunteering is good for you, has many health benefits, is fun and educational. Consider it, you will like it.

• UNIVERSITY OF WASHINGTON STUDY •

The University of Washington is recruiting seniors for a research project on social Isolation as a result of the COVID-19. Each participant will receive up to \$45 for completing weekly calls/questionnaires for 10 weeks. Requirements: you must be: a member of a senior Center or resident in a senior living community, English speaking and able to complete weekly phone calls with Social Worker. For more information, contact Jennifer, the Center's Social Worker: 206-297-0403.

In Memory

We lost long time member and faithful volunteer Amanda Robinson. Amanda was a volunteer receptionist and Center supporter for many years. She always had a smile and kind word for those that came to the desk or you could hear her smile and welcome on the phone. She was also a volunteer in other areas and would always say "yes, I can do that". We miss her and will always remember her smile and laugh.

The Center also lost long time Center member, supporter and volunteer Shirley Wagner. Shirley was a lovely woman, always had a positive word to say about others, and thoroughly enjoyed her many days at the Center. Her generous spirit and kindness will long be remembered.



NEED VOLUNTEERS: CAN YOU HELP?

We add more and more programs, services and activities each month and get busier and busier. During the pandemic many of our volunteers retired and now we need to recruit more volunteers. Our volunteers are the life blood and cornerstones of the Center and we need additional volunteers to keep everything going. Can you help? We need help in all positions, receptionists up and down stairs, kitchen, drivers, data entry, special event help, committee members, party volunteers and more. If you have an interest we can use your help and support.

There is a volunteer application to fill out either online or come by and fill one out. After that we will work with you to find the opportunity for you. Training is provided and volunteers are appreciated every day. Thanks for your consideration. We are happy to provide any additional information.

CALLING ARTISTS AND INSTRUCTORS

If you would like to share your talents with a group of wonderful seniors then this is the place. Contact the Center at 206-297-0403.

We are looking to add more classes

VAN DRIVERS NEEDED

Have some free time? Want to join our fun trips? We need you! Contact the Center for details at: 206 297-0403.



"Write it on your heart that every day is the best day of the year" Ralph Waldo Emerson



PROGRAMS & SPECIAL SERVICES

- November 2021 -

HOW TO REGISTER FOR PROGRAMS

Except where there are instructions for the “by appointment only” please follow the directions listed below to register for all programs.



- ◆ To register call: 206-297-0403 Make certain to leave your name, phone number, and email if you have one!
- ◆ Paying for Classes - Pay by phone, or by cash, check or credit card at the 2nd floor reception area
- ◆ **IMPORTANT:** Virtual classes can only be accessed by a link received after register ing for the class.

FOOD & NUTRITION

TAKE-OUT/PICK-UP LUNCHEES & DELIVERIES

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



In January, Chef Lori will prepare delicious take-out lunches for pick up at the Center's front door on a first come, first serve basis along with limited inside dining. Deliveries for housebound participants are Tuesdays and Thursdays in the immediate area. Weekly Menus to be posted on the Center's website: BallardseniorCenter.org.

LEARNING & TECH ASSISTANCE

CONNECT REMOTELY & HELP WITH VIRTUAL CLASSES ARE CURRENTLY ON HIATUS UNTIL FEBRUARY 2022

COMPUTER LAB

The computer lab has been redone and updated with all new computers and monitors. Computers are available in January by appointment for 45 minute sessions for two people at a time on specific computers. The window and door must be open and for now masks worn. Lab appointments are available starting at 10:00 am and the last appointment will start at 2 pm. Call (206) 297-0403 for an appointment.



THE ARTS

WATERCOLOR AND DRAWING (In-Person) Instructor Susan
Every Tue 10:00-12:00 pm - \$12/Members,
\$15/Non-Members per Class



Instructor requests all students be vaccinated. Masks are required. The class allows beginners to work on their basic watercolor or drawing skills. Advanced students will be given individual attention. Please contact the instructor at susanbatik@yahoo.com to obtain a supply list for the class or if you have any questions. You will work from simple. instructor created still life set up. Payment is made at the beginning of the class at the 2nd floor reception desk.

SPECIAL SERVICES

SOCIAL WORKER CONSULTATIONS Social Worker Jennifer
Mon, Wed, and Thurs by appointment only.....**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
By appointment only. Call 206-297-0403. **No Drop-Ins**
2nd Wed of each month 9:00 am-4:00 pm\$25
member/ \$40 non-member + 4th Wed of each month from
1:00 pm-4:00pm Nurse Keith helps your feet to stay happy.
Bring your own towel.

DENTAL HYGIENE CLINIC Healthy Pearls Dental Hygienist
LOW COST - On hiatus until April. By appointment 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.

PROGRAMS & SERVICES CONTINUED

SPECIAL SERVICES (Continued)

BASTYR NATUROPATHIC SERVICES

Tues Afternoons - By appointment only. Call 206-297-0403
FREE

The Bastyr clinic provides a wide variety of services that are effective for the prevention and relief of chronic and degenerative health conditions with holistic solutions for many issues which include fatigue, allergies, asthma, colds and flu, cardiovascular disease, high blood pressure, digestive issues and more.

MASSAGE—THERAPY - Tom Whitmore

Tues 10:00 am—noon, Wed noon—2:00 pm \$16 By appointment only. Call 206-297-0403 to make an appointment. *Appointments on hold until the beginning of January.* Relaxing therapeutic massage in 25 minute sessions. You must be fully vaccinated at least 2 weeks prior to the first appointment and show vaccination card at time of appointment.

MEDICARE, SENIOR RIGHTS, INSURANCE

Consultation with Jerry Keating **By appointment only...FREE**
3rd Wed - Helping clients in free person-to-person consultations covering Medicare.

LEGAL CONSULTATIONS (Phone or Virtual)

2nd and 4th Thurs 3:00-5:00 pm The law offices of Llewellyn & Shafer, PLL offer legal expertise in elder law, estate planning, and more to our Ballard community members. By appointment only. **NOTE:** While consultations are free, any additional legal services may cost standard rates.

FINANCIAL SERVICES Kylle Bernethy

Thursdays By appointment only...**FREE**

Call 206-297-0403 **No Drop-ins**

Kylle 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.

GROUPS

HISTORY BOOK CLUB (In -Person) Leader Karla

Every 4th Mon 10:30-11:30 am **FREE**

Books are selected by the group by arrangement with the Seattle Public Library and are available at each meeting. Enjoy good comradery and discuss the month's selection. New members welcome. January Selection: TBD

GROUPS (Continued)

CURRENT EVENTS DISCUSSION GROUP (Phone or In-Person)

Thursdays 10:00 am - 11:00 am **FREE**

Join this lively and friendly group and then go on to have a civil discussion about the local and global news of the day.



MEDICINE CIRCLE (in-Person)

Instructor Laurel - **Every 3rd Mon, 3:00 pm - 4:00 pm \$3 Members / \$8 Non-Members**

All are welcome to join us for an open Medicine Circle. We will be sharing the songs, stories, prayers, and drumming of the Coast Salish First Peoples' SisSiWiss tradition. Drums & rattles provided.

BIBLE STUDY (In-Person) Facilitator Katheryn

Every Wed 11:00-12:00 pm **FREE**

This non-denominational discussion group honors all interpretations of the bible. Every member is an equal leader and is free to share what aspects of the bible they want to read. Feel free to bring your own copy of the bible!

SUPPORT GROUPS

ABLE: AGING BALLARD LESBIAN EXCHANGE

(Phone or Virtual) Leader Vonda

Every 4th Thurs 12:30 pm -1:30 pm **FREE/Donation**

November location TBD.

DIABETES SUPPORT GROUP (Phone or Virtual) - Social

Worker/Jennifer. Registration required. Call the Center to register.

No Drop-ins 1st Monday of each month 10:00 am - 11:00 am -

FREE PARKINSON'S SUPPORT GROUP (Phone or Virtual) -

Social Worker/Jennifer Registration required. Call the Center to

register - **3rd Monday of each Month 11:30 am - 1:00 pm**

FREE

LOW VISION SUPPORT GROUP (In-Person) - Facilitators Mae &

Julie **Every 2nd Monday 10:30 am - 12:00 pm FREE**

HEALTH & WELLNESS

CHAIR YOGA FOR PARKINSON'S OPEN TO ALL

INTERESTED (In-Person & Virtual) Instructor Leo

Every Tuesdays & Thursdays 1:00 pm -1:45 pm

Free for Parkinson's patients otherwise \$5/Members, \$10/Non-Members. Wear loose fitting, comfortable clothing and make sure your chair is sturdy (preferably without arms or wheels).

KAJSA'S CLASS (Virtual) - Instructor: Kajsa

Mon, Wed, Fri 9:00 am -10:00 am **Cost: \$25/Month**

Registration required. Keep fit, stay sharp, have fun, meet old & new friends. Warning: It's addictive!

PROGRAMS & SERVICES CONTINUED

HEALTH & WELLNESS (Continued)

DAILY BALANCE (In-Person) Instructor Jannie
Mon—Fri 11:00 am—11:30 am FREE - Keeping your balance...We make Daily Balance fun all within a half hour. We include elements of laughter yoga, breathing, and right brain-left brain exercises. Some exercises are standing and some are sitting.. Come and try us out! You can come for just one day, once a week, or five days a week. **Instructor requests proof of vaccination.**

ENHANCE@FITNESS - (In-Person) - Instructor: Mattie
Mon, Wed, Fri, 10:00-11:00 am - \$25/Month (Free for certain Kaiser Permanente Medicare Advantage Plan members) Enhance Fitness is an evidence-based group exercise class that helps older adults at all levels of fitness become more active, avoid falls, and sustain independent lives!

HEARTFULNESS MEDITATION (Virtual)
 Instructor Kaushik - **Fridays 11:00 am -12:00 pm FREE—**
 Experience the benefits of Heartfulness Meditation. At each session you will learn to relax the mind and feel the lightness and joy of your true nature. You do not need to know how to meditate.

RAINBOW FITNESS: LGBTQ FRIENDLY (In-Person) —
 from Strive & Uplift Gym - **BY APPOINTMENT ONLY**
Every Mon & Wed 9:30 am-10:40 am FREE
 Strive and Uplift Gym is offering a 1-on-1 fitness session for anyone interested, especially those who identify as LGBTQ+. Their instructions prioritize coach support for growth, health, and longevity and help individuals discover how to move how to move confidently in their bodies! Class times are by appointment and must be mutually agreed upon between instructor and student.

IMPROVE YOUR IMMUNE, RESPIRATORY AND LUNG SYSTEMS WITH QIGONG (Virtual) Instructor Terry
 This class is being offered by the West Seattle Senior Center
Tuesdays 9:30 am \$5 - Exercises are known to be effective for improving your immunity & respiratory systems and overall health. No special equipment, clothing or experience necessary. Classes take place over Zoom and are recorded for viewing when more convenient. Contact Instructor directly to sign up:



“Cheers to a new year and another chance to get it right” Oprah Winfrey

HAVING FUN PLAYING GAMES



BINGO (In-Person) Leader
 Genavon - Fun & Friendly!
Wed. 6:30 pm \$6.50 Registration Required. Maximum 30 participants.

BRIDGE (In-Person)
Mon. & Fri. 12:30 - 3:00 pm-Board Room
\$1.00 (Limited Capacity)

PINOCHLE (In-Person)
Tues (Pool Room) 9:00-12:00 / Wednesdays (Craft Room) 9:00-12:00 \$1.00 (Limited Capacity)

CLASSES

FRENCH LANGUAGE CLASS (In-Person) Instructor Marilyn
 Every Tuesday, 10:00 am - \$1/Members, \$2/Non-Members
 Instructor requests all students be vaccinated . **PARLEZ-VOUS FRANCAIS?** This class encourages you to increase your knowledge of the French language, culture, and literature. It's a relaxed and comfortable environment where students go at their own pace. The class uses the text “French Made Simple” by Pamela Rose Haze to help with the grammar and vocabulary. You will also enjoy selected readings in French.

GUEST SPEAKERS

NEPAL: WITH JANICE VAN CLEVE
Coming soon in January 2022
 Nepal! Land of soaring mountains, exotic temples, and a couple of elephants. Come travel with us to this remarkable land. See and hear about Nepal that is not advertised in the brochures. Janice Van Cleve, world traveler (until the pandemic!) and writer, returns to Ballard Senior Center for another series of travel presentations. Sit in the comfort of the dining hall with your friends and explore the world without the hassle of long airplane rides and taking your shoes off for TSA.

More services and activities are being added each month. Stay tuned and...don't forget to renew your membership!

New members always welcome!

PROGRAMS & SERVICES CONTINUED

TRIPS

TRIPS (Continued)

Hurry! Hurry! Sign up for these fantastic trips before space is all gone because of popularity and very limited capacity.

All our trips require proof of vaccination, masks, and we limit numbers



JANUARY 2022!



LUNCH AT IVAR'S SALMON HOUSE
January 7th, 11:00 am
\$4/Person (Price does not include lunch)

Ivar's Salmon House is a beautiful replica of a Northwest Native American Longhouse, complete with an open-pit Native

American-style barbecue for preparing succulent alder-smoked dishes. Here, in a dining setting filled with Northwest native art, décor and historical photographs, you'll enjoy memorable meals surrounded by spectacular views.



TOUR THE KRAKEN ICEPLEX / LUNCH AT 32 BAR & GRILL
January 14th, 11:00 am
\$4/Person (Price does not include

lunch)

Check out the Kraken's new practice facility as well as the public rinks at Kraken Community IcePlex! Public ice skating is available as well as the Kraken store! We will also grab lunch at the official home bar of the Kraken, 32 Bar & Grill!



TRIP TO FRYE ART MUSEUM
January 21st, 10:30 am
\$5/Person

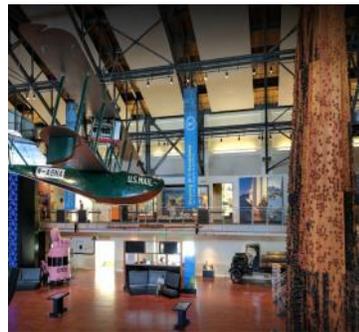
Come with us to the Frye Art Museum as we enjoy their usual collection of paintings and sculptures from the nineteenth century to the present. There will also be a special exhibit, "Duane Linklater: mymotherside." Duane Linklater works across a range of mediums to address the contradictions of contemporary Indigenous life within—and beyond—settler systems of knowledge, representation, and value. This exhibition brings together sculptures, video works, and digital prints on linen from the past decade of the artist's practice, as well as new adaptations of installations that he has continually revisited and revised.

FEBRUARY 2022



DINE OUT: CLAIM JUMPER
February 17th, Leaves 11:30 am \$6/Person—Lunch is your responsibility. Have a yummy lunch at Claim

Jumper in Lynwood with Center friends. Claim Jumper is a friendly restaurant known for its delicious American comfort food menu and western themed environment. Using the freshest ingredients the menu features ribs, chicken steaks, specialty salads, burgers, wood fired pizza and luscious desserts. Enjoy this dine out.



MOHAI MUSEUM / LUNCH AT DUKES
February 23rd . \$25.00/Person. Lunch additional. Leaves at 10:00 am

We are off to the Museum of history and Industry on the shores of Lake Union. Explore Seattle's journey from wilderness to world class city. There are permanent

and special exhibits. Get immersed in the lives and stories that made the northwest what it is today. Time to explore and enjoy this treasure. After exploring the museum it's off to lunch at Dukes on Lake union for great seafood burgers salads and more. Great food and views and fun with Center friends.



TULALIP CASINO - Date to be determined

Are you feeling lucky? Try your luck at the Tulalip casino in February. A fun day at the casino, time to play, have lunch and enjoy the experience with Center friends. Leave the Center at 10am and return around 4pm. Masks required. **Limited number in the van. Cost \$6,** for transportation. Lunch and gaming costs your responsibility. More details in February News-

letter.

"January is the first day of 365 page novel"



January 2022 Calendar

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3	<ul style="list-style-type: none"> > Bastyr > SEAMAR 9:30 Qigong 10:00 Massage Therapy 10:00 Water Color and Drawing 10:00 French 11:00 Daily Balance 12:00 Community Dining 1:00 Chair Yoga 1:30 Bastyr 2:00 Seattle Rep 	4	<ul style="list-style-type: none"> > Social Worker Consultations 9:00 Pinochle 9:00 Kajsa's Class 9:30 Rainbow Fitness 10:00 Enhance Fitness 11:00 Daily Balance 11:00 Bible Study 12:00 Massage Therapy 12:00 Community Dining 3:00 Memoir Writing 4:30 Happy Hour 5:00 Dinner 6:30 Bingo 	5	<ul style="list-style-type: none"> > Social Worker Consultations > Financial Services 10:00 Current Events 11:00 Daily Balance 12:00 Community Dining 1:00 Chair Yoga 	6	<ul style="list-style-type: none"> > Lunch at Ivar's Salmon House 9:00 Kajsa's Class 10:00 Enhance Fitness 11:00 Daily Balance 11:00 Heartfulness Meditation 12:30 Bridge 	7	
10	<ul style="list-style-type: none"> > Social Worker Consultations 9:00 Kajsa's Class 9:30 Rainbow Fitness 10:00 Diabetes Support 10:00 Enhance Fitness 11:00 Daily Balance 12:00 Community Dining 12:30 Bridge 	11	<ul style="list-style-type: none"> > Bastyr > SEAMAR > Vet Advocate 9:30 Qigong 10:00 Massage Therapy 10:00 Water Color and Drawing 10:00 French 11:00 Daily Balance 12:00 Community Dining 1:00 Chair Yoga 1:30 Bastyr 2:00 Seattle Rep 	12	<ul style="list-style-type: none"> >> Social Worker Consultations 9:00 Pinochle 9:00 Foot Care 9:00 Kajsa's Class 9:30 Rainbow Fitness 10:00 Enhance Fitness 11:00 Daily Balance 11:00 Bible Study 12:00 Massage Therapy 12:00 Community Dining 3:00 Memoir Writing 4:30 Happy Hour 5:00 Dinner 6:30 Bingo 	13	<ul style="list-style-type: none"> > Social Worker Consultations > Financial Services > Legal Consultations 9:00 Pinochle 9:00 Kajsa's Class 9:30 Rainbow Fitness 10:00 Enhance Fitness 10:00 Current Events 11:00 Daily Balance 12:00 Community Dining 3:00 Memoir Writing 	14	<ul style="list-style-type: none"> > Tour of Kraken Iceplex / Lunch at 32 Bar & Grill > Medicare Open Enrollment 9:00 Kajsa's Class 10:00 Enhance Fitness 11:00 Daily Balance 11:00 Heartfulness Meditation 12:30 Bridge
17	<ul style="list-style-type: none"> Social Worker Consultations 9:00 Kajsa's Class 9:30 Rainbow Fitness 10:00 Enhance Fitness 11:00 Daily Balance 12:00 Community Dining 12:30 Bridge 	18	<ul style="list-style-type: none"> > Bastyr > SEAMAR 9:30 Qigong 10:00 Massage Therapy 10:00 Water Color and Drawing 10:00 French 11:00 Daily Balance 12:00 Community Dining 1:00 Chair Yoga 1:30 Bastyr 2:00 Seattle Rep 	19	<ul style="list-style-type: none"> 15> Social Worker Consultations > Medicare, Senior Rights, Insurance 9:00 Pinochle 9:30 Rainbow Fitness 9:00 Kajsa's Class 10:00 Enhance Fitness 11:00 Daily Balance 11:00 Bible Study 12:00 Massage Therapy 12:00 Community Dining 12:00 Vet Social Hour 3:00 Memoir Writing 4:30 Happy Hour 5:00 Dinner 6:30 Bingo 	20	<ul style="list-style-type: none"> > Social Worker Consultations > Financial Services 10:00 Current Events 11:00 Daily Balance 12:00 Community Dining 1:00 Chair Yoga 	21	<ul style="list-style-type: none"> > Trip to Frye Art Museum 9:00 Kajsa's Class 10:00 Enhance Fitness 11:00 Daily Balance 10:00 Rummage Sale 11:00 Heartfulness Meditation 12:30 Bridge
24	<ul style="list-style-type: none"> > Social Worker Consultations > Dental Hygiene 9:00 Kajsa's Class 9:30 Rainbow Fitness 10:00 History Book Group 10:00 Enhance Fitness 11:00 Daily Balance 11:30 Parkinson's Support 12:00 Community Dining 12:30 Bridge 3:00 Medicine Circle 	25	<ul style="list-style-type: none"> > Bastyr > SEAMAR 9:00 Pinochle 9:30 Qigong 9:30 Rainbow Fitness 10:00 Massage Therapy 10:00 Water Color and Drawing 10:00 Daily Balance 10:00 French 12:00 Community Dining 1:00 Chair Yoga 1:30 Bastyr 2:00 Seattle Rep 	26	<ul style="list-style-type: none"> > Social Worker Consultations > Medicare/Senior Rights 9:00 Pinochle 9:00 Kajsa's Class 9:30 Rainbow Fitness 10:00 Enhance Fitness 11:00 Daily Balance 11:00 Bible Study 12:00 Massage Therapy 12:00 Holiday Lunch 1:00 Foot Care 3:00 Memoir Writing 4:30 Happy Hour 5:00 Dinner 6:30 Bingo 	27	<ul style="list-style-type: none"> > Social Worker Consultations > Legal Consultations > Financial Services 10:00 Current Events 11:00 Daily Balance 12:00 Community Dining 1:00 Chair Yoga 	28	<ul style="list-style-type: none"> > Social Worker Consultations 9:00 Men's Breakfast 10:00 Current Events 11:00 Daily Balance 12:00 Community Dining 12:30 Bridge
31	<ul style="list-style-type: none"> > Social Worker Consultations 16 9:00 Kajsa's Class 10:00 Enhance Fitness 10:30 Book Club 11:00 Daily Balance 12:00 Community Dining 1:30 Bridge 					31			