Ballard Senior Center
November & December 2026

Holiday Bazaar & Bake Sale

Friday, Nov. 20 | 9am - 4pm

Saturday, Nov. 21 | 9am - 3pm

GIFT VENDORS :: DELIGHTFUL HOLIDAY TREATS

TREASURES OF CHRISTMAS PAST
LIGHTLY USED HOLIDAY DECOR

BALLARD SENIOR CENTER
5429 32ND ST NW
BALLARDSENIORCENTER.ORG

A special thank you to our sponsors!

Thank you to **Family Resource Home Care** and **ERA Living** for support of our programs, in particular our Holiday Luncheons.

Thank you to **Town & County Market** for designating us as the beneficiary of the lucrative sandwich sales at their **40th Anniversary Bash**!

Newsletter Published by:

Ballard Senior Center

Tax ID # 91-1156588

5429 32nd Ave NW
Seattle, WA 98107

206.297.0403

BallardSeniorCenter.org

Monday	9:00am - 4:00pm
Tuesday	9:00am - 4:00pm
Wednesday	9:00am - 9:00pm
Thursday	9:00am - 4:00pm
Friday	9:00am - 4:00pm

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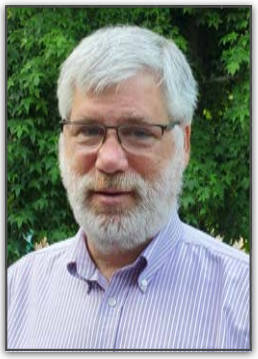
Ballard Senior Center receives funding from the King County Veterans, Seniors and Human Services Levy and the City of Seattle.

Director's Corner



As many of you know, we currently operate as a subsidiary of Sound Generations. We can accept tax-deductible donations because Sound Generations is designated by the IRS as exempt from federal income tax.

This summer, we took an important step in our separation from Sound Generations. The IRS determined that BNWSC is exempt from federal income tax independently of Sound Generations. That means we can continue to accept tax-exempt donations when we are no longer a subsidiary of Sound Generations. BNWSC's federal Tax ID number is 91-1156588.

Thank you to everyone who responded to our survey and/or participated in a focus group back in August. What we learned from you will shape the work we are doing to refresh our mission, vision and key messages. That work will continue in the coming months, and I expect to share the results early in the new year.

If you're not yet a member of the Center and would like to join, now is a great time! Your $60 membership will be valid through the end of 2027, so you will enjoy the benefits of membership for 14 months for the price of 12. Benefits include discounts on many Center services and activities. You'll also receive our bi-monthly newsletter mailed directly to you. Most importantly, your membership fee helps keep the Center affordable for everyone. Please consider joining or renewing your membership today!

Thank you to everyone who supported our Fall Rummage Sale as a donor, shopper or volunteer! Together, we raised over $14,000 to support BNWSC. Don't miss our Holiday Bazaar November 20 and 21.

I'm proud of the work we have done together in 2026. The positive energy I feel when I arrive in the office each day comes from you, the seniors who make this Center such a great place to make connections and create community.

As the holiday season approaches, I'm thankful for the financial support we receive from the City of Seattle and from King County's Veterans and Human Services Levy. Together, they provide almost 40% of the funds we need to operate each year. The rest comes from the generosity of our community.

You can help the BNWSC community continue to thrive by making a year-end gift. The easiest way to donate is to visit ballardseniorcenter.org and click "DONATE" in the top, right-hand corner of our home page. If you prefer to make your gift by check, please mail it to 5429 32nd Ave. NW, Seattle, WA 98107, or drop it off in person at the customer service desk on the second floor.

I wish you joy and good health this holiday season, and I look forward to seeing you around the Center in 2027!

Center Closures

- The center will be closed on **Wednesday, November 11** for Veterans Day.
- There will be limited programs on **Thursday, November 19th** in order set up for the Holiday Bazaar & Bake Sale.
- The center will be closed for regular activities on **Friday, November 20**.
  Please sign up to help with set up or to help out on sale days—or stop by Friday 11/20 & Saturday 11/21 to shop with us!
- Thanksgiving closure is **Thursday & Friday, November 26 & 27.**
- The Center will close for winter holiday break beginning on **Thursday, December 24** and will reopen **Monday, January 4.**

There are some changes to the format of the printed newsletter. Please check the note on back page for more information.

Medicare Open Enrollment Assistance

Open enrollment for 2027 runs through December 7th.

Fridays 8:30am to 12:30pm by appointment until December 4th (by appointment) Independent Medicare Advantage representatives Kylle and Shawnette Bernethy will be here Friday mornings from 8:30 to 12:30 to meet with members who want advice about their Medicare plan. Please schedule an appointment by calling 206-297-0403 or visiting the upstairs desk.

From Kyle and Shawnette:We do not offer every plan available in your area. Currently we represent twelve organizations which offer 65 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Assistance Program (SHIP) to get information on all your options.

In addition, Alixe Yoneyama with Medicare Optimized will be at the center **Wednesdays 10am to 12pm through December 2nd** tabling to answer questions and advise about Medicare plans. You are welcome to drop by and check in with her, or stop by upstairs reception to sign up for her to contact you to make an appointment.

Coffee with Matt & Rebekah

Tuesday, November 10th | 9:30am

As we are going through transition here at Ballard Senior Center, we thought it would be a good time for an informal gathering bolstered by some good old coffee, donuts and possibly a pastry or two. Bring your questions and concerns, but mostly yourselves to sit down and chat with our leadership here at the Center.

myseniorcenter

We are using My Senior Center to sign-in at the Center and to check-in for classes and activities. Please scan your key card OR type your name & phone number into the screen at the front desk. Remember to click the icon for each class, service, presentation and/or event you plan to attend. This system is meant to replace paper sign-in sheets and collect attendance. A few classes and activities may still use paper sign-in sheets to ensure an accurate accounting. Why do we collect attendance? We use these numbers to tell the story of the impact the center makes. The story and the quantification is necessary to secure City and County funding for the Center. We really appreciate your help in making sure we can present the full picture of all the center does and what our center means to the community.

DentalWise comes to Ballard

The first Mondays of each month, experienced oral health educator and clinical dental practitioner, Priyanka Handa, will be at the center to provide preventative oral health care with a gentle touch.

DentalWise website: dentalwisesolutions@gmail.com

Appointment are available November 2nd & December 7th.

DentalWise brochures are available at the service desk. For more information or to schedule an appointment contact Priyanka directly (206) 331-2232.

Take Note...!

Men's & Women's Breakfasts

Women's Breakfast :: Thursday, Novemeber 12th
Men's Breakfast :: Thursday, December 10th

Breakfasts 9am :: $5/person.
Women please RSVP by Monday, Nov. 9th
Men please RSVP by Monday, Dec 7th

Member Birthday Lunches

Complimentary lunch for members on the third Wednesday during your birthday month.

November Birthdays celebrated Wednesday the 18th.
December Birthdays celebrated Wednesday the 16th.

Friday Movie Matinee

at 1:15pm

In the Theater
(aka the Upstairs Meeting Room!)

Bring a drink if you like –
we will provide popcorn!

11/6 For Diwali start time 1:30pm Bollywood Matinee
11/13 ***Shadow of the Thin Man***, 1941
12/4 ***Bridget Jones Diary***, 2001
12/11 ***The Bishop's Wife***, 1947
12/18 ***A Christmas Story***, 1983

Wednesday Nights Out (at the center!)

Happy Hour 4:30pm

No reservations required. Cocktails, Beer, Wine & N/A offerings available for purchase.

Dinner 5pm

RSVP required by Tuesday morning the day before.
Cost is $10/Members $15/Non-Members
Check our website, BallardSeniorCenter.org weekly for menu.

Bingo at 6:30pm

with a $6.00 buy-in.
Cash prizes! Come by & join the lively games.

Wednesday Night Bingo Magic: Calling all Callers!
We are on the hunt for a bingo caller.
If you are interested, please reach out to Matt King (206) 297-0403 or mattk@soundgenerations.org.

Movie Night Returns! Upstairs at 6pm

Bring a beverage.
We will pop the corn!

*Check the *Wednesday Nights* page on the website for weekly film selections.

A long-time wish is being fulfilled! We have a Mahjong instructor willing to come and work with us to get an **American Mahjong** group established at the Center. All interested Mahjong players and those who wish to become Mahjong players please phone (206) 297-0403 or sign up at the upstairs desk so we can coordinate instruction and group play times.

Kathrin is available for 1:1 Tech Help (45 minute sessions)
Phone (206) 297-0403 or visit the upstairs desk to schedule an appointment.

Travel Talks

Travels with Julie: *Scotland* Thursday, November 5th | 12:45pm
Janice's Travel: *Arctic Cruise* Tuesday, December 1st | 12:30pm

☞ Pat Pilcher Presents: *The Day the Sky Went Black*

Monday, November 2nd | 1pm (Dining Hall)
46 years ago Mount St. Helens erupted with powerful blasts of molten rock, ash and the largest landslide in recorded history. This earth-shattering event forever changed the surrounding landscape but initiated an unprecedented, scientific exploration to uncover the mysteries of how and why it erupted and what the future may hold. Join Pat for a PowerPoint/discussion of this momentous, geologic event.

☞ Emergency Preparation

Monday, November 9th | 1pm (Dining Hall)
Jody Grage, a Co-Captain at the Ballard Commons Park Emergency Hub, will talk about preparing your household for an emergency. She will return on December 9th to discuss how Emergency Hubs are organized.

☞ What are Emergency Hubs?

Wednesday, December 9th | 1pm (Dining Hall)
Emergency Hubs are places where people gather to help one another after a disaster. Neighbors can exchange information, supplies and solve problems when communication systems are down and emergency responders and resources are overwhelmed.

☞ Home Energy Savings

Tuesday, November 10th | 1pm (Dining Hall)
Presented by Kambo Energy Group, this workshop will provide practical tips for reducing utility costs, improving home comfort, and for connecting households to available energy assistance programs. It is designed to give participants simple, actionable strategies they can use to manage their household energy costs.

☞ Brain Health & Wellness

Tuesday, November 17th | 1pm (Dining Hall)
Brain health is a critical piece of overall health. Positive, everyday actions can make a difference. Join the Alzheimer's Association, in partnership with Aetna Medicare for this workshop on healthy aging and cognitive wellness, with a bonus...a chance for attendees to win prizes.

☞ Seattle Public Utilities Side Sewer Assistance Program

Wednesday, November 18th | 1pm (Dining Hall)
Should you be concerned about your side sewer*? Do you need help paying for emergency repairs? Seattle Public Utilities' Side Sewer Assistance Program offers income-eligible homeowners interest-free loans to repair their side sewer systems. SPU outreach team will be here to explain the program answer questions.
*The side sewer is the sewer pipe that carries wastewater from sinks, toilets, and drains to the public sewer in the street.

Tech Talks with Kathrin

Thursdays at 2pm
(in the Dining Hall)

11/5 *Mobile Tickets for Concerts, Sports, & Shows*
11/12 *Preventing Viruses & Malware: Best Practices & Software*
11/19 *Organizing Digital Photos: Using Apple & Google Photos*
12/10 *Organizing Email: Inboxes & Folders*
12/17 *E-books, Audiobooks & the Library's Digital Resources*

*no workshops on November 26th, December 3rd, 24th and 31st

Día de Muertos Celebración

Tuesday, November 3 | 1pm

Led by our Sea Mar group we will construct a traditional Day of the Dead altar honoring loved ones departed with traditional offerings. Please bring a photograph or small memento from someone you've lost include on the altar. We will discuss components of the alter, listen to music and enjoy traditional foods.

Diwali :: Festival of Light

The Hindu festival of light symbolizes the spiritual victory of light over darkness, good over evil, and knowledge over ignorance. Variations of the festival are celebrated across South Asian spiritual traditions.

In two parts... **Diwali Diya Painting Craft :: Wednesday, November 4 | 10am**

In traditional preparation for the festival, we'll gather to paint and decorate the Diwali diyas (clay lamps). Bring your whimsical and creative self!

The Celebration :: Friday, November 6 | 12:45pm

Join us to participate in festival traditions. setting and lighting the diyas, enjoying musical performance, and delighting in Diwali sweets and chai.

Thanksgiving Luncheon

Tuesday, November 24 | Noon

Let's gather for a traditional thanksgiving turkey meal with all the trimmings!
And pie—pumpkin, with whipped cream!
RSVP by Wednesday, November 18th.

Generously sponsored by:

family resource home care

Hanukkah Celebration

Tuesday, December 8 | 1pm

Center member Susan will present the significance of the observance and leads us in Hanukkah traditions. We will light the menorah, play a little dreidel, enjoy Hanukkah gelt and honor the oil by eating latkes and sufganiyot—the traditional jelly filled donuts.

12 Days of Goodness Seahawks Lunch

Tuesday, December 15 | Noon

Enjoy a tailgate worthy meal of burgers and dogs as we host *Twelve Days of Goodness*. The Answers for Elders crew teams with legendary Seahawk players to say thank you for beginning the legacy of the Twelves! Washington Therapy Dogs will be on hand! **RSVP by Wednesday, December 9th**.

Holiday Luncheon

Tuesday, December 22 | Noon

Join us for afternoon of holiday cheer...warm atmosphere, festive music, and delicious meal.
RSVP by Wednesday, December 16.

Generously Sponsored by:

era living

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Center Trips

Brunch at *10th West Cafe,* Visit KEXP Gathering Space & Explore Seattle Center
Thursday, November 12 (leave center 11am)
$15/members $30/non-members
Clair leads this excursion, first to Queen Anne to the delightful Breakfast & Lunch spot, *10th West Cafe*, host of the on-going art exhibition by Ballard Senior Center artists. Then it's off to Seattle Center to relax at the KEXP gathering space and/or check out Seattle Center. (Cost of the trip includes transportation and expert guidance.)

Transit Trip – University of Washington Planetarium
Friday, November 13 (gather at center 12:15pm)
No trip fee for participants
The dynamic, intimate 50-minute shows at the University of Washington Planetarium feature data-driven astronomical images and are hosted by passionate University of Washington astronomy students and researchers. Space is limited, sign up early. Show begins at 1:30pm. Bus Route 44 takes us right there!
(Bring your Orca card or Metro fare for the bus ride.)

***A Christmas Carol: The Musical* at Edmonds' Driftwood Players**
Sunday, November 22 (leave center 12:30pm)
$45/members $80/non-members
This production of A Christmas Carol is a spectacular adaptation of Charles Dickens' most well-known story. Go along (in song) with Ebenezer Scrooge as the ghosts lead him through Past, Present and Future on Christmas Eve. (Cost includes theater ticket and transportation.)

Transit Trip – *Festival of Trees* at Fairmont Olympic Hotel and lunch downtown
Monday, November 30 (gather at center 10am)
No trip fee for participants
A fundraiser for Seattle Children's Hospital, *The Seattle Festival of Trees* features a display of over 20 uniquely decorated, elaborate designer Christmas trees, one-of-a-kind for this season only. On view at the Fairmont Olympic Hotel until the beginning of December when they will head to their individual homes for the holiday. Marta will lead this transit trip. (Bring your Orca card or Metro fare for the bus ride.)

University Village Holiday Shopping Excursion
Wednesday, December 2 (leave center 10am)
$15/members $30/non-members
The title says it all...we'll head over to U Village to check out the lovely shopping, dining and wandering options. (Cost of the trip includes transportation.)
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Lunch at *Chinook's at Salmon Bay,* visit *The Traver Gallery*
Thursday, December 10 (leave center 11am)
$15/members $30/non-members
Clair hosts this trip to Fisherman's Terminal for lunch at *Chinook's*. Then it's off to *The Traver Gallery*, a premier contemporary art gallery specializing in studio glass, paintings, sculpture, and installation art.
(Cost of the trip includes transportation and thoughtful curation.)

Please Remember:

- Registration for the trips begin **November 2nd.**
- Payment Required at the time of registration.
- Credits available only if we fill your reserved spot or if we need to cancel/postpone the trip. (Please keep this in mind when registering.)

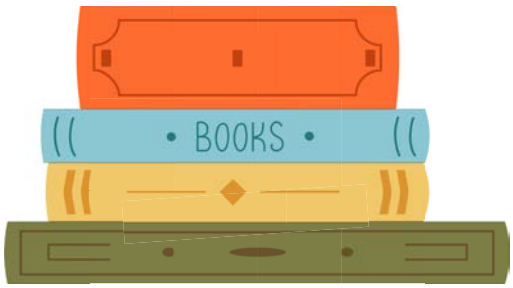
Are you looking for detailed information about regularly scheduled programs and services listed on the Activity Calendar?

Answers can be found on our website BallardSeniorCenter.org! Just click on the Events or Services tabs on the home page (on the phone the tabs are revealed when clicking the three lines). Here you will find a list of pages with details about groups, classes and services at the center.
You may also request a printed Programs pamphlet at the upstairs customer services desk.

Community Acupuncture at Ballard Senior Center.

Acupuncturists Linda & Kjersti are here on Tuesdays and Thursdays to offer treatment. Both would love to answer questions and share how acupuncture could help with pain, stress, allergies and more. Give a call to schedule an appointment OR stop by to inquire about a drop in appointment.

HAVE YOU SHOPPED BALLARD'S BEST KEPT SECRET?



BALLARD SENIOR CENTER'S NIFTY-THRIFTY BOOKSTORE

Thanks to community donors, our shelves host modern best sellers to classics with a selection of Children's books, too. With a small team of volunteers restocking shelves regularly, you will always find something new. Be sure check out the variety of CDs, DVDs and puzzles.

We gladly accept donations. To donate Books, CDs, DVDs, Puzzles, and new Greeting Cards, drop by the center Monday through Friday 10am - 4pm. **Shopping the Nifty-Thrifty Book Store is open to everyone**. **While you are here take a moment and shop for your next great read!**

THANK YOU FOR THINKING OF BALLARD SENIOR CENTER WHEN MAKING END OF YEAR GIVING DECISIONS.

CONTINUED COMMUNITY SUPPORT ALLOWS US TO GROW AND THRIVE.

Ballard Senior Center
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