BALLARD NW SENIOR CENTER

A community partner of Sound Generations

January & February 2024

Letter from Carlye

Welcome 2024, I hope it's a fantastic year for each of you. It will be a new experience for me to wake up and not come to this awesome center. For all these years each day brought new successes, challenges and the opportunity to make a difference in people's lives. Hopefully more positives than negatives. Thank you for all the wonderful years, the friendships, the opportunities to improve senior's lives, and the beautiful memories I will cherish forever.

As I look back over all the years a few things stand out. I said from day 1 we will welcome all to this center, we will be the friendly center. To this day we are the friendly center where all are welcomed, appreciated and supported. It warms my heart to remember the thousands of people that have entered our doors for hundreds of different reasons and said in many different ways this center played a very important role in their lives. Whether they came to take a class, go on a trip, get their footcare, exercise, have lunch with old or new friends, see the social worker, get advice, look for a new direction to pursue, find new friends, recover from a traumatic life event, get a flu shot or their taxes done or for hundreds of other reasons we were here for them. From past to present all the many staff, volunteers and Boards have worked tirelessly and were instrumental in providing outstanding and critical services. Over the years we changed, grew and added more and more services. We will still be here, will continue to evolve providing the best and most comprehensive services for decades to come. To those past and present thanks for the first great 50 years and on to the next 50. I'm grateful!

The pandemic changed our lives and how we did things. While it was a catastrophic time and so much was lost, there were some silver linings and you know I always look for silver linings. We pivoted and provide services in new positive ways. We found isolated seniors we didn't know about and provided services and connected them to the center and community. We provided thousands of meals in a new way and served so many that hadn't been part of the center. We learned most of us are stronger and more resilient than we thought we were. We found ways to take care of ourselves, our friends and family. So, as one last reminder from me. Take care of yourselves. Get the right amount of sleep, eat healthy, exercise, spend time outside in nature, be thoughtful, spend time with family and remember the grands need us too, have goals, ask for help when you need it, be kind to others and yourself, and choose to be positive and when possible look at the bright side and be the best possible you, you can be.

Thanks again for all the wonderful years, it's been a privilege to be your director and I treasure these past 30 plus years. Words can never express my gratitude to all who have touched my life during these years. I know you will give Matt, Beth, Lori, Akira and Rebekah all your help and support as they start our next 50 years.

For one last time, remember to smile, it's good for you and all those who see it!

With love, gratitude, and thanks,

Carlye

Ballard NW is 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.

Newsletter Published by:

Ballard NW Senior Center

Where Friends Meet Friends

Tax ID # 91-1156588

VISIT US

Monday	9:00AM - 4:30PM
Tuesday	9:00AM - 4:30PM
Wednesday	9:00AM - 9:00PM
Thursday	9:00AM - 4:30PM
Friday	9:00AM - 4:30PM

5429 32nd Ave NW
Seattle, WA 98107

Phone 206.297.0403

FIND US ONLINE

BallardSeniorCenter.org

BOARD OF DIRECTORS

President: Chris Hoban
Treasurer: Peggy Hougardy
Secretary: Bobbie Long

Members At Large:
Jan Gaidos
Elliot Haack
Susan Schneider
Mary Webster

VOLUNTEER CHAIRS

Auction: Jeanne Eagleson & Rutha Thomas
Bookstore: Susan Schneider
Building & Grounds: Clair Ervin
Rummage: Red Hats / Bobbie Long
Jewelry: Ramona Owen

CENTER STAFF

Director
Matt King
MattK@SoundGenerations.org

Administrative Assistant
Rebekah
RebekahS@SoundGenerations.org

Social Worker
Akira
AkiraO@SoundGenerations.org

Program Coordinator
Beth
ElisabethS@SoundGenerations.org

Community Dining
Chef Lori
LoriG@SoundGenerations.org

SOUND generations

DIRECTOR'S CORNER

Welcome to 2024! I wish each of you a happy and healthy New Year.

I am excited to lead the Ballard NW Senior Center into its 51st year! As I've spent the last six months "learning the ropes," I've enjoyed meeting many of our members and getting to know you. I've heard from many of you that the Center provides a sense of community and connection. And I've seen how you become involved as volunteers, activity leaders and more. I'm grateful to be connected with so many active and engaged seniors and to be part of this community.

If we haven't met in person yet, I welcome you to drop by the office and say Hi any time, or to get in touch with an email (mattk@soundgenerations.org) or phone call (206-297-0403).

We'll publish our next newsletter March 1st. For the latest updates, follow us on Facebook and keep an eye on our website (BallardSeniorCenter.org).

Welcomes and Farewells

Thank you to **Rutha Thomas**, our outgoing Board President, who is leaving the Board of Directors after 20 years of service. We will miss Rutha's humor and cheerfulness at Board meetings, but we look forward to seeing her around the Center and meeting with the Red Hats!

We also thank **Annie Davis**, who is leaving the Board after eight years. Annie will continue as a member of the Auction Committee, and we are grateful for her continued support and commitment!

Thank you to Digital Navigator **Martin Piccoli**. Martin will be working full time at the West Seattle Senior Center starting in January. He will be missed! As we are re-evaluating our strategy for providing digital navigation services center volunteer **Scott Remillard** has agreed to be available for to provide digital navigation services by appointment on Wednesdays in January.

And of course, thank you to Executive Director **Carlye Teel**, who retires December 31 after nearly 39 years of service. Thank you to all who attended Carlye's retirement party and expressed your appreciation on December 21. Carlye will continue to stay involved as a member of the Auction Committee.

Congratulations to our incoming Board officers: Board President **Chris Hoban**, Treasurer **Peggy Hougardy**, and Secretary **Bobbie Long**. Thanks to each of you for stepping up and accepting new responsibilities!

Finally, welcome **Rebekah Skelly**, who started December 11 as Administrative Assistant. Rebekah has been volunteering at the upstairs customer service desk since summer. Rebekah has a passion for serving seniors, and we're happy to have her join the staff team!

CENTER BUSINESS

Thank you to members who have recently joined and to those who have renewed their memberships since November. If you haven't joined or renewed yet, now is the time! The annual membership fee is $60.00.

Member benefits include:

- The Ballard Senior Center Newsletter delivered to your mailbox six times a year
- Discounts on many Center classes, activities and center van trips.
- A free lunch and celebration during the month of your birthday.

Most importantly, your membership is an investment in our community. Our members keep our services sustainable and affordable for everyone!

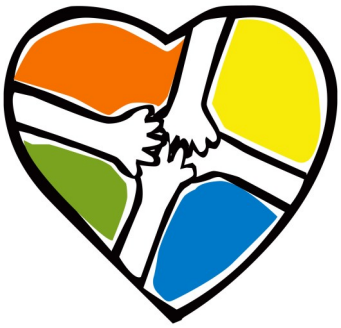
To become a new member or renew your membership:

- Pay in person at the upstairs customer service desk.
- Mail your check to 5429 32nd Ave NW, Seattle, WA 98107.

Center Closing Dates—please refer to the printed calendars.

♦ Ballard NW Senior Center will be closed on Monday, January 1st & Tuesday, January 2nd and will reopen to greet the new year on Wednesday, January 3rd.
♦ We will be closed on Monday, January 15th in observation of Martin Luther King Jr. Day.
♦ The center will be closed on Monday, February 19th for Presidents Day.

Inclement Weather Policy—It's wintertime—and should we get snow or inclement weather Ballard NW follows the Seattle Public Schools schedule. If schools are closed or running late so are we. There may be occasions when we will close or run late because of individual situations. If you have a question please call the center and check our website for additional information. The safest place for you in bad weather is your own home.



Peer-to-Peer Support Programs at Ballard NW Senior Center

We are working to reestablish several peer-to-peer support programs here at the center.

Diabetes Support Group A meeting time has been tentatively scheduled for Second Mondays from 1pm to 2pm—with an eye to establishing a time that works best for those who would like to participate. Initial meeting dates are January 8th and February 12th.

Caregiver Support Group The group will begin meeting on Second Fridays from 10:30am to noon. Meeting dates are January 12th and February 9th.

Friend-to-Friend Program Just as the pandemic hit we were about to begin the Friend-to-Friend initiative. This program matches folks who are isolated with a friend for a home visit once a week for an hour or two, for conversation, a cup of tea, to play a game, listen to music—an enjoyable activity. If you are interested in becoming a friendly visitor, or if you would like to receive a regular visitor, please contact our social worker, Akira. We will set up an orientation session to go into more detail with folks who would like to participate.

If you have questions or would like to register your interest—contact us 206.245.4503.

EVENTS & SPECIAL PROGRAMS

Member Birthday Lunches are back!

And scheduled for the third Wednesday each month. Ballard Senior Center Members are invited to celebrate their birthdays by joining us for a complimentary lunch! Birthday lunch celebration for members born in January is on **January 17th** at noon. We will celebrate February member birthdays on **February 21st** at noon**. RSVPs are a must!** Please stop by reception or phone 206-297-0403 (at least two days prior to the lunch date) to let us know you are planning to attend so we will know how many birthday partiers to plan for!

Makar Sankranti Celebration

Friday, January 12th 1pm

Join us to learn about and celebrate the first major Hindu festival of the year. This harvest festival usually takes place in the month of January and is celebrated in several states though under different names. The festival marks the end of winter and the beginning of longer days due to the sun's journey into the northern hemisphere.

RSVP at upstairs reception or phone 206.297.0403.

Emergency Preparedness Workshop for Seniors

Thursday, January 18th 12:30-1:30pm

What would you do in case of an earthquake, major storm, or other large scale emergency? Are you prepared? Do you know who to turn to for help? King County's Office of Emergency Management will offer an emergency preparedness training geared toward seniors. Come learn how to make a plan and be prepared.

EVENTS & SPECIAL PROGRAMS

♦ **Women's Breakfasts are at 9am on Thursday, January 18th & Thursday, February 22nd.**
All gals welcome! Reservations are a must. Cost is $5/per person. Please RSVP by the Tuesday before the scheduled breakfast date.

♦ **Men's Breakfasts are at 9am on Thursday, January 25th & Thursday, February 29th.**
Calling all gentlemen! Reservations are essential. Cost is $5/per person. Please RSVP by the Tuesday before the scheduled breakfast date.

Travel Talks

Travels with Leslye

Tuesday, January 16th
Morocco

Tuesday, February 6th
Türkiye (Turkey)

Janice's Travel Adventures

Tuesday, January 23rd
Belize

Tuesday, February 20th
Italian Cruise

Travel talks are scheduled at 12:30pm.
Please RSVP at upstairs reception or phone 206.297.0403.

Art, Wine & Chocolate

A Ballard Community Event

...such a great event that it gets double mention in the newsletter!
Please help us get the word out to friends and family members about this fun community event that is also a really nice fund raiser for our center.

An evening of
Art, Wine & Chocolate
at Ballard NW Senior Center
Thursday, February 8th 5-8pm

Join us for a lovely evening—taste a delightful variety of wines from local wine maker Aluel Cellars. We are planning an array of chocolate delicacies to sample from local chocolatiers. And we will host a number of local artists with a variety of handmade gift items to browse and shop. As always Chef Lori prepares and serves a selection of hearty appetizers to accompany the libations. Wines—by the glass and bottle—Chocolate, and (of course) Art & Gifts are available to purchase—little somethings to make Valentine's Day and beyond special. All proceeds go to support programs and services at the center. It is the perfect prelude to Valentine's Day!

Tickets $25/per person
Tickets can be purchased in person, by phone 206-297-0403, or online—link from our website.

EVENTS & SPECIAL PROGRAMS

Lunar New Year Celebration

Monday, February 12th 1pm

Lunar New Year is one of the most important celebrations of the year among East and Southeast Asian cultures. Join us as we learn a little more about the different traditions and celebrate 2024—the Year of the Dragon!

RSVP at upstairs reception or phone 206.297.0403.

Mardi Gras

Tuesday, February 13th 1pm

Join us for *Fat Tuesday*—the Christian holiday and popular cultural phenomenon that dates back thousands of years to pagan spring and fertility rites. Also known as Carnival or Carnaval—it's the big bash the day before the beginning of Lent. We will celebrate New Orleans' style with a *healthy* slab of King Cake and a chance at finding the auspicious baby.

RSVP at upstairs reception or phone 206.297.0403.

The week of February 14th is chock-full of celebration days this year—so we won't be having an official Valentine's Day party—but do don your favorite red outfit—stop by the center—for a class, group, activity or lunch—and help us with wishing everyone the **Happiest of Valentine's Days!** Who knows, there just might be something sweet to be found.

Civic Coffee & Panel Discussion

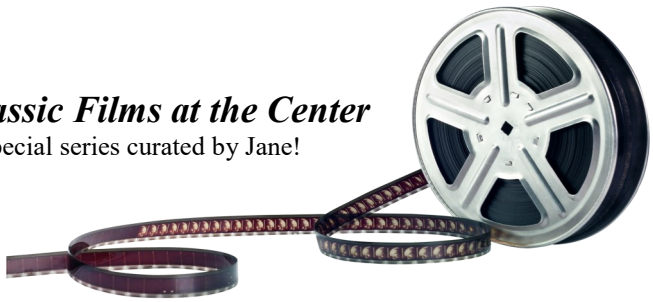
Navigating the Digital World

Friday, February 23rd 1pm

Join us as Ballard NW hosts **Age Friendly Seattle** in partnership with **Seattle Public Library** for the monthly Civic Coffee & Panel Discussion Series. These events provide opportunities for older adults to gather, meet local government and community leaders, learn about key issues, and ask questions and provide feedback. The topic of this month's panel will be *Navigating the Digital World.*

Classic Films at the Center

A special series curated by Jane!



♦ **Help usher in the new year with a month of Film Noir classics by the masters. During the 1940s and 1950s, film noir was one of the most popular Hollywood movie forms. With its roots in both German Expressionism and the American hard-boiled detective fiction of the '20s and '30s, film noir caught on with a public in search of dark thrills and hard-bitten heroes.**

Thursday, 1/4 at 1:15pm:

Double Indemnity

NR | 1h 47m | Film Noir | 1944

Directed by Billy Wilder. Starring Barbara Stanwyck, Fred McMurray, and Edward G. Robinson. Was what appeared to be a tragic accident really the result of a murder plot hatched to collect on the double indemnity clause of the victims insurance policy?

Thursday, 1/11 at 1:15pm:

The Big Sleep

NR | 1h 54m | Film Noir| 1946

Directed by Howard Hawks. Starring Humphrey Bogart and Lauren Bacall Private investigator Philip Marlowe is hired to resolve a young woman's gambling debts. Her older sister implies the case may be more complex—as several murders occur Marlowe is drawn in deeper.

Thursday, 1/18 at 1:15pm:

Laura

NR | 1h 28m | Film Noir | 1944

Directed by Otto Preminger. Starring Gene Tierney, Dana Andrews, Clifton Webb, and Vincent Price. While detective McPherson investigates the killing of Laura Hunt—his sureness of mind and view of the victim is tested as something seriously bizarre happens, causing him to re-think the whole case.

Thursday, 1/25 at 1:15pm:

The Postman Always Rings Twice

NR | 1h 53m | Film Noir | 1946

Directed by Tay Garnett. Starring Lana Turner and John Garfield. Upon meeting, the chemistry between Frank and Cora is instantaneous—However, Cora's husband stands in their way. Their desperate need for each other leads to shattering consequences.

♦ **Let's dance our way through February with a toe tapping mix of music and dance movies spanning the decades.**

Thursday, 2/1 at 1:15pm:

Dirty Dancing

PG-13 | 1h 40m | Music, Romance | 1987

Starring Patrick Swayze, Jennifer Grey, and Jerry Orbach. It's 1963, and Frances "Baby" Houseman vacations with her family at resort in the Catskills, where she falls for the camp's dance instructor, Johnny Castle, a man with a very different background from her own—family fireworks ensue.

Thursday, 2/8 at 1:15pm:

The Turning Point

PG | 1h 59m | Music, Romance | 1977

Starring Shirley MacLaine, Anne Bancroft, and Mikhail Baryshnikov. The story of two women whose lives are dedicated to ballet. Deedee left her promising dance career to become a wife and mother and now runs a ballet school in Oklahoma. Emma stayed with a company and became a star though her time has nearly passed. Both want what the other has and reflect on missed chances as they are brought together again through Deedee's daughter, who joins the company.

Thursday, 2/15 at 1:15pm:

Singing in the Rain

G | 1h 43m | Musical Comedy | 1952

Directed by Stanley Donen and Gene Kelly. Starring Gene Kelly, Debbie Reynolds, and Donald O'Connor. Made at the height of the golden era of MGM musicals, *Singin' in the Rain* is a charming blend of comedy and showstopping song and dance numbers, and bonus film history—a look at the bumpy transition from silent to talking motion pictures comes complete with a string of popular songs from the studio's repertoire including the title number, *Good Morning*, and one of star/co-director Gene Kelly's trademark splashy ballet numbers. The film is often regarded as the most perfect example of the classic studio musical.

Thursday, 2/22 at 1:15pm:

Swing Time

NR | 1h 43m | Musical Comedy | 1936

Directed by George Stevens. Starring Fred Astaire and Ginger Rogers. Roguish gambler/dancer "Lucky" Garnett is challenged by his fiance's father to come up with $25,000 to prove he's worthy of her hand. But after he falls in love with a dance instructor, Lucky'll do anything to keep from earning the bucks.

Thursday, 2/29 at 1:15pm:

Saturday Night Fever

R | 1h 58m | Music, Drama | 1977

Directed by John Badham. Starring John Travolta Nineteen-year-old Brooklyn native Tony Manero lives for Saturday nights at the local disco, where he's king of the club, thanks to his stylish moves on the dance floor. But outside of the club, things don't look so rosy. At home, Tony fights constantly with his father and has to compete with his family's starry -eyed view of his older brother, a priest. Nor can he find satisfaction at his dead-end job at a small paint store. However, things begin to change when he spies Stephanie Mangano in the disco and starts training with her for the club's dance competition.

UPCOMING CENTER TRIPS

MUSEUM OF NW ART & Late Lunch in La Conner
Tuesday, January 9th (Leave the center at 10:30am) $20/members $40/non-members
By special request we are heading to MoNA before the closure of the current special exhibition *Surge: Mapping Transition, Displacement, and Agency in Times of Climate Change,* which includes a series by painter Natalie Niblack, titled *66 Birds/3 Degrees.* This special exhibition is predicated on the idea that artists and scientists can together bring unique problem-solving skills to address important community challenges.
(Trip price includes transportation. MoNA requests a donation in lieu of admission fee.)

BRUNCH at TENTH WEST
Thursday, January 11th (Leave center at 9:30am) $10/Members $20/non-members
Join us for brunch at this delightful Queen Anne breakfast café. Tenth West recently hosted an art exhibition of works by Ballard Senior Center artists—and served the most wonderful buffet at the opening event. We just had to go back to try the much lauded menu. (Trip price includes transportation.)

NORTHWEST FLOWER & GARDEN FESTIVAL
Thursday, February 15th (Leave center at 10am) $40/members $60/non-members
The Northwest Flower & Garden Festival has special show attractions for everyone. Popular features include the Show Gardens (live gardens created inside the convention center), the Marketplace (vendors with all types of plant & gardening paraphernalia and gifts), and event seminars. (Trip price includes event ticket and transportation.)

SEATTLE SYMPHONY Side by Side Performance
Wednesday, February 21st (Leave center at 6pm) $15/members $25/non-members
The Seattle Symphony will share the stage with the Seattle Youth Symphony Orchestra's MY Southeast, Junior and Youth ensembles for an evening of exciting side-by-side performances!
(Trip price includes performance and transportation.)

⇨ **Payment for the full cost of trips is required at the time of registration.**

Calling all Game-rs!

Our Pinochle, Bridge, and Scrabble groups are going strong. And we have had requests to add game times for **Chess**, **Checkers**, **Mahjong**, **Canasta**, **Hand & Foot**, **Mexican Train Dominos**, **Poker**—several types, **Board & Table Games**, **Backgammon**….and probably a few others that are slipping mind! But we have had some trouble finding a critical mass of players to get new game groups established. In order to remedy this we are going to gather as many folks interested in playing different types of card and table games together at one time and place and see if we can create some new game groups. If you are interested in playing any of the aforementioned games—or any others, please join us on **Friday afternoons at 1pm during January & February** to find your other gaming folks.

PROGRAMS & SERVICES

Registering and Paying for Classes and Services

♦ To register for a class, service, or activity call the Center at 206.297.0403. If requesting a service that is listed as *by appointment only...*you must speak with a receptionist to schedule an appointment.

♦ If leaving a message for a class, service or activity that is not listed as *by appointment only*...make certain to leave your name, phone number, and email if you use one! It is a very good idea to check back in and make sure we have received your request.

♦ Paying for Classes: Payments are accepted by check, cash, or credit card at the second floor reception desk before the beginning of the class. Payments over the telephone can be made by credit card.

Professional Services

FINANCIAL SERVICES (In-Person) with Kylle Bernethy
First Thursdays, 10AM - 12PM, by appointment only
Complimentary
(Please call 206.297.0403 to schedule.)
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. *Representative is registered with and offers only securities and advisory services through Innovation Partners, LLC (IPLLC), a registered broker/dealer investment advisor and member FINRA/SIPC.*

Groups

RED HAT SOCIETY (In-Person) Queen Bobbie
First Mondays, 12:30PM -1:15PM — Membership Dues
For information or to join the Red Hats, a social & service organization supporting women in Fun, Friendship, Freedom, Fitness and the Fulfillment of lifelong dreams contact Queen Bobbie at the center, 206-297-0403.

FRIENDSHIP & CONVERSATION CORNER
(In Person) Leader Joe
First & Third Tuesdays, 1PM - 2PM — No Cost
This group focuses on building connections to combat loneliness and isolation. Through sharing life experiences within a supportive environment, participants can deepen ties with others, resulting in healthier and happier lives.

LET'S READ THE CONSTITUTION
(In Person) Leader Gray
Wednesdays, 10:30AM - 12PM — No Cost
A weekly discussion of constitutional and civics issues, accompanied by examination of the structures of the US Constitution and how it provides for democratic government and civil liberties for all citizens.

Groups

BIBLE STUDY (In-Person) Leader Elizabeth
Wednesday, 11AM - 12PM — No Cost
This non-denominational discussion group honors all readings 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!

CURRENT EVENTS DISCUSSION GROUP (In-Person)
Thursday 10AM - 11AM — No Cost
Join this lively and friendly group to have a civil discussion about the local and global news of the day.

FICTION/LIT BOOK GROUP (In Person)
Second & Fourth Tuesdays, 2PM - 3PM — No Cost
The fiction/lit book group is currently focusing on classics and books that have been the subject of bans. Come and join in the lively discussions. Novel for discussion in January is *Jane Eyre,* by Charlotte Brontë.

HISTORY BOOK GROUP (In Person) Leader Karla
Fourth Mondays, 10:30AM - 12PM — No Cost
Each month's book is selected by the group and loaned by arrangement with the Seattle Public Library. New members are welcome. Book for discussion on 1/22 is *The Taking of Jemima Boone: Colonial Settlers, Tribal Nations, and the Kidnap That Shaped America,* by Matthew Pearl. The book for discussion on 2/26 is *Poverty, By America,* by Matthew Desmond.

ABLE: AGING BALLARD LESBIAN EXCHANGE
(In-Person) Leader Vonda
Fourth Thursdays, 12:45PM -1:45PM — Donation

UAP/UFO Update w/Anthony (In Person)
Usually Final Fridays at 1PM — No Cost
Join Anthony for discussion of what is happening in the field of UAP/UFO studies.

PROGRAMS & SERVICES

Art & Craft

PENCIL DRAWING & PORTRAITURE
(In Person) Artist Nancy **Monday, 1PM– 3PM**
$10/Members, $15/Non-Members
Class focuses on developing the necessary drawing techniques and skills to be able to create portraiture—includes short lessons on technique and is an inclusive environment where students are encouraged to explore and develop their drawing abilities.

WATERCOLOR & DRAWING (In-Person) Artist Susan
Tuesday, 10AM -12PM
$12/Members, $15/Non-Members per Class
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** with questions and for a supply list. Students work from a still life created by the instructor.

ACRYLICS PAINTING (In Person) Artist Joanne
Wednesday, 1PM- 4PM
$5/Members, $10/Non-Members
General instruction in the art of working with Acrylic Paints. Class begins with a work for consideration and participants are encouraged to freely take inspiration and create their own painting. Beginners are welcome. Basic acrylic painting supplies are available.

COLORING & PAPERCRAFT (In-Person)
Friday, 10:00AM - 11:30AM — Donation
Let your creativity loose—the art room is full of supplies—Come make cards, color, relax & visit. This is a free-form participant directed creative workshop and social space.
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BEAD WORKS GROUP (In-Person) Facilitator Sue
Friday, 1:30PM - 3:30PM — Donation
Expert and novice bead crafters are welcome to this creative circle. Bring the beading projects you are working on, or begin something new. Basic supplies and peer tutorials are available.

FIBER ARTS CIRCLE (In-Person) Host Tim
Friday, 1:30PM - 3:30PM — Donation
Crochet, Knitting, Hand Sewing. All folks working in, or wanting to work in fiber crafts are welcome to visit and share expertise and inspiration.

Classes

SHAKESPEARE SESSIONS (In-Person) Leader Joe
Monday, 1:30PM - 3:30PM — Donation
Reading, discussion and viewing of plays from the rich Shakespearian canon.

FRENCH LANGUAGE CLASS (In-Person)
Instructor Marilyn
Tuesday, 10AM — $2/Members, $5/Non-Members
PARLEZ-VOUS FRANCAIS? This class encourages you to increase your knowledge of French language, culture, and literature. In this relaxed environment students learn at their own pace. The class works with grammar and vocabulary. And there are elected readings in French.

INTRODUCTION TO MUSICAL THEATRE (In-Person)
Seattle Rep Public Works, Instructor Danny
Wednesday, 1:30PM - 3PM — No Cost
(Fall Session runs January 31—March 20.)
For folks of all experiences, this weekly workshop explores all aspects of musical theatre – from structure and storytelling, to singing and simple staging. Join a supportive community and professional teaching artist, Danny, for a weekly song break. Drop-ins welcome.

Support Groups

LOW VISION SUPPORT GROUP (In-Person)
Second Mondays, 10:30AM - 12PM — No Cost
Facilitators Mae & Jeanne.

DIABETES SUPPORT GROUP (In-Person)
Second Mondays, 1PM - 2PM — No Cost
Social Worker Akira facilitates.
Group reconvenes in January. Please phone 206.297.0403 with questions or to confirm interest.

PARKINSON'S SUPPORT GROUP (In-Person)
Third Mondays, 11:30AM - 1PM — No Cost
Social Worker Akira facilitates. A peer support group for older adults living with Parkinson's Disease. Education, diagnosis support, and resources to live life to the fullest.

CAREGIVER SUPPORT GROUP (In-Person)
Second Fridays, 10:30AM - 12PM — No Cost
Social Worker Akira facilitates.
Group reconvenes in January. Please phone 206.297.0403 with questions or to confirm interest.

PROGRAMS & SERVICES

Health & Wellness Services

SOCIAL WORKER CONSULTATIONS
by appointment — No Cost
Akira provides short-term supportive counseling; assess needs, problem-solve, make decisions, and connect to resources. Initial home visits are available to older adults living in the 98107-area code. To make an appointment phone 206-297-0403.

MASSAGE THERAPY Tom Whitmore
Tuesday, 10AM - 12PM, Wednesday, 12PM - 2PM,
by appointment only — $16
(Please call 206.297.0403 to schedule.)
Relaxing therapeutic massage in 25 minute sessions.

FOOT CARE CLINIC Nurse Keith
Select Wednesdays, 9AM - 4PM & Third Fridays
$35/Members, $45/Non-Members
(Please Call 206.297.0403 to schedule.)
Truly comprehensive foot care. A visit to Nurse Keith will help feet stay happy.

DENTAL HYGIENE CLINIC
Healthy Pearls Dental Hygienist
Next appointments available in April
(Please call Jan 206.498.4023 to schedule.)
Dental health is essential to overall health.

HAIRCUT SALON Stylist Teresa
First & Third Thursday, 1PM - 4PM, by appointment only
$18/Members, $23/Non-Members
Conveniently located, experienced stylist Theresa provides reasonably priced haircut and style options for both men and women.

Card & Game Groups

BRIDGE (In-Person) **$1/Donation**
Monday & Friday, 12:30PM - 3:00PM

PINOCHLE (In-Person) **$1/Donation**
Tuesday & Wednesday, 9AM - 12PM

SCRABBLE (In-Person) **Donation**
Thursday, 1PM - 3PM

Fitness & Health

ENHANCE®FITNESS (In-Person) Instructor Carrie
Mon, Wed, Fri, 9:00AM - 10:00AM & 10:15AM - 11:15AM
$25/Month (unlimited)
(Inquire about no-cost options for 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!

DAILY BALANCE (In-Person) Instructor Jannie
Monday—Friday, 11AM -11:30AM — No Cost
Keeping it in balance...this half hour class includes balance, strengthening, and stretching, right brain-left brain exercises, and elements of laughter yoga. Join us for one or all five classes a week!

PING-PONG (In-Person) Leader Bob
Mon, Wed, Fri, 1:30PM - 3:30PM — $1/Session
Bring your paddle and enthusiasm for an afternoon of comradery and some serious table tennis.

CHAIR YOGA FOR PARKINSON'S (Open to all who are interested in practicing yoga.) (In-Person) Instructor Leo
Tuesday, 1PM - 1:45PM, Thursday 11AM -11:45AM
No cost for Parkinson's patients, or $5/Members, $10/Non-Members
Wear loose fitting, comfortable clothing in preparation for this balancing therapeutic chair based yoga practice.

WILLIAM'S WEDNESDAY WALKERS (In-Person)
Guide William
Wednesday, 1PM - 2PM — No Cost
Meet in front of the center for an approximately one-hour-long walking tour of the neighborhood (and on-foot social.)

Don't forget...
CARD & GAMES MEET UP
Fridays at 1pm
Let's get some new game groups going!

LOOKING AHEAD

Say Yes to Seniors!—Annual Giving

Thank you to all members and supporters who responded to our end-of-year appeal with a donation. Government contracts will provide only 31% of the revenue we need to operate in 2024. We count on financial support from the community to provide the rest. We could not offer the services and activities we provide without the generous support of individual donors. If you have not yet completed your annual giving, please consider a gift to help us start the year on the right track.

To make a donation:

- Donate in person at the upstairs customer service desk.
- Mail your check to 5429 32nd Ave NW, Seattle, WA 98107.
- Use the Donate button online at BallardSeniorCenter.org or scan the code.

Rummage Sale & Bookshop Donations

We are now accepting donations of gently used housewares, kitchenware, clothing and more for our **Spring Rummage Sale**, which will take place **April 5 & 6**. Please bring your donations to the Center Monday through Friday, between the hours of 9am and 3pm.

Ballard NW's **Nifty-Thrifty Bookshop** is gladly accepting donations. To donate Books, CDs, DVDs, Puzzles, and new Greeting Cards—just drop them by the center Monday through Friday during open hours.

And while you are here you can shop for your next great read!

Art, Wine & Chocolate

A Ballard Community Event

Thursday, February 8th 5-8pm

Join us for a lovely evening—taste a delightful variety of wines from Aluel Cellars, sample chocolate delicacies from local chocolatiers and shop for gifts created by local artists. Chef Lori is planning a selection of hearty appetizers to accompany the libations. Wines—by the glass and bottle, Chocolate, (and of course Art) available for purchase. All proceeds go to support programs and services at the center. It is the perfect prelude to Valentine's Day!

Tickets $25/per person

Tickets can be purchased in person, by phone 206-297-0403, or online—link from our website.

For the most up to date information look to our website.
BallardSeniorCenter.org

Remember to follow us.