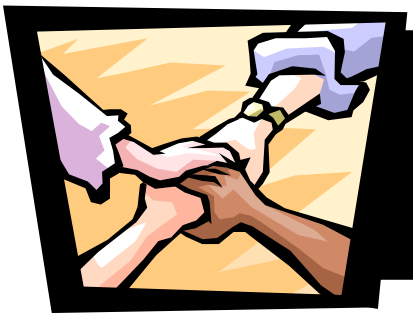
Ballard NW is the "Friendly Center" where all are welcomed, supported and appreciated.
At Sound Generations and Ballard NW Senior Center, we embrace the belief that racial and other identities should be respected and affirmed. We don't tolerate racism on any level and we commit to work for a better future.



BALLARD NW SENIOR CENTER

A community partner of Sound Generations

JULY 2022

STATUS QUO UPDATE: The pandemic is still with us. We are easing restrictions a tiny bit, not as much as some would like and more than others want. Masks are still required to enter the building and while moving from place to place. Please use hand sanitizer as well. Masks will be required for some activities but in small classes and activities where every participant agrees and there is space for distancing masks can come off. If even one person is uncomfortable with no masks, then all will have to wear masks. Baby steps. A lot is happening, and it's great to see more friends returning. Please see individual articles on events and activities for more specific information and do check out the website.

OUR MOTTO FOR 2022:

TOGETHER WE CAN DO MORE

This center is a happening place. Everyone is welcomed, supported and appreciated. There is something here for everyone. What path/s do you want to follow? Do you want to pursue your current interests, find a new direction or both? One can get or stay in the best shape with our exercise and health and wellness opportunities, learn more in our various classes, enjoy new and old friends with all the social opportunities, volunteer and more. Your life—your paths. More programs come on board each month as we follow our slow and steady path to provide all the best center services as we come out of the pandemic. We want to get the word out. Let your friends and neighbors know about this great center. The more folks that know, the more we can do and accomplish. We believe that "together we can do more." Partnerships benefit all involved. It does take a village. All are strengthened by working together. Be part of the growth and excitement as we continue to be the best Ballard NW Senior Center we can be.

Our Goal...increasing membership and participation.

In 2022 increasing participation and membership is a continuing goal. We have had two very successful membership meetings over the last two months. If you have not shared your ideas on programs and direction, stop by or send an email to give us your programming feedback. One does not have to be a member to participate at the center, but being a member has benefits and supports the center. There are several need-based scholarships available due to the generosity of others that sponsor extra memberships. "Together we can do more." Memberships are $50 for the calendar year. One can join now with a single $50 payment or pay $25 now and $25 in September. We look forward to welcoming new members and thank all who have joined.

We will be closed on Monday, July 4th in observation of Independence Day.

Please celebrate safely with family and friends.

Happy 4th of July to everyone!

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

BOARD OF DIRECTORS

President: Rutha Thomas
Treasurer: Chris Hoban
Secretary: Henry Grenley

Members At Large:
Claire Anderson
Annie Davis
Jan Gaidos
Rusty Forster
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

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Carlye Teel
CarlyeT@SoundGenerations.org

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JenniferC@SoundGenerations.org

Program Coordinator
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Community Dining
Chef Lori
LoriG@SoundGenerations.org

DIRECTOR'S MESSAGE

Welcome July and Happy 4th of July to all.
"Then join hand in hand, brave Americans all;
By uniting we stand, by dividing we fall."
-John Dickinson
Happy Birthday America!

July, the 7th month of the year, was originally called Quintiles but changed to Julius named for Julius Caesar born on July 12th. It's traditionally the warmest month of the year. I hope each of you will have a fantastic July (without a summer COVID surge).

It's great to be adding more and more activities and seeing more participants each month. We have really enjoyed the membership meetings and getting to meet new members. We like to get ideas for new services and activities that will be important moving forward.

Decreasing isolation and being together as a community is important. The pandemic and the isolation has taken a toll on many. The center has played a key role in keeping people connected by providing meaningful programs and interactions. This is your center. If you haven't had a chance to give programming input, give us a call or send an email with ideas of what we should offer.

We have been serving our community for 49 years and are excited for all that is ahead. Another goal is to increase participation and membership so that many more can benefit from center offerings. I am grateful for the community's support. Two of our community partners Windermere Ballard and Salmon Bay Sand and Gravel made a difference in June. Windermere did a day of service at the center cleaning and spiffing up downstairs and Salmon Bay donated gravel that Windermere spread to get rid of all the potholes. Again, together we can do more. Thank you!

I heard several folks discussing happiness and all the negatives associated with the pandemic. One person said, "I'm so unhappy." That got me scurrying back to a newspaper article by Paul Schoenfeld who I often quote. Instead of happiness, he suggested we concentrate on well-being. Well-being, he says, comes from liking who you are, being the person you want to be, aspire to be and can be. You are in balance with yourself and the world around you accepting what you cannot change and change when it is time to. It is a sense of appreciation and gratitude for all you have, compassion for others, being kind. It grows with inner peace, reflection and awareness of self and the world around you. Well-being is more enduring than temporary happiness, which can come and go.

Let's make July the best. Hope to see you at the Barbeque and all our other activities!
"My favorite thing about the United States? Lots of Americans, one America."

Love,

Carlye

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

OF PARTICULAR NOTE...

Happy Birthday America!

Celebrate with us on July1st !

Join us on **Friday, July 1st** at noon for a celebration of Independence Day. Community Dining lunches will be simple picnic food and we'll plan some festivities to celebrate the holiday!

Congratulations Glenda West!

Ballard NW's Glenda West was honored at the June 16th Sound Generation's Inspire Positive Aging Awards Luncheon. She won the Community Service category. Glenda is a center van driver, leads the conversation group, is an active participant in The Seattle Rep Public Works group and has been in several Rep plays. She also volunteers for Cancer Lifeline and Gen Pride while she operates her own construction company and is a resource for Black -owned small businesses. She has appeared CNBC and the Suze Orman show.

BNWSC

Community BBQ

Thursday, July 14th at 5PM

$15/per person

Are you ready for a barbeque? A warm summer evening, grill fired, drinks ice cold, friends new and old! And at this BBQ—live music.

Please join us. We invite center members and the surrounding community for a relaxed evening of fun and food off the grill with all the fixins!

Make reservations for the BBQ by phoning 206.297.0403 or stop by upstairs reception.

BBQ MENU

Steak & Chicken
Potato Salad
Green Salad
Watermelon
Berry Short Cake

We have several special member and volunteer events coming up later this summer and in the early fall, please keep in mind and save the dates...

A Lunch Hour Picnic at the center on Wednesday, August 31st.

Annual Members Only Luncheon will be held on Tuesday, September 20th.

A by invitation, in appreciation Volunteer Reception for center volunteers with more than 20 hours of service will be held on August 25th.

Specific information and times will be in the August newsletter.

ACTIVITIES & EVENTS

What's New

Haircuts at the Center

First & Third Thursdays 1:00PM - 4:00PM

Do you need the summer haircut after the long wet spring? Women and men get your hair cut at the center with Teresa a licensed practitioner. You will look your very best and have the perfect cut for summer.

Phone 206.297.0403 to book your appointment.

Men & Women

Members $18/ Non-Members $23

Tour of India: Hyderabad

Wednesday, July 6th at 1:00PM

New BNWSC member Shakun (who has recently moved here from India) is preparing a series of talks on different regions of India. This month she takes us to Hyderabad, the largest city and the capital of the Indian state of Telangana, in the northern part of South India. Hyderabad is home to nearly seven million people and Salar Jung Art Museum, one of the notable National Museums of India—among many other things. In addition, Shakun plans a show-and-tell of objects specific to this place.

Chef Lori is planning an Indian inspired menu for the day's Community Dining Lunch. (Suggested donation $4)

Phone the center 206.245.4503 and let us know you plan on attending the first *Tour of India* talk!

COMMUNITY DINING

Pick-up/Take-out Lunches are now available Monday through Friday

12PM - 1PM

(OR UNTIL SOLD OUT)

$4/Suggested Donation

Community Dining is all about gathering and it's great to be able to welcome people inside now five days a week. Grab a sack lunch, head into Harmony Dining Hall and enjoy it *in picnic fashion* with community members.

MEAL DELIVERY PROGRAM

Tuesday & Thursday

$10 per day/Suggested Donation

For folks who are unable to make it to the center to pick up meals, our Meal Delivery Program can provide service on Tuesday and Thursday. Delivery provides two different complete meals on those days (a total of four unique meals a week). As good nutrition is so important for both physical and mental well-being, we are working to increase delivery opportunities in our area. If you or someone you know would benefit from this service or would like to volunteer as a Meal Delivery Driver, call the center at 206.297.0403.

Explore the World: Janice's Travel Adventures

Wednesday, July 20th at Noon

This month travel expert Janice van Cleve takes us to Mirador, Guatemala, the site of La Danta, the most voluminous pyramid in the world. In the ancient city, El Mirador, more than 200,000 Maya thrived on perennial swamps, using the nutrient-rich mud for agricultural terraces. Chef Lori will begin the journey with a lunch featuring regional specialties. The meal will be plated and service begins promptly at noon in the dining room. After lunch is served Janice will begin the presentation around 12:30PM.

$4/Suggested Donation for the Luncheon
Reservations are required.
To reserve your place for lunch please call 206.297.0403.

WEDNESDAY NIGHT OUT at the Center!

HAPPY HOUR at 4:30PM
DINNER at 5:00PM
BINGO at 6:30PM

Join us for *Wednesday Night Out at the Center*! The evening begins with tempting libations created by our master mixologist Bobbie...followed by a delightful dinner prepared by Chef Lori...and cap it off with a lively session of BINGO (ample cash prizes awarded)! All of this in the company of center friends new and old.

Join us for the full slate of Wednesday Night activities, or just one or two of your favorites.

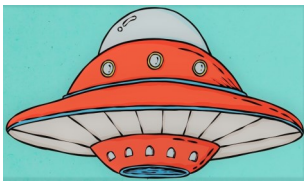
- Pop in for **Happy Hour**: Soda and water $1.00, Beer and Wine $3.00, and Cocktails $5.00.
- Please call (206.297.0403) to reserve for **Dinner** by Monday evening (min. of 10, max. of 25). A bargain at **$7.00**.
- The **BINGO** buy in is **$6.50**. Reservations are not required for Bingo, but the session is capped at 35 and it is first come first served.

UFO Update

(The Second Meeting)

"You are Not alone"

Friday, July 29th at 2PM



Presenter/center member: Anthony Fromhart

Possible Topics Include:

> Apollo/ NASA Astronauts
> Dr. Edgar D. Mitchell (Apollo 14)
> Michael Collins (Apollo 11)
> President Reagan
> Nuclear Missile Sites.

What if Anything is Out There? by Ret. Col. Gene P. Abel is the book to be discussed. For a copy contact Anthony.

Healthy Pearls Dental Hygiene Services

Having a healthy mouth is important to one's overall health and well-being. Licensed and registered dental hygienist Jan Gaidos provides low-cost dental hygienist cleanings here at our center on selected dates. Services are oral assessments, preventive cleanings, cancer screenings, fluoride treatments, and personalized oral hygiene instructions. Jan gives outstanding and compassionate care to her patients.

Next Dental Hygiene day is

Monday, July 11th

Phone Jan to schedule an appointment 206.498.4023.

Red Hats Lunch

Monday, July 11th at Noon

The Red Hats are lively group who have a marvelous time. Join Queen Bobbie and the gals in the dining room for lunch and meeting to plan their outings and volunteer times. This is a fun group with outstanding volunteers. They have been the force behind our rummage sales—adding spectacular spice to the center. For more information about the International Red Hat Society or to join our local chapter. All women welcome! Contact Queen Bobbie at BNWSC 206.297.0403.

Men's Breakfast

Thursday, July 28th at 9:00AM

Calling all Gentlemen! It is time for Men's Breakfast.! Time for men to get together and enjoy a delicious breakfast prepared by Chef Lori. Take the time to discuss an interesting to topic or two—the dining room is all yours. Please give a call so that Chef Lori knows how much food to prepare.

$3/Per Person

(To reserve a seat for Men's Breakfast call 206.297.0403.)

Happy Summer to all!

We have several new happenings this month at the Center.

Center member Deborah has offered to hold space for an Italian Language affinity group on Fridays 10:30am, beginning on July 8th. exact structure of the time will depend upon the needs and interests of the participants. It could include beginning language instruction for novices, or reading and discussion for more seasoned speakers. Deborah said the focus could be *Italian for Travelers.* All of those interested in furthering your familiarity with and proficiency in Italian please come and participate.

New center member Shakun has graciously offered to present a series of talks on different locations and regions of India. She plans to present a slide presentation and bring objects unique to and of interest from the different places. Please help us welcome Shakun to Seattle, and Ballard NW— join us for her first *Tour of India* talk featuring Hyderabad on Wednesday, July 6th at 1:00pm.

For everyone interested in Volunteer opportunities—in preparation for our September sale there will be a Rummage Pricing Party on Friday, July 22nd at 10:30am upstairs in the rummage room. Lunch will be provided. Please give a call 206.297.0403 and let us know you would like to help out (and get a sneak peak at what's in there…)

And don't forget the
Summer Community BBQ
on Thursday, July 14th at 5:00pm. Make reservations—get your ticket ahead of time. Phone 206.297.0403 or stop by upstairs reception.

Monday	Tuesday
JULY	
4 BNWSC is Closed for Independence Day!	5 **9:00** SeaMar **9:00** Pinochle **10:00** Watercolor Painting & Drawing **10:00** Massage Therapy **10:00** French **11:00** Daily Balance **12:00** Community Dining **1:00** Chair Yoga **1:00** Bastyr Clinic
11 ****Dental Hygiene Day**** **10:00** Beginning Spanish **10:00** Enhance Fitness **10:30** **Low-Vision Support** **11:00** Daily Balance **12:00** **RED HATS** **12:00** Community Dining **12:30** Bridge **1:00** Bead Works Group **1:30** Ping Pong	12 **9:00** SeaMar **9:00** Pinochle **10:00** Watercolor Painting & Drawing **10:00** Massage Therapy **10:00** French **11:00** Daily Balance **12:00** Community Dining **1:00** Chair Yoga **1:00** Bastyr Clinic
18 **10:00** Beginning Spanish **10:00** Enhance Fitness **11:00** Daily Balance **11:30** **Parkinson's Support** **12:00** Community Dining **12:30** Bridge **1:00** Medicine Circle **1:30** Ping Pong	19 **9:00** SeaMar **9:00** Pinochle **9:30** **Tulalip Cultural Center Trip** **10:00** Watercolor Painting & Drawing **10:00** Massage Therapy **10:00** French **11:00** Daily Balance **12:00** Community Dining **1:00** Chair Yoga **1:00** Bastyr Clinic
25 **10:00** Beginning Spanish **10:00** Enhance Fitness **10:30** History Book Group **11:00** Daily Balance **12:00** Community Dining **12:30** Bridge **1:00** Bead Works Group **1:30** Ping Pong	26 **9:00** SeaMar **9:00** Pinochle **10:00** Watercolor Painting & Drawing **10:00** Massage Therapy **10:00** French **11:00** Daily Balance **12:00** Community Dining **1:00** Chair Yoga **1:00** Bastyr Clinic

Wednesday	Thursday	Friday
2022		**1** **10:00** Enhance Fitness **11:00** Daily Balance **12:00** Community Dining **12:30** Bridge **1:30** Fiber Arts Circle **1:30** Ping Pong
6 **9:00** Pinochle **10:00** Enhance Fitness **11:00** Daily Balance **11:00** Bible Study **12:00** Community Dining **12:00** Massage Therapy **1:00** **Tour of India Lecture** **1:00** Acrylics Studio **1:00** William's Walkers **1:30** Ping Pong **4:30** Happy Hour **5:00** Dinner **6:30** Bingo	**7** **10:00** **Financial Services** **10:00** Current Events **10:30** **Mukilteo Light House Trip** **11:00** Daily Balance **12:00** Community Dining **1:00** Chair Yoga **1:00** Scrabble Games **2:00** Memoir Writing	**8** **10:00** Enhance Fitness **10:30** **Italian Language Begins** **11:00** Daily Balance **12:00** Community Dining **12:30** Bridge **1:30** Fiber Arts Circle **1:30** Ping Pong
13 **9:00** Pinochle **9:00** Foot Care **10:00** Enhance Fitness **11:00** Daily Balance **11:00** Bible Study **12:00** Community Dining **12:00** Massage Therapy **1:00** Acrylics Studio **1:00** William's Walkers **1:30** Ping Pong **4:30** Happy Hour **5:00** Dinner **6:30** Bingo	**14** **10:00** Current Events **11:00** Daily Balance **12:00** Community Dining **1:00** Chair Yoga **1:00** Scrabble Games **2:00** Memoir Writing **3:00** **Legal Consultation** **5:00** **Community BBQ** 	**15** **10:00** Enhance Fitness **10:30** Italian Language **11:00** Daily Balance **12:00** Community Dining **12:30** Bridge **1:30** Fiber Arts Circle **1:30** Ping Pong
20 **9:00** Pinochle **9:00** **Senior Rights & Assistance** **10:00** Enhance Fitness **11:00** Daily Balance **11:00** Bible Study **12:00** **Janice's Travel Adventures** **12:00** Massage Therapy **1:00** Acrylics Studio **1:00** William's Walkers **1:30** Ping Pong **4:30** Happy Hour **5:00** Dinner **6:30** Bingo	**21** **10:00** Current Events **11:00** Daily Balance **12:00** Community Dining **1:00** **Haircut Salon** **1:00** Chair Yoga **1:00** Scrabble Games **2:00** Memoir Writing	**22** **10:00** Enhance Fitness **10:30** Italian Language **10:30** **Rummage Pricing Party** **11:00** Daily Balance **12:00** Community Dining **12:30** Bridge **1:30** Fiber Arts Circle **1:30** Ping Pong
27 **9:00** Foot Care **9:00** Pinochle **10:00** Enhance Fitness **11:00** Daily Balance **11:00** Bible Study **12:00** Community Dining **12:00** Massage Therapy **1:00** Foot Care **1:00** Acrylics Studio **1:00** William's Walkers **1:30** Ping Pong **4:30** Happy Hour **5:00** Dinner **6:30** Bingo	**28** **9:00** **Men's Breakfast** **10:00** Current Events **11:00** Daily Balance **12:00** Community Dining **12:30** **ABLE Meeting** **1:00** Chair Yoga **1:00** Scrabble Games **2:00** Memoir Writing **3:00** **Legal Consultation**	**29** **10:00** Enhance Fitness **10:30** Italian Language **11:00** Daily Balance **12:00** Community Dining **12:30** Bridge **1:30** Fiber Arts Circle **2:00** **UFO Update** w/Anthony **1:30** Ping Pong

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 you are interested in participating in a class that offers a Virtual option, please speak with Beth to make arrangements for Zoom access.

♦ 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. 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 PlanMember Securities Corporation (PSEC), a registered broker/dealer investment advisor and member FINRA/SIPC.*

LEGAL CONSULTATIONS (Phone or Virtual)
Second & Fourth Thursdays, 3PM - 5PM
by appointment only
(Please call Beth at 206.297.0403 for more information.)
The law offices of Llewellyn & Shafer, PLL offer legal expertise in elder law, estate planning, and more to our Ballard community members. **NOTE:** While consultations are provided at no cost, additional legal services may be billed at standard rates.

SENIOR RIGHTS & ASSISTANCE (In-Person)
with Jerry Keating
Third Wednesdays, 9AM - 12PM, by appointment only
No Cost
Volunteer advisor Jerry can assist with questions regarding Medicare, Health Insurance, Powers of Attorney, Medical Directives, Trusts, Guardianships, Wills, and decisions to be made when a death occurs.

Groups

MEDICINE CIRCLE (In-Person) Leader Laurel
First & Third Mondays 1PM - 3PM
$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
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.

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 always welcome. The book for discussion at the meeting on June 27th is ***Butch Cassidy: The True Story of An American Outlaw*** by Charles Leerhsen.

ABLE: AGING BALLARD LESBIAN EXCHANGE
(In-Person) Leader Vonda
Fourth Thursdays, 12:30PM -1:30PM — Donation

PROGRAMS & SERVICES

Fitness & Health

ENHANCE®FITNESS (In-Person) Instructor: Mattie
Mon, Wed, Fri, 10AM -11AM — $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) Instructors Jannie & Beth
Monday—Friday, 11AM -11:30AM — No Cost
Keeping it in balance...this half hour class may include breath work, 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-Person) Instructor Leo
Tuesday, Thursday, 1PM - 1:45PM — No cost for Parkinson's patients, or $5/Members, $10/Non-Members
Wear loose fitting, comfortable clothing in preparation for this relaxing and 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 to join William and the lively Wednesday Walkers for an approximately one-hour-long walking tour of the neighborhood (and on-foot social.)

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

Health & Wellness Services

SOCIAL WORKER CONSULTATIONS
With Social Worker Jennifer
Mon, Wed, Thurs, by appointment only — No Cost
(Please call 206.297.0403 to schedule.)
Jennifer is approachable, understanding and welcoming. She can help members navigate the available resources to find solutions for their needs.

BASTYR NATUROPATHIC SERVICES
Tuesday Afternoons, by appointment only — No Cost
(Please Call 206.297.0403 to schedule.)
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
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
Second Wednesdays 9AM - 4PM,
Fourth Wednesdays 1PM - 4PM, by appointment only
$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. Please bring a small towel with you to your appointment.

DENTAL HYGIENE CLINIC
Healthy Pearls Dental Hygienist **Next Dental Day:**
July 11th, by appointment only — Low Cost
(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
Beginning July 21st — $18/Members, $23/Non-Members
(Please call 206.297.0403 to schedule.)
Conveniently located, experienced stylist Theresa provides reasonably priced haircut and style options for both men and women.

PROGRAMS & SERVICES

Classes

BEGINNING SPANISH CLASS (In-Person)
Instructor Marcella
Monday, 10AM — $2/Members, $5/Non-Members
This a true beginner's class. Bring your enthusiasm to learn and speak. Materials are provided.

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.

MEMOIR WRITING (In-Person, w/a Virtual option)
Author, Instructor Claire
Thursday, 2PM - 3:30PM
$2/Members, $5/Non-Members
Multiply published author and teacher Claire provides expert guidance to assist getting life stories onto the page.

ITALIAN LANGUAGE (In-Person)
Leader Deborah
Tuesday, 10AM — $2/Members, $5/Non-Members
Beginning July 8th
Learn about Italian language and culture. Appropriate for beginners, basic instruction in language and vocabulary available. Those with more familiarity with Italian can participate in reading and discussion. Class could function as *Italian for Travelers.*

Support Groups

DIABETES SUPPORT GROUP (Phone or Virtual)
First Mondays, 10AM - 11AM — No Cost
(Registration is required.) Social Worker, Jennifer facilitates. Please phone 206.297.0403 to register.

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

PARKINSON'S SUPPORT GROUP (Phone or Virtual)
Third Mondays, 11:30AM - 1PM — No Cost
(Registration Required) Social Worker, Jennifer facilitates. Please phone 206.297.0403 to register.

Art & Craft

BEAD WORKS GROUP (In-Person) Facilitator Sue
Second & Fourth Mondays, 1PM - 3PM — No Cost
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.

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** if you have questions, and to receive a supply list for the class. You will work from a simple instructor created still life set up. Payment is made before the beginning of class at the second floor reception desk. **(Due to travels, class is currently a no-fee student-led studio session and will resume as a fee-based instructor led class on September 20th.)**

ACRYLICS PAINTING STUDIO
Participant led
Wednesday, 1PM - 4PM — No Cost
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.

FIBER ARTS CIRCLE (In-Person) Host Tim
Friday 1:30PM - 3:30PM — No Cost
Crochet, Knitting, Hand Sewing. All folks working in, or wanting to work in fiber crafts are welcome to visit and share expertise and inspiration. Some beginning materials are available. Depending on the project an experienced peer may be on-hand for advice.

Classes reconvening in September:

SHAKESPEARE SESSIONS (In-Person) Leader Joe
Monday 1:30PM — Donation

INTRODUCTION TO MUSICAL THEATER
(In-Person, w/a Virtual option) Seattle Rep Public Works
Tuesday, 2:30PM - 3:30PM — No Cost

TRIPS

Space is limited, register in advance by stopping by the upstairs reception desk, or phoning 206.297.0403.

♦ **Current BNWSC Members have priority on center trips—and receive members-only discounted pricing.** (Non-members may request to be placed on a waiting list. If there is space they will be contacted and are welcome to come along on the trip.)

♦A non-refundable deposit of a minimum of $5 must be placed when registering for a trip. (Note: the minimum credit card charge is $10 — multiple deposits or payments can be easily combined into one credit transaction.)

♦ Participants must be able to enter and exit the van *safely* on their own or bring a caregiver to assist.

July & August 2022

MUKILTEO LIGHT HOUSE & LUNCH at IVAR'S
Thursday, July 7th (Leaves at 10:30AM)
$8/Members $16/Non-Members
(price does not include lunch)

TULALIP HIBULB CULTURAL CENTER and NATURAL HISTORY PRESERVE & PICNIC
Tuesday, July 19th (Leaves at 9:30AM)
$25/Members $45/Non-Members
(price includes lunch and museum fee)

SEATTLE ART MUSEUM & LUNCH
Thursday, August 4th (Leaves at 10AM)
$10/Members $20/Non-Members
(price does not include lunch)

LUNCH at LOMBARDI'S on the Everett Waterfront
Wednesday, August 17th (Leaves at 10:30AM)
$8/Members $16/Non-Members
(price does not include lunch)

EVERGREEN STATE FAIR in Monroe
Tuesday, August 30th (Leaves at 10AM)
$24/Members $48/Non-Members
(price includes cost of fairgrounds ticket)

September 2022

WASHINGTON STATE HISTORY MUSEUM & LUNCH in the TACOMA MUSEUM DISTRICT
Tuesday, September 6th (Leaves at 9:30AM)
$22/Members $44/Non-Members
(price includes museum admission, lunch not included)
Explore the state's history though high-tech exhibits like a big model railroad and take in featured exhibits: *All the Sacrifices You've Made / Todos los sacrificios que has hecho*, a collaboration between College Assistance Migrant Program (CAMP) at the University of Washington and Borderland Collective, an arts collective from Texas, exploring migrant farmworker family life, and *In the Spirit Contemporary Native Arts 2022*. We will have lunch in the museum district and some time to explore the revitalized warehouse district that is now the campus of UW Tacoma.

KUBOTA GARDEN & LUNCH at the STONEHOUSE CAFE
Thursday, September 22nd (Leaves at 10:00AM)
$10/Members $20/Non-Members
(price does not include lunch)
Join us on the first day of Autumn as we explore the foliage of this beautiful, expansive Japanese garden. After strolling the garden we will lunch at the Stonehouse Café on the shore of Lake Washington which is housed in the repurposed iconic South Seattle 1920s era gas station constructed of—-stones.

LOOKING FORWARD

Art, Wine & Chocolate

Thursday, August 18th at 5PM

$15 /Admission

Spend a delightful summer evening in Ballard browsing the works of local artists, sampling expertly selected vintages, and tasting the craft of fine chocolatiers. Our eagerly anticipated evening of *Art, Wine, & Chocolate* is coming up. Local artists, painters, jewelry makers, potters, fiber-art crafters, and more will open a gallery displaying their works for sale. There will be complementary samples from the chocolatiers whose wares are available for purchase, and a knowledgeable sommelier to assist with tasting and purchasing different wines from select wineries. We will have live entertainment and a sampling of hearty appetizers and delicate desserts will be served. Join us to support the center and artists and craft-persons.

Advance tickets are available at upstairs reception.
Phone 206.297.0403 to register.

Fall Rummage Sale

Friday, September 9th
9AM - 4PM
Saturday, September 10th
9AM - 3PM

It will be bigger and more spectacular. How can you help right now? Donate your *don't needs*—from kitchenware to clothes, antiques and jewelry, tools, toys, knick-knacks, art, small furniture, linens, sports equipment and other treasures someone else just might be looking for.

Thank you for your donations. Our sales are highly anticipated because of the beautiful, the curious, the absolutely practical—all of the wonderful donations we receive. They provide a lot of support for our center programs.

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The Fall Edition

AUCTION & GALA

October 16th at 5PM
at the Leif Erickson Lodge

Mark your calendar for this spectacular gala evening. There will be unique and exciting items for the bidding. Enjoy expertly prepared dinner and drinks, play games, dash for dessert, ring a bottle of wine, raise a paddle, open the treasure chest. This is our biggest fund raiser of the year—an event the entire community anticipates. And how can you help? Ask a favorite business, restaurant or service provider to donate an item. Is there an item you can donate? Donation forms are available at reception. Join us and invite family and friends to make a table or share a table with others. Volunteer before, during, or after. There are plenty of opportunities to put your time and talents to work. **Thank you all for looking ahead, and thank you for continued support.**

Rainbow Bingo Returns to Ballard NW!

The incomparable Sylvia O'Stayformore will entertain as only she can.
Delicious food, beverages, and prizes make this one fantastic evening.

Friday, September 16th at 7PM

(Doors will open at 6PM for food and beverage service.)

Tickets on sale August 1, 2022.
$30 / per person

Must be 21 to attend. Limited to 75 guests.

To comply with gaming commission regulations, event tickets must be purchased online. (Ticket covers *stellar entertainment*, an appetizer of chips/salsa/nacho dip, and a bingo dauber. Bingo cards must be purchased on site with cash. Wine, beer, cocktails and food will be available to purchase the evening of the event.