



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



BALLARD NW SENIOR CENTER

Ballard NW Senior Center, a community partner of Sound Generations

September

Virtual Al Hovland \$pring for \$eniors September 13, 6 p.m..

Prepare for an evening to remember as we celebrate and support your wonderful Center. While the world has changed so has our auction. We won't all be in the same room but we will all be together virtually to share in the excitement as we raise our paddles, bid on wonderful silent and exciting live items, see a tribute to Al, enjoy Center videos, (you might be in one, better watch and see), play a game and support the Center's services financially from the comfort of your own viewing location. Do you want to buy a virtual key to unlock a treasure chest with \$500 inside, win the bid on a vacation getaway, golf at an exclusive club, a sightseeing plane ride, champagne and lottery tickets, Washington wine country getaway or themed baskets for every occasion? Gorgeous fall floral baskets perfect for that special place in your home are awaiting your purchase. All this and so much more will be up for bid at the auction.

Please let family and friends know about this very special evening event. **Everyone is welcome to bid and attend for Free**, watch, bid, and be part of the evening from where ever they live. This is a great opportunity for those who live elsewhere to support the Center and our programs that mean so much to you. I have heard from so many that they didn't realize exactly how important the Center is to them until they haven't been able to be here the last few months. Please make a difference and support our biggest fundraiser of the year. Celebrate your Center!

The auction is entirely online! You will be able to bid using your computer, tablet or smartphone.

1. Register to bid by visiting the auction website: <https://ballardseniorcenter.ejoinme.org/register>.
2. Once registered, you will receive a unique link via email and text which enables you to bid.
3. Continue watching the Ballard NW Senior Center website and our auction website for updates. The **Silent Auction** opens **Sunday, Sept. 6 at 9:00 pm** and closes **Sunday, Sept. 13 at Midnight**. The **Live Auction** is for one hour on **Sunday, Sept. 13 from 6:00 pm—7:00 pm**.
4. Follow the Center on Facebook to see sneak peeks and connect with your community!

Your Help is Needed!

Another month has gone by. We are still stuck in phase two in mid-August as I write this and it's not going in the right direction. This virus has turned the world upside down and our Center fundraising has too. As we gradually start a very slow reopen, one-on-one inside and very small, 5 or less in the outside groups, it looks like this will be a long process. We cancelled all events, except the virtual auction, and there is no firm timeline to start increasing services. Our fundraising is non-existent except for some nice donations for which we are very grateful. We still provide many services, including take-out/pick-up and delivery lunches, social work phone and one-on-one consultations, foot care, dental hygiene, phone friends program, wellness checks, virtual groups and we have continual Center maintenance to keep clean and sanitized, annual inspections and upkeep and on it goes. I hope you can raise the paddle or bid on items at the auction. If making a donation is better for you, please support the Center with a donation at BallardSeniorCenter.org; by phone at 206-297-0403 or send a check to Ballard NW Senior Center, 5429 32nd NW Seattle, WA 98107. THANK YOU!

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Ballard NW Senior Center
"Where Friends Meet Friends"
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VISIT US

Mondays 8:30AM-4:30PM
Tuesdays 8:30AM-4:30PM
Wednesdays 8:30AM-9:00PM
Thursdays 8:30AM-4:30PM
Fridays 8:30AM-4:30PM

5429 32nd Ave NW
Seattle, WA 98107

Phone 206.297.0403
Fax 206.297.0558

FIND US ONLINE

BallardSeniorCenter.org
FACEBOOK
Ballard NW Senior Center
TWITTER
@BallardNWS

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and Rutha Thomas
Bookstore: Susan Schneider
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Rummage: Red Hats -
Judy McBride
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DIRECTOR'S MESSAGE



Hi Everyone! I can't believe I am writing the September newsletter and that fall will soon be here. Summer is waning and it hasn't felt like summer because we haven't been together. I miss the picnic, barbecue, the volunteer celebration, ice cream social, the rummage sale, as well as all the classes, groups and the normal everyday things we do together. It doesn't seem possible that it's going on 6 months since we had to redesign how we do things, wear masks, practice physical distancing, and not see everyone at the Center every day. This is a tough time for so many. But, I'm one for silver linings and I believe we have learned some things and new ways to connect and many tell me they have never been more organized and decluttered.

But, challenges continue and I read several articles lately on loneliness and on how to find strength during trying times. An article by Dr. Murthy, Surgeon General from 2014 to 2017, says loneliness is not about the number of people around you, but how you feel about the connections in your life and about yourself. Serving others can help. "Service shifts our attention from ourselves to other people". I think that's why so many say volunteering has positive aspects on life. Dr. Murthy also says the "absence of physical contact with people shows how essential in person interaction is". Interactions that we have with family, neighbors, community, and even strangers is important. And, my favorite from Dr. Murthy, "There's something powerful in receiving a smile from someone. These moments have a significant effect on lifting our mood".

Then two articles by Paul Schoenfeld caught my eye. He says this pandemic is taking a toll on mental health. How the loneliness and uncertainties of these times can get to us especially since it isn't getting better very fast. He says it's time to dig deep within ourselves and find our strength; we need to keep putting one foot in front of another. He suggests "this is a time for us to be at our best, kind, loving, caring, compassionate, community minded, and patient. It's the time for us to be our greatest selves". In another article he says to help us nurture inner peace and restore our energy is the ability to take a few minutes and simply do nothing, just be in that moment. What might you hear or what thoughts might come to you? He remembers as a child lying on the grass and looking at the clouds drift by and the thoughts that brought and the connection to nature and inner peace. Maybe we should all go out and sit and look at the sky and clouds.

September brings our very important virtual Al Hovland Memorial Spring for Seniors Auction on Sunday, September 13th. This is vitally important to the Center's financial position for 2020. The pandemic has caused havoc with our funding ability. We need everyone's help and support. It will be fun, exciting, and hopefully profitable. See the separate article on the front page.

I hope fall will bring improvement to the situation and we can safely add more services, but we must continue all the safety measures and protocols for the foreseeable future. I love fall and hope it will be a very good one for all of you. I wish each of you a lovely September.

Love and remember to smile; it makes a difference.

Carlye

EVENTS & ACTIVITIES

TAKE-OUT/PICK-UP LUNCHEES & DELIVERIES

Mon—Thurs 12:00 Noon-1:00 pm ...Suggested Donation \$4
Chef Lori will prepare delicious take-out lunches for pick up at the Center's front door on a first come, first serve basis. Deliveries for housebound participants are Tuesdays and Thursdays.
Weekly Menus to be posted on Center's website at Ballardseniorcenter.org

SOCIAL WORKER CONSULTATIONS Social Worker Jennifer

Mon, Wed, and Thurs by appointmentFree
Please call 206-297-0403 for appointment NO DROP INS
Jennifer is available to help members find solutions for whatever their needs may be. She is friendly, approachable and eager to offer her assistance.

CORONA VIRUS COPING GROUP Social Worker Jennifer

Wed., Sept. 2, 9, 16 & 23 1:30-2:30 PMFree
Please register by calling 206-297-0403 No more than 5 participants —NO DROP INS
How are you doing during these unprecedented times? What is the difference between stress and anxiety? How do you tolerate the uncertainty? How can you reduce your anxiety and stress? Please join us in this 4 part series to discuss these issues one at a time and develop tools to provide relief during this time. Meet in front of the Center. Depending on demand, series may run again.

FOOT CARE CLINIC Nurse Keith

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

DENTAL HYGIENE CLINIC Healthy Pearls Dental Hygienist Jan

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

FICTION BOOK CLUB (Outdoors) Leader Lisa

Mon Sept. 21 10:00 am-11:30 am Free
Please register by calling 206-297-0403 No more than 5 participants —NO DROP INS
Join us for relaxed conversation, new friends, and great books. This month's selection is *The Nickel Boys* by Colson Whitehead. Call if you need help obtaining a copy. Participants will select the book for Oct., so bring your ideas for our next read!

HISTORY BOOK CLUB (Outdoors) Leader Karla

Mon Sept. 28 10:00 am-11:30 am Free
Please register by calling 206-297-0403 No more than 5 participants – NO DROP INS
History is a powerful subject. Join this group and enjoy discussing and learning together. This month's selection is *Sapiens: A Brief History of Humankind* by Professor Yuval Noah Harari.

CHAIR YOGA (Outdoors) Instructor Leo

Tues. & Thurs. 1:00-1:45 PM\$5 member/\$10 non-member
No more than 5 Participants
Please register by calling 206-297-0403 – NO DROP INS
Build Strength and flexibility while seated. Shoes are okay to wear. We use chairs for stability and as a balance aid.

QI GONG FITNESS CLASS (Outdoors) Instructor Terry

Tuesdays 10:30 am-11:30 am \$5 member/\$10 non-member
No more than 5 Participants
Please register by calling 206-297-0403 — NO DROP INS
Qi means "energy" and Gong means "to work with" so Qi Gong simply means working with the body's energy. Qi Gong focuses on body posture, movement, breathing and meditation.

OUTDOOR WALKING GROUPS Leader Lisa

Mondays (Gentle) 9:00 am-10:00 am Free
Wednesdays (Moderate) 2:00 pm-3:00 pm Free
Please register by calling 206-297-0403 No more than 5 participants – NO DROP INS
Meet friends while maintaining your health and independence. Meet Lisa outside in front of the Center and walk on the Burke Gilman Trail. Flat surface and Gentle or Moderate pace. Rain or shine!

ZUMBA (Outdoors) Instructor Paulette

Thursday, Sept. 10 & 24 10:30 am-11:30 am\$5 Member/\$7 non-member No more than 5 participants.
Please register by calling 206-297-0403 —NO DROP INS
Dance and aerobics combined with wonderful music for improved flexibility, coordination, and balance. Dance your way to better fitness. Enjoy more energy in your day-to-day life!

FINANCIAL SERVICES Kylie Bernethy

Tuesday, Sept. 1 10:00 am-12:00 pmFree
Please register by calling 206-297-0403 Appointments only NO DROP INS
Kylie B. Bernathy is an independent financial services professional who assists with financial questions relating to IRAs, Mutual Funds, Retirement Income Planning, Health Insurance, Long Term Care Insurance and Annuities.

CALENDAR OF EVENTS LISTED ON BACK PAGE



IN REMEMBRANCE

We are sad to report the loss of our member Jean Moser who passed away on her 93rd birthday. Jean was a delightful woman who was a wonderful Community Dining volunteer and also worked on most of our special events. She was a red hat and had a great sense of humor. Jean will be missed by our Center family. Our sincere condolences to her family and friends.

CALENDAR OF EVENTS & ACTIVITIES

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|----------------------|
| 1 | 2 | 3 | 4 | 5 |
| . | 10:00-12:00 Financial Services 10:30 Qi Gong (Outdoors) 1:00 Chair Yoga | 1:30 Corona Virus Coping Group 2:00 Moderate Walking Group Social Worker by Appt. | 1:00 Chair Yoga Social Worker by Appt. | CENTER CLOSED |
| 7 | 8 | 9 | 10 | 11 |
| LABOR DAY CENTER CLOSED | 10:30 Qi Gong (Outdoors) 1:00 Chair Yoga | 9:00 - 4:00 Foot Care 1:30 Corona Virus Coping Group 2:00 Moderate Walking Group Social Worker by Appt. | 10:30 Zumba (Outdoors) 1:00 Chair Yoga Social Worker by Appt. | CENTER CLOSED |
| 14 | 15 | 16 | 17 | 18 |
| 9:00 Gentle Walking Group 10:00 Mystery Book Club Social Worker by Appt. | 10:30 Qi Gong (Outdoors) 1:00 Chair Yoga | 1:30 Corona Virus Coping Group 2:00 Moderate Walking Group Social Worker by Appt. | 1:00 Chair Yoga Social Worker by Appt. | CENTER CLOSED |
| 21 | 22 | 23 | 24 | 25 |
| 9:00 Gentle Walking Group 10:00 Fiction Book Club Social Worker by Appt. | 10:30 Qi Gong (Outdoors) 1:00 Chair Yoga | 9:00 - 4:00 Foot Care 1:30 Corona Virus Coping Group 2:00 Moderate Walking Group Social Worker by Appt. | 10:30 Zumba (Outdoors) 1:00 Chair Yoga Social Worker by Appt. | CENTER CLOSED |
| 28 | 29 | 30 | | |
| 9:00 Gentle Walking Group 10:00 History Book Club Dental Hygiene by Appt. Social Worker by Appt. | 10:30 Qi Gong (Outdoors) 1:00 Chair Yoga | 2:00 Moderate Walking Group Social Worker by Appt. | | |

BALLARD NW SENIOR CENTER'S Al Hovland Memorial Auction



Spring for Seniors September 13

**A Virtual Auction and Gala
SUNDAY, SEPTEMBER 13TH—6PM**

Join us for a virtual auction while in the comfort of your own home! Stephen Kilbreath and Cameron Smock will be your hosts. Spend an hour, Raise the Paddle, bid on your favorite items, Support your Center, be entertained, have fun and play a game. Please join us!



**Free Registration:
BallardSeniorCenter.org**

27TH ANNUAL AUCTION SPONSORED BY:

Holland America
Dick & Sherry Richards
Eye Associates
David & Karen Aoyama
Mountain Pacific Bank
Carol Batchelder
Tim & Sharon McKenzie
Ballard Ornamental Ironworks
Stoneway Hardware
The Lockspot Cafe

Trident Seafood
Anne Parker-Pollack
Swedish Medical Center
Seattle Divorce Services
Rutha Thomas, Century 21
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