



HIGHLIGHTS

"Where Friends Meet Friends"

March 2010

BALLARD NW SENIOR CENTER

5429 32nd Ave NW Seattle, WA 98107

206-297-0403

www.ballardseniorcenter.org

What an exciting month March is, King County Councilman Larry Phillips joins us for lunch on the 11th, Daylight Savings Time arrives on the 14th, St. Patrick's Day Party is celebrated on the 17th, Spring comes on the 20th and our biggest fundraiser of the year \$pring for \$eniors Auction is on Sunday March 28th, Wow!

We also have some new activities, speakers, trips and groups. There is our new Veterans' Group: come share experiences and stories; the Grandparents Group and with spring here our Garden Club is back. Remember our wonderful Wednesday night programs highlighted by Linda & crew's yummy dinners followed by a movie, bingo, computer lab and selected other activities. There really is something here for everyone. Join Us.

Our year has gotten off to a good start. We are extremely busy and everyone is working hard to have a very successful year. Remember to pay your dues, if you haven't. Thanks to Bea, Al and the whole Rummage Sale group for a successful sale in February. Great Work! I was delighted to be able to hire Terry as our new program coordinator who will ably replace Anne. Now we are in the hiring process for a new admin assistant to replace Terry. Thanks for filling out the yearly surveys. You are appreciated.

We need your help to have a successful auction so please do all you can to support the event and your center. Encourage family and friends to participate also. Help by donating auction items or cash, come to the event and bring family and friends and volunteer to help before, during or after. If you need ideas ask and we can give many different options. Thanks for your help and support, our goal is to raise \$50,000 and to do that each and everyone of you needs to participate in some way. Thank you! Have a great month everyone.

Love, *Carlye*



\$PRING FOR \$ENIORS

SUNDAY, MAR 28TH 5PM

We need your help to make the Auction successful! Put together a theme basket and donate it. Let us

know if you can make one of the following or come up with your own theme idea. Some ideas for baskets: Movie, Breakfast, Games, Scandinavian, Garden, Wine, Picnic, Spa, Pet, or your own idea. The Center makes about 40 baskets! To complete these baskets we would appreciate donations of gourmet chocolates, gourmet crackers, fancy nuts, smoked salmon, gourmet dip mixes, fancy cookies, gourmet BBQ sauces, specialty vinegars, and mustards, boutique beers, lots of bottles of wine (min. value \$10 ea); REDS—Pinot Noir, Cabernets, Syrahs, Merlots, house and WHITES—Chardonnays, Pinot Gris, Sauvignon Blancs and others. We need sunscreen, sunglasses, kites, fun dress up clothes, scarves, shoes, jewelry for a kids dress up box. Cocktail napkins that are pretty, funny or special. We are putting together several specialized baskets around treasured and delicious old, best ever, "family" recipes. Submit your family's world famous dessert: pie, cake, ethnic main dish, or fabulous hor d'oeuvres that have been treasured through the years to be front and center in this one-of-a-kind basket.

Our goal is to raise \$50,000.00 to support all our programs and services that serve your needs and wants. Please help us reach our goal and participate as much as you are able to. How can I help you ask? Well, here are several ideas: donate a gift certificate to your favorite restaurant or store. If you can't donate an item or service, then give us some cash and we will buy basket items. Maybe you can donate a dessert for the dessert dash or let your imagination take flight. Come to the event and bring family and friends. Tickets are \$50.00 and include dinner, wine for the night, and it is your entry to a fun and wonderful event..

**THANKS AND WE LOOK FORWARD TO
YOUR PARTICIPATION.**

TRIPS AND DINE OUT IN MARCH

CHITTENDEN LOCKS- *Thursday, March 4th*

FREE—Let's get a group together to go see the Chittenden Locks right here in Ballard. Walk from the Senior Center. Depart 10 a.m. \$ for lunch at the Lockspot Café (optional).

MUCKLESHOOT CASINO- *Tuesday, March 9th*

Departs 9 a.m., returns 4:00 p.m. \$6 members / \$9 non-members, plus bring \$ for food and entertainment. Min. 5, Max.12. Please sign up by March 1.

JAZZ NIGHT— *Saturday, March 13th*

Bluestreet Jazz Voices Concert with (Free) Chocolate Buffet at Intermission. This will be a great night out—leave at 6:30pm, be sure to eat dinner first. Member \$9.00 / Non-Member \$12.00—Min. 5 Max. 12

DINE OUT— *Tuesday, March 16th*

Romano's Macaroni Grill (Northgate area). Fine Italian dining at reasonable prices! \$3, plus bring \$ for dinner. Please sign up by March 12.

RIDE THE DUCKS- *Tuesday, March 23rd*

Tour Seattle by land and by sea in a WWII amphibious landing craft. Even if you are a Seattle native, you'll learn more about our beautiful city when you Ride the Duck! Quack quack! \$35 members / \$38 non-members, plus bring \$ for food and entertainment. (Lunch at Duke's Chowder House) Min. 5, Max. 12.

Larry Phillips Coming for Lunch—March 11th

King County Councilman Larry Phillips will be joining us on Thursday March 11th around 11:30 am. Please join us to thank Larry for all he does for seniors and for his support. He will speak for a few minutes, answer some of your questions and then share lunch with us. Thanks for your participation.

Wednesday Nights at the Center:

Wednesday nights are special at the Center. Come for Linda & crew's delicious dinners (\$7), Bingo (\$6, buy in), watch a Movie ((\$2, suggested Donation), use the computer free lab, take a class or just enjoy your Center friends.

MARCH EVENTS—Presentations

Free Individual Dietary Needs and Info *Thursday, March 4, 12:30pm*

Please join Marlene, as she will help individuals access their individual dietary needs to help improve their diet and general health.

Cooking Class— Learn to create a Simple Dish!

Thursday, March 11th, 1:30pm—FREE

Come learn how to cook using simple, healthy ingredients. The recipe will be Sloppy José's Taco Bowls and it is free to come help prepare the meal and then there will be time to eat this delicious meal.

Free Presentation "THE BENEFITS OF PERSONAL CARE FOR PROLONGED HEALTH AND WELLNESS" by Karen Brown **Thursday, March 18th, 12:30pm**

Personal Care empowers individuals to remain independent and safe at home for as long as possible. Learn more about the different benefits of personal care for yourself or a loved one. Each of us have different needs and situations--hear about what help is available.

Free Tai Chi Demonstration— Come Check it Out!

By Coach Fitch, March 24th, 12:30pm

If there is enough interest we could have a class in Tai Chi. Come and see what is involved.

Free "GETTING TO THE TRUTH ABOUT FUNDING LONG-TERM CARE"

by Jeff Bynum and Karen Brown
Monday, March 29th, 12:30pm

With all the buzz about the aging of the American population and the enormous expenses of long term care, you may want to get more facts about funding this type of care for yourself or a relative. The fact is that each of us have different needs and financial situations, and a careful analysis is key to preparing for the future, whatever it may bring.

**Medicare Plan changes—HELP is here,
March 1st & 2nd @ 1—3pm**

March Calendar of Events, Classes, Etc.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pool / Computer / Craft Rooms Open All Day- Social Worker Computer Room Open 8:45 Enhanced Fitness 10:00 Quilters Group 10:00 Legal Advice (by appt) 10:45 Enhanced Fitness 12:30 Bridge Game 1:00 Medicare Assistance Changes 1:00 New Group/Scott 3:30 Enhanced Fitness	Pool / Computer / Craft Rooms Open 9:00 Pinochle 9:30 Cribbage 10:00 Art Classes 12:30 Grandma / Grandpa Group 1:00 Hollywood Movie 1:00 Sr Making Art 1:00 Medicare Assistance Changes Market Street Singers 7—9pm	Pool / Computer / Craft Rooms Open Enhanced Fitness 8:45 / 10:45 / 3:30 10:00 Knitter's Group 10-2 AARP Tax Assistance 12:30 Red Hat Mtg. 2:00 Sewing Class 5:00 Dinner: Chicken 6:00 Movie 6:30 Bingo	Pool / Computer / Craft Rooms Open All Day- Social Worker All Day- Foot Care 9:30 Gentle Yoga 10:00 Chittenden Locks 11:00 Laughter Yoga 12:30 Book Club 12:30 Dietary Help 1:00 Computer Class 1:30 Line Dancing 2:00 Balance Class 2:00 Caregivers Alz. Memory Loss	Bastyr Clinic Computer Room Open Craft / Pool Rm Open Dental Program Enhanced Fitness 8:45 / 10:45 / 3:30 9:30 Spanish I 9:30 3rd Graders Visit (Or possible time change) 10:30 Spanish II 12:30 Bible Study 1:00 Wii Sports
Pool / Computer / Craft Rooms Open All Day- Social Worker Computer Room Open 8:45 Enhanced Fitness 10:00 Quilters Group 10:45 Enhanced Fitness 12:30 Bridge Game 12:30 Caregivers Grp 3:30 Enhanced Fitness	Pool / Computer / Craft Rooms Open 9:00 Pinochle 9:30 Cribbage 10:00 Veterans Grp 10:00 Art Classes 10:30 Current Events 12—2 Financial Asst. 12:30 Green Tea Club 1:00 Sr Making Art 1:00 Hollywood Movie Market Street Singers 7—9pm Trip: Muckleshoot	Pool / Computer / Craft Rooms Open Enhanced Fitness 8:45 / 10:45 / 3:30 10:00 Knitter's Group 10:00 Sing w/ Piano 10-2 AARP Tax Assistance 2:00 Sewing Class 5:00 Dinner: Pot Roast 6:00 Movie 6:30 Bingo	Pool / Computer / Craft Rooms Open All Day- Social Worker All Day- Foot Care 9:30 Gentle Yoga 10:00 Medicare Plans 11:00 Laughter Yoga 1:30 Cooking Class 1:00 Computer Class 1:30 Line Dancing	Bastyr Clinic Computer Room Open Craft / Pool Rm Open Enhanced Fitness 8:45 / 10:45 / 3:30 9:30 Spanish I 10:30 Spanish II 12:30 Bible Study 1:00 Wii Sports Saturday Night 6:30 Jazz Concert
Pool / Computer / Craft Rooms Open All Day- Social Worker Computer Room Open 8:45 Enhanced Fitness 10:00 Quilters Group 10:00 Acting Grp Mtg 10:45 Enhanced Fitness 12:30 Bridge Game 12:30 Caregivers Grp 1:00 New Group/Scott 1:00 Jewelry Class 3:30 Enhanced Fitness	Pool / Computer / Craft Rooms Open 9:00 Pinochle 9:30 Cribbage 10:00 Art Classes 1:00 Hollywood Movie 1:00 Sr Making Art 4:30 Dine Out: Romano's Macaroni Grill Market Street Singers 7—9pm	Pool / Computer / Craft Rooms Open Enhanced Fitness 8:45 / 10:45 / 3:30 10:00 Knitter's Group 10:00 Sr Rights Asst 10-2 AARP Tax Assistance 11:00 Nurse Carolyn 12:30 St. Patrick's Day Party 2:30 Sewing Class 5:00 Dinner: Corned Beef 6:00 Movie / Bingo	Birthday Lunch Pool / Computer / Craft Rooms Open All Day- Social Worker All Day- Foot Care 9:30 Gentle Yoga 11:00 Laughter Yoga 12:30 Pres: Benefits of Personal Care 1:00 Computer Class 1:30 Line Dancing 2:00 Caregivers Alz.	Bastyr Clinic Computer Room Open Craft / Pool Rm Open Dental Program Enhanced Fitness 8:45 / 10:45 / 3:30 9:30 Spanish I 10:30 Spanish II 12:30 Bible Study 1:00 Wii Sports
Pool / Computer / Craft Rooms Open All Day- Social Worker 8:45 Enhanced Fitness 10:00 Quilters Group 10:45 Enhanced Fitness 12:30 Craft Meeting 12:30 Bridge Game 12:30 Caregiver Group (General) 1:00 Jewelry Class 13:30 Enhanced Fitness	Pool / Computer / Craft Rooms Open 9:00 Pinochle 9:30 Cribbage 10:30 Current Events 12:00 Financial Asst. 1:00 Hollywood Movie Market Street Singers 7—9pm	Pool / Computer / Craft Rooms Open Enhanced Fitness 8:45 / 10:45 / 3:30 10:00 Knitter's Group 10-2 AARP Tax Assistance 11:00 Nurse Carolyn 12:30 Pres: Tai Chi Demonstration 2:00 Sewing Class 5:00 Dinner: Potato Bar 6:00 Movie 6:30 Bingo	Pool / Computer / Craft Rooms Open All Day- Social Worker All Day- Foot Care 9:30 Gentle Yoga 10:00 Medicare Plans 11:00 Laughter Yoga 12:30 Living Alone Grp 1:00 Computer Class 1:30 Line Dancing	Bastyr Clinic Computer Room Open Craft / Pool Rm Open Enhanced Fitness 8:45 / 10:45 / 3:30 9:30 Spanish I 10:30 Spanish II 12:30 Bible Study 1:00 Wii Sports
Pool / Computer / Craft Rooms Open All Day- Social Worker Computer Room Open 8:45 Enhanced Fitness 10:00 Quilters Group 10:45 Enhanced Fitness 12:30 Bridge Game 12:30 Caregivers Grp 3:30 Enhanced Fitness	Pool / Computer / Craft Rooms Open 9:00 Pinochle 9:30 Cribbage 10:30 Current Events 12:00 Financial Asst. 1:00 Hollywood Movie Market Street Singers 7—9pm	Pool / Computer / Craft Rooms Open Enhanced Fitness 8:45 / 10:45 / 3:30 10:00 Knitter's Group 10-2 AARP Tax Assistance 2:00 Sewing Class 5:00 Dinner: Lasagna 6:00 Movie 6:30 Bingo	<p>Something NEW— Singing with a Pianist Wednesday, Mar. 10th—10am</p> <p>If you love music and like to sing here is a great opportunity to get involved. We have a pianist that loves to play and people who like to sing—so lets get together and have some fun. It might turn into a singing group. Come give it a try</p>	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sloppy Jo on Bun Winter Vegetable Mix Carrot-Cabbage Slaw Lemon Pudding	Sweet & Sour Chicken Brown Rice Capri Veggies Dinner Roll Mandarin Oranges	White Fish Fillet w/Lemon Sauce Rainbow Rotini California Vegetable Mix Fresh Roll Apricots	Chicken Pot Pie w/ Potatoes, Peas, Carrots, Celery & Onion Fresh Green Salad w/ Dressing Biscuit Plums	Beef Lasagna Fresh Spinach Salad w/ Dressing Garlic Bread Tropical Fruit Mix
8	9	10	11	12
Succulent Ham Macaroni & Cheese Green Beans Apple Sauce Biscuit Cantaloupe	Meatloaf w/Gravy Scalloped Potatoes Peas & Onions Wheat Roll Fresh Orange	Baked Chicken Mashed Potatoes w/ Gravy Carrot & Broccoli Parker House Roll Cookie	Crunchy Fish Square Sandwich on Bun w/ Lettuce, Tomato & Tartar Sauce Oven Fries Coleslaw Mandarin Oranges	Salisbury Steak Mashed Potatoes w/Gravy California Mixed Veggies Whole Wheat Bread Sherbet
15	16	17	18	19
Baked Salmon Noodles Carrot Coins Wheat Flake Roll Fresh Orange	Penne Pasta w/Meatballs & Marinara Sauce Broccoli Garlic Bread Chunky Pear Gelatin	Corned Beef Red Potatoes Baby Carrots Cooked Cabbage Rye Bread Shamrock Cookie/ Rainbow Sherbet	Sliced Turkey Mashed Potatoes w/Gravy Prince William Vegetable Mix Dinner Roll Birthday Cake	Crispy Fish Patty w/Tartar Sauce Macaroni & Cheese Sliced Carrots Coleslaw Bavarian Roll Tropical Fruit Mix
22	23	24	25	26
Succulent Ham w/Pineapple Glaze Mashed Winter Squash Green Beans Cornbread Mandarins	Tamale Pie w/Combread Topping Broccoli Fresh Green Salad w/Dressing Apricots	Curried Chicken Breast w/Sauce Coconut Rice Italian Vegetable Mix Parker House Roll Tropical Fruit	Chicken Tortilla Soup Turkey Sandwich w/ Cranberry Jelly & Cream Cheese on 9 Grain Bread Baby Carrots 100% Fruit Juice	Cheeseburger w/Lettuce & Tomato on Bun Tatar Tots Carrot & Pepper Salad Oranges
29	30	31	S	
Turkey a la King w/Peas & Carrots Linguini Broccoli Parker House Roll Tropical Fruit	Ivar's Clam Chowder Chef Salad w/Ham, Chicken, Cheese, Egg, Tomato Wedges, Mixed Greens and Drizzled with Thousand Island Dressing Whole Grain Roll Mandarin Oranges	Shepherd's Pie Fresh Green Salad w/Dressing Whole Grain Roll Cookie	<p>DAYLIGHT SAVINGS TIME Remember to set your docks forward 1 hour before you go to bed on Saturday the 13th as Daylight Savings Time arrives at 2:00 AM on Sunday the 14th. "Spring Forward"</p> <p>MEMBERSHIP DUES Membership dues were due in January. While member- ship is not necessary to participate in our activities it is a savings to you on class fees, foot care, tips and other things are less expensive if you are a member and you are invited to member only events and you support the center financially. Thanks.</p>	

www.ballardseniorcenter.org



NEWS FROM THE CENTER

New

Jewelry Making Class

Mon., Mar. 15th—Necklace 1-3 pm

Mon., Mar. 22nd—Bracelet & Earrings 1-3pm

Craft Room / \$15 per person per class

Come learn how to make jewelry. We have instructors that will help you learn how and help you. Material Costs: Bracelet & Earrings \$ 6.00 / Necklace—\$ Varies

AARP MATURE DRIVER SAFETY CLASS

March 16 & 18 — 9am-1pm both days

\$12-AARP Members / \$14 Non-Members

Completion of this two-day 8-hour class may help reduce your car insurance fees and make you a safer driver. You must sign up ahead of time as space is limited. Please call the Center to sign up!

NEW ACTIVITY—Vet's Coffee Time (Board Rm)

2nd Tuesday of each Month / 10-11am

Here is a great opportunity to give back to other Veterans. We have a list of items needed by the Veteran's Hospital so let's give back, Come and form a group to help meet these needs and share your stories / experiences..

NEW Time

Current Events Group

2nd & 4th Tuesdays of each Mo.

Board Room 10:30-11:45am

New

Life: "A Maze or Amazing" Group

1st & 3rd Mon.—Scott's Office

12:45—2:15

Do life's twists and turns have you in knots? This could be the group for you. This new group forming is to help with all those difficulties in life that come your way. All are welcome, so come and be a part of this group.

New

FREE Hollywood in Ballard—

Classic Matinees

Tuesdays 1:00pm—Board Room

Mar. 2rd
Mar. 9th
Mar. 16th
Mar. 23th
Mar. 30st

To be Announced
"The Quiet Man" (1952)
"The Bells of St. Mary's" (1945)
"Little Nellie Kay" (1940)
To be Announced

Free

AARP Tax Assistance

Wednesdays, 10am—2pm starting in Feb.

Bring your 2008 taxes and your 2009 tax information. Please call to make an appointment.

Wii SPORTS — FREE

NEW Time—Friday's 1pm—2pm

Wii Sports is great fun and good exercise. Games for bowling, tennis, and more..... and come have some FUN!

New

Acting Group / Play Meeting

Mon., Mar. 15th—10am Board Room

If you have ever been interested in doing a play or a small production this is your opportunity to put your acting skills to work—we have an individual who will direct the group. The production will be the groups decision.

WELCOME TO TERRY

Terry Honodel joined the staff last August as our Admin Assistant. Now we are delighted that she has been hired as the new Program Coordinator. She is very organized, kind and helpful, has some wonderful ideas and has jumped in with both feet. We are thrilled.



WELCOME NEW MEMBERS

Debra Bays
Susan C. Barron
Thomas Fraser
Marietta Foubert
Susan Schneider
Rosemary Schuller

Robert Walker
Jim Rados
Alf M. Moer
Tim Jackins
Bessie Edwards
Joann DeFratis
Kay Thomas
Patricia Wilson

MARCH BIRTHDAY'S!

Debra Bays	Harold Lass	Marie Sansobrinio
Lucy Brady	Hugh or	Don Sobeck
Alice Chandler	Gloria Loflin	Marvel Stake
Ina Diem	Marci Marcus	Peggy Timm
Magne Erga	Raymond Mjolsness	Robert Wilson
Gerald Gronley	Shirley Papin	Mary Zippel
Louise Huden	Sissel Peterson	
Frances Jacobs	Ida Roth	

Special Thanks


- Thanks for your support of the Rummage Sale. We grossed: \$ 2,767.80, net \$ 2,305.61
- Thanks for doing the yearly survey last month – the results are important to our funders & supporters
- Thanks for paying your dues

- Thanks to all the volunteers; you are great!
- Thanks to the Auction Committee who are working so hard to have a successful event.
- Thanks Emily & Annie for your Wed dinner help; Stacey, Elle, Betsy, and Kiistina you are great with all your help.

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Return Service Requested

Saint Patrick's Party
Mar. 17, 12:30pm
 The Lively G-Notes will be joining us for this celebration. Be sure to wear GREEN! Come enjoy some food, FUN and games!



TO:

MEMBERSHIP DUES FOR 2010
 If you have not joined—
 now is the time! \$30 for the year.

March 2010 **HIGHLIGHTS**
BALLARD NW SENIOR CENTER

SENIOR SERVICES - SUPPORTING THE INDEPENDENCE OF SENIORS
 5429 32nd Ave NW Seattle, WA 98107
 Phone: (206) 297-0403
 Fax: (206) 297-0558
WWW.BALLARDSENIORCENTER.ORG

HOURS OF OPERATION:
MONDAY
 8:30AM—4:30PM
TUESDAY
 8:30AM—4:30PM
WEDNESDAY
 8:30AM—9:30PM
THURSDAY
 8:30AM—4:30PM
FRIDAY
 8:30AM—4:30PM

WEDNESDAY NIGHTS AT THE CENTER
 Have a great night with Center friends. A delicious home-style dinner at 5:00PM, a newly released movie, lively Bingo, interesting classes or work in the computer lab.

Mar 3	5PM	Dinner:	Chicken & Potato Salad
	6PM	Movie:	"Wise Guys", 1986
	6:30 PM	Bingo	
Mar 10	5PM	Dinner:	Pot Roast & Potatoes
	6PM	Movie:	"The Greatest Game Ever Played", 2005
	6:30 PM	Bingo	
Mar 17	5PM	Dinner:	Corned Beef and Cabbage
	6PM	Movie:	"The Other Sister", 1999
	6:30 PM	Bingo	
Mar 24	5PM	Dinner:	Baked Potato Bar & Salad
	6PM	Movie:	"Driving Miss Daisy", 1989
	6:30 PM	Bingo:	
Mar 31	5PM	Dinner:	Lasagna & Salad
	6PM	Movie:	"Batteries Not Included", 1987
	6:30 PM	Bingo:	

Dinner \$7.00; Movie donation \$2.00; Bingo buy in \$6.00
 All dinners include salad, vegetable, starch, bread & dessert.