What’s Happening & Happy Spring!!!

I’ll bet you’re wondering what happened to all of the sections of the SESSC newsletter? Well, we are saving money! The newsletter is very expensive to produce. As you already know, the Center has had some heavy maintenance expenses recently, so we are cutting costs wherever possible. We will still communicate, but in different, less expensive ways. So look for your email eblasts and listen for the robocalls. Check your USPS mail for occasional letters from me as well. Another excellent way to find out what’s happening at the Center is to just drop in! We’d love to see you!

Now, the Center is THUMBS UP, all the way! We have combatted COVID-19, ready not only to reintroduce our regular programming, but we had our first Birthday lunch in March. Wednesday Bingo is back, Rainbow Bingo is scheduled for June 17, 2022 and the theme is Blingo. We also had our first Community Dining lunch on April 1. That’s right! Our lunch dining program is back. Lunch is served from 11:30am to 12:00pm Monday thru Friday. You’ll hear more about additional programming so listen to your robocalls and watch your emails!

In case you didn’t know, Jaime Clark, MSW, our Social Worker, gave birth to a beautiful baby girl and is on family leave. Do not worry! We will still be able to provide some social services in her absence. A good friend of the Center, Sharon Sobers-Outlaw, MSW, will be fulfilling the social worker role until Jaime returns. Please be sure to drop by and say hello to Sharon. If you are in need of assistance, please drop by the Center or call 206-722-0317 and ask for Sharon to make an appointment. At this time, Sharon is at the Center on Mondays, Wednesdays and Thursdays. However, because this can change and her availability is only three days a week and only part-time, making an appointment with her is the best way to meet with her.

Now, it is with much emotion that I announce the retirement of our very own Kate Harkins, Volunteer Coordinator and Community Engagement Coordinator. As many of you know, Kate has been a member of our team for well over 13 years! While her departure will certainly leave a void in our SESSC family, we certainly wish her the very best as she embarks on a new phase of her life. We are excited that she will be able to spend more time with her love of painting. She will also be spending a good amount of time traveling the world with her husband! Kate’s official retirement date is May 30, 2022. More information regarding the retirement celebration for Kate will be shared and available through the Center. On a personal note, I want to express my gratitude to Kate for her commitment to her work over the years. It continues to be my pleasure to work with her each day. Please reach out to Kate with your words of appreciation and encouragement!

As for me, I have officially retired as the Executive Director but I am functioning as the Interim Executive Director until June 30, 2022. More information regarding my retirement celebration will follow.

Enjoy the sunshine and hope to see you soon!!! Don’t forget to wear your mask and provide proof of vaccination!

Lynda Greene, Interim Executive Director
We had our first birthday lunch celebration in two years! The amazing Michael Powers (top left image) provided the music entertainment.

We offered special presentations on a variety of topics. Some of our regular activities have also returned.
It’s A New Day  Thumbs Up!!!!

The SouthEast Seattle Senior Center fondly remembers our members who have transitioned:

In Memoriam

EH Baker, Elinor Carter, Dorene Cropley, Minnie Fields, Dr. Leo Theriot

The following are donations made “In Memory Of…”

Barbara Chamberlain, by Josie Gardner
Dorene Cropley, by Margaret Yellowwolf
Dr. Leo Theriot, by Margaret Yellowwolf

DONATIONS (1/15/2022—03/15/2022)

A very special thank you to all our donors!!!

Alex Arceo, Gisela Baxter, Sharon Bennett, Two Big Blondes, Kathy Brockman, Patty Buckingham, Lavonne Bush, Sidney Carter, Jaime Clark, Nancy Clark, Rosa Cook, T Diane Day, Joelle Dubois, Margaret Garrett, Network for Good, Miriam Gourdine, Lynda Greene, Joyce Guzdar, Velma Henry, Judith Hightower, Dock Jordan, Ronald King, Alison Ladd, Louise Lew, Linda Lewis, Eve McClure

Heidi McKibbin-Cooper and Girl Scouts Troop 48534,
Ellen Novitski, Niko Okamoto, Florence Peterschmidt, Esther Reiquam, Callie Rheubottom, Dorothy Roberts, Suzanne Schindele, Vicky Shannon, Meghan Shepard, Bobbi Sims, Herbert Tsuchiya, Pat Vazquez, Cynthia Whalen, Margaret Yellowwolf.

Happy Birthday SESSC Members, Participants and Volunteers

APRIL

April 1: Constance Cunningham, Kathleen Dodd, Hung Yee
April 2: Ernest Lees, Jocelyn March
April 4: Johannes Kwok Yan Liu, Katherine Nitsche, Dorothy Patterson
April 5: Barbara Peete
April 6: Erin Musser, Meghan Shepard
April 8: Ora Hicks
April 12: Sybil Brown, Maria McDaniel, Gloria Yuman
April 14: Carye Bryant, Jane Steetle
April 15: Corbin Houchins, Lydia Hungate
April 17: Ruth Kauper
April 20: Sidney Carter, Mary Downs, Akio Nishizaki
April 21: Dolores Teig, Ozeal Wrice
April 23: Edna Chin, Joel Melin, Barbara Singleton
April 24: Patricia Dampier
April 25: Rubymae Austin, Sue Kennedy
April 26: Marcelino Gomez, Henry Kumasaka, Albert Martin
April 28: Linda Lewis, Patricia Mitchell
April 30: Nellie Henderson

MAY

May 1: Paul Lewis
May 2: Freddie Tapuro, Joyce Turner
May 3: Ahava Goldwater
May 5: Esther Kubie-Maimon
May 6: Earl Flowers, Jean Sisson
May 7: Joanne Anderson, Doris Morgan
May 8: Judy Seth
May 9: Sally Chong
May 10: Stobbie Kikuchi, Patricia Vazquez
May 12: Ellen Novitski
May 13: Robert Liebscher
May 14: Gloria Kemp-Boyd, Glynn Sewer
May 17: Beryl Thompson
May 21: Dock Jordan
May 22: Vel Made
May 23: Shirley Miles
May 24: Isako Sfuleo
May 26: Janice Melin, Itsumi Okazaki
May 28: Mae Deguchi, Lillian Sako

JUNE

June 1: Barbara Jainga, Kay Vera
June 2: Patricia Paschal
June 3: Vicki Smith-Jones
June 7: Sharon Edmondson, Louella Honory, Esther Moton
June 8: Ron Edlund
June 9: Theresa DeFranco, Elaine O’Neal
June 11: Frances Alexander
June 12: Brenda Radford
June 13: Dorothy Green, Ruthie Ridder, Florita Skov
June 16: Eugenia Walls
June 18: Azle Swafford
June 19: Yoshiko Miyauuchi
June 20: Barbara Ginn, Vicky Shannon
June 22: Marina Gran, Michi Hirata
June 23: Carol Kastrap, Esther Reiquam
June 25: Joyce Gilliam
June 26: Terry Ward
June 27: Nicholas Nelson
June 28: Oren Scott
June 29: Bruce Crowley, Linda Morales, Kristine Negaki
June 30: Clayton Pitre

206-722-0317  4655 S Holly St, Seattle, WA 98118  www.sessc.org
Attention SESSC Members, Participants and Friends! Do you shop at Amazon? If not, you may want to start. There is now, a great way to support your Center.

When you shop at smile.amazon.com, you will receive the same products for the same prices as amazon.com.

- Whenever you shop on AmazonSmile, they will donate 0.5% of the price of your eligible AmazonSmile purchases to the SESSC.
- AmazonSmile is the same Amazon you know; the exact same products, prices and service.
- Support your Center by designating the **Southeast Seattle Senior Center** as your selected charity.

**SESSC WISH LIST**

Items listed below are needed to maintain the Center or to feed seniors in the daily lunch delivery program. If you are interested in contributing, please choose from the items below. These are the items and compostable materials needed most. Help us when and where it makes sense to you. We appreciate your contributions.

**ITEMS FOR OUR CENTER**
- 24-Gallon & 33-Gallon Garbage Bags
- Paper Towels
- 8.5x11” White Copy Paper
- Tide (liquid) Laundry Detergent
- Ziploc Bags: Gallon & Quart sizes
- Dishwashing Liquid
- Bleach
- Snack Bags
- Industrial Sized Foil

**ITEMS FOR COMMUNITY DINING LUNCH PROGRAM**
- Cheese Slices
- Individual bags of chips
- Jell-O and/or Pudding Cups
- Fruit and Bags of Cookies

**SESSC**

Southeast Seattle Senior Center

Address
4655 South Holly Street
Seattle, WA 98118

Phone: 206-722-0317
Fax: 206-722-2768
Web Page: www.sessc.org

We are open for Programming or just stop in for a chat! We’d love to see you! However, in order to participate in our programs and activities, you must be **fully vaccinated** and wear a mask. There are no exceptions. Thank you for your cooperation.
It’s A New Day Thumbs Up!!!!

PROGRAMMING

To protect our seniors and stay as healthy as possible, the Center follows all recommendations from Governor Jay Inslee’s office as it pertains to the Corona Virus (COVID-19). And ALL participants—including members or not—MUST register to participate in any class—THERE ARE NO EXCEPTIONS.

If you have not registered, you will not be able to participate.

**MAHJONG** (cost: complimentary)
Mondays 1:00pm - 2:00pm  Maximum of 8 persons.

**MARK’S EXERCISE CLASS** (cost: $3.00)
Mondays, Wednesday, Fridays 9:00am - 10:00am
Maximum Class Size: 12 persons
Register at the front desk. All classes are led by Mark Bryant.

**MOMENTIA MONDAYS** (cost: complimentary)
Mondays 10:30am - 11:30am
Facilitators: **SHARON SOBERS-OUTLAW, MSW** and **VICKY WHITE**
Contact Sharon at 206-722-0317 ext. 105 for Zoom information.

**TAI CHI WITH MARJIE** (cost: $1.00 donation)
**GET MOVING**  Mondays 1:30pm - 2:00pm
Thu. 10:30am - 11:00am
Part seated, and part standing movements.
Appropriate for all levels. Work at your own pace.

**TAI CHI — YUANJI**  Mondays 2:00pm - 3:00pm
Thursdays 11:30am - 12:00pm
Just more TAI CHI for you!

**MARJIE CROSTON** is a SESSC member & volunteer. Please join her virtually for class. Contact her via email at ocean_gypsea@yahoo.com if you are interested in joining.

**BOOK CLUB** (cost: complimentary)
2nd Tuesdays; 1:00pm - 2:00pm
Meeting is Hybrid. Attend in the Multi-Purpose Room or online;
Zoom: 865 7347 9199; NO PASSCODE;
Facilitator: **MARGARET YELLOWWOLF**

April 12: *The Little Old Lady Who Struck Lucky Again!* by Catharina Ingelman-Sundberg
May 10: *Where the Crawdads Sing* by Delia Owens
June 14: *Nomadland* by Jessica Bruder

**MEXICAN TRAIN** (cost: FREE)
Tuesdays 10:00am - 1:00pm
Facilitator: **CAROL O’BRIEN**
Dispense all dominoes in your hand by playing them onto one or more chains emanating from the central hub station.

**CAREGIVERS WOMEN’S SUPPORT GROUP** (cost: complimentary)
2nd Tuesday of the month via Zoom beginning May 8, 2022
Contact **TONI CRUTCHFIELD** at 206-727-6210 or email tonic@soundgenerations.org for the Zoom link and time.

**CHESS** (cost: $1.00 donation)
Tuesdays and Fridays 12:30pm - 3:00pm  Social Hall
Facilitators: **PAT ESPEY AND THOMAS BOYCE**
Want to learn how to play? We will teach you!

**FALL PREVENTION CLASS** (cost: $3.00)
2nd Tuesday of the month; 10:00am - 11:00am
Facilitator: **MARK BRYANT**
April 12  May 10  June 14

**BLOOD PRESSURE CHECK** (cost: complimentary)
Wednesdays 11:00am Lobby  Facilitator: **BEULAH EARLY**

**BINGO WEDNESDAY** (cost: $5 Buy-In)
Wednesdays 12:00pm - 3:45pm  Social Hall
Bingo Manager: **PAT VAZQUEZ**
COME FOR LUNCH AND STAY FOR BINGO!!

**RAINBOW BINGO - BLINGO!!!** ($30 Event Price)
Friday, June 17  6:00pm - 9:00pm; Social Hall
Facilitator: **KATE HARKINS**
$6.00 GAME PACKET SOLD ON THE DAY OF THE EVENT
SALES BEGIN AT 4:30PM

**ROCK PAINTING** (cost: $1) 12:00pm - 2:00pm
Arts & Crafts Room  Facilitator: **FAI COFFIN**
Join us for some fun painting rocks with acrylics. All materials supplied.
Volunteer Corner

KATE HARKINS
Community Engagement and Volunteer Coordinator

The SESSC thanks all donors, sponsors, volunteers and anyone else who contributes in any way to our Senior Center. There is so much work to do here at the Center that we could not do what we do without our volunteers.

So, thank you for money, food, supplies and for your support!!!

If you’re interested in volunteering, please contact Kate at 206-722-0317 ext. 103 or email her at kateh@sessc.org.

DON’T FORGET TO RENEW YOUR 2022 MEMBERSHIP.
Call the Center to renew or to request a form for a new membership.

FAI COFFIN ART 10:00am - 11:30am Arts & Crafts Room
Facilitator: Fai Coffin
All materials supplied
4/4: Egg Decorating Class; cost $4
5/3, 6/7: Making paper flowers; cost $4
4/12, 5/10, 6/14: Create Greeting Cards; cost $4
4/19, 5/17, 6/21: Origami enthusiasts; cost $3
4/27, 5/25, 6/22: Watercolor explorations; cost $3

HAPPY HANDS QUILTERS
1st Thursdays 9:00am - 12:30pm Arts & Crafts Room
Facilitators: Patty Buckingham and Karyn Hough
All are welcome to join!

OPEN SEW (cost: $10.00)
4th Fridays 11:00am - 5:00pm Social Hall
Facilitators: Patty Buckingham and Karyn Hough
Bring your sewing machine. We have the tables.

CONVERSATIONAL SPANISH (cost: complimentary)
Fri 10:30am - 11:30pm Wellness Room
Register at the Front Desk; Facilitator: Marcelino Gomez

SILVER SCREEN MOVIE FRIDAY $1.00 Donation
2nd Fridays Multi-Purpose Room 12:30pm
Facilitator: Mark Daniels, Scarecrow Video Volunteer.
April Movie 4/22 - Life Boat
May Movie 5/13 - Groundhog Day
June Movie 6/10 - O Brother, Where Art Thou?

VETERAN’S ADMINISTRATION TALK
4/19/22; Social Hall 10:00am - 11:00am
Stephanie Bush, LICSW will make a general presentation on VA Healthcare with information about what you will need for the application process, how to get that information, and to answer questions that you may have about the different resources available. Please call the Center (206-722-0317) to register.

FINANCIAL SAFETY PRESENTATION with Jenn Gladish
4/21/22; Social Hall 10:00am - 11:00am
Avoid financial scams. Please call the Center (206-722-0317) to register. Cost: Complimentary

CBD PRESENTATION with Tina Hendrix
4/28/22 2:00pm - 3:00pm Cost: Complimentary
Tina will answer questions about CBD, its health benefits and anything else you ever wanted to know. Please call the Center (206-722-0317) to register.

Look for Intergenerational program flyers in the elevator and around the Center.
Find connection and joy
IN EXTRAORDINARY TIMES

SENIOR LIVING THAT CONSIDERS YOUR NEEDS & DESIRES ESSENTIAL

The Lakeshore in South Seattle/Renton helps you stay engaged and connected—while covering the cooking, cleaning, care if you need it, and more. Featuring gardens ideal for outdoor gatherings, technology that brings loved ones that much closer, and a variety of virtual and distanced activities to nourish your mind, body, and spirit.

Schedule a visit (206) 538-6230 or learn more: eraliving.com/joy