We provide services, activities and support to promote self-sufficient and fulfilling lives for aging adults in our multi-cultural community.

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www.sessc.org

4655 S Holly St, Seattle, WA 98118

206-722-0317
MAKE ROOM IN YOUR LIFE
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✅ Lasting Connections

At The Lakeshore in South Seattle/Renton, active seniors are making room for more community and memorable moments in their retirement years.

Schedule a visit (206) 538-6230
or learn more: eraliving.com
Thanks to Rebuild Together Seattle and their Volunteers!
SESSC Lifetime Members

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Echo Aumick
Foot Care Specialist

Carla Bunn
Contract Project Coordinator

Victor De Leon
Contract Assist. Finance Coordinator

SESSC Instructors and Facilitators List

Instructors & Facilitators

Alexander Arceo
Chess Club Facilitator

Beulah Early
Blood Pressure Monitor and Casino Trip Chaperone

Carole Stewart
Linda Stryker
Weaving Instructors

Fai Coffin
Arts and Crafts Instructor

Heather Robinson
Massage Therapist

Jean Sisson
Coloring Class and Friday Movies Facilitator

John Mistur
Computer Lab Help Assistant

Julie Fornier
Yoga Instructor

Marcelino Gomez
Spanish Class Instructor

Patricia Scott
Hands-N-Feet Facilitator

Patricia Vazquez
Wednesday Bingo Manager

Patty Buckingham
Quilting Group Facilitator

Nicole Hamilton
Adaptive Yoga Instructor

Elizabeth Morris
Art Instructor

Marjie Croston
Rhonda Farrar
Stanley Hiserman
Tai Chi Instructors

Edna Daigre
Dance Instructor
Recurring Classes and Activities

### WEEKDAYS

**COFFEE BAR AT THE B & B CAFE**
Monday - Friday, 9:00am - 11:00am
Location: Social Hall  Coffee: $0.50
Enjoy coffee among friends.

**COMMUNITY DINING LUNCH**
Monday - Friday, 12:00pm - 12:45pm (11:45am on Wednesdays)
Location: Social Hall
Chef: Sharon Smith
Cost: Age 60+: $4.00 Suggested Donation  All Others: $10.00
All Community Dining lunches are made from scratch. Our chef, Sharon Smith, puts together a homemade meal and is assisted by SESSC volunteers. You may pick up a copy of the monthly menu at the Front Desk. Punch cards are available. Contact Alexander Arceo at 206-722-0317 for more information.

**OPEN-STUDIO (DAY USE) WEAVING**
Monday - Friday, 9:00am - 3:00pm
Location: Weaving Room  Cost: $5.00 per day
Experienced weavers and those who have completed their first two samplers are invited to use SESSC looms on an open-loom basis. A pre-paid punch card is available for your use. Purchase cards at the Front Desk.

**ENHANCE FITNESS WITH MARK BRYANT**
Mondays and Thursdays, 9:00am - 10:00am
Location: Social Hall
Cost: $24.00 members, $48.00 non-members, per month
Focus is on standing, aerobics, stretching, balance, and strength training. Get in shape, get fit! Sign up at the Front Desk.

**SOUTH END CRAFTERS**
1st Mondays, 10:00am - 11:30am
Location: Arts and Crafts Room
Instructor: Fai Coffin  Cost: $4.00 Members, $8.00 Non-Members
Join a warm and welcoming group of crafters. An occasional fee for the cost of materials might apply. Sign up at the Front Desk.

**MOMENTIA MONDAYS**
Mondays, 10:30am - 11:30am
Location: Multipurpose Room  Facilitator: Jaime Clark, MSW
Cost: Complimentary
Moments is a grassroots movement empowering people with memory loss and their loved ones to remain connected and active in the community. Join us to explore the possibilities of different ways to stay engaged while living with memory loss.

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<th>Date</th>
<th>Activity</th>
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<tr>
<td>10/7</td>
<td>Taproot Reignite the Mind</td>
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<td>Folk Dance with Susan</td>
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<td>Taproot Reignite the Mind</td>
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<td>Wickett-Ford</td>
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<td>10/21</td>
<td>Taproot Reignite the Mind</td>
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<td>Folk Dance with Susan</td>
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<td>Wickett-Ford</td>
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<td>10/28</td>
<td>Taproot Reignite the Mind</td>
<td>12/16</td>
<td>Momentia Drum Circle</td>
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<td>with Pam</td>
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<td>11/4</td>
<td>Taproot Reignite the Mind</td>
<td>12/23</td>
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<td>with Pam</td>
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<td>11/11</td>
<td>Veterans’ Day - No Class</td>
<td>12/30</td>
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**DRUMMING FOR EVERYONE**
Mondays, 12:30pm - 1:30pm
Location: Social Hall  Facilitator: Kenny Mandell
Cost: $3.00 Members, $6.00 Non-Members
Discover the joys of percussion. Learn how to count, feel and play different rhythms and beats in a group setting. This is a great way to help keep your mind and body alert and have fun! All are welcomed to attend.

**HANDS-N-FEET**
Mondays, 1:00pm - 3:00pm
Location: SESSC Library
Facilitator: Patricia Scott  Cost: $1.00 Members, $2.00 Non-Members
Patti Scott will teach you how to play this fun card game.

**MAHJONG**
Mondays, 1:00pm - 3:00pm
Location: Multipurpose Room  Facilitator: Fai Coffin
Cost: Complimentary. Donations welcome.

**TUESDAYS**

**FOOT CARE WITH ECHO**
By Appointment Only - Tuesdays, 8:30am - 3:30pm
Location: Wellness Center  Foot Care Specialist: Echo Aumick
Cost: $25.00 Members, $30.00 Non-Members
Echo Aumick is a caring and experienced foot care provider trained to take care of various foot conditions. She is also certified to treat the feet of those with diabetes. Cancellation a day before your appointment is acceptable. No-shows will be charged the regular fee. Sign up at the Front Desk for your appointment. Gift Certificates Available. Buy one for someone you care about.

**BEGINNING WEAVING**
Tuesdays, 9:00am - 12:00pm
Location: Weaving Room  Instructor: Linda Stryker
Cost: $15.00 Members, $30.00 Non-Members per session
This is a continuous meeting time. Call instructor to see if a loom is open. All materials provided. Calculate, warp and weave two samplers. Most people take 4-5 sessions to complete their samplers. Contact Linda Stryker at 206-431-9213 or LLstryker@hotmail.com for more information.

**YOGA FOR SENIORS**
Tuesdays, 9:00am - 10:00am
Location: Multi-Purpose Room
Instructor: Julie Fournier
Cost: $10.00, Members, $20.00 Non-Members per class
This down-to-earth class is perfect for students new to yoga, who might be intimidated by the idea of yoga or curious about yoga.

**SESSC BOOK GROUP**
3rd Tuesdays, 10/15, 11/19, 12/17, 10:00am - 11:15am
Location: Social Hall  Facilitators: Myra Theriot and Fai Coffin
Cost: Complimentary
If you enjoy reading, then this is the group for you. Sign up at the Front Desk.

**CHESS CLUB**
Tuesdays and Fridays, 11:30am
Location: Social Hall  Facilitator: Alexander Arceo
Cost: $2.00 Members, $4.00 Non-Members
Play a game of chess with a friend or learn how to play. It is never too late to learn.
RAINIER BEACH TAI CHI
Tuesdays and Fridays, 10/1 - 12/31, 9:15am - 10:00am
Location: Social Hall Facilitators: Rhonda Farrar and Stanley Hiserman
Cost: Complimentary
The Tai Chi participants from Rainier Health and Fitness are going to continue the classes at the SESSC. Not to be confused with the Tai Chi for Balance, which is a different class with a different focus.

CAREGIVER SUPPORT GROUP
2nd Tuesdays, 10/8, 11/12, 12/10, 1:00pm - 2:30pm
Location: Multipurpose Room
Facilitator: Toni Crutchfield  Cost: Complimentary
Open to anyone caring for an older adult or adult with a disability. Talk with other Caregivers. Discuss challenges, frustrations, what works, resources, and services. Contact Toni Crutchfield of Sound Generations at 206-727-6210 for more information.

ADAPTIVE YOGA
Selected Tuesday Evenings, 6:30pm - 7:45pm
Session 1: 10/15, 10/22, 10/29, 11/5
Session 2: 11/19, 11/26, 12/3, 12/10
Location: Social Hall
Instructor: Nicole Hamilton  Cost: $15.00 per person per class
Do you have physical limitations (e.g., wheelchair-bound, use a cane or walker, etc.) and think it means you can’t participate in yoga? Then this class is for you. Pre-registration is required. Sign up at the Front Desk or call 206-722-0317.

ALISS EVENING GATHERING
2nd and 4th Tuesdays, 6:30pm - 8:00pm
Location: Social Hall  Facilitator: Fai Coffin
Aging Lesbians in South Seattle. This is a gathering primarily for lesbians but all are welcomed to attend.

WEDNESDAYS

FREE BLOOD PRESSURE CHECKS
Wednesdays, 9:00am-11:00am
Location: Social Hall
Facilitator: Beulah Earlyl, RN  Cost: Complimentary
Get your blood pressure checked for free. No appointment is necessary.

DOMINOES
Wednesdays, 9:30am - 11:30am
Location: Arts and Crafts Room  Cost: Complimentary

MASSAGE THERAPY
Wednesdays by Appointment, 9:30am - 3:30pm
2nd - 5th Wednesdays of the Month
Location: Wellness Room
Massage Therapist: Heather Robinson
Cost: $25.00 Members, $30.00 Non-Members per 1/2 hour
Heather Robinson provides a low-cost, 30 or 60 minute therapeutic massage by appointment. Call 206-722-0317 to make an appointment or register at the Front Desk.  No shows will be charged the regular fee.

WEDNESDAY BINGO
Wednesdays, 12:30pm - 3:00pm
Location: Social Hall  Bingo Manager: Patricia Vazquez
Cost: $5.00 Buy-in, free $3.00 pack if you bring a new player.  Come join the fun!

THURSDAYS

“HAPPY HANDS” QUILTING GROUP
1st and 3rd Thursdays, 9:30am - 11:30am
Location: Arts and Crafts Room
Facilitator: Patty Buckingham
Cost: $4.00 Members, $8.00 Non-Members
All are welcomed to join.

WE’RE COLORING ANYWAY
Thursdays, 10:00am - 11:00am
Location: Social Hall  Cost: Complimentary
Coloring can be a healing and therapeutic activity for adults. It can help ease tension, is relaxing and inspires creativity. The Center has a limited supply of crayons and books for those who need either. Please join us!

ALISS LUNCH GATHERING
First Thursday of the Month, 10/3, 11/7, 12/5
Gathering at 11:30am  Lunch at 12:00pm  Meet at 12:30pm
Location: Arts and Crafts Room
Facilitator: Fai Coffin
Cost: Free for Gathering, $4.00 Suggested Donation for Lunch
Aging Lesbians in South Seattle. This is a gathering primarily for lesbians who live in South Seattle, but all are welcomed to attend.

BEACH VOLLEYBALL (CHAIR EXERCISE)
Thursdays, 1:30pm - 2:30pm
Location: Social Hall
Instructor: Mark Bryant  Cost: $2.00 Members, $4.00 Non-Members
This is a modified form of volleyball played by sitting in chairs and using a beach ball. This class is part of the Thursday Chair Exercise class.

SESSC BIRTHDAY LUNCHES
3rd Thursday of the Month, 12:00pm - 1:00pm
Location: Social Hall
Cost: $4.00 Suggested donation ages 60+, $10.00 under 60
Lunch is Free  for SESSC members who have a CURRENT membership and whose birthday is in a corresponding month listed above. Sign up at the Front Desk or call the Center to reserve your seat. Music Entertainment:
10/17 - Kelly Van Camp  11/21 - Stanley Alleyne  12/19 - DJ Tyrone

FRIDAYS

TAI CHI FOR BALANCE
Fridays, 10:00am - 11:00am  (No Class on October 4)
Location: Wellness Room  Facilitator: Marjie Coston
Cost: Suggested donation $2.00 Members, $4.00 Non-Members
If you are looking to improve your balance and coordination while having fun, then this activity is for you. Always check with your doctor prior to starting any new form of exercise. Sign up at the Front Desk.

CONVERSATIONAL SPANISH CLASS
Fridays, 10:30am - 11:30am
Location: Wellness Room
Instructor: Marcelino Gomez  Cost: $2.00 Members, $4.00 Non-Members
Contrary to popular perception, Spanish is an easier language to learn than English! Learn under the tutelage of Marcelino Gomez. Sign up at the Front Desk.
**FRIDAY MOVIES**
Fridays, 12:30pm - 3:00pm  
**Location:** Multi-Purpose Room  
**Movie Monitor:** Jean Sisson  
**Suggested Donation:** $2.00 Members, $4.00 Non-Members  
Enjoy a wide variety of movies ranging from the classics like “Casablanca” and “The Wizard of Oz” to modern favorites like “The Lord of the Rings.”

**CLASSIC MOVIES FROM THE SILVER SCREENERS**  
**SECOND FRIDAY OF THE MONTH**
2nd Fridays, 12:30pm - 3:00pm  
**Location:** Multi-Purpose Room  
**Movie Monitor:** Jean Sisson  
**Facilitator:** Mark Daniels  
**Suggested Donation:** $2.00 Members, $4.00 Non-Members  
On the second Friday of the month, Scarecrow Video’s Silver Screeners Group presents a classic movie for your viewing enjoyment.

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<tr>
<th>Date</th>
<th>Movie</th>
<th>Location</th>
<th>Facilitator</th>
<th>Cost</th>
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<tbody>
<tr>
<td>10/11</td>
<td>The 7th Voyage of Sinbad (1958, 88 minutes)</td>
<td>Multi-Purpose Room</td>
<td>-</td>
<td>Complimentary</td>
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<tr>
<td>11/8</td>
<td>King Solomon’s Mines (1950, 103 minutes)</td>
<td>Multi-Purpose Room</td>
<td>-</td>
<td>Complimentary</td>
</tr>
<tr>
<td>12/13</td>
<td>The Inspector General - (1949, 102 minutes)</td>
<td>Multi-Purpose Room</td>
<td>-</td>
<td>Complimentary</td>
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**HELP WITH PCS, LAPTOPS, SOCIAL MEDIA, SMART PHONES AND TABLETS**
Fridays, 1:00pm - 2:00pm  
**Facilitator:** John Mistur  
**Location:** Computer Lab  
**Cost:** Complimentary  
John can help you with any questions or problems you might have with these items. He can also help you create various documents and establish a free e-mail account.

**UKULELE GROUP**
2nd and 4th Fridays, 2:00pm - 4:00pm  
**Location:** Social Hall  
**Cost:** Complimentary  
Donations welcomed. This is a warm, friendly and welcoming group who would be delighted if you join them. They play and sing a wide variety of music. Sign up at the Front Desk.

**Other Activities and Events**

**A MATTER OF BALANCE**
Thursdays, 10/3, 10, 17, 24, 31, 11/7, 14, 21, 1:00pm - 3:00pm  
**Location:** Multipurpose Room  
**Instructor:** Deidre Daymon  
**Cost:** Complimentary  
**Maximum Class Size:** 16  
This program emphasizes practical strategies to manage falls. Participants will learn to view falls as controllable, exercise to increase strength and balance and make changes at home to reduce the risk of falling at home. Those who are concerned about falling, who have fallen in the past are encouraged to attend. Sign up at the Front Desk.

**ISO-RHYTHMIC INTEGRATED WORKSHOP AND CLASS**
Mondays, starting October 7, 1:30pm - 2:30pm  
**Location:** Social Hall  
**Facilitator:** Edna Daigre  
**Cost:** Complimentary  
Edna will take you through the Iso-Rhythmic workshop, which is a whole-body, well-being activity designed to stretch and strengthen the body through the art of breathing, relaxation and dance-based conditioning. No experience necessary. **Workshop is on 10/7. Classes start 10/14.** All are welcomed.

**ADAM SMITH’S OFFICE - SERVICES FOR SENIORS**
Tuesday, October 15, 11:00am - 12:00pm  
**Location:** Social Hall  
**Facilitator:** Jayna Smith  
**Cost:** Complimentary  
Plan to attend if you are interested in knowing the services that Congressman Adam Smith's Office offers to seniors. Sign up at the Front Desk.

**SOCIAL SERVICES MONTHLY SESSIONS: INTRO TO HOUSING**
**WAITLISTS FOR SENIORS IN SEATTLE**
Tuesday, October 15, 1:00pm - 2:00pm  
**Location:** Multipurpose Room  
**Instructor:** Jaime Clark, MSW  
**Cost:** Complimentary  
Rental costs in Seattle are high, and this is especially difficult for low-income seniors. Most subsidized housing waitlists are between 2-5 years long, so now is the time to sign up if you qualify. Keep in mind this is a group presentation, and if you need housing assistance now, contact SESSC social worker Jaime Clark (206)722-0317.

**END OF LIFE PLANNING—PEOPLE’S MEMORIAL**
Saturday, October 12, 9:30am - 1:30pm  
**Location:** Social Hall  
**Facilitator:** Amanda Stock  
**Cost:** $20.00 Minimum of 20 people.

Who wants to think about that? Here’s a half-day to get the facts. Amanda from People’s Memorial, a non-profit dedicated to providing education about options and assisting with fair pricing on burial services will be here to talk about: 1) Required Health Documents 2) Burial and Funeral Options and 3) Legal Documents and Estate Planning. Refreshments will be served. Sign up at the Front Desk.

**MAKING JEWELRY WITH WIRE**
Mondays and Wednesdays, Starting 10/14, 1:00pm - 3:00pm  
**10/14, 16, 21, 23, 28, 30, 11/4, 6, 13, 18**  
**Location:** Arts and Crafts Room  
**Instructor:** Margaret Thompson  
**Cost:** $3.00 for materials  
Donations welcomed. Margaret will teach you the basics of forming wire and how to use those basic skills to create your own custom jewelry. Sign up at the Front Desk.

**AARTH - LIVING WITH CHRONIC CONDITIONS WORKSHOP**
Wednesdays, 10/16, 23, 30, 11/6, 13, 20, 9:00am - 11:30am  
**Location:** Multipurpose Room  
**Instructor:** CeCe Smith, MPA  
**Cost:** Complimentary  
Plan to attend at least one of these awesome craft classes. This is a FREE six-week workshop designed for individuals who are living with chronic conditions. Each workshop focuses on problem-solving, decision-making and coping skills that enable participants to confront their challenges of living with chronic conditions. Family members and caregivers are encouraged to attend. Sign up at the Front Desk.

**AARP WORKSHOPS**
**Fraud Watch - Monday, October 21 and Tuesday, December 10, 11:00am**  
**Brain Health - Tuesday, November 19, 11:00am**  
**Location:** Social Hall  
**Cost:** Complimentary  
Be sure to attend these special workshops presented by AARP. Sign up at the Front Desk.

**TRAVEL TRAINING PRESENTATION ABOUT HOPELINK**
Monday, October 28, 10:00am - 11:00am  
**Location:** Multipurpose Room  
**Facilitator:** Sara Sisco  
**Cost:** Complimentary  
Learn what Hopelink has to offer you to in assisting you in getting around town.
AN INTRODUCTION TO GENEALOGY AND FAMILY HISTORY
Thursday, November 14, 10:00am - 11:30am
Location: Social Hall   Facilitator: Heidi Mair
Cost: TBD.
Do you want to solve a family mystery? Learn more about your ancestors? Test your DNA and find your DNA cousins? Or simply pass along your family story to your grandchildren? Genealogy is one of the fastest growing hobbies in the United States. According to some experts, nearly 75% of Americans are interested in discovering their family history. Thanks to the availability of information online, you can conduct research at home or your local library. Join Heidi Mair for a fun and interactive Introduction to Genealogy and Family History.

- Discover the records, resources and tools available to beginning genealogists and how to record and interpret them
- Learn how to build a family tree using a hard copy template or software program
- Discuss the use of historical records, photos and events to understand your ancestors’ life and times
- Learn about the types of DNA testing available

About the Presenter:
Heidi Mair has a Master’s degree in Anthropology with an emphasis on American Cultural History. In 2012, she completed the Certificate in Genealogy and Family History from University of Washington’s Educational Outreach. She has written and researched family histories for several branches of her family as well as those of friends. Heidi serves on the Board of Directors of the Seattle Genealogical Society as Director of Volunteers. Ms. Mair enjoys teaching beginners how to start the genealogical journey.

GUIDED MEDITATION FOR SELF-CARE
Tuesdays, 11:15am - 11:45am
Location: Social Hall   Facilitator: SESSC Staff
Cost: Complimentary. Donations welcomed
A spinoff of the mindful meditation classes held last year, this class will focus on listening to guided meditations intended to steer you in the right direction to relieve yourself of all of the tension and stress in your life. Sign up at the Front Desk.

VETERANS’ DAY BREAKFAST
Saturday, November 2, 9:00am - 11:00am
Location: Social Hall
Cost: Complimentary for Veterans. Donations welcomed.
Join us for our first Veterans’ Day breakfast! Invite your family members and friends who are military veterans to the Center to enjoy a wonderful breakfast. Let’s honor our veterans!

MEET AND GREET SOCIAL FOR NEW MEMBERS
Tuesday, December 3, 1:00pm - 2:00pm
Location: Social Hall   Facilitator: SESSC Staff
Cost: Complimentary.
Join us for a nice social gathering to for new and current members to meet each other and socialize. Light refreshments will be served. Sign up at the Front Desk.

FEATURING
Heidi Mair, Volunteer Outreach Coordinator
Heidi Mair is a former TEEM employee who began working with SESSC in 2011. Prior to SESSC, Heidi was the Director of the Outreach Department for the Seattle Genealogical Society (SGS) and had been involved with the SGS since 2002. She has been a member of the SGS Board of Directors since 2007 and previously served on the Genealogical Research Board of Directors. She was recognized with a Certificate of Appreciation by the Seattle Genealogical Society for her work as the Director of Volunteer Outreach. Heidi also serves on the Board of Directors of the Seattle Genealogical Society as Director of Volunteers. Ms. Mair enjoys teaching beginners how to start the genealogical journey.

New!
SOCIAL SERVICES MONTHLY SESSIONS: RESOURCES FOR DEALING WITH DEPRESSION
Tuesday, December 17, 1:00pm - 2:00pm
Location: Multipurpose Room   Instructor: Jaime Clark, MSW
Cost: Complimentary
Are you or your loved one feeling low, down, depressed or hopeless? Is it difficult to arrange your day in a way that gives you meaning and purpose? Have you thought of reaching out for help? Come to this presentation to learn a variety of ways to get treatment for depression. Need help now? Contact SESSC Social Worker Jaime Clark (206)722-0317 for resources.

RAINBOW BINGO AT THE SESSC
Selected Fridays, 6:00pm - 9:00pm
Location: Social Hall
Cost: Ticket Price - $20.00  Game Sheet - $5.00
Join the fantastic Rainbow Bingo crew at the SESSC for prizes and pandemonium to raise money for the Center’s programs and activities.

MAKE COOL TILES WITH OUR NEIGHBORS FROM PARK PLACE
Friday, November 8, 1:00pm - 2:30pm
Location: Arts and Crafts Room   Cost: Complimentary
Facilitators: Amanda Goodson and Fai Coffin
Make art with residents from the senior-living apartments, Park Place. Participants will pour paint onto tiles to make beautiful swirling patterns. NO ART EXPERIENCE NEEDED. You may take the tile you created home. Materials included.

AARP DRIVER SAFETY COURSE
Session 1 - Fridays, November 8th and 15th, 9:00am - 1:30pm
Session 2 - Fridays, December 13th and 20th, 9:00am - 1:30pm
Location: Multipurpose Room   Instructor:
Cost: $15.00 AARP Members  $20.00 Non-AARP Members
Now is a great time to refresh and enhance your driving skills. This is a great course to get you up to speed with the latest information on driver safety. Thirty-minute break for lunch at noon. Completion of the course may make you eligible for a discount on your car insurance. Must attend both sessions to complete the course. Sign up at the Front Desk.

MISTLETOE MADNESS
DECEMBER 13

Freaky Friday
OCTOBER 25
SESSC and Seattle Parks Joint Activities

Joint activities between the SESSC and Seattle Parks and Recreation are handled through our Seattle Parks contact, Anne Nguyen, NOT through the Southeast Seattle Senior Center. These activities are generally not held at the SESSC. Be sure to refer to each activity to determine locations, dates and times. Please follow the instructions below for inquiries or to register for these activities.

To register and make payment for joint programs:
1) Call Anne Nguyen at 206-684-7484 or
2) Go online at www.seattle.gov/parks, register at your local Parks community center, or call the Business Service Center at 206-684-5177. Cash, Visa, MasterCard, American Express and Checks are accepted. Make checks payable to ‘City of Seattle.’

JAZZ ALLEY LUNCHEON - 23823
Tuesday, October 1, 11:30am - 2:00pm
Contact: Alex Arceo at 206-722-0317
Enjoy the comfort of the nation's third longest running dinner club, Dimitriou's Jazz Alley, with a little history, a free lunch, and if we are lucky a bit of entertainment. Bring cash for tips. Register by 9/24.

TACOMA CAR MUSEUM - 22859
Friday, October 25, 9:30am - 4:00pm
Contact: Anne Nguyen - Cost: $40.00
ACM's "White Glove Premium Tour Experience" allows you to go "bumper to bumper" with an in-depth, open door look at some of ACM's most stunning vehicles. After the tour stop by Classics By Pacific Grill for lunch on your own. Register by 10/4.

WING LUKE MUSEUM AND NOODLE SLURP TOUR - 23794
Friday, November 15, 10:00am - 2:30pm
Contact: Anne Nguyen - Cost: $55.00
As dusk falls over the Chinatown International District with the crisp autumn wind share warmth with friends and family over a bowl of fresh, hand-cut, artisan noodles and soups. Price includes Wing Luke museum admission, food tour, and tip. Dress warm and wear comfortable shoes. Register by 10/25.

LEAVENWORTH CHRISTMAS FESTIVAL - 23799 40 PERSON LIMIT
Friday, December 13, 8:30am - 6:30pm Register by 11/26
Contact: Anne Nguyen - Cost: $80.00
Travel by coach at the most wonderful time of the year to the quaint Bavarian town of Leavenworth. Festivities include live music, shopping and more. Rainier Community Center pick-up only.

SESSC Casino Trips

RED WIND CASINO (25 SPACES, NO WHEELCHAIRS)
Tuesday, 10/29, 9:00am Pickup, 3:00pm Return
Cost: $5.00 For Members and Non-Members
Sign up and pay for the trip at the Front Desk.

LUCKY EAGLE CASINO (27 SPACES, NO WHEELCHAIRS)
Tuesday, 11/26, 8:30am Pickup, 3:00pm Return
Cost: $5.00 For Members and Non-Members
Sign up and pay for the trip at the Front Desk.

Blanket Squares Project for Syrian Refugees

Hello! I am Deanna Getz. I am a volunteer receptionist at the SESSC on Thursday afternoons. I belong to a nationwide group of knitters and crocheters who knit warm items for the Syrian refugees (mainly for the children) who had to flee their war-torn country and are living in camps with few, if any, heated tents or shed-like housing. We also have a blanket drive each year. Individuals knit 10”x10” blanket squares which are then collected and a few generous people will do the seaming of the squares into blankets. You may make as many squares as you wish. If there are any knitters or crocheters who are interested in contributing to this project, please contact me for more specific information on what the requirements are via email at drgetz@hotmail.com or leave a message for me at the Front Desk.

SESSC Activity Cancellation Policy

SESSC Classes may be cancelled if minimum attendance is not reached one week in advance of activity. Please sign up and pay for activities one week in advance. All classes, programs, and activities are subject to change. This policy is not applicable to joint activities with Seattle Parks.
Thank You to Our Donors and Sponsors from June 1 to September 3, 2019


UNIVERSITY of WASHINGTON
PSYCHIATRY & BEHAVIORAL SCIENCES
School of Medicine
The University of Washington is recruiting individuals ages 60 and older who are experiencing depressive symptoms.

UW Do More Feel Better: Program for Depression

We have developed a program for adults 60 and older who are depressed.

This 9-week program is based on research showing that increasing your participation in pleasurable and rewarding activities can lead to improvement in your depressive symptoms.

Individual Sessions will take place at local Seattle senior centers:

Central Area Senior Center (500 30th Ave S, Seattle, WA 98144)
SouthEast Seattle Senior Center (4655 S Holly St., Seattle WA 98118)

If you are eligible to participate, you will receive $90 over the course of the program. Participation is limited.

For more information contact Alexis Dawson, Research Coordinator at 206.616.7002 or alexisd3@uw.edu
To receive funding from the City of Seattle and from King County — and to be in compliance with their requirements — we have to **PROVIDE** demographic information from both the members and participants that we serve.

ALL information will be kept confidential and secure; and will not be shared or sold with any outside party or agency.

**HOW YOU CAN HELP**

Please complete the **Registration Card** on the next page and mail it to the SESSC or give it to the receptionist the next time you come to the Center. Thank you for your help and cooperation.
REGISTRATION CARD
(Standardized Client Demographic Data Collection)

“We provide services, activities and support to promote self-sufficient and fulfilling lives for aging adults in our multi-cultural community.”

Membership: $60.00 Individual (May be paid with 3 consecutive installments of $20.00); Lifetime Membership: Individual $1000.00 (May be paid with 2 consecutive installments of $500.00)

Name:

Last

First

Mid. Initial

Street Address:

City:

State:

Zip-Code:

BirthDate: (mm/dd/yyyy)

Home Phone:

Cell Phone:

EMAIL ADDRESS:

RACE (Check all that apply or WRITE-IN)

<table>
<thead>
<tr>
<th></th>
<th>Black</th>
<th>Asian</th>
<th>White</th>
<th>Native American</th>
<th>Pacific Islander</th>
<th>Alaska Native</th>
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Latino/Hispanic ☐ Other ☐

ETHNICITY

Hispanic or Latino ☐ Not Hispanic/Latino ☐ Unknown ☐

HOUSEHOLD INCOME LEVEL (Please check one)

Using the table below, determine the total gross yearly income for your household based on HUD guidelines; check one box.

<table>
<thead>
<tr>
<th>Family Size</th>
<th>Very Low</th>
<th>Low</th>
<th>Moderate</th>
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<tr>
<td>1</td>
<td>Up to $22,500</td>
<td>Up to $25,700</td>
<td>Up to $28,900</td>
<td>Up to $32,100</td>
<td>Up to $34,700</td>
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<tr>
<td>2</td>
<td>Up to $25,700</td>
<td>Up to $28,900</td>
<td>Up to $32,100</td>
<td>Up to $34,700</td>
<td>Up to $37,450</td>
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<tr>
<td>3</td>
<td>Up to $28,900</td>
<td>Up to $32,100</td>
<td>Up to $34,700</td>
<td>Up to $37,450</td>
<td>Up to $42,800</td>
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<tr>
<td>4</td>
<td>Up to $32,100</td>
<td>Up to $34,700</td>
<td>Up to $37,450</td>
<td>Up to $42,800</td>
<td>Up to $46,400</td>
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<tr>
<td>5</td>
<td>Up to $34,700</td>
<td>Up to $37,450</td>
<td>Up to $42,800</td>
<td>Up to $46,400</td>
<td>Up to $51,200</td>
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Do you live alone? Yes ☐ No ☐

Gender: Male ☐ Female ☐

Sexual Preference (this information is confidential):

BiSexual ☐ Gay ☐ Heterosexual ☐ Lesbian ☐ Questioning ☐ Other ☐

Is your English limited? Yes ☐ No ☐

Do you live with children under age 18? Yes ☐ No ☐

Do you have a disability? Yes ☐ No ☐

Are you homeless? Yes ☐ No ☐

Have you served in the U.S. Military, National Guard or Reserves? Yes ☐ No ☐
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 Foundation (SSSF) as your selected charity.

Your Center, the SESSC, is a part of the SSSF and 100% of your donation through AmazonSmile, when designated as SSSF, will be directed to the SESSC.

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SESSC’s Cheap Chickadee Thrift Store

4645 S. Holly St., Seattle, WA 98118
Monday thru Thursday 10:00am -2:00pm  206-760-9650

There Are Bargains and Treasures at the Cheap Chickadee Thrift Store.

Our very own thrift store, the Cheap Chickadee, is right next door to the Center and your “Go-To” source for deep discounts on clothing, household goods, and all kinds of curiosities! Stop by and check us out. We just might have that special item you’ve been seeking. We gratefully accept donations that are clean and in good working order during store hours. All sales benefit the SESSC.

**Bargain Bag Days - 1st Tuesday and Thursday each month**
- All you can fit in a brown paper bag for $5.00
- Up to 10 items. Items must be $3.00 or less

**Senior Members’ Day - 1st Wednesday of the month**
- SESSC members receive 40% off all purchases.
Happy Birthday, SESSC Members!

<table>
<thead>
<tr>
<th>October</th>
<th>November</th>
<th>December</th>
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<tbody>
<tr>
<td>Roosevelt Jeffery</td>
<td>John Hungate</td>
<td>Leona Hooper</td>
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<td>Loretta McIver</td>
<td>Mary Charles</td>
<td>Petra Goodridge</td>
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<tr>
<td>Herbert Tsuchiya</td>
<td>Sei Fujiwara</td>
<td>Lewis Banchero</td>
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<tr>
<td>Sandy Morgan</td>
<td>James Redmond</td>
<td>Gene Cramer</td>
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<tr>
<td>J. Pearl Beamon</td>
<td>Brenda Knights</td>
<td>Debbie Wood</td>
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<td>E.H. Baker</td>
<td>Richelle Frantz</td>
<td>Patricia Scott</td>
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<tr>
<td>Frances Ikeda</td>
<td>Edith Mar-Lundeen</td>
<td>Laura Hale</td>
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<td>Josie Smith</td>
<td>John Angelini</td>
<td>Yoshiko Shiota</td>
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<td>Sadako Lang</td>
<td>Dorothy Ross</td>
<td>Ethel F Washington</td>
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<td>Mary Honda</td>
<td>Phyllis Low</td>
<td>Dorothy Yamaguchi</td>
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<tr>
<td>Kris Mikami</td>
<td>Otis Baseden</td>
<td>Marcia Stone</td>
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<td>Ellen Summers</td>
<td>Lanetta Tiokasin</td>
<td>Dorothy Roberts</td>
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<tr>
<td>Olga Roberts</td>
<td>Carlos Orpilla</td>
<td>Brenda Charles-Edwards</td>
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<tr>
<td>Mary O'Brien</td>
<td>Jessie Harris</td>
<td>Mary McVey</td>
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<tr>
<td>Bertha Elfalan</td>
<td>Gerald Farmer</td>
<td>Helen Yamamoto</td>
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<tr>
<td>Della Jung</td>
<td>Teresa Chan</td>
<td>Beverly Almoslino</td>
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<td>Robert Latz</td>
<td>Dorothy Carlson</td>
<td>Beulah Early</td>
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<tr>
<td>Takashi Akiyama</td>
<td>Yone Kishida</td>
<td>Brian Fairchild</td>
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<tr>
<td>Miyoko Nakatsu</td>
<td>Amber Humaran</td>
<td>Dorothy Cook</td>
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<tr>
<td>Arnold Lyshall</td>
<td>Geneva Tanner</td>
<td>Deborah Stark</td>
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<tr>
<td>Rebecca Mustoe</td>
<td>Ernestine Sanders</td>
<td>Lilie Lewis</td>
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<tr>
<td>Max Cossalter</td>
<td>Ephraim Duell</td>
<td>Doreen Lew</td>
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<tr>
<td>Bernda Bacani</td>
<td>Charles Bailey</td>
<td>Norma Ruth</td>
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<tr>
<td>Marion Dillard</td>
<td>Mary Swartley</td>
<td>Annabelle Decuir</td>
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<td>Nyra Gray</td>
<td>Robert Wayman</td>
<td>Minnie Scott</td>
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<tr>
<td>Patricia Stonehocker</td>
<td>Fabiola Rodriguez</td>
<td>Cecilia Walsh</td>
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<tr>
<td>Ida Graham</td>
<td>Erika Martin</td>
<td>Myra Shukis</td>
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<td></td>
<td>Lorraine Shaff</td>
<td>Kathleen Hubbard</td>
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<tr>
<td></td>
<td>Zetta Roberson</td>
<td>Gladys Carlson</td>
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**Be a Birthday Lunch Sponsor**

Sponsor a birthday cake, entertainment or sparkling cider at our monthly birthday party.

Entertainment - $100.00  Birthday Cake - $75.00  Sparkling Cider - $25.00

Interested? Call Kate Harkins at 206-722-0317. Please note that more than one person may sponsor the entertainment, birthday cake or sparkling cider in any given month.
Volunteer Corner

We Need You!

SESSC volunteers invest their time, hard work, and loving care and are committed to forming a strong community and welcoming culture at our Center. They keep us strong. Here we highlight just a few volunteers who keep our Center going:

**Volunteer Corner**

**Cadence Knutson** - Cadence is only 11 years old but just loves helping at the senior Center! He is Debbie Woods’ grandson and he has a great smile.

**Laura Hale** - Laura is a member of the SESSC Mailing Group. They prepare and assemble mailings for the Center. She is always ready with a smile to lend a hand on special projects too. We are fortunate to have her in our community.

**Masil Magee** - Masil is returning as a volunteer after some time off and we are so glad she is back! She is a volunteer in the Community Dining Program on Fridays.

**Neal Taketa** - After making friends with the thrift store staff, Neal helps them when he is able. He also volunteers at Rainbow Bingo. Neal is always thinking of how to benefit our Center – lucky us!

**Eli Harkins** - Eli is the son of SESSC staff member, Kate Harkins. Eli is nice enough to come at the end of Rainbow Bingo to lend a hand, when we are all tired from having so much fun. Whew! Thanks, Eli!

**Shelley Herrick** - Shelley has lots of experience working with non-profit organizations. As busy as she is, she chose the Center as the place to spend her free time. She lends a hand as a volunteer in the kitchen.

**Jayden Fernandez** - Jayden is the son of volunteer Kristen Fernandez, so we knew he was going to be a good fit as a volunteer! He has shared some of his free time this summer to help serve lunch and the seniors just loved seeing his friendly face.

By the time you read this newsletter, there may be another new volunteer in the house. Be sure to extend a warm welcome and thank you, including those not listed above. Let’s keep it going strong!

We need your HELP, ESPECIALLY with the **Community Dining Lunch Program**

**Community Dining Lunch Program**: Because participation in our lunch program has grown dramatically, Sharon Smith, our Master Chef, needs help in the kitchen with a variety of tasks, like food preparation and dish washing. One of the perks of being a volunteer in the Community Dining Lunch program is that you don’t have to pay for lunch!

**Special Events**: One of the ways the SESSC is able to provide the activities you enjoy is by raising money through our various special events such as the Dinner and Auction and Rainbow Bingo. Be a part of the group that truly makes it happen at the SouthEast Seattle Senior Center by participating in these events.

**Wednesday Bingo**: We need volunteers for Bingo! Help verify a winning bingo, sell specials, or call numbers.

**Cheap Chickadee Thrift Shop**: Be a part of the team that plays a major role in providing revenue for the Center. Remember, the store is open Monday - Thursday 10:00am-2:00pm.

**Birthday Lunch**: We need two volunteers to devote two hours of their time setting up for the birthday lunch on the third Wednesday from 3:00pm - 4:00pm and cleaning up after.

**Reception**: We have openings for the Monday PM receptionist shift and a substitute receptionist. As a receptionist, you are the face of the Center. If you have a friendly demeanor there are other volunteer opportunities available. Stop by Kate Harkin’s office or call her at 206-722-0317 to find the volunteer opportunity that is right for you.

New idea to try: volunteer with a friend to make it even more fun!

**THANKS VOLUNTEERS - WE COULDN’T DO IT WITHOUT YOU!**

16  www.sessc.org  4655 S Holly St, Seattle, WA 98118  206-722-0317
Who’s Who? Mark Bryant, That’s Who!

Recently, a beloved member of our own SouthEast Seattle Senior Center, Mark Bryant, was bestowed the prestigious honor of being selected as a listee in the Marquis Who’s Who for his endeavors and achievements in fitness. Mark is the guru of fitness and exercise at the Center, approaching each class and each senior with love and passion.

From Jamaica, Queens, NY, Bryant explains that he had a hard life as a child. He and his brother were raised by his mother and alcoholic and physically abusive stepfather. So, not only was Mark met with violence at home, the streets offered the same and he had to learn to protect himself in both environments. Mark could easily have been a statistic or responded to the violence that he was met with, but he says, “there was something in me that wanted more for my life.” As a child, he loved “movement” from dance and from exercise and over time, he learned how to turn his passion for exercise into a lifelong career.

You only have to know Mark for a short while to see how fulfilled he is in his life because he has been able to take his love for exercise and use it for his other passion — helping others. When asked why he loves seniors so much, he explained, “as a child, the elderly who were around me at that time cared about me—they listened and offered an ear. Others paid no attention. So when I could help, I did.” And, now you can find Mark at the SESSC leading chair exercises, volleyball classes and self-defense classes. But it’s not all work—Mark also has fun as the “host” of the Monthly Birthday Lunch raffle, exclaiming in his deep voice, “...and the gift can be yours, if the ticket is right!”

When not at the SESSC, Mark is teaching a class at Columbia City Fitness. It was surprising to hear how Mark has also mentored young men—one of whom just graduated from UW, and is continuing his career in Medicine. Mark says he raised the young man’s interest by sharing Mark’s own love for “anatomy and physiology.” Mark currently does a radio talk show titled, “Fitness Corner” on Rainier Avenue Radio that airs live on Fridays, 11:30 am — 12:00 p.m. His future goal is to have his own televised exercise show. There is no doubt he will achieve that goal. From the staff and members of the SESSC, congratulations, Mark!

That’s right, and Mark Bryant will be the instructor. More details forthcoming.

Silver Sneakers is coming in November!

SESSC WISH LIST

The Center requires supplies to maintain and keep the building clean, to support our members and to support programs that help build friendships and camaraderie like the morning coffee program. You can choose to contribute from the “Wish List” below. Help us when and where you can and where it makes sense to you. We appreciate your contributions.

<table>
<thead>
<tr>
<th>Items for Our Center</th>
<th>Items for Our Community Dining Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>♦ Toilet Paper (A Lot!)</td>
<td>♦ TIDE (liquid) laundry detergent</td>
</tr>
<tr>
<td>♦ 24-Gallon Garbage Bags</td>
<td>♦ Zip Lock Bags: Gallon &amp; Quart Sizes</td>
</tr>
<tr>
<td>♦ 33-Gallon Garbage Bags</td>
<td>♦ Non-Dairy Creamer (16oz.) and Packaged Sugar</td>
</tr>
<tr>
<td>♦ Coffee (Regular &amp; Decaf)</td>
<td>♦ Dish Washing Liquid</td>
</tr>
<tr>
<td>♦ Paper Towels</td>
<td>♦ Bleach</td>
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<td></td>
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<tr>
<td>♦ Dinner Napkins</td>
<td></td>
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<tr>
<td>♦ Hand Sanitizer</td>
<td></td>
</tr>
<tr>
<td>♦ Disinfectant Wipes</td>
<td></td>
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<tr>
<td>♦ 8.5x11” Copy Paper</td>
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<tr>
<td>♦ Plastic Cups/Utensils</td>
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</tbody>
</table>

Items for Foot Care Program

♦ Hand and Body Lotions
Hello! I am Jaime, the SESSC Social worker. I am available Monday - Friday for appointments or walk in visits if I have openings. You may schedule an appointment with me by phone or by completing the necessary available form at the Front Desk. The receptionist can assist you in completing the necessary form to schedule your appointment. Ask the receptionist for assistance.

Phone: 206-722-0317  E-mail: jaimec@sessc.org

SESSC Social Work Services FAQs
What’s the cost?
A) FREE for all local seniors, adults with disabilities, and their caregivers.

Why would I make an appointment with the Social Worker?
A) Assistance with housing, home care, caregiver stress, legal referrals, medical/health insurance referrals, transportation, depression, grief, memory loss, and much more.
B) Assistance with applications for benefit programs.

Are these meetings private?
A) Yes, your appointments with the Social Worker are confidential, unless she is concerned about your or some else’s wellbeing and safety.

Feeling down? Not enjoying your hobbies? Avoiding your friends and family? Feeling irritable? Trouble concentrating? If you are experiencing these symptoms, you may be depressed, and may be a candidate for PROBLEM SOLVING THERAPY. This includes 9 sessions with Jaime Clark, MSW. You will learn tools to enhance your life, relieve depression, and reconnect with your loved ones. This is a free therapy, but donations are welcomed. Sign up at the Front Desk.

Good Things To Know

2-1-1 COMMUNITY RESOURCES LINE
Did you know you can dial 2-1-1 from any landline phone in King County to receive information from a referral specialist? Referrals are available on a wide range of services offered in King County.

MEALS ON WHEELS
Enjoy delicious home-delivered meals that are available throughout King County. Interested? Please contact Sound Generations at 206-448-3110 for details about this program.

MINOR HOME REPAIR
Sound Generation’s Minor Home Repair program offers low-cost repairs for minor plumbing, electrical, or carpentry problems. Homeowners of all ages in Seattle, Shoreline, and Bellevue are eligible. Please call 206-448-5751 to coordinate your services.

SEATTLE PUBLIC UTILITIES - FREE TOILET PROGRAM
If you live in the home that you own, get your water from Seattle Public Utilities, your toilet was installed before 2004, and you meet income eligibility guidelines (all Utility Discount Program customers qualify), please call Sound Generations Minor Home Repair at 206-448-5751 to apply. Removal of the old toilet and installation of the new one is all free. To learn more about SPU’s Water Conservation Program, visit www.seattle.gov/util/FreeToilets.

GOLD CARDS
You can receive discounts from local businesses who participate in this program with a Gold Card. Drop by the Front Desk to get one.

HOLLY COURT AA MEETINGS
This Alcoholics Anonymous group meets on Mondays, Tuesdays, Thursdays and Fridays on the second floor from 2:00pm - 3:30pm, and Sundays at 6:00pm.

NOTARY PUBLIC SERVICE
Contact: Mary Downs
Cost: $10.00
SESSC Finance Coordinator, Mary Downs, is a notary. If you need this service, please call 206-722-0317 to make an appointment.

USE YOUR CREDIT/DEBIT CARD AT THE SESSC
You can pay for all activities (including the Community Dining Program) with your credit or debit card. It is safe and secure. Visa and MasterCard accepted.

DENTAL HYGIENICS
Selected Wednesdays, 10/2 and 12/4
8:30am-3:00pm
Location: SESSC Wellness Center
Dental Hygienist: Debra Fredrikson
SESSC offers dental hygiene care through Dental Hygienics. This is a free-based service. No medical coupons or sliding scale, as rates are lower than most dental private practices. Appointments will be made through the dental hygienist. Please come to the Center’s Front Desk to pick up an information packet, or call 206-948-7355 to speak with Deb Fredrikson, Dental Hygienist.

MEDICAL EQUIPMENT LOANS
The SESSC usually has a small inventory of walkers, canes, wheelchairs and other home-health aids available for your use. Please contact Jaime Clark at 206-722-0317 for more details.

SENIOR RIGHTS ASSISTANCE
For concerns and questions about Medicare or Supplemental insurance, long-term care insurance, Social Security, SSD or SSI legal assistance, please call Senior Rights Assistance Office at 206-448-5720.

TRANSPORTATION OPTIONS
The following services are useful for arranging transportation to the Center and other appointments. For additional transportation options call Senior Services at 206-448-3110.

HYDE SHUTTLE
206-727-6262
Door-to-door transportation in the Rainier Valley and Renton

ACCESS
206-205-5000 OR 1-800-923-7433
Door-to-door and hand-to-hand transportation at your beck and call.

VOLUNTEER TRANSPORTATION
206-448-5740
Escorted rides to essential appointments.
Hello, My name is Niallah Cooper-Scruggs and I am the owner and baker for Sugar Queen Bakery, where I specialize in creating custom cutting cakes, Bundt cakes, cupcakes, chocolate covered Oreos, cookies, and artisan fudge designed for any special event or occasion.

I always knew I wanted to be a pastry chef from the first moment my mom taught me how to make cupcakes and homemade cream cheese frosting. Since high school, it was my favorite activity to bring cupcakes for friend's birthdays at school or just because.

Fast forward years later, I decided to go to Johnson & Wales University for their Culinary Arts & Food Service Management Program after my mentor suggested I find a career in culinary arts where there were more job opportunities. But, even still, I would bake whenever I could for friends, family, teachers, and whoever would taste my creations.

After working in restaurants all over the U.S., I created Sugar Queen Bakery, to finally pursue my career as a pastry chef that focused on incorporating locally sourced ingredients and I currently source ingredients from Nurturing Roots Farm in Beacon Hill. At Sugar Queen Bakery, I do not just make cupcakes, I incorporate the love and passion I have for desserts into everything I bake.

Contact Information:
Niallah Cooper-Scruggs
(678)-994-5904 Email: orders@thesugarqueenbakery.com Web Page: https://thesugarqueenbakery.com
Providers of an assortment of bread, pastries and other baked goods for the Center every Monday.