

Woodinville Senior Center

To register or for information
call 425-286-1034 or e-mail
PatriciaG@SeniorServices.org

Classes may be cancelled
due to insufficient enrollment;
please register at least one week in advance.

SPECIAL EVENTS

HERITAGE SKILLS WORKSHOPS

Carol Edwards Center, A-02

Free to member/\$5 nonmember per workshop

Facilitator: Suzi Freeman

Learn an “endangered” skill! Help keep these skills from dying out. This quarter participants will take home their own drop spindles, their own ink and quill, and a simple butter churn and butter, all items they made at the workshops. Limited enrollment, so sign up early at 425-286-1034! Children encouraged, but must be assisted by parent.

From Ink to Quill: Wed Jan 21, 4:30-5:30pm

Spindles & Spinning: Wed Feb 18, 4:30-5:30pm

Butter Making: Wednesday Mar 18, 4:30-5:30pm

AROMATHERAPY WORKSHOPS

Carol Edwards Center, A-02

\$5 member/ \$7 nonmember per workshop

Facilitator: Katherine Glenn, PhD, Natural Health
Nutritionist

Learn to use Essential Oils to heal the body, mind & emotions by distinguishing different qualities of oils.

Getting Essential Oils Right I Tue Jan 20, 2-3pm

Getting Essential Oils Right II Tue Jan 27, 2-3pm

HEALTH AND WELLNESS

EVERGREEN ENHANCE WELLNESS

Mondays, 9 – 3 pm, BY APPOINTMENT ONLY

Carol Edwards Center A-02

Contact Lee Gresko, RN: 206-268-6740

Take control of your life and improve your health in spite of chronic conditions. This exciting, self-management program has proven results – it includes a health and functional assessment, followed by phone coaching as needed to help you keep on track with your health goals. Call to see how Ever-

WOODINVILLE PROGRAM LOCATIONS:

Carol Edwards Center, 17401 133rd Ave. NE

Brittany Park Retirement, 17143 133rd Ave NE

The Creekside Merrill Gardens, 18200 Woodinville-Snohomish Road NE

green Enhance Wellness can fit into your life and support you in reaching your goals.

FALL PREVENTION & BALANCE

Carol Edwards Center, A-02,

Monday, Jan 26, 1pm - 2pm

Free, Register before Jan 21

Avoid pain and injury by learning what steps you can take to improve balance and prevent falls in your home and daily routines.

WHAT'S IN YOUR MEDICINE CABINET?

Carol Edwards Center, A-02,

Monday, Feb 23, 1pm - 2pm

Free, Register before Feb 18

A pharmacist clarifies what your medications do, along with their interactions with other drugs and certain foods. Bring a list of your medications and your questions.

Light on Your Feet

Carol Edwards Center, A-02,

Monday, Mar 30, 1pm - 2pm

Free, Register before Mar 25

Are tired, aching feet slowing you down? Explore common foot ailments, treatment options and the best shoes and products available to keep you light on your feet.

ENHANCE FITNESS

WCUMC, Celebration Room

Mondays, Wednesdays, Fridays 9 – 10 am

\$24 member/\$36 nonmember per month

FREE for Woodinville members over 88

No class Jan 12 & 19, Feb 9 & 16, Mar 9

Instructor: Patricia Gustafson

CLASSES AND ACTIVITIES

BINGO

Fridays, 6 – 8 pm

Greenbrier Senior Residence, Community Room

Join us for fun on Friday nights. Five cents per card with three-card maximum; two games with special cards at 50 cents per card. **Cash prizes.** Coordinator: Lenyce Durbin-Bair

Greenbrier Senior Residence, 14390 NE 189th Place

Greenbrier Comm. Center, 18746 144th Ave NE

Woodinville Community United Methodist Church, 17110 140th Ave NE

Northshore Senior Center, 10201 E. Riverside Dr., Bothell

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BRIDGE

Thursdays, 1 – 3 pm
Brittany Park, Garden Room
All levels of players are welcome, no partner needed!
Advisor: Dodie Larner

CLUB PINOCHLE

Mondays & Thursdays, 6 – 8 pm
Greenbrier Senior Residence, Parlor
Join in playing cards and exercise your brain and eyes! Coordinator: Lois Hurlocker

SEW & CHAT

Fridays, 10 – Noon
Brittany Park, Activity Room
Join others who enjoy quilting, knitting, crocheting, or other needle work, and meet for fellowship and fun. Coordinator: Cleata McIntosh

CRIBBAGE CLUB

Tuesday, 1 – 3 pm
Brittany Park, Balcony
Community welcome, experienced and beginners.
Coordinator: Ruth Samuelson

DRIFTWOOD SCULPTURE

Thursdays, 9 – 11:30 am
Greenbrier Community Center
Jan 8-29, Feb 5-26, Mar 5-26
\$20 member/\$32 nonmember, 4 weeks
Learn techniques for transforming found wood into a fine finished sculpture. Wood selection and tools are available in class. Feel the immense satisfaction from working wood. Instructor: Jo Marsh

SUNFLOWER SIGN LANGUAGE

Thursdays, 1 - 2 pm
free member/ \$2 non-member per week
Carol Edwards Center, A-02
Join others who wish to learn and practice sign language. Start anytime; Chris will work with beginners.
Facilitator: Joyce McDaniel;
Assistant: Chris Alderman

“Thank You!” to Kathleen Freeman of Bothell for donating the Double Quilt Frame to our Quilt Group!!

QUILT GROUP

Carol Edwards Center, A-02
Wednesdays, 1 – 4 pm
Jan 7-28, Feb 4-25, Mar 4-25
\$15/month flat fee
Self-directed workshops; individual and group projects. Basic quilting techniques and beginning instruction. Suggested supplies: sewing machine, scissors, thread, wound bobbins.
Facilitator: Gwendolyn Moreland

WOODINVILLE “FREE SPIRITS”

... (aka Red Hat Ladies)
Woodinville has its very own chapter of the Red Hat Society! Call MaryLou Travis at 425-821-2350 for information on meeting times, events and outings. This is a great way to meet new friends!

COMPUTER CLASSES

Please call 425-286-1034 for information or to register for computer classes.

GETTING COMPUTER SAVVY: TEENS TEACHING SENIORS

Carol Edwards Center, Cedar Room
Tuesdays, 3:15-4:15pm, Free
Session 1: Jan 13—Feb 10
Session 2: Mar 3—31
Unique 5-week program. WSC senior beginners learn computer basics, Internet, and email.
Co-sponsored with Woodinville Parks and Recreation and Woodinville High School

INTRODUCTION TO VISTA

2 day Course — 4 hours
Session 1: 2 Fridays, Jan 23 & 30, 9:30-11:30am,
Session 2: 2 Fridays, Mar 6 & 13, 9:30-11:30am,
\$20 member/ \$30 nonmember, Limit 8
Carol Edwards Center, Cedar Room
Learn the basics of Vista, the newest Microsoft Windows Operating System.
Pre-requisite: none.

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Greenbrier Senior Residence, 14390 NE 189th Place
Greenbrier Comm. Center, 18746 144th Ave NE
Woodinville Community United Methodist Church, 17110 140th Ave NE
Northshore Senior Center, 10201 E. Riverside Dr., Bothell
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BEGINNING WORD PROCESSING

3 day course — 6 hours

Fridays, Jan 23, 30 & Feb 6, 1-3pm,

\$30 member/ \$40 nonmember, Limit 8

Carol Edwards Center, Cedar Room

Learn the basics of Microsoft Word. Pre-requisite:

Beginners Computer Class or equivalent knowledge.

Call 425-286-1034 for information.

CONTINUING WORD PROCESSING

3 day course — 6 hours

Fridays, Feb 27, Mar 6, 13, 20, 1-3pm,

(Mar 20 = free lab Q/A session)

\$30 member/ \$40 nonmember, Limit 8

Carol Edwards Center, Cedar Room

Continue to learn the basics of Microsoft Word.

Pre-requisite: Beginning Word Processing or equivalent knowledge.

For information call 425-286-1034.

TRIPS

We have no trips scheduled for this quarter. If you

have suggestions, please tell us at 425-286-1034

Please look for our trips next quarter.

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