



NEWS

SOUTH PARK SENIOR CENTER

South Park Senior Center

Summer 2015

85%

of the seniors served
through our programs
have low income

42%

Enjoy the home-
cooked meals served
three days a week

SOUTH PARK SENIOR CENTER

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Seattle, WA 98108
robyn@spseniors.org
www.SPSeniors.org

WORDS OF WELCOME FROM THE ED



Dear Friends and Neighbors,

Thanks for your interest in our summer edition of the South Park Senior Center's newsletter.

We are hoping that you will join us or possibly volunteer at our newest event: Rainbow Bingo scheduled to be held on October 17th. At these fun-filled events, hosted by infamous Bingo host and caller Sylvia O'Stayformore,

we can always use help. Please see Page 4 for more details.

And before I move on to tell you about another exciting program and volunteer opportunity at the Senior Center, I want to take a minute to thank our Rainbow Bingo sponsors from May's Bingo: Georgetown Brewery, Soundpath Health, Whole Foods and Napoli's Pizzeria.

Last Spring we developed an exciting partnership with a local South Park treasure, Marra Farms, which we highlighted in the first addition of this newsletter. Marra Farms donates all of our fresh vegetables for our Meals Program in the Spring, Summer and Fall.

Since then, thanks to the volunteer help of graduate nursing interns from the University of Washington, some additional raised beds for our seniors have been built at Marra Farms. There are currently volunteer positions available for planting, watering and weeding the raised beds, and, of course, harvesting when the time comes.

I thank you for your continued support.

Sincerely,
Robyn Govan
Executive Director

BOARD MEETINGS

Board Meetings are on the first Monday of the month at 4:30 pm. If you are interested in joining the Board or would like to submit a topic for the agenda, please contact Robyn at robyn@spseniors.org.

STAFF

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SENIOR SURVEYS

During the month of May, we surveyed seniors for input on programming. If you did not participate, please contact Robyn at robyn@spseniors.org



MEET THE BOARD: (pictured from left to right top to bottom) Robyn Govan, Orlin Clinton, Vic Beede, Dagmar Cronn, Laura Ramsey, Jackie Terrell and Gloria 'Jackie' Jackquemart

A NOTE FROM THE BOARD PRESIDENT



It's been an exciting couple of months for members of the South Park Senior Center Board. As many of you know, when we received our most recent grant from the City of Seattle, we found that we needed to become independent from the South Park Area Development Committee (SPARC).

Our basic status as a non-profit 501(c) (3) organization remained the same. However, our day-to-day operations (bill paying, payroll, etc.)

had been accomplished under our "umbrella" status with SPARC. With access to larger funding, we became directly responsible for these business-related activities. But the result was many forms and documents for the Board to read and approve.

And thanks to a lot of hard work, accomplished under a very tight schedule, I am pleased to share that it is all successfully complete. We've are also in the process of adding Board members to better reflect the diversity of our South Park neighborhood.

Please join me in thanking all the folks who have worked so hard to make it happen. It's going to be exciting.

Sincerely,
Laura Ramsey, *President,*
SPSC Board of Directors

VOLUNTEERS NEEDED

The Seniors Center is need of volunteers in the following areas:

BINGO MASTER

To operate the Bingo machine for Senior Bingo on the second Sunday of the each month from 3:00 - 5:00 pm.

FUND DEVELOPMENT

Work with the Executive Director to identify prospective donors, cultivate relationships and steward SPSC donors.

GARDENERS AT THE SENIOR BED AT MARRA FARMS

Work as part of a team of volunteers that maintain the South Park Senior Center raised bed at Solid Ground's Giving Garden at the historic Marra Farm. Seeds, compost, assistance with watering and organic gardening techniques and support are provided by Solid Ground staff. SPSC volunteer gardeners work together to do the rest. Gardeners of all ages welcome.

KITCHEN LEAD/ASSISTANT

In the absence of the Meal Manager, will prepare the meal, cook and serve. We also need regular kitchen helpers to assist the Meal Manager in preparing meals.

RAINBOW BINGO NIGHT

Setting-up and tearing down event. Help direct and seat players. Take food and drink orders. Other duties as needed. Must be 21 to volunteer at this event. Next event on October 17th.

If you are interested in learning more about these opportunities or have a specialization that you would like to volunteer, please feel free to contact Robyn at robyn@spseniors.org. Full volunteer job descriptions are available upon request.



SPSC Vietnamese TET volunteers who prepared the traditional food for the Vietnamese Celebration.

VIETNAMESE NEWYEAR

Tet, also known as the Vietnamese New Year Celebration, is one of the prominent celebrations in the Vietnamese culture. It celebrates the arrival of Spring and falls between the month of January and February. This year the official celebration began on February 19th. SPSC celebrated on February 20th with over 60 people of all ages enjoying traditional Vietnamese food, cultural activities and entertainment.

Everyone in attendance received a lucky red envelope and a raffle ticket (following the tradition of giving lucky money to children and elderly). Other customs that are practiced during Tet are visiting people and giving New Year's greetings, amongst other traditional cultural practices. The Vietnamese community was also honored for all of their contributions to the South Park community.

Join us next year for the annual celebration. Tet will be on February 8, 2016. Look for details later from Peter Quenguyen at peter@spseniors.org.

RAINBOW BINGO HAS COME TO SOUTH PARK

Rainbow Bingo has come to South Park. Your next chance to play, eat, drink and have a fun evening is Saturday, October 17th. Doors open at 6 pm, games start at 7 pm at the South Park Neighborhood Center.

Rainbow Bingo features Sylvia O'Stayformore and provides a night full of gender bending entertainment.

This is a fundraising event to support South Park Senior Center programs. Our first two events exceeded expectations and we are looking forward to a room full of fun. Space is limited; tickets go on sale 1 month in advance at www.spseniors.org. This is a LGBTQ-friendly and open to 21 years old and up.



Theme for this event: Halloween Spooktacular. So plan your wardrobe or costume accordingly.

GROUP PACKAGES

Celebrating a birthday, retirement, divorce, or just celebrating life. A table for up to 8 admissions for \$200 includes:

- 8 tickets and cards
- Round of Jello Shots
- Two messages that Sylvia will announce during Bingo
- Party favors
- Preferred table service

Pre-registration is \$15/ticket; plus another \$5 cash at the door for bingo cards. \$20/tickets at the door. Ten games have prizes of \$25 each plus two special game's with special prizes for each.

Remember this is a fundraiser for a good cause. If you're interested in sponsoring one of the prizes given out at Bingo, please feel free to contact Dagmar Cronn at dagmar@spseniors.org

ACTIVITIES

VISIT SPSENIORS.ORG FOR MORE

MONDAYS

Yoga for Parkinson's
2:00 pm-3:30 pm

Enhanced Fitness
3:30 pm-4:30 pm

Cards & Games
4:30 pm-9:00 pm

Dinner
5:30 pm-6:30 pm

2nd & 4th
Movie Night
5:45 pm-8:00 pm

TUESDAYS

Senior Center
Raised Bed
Volunteering at
Marra Farms
10:00 am-2:00 pm

Latino Seniors
Programs
9:00 am-2:00 pm

Ceramics
10:00 am

SPIARC
Social Services
10:00 am-4:00 pm

WEDNESDAYS

Enhanced Fitness
3:30 pm-4:30 pm

Cards & Games
4:30 pm-9:00 pm

Dinner
5:30 pm-6:30 pm

Gone Sane AA
7:00 pm

THURSDAYS

Providence Regina
House Food &
Clothing Bank
12:30 pm-2:00 pm

2nd Thursday
Book Club
9:30 am

3rd Thursday
Parkinson's
Support Group
10:00 am

FRIDAYS

Senior Center
Raised Bed
Volunteering at
Marra Farms
10:00 am-2:00 pm

Enhanced Fitness
3:30 pm-4:30 pm

Tai Chi
4:45 pm-5:15 pm

Cards & Games
4:30 pm-9:00 pm

Dinner
5:30 pm-6:30 pm

Karoake
6:30 pm

SATURDAYS

Providence Regina
House Food &
Clothing Bank
9:00 am-12:00 pm

Senior Center
Raised Bed
Volunteering at
Marra Farms
10:00 am-2:00 pm