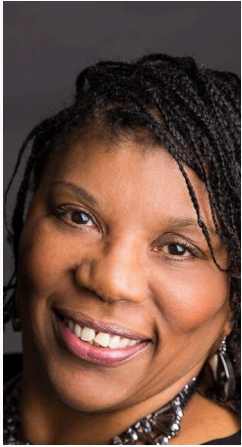


# the central

September 2024

500 30th Ave S. | Seattle, WA 98144

Volume 2



## NEW FACES

**JADA BERTEAUX**

Operations Director

**FRANCIS GYAN**

Database Team

**CYNTHIA HOBBS**

Front Desk

**MDIGO KISIMBO**

Administrative Director



## What a Splash!

Annual Seafair Patio Party Makes Waves with Great Food, Live Music, and Incredible Seafair Views.

This year marked another successful and fun-filled CASC Seafair Patio Party! Kicked off with DJ Cliff outside spinning mellow patio tunes. Inside The Triple Treat Band had partygoers dancing the afternoon away. Patio partyers were delighted with the food as they talked and mingled over brisket, chicken, greens, potato salad, and an array of delicious desserts. If you miss this year's patio party, you missed a splashin' good time. A huge congratulations to all the raffle prize winners!

A great big thanks to all the hard-working volunteers who set up, served food, led line dancing, played music, and cleaned up after the event. We couldn't have done it without you!

See- fair you all next year!

Dian and the staff of the CASC

## From the Director

Dear Members,

Mark your calendar. The 11th Annual Jazz Walk is scheduled for September 6th, 7th, and 8th. CASC will host two bands on Saturday, September 7th, 5 pm – 9 pm. The Comfort Food Band featuring World Fusion music with Jazz undertones is on at 5 pm followed by the Elnah Jordan Experience of Blues and Jazz starting at 7 pm. A suggested donation of \$10 is requested at the door. A no-host bar and food are available for a nominal fee. Ticket information for the entire series of the 11th Annual Jazz Walk featuring 26 Bands and 11 Community venue sites is available at [www.Jacksonstreetjazz.org](http://www.Jacksonstreetjazz.org).

Music continues throughout the month with Blues Man CT Thompson featured at the September 20th Green Dolphin Lounge, 6 pm – 9 pm. Cost: \$25 (Lifetime), \$30 (Annual) and \$35 Non-Members and at the door.

The long-delayed HVAC system is working and installed. The timing was perfect occurring in July prior to the onset of extremely hot weather.

We are slowly addressing our capital issues. McDonald Miller will be updating our circuits in the dining room and the Solarium. The outlets by the TV in the Solarium are complete. The south side outlet's upgrades will happen at the same time the dining room is completed. The

*(continued on page 2)*

Hours: Monday, Tuesday, Wednesday, Friday 8:30 – 5:00 | Thursday: 8:30 – 10:00

(continued from page 1)

doors are first. We have ordered all new doors in the dining room facing the water. This comes at a cost of \$20K each and/or \$40K together. The old doors are no longer available. Fixing them would have been \$20K each with no warranty so the board opted for the new doors.

Thanks to our sponsors, staff, and volunteers for this year's Seafair Patio Party. One hundred and eighty-seven guests attended the event on a glorious sun shining day. Major sponsors and donors included Arlington Carter Jr., Board President Barbara Peete, Former Legislator Dawn Mason, Dian Ferguson, Lorna Stone, Willie T. Woods, Loretta McIver, Kathy Thomas, and Sally Hufbauer. We thank each of you for helping to underwrite the cost of the event. This allowed us to keep the cost at a minimum increase of only \$5.

Seafair was made better by the volunteers who donated time and talent to make the event successful. We appreciate Deborah Coker, Helen Williams, Sliders Dennis and Joy, Keven Anderson, and Genevieve Benjamin.

Visit us at our website [www.casrcenter.org](http://www.casrcenter.org) to keep apprised of daily programs and activities.

—Dian Ferguson, Executive Director

## YOU MAY BE ELIGIBLE FOR ENERGY CREDIT



Seattle City Light is providing a one-time \$200 WA Clean Energy Credit to income-qualified residential customers. Funding is limited and credits are only available until September 15, 2024.

Applications can be made over the phone (844-941-2939) or on the website: [WACleanEnergyCredits.com](http://WACleanEnergyCredits.com)

## Care Committee



Every month the Care Committee acknowledges our members with love and care.

### July Love

- Sent 66 birthday cards
- Sent 8 thinking of you cards
- Sent 3 sympathy cards
- Made 3 get well phone calls



## VOLUNTEERS MAKE OUR WORLD GO ROUND!

We are grateful for your willingness to give your time, energy, and talents to the Central. Your work has not gone unnoticed, and we appreciate you. Your support allows us to continue fulfilling our mission to serve the wonderful people of our community.

In appreciation of your work, each month we will be spotlighting a volunteer with a photo and a little information about your work and commitment to the Central. We are excited to show off our wonderful team and members!

With appreciation for all that you do, Dian, Oveta, and all the staff of the CASC!

## Congratulations

to Karen Winston on her upcoming retirement from the City of Seattle. Karen, you've been a tremendous asset to the senior community, and we all wish you much joy in your retirement. We can't thank you enough for your dedication and compassion.



Dian and Your Friends at the Central

# 19th Annual JACKSON ST. JAZZ WALK

Sept 6, 7 & 8, 2024

**at The Central  
Sat, Sep 7th**

5 pm Comfort Food Band  
7 pm Elnah Jordan Experience  
[jacksonstreet.org](http://jacksonstreet.org)



## PRESIDENT'S CORNER

Greetings CASC,

Beginning next month, I will be sharing some tips, strategies, and reminders about recycling and composting for the center and your home. I look forward to answering your recycling and composting questions as well! Thank you for all that you do to help with recycling and composting at our CASC!



Barbara Peete  
Board President

**GREEN DOLPHIN STREET LOUNGE**  
*Live Music*  
3rd Friday's 6-9 pm

**Fri, September 20 | 6:00-9:00 PM**  
**CT Thompson**  
The Northwest King of Rhythm & Blues

**RSVP**  
206.726.4926  
No Host Bar & Appetizers

**the central**  
500 30TH AVE S  
SEATTLE, WA

**Advance Tickets Sales: \$25 Lifetime Member | \$30 Annual Members | \$35 General & At Door**

**BECOME A  
MEMBER  
TODAY**

**central**  
AREA SENIOR CENTER

## Sharper By the Mile! CASC's SHARP Kicks Off Third Year

CASC's social worker, Anthony Cryer, is excited by the team turnout for SHARP's (Sharing History through Active Reminiscence and Photo-Imagery) August session. "This is our strongest kickoff yet," said Cryer. "We have 6 teams walking and a waiting list." In its third consecutive year, SHARP is a culturally engaging walking and brain health program that began with improving cognitive health among older African Americans with ties to Seattle's Central District. Each walking route is bolstered by conversation prompts to record history as told by us. "SHARP is an opportunity to share our stories and reflect on those I remember when



moments," said Cryer. "Over the years, we have had lots of positive feedback. Consistently, walkers have enjoyed the routes so much, they have requested more routes," Cryer

added. "We are putting together new routes and being intentional about the growth of this program." If you are at least 55, in good general health, and can walk one mile, you can benefit from joining SHARP! Whether or not you are experiencing mild memory loss, participating in SHARP offers tremendous benefits including cognitive and physical exercise, connection to friends and community, small group discussions, and looking back on memories of living and working in the Central District. For questions and to register for the September walking session beginning September 2, please contact the CASC front desk or email our SHARP Coordinator at [anthony@casrcenter.org](mailto:anthony@casrcenter.org)

# UPCOMING EVENTS

central  
AREA SENIOR CENTER

Mark your calendar for these fun and exciting events featuring some of Seattle's best entertainers. Tickets required.



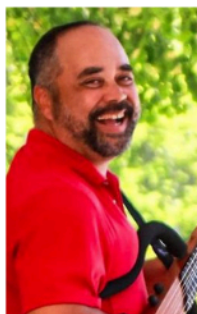
**Jackson Street Jazz Walk**  
September 7  
5 pm - 6:30 pm  
Comfort Food Band  
  
7 pm - 8:30 pm  
Elnah Jordan Experience



**Green Dolphin Lounge**

Friday  
September 20  
6 pm - 9 pm

CT Thompson  
Blues



**Green Dolphin Lounge**

Friday  
October, 18  
6 pm - 9 pm

Michael Powers



**Holiday Gala**

Saturday  
December 14  
5:30 pm - 9 pm

Featuring  
Josephine  
Howell

**SPREAD THE WORD!**

## Ongoing Classes

- Beginning Bridge
- Party Bridge
- Social Bridge
- Le Etta King Bridge (Sanctioned)
- Bid Whist
- Central BINGO!
- Dominoes
- Enhanced Fitness
- Knitting Group
- Midweek Matinee
- POCAAN Mobile Clinic (Foot Care)
- Seniors Dancing and Grooving
- 2 Health
- Sliders Line Dancing
- Trivia
- Walking Group

Pick up a complete packet with class times, fees and details at the Front Desk.

**The monthly lunch menu and activities schedule are available online -  
[www.casrcenter.org](http://www.casrcenter.org)**

## STAFF

Dian Ferguson, Executive Director  
Abdinasir Mohamed, Bookkeeper  
Anthony Cryer, Social Worker  
Anthony Herts, Chef  
Arianna Toussaint, Database Team  
Cynthia Hobbs, Admin II  
Francis Gyan, Database Team  
Jada Berteaux, Operations Director  
Justin Battiste, Building Attendant  
Mdigo Ksimbo, Administrative Director  
Oveta Hunter, Volunteer Coordinator  
Ronnie Jones, Outreach Coordinator  
Twanda Hill, Publicity & Marketing  
Zu Bin Yuan, Marketing Support

## BOARD

Barbara Peete, President  
Sylvester Hill, Vice-President  
Bruce Baker-Harvey, Treasurer  
Elaine Williams, Secretary  
Cliff Holland  
Gertrude Peoples  
Joan Paulson  
Dr. Juana Royster  
Winona Holland Hauge

### Board Meetings - 4th Tuesday

Members are welcome to attend with advance notice to the Board.

**Membership Meetings** are the 3rd Wednesday at 1:15 PM.

### Hours

Mon, Tue, Wed, Fri 8:30am-5:00 pm  
Thu 8:30 am - 10:00 pm  
Sat - Special Class Programs and Events  
Sunday - Closed or by Appointments Only



[www.casrcenter.org](http://www.casrcenter.org)