



FRANKE TOBEY JONES

POINT DEFIANCE~RUSTON SENIOR CENTER

Enjoy your age

POINT DEFIANCE ~ RUSTON SENIOR CENTER



Thousands of program participants come each year for bridge, quilting, exercise, computer classes, lunch, language classes, and more. They come to see their old friends and make new ones. Some people come for the trips, while others simply come for coffee and companionship. You'll find some here every day and others here for their favorite activities. This is the life that fills the Pt. Defiance~Ruston Senior Center. Please come join us!



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PAST AND PRESENT

The Point Defiance~Ruston Senior Center, started in 1978 by Catholic Community Services, moved to its present location in 1991. In 1998, when Catholic Community Services announced it could no longer fund the Center, Franke Tobey Jones agreed to take over operations. Over the years, participation has grown. Currently, about 660 seniors visit the Center monthly. Participants benefit from nutritious meals, exercise classes, health screenings, computer classes and much more. Hours: Monday through Friday 9:00am to 3:00pm. October through April the Center is also open on Saturdays 10:00am to 2:00 pm. Thousands of program participants come each year for bridge, quilting, exercise, computer classes, lunch, language classes and more. They come to see their old friends and make new ones. Some people come for the trips, while others simply come for coffee and companionship. You'll find some here every day and others here for their favorite activities. This is the life that fills the Pt. Defiance~Ruston Senior Center. Please come join us!

SERVICES AND PROGRAMS

The Point Defiance~Ruston Senior Center prides itself in offering a broad range of services for seniors of every level ability. The following are just a few of the classes and events that are offered throughout the year.

Games

Bridge - Monday, 10:00am—12:00pm
Pinochle—Tuesday and Friday, 10:00am—12:00pm
Bingo - Tuesday and Thursday, 1:00pm
Mexican Train Dominoes—Weds, 11:00am—2:00 pm

Activities

Computer Classes—Day and time varies
Spanish Class—Thursday, 1:00pm
Craft Classes—Day and time varies
Free Tax Preparation (Feb. 1 - April 15)
Raised Garden Beds

Health

Blood Pressure Checks—2nd Monday of the month
Glucose Screenings and Flu Shots

Education

Languages, Gardening with Carol, CPR
Fraud Prevention, Medicare, Emergency Prevention

Events

Holiday Parties, Mexican Dinner, All Things Irish, Oktoberfest Dinner

Exercise

Strength and Balance—Monday through Saturday 10:00am
Yoga—Wednesday at 2:00pm and Friday at 9:00am
Line Dancing—Wednesday, 3:30—4:30pm
Zumba Gold—Thursday, 11:05am

Excursions & Trips

Casinos, cruises and local attractions such as the Boeing Museum of Flight, train trips and international trips. For full calendar listing go to: [www.franketobeyjones.com/CommunityPrograms/Point Defiance~Ruston Senior Center](http://www.franketobeyjones.com/CommunityPrograms/PointDefiance~RustonSeniorCenter) or [Facebook.com/Pt-Defiance-Ruston-Senior-Center](https://www.facebook.com/Pt-Defiance-Ruston-Senior-Center)

FAMILIES

We recognize the importance of family and friends, and value their involvement in your life. We encourage and welcome your loved ones to attend and participate alongside you.

FUNDING

The primary funding for the Senior Center comes from donations from Center participants and families, as well as grants from community funders and fundraisers. FTJ supports approximately a third of the operating budget. Our donors recognize the value of encouraging a healthy, independent lifestyle for the parents and grandparents of this community— a population that is growing each year.

Our Goals

- ⇒ Provide services to support basic nutrition, health care and independent living
- ⇒ Provide education to allow seniors to act on their own behalf
- ⇒ Offer activities designed to improve quality of life and promote general well-being