

Gathering Points

(253) 756-0601

April 2019



FRANKE TOBEY JONES

POINT DEFIANCE-RUSTON SENIOR CENTER

Enjoy your age

Highlights

May

- HAM Radio Mtg.(1)
- Red Wind Casino (3)
- Canning with Friends (3)
- Dementia (7)
- Predicting Your Health (8)
- What's My Story (9)
- Franke's Follies (9)**
- Mark Stern Entertaining
- Friday Lunch: Bacon, Eggs and Biscuits & Gravy (10)
- Gardening (11 & 18)
- Chris & Jane Performing (14)
- Pinochle Tourney (17)
- Canning w/Friends (17)
- Day at the Races - Preakness Stakes (18)
- Flower Making Class (21)
- Diabetes Screening (21)
- Predicting Your Health (22)
- Foot Massage (23)
- G. Jurich Pianist (24)
- Center Closed (27)
- Greeting Cards (30)

June

- Gardening (1, 15 & 29)
- Grab 'N Go:
- Information for Life (4)
- Advisory Board Mtg. (4)
- HAM Radio Mtg. (5)
- Etching Class (6)
- Red Wind Casino (7)
- Hot Chocolate/Candy Class (10)
- Mandala Coloring (12)
- What's My Story (13)
- Canning w/Friends (14)
- Gardening w/Carol (15)
- G. Jurich Pianist & Potluck (28)

Smile: The Importance of Denture Care and Health

With aging often comes the need to replace natural teeth with dentures, but it's not as simple as that. Dentures require appropriate care, without which one's health may be affected. Join John Unsicker, from the Smile Store, as he discusses dentures as they relate to your health: Tuesday, April 16, at 11:00 a.m.



Pajama Day Tuesday, April 16, is Wear Pajamas to Work Day! You are invited to wear your pajamas (decent) and enter the best pajama contest! Get comfortable. . .and come as you are out of bed!

Looking for Notary

Periodically, there is a participant in need of a Notary Public. If you are a Notary and would be willing to donate your time and talent at the Senior Center, please see Candy Gustafson or Kate Gray in the office.

Predicting Your Health

If you could predict the future of your health, what lifestyle changes would you make today? Families can pass down a risk for a variety of cancers from generation to generation. These types of cancers are called "hereditary cancer syndromes." Learn about your risk of developing cancer because early detection is the key to surviving. Ninety-five percent of patients pay nothing out of pocket for this simple cheek swab test. We don't believe any qualified patient should go without testing due to cost. Find out if you qualify for hereditary cancer screening at no cost to you. Come visit and talk to us on April 10 and/or 24.



Pianist

George Jurich will be playing the piano on the fourth Friday of each month. Mr. Jurich is a gifted pianist who plays by ear and you can hear him perform at 11:10 a.m. starting on April 26.

Total Wellness Solutions

Cannabidiol, better known as CBD, is a natural remedy for many ailments. Studies have shown CBD to be useful in relieving pain, depression, anxiety, cancer-related symptoms and more (*Healthline* at <https://www.healthline.com/nutrition/cbd-oil-benefits#section4>). It is one of 104 chemical compounds found in the cannabis plant. Unlike Tetrahydrocannabinol (THC), CBD is *not* a psychoactive that causes one to get high. Join Liz Diehl, with Total Wellness Solutions, to learn the facts: Thursday, April 18, at 11:00 a.m.

Foot Massage

The return of foot massage begins on Thursday, April 25, 2019. Kathi Leggi, a former massage therapist, will be at the Senior Center on the fourth Thursday of the month to provide your feet with a well deserved massage. Please sign up in advance!

April Classes

- Floating Teapots: April 4, 10:30 a.m.
- Beeswax Candles: April 5, 10:30 a.m.
- Hot/Cold Compress Class: April 8, 10:30
- What's My Story: April 11, 10:00 a.m.
- Smelter Contamination Update: April 30, 11:00 a.m.

*Local Trips

Red Wind Casino ~ Fri., April 5, 2019.
Bus leaves at 8:30 a.m. Cost: \$5. Tell your friends and neighbors. Let's fill the bus!

Falls Terrace Restaurant, Tumwater, WA ~ Sat., April 13, 2019.

Bus leaves at 11:00 a.m. Cost: \$5.00.
Lunch is at your expense. A menu is posted on the bulletin board. Please sign up as soon as possible to reserve your spot. Minimum of 10 required for this trip.

SCHEDULING

Please call (253) 756-0601 to confirm events / classes. Unforeseen circumstances occasionally cause changes to the calendar.



1 ~ MONDAY

10:10 Strength & Balance
11:10 Ping Pong
12:00 Lunch
12:30 Acupuncture

2 ~ TUESDAY

8:00 Sr. Ctr. HAM Net
10:00 Strength & Balance
10:00 Pinochle
11:00 *Personality: Why We Spend
11:00 Ping Pong
12:00 Lunch
1:00 *Computer Lab
1:00 Bingo
1:30 *Taxes with Ron
2:00 Movie

3 ~ WEDNESDAY

9:00 *Tai Chi
10:00 Mexican Train Dom.
10:10 Strength & Balance
11:00 Mandala Coloring
11:10 Ping Pong
12:00 Lunch
12:30 *HAM Radio Mtg.
2:00 NO Therapeutic Yoga
3:30 Line Dancing

4 ~ THURSDAY

10:00 Strength & Balance
10:30 *Floating Teapots
11:10 Zumba Gold
12:00 Lunch
12:30 Ping Pong
1:00 Bingo
1:00 Beginning Spanish
2:00 Tap Dancing

5 ~ FRIDAY

8:30 *Red Wind Casino
9:00 *AARP Tax Prep.
9:00 NO Therapeutic Yoga
10:00 Pinochle
10:10 Strength & Balance
10:30 *Beeswax Candles
12:00 *Lunch: Roast Beef Sandwich
1:00 Ping Pong

6 ~ SATURDAY

9:00 *AARP Tax Prep.
10:00 Strength & Balance

8 ~ MONDAY

10:00 Strength & Balance
10:30 *Hot/Cold

8 ~ FRIDAY CONT'D.

Compress Class (Easy Sewing)
11:10 Ping Pong
12:00 Lunch
12:30 Acupuncture

9 ~ TUESDAY

8:00 Sr. Ctr. HAM Net
9:00 *Senior Footcare
10:00 Pinochle
10:00 Strength & Balance
11:10 Ping Pong
12:00 Lunch
1:00 Bingo
2:00 Movie

10 ~ WEDNESDAY

9:00 *Tai Chi
10:00 Mexican Train Dom.
10:00 *Predicting Your Health w/Phil Deutsch
10:10 Strength & Balance
11:10 Ping Pong
12:00 Lunch
2:00 Therapeutic Yoga
3:30 Line Dancing

11 ~ THURSDAY

10:00 What's My Story?
10:00 Strength & Balance
11:10 Zumba Gold
12:00 Lunch
1:00 Ping Pong
1:00 Bingo
1:00 Beginning Spanish
2:00 Tap Dancing

12 ~ FRIDAY

9:00 *AARP Tax Prep.
9:00 Therapeutic Yoga
10:00 Pinochle
10:10 Strength & Balance
11:10 Ping Pong
12:00 *Lunch: Chef Salad

13 ~ SATURDAY

9:00 *Tax Preparation
10:00 Strength & Balance
10:15 *Falls Terrace Rest.

15 ~ MONDAY

10:00 Strength & Balance
11:10 Ping Pong
12:00 Lunch
12:30 Acupuncture

16 ~ TUESDAY

8:00 Sr. Ctr. HAM Net

16 ~ TUESDAY, CONT'D.

9:00 WEAR PAJAMAS DAY CONTEST
10:00 Pinochle
10:00 Strength & Balance
11:00 *Smile: Denture Care and Health
11:10 Ping Pong
12:00 Lunch
1:00 *Computer Lab
1:00 Bingo
2:00 *Taxes w/Ron
2:00 Movie

17 ~ WEDNESDAY

9:00 *Tai Chi
10:00 Mexican Train Dom.
10:10 Strength & Balance
11:10 Ping Pong
12:00 Lunch
2:00 Therapeutic Yoga
3:30 Line Dancing

18 ~ THURSDAY

10:00 Strength & Balance
11:00 *Total Wellness Solutions / CBD Oil
11:10 Zumba Gold
12:00 Lunch
12:30 Ping Pong
1:00 Bingo
1:00 Beginning Spanish
2:00 Tap Dancing

19 ~ FRIDAY

9:00 *CCS Footcare
9:00 Therapeutic Yoga
10:00 Pinochle
10:10 Strength & Balance
11:10 Ping Pong
12:00 *Lunch: Ham & Cheese Sandwich
1:30 *Preservin' for the Hungry

20 ~ SATURDAY

10:00 Strength & Balance
11:00 Gardening w/Carol

22 ~ MONDAY

10:00 Strength & Balance
11:10 Ping Pong
12:00 Lunch
12:30 Acupuncture

23 ~ TUESDAY

8:00 Sr. Ctr. HAM Net
9:00 *Senior Footcare
10:00 Strength & Balance
10:00 Pinochle

23 ~ TUESDAY, CONT'D.

11:10 Ping Pong
12:00 Lunch
1:00 Bingo
2:00 Movie

24 ~ WEDNESDAY

9:00 *Tai Chi
10:00 Mexican Train Dom.
10:00 *Predicting Your Health w/Phil Deutsch
10:10 Strength & Balance
11:10 Ping Pong
12:00 Lunch
2:00 Therapeutic Yoga

25 ~ THURSDAY

9:00 *Foot Massage
10:00 Strength & Balance
11:10 NO Zumba Gold
12:00 Lunch
12:30 Ping Pong
1:00 Bingo
1:00 Beginning Spanish
2:00 Tap Dancing

26 ~ FRIDAY

9:00 Therapeutic Yoga
10:00 Pinochle
10:00 Strength & Balance
11:10 Ping Pong
12:00 *FTJ Lunch

29 ~ MONDAY

10:10 Strength & Balance
11:10 Ping Pong
12:00 Lunch
12:30 Acupuncture

30 ~ TUESDAY

8:00 Sr. Ctr. HAM Net
10:00 Strength & Balance
10:00 Pinochle
11:00 *Smelter Contamination Update
11:10 Ping Pong
12:00 Lunch
1:00 *Computer Lab
1:00 Bingo
1:30 *Taxes with Ron
2:00 Movie

*REGISTRATION

Please sign up for classes / events at the front desk, in the office or by calling (253) 756-0601.