

Gathering Points

(253) 756-0601

May 2019



FRANKE TOBEY JONES

POINT DEFIANCE-RUSTON SENIOR CENTER

Enjoy your age

Highlights

June

- Gardening (1, 15 & 29)
- Penny Rug Class (3)
- Grab 'N Go:
- Information for Life (4)
- Advisory Board Mtg. (4)
- HAM Radio Mtg. (5)
- Etching Class (6)
- Red Wind Casino (7)
- Potluck (7)
- Hot Chocolate/Candy Class (10)
- Mandala Coloring (12)
- What's My Story (13)
- Canning w/Friends (14)
- Gardening w/Carol (15)
- Canning w/Friends (21)
- Muckleshoot (22)
- Foot Massage (27)
- Potluck (28)
- Naval Museum (29)

July

- Musical Stylings of Chris & Jane (2)
- Ham Radio Mtg. (3)
- July 4th Closure (4)
- Red Wind (5)
- Gardening w/Carol (6)
- Mandala Coloring (10)
- What's My Story (11)
- Mark Stern (12)
- Friday Lunch:
- Hamburgers (12)
- Verrazanos Italian Restaurant (13)
- Little Creek (20)
- Foot Massage (25)

SCHEDULING

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

Classes

There are numerous free classes in May; so be sure to mark your calendars!

- Hot/Cold Compresses May 6
- Dementia Class May 7
- What's My Story May 9
- Battling The Aging Brain May 10
- Gardening w/Carol May 11
- Aprons May 16
- Brain Boot Camp May 17
- Flower Making May 21
- Diabetes Screening May 21**
- Spring Greeting Cards May 30



Taco Friday

Enjoy the crunch of a good taco? Come join us on Friday, May 10 at noon! The menu will include chips, salsa, tacos, rice, beans, dessert and soda. . . all for \$3.

*Local Trips

Red Wind Casino ~ Fri., May 3, 2019. Bus leaves at 8:30 a.m. Cost: \$5. Tell your friends and neighbors. Let's fill the bus!



Pianist Wanted

We are looking for a pianist to play monthly. Time and day can be negotiated. If you want to help celebrate the month's birthdays at the Senior Center by donating your time and talent, see either Kate or Candy.

Predicting Your Health

Would you make lifestyle changes if you could predict the future of your health? Families can pass down a risk for a variety of cancers from generation to generation, 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 May 8 or 22.

May Closure

The Senior Center will be closed, Monday, May 27, in honor of Memorial Day. May we always remember that the U.S. is home of the free because of the brave.



Entertainment

Mark Stern will be here on Friday, May 10 at 11:10 a.m. Dancing will be available for those wanting to bust a move; or you can simply come enjoy his music and antics!

Chris Hall and Jane Schuneman will be making their first appearance at the Senior Center on Tuesday, May 14 at 11:10 a.m. Both have been musically trained in their chosen instrument(s): Chris in piano and voice; Jane in violin. Enjoy show tunes, such as Oklahoma, Music Man and more!

Pinochle Tournament

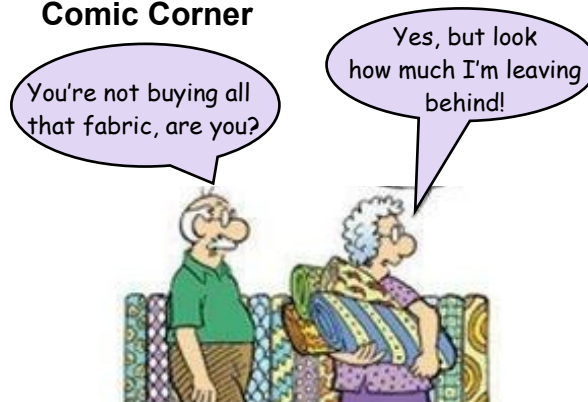
Do you enjoy playing Pinochle? Come have some fun and join the Pinochle Tournament on Friday, May 17, starting at 10:00 a.m. The cost is \$8, which includes your lunch, entry into the tournament and cash prizes.



Cuba Presentation

The presentation for our Cuba trip has been scheduled for Wednesday, May 29 at 11:00 a.m. If you are interested in learning more, this is your opportunity to ask questions! If you would like to see the website on the trip, go to <https://gateway.gocollette.com/link/955098>.

Comic Corner





1 ~ 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
12:30 *HAM Radio Mtg.
 2:00 Therapeutic Yoga
 3:30 Line Dancing

2 ~ THURSDAY

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

3 ~ FRIDAY

8:30 *Red Wind Casino
 9:00 Therapeutic Yoga
 10:00 Pinochle
 10:10 Strength & Balance
 11:05 Ping Pong
12:00 *Lunch: Chef Salad
1:30 *Canning w/Friends

4 ~ SATURDAY

10:00 Strength & Balance

6 ~ MONDAY

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

7 ~ TUESDAY

8:00 Sr. Ctr. HAM Net
 10:00 Pinochle
 10:00 Strength & Balance
10:00 *Dementia Class
 11:10 Ping Pong
 12:00 Lunch
 1:00 Bingo
1:00 *Computer Lab
2:00 *Taxes w/Ron
 2:00 Movie



8 ~ WEDNESDAY

9:00 * Tai Chi
 10:00 Mexican Train Dom.
10:00 *Predicting Your Health w/Phil Deutsch
 10:10 Strength & Balance

8 ~ WEDNESDAY, CONT'D.

11:10 Ping Pong
 12:00 Lunch
 2:00 Therapeutic Yoga
 3:30 Line Dancing

9 ~ 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

10 ~ FRIDAY

9:00 Therapeutic Yoga
 10:00 Pinochle
10:00 *Battling The Aging Brain
 10:10 Strength & Balance
11:10 Mark Stern
12:00 *Lunch: Taco Friday
1:00 Bingo



11 ~ SATURDAY

10:00 Strength & Balance
11:00 *Gardening



13 ~ MONDAY

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

14 ~ TUESDAY

8:00 Sr. Ctr. HAM Net
 9:00 *Senior Footcare
 10:00 Pinochle
 10:00 Strength & Balance
11:10 *Musical Stylings of Chris Hall & Jane Schuneman
 12:00 Lunch
 12:30 Ping Pong
 1:00 Bingo
 2:00 Movie



15 ~ 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

16 ~ THURSDAY

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

17 ~ FRIDAY

9:00 Therapeutic Yoga
10:00 *Pinochle Tourney
 10:10 Strength & Balance
11:00 *Brain Boot Camp
 11:10 Ping Pong
12:00 *Lunch: Chef Salad
1:30 *Canning w/Friends



18 ~ SATURDAY

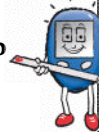
10:00 Strength & Balance
11:00 Gardening w/Carol

20 ~ MONDAY

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

21 ~ TUESDAY

8:00 Sr. Ctr. HAM Net
 10:00 Strength & Balance
 10:00 Pinochle
10:30 *Flower Making
 11:10 Ping Pong
 12:00 Lunch
12:00 Diabetes Screening
 1:00 Bingo
1:00 *Computer Lab
2:00 *Taxes w/Ron
 2:00 Movie



22 ~ 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

23 ~ THURSDAY

9:00 *Foot Massage
 10:00 Strength & Balance
 11:10 Zumba Gold

23 ~ THURS., CONT'D.

12:00 Lunch
 12:30 Ping Pong
 1:00 Bingo
 1:00 Beginning Spanish
 2:00 Tap Dancing

24 ~ FRIDAY

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

25 ~ SATURDAY

10:00 Strength & Balance

27 ~ MONDAY
 Closed Memorial Day



28 ~ TUESDAY

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

29 ~ WEDNESDAY

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

30 ~ THURSDAY

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

31 ~ FRIDAY

9:00 Therapeutic Yoga
 10:00 Pinochle
 10:10 Strength & Balance
 11:05 Ping Pong
12:00 *Lunch: Chef Salad
1:30 *Canning w/Friends