

# Gathering Points

(253) 756-0601

June 2019



FRANKE TOBEY JONES

POINT DEFIANCE-RUSTON SENIOR CENTER

Enjoy your age

## Highlights

### July

- Genetic Testing (2)
- 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)
- Gardening w/Carol (27)
- Volunteer Appreciation Pizza Party (27)
- Mesh Wreaths (30)

### August

- Rummage Sale Setup (1)
- Rummage Sale (2 & 3)
- Red Wind (2)
- Gardening w/Carol (3)
- Computer Lab (6)
- HAM Radio Mtg. (7)
- What's My Story (8)
- Mandala Coloring (14)
- Clearwater Casino (17)
- Dream Catchers (20)
- Computer Lab (20)
- Foot Massage (22)
- Nisqually Wildlife Refuge (24)
- Tote Bag Making (26)

### 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!

- Penny Rug June 3
- Etching Class June 6
- Hot Chocolate/Candy June 10
- Alternative Medicine/CBD June 11
- What's My Story? June 13
- No Sew Blankets June 14
- Canning w/Friends June 14
- Gardening w/Carol June 15
- Genetic Testing June 18
- Candles for Etched Container June 20
- Canning w/Friends June 21
- Gardening w/Carol June 29



### 4th of July Party

Come celebrate the 4th of July with us! On Thursday, June 27, at approximately 11:10 a.m., the Tacoma Banjo Club will be celebrating the independence of our nation with their phenomenal banjo playing! Refreshments will be available.

### \*Local Trips

*Red Wind Casino ~ Fri., June 7, 2019.*  
Bus leaves at 8:30 a.m. Cost: \$5. Tell your friends and neighbors. Let's fill the bus!

*Muckleshoot ~ Sat., June 22, 2019*  
Bus leaves at 9:00 a.m. Cost: \$10.

*Naval Museum ~ Sat., June 29, 2019*  
Bus leaves at 9:30 a.m. Cost: \$10.



Gert finds out the new guy has a car, a valid drivers license, vacation homes and numerous bank accounts.

## Grab 'N Go: Information for life

Join us June 4th for an important discussion about being prepared. You leave with an emergency "Grab and Go" Booklet, knowing that everything will be documented to keep you and your loved ones informed. You will receive a checklist to help organize your personal information and records. **You must register for this class to ensure you get a notebook! The book is \$5, payable to Comfort Keepers who subsidized it.** (You can see a copy of this book at the front desk.)

## Identity Theft

Do you worry about having your identity stolen or credit fraud? Join Mat Santelli, from Pierce County Community Connections, as he discusses ways to prevent, protect and recover from identity theft. He will be here on Tuesday, June 25, at 11:10 a.m. Register now for this important class.



## Alternative Medicine

Liz Diehl will be returning to the Senior Center to discuss alternative medicines. Her first class was full. You won't want to miss this opportunity hear the benefits of CBD oil in the health field, both human and animal. It has been used for pain relief, anxiety, insomnia, mental clarity and better focus, muscle recovery, skin clarification, inflammation, to ease cancer treatment and many more. Join us on Tuesday, June 11, at 11:10 a.m. to learn about the wonders of this product. Please register in advance.

## Predicting Your Health

Risk for a variety of cancers can be passed 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. Find out if you qualify for hereditary cancer screening at no cost to you. Come visit and talk to us on June 18.



### 1 ~ SATURDAY

10:00 *Strength & Balance*  
11:00 *\*Gardening*

### 3 ~ MONDAY

10:00 *Strength & Balance*  
11:00 *\*Penny Rug*  
11:10 *Ping Pong*  
12:00 *Lunch*  
12:30 *Acupuncture*

### 4 ~ TUESDAY

8:00 *Sr. Ctr. HAM Net*  
10:00 *Pinochle*  
10:00 *Strength & Balance*  
11:05 *\*Grab 'N Go*  
12:00 *Lunch*  
12:30 *Ping Pong*  
1:00 *Bingo*  
1:00 *\*Computer Lab*  
2:00 *Advisory Board Mtg.*  
2:00 *Movie*

### 5 ~ WEDNESDAY

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

### 6 ~ THURSDAY

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

### 7 ~ FRIDAY

8:30 *\*Red Wind Casino*  
9:00 *Therapeutic Yoga*  
10:00 *Pinochle*  
10:10 *Strength & Balance*  
12:00 *\*Lunch: Chef Salad*

### 8 ~ SATURDAY

10:00 *Strength & Balance*

### 10 ~ MONDAY

10:00 *Strength & Balance*  
10:30 *\*Hot Chocolate / Candy Class*  
11:10 *Ping Pong*

### 10 ~ MONDAY, CONT'D.

12:00 *Lunch*  
12:30 *Acupuncture*

### 11 ~ TUESDAY

8:00 *Sr. Ctr. HAM Net*  
9:00 *\*Senior Footcare*  
10:00 *Pinochle*  
10:00 *Strength & Balance*  
11:10 *\*Alternative Medicine - CBD*  
12:00 *Lunch*  
12:30 *Ping Pong*  
1:00 *Bingo*  
2:00 *Movie*

### 12 ~ WEDNESDAY

9:00 *\*NO Tai Chi until Fall*  
10:00 *Mexican Train Dom.*  
10:10 *Strength & Balance*  
11:00 *Mandala Coloring*  
11:10 *Ping Pong*  
12:00 *Lunch*  
2:00 *Therapeutic Yoga*

### 13 ~ THURSDAY

10:00 *Strength & Balance*  
10:00 *\*What's My Story?*  
11:10 *Zumba Gold*  
12:00 *Lunch*  
12:30 *Ping Pong*  
1:00 *Bingo*  
1:00 *Beginning Spanish*  
2:00 *Tap Dancing*

### 14 ~ FRIDAY

9:00 *Therapeutic Yoga*  
10:00 *Pinochle*  
10:10 *Strength & Balance*  
11:00 *\*No Sew Blanket*  
11:10 *Ping Pong*  
12:00 *\*Lunch: Roast Beef*  
2:00 *\*Canning w/Friends*

### 15 ~ SATURDAY

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

### 17 ~ MONDAY

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

### 18 ~ TUESDAY

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

### 18 ~ TUESDAY CONT'D.

10:00 *Predicting Your Health w/Phil Deutsch*  
11:10 *Ping Pong*  
12:00 *Lunch*  
1:00 *Bingo*  
1:00 *\*Computer Lab*  
2:00 *Movie*

### 19 ~ WEDNESDAY

9:00 *\*NO Tai Chi until Fall*  
10:00 *Mexican Train Dom.*  
10:10 *Strength & Balance*  
11:10 *Ping Pong*  
12:00 *Lunch*  
2:00 *NO Yoga Today*  
3:30 *Line Dancing*

### 20 ~ THURSDAY

10:00 *Strength & Balance*  
10:30 *\*Candles for Etched Containers*  
11:10 *Zumba Gold*  
12:00 *Lunch*  
12:30 *Ping Pong*  
1:00 *Bingo*  
1:00 *Beginning Spanish*  
2:00 *Tap Dancing*

### 21 ~ FRIDAY

9:00 *\*CCS Foot Care*  
9:00 *NO Yoga Today*  
10:00 *Pinochle*  
10:00 *Strength & Balance*  
11:10 *Ping Pong*  
12:00 *\*Lunch: Chef Salad*  
2:00 *\*Canning w/Friends*

### 22 ~ SATURDAY

9:00 *\*Muckleshoot Casino*  
10:00 *Strength & Balance*

### 24 ~ MONDAY

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

### 25 ~ TUESDAY

8:00 *Sr. Ctr. HAM Net*  
9:00 *\*Senior Footcare*  
10:00 *Strength & Balance*  
10:00 *Pinochle*  
11:10 *Preventing & Recovering from Identity Theft & Fraud*  
12:00 *Lunch*  
12:30 *Ping Pong*



### 25 ~ TUESDAY., CONT'D.

1:00 *Bingo*  
2:00 *Movie*

### 26 ~ WEDNESDAY

9:00 *\*NO Tai Chi until Fall*  
10:00 *Mexican Train Dom.*  
10:10 *Strength & Balance*  
11:10 *Ping Pong*  
12:00 *Lunch*  
2:00 *Therapeutic Yoga*

### 27 ~ THURSDAY

9:00 *\*Foot Massage*  
10:00 *Strength & Balance*  
11:10 *4th of July Party (NO Zumba Gold Today)*



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

### 28 ~ FRIDAY

9:00 *Therapeutic Yoga*  
10:00 *Pinochle*  
10:10 *Strength & Balance*  
11:05 *Ping Pong*  
12:00 *\*Ham/Cheddar*

### 29 ~ SATURDAY

9:00 *\*Naval Museum*  
10:00 *S & B Class*  
11:00 *\*Gardening w/Carol*



### \*COST

*Please ask at the front desk if there is a fee for the class of your interest*

### SCHEDULING

*\*Sometimes calendar changes occur due to circumstances beyond our control. Please call to confirm.*

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