

Gathering Points

(253) 756-0601

October 2019



FRANKE TOBEY JONES

POINT DEFIANCE-RUSTON SENIOR CENTER

Enjoy your age

Highlights

November

- Gifts in a Jar (1)
- Genetic Testing (4 & 18)
- Caregiver Support Group (5 & 19)
- HAM Radio Mtg. (6)
- Holiday Cards (7)
- Sock Snowmen (8)
- Medicare Minute (11)
- Mandala Coloring (13)
- Soap Class (15)
- Wreath Decorating (19)
- Medicare Basics (20)
- Grief Support Grp. (20)
- Thanksgiving Party (21)
- Bisque Ornaments (22)
- Beeswax Candles (25)
- CLOSED for Thanksgiving (28)

December

- Deck the Halls Tree Trimming Party (2)
- Genetic Testing (3)
- Caregiver Support Group (3 & 17)
- HAM Radio Mtg. (4)
- Red Wind Casino (6)
- Gifts in a Jar (6)
- Mandala Coloring (11)
- Holiday Party (12)
- Center Closure at 1:30 p.m. for Staff Holiday Party [*Yoga still held*] (12)
- Swaggin' w/Candy and Dennis (13)
- Molbaks (14)
- Grief Support Group (18)
- Music by Chris Hall, Jane Schuneman & Trudy Turpic (20)
- Closed on Christmas (25)

Halloween Party

Come in costume or not, all are welcome to join us for the fun and merriment of Halloween on Friday, October 11, starting at approximately 11:10 a.m. when Mark Stern will provide music to dance to or just sit and listen. Sign up now!



Budget Tips for The Holidays

Do you tend to overspend around the holidays? Join Kim Summers, from Sound Outreach, to learn some tips and tricks to avoid this pitfall. Kim will be here on Thursday, October 10, at 11:00 a.m.

Trivia

Patty Olson from GenCare will be here on Thursday, October 3, at 10:30 a.m. for a brain challenge of Trivia. Test your knowledge and have some fun with our guest presenter . . . or should I say questioner..

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 Oct. 16 & 30..

Dementia Series Continues

Speaker, Jake Gamble, continues his dementia series in October with How to Ensure Your Own Longevity as A Caregiver is on October 1. October 15, we learn How to Involve Additional Family/Community Members in Caring for Your Loved One. November 5, Safe and Effective Outings for Middle and Late Stage Dementia is covered. All classes start at 2:00 p.m. Register now for one or all of these free and important classes.



Happy Halloween!



Paint Party Follow-up

With lots of help, we have almost finished the painting of the building. Thank you to all of our wonderful volunteers who joined us on the 7th of September to paint the inside of the Senior Center. There were lots of hands, help and pizza! **THANK YOU!**

Medicare

Over the next few weeks, there will be several presentations from various insurance companies on Medicare and supplemental insurance. Open enrollment begins on October 15 and runs to December 7, 2019. As many of you know, coverage and deductibles vary from one company to the next. Please stop by tables and attend classes to discover which plan might be the best for you based on your own personal needs.

Pianist Still Needed

We continue the search for a pianist to play once a month. Time and date would be determined by availability of both the pianist and the Senior Center. This would be for a social gathering, celebration of birthdays and even a sing-a-long.

*Local Trips

Red Wind Casino ~ Fri., October 4, 2019. Bus leaves at 8:30 a.m. Cost: \$5. Tell your friends and neighbors. Let's fill the bus!

Emerald Queen Casino ~ Sat., October 19, 2019. Bus leaves at 9:00 a.m. Cost: \$5.

Grief Support Group

Loss comes in many forms, the death of a loved one, loss of friends, homes, animals, and so much more. These losses are painful and can cause isolation at a time when you need support the most. We encourage anyone who has suffered loss(es), to join our grief support group beginning in September, on the third Wednesday of each month at 1:00 p.m. Don't go through it alone.



1 ~ TUESDAY

10:00 Pinochle
 10:00 Strength & Balance
 10:00 *Medicare 101
 11:00 Ping Pong
 11:00 *United Healthcare
 12:00 Lunch
 1:00 *Computer Lab
 1:00 Bingo
 2:00 *Dementia Class
 2:00 Tuesday Movie



2 ~ WEDNESDAY

10:00 Mexican Train Dom.
 10:00 Strength & Balance
 11:10 Ping Pong
 12:00 Lunch
 12:30 HAM Radio Meeting
 2:00 Therapeutic Yoga
 3:30 Line Dancing

3 ~ THURSDAY

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

4 ~ FRIDAY

8:30 *Red Wind Casino
 9:00 Therapeutic Yoga
 10:00 Pinochle
 10:10 Strength & Balance
 11:10 Ping Pong
 12:00 *Lunch: Chef Salad
 1:00 *Self-defense Class

5 ~ SATURDAY

10:00 Strength & Balance

7 ~ MONDAY

10:00 Strength & Balance
 11:10 Ping Pong
 12:00 Lunch
 12:30 Acupuncture
 6:30 Sr. Ctr. HAM Net

8 ~ TUESDAY

10:00 Strength & Balance
 10:00 Pinochle
 11:10 Ping Pong
 12:00 Lunch
 1:00 Bingo
 2:00 Tuesday Movie

9 ~ WEDNESDAY

10:00 Mexican Train Dom.
 10:00 Strength & Balance
 11:00 Mandala Coloring
 12:00 Lunch
 2:00 Yoga
 3:30 Line Dancing

10 ~ THURSDAY

10:00 Strength & Balance
 11:00 *Budget Tips for The Holidays
 11:10 Zumba Gold
 12:00 Lunch
 12:30 Ping Pong
 1:00 Bingo
 1:00 Beginning Spanish
 2:00 Tap Dancing



11 ~ FRIDAY

9:00 Yoga
 10:00 Pinochle
 10:00 Strength & Balance
 11:10 Halloween Party w/Mark Stern
 12:00 *Lunch: Baked Potato Bar
 1:00 *Self-defense Class



12 ~ SATURDAY

10:00 Strength & Balance

14 ~ MONDAY

10:00 Strength & Balance
 11:10 Ping Pong
 12:00 Lunch
 12:30 Acupuncture
 6:30 Sr. Ctr. HAM Net

15 ~ TUESDAY

10:00 Strength & Balance
 10:00 Pinochle
 11:10 Ping Pong
 12:00 Lunch
 1:00 Bingo
 1:00 Computer Lab
 2:00 *Dementia Class
 2:00 Tuesday Movie

16 ~ WEDNESDAY

10:00 Mexican Train Dom.
 10:00 Genetic Testing
 10:10 Strength & Balance
 11:10 Ping Pong
 12:00 Lunch
 1:00 Grief Support Group
 2:00 Therapeutic Yoga

17 ~ 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

18 ~ FRIDAY

9:00 Yoga
 10:00 Pinochle
 10:10 Strength & Balance
 11:10 Ping Pong
 12:00 *Lunch: Club Wrap
 1:00 *Self-defense Class

19 ~ SATURDAY

9:00 *Casino
 10:00 Strength & Balance

21 ~ MONDAY

10:00 Strength & Balance
 10:30 *Holiday Glass Blocks w/Fairy Lights
 11:10 Ping Pong
 12:00 Lunch
 12:30 Acupuncture
 6:30 Sr. Ctr. HAM Net

22 ~ TUESDAY

9:00 *Senior Footcare
 10:00 Strength & Balance
 10:00 Pinochle
 11:10 Ping Pong
 12:00 Lunch
 1:00 Bingo
 2:00 Tuesday Movie

23 ~ WEDNESDAY

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

24 ~ 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

25 ~ FRIDAY

9:00 Yoga
 10:00 Pinochle

25 ~ FRIDAY CONTINUED

10:00 Strength & Balance
 11:10 Ping Pong
 12:00 *Lunch: Chef Salad
 1:00 *Self Defense Class

26 ~ SATURDAY

10:00 Strength & Balance

28 ~ MONDAY

10:00 Strength & Balance
 11:00 *Medicare
 11:10 Ping Pong
 12:00 Lunch
 12:30 Acupuncture
 6:30 Sr. Ctr. HAM Net

29 ~ TUESDAY

10:00 Strength & Balance
 10:00 Pinochle
 11:10 Ping Pong
 12:00 Lunch
 1:00 Bingo
 2:00 Tuesday Movie

30 ~ WEDNESDAY

10:00 Mexican Train Dom.
 10:00 Genetic Testing
 10:10 Strength & Balance
 11:10 Ping Pong
 12:00 Lunch
 2:00 Therapeutic Yoga
 3:30 Line Dancing

31 ~ 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

*COST

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

SCHEDULING

Please call (253) 756-0601 to confirm events/classes.

*REGISTRATION

Please sign up at the front desk or in the office for all classes / events.