

# Gathering Points

(253) 756-0601

November 2019



FRANKE TOBEY JONES

POINT DEFIANCE-RUSTON SENIOR CENTER

Enjoy your age

## Highlights

### December

- Deck the Halls Tree Trimming Party (2)
- HAM Radio Net (2)
- Genetic Testing (3 & 17)
- Caregiver Support Group (3 & 17)
- Advisory Board Mtg. (4)
- HAM Radio Mtg. (4)
- Red Wind Casino (6)
- Gifts in a Jar (6)
- Medicare Minute (9)
- Swaggin' w/Candy & Dennis (10)
- Mandala Coloring (11)
- Early Center Closure at 1:30 p.m. for FTJ Staff
- Holiday Party - Yoga still held (11)
- Holiday Party w/Lynn Vrooman (12)
- Swaggin' w/Candy and Dennis (13)
- Canning w/Friends (13)
- Molbaks (14)
- Grief Support Group (18)
- Music by Chris Hall, Jane Schuneman & Trudy Turpic (20)
- Closed on Christmas (25)



### January

- Closed New Year's (1)
- Red Wind Casino (3)
- Volunteer Brunch (4)
- Caregiver Support Group (7)
- Mandala Coloring (8)
- Entertainment TBA (10)

## November Classes

**Holiday Greeting Cards:** Thursday, November 7, at 10:30 a.m. All supplies are furnished and the class is free. Betty Withrow will lead the class.

**Sock Snowmen:** Friday, November 8, at 11:00 a.m. This class is instructed by Chris Hall. Free class with all supplies furnished.

**Medicare Minute:** Monday, November 11, at 11:00 a.m. This is an opportunity to find out what is new in 2020 as well as ask questions of someone knowledgeable in Medicare, Laurie Casas.

### Downsizing a Lifetime of Treasures:

Thursday, November 14, at 11:00 a.m.

Don't know where to start, what to get rid of and what to keep, but you have to downsize? Learn how to downsize with Debbie Ryvo



**Soap Class:** Whether you are learning how to make soap or just want to make some gifts for others, you can join the fun on Friday, November 15, at 10:30 a.m. Betty Withrow will be leading this free class.

**Wreath Decorating:** Take home your holiday wreath after creating your own on Tuesday, November 19, at 10:30 a.m. Janet Rothbart is instructing.

**Medicare Basics:** New to Medicare or just have questions? Wednesday, November 20, at 11:00 a.m. there will be a Basic Medicare class in which to ask questions. Lori Casas will oversee this class.

**Bisque Ornaments:** Friday, November 22, at 11:00 a.m. Ornaments and paints provided. Betty Withrow will lead the class.

**Beeswax Candles:** Monday, November 25, at 10:30 a.m. Candy will assist you in making candles. All supplies furnished.



## No Germs Allowed!

### Flu & Pneumonia Shots

It's time to get your Flu and/or Pneumonia Vaccine and it's the perfect time to do it. On Tuesday, November 5, starting at 11:00 a.m., Rite Aid will be at the Senior Center providing these vaccinations. In the majority of instances, there will be no cost to you and they will bill your insurance. Don't miss getting this very important immunization. . . it just might save your life.

### Winter Prevention

As the days get colder and colder and flu season is in full swing, there are ways in which you can help protect yourself from nasty viruses and bacteria, many of which are common sense. First, get your vaccinations. Wash your hands often for a minimum of 20 seconds. If you use public telephones, wipe them down before you use them and wash your hands afterwards. If you are not feeling well stay home. If you are unable to stay home, wear an N-95 face mask to prevent spreading germs. The same holds true if you have a weakened immune system. . . wear an N-95 mask to protect yourself.



## Thanksgiving

**Party:** Thursday, November 21, at 11:10 a.m., you can join in with the Memorie Singers as they fill the Center with music. A Thanksgiving meal will follow prepared by Carmen Volk with Catholic Community Services.

**Closure:** Thursday November 28, the Center will be closed to celebrate Thanksgiving. It will reopen on the following day, Friday, November 29, at 9:00 a.m.

### \*Local Trips

Red Wind Casino ~ Fri., November 1, 2019. Bus leaves at 8:30 a.m. Cost: \$5. Tell your friends and neighbors. Let's fill the bus!



# November 2019

(253) 756-0601

Point Defiance~Ruston Senior Center

4716 N. Baltimore, Tacoma, WA 98407

## 1 ~ FRIDAY

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

## 2 ~ SATURDAY

10:00 Strength & Balance

## 4 ~ MONDAY

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

## 5 ~ TUESDAY

10:00 Strength & Balance  
 10:00 Pinochle  
 11:00 Rite Aid Flu & Pneumonia Vaccine Clinic  
 11:10 Ping Pong  
 12:00 Lunch  
 1:00 Bingo  
 1:00 \*Computer Lab  
 2:00 Dementia Class

## 6 ~ 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

## 7 ~ THURSDAY

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

## 8 ~ FRIDAY

9:00 Therapeutic Yoga  
 10:00 Pinochle  
 10:00 Strength & Balance



## 8 ~ FRIDAY CONT'D.

11:00 \*Sock Snowmen  
 12:00 \*Lunch: Chef Salad



## 9 ~ SATURDAY

10:00 Strength & Balance

## 11 ~ MONDAY

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

## 12 ~ 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

## 13 ~ WEDNESDAY

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

## 14 ~ THURSDAY

10:00 Strength & Balance  
 11:00 \*Downsizing a Lifetime of Treasures  
 11:10 Zumba Gold  
 12:00 Lunch  
 12:30 Ping Pong  
 1:00 Bingo  
 1:00 Beginning Spanish  
 2:00 Tap Dancing



## 15 ~ FRIDAY

9:00 Therapeutic Yoga  
 10:00 Pinochle  
 10:10 Strength & Balance  
 10:30 \*Soap Class  
 11:10 Ping Pong  
 12:00 \*Lunch: Ham & Cheese Sandwich



## 16 ~ SATURDAY

10:00 Strength & Balance

## 18 ~ MONDAY

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

## 19 ~ TUESDAY

10:00 Strength & Balance  
 10:00 Pinochle  
 10:30 \*Wreath Decorating  
 11:10 Ping Pong  
 12:00 Lunch  
 1:00 Bingo  
 1:00 \*Computer Lab  
 2:00 Caregiver Support Group



## 20 ~ WEDNESDAY

10:00 Mexican Train Dom.  
 10:10 Strength & Balance  
 11:00 \*Medicare Basics  
 11:10 Zumba Gold  
 12:00 Lunch  
 12:30 Ping Pong  
 1:00 Grief Support Group  
 2:00 Therapeutic Yoga  
 3:30 Line Dancing



## 21 ~ THURSDAY

10:00 Strength & Balance  
 11:10 \*Thanksgiving Party w/the Memorie Singers  
 12:00 Lunch  
 12:30 Ping Pong  
 1:00 Bingo  
 1:00 Beginning Spanish  
 2:00 Tap Dancing



## 22 ~ FRIDAY

9:00 Therapeutic Yoga  
 10:00 Pinochle  
 10:00 Strength & Balance  
 11:10 Ping Pong  
 11:00 \*Bisque Ornaments  
 12:00 \*Lunch: Club Wrap



## 23 ~ SATURDAY

10:00 Strength & Balance

## 25 ~ MONDAY

10:00 Strength & Balance  
 10:30 \*Beeswax Candles

## 25 ~ MONDAY CONT'D.

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

## 26 ~ 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

## 27 ~ 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

## 28 ~ THURSDAY

**HAPPY Turkey Day!**  
 Closed for Thanksgiving

## 29 ~ FRIDAY

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

## 30 ~ SATURDAY

10:00 Strength & Balance

### \*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.

