

Gathering Points

(253) 756-0601

October 2021



FRANKE TOBEY JONES

POINT DEFIANCE-RUSTON SENIOR CENTER

Enjoy your age

Graduated Reopening

A graduated process will be used to reopen. We have made it through several weeks without any COVID cases arising. Now we are reopening a few more programs. See calendar, located on the back, for times and dates of the new programs.

We apologize for the inconvenience, but your health and safety are our priority.

Due to the DELTA variant, only vaccinated individuals may participate until further notice. If you have a medical exemption, it is recommended that you remain at home.

ENTERING THE BUILDING:

Masks, vaccination cards, and social distancing are required. Due to the DELTA variant, we are asking those who are medically exempt to remain at home. Present your vaccination card, complete a monitoring survey, and have your temperature taken at the desk. Check into the database. **FOOD RESCUE** participants will enter and sign in through the back dining room door. Only two participants (in the Food Rescue area) will be allowed in at a time due to social distancing.

VOLUNTEERS NEEDED:

Several volunteers are needed to relieve front desk volunteers. Training will be provided, but computer experience is required.

In addition, we are looking for a Beginning Spanish or Conversational Spanish instructor.

If interested, please contact the Director or Assistant at 253-756-0601.



SENIOR CENTER UPDATES

At this time we will be adding a few additional programs. We will continue to closely monitor the DELTA variant in Pierce County. Our priority is your safety and health; if we feel unable to offer classes safely, we will adjust our programming as needed to achieve that goal.

ADDING TO SCHEDULE

Beginning the first Monday of October, **Acupuncture** will be back! Shannon Leingang, the licensed Acupuncturist, will be providing her services in the main room of the Senior Center. Check the calendar, located on the back, for dates and times. Services will be on a first-come-first serve basis.

Also beginning in October, **Pinochle** will be back one day a week. At this time, it will be on Tuesdays. There will be two tables that seat four setup in the classroom. This may change over time. Check the calendar, located on the back, for dates and times.

Mexican Train Dominoes will resume on Thursdays in October. There will be two tables that seat four setup in the classroom. This may change over time. Check the calendar, located on the back, for dates and times.

Ruth Ann, from the **Diabetes** Association of Pierce County, will be at the Senior Center to perform blood glucose tests on Friday, October 15, from 12:00 p.m. to 2:00 p.m. Please take advantage of this free screening.

Please note that only those who have been vaccinated will be allowed in the building. Masks must be worn at all times during the aforementioned activities.

STRENGTH & BALANCE: As you may know, we are currently low one Strength & Balance instructor. Because the Tuesday/Thursday class has now been integrated into the Monday/Wednesday/Friday class, we have a lot more participants. We are going to use the dining room to expand this class in addition to the main room in order to accommodate participants. This raises those allowed to attend to 29. If additional people would like to attend, the class will be split into two classes.

It has been noticed that some individuals are **not maintaining the social distance** of six feet upon entering the building. This is not optional and it is for your safety. If this is not maintained, you may be asked to leave the building.

INFECTION OR POSITIVE

TEST: If you become ill or test positive for COVID, NOTIFY THE SENIOR CENTER immediately!



Vaccinations and masks are required until further notice.



WANTED

ALIVE!

Strength & Balance Instructor for weekly classes.

Reward (paycheck) for individual who acquires this position. If you or someone you know is interested, please call (253) 756-0601.



1 ~ FRIDAY

9:00 *Therapeutic Yoga
10:00 *Strength & Balance
12:00 Lunch

4 ~ MONDAY

10:00 *Strength & Balance
10:30 Food Rescue
12:00 Lunch
1:00 Acupuncture

5 ~ TUESDAY

10:00 Pinochle
10:30 Food Rescue
12:00 *Lunch

6 ~ WEDNESDAY

10:00 *Strength & Balance
10:30 Food Rescue
12:00 Lunch
2:00 *Therapeutic Yoga

7 ~ THURSDAY

10:00 Mexican Train
Dominoes
12:00 Lunch

8 ~ FRIDAY

9:00 *Therapeutic Yoga
10:00 *Strength & Balance
12:00 Lunch

11 ~ MONDAY

10:00 *Strength & Balance
10:30 Food Rescue
12:00 Lunch
1:00 Acupuncture

12 ~ TUESDAY

10:00 Pinochle
10:30 Food Rescue
12:00 Lunch

13 ~ WEDNESDAY

10:00 *Strength & Balance
10:30 Food Rescue
12:00 Lunch
2:00 *Therapeutic Yoga

14 ~ THURSDAY

10:00 Mexican Train
Dominoes
12:00 Lunch

15 ~ FRIDAY

9:00 *Therapeutic Yoga
10:00 *Strength & Balance
12:00 Diabetes Screening

18 ~ MONDAY

10:00 *Strength & Balance
10:30 Food Rescue
12:00 Lunch
1:00 Acupuncture

19 ~ TUESDAY

10:00 Pinochle
10:30 Food Rescue
12:00 Lunch

20 ~ WEDNESDAY

10:00 *Strength & Balance
10:30 Food Rescue
12:00 *Lunch
2:00 *Therapeutic Yoga

21 ~ THURSDAY

10:00 Mexican Train
Dominoes
12:00 *Lunch

22 ~ FRIDAY

9:00 *Therapeutic Yoga
10:00 *Strength & Balance
12:00 Lunch

25 ~ MONDAY

10:00 *Strength & Balance
10:30 Food Rescue
12:00 Lunch
1:00 Acupuncture

26 ~ TUESDAY

10:00 Pinochle
10:30 Food Rescue
12:00 Lunch

27 ~ WEDNESDAY

10:00 *Strength & Balance
10:30 Food Rescue
12:00 Lunch
2:00 *Therapeutic Yoga

28 ~ THURSDAY

10:00 Mexican Train
Dominoes
12:00 Lunch

29 ~ FRIDAY

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



COVID UPDATE

When I reported the case numbers last month per 100K we were at 410.2. As of September 13, 2021, we were down to 381 according to the Tacoma-Pierce County Health Department. Information can be found at <https://www.tpchd.org/healthy-people/diseases/covid-19-pierce-county-cases>.

While Pierce County is still a hotspot for COVID, the numbers have decreased. Beginning in October, we will be opening a few more programs, such as Acupuncture, Mexican Train Dominoes and Pinochle. So, let's bring back the fun while being safe!

Because you are our primary concern and we want to do everything we can to keep you healthy, there will still only be one class in the building at a time. Please remember that only vaccinated people will be allowed to participate; and we are maintaining social distancing.

*CLASS COST

Classes with an asterisk () next to them, have an associated charge. If you are unable to cover the fee, please see the instructor or Director. When paying, place your fee in an envelope, seal it, put your name and class on the front. All fees are turned into the front desk, excluding Line Dance (pay instructor).*

Strength & Balance

M/W/F Class: \$18/mo.
T/TH Class: \$12/mo.

Therapeutic Yoga

One class week: \$15 per month

Two classes week: \$22.00 per month

Single Classes

One Class: \$5 per class

Multiple Class Types

Two Class (Ex. Therapeutic Yoga and Strength & Balance): \$25 per month

1000 1 2000 3 4000 5 6000 7 8000 9 10000

SCHEDULING

This calendar is subject to change. Please call to confirm your class.

