

Gathering Points

(253) 756-0601

January 2022



FRANKE TOBEY JONES

POINT DEFIANCE-RUSTON SENIOR CENTER

Enjoy your age

GRADUATED REOPENING

As we continue our gradual reopening, I am in awe of how fast time has flown. While I wish we were fully open, we must continue monitoring COVID and adjusting our programs as necessitated by the numbers. We are adding one Bingo day to our programs. See calendar, located on the back, for times and dates.

ILLNESS

The Senior Center has been fortunate. No one has been infected with COVID and we'd like to keep it that way. In order to enter the Senior Center you must be vaccinated. As we continue to reopen, please be sure to wash your hands often, use hand sanitizer, mask up and social distance. After all, it's your health we are trying to protect, as well as the health of others.

In addition to COVID, it is flu season and there is a nasty cold going around. If you are sick, please stay home and take care of yourself. I know you love to share, but this is one time that sharing is not a good thing.

ENTERING THE BUILDING:

Present your vaccination card if you have not previously done so and complete a monitoring survey at the front desk. Check into the database. Proceed to your program.

2022 CLOSURES

I can't believe that it's already 2022. For those of you who plan your year out, here are the closure dates for the Center.

- Presidents Day - February 21
- Memorial Day - May 30
- Independence Day - July 4
- Labor Day - September 5
- Thanksgiving - November 24
- Christmas—December 26



VOLUNTEERS NEEDED:

Do you have a special hobby? Do you speak multiple languages? You have talents and we'd like you to consider sharing them with others.

If interested, please call 253-756-0601 and ask for Kate.

SCAMS

Recently, I had someone contact me, stating that they were from Amazon and that charges had been made to my account that looked fraudulent. They wanted me to go to an Internet address and download a program, giving them access to my computer. DO NOT FALL for these kinds of scams. Whether it's through email or phone, be very aware of all the scams going on right now. As a reminder, never give out your information. If someone contacts you saying they are with a certain company or agency, tell them you will call customer service of the actual entity and remain strong in your conviction. They may apply pressure, but just stay firm or hang up. You do not want to be the next victim!

INCLEMENT WEATHER

It's that time of the year when the weather can change overnight. The inclement weather policy is based on the Tacoma No. 10 School District. If they are running buses one hour late, the Center opens one hour late. If they close the schools for the day, the Center will be closed. Our priority is your safety!

BINGO IS BACK!

Beginning in January, we are adding one Bingo game per week, on Tuesdays. Things will be different. Paper bingo sheets will be used along with daubers to mark your spaces. If you are able, please bring your own dauber, but we will have a few available if needed. Due to COVID, only four people will be allowed to sit at an eight foot table due to the social distancing. We want you to have fun, but be safe and stay healthy doing it. See you there!



Due to COVID and the variants that continue to arise, only vaccinated individuals may participate until further notice.

If you have a medical exemption, it is recommended that you remain at home.

TACG

In November 2021, the Tacoma Arts and Crafts Group began renting the Senior Center. This group of women share and support each other in paper, fiber, ceramic, glass and fine art to name just a few. They welcome visitors to a complimentary meeting to make new friends, try new activities, and share your personal artistic passion with others. Sign up on the Meet Up App under Tacoma Arts and Crafts Group. After the first meeting, there is a small fee to help cover organization costs.



3 ~ MONDAY

10:00 *Strength & Balance
10:30 Food Rescue
11:00 *Strength & Balance
12:00 Lunch
12:30 Acupuncture

4 ~ TUESDAY

9:00 Meditation Class
10:00 Drawing w/John
10:00 Pinochle
10:30 Food Rescue
12:00 Lunch
1:00 Bingo



5 ~ WEDNESDAY

10:00 *Strength & Balance
10:30 Food Rescue
11:00 *Strength & Balance
12:00 Lunch
2:00 *Therapeutic Yoga

6 ~ THURSDAY

10:00 Mexican Train
Dominoes
12:00 Lunch
1:30 Tap Dance

7 ~ FRIDAY

9:00 *Therapeutic Yoga
10:00 *Strength & Balance
11:00 *Strength & Balance

10 ~ MONDAY

10:00 *Strength & Balance
10:30 Food Rescue
11:00 *Strength & Balance
12:00 Lunch
12:30 Acupuncture

11 ~ TUESDAY

10:00 Drawing w/John
10:00 Pinochle
10:30 Food Rescue
12:00 Lunch
1:00 Bingo

12 ~ WEDNESDAY

10:00 *Strength & Balance
10:30 Food Rescue
11:00 *Strength & Balance
12:00 Lunch
2:00 *Therapeutic Yoga

13 ~ THURSDAY

10:00 Mexican Train
Dominoes

13 ~ THURSDAY CONT'D.

12:00 *Lunch
1:30 Tap Dance

14 ~ FRIDAY

9:00 *Therapeutic Yoga
10:00 *Strength & Balance
11:00 *Strength & Balance

17 ~ MONDAY

10:00 *Strength & Balance
10:30 Food Rescue
11:00 *Strength & Balance
12:30 Acupuncture

18 ~ TUESDAY

9:00 Meditation Class
10:00 Drawing w/John
10:00 Pinochle
10:30 Food Rescue
12:00 Lunch
1:00 Bingo

19 ~ WEDNESDAY

10:00 *Strength & Balance
10:30 Food Rescue
11:00 *Strength & Balance
12:00 Lunch
2:00 *Therapeutic Yoga

20 ~ THURSDAY

10:00 Mexican Train
Dominoes
12:00 *Lunch
1:30 Tap Dance

21 ~ FRIDAY

9:00 *Therapeutic Yoga
10:00 *Strength & Balance
11:00 *Strength & Balance

24 ~ MONDAY

10:00 *Strength & Balance
10:30 Food Rescue
11:00 *Strength & Balance
12:00 Lunch
12:30 Acupuncture

25 ~ TUESDAY

10:00 Drawing w/John
10:00 Pinochle
10:30 Food Rescue
12:00 Lunch
1:00 Bingo

26 ~ WEDNESDAY

10:00 *Strength & Balance
10:30 Food Rescue

26 ~ WEDNESDAY CONT'D.

11:00 *Strength & Balance
12:00 Lunch
2:00 *Therapeutic Yoga

27 ~ THURSDAY

10:00 Mexican Train
Dominoes
12:00 *Lunch
1:30 Tap Dance

28 ~ FRIDAY

9:00 *Therapeutic Yoga
10:00 *Strength & Balance
11:00 *Strength & Balance

31 ~ MONDAY

10:00 *Strength & Balance
10:30 Food Rescue
11:00 *Strength & Balance
12:00 Lunch
12:30 Acupuncture

*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

SCHEDULING

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

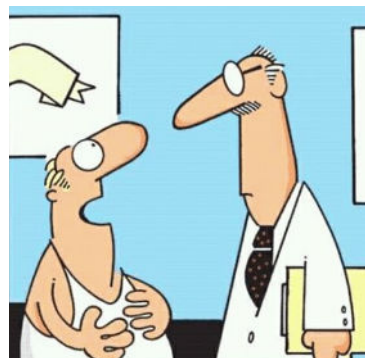
ROLLBACKS

If someone contracts the virus, the Senior Center schedule will rollback to the previous schedule. If there is a time lapse in the participant notifying the Senior Center, it may become necessary to temporarily close, dependent on Health Department recommendations.

Cartoon Corner



"I'm prescribing exercise. Think of it as a stress pill that takes 30 minutes to swallow."



"You have bad handwriting. I thought 'diet and exercise' said 'beer and pizza'."