

Gathering Points

(253) 756-0601

February 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 become infected with **COVID** while attending the Senior Center 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



SENIOR CENTER UPDATES



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.

GOODBYE!

After several years of service, both Candy Gustafson and Betty Withrow decided to resign. Betty's last day was December 22 and Candy's was December 31.

Candy, whom many of you know from Gifts in a Jar classes will be spending more time with her husband traveling. Betty, whom many of you know from soap, candle and greeting card classes, will enjoy leisure craft time at home. We want to wish them both well. While they will be greatly missed, maybe we can talk them into coming back to teach classes on occasion.



IS BACK!

Beginning in February, Bingo is back! The time has been changed to Thursday morning at 11:00 a.m. 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 because of social distancing. We want you to have fun, but be safe and stay healthy doing it. See you there!



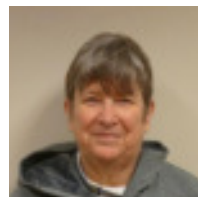
WELCOME!



I am pleased to announce that Ron Yaden has taken the Assistant position. Ron has been at the Senior Center for many years, supervising the

AARP Tax Program and teaching many classes. In addition, he designed the database system that we use today to check in. He took a short break, but he is back!

Ron is widowed and lives in Tacoma. He has three children and four grandchildren. He retired from the City of Tacoma after 25 years and started his own computer consulting company, which he ran eleven years before retiring.



Welcome Connie Byzinker to the Senior Center! While she is fairly new to many of you, she has been working on

Wednesdays as a volunteer. That's about to change! As of January 26, she will taking the on-call Receptionist position.

Connie is married and lives in Ruston. She has three children and five grandchildren. Connie has retired twice, once from the Army and once from Civil Service. She has worked at Camp Murray and Fort Lewis.

Please welcome them! They will make a wonderful addition to our team.

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.





1 ~ TUESDAY

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

2 ~ WEDNESDAY

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

3 ~ THURSDAY

10:00 Mexican Train
Dominoes
11:00 Bingo
12:00 Lunch
1:30 Tap Dance



4 ~ FRIDAY

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

7 ~ MONDAY

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

8 ~ TUESDAY

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

9 ~ WEDNESDAY

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

10 ~ THURSDAY

10:00 Mexican Train
Dominoes
11:00 Bingo
12:00 *Lunch
1:30 Tap Dance

11 ~ FRIDAY

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

14 ~ MONDAY

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

15 ~ TUESDAY

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

16 ~ WEDNESDAY

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

17 ~ THURSDAY

10:00 Mexican Train
Dominoes
11:00 Bingo
12:00 *Lunch
1:30 Tap Dance

18 ~ FRIDAY

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

21 ~ MONDAY

CLOSED FOR



22 ~ TUESDAY

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

23 ~ WEDNESDAY

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

24 ~ THURSDAY

10:00 Mexican Train
Dominoes
11:00 Bingo
12:00 *Lunch
1:30 Tap Dance

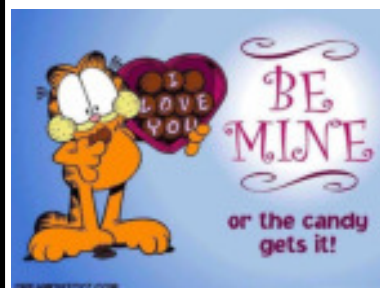
25 ~ FRIDAY

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

28 ~ MONDAY

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

Cartoon Corner



*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.