

Gathering Points

(253) 756-0601

July 2022



FRANKE TOBEY JONES
POINT DEFIANCE-RUSTON SENIOR CENTER

Enjoy your age

SENIOR CENTER UPDATE

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.

MASKS

Even though the mask mandate has been lifted, the Senior Center will continue to require masks until further notice.

VACCINATIONS

Due to COVID, only vaccinated individuals may participate in Senior Center activities at this time. If you have a medical exemption, it is recommended that you remain at home.



2022 CLOSURES

The following dates are closure dates for the Center.

- Independence Day - July 4
- Labor Day - September 5
- Thanksgiving - November 24
- Christmas—December 26

GRADUATION ANNOUNCEMENT

Kate Gray's Miniature Australian Labradoodle, Hershey Grace, graduated from her Puppy Education Classes on Saturday, June 11, 2022. She did so with flying colors at the top of her class.



ACUPUNCTURE

Acupuncture has changed weekdays, from Mondays to Wednesdays, noon to 1:30 p.m. No appointment is necessary. Cost is \$10 and is paid directly to the Acupuncturist.



CRIBBAGE

Cribbage has been added to the Senior Center Program Schedule. Rick Pardur will be teaching this class, which will be held on the second and fourth Wednesday of the month at 1:00 p.m.

HOLLAND RIVER CRUISE

Are you planning on participating in our 2023 Holland River Cruise? We currently have five people registered. Ron, his daughter, Chris, Judie and Ernie. Do you want to join this fun group! If so, you will want to get your deposit in as soon as possible, especially if you want a Mozart Suite. Two out of twelve have been taken by our group and there are others across the country that will also be going. Don't miss out on this opportunity!

SAVE THE GAME DATES

Two new games are being added to the fall programming. Put them on your calendars now so you save the dates. The card game Spades is being added on Fridays, beginning September 9, at 10:00 a.m. Ron Yaden will be teaching this game.



Mahjong will also be added on Mondays, beginning September 12, the first Monday after

Labor Day, at 1:00 p.m. Judie Watson will be teaching this game. If you are interested in Mahjong, please call in and sign up as soon as possible. We need to know how many people to expect so we provide enough Mahjong boards.

Call (253) 756-0601
to register for classes.

MEALS

Catholic Community Services has brought their meals back indoors! No meals will be served via the drive through any longer. If you still want to take your meal home, you must bring your own containers, come into the building, pay and provide your containers to the cook, staff or volunteers.



DOG WALK (HUMANS ALLOWED)

Have a dog? Come join the dog walkers on a stroll around Baltimore Park on Saturdays at 10:00 a.m. Humans are welcome to join their dog. . .LOL. Walk at your own pace. Walk as many laps as you like. Let's just have some summer fun!

SUMMER RUMMAGE SALE

As many of you know, the Senior Center typically has a rummage sale the first weekend of August. For those who have been saving up their gently used items for the sale, we will not be having a sale in August 2022. We will, however, plan a rummage sale for August of 2023. Like many events that are postponed, this is a result of the COVID numbers.

MUSICAL GROUP UPDATE

The Musical Group is changing their meeting time from 3:30 p.m. to 2:45 p.m. on Thursdays. If you like to sing and have fun, this is the group for you. There are no expectations other than you enjoy yourself. Everyone will have a voice in what is sung

BINGO CANCELLED

While we are happy meals have returned indoors, our attempt at reviving our Bingo games has not been so successful. As a result of not having enough interest, Bingo is being taken off the schedule for now. Hopefully, we will have enough interest in the future to bring it back.



1 ~ FRIDAY

9:00 *Therapeutic Yoga
10:00 *Strength & Balance
1:00 Brain Games w/Ron
2:15 Tai Chi
6:30 Martial Arts

2 ~ SATURDAY

10:00 Dog Walk in the Park
(humans allowed)

4 ~ MONDAY



5 ~ TUESDAY

10:00 Drawing w/John
10:00 Pinochle
10:30 Food Rescue
12:00 Ping Pong
12:00 Lunch (dining room)
6:30 Martial Arts

6 ~ WEDNESDAY

10:00 *Strength & Balance
10:30 Food Rescue
12:00 Lunch (dining room)
12:00 Acupuncture
2:00 *Therapeutic Yoga

7 ~ THURSDAY

10:00 Mexican Train Dom.
12:00 *Lunch (dining room)
2:45 Musical Group

8 ~ FRIDAY

9:00 *Therapeutic Yoga
10:00 *Strength & Balance
2:15 Tai Chi
6:30 Martial Arts

9 ~ SATURDAY

10:00 Dog Walk in the Park

11 ~ MONDAY

10:00 *Strength & Balance
10:30 Food Rescue
11:00 Hand and Foot
12:00 Lunch (dining room)
2:00 Tai Chi

12 ~ TUESDAY

10:00 Drawing w/John
10:00 Pinochle

12 ~ TUESDAY CONT'D.

10:30 Food Rescue
12:00 Ping Pong
12:00 Lunch (dining room)
6:30 Martial Arts

13 ~ WEDNESDAY

10:00 *Strength & Balance
10:30 Food Rescue
12:00 Lunch (dining room)
12:00 Acupuncture
1:00 Cribbage
2:00 *Therapeutic Yoga

14 ~ THURSDAY

10:00 Mexican Train Dom.
12:00 *Lunch (dining room)
2:45 Musical Group

15 ~ FRIDAY

9:00 *Therapeutic Yoga
10:00 *Strength & Balance
1:00 Brain Games w/Ron
2:15 Tai Chi
6:30 Martial Arts

16 ~ SATURDAY

10:00 Dog Walk in the Park

18 ~ MONDAY

10:00 *Strength & Balance
10:30 Food Rescue
12:00 Lunch (dining room)
2:15 Tai Chi

19 ~ TUESDAY

10:00 Drawing w/John
10:00 Pinochle
10:30 Food Rescue
12:00 Ping Pong
12:00 Lunch (dining room)
6:30 Martial Arts

20 ~ WEDNESDAY

10:00 *Strength & Balance
10:30 Food Rescue
12:00 Lunch (dining room)
12:00 Acupuncture
2:00 *Therapeutic Yoga

21 ~ THURSDAY

10:00 Mexican Train Dom.
12:00 *Lunch (dining room)
2:45 Musical Group

22 ~ FRIDAY

9:00 *Therapeutic Yoga
10:00 *Strength & Balance
2:15 Tai Chi
6:30 Martial Arts

23 ~ SATURDAY

10:00 Dog Walk in the Park

25 ~ MONDAY

10:00 *Strength & Balance
10:30 Food Rescue
12:00 Lunch (dining room)
2:15 Tai Chi

26 ~ TUESDAY

10:00 Drawing w/John
10:00 Pinochle
10:30 Food Rescue
12:00 Ping Pong
12:00 Lunch (dining room)
6:30 Martial Arts

27 ~ WEDNESDAY

10:00 *Strength & Balance
10:30 Food Rescue
12:00 Lunch (dining room)
12:00 Acupuncture
1:00 Cribbage
2:00 *Therapeutic Yoga

28 ~ THURSDAY

10:00 Mexican Train Dom.
12:00 *Lunch (dining room)
2:45 Musical Group

29 ~ FRIDAY

9:00 *Therapeutic Yoga
10:00 *Strength & Balance
2:15 Tai Chi
5:30 Martial Arts

30 ~ SATURDAY

10:00 Dog Walk in the Park
(humans allowed)

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

*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. All fees are turned into the front desk, excluding Line Dance (pay instructor). Please make checks payable to Pt. Defiance!Ruston Senior Center.

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

Therapeutic Yoga
One class per week: \$15 per month
Two classes week: \$22.00 per month

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

Line Dance
One class per week: \$20 six-week program

SUMMER BREAK

Some instructors take the summer off, both because of the heat and vacations. The following classes will not be held in July or August:

Tap Dance
Line Dance

SCHEDULING

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

Cartoon Corner

A little time around me, and our founding fathers would probably have rethought the whole "freedom of speech" thing.

