

Gathering Points

(253) 756-0601

January 2023



FRANKE TOBEY JONES

POINT DEFIANCE-RUSTON SENIOR CENTER

Enjoy your age

MASK RECOMMENDATION

At this time, masks are not required; however, they are highly recommended. It's that time of year when colds and flu are on the rise. In addition, COVID is still around and Respiratory Syncytial Virus (RSV) is on the rise. The best way to protect yourself and others when you are out and about follows:

- ◆ Cover your nose and mouth with a tissue or the bend of your elbow when you cough or sneeze
- ◆ Wear an N-95 or hospital style mask.
- ◆ Wash your hands often with soap and water for a minimum of 20 seconds. Use hand sanitizers. That contain a minimum of 60 percent alcohol.
- ◆ Avoid touching your eyes, nose or mouth. Germs spread this way.
- ◆ Try to avoid close contact with sick people.
- ◆ If you are sick, stay home, call your care provider and keep away from others as much as possible to keep from making others sick.

Stay healthy!

SNOWFLAKES

LINDA A. COPP

SNOWFLAKES SPILL FROM HEAVEN'S HAND LOVELY AND CHASTE LIKE SMOOTH WHITE SAND.

A VEIL OF WONDER LACED IN LIGHT FALLING GENTLY ON A WINTER NIGHT.

GRACEFUL BEAUTY RAINING DOWN GIVING MAGIC TO THE LIFELESS GROUND.

EACH SNOWFLAKE LIKE A FALLING STAR SMILING BEAUTY THAT'S SPUN AFAR.

TILL EARTH IS DRESSED IN A ROBE OF WHITE UNSPOKEN POEM THE HUSH OF NIGHT.

IRELAND PRESENTATION

Want to find a pot of gold? Or just see a beautiful country? Join us for a presentation on our Ireland trip we will be taking in September 2023. The discussion will be on Tuesday, January 10, at 9:00 a.m.

WHERE TO GO NEXT

Do you want to have a voice about the trips that the Senior Center schedules? Join us on Tuesday, January 10, at 10:30 a.m. Possible locations include Africa, Iceland, and Asia. Join us and let us know!

NEW MAHJONG CLASS

Beginning Tuesday, January 10, a new Mahjong class will be open. Call to reserve your seat!

TAXES

AARP Tax Assistance appointments are currently being taken. At this time, no walk-ins are scheduled. Appointments are available February through April 15.

INCLEMENT WEATHER

Just a reminder that the Senior Center follows the Tacoma School District #10. If they close, we close. If buses run two hours late, we open two hours late. If schools are closed, an announcement will be on the FTJ website under Senior Center Updates.

THANK YOU

I want to say thank you to everyone who supported the Senior Center and made it a success in 2022. From instructors and volunteers, to staff, participants, and Franke Tobey Jones, it takes a village and we are blessed to have a large one with extremely generous people. THANK YOU!

Call (253) 756-0601

For questions or to register for classes.

2023 ANNUAL PLANNER

January 2	Closed New Year
January 17*	No Meal (CCS Closed)
January	Tax Appt. Available
Feb. 20	Closed President's Day
April 26	Holland Trip
May 12	Mackinac Island Trip
May 15	AARP Safe Driver Class
May 19	Taco Friday & Line Dancing
May 29	Closed Memorial Day
June 19*	No Meal (CCS Closed)
June 29	4th of July Party
July 4	Closed 4th of July
July 29	AARP Safe Driver Class
Sept 4	Closed Labor Day
October 2	AARP Safe Driver Class
October 31	Halloween Party
Nov. 16	Thanksgiving Party & Meal
Nov. 23	Closed Thanksgiving
Dec. 14	Holiday Party & Meal
Dec. 25	Closed Christmas
Dec. 26*	No Meal (CCS)
Jan. 1	Closed New Years Day

*Center is open.



The Senior Center Book Club meets the 3rd Thursday to discuss that month's book.

January 2023: *Of Mice and Men* by John Steinbeck

February 2023: *Blessing the Hands That Feed Us* By Vicki Robin

March 2023: *The Nightingale* by Kristen Hannah



JANUARY

2023

(253) 756-0601

Point Defiance~Ruston Senior Center

4716 N. Baltimore, Tacoma, WA 98407

2 ~ MONDAY

CLOSED

for
New Years

3 ~ TUESDAY

10:00 Drawing w/John
10:00 Pinochle

10:30 Food Rescue

11:00 *Wii Bowling*

11:00 Ping Pong

12:00 Lunch

1:00 Center Sing-a-long

1:00 Mahjong w/Judie

6:30 Martial Arts



4 ~ WEDNESDAY

10:00 *Strength & Balance

10:30 Food Rescue

12:00 Lunch

12:00 Acupuncture

2:00 *Therapeutic Yoga

3:30 *Line Dancing

5 ~ THURSDAY

10:00 Mexican Train Game

10:00 *Beginner Piano

12:00 *Lunch

1:00 *Brain Games*

1:30 Tap Dancing

6:30 Martial Arts

6 ~ FRIDAY

9:00 *Therapeutic Yoga

10:00 *Strength & Balance

10:00 Spades

2:30 Tai Chi

9 ~ MONDAY

10:00 *Strength & Balance

10:30 Food Rescue

12:00 Lunch

1:00 *Tell Your Story*

2:30 Tai Chi

10 ~ TUESDAY

9:00 *Ireland Presentation*

10:00 Drawing w/John

10:00 Pinochle

10:30 *Africa, Asia & Iceland Discussion / Presentation*

10:30 Food Rescue

12:00 Lunch

1:00 *Mahjong, New Class*

1:00 Center Sing-a-long

6:30 Martial Arts

11 ~ WEDNESDAY

10:00 *Strength & Balance

10:30 Food Rescue

12:00 Lunch

12:00 Acupuncture

1:00 Cribbage

2:00 *Therapeutic Yoga

3:30 *Line Dancing

12 ~ THURSDAY

10:00 Mexican Train Game

10:00 *Beginner Piano

12:00 Lunch

1:00 *Apple User Group*

1:30 Tap Dancing

6:30 *Martial Arts*

13 ~ FRIDAY

9:00 *Therapeutic Yoga

10:00 *Strength & Balance

10:00 Spades

11:00 *Beach Volleyball*

2:30 Tai Chi

16 ~ MONDAY

10:00 *Strength & Balance

10:30 Food Rescue

11:00 *Blood Pressure Checks*

12:00 Lunch

2:30 *Tai Chi*

17 ~ TUESDAY

10:00 Drawing w/John

10:00 Pinochle

10:00 Ping Pong

10:30 Food Rescue

11:00 *Wii Bowling*

12:00 **NO LUNCH**

1:00 Mahjong w/Judie

1:00 Center Sing-a-long

6:30 Martial Arts

18 ~ WEDNESDAY

10:00 *Strength & Balance

10:30 Food Rescue

12:00 Lunch

12:00 Acupuncture

2:00 *Therapeutic Yoga

3:30 *Line Dancing

19 ~ THURSDAY

10:00 Mexican Train Game

10:00 Beginning Piano

12:00 *Lunch

1:00 *Book Club w/Chris*

Johns

1:30 Tap Dancing

6:30 *Martial Arts*

20 ~ FRIDAY

9:00 *Therapeutic Yoga

10:00 *Strength & Balance

10:00 *Spades*

2:30 *Tai Chi*

23 ~ MONDAY

10:00 *Strength & Balance

10:30 Food Rescue

12:00 Lunch

1:00 *Tell Your Story*

2:30 *Tai Chi*

24 ~ TUESDAY

10:00 Drawing w/John

10:00 Pinochle

10:30 Food Rescue

11:00 Ping Pong

12:00 Lunch

1:00 Mahjong w/Judie

1:00 *Center Sing-a-long*

6:30 Martial Arts

25 ~ WEDNESDAY

10:00 *Strength & Balance

10:30 Food Rescue

12:00 Lunch

12:00 Acupuncture

1:00 Cribbage

2:00 *Therapeutic Yoga

3:30 *Line Dancing

26 ~ THURSDAY

10:00 Mexican Train Game

10:00 *Beginner Piano

12:00 *Lunch

26 ~ THURSDAY CONT'D.

1:30 Tap Dancing

6:30 Martial Arts

27 ~ FRIDAY

9:00 *Therapeutic Yoga

10:00 *Strength & Balance

10:00 Spades

2:30 Tai Chi

30 ~ MONDAY

10:00 *Strength & Balance

10:30 Food Rescue

12:00 Lunch

2:30 *Tai Chi*

31 ~ TUESDAY

10:00 Drawing w/John

10:00 Pinochle

10:30 Food Rescue

11:00 Ping Pong

12:00 Lunch

1:00 Mahjong w/Judie

1:00 Center Sing-a-long

6:30 Martial Arts

*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 Ctr.*

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

Cartoon Corner

