

Gathering Points

(253) 756-0601

May 2023



FRANKE TOBEY JONES

POINT DEFIANCE-RUSTON SENIOR CENTER

Enjoy your age

HIGHLIGHTS

MAY

Beg. Spanish According to Dr. Seuss w/Diane (Mondays)

Blood pressure checks (1)

Sing-along (Tuesdays)

Diabetes Screening (4)

Tell Your Story (8 & 22)

Switzerland Presentation (9)

*Disaster Preparedness (10)

Gardening with Bill (Thursdays)

Apple User Group (11)

Mackinac Trip Departs (12)

*Safe Driving Class (15)

*Beginning Guitar w/David (16)

Book Club w/Chris (18)

Taco Fridays & Line

Dance (19)

Provant...FREE TO VETS (24)

THE FIRST OF MAY

BY ANNETTE WYNNE

If I could stay up late no doubt
I'd catch the buds just bursting
out; And up from every hidden
root Would jump a tiny slender
shoot; I wonder how seeds learn
the way, They always know
the very day—

The pretty, happy first of May;
If I could stay up then, no
doubt I'd catch the buds
just bursting out.



*TACOS & LINE DANCING

Join us as two popular events return as one. . .Tacos & Line Dancing! Included are two Margaritas. Lunch will be served at noon on Friday, May 19. Maryanne and Paul will be here to get the dancing started at 1:00 p.m. Tickets will be on sale starting Monday, April 17 for \$10. After May 10, tickets go up to \$12.50. Seating is limited so get your tickets early, before they sell out.

DIABETES SCREENING

The Pierce County Diabetes Association will have a representative at the Senior Center performing glucose tests. This is a free service. Join us on Thursday, May 4, at noon to have your blood checked for Diabetes.

*DISASTER PREPAREDNESS

Are you ready for the next earthquake? Join the discussion on Wednesday, May 10, at 11:00 a.m. and make sure you're ready!



*PROVANT . . . FREE TO VETS

Are you a veteran who suffers from pain and have tried other therapies that do not help? Provant is a safe, non-drug, pain relief that is available at no cost if you receive Veterans Administration (VA) health care benefits. Provant and Provant Infinity are medical devices that relieve pain by exposing the tissue to electromagnetic energy, intended to provide an analgesic effect and reduce inflammation. It is non-invasive and typically sensation-free. Come find out more by registering for the presentation on Wednesday, May 24, at 11:00 a.m.



CLOSURE

Monday, May 29,
the Senior Center
will be closed for
Memorial Day

* Registration Required

GUITAR LESSONS W/DAVID

Have you ever wanted to strum a guitar and hear the beautiful sounds of music that you make? David Lee has graciously agreed to teach a group guitar class, beginning on Tuesday, May 16, at 10:00 a.m. Beginning in June, classes will be on the first and third Tuesdays of the month. David has been playing guitar since he was 14 years of age; and he is currently a member of the Puget Sounds, a North End musical group volunteering to play around the South Sound. You will need to bring a guitar. If you have never played guitar, you might want to get an inexpensive one initially to see if you want to stick with it. See you there!



*SAFE DRIVING CLASS

Do you need to take an AARP Safe Driving Class? By doing so, you may be able to save some money on your car insurance. This year there are three such classes scheduled. Pick the one that best fits your schedule: Monday, May 15; Saturday, July 29; or Monday, October 2. All classes run from 9:00 a.m. to 5:00 p.m.

RIDDLE CENTRAL

The more you take, the more you leave behind. What are they? (Answer pg. 2)



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

May 2023: *The Book Women of Troublesome Creek*
By Kim Michele Richardson

June 2023: *The Sun Also Rises*
by Ernest Hemingway

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HIGHLIGHTS

JUNE

Mexican Train Dominoes
(Thursdays)
Beginning Piano (Thursdays)
Brain Games (1)
Tap Dance (Thursdays)
Therapeutic Yoga
(Wednesdays & Fridays)
Line Dancing (Wednesdays)
Spades (Fridays)
Dog Playdate w/Human Walkers
(Saturdays)
Blood pressure checks (5)
Tai Chi
(Mondays & Thursdays)
Food Rescue
(Monday-Thursday)
Drawing Class (Tuesdays)
Pinochle (Tuesdays)
Guitar Lessons w/David
(1st and 3rd Tuesdays)
Planning for Long-term
Care (7)
Acupuncture (Wednesdays)
Memorials of WWII
Presentation (7)
Mobile and Online Notary
Services (14)
Basic Computer (22)

CLOSURE: Tuesday, July
4 for Independence Day

4th of July Party
(Thur., July 6)



*MEMORIALS OF WWII

Fly with us on August 9th, 2024, for an unforgettable journey of discovery and remembrance as you travel between London, Normandy and Paris on the 80th Anniversary of D-Day. Explore London's connections to World War II during a city tour focused on The Blitz. Cross the English Channel, retracing the parallel journey nearly 160,000 courageous Allied troops took on June 6th, 1944, as they set out to liberate Europe from the Nazis. Immerse yourself in the history of Normandy's D-Day Landing Beaches and visit the Normandy



American Cemetery. Visit Saint-Mère-Église, the first French town liberated from the Nazis and learn about the brave paratroopers who parachuted into Normandy on the night of June 5-6, 1944. Conclude your journey in Paris, the City of Light with a festive dinner cruise along the Seine River.

Normandy Presentation

Join us on Wednesday, June 7, at 1:00 p.m. to learn about this fascinating trip. You won't want to miss it!

NEXT ADVISORY BOARD MEETING

Friday, June 2, at 1:00 p.m.

** Registration Required*

*Call (253) 756-0601 for
questions or class registration.*



*SWITZERLAND, AUSTRIA AND BAVARIA

Join us on May 22, 2024, as we travel to Switzerland, Austria and Bavaria. This is a ten day trip with twelve meals included. Highlights include Bern, Montreux, GoldenPass Panoramic Train, Gstaad, Lucerne, Austrian Alps, Innsbruck, Salzburg, Bavaria, Linderhof Palace, and a Tyrolean Folklore Show.

You have to experience the GoldenPass Panoramic Train! This legendary train ride, one of Switzerland's many scenic rides, connects central Switzerland and Lake Geneva. Departing from Montreux, the train makes an exhilarating ascent through vineyards and country estates, traveling along the shimmering lake. This journey takes you past weathered timber chalets with their flower-bedecked windows to Gstaad. It's just as you always imagined Switzerland. Towering peaks and majestic fir trees reach toward a limitless sky.

Switzerland Presentation

The presentation for the Switzerland, Austria, and Bavaria tour will be held on Tuesday, May 9, at 11:00 a.m. Come hear what your dream vacation



4TH OF JULY PARTY

Thursday, July 6, 11:00 a.m.

Punch, cookies, chips
and the Tacoma Banjo Club

all about!

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CRIBBAGE WITH NORM DICKS

Do you want to learn how to play Cribbage? A new class is forming with Norm Dicks instructing. You do not need to sign up... just show up! Cribbage will be offered twice monthly, on the second and fourth Wednesday of each month. Class starts at 1:00 p.m. Come join the fun!



PARKINSON'S



Friday, May 5, 2023

10:00 - 3:30pm

Rainier View Christian Church
12305 Spanaway Loop Rd S
Tacoma, WA 98444

American Parkinson Disease Association & the Pierce County Health Care Providers Council team up for this one-day event.

Spend the day with a slate of national and local Parkinson's disease experts. This conference is focused on health, wellness, movement and research. It is a day designed to educate, inspire and empower those impacted by Parkinson's disease.

FEATURING

Dr. Rebecca Gilbert, Movement Disorders Neurologist
APDA Vice President & Chief Scientific Officer

Learn, Move & Connect with Others

For Registration or More Information:



apdaparkinson.org/Northwest



apdanw@APDAParkinson.org



206 695 2905

1 ~ MONDAY

10:00 *Strength & Balance
10:30 Food Rescue
11:00 Blood Pressure Checks
11:00 Beg. Spanish
12:00 Lunch
2:30 Tai Chi

2 ~ TUESDAY

10:00 Drawing w/John
10:00 Pinochle
10:30 Food Rescue
12:00 Lunch
1:00 Center Sing-a-long
1:00 Mahjong
6:30 Martial Arts

3 ~ WEDNESDAY

10:00 *Strength & Balance
10:30 Food Rescue
11:10 Ping Pong
12:00 Lunch
12:00 Acupuncture
2:00 *Therapeutic Yoga
3:30 *Line Dancing

4 ~ THURSDAY

10:00 Mexican Train Game
10:00 *Beginner Piano
11:00 Gardening w/Bill
12:00 *Lunch
12:00 Diabetes Screening
1:30 Tap Dancing
6:30 Martial Arts

5 ~ FRIDAY

9:00 *Therapeutic Yoga
9:30 Spades
10:00 *Strength & Balance
11:00 Ping Pong
12:00 Wii Bowling
2:30 Tai Chi

8 ~ MONDAY

10:00 *Strength & Balance
10:30 Food Rescue
11:00 Beg. Spanish
12:00 *Lunch
1:00 Tell Your Story
2:30 Tai Chi

9 ~ TUESDAY

10:00 Drawing w/John
10:00 Pinochle
10:30 Food Rescue
11:00 Switzerland

9 ~ TUESDAY CONT'D.

Presentation

12:00 *Lunch
1:00 Mahjong
1:00 Center Sing-a-long
6:30 Martial Arts

10 ~ WEDNESDAY

10:00 *Strength & Balance
10:30 Food Rescue
11:00 Disaster Prep.
11:00 Ping Pong
12:00 Lunch
12:00 Acupuncture
1:00 Cribbage w/Norm
2:00 *Therapeutic Yoga
3:30 *Line Dancing

11 ~ THURSDAY

10:00 Mexican Train Game
10:00 Beginning Piano
11:00 Gardening w/Bill
12:00 *Lunch
1:00 Apple User Group
1:30 Tap Dancing
6:30 Martial Arts

12 ~ FRIDAY

9:00 *Therapeutic Yoga
9:30 Spades
10:00 *Strength & Balance
11:10 Ping Pong
2:30 Tai Chi

15 ~ MONDAY

9:00 *Safe Driving Class
10:00 *Strength & Balance
10:30 Food Rescue
11:00 Blood Pressure Checks
11:00 Beg. Spanish
12:00 Lunch
2:30 Tai Chi

16 ~ TUESDAY

10:00 Drawing w/John
10:00 Pinochle
10:00 Beg. Guitar w/David
10:30 Food Rescue
12:00 Lunch
1:00 Mahjong
1:00 Center Sing-a-long
6:30 Martial Arts

17 ~ WEDNESDAY

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

17 ~ WEDNESDAY CONT'D.

2:00 *Therapeutic Yoga
3:30 *Line Dancing

18 ~ THURSDAY

10:00 Mexican Train Game
10:00 *Beginner Piano
11:00 Gardening w/Bill
12:00 *Lunch
1:00 Book Club w/Chris
1:30 Tap Dancing
6:30 Martial Arts

19 ~ FRIDAY

9:00 *Therapeutic Yoga
9:30 Spades
10:00 *Strength & Balance
11:00 Ping Pong

12:00 *Taco Fridays

1:00 Line Dance
2:30 Tai Chi

22 ~ MONDAY

10:00 *Strength & Balance
10:30 Food Rescue
11:00 Beg. Spanish
12:00 Lunch
1:00 Tell Your Story
2:30 Tai Chi

23 ~ TUESDAY

10:00 Drawing w/John
10:00 Pinochle
10:30 Food Rescue
11:00 Band Practice
12:00 Lunch
1:00 Sing-along
1:00 Mahjong
6:00 Martial Arts

24 ~ WEDNESDAY

10:00 *Strength & Balance
10:30 Food Rescue
11:00 Ping Pong
11:00 Free to Vets Provant

12:00 Lunch
12:00 Acupuncture
1:00 Cribbage w/Norm
2:00 *Therapeutic Yoga
3:30 *Line Dancing

25 ~ THURSDAY

10:00 Mexican Train Game
10:00 Beginning Piano
11:00 Gardening w/Bill
12:00 *Lunch
1:00 Basic Computer
1:30 Tap Dancing
6:30 Martial Arts

26 ~ FRIDAY

9:00 *Therapeutic Yoga
9:30 Spades
10:00 *Strength & Balance
11:00 Ping Pong
2:30 Tai Chi

29 ~ MONDAY

Closed for Memorial Day

30 ~ TUESDAY

10:00 Drawing w/John
10:00 Pinochle
10:30 Food Rescue
12:00 Lunch
1:00 Center Sing-a-long
1:00 Mahjong
6:30 Martial Arts

31 ~ WEDNESDAY

10:00 *Strength & Balance
10:30 Food Rescue
11:10 Bob Wangen Guitar
12:00 Lunch
12:00 Acupuncture
2:00 *Therapeutic Yoga
3:30 *Line Dancing

*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. 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

