

Gathering Points

(253) 756-0601

June 2023



FRANKE TOBEY JONES

POINT DEFIANCE-RUSTON SENIOR CENTER

Enjoy your age

HIGHLIGHTS

JUNE

Gardening w/Bill (Thursdays)

Brain Games (1)

Tap Dancing (Thursdays)

Advisory Board Meeting (2)

Leash Brigade (Saturdays)

Tax Assistance (5 & 19)

Guitar Lessons (6 & 20)

Sing-along (Tuesdays, every two weeks)

Planning for Long-term Care & End-of-Life Documents (7)

Normandy Presentation (7)

Soap Making Class (9)

Apple User Group (8)

Notary Service Pres. (14)

Book Club (15)

Clay Class (15 & 22)

Cribbage w/Norm (14 & 28)

Basic Computer (22)

JUNE IS A TUNE

BY LENORE HETRICK

June is a tune
That jumps on a stair.

June is a rose

In a little girl's hair.

June is a bumble

Of one small bee.

June is a hug

From the sun-
shine
to me!



TAX ASSISTANCE

Do you still need help with your taxes? AARP Tax Volunteers will be onsite twice a month, the first and third Monday of the month, to assist you in filing your taxes. Appointments are required.

LEASH BRIGADE

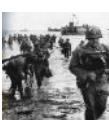


For those who have dogs, our dog walking is returning on Saturdays, starting June 3, at 9:30 a.m. The walk is dependent on weather, if it is raining or if it is below 65 degrees the walk will be canceled for that day. Dogs are allowed off leash to play if you choose.

FRIDAY YOGA

The Friday Yoga class is moving from the morning to the afternoon. Beginning June 2, the class will start at 1:00 p.m.

NORMANDY PRESENTATION



Do you like history and enjoy experiencing it firsthand? If so, you won't want to miss the presentation on Wednesday, June 7, at 1:00 p.m. The Memorials of WWII trip, in 2024, will take you through the areas of London that were bombed during WWII. You will cross the English Channel, following the route to where the troops embarked on a perilous invasion, you'll visit museums, and so much more! This trip is scheduled to leave on August 9, 2024. We have a limited number of spaces available on this trip and it will book fast so make your reservations as soon as possible to join us on the 80th Anniversary of Normandy's D-day.

SAFE DRIVING CLASS

AARP will be offering their Safe Driving Class several times throughout the year. After taking this class, you may be eligible to receive a small discount from your insurance company. Each company is different so please contact your insurance company to verify their participation in the program. The next scheduled class is May 28, at 9:00 a.m.

LONG-TERM CARE & END-OF-LIFE DOCUMENTS

If you were to get sick or die suddenly, are you prepared? Join the discussion on Wednesday, June 7, at 11:00 a.m. to find out what documents everyone should have in place before that occurs. Matt Santelli, an educator from the Aging and Disability Resource Center, will be leading the discussion.

SOAP MAKING CLASS



Join Betty Withrow as she teaches a soap making class. You will not only learn how to make soap, but you will get to take what you make home with you. The class will be on Friday, June 9, at 1:00 p.m.

NOTARY SERVICES



Have you ever needed notary services and there just wasn't one around? Today, notary services are available in several ways. Join the discussion and be a part of determining whether a notary at the Senior Center on a regular basis would be beneficial!

NEXT ADVISORY BOARD MEETING

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

RIDDLE CENTRAL

Why don't mummies go on summer vacation??
(Answer pg. 2)



BOOK CLUB

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

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

July 2023: *The Boys in The Boat*
By Daniel Brown

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HIGHLIGHTS

JULY

Blood Pressure Checks (3) & 17
Strength & Balance (M, W, F)
Beginning Piano (Thursdays)
Brain Games (1)

CLOSED (4)



4th of July Party (6) with the
Tacoma Banjo Club

Drawing Class (Tuesdays)

Guitar Lessons (Bi-weekly)

Pinochle (Tuesdays)

Acupuncture (Wednesdays)

Mexican Train Dominoes
(Thursdays)

Tap Dance (Thursdays)

Spades (Fridays)

Leash Brigade (Saturdays)

Tell Your Story (10 & 24)

Guitar Lessons (11 & 25)

Center Sing-along (11 & 25))

Chair Yoga (Wednesdays)

Mexican Train Dominoes
(Thursdays)

Apple User Group (13)

Therapeutic Yoga
(Fridays)

Book Club w/Chris (20)

Basic Computer (27)



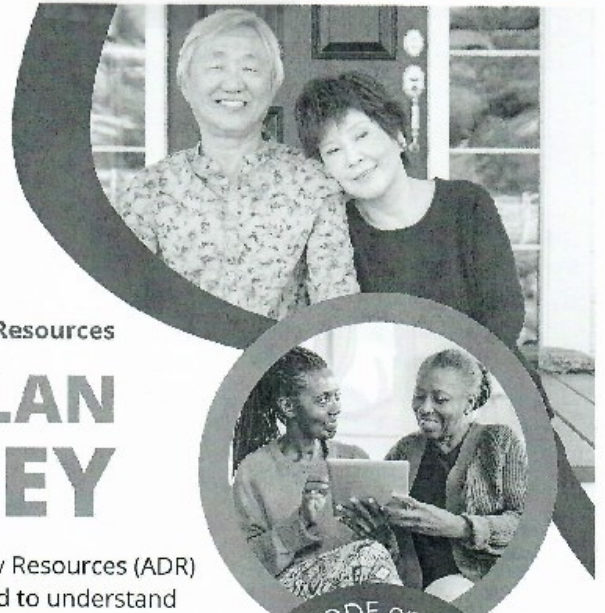
Aging and Disability Resources

AREA PLAN SURVEY

The Aging and Disability Resources (ADR) Area Plan Survey is used to understand community needs, concerns, and service priorities for seniors and adults living with disabilities in Pierce County.

YOUR ANSWERS WILL BE USED TO:

- Evaluate community need
- Develop strategies for delivering critical services
- Improve services and programs in Pierce County
- Establish funding priorities



SURVEY ENDS JUNE 30

Surveys are in multiple languages.
Paper survey available if needed at
253-878-0041.

Take the survey: <http://s.alchemer.com/s3/2024-2027-Area-Plan-Welcome>

*GUITAR LESSONS W/ DAVID

Though the actual start date for the guitar lessons was May 16, it is not too late to join the class. A few of the participants are unable to make the first class; therefore, they will be playing catch up in June. If you would like to be added to this class, please call the Senior Center to register.

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

RIDDLE ANSWER

They're afraid to relax and unwind!



4TH OF JULY PARTY

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

Punch, cookies, chips
and the Tacoma Banjo Club

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AN ACT OF LOVE REACHES DEEP

Many times we hear stories of someone with Alzheimer's or some other form of dementia being touched by music from their lifetime. It's someone else's story, but this is about our very own Puget Sounds.

For those who don't know, The Puget Sounds are the musicians who play weekly for our Tuesday Sing-along. They also play at various other venues around the Sound. They are a generous bunch who do not charge for their services.

They do this out of their love of music and generosity. They just want to share something that can touch the heart and mind of the people for whom they play.

This was the case on May 10th, when they visited Franke Tobey Jones (FTJ). Even they did not know the profound effect they would have on that day.

The words were up on the monitor for people to sing along, a small group of residents banded around, but this resident didn't need the words. The resident of FTJ attending that concert is noncommutative

with memory issues. Another resident in attendance observed this resident and wrote the following letter to The Puget Sounds.

I want to thank all the musicians and singers in The Puget Sounds who performed at Franke Tobey Jones on May 10th.

You played for over two and a half hours and somehow found songs even the 90-year olds knew. It was like watering dry plants: you made them come alive. One woman who is normally catatonic sang every song! (And that made me cry.)

Thank you with my whole heart. I promise never to complain again that I can't hear telephone calls because of you.

(The person writing this letter volunteers at the Senior Center answering the telephone during the Tuesday Sing-along.)

PICKLEBALL



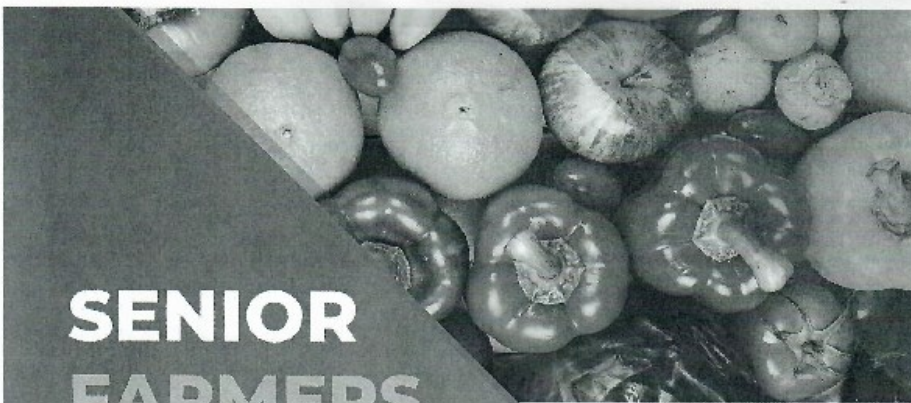
Join Ron on the Baltimore Park Pickleball Court starting in June. Classes will be held every Monday morning, starting on June 5, at 10:00 a.m. You can come at 11:00 a.m. and join in also.

SUMMER HIATUS

The Sing-along will be changing from every week to every other week during the summers months (June - August).

CHANGE IN GUITAR LESSONS SCHEDULE

Guitar lessons were scheduled for the first and third Tuesdays of the month. From this point forward, this class will be held every other week.



SENIOR FARMERS MARKET NUTRITION PROGRAM



Program Details

Beginning May 1, eligible seniors can apply for the Senior Farmers Market Nutrition Program and receive funds to purchase produce from participating farmers markets and road side stands. If approved, you will receive an Electronic Benefits Card with \$80 for the season.

Program Criteria

- ✓ Be a Pierce County resident
- ✓ 60+ years old (55+ if Native American or Alaska Native)
- ✓ Meet income criteria below:
 - \$2,248 for 1 person household
 - \$3,040 for 2 person household

Add \$792 for each additional person in household

Request a paper application from the Aging and Disability Resource Center
253-798-4600

APPLY ONLINE

PierceCountyWA.gov/farmersmarket



1 ~ THURSDAY

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

2~ FRIDAY

9:30 Spades
 10:00 *Strength & Balance
 11:00 Ping Pong
 12:00 Wii Bowling
 1:00 *Therapeutic Yoga
 1:00 Advisory Board Mtg.
 2:30 Tai Chi

3~ SATURDAY

9:30 Leash Brigade

5 ~ MONDAY

10:00 *Strength & Balance
 10:00 Pickleball
 10:30 Food Rescue
 11:00 Blood Pressure Checks
 11:00 Los Ancianos Spanish
 12:00 *Lunch
 1:00 Tax Assistance
 2:30 Tai Chi

6 ~ TUESDAY

10:00 Drawing w/John
 10:00 Pinochle
 10:30 Food Rescue
 12:00 *Lunch
 1:00 Mahjong
 6:30 Martial Arts

7 ~ WEDNESDAY

10:00 *Strength & Balance
 10:30 Food Rescue
 11:00 Planning for Long-term Care & End-of-Life
 11:00 Ping Pong
 12:00 Lunch
 12:30 Acupuncture
 1:00 Normandy Pres.
 2:00 *Therapeutic Chair Yoga

8 ~ 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

9 ~ FRIDAY

9:30 Spades
 10:00 *Strength & Balance
 11:10 Ping Pong
 1:00 *Therapeutic Yoga
 1:00 Soap Making Class
 2:30 Tai Chi

10~ SATURDAY

9:30 Leash Brigade

12 ~ MONDAY

10:00 *Strength & Balance
 10:00 Pickleball
 10:30 Food Rescue
 11:00 Blood Pressure Checks
 11:00 Los Ancianos Spanish
 12:00 Lunch
 1:00 Tell Your Story
 2:30 Tai Chi

13 ~ TUESDAY

10:00 Drawing w/John
 10:00 Pinochle
 10:00 Guitar Lessons
 10:30 Food Rescue
 11:00 Band Practice
 12:00 Lunch
 1:00 Mahjong
 1:00 Center Sing-a-long
 6:30 Martial Arts

14 ~ WEDNESDAY

10:00 *Strength & Balance
 10:30 Food Rescue
 11:00 Ping Pong
 11:00 Notary Service Pres.
 12:00 Lunch
 12:30 Acupuncture
 1:00 Cribbage w/Norm
 2:00 *Therapeutic Chair Yoga

15 ~ 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

16 ~ FRIDAY

9:30 Spades
 10:00 *Strength & Balance
 11:00 Ping Pong
 1:00 *Therapeutic Yoga
 2:30 Tai Chi

17~ SATURDAY

9:30 Leash Brigade

19 ~ MONDAY

10:00 *Strength & Balance
 10:00 Pickleball
 10:30 Food Rescue
 11:00 Blood Pressure Check
 11:00 Los Ancianos Spanish
 12:00 Lunch
 1:00 Tax Assistance
 2:30 Tai Chi

20 ~ TUESDAY

10:00 Drawing w/John
 10:00 Pinochle
 10:30 Food Rescue
 12:00 Lunch
 1:00 Mahjong
 6:00 Martial Arts

21 ~ WEDNESDAY

10:00 *Strength & Balance
 10:30 Food Rescue
 11:00 Vets Free Pain Relief
 12:00 Lunch
 12:00 Acupuncture
 1:00 Cribbage w/Norm
 2:00 *Therapeutic Yoga

22 ~ 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

23 ~ FRIDAY

9:30 Spades
 10:00 *Strength & Balance
 11:00 Ping Pong
 1:00 *Therapeutic Yoga
 2:30 Tai Chi

24~ SATURDAY

9:30 Leash Brigade

26 ~ MONDAY

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

27 ~ TUESDAY

10:00 Drawing w/John
 10:00 Pinochle
 10:00 Guitar Lessons
 10:30 Food Rescue
 11:00 iPad Class
 12:00 Lunch
 1:00 Mahjong
 1:00 Center Sing-along
 6:00 Martial Arts

28 ~ WEDNESDAY

10:00 *Strength & Balance
 10:30 Food Rescue
 12:00 Lunch
 12:30 Acupuncture
 1:00 Cribbage w/Norm
 2:00 *Chair Yoga

29 ~ THURSDAY

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

30 ~ FRIDAY

9:30 Spades
 10:00 *Strength & Balance
 11:00 Ping Pong
 1:00 *Therapeutic Yoga
 2:30 Tai Chi

*CLASS COST

Classes with an asterisk (*) next to them, have an associated charge.

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

