



Gathering Points

(253) 756-0601

Pt. Defiance~Ruston



October 2023

Operated by Franke Tobey Jones

NOVEMBER HIGHLIGHTS

Genealogy (Mondays)
Atty. E. Johnson (Wills, 6)
Thanksgiving Party (16)
Pickleball (Mondays)



STAFF VACATIONS

If you need to discuss anything with staff, please keep in mind that they will be on the following vacations .

Kate: October 13 - 24
Ron: November 29 - December 9



HALLOWEEN IS HERE

By Debbie

It's time for Halloween,
A day for trick or treat,
When the kids dress up in costume,
And welk proudly down the street.

They ring a lot of door bells,
And collect a lot of candy too,
And if they happen to see a ghost,
They will be greeted with a boo.

Pumpkins light up the windows,
And decorations adorn the front yard,
So be careful when you come in,
Because the skeleton will be on guard.

So go have a lot of fun,
And don't have any fear,
Because it will soon be over,
And you'll have to wait till next year.

MOLLY'S BACK!

Molly Maddock is returning with a brand new class. She calls it Stretch and Dance. It is sure to be fun, even though you will be doing that "e" word (exercising). Her first class is on Monday, October 2 and will be held every Monday thereafter.

BINGO

Bingo is returning to the Center. We are hoping to hold Bingo every other week eventually. For now, it's on Monday, October 2 and 16th at 1:00 p.m.

NEW IPAD CLASS STARTS

Since the first two iPad Classes was so successful, a third class has been added. Ron will be teaching the next series starting on Wednesday, October 4 at 11:00 a.m.

CHANGES IN LINE DANCE

Line dance returned in September with a twist. Maryanne will be teaching a Beginners Class at 3:30 p.m. and an Intermediate Class starts at 4:30 p.m.

OUTDOOR ACTIVITIES

As you know, we have offered a dog walk/play time call the Leash Brigade on Saturdays at 9:30. In addition, we held Pickleball classes on Monday morning at 10:00 a.m. As we are approaching Fall, these classes/groups are going to be "weather permitting" classes/groups.

INCLEMENT WEATHER

Fall and Winter are coming our way ready or not. When there is inclement weather, be sure to check the radio or TV to see if the number 10 Tacoma School District has any delays or closures. The Senior Center will follow their lead. Two hours late - open 2 hours late; closure - we close.

RIDDLE CENTRAL

I have a body, arms, legs and a head, but I'm heartless and I have no guts. What am I?
(Answer pg. 2)



FLU & COVID SHOTS

Pierce County Health Department will be onsite Monday, October 9t to provide Flu and/or COVID shots. They will be offering these vaccination shots from 9:00a.m.-12:00 p.m. Be sure to bring your ID and insurance card. Please sign up.

MEDICARE

Do you find Medicare confusing? If so, you will want to attend this class! Understanding Medicare will be led by Matt Santelli. He is with the Aging and Disability Resource Center. Don't miss this timely discussion as the open enrollment time quickly approaches. The class will be on Wednesday, October 11 at 11:00 a.m.

HOLIDAY PARTIES

Party season is fast approaching! The Senior Center, holiday parties follow:

Halloween - October 31 is on a Tuesday this year and we're having a Halloween Party with a Costume Contest so come at 11:00a.m. in your best costume! Mark Stern playing.

Thanksgiving is Thurs, November 16 and as usual, we will celebrate together. Pete the DJ is spinning tunes.

Our big party is **Christmas** Thurs, December 14. We'll start with a party at 11:00 a.m. Lynn Vrooman will be playing the piano and singing. Lunch will be served at 12:00 p.m. and all the goodies will be distributed. We will not be handing out calendars, but it will be a surprise! In addition, we will be having a raffle.



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

October: Murder At The Book Club by Betsy Reavley



Calendar

(253) 756-0601

Pt. Defiance ~ Ruston

October 2023

4716 N. Baltimore, Tacoma, WA 98407

2 ~ MONDAY

10:00 *Strength & Balance
10:00 Pickleball (WP)
 10:30 Food Rescue
11:00 Stretch & Dance
 11:00 Blood Pressure Check
 12:00 Lunch
1:00 Bingo
 2:30 Tai Chi

3 - TUESDAY

10:00 Drawing w/John
 10:00 Pinochle
 10:00 Guitar
 10:30 Food Rescue
 12:00 Lunch
 12:30 Beg. Mahjong
 1:00 Sing-along

4 ~ WEDNESDAY

10:00 *Strength & Balance
 10:30 Food Rescue
11:00 iPad Class
 12:00 Lunch
 12:30 Acupuncture
 12:30 Cribbage w/Norm
 2:00 *Therapeutic Yoga
3:30 *Beg. Line Dance
4:30 Beyond Beginning Line Dance

5 ~ THURSDAY

10:00 Mexican Train Game
 10:00 *Beginner Piano
 12:00 *Lunch
1:00 Brain Games
1:30 Tap Dance
 6:30 Martial Arts

6 ~ FRIDAY

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

9 ~ MONDAY

9:00 Flu & COVID Clinic
 10:00 *Strength & Balance
10:00 Pickleball (WP)
 10:30 Food Rescue
11:00 Stretch & Dance
 12:00 Lunch
 1:00 Tell Your Story

RIDDLE ANSWER
 A Skeleton



2:30 Tai Chi

10 ~ TUESDAY

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

11 ~ WEDNESDAY

10:00 *Strength & Balance
 10:30 Food Rescue
11:00 Understanding Medicare
11:00 iPad Class
 12:00 Lunch
 12:30 Acupuncture
 12:30 Cribbage w/Norm
 2:00 *Chair Yoga
3:30 Beg. Line Dance
4:30 Intermediate Line Dance

12 ~ THURSDAY

10:00 Mexican Train Dom.
 10:00 Beginning Piano
 12:00 *Lunch
 1:00 Apple User Group
1:30 Tap Dance
 6:30 Martial Arts

13 ~ FRIDAY

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

14 ~ SATURDAY

9:30 Leash Brigade

16 ~ MONDAY

10:00 *Strength & Balance
10:00 Pickleball (WP)
 10:30 Food Rescue
11:00 Stretch & Dance
11:00 Blood Pressure Check
 12:00 *Lunch
1:00 Bingo
 2:30 Tai Chi

17 ~ TUESDAY

10:00 Drawing w/John
 10:00 Pinochle
 10:00 Guitar Lessons
 10:30 Food Rescue
 12:00 Lunch
 12:30 Mahjong
 1:00 Center Sing-along



17 ~ TUESDAY CONT'D.
 6:30 Martial Arts



18 ~ WEDNESDAY

10:00 *Strength & Balance
 10:30 Food Rescue
 11:00 iPad Class
 12:00 Lunch
 12:30 Acupuncture
 12:30 Cribbage w/Norm
 2:00 *Chair Yoga
3:30 Beg. Line Dance
4:30 Beyond Beginning Line Dance

19 ~ THURSDAY

10:00 Mexican Train Game
 10:00 Beginning Piano
 12:00 *Lunch
1:00 Book Club
1:30 Tap Dance
 6:30 Martial Arts

20 ~ FRIDAY

9:30 Spades
 10:00 *Strength & Balance
 12:00 Greeting Card Class
 1:00 *Therapeutic Yoga
 2:30 Tai Chi

23 ~ MONDAY

10:00 *Strength & Balance
 10:00 Pickleball (WP)
 10:30 Food Rescue
11:00 Stretch & Dance
 11:00 Blood Pressure Check
 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
 12:00 Lunch
 12:30 Beginning Mahjong
 6:30 Martial Arts

25 ~ WEDNESDAY

10:00 *Strength & Balance
 10:30 Food Rescue
11:00 iPad Class
 12:00 Lunch
 12:30 Acupuncture
 12:30 Cribbage w/Norm
 2:00 *Therapeutic Yoga
3:30 Beg. Line Dance

25 ~ WEDNESDAY CONT'D.
 4:30 *Beyond Beginning Line Dance*

26 ~ THURSDAY

10:00 Mexican Train Game
 10:00 Beginning Piano
 12:00 *Lunch
1:00 Basic Computer
 1:30 Tap Dance
 6:30 Martial Arts

27 ~ FRIDAY

9:30 Spades
 10:00 *Strength & Bal.
12:30 Card Class
 1:00 *Therapeutic Yoga
 2:30 Tai Chi

28 ~ SATURDAY

9:00 *AARP Safe Driver Cl.

30 ~ MONDAY

10:00 *Strength & Balance
 10:00 Pickleball (WP)
 10:30 Food Rescue
11:00 Stretch & Dance
 11:00 Blood Pressure Check
 12:00 Lunch
 2:30 Tai Chi

31 ~ TUESDAY

10:00 Drawing w/John
 10:00 Pinochle
 10:30 Food Rescue
11:00 Halloween Party
 12:00 Lunch
 12:30 Mahjong
 6:30 Martial Arts



*CLASS COST

Classes with an asterisk () have an associated charge.*

(WP) Weather Permitting

Strength & Balance

M/W/F Class: \$18/mo.

Therapeutic Yoga

One class per week: \$15 per month

Two classes week: \$22.00 per month

Multiple Class Types

Two Unrelated Classes: \$25 per month