



Gathering Points

(253) 756-0601

Pt. Defiance~Ruston

January 2024

Operated by Franke Tobey Jones

CENTER CLOSURES



JANUARY

Closed January 1

SAVE THE DATE

Volunteer Appreciation

Lunch - January 12



Line Dancing w/Maryanne Ellis

Menu: Spaghetti, salad, garlic bread, dessert & wine.

Cost: \$9.00 Please sign up!

SPELLBOUND

By Emily Brontë

The night is darkening
round me,
The wild winds coldly blow;
But a tyrant spell has bound
me
And I cannot, cannot go.
The giant trees are bending
Their bare boughs weighed
with snow.
And the storm is fast de-
scending,
And yet I cannot go.
Clouds beyond clouds above
me,
Wastes beyond wastes be-
low;
But nothing drear can move
me;
I will not, cannot go.

CALLING ALL VOLUNTEERS!



We want to **THANK YOU** for all the hard work you did last year! Please join us as we say thank you with a staff-prepared luncheon on Friday, January 12, starting at noon. The menu will consist of homemade hamburgers, macaroni salad, chips, and dessert.. The Volunteer of the Year will be announced! Sign up required.

SPAGHETTI FEED

Come enjoy all you can eat spaghetti! We will be serving spaghetti, salad, garlic bread, wine and dessert. . .all for \$9.00. Line dance will be offered by Maryanne Ellis, starting at 11:00 a.m. A minimum attendance is required so be sure and sign up early. Save the date: Friday, January 26.



NEW DANCE CLASS

Beginning in January there will be a new dance class in town: International Folk Dance. Fred Maragheh will instruct this class every two weeks, starting on Tuesday, January 2 at 1:15 p.m. Register in advance. Cost: free.

NEW ZEELAND PHOTOS

Don't miss this special viewing of Carla Moschetti and David Lee's trip to New Zealand and cruise. The presentation will be on January 17, at 11:00 a.m.

IPAD CLASS

Did you miss the last iPad class or found your name on a waiting list that never got moved up? Please register now for the next iPad class, which starts on Monday, January 8, at 10:00 a.m.

AARP TAX PREPARATION

The AARP Tax Preparation Program is coming back, starting February 2, 2024. They will be here on Fridays and Saturdays by appointment only. Call the Senior Center (253-756-0601) in mid-January to acquire your appointment. This is a free service for

"DO MORE, FEEL BETTER"



The Senior Center is partnering with the University of Washington in their "Do More, Feel Better Program." They are looking for people interested in this 9-week virtual program that is based on research showing that increasing participation in pleasurable and rewarding activities can lead to improvement in depressive symptoms. If you are eligible to participate, you will receive up to \$130 over the course of the Program. PBS Northwest has an episode about this program and the issues of depression (<https://www.pbs.org/video/mind-matters-loneliness-9zkw3y/>). To learn more go to <https://www.franketobeyjones.com/wp-content/uploads/2023/11/Flyer1.png>

ATTORNEY JOHNSON

Elizabeth Johnson Atty. Returns on January 16 at 10:00 a.m. to discuss Probate and Alternatives to Probate. Please register.



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

January: *Fly Away* by Kristin Hannah

February: *A Man Called Ove* by Fredrik Backman

March: *The Silent Patient* by Alex Michaelides

April: *All the Light We cannot See* by Anthony Doerr

RIDDLE CENTRAL

I am a dreamlike fairyland
but I can be horrific to many
when I cover the land with
ice. What am I?

(Answer pg. 2)





Calendar

(253) 756-0601

Pt. Defiance~Ruston

January

2024

4716 N. Baltimore, Tacoma, WA 98407

1 ~ MONDAY



2 ~ TUESDAY

10:00 Drawing w/John
10:00 Pinochle
10:30 Food Rescue
12:00 Lunch
12:30 Mahjong
1:15 *Int'l Folk Dance*
3:00 Tap Dance Level 1
6:30 Martial Arts

3 ~ WEDNESDAY

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

4 ~ THURSDAY

10:00 Mexican Train Dom.
10:00 Pinochle
10:00 Piano
12:00 *Lunch
1:30 Tap Dance Level 2
6:30 Martial Arts

5 ~ FRIDAY

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

8 ~ MONDAY

10:00 iPad Class
10:00 *Strength & Balance
10:30 Food Rescue
11:00 Stretch & Dance
12:00 *Lunch
2:30 Tai Chi

9 ~ 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

9 ~ TUESDAY CONT'D

3:00 Tap Dance Level 1
6:30 Martial Arts

10 ~ WEDNESDAY

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

11 ~ THURSDAY

10:00 Mexican Train Game
10:00 Pinochle
10:00 Piano
12:00 *Lunch
1:00 Apple User Group
1:30 Tap Dance Level 2
6:30 Martial Arts

12 ~ FRIDAY

9:30 Spades
10:00 *Strength & Balance
12:00 Volunteer Appreciation Lunch
1:00 *Therapeutic Yoga
2:30 Tai Chi

15 ~ MONDAY

10:00 iPad Class
10:00 *Strength & Balance
10:30 Food Rescue
11:00 Stretch & Dance
11:00 Blood Pressure Check
12:00 NO LUNCH
1:00 Bingo
2:30 Tai Chi

16 ~ TUESDAY

10:00 Drawing w/John
10:00 Attorney E. Johnson
10:00 Pinochle
10:30 Food Rescue
12:00 Lunch
12:30 Mahjong
1:15 Int'l Folk Dance
3:00 Tap Dance Level 1
6:30 Martial Arts

17 ~ WEDNESDAY

10:00 *Strength & Balance
10:30 Food Rescue
11:00 New Zealand Photos
12:00 Lunch
12:30 Acupuncture

17 ~ WEDNESDAY CONT'D

12:30 Cribbage w/Norm
2:00 *Therapeutic Yoga
3:30 Line Dance

18 ~ THURSDAY

10:00 Mexican Train Game
10:00 Pinochle
10:00 Piano
12:00 *Lunch
1:00 Book Club
1:30 Tap Dance Level 2
6:30 Martial Arts

19 ~ FRIDAY

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

22 ~ MONDAY

10:00 iPad Class
10:00 *Strength & Balance
10:30 Food Rescue
11:00 Stretch & Dance
12:00 *Lunch
2:30 Tai Chi

23 ~ 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
3:00 Tap Dance Level 1
6:30 Martial Arts

24 ~ WEDNESDAY

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

25 ~ THURSDAY

10:00 Mexican Train Dom.
10:00 Pinochle
10:00 Piano
12:00 *Lunch
1:00 Basic Computer
1:30 Tap Dance - Level 2

26 ~ FRIDAY

9:30 Spades

26 ~ FRIDAY CONT'D

10:00 *Strength & Balance
11:00 *Spaghetti Feed
1:00 *Therapeutic Yoga
2:30 Tai Chi

29 ~ MONDAY

10:00 iPad Class
10:00 *Strength & Balance
10:30 Food Rescue
11:00 Stretch & Dance
12:00 *Lunch
2:30 Tai Chi

30 ~ TUESDAY

10:00 Drawing w/John
10:00 Pinochle
10:30 Food Rescue
12:00 Lunch
12:30 Mahjong
1:15 Int'l Folk Dance
3:00 Tap Dance Level 1
6:30 Martial Arts

HIGHLIGHTS

Int'l Folk Dance - 2 & 16
Pad Class - 8, 15, 22, & 29
MultiCare Programs - 10
Vol. Appreciation - 12
Attorney Johnson - 16
Spaghetti Feed - 26

RIDDLE ANSWER

Winter.



*CLASS COST

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

(WP) Weather Permitting

Strength & Balance

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

Stretch & Dance

Mondays: \$5/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