



### JANUARY HIGHLIGHTS

- Townhall Meeting (9)
- Birthday Dance (16)
- Adult Day Health(23)
- Senior Friends (26)



### POETRY CORNER

#### JANUARY

By John Updike

The days are short,  
The sun a spark,  
Hung thin between  
The dark and dark.

Fat snowy footsteps  
Track the floor.  
Milk bottles burst  
Outside the door.

The river is  
A frozen place  
Held still beneath  
The trees of lace.

The sky is low.  
The wind is gray.  
The radiator  
Purrs all day.

### WHAT DO YOU WANT?

We need your help! In the past four months 35 new activities have been offered, many of which you had requested. Unfortunately, over half of those activities ended up being cancelled. Karaoke and line dance were two that were requested and, no one or very few participated. Other classes are on the verge of cancellation.

We heard from participants telling us how large the Center used to be and how many people use to come here, and they wanted more people to come. We want to see the Senior Center thrive and grow, but we need your help and participation to make that happen.

When new people come, reaching out to them and making them feel welcome will go a long way to growing the Senior Center. Some people who come for the first time who are alone, may be fearful of the unknown. Just

saying hi can make a big difference. Show them around the Center, get them a calendar, and get to know them. This is a community center. That means that all seniors 60+ are welcome here, including family members who are younger visiting with their senior relatives. It also means that every person walking through the front door needs to be treated with respect and kindness. Let's do this together!

Also, please share with us any activity ideas that you have. Activities that you would participate in if it were offered. We often say this is *your* Center. Please speak with Lynn or Vicki and make your suggestions. We welcome your input and want you to get the activities that interest you.

### TOWN HALL MEETING

Please join us at our first Town Hall meeting, Tuesday, January 9th at 11:00 am. It's an excellent time to let your voice be heard by sharing your thoughts and ideas to help grow and impact the services offered at our Senior Center. We hope to see you all there!

### RIDDLE CENTRAL

Why did the snowman fail his driving test?



## JANUARY WORD SEARCH



S	C	S	O	L	D	F	P	G	L	O	V	E	S	R
K	N	G	N	E	Z	L	E	V	O	H	S	O	R	E
I	L	O	E	E	O	V	N	E	S	I	E	C	I	S
I	D	O	W	O	T	L	G	I	S	E	K	L	C	O
N	L	M	Y	B	I	T	U	T	F	R	A	C	S	L
G	O	W	E	N	A	S	I	N	R	E	L	T	E	U
Y	C	E	A	R	P	L	N	M	O	E	F	N	L	T
L	O	S	R	E	R	N	L	I	Z	U	W	G	C	I
U	R	U	N	N	Y	N	O	S	E	T	O	N	I	O
I	G	L	O	O	E	S	N	Y	N	U	N	R	C	N
S	A	C	R	G	N	I	D	D	E	L	S	F	I	S

- Cold
- Frozen
- Gloves
- Icicles
- Igloo
- Mittens
- New Year
- Penguin
- Resolution
- Runny Nose
- Scarf
- Shovel
- Skiing
- Sledding
- Snowballs
- Snowflakes



#### 1 ~ MONDAY



#### 2 ~ TUESDAY

9:00 Card Games  
10:00 Yoga w/Ed  
12:00 Lunch  
12:30 Bingo

#### 3 ~ WEDNESDAY

9:00 Card Games  
10:00 Beanbag Toss  
11:00 Brain Games  
12:00 Lunch  
1:00 Karaoke

#### 4 ~ THURSDAY

9:00 Card Games  
11:00 Yoga with Ed  
12:00 Lunch  
1:00 Spades

#### 5 ~ FRIDAY

9:00 Card Games  
10:00 Beachball Volleyball  
12:00 Lunch  
12:30 Bingo

#### 8 ~ MONDAY

9:00 Card Games  
10:00 Movie & Popcorn  
11:00 Tai Chi w/Tim  
12:00 Lunch  
1:00 Crazy 7's

#### 9 ~ TUESDAY

9:00 Card Games  
10:00 Yoga w/Ed  
**11:00 Town Hall Mtg.**  
12:00 Lunch  
12:30 Bingo

#### 10 ~ WEDNESDAY

9:00 Card Games  
10:00 Beanbag Toss  
11:00 Sing-a-long w/David  
12:00 Lunch  
1:00 Karaoke

#### 11 ~ THURSDAY

9:00 Card Games  
11:00 Yoga w/Ed  
12:00 Lunch  
**12:30 Scrapbooking**

#### 12 ~ FRIDAY

9:00 Card Games  
10:00 Beachball Volleyball  
12:00 Lunch  
12:30 Bingo

#### 15 ~ MONDAY

9:00 Card Games  
10:00 Movie & Popcorn  
11:00 Tai Chi w/Tim  
**12:00 Sack Lunch & Potluck**  
1:00 Crazy 7's

#### 16 ~ TUESDAY

9:00 Card Games  
**10:00 Birthday Dance**  
12:00 Lunch  
12:30 Bingo



#### 17 ~ WEDNESDAY

9:00 Card Games  
10:00 Beanbag Toss  
**11:00 Crafts w/Vicki**  
12:00 Lunch  
1:00 Karaoke

#### 18 ~ THURSDAY

9:00 Card Games  
10:00 Line Dancing  
12:00 Lunch  
1:00 Spades

#### 19 ~ FRIDAY

9:00 Card Games  
10:00 Beachball Volleyball  
12:00 Lunch  
12:30 Bingo

#### 22 ~ MONDAY

9:00 Card games  
10:00 Movie & Popcorn  
11:00 Tai Chi w/ Tim  
12:00 Lunch  
1:00 Crazy 7's

#### 23 ~ TUESDAY

9:00 Card Games  
**11:00 Adult Day Health**  
12:00 Lunch  
12:30 Bingo

#### 24 ~ WEDNESDAY

9:00 Card Games  
10:00 Beanbag Toss  
11:00 Brain Games  
12:00 Lunch  
1:00 Karaoke

#### 25 ~ THURSDAY

9:00 Card Games  
10:00 Line Dancing  
12:00 Lunch  
1:00 Spades

#### 26 ~ FRIDAY

9:00 Card Games  
10:00 Beachball Volleyball  
**11:00 Senior Friends**  
12:00 Lunch  
12:30 Bingo

#### 29 ~ MONDAY

9:00 Card Games  
10:00 Movie & Popcorn  
11:00 Tai Chi w/Tim  
12:00 Lunch  
**12:30 Potluck**

#### 30 ~ TUESDAY

9:00 Spades  
10:00 Yoga with Ed  
12:00 Lunch  
12:30 Bingo

#### 31 ~ WEDNESDAY

9:00 Card Games  
10:00 Beanbag Toss  
11:00 Brain Games  
12:00 Lunch  
1:00 Karaoke



### SENIOR FRIENDS PRESENTATION

Wendy Morris from Multicare will be sharing information with us about the Senior Friends Program. The Senior Friends and Virtual Friends programs match volunteers with lonely and socially-isolated elders in communities throughout Pierce County. Volunteers are matched with a senior based on their interests, location and time availability. Both Senior Friend volunteers and the seniors they serve report that their lives are enriched by the friendship.



### BIRTHDAY DANCE

Help us celebrate January birthdays on Tuesday, January 16th at 10am. Randy will be here to play music for your listening and dancing pleasure.



### RIDDLE ANSWER

He couldn't keep his cool in traffic!



*\*This calendar is subject to change. Please call to confirm your class or activity.*