



Gathering Points

(253) 756-0601

Pt. Defiance~Ruston

February 2024

Operated by Franke Tobey Jones

2024 CENTER CLOSURES

President's Day February 19	Labor Day Sept. 2
Memorial Day May 27	Thanksgiving Nov. 28
4th of July July 4	Dec. Holiday Dec. 25

**Happy
Valentine's
Day**



LEAP YEAR

By Annette Wynne

Little month of February,
You are small, but worthy-
very!
Will you grow up like the
others,
Like your sister months and
brothers?
Every four years with a
bound
With a leap up from the
ground, Trying to grow tall
as they—
All you stretch is one small
day!
Even then you're not so tall
But just the shortest month
of all.

FRIDAY LUNCHES COMING!

On Friday, February 2, Franke Tobey Jones will be offering lunches at our Senior Center. The meals will be listed in the menu and offered for \$3.50. Please register and pay for your Friday lunch by Monday of the same week. If you do not register, we won't be able to serve you a lunch. This is a necessary process to prevent FTJ ordering too much food and it being wasted.

LGBTQ YOGA

The county is funding an LGBTQ Yoga class. If you or anyone you know is interested in attending this class, it will begin on Thursday, February 1st and run every Thursday thereafter. Ed and Maude Valentine are instructing this c LGBTQ class.

NEW ZEELAND PRESENTATION

This presentation was originally scheduled in January; however, the Tacoma School District had a delayed opening, which means that the Center opened two hours late. Due to this, we are offering a replay of David Lee's cruise and New Zealand trip. Don't miss this. . .it's on February 7 at 11:00 a.m. It won't be repeated again.

MULTICARE PROGRAMS

Due to a miscommunication, the MultiCare Program was cancelled in January and moved to February. Wendy Morris will be at the Center on February 14 at 10:00 a.m. Please join her as she discusses MultiCare Programs.

LOCAL EVENTS FOR BLACK HISTORY MONTH

The Tacoma Family History Center is having its annual African American Family History Event, including how to research family trees. Saturday, Feb. 24th, 9:00 a.m. - 4:00 p.m. Phone: 253-564-1103

The Peoples Community Center is celebrating the richness of the African-American culture. Free. Saturday, Feb. 3rd, 1:00 p.m. to 3:00 p.m.

FREE TAX PREPARATION

AARP will once again be offering free tax preparation for anyone wishing to utilize this free service. You must contact the Senior Center to make an appointment. The AARP Tax Program will not be accepting walk-ins this year. Call 253-756-0601 for an appointment or stop by the Center to make your

ATTORNEY JOHNSON

Elizabeth Johnson Atty. Returns on February 27 at 10:00 a.m. to discuss Healthcare and Mental Directives. Please register for this class.

STRETCH & DANCE

We are adding a second day of Stretch & Dance to the week! She currently teaches on Mondays. Beginning on Wednesday, February 14 at 11:00 a.m. Molly Maddock will be turning up her music and begin stretching and then dancing. This a fun filled class you won't want to miss! Cost: \$5 per class per month.



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

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

May: *Killing Floor* Lee Child

June: *Remarkably Bright Creatures* by Shelby Van Pelt

RIDDLE CENTRAL

What did February say to the other months?

(Answer pg. 2)





Calendar

(253) 756-0601

Pt. Defiance~Ruston

February 2024

4716 N. Baltimore, Tacoma, WA 98407

1 ~ THURSDAY

10:00 Mexican Train Dom.

10:00 Pinochle

10:00 Piano

12:00 *Lunch

1:30 Tap Dance Level 2

4:00 LGBT Yoga

6:30 Martial Arts

Groundhog Day

2 ~ FRIDAY

9:00 AARP Tax Prep

9:30 Spades

10:00 *Strength & Balance

12:00 *FTJ Lunch

1:00 *Therapeutic Yoga

2:30 Tai Chi

3 ~ SATURDAY

9:00 AARP Tax Prep

5 ~ MONDAY

10:00 iPad Class

10:00 *Strength & Balance

10:30 Food Rescue

11:00 Blood Pressure Ck

11:00 Stretch & Dance

12:00 *Lunch

1:00 Bingo

2:30 Tai Chi

6 ~ 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 Sing-along

1:00 Tap Dance Level 1

6:30 Martial Arts

7 ~ WEDNESDAY

10:00 *Strength & Balance

10:30 Food Rescue

11:00 New Zealand Pres.

12:00 *Lunch

12:30 Acupuncture

12:30 Cribbage w/Norm

2:00 *Therapeutic Yoga

3:30 Line Dance

8 ~ 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

4:00 LGBTQ Yoga

6:30 Martial Arts

9 ~ FRIDAY

9:00 AARP Tax Prep

9:30 Spades

10:00 *Strength & Balance

12:00 *FTJ Lunch

1:00 *Therapeutic Yoga

2:30 Tai Chi

10 ~ SATURDAY

9:00 AARP Tax Prep

12 ~ MONDAY

10:00 *Strength & Balance

10:30 Food Rescue

11:00 Stretch & Dance

12:00 *Lunch

2:30 Tai Chi

13 ~ TUESDAY

10:00 Drawing w/John

10:00 Pinochle

10:30 Food Rescue

10:00 Popcorn & a Movie

12:00 *Lunch

12:30 Mahjong

1:15 Int'l Folk Dance

3:00 Tap Dance Level 1

6:30 Martial Arts

14 ~ WEDNESDAY

10:00 *Strength & Balance

10:00 MultiCare Programs

10:30 Food Rescue

11:00 *Stretch & Dance

12:00 *Lunch

12:30 Acupuncture

12:30 Cribbage w/Norm

2:00 *Therapeutic Yoga

3:30 Line Dance

15 ~ 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

4:00 LGBTQ Yoga

6:30 Martial Arts

16 ~ FRIDAY

9:00 AARP Tax Prep

9:30 Spades

10:00 *Strength & Bal.

12:00 *FTJ Lunch

1:00 *Therapeutic Yoga

2:30 Tai Chi

17 ~ SATURDAY

9:00 AARP Tax Prep

19 ~ MONDAY



20 ~ 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

21 ~ WEDNESDAY

10:00 *Strength & Balance

10:30 Food Rescue

11:00 *Stretch & Dance

12:00 *Lunch

12:30 Acupuncture

12:30 Cribbage w/Norm

2:00 *Therapeutic Yoga

3:30 Line Dance

22 ~ 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

4:00 LGBTQ Yoga

6:30 Martial Arts

23 ~ FRIDAY

9:00 AARP Tax Prep

9:30 Spades

10:00 *Strength & Balance

12:00 *FTJ Lunch

1:00 *Therapeutic Yoga

2:30 Tai Chi

24 ~ SATURDAY

9:00 AARP Tax Prep

26 ~ MONDAY

10:00 *Strength & Balance

10:30 Food Rescue

11:00 *Stretch & Dance

12:00 *Lunch

2:30 Tai Chi

27 ~ TUESDAY

10:00 Drawing w/John

10:00 Pinochle

27 ~ TUESDAY CONT'D

10:00 Atty. Johnson

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

28 ~ WEDNESDAY

10:00 *Strength & Balance

10:30 Food Rescue

11:00 *Stretch & Dance

12:00 *Lunch

12:30 Acupuncture

12:30 Cribbage w/Norm

2:00 *Therapeutic Yoga

3:30 Line Dance

29 ~ THURSDAY

10:00 Mexican Train Dom.

10:00 Pinochle

10:00 Piano

12:00 *Lunch

1:30 Tap Dance - Level 2

RIDDLE ANSWER

I'm the shortest, but I still have a lot of heart!"



HIGHLIGHTS

Friday Lunches - \$3.50

New Zealand Pres - 7

Movie: Hidden Figures 13

MultiCare Programs - 14

Attorney Johnson - 27

*CLASS COST

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

Strength & Balance

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

Stretch & Dance

Mondays & Wednesday: \$10/mo.

Therapeutic Yoga

One class per week: \$15 per month

Two classes per week: \$25

Multiple Class Types

Two Unrelated Classes: \$25 per month