



MARCH

WOMEN'S HISTORY MONTH

The National Women's History Month's theme for 2024 celebrates "Women Who Advocate for Equity, Diversity and Inclusion." The theme recognizes women throughout the country who understand that, for a positive future, we need to eliminate bias and discrimination entirely from our lives and institutions.

Women from every background have long realized that an uneven playing field will never bring equality or justice. Many feel the critical need to speak up and work harder for fairness in our institutions and social interactions.



RIDDLE CENTRAL

How can you tell if a Leprechaun is having a good time ?



NEWS AND NOTES

CRAFT

Edie Nollan will lead a craft creating bunnies made with washcloths. Thursday March 7th at 11:00 a.m.



AARP TAX PREPARATION

Would you like help with your tax prep? Lighthouse AARP taxes are available on Tuesdays from 9:00 a.m.—1:30 p.m. February 6th—April 9th. Appointments can be made at the front desk kiosk computer, or ask Diana to sign you up. If you need a different day, Pt. Defiance-Ruston Senior Center is offering them on Fridays and Saturdays. Call (253) 756-0601. On one day only, tax preparers will be available on a Wednesday at Beacon, March 12. This service is free to the community.

MEDICARE EVENT

Have questions about Medicare? Raymond Arce will be here to provide information and answer your questions. March 5th at 12:45 p.m.

HOME HEALTH SENIOR CARE

Learn the differences between Homecare and Home Health Senior Care in the event you need assistance in the future. March 7th at 10:00 a.m.

CARE PATROL ONSITE

Meet Emily from Care Patrol. This service can help you find a place to call home in independent living, assisted living or in-home care. Chat with her on March 6th from 11 a.m. to noon.

NEW CLASS

We are excited to announce our new Tai Chi class on Fridays. Tai Chi is practice that involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing.

NOT TO BE MISSED !

INTERACTIVE WORKSHOP 3: PREPARING FOR CONTINUING LIFE CHANGES

INSURANCE

March 19th,
12:45 p.m.

There will be an insurance agent here to answer your questions. This will be the third in a series of monthly presentations offering important information about planning during retirement.



1 ~ FRIDAY

10:00 Seated Volleyball
10:00 Wood Carving Club
10:45 SAIL Exercise
12:45 Cribbage
12:45 Tai Chi

4 ~ MONDAY

10:00 Word Search Contest
10:45 SAIL Exercise
12:45 *Bingo*
1:00 Beginning Drawing

5 ~ TUESDAY

9:00-1:30 AARP Tax Prep
10:00 Stretch & Dance
10:30 Story Hour
11:00 Pinochle card game
12:45 **Medicare Educational Event**
1:00 Movie & Popcorn
Film: My Blue Heaven with Steve Martin

6 ~ WEDNESDAY

10:00 *Family Feud*
10:45 SAIL Exercise
11:00 Care Patrol here
Meet Emily who can assist you with a variety of housing options
1:00 Line Dancing
1:00 Mexican Train Dominoes with Diana

7 ~ THURSDAY

9:00 Yoga
9:30 Quilting II
10:00 Brain Fitness
10:00 *Homecare vs. Home Health Senior Care - learn now in case you are ever in need.*
11:00 **Craft: Create Bunnies made with Washcloths**
11:00 Painting
11:30 Sit Down Exercise
12:30 Quilting I
12:45 *Bingo*

8 ~ FRIDAY

10:00 Seated Volleyball
10:00 Wood Carving Club
10:00 **Learn About Your Transportation Options**
10:45 SAIL Exercise (video)
12:45 Cribbage
12:45 Tai Chi

11 ~ MONDAY

10:00 Word Search Contest
10:45 SAIL Exercise (video)
12:45 *Bingo*
1:00 Beginning Drawing

12 ~ TUESDAY

9:00-1:30 NO Tax Prep today
10:00 Stretch & Dance
10:30 Story Hour
11:00 Pinochle card game
1:00 **Puget Sounds Sing-along**

13 ~ WEDNESDAY

10:00 *Family Feud*
10:45 SAIL Exercise (video)
1:00 Line Dancing
1:00 Mexican Train Dominoes with Diana

14 ~ THURSDAY

9:00 Yoga
9:30 Quilting II
10:00 **Beanbag Baseball**
11:00 Painting
11:30 Sit Down Exercise
12:30 Quilting I
12:45 *Bingo*

15 ~ FRIDAY

9:00 SAIL Exercise (video)
10:00 **Birthday Dance with Randy Litch**
Prize for most bold St. Patrick's Day Outfit!
10:00 Wood Carving Club
12:45 Cribbage
12:45 Tai Chi

18 ~ MONDAY

10:00 Word Search Contest
10:45 SAIL Exercise
12:45 *Bingo*
1:00 Beginning Drawing

19 ~ TUESDAY

9:00-1:30 AARP Tax Prep
10:00 Stretch & Dance
10:30 Story Hour
11:00 Pinochle card game
12:45 **Interactive Workshop Planning for Continuing Life Changes: Insurance The 3rd in a monthly series**

20 ~ WEDNESDAY

10:00 *Family Feud*
10:45 SAIL Exercise
1:00 Line Dancing
1:00 Mexican Train
Dominoes with Diana

21 ~ THURSDAY

9:00 Yoga
9:30 Quilting II
10:00 Brain Fitness
11:00 Painting
11:30 Sit Down Exercise
12:30 Quilting I
12:45 *Bingo*

22 ~ FRIDAY

10:00 Seated Volleyball
10:00 Wood Carving Club
10:45 SAIL Exercise
12:45 Cribbage
12:45 Tai Chi

25 ~ MONDAY

10:00 Word Search Contest
10:45 SAIL Exercise
12:45 *Bingo*
1:00 Beginning Drawing

26 ~ TUESDAY

9:00-1:30 AARP Tax Prep
10:00 Stretch & Dance
10:30 Story Hour
11:00 Pinochle card game
11:45 Wear Purple Day—prize for person wearing the most purple today!
1:00 **Puget Sounds Sing-Along**

27 ~ WEDNESDAY

10:00 *Family Feud*
10:45 SAIL Exercise
1:00 Line Dancing
1:00 Mexican Train
Dominoes with Diana
2:00 **Book Club**

28 ~ THURSDAY

9:00 Yoga
9:30 Quilting II
10:00 **Beanbag Baseball**
11:00 Painting
11:30 Sit Down Exercise
12:00 **Easter lunch**
12:30 Quilting I
12:45 *Bingo*

29 ~ FRIDAY

10:00 Volleyball
10:00 Wood Carving Club
10:45 SAIL Exercise
12:00 **Potluck & Sack Lunch**
12:45 Cribbage
12:45 Tai Chi

BIRTHDAY DANCE!

Friday March 15th
10:00 a.m.
Live Music



RIDDLE ANSWER

He's Dublin over with laughter!

