

# POETRY CORNER MARCH

Racing Clouds and whistling winds,

Coats flapping in the breeze, Bright Kites circling in the skies, The dance of swaying trees, The cheerful sight of crocuses, The first sweet breath of spring—

Just part of all the Many moods The month of March can bring.



415 S. 13th St., Tacoma 98402

#### MARCH IS WOMEN'S HISTORY MONTH

Women's History Month is a dedicated month to reflect on the oftenoverlooked contributions of many remarkable women in history. Women who have paved the way from women's right to vote, to gender equality, or political positions and have broken barriers, challenged norms, and left a positive mark on society. Their resilience, courage, and vision inspire generations to come.

This year the National Women's History Month's Theme celebrates women who advocate for equity, diversity and inclusion. Women throughout the country who understand that, for a positive future, we need to eliminate bias and discrimination. Join us here at Beacon in celebrating those remarkable women in history.

# WOULD YOU LIKE TO



RECEIVE A \$20 GIFT CARD? Pacific Lutheran

University is doing a research study on Pandemic Preparedness and needs your help!

If you are at least 18 years old and willing to attend one in person focus group meeting, you will be able to receive a \$20 gift card. For more information contact Lynn or Vicki.

**RIDDLE CENTRAL** Can February March

# New Technology

# Q& A

Do you need help checking your email? Have questions about accessing apps or information on your cell phone? In addition to teaching the Beginning Computer Class, Ron Yaden will be available from 2pm to 3pm on Mondays to assist you with your technology questions.

# Council Member Kiara Daniels

Council Member Kiara Daniels will be at the Beacon Senior Center on Thursday, March 21st at 11:00am to help us celebrate Women's History Month. She will be speaking about the importance that women have play in our local history.



# SPRING AHEAD

Don't forget that Sunday, March 10th is Daylight savings time, be sure to turn your clocks ahead 1 hour.

MARCH HIGLIGHTS Beginning Computer (4) Technology Q & A (4) Medicare 101 (4) Pot Luck (7,29) Advisory Board (12)

www.franketobeyjones.com | www.Facebook.

www.Facebook.com/Beacon Senior Center



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

#### 4~ MONDAY

9:00 Card Games 10:00 Move & Popcorn "Amelia Earhart: The Final Flight" 10:00 Medicare 101 11:00 Tai Chi w/Tim 12:00 Lunch 1:00 Beginning Computer 2:00 Technology Q&A

#### 5~ TUESDAY

9:00 Card Games 10:00 Yoga with Ed 11:00 Strength & Balance 12:00 Lunch 12:30 Bingo 1:00 Focus Group

#### 6~ WEDNESDAY

9:00 Card Games 10:00 Bean Bag Toss 12:00 Lunch 1:00 Spades

## 7 ~ THURSDAY

9:00 Card Games 11:00 Yoga with Ed 11:00 Potluck 12:00 Lunch 12:30 Discussion Group

8~ FRIDAY 9:00 Card Games 10:00 Focus Group 11:00 Legal Documents 12:00 Lunch 12:30 Bingo

11~ MONDAY 9:00 Card Games 10:00 Movie & Popcorn "Suffragette" 11:00 Tai Chi w/Tim 12:00 Lunch 1:00 Beginning Computer 2:00 Technology Q&A

#### 12 ~ TUESDAY

9:00 Card Games 10:00 Yoga w/Ed 10:00 Advisory Board 11:00 Strength & Balance 12:00 Lunch 12:30 Bingo

#### 13 ~ WEDNESDAY

9:00 Card Games 10:00 Bean Bag Toss 11:00 Sing-a-long 12:00 Lunch 1:00 Spades

#### 14 ~ THURSDAY

9:00 Spades 11:00 Yoga w/Ed 12:00 Lunch 12:30 Karaoke

## 15~ FRIDAY

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



18~ MONDAY 9:00 Card Games 10:00 Movie & Popcorn "History Of St. Patrick's Dav" 11:00 Tai Chi w/Tim 12:00 Lunch 1:00 Beginning Computer 2:00 Technology Q&A

19 ~ TUESDAY 9:00 Yoga with Ed 9:00 Card Games 10:00 Birthday Dance 12:00 Lunch

12:30 Bingo

#### 20 ~ WEDNESDAY

9:00 Card Games 10:00 Bean Bag Toss 11:00 Crafts w/Vicki 12:00 Lunch 1:00 Spades

#### 21~ THURSDAY

9:00 Card Games 11:00 Yoga with Ed 11:00 Council Member **Daniels Presentation** 12:00 Lunch 1:00 Discussion Group

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

#### 25 ~ MONDAY

9:00 Card Games 10::00 Movie & Popcorn "Maya Angelou: And Still I Rise" 11:00 Tai Chi w/Tim 12:00 Lunch 1:00 Beginning Computer 2:00 Technology Q&A

## 26 ~ TUESDAY

9:00 Card Games 10:00 Yoga with Ed 11:00 Strength & Balance 12:00 Lunch 12:30 Bingo

#### 27 ~ WEDNESDAY

9:00 Card Games 10:00 Bean Bag Toss 11:00 Crafts 12:00 Lunch 1:00 Spades

#### 28~ THURSDAY

9:00 Card Games 11:00 Yoga with Ed 12:00 Lunch 12:30 Karaoke

#### 29~ FRIDAY

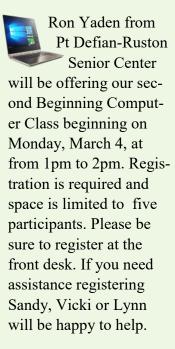
9:00 Card Games 10:00 Beachball Volleyball 11:00 Potluck

\*This calendar is subject to change.

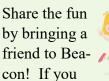
## 415 13th Street, Tacoma, WA 98402

## BEGINNING COMPUTER CLASS

**March 2024** 



# **BRING A FRIEND** PROGRAM





bring a friend, and your friend becomes a participant here at Beacon, both you and your friend will be entered into our monthly drawing to win a prize. There is no limit on how many friends you bring and you can increase your odds!



**RIDDLE ANSWER** No, but April May!