



Gathering Points

(253) 756-0601

Pt. Defiance~Ruston



2024

Operated by Franke Tobey Jones

SAVE THE DATES

TACOS & TEQUILA

May 17, starting at 11:00 a.m. with Maryanne and Paul providing line dance instruction and music. Lunch served at noon. Cost: \$10. Mark the date!



VOLUNTEER APPRECIATION

Calling all volunteers from Pt. Defiance, Beacon and Lighthouse Senior Centers! We want to celebrate you! Join us Friday, July 12, at noon. Chef Ron will be cooking! Mark the date, and be sure to sign up!



RUMMAGE SALE

There will not be a rummage sale going forward. As time has moved on, staff and volunteers no longer have, the stamina to do all of the work this requires; however, there will be additional fun-raising this year.



THE RAIN

By Unknown

Pitter-patter, raindrops
Falling from the sky.
Here is my umbrella,
To keep me safe and dry!
When the rain is over,
And the sun begins to flo,
Little flowers start to bud,
And grow and grow and
grow!



CAKE DECORATING

Do you want to learn to decorate cakes. There will be a Beginning Cake Decorating Class on Wednesday, April 3 and 10, at 10:30 a.m.

PANTRY PERFECTION: ELEVATE YOUR FOOD STORAGE GAME!

Are you passionate about cooking both for yourself and for those you care about? Do you dream of a pantry brimming with a variety of ready-to-eat meals and meticulously preserved ingredients? If so, we have just the opportunity for you! We're on the hunt for culinary enthusiasts eager to dive into the world of food preservation. The group will meet regularly to share and discover techniques for canning, freezing, dehydrating, and preparing meals that make our pantries the envy of food lovers everywhere. Don't miss out on this chance to transform your home food storage into a treasure trove of culinary delights. Please call (253) 756-0601 to sign up.

ATTORNEY JOHNSON

Attorney Liz Johnson continues her legal series on Tuesday, April 23, at 11:00 a.m. Her topic for this month is Asset Protection and she has a guest who will discuss Long Term Care and Financial Planning.

FINDING RELIABLE INFORMATION ON THE WEB

You hear it time and again. . .someone clicked on the wrong thing and their computer received a virus. Or, you find something on the Web that you think is real/accurate, but later find out that it wasn't. Join this class and find out how you can ensure accuracy and trust the information you find. Class is on Friday, April 5, 12, and 19, at 1:00 p.m. Please register.

DIABETES SCREENING

It's that time of year when the someone comes out from the Diabetes Association of Pierce County to perform glucose testing. This year she is coming Monday, April 29, at 11:00 a.m. No registration, come between 11:00 and noon and must be over 18.

HEALTH SERIES

I have been searching for someone to provide a Health Series on pertinent topics to seniors. We are very fortunate to have found a retired health education nurse, Beth Lamanna, to present. Topics will vary, and if you have a specific topic you would like covered, please let us/her know. The first class will be held on Monday, April 15, at 9:00 a.m.

WOMEN'S GRP. W/CHRIS

Sometimes women just need a space to talk or cut up. This group can be a safe area if you need to discuss something serious or just to socialize. Join the first Women's Group on the first Thursday of each month, April 4, at 12:30. Chris Johns will lead the group!

SENIOR FOOTCARE

Senior Footcare provides footcare services on the first Monday of odd months, and they are performed by licensed nurses. You can get an appointment by calling their office at (253) 848-9625.



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

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

May: *Killing Floor* by Lee Child

June: *Remarkably Bright Creatures* by Shelby Van Pelt

July: Educated by Tara Westover

RIDDLE CENTRAL

What type of bow is hard to tie?



(Answer pg. 2)



Calendar

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APRIL 2024

4716 N. Baltimore, Tacoma, WA 98407

1 ~ MONDAY

10:00 *Strength & Balance
10:30 Food Rescue
11:00 Blood Pressure Ck
11:00 *Stretch & Dance
12:00 *Lunch
1:00 Beginning Crochet
2:30 Tai Chi

2 ~ 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
3:15 Tap Dance Level 1
6:30 Martial Arts

3 ~ WEDNESDAY

9:00 Intro. to Computers
10:00 *Strength & Balance
10:30 Food Rescue
10:30 Cake Decorating
11:00 *Stretch & Dance
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 Game
10:00 Pinochle
10:00 Piano
12:00 *Lunch
12:30 Women's Group
1:30 Tap Dance Level 2
4:00 LGBTQ Yoga
6:30 Martial Arts

5 ~ FRIDAY

9:00 AARP Tax Prep
9:30 Spades
10:00 *Strength & Balance
12:00 *FTJ Lunch
1:00 Finding Reliable Information on the Web
1:30 *Therapeutic Yoga
2:30 Tai Chi

6 ~ SATURDAY

9:00 AARP Tax Prep

8 ~ MONDAY

9:00 Hand & Foot
10:00 *Strength & Balance
10:30 Food Rescue
11:00 *Stretch & Dance
12:00 *Lunch
1:00 Beginning Crochet
2:30 Tai Chi

9 ~ TUESDAY

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

10 ~ WEDNESDAY

10:00 *Strength & Balance
10:30 Food Rescue
10:30 Cake Decorating
11:00 *Stretch & Dance
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 Dom.
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

12 ~ FRIDAY

9:00 AARP Tax Prep
9:30 Spades
10:00 *Strength & Balance
12:00 *FTJ Lunch
1:00 Finding Reliable Info
1:30 *Therapeutic Yoga
2:30 Tai Chi

13 ~ SATURDAY

9:00 AARP Tax Prep

15 ~ MONDAY

9:00 Health Series
10:00 *Strength & Balance
10:30 Food Rescue
11:00 *Stretch & Dance
11:00 Blood Pressure Ck.
12:00 *Lunch
1:00 Beginning Crochet
2:30 Tai Chi

16 ~ 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
3:15 Tap Dance Level 1
6:30 Martial Arts

17 ~ WEDNESDAY

9:00 Real Estate Options, Transition & Downsizing
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

18 ~ THURSDAY

10:00 Mexican Train Dom.
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

19 ~ FRIDAY

9:30 Spades
10:00 *Strength & Balance
12:00 *FTJ Lunch
1:00 Finding Reliable Information on the Internet
1:30 *Therapeutic Yoga
2:30 Tai Chi

22 ~ MONDAY

9:00 Hand & Foot
10:00 *Strength & Balance
10:30 Food Rescue
11:00 *Stretch & Dance
12:00 *Lunch
1:00 Beginning Crochet
2:30 Tai Chi

23 ~ TUESDAY

10:00 Drawing w/John
10:00 Pinochle
10:30 Food Rescue
11:00 Atty. Johnson
12:00 *Lunch
12:30 Mahjong
3:15 Tap Dance Level 1
6:30 Martial Arts

24 ~ 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

25 ~ THURSDAY

10:00 Mexican Train Dom.
10:00 Pinochle
10:00 Piano
12:00 *Lunch
1:30 Tap Dance - Level 2
4:00 LGBTQ Yoga
6:30 Martial Arts

26 ~ FRIDAY

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

29 ~ MONDAY

10:00 *Strength & Balance
10:30 Food Rescue
11:00 Diabetes Screening
11:00 *Stretch & Dance
12:00 *Lunch
1:00 Beginning Crochet
2:30 Tai Chi

30 ~ TUESDAY

10:00 Drawing w/John
10:00 Guitar Lessons
10:00 Pinochle
10:30 Food Rescue
12:00 *Lunch
12:30 Mahjong
1:00 Sing-along
3:15 Tap Dance Level 1
6:30 Martial Arts

*CLASS COST

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

Strength & Balance
M/W/F Class: \$18/mo.

Stretch & Dance
M & W: \$10/mo.

Therapeutic Yoga
One class per week: \$15 per month

RIDDLE ANSWER?
The rainbow.

