



Gathering Points

(253) 756-0601

Pt. Defiance~Ruston

MAY 2024

Operated by Franke Tobey Jones

SAVE THE DATES

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!

NEW CARD GAMES

The following card games will be alternated on Mondays at 1:00 p.m.

King's Corner
Beginning Spades



RIDDLE CENTRAL

What do you get when you cross flowers and a parade in May? (Answer pg. 2)



THE FIRST OF MAY

By Annette Wynne

If I could stay up late no doubt I'd catch the buds just bursting out;

And up from every hidden root Would jump a tiny slender shoot;

I wonder how seeds learn the way, They always know the very day—

The pretty, happy first of May;

If I could stay up then, no doubt

I'd catch the buds just bursting out.

THE BUZZ ABOUT BEES



Stephen Balukoff and his wife, members of the Pierce County Beekeepers Association, will be at the Senior Center on Tuesday, May 7, at 1:00 p.m. to discuss bees, their importance and more. They will also have a honey tasting. Please sign up in advance.

TACOS & TEQUILA

Do you like homemade tacos? If you do, you won't want to miss Tacos & Tequila on May 17, starting at 11:00 a.m. with line dancing. Lunch will be served at noon. The menu consists of three tacos, beans, guacamole, chips, salsa, margaritas and dessert. The cost is \$10.00. There will be a raffle, and we want to thank our sponsor: Comfort Keepers. They will be providing the raffle prize. In addition, there will be a Starbucks gift card, a pizza oven, and more. Space is limited so sign up now!



DIABETES SELF CARE

Beth Lamanna, a retired Nurse Educator, will be at the Senior Center on Monday, May 20, at 9:00 a.m. to discuss Diabetes self-care. This involves infection awareness, foot care, dietary restrictions and allowances and exercise. The goals can be made reasonable and doable with patience and self-confidence. In this class we will discuss how people with prediabetes and type two diabetes can allow themselves not to be defined by the disease but help themselves to live successfully with vigilance and habit changes.

SHIELD HEALTHCARE

Do you have Diabetes? Do you need injections? If so, you may be interested in a Continuous Glucose Monitoring (CGM) device that helps individuals with diabetes to track their glucose levels continuously through out the day and night. This system will also provide 24/7 monitoring alerts day and night. Learn about possibly getting this free through insurance, May 15, 11:00 a.m.

EMERGENCY PREPAREDNESS



Representatives from Pierce County Department of Emergency Management, Katie Arthur, and Pierce County Aging and Disability Resources, Ivan Tudela, will be at the Senior Center to facilitate a presentation on emergency preparedness for seniors. They are eager to meet you, hear and answer your questions, and discuss the best ways you can be prepared for emergencies. In addition, they will be providing information that can be taken home. This discussion will be on May 7 at 10:00a.m. Please sign up in advance.

COMMUNICABLE DISEASES

What is a communicable disease? How many are there? Should I be concerned? A representative from the Pierce County Health Department will discuss communicable diseases on Tuesday, May 21, at 9:00 a.m. Please sign up to attend this class and get all of your questions answered.

BRACELET BEADING

Join Diana Sharon from Lighthouse and learn how to make beaded bracelets. Supplies will be furnished. Friday, May 3 at 11:00 a.m.



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

May: *Killing Floor* by Lee Child

June: *Remarkably Bright Creatures* by Shelby Van Pelt

July: *Educated* By Tara Westover

August: *Our Souls At Night* By Kent Haruf

September: *The Old Man and the Sea* by Ernest Hemingway

October: *Go Set A Watchman* By Harper Lee



DON'T MISS SHREK!



**ONE TIME FREE
PERFORMANCE**

**MONDAY, MAY 6
12:45 P.M.**

**LIGHTHOUSE
ACTIVITY CENTER**

**5016 A STREET
TACOMA, WA 98408**

Come meet the adorable
characters of Shrek!

Performed by students at the



(Performance 45 minutes.)



CONNECTION BETWEEN DIA- BETES AND DEMENTIA

Did you know that there is a connection between Diabetes and Dementia? Join Dr. Adrienne Ione on Friday, May 24, at 11:00 a.m. to discuss this topic. You'll have a chance to ask questions and get answers. Please register for this class.

DOG WALKS RESUMES

Saturday dog walks return in May on specific weekends, starting May 11. Be sure to check the calendar for the remaining Saturdays. The dog walks will begin at 10:00 a.m. Join Kate Gray at the entrance to Baltimore Park.

NEW CARD GAMES

A beginning Spades class was requested, and we have added it to our calendar on alternating Mondays with King's Corner. Both of these popular games will be at 1:00 p.m. Check the calendar to see the actual dates for each class.

INTRO. TO COMPUTERS

Do computers intimidate you? Do you want to learn about computers? Ron Yaden will be teaching another Introduction to Computers class beginning Wednesday, May 22, at 9:00 a.m. Space is limited so be sure to register early.



SAFE DRIVER'S CLASS

AARP offers a Safe Driver's Class that is led by a trained volunteer. You do not have to be an AARP member to attend. This class will be offered at the Center on Saturday, May 25, starting at 9:00 a.m. Lunch will be provided. The cost is \$25 for non AARP members and \$20 for members, and is payable to the instructor. Please register for this class.

CENTER CLOSURE

The Center will be closed on Monday, May 27 in honor of all those who served in our military.

BROWSING THE WEB

If you don't feel comfortable browsing the web because of security or if you just don't know how to browse the web safely, you will want to attend these classes. On Friday, May 3, at 1:00 p.m. there will be a Web Basics class. The following week there will be an Advanced Web class on Friday, May 10, at 1:00 p.m. Space is limited so be sure to sign up in advance.

REVERSE MORTGAGES

Have you ever wondered what a reverse mortgage is or if it might be beneficial to you? If you have questions, you will want to join us on Wednesday, May 15, at 9:00 a.m.

WOMEN'S GROUP

There are lots of topics to discuss, but some are not comfortable in mixed company or sometimes you just need women to talk to. Join Chris Johns as she leads a monthly group just for women. It will be held on the first Thursday of each month at 12:30 p.m.

PICKLEBALL

Pickleball is starting back up in May! It will be on Mondays, starting at 10:00 a.m. To play at another time, you are welcome to check out equipment as long as they are returned.



*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 Mayflower.





Calendar

(253) 756-0601

Pt. Defiance ~ Ruston

MAY 2024

4716 N. Baltimore, Tacoma, WA 98407

1 ~ 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*

2 ~ 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

3 ~ FRIDAY

9:30 Spades
10:00 *Strength & Balance
11:00 *Bracelet Beading*
12:00 *FTJ Lunch
1:00 *Web Basics*
1:30 *Therapeutic Yoga
2:30 Tai Chi

6 ~ MONDAY

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



7 ~ TUESDAY

10:00 *Emergency Preparedness*
10:00 Drawing w/John
10:00 Pinochle
10:30 Food Rescue
12:00 *Lunch
12:30 Mahjong
1:00 *The Buzz About Bees With Honey Tasting*
3:15 Tap Dance Level 1
6:30 Martial Arts



8 ~ WEDNESDAY

10:00 *Strength & Balance
10:30 Food Rescue
11:00 *Stretch & Dance
12:00 *Lunch
12:30 Acupuncture

8 ~ WEDNESDAY CONT'D.

12:30 Cribbage w/Norm
2:00 *Therapeutic Yoga
3:30 *Line Dance*

9 ~ 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

10 ~ FRIDAY

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

11 ~ SATURDAY

10:00 *Dog Walk*



13 ~ MONDAY

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

14 ~ 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

15 ~ WEDNESDAY

9:00 *Reverse Mortgage Pros and Cons - Classroom*
10:00 *Strength & Balance
10:30 Food Rescue
11:00 *Shield Healthcare (Diabetes Monitoring Equipment) Classroom*
11:00 **Stretch & Dance*
12:00 *Lunch
12:30 Acupuncture
12:30 Cribbage w/Norm

15 ~ WEDNESDAY CONT'D.

2:00 *Therapeutic Yoga
3:30 *Line Dance*

16 ~ 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

17 ~ FRIDAY

9:30 Spades
10:00 *Strength & Balance
11:00 *Line Dancing*
12:00 **Tacos & Tequila*
1:30 *Therapeutic Yoga
2:30 Tai Chi



18 ~ SATURDAY

10:00 *Dog Walk*

20 ~ MONDAY

9:00 *Diabetic Self Care*
10:00 *Strength & Balance
10:00 *Pickleball*
10:30 Food Rescue
11:00 *Stretch & Dance
12:00 *Lunch
1:00 *King's Corner*
1:00 Beginning Crochet
2:30 Tai Chi



21 ~ TUESDAY

9:00 *Communicable Diseases*
10:00 Drawing w/John
10:00 Pinochle
10:30 Food Rescue
11:00 *Atty. Johnson: Guardianship & Conservatorship*
12:00 *Lunch
12:30 Mahjong
3:15 Tap Dance Level 1
6:30 Martial Arts

22 ~ WEDNESDAY

9:00 *Intro. To Computer*
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*

23 ~ THURSDAY

10:00 Mexican Train Dom.
10:00 Pinochle
10:00 Piano
12:00 *Lunch
1:00 *PC & Android Group*
1:30 *Tap Dance - Level 2*
6:30 Martial Arts

24 ~ FRIDAY

9:30 Spades
10:00 *Strength & Balance
11:00 *Connection Between Diabetes and Dementia*
12:00 *Lunch
1:30 *Therapeutic Yoga

25 ~ SATURDAY

9:00 *Safe Driver's Class*

27 ~ MONDAY

Closed for
Memorial Day



28 ~ 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

29 ~ WEDNESDAY

9:00 *Intro. To Computer*
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

30 ~ THURSDAY

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

31 ~ FRIDAY

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