



### JULY VOLUNTEER LUNCHEON

Calling all Volunteers! A luncheon is being held at Pt. Defiance~Ruston Senior Center (4716 N. Baltimore) in your honor. On Friday, July 12, Chef Ron will be preparing a free lunch just for you. On the menu is lasagna, salad and ice cream.



### INTERACTIVE WORKSHOP: FINANCIAL PLANNING

July 23rd at 12:45 p.m.

Topic: Discover tools for budgeting, tips to avoid fraud and ways to reduce debt and make your money go further in your retirement.

### POETRY CORNER

July by Annette Wynee

July's for Independence Day, For flags and speeches and for play, For hiding deep in meadow grass, And watching flying creatures pass, For sailing boats on little seas, Where just the smallest summer breeze Can blow; for picking flowers any day; July comes for flags and play.

### NEWS AND NOTES

#### CRAFT

It's lavender season so join Diana to make lavender sachets or bundles. Tuesday the 2nd.



#### JAZZ PIANIST MUSICAL PERFORMANCE



We're excited to have the pianist Charles Lambert visit the Lighthouse to play piano and provide education about 20's era blues and jazz, featuring such greats as Louis Armstrong and Duke Ellington.

July 16th at 12:45 p.m.

#### FREE PHONES

This program is designed to assist qualifying individuals, recipients of federal or state assistance programs, including Federal Public Housing Assistance, SNAP, Medicaid/Medical, LIHEAP, SSI, WIC, Veterans & Survivor Benefits & TANF.

To be eligible for the program, individuals must provide a valid ID, Social Security Number, and Benefit Award Letter confirming their participation in one of the qualifying assistance programs.

July 1st from 10 a.m.-11:45 p.m.

#### BEACON OPEN HOUSE

Join the participants at Beacon Senior Center for a celebration of the reopening: Beacon Open House.

#### BEACON OPEN HOUSE

Join us on Tuesday, July 16 at 10:00 a.m.! There will be snacks, beverages, and music by Randy Litch. Come dance with us!

#### NEW-BUNCO !

Bunco is a popular dice game played with 4, 8, 12 or more people in pairs. Prizes for the winners ! Roll the dice and try your luck! Tuesday the 9th and 30th.



#### LIGHTHOUSE GARDEN

Our garden boxes are full of flowers and vegetables, thanks to our garden volunteers' time and donations, as well as donations from Birch Creek Post Acute Care.



#### RIDDLE CENTRAL

(Answer pg. 2)

What runs but never walks. Murmurs but never talks. Has a bed but never sleeps. And has a mouth but never eats?



#### BIRTHDAY DANCE

Join us for live music with Randy Litch and dancing to celebrate everyone with July birthdays. Friday July 19th at 10:00 a.m.



#### 1 ~ MONDAY

10:00 Family Feud  
**10:00 Free Phones being offered for those who meet qualifications**  
 10:00 Computer Class  
 10:45 SAIL Exercise  
**12:30 Bingo**  
 1:00 Beginning Drawing

#### 2 ~ TUESDAY

10:00 Women's Discussion Group  
 10:00 Computer Class  
 11:00 Story Hour  
 12:30 No Sing-along  
**12:30 Craft: Make Lavender sachets or bundles**

#### 3 ~ WEDNESDAY

10:00 Wordsearch  
 10:45 SAIL Exercise  
 11:00 Pinochle card game  
 12:35 20 Minute Stretch  
 12:45 MX Train Dominoes  
 1:00 Line Dancing

#### 4 ~ THURSDAY



#### 5 ~ FRIDAY

10:00 Wood Carving Club  
 10:00 Computer Class  
 10:45 SAIL Exercise  
 12:30 Tai Chi  
 12:30 Cribbage  
 12:45 Movie & Snacks

#### 8 ~ MONDAY

10:00 Family Feud  
 10:00 Computer Class  
 10:45 SAIL Exercise  
**12:30 Bingo**  
 1:00 Beginning Drawing

#### 9 ~ TUESDAY

10:00 Women's Discussion Group  
 10:00 Computer Class

#### 9 ~ TUESDAY CONT'D

11:00 Story Hour  
**12:45 Bunco** 

#### 10 ~ WEDNESDAY

10:00 Wordsearch  
 10:45 SAIL Exercise  
 11:00 Pinochle card game  
 12:35 20 Minute Stretch  
 12:45 MX Train Dominoes  
 1:00 Line Dancing

#### 11 ~ THURSDAY

9:00 Yoga  
 9:30 Quilting am  
 10:00 Computer Class  
 10:15 Stretch & Dance  
 11:00 Painting  
 11:30 Sit Down Exercise  
 12:30 Quilting pm  
**12:30 Bingo**


#### 12 ~ FRIDAY

**9:45 Beanbag Baseball**  
 10:00 Wood Carving Club  
 10:45 SAIL Exercise  
 12:30 Tai Chi  
 12:30 Cribbage

#### 15 ~ MONDAY

10:00 Family Feud  
 10:00 Computer Class  
 10:45 SAIL Exercise  
**12:30 Bingo**  
 1:00 Beginning Drawing

#### 16 ~ TUESDAY

10:00 Women's Discussion Group  
 10:00 Computer Class  
 11:00 Story Hour  
 12:30 No Sing-along  
**12:45 Jazz Pianist Charles Lambert Musical Performance** 

#### 17 ~ WEDNESDAY

10:00 Wordsearch  
 10:45 SAIL Exercise  
 11:00 Pinochle card game  
 12:35 20 Minute Stretch  
 12:45 MX Train Dominoes  
 1:00 Line Dancing

#### 18 ~ THURSDAY

9:00 Yoga  
 9:30 Quilting am  
 10:00 Brain Fitness  
 10:00 Computer Class  
 10:15 Stretch & Dance  
 11:00 Painting  
 11:30 Sit Down Exercise  
 12:30 Quilting pm  
**12:30 Bingo**

#### 19 ~ FRIDAY

9:00 SAIL Exercise  
**10:00 Birthday Dance**  
 10:00 Wood Carving Club  
 12:30 Tai Chi  
 12:30 Cribbage  
 12:45 Movie & Snacks

#### 22 ~ MONDAY

10:00 Family Feud  
 10:00 Computer Class  
 10:45 SAIL Exercise  
**12:30 Bingo**  
 1:00 Beginning Drawing

#### 23 ~ TUESDAY

10:00 Women's Discussion Group  
 10:00 Computer Class  
 11:00 Story Hour  
**12:45 Interactive Workshop: Financial Planning**

#### 24 ~ WEDNESDAY

10:00 Wordsearch  
 10:45 SAIL Exercise  
 11:00 Pinochle card game  
 12:35 20 Minute Stretch  
 12:45 MX Train Dominoes  
 1:00 Line Dancing class

#### 25 ~ THURSDAY

9:00 Yoga  
 9:30 Quilting am  
 10:00 Computer Class  
 10:15 Stretch & Dance  
 11:00 Painting  
 11:30 Sit Down Exercise  
 12:30 Quilting pm  
**12:30 Bingo**

**RIDDLE ANSWER**  
 A River !



#### 26 ~ FRIDAY

**9:45 Beanbag Baseball**  
 10:00 Wood Carving Club  
 10:45 SAIL Exercise  
**11:00 Cell Phone Class**  
 12:30 Tai Chi  
 12:30 Cribbage


#### 29 ~ MONDAY

10:00 Family Feud  
 10:00 Computer Class  
 10:45 SAIL Exercise  
**12:30 Bingo**  
 1:00 Beginning Drawing

#### 30 ~ TUESDAY

10:00 Women's Discussion Group  
 10:00 Computer Class  
 11:00 Story Hour  
**12:30 Sing-along**

#### 31 ~ WEDNESDAY

10:00 Wordsearch  
 10:45 SAIL Exercise  
 11:00 Pinochle card game  
 12:35 20 Minute Stretch  
 12:45 MX Train Dominoes  
 1:00 Line Dancing   
**2:00 Book Club**

#### CLASS LOCATIONS

Computer Class: 1st floor, computer rm  
 Drawing: 1st floor, rm 6  
 Line Dancing: 2nd floor, auditorium  
 Painting: 1st floor, rm 6  
 S.A.I.L.: 2nd floor, auditorium  
 Stretch & Dance: 2nd floor, auditorium  
 Tai Chi: 2nd floor, auditorium  
 Quilting: 1st floor, rm 3  
 Yoga: 2nd floor, auditorium