



# Gathering Points

(253) 756-0601

*Pt. Defiance~Ruston*

September 2025

Operated by Franke Tobey Jones

## SAVE THE DATES

### PARTIES

Halloween Party  
with Mark Stern -  
Friday, October 31,  
at 11:00 a.m. There will be a  
costume contest!



### CLOSURES

September 1 - Labor Day  
November 27 - Thanksgiving  
December 25 - Christmas

## September

By James Thomson

The golden-rod is yellow; The  
corn is turning brown; The trees  
in apple orchards With fruit are  
bending down.

The gentian's bluest fringes Are  
curing in the sun; In dusty pods  
the milkweed Its hidden silk has  
spun.

The sedges flaunt their harvest,  
In every meadow nook; And  
asters by the brook-side Make  
aster in the brook.

From dewy lanes at morning  
The grapes' sweet odors rise; At  
noon the roads all flutter With  
yellow butterflies.

By all these lovely tokens Sep-  
tember days are here, With sum-  
mer's best of weather, And au-  
tumn's best of cheer.

But none of all this beauty  
Which floods the earth and air,  
Is unto me the secret Which  
makes September fair.

'Tis a thing which I remember;  
To name it thrills me yet: One  
day of one September I never  
can forget.

## <sup>Δ</sup> PINOCHLE TOURNAMENT

Join Ron Yaden for a Pinochle Tour-  
nament on Saturday, September 20,  
starting at 9:00 a.m. The cost is \$10  
per person and covers lunch and cash  
prizes. Sign up now for the fun!

### IN THE BOX

When suggestions are found in  
the suggestion box, you will find  
answers here - *In The Box*.  
Thank you for your suggestions!

**Suggestion 1:** For those of us  
who come just to socialize, there  
should be a socialize in the com-  
puter to check. *It's done, thanks!*

**Suggestion 2:** Could you put the  
amount of the class fee in the  
newsletter instead of just an aster-  
isk? All class costs are listed on  
the second page of the calendar.  
Those costs are the official ones.

**Suggestion 3:** What are the re-  
frigerator rules? The refrigerator  
is only for incoming food not to  
store your food.



## BRATWURST, BEER & THE BAND

\*<sup>Δ</sup> Bratwurst, Beer  
& the Band (sing-

along) is a fundraiser for the Sen-  
ior Center! The date is Septem-  
ber 19, starting at noon with  
lunch and followed by the Puget  
Sounds Band! Come have fun  
with us! Cost: \$10 paid before  
Sept. 17, after that date the cost  
is \$15. Sign up now! There will  
be a raffle, and **three Chrome-  
books will be raffled off!** Get  
your raffle tickets now.

## RIDDLE CENTRAL

A girl who was just learning  
to drive went down a one-  
way street in the wrong di-  
rection, but didn't break the law.  
How come? (Answer pg. 3)



## <sup>Δ</sup> TWO-HANDED PAINTING

Join us for a unique art experience  
that goes beyond the canvas. In this  
bilateral painting class, we'll use  
both hands simultaneously to  
paint—activating both the left and  
right sides of the brain. This sen-  
sorimotor approach combines gentle  
movement with creative expression,  
helping you access deeper emotions,  
release stress, and explore what your  
body and mind are ready to express.  
No art experience is necessary—just  
a willingness to connect, feel, and  
let the paint guide you. This class is  
about the process, not the product.  
Class, Sept. 11 at 10:00 a.m.

## <sup>Δ</sup> FLU & PNEUMONIA SHOTS

The Center is once again partnering  
with the Health Department and  
Purdy Costless Pharmacy to offer a  
vaccination clinic here. It will be  
held on September 29, from 9:00  
a.m. until noon. Please sign up if  
you want to get vaccinated here!

## HISTORY SERIES

The Center is sponsoring a three  
part series history program. The  
first one will be held on Monday,  
September 22, and the topic is the  
History of Ruston. The second class  
is on Monday, October 6, covering  
the USS Lexington. And wrapping  
it up is covering the Narrows Bridge  
on November 3. All classes start at  
1:00 p.m.



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

September: *Night Circus* by Erin  
Morgenstern

October: *Little Fires Everywhere*  
by Celeste Ng





*Defiance-Custon*

**SEPTEMBER 2025**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>CLOSED</b> 	<b>2</b> 9:30 Pinochle (D) 10:00 Drawing w/John (C) <b>10:00 Guitar Class (M)</b> 12:00 *Lunch (D) 12:30 Mahjong (C) 1:00 Sing-along (M) <b>3:15 Tap Dance</b> 6:30 Martial Arts (M)	<b>3</b> 9:00 *Yoga w/Hal (C) 9:00 Crochet/Knitting Grp (D) 10:00 *Strength & Balance (M) 11:00 *Stretch & Dance (M) 12:00 *Lunch (D) 12:30 Cribbage (C) 12:30 *Acupuncture (M)	<b>4</b> 9:00 <sup>Δ</sup> SHIBA (C) 9:30 Pinochle (D) 10:00 Mexican Train (D) 10:00 <sup>Δ</sup> Beginning Piano (M) 11:00 Blood Pressure Checks (FD) 12:00 *Lunch (D) <b>1:00 Women's Group (C)</b> 1:00 <sup>Δ</sup> <b>POLST Legal Form (M)</b> 6:30 Martial Arts (M)	<b>5</b> 9:30 Spades (C) 10:00 *Strength & Balance (M) 11:00 *Stretch & Dance (M) <b>12:00 *Beginning Yoga (M)</b> <b>12:00 <sup>Δ</sup>FTJ Lunch (D)</b> 1:00 Spanish (D) 2:00 Creative Writing (C) 2:30 Tai Chi (M) 4:00 <sup>Δ</sup> Doggy Manners
<b>8</b> 9:00 Hand & Foot (D) 9:00 <sup>Δ</sup> Senior Footcare 10:00 Pickleball 10:00 *Strength & Balance (M) 11:00 *Stretch & Dance (M) 12:00 *Lunch (D) 12:30 Chess (D) 1:30 Ping Pong (M) 2:30 Tai Chi (M)	<b>9</b> 9:00 <sup>Δ</sup> <b>Beginning Drawing (C)</b> 9:30 Pinochle (D) 10:00 Drawing w/John (C) <b>11:00 *Basic Beginning Line Dance (M)</b> 12:00 *Lunch (D) 12:30 Mahjong (C) <b>1:00 Bingo (D)</b> <b>3:15 Tap Dance (M)</b> 6:30 Martial Arts (M)	<b>10</b> 9:00 *Yoga w/Hal (C) 9:00 Crochet/Knitting Grp (D) 10:00 *Strength & Balance (M) 11:00 <sup>Δ</sup> <b>End of Life (C)</b> 11:00 *Stretch & Dance (M) 12:00 *Lunch (D) 12:30 Cribbage (C) 12:30 *Acupuncture (M) 3:30 *Line Dance (M)	<b>11</b> 9:30 Pinochle (D) 10:00 Mexican Train (C) <b>10:00 <sup>Δ</sup>Painting with Two Hands (M)</b> 10:00 <sup>Δ</sup> Beg. Piano (C) 11:00 BP Checks (FD) 12:00 *Lunch (D) <b>1:00 Movie: Yesterday (M)</b> 1:00 Garden Club (D) <b>1:00 Apple User Group (C)</b> 6:30 Martial Arts (M)	<b>12</b> 9:30 Spades (C) 10:00 *Strength & Balance (M) 11:00 *Stretch & Dance (M) <b>12:00 *FTJ Lunch (D) 12:00</b> <b>12:00 *Beginning Yoga (M)</b> 1:00 Spanish (D) 2:00 Creative Writing (C) 2:30 Tai Chi (M) <b>4:00 *Doggy Manners (M)</b> <b>10:00 Sat: <sup>Δ</sup>Breakfast Club</b> <b>9 Sat. AARP Safe Driver Class</b>
<b>15</b> 9:00 Hand & Foot (C) <b>10:00 Pickleball</b> 10:00 *Strength & Balance (M) 11:00 *Stretch & Dance (M) 12:00 *Lunch (D) 12:30 Chess (D) 1:30 <sup>Δ</sup> <b>Writer's Forum</b> 2:30 Ping Pong (M) 2:30 Tai Chi (M)	<b>16</b> 9:00 <sup>Δ</sup> <b>Beginning Drawing (C)</b> 9:30 Pinochle (D) 10:00 Drawing w/John (C) 10:00 Guitar Class (M) <b>11:00 *Basic Beginning Line Dance (M)</b> 12:00 *Lunch (D) 12:30 Mahjong (C) 1:00 Sing-along (M) <b>3:15 Tap Dance (M)</b> 6:30 Martial Arts (M)	<b>17</b> 9:00 *Yoga w/Hal (C) <b>9:00 Crochet/Knitting Grp (D)</b> 10:00 *Strength & Balance (M) 11:00 *Stretch & Dance (M) 12:00 *Lunch (D) 12:30 Cribbage (C) 12:30 *Acupuncture (M) 3:30 *Line Dance (M)	<b>18</b> 9:30 Pinochle (D) 10:00 Mexican Train (C) 10:00 <sup>Δ</sup> Beg. Piano (M) <b>11:00 BP Checks (FD)</b> 12:00 *Lunch (D) 1:00 Book Club w/Chris (C) 2:15 <sup>Δ</sup> <b>Sip &amp; Paint (M)</b> 6:30 Martial Arts (M)	<b>19</b> 9:30 Spades (C) 10:00 *Strength & Balance (M) 11:00 *Stretch & Dance (M) <b>12:00 *Beginning Yoga (M)</b> <b>12:00 <sup>Δ</sup>Bratwurst, Beer &amp; the Band (D, M)</b> 1:00 NO Spanish (D) 2:00 Creative Writing (C) 2:30 NO Tai Chi (M)
<b>3:30 <sup>Δ</sup>Prime Time Hop</b>				
<b>9:00 Sat.: Pinochle Tournney</b>				

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
22 9:00 Hand & Foot (C) 10:00 *Strength & Balance (M) 10:00 Pickleball 11:00 *Stretch & Dance (M) 12:00 *Lunch (D) 12:30 Chess (D) 1:00 <sup>Δ</sup> <i>History of Ruston (M)</i> 2:30 Tai Chi (M)	23 9:00 <sup>Δ</sup> <i>Beg. Drawing (C)</i> 9:30 Pinochle (D) 9:45 Atty. Liz Johnson (M) 10:00 Drawing w/John (C) 11:00 *Basic Beginning Line Dance (M) 12:00 *Lunch (D) 12:30 Mahjong (C) 1:00 Bingo (D) 3:15 Tap Dance (M) 6:30 Martial Arts (M)	24 9:00 Crochet & Knitting Grp. (D) 9:00 *Yoga w/Hal (C) 9:30 Devoted Resource Table 10:00 *Strength & Bal (M) 11:00 *Stretch & Dance (M) 12:00 *Lunch (D) 12:30 Cribbage (C) 12:30 *Acupuncture (M) 3:30 *Line Dance	25 9:30 Pinochle (D) 10:00 Mexican Train (C) 10:00 <sup>Δ</sup> Beginning Piano (M) 11:00 <i>Blood Pressure Check (FD)</i> 12:00 *Lunch (D) 1:00 <sup>Δ</sup> <i>PC/Android Grp. (C)</i> 1:00 Garden Class (M) 1:00 <sup>Δ</sup> <i>Crafts with Kathy (D)</i> 6:30 Martial Arts (M)	26 9:30 Spades (C) 10:00 *Strength & Balance (M) 11:00 *Stretch & Dance 12:00 <sup>*Δ</sup> <i>FTJ Lunch (D)</i> 12:00 *Yoga w/Molly (M) 1:00 Spanish (D) 2:00 <i>Creative Writing (C)</i> 2:30 Tai Chi (M) 4:00 <sup>Δ</sup> <i>Doggy Manners</i>
29 9:00 Hand & Foot (C) 9:00 <sup>Δ</sup> <i>Flu &amp; Pneumonia Vaccinations</i> 10:00 *Strength & Balance (M) 10:00 Pickleball 11:00 *Stretch & Dance (M) 12:00 *Lunch (D) 12:30 Chess (D) 1:30 Ping Pong (M) 2:30 Tai Chi (M)	30 9:00 <sup>Δ</sup> <i>Beg. Drawing (C)</i> 9:30 Pinochle (D) 10:00 Guitar Lessons 10:00 Drawing w/John (C) 11:00 <i>Basic Beginning Line Dance (M)</i> 12:00 *Lunch (D) 12:30 Mahjong (C) 1:00 Sing-along (M) 3:15 Tap Dance (M) 6:30 Martial Arts (M)	<b>Monthly Joke</b>  <p>In a greasy spoon, a downhearted diner asked the waitress for meatloaf and some kind words. She brought the meatloaf but didn't say a thing. "Hey," he said, "what about my kind words?" She replied, "Don't eat the meatloaf."</p>	 <b>UKULELE CLASS</b> Doug Schafer will be instructing a Ukulele Class. The class will be on Thursday, October 9, at 9:00 a.m. Please register if you are interested in joining this class. Ukuleles will be provided initially.	<b>9:00 Sat.: Walk w/ Dogs</b>

## LEGEND

\* Participation Fee

<sup>Δ</sup> Registration/Appt. Required

(C) Classroom

(FD) Front Desk

(D) Dining Room

(G) Garden

(M) Main Room

## COST

Acupuncture

- \$10 per treatment
- Paid to Acupuncturist

## COST CONT'D

### Line Dancing

- \$20 per 6-week series, on Wednesdays,
  - \$8 monthly, Beginning Line Dance on Tues.
- Both class fees are payable to the instructor

### Strength & Balance

- \$18 month, Mon., Wed., & Fri., paid at front desk

### Stretch & Dance

- \$18 month Mon., Wed., & Friday

## COST CONTINUED

### Yoga w/Hal

- \$10 month Wednesdays, 9:00 Yoga w/Molly
- \$10 month, Fridays paid at front desk



### One person taking

two classes receives a \$3.00 discount on the second class with one exception, Basic Beginning Line Dance.

## LUNCH

\*Catholic Community Services provides lunch M-Th for a donation of \$3.50 if you are 60+. Under 60 is \$6.00.

## FOOD RESCUE

While not listed, the food bank is open from 10:30 a.m. to 12:30 p.m. Monday through Wednesday.



## CALL AHEAD

Every effort is made to ensure programming is on time. Occasionally, an instructor may cancel a class. Please call ahead to ensure the class is still scheduled.

\* Franke Tobey Jones provides sack lunches on Fridays for \$3.50. If you want a Friday lunch you must order on Monday for the following Friday.

**RIDDLE ANSWER**  
She was walking.



September kids return to school. So remember to go slow, mind school speed limits, and stay alert!





# Gathering Points

(253) 756-0601

*Pt. Defiance~Ruston*

# Center Highlights

Operated by Franke Tobey Jones

## SPOTLIGHT ON PARTICIPANTS



Ron Yaden should be a familiar face; he's been volunteering and working at the center for the last 20 years!

While born in Texas, after his dad retired from the Navy his mom insisted on moving near family in various cities in WA and they finally moved to Rainier.

Ron moved to Tacoma in '66 and met his wife in '67. They didn't immediately hit it off, but eventually married a year later and over the next 45 years raised three children. He worked as an accountant at a print shop and navigated the change to computers with aplomb, writing programs to keep the records. His interest in taxes led him to volunteer doing taxes with AARP. After his wife died, Ron came to the center and started volunteering for everything. He loves the center and its friendly atmosphere.

Ron loves travelling to see and explore new places.

## ATTORNEY LIZ JOHNSON

Beginning Tuesday, September 23rd, Attorney Liz Johnson will be here at 9:45am (not 11). Note the time change! This time will continue for her visits on the 4<sup>th</sup> Tuesday of every month. We apologize for any inconvenience.

## △ BASIC BEGINNING LINE DANCE w/MARYANNE

Have you ever wanted to learn how to Line Dance, but thought you might not be able to remember the steps? This is the class for you. This class will teach Line Dance step by step. You'll be among friends who are here for the same reason. Come have some fun while you exercise! Class starts Sept. 9 at 11:00 a.m., and cost \$8 a month paid to the instructor.



## △ BEGINNING DRAWING

John Haven will be teaching Beg. Drawing on Tuesday mornings starting on September 9, at 9:00 a.m. This class is free; however, you will need a number 2B pencil, a white eraser, and a 9 x 12" sketch pad. There are only two spaces left so sign up now to guarantee your spot!

## △ COMMUNITY PROGRAMS

Community Programs are in full swing!

**Breakfast Club w/Kate Gray**  
2nd Saturday of the month  
Meets at the Clubhouse, 10:00 a.m

**Prime Time Hop w/ Ron Yaden**  
3rd Thursday of the month  
September - Sig Brewing Company  
Meets at 3:30 p.m.

**Prime Time Plates w/Chris Johns**  
4th Thursday of the month  
Coopers Food & Drink  
Meets at 4:00 p.m.

## SURVEY ANSWERS

Thank you for completing the survey. Out of it came a few questions that need to be explained.

- 1) 12% were unsure whether they had input in programs, and the answer is yes. You are welcome to make suggestions at any time through the suggestion box or telling staff.
- 2) 23% did not know if we had partners, and the answer is yes. They are AARP Tax Prep. and Safe Driver's Class, Catholic Community Services for lunches, the Health Department for our partnership with them and Purdy Costless, Pierce County Diabetes Assoc. for Glucose Checks, the City of Tacoma for the building, and many more.
- 3) 24% did not know if there were opportunities to volunteer in leadership roles. The answer is yes. There is an Advisory Board you can request joining, you can lead a committee when they are needed, and you can instruct a class in something you love and want to share.
- 4) 10% were unsure about community-based resources be provided, and the answer is yes. SHIBA, presentations by in-home care agencies, the brochures and handouts that are provided via instructors or provided in the wall rack.

4

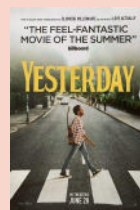
## INCLUSIVITY

At Pt. Defiance~Ruston Senior Center, operated by Franke Tobey Jones, we strive to maintain an environment where all participants, family members, team members, and our partners, feel welcomed, valued and respected. We believe each person's unique contribution to our collective well-being and that through a blend of diverse ideas, background and experiences, we learn, grow and support one another.

## MOVIES



A movie will be shown once a month on the second Thursday from 1:00 - 3:00 p.m. The following movie is scheduled to be shown in September:



**Yesterday** on September 11, at 1:00 p.m. If you like the Beatles, you will love this movie.