



SAVE THE DATES

VOLUNTEERS!

THANK
YOU

⁴ Volunteer Appreciation Party
The staff would love to celebrate you as a way of thanking you for your service! The party is planned for Friday, January 16. Time to be determined.



CLOSURES

December 25 - Christmas
January 1 - New Year's Day

Stopping by the Woods on a Snowy Evening By Robert Frost

Whose woods these are I think I know. His house is in the village though; He will not see me stopping here To watch his woods fill up with snow.

My little horse must think it queer To stop without a farmhouse near Between the woods and frozen lake The darkest evening of the year.

He gives his harness bells a shake To ask if there is some mistake. The only other sound's the sweep Of easy wind and downy flake.

The woods are lovely, dark and deep. But I have promises to keep, And miles to go before I sleep, And miles to go before I sleep.

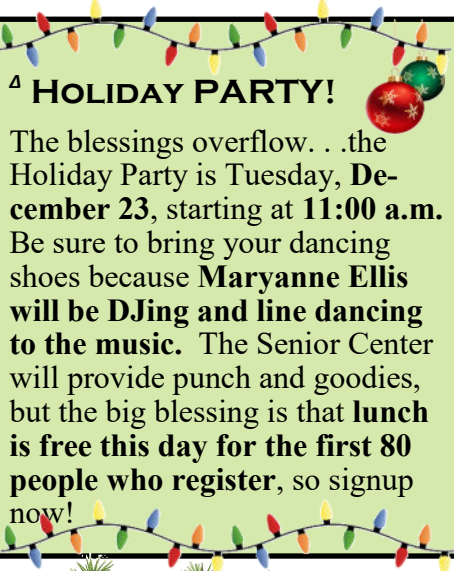


EARLY CLOSURE

It's that time of year when celebrations abound.

Franke Tobey Jones is having their annual staff holiday party. The event starts at 1:30 p.m. on Wednesday, December 17. The Senior Center will be closing at 1:30 p.m. for the Staff Holiday Party at FTJ.

Ongoing Yoga and Line Dance depends on the instructor!



⁴ HOLIDAY PARTY!

The blessings overflow. . .the Holiday Party is Tuesday, **December 23**, starting at **11:00 a.m.** Be sure to bring your dancing shoes because **Maryanne Ellis will be DJing and line dancing to the music.** The Senior Center will provide punch and goodies, but the big blessing is that **lunch is free this day for the first 80 people who register**, so signup now!

CAREGIVER RESOURCES

Are you a **caregiver** who needs help finding **resources**? Great news! On the **first Thursday of every month at 2:00 p.m.**, Jo Ann Lyman, a dedicated person from Comfort Keepers, will be in the classroom to assist you. Get help locating valuable resources you might not even know exist.

YOGA

Hal Meng, the Yoga instructor, will be out through December, maybe longer due to an injury. We wish him a fast recovery.



⁴ AUSTRALIA

This trip, through Collette, will be a trip of a lifetime: "Discover Australia's Outback to New Zealand's South Island. Lasting 20 days and covering Sydney, Sydney Opera House, Cairns, Great Barrier Reef, Alice Springs, Uluru, Melbourne, Queens-town, Milford Sound, Mt. Cook National Park, and

Cont'd on pg. 3.





CHRISTMAS

Christmas is an annual festival celebrated primarily on **December 25th** to commemorate the **birth of Jesus Christ**. It is both a major religious holiday for Christians and a widely observed cultural and commercial phenomenon around the world.

History & Meaning

Religious Significance: Christmas, which means "Christ's Mass," focuses on the Nativity, the biblical account of Jesus's birth in Bethlehem to the Virgin Mary.

The Date: The Bible does not specify Jesus's birth date. December 25th was chosen by Church officials in the 4th century, likely to coincide with or counter existing Roman pagan winter solstice festivals, like **Saturnalia** and the celebration of the **Unconquered Sun (Sol Invictus)**, thus "Christianizing" the popular holiday season.

Modern Evolution: Over time, the holiday absorbed elements from various pre-Christian European traditions (like the German custom of decorated trees) and was significantly reshaped in the 19th century into the family-centered, gift-giving celebration we recognize today.

Core Traditions

Christmas traditions vary globally, but common elements include:

Decorations: Displaying and decorating a **Christmas tree**, hanging **wreaths** and **lights**, and setting up a **Nativity scene** (or crèche).

Gift-Giving: The exchange of presents, often attributed to the gifts the **Magi (Wise Men)** gave to the infant Jesus, and the legendary figure of **Santa Claus** (or Father Christmas).

Festivities: Attending **Midnight Mass** or special church services, singing **Christmas carols**, and

(Continued in 2nd column)



HANUKKAH

Hanukkah, also spelled Chanukah, is an eight-day Jewish festival that commemorates the **rededication of the Second Temple in Jerusalem**.

The holiday recalls the events of over 2,000 years ago when a small band of Jews, led by the Maccabees, successfully revolted against the Syrian-Greek forces who had desecrated the Temple and outlawed Jewish practice.

When the Maccabees reclaimed the Temple, they found only a **tiny cruse of oil**—enough to light the menorah for just **one day**. Miraculously, that oil burned continuously for **eight days** until new, consecrated oil could be prepared.

The traditions of Hanukkah include the following:

Menorah Lighting: The central observance is lighting the **Menorah** (or **Hanukkiyah**), a nine-branched candelabrum. One candle, the *shamash* (attendant), is used to light one candle on the first night, two on the second, and so on, until all eight are lit on the final night.

Foods: Foods fried in oil are traditional, recalling the miracle of the oil. Popular examples include **latkes** (potato pancakes) and **sufganiyot** (jelly donuts).

Customs: Other customs include playing the **dreidel** (a four-sided spinning top) and giving **Hanukkah gelt** (money or chocolate coins).

Hanukkah is a celebration of religious freedom, the triumph of light over darkness, and the endurance of the Jewish people.

CHRISTMAS (CONT'D.)

sharing a large, festive **Christmas meal** with family. It is a time dedicated to themes of hope, charity, family, and peace on Earth.



KWANZAA

Kwanzaa is a seven-day **cultural celebration** of African-

American heritage, community, and culture. It is observed annually from **December 26th to January 1st**.

Origins

Creator: Kwanzaa was created in **1966** by Dr. Maulana Karenga, a professor of Africana Studies, in the aftermath of the Watts Rebellion (riots) in Los Angeles.

Purpose: The holiday was established as a way to **reconnect African Americans with their African cultural roots** and to provide an opportunity to celebrate themselves, their history, and their values. It is a non-religious, pan-African holiday.

Name: The name Kwanzaa comes from the Swahili phrase "*matunda ya kwanza*," which means "**first fruits**." The holiday is loosely modeled after traditional African harvest festivals.

Focus and Principles

The core of Kwanzaa revolves around the **Nguzo Saba** (The Seven Principles), which are a set of communitarian African values. Each of the seven days is dedicated to one of these principles:

- **Umoja** (Unity)
- **Kujichagulia** (Self-Determination)
- **Ujima** (Collective Work and Responsibility)
- **Ujamaa** (Cooperative Economics)
- **Nia** (Purpose)
- **Kuumba** (Creativity)
- **Imani** (Faith)

Celebrations typically include lighting the **Kinara** (candleholder), discussing the daily principle, honoring ancestors, and culminating in a communal feast called **Karamu** on December 31st.



Gathering Points

(253) 756-0601

Pt. Defiance~Ruston

Holiday Season

Operated by Franke Tobey Jones

⁴AUSTRALIA CONT'D.

Christchurch. You will cross the International Dateline (skipping a day ahead) for an adventure discovering the treasures of Australia and New Zealand, including their unparalleled beauty and captivating culture. This trip is February 10 through March 1, 2027. If you are interested in it, please sign up now to hold your spot!



MOVIES

Starting in December, the movie is being moved to the second Monday afternoon of the month at 1:00 p.m.. This change is being made to create a cozier location, it has more comfortable chairs, and there are less distractions.

RIDDLE CENTRAL



- 1) What did one Santa hat say to the other?
- 2) Eight nights I bring with gifts and cheer, A miracle of oil, I make the season dear. What am I?
- 3) I represent each child, and you'll find me on the mat. What am I?



CANDLE
CANDY CANE
CAROLS
CHRISTMAS
DECORATIONS
EGGNOG
ELF ON A SHELF
FIREPLACE
FROSTY
GINGERBREAD
HANNUKAH
HOLIDAY
HOT CHOCOLATE
ICICLE
JINGLE BELLS
MISTLETOE
NUTCRACKER
ORNAMENTS
POINSETTIA
PRESENTS
REINDEER
SANTA CLAUS
SLEIGH
SNOWFLAKE
SNOWMAN
STOCKING
TINSEL
UGLY SWEATER
WINTER
WREATH

WORD SEARCH DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

L	U	H	S	X	V	E	W	F	R	O	S	T	Y	H	G	F	R	S	F	P
O	W	B	O	O	L	N	F	A	W	Y	O	Q	U	U	P	L	I	K	D	T
Y	N	U	T	C	R	A	C	K	E	R	G	E	S	J	L	E	E	R	H	E
B	V	U	I	O	H	N	L	F	E	A	C	I	U	U	O	H	K	N	A	X
Q	X	C	J	Z	C	G	A	U	S	I	N	A	A	G	Y	S	A	P	C	P
X	I	K	S	D	E	A	Y	M	E	H	J	E	L	L	L	A	L	Y	W	K
V	L	S	S	K	Q	L	R	N	E	S	O	M	C	Y	B	N	F	N	H	F
X	H	E	G	G	A	Y	D	O	F	N	J	T	A	S	N	O	W	M	A	N
P	R	E	S	E	N	T	S	N	L	V	T	U	T	W	A	F	O	A	N	S
C	R	E	I	N	D	E	E	R	A	S	O	S	N	E	N	L	N	C	N	S
A	P	S	H	D	I	E	T	F	V	C	Y	S	A	A	J	E	S	V	U	A
N	A	T	M	I	S	T	L	E	T	O	E	L	S	T	W	Y	C	T	K	M
D	I	F	I	R	E	P	L	A	C	E	U	E	N	E	O	R	O	D	A	T
Y	T	R	E	T	N	I	W	E	L	S	Y	I	Z	R	O	W	E	Y	H	S
C	T	E	E	H	U	W	P	R	G	I	N	G	E	R	B	R	E	A	D	I
A	E	E	G	S	T	O	C	K	I	N	G	H	O	L	I	D	A	Y	T	R
N	S	J	I	N	G	L	E	B	E	L	L	S	X	S	A	F	C	I	P	H
E	N	V	J	R	J	G	E	T	A	L	O	C	O	H	C	T	O	H	Q	C
R	I	J	J	C	B	S	N	O	I	T	A	R	O	C	E	D	P	L	V	B
G	O	N	G	G	E	M	Z	O	Y	J	V	Z	L	Q	I	R	F	B	L	G
R	P	Y	N	W	B	Q	Q	O	B	L	M	S	G	N	T	Z	Q	L	A	Y

⁴COMMUNITY PROGRAMS

Community Programs are in full swing!

Breakfast Club w/Kate Gray
Normally the 2nd Saturday of the month. **Cancelled for November and December.**

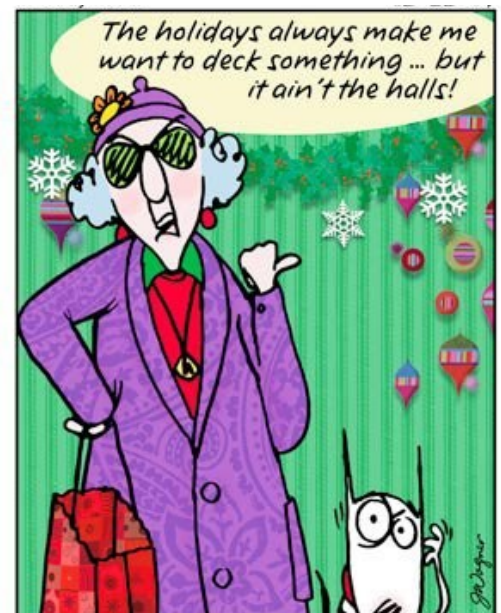
Prime Time Hop w/ Ron Yaden
Normally the 3rd Thursday of the month. **Cancelled in December.**

Prime Time Plates w/Chris Johns
Normally the 4th Thursday of the month. **Cancelled in November and December for the holidays.**



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

December: ***The Thursday Murder Club: A Novel (Book 1)*** by Richard Osman









Dr. Defance~Houston



December 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 9:00 Hand & Foot (C) 10:00 *Strength & Balance (M) 11:00 *Stretch & Dance (M) 12:00 *Lunch (D) 12:30 Chess (D) 1:30 Ping Pong 2:30 Tai Chi (M)</p>	<p>2 9:00 ^ΔBeg. Drawing (X) 9:30 Pinochle (D) 10:00 Drawing w/John (X) 10:00 Guitar w/David (M) 11:00 *Beginning Line Dance (M) 12:00 *Lunch (D) 12:30 Mahjong (C) 1:00 Sing-along (M) 3:15 Tap Dance 6:30 Martial Arts (M)</p>	<p>3 9:00 Crochet/Knitting Grp (D) 10:00 *Strength & Bal. (M) 10:00 ^Δ<i>Chinese Class (C)</i> 11:00 Euchre (D) 11:00 *Stretch & Dance (M) 12:00 *Lunch (D) 12:30 Cribbage w/Norm (C) 12:30 *Acupuncture (M) 3:30 *Line Dancing (M)</p>	<p>4 9:00 ^Δ<i>SHIBA appts. (O)</i> 9:00 ^Δ<i>Ukulele Class (M)</i> 9:30 Pinochle (D) 10:00 Mexican Train (C) 10:15 ^ΔBeg. Piano (X) 11:00 BP Cks (FD) 12:00 *Lunch (D) 1:00 ^Δ<i>Devoted (M)</i> 1:00 Women's Group (C) 2:00 ^Δ<i>Caregiver's Resource Group (C)</i> 6:30 Martial Arts (M)</p>	<p>5 9:30 Spades (C) 10:00 *Strength & Balance (M) 11:00 *Stretch & Dance (M) 12:00 ^{*Δ}<i>FTJ Lunch (D)</i> 1:00 Spanish w/Carla (D) 2:00 Creative Writing (C) 2:30 Tai Chi (M)</p>
<p>8 9:00 Hand & Foot (C) 10:00 *Strength & Balance (M) 11:00 *Stretch & Dance (M) 12:00 *Lunch (D) 12:30 Chess (D) 1:00 ^Δ<i>Movie: Hanging Up (C)</i> 1:30 Ping Pong (M) 2:30 Tai Chi (M)</p>	<p>9 9:00 ^ΔBeginning Drawing (X) 9:30 Pinochle (D) 10:00 Drawing w/John (X) 11:00 *Beginning Line Dance (M) 12:00 *Lunch (D) 12:30 Mahjong (C) 1:00 <i>Bingo (D)</i> 3:15 Tap Dance (M) 6:30 Martial Arts (M)</p>	<p>10 9:00 Crochet/Knitting Grp (D) 10:00 *Strength & Bal. (M) 11:00 Euchre (D) 11:00 *Stretch & Dance (M) 12:00 *Lunch (D) 12:30 Cribbage w/Norm (C) 12:30 *Acupuncture (M) 3:30 *Line Dance (M)</p>	<p>11 9:00 ^Δ<i>Ukulele Class (M)</i> 9:30 Pinochle (D) 10:00 Mexican Train Dominoes (C) 10:15 ^ΔBeg. Piano (X) 11:00 <i>BP Checks (FD)</i> 12:00 *Lunch (D) 1:00 ^Δ<i>Holiday Cards w/ Gabi (D)</i> 1:00 <i>Apple User Group (C)</i> 6:30 Martial Arts (M)</p>	<p>12 9:30 Spades (C) 10:00 *Strength & Balance (M) 11:00 *Stretch & Dance (M) 12:00 ^{*Δ}<i>FTJ Lunch (D)</i> 1:00 Spanish w/Carla (D) 2:00 Creative Writing (C) 2:30 Tai Chi (M)</p>
<p>15 9:00 Hand & Foot (C) 10:00 *Strength & Balance (M) 11:00 *Stretch & Dance (M) 12:00 *Lunch (D) 12:30 Chess (D) 1:30 Ping Pong (M) 2:00 ^Δ<i>Writer's Forum (C)</i> 2:30 Tai Chi (M)</p>	<p>16 9:00 ^ΔBeginning Drawing (X) 9:30 Pinochle (D) 10:00 Drawing w/John (X) 10:00 Guitar w/David (M) 11:00 *Beginning Line Dance (M) 12:00 *Lunch (D) 12:30 Mahjong (C) 1:00 Sing-along (M) 3:15 <i>Tap Dance (M)</i> 6:30 Martial Arts (M)</p>	<p>17 9:00 Crochet/Knitting Grp (D) 10:00 *Strength & Bal(M) 10:00 ^Δ<i>Chinese Class (C)</i> 11:00 Euchre 11:00 *Stretch & Dance (M) 12:00 Lunch 12:30 Cribbage w/Norm (C) 12:30 *Acupuncture (M) 1:30 <i>Closing for FTJ Staff Holiday Party</i> 3:30 *Line Dance Dependent on Instructor (M)</p>	<p>18 9:00 ^Δ<i>Ukulele Class (M)</i> 9:30 Pinochle (D) 10:00 Mexican Train (M) 10:15 ^ΔBeg. Piano (X) 11:00 BP Checks (FD) 12:00 *Lunch (D) 1:00 Book Club (C) 2:15 ^Δ<i>Sip & Paint (M)</i> 6:30 Martial Arts (M)</p>	<p>19 9:30 Spades (C) 10:00 *Strength & Balance (M) 11:00 *Stretch & Dance (M) 12:00 ^{*Δ}<i>FTJ Lunch (D)</i> 1:00 ^ΔSpanish w/Carla (D) 2:00 ^ΔCreative Writing (C) 2:30 Tai Chi (M)</p>
<p><i>Hanukkah Dec. 14 - 22</i></p>				<p>10:00 Sat.: ^{*Δ}<i>Italian Class</i></p>



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
22 9:00 Hand & Foot (C) 10:00 *Strength & Balance (M) 11:00 *Stretch & Dance (M) 12:00 *Lunch (D) 12:30 Chess (D) 1:00 ^Δ <i>Science Fiction or Reality (C)</i> 1:30 Ping Pong (M) 2:30 Tai Chi (M)	 23 9:00 ^Δ <i>Beg. Drawing (X)</i> 9:30 Pinochle (D) 10:00 Drawing w/John (X) 11:00 ^Δ <i>Holiday Party (M)</i> 12:00 ^Δ <i>Free Holiday Lunch (D) up to 80 people</i> 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) 10:00 *Strength & Bal (M) 11:00 Euchre (D) 11:00 *Stretch & Dance (M) 12:00 *Lunch (D) 12:30 Cribbage w/Norm (C) 12:30 *Acupuncture (M) 3:30 *Line Dance (M)	25  CLOSED CHRISTMAS DAY <i>Happy Holidays!</i>	26 9:30 Spades (C) 10:00 *Strength & Balance (M) 11:00 *Stretch & Dance 12:00 ^{*Δ} <i>FTJ Lunch (D)</i> 1:00 Spanish (D) 2:00 Creative Writing (C) 2:30 Tai Chi (M) 
29 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) 1:30 Ping Pong (M) 2:30 Tai Chi (M)	30 9:00 ^Δ <i>Beg. Drawing (X)</i> 9:30 Pinochle (D) 10:00 Drawing w/John (X) 10:00 Guitar w/David 11:00 <i>Beginning Line Dance (M)</i> 12:00 *Lunch (D) 12:30 Mahjong (C) 1:00 Sing-along 3:15 Tap Dance (M) 6:30 Martial Arts (M)	31 9:00 Crochet & Knitting Grp. (D) 10:00 *Strength & Bal (M) 10:00 ^Δ <i>Chinese Class (C)</i> 11:00 *Stretch & Dance (M) 11:00 Euchre (D) 12:00 *Lunch (D) 12:30 Cribbage (C) 12:30 *Acupuncture (M) 3:30 *Line Dance	1  WE WILL BE <i>Closed</i> JANUARY 1ST FOR NEW YEAR	LEGEND * Participation Fee Δ Registration Required (C) Classroom (FD) Front Desk (D) Dining Room (G) Garden (M) Main Room (O) Office (X) Class is Full

COST

COST CONT'D

Acupuncture

- \$10 per treatment
- Paid to Acupuncturist

Line Dancing

- \$20 6-week Wed. series.
- Beg. Line Dance Tues. \$8 mo., or \$2 week
- Both class fees payable to instructor

Italian

- \$10 mo., pay instructor

MULTIPLE CLASSES

Strength & Balance

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

Stretch & Dance

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

Yoga w/Hal

Please check if the Yoga class is being held.
\$10 month, Wednesday, paid at front desk.

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.



Gathering Points

(253) 756-0601

Pt. Defiance~Ruston

Center Highlights

Operated by Franke Tobey Jones

FROM THE HEART



With the year rapidly drawing to a close, the staff want to express our most profound gratitude for allowing us to be a part of your lives. Every single one of you matters deeply to us, and we truly hope our Center feels like a **home away from home**.

Having been a part of this community for almost 16 years, I've seen countless wonderful faces come and go, all of whom have left an indelible impact on our Center and me personally.

A SPECIAL THANK YOU TO OUR TEAM

I want to express my sincere appreciation for our current dedicated staff: **Lesley, Kathy, Matt, and Doris**. Together with our incredible volunteers, they are the heart of the Senior Center, making it the warm and supportive place it is today.

To our staff, our volunteers, and all of you—thank you for everything you do and for being an essential part of our journey, now and into the future!

We wish you a wonderful and safe holiday season and a happy new year!

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.

FULL CLASSES

A few classes, including **Beginning Drawing, Drawing Classes, and Piano**, have **limited space** and **require attendance from the start**. Once full, these classes are **closed** to new students. We regret any inconvenience.

CHINESE CLASS

Just a reminder that the Chinese Class starts on Wednesday, December 3, at 10:00 a.m. and is every other Wednesday. This class is a friendly, practical introduction to Chinese language and culture. Students will learn useful phrases for greetings, introductions, ordering food, and asking for directions. No prior experience is needed, just curiosity and a willingness to try something new.

SPOTLIGHT ON A CHARACTER



19th-century characterization.

This character is from English folklore who personifies winter. There are articles relating to this character. He is a personification of frost, ice, snow, sleet, winter, and freezing cold. He is a variant of Old Man Winter who is held responsible for frosty weather, nipping the fingers and toes in such weather, coloring the foliage in autumn and leaving fern-like patterns on cold windows in winter. Starting in late 19th century literature, more developed characterizations of him depict a sprite-like character, sometimes spearing as a sinister mischief-maker or as a hero. In addition, authors have included him in their stories: *The Frost, Birdie and His Fairy Friends, The Frost King*, and many more! Who is he? Jack Frost.



COLD, FLU & COVID SEASON

As we enter **cold, flu, and COVID season**, we need your help to keep our Senior Center a safe and healthy place for everyone. **If you are feeling unwell, please stay home**. This includes symptoms like coughing, a runny nose, sore throat, headaches, or any other signs of illness.

Before You Visit, make sure you test negative for COVID. These illnesses are easily spread through contact. If you are unsure of why you have these symptoms, wear a mask and **use a tissue instead of your hand or sleeve when coughing or sneezing**.

While you are at the Senior Center, please wash your hands often and dry with a paper towel. Use the paper towel when opening the door and then throw it out.

By following these simple steps, you are protecting our community and helping us keep the Senior Center open and running smoothly for all. Thank you for your cooperation!

SCIENCE FICTION

Some science fiction is more like future science fact (e.g. *2011: A Space Odyssey*). This monthly movie and discussion intends to examine thought provoking SciFi movies from 1950 to present. It will not be just Cowboys in Space. Come, enjoy, think and discuss Monday, December 22, from 12:30 - 3:30 p.m. (The 4th Monday of the month.)

RIDDLE CENTRAL ANSWERS

- 1) You go on ahead.
- 2) Hanukkah
- 3) An ear of corn

