



# Gathering Points

(253) 756-0601

Pt. Defiance~Ruston

## MOVIE CLUB



"Our movie program is being restructured to follow a format similar to our Book Club. Starting this month, we will screen a film on the **third Monday** of each month. On the **fourth Monday**, we will meet again to discuss the film and select the movie for the following month.



## COMMUNITY PROGRAMS

Community Programs are in full swing!

**Breakfast Club w/Kate Gray**  
2nd Saturday of the month.  
Meet at the Ben Dew's Clubhouse on 6th Ave, 10:00a.m.

**Prime Time Hop w/ Ron Yaden**  
3rd Thursday of the month. Meet at North End on Pearl, 3:30 p.m.

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

## 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.

## NEW COMMUNITY PROGRAM: GAME DAY

Starting in May, we're shaking things up! To make room for a new community "Game Day," the Breakfast Club will meet the first Saturday of every month. Time? 10:00 a.m.

We're kicking things off with **Bun-ko**, which was the most requested game! Don't worry if you've never played—Cookie will be there to lead the group and teach everyone the ropes. We'll also have space set aside for anyone who wants to jump on the ping pong table. We can't wait to see you there!

## REASONS TO SIGN IN!

While it might seem like just another thing to do, asking participants to sign in is actually one of the most important things a center can do. It's less about "tracking" and more about **ensuring the center stays open, safe, and well-funded.**

### Why your signature matters:

- **Secure Our Funding:** High attendance numbers help us prove our community's value to donors and grant providers. **More names = more resources for the center!**
- **Keep Programs Running:** We use these lists to decide which classes to keep on the schedule. Signing in is like a "vote" for your favorite activities.
- **Safety First:** In the event of an emergency or evacuation, we need an accurate headcount to ensure everyone is safe and accounted for.
- **Emergency Contact:** It allows us to quickly find your contact info if

Cont'd in next column

## RIDDLE CENTRAL ANSWER

They just finished a March!



# Center Highlights

Operated by Franke Tobey Jones

### Reasons to Sign In Cont'd.

you ever need assistance while you're here.

**Your 10 seconds at the front desk keeps our doors open all year long. Thank you for being a vital part of our community!**

### Memory & Aging Cont'd from Page 1

- the two, explore risk factors and stages, and hear about the latest research and treatments.
- **April 28 | The 10 Warning Signs** Identify the difference between typical age-related changes and common warning signs. Learn how to compassionately approach someone about memory concerns.
- **May 12 | Managing Money** It's never too early to plan. Get practical tips for managing someone else's finances and preparing for the costs of future care.
- **May 26 | Building Brain-Healthy Habits** Discover how diet, exercise, and social engagement impact aging. Leave with hands-on tools to create your own healthy aging plan.

**To Register:** Call 800-272-3900 or scan the QR code on the flyer located in the Center.

## FOOD LIFELINE TRANSITIONS

We share a heartfelt **thank you to Bobbi Lemmer** for her dedicated leadership of the Food Lifeline Program. While she is stepping down, her impact remains invaluable.

We are excited to welcome long-time volunteers **Ann Van Gemert and Marge Beardemphl** as the new co-supervisors. We appreciate your patience and support as they transition into these formal roles.



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## INCLEMENT WEATHER

The Center follows the Tacoma 10 School District in inclement weather. If buses run two hours late, the center opens two hours late. If schools are closed and no buses run, the center will be closed. You can find this information on the radio, news stations and the schools website.

## SAVE THE DATES

### PARTIES

- \*<sup>Δ</sup> May 8 - Tacos & Margaritas
- <sup>Δ</sup> June 25 - Independence Day
- \*<sup>Δ</sup> October 2 - Bratwurst & Beer
- <sup>Δ</sup> October 30 - Halloween Party
- \*<sup>Δ</sup> November 24 - Thanksgiving
- \*<sup>Δ</sup> December 22 - Holiday Party

### CLOSURES

- May 25 - Memorial Day
- July 3 - Independence Day
- September 7 - Labor Day
- November 26 - Thanksgiving
- December 25, 2026 - Christmas

## An April Day

By Joseph S. Cotter, Jr.

*On such a day as this I think,  
On such a day as this,  
When earth and sky  
and nature's whole  
Are clad in April's bliss;  
And balmy zephyrs gently waft  
Upon your cheek a kiss;  
Sufficient is it just to live  
On such a day as this.*

## BEGINNING PIANO CLASS

Possible New Class: **Beginning Piano!** We're considering an expansion to our music program. If you (or someone you know) would like to take a Beginning Piano Class, please register for the class so that we might ascertain the interest. This class is for beginners only. If you are new, please see front desk volunteer.

## SHIBA

Confused by Medicare? Get Expert Help! The **SHIBA** (State Health Insurance Benefits Advisors) volunteers provide **free, unbiased, one-on-one counseling** to help you navigate the Medicare maze. Whether you're signing up for the first time or looking to switch plans, they are here to help.

- **When:** First Thursday of every month
- **Where:** Right here at the Center
- **Action:** Appointments are required—**sign up at the front desk today!**



## VIRTUAL COMMUNITY FORUM

Ever felt unheard?

Now is your chance to change that. Join our **virtual forum** on **April 23, from 1-3 p.m.** and share your ideas on how to make Washington more age-friendly.



## HISTORY: HANFORD NUCLEAR PLANT

Join Chris from Pretty Gritty Tours as he delves into the history of the Hanford Nuclear Plant. Included is the beginning to cleanup and other interesting facts. Wednesday, April 29, at 1:00 p.m.

## WEALTH MANAGEMENT FOR SENIORS

Join **Tate Steele, CFA**, of Steele Capital Management, for an essential look at your financial future. Whether you are preparing for retirement or are already there, Tate will guide you through the essentials of investing at every stage.

- **Topic:** Managing your portfolio before, during, and after retirement.
- **When:** Monday, April 6, at 1:00 p.m.
- **Where:** The Classroom

*Get the facts on which investments are truly secure in today's market.*

## MEMORY & AGING AN EDUCATIONAL SERIES

The **Pt. Defiance~Ruston Senior Center**, in partnership with the **Alzheimer's Association**, is proud to host a series of free educational programs this spring. All sessions are held from **1:00 p.m. to 3:00 p.m.**

- **April 14 | Understanding Alzheimer's & Dementia**  
Learn the differences between

Cont'd on Page 4

## RIDDLE CENTRAL

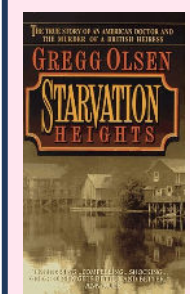
Why are people always tired in April?




## BOOK CLUB

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

**April - Starvation Heights**



MON	TUE	WED	THU	FRI
<p><b>FOOD LIFELINE</b></p> <p>The Food Bank is open Monday through Wednesday. Any food taken must be weighed out. If no one is available, please print your name on the document at the table and mark what you have taken and the weight.</p>	<p><b>Joke of the Month</b></p> <p>At a party several young couples were discussing the difficulties of family budgets. "I really don't want a lot of money," said one yuppie. "I just wish we could afford to live the way we're living now."</p> <p>—The Lion </p>	<p><b>1</b> 9:00 Crochet &amp; Knitting Group (D) 10:00 *Strength and Balance (M) 11:00 *Stretch &amp; Dance (M) 12:00 *Lunch (D) 12:30 *Acupuncture (M) 12:30 Cribbage w/Norm (C) 1:30 Ping Pong 2:45 *Line Dance</p>	<p><b>2</b> 9:00 ^SHIBA Appts. (C) 9:00 Ukulele (M) 9:30 Pinochle (D) 10:00 Mexican Train Dom. (C) 10:15 Beginning Piano (XM) 12:00 *Lunch (D) 1:00 SAIL Class (M) 1:00 Cozy Crafters (D) 1:00 Women's Group (C) 2:00 Caregiver's Resource Grp (C)</p>	<p><b>3</b> 9:00 ^ AARP Taxes Fridays-10th (D) 9:30 Spades (C) 10:00 *Strength &amp; Balance (M) 11:00 *Stretch &amp; Dance (M) 12:00 *^ FTJ Lunch 12:00 Bridge (C) 1:00 Spanish (M) 2:30 Tai Chi (M)</p> <p>9:00 *^ Sat. Daffodils &amp; Tulips 9:00 ^ Sat. AARP Tax Prep.</p>
<p><b>6</b> 8:30 Hand 'n Foot (C) 10:00 *Strength and Balance (M) 11:00 *Stretch &amp; Dance (M) 12:00 *Lunch (D) 12:30 Chess (D) 1:00 ^Wealth Management: Investing as Seniors (C) 1:30 Ping Pong (M) 2:30 Tai Chi (M)</p>	<p><b>7</b> 9:00 Beg. Drawing (XC) 9:30 Pinochle (D) 9:45 Guitar Lessons (M) 10:00 Drawing w/John (XC) 11:00 *Beg. Line Dance (M) 12:00 Lunch (D) 12:30 Am/CHN Mahjong (C) 1:00 Sing-along (M) 3:15 Tap Dancing (M) 6:30 Martial Arts (M)</p>	<p><b>8</b> 9:00 Crochet &amp; Knitting Group (D) 10:00 *Strength and Balance (M) 10:00 Chinese (C) 11:00 *Stretch &amp; Dance (M) 12:00 *Lunch (D) 12:30 Cribbage w/Norm (C) 1:30 Ping Pong 2:45 *Line Dance</p>	<p><b>9</b> 9:00 Ukulele (M) 9:30 Pinochle (D) 10:00 Mexican Train Dom. (C) 10:15 Beginning Piano (XM) 11:00 Blood Pressure Ck (FD) 12:00 *Lunch (D) 1:00 SAIL Class (M) 1:00 Cozy Crafters (D) 1:00 Apple User Group (C) 6:30 Martial Arts (M)</p>	<p><b>10</b> 9:30 Spades (C) 10:00 *Strength &amp; Balance (M) 11:00 *Stretch &amp; Dance (M) 12:00 *^ FTJ Lunch 12:00 Bridge (C) 1:00 Spanish (M) 2:00 Creative Writing (C) 2:30 Tai Chi (M)</p> <p>SAT ^ 9:00 AARP Tax Prep SAT ^ 10:00 Breakfast Club</p>
<p><b>13</b> 8:30 Hand 'n Foot (C) 10:00 *Strength and Balance (M) 11:00 *Stretch &amp; Dance (M) 12:00 *Lunch (D) 12:30 Chess (D) 1:30 Ping Pong (M) 2:00 Writer's Forum (C) 2:30 Tai Chi (M)</p>	<p><b>14</b> 9:00 Beg. Drawing (XC) 9:30 Pinochle (D) 9:30 ^ John Hines (M) 10:00 Drawing w/John (XC) 11:00 *Beg. Line Dance (M) 12:00 Lunch (D) 12:30 Am/CHN Mahjong (C) 1:00 ^ Understanding Alzheimer's and Dementia (M) 3:15 Tap Dancing (M)</p>	<p><b>15</b> 9:00 Crochet &amp; Knitting Group (D) 10:00 *Strength and Balance (M) 11:00 *Stretch &amp; Dance (M) 12:00 *Lunch (D) 12:30 *Acupuncture (M) 12:30 Cribbage w/Norm (C) 1:30 Ping Pong 2:45 *NO Line Dance</p>	<p><b>16</b> 9:00 Ukulele (M) 9:30 Pinochle (D) 10:00 Mexican Train Dom. (C) 10:15 Beginning Piano (XM) 11:00 Blood Pressure Ck. (FD) 12:00 *Lunch (D) 1:00 SAIL Class (M) 1:00 Book Club w/Chris (C) 6:30 Martial Arts (M)</p> <p>3:30 ^ Prime Time Hop</p>	<p><b>17</b> 9:30 Spades (C) 10:00 *Strength &amp; Balance (M) 11:00 *Stretch &amp; Dance (M) 12:00 *^ FTJ Lunch 12:00 Bridge (C) 1:00 Spanish (D) 2:00 Creative Writing (C) 2:30 Tai Chi (M)</p>
<p><b>20</b> 8:30 Hand 'n Foot (C) 10:00 *Strength and Balance (M) 11:00 *Stretch &amp; Dance (M) 12:00 *Lunch (D) 12:30 Chess (D) 1:00 Movie Club (C) 1:30 Ping Pong (M) 2:30 Tai Chi (M)</p>	<p><b>21</b> 9:00 Beg. Drawing (XC) 9:30 Pinochle (D) 9:45 Guitar Lessons (M) 10:00 Drawing w/John (XC) 11:00 *Beg. Line Dance (M) 12:00 Lunch (D) 12:30 Am/CHN Mahjong (C) 1:00 Sing-along (M) 3:15 Tap Dancing (M) 6:30 Martial Arts (M)</p>	<p><b>22</b> 9:00 Crochet &amp; Knitting Group (D) 10:00 *Strength and Balance (M) 10:00 Chinese (C) 11:00 *Stretch &amp; Dance (M) 12:00 *Lunch (D) 12:30 Cribbage w/Norm (C) 1:30 Ping Pong 2:45 *Line Dance</p>	<p><b>23</b> 9:00 Ukulele (M) 9:30 Pinochle (D) 10:00 Mexican Train Dom. (D) 10:00 Beginning Piano (XM) 12:00 *Lunch (D) 1:00 SAIL Class (M)</p> <p>1:00 ^ Forum-Make suggestions to make WA more age friendly (C) 1:00 ^ Garden Tools &amp; Care (D) 4:00 ^ Prime Time Plates</p>	<p><b>24</b> 9:30 Spades (C) 10:00 *Strength &amp; Balance (M) 11:00 *Stretch &amp; Dance (M) 12:00 *^ FTJ Lunch 12:00 Bridge (C) 1:00 Spanish (D) 2:00 Creative Writing (C) 2:30 Tai Chi (M)</p>
<p><b>27</b> 8:30 Hand 'n Foot (C) 10:00 *Strength and Balance (M) 11:00 *Stretch &amp; Dance (M) 12:00 *Lunch (D) 12:30 Chess (D) 1:00 Movie Club Discussion (C) 1:30 Ping Pong (M) 2:30 Tai Chi (M)</p>	<p><b>28</b> 9:00 Beg. Drawing (XC) 9:30 Pinochle (D) 9:45 Atty. Liz Johnson (M) 10:00 Drawing w/John (XC) 11:00 *Beg. Line Dance (M) 12:00 Lunch (D) 12:30 Am/CHN Mahjong (C) 1:00 ^ 10 Warning Signs of Alzheimer's (M) 3:15 Tap Dancing (M)</p>	<p><b>29</b> 9:00 ^ Advisory Board (C) 9:00 Crochet &amp; Knitting Group (D) 10:00 *Strength and Balance (M) 11:00 *Stretch &amp; Dance (M) 12:00 *Lunch (D) 12:30 Cribbage w/Norm (C) 1:00 ^ History of the Hanford Nuclear Plant &amp; Cleanup (M) 2:45 *Line Dance</p>	<p><b>30</b> 9:00 Ukulele (M) 9:30 Pinochle (D) 10:00 Mexican Train Dom. (C) 10:00 Beginning Piano (XM) 11:00 Blood Pressure Cks. (FD) 12:00 *Lunch (D) 1:00 SAIL Class (M) 1:00 Apple Users Group (C)</p>	<p><b>April Dates of Note</b></p> <p>4/1 - April's Fools 4/3 - Good Friday 4/5 - Easter 4/6 - Army Day 4/14 - Ambedkar Jayanti 4/15 - Bengali New Year</p> 

**LEGEND**

(C) Classroom (M) Main Room  
(D) Dining Room (O) Office  
(FD) Front Desk (X) Class Full  
(G) Garden

**SYMBOLS**

\* Event/class has a cost  
Δ Registration required

**CLASS COST**

**Beginning Line Dance - Tues.**

- \$2.00 per class or \$8.00 month
- Pay the instructor

**Line Dance - Wednesdays**

- Six-week series
- \$20.00 per series
- Paid to the instructor

**Strength and Balance**

- \$18.00 per month
- Put fee in envelope with your name and the class title on outside
- Turn into front desk volunteer

**Stretch and Dance**

- \$18.00 per month
- Put fee in envelope with your name and the class title on outside
- Turn into front desk volunteer

**DISCOUNT**

Line Dancing is excluded from all discounts.

Two Classes - \$3.00 off second class  
Third Class - Regular price;  
fourth class \$3.00 off

**CONTACT INFORMATION**

Pt. Defiance~Ruston Senior Center

Phone: (253) 756-0601

Address: 4716 N Baltimore, Tacoma, WA 98407

Hours: Monday - Friday  
9:00 a.m. to 3:00 p.m.