



Gathering Points

(253) 756-0601

Pt. Defiance~Ruston

MOVIE CLUB



The movie program has been restructured to follow a format similar to our Book Club. On the **third Monday** of each month the club will watch a movie previously chosen. On the **fourth Monday**, the club meets again to discuss the film and select the movie for the following month.

COMMUNITY PROGRAMS

Breakfast Club w/Kate Gray
1st Saturday of the month.
Meet at IHOP on Mildred St, 10:00a.m.

Game Day
2nd Saturday of the month.
Meet at the Senior Center at 10:00 a.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.

JOIN OUR TEAM!

Do you have a few hours to spare on Mondays? We are looking for either two part-time volunteers or one full-day who is friendly, **computer-literate** volunteer to help us at the front desk from **9:00 a.m. to 3:00 p.m.** or **noon to 3:00 p.m.**

This is a wonderful way to meet new people and support the center! Don't worry if you've never done it before—**full training will be provided.**

Interested? Please stop by the office and chat with **Kate or Lesley** to learn more.

BINGO

Looking for some Monday afternoon fun? Bingo is now moving to a new regular slot on the **2nd and 4th Mondays at 1:00 p.m.** Come grab your cards and enjoy the games with our caller, **Arlene Thomas**. Whether you're a regular or a first-timer, everyone is welcome!

SAFE DRIVER'S CLASSES CONT'D.

for an AARP Safe Driver's Class! We have three dates scheduled: **May 23, July 18, and August 15.** Classes run from **9:00 a.m. to 5:00 p.m.**, and we will provide a lunch, coffee and water to keep you fueled. Not only will you learn great safety tips, but you might also earn a discount on your car insurance (check with your insurance agent!)

RIDDLE CENTRAL ANSWER



Start both hourglasses then when the 11-minute hourglass has finished immediately flip it again. When the 13-minute hourglass runs out the 11-minute hourglass will have 9 minutes left, so flip it and it will last another 2 minutes, 13+2=15.

Center Highlights

Operated by Franke Tobey Jones



DO YOU LIVE ALONE?

If you live alone, one of the best ways to stay safe is to look out for one another. Setting up a simple **Phone Buddy System** is a smart, easy step that provides peace of mind for everyone involved.

- **Make a Plan:** Find a friend who also lives alone and commit to a brief "check-in" call every evening.
- **Be Prepared:** Ensure your buddy has a key to your home and knows exactly what to do in an emergency.
- **Share the Essentials:** Does your buddy know who to call first? Do they know your preferences for medical care or emergency contacts?

A quick daily chat ensures that if you ever have a fall or a medical emergency, someone will know right away. **Let's keep each other safe!**

MEMORY & AGING AN EDUCATIONAL SERIES

The **Alzheimer's Association** continues their free educational programs. All sessions are held from **1:00 p.m. to 2:30 p.m.**

- **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 sign up at the Senior Center in-person or by phone (253) 756-0601.



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SAVE THE DATES

PARTIES

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

CLOSURES

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

May Skies

By Lenore Hetrick

There's nothing bluer than skies in May, And to think vacation starts today! To think we'll soon be free as air, Able to wander here and there. Able to go to our favorite nook, Or just sit reading our favorite book. No matter what we want to do We'll have the best of skies of blue.

There's no gold like a May day sun. To feel its warmth is untold fun. And to think vacation is here at last. With school days soon a long time past. All summer through we'll run and play, Make the most of each passing day, But we'll enjoy our greatest fun Under a golden May day sun.



TACOS, MARGARITAS, AND LINE DANCING!

Shake your maracas and join us for our annual fundraiser! We're celebrating Cinco de Mayo in style at the senior center on **Friday, May 8.**

- **12:00 PM:** Fuel up with delicious tacos and refreshing margaritas.
- **1:00 PM:** Kick off the line dancing led by Maryanne Ellis.
- **Tickets:** \$10.00 per person.

Note: Pre-registration is required, so be sure to sign up in advance to save your spot!

GAME DAY!

We are excited to add a new community program to our schedule: **Game Day!** Come enjoy a morning of friendly competition and fun.

- **Learn a New Game:** Cookie Leach will be hosting a **Bunco** table and is ready to teach anyone interested in learning.
- **Get Moving:** The **ping-pong table** will be set up and ready for action.
- **Your Choice:** You are welcome to play any game you like! If you have a specific board game or card game you love, please feel free to bring it along.

When: 2nd Saturday of every month
Time: Starts at 10:00 a.m.

As a result, the **Breakfast Club** is moving to the **1st Saturday.**

*^Δ SAFE DRIVER'S CLASSES!

Looking to brush up on your driving skills? Join us *Continued. on pg. 4*

RIDDLE CENTRAL

If you have an 11 minute and a 13 minute hourglass, how can you accurately time 15 minutes?



DISCOVER THE ART OF CALLIGRAPHY

Have you always wanted to learn calligraphy? Whether you want to create beautiful cards or simply learn a new skill, now is your chance!

Join us on **Wednesday, May 13, at 11:00 a.m.** as Ursula Bannister begins a new calligraphy series. This class is perfect for beginners and those looking to refine their technique. The class will be on the 2nd and 4th Wednesdays of each month.

Please bring the following *supplies to participate: lined calligraphy paper that will not bleed. The pens will be furnished!

BLANKET DRIVE

We are collecting blankets to support the residents of the Orting Veterans Soldier's Home. If you have any spare blankets—**twin size is preferred**—please bring them to the office. JoAnn Lyman with Comfort Keepers will kindly handle the delivery. Thank you for helping!



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

May - The Heaven and Earth Grocery Store by James McBride

June - The Women by Kristin Hannah

July - TBD

August - All The Light We Cannot See by Anthony Doerr

September - A Fever In The Heartland by Timothy Egan

October - Three Days in June by Anne Tyler



MON	TUE	WED	THU	FRI
<p>FOOD LIFELINE</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>Joke of the Month</p> <p>Your Honor, began the defense attorney, "my client has been characterized as an incorrigible bank robber, without a single socially redeeming feature. I intend to disprove that."</p> <p>"And how will you accomplish this?" the judge inquired.</p> <p>"By proving beyond a shadow of a doubt," replied the lawyer, "that the note my client handed the teller was on recycled paper."</p> <p style="text-align: right;">—R. C. Shebelski</p> 		<p>Days of Interest</p> <p>1-31 Jewish Heritage Month 1 - Vesak (Buddha Day) 5 - Cinco de Mayo (Mexican culture & heritage) 17 - Internat'l. Day Against Homophobia, Transphobia, & Biphobia 21-23 - Shavuot 23-30 - Hajj 27-30 - Eid al-Adha</p>	
<p>4</p> <p>8:30 Hand 'n Foot (D) 9:00 Pickleball (weather permitting) 9:00 *^ΔSenior Footcare (C) 10:00 *Strength and 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)</p>	<p>5</p> <p>9:00 Beg. Drawing (XC) 9:30 Pinochle (D) 9:45 Guitar (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) <i>3:15 Tap Dancing (M)</i> 6:30 Martial Arts (M)</p>	<p>6</p> <p>9:00 Advisory Board Mtg. (C) 9:00 Crochet & Knitting Group (D) 10:00 *Strength and Balance (M) 11:00 *Stretch & Dance (M) 11:00 Euchre (D) 12:00 *Lunch (D) 12:30 *Acupuncture (M) 12:30 Cribbage w/Norm (C) 1:30 Ping Pong (M) 2:45 *Line Dance</p>	<p>7</p> <p>9:00 Ukulele (M) 9:30 Pinochle (D) 10:00 Mexican Train Dom. (C) 10:15 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) 2:15 ^Δ Beginning Piano (XM)</p>	<p>8</p> <p>9:30 Spades (C) 10:00 *Strength & Balance (M) 11:00 *Stretch & Dance (M) 12:00 *^ΔTacos & Margaritas (M & D) 12:00 Bridge (C) 1:00 NO Spanish (D) 2:00 Creative Writing (C) 2:30 Tai Chi (M) SAT ^Δ 10:00 Game Day</p>
<p>11</p> <p>8:30 Hand 'n Foot (C) 9:00 Pickleball 10:00 *Strength and Balance (M) 11:00 *Stretch & Dance (M) 12:00 *Lunch (D) 12:30 Chess (D) 1:00 Bingo with Arlene (D) 1:30 Ping Pong (M) 2:00 Writer's Forum (C) 2:30 Tai Chi (M)</p>	<p>12</p> <p>9:00 Beg. Drawing (XC) 9:30 Pinochle (D) 9:45 Guitar (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 ^Δ Alzheimer's and Managing Money (M) <i>3:15 Tap Dancing (M)</i></p>	<p>13</p> <p>9:00 Crochet & Knitting Group (D) 10:00 *Strength and Balance (M) 10:00 Chinese (C) 11:00 ^Δ Calligraphy (C) 11:00 *Stretch & Dance (M) 12:00 *Lunch (D) 12:30 Cribbage w/Norm (C) 1:30 Ping Pong 2:45 *Line Dance</p>	<p>14</p> <p>9:00 Ukulele (M) 9:30 Pinochle (D) 10:00 Mexican Train Dom. (C) 10:15 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) 2:15 ^Δ Beginning Piano (XM)</p>	<p>15</p> <p>9:30 Spades (C) 10:00 *Strength & Balance (M) 11:00 *Stretch & Dance (M) 12:00 *^Δ FTJ Lunch 12:00 Bridge (C) 1:00 Spanish (D) 2:00 Creative Writing (C) 2:30 Tai Chi (M)</p>
<p>18</p> <p>8:30 Hand 'n Foot (C) 9:00 Pickleball 10:00 *Strength and Balance (M) 11:00 *Stretch & 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>19</p> <p>9:00 Beg. Drawing (XC) 9:30 Pinochle (D) 9:45 Guitar (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) <i>3:15 Tap Dancing (M)</i> 6:30 Martial Arts (M)</p>	<p>20</p> <p>9:00 Crochet & Knitting Group (D) 10:00 *Strength and Balance (M) 11:00 *Stretch & Dance (M) 11:00 Euchre (D) 12:00 *Lunch (D) 12:30 *Acupuncture (M) 12:30 Cribbage w/Norm (C) 1:30 Ping Pong 2:45 Line Dance</p>	<p>21</p> <p>9:00 Ukulele (M) 9:30 Pinochle (D) 10:00 Mexican Train Dom. (C) 10:15 Piano (XM) 11:00 Blood Pressure Ck. (FD) 12:00 *Lunch (D) 1:00 SAIL Class (M) 1:00 Book Club w/Chris (C) 2:15 ^Δ Beginning Piano (XM) 3:30 ^Δ Prime Time Hop</p>	<p>22</p> <p>9:30 Spades (C) 10:00 *Strength & Balance (M) 11:00 *Stretch & Dance (M) 12:00 *^Δ FTJ Lunch 12:00 Bridge (C) 1:00 Spanish (D) 2:00 Creative Writing (C) 2:30 Tai Chi (M) Sat: 9:00 a.m. *^ΔAARP Safe Driver Class</p>
<p>CLOSED FOR MEMORIAL DAY</p> <p>★ REOPENING ON TUESDAY ★ Thank you for your understanding</p>	<p>26</p> <p>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 ^Δ Building Brain-Healthy Habits (M) <i>3:15 Tap Dancing (M)</i></p>	<p>27</p> <p>9:00 Crochet & Knitting Group (D) 10:00 *Strength and Balance (M) 11:00 ^Δ Calligraphy (C) 11:00 *Stretch & Dance (M) 11:00 Euchre (D) 12:00 *Lunch (D) 12:30 Cribbage w/Norm (C) 1:30 Ping Pong 2:45 *Line Dance</p>	<p>28</p> <p>9:00 Ukulele (M) 10:00 Mexican Train Dom. (C) 10:00 Piano (XM) 12:00 *Lunch (D) 1:00 SAIL Class (M) 1:00 ^Δ PC & Android Group (C) 1:00 ^Δ Creating a Beautiful Environmentally Rich Backyard (D) 2:15 ^Δ Beginning Piano (XM) 4:00 ^Δ Prime Time Plates</p>	<p>29</p> <p>9:30 Spades (C) 10:00 *Strength & Balance (M) 11:00 *Stretch & Dance (M) 12:00 *^Δ FTJ Lunch 12:00 Bridge (C) 1:00 Spanish (D) 2:00 Creative Writing (C) 2:30 Tai Chi (M)</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

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Address: 4716 N Baltimore, Tacoma, WA 98407
Hours: Monday - Friday
9:00 a.m. to 3:00 p.m.