



MON	TUES	WED	THUR	FRI
 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.	<b>Stay in Touch During our Closure</b> We'll be at iHop July 11 July 16 North End on Pearl Come see us there!	9:00 Crochet & Knitting Group (D) <b>1 9:00 <sup>Δ</sup> Fabric Flowers w/JJ</b> 10:00 *Strength and Balance (M) 11:00 *Stretch & Dance (M) 12:00 *Lunch (D) 12:30 *Acupuncture (M) 12:30 Cribbage (C) <b>1:00 <sup>Δ</sup> Root Beer Float Day (D)</b> 1:30 Ping Pong (M) 2:45 *Line Dance	2 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) <b>2:15 <sup>Δ</sup> Paint 'n Sip (M)</b>	
6 8:30 Hand 'n Foot (C) <b>9:00 *<sup>Δ</sup> Senior Footcare</b> 9:00 Pickleball 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)	7 9:00 Guitar Practice (M) 9:00 Beg. Drawing (XC) 9:30 Pinochle (D) 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) 6:30 Martial Arts (M)	8 9:00 Crochet & Knitting Group (D) <b>9:00 Cuba Photo Journey</b> 10:00 *Strength and Balance (M) 11:00 <sup>Δ</sup> Calligraphy (C) 11:00 *Stretch & Dance (M) 11:00 Euchre (D) 12:00 *Lunch (D) 12:30 Cribbage (C) 1:30 Ping Pong 2:45 *Line Dance	9 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) <b>1:00 CLOSED</b> 	10 <b>Kitchen Floor</b>  <b>10:00 <sup>Δ</sup> Sat. Breakfast Club</b>
13 <b>Kitchen Floor</b> 	14 <b>Kitchen Floor</b> 	15 <b>Kitchen Floor</b> 	16 <b>Kitchen Floor</b> 	17 <b>Kitchen Floor</b> 
20 <b>Kitchen Floor</b> 	21 <b>Kitchen Floor</b> 	22 9:00 Crochet & Knitting Group (D) 10:00 *Strength and Balance (M) 11:00 <sup>Δ</sup> No Calligraphy (C) 11:00 *Stretch & Dance (M) 11:00 Euchre (D) 12:00 *Lunch (D) 12:30 Cribbage (C) 1:30 Ping Pong 2:45 *Line Dance	23 9:00 Ukulele (M) 9:30 Pinochle 10:00 Mexican Train Dom. (C) 10:15 Piano (XM) 12:00 *Lunch (D) 1:00 SAIL Class (M) 1:00 PC & Android Group (C) <b>1:00 <sup>Δ</sup> Veggie Gardening: Responding to Climate Change (D)</b> 2:15 <sup>Δ</sup> Beginning Piano (XM) <b>4:00 *<sup>Δ</sup> Prime Time Plates</b>	24 9:30 Spades (C) 10:00 *Strength & Balance (M) 11:00 *Stretch & Dance (M) 12:00 * <sup>Δ</sup> FTJ Lunch 12:00 Bridge (C) 1:00 Spanish (D) 2:00 Creative Writing (C) 2:30 Tai Chi (M) <b><sup>Δ</sup> Sat 10:00 Game Day</b>
27 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) <b>1:00 <sup>Δ</sup> AI for Seniors (C)</b> 1:00 Bingo with Arlene (D) 1:30 Ping Pong (M) 2:30 Tai Chi (M)	28 9:00 Guitar Practice (M) 9:00 Beg. Drawing (XC) 9:30 Pinochle (D) <b>9:45 Atty. Liz Johnson</b> 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) 6:30 Martial Arts (M)	29 <b>9:00 <sup>Δ</sup> iPad Class</b> 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 Cribbage (C) 1:30 Ping Pong 2:45 *Line Dance	30 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 Apple User Group (C) 2:15 <sup>Δ</sup> Beginning Piano (XM)	31 9:30 Spades (C) 10:00 *Strength & Balance (M) 11:00 *Stretch & Dance (M) 12:00 * <sup>Δ</sup> FTJ Lunch 12:00 Bridge (C) 1:00 Spanish (D) 2:00 Creative Writing (C) 2:30 Tai Chi (M)

**LEGEND**

(C) Classroom (M) Main Room  
 (D) Dining Room (O) Office  
 (FD) Front Desk (FD) Front Desk

**SYMBOLS**

- Event/class has a cost
- <sup>Δ</sup> Registration required

**CLASS COST**

**Beginning Line Dance - Tues.**

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

**Strength & Balance**

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

**Stretch & Dance**

- \$18.00 per month
- Put fee in envelope with your name and the class title on the 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.**



Address: 4716 N Baltimore St., Tacoma, WA 98407

Telephone: (253) 756-0701

### MOVIE CLUB



The movie program has been restructured to follow a format similar to our Book Club. On the third Monday of each month with the exception of July, 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**  
2<sup>nd</sup> Saturday of the month at 10:00 a.m.  
*Meet at iHop on Mildred*



**Prime Time Hop**  
3<sup>rd</sup> Thursday of the month.  
*North End on Pearl, 3:30 p.m.*



**Prime Time Plates**  
4<sup>th</sup> Thursday of the month.  
*Meet at Coopers at 4:00 p.m.*



**Game Day**  
Last Saturday of the month.  
*Senior Center, 10:00 a.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.

### SEEKING A "TECH ANGEL!"



The Senior Center is looking for a donor to help us with a specific technology need. We are in search of a new or gently used Microsoft Surface tablet.

- **Why a Surface?** Our database software requires the Windows operating system, so standard Android tablets or iPads won't work for this project.
- **How to help:** If you have a Surface you no longer use or would like to donate one, you would be making a huge difference for our team!

Please contact Kate or Lesley if you can help!

### SUMMER HIATUS

As many of you know, some of our instructors take the summer off. This year, the only one thus far who is taking off is Ardythe's Tap Dancing Class (July & August).

### VOLUNTEER WANTED

Do you love getting into the holiday spirit? We are looking for a creative seasonal volunteer to help bring some festive cheer to the Center! If you enjoy decorating and have a bit of time to spare before major holidays to help spruce up our space, we would love to have you on board.

### CUSTODIAN NEEDED

We are looking for a new custodian to join our team! If you know someone who would be a great fit for this role, please encourage them to apply online as soon as the listing goes live. This is a 17-hour-per-week position that requires hard work, but we offer negotiable hours to fit the right person's schedule. Thank you for helping us find someone who will take great care of our space!

### CONCERTS RETURN

Mark your calendars! Franke Tobey Jones is hosting its concert series starting in August, 6:30-7:30 p.m. on the FTJ front lawn. These concerts are fun and free!

- **August 6 - Monty Banks & the High Rollers**
- **August 13 - Dusty Souls**
- **August 20 - Route 66**
- **August 27 - Aaron Crawford**

### CONT'D WHITE ELEPHANT

- sticky notes or fun office supplies. )
- Creative treats (like a chocolate spoon or speciality snacks)
- Value items (like a lottery ticket)

Dig through your closets or grab something small next time you're out. Anything that puts a smile on someone's face is fair game! If you don't play, but want to donate, please bring your item(s) to the office.

### SUMMER IS HERE!

It's hot now and getting hotter every day. Please remember to stay hydrated, wear hats, stay out of the sun for long periods of time, and seek cool spaces.

### Joke of the Month



Then there was the fellow who always had bad luck. Once he found a magic lamp, rubbed it, and a genie appeared and gave him the Midas touch. For the rest of his life, everything he touched turned into a muffler.

### RIDDLE CENTRAL ANSWER



He travelled on a ship call the 4<sup>th</sup> of July.



## GATHERING POINTS

(253) 756-0601

*Pt. Defiance-Ruston Senior Center*

# JULY 2026

Operated by Franke Tobey Jones

### SAVE THE DATES



#### PARTIES

- June 25 - 4<sup>th</sup> of July Party
- October 2 - Bratwurst, Beer and entertainment
- October 30 - Halloween Party
- November 24 - Thanksgiving
- December 22 - Holiday Party

#### CLOSURES

- July 3 - 4<sup>th</sup> of July Observance
- July 10-21 - Kitchen Floor
- September 7 - Labor Day
- November 26 - Thanksgiving
- December 25 - Christmas
- January 1 - New Year's Day



Red Yellow Blue White  
Sparkles lighting up the night.

Cannons Bursting  
hurt my ears.

Dogs are whining doggy fears.

Squiggles fly up in the sky.

Exploding colors drop on by.

It seems the burst will  
touch the ground.

I reach up high.

They can't be found.

The air is filled with acrid smoke.

We watch it from my  
Grandpa's boat.

The colors shimmer on the lake.

We get to stay up very late.

We played all day,  
and here we go. . .

Such a perfect nighttime show.

### NEW KITCHEN FLOOR

The Senior Center will be temporarily closed from Friday, July 10th through Tuesday, July 21st while the city installs a new kitchen floor to fix a persistent leak and trip hazard. Because the project requires a heavy-duty epoxy, the building will be closed to keep everyone safe from strong fumes.

You don't have to stop exercising. We have some videos listed on our website at

<https://www.franketobeyjones.com/pt-defiance-ruston-senior-center/exercise-videos/>. In addition, there are educational videos at <https://www.franketobeyjones.com/pt-defiance-ruston-senior-center/educational-video/>

We will miss you, but we look forward to welcoming you back to a safer, refreshed space when we officially reopen on Wednesday, July 22nd!

### WHITE ELEPHANT

We are shaking things up for our Bingo days! We're introducing White Elephant prizes, and we need your help to build our prize pool.

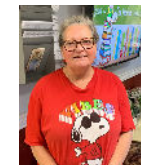
We are looking for fun, creative, or quirky item donations. Think simple but engaging! Ideas include:

- Gag gifts to bring the laughs
- Smart & useful items (like unique *Cont'd on pg. 4*)

### RIDDLE CENTRAL



An American living in England came home to the United States on the 4<sup>th</sup> of July, celebrated for three full days, and returned to England on the 4<sup>th</sup> of July. How is this possible?



### SAY GOODBYE

Kathie Werlinger-Lebeau has resigned. Initially her last day supposed to be June

27; however, she left early. We would like to take a moment to express our gratitude for the hard work she has put in since she has been here. We wish you the best in your endeavors in the future. We wish you the best as she continues her journey.

### THANK YOU ANGELS!

When we put out the call that our coffee supply was running low, so many wonderful people stepped up to help. The staff would like to send a massive thank you to everyone who answered the call and brought in donations!

You truly keep our Senior Center running. Let's be honest--without you, there would have been a lot of grumpy, under-caffeinated people around here! Thank you for your incredible generosity and for keeping our cups full!



The Senior Center Book Club meets the 3<sup>rd</sup> Thursday of the month to discuss that month's book.

**June** - The Women by Kristin Hannah

**July** - Build the Life You Want by Arthur Brooks

**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

