



| MON                                                                                                                                                                                                                                                                                                     | TUES                                                                                                                                                                                                                                                                                                         | WED                                                                                                                                                                                                                                                                                                                  | THUR                                                                                                                                                                                                                                                                                                                           | FRI                                                                                                                                                                                                                                                                                                        |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div><div>FOOD<br/>LIFELINE</div><div>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.</div></div>                                          | <div>18:45 Guitar Practice (M)<br/>9:00 Beg. Drawing (XC)<br/>9:30 Pinochle (D)<br/>10:00 Drawing w/John (XC)<br/>11:00 *Beg. Line Dance (M)<br/>12:00 Lunch (D)<br/>12:30 Am/CHN Mahjong (C)<br/>1:00 Sing-along (M)<br/><b>3:15 Tap Dance (M)</b><br/>6:30 Martial Arts (M)</div>                          | <div>29:00 Crochet &amp; Knitting Group (D)<br/>10:00 *Strength and Balance (M)<br/><b>10:00 Δ Charleston, Mackinac Island &amp; French Riviera Pres. (C)</b><br/>11:00 *Stretch &amp; Dance (M)<br/>12:00 *Lunch (D)<br/>12:30 *Acupuncture (M)<br/>12:30 Cribbage (C)<br/>1:30 Ping Pong / 2:45 * Line Dance</div> | <div>39:00 Ukulele (M)<br/><b>9:00 Δ SHIBA (O)</b><br/><b>9:00 Δ Travel Photography (C)</b><br/>9:30 Pinochle (D)<br/>10:00 Mexican Train Dom. (C)<br/>10:15 Piano (XM) 12:00 *Lunch (D)<br/>1:00 SAIL Class (M)<br/>1:00 Women’s Group (C)<br/><b>2:00 Δ Menopause &amp; Beyond (C)</b><br/>2:15 Beginning Piano (XM)</div>   | <div>49:30 Spades (C)<br/>10:00 *Strength &amp; Balance (M)<br/>11:00 *Stretch &amp; Dance (M)<br/>12:00 *Δ FTJ Lunches (D)<br/>12:00 Bridge (C)<br/>1:00 Spanish (M)<br/>2:00 Creative Writing (C)<br/>2:30 Tai Chi (M)<br/><b>7:55 Sat. Mt. Rainier Train Day Trip</b></div>                             |
| <div>79:00 Sr. Footcare</div> <div><div>WE WILL BE<br/>CLOSED<br/>FOR<br/>LABOR DAY</div></div>                                                                                                                        | <div>88:45Guitar Practice (M)<br/>9:00 Beg. Drawing (XC)<br/>9:30 Pinochle (D)<br/>10:00 Drawing w/John (XC)<br/>11:00 *Beg. Line Dance (M)<br/>12:00 Lunch (D)<br/>12:30 Am/CHN Mahjong (C)<br/><b>1:00 Δ Danube &amp; Montreal Pres.</b><br/><b>3:15 Tap Dance</b><br/>6:30 Martial Arts (M)</div>         | <div>99:00 Δ Advisory Board<br/>9:00 Crochet &amp; Knitting Group (D)<br/>10:00 *Strength and Balance (M)<br/>11:00 ^Calligraphy (C)<br/>11:00 *Stretch &amp; Dance (M)<br/>12:00 *Lunch (D)<br/>12:30 Cribbage (C)<br/>1:30 Ping Pong<br/>2:45 * Line Dancing</div>                                                 | <div>109:00 Travel Photography: Light (C)<br/>9:00 Ukulele (M)<br/>9:30 Pinochle (D)<br/>10:00 Mexican Train Dom. (C)<br/>10:15 Piano (XM)<br/>12:00 *Lunch (D)<br/>1:00 SAIL Class (M)<br/>1:00 Apple Users Group (C)<br/>2:15 Beginning Piano (XM)</div>                                                                     | <div>119:30 Spades (C)<br/>10:00 *Strength &amp; Balance (M)<br/>11:00 *Stretch &amp; Dance (M)<br/>12:00 *Δ FTJ Lunch<br/>12:00 Bridge (C)<br/>1:00 Spanish (D)<br/>2:00 Creative Writing (C)<br/>2:30 Tai Chi (M)<br/><b>10:00 Sat Δ Breakfast Club - I Hop</b></div>                                    |
| <div>148:30 Hand ‘n Foot (D)<br/>9:00 Pickleball<br/>10:00 *Strength and Balance (M)<br/>11:00 *Stretch &amp; Dance (M)<br/>12:00 *Lunch (D)<br/>12:30 Chess (D)<br/>1:00 Bingo (D)<br/><b>1:00 Δ Tech Talk (C)</b><br/>1:30 Ping Pong (M)<br/>2:30 Tai Chi (M)</div>                                   | <div>158:45 Guitar Practice (M)<br/>9:00 Beg. Drawing (XC)<br/>9:30 Pinochle (D)<br/><b>9:45 Δ Funeral &amp; End-of-Life Planning (M)</b><br/>10:00 Drawing w/John (XC)<br/>11:00 *Beg. Line Dance (M)<br/>12:00 Lunch (D)<br/>12:30 Am/CHN Mahjong (C)<br/>1:00 Sing-along (M)<br/>3:15 Tap Dance (M)</div> | <div>169:00 Crochet &amp; Knitting Group (D)<br/>10:00 *Strength and Balance (M)<br/><b>11:00 Δ India &amp; Croatia Pres. (C)</b><br/>11:00 *Stretch &amp; Dance (M)<br/>12:00 *Lunch (D)<br/>12:30 Cribbage (C)<br/>12:30 Acupuncture (M)<br/>1:30 Ping Pong<br/>2:45 Line Dancing</div>                            | <div>179:00 Δ Travel Photos: Faces and Places (C)<br/>9:00 Ukulele (M)<br/>9:30 Pinochle<br/>10:00 Mexican Train Dom. (C)<br/>10:15 Piano (XM)<br/>12:00 *Lunch (D)<br/>1:00 SAIL Class (M)<br/>1:00 Book Club (C)<br/>2:15 Beginning Piano (XM)<br/><b>3:30 Δ Prime Time Hop</b></div>                                        | <div>189:30 Spades (C)<br/>10:00 *Strength &amp; Balance (M)<br/>11:00 *Stretch &amp; Dance (M)<br/>12:00 *Δ FTJ Lunch<br/>12:00 Bridge (C)<br/>1:00 Spanish (D)<br/>2:00 Creative Writing (C)<br/>2:30 Tai Chi (M)</div>                                                                                  |
| <div>218:30 Hand ‘n Foot (C)<br/>9:00 Pickleball<br/>10:00 *Strength and Balance (M)<br/>11:00 *Stretch &amp; Dance (M)<br/>12:00 *Lunch (D)<br/>12:30 Chess (M)<br/>1:00 Movie - Alien (C)<br/>1:30 Ping Pong (M)<br/>2:30 Tai Chi (M)</div>                                                           | <div>228:45 Guitar Practice (M)<br/>9:00 Beg. Drawing (XC)<br/>9:30 Pinochle (D)<br/>10:00 Drawing w/John (XC)<br/>11:00 *Beg. Line Dance (M)<br/>12:00 Lunch (D)<br/>12:30 Am/CHN Mahjong (C)<br/>3:15 Tap Dance (M)<br/>6:30 Martial Arts (M)</div>                                                        | <div>239:00 Δ Theater Club (C)<br/>9:00 Crochet &amp; Knitting Group (D)<br/>10:00 *Strength and Balance (M)<br/>11:00 ^Calligraphy (C)<br/>11:00 *Stretch &amp; Dance (M)<br/>12:00 *Lunch (D)<br/>12:30 Cribbage (C)<br/>1:30 Ping Pong<br/>2:45 * Line Dance</div>                                                | <div>249:00 Δ Travel Photos (C)<br/>9:00 Ukulele (M)<br/>9:30 Pinochle<br/>10:00 Mexican Train Dom. (C)<br/>10:15 Piano (XM)<br/>12:00 *Lunch (D)<br/>1:00 SAIL Class (M)<br/>1:00 PC &amp; Android Group (C)<br/><b>1:00 Δ Gardening-Dahlias (D)</b><br/>2:15 Beginning Piano (XM)<br/><b>4:00 *Δ Prime Time Plates</b></div> | <div>259:30 Spades (C)<br/>10:00 *Strength &amp; Balance (M)<br/>11:00 *Stretch &amp; Dance (M)<br/>12:00 *Δ FTJ Lunch<br/>12:00 Bridge (C)<br/>1:00 Spanish (D)<br/>2:00 Creative Writing (C)<br/>2:30 Tai Chi (M)</div>                                                                                  |
| <div>288:30 Hand ‘n Foot (C)<br/><b>9:00 Δ Flu &amp; COVID Shots</b><br/>9:00 Pickleball<br/>10:00 *Strength and Balance (M)<br/>11:00 *Stretch &amp; Dance (M)<br/>12:00 *Lunch (D)<br/>12:30 Chess (D) 1:00 Bingo (D)<br/>1:00 Movie Discussion (C)<br/>1:30 Ping Pong (M)<br/>2:30 Tai Chi (M)</div> | <div>298:45 Guitar Practice (M)<br/>9:00 Beg. Drawing (XC)<br/>9:30 Pinochle (D)<br/>10:00 Drawing w/John (XC)<br/>11:00 *Beg. Line Dance (M)<br/>12:00 Lunch (D)<br/>12:30 Am/CHN Mahjong (C)<br/>3:15 Tap Dance (M)<br/>6:30 Martial Arts (M)</div>                                                        | <div>309:00 Crochet &amp; Knitting Group (D)<br/>10:00 *Strength and Balance (M)<br/>11:00 ^Calligraphy (C)<br/>11:00 *Stretch &amp; Dance (M)<br/>12:00 *Lunch (D)<br/>12:30 Cribbage (C)<br/><b>1:00 History Talk--Sherlock (M)</b><br/>2:45 * Line Dance</div>                                                    | <div><div>FOOD<br/>LIFELINE</div><div>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 hae taken and the weight.</div></div>                                                                  | <div><div>CELEBRATIONS</div><div>3-4 Mawlid / Islamic / Birth of Prophet Muhammad<br/>7-21 Pitru Paksha / Hindu / Pays homage to ancestors<br/>22-24 Rosh Hashanah / Jewish / New Year highlighting rest and reflection<br/>22-Oct 2 Navaratri / Hindu / Honors a goddess who defeated a demon</div></div> |

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| <div><div>LEGEND</div><div>(C) Classroom (M) Main Room<br/>(D) Dining Room (O) Office<br/>(FD) Front Desk (FD) Front Desk</div><div><div>SYMBOLS</div><div><ul style="list-style-type: none"><li>• Event/class has a cost</li><li>Δ Registration required</li></ul></div></div><div><div>CLASS COST</div><div><b>Beginning Line Dance - Tues.</b><ul style="list-style-type: none"><li>• \$2.00 per class or \$8.00 month</li><li>• Pay the instructor</li></ul></div><div><b>Strength &amp; Balance</b><ul style="list-style-type: none"><li>• \$18.00 per month</li><li>• Put fee in envelope with your name and the class title on outside</li><li>• Turn into front desk volunteer</li></ul></div><div><b>Stretch &amp; Dance</b><ul style="list-style-type: none"><li>• \$18.00 per month</li><li>• Put fee in envelope with your name addd the class title on the outside</li><li>• Turn into front desk volunteer</li></ul></div><div><div>DISCOUNT</div><div><i>Line Dancing is excluded from all discounts.</i></div><div><b>Two Classes</b> - \$3.00 off second class<br/><b>Third Class</b> - Regular price; fourth class \$3.00 off</div></div></div></div> | <div><div>CONTACT INFORMATION</div><div><b>Pt. Defiance~Ruston Senior Center</b><br/><b>Phone:</b> (253) 756-0601<br/><b>Address:</b> 4716 N Baltimore, Tacoma, WA 98407<br/><b>Hours:</b> Monday - Friday 9:00 a.m. to 3:00 p.m.</div></div> |
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Address: 4716 N Baltimore St., Tacoma, WA 98407

Telephone: (253) 756-0701

## MOVIE CLUB



Our movie program meets twice a month to watch and discuss fantastic films. The **Watch Party** meets to watch the movie **on the 3rd Monday**. **September's movie is Alien**. The **Discussion & Selection** of the next movie is the following week (**4th Monday**). Both are at 1:00 p.m.

*Movie subject to change.*

## Δ COMMUNITY PROGRAMS



### Breakfast Club

2<sup>nd</sup> Saturday of the month at 10:00 a.m.  
*Meet at I Hop on Mildred.*



### Prime Time Hop

3rd Thursday of the month.  
*North End on Pearl, 3:30 p.m.*



### Prime Time Plates

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.

## UPCOMING TRIPS



Got the Travel Bug?

### Check Out Our Upcoming Trips!

Discover world-class destinations and plan your next getaway with our upcoming travel presentations! Join us to learn all about these exciting upcoming trips and get all your questions answered.

- Wednesday, September 2
  - 10:00AM: Presentation: Charleston, Mackinac Island & the French Riviera
- Tuesday, September 8
  - 1:00 PM: Presentation: The Danube & Montreal
- Wednesday, September 16: 11:00 AM: Presentation: India & Croatia

Be sure to stop by the Travel Wall to check out all of our additional upcoming trips!

### TRAVEL PHOTO CONT'D.

- Light: Early, Late, and In-Between – How to work with lighting throughout the day.
- Faces and Places – Photographing people and local environments.
- Local Attractions and Unexpected Delights – Finding beauty in the everyday.
- Interiors and Exteriors, High and Low – Creative angles and spatial perspectives.
- Storytelling and Serendipity – Capturing spontaneous, meaningful moments.

### STEP INTO THE FUTURE CONT'D.

Ron will guide the discussion, but this group is all about community—so bring your own ideas, curiosity, and questions.

- When: 2nd Monday of every month at 1:00 PM
- Where: Classroom

Cont'd.

Cont'd

Come join the conversation and see where the future is heading!

## SHIBA APPOINTMENTS

Navigating Medicare & Insurance? SHIBA is Here to Help!

Starting in September, individual appointments with SHIBA (State Health Insurance Benefits Advisors) will be available! SHIBA is a free, unbiased, non-profit program that helps you navigate your health insurance options. A trained advisor will work with you privately using your specific prescription and medical information to help you find the coverage that best fits your needs and budget.

- When: Starting this September
- Appointments: First Thursday of the month. *By appointment only*
- How to Schedule: Call or stop by the center and make an appointment at the front desk.

## HISTORY CLASS

Pretty Gritty Tours is back September 30, at 1:00 p.m. This time, Sherlock is the topic!



## Joke of the Month

The reading material at the barber shop consisted entirely of murder stories, mysteries, thrillers, and ghost tales.



When i asked the barber if he wanted to terrify his customers he replied, "No sir. These books make the customers' hair stand up and then it becomes easier to trim and cut." --N. Ravi

## RIDDLE CENTRAL ANSWER

- 1) A coat of paint
- 2) A deck of cards



# GATHERING POINTS

(253) 756-0601 *Pt. Defiance-Ruston Senior Center*

**SEPTEMBER 2026**

Operated by Franke Tobey Jones

## SAVE THE DATES



### PARTIES

- October 2 - Bratwurst, Beer and entertainment
- October 30 - Halloween Party
- November 24 - Thanksgiving
- December 22 - Holiday Party

### CLOSURES

- September 7 - Labor Day
- November 26 - Thanksgiving
- December 25 - Christmas
- January 1 - New Year's Day



## Blackberry Eating by Galway Kinnell

I love to go out in late September among the fat, overripe, icy, black blackberries to eat blackberries for breakfast, the stalks very prickly, a penalty they earn for knowing the black art of blackberry-making; and as I stand among them lifting the stalks to my mouth, the ripest berries fall almost unbidden to my tongue as words sometimes do, certain peculiar words like strengths or squinched, many-lettered, one-syllabled lumps, which I squeeze, squinch open, and splurge well in the silent, startled, icy, black language of blackberry – eating in late September.

## PHOTOGRAPHY CLASS



**New Video Series: Travel Photography**  
Pack your curiosity! A new six-week video-based travel photography series is coming to the Center starting Thursday, September 3, at 9:00 a.m. in the classroom. Whether you're preparing for your next adventure or just love taking pictures, this series offers great tips for capturing memorable moments.

Series Topics Include:

- Getting Beyond the Postcard – Look past the standard souvenir shots. *Cont'd pg 4*

## STEP INTO THE FUTURE

We are thrilled to launch our new monthly group, Tech Talk, led by Ron Yaden! Whether you are curious about Artificial Intelligence, Quantum Computing, Artificial Superintelligence (ASI), or simply have everyday computer questions, this is the place for you.

*Cont'd pg 4*



## FLU SEASON

Flu and COVID-19 vaccines will be available at the senior center on Monday, September 28, starting at 9:00 a.m. Getting both is your best defense against getting sick.

### Top Prevention Tips:

- Get vaccinated
- Wash hands frequently
- Avoid sick individuals
- Clean and disinfect surfaces

## RIDDLE CENTRAL



- 1) What kind of coat is always wet when you put it on?
- 2) What has a heart but no other organs?

## THEATER GROUP

New Play Reading & Scriptwriting Group! Uncork your creativity and join us for a fun morning of playreading! We'll meet on Wednesday, September 23, at 9:00 a.m. in the classroom.

Participants will cold-read various plays, bringing characters to life on the spot—no memorization required! Original playwriting is warmly encouraged, and we'll go over standard script formatting together. Writers can print copies for the group to read through. If the group decides down the road to put on a formal show for the Center, line memorization will come into play, but for now, it's all about low-pressure fun and creative expression!

## MASTER GARDENER



Prepare your garden for winter with expert guidance! Join us on Thursday, September 24, at 1:00 p.m. in the classroom as Master Gardener Shari Roberts discusses how to dig, divide, and store dahlias. Learn step-by-step techniques to keep your tubers healthy through the colder months so they come back strong and beautiful next season.

## BOOK CLUB

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

**September** - A Fever In The Heartland by Timothy Egan

**October** - Three Days in June by Anne Tyler

**November** - Framed by John Grisham