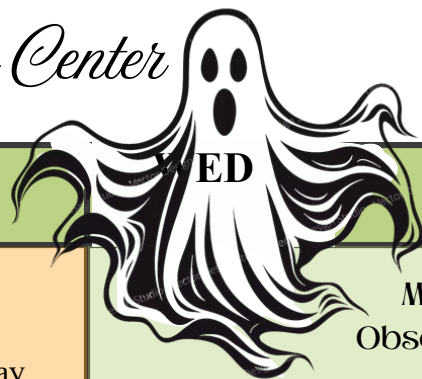




Pt. Defiance-Ruston Senior Center



MON	TUES	WED	THUR	FRI
FOOD LIFELINE 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.	October Days 4 - World Animal Day 10 - World Mental Health Day 12 - Columbus Day / Indigenous Peoples' Day 16 - World Food Day 18 - World Menopause Day 24 - United Nations Day	Monthly Observances Breast Cancer Awareness Month ADHD Awareness Month National Pizza Month Disability Employment Awareness Month	9:00 Ukulele (M) 9:00 Δ SHIBA (O) 9:00 Travel Photography 9:30 Pinochle (D) 10:00 Mexican Train Dom. (C) 10:15 Piano (XM) 12:00 *Lunch (D) 1:00 SAIL Class (M) 2:15 *Δ Sip 'n Paint (M)	2 9:30 Spades (C) 10:00 *Strength & Balance (M) 11:00 Line Dancing (M) 12:00 *Δ Bratwurst & Beer (D) 12:00 Bridge (C) 12:45 Flea Circus (M) 2:00 Creative Writing (C) 3:00 Tai Chi (M)
5 8:30 Hand 'n Foot (D) 9:00 Pickleball 10:00 *Strength and Balance (M) 11:00 *Stretch & Dance (M) 12:00 *Lunch (D) 12:30 Chess (D) 1:00 Δ Bunco (C) 1:30 Ping Pong (M) 2:30 Tai Chi (M)	6 9:00 Beg. Drawing (XC) 9:30 Pinochle (D) 8:45 Guitar Practice (M) 10:00 Drawing w/John (XC) 11:00 *Beg. Line Dance (M) 12:00 Lunch (D) 12:30 Am/CHN Mahjong (C) 3:15 Tap Dance 6:30 Martial Arts (M)	7 8:45 Δ Dr. Sheila Mary Talk (C) 9:00 Crochet & Knitting Group (D) 10:00 *Strength and Balance (M) 11:00 *Stretch & Dance (M) 12:00 *Lunch (D) 12:30 Acupuncture (M) 12:30 Cribbage (C) 1:30 Ping Pong (M) 2:45 * Line Dancing	8 9:00 Travel Photography (C) 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 Users Group (C) 2:15 Beginning Piano (XM)	9 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) 10:00 Sat Δ Breakfast Club
12 8:30 Hand 'n Foot (D) 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 (D) 1:00 Δ Tech Talk (C) 1:30 Ping Pong (M) 2:30 Tai Chi (M)	13 8:45 Δ Beginning Ukulele (M) 9:00 Beg. Drawing (XC) 9:30 Pinochle (D) 9:45 Ukulele (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 Understanding Medicare 3:15 Tap Dance (M)	14 9:00 Crochet & Knitting Group (D) 10:00 *Strength and Balance (M) 11:00 *Stretch & Dance (M) 12:00 *Lunch (D) 12:30 Cribbage (C) 1:30 Ping Pong 2:45 Line Dancing	15 9:00 Beginning Piano (M) 9:30 Pinochle 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 (C) 3:30 Δ Prime Time Hop	16 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)
19 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 (M) 1:00 Δ Bunco (C) 1:30 Ping Pong (M) 2:30 Tai Chi (M)	20 8:45 Δ Beginning Ukulele (M) 9:00 Beg. Drawing (XC) 9:30 Pinochle (D) 9:45 Ukulele (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 Etching Class 3:15 Tap Dance (M)	21 9:00 Crochet & Knitting Group (D) 9:45 Attorney Johnson: Powers of Attorneys & Estate Planning (C) 10:00 *Strength and Balance (M) 11:00 *Stretch & Dance (M) 12:00 *Lunch (D) 12:30 Acupuncture (M) 12:30 Cribbage (C) 1:30 Ping Pong 2:45 * Line Dance	22 9:00 Beginning Piano (M) 9:00 Δ SHIBA (O) 9:30 Pinochle 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 PC & Android Class (C) 4:00 Prime Time Plates	23 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) 9:00 Sat. AARP Safe Driver Cl.
26 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 (D) 1:00 Movie Discussion (C) 1:30 Ping Pong (M) 2:30 Tai Chi (M)	27 8:45 Δ Beginning Ukulele (M) 9:00 Beg. Drawing (XC) 9:30 Pinochle (D) 9:45 Ukulele (M) 10:00 Drawing w/John (XC) 11:00 *Beg. Line Dance (M) 12:00 Lunch (D) 1:00 Fall Prevention (M) 12:30 Am/CHN Mahjong (C) 3:15 Tap Dance (M)	28 9:00 Crochet & Knitting Group (D) 10:00 *Strength and Balance (M) 11:00 *Stretch & Dance (M) 11:00 Δ Medicare Updates 12:00 *Lunch (D) 12:30 Cribbage (C) 1:30 Ping Pong (M) 2:45 * Line Dance	29 9:00 Beginning Piano (M) 9:00 Δ SHIBA (O) 9:30 Pinochle 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)	30 9:30 Spades (C) 10:00 *Strength & Balance 11:00 Halloween Party (M) 12:00 Δ Lunch 1:00 Tacoma Ghost Stories (M) 2:00 Creative Writing (C) 2:30 Tai Chi (M) 10:00 Sat. Game Day

LEGEND

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

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

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 / Fourth Class - Third regular price / fourth class \$3.00 off

Make all checks payable to Pt. Defiance-Ruston Senior Center.

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



We are switching our movie program to a monthly format. Members can check out and take home the featured movie of the month to watch at their own pace. Join us on the fourth Monday of every month at 1:00 p.m. to discuss it together! October Movie: The Magnificent Seven from 1960.

COMMUNITY PROGRAMS



Breakfast Club

2nd Saturday - 10:00 a.m. Meet at the Clubhouse on 6th Ave.



Prime Time Hop

3rd Thursday - 3:30 p.m. North End on Pearl



Prime Time Plates

4th Thursday - 4:00 p.m. Meet at Coopers



Game Day

Last Saturday of the month - 10:00 a.m. Meet at Senior Center

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.

MEDICARE

Navigating Medicare changes doesn't have to be overwhelming. Join Medicare Specialist Laurie Humphreys on Tuesday, October 13, at 1:00 p.m. to get clear answers to all your questions about upcoming annual updates.

ATTY. LIZ JOHNSON

Please note a schedule change for discussions with attorney Liz Johnson! Starting in October, Liz will no longer meet on Tuesdays each month. Instead, she will visit us every other month on the third Wednesday at 9:45 a.m. Her first session under this new schedule is Wednesday, October 21, at 9:45 a.m., where she will discuss Powers of Attorney and Estate Planning. We hope to see you there!



Joke of the Month

"Even my mother is getting caught up in our high-tech environment. Just the other day she was complaining, 'You don't write, you don't call, you don't fax.'"

--Current Comedy for Speakers

RIDDLE CENTRAL ANSWER

- 1) A broom closet!
- 2) Terri-fried!



Halloween Haunts

Looking for something to do during the Spooky Season? Try these out!

Zoo Boo Weekend - Pt. Defiance Zoo & Aquarium
Oct. 14 to 15 - 9 a.m. to 3:00 p.m.

Fright House Station (Haunted House)
626 E 25th St (Freighthouse Square)
Sept. 29 to Nov. 4

Wicked Fast 5K Halloween Run
N 37th & Vassault St., Tacoma
Oct 29 - 6 a.m. to 11 p.m.

Halloween Bar Crawl
Steel Creek Tacoma
Oct. 29 - 4 to 11:59 p.m.

All Hallow's Eve at Lakewold Gardens, Lakewood
Oct 14 to 31 - 5 to 8 p.m.

Hoot 'n' Howl Weekends
Northwest Trek Wildlife Park, Eatonville
Oct. 14 & 15, 21 & 22
5 to 9 p.m. Last entry at 8 p.m.

Double R Farms Pumpkin Patch & Corn Maze
5820 44th St. E, Puyallup

Spooner Farms Corn Maze
9710 State Route 162 E

Maris Farms Haunted Woods
25001 Sumner-Buckley Hwy.
Oct. 1-30

The Fright Factory
2000 Collins Rd.
Oct. 1-30

My Haunted Forest
17616 S Vaughn Rd NW, Gig Harbor/Vaughn
Oct. 1-30



GATHERING POINTS

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



SAVE THE DATES



PARTIES

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

CLOSURES

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

SPOOKY FUN

Author Unknown

On Halloween night, with the moon up high, witches and werewolves go flying by, Zombies and mummies begin to crawl, It's the spookiest night, the best of them all!

Ghosts in sheets go "Boo!" in the dark, Vampires hiss while dogs start to bark, Jack-o'-lanterns grin with an eerie smile, As they light up the night, mile by mile.

Kids in costumers, from princess to clown, Trick-or-treating all over town, They knock on doors and eagerly say, "Give us candy, or we'll scare you away!"

But beware of the house with a creepy sound, Where skeletons dance and Zombies abound, They'll offer you treats, but with a surprise, A tickle or two right before your goodbyes!

So if you're out on this spooky night, With the stars above and the pale moonlight, Remember to laugh, have fun, and play, It's a funny Halloween, hip-hip-hooray!



UKULELE CHANGES

Ready to strike a chord? Beginning October 13, we are launching a **Beginning Ukulele Class** that will meet on Tuesdays at 8:45 a.m.. No experience needed—just bring your enthusiasm. Immediately following, the regular Ukulele Class will meet at 9:45 a.m.! Space is limited, so sign up now!

GAME DAY RETURNS

Join us every month for a morning of friendly competition and good company!

- Featured Games: Mexican Train, Dominoes, Ping Pong, Spades, Bunco, and Mahjong (beginners welcome!)
- When: Last Saturday of the month at 10:00 AM
- Where: 4716 N Baltimore St.

All skill levels welcome—come solo or bring a friend!

HALLOWEEN PARTY

Join us for some spooktacular Halloween Fun!

Date: October 30

Time: 11:00 AM onwards

Location: All events hosted in one place!

Schedule

11:00 AM - The howling music of **Mark Stern**, along with refreshments.

Δ Noon - Free Lunch

1:00 p.m. - **Tacoma Ghost Stories** with Pretty Gritty Tours



RIDDLE CENTRAL



- 1) What do you call a witch's garage?
- 2) How do monsters like their eggs?



OCTOBER 2026

Operated by Franke Tobey Jones

SIP 'N PAINT



The amazing Randi Voss is back for another fun-filled Sip 'N Paint event on Thursday, October 1, at 2:15 p.m.! No painting experience is needed—just bring your enthusiasm, and we'll provide all the supplies. The fee is \$5.00, and advance registration is required. Sign up today to reserve your spot!



You're Invited to Celebrate!

Oktoberfest

October 2, 2026

Program

11:00 a.m. - Line Dance

Noon - Lunch

12:45 p.m. - The Flea Circus

Cost: \$10.00 by Sept. 30
October 1 on - \$15.00

Menu

Pretzels,

Bratwurst, Sauerkraut,

German Potato Salad

Dessert

Beer



The Senior Center Book Club meets the 3rd 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