

SPECIAL EVENTS



MOBILE ART

Monday, April 1, May 6 & June 3 12:30 – 1:30 PM

Instructor: Beverly Swan
 Fee: \$15.00

For the last three years, Beverly has been teaching seniors and children how to paint creative art. It's always something she has loved to do and now spends her time teaching at various facilities.

ZUMBA DANCE CLASS

Every Tuesday, April 2, 9, 16, 23 & 30 2:00 – 3:00 PM
 Every Tuesday, May 7, 14, 21 & 28 2:00 – 3:00 PM
 Every Tuesday, June 4, 11, 18 & 25 2:00 – 3:00 PM

Instructor: Angela Scott
 Cost: \$3.00 per class



We've been waiting a long time to bring back a Zumba class and now we have the perfect instructor. Angela has taught at Curves for years and is such a joy to be around. Come join her class with her fellow Zumba dancers from Curves and let's have fun!

HAIRCUTS BY JESSICA & CHANTELL

Wednesday, April 3, May 1 & June 5

Jessica and Chantell have been hair stylists for many years and work in Puyallup. They have graciously agreed to cut both men's and women's hair for a nominal fee of only \$5.00. Pre-registration is required. Sign up today at the receptionists' desk or call 253-841-5555 to register by phone.



SPECIAL EVENTS COMMITTEE

1st Thursday, April 4, May 2 & June 6 11:00 AM

Would you like to work on one of the Puyallup Activity Center's Special Events, such as our Pancake Breakfast, Ice Cream Social, Christmas & Valentine's Day Party or perhaps our annual Summer Picnic? Our Special Events Committee meets the first Thursday of every month at 11:00 a.m. Everyone is welcome to attend. The committee assists in the planning and decorating of our special events. Please contact **Trudi at 253-841-5548** if you are interested.



NEW

OPEN "BEADING" CLASS

1st Friday of every month, April 5, May 3 & June 7 1:00 – 3:00 PM

Instructor: Wendy Reed, Bead Boppers
 Fee: FREE

Wendy Reed, the owner of Bead Boppers in Puyallup, has graciously agreed to be here at our Center for two hours of open beading. You could bring a project that you are currently working on and if you need a little help, Wendy will be here to guide you. Or just bring your necklace, bracelet, etc. and work on your beading with friends!

DIABETES AND YOUR FEET

"NEW" STYLES AND COLORS FOR MEN AND WOMEN'S SHOES
 DIABETIC SHOES AND INSERTS



Friday, April 5, May 3 & June 7 10:00 AM – 12:30 PM

Presenter: Paul Berryhill from Priority Footwear and Pedorthic Services, LLC

Paul will be here to discuss who qualifies for this Medicare benefit. If it has been longer than one year since you received your last pair of diabetic shoes, then you most likely qualify to receive an additional pair. Come and discuss your options during this scheduled time. Paul will also explain how diabetics need to check their feet every day for cuts, bruises, red spots and swelling.

MEDICARE SHIBA CONSULTING SESSIONS

Thursday, April 11, May 16 & June 20 9:00 – 11:30 AM

Facilitator: Cho Shimizu, SHIBA Volunteer

It's time to get your ducks in a row and learn the ins and outs of what Medicare has to offer you! **Cho Shimizu** will be here at the Puyallup Activity Center to offer advice to seniors on issues ranging from health and prescription insurance rights and options to understanding a bill from your doctor. Appointment times are between the hours of 9:00 - 11:30 AM in 45-minute sessions. **Pre-registration is required.** Call the Center at 253-841-5555 for an appointment.



MASSAGES

2nd & 4th Friday, April 12 & 26 10:00 AM – 2:00 PM
 2nd & 4th Friday, May 10 & 24 10:00 AM – 2:00 PM
 2nd & 4th Friday, June 14 & 28 10:00 AM – 2:00 PM

Licensed Massage Practitioner:
 Cheryl Grunenfelder
 Fees: Seniors \$10.00
 Non-Seniors \$15.00



In just a short time seated massage relieves mental and physical tension and leaves a person feeling relaxed and rejuvenated. You will remain fully clothed for your 15-minute massage. No oils or lotions will be used. Please call the Center at 253-841-5555 for an appointment.

DAY CLASS FOR AARP DEFENSIVE DRIVING CLASS

Thursdays, April 25, June 27, August 22, October 24 & December 26
9:00 AM – 5:00 PM

Fee: \$15.00 AARP members
\$20.00 Non-members (payable first day of class)

Driving Instructor: Jeanne Jacobson
BRING YOUR AARP MEMBERSHIP CARD IF YOU ARE A MEMBER



The Activity Center offers an 8-hour AARP Driver Safety Program for policyholders age 50 and older.

Pre-registration is required. THESE CLASSES ARE HELD AT OUR ACTIVITY CENTER. Call the Center at 253-841-5555 to register.

SUGAR – THE NOT-SO-SWEET TRUTH

Friday, April 26 12:30 – 1:30 PM

Presenter: Bradley Wooten
Humana

Fee: Free



In today's class, we'll talk about five tips for reducing sugar in your diet. We'll start with talking about how much is too much and review the daily recommendations for sugar intake. Then, we'll discuss the top sugar traps to watch out for. We'll also talk about how to read food labels – not only to find the amount of sugar in certain foods, but also how to identify it in the ingredients. We'll also learn about choosing the right carbohydrates. Not all sugars are created equal and there are many carbohydrate-rich foods (with sugar) that can have a healthy place in your diet.



BRAIN INJURIES RELATED TO FALLING

Monday, April 29 12:00 – 1:00 PM

Presenter: Nicole Chambers, CBIS, CIRS-A/D
Brain Injury Alliance of Washington

Fee: Free

Nicole Chambers currently serves as the Resource Center Operations Manager for the Brain Injury Alliance of Washington. She began her career working with the brain injury community in 2009 at Drexel University. She currently holds credentials as a Certified Brain Injury Specialist and Certified Information and Referral Specialist for Aging and Disability. Brain injury is a major cause of death and disability in the United States. It is estimated that 5.3 million Americans are living with a disability due to traumatic brain injury (TBI) and that TBI contributes roughly to one-third of all injury-related deaths. The leading cause of TBI is falling, meaning senior citizens are especially at risk for incurring a TBI.

SALSA & CUMBIA DANCING

Thursdays, May 2, 9, 16, 23 & 30 2:00 – 3:00 PM
Thursdays, June 6, 13, 20 & 27 2:00 – 3:00 PM

Dance Instructor: Antonieta (Toni) Carrasco
Fee: Free



Our dance instructor, Toni, has been teaching Salsa and Cumbia dancing for years. Everyone can learn to Salsa and you do not need a male partner. The class is free and will be every Thursday from 2:00 – 3:00 p.m. Let's dance!

COOKING WITH CHEF KAYLA

Thursday, May 9, July 11, September 12 & November 14 10:00 – 11:00 AM

Sponsored by: SILVER CREEK RETIREMENT
Registration is required!
Space is limited to 10 participants
"FREE"



Come and join us for a fun morning making healthy meals with Kayla, Chef at Silver Creek Retirement in Puyallup. Kayla will show you how to make a delicious and healthy meal each month all while cooking from scratch! Her recipes will include some of her favorite baked dishes, as well as yummy pasta dishes! Class is limited so you need to sign-up early! Please call the Center at 253-841-5555.

RETIREMENT: MAKING YOUR MONEY LAST

Monday, May 13 12:30 – 1:30 PM

Presenter: JR Whitaker, Edward Jones
Fee: Free

In this workshop, we will discuss ways to help you work toward fulfilling your retirement expectations. And, we will focus on how to provide for your income needs, including your income for the future. We will also explore how to address key concerns such as inflation, health care expenses, market volatility and unexpected events.



EATING FOR ENERGY

Friday, May 17 12:30 – 1:30 PM

Instructor: Traci Woodcock
 Nutritional Therapist/Certified Holistic Health Coach
 Fee: \$5.00



What would your life be like with an abundant amount of energy and vitality? In this workshop, you will learn 4 factors that decrease our energy, 4 foods we need to build energy, 4 nutrients that are essential every day, and 4 ways to recharge your batteries. You will sample some super nutrients that can give you an energy boost without chemicals and artificial stimulants!

5 SNEAKY CAUSES OF WEIGHT GAIN

Monday, May 20 12:30 – 1:30 PM

Presenter: Bradley Wooten, Humana
 Fee: Free



Many of us think that eating fried foods and sweets will cause weight gain. And that can be true. But did you know that you may be thinking you're doing everything right and still gain weight? Today we will discuss some of the common myths around weight gain. We'll spend most of the time today discussing 5 common mistakes people make that can cause weight gain and then discuss ways to avoid those pitfalls. We'll discuss: Common myths about weight gain; How your metabolism influences your body's basic energy needs; The five common mistakes people make that may cause weight gain; and Tips to help prevent weight gain.

SUICIDE AWARENESS

Friday, May 24 12:30 – 1:30 PM

Presenter: Kay Starkey, M.Ed.
 International & National Researcher/Teacher/Presenter
 Cost: Free



Why does it seem so prevalent now? This will be a safe guided group discussion on concerns and myths vs. facts about suicide. Resources will be provided. Everyone is welcome!



DISTRIBUTION OF FARMERS MARKET COUPONS

Saturday, June 8 8:30 AM – 12:00 NOON

Farmers Market coupons will be distributed at the Activity Center beginning at 8:30 a.m. Please bring photo I.D. Please arrive on time and remember, you will only be allowed to retrieve coupons for yourself and no one else. You may start registering for your coupons on Wednesday, May 1, 2019.

OUR TIME AND SEASON

Monday, June 10 12:30 – 1:30 PM

Presenter: Kay Starkey, M.Ed.
 International & National Researcher/Teacher/Presenter
 Cost: Free



From scripture we read "to everything there is a season..." See Ecclesiastes 3:1-8. Come and join us to identify (and record) the time and seasons of our life.

FOCUS ON FIXED INCOME

Friday, June 14 12:30 – 1:30 PM

Presenter: JR Whitaker, Edward Jones
 Fee: Free



When you attend this seminar, you will learn about bond characteristics and features, the relationship between interest rates and bond prices, tax advantages of municipal bonds and how bonds may help you weather fluctuating markets.



RENEWABLE SLEEP: PUTTING SLEEPLESSNESS TO REST

Friday, June 21 12:30 – 1:30 PM

Instructor: Traci Woodcock
 Nutritional Therapist/Certified Holistic Health Coach
 Fee: \$5.00

Now is the time to put sleep-less-ness to rest. Sleep deprivation is a chronic condition that affects millions of people every night. Discover four important reasons our health relies on restorative sleep and take home five action steps that can change your sleep pattern and help you find rest.

BATTLING THE AGING BRAIN

Monday, June 24 12:30 – 1:30 PM

Presenter: Bradley Wooten, Humana
 Fee: Free



Similar to other parts of the body, the human brain tends to become less agile as people get older. Scientists are still trying to unravel many of the mysteries of the brain to help people better understand why age-related changes happen and what can be done about them. In this class, you will learn: The anatomy of the human brain, including a high-level overview of how it works; How the brain changes with age; and How to keep your brain healthy!

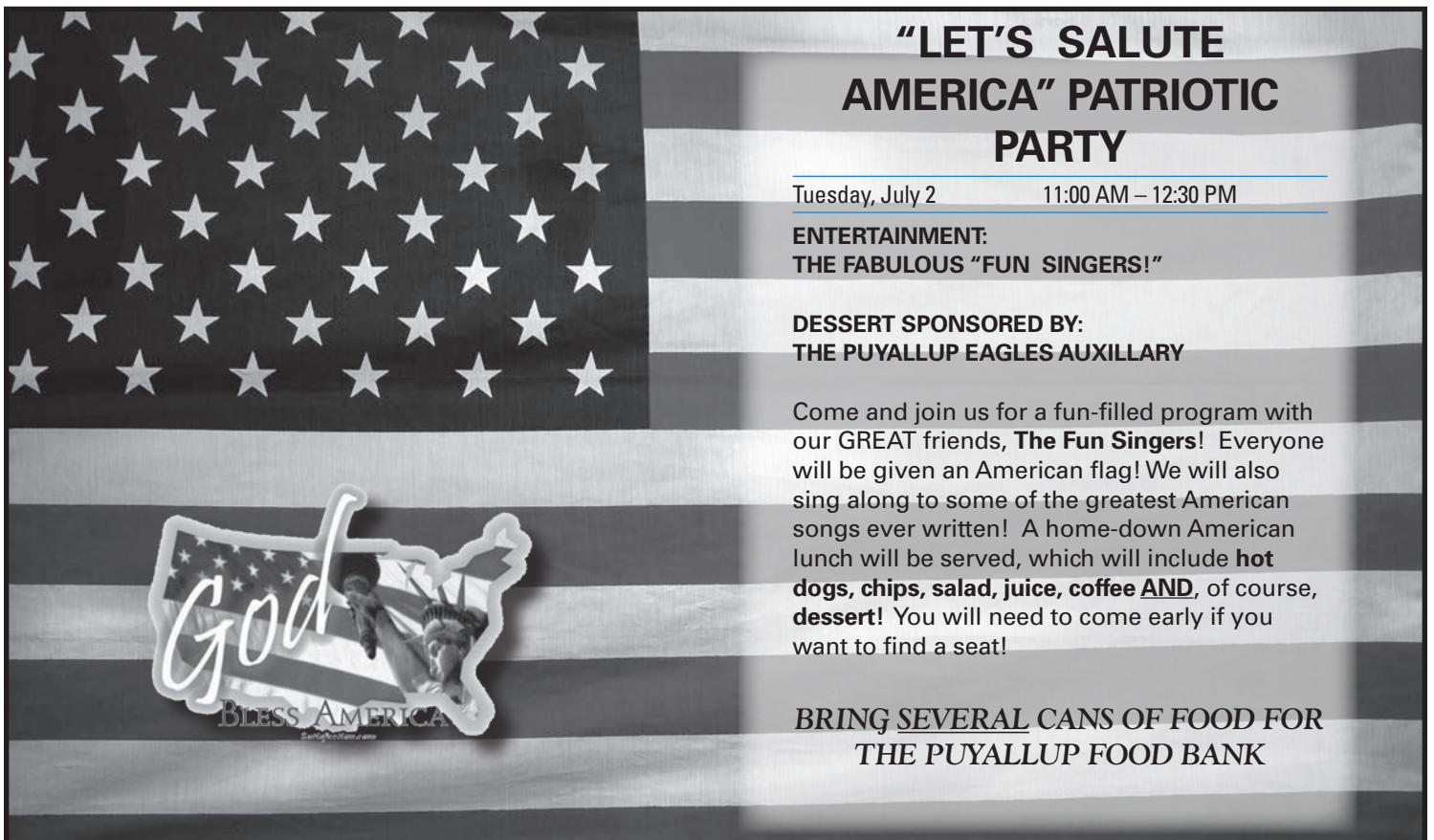


**SCRAMBLE BAR WITH
MUFFINS & HASH BROWNS
WITH YOUR CHOICE OF
TOPPINGS**

THE LAST TUESDAY OF EVERY MONTH
APRIL 30
MAY 28
JUNE 25
9:00 – 11:00 AM
COST: \$5.00
PUYALLUP ACTIVITY CENTER

SPONSORED BY: BONAVENTURE OF SOUTH HILL

Come and enjoy a delicious breakfast of scrambled eggs, muffins, hash browns and your choice of toppings! This event will be **EVERY** month until the end of the year. Our **FABULOUS** sponsor, **BONAVENTURE OF SOUTH HILL**, along with its **Executive Director, Nerissa Bailey** and **Assistant Executive Director, Cheryl Torres**, will be on hand to serve your scrumptious egg scramble! Come and say "Hi" to **Nerissa** and **Cheryl**.



**"LET'S SALUTE
AMERICA" PATRIOTIC
PARTY**

Tuesday, July 2 11:00 AM – 12:30 PM

ENTERTAINMENT:
THE FABULOUS "FUN SINGERS!"

DESSERT SPONSORED BY:
THE PUYALLUP EAGLES AUXILIARY

Come and join us for a fun-filled program with our GREAT friends, **The Fun Singers!** Everyone will be given an American flag! We will also sing along to some of the greatest American songs ever written! A home-down American lunch will be served, which will include **hot dogs, chips, salad, juice, coffee AND, of course, dessert!** You will need to come early if you want to find a seat!

**BRING SEVERAL CANS OF FOOD FOR
THE PUYALLUP FOOD BANK**

God
BLESS AMERICA
www.godblessamerica.com

PUYALLUP ACTIVITY CENTER'S ANNUAL PICNIC

Wednesday, August 7, 2019
Pioneer Park Pavilion
11:00 AM – 1:00 PM



Entertainment: 11:00 AM – 12:00 PM
Lunch: 12:00 – 12:30 PM
Raffle Drawings: 12:30 – 1:00 PM
Fee: \$5.00



**FEATURING THE FABULOUS
"TACOMA BANJO BAND!"**

AND OUR WONDERFUL "SA'DIYAH" DANCERS



DESSERT SPONSORED BY:
BROOKDALE COURTYARD PUYALLUP
Renee Atchison
&
BROOKDALE PUYALLUP SOUTH
Hattie Russell

LUNCH:
FRIED CHICKEN
SALAD
ROLLS
CHIPS
BUTTER
JUICE
COFFEE
DESSERT



BACK BY POPULAR DEMAND! The Tacoma Banjo Club was founded in 1985, and the group is still going strong. They perform about ten to twelve times a month at retirement homes and Senior Centers, plus private parties. They have approximately 20 members that volunteer their time and talents. The group plays mostly 20, 30 & 40's music. You will also be delighted to watch our forever ***FABULOUS*** Sa'Diyah Belly Dancers! Come and enjoy this wonderful entertainment!

THIS EVENT IS CO-SPONSORED BY THE PUYALLUP EAGLES WOMEN'S AUXILIARY.

IMPORTANT NOTICE

***PLEASE BRING SEVERAL CANS OF FOOD AS A DONATION TO THE PUYALLUP FOOD BANK! THANKYOU!!!!**