SPECIAL EVENTS

DECREASE OR ELIMINATE YOUR "SUGAR ADDICTIONS" TNT WELLNESS CONSULTING Group Coaching – 4-week class



Friday, July 11, 18, 25 & August 1

12:30 - 1:30 PM

Fee: Seniors: Non-Seniors

\$20.00/4 weeks \$40.00/4 weeks

Instructor: Theresa & Traci

Week 1:

Changing your relationship with food;

Finding balance in your body;

Discovering the difference between good sugar, artificial sugar and bad sugar

Week 2:

Breaking cravings and discovering nutrient depletions; Learn how to become a "fat burning" machine;

Week 3:

Balancing blood sugar;

Fixing and eating low glycemic meals

Week 4:

Gut busters – what are they?

Building a healthy immune system for life

Call the Center at 253-841-5555 to sign up now for the class series!



MEEKER DAYS

Friday, June 20	12:00 – 9:00 PM
Saturday, June 21	10:00 AM – 9:00 PM
Sunday, June 22	10:00 AM - 5:00 PM



SAVE THE DATE

PIERCE COUNTY FALL PREVENTION COALITION PRESENTS "STRONG TODAY, FALLS FREE TOMORROW"

Tuesday, September 23

Time TBD

National Falls Prevention Awareness day is set for Tuesday, September 23rd. Join us for an afternoon of FREE education designed to help seniors and their families reduce the risk of falls and other related injuries.

DAILY ACTIVITIES & CLASSES

ADVANCED BRIDGE

Wednesdays

9:00 AM - 12:00 PM

The play of this game is fast, furious and quiet. This group is limited to three tables only and requires advanced sign-up.

BINGO

Thursdays

1:00 - 3:00 PM

Fee:

\$1.00

Enjoy bingo with friends. This large group has a lot of fun every Thursday! Bingo starts promptly at 1:00pm.



BRIDGE GAME

Monday and Friday

12:45 - 4:00 PM

Join your friends for a fun-filled afternoon playing cards with your favorite people.

BUNCO

First and Third Wednesday

1:30 – 3:30 PM

Fee:

\$2.00

BUNCO is a progressive and fun dice game! Please join our fun and lively Bunco players the first and third Wednesday of every month. Pre-registration is not required.

CARD MAKING

Mondays

10:00 AM - 12:00 PM

Learn to create affordable greeting cards by a variety of mediums. These cards will be sold as a fundraiser for the Activity Center. Come and enjoy your morning with friends and design beautiful cards at an affordable price.



CHESS CLUB

Tuesdays $1:00-3:00 \ PM$ Thursdays $1:00-3:00 \ PM$

This club gives participants an opportunity to play friendly games of chess against their peers.



FOOD BANK BREAD DAY

Thursdays 9:30 AM

The Center receives bread for distribution to seniors on a first-come first served basis every Thursday morning.





KARAOKE

Third Thursday 12:30 – 1:30 PM

Instructor: Nancy Hosmun

Do you love to sing to the oldies? Then come on down the third Thursday of every month (beginning May 15) for the debut of this new and fun-filled class! **Nancy** has a vast array of songs, but you are more than welcome to bring your own songs! All drop-ins welcome!



KNITTING, CROCHETING, AND NEEDLEWORK

Second and Fourth Wednesday 1:00 – 3:00 PM

Instructor: Anita Simmons

Come and treat yourself to a couple hours knitting with friends. If you want to learn, bring your yarn and needles; we'll help you get started.



LEARN TO PLAY MAH JONGG

Tuesday Afternoons 1:00 – 4:00 PM Thursday Evenings 6:00 – 9:00 PM

Fee: \$5.00*

*One time fee for beginners to cover cost of materials

Ages: 13+

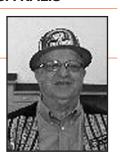
Instructor: Lorri Andrews

Let's play the exciting game of Mah Jongg! It is a fascinating game of tiles, luck and skill. Mah Jongg is loads of fun and many people who play it get addicted. Come join the wonderful, exciting adventure in the world of American Mah Jongg. People new to Mah Jongg, as well as experienced players, are welcome to join us!

JOIN THE KING OF CD MUSIC, MUSA KALIS

Tuesday, Wednesday & Friday 10:00 AM – 1:00 PM Coffee Bar & Lounge

Come and relax, enjoy a cup of coffee with friends and listen to wonderful music **MUSA KALIS** has in his vast repertoire of CD's.



DAILY ACTIVITIES & CLASSES



OIL PAINTING

Tuesdays 9:00 AM – 12:00 PM

Drawing and painting are the foundation skills of making art. Share your artistic talent and paint with old and new friends. This class is free to everyone. You just need to bring your own supplies and come and join the group. There is no "official" instructor.

PHOTOGRAPHY GROUP

Third Friday 10:30 AM – 12:00 PM

If you'd like to share some of your experiences and expertise with fellow novices, please stop by and we'll all learn together!

PINOCHLE GAME

Monday, Wednesday, and Friday 12

12:30 - 4:00 PM

Enjoy an afternoon playing pinochle with all your friends at our Activity Center.

PUYALLUP KNITTING GUILD

2nd Tuesday 9:30 AM – 12:00 PM

The Puyallup Knitting Guild is a group with different knitting likes (e.g. from lace to socks to children and adult clothing items) and skill levels. We get together monthly to share our current projects (finished or not), yarn purchases and upcoming yarny events. If you a beginner or life-long knitter, join us to share the love of knitting.

QUILTING BEE

Fridays 9:30 – 11:30 AM

It's time for you to get started on a new project or complete an old one and share time with friends. If you would like to see award-winning quilters, stop by and take



a gander. This class is for all levels of quilters. Material donations (cotton, flannel or fleece AND batting) are greatly appreciated. Quilts are made from generous contributions and donated to various charities. Quilts made in the class are donated to St. Jude's Children's Hospital, Seattle Children's Hospital, Mary Bridge Children's Hospital and Madigan Hospital. The larger quilts, along with pillow cases and pillows, are donated to abused women and children of the YMCA.

REBUILDERS FOR WIDOWS, WIDOWERS & DIVORCED SENIORS

Sundays 4:30 – 8:00 PM

Join us at Rebuilders! Mainly, we are a group of widows, widowers and divorced seniors. If you have lost your spouse or are divorced, then this is the support group for you! It's a wonderful way to meet new people. We meet at the Center on Sunday evenings at 4:30 PM to enjoy a potluck, cards, dominoes, and other games. For more information, contact Lee at 253-864-9225.

STORY SHARING

Thursdays 10:00 – 11:30 AM

Instructor: Linda Phillips

We all have a life story inside of us and what you've learned over a lifetime is a treasure that must be shared. We invite all levels of writers to join us AND newcomers are welcome. Writing ideas are provided by the instructor every week.

SUNNYSIDE ORCHESTRA

Rehearsal on Mondays / Performance on 3rd Friday 10:00 AM - 12:00 PM

Dust off that instrument and join the fun with the Sunnyside Orchestra. They practice every Monday morning. They also perform throughout the area during the week. New members are always welcome!

TABLE GAMES - SCRABBLE, CRIBBAGE & CHECKERS

Tuesdays & Thursdays 12:00– 2:00 PM

Visit our beautiful lounge, have a cup of coffee and join your friends in some friendly table games. It's all just for fun, and a great way to spend your afternoon.

TEXAS HOLD 'EM LESSONS

Tuesdays 11:00 AM – 3:30 PM

Come and learn the Texas Hold 'Em card game which is the fastest growing spectator sport on television! No experience necessary. All games played will be for points, not money!

WOODCARVING

Thursdays 9:00 AM – 12:00 PM

If you like to carve or have always wanted to learn how to carve, then this class is for you. Bring your tools.



WRITERS' WORKSHOP

First and Third Tuesday 1:00 – 3:00 PM

Instructor: Alice Ross

If you'd like creative feed-back from fellow writers on your writing, please come and join us. We write, critique, learn and laugh a lot. If you have questions pertaining to this workshop, please call **Alice at (253) 627-2057**.