SPECIAL EVENTS

SPECIAL EVENTS COMMITTEE

First Thursday, July 3 & August 7 — 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 841-5548 if you are interested.

DAY CLASS FOR AARP DEFENSIVE DRIVING CLASS

Tuesday, July 8, August 12, October 21 & November 18
9:00 AM – 5:00 PM

Fee: $15.00 AARP members
$20.00 Non-members
(payable first day of class)
Maximum: 25 Participants; Pre-registration required
Driving Instructors: Al Chiamulera & 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. Classes will be held at the Activity Center, however, you need to register with Celebrate Seniority at 253-697-7385.

GOURMET LUNCH AT EMERITUS AT PUYALLUP (Formerly MERRILL GARDENS at Puyallup)

2nd Thursday, July 10 & August 14 — 12:00 – 1:30 PM

"FREE" TRANSPORTATION: Pick up at the Activity Center
Fee: ONLY $5.00 (Payable to Merrill Gardens)

Once a month the bus driver at Merrill Gardens will stop by the Activity Center, pick you up and take you for a yummy gourmet lunch and tour at their facility! Chef Bob is well-known for his culinary skills and will prepare an outstanding lunch on your behalf! Sign up now at the Receptionists' Desk in the Activity Center!

BRIDGE TOURNAMENT

Second Thursday, July 10 & August 14 — 2:00 – 4:00 PM

Fee: $2.00

This is a new event which promises to be a lot of fun! Bring your bridge partner! For more information, please call Alice Grenier at 253-535-1455.

MEDICARE SHIBA CONSULTING SESSIONS

Second Thursday, July 10 & August 14 — 10:00 AM – 1:00 PM

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 10:00 AM – 1:00 PM in 45 minute sessions. Pre-registration is required. Call the Center at 841-5555 for an appointment.

DIABETES AND YOUR FEET DIABETIC SHOES AND INSERTS

Friday, July 11 & August 1 — 10:00 – 12:30 PM

Presenter: Liz Payton from Priority Footwear and Pedorthic Services, LLC

Liz 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. Liz will also explain how diabetics need to check their feet every day for cuts, bruises, red spots and swelling.

DECREASE OR ELIMINATE YOUR "SUGAR ADDICTIONS" TNT WELLNESS CONSULTING

Group Coaching – 4-week class

Fridays, July 11, 18, 25 & August 1 — 12:30 – 1:30 PM

Fee: Seniors: $20.00/4 weeks
Non-Seniors $40.00/4 weeks

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!

PANCAKE BREAKFAST

Saturday, July 12 & August 9 — 8:00 – 11:00 AM

Adults: $4.00
Children 6 & Under: $1.00

Sponsored by Emeritus at the Courtyard, co-sponsored by the Puyallup Lions Club, and Touch of Class Band!

Come and listen to the fantastic music of **"A Touch of Class"** while enjoying a delicious breakfast of all the pancakes you can eat, along with eggs, sausage, orange juice and all the coffee you can drink. Tickets are sold at the door! We would like to extend a special ***"THANK YOU"*** to **Vicki Murphy**, Food Services Manager at Emeritus at the Courtyard, for taking time out of her busy schedule to place our monthly food orders in such a timely manner. It takes a lot of personal time and commitment, not to mention being extremely organized. We would like her to know just how much we appreciate her and would not have such successful breakfasts without her! ***THANK YOU*** again **Vicki** for taking such good care of us!

ABC'S OF MEDICARE

Monday, July 14 — 12:30 – 1:30 PM

Presenter: Wes Suiter
United Healthcare Medicare Solutions

Mr. Suiter will be discussing the requirements for open enrollment when signing up for Medicare; the various enrollment programs; assistance with enrollment and answer any questions such as "I'm only 62 and already receiving Social Security. Do I still have to sign up for Medicare?" Come and learn the answers to these questions or more!

FREE BIRTHDAY CAKE

Third Wednesday, July 16 & August 20 — 12:00 Noon

Sponsored by: Tammy Baxter, Arcadia Health Care
& Lisa Osterloh, Emeritus at the Courtyard

Come and join the celebration! ***EVERYONE*** is invited for "free" birthday cake on the third Wednesday of every month. This fun event is sponsored by Tammy Baxter of Arcadia Health Care and Lisa Osterloh from Emeritus at the Courtyard. Musa and the gang will be on hand to personally sing Happy Birthday to you!

KARAOKE NEW

Third Thursday, July 17 & August 21 — 12:30 – 1:30 PM

Instructor: Nancy Hosmun

We are excited to present our first Karaoke class EVER! Please join Nancy as she belts out tunes from the past during this fun hour of singing, reminiscing and just plain ole having a lot of fun! Bring your own tunes or just stop on by and see how much fun it is to sing-a-long with friends!

PIERCE COUNTY DEPARTMENT OF EMERGENCY MANAGEMENT
DISASTER PREPAREDNESS – ARE YOU PREPARED?

Monday, July 21 — 12:30 – 1:30 PM

Presenter: Roxanne Castleman, Community Educator

Everyone has been through some sort of natural disaster, whether it be a storm, earthquake, or flooding! This presentation will focus on personal preparedness. We will learn to understand how we can get through a disaster. Everyone can do something to be prepared and if you are prepared, you will be able to help others! There will be tips and suggestions for action steps which will encourage being prepared for a disaster!

"FREE" SELF-DEFENSE CLASSES OFFERED BY EDGEWOOD KARATE ACADEMY with "FREE ICE CREAM CONES"
YOUNG ADULTS

Saturday, August 2 — 11:00 AM – 12:00 Noon

Instructor: Tony Bennest, Owner

This class will focus on boys and girls (ages 6 – 16); head instructor, Tony Bennest, and his students, will provide demonstrations on how karate can be a great exercise and a great outlet for young children and young adults. This class will be held at the Activity Center.

SENIORS

Tuesday, August 12 — 11:00 AM – 12:00 Noon

This class is designated strictly for seniors, whether they need assistance using a walker, wheelchair or are totally mobile. Bring your moms and dads and/or grandparents! This class will be held at the Activity Center.

CITY EMPLOYEES AND THE PUBLIC ARE INVITED

Tuesday, August 26 — 5:15 – 6:15 PM

This class is designated for all City employees as well as the public. This class will be held at the Activity Center.

PUYALLUP FARMERS MARKET

Saturdays through October 11 — 9:00 AM – 2:00 PM

Come and enjoy fresh vegetables straight from the farmers themselves; you'll have lots of hand-made items to enjoy, along with vendors who make specialty jewelry, fresh bakery bread, home-made candy and many, many more vendors to choose from. For more information, please contact Shawn Edwards at 253-840-2631, Extension 101.

KNOW THE 10 SIGNS: EARLY DETECTION MATTERS

Friday, August 15 — 1:00 – 2:00 PM

Presenter: Ms. Michael Bower

Michael A. Bower, BA, ACC, has been serving elders in care communities since 1987. As the Activity Director of several skilled nursing facilities, including four with dementia care units, she has been a part of the movement to better understand dementia and care for those who suffer from Alzheimer's disease and related dementias. In 2000, she lost her own mother to Alzheimer's after battling the illness for 17 years. As an Activity Consultant she developed a dementia training curriculum and memory care program, and trained community staff for a multi-state elder care corporation. In January, 2010, Michael joined the Alzheimer's Association, Western and Central Washington State Chapter, and is currently the Education Coordinator for the organization.

What is the difference between typical age-related memory changes and Alzheimer's disease? How do I know if I need to be concerned about myself or a loved one? What steps should I take if I think there might be a problem?

This class will answer these questions and more. Ms. Bower will discuss ***the 10 Warning signs of Alzheimer's***, why early detection is important, and how Alzheimer's is diagnosed. She will touch briefly on risk factors for Alzheimer's and related dementias as well as the role of genetics regarding this disease. This presentation is sponsored by: Spring Ridge Assisted Living and Memory Care.

NIGHT OF DELIGHT

Come out and experience one of the great restaurants Pierce County has to offer, spend time with old and new friends, and treat yourself to a night of delight. Sign up now at the PAC; **pre-registration required**. *Please note: parties larger than 6, restaurants may add 15% gratuity.*

Driver: Laurie Craft
Trip minimum: 6 participants
Fee: $5.00 transportation / cost of meal on your own

JOHNNY'S DOCK

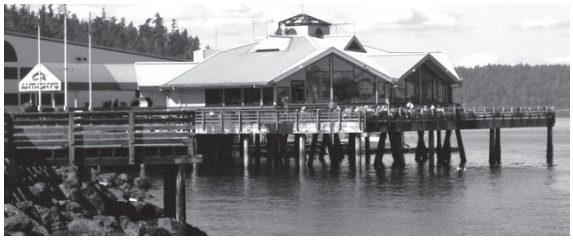
Wednesday, July 9 — 4:00 – 7:00 PM

Location: Tacoma Waterfront

ANTHONY'S ON RUSTON WAY

Wednesday, August 13 — 4:00 – 7:00 PM

Location: Tacoma Waterfront



ARE YOU AT RISK FOR A FALL?

Monday, August 18 — 12:30 – 1:30 PM

Presenters: Leigh Ann Breer & Jay Breiting
Gentiva Home Health Specialists

- Are you 65 years or over?
- Are you afraid of falling?
- Have you fallen in the last year?
- Do you have difficulty walking?
- Do you need to steady yourself on furniture when you walk?
- Are you taking multiple medications?
- Do you have symptoms, such as:
  - Vision or hearing loss?
  - Dizziness?
  - Shortness of breath?
  - Foot problems?
  - Muscle weakness?

If you answered yes to two or more questions, then you need to attend this workshop! You do not have to pre-register for this presentation.

CONVERSATION WITH MAYOR JOHN KNUTSEN

Second Thursday, September 11 — 10:00 – 11:00 AM
NO MEETINGS IN JULY & AUGUST

We are so honored to have our prestigious Mayor John Knutsen join us for an hour of updates on City projects and/or events, plus a question and answer session. Mayor Knutsen will be at our Activity Center the second Thursday of every month! Welcome Mayor Knutsen!

Light Lunch Provided
Raffle Prizes at Every Table

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

Tuesday, September 23 — 12:00 – 2:00 PM

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. There will be representatives and vendors on site to help you with:

- Safety issues in your home
- Vision – Glaucoma; Cataracts
- Medications
- Exercise – YMCA - Silver Sneakers Program

This is going to be an exciting and fun event with lots of valuable information. Make sure you mark your calendars NOW!

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.

PIE & ICE CREAM SOCIAL

featuring

Touch of Class Combo Band
&
The Sa' Diyah Belly Dancers

Saturday, July 5
11:00 AM – 1:00 PM
Sponsored by:
SILVER CREEK RETIREMENT
17607 – 91ST Avenue East
Puyallup, WA 98375

Please join us as we kick off the summer with a Pie and Ice Cream Social. The festivities begin at 11:00 a.m. at the Activity Center! We'll have a pie eating contest and raffle prizes! After the party head on over to Pioneer Park and enjoy our FABULOUS Farmers' Market where you can purchase the freshest fruits and vegetables around!
Remember, come early for all the fun!

Important notice
A donation to the Puyallup Food Bank is requested. Please bring several cans of food!

PUYALLUP ACTIVITY CENTER'S ANNUAL PICNIC

Wednesday, August 6
Pioneer Park Pavilion
11:00 a.m.—1:00 p.m.

TICKETS: ONLY $5.00

Entertainment: "THE FUN SINGERS"

FOOD:
Fried chicken
Potato Salad
Rolls
Chips
Butter
Juice
Coffee
Dessert

Raffle Drawings!

DESSERT SPONSORED BY:
SILVER CREEK RETIREMENT

THE FABULOUS "FUN SINGERS!"

featuring
& The Sa' Diyah Belly Dancers

FUN SINGERS began and evolved as a tribute to "Rose" Rosado who passed away in 2009. "Rose" and her husband "Joe" loved to sing. "Joe's" close friend, Hal Sawyer and "Joe's" new wife Cheryl Johnston-Carr, joined John Stiver, thereby creating ***The FUN SINGERS'*** performance core designed to promote entertainment especially for senior audience enjoyment. Each singer in rotation has their unique voice style and wide variety of familiar songs they sing which keeps the entertainment fresh, fun and lively! Much of the time guest entertainers join the group too, making each event extra fun and unique!

FUN SINGERS received the Community Leadership Award presented by Omaha Woodmen of the World, a fraternal insurance organization, in 2013 for their dedication to Veterans, public-events, and fund raising volunteer performances as part of ***FUN SINGERS'*** overall entertainment schedule.

Important notice
A DONATION TO THE PUYALLUP FOOD BANK *IS REQUIRED*, EVEN WITH A TICKET! THANK YOU!