Puyallup Activity Center
841-5555

SEPTEMBER 2013

210 West Pioneer
Puyallup, WA 98371

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY / SUNDAY
2 **PAC CLOSED** **IN OBSERVANCE OF LABOR DAY** 	**3** 8:00 - 9:00 Enhance Fitness (MP) 9:00 - 12:00 Oil Painting (1) 9:30 - 11:00 Blood Pressure (HR) **10:00 - 1:00 Music with Musa (L)** 10:45- 2:00 Ping Pong (MP) 11:00 - 3:30 Texas Hold 'em (3) 12:00 - 2:00 Board Games (L) 12:15 - 3:00 QuillingClass (HR) 1:00 - 3:00 Writers' Workshop-Cancelled **3:00 - 4:00 Meditation for Seniors (1)** 1:00 - 4:00 Mah Jongg (2)	**4** 7:00 - 9:00 BNI Meeting Rental (1) 7:30 - 8:30 Enhance Fitness (MP) 9:00 Video Exercise (3) 9:00 Advanced Bridge (2) 9:30 - 11:00 Belly Dance (MP) **10:00 - 1:00 Music with Musa (MP)** **11:00 - 12:00 Chair Yoga (1)** 12:00 - 1:00 Lunch Served (MP) 12:30 - 4:00 Pinochle (2) 1:30 - 3:30 Bunco (3) **Night of Delight @ Old Country Buffet 4:00 PM**	**5** 8:00 - 9:00 Enhance Fitness/Bread (MP) 9:00 - 12:00 Woodcarving (1) **10:00 - 12:00 Geneology Class (2)** **10:15 - 11:30 Story Sharing (HR)** 10:45 - 2:00 Ping Pong (MP) **12:30 - 2:00 Board Games (L)** **12:30 - 2:00 eBay (CL)** 1:00 - 3:00 Bingo (1) 1:00 - 3:00 Chess Club (HR) 5:30 - 6:30 Tai Chi (MP)/Mah Jongg(2) **Lighthouse & Chihuly Garden 9:00 AM**	**6** 7:30 - 8:30 Enhance Fitness (MP) 9:00 - 10:00 Video Exercise Class (3) **9:30 - 11:30 Computer Users' Group (2)** 9:30 - 11:30 Quilting Bee (1) 10:30 - 12:30 WII Bowling (L) **10:00 - 1:00 Music with Musa (MP)** 12:00 - 1:00 Lunch Served (MP) 12:30 - 4:00 Pinochle (2) 12:45 - 4:00 Bridge (3) **CATTLE DRIVE 10:00 AM** **PUYALLUP FAIR BEGINS**	**7** **PAC CLOSED** **8** **PAC CLOSED** **Rebuilders 4:30 - 8:00 PM**
9 7:30 - 8:30 Enhance Fitness (MP) 9:00 - 10:00 Video Exercise (3) **9:00 - 3:00 Foot Care (HR)** 10:00 - 12:00 Card Making (1) 10:00 - 12:00 Orchestra (3 & MP) 2:00 - 1:00 Lunch Served (MP) 12:00 - 3:00 Craft Club (L) 12:30 - 4:00 Pinochle (2) 12:45 - 4:00 Bridge (3) **1:00 - 3:00 Caregivers Class (1)** 1:00 - 3:00 Massage - Wendy (CL) 5:30 - 6:30 Tai Chi (MP)	**10** 8:00 - 9:00 Enhance Fitness (MP) 9:00 - 12:00 Oil Painting (1) 9:30 - 11:00 Blood Pressure (HR) **10:00 - 1:00 Music with Musa (L)** 10:45 - 2:00 Ping Pong (MP) 11:00 - 3:30 Texas Hold 'em (3) 12:00 - 2:00 Board Games (L) 1:00 - 4:00 Mah Jongg (2) **3:00 - 4:00 Meditation for Seniors (1)** **SENIOR TUESDAYS @ FAIR** **CAMP WRINKLE RANCH September 10th - 12th**	**11** 7:00 - 9:00 BNI Meeting Rental (1) 7:30 - 8:30 Enhance Fitness (MP) 9:00 - 10:00 Video Ex (3)/Bridge (2) 9:30 - 11:00 Belly Dance (MP) 10:00 - 10:30 Safety Meeting (1) **10:00 - 1:00 Music with Musa (MP)** **10:00 - 11:30 Basic Word (CL)** **11:00 - 12:00 Chair Yoga (1)** 12:00 - 1:00 Lunch Served (MP) 12:30 - 4:00 Pinochle (2) **12:30 - 2:00 Intro to Digital Camera (CL)** **1:30 - 3:00** Knitting & Crocheting (1)	**12** 8:00 - 9:00 Enhance Fitness (MP) 9:00 Bread Day (MP) 9:00 - 12:00 Woodcarving (1) **10:00 - 11:00 Conversation w/ Mayor (L)** **10:00 - 1:00 Medicare Consulting (HR)** **10:15 - 11:30 Story Sharing (2)** **11:00 Special Events Mtng (3)** **12:00 - 1:30 Lunch Trip Merrill Gardens** 10:45 - 2:00 P. Pong (MP)/Games (L) **12:30 - 2:00 eBay (CL)** 1:00 - 3:00 Bingo (1)/Chess (HR) **2:00 - 4:00 Bridge Tournament (2)** 5:30 - 6:30 Tai Chi (MP) 6:00 - 9:00 Mah Jongg(2)	**13** 7:30 - 8:30 Enhance Fitness (MP) 9:00 - 10:00 Video Exercise Class (3) 9:30 - 11:30 Quilting Bee (1) **10:00 - 11:30 Basic Word (CL)** **10:00 - 1:00 Music with Musa (MP)** 10:30 - 12:30 WII Bowling (L) 12:00 - 1:00 Lunch Served (MP) 12:30 - 4:00 Pinochle (2) 12:45 - 4:00 Bridge (3)	**14** **PAC CLOSED** **NO PANCAKE BREAKFAST DUE TO FAIR** **15** **PAC CLOSED** **Rebuilders 4:30 - 8:00 PM**
16 7:30 - 8:30 Enhance Fitness (MP) 9:00 - 10:00 Video Exercise (3) **10:00 - 12:30 Hair Cuts (HR)** 10:00 - 12:00 Card Making (1) 10:00 - 12:00 Orchestra (3 & MP) 12:00 - 1:00 Lunch Served (MP) 12:00 - 3:00 Craft Club (1) 12:30 - 4:00 Pinochle (2)/Bridge (3) 1:00 - 3:00 Massage - Wendy (HR) 5:30 - 6:30 Tai Chi (MP)	**17** 8:00 East Pierce Co. Mtng (2) 8:00 - 9:00 Enhance Fitness (MP) 9:00 - 12:00 Oil Painting (1) 9:30 - 11:00 Blood Pressure (HR) **10:00 - 1:00 Music with Musa (L)** 10:45- 2:00 Ping Pong (MP)/Games (L) 11:00 - 3:30 Texas Hold 'em (3) 1:00 - 3:00 Writers' Workshop-Cancelled 1:00 - 4:00 Mah Jongg (2) **3:00 - 4:00 Meditation for Seniors (1)** **SENIOR TUESDAYS @ FAIR** **Walking Dash Point State Park 9:00 AM**	**18** 7:00 - 9:00 BNI Meeting Rental (1) 7:30 - 8:30 Enhance Fitness (MP) 9:00 Video Exercise (3) 9:00 Advanced Bridge (2) 9:30 - 11:00 Belly Dance (MP) **10:00 - 11:30 Basic Word (CL)** **10:00 - 1:00 Music with Musa (MP)** **11:00 - 12:00 Chair Yoga (1)** 12:00 - 1:00 Lunch Served (MP) **12:00 FREE Birthday Cake (L)** 12:30 - 4:00 Pinochle (2) 1:30 - 3:30 Bunco (3)	**19** 8:00 - 9:00 Enhance / Bread Day (MP) 9:00 - 12:00 Woodcarving (1) **10:15 - 11:30 Story Sharing (2)** 10:45 - 2:00 Ping Pong (MP) 12:00 - 2:00 Board Games (L) **12:30 - 2:00 eBay (CL)** 1:00 - 3:00 Bingo (1) 1:00 - 3:00 Chess Club (HR) 5:30 - 6:30 Tai Chi (MP) 6:00 - 9:00 Mah Jongg (2)	**20** 7:30 - 8:30 Enhance Fitness (MP) 9:00 - 10:00 Video Exercise Class (3) 9:30 - 11:30 Quilting Bee (1) **10:00 - 11:30 Basic Word (CL)** **10:00 - 12:00 Orchestra (MP)** **10:30 - 12:00 Photography Group (3)** **10:00 - 1:00 Music with Musa (MP)** 10:30 - 12:30 WII Bowling (L) 12:00 - 1:00 Lunch Served (MP) 12:30 - 4:00 Pinochle (2) 12:45 - 4:00 Bridge (3)	**21** **PAC CLOSED** **Steam Train & Civil War Reenactment 8:30 AM** **22** **PAC CLOSED** **Rebuilders 4:30 - 8:00 PM** **PUYALLUP FAIR ENDS**
23 7:30 - 8:30 Enhance Fitness (MP) 9:00 - 10:00 Video Exercise (3) **10:00 - 12:30 Haircuts (HR)** 10:00 - 12:00 Card Making (1) 10:00 - 12:00 Orchestra (3 & MP) 12:00 - 1:00 Lunch Served (MP) 12:00 - 3:00 Craft Club (1) 12:30 - 4:00 Pinochle (2)/Bridge (3) 1:00 - 3:00 Massage - Wendy (HR) 5:30 - 6:30 Tai Chi (MP) **Harrison Hot Springs September 23 - 26**	**24** 8:00 - 9:00 Enhance Fitness (MP) 9:00 - 12:00 Oil Painting (1) **10:00 - 1:00 Music with Musa (L)** 10:45- 2:00 Ping Pong (MP) 11:00 - 3:30 Texas Hold 'em (3) **11:00 Receptionist Meeting (Cancelled)** 12:00 - 2:00 Board Games (L) 1:00 - 4:00 Mah Jongg (2) **3:00 - 4:00 Meditation for Seniors (1)** **6:00 - 10:00 55 Alive (1)**	**25** 7:00 - 9:00 BNI Meeting Rental (1) 7:30 - 8:30 Enhance Fitness (MP) 9:00 - 10:00 Video Ex (3)/Bridge (2) 9:30 - 11:00 Belly Dance (MP) **10:00 - 11:30 Basic Word (CL)** **11:00 - 12:00 Chair Yoga (1)** 12:00 - 1:00 Lunch Served /Musa (MP) 12:30 - 4:00 Pinochle (2) **12:30 - 2:00 Intro to Digital Camera (CL)** 1:00 - 3:00 Knitting & Crocheting (1) **3:00 - 5:00 Retirement Presentation (1)** **6:00 - 10:00 55 Alive (1)**	**26** 8:00 - 9:00 Enhance / Bread Day (MP) 9:00 - 12:00 Woodcarving (1) **10:15 - 11:30 Story Sharing (2)** 10:45 - 2:00 Ping Pong (MP) 12:00 - 2:00 Board Games (L) **12:30 - 2:00 eBay (CL)** 1:00 - 3:00 Bingo (1) 1:00 - 3:00 Chess Club (HR) 5:30 - 6:30 Tai Chi (MP) 6:00 - 9:00 Mah Jongg (2) **Walking Tumwater Falls 9:00 AM**	**27** 7:30 - 8:30 Enhance Fitness (MP) 9:00 - 10:00 Video Exercise Class (3) **10:00 - 11:30 Basic Word (CL)** 9:30 - 11:30 Quilting Bee (1) 10:30 - 12:30 WII Bowling (L) **10:00 - 1:00 Music with Musa (MP)** 12:00 - 1:00 Lunch Served (MP) 12:30 - 4:00 Pinochle (2) 12:45 - 4:00 Bridge (3) **Emerald Downs 5:00 PM**	**28** **PAC CLOSED** **PAC CLOSED** **29** **Rebuilders 4:30 - 8:00 PM**
30 7:30 - 8:30 Enhance Fitness (MP) 9:00 - 10:00 Video Exercise (3) 10:00 - 12:00 Card Making (1) 10:00 - 12:00 Orchestra (3 & MP) 12:00 - 1:00 Lunch Served (MP) 12:00 - 3:00 Craft Club (L) 12:30 - 4:00 Pinochle (2)/Bridge (3) **1:00 - 2:00 Neuropathy Presentation (1)** 1:00 - 3:00 Massage - Wendy (HR) 5:30 - 6:30 Tai Chi (MP)					**ROOM LOCATION (Subject to Change)** (LB).....Lobby Main Entrance (L).....Lounge (HR).....Health Room (1).....Classroom #1 (2).....Classroom #2 (3).....Classroom #3 (WR).....Weight Room (CL).....Computer Lab (MP).....Multi-purpose Room (K).....Kitchen