SPECIAL EVENTS

DIABETES AND YOUR FEET
DIABETIC SHOES AND INSERTS

1st Friday of every month beginning March 7 & April 4 10:00 AM– 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. She will be here the first Friday of every month from 10:00 a.m. to 12:30 p.m.

BAKING CLASS

Tuesday, March 11 – Breakfast cookies
April 15 – Easter brunch casserole
10:00 AM – 12:00 PM

Instructor: Mary Butler
No Fee

Please join Mary Butler for a monthly baking class where she will share her favorite baking recipes and you can share yours as well! You may call the front desk and make your reservation as we are only accepting 10 people due to the limited space in our kitchen. Please call 841-5555.

SPECIAL EVENTS COMMITTEE

1st Thursday, March 6 and April 3 — 11:00 AM *NEW TIME*

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.

PANCAKE BREAKFAST

Saturday, March 8 — 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 ***Vick 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, March 24 — 1:00 – 2:00 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!

DAY CLASS FOR
AARP DEFENSIVE DRIVING CLASS

Tuesday, April 22, May 20, June 17, October 21 & November 18
9:00 AM – 5:00 PM

Fee: $15.00 AARP members
$20.00 Non-members
(payable first day of class)
Driving Instructor: Al Chiamulera

BRING YOUR AARP MEMBERSHIP CARD IF YOU ARE A MEMBER

The Center offers a one day, 8-hour AARP Driver Safety Program for policyholders age 50 and older. **Pre-registration is required.** ***THESE CLASSES WILL BE HELD AT OUR ACTIVITY CENTER. HOWEVER, YOU NEED TO REGISTER AT CELEBRATE SENIORITY. THEIR NUMBER IS 253-697-7385. THIS CLASS IS LIMITED TO 25 SO MAKE SURE YOU SIGN UP EARLY!!!!!!!!!!!!!!!!***

WASHINGTON STATE FAIR

Puyallup Fairgrounds

Thursday, April 10	2:00 PM – 10:00 PM
Friday, April 11	10:00 AM – 10:00 PM
Saturday, April 12	10:00 AM – 10:00 PM
Sunday, April 13	10:00 AM – 8:00 PM

Adults: $10.00
Students (6-18 yrs.): $8.00
5 & Under: FREE
FREE PARKING

HAIRCUTS BY ROBIN

Third & Fourth Monday March 17 & March 24
April 21 & April 28 10:00 AM – 12:30 PM

Fee: $5.00

Robin has been a hair stylist for many years and works in Puyallup. She has 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 841-5555 and pre-register by phone.

FREE PRIZES LOTS OF RAFFLES THROUGHOUT THE MORNING!

PANCAKE BREAKFAST & LIVE RADIO SHOW BROADCAST WITH RAJIV NAGAICH, ELDER LAW ATTORNEY, & *FREE* SENIOR HEALTH AND INFORMATION FAIR

THIS IS ALSO THE DAY OF THE DAFFODIL PARADE 1:00 PM

Saturday, April 12

BREAKFAST:	8:00 – 11:00 AM
BROADCAST:	10:00 – 12:00 PM
HEALTH FAIR:	8:00 AM – 12:00 PM

Entertainment: Mr. Doug Deems
Adults: $4.00
Children 6 & Under: $1.00

Our April Pancake Breakfast will host an educational forum for our seniors, "Senior Health Fair and Informational Fair!" Topics will include legal, financial and healthcare issues which are currently being faced by our seniors and/or our soon-to-be seniors. Multiple service vendors will also be on site from 8:00 a.m. to 12:00 p.m. to answer any questions you may have related to healthcare. Tickets for breakfast will be sold at the door.

Sponsored by Emeritus at The Courtyard, Arcadia Health Care, Gentiva Home Health, Rajiv Nagaich, Elder Law Attorney and the Puyallup Lions Club.
THANK YOU for all you do for our Activity Center!

SENIOR NUTRITION PROGRAM – "CCS MEAL SITE"

Monday, Wednesday and Friday (Except when noted)

Cost: $3.00 Seniors
$5.75 Non-Seniors

Please be seated by 11:30 a.m. Lunch is served at 12:00 Noon. Reservations **are required**. Call 253-474-1200 to make your reservation. All drop-ins are welcome if there is food available! The meal site is every Monday, Wednesday and Friday except during holidays and when the Center has special events. Please check the Center's monthly calendar for closures. You can have your blood pressure taken every 1st & 3rd Friday while enjoying the sounds of the Sunnyside Orchestra every Monday and 3rd Friday. Please join Music with Musa every Friday that the orchestra does not play! He has a vast array of CD's and takes any and all requests!

MEDICARE SHIBA CONSULTING SESSIONS

Second Thursday , March 13 and April 10 — 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 require**d. Call the Center at 841-5555 for an appointment.

ACCIDENTAL AUTHOR

Wednesday, March 26 & April 23 — 12:30 – 1:30 PM

Instructor: Captain Scott Haverly
Fee: FREE

Spend an hour with retired Army Officer, Capt. Scott C. Haverly, hearing his story of how a pastime became a book. With a military disability retirement and time on his hands, Scott picked up a yellow pad and pencil and began to write about a wild ride down a mountainside. This became a military science fiction novel and is now a published book, *The Last Apocalypse*. Do you have a story just waiting to be told? Come for fun, encouragement and information on how to share your story with others.

Downtown Puyallup Farmers Market
So Fresh and So Green

FARMERS' MARKET OPENS

Saturday, April 12 — 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**.

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

BUTTERED BISCUIT

Wednesday, March 5 — 4:00 – 7:00 PM

Location: Sumner
Fee: $5.00 (cost of meal on your own)

EL TORO

Wednesday, April 9 — 4:00 – 7:00 PM

Location: South Hill
Fee: $5.00 (cost of meal on your own)

FREE BIRTHDAY CAKE

Third Wednesday, March 19 & April 16 — 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!

BRIDGE TOURNAMENT

Second Thursday, March 13 & April 10 — 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.

BEGINNING FAMILY HISTORY RESEARCH

2nd Thursday, March 6 & April 3 — 10:00 AM – 12:00 PM

Instructor: Dee Haviland Fournier
Location: Computer Room
NO FEE

Dee Haviland Fournier began the search for her family history in 1984. She enjoys finding interesting things in old newspapers, especially when they relate to her family or places where they lived. She co-authored a guide for beginning genealogists, Stepping Stones to Genealogy, for the South Bay Cities Genealogical Society (California). She also served on their Board of Directors for eight years! Now residing in Puyallup, Washington, she shares her knowledge with others interested in tracing their family history. Dee's field of expertise includes Newspaper, French-Canadian, Civil War Research and Roots Magic6, a genealogical software program.

CONVERSATION WITH OUR NEW MAYOR JOHN KNUTSEN

2nd Thursdays, March 20 & April 10 — 10:00 – 11:00 AM

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!

DECREASE OR ELIMINATE YOUR "SUGAR ADDICTIONS"

NEW CLASS

TNT WELLNESS CONSULTING
Group Coaching – 4-week class

Thursdays, March 13, 20, 27 & April 3 — 12:00 – 1:00 PM

Fee: Seniors: $20.00/4 weeks
Non-Seniors $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 253-841-5548 to sign up now for the class series!

PIERCE COUNTY PROSECUTOR MARK LINDQUIST "PREVENTING ELDER ABUSE AND LEARN ABOUT NEW SCAMS"

Thursday, April 24 — 1:00 – 2:00 PM

Mark Lindquist is our Pierce County Prosecutor. He was elected in November 2010, after being appointed to the position in a bipartisan and unanimous vote of the County Council on September 1, 2009. The former Chief Criminal Deputy, Prosecutor Lindquist has been with the office for over 18 years and has tried nearly every type of criminal case, including murder, rape, domestic violence, child abuse, drug crimes, property crimes, and the Tacoma Mall shooter. Did you know Prosecutor Lindquist also formed an Elder Fraud team and an Identity Theft team? These specialized trial teams, along with the Special Assault Unit, are leaders in the state for successful prosecutions of those who victimize our most vulnerable citizens. Please join Prosecutor Lindquist as we hear more about the issues of preventing elder abuse and learn about scams that are currently being perpetuated against seniors and how you can help protect yourself!

St. Patrick's Day Party

featuring

"THE MID-DAY MELODY MEN"

Monday, March 17
11:00 AM – 12:00 PM – Entertainment
12:00 PM – 1:00 PM or until gone - Lunch

LUNCH PROVIDED BY: *SILVERCREEK RETIREMENT*

**** Corn beef & cabbage***
**** Beer bread***
**** Apple strudel***
**** Coffee***

Puyallup Activity Center
210 West Pioneer
Puyallup, WA 98371

Mid-Day Melody Men **is a group of men who gathered to sing songs in Barbershop style, as a spin off hobby in several local Chapters. Since most members are retired, they sing and perform during the middle of the day when all others are gainfully employed! Their repertoire is based on the recognizable songs from the era of "happy music" from years' past. They will sing old-time favorites that you're welcome to sing along! Arrive early to reserve your seat and don't forget to wear GREEN! Our lunch has graciously been provided by SILVERCREEK RETIREMENT off of 176th & Meridian, Puyallup! Please be sure and say "thank you" for their wonderful lunch!**

Important notice

Please bring a financial donation for the singing group

***PLEASE BRING SEVERAL CANS OF FOOD AS A DONATION TO THE PUYALLUP FOOD BANK! REMEMBER….WE NEED TO HELP EACH OTHER IN THESE TROUBLED TIMES!!**