COMMUNITY EVENTS

GREAT DECISIONS DISCUSSION GROUP 2020

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>Thursday, January 16 &amp; 30</td>
<td>1:00-3:00 PM</td>
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<tr>
<td>Thursday, February 13 &amp; 15</td>
<td>1:00-3:00 PM</td>
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<tr>
<td>Thursday, March 12 &amp; 26</td>
<td>1:00-3:00 PM</td>
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<tr>
<td>Thursday, April 9 &amp; 23</td>
<td>1:00-3:00 PM</td>
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Fee: FREE
Location: Puyallup Public Library
Facilitator: Gene Giannobile

Great Decisions is America’s largest discussion program on world affairs, sponsored by the Foreign Policy Association. The program model involves reading the Great Decisions briefing book, meeting to watch the DVD then discussing critical global issues facing America today. The topics for 2018 will be presented in the order listed (the exact titles and order of discussion of topics is subject to change) here: Climate Change and the Global Order, Indian and Pakistan, Red Sea Security, Modern Slavery and Human Trafficking, U.S. Relations with the Northern Triangle, China’s Road into Latin America, The Philippines and the U.S., and Artificial Intelligence and Data. The Puyallup Activity Center is partnering with Learning is ForEver and the Puyallup Public Library to offer this discussion group. For your convenience, a copy of The Foreign Policy Briefing book on all 2020 discussion topics will be available for In-Library use at the Puyallup Public Library Reference Desk.

FARMERS’ MARKET OPENS

Saturday, April 18 – October 10 9:00 AM – 2:00 PM

Our Farmers’ Market is one of the BEST events we have in the City of Puyallup. Come and support our local farmers and buy fresh fruits and vegetables for you and your family. There will be lots of specialty vendors, so you can purchase that special and unique gift for your friend(s) or loved one(s).

DAILY ACTIVITIES & CLASSES

ADVANCED BRIDGE

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
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<tr>
<td>Wednesdays</td>
<td>9:00 AM – 12:15 PM</td>
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Join your friends for a fun-filled afternoon playing cards with your favorite people.

BINGO

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<tr>
<th>Date</th>
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<tr>
<td>Thursdays</td>
<td>1:00 – 3:00 PM</td>
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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

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<th>Date</th>
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<tbody>
<tr>
<td>Fridays</td>
<td>12:15 – 4:00 PM</td>
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Join your friends for a fun-filled afternoon playing cards with your favorite people.

BUNCO

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<tr>
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<tbody>
<tr>
<td>Wednesdays</td>
<td>1:00 – 3:00 PM</td>
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Fee: $2.00
BUNCO is a progressive and fun dice game! Please join our fun and lively Bunco players every Wednesday. Drop-ins are welcome!

CARD MAKING

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<th>Date</th>
<th>Time</th>
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<tr>
<td>Mondays</td>
<td>10:00 AM – 12:00 PM</td>
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Come explore your creative hidden talents with friends of the Card Making Group. This group meets every Monday and shows each other different skills in the world of card making. This is NOT an instructor led group. Some of these cards will be sold as a fundraiser for the Activity Center. THANKYOU everyone in the Card Making Group!

CHESS CLUB

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<th>Date</th>
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<tr>
<td>Tuesdays &amp; Thursdays</td>
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This club gives participants an opportunity to play friendly games of chess against their peers.

CONVERSATION GROUP

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<tr>
<td>2nd Thursday, January 9, February 13 &amp; March 12</td>
<td>1:00 – 3:00 PM</td>
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This is a discussion group with varied topics and light to deep conversations. Come have fun while sharing your wisdom, ideas, and opinions in a supportive & non-judgmental community of people. Leave your techy world behind and have face-to-face conversation where everyone knows your name and are glad you came.

PARK AMBASSADOR PROGRAM

We are looking for dedicated volunteers who want to help provide a safe and healthy environment in Puyallup Parks. Park Ambassadors inform the Parks and Recreation Department of concerns they see at the parks, inform the public of future events and programs, and participate in park projects as they occur.

Interested in becoming a Park Ambassador
Email: teidson@ci.puyallup.wa.us or visit www.cityofpuyallup.org/1626/Parks-Ambassador-Program
CREATIVE WRITING
Thursdays 11:15 AM – 12:15 PM
Come and share your writing and ideas in a relaxed and fun environment! Everyone has a story to tell, whether it’s about life experiences or stories or perhaps poetry you have written. The instructor, Linda Phillips, is a published writer who will provide you with writing ideas every week to help you unleash your creativity. Pre-registration is required.

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

KARAOKE
First and Third Thursday 12:30 – 3:00 PM
Instructor: Phil Bergh
Do you love to sing to the oldies? Then come on down the first and third Thursday of every month for the debut of this new and fun-filled class! You are more than welcome to bring your own songs! All drop-ins are welcome!

KNITTING, CROCHETING, AND NEEDLEWORK
Second and Fourth Wednesday 1:00 – 3:00 PM
No Instructor
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.

PUYALLUP KNITTING GUILD
Second 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. They get together on a monthly basis to share current projects (finished or not), yarn purchases and upcoming yarn events. If you are a beginner or a life-long knitter, join them to share your love of knitting.

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 10:00 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!

PINOCCHLE GAME
Monday, Wednesday, and Friday 12:30 – 4:00 PM
Enjoy an afternoon playing pinochle with all your friends at our Activity Center.

QUILTING BEE
Fridays 9:00 – 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 ONLY) 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 and a yearly charity of choice; 2019 will be the Orting Soldier’s Home.

SENIOR NUTRITION PROGRAM
“CATHOLIC COMMUNITY SERVICES MEAL SITE”
Monday, Wednesday, and Friday (Except when noted) 12:00 Noon
Fee: $3.00 seniors (60+ years) $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 reservations. 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 sound of the Sunnyside Orchestra every Monday.

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+
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 9:30 AM – 12:30 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.
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
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
No Fee
If you like to carve or have always wanted to learn how to carve, then this class is for you. Bring your tools.

HEALTH & WELLNESS

BLOOD PRESSURE
1st & 3rd Friday: 11:30 AM – 12:30 PM
2nd Tuesday: 9:30 -11:30 AM
3rd Wednesday: 10:30 – 11:45 AM
4th Tuesday: 10:00 – 11:15 AM
1st, 3rd & 5th (when applicable) Fridays: 12:00 – 12:30 PM
Provider: Good Samaritan
It’s important to have your blood pressure checked on a regular basis. Please use this “free” service to assist you in making sure you are in good health.

BEGINNING STRETCHING AND STRENGTH TRAINING
Mondays & Fridays 11:00 – 11:50 AM
Fee: Free
This program is designed to aid you in performing everyday activities like climbing stairs, lifting objects, getting in and out of a chair with greater ease and with less risk of falling. Resistance training will help strengthen your muscles and decrease the rate of bone density loss due to aging, flexibility training will assist you in maintaining your Range of Motion (ROM). The health-related benefits from this program will have a considerable impact on your quality of life and in helping you stay independent. You will have fun, meet new people and push your body like never before. You will see a significant increase in your muscular strength, cardio respiratory endurance and overall increase in your quality of life.

BELLY DANCE CLASS
Wednesdays 9:30 – 11:00 AM
Featuring the Sa’Diyah Dancers
Instructor: Shelby Lohr
Cost: Free
The Activity Center’s very own “vintage” belly dancers! Belly Dance offers something for everyone! This low impact exercise offers body awareness, movement, and rhythm and is fun and friendly to all ages and body types. Drop-ins are always welcome!

FOOT CARE
Monday, January 6 9:00 AM – 3:00 PM
Monday, February 3 9:00 AM – 3:00 PM
Monday, March 2 9:00 AM – 3:00 PM
Call 253-579-6000 for an appointment. Cost for this service is based on a sliding fee scale and is determined by and paid to the foot care specialists.

CHAIR YOGA FOR SENIORS
Wednesdays 11:00 AM – 12:00 PM
Fee: $5.00 per class payable to instructor
Instructor: Barbara Ogolsky, RYT
Barbara is a Physical Therapist Assistant. Her class combines basic yoga postures, gentle stretching, breathing exercises and meditation. Please bring your own mat and remember to bring your bottle of water. Drop-in’s always welcome.

THE “HAPPY” EXERCISERS ALWAYS EXERCISE WITH A “SMILE!”
Monday, Wednesday, and Friday 7:30 – 8:30 AM
Cost: Free
Creating new friendships is what this class is all about! Come and join the fun!