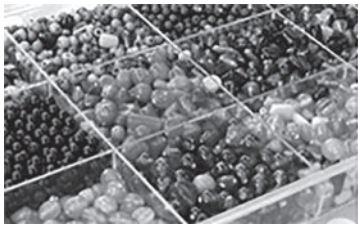


SPECIAL EVENTS

SPECIAL EVENTS COMMITTEE

Thursday, January 2, February 6 & March 5 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 **253-841-5548** if you are interested.



NEW

OPEN "BEADING" CLASS

1st Friday, January 3, February 7 & March 6 1:00 – 3:00 PM

Instructor: Wendy Reed, Bead Boppers
 Fee: FREE

Wendy Reed, the owner of Bead Boppers in Puyallup, has graciously agreed to be here at our Center for two hours of open beading. You could bring a project that you are currently working on and if you need a little help, Wendy will be here to guide you. Or just bring your necklace, bracelet, etc. and work on your beading with friends!

DIABETES AND YOUR FEET

"NEW" STYLES AND COLORS FOR MEN AND WOMEN'S SHOES, DIABETIC SHOES AND INSERTS

1st Friday, January 3, February 7 & March 6 10:00 AM – 12:30 PM

Presenter: Paul Berryhill from Priority Footwear and Pedorthic Services, LLC

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



MOBILE ART

Monday, January 6, February 3 & March 2 12:30 – 1:30 pm

Instructor: Beverly Swan
 Fee: \$15.00

For the last three years, Beverly has been teaching seniors and children how to paint creative art. It's always something she has loved to do and now spends her time teaching at various facilities.



ZUMBA DANCE CLASS

Every Tuesday 9:00 – 10:00 AM

January 7, 14, 21 & 28
 February 4, 11, 18 & 25
 March 3, 10, 17, 24 & 31

NEW TIME

Instructor: Madeline Malmgren
 Cost: \$3.00 per class Payable to Instructor

We've been waiting a long time to bring back a Zumba class and now we have the perfect instructor. Madeline has been teaching Zumba for several years and is such a joy to be around. Come and join this energetic group and let's have fun!



BEGINNING CAKE DECORATING CLASS

Tuesday, January 7, 14, 21 & 28 10:00 – 11:00 AM

Instructor: Antonia McDonald
 Cost: \$35.00 (Includes all supplies)
 Payable to Instructor

Welcome to the fun of cake decorating. You are about to see how easy and rewarding it is to decorate wonderful cakes and other desserts that will delight your family and friends. In this beginner class, you will learn professional cake decorating techniques. Instruction will include baking hints, filling and icing cakes, basic borders, flowers and more!



**WE NOW
 HAVE 3 HAIR STYLISTS SO YOU
 CAN SIGN UP EVERY MONTH
 VERSUS EVERY OTHER
 MONTH**

HAIRCUTS BY JESSICA, CHANDELL & SAMMIE

Wednesday, January 8, February 5 & March 4

Jessica, Chandell and Sammie have been hair stylists for many years and work in Puyallup. They have 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 253-841-5555 to register by phone.

MEDICARE SHIBA CONSULTING SESSIONS

2nd Thursday, January 9, February 13 & March 12 9:00 – 11:30 AM

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 9:00- 11:30 AM in 45-minute sessions. **Pre-registration is required.** Call the Center at 253-841-5555 for an appointment.

MASSAGES

2nd & 4th Friday, January 10 & 24 10:00 AM – 2:00 PM
 2nd & 4th Friday, February 14 & 28 10:00 AM – 2:00 PM
 2nd & 4th Friday, March 13 & 27 10:00 AM – 2:00 PM

Licensed Massage Practitioner: Cheryl Grunenfelder
 Fees: Seniors \$10.00
 Non-Seniors \$15.00

In just a short time seated massage relieves mental and physical tension and leaves a person feeling relaxed and rejuvenated. You will remain fully clothed for your 15-minute massage. No oils or lotions will be used. Please call the Center at 253-841-5555 for an appointment.



COME & MEET DICK BARNES, THE WATCH & BATTERY MAN

2nd & 4th Fridays, January 10 & 24 9:30 AM – 12:00 PM
 2nd & 4th Fridays, February 14 & 28 9:30 AM – 12:00 PM
 2nd & 4th Fridays, March 13 & 27 9:30 AM – 12:00 PM

If you need a watch or perhaps your battery went to "battery heaven," no need to worry! Stop by the Senior Center the 2nd or 4th Friday of the month and Dick will install a new battery for only **\$5.00**. Now that's what we call service!



DO YOU GET "THE BLUES" DURING OUR RAINY WINTER SEASON?

Friday, January 10 12:30 – 1:30 PM

Presenter: Kay Starkey, M.Ed.
 International & National Researcher/Teacher/
 Presenter
 Cost: Free



Do you get depressed or have a lack of energy during our rainy winter season? Have you tried different remedies to try and lift your spirits, and found that none of these worked? Come and join Kay with her kaleidoscope of remedies and great ideas on how you can beat the blues!

PANCAKE BREAKFAST

January 11 breakfast co-sponsored by Daffodil Valley Kiwanis Club
 February 8 breakfast co-sponsored by South Hill Rotary Club
 March 14 breakfast co-sponsored by Puyallup Valley Lions Club
 8:00 – 11:00 AM

Adults: \$4.00
 Children 6 & Under: \$1.00
 Sponsored by Brookdale Courtyard Puyallup
 Touch of Class Combo Band



Come and listen to the fantastic music of **"A Touch of Class Combo Band"** 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 our Food Services Manager **Devon Brown** at Brookdale Courtyard Puyallup, for taking time out of his busy schedule to place our monthly food orders in such a timely manner.

O2B SUGAR FREE – DISSOLVING SUGAR CRAVINGS

Monday, January 13 12:30 – 1:30 PM

Instructor: Traci Woodcock
 Nutritional Therapist/Certified Holistic Health Coach
 Cost: \$5.00



This interactive class provides guidance and practical tools that will help you dissolve your sugar cravings. You will learn why sugar is so addictive and how you can change your relationship with sugar for life!

DEBATES ARE HERE!

Wednesday, January 15, February 26 & March 18 1:00 – 2:00 PM

Facilitator: Fred Boitano

Starting in October, the Activity Center will be presenting several debates on a variety of subjects. Each month will be a different topic. January's topic will be "Are you pro organic products?" Please think of ideas for February and March.



***FREE* BIRTHDAY CAKE**

Third Wednesday, January 15, February 19 & March 18 12:00 Noon

Sponsored by: Tammy Baxter, Arcadia Health Care

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. Musa and the gang will be on hand to personally sing Happy Birthday to you!



AGING HAPPILY

Friday, January 17 12:30 – 1:30 PM

Presenter: Andrea Niemeyer
 Cost: Free

Getting older can be stressful but understanding your body's changes can help ease your mind. Discover ways to boost your physical, emotional, and spiritual health so you can live a healthier life!



PLANNING AHEAD: ADVANCE DIRECTIVES, LONG-TERM CARE, AND AUTHORIZED REPRESENTATIVE

Friday, January 24 12:30 – 1:30 PM

Presenter: Laurie Casas
 Cost: Free



This session we will discuss ways to create documents that express your wishes for future health care in the event you were unable to make or communicate decisions on your own. Taking a few steps now can help ensure your wishes are honored. At some point, you may need to have someone, whom you authorize, to help you make health care and financial decisions. Medicare must have written permission. Join us to learn how to make sure your wishes are honored.

ENJOY A DELICIOUS "FREE" SUNDAE WHILE VISITING WITH OUR MAYOR, "JULIE DOOR"

Wednesday, January 29 and March 25
 12:00-1:00 PM



Sponsored by: Bonaventure of South Hill
 Nerissa Bailey, Executive Director
 Cheryl Torres, Assistant Executive Director

Come and enjoy a delicious sundae (perhaps chocolate, strawberry or butterscotch) while catching up on the current affairs of our great City. Mayor Door will be on hand to answer all your questions on what is happening in Puyallup and what the future holds for all of us!



SOCIAL SECURITY

Friday, January 31 12:30-1:30 PM

Presenter: Matt Santelli, Case Manager
 Pierce County Community Connections
 Cost: Free

Come and learn about the history of Social Security, who can draw Social Security, the different types of Social Security income and how benefits are established.



DAY CLASS FOR AARP DEFENSIVE DRIVING CLASS

February 19, April 15, June 17, August 19, October 21 and December 23, 2020 8:30 AM – 4:30 PM

Fee: \$15.00 AARP members
 \$20.00 Non-members (payable first day of class)

Driving Instructor: Jeanne Jacobson
 BRING YOUR AARP MEMBERSHIP CARD IF YOU ARE A MEMBER

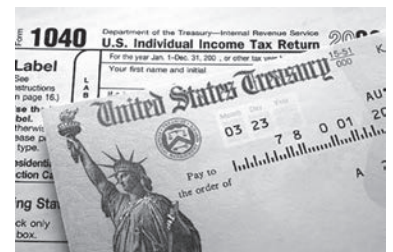
The Activity Center offers an 8-hour AARP Driver Safety Program for policyholders age 50 and older. **Pre-registration is required. THESE CLASSES ARE HELD AT OUR ACTIVITY CENTER. Call the Center at 253-841-5555 to register.**

INCOME TAX ASSISTANCE

Tuesday, February 4 – April 14 12:00 – 4:00 PM

We are taking reservations for our annual **AARP Income Tax Preparation**. You need to call the Center at 253-841-5555 to make your reservation **BEGINNING** January 2, 2020. Remember to bring the following:

- Picture ID for the taxpayer(s) on the return;
- Social Security cards or ITIN documentation for all;
- A copy of last year's return;
- Income documents – Forms W2, SSA 1099, 1099R, 1099G, other 1099 forms, or self-employment income;
- Brokerage statements – sale of stocks or bonds;
- Healthcare – 1095 A, B, or C; marketplace exemption letters;
- Mortgage interest, medical, dental, or charitable donations; business; property taxes;
- Records of federal and state taxes paid;
- Educational expenses – Form 1098-T and expense receipts; and
- Bank check for direct deposit/debit of refund/balance due



WORKING PAST 65? MEDICARE AND EMPLOYER COVERAGE

Monday, February 10 12:30 – 1:30 PM

Presenter: Laurie Casas
Cost: Free



If you are 65+ or turning 65 and still working and have employer medical coverage, you have a number of decisions to make. Should you keep your employer coverage and enroll in Medicare? Is there a coordination of benefits? Or is it more cost effective to leave employer coverage and choose Medicare and an additional supplement? You are invited to come and learn the do's and don'ts that will help you with the decision-making process so that you don't make costly mistakes for your future.



GENEALOGIES: LEARNING ABOUT ONE'S HERITAGE AND CULTURE

Tuesday, February 18 12:30 – 1:30 PM

Presenter: Kay Starkey, M.Ed.
International & National Researcher/Teacher/
Presenter
Cost: Free

First of all, you need to make a timeline; then start a family tree/pedigree and finally you need to chart. You will discover ways to share your heritage with other generations! No need to pre-register. All drop-ins are welcome!

HEALTHY EATING TO CONTROL CHOLESTEROL

Friday, February 21 12:30 – 1:30 PM

Presenter: Andrea Niemeyer
Cost: Free

Learn how different foods can affect your cholesterol levels. Which ones should you limit or avoid?



HEART HEALTH: NOURISHING THE BEAT OF LIFE

Monday, February 24 12:30 – 1:30 PM

Instructor: Traci Woodcock
Nutritional Therapist/Certified Holistic Health Coach
Cost: \$5.00

This workshop gets to the heart of health. Learn how to nourish and protect your heart for life. Receive tips and resources for maintaining healthy cholesterol levels and a strong vascular system. When your heart stops beating... nothing else matters!



DISASTER PREPAREDNESS

Friday, February 28 12:30 – 1:30 PM

Presenter: Matt Santelli, Case Manager
Pierce County Community Connections
Cost: Free

Come and learn about simple steps to prepare you for power outages, weather disruptions, and other potential area-wide emergencies. You will learn how to assemble a convenient emergency supply kit and learn how to develop a basic disaster survival plan.



DURABLE MEDICAL EQUIPMENT (DME)

Monday, March 9 12:30 – 1:30 PM

Presenter: Laurie Casas
Cost: Free



Do you need a wheelchair? Walker? Oxygen equipment? Durable Medical Equipment helps you complete your daily activities. We will discuss what Medicare covers as DME, and how to get your DME covered by Medicare and your Medicare Advantage Plan.

DOWNSIZING – WHERE DO YOU START?

Tuesday, March 10 12:30 – 1:30 PM

Presenter: Debbie Ruvo, SRES (55+ Seniors Real Estate Specialist)
Cost: Free



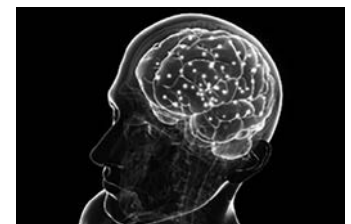
We all age, and sometimes our homes become a burden! There's the never-ending maintenance and yard care to worry about, not-to-mention stairs are becoming increasingly difficult and unsafe to maneuver. You have been collecting years of "stuff" and now what do you do with all of it? What can you get rid of and what do you keep? Who do you turn to for help when you decide you want to sell your home? Debbie Ruvo, is a certified Seniors Real Estate Specialist has been licensed since 1994. She will help guide you with the 10 steps to downsizing; provide resources for an estate sale; names of movers/packers and 55+ housing.

BRAIN GYM FOR SENIORS

Friday, March 13 12:30 – 1:30 PM

Presenter: Kay Starkey, M.Ed.
International & National Researcher/Teacher/
Presenter
Cost: Free

Join us in a kaleidoscope of activities, games, songs, poetry, and unusual brain challenge. We will do a "Mind Walk" and a guessing game related to our past. No need to pre-register. All drop-ins are welcome!





MEMORY WELLNESS

Monday, March 16 12:30 – 1:30 PM

Presenter: Matt Santelli, Case Manager
Pierce County Community Connections
Cost: Free

We all worry about memory loss, but did you know that there are simple steps that you can take to maintain memory wellness? Come and learn about ways to improve your memory, recognize whether memory issues are routine or symptoms of something more serious, and share ideas to keep your brain healthy as we age.



LEARN TO LIVE WELL TO 100

Friday, March 20 12:30 – 1:30 PM

Presenter: Andrea Niemeyer
Cost: Free

Do you want to live to 100 or beyond? Learn some things centenarians have in common and tips for increasing your chances of living your best life into the triple-digits!



CLEARCAPTIONS PHONE

Monday, March 23 12:30 – 1:30 PM

Presenter: Mike Walker
Cost: Free

What is ClearCaptions? ClearCaptions provides text of phone conversations for people with hearing loss. Certified as a caption telephone provider by the Federal Communications Commission, ClearCaptions offers an innovative suite of communication services on a variety of platforms, including personal computers, mobile devices and home phone. This state-of-the-art yet surprisingly simple telephone empowers you to communicate more confidently with friends, family, or coworkers.

Learn how you can qualify for a no cost caption telephone. Your local ClearCaptions Representative, Mike Walker, will be on hand to explain this Federally funded program that provides Captioned Telephone Service to anyone who is hard of hearing. No income qualifications. **Free! No Obligation!**

WEIGH LESS-LIVE MORE: OVERCOMING THE WEIGHT GAIN “PIT OF DESPAIR”

Friday, March 27 12:30 – 1:30 PM

Instructor: Traci Woodcock
Nutritional Therapist/Certified Holistic Health Coach
Cost: \$5.00

Have you ever wondered why you get stuck and self-sabotage your own weight loss efforts? Join us for inspiration and resources that can change your perspective on weight and dieting for life. Learn what it takes to safely lose inches while still feeling satisfied, successful, and happy. You can start today – break free from weight gain “pit of despair” and discover the real power behind the power!



ESTATE PLANNING (REAL ESTATE, WILLS & POWERS OF ATTORNEY)

Monday, March 30 12:30 – 1:30 PM

Presenter: Bryana M. Cross Bean
Attorney at Law
Cost: Free

Having proper estate planning documents such as wills and durable powers of attorney is an essential part of planning for and protecting your future. Real Estate Law, Elder Law and Estate Planning attorney Bryana M. Cross Bean will lead a discussion about estate planning basics and walk you through what you need to know. She will answer questions such as:



- What is Estate Planning, and why is it important?
- What are the most important Estate Planning documents to have?
- What do those documents do?
- What can happen if a person does not have those documents?

This event is **free!** We hope to see you there!

BEGINNING PINOCHLE

Thursdays 1:00 – 2:00 PM

Are you interested in learning how to play pinochle? One of our long-time friends and volunteer, Warren Hartle, has agreed to hold a beginning pinochle class beginning in October. The day of the week and time would be Thursday afternoon. If anyone is interested, please call the Center at 253-84-5555 and pre-register.





**SCRAMBLE BAR WITH MUFFINS
& HASH BROWNS
WITH YOUR CHOICE OF TOPPINGS**

THE LAST TUESDAY OF EVERY MONTH

**FEBRUARY 25 | APRIL 28
JUNE 30 | AUGUST 25
OCTOBER 27 | DECEMBER 29**

**9:00 – 11:00 AM
COST: \$5.00
PUYALLUP ACTIVITY CENTER**

NOW EVERY OTHER MONTH

SPONSORED BY: BONAVENTURE OF SOUTH HILL

Come and enjoy a delicious breakfast of scrambled eggs, muffins, hash browns and your choice of toppings! This event will be **EVERY OTHER** month until the end of the year. Our **FABULOUS** sponsor, **BONAVENTURE OF SOUTH HILL**, along with its **Executive Director, Nerissa Bailey**, and **Assistant Executive Director, Cheryl Torres**, will be on hand to serve your scrumptious egg scramble! Come and say "Hi" to **Nerissa** and **Cheryl**.

St. Patrick's Day Party
featuring "B NATURAL BARBER SHOP QUARTET"

Tuesday, March 17
Entertainment: 11:00 AM – 12:00 PM
Lunch: 12:00 PM – 12:30 PM or until gone
A light lunch will be provided!

This event will be held at the Puyallup Activity Center
210 West Pioneer
Puyallup, WA 98371

"B" Natural" is a relatively new chapter quartet within the Tacoma Vocal Standard (TVS) barbershop chorus. The quartet started around Valentine's Day in 2014. Not surprisingly, the quartet got together specifically for delivering "Singing Valentines." The group liked their sound so much, they decided to stay together. In addition to singing Valentines, the quartet has also performed for company parties, birthdays, anniversaries, weddings, memorials, Tacoma Food and Gift Show and the Washington State Fair. Arrive early to reserve your seat and don't forget to wear something **GREEN!**



***PLEASE BRING SEVERAL CANS OF FOOD AS A DONATION TO THE PUYALLUP FOOD BANK! THANK YOU!!!!**

St. Valentine's Day Party

featuring

"The Fun Singers"

**ALSO featuring our
WONDERFUL SA'DIYAH
BELLY DANCERS**

Thursday, February 13

11:00 AM – 12:00 Noon – Entertainment

12:00 Noon – 12:30 PM – Lunch

Lunch is Co-Sponsored by: BONAVENTURE OF SOUTH HILL

12:30 PM – Raffle Drawings

Pioneer Park Pavilion

330 South Meridian, Puyallup

The Activity Center is very proud and excited to have **"The Fun Singers"** once again perform for our seniors and our wonderful **Sa'Diyah Belly Dancers**, at our very special Valentine's Day Party. **Remember, everyone should wear red or red and white! A light lunch will be served!**

DESSERT SPONSORED BY:

Nerissa Bailey, Executive Director
Cheryl Torres, Assistant Executive Director
BONAVENTURE OF SOUTH HILL

***A fabulous lunch will be provided
(If you need to eat before 12:30 p.m., you will need to bring your own snack or lunch)**

*Please remember to
**WEAR SOMETHING
RED!!***

Important notice

***PLEASE BRING SEVERAL CANS OF FOOD AS A DONATION TO THE PUYALLUP FOOD BANK. PLEASE REMEMBER.... WE NEED TO HELP OUR NEIGHBORS IN NEED!**