

# SPECIAL EVENTS



## HAIRCUTS BY JESSICA & CHANTELL

Wednesday, January 2, February 6 & March 6 (No Chantell in March)  
10:00 AM – 12:00 PM

Jessica and Chantell 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.



## SPECIAL EVENTS COMMITTEE

First Thursday, January 3, February 7 & March 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 253-841-5548 if you are interested.



## DIABETES AND YOUR FEET

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

Fridays, January 4, February 1 & March 1 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 7, February 4 & March 4 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, January 8, 15, 22 & 29 2:00 – 3:00 PM  
Every Tuesday, February 5, 12, 19 & 26 2:00 – 3:00 PM  
Every Tuesday, March 5, 12, 19 & 26 2:00 – 3:00 PM

Instructor: Angela Scott  
Cost: \$3.00 per class

We've been waiting a long time to bring back a Zumba class and now we have the perfect instructor. Angela has taught at Curves for years and is such a joy to be around. Come join her class with her fellow Zumba dancers from Curves and let's have fun!



## MEDICARE SHIBA CONSULTING SESSIONS

Second Thursday, January 10, February 14 & March 14 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.

## COOKING WITH CHEF KAYLA

Thursday, January 10, March 14, May 9, July 11 10:00 – 11:00 AM  
 Thursday, September 12 & November 14 10:00 – 11:00 AM

Sponsored by: SILVER CREEK RETIREMENT  
 Registration is required!  
 Space is limited to 10 participants  
 "FREE"



Come and join us for a fun morning making healthy meals with Kayla, Chef at Silver Creek Retirement in Puyallup. Kayla will show you how to make a delicious and healthy meal each month all while cooking from scratch! Her recipes will include some of her favorite baked dishes, as well as yummy pasta dishes! Class is limited so you need to sign-up early! Please call the Center at 253-841-5555.

## MASSAGES

2nd & 4th Fridays, January 11 & 25 10:00 AM – 2:00 PM  
 2nd & 4th Fridays, February 8 & 22 10:00 AM – 2:00 PM  
 2nd & 4th Fridays, March 8 & 22 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 11 & 25 9:30 – 11:30 AM  
 2nd & 4th Fridays, February 8 & 22 9:30 – 11:30 AM  
 2nd & 4th Fridays, March 8 & 22 9:30 – 11:30 AM

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 11 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 12, February 9 & March 9 8:00 – 11:00 AM

Adults: \$4.00  
 Children 6 & Under: \$1.00

Sponsored by Brookdale Courtyard Puyallup  
 Touch of Class Combo Band  
 And the Daffodil Valley Kiwanis (for the month of January);  
 South Hill Rotary (for the month of February); and the  
 Puyallup Valley Lions Club (for the month of March)

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 **Jim Pollet** at Brookdale Courtyard Puyallup, for taking time out of his 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 him to know just how much we appreciate him and we would not have such successful breakfasts without him! **THANK YOU** again for taking such good care of us!

## STRETCHING YOUR GROCERY DOLLARS

Monday, January 14 12:30 – 1:30 PM

Presenter: Bradley Wooten  
 Humana



You've probably heard the old saying, "You are what you eat." While this saying may be trite and overused, it's a good thing to keep in mind. Food to your body is like gas to your car. In order to feel your best and keep your body running well, you have to fuel it with the right stuff. But many people think healthy eating costs a fortune; as you'll learn in this educational event, this isn't true. There are many ways to save money on food and eat well without breaking the bank. During this educational class, we'll look at five ways to save money on food while staying true to your health.

## O2B SUGAR FREE – DISSOLVING SUGAR CRAVINGS PLEASE LEAVE UNDER SPECIAL EVENTS

Friday, January 18 12:30 – 1:30 PM

Instructor: Traci Woodcock  
 Nutritional Therapist/Certified Holistic  
 Health Coach  
 Fee: \$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!



**\*FREE\* BIRTHDAY CAKE**

Third Wednesday, January 16, February 20 & March 20 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!

**CLEARCAPTIONS PHONE**

Friday, February 1 2:30 – 1:30 PM

Presenter: Mike Walker



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!**

**INCOME TAX ASSISTANCE**

Tuesday, February 5 – April 9 1:00 – 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, 2018 . 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

**HEALTHY EATING TO CONTROL CHOLESTEROL KEEP UNDER SPECIAL EVENTS**

Friday, February 22 12:30 – 1:30 PM

Presenter: Bradley Wooten  
Humana



According to the National Heart, Lung and Blood Institute, your cholesterol levels are affected by many things. The foods you eat, your body weight and your activity levels all play a role. Cholesterol also starts to gradually increase as you get older. And your genes and gender may play a role in regulating how much cholesterol your body makes on its own. There are many foods that may affect cholesterol. During this educational class, we'll cover fats (both good and bad), sugars, and fiber, as well as sterols and stenols. We will start by discussing fats. In the past, fats have gotten a bad reputation. But the truth is that fats aren't always bad. While too much fat (like anything) can be a bad thing, certain types of fats are actually a key part of a healthy diet. So please join Bradley in this educational endeavor and together we can change our health for the better. Together is better!

**EVERY LAST CENT**

ASSESSING YOUR RESOURCES & BENEFITS MEDICATIONS, TRANSPORTATION, INCOME ASSISTANCE, TAX RELIEF, UTILITIES, DISCOUNTS, AND VETERANS

Monday, February 25 12:30 – 1:30 PM

Presenter: Matt Santelli, Case Manager  
Pierce County Community Connections



With inflation, fixed incomes seem to shrink. Find out what's available to help you, your loved one or your neighbor stay afloat when your income doesn't seem to go as far as it used to. There are resources out there that are absolutely amazing. Come and learn the "hidden" secrets that are available to you.




**ENJOY A DELICIOUS "FREE" SUNDAE WHILE VISITING WITH OUR MAYOR, "MR. JOHN PALMER"**

Wednesday, February 27 12:00-1:00 PM  
Wednesday, April 24 12:00-1:00 PM

Sponsored by: Silver Creek by Bonaventure  
Kayla Johnson, Food Services Manager  
Cheryl Johnson, Silver Creek Retirement

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

**DAY CLASS FOR AARP DEFENSIVE DRIVING CLASS**

Mondays, February 11, April 22, June 17, August 19, October 21 & December 16, 2019 9:00 AM – 5:00 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.**

**DODGING DIABETES: BUILDING BLOCKS FOR BALANCING BLOOD SUGAR**

Friday, February 15 12:30 – 1:30 PM

Instructor: Traci Woodcock  
Nutritional Therapist/Certified Holistic Health Coach

Fee: \$5.00

Attend this workshop and discover the building blocks for balancing blood sugar. Learn why we currently have an epidemic of diabetes in our country and how we can prevent it in our own life. By dodging diabetes, we increase our energy, protect our vascular system, and maintain a healthy weight for life.



**FUSED GLASS CLASS**

Wednesday, February 20 12:30 – 2:30 PM

Artist: Kris Vermeer  
Cost: \$30.00 – Includes all materials

Each student will be given a pre-cut glass design; you will then decorate with different materials using different sizes, colors and paints. **Pre-registration is required.**



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

Friday, March 8 12:30 – 1:30 PM

Presenter: Bryana M. Cross Bean  
Attorney at Law

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!

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

Monday, March 11 12:30 – 1:30 PM

Instructor: Traci Woodcock  
Nutritional Therapist/Certified Holistic Health Coach

Fee: \$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 the weight gain “pit of despair” and discover the real power behind will power!



**DOWNSIZING – WHERE DO YOU START?**

Friday, March 15 12:30 – 1:30 PM

Presenter: Debbie Ruvo, SRES (55+ Seniors Real Estate Specialist)  
Keller Williams Realty  
“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 and Managing Broker with Keller Williams Realty and 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. No need to pre-register.

**POSITIVE THINKING**  
“WHEN LIFE GIVE US LEMONS”

Monday, March 25 12:30 – 1:30 PM

Presenter: Bradley Wooten  
HUMANA

Life can be challenging; many situations can arise that make it easy to feel negative about your circumstances. But in spite of this, there are actions you can take to help you view your life in a positive light. It may not happen overnight, and it may take some practice, but you can choose to think positively. During this educational class, you will learn:



- Examples of life situations which may be bringing you down;
- The power of positive thinking;
- Positive thinking; what it is and what it’s not; and
- 10 steps to help you respond to adverse situations with positivity



**SCRAMBLE BAR & FRESH MUFFINS WITH YOUR CHOICE OF TOPPINGS**

THE LAST TUESDAY OF EVERY MONTH  
 JANUARY 29  
 FEBRUARY 26  
 MARCH 26  
 9:00 – 11:00 AM  
 COST: \$5.00  
 PUYALLUP ACTIVITY CENTER

**SPONSORED BY: BONAVENTURE OF SOUTH HILL**

Come and enjoy a delicious breakfast of scrambled eggs, fresh muffins and your choice of toppings! This event will be EVERY 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**.

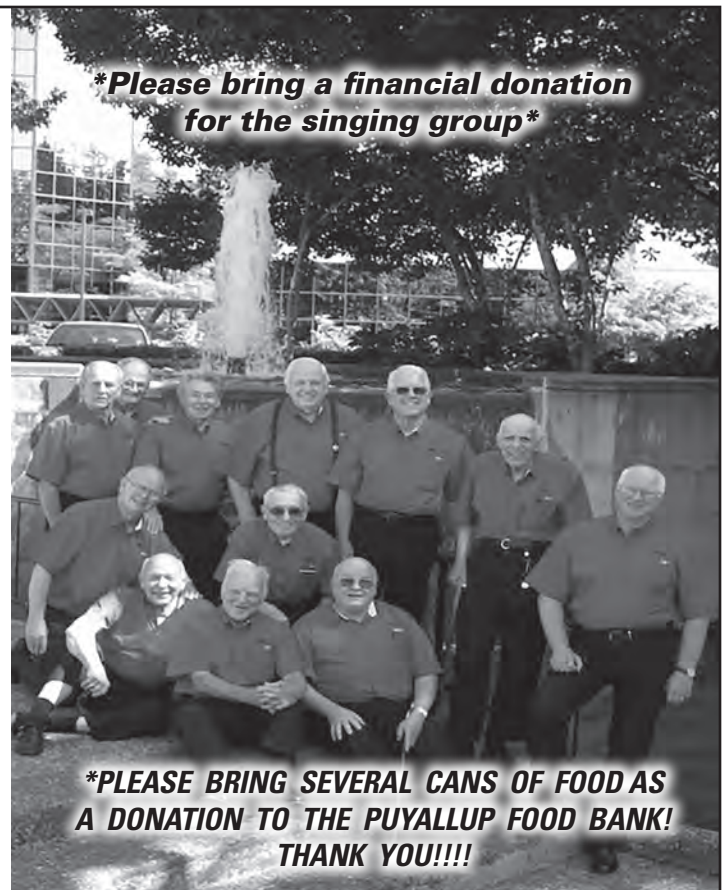
**St. Patrick's Day Party**  
 featuring  
**"The Mid-Day Melody Men"**

**Wednesday, March 13**  
**Entertainment: 11:00 AM – 12:00 PM**  
**Lunch: 12:00 PM – 12:30 PM or until gone**  
 Corn Beef & Cabbage

**SPONSORED BY: BONAVENTURE OF SOUTH HILL**  
 Nerissa Bailey, Executive Director &  
 Cheryl Torres, Assistant Executive Director

**This event will be held at the 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 something **GREEN!**



**\*Please bring a financial donation for the singing group\***

**\*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

**WEDNESDAY, 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

**DESSERT SPONSORED BY:  
SILVER CREEK BY  
BONAVENTURE**

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!**

*\*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 WHO ARE IN NEED!**

