

SPECIAL EVENTS



MOBILE ART

Monday, July 1, August 5 & September 9 12:30 – 1:30 pm

Instructor: Beverly Swan
 Fee: \$15.00 (Payable to the instructor)

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, July 2, 9, 16, 23 & 30
 Every Tuesday, August 6, 13, 20 & 27
 Every Tuesday, September 3, 10, 17 & 24

Instructor: Angela Scott
 Cost: \$3.00 per class (Payable to the instructor)

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!

BEGINNING IN OCTOBER, ZUMBA WILL BE HELD EVERY THURSDAY AT 10:00 A.M.



HAIRCUTS BY JESSICA, CHANDELL & SAMMIE

Wednesday, July 3, August 14 & September 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.

WE NOW HAVE 3 HAIR STYLISTS SO YOU CAN SIGN UP EVERY MONTH AND NOT HAVE TO WAIT EVERY OTHER MONTH.

SPECIAL EVENTS COMMITTEE

Thursday, July 11 & August 1 11:00 AM
 No meeting in September

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 of every month, July 5, August 2 & September 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



Friday, July 5, August 2 & September 6 10:00 – 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.

MEDICARE SHIBA CONSULTING SESSIONS

Thursday, July 11, August 8 & September 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.



BEGINNING SALSA & CUMBIA DANCING

Thursdays, July 11, 18 & 25 2:00 – 3:00 PM
 Thursdays, August 1, 8, 15, 22 & 29 2:00 – 3:00 PM
 Thursdays, September 5, 12, 19 & 26 2:00 – 3:00 PM

Dance Instructor: Antonicha (Toni) Carruseo
 Fee: Free

Our dance instructor, Toni, has been teaching Salsa and Cumbia dancing for years. Everyone can learn to Salsa and you do not need a male partner. The class is free and will be every Thursday from 2:00 – 3:00 p.m. Let's dance!



OUTSMART THE SCAMMERS

Friday, July 12 12:30 – 1:30 PM

Presenter: JR Whitaker, Edward Jones
 Fee: Free



Incidents of fraud are on the rise, and scammers' tactics are becoming more complex. That's why it's important to educate yourself about fraud. And while no one is immune, there are steps you can take to "Outsmart the Scammers!" You'll learn:

1. How to spot certain red flags that may indicate a fraudulent encounter
2. Resources you can turn to in the event you or a loved one is targeted, and
3. Steps you can take now to help protect yourself and your loved ones.



MASSAGES

2nd & 4th Friday, July 12 & 26 10:00 AM – 2:00 PM
 2nd & 4th Friday, August 9 & 23 10:00 AM – 2:00 PM
 2nd & 4th Friday, September 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

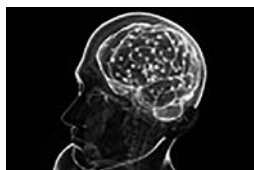
2nd & 4th Fridays, July 12 & 26 9:30 – 11:30 AM
 2nd & 4th Fridays, August 9 & 23 9:30 – 11:30 AM
 2nd & 4th Fridays, September 13 & 27 9:30 – 11:30 AM

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!

BRAIN GYM FOR SENIORS

Monday, July 15 12:30 – 1:30 PM

Presenter: Kay Starkey, M.Ed. Keep under Special Events 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!

BLUEBERRIES, WHIPPED CREAM AND PANCAKE BREAKFAST

JULY 13
RASPBERRIES, WHIPPED CREAM AND PANCAKE BREAKFAST

AUGUST 10



NO BREAKFAST IN SEPTEMBER

8:00 – 11:00 AM

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

Sponsored by: Brookdale Courtyard Puyallup
 Touch of Class Combo Band
 Daffodil Valley Kiwanis (for the month of July);
 AUSA (for the month of August)

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. 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!

FREE BIRTHDAY CAKE

Third Wednesday, July 17, August 21 & September 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!



INFLAMMATION: EVADING THE SILENT KILLER

Friday, July 19 12:30 – 1:30 PM

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

We don't always feel inflammation – that is why it's known as the "silent killer." Join us to learn about six causes of inflammation and what inflammatory markers look like. Learn how specific lab work can provide you with the tools you need to be proactive against inflammation in your body. Receive valuable food and lifestyle resources that may significantly reduce inflammation and many disease related illnesses associated with it.





TEST YOUR NUTRITION IQ

Monday, July 22 12:30 – 1:30 PM

Presenter: Bradley Wooten
Humana
Fee: Free

Food and nutrition can be confusing. Find out the basics of calories, carbohydrates, proteins and fats!

MEDICARE SAVINGS PROGRAM, MEDICAID AND EXTRA HELP: YOU MAY BE ELIGIBLE

Friday, July 26 12:30 – 1:30 PM

Presenter: Laurie Casas
Fee: Free



On a limited income and limited income resources? You may be eligible for certain programs to help you with your healthcare needs. In this session, we will discuss Medicare savings program, Medicaid: what services are covered by Medicaid, Extra Help, and how these programs work with Medicare and the qualifications.



ICE CREAM SOCIAL

Saturday, July 27 and Saturday, August 24
10:00 – 12:00 PM

Fee: \$3.00



Join us for delicious ice cream with your favorite chocolate, butterscotch or strawberry topping, have one or all three! The price is only \$3.00!



DAY CLASS FOR AARP DEFENSIVE DRIVING CLASS

Thursdays, August 22, October 24 & December 26
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.**



ORIGINAL MEDICARE AND MEDICARE ADVANTAGE PLANS APPEALS: HAVE YOU HAD A DENIAL? YOU HAVE A RIGHT TO APPEAL.

Friday, August 9 12:30 – 1:30 PM

Presenter: Laurie Casas
Fee: Free



If you have received a denial from Original Medicare, drug plan, or your Medicare advantage plan, you have the right to appeal. In this session, we will discuss the appeal process and how to get started on it.

MY BUCKET LIST

Monday, August 12 12:30 – 1:30 PM

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



Is it time to make one? Join us as we share ideas and discuss the fun, simple, and realistic ideas to add to our Bucket List!

SMOOTH MOVE DIGESTION: BUILDING BETTER BELLY HEALTH

Friday, August 16 12:30 – 1:30 PM

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

At least 70% of our immune system is located in our gut. This workshop will help you identify food and lifestyle habits that **reduce** the effectiveness of our digestion. You will learn important steps for building better belly health and repairing the gut lining. Doctors say that health begins in the gut!



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

Friday, August 23 12:30 – 1:30 PM

Presenter: Bryana M. Cross Bean
Attorney at Law
Fee: "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:

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

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

AGING HAPPILY

Monday, August 26 12:30 – 1:30 PM

Presenter: Bradley Wooten, Humana
 Fee: 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 and happier life.



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

Wednesday, August 28 & October 23 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 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!



HOME HEALTH VS. HOME CARE

Friday, August 30 12:30 – 1:30 PM

Presenter: Karen Getchell, LPN
 Comfort Keepers

Karen will be presenting on various living styles of aging. She will be covering different living options and what they mean. Some of the topics will be staying in your home with Home Health or Home Care vs. the advantages of community living. She will also be reviewing what's covered by insurance and what's not.

DOWNSIZING –WHERE DO YOU START?

Monday, September 16 12:30 – 1:30 PM

Presenter: Debbie Ruvo, SRES (55+ Seniors Real Estate Specialist)
 Keller Williams Realty
 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 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.

FALL OPEN ENROLLMENT PERIOD: IT'S THAT TIME OF YEAR AND WHAT DOES THIS MEAN FOR YOU?

Friday, September 20 12:30 – 1:30 PM

Presenter: Laurie Casas



Yep! It's that time of year and you will be getting lots of Medicare mail. Everyone wants your business. Before you decide to change or not, in this session, we will discuss what you need to know and do before deciding anything.



OVERCOMING LONELINESS

Friday, September 27 12:30 – 1:30 PM

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

Cost: Free

Modern matchmaking: How to get back out there and meet people at any age! Oftentimes it's difficult to go out and meet people by yourself. You might feel isolated and insecure. Come and join us as we discuss the "pitfalls" of loneliness and how we can regain our self-confidence.



RENEWABLE BEAUTY: LIVING CHEMICAL FREE INSIDE AND OUT

Monday, September 30 12:30 – 1:30 PM

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

Our body is constantly being bombarded with chemicals. Toxic compounds are abundant in our air, water, and food. Learn how to clear out chemical toxins in-on-and around your home and body. You will receive recipes and resources to crowd out toxins and build a vibrant beautiful and chemical free life.

PUYALLUP ACTIVITY CENTER'S DAY AT THE FAIR

Sunday, September 22

Transportation Provided To and From the Fair
 3-hour shifts

Contact **Trudi** at **253-841-5548**, if you would like to volunteer.
 Free admission to the Fair on that day.



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

THE LAST TUESDAY OF EVERY MONTH

**JULY 30
AUGUST 27
SEPTEMBER 24**

**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, muffins, hash browns 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**.



**"LET'S SALUTE AMERICA"
PATRIOTIC PARTY**

Tuesday, July 2 11:00 AM – 12:30 PM

ENTERTAINMENT: **THE FABULOUS "FUN SINGERS!"**

DESSERT SPONSORED BY: **FRANKLIN PLACE IN SUMMER**

**THIS EVENT IS CO-SPONSORED BY: THE PUYALLUP EAGLES
WOMEN'S AUXILIARY**

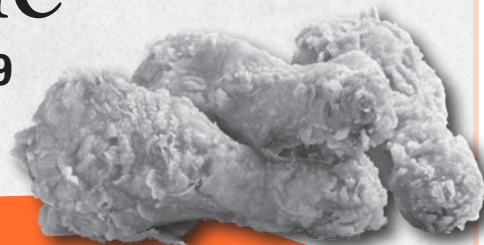
BRING SEVERAL CANS OF FOOD FOR THE PUYALLUP FOOD BANK

Come and join us for a fun-filled program with our GREAT friends, **The Fun Singers!** Everyone will be given an American flag! We will also sing along to some of the greatest American songs ever written! A home-down American lunch will be served, which will include **hot dogs, chips, salad, juice, coffee AND**, of course, **dessert!** You will need to come early if you want to find a seat!

God
BLESS AMERICA
BlessAmerica.com

PUYALLUP ACTIVITY CENTER'S ANNUAL PICNIC

Wednesday, August 7, 2019
Pioneer Park Pavilion
11:00 AM – 1:00 PM



TICKETS ON SALE NOW
AT ACTIVITY CENTER

Entertainment: 11:00 AM – 12:00 PM
Lunch: 12:00 – 12:30 PM
Raffle Drawings: 12:30 – 1:00 PM
Fee: \$5.00



FEATURING THE FABULOUS
"TACOMA BANJO BAND!"

AND OUR WONDERFUL "SA'DIYAH" DANCERS

LUNCH:

- FRIED CHICKEN
- SALAD
- ROLLS
- BUTTER
- JUICE
- COFFEE
- DESSERT



DESSERT SPONSORED BY:
BROOKDALE COURTYARD PUYALLUP
Renee Atchison
 &
BROOKDALE PUYALLUP SOUTH
Hattie Russell



BACK BY POPULAR DEMAND! The Tacoma Banjo Club was founded in 1985, and the group is still going strong. They perform about ten to twelve times a month at retirement homes and Senior Centers, plus private parties. They have approximately 20 members that volunteer their time and talents. The group plays mostly 20, 30 & 40's music. You will also be delighted to watch our forever ***FABULOUS*** Sa'Diyah Belly Dancers! Come and enjoy this wonderful entertainment!

IMPORTANT NOTICE

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

THIS EVENT IS CO-SPONSORED BY THE PUYALLUP EAGLES WOMEN'S AUXILIARY.