

COMMUNITY EVENTS

GREAT DECISIONS DISCUSSION GROUP 2020

Thursday, January 16 & 30	1:00-3:00 PM
Thursday, February 13 & 15	1:00-3:00 PM
Thursday, March 12 & 26	1:00-3:00 PM
Thursday, April 9 & 23	1:00-3:00 PM

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).

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.

NEW

Interested in becoming a Park Ambassador
 Email: teidson@ci.puyallup.wa.us or visit
www.cityofpuyallup.org/1626/Parks-Ambassador-Program

DAILY ACTIVITIES & CLASSES

ADVANCED BRIDGE

Wednesdays 9:00 AM – 12:15 PM

Join your friends for a fun-filled afternoon playing cards with your favorite people.

BINGO

Thursdays 1:00 – 3:00 PM

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

Fridays 12:15 – 4:00 PM

Join your friends for a fun-filled afternoon playing cards with your favorite people.

BUNCO

Wednesdays 1:00 – 3:00 PM

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

Mondays 10:00 AM – 12:00 PM

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

Tuesdays & Thursdays 11:15 AM – 3:00 PM

This club gives participants an opportunity to play friendly games of chess against their peers.

CONVERSATION GROUP

2nd Thursday, January 9, February 13 & March 12 1:00 – 3:00 PM

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.

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

Thursdays 9:30 AM

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.

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.

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!

PINOCHLE 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.



SUNNYSIDE ORCHESTRA

Rehearsal on Mondays 10:00 AM – 12:00 PM

We are seeking some intermediate musicians for our small orchestra. Our orchestra started in the 1970's; we are a small group that enjoys the pop music from the 20-40's. Please drop by and see if you'd be interested in joining our orchestra. It's a good way to start playing your violin not to mention other woodwinds and brass. Sheet music is provided. We meet every Monday. Please contact Carol at 253-952-4156.

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.



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

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.

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.

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.

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!