

January 2012



# The Scoop

Lakewood Activity Center

Volume 37, Issue 1

## Words from Elizabeth

Whew! It is hard to believe that the New Year is upon us and it is already 2012! It really is true, "the older you get, the faster time flies!"

Please check out the Activity room. We had a fantastic hard working team that painted the room. It is fresh and bright. Many thanks to: Joan Smith,

Diane Cloquet, Gary Hoffman, Ron Wood, Harvey Sailors, Rowgan Luvu, Greg Koch, and Karrie Monohon. We appreciate your dedication to our Center!

The other exciting news is that the Lakewood Senior Activity Center now has a new Facebook page! Please check it out and make sure to take the time

to "like" us. You will find updated program information, fun pictures and activity information. If you're not currently a Facebook user, consider taking our "Facebook for Older Adults" class. Read more on page Four.

I hope everyone has a happy & safe New Year!

*Elizabeth*

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## Lakewood Senior Activity Center-Membership 2012 START YOUR ENGINES AND JOIN THE CREW!

Ladies and Gentlemen, Start your engines and join the crew! Sign up for 2012 membership and enjoy all the benefits from January through December. Membership includes discounts on classes, activities and our award winning programs. You will also receive the delivery of our monthly newsletter to your home. Get your race day tickets and reserve your seats in the stands! *Drop by the Center to renew your membership or by mail. You will receive a membership application in the mail soon!*

Individual: \$25/year

Couple: \$35/year

### Special Point of Interest:

- Membership
- New Facebook Page
- Drop-in Line Dancing
- Sweets & Treats
- "Take Winter by Storm"



## Contact Information

**Coordinator:** Elizabeth Scheid

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**Office Assistant:** Debbie Blake

**Volunteer Senior Ambassadors:** Cheryl Wilpone, Diane Cloquet, Celeste Poehhacker and Linda Wallace.

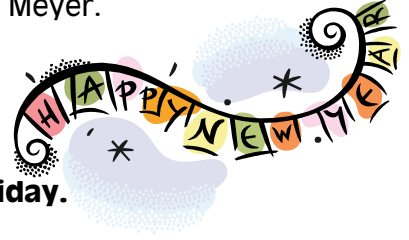
**Advisory Board Members:** Greg Koch, Gloria Hill, Lora Wiltfong, Gary & Donna Hoffman, Dolly Shaughnessy, Billie Finley, Gladys Walton, Karrie Monohon and Dave Meyer.

### Office Hours

Monday- 8:00am-8:00pm

Tuesday-Friday- 8:00am-5:00pm

**Holiday Closure: Monday, January 2nd, for the New Year's Holiday.**



# Happy New Year from the Staff & Volunteers



## Services

### Link to Services & Financial Workshop

Please join South Sound Outreach Services the first Wednesday of the month for a link to services. If you need some assistance or service, please stop by and meet a representative from South Sound Outreach Services. Stop by this month for a special Financial Workshop and learn tips on Budgeting, Housing and Spending Plans. This is the same as our blood pressure screening too!

**Wednesday, January 4th, 9am-11am**

### Blood Pressure Checks

St. Clare Hospital and the Lakewood Senior Activity Center continue to offer our free Blood Pressure checks for older adults. **1st Wednesday of each month.**

**Wednesday, December 2nd, 9am-12pm  
9:00am-12:00pm**

### Foot Care

Nancy's Footcare provides R.N.s and L.P.N.s for all foot care and visits the Lakewood Senior Activity Center on **Tuesdays**. This service is by appointment only and costs \$27 to be paid to the nurse. You must also bring your own towel. Please call 848-9625 for more information and to make an appointment.

## Announcements & Information

### Inclement Weather Policy

In case of inclement conditions, please call the Center to make sure we are open before attempting to drive or walk. Our phone number is **798-4090**. We are attempting to keep our doors open; but with heavy snow and rain, things can be unpredictable! We will follow similar guidelines as the school district and Lakewood City Hall. They receive a road report from the Police Department very early in the morning and City Hall operates based on this report. We want everyone to be safe and we do not encourage anyone driving or walking on the roads and sidewalks when it is dangerous!

### Thanks to our Volunteers!

Thank you to the following volunteers for their service this month: Marianne Candioglas, Barbara Carrington, Diane Cloquet, Billie Finley, Marge Gemmell, Gary & Donna Hoffman, Maria Gibson, Pat Harris, Laura Ledet, Betty Loring, Rowgan Luvu, Jacke Loyer, Jeanne Manning, Joy McCaw, Marianne Meier, Karrie Monohon, Carol Nicholson, Celeste Poehhacker, Irene Pullen, Harvey Sailors, Dolly Shaughnessy, Shirley Seeley, Joan Smith, Linda Wallace, Maggie Smith, Cheryl Wilpone, Lora Wiltfong and Ron Wood. We really appreciate all of our volunteers!

## Computer Classes

Open Computer Labs

### Open Computer Lab

This computer lab is open for use by older adults who would like to practice what they have learned in classes, work on special projects and get hands-on experience using a computer. Volunteers are available each month to share information and answer questions. Free

**Fridays, 10 am-12 pm**

### Moonlight Computer Lab

Are you working on a computer project or just want to ask some computer related questions? Stop by the 2<sup>nd</sup> & 3<sup>rd</sup> Monday of the month at 5:30pm. The computers are up and running and talented members of TAPCUG (Tacoma Area PC Users Group) are here to share their talent and wisdom. Everyone is welcome. 2<sup>nd</sup> Mondays, 5:30pm. Free

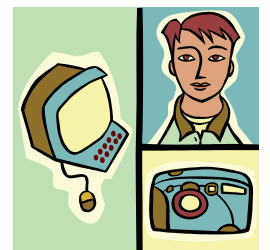
**Monday, 5:30pm, January 9th**

Computer Classes

### Editing Digital Photos

This class would be perfect to help you organize those holiday photos! Have you taken pictures with your digital camera and they are still in your camera? This class will teach you how to use software to create pictures at home. Learn creative ways to edit and enhance photos. Class includes free photo software. NOTE: If you are interested in learning how to use a digital camera, register for our Digital Camera Class 101.

**Session A: Tuesday & Thursday, February 7<sup>th</sup> & 9<sup>th</sup>, 10am-12:30pm**  
**Member: \$30 Non-Member: \$35**



## Computer Classes

### **Internet Extravaganza**

Learn how to set up and use an e-mail account and other email basics and navigate the internet. You will also learn how to use the Internet for various basic functions. Topics will be selected based on needs and interests of the students but may include shopping, bill payment and financial management or ordering prescriptions.

**Session A: Tuesday & Thursday, March 6<sup>th</sup> & 8<sup>th</sup>, 10am-12pm**

**Member: \$40 Non-Member: \$45**

### **Computer Basics Class**

Are you just starting to use a computer? Then this introductory class in basic computer skills would be great for you.

**Session A: Mondays, January 23<sup>rd</sup>-March 19<sup>th</sup>, 10:00am-12:00pm**

**Member: \$58 Non-Member: \$63**

### **Beyond the Basics**

This class picks up where the Computer Basics class left off. You will learn some more tips and tricks and this class will allow you to further explore your knowledge of computers.

**Session A: Mondays, April 2<sup>nd</sup>-April 23<sup>rd</sup>, 10:00am-12:00pm**

**Member: \$40 Non-Member: \$45**

### **Facebook for Older Adults**

Have you heard all about Facebook? Connect securely to lifelong friends, colleagues and family members. The student will learn the basics of opening a Facebook account, posting messages, uploading pictures and joining groups. Jump on the bandwagon and join the craze. If you own a laptop computer, please bring it to class.

**Session A: Tuesday & Thursday, March 27<sup>th</sup> & 29<sup>th</sup>, 10am-12pm**

**Member: \$30 Non-Member: \$35**

### **SKYPE- See Family and Friends on your Computer**

Interact with your relatives and friends on your computer screen. Learn how to install a web camera and the Skype software for hours of family enjoyment. Check it out! If you own a laptop computer, please bring it to class, If you do not have a web cam, options will be discussed in class.

**Session A: Tuesday & Thursday, April 17<sup>th</sup> & 19<sup>th</sup>, 10am-12pm**

**Member: \$30 Non-Member: \$35**

## Art Classes

### **Digital Camera 101**

Learn the ins and outs of your digital camera in this informative two-day workshop including photography tips & techniques and discover how to take great pictures. Bring your camera, charged batteries & instruction book.

**Session A: Thursdays, January 19<sup>th</sup> & 26<sup>th</sup>, 1:30pm-3:30pm**

**Member: \$35 Non-Member: \$38**



## Art Classes

### Terrific Tablemats-New!

Decorate your table with your photo memories, artwork and garden beauties in practical placemats. Anyone can create these in just a couple of hours. Makes a perfect gift for a friend! Space is limited, sign up soon!

**Session A: Wednesdays, April 11<sup>th</sup>-25<sup>th</sup>,  
11:30am-12:30pm  
Free**

### Basic Beading

Learn the basic techniques: wires, crimping techniques, design theory and learn the basics of jewelry making and then create your very own masterpiece. This class provides a hands-on experience with an opportunity to make a bracelet, earrings or necklace. \$5-\$10 additional kit fee.

**A: Wednesday, January 18th, 1pm-3pm  
Member: \$5 Non-Member: \$7**

### Chocolate and Jewels-New!

Create a piece of jewelry straight from your heart. Make a beautiful piece just in time for Valentine's Day. Join the fun, indulge in some chocolate while designing the perfect piece of jewelry. This is perfect for a gift or a sweet treat for yourself. Additional kit fee \$5.

**Session A: Wednesday, February 8th, 1pm-3pm  
Member: \$5 Non-Member: \$7**



### Jewelry Repair

Do you have a collection of favorite earrings, forgotten necklaces and broken bracelets, their glory days cut short due to missing pieces or worn down parts? Learn how to make basic repairs and revitalize your jewelry and add a little flavor and flair. Learn some simple techniques and tips to mend your cherished pieces of jewelry.

**Session A: Wednesday, April 11th, 1pm-3pm  
Member: \$2 Non-Member: \$4**

### Sumi Painting

Experience the simple pleasure of Asian ink painting. With practice, a few brush strokes evoke images of bamboo, birds, boats, flowers and Mt. Rainier. Beginners are welcome. Call for supply list.

**Session A: Wednesdays, January 18<sup>th</sup>-  
February 22<sup>nd</sup>, 9:30am-11:30am  
Session B: March 14<sup>th</sup>-April 18<sup>th</sup>, 9:30am-  
11:30am  
Member: \$56 Non-Member: \$62**

### Oil Painting for Fun

Beginners to experienced artists will find Carol's class to be a relaxed non-structured classroom environment. All skill levels welcome! Experience the creativity!

**Session A: Mondays, March 26<sup>th</sup>-June  
18<sup>th</sup>, 9:00am-12:00pm  
Session B: Mondays, March 26<sup>th</sup>-June  
18<sup>th</sup>, 12:30pm-3:30pm  
Member: \$56 Non-Member: \$62**

### Woodcarving

This class is dedicated to the art and skill of woodcarving. It will give the beginner carving enthusiast a solid foundation in the art. It will also help you develop the skills to add a personal and creative touch to your projects. Bring your projects, tools and enthusiasm.

**Session A: Fridays, January 13<sup>th</sup>-March 16<sup>th</sup>, 9am-12pm  
Session A: Fridays, March 30<sup>th</sup>-June 1<sup>st</sup>, 9am-12pm  
Member: \$46 Non-Member: \$51**

## Art Classes

### **Principles of Photography**

This course is designed to give the experienced, as well as the beginner photographer additional insight into the art, science and craft of photography. Learn photographic basics including, composition, light, color, electronic flash, filters and lenses.

**Session A: Thursdays, January 12<sup>th</sup>-  
March 15<sup>th</sup>, 9am-11am**

**Session B: Thursdays, March 29<sup>th</sup>-May  
31<sup>st</sup>, 9am-11am**

**Member: \$32 Non-Member: \$35**

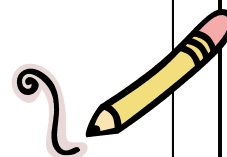
### **Sketching and Colored Pencil Combo**

Have you always wanted to try your hand at drawing? This is your chance to explore sketching. Learn about tones and values, texture and pencil methods. We will use both colored pencils and a sketching pencil. Call for supply list.

**Session A: Thursdays, January 19<sup>th</sup>-February  
23<sup>rd</sup>, 1:30pm-3:30pm**

**Session B: Thursday, March 8<sup>th</sup>-  
April 12<sup>th</sup>, 1:30pm-3:30pm**

**Member: \$28 Non-Member: \$33**



### **Collage with Asian Papers Too**

Explore the world of collage. We will play with Asian papers, treasures from the recycling bin and more. Be prepared to cut and paste! Additional material fee: \$8.

**Session A: Thursdays, March 15<sup>th</sup>-April 19<sup>th</sup>, 11:15am-1:15pm**

**Member: \$50 Non-Member: \$55**

### **Knotty Knitters**

Meet, mingle and knit! If you have a passion for knitting, join this group of beginners and seasoned knitters. Drop in and learn the basics or share your talent and techniques. Grab your yarn and be knotty for a day! Beginners welcome! 3<sup>rd</sup> Wednesday of the Month, 1pm.

**Session A: January 18<sup>th</sup>, 1pm-3pm**

**Session B: February 15<sup>th</sup>, 1pm-3pm**

**Session C: March 21<sup>st</sup>, 1pm-3pm**

**Session D: April 18<sup>th</sup>, 1pm-3pm**

**Free**

### **Sassy Scrappers**

Grab your photos and supplies and join your friends for an afternoon of scrapbooking. Expand your horizons, explore new techniques, try something new and meet new friends. Join us the first Thursday of the month from 1pm-3pm. Bring a snack and your creativity!

**Session A: January 5<sup>th</sup>, 1pm-3pm**

**Session B: February 2<sup>nd</sup>, 1pm-3pm**

**Session C: March 1<sup>st</sup>, 1pm-3pm**

**Session D: April 5<sup>th</sup>, 1pm-3pm**

**Free**

## Health & Fitness

### **Drop-in Line Dancing**

Grab your friends and exercise your body & mind by dancing to lively, upbeat music. Line Dancing is a fun way to dance socially without a dance partner. Drop-in for a swingin' good time every Tuesday at 3pm.

**Tuesdays, 3pm**

**Free**



## Health & Fitness

### **Stretch & Strengthen**

Improve your core strength, balance and improve your posture. Class includes warm-up, muscle-specific and abdominal exercises and stretching. Join us for the brand new class!

**Session A: Tuesdays & Thursdays, January 3<sup>rd</sup>-February 9<sup>th</sup>, 10am-10:45am**  
**Session B: Tuesdays & Thursdays, February 21<sup>st</sup>-March 29<sup>th</sup>, 10am-10:45am**  
**Member \$31 Non-Member \$36**

### **Zumba Gold**

Want to jump in the latest fitness trend? Jump on the Zumba Gold bandwagon. It is a combination of Latin dance and low-impact aerobic exercise for older adults with a little cha cha cha. Try it!

**Session A: Tuesdays & Thursdays, January 3<sup>rd</sup>-February 9<sup>th</sup>, 9am-10:00am**  
**Session B: Tuesdays & Thursdays, February 21<sup>st</sup>-March 29<sup>th</sup>, 9am-10:00am**  
**Member \$31 Non-Member \$36**

### **Beginning & Intermediate Ballroom Dance**

Learn basic and advanced steps, techniques and choreography. From Waltz to Swing, Cha Cha to Tango-your instructor will teach you how to identify music and be confident to dance at most social events. Partner suggested, but not required.

**Session A: Mondays, January, 23<sup>rd</sup>-March 5<sup>th</sup>, 4pm-5pm**  
**Session B: Mondays, March 12<sup>th</sup>-April 16<sup>th</sup>, 4pm-5pm**  
**Member \$31 Non-Member \$36**



### **Yoga Stretch Concepts**

Traditional yoga poses with a mix of Tai Chi and Pilates will be taught with alternatives to accommodate mobility issues. Our goal is to create a supportive environment that encourages health benefits and psychological wellness. This class is for beginners and for the more experienced. Yoga mat suggested, but not required.

**Session A: Mondays, January, 23<sup>rd</sup>-March 5<sup>th</sup>, 5:15pm-6:15pm**  
**Session B: Mondays, March 12<sup>th</sup>-April 16<sup>th</sup>, 5:15pm-6:15pm**  
**Member \$26 Non-Member \$29**

### **Fit Happens**

Instructor, Judi Floyd incorporates fun choreography with low-impact aerobics, uses light weights for muscle strength and concentrates on endurance, flexibility, balance and core strength.

**Session A: M/W/F, January 4<sup>th</sup>-February 10<sup>th</sup>, 8am-9am**  
**Session B: M/W/F, February 13<sup>th</sup>-March 23<sup>rd</sup>, 8am-9am**  
**Member \$31 Non-Member \$36**

### **Fitness & Fun**

Enjoy this total body conditioning class that will help strengthen both your cardiovascular and muscular fitness. Balance exercises and stretching help round out this total body workout. Join the fun and meet new friends!

**Session A: M/W/F, January 4<sup>th</sup>-February 10<sup>th</sup>, 9:30am-10:30am**  
**Session B: M/W/F, February 22<sup>nd</sup>-March 30<sup>th</sup>, 9:30am-10:30am**  
**Member \$31 Non-Member \$36**

### **SAIL Class**

#### **(Stay Active & Independent for Life)**

Join us for a fun hour of exercise that includes light aerobics and strength training while focusing on balance, coordination, and falls prevention.

**Session A: M/W/F, January 4<sup>th</sup>-February 10<sup>th</sup>, 10:35am-11:35am**  
**Session B: M/W/F, February 22<sup>nd</sup>-March 30<sup>th</sup>, 10:35am-11:35am**  
**Member \$31 Non-Member \$36**



# JANUARY 2012

SUN	MON	TUE	WED	THU	FRI	SAT
<p>1</p> <p><b>Happy New Year!</b></p> 	<p>2</p> <p><b>Center Closed</b></p>	<p>3</p> <p>Zumba Gold 9am            Cake Day 10am            Stretch &amp; Strengthen 10am            Mah Jongg 1:30pm            Drop-In Line Dance 3pm</p>	<p>4</p> <p>Fit Happens 8am            Blood Pressure Checks 9am-12pm            Fitness &amp; Fun 9:30am            SAIL 10:35 am</p>	<p>5</p> <p>Zumba Gold 9 am            Stretch &amp; Strengthen 10am  <b>Sassy Scrappers 1pm</b></p>	<p>6</p> <p>Fit Happens 8am            Fitness &amp; Fun 9:30am            Computer Lab 10am            SAIL 10:35am            Bridge 11:30am</p>	<p>7</p> 
<p>8</p> 	<p>9</p> <p>Fit Happens 8am            Oil Painting 9am/12:30pm  <b>Creative Writing 101 9:30am</b>            Fitness &amp; Fun 9:30am            SAIL 10:35am            Moonlight Computer Lab 5:30pm</p>	<p>10</p> <p>Footcare 9am            Zumba Gold 9am            Stretch &amp; Strengthen 10am  <b>Men's Coffee Hour 10am</b>            Mah Jongg 1:30pm            Drop-In Line Dance 3pm</p>	<p>11</p> <p>Fit Happens 8am            Fitness &amp; Fun 9:30am  <b>Dessert/Welcome 10am</b>            SAIL 10:35am            Wii Wednesday 11:30am</p>	<p>12</p> <p>Zumba Gold 9am  <b>Principles of Photography 9am</b>            Stretch &amp; Strengthen 10am  <b>Book Club 10:30am</b></p>	<p>13</p> <p>Fit Happens 8am  <b>Woodcarving 9am</b>            Fitness &amp; Fun 9:30am            Computer Lab 10am            SAIL 10:35am            Bridge 11:30am</p>	<p>14</p> 
<p>15</p>	<p>16</p> <p><b>Martin Luther King, Jr.            Day            Center Closed</b></p>	<p>17</p> <p>Footcare 9am            Zumba Gold 9am            Stretch &amp; Strengthen 10am  <b>Men's Coffee Hour 10am</b>            Mah Jongg 1:30pm            Drop-In Line Dance 3pm</p>	<p>18</p> <p>Fit Happens 8am  <b>Sumi Painting 9:30am</b>            Fitness &amp; Fun 9:30am            SAIL 10:35am  <b>AARP 12:30pm</b>  <b>Knotty Knitters 1pm</b>            Basic Beading 1pm</p>	<p>19</p> <p>Zumba Gold 9am            Principles of Photography 9am            Stretch &amp; Strengthen 10am  <b>AARP 12:30pm</b>  <b>Sketch/Color Pencils 1:30pm</b>  <b>Digital Camera 101 1:30pm</b></p>	<p>20</p> <p>Fit Happens 8am            Woodcarving 9am            Fitness &amp; Fun 9:30am            Computer Lab 10am            SAIL 10:35am            Bridge 11:30am</p>	<p>21</p> 
<p>22</p>	<p>23</p> <p>Fit Happens 8am            Oil Painting 9am/12:30pm            Creative Writing 101 9:30am            Fitness &amp; Fun 9:30am  <b>Computer Basics 10am</b>            SAIL 10:35am  <b>Ballroom Dance 4pm</b>  <b>Yoga 5:15pm</b></p>	<p>24</p> <p>Footcare 9am  <b>Trip Registration 9:30am</b>  <b>Winter Wonderland 9:30am</b>  <b>Lunch &amp; Laughs 12pm</b>            Mah Jongg 1:30pm  <b>Drop-In Line Dance 3pm</b></p>	<p>25</p> <p>Fit Happens 8am            Sumi Painting 9:30am            Fitness &amp; Fun 9:30am            SAIL 10:35am  <b>Take Winter by Storm 1pm</b></p>	<p>26</p> <p>Zumba Gold 9am            Principles of Photography 9am            Stretch &amp; Strengthen 10am            Sketch/Color Pencils 1:30pm            Digital Camera 101 1:30pm</p>	<p>27</p> <p>Fit Happens 8am            Woodcarving 9am            Fitness &amp; Fun 9:30am            Computer Lab 10am            SAIL 10:35am            Bridge 11:30am</p>	<p>28</p>
<p>29</p>	<p>30</p> <p>Fit Happens 8am            Oil Painting 9am/12:30pm            Creative Writing 101 9:30am            Fitness &amp; Fun 9:30am            Computer Basics 10am            SAIL 10:35am            Ballroom Dance 4pm            Yoga 5:15pm</p>	<p>31</p> <p>Zumba Gold 9am            Stretch &amp; Strengthen 10am            Mah Jongg 1:30pm  <b>Drop-In Line Dance 3pm</b></p>				

## Lifelong Learning

### Creative Writing Workshop 101

Do you have memoirs, poems, or a story you have always wanted to write? Discover how to express yourself and join this group of writers for the encouragement to get started and to sharpen your writing skills. The class also offers suggestions and evaluation of your writing projects.

**Session A: Mondays, January 9<sup>th</sup>-March 26<sup>th</sup>, 9:30am-11:30am**

**Session B: Mondays, April 9<sup>th</sup>-June 11<sup>th</sup>, 9:30am-11:30am**

**Fee: \$40/Members \$45/Non-members**



### "Take Winter by Storm"

Please join us for a winter weather preparedness presentation brought to you by Pierce County Department of Emergency Management. Learn about the different hazards we face here in Pierce County and how to further prepare yourself through creating an emergency plan that is specific to older adults. Also discover tips on personalizing a 7-day emergency kit tailored to meet your specific needs. RSVP! Free

**Session A: Wednesday, January 25<sup>th</sup>, 1pm**



### Happy Bookers Book Club

Do you love to read? Do you enjoy meeting others who love good books? Escape the everyday, read a great book and make new friends. Happy Bookers meet once a month to discuss the current book from Pierce County libraries' Book Club Collection (both fiction and non-fiction award-winning books). Free! Come join us for a good read!

**Thursday, January 12<sup>th</sup>, 10:30am**

### Card & Board Games

Bridge: Fridays, 11:30am-4:00pm

Mah Jongg: Tuesdays, 1:30pm



Many thanks to all those who donated socks for  
Caring for Kids!

### AARP Driving Class

Drivers who are older than 55 can qualify for a reduction in their auto insurance rates by attending the AARP Driver Safety Program. We are a host site for the AARP Driving Class and offer **one** session every month. Space is limited. You must attend both days on the two-day classes (Class length totals eight hours).

Session A: **Wednesday & Thursday, January 18<sup>th</sup> & 19<sup>th</sup>, 12:30pm-4:30pm**

Session B: **Friday, February 10<sup>th</sup>, 9am-5pm**

Session C: **Thursday & Friday, March 29<sup>th</sup> & 30<sup>th</sup>, 9am-1pm**

Session D: **Mondays, April 16<sup>th</sup> & 23<sup>rd</sup>, 4pm-8pm- Evening Class!**

**Fee: \$12.00 AARP members**

**\$14.00 Non AARP members**

## Special Events

### **Sweets & Treats Girl's Night Out!**

**Valentine's Day isn't only for mates... Join us for Girl's Night Out without dates! This special occasion comes only once a year; we'd love to celebrate it with you! You will have a sweet time. Pink attire preferred! RSVP by Monday, February 6th.**

**Thursday, February 9th, 5pm**

**Members: Free**

**Non-Members: \$300**



### **Lunch & Laughs**

**Tuesday, January 24th, noon**

**"The Kids are Alright":** Annette Bening and Julianne Moore star in this funny, smart and vibrant portrait of a modern American family. Nic (Bening) and Jules (Moore) are your average suburban couple raising their two teens. The kids secretly track down their "donor dad," an unexpected new chapter begins for everyone. Don't forget your lunch.



### **Red Hat Chapter- Ruby & Amethyst Divas**

Welcome to "where there is fun after fifty (and before) for all women". Silliness is the comedy relief of life, so we join **red gloved** hands and go for the gusto together. We share a bond of affection and an enthusiasm for wherever life takes us. Call 798-4090 for more information.

## Special Events



### Hoppy Leap Day

February 29<sup>th</sup> is a very special date so "Leap on over and Celebrate!" Jump on over and join your friends for a hoppin' good time! RSVP and we hop to see you there! Bring a healthy snack to share.

**Wednesday, February 29<sup>th</sup>, 1pm**  
**Member: Free Non-Member: \$3**

### Wii Wednesday is Back!

Have you ever played Wii? This is your opportunity to try it or show you stuff if you're a seasoned player. Join us for bowling and other games. There is sure to be lots of fun. Call for additional days and times! 2nd Wednesday of the month

**Wednesday, January 11<sup>th</sup>, 11:30am**

Session B: Wednesday, February 8<sup>th</sup>, 11:30



**Best wishes to all of our January birthdays this month! Please come help us celebrate Cake Day, Tuesday, January 3rd from 10am-12pm. Please feel free to drop by even if it's not your birthday! Cake donated by the Weatherly Inn.**

Diane Cloquet	1-1	Shirley Cordingly	1-13	Raymond Gardner	1-22
Elizabeth Scheid	1-1	Georgie Douglas	1-13	Frank Groszek	1-22
Monique Bellizzi	1-2	Doris Gilmore-Sherwood	1-13	Jean Lesley Phillips	1-22
Miyako Bowers	1-2	Lyell Harris	1-14	Rebecca Flagler	1-23
Irene Mazer	1-2	Orpha Piserchio	1-16	Lois Halley	1-23
Elizabeth Schuck	1-2	Sarah Woodall	1-16	Lev Kline	1-25
Sally Candiotti	1-3	Richard Dean	1-17	Elisabeth Muth	1-25
Zorbo Diestler	1-3	Sari Miller	1-17	Dolly Shaughnessy	1-26
Julie Sandberg	1-3	Judie Smith	1-17	Jacqueline Van Outryve	1-27
Miyoko Howard	1-4	James Neicheril	1-18	Curtis Hilton	1-28
Linda McFerran	1-5	Gerald Turley	1-19	Doris Hughes	1-29
Marge Kilborn	1-6	Mary Egeland	1-20	Sarah Jones	1-29
Chizuko Cash	1-10	Carmen Yanez	1-20	Mary Meyer	1-30
Jae Hak Yang	1-10	Dorothy Tilton	1-21	Barbara Trimble	1-30
Bud Grey	1-12	Rosemarie Cicero	1-22	Millie England	1-31

## Special Events

# St. Patrick's Day Festival

Friday, March 16<sup>th</sup>, 1pm

Calling all lads and lassies! Where you go, and whatever you do, may the luck of the Irish, be there with you. A four leaf clover will bring luck your way...especially if you join us on St. Patrick's Day. Please RSVP and bring a healthy snack to share!

Member: Free Non-Member \$3.00

### Men's Coffee Hour

Join us at 10:00 am, gather to enjoy the fellowship at the "Men's Coffee Club". Come to the Center and have some great coffee, tasty refreshments and great conversations. Please join us!

**Tuesdays, January  
10th & 17th, 10:00am**



### Dessert of the Month \ Welcome Wednesday

Are you new to the Activity Center? Our Center has a myriad of wonderful classes, events, programs just waiting for you. Learn more about what the Center has to offer, please join us the **2nd Wednesday of the Month (January 11th at 11 am)**. This is a great time to get involved or try something new. Enjoy a great dessert too! Sponsored by Narrows Glen.

## Special Events

### Monday Night Movies

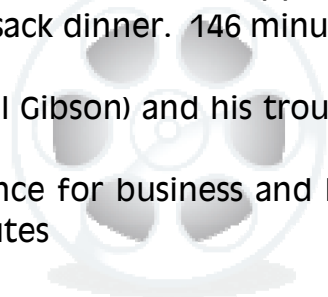
9th: ***The Help*** (2011) Three very different and extraordinary women in Mississippi build an unlikely friendship around a secret writing project. Bring a sack dinner. 146 minutes.

16th: **Center Closed**

23rd: ***Man Without a Face*** (1993) The story of a teacher (Mel Gibson) and his troubled student. Please bring a comfort dish to share. 115 minutes

30th: ***Midnight in Paris*** (2011) A family travels to Paris, France for business and have their lives transformed. Please bring a snack to share. 120 minutes

**Movies start at 5pm**



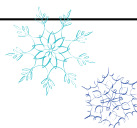
## Trips & Tours

Don't be late for a very important date! Trips and Tours are so popular that we have a special day just for registration. Enjoy refreshments and other surprises. Please plan to arrive early. Trips fill quickly! Winter Trips & Tours will open for walk-in registration Tuesday, January 24th at 9:30 am. **Don't forget to sign up for the "Winter Wonderland"** scheduled at the same time! You may sign up for two trips not including the mystery trip on this date! You may register for yourself and an individual living in the same household only. If you are interested in signing up for additional trips, please check back the following day. *Registration by phone will start Wednesday, January 25th.*

## Winter Wonderland

The days are short and the nights are long. Learn how to make quality meals by following simple, uncomplicated & traditional winter recipes that can be prepared in advance to allow more time to share your creations with friends and family. The best part is the samples. Don't forget to RSVP! Free!

Tuesday, January 24th, 9:30am



### **IKEA Adventure**

Our first stop will be for a no-host breakfast. Next, we will shop til' you drop at the unique IKEA store. IKEA is best known for its cutting edge home furnishings at affordable prices, featuring modern designs with a Scandanavian flair. IKEA sells low-price products, including furniture, accessories, bathrooms and kitchens at retail stores around the world. Take a break from shopping to re-energize at IKEA's Restaurant.

**Wednesday, February 8<sup>th</sup>, 8am**

**Member: \$20      Non-Member \$25**

## Trips & Tours

### Who Let the Dogs Out?

At your request, we will tour the Guide Dog School for the Blind. Attending a graduation ceremony at the school is one of the best ways to really get acquainted with our program. Guests should bring their tissues, because it's always a moving event, commemorating the efforts of our students and their dogs over their past weeks in class. Puppy raisers say goodbye to their graduating dogs, and the graduating class members bid farewell to return to their homes and families with new partners by their sides. No-host lunch.

**Saturday, February 25<sup>th</sup>, 8am**

**Members: \$40      Non-Members: \$45**

### Daniel Smith-the Store for Artists!

This store promotes creativity in the visual arts for artists of every level. There will be a presentation and time to participate in "hands-on" testing of some of the materials. No-host lunch.

**Wednesday, March 7<sup>th</sup>, 9am**

**Member: \$20      Non-member: \$25**

### New Day Northwest

New Day Northwest wants you...to fill their studio audience and have a great time! Join award-winning, Margaret Larsen and various guests; authors, musicians, fitness and health experts, celebrities and sports stars as we celebrate what's great about the Northwest. We'll laugh, cry, learn and eat together. No-host lunch.

**Session A: Thursday, March 22<sup>nd</sup>, 7:45am**

**Member: \$25      Non-Member: \$30**

### Gig Harbor History Museum

The mission of the museum is to create opportunities to experience the history of the Gig Harbor Peninsula by collecting, preserving and sharing this area's history. Additionally, the vision is to be the cornerstone providing a sense of identity for our community. We will enjoy a delicious no-host lunch following the museum.

**Wednesday, April 4<sup>th</sup>, 9am**

**Member: \$20      Non-Member: \$25**

### Mystery Trip

We will visit a diamond (or two) in the rough! Join the fun. No-host lunch.

**Wednesday, April 11<sup>th</sup>, 9am**

**Member: \$40      Non-Member: \$45**

### Breakfast, Museum and Shopping

Start the day off with a delicious (no-host) breakfast at the Black Diamond Bakery and then a stop at the Black Diamond Museum. Next stop is the Factory Stores at North Bend featuring over 50 outlet stores, time to shop til you drop!

**Wednesday, April 25<sup>th</sup>, 9am**

**Member: \$25      Non-member: \$30**



## Lakewood Activity Center

9112 Lakewood Dr SW  
Lakewood, WA 98499  
253-798-4090

Helping to promote good health and strong minds by providing recreational and social activities for older adults.

**Register now for  
Winter Programs!**



## January Dates to Remember



- |  |   |
|--|---|
| 2nd: <b>Center Closed</b>  | 16th: <b>Center Closed</b>  |
| 3rd: Zumba Gold, 9am<br><b>Cake Day, 10am-12pm</b><br>Stretch & Strengthen, 10am<br>Drop-In Line Dance, 3pm          | 17th: <b>Men's Coffee Hour, 10am</b>  |
| 4th: Fit Happens, 8am<br><b>Blood Pressure Checks, 9am-12p</b><br>Fitness & Fun, 9:30am<br>SAIL, 10:35am             | 18th: Sumi Painting, 9:30am<br>AARP, 12:30pm<br><b>Knotty Knitters, 1pm</b><br>Basic Beading, 1pm             |
| 5th: <b>Sassy Scrappers, 1pm</b>   | 19th: AARP, 12:30pm<br>Sketch/Color Pencils, 1:30pm<br>Digital Camera 101. 1:30pm                             |
| 9th: Creative Writing 101, 9:30am  | 23rd: Computer Basics, 10am<br>Ballroom Dance, 4pm<br>Yoga, 5:15pm  |
| 10th: <b>Men's Coffee Hour, 10am</b>   | 24th: <b>Trip Registration, 9:30am</b><br><b>Winter Wonderland, 9:30am</b><br><b>Lunch &amp; Laughs, 12pm</b> |
| 11th: <b>Dessert of the Month, 10am-12pm</b><br><b>Welcome Wednesday, 11am-12pm</b><br><b>Wii Wednesday, 11:30am</b> | 25th: <b>Take Winter by Storm, 1pm</b>  |
| 12th: Principles of Photography, 9am<br><b>Book Club, 10:30am</b>  | 26th: Digital Camera 101, 1:30pm  |
| 13th: Woodcarving, 9am   |   |

**HAPPY NEW YEAR**