



SAVE THE DATES

^ PARTIES

- ^ March 17 - St. Patrick's Day
- *^ May 8 - Tacos & Margaritas
- ^ June 25 - Independence Day
- *^ October 2 - Bratwurst & Beer
- ^ October 30 - Halloween Party
- *^ November 24 - Thanksgiving
- *^ December 22 - Holiday Party



CLOSURES

- February 16 - President's Day
- May 25 - Memorial Day
- July 3 - Independence Day
- September 7 - Labor Day
- November 26 - Thanksgiving
- December 25, 2026 - Christmas

February's Trick

Author Lenore Heltrick

The little buds on the trees awakened, And shook their drowsy heads. The little buds pulled the covers down, And climbed out from their beds.

A soft breeze told them winter had gone Many long miles away, And the little buds were eager to see Their first bright springtime day.

But alas! In half an hour there came A wind so bitter cold! The little buds were terrified For they were just one day old!

They didn't know what in the world to do! Their little noses were red. Each bud with a cry turned swiftly back, And hopped into its bed.

Cont'd on Page 4



^ AARP TAX PREPARATION

Tax Season is Here! It's that time of year again—appointments are now open for free tax preparation service. The IRS-certified AARP volunteers will be on-site every **Friday and Saturday** starting in February. Appointments are required.

Please note that AARP is facing a volunteer shortage this year, which means we have **half as many appointments available** as usual. Slots are filling up fast, so call the senior center today (253) 756-0601 or come by to secure your time!



Observed every February in the U.S. and Canada, **Black History Month** honors

the achievements and heritage of Black Americans. It originated in 1926 as "Negro History Week," founded by historian **Carter G. Woodson** to coincide with the birthdays of Abraham Lincoln and Frederick Douglass.

The celebration expanded to a full month in 1970 and received official U.S. recognition from **President Gerald Ford** in 1976. Today, the observance highlights the struggle for equality and celebrates Black excellence, guided by annual themes like 2025's "African Americans and Labor." This year is a century of Black History Commemorations.

RIDDLE CENTRAL

- 1) What month gets the worst grades?
- 2) How do you put a flower in the friend zone?
- 3) What do you call a bear with no teeth?



^ SAIL CLASS STARTS

A New Year's Gift for Your Health! Many of you have asked about bringing a SAIL class to the center, and we listened! We are thrilled to announce that classes will officially begin this February.

Led by SAIL-certified instructor Lauren Burlison, this fitness program is designed to keep you active and independent. The class will meet every **Thursday afternoon at 1:00 p.m.** Best of all? It is completely **free of charge**—consider it our New Year's gift to you!

^ VALENTINE HEARTS

Get Crafty for Valentine's Day! Come join JJ Rothbart on **Wednesday, February 4**, for a festive morning of crafting. She will be leading a special workshop on making beautiful **sequined Valentine Hearts!** The fun starts at **9:00 a.m.** in the classroom. Whether you're making a gift for someone special or a treat for yourself, you won't want to miss this sparkling event!

CAREGIVER'S RESOURCES

This is a monthly group, meeting on the first Thursday of the month. It starts at 2:00 p.m. You do not need to register for this informational

Cont'd on page 4



The Senior Center Book Club meets the 3rd Thursday to discuss that month's book.

January - Interpreter of Maladies by Jhumpa Lahiri

February - To Kill a Mockingbird By Harper Loe



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 9:00 Hand & Foot Cards (C) 10:00 *Strength & Balance (M) 11:00 *Stretch & Dance (M) 12:00 *Lunch (D) 12:30 Chess (D) 1:30 Ping Pong 2:30 Tai Chi (M)</p>	<p>3 9:00 ^ΔBeg. Drawing (X) 9:30 Pinochle (D) 9:45 Guitar Practice (M) 10:00 Drawing w/John (X) 11:00 *Beginning Line Dance (M) 12:00 *Lunch (D) 12:30 Mahjong (C) 1:00 Sing-along (M) 3:15 Tap Dance 6:30 Martial Arts (M)</p>	<p>4 9:00 Crochet/Knitting Grp (D) 10:00 ^ΔValentine Hearts w/ JJ (C) 10:00 *Strength & Bal. (M) 11:00 Euchre (D) 11:00 *Stretch & Dance (M) 12:00 *Lunch (D) 12:30 Cribbage w/ Norm (C) 12:30 ^{*Δ}Acupuncture (M) 2:45 *Line Dancing (M)</p>	<p>5 ^Δ 9:00 SHIBA 9:00 ^ΔUkulele Class (M) 9:30 Pinochle (D) 10:00 Mexican Train (C) 10:15 ^ΔBeg. Piano (X) 11:00 BP Cks (FD) 12:00 *Lunch (D) 1:00 SAIL Class (M) 1:00 Women's Group (C) 1:00 Caregiver's Resource Group (C) 6:30 Martial Arts (M)</p>	<p>6 9:00 ^ΔAARP Tax Prep. (D) 9:30 Spades (C) 10:00 *Strength & Balance (M) 11:00 *Stretch & Dance (M) 12:00 ^{*Δ}FTJ Lunch (D) 12:00 ^ΔBridge Class (C) 1:00 Spanish w/Carla (M) 2:00 Creative Writing (C) 2:30 Tai Chi (M)</p>
<p>9 9:00 Hand & Foot Cards (C) 10:00 *Strength & Balance (M) 11:00 *Stretch & Dance (M) 12:00 *Lunch (D) 12:30 Chess (D) 1:00 Movie: Gifted Hands (C) 1:30 Ping Pong (M) 2:30 Tai Chi (M)</p>	<p>10 9:00 ^ΔBeginning Drawing (X) 9:30 Pinochle (D) 10:00 Drawing w/John (X) 11:00 *Beginning Line Dance (M) 12:00 *Lunch (D) 12:30 Mahjong (C) 1:00 Bingo (D) 3:15 Tap Dance (M) 6:30 Martial Arts (M)</p>	<p>11 9:00 Crochet/Knitting Grp (D) 10:00 ^ΔChinese Class (C) 10:00 *Strength & Bal. (M) 11:00 Euchre (D) 11:00 *Stretch & Dance (M) 11:00 Premiere Utah & New York Presentation (C) 12:00 *Lunch (D) 12:30 Cribbage w/ Norm (C) 2:45 *Line Dance (M)</p>	<p>12 9:00 ^ΔUkulele Class (M) 9:30 Pinochle (D) 10:00 Mexican Train Dominos (C) 10:15 ^ΔBeg. Piano (X) 11:00 BP Checks (FD) 12:00 *Lunch (D) 1:00 Apple User's Grp (C) 1:00 SAIL Class (M) 1:00 Cozy Crafters (D) 6:30 Martial Arts (M)</p>	<p>13 9:00 ^ΔAARP Tax Prep. (D) 9:30 Spades (C) 10:00 *Strength & Balance (M) 11:00 *Stretch & Dance (M) 12:00 *FTJ Lunch (D) 12:00 ^ΔBridge Class (C) 1:00 Spanish w/Carla (M) 2:00 Creative Writing (C) 2:30 Tai Chi (M)</p>
<p>16 WE WILL BE CLOSED ON PRESIDENTS DAY ***** ***** ***** ***** *****</p>	<p>17 9:00 ^ΔBeginning Drawing (X) 9:30 Pinochle (D) 10:00 Drawing w/John (X) 10:00 Guitar Practice (M) 11:00 *Beginning Line Dance (M) 12:00 *Lunch (D) 12:30 Mahjong (C) 1:00 Sing-along (M) 3:15 Tap Dance (M) 6:30 Martial Arts (M)</p>	<p>18 9:00 Crochet/Knitting Grp (D) 9:45 ^ΔCards to Box w/Liv (D) 10:00 *Strength & Bal. (M) 11:00 ^ΔEnd of Life Planning (C) 11:00 Euchre (D) 11:00 *Stretch & Dance (M) 12:00 Lunch 12:30 Cribbage w/ Norm (C) 12:30 *Acupuncture (M)</p>	<p>19 9:00 ^ΔUkulele Class (M) 9:30 Pinochle (D) 10:00 Mexican Train (M) 10:15 ^ΔBeg. Piano (X) 11:00 BP Checks (FD) 12:00 *Lunch (D) 1:00 Book Club w/Chris (C) 1:00 SAIL Class (M) 6:30 Martial Arts (M)</p>	<p>20 9:00 ^ΔAARP Tax Prep. (D) 9:30 Spades (C) 10:00 *Strength & Balance (M) 11:00 *Stretch & Dance (M) 12:00 ^ΔBridge Class (C) 1:00 ^ΔSpanish w/Carla (D) 2:00 ^ΔCreative Writing (C) 2:30 Tai Chi (M)</p>
				<p>10:00 Sat. ^{*Δ}Italian Class</p>



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>23 9:00 Hand & Foot Cards (C)</p> <p>10:00 *Strength & Balance (M)</p> <p>11:00 *Stretch & Dance (M)</p> <p>12:00 *Lunch (D)</p> <p>12:30 Chess (D)</p> <p>1:00 Sci-Fi Movie Discussion (C)</p> <p>1:30 Ping Pong (M)</p>	<p>24 9:00 ^ Beg. Drawing (X)</p> <p>9:30 Pinochle (D)</p> <p>9:45 Atty. Liz Johnson</p> <p>10:00 Drawing w/John (X)</p> <p>11:00 *Line Dance (M)</p> <p>12:00 Lunch (D)</p> <p>12:30 Mahjong: American & Chinese (C)</p> <p>1:00 Bingo (D)</p> <p>3:15 Tap Dance (M)</p> <p>6:30 Martial Arts (M)</p>	<p>25 9:00 Crochet & Knitting Grp. (D)</p> <p>10:00 *Strength & Bal (M)</p> <p>10:00 Chinese (C)</p> <p>11:00 Euchre (D)</p> <p>11:00 *Stretch & Dance (M)</p> <p>12:00 *Lunch (D)</p> <p>12:30 Cribbage w/Norm (C)</p> <p>3:30 *Line Dance (M)</p>	<p>26 9:00 ^ Ukulele Class (M)</p> <p>9:30 Pinochle (D)</p> <p>10:00 Mexican Train (C)</p> <p>10:15 ^ Beg. Piano (X)</p> <p>11:00 BP Cks (FD)</p> <p>12:00 *Lunch (D)</p> <p>1:00 PC & Android Users Group (C)</p> <p>1:00 SAIL Class (M)</p> <p>1:00 Cozy Crafters (D)</p> <p>6:30 Martial Arts (M)</p> <p>4:00 ^ Prime Time Plates</p>	<p>27 9:00 Δ AARP Tax Prep. (D)</p> <p>9:30 Spades (C)</p> <p>10:00 *Strength & Bal. (M)</p> <p>11:00 *Stretch & Dance (M)</p> <p>12:00 *^ FTJ Lunch (D)</p> <p>12:00 Δ Bridge Class (C)</p> <p>1:00 Spanish (M)</p> <p>2:00 Creative Writing (C)</p> <p>2:30 Tai Chi (M)</p> <p>Δ AARP Tax Prep. (D)</p> <p>10:00 Sat. *^ Italian Class</p>

Monthly Joke

After spending all day watching football, Harry fell asleep in front of the TV and spent the night in the chair. In the morning, his wife woke him up. "Get up, dear," she said. "It's 20 to seven." He awoke with a start. "In whose favor?"



February


- ◆ One of the most misspelled words in the English language.
- ◆ Feb. got its name as a spring-cleaning festival.
- ◆ It's the only month that can pass without having a full moon.
- ◆ Almost 9 million people in the U. in the U.S. buy their dogs gifts or cards for Valentine's Day.
- ◆ It's the month for a lot of causes - Heart Month, Hot Breakfast month, etc.
- ◆ It's the only month that gets longer every four years (Leap Year)
- ◆ The odds of being born on February 29 are one in 1,461.

DAY TRIPS

Pricing is not available yet.

- ◆ April - La Conner Daffodils and Tulips
- ◆ May - Bremerton Naval Museum
- ◆ June - Museum of Flight
- ◆ August - Sequim Lavendar Fields
- ◆ Sept - Mt. Rainier Train

It's almost Valentine's Day and my heart is full. Oh wait... that's my bladder.



Maxine

LEGEND

- * Participation Fee
- ^ Registration Required
- (C) Classroom
- (FD) Front Desk
- (D) Dining Room
- (G) Garden
- (M) Main Room

COST CONTR'D

Line Dancing

- \$20 6-week Wed. series.
- Beg. Line Dance Tues. \$8 mo., or \$2 week Both class fees payable to instructor

Strength & Balance

- \$18 mo., Mon., Wed., & Fri., paid at front desk

Stretch & Dance

- \$18 mo. Mon., Wed., & Fri, paid at front desk.

Yoga w/Hal

Please check if the Yoga class is being held.
\$10 month, Wednesday, paid at front desk.

Acupuncture

- \$20 per treatment Paid to Acupuncturist

Italian

- \$10 mo., pay instructor

MULTIPLE CLASSES

One person taking two classes receives a \$3.00 discount on the second class. Should you take a third class, it will be at regular price and the fourth will be \$3.00 off.


This does not apply to classes paid directly to the instructor.

LUNCH

*Catholic Community Services provides lunch M-Th for a donation of \$3.50 if you are 60+. Under 60 is \$6.00.

FOOD RESCUE

While not listed, the food bank is open from 10:30 a.m. to 12:30 p.m. Monday through Wednesday.



CALL AHEAD

Every effort is made to ensure programming is on time. Occasionally, an instructor may cancel a class. Please call ahead to ensure the class is still scheduled.



Gathering Points

(253) 756-0601

Pt. Defiance~Ruston

Center Highlights

Operated by Franke Tobey Jones

MOVIES

A movie will be shown once a month on the Second Monday from 1:00 - 3:00 p.m. The following movie is scheduled for February:



CUBA GOODING JR.
GIFTED HANDS
THE BEN CARSON STORY



Gifted Hands The Ben Carson Story on February 9, at 1:00 p.m. Stars Cuba Gooding Jr. as Ben Carson.

His mother gave him the courage, his faith helped him believe, his brilliance gave him the power to change lives.

COMMUNITY PROGRAMS

Community Programs are in full swing!

Breakfast Club w/Kate Gray

2nd Saturday of the month.

Meet at the Club House, 10:00a.m.

Prime Time Hop w/ Ron Yaden

3rd Thursday of the month. Meet

at North End on Pearl, 3:30 p.m.

Prime Time Plates w/Chris Johns

4th Thursday of the month. Meet

at Coopers at 4:00 p.m.

INCLUSIVITY

At Pt. Defiance~Ruston Senior Center, operated by Franke Tobey Jones, we strive to maintain an environment where all participants, family members, team members, and our partners, feel welcomed, valued and respected. We believe each person's unique contribution to our collective well-being and that through a blend of diverse ideas, background and experiences, we learn, grow and support one another.

INCLEMENT WEATHER

For the safety of our members, the Senior Center follows the **Tacoma Public Schools** schedule regarding weather closures.

• **Delayed Start:** If Tacoma schools are delayed opening, the Center will open late.

• **Closures:** If Tacoma schools are closed, the Center will be closed.

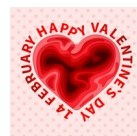
You can check for updates via the [Tacoma Schools website](#), local radio, or the news ticker on any local TV station.

CARDS TO BOXES WITH LIV

Join the very talented **Liv Ginther** for a creative "Cards to Boxes" workshop on **Wednesday, February 18, at 9:45 a.m.** Liv specializes in upcycling everyday items into beautiful works of art. In this hands-on class, she will teach you how to transform recycled cards into decorative boxes. Sign up soon - **space is limited!**

NEED A LEAD VOLUNTEER FOR FOOD LIFELINE!

Thanks to all of the volunteers who diligently work in the Food Lifeline area. You are very appreciated. One of the volunteers who oversees the program, Bobbi Lemer, is retiring from her position, which means we need someone to step in and fill that position. If you are interested in leading the program, talk to Kate or Lesley.



VALENTINE'S DAY

Valentine's Day originated as a blend of the Roman festival Luperalia and the legend of **St. Valentine**, a priest who secretly married soldiers against an imperial ban. In the 14th century, poets like Geoffrey Chaucer reimagined the day as a celebration of romance. This

evolved from handwritten notes in the 1500s to mass-produced lace cards in the mid-1800s, popularized by **Esther Howland**. Today, the holiday is a global tradition of exchanging cards, chocolates, and flowers.

UTAH/NEW YORK CITY PRESENTATION

The Senior Center is offering a trip to Utah's Mighty National Parks in October and a New York Holiday in December of 2026. Liz Bell, a representative of Premier World Travel, will be here on Wednesday, February 11, at 11:00 a.m. to present information and answer all of your questions.

CAREGIVER'S RESOURCE GRP CONT'D. discussion. Bring your questions and curiosity. You might win a prize. Topics include Aging in place, where to find resources, payment options, Veterans' caregiving benefits & more.

Cont'd from Page 1

February's Trick

*You see it was not spring at all!
February was there, And sometimes
February slyly Lays a foxy snare.*

*He had sent this lovely springtime
breeze To hang around and sing.
And make the buds think that it was
The first day of spring.*

*Then when the buds had all come
out, He nipped each
little nose, And sent
the little buds back
to bed, Each one
red as a rose!*



RIDDLE CENTRAL ANSWERS

- 1) F-ebruary.
- 2) You tell it, "You're my best bud."
- 3) A gummy bear!

