

Lakewood Senior 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.

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NOVEMBER 2011

The Scoop

Lakewood Activity Center

Special points of interest:

- Financial Workshop
- Inclement Weather Policy
- Holiday Hustle
- Happy Bookers
- Candy Cane Lane

WORDS FROM ELIZABETH

Time flies by so quickly. It is hard to believe that Halloween is just a few days away and the Holidays are just around the corner. One of my favorite events takes place in November. I love our Volunteer Appreciation Reception. Our Center is so fortunate to have so many talented older adults that dedicate their time and talent. It is a small way that we can thank the individuals by honoring them with an afternoon of food and fun. If you are a volunteer, please watch your

mailbox! You should be receiving a personal invitation in the mail. Volunteers are Souper! Have you checked out the "Happy Bookers?" It is a great time of year to grab a good book and curl up on the couch and read. The Book Club is growing! Kudos go to Carol Nicholson for her dedication to this project. Please call the office for more details. Don't forget to sign up for the "Harvest Brunch Move & Groove." This is your opportunity to join us for a delicious

healthy brunch that will warm your heart and your stomach. You will continue the afternoon with some "Basic Moves" with Sherrie Evenson. Get Ready! Strengthen! Stretch! You will leave feeling refreshed and inspired! Don't forget to RSVP by November 7th. Happy Thanksgiving and don't forget to count your blessings!

Elizabeth



November Dates to Remember

- | | |
|---|---|
| 1st: Cake Day, 10am-12pm
Wondered about Watercolor, 10am | Volunteer Appreciation Reception, 2pm |
| 2nd: Blood Pressure Checks, 9am-12p | 16th: Knotty Knitters, 1pm |
| 3rd: Sassy Scrappers, 1pm
Sketch/Color Pencils, 1:30pm | 17th: Tulalip Tour, 9am
Diabetes Self-Care, 10am
Editing Digital Photos, 10am |
| 7th: AARP, 12:30pm | Holiday Earrings, 1pm |
| 8th: Men's Coffee Hour, 10am
AARP, 12:30pm | 21st: Beyond Computer Basics, 10am |
| 9th: Sumi Painting 9:30am
Dessert of the Month, 10am-12pm
Welcome Wednesday, 11am-12pm
Christmas on the Computer, 1pm | 22nd: Lunch & Laughs, 12pm |
| 10th: Using Medicines Safely, 10am
Book Club, 10:30am
Healthy Harvest Brunch, 11am
Collage w/Asian Papers Too | 24th: Thanksgiving Day-Center Closed |
| 11th: Veteran's Day-Center Closed | 25th: Center Closed |
| 15th: Editing Digital Photos, 10am
Men's Coffee Hour, 10am | 28th: Fitness & Fun, 9:30am
SAIL, 10:30am |
| | 29th: Veteran's AARP, 9am |
| | 30th: Veteran's Memorial Museum, 9am |



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Holiday Hustle

Start the holiday season off with a fitness jam! Have fun with the Center's instructors for a morning with friends, fitness, and lots of fun. Enjoy holiday refreshments following this special exercise class. Please bring a can of food for the local food bank.

Friday, December 2nd, 9am-10:30am
Member: \$3 Non-Member: \$5



CONTACT INFORMATION

Coordinator: Elizabeth Scheid
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Address: 9112 Lakewood Dr SW Lakewood, WA 98499
Email: escheid@cityoflakewood.us
Office Assistant: Debbie Blake
Volunteer Senior Ambassadors: Cheryl Wilpone, Diane Cloquet, Celeste Poechhacker 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 Closures: Veteran's Day: Friday, November 11th. Thanksgiving Holiday: Thursday, November 24th & Friday, November 25th.

SERVICES

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, November 2nd, 9am-12pm

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..

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, November 2nd & 16th, 9am-11am
 (Two dates this month!)**



We have been receiving some new donations with the latest from some of your favorite authors so take a second look and check in the back shelves! You might also try Philippa Gregory in *Romance & Intrigue* for some old fashioned history and intrigue in medieval times, or Nicholas Sparks' newer stories. There is also some fantasy and horror/ghosts/werewolves in with the *Science Fiction*; the *Large Print* books have some good selections, and there are a few new *Westerns*. Happy browsing this Fall....!

SPECIAL EVENTS

CANDY CANE LANE



It's that time of year again..... Be sure to sign up and join us for a lively holiday celebration at Candy Cane Lane, warm up with a steaming cup of hot chocolate, bring a healthy holiday dish to share, meet and mingle with friends and indulge yourself in some holiday cheer! **RSVP!**



Thursday, December 8th, 1pm

Members: Free

Non-Members: \$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, November 8th & 15th, 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 (November 9th at 11 am)**. This is a great time to get involved or try something new. Enjoy a great dessert too! Sponsored by Narrows Glen.

Lunch & Laughs

This month's feature is "Everyday". Ned is a loving husband and devoted father dealing with life's curveballs. He's got a stressed-out wife, an independent teenage son, and an embittered father-in-law who's turning his home upside down. Ned's job writing a scandalous TV series for a demanding boss is unfulfilling, and late night rewrites with a sexy co-worker might just push him over the deep end. Bring your lunch and come laugh with us!

Tuesday, November 22nd, 12pm

TRIPS & TOURS

Veterans Memorial Museum

This museum features a 9,000 square feet main gallery with 85 display cases and hundreds of incredible displays honoring our veterans. The mission of the Museum is to honor, and perpetuate the memory of the service men and women who have served in our nation's armed forces down through the history of our country during peacetime or war. No-host lunch.

Wednesday, November 30th, 9am

Member: \$25

Non-Member: \$30

SPECIAL EVENTS

**Healthy Harvest Brunch
Move & Groove**
Thursday, November 10th, 11am
RSVP by November 7th
Members: Free Non-Members: \$4.00



Join us for a delicious healthy brunch that will warm your heart and your stomach. Continue the afternoon with some "Basic Moves". Get Ready! Strengthen! Stretch! Sherrie Evenson is a clinical exercise physiologist with 30 years of experience with older adults. She will provide fresh perspectives and up-to-date information on the power of moving. Following will be the opportunity to Move & Groove, exploring "Basic Moves" that will leave you feeling refreshed and inspired!

November Movies

Movies start at 5pm

- 7th:** *Philadelphia* (1993) After being fired from his conservative law firm, a lawyer with AIDS (Tom Hanks) sues to defend his reputation. We will enjoy popcorn with this movie. 125 min.
- 14th:** *The Conspirator* (2011) The true story of a war hero who defends a mother accused of aiding in Lincoln's assassination. Please bring a comfort dish to share. 122 min.
- 21st:** *Grumpy Old Men* (1993) Two grumpy old men (Walter Matthau & Jack Lemon) fight over a beautiful woman (Ann-Margret). Please bring a holiday treat to share. 103 min.
- 28th:** *Crazy Stupid Love* (2011) A man (Steve Carrell) finds his perfect world collapses when his wife leaves him and he finds himself in the dating world again. Bring a sack dinner. 118 min.

November Birthdays

Rudy Horst	11-1	Joan Pappas	11-15
Jackie Loyer	11-1	Ruth Crouch	11-16
Young Harker	11-1	Horace Gamas	11-16
Mary Lyle	11-2	Thomas Harker	11-17
Carolynn Howard	11-3	Stan Lee	11-17
Marianne Sickels	11-4	Ginger Mason	11-17
Rick Deaustria	11-5	Tsuruko Burke	11-21
Mario Irigon	11-5	Gracie McGrue	11-21
Kay Song	11-5	Moira Eicholtz	11-24
Richard Bednarczyk	11-9	Tracy Berryman	11-25
Jack Quinn	11-9	Adelheid Lynch	11-25
Gloria White	11-10	Shirley Robbins	11-27
Beverly Wolfers	11-10	Maureen Arnold	11-28
Jan Politeo	11-11	Esther Henderson	11-28
Johanna Johnston	11-12	Peggy Jackson	11-28
Anna Sumner	11-12	Bob Cronauer	11-29
David Nicholson	11-14	Gerry McCaskie	11-30
John Castillo	11-13		

Best wishes to all of our November birthdays this month! Please come help us celebrate Cake Day, Tuesday, November 1st from 10am-12pm. Please feel free to drop by even if it's not your birthday! Cake donated by the Weatherly Inn.

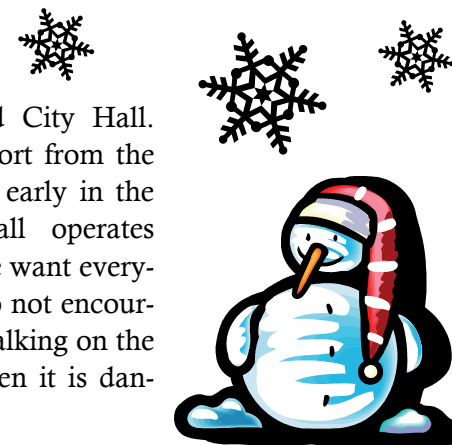
**Tuesday, November 1st
10am-12pm**

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!



Volunteers are Souper!



Thank you to all of our wonderful volunteers this month: Diane Cloquet, Marge Gemmell, Donna Hoffman, Carolynn Howard, Greg Koch, Laura Ledet, Betty Loring, Karrie Monohon, Carol Nicholson, Celeste Poehhacker, Dorothy Porter, Jan Rich, Dolly Shaughnessy, Joan Smith, Linda Wallace, Cheryl Wilpone and Lora Wiltfong. You make a difference!



Please help! Cheryl Wilpone works so hard on our birthday club and we are in need of more birthday cards (new) or blank note cards. We have plenty of Christmas cards and we *not* able to use religious cards. Any donations would be helpful. Thank you!

COMPUTER CLASSES

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, December 6th & 8th, 10am-12pm
Member: \$30 Non-Member: \$35

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, November 21st-December 12th, 10:00am-12:00pm
Member: \$40 Non-Member: \$45

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.

Fridays, 10 am-12 pm, Free

Moonlight Computer Lab

Are you working on a computer project or just want to ask some computer related questions? Stop by the 2nd Monday of the month. The computers are up and running and talented members of TAPCUG (Tacoma Area PC Users Group) are here to share their talent and wisdom. Monday, 5:30pm, November 14th 5:30pm, Free

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, November 15th & 17th, 10am-12:30pm

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

LIFELONG LEARNING

Diabetes Self-Care Skills

The Diabetes Association of Pierce County will present information on carbohydrate counting, reading food labels, nutrition, blood glucose monitoring, physical activity, treatment of high and low blood sugars, sick day care and how good control helps. New topic each month.

Session C: Tuesday, Nov. 17, 10am

Cost: Free

Happy Bookers Book Club

Do you love to read? Do you enjoy meeting others who love a great book? Escape the everyday, read a great book and make new friends. Happy Bookers meet once a month to discuss the current book featured in the Pierce county libraries' Book Club Collection (both fiction and non-fiction award-winning books).

Session C: Thursday, Nov. 10, 10:30am

"Crescent" by Diana Abu-Jaber

Session D: Thursday, Dec. 8, 10:30am

"Hotel on the Corner of Bitter & Sweet" by Jamie Ford

Cost: Free



ART CLASSES

Holiday Earrings-New!

Join the merrymaking and fun and learn to make a festive pair of earrings just right for the holidays. This is perfect for a gift or treat for yourself. Additional kit fee \$5.

Session A: Thursday, November 17th, 1pm-3pm

Member: \$5 Non-Member: \$7

Jewelry Repair-New!

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: Tuesday, December 6th, 1pm-3pm

Member: \$2 Non-Member: \$4

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, December 5th– March 19th, 9:00am-12:00pm

Session B: Mondays, December 5th-March 19th, 12:30pm-3:30pm

Member: \$56 Non-Member: \$62

Sassy Scrappers

Are your photos sitting in a box or still in your camera? Now is the time to 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 Pat Harris the first Thursday of the month from 1pm-3pm. Bring a snack and your creativity!

Session B: November 3rd, 1pm-3pm

FREE!

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 B: Thursday, November 3rd-December 15th, 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, November 10th-December 22nd, 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! 3rd Wednesday of the Month, 1pm.

Session B: Wednesday, November, 16th, 1pm

FREE!

HEALTH & FITNESS

Fit Happens

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 C: M/W/F, December 5th-December 30th, 8am-9am (mini-session)

Members: \$22 Non-Members: \$26

Stretch & Strengthen

Improve your core strength, balance and improve your posture. Class includes warm-up, muscle-specific and abdominal exercises and stretching.

Session C: Tuesdays & Thursdays, December 6th—29th, 10am-10:45am (mini-session)

Members: \$20 Non-Members: \$23

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.

Session C: Tuesdays & Thursdays, December 6th-29th, 9am-10am (mini-session)

Members: \$20 Non-Members: \$23

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 C: Mondays, December 5th-December 19th, 4pm-5pm (mini-session)

Members: \$16 Non-Members: \$20

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 C: Mondays, December 5th-December 19th, 5:15pm-6:15pm (mini-session)

Members: \$14 Non-Members: \$19

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 C: M/W/F, November 28th-December 30th, 10:35am-11:35am (mini-session)

Members: \$26 Non-Members: \$30

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 C: M/W/F, November 28th-December 30th, 9:30am-10:30am (mini-session)

Members: \$26 Non-Members: \$30

LIFELONG LEARNING

Card & Board Games

Calling all card and board game enthusiasts. We have a great bunch of people who would be happy to have you join them.

Session A: Bridge: Fridays, 11:30am-4pm

Session B: Mah Jongg: Tuesdays, 1:30 pm

Cost: Free

AARP Driving Class

Drivers who are older than 55 can qualify for a reduction in auto insurance rates by attending the AARP Driver Safety Program. We are a host site for the AARP Driving class and offer **one** per month. RSVP, space is limited. You must attend both days for the two-day classes. (Class length totals 8 hours.)

Session D: Tuesday & Wednesday, Dec. 13 & 14, 9am-1pm

Cost: AARP Member: \$12 / Non-AARP Member: \$14

Special AARP Driving Session for Veteran's & Spouses Only!

Tuesday, November 29th, 9am-5pm

Free for Veteran's & Spouses in recognition for their dedication & service. Must provide valid military ID. RSVP. Space limited, first-come, first-served.

Words of Wisdom-Caregiving Series

Please join us for this series of presentations hosted by HeartWarming Care.

RSVP!

Using Medicines Safely—Over and Under the Counter

People aged 65 and older buy more than 25 percent of all prescription medicines and 30 percent of all over-the-counter medications sold in this country. Older people are also more likely than younger people to have long-term illnesses such as arthritis, diabetes, high blood pressure and heart disease that require taking medications on a regular basis. Learn strategies for safe use of medications.

Session A: Thursday, Nov. 10, 10am

Cost: Free

Advance Directives—Say it Before It's Too Late

Learn how Advance Directives can make it easier for family and friends to make medical decisions when the person who is ill can no longer do so. The forms also help the doctor recommend treatments that match the person's wishes.

Session A: Thursday, Dec. 1, 10am

Cost: Free

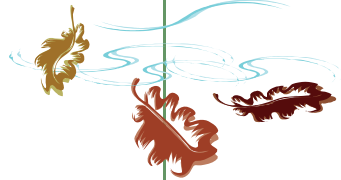

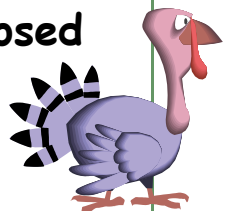
Memory Challenges—Use It or Lose It

Learn how memory problems can be due to many conditions besides Alzheimer's Disease.

Session A: Thursday, Dec. 15, 10am

Cost: Free

November 2011

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Zumba Gold 9am Cake Day 10am Stretch & Strengthen 10am Wondered About Watercolor 10am Mah Jongg 1:30pm	2 Fit Happens 8am Blood Pressure Checks 9am-12pm Fitness & Fun 9:30am SAIL 10:35 am Mixed Media 11:45am	3 Principles of Photography 9am Zumba Gold 9 am Stretch & Strengthen 10am Sassy Scrappers 1pm Sketch/Color Pencils 1:30pm	4 Fit Happens 8am Woodcarving 9am Fitness & Fun 9:30am Computer Lab 10am SAIL 10:35am Bridge 11:30am	5
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27	28 Fit Happens 8am Oil Painting 9am/12:30pm Fitness & Fun 9:30am Creative Writing 101 9:30am Beyond Computer Basics 10am SAIL 10:35am Ballroom Dance 4pm Yoga 5:15pm	29 Footcare 9am Zumba Gold 9am Veterans' AARP 9am Stretch & Strengthen 10am Mah Jongg 1:30pm	30 Fit Happens 8am Veteran's Memorial Museum 9am Sumi Painting 9:30am Fitness & Fun 9:30am SAIL 10:35am Mixed Media 11:45am			