

Federal Way Senior Center



Newsletter

Volume 36, Issue 2

April—June 2010

Executive Director's Report

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Adult Day Care Coordinator

Virginia Marquart

(253) 838-3604

(253) 927-9031

www.federalwayseniorcenter.org

If you've been to the Center recently you've seen signs of spring everywhere. From our walking and hiking groups gathering to take on a new trail in the brisk weather, to the grand opening of the Treasure Chest in its new location, to the renewed activity in the Community Garden as we prepare for a new planting season—there's something to interest everyone here at the Center.

As most of you know, the leadership of your Center has also been busy with our Board's long-term plan for the Center, the *Intentional Community and Network for seniors* (ICAN) project, which calls for significantly expanded and improved facilities for our Center as well as a cluster of affordable senior housing units on site. At this writing we are half-way through a professional Feasibility Study for this project. Our consulting architects and development experts have been very responsive to the unique aspects of our Center and our community's values infuse all aspects of the plan.

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Rusty's Corner

Ways to help the Senior Center during these difficult times.

As most of you know, King County eliminated almost all funding for Health and Human Services last July. Because of this the Center lost about one third of its funding. So like everyone this is a tight time financially for the Center. Here are some things you can do to help.

Volunteer time to help with fund raisers: I could use several people who could work with me on the summer fund raisers.

We are planning our Spring Women's Tea on May 15th. We still need a few more Table Hosts. A Table Host has two responsibilities. They are responsible for decorating their tables and inviting 5 friends to join them at their table. If you could join us in this, it would make a huge difference for the Center.

Watch for our raffles. Every month we plan on

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Thur, April 15th

Board Election

Upcoming Computer Classes



We have a computer lab set up for training here at the Center and have several different classes starting up. We need at least six students to hold a class. Classes are 2 hours and 2 to 8 sessions in length, taught during the work week.

You may visit the lab any Friday from 1pm to 3pm if you want more information. Or use a computer for 1\$/hour by calling ahead by Thursday noon for these visits. Contact Larry Malcom to register at 253.839.5418 or email at: registrar@federalwayseniorcenter.org.

Many of you have participated in several community-wide discussions regarding this project in the past, as well as the focus group session and survey we conducted since January. The Board and its consultants have listened carefully to your feedback and incorporated many of your suggestions into the evolving plans. We are nearing the point where we will have a plan of sufficient scope and detail so that the Board can make a considered and responsible decision as to whether or not to proceed.

In April we will hold an additional Center community meeting (as well as another meeting for the neighborhood) so that our professional development team can present the ICAN plan in detail and solicit your feedback. Please stay tuned for announcements about this meeting and be sure to attend. Your Board is working hard to create a future for the Center that is responsive to our mission and also is financially sound for decades to come. Come join us and be a part of it!

Nathan

Women's Tea
May 15th, Sat, 2-4pm

Rusty's Corner continued from page 1

having a raffle. This month we have a hand-crafted hope chest made by professional wood carvers. It is beautiful with elegant hand carved designs on it. Tickets are \$5 and would make a wonder gift for any one.

Donations to the Food Pantry: It costs us around \$500 dollars a month to run the Food Pantry. If every one gave just one dollar every time they came to the Pantry, it would cover the utility and other expenses it costs to keep it going.

These are just a few of the many ways we need your help to keep going. If you see something around here that needs doing, (once or on a regular basis) come talk to me. We want to be here when you need us; now is a time we need you! Please lend a helping hand.

Volunteer Appreciation Luncheon

Tuesday, April 20th will be our Volunteer Appreciation Lunch. Come join us as we recognize our 65 plus dedicated volunteers. Lunch is free for all of our Volunteers.






Commercial Dishwasher

The Center could use a commercial dishwasher. If you would like to donate, please contact the office or mail a check. The total cost is around \$3500.

May Raffle

We have a beautiful, well-made Hope Chest. It was hand-made and carved by our wood carver club. Check the front desk or office for tickets.

CENTER ACTIVITIES April - June

<p>Weekly Activities Lunch every weekday 11:30-12:30</p> <ul style="list-style-type: none"> ◆ Monday 1-2 Crochet & knitting Classes ◆ Tuesday 9:00 Walking Group Veterans: Free Lunch Day 12:30-3:30 Cards ◆ Wednesday 10:30 Music & Dancing 12:30-1:30 Living Well ◆ Thursday 10:30 Music & Dancing 11:30 Gourmet Thursday 12:30 -3:30Cards ◆ Friday 9:00 Hiking Group 9:30-10:30am Line Dancing Class 10:30-11:30 Band 12:30-3:30 Cards ◆ Friday (2nd & 4th) 10-12 Dancing with Merry Notes Band 	<p style="text-align: center;">.Crafts</p> <p>Beginning crochet &/or knitting classes Mondays from 1pm - 2pm. Bring a size 8 crochet hook/size 9 knitting needles, & a skein of Red Heart yarn, any color. Contact Mary @ FWSC, 253.838.3604</p> <p>Paper Crafting classes are held on the second Monday of the month starting at 12:30pm. The instructor is Judy Dwyer.</p>	<p style="text-align: center;">Get your walk in</p> <p>Join us at 8:45am; on Tuesdays for the walking group and Fridays for the hiking group. Each week is a new adventure with a different destination. This is a great way to get to know other seniors and the surrounding areas.</p>
	<p style="text-align: center;">Card Games</p>  <p>Tuesday, Thursday and Friday, at 12:30pm till 3:30pm. We are looking for people interested in other games as well; maybe even some cribbage players.</p>	<p style="text-align: center;">Line Dancing Class</p> <p>Join us for the line dancing class on Fridays from 9:30am till 10:30am. Have fun and exercise at the same time. When the band starts playing, you can line dance to live music.</p>
	<p style="text-align: center;">Art Classes*** We are in search of art instructors. One instructor left this summer because of health reasons and the other retired just before Christmas. We appreciated their time and effort sharing their talents.</p>	<p style="text-align: center;">Shall we dance?</p>  <p>Join us every second and fourth Friday from 10:30am to 11:30am for dancing.</p>
	<p style="text-align: center;">VETERANS</p>  <p>(Free lunch Tuesday) We love our veterans. So in honor of your service we are serving a free lunch to all vets every Tuesday. Tell us you are a veteran when you sign in for lunch and you get a free ticket. (Except on special event days.)</p>	<p style="text-align: center;">Never Too Old to Rock 'N Roll</p>  <p>4th Fridays from 7pm till 10pm Admission \$3</p> <p>On the 4th Friday of every month we will be having a Sock Hop with 50's music. There will be food, soft drinks and punch. Tell your friends and family. This is going to be the most fun this side of the Mississippi.</p>

Senior Center Holiday Schedule

The Senior Center will be closed for programming and lunches on the following day. The Food Pantry may be open.

Monday May 31 Memorial Day

Paper Crafting Class

Monday, April, May, June 8th at 12:30

Create 2 fun projects using rubberstamps, decorative punches, die cuts and more. All projects will be pre-cut for your convenience and all supplies are included in the \$2 fee.

Chalk Painting Class

Thurs, Apr 22nd, 10-11am

Mary Lou Novak is willing to share what she has recently learned in this technique. There is no charge; Mary Lou will furnish the needed supplies. She does recommend that you bring something to cover your clothing to prevent stains. Come, give it a try!

Board Elections

On April 15th, we will have an election for several Board positions. This will be during our Community meeting being held that morning at 10:30. Be sure to come and vote.

Community Meetings

Keep up with what's happening at the Center. Every month we have a Community Meeting starting at 10:30am where we explain what's new and give you a chance to ask questions. Come join in.

Thur, April 15th

Thur, May 20th

Thur, June 17th

New Gaming System

We will be setting up Bowling tournaments starting in April. We'll have games going from 9am till 11am on Mondays.

You're welcome to check out the Wii System thru the office *for use at the Center other times and play some of the other games like golf, tennis, badminton, basketball, soccer, beach volleyball snowboard.*

So don't sit on your duff, come and play 'Sports' with us.

DAY TRIPS

Puyallup Spring Fair

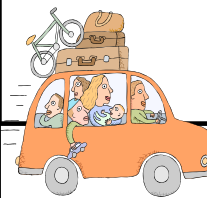
Thursday, April 15th
1:30 – 6:30 pm

Point Defiance Zoo

Thursday, May 27th
9:30 am - 3 pm

Northwest Trek

Thursday, June 24th
9 am – 3 pm



Casino Trips

Join us for great fun and food at one of the local casinos that we visit the first Monday of each month.

April 5th

Snoqualmie Casino—Snoqualmie

May 3rd

Red Wind Casino—Lacey

June 7th

Lucky Eagle Casino— Rochester

Medical Equipment Bank

We have mentioned before in our newsletter about having medical equipment to loan out (or that you can give us to loan out). Some of the things we have/or are willing to add to our 'Bank', include: Crutches, walkers, wheel chairs, raised toilet seats, shower chairs/benches, electric scooters, hospital beds, etc.

Please check in with the office for info about donating or borrowing (there is a sign-out sheet and some of the more expensive items require a deposit).

Major Donations

Kiwanis \$600

4 Culture \$3750

Boeing \$288.42

Les Akers \$300



Your Federal Way Senior Center WANTS YOU!

Looking for a great way to connect and provide a valuable service? The FWSC needs you as a:

Van Drivers for Casino & Day Trips

Van Maintenance Person

Able to do oil changes &

Take vans in for repairs or tune-ups

Computer Knowledgeable Person

For data entry & special projects

Raffle Manager

To promote tickets sales

Volunteer Spotlight



Elsie McKinney

Elsie has been a member of the Senior Center for two years. She had just moved to the area and found a 'home' here. Right away Elsie started helping with little things. Since then she has become an integral part of our Center. Elsie is the type of volunteer who jumps in anywhere we need help.

Elsie is the face you usually see at the Treasure Chest. She works with all aspects of the Treasure Chest from inventory to sales. The store is open Monday, Wednesday, & Friday from 8:30am - 11:15am. Come in and meet Elsie during the Grand Opening of the Treasure Chest the week of April 12th. I am sure you will leave feeling happier than when you walked in.

The *Treasure Chest* is now open. The hours are the same as the Food Pantry; which are: Monday, Wednesday and Friday from 8:30 -11:15 am. Come often as things change from week to week.

Grand Opening Sale

April 12- 16

We also appreciate donations of your gently used
Items.



FEDERAL WAY SENIOR CENTER

**4016 South 352nd Street.
AUBURN, WA. 98001**

Serving South King County

**(253) 838-3604
(253) 927-9031 (from Tacoma)
FAX: (253)838-4552
TTY 1-800-833-6388**

WE'RE ON THE WEB

www.federalwayseniorcenter.org

F U N D A T E S

Snoqualmie Casino-Snoqualmie

Mon, Apr 5th, 9am

Paper Crafting Class

Mon, Apr 12th, 12:30pm

Treasure Chest Grand Opening

Apr 12th,14th,16th, 8:30-11:15am

Community Mtg-Board Elections

Thur, Apr 15th, 10:30am

Puyallup Spring Fair

Thur, Apr 15th, 1:30-6:30pm

Volunteer Appreciation

Luncheon

Tue, Apr 20th, 11:30am

Never too Old to Rock'n Roll

Dance

Fri, Apr 23rd, 7-10pm

Red Wind Casino—Lacey

Mon, May 3rd, 9am

Women's Tea

Sat, May 15th, 2-4pm

Point Defiance Zoo

Thur, May 27th, 9:30-3pm

Never too Old to Rock'n Roll

Dance

Fri, May 28rd, 7-10pm

Lucky Eagle Casino—Rochester

Mon, June 7th, 9am

Paper Crafting Class

Mon, Jun 14th, 12:30pm

Northwest Trek

Thur, Jun 24th, 9am-3pm

PLAY * LEARN * SERVE

**It's Never Too Late to
Join the Senior Center**

In spite of cuts in funding from the county, we are keeping our membership dues at \$12 a year. Joining is one of the ways you can help make sure we are able to keep providing our many services.



**Treasure
Chest**

Watch for our Grand Opening Sale in April.

*Women's Tea Saturday,
May 15th from 2 - 4 pm.*

We will be having our first Annual Women's Tea. This will be one of our biggest fundraisers of the year. We have special entertainment planned and a lot of fun stuff. We still need a few table hosts. A table host sets their table and tries to get 5 friends to join them. If interested contact Rusty.