

Federal Way Senior Center



Newsletter

Volume 36, Issue 1

January—March 2010

Executive Director's Report

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January 2010

It is only a few days before Christmas as I write this column, and despite the familiar and joyful sights and sounds of the season here at the Center, I am sad.

I'm sad because recently we all lost a good friend, Board President Les Akers. Les was devoted to the Center, a leader who drew strength from this community and from his commitment to shared service. The very last time I spoke with him, Les was in obvious discomfort, but his main concern was not for himself, but for the Pantry and those whom it serves. Les Akers, you won't be forgotten by your friends here. And I am so touched by the continuing devotion of Les' wife, our dear friend Yoshi, who continues in her friendships and service here. Please give Yoshi a hug when you see her.

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Rusty's Corner

It is hard to believe that I have been here three years. It has been three wonderful years. My life has been changed by the loving people I get to work with every day. Part of what makes my job so fun is that almost every week I hear of one or more people who have seen their lives improve because of the great work all of our volunteers do.

One of the great highlights of the year was our mentoring program. At the end of the school year every one of the students we worked with saw an improvement in their grades. We were also able to provide over 20 boxes of school supplies for those students who could not afford them.

Another highlight was the implementation of our Community Garden. Looking at it this summer it was hard to believe that the previous November it was just string and stakes in the ground. This year we were able to give between five and six thousand pounds of food to low income and shut-in seniors.

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Winter

Upcoming Computer Classes



We have a computer lab set up for training here at the Center and have several different classes starting up in January. 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.

Art of the Mexican Sierra

'Seniors Making Art' is bringing a free 7-week art program starting January 12th and running thru February 23rd teaching yarn painting. The classes will be held on Tuesdays from 12:30pm till 2:30pm. The instructor is Tobias Jean; he was taught by the Huichol Indians in this ancient art. He loves to share the stories and skills they shared with him. Class size is limited to 15.

Participants learn the skill of pressing colorful yarn into wax coated boards to create unique images and designs. Join the fun and express yourself in a way that reflects your personal style. No experience necessary, just a willing heart! Remember, class is limited to 15.

Rusty's Corner continued from page 1

If you were not here for lunch during this harvest time, you missed the freshest salads and vegetables that were served from the garden.

We also provided free food for hundreds of people and more than 35 boxes of toys for *Toys for Tots*. We provide food and bread to the USO to help our soldiers shipping out of McCord Air Force Base.

As important as anything we had fun. If you missed the holiday celebrations, then you missed a lot of fun. We had trips to fun places, a monthly casino trip and our two three-day trips to the ocean. So don't sit at home and watch soap operas, come join us and have some fun and help us make a difference in our community.

Delivery Drivers Wanted

We need one or two people who are willing to take loads of bread to some of the low income senior housing complexes near Federal Way. There are many people in these housing units that have no transportation and can use any kind of food that we can provide.

Kiwanis Spaghetti Feed

Look forward to some terrific comfort food on Saturday, January 23rd, when the Kiwanis come to fix their Spaghetti Dinner for us. Food will be served at 11:30am. A chance to brighten a winter day and share some fun. Look forward to seeing you there.

In Remembrance of Les Akers



On Monday, December 21, 2009, our dear friend, Les Akers passed away.

Les joined the Senior Center 3 years ago and immediately got involved. Les loved working with the Food Pantry; he was there every Saturday and Sunday to unload the trucks and make sure food was available for people who needed it. If something was needed to be done, Les was always available. He drove the van, called Bingo, led raffles and helped in so many other ways.

Not only did Les have a passion for our senior community, but for kids as well. He was influential in the starting of our mentoring program at Lakeland Elementary. Every year he led a school supply drive for the Lakeland school and a toy drive for *Toys For Tots*. This year we were able to donate more than 35 boxes of toys because of his effort.

Les was a good friend to all of us at the Center and will be dearly missed.

In the midst of this poignant loss, though, we have so much to be thankful for at the Center, and I am also joyful! Here's why:

Despite difficult economic times that have affected all of us, the Center thrives. Thanks to our truly heroic volunteers, we are able to continue many of the wonderful things this community does, even in the midst of an unusually thin budget season. And also, thanks to the steadfast support of the Lakeland Community Club, the City of Federal Way and the Cascade Land Conservancy, we now have the resources to precede with the first formal step of the Intentional Community and Network for seniors (ICAN) project.

Many of you will recall that ICAN is a project that has been nearly two years in the making. ICAN calls for a renewed Center facility designed specifically to support our mission and would potentially couple with affordable housing for seniors onsite. This fall your Board selected a developer consultant and architectural firm to conduct a feasibility study during early 2010. The primary objective of this study is to sharpen our understanding of the scope of this redevelopment, and in turn, to deepen its roots in our long-term vision for this community of seniors dedicated to "play, learn and serve" together in the decades to come.

The heart of the four-month feasibility study will be community input, beginning with your Board and extending to all members of the Center as well as the surrounding community. Shortly after the publication of this newsletter you'll receive an invitation to participate in initial planning sessions- mark it on your calendar!

Sadness mixed with joy- that's real life, isn't it? I believe we are going to move into an exciting new year together: building on a tradition of thirty-plus years of community here at the Center, sharing our hopes and memories of loved ones, and creating an environment for seniors that brings out the best in us. May the joyful spirit of this holiday season continue among us throughout the year to come!

Major Donations

South Sound Senior Network

\$400 dollars for baskets for low income seniors

Ideal Electric

\$450 for holiday meals

Federal Way Albertsons

Donated over 80 holiday meals

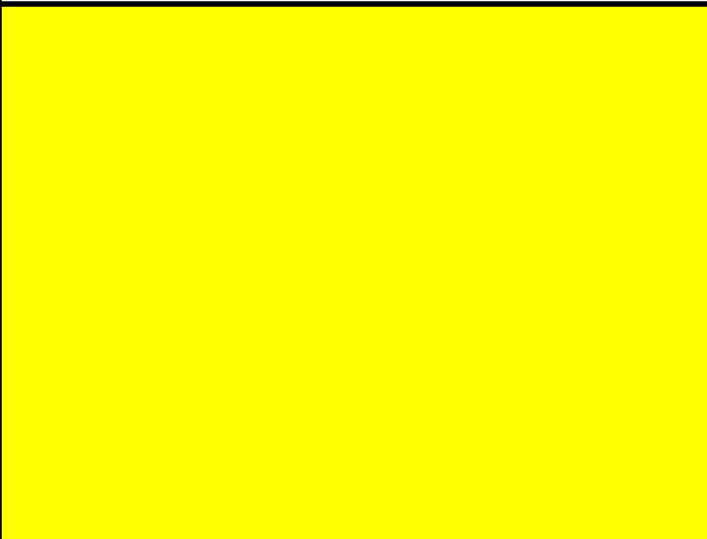
Puget Sound Health Partners

Holiday Gifts for Senior Members

Senior Center Holiday Schedule

The Senior Center will be closed for programming and lunches on the following days. The Food Pantry may be open on some of these days.

Monday	Jan 18	Martin Luther King, Jr
Monday	Feb 15	Washington's Birthday
Monday	May 31	Memorial Day
Monday	July 5	Independence Day
Monday	Sept 6	Labor Day
Monday	Oct 11	Columbus Day
Thursday	Nov 11	Veterans Day
Thursday	Nov 25	Thanksgiving Day
Friday	Dec 24	Christmas Day



How to make this coming year

A year to remember.

Most of you have heard that because of the county budget crisis we are not receiving funding for 2010. While this makes things difficult, it does not mean that this year can not be a better year for the Center than last year. If we all pitch in, this can be the greatest year the Senior Center has ever had. I would like to ask everyone who reads this to ask themselves a very important question, ***“Ask not only what can the Senior Center do for me, but what can I also do to help the Senior Center.”*** Here are some simple things we can all do to make this an even better place than before.

Join in the fun. Do not sit on the side lines and watch, come and join in on the activities. We have walking groups, dance groups, card groups, day trips, casino trips and much more. Take some time and circle things in the newsletter you would like to participate in. Read the table tents to keep up with what is happening over the next two weeks.

- ⇒ Suggest ideas of things you would like to do.
- ⇒ Invite a friend to join you in lunch or one of our many activities
- ⇒ Come to lunch regularly. We have the best food and prices in town.
- ⇒ Join our 60 plus volunteers and do something meaningful for others
- ⇒ Go out of your way to make someone else feel welcome.

There are some things you can do to help us financially as well.

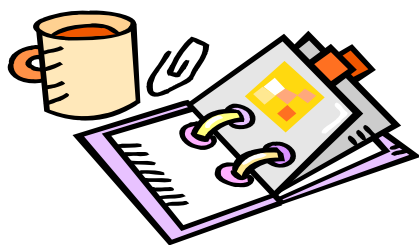
- ⇒ Remember to pay your dues. Our dues are so low that we will not get rich off of them but every little bit helps.
- ⇒ If you have never joined consider joining.
- ⇒ If you use the Food Pantry consider putting in a dollar or two every time you come. It cost us around \$400 dollars just to run the freezers and refrigerators in the Food Pantry. It will also honor the work done by the 20 plus volunteers and 200 plus hours of time committed by them to provide you with food.
- ⇒ Participate in the fundraisers.
- ⇒ Shop at the Treasure Chest Store.
- ⇒ Donate used items to the Treasure Chest Store.

CENTER ACTIVITIES October - December

Weekly Activities

**Lunch every weekday
11:30-12:30**

- ◆ **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 -3:30**Cards**
- ◆ **Friday**
9:00 **Hiking Group**
9:30-10:30am **Line Danc-
ing Class**
10:30-11:30 **Band**
12:30-3:30 **Cards**
- ◆ **Friday (2nd & 4th)**
10-12 **Dancing with Merry
Notes Band**



Shall we dance?

Join us every
Second and
Fourth Friday for dancing.

Line Dancing Class

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.



Card Games

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.

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.



VETERANS

(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.)**

Get your walk in

Join us at 9am, on Tuesdays for the walking group and in the Spring, 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.

Crafts

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

Dances

Our dances are moving from the 2nd and 4th Sundays to the 2nd and 4th Fridays. The dances will be at 10 A.M.

Join us on February 12th for our Valentines dance.

Never too Old to Rock and Roll.

**4th Fridays from 7 PM
until 10 PM**

Admission \$5

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 as well as an old fashion soda fountain. Tell your friends and family. This is going to be the most fun this side of the Mississippi.

Spring Pacific Beach Trip

ALRIGHT!!! Another midweek trip to the ocean packed with fun, friends, love & laughter. Leaving Tuesday, Feb 16th at 9am and returning Thursday, Feb 18th about one. This is our usual 3-day, 2-night trip. There are opportunities for beach walking, hiking, casino playing, dancing, eating, etc. There is a \$30 non-refundable deposit at time of sign-up. Rooms run between 30/35\$ a night for a single bed; suites are 54\$ and houses (sleeping about 8) run 85/90\$ a night.

Remember to dress warm (in layers). Bring cameras as well. Harry Schreiber arranges all this for us each trip, so give him a big 'Thank you, Harry'!

Paper Crafting Class

Monday, February 8th at 12:30

Create 2 fun Valentine projects using rubber-stamps, decorative punches, die cuts and more. All projects will be pre-cut for your convenience and all supplies are included.

Mentoring Update

Mentoring is a wonderful opportunity to make a difference in the life of a child. We still need two mentors to help with the children at Lakeland Elementary.

Community Meetings

Keep up with what's happening at the Center. Every month we have a community meeting where we explain what's new and give you a chance to ask questions. Come join in.

January 21st

February 18th

March 18th

New Gaming System

We have entered the real world and now have a Wii gaming system at the Senior Center. You can now come and play golf, tennis, bowling or other games. You can check out the system at the office *for use at the Center*. We will be setting up tournaments for different sports as well.

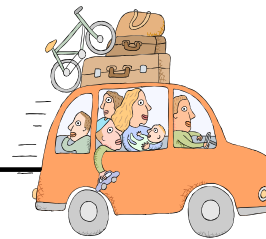
So don't sit on your duff, come and play 'sports' with the rest of us.

DAY TRIPS

Lemay's Car Museum

Sat, March 20th, 10am—1pm

Cost around \$20 dollars, including transportation and admittance.



Casino Trips

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

January 4th

Lucky Eagle Casino—Rochester

February 1st

Tulalip Casino—Marysville

March 1st

Little Creek—Shelton

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).

Walking Club

Scheduled trips for the first quarter. Trips are subject to change so give a call.

1-05 Chehalis Western Trail -Thurston County
1-12 River Front Trail – Puyallup
1-19 Titlow Beach Park – Tacoma
1-26 Lake Wilderness
2-2: BPA Trail from Aqua Center
2-9: Wildwood & Brennon Parks – Puyallup
2-16: Foothills Trail from Orting
2-23 Discovery Park – Seattle
3-02 Point Defiance Park
3-09 Nisqually Nat'l Wildlife Reservation
3-23 St. Edwards State Park
3-30 Soundview Trail

Free Legal Counseling

Knowing your rights and getting all of your paperwork in order is important. Powers of Attorney, end of life planning, estate planning can all be confusing, especially if you don't have someone informed by your side. Ask us the tough questions - we'll either be able to help or refer you to someone who can.

Senior Rights Assistance **1-888-435-3377**

Food Pantry

January begins the area restrictions for the Food Pantry. Participation in the food pantry will be limited to the following areas. You will need to bring in a current power bill or some other type of official communication that shows that you live at the address you have listed with us.

- * 98001 zip code
- * 98023 zip code
- * 98003 zip code

Inside the City Limits of Milton and Edgewood.

The city, county and private granting agencies want us to collect more demographic information than we have collected in the past. Because of this, everyone will have to fill out a new application.

Your Federal Way Senior Center WANTS YOU!



We have need of your time and talent to keep the Center in good running shape. We need:

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



FEDERAL WAY SENIOR CENTER

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Serving South King County

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(253) 927-9031 (from Tacoma)
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TTY 1-800-833-6388**

WE'RE ON THE WEB

www.federalwayseniorcenter.org

F U N D A T E S

Lucky Eagle Casino—Rochester
Mon, Jan 4th, 9am

Art of the Mexican Sierra
7 wk program
Tues, Jan 12th, 12:30/2:30pm

MLK Jr Day—Center Closed
Jan 18th

Kiwanis Spaghetti Feed
Sat, Jan 23rd, 11:30am

Tulalip Casino—Marysville
Mon, Feb 1st, 9am

Paper Crafting Class
Mon, Feb 8th, 12:30pm

Valentine's Day Dance
Fri, Feb 12th, 10am

Washington's Birthday-Closed
Mon, Feb 15th

Pacific Beach Trip-3 days
Tues-Thur, Feb 16th-18th

Little Creek Casino—Shelton
Mon, Mar 1st, 9am

PLAY * LEARN * SERVE

Membership

Renewal Time

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

FWSC Snow Closure Policy

The Senior center is closed for snow when ever the Federal Way Schools are closed for snow. So check the school reports.

Treasure Chest Store



The Treasure Chest Store will open in its new location by the Food Pantry at the end of January. This year we will be adding a combination of both new and used items. You will find that this is the lowest price thrift shop in Washington. Please come in often because our inventory will change weekly.

Watch for our Grand Opening Sale.