

Federal Way Senior Center



Newsletter

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May—June 2009

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Virginia Marquart
(253) 838-3604
(253) 927-9031

www.federalwayseniorcenter.org

Director's Report

One morning not long ago, I was sitting with some of our members at the Center, sipping that first cup of coffee together. A stranger walked in, glancing around expectantly. I introduced myself, and she told me her name and her reason for stopping in. "I live nearby and every time I drive by this place, there is so much more activity and so many people involved here. I've wondered for months what's going on here, and once I saw that garden begin to sprout out front – Well, I absolutely love gardening, so I had to quit wondering about the Senior Center and just come in and see what the fuss was all about!"

Just as easy as that, she was no longer a stranger to her new friends at the Center. Among the many fun and fulfilling activities offered here, she found something that matched her passions—and she also found a new group of friends with whom to share it. The Federal Way Senior Center Community Garden is a shared effort of many local community organizations as well as our senior volunteers. Offering fresh produce for local seniors in need through our Pantry and other venues, the Community Garden is designed to be beautiful as well as productive—if you want to join something special, there's a place for you, too!

Every week seniors discover new ways to get involved here, and our new Garden is only the most recent way to plug in. Take a good look at this newsletter:

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Rusty's Corner

Something new is always happening here at the senior center. We started our casino tour with a bang. In March we went to Little Creek Casino in Shelton and in April we went to Lucky Eagle in Rochester. Everyone was a winner because of the fun they had hanging out with friends. We even had several big money winners including one who won over \$200.

We have a trip planned for each month to a different casino. It is a fun day spent traveling with friends to different places. We are going to casinos in Snoqualmie and Bow Washington in the next two months.

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CENTER ACTIVITIES May/June

<p>Weekly Activities Lunch is served every weekday 11:30-12:30</p> <ul style="list-style-type: none"> ◆ Monday 12:30-1:30 1st, 2nd, 3rd Crafts Club 12:00-2:00 Movies ◆ Tuesday 9:00 Walking Group 11:30-12:30 Veterans: Free Lunch Day 12:30 Fine Arts 12:30-3:30 Cards 3:30-5:00 Mentoring Group see Les Akers ◆ Wednesday 10:30 Music & Dancing 12:00-1:00 Living Well ◆ Thursday 10:30 Music & Dancing 11:30 Gourmet Thursday 12:30 Cards 12:30 Water Color ◆ Friday 9:00 Hiking 10:00 Line Dancing Class 10:30-11:30 Band 12:30 Cards ◆ Sunday (2nd and 4th) 2-4 Dancing with the Merry Notes. 	<p style="text-align: center;">Shall we dance?</p> <p>Join us every Wednesday, Thursday and Friday for music and dancing.</p> <div style="text-align: center;">  </div> <p>On the second and fourth Sundays of every month join us for live music and dancing with the <i>Merry Notes</i>.</p>	<p>Hello, Scrap Bookers!</p> <p>We're looking for archivist/picture and history book persons to salvage thirty years of fascinating memorabilia about the Center. Join the group or lead it. Call Pat between 10:00am & 2:00pm, (253) 838-3604.</p>
		<p style="text-align: center;">Line Dancing Class</p> <p>Have fun and exercise at the same time. Join us for the line dancing class on Fridays at 10:00am. Then at 10:30 the band starts playing and you can line dance to live music.</p>
	<p style="text-align: center;">Crafts Club</p> <p>Calling all crafty people! If you love crafts join the club. Share your craft ideas and learn some new ones. Contact Mary Robinson at 253-661-1721.</p>	<p style="text-align: center;">Veterans (Free lunch Tuesday)</p> <p>We love our veterans. So in honor of your service we are serving a free lunch to all vets every Tuesday (except on special event days). Tell us you are a veteran when you sign in for lunch and you get a free ticket.</p>
	<p style="text-align: center;">Pinochle</p> <p>Tuesday, Thursday and Friday at 12 P.M.</p> <p style="text-align: center;">We are looking for people interested in other card games as well.</p>	<p style="text-align: center;">Casino Tours</p> <p>Once a month for the next six months we will be going to a different casino outside of our area.</p> <p>If you like to gamble and spend time with friends, join us. We will leave at 9 A.M. and return around 5 P.M. Trip prices vary so look for the sign ups.</p>
	<p style="text-align: center;">Memorial Day Lunch Monday, May 25th \$3.50</p> <p>We will have a special Memorial Day Lunch to honor the soldiers who have died serving our country.</p> <p>If you have family or friends that you would like to honor let us know so we can add them to the display we will make for the occasion.</p>	<p style="text-align: center;">Monday, May 11 SNOQUALMIE CASINO</p> <p style="text-align: center;">- o — o -</p> <p style="text-align: center;">Monday, June 8 TULALIP CASINO</p>

Directors report continued from page 1

educational experiences and volunteer opportunities that fill every week at the Center. In fact, if your favorite activity is missing, come tell me about it—you have friends at the Center who are ready to start something new!

As we go to press, our Annual Community Meeting is only a few days away. In addition to an annual report and update on the Board's long-term plans for the Center, a Board election will be held to fill four vacancies. The results will be in by the time you read this—be sure to congratulate all who ran, as well as our newly elected Trustees. This is going to be another exciting year!

Spotlight on Volunteers

Carolyn Stadel



Carolyn has been a volunteer here for over 12 years. She is a jack of all trades for us. There is no job that she will not do. She is one of the drivers for the food pantry, she helps in the office, cleans up any mess she sees, carts stuff around, vacuums the office and is willing to help wherever she is needed. We have seen her cleaning ovens, defrosting freezers and helping in the kitchen. If you see her doing one task close your eyes and when you open them she is likely to already be involved in another task. She is often here 7 days a week involved in something important for the Center.

NEW PANTRY HOURS

Beginning May 1, 2009

Our new hours will be Monday, Wednesday and Friday from 8:30 a.m. till 11:15 a.m.

Due to demand, please respect the following rules.

- Monday is **Members Only** day.
- All patrons will be limited to **one visit per week.**
- **We now have a limited service area.** We will be serving the zip codes: 98001, 98002, 98003, 98023, and addresses in the cities of Milton and Edgewood.
- Thank you for your cooperation.

Continued from Rusty's Corner

Do not forget our day trips either. This month we have trips planned to the Hiram M. Chittenden Locks / Ballard Locks and Carl S. English, Jr. Botanical Garden. We are going to a Tacoma Rainiers in May. In June we have an afternoon trip to the Washington State History Museum.

We will be starting group ballroom dancing classes on Monday evenings as soon as we have enough people interested. If you are interested in learning to dance see me or sign the interest sheet at the front desk. Because they are group lessons the cost will only be \$8.

If you have been to the center lately then you should have noticed a new trailer on the property. This was donated by Lloyd Enterprises and will serve several functions.

It also provides us with more room to expand our Medical equipment bank. This is the place where you can find medical equipment for loan when you need it. If you have medical equipment that you no longer need consider donating it to the center. If you have need of something let us know, we just may have it available for you.

Kiwanis Free Spaghetti Dinner

Saturday June 6th / 11:00 A. M.

Due to scheduling problems we had to cancel the last spaghetti dinner. The new date is June 6th. Entertainment begins at 11:00am.

Medical Equipment Bank

Many of you may not know that we run a medical equipment bank where we loan out basic medical equipment for seniors and others in need.

We are expanding this service. If you have any medical equipment such as crutches, walkers, wheel chairs, raised toilet seats, shower chairs and benches, electric scooters, hospital beds or similar items, you can donate them to the center for loan to those who have need for such items. Some of the more expensive items may have a small rental fee attached.

Art Classes

We have two art classes that meet here at the Center.

Tuesdays 12:30 PM—2 PM
Drawing, sculpting, painting

Thursdays 12:30 PM—2 PM
Water Color

Get your walk on

Join us on Tuesdays for the walking group and Fridays for the hiking group at 9 a.m. Each week is a new adventure with a different destination. This is one of the best ways to get to know other seniors.

Volunteer Appreciation Banquet

On Friday, May 22nd we will be having our Volunteer Appreciation Banquet. Join us from 11 a.m. till 1 p.m. as we recognize our many volunteers for the service they provide us.

Day Trips

Hiram M. Chittenden Locks (Ballard Locks) Carl S. English, Jr., Botanical Garden

Thursday, June 25th 9 A.M. / Cost \$5.00

Join us for a tour of the Locks. This is prime season for the salmon to come up the ladder into Lake Washington. We will leave the Center at 9am and return around 3pm. There are restaurants nearby; many of us will be eating at Totem Fish & Chips.

Tacoma Rainiers Game

Monday May 25th. 10 A. M. / Cost \$14.00

Leave the Center at 10am. Cost includes game tickets. Tacoma is playing Nashville.

TACOMA MUSEUMS TRIP

May 21

Exhibitions include these and more:

- Women's Votes, Women's Voices.
- Nurses: A Century of Caring
- Folk Art Traditions of Washington.
- Circus Posters from the "good old days"
- Washington: Then & Now by Paul Dorpat
- More museums in the area

Free Thursday - \$5.00 transport - food on your own

Federal Way Senior Center Establishes Honey Bees in its Community Garden

On Saturday, April 11, the Federal Way Senior Center installed two hives of 60,000 honey bees and two queens as part of the new 10,000 square foot Community Garden. The Center is establishing the Community Garden as an ambitious and carefully conceived Center initiative, intended to serve the community and designed and cultivated to Master Gardener specifications.

Mike Stanley, the Master Gardener who developed the plan for the garden and continues to oversee its operation, donned bee-handling garb so that he could safely work with two packages holding 30,000 bees each. Onlookers stood several paces away as Stanley gently shook the containers in order to transfer the bees into their respective hives. Each of the packages comes with a queen; she is installed in the hive as well, but is within her own small container to separate her from the other bees in the hive. Once they become accustomed to her scent, she will be released into the hive.

Along with being a welcome addition to the Community Garden, the bees and their hives will offer activities for Center volunteers as they work with elementary students from nearby Lakeland Elementary School. The students and seniors participate in the Center's after-school senior mentoring program, *Roots and Wings*.

Efforts to establish the Federal Way Senior Center Community Garden have pulled together countless volunteers and garnered the generous support of business sponsors, including King County Councilmember Pete von Reichbauer, local area businesses, AmeriCorps volunteers, and senior volunteers. On **Friday, May 1st**, the Center will host its *Meet the Garden* Party to honor volunteers and sponsors and invite the public to tour the Community Garden.

STRESSED OUT?

Learn to handle stress with biofeedback techniques by Dr. Nathan Brown, Ph.D. Call 253.838.3604 for reservations.

Major Donations

This was a great month for outside donations, especially in support of our ne Community Garden.

Walmart donated \$500 for the fountain that is now in our Community Garden as well as 4 beautiful benches.

Lakehaven Utility District gave us \$2000 for a drip water system for our Community Garden.

Federal Way Rotary Club donated \$1000 for the beautiful stone pillars in front of our Community Garden.

Marlene's Market & Deli gave us \$100 for organic pest control for our garden.

AmeriCorps Volunteer Day

We would like to thank the AmeriCorps volunteers for another successful work day here at the center. On March 27th we had 48 AmeriCorps volunteers helping us. The garden is now ready for our May 1st grand opening. This is largely possible because of the many tasks they accomplished for us. They also laid foundation pads for the new building, shoveled over a ton of gravel and dug a trench for the wiring for the new building as well as several other helpful tasks. Again, great thanks to Director Monda Holsinger and her team.

Free Publication on Physical Activity

For the past couple of years, International Council on Active Aging has been part of a National Institute on Aging (NIA) team of experts charged with redeveloping the NIA exercise guide. Now available online and in print, the 2009 version from the NIA titled *Exercise & physical Activity: Your Everyday Guide* is a valuable educational tool. To order this free publication (U.S. only) or to view/download, please visit: <http://www.nia.nih.gov/exercise>.



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

IMPORTANT DATES

**Community Garden
Party**
May 1st

Tacoma Museums Trip
May 21st

**Volunteer Appreciation
Banquet**
May 22nd

Memorial Day Lunch
Also **TAC Rainiers
Game**
May 25th

Ballard Locks
June 25th

Kiwanis Spaghetti Dinner
June 6th

May 20th, Noon / June 17th, Noon

Volunteers Needed

Computer Help

Facilities

Help with online bookstore

**Help managing the medical
equipment bank**

Scrap Bookers

**Help us Raise Money for
Free**

If you use the Internet, then you can help raise funds for the Senior Center. All you have to do is make your home page:

<http://www.goodsearch.com>

Every time you search, money is put in the Senior Center account. I have used it for a month and made over \$5 for the center. Just imagine if all of our members and friends did this; it could mean over \$1500 dollars a month to benefit our Center. Remember to use this site. Thanks, Rusty.

ACCESS FWSC

Get access to ACCESS (Metro) to access us. If you can't walk a block or two comfortably you can likely get a pass to the Access system. We have information packets here at the Center. Don't miss the FUN at Federal Way Senior Center just because you don't drive.