



Federal Way Senior Center



Newsletter

Volume 35, Issue 2

March—April 2009

Director's Report

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- Mary Robinson, VP
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www.federalwayseniorcenter.org

Here's some news you may not have heard: did you know that our membership has tripled over the past 18 months? Did you know that we have over three times the number of daily visits to the Center? Why are so many people getting involved at the Federal Way Senior Center?

Well, it may still be cold , but as we move towards Spring, things are heating up here at the Center. Our motto is "Play, Learn, Serve"-- and our members are a community that welcomes all seniors to join in the fun! Here is a small sample:


Play: We had a great turnout for our twice-yearly Beach Trip to Pacific Beach, and a lot of fun was had by all. Walks on the beach in perfect weather, good food, music and dancing, casino visits, cards and good friends- what could be better? Be sure to join us in the Fall for our next trip!

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Rusty's Corner

Spring is on its way, time for new beginnings. As you look around you will see many new things such as the community garden. This is a good time of year to start new things. This year we are really ramping up our holiday celebrations. If you missed the Mardi Gras celebration you missed some real fun. We are also looking at new programming and bringing back some old. If you have ideas for new programs contact me. Also we are looking at bringing back bingo and we are looking for more card games. If you are interested in either of these contact me.

CENTER ACTIVITIES NOVEMBER / DECEMBER

<p style="text-align: center;">Weekly Activities</p> <p style="text-align: center;">Lunch is served every week-day 11:30-12:30</p> <ul style="list-style-type: none"> ◆ Monday 10:30-11:30 Sock Hop Dancing 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 12:30-1:30 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 live band 	<p style="text-align: center;">Shall we dance?</p> <p>Join us every Wednesday, Thursday and Friday for music and dancing.</p> <p>On the second and fourth Sundays of every month join us for live music and dancing with the <i>Merry</i></p> <div style="text-align: center;">  </div>	<p>FREE SKIN CARE ANALYSIS FOR MEN & WOMEN MARCH 25, WEDNESDAY – 12:15 PM] RSVP – (253)838-3604 OR SIGN UP AT THEFRONT DESK. AROLYN CARNINO, COUNSELOR</p>
	<p>Crafts Club</p> <p>Calling all crafty people! If you love crafts then join the club. Share your craft ideas and learn some new ones. Contact Mary Robinson.</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. Then at 10:30 the band starts playing and you can line dance to live music.</p>
	<p>Pinichole</p> <p>Tuesday, Thursday and Friday at 12 P.M.</p> <p>We are looking for people interested in other card games as well.</p>	<p>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. 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>St Patrick's Day Lunch</p> <p>Tuesday March 17</p> <p>Traditional Corned Beef Meal</p> <p style="text-align: center;">\$3:50</p> <p>Join us for a roaring good time. I am trying to locate some Irish entertainment.</p> <p>Be prepared for fun and laughs as the "Green Man" makes an appearance.</p> <p>So put on your green and help us celebrate.</p>	<p style="text-align: center;">Casino Tour</p> <p>Once a month for the next 6 months we will be going to a different casino outside of our area.</p> <p>If you like to gamble and spend times with friends then join us. We will leave at 9 A.M. and return around 5 P.M. Trip prices depend on the distance so look for the sign ups</p> <p>Little Creek Casino in Shelton Mon. March 16 Senior Day \$1 Keno credit with \$5 Keno ticket purchase \$5 slot play with a \$10 buy-in \$3 Food Offer.</p> <p>Lucky Eagle in Rochester Monday April 13 Senior Mondays 4.95 all you can eat lunch buffet \$5 free slot or match play, gift shop discounts and more!</p>

Learn: Our Center offers many opportunities to learn. Did you know we offer low-cost computer training, geared especially for seniors? Or that we have a weekly Wednesday meeting called “Living Well” where you can learn and share about vital issues affecting seniors from money management to coping with stress?

Serve: Throughout the Spring we are holding a series of workdays at the Center: improving the Community Pantry, repairing, cleaning and painting our facility, and preparing the Community Garden for its grand opening in May. These workdays are a great chance to get some exercise, make some new friends and get involved. Look for details elsewhere in this newsletter.

The future: The Center’s Board of Trustees is actively planning for the future, and our ICAN project, which calls for a significant redesign of the Center is picking up speed. This Spring we are commissioning a Feasibility Study to explore the scope of this project, and I anticipate we will have a fairly clear plan to present to our membership by mid-year. Stay tuned!

I’ve only given you a taste of the many activities available to you here at the Center. This newsletter is packed with them, so take a few minutes to find something you’d like to get involved in.

I’ll see you at the Center!

Spotlight on Volunteers

Char Van Sickle

In life there are some things that you just take for granted. Here at the Senior Center that is Char. Every day for several years Char has been the one who greets everyone who comes through our front doors. Char has been so committed to her job you would think that she is married to the front desk. She is at her job, rain or shine, in sickness and in health and for better or worse she is there greeting everyone who comes in. There have been many changes in the last two years and many of them affect what she has to do at the desk. Char has grown with all of the changes and has continued to be one of our most faithful volunteers.

Thanks Char.

Center seeks support from 4Culture to fund art project for Community Pantry facility

The Federal Way Senior Center is working with the arts organization, 4Culture to secure funding for art on the Community Pantry exterior surfaces. 4Culture is a cultural services agency based in King County that facilitates public support of art and other cultural programs.

The Center is applying for a grant through 4Culture’s 2009 Arts Projects for Groups, a program that provides financial support for innovative arts projects. The Center project, “Opportunities to Serve = Experiences of Community,” will transform the exterior surfaces of the food bank into a large palette for artists to create three sequential murals over the course of a year, beginning in August 2009. The Center will request funding to support commissioning the three professional artists.

By installing an accessible and a highly visible art display, the Center’s site will have a distinctive focal point that unifies and celebrates the Center’s many volunteer opportunities, including the Community Garden, the Community Pantry and the Senior Center facility. In addition, the project will be a draw for the King County community as a whole.

As the art is showcased over the year of its display, so too will the Center. We want to make more visible the Center as a community service organization and we want to draw attention to the Center’s plans for the future, specifically the ICAN Project. The art project will provide opportunities for the Center to expand its outreach.

As conceived, this project will engage our senior members in selection of the three artists that will be commissioned to create the murals. 4Culture will be making its decision on grant awards in May. Stay tuned for further developments!

Kawanis Free Spaghetti Dinner

Saturday April 14
1:00 A. M.

Join us for a free spaghetti dinner. Several times a year the Kawanis come and prepare lunch for us. Join us for fun and food starting at 11:00.

Oregon Costal Trip

May 4 - 9
6 days and 5 nights

This trip includes overnight stays in Seaside, Lincoln City, Gold Beach and Eugene Springfield. There will be time to visit historic cities, beaches, visit the seal rocks, the option of taking the famous mail boat tour, dune buggies and casinos.

The cost of the trip is around \$375 not including the price of the mail boat trip or dune buggies. The cost includes 5 nights in a hotel and use of the vans. Meals are your own responsibility.

See Les Akers for more information.

There will be an informational meeting on Wednesday March 25th at 10 AM.

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

Book Club

We are looking for anyone interested in participating in a book club. If you are interested talk to Rusty.

Board Elections

Thursday, April 23 we will be electing a new board. We look forward to your participation in the election. Below are the important dates to remember.

Thursday March 19th, **Community Meeting:** At this meeting we will announce the slate of candidates for the Board to the community. We will also accept nominations from the floor.

Thursday April 9th, **Nominations Close.** There will also be a nominee orientation meeting.

Thursday April 16th, **“Meet the Candidates Lunch”**

Thursday April 23rd, **Community Meeting and Board Election.**

Day Trip

North West Carriage Museum and Willapa Seaport Museum.

Thursday, March 26th 9 A.M.

Cost 10 dollars

These two unique museums are located in Raymond WA. We will stop for lunch in Raymond before the museums open at 12 P.M. This is a very scenic trip and we will take a different route home.

Museum of History and Industry

Tuesday April 2nd. 9 A. M.

Cost \$ 5

“Meet me at the Fair” Exploring the Alaska-Yukon-Pacific Exposition Free Senior Day

Living Well

Thriving in Stressful times

DR Nathan Brown

Join us for helpful insights on how to make the most out of life during the stressful times we live in.

Wed. March 2

Wed. April 6

Federal Way Senior Center Community Garden

Save the date of May 1st (2:00-4:00pm). This will be our first annual Community Garden May Celebration Day. Everyone is invited. There will be a cake and treats.

The Community Garden, located on the Senior Center property, is well on the way to being ready to plant the fruits and vegetables. The 32 dwarf fruit trees were planted last fall along with daffodils and tulips. We will begin planting the spring crops in late March, the warm weather crops in May. Harvesting will begin in June. Produce will be grown, harvested and given away to the seniors in our area who cannot afford to buy it.

The garden is designed to grow everything organically and we will be growing varieties of vegetables that are especially nutritious and good tasting. We will grow over 25 different crops and multiple varieties of many of them.

Members of the Senior Center and the surrounding area are encouraged to come and help us with the growing, tending, harvesting, and distributing the produce from the garden. A special area has been designed with tall raised beds (walkers and wheelchairs can be used) so that everyone, regardless of physical condition can participate.

There will also be a beautiful central sitting area with a fountain, benches and hanging flower baskets in the center of the garden. So the garden will be a great place to come and relax.

For information about how you can get involved in the garden, contact Mike Stanley. His phone is 253-279-6443. His email is Michael_stanley@usa.net.

Skagit Valley Tulips

Thursday, April 23rd

Trip cost \$10

Join us for a fun day seeing the tulips. We will leave here at 9 A.M. We will be having lunch in La Conner.

United Way awards FWSC \$10,000 to upgrade Community Pantry

In mid-February, United Way of King County awarded the Federal Way Senior Center a grant of \$10,000 to complete critical upgrades to the Community Pantry. This money will be used to plumb water to the food bank area, establish the chill room, and upgrade electrical service to the facility.

In December, United Way announced its Emergency Response to Basic Needs grant opportunity, making \$100,000 in emergency funding available to agencies in King County to increase their capacity to meet the needs of the homeless, the homebound and the hungry in our community. United Way received 40 proposals requesting grant funding from agencies throughout King County. In response to the high level of demand, the amount that United Way made available increased from \$100,000 to \$200,000 by the time grant awards were announced last week.

Improvements to the Community Pantry will make it possible for the Center not only to feed more people, but to make available greater supplies of perishable foods, including fruits and vegetables, dairy products and meat. The Community Pantry upgrades will be underway within a few weeks and are slated for completion in April. United Way's award of \$10,000 matched the full amount of the Center's request.

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.

March 3 Soos Creek Trail

March 10 Nisqually National Wildlife

March 17 Brisco Park

March 24 Lake Hills

March 31 Cedar River Trail.



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WE'RE ON THE WEB

www.federalwayseniorcenter.org

<p>Save these Dates</p> <p>St Patrick's Day March 17th</p> <p>Board Election April 23rd.</p> <p>Garden Party May 1rst</p> <p>Museum of History and Industry Tuesday March 2nd. 9 A. M.</p> <p>Skagit Valley Tulips Thursday, April 23rd</p>	<p>Just a reminder: Membership dues were due by January 1st. Dues are \$12 a year.</p>	
<p>Help us Raise Money for Free</p> <p>If you use the Internet then you can help raise funds for the Senior Center. All you have to do is make http://www.goodsearch.com your home page. Every time you search money is put in the Senior Center Account. I have used it for a week and made over 2 dollars for the center. This is not a lot but if all of us use this site for our searches then it adds up to a lot over the year.</p> <p>Rusty</p> <p>Remember the site is</p> <p>http://www.goodsearch.com</p>	<p>Volunteers Needed</p> <p>Newsletter Editor</p> <p>Computer Help</p> <p>Facilities</p>	
<p>Get Your Game On</p> <p>We will be going to 4 · Tacoma Rainiers games this year. They are all day games. The first game is April 23rd. We will also go to games in July, August and September.</p>		