

Federal Way Senior Center



Newsletter

Volume 37, Issue 1

January—March 2011

Executive Director's Report

January 2011

Did you know how the month of January got its name? The first month of the year is named after the Roman god *Janus*, who was the god of doors. Now being in charge of doors sounds like it might be a pretty minor duty for a god- until you remember what a door signifies. A door connects one place to another and symbolizes the change and the new opportunities that come when we move into something different. In fact, Janus had two faces, which was handy because he (or his month) was in effect standing in the doorway between two years, simultaneously gazing back at the past and peering forward into the future that lies on the other side of the threshold.

Do you ever feel like that at the start of a new year? Reflecting upon the year just ended and looking ahead to the possibilities of the year to come?

Continued on p. 2

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- Jeni McCurdy, Secretary
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- Mary Robinson
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Executive Director

Nathan Brown

Manager

Rusty Ford

Adult Day Care

Coordinator

Virginia Marquart

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www.federalwayseniorcenter.org

Rusty's Corner

We just finished the Thanksgiving and Christmas season. Unfortunately I was unable to be here for our Thanksgiving gathering. So I will share with you here what I wanted to share then.

Working at the Senior Center is one of the things that make my life rich. There is so much here for which I am thankful.

I am thankful for all of the people who work hard giving their time to serve others here. We have the greatest people on the planet. I would like to highlight some of them

I am thankful for the people who help in the office. Bernie, Fran and Margaret are here everyday to make sure that everything in the office runs smoothly. We also have Tom who comes in and helps us with our accounting.

I am thankful for all of the people who work with our food pantry. Glen and Janet are here every day to make sure

Continued on p. 2

**2011
Membership
\$12**

This is a good time to reflect on what was meaningful to you during 2010, and what good things you want to fill your life this coming year.

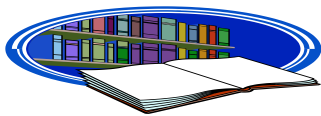
Many of you have heard me speak of a survey conducted of centenarians- seniors who were at least 100 years old. The survey asked "If you had it to do over, what would you change about your life?" The three most frequent answers were:

- I would make more friends
- I would focus less on things that are merely urgent and more about things that are truly important
- I would get more involved in things that will live on after I'm gone

Those thoughts make a good starting point for all of our "Janus reflections." Take some time this month to consider one specific thing you might do this year that could improve your life in one of these areas. Join a hobby group perhaps, or volunteer in a program that needs your help. And remember that the Senior Center is a community that strives to support each other in exactly these three areas. Be sure to share your "Janus reflections" with a friend!

May this brand new year of 2011 unfold into one of the best years of your life, and may it also become a year of deepening friendships and shared service among all those who are drawn into the community of our Center.

Another Hubbard's Book Cupboard



Our online book store is now up and running. We have 6000 books for sale on Amazon.com and other sites. All of these books are in near mint condition. If you would like to shop our bookstore you can do so on the lobby computer. Ask someone in the office and they will help you. Also if you love books and would like to help, come and talk with Rusty or Fran.

the pantry runs smoothly. I wish I could mention everyone by name but there are more than 20 people that work tirelessly to make sure that those who need food have it.

I am thankful that we have Virginia and Sushila, who take great care of the people in our adult day care.

I am thankful for Leslie and Jennie who work so hard at making sure we have the best meals in town.

I am thankful for all of the wonderful volunteers who run our programs from walking and dancing, as well as, games and other activities.

I am thankful for the many people involved in teaching our computer classes and building and fixing computers for our members and the rest of the community.

I am thankful for all the members of our Board of Trustees. Their wise decisions and uncompromised love for the Center constantly blesses us all.

I am thankful for all of the musicians who donate their time and talent to provide us with wonderful entertainment.

I am thankful that we are able to help many low income seniors and people with disabilities through our community garden. The garden has been such a success, that Mike has formed a foundation that is putting community gardens across Federal Way.

I am thankful for all of the people who give donations, whether it is cash or donated items. Because of your generosity we are able to keep our doors open and provide services; such as our medical equipment bank and our free clothing.

Most of all I am thankful for the hundreds of people who walk through our doors and make my life special. I love you all.

Rusty

SENIOR CENTER HOLIDAY

CLOSURES

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

Mon	Jan 17th	Martin Luther King Jr
Mon	Feb 21st	Presidents Day
Mon	May 30th	Memorial Day
Mon	July 4th	Independence Day
Mon	Sept 5th	Labor Day
Mon	Oct 10th	Columbus Day
Thur	Nov 24th	Thanksgiving Day
Fri	Nov 25th	Day after Thanksgiving
Mon	Dec 26th	Day after Christmas

COMPUTER CLASSES — We

have a computer lab set up for training here at the Center and have several different classes available. We offer: Beginning Computer, operating system for—Windows XP, Windows Vista, and Windows 7. Also; Digital Photo Editing, Internet & Email, Intro to Facebook and Microsoft Office 2007. 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.

Contact Larry Malcolm to register at 253.839.5418 or email at: registrar@federalwayseniorcenter.org.

Community Meetings

Keep up with what's happening at the Center. We have a Community Meeting starting at 11am every month. You will have a chance to ask questions. Come join in and share your ideas.

Thursday Jan 20th

Thursday Feb 17th

Thursday Mar 17th

FWSC Bathroom Remodel



In the last newsletter, we mentioned the traditional holiday giving opportunity we have each year at the Center. After looking at the needs we have around the Center, your leadership has decided to use this year's holiday donations to remodel our restrooms. You'll probably agree that the time has come to replace the bathroom floors and some of the fixtures, as well as a few other aesthetic changes. These improvements will make our restrooms more pleasant for all, as well as more accessible for people with disabilities.

The estimated cost of these improvements is approximately \$4,500, and we urge all members and friends of the Center to make a holiday donation for this much-needed project. Your gift will go a long way toward making the Senior Center an even nicer place to visit in the New Year!

DAY TRIPS



Jan 21st, Friday

Eagle Watching - Skagit Valley



Feb 8th >10th, Tues > Thurs

Pacific Beach Trip



Mar 18th, Friday

Town of LaConner

Pacific Beach Trip

Tues > Thur, Feb 8th >10th

We've got our annual three day, two night trip to the beach. Harry Schreiber has worked his charm to get us good room rates: \$35 a night for a room with a king size bed and \$40 for two beds in a room. Suites are \$65 and houses (which sleep about 8) run \$85/90. Transportation cost runs \$15 for the trip.

There are opportunities for beach walking, hiking, dancing, eating, checking out other nearby towns, etc. Remember to dress warmly (in layers), and bring your camera as well. In fact, bring family or friends to share the fun.

In the evening (around 5) we meet together to compare notes of the days happenings and plan for the next. We add a little light refreshment to go along with the conversation too.

Please sign up for the trip in the office with a required \$30 deposit.

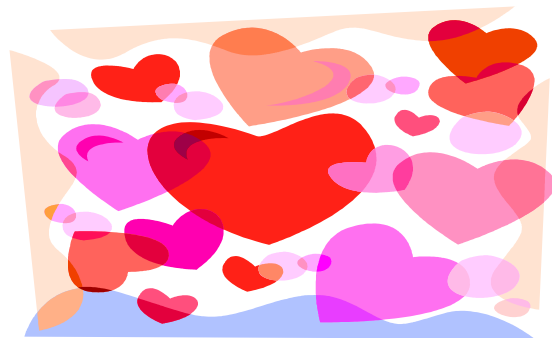


Free Clothing

The first full week of every month the Senior Center has free clothing. You will find clothing items in the side room behind the fireplace; go thru the double doors. You are welcome to come more than once during that week and you do not have to be a member to enjoy this benefit.

Valentines Day Party

Monday Feb. 14 10:30 am till 1Pm



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 3rd

Lucky Dog Casino—near Shelton

February 7th

Qil Ceda Creek Casino—Marysville

March 7th

Lucky Eagle Casino—Rochester

Join us for fun and games and romantic music on Valentine's Day. There will be dancing, pictures and special food. Bring a special someone and join us for the fun.

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**



Senior Rights

Assistance

We now have a Senior Rights Assistance volunteer who will be here once a month. Diana is trained to help with Estate Planning, End of Life Issues, Consumer Protection, Consumer Debt & Bankruptcy, Landlord Tenant, Homeowner Issues, Victims' of Crime Assistance, Social Security, and Grandparents' Rights.

If you need help in any one of these areas, give the office a call and we will set up an appointment.

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.

CARDS



Pinochle —

Tuesday, Thursday and Friday, at 12:30pm till 3:30pm. We have a couple of people interested in playing **Bridge** and we are looking for people interested in other games as well; maybe even some cribbage players.

Get your walk in

Join us at 8:45am; on Tuesdays for the walking group . The hiking group will pick back up in the spring time. 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.

**Federal Way Senior Center
WANTS YOU!**

Looking for a great way to connect and provide a valuable service? Try being a:

Front Desk Hostess

Tour or Day Trip Planner

Van Maintenance Person

Raffle Manager

To promote tickets sales

**ST PATTY'S DAY
MARCH 17TH**



This is one of our favorite days at the Senior Center. Join the "Green Man" for fun and games, special food and, of course, leprechaun beer.



FEDERAL WAY SENIOR CENTER

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Serving South King County

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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

Lucky Dog Casino

Jan 3rd, 9a>4p

Martin Luther King Jr Day

Offices CLOSED

Eagle Watching Day Trip

Jan 20th, 9a>5p

Qil Ceda Creek Casino

7th Feb, 9a>4p

Pacific Beach Trip

Feb 8th—10th,

Valentines' Day

10:30a

President's Day

Offices CLOSED

Lucky Eagle Casino

Mar 7th , 9a>4p

St Patrick's Day

Mar 17th, 10:30a

PLAY * LEARN * SERVE

Lucky Eagle Casino

Mar 7th , 9a>4p

St Patrick's Day

Mar 17th, 10:30a

La Conner Day Trip

Mar 18th, 9a>4p



Eagle Watching

Thurs, Jan 20th, 9 am till 5 pm

Every Year eagles flock to the Skagit river to feed on salmon. This is the largest population of eagles in the United States. We will stop in Concrete for lunch. You are on your own for lunch. Bring your cameras and binoculars.

Membership Comes with Benefits

Dues are important to any membership organization. The Senior Center has the lowest dues of any Senior Center in the area. With those dues come benefits for being a member.

So what do you get with your membership to the Senior Center?

- Discounts on meals
- Discounts on all of our trips and activities.
- Member only day is Mondays for the Food Pantry.
- Members receive a copy of our newsletter

Membership helps to insure that the programs of the Senior Center are funded.