

# Federal Way Senior Center



# Newsletter

Volume 37, Issue 3

July—September 2011

## Director's Report

### Board of Trustees

Chris Brown, President  
Glen Lee, Vice President  
Jeni McCurdy, Secretary  
Bernie Hamling, Treasurer  
Ruth Cole  
Wayne Triplett  
June Secreto

### Executive Director

Steve Sandberg

### Manager

Ruth Cole

### Adult Day Care Coordinator

Virginia Marquart

### Contacts:

**(253) 838-3604**

[www.federalwayseniorcenter.org](http://www.federalwayseniorcenter.org)

The recent resignations of Executive Director Nathan Brown, Manager Rusty Ford, and President of the Board of Trustees Bob Derrigan (as well as our accountant) have left a huge vacuum in the management of the Federal Way Senior Center. Our Board of Trustees has requested I serve as your interim Executive Director and I have agreed to take on the job.

As Executive Director I will be working at the behest of our Board of Trustees and will serve as focal point for the managerial duties which are required to keep our center's doors open. After only a couple of days on the job I have to admit that the task ahead is a formidable one. I will be calling upon some board members and volunteers to help fill the void because the job is simply too great for one volunteer to fill on a part-time basis.

For as long as the Board of Directors desires me to serve in this capacity I pledge to you, fellow seniors, that I will be honest and forthcoming in my personal interactions and will strive for open access to information regarding our Center. With our shared goal of making the Center more vibrant and stimulating, I also request you share your opinions with me, without fear of hurting my feelings or suffering retributions. I will carefully study suggestions or criticisms and will strive for solutions which will benefit all.

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### Upcoming Events

#### Kent Cornucopia Days

Thursday, July 7th

#### Muckleshoot Casino

Monday, July 11

#### Penny Sale

Saturday, August 27th

## Ruth's Nook of Knowledge

Dear members,

As you know we now have a new director, manager, and president of the board. I am sure many of you may have some questions so please feel free to come to anyone of us and get answers.

June 4th we had a very tasty "Pie Social Fundraiser" with live music. If you were there you know it was a lot of fun. If you couldn't make it, you missed out on a good time.

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Continued from Director's Report

My immediate goal is to tread carefully away from the cliff-edge of our financial problems and, hopefully, build a small working reserve. Concurrently, and as resources permit, I want to build on the good things we already have here at our Center and increase membership and diversity. To be real honest, I will be making it all up as I go, so I ask everyone to dig in with me and help make our beloved Federal Way Senior Center a place where everyone can, indeed, **play, learn** and **serve**.

### Post Script

Very soon you will find a suggestion box mounted in the Main Hall and I encourage you to use it if you wish to comment anonymously. I have also opened an email account you may use to contact me with senior-center-related business:

**steve\_fwsc@hotmail.com**

Continued from Ruth's Nook of Knowledge

On August 27th we will be having our "Penny Sale Fundraiser" where you can buy beautiful gifts for a penny. Where can you get a better bargain? Come and bring your friends and we'll all have a great time.

It is wonderful that we have our Food Pantry and hot lunches everyday at the Center but many folks just come in for Pantry and lunch. So spend some time with us and get to know each other and get involved. Give of yourselves for the privileges we have with such a wonderful center. We have card games, music and dancing but we can do more if you come in and give us your suggestions for activities.

We are in need of volunteer drivers for our day trips so if you have the time and enjoy people please see or call me. Remember we Play, Learn and Serve here at the Federal Way Senior Center

## 2nd Annual Lady's Tea

If you missed this year's tea you missed a lot of fun. The tables were breathtaking, the ladies were beautiful all dressed up in their best finery (especially the pretty hats), the food was delicious, and the entertainment was wonderful. "The Connells," a father and two sons, really sang up a storm for us.

This is one of our Center's main fundraisers and our hostesses brought in almost \$1,000. Excellent job ladies.

If you weren't able to participate in this year's tea, start thinking about next year. The hostess of a table is responsible for the table cover, the table settings for six and inviting 5 other ladies to join her at her table for a donation of \$10.00 each.

The sky's the limit in decorating your table. Some go with a theme and some just set their table with their own beautiful china. It is up to you and your imagination so have fun with it. If you wish to help with next year's tea or host a table, please call the office and ask for Ruth Cole.

We want to give a special "Thank You" to Rusty Ford for all his hard work and dedication to this Center and for his assistance in making this year's tea such a success.

The Lady's Tea, which took place on April 21st, was sponsored by our friends at Millridge Place.



# CENTER ACTIVITIES July-September

## 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
- ◆ Thursday  
10:30 Music & Dancing  
12:30 Cards  
12.30 -2 Watercolor Class
- ◆ Friday  
9:00 Hiking  
10:00 Line Dancing Class  
10:30-11:30 Band  
12:30 Cards



### Shall we dance?

Join us before lunch every Wednesday, Thursday and Friday for live music and dancing.

### Line Dancing Class

Have fun and exercise at the same time. Join us for the line dancing class on Fridays at 10am. At 10:30 the band starts playing and you can line dance to live music.

### Card Games

Tuesday, Thursday and Friday at 12 pm for Pinochle. We are looking for people interested in other games as well, such as Bridge and Cribbage.

### Art Classes

We have watercolor classes that meet here on Thursdays 12:30 pm—2 pm

### Veterans

(Free lunch Tuesday)

At the Federal Way Senior Center 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 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.

### Needed

Any driveway mechanics out there? We need a mechanic who can give our excursion van a good tune-up and lube. We also need some one who can wash and detail the van.

### Crafts Bazaar

It is not to early to start getting those craft items ready for our Craft Bazaar. It's going to be on November 5th so get busy.

### Needed

We are in need of the following items for our center:

- \* Large Red Cups ( 20 oz
- \* Napkins
- \* Commercial Dishwasher

If you are able to donate these items it would be wonderful. If you know someone who can help with the dishwasher let us know.

Thank you.

### "PIE SOCIAL FUNDRAISER"

Our most-recent fundraising event took place on Saturday, June 4th . Although we had a small turnout we still had a lot of fun.

Our thanks go out to Gayle Wobser, Donna San Jose, Leslie Veldman, Ruth Cole, and Bobbie Hale for their help in making the social a successful event.

Our efforts netted the Senior Center a total of \$52.70, which was disappointing. Please turn out for these special events and support **your** senior center.

### **Win a Computer**

We are raffling a very-capable HP computer. **Tickets are only \$1 each.** Come into the Center to buy your tickets. The raffle will be held at the Penny Sale on August 27th.

HP Pavilion A80dN

2.2 GHz Processor, 1.5Gb DDR RAM

160 Gb Hard Drive

Windows XP Operating System

DVD ROM and CDRW Drives

### **Community Meetings**

Keep up with everything new at the Center. Every month we have a community meeting when we explain what's new and give you a chance to ask questions. Come join in every **third Friday** of each month. Be in the know!

### ***DAY TRIPS***

#### **July 7th**

Kent Cornucopia Days

Free Admittance

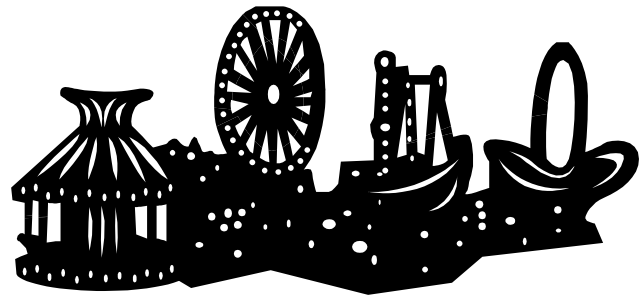
#### **August**

Watch the bulletin board

#### **September 9th**

Puyallup Fair

Free admittance with donation of canned food at gate before noon!



### **.CASINO TRIPS**

If you like to gamble and spend time with friends, join us. We will leave at 9am and return around 4pm. Trip prices vary, so look for the sign up sheets at the front desk.

July 11, 2011

**Muckleshoot Casino, Auburn**

August 1, 2011

**Little Creek Casino, Shelton**

September 5, 2011

**Emerald Queen Casino, Tacoma**

## VIRGINIA'S VIEWS

Hello! My name is Virginia Marquart and I have been working with the Federal Way Adult Daycare for 8 1/2 years. For the many new members who have joined our center this year, I would like to say "Welcome," and explain a little about our program.

We provide respite care (hourly or full day) for families with loved ones suffering from dementia, strokes and other disabilities who can not be safely left alone. We are open 9am to 4pm on weekdays. Our program is purely social so we do not provide medical treatment. Our aim is to provide a safe, healthy, fun-time for our clients. We so much appreciate your friendly hugs, dances, and greetings to them. Feeling a part of the community is so important to their self-worth and well-being.

I try to keep up with the research into the cause and treatment of America's epidemic Alzheimer Disease which is now the 6th leading cause of death in our country. I will gladly try to answer any questions you or some one you know who has an afflicted family member with this difficult and perplexing diagnosis. However I do ask that you approach me away from our clients who are in various stages of understanding about their own conditions. I am looking forward to talking with you.

Thank You!

Many thanks to our Jedi Computer Master, Jim Lee, who keeps us up and running.

## Food Pantry Notes

Did you know that the Food Pantry is entirely operated with volunteer support? As remarkable as this sounds, we receive no money from government in its operation.

So it's time to thank all those who volunteer at the Food Pantry. The weekend crew, those who hand out food in the pantry, our many drivers, and those who donate money. Without their dedication to serve their community the Food Pantry simply could not exist.

A special thanks goes out to Sylvia who spends her time shopping, paying for and delivering a lot of groceries every Monday.

We also receive and appreciate the donations of food from many of our local stores, i.e. Costco, Albertsons, Safeway, Top Foods, Winco, Fred Meyers, and Trader Joe. As with our volunteers, the Food Pantry would not exist without the kindness of the store managers who support our vital program.

Glen & Janet Lee

## MOTHER'S DAY CELEBRATION

Our Mother's Day Celebration was held in early May. Corsages were presented to all our ladies and there was a contest for best hat.

Special music was provided by Carol Stanley and, yes, she is the wife of our master gardener, Mike Stanley. Carol's voice was so beautiful. If you missed our event you missed an exciting day.



**FEDERAL WAY SENIOR CENTER**



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**WE'RE ON THE WEB**

[www.federalwayseniorcenter.org](http://www.federalwayseniorcenter.org)

**F U N D A T E S**

Friday, June 24th  
Endowment Planning

Thursday, June 30th  
Talent Show

Thursday, July 7th,  
Kent Cornucopia Days

Monday, July 11th  
Muckleshoot Casino

More fun events to come.  
Check table tents for  
further information.

**PLAY \* LEARN \* SERVE**

**Penny Sale Fundraiser**

August 27th is our big **Penny Sale** fundraiser. Please come and support our center and also come away with something special at the same time.

This is how the "Penny Sale" works, there will be a large assortment of neat stuff arranged on tables around the room. If you see a item that you would like to have you put "penny tickets" into the cup in front of the item. Tickets are purchased for \$1, \$5, \$10 and \$20 a bag. You then place as many penny tick-

ets as you wish into a cup in front of the item. You then hope that one of your tickets is drawn from the cup at the end of the sale.