



October-December 2011 Issue

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## *We're on the web\**

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

\* Don't know what the "web" is?  
See page 6 to read all about the  
Computer Classes we offer at the  
Senior Center!

# FEDERAL WAY *Senior Center* NEWSLETTER

## *Director's Report*

Summer has come and gone, such as it was, and fall is lurking just around the corner. The change of the season finds our beloved senior center cruising out of the turbulent waters we encountered late last spring. I want to thank everyone for their best wishes and encouragement during this stressful time. This support is what kept me going when, several times, I despaired for our financial solvency. I also wish to thank the Board of Trustees for their guidance and support. From my position in the crow's nest I see clearer skies and calmer seas ahead.

In my short tenure as your Interim Executive Director I have been awestruck at what a remarkable operation we have in the Federal Way Senior Center. In case you have not noticed, our senior center is kept afloat by the countless hours of work our volunteers graciously donate to us. Right now, we have the equivalent of only three paid employees who work in our kitchen and adult daycare. All the rest of the good things that happen at the Center come from the hands of volunteers. So if you see someone scurrying around emptying a garbage can or doing any of the thousand other mundane jobs that must be done, thank them for their efforts. That's how they get paid.

For all the great things that have happened over the course of the summer, I am sorry to say there have been a few instances where people have allowed their lesser selves to rise to the surface in the form of racially-charged rhetoric, intolerance or innuendo. Some of these interactions have been extremely hurtful to volunteers we hold dear and to those who come to our center to visit the Food Pantry. The Board of Trustees has made it very clear to me that we at the Federal Way Senior Center are dedicated to encouraging and growing our ethnic diversity and we will not tolerate the boorish behavior of those who, by now, should know better. When these instances arise, as I am sure they again will, please bring it to my attention, or to a Board member, and corrective action will be taken. We want everyone who comes to our senior center to feel welcomed and respected. Remember Thumper's Rule from the movie, *Bambi*: "If you can't say something nice, don't say nothing at all."

*Steve Sandberg*

## Penny Sale was a big success!



One of the highlights of the summer was our First-Annual Penny Sale fundraiser which was held on August 27.

The concept of the penny sale was new to most of us at the Center. **Ruth Cole**, our Office Manager and member of the Board of Trustees, witnessed such a sale last year and thought it would work here. If you want to know all the details of how the sale works, talk to Ruth.

Perhaps the most astounding aspect of the sale was the preparation of over 100,000 "penny tickets." If there was anyone who could be cornered and coerced, Ruth had them cutting out tickets. She began this labor-of-love in February and, along the way, probably enlisted more volunteer help than any other fundraising event we have ever sponsored at the Center.

And by the way, the sale brought in \$809! Bravo to all concerned!

## Computer Raffle Winner



The drawing for our computer raffle was held immediately after the close of the Penny Sale on August 27.

And the winner was (drum roll, please)...**Marilyn Avery** (left) who, word has it, truly needed a new computer!

This very capable computer was donated to the Center and was returned to a pristine condition by **Jim Lee**, our Jedi Computer Master.

The raffle brought in a much-needed \$380. Thanks to everyone who bought tickets. Special thanks to **Harry Schreiber** for strong-arming Penny Sale participants into coughing up another dollar or two to support our center.

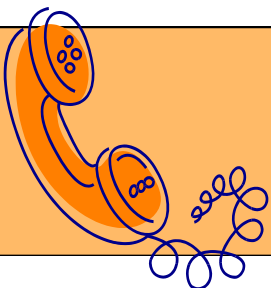
## Yellow Jackets!

Well, not really yellow and definitely not of the stinging variety... but it got your attention, didn't it?!?

We do have three or four lightweight jackets hanging on our coat rack in the office which have been there all summer.

If you misplaced a jacket last spring,

now would be a good time to swing by the office and see if one of them is yours. Otherwise they will find themselves up for grabs in the monthly Clothing Bank.



### Tacoma Phone Number:

**As a cost-saving measure we have discontinued the 253-927-9031 phone number which provided toll-free calling from Tacoma. Please use 253-838-3604 instead.**

## Musical Jamboree was a terrific variety show

Our Musical Jamboree on August 26 was one of the best-attended events at the Center in a long time. If you missed it...well, you missed it!

Our seniors are a surprisingly talented lot and they put on a terrific musical variety show. The **Merry Notes** played great tunes to warm up the crowd and then solo and duet acts followed. **Joann Bernovich** headed up a rag-tag Washboard Band to critical acclaim. Perhaps the highlight of the show was when **Lee McKenzie** went after **Tony Brekken** with a rolling pin after his rendition of *Pretty Woman* (photo right). Good times!

We want to thank all our dear friends from Meridian Court who bussed over to join us for the show. A special thank you goes out to **Linda Dalenberg** for her tireless efforts to make the show a resounding success (and for goading the Executive Director into playing the patsy in her vocal



John: "A White Sport Coat"

melodrama of love and betrayal!).

Center friend **Ken-neth Halvorson** took some very nice videos of the show and has created a DVD we will sell for \$5.00. Ken will get \$2.50 for his time and materials to burn the DVDs, while the other \$2.50 will go to support the Activities Committee. A sign-up sheet will be posted on the activity board by the front entrance.



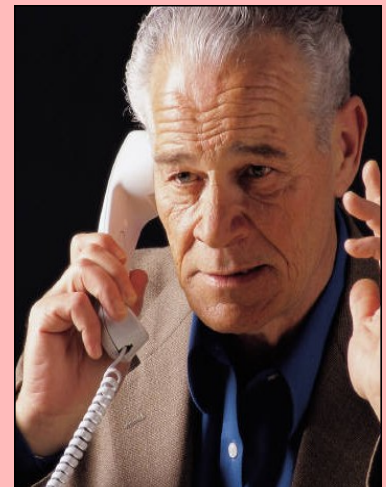
Everyone had so much fun (including the performers) at our Jamboree that we were invited to take it "on the road" to the Meridian Court SHAG apartment complex in Federal Way. Many thanks to our gracious hostess and standup comedienne, **Ann Kaiser**, for making the arrangements and for participating in the show. The show was to be held in their courtyard but due to hot temperatures (in September!?) it had to be moved indoors. And surprise! They've asked us to come back.

## Be on the watch for fraud

"Hi, Grandma, it's me. I'm in Boston and I've lost my airline tickets. Mom and Dad will be furious. Can you send me some money?"

This scam and others like it are being reported more and more. Too many people are bilked out of their hard-earned savings. Someone recently called into the Center and spoke of a call she had just received from "the government." The caller told her she had been the recipient of a Federal Grant worth \$7800. Of course, to collect she had to send in \$300.

As much as all of us would enjoy cash out of blue, this pretty much never happens. If it does, it **NEVER** requires you send in money to collect your booty. If you get calls or emails from relatives, especially "grandchildren," for emergency money, check out the story. Special pleading in the form of "Please don't tell Mom and Dad" seeks to exploit your caring at a most-fundamental level. If in doubt, talk the situation over with a trusted family member or friend.



## New Membership and Pantry Application Forms

King County and the City of Federal Way give the Federal Way Senior Center money in the form of grants to support our Hot Lunch and Adult Daycare Programs. As a condition of this support, these agencies require us to report specific data to them to assure their grants reach their targeted demographics.

In an effort to provide them the most accurate data, we are instituting a new application form for our senior activity and food pantry memberships. Expect all new membership applications to be completed on the new forms. We are still working out the logistics of having all *existing* members complete the new forms.

We request your understanding and want you know your names will never be reported with the demographic data we provide. Please be aware that, without these funding sources, our senior center wouldn't exist.

## Pacific Beach Outing October 25-27

Quiet walks on the beach, casino time, wine and cheese tasting, good food, good friends, good times...

These are just some of the activities that await you on our annual excursion to Pacific Beach. Never been before? Just ask someone who has and you will want to come along. We get special room rates at the Pacific Beach Resort and Conference Center.

For more information contact Ruth Cole at 253-838-3604. Come to the Center to sign up. There is a \$3 non-refundable booking fee.



## Clubs, Clubs, Clubs

Did you know we have interesting clubs which meet at the Federal Way Senior Center? Here's a chance to expand your horizons.

**4-H DAWG:** Dogs and kids...made for each other.  
Tuesdays; 6:00 to 9:00 pm  
Contact: Megan, 253-835-9142

**30<sup>th</sup> District Democrats**  
First Wednesdays; 7:00-9:00 pm  
Contact: Gem, 253-838-0182

**Flute Circle** (Native American Flutes)  
Third Wednesdays; 6:45-9:00 pm  
Contact: Cheryl, 253-797-6000

**Early Ford V8 Club**  
First Thursdays; 7:00-9:30 pm  
Contact: Gary, 253-852-9344

**Puget Sound Wine Club**  
First Fridays; 6:00-10:00 pm  
Contact: Ed, 253-435-8044

**Northwest Woodcarvers**  
Second Fridays; 6:00-9:00 pm  
Contact: Bob, 253-833-4626

**Puget Sound Stereo Camera Club**  
Second Saturdays; 11:30 am-4:00 pm  
Contact: Don at psscc.org

**Pacific Northwest Metropolitan Club**  
First Sundays; 12:30-3:00 pm  
Contact: Kathy, 253-845-5384

**Ballroom Dancing**  
Sundays; 3:00-5:00 pm  
Contact: Andrew, 253-200-7845

## Membership Dues

Beginning in January the membership dues will increase from \$12 per year to \$15 per year. Even at \$15 annually, this is still one of the best bargains in town!



# Upcoming Events

## OCTOBER, 2011

**October 1:** Oktoberfest with food, fun and music!

**October 3:** Lucky Eagle Casino excursion in Rochester

**Oct 25, 26, 27:** Pacific Beach Outing. Seniors Gone Wild!

**October 31:** Halloween Party. Costume or no costume, the scariest wins

## NOVEMBER, 2011

**November 7:** Little Creek Casino excursion in Shelton

**November 9:** Holiday Extravaganza. A musical program, craft sale, and table setting displays.

**November 11:** Veteran’s Day. Gather around the flagpole for a tribute to Veterans

**November 18:** Thanksgiving Lunch. Why not have a practice run for the big day?!

## DECEMBER, 2011

**December 5:** Redwind Casino excursion in Lacey

**December 16:** Christmas Lunch. No Red Ryder BB guns with a compass in the stock will be allowed!

## JANUARY, 2012

**January 9:** Emerald Queen Casino excursion in Tacoma

# Weekly Activities

## Monday

- 8:30-11:15 am ..... Food Pantry and Treasure Chest Open
- 11:30 am-12:30 pm... Hot Lunch
- 12:30-2:00 pm ..... Arts and Crafts with Bambi and Linda
- 12:30-3:30 pm ..... Band Practice

## Tuesday

- 9:00 am: ..... Walking Excursion
- 11:30 am-12:30 pm... Hot Lunch  
(Complementary Lunch for Veterans)
- 12:30-3:30 pm ..... Pinochle

## Wednesday

- 10:00 am-12:00 pm... Live Music and Dancing
- 11:30 am-12:30 pm... Hot Lunch

## Thursday

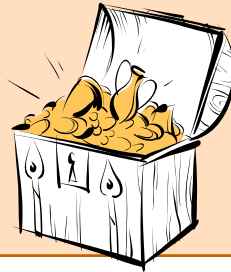
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- 10:00 am-12:00 pm... Live Music and Dancing
- 11:30 am-12:30 pm... Hot Lunch
- 12:30-3:30 pm ..... Pinochle
- 12:30-2:00 pm ..... Watercolor Art

## Friday

- 9:00 am ..... Hiking Excursion
- 10:00-11:00 am ..... Line Dancers
- 10:30 am-12:00 pm... Live Music and Dancing
- 11:30 am-12:30 pm... Hot Lunch
- 12:30-3:30 pm ..... Pinochle

## The Treasure Chest

The Treasure Chest is open on the same days and times as the Food Pantry so stop in and discover that special "thing" you have always wanted. Oh, boy! Special thinger...



## Clothing Bank

For the first full week of every month, our clothing bank will be open in the Auxiliary Hall at the back of the Main Hall.



## Casino Excursions

**October 3:** Lucky Eagle Casino in Rochester

**November 7:** Little Creek Casino in Shelton

**December 5:** Redwind Casino in Lacey

**January 9, 2012:** Emerald Queen Casino in Tacoma

## Computer Challenged?!?

Are you fed up with being intimidated by the mysterious black box that gathers dust on your desk? A computer is a great tool...if you only knew how to use it. Well, now you can learn!

Our elite cadre of computer instructors is gearing up for another round of classes this fall and this winter. They are patient, understanding, and will turn you into a "geek" in no time!

The fall schedule is posted at the Center or is online at [federalwayseniorcenter.org](http://federalwayseniorcenter.org). Classes begin in September, but registration is ongoing.

Contact Larry Malcom for more information at 253-839-5418 or by email at [registrar@federalwayeniorcenter.org](mailto:registrar@federalwayeniorcenter.org)



## Community Meeting

Get ready to grill the Executive Director. There will be a Q&A on the third Friday of every month at 11:00 am. Or the band can play; whichever you prefer...

## Volunteer Wanted

Nothing sends a volunteer screaming into the night more than being asked to dig weeds in the garden beds and paving cracks around the Center. Some have never returned.

Somewhere is that special "someone," though, who enjoys the calming, meditative solitude of ripping and tearing the little beggars out of the ground by their tenacious tap roots and dispatching them to that great, green compost bin in the sky. If YOU are that special someone—that someone who has the guts, the intestinal fortitude, the lust for oozing, sticky sap—we have a special job for you!

*"The Things We Did Last Summer...We'll Remember All Winter Long."*



*Dolores*



*Line Dancers*



*Kubota Gardens*



*Washboard Band*



*Sunrise, Mt. Rainier*



*Crystal Mountain Gondola Ride*



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Serving South King County

253-838-3604  
FAX: 253-838-4552  
TTY: 800-833-6388

Computer Office / Adult Daycare  
253-927-6974



### *Board of Trustees*

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

### *Executive Director*

Steve Sandberg

### *Manager*

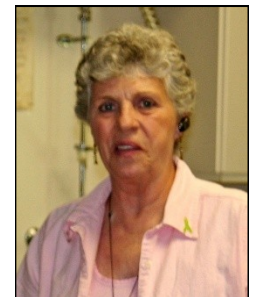
Ruth Cole

### *Adult Day Care Coordinator*

Virginia Marquart

## **Sad News ... and Glad News**

It is my sad duty to announce that our master cook, **Leslie Veldman** (shown right), has retired from our kitchen in order to improve her health, to travel and enjoy friends, and to ride herd over her two darling grandchildren. It takes a special talent to make hot, tasty meals—day-in and day-out—from the grab-bag of food that comes into the Food Pantry. Over the years she has made us a lot of delicious “stone soup.” Anyway, we just love the stuffing out of Leslie and take some comfort in knowing she intends to volunteer at the Center one day a week.



Even though we have lost Leslie, I am extremely pleased to announce that **Donna San Jose** has agreed to take her place. Donna first came to us from the AARP job training program and won the hearts of everyone she worked with. We lost her when the AARP program reassigned her to another job but she jumped at the chance...go figure...to come back to the Federal Way Senior Center. This is a big win for us, so treat her right or suffer the consequences (stone soup with real stones, perhaps?).

Of course we cannot talk about our kitchen staff without acknowledging the unique talents of **Jenny Yamasaki** who has cooked our Friday meals with an “international flare.” Jenny freely volunteers her time in the kitchen as well, especially when special events require additional help. Thank you, thank you, thank you.