



CITY OF BUCKLEY SENIOR ACTIVITY CENTER

Where Friends Meet...

Laughter Therapy Starting in March

Most of us never think about the physical or emotional benefits of laughter but most certainly feel them. After sharing a laugh, we walk away with a smile and the world looks a little brighter, but did you know it really is great for your health?

Laughter classes are a way for people to come together with the "soul" purpose of deliberate laughing without offensive jokes. Studies show laughter reduces stress, eases muscle tension, boosts the immune system, boosts mental function, increases circula-

tion, and reduces pain and so much more!

Join us Monday, March 6th at 12:45 for Laughter Therapy with Sue Hart. You will learn why laughter and play is so important at any age, as well as, systematic activities and exercises that allow you to laugh your way to good health.

Nothing bonds quicker than laughter! We sincerely hope you'll check out our laughter class to make new friends and laugh our way to better health! Join us ahead of time for lunch-served at 12:00 pm.

Computer Security Awareness

Join us February 8th at 11:00 am for an educational information session about security awareness related to your use of computers. If you are currently using email, or operate a computer on any level, this information can help you protect your information and your computer! Light refreshments will be pro-

vided. If you would like to join us for lunch that day, reservations are appreciated.

We will be serving BBQ pork ribs, scalloped potatoes, broccoli, wheat rolls, and pears. To make reservations, you can reach us at (360) 829-0190.

*Security Seminar
Wed. February 8th
at 11:00am*

*Bingo
February 8th and
22nd at 12:45pm*

*Valentines Day
Cookie Swap
Tues. February
14th at 11:00am*

*Tax Preparation
Wed. February
15th by Appt.*

*Academy Award
Celebration
Fri. February 24th
at 11:00am*

*Mardi Gras
Tues. February
28th at 11:00am*

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Special points of interest:

- *Van Service (pg. 4)*
- *Lunch Reservations (pg. 4)*
- *Foot Care Clinic (pg. 7)*
- *Smart Driver Program (pg. 10)*

About the Buckley Senior Center

The Buckley Senior Center is open to all men and women 55 and older in the greater Buckley area.

The Center had its beginnings with an informal group of senior citizens who met regularly for companionship and recreation in one of several places in downtown Buckley during the late 1960's and early 1970's. It was through the acquisition of state funding and federal Housing and Urban Development monies administered by the Pierce County community development block grant program, the Buckley Multi-Purpose Center was built in 1979. This enabled the Buckley Senior Citizens to have an

unchanging and publicly supported facility and place to meet. The group went on to attain its non-profit status in November of 1990. Buckley Senior Citizens' mission statement reads: **“the purpose of this organization shall be to encourage senior citizens to enhance their dignity, support their independence, and encourage their involvement in the community through their participation in health and nutrition programs and services, and through educational, social, and recreational classes and activities. Buckley Senior Citizens strive to promote a home-like atmosphere at the Center for recreation and companionship.”**

Buckley Senior Center Board of Directors

Officers

Lynne Honsowetz- President
Gene Fagerquist- Vice President
Janet Cote' – Secretary
Carl Meserve- Treasurer

Board Members

Dee Young
Maureen Bray
Roni Boucher
Kay Johnson
Dave Wytko

Policies

Registration

The Buckley Senior Center takes signups for trips, classes, and activities as soon as the bulletin goes out to the public. Efforts are made to get the bulletin out by the first of the month, but it's best to check by phone to see if it's in. Please note that payment for trips, classes, and activities is due at the time of registration. Cancellations must be made at least 24 hours in advance by calling Chloe at 360-761-7984 in

order to obtain a refund. Remember last minute cancellations jeopardize trips/classes because of low attendance.

Every effort is made for accuracy in the monthly bulletin; however, the City of Buckley and the Senior Center cannot be held responsible for typographical errors or changes beyond our control.

“Please note that payment for trips, classes, and activities is due at the time of registration.”

Non-Discrimination

The Buckley Senior Center assures that no person shall on the grounds of race, color, creed, national origin, disability, sex, sexual orientation, religion, age, marital status, veteran status, or other protected classes be excluded from participation in, be denied the benefits of, or be otherwise subjected to discrimination under any program or activity. Any person who believes that an action or intended action of the Buckley Senior Center is unjust or inappropriate may file a written grievance to the Recreation Services Director.

Hours of Operation & Contact

Hours

Monday & Tuesday 8:00am-1:00pm

Wednesday - Friday 8:00am- 3:00pm

Staff

Ellen Boyd
Recreation Services Director
Chloe Lopez
Activities Coordinator
Cheryl Duncan
Cook
Sharon VanBlaricom
Cook

Contact

811 Main St
P.O. Box 147
Buckley, WA 98321
360-829-0190
eboyd@cityofbuckley.com

Senior Corner

Featuring.....

MARY MARR



Mary Marr was born in Yakima, Washington into a military family with sisters Peggy, Ellen, Ada and Kim. Her father was a Sergeant Major in the Army.

Her family moved to Austinburg, Germany in 1951 where she spent most of her childhood. Mary moved back to Selleck, Washington in 1960. After secondary school, she got her GED and then went on to get her B.S. in Business. During her working years she worked for Sharon Company, as the Office Manager for 15 years. She then worked as a Store Manager for 18 years. She is proud of both her son and daughter as well as her three granddaughters and three great grandchildren.



Mary enjoys refurbishing things that she finds and selling them to local places for resale. She loves growing food, flowers and plants. She has been coming to the Buckley Senior Activity Center for the last few months and said that she finds it a great place for personal growth, companionship, and enjoys the atmosphere.

If you choose to take advantage of our van service on Monday, Tuesday, or Friday, you can expect to see Mary. She often utilizes this service to participate in programming - we're so happy that she does. Mary's energy is contagious and she truly finds a way to see the positive in everyday activities! Come say hello to Mary and join us for a cup of coffee!



- Chloe Lopez, Activities Coordinator

Valentine's Day Peanut Butter Cut Out Cookies

TOTAL TIME: Prep: 30 min. + chilling Bake: 10 min./batch + cooling

MAKES: 27 servings

Ingredients

- 1 cup creamy peanut butter
- 3/4 cup sugar
- 3/4 cup packed brown sugar
- 2 large eggs
- 1/3 cup 2% milk
- 1 teaspoon vanilla extract
- 2-1/2 cups all-purpose flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- Vanilla frosting
- Red food coloring



1. In a large bowl, cream peanut butter and sugars until light and fluffy, about 4 minutes. Beat in the eggs, milk and vanilla.
2. Combine the flour, baking powder and baking soda; add to creamed mixture and mix well. Cover and refrigerate for 2 hours or until easy to handle.
3. On a lightly floured surface, roll out dough to 1/4-in. thickness. Cut with 2-in. to 4-in. cookie cutters. Place 2 in. apart on ungreased baking sheets. Bake at 375° for 7-9 minutes or until edges are browned.
4. Cool for 1 minute before removing from pans to wire racks to cool completely. Frost cookies and decorate as desired.
5. **Yield:** About 4-1/2 dozen.

Nutritional Facts

2 each: 151 calories, 5g fat (1g saturated fat), 16mg cholesterol, 84mg sodium, 22g carbohydrate (12g sugars, 1g fiber), 4g protein.

Van Use & Policies

While there are no income limits required for eligibility of van use, all participants riding the van are required to fill out our HUD income form. It is through various grants, and donations that we are able to maintain use the van with minimal to no cost associated with its use. In order to maintain these funds it's essential to have proper documentation. If you have not yet filled out our "Van Transportation Income

Status" form please ask one of our receptionists for one. Our drivers are all volunteers who receive a small stipend. Please be sure to thank them for their service. ☺

VAN SCHEDULE:

Every Monday, Tuesday and Friday we provide free transportation to and from our Center for lunch service for those residing in the White River School District area.



Lunch Reservations

Lunch is served daily at 12:00pm at the Buckley Senior Center. Lunch is served every Monday, Wednesday, and Friday by Catholic Community Service's (CCS) and every Tuesday and Thursday by City staff. A suggested contribution of \$3.00 is asked of those that are 60 years or older and \$5.75 is required of those under the age of 60.

Because supplies and ingredients for our meals are delivered to our

site a week out, we ask that anyone planning on joining us for lunch, register in advance. To do this please call 360-829-2095. The receptionists can also take reservations and cancellations at the front desk, but it's preferred that reservations and cancellations be made directly with the kitchen. Your thoughtfulness in this matter is very much appreciated, thank you.

Membership Forms

The Senior Center is the recipient of a Community Block Development Grant which is administered by Pierce County. As such, we need basic information on file for each of our participants in order to validate the reports we're required to send in. If we are unable to obtain this basic information from our participants, our grant will be discontinued and we will lose essential services, among them is our lunch service on Tuesdays and Thursdays, and our free van transportation.

With this, it's important that we receive a completed membership form from all of our participants. This years (July '15-June '16) membership forms are lavender and can be found just outside the front door to the Center.

Trips & Charters

Senior Tuesday at Fred Meyer

Location: Bonney Lake, WA

Tuesday 2/7/17

Van Departs: 12:45 pm

Cost: Free

Join us as we head to Fred Meyer for Senior Tuesday. The first Tuesday of each month offers 10% off discounts for senior citizens.

Lucky Eagle Casino

Location: Rochester, WA

Thursday, 2/9/17

Van Departs: 8:00 am

Cost: \$2.00

Duration: 6 Hours

The Lucky Eagle Casio has over 1000 Hot Machines! Meltdown, Coyote Moon, Rainbow Riches, Fangerous Beauty, Hits, Hot Shots, Fireball, Secrets of the Forest, 100 wolves, Michael Jackson King of Pop, Power Strikes, Playboy Hot Zone, Moon Goodess and More!

Chitty Chitty Bang Bang

Saturday 2/11/17

Van Departs: 11:00 am

Cost: \$24.00 (lunch on your own)

Duration : 6 Hours

We will be leaving the Buckley Senior Activity Center at 11:00 am and eating lunch at the Buttered Biscuit. Then on to the Mainstage Theatre where you will take a fantastic musical adventure with the magical car that sails the seas and flies through the air! Based on the classic novel by Ian Fleming and the renowned film of the same name, the show features an unforgettable score by the Sherman Brothers (Mary Poppins)! Don't miss this high-flying, non-stop adventure for all ages!

Red Hat Event

Location: Fife, WA

Thursday 2/16/17

Van Departs: 10:30 am

Cost: \$6.00

Lunch will be at the Poodle Dog in Fife. Then we will visit the antique store there. The planner this month is Marie Brock. If you are interested in joining the Crimson Cut-ups, please contact Virginia at 253-862-8893

AMP Museum Trip

Location: Buckley, WA

Thursday 2/16/17

Van Departs: 4:00 pm

Cost: N/A

This bonus class being offered will be hosted by Brenda, Meeting here at 3 P.M. We will then be going to the Foothills Historical museum at 4 P.M. accompanied by members of the Youth Advisory Board from the Buckley Youth Activity Center. This will allow them to directly interact with one another and have an opportunity for educational growth.

Governor's Mansion

Location: Olympia, WA

Wednesday, 2/22/17

Van Departs: 9:30 am

Cost: \$7.00

Duration: 7 Hours

We will depart from the Buckley senior activity center at 9:30 am and stopping for lunch at 11:00 am at the Falls Terrace restaurant (cost for lunch not included). We will then continue on to the Governor's mansion in Olympia for our guided tour.

Red Wind Casino

Thursday 2/23/17

Van Departs: 9:00 am

Cost: \$2.00

The Red Wind Casino has 975 electronic slot machines and numerous table games, providing options for all gaming tastes. Red Wind guests can try their luck at craps, roulette, blackjack, Pai Gow and three card poker, Keno and speed Keno, to name just a few. The bus will leave the casino at 3:00pm.

Harbor Cruise

Location: Seattle, WA

Wednesday 3/22/17

Van Departs: 10:00 am

Cost: \$30.00 (lunch included)

Join Argosy Cruise for the Seattle Sightseeing Cruise, During this 1-hour narrated cruise you'll learn Seattle history, be dazzled by the ever-evolving Emerald City skyline, and explore the workings of our shipping port, get a close-up view of Seattle's historic waterfront, all wrapped up in the natural beauty of Elliott Bay and the surrounding Olympic and Cascade Mountain ranges.

Mystery Senior Center Trip

Location: TBA

Tuesday, 2/1/17

Van Departs: 11:00 am

Cost: FREE

Duration: 3 Hours

The Buckley Senior Activity Center board members invite you to join them in visiting area Senior Centers to gather programming ideas and input on the first Wednesday of every month.

Upcoming Events

February Birthday

Celebration

We hope you will join us on Friday February 17th when we are going to get together and celebrate our birthdays for this month. Come and enjoy live musical entertainment with Brad Harrington starting at 11:00am. All you need to do if you have a birthday this month is register by 1:00 p.m. the day before with the receptionist at the Senior Center and the reservation clerk in the dining room.

WE ALWAYS WELCOME NEW PEOPLE AT OUR CENTER!!

Each person celebrating a birthday this month will receive a lovely long-stemmed carnation with greens and a free lunch paid for by the Senior Center. We will sing "Happy Birthday" at 11:45 am and take your picture with our giant birthday balloon! Photo reprints are available for 50 cents each.

February Birthdays

2/17/16

- Gary Burley (1)
- Sandy Grote (2)
- Larry Sanderson (3)
- Bonnie Long (5)
- Pamela Neill (5)
- Georgia McEwen (6)
- Betty Martin (6)
- Betty Hamilton (7)
- Kay Johnson (8)
- Ed Coughlin (8)
- Merle Carlson (11)
- Kay Skogen (12)
- Betty Kruse (12)
- Meri Kay Schiller (14)
- Joyce Johnson (15)
- Kathy Hurley (16)

- Bonnie Anderson (16)
- Terry Collins (16)
- Frank Prohaska (17)
- Marvin Sundstrom (18)
- Christine Schamer (19)
- Billie Philley (19)
- Charlotte Keeney (21)
- Patty Morton (22)
- Robert Conner (22)
- Loreen Conner (22)
- Sharon Lockhart (23)
- Gerald Moriarty (23)
- Jessie Nunn (25)
- Jerry Alfano (27)
- Mary Simons (27)
- Kirk Johnson (28)
- Durella Leick (28)
- Carol Walker (29)

Mark Your Calendars!!

Community Soup Supper

Wednesday, February 8th at 5:00 pm
Join us for this free community event hosted by the Ida Marge Guild. Any age and any stage welcome. All you need to bring is a bowl, a spoon, and a smile. Soup, drinks, bread, dessert and fellowship will be provided.

Valentine's Day Cookie Swap

Tuesday, February 14th at 11:00 am. Join us for a cookie exchange on the 14th. If you'd like to participate in the exchange, please come with two dozen cookies (or a different dessert of your choosing). We'll have musical entertainment with Phil Bunker who will be using Memory Therapy to travel back in time to the 30's 40's and 50's.

Academy Award Celebration

Friday, February 24th at 11:00am. Join us for our Academy Awards Celebration. We encourage you to come dressed to impress for this red carpet event. We'll make predictions for who will take home what awards and distribute prizes on the following Monday. Be prepared for a paparazzi photo shoot!

Mardi Gras Masquerade Party

Tuesday, February 28th at 11:00 am. Come dressed in your purple, greens, and golds! We'll celebrate with a special lunch and music.

National Pi Day

Tuesday March 14th at 11:00am
Please join us as we enjoy Shepard's Pie followed by a variety of assorted mini pies prepared by Cheryl and Maggie.

St. Paddy's Day Party

Friday, March 17th at 11:00am
Come dressed in your green! We will enjoy Musical Entertainment followed by lunch. We'll also have a prize raffle and giveaways.

St. Paddy's Day Word Play

-Hey ye lovers of blarney-
Please be so kind as to get your minds a-workin'! For to celebrate St. Paddy's Day we have a chance to be jolly and write down your folly. Please submit a poem, limerick, or rhyme to Chloe by Friday, February 24th at 12:00 pm. We will award prizes and publish your work in our March newsletter if selected.

Social & Health Care Services (Continued on pg. 11)

The Buckley Senior Center will be offering income tax assistance again this year. However, unlike years past, appointments will be required and participants must be members of the Center (membership is free). Appointments are scheduled in hour increments starting at 9:00 am. Call 360-829-0190 to schedule your appointment or stop by the Center today. Available dates and times are as follows:

- **February 15th, 9-2pm**
- **March 1st, 9-2pm**
- **March 15th, 9-2pm**
- **March 29th, 9-2pm**
- **April 5th, 9-2pm**

You should bring with you:

1. Current year's tax forms and preparation booklet
2. Copy of last year's income tax return
3. supporting documentation.
4. W-2 and W-2P forms from each employer
5. Unemployment compensation statements
6. SSA-1099 form if you were paid Social Security benefits.
7. all 1099 forms showing interest and/or dividends
8. 1099R form from the payer of your pension or annuity
9. all forms indicating federal income tax paid

Skype Connections

We provide a way for you to video chat or call family members at no cost to you! Come see Chloe Lopez here at the Buckley Senior Activity Center and she will schedule you and your loved one an appointment today!

Property Tax Reminder

The Washington State Legislature

changed the Senior/Disabled property tax exemption program by increasing the maximum annual household income from \$35,000 to \$40,000. This change is not retroactive, it applies to property taxes due in 2016 and forward only. You may qualify for property tax relief if you are age 61 or older, or you are unable to be gainfully employed because of physical or mental impairment, and you own and occupy a residence or mobile home, and have a gross household income of \$40,000 or less. For more information, please stop by the Assessor Treasurer's office at the Pierce County Annex, call (253) 798-2169.

Medicare Reminder

If you are dissatisfied with your Medicare Advantage Plan, you can switch from your Medicare Advantage Plan (except MSA plan) to Original Medicare during the Medicare Advantage Disenrollment Period (MADP). This change can only be made if you have a Medicare Advantage Plan. The MADP occurs every year from Jan 1 to Feb 14. Beneficiaries can contact SHIBA for advice at (800) 562-6900 or locally at (253) 596-0918.

Telephone Reassurance Offers Peace of Mind

Some seniors and people with disabilities live alone and are at risk of isolation. One of the most effective means of reducing isolation, victimization and health concerns is daily contact through a telephone reassurance call. The Pierce County program offers a brief, daily telephone call from Aging & Disability Resource Center staff at a pre-arranged time each day. We verify their well-being,

share crime prevention tips and other useful information. Service is offered at no cost. If the subscriber does not answer the phone, a procedure of safety checks is followed before emergency response system (911) is activated. Sign up or learn more by calling the ADRC at (253) 798-4600 or (800) 562-0332.

Hair Cuts by Char!

Char Steiner offers a discount to our seniors. Visit her shop for an appointment to give 15-minute haircuts. Cost is \$5.00

Foot Care Clinic

Nurses from Catholic Community Services provide footcare services on the third Monday of odd-numbered months from 8:00-2:00pm. Fees charged on sliding scale up to \$28. Please bring your own towel. By appt. only. Call (253) 579-6000 & leave message.

City of Buckley Offers Utilities Discounts to Low Income Seniors and Persons with Disabilities

Neighbors Feeding Neighbors

For homebound seniors on the Plateau presented by Rainier Foothills Wellness Foundation. Call 360-825-4741 for more information.

Beyond the Borders Demand-Response Service

Provides free transportation services to people in rural Pierce County who are low income, disabled, seniors, and youth ages 12-17 may be eligible for work related trips and transportation to dialysis. Call Pierce County Community Connections to schedule an appointment— 1-888-600-8043. For more extensive services you can contact Beyond the Borders Essential Transportation Project at 253-476-4657

Buckley Senior Center February 2017

SUN	MON	TUE	WED	THU	FRI	SAT
			1 8:00 Walking 10:00 Quiddler 10:30 Pinochle Refresher by Appointment 12:00 Lunch 12:30 Bridge Trip: Board Mystery	2 <i>(Jury Trial)</i> Ground Hog Day 10:00 Quiddler 12:00 Lunch 1:00 Cribbage	3 8:00 Walking 9:45 Yoga 10:00 Quiddler 12:00 Lunch 12:45 Pinochle	4
5	6 8:00 Walking 10:00 Quiddler 10:00 Wii Bowling 10:30 K&K Crafts 12:00 Lunch 12:45 31(Cards)	7 9:00 Knitting 9:45 Yoga 10:00 Quiddler 10:00 Board Mtg. 12:00 Lunch Trip: Fred Meyer	8 8:00am Walking 10:00 Quiddler 10:30 Pinochle Refresher by Appointment 11:00 Security Seminar 12:00 Lunch 12:30 Bridge 12:45 BINGO 5:00 Soup Supper	9 <i>(Afternoon Court)</i> 10:00 Quiddler 12:00 Lunch 1:00 Cribbage Trip: Lucky Eagle	10 8:00 Walking 9:45 Yoga 10:00 Quiddler 12:00 Lunch 12:45 Pinochle	11 Trip: Chitty Chitty Bang Bang
12	13 8:00 Walking 10:00 Quiddler 10:00 Wii Bowling 10:30 K&K Crafts 12:00 Lunch 12:45 31(Cards)	14 Valentines Day 9:00 Knitting 9:45 Yoga 10:00 Quiddler 11:00 Valentines Day Celebration & Cookie Swap 12:00 Lunch	15 8:00am Walking 9:00 Tax Preparation (by appointment) 10:00 Quiddler 10:30 Pinochle Refresher by Appointment 12:00 Lunch 12:30 Bridge	16 <i>(Morning Court)</i> 10:00 Quiddler 12:00 Lunch 1:00 Cribbage Trip: Red Hat Trip: AMP Museum	17 8:00 Walking 9:45 Yoga 10:00 Quiddler 11:00 Birthday Party 12:00 Lunch 12:45 Pinochle	18
19	20 Closed Observance of Presidents Day	21 9:00 Knitting 9:45 Yoga 10:00 Quiddler 12:00 Lunch	22 8:00am Walking 10:00 Quiddler 10:30 Pinochle Refresher by Appointment 12:00 Lunch 12:30 Bridge 12:45 BINGO Trip: Governors Mansion	23 <i>(Afternoon Court)</i> 10:00 Quiddler 12:00 Lunch 1:00 Cribbage Trip: Red Wind	24 8:00 Walking 9:45 Yoga 10:00 Quiddler 11:00 Academy Award Celebration 12:00 Lunch 12:45 Pinochle	25
26	27 8:00 Walking 10:00 Quiddler 10:00 Wii Bowling 10:30 K&K Crafts 12:00 Lunch 12:45 31(Cards)	28 Mardi Gras 9:00 Knitting 9:45 Yoga 10:00 Quiddler 11:00 Mardi Gras Celebration 12:00 Lunch				



Buckley Senior Center Menu - February



Mon	Tue	Wed	Thu	Fri
		1 Beef Macaroni Corn Wheat Roll Melon Chocolate Pudding	2 Groundhog Day Ham Slices (the other Hog) Mashed Potatoes Vegetables	3 Chicken & Dumplings Salad Vegetables Tropical Fruit Salad
6 Shepherd's Pie Garden Salad Fruit Cocktail Roll	7 Chicken Salad Sandwich Chips Fruit Cup Dessert	8 Pork Bbq Ribs Scalloped Potatoes Broccoli Wheat Roll Pears	9 Spaghetti French bread Vegetables Dessert	10 Fish Burger Spinach Salad Broccoli Orange Wedge Pudding
13 Philly Cheesesteak Salad Grapes Orange Juice	14 Valentines Day Party and Cookie Swap Sweet & Sour Meatballs Caribbean Rice Dessert 	15 Black bean Soup Spinach Salad Roll Baked Apple	16 Mac and Cheese Beef Hot Dogs Broccoli Dessert	17 Birthday Party Chicken Enchilada Tomato and Cucumber Salad, Pears Ice Cream
20 Closed in Observance of Presidents Day	21 Corn Chowder Ham Sandwich Dessert	22 Swedish Meatballs Egg Noodles Mixed Vegetables Apricots	23 Chicken Tenders French Fries Coleslaw Dessert	24 Academy Award Celebration Florentine Fish Red Potatoes Zucchini Cherri Crisp
27 Pork Cutlet Potatoes and Gravy Steamed Vegetables Wheat Roll Apricots	28 Mardi Gras Masquerade Party Jamalaya Crawfish Dessert	<p>Please register in advance if you plan on joining us for lunch. You can call the Center at 360-829-0190 to do so – feel free to leave a voicemail.</p> <p>For those guests 60 years or older, there is a suggested contribution of \$3.00 per meal. If it's your birthday month, be sure to join us on the third Friday of the month at 11:00 am for free musical entertainment a free meal.</p> <p>For those guests under 60, there is a required fee of \$5.75 for each meal.</p>		

Classes & Activities

Smart Driver Program (55 Alive)

Cost: \$20 AARP Members
\$25 Non-Members

Classes are taught by a trained AARP Instructor. Video presentations as well as lecture and manuals are used. At the end of each class certificates will be issued which can then be used for discounts on Auto Premiums. There will be a one hour break for lunch. You can reserve seating with us (please do so at least two weeks in advance) for lunch or visit one of our local restaurants.

May 3rd, 2017
July 19th, 2017
October 4th, 2017

Bingo

Gene Fagerquist and Maureen Bray will be calling numbers and working with the Center to coordinate this event.

February 8th and 22nd

Bridge

Wednesdays
12:30pm

Cribbage

Thursdays
1:00 pm

Golden Beginnings

Second Saturday of the Month
12:30-3:30pm

All seniors are invited to meet at the Center on the Second Saturday of each month to join in a potluck then cards, games, hugs, and fun.

Call the Center by Friday for transportation.

“ Our mission is to enjoy one another, to reach out to others, and to have a day of fun, rest, and relaxation. We start with a short business meeting, then a potluck luncheon and friendly conversation. This is followed by games of your choice. Dues are a voluntary 50 cent donation after the first visit”. Officer is Margaret Coffman.

K and K Crafts

Mondays
10:00 am

Lets get Crafty! Local community volunteers Kelly and Kristine will be bringing their artistic talents here to the senior center.

Knitting/Crafts

Tuesdays
9:00-11:00am

Free instruction on own projects in knitting, crocheting, cross-stitch or any other craft during this time. Donations of yarn and fabric gladly accepted for “From Our Hearts” afghans, quilts made for children in Oncology or Trauma Care in area hospitals.

Pinochle

Fridays
12:45pm

Co-Chairs Margie Vesey and Esther Steele invite area seniors to join this group every Friday for pinochle!

Pinochle Refresher Course

Wednesdays

10:30am

Join Virginia Klein as she gives a refresher course, and teaches those who are interested in learning how to play Pinochle.

Quiddler

M-F
10:00am

This card game works a bit like Scrabble. Although there is a solitary version of the game for one player, you can play with up to eight. Cards containing letters of the alphabet and special combinations of letters are dealt in increasing number each time the dealer completes a round. Once you've collected your share, you can discard and pick up a new card with each turn. The object is to turn all the letters in your possession into dictionary-proof words while leaving one stray card as a final discard.

Red Hat Society

The “Crimson Cutups” activities are every third Thursday of the month. Activities are communicated by letter as well as newsletter. Queen Mum Virginia Klein or Margaret Coffman can be contacted for additional information.

Walking for Fitness & Fun

M/W/F or M-F
8:00am

Walking partners sign in at the Senior Center before their walk on their own on the Foothills Trail or nearby area, and check in again upon their return; monitored for safety.

Yoga

Tuesdays & Fridays

9:45-10:45

Cost: \$1.00

The perfect seated exercise for men and women of all ages. Laugh together as you exercise to music, gain strength, tone muscles, stretch and improve balance. Instructor Mary Andrews is A.C.E. certified, ASFA certified as Personal Trainer, and has 30 years of experience.

Wii Bowling

Mondays at 10:00am

Winter season is now complete; however, come in every Monday at 10:00 am for home matches.

Since the Wii has been on the market, most people viewed it

as another video gaming system for kids, however, it has enabled people with physical challenges, to be able to play sports the virtual way, and it still gives the same emotional satisfaction as if it were the real thing. In the case of bowling, instead throwing a heavy ball, you are swinging a small remote, which can be done, sitting, standing, or leaning on a walker.

Service Projects

From Our Hearts

(formerly Project Linus): Our knitters group makes afghans and quilts for children, birth to age 19 years, in Puget Sound area hospitals. Children in oncology or trauma units are given a afghan or quilt to keep. We welcome donations of yarn, needles, fabric, and batting for this worthwhile project. At the end of 2009 the group had donated a total of 2,009 blankets, From our Heart has now made 153 blankets!

Used Eye Glasses

In partnership with the Bonney Lake Lions Club we collect all used eyeglasses, frames, and cases for the Northwest Lions Foundation who distributes them to needy persons. Our collection box is in reception room.

Recycled Ink Jet Cartridges

We continue to collect and mail free of charge all inkjet cartridges brought to us by

seniors, city employees, citizens, and businesses. This project is also an ongoing fund-raiser for the senior center.

Recycled Cell Phones

We are collecting old cell phones for recycling.

Social & Health Care Services (Continuation from pg. 7)

Lending Closet

The Senior Center offers free lending of durable medical equipment such as canes, walkers, commodes, crutches, bath chairs, and wheelchairs. We also appreciate donations of this type of equipment. Come to the Center to make a donation or check out an item. Just give us your name and phone number with the expected time you will be using the item.

Buckley Food Bank

Buckley Food Bank is located at the rear of Buckley Community Hall on River Street, across from Foothills Historical Museum. Hours are Wednesday from 9:00 a.m. to 2:00 p.m., and on Friday from 9:00 a.m. to 12:00 p.m.

DSHS

DSHS Buckley office is now closed; however, food and cash benefits are still available at 360-829-6483. The closest office is 201 W Main Ave, Puyallup, WA 98371 (877) 501-2233

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BUCKLEY SENIOR CENTER

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Where Friends Meet...

To: _____

We're on the Web

www.cityofbuckley.com