

Lacey Senior Center Newsletter

News and Events



Love is in the air this month and every month at the Lacey Senior Center. We are blessed with an abundance of volunteers who work every day to help keep things running smoothly. Every day here, team work is in action. New people also come in regularly to see how they can help. If you are looking to become more involved here you will find there is something for everybody— volunteer opportunities, activities, classes and services. My heart is warmed every day at the sound of laughter, seeing people participating, connecting with one another, sharing talents, and having a good time.

If you are a volunteer here please come on February 15 to be appreciated at lunch time. We will have some live music, treats, and lots of love to give to you!

On another note, we will be breaking ground for the new building in April. Stay tuned for more details and please know that although we are undertaking a big expansion project, we plan to continue programs as usual. Stay tuned for details on that also!

February, 2012

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Looking ahead:

- ☺ Super Bowl viewing party
Feb.5, 3-5pm
- ☺ Feb.15th Volunteer Appreciation Day
- ☺ Closed Feb 20
- ☺ March 10th Bazarre
- ☺ April 26 Ground breaking Ceremony for the new building

WINTER QUARTER CLASSES - - January - March, 2012

Monday	Tuesdays	Wednesday	Thursday	Friday
Line Dancing 1 - 2:15 pm.	Watercolor Painting 1 - 3 pm.	Tai Chi (Seated) 10 - 11	Yoga 9:00 am.	
Spanish Language 1:00 pm.	Tap Dancing 2:30 pm.		Memoirs Writing 10 - 11:30am.	Beginners Line Dancing 1:00 (starts 1/10)
Yoga 2:30 pm.	Belly Dancing 3:00 pm.			
Piano lessons Beginners 4:00pm Intermediate 5:00pm	Qigong 4:15 - 5:00 pm.			YOGA 2:30 pm.
TaiChi (standing) 6:30 pm.				Meditation 3:35pm

1st & 3rd Saturdays 9:00 a.m. **Hawaiian Dance**

Winter Quarter classes will end the week of March 12.

Membership is required for all classes

Spring registration for classes is April 11,12,13

New Classes/Clubs:

Literature Reading Group

Mondays 2:30

Meditation

Fridays 3:35

Beginner's Line Dance class

Fridays 1:00 (starts 2/10)

Life Long Health DVD series

Tuesdays 10:00

New Services:

Acupuncture

Tuesdays 3-5

WEEKLY SCHEDULE — February

MONDAY	
8:30	EnhanceFitness
9-4	Foot care (13th)
9:30	Party Bridge
9:30	Walking Group
10-1	Spanish Seniors Club
1:00	Line Dancing-Intermed.
2:30	Literature Reading Group
2:30	Yoga
4:00	EnhanceFitness
4:00	Piano Lessons
6:30	Tai Chi (Standing)

TUESDAY	
8:00	Woodcarving
10:30	Blood pressure checks 7th,21st
1-3	Watercolor Painting
1:00	Needle Work Craft
1:00	Bible Study
2:30	Tap dancing
3:00	Belly Dance
4:00 - 4:45	QiGong

WEDNESDAY	
8:30	EnhanceFitness
9:30	Walking group
9:30 -12	Food Bank (15th)
9:30-10:45	Pageturners (15th)
10:00	Tai Chi (seated)
10:30-12:00	Blood pressure checks (1st & 15th)
11:00	Korean Elders
1:00	Fly Tying
12:45 -3:45	Table Games
2:30	Reader's Theatre
4:00	EnhanceFitness

THURSDAY	
9:00	Yoga
10:30	Bingo
10-11:30	Memoir Writing
2-4	Dance
3-5	Acupuncture
6:30	Coin Club (2nd)

SATURDAY	
12:00 Noon	Hawaiian Dance Class 1st & 3rd Saturdays

FRIDAY	
8:00	EnhanceFitness
9-2	Haircuts (3rd and 17th)
9:30-Noon	Pinochle
10-2	Massage (10th)
1-4	Mahjong
1:00	Beginner's Line Dance
2:30	Yoga
3:35	Meditation
4:00	EnhanceFitness

SERVICES

Acupuncture: Thursdays 3 - 5 pm. \$10.00 per session.
No appointments necessary.

Blood Pressure Checks: 1st & 3rd Tuesdays;
2nd & 4th Wednesdays, 10:30 - 12 noon

Food Bank Distribution to seniors: 3rd Wednesday 9:30 am
to 12:30 pm. You need to sign up for this service in advance.

Foot Care: 2nd Monday of every month 9 am. - 4 pm.
(\$25, by appointment).

Haircut: Nathalie Daisy, Hairstylist ...hair cuts & styles for \$5.00
donation on the 1st & 3rd Fridays from 9 - 2.

Massage, Chair by Patrick Morris: 2nd Fridays from 10:00 -
2:00; 15 minutes for \$10.00. Longer appointments also available.
Gift certificates available.

Reflexology Therapy: \$25.00 for 45 minutes. 3rd
Mondays, 9:00 am - 12 noon - - appointments required.

Social Services with Glenda. Schedule varies.

STARS *Services to at Risk Seniors:* Mon., Tues., Thurs., Fri-
day—For more information call Victoria: 407-3967

WEDNESDAY Walking Destinations for February, March

Walkers meet at the Lacey Center on Wednesdays and Car pool to the selected walking sites. You are invited and encouraged to join us any Wednesday at 9:30am.

Below is our schedule for February and March.

- Feb.** 1 From South Sound Center (by Applebee's) North
8 From 14th Avenue (Lake Access Parking Area) South
15 From 37th Avenue (off College Street) South
22 From 67th Avenue (Horizon School) South
29 From Fir Tree South
- Mar** 7 From Stedman Road North
14 From Stedman Road South
21 From Monarch Sculpture Park (on Waldrick Road) South
28 From Military Road (at Waldrick Road) South

For more info on the above, call: Val 491-9554 or Pat 438-5787

MONDAY Walking Destinations for February, March, April

Come join us for a fun outing & group fellowship

This fun and adventurous walking group departs from the Lacey Senior Center on Mondays at 10am. Come walk with us and enjoy the beauty of nature and good company.

- Feb 6 Mima Mounds
Feb 13 Priest Point Park (from the Rose Garden)
Feb 20 Port of Olympia (start at the Farmer's market)
Feb 27 Millersylvania State Park
March 5 Capitol Lake
March 12 Nisqually Wildlife Refuge
March 19 McLane Nature Trail
March 26 Woodland Trail (from Fones toward Eastside)
April 2 McLane School
April 9 Tacoma Waterfront (eat lunch out)
April 23 Watershed Park
April 30 McIntosh lake - Yelm/Tenino Trail

*For more information: contact number 360/491-4044 or 481-5042 Ann Villarreal

SPECIAL EVENTS IN FEBRUARY:

- **Feb. 2, Belly Dance Demo -lunch time entertainment 11:45**
 - **Feb. 3 , trip to Senior Services new Estate Store in Downtown Olympia 10:30-12:30**
 - **Feb. 5 Super Bowl Sunday Party—3-6**
 - **Feb. 7, Dixie Cats lunch time entertainment 11:45—12:30**
 - **Feb. 8, Lost in Country—lunchtime entertainment 11:45-12:30**
 - **Feb. 14—Dream Serenade—lunchtime entertainment 11:45-12:30**
 - **Feb. 15—Volunteer appreciation—11:45 Music Matters—entertainment**
 - **Feb. 21—Ranier Philharmonic—lunchtime entertainment 11:45-12:30**

 - **Feb. 21—Dine Out** – This month we Senior Services celebrates **FAT TUESDAY**. Participating restaurants will donate a portion of their revenue toward Senior Services. Support the Senior Center by dining out this month at O'Blarneys on Tuesday Feb. 21. Please call the receptionist at 407-3967 so that we can make reservations for our group.

 - **Feb. 22** Lori Flemm—Informational Presentation about our upcoming building expansion.
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February- - Menu subject to change. Friday meals are not federally funded and require payment to attend.

Senior Nutrition Program February 2012

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Seasoned Baked Fish Rice Pilaf w/Veggies Green Beans Oranges Dinner Roll	2 Meatloaf Mashed Potatoes Peas & Carrots Fruit Cocktail	Swe V S
6 Beef Stroganoff Spinach Salad w/Sliced Red Onions Pineapple Dinner Roll	7 Cheddar Cheese Sand. w/Lettuce & Tomato Chicken & Veggie Gumbo Soup Fresh Apples	8 BBQ Chicken Pork & Beans Green Salad 100% Juice Dinner Roll	9 Salisbury Steak Mashed Potatoes Mixed Vegetables Peaches	Spa Cris 6
13 Biscuits & Sausage Gravy Steamed Broccoli Baked Spiced Apples w/Raisins	14 Swedish Meatballs Mashed Potatoes Green Beans Pears Dinner Roll	15 Chicken Parmesan w/Noodles & Marinara Crisp Green Salad Applesauce Dinner Roll	16 Stir Fry w/Pineapple Steamed Rice Stir Fry Veggies Oranges	ST
20 CLOSED PRESIDENTS DAY	21 Chicken Broccoli Alfredo on Noodles Crisp Green Salad Peaches Dinner Roll	22 Egg Salad Sandwich Split Pea Soup Apples 100% fruit juice	23 Pot Roast Red Potatoes Green Beans Pineapple Dinner Roll	Tuna St 10
27 Ham Sweet Potatoes Steamed Broccoli Apples Dinner Roll	28 Chili w/Ground Turkey Crisp Green Salad Peaches Corn Bread	29 Chicken Vegetable Pot Pie Winter Vegetables Oranges		