

JAN-FEB 2013 | PROGRAMS, SERVICES AND ACTIVITIES

# SENIOR CENTER

*Activity*



*fun*  
MORE THAN YOU IMAGINED

253-931-3016 | [www.auburnwa.gov](http://www.auburnwa.gov)

**AUBURN**  
MORE THAN YOU IMAGINED

AUBURN SENIOR ACTIVITY CENTER

# 2013 SENIOR SAVERS PANTRY

***ALL SENIORS WELCOME,  
REGARDLESS OF INCOME!***

THURSDAYS, 9 A.M. - 1 P.M.

FRIDAYS, 9 A.M. - 12 P.M.

## **PANTRY DATES**

JANUARY 3 AND 4

FEBRUARY 7 AND 8

MARCH 7 AND 8

APRIL 4 AND 5

MAY 2 AND 3

JUNE 6 AND 7

JULY 11 AND 12

AUGUST 8 AND 9

SEPTEMBER 5 AND 6

OCTOBER 3 AND 4

NOVEMBER 7 AND 8

DECEMBER 5 AND 6

JANUARY 9 AND 10 2014

Shop for low-cost foods on these two days per month. If you are new to the Pantry scene, you should know that we purchase foods in bulk or quantity at low prices and re-package them into individual sizes, passing the savings on to you. A wide variety of items are available: cereals, grains, cheeses, spices, raisins, juice and soup.

### **ORDER AHEAD AND SAVE TIME**

Complete a form at the current Pantry and your order will await you the following month.

**MAYOR**

Peter B. Lewis

**CITY COUNCIL**

Nancy Backus, Deputy Mayor  
John Holman  
Wayne Osborne  
John Partridge  
Bill Pelosa  
Richard Wagner  
Largo Wales

**PARK & RECREATION BOARD**

Richard Artura  
Greg Dobbs  
David Domenowski  
Vicki Gilthvedt  
Michael Hassen  
Julie Parascondola  
John Webley

**PARKS, ARTS & RECREATION**

Daryl Faber, Director

**2011/2012 SENIOR CENTER ADVISORY COUNCIL**

Rich Beard	Lily McMahan
Peggy Carpenter	Dolph Swanson
Cherie Cook	Helen Thompson
Shirley Goodhue	Lynette Turner
Gerrie Green	Ron Walker
Bob Hougardy	Nelva Whitt
Bruce Kolsky	Tom Williams
John Larson	Karen Wright
Merele McCain	

**STAFF**

**Radine Lozier**  
Senior Center Supervisor

**Karen Heide**  
Senior Center Asst.

**Rocky Kirwin**  
Recreation Coordinator

**Peggy Strain**  
Nutrition Site Manager  
Catholic Community  
Services

**Cindy Whitman**  
Program Specialist

**Janet Koch**  
Office Assistant

Cover Picture:  
Trish Riley, Watercolor Class

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**HOURS**

**Monday - Wednesday 8A - 9P**  
**Thursday - Friday 8A - 5P**  
**Activity Registration 8A - 5P**

**COMING IN MAR-APR**

- ST PATRICK'S DAY LUNCHEON -MARCH 15
- RUMMAGE SALE -MARCH 22 AND 23
- EASTER LUNCHEON - MARCH 28
- COMMUNITY VOLUNTEER LUNCHEON - APRIL 25

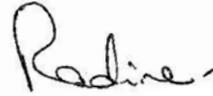
## DEAR READERS,

Dear Readers,



Happy New Year! The busyness of the holiday season is over. It is time to relax and take some time for you. The Senior Activity Center is the perfect place to visit. Take an exercise class, learn to paint, take a

walk/hike or join us on a day trip. Make 2013 the year to try something new. We look forward to seeing you soon.



Radine Lozier  
Senior Center Supervisor

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## ADVISORY COUNCIL

Meets the third Tuesday of the month.

January 15

February 19

The council is a diverse group of Center participants who meet with staff monthly to discuss ideas on center operations and services, review Wishing Well suggestions, brainstorm solutions to problems, etc. Meetings are the third Tuesday of each month at 10:00 a.m. All are welcome.

## ADVISORY COUNCIL HIGHLIGHTS

### October

Recognition Wall update: Radine showed a picture of the proposed Recognition Wall with a train watermark to replace the tiles which were at the front driveway of the Center.

### November

Michael Hirsch, Advisor to the Mayor and Community Services representative, spoke at our meeting. He explained some programs the city are working on to assist the homeless. He defined the "Homeless" as people with varying situations which have lead them to be unable to find a place to stay. The official homeless count of the city in June was 40 to 60 but as they are transient this cannot be considered as all.

The policy of the use of various facilities, especially during snow and cold, was explained.

The City's basic goal is to improve the quality of life of the "Homeless". Education, Management and Accountability is being called for.

## Outgoing Advisory Council Members

Thanks go to outgoing council members:

Peggy Carpenter  
Bob Hougardy  
Bruce Kolsky  
John Larson  
Merele McClain  
Tom Williams  
Karen Wright

We are looking for 6-8 new people interested in serving on the council. Please see Radine if you are interested or want more information.

## WISHING WELL SUGGESTION OF THE MONTH

No suggestions were made in October and November.

Keep those good ideas coming. You may win a free lunch if your suggestion is chosen.

## VOLUNTEERS, LET'S CELEBRATE BIRTHDAYS

If you volunteered at least five hours at the Senior Activity Center the month prior to your birthday, you will receive a complimentary, regular lunch certificate through the mail. Have we missed you or a friend? Let Radine know. You may use your certificate for the birthday celebration or for any lunch during the month of your birthday.

## FACEBOOK

The Auburn Senior Activity Center has a Facebook page. If you have a Facebook page please find us and like us. You will be the first to know what's going on at the senior center.



Facebook helps you connect and share with the people in your life.



## WE NEED YOU

Below are some of our current volunteer needs. Where might your time and talents fit? Stop by or call for an appointment with Radine to learn more.

### CURRENT NEEDS

#### COMPUTER TUTORS NEEDED

#### RESPIRE (ADULT DAYCARE) VOLUNTEER

Tuesdays and/or Fridays 10A- 3P

#### BARISTA

Monday 12-3P

#### HOST/HOSTESS

Monday 12:30-3P

#### OFFICE VOLUNTEER SUBSTITUTES

Office Volunteer. We will train you.

#### KITCHEN

Lunch Prep	M,T,W,Th,F	9A-1P
Dishwashers	T,W,TH	11A-12:30P
Salad Bar Prep	M,T,W	10A - 1P

## 2013 REGISTRATION CARDS

It is time to update your Senior Center Registration Card/ Emergency Trip information and waiver. We've combined all the information needed for in house activities and day trips onto one form. It is important that we have current contact and emergency information on file. We also mail out monthly birthday lunch invitations from this information. Pick up your 2013 card at the Hostess Desk or in the Office. Thanks in advance for taking the time to complete your card.

## IN CASE OF SNOW

Call the Senior Center to make sure we are open BEFORE attempting to drive or walk here. We make every effort to keep the doors open and services available, but don't encourage folks to come down when roads and sidewalks are dangerous. Even if the doors are open, classes or activities might be cancelled.

A good rule of thumb: If Auburn Schools are cancelled; Senior Center classes, activities and the Catholic Community Services lunch program will be cancelled.

**Note:** Threat of snow or icy roads may also result in cancellation of "Extended Hours" on Monday, Tuesday, and Wednesday evenings. Please call before you make a trip down.



## BOOKS, DVD and VHS!

*Our loan library always appreciates paperback book and movie donations.*



## ONGOING FREE ACTIVITIES - DAYTIME

### MAH JONGG

Wright Patterson AFB Rules

Mondays 10A-12P  
12:45-2:30P

### SCRABBLE®

Mondays 1-4:30P  
Fridays 1-4:30P

### CANASTA

Tuesdays 9:30A - 11:30A

### BINGO

1<sup>st</sup> and 3<sup>rd</sup> Tuesday

sponsored by



Parkside Retirement Community

12:45-2:15P

### TABLE TENNIS

Tuesdays 2-4:30P



### COMPUTER TUTOR

Mondays 9-11A  
Mondays 1:30-3:30P  
Tuesdays 12-3P  
Fridays 10-12P

### OPEN JAM AND DANCING

2nd & 4th Wednesday 10-11:30A

### PINOCHLE PARTIES

Tuesdays and Thursdays 12:45-3:30P

### CONTRACT BRIDGE

Fridays 10A-12P  
12:45-2P Bridge Lessons  
2P Beginner Lessons

### HAND AND FOOT

Fridays 12:45-4:30

### MONTHLY BOOK CLUB

1<sup>st</sup> Tuesdays 10A

For book choices see page 10. \* JAN Book Club is meeting at Auburn Library on Friday the 4th at 10A

### POOL

The Pool Room is open for drop-in play daily;

Friday tournaments 12:45P

1st Wednesday Scotch Doubles 12:45P

## GONE TO THE MOVIES

The Senior Activity Center is licensed to show movies.

Join us for first run movies and an occasional classic.

Movies and Refreshments Sponsored by:

**Wednesdays 1P and 4:30P**



We will show the movie twice on Wednesdays  
Second showing starts at 4:30pm.

### JAN 2 THE AVENGERS

(PG-13 FOR Intense sequences of sci-fi violence and action throughout, and a mild drug reference) Action, Adventure, and Thriller starring, Robert Downey Jr., Chris Evans, Mark Ruffalo, Scarlett Johansson, and Gwyneth Paltrow, 2 hours, 23 mins

### JAN 9 HOPE SPRINGS

(PG-13 for Mature thematic content involving sexuality) Comedy, Romantic Drama starring Meryl Streep, Tommy Lee Jones and Steve Carell, 1 hour, 40 mins

### JAN 16 SNOW WHITE AND THE HUNTSMAN

(PG 13 for Intense sequences of violence and action, and brief sensuality) Action, Drama starring Kristen Stewart, Charlize Theron, and Chris Hemsworth, 2 hours, 7 mins

### JAN 23 THE FIVE – YEAR ENGAGEMENT

(R for Sexual content, and language throughout) Romantic Comedy starring Emily Blunt, Jason Segel, and Alison Brie, 2 hours

### JAN 30 BATTLESHIP

(PG-13 for Intense sequences of violence, action and destruction, and for language) Action Thriller, Sci-Fi starring Taylor Kitsch, Alexander Skarsgard, and Liam Neeson, 2 hours, 11 mins

### FEB 6 MOONRISE KINGDOM

(PG-13 for Sexual content and smoking) Quirky, Romantic, Drama starring Bruce Willis, Bill Murray and Frances McDormand, 1 hour, 34 mins

### FEB 13 THIS MEANS WAR

(PG-13 for Sexual content including references, some violence and action, and for language) Action, Romantic Comedy starring Reese Witherspoon, Chris Pine, and Tom Hardy, 1 hour, 37 mins

### FEB 20 BEASTS OF THE SOUTHERN WILD

(PG-13 for Thematic material including child imperilment, some disturbing images, language and brief sensuality) Indie Drama starring Quvenzhané Wallis, Dwight Henry, and Levy Easterly, 1 hour, 33 mins

### FEB 27 MAN ON A LEDGE

(PG-13 Violence and brief strong language) Thriller, Suspense, Action starring Sam Worthington, Elizabeth Banks, and Ed Harris, 1 hour, 42 mins



## MONDAY SUPPER CLUB

Join us once a month for Supper Club. Leave the cooking to us and support the Wellness Team.

Why not bring the whole family? All ages are welcome.

**To aid in planning, please pre-register by calling or stopping by the front desk.**

### JANUARY

JAN 28	M	4:45- 5:30P	\$6	38271
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Chili/Chili Dog, chopped salad, corn bread and ice cream.

### FEBRUARY

FEB 25	M	4:45- 5:30P	\$6	38272
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Spaghetti, Chopped Salad, Garlic Bread, and Dessert.



## ONGOING FREE ACTIVITIES - EVENING

### MONDAY

#### COMPUTER LAB

Open for drop-ins

#### PINOCHLE PARTIES

5:45-9P

### TUESDAY

#### MEXICAN TRAIN DOMINOES

5:45-8:30P

#### COMPUTER LAB

Open for drop-ins

### WEDNESDAY

#### COMPUTER LAB

Open for drop-ins

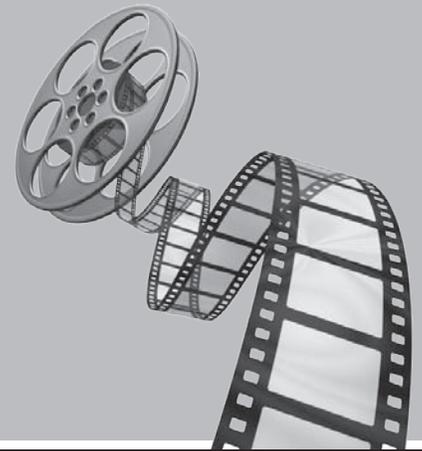
#### POOL ROOM

Open for drop-in play Monday-Wednesday

#### MOVIE

4:30

See list of movies on page 6.



### SENIOR CENTER EVENING HOURS

Remember we are open Monday – Wednesday evenings from 5 pm – 9 pm. Join us for an evening of fun or just relax with friends.

Mondays	Pinochle
Tuesdays	Mexican Train Dominoes
Wednesdays	Movie

### POOL TOURNAMENTS

6-9P (Sign up by 5:45P)

#### 1<sup>ST</sup> MONDAY

Mixed Doubles 8-Ball

#### 2<sup>ND</sup> MONDAY

Ladies 8-Ball

#### 3<sup>RD</sup> MONDAY

Mixed Doubles 9-Ball

#### 4<sup>TH</sup> MONDAY

Ladies 9-Ball



## SENIOR COFFEE HOURS WITH THE MAYOR AND COUNCILMEMBERS

THURSDAY      Deputy Mayor Nancy Backus  
JAN 10<sup>TH</sup>  
10-11A

THURSDAY      John Holman  
FEB 7<sup>TH</sup>  
10-11A

The Auburn community is growing and changing daily. To help keep you up-to-date and informed on issues, join us at a monthly coffee hour featuring specific Council members or the Mayor as the speakers. Topics include committees, upcoming projects, or Auburn's role in King and Pierce Counties. This is your opportunity to speak directly to your elected officials. Coffee and cookies will be served.

Deputy Mayor **Nancy Backus** serves as Vice Chair of Planning and Community Development and is Chair of the Finance Committee. In addition, Nancy has served on King County Growth Management Planning Council and has been on the National League of Cities (NLC) Finance, Administration and Intergovernmental Relations (FAIR) Policy Committee for the last 3 years. She has served the Auburn community and citizens for the past 29 years as President of the Miss Auburn Scholarship Program, fundraiser for several local organizations and is the Co-President of the Washington Elementary School PTA.



**John Hayes Holman** began serving on the council in 2012. He is a member of the Planning & Community Development Committee and is vice chair of the Finance Committee.



## CHERYL SALLEE ART GALLERY

JAN-FEB

### SENIOR ART SHOW

Auburn Senior Activity Center participants will share their talents in November and December. Take a moment to appreciate the great artistic ability from your friends here at the center. If you would like to show your art contact staff member Rocky Kirwin.

### January – February 2013 Francisco Austria

The realistic natural scenes of Francisco Austria showcase a profound appreciation of the beauty of nature and the skill of the artists brush.



### SPECIAL EVENT SEATING PROCEDURES:

#### Limited mobility seating:

*We will be seating those with physical limitations first.*

#### Groups of 10 or more:

*If you have a group of 10 or more people that would like to sit together at the special luncheons please let us know at the front desk and we will reserve a table for you.*

### REMINDER:

**ALL ADULT PROGRAM INSTRUCTORS HIRED BY THE AUBURN SENIOR ACTIVITY CENTER ARE INDEPENDENT CONTRACTORS AND THE RESPONSIBILITY FOR THE CURRICULUM OF THE CLASS RESTS WITH THE INSTRUCTOR.**

**OPEN JAM AND DANCING**

JAN 9 & 23	W	10-11:30A
FEB 13 & 27	W	10-11:30A

Join us for Music and Dancing on the 2nd and 4th Wednesdays of the month. If you are a musician you are welcome to join in. Or if you just like to listen to great music or like to dance, please join us. After the music and dancing are over please join us for lunch.

**INCOME TAX PREPARATION**

Beginning in February and continuing until April 15th AARP trained tax counselors will be on hand on Monday and Tuesday mornings to help complete your 2012 income tax forms. Call the Senior Center, (253) 931-3016 for an appointment. Sign up begins January 7th.

**VALENTINE'S DAY LUNCH**

Feb 14	TH	11:30A	38473
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Spend this day of love with a special person in your life. All are encouraged to invite a special guest to lunch i.e., daughter, son, friend, neighbor, or sweetheart. This is the perfect opportunity to let him/her know how much he/she means to you. Special favors and entertainment are planned. Pre-purchase tickets at the front desk. Cost: \$3 suggested donation. Under 60 years of age \$6.



**BIRTHDAY/ANNIVERSARY CELEBRATION  
BIRTHDAY SPONSOR: CANTERBURY HOUSE**

THURSDAY, JAN 17, 11:30A  
THURSDAY, FEB 21, 11:30A  
\$3 suggested donation

Birthday and/or wedding anniversary folks are invited to be seated, with their guests, at a special table and will be treated to cake and ice cream and a favor. Couples celebrating 50 or more years of marriage will be treated to a free lunch. Sign up at the front desk to reserve your seat. When you sign up, let us know if you will have guests and how many. We will have flowers for our age 80 or over birthday celebrants and roses to couples celebrating 50 or more years of marriage, so be sure to tell us if you qualify.



**DROP-IN TABLE TENNIS**  
Starting  
January 15  
Tuesdays 2-4:30P

**NEW FREE PROGRAM**

## ACADEMIC

### AUBURN SENIOR READERS AND FRIENDS BOOK CLUB

Join our monthly book club. All are welcome.  
Every 1<sup>st</sup> Tuesday, 10A-12P

#### JAN 4

Due to Holiday, January's Book Club will be on Friday, JAN 4 at the Auburn KCLS, 10A. Share a book of your choice.

#### FEB 5

*"Killing Lincoln"*

By Bill O'Reilly & Martin Dkugard

### AARP DRIVER SAFETY

JAN 14-15	M,T	10A- 3P	38486
JAN 28-29	M,T	5:30- 9:30P	38489
FEB 25-26	M,T	10A- 3P	38487

This nationally acclaimed course provides senior-aged drivers an opportunity to learn how to drive more efficiently and safely. Supported by the State, a reduction in auto insurance rates is mandated for individuals completing the course. Payment of \$14 is required the first day of class. AARP members will receive a \$2 discount if they have their membership card with the number. Make check payable to AARP.

### SPANISH STUDY GROUP

TH	10:30A -12P	FREE	ON GOING
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Do you speak Spanish? Then we have a group for you. This group is meant for individuals who are interested in enhancing their language skills. Open to serious Spanish Enthusiast who speak at an intermediate level. Instructor: Ron Kusunose.



### WRITING YOUR LIFE STORY

JAN 10-FEB 28	TH	1- 3P	\$26/\$33	37989
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Learn how to write your life memories in a hands-on class by author/instructor Helena Poortvliet. Sessions include getting started, sharing of short in-class and homework assignments, how to make your writing sparkle and constructive critiquing. Instructor: Helena Poortvliet



### INTRODUCTION TO HOME FOOD PRESERVING

MAR 9	SA	1-3P	\$12/\$15	38249
APR 13	SA	1-3P	\$12/\$15	38288

A preview to the Home Food Preservation series that will be offered monthly March-September, this class introduces the six main techniques used to preserve food in shelf stable forms at home. Emphasizing food safety, the class will give an overview of water bath and pressure canning, pickling and fermenting products, freezing, dehydrating and juicing. As well as showing examples of pickles, jams, jellies, juices, fruit leathers and fresh and frozen produce you can make at home. Location: Parks, Arts & Rec Admin Bldg. Instructor: Hal Meng

**DOG OBEDIENCE 1**

JAN 20-MAR 3	SU	6-7P	\$73/\$92	38242
JAN 28-MAR 11	M	6-7P	\$73/\$92	38243

This class is great for those who did not attend puppy classes, adopted a dog or have an older dog that needs a refresh on their manners. During the six weeks you and your dog will be introduced to sit stay, down stay, come when called and walking on a loose leash. Impulse control will be addressed, as well as crate training and sit for greetings. For dogs six months or older. Location: Veterans Memorial Park; Instructor: Tawnya Lichtenwalter  
No class February 17 and 18.

**DOG OBEDIENCE 2**

JAN 27-MAR 10	SU	7-8P	\$73/\$92	38245
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Dogs will increase the sit and down stay skills, perfect coming when called, fine tune walking on a loose leash and learn the moving drop. Prerequisite: Puppy Kindergarten or Beginning Obedience. Location: Veterans Memorial Park; Instructor: Tawnya Lichtenwalter. No class February 17

**AKC CANINE GOOD CITIZEN**

FEB 4-MAR 25	M	7-8P	\$73/\$92	38247
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The AKC Canine Good Citizen program is designed to reward dog owners who have dogs with good manners at home and in the community. This is a two-part program that stresses responsible pet ownership and basic good manners for the dogs. All dogs who pass the 10-step test can receive a certificate from the American Kennel Club. Fees paid to the AKC \$8 for the certificate or \$20 for an official CGC/AKC title. Location: Veterans Memorial Park; Instructor: Tawnya Lichtenwalter  
No class February 18.  
Fee: \$80/\$100; Senior Discount Fee: \$73/\$92



**WAITING LISTS**  
Many of our programs are filled to capacity. If this happens to you, be sure to add your name to the waiting list. As interest dictates, we often add an extra vehicle, a new class or offer a program again at a later date. Our goal is to accommodate as many people as possible.

**HOW TO READ CLASS INFORMATION**

<i>Class name</i>	<i>Date</i>	<i>Class Days</i>	<i>Class Time</i>	<i>Resident Fee</i>	<i>Non-Resident Fee</i>	<i>Class #</i>
<b>AARP DRIVER SAFETY</b>	JAN 6-APR 21	W	7-8:15P	\$68/\$85		31810

This nationally acclaimed course provides senior-aged drivers an opportunity to learn how to drive more efficiently and safely.. ← *Description*

## ART

### OIL PAINTING

JAN 7-MAR 11	M	9A-12P	\$42/\$53	37991
MAR 18-MAY 6	M	9A-12P	\$42/\$53	37992

Discover or review oil painting techniques to help you paint your own beautiful pictures. This class is open to all levels. A supply list is available on request. No Class Nov 12. Instructor: Helena Poortvliet  
No Class JAN 21 and FEB 18

### WATERCOLOR

JAN 28-MAR 4	M	1- 3P	\$42/\$53	37973
JAN 29-MAR 5	T	6:30- 8:30P	\$42/\$53	37974
JAN 30-MAR 6	W	1- 3P	\$42/\$53	37975
JAN 30-MAR 6	W	6:30- 8:30P	\$42/\$53	37979

Come experience the joy and beauty of watercolor painting. Learn traditional and experimental watercolor techniques and application, Class includes demonstration, individual assistance, discussion and critique. Instructor continually introduces new methods and projects to expand student's knowledge for watercolor painting, while developing ones own style. Beginners - Intermediate. Supply list provided upon registration. Instructor: JoAnne Iwasaki.  
No Class FEB 18

### ACRYLIC PAINTING

JAN 10-FEB 28	TH	3:30- 6P	\$42/\$53	37995
MAR 14-MAY 2	TH	3:30- 6P	\$42/\$53	38290

The class will cover acrylic techniques on both paper and canvas. Projects are provided by instructor with step-by-step instructions. Emphasis on color-mixing science, color usage and composition. Class is suitable for all experience levels. Instructor: Helena Poortvliet



**NEW**

## COMPUTERS

### COMPUTER LAB

Open Lab with Tutor (Subject to Change)

M:	9-11A & 1:30-3:30P	FREE
T:	12 - 3P	FREE
F:	10A-12P	FREE

Come check out our computers! Do you have specific questions about how to use the Internet, or about Microsoft Word® or Excel®? Or if you just have general questions about computers, drop by our open labs with tutor times.

### EBOOKS 101 CLASS

JAN 7	M	10-11:30A	FREE
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Discover everything you ever wanted to know about KCLS eBooks and the many devices on which you can enjoy them. You will have the opportunity to hold a variety of eReaders. Already have an eReader and want to learn how to download library books? Bring in your device for hands-on assistance! Presented by the Auburn KCLS.

**NEW**

**Headphones are now located at each computer.**

### Computer Use

**Time on computers is limited to 30 minutes when people are waiting.**



### PRINTING FEE

You can purchase a printing card, worth \$2.50 or \$5, or you can pay 10 cents per sheet, at the front desk for your printing convenience.

If you plan on downloading, creating or changing files of any type please bring a removable storage device, such as a disk or USB drive. **No personal files will be stored on the computers.** For your convenience CDs are for sale for \$1 each at the front desk. The lab is open from 8a-9p on Monday, Tuesday, and Wednesday and from 8a-5p Thursday and Friday.

### DID YOU KNOW?

The King County Library in Auburn offers Computer Classes and up to 75 pages of free printing per week. Call 253-931-3018 for more information.

**FITNESS/HEALTH/WELLNESS**

**ENHANCE FITNESS®**

An exercise program for seniors designed to improve physical conditioning levels. The class includes stretching and balance exercises, exercises to improve strength and range of motion through use of wrist and ankle weights and aerobics, safe and effective for seniors with a wide range of physical abilities. Medicare Group Health Members can participate free of charge.  
Instructor: Margie Willis

**MORNING  
NON GROUP HEALTH**

JAN 2-30	M,W,F	8:15- 9:15A	\$26/\$33	38279
FEB 1-27	M,W,F	8:15- 9:15A	\$26/\$33	38277
MAR 1-29	M,W,F	8:15- 9:15A	\$26/\$33	38275

No Class JAN 21 and FEB 18

**GROUP HEALTH**

JAN 2-30	M,W,F	8:15- 9:15A	FREE	38278
FEB 1-27	M,W,F	8:15- 9:15A	FREE	38276
MAR 1-29	M,W,F	8:15- 9:15A	FREE	38284

No Class JAN 21 and FEB 18

**AFTERNOON  
NON GROUP HEALTH**

JAN 2-30	M,W,F	3:30- 4:30P	\$26/\$33	38280
FEB 1-27	M,W,F	3:30- 4:30P	\$26/\$33	38282
MAR 1-29	M,W,F	3:30- 4:30P	\$26/\$33	38273

No Class JAN 21 and FEB 18

**GROUP HEALTH**

JAN 2-30	M,W,F	3:30- 4:30P	FREE	38281
FEB 1-27	M,W,F	3:30- 4:30P	FREE	38283
MAR 1-29	M,W,F	3:30- 4:30P	FREE	38274

No Class JAN 21 and FEB 18

**OPTION FOR ENHANCE FITNESS**

10-class punch card  
We are now offering a 10 class punch card. The card will be good for six months and it is only good for the class (morning or afternoon) that you purchased it for.

**MORNING  
JANUARY CARD AM**

JAN 7-JUL 1	M	8:15- 9:15A	\$40/\$50	38478
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No Class JAN 21

**FEBRUARY CARD AM**

FEB 4-JUL 29	M	8:15- 9:15A	\$40/\$50	38479
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No Class FEB 18

**MARCH CARD AM**

MAR 4-AUG 26	M	8:15- 9:15A	\$40/\$50	38480
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**AFTERNOON  
JANUARY CARD PM**

JAN 7-JUL 1	M	3:30- 4:30P	\$40/\$50	38481
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**FEBRUARY CARD PM**

FEB 4-JUL29	M	3:30- 4:30P	\$40/\$50	38482
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**MARCH CARD PM**

MAR 4-AUG 26	M	3:30- 4:30P	\$40/\$50	38483
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**HEALTH AWARENESS FROM THE PROS**

**PRE-INJURY SCREENING**

*Knee and Hip Joint Replacement*

JAN 2	W	11-11:30A	FREE
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*Rotator Cuff Issues*

FEB 6	W	11-11:30A	FREE
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John Payne, a local physical therapist will be on site to discuss some common issues that lead to injuries for seniors.

**LUNCH TALK WITH DOCTOR GEHRETT**

JAN 16	W	11A
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Dementia - Part 1

FEB 20	W	11A
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Dementia - Part 2



## GENTLE CHAIR YOGA

JAN 8-29	T	3:30- 4:30P	\$22/\$28	38046
FEB 5-26	T	3:30- 4:30P	\$22/\$28	38047
MAR 5-26	T	3:30- 4:30P	\$22/\$28	38048

This class is sure to reach every area of your body. Breathing exercises, lots of stretching, poses that challenge your balance, and some strength training. Senior Chair Yoga will leave you relaxed and refreshed. All levels of fitness are welcome. Instructor: Margie Willis.

## YOGA FOR GARDENERS

MAR 16	SA	10A-12P	\$21/26	38292
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Are you a weekend weed warrior? Learn simple yoga practices that will prepare you for a days work in the garden. Learn techniques that can help prevent injuries, relieve sore muscles and reduce stress. Dress comfortably, bring a yoga or exercise mat, large towel or small blanket. No yoga experience necessary. Class includes both standing and floor poses. Location: Les Gove Park Bldg Instructor: Hal Meng, EYRT

## INTRODUCTION TO TAI CHI

JAN 28-FEB 25	M	7:30- 8:30P	\$33/\$42	38093
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Tai Chi students enjoy both mental and physical benefits including strengthening, flexibility and coordination. Students learn gentle exercises and the practice of individual movements. Instructor: Gil Bortleson. No Class FEB 18.

## INTERMEDIATE TAI CHI

JAN 28-FEB 25	M	6:15- 7:15P	\$39/\$49	38097
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Students will start with gentle exercises and practice refining individual movements learned in the introduction class and gradually work into more advanced movements. Prerequisite: Introduction Tai Chi. Instructor: Gil Bortleson. No Class FEB 18.

## YOGA IN THE VINIYOGA TRADITION

JAN 9-FEB 27	W	6- 7:15P	\$63/\$79	38223
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Viniyoga means, "proper adaptation for the situation". Like all yoga classes it has the benefits of relieving emotional stress, toning the body, and can help bring balance to body, mind and spirit. Viniyoga's goal is to make yoga accessible to all through proper adaptation for the individual. Class is appropriate for both beginners and continuing students. Bring a yoga mat and blanket to class. Instructor: Hal Meng, ERYT

## YOGA FLEX OPTION

JAN 9-APR 24	W	6-7:15P	\$63/\$79	38228
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Flex option gives you the flexibility to attend any seven classes during the 14-weeks of the current quarter. See course description listed separately. Bring a yoga mat and blanket to class. Instructor: Hal Meng, ERYT.

## DANCE

### ZUMBA GOLD

JAN 8-29	T	8:30- 9:30A	\$22/\$28	38049
FEB 5-26	T	8:30- 9:30A	\$22/\$28	38050
MAR 5-26	T	8:30- 9:30A	\$22/\$28	38051

Latin dance style workout made for seniors. Lets dance off some calories! Zumba style music is fun, moves are simple and very repetitive you will be sweating before you know it. Instructor: Willis.

### LINE DANCING

#### Punch Cards

JAN 3-24	TH	2- 4P	5 VISITS \$26/\$33	38475
			10 VISITS \$47/\$59	

FEB 7-28	TH	2- 4P	5 VISITS \$26/\$33	38476
			10 VISITS \$47/\$59	

MAR 7-28	TH	2- 4P	5 VISITS \$26/\$33	38477
			10 VISITS \$47/\$59	

No Class 3/21

Learn the joys of Line Dancing with Janie Redick. You will get some great exercise while having lots of fun. Wear lightweight comfortable clothes and leather soled-shoes( or shoes that are conducive to dancing). A water bottle is a good idea. Punch card can be carried over from one month to the next. Instructor: Janie Redick

### MODERN WESTERN SQUARE DANCING

JAN15-MAR 26	T	6:45- 8:45P	\$57/\$72	38056
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Are you tired of doing the same old thing night after night? Why not come out and meet new FUN PEOPLE in a FAMILY FRIENDLY environment, IMPROVE YOUR HEALTH with an AMA-recognized low impact, aerobic dance form and take part in FRIENDSHIP SET TO MUSIC? If you are tired of sitting at home being a couch potato, tired of the bar scene or being glued to your computer screen, then come and join our Modern Western Square Dance Classes. This is not the program you learned in Elementary School. The music is modern, and you will be taught by a nationally recognized Caller / Instructor: Boots and Laces Modern Western Square Dancing Club

### BELLYDANCE

JAN 9-FEB 13	W	6-7P	\$45/\$57	38162
FEB 27-APR 3	W	6-7P	\$45/\$57	38164

Middle Eastern bellydance is a low impact form of dance appropriate for all ages and body types and backgrounds. Learn the history, basic movements, isolation techniques and more. All shapes, body types and genders welcome. Come with a willingness to learn, laugh, have fun and make new friends. Instructor: Nona & Kiara

## HIKES AND WALKS

Hikes range from 5-8 miles ; Walks are up to 3 miles. Destinations vary throughout the year. Our goal is to give all an opportunity to participate and have a good time. Please be aware of the following:

1. Hikers/Walkers are permitted to register themselves and only one other person (this includes a spouse).
2. There are no limits for the number of hikes or walks you can sign up for.
3. Hikes will leave at 9 a.m. and Walks leave at 9:30 a.m. (unless otherwise noted). We plan to return by scheduled time, although some variables cannot be avoided, i.e., traffic, walking speed of hikers, etc. Plan accordingly.
4. We make a rest/snack stop on our return trip. This allows everyone to stretch, use the restroom and get a snack.
5. We hike/walk rain or shine. Dress appropriately, i.e., layers, rain gear, boots, hats, gloves, etc. A light daypack is recommended for carrying essentials.
6. Bring lunch and at least 16 oz. of water. See staff with questions or concerns.
7. Hiking boots and a walking stick or trekking poles are recommended.
8. Hike/Walks require a minimum of 8 registrants
9. Refunds/Credits for hikes/walks will only be given if you cancel three business day prior to the trip, or if your spot can be filled.

### Updated Rating System:

- #1. Paved and/or smooth trail surface; no significant hills; no more than 5 miles.
- #2. Moderate; sometimes paved; some hills; may be over 5 miles.
- #3. Some difficult terrain; substantial hills and/or steps; elevation gain under 1,200 feet. Walkers with health problems should use caution.
- #4. Difficult; steep hills; may be poorly maintained or very irregular; over 1,200 feet elevation gain; may be over 5 miles. Walkers with health problems should use caution.

### HIKERS' /WALKERS' EMAIL LIST

28761

If you have email and want to be notified when a hike /walk isn't full, please register for the class number above.



## WALKS

### SNOQUALMIE VALLEY TRAIL

**MILES: UP TO 3 MILES**

JAN 22	T	9:30A- 2:30P	\$8/\$10	38259
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Beginning in North Bend walkers will head north on a section of this extensive trail. The surface is gravel and a grade level. After our walk we will have lunch at the North Bend Bar and Grille.

### RUSTON WAY

**RATING: 1 MILES 3 OR 5**

FEB 1	F	9A- 3:30P	\$8/\$10	38256
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This is our annual opportunity for hikers and walkers to unite. We should be able to enjoy the newly opened <sup>3</sup>/<sub>4</sub> mile stretch of trail along the old smelter slag heap as well as our usual section along Commencement Bay. We will have the opportunity to lunch out at Katie Downs. Hikers will walk additional miles after lunch. If we have enough for two vans, the walkers will be able to head home after lunch otherwise they will have to just hang out on the waterfront for a while after lunch.

### REDMOND WATERSHED

**MILES: UP TO 3 MILES**

FEB 12	T	9:30A- 2:30P	\$8/\$10	38260
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The watershed offers a selection of mostly level trails. There may be some irregular footing as well as muddy spots. The forest is mixed and there are several areas of wetland for viewing.

### GREENLAKE

**MILES: UP TO 3 MILES**

FEB 26	T	9:30A- 2:30P	\$8/\$10	38261
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Walkers will be able to combine a walk around this busy urban lake with a lunch stop at Spuds or other restaurants clustered around the lake. The trail is paved and level.

### REMINDER:

**ALL ADULT PROGRAM INSTRUCTORS HIRED BY THE AUBURN SENIOR ACTIVITY CENTER ARE INDEPENDENT CONTRACTORS AND THE RESPONSIBILITY FOR THE CURRICULUM OF THE CLASS RESTS WITH THE INSTRUCTOR.**

## HIKES

### TEHALEH TRAILS **RATING: 2 MILES: 6**

JAN 11	F	9A-3P	\$10/\$13	38254
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Join us for a new hike in the new year. Tehaleh is a new housing development in Bonny Lake. The development offers 7.5 miles of trails that are relatively level. Hikers may enjoy views of Mt. Rainier and the Puyallup Valley.

### CHAMBERS BAY **RATING: 2+ MILES: 6**

JAN 25	F	9A-3:30P	\$10/\$13	38255
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Hikers will do a double loop to maximize the trails at Chambers Bay. The Grandview Trail is 1.25 mostly level paved trail. This joins to the 2 mile long Sound View Trail, also paved but presenting some sections with grades of 10%. Hikers will start at the Environmental Center and hike clockwise before lunch, then repeat the hike in a counter clockwise direction after lunch. There are spectacular views of the south sound and the opportunity to stroll along the beach if the weather is inviting.

### RUSTON WAY **RATING: 1 MILES 3 OR 5**

FEB 1	F	9A-3:30P	\$8/\$10	38256
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This is our annual opportunity for hikers and walkers to unite. We should be able to enjoy the newly opened ¾ mile stretch of trail along the old smelter slag heap as well as our usual section along Commencement Bay. We will have the opportunity to lunch out at Katie Downs. Hikers will walk additional miles after lunch. If we have enough for two vans, the walkers will be able to head home after lunch otherwise walkers will have to just hang out on the waterfront for a while after lunch.

### DELEO WALL **RATING: 3 MILES: 3**

FEB 15	F	9A-3:30P	\$10/\$13	38257
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Cougar Mountain offers a variety of well-maintained and well-marked trails. The De Leo Wall hike proceeds through a mixed forest, along wetlands, and across a creek. From the wall hikers get views of Maple Valley. There are roots and rocks in places and some muddy stretches. The elevation change is 1100 feet.

### LITTLE SI **RATING: 3 MILES 4.5**

MAR 1	F	9A-3:30P	\$10/\$13	38258
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The trail starts with a significant hill then becomes more moderate for a total elevation change of 1100 feet. The trail winds through forest and ends with a scramble over some boulders to reach the lunch spot. Hikers can enjoy views across the Snoqualmie Valley to Rattlesnake Ledge.

### SNOWSHOEING SNOQUALMIE PASS

FEB 8	F	8:45A-4P	\$25/\$29	38472
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Outdoor enthusiasts will enjoy this Forest Service guided snowshoeing tour through the snow covered Cascade Mountains. We will snowshoe 3-5 miles, w/ 800 to 1000 feet of elevation gain. If this were a hike it would be rated a 3+. You will need to wear layered and insulated clothing, hats, gloves and sturdy, and waterproof boots for the snowshoes. No jeans or cotton. A day pack w/ extra clothes are required. Please bring a sack lunch. The Forest Service provides snowshoes. Fee includes snowshoes, tour and transportation.



*Snowshoeing Snoqualmie Pass*

## POOL

### OPEN POOL DAILY MONDAY – FRIDAY

Except for Friday afternoons and Monday evenings during tournaments. There is always hot competition. Come and join the fun – all players are welcome. Because of the popularity of tournaments, they often last several hours. If you plan to participate, please be prompt.

### DAY POOL TOURNAMENTS

*Tournaments have priority on all three tables.*

**Mondays** 12:45P (sign up in Pool Room by 12:30P)  
 2<sup>nd</sup> Monday Ladies’ 8-ball  
 4<sup>th</sup> Monday Ladies’ 9-ball

**Wednesday** 1:30P (sign up in Pool Room by 1:00)  
 1<sup>st</sup> Wednesday 1:30 Scotch Doubles  
 \$1 donation suggested for refreshments

**Fridays** 12:45P (sign up in Pool Room by 12:30P)  
 1<sup>st</sup> Friday Open  
 2<sup>nd</sup> Friday Men’s 8-ball  
 3<sup>rd</sup> Friday Open  
 4<sup>th</sup> Friday Men’s 9-ball

### EVENING POOL TOURNAMENTS

**Mondays** 6-9P (sign up in Pool Room by 5:30P)  
 1<sup>st</sup> Monday Mixed Doubles 8-ball  
 3<sup>rd</sup> Monday Mixed Doubles 9-ball

**On Fridays Respite has one table reserved from 10A – 12P and a second table from 10-11A. Also on the 2nd and 4th Tuesday Respite has one table reserved from 12:30-3P.**



**CITY OF AUBURN**  
**FREE SWIMS**  
 @ YMCA 1620 PERIMETER ROAD SW

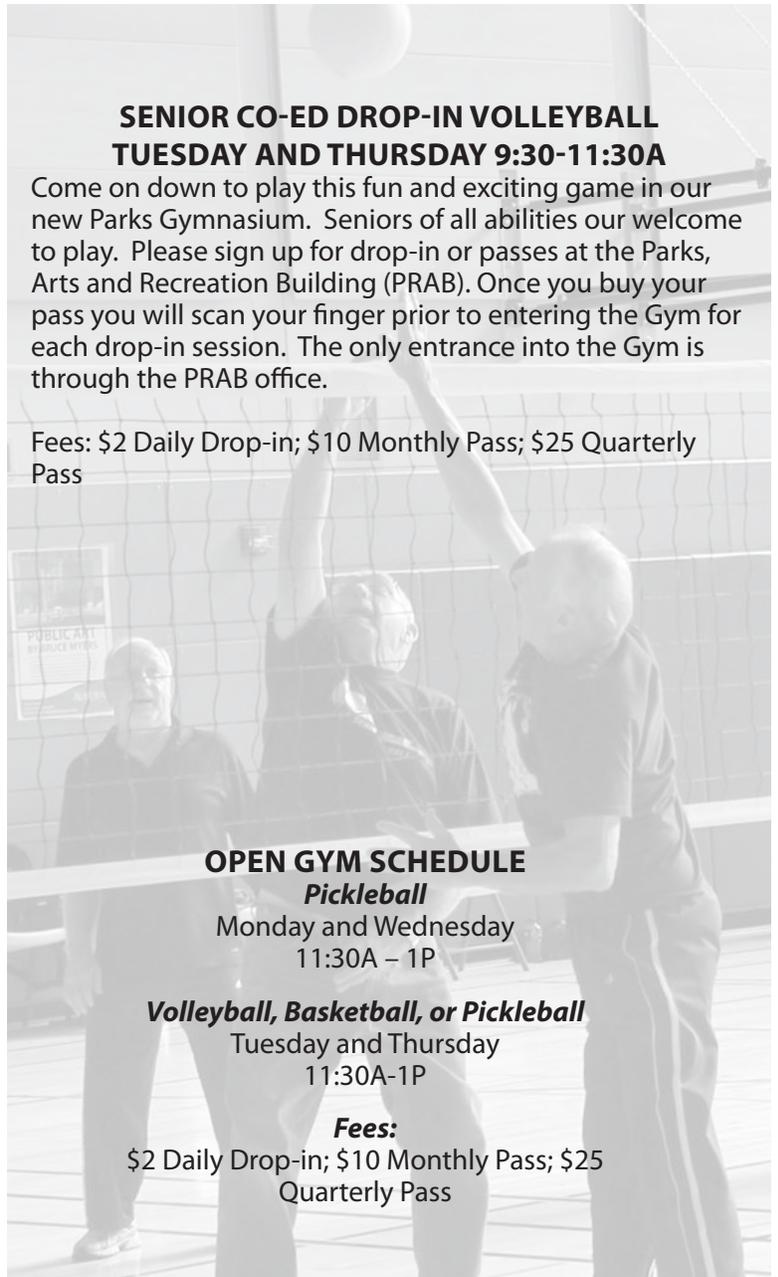
PROGRAM	DAYS	TIME	DATES	POOL
Family Swim	Sun	5-6 p.m.	JAN 6 - JUN 16	Both pools
Lap Swim	T & TH	8-9 a.m.	JAN 2 - JUN 19	Three lanes
Water Aerobics	T & FR*	9-10 a.m.	JAN 2 - JUN 19	Limit 20

\*Note new days for Lap Swims and Water Aerobics

### SENIOR CO-ED DROP-IN VOLLEYBALL TUESDAY AND THURSDAY 9:30-11:30A

Come on down to play this fun and exciting game in our new Parks Gymnasium. Seniors of all abilities our welcome to play. Please sign up for drop-in or passes at the Parks, Arts and Recreation Building (PRAB). Once you buy your pass you will scan your finger prior to entering the Gym for each drop-in session. The only entrance into the Gym is through the PRAB office.

Fees: \$2 Daily Drop-in; \$10 Monthly Pass; \$25 Quarterly Pass



### OPEN GYM SCHEDULE

#### Pickleball

Monday and Wednesday  
 11:30A – 1P

#### Volleyball, Basketball, or Pickleball

Tuesday and Thursday  
 11:30A-1P

#### Fees:

\$2 Daily Drop-in; \$10 Monthly Pass; \$25 Quarterly Pass

## WII BOWLING LEAGUE

### WINTER IN HOUSE LEAGUE

STARTS JAN 16 W 9A-12P \$8/\$10 37970

Time for another Wii bowling league to start. Please register by January 10 if you are interested in playing. If you don't have a partner, we will do our best to pair you up, but there is no guarantee.



## VAN TOURS

### SENIOR ACTIVITY CENTER TRAVELERS NEED A REGISTRATION/EMERGENCY TRIP INFORMATION CARD.

All persons taking Senior Center trips are asked to complete a confidential form, which includes health insurance information, emergency contacts, medications taken, etc. Forms will be sent with the escort on each trip. In case of a medical emergency, we can act more effectively on your behalf. We update these forms annually starting in December. If you have not yet completed/updated this form, please ask for one at the front desk.

#### REMINDER:

Payments for trips and tours are due when registering. Unless noted, a trip is open for registration the first working day of the month in which it appears in the brochure.

#### TRAVELERS WITH DISABILITIES

Those needing special assistance on bus or van tours need to see staff regarding handicapped accessibility. See staff if you have questions.

Van tours are usually short, one-day trips which normally require walking.

If walking presents a problem for you, check with staff prior to registering about advisability of taking a specific trip. Because most van tours include time on your own for sightseeing, eating and shopping, be prepared for these activities.

**Handicapped Accessible Bus**  
Van trips using this vehicle will be marked:



## LEISURELY LUNCH

Here is the perfect excuse for lunch out with friends. Join us monthly for a different restaurant and fun social experience. Cost of meal is on your own.

#### FAMOUS DAVE BBQ- PUYALLUP



JAN 31	TH	11:30A- 2:30P	\$7/\$9	38469
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Famous Dave's Legendary Pit Barbeque® delivers the award-winning ribs, chicken and sandwiches in a unique and friendly family atmosphere. Price range is \$8-18

#### COPPER FALLS- AUBURN



FEB 28	TH	11:30A- 2:30P	\$2/\$3	38470
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It has been a while since we have visited Copper Falls at the Auburn Golf Course. The menu, a creation by our award winning chef, has been designed to please every palate. Price range is \$7-17.

## DINING CONNOISSEURS

Enjoy a monthly dinner night out with your friends from the Senior Center. Leave the restaurant choosing and driving to us. Dinner costs are on your own.

#### JOEYS - SOUTHCENTER



JAN 9	W	4:30- 8P	\$7/\$9	38467
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Joey's combine unique flavors from around the globe with your favorite classics to create simple but unforgettable dishes. There's something to please even the most critical of palates. Price range is \$11-\$30

#### THE RAM - FEDERAL WAY



FEB 13	W	4:30- 8P	\$4/\$5	38468
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The Ram Restaurant and Brewery, is a casual, full-service, family-oriented restaurant. Price range is \$8-\$20.

## VAN TRIPS

#### BELLABALLS - TACOMA



JAN 14	M	10A- 3:30P	\$12/\$15	38521
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Bellaballs are hand-blown glass floats, individually made by artisans in the Pacific Northwest. They are a unique gift for those special occasions or just to add to your home. They're meant to add beauty to your beautiful life. Will also stop at the Freighthouse Square and Almondroca outlet shope. Lunch on your own at Freighthouse Square.

#### MUSEUM OF HISTORY AND INDUSTRY SEATTLE

JAN 17	TH	10:30A- 4:30P	\$30/\$34	38263
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Join us as we head up to South Lake Union to check out the new Museum of History and Industry. We will start off our visit at the Museum with a Seattle 101 presentation, which is a survey of Seattle history from first settlement to today. Fee includes transportation, admission and tour. There will an independent lunch on South Lake Union preceding our visit to the museum.

#### CINEBARRE- MOUNTLAKE TERRACE



FEB 5	T	11:30A- 4:30P	\$10/\$13	38262
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Cinebarre is a movie theater that offers restaurant operations serving food, beer and wine - before and during the showcasing of popular first-run films, - all in a unique and fun setting! You will have your choice of movies. Fee includes transportation. Movies are \$ 5(surcharge for 3-d movies). Lunch is on your own in the theatre.

## WAR HORSE - SEATTLE

FEB 21 TH 3:45-11:00P \$57/\$62 38471

A remarkable tale of courage, loyalty and friendship. As World War One begins, young Albert's beloved horse, Joey, is sold to the calvary and shipped from England to France. Albert cannot forget about Joey yet is too young to enlist. Instead, he embarks on a treacherous mission to find him and bring him home. This powerfully moving and imaginative drama comes alive with life breathing, galloping puppets. A no-host dinner at the Spaghetti Factory will precede the show. Fee includes transportation and admission.

## CHIHULY GARDEN AND GLASS - SEATTLE

MAR 7 TH 10A- 3:30P \$30/\$33 38520

A visit to Chihuly Garden and Glass is an opportunity to take full advantage of the location at the Seattle Center, a premier destination to explore the Space Needle, Pacific Science Center, Experience Music Project and a variety of cultural activities offered throughout the year. Lunch will be on your own at either the Seattle Center House or the Chihuly Collections Cafe.

## SEATTLE THUNDERBIRDS - KENT

MAR 12 T 6-10P \$20/\$24 38519

Join us as we head up to Kent for some minor league hockey. The T-birds will be taking on the Tri-City Americans. We will be going on 2 for Tuesday, which means \$2 hot dogs, soda, popcorn and beer. We will be going directly to the game. Fee includes transportation and admission.

## MUSIC

### GREAT WESTERN COMMUNITY CONCERT ASSOCIATION

Auburn Performing Arts Center 700 East Main St. Auburn WA 98002

Tickets for the following shows are only \$10 if purchased at the Senior Center front desk.

#### WE FIVE

JAN 19 SA 7P \$10 38537

We Five's first hit "You Were on My Mind" in 1965 led to an Emmy nomination for the "Best New Artist of 1965". Listen again as the band including three original members perform their hits Let's Get Together and Cast Your Fate to the Wind along with many other 1960's hits. You too will say "Thanks for the songs and the memories they bring back". Special Guests: Portland's Three Together are three accomplished musicians having FUN with baby boomer era Folk, Pop, and Soft Rock tunes using tight vocal harmonies. Doug Smith is a nationally acclaimed finger style guitarist.

#### IMAGINE

FEB 16 SA 7P \$10 38538

Remembering The Fab Four. From their convincing Liverpool accents and Beatles wit to their pointed boots and totally fab gear, what you will experience is pure magic! It is a two hour Beatlemania show all performed with authentic instruments and costumes. Imagine has performed together for 20 years. Special Guests: The Saltwater Saints is a fun local group of musicians who perform even more 1950s and 1960s rock and pop songs easily complimenting the Beatles show. Classic Country and Classic Rock & Roll, meet California Honky Tonk and Rockabilly.

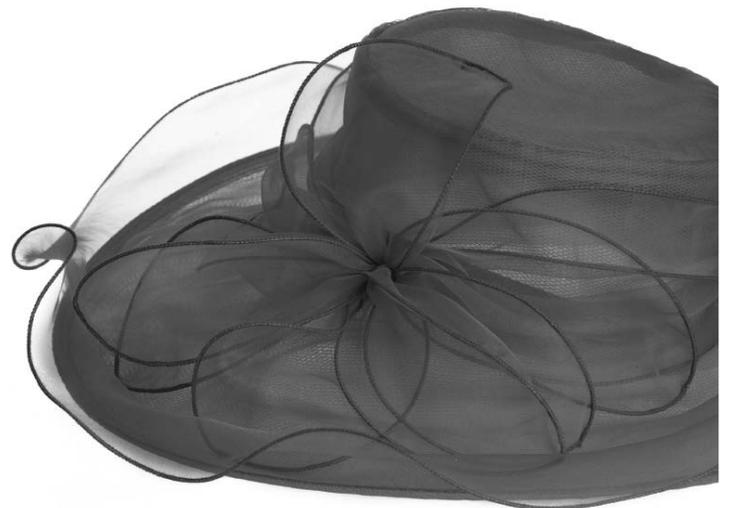
## RED HAT SOCIETY - AUBURN MAD HATTERS

### JANUARY

Monday, January 14th, 2013 we will be playing BUNCO at the Senior Center. Lunch at the Center is at 11:30 a.m. and afterwards we will start BUNCO. Cost of lunch on your own (\$3) and BUNCO is \$6. Let me know if you can make it. Bring a dessert to share. I need to know about how many are coming so I can get the tables ready. ( 253) 752-6700 Jerry.

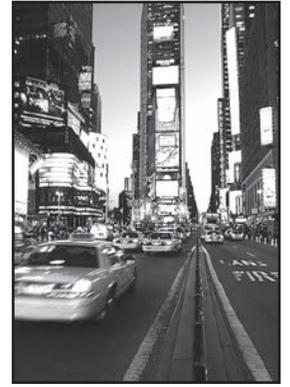
### FEBRUARY

Tuesday, February 12th, 2013 we will go to the Super Mall for lunch at Red Robin and then a movie. We will leave the Center at 10:30 a.m. Lunch and movie costs on your own. Due to the weather in February and driving conditions we like to stay close to Auburn. Let me know if you would like to come. Thanks





# American Heritage Trip

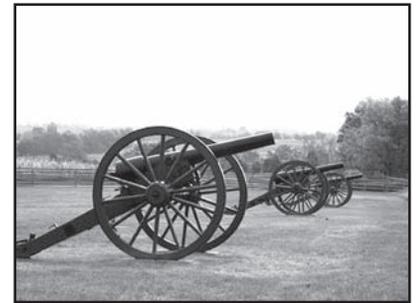


**Highlights:**

**New York City, Philadelphia, Amish Country, Gettysburg,  
Shenandoah Valley, Monticello, Colonial Williamsburg, Mount  
Vernon, Washington DC, Smithsonian Institution**

**11 Days**

**14 meals (9 Breakfast, 5 Dinners)**



## OCTOBER 4 - 14, 2013

Double	\$2,979
Single	\$3,964
Triple	\$2,939

**\$250 Deposit due at the time of Registration**

**Fee includes: Round Trip air from Seattle, Transportation from Auburn Senior Center to airport, Mandatory  
Air Taxes and Fees/Surcharges, Hotel Transfers**

**NOT INCLUDED in price: Cancellation Waiver and Insurance of \$165 per person**

**For More Information Contact Auburn Senior Activity Center  
Rocky Kirwin at 253-931-3016 or rkirwin@auburnwa.gov**

*During the fall you will get  
an added bonus of seeing  
spectacular fall foliage.*

**YOU SET THE GOAL - WE WILL HELP YOU GET THERE!**  
**TAKE ADVANTAGE OF ONE OF OUR MANY PROGRAMS DESIGNED TO PROMOTE *POSITIVE AGING***

*Other services include foot care, flu shots, blood pressure checks, massage, Senior Health Insurance Benefits (SHIBA), Senior Rights, information and referrals and wellness lectures. Read on for more details.*

**WELLNESS TEAM**

The Auburn Senior Wellness Team is comprised of two teams: a planning team and a working team. The planning team meets once a month to plan supper clubs and discuss our involvement in different community events. The working teams helps out the different community events and supper club.

**WELLNESS TEAM MEETINGS**

JAN 8	TBA	
FEB 5	T	9:30A
MAR 5	T	9:30A

**FOOT CARE PROVIDED BY KAREN'S FOOT CARE**

Karen Poppleton is a licensed Nail Care Technician and has provided foot care at the Senior Activity Center for 10 years. She will be providing foot care services on Mondays by appointment only. Call 253-931-3016 to make an appointment and bring a towel. The cost is \$27 for all clients. Need a scholarship for foot care? Ask your foot care provider.

**Making appointments:** We are now booking foot care appointments for four months at a time; the current month and the following three months. You may call the Center to book an appointment or book your next appointment with your nail care technician at the time of service.



**BLOOD PRESSURE CLINIC**

Canterbury House offers a free blood pressure clinic on the following dates:

JAN 28	M	11A-12P
FEB 25	M	11A-12P



**MASSAGE**

TUESDAY	10A-3:30P	\$20/\$33/\$53
**\$20 for 15 min., \$33 for 30 min. and \$53 for 60 min.		

Leslee Jo comes to us with 20 years of experience as a Massage Therapist. Experience the benefits that therapeutic massage has to offer. Massage is proven to improve your overall health and may decrease chronic pain. Appointments for the next four months can be made at the front desk. **Fridays by appointment only.**



**DENTAL SERVICES BY "HEALTHY SMILES"**

JAN 17	TH	BY APPOINTMENT
JAN 18	F	BY APPOINTMENT
FEB 21	TH	BY APPOINTMENT
FEB 22	F	BY APPOINTMENT
MAR 21	TH	BY APPOINTMENT
MAR 22	F	BY APPOINTMENT
APR 18	TH	BY APPOINTMENT
APR 19	F	BY APPOINTMENT

Taking good care of your teeth and gums is important for your mouth, your overall health and self esteem. Darcy Spencer-Wenger, a dental hygienist, from "Healthy Smiles" will be here to offer her services for \$77, monthly on the 3rd Thursday and Friday. Services include: full scale teeth cleaning, cleaning of dentures and partials, application of fluoride varnish, assessing oral health, measuring the gum pockets, oral hygiene instruction, and referrals to local dentists and specialists. Please call for an appointment. You must be over 50 to use this service.

## AUBURN RESPITE CARE PROGRAM

This is an adult day care that meets the second and fourth Tuesday from 10 a.m. - 3 p.m. and every Friday from 10 a.m. - 3 p.m. here at the Auburn Senior Activity Center. Caregivers are able to bring family members with Alzheimer's, Parkinson's, stroke or frail health for a day of socialization, companionship, music, activities and lunch. Volunteers at the program provide one-on-one care for the seniors participating in the program. Currently we have three spots available.

For those seniors who are unable to utilize the senior center on their own and have special needs, the Respite Program may be just what you're looking for. Call Sheila Pankratz at 253-875-9163 for more information. There is a nominal fee, which may be negotiated upon request. We're always looking for new volunteers too

## EYECARE AMERICA

EyeCare America provides medical eye care at no out-of-pocket cost for seniors age 65 and older. Visit our new online referral center, [www.eyecareamerica.org](http://www.eyecareamerica.org) to see within minutes if you are eligible to be matched with an EyeCare America volunteer ophthalmologist (Eye MD).



## LIONS CLUB RECYCLE FOR SIGHT PROGRAM

By dropping off old glasses in the Lions Recycle box in the front coat rack area of the Senior Center will help give someone else a chance to see.

## SUPPORT GROUPS

# alzheimer's association®

## ALZHEIMER'S ASSOCIATION SUPPORT GROUP

1<sup>ST</sup> Tuesday of each month 12-1:30P

Caring for someone with memory loss? Alzheimer's Association caregiver support groups provide a consistent and caring place for people to learn, share and gain emotional support from others who are also on a unique journey of providing care to a person with memory loss. A free information and support group for unpaid care partners, family members and friends is held on the 1st Tuesday of each month from 12:-1:30 pm at Church of the Nazarene, 1225 - 29th ST SE, Room 15, Auburn WA, 98002. For more information, contact the group facilitator, Val Brustad at 253-854-7658.

## CAREGIVER SUPPORT GROUP

2nd Thursday of Each Month 6:30 - 8:00 pm

Providing resources, education and support to family members and caregivers of those suffering from dementia and other illnesses.

Location: Auburn Regional Medical Center

Intensive Outpatient Room  
Access by 2nd Street NE entrance;  
Follow signs to 1st floor wait area by aquarium

For more information call  
253-804-2813.  
Free and open to the Community!

## EZ READER FOR VISION IMPAIRED

Reader is available in the Computer Lab. See Senior Activity Center staff for more information and/or a demonstration.

## LOAN CLOSET

Need a walker, cane, wheelchair, bath chair or crutches for a short time? Check at the Senior Center; we have some to lend.



**COOKS CORNER**

Another year has gone by so quickly!! Here it is 2013!! I wonder what this year holds for all of us?



We had another successful year of Thanksgiving and Christmas meals Thank you!! I got a lot of compliments on our large snicker doodle cookies. Please let Cutis know just how much you enjoyed them. He comes in once in a while to help out. See me for the recipe.

What will January and February national day dessert be?? Watch our menu board to see when and what.

Again thank you to everyone in 2012 has been a huge success.

*Peggy*

**NUTRITION PROGRAM OVERVIEW****LUNCH PROGRAM**

The Lunch Program serves delicious, cooked from scratch, balanced meals in a welcoming group setting to people who are at least 60 years of age. All meals meet one-third Recommended Daily Allowances for persons 60 years of age and older. The cost is a confidential suggested donation of \$3 per meal. Persons decide for themselves what if anything they wish to contribute. No eligible participant is denied a meal if unable to donate. Food Stamp Vouchers are accepted as contributions.

**CONTRIBUTE \$3 DONATION IF YOU ARE:**

- Anyone 60 or over or;
  - If you are dining with a 60 or over spouse.
  - If you are a disabled or handicapped individual under 60.
- While we enjoy having caregivers, friends and family join in during lunch, please remember the federal guidelines and make the appropriate payment.

**CONTRIBUTE \$6 IF YOU ARE:**

- Under the age of 60 or;
- You are a caregiver, who is not a spouse, below age 60 or disabled;

**LUNCH COMMENT CARDS**

Comment cards are available. Please share your compliments, suggestions, complaints, and concerns. This is your lunch program and we are here to meet your needs.

**AUBURN SENIOR ACTIVITY CENTER LUNCH****PRE-PURCHASE PLAN**

**Suggested Donation: \$3/Meal**

Purchase Lunch Punch tickets at reception desk. Not valid for some special meals.

**FOR INDIVIDUALS OVER 60  
TICKETS AVAILABLE IN VALUES OF:**

5 meals	\$15 (donation)
10 meals	\$30 (donation)
20 meals	\$60 (donation)

**Choices:** Entrée Salad or Main Meal menu.

**Possibility:** Take an extra meal to go for dinner.

**Benefits:** Good food, fun people and someone else cooks.

**REGULAR LUNCH AT SENIOR CENTER****MONDAY - FRIDAY**

Registration: Begins at 11 a.m.

Salad Bar: Opens at 11:30 a.m.\*

Lunch: Served at 12 p.m.

\*11:25 for participants with physical limitations.

**SALAD BAR NEWS**

Canterbury House



The cost of the salad bar is supplemented by the City of Auburn's Human Services, Canterbury House and Mike and Sharon Schooley. Personal donations are always accepted.

**OPTIONS**

Small salad plate  
included with lunch  
(extra donations always welcomed)

Salad bowl \$1

Lunch plate for entrée salad \$3

Salad Bar opens at 11:30.

\*11:25 for participants with physical limitations.

The entree lunch option is available daily for the same \$3 suggested donation for those age 60 and over and \$6 for those under 60. Also included is coffee, milk and dessert. Stop by and try this healthy lunch option and let us know what you think.

## NUTRITION

### MEALS ON WHEELS

**Eligibility:** 60 and over, and homebound (most days)

**Cost:** Suggested donation of \$3 per meal

**Delivery:** Weekly on Friday mornings  
Seven frozen meals per order for delivery.

Nutrition Supplements

**(Variety of Ensure® products)**

**Eligibility:** 60 and over and homebound (most). The cost varies by product. We deliver weekly on Friday.

For details and/or applications, call Cindy at 253-931-3016. Pierce County call 253-474-1200.



## COFFEE BAR RATES

**Coffee, tea, hot chocolate and spiced cider.**

Charge:

25¢ per cup

50¢ per mug

75¢ per large travel mug

50¢ bottled water

Punch cards are available - 20 punches for \$5. Purchasers receive a free cup of preferred beverage for each punch card filled. While on duty, baristas punch cards for each cup. The Honor System is in effect for cash or punch cards during self-serve hours.

Mini-Punch cards are available for those wanting to give or use single to 5-cup punch cards.

**Snacks available 75 cents.**



## SENIOR SAVERS PANTRY

**All Seniors, regardless of income level, are welcome.**

Shop for low-cost foods two days per month (see below). If you are new to the Pantry scene, what we do is purchase foods in bulk quantity at low prices and re-package them into individual sizes, and pass the savings on to you.

A wide variety of items are available, such as cereals, grains, cheese, spices, raisins, juice, soup, etc.

### JANUARY 2013

JAN 3	THURSDAY	9A-1P
JAN 4	FRIDAY	9A-12P

### FEBRUARY 2013

FEB 7	THURSDAY	9A-1P
FEB 8	FRIDAY	9A-12P

### MARCH 2013

MAR 7	THURSDAY	9A-1P
MAR 8	FRIDAY	9A-12P

### PANTRY RECIPE

Okay, Okay! We all overdid the holiday eating frenzy. The weather is frightful so cook up this easy recipe with many ingredients from The Pantry. Now is the time for a hot bowl of nourishing low calorie soup to enjoy on a rainy day (or anytime for that matter!).

#### JoAnne's Easy Breezy Next Day Chicken Soup

- Saute 1 chopped onion in a little oil (vegetable or olive) in a large pot
- Throw in a peeled slivered carrot (or 2 if you like carrots)
- Chop up some celery, stalks and leaves, and toss that into the pot
- Add 4 cans of Chicken stock or about 6 cups of water and 6 chicken bouillon cubes.
- Bring to a simmer and add some leftover pieces of cooked chicken you have chopped up. You may use fresh uncooked chicken if you ate all that chicken the last time you cooked chicken. Did I just say chicken 4 times?
- Throw in a half a bag of coleslaw salad mix you bought from a produce department.
- Add 1 teaspoon Montreal Chicken Seasoning, 1 teaspoon dry minced garlic, 1 teaspoon Parsley Patch, 1 teaspoon Herbs de Provence, 1 Tablespoon dry Parsley and 1 teaspoon black pepper.
- Simmer until all the vegetables are cooked to your preference.
- If the soup is too thick add more stock.
- Taste before adding any salt and season accordingly.
- This soup is even better the next day so make lots and keep it in the refrigerator.

**VETERAN SERVICES- SENIOR CENTER****VETERAN SERVICES**

The Veterans and Human Services Levy was passed by the King County voters. With it came an array of services for veterans. Veterans who have served any branch of the U.S. Armed Forces including the National Guard, Coast Guard and Armed Forces reserve and active duty are eligible to apply. Family members their spouses or widows and dependents are encouraged to call for assistance. VA benefits have specific qualifiers, but in every case, all Veterans must have been honorably discharged

**SUPPORT SERVICES**

JAN 7	8:30-10A	NO APPOINTMENT NEEDED
FEB 4	8:30-10A	NO APPOINTMENT NEEDED
MAR 4	8:30-10A	NO APPOINTMENT NEEDED

For help with questions or connecting with federal, state, or county veteran benefits or services, call or see Joel Estey. He is at the Senior Center on the first Monday of each month at 8:30 a.m. He can be reached at 206-612-2816 (cell phone) or 206-296-7570 with specific questions.

Jeannette Moen, a DAV Service Officer, will also be here to assist veterans and their families in applying for their VA benefits and can be reached at 253-859-6439. She has forms for veterans, widows, or family members to file a claim with the VA for health benefits, compensation, and/or pension.

**BENEFIT PROGRAMS**

JAN 9 AND 23	CALL FOR APPOINTMENT
FEB 13 AND 27	CALL FOR APPOINTMENT
MAR 23 AND 27	CALL FOR APPOINTMENT

To inquire about VA Benefits, Healthcare enrollment, WDVA benefits and assistance with claims that they are service-connected disability claims as well as non-service connected pensions for the elderly. contact Cindy Kartes, VFW service officer, 253-205-5883 for appointments for the 2nd and 4th Wednesday's of the month at the Auburn Senior Center from 10 a.m. to 3 p.m.

**FINANCIAL ASSISTANCE**

Call the King County Veterans Program at 206-296-7656 to schedule an appointment in the Auburn area to discuss your specific needs and for other support services available such as financial, medical, housing, employment and much more.

**SUPPORT SERVICES – SENIOR CENTER****DID YOU KNOW?**

Support services include providing information on subjects such as social security, wills, health insurance, and tax counseling as well as maintaining a loan closet for lending medical equipment to those in need. In addition, due to the many phone calls requesting information about senior needs, the Center serves as a key information and referral site for seniors.

**SENIOR RIGHTS ASSISTANCE PROGRAM  
ESTATE PLANNING INFORMATION**

JAN 16	BY APPOINTMENT
FEB 20	BY APPOINTMENT
MAR 21	BY APPOINTMENT

Diana Paris, SRA volunteer, is trained to provide guidance and information in the following areas: wills, power of attorney, living will, living trust, community property agreements, and/or probate. She will be at our Senior Center on the third Wednesday of each month. Call the Senior Activity Center at 253-931-3016 for an appointment.

**STATEWIDE HEALTH INSURANCE BENEFITS  
ADVISORS (SHIBA)**

JAN 28	BY APPOINTMENT
FEB 25	BY APPOINTMENT
MAR 25	BY APPOINTMENT

Chuck Wright, SHIBA volunteer, is trained to provide guidance and information in the following areas: Medicare, Medigap, Medicaid, long term care insurance, and group insurance. Other days are also available upon request. Call the Senior Activity Center at 253-931-3016 for an appointment or to arrange for another day.

**KING COUNTY METRO- ORCA CARD**

JAN 16	W	9:30-10:30A
MAR 20	W	9:30-10:30A
MAY 15	W	9:30-10:30A

If you are 65 years or older, you can receive a Regional Reduced Fare Permit for \$3 at Auburn Senior Activity Center. A representative will be here on the third Wednesday of every other month. Orca Cards can now be reloaded at the Auburn Safeway.



## AARP EMERGENCY ROADSIDE KIT



The following items are suggested for an emergency kit and will make it easier to deal with most problems you might experience on the road.

- Spare Fuses
- Flashlight with good batteries
- Ice Scrapper
- Pocket Knife
- Spare tire in good condition
- Fire extinguisher
- First aid kit
- Jack and lug wrench for changing tires
- Flares or a reflective day/night device
- Rags
- Can of motor oil
- Water
- Empty container (2+ gallons)
- Pliers, flat and Phillips head screwdrivers, adjustable wrench
- Electrical and duct tape
- Jumper cables
- Sandpaper (to clean battery terminals)
- A white rag or flag to signal for help
- Tire chains, sand or cat litter for extra traction in snow or ice
- Small shovel
- Owner's manual

## SUPPORT SERVICES - CITY OF AUBURN

### AUBURN TRANSIT SERVICE ROUTES

The City of Auburn has contracted with King County Metro Transit to provide public transit services between selected points within the Auburn community on **Metro Routes 910 and 919**. Bus riders may also check Metro's schedules at <http://metro.kingcounty.gov/> for routes and most up-to-date schedules that may be affected by revised schedules or service cancellations on certain holidays.

**Metro 910** operates fixed-route service between north and southwest Auburn via Auburn Station. It operates hourly weekdays from about 7:57a.m. to 4:45p.m., and on Saturday from about 8:25a.m. to 5:13p.m.. The route provides service from North Auburn to the Food Bank, DSHS, Valley Cities Counseling & Consultation, North Auburn Business area near Fred Meyer and Lowes, the Auburn Court Apartments, downtown Auburn including medical and shopping areas then heads southwest to the Supermall and YMCA. Fares range from \$2.25 for a peak period adult fare to 75 cents for Seniors, the Disabled and Youths (under 18 years of age).

**Metro 919** overlaps with **Metro Route 910** in vicinity of the North Auburn Business area near Fred Meyer, Lowes, and the Auburn Court Apartments, before heading to downtown Auburn to serve medical and shopping needs. Then heading to Southeast Auburn the Library and Muckleshoot Casino. On weekdays, this route also serves Auburn Senior Activity Center with fixed-route service southbound, replacing a former Dial-a-Ride Transit (DART) service area. Saturday service route: When the senior center is closed, the route operates via Auburn Way S. The route 919 operates between approximately 8a.m. to 4p.m. weekdays and 8:30a.m. to 5p.m. on Saturdays. Fares range from \$2.25 for a peak period adult fare to 75 cents for Seniors, the Disabled and Youths (under 18 years of age).



**SUPPORT SERVICES - COUNTY****CITY OF AUBURN HOUSING REPAIR**

The City of Auburn offers low-income city resident grants for emergency home repairs. These grants help Auburn's low-income homeowners preserve and stay in safe and affordable housing. Eligible, single-family homeowners must have lived in their current home for at least one year and meet the income requirements of the program. For more information or to request an application, contact the City of Auburn's Planning Department at 253-931-3090.

**AUBURN ALERT – CODE RED**

The City of Auburn Emergency Management encourages residents and businesses in Auburn to register or re-register for the Auburn Alert emergency notification system, powered by Code-Red. The system provides emergency information and community notifications directly to residents via phone, including TDD/TTY systems for the deaf and hard of hearing. It has recently expanded to include notifications via e-mail, text message, and Twitter. You can also follow the City of Auburn on Twitter@coupdates. While all land-line phones are automatically added to the system each year, residents with cell phones or Voice-Over-IP (VOIP) phones must manually enter their information into the system. To register, please visit [www.auburnwa.gov](http://www.auburnwa.gov) and click on the Auburn Alert link or call 253-876-1925.

**NLC PRESCRIPTION DISCOUNT CARD PROGRAM**

The NLC Prescription Discount Card Program is available to Auburn Residents at no cost to the City or the individual. The card provides a discount that can offer a savings up to 20 percent off the retail price of most prescription drugs. This is no enrollment or membership or restrictions based on age, existing health coverage or income. Most major retail pharmacies accept the prescription discount card. For a complete list of participating retail pharmacies and to get a card visit [www.2caremark.com](http://www.2caremark.com).

**BASIC CABLE SERVICE DISCOUNT**

As part of its cable franchise with Comcast, the City of Auburn negotiated a discount on basic cable service for eligible subscribers that meet all of the following criteria:

- 62 years of age or older, or disabled;
- The legal owner or lessee/tenant of their residence;
- Combined disposable income from all sources does not exceed the federal Housing and Urban Development standards for the Seattle-Bellevue area.

If you meet the above criteria, call 253-931-4753 ext. 2 for more information.

**SENIOR INFORMATION AND ASSISTANCE**

Advocates have access to a computerized database of over 7,000 community services and can provide information about a number of available services for King County seniors.

206-448-3110

1-888-435-3377 King County only

1-800-562-0332 Pierce County only

**SENIOR EMPLOYMENT SERVICE/AARP**

Are you one of the many people who are bored with retirement and would like to get back to the world of people, action, and a paycheck, but don't know how? If you would like part-time work and are 55 or older with low income, call Senior Employment Service/AARP at 206-624-6698 for an appointment. Collect calls accepted. Open 8:30 a.m. to 4:30 p.m., Monday through Friday.

**NEED HELP BUT DON'T KNOW WHERE TO TURN?****Dial 2-1-1 to find social services such as...**

- Caregiver & Disability Resources
- Emergency Shelter
- Food & Clothing
- Health Care & Support Groups
- Rent Assistance
- Transportation
- Volunteering

*Language interpretation available*

King County

Crisis Clinic. United Way <http://www.211kingcounty.org>

**HUMANE SOCIETY'S SENIOR PET FOOD PROGRAM**

Through this program free pet food is delivered to our Senior Center. For more information and to sign up to participate, call the Senior Center at 253-931-3016.

**MULTI-SERVICE CENTER ENERGY ASSISTANCE PROGRAM**

This program helps households meet the financial challenge of increasing heat and light bills. Help is available for electricity, gas, and propane bills. Wood and oil payments are made directly to companies on behalf of households, in most cases. The level of assistance depends on type of housing, income, household size, and home energy usage. In addition, emergency furnace repair or replacement assistance is available for home owners only. For an appointment and application, call the toll free number 24 hours per day, 7 days a week, 1-800-348-7144. No customer walk-in appointments will be made.

## PROPERTY TAX DEFERRAL PROGRAMS

Senior Citizens/Disabled Exemption qualifications include: annual household income of \$35,000 or less; own and occupy a house, mobile home, condo or co-op; 61 years of age by December 31 of the previous year; or retired because of physical disability; or Veteran with a 100% service-connected disability; or a widow, or widower, or state registered domestic partner at least 57 years of age whose spouse or state registered domestic partner had an exemption at the time of death. Applications are available at the Senior Center. For more information, call King County at 206-296-3920.

Senior Citizens/Disabled Deferral qualifications for deferral of your property tax liability include: 60 or older or retired because of physical disability and have an income of \$40,000 or less. For more information, call King County at 206-296-3920.

## HOME REPAIR - *REBUILDING TOGETHER, SOUTH SOUND*

This Year Round Program is for persons with limited mobility, either elderly or disabled, and includes home modifications and emergency repairs intended to increase ease of use, safety, security, and independence. Examples are walk-in showers, grab bars, comfort toilets, wheelchair ramps, and widened doorways to give added safety and mobility in the home and easier access to the community. These construction projects may require many steps and may not be accomplished in a day. Emergency repairs are repairs that address leaking roofs or plumbing, or loss of heat. For more information, visit [www.rebuildingtogetherss.org](http://www.rebuildingtogetherss.org) or call 253-238-0977.

## MEDICARE INFORMATION CENTER

Are you confused about your Medicare bills, supplemental insurance bills, or other health related paperwork? Golden Care at Valley Medical Center can help with all these problems or concerns. This FREE service is available at Valley Medical Center by appointment only. For more information call 425-226-GOLD (4653).

## OUTREACH WORKERS

Do you need help with Social Security insurance, medical, food stamps, economic security problems, chore help, general counseling, and/or referrals to other community service programs? Outreach works provide assistance with these issues. For more information, call Senior Information and Assistance at 206-448-3110 or toll free at 1-888-435-3377.

## VOLUNTEER CHORE SERVICES

This Catholic Community Service program provides FREE chore assistance to low-income elders and adults living with disabilities. Volunteers can help with a variety of chores including: light housecleaning, yard care, grocery shopping, and transportation. These volunteers are screened carefully through background checks, personal references, and an interview. To learn more about this program and the eligibility guidelines, call 1-888-649-6850 or 206-328-5787. Office hours are 8:30 a.m. to 4 p.m. Leave a message if calling after hours.

## TRANSPORTATION SERVICES

**Americans with Disabilities Act (ADA) Para transit**  
This program is for people who have a disability that prevents them from using a lift-equipped Metro bus, either sometimes or all the time. There is no income limit. People registered under ADA Para transit can use ACCESS transportation van service in all areas, on the days and at the time Metro buses operate. Riders may bring a personal care attendant if they are unable to use ACCESS transportation alone. They can also bring at least one friend on any trip. Reservations for ACCESS transportation van service can be made up to three days in advance by calling 206-205-5000. Metro ACCESS fare is \$1.25 each way.

## KING COUNTY METRO REDUCE FARE PERMITS

Call Metro at 206-553-3000 or stop by the Senior Center for a permit application. All senior fares are \$.75.

## VOLUNTEER TRANSPORTATION FOR SENIORS

Qualified volunteer drivers provide rides to medical appointments and local errands for seniors. To qualify, you need to be 60 years or older, a King County resident, and have no other transportation options available. For more information, call 206-448-5740 between 8 a.m. and 5 p.m.

## LEGAL SUPPORT SERVICES

### LEGAL SERVICE

The Young Lawyer's Section of the Seattle/King County Bar Association and City of Seattle sponsors free legal information, advice, and referrals to the public regardless of income level. They handle a wide variety of legal matters, including real estate, landlord/tenant concerns, debt problems, bankruptcy, consumer affairs, and accidents. No legal advice will be given over the phone. You will be referred to the nearest neighborhood clinic. Call 206-267-7070 Mondays through Thursday, between 9 a.m. and 12 p.m.

### SENIOR RIGHTS ASSISTANCE PROGRAM

The program's trained volunteers provide FREE legal and consumer information to King County's older adults on a number of topics related to their rights and options, including estate planning, powers of attorney, wills, landlord/tenant issues, homeowner concerns, fraud, warranties, credit and debit management, kinship care, burial/funeral planning, and victims of crime assistance. SRA can also schedule a 30 minute appointment with an attorney at no charge to discuss powers of attorney, wills/probate, guardianship and estate planning. Call 206-448-5720 to speak with an SRA volunteer.

# 5 FIVE WAYS TO REGISTER

**Payment must be made when registering online, in person, by telephone, or by mail.**

## FIRST DAY OF THE "NEW BROCHURE MONTH" REGISTRATION PROCEDURES:

- Walk-in, online and telephone registrations begin at 8:30 a.m.
- First-Come, First-Served number distribution begins at 8 a.m.
- You may register yourself and two others for any activity, class, trip, special event, etc. **(See page 14 for hike and walk exceptions.)**
- The number system will be used for all walk-in and telephone registrations.
- Walk-in registrants may leave a completed form with attached number and check or credit card information or they may wait until their numbers are called and pay with cash as well.
- Telephone registrations will be assigned a number in the order in which the call is received beginning at 8:30 a.m.
- Registrants need to be patient; the number of registrations is unusually heavy on the first registration day of the month in which the bi-monthly brochure is released.
- Mail In registrations will be processed after noon on the first working day of the registration month or the day received thereafter.

### REFUND/CREDIT POLICIES FOR TRIPS AND CLASSES

Following are summaries of refund/credit policies adopted by the Park Board. These policies will be in effect when participants cancel trips, hikes or classes. See Senior Center Supervisor with questions.

\*For activities with a fee of **more** than \$5, a \$5 administrative fee will be charged if the person wants a refund check sent to him/her. For activities with a fee of **less** than \$5, credit will be placed on the individual's account for use toward the cost of a future activity. There will be no administrative fee charged for credits left on account or for credits transferred to another activity.

\*Refund requests made after the activity has begun, due to illness or injury, must be made in writing and may be granted on a prorated basis when possible. Senior Center Supervisor must approve requests.

**\*If a participant is not satisfied with a class scheduled to meet four (4) times or more, he/she may, in writing, identify his/her concerns and request one of the following:**

**Repeat class at no additional cost.**

**Receive credit that may be applied to another activity.**

**Receive a refund with no administrative charge.**

**The written request must be received before the third scheduled session of the activity and must be approved by Senior Center Supervisor. This policy applies to programs except trips and tours, outdoor programs and all adult and youth team sports leagues.**

# 1.

### WALK IN:

Walk in registrations will be processed Monday through Friday, 8:30 a.m.-5 p.m. at the Senior Activity Center except on the first working day of the month. On the first working day of the month, we start assigning numbers on site at 8 a.m. See procedures above.

# 2.

**VISA**

MasterCard



### ONLINE:

Auburn at Play  
On-Line visit  
[www.auburnwa.gov](http://www.auburnwa.gov) for  
24-hour convenience to register  
with VISA/MasterCard.

# 3.

**VISA**

MasterCard



### PHONE IN:

Telephone registration and sign-up for services will be accepted Monday through Friday, 8:30 a.m.-5 p.m.

**253-931-3016**

# 4.

### MAIL IN:

Registrations will be processed after noon on the first working day of the registration month or the day received thereafter.



# 5.

**VISA**

MasterCard



### FAX IN:

For 24-hour convenience fax your form with VISA/MasterCard information to **253-288-7444**. Your registration is processed the next working day. Please print clearly.

# REGISTRATION FORM

Participant Last Name \_\_\_\_\_

First Name \_\_\_\_\_

Spouse Last Name \_\_\_\_\_

First Name \_\_\_\_\_

Address \_\_\_\_\_  
APT. NO. \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone (\_\_\_\_) \_\_\_\_\_

Business Phone (\_\_\_\_) \_\_\_\_\_

Email Address \_\_\_\_\_

Participant Birthdate \_\_\_\_\_ Gender \_\_\_\_\_

Spouse Birthdate \_\_\_\_\_ Gender \_\_\_\_\_

### ACTIVITY NAME & PARTICIPANT NAME

### BARCODE NO.

### ACTIVITY FEE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**CREDIT CARD INFORMATION**

**VISA**   
  

\_\_\_\_\_  
 VISA OR MASTERCARD #                      EXP. DATE

\_\_\_\_\_  
 PLEASE PRINT NAME OF CARDHOLDER

TOTAL DUE

\$ \_\_\_\_\_

**PLEASE MAKE CHECKS PAYABLE TO:  
AUBURN SENIOR ACTIVITY CENTER**

#### Over 18 Participant Signature required –

I am eighteen years of age or older, fully competent and I desire to participate in the City of Auburn's sponsored recreation activity of the above named activity(ies). I am fully aware of the fact that there are special dangers and risks inherent in this activity, including, but not limited to, the risk of serious physical injury, death or other harmful consequences that may arise or result directly or indirectly to me from my participation in this activity. Being fully informed as to these risks and in consideration of my being allowed to participate in the City of Auburn's sponsored activities and/or use of facilities, I hereby assume all risk of injury, damage and harm to myself arising from such activities or use. I also hereby individually and on behalf of my heirs, executors and assigns, release and hold the City of Auburn, its officials, employees, volunteers and agents harmless, and waive any right of recovery that I might have to bring a claim or a lawsuit against them for any personal injury, death or other consequences occurring to me arising out of my voluntary participation in this activity. I grant the City of Auburn the right and permission to use or copyright, and re-use, publish, or re-publish photographic pictures, video, electronic images or other reproduction taken during classes for publicity purposes by the Auburn Parks, Arts & Recreation Department.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

**BROCHURE SUBSCRIPTION**  
**\$12 Annually 6 issues**  
**#38269**

**NEWCOMER REGISTRATION**  
**JAN            38265**  
**FEB            38266**



# VALENTINES DAY LUNCH

**FEB 14 TH 11:30A 38473**

Spend this day of love with a special person in your life. All are encouraged to invite a special guest to lunch i.e., daughter, son, friend, neighbor, or sweetheart. This is the perfect opportunity to let them know how much they mean to you. Special favors and entertainment are planned.

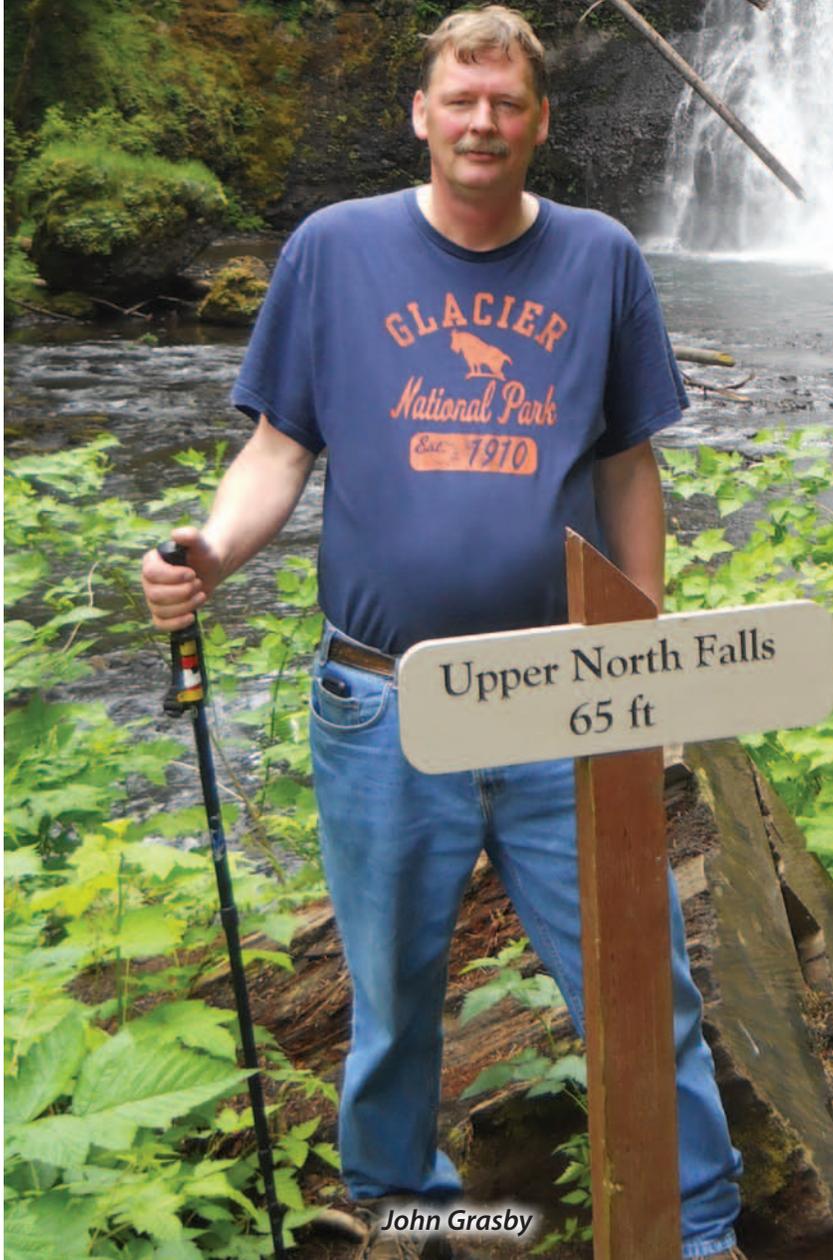
Pre-purchase tickets at the front desk.

Cost: \$3 suggested donation  
Under 60 years of age \$6.



SAVE THE DATE  
2013 OVERNIGHT HIKE  
JUNE 17-19 SILVER FALLS  
OREGON

REGISTRATION STARTS  
**JAN 2**



John Grasby

AUBURN PARKS, ARTS & RECREATION  
**SENIOR ACTIVITY CENTER**  
808 Ninth Street SE, Auburn WA 98002  
253-931-3016 • [www.auburnwa.gov](http://www.auburnwa.gov)

**AUBURN**  
MORE THAN YOU IMAGINED