



Sunshine

City of Fife Senior Programs

New Year, new program!



Fife Community Center
Winter 2016

Sunshine

Mission

To serve the entire community - to be a provider of local and regional recreation opportunities. We - our staff, citizens and volunteers - build a healthier community through quality recreational and social programs, parks and facilities.

Welcome back to Mondays at the Fife Community Center!!

NEW!! Monday Social Hour

Come by the Fife Community Center on Monday mornings to have coffee and treats with your friends. Play a game or two if you like, or just chat!

Day: Monday

Time: 10 a.m.- 12:30 p.m.

Cost: Free

NEW!! Monday Lunch

Every second Monday of the month, lunch is back! Provided by the chefs at Mill Ridge Retirement Community, a nutritious and delicious lunch will be made for us once a month! Come and join us on Monday's at your Fife Community Center!

Day: 2nd Monday of every month

Time: 12:00 p.m.- 1:00 p.m.

Cost: By donation



Fife Community Center Staff

Department Director

Kurt Reuter

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253-896-8641

Recreation Manager

Julie Dames Ryan

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Recreation Coordinator

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Fife Meal-Site Manager

Bill Knowles

Phone (253) 922-8368

Main Office (253) 474-1200

Hours 9 a.m.—2 p.m.

Wednesday, Friday

GENERAL INFORMATION

Phone (253) 922-0900

Fax (253)896-8655

Website: www.cityoffife.org/parks

Business Hours 8:30 a.m.—5 p.m.

Monday - Friday

Questions about MEDICARE?

SHIBA, (Statewide Health Insurance Benefit Advisors), is a free and unbiased Medicare counseling service provided by the WA State Office of Insurance Commissioner. SHIBA volunteer counselors can help you navigate the Medicare system, make informed decisions, know your rights and assist you in spotting fraud attempts.

Monthly, in person, SHIBA counseling is available at the Fife Community Center! Join SHIBA counselor, Jayne on the 3rd Wednesday! Jayne will give a short Medicare educational talk @ 11:00 a.m. and then will be available for one on one assistance from 12:00 p.m. – 2:00 p.m. Come ready with your Medicare questions. For over the phone assistance at any other time, call the SHIBA helpline @ 253-596-0918.

Weatherization & Home Repair Services

Weatherization

MDC is looking for qualified low income residents within Tacoma to receive weatherization and home repair services. Qualified residents can receive free services that can greatly decrease their energy costs and help keep them warm this winter.

Weatherization services are available to rental units (landlord approved) and owner occupied housing. If you meet the guidelines listed in the table below, contact us at (253) 593-2336 for more information.

Services Include:

- Insulation and air sealing
- Furnace and water heater repair
- Water heater and pipe insulation
- Improved ventilation
- Utility cost analysis
- Electrical safety inspection
- Home repair

Household Size	Monthly Income
1	\$2,180
2	\$2,850
3	\$3,522
4	\$4,193
5	\$4,864
6	\$5,535

Home Repair

Qualified low income residents who are 60 years of age or older, or disabled, are eligible for home repair services. If you meet the guidelines listed in the table and you need repairs, please call (253) 591-7020 for more information.

Household Size	Monthly Income
1	\$2,071
2	\$2,367
3	\$2,663
4	\$2,954
5	\$3,192
6	\$3,429

Sign Up for Winter Alerts

Don't be caught off guard. Snow, ice, flooding and wind storms can cause havoc, knock down trees, cut power and make winter a mess. Visit www.piercecountywa.org/winterwise to sign up for alerts and learn how to prepare for the season ahead.

Applications Still Open for Rebuilding Day

Rebuilding Together South Sound is still accepting applications for home repairs or modifications for low income seniors, people with disabilities or families with children. On April 25, hundreds of volunteers trades people spend the day doing all kinds of repairs, from plumbing, electrical, and carpentry, to repairing roofs, windows, and flooring. To apply or request more information, call (253) 238-0977. Apply as soon as possible! A large crew and a full day can transform a home.

Volunteer Tax Assistance

For assistance with your 2015 taxes, please look into VITA (Volunteer Income Tax Assistance) online and it will show your locations close to where you live that can provide assistance.

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Foot Care

Services provided by Catholic Community Services Long Term Care System. Call to schedule an appointment (253) 579-6000. Cost on sliding scale.

1st Wednesday of every other month.

Dates: 2/3, 4/6

Day: Wednesday

Create Your Own - Custom Trips

Have you ever wanted to create your own trip?

Here is your chance. If you have a group of four or more friends that want to travel to a destination of your choice, we will plan and coordinate a private trip just for you and your group. The more people who sign up, the cheaper the trip will be. Call 253-896-8656 for more details. Ask for Debbie.

South Sound Outreach Services

If you are at least 62 years old, you may be eligible for a monthly discount on your utilities. You may also be eligible for assistance with the water, sewer, storm drain and garbage portions of your bill if you have received a yellow colored disconnection notice. If you have any questions, or you

would like a flier on South Sound Outreach, please feel free to call Debbie at 253-896-8656.

Open Computer

Open to the community. The Fife Community Center has two computers available for use. The computers are closely monitored and not available for inappropriate use.

Days: Monday to Friday

Times: 8:30 a.m. – 5 p.m.

Birthday Celebrations

Join us as we celebrate monthly birthdays at the Fife Community Center. We will have a special treat on the last Friday of each month to help celebrate the special day with our friends!

Date: 1/29, 2/26, 3/25, 4/29

Day: Friday

Time: 12:15 p.m.

Cost: Free

Happy Birthday to our Friends!

Debbie will be updating our records so please check with her to make sure your information is correct. Thank you & if you would like to have your birthday in the Senior Sunshine please let Debbie know.

January

Robert Duvall 1/7/1937

Ann Mitchell 1/8/1935

Mary Lee McCann 1/12/ 1943

Kathy Verity 1/20/1949

Ann Bailey 1/20/1943

Vivian Ramlo 1/21/1929

Vince Lauritsen 1/31/1923

March

Karen Wilson 3/5/1938

Lynnette Hilburn 3/6

Russell Harding 3/15/1927

Lena Arbuckle 3/18

Eloise Homan 3/18

Anne Cline 3/20/1919

Ron Husted 3/23/1943

Esther Schnath 3/24/1940

Don Cheney 4/13/1947

Angela Moore 4/18/1932

Sumiko Larsen 4/18/1929

Robert Husted 4/21/1941

Jane Brimhall

Hyon Kim 4/24/1939

Judy Maynock 4/30

February

Myra August 2/1/1946

Judy Peot 2/5

Alicia Alcantara 2/6/1919

June Turner 2/7/1928

Linda Cook 2/10/1949

Rosemary Ernest 2/19/1935

April

Frank Damiano 4/2/1935

Sue Cardin 4/4/1946

Sue Pasquale 4/5

Carol Bishop 4/6

Vivian Roof 4/9/1926

Marylou Oslau 4/9/1937

Laura Taliente 4/11/1924



Sunshine



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Seattle Art Museum

Right in the heart of downtown Seattle, an afternoon at the Seattle Art Museum is sure not to disappoint. The Seattle Art Museum is currently featuring the Intimate Impressionism from the National Gallery of Art (in Washington D.C.). The collection is comprised of extraordinary paintings, considered to be the jewels of one of the finest collections of French Impressionism in the world. Lunch not included.

Registration Deadline: Monday 1/4

Date: Thursday, 1/7

Time: 9:00 a.m- 3:00 p.m.

Cost: \$25



Paint Nite

Have you ever wanted to get together with friends, have a glass of wine, and paint a masterpiece lead by professional instructor?! Now is the time! We will be traveling as a group to Renton to enjoy an afternoon of painting step by step as a group. All levels and no experience required! Only 9 spots available.

Registration Deadline: Tuesday, 1/19

Date: Sunday, 1/24

Time: 12:00-4:30 p.m.

Cost: \$35



Museum of History and Industry

The Museum of History & Industry (MOHAI) is a history museum located in the South Lake Union neighborhood of Seattle, Washington. MOHAI is the largest private heritage organization in the State of Washington maintaining a collection of nearly 4 million artifacts, photographs, and archival materials that primarily focus on Seattle and the greater Puget Sound region. Lunch not included.

Registration Deadline: Friday, 1/29

Date: Thursday, 2/4

Time: 9:00 a.m. - 3:00 p.m.

Cost: \$20



Crimes of the Heart @ The Village Theatre

Winner of the 1981 Pulitzer Prize for Drama, this Southern gothic comedy tells the plight of three sisters in 1975 rural Mississippi. Babe has just shot her husband, apparently because she didn't like his looks. Meg is back in town after a failed attempt in the music business. And poor Lenny – in the midst of it all, everyone has neglected her 30th birthday. Thrown back together for the first time in years, these dysfunctional sisters are forced to find a way to change their luck and repair their family, as well as their lives. Honest, with a healthy dose of witty humor, Crimes of the Heart is a moving portrait of family love.

Registration Deadline: Friday, 2/12

Date: Saturday, 2/20

Time: 12:00 p.m. - 5:30 p.m.

Cost: \$55

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Lunch in Gig Harbor @ Tide's Tavern

Spend the afternoon in Gig Harbor and enjoy a delicious lunch right on the water at Tide's Tavern. After lunch walk the town and shop a bit before heading home! Lunch not included.

Registration Deadline: Friday, 3/4

Date: Monday, 3/7

Time: 11:00 a.m.- 3:00 p.m.

Cost: \$12



Whale Watching Tour

Have you ever wanted to experience Washington's whales during peak season?! We will be travelling up to Edmonds, WA to hop on the Puget Sound Express for a 2 hour guided tour to see orcas, humpbacks, grays, and minke whales! Before we get on the boat we will have lunch at Anthony's on the water before our tour. Lunch on your own. This is a trip you don't want to miss!

Registration Deadline: Friday, 3/11

Date: Monday, 3/21

Time: 10:00 a.m.- 5:00 p.m.

Cost: \$85



Classes/Programs

Fife Lunch Club

Nutritionally balanced meals are served on Mondays, Wednesdays, and Fridays. Meal reservations are appreciated one week in advance. You can call (253) 922-8368 or (253) 474-1200. Catholic Community Services provides the meal program.

Dates: Wed, Fri

Time: Noon

Cost: \$3 for 60 & Over

(Suggested Donation)

\$5.75 for 59 & Under

(Not a Donation)

Location: Fife Community Center

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Adult Games

Dominos, Cribbage & Board Games (Free!)

Come play the fun and addictive domino game called Mexican Train. New to the game? Someone will teach you how to play!

Dates: Wednesdays

Time: 12:45 p.m.

Bridge (Free!)

Join us for a fun afternoon of bridge playing. We welcome all bridge players; new and experienced, ready to have fun and play the game.

Days: Thursdays

Time: 1 p.m.

TGIF Pinochle!

Our devoted pinochle group plays every Friday. Refreshments are provided.

Dates: Fridays

Time: 12:45 p.m. (sharp) – 3 p.m.

Cost: \$1.00

NOTE: Tournaments are held the third Friday of each month. (\$3 Entry Cost)



Zumba

We take dance movements from the Salsa, Merengue, Cumbia, Cha Cha, and Belly Dance; put it all together and you have.... Zumba. Dress in comfortable clothes, wear comfortable athletic shoes, bring a water bottle/towel. First class free! ***3rd Thursday of month, class is from 5-6 p.m.**

Sessions: 1/4-28, 2/1-29, 3/3-31

Day: Monday & Thursday

Time: 5:30 – 6:30 p.m.

Cost Per Session:

\$20 1 day/wk

\$35 2 day/wk

Drop in: \$10



Silver Sneakers

Covered by most healthcare providers, Silver Sneakers provides a healthy and fun environment for active older adults to come together through fitness! Feel free to visit www.silversneakers.com to learn more.

Silver Sneakers Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

Sessions: 1/5-28, 2/2-25, 3/1-31

Days: Tuesday and Thursday

Time: 9:30-10:30 a.m.

Cost: \$23 Res/session

\$30 Non-Res/session

Adult Art

Painter's Club

Interested in painting? Want to learn more about the amazing art? Join our group and ask questions, reflect and learn. If you have any questions Please provide your own supplies. *Don't forget to bring some snacks or a lunch*

Days: Thursdays

Time: 10:30 a.m. – 1 p.m.

Adult Exercise

Tai Chi (Free!)

Come take a rejuvenating Tai Chi Class with Dolores Toycon and fellow enthusiast. If you have any questions please call (253) 896-8656.

Days: M/W/F

(No class on 1/18, and 2/15)

Time: 9-10 a.m.

Days: M/W/F

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The LAFF group

This local group of seniors get together for "LAFF" Low Aquatic Fitness and Fun. Drop in or call Dolores, (253) 517-3782 for more information.

Days: M/W/F

Time: 9-10 a.m. & 10-11 a.m.

Aquarobics

This is a high-powered, extended cardio workout designed for people of all fitness levels. A water exercise program designed to work every major muscle group. Aquarobics challenges your mind and body, utilizes cutting-edge concepts and the natural resistance of water, which is 12x that of air. Aerobic area deep end only.

Call 425-894-0045 for more.

Days: M/W/F

Time: 7:00 – 8:00 a.m.

Days: T/Th

Time: 7:15 – 8:15 p.m.

Days: Saturday

Time: 8:30 – 9:30 a.m.

Adult Dance

Arthur Murray dance instructors are competent, well trained and certified in the Arthur Murray teaching method. Arthur Murray Schools have been teaching for 103 years. Trained and certified instructors assure you the finest instruction in dancing.

Cha Cha

(Ages 16+)

Participants learn:

An Energetic and fun Latin Dance, which is great for a wide range of musical styles; especially Latin and pop.

Session: 1/6-27

Days: Monday

Times: 6:30-7:30 p.m.

Cost: \$40/Res \$45/Non Res

Fox Trot

(Ages 16+)

A classy and elegant social dance, perfect for upscale events. Made for jazz, blues, and mid temp swing music.

Session: 2/3-24

Days: Monday

Times: 6:30-7:30 p.m.

Cost: \$40/Res \$45/Non Res

Waltz

(Ages 16+)

Elegant in motion, the dance of princes and princesses. The dance for your 3/4 time music by any recording artist.

Session: 2/3-24

Days: Monday

Times: 6:30-7:30 p.m.

Cost: \$40/Res \$45/Non Res



Have a new idea for a class, program or event?! Feel free to submit any and all ideas to Debbie by either stopping by her office, giving her a call or sending an email!

Debbie Goff

253-896-8656

degoff@cityoffife.org



January

Monday	Tuesday	Wednesday	Thursday	Friday
Social Hour 10-12:30p.m. Tai Chi 9-10 a.m. LAFF 10-11 a.m. Zumba 5:30-6:30 p.m. Dance Classes 6:30-7:30 4	Silver Sneakers 9:30-10:30 a.m. 5	Tai Chi 9-10 a.m. LAFF 10-11 a.m. Lunch 12 p.m. Dominos/Cribbage 1 6	Painters 10:30a.m.-1p.m. Bridge 1 p.m. Zumba 5:30-6:30 p.m. 7	Tai Chi 9-10 a.m. LAFF 10-11 a.m. Lunch 12 p.m. Pinochle 12:45-3 p.m. 1/8
Social Hour 10-12:30p.m. Lunch 12 p.m. Tai Chi 9-10 a.m. LAFF 10-11 a.m. Zumba 5:30-6:30 p.m. Dance Classes 6:30-7:30 11	Silver Sneakers 9:30-10:30 a.m. 12	Tai Chi 9-10 a.m. LAFF 10-11 a.m. Lunch 12 p.m. Dominos/Cribbage 1 SHIBA 11 a.m.-2 p.m. 13	Painters 10:30a.m.-1p.m. Bridge 1 p.m. Zumba 5:30-6:30 p.m. 14	Tai Chi 9-10 a.m. LAFF 10-11 a.m. Lunch 12 p.m. Pinochle 12:45-3 p.m. 15
Closed 18	Silver Sneakers 9:30-10:30 a.m. 19	Tai Chi 9-10 a.m. LAFF 10-11 a.m. Lunch 12 p.m. Dominos/Cribbage 1 20	Silver Sneakers 9:30-10:30 a.m. Painters 10:30a.m.-1p.m. Bridge 1 p.m. Zumba 5-6 p.m. 21	Tai Chi 9-10a .m. LAFF 10-11 a.m. Lunch 12 p.m. Pinochle 12:45-3 p.m. 22
Social Hour 10-12:30p.m. Tai Chi 9-10 a.m. LAFF 10-11 a.m. Zumba 5:30-6:30 p.m. Dance Classes 6:30-7:30 25	Silver Sneakers 9:30-10:30 a.m. 26	Tai Chi 9-10 a.m. LAFF 10-11 a.m. Lunch 12 p.m. Dominos/Cribbage 1 pm 27	Silver Sneakers 9:30-10:30 a.m. Painters 10:30a.m.-1p.m. Bridge 1 p.m. Zumba 5-6 p.m. 28	Tai Chi 9-10 a.m. LAFF 10-11 a.m. Lunch 12 p.m. Birthday Cake 12:15 p.m. Pinochle 12:45-3 p.m. 29

February

Monday	Tuesday	Wednesday	Thursday	Friday
Social Hour 10-12:30p.m. Tai Chi 9-10 a.m. LAFF 10-11 a.m. Zumba 5:30-6:30 p.m. Dance Classes 6:30-7:30 2	Silver Sneakers 9:30-10:30 a.m. 3	Foot Care as Scheduled Tai Chi 9-10 a.m. LAFF 10-11 a.m. Lunch 12 p.m. Dominos/Cribbage 1pm 4	Silver Sneakers 9:30-10:30 a.m. Painters 10:30a.m.-1p.m. Bridge 1 p.m. Zumba 5:30-6:30 p.m. 5	Tai Chi 9-10 a.m. LAFF 10-11 a.m. Lunch 12 p.m. Pinochle 12:45-3 p.m. 6
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Closed 15	Silver Sneakers 9:30-10:30 a.m. 16	Tai Chi 9-10 a.m. LAFF 10-11 a.m. Lunch 12 p.m. Dominos/Cribbage 1 SHIBA 11 a.m. - 2 p.m. 17	Silver Sneakers 9:30-10:30 a.m. Painters 10:30a.m.-1p.m. Bridge 1 p.m. Zumba 5-6 p.m. 18	Tai Chi 9-10 a.m. LAFF 10-11 a.m. Lunch 12 p.m. Pinochle 12:45-3 p.m. 19
Social Hour 10-12:30p.m. Tai Chi 9-10 a.m. LAFF 10-11 a.m. Zumba 5:30-6:30 p.m. Dance Classes 6:30-7:30 22/29	Silver Sneakers 9:30-10:30 a.m. 23	Tai Chi 9-10 a.m. LAFF 10-11 a.m. Lunch 12 p.m. Dominos/Cribbage 1 24	Silver Sneakers 9:30-10:30 a.m. Painters 10:30a.m.-1p.m. Bridge 1 p.m. Zumba 5:30-6:30 p.m. 25	Tai Chi 9-10 a.m. LAFF 10-11 a.m. Lunch 12 p.m. Birthday Cake 12:15 p.m. Pinochle 12:45-3 p.m. 26

March

Monday	Tuesday	Wednesday	Thursday	Friday
	Silver Sneakers 9:30-10:30 a.m. 1	Tai Chi 9-10 a.m. LAFF 10-11 a.m. Lunch 12 p.m. Dominos/Cribbage 1 2	Silver Sneakers 9:30-10:30 a.m. Painters 10:30a.m.-1p.m. Bridge 1 p.m. Zumba 5:30-6:30 p.m. 3	Tai Chi 9-10 a.m. LAFF 10-11 a.m. Lunch 12 p.m. Pinochle 12:45-3 p.m. 4
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April

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Fife Community Center

2111 54th Avenue East
Fife, WA 98424
Phone: (253) 922-0900
Fax: (253) 926-0543
www.cityoffife.org

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STANDARD
US POSTAGE PAID
Tacoma, WA
Permit #607

CHANGE SERVICE REQUESTED



Upcoming Programs

Seattle Art Museum

Registration Deadline: Monday 1/4
Date: Thursday, 1/7
Time: 9:00 a.m- 3:00 p.m.
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Whale Watching Tour

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