

April 2026



# PORT ANGELES SENIOR AND COMMUNITY CENTER

**PASC HOURS: Mon - Fri, 8:30 AM - 4:00 PM**

**KOFFEE KORNER HOURS  
Mon - Fri, 8:30 AM - 2 PM**

**COMPUTER CENTER  
Mon - Thur, 11 AM - 3 PM**

**PLEASE NOTE:  
PASC is closed until  
11am on Friday,  
April 24<sup>th</sup> for our  
Volunteer  
Appreciation Party.  
We will open at  
11am on this day.**

**Save the Date**

Retirement  
Financial  
Planning  
Panel Discussion

Monday, April 27  
2:30 pm - 4:30 pm  
Port Angeles Senior Center  
Panelists To Be Announced

Sponsored by: 

**AND THE WINNING NAME IS...  
"THE GIFT SHOP"  
AND THE BASKET WINNER IS...  
Sandy Slater**

We had 19 ballot entries. Sandy's name was drawn from the 19 ballots. Second Place was PASC Gift Shop. Many many thanks to all who participated!

**Visit The Gift Shop 10 AM to 2 PM,  
Monday through Thursday**



HCMC IS PARTNERING WITH ASSURED HOSPICE TO CELEBRATE

# EARTH DAY!




**22** | SENIOR CENTER  
**APRIL** | 328 E 7TH ST,  
PORT ANGELES, WA

1:00 PM - 3:00 PM

**GUEST SPEAKER: KERSTI MUUL**  
WILDLIFE FIELD BIOLOGIST, URBAN CONSERVATION  
SPECIALIST, SCIENCE EDUCATOR, & FOUNDER OF SALISH  
WILDLIFE WATCH.

**"WHEN SCIENCE MEETS SERENDIPITY"**





  LIGHT REFRESHMENTS WILL BE SERVED!

Great Olympic Peninsula

# DUCK DERBY



**You could Win Big  
While Supporting  
YOUR Senior  
Center!**

**SALES BEGIN  
APRIL 17, 2026**

**STOP BY THE FRONT  
DESK TO BUY YOUR  
DUCKS!**

Duck prices:

- One Yellow Ticket \$7 - buys one entry
- Blue Tickets \$35 - buys six entries for the price of 5 or \$175 Very Important Duck (VID) = 5 Blue Tickets
- Red Tickets \$350 & Above - A Red Ticket gets you 60 ducks in the main race and 1 Duck in VID Race!

**Duck Derby Winners Announced on Sunday, May 17<sup>th</sup> @  
City Pier at 1pm!**





### ***Catching up with Carmen***

Greetings PA Senior Center  
Members,

April is Volunteer Appreciation Month, and we are thrilled to celebrate the 85 incredible volunteers who help keep our center vibrant, welcoming, and running smoothly each day. From greeting members at the front desk to assisting with programs, events, and behind the scenes tasks, their generosity and kindness create the warm community that so many people rely on. Simply put, the center wouldn't be the same without them. If you see one of our volunteers around the building this month, please join us in offering a heartfelt thank you for the time and care they share so freely.

We're also excited to partner with several wonderful community organizations this April to bring you informative and engaging events.

In celebration of Earth Day, on Wednesday, April 22<sup>nd</sup>, we're teaming up with Highland Court Memory Care and Assured Hospice for a special afternoon program featuring Wildlife Field Biologist Kersti Muul. Kersti will share fascinating stories and insights from her field work and help us connect with the natural world that surrounds us here on the Olympic Peninsula.

Later in the month, on Monday, April 27, our friends at Volunteer Hospice will host a Retirement Financial Planning Panel Discussion. This event also recognizes National Financial Literacy Month, helping raise awareness about the importance of smart money management, budgeting, saving, and investing as we plan.

We are also excited to share that we are partnering with the Olympic Medical Foundation and selling ducks for this year's Duck Derby! The majority of proceeds from duck sales help raise funds for the center and we'd love your support! You can win fabulous prizes and support the center, that's a win/win!

We hope you'll join us around the center this month, whether it's for these special events, one of our wonderful classes, or simply stopping in to enjoy a cup of coffee and celebrate the arrival of spring. We'd truly love to see you.

Warmly,  
Carmen Geyer  
Senior Center Manager

USPS ID Statement  
Published Monthly  
PORT ANGELES  
SENIOR CENTER  
328 E. 7<sup>th</sup> Street  
Vol. #55 Issue 4

## **PORT ANGELES SENIOR CENTER MEMBERSHIP**

**Membership: open to anyone 55 and over**  
**Annual Dues: \$16 City residents: \$25 for all others**  
**Associate Membership: age 45-54**  
**Annual Dues: \$18 City residents: \$27 for all others**  
**Office Hours: Monday thru Friday, 8:30 AM to 4:00 PM**  
**-- CLOSED HOLIDAYS & WEEKENDS --**  
**Telephone: 360.457.7004**

**PASC Staff: Carmen Geyer - Manager**

## **VOLUNTEER BOARD OF DIRECTORS**

**The meetings are open to Senior Center Members  
for observation and public comment.**

***President: Charlie McCaughan***

***Vice-President: Elyse Grosz***

***Secretary: K. Penney Sanders***

***Treasurer: Karen Wolf***

**Candice Bullard**

**John Doherty**

**Beverly Hawes**

**Danetta Rutten**

**Gary Smith**

**Sandy Smith**

## **PASC BOARD OF DIRECTORS**

**Tuesday, April 14, 9:30 AM**

Senior Center Board meetings are open to all members. If you would like to attend, they will be held on the second Tuesday of the month and start promptly at 9:30 am. There is limited space. We request you arrive a few minutes before the start time and sign in at the door.

**CENTER OPERATION** The PASC is cooperatively run by the City of Port Angeles & the Senior Center Board. PASC operates as a 501(c)(3) non-profit organization.  
**Programs and services are self-supporting.**

## **APRIL NEWSLETTER SPONSOR UPDATE**

Assured Hospice

CrossCountry Mortgage

Dungeness Courte Memory Care

Jim's Pharmacy

Meldrum Insurance/Financial Services

Olympic Medical Center

Park View Villas

Ridgeline Homecare Cooperative

## **NEWSLETTER VOLUNTEERS**

Production: Candice Bullard & Gay Whitman

Printing: Dale Chastain

Mailing: Karen Shay, Serge Harris &

20-25 PASC volunteers

## **MISSION STATEMENT**

**The mission of the Port Angeles Senior Center Board of Directors is to develop and manage programs to encourage physical, intellectual, emotional and social well-being for persons 45 and older in a safe and open environment.**

## April/May Trips

### A DAY IN PORT TOWNSEND

Wednesday, April 8

Enjoy a day in Port Townsend! You will have plenty of time to browse the shops, galleries, and museums. Perhaps you will choose a cafe, read the newspaper as you watch the people go by. Walk along the waterfront and check out the whale on the wharf! Lunch is on your own at one of the wonderful eateries.

\$18 M, \$23 AM, \$34 NM Depart 10:00 AM T DL 4/1

### VASHON ISLAND INCLUDING OSCAR, THE BIRD KING

Thursday, April 16

We continue our search for Thomas Dambo's Northwest Trolls. Oscar, the Bird King makes his home on Vashon Island! The Point Robinson Lighthouse is nearby and we may even find the Tree that Swallowed the Bike!

We will have time to explore the downtown area with art galleries, specialty shops and even a book store. Lunch (on your own) at The Hardware Store Restaurant. Save room for a stop at a bakery!

\$37 M, \$42 AM, \$53 NM Depart 8:00 am T DL 4/9

### OLYMPIC THEATER ARTS IN SEQUIM

Sunday, April 19

Neil Simon's, "The Odd Couple" is on stage at the Olympic Theater Arts in Sequim, featuring the classic, comical clash between messy sportswriter Oscar Madison and fastidious news writer Felix Unger. This production highlights the hilarious, high-stakes cohabitation of the two mismatched roommates navigating friendship, divorce, and chaos.

Before the afternoon performance, we will have lunch at The Black Bear Diner. **Note early deadline because this show will be a sell out!**

\$31 M, \$36 AM, \$47 NM Depart 11:30 am TA DL 4/6

### \* LAKE CRESCENT

Thursday, May 7

What could be more relaxing than a trip to Lake Crescent? Sit by the lake with a book, take a walk to beautiful Marymere Falls or enjoy the "Moments in Time Trail". Pack some snacks or enjoy breakfast (served until 10:30 am) in the restaurant (on your own). Don't forget the gift shop at the lodge for unique items.

\$14 M, \$19 AM, \$30 NM Depart 8:00 am T DL 4/30



Despite the forecast,  
live like it's spring.  
—Lilly Pulitzer

M-Member, AM-Associate Member, NM-Non Member  
T-Transportation. A-Admission, F-Food, DL-Deadline

### \* WHITNEY GARDENS AND HAMMA HAMMA

Thursday, May 14

We will stop at Hamma Hamma for a guided tour of the oyster farm and lunch (on your own) at their Food Truck. The Food Truck menu includes grilled cheese sandwiches, soups, chowder, fried oysters, and rotating specials like fish and chips or fish tacos. Dress for the weather as all seating is outdoors.

Visit Whitney Gardens' majestic seven acres at the foot of the Olympic Mountains. Among rare trees and ponds you will see the most beautiful array of rhododendron hybrids and species in the Northwest. You will also see an abundance of azaleas, magnolias, maples, conifers, camellias, kalmias, perennials, trees, shrubs and ground cover. Before we head home.

\$27 M, \$32 AM, \$43 NM Depart 8:00 am TA DL 5/8

\* **New posted trips go on sale Wednesday, April 1.**

### TRIPS TRIPS TRIPS! JUST A REMINDER

**TRIP SIGN UP** - Sign up is available at the PASC front desk according to posted dates. You may sign up one other person for a trip, provided you have the person's name, membership and telephone numbers.

**REFUNDS** - Traveler is eligible for refund if trip is cancelled before deadline date, unexpected illness or if their spot can be filled by someone on the waiting list. No shows or late arrivals will result in forfeiture of monies paid. Refunds are usually made by check once a month after trip has been completed.

**RETURN TIMES** - Due to many variables that can affect a trip's return time, we suggest not making any "must be there" post trip plans.

**EVERYONE** - Please do not use cologne, after-shave, perfume, etc. when on trips, in classes, and PASC public areas, in consideration of others.

For those PASC tripsters who do not have a telephone answering machine, you are encouraged to call the center at 360.457.7004 a couple days prior to your trip. We may have tried to notify you of a change in your trip but were unable to find you at home.

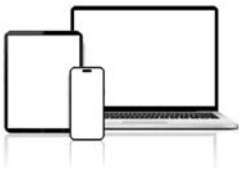
**TRIP PARKING** - Please park your car in the upper south parking lot.

### PA FOOD BANK MOBILE MARKET

Tuesdays from 11 am-12 pm & Fridays from 1-2 pm in our parking lot (weather and holiday permitting). Free groceries, including produce, pantry staples, frozen items, dairy, and baked goods. Everyone is welcome.

### PORT ANGELES FOOD BANK – Main Pantry

Open to all Clallam County residents. A welcoming market where you will find fresh produce from local farms, meat, milk, and eggs from local suppliers. There will also be household goods, pet food, personal care, and hygiene items. Shop for a few days' worth of food and visit as you need to. More info: [portangelesfoodbank.org](http://portangelesfoodbank.org)



★4★  
**Computer Center (CC) 360.457.7004**

**FACEBOOK QUESTIONS? NEED HELP GETTING STARTED?  
SIGN UP FOR FACEBOOK TUTORING  
IN OUR COMPUTER LAB.**

For more information visit us in the computer lab.

**TECH CAN BE TRICKY** but you don't have to figure it out alone!  
Volunteers are available Monday - Thursday, 11 am - 3 pm, to help with  
your phone, laptop, or computer - and can even set up one-on-one  
tutoring if needed.

**GOT CLASS IDEAS?** Let us know - whether it's tips, email basics, or  
safe internet use, we're here for it.

**FEELING OVERWHELMED?** Stop by the Computer Lab at the Port  
Angeles Senior & Community Center. We've got you!

**NEED TECHNICAL HELP?**

George DeLorey  
360.670.2699

Help with computers, smartphones,  
printers, and more. Give him a call for  
more information and pricing.

**KOFFEE KORNER UPDATE**

**WE HAVE SANDWICHES**, featuring many great varieties  
from Totem Foods. Come see us and enjoy some yummy  
food and treats!

Stay tuned we are working on some exciting things in the  
Koffee Korner. Also, if you are looking for a fun place to  
volunteer, we sure would love to have you!



**MAH JONGG**

**Thursdays, Noon-3 PM**

Looking for a fun and social game? Join us for Mahjongg,  
where strategy, skill, and a little luck come together. No expe-  
rience? No problem! We'll teach you how to play. Free for  
Senior Center members. All are welcome!

# Make your home work for you

## Hello, Seniors!

Are you wondering when it's the right time to tap into  
your home's equity or get help with your mortgage?

Whether you're planning home upgrades to age in  
place — like adding a downstairs bedroom, bathroom,  
or safety features — or looking to reduce high-interest  
debt, help your family now, or enjoy a dream trip, you  
may have more options than you think.

A Home Equity Mortgage could help provide comfort,  
security, and peace of mind — right where you are.

**Call today to learn more and explore your options.**

# 360.477.1011



**ARTHUR BUHRER GROUP**  
CROSSCOUNTRY MORTGAGE™



**Arthur Buhrer**

Branch Manager  
Senior Loan Officer  
NMLS114-080 | 360.477.1011  
Arthur.Buhrer@ccm.com  
ccm.com/arthur-buhrer



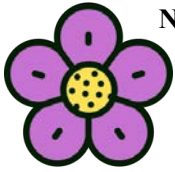
**Mary McDermott**

Mortgage Consultant  
NMLS2664152 | 360.836.3402  
Mary.McDermott@ccm.com  
ccm.com/mary-mcdermott

CrossCountry Mortgage, LLC. | 237 East Washington Street Sequim, WA 98382

Equal Housing Opportunity. All loans subject to underwriting approval. Certain restrictions apply. Call for details. All borrowers must meet minimum credit score, loan-to-value, debt-to-income, and other requirements to qualify for any mortgage program. CrossCountry Mortgage, LLC NMLS3029 NMLS2013928 (www.nmlsconsumeraccess.org). Reverse mortgages are available for borrowers 62 and older. Available to borrowers as young as 55 in select states and programs only. Higher minimum age requirements may apply. To obtain a Reverse Mortgage, you must attend counseling and receive a certificate of completion that will be required during the application process. Must meet financial assessment requirements and be responsible for monthly property charges such as property tax and homeowner's insurance or could be subject to foreclosure. Applicant must qualify based off age, equity, current balances, and other various factors. Restrictions may apply. This material is not provided by, nor was it approved by the Department of Housing & Urban Development (HUD), the Federal Housing Administration (FHA), or any other government agencies. This is not a commitment to lend. 26LO\_86b8ef72

# Coastal Community Action Program



No Reservations Needed – Lunch Served from 12p-1p



## Lunch Menu April 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Please wash your hands often &amp; stay home if you are sick</p>	<p>60 &amp; over is a \$5 suggested donation &amp; under 60 is \$10</p>	<p>1 <b>Cooks choice</b> </p>	<p>2 <b>Easter lunch</b> Baked ham w/pineapple Sweet potatoes Veggies Dessert</p>	<p>3 <b>Chicken Caesar salad</b> Orange juice Grapes roll</p>
<p>6 <b>Chicken burger</b> Broccoli salad Tomato juice Fruit</p>	<p>7 <b>Fish</b> Coleslaw Tomatoes w/cottage cheese Fruit</p>	<p>8 <b>Spaghetti w/Garlic Bread</b> Green Beans Green Salad Fruit</p>	<p>9 <b>Cooks Choice</b> Chicken dish Brussel sprouts Caesar salad Fruit</p>	<p>10 <b>Cooks choice</b> </p>
<p>13 <b>Meatballs w/gravy</b> Over rice Mixed veggies Green salad Fruit</p>	<p>14 <b>Cooks choice</b></p>	<p>15 <b>Roast Turkey w/Mashed potatoes</b> Broccoli Normandy Pea Salad Fruit</p>	<p>16 <b>Polish sausage</b> Carrots Sauerkraut Potatoes fruit</p>	<p>17 <b>Chef's salad</b> Tomato juice Oranges Fruit</p>
<p>20 <b>Biscuit &amp; gravy</b> Spinach Green salad Fruit</p>	<p>21 <b>COOKS CHOICE</b></p>	<p>22 <b>Cooks choice soup &amp; sandwich</b> </p>	<p>23 <b>Sweet &amp; sour chicken</b> Broccoli Normandy Beet salad Fruit</p>	<p>24 <b>Meatloaf w/gravy</b> Mashed potatoes Cauliflower &amp; peas Coleslaw Fruit</p>
<p>27 <b>Cooks choice breakfast</b></p>	<p>28 <b>Tatertot casserole</b> Peas &amp; carrots Caesar salad Fruit</p>	<p>29 <b>Chicken enchiladas</b> Broccoli Normandy Pea salad Salad</p>	<p>30 <b>White bean chicken chili</b> Beet salad Tomato juice Fruit Cornbread</p>	<p><b>ALL MENU ITEMS SUBJECT TO CHANGE</b></p>

**NAIL CARE FOR HANDS AND FEET**  
**BY DAOSA**  
Call Daosa at **951.442.9566** for appointment and cost information.



**HAND AND FOOT CARD GAME**  
**Fridays, 1:00 - 3:30 PM in room 207**  
Join us for Hand and Foot Card game. Beginners welcome!

**CREATIVE CONNECTIONS: SENIOR CRAFTING**  
**Thursdays, 10 AM - 12 PM**  
Calling all crafters! Join us at the center to work on decorations or bring your own project. This is a relaxing space to get creative, share ideas, and enjoy crafting together. Whether you're a beginner or seasoned crafter, everyone is welcome.



**COMMUNITY WALK**  
**Saturdays, 9 AM, (weather permitting)**  
The group meets up at Hollywood Beach at 9 am and walks for 1 hour. Everyone walks at their own pace but no one walks alone.



**QUILT GROUP**  
**Mondays, 10:30 AM - 12 PM**

Bring your quilting projects and join a welcoming group of fellow quilters each week! This is a relaxed time to work on your own creations while enjoying the company of others who share your passion. Whether you're piecing together a large quilt or working on smaller projects, you'll find inspiration, ideas, and support from fellow quilters. All experience levels are welcome, come to stitch, share, and connect!

**CHARITY SEWING**  
**Thursdays, 9:30 AM - Noon**

Join us Thursday mornings from 9:30 to noon and help us make a difference. All levels are welcome, from beginner to advanced. Our sewing projects benefit people both locally and around the globe. Donations, which we rely on for our projects, are gratefully accepted. Contact Connie Panike, at 541.212.8855 for a list of specific supplies that are needed or bring donations to the Senior Center on Thursday mornings when we are meeting.

# PASC Activities

ACTIVITIES THIS APRIL			
Date	Day	Time	Names
4/10	Fri	2-4 pm	Mystery Book Club
4/13,27	Mon	Noon-2	Coloring for Adults
4/14	Tue	9:30 am	PASC Board Meeting
4/22	Wed	1-3 pm	Earth Day Guest Speaker Kersti Muul
4/27	Mon	2:30-4:30	Financial Planning Panel



## FIT FOR LIFE – GOING STRONG

**Tuesdays, Wednesdays & Thursdays, 9–10 AM**

This all-around workout will make you feel ready to take on your day! Enjoy fun and easy-to-follow, low-impact aerobics with intervals of strength and balance exercises to improve cardiovascular health, balance, muscular strength, and endurance. **Wednesdays feature a core and balance focus.** *Optional: Bring a mat on Wednesdays.*

**Cost:** \$6 **Instructor:** Elyse Grosz

A portion of the class fee benefits PASC programs.

## CHAIR EXERCISE

**Mon/Wed/Fri, 9 - 10 AM**

Designed to provide a workout for nearly every muscle in the body! Exercising in a chair is surprisingly more challenging than one would think. This video instructed class is suitable for everyone.

Check with your doctor prior to beginning any exercise class.

## CHAIR YOGA

**Wednesdays, 12:15 - 1 PM**

Chair yoga is a gentle form of yoga that is practiced while seated in a chair or using a chair for support. It offers a modified approach, making it accessible for individuals with limited mobility, balance issues, or those who prefer a more relaxed practice. People of all fitness levels can experience the benefits of yoga without a mat or complex poses.

## KRIPALU YOGA

**Mondays and Thursdays, 4:00 - 5:30 PM**

Kripalu Yoga, offered Monday and Thursday 4-5:30 pm, is a gentle yin style hatha yoga. This practice encourages you to explore your own edges while guiding you towards deeper possibilities. The practice is suitable for all bodies. Come check us out. FREE, with donations gratefully accepted.

## STRENGTH AND BALANCE CLASS

**Tuesdays & Fridays, 2 PM, \$5 per class**

What do you say to yourself about where you are at in your health journey? Learn how to OFFSET age-related decline in Strength and Balance class on Tuesdays and Fridays at 2 pm. Improve your balance, increase your bone density, decrease risks of osteoporosis, regain lost muscle mass, move your joints, and sharpen your cognition! All ability levels are WELCOME to train and restore your confidence and vitality!

## WEEKLY ACTIVITIES & CLASSES

Day	Time	Names
M-Th	10 am-2 pm	The Gift Shop Open
Mon	10:30-Noon	Quilt Group
	1-3 pm	Friends Together-2nd, 3rd, 4th Mon
Tue	1:30 - 3:30	Guided Autobiography (Except 3rd Tuesday of month)
	2:30 - 3:30	Meditation Class
Wed	10am-Noon	Writers Group
	1:30 - 3:30	Uke Strummers
	1:00 - 3:00	Guided Autobiography
Th	10am-Noon	Creative Connections
	Noon-3 pm	Chinese & American Mah Jongg lessons & play
Fri	9:30 -12:15	Watercolor Painters

## COMPUTER CENTER

Date	Day	Time	Names
Your day	M-Th	11 am-3 pm	Open Lab
Your day	M-Th	Your time	Tutoring

## APRIL TRIPS

Date	Day	Time	Names
4/8	Wed	10 am	A Day in Port Townsend
4/16	Th	8 am	Vashon Island
4/19	Sun	11:30	Olympic Arts Theater

## QI GONG - FREE

**Thursdays, 9 - 10 AM**

**No class on April 2nd and April 9**

Class preparation is simple. Wear loose, comfortable clothing. People can practice in shoes, socks or bare feet. For more comfort, bring a yoga mat or blanket to stand on. We will learn a Qi Gong form known as "Essence Qi Gong" which is mainly standing in one place with gentle movements.

Leading the class is Andy Brastad, a certified instructor who has been practicing Qi Gong for ten years. Contact Andy at [andybrastad@gmail.com](mailto:andybrastad@gmail.com) if you would like more information.

## TAI CHI

**Mondays, 9 - 10 AM**

Increase your strength and balance! Patty will teach this Tai Chi class at PASC each Monday from 9 am to 10 am. Patty has practiced Tai Chi for more than 30 years. This class is by donation.

# Activities for April 2026

WEEKLY CARDS & GAMES		
Day	Time	Names
Mon	10 am - Noon	Euchre (we are willing to teach)
Mon	12:30 - 4 pm	Pinochle Single Deck
Tue	10 am - 2 pm	Pegs/Jokers Game Play
Tue	12:30-4 pm	Pinochle Double Deck
Thurs	12:30-4 pm	Pinochle Double Deck
Wed	Noon - 3:30 pm	Progressive Contract Bridge
Thurs	Noon - 3 pm	Chinese & American Mah Jongg
Fri	<b>1:00</b> - 3:30 pm	Hand & Foot is back!
Fri	12:30 - 4 pm	Pinochle Single Deck
Sat	12:30 - 3 pm	Cribbage

SUPPORT GROUPS			
Date	Day	Time	Names
4/1	Wed	9:30-11am	Parkinson's Care Partners
4/13	Mon	9:30-11:30am	Alzheimer's Caregivers
4/21	Tue	1-3 pm	Grief Support Group
4/21	Tue	1:00-2:30pm	Parkinson's Support Group

## GRIEF SUPPORT GROUP

**Tuesday, April 21, 1 - 3 PM**

Katherine Howard from Assured Hospice (360.582.3796) will be leading a grief support group at PASC on the 3rd Tuesday of the month upstairs in the conference room from 1-3 pm.

## SUPPORT FOR PARKINSON'S CARE PARTNERS

**Wednesday, April 1, 9:30 - 11 AM**

Care partners of individuals with Parkinson's are invited to a supportive group meeting on the first Wednesday of each month from 9:30 - 11 AM in the Senior Center dining room. Connect, share and find encouragement among peers.

## ALZHEIMER'S CAREGIVER SUPPORT GROUP

**Monday, April 13, 9:30 - 11:30 AM**

The Port Angeles Alzheimer's Caregiver Support Group for caregivers, family members and friends of those suffering from memory loss meets once a month on the second Monday from 9:30 - 11:30 am.

**You may contact Judi, the group facilitator, for further information at 989.255.8399 or [judioden@gmail.com](mailto:juidoden@gmail.com)**

## PARKINSON'S SUPPORT GROUP

**Tuesday, April 21, 1 - 2:30 PM**

The Parkinson's Support Group will meet on the **3rd** Tuesday of every month. Care partners are welcome.

Celeste Maier is the moderator.

HEALTH & FITNESS			
Date	Day	Time	Names
Wkly	Mon	9-10 am	T'ai Chi for Seniors
Wkly	M/Th	4-5:30 pm	Kripalu Yoga
Wkly	Tue	10-11 am	Middle Eastern Dancing
Wkly	T/W/Th	9-10 am	Fit for Life
Wkly	T/F	2 pm	Strength & Balance Class
Wkly	Wed	12:15-1 pm	Chair Yoga
Wkly	M/W/F	9 am-10 am	Chair Exercise
Wkly	Wed Wed Thu	12:30-2:00 2:15-3:45 pm 1:30-3:30 pm	Beginner 2 Line Dance Beginner 1 Line Dance Hi-Beginner Line Dance
Wkly	Thu	9-10 am	Qi Gong - FREE

SPORTS			
Date	Day	Time	Names
Wkly	Mon	10:15-1:00	Pickleball
Wkly	T/Th/F	10:15-1:30	Pickleball
Wkly	Wed	10-12:15pm	Pickleball

**PICKLEBALL** - 1st hr. of play each day is for beginner & intermediate players. Rest of time is for intermediate.

## CRIBBAGE

**Saturdays, 12:30 - 3 PM, Doors lock at 12:25!**

Interested in playing? Want to learn how? We will teach you!

Already know how? Looking for a place to play?

**This is the place! See you Saturday!**

## PINOCHLE - NEW HOURS

**Single Deck - Mon & Fri, 12:30 - 4 PM**

**Double Deck - Tue 12:30 - 4 PM & Th 12:30 - 4 PM**

## PROGRESSIVE CONTRACT BRIDGE

**Wednesday, Noon - 3:30 PM, Play starts at 12:15 PM**

**Beginners welcome, Rules taught**

See <https://www.acbl.org/learn/>

See "Bridge For Everyone" videos on YouTube

## EUCHRE ANYONE?

**Mondays, 10 AM - Noon in the Computer Room!**

Would you like to learn a new fun and fast paced card game? The group of current Euchre players are looking for new players AND ARE WILLING TO TEACH! It is easy to learn and a truly fun game! If you are interested, please contact the Senior Center and someone will contact you.

**SCI-FI & SCIENCE GROUP**  
**CANCELED UNTIL FURTHER NOTICE**



Hosted by Glen Barbieri—amateur sci-fi writer and natural philosopher with a background in nuclear power and local education. This is an open public forum; share sensitive info at your own discretion. Glen covers non-member fees for all attendees.

**REIKI WITH SUSI**

Are you anxious or nervous about something? Would you like some relaxation? Let reiki do its magic for you. Reiki is a calming treatment that will leave you feeling focused and serene.

All you have to do is take your shoes off and let the peace of reiki do its wonder from your head to your toes. Reiki is also good for pain reduction. Susi is a certificated master reiki practitioner. If interested in a reiki session, call the reiki lady! Susi Cates at 360.452.2610 - \$10 for 45 min. Offered Mondays and Tuesdays.

**REMINDER**

Please refrain from wearing perfumes, colognes, scented lotions, or any other strongly scented products when visiting the center. This will help individuals with sensitivities, allergies, and respiratory conditions who might be negatively affected by strong scents. By keeping our environment fragrance-free, we create a welcoming and inclusive atmosphere for all.

**"BOOKED FOR MURDER"  
 MYSTERY BOOK CLUB**



**Friday, April 10, 2 - 4 PM**

We meet every month on the second Friday, 2-4 PM to discuss selected mysteries. Join us in the conference room for our get together. Everyone will have the opportunity to share their likes and dislikes of this genre. We will narrow down the usual suspects and not-so-usual suspects and make our book selections from the evidence.

We will discuss this month **"Murder on the Red River"** by **Marcie R. Rendon**. The May book selection is **"A Share in Death"** by **Deborah Crombie**.

**POOL ROOM**



Pool is for everyone, and The Port Angeles Senior Center welcomes players of all skill levels. Open from 8:30 AM to 4:00 PM, the cost is \$1 per day for members and \$2 for non-members. With 11 league teams, regular tournaments, and lessons by Bill Henderson and Dave Secord, there's something for everyone. For more information or to join, text or call Bill Henderson at 360.477.1867.

**DIAMOND DOTZ PAINTING**

**Mondays, 10 AM - Noon**

Learn the Art of Diamond Dotz Painting on Mondays 10 am to Noon at the Crafty Corner in the lounge extension. \$5.00 includes a full kit and personal instructions. It's fun & easy!

**COLORING GROUP FOR ADULTS**



**2nd & 4th Mondays, Noon - 2 PM**  
**April 13 and 27**

Bring your books, color pencils, color gel pens, crayons... and help us make the world a more colorful place! No experience needed to enjoy this relaxing and stress-free craft.



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 Saturday  
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**MASKS ARE  
 OPTIONAL**

We will still have masks available for anyone that needs or wants one. \*Certain service groups or programs may still require a mask to access services. We will provide additional information as we receive it.

**IF YOU DON'T FEEL  
 WELL - STAY HOME  
 AND TAKE CARE OF  
 YOURSELF!**

For the protection of yourself and others, please stay home when you don't feel well.  
**THANK YOU!**

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## Classes & Activities



### LIFE STORIES A GUIDED AUTOBIOGRAPHY CLASS NEW CLASS BEGINNING SOON!

Write the story of your life  
two pages at a time.

Join Candice Bullard, a certified Guided Autobiography instructor. Candice will lead you through themes and priming questions that evoke your memories. Each week you will write a two page story, bring it to class & share it with a small group.

Classes include instruction on autobiography, tools and perspectives to inspire your writing, and time to share your stories. The Guided Autobiography method is a way to gain insight, personal discovery and to record and appreciate your life story and the stories of others.

Tuition: \$99 for the 8-week course.

Contact Candice Bullard at 360.808.4581 or [cbullard@olympus.net](mailto:cbullard@olympus.net) for future classes!

### PASC LINE DANCE UPDATE: Instructor: Jerie Louie

Please note that there will be no Beginner-1 (2:15-3:45) classes on Wed 4/8, 4/15, 4/22, or 4/29.

Beginner-2 Line Dance Class will still be held on Wednesdays, 4/8, 4/15 & 4/29 at 12:30-2:00p.

On Thursdays 4/9, 4/16, 4/23, or 4/30, there will be NO Hi-Beginner Class.

Regular classes will be held on Wed 4/1 and Thursday 4/2.

**A portion of the fee benefits PASC programs.**

### MEDITATION CLASS: Discovering Tranquility Within Tuesdays at 2:30 PM - 3:30 PM

Embark on a journey to inner peace. In this beginner-friendly course, you'll be introduced to the art of meditation, unlocking the door to a calmer mind, reduced stress, and enhanced overall well-being. Meets in the Lounge Addition.

### NEW - MIDDLE EASTERN DANCE LESSONS

Tuesdays, 10–11 am // \$5 members, \$6 non-members

Have fun while exercising in this friendly, supportive class! Learn the art of Middle Eastern dance (belly dance) while building fitness, flexibility, and confidence. Classes include a warm-up, basic dance steps, and, over time, complete dances. Beginners and those with some dance experiences are all welcome. Instructor Kelleen, a former school teacher and professional Middle Eastern dancer, brings her enthusiasm and love of dance to every class. Wear comfortable clothes that allow you to move easily. For more information, call or text Kelleen at 425.358.0101. Come dance, connect, and enjoy!

### WRITER'S GROUP

Wednesdays, 10 AM - Noon

Self-assessed as "Good Enough" to find JOY in the act of writing. Share. Inspire. Challenge. Explore. Listen. Two prompts weekly. One now, other for following week.

Our Writer's Group is a self-directed and caring group. We have fun exploring writing in different genres and styles in all kinds of prose and poetry. You can write about anything in your own way here. Come in for a visit or to write. Bring your pencil, pen and paper or your favorite device for creative composing. Note: This is NOT a critique group!

### FRIENDS TOGETHER

2nd, 3rd and 4th Mondays from 1 - 3 PM

Friends Together is a nonprofit serving individuals with developmental and intellectual disabilities. We provide free social, civic, and recreational activities through a 100% volunteer-run cooperative. Our programs include field trips, drama, taekwondo, and bowling, meeting weekly in Port Angeles and Sequim. Thanks to the support of the PA Senior and Community Center, we have a place to call "home." Visit us at [clallamft.org](http://clallamft.org) to see what we're up to!



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call to learn more about these services.

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★IO★  
**April Birthdays**

1	Kristin Chancellor Dave Falzetti Jerry Hagen Richard Lao Paul Schwabe Muriel Turner
2	Tamra Baker Andrea Quitt
3	Paul Collins Cathy Dizack Charles Hallmark Pat Milliren Susan Murray Darcy Needham Ruth Replogle Jim Woodling
4	Neva Fowles Yuri Shevchenko Shelley VanCleeve
5	Eric Byork Melanie McCaughan Jewel Starz Michael Thomas
6	Katherine Ochiogrosso Diana Pierro Thomas Rice Robert Severs Ralph D. Timmons
7	Richard Cary Arthur Estes
8	Robert Cooper Alan Murray Laurie Shurts Kevin Tachell

9	
10	Rachel Moon Fred Wesseler
11	
12	Mary Jacoby
13	Martin Dawson Cathy Lyon Victoria Singer
14	Betty Shaffer William VanCleeve
15	
16	John Nickels
17	Dan Homan Richard Kendell
18	Nancy Brant Randy Freeman Jana Roening
19	Lois Cargile Regan Nickels Linda Timmons
20	Scott Adolphson Samantha Dodd Jeff Johnson Spring Thomas
21	John Kendall

22	Cynthia Beltrami Nanette Mulholland Pamela Ogler Carol Reiss Ken Short Jane Vanderhoof Pat Vautier
23	Leslee Crate Jeanie Hedberg Nathan McBane
24	C. Maureen Cole Herman Hahn
25	Eve Farrell Pam Klein Jerrie Meyer Doneal Purman Cynthia Sofie

26	Rianna Green C.J. Peterson
27	Mary Hofer David Louden
28	Belvel Baird Rosalie Kaune Rita Lantz Marie Marrs Dona Smasal
29	Mark Valentine Betsy Wharton
30	J.C. Baccus III Marcia Logan

All members have the option to opt out of the birthday list.  
Stop by the Front Desk and let them know.

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## How to Be Prepared for Emergency Care




An E.R. visit can feel overwhelming. Take the mystery out of the experience and learn how our triage process works, and what to expect during an E.R. visit.

Thursday, April 16 at 5:30 p.m.

Olympic Memorial Hospital, Linkletter Hall

Presented by Dr. Evan Small, emergency services

Learn more at [olympicmedical.org/RSVP](http://olympicmedical.org/RSVP)



**OLYMPIC**  
MEDICAL CENTER

**HealthMATTERS**  
PRESENTATION

## Community Bulletin Board

### EXCITING NEWS for Our Members: FREE NOTARY SERVICES!

We're thrilled to offer **free notary services** to our members during the center's operating hours! Call Gary Norris at **206.724.3052** to schedule appointments here at the center. Be sure to bring your documents and a valid photo ID. Don't miss out on this great new service!

### SHIBA

The Statewide Health Insurance Benefits Advisors (SHIBA) program is a program of the Washington State Office of the Insurance Commissioner Consumer Protection program. Locally, SHIBA is sponsored by the Olympic Area Agency on Aging.

Our volunteer advisors are trained to give you the latest Medicare information. We provide up-to-date, unbiased information to help you to make informed decisions. Our assistance is always free and confidential with no obligations. We're not associated with any insurance company. We don't sell anything because we have nothing to sell!

If you need help navigating Medicare, please come and see us. Our volunteer advisors can help you:

- Assess your Medicare related health care coverage needs.
- Determine your general eligibility for Medicare related coverage programs.
- Evaluate and compare Medicare related insurance plans and programs.
- Provide enrollment help with Medicare.
- Speak with 1-800-MEDICARE on your behalf.
- Make referrals to other agencies and programs.
- Collect and report possible Medicare fraud complaints.

Through the SHIBA program, the Olympic Area Agency on Aging provides free, unbiased, and confidential help navigating Medicare.

Bring your Medicare questions to a SHIBA walk-in, first-come first-served enrollment clinic here at the Port Angeles Senior Center from 10 to noon on the 2nd and 4th Fridays of the month.



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### OTHER ACTIVITIES AT THE CENTER

- ★ Kiwanis Club of Port Angeles Board Meeting  
2<sup>nd</sup> Friday of the month at 12pm
- ★ Nor'Wester Rotary Club Meeting  
Friday weekly at 7:00am
- ★ Redeeming Grace Orthodox Church  
Sunday weekly at 10:30am
- ★ Roundtable on Politics  
Thursday weekly at 9:30am

Activities marked with an "★" are not sponsored by the Port Angeles Senior Center and are included for the reader's convenience and information.

Port Angeles Senior Center  
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## ***Port Angeles Senior Center 55 Years: Service to Seniors***

**PASC is closed until 11am on Friday, April 24<sup>th</sup>  
for our Volunteer Appreciation Party.  
We will open at 11am on this day.**



### **Port Angeles Senior & Community Center**

**Where Community Gathers,  
and Friendships Grow.**

**328 East 7th St,  
Port Angeles, WA 98362  
#360-457-7004**

### **IS YOUR MEMBERSHIP DUE?**

We greatly appreciate your continued support!  
Thank you to everyone who has mailed in  
your membership dues.

The Port Angeles Senior Center is neither legally responsible for, nor does it guarantee, or endorse any product, service or program published in the newsletter. The content of the PASC newsletter is intended for the reader's convenience and information. The newsletter contains information on all the activities that occur at the Senior Center facility.