



# GAZETTE

Your Free Monthly Guide to PSAC Happenings!

President's Letter  
May, 2024

Thank you to all who wished me well on April 17th, my 75th birthday!!! The party was over-the-top!! Great food, great friends and great fun!!! Let's do this in another 75 years!!!!!!

In the Gazette this month, you will find a donation card to fill out and return to PSAC to help donate to the building fund. According to Fred, we need another \$80ish K to reach our goals to start the project!! The new septic system will start in June and we are hoping for the building to start soon after that time!!! It's time to check the couch cushions, between the mattresses and the dryer filter for any spare change!! Remember, you are investing in the future of PSAC, now, and for seniors to come! And Lord knows, those seniors are going to need PSAC!!!!

The trip to the Mariner's baseball game via the train out of Kelso still has spaces available. The game is on Wednesday, July 24 at 12:30 pm, against the Los Angeles Angels. The price includes the ticket to the game with seating in the Terrance Club. Bigger, padded seats!! And lunch - hot dog, pasta salad, chips, drink and popcorn!! There will also be a bar for adult beverages. The train leaves Kelso, WA at 7:38 am and arrives at 10:10 am right across the street from the stadium. We will do some carpooling from PSAC. Lunch starts around 11:30. Train home leaves at 5:30, pm arriving in Kelso at 8 pm. Cost is \$120 per person. Call the Office for more info!!! Train prices may go up as we get closer to the departure date. RSVP now!!! We have 20 people signed up already, so the trip is a go!!!!

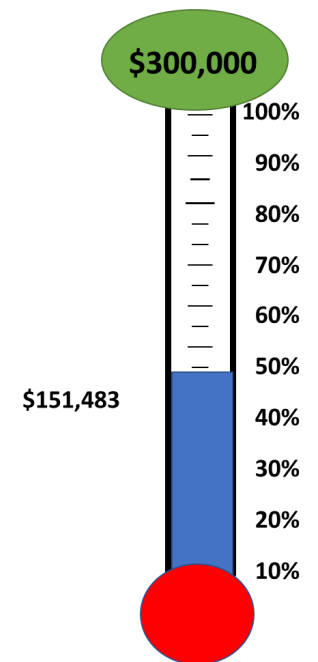
A second trip up to Westport is planned for the end of June. Check out John's Corner for all the info. We did this trip last August and had a really nice time. We plan to repeat it and add a tour of the Westport Maritime Museum to the schedule. The Office has all the details.

Our first garage sale of the season will be Memorial Day weekend, Friday and Saturday from 9 am to 2 pm. And of course, our famous Taco Salad Lunch both days!! We are overflowing with all new items that you are desperate to buy!!! Ha Ha!!

Hope to see you at PSAC this month!!

John Vale  
President

**STILL TIME TO RENEW YOUR 2024 DUES !!!**



# APRIL BIRTHDAYS

Ice Cream Social will be on the 3rd Monday of the month at 2:00 pm. This month it will be on May 20th



April Queen Gernert, 84

HAPPY BIRTHDAY!!!

Please join us EVERY month for our Ice Cream Social. We celebrate those that are having a birthday that month, but ANYONE can come have cake and ice cream!

Gale Ahrens	5/8	Paula Everdell	5/9	David Mullins	5/6
Janice Amend	5/2	Lilli Forder	5/6	Russ Neely	5/4
Laurie Anderson	5/23	Susi Frost	5/24	Linda Olsen	5/5
Sharon Appel	5/2	Ann Gaddy	5/19	Judy Orr	5/26
Linda Argent	5/11	Todd Gleb	5/14	Roy Pellrin	5/29
Kathleen Baran	5/23	Jerry Grow	5/3	Judy Penfield	5/14
Liz Barkeleu	5/31	Diane Gruber	5/19	Huey Peters	5/12
Deri Battles	5/18	Jill Hackford	5/26	Linda Poland	5/1
John Beckstrom	5/14	Natalie Hanson	5/22	Sandy Pope	5/24
Georgia Bell	5/9	Darlene Harrison	5/31	Kevin Proett	5/22
Brenda Benson	5/8	William Hash	5/30	Ralph Provenzano	5/27
Karen Bergeron	5/19	Justine Heartt	5/24	Stella Ramirez	5/17
Agatha Blackmer	5/7	Mayrene Herinckx	5/22	Henry Reinke	5/6
Eugene Bluemke	5/14	Daniel Hickey/Fancher	5/13	Kalena Rettner	5/7
Karen Boardman	5/12	Coral Hughes	5/20	Lynn Robertson	5/22
Gary Boyd	5/30	Pat Instenes	5/10	Bill Roper	5/28
Sandra Brandt	5/5	Joy Jensen	5/29	Anthony Roselli	5/31
Antoinette Brown	5/8	Linda Jensen	5/3	Rose Rushbrooke	5/6
Frank Brown	5/12	Tom Jicha	5/18	Jim Schaffer	5/18
Linda Brown	5/27	Jack Johnson	5/3	Daniel Schlapia	5/28
Bill Buck	5/19	Karin Kaczmarek	5/3	Patsy Scholtis	5/1
Sharon Burns	5/14	Annie Kim	5/10	Rita Smith	5/16
Kaye Chappell	5/13	Ron Knecht	5/23	Kathy Stansell	5/27
Ruth Ann Cole	5/8	Jona Korzinski	5/7	Carole Sturgeon	5/31
Jonathan Cox	5/4	Robert Kowolchuk	5/2	Stout Tam	5/18
Jeri Crumbley	5/26	Steven Linhart	5/7	Mark Taylor	5/31
Tom Curtis	5/4	Grace Mack	5/28	Diana Thompson	5/27
Robert Damiano	5/3	William Mangels	5/7	Janet Volchok	5/15
Daniel Davis	5/14	Jack Martin	5/19	Carol Wachsmuth	5/1
Annie Denning	5/13	Jack McClellan	5/24	Carnita Wall	5/31
Jon Ducharme	5/30	Karen McDonald	5/24	Blake Walter	5/31
Lei Loni Durant	5/8	Verna McDonald	5/6	Jeannie Weyl	5/12
Dierdre Dwewel	5/23	Don McDowell	5/19	Rondie White	5/4
Kay Egle	5/27	Linda McKee	5/25	Eleanor Will	5/7
Edward Elm	5/18	Linda McQuinn	5/1	Rachelle Wilson	5/29
Randy Epling	5/13	Melissa Metz	5/29	Russ Zeilstra	5/9
Vicie Evans	5/27	Louise Miller	5/25	Sherry Zeilstra	5/26
				Nancy Zeller	5/11

Peninsula Senior  
Activity Center  
21603 "O" Place  
Ocean Park WA 98640

360.665.3999

OFFICE HOURS:  
MONDAY-FRIDAY

9:00 am—4:00 pm

Email: [PSAC@PSAC98640.org](mailto:PSAC@PSAC98640.org)

See us on Facebook at:

Peninsula Senior Activity Center

The Peninsula Senior Activity Center

is a 501(c) (3) non-profit organization.

We receive no funding from county, state  
or federal sources.

### PSAC Officers

President - John Vale

Vice-President - Bob Tripp

Secretary - Billie Warrick

Treasurer- Billie Warrick

### Board Members

Ann Denning

Debbie Mansell

Wes Moehnke

Marta Towne

### Board Meetings

2nd Friday of each  
month 10:00 AM

### Office Supervisor

Fred Carter

### Facebook

Robyn West

### PSAC Gazette Editor

 Peninsula Senior Activity Center



## PSAC Diversity Statement

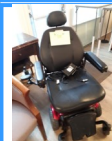
**A**t PSAC, diversity and inclusion are important to us. We strive to build an inclusive culture that encourages, supports, and celebrates the diverse voices of our members and volunteers. Any article, image, ad, etc. in this publication which seems to contradict the goal of diversity is unintentional and we regret any discomfort that may have resulted. Diversity fuels our innovation and connects us closer to our community which we continually strive to serve.

## CLASSIFIEDS

360-665-3999 to place your ad | email: [PSAC@PSAC98640.org](mailto:PSAC@PSAC98640.org)

**Ads Wanted** only \$5.00 for 3 lines (45 characters per line). Additional lines \$1.00 each. Sell those unwanted items. Find help or find work. Maybe you have a place to rent or are looking for a rental. Having a garage sale? Lost or found something. **Call 360-665-3999 to place your ad.** PSAC Gazette is email/snail-mailed to 500 recipients. An additional 500 copies are distributed on the Long Beach Peninsula and in Astoria, OR. **ADS MUST BE PLACED BY THE 15TH OF THE MONTH PRECEDING THE NEXT GAZETTE.**

**For Sale**—Raised Cedar Planters, \$350. Free deliver to Long Beach area. Includes (for April/May) 60 gal. organic compost, 1 sm. bag each of peat moss/perlite, Pea Fence (for climbers). Text Dale 360-431-7061.



Electric Wheelchair. \$600 All charged up and ready to go.  
Inquire at the office.

### Bayside Singers Performances:

May 11 at 2 pm - Riverside Playhouse, Ilwaco

May 19 at 2 pm - Ocean Park Lutheran Church

Free will donation, refreshments, silent auction

**Bargain**-complete, beautiful 40 gal aquarium with colorful fish.

\$375 or without fish \$300.OBO Everything you need included. (\$600 - \$800 value). 360-642-3677 **Note: phone # was incorrect last month.**

**Seamstress**- Muriel Baker: Alterations and Mending

306 Main & 2nd St. Ilwaco

## PSAC Mission

**T**o work toward the enhancement of the social, intellectual, physical and mental health and well-being of the citizens of the Long Beach Peninsula and South Pacific County over the age of fifty (50).

# Beach Life in the Slow Lane

Have you noticed the traffic recently? The tourists are out in full force and our seasonal friends have returned. Welcome back! It has been quite congested driving through Long Beach lately. I mostly use Sandridge and avoid it altogether but sometimes I need to go to downtown Long Beach. The deer are not the problem. It is the people darting out between parked cars to cross the street nowhere near a crosswalk. But both Pacific and Sandridge can be problems too. I drive the speed limit exactly unless someone in front of me causes me to drive slower. I have had several occasions when I have been seriously tailgated at 50 mph. Don't follow me so closely! A deer might dart out without warning (sometimes several) or the car in front of me might be braking or turning. Sometimes these tailgaters try to pass me until they see the long line of vehicles or a school bus ahead of me. Then there are the drivers that pass two to four cars at a time. Those drivers scare me. I don't mind being passed but where's the fire? When I used to see an erratic driver on the road I would pretend that they were on their way to the hospital so a baby could be delivered or picking up a woman in labor. That would keep me from getting angry. That's a little far fetched with most of our Peninsula population. Still I try to keep my cool and give a wide berth to the cars serving in and out of the lane. I would rather have you pass me (if it's safe) than tailgate me. This time of year however, passing might not be an option. The tailgating seems to be worse on Sandridge which seems to indicate locals, while on Pacific I would think the odds are more in favor of tourists. Yes it's a looonnnggg Peninsula. Yes it takes a while to get from one end to the other but this is where we choose to live. Let's try and drive safely. Accidents happen all too frequently and many can be prevented by obeying the law and paying attention. As far as I know, the speed limit signs are not suggestions.

My new interest is candy and chocolate making. Right now I am just researching it and so far it is fascinating. I'm learning how brittle is different from toffee, how butterscotch is different from caramel, and how homemade marshmallows taste completely different from store bought. Also humidity can make or break certain chocolate recipes. I had no idea there was so much to it. I've checked out two books from the library. I like the first one so much that my husband told our son to get it for me for Mother's Day. I can't wait for my own copy! I'm planning to make almost every recipe in the book! Now lest you worry, I'm not going to be eating all of it, just a little. I will give most of it away but sometime in the future I might need to enlist some taste testers. Any volunteers? At this point I don't have any illusions of opening my own store or online business. This will just be a hobby in my spare time. I do want to get really good at it though. So far now, I'm reading about it. Next I will assemble the best equipment and ingredients. Then, as time allows (and I am very busy) I will make one recipe at a time. I'm hoping to be ready to send some finished products as Christmas gifts. We shall see! Until then, I am enjoying learning all I can.

I wish all you moms out there a Happy Mother's Day!

Email me at [suggestionsforjulie@gmail.com](mailto:suggestionsforjulie@gmail.com) if candy and/or chocolate making is currently your hobby or if you have any advice on this subject for a novice. I love hearing from you all. Welcome back our seasonal friends, and until next time, Stay Tuned!



Julie Alexander

# John to the Rescue!

As long as I've known John, he has been a busy person, always with an idea of something to do, make, re-arrange, paint, fix, or invent. I've seen photos of him when he was a young person, and I think he was like that even as he was growing up! I do not know where he got this, meeting his family, no one was like him!

This story starts with a visit to see my college classmate, after we both had graduated, and living in Montana. (Jane and I were classmates, at the University of Portland, and we have been friends since then. One of the first things she asked me when we met was could I help her with this "school thing"? as she claimed she was not a good student, and needed someone to help her get through it. Little did I know it would become a lifetime experience, and continuing with John! )

Anyway, Jane wanted to meet John when the two of us got married, and asked him pointblank "What can you do?" As years went by, it seems like she was always calling to see when John and I could come to Spokane to "visit", code word for "I need JV to do something at the house." And it was always something! One time she called to ask for help with a new venture, she had bought a flower shop! I could not go over to Spokane, as I had a school workshop to attend at home, and she then asked me if John could come, and she would split the cost of an airplane ticket for him! So off he went to Spokane! More stories to tell me when he got home!

I want to tell you about the most challenging and most memorable experience John and I had to "help" with!... Jane asked us to visit a friend of hers, Desera, whom Jane knew as a family friend. Come to find out, Desera was a hoarder, and Jane said the job was too much for her to handle. Of course, JV said he would help, right up his alley! What an experience that was! Here's what we found...Two large Huskies in the garage, that had not been out for a LONG time, one wall in the living room, painted red from near the top of the wall, down almost to the bottom, that's it, dirty dishes piled up everywhere, shelves filled with sets of dishes, she had more than twelve sets of antique dishware!....And dirty dishes everywhere! Her pile of dirty clothes was knee-deep, and it took twelve washers at the laundromat to get everything washed.. I looked at John and he looked at me, at all the rooms, all in similar condition! And he said to me, "Well, let's get started!"...his typical response! Our last job at that house...we rented a carpet cleaner, and did all the floors...(Desera eventually sold that house, found an easy-going boyfriend, who did not last long in that relationship, and she eventually moved to Minnesota and became a waitress...)

Next month: Our experience catering a wedding reception at the Livingston, Montana, train station, in the middle of winter, and below zero...Another adventure where John had to come to the rescue.... the same family! Yikes!



Kathy Vale

## New in May, 2024



### FIRST GARAGE SALE OF THE YEAR!!!!

On May 24th and 25th 9:00 - 2:00, shoppers will get to choose from 7 months of donations. As usual - your Junque Queens have worked really hard to get organized for this sale for your shopping pleasure.

Shopping can make you really hungry, so be sure to have one of John's great Taco Salads from 11:00 - 1:00.



For those of you that missed it, John Vale's birthday party was a huge success!! I wanted to take a minute to share two poems that members wrote to

him.



*Our Leader, John Vale, is a treasure.  
His devotion to our Peninsula community has no measure.  
He tirelessly feeds us with no need for a fuss  
His vocabulary is missing the word "leisure"  
We are all on this sand spit getting ripe  
And with our dear friend, John, who cushions our ride, there  
is no gripe  
With a smile, John says "yes!"  
And "don't worry about the mess!"  
If you need a heart to emulate, John's would be the tupe  
When I think of community I first think of John Vale  
His love for this place we call home will never, ever fail  
He lights up every room with love that is over the moon  
So grab a line, turn a winch and know the good ship John  
Vale is the best boat to sail.*

*Steve Kovick*

*John, John  
I'd sing you a song  
I've lost my voice  
But I will say this  
You've brought us much  
bliss  
As your wife, Kathy,  
told me  
You're her "energizer  
bunny"  
And ours too!  
Jackie Larson*



The State Office of Senior Information and Assistance will be at PSAC every Wednesday from 9 am to Noon. They will be able to answer your Medicare/Medicaid questions. They can help enroll seniors into social security, assist with Medicare saving programs and Medicare part D drug plans. The worker can screen for other DSHS Services, answer questions about disability issues, and help to arrange homecare services. You can walk-in or make an appointment by calling Nicole at 360-642-3634.

## 2024 Membership Dues are due!!

# PSAC BUILDING EXPANSION UPDATE



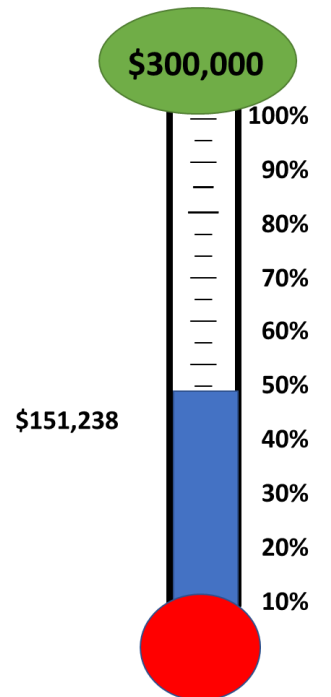
The new septic system will be first. Woody's will be building it and a big Thank You to Templin Foundation for a \$30,000 donation to the project. Unfortunately, that will involve removing a lot of the nice plants/shrubs we have in that area. We are inviting members to come dig up a plant or two so they can have a nice new home. The areas will be marked off and you must check in at the office **BEFORE** you start to dig.

Building costs have skyrocketed nationwide and we are no exception here. EFA (Erik Fagerland Architects) have worked really hard to get the best deal they can on all parts of the build. By the way, EFA designed our original building! Your Building Committee has worked closely with EFA on all aspects of the planning and

budget to make it happen. You can be assured that we are making every penny count. **SO** - who are the PSAC members on the Building Committee? John Vale, our visionary; Karen D'Arcy (long history in obtaining grants); Earl Reynolds (retired architect); Bob Tripp (doing Community Outreach); Mark Mansell (has rich experience in building projects for school districts); Nick Michaud (building contractor experience); Billie Warrick (keeping us all organized); Fred Carter (keeping track of the budget!). This team has been working to make this happen for over two years and all deserve our thanks for adding this responsibility to their plates.

Our costs for the addition will be about \$1.3 million dollars. Yup-that is a lot of money.

- Through wise investments and careful management of expenses over the years, PSAC will be funding about \$800K
- Our membership has generously donated over \$150K
- Karen D'Arcy was able to get a grant from the State of Washington that will reimburse PSAC for 25% of our expenditures (will amount to \$264K). She also got the \$30K donation for us from Templin Foundation. She is continuing to apply for additional grants and donations
- The Peninsula Quilt Guild donated raffle quilts, and Sue Gallagher and Jennifer Guzell sold the coupon books. Oman & Son Builders Supply is donating the windows.
- EFA has done a lot of pro-bono work on this project, helping to keep costs down.
- Bob Tripp and Earl Reynolds will be approaching local businesses to ask for donations
- Multiple fun fundraisers are in the planning stages
- We even plan to get volunteers to help with some of the finishing! (e.g. painting, laying flooring, installing cabinetry, etc.)



## Pacific Community Foundation: A New And Improved Partnership To Support PSAC

PSAC partners with Pacific Community Foundation with our own donor-advised fund, where community members can support PSAC year-round. Donate through the South Pacific County Community Fund to the Peninsula Senior Activity Center Capital Fund ([https://spccf.fcsuite.com/erp/donate/list/nonprofit?nonprofit\\_id=1339](https://spccf.fcsuite.com/erp/donate/list/nonprofit?nonprofit_id=1339)).

Pacific Community Foundation can accept a variety of gifts on PSAC's behalf. Supporters can contribute assets including: cash, stocks, bonds, retirement distributions, or other assets. They also accept vehicles through Cars Inc., and proceeds from the sale of real and personal property.

You may select a donation mode that meets your financial, tax planning, and charitable goals: via will, trust, RMD, annual, or monthly recurring donations. You may contribute to a variety of existing funds throughout the year, and to PCF's annual Giving Catalog, which is open each October. Are you looking at mandatory disbursements from an IRA? Make your required donation to PCF and select PSAC as the recipient, using our new fund.

# John's Juicy Morsels

## John's Corner May, 2024



You missed a great party on April 17th. Over 90 people showed up for my 75th Birthday Party Celebration!! Tons of great food!! I felt like everyone cooked instead of bringing something ready-made! It took 2 plates filled with food for me to try everything!! Big Thanks goes out to Mary Sanderson and her crew, Joann B., Dale V., Moe D., and Monika G. for all their hard work and efforts! Thanks for all the cards, gifts and donations to the building fund in my name!! I think this was the party of the year for the peninsula!!! Thanks to Joann B. and Billie W. for the new cooking duds!! And Big Thanks to Fred Carter for the music and the new song "Damn Old People". You are a gem!!!

Lots going on in May at PSAC. The big garage sale over Memorial Day is a not-to-miss event! We have been stockpiling the best stuff!! And the Garage Sale Taco Salad Lunch is back for the season!! Be sure to stop by for a salad or even just get one to-go!!!

We still have room for the trip to the Mariner's Baseball Game on July 24th via the train out of Kelso. There is still room and time for you to sign up to go!

Check out the information in June for the trip to Westport Maritime Museum and Mermaid Museum and Winery with a stop at the Rose Cottage for shopping. This is our second outing to Westport and will be fun adding a tour of the Maritime Museum!

### May 2024

May 1st - Senior Information and Assistance Office. 9 am to Noon. Walk-ins or call 360-642-3634 for an appointment.

May 6th - Grief Counseling, w/ Robin from Harbor Home Health. 2 pm.

May 8th - Bookmobile at PSAC. 10:30 to 11:30 am.

May 8th - Senior Information and Assistance Office. 9 am to Noon. Walk-ins or call 360-642-3634 for an appointment.

May 11th - Breakfast - Special - Make-Your-Own Omelet. \$10. 8:30 - 10 am. Plus Muffins for Mom!! Happy Mother's Day!!

May 14th - Dehydration and Freezing by Bryan West. "The Happy Homesteader". 1 pm. AND 6 pm \$1 fee.

May 15th - Senior Information and Assistance Office. 9 am to Noon. Walk-ins or call 360-642-3634 for an appointment.

May 16th - Dinner - Chicken Fried Steak!! Several people have been asking for this meal!! We make the best Chicken Fried Steak from scratch. You can cut it with your fork!! \$13 per person. Dinner at 5 pm. Please RSVP by Tuesday, May 14th.

May 21st - "Embracing AI without Fear." \$30. 1 - 3 pm. Presented by Lynn Westfall, "The Modem Lisa".

May 22nd - Senior Information and Assistance Office. 9 am to Noon. Walk-ins or call 360-642-3634 for an appointment.

May 24/25th - Memorial Day Garage Sale. 9 am - 2 pm.

May 24/25th - Garage Sale Lunch. 11 am to 1 pm. It's Taco Salad season again. Stop by for a Taco Salad or Hot Dog Lunch!!!

May 25th - Basket Guild. 11 am.

May 28th - Dessert BINGO!!! 1 - 3 pm. \$5 per person covers the refreshments!! Bingo is free!! Winners will be able to choose an item from the dessert table!! So you could win a pie, plate of cookies, cake, quiche or ??? Come try this new event at PSAC!!!

May 30th - Dinner and a Movie. "Killers of the Flower Moon". Indian Taco Dinner. \$10 per person. Dinner at 5pm, movie at 5:30pm. Movie is free!! Please RSVP by Tuesday, May 28th.

May 31st - Bunco and Game Night!! \$1. 5:30 pm

### June Events:

June 2nd - Grief Counseling, w/ Robin from Harbor Home Health. 2 pm.

June 5th - Senior Information and Assistance Office. 9 am to Noon. Walk-ins or call 360-642-3634 for an appointment.

June 8th - Breakfast - Special - Breakfast Pancake Tacos. \$9. 8:30 - 10 am. Plus "Donuts for Dad"

June 11th - "Pressure Canning Veggies" with Bryan West the "Happy Homesteader". 1 pm. \$1 fee.

June 12th - Senior Information and Assistance Office. 9 am to Noon. Walk-ins or call 360-642-3634 for an appointment.

June 12th - "Otago Check-in" with Ocean Beach Hospital. 1:30 pm. \$1 fee.

June 12th - Bookmobile at PSAC. 10:30 to 11:30 am.

June 15th - Dan and Kelly O'Brien's Celebration of Life. At McMenamin's Kennedy School in Portland, OR. Time info next month!!

June 18th - "Your Health Data, Your Choice" with Lynn Westfall. The "Modem Lisa"!! 1 - 3 pm. \$30 fee.

June 19th - Senior Information and Assistance Office. 9 am to Noon. Walk-ins or call 360-642-3634 for an appointment.

June 20th - Dinner. Prime Rib, Baked Potato, Salad, Veg., Roll, Dessert. \$23.00 per person. RSVP A MUST!!! Let's celebrate Father's Day and Mother's Day with a little P.R.!!! You have been asking for this! Almost like New Year's Eve in June!!! Last day to RSVP is Tuesday, June 18th.

June 22nd - Breakfast - Special - ???

June 26th - Senior Information and Assistance Office. 9 am to Noon. Walk-ins or call 360-642-3634 for an appointment.

June 27th - "Nutrition and Fitness" with Ocean Beach Hospital. 1 - 4 pm. \$1 fee.

June 28th - Tokeland to Westport Tour! We will visit the Shoalwater Bay Native American Museum in Tokeland, WA. Then a drive up the coast to Westport to visit the Westport Maritime Museum. Stop at the Bakery for donuts and lunch in Westport. Then off to the Mermaid Museum and Winery for tastings, buying and checking out the mermaids from around the world!! Of course we will stop at The Rose Cottage in Greyland for a little shopping!!! Cost of the trip and museum fees is \$55 per person. RSVP a must to reserve your seat.



# Peninsula Senior Activity Center (PSAC) Monthly Calendar

For more information contact:  
 Phone: 360.665.3999 or  
 E-Mail:  
 PSAC@PSAC98640.org

## May, 2024

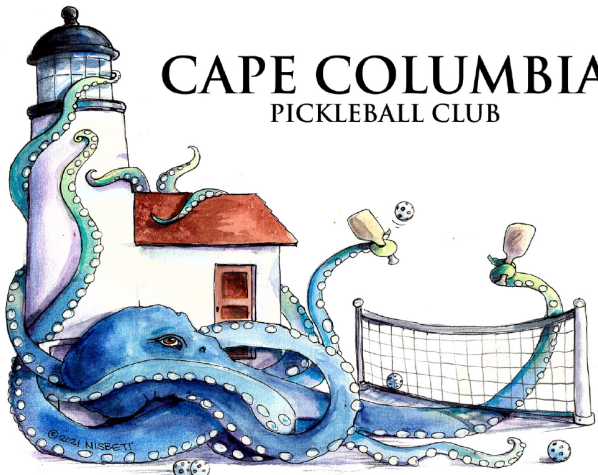
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4
	9:00 S.A.I.L. 10:00 Tai Chi 11:00 Chair Yoga 1:00 Cribbage 3:00-4:30 Line Dancing 6:00—Swing Dancing	9:00 Zumba 11:00 S.A.I.L. 12:00 Bridge	9:00 S.A.I.L. 9:00-12:00 Sr Info/Assistance Office 10:00 Yoga 11:00 Chair Yoga 12:30 Pinochle 1:00 Blood Pressure Checks 1:00 Mahjong	9:00 Zumba 10:00 Tai Chi 11:00 S.A.I.L. 12:30 Pinochle	9:00 Open Sew 5:30 Game Night	
5	6	7	8	9	10	11
2:00 NEW: Grief Counselling	9:00 S.A.I.L. 10:00 Tai Chi 11:15 Chair Yoga 1:00 Cribbage 3:00-4:30 Line Dancing 6:00—Swing Dancing	9:00 Zumba 11:00 S.A.I.L. 12:00 Bridge  6:00 Garden Partners "Companion Plants"	9:00 S.A.I.L. 9:00-12:00 Sr Info/Assistance Office 10:30 Bookmobile 10:00 Yoga 11:15 Chair Yoga 12:30 Pinochle 1:00 Blood Pressure Checks 1:00 Mahjong	9:00 Zumba 10:00 Tai Chi 11:00 S.A.I.L. 12:30 Pinochle	9:00 Open Sew 10:00 Board Mtg  5:30 Game Night	8:30 – 10 am. Breakfast – Special – Make- Your-Own Omelet. Plus Muffins for Mom!!
12	13	14	15	16	17	18
	9:00 S.A.I.L. 10:00 Tai Chi 11:15 Chair Yoga 1:00 Cribbage 12:30 Quilt Guild Mtg 3:00-4:30 Line Dancing 6:00—Swing Dancing	9:00 Zumba 11:00 S.A.I.L. 12:00 Bridge 1:00 and 6:00 Dehydration and Freezing by Bryan West	9:00 S.A.I.L. 9:00-12:00 Sr Info/Assistance Office 10:00 Yoga 11:15 Chair Yoga 12:30 Pinochle 1:00 Blood Pressure Checks 1:00 Mahjong	9:00 Zumba 10:00 Tai Chi 11:00 S.A.I.L. 12:30 Pinochle  5:00 Chicken Fried Steak	9:00 Open Sew  5:30 Game Night	10:00 Quilting Saturday
19	20	21	22	23	24	25
	9:00 S.A.I.L. 10:00 Tai Chi 11:15 Chair Yoga 1:00 Cribbage 2:00 Ice Cream Social 3:00-4:30 Line Dancing 6:00—Swing Dancing	9:00 Zumba 11:00 S.A.I.L. 12:00 Bridge  1:00 Embracing AI without Fear by Modem Lisa	9:00 S.A.I.L. 9:00-12:00 Sr Info/Assistance Office 10:00 Yoga 11:15 Chair Yoga 1:00 Blood Pressure Checks 1:00 Mahjong	9:00 Zumba 10:00 Tai Chi 11:00 S.A.I.L. 12:30 Pinochle	9:00 Open Sew 9:00 Memorial Day Garage Sale 11:00 Outdoor Lunch  5:30 Game Night 5:30 Bunco	9:00 Memorial Day Garage Sale 11:00 Outdoor Lunch  11:00 Basket Guild
26	27	28	29	30	31	1
	9:00 S.A.I.L. 10:00 Tai Chi 11:15 Chair Yoga 1:00 Cribbage 3:00-4:30 Line Dancing 6:00—Swing Dancing	9:00 Zumba 11:00 S.A.I.L. 12:00 Bridge 1:00 Dessert BINGO	9:00 S.A.I.L. 9:00-12:00 Sr Info/Assistance Office 10:00 Yoga 11:15 Chair Yoga 12:30 Pinochle 1:00 Blood Pressure Checks 1:00 Mahjong	9:00 Zumba 10:00 Tai Chi 11:00 S.A.I.L. 12:30 Pinochle 5:00 Killers of the Flower Moon". Indian Taco Dinner	9:00 Open Sew  5:30 Game Night	

\*Committee Meetings on the Wednesday before the Board Meeting

Finance 10:00

Fundraiser/Programs 11:00

# Daily Open Play Pickleball



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# May Gardening

Gardeners have been waiting patiently for that magic "after all danger of frost" has passed. That would be May for us here.

PSAC is lucky to have 2 organizations that do monthly gardening presentations.

On May 7th at 6:00—7:30 the Garden Partners will be presenting "Companion Plants" to help make our gardens even more productive and pretty.

On May 14th at 1:00 and 6:00, Bryan West will be presenting "Dehydration and Freezing" so we will all be experts when our crops come in!

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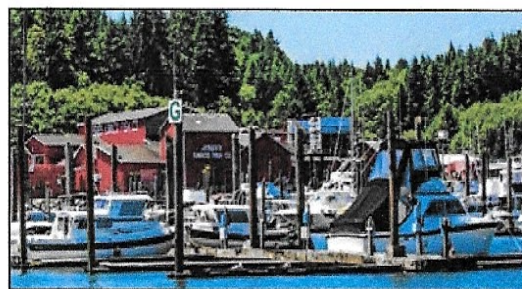
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# Support the services that support PSAC

## Pacific County Covid-19 News & Info

360-642-9407  
South County  
360-875-9607  
North County

Mobile Crisis Line:  
1-800-224-2289

Crisis text line:  
"HELLO" to 741741

Crisis Support Net-  
work  
1-800-HELP CSN



**Kelly Freese, DVM**

(360) 642-2232

fax  
(360) 642-2025

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### Ocean Park Food Bank

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A "Simple Gesture" is a door-to-door food collection program that makes it easy to help our neighbors put food on their table! No worries about delivery or pickup. All you have to do is fill the green bag given to you, and leave it on your porch!

For more information contact:

601 Bay Ave, Ocean Park WA, 98640  
Tues - Fri 10:00am-3:00pm  
360-665-6567

Shelly Pollock, Owner / Kenny Osborne, Agent 5

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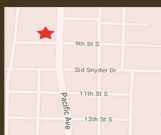


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