

**Free**

# GAZETTE

**Your Free Monthly Guide to PSAC Happenings!**

## **President's Letter November 2024**

Wow!!! October was a really busy month with our final Annex Sales for two days, the October Fest lunch and dinner. The winner of the October Fest Raffle Basket was Margie Wonderlich, and the Halloween Raffle Basket winner was Dale Valdivia!! We also had a fantastic Christmas Bazaar and a great Halloween Dinner and Party with Astorian Magician, Seth Nolen!!!

November 2nd is the Verboort Sausage Festival!!!! The plan is to leave PSAC early in a caravan. John will go ahead and get there when it opens to buy the tickets that members have prepaid. Plan to spend time looking at all of the vendors with tons of items for sale. The sausage sells out really fast. More info and maps will be available the week before we leave.

Attention all Veterans!!! The annual Veterans Day Lunch at the Moose is on November 11<sup>th</sup> at Noon. Please make sure to RSVP by calling 360-214-8213. We want to make sure there is enough pie for dessert for everyone!!! The lunch is free and for Veterans only!!!

The new addition continues to progress right along!! On October 16<sup>th</sup>, the last two doors were installed, so the building is now all enclosed and secure! The cedar shingle siding is just about finished. The HVAC and electrical people have been busy inside. It is time for us to pick out light fixtures and flooring!!! Thanks to all who have donated to help with this project!!! You can still make donations to PSAC and drop them by the office!!!

We are having our annual Thanksgiving Day Potluck again at 1 pm on November 28<sup>th</sup>. PSAC will provide the turkey and gravy, you bring your favorite side dish to share!! Don't just sit at home all by yourself, come and join your friends for a turkey meal!! There might even be a few leftovers that you can take home for a turkey sandwich on Friday!!!

With Christmas just around the corner, we want to remind you about our Advent Calendar Project for the Ocean Park Food Bank!!! This year may be very lean for many of our friends and neighbors, due to raising food prices. So we thought we would start this project a month early, to give us all more time to shop and stock up on the items for the food boxes! Even if you can only donate a few items, all canned and boxed goods are appreciated by the Food Bank!!! Check the Gazette for all the details and items to buy.

**Happy Thanksgiving**

**John Vale  
President**



# NOVEMBER BIRTHDAYS

Ice Cream Social  
will be on the 3rd  
Monday of the  
month at 2:00 pm.  
This month it will be  
on Nov 18th

HAPPY BIRTHDAY !!

Susan	Anderson	11/15	Debra	Knapik	11/25	Judy	Roberts	11/17
Cheri	Andres	11/4	Francis	Landry	11/30	Karen Rae	Schaffer	11/23
Penny	Anthony	11/4	Leslie	Langus	11/29	Monica	Sicard	11/27
Trish	Berrong	11/18	Lynette	Lee	11/24	Daniel	Silva	11/19
Hunt	Brimhall	11/17	Mary Evelyn	Long	11/8	Berni	Simpson	11/5
Charlene	Brown	11/25	Bret	Loucks	11/27	Hidee	Smith	11/5
George	Brown	11/21	Vernie	Love-Lundquist	11/15	Ruth	Spani-Phinney	11/9
Barbara	Carmel	11/17	Linda	Majoris	11/3	Karen-Lee	Stolte	11/5
Zsuzsika	Castle	11/26	Sandy	Marquez	11/7	May	Storm	11/21
Kay	Chambers	11/25	Maureen	McCaslin	11/14	Diane	Telen	11/5
Mary	Daniels	11/3	Jennifer	Michael	11/20	Sandra	Thomas	11/20
Gabriel	Del Valle	11/27	Daryl	Minden	11/1	Pamela	Thomure	11/3
Janice	Downing	11/29	Jeff	Moreland	11/12	Denise	Thurston	11/15
Maurene	Durrett	11/3	MaryAnne	Murray	11/5	Marta	Towne	11/25
Helen	Engel	11/15	Margaret	O'Neal	11/1	Dale	Valdivia	11/15
Jean	Erickson	11/3	Tom	O'Neal	11/4	Gwen	Wagner	11/26
Larry	Erickson	11/8	Janet	Pfeifer	11/26	Linda	Walker	11/28
Edie	Faylor	11/6	Susy	Provenzano	11/1	Robyn	West	11/22
Caapi	Ferrand	11/23	Charles	Rae	11/11	Dr. Carol	Wilson	11/6
Dianne	Fuller	11/17	Colleen	Raftis	11/21	Dr. Syd	Wilson	11/6
Tom	Graham	11/21	Earl	Reynolds	11/24	Wayne	Winston	11/15
Tula	Graham	11/1	Pam	Reynolds	11/13	Ken	Woodrich	11/20
Mary	Hayden	11/27	Stan	Riedesel	11/16	Nicki	Woodrich	11/10
Toni	Healy	11/25						
Patricia	Hensley	11/1						
Jacquelyn	Hern	11/24						
Ronald	Hollis	11/15						
Gerie	Humphrey	11/30						
Cathie	Jensen	11/23						
Reginald	Jensen	11/28						
Cathy	Johnson	11/18						
Mari	Kannon	11/7						
Terry	King	11/6						
Inez	Kirker	11/12						

## REVERSE ADVENT CALENDAR

EACH DAY ADD AN ITEM TO A BOX ON CHRISTMAS EVE  
DONATE THE CONTENTS TO THE FOOD BANK!

December 1—Box of Cereal	December 2—Peanut Butter
December 3—Stuffing Mix	December 4—Boxed Potatoes
December 5—Macaroni & Cheese	December 6—Canned Fruit
December 7—Canned Tomatos	December 8—Canned Tuna
December 9—Dessert Mix	December 10—Jar of Applesauce
December 11—Can Sweet Potato	December 12—Cranberry Sauce
December 13—Canned Beans	December 14—Box of Crackers
December 15—Package of Rice	December 16—Package Oatmeal
December 17—Package of Pasta	December 18—Spaghetti Sauce
December 19—Chicken Noodle	December 20—Tomato Soup
December 21—Canned Corn	December 22—Can Mixed Veggies
December 23—Canned Carrots	December 24—Can of Green Beans

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

Monika Garrett

Debbie Mansell

Nanci Main

Dale Valdivia

### Board Meetings

2nd Friday of each  
month 10:00 AM

### Office Supervisor

Fred Carter

### Facebook

Robyn West

### PSAC Gazette Editor

Billie Warrick

 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. Preces will go up next year!!!

### New Music CD from Pete Hanner!

Pete Hanner started singing at the Peninsula Senior Activity Center soon after he and his wife Martha moved to the peninsula years ago. Our beloved crooner had a sweet tenor voice and a kind spirit that no one could forget. As his friend and accompanist, I had many chances to play for Pete at the center and in community talent shows. I'll never forget him singing Louis Armstrong's "What a Wonderful World" at the River City Playhouse. I think he was 99 at that time! Purchase at the PSAC Office.

75 hour HCA training, cleaning experience, part time lawn care business.  
Reasonable rates, senior discount! Call Corey at 707 382-2698

Professional female seeking reasonable housing or room to rent. Has a cat. Call 360 665-3999 for information. Letters of reference on request.

For Sale: 2011 Yamaha YW125 Zuma Scooter w/added windshield \$2,000.00 2015 Yamaha XL155FL Scooter. \$2,250.00. If interested, text me 360-244-1404

Seamstress- Muriel Baker: Alterations and Mending. **Hems in a hurry.**  
306 Main & 2nd St., Ilwaco 503-791-4596

## 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).

# Focus on Wellbeing - Yours and those around you!!!!



- FREE!**
- Food distribution, COVID information & supplies, & assistance connecting to resources.
  - Serves Olympic Area Agency of Aging counties: Clallam, Grays Harbor, Jefferson, and Pacific
  - Visit [o3a.org/mav](http://o3a.org/mav) for scheduled events or call 564.212.0662. Email: mavofgh@gmail.com
  - No identification or documentation required.

**CHINOOK**

Food Bank  
810 US-101, Chinook  
Thursday, 1pm-3pm  
October 17th  
November 21st  
December 19th

**ILWACO**

Food Bank  
116 1st Ave South  
Friday, 11am-1pm  
October 25th  
November 22nd  
December 20th

**OCEAN PARK**

Food Bank  
1601 Bay Ave  
Thursday, 10am-12pm  
October 24th  
November 21st  
December 19th

**RAYMOND**

Church of Jesus Christ  
of Latter Day Saints  
245 Jackson Ave  
Weds 11am-12:30pm  
October 2nd  
November 6th  
December 4th

**TOKELAND**

Food Bank  
2405 Elm Ln  
Friday 8am-8:30am  
October 11th  
November 8th  
December 13th

11/14 and 12/5 Medicare Workshops,

12:00 - 3:00 pm

presented by James Hamilton with Davidson's Insurance

**Here are some ways to help isolated seniors that you may know:**

- **Encourage social connections:** Support seniors in maintaining contact with friends and family, and participating in community activities. You can also encourage virtual gatherings, phone calls, and social media. **Invite them to our Thanksgiving and Christmas Potlucks!!**
- **Help with practical tasks:** You can offer to help with household tasks, share a meal, or spend time with them.
- **Encourage hobbies:** Hobbies can help seniors feel less lonely and isolated, and improve their mental and physical health. **Do you have a hobby that you could invite someone to share?**
- **When YOU Volunteer, invite a person that is alone to volunteer with you!** This can help them feel a sense of purpose and alleviate loneliness.
- **Exercise:** Exercise can help combat loneliness and prevent depression. **If you attend any of PSAC's exercise classes, invite a neighbor to join you**
- Taking the time for a simple visit could mean the world to someone that is alone.



*Pacific County's only peer led mental wellness and brain health support non-profit*  
**Stop the Alarming Rise of Suicide**

- **Spaghetti Dinner.** \$15 per person. 5 pm This is a fundraiser for Peace of Mind Pacific County, a non-profit peer support group. This dinner will help fund the S.T.A.R.S. Project. (Stop the Alarming Rise of Suicide). Through community events, classes, workshops and training for all members of Pacific County. With suicide at epidemic proportions in our county, we strive to remove the stigma and offer hope and healing!! Tickets can be purchased at PSAC Office or from any Peace of Mind member. Meal starts at 5 pm

# The Columbus Day Storm

This story tells the readers about the storm of 1962, and what I remember about it. If you lived in the Portland area during that time, and if you were old enough, you will remember this, too! I was old enough, so here's what I remember about it.

First of all, this was an historic event. The usual tranquil weather in the northwest had a blow-out on that day!.... I was in college, my freshman year at the University of Portland, in North Portland. The school was a long way from our home in southeast Portland, but my dad was the vice-principal at Roosevelt High School in North Portland, and since I didn't have a car, he gave me a ride to school everyday. It was my responsibility to get home on my own, always on the bus, as dad and I had different schedules.

When it began to blow, I was in the library studying. I heard the wind hitting the two-story windows on the west side of the large room. The glass was shaking, and the lights were flickering...Somehow, I felt like maybe this was serious, so I left campus, walked to the bus stop, several blocks to the north of campus, and caught a ride to downtown Portland...The wind was howling and increasing...I caught another bus headed to Southeast Portland, and there was talk throughout the bus about the coming storm...When I got to my stop, I still had a two-block walk home, and the wind was increasing!

I was the first one of us to arrive home, but the others arrived soon. Dad closed up the house, closed the south-facing windows with the drapes, and tacked them down along the edges of the drapes. He was always a person who got stuff done, and prepared the house for this storm. Candles and matches were located, as well as a few flashlights, windows were checked, furniture was moved around, out from the edges next to the windows. Our electricity was gone, and we really didn't know what else to do...I do recall that we were worried, but we did feel safe in our little old house. Dad set up a card table in the living room, far from the windows, and he found the pinochle cards and paper for scoring. He was always an organized person who planned and thought of all the possibilities. (I inherited that from him.) So we played cards for hours. I think we found "supper" ...leftovers foraged from the 'frig, with dad hollering at us to keep the door closed!.... Anyway, we made it through the storm of the century, safe and sound. (Nothing major happened to our home, despite it being an old house...That house is still there, and is now 116 years old.)

P.S. from Billie Warrick: MEANWHILE, I, at age 11, experienced the storm in the West Hills of Portland. My younger brother and I had ridden our bikes down Scholls Ferry Road to the Swanks house as we frequently did. On the way home, branches had started to break off of trees and we definitely put a move on it to get there. Keep in mind that in those days we did not have the kind of weather reporting that we have now and none of us were aware of what was coming at us. We got home to a very frantic mother, but thought everything would be OK. My dad was hunting so it was just mom, my older sister, my brother and I. We got a phone call from our next-door neighbor, Florence, from a hospital in Portland. A tree had fallen on her car and she had a broken arm. She hadn't planned on being gone very long and her garage door was open. My mom and I braced against the wind and walked down to her house. My mom took ahold of the double garage door and pulled it down until I reached it. As I took hold of it a gust literally lifted me off my feet!! We hurried back home and got inside just as a large tree in our front yard came down. My mom got us all into the basement. By then the electricity was out and all we could hear was the howling wind and some loud crashing. Telling us to STAY PUT, my mom ventured upstairs and found that the roof of our patio had blown off and another tree in the backyard had come down. Early the next morning we did get a call from my dad. He was complaining that his tent had blown over during the night, completely oblivious of what Portland had just gone through!!



Kathy Vale

# PSAC BUILDING EXPANSION UPDATE

**Pictures are worth 1,000 words!!!!  
Completion expected in early 2025**



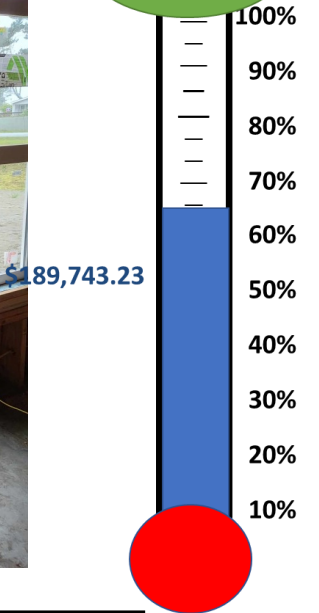
**New Roof!!!**



**Doors Installed**



**\$300,000**



## Meanwhile, fund raising continues

**Pictures don't show it all**

- HVAC rough in complete.
- 12' section of fascia that was rotted is replaced
- Electrical rough in complete
- Plumbing rough in complete
- Insulators scheduled for 21st.

**only \$10**

**HELP US raise money to expand & build a new Senior Activity Center!**

**DISCOUNT CARD**

Supporting the **PENINSULA SENIOR ACTIVITY CENTER**

21603 O LANE, OCEAN PARK [www.psac.site](http://www.psac.site)

**EXPIRES JUNE 30 2025  
BUY DISCOUNT CARDS HERE**

- WHERE TO BUY YOUR COUPON CARD**
- PSAC OFFICE
  - KRAKEN KAFE
  - Romeo's Padurely Shell Fiber Arts
  - Bay Avenue Gallery
  - Pie Lady

**GREAT THANK YOU GIFT** for those that give you a helping hand

**Date Night getting a bit too spendy?**

Use your Discount Cards for Dinner and a Movie and save a BUNCH

**Perfect Stocking Stuffer!!!**

**REWARD YOUR EMPLOYEES FOR A JOB WELL DONE**

# Oktoberfest photos



# John's Juicy Morsels



John's Corner  
November 2024

The year is already starting to wind down. It is time for the Holiday Season, with all the special events, parties and family gatherings!!! We have several great things planned at PSAC. Make sure you attend, rather than just sit at home by yourself!!

As part of our goals to help others in the community, we are sponsoring a special fundraising dinner to benefit the Peace of Mind Pacific Co. group. This dinner will help fund the S.T.A.R.S. Project, which stands for "Stop the Alarming Rise of Suicide", through community events, classes, workshops and training for members of our County, they hope to remove the stigma of suicide and offer hope and healing!!! Tickets for this events can be purchased at the PSAC Office.

## November Events:

- Nov 2<sup>nd</sup> - **VERBORT SAUSAGE FESTIVAL** Dinner Tickets are only being sold onsite. Pay in advance by calling PSAC. John has graciously (as usual) agreed to get there when it opens and buy a block of tickets for us. The caravan will leave from PSAC early in the day.
- Nov 3<sup>rd</sup> - **Grief Counseling**, w/ Robin from Harbors Home Health. 2 pm.
- Nov 6<sup>th</sup> - **Senior Information and Assistance Office**. 9 am to Noon. Walk-ins or call 360-642-3634 for an appointment.
- Nov 6<sup>th</sup> - **Spaghetti Dinner**. \$15 per person. 5 pm This is a fundraiser for Peace of Mind Pacific County, a non-profit peer support group. This dinner will help fund the S.T.A.R.S. Project. (Stop the Alarming Rise of Suicide). Through community events, classes, workshops and training for all members of Pacific County. With suicide at epidemic proportions in our county, we strive to remove the stigma and offer hope and healing!! Tickets can be purchased at PSAC Office or from any Peace of Mind member. Meal starts at 5 pm
- Nov 9<sup>th</sup> - **Breakfast** - Corned Beef Hash. \$9. 8:30 to 10 am.
- Nov 11<sup>th</sup> - **Veteran's Day Lunch**. Noon. Moose Lodge. This free lunch is only for Veterans!!! Call 360-214-8213 to RSVP!!!! Pot roast, potatoes, carrots, onions, salad, roll & butter, pie. We want to make sure we have enough pie for everyone attending!!!
- Nov 13<sup>th</sup> - **Timberland Library Book Mobile**. 10:30 - 11:30 am. Come check out a book from Emily!!!!
- Nov 13<sup>th</sup> - **Senior Information and Assistance Office**. 9 am to Noon. Walk-ins or call 360-642-3634 for an appointment.
- Nov 14<sup>th</sup> - **Medicare Workshop**. Noon to 3 pm. Presented by James Hamilton.
- Nov 19<sup>th</sup> - **Basic Trouble Shooting & Digital Hygiene**, with Lynn Westfall. The "Modem Lisa" 1 pm. \$30.
- Nov 20<sup>th</sup> - **Senior Information and Assistance Office**. 9 am to Noon. Walk-ins or call 360-642-3634 for an appointment.
- Nov 21<sup>st</sup> - **PSAC Thanksgiving Dinner!!!!** Turkey and all the regular sides! 5 pm \$13 per person. **RSVP early is a must!!!!** This is our biggest dinner of the year!!
- Nov 23<sup>rd</sup> - **Breakfast** - Pumpkin Pancakes with Carmel Maple Syrup. \$9. Back by popular demand!!! 8:30 to 10 am.
- Nov 23<sup>rd</sup> - **Basket Guild**. 11 am.
- Nov 26<sup>th</sup> - **Bingo!!!** 1 pm. \$5. Come win a choice of desserts to take home!! Dessert and drinks served during Bingo.
- Nov 27<sup>th</sup> - **Senior Information and Assistance Office**. 9 am to Noon. Walk-ins or call 360-642-3634 for an appointment.
- Nov 28<sup>th</sup> - **PSAC OFFICE CLOSED!!!**
- Nov 28<sup>th</sup> - **Annual Thanksgiving Day Potluck!!!!** 1 pm. We provide the turkey and gravy and you bring your favorite potluck dishes!!!! You don't have to stay at home and do all that cooking for only one or two of you!!! Come dine with all your PSAC friends!
- Nov 29<sup>th</sup>/30<sup>th</sup> - **CLOSED!!!** The Office Volunteers, Fred, and I have to shop the Christmas Steals and Deals too!!!

## December Events:

- Dec 1<sup>st</sup> - **Grief Counseling**, w/ Robin from Harbors Home Health. 2 pm.
- Dec 4<sup>th</sup> - **Senior Information and Assistance Office**. 9 am to Noon. Walk-ins or call 360-642-3634 for an appointment.
- Dec 5<sup>th</sup> - **Medicare Workshop**. Noon to 3 pm. Presented by James Hamilton.
- Dec 11<sup>th</sup> - **Timberland Library Book Mobile**. 10:30 - 11:30 am. Come check out a book from Emily!!!!
- Dec 11<sup>th</sup> - **Senior Information and Assistance Office**. 9 am to Noon. Walk-ins or call 360-642-3634 for an appointment.
- Dec 14<sup>th</sup> - **Breakfast** - Gingerbread Pancakes with Caramel Sauce. \$9. 8:30 - 10 am.
- Dec 17<sup>th</sup> - **Digital Photography and Memory Saving**, with Lynn Westfall. The "Modem Lisa". 1 pm. \$30 fee.
- Dec 18<sup>th</sup> - **Senior Information and Assistance Office**. 9 am to Noon. Walk-ins or call 360-642-3634 for an appointment.
- Dec 19<sup>th</sup> - **Christmas Dinner** - ????
- Dec 25<sup>th</sup> - **PSAC OFFICE CLOSED!!!!** We will all be recovering from an Egnog Party with Santa!!!
- Dec 25<sup>th</sup> - **Christmas Day Potluck!!!!** Our first annual Christmas Day Potluck!! We are tired of just sitting around at home by ourselves. Come join your friends at PSAC for a great Potluck Dinner at 1 pm. This will be a 100% Potluck!!! PSAC kitchen crew is off for the day, so bring your best Christmas Dishes to share with all!!!!
- Dec 28<sup>th</sup> - **Breakfast** - ????
- Dec 31<sup>st</sup> - **New Year's Eve Party!!!!** Our fabulous Prime Rib Dinner!!!! \$28 per person. Please **RSVP by December 27<sup>th</sup> at 4 pm.** Dinner includes slice of prime rib, baked potato, veg., salad, rolls, dessert and maybe a surprise or two!!!! (Of course, a little champagne). How about ending the meal with 2 or 3 games of Bingo for prizes????



# Peninsula Senior Activity Center (PSAC) Monthly Calendar

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

## November, 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
	9:00 S.A.I.L. 10:00 Tai Chi 11:00 Chair Yoga 1:00 Cribbage 3:00-4:30 Line Dancing	9:00 Zumba 10:00 Chair Dancing through the Decades and Chair Tai Chi 11:00 S.A.I.L. 12:00 Bridge 1:00-3:00 Dessert Bingo	9:00 S.A.I.L. 9:00-12:00 Sr Info/Assistance 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 5:00 Halloween Party with Dinner and a Magic Show!!	9:00 Open Sew 5:30 Game Night	Verboort Sausage Festival - Caravan information and maps will be available the week before we leave
3	4	5	6	7	8	9
2:00 Grief Counselling	9:00 S.A.I.L. 10:00 Tai Chi 11:00 Chair Yoga 1:00 Cribbage 3:00-4:30 Line Dancing	9:00 Zumba 10:00 Chair Dancing through the Decades and Chair Tai Chi 11:00 S.A.I.L. 12:00 Bridge	9:00 S.A.I.L. 9:00-12:00 Sr Info/Assistance 10:00 Yoga 11:00 Chair Yoga 12:30 Pinochle 1:00 Blood Pressure Checks 1:00 Mahjong 5:00 Spaghetti Dinner Fundraiser	9:00 Zumba 10:00 Tai Chi 11:00 S.A.I.L. 12:30 Pinochle	9:00 Open Sew 5:30 Game Night	8:30 - 10:00 Breakfast Special Corned Beef Hash
10	11	12	13	14	15	16
	9:00 S.A.I.L. 10:00 Tai Chi 11:00 Chair Yoga 12:30 Quilt Guild Mtg 1:00 Cribbage 3:00-4:30 Line Dancing	9:00 Zumba 10:00 Chair Dancing through the Decades and Chair Tai Chi 11:00 S.A.I.L. 12:00 Bridge	9:00 S.A.I.L. 9:00-12:00 Sr Info/Assistance 10:30 Bookmobile 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 Finance Cmt. Mtg. 11:00 S.A.I.L. 12:00 - 3:00 Medicare Workshop. 12:30 Pinochle	9:00 Open Sew 5:30 Game Night	
17	18	19	20	21	22	23
	9:00 S.A.I.L. 10:00 Tai Chi 11:00 Chair Yoga 1:00 Cribbage 2:00 Ice Cream Social 3:00-4:30 Line Dancing	9:00 Zumba 10:00 Chair Dancing through the Decades and Chair Tai Chi 11:00 S.A.I.L. 12:00 Bridge 1:00 Basic Trouble Shooting & Digital Hygiene	9:00 S.A.I.L. 9:00-12:00 Sr Info/Assistance 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 5:00 Thanksgiving Dinner!!!	9:00 Open Sew 5:30 Game Night	8:30 - 10:00 Breakfast Special Pumpkin Pancakes with Carmel Maple Syrup 11:00 Basket Guild
24	25	26	27	28	29	30
	9:00 S.A.I.L. 10:00 Tai Chi 11:00 Chair Yoga 1:00 Cribbage 3:00-4:30 Line Dancing	9:00 Zumba 10:00 Chair Dancing through the Decades and Chair Tai Chi 11:00 S.A.I.L. 12:00 Bridge	9:00 S.A.I.L. 9:00-12:00 Sr Info/Assistance 10:00 Yoga 11:00 Chair Yoga 12:30 Pinochle 1:00 Blood Pressure Checks 1:00 Mahjong	PSAC Events Cancelled 1:00 Thanksgiving Potluck	PSAC Closed	

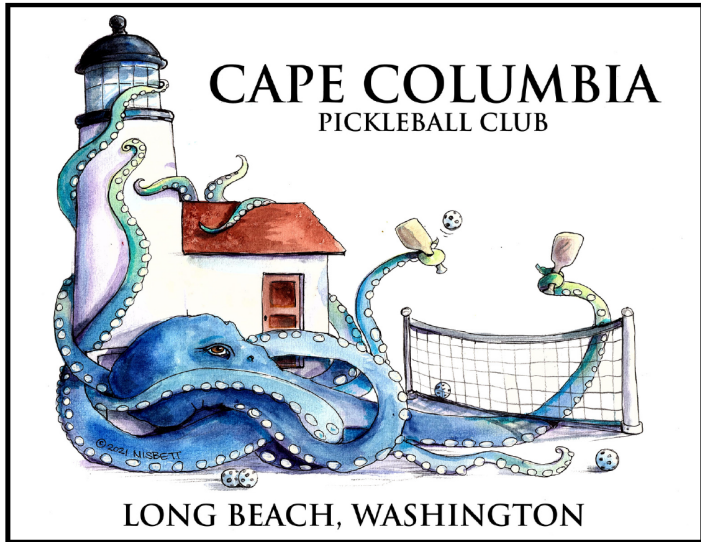
### \*Committee Meetings

Finance 10:00 2nd Thursday of month

Fundraiser/Programs 9:00 2nd Friday of month

Board Meeting 10:00 2nd Friday of month

# Daily Open Play Pickleball



LIGHTHOUSE  
OCEANFRONT RESORT

Scan this for more  
Pickleball Information  
Beginner Clinics, Camps &  
Private Lessons



Lighthouse Oceanfront Resort  
12417 Pacific Way, Long Beach 98631  
Email: Pickleball@lighthouseresort.net

**12 - 2 pm Daily**  
**5\$ Per Person**  
**All Ages & Levels**

# VOTE

## Check your registration by going to

[https://voter.votewa.gov/  
portal2023/login.aspx](https://voter.votewa.gov/portal2023/login.aspx)

**LEGAL ADVOCACY YOU CAN DEPEND UPON**  
37 Years of Successful Legal Experience

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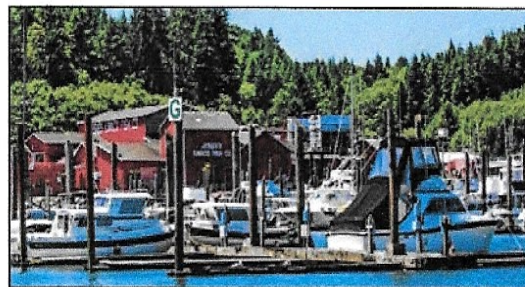
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- \* CANCER INS
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Free rides within fixed routes.  
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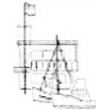


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360-875-9607  
North County

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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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Gesture**



Ocean Park Food Bank

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

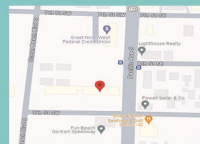
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**To:**

**THE VOICE OF THE PENINSULA SENIOR ACTIVITY CENTER November, 2024**

**November 9th-Breakfast  
Special - Corned Beef Hash  
\$9. 8:30 to 10 am**



**Nov 21st - PSAC  
Thanksgiving Dinner!!!  
Turkey and all the  
regular sides! 5 pm \$13  
per person. RSVP early is  
a must!!!**



**November 23rd -  
Breakfast - Special  
Pumpkin Pancakes with  
Carmel Maple Syrup.  
\$9 8:30 to 10 am**

**November 28th Annual  
Thanksgiving Day Potluck!!! 1  
pm. We provide the turkey and  
gravy and you bring your  
favorite potluck dishes!!!! Come  
dine with all your PSAC friends!**

