

Free

GAZETTE

Your Free Monthly Guide to PSAC Happenings!

President's Letter
December 2024

Here we are again, the end of another year!!! The Holiday Season is here with lots of celebrations with friends and family! It is also the end of the year when you are thinking about donating to your favorite charities or organizations. PSAC pledged to raise \$300K toward the project. Right now we are just \$6K short of reaching \$200K of our goal!! When writing those checks, please think of PSAC!! We are really close to having our new addition finished and always looking for a few more dollars to complete our big undertaking!! The new rooms will help PSAC offer more activities and events in 2025! The Vets have asked to start a Coffee and Donut monthly gathering. We are looking at starting an Art Club and Craft Club . How about TED talks and Pod Casts and maybe even a Wednesday afternoon matinee? So please think about donating to PSAC at year's end!!!!

Fred Carter, our Office Manager, has been out of the office lately due to a troubling health diagnosis. He has been an integral part of PSAC activities and events and helps keep the front doors open. His financial expertise has been a real blessing to the Board of Directors!!! We are raising funds to help Fred and Vicki with medical expenses at this time. If you would like to contribute, you can drop your contribution off at the PSAC Office during open hours!! We are hoping to have Fred back ASAP to entertain us with his guitar and songs at our meals and events!!! Get well quickly!!!

It's TAMALE SEASON!!!! Once again you can order tamales for your Christmas parties and to fill your freezer!! Your choices are chicken or pork with green, red, or mole sauce. \$35 per dozen all the same kind!! Call the PSAC office, 360-665-3999 to order. Order by Tuesday and pick-up on Friday at noon. Order by December 10th and pick-up December 13th, or order by December 17th and pick-up December 20th. Mama Susie makes the best and they freeze well. Order several dozen. We will be able to get them again on May 5th, Cinco de Mayo!!!!

The Center is now full of Christmas items for sale. We have lots of decorations, trees, lights, swags, cards, fabric items, and more!! Stop by soon for the best selection. New items are put out every Wednesday. We have the best prices!!!

The elves have also been busy making Christmas Gift Baskets and Mugs for sale! Come do your Christmas shopping at PSAC where your dollar goes farther!!!

Happy Holidays

John Vale
President



DECEMBER BIRTHDAYS

Ice Cream Social will be on the 3rd Monday of the month at 2:00 pm. This month it will be on Dec 16th



The king and queen of October were Stella Miller, 96, and Vito DeBellis,

Kathleen	Aase	12/22	Cecil	Curran	12/29	Susan	Ibbetson	12/26	Lorrie	McMillan	12/15	Janet	Talarico	12/31
Diane	Abild	12/31	Colleen	Dailey	12/12	Irene	Kapadia	12/27	Sandra	Melvin	12/1	Theron	Taylor	12/13
Julie	Alexander	12/17	Julie	Danks	12/27	Michelle	Kay	12/15	Susan	Metz	12/31	Sue	Teague	12/13
Richard	Anthony	12/30	Mike	Davis	12/14	Mark	Keeney	12/8	Stacy	Mohondro	12/11	Lill Angel	Tefft	12/28
Becky	Bafford	12/12	Mary	DeHart	12/26	Don	King	12/23	Datia	Moss	12/16	JoAnna	Thomas	12/28
Patty	Bagley-Hill	12/11	Chic	DelosSantos	12/1	Deb	Kingsbury	12/24	Margie	Mraz	12/12	Melba	Thompson	12/31
Brenda	Bahrt	12/12	Kandi	DelosSantos	12/27	Patricia	Kirkwood	12/22	Ron	Nordstrom	12/17	Gary	Tryon	12/20
Eugenia	Berry	12/23	Mina	Dority	12/22	Steven	Kovach	12/22	Joan	Palmroth	12/15	Simone	Tyler	12/28
Darlene	Biggs	12/10	Ken	Faulkner	12/25	Betty Lu	Krause	12/11	Michele	Rae	12/10	Paula	Underwood	12/1
Laura	Bohlmann	12/27	Deanna	Foster	12/7	Mike	Kuepfer	12/9	Vikki	Rennick	12/6	Ruth	Walker	12/30
Carole	Braswell	12/26	Gina	Froelich	12/28	Janice	LaFollette	12/10	Donna	Reynolds	12/29	Steven	Wallace	12/28
Thomas	Bronson	12/21	Sue	Gallagher	12/30	Judith	Landry	12/1	Gwendolyn	Rogers	12/30	Marta	Warner	12/7
Paula	Burnett	12/3	Karin	Galloway	12/31	Laura	Lettunich	12/31	Paul	Schubert	12/23	Ken	Warrick	12/26
Patricia	Byrne	12/2	Susan	Greer	12/4	Jackie	Lloyd	12/15	Lynn	Stepp	12/8	Michael	Wright	12/1
Sally	Casagrande	12/6	Bjarno	Guglielmetti	12/16	Barbara	Mallon	12/22	Kim	Stevenson	12/31	Connie	Wyman	12/6
Lucy	Clark	12/21	Jacqui	Henry	12/1	Lynn	Manor	12/8	Fred	Stewart	12/10	Merri-Lynn	Yerage	12/2
Susan	Clark	12/25	Janet	Henson	12/17	Christy	Mares	12/21	Cortne	Stricker	12/8	Robert	Young	12/13
Beverly	Cochran	12/28	Teresa	Holloway	12/6	Marty	Martin	12/31	Janice	Strigen	12/19	Marilyn	Zaknich-Miller	12/12
Anne	Curran	12/22	Diane	Huss	12/22	Rose	McCabe	12/29	Catherine	Sweet	12/23			

It's **TAMALE SEASON!!!!** Once again you can order tamales for your Christmas parties and to stock up your freezer!! Your choices are chicken or pork and green, red or mole sauce. \$35 per dozen all the same kind!! Call the PSAC office, 360-665-3999 to order. Order by Tuesday and pick-up on Friday at noon. Order by December 10th and pick-up December 13th, or order by December 17th and pick-up December 20th.

REVERSE ADVENT CALENDAR

EACH DAY ADD AN ITEM TO A BOX AND BRING TO PSAC FOR DONATION 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 Tomatoes	December 8—Canned Tuna	December 9—Dessert Mix
December 10—Jar of Applesauce	December 11—Canned Sweet Potatoes	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 Soup	December 20—Tomato Soup	December 21—Canned Corn
December 22—Canned Mixed Veggies	December 23—Canned Carrots	December 24—Canned Green Beans

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!

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

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

At 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

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 PRECEEDING 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. Purchase at the PSAC Office.

Guess What's in the Box and WIN!!! Hint: Something you do in next year's calendar? ? Come to the Ice Cream Social on January 19th. Must be present to win.

75 hour HCA (Home Care Aide) training, cleaning experience, part time lawn care business.

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

Dry Kindling for Sale! Pick up at 309 17th NE - end of road.

\$40.00 a bundle. Buy 5, get 5 FREE.

G G's Kindling 360-431-7061

Donate your new calendar! Leave at PSAC Office

4x8 utility trailer. Good tires. Good buy. 360-244-1817

Seamstress- Muriel Baker: Alterations and Mending. Hems in a hurry.

306 Main & 2nd St., Ilwaco 503-791-4596

PSAC Mission

To 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 for scheduled events or call 564.212.0662. Email: mavofgh@gmail.com
- No identification or documentation required.

12/5 Medicare Workshop
12:00 - 3:00 pm
presented by James Hamilton with Davidson's Insurance

<p>CHINOOK Food Bank 810 US-101, Chinook Thursday, 1pm-3pm October 17th November 21st December 19th</p>	<p>ILWACO Food Bank 116 1st Ave South Friday, 11am-1pm October 25th November 22nd December 20th</p>	<p>OCEAN PARK Food Bank 1601 Bay Ave Thursday, 10am-12pm October 24th November 21st December 19th</p>
<p>RAYMOND Church of Jesus Christ of Latter Day Saints 245 Jackson Ave Weds 11am-12:30pm October 2nd November 6th December 4th</p>	<p>TOKELAND Food Bank 2405 Elm Ln Friday 8am-8:30am October 11th November 8th December 13th</p>	

Funding provided by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services, through a grant with the WA Department of Health.



INVITATION TO TAI CHI

Quoting from Wikipedia: Tai chi is an ancient Chinese martial art. Initially developed for combat and self-defense, it has evolved into a sport and form of exercise. Tai chi is a gentle, low-impact form of exercise in which practitioners perform a series of deliberate, flowing motions while focusing on deep, slow breaths. Often referred to as "meditation in motion," tai chi aims to concentrate and balance the body's qi (vital energy), providing benefits to mental and physical health.

Tai chi classes on Monday and Thursday mornings at 10:00 have been conducted at the PSAC for over 20 years. At one time there were over 25 regular participants who enjoyed the benefits of this low-impact exercise program. There is no one Tai Chi program that you will find wherever you go. Instead, each program has developed its own "forms" based on basic movements. Some of the forms comprise many separate movements and it takes repeated practice to memorize the entire form, but there is no pressure to "get it right." The goal is to breath and move purposefully. On Thursdays half of the class is a very pleasant DVD, emphasizing stretching and full use of arms and legs.

As you can imagine, the classes at PSAC are geared for seniors. If you want an easy form of exercise that includes, breathing, stretching, and full-body movement, you should be doing Tai Chi. \$1 participation fee. Mondays and Thursdays, 10-11 am. See you there.

Michael Goldberg

QPR INSTITUTE

The QPR mission is to reduce suicidal behaviors and save lives by providing innovative, practical and proven suicide prevention training. The signs of crisis are all around us. We believe that quality education empowers all people, regardless of their background, to make a positive difference in the life of someone they know.

Learn about becoming a QPR Gatekeeper

Our Gatekeeper course is taught in a clear, concise format using the latest in educational technology and practices. The course takes approximately one hour to complete.

KEY COMPONENTS COVERED IN TRAINING:

- How to Question, Persuade and Refer someone who may be suicidal
- How to get help for yourself or learn more about preventing suicide
- The common causes of suicidal behavior
- The warning signs of suicide
- How to get help for someone in crisis

JANUARY 23, 2025 3:00 - 4:30 AT PSAC

New Raffle Quilts and More!!



King Size



BUY RAFFLE TICKETS FOR THESE BEAUTIFUL QUILTS AT THE PSAC OFFICE
DRAWING WILL BE HELD IN THE SPRING

Raffle basket with trinkets from Christmas bazaar vendors.



Drawing at New Year's Eve Dinner

Donations from: Vendors at the Christmas Bazaar

	ARTIST	DONATION
1	Ananamouse	2 Christmas tree decorations
2	Beth Fitzgibbon	Rope basket, candle, tree ornament
3	Beth Tripp	Large tote bag
4	Brenda Alioth	Wood snowman
5	Candi Clausen	Fall light up vase
6	Cathy Hamilton	Starfish Santa ornament
7	Cheryl Sylvester	Knitted pixie hat
8	Christy Garcia	Dog w/crystal, tree ornament
9	Dale Valdivia	Christmas dish
10	Dan Grimani	Crystals
11	Duana Williams	Hand made tree
12	Joan Porter	Holiday pillow
13	Linda	Padded tote
14	Lorrie Haight	Handmade book
15	Mary Lund	2 owl coffee cups
16	Mayallusions	Wall hanging
17	Nancy	Mermaid hanging, hot pad, dish scrubby
18	Nancy B.	Apron, cute guy doll
19	Noelle&Rey Jimenz	2 zipper pulls, book mark
20	Rhonda	Christmas tree broach
21	Ron	Cribbage board, cards
22	Terry DeCamp	Monkey Jam
23	Trish Berrong	Magic wand

\$200 or best offer on 10ft tall fully decorated Christmas tree



PSAC BUILDING EXPANSION UPDATE



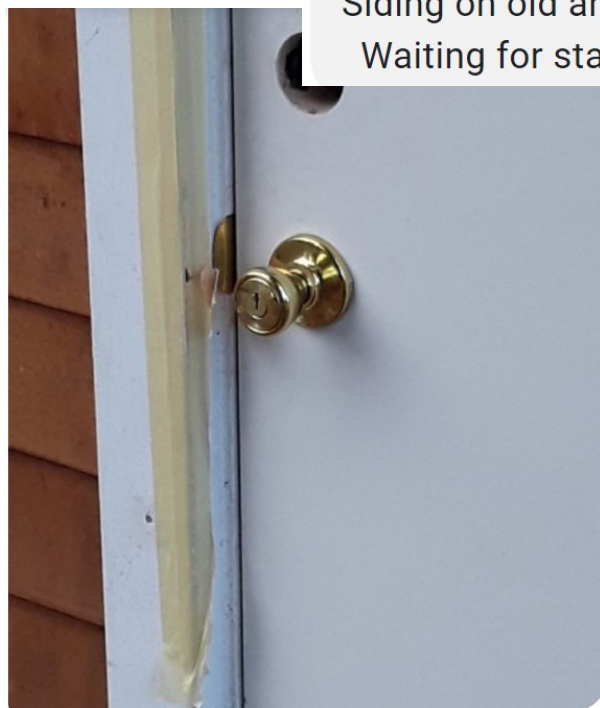
Gutters are up and working.



Siding on old and new building finished
Waiting for stain



Waiting for new doors for storage room.



Locks installed so building is secure

Rest of building is all secure. Mudding and taping of drywall done. Orange peel texture done. Painting starts next week.

Fundraising!!

A FUN-FUND RAISER for PSAC BUILDING



A PSAC Special Event

Sail on the *ms Norwegian Escape*

Caribbean 7 Night Cruise from Galveston December 13, 2024
NCL Corporation will make a Donation to PSAC for each Cabin Sold.

Rates: Include Taxes and Port charges

Cabin Category Available

Balcony+ From -----\$1,166.68

Outside cabins From----\$1,105.68

Inside From-----\$956.13

Cabin Rates Included:

- ❖ Alcohol Beverage/Soda Package first 2
- ❖ 2 Specialty Dinning Package-balcony and above cabin categories
- ❖ 1 Special Dinning for Outside & Inside Cabins
- ❖ \$50 Shore Excursion Credit/cabin
- ❖ 150 minutes Internet WiFi package/person

Items not in Basic rate include:

- ✓ Air
- ✓ Crew Gratuities (\$140/person)
- ✓ Drinks and Special Dinning Packages Tips
- ✓ Transfers and any hotels arrangements
- ✓ Personal items such as Laundry
- ✓ Travel Insurance

PSAC Group Booking Only Through
Ron & Nancy Schnitger PSAC Members
Phone: 360-244-1817 Questions or Booking
360-762-8962

Email: ronnan@centurytel.net
Affiliated with Sundial Travel & Cruises



Warm White Sandy Beaches



View Ancient Mayan Ruins

Final Payment Due at time of booking



Caribbean Cruise?



December at Home?



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

**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

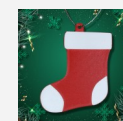
GREAT THANK YOU GIFT for
those that give you a helping hand



**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**

John's Juicy Morsels



John's Corner December 2024

It's **TAMALE SEASON!!!!** Once again you can order tamales for your Christmas parties and to stock up your freezer!! Your choices are chicken or pork with green, red or mole sauce. \$35 per dozen all the same kind!! Call the PSAC office, 360-665-3999 to order. Order by Tuesday and pick-up on Friday at noon. Order by December 10th and pick-up December 13th, or order by December 17th and pick-up December 20th.

Our December Dinner will be fixed by Cliff Peterson, from the Moose in Ocean Park!!! He has planned a great meal, just made for the holiday season. I hope you will attend! Santa is planning on showing up!!!!

***Santa is coming to visit our Christmas Dinner on Thursday, December 19th! If you would like to surprise your spouse, date, neighbor, friend, or whomever you bring to the dinner, drop off your wrapped present to the office. Make sure to put the recipients name on the gift!! During dessert, Santa will pass out your presents to your surprised dinner guest!!! I hope you will take a minute and to find a gift to have Santa deliver for you!!! Sounds like fun!!!

December Events:

- December 1st – **Grief Counseling**, w/ Robin from Harbors Home Health. 2 pm.
December 4th – **Senior Information and Assistance Office**. 9 am to Noon. Walk-ins or call 360-642-3634 for an appointment.
December 5th – **Medicare Workshop**. Noon to 3 pm. Presented by James Hamilton.
December 7th – **Breakfast** – Gingerbread Pancakes with Caramel Sauce. \$9. 8:30 – 10 am.
December 10th – **Order Tamales** by 4pm. \$35 per dozen of all the same kind!
December 11th – **Timberland Library Book Mobile**. 10:30 – 11:30 am. Come check out a book from Emily!!!!
December 11th – **Senior Information and Assistance Office**. 9 am to Noon. Walk-ins or call 360-642-3634 for an appointment.
December 13th – **Pick up tamales** at noon!
December 17th – **Order Tamales** by 4pm. \$35 per dozen of all the same kind! Call Office to order.360-665-3999
December 17th – **Digital Photography and Memory Saving**, with Lynn Westfall. The “Modem Lisa”. 1 pm. \$30 fee.
December 18th – **Senior Information and Assistance Office**. 9 am to Noon. Walk-ins or call 360-642-3634 for an appointment.
December 18th – **Benefit for Fred Carter**. 4 to 6 pm. Peninsula Performing Arts Center!!
December 19th – **Christmas Dinner** – Cranberry-Orange-Pecan Pork Loin, Salad, Green Beans, Rice Pilaf, and Dessert!!! 5:00 \$13 per person. Call Office to RSVP
December 20th – **Pick up tamales** at noon!
December 25th – **PSAC OFFICE CLOSED FOR REGULAR ACTIVITIES!!!!** We will all be recovering from an Eggnog Party with Santa!!!
December 25th – **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!!!
December 28th – **Breakfast** – Cinnamon Roll Pancakes. \$9. 8:30 to 10 am.
December 31st – **New Year's Eve Party!!!!** Our fabulous Prime Rib Dinner!!!! 6:00 \$28 per person. Please **RSVP by December 27th at 4 pm**. Dinner includes a 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????

January Events:

- January 1st – Closed!!!
January 5th – **Grief Counseling**, w/ Robin from Harbors Home Health. 2 pm.
January 8th – **Timberland Library Book Mobile**. 10:30 – 11:30 am. Come check out a book from Emily!!!!
January 9th – **Ocean Park Chamber of Commerce Dinner**. 5pm.
January 11th – **Breakfast** – Breakfast Burrito, \$10. 8:30 to 10 am.
January 16th – **Dinner**. St. Louis Style Pork Ribs, Baked Beans, Coleslaw, Dessert! \$14 per person. 5 pm. Please RSVP by Tuesday, January 14th. Call the Office at 360-666-3999. You don't want to miss this great meal!!! We will have plenty of napkins for your messy hands!!!
January 23rd – **QPR Workshop**. Question, Persuade, Refer, is a suicide prevention training for participants to be able to recognize the warning signs and question, persuade, and refer people at risk of suicide for help!!! 3 – 4:30 pm. Workshop is free!! Suicide rates are up in Pacific Co. I am sure we could all use the training this workshop will offer!!
January 23rd – **Spaghetti Dinner** Fund Raiser for Suicide Prevention Team Program. 5 pm, \$15 per person. Spaghetti w/ Meat Sauce, Salad, Garlic Bread, Spumoni Ice Cream. Please RSVP by Tuesday, January 21st. All proceeds will go to the Suicide Prevention Team.
January 25th – **Breakfast** – ???
January 25th – **Basket Guild**. 11 am to 4 pm.
January 28th – **Dessert Bingo and Lunch**, 12:30 pm. We have decided to add lunch to our Bingo Day! We will have soup, bread, and dessert for \$10. Or just come for Dessert Bingo at 1pm for \$5!! Come win a choice of desserts to take home!! Dessert and drinks served during Bingo.
January 29th – **Chinese New Year!! Dinner and a Movie!!** Dinner will be Sweet and Sour Chicken, Fried Rice, Egg Roll and dumplings!!! \$12. per person. **Please RSVP!!** Movie ??? Is free. Dinner at 5:30 pm. Movie at 6 pm.

Peninsula Senior Activity Center (PSAC) Monthly Calendar

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

December, 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	PSAC Closed for electrical work being done on the addition			9:00 Zumba 10:00 Tai Chi 11:00 S.A.I.L. 12:30 Pinochle 12:00 - 3:00 Medicare Workshop. 12:30 Pinochle	9:00 Open Sew	8:30 - 10:00 Breakfast—Special Gingerbread Pancakes with Caramel Sauce.
8	9	10	11	12	13	14
2:00 Grief Counselling	9:00 S.A.I.L. 10:00 Tai Chi 11:00 Chair Yoga 12:30 Quilt Guild Mtg 12:30 Cribbage 3:00-4:30 Line Dancing	9:00—4:00 ORDER TAMALES 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	9:00 Zumba 10:00 Tai Chi 11:00 S.A.I.L. 12:30 Pinochle	9:00 Open Sew 12:00 PICK UP TAMALES	
15	16	17	18	19	20	21
	9:00 S.A.I.L. 10:00 Tai Chi 11:00 Chair Yoga 12:30 Cribbage 2:00 Ice Cream Social 3:00-4:30 Line Dancing	9:00—4:00 ORDER TAMALES 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 Digital Photography and Memory Saving	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 4:00 - 6:00 Benefit for Fred Carter at Peninsula Performing Arts Center	9:00 Zumba 10:00 Tai Chi 11:00 Finance Cmt. Mtg. 11:00 S.A.I.L. 5:00 Christmas Dinner	9:00 Open Sew 12:00 PICK UP TAMALES	
22	23	24	25	26	27	28
	9:00 S.A.I.L. 10:00 Tai Chi 11:00 Chair Yoga 12:30 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	PSAC Closed for Regular Activities 1:00 Christmas Day Potluck	9:00 Zumba 10:00 Tai Chi 11:00 S.A.I.L. 12:30 Pinochle	9:00 Open Sew	8:30 - 10:00 Breakfast Special Cinnamon Roll Pancakes
29	30	31	1	2	3	4
	9:00 S.A.I.L. 10:00 Tai Chi 11:00 Chair Yoga 12:30 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. 6:00 New Year's Eve Party	PSAC Closed	9:00 Zumba 10:00 Tai Chi 11:00 S.A.I.L. 12:30 Pinochle	9:00 Open Sew	

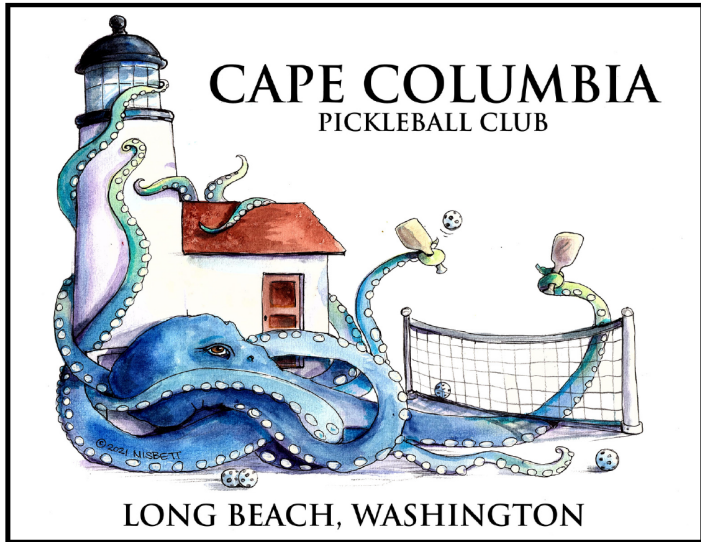
*Committee Meetings

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

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



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



We are now accepting donations to the Annex with the following exceptions:

- Anything that is missing parts, cords, or doesn't work.
- BBQ's, large Bed frames, Mattresses, Bedding that is stained or torn
- Books (The exceptions are exercise, outdoor recreation, gardening, craft, art, cooking.)
- Cassette tapes, VHS tapes
- Chemicals that are toxic or poisonous
- Clothing that is stained or torn
- Computers, Printers, Televisions, older tube style
- Exercise equipment, large
- Furniture (The exceptions are small chairs, small end or bedside tables, small bookcases, and shelving units.)
- Medical equipment such as needles, insulin dosages, C PAP supplies, hearing aid batteries.

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

Personal Injury / Wrongful Death
DUI & other Criminal Defense
Estate / Medicaid Planning & Probates

GUY GLENN LAW FIRM
Guy M. Glenn
Nathan L. Needham

12305 Sandridge Road, Long Beach, WA 98631
360-642-2332
gglennlb@willapabay.org • guyglennlaw.com

Come Visit
PORT OF ILWACO

A full service 800 Slip Marina
Self Service Boatyard
Retail Shops, Restaurants, Hotels, Charters
www.portofilwaco.com
360-642-3143

Boondocks Vintique
etsy.com/shop/BoondocksVintique

ANTIQUES - VINTAGE - COLLECTIBLES
METAL ART - UP CYCLED ART
TANK WIND CHIMES - GARDEN DECOR
AND MORE!

Store location:
25902 Vernon Ave, Suite D, Ocean Park, WA 98640
360-777-3512
Open Wednesday 12-4,
Thursday, Friday and Saturday 11-5.

Find more from Boondocks Vintique at these locations:
Forgotten Treasures, Ocean Park, WA
Pacific Trading Co., Ilwaco, WA
Phog Bounders, Astoria, OR

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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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**A Simple
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

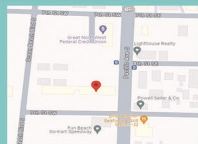
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Peninsula Senior Activity Center
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 WA 98640

To:

THE VOICE OF THE PENINSULA SENIOR ACTIVITY CENTER December, 2024



**Dec 14th -
 Breakfast -
 Gingerbread
 Pancakes with
 Caramel
 Sauce. \$9.
 8:30 - 10 am.**

Dec 25th - 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 28th
 Breakfast -
 Cinnamon Roll
 Pancakes \$9.
 8:30 - 10 am.**

**Dec 19th -
 Cranberry-Orange
 -Pecan Pork Loin,
 Salad, Green
 Beans, Rice Pilaf
 and Dessert!!! 5:00
 \$13 per person.
 RSVP early is a
 must!!!**



New Year's Eve Party!!!! Our fabulous Prime Rib Dinner!!!!
6:00 \$28 per person.

