



PENINSULA SENIOR ACTIVITY CENTER

January, 2025

GAZETTE

Your Free Monthly Guide to PSAC Happenings!

President's Letter
January 2025

HAPPY NEW YEAR 2025

Wow!! We are a quarter of the way through this century!!! And what a last year it has been!!

First, a BIG THANK YOU to all the wonderful volunteers who donate their time and efforts to make PSAC a great place.....Thanks to the Junque Queens, who sort, fold, arrange, clean, check-out and do other assorted tasks with your welcome donations!! ...Thanks to all the volunteers in the kitchen and wait staff at the breakfasts and dinners!!! ...And to the great women and men who answer the phone and your questions, take your money and try to remain cheerful in the office.... Thanks also to all the folks who teach, lead, or instruct all the activities and classes each month!! Thanks to the committee that is managing the construction of the new addition and outdoor area!!! And a special thanks to our wonderful office manager, bookkeeper, crooner and the one that keeps John in line, FRED CARTER!!!!

The new building work continues with cement sidewalks going in, interior doors installed, as well as lighting, bathroom fixtures, and interior trim. Gutters and downspouts are installed and working well, tested with all the rain we have been having lately!!!! Your donations are helping to push this project to the finish line, hopefully by the end of January???? And the Activity Committee is busy planning events, classes and more, for the new spaces!!! Art Club?? Craft Club?? Vet Coffee Hour? Cruise to Alaska and Denali National Park?? An outing to Westport and the Mermaid Winery/Museum? Any suggestions????

This is our yearly reminder that January is "Austerity Month". We always had a pantry when we lived in Montana, and an extra refrigerator and freezer. We lived 50 miles from a decent grocery store so we always had to keep stocked up. And we never knew who would show up at our door right around suppertime. Or when we would have a blizzard and driving would not be fun! So Austerity Month continues to be our way of cleaning out!!! We have to eat out of the pantry, extra refrig and freezer. We are only allowed to buy fresh items like milk, eggs and produce. We have had to get creative, and have had some of our best meals, trying to use up quirky items we bought to try out. Sometimes Austerity Month lasts until March! The freezer gets defrosted, the pantry shelves dusted and the process of collecting the necessities and bargains begins again. It is a great way to avoid throwing out food that is old or expired by several years!!! And don't forget, unexpired items can go to the Food Bank in Ocean Park!!

The New Year brings the time for you to renew your membership at PSAC. Dues are only \$20 a year per person! What a great value!! And all activities and classes only cost \$1 each. So you can Zumba or Tai Chi in the morning and play cards all afternoon for only \$2!!! Stop by the Office to renew or mail in your check with renewal form in this Gazette!!!

Heres looking to another fabulous year at PSAC!!

John Vale
President

JANUARY BIRTHDAYS

Guess What's in the Box and WIN!!!

Hint: What is the favorite winter Game Night game? Come to the Ice Cream Social on January 20th at 2:00 pm. Must be present to win. Congratulations to Dwayne for being the December winner!!



Queen Susan
Clark, 88

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! The more the merrier.

Donald	Amend	1/8	Beppie	Jens	1/29	Nancey	Olson	1/26
John	Baccus	1/19	Diane	Jicha	1/23	Michael	Paige	1/11
Judy	Bailey	1/12	Howard	Kaczmarek	1/11	Kristine	Pedersen	1/10
Armida	Baker	1/10	Suzanne	Kimball	1/1	Betsy	Pfannenstiel	1/21
Dennis	Battles	1/27	Robert	Knapik	1/21	Manuela	Pinckney	1/6
Sandi	Bauer	1/10	Dave	Knapp	1/9	Arleen	Rackham	1/22
Lance	Becker	1/16	Edward	Konchar	1/31	Cathleen	Reed	1/23
Cheryl	Billings	1/12	Sharon	Koskela	1/8	Evie	Rissman	1/18
Bruce	Birch	1/27	Suzanne	Krasky	1/2	David	Roehm	1/24
Mary	Boyd	1/22	Sallee	Landolt	1/27	Bud	Runyan	1/18
Michael	Breen	1/19	James	Lane	1/10	Doris	Schalka	1/31
Mark	Cannon	1/4	Arvid	Larson	1/3	Peggy	Schubert	1/15
Michael	Cline	1/2	Sooz	Laughlin	1/5	Lyle	Shaver	1/15
Don	Collins	1/28	Steve	Lee	1/12	Mavis	Shucka	1/12
Marlo	Cooper	1/12	Kathy	Long	1/26	Julie	Stevenson	1/11
Roseann	Cox	1/25	Patsy	Lyles	1/5	Barbara	Taylor-Itel	1/24
Charlie	Cozby	1/31	Andrea	Mack	1/8	Linda	Thompson	1/8
Bev	Douglas	1/1	Christl	Mack	1/4	Walt	Thompson	1/10
Judith	Elm	1/9	James	Mack	1/4	Gayle	Wallace	1/13
Teresa	Gochis	1/29	Ronda	Mackay	1/17	Ralph	Warner	1/20
Peggy	Goodrich	1/30	Terry	Martin	1/28	Terry	Weeks	1/16
Steven	Graves	1/21	Kathleen	Mason	1/17	Bob	West	1/20
Bill	Grennan	1/1	Makenzie	Mazwell	1/17	Delyla	West	1/27
Penny	Guinn	1/27	Theresa	McCasland	1/7	Diane	West	1/31
Nan	Hagin	1/25	Cliff	McClelland	1/13	Jay	White	1/16
Neil	Haglund	1/12	Rita	McKeehan	1/17	Jerry	Wilson	1/25
Dwight	Hansen	1/5	Barbara	Mills	1/4	Donna	Winston	1/23
Fredrick	Hansen	1/6	Barb	Morris	1/21	Margie	Wonderlich	1/5
Bruce	Hardcastle	1/16	Ramon	Morton	1/29	Christine	Young	1/18
Max	Hegewald	1/8	Joe	Mraz	1/13	Andy	Zigta	1/20
Kristi	Heilman	1/19	Monica	Mueller	1/18	Robert P	Zimmerman	1/30

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. Prices 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: What is the favorite winter Game Night game? Come to the Ice Cream Social on January 19th. Must be present to win. Congratulations to Dwayne for being the December winner!!

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.** Zippers, clothing repairs. Renew that old coat!! 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!!!!



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

Please Keep PSAC a Safe Community

- No Politics
- No Religious Debate
- No Foul or Abusive Language
- No Smoking
- No Firearms or Weapons
- No Harassment
- No Bullying

Please Be Kind, Be Respectful, Be Helpful, Be Cooperative

We are a volunteer run organization who are working hard to serve you.

Thank you.

PENINSULA SENIOR ACTIVITY CENTER MEMBERSHIP FORM

21603 "O" Place, Ocean Park, WA 98640 Phone: 360-665-3999

Office Hours: 9 AM—4 PM, M-F www.PeninsulaSeniorCenter.com Email: PSAC@PSAC98640.org

Dues: \$20.00 or \$40.00 per couple

5 yrs: \$80.00 or \$160.00 per couple

New: ____ Renewal: ____ (Please check one)

Dues cover a calendar year (Jan. to Dec.)

Name: _____

Address: _____

Birthday: ____/____/____ Veteran? ____

City: _____

Name: _____

State: _____ Zip: _____

Birthday: ____/____/____ Veteran? ____

Phone: _____

Email: _____

I would like to receive the monthly newsletter by: **USPS** **Email** (Please circle one or more)

I am interested in volunteering: **YES** **NO** (Please circle one)

Office Use Only

Date Paid _____ Amount _____ Cash ____ CC ____ Check # _____

Beach Life in the Slow Lane

As many of you know, I am a caregiver licensed in the state of Washington. I have been doing some form of caregiving off and on for the last 32 years. I have done this in my home, other people's homes, and an adult family home. I protect the privacy of my clients and don't discuss them; but I have noticed a common thread of those that I have worked for that have had strokes. This isn't true for everyone but it is more common than not. When someone has aphasia (has trouble speaking or can't speak at all), they can often swear profusely. They can curse a blue streak with perfect enunciation. Even sweet old church ladies who have never used profanity can say things that will curl your hair. Also, some people who can no longer speak after a stroke can sometimes sing. I was contemplating this common thread the other day (yes I know, I need to get out more) and decided to research why this is so.

I don't think anybody really knows for sure, but researchers agree that cursing and singing are commonalities of those who struggle with aphasia post stroke. The best that I can dig up is that cursing is automatic speech. Speech that can be said without thinking. Curse words are emotionally driven words causing them to pop out. I remember one summer at Bible camp a religious speaker who happened to be a farmer told us teens that you don't just say "ouch!" when a cow steps on your foot; that sometimes other words pop out. One time in my teens, I was in a parking lot with my mother who didn't know any bad words and out of nowhere I was shot by a BB. The king of all bad words escaped out of my mouth, in front of my mother no less! I remember that I did not get in trouble, probably because I was doubled over in pain. My mother acted as if she hadn't heard and has no memory of the incident to this day. Those must be examples of automatic speech.

Automatic speech is stored in a different part of the brain and is accessed more readily and triggered more easily, even when other speech functions are impaired. As for singing-- music and singing are usually located in the right hemisphere of the brain and speech in the left. When music is heard, it activates more than just speech. Singing can be relatively untouched after a stroke. It all depends on which side has been affected by the stroke. There is even a choir made up of people with aphasia. So keep all of this in mind if your dear loved one has a stroke and starts using some salty language or breaks out in song.

For those of you wondering about my candy making endeavors, I will catch you up. I ordered supplies to make suckers. I have molds, sticks, plastic bags, and twist ties. I successfully made orange suckers. My great niece and I thought they needed a little more flavoring but my son, grandson, and husband thought they were perfect. Next I tried to make spearmint suckers. I couldn't get them to harden. I had done everything correctly so I decided that the humidity must have been too high. I ended up freezing them and they froze well. It was the only way I could get them out of the molds. They quickly liquified. I did try a couple. I think I put too much flavoring in. It was like sucking on a Halls cough drop. I am rarely home anymore and can't plan for perfect humidity right now but I haven't given up.



Most of my time now is spent working, eating, sleeping, and taking care of my husband. If you do happen to see me out and about, make sure you say hi. Until then, Stay Tuned!

Julie Alexander

Growing up in the 50's! And Then Some!

My family lived in southeast Portland when I was growing up...My father had had an unhappy life growing up, and vowed he would give his family a stable life when he could...After the war, he stayed in occupied Japan for a while, and wanted to go into the hotel business there. He ran that idea past my mom, and she nixed that right away. So he headed home...My brother and I lived with mom's family while dad was away, but as soon as he came home, he looked for a forever home for himself and the family. They found a little craftsman home in southeast Portland, and the family settled in. (That home stayed in the family for 30+ years.)

My dad returned to college, and mom worked as a secretary to support the family. As I got older, we had a wonderful Italian lady who took care of us kids. She just lived a few doors away from us, and we loved her! I started school at Marysville School in our neighborhood. And Maria took care of my brother and me until mom got home from work, and dad got home from school. My brother and I still remember Maria making Italian food for the family...Lasagna was made on the kitchen table, and she treated us as her own grandchildren! Maria stayed with the family until both of us kids were in school, and we had to become "latch key" kids until mom and dad got home from work.

After dad got his degree, he became a teacher at Benson High School. Mom continued to work, eventually becoming the secretary for the Forest Service administrator for the northwest region...a great job she loved! Every afternoon after school, I was to call her at her office, and to ask for a certain extension. Mom was always glad to hear my voice, and always asked how my day had gone at school...She learned to drive at that time as my dad became ill and spent several weeks in the hospital. My brother and I both remember some scary rides with her as she was learning to drive, the car had a stick shift, and there were many hills between our home and the hospital! But mom was determined to visit dad in the hospital!

Our neighborhood was full of families with kids, lucky for us...Next door was a family with four girls, all older than us kids...and they had a piano! One of the older girls tried to teach me to play, but I could never get the hang of it! And the parents of those girls scared me. On the other side of our house was a household of foster kids, the dad in the family was a minister at a nearby church. We ended up friends with two of the foster boys, built a fort in an old chicken coop, and dug in the dirt...Across the street lived several families with kids, so we learned to ride bikes, only as far as Holgate, the street just to the north of our block. The boys on the block never won a bike race down 73rd street if I was in the race!

In the summer, all the kids stayed outside until it started to get dark. When the porch lights went on, we all headed home, and watched TV until bedtime. While my dad considered himself an "in control" parent, we really had the run of the neighborhood. Dad had been raised by a semi-absent mother, so he had no idea about keeping tabs on his kids...Luckily for us, 73rd street was full of parents raising kids, so everyone watched out for all the kids. But we all had lots of freedom in the neighborhood, everyone watching out for all of us!



Kathy Vale

PSAC BUILDING EXPANSION UPDATE



Check out the progress!!! Just think how we can decorate it for Christmas next year!!

The new building work continues

- ◆ cement sidewalks going in
- ◆ interior doors installed
- ◆ lighting, bathroom fixtures, and interior trim.
- ◆ Gutters and downspouts are installed and working well
- ◆ Your donations are helping to push this project to the finish line, hopefully by the end of January????



Dave is giving Santa and Mrs. Claus (Allen Martin and Peggy Bleckov) his list!!



Christmas tree decorated by future PSAC members, Heather and Kailynn Warrick!!!

Fund Raising Opportunities



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

The Raffle will be held on March 4th at the Mardi Gras dinner. This is a great opportunity to look around for nice things that you just don't use. Plan to visit PSAC starting February 17th to buy your tickets, see all of the fun items and put your tickets in for the drawings.

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

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.pfac.site

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

REWARD YOUR EMPLOYEES FOR A JOB WELL DONE

John's Juicy Morsels



John's Corner
January 2025

Yikes!!! I just typed 2025 for the first time!!! Where has the time gone?? Seems like we were just worrying about Y2K!!!! Anyway, Happy New Year!!! As the new addition gets closer to being finished, we are hoping for a wonderful New Year at PSAC!!! Lots of new and exciting things are being planned for our members.

I want to thank Cliff Peterson for all his hard work making the wonderful Cranberry Pork Christmas Dinner. Everyone raved about the meal!! Sorry if you missed it!! Don't know where you would get this good of a meal for only \$13!!! Also, Big Thanks to Shayne, our new navy chef, for his excellent knife sharpening skills, among other skills!!! Another Big Thanks to Santa Allen and Mrs. Claus, Peggy, for coming to PSAC and bringing a little Christmas cheer!!! It was a wonderful, festive evening!!!!

January Events:

- Jan 1st - Closed!!!
- Jan 2th - Grief Counseling, w/ Julie from Harbors Home Health. 3 pm.
- Jan 8th - Timberland Library Book Mobile. 10:30 - 11:30 am. Come check out a book from Emily!!!!
- Jan 8th - Senior Information and Assistance Office. 9 am to Noon. Walk-ins or call 360-642-3634 for an appointment.
- Jan 11th - Breakfast - Breakfast Burrito, \$10. 8:30 to 10 am.
- Jan 11th - Women's March Sign Making Event
- Jan 15th - Senior Information and Assistance Office. 9 am to Noon. Walk-ins or call 360-642-3634 for an appointment.
- Jan 16th - Dinner. St. Louis Style Pork Ribs, Baked Beans, Coleslaw, Dessert! \$14 per person. 5 pm. Please RSVP by Tuesday, Jan 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!!! It has been several years since we have had a rib feed!!!
- Jan 21st - "Techie Tuesday". Digital Detective: Navigating Truth Online. Workshop presented by "Modem Lisa". 5 to 7 pm. This class is FREE!!
- Jan 22nd - Senior Information and Assistance Office. 9 am to Noon. Walk-ins or call 360-642-3634 for an appointment.
- Jan 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!!
- Jan 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, Jan 21st. All proceeds will go to the Suicide Prevention Team.
- Jan 25th - Breakfast - Pineapple Up-side Down Pancakes, \$10. 8:30 to 10 am.
- Jan 25th - Basket Guild. 11 am to 4 pm.
- Jan 28th - Dessert Bingo and Lunch. 12:30 pm. We have decided to add lunch to our Bingo Day! We will have soup and bread plus 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.
- Jan 29th - Senior Information and Assistance Office. 9 am to Noon. Walk-ins or call 360-642-3634 for an appointment.
- Jan 29th - Chinese New Year!! Dinner and a Movie!! Dinner will be Sweet and Sour Chicken, Fried Rice, and Egg Roll!!!! \$12. per person. Please RSVP!! Come watch "Crazy Rich Asians". The movie is free. Dinner at 5:30 pm. Movie at 6 pm. Come just for dinner and the movie, or get take-out meals, or just come for the movie!!!

February Events:

- Feb 5th - Senior Information and Assistance Office. 9 am to Noon. Walk-ins or call 360-642-3634 for an appointment.
- Feb 6th - Grief Counseling, w/ Julie from Harbors Home Health. 3 pm.
- Feb 8th - Breakfast - ???
- Feb 12th - Senior Information and Assistance Office. 9 am to Noon. Walk-ins or call 360-642-3634 for an appointment.
- Feb 14th - Happy Valentine's Day Dinner. Pot Roast and all the fixing, salad and dessert! \$14 per person. What a steal!!! Dinner at 5 pm. PLEASE RSVP AT OFFICE by Feb 12th!!!!!!!
- Feb 17th - "Auffle" Preview and Bidding Starts!!! Drawing on March 4th during the Mardi Gras Dinner!!!!
- Feb 18th - "Techie Tuesday". Digital Fortress: Password Power and Your Online Legacy. Workshop presented by "Modem Lisa". 5 to 7 pm. Class fee is \$30.
- Feb 19th - Senior Information and Assistance Office. 9 am to Noon. Walk-ins or call 360-642-3634 for an appointment.
- Feb 22nd - Breakfast - ???
- Feb 25th - Dessert Bingo and Lunch. ????
- Feb 26th - Senior Information and Assistance Office. 9 am to Noon. Walk-ins or call 360-642-3634 for an appointment.

March Events:

- Mar 4th - "Mardi Gras Dinner and Auffle"
- Mar 17th - "St. Patrick's Day Corned Beef Dinner".

Peninsula Senior Activity Center (PSAC) Monthly Calendar

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

January, 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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.	PSAC Closed	9:00 Zumba 10:00 Tai Chi 11:00 S.A.I.L. 12:30 Pinochle 3:00 Grief Counseling	9:00 Open Sew	
5	6	7	8	9	10	11
	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 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	Breakfast – Breakfast Burrito, \$10. 8:30 to 10 am. 11:00 Women’s March Sign Making Event
12	13	14	15	16	17	18
	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	10:00 Chair Dancing through the Decades and Chair Tai Chi 11:00 S.A.I.L. 12:00 Bridge 1:00 - Digital Detective: Navigating Truth Online	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. 5:00 Dinner. St. Louis Style Pork Ribs	9:00 Open Sew	
19	20	21	22	23	24	25
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26	27	28	29	30	31	1
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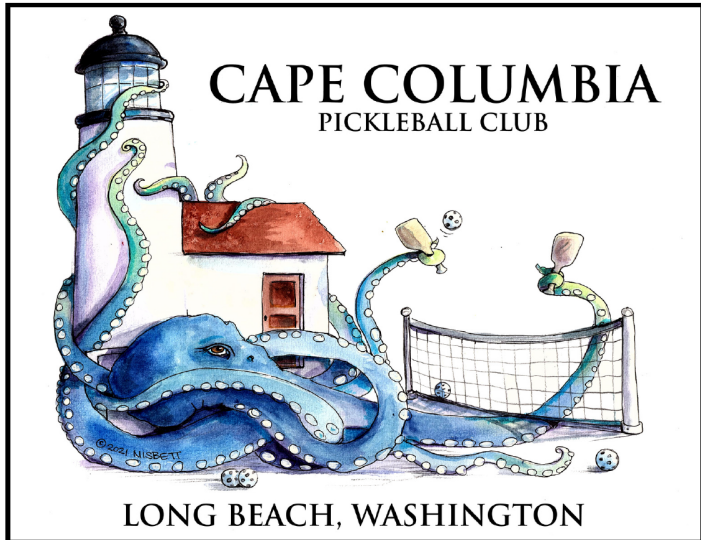
*Committee Meetings

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



LIGHTHOUSE
OCEANFRONT RESORT

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



History of New Year's Resolutions

The ancient Babylonians are said to have been the first people to make New Year's resolutions, some 4,000 years ago. They were also the first to hold recorded celebrations in honor of the new year—though for them the year began not in January but in mid-March, when the crops were planted.

A similar practice occurred in ancient Rome, after the reform-minded emperor Julius Caesar tinkered with the calendar and established January 1 as the beginning of the new year circa 46 B.C. Named for Janus, the two-faced god whose spirit inhabited doorways and arches, January had special significance for the Romans. Believing that Janus symbolically looked backwards into the previous year and ahead into the future, the Romans offered sacrifices to the deity and made promises of good conduct for the coming year.

Despite the tradition's religious roots, New Year's resolutions today are a mostly secular practice. Instead of making promises to the gods, most people make resolutions only to themselves, and focus purely on self-improvement (which may explain why such resolutions seem so hard to follow through on). According to recent research, while as many as 45 percent of Americans say they usually make New Year's resolutions, only 8 percent are successful in achieving their goals. But that dismal record probably won't stop people from making resolutions anytime soon—after all, we've had about 4,000 years of practice.

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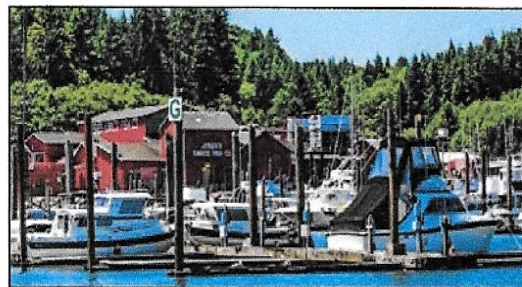
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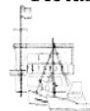


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For more information contact:

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Tues - Fri 10:00am-3:00pm
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Shelly Pollock, Owner / Kenny Osborne, Agent

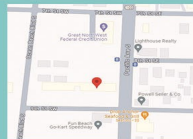
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THE VOICE OF THE PENINSULA SENIOR ACTIVITY CENTER January, 2025

Jan 11th -
 Breakfast -
 Breakfast
 Burrito, \$10.
 8:30 to 10 am.



Jan 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, Jan 21st. All proceeds will
 go to the
 Suicide
 Prevention
 Team.



Jan 29th - Chinese New Year!!
 Dinner and a Movie!! Dinner will be
 Sweet and Sour Chicken, Fried Rice,
 and Egg Roll!!!! \$12. per person.
 Please RSVP!! Come watch "Crazy
 Rich Asians". The movie is free.
 Dinner at 5:30 pm. Movie at 6 pm.
 Come just for dinner and the movie,
 or get take-out meals, or just come
 for the movie!!!



Jan 16th - Dinner. St.
 Louis Style Pork Ribs, Baked
 Beans, Coleslaw, Dessert!
 \$14 per person. 5 pm.
 Please RSVP by Tuesday,
 Jan 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!!! It has been several
 years since we have had a
 rib feed!!!

Jan 25th -
 Breakfast -
 Pineapple Up-
 side Down
 Pancakes,
 \$10. 8:30 to
 10 am.

