

President's Letter February 2025

The new flooring is in, including baseboards. The lights are up and all the trim has been painted. We still need light switches, sinks and a toilet!!! Everyday, we are closer to moving into the new addition!!! There are still a couple of changes to be made but only minor changes. You are going to love the new wing and all the extra events the Senior Center can accommodate!!!!

Game Night will be back starting in March!!! Fun games or try Hey Guys!!! Come play Corn Hole or try the Tomahawk Throwing!!!

February 3rd through the 14th, we are having a fabric sale at PSAC from 12 to 4 pm. I hope you will stop by early while the selection is the best!

Then, starting February 17th, we will have our "Auffle" (cross between a raffle and an auction) of items up for bidding. Some items will have bid sheets on them with an opening bid price. Other items will have cups for you to put your tickets into from which we will draw the winners at the March 4th Mardi Gras Dinner!!! Ticket are 50 cents a piece. So buy several and up your chances of winning!!!

Our Annual Spring Flea Market will be on March 28th and 29th. Come in and sign up for a space and show your wares!! With the new addition, we will have a lot more spaces for vendors!!! Tables are \$30 for the two days. Call the office to reserve your space.

Please make sure to call and reserve your meals for the Valentine's Day Pot Roast Dinner and our Mardi Gras Dinner in March. If you wait until the last minute, you might not get a seat!!!!

I'd like to take this opportunity to welcome our new Office Administrator, Donna DePaula!! She is already working hard to get us caught up in the office and will be an amazing addition to our team. Come by to welcome her!!!

Hope to see you this month at PSAC.

John Vale President

IT IS TIME TO RENEW YOUR YEARLY MEMBERSHIP AT PSAC!!!!

See Membership Form on page 4.

FEBRUARY BIRTHDAYS

Come to the
Ice Cream Social on
February 17th
at 2:00 pm.

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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.

Gary Allen 2/7	Fred Heart 2/3	Ed Seal 2/14
Dan Anacker 2/3	Donna Heinen 2/15	Douglas Smith 2/23
Michael Avery 2/29	Jacqueline Holland 2/24	Jerri Smith 2/7
Elena Baranov 2/29	Vannessa Howard 2/25	Dan Smith 2/23
Linda Bierma 2/24	Jeff Hurias 2/25	Mike Snider 2/14
Dawn Boyer 2/14	Vicki Johnson 2/6	Don Soreng 2/5
Donna Boyer 2/2	Billy Johnson 2/18	Monica Stum 2/23
Loretta Breedlove 2/6	Claudia Justice 2/14	Guy Tennant 2/21
Brenda Bronson 2/11	Larry Krasky 2/16	Brad Terrill 2/8
Gloria Buck 2/12	Jacki Loucks 2/18	Janice Thiry 2/22
Cheryl Cannon 2/14	Gloria McFall 2/26	Clark Thurston 2/18
John Carwile 2/3	Nick Michaud 2/14	George Tillery 2/11
Marlowe Castell 2/22	Lori Nelson-Allen 2/15	Lisa Tobin 2/23
Mark Charbonneau 2/3	Nancy Nelson 2/23	Jonas Trekas 2/17
Terri Charbonneau 2/7	Andrea Patton 2/12	Carol Trekas 2/11
Valerie Doyle 2/14	Mary Patton 2/12/	John VanDerSande 2/16
Peggy Ferguson 2/13	Cliff Pederson 2/12	Laura Waldren 2/20
Mike Foster 2/27	Marcia Peterson 2/24	Billie Warrick 2/20
Becky Gallinger 2/17	Dick Roudiun 2/18	Sharon Willis 2/8
Sharon Geivett 2/9	Ron Schnitger 2/1	Janet Wilson 2/15
Rick Gitt 2/9	Sandy Scott 2/4	Marlin Wilson 2/4
Blaine Gunkel 2/18	Patricia Scruggs 2/26	Claudia Wreyford 2/2

BIRTHDAY!!!

2

Peninsula Senior
Activity Center
21603 "0" 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.

Peninsula Senior Activity Center

like us on

facebook _

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 Administrator
Donna DePaula

Facebook

Robyn West

PSAC Gazette Editor

Billie Warrick

PSAC Diversity Statement

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

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.

FOR SALE 75 gal Bowfront Fishtank & stand. All supplies plus new no spill syphon/fill gravel cleaning hose, auto feeder, 2 air pumps and fish. \$250.00 Laura 971-645-7146

75 hour HCA (Home Care Aide) 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.

Dry Kindling for Sale! Pick up at 309 17th NE- end of road. \$4.00 a bundle. Buy 5, get 5 FREE.

PLACE YOUR AD HERE!!

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

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).

February, 2025

PSAC BUILDING EXPANSION UPDATE



UPCOMING!

Our Annual Spring Flea Market will be on March 28th and 29th. Come in and sign up for a space and show your wares!! With the new addition, we will have a lot more spaces for vendors!!! Tables are \$30 for the two days. Call the office to reserve your space.

February 3rd through the 14th, we are having a fabric sale at PSAC from 12 to 4 pm. I hope you will stop by early while the selection is the best! Also keep an eye on the Boutique for some fun new jewelry.

Starting February 17th, we will have our "Auffle" (cross between a raffle and an auction) of items up for bidding. Some items will have bid sheets on them with an opening bid price. Other items will have cups for you to put your tickets into from which we will draw the winners at the March 4th Mardi Gras Dinner!!!

Ticket are 50 cents a piece. So buy several and up your chances of winning!!!

Check Out Some of the nicest pieces of jewelry that will be up for bidding on at the Auffle



6 PSAC GAZETTE

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



Joe Mraz celebrates 82 birthday with the line dance class

PENINSULA SENIOR ACTIVITY CENTER MEMBERSHIP FORM

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

21005 O Place, Ocean Park, WA 98040 Phone. 300-005-3999							
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 #						

4 PSAC GAZETTE

A Forever Friend

I wonder how many people can claim they have a "forever friend"! Maybe not a sister or bother you grew up with, but someone who became a friend sometime later in life, and that you consider to be like a brother or sister. Well, I have a "forever friend". Here is a story about her.

Jane and I met at the University of Portland, the first week of our freshman year. She and I sat together in a required speech class the first week of school. We became friends that first day, and she admitted to me she was not a good student, and was worried that this "school thing" would be too hard for her, and that she was afraid of failure. Jane and I sat together after that. We talked every day about upcoming assignments, she was extremely smart, and wanted to do well. Well, she passed that speech class, and that was the beginning of a lifelong friendship. Here are some of our adventures.

Jane always had a fear of getting lost. After we went shopping together, and I tutored her about which door we had entered, her first "finding your way" lesson. And not to be afraid to ask for help... Gradually, we met new challenges...Driving in Portland was another issue, and after a few drives to different parts of town, my home, a mall, etc... she learned her way around, but always had to pay attention to what she was doing, and NOT panic. Jane encouraged ME to get my driver's license, and let me drive her car for practice. I think my dad had given up on me ever learning to drive...But Jane and I got it done!

...Psychology class...we painted our lab rats tails, and encouraged them to make abstract paintings as they scurried over art paper we had put under them....A scarry hike down into a ravine, never finding the river we could hear below, and spending a night sleeping on the trail...Dad was livid we had to leave some of his camping gear down there.....A trip to a cabin on the Hoh River, and Jane thought it was the perfect time to quit smoking. She was so grouchy without her cigarettes, we had to drive all the way into Forks to save my sanity....Camping in the rain at Spirit Lake, Jane fell off a log into the lake, no dry clothes, me hollering at her for walking on that log...We built a fire to dry her clothes, kerosene added to the fire, and later, after the fire was out, we found bullets in the pockets of her jacket.....After John and I got married, she always had a "project" for him, helping collect big rocks from a quarries for a rock garden, and painting the exterior of an old flower shop she had bought...One time she called to see if we could come "help" her, I was to attend a workshop for teachers, and we couldn't come. Then she asked if John could come without me!!!! And she paid for a plane ticket for him!!!

There was always something to do when we visited Jane...Raking pine needles, building or organizing something, tearing something apart, hauling rocks, cleaning out houses, and sometimes just laughing and gabbing!!! I count myself lucky in life to have had a friend like Jane...a best friend, a sister by another mother, a confidence builder, and a partner in crime! A forever friend for sure....

Kathy Vale



February, 2025 5

Fund Raising Opportunities







BUY RAFFLE TICKETS FOR THESE BEAUTIFUL **QUILTS AT THE PSAC OFFICE**

DRAWING WILL BE HELD IN THE SPRING

The Auffle 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.

GORGEOUS JEWELRY!!!!! The pictures do not do these beautiful pieces justice. Great for a gift (for that special person or for YOURSELF) !!!!! Come check them out!







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

Supporting the PENINSULA **SENIOR ACTIVITY CENTER**

21603 O LANE, OCEAN PARK www.psac.site

EXPIRES JUNE 30 2025 BUY DISCOUNT CARDS HERE

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

WHERE TO **BUY YOUR COUPON CARD**

Kraken Kafe

- **PSAC OFFICE**
- Romeo's Padurely Shell Fiber ArtsBay **Avenue Gallery**
- Pie Lady

REWARD YOUR EMPLOYEES FOR A JOB WELL DONE

₹7 February, 2025

John's Juicy Morsels

John's Corner February 2025

Wow!! This year has gotten off with a Big Bang!! Lots of activities this past month and lots of new people coming into the Center and participating in the exercise classes and our delicious meals. If you missed our rib dinner, oh well!!! Most people took home a doggie bag of ribs for lunch the next day!!! And over 40 of you got in on our Chinese New Year meal and a movie!!! If you think of something else you like to see happen at PSAC, let us know and we will see if we can make it happen!

Here is reminder 436!!! Please book your dinner reservations early!!!! The cutoff for dinners is usually the Tuesdayt before the meal. We have to have time to shop and prepare the food so your dining experience is top notch!! I feel bad when you call the day before or the day of the meal and we have to tell you we are sold out!!! Call at the beginning of the month and book all your reservations at one time!!! We take credit cards over the phone!!!

February Events:

Feb 3rd - Fabric Sale to run Feb. 3 to Feb. 14, 12:00 to 4:00.

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 - Pancake Breakfast Tacos. \$10. 8:30 to 10 am.
Feb 12th - Senior Information and Assistance Office. 9 am to Noon. Walk-ins or call 360-642-3634 for an appointment.
Feb 12th - Timberland Library Book Mobile. 10:30 - 11:30 am. Come check out a book from Emily!!!!

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 -7 pm. 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 - Strawberry Stuffed French Toast. \$10. 8:30 to 10 am.

Feb 22nd - Basket Guild. 11Am to 4 pm.

Feb 25th - Dessert Bingo and Lunch. 12:30 Tuna Melts, \$5. 1 pm Bingo and Dessert \$5.

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". \$16.00. Jambalaya, Shrimp Biscuits, Red Beans, Dirty Rice, Muffletta Salad, and King Cake for dessert!. 5 pm. Drawing for "Auffle" items after dessert!!! Need not be present to win an "Auffle Prize".

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

Mar 6th - Grief Counseling, w/ Julie from Harbors Home Health. 3 pm.

Mar 7th - Game Night Is Back!!! 5:30 pm. Come play Mexican Train or other games. Hey Guys!!! Come play Corn Hole or try the Tomahawk Throwing!!!

Mar 8th - Breakfast - Special - Salmon Quiche \$10. 8:30 to 10 am.

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

Mar 12th - Timberland Library Book Mobile. 10:30 - 11:30 am. Come check out a book from Emily!!!!

Mar 17th - "St. Patrick's Day Corned Beef Dinner". \$15. Corned Beef, Colcannon, Carrots, Irish Soda Bread Muffins, and Creme de Menthe Cake for dessert!! 5 pm.

Mar 18th - "Techie Tuesday" AI in Your Pocket: Making Friends w/ Your Smart Assistant. Workshop presented by "Modem Lisa". 5 - 7 pm. Class fee is \$30.

Mar 19th - Senior Information and Assistance Office. 9 am to Noon. Walk-ins or call 360-642-3634 for an appointment. Mar 22nd - Breakfast - ???. \$10. 8:30 to 10 am.

Mar 22nd - Basket Guild. 11Am to 4 pm.

Mar 25th - Dessert Bingo and Lunch.

March 26th - Senior Information and Assistance Office. 9 am to Noon. Walk-ins or call 360-642-3634 for an appointment. March 27th - Flea Market Set-Up. 4 to 6 pm.

March 28th - Flea Market. 9 am to 3 pm. Lunch served from 11 am to 1pm.

March 29th - Flea Market. 9 am to 3 pm. Lunch served from 11 am to 1pm.

PSAC GAZETTE

Peninsula Senior Activity Center (PSAC) Monthly Calendar

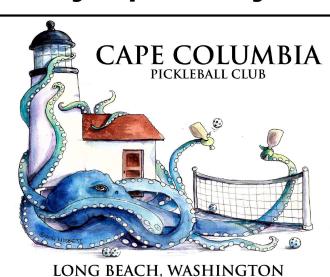
For more information contact: Phone: 360.665.3999 or E-Mail:

PSAC@PSAC98640.org

February, 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
	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.	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 Mahjong	9:00 Zumba 10:00 Tai Chi 11:00 S.A.I.L. 12:30 Pinochle 3:00 Grief Counseling	9:00 Open Sew	Breakfast – Pancake Breakfast Tacos. 8:30 to 10 am.
9	10	11	12	13	14	15
	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 10:30 Bookmobile 11:00 Chair Yoga 12:30 Pinochle 1:00 Mahjong	9:00 Zumba 10:00 Tai Chi 11:00 S.A.I.L. 10:00 Finance Cmt. Mtg. 12:30 Pinochle	9:00 Open Sew 10:00 Board Mtg/ 5:00 Happy Valentine's Day Dinner	
16	17	18	19	20	21	22
	Auffle" Preview and Bidding Starts 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 6:00 - Digital Fortress: Password Power & Your Online Legacy	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 Mahjong	9:00 Zumba 10:00 Tai Chi 11:00 S.A.I.L. 12:30 Pinochle	9:00 Open Sew	Breakfast – Strawberry Stuffed French Toast 8:30 to 10 am. Basket Guild. 11 am to 4 pm.
23	24	25	26	27	28	1
	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	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 Mahjong	9:00 Zumba 10:00 Tai Chi 11:00 S.A.I.L. 12:30 Pinochle	9:00 Open Sew	

Daily Open Play Pickleball



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Lighthouse Oceanfront Resort 12417 Pacific Way, Long Beach 98631 Email: Pickleball@lighthouseresort.net 12 - 2 pm Daily 5\$ Per Person All Ages & Levels



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Who Was St. Valentine?

St. Valentine is the patron saint of lovers, people with epilepsy, and beekeepers, among other things, but the real-life history of the man is unknown. There are various legends about a Christian figure named Valentine or Valentinus who was martyred on February 14 in the 3rd century AD.

In one story, St. Valentine was a

In one story, St. Valentine was a Roman priest and physician who refused to convert to paganism and was executed by Emperor Claudius II in about 270 AD. Prior to his execution, he miraculously healed the daughter of his jailer. As the legend goes, he then fell in love with the daughter and, on the day of his execution, wrote her a letter signed "from your Valentine." In another story, St. Valentine was executed because he secretly performed weddings for soldiers, who were forbidden to marry according to an edict from Claudius II.





deborah.hillendahl@gmail.com no place like home

PSAC Gazette

Support the services that support PSAC



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 Network 1-800-HELP CSN



Kelly Freese, DVM

(360) 642-2232

(360) 642-2025

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Forgotten Treasures Antiques & Collectible's

1910 Bay Avenue Ocean Park, WA 98640

Open Monday through Saturday 10-4



CALL IT CLOSED® Sue Gallagher

530-218-9027 meetsuegallagher@gmail.com

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



James D. Hamilton



PO Box 1070 Ocean Park, WA 98640 Office: 360-514-9550 Direct: 360-256-0303

jhamilton@davidsoninsurance.com

Vincent Stevens 360-244-2235

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Thursdays (Weigh-in 7:30-8:20 am & Meeting 8:30-9:30 am)

Justine 916-202-5846

Place your ad HERE!!

February, 2025



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

Non-Profit Postage Paid Permit No.2 Ocean Park, WA 98640

To:

THE VOICE OF THE PENINSULA SENIOR ACTIVITY CENTER FEBRUARY, 2025

Feb 8th - Pancake Breakfast Tacos. \$10. 8:30 to 10 am.



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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 !!!!!!!

