



JET OLDSTERS ASSOCIATION OF FERNDAL  
FERNDAL SENIOR ACTIVITY CENTER  
1999 Cherry St  
Ferndale, WA 98248

NONPROFIT ORG.  
U.S. POSTAGE  
PAID  
FERNDAL, WA  
PERMIT NO. 7

CURRENT RESIDENT OR



**Strawberries are back!**  
**Pancake Breakfast**  
Every 3rd Saturday  
8:00 am - 10:30 am



Sponsored by Louisa Place

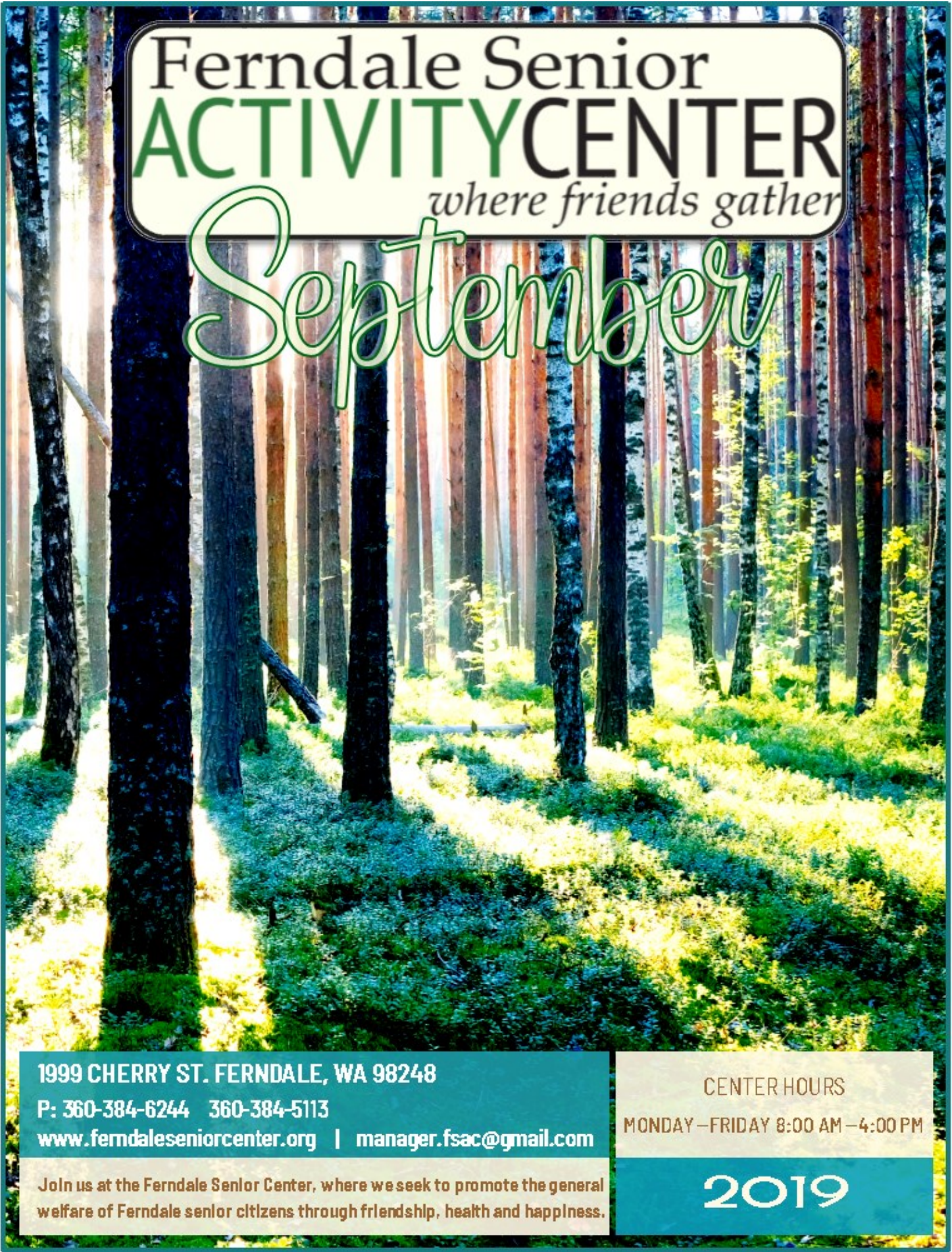
**Our Monthly Sponsors**  
Louisa Place for the weekly do-  
nation of cookies to the coffee  
Bar & Pancake Breakfast dona-  
tions.  
Silverado for the monthly birth-  
day Cake Donation  
Lee Manor for the monthly  
birthday raffle prize donation  
Kent's Garden & Nursery for  
keeping our grounds looking so  
beautiful!

**Thank You!**



**Scheduled Closures**  
September 2 - Closed for Labor Day  
November 11—Veteran's Day  
November 28 & 29: Thanksgiving Holiday

Ferndale Senior  
**ACTIVITYCENTER**  
*where friends gather*  
**September 2019**



# Ferndale Senior ACTIVITYCENTER

*where friends gather*

## September

1999 CHERRY ST. FERNDAL, WA 98248  
P: 360-384-6244 360-384-5113  
[www.ferndaleseniorcenter.org](http://www.ferndaleseniorcenter.org) | [manager.fsac@gmail.com](mailto:manager.fsac@gmail.com)

Join us at the Ferndale Senior Center, where we seek to promote the general  
welfare of Ferndale senior citizens through friendship, health and happiness.

CENTER HOURS  
MONDAY—FRIDAY 8:00 AM—4:00 PM

## 2019



SEPTEMBER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2  CLOSED  For Labor  Day	3  Ahi Tuna Salad Spring Rolls Mandarin Oranges	4  Chicken Alfredo Pasta Broccoli Florets Garden Salad Coconut Fruit Salad	5  Sausage Egg Casserole Breakfast Potatoes Orange Juice Fruit & Yogurt	6  Macaroni & Cheese Italian Sausage Link (Chicken) Steamed Veggies Salad/Fruit
9  Beef Burgundy Over Brown Rice Brussels Sprouts Garden Salad Fruit	10  Reuben Style Chicken Roasted Sweet Potatoes Green Beans Garden Salad Fruited Jell-O	11  Pork w/ Apple Chutney Mashed Potatoes Nantucket Veggies Spinach Salad Fruit	12  Chicken Pot Pie w/ Garden Vegetables Salad w/ local produce Fresh Local Fruit	13  BBQ Pulled Pork Coleslaw Fruit Brown Rice/ Roll Crinkle Cut Carrots Broccoli
16  Swedish Style Meatballs Over Egg Noodles Broccoli Spinach Salad Fruit	17  Shrimp Salad Oatmeal Bread Fresh Fruit	18  Herb Roasted Chicken Rainbow Potatoes Brussels Sprouts Garden Salad Fruit	19  Swiss Steak Mashed Potatoes & Gravy Capri Veggies Cucumber Sala Sliced Peaches	20  Ham & Pineapple Scalloped Potatoes Caribbean Veggies Garden Salad Fruit
23  Chicken Strips w/ Honey Mustard Potato Wedges Crinkle Cut Carrots Garden Salad Fruit	24  Beef Gyro Lentil Soup Greek Salad Chocolate Chip Cookie	25  Turkey Club Wrap Whole Grain Chips Garden Salad Fresh Fruit	26  Beef Enchiladas Spanish Rice Refried Beans Garden Salad Fresh Pineapple	27  Salmon Filet Wild Rice Pilaf Green Beans Kale Citrus Sal- ad Fresh Fruit
30  Penne w/ Meat Sauce Italian Veggie Garden Salad Sliced Pears				

SEPTEMBER ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2  	3  8:00 Walking Aerobics & Open pool tables 9:00 Flex & Balance 9:00 Woodcarvers 10:00 Bocce Ball 12:30 Game Night	4  8:00 Walking Aerobics & Open Pool Tables 9:00 Line Dancing \$5 10:00 Yard Games 1:00: Treasure of the Sierra Madre NR	5  8:00 Walking Aerobics 9: 00 Flex & Balance ENT: Richard Tucker 12:30 Bridge <b>No Line Dancing</b>	6  8:00 Walking Aerobics & Open Pool Tables 9:30 Foot Care 10:00 Bible Study 12:30 REIKI  Welcome Back Bible Study Class!
9  8:00 Walking Aerobics & Open Pool Tables 8:30 Board Meeting 9:00 Quilting 12:45 BINGO	10  8:00 Walking Aerobics & Open pool tables 9:00 Flex & Balance 9:00 Woodcarvers 10:00 Bocce Ball 12:30 Game Night	11  8:00 Walking Aerobics & Open Pool Tables 9:00 Line Dancing \$5 10:00 Yard Games 1:00: Only the Brave PG- 13	12  8:00 Walking Aerobics 9: 00 Flex & Balance ENT: Ebb Tides 12:30 Bridge 1:30 Writing Group Mtg 2:00 Line Dance Class	13  8:00 Walking Aerobics & Open Pool Tables 10:00 Bible Study 1:00-3:00 Tech Support With Chuck
16  8:00 Walking Aerobics & Open Pool Tables 9:00 Quilting 10:00 Watercolor Pencil Class 12:45 BINGO	17  8:00 Walking Aerobics 9:00 Flex & Balance 9:00 Woodcarvers 10:00 Bocce Ball 12:30 Game Night	18  8:00 Walking Aerobics & Open Pool Tables 9:00 Line Dancing \$5 9:00 -10:30 FLU Shots 12:30 Reiki 1:00: Move Over, Darling NR	19 <i>Birthday Lunch</i>  8:00 Walking Aerobics 9:00 Flex & Balance 11:00 Free BP Checks ENT: Travelin' Light Band 12:30 Bridge 2:00 Line Dance Class	20  8:00 Walking Aerobics & Open Pool Tables 10:00 Bible Study Pancake Breakfast Set- up 
23  8:00 Walking Aerobics & Open Pool Tables 9:00 Quilting 10:00 Watercolor Pencil Class 12:45 BINGO	24  8:00 Walking Aerobics & Open Pool Tables 9:00 Flex & Balance 9:00 Woodcarvers 10:00 Bocce Ball 12:30 Game Night	25  8:00 Walking Aerobics & Open Pool Tables 9:00 Line Dancing \$5 10:00 Yard Games 1:00: Cowgirls & Angels PG	26  8:00 Walking Aerobics & Open Pool Tables 9:00 Flex & Balance ENT: Cheryl Hodge 12:30 Bridge 2:00 Open Line Dance	27  8:00 Walking Aerobics 9:30 Foot Care 10:00 Bible Study  BINGO FUNDRAISER TOMORROW!
30  8:00 Walking Aerobics 9:00 Quilting 10:00 Watercolor Pencil Class 12:45 BINGO 5:00 <b>SUPPER CLUB:</b> Paso del Norte	SAVE THE DATE	<i>Pasta with a Purpose</i> Enjoy a delicious Spaghetti Dinner & an opportunity to meet your local candidates for Mayor & Council! Friday, October 11 @ 6:00pm TICKETS: \$10		BINGO FUNDRAISER SATURDAY, 9/28 @1pm \$20 ticket includes 3 bingo cards per game 



# OUR CENTER

## CENTER HOURS

MONDAY—FRIDAY 8:00 AM—4:00 PM

## STAFF

MANAGER: Karma Wells

manager.fsac@gmail.com

ACTIVITY ASST: Ellaina Cope

Activities.fsac@gmail.com

CUSTODIAN: Tom Hotchkiss

ONSITE COOK: WCOA

STRENGTH TRAINER: Donald Boose

## BOARD OF DIRECTORS

Ruth Bergman Joyce Kamps

Teresa Quinn Bob Langer

Charlotte Boraker Marilyn Crape

Linda Cline Margie Andres

Maryam Whitaker Roger Engler

Ray Olson Jean Stotts

*Karma's "Korner"*



Hello, September! It's a funny thing about September— I never feel ready for it's arrival... Summer flies by so fast and September always arrives like a brick wall! It's like this large speedbump at the end of the Summer "Highway".

The good news, however, is summer's warmer weather tends to linger through September, which means we don't have to stow away the yard games quite yet. Marcus has done a fantastic job leading those activities and it's been great to see our members enjoying them. The "buzz" around the center last Wednesday was Jackie's great ladder ball game! Good job, Jackie!

We will need to start thinking about indoor games that you would like to see on the fall / winter schedule to replace them. Some ideas: Bean Bag Baseball, Corn hole, miniature golf, Wii electronic games, Group games (similar to Monday Bingo) like Bunco, or something else? I would love to hear your ideas— please let either I or Marcus know.

While we are on the "games" topic— Don't forget to get your ticket for the Fall into Bingo Fundraiser! Great prizes and increased cash prizes — the jackpot win is \$200.00! Cash! Remember buying your ticket early (by Wed. Sept. 25) gets you entered into all of the pre-sale drawings and you get to avoid the long lines of those who waited.

I've run out of room, better wrap this up! Get out there and enjoy the last remaining bit of summer— while it's still here!

# CLASSES, SEMINARS & PRESENTATIONS

## ART CLASS: WATERCOLOR PENCIL PORTRAITS

Instructor: Mary Michaelson

**\*\*Classes start Monday, September 16th**

First Class: Monday, September 16th 10:00-12:00

Cost: \$40 for the entire series (4-2 hr. classes)

All supplies will be supplied by the center, all skill levels welcome! IMPORTANT: Bring an 8x10 color photocopy of a photograph of a loved or pet with you to the first day of class. You will need this to

begin. Please see the front desk with any questions & to register.

## Computer Help & Support

Friday, September 13 1:00-3:00

Appointments with Chuck Papeleux

•Kindles •Android Tablets •Windows Laptops

Have a computer question or looking for some additional help or training on one of your devices? Chuck is here to help with free technical support. Sign up for one of the hour appointments at the front desk. Please list device type and brief description of problem.



## WRITING GROUP MEETING

Thursday, September 12 at 1:30

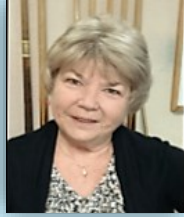
Thanks to everyone that took the time to sign the interest sheet for the new writing group— we had a great response! We will be adding this new writing group starting in October and have scheduled this planning meeting to hear your input & ideas on this new activity.

We are interested to know if this should be a weekly group, bi-weekly or monthly? How closely does the group want to follow the suggested book (Legacy...writing your personal history)?

We hope you can attend this meeting— we would love your input!

# OUR CENTER

## BOARD PRESIDENT MESSAGE



Clickity Clack, Clickity Clack. That's the sound of September whizzing past, so look out because October is right behind it.

Better yet, a small chunk of news. There is 86 days left till Christmas. NO! No! NO! it can't be that close!

I'd like to acknowledge a neat lady who you see keeping busy helping out wherever she is needed plus she is always looking for something else to do. — who is this wonder woman? Oh My, I do believe it is "Mary Jane Brown".

Thanks MJ — we appreciate everything you do. By the way — you are loved! Mary Jane. I'm out of town until the middle of October so I'll see you all when I get back. Till then — Hugs to all, Ruth

## ACTIVITIES, EVENTS & FUNDRAISERS



### "FALL" INTO BINGO FUNDRAISER

**WHEN:** Saturday, September 28 Doors open at 1:00 — First game called at 1:30

**COST:** \$20 Admission which includes 3 cards for each of the 8 games AND the final JACKPOT Game.

Additional card packs available for \$15.

Special drawings for players who bought tickets on presale (Pre-sale ends 9/25), Door prize drawings, lucky loser drawings, Pre-sale Ticket Drawings— Plenty of opportunity to win!

Concession stand open during intermission; Hot Dog, chips, Root Beer Floats, etc.

*Pasta with a Purpose*

Spaghetti Dinner  
Candidate Meet & Greet  
Dessert "Dash"

FRIDAY, OCTOBER 11TH 6PM

Tickets available by Pre-sale only: \$10

\*\*Details coming in October's Bulletin



Mark Your Calendar  
**UPCOMING EVENTS**



- **OCTOBER 9TH AT 5:00: OKTOBERFEST POTLUCK WITH LIVE ACCORDION MUSIC**
- **OCTOBER 11 AT 6PM: PASTA WITH A PURPOSE**
- **SATURDAY, NOVEMBER 9: ANNUAL GALA FUNDRAISER WITH DINNER, ENTERTAINMENT AND SILENT AUCTION.**
- **SATURDAY, DECEMBER 7: CHRISTMAS CRAFT FAIR & BAKE SALE**



### BOARD OF DIRECTORS ELECTIONS COMING IN THE FALL

We will be having our annual Board election in a couple months which means that we are looking for new volunteer "recruits" for the board. If you are interested in getting more involved or would like to know more about it— please see Charlotte Boraker or Joyce Kamps. Be on the lookout for the ballots in the October Bulletin. Last day to vote: Friday, Nov. 1st



SEPTEMBER CELEBRATIONS



Due to the rise in scams & fraud targeted to seniors, we will no longer be publishing the birth year of our members.

John	Garner	9 / 1
Rae	Gardner	9 / 1
Linda	Birman	9 / 2
Jack	Flancher	9 / 4
Karen	Nesvold	9 / 4
Ronald	McKay	9 / 5
Linda	Cline	9 / 6
Mary	Hedges	9 / 8
Elizabeth	Dean	9 / 9
Merilee	Erchinger	9 / 12
Jody	Johnson	9 / 20
Dan	McGee	9 / 20
Sue	Norman	9 / 22
Helen	Pulido	9 / 24
Ladon	Taylor	9 / 24
Jack	Gardner	9 / 25
Richard	Stone	9 / 28
Marjorie	Gillmere	9 / 30
Lorraine	Barker	9 / 30



September Birthday Lunch  
Members celebrating birthdays this month are invited to enjoy a complimentary Lunch.

Birthday raffle sponsored by: Lee Manor  
Birthday Cake donated by Silverado



John & Anetta Lee

CONGRATULATIONS!  
**JOHN WHITAKER WAS OUR JULY BIRTHDAY RAFFLE WINNER AND WON A \$25 GIFT CARD!**  
THANK YOU TO LEE MANOR FOR SPONSORING THE MONTHLY BIRTHDAY DRAWING!



MONDAY BINGO DONATIONS NEEDED

Our Prize table for Monday Bingo could use some help! Your donations of knick-knacks, candy, chocolate, small gift items would be greatly appreciated! Thank you for supporting this fun activity!

September Anniversaries

Tracy	♀ Mark	Willaims	9 / 22 / 2001
Curtis	♀ Carolyn	Hull	9 / 15 / 1990
Jody	♀ Steve	Johnson	9 / 16 / 1978
Ronald	♀ Penny	McKay	9 / 8 / 1963
Roger	♀ Virginia	Taylor	9 / 14 / 1957
Donald	♀ Shirley	Stone	9 / 25 / 1954

Health & Wellness

STRENGTH TRAINING CLASS

Strength Training Course: \*\*Fall / Winter Course Interest Sheet  
Add your name to the interest sheet if you would like to register for a Strength Training Course this Fall. If there is enough interest (minimum of 4 registered participants), we can start new course in October. Our Strength Trainer, **Donald Boose**, will work with you to develop a work out plan that's customized for your individual needs. The course is \$60 and meets twice a week for 4-6 weeks.



Free REIKI Treatments

Reiki Practitioner: Sally Ledgerwood

1st Friday & 3rd Wednesday of the month at 12:30

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. No Cost (Donations gratefully accepted)

FLU SHOT CLINIC PROVIDED BY WALGREENS

Wednesday, September 18 at 9:00am

Walgreens can administer other vaccinations that are due, such as pneumonia, shingles, etc.... If you are interested in receiving these in addition to you flu shot- please check "other vaccinations" when you sign up. Please bring your Medicare card with you. \*\*We need a minimum of 25 signed up



Meals on Wheels: Drought Protection...Do you have Enough?

The drought I am talking about is the water level in your body, not the water table in the ground or the snow-pack in the mountains! Water is the essential transport of nutrients, especially glucose, to your muscles and other organs. Optimal energy levels for daily activities as well as for exercise hinges on your fluid intake. Do you ever experience fatigue, mild headache or "lack of energy" in the middle of the day? It might be due to dehydration. Drinking an extra glass of water each day may be the "pick-me-up" that you need.

The body in drought (dehydration) is just as devastating as drought in your lawn! People tend to ignore the signs of dehydration and do not realize the long term effects it can cause. If you think about the percentage of water in our critical organs (lungs and liver 85%, kidneys and blood 83%, brain, heart, and muscle 75%) you can understand how depriving these organs of optimal hydration over time can cause damage to them! The kidneys and liver are particularly at risk since they rid the body of waste products. When we feel thirsty we are already dehydrated! Mild to moderate signs of dehydration include thirst, fatigue, dry skin, headache, constipation, and dizziness. Extreme dehydration includes extreme thirst, confusion, dark urine, low blood pressure, rapid heart-beat and/or rapid breathing.

How much fluid is enough? The recommendation of 2 quarts (8 cups) of fluid per day is a good general guide. However, men need more water than women as a general rule because men have a higher percentage of muscle than women! Exercise, body weight, heat exposure, certain medical conditions or medications can also affect your fluid needs.

Carry water with you to sip if you are engaged in a physical activity for more than 30 minutes. Be careful with caffeinated beverages during exercise. In the short term, caffeine can make your exercise seem easier but on the downside it also acts as a diuretic, increasing your risk of dehydration.

As we age our sense of thirst diminishes as does our body's ability to conserve water. Sip water throughout the day to stay hydrated. If plain water is not your thing, motivate yourself to drink more by flavoring it with lemon, mint or other fruits or herbs! Eating foods high in water such as fruits, broth based soups and vegetables can also help prevent dehydration. Avoid the drought. Don't wait until you are thirsty to drink fluids.

-From the archives of Carol Simmer, RDN

FOOT CARE

Richelle Shields, LPN  
Friday, Sept, 7  
Friday, Sept. 27



Richelle is medically trained to address foot & nail problems, including:

- Nail Trimming (Thick Nails, Hard to cut toenails)
- Ingrown Toenails
- Callouses, Bunions & Corns
- Hammertoe

\$35 Cost Paid to Nurse at time of service

Free Blood Pressure Checks

Every 3rd Thursday 11:00am

Provided by the Ferndale Fire Dept.