

The Trapedero II Lounge

This space is the perfect place for ages 50+ to meet their neighbors, play games and read. The "Trap" has Cable TV, computers with internet access, newspapers, a paperback lending library and fun programs and clubs. The emphasis is on education, staying active in mind, body and spirit, making new friends and enjoying life. Activities range from social clubs and workshops to dances and sports. Volunteers are always on hand to answer questions.

Here's a sampling of fun, free activities:

- **Bingo** 12:30-1:30pm
2nd and 4th M. White elephant.
- **Wii Bowling** 10:30-11:30am
1st and 3rd M
- **Bean Bag Baseball**
1st Th of the month.
The Firstenburg Sluggers!
- **Billiards/Ping Pong**
Open daily anytime during business hours.
- **Quilting** 1-3pm
1st and 3rd M. Make quilts for children.

Trapedero II hours:

M/W/F 8am-4pm
T 8am-8pm
Th 8am-7pm
Sa Noon-4pm
Su Closed
The Trap will be open 10-2pm. 1/18, 2/15



CLUBS

Newcomers are welcome! \$1 per person. If you have questions or you'd like to donate supplies, call 487-7015. Check the Senior Messenger newspaper for other special events, themed parties, workshops, classes and seminars.

Bridge Club: W 12:30-4pm

Beginning/Intermediate

Computer Basics: Th 1-3pm

Cribbage Club: F 12:30-3pm

Hand and Foot Card Game:
Th 10am-noon and 3-7pm, Sa noon-4pm

Knitting and Crochet Club:
W 10am-noon (Beginners are welcome)

Mah Jong: 2nd and 4th M 1:45-3:45pm

**Mexican Train
Dominoes** F 10am-noon

Pinochle Club: Double Pinochle
T 12:30-3:30pm and Th 5-8pm

DANCES

Dances happen in the Firstenburg community rooms. Loaves and Fishes serves lunch prior to the afternoon dances. Come and enjoy lunch and dancing!

Ring in the New Year Dance - 1/5
Featuring the John Lazzari Band, \$4 at the door, sponsored by Glenwood Place Senior Living.

Have a Heart Dance - 2/2
Featuring the New Horizon Orchestra, 1:30-3:30pm, \$5 at the door, sponsored by Van Mall Retirement Living.

Pot of Gold Dance - 3/2
Featuring Lee Nicholas Band, 1:30-3:30pm, \$4 at the door, sponsored by Orchard Village Retirement.

Spring Fling Dance - 4/6
Featuring John Bennett Band, 1:30-3:30pm, \$4 at the door.

THANK YOU A special thanks to our Trapedero II partners:

- Orchard Village - A Senior Living Community
- Margaret Madison Phelan P.S. Attorneys at Law
- Glenwood Place Senior Living
- Courtyard Village Retirement
- Woody Ennis, Financial Asset Protection
- Humana Market Point
- The Bedford Independent Retirement Living
- Home Instead Senior Care

Are you interested in becoming a partner? Call Patty Krebs at 487-7015 to find out all of the benefits! Partnerships are affordable and will give your business exposure in the Vancouver-Clark Parks and Recreation catalog, on the Web and more. Limited space is available, so call today.

Swing into Spring Style Show

Join us for this special evening of tea and a fun style show!
75840 Th 5/6 6:30-8pm \$2

487-7015 or 487-7036



LOAVES & FISHES CENTERS
The Meals-On-Wheels People

Loaves and Fishes at Firstenberg Community Center

Enjoy a hot lunch provided by Loaves & Fishes M-F, 11:30am-1pm (\$2.75 suggested donation). For more information or to find out about volunteer opportunities, call Andre Parker at 597-5711.

Old Time Fiddlers:
3rd Th, 11am-noon

Monthly birthday celebrations: 2nd W

Bridge Basics

Have fun learning the basics of bridge, point count, basic bidding and practice play. This class is for beginners. FCC Special Events Room B, 4 wks.

75361 T 3/2-3/23
1-3pm \$22

Interested in a Digital Photography Class?

See page 14.

Cell Phone Simplicity

This class is geared specifically for seniors who are confused by their cell phone options. Learn about the features of cell phones and how to use them. If you have a cell phone, bring it with you. If not, come with questions. FCC Trapedero II.

M 6:30-8:30pm \$9
75359 3/15 75360 4/19

Social Security Planning

This workshop will give a good overview of social security and offer tips on how to plan for a better retirement. FCC Trapedero Lounge.

M 6:30-8pm \$8
75369 3/1 75370 4/5



Meet Local Mystery Writer Sheila Simonson

Vancouver writer Sheila Simonson will talk about the local history that is the backdrop for her books. Her recently published book "An Old Chaos" takes place in the Columbia River Gorge in Washington. FCC Trapedero Lounge.

75650 W 4/7
6-7:30pm \$10

For outdoor adventure classes such as sailing, mountaineering, kayaking and cross country skiing see page 63.

Forever Young Hikers:

See page 46 for the schedule and descriptions of these fun 4-6 mile hikes for all skill levels. Transportation is provided.

WELLNESS AND FITNESS

Wellness at the "Trap" — FREE

Blood Pressure Checks:

10-11am first W of the month (sponsored by Highland Terrace).

Wellness talks and screenings

Noon-12:45pm every 2nd T w/ Loaves & Fishes.

- 1/12: "Protecting Yourself from Obesity" presented by Southwest Washington Hospital staff noon-12:30pm.
- 2/9: "Are you at risk for Diabetes?" Noon-12:30pm, by Highland Terrace Nursing Home.
- 3/9: "Who's looking out for the Future," 11am-11:45am, by Woody Ennis.
- 4/13: "Foot Health, Ways to Take Care of Your Feet," 11am-noon, by Dr. Hayes.

SHIBA (State Health Insurance Benefit Advisors): Get help on health care issues, Medicare, the Prescription Drug Program and supplemental insurance. Call for an appointment or drop by any 2nd M from 10am-noon. Contact: 487-7015 or 487-7036.

Financial Clinic: 4th M, 10am-noon.

Legal Clinic: 1st M, 10am-noon, free half hour of consultation with a volunteer attorney. Appointments required, call 487-7036 or 487-7015.

Foot Care Clinic — 50 and Better

This 30-minute clinic includes routine trimming and smoothing of fungal nails, corns and calluses. After registering for class, set up an appointment by calling 487-7001. Cascade Inn,

11613 SE 7th St.
M 8-noon \$32
75371 1/11
75372 1/18
75373 2/8
75374 2/15
75375 3/8
75376 3/15
75377 4/12
75378 4/19

