

PORT ANGELES SENIOR AND COMMUNITY CENTER

PASC HOURS: Mon - Fri, 8:30 AM - 4:00 PM

KOFFEE KORNER HOURS
Mon - Fri, 8:30 AM - 2 PM
Sat, 9 AM - 1 PM

COMPUTER CENTER
Mon - Thur, 11 AM - 3 PM



GIFT SHOP NEWS

10 AM to 2 PM, Monday through Thursday

The Gift Shop offers a unique shopping experience with a wide variety of local made items. This is the perfect place to find a gift for someone special or even yourself! Currently, we are seeking new crafters. If you have hobby making crafts, please consider placing them in our shop.

We are open from 10 am to 2 pm Monday through Thursday. Stop in and visit. **Calling All Gift Shop Vendors...**

We will be open during the Holiday Craft and Vendor Fair, Saturday, November 7th. This is a great opportunity for you to sell your items. Please come by to check your inventory and verify your address. Payments can be lost if it's not correct. We've had a good sales year and wish you another to come.



FREE MEMORY SCREENING CLINIC

Port Angeles Senior Center

The Montreal Cognitive Assessment (MoCA) is a wide used, brief screening tool designed to detect mild cognitive impairment and early signs of dementia.

Who should take the MoCA?

- People experiencing memory loss or those with cognitive concerns.
- People curious about their cognitive Health.
- People who are proactive in long term life planning.
- People who haven't had a memory screening performed by their doctor.
- People waiting to see a neurologist.

For questions call:
Bri Buchanan
360-417-8540

Aging & Adult Services OF COASTAL WASHINGTON

WALK-INS WELCOME:

Wed. Nov. 18th, 2026
Port Angeles Senior Center
328 E. 7th St.
Port Angeles, WA 98362

9:00 am to 12:00 pm

No need to make an appointment, feel free to show up anytime between 9 am and 12 pm.

Please note: This is **NOT** a diagnostic tool. The MoCA is a screening tool used to inform participants of possible mild cognitive impairment or early-stage dementia. Regardless of your scores, you should always follow up with your physician for further testing and formal diagnosis.

Disclaimer: This program is funded by the Rural Health Transformation. The Rural Health Transformation Program is supported by the Centers for Medicare & Medicaid Services (CMS) of the U.S. Department of Health & Human Services (HHS) as a financial assistance award totaling $181,257,515.06 with 100 percent funded by CMS/HHS. The contents are those of the author and do not necessarily represent the official views of, nor an endorsement, by CMS/HHS, or the U.S. Government.



Catching up with Carmen

Happy November! The holidays are right around the corner, and we have so much to look forward to at the Port Angeles Senior & Community Center!

Join us for our **Holiday Market & Craft Fair on Saturday, November 7, from 9 a.m. to 2 p.m.** Shop unique handmade items, discover special treasures, and kick off the holiday season while supporting local crafters and vendors. Whether you're searching for a thoughtful gift or a little something for yourself, we hope you'll stop by! This event is also our Center's largest fundraiser, and your support helps make it a success.

Looking for another way to get involved? We're welcoming enthusiastic volunteers to our front desk, greeter station, computer center, accounting/booookkeeping, and Koffee Korner teams. Our Center thrives because of people who share their time, talents, and kindness. Stop by the front desk to learn more or pick up a volunteer application.

As we enter this season of gratitude, we're especially thankful for the members, volunteers, and friends who make our Center such a welcoming place. Come connect, celebrate, and make a few new memories with us. We can't wait to see you at the Center!

See you around the Center!

Carmen Geyer

Senior & Community Center Manager

PORT ANGELES SENIOR CENTER MEMBERSHIP

Membership: open to anyone 55 and over
Annual Dues: $16 City residents: $25 for all others
Associate Membership: age 45-54
Annual Dues: $18 City residents: $27 for all others
Office Hours: Monday thru Friday, 8:30 AM to 4:00 PM
-- CLOSED HOLIDAYS & WEEKENDS --
Telephone: 360.457.7004

PASC Staff: Carmen Geyer - Manager

VOLUNTEER BOARD OF DIRECTORS

The meetings are open to Senior Center Members for observation and public comment.

President: **Charlie McCaughan**
Vice-President: **Elyse Grosz**
Secretary: **K. Penney Sanders**
Treasurer: **Karen Wolf**

Candice Bullard
John Doherty
Beverly Hawes
Danetta Rutten
Gary Smith
Sandy Smith

PASC BOARD OF DIRECTORS

Tuesday, November 10, 9:30 AM

Senior Center Board meetings are open to all members. If you would like to attend, they will be held on the second Tuesday of the month and start promptly at 9:30 am. There is limited space. We request you arrive a few minutes before the start time and sign in at the door.

CENTER OPERATION The Port Angeles Senior & Community Center (PASC) is cooperatively run by the Senior Citizens Guiding Committee, a designated IRS 501c3 non-profit and the City of Port Angeles. Programs and services at the center are self-supporting.

NOVEMBER NEWSLETTER SPONSOR UPDATE

Assured Hospice
Dungeness Courte Memory Care
Jim's Pharmacy
Meldrum Insurance/Financial Services
Olympic Medical Center
Park View Villas
Ridgeline Homecare Cooperative

NEWSLETTER VOLUNTEERS

Production: Candice Bullard & Gay Whitman

USPS ID Statement
Published Monthly
PORT ANGELES SENIOR CENTER
328 E. 7th Street
Vol. #56 Issue 11

MISSION STATEMENT

The mission of the Port Angeles Senior Center Board of Directors is to develop and manage programs to encourage physical, intellectual, emotional and social well-being for persons 45 and older in a safe and open environment.

November/December Trips

POINT DEFIANCE ZOO & AQUARIUM AND TROLLS!
(Rescheduled)

Monday, November 2

This zoo is large enough to offer an amazing array of animals yet small enough to let you get really close to them. It offers breathtaking views of the Puget Sound, Mount Rainier, and the Olympic Mountains. Explore the only combined zoo and aquarium in the Northwest. You will see sea horses and sharks, peacocks and penguins, wolves and walruses, all in one place! Plus, there is the added attraction of the latest installment of the Dambo Trolls. TROLLS: A Field Study invites guests to slow down, explore the outdoors, and see nature through a new point of view. Handcrafted from reclaimed materials like fallen branches, scrap wood, pallets, and twigs, each troll has its own unique personality and story. The four trolls located at this site are temporary installments. This is your chance to meet Birch, Boge, Larke and Poppi before they leave on January 24th.There are several places you can buy great food throughout the zoo or you can pack a lunch. Wear your walking shoes. There is a lot to see!

$62 M, $67 AM, $78 NM Departs 8 am TA

SILVERDALE - TRADER JOE'S

Friday, November 13

It is time to check your Christmas list! We will be heading to some of our favorite shops at the Trails Mall in Silverdale featuring Home Goods, Marshalls, DSW, Sprouts and Total Wine! World Market, Barnes and Noble and Target are also options. For lunch (on your own) you can go to Olive Garden, Red Robin or stay at the Mall and enjoy a meal there. On our way home we will stop at Trader Joe's.

$21 M, $26 AM, $37 NM Depart 8:30 AM T **DL 11/6**

*PORT GAMBLE COUNTRY CHRISTMAS AND CHIMACUM CAFE

Saturday, December 5

Our adventure begins with a stop for lunch (on your own) at the Chimacum Cafe before visiting Port Gamble's annual "Country Christmas" celebration. You will enjoy a variety of festival holiday activities, including horse-drawn hayrides through a town sparkling with over 100,000 holiday lights and a stunning tree lighting ceremony, followed by Western Washington's only holiday fireworks display.

$18 M, $23 AM, $34 NM Depart 11:00 AM T **DL 11/30**

*** New posted trips go on sale Monday, November 2.**

M-Member, AM-Associate Member, NM-Non Member
T-Transportation. A-Admission, F-Food, DL-Deadline



EXCITING VOLUNTEER OPPORTUNITY!

For anyone who likes to travel, enjoys unique points of interest and ready for new adventures! We are looking for drivers with a willingness to drive our 14-passenger van once or twice a month.

We will provide training. For more information and details, contact the Senior Center or come by to fill out a volunteer form. Adventure awaits!

TRIPS TRIPS TRIPS! JUST A REMINDER

TRIP SIGN UP - Sign up is available at the PASC front desk according to posted dates. You may sign up one other person for a trip, provided you have the person's name, membership and telephone numbers.

REFUNDS - Traveler is eligible for refund if trip is cancelled before deadline date, unexpected illness or if their spot can be filled by someone on the waiting list. No shows or late arrivals will result in forfeiture of monies paid. Refunds are usually made by check once a month after trip has been completed.

RETURN TIMES - Due to many variables that can affect a trip's return time, we suggest not making any "must be there" post trip plans.

EVERYONE - Please do not use cologne, after-shave, perfume, etc. when on trips, in classes, and PASC public areas, in consideration of others.

For those PASC tripsters who do not have a telephone answering machine, you are encouraged to call the center at 360.457.7004 a couple days prior to your trip. We may have tried to notify you of a change in your trip but were unable to find you at home.

TRIP PARKING - Please park your car in the upper south parking lot.

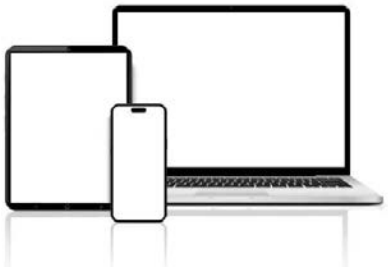


MAH JONGG

Thursdays, Noon-3 PM

Looking for a fun and social game? Join us for Mahjongg, where strategy, skill, and a little luck come together. No experience? No problem! We'll teach you how to play. Free for Senior Center members. All are welcome!

Computer Center (CC) 360.457.7004



FACEBOOK QUESTIONS? NEED HELP GETTING STARTED?
SIGN UP FOR FACEBOOK TUTORING IN OUR COMPUTER LAB.
For more information visit us in the computer lab.

TECH CAN BE TRICKY but you don't have to figure it out alone! Volunteers are available Monday - Thursday, 11 am - 3 pm, to help with your phone, laptop, or computer - and can even set up one-on-one tutoring if needed.

GOT CLASS IDEAS? Let us know - whether it's tips, email basics, or safe internet use, we're here for it.

FEELING OVERWHELMED? Stop by the Computer Lab at the Port Angeles Senior & Community Center. We've got you!

"BOOKED FOR MURDER" MYSTERY BOOK CLUB



Friday, November 13, 2 - 4 PM

We meet every month on the second Friday, 2-4 PM to discuss selected mysteries. Join us in the conference room for our get together. Everyone will have the opportunity to share their likes and dislikes of this genre. We will narrow down the usual suspects and not-so-usual suspects and make our book selections from the evidence.

We will discuss this month **"The Hypnotist" by Lars Kepler.** The December book selection is **"Surface Tension" by Christine Kling.**



BABY IT'S COLD OUTSIDE!

The Port Angeles Senior and Community Center will follow the local school district's inclement weather policy. If Port Angeles schools are closed then we will be closed. And if they are on a two-hour delay then our building will open at 10:30 am. In the event of a two-hour delay, the building will be open, but all classes, programs and events will be subject to the discretion of instructors and program leaders. KONP 1450 AM, 101.7 FM, KSTI 102.1, & KSQM 91.5



DIAMOND DOTZ PAINTING

Mondays, 10 AM - Noon

Learn the Art of Diamond Dotz Painting on Mondays 10 am to Noon at the Crafty Corner in the lounge extension.

$5.00 includes a full kit and personal instructions. It's fun & easy!

REMINDER

Please refrain from wearing perfumes, colognes, scented lotions, or any other strongly scented products when visiting the center. This will help individuals with sensitivities, allergies, and respiratory conditions who might be negatively affected by strong scents. By keeping our environment fragrance-free, we create a welcoming and inclusive atmosphere for all.

CREATIVE CONNECTIONS: SENIOR CRAFTING

Thursdays, 10am - 12pm

Calling all crafters! Join us at the center to work on decorations or bring your own project. This is a relaxing space to get creative, share ideas, and enjoy crafting together. Whether you're a beginner or seasoned crafter, everyone is welcome.



COMMUNITY WALK

Saturdays, 9 AM, (weather permitting)

The group meets up at Hollywood Beach at 9 am and walks for 1 hour. Everyone walks at their own pace, but no one walks alone.

MEDICARE OPEN ENROLLMENT

Medicare open enrollment is from
October 15 through December 7, 10:00 AM - Noon

If you are enrolled in Medicare, this is your chance to review your prescription drug plan (Part D) or your Medicare Advantage (Part C) plan. You can switch, drop, or enroll in a prescription drug plan or Medicare Advantage plan during open enrollment. We can also review programs that may help pay some of your Medicare costs. Statewide Health Insurance Benefits Advisors (SHIBA) volunteers provide free, unbiased, one-on-one counseling to help you make better informed decisions about your Medicare related insurance.

To be prepared for your visit, review and keep all letters and notices your current plan sends you. List the current prescription drugs you take, the doses, and how often. Then, use the Plan Finder at www.medicare.gov to compare Part D plans or bring the list with you to one of our walk-in clinics. Review the *Medicare & You* handbook. You should receive it by mid-October.

During open enrollment, SHIBA volunteers will be at the Port Angeles Senior Center on October 16, 23, November 13, 20, and December 4.

*In the state of Washington, Medigap or Medicare Supplement plans do not have an open enrollment period. There are specific rules that apply to changing or signing up for a Medigap plan. See page 11 for more information!

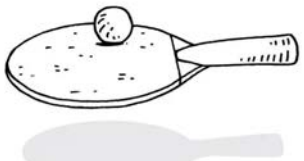
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Coastal Community Action Program

No Reservations Needed – Lunch Served from 12p-1p

NOVEMBER 2026 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **Salisbury steak w/ gravy** **Mashed potatoes** **Broccoli Normandy** **Caesar Salad** **Fruit**	**3** **Polish sausage** **Mixed veggies** **Sauerkraut** **Potatoes** **Fruit**	**4** **Cooks choice**	**5** **Spaghetti** **Garlic bread** **Peas & carrots** **Green salad** **Fruit**	**6** **Fish** **Quinoa** **Stewed tomatoes** **Coleslaw** **Fruit**
9 **Chicken parmesan** **Pasta** **Winter mix** **Green salad** **Fruit**	**10** **Stuffed baked potato** **Cauliflower** **Carrot salad** **Fruit**	**11** **Closed** **Veterans day** 	**12** **Cooks choice**	**13** **Glazed meatloaf** **Potatoes** **Broccoli Normandy** **Pea salad** **Fruit**
16 **Beef & bean burrito** **Italian vegetables** **Caesar salad** **Fruit w/melon**	**17** **Navy beans with ham** **Cornbread** **Green Salad** **Fruit**	**18** **Soup & Sandwich** **Beet salad** **Fruit**	**19** **Turkey w/gravy** **Mashed potatoes** **Green bean-casserole** **Fruit salad** **Pumpkin pie**	**20** Cooks choice 
23 **Meatballs over rice w/gravy** **Brussel sprouts** **Green salad** **Fruit**	**24** **Cooks choice Breakfast**	**25** **Cooks choice salad**	**26** **Closed** 	**27** **Closed**
30 **Biscuit & gravy** **Broccoli** **Carrot salad** **Fruit**	**60 years & older is a $5 donation** **Under 60 years is $10**		ALL MENU ITEMS ARE SUBJECT TO CHANGE	**Please keep everyone safe & wash your hands often & stay home if you are sick** **Thank you!**



PING PONG IS BACK!

Join in the fun on

Wednesday and Fridays, 10 AM - 12 PM

in room 207.

Beginners welcome!



NAIL CARE FOR HANDS AND FEET

BY DAOSA

Call Daosa at

951.442.9566

for appointment and cost information.



HAND AND FOOT CARD GAME

Fridays, 1:00 - 3:30 PM

in room 207

Join us for Hand and Foot Card game.

Beginners welcome!



QUILT GROUP

NEW DAYS & HOURS!

The quilting group meets twice monthly on the first and third Mondays of the month from 1 to 2:30. It is a space for experienced quilters and hand stitchers to meet to work on their personal projects. Come and enjoy the calm encouraging companionship of others while stitching. This is not a class and prior sewing experience is a prerequisite. $2 fee per meeting.

CHARITY SEWING

Thursdays, 9:30 AM - Noon

Join us Thursday mornings from 9:30 to noon and help us make a difference. All levels are welcome, from beginner to advanced. Our sewing projects benefit people both locally and around the globe. Donations, which we rely on for our projects, are gratefully accepted. Contact Connie Panike, at 541.212.8855 for a list of specific supplies that are needed or bring donations to the Senior Center on Thursday mornings when we are meeting.

PASC Activities

ACTIVITIES THIS NOVEMBER			
Date	**Day**	**Time**	**Names**
11/9,23	Mon	Noon-2	Coloring for Adults
11/10	Tue	9:30 am	PASC Board Meeting
11/13	Fri	2-4 pm	Mystery Book Club
11/18	Wed	9-Noon	Memory Screening Clinic



FIT FOR LIFE – GOING STRONG
Tuesdays & Thursdays, 9–10 AM

This all-around workout will make you feel ready to take on your day! Enjoy fun and easy-to-follow, low-impact aerobics with intervals of strength and balance exercises to improve cardiovascular health, balance, muscular strength, and endurance.

Cost: $6 **Instructor:** Elyse Grosz

A portion of the class fee benefits PASC programs.

NEW YOGA CLASS Wednesdays, 9–10 AM

A new yoga class is started in July! This is perfect for those who are not able to attend the evening yoga.

Cost: $6 **Instructor:** Mikki Jones Hughes

A portion of the class fee benefits PASC programs.

TAI CHI Mondays, 9 - 10 AM

Increase your strength and balance! Patty will teach this Tai Chi class at PASC each Monday from 9 am to 10 am. Patty has practiced Tai Chi for more than 30 years. This class is by donation.

CHAIR YOGA Wednesdays, 12:15 - 1 PM

Chair yoga is a gentle form of yoga that is practiced while seated in a chair or using a chair for support. It offers a modified approach, making it accessible for individuals with limited mobility, balance issues, or those who prefer a more relaxed practice. People of all fitness levels can experience the benefits of yoga without a mat or complex poses.

KRIPALU YOGA
Mondays and Thursdays, 4:00 - 5:30 PM

Kripalu Yoga, offered Monday and Thursday 4-5:30 pm, is a gentle yin style hatha yoga. This practice encourages you to explore your own edges while guiding you towards deeper possibilities. The practice is suitable for all bodies. Come check us out. FREE, with donations gratefully accepted.

WEEKLY ACTIVITIES & CLASSES		
Day	**Time**	**Names**
M-Th	10 am-2 pm	The Gift Shop Open
Mon	10am-Noon	Diamond Dots
	1:00 - 2:30	Quilt Group - 1st and 3rd Mon
	1-3 pm	Friends Together-2nd, 3rd, 4th Mon
Tue	1:30 - 3:30	Guided Autobiography begins 6/2 (Except 3rd Tuesday of month)
Wed	10am-Noon	Writers Group
	1:30 - 3:30	Uke Strummers
	1:00 - 3:00	Guided Autobiography
Th	10am-Noon	Creative Connections
	Noon-3 pm	Chinese & American Mah Jongg lessons & play
Fri	9:30 -12:15	Watercolor Painters

COMPUTER CENTER			
Date	**Day**	**Time**	**Names**
Your day	M-Th	11 am-3 pm	Open Lab
Your day	M-Th	Your time	Tutoring

NOVEMBER TRIPS			
Date	**Day**	**Time**	**Names**
11/2	Mon	8 am	Point Defiance Zoo & Trolls
11/13	Fri	9 am	Silverdale & Trader Joe's

REIKI WITH SUSI

Are you anxious or nervous about something? Would you like some relaxation? Let reiki do its magic for you. Reiki is a calming treatment that will leave you feeling focused and serene.

All you have to do is take your shoes off and let the peace of reiki do its wonder from your head to your toes. Reiki is also good for pain reduction. Susi is a certificated master reiki practitioner. If interested in a reiki session, call the reiki lady, Susi Cates at 360.452.2610 - $15 for 45 minutes. Offered Mondays and Tuesdays.

CHAIR EXERCISE Mon/Wed/Fri, 9 - 10 AM

Designed to provide a workout for nearly every muscle in the body! Exercising in a chair is surprisingly more challenging than one would think. This video instructed class is suitable for everyone.

Check with your doctor prior to beginning any exercise class.

Activities for November 2026

WEEKLY CARDS & GAMES		
Day	**Time**	**Names**
Mon	10 am - Noon	Euchre (we are willing to teach)
Mon	12:30 - 4 pm	Pinochle Single Deck
Tue	10 am - 2 pm	Pegs/Jokers Game Play
Tue	12:30-4 pm	Pinochle Double Deck
Thurs	12:30-4 pm	Pinochle Double Deck
Thurs	1-4 pm	Quiddler
Wed	Noon - 3:30 pm	Progressive Contract Bridge
Thurs	Noon - 3 pm	Chinese & American Mah Jongg
Fri	**1:00** - 3:30 pm	Hand & Foot is back!
Fri	12:30 - 4 pm	Pinochle Single Deck
Sat	12:30 - 3 pm	Cribbage

SUPPORT GROUPS			
Date	**Day**	**Time**	**Names**
11/9	Mon	9:30-11:30am	Alzheimer's Caregivers
11/17	Tue	11am–1 pm	Grief Support Group
11/17	Tue	1:00-2:30pm	Parkinson's Support Group

HEALTH & FITNESS			
Date	**Day**	**Time**	**Names**
Wkly	Mon	9-10 am	T'ai Chi for Seniors
Wkly	M/Th	4-5:30 pm	Kripalu Yoga
Wkly	Tue	10-11 am	Middle Eastern Dancing
Wkly	Tue	2:30-3:30pm	Meditation Class
Wkly	T/Th	9-10 am	Fit for Life
Wkly	T/F	2 pm	Strength & Balance Class
Wkly	Wed	9-10 am	NEW Yoga
Wkly	Wed	12:15-1 pm	Chair Yoga
Wkly	M/W/F	9 am-10 am	Chair Exercise
Wkly	Wed Wed Thu	12:30-2:00 2:15-3:45 pm 1:30-3:30pm	Beginner 2 Line Dance Beginner 1 Line Dance Hi-Beginner Line Dance
Wkly	Thu	9-10 am	Qi Gong

SPORTS			
Date	**Day**	**Time**	
Wkly	Mon	10:15–1:00	Pickleball
Wkly	T/Th/F	10:15–1:30	Pickleball
Wkly	Wed	10–12:15pm	Pickleball
Wkly	Wed	10–Noon	**PING PONG** EXTRA DAY!
Wkly	Fri	10–Noon	**PING PONG** IS BACK!!!
PICKLEBALL - 1st hr. of play each day is for beginner & intermediate players. Rest of time is for intermediate.			

ALZHEIMER'S CAREGIVER SUPPORT GROUP

Monday, November 9, 9:30 - 11:30 AM

The Port Angeles Alzheimer's Caregiver Support Group for caregivers, family members and friends of those suffering from memory loss meets once a month on the second Monday from 9:30 - 11:30 am.

You may contact Judi, the group facilitator, for further information at 989.255.8399 or judioden@gmail.com

GRIEF SUPPORT GROUP

Tuesday, November 17, 11 AM - 1 PM

Kathleen Howard from Assured Hospice (360.582.3796) will be leading a grief support group at PASC on the 3rd Tuesday of the month upstairs in the conference room from 11 - 1 PM.

PARKINSON'S SUPPORT GROUP

Tuesday, November 17, 1 - 2:30 PM

The Parkinson's Support Group will meet on the **3rd** Tuesday of every month. Care partners are welcome.
Celeste Maier is the moderator.

MEDITATION CLASS:
Discovering Tranquility Within

Tuesdays at 2:30 PM - 3:30 PM

Embark on a journey to inner peace. In this beginner-friendly course, you'll be introduced to the art of meditation, unlocking the door to a calmer mind, reduced stress, and enhanced overall well-being. Meets in the Lounge Addition.

QI GONG FREE Thursdays, 9 - 10 AM

Class preparation is simple. Wear loose, comfortable clothing. People can practice in shoes, socks or bare feet. For more comfort, bring a yoga mat or blanket to stand on. We will learn a Qi Gong form known as "Essence Qi Gong" which is mainly standing in one place with gentle movements.

Leading the class is Andy Brastad, a certified instructor who has been practicing Qi Gong for ten years. Contact Andy at andybrastad@gmail.com if you would like more information.

STRENGTH AND BALANCE CLASS

Tuesdays & Fridays, 2 PM, $5 per class

What do you say to yourself about where you are at in your health journey? Learn how to OFFSET age-related decline in Strength and Balance class on Tuesdays and Fridays at 2 pm. Improve your balance, increase your bone density, decrease risks of osteoporosis, regain lost muscle mass, move your joints, and sharpen your cognition! All ability levels are WELCOME to train and restore your confidence and vitality!

EUCHRE ANYONE?

Mondays, 10 AM - Noon in the Computer Room!

Would you like to learn a new fun and fast paced card game? The group of current Euchre players are looking for new players AND ARE WILLING TO TEACH! It is easy to learn and a truly fun game! If you are interested, please contact the Senior Center and someone will contact you.



COLORING GROUP FOR ADULTS

2nd & 4th Mondays, Noon - 2 PM
November 9 and November 23

Bring your books, color pencils, color gel pens, crayons… and help us make the world a more colorful place! No experience needed to enjoy this relaxing and stress-free craft.

POOL ROOM

Pool is for everyone, and The Port Angeles Senior Center welcomes players of all skill levels. Open from 8:30 AM to 4:00 PM, the cost is $1 per day for members and $2 for non-members. With 11 league teams, regular tournaments, and lessons by Bill Henderson and Dave Secord, there's something for everyone. For more information or to join, text or call Bill Henderson at 360.477.1867.

MIDDLE EASTERN DANCE LESSONS

Tuesdays, 10–11 AM // $5 members, $6 non-members

Have fun while exercising in this friendly, supportive class! Learn the art of Middle Eastern dance (belly dance) while building fitness, flexibility, and confidence. Classes include a warm-up, basic dance steps, and, over time, complete dances. Beginners and those with some dance experiences are all welcome. Instructor Kelleen, a former school teacher and professional Middle Eastern dancer, brings her enthusiasm and love of dance to every class. Wear comfortable clothes that allow you to move easily. For more information, call or text Kelleen at 425.358.0101. Come and enjoy!

CRIBBAGE

Saturdays, 12:30 - 3 PM, Doors lock at 12:25!

Interested in playing? Want to learn how? We will teach you!
Already know how? Looking for a place to play?
This is the place! See you Saturday!

PINOCHLE

Single Deck - Mon & Fri, 12:30 - 4 PM
Double Deck - Tue 12:30 - 4 PM & Th 12:30 - 4 PM

PROGRESSIVE CONTRACT BRIDGE

Wednesday, Noon - 3:30 PM, Play starts at 12:15 PM
Beginners welcome, Rules taught
See https://www.acbl.org/learn/
See "Bridge For Everyone" videos on YouTube

JIM'S PHARMACY

Your Locally-Owned, Independent Pharmacy, Home Health Center, and Gift Shop

PHARMACY

- Compound Prescriptions
- Vaccinations
  * Including Travel Vaccines
- Diabetes Education Courses
- Compliance Packaging Option
- Drug Take Back Program
- Two Drive Up Lanes

GIFT SHOP

- Designer Greeting Cards
- Home Decor & Fashion
- Truffles & See's Candies
- Gifts For All Occasions
- Free Vitamins for Kids Program
- Free Gift Wrapping



HOME HEALTH CARE

- Compression Stockings
- Walkers & Wheelchairs
- Bathroom Safety Products
- Cpap & BiPAP Devices
- Mastectomy Fittings
- Lift Chairs
- Hospital Beds

Store Hours:
Mon-Fri
8:30am - 7pm
Saturday
9am - 5pm
Sunday
12pm - 4pm

Voted Best Pharmacy on the Peninsula year after year!
424 East 2nd Street, Port Angeles, WA 98362
(360) 452-4200 | www.jimsrx.com | Follow us on Facebook

WITH YOU AT HOME
RIDGELINE
HOMECARE COOPERATIVE
Ridgeline Homecare Cooperative
Lifting eachother to new heights of care
www.ridgeline.coop
Alicia Campion
Administrator
admin@ridgeline.coop
360-504-3837

MASKS ARE OPTIONAL

We will still have masks available for anyone that needs or wants one. *Certain service groups or programs may still require a mask to access services. We will provide additional information as we receive it.

IF YOU DON'T FEEL WELL - STAY HOME AND TAKE CARE OF YOURSELF!

For the protection of yourself and others, please stay home when you don't feel well.
THANK YOU!

Classes & Activities

NEW PROGRAM: QUIDDLER

Thursdays 1 to 4 PM

You are invited to play a new game at the Center called Quiddler. It is a fast-paced "short word" card game where players aim to create words from a hand of letter cards to achieve the highest total score over eight rounds. This game is fun and easy to learn. Everyone is welcome!

"Gratitude helps us see what is there instead of what isn't." – Annette Bridges



Your Port Angeles Medicare Advisor!

Medicare HELP!

Medicare Supplement
Rates Are Increasing!
I'll help you get the right coverage that fits **you** best –without overpaying.

MELDRUM INSURANCE

Call Blake for more information.
360-928-8489
Blake Meldrum



PASC LINE DANCE! Instructor: Jerie Louie

Beginner 2 Dance - Wed: 12:30 - 2:00 PM
Beginner 1 Dance - Wed: 2:15 - 3:45 PM
Hi-Beginner/Low Int Line Dance - Thu: 1:30 - 3:30 PM

Line Dance is fun and challenging exercise to music of all kinds. Shaking your booty is remarkably healthy! It can boost your memory and coordination, reduce stress, improve your outlook, and grow your social circle. Fee per class: $4.

A portion of the fee benefits PASC programs.

WRITER'S GROUP

Wednesdays, 10 AM - Noon

Self-assessed as "Good Enough" to find JOY in the act of writing. Share. Inspire. Challenge. Explore. Listen. Two prompts weekly. One now, other for following week.

Our Writer's Group is a self-directed and caring group. We have fun exploring writing in different genres and styles in all kinds of prose and poetry. You can write about anything in your own way here. Come in for a visit or to write. Bring your pencil, pen and paper or your favorite device for creative composing. Note: This is NOT a critique group!

Dungeness Courte
MEMORY CARE



Dedicated to families and community by....

Enhancing and supporting a healthy living lifestyle in a comfortable, secure setting designed for easy navigation, while socializing with our planned daily activities while providing 24-hour licensed nursing care (RN's & LPN's).

your STORY continues with us.....
PURPOSE, DIGNITY, INDEPENDENCE

Day Stay Respite Services and Overnight Respite Services offered and provided for family members to take time for themselves and give your MIND & BODY A REFRESH & RESET..... call to learn more about these services.

360-582-9309

651 Garry Oak Drive
Sequim, Washington

Scan to take the Virtual Tour!

FRIENDS TOGETHER

2nd, 3rd and 4th Mondays from 1 - 3 PM

Friends Together is a nonprofit serving individuals with developmental and intellectual disabilities. We provide free social, civic, and recreational activities through a 100% volunteer-run cooperative. Our programs include field trips, drama, taekwondo, and bowling, meeting weekly in Port Angeles and Sequim. Thanks to the support of the PA Senior and Community Center, we have a place to call "home." Visit us at clallamft.org to see what we're up to!

PA FOOD BANK MOBILE MARKET

Tuesdays from 11 am-12 pm & Fridays from **1–2 pm** in our parking lot (weather and holiday permitting). Free groceries, including produce, pantry staples, frozen items, dairy, and baked goods. Everyone is welcome.

PORT ANGELES FOOD BANK – Main Pantry

Open to all Clallam County residents. A welcoming market where you will find fresh produce from local farms, meat, milk, and eggs from local suppliers. There will also be household goods, pet food, personal care, and hygiene items. Shop for a few days' worth of food and visit as you need to. More info: portangelesfoodbank.org

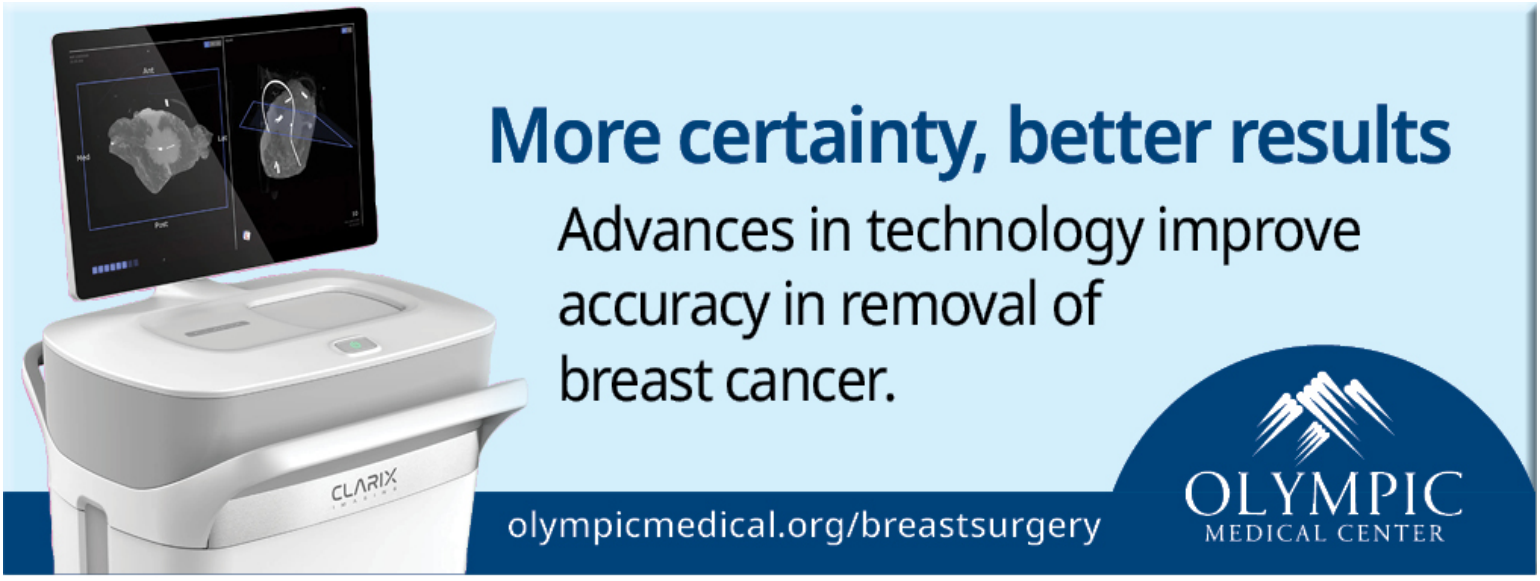
November Birthdays

1	Dot Halbach Kathryn Osborne
2	Vickie Guizzo Catherine Harper Terry Meredith Sue Neece Timothy Reynolds
3	Zorba Alexis-Stricker Miyako Gaydosh Janet Quigley Mary Robson
4	Rose Hubbard
5	
6	Barbara Heil Mary Higley Manny Perez
7	Cindy Colthorp
8	Tammy Harris Suchit Hart Jan Isett Oralia Jagger Christopher McKeon Patty Morey
9	John Doherty Georgia Jackson Edward Paige
10	Harriet Angulo Sandra Smith
11	Daniel Birch Margie Burns Marielle Eykemans Anne Pelayo Harriet Reyenga Raedell Warren
12	Hubert Hertog Cherie Kidd Patricia Richardson
13	Kelly Argust Diane Bristol
14	Dorothy Barker Bob Hosek Lynn Lockhart Cindy Schlaffman
15	Sandra Rains
16	Martha Lyckman Sandra Slater James Sullivan Anne Swenson
17	Doug Early Charles Foreman
18	Amy Dequoy Craig Devlin Jack Shields
19	Betty Manning Deborah Marchant Shirley McCaslin JoAnn Meyer Evelyn Simpson Colleen Swanson
20	Robert Keldgold
21	Ann Marie Albanese Judith Bradow Irma Schneider
22	David Anderson Mary Bennett Kristi Murray Paul Pickett
23	Liz James Christy Wright
24	Robert Lewinski Cecile Moran Geraldine Napier Cheri Page Chris Primus Dale West
25	M Ralph Angulo Steve Bennett Linnea Christopher-son John DeFrancisco Jose Soto Cecilia Stevens Timothy Stone Ruby Wiggins
26	Kathy Backes Jeff Craig Paula John Theresa Weiler
27	Tammy Charles Janet Kailin Sylvia Schwyhart
28	John Barthell Renee Sommers
29	Barbara Hanify Bill Henderson Wayne Kopala Stephanie McCarty Karen Robinson Charles Standard
30	Michelle Devlin Deborah DeWeerd Robert Heacock Jr. Robert Reidel Kristin Vogel Daphne Williamson

All members have the option to opt out of the birthday list.
Stop by the Front Desk and let them know.



"Thanksgiving just gets me all warm and tingly and all kinds of wonderful inside."— Willard Scott



Community Bulletin Board

EXCITING NEWS for Our Members:
FREE NOTARY SERVICES!

We're thrilled to offer **free notary services** to our members during the center's operating hours! Call Gary Norris at **206.724.3052** to schedule appointments here at the center. Be sure to bring your documents and a valid photo ID. Don't miss out on this great new service!

SHIBA

The Statewide Health Insurance Benefits Advisors (SHIBA) program is a program of the Washington State Office of the Insurance Commissioner Consumer Protection program. Locally, SHIBA is sponsored by the Olympic Area Agency on Aging.

Our volunteer advisors are trained to give you the latest Medicare information. We provide up-to-date, unbiased information to help you to make informed decisions. Our assistance is always free and confidential with no obligations. We're not associated with any insurance company. We don't sell anything because we have nothing to sell!

If you need help navigating Medicare, please come and see us. Our volunteer advisors can help you:

- Assess your Medicare related health care coverage needs.
- Determine your general eligibility for Medicare related coverage programs.
- Evaluate and compare Medicare related insurance plans and programs.
- Provide enrollment help with Medicare.
- Speak with 1-800-MEDICARE on your behalf.
- Make referrals to other agencies and programs.
- Collect and report possible Medicare fraud complaints.

Through the SHIBA program, the Olympic Area Agency on Aging provides free, unbiased, and confidential help navigating Medicare.

During the remaining time of open enrollment, SHIBA volunteers will be at the Port Angeles Senior Center on November 13, 20, and December 4.



OTHER ACTIVITIES AT THE CENTER

- ★ **Kiwanis Club of Port Angeles Board Meeting**
  2nd Friday of the month at 12pm
- ★ **Nor'Wester Rotary Club Meeting**
  Friday weekly at 7:00am
- ★ **Redeeming Grace Orthodox Church**
  Sunday weekly at 10:30am
- ★ **Roundtable on Politics**
  Thursday weekly at 9:30am

Activities marked with an "★" are not sponsored by the Port Angeles Senior Center and are included for the reader's convenience and information.





HEALTH & INFO FAIR

A heartfelt thank-you to our wonderful community partners, volunteers, and members who helped make our annual Health & Information Fair such a success! In celebration of October as Resilience Month, we came together to share valuable health resources, build meaningful connections, and celebrate the importance of hope, kindness, and community support. From helpful information and health services, vaccines, medicine take back, to exciting raffle prizes and special Resilience Kits, it was a wonderful reminder of what makes our Senior Center community so special!



Pictured:
Super Star Volunteers Mary Ann Miller and Charlie McCaughan lending a hand at our Health & Info Fair! And Amanda Sanders with Healthy Youth Coalition and Inspector Joshua Ley with the Clallam County Sheriff's Office at the Medicine Take Back Booth.

November 1
Turn your clocks back one hour

CLOSED

Wednesday, November 11 Veteran's Day

Thursday & Friday, November 26 & 27
Thanksgiving Holiday

IS YOUR MEMBERSHIP DUE?

We greatly appreciate your continued support!
Thank you to everyone who has mailed in your membership dues.



Port Angeles Senior & Community Center

Where Community Gathers, and Friendships Grow.

328 East 7th St,
Port Angeles, WA 98362
#360-457-7004

Port Angeles Senior Center 56 Years: Service to Seniors

A CHANGE IN HOW WE SHARE THE SENIOR CENTER NEWSLETTER

Dear Senior Center Community,

Beginning with the September 2026 issue, the Port Angeles Senior Center no longer mails printed copies of the newsletter to individual households.

We know that many members have enjoyed receiving the newsletter in their mailboxes, and we recognize that this will be a disappointing change for some. Unfortunately, the annual cost of printing and mailing the newsletter has grown to more than $3,000, while an increasing number of our readers now prefer to receive it by email.

The newsletter will continue to be available by email and online. Printed copies will also be available at the Senior Center front desk, at the library, City Hall and at several local care facilities.

We would welcome suggestions for other community locations where printed copies would be helpful and accessible. Please share your suggestions with the Senior Center staff.

The computer lab can help people on how to find the newsletter link on the website and on Facebook. They provide other useful information too.

Thank you for your understanding as we work to use the Center's resources carefully while continuing to keep our community informed and connected.

Port Angeles Senior Center Board

The Port Angeles Senior Center is neither legally responsible for, nor does it guarantee, or endorse any product, service or program published in the newsletter. The content of the PASC newsletter is intended for the reader's convenience and information. The newsletter contains information on all the activities that occur at the Senior Center facility.