



PARKS AND RECREATION NEWSLETTER

SENIOR CENTER

100 3RD AVE. S.E.

(253) 929-1150

HOURS OF OPERATION

MONDAY-FRIDAY 8:30-4:30

COMMUNITY CENTER

305 MILWAUKEE S.E.

(253) 929-1155

HOURS OF OPERATION

MONDAY-FRIDAY 9:30-5:00

PARKS AND RECREATION STAFF:

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(253) 929-1154

Marta VanDoren - Cook

Mayor

Vic Kave

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Valentine's Cupid Hunt



Tuesday, February

13th @6pm

For couples, families, and friends. Complete the tasks and find trivia answers all the while making memories and having fun. The hunt starts on February 13th at 6pm in the East Room of the Pacific Community Center. Call 253-929-1154 to sign up!



Family Bingo Night

Tuesday, February 20th

6-7:30pm at Community Center

Come meet new friends and win prizes!

**All winners will be entered into quarterly drawing
for a 32" TV.**

Join us for Tacos at 5:30pm in East Room.

Community Garden

Annual Fee for Single 10' x 10' plot is \$15 for residents and \$20 for non-residents. Reservations for Community Garden Plots at Steiger Park will begin on February 1st. Gardeners may begin second week of February and continue through end of October.

For more information contact dthach@ci.pacific.wa.us

Live Music at Senior Center

Tuesday, February 13th @11am

**Come join us for Lunch provided by
CCS with Live Music by**

Randy Litch "A One Man Variety Show Band"

SENIOR CENTER ACTIVITIES

Bus Trips

We will be having daily trips at the senior center so please be sure to check the trip calendar and call the Senior Center in advance to register for any trips you would like to go on. Contact Angela @ (253) 929-1154



Birthday Party

Friday, February 2nd @ Noon

Come celebrate your Birthday with us at the Senior Center! There will be dessert and gifts for our special Birthday guests.



Pickleball

The gym will be open for Seniors to play Pickleball on Tuesday's from 1-2pm.



Tuesday, February 13th 1:30PM

Join us for prizes and fun!

Donuts and Coffee

Monday, February 12th 10am
Come join us for some donuts and coffee

Pet Food

Individuals seeking support with pet food should apply for services with the King County Humane Society. Pick up an application from the Senior Center to get started and please call (253) 929-1153 for more information.

**GRAB AND GO
WEEKEND FOOD
EVERY FRIDAY AT 1:30PM**

Meals on Wheels

Sound Generations offers a variety of low fat, low sodium, vegetarian and meat dishes. They offer breakfast, lunch and dinner frozen meals that are microwaveable. If you are 60+ & homebound, you are eligible. Suggested donation of \$5.00 per meal. Application and list of meals are available in the Senior Center.



Minor Home Repair Help

Sound Generations provides free services to low and moderate income homeowners to help maintain their homes. This includes electrical, plumbing, accessibility and carpentry. Call (206) 448-5751 or email mhr@soundgenerations.org

Coffee Time

8-10am Monday-Friday



Mahjong

Join us for this Ultimate Tile Game on **Monday's 10am** at the Senior Center.



**FREE BLOOD
PRESSURE CHECKS
LAST TUESDAY
OF THE MONTH
AT 9:00 AM**



A hub that serves the Auburn Senior Center, Pacific Senior Center and Federal Way Senior Center in unincorporated King County.

This program provides free social services to seniors and veterans connecting them with resources in our community.

Program Eligibility

- Seniors who are 55+
- Veterans of any age or family member
- Reside in the hub service area (Auburn, Pacific, Algona and unincorporated Auburn/Federal Way).

Resource Navigator:

Hub Hotline: **253-470-2098**

CITY OF PACIFIC

WINTER/SPRING 2024



Skyhawks Sports Academy provides sports programs where children discover and develop athletic skills and life lessons, such as teamwork, respect and sportsmanship. We offer children a positive sports experience while promoting a healthy, active lifestyle.

| sport | dates | day | time | ages | location |
|---------------|-----------|-----------|----------------|-------|--------------------------|
| HoopsterTots | 1/25-2/15 | Thursday | 4:15-4:50 p.m. | 2-4 | Pacific Community Center |
| Basketball | 1/25-2/15 | Thursday | 5:00-5:45 p.m. | 5-8 | Pacific Community Center |
| Basketball | 1/25-2/15 | Thursday | 6:00-6:45 p.m. | 9-12 | Pacific Community Center |
| HoopsterTots | 3/28-4/18 | Thursday | 4:15-4:50 p.m. | 2.5-4 | Pacific Community Center |
| Basketball | 3/28-4/18 | Thursday | 5:00-5:45 p.m. | 5-8 | Pacific Community Center |
| Basketball | 3/28-4/18 | Thursday | 6:00-6:45 p.m. | 9-12 | Pacific Community Center |
| SoccerTots | 4/2-4/23 | Tuesday | 4:15-4:50 p.m. | 3-4 | Steiger Park |
| Soccer | 4/2-4/23 | Tuesday | 5:00-5:45 p.m. | 5-8 | Steiger Park |
| Soccer | 4/2-4/23 | Tuesday | 6:00-6:45 p.m. | 9-12 | Steiger Park |
| SoccerTots | 5/7-5/28 | Tuesday | 4:15-4:50 p.m. | 2.5-4 | Steiger Park |
| Soccer | 5/7-5/28 | Tuesday | 5:00-5:45 p.m. | 5-8 | Steiger Park |
| Soccer | 5/7-5/28 | Tuesday | 6:00-6:45 p.m. | 9-12 | Steiger Park |
| Flag Football | 5/8-5/29 | Wednesday | 5:00-5:45 p.m. | 4-7 | Steiger Park |
| Flag Football | 5/8-5/29 | Wednesday | 6:00-6:45 p.m. | 8-12 | Steiger Park |
| HoopsterTots | 5/16-6/6 | Thursday | 4:15-4:50 p.m. | 2.5-4 | Pacific Community Center |
| Basketball | 5/16-6/6 | Thursday | 5:00-5:45 p.m. | 5-8 | Pacific Community Center |
| Basketball | 5/16-6/6 | Thursday | 6:00-6:45 p.m. | 9-12 | Pacific Community Center |

*This event/activity is NOT being sponsored by the Auburn School District and the district assumes no responsibility...for the conduct at, or safety of, the event/activity. In consideration for the privilege to distribute these materials, the school district shall be held harmless from any cause of action, claim, or petition filed in any court or administrative tribunal arising out of the distribution of these materials, including all costs, attorney's fees, and judgments or awards, claims, liabilities, damages, expenses, or right of action, directly or indirectly attributed to the activities. Permission to distribute this flyer should not be considered a recommendation of the program by the school district. This is not a school district sponsored activity.

**FIND YOUR
PROGRAM TODAY!**



REGISTER TODAY ➡

Online:
www.register.skyhawks.com




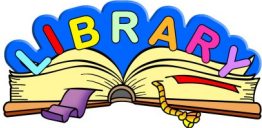





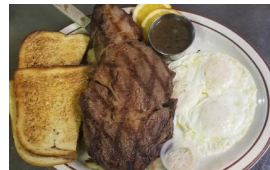







Contact Info:
Kcaviezel@ci.pacific.wa.us

| SENIOR CENTER ACTIVITIES | | | February 2024 | |
|---|---|---|--|--|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| NATIONAL HEART MONTH | FREE BLOOD PRESSURE CHECKS LAST TUESDAY OF THE MONTH AT 9:00 AM  | Friday January 2 National Bubble Gum Day. Celebrate at the Senior Center  | 1 8:00 COFFEE TIME 9:00 COLORING CROWD NOON LUNCH 1:30 WII BOWLING | 2 8:00 COFFEE TIME 9:00 UNO NOON LUNCH BIRTHDAY PARTY 1:30 GRAB N GO WEEKEND FOOD |
| 5 8:00 COFFEE 10:00 MAHJONG 11:00 to 12:30 COMMUNITY LUNCH 1:00 GIN RUMMY | 6 8:00 COFFEE TIME 9:00 PACIFIC STITCH NOON CCS LUNCH 1:00 PICKLE BALL 1:30 MOVIE | 7 8:00 COFFEE TIME PB & J SANDWICH 9:00 DOMINOS NOON LUNCH 1:30 CRIBBAGE | 8 8:00 COFFEE TIME 9:00 COLORING CROWD NOON LUNCH 1:30 WII BOWLING | 9 TEAM DAY 8:00 COFFEE TIME NOON LUNCH TAIL GATE Party 1:30 GRAB N GO WEEKEND FOOD |
| 12 8:00 COFFEE TIME 10:00 DONUTS & COFFEE 11:00 to 12:30 COMMUNITY LUNCH 1:00 GIN RUMMY | 13 8:00 COFFEE TIME 9:00 PACIFIC STITCH NOON CCS LUNCH PARTY WITH LIVE MUSIC BY RANDY 1:30 BINGO | 14 8:00 COFFEE TIME PB & J SANDWICH 9:00 DOMINOS NOON LUNCH 1:30 MAHJONG | 15 8:00 COFFEE TIME 9:00 COLORING CROWD NOON LUNCH 1:30 WII BOWLING | 16 TEAM DAY 8:00 COFFEE TIME 9:00 KARAOKE NOON LUNCH 1:30 GRAB N GO WEEKEND FOOD |
| 19 ALL CITY OFFICES CLOSED FOR THE HOLIDAY  | 20 8:00 COFFEE TIME 9:00 PACIFIC STITCH NOON CCS LUNCH 1:00 PICKLE BALL 1:30 MOVIE | 21 8:00 COFFEE TIME PB & J SANDWICH 9:00 DOMINOS NOON LUNCH 1:30 MAHJONG | 22 8:00 COFFEE TIME 9:00 PET FOOD 9:00 COLORING CROWD NOON LUNCH 1:30 BRAIN GAME NATIONAL CHILI DAY | 23 TEAM DAY 8:00 COFFEE TIME NOON LUNCH 1:30 GRAB N GO WEEKEND FOOD NATIONAL DOG BISCUIT DAY |
| 26 8:00 COFFEE TIME 10:00 MAHJONG 11:00 to 12:30 COMMUNITY LUNCH 1:00 GIN RUMMY | 27 8:00 COFFEE TIME 9:00 PACIFIC STITCH 9:00 FREE BLOOD PRESURE CHECKS NOON CCS LUNCH 1:30 MOVIE | 28 8:00 COFFEE TIME PB & J SANDWICH 9:00 DOMINOS NOON LUNCH 1:30 HOT CHOCOLATE SOCIAL | 29 8:00 COFFEE TIME 9:00 COLORING CROWD NOON LUNCH 1:30 WII BOWLING |  |

| SENIOR NUTRITION PROGRAM | | | February 2024 | |
|---|---|---|---|---|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| LUNCHES SUBJECT TO CHANGE |  |  | 1 Beef Stir Fry Fried Rice With a Vegetable | 2 Cheese Burger, Fries with Cake and Ice Cream Celebrate your Birthday |
| 5 FREE Community Lunch 11:00 to 12:30 Taco Soup | 6 Fish and Chips, Coleslaw, Yogurt With Strawberry Rhubarb Compote | 7 Cooks Choice Mac and Cheese Please with a Vegetable | 8 Sloppy Joes With Roasted Potatoes With a Fruit | 9 Tail Gate Party with Pizza |
| 12 FREE Community Lunch 11:00 to 12:30 Spaghetti | 13 BBQ Pork Sandwich, Green Beans, Carrot Raisin Salad and A Lemon Bar Valentines Party Music with Randy | 14 Tuna Casserole With Fruit | 15 Meat Loaf, Rice with a Vegetable | 16 Chicken Salad Sandwich with a Fruit |
| 19 CITY OFFICES CENTER CLOSED FOR THE HOLIDAY ENJOY  | 20 Philly Cheese Sandwich, Brussel Sprouts with Grapes | 21 Spaghetti And a Vegetable | 22 Turkey Chili Celebrate National Chili Day at the Pacific Senior Center | 23 Tatar Tot Casserole with a Fruit |
| 26 FREE Community Lunch 11:00 to 12:30 Chili Dogs | 27 Wild Rice Chicken Soup, Egg Salad Sandwich with an Orange | 28 Beef Barley Soup and A Salad | 29 Chicken and Vegetable Wrap |  |

SENIOR COMMUNITY ACTIVITIES

February 2024

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|---|
|  | <p>FOLLOW US ON FACEBOOK!</p> <p>"Pacific Community Center"</p> |  | <p>1</p> <p>8:45am Chick-fil-A Bingo</p> <p>11:30 Lunch Bus</p> <p>1:00 Winco</p> <p>WinCo FOODS</p> | <p>2</p> <p>11:30 Lunch Bus</p> <p>1:00 Golden Corral</p>  |
| <p>5</p> <p>9:30 Mall Walking</p> <p>11:30 Lunch Bus</p> <p>1:00 Alpac Library</p>  | <p>6</p> <p>9:00 Michael's/Ross*</p> <p>11:30 Lunch Bus</p> <p>1:00 Fred Meyer*</p> <p>*10% Senior Discount</p> <p>Fred Meyer</p> | <p>7</p> <p>11:30 Lunch Bus</p> <p>1:00 Dacca Park**</p>  | <p>8</p> <p>9:00 85*Bakery</p> <p>11:30 Lunch Bus</p> <p>1:00 Cupid's Mis- sion/Scavenger hunt</p>  | <p>9</p> <p>11:30 Lunch Bus</p> <p>12:00 Super Bowl Prty</p> <p>1:00 Black Diamond Bakery</p>  |
| <p>12</p> <p>9:30 Mall Walking</p> <p>11:30 Lunch Bus</p> <p>1:00 Walmart</p>  | <p>13</p> <p>11:30 Lunch Bus</p> <p>1:30 Senior Center</p>  | <p>14</p> <p>11:30 Lunch Bus</p> <p>1:00 Chamber's Creek Love Lock Sculpture.</p>  | <p>15</p> <p>11:30 Lunch Bus</p> <p>1:00 Trader Joes</p>  | <p>16</p> <p>11:30 Lunch Bus</p> <p>1:00 Krain's Corner Restaurant</p>  |
| <p>19</p> <p>SENIOR CENTER CLOSED</p> | <p>20</p> <p>11:30 Lunch Bus</p> <p>1:00 Dollar Tree</p> <p>5:15 RV Bus Pick up</p>  | <p>21</p> <p>11:30 Lunch Bus</p> <p>1:00 Meridian Rec Center Park</p>  | <p>22</p> <p>11:30 Lunch Bus</p> <p>12:30 Boehm's Choc- olatier Self guided tour</p>  | <p>23</p> <p>11:30 Lunch Bus</p> <p>1:00 East India Grill</p>  |
| <p>26</p> <p>11:30 Lunch Bus</p> <p>1:00 Outlet Collec- tion Mall Walking</p>  | <p>27</p> <p>11:30 Lunch Bus</p> <p>1:00 Value Village @Southcenter</p> <p>Value Village</p> | <p>28</p> <p>11:30 Lunch Bus</p> <p>1:00 148th access Soos Creek Trail</p>  | <p>29</p> <p>9:00 Amazon Fresh</p> <p>11:30 Lunch Bus</p> <p>1:00 Black Diamond Museum</p>  | <p>*Many parks close their bathrooms dur- ing the winter months. Every effort will be made to find the next closest restroom.</p> |

YOUTH AND ADULT ACTIVITIES

Craft Night!

Join us for Crafts every first Friday of the month in the Community Center East Room. Invite a friend or neighbor to bring along. You are welcome to bring a snack .

Friday, February 2nd

Friday, March 1st
6pm

Cost: \$10



Community Van

Community Van is a flexible, innovative transit option run by the City's of Algona, Pacific and King County Metro. There are two electric vehicles and a 6 passenger van for trips to the airport, appointments, errands and other. You drive the vehicle but must have two other riders. A van trip costs the same as a metro bus fare. You don't have to pay for gas, insurance or maintenance. You may travel up to 2 hours any direction from Algona.

Call Gary at 253-217-5000 for more info.



Join us on the First Friday each month for Story Time presented by King County Library. 10am in East Room.

After School Open Gym

The Community Center Gymnasium is open after school Monday-Friday from 2:30-5pm for basketball! Come play, make some new friends, and practice your skills.



Tiny Tot Program

Join us in the gym from 9:30-11:30am Monday- Friday for some fun!

Pack the Pack

A program for children and youth facing food insecurity that provides weekend meals for FREE to those in need. Available Friday afternoons in the Gymnasium. Donations are always being accepted at the community center.

Facility Rentals

For Community Center Rentals contact:

Joanne Futch jofutch@ci.pacific.wa.us or
(253) 929-1155

For Senior Center Rentals contact:

Darcie Thach dthach@ci.pacific.wa.us or
(253) 929-1153

Computer Lab

Our computer lab is open to Youth and Teens at Pacific Community Center.

Hours: Mon.-Fri. 9:30am-1pm and 2-5pm



PARKS UPDATE

New Engineered Wood Fiber is being added to playgrounds at Beaver, Aspen, Sunset and Otter Park. This is being funded by the Recreation Conservation Office Grant the city received for parks maintenance. This is scheduled for end of January.

Work has been delayed on the replacement of the play structure at Milwaukee Park. We are working on putting in some drainage before installing the new play structure.



COMMUNITY CENTER YOUTH ACTIVITIES

FEBRUARY 2024

| Mon | Tue | Wed | Thu | Fri |
|---|---|---|---|--|
|  |  |  | <p>1.</p> <p>9:30 - TINY TOTS BOUNCE HOUSE DAY COMPUTER LAB OPEN 3:00 -5:00 PM YOUTH OPEN GYM</p> | <p>2.</p> <p>9:30 - AM TINY TOTS RIDING TOYS ZIGGLES 10:00 AM STORY TIME 3-5 PM YOUTH OPEN GYM</p> |
| <p>5.</p> <p>9:30 - TINY TOT'S KIDS CHOICE DAY COMPUTER LAB OPEN 3:00 - 5:00 PM YOUTH OPEN GYM</p> | <p>6.</p> <p>9:30 - TINY TOTS LEGO BUILDING COMPUTER LAB OPEN 3:00 -5:00 PM YOUTH OPEN GYM</p> | <p>21.</p> <p>9:30 – TINY TOTS ART'S & CRAFTS COMPUTER LAB OPEN 3:00–5:00 PM YOUTH OPEN GYM</p> | <p>8.</p> <p>9:30 - TINY TOTS BOUNCE HOUSE DAY COMPUTER LAB OPEN 3:00 -5:00 PM YOUTH OPEN GYM</p> | <p>9.</p> <p>9:30 - AM TINY TOTS RIDING TOYS ZIGGLES COMPUTER LAB OPEN 3:00 -5:00 PM YOUTH OPEN GYM</p> |
| <p>12.</p> <p>9:30 - TINY TOT'S KIDS CHOICE DAY COMPUTER LAB OPEN 3:00 - 5:00 PM YOUTH OPEN GYM</p> | <p>13.</p> <p>9:30 - TINY TOTS LEGO BUILDING COMPUTER LAB OPEN 3:00 -5:00 PM YOUTH OPEN GYM</p> | <p>14.</p> <p>9:30 – TINY TOTS VALENTINE EXCHANGE TREATS / MOVIE 3:00–5:00 PM YOUTH OPEN GYM</p> | <p>15.</p> <p>9:30 - TINY TOTS BOUNCE HOUSE DAY COMPUTER LAB OPEN 3:00 -5:00 PM YOUTH OPEN GYM</p> | <p>16.</p> <p>9:30 - AM TINY TOTS RIDING TOYS ZIGGLES COMPUTER LAB OPEN 3:00 -5:00 PM YOUTH OPEN GYM</p> |
| <p>19.</p> <p>ALL CITY OFFICES PROGRAMS CLOSED TODAY</p> <p>PRESIDENTS DAY</p> | <p>20.</p> <p>9:30 - TINY TOTS LEGO BUILDING COMPUTER LAB OPEN 3:00 -5:00 PM YOUTH OPEN GYM 6:00 PM BINGO</p>  | <p>21.</p> <p>9:30 – TINY TOTS ART'S & CRAFTS 1:00 PM MOVIE DAY 3:00–5:00 PM YOUTH OPEN GYM <u>MID WINTER BREAK</u></p> | <p>22.</p> <p>9:30 - TINY TOTS KIDS CHOICE DAY 1:00 PM MOVIE DAY 3:00 -5:00 PM YOUTH OPEN GYM <u>MID WINTER BREAK</u></p> | <p>23.</p> <p>9:30 - AM TINY TOTS RIDING TOYS ZIGGLES 1:00 PM MOVIE DAY 3:00 -5:00 PM YOUTH OPEN GYM <u>MID WINTER BREAK</u></p> |
| <p>26.</p> <p>9:30 - TINY TOT'S KIDS CHOICE DAY COMPUTER LAB OPEN 3:00 - 5:00 PM YOUTH OPEN GYM</p> | <p>27.</p> <p>9:30 - TINY TOTS LEGO BUILDING COMPUTER LAB OPEN 3:00 -5:00 PM YOUTH OPEN GYM</p> | <p>21.</p> <p>9:30 – TINY TOTS ART'S & CRAFTS COMPUTER LAB OPEN 3:00–5:00 PM YOUTH OPEN GYM</p> | <p>29.</p> <p>9:30 - TINY TOTS BOUNCE HOUSE DAY COMPUTER LAB OPEN 3:00 -5:00 PM YOUTH OPEN GYM</p> |  <p>JOIN US ON FRIDAY'S FOR FREE POP CORN GYM CLOSED DAILY 1-2 PM FOR LUNCH</p> |