



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

COMMUNITY SERVICES STAFF:

Kevin Caviezel

Parks and Recreation Director
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Darcie Thach

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(253) 929-1153

Joanne Futch

Youth Services Lead
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(253) 929-1155

Angela Zold

Activities Coordinator/Bus Driver
azold@ci.pacific.wa.us
(253) 929-1154

Marta VanDoren - Cook

Mayor

Vic Kave

vkave@ci.pacific.wa.us

Community Services is now the new Parks and Recreation Department!

Watch for exciting new programs in 2024.

Family Bingo Night



Tuesday, January 16th

6-7:30pm at Community Center

Come meet new friends and win prizes!

All winners will be entered into quarterly drawing for a grand prize.

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



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

Instructors Wanted

The city is looking for fitness instructors to teach adult and senior exercise classes. We also always looking for instructors to teach arts/crafts or other interests to youth and adults.

Please contact kcaviezel@ci.pacific.wa.us

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, January 5th @ 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, January 9th
1:30PM

Join us for prizes and fun!

Donuts and Coffee

Monday, January 8th 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 10:00 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

January 2024

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| 1 ALL CITY OFFICES CLOSED FOR THE HOLIDAY | 2 8:00 COFFEE TIME 9:00 PACIFIC STITCH NOON CCS LUNCH 1:00 PICKLE BALL 1:30 MOVIE | 3 8:00 COFFEE TIME PB & J SANDWICH 9:00 DOMINOS NOON LUNCH 1:30 CRIBBAGE | 4 8:00 COFFEE TIME 9:00 COLORING CROWD NOON LUNCH 1:30 WII BOWLING | 5 8:00 COFFEE TIME 9:00 UNO NOON LUNCH BIRTHDAY Party 1:30 GRAB N GO WEEKEND FOOD |
| 8 8:00 COFFEE TIME 9:00 FOOT CARE 10:00 DONUTS & COFFEE 11:00 to 12:30 COMMUNITY LUNCH 1:00 SPADES CARD GAME | 9 8:00 COFFEE TIME 9:00 PACIFIC STITCH NOON CCS LUNCH 1:00 PICKLE BALL 1:30 BINGO | 10 8:00 COFFEE TIME PB & J SANDWICH 9:00 DOMINOS NOON LUNCH 1:30 CRIBBAGE | 11 8:00 COFFEE TIME 9:00 COLORING CROWD NOON LUNCH 1:30 WII BOWLING | 12 TEAM DAY 8:00 COFFEE TIME NOON LUNCH 1:30 GRAB N GO WEEKEND FOOD |
| 15 ALL CITY OFFICES CLOSED FOR THE HOLIDAY | 16 8:00 COFFEE TIME 9:00 PACIFIC STITCH NOON CCS LUNCH 1:00 PICKLE BALL 1:30 MOVIE | 17 8:00 COFFEE TIME PB & J SANDWICH 9:00 DOMINOS NOON LUNCH 1:30 MAHJONG | 18 8:00 COFFEE TIME 9:00 COLORING CROWD NOON LUNCH 1:30 WII BOWLING | 19 TEAM DAY 8:00 COFFEE TIME 9:00 KARAOKE NOON LUNCH 1:30 GRAB N GO WEEKEND FOOD |
| 22 8:00 COFFEE TIME 10:00 MAHJONG 11:00 to 12:30 COMMUNITY LUNCH 1:00 SPADES CARD GAME | 23 8:00 COFFEE TIME 9:00 PACIFIC STITCH NOON CCS LUNCH 1:00 PICKLE BALL 1:30 MOVIE | 24 8:00 COFFEE TIME PB & J SANDWICH 9:00 DOMINOS NOON LUNCH 1:30 MAHJONG NATIONAL PEANUT BUTTER DAY | 25 8:00 COFFEE TIME 9:00 PET FOOD 9:00 COLORING CROWD NOON LUNCH 1:30 BRAIN GAME HOUR | 26 TEAM DAY 8:00 COFFEE TIME NOON LUNCH 1:30 GRAB N GO WEEKEND FOOD |
| 29 8:00 COFFEE TIME 10:00 MAHJONG 11:00 to 12:30 COMMUNITY LUNCH 1:00 SPADES CARD GAME | 30 8:00 COFFEE TIME 9:00 PACIFIC STITCH 10:00 FREE BLOOD PRESURE CHECKS NOON CCS LUNCH 1:30 MOVIE | 31 8:00 COFFEE TIME PB & J SANDWICH 9:00 DOMINOS NOON LUNCH 1:30 HOT CHOCOLATE SOCIAL | FREE BLOOD PRESSURE CHECKS LAST TUESDAY OF THE MONTH AT 10:00 AM  | MENTAL WELLNESS AWARENESS MONTH |

SENIOR NUTRITION PROGRAM

JANUARY 2024

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|---|
| 1 SENIOR CENTER CLOSED DUE TO THE HOLIDAY | 2 Baked Chicken, Zucchini Linguini, Brussel Sprouts, Roll with Peaches | 3 Grilled Cheese Sandwich with Potato Wedges | 4 NOON LUNCH TO BE DETERMINED | 5 NOON LUNCH TO BE DETERMINED |
| 8 FREE Community Lunch 11:00 to 12:30 Home Made Soup | 9 Chicken Tetrizzini, Salad with Garbanzo Beans | 10 Chicken Teriyaki with Rice | 11 NOON LUNCH TO BE DETERMINED | 12 NOON LUNCH TO BE DETERMINED |
| 15 SENIOR CENTER CLOSED DUE TO THE HOLIDAY | 16 Turkey burger, Sweet Potato Fries, Coleslaw With Applesauce | 17 Tuna Noodle Casserole with Veggies | 18 NOON LUNCH TO BE DETERMINED | 19 NOON LUNCH TO BE DETERMINED |
| 22 FREE Community Lunch 11:00 to 12:30 Sandwiches and Chips | 23 Chicken Wrap, Spinach and Cannellini Beans With Rice Pudding | 24 NOON LUNCH TO BE DETERMINED | 25 NOON LUNCH TO BE DETERMINED | 26 NOON LUNCH TO BE DETERMINED |
| 29 Celebrate National Frito Day Community Lunch 11:00 to 12:30 Frito Chili | 30 Swedish Meatballs, Potato Salad with Apricots | 31 Hot Dog with Tatar Tots | |  |

SENIOR COMMUNITY ACTIVITIES

January 2024

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|
| 1 SENIOR CENTER CLOSED | 2 9:00 Michael's/Ross 11:30 Lunch Bus 1:00 Fred Meyer  | 3 11:30 Lunch Bus 1:00 green River Natural Resources area  | 4 8:45am Chick-fil-A Bingo 11:30 Lunch Bus 1:00 Nordic Museum  | 5 11:30 Lunch Bus 1:00 Red Robin  |
| 8 9:30 Mall Walking 11:30 Lunch Bus 1:00 Alpac Library  | 9 11:30 Lunch Bus 1:30 Senior Center  | 10 11:30 Lunch Bus 1:00 Saghalié Park**  | 11 9:00 Trader Joe's 11:30 Lunch Bus 2:30 Village Concept Bingo Trip  | 12 11:30 Lunch Bus 1:00 Black Diamond Bakery  |
| 15 SENIOR CENTER CLOSED | 16 11:30 Lunch Bus 1:00 Dollar Tree 5:15 RV Bus Pick up  | 17 11:30 Lunch Bus 1:00 Wright's Park & Conservatory**  | 18 9:00 Walmart 11:30 Lunch Bus 1:00 Thrift Shopping  | 19 11:30 Lunch Bus 1:00 Von's Chicken 6:30 PM 50th Anniversary Pink Floyd @the Pierce College Science Dome \$15  |
| 22 9:30 Mall Walking 11:30 Lunch Bus 1:00 Hobby Lobby  | 23 11:30 Lunch Bus 1:00 Ikea  | 24 11:30 Lunch Bus 1:00 Kubota Garden**  | 25 9:00 Trader Joe's 11:30 Lunch Bus 1:00 Amazon Fresh  | 26 11:30 Lunch Bus 1:00 Pho Tai  |
| 29 11:30 Lunch Bus 1:00 South Hill Mall Walking  | 30 11:30 Lunch Bus 1:00 Antique Mall  | 31 11:30 Lunch Bus 1:00 Jones Park**  | *Many parks close their bathrooms during the winter months. Every effort will be made to find the next closest restroom. | FOLLOW US ON FACEBOOK! "Pacific Community Center" |

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, January 5th 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.

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

The City has received a \$92,000 grant from the Recreation Conservation Office for the purchase and installation of new parks benches, picnic tables and Engineered Wood Fiber for several parks. Parks include: Rhubarb, Beaver, Steiger, Otter, Elise, Sunset and Blueberry.

Work has also begun on the replacement of the play structure at Milwaukee Park. Demo of old structure has been completed and installation of new structure should take place in January.



COMMUNITY CENTER YOUTH ACTIVITIES

JANUARY 2024

| Mon | Tue | Wed | Thu | Fri |
|--|---|---|---|--|
| <p>1</p> <p>ALL CITY OFFICES PROGRAMS CLOSED TODAY</p> | <p>2</p> <p>9:30 - TINY TOTS LEGO BUILDING COMPUTER LAB OPEN 3:00 -5:00 PM OPEN GYM</p> | <p>3</p> <p>9:30 – TINY TOTS ART’S & CRAFTS COMPUTER LAB OPEN 3:00–5:00 PM OPEN GYM</p> | <p>4</p> <p>9:30 - TINY TOTS BOUNCE HOUSE DAY COMPUTER LAB OPEN 3:00 -5:00 PM OPEN GYM</p> | <p>5</p> <p>9:30 TINY TOTS ZIGGLES 10:00 - STORY TIME COMPUTER LAB OPEN 6:00 PM- CRAFT NIGHT</p> |
| <p>8</p> <p>9:30 - TINY TOTS KIDS CHOICE DAY COMPUTER LAB OPEN 3:00 -5:00 PM OPEN GYM</p> | <p>9</p> <p>9:30 - TINY TOTS LEGO BUILDING COMPUTER LAB OPEN 3:00 -5:00 PM OPEN GYM</p> | <p>10</p> <p>9:30 – TINY TOTS ART’S & CRAFTS COMPUTER LAB OPEN 3:00 -5:00 PM OPEN GYM</p> | <p>11</p> <p>9:30 - TINY TOTS BOUNCE HOUSE DAY COMPUTER LAB OPEN 3:00 -5:00 PM OPEN GYM</p> | <p>12</p> <p>9:30 - TINY TOTS ZIGGLES COMPUTER LAB OPEN 3:00 -5:00 PM OPEN GYM</p> |
| <p>15</p> <p>ALL CITY OFFICES PROGRAMS CLOSED TODAY</p> | <p>16</p> <p>9:30 - TINY TOTS LEGO BUILDING COMPUTER LAB OPEN 3:00 –4:30 PM OPEN GYM 6-7:30PM </p> | <p>17</p> <p>9:30 – TINY TOTS ART’S & CRAFTS COMPUTER LAB OPEN 3:00 -5:00 PM OPEN GYM</p> | <p>18</p> <p>9:30 - TINY TOTS BOUNCE HOUSE DAY COMPUTER LAB OPEN 3:00 -5:00 PM OPEN GYM</p> | <p>19</p> <p>9:30 - TINY TOTS ZIGGLES COMPUTER LAB OPEN 3:00 -5:00 PM OPEN GYM</p> |
| <p>22</p> <p>9:30 - TINY TOTS KIDS CHOICE DAY COMPUTER LAB OPEN 3:00 -5:00 PM OPEN GYM</p> | <p>23</p> <p>9:30 - TINY TOTS LEGO BUILDING COMPUTER LAB OPEN 3–5:00 PM - OPEN GYM</p> | <p>24</p> <p>9:30 – TINY TOTS ART’S & CRAFTS COMPUTER LAB OPEN 3:00 -5:00 PM OPEN GYM</p> | <p>25</p> <p>9:30 - TINY TOTS BOUNCE HOUSE DAY COMPUTER LAB OPEN 3:00 -5:00 PM OPEN GYM</p> | <p>26</p> <p>9:30 - TINY TOTS ZIGGLES COMPUTER LAB OPEN 3:00 -5:00 PM OPEN GYM</p> |
| <p>29</p> <p>9:30 - TINY TOTS KIDS CHOICE DAY COMPUTER LAB OPEN 3:00 -5:00 PM OPEN GYM</p> | <p>30</p> <p>9:30 - TINY TOTS LEGO BUILDING COMPUTER LAB OPEN 3:00 -5:00 PM OPEN GYM</p> | <p>31</p> <p>9:30 – TINY TOTS ART’S & CRAFTS COMPUTER LAB OPEN 3:00 -5:00 PM OPEN GYM</p> | <div style="text-align: center;">  <p>Jan. 5th 2023 6:00 - Gymnasium 11x14 + supplies \$10.00</p> </div> | <p>GYM CLOSED DAILY 1-2PM FOR LUNCH</p> <p style="text-align: center;">JOIN US ON FRIDAY’S FOR FREE POP CORN</p>  |