

The Trapedero II Lounge at Firstenburg

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 available to answer questions.

Here's a sampling of fun, free weekly activities:

- **Bingo** — 12:30-1:30pm second and fourth Mon. of the month. Bring a gift for a prize.
- **Wii Bowling** — 10:30-11:30am M
- **Billiards/Ping Pong** — Open daily during business hours.
- **Quilting** — 1-3pm First and third Mon. of the month. Make quilts for children.

Trapedero II hours:

M/T/W/F	8am-4pm
Th	8am-8pm
Sa	Noon-4pm
Su	Closed



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.**

T	6:30-8:30pm	\$11
81462	3/22	81463 4/19

Cooking Healthy: Bulk Basics

OASIS Education presents Whole Foods' healthy eating specialist, Denise, who will teach you the basics of shopping in the bulk department and how to cook dried beans, legumes and grains. Shopping in the bulk section not only saves you money, but it can also reduce product packaging, which is good for the environment. Denise will provide you with simple recipes and samples of dishes you can try at home. **FCC Resource Classroom.**

82186	Th 3/10	1-2:30pm	\$11
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Loaves & Fishes Lunch Program at Firstenburg Community Center

Enjoy a hot lunch provided by Loaves & Fishes Mon.-Fri., 11:30am-1pm (\$3 suggested donation). For more information or to find out about volunteer opportunities, call Andre Parker at 597-5711.

Old Time Fiddlers

Third Thurs., 11am-noon, every other month, Feb/April only

Monthly Birthday Celebrations

Second Wed., noon

Bob's Karaoke Music

First Thurs., 11am-1pm

CLUBS

Newcomers are welcome! \$1 per person unless otherwise noted. 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 Computer Basics: Th, 1-3pm

Intermediate Computer Class:

T, 10-11:45am

Cribbage Club: F, noon-3pm

Chess 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 welcome)

Mah Jong:

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

Mexican Train Dominoes: F, 10am-noon

Pinochle Club, Double Pinochle:

T, noon-3:30pm and Th 5-8pm

Community Song Circle:

2nd M, 6:30-8:30pm, bring your favorite acoustic, stringed instrument to play, \$6 per visit (beginners welcome).

DANCES

Dances happen in Firstenburg's Community Rooms every first Tues. of the month. Loaves and Fishes serves lunch prior to the afternoon dances.

T 1:30-3:30pm \$4 at the door

Ring in New Year Dance – 1/4

Featuring the John Bennett Band. Sponsored by Seniors Helping Seniors.

Share a Heart Dance – 2/1

Featuring the New Horizon Orchestra. Sponsored Glenwood Place Retirement.

Shamrock Dance – 3/1

Featuring the Lee Nicholas Band. Sponsored by A Place for Mom.

Spring Time Dance- 4/5

Featuring New Horizon Orchestra.

BACK TO BASICS

Blood Pressure Check

First Wed., 10-11am, sponsored by Highland Terrace

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, 4wks.**

81468	T	2/8-3/1	1-3pm	\$23
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WELLNESS AND FITNESS - Free Programs

Wellness Seminars

Join us for informative health discussions in the Loaves & Fishes lunchroom.

1/11: 11:45am-12:15pm

Medical Supplies: Used, new or discounted and how Medicare can pay, presented by Mountain View Medical.

2/8: 11:45am-12:30pm, Dizziness and Vertigo: Ways to remedy your symptoms and help address it, presented by Blake Crofts, Just Relief Chiropractic.

3/8: 11:45- 12:15pm, Smart Medicine: Sensible steps for seniors about using medication safely, presented by Adventist Medical Group.

4/12: 11:45am-12:15pm Helpful suggestions for placing a senior into assisted living or memory care.

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. Call: 487-7015 or 487-7036.

Legal Clinic: First Mon., 10am-noon, free half hour consultation with a volunteer attorney. Appointments required, call 487-7036 or 487-7015 to schedule.

Foot Care Clinic

This 30-minute clinic includes routine trimming and smoothing of feet. After registering for class, set up an appointment by calling 487-7001. FCC Special Events Room A.

T	1-4pm	\$33		
81226	1/11		81227	1/18
81228	2/8		81229	2/15
81230	3/8		81231	3/15
81232	4/12		81233	4/19

For outdoor adventure classes such as sailing, mountaineering, kayaking and cross country skiing see page 53.

Forever Young Hikers: See page 19 for the schedule and descriptions of these fun 4-6 mile hikes for all skill levels. Transportation is provided.

A special thanks to our Trapedero II partners:

- Margaret Madison Phelan P.S. Attorneys at Law
- Glenwood Place Senior Living
- Courtyard Village Retirement
- Humana Market Point
- The Bedford Independent Retirement Living
- Home Instead Senior Care
- Van Mall Retirement
- Home Lending Group
- Bright Star Health Care
- Total Care/Home Specialist
- Edward Jones & You
- Seniors Helping Seniors
- Equity NW Properties/Premier Mortgage Resources
- A Caring Heart

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 our website and more. Limited space is available, so call today.

SADRI'S SUMMIT CLIMBING WALL

Rise above everyday life and be your best!

With 23 routes to explore, the sky's the limit when it comes to variety at Firstenburg's climbing wall, Sadri's Summit! The climbing wall is 27 feet high, 50 feet wide, and includes natural features including cracks, overhangs, dihedrals and arêtes. The bouldering wall is 13 feet high and 20 feet wide. The majority of the routes are geared toward beginner and intermediate climbers while about a quarter of the routes are for advanced climbers.

Open Climb General Information:

- All participants must fill out a waiver form. A parent/guardian signature is required for climbers under age 18.
- Climbers must be at least age 5; children 10 and younger must be accompanied by a person 18+.
- Belayers, (people in charge of holding ropes for climbers), must be at least 14 and have a current Sadri's Summit belay card. Parks and Recreation belayers will assist climbers.
- A maximum of up to 12 participants with belay-certified pairs can be accommodated at each open climb. Bracelets will be handed out at the front desk 30 minutes before each open climb. Climbers must report to the wall within 10 minutes of purchasing a bracelet or open climb start time, whichever is sooner.

- There will be no daytime climbs January 3-5. We will be setting new routes.

Open Climb Session fees:

FREE to passholders
 \$6 Adult 19+ \$5 60+ \$4 Youth 5-18

Daily Equipment Rental fees

- Equipment rental (\$5 per person) includes harness, shoes and chalk/chalk bag.
- Purchase a 3-rental punch card for \$15 and get one rental free!
- Personal climbing equipment is accepted upon inspection.
- Black Diamond brand harnesses, chalk and chalk bags are available for purchase at the front desk.
- Pick up a current open climb calendar at the front desk or go online to cityofvancouver.us/fcc and click on "climbing wall."

Is your work team, youth group, or boy/girl scout group looking for an exciting adventure?

Contact Stacey at climbfcc@ci.vancouver.wa.us for climbing wall group rental information. No experience or belay cards required; staff is provided.