



UNIVERSITY PLACE

**VOLUNTEER CENTER**

2811 Bridgeport Way W., Suite 11, University Place WA, 98466 • 253.223.0039 • [www.UPVolunteers.org](http://www.UPVolunteers.org)

Volume II, Issue 10

**NON-PROFIT NEWS**

October • November 2010

## Everyone can help put together a holiday meal

Here we are again at the start of the holiday season. Excitement is in the air, along with a chill, the leaves are turning colors and falling, and we are all looking forward to that delicious big family dinner. Some of our neighbors may not get to experience the big family dinner. Families in our community struggle day to day just to put food on the table and cannot afford a Thanksgiving or Christmas dinner. This is where you can help! Please donate holiday type foods to the

University Place Food Bank, a program of Families Unlimited Network.

Here is a list of foods needed:

Turkey, ham, stuffing mix, corn bread mix, gravy mix, chicken broth, canned pumpkin or pie filling, evaporated milk, cranberry sauce, cream of mushroom soup, canned yams, canned mushrooms, olives, canned fruits and vegetables.

You may drop these items off at University Place Food Bank, 2610 Sunset Drive West or the University Place Fire Department, 3631 Drexler Drive West.



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### Thanksgiving Dinner

Volunteers from University Place will generously dedicate their time this Thanksgiving to provide a delicious, quality meal for fellow community members. Don't have plans for Thanksgiving Day? Join the UP Volunteer Center for a delicious meal with friends and community members. **Thursday, November 25 from 12 – 2 p.m. at University Place Primary School. Please RSVP to U.P. Refuse at 564-3212.** Volunteers needed from 11 a.m. – 3 p.m. Monetary donations made payable to the UP Volunteer Center are appreciated, contact 223-0039 for information on donating.

### Simple Supper

Families Unlimited Network would like to invite you to the second annual Simple Supper on October 23 from 6 - 8 p.m. at Curtis High School Cafeteria. This is a great way to learn more about the programs that F.U.N. has to offer and how you can be involved. For more information please go to [www.FamiliesUnlimitedNetwork.org](http://www.FamiliesUnlimitedNetwork.org) or call 460.3134

### Santa Paws

*Saturday, December 4, 9 a.m. – 1 p.m.*  
*UP City Hall Complex, 3715 Bridgeport Way W*

Get your pooch's photo taken with Santa! Pictures are \$10 per photo and \$5 for additional photos. Sponsored by SUNDOGS with all proceeds going to the off leash dog park.

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**Pierce County ALERT!** *If we can't reach you, we can't alert you.*

**Do you want to be alerted about emergencies?** The Pierce County Department of Emergency Management is encouraging residents to sign up for this **free**, new, 'opt-in' mass notification system. **Pierce County ALERT** allows residents to receive emergency and community alerts on a variety of devices (cell phones, work phones, e-mail, faxes text messages, etc.).

There are two types of **ALERTs**:

**Emergency:** Significant risk to life and/or property. Includes, but not limited to, flooding, wildfires, evacuations, police activity, etc.

**Community:** Non-emergency or informational. May include severe weather alerts, utility disruptions, major road closures, public safety alerts, and special event information.

**How to Sign-up**

- Go to [www.PierceCountyWA.gov](http://www.PierceCountyWA.gov) and click on the Pierce County ALERT button, or
- Call Pierce County Department of Emergency Management at 798-6595

**Free home repairs & modifications**

Rebuilding Together South Sound is a local non-profit organization that provides free home repairs and modifications to low-income homeowners who are elderly, a person with a disability, or a family with children. We are currently accepting applications for our annual volunteer event, National Rebuilding Day, where volunteer teams complete major critical home repair projects.

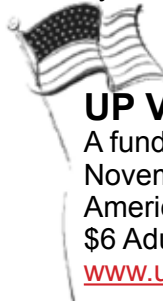
We are looking for skilled volunteers who can assist us with these projects. We need carpenters, plumbers, electricians and general contractors. If you are interested in volunteering, or would like an application or more information, please call (253) 238-0977 or visit [www.RebuildingTogetherSS.org](http://www.RebuildingTogetherSS.org).

**Low Vision Information and Resource Fair**

*November 3, 9:30 a.m. – 1 p.m.*

*TACID Center, 6315 South 19th Street, Tacoma*

Join us to hear some of the finest specialists in our area who will speak about eye conditions leading to low vision, medical advancements, treatments, and preventions eye health, and Solutions for challenges of daily living. Please RSVP at 565-9000 ext 10



**UP Veterans Memorial**

A fundraising kick-off pancake breakfast  
November 13, 8 - 11 a.m.

American Legion Post 138, 7515 Cirque Dr W  
\$6 Adults & \$3 Children

[www.upveteransmemorial.org](http://www.upveteransmemorial.org)

**UP Parks & Recreation programs**

**Youth basketball**, *Sign-up deadline – November 19*  
Co-ed pre-k through 3rd grade, boys 4th through 7th grade, girls 4th through 7th grade.

**University Place Youth Council**

*“Youth with a mission to make a difference”*

Be part of a group that created Cirque Slam and the Mother Son Sports Ball. This motivated group of teens meets the first and second Monday of each month. The focus of the UPYC is to provide constructive activities and be positive role models for the youth in University Place. This is a great way to know other U.P. teens – grades 8 – 12.

**Senior Shuttle UP service & programs (Ages 61+)**

A free bus program that offers bi-monthly transportation to local meal sites and shopping. Contact the UP Senior Center at 564-1992 for more information.

**Heart & Soul Senior Fitness Class**

A free class designed to help participants reduce stress, renew energy, and relieve tension. Participants will improve their balance, posture, gain strength and flexibility as well as experience the benefits of mindful movement (hand weights are used slowly with concentration and attention to breathing)

A portion of the class will be done in a chair and for those who are mobile, there will be a cardio portion that helps to promote agility, focus and increase reaction time. For those who remain seated, modifications will be given so everyone feels included and successful. A portion of the class will be used for interaction and education.

Classes take place on Tuesdays/Thursdays from 12 – 1 p.m. Call to register, classes fill quickly. Also offered; free Chair Yoga & art classes, call 564-1992 for details.

*Be sure to call 460-2530 or visit [www.CityofUP.com](http://www.CityofUP.com) for information on events and available classes.*

**Reach thousands of people instantly!**

Contact the U.P. Volunteer Center at (253) 223-0039 for volunteer opportunities or information about having your business name appear here as a sponsor of the Non-Profit News