



October News 2014

SUMNER SENIOR CENTER

About the Sumner Senior Center

Welcome to the Sumner Senior Center. The activities and services of the Center are available to anyone 55 years of age and older. If you are looking for a Senior Center that offers positive changes, wonderful instructors, social interaction and personal training, then our Center is the place for you. Here at the Sumner Senior Center we take pride in assisting you with all the best possible resources we can. We offer an array of different activities and amenities that we think will benefit you not only today, but down the road. Please feel free to inquire about any of the resources that we are currently offering. We welcome your suggestions.

Trips include: North Bend Outlet Mall on 10/16 and Red Wind Casino on 10/23—sign up in the Activities Book. Don't miss our Oktoberfest celebration on 10/10 and Halloween Costume Party on 10/31!

If you are 55 years of age and have not visited the Center or taken advantage of the activities already scheduled, we invite you to please stop in to see our welcoming facility.

Together, we can make the Senior Center the best place to have fun in Sumner.

HOLIDAY BAZAAR

**FRIDAY, NOVEMBER 7TH
10AM-3PM**

*** CRAFTS, JEWELRY,
GIFTS BASKETS, BAKED
GOODS, ETC.**

**VENDORS: A LIMITED NUM-
BER OF TABLES ARE
AVAILABLE FOR \$20 EA.**

CALL 253-863-2910



Hours of Operation & Contact

Hours:

Monday-Friday 8:00 am-4:00 pm

Staff:

Melissa Holt, Program Director

Deb Taylor, Activities Assistant

Address:

15506 62nd St. Ct. E. Sumner, WA 98390

Phone:

(253) 863-2910

Services provided by



SENIOR ADVISORY BOARD

MEETS OCTOBER 20, 2014

- Leroy Goff, Chairman
- Karen Spisak, Vice Chairman
- Judy McLean, Secretary/Treasurer
- Dee Parrish
- Ralph Oldroyd

Social & Health Care Services

Genealogy Class

Date: Thursday, 10/17
Time: 1:00-3:00 PM
Cost: Class held in the computer room on the 3rd Thurs. of the month offered by Dee Fournier. Please sign up.

Hearing Aid Checks

Thank you, *Sound Hearing* for providing this free service of checking & cleaning hearing aids for our seniors.

Date: October 10th
Time: 11am—Noon
Please sign up in the *Activities Book!*

Exercise Room

Our Exercise Room is open to all seniors. We have a treadmill and recumbent stationary bike available for your use. Work out!

Massage Therapy

Reduce pain and stiffness. Get your monthly massage at the Center.

Days: Mon., 6th & 20th
Time: 1-3:30 PM
Cost: \$10 for 15 min.
Sign up!



Puzzle Table

No room to work a puzzle at home? Feel free to join in on the communal puzzle that is always set up in the back classroom. Join your friends in putting together a puzzle.

Catholic Community Services:

In partnership with Catholic Community Services, the SSC serves nutritionally balanced meals Monday through Friday

Daily Lunch Program:

Mon.-Fri. at noon in the dining hall.

Suggested Donation:

\$3 over the age of 60
\$5.75 for those under 60

Meals-on-wheels: 253.474.1200

CCS Footcare: 10/27 call
253.579.6000

Card Making Class

Come and join in. You will create 3 cards. Bring a glue stick—all additional supplies provided.

Day: Friday, Oct. 17th
Cost: \$6
Time: 11:00am



Center Library

Need a book, take a book. Have a book, bring a book. The library is self-serve. Participants are welcome to take as many books as they wish. Please return books and donated books to the basket located in the library for our library volunteer to re-shelve in proper order.

Foot Care

Judy McMichael is an RN experienced in senior foot care. Come see her for a complete foot exam & treatment. Sign up. Every other Tuesday.

Day: Tue., 14th, 28th
Time: By appointment
Cost: \$25 cash OR check.

Free Monthly Clinic

Linden Grove & Franklin Place an Enlivant community to sponsor blood pressure/sugar checks and/or bone density clinics.

When: 2nd Thursday of each month—no sign up, first come, first served. **11am-1pm**

Flu Shots!!

Rite Aid *Pharmacy* is coming to Sumner Senior Center with their on-site Flu Clinic to give **flu vaccinations** to all Seniors

Day: Thursday, 10/15
Time: 10-Noon



Computer Lab

Our computer lab is open to all seniors. We have four computers available for your use during the Center's open hours.



Special Events

Oktoberfest

- It's Time for Oktoberfest! sausage, sauerkraut, strudel & LIVE German music by Gary Hausam. Sound like fun? It will be! Music starts at 11am and lunch will be served at noon.

Date: 10/10 11-12:30

Cost: \$3 . German dessert by Franklin

Place.



FREE Depression/Anxiety screening and education provided by the School of Nursing staff/students of Pacific Lutheran University, Tacoma.

DAY: Thursday, October 30, 2014

TIME: 9:30 AM – 12:30pm

First come, first served.....

Birthday Celebrations

Come celebrate our friends' birthdays! Join us Oct. 9th, 10-noon for a Birthday celebration & dance. Thank you Linden Grove for sponsoring this event.



Trips & Events!

Plan ahead.....

RED WIND CASINO



Red Wind Casino Trip

Join the Buckley Seniors and ride the Red Wind bus.

Date: Thursday, Oct. 23rd

Time: 9:30 AM

Return: at 4:00 PM

Cost: \$2

Sign up in the *Activities Binder*.



Northbend Outlet Mall

Date: Thurs., 10/16

Time: Van leaves at 9:00 AM

Return approx. 3-3:30 PM

Cost: \$5, lunch on your own.

Come join us! Sign up in the *Activities Binder*.

Happy Halloween



Halloween-Costume Party

Our Halloween Day Event will include: a delicious lunch, pumpkin pie and great entertainment by DJ George Hollis. Don't forget to dress up! Costume party...Prizes for "Best Costume"

Day: Friday, 10/31

Time: 11:00-1:00 pm

Cost: \$3 for lunch

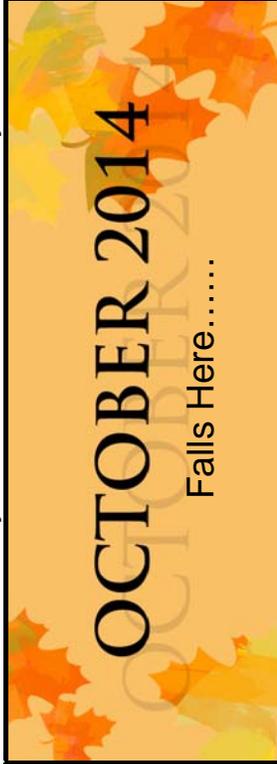
Monday

Tuesday

Wednesday

Thursday

Friday



<p>9:00 S.A.I.L. Exercise 10:00 Creative Time 11:00 Yesterdays Soup & Crackers 12:00 Lunch 1:00 Massage (appt. only)</p>	<p>9:00 S.A.I.L. Exercise 10:00 Creative Time 11:00 Hearing Aid Checks-sign up 11:00 OctoberFest 12:00 Lunch 12-3 Woodcarving 12:45 Bingo 1:00 Beginning Pinochle</p>	<p>9:00 S.A.I.L. Exercise 10:00 Creative Time 12:00 Lunch</p>	<p>9:00 S.A.I.L. Exercise 10:00 Creative Time 11:00 Yesterdays Soup & Crackers 12:00 Lunch 1:00 Board Meeting 1:00 Massage (appt. only)</p>	<p>8:00 CCS Footcare 9:00 S.A.I.L. Exercise 10:00 Creative Time 12:00 Lunch</p>
<p>9-11 Ping Pong 11:00 Karaoke 12:00 Lunch 12:00 Painting Class 12:45 Pinochle</p>	<p>9-11 Ping Pong 11:00 Karaoke 12:00 Lunch 12:00 Painting Class 12:45 Pinochle</p>	<p>8:30 Judy's Footcare 9-11 Ping Pong 12:00 Lunch 12:00 Painting Class 12:45 Pinochle 2:00 SilverSneakers Classic</p>	<p>9-11 Ping Pong 11:00 Karaoke 12:00 Lunch 12:00 Painting Class 12:45 Pinochle 2:00 SilverSneakers Classic</p>	<p>8:30 Judy's Footcare 9-11 Ping Pong 12:00 Lunch 12:00 Painting Class 12:45 Pinochle 2:00 SilverSneakers Classic</p>
<p>9:00 Yoga 10:30 Country Fever 10:30 Hand & Foot 12:00 Lunch 12:30-4 Bridge Game 1:00 Beginners' Line Dance DVD 2:00 Intermed. Line Dance DVD</p>	<p>9:00 Yoga 10:00 Music Makers 10:30 Hand & Foot 12:00 Lunch 12:30-4 Bridge Game 1:00 Beginners' Line Dance 2:00 Intermed. Line Dance</p>	<p>9:00 Yoga 10:00 Rite Aid Flu Clinic 10:30 Country Fever 10:30 Hand & Foot 12:00 Lunch 12:30-4 Bridge Game 1:00 Beginners' Line Dance 2:00 Intermed. Line Dance DVD</p>	<p>9:00 Yoga 10:00 Music Makers 10:30 Hand & Foot 12:00 Lunch 12:30-4 Bridge Game 1:00 NO Line Dancing today</p>	<p>9:00 Yoga 10:30 Hand & Foot 12:00 Lunch 12:30-4 Bridge Game 1:00 Beginners' Line Dance 2:00 Intermed. Line Dance 2:00 SilverSneakers Classic</p>
<p>8:30 Tai Chi 10:00 Dottie Lee & Band 10:30 Darts 12:00 Lunch 12:30 Wii 2:00 Book Club</p>	<p>8:30 Tai Chi 10:00 Dottie Lee & Band 10:30 Darts 11:00 Blood Pressure/Sugar Checks 12:00 Lunch/Birthday Celebrations 12:30 Wii 2:00 Book Club Meeting </p>	<p>8:30 Tai Chi 9:00 North Bend Outlet Mall 10:00 Dottie Lee & Band 10:30 Darts 12:00 Lunch 12:30 Wii 1:00 Family History Class 2:00 SilverSneakers Classic</p>	<p>8:30 Tai Chi 9:30 Red Wind Casino 10:00 Dottie Lee & Band 10:30 Darts 12:00 Lunch 12:30 Wii 2:00 SilverSneakers Classic</p>	<p>8:30 Tai Chi 9:30 PLU-Depression/Anxiety Screening 10:00 Dottie Lee & Band 10:30 Darts 12:00 Lunch 12:30 Wii 2:00 SilverSneakers Classic</p>
<p>9:00 S.A.I.L. Exercise 9:00 Ceramics 12:00 Lunch 12-3 Woodcarving 12:45 Bingo 1:00 Beginning Pinochle</p>	<p>9:00 S.A.I.L. Exercise 11:00 Hearing Aid Checks-sign up 11:00 OctoberFest 12:00 Lunch 12-3 Woodcarving 12:45 Bingo 1:00 Beginning Pinochle</p>	<p>9:00 S.A.I.L. Exercise 11:00 Card Making Class 12:00 Lunch 12-3 Woodcarving 12:45 Bingo 1:00 Beginning Pinochle 1:00 Genealogy Class</p>	<p>9:00 S.A.I.L. Exercise 12:00 Lunch 12-3 Woodcarving 12:45 Bingo 1:00 Beginning Pinochle</p>	<p>9:00 S.A.I.L. Exercise 11:00 DJ George Hollis-party begins 12:00 Lunch 12-3 Woodcarving-Cancelled 12:45 Bingo-Cancelled 1:00 Beginning Pinochle Halloween Costume Party </p>

Programs & Activities

Bridge Club

Come & join us for Bridge every Wed. afternoon. A wonderful way to spend the afternoon & meet new people.

Day: Wednesdays

Time: 12:30—4pm



BEGINNING Pinochle

If you're interested in learning to play pinochle or refresh your skills then sign up at the front desk to create a fall list for his low-stress group.

Day: Fridays (if enough interest)

Time: 12:30pm – 2:00pm



Come and join the Tuesday afternoon group. A tournament is held the 2nd Tues. of the month.

Day: Tuesdays

Time: 12:45-3:30pm

Cost: \$1 or \$3 tournament

Creative Time

Come, bring your crafts, visit with other crafters, share your hobby and be creative. Bring your own supplies.

Day: 2nd & 4th Mon.

Time: 10:00am



Hand and Foot

Hand and Foot is the exciting card game played with strategy and wit. Come join the fun!

Day: Wednesdays

Time: 10:30-2:30pm



Woodcarving

Come use your imagination and create beautiful pieces. Bring your own tools and have fun! 12-3

Day: Fridays,
10/31 Cancelled



Painting Class

Come & join other painters with guidance from Lee Killmer. A great group of artists!

Day: Tuesdays

Time: 12-3pm

Cost: \$4.00



B-I-N-G-O

Play BINGO and win GOOD prizes! Come in early and have lunch then play.

Days: Fridays

Time: 12:45-1:45pm

Cost: \$.50 per card

10/31 Cancelled

Darts

Come play darts! You are welcome to join for fun and games. Thursdays at 10:30 a.m. in the Card Room.



Ceramics Class

You will learn how to use fired/non fired paints with a variety of techniques. Fee includes supplies and materials.

Day: Monthly, 1st Friday
(3rd)

Time: 9:00-11:00am

Cost: \$3 Per class

Ping Pong!

The Center now has a ping pong table, paddles and balls for use. Come play ping pong, it's OPEN PLAY....Tuesdays 9-11am



Karaoke!!

Open mic. Come sign up and sing for us on our NEW karaoke system. Don't be shy!

Day: 1st & 3rd Tues.

Tues. of each month.

Time: 11am-Noon

Dance & Exercise!

Yesterdays Soup & Crackers

They perform good ole "Yee Haw" music. They are wonderful!

Days: 1st, 3rd & 5th Mondays

Time: 11am-noon



Country Fever

They perform classic live country music. They are wonderful! Come line dance!

Days: 1st & 3rd Wed.
Time: 10:30 am-Noon



Line Dancing

For the month of August line dancing will be on Wednesdays *only*.

Come try it-You'll like it!

Days/Time:

Wednesdays

1-3pm

Cost: \$3.00



Dottie Lee & Fun Country

Come listen and dance to some old time country classics. It's guaranteed you will have a good time and even tap your toes!

Day: Thursdays

Time: 10am-

12pm



Gentle Yoga

Join Barbara a Registered Yoga Trainer for a relaxing yoga and meditation class. We will be stretching, strengthening, lengthening and meditating.

Days: Wednesdays

Time: 9:00-10:00am

Cost: \$5 per class



a strength and balance fitness class for adults 65+

NOTE:

No class 10/24!!

S.A.I.L.

S.A.I.L. is a strength and balance fitness class for seniors. Bring a friend!!

Days: Mon., & Fri.

Time: 9:00-10:00am

Cost: \$3 per session



SilverSneakers Classic

Improve strength, flexibility, posture and balance. Exercise at your own pace. Get fit!! Free with SilverSneakers membership OR pay \$3 the drop in fee.

Days: Tuesday/Thursday

Time: 2:00—3:00pm

Tai Chi

Come try Tai Chi. It reduces the effects of arthritis, lowers blood pressure and improves balance.

Days: Thursdays

Time: 8:30am

Cost: FREE

Wii Sports!!

Join us for Wii Sports in the living room!

Days: Thursdays

Time: 12:30pm

Cost: FREE



Announcements & Information



SENIOR CORNER

Virginia Sturdivan: Virginia was born in Lebanon, OR and moved to Auburn, WA later on. She raised four children (3 boys & a girl) and now has four grandchildren to love. Virginia worked in sales and as a buyer before retiring and moving to Sumner.

Hobbies: Virginia loves gardening and enjoys travel. She has travelled extensively and when asked her favorite destination spot, she chose London, England!

Senior Center Member: Virginia was looking for something to do when she got invited to a potluck at the SSC. She decided to stay and has been volunteering ever since. We are so glad to have her sunny disposition!

Favorite Memory: She could not think of a specific, except to say that she was pleasantly surprised by the welcome she received here and has enjoyed meeting everyone. She feels that Sumner Senior Center has a lot to offer the community.

Mt. Valley Art Club, Artist of the Month!

The Sumner Senior Center would like to recognize *Mt. Valley Art Club Artist of the Month*, Lee Kilmer for an additional month. Stop by and check out our "Art Wall" and view all of her beautiful paintings.

Amazing art work.



Thank you to Celebrate Seniority for sponsoring the Sumner Senior Center newsletter.

Book Club!

Come participate in our book club the first Thursday of every month. New members are always welcome. Coffee provided. Thank you, Stafford Suites for providing the books!

Day: Thursday, Oct. 9th

Time: 2:00 pm