

SEPTEMBER 2023 NEWSLETTER

Welcome to the Sumner Senior Center!

Come join the fun at our senior center!
Anyone 55 years & older may attend.

We offer
exercise classes, card games, musical
entertainment, day trips, educational
activities, health care services, and more.

In addition to our activities, Catholic
Community Services prepares & serves lunch
Monday - Friday ***promptly at noon.***
Suggested donation for 60 & up is \$3.50;
cost for those under 60 is \$6.

~ September Highlights ~

- **Sept. 7th** Trip—Tacoma Waterfront
- **Sept. 11th** Coffee Talk with
Mayor Hayden
- **Sept. 14th** Birthday Party with
Music by Jim Meck
- **Sept. 14th** Trip—Gig Harbor
Farmers Market
- **Sept. 21st** Trip—Snoqualmie Casino
- **Sept. 25th** Movie Day— The Blind Side
- **Sept. 27th** Music Day—
N.M. Entertainment
- **Sept. 28th** Trip—Shopping Expedition

SSC will be closed in observance of
Labor Day,
Monday, September 4th

Contact Information

Hours:

**Monday-Friday
8:00am—4:30pm**

Address:

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

Phone:

253-863-2910

Administrative Staff

Program Director
Susan K. Bryant

Administrative Assistant
Sandy Stephens

Receptionist
Dyan Pattee

Bus Driver
Stacey Richards

Meal Site Cook, CCS
Peggy Huihui

Volunteers

Carol Davis
Loretta Farnsworth
Cathy Fonseca
Laura Kingsbury
Judy Kimball
Judy McLean
Sherrie Nelson
Sue Nichols
Christel Paul
Debi Rizzo
Elaine Snellman
Gaylyn Wilson
Vicki Yarnell

Advisory Board

Tom Lynn, Chairman
Christel Paul, Vice Chairman
Heidi Rackley, Member
Debi Rizzo, Secretary
Vicki Yarnell, Treasurer



SUMNER SENIOR CENTER

HEALTH CARE & OTHER SERVICES

Blood Pressure & Glucose Checks

Thursday, September 14th

11:30am—Noon

Free Service provided by
Linden Grove Health Care Center

BE
kind
TO OTHERS,
BE
kind
TO YOURSELF

DNA or Genealogy

Tuesday, September 5th

10:30am—Noon

One to one help with either your
DNA or Genealogy.

Register in Advance

Haircuts By Becky

Thursday, September 7th

10:00am—3:00pm

Please arrive with clean or
washed hair. (Cut only)

Suggested Tip Donation of \$6 or more

Register in Advance



Massage (Chair only)

Wednesday, September 6th & 20th

10:00am-2:00pm

Cost: \$10 for 20 minutes or

\$15 for 30 minutes

Register in Advance

Seamstress

This will be on hold until
further notice.

Thank you for understanding!

Senior Footcare by April

Friday, September 8th

9:00am—3:00pm

Cost: \$45 cash or check

MUST bring a towel

Register in Advance

Watch: Sales & Repair

Wednesday, September 6th & 20th

10:00am—Noon

Cost for watches: Varies

For a battery replacement

Drop-off at the center with \$5

Monday-Friday, between 8am - 4pm

EDUCATIONAL SERVICES

AARP Smart Driver Course

Friday, September 22nd

8:30am-4:30pm



AARP Driver Safety Program
Refresh your driving skills

Cost: \$20 for AARP members

\$25 for non-AARP members

Register in Advance

Coffee Talk with Mayor Hayden

Monday, September 11th

10:00am—10:45am

Come enjoy a cup of coffee and chat
with Mayor Hayden about what's happening
in our community.



Register in Advance

Companion Volunteer Opportunities

Friday, September 29th

11:00am—Noon

Learn how you can break down the walls of
isolation and offer companionship to a
neighboring senior.

Presented by Wendy Morris, Community Coordinator



Register in Advance

Drop-in Computer Tech Help

Thursday, September 14th

11:00am—Noon

Computer Q&A for all levels of users.



With Bob Taylor, Sumner Library Staff

Register in Advance

Medicare 2023 Open Enrollment

Monday, September 18th

11:00am—Noon

Come hear about the most important aspects of
Medicare 2023 Open Enrollment!
Open Enrollment runs October 15 to December 7.

Presented by Matt M. Santelli,
Community Outreach & Education Specialist
Pierce County Human Services

Register in Advance

Workshop

Dynamic Digestion:

Building Better Belly Health



Monday, September 25th

10:30am—11:30am

Presented by Traci Woodcock,
Nutritional Therapist /HHC
at Renewable Health

Register in Advance

SPECIAL EVENTS

September Birthday Party



Blood Pressure & Glucose Checks

Join us to celebrate our members with this month's birthdays!

Thank you to Stafford Suites for the cake, and to Linden Grove Health Care Center for the gift card, blood pressure and glucose checks and Dale Shoemaker for the Balloons.

11:30 am—Blood Pressure & Glucose Checks

Date: Thursday, September 14th

Time: 11:00am—12:00pm

Must sign up in the Dining Room by September 7th

Movie Matinee

Featuring: *The Blind Side*



Description:

The story of Michael Oher, a homeless boy who became an All American football player and first round NFL draft pick with the help of Leigh Anne Tuohy (*Sandra Bullock*).

Get some popcorn, grab a seat, sit back and enjoy the show!

Date: Monday, September 25th

Time: 1:30pm

Sponsored by *Generations Home Care*
Snacks provided by *Deer Ridge*

*Subject to change

TRIPS



Tacoma Waterfront Lunch at Harbor Lights

Date: Thursday, September 7th

Time: 10:00am—4:00pm

Cost: \$5 (Bring money for lunch)

Advance registration and payment required



Gig Harbor Farmers Market Lunch at Tides Tavern

Date: Thursday, September 14th

Time: 10:00am—4:00pm

Cost: \$6 (Bring money for lunch)

Advance registration and payment required



Snoqualmie Casino Lunch at Casino

Date: Thursday, September 21st

Time: 9:00am—4:00pm

Cost: \$5 (Bring money for lunch)

Advance registration and payment required



Shopping Expedition Lunch at Taco Time

Date: Thursday, September 28th

Time: 9:30am—4:00pm

Cost: \$3 (Bring money for lunch)

Advance registration and payment required

SSC Activities ~SEPTEMBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>HELLO SEPTEMBER</p>	<p>IMPORTANT INFORMATION Lunch Reservations REQUIRED for MUSIC EVENTS Dates are: September 14th & 27th</p>	<p>THERE IS <i>always</i> SOMETHING TO BE <i>thankful for</i></p>	<p>TRIPS Check out our trips on September 7th, 14th, 21st & 28th Sign up for trips in the book</p> 	<p>1 9:00 S.A.I.L. Exercise 10:30 Canasta 10:30 Card Making Class 12:00 Lunch 1:30 BINGO</p>
<p>CLOSED 4</p> <p>HAPPY Labor Day</p>	<p>5 9:30 Art Club Meeting 10:30 Karaoke 10:30 DNA or Genealogy 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga</p>	<p>6 9:00 S.A.I.L. Exercise 10:00 Chair Massage 10:00 Watch & Jewelry Sale 10:30 Hand & Foot Cards 12:00 Lunch 12:30 Bridge</p>	<p>7 8:30 Tai Chi 10:00 Trip—Tacoma Waterfront 10:00 Haircuts by Becky 12:00 Lunch 12:30 Knit and Crochet 1:00 Mexican Train Dominoes 2:00 Stretch Class</p>	<p>8 9:00 S.A.I.L. Exercise 9:00 Senior Footcare by April 10:30 Canasta 12:00 Lunch NO BINGO</p>
<p>11 9:00 Exercise Class 10:00 Coffee Talk with Mayor Hayden 12:00 Lunch 1:00 Book Club 1:30 Bunco (New day this month) 2:00 Stretch Class</p>	<p>12 12:00 Lunch 12:00 Open Paint 12:15 Pinochle Tournament 1:30 Chair Yoga</p>	<p>13 9:00 S.A.I.L. Exercise 10:00 Rock Painting 10:30 Hand & Foot Cards 12:00 Lunch Bridge Canceled</p>	<p>14 BIRTHDAY PARTY Tai Chi Canceled 10:00 Trip—Gig Harbor Farmers Market 11:00 Computer Tech Help 11:00 Music by Jim Meck 11:30 BP & Glucose Checks 12:00 Lunch 12:30 Knit and Crochet 2:00 Stretch Class</p>	<p>15 9:00 S.A.I.L. Exercise 10:30 Canasta 12:00 Lunch 1:30 BINGO</p>
<p>18 9:00 Exercise Class 11:00 Workshop—Medicare 2023 Open Enrollment 12:00 Lunch 1:30 Bunco 2:00 Stretch Class</p>	<p>19 10:30 Karaoke 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga</p>	<p>20 9:00 S.A.I.L. Exercise 10:00 Chair Massage 10:00 Watch & Jewelry Sale 10:30 Hand & Foot Cards 12:00 Lunch 12:30 Bridge</p>	<p>21 8:30 Tai Chi 9:00 Trip—Snoqualmie Casino 12:00 Lunch 12:30 Knit and Crochet 1:00 Mexican Train Dominoes 2:00 Stretch Class</p>	<p>22 8:30 AARP—Smart Driver Class 9:00 S.A.I.L. Exercise 10:30 Canasta 12:00 Lunch NO BINGO</p>
<p>MOVIE DAY 25 9:00 Exercise Class 10:30 Workshop—Dynamic Digestion—Building Better Belly Health 12:00 Lunch 1:30 Movie—The Blind Side</p>	<p>26 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga</p>	<p>MUSIC DAY 27 9:00 S.A.I.L. Exercise 10:30 Hand & Foot Cards 11:00 Music by~ N.M. Entertainment 12:00 Lunch 12:30 Bridge</p>	<p>28 8:30 Tai Chi 9:30 Trip—Shopping Expedition 12:00 Lunch 12:30 Knit and Crochet 2:00 Stretch Class</p>	<p>29 9:00 S.A.I.L. Exercise 10:30 Canasta 11:00 Talk—Companion Volunteer Opportunities 12:00 Lunch NO BINGO</p>

This calendar is subject to change. Please call to confirm your activity.



Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>MEALS</u> 60 and Over Suggested Donation <u>\$3.50</u> 59 & under is \$6.00</p> <p>Lunch is served Promptly at Noon</p>			<p><i>Reservations Required for Lunch</i></p> <p>On these Music dates only:</p> <p><i>September 14th & 27th</i></p>	<p>1 Spaghetti with Beef Italian Veggie Blend Garlic Bread Pears</p>
<p><u>CLOSED</u> 4</p>  <p>LABOR DAY</p>	<p>5 Chicken Salad Sandwich Strawberry Spinach Salad Mixed Berries Whip Cream</p>	<p>6 Pork Tenderloin Bake Broccoli Normandy Rice Grapes Oatmeal Cookies</p>	<p>7 Oven Fried Chicken Scandinavian Blend Veggies Roasted Potatoes Wheat Rolls Orange</p>	<p>8 Lime Fish Zucchini Linguini Strawberry & Rhubarb Compote</p>
<p>11 Beef & Rice Burrito Salsa, Guacamole Sour Cream Cucumber Tomato Salad Sautéed Cinnamon Apples</p>	<p>12 Salisbury Steak with Gravy Mashed Potatoes Sautéed Spinach Fig Newton</p>	<p>13 Chicken Fajita with Bell Peppers & Zucchini Rice Salsa, Guacamole, and Sour Cream Peaches</p>	<p><u>MUSIC</u> 14 BIRTHDAY PARTY Amandine Fish Broccoli Wheat Roll Orange Lemon Bar</p>	<p>15 Swiss Cheese Burger Lettuce & Tomatoe Wedge Fries Mixed Berries</p>
<p>18 Chinese Chicken Salad Wheat Roll Pears</p>	<p>19 Beef & Pepper Steak Brussel Sprouts Pound Cake with Strawberries Whip Cream</p>	<p>20 Lemon Pepper Cod Potatoes Au Gratin Pineapple Upside Down Cake</p>	<p>21 Sweet & Sour Pork Vegetables Rice Fortune Cookie Ice Cream</p>	<p>22 Vegetarian Shepard's Pie Lettuce, Tomato Carrot Salad Fig Newton</p>
<p><u>MOVIE DAY</u> 25 Honey Dijon Chicken Potatoes Beets Peaches</p>	<p>26 Pork Soft Tacos Mexicali Veggies Rice Salsa & Sour Cream Banana</p>	<p><u>MUSIC DAY</u> 27 Chefs Salad with Turkey Cheese & Egg Beans & Peas Breadsticks Peaches</p>	<p>28 Vegetarian Lasagna Key West Blend Veggies Sautéed Cinnamon Apples</p>	<p>29 Omelet Sausage Patty Hashbrowns Honey Dew Melon Apple Juice</p>

This Menu is subject to change.

Consuming Mishandled Leftover Food May Increase Your Risk of Food Borne Illness.

PROGRAMS & ACTIVITIES

2-Times only
this month

BINGO

Friday, September 1st & 15th
at 1:30pm

Enjoy Bingo and win some fun prizes.

Cost: \$1 per card

*Special thanks to Avista Senior Living
for their sponsorship.*

Book Club

Monday, September 11th
at 1:00pm

Hosted by Lourie from
Sumner Library

Register in Advance

Canceled
Sept. 13th

Bridge

Wednesdays, at 12:30pm

This group likes to have fun and play
some serious bridge. Stop in and join.

Need more players

Cost: \$1



Bunco

Monday, September 11th & 18th
at 1:30pm

Join our fun, lively Bunco players for an
easy to learn, exciting dice game.

Cost: \$2

Thanks to Concierge Care Advisors for treats.

Canasta

Fridays, at 10:30am

A fun version of rummy that will
definitely entertain you.

Join us for a fun game of Canasta.

Card Game (FULL)

Fridays, at 10:00am

Hand & Foot Cards

Puyallup Group in Conf Rm.

Max Occupancy 8

Card Making Class

Friday, September 1st at 10:30

Come make beautiful handmade cards
using rubber stamps and punches.

Bring a glue stick!

Cost: \$6

Register in Advance

Computer Lab

Our computer lab is open
during normal business hours
to all our members.

Printing or copies are -10¢ per page

Hand & Foot Cards

Wednesdays at 10:30am

This exciting card game is
closely related to Canasta.

Come check it out.

Check it
Out!

Karaoke

Tuesday, September 5th & 19th
at 10:30am

Tune up your pipes and come show us
what you've got!

Register in Advance

Knit & Crochet Group

Thursdays
at 12:30pm

Bring your own knitting project
to work on and spend some time
sharing ideas with other "Knit Wits".

Mexican Train Dominoes

Thursday, September 7th & 21st
at 1:00pm

A new twist on the classic
game of dominoes.

Come and have fun with our group.

Open Paint Group

Tuesdays
at 12:00pm

Bring your own materials and enjoy
each other's creativity.

Come & join our amazing painters.

Pinochle

Tuesdays
at 12:15pm

Join in and play Pinochle - all experience
levels are welcome.

2nd Tuesday tournaments are scheduled.

Cost: \$1 or \$3 for tourney

Need more players!



Treasure Cove Store

Drop in and browse through our
"Treasure Cove" of unique items,
new and gently used.

Thank you to everyone that donates and
purchases our items.

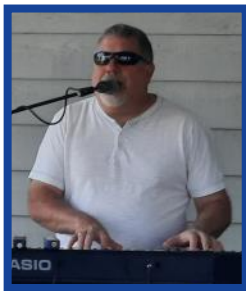
***We are grateful for your support
and generosity!***

Proceeds go to SSC programs

MUSIC

BIRTHDAY CELEBRATION

Music by Jim Meck



Join us as we recognize our members who have birthdays, this month with music, cake, balloons & a drawing for a gift card!

Date: Thursday, September 14th

Time: 11:00am—12:00pm

*Must sign up in the Dining Room
by September 7th*

Lunch served promptly at Noon.

MUSIC DAY

Music by N.M. Entertainment

Classic Holiday

Musical feature: Signin' in the Rain



Septembers theme of the month celebrates classic musical films that we've all grown to know and love.

Date: Wednesday, September 27th

Time: 11:00am—12:00pm

*Must sign up in the Dining Room
by September 20th*

Lunch served promptly at Noon.

EXERCISE

Chair Yoga Class

Tuesdays at 1:30pm



Come join us for stretching and balance exercises utilizing the stabilization of a chair. Modifications for all exercise levels available. No mats required.

Cost: \$5.00

Instructor: Jessie Thompson

Check it Out!

Exercise Class

Mondays at 9:00am



This class incorporates walking, stretching and the use of weights to increase strength and stamina.

Cost: Free

Instructor: Susan Bryant

Exercise Room

Our exercise room is open

ALL DAY

and is **FREE!**



S.A.I.L.



Wednesdays & Fridays at 9:00 am

The fitness program focuses on exercises that improves strength, balance and flexibility. You will feel great and reduce the risk of falling.

Cost: \$3.00

Instructor: Gaylyn Wilson

Check it Out!

Stretch Class

Mondays & Thursdays at 2:00pm

This class combines stretching using balls, bands and weights.

No class 4th Monday of Month

Cost: \$3.00

Instructor: Christel Paul



Check it Out!

Tai Chi

Canceled September 14th

Thursdays at 8:30am

Join us for an adapted Yang Style standing form for seated practice to meet the needs of individuals who have balance, mobility and chronic pain conditions.

Cost: Free

Instructor: Phil Schneider



SENIOR CORNER



Linda Bucher—

She's not a magician, but it feels like magic when you're on the receiving end of Linda Bucher's amazing massage on the first and third Wednesday of each month. Linda is our licensed massage therapist from Eponabus Massage & Reflexology (*Eponabus stands for the Goddess of animals*).

A 2005 graduate of Tacoma's Alexandar School of Natural Therapeutics where she teaches Reflexology, Chair Massage and Business for the past eighteen years. Prior to massage school, Linda was employed by the Department of Defense at McChord Air force Base as an Airfield manager for thirty-six years.

Along with two brothers, Linda grew up in Portland, Oregon and now lives in Buckley with her four-legged children—Collin, a very bossy Pomeranian, and a Draft Cross Mare named Orion.

Thinking back on favorite moments in her life was easy—graduating from massage school, receiving her Masters in Aromatherapy and winning her first horse show.

When asked what she would tell her twenty-year-old self, she didn't hesitate. "Don't sweat the small stuff. Life will always get better."

Thank you, Linda, for sharing your time and energy to give our seniors monthly affordable physical well-being. There's always a waiting list, so stop in and sign up!

GRATITUDE ATTITUDE

At the **Sumner Senior Center**, we are grateful for the strong *Community of Caring* and kindness of our members.

With all the madness in the world it's a **joy** to have a place to gather for **fun-times** and to simply be.... **happy!**

Thank you members! 

The key to
being happy
is knowing you have the power
to choose what to accept
and what to let go.

Dodinsky

ANNOUNCEMENTS / INFORMATION

MultiCare 
Celebrate Seniority

Thank you for sponsoring our Senior Center's monthly newsletter.
We appreciate you and your support!

 **Stafford**
SUITES

Assisted Living for Active Seniors

Located across the street from
Sumner Senior Center.

Come visit us or call us to
schedule a tour: (253) 862-1818

We would love to show you
around!

