



JUNE 2022 NEWSLETTER

Welcome to the Sumner Senior Center!

SUMNER SENIOR CENTER

Welcome back to inside dining
beginning on June 1st!

*We are sorry, but we will no longer
offer lunches to go.*

**We are fully open
for activities and services!**

We are also resuming musical
entertainment indoors throughout
the upcoming weeks.

Check out our June highlights below.

See what's happening at our senior center in June!

- June 6th **Coffee Talk** with Police Chief Brad Moericke.
- June 8th **Birthday Celebration** with a Jukebox performance, "Grease" by N.M. Entertainment.
- June 17th **Father's Day Celebration** with music by Johnny "Crash"

Our center will be closed Monday, June 20th in observance of Juneteenth.

**Come visit the
Sumner Senior Center!
(Face masks are optional)**

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

Admin. Assistant
Linda Goodwin

Receptionist
Dyan Pattee

Meal Site Cook, CCS

Peggy Huihui

Volunteers

**Carol Davis
Loretta Farnsworth
Cathy Fonseca
Judy Kimball
Judy McLean
Lyn Nirschl
Christel Paul
Debi Rizzo
Elaine Snellman
Vicki Yarnell**

Advisory Board

**Steve Blacksten
Tom Lynn
Judy McLean
Judy Stipes**

Services provided by



HEALTH CARE & OTHER SERVICES

Blood Pressure & Glucose Checks

Wednesday, June 8th
from 11:30am-Noon

Free Service provided by
Linden Grove Health Care Center

COVID-19 at home Test Kits FREE by mail

Every home in the U.S. is eligible for
another order of free at-home tests.

Call 1-800-232-0233

Or go to <https://www.covid.gov/tests>

Diabetic Shoe Fitting

Thursday, June 9th
from 11:00am-1:00pm

Free service provided by
Priority Footcare

Register in Advance

Farmers Market Vouchers

Visit Pierce County website at:
www.piercecountywa.gov/farmersmarket
or Call 253-798-4600 or 1-800-562-0332

Monday-Friday from 9am-4pm

Limited vouchers available until gone

Flyers available at SSC with more info.

Haircuts By Becky

Thursday, June 2nd

10am-2pm



Please arrive with
freshly washed hair. (Cut only)
Suggested Tip Donation of \$6 or more

Register in advance

Hearing Aid Checks



Friday, June 10th

from 11:00am-Noon

Free service offered by
Sound Hearing Associates

Register in advance

Seamstress

Wednesday, June 1st
from 1:00pm-3:00pm

Sign up to meet with Peggy and
discuss your sewing needs.

Register in advance

Senior Footcare by April



Friday, June 10th

9:00am-3:00pm

Cost: \$45 cash or check
Please bring a towel

Register in advance

Watch: Sales & Repair

Wednesdays, June 1st & 15th

10:00am-Noon

Cost for battery: \$5.

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, June 24th
from 9am-5pm

AARP Driver Safety Program
Refresh your driving skills

Cost: \$20 for AARP members
\$25 for non-AARP members

Register in advance

Caregivers Support Group



Tuesday, June 14th
11:00am-12:00pm

Topic: Resources for Seniors

Presentation on resources such as
Adult Day Programs, Home Health,
traveling physicians and
real estate services.

Coffee Talk with Police Chief

Brad Moericke

Monday, June 6th
at 10:30am



You're invited to chat with the
chief as he shares important
information. Bring any concerns
or questions you may have.

Computer Basics Class

Thursday, June 9th
Time 11:00am-12:00pm

Topic: Computer Basics

This class will cover computer basics for
beginners including using a mouse,
logging on and off of a computer and
using Windows and the Internet.

Humana Wellness

Date changed to: Thursday, June 23rd

10:30am-11:30pm

Topic: Stretch Your Grocery Dollars

Eating healthy doesn't have to be
expensive. Learn easy ways to get the
biggest bang for your buck on healthy
foods at the grocery store.

Smartphone Class



Thursday, June 2nd
at 11:40am

Classes led by Sumner High School
students. Bring your phones, tablets,
and questions for one-on-one help!

LAST DAY UNTIL SEPTEMBER

Register in advance

SPECIAL EVENTS & TRIP



JUNE BIRTHDAY CELEBRATION

If you have a birthday in **June**, make sure you come and enter your name in the drawing for a special prize!



Wednesday, June 8th
11:00am - 12:00pm

Also enjoy a cabaret performance by N.M. Entertainment ~ **JUKEBOX ~ Featuring "Grease"**

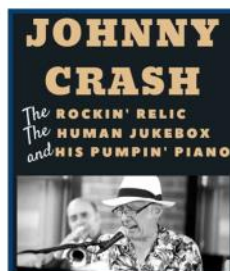
Listen to Rock 'n' Roll songs from the 50's!

Come enjoy a slice of birthday cake and we will present a gift card to the winner of the birthday drawing.

Father's Day Celebration



Friday, June 17th
11:00am – 12:00pm



Come in and sit with friends as we celebrate fathers and listen to music by **Johnny "Crash"**

Lunch will be served inside at Noon

Must sign up to reserve a lunch: (253) 863-2910

Menu: Swiss Cheese Burger, Lettuce & Tomatoes, Sweet Potato Fries, and Mixed Berries

Ruston Way Walk & Lunch at Duke's Seafood Thursday, June 23rd



Come take a walk with us and take in the beautiful views of Ruston Way. Afterwards, we will have lunch at Duke's Seafood, known for their award winning chowder!

(Need minimum of 5 to go on trip)

Cost: \$6 (Bring \$ for Lunch)

Depart SSC: 9:00am

Lunch around 11:30am

Return SSC: 2:30pm (approx.)

Sign up in the Activity Book!



Join us for a Movie

"A Dog's Purpose"
Rated PG

Monday, June 27th
at 1:30pm

Description: A devoted dog (Josh Gad) discovers the meaning of its own existence through the lives of the humans it teaches to laugh and love. Reincarnated as multiple canines over the course of five decades, the lovable pooch develops an unbreakable bond with a kindred spirit named Ethan (Bryce Gheisar).

Sponsored by Generations Home Care and Memory Haven



SSC Activities ~ JUNE 2022



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|---|
|  | BIRTHDAY PARTY JUNE 8TH  | 9:00 S.A.I.L. Exercise ¹ 10:00 Watch & Jewelry Sale 10:30 Hand & Foot Cards 12:00 Lunch 12:30 Bridge 1:00 Seamstress | 8:30 Tai Chi Cancelled ² 10:00 Haircuts by Becky 11:40 Smartphone Class 12:00 Lunch 12:30 Knit and Crochet Group 1:00 Mexican Train Dominoes 2:00 Stay Fit Forever CANCELLED | 9:00 S.A.I.L. Exercise ³ 10:30 Card Making Class 12:00 Lunch 12:00 Wood Carving 1:30 Bingo |
| 9:00 S.A.I.L. Exercise ⁶ 10:30 Coffee Talk with Police Chief Brad Moericke 12:00 Lunch 1:30 Bunco | 9:30 Art Club Meeting ⁷ 11:30 Food Bank Donations 12:00 Lunch 12:00 Open Paint 12:45 Pinochle 2:00 Chair Yoga | 9:00 S.A.I.L. Exercise ⁸ 10:30 Hand & Foot Cards 11:00 Birthday Celebration Music is Jukebox ~ Featuring "Grease" 11:30 BP & Glucose Checks 12:00 Lunch 12:30 Bridge | 8:30 Tai Chi Cancelled ⁹ 11:00 Diabetic Shoe Fitting 11:00 Computer Basics Class 12:00 Lunch 12:30 Knit and Crochet Group 2:00 Stay Fit Forever CANCELLED | 9:00 Senior Footcare ¹⁰ by April 9:00 S.A.I.L. Exercise 11:00 Hearing Aid Checks 12:00 Lunch 12:00 Wood Carving 1:30 Bingo |
| 9:00 S.A.I.L. Exercise ¹³ 12:00 Lunch 1:30 Bunco | 11:00 Caregivers Support Group ¹⁴ 11:30 Food Bank Donations 12:00 Lunch 12:00 Open Paint 12:45 Pinochle Tournament 2:00 Chair Yoga | 9:00 S.A.I.L. Exercise ¹⁵ 10:00 Watch & Jewelry Sale 10:30 Hand & Foot Cards 12:00 Lunch 12:30 Bridge | 8:30 Tai Chi Cancelled ¹⁶ 9:00 Zumba Gold Demo 12:00 Lunch 12:30 Knit and Crochet Group 1:00 Mexican Train Dominoes 2:00 Stay Fit Forever | 9:00 S.A.I.L. Exercise ¹⁷ 11:00 Music by Johnny "Crash" Father's Day Celebration  12:00 Lunch 12:00 Wood Carving 1:30 Bingo |
| 20 <div style="border: 2px solid blue; padding: 5px; text-align: center; color: red; font-weight: bold; font-size: 1.2em;">CLOSED</div>  | 21 11:30 Food Bank Donations 12:00 Lunch 12:00 Open Paint 12:45 Pinochle 2:00 Chair Yoga | 22 9:00 S.A.I.L. Exercise 10:30 Hand & Foot Cards 12:00 Lunch 12:30 Bridge | 23 10:30 Humana Wellness "Stretch Your Dollars" 9:00 Trip-Ruston Way & Duke's Seafood Rest. 12:00 Lunch 12:30 Knit and Crochet Group 2:00 Stay Fit Forever | 24 9:00 S.A.I.L. Exercise 9:00 AARP Smart Driver Course 10:30 Journaling Class 12:00 Lunch 12:00 Wood Carving 1:30 Bingo |
| 27 9:00 S.A.I.L. Exercise 12:00 Lunch 1:30 Movie Day "A Dog's Purpose" | 28 11:30 Food Bank Donations 12:00 Lunch 12:00 Open Paint 12:45 Pinochle 2:00 Chair Yoga | 29 9:00 S.A.I.L. Exercise 10:30 Hand & Foot Cards 12:00 Lunch 12:30 Bridge | 30 8:30 Tai Chi-Cancelled 12:00 Lunch 12:30 Knit and Crochet Group 2:00 Stay Fit Forever | <div style="border: 2px solid red; padding: 10px;"> Journaling with Judy "Thinking Through Your Fingers" Your Journey through Journaling Friday, June 24th 10:30am - 11:30am <i>Register in Advance</i> </div> |

Catholic Community Services-Menu

Lunch served at Sumner Senior Center

253-863-2910

June 2022

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|--|
| LUNCHES WILL BE BACK TO "INSIDE DINING ONLY" AS OF JUNE 1ST! 253-863-2910 | Note: As we transition back to serving inside, please continue to CALL TO RESERVE a lunch before 9:00am each day! | ¹ Beef & Rice Burrito Salsa, Guacamole Sour Cream Cucumber & Tomato Salad Sautéed Cinnamon Apples | ² Pork Tenderloin Bake Spinach Butternut Squash Grapes Oatmeal Cookie | ³ Breakfast Omelet Sausage Patty Hashbrowns Honey Dew Melon Apple Juice |
| ⁶ Spaghetti with Beef Green Beans Garlic Bread Pears | ⁷ Wild Rice Chicken Soup 1/2 Egg Salad Sandwich Oranges | ⁸ Birthday Celebration <i>Music: Jukebox "Grease"</i> Salisbury Steak with Gravy Mashed Potatoes Sautéed Spinach Fig Newton | ⁹ Vegetable Lasagna Green Beans Sautéed Cinnamon Apples | ¹⁰ Lemon Pepper Baked Cod Potatoes Au Gratin Pineapple Upside Down Cake |
| ¹³ Chefs Salad with Turkey Cheese & Egg Beans & Peas Breadsticks Peaches | ¹⁴ Sweet & Sour Pork Vegetables Rice Fortune Cookie Ice Cream | ¹⁵ Chicken Fajita w/Bell Peppers & Zucchini Rice Salsa, Guacamole, Sour Cream Peaches | ¹⁶ Vegetarian Shepard's Pie Lettuce, Tomato Carrot Salad Fig Newton | ¹⁷ Father's Day <i>Music: Johnny "Crash"</i> Cheese Burger Sweet Potato Fries Mixed Berries |
| ²⁰ <div style="border: 2px solid blue; padding: 5px; text-align: center; color: red; font-weight: bold; font-size: 1.2em;">CLOSED</div>  | ²¹ Pasta Salad Bacon and Veggies Hard Boiled egg Mandarin Oranges Lemon Bar | ²² Macaroni & Cheese Brussel Sprouts Wheat Roll Strawberries | ²³ Beef Chili Con Carne Sautéed Carrots Spinach Cornbread Pears | ²⁴ Lime Fish Zucchini Linguine Strawberry & Rhubarb Compote |
| ²⁷ Movie Day Beef & Pepper Steak Brussel Sprouts Pound Cake with Strawberries Whipped Cream | ²⁸ Honey Dijon Chicken Potatoes Beets Peaches | ²⁹ Pork Soft Tacos Mexicali Veggies Rice Salsa & Sour Cream Banana | ³⁰ Chinese Chicken Salad Wheat Roll Pears | ³¹ 60 and Over <i>Suggested Donation</i> \$3.50 59 & under is \$6.00 Lunch is served at Noon |

PROGRAMS & ACTIVITIES

BINGO

Fridays at 1:30pm

Enjoy Bingo and win some fun prizes.

Cost: \$1 per card

Special thanks to Stafford Suites and Franklin Place for their sponsorship.

Bridge

Wednesdays at 12:30pm

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

Looking for more players!

Cost: 50¢

Bunco

Monday, June 6th & 13th at 1:30pm

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

NEW DAY THIS MONTH!

Cost: \$2

Card Making Class

Friday, June 3rd at 10:30am

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.

Journaling with Judy

Friday, June 24th
10:30am - 11:30am

"Thinking Through Your Fingers"
Your Journey through Journaling

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, June 2nd & 16th 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

Come & join our amazing painters.

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

Pinochle

Tuesdays at 12:45pm

1st Tuesday of the month, come at 12:15 if you'd like to brush up on your playing skills! - Sign up in Activities book!

2nd Tuesday tournaments are scheduled.

Cost: \$1 or \$3 for tourney

Senior Nutrition Program

Lunch Service by
Catholic Community Services

We are back to serving lunches
INSIDE DINING AT NOON!

We NO LONGER offer lunches "TO GO" as of June 1st.

SSC Library

Our library is self-serve and free!

There is no check-out or check-in system.

Stop by and trade in a book or two!

Share the love of reading!

Wood Carving

Fridays at 12:00pm

Bring a project, your own tools, and have fun sharing your passion with others!



EXERCISE

Chair Yoga Class

Tuesdays at 2:00pm



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

S.A.I.L.

Mon, Wed & Fri at 9:00am



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

Instructors: Gaylyn Wilson and Christel Paul

Cost: \$3.00 - Suggested Donation

Stay Fit Forever

Thursday, June 16th, 23rd, 30th at 2:00pm



This program will use balls, weights, cardio
(Similar to Silver Sneakers)

Cost: \$3.00

Instructor: Angie Long

Zumba Gold Free Class Demo

Thursday, June 16th at 9:00am



This 40 minute class includes gentle warm up, cardio, toning, balance, cool down and stretching sections.

Simple and slow movements done to fun music at your own pace - it will make you smile!

Cost: Free Demo

Instructor: Madeline Malmgren

Tai chi-We are sorry; Phil will hopefully be back for Tai Chi in July. We will keep you posted.

Exercise Room Our exercise room is open all day and is FREE.

SENIOR CORNER



MADELINE MALMGREN

Meet Madeline, our newest exercise instructor, also known as Mad or Mady. She will be leading the Zumba Gold demo class this month and she also subs for our SAIL class.

Mady has been a Puget Sound lowland country girl her whole life, grew up in Maple Valley, and graduated from Eatonville High School. She worked for 30 years at the City of Tacoma Environmental Services and then retired in 2014 as the Assistant Division Manager. While she was still working, she loved taking Zumba classes, and when she retired, she got certified. She taught at Curves and then on zoom thru the pandemic.

Mady has been married to her wonderful husband Bill for 35 years. She has a son, Finn, and two adult stepsons, and three grandchildren.

Hobbies include Zumba Dance Fitness, gardening, cooking, backpacking, camping & traveling. Also, she is the President of the Evergreen Chapter of the Antique Motorcycle Club of America. She and her husband joined in 2013 and they go on a group trip once a month riding through scenic backroads.

Favorite moments have been watching her son become a great young adult. Some advice she would give her 20-year-old self: "Life is good, time goes fast, and it all works out, just keep the faith."

We are excited to have Mady teach our demo class and hope to have many join us for her Zumba Gold class.

ANNOUNCEMENTS / INFORMATION

Treasure Cove Store

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

Treasure Cove is also accepting donations!

Suggested items include: Jewelry, small lamps, small shelves, cookware, home décor, dinnerware, clocks and novelty gifts.

If you are interested in donating, you may drop off items inside only at the Senior Center front desk.

Thank you for your support!

All proceeds go to Sumner Senior Center programs.

Thank you to our Partnerships

Caring Thoughts Encouragement for Today
Catholic Community Services
Coldwell Banker Bain - Dale Shoemaker
Concierge Care Advisors
Dillano's Coffee
Fidalgo Coffee
Fieldstone Memory Care
Franklin Place
Generations Home Care
Humana
Lighthouse Rescue Mission
Linden Grove Health Care Center
Memory Haven
Pierce County Aging and Disability Resources
Priority Footwear & Pedorthic Services
Senior Farmers Market
Senior Footcare
Sound Associates Hearing Aid Centers
Stafford Suites
Sumner Community Food Bank
Sumner High School
Sumner Library
Woodland Park Greenhouse

Sumner Community Food Bank

We are still receiving donations from the food bank for our members to pick up on Tuesdays.

A big THANK YOU to the volunteers at Sumner Food Bank.

Come check it out every Tuesday INDOORS from 11:30-3:00.

DONATIONS NEEDED



- ♦ Electronic Keyboard
- ♦ Exercise Bike



Please call the senior center if you have either of these items to donate!

Thank you



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!



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