

# JANUARY 2024 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 @ 12:00pm.

Suggested donation for 60 & up is \$3.50;  
cost for those under 60 is \$6.

### **~ January Highlights ~**

- **January 8th** Workshop—  
Renewable Sleep
- **January 10th** Birthday Party—  
Music by—N.M. Entertainment
- **January 11th** Trip—  
Emerald Queen Casino
- **January 22nd** Movie Day—  
Hidden Figures
- **January 23rd** Workshop—  
Goals for the New Year
- **January 25th** Trip—  
History Museum Downtown Tacoma
- **January 30th** Workshop—  
Every Last Cent
- **January 31st**—Music Day—  
Music by—Front Porch Band (*New*)

**Closed New Year's Day and  
January 15th in observance of  
Martin Luther King Jr. Day**

### **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  
Sue Nichols  
Christel Paul  
Debi Rizzo  
Elaine Snellman  
Gaylyn Wilson  
Vicki Yarnell

### **Advisory Board**

Richard Kimball  
Pat McLaughlin  
Christel Paul  
Debi Rizzo  
Vicki Yarnell

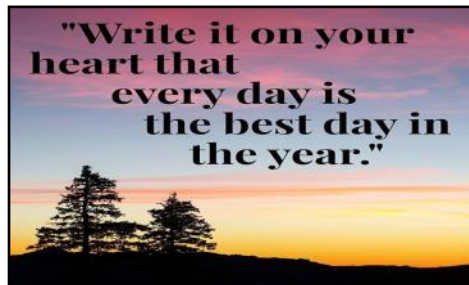


# HEALTH CARE & OTHER SERVICES

## Blood Pressure & Glucose Checks

Wednesday, January 10th  
11:30am—Noon

Free Service provided by  
Linden Grove Health Care Center



## DNA or Genealogy

Tuesday, January 2nd  
10:30am—Noon

One to one help with either your  
DNA or Genealogy.

Register in Advance

## Haircuts By Becky

Thursday, January 4th  
10:00am—3:00pm

Please arrive with clean or washed hair.  
(Cut only)  
Suggested Minimum is \$6

Register in Advance

## Massage (Chair only)

Wednesday, January 3rd & 17th  
10:00am-2:00pm

Cost: \$10 for 20 minutes or  
\$15 for 30 minutes

Register in Advance

## Rock Painting

Wednesday, January 17th

10:00am— Noon  
Come have some creative fun!

Cost: \$5

(All supplies provided)

Register in advance

## Senior Footcare by April



Friday, January 12th  
9:00am—3:00pm

Cost: \$45 cash or check

*MUST bring a towel*

*To make all appointments call Tosha  
@ (253) 848-9625*



## Watch: Sales & Repair

Wednesday, January 3rd & 17th  
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, January 26th  
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

## Drop-in Computer Tech Help



Thursday, January 11th  
11:00am—Noon

Computer Q&A for all levels of users.

With Bob Taylor, Sumner Library Staff

Register in Advance



## Smartphone Class

Thursday, January 4th  
9:50am—10:20am

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

Register in Advance

## Workshop

### Renewable Sleep

Monday, January 8th  
10:30am—Noon

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

Register in Advance



## Workshop

### Goals for the New Year

Tuesday, January 23rd  
10:30am—Noon

Presented by Kay Starkey, M. Ed.

Register in Advance

## Workshop

### "Every Last Cent"

Tuesday, January 30th  
10:30am—11:30am

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

Register in Advance

# EVENTS

## Karaoke

Hosted by Carol Stewart



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

Tons of songs to choose from.

Hope to see you here!



**Date: Tuesdays, January 2nd & 16th**

**Time: 10:30am—11:45am**

**Sign up in Activity Book**

## January 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: Wednesday, January 10th**

**Time: 11:00am—12:00pm**

**Must sign up in the Dining Room by January 3rd**

## Movie Matinee

**Featuring: Hidden Figures**



Three brilliant African-American women at NASA Katherine Johnson, Dorothy Vaughan and Mary Jackson serve as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn into orbit, a stunning achievement that restored the nation's confidence, turned around the Space Race and galvanized the world.

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

**Date: Monday, January 22nd**

**Time: 1:30pm**

\*Subject to change



## Music Day

Join us to give a warm welcome to a new band at the Sumner Senior Center.

### **Front Porch Band**

Enjoy a mix of country, rock, and folk music.



**Date: Wednesday, January 31st**

**Time: 11:00am—12:00pm**

**Must sign up in the Dining Room by January 24th**

# TRIPS



## **Emerald Queen Casino** **Lunch on your own at Casino**

**Date: Thursday, January 11th**

**Time: 9:00am—3:30pm**

**Cost: \$4 (Bring money for lunch)**

**Advance registration and payment required**



## **History Museum** **Lunch at Anthem Coffee** *(Inside the museum at your leisure)*

**Date: Thursday, January 25th**

**Time: 9:30am—3:30pm**

**Cost: \$13 (Bring money for lunch)**

**Advance registration and payment required**



# SSC Activities ~January 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b><u>CLOSED</u></b> 1 	2 10:30 Karaoke 10:30 DNA or Genealogy 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga	3 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	4 8:30 Tai Chi 9:50 Smartphone Class 10:00 Haircuts by Becky 12:00 Lunch 12:30 Knit and Crochet 1:00 Mexican Train Dominoes 2:00 Stretch Class	5 9:00 S.A.I.L. Exercise 10:30 Canasta 10:30 Card Making Class 12:00 Lunch 1:30 BINGO with Stacey
8 9:00 Exercise Class 10:30 Workshop—Renewable Sleep 12:00 Lunch 1:30 Bunco 2:00 Stretch Class  <b>Art Club Mtg. Canceled</b>	9 12:00 Lunch 12:00 Open Paint 12:15 Pinochle Tournament 1:30 Chair Yoga	10 <b><u>MUSIC DAY</u></b> <b>BIRTHDAY PARTY</b> 10:30 Hand & Foot Cards 11:00 Music by— <b>N.M. Entertainment</b> 11:30 BP & Glucose Checks 12:00 Lunch 12:30 Bridge  <b>S.A.I.L Canceled</b>	11 8:30 Tai Chi 9:00 Trip—Emerald Queen Casino 11:00 Computer Tech Help 12:00 Lunch 12:30 Knit and Crochet 2:00 Stretch Class	12 9:00 S.A.I.L. Exercise 9:00 Senior Footcare by April 10:30 Canasta 12:00 Lunch 1:30 BINGO with Christel
<b><u>CLOSED</u></b> 15 	16 10:30 Karaoke 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga	17 9:00 S.A.I.L. Exercise 10:00 Rock Painting 10:00 Chair Massage 10:00 Watch & Jewelry Sale 10:30 Hand & Foot Cards 12:00 Lunch 12:30 Bridge	18 8:30 Tai Chi 12:00 Lunch 12:30 Knit and Crochet 1:00 Mexican Train Dominoes 2:00 Stretch Class	19 9:00 S.A.I.L. Exercise 10:30 Canasta 12:00 Lunch 1:30 BINGO with Stacey
<b><u>MOVIE DAY</u></b> 22 9:00 Exercise Class 12:00 Lunch 1:00 Book Club 1:30 Bunco 1:30 Movie—Hidden Figures 	23 10:30 Workshop—Goals for the New Year 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga	24 9:00 S.A.I.L. Exercise 10:30 Hand & Foot Cards 12:00 Lunch 12:30 Bridge	25 8:30 Tai Chi 9:30 Trip—WA State History Museum 12:00 Lunch 12:30 Knit and Crochet 2:00 Stretch Class	26 8:30 AARP Smart Driver Class 9:00 S.A.I.L. Exercise 10:30 Canasta 12:00 Lunch 1:30 BINGO with Christel
29 9:00 Exercise Class 12:00 Lunch 2:00 Stretch Class	30 10:30 Workshop—“Every Last Cent” 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga	31 <b><u>MUSIC DAY</u></b> 10:30 Hand & Foot Cards 11:00 Music by—Front Porch Band 12:00 Lunch 12:30 Bridge  <b>S.A.I.L Canceled</b>	<b><u>IMPORTANT INFORMATION</u></b> <b>Lunch Reservations REQUIRED for MUSIC EVENTS</b> <b>Dates are:</b> <b>January 10th &amp; 31st</b>	<b><u>TRIPS</u></b> <b>Check out our trips on January 11th &amp; 25th</b> <b>Sign up for trips in the book</b> 

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

# **LUNCH MENU**

For Summer Senior Center  
253-863-2910

# JANUARY 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b><u>CLOSED</u></b> 1 	2 <b>Baked Chicken with Apple</b> Zucchini Linguini Brussel Sprouts Wheat Roll Peaches	3 <b>Caribbean Pork Chops w/Peppers, Pineapple</b> Cornbread	4 <b>Beef Stroganoff with Noodles</b> Peas & Carrots Wheat Roll Banana	5 <b>French Toast</b> Sausage Links Hash Browns Orange Juice
8 <b>Beef Strips</b> Key West Veggies Rice Fig Newton	9 <b>Chicken Tetrazzini</b> Tossed Salad with Cabbage and Garbanzo Beans	<b><u>MUSIC</u></b> 10 <b>BIRTHDAY PARTY</b> <b>Florentine Fish</b> Zucchini, Onion and Tomatoes Cherry Crisp	11 <b>Beef Noodle Soup</b> Carrot, Pineapple and Raisin Salad Oatmeal Cookie	12 <b>Pork Cutlet</b> Baked Potato Baked Beans Coleslaw
<b><u>CLOSED</u></b> 15 	16 <b>Turkey Burger</b> Sweet Potato Fries Coleslaw Applesauce	17 <b>Chicken Caesar Salad</b> Baked Apple	18 <b>Parmesan Tilapia</b> with Pilaf Squash Brownie Bits	19 <b>Corn Chowder</b> <b>1/2 Chicken Salad Sandwich</b> Banana
<b><u>MOVIE DAY</u></b> 22 <b>Beef Stew</b> Coleslaw Wheat Role Peaches	23 <b>Mediterranean Chicken Wrap with Spinach and Cannellini Beans</b> Rice Pudding	24 <b>Tuna Noodle Casserole with Peas</b> Carrot & Raisin Salad Peaches	25 <b>Pork Fajitas with Onion &amp; Zucchini</b> Pinto Beans Banana	26 <b>Chicken Pasta Primavera</b> <b>Fettuccine</b> Melon
29 <b>Chicken Tortilla Soup</b> Tortilla chips Sour Cream & Cheese Mango & Fig Newton	30 <b>Swedish Meatballs</b> Potato Salad Apricots	<b><u>MUSIC DAY</u></b> 31 <b>Fish Sandwich</b> Malibu Blend Veggies Orange Ice Cream	<b><u>Reservations Required for Lunch</u></b>  <b>On these Music dates only:</b>  <b>January 10th &amp; 31st</b>	<b><u>MEALS 60 and Over</u></b> <b>Suggested Donation</b> <b><u>\$3.50</u></b> <b><u>59 &amp; under is \$6</u></b>  <b>Lunch is served at Noon</b>

**This Menu is subject to change.**

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

# PROGRAMS & ACTIVITIES

## BINGO

Fridays 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, January 22nd  
at 1:00pm

Hosted by Lourie from  
Sumner Library  
**Register in Advance**

**Check it out!**

## 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

*(Dates changed due to holidays)*

Monday, January 8th & 22nd  
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, January 5th

10:30—Noon

Come make 3 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, January 2nd & 16th  
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, January 4th & 18th  
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

***Art Club Meeting Canceled***

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 N.M. Entertainment*

### OPENING NIGHT (on BROADWAY)

*Featuring songs from all musicals*



#### MENU

Florentine Fish  
Zucchini, Onion and Tomatoes  
Cherry Crisp

**Date: Wednesday, January 10th**

**Time: 11:00am—12:00pm**

*Must sign up in the Dining Room  
by January 3rd  
Lunch served at Noon.*

## MUSIC DAY (New Band)

Join us to give a warm welcome to a new band at the Sumner Senior Center.

### FRONT PORCH BAND

Enjoy a mix of country, rock, and folk music.



#### MENU

Fish Sandwich  
Malibu Blend Veggies  
Orange  
Ice Cream

**Date: Wednesday, January 31st**

**Time: 11:00am—12:00pm**

*Must sign up in the Dining Room  
by January 24th  
Lunch served 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



**Canceled January 1st & 15th**

**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.



**Canceled January 10th & 31st**

**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

## Stretch Class



**Canceled January 1st & 15th**

**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



**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



## Richard Kimball – New Board member

Judy and Rich have been members since 2016. You may know Judy—organizer of our library and teaches our rock painting class. Rich is looking forward to serving on the Board. He is adept at working with veterans and is backup for the library. Rich and Judy were on the Planning committee for the new Sumner & Pierce County Library. Rich is a former volunteer for the Elk and Eagle lodges in Puyallup and Buckley.

Some of the best times of his life were: Saturday Matinee movies, newsreels and animated cartoons. Living with his grandparents during high school. Served with the U.S. Airforce, shared *Happy Days* and dragging Main with biddies at Mel's Drive In—Sacramento, CA and Fallon, NV. After being discharged, he signed on as a Civilian Defense Contractor in support of our U.S. Armed Forces during the Vietnam War. He traveled extensively and lived a somewhat zany, crazy life on field service assignments, primarily in Southeast Asia. His assignments ran the gamut of directing the installation of a major radar site on Monkey Mountain in South Vietnam, to supporting army, Navy and Marine personnel in the Da Nang sector. To counter stressful day and nights, he and his comrades-in-arms, rolled dice for drinks at the CIA Air America Club and Purple Pussy Cat Club. During TET 1968, we reclined on a villa rooftop watching a night show of our gunships orbiting over Da Nang, until incoming rockets chased us to cover. Judy and Rich live in Sumner with their three cats—Neko, Mei-Mei and Chu-Toi, and love to read and write fiction and non-fiction.



## Pat McLaughlin –New Board member

Pat was born and raised in Auburn, WA. As a young boy he dreamed of traveling the world. As an adult, he's traveled to Italy, France, Greece, Switzerland, England and Ireland. Most enjoyable were trips to Greencastle, Ireland, his father's birthplace, where he stayed in the 200-year-old McLaughlin family estate, built on 23 acres overlooking the sea.

Pat's employment history is as varied as his travels. At age fourteen he worked for Knutson's Bulb Farm in Sumner. There onto warehousing, semi-truck driving for a food distributor and onto Bill Hazelett Chevrolet in Kent, where he realized his love for sales. Eventually he moved into Real Estate, retiring after forty years.

His love of classic American cars started at age fifteen—his collection continues today. Occasionally he may drive a classic to lunch—ask him for a ride and he'll be happy to oblige. Pat and his wife Cathy share six children and numerous grandchildren. His favorite pastimes include listening to and absorbing other's life adventures and wisdom. "Life is not all about me. It's only fulfilling if you know Christ as your personal Savior and are willing to share with others. We can overcome life's obstacles. Regardless of what comes our way. I am very grateful and blessed."

**Stop in and meet our two new board members! Thank you for volunteering.**

# ANNOUNCEMENTS/ INFORMATION

## A FOND FAREWELL TO OUR PAST ADVISORY BOARD MEMBERS

*Tom Lynn who has served for over six years and Heidi Rackley off and on since 2016. Thank you for serving on the Sumner Senior center advisory board and giving all your wise counsel. We really appreciate everything you have done for us.*

*Hope to continue to see you at Bingo or Bunco activities here.*

**MultiCare** 

Celebrate Seniority

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

# GRATITUDE ATTITUDE

**We are grateful for the generous donations of items for our monthly basket raffle. Your raffle ticket purchase goes towards funding our special events.**

**We are collecting items for our “Valentine” basket that will be raffled at our Valentines Day Party.**

 **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!

