

FEBRUARY 2024 NEWSLETTER

Welcome to the
Sumner Senior Center!

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.

~ Highlights ~

- **February 8th** Trip—Hydroplane and
Raceboat Museum
- **February 12th** Workshop—
O2B Sugar Free
- **February 14th** Music Day—
Valentines Day and Birthday Party
- **February 22nd** Trip—Port of Tacoma
- **February 26th** Workshop—Scams
- **February 26th** Movie Day—
Dirty Dancing

Happy Valentine's
Day!

Closed February 19th in observance of
Presidents 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, February 14th
11:30am—Noon

Free Service provided by
Linden Grove Health Care Center



DNA or Genealogy

Tuesday, February 6th
10:30am—Noon

One to one help with either your
DNA or Genealogy.

Register in Advance

Haircuts By Becky

Thursday, February 1st

10:00am—3:00pm

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

Suggested Minimum is \$6

Register in Advance

Hearing Aid Checks

Friday, February 9th

11:00am—Noon

Free service offered by Shawn
at Sound Associates Northwest

Need at least 3 people

Register in advance

Massage (Chair only)

Wednesday, February 7th & 21st

10:00am-2:00pm

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

Register in Advance

Senior Footcare by April



Friday, February 9th

9:00am—3:00pm

Cost: \$45 cash or check

MUST bring a towel

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

Do not worry
about avoiding
temptation. As
you grow older it
will avoid you.

Watch: Sales & Repair

Wednesday, February 7th & 21st

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

Drop-in Computer Tech Help



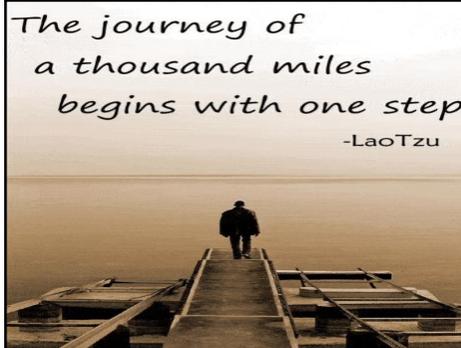
Thursday, February 8th

11:00am—Noon

Computer Q&A for all levels of users.

With Bob Taylor, Sumner Library Staff

Register in Advance



Smartphone Class

Thursday, February 1st

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

O2B Sugar Free

Monday, February 12th

10:30am—Noon

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

Register in Advance



Do the right thing,
even when no one
is looking. It's
called integrity.



Workshop

"Scams"

Monday, February 26th

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, February 6th & 20th

Time: 10:30am—11:45am

Sign up in Activity Book

February 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 basket, blood pressure and glucose checks and Dale Shoemaker for the balloons.

11:30 am—Blood Pressure & Glucose Checks



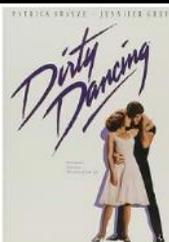
Date: Wednesday, February 14th

Time: 11:00am—12:00pm

Must sign up in the Dining Room by February 7th

Movie Matinee

Featuring: Dirty Dancing



"Nobody puts Baby in the corner!"

It's the classic romance between an ugly duckling teenybopper and a hunky dance instructor at a Catskills resort in the Summer of 1963.

You'll have the time of your life!

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

Date: Monday, February 26th

Time: 1:30pm

*Subject to change



Valentines Day Party

*Music by
N.M. Entertainment*

February's theme is "Love at First Sight"

Love surrounds us every day. We celebrate love and highlight one of the most iconic love stories of all times.

Featuring "West Side Story"

Date: Wednesday, February 14th

Time: 11:00am—12:00pm

Must sign up in the Dining Room by February 7th



TRIPS



**Hydroplane and
Raceboat Museum
Lunch TBD**

Date: Thursday, February 8th

Time: 9:30am—3:00pm

Cost: \$9 (Bring money for lunch)

Advance registration and payment required



**Port of Tacoma Tour
Lunch at the Fish Peddler**

Date: Thursday, February 22nd

Time: 9:15am—3:00pm

Cost: \$6 (Bring money for lunch)

Advance registration and payment required

SSC Activities ~February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>IMPORTANT INFORMATION Lunch Reservations REQUIRED On this Music day only: February 14th</p>	<p>TRIPS Check out our trips on February 8th & 22nd Sign up for trips in the book</p>		<p>1 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</p>	<p>2 9:00 S.A.I.L. Exercise 10:30 Canasta 10:30 Card Making Class 12:00 Lunch 1:30 BINGO with Stacey</p>
<p>5 9:00 Exercise Class 12:00 Lunch 12:00 Art Club Meeting 1:30 Bunco 2:00 Stretch Class</p> 	<p>6 10:30 Karaoke 10:30 DNA or Genealogy 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga</p>	<p>7 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>8 8:30 Tai Chi 9:30 Trip— The Hydroplane and Raceboat Museum 11:00 Computer Tech Help 12:00 Lunch 12:30 Knit and Crochet 2:00 Stretch Class</p>	<p>9 9:00 S.A.I.L. Exercise 9:00 Senior Footcare by April 10:30 Canasta 11:00 Hearing Aid Checks 12:00 Lunch 1:30 BINGO with Christel</p>
<p>12 9:00 Exercise Class 10:30 Workshop— O2B Sugar Free 12:00 Lunch 1:00 Book Club 1:30 Bunco 2:00 Stretch Class</p>	<p>13 12:00 Lunch 12:00 Open Paint 12:15 Pinochle Tournament</p> <p>Chair Yoga Canceled</p>	<p>Valentines Day 14 and Birthday Party 11:00 Music by— N.M. Entertainment 11:30 BP & Glucose Checks 12:00 Lunch 12:30 Bridge</p> <p>S.A.I.L Canceled Hand & Foot Canceled</p>	<p>15 8:30 Tai Chi 12:00 Lunch 12:30 Knit and Crochet 1:00 Mexican Train Dominoes 2:00 Stretch Class</p>	<p>16 9:00 S.A.I.L. Exercise 10:30 Canasta 12:00 Lunch 1:30 BINGO with Stacey</p>
<p>CLOSED 19</p> 	<p>20 10:30 Karaoke 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga</p>	<p>21 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>22 8:30 Tai Chi 9:15 Trip—Port of Tacoma 12:00 Lunch 12:30 Knit and Crochet 2:00 Stretch Class</p>	<p>23 9:00 S.A.I.L. Exercise 10:30 Canasta 12:00 Lunch 1:30 BINGO with Christel</p>
<p>MOVIE DAY 26 9:00 Exercise Class 10:30 Workshop—Scams 12:00 Lunch 1:30 Movie— Dirty Dancing</p> 	<p>27 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga</p>	<p>28 9:00 S.A.I.L. Exercise 10:30 Hand & Foot Cards 12:00 Lunch 12:30 Bridge</p>	<p>29 8:30 Tai Chi 12:00 Lunch 12:30 Knit and Crochet 2:00 Stretch Class</p>	<p><i>Live every moment, Laugh every day, Love beyond words</i></p>

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Reservations Required for Lunch</p> <p>On this Music day only:</p> <p>February 14th</p>	<p>MEALS 60 and Over</p> <p>Suggested Donation \$3.50</p> <p>59 & under is \$6</p> <p>Lunch is served at Noon</p>	 <p><i>Happy Valentine's Day</i></p>	<p>1</p> <p>Split Pea Soup 1/2 Ham & Cheese Sandwich Apple Crisp</p>	<p>2</p> <p>Pancakes Sausage Patty Scrambled Eggs Melon Orange Juice</p>
<p>5</p> <p>Beef Stir Fry Fried Rice with Egg Peas & Carrots Fortune Cookie Ice Cream Cup</p>	<p>6</p> <p>Fish & Chips Coleslaw Yogurt Strawberry Rhubarb Compote</p>	<p>7</p> <p>Turkey Noodle Soup Carrot & Raisin Salad Oatmeal Cookie</p>	<p>8</p> <p>Beef Macaroni Broccoli Wheat Roll Applesauce</p>	<p>9</p> <p>Chicken Cacciatore Zucchini & Tomato Medley Wheat Roll Pears</p>
<p>12</p> <p>Baja Chicken Black Bean, Corn & Rice Salad Ice Cream with Pineapple Sauce</p>	<p>13</p> <p>BBQ Pork Open Face Sandwich Green Beans Carrot Raisin Salad Lemon Bar</p>	<p>Valentines Day 14 and Birthday Party</p> <p>Meatloaf Potatoes & Gravy Carrots Oranges Brownie</p>	<p>15</p> <p>Chicken Cheese Taco Cauliflower Salsa, Sour Cream Caramelized Bananas</p>	<p>16</p> <p>Tuna Melt Pea, Onion and Tomato Salad with Cheese Grapes</p>
<p>CLOSED 19</p>  <p>President's Day</p>	<p>20</p> <p>Philly Cheese Sandwich Brussel Sprouts Grapes</p>	<p>21</p> <p>Pork Chops with Apples Cucumber, Tomato and Feta Salad Rice Pudding</p>	<p>22</p> <p>Broccoli & Cheese Soup 1/2 Turkey Sandwich Oranges</p>	<p>23</p> <p>Baked Cod Roasted Mediterranean Veggies Oatmeal Raisin Cookie</p>
<p>26</p> <p>Beef Goulash Broccoli Pound Cake Strawberries Whip Cream</p>	<p>27</p> <p>Wild Rice Chicken Soup 1/2 Egg Salad Sandwich Oranges</p>	<p>28</p> <p>BBQ Chicken Pasta Salad Green Beans Ice Cream Pineapple Sauce</p>	<p>29</p> <p>Turkey Meatloaf Potato with Sour Cream Broccoli</p>	 <p>Take love with you in all things that you do and leave only ripples of kindness behind you.</p>

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, February 12th
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, February 5th & 12th
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, February 2nd

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

Canceled February 14th

This exciting card game is closely related to Canasta.

Come check it out.

Check it out!

Karaoke

Tuesday, February 6th & 20th
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, February 1st & 15th
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—Monday, February 5th

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 is Tournament Day!

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

VALENTINES DAY & FEBRUARY BIRTHDAY CELEBRATION Music by N.M. Entertainment



Theme—

Love at first sight!

Featuring songs from the
acclaimed classic
West Side Story



Starring:
Jessica



MENU

Meatloaf
Potatoes & Gravy
Carrots
Oranges
Brownie

Date: Wednesday, February 14th
Time: 11:00am—12:00pm

Must sign up in the
Dining Room
by February 7th
Lunch served at Noon

EXERCISE

Chair Yoga Class

Canceled February 13th



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 February 19th



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 February 14th



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 February 19th

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



A small-town girl from Kalama, WA comes to Sumner Senior Center to educate us on nutrition, and as she says in her workshops, it is her passion to make “healthy” simple. She hopes that she will always be an encouragement and light toward better health for others.

A lifelong learner, she seriously pursued her nutrition education after her children entered college. Her education includes; The Institute for Integrative Nutrition; *Integrative Nutrition Health Coach*, University of Miami; *Basic Course in Nutrition*, Texas

Woman’s University; *Nutrition and Personal Health Coaching*, Health Sciences Academy; *Nutritional Therapist*, and a few other certifications along the way.

Traci’s mom still lives in their home on the Kalama River where she was born. “My parents were not afraid of hard work, and they helped my brother and I to grow into that lifestyle also,” she says. Starting at 12, she had a variety of work experiences such as; dishwasher, waitress, cashier, Traffic Receptionist at a radio station in Fairbanks, Alaska, Dental Assistant, Exercise Teacher, Elementary Teacher, Homeschool Teacher, and Mom.

“Love at first flight,” as Traci says, is where she met her husband of 37 years on a plane flying to Seattle from Fairbanks Alaska. John remembered her name and where she worked as he lay on the beaches in Hawaii, and upon returning, made a visit to her office with a t-shirt and coral necklace as gifts. They were married 18 months later and were even allowed back on an Alaska Airline airplane to take their engagement pictures. How fun is that! John and Traci have three children who are all married and they have five grandchildren ages 6, 4, 3, 1, 8 months. She and her husband feel incredibly blessed.

Traci says; “My favorite moments in life often change. Life has been a wonderful journey.” Traci’s current favorite moments are teaching nutrition workshops and helping others to find their best life possible. Other favorite moments for Traci are traveling to sunny ocean destinations, and spending time with family. “What would you tell your twenty-year-old self,” we asked. Her reply; “I wish I knew at 20 what I know now. I would tell myself to accept what I can’t change, forgive quickly, be courageous to stand for truth, and always know that you are unconditionally loved by God.”

We have been privileged to have Traci here for the last year at the center. She has been a blessing and a woman with a plethora of knowledge for our members. Stop in and sign up for one of her monthly workshops!

GRATITUDE ATTITUDE

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!

