

AUGUST 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.

Meals are prepared by Catholic Community Services and they serve lunch Monday - Friday @ 12:00pm.

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

~ Highlights ~

- **August 8th** Trip—Eatonville
Mill Haus Cider Co.
- **August 14th** Birthday Party—
Music by~
N.M. Entertainment
- **August 16th** Trip—
Browns Point
Lighthouse Walk
- **August 26th** Movie Day—
Arthur the King
- **August 28th** Music Day—
Tim Anderson

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
Sandra Stephens

Bus Driver
Stacey Richards

Meal Site Cook, CCS
Peggy Huihui

Volunteers

Carol Davis
Loretta Farnsworth
Cathy Fonseca
Laura Kingsbury
Judy Kimball
Cathy McLaughlin
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

SUMNER SENIOR CENTER

Enjoy Summer



HEALTH CARE & OTHER SERVICES

Blood Pressure & Glucose Checks

Wednesday, August 14th
11:30am—Noon

Free Service provided by
Linden Grove Health Care Center

Caregiving Support Group

Tuesday, August 13th

10:00am—Noon

Meet and greet for ALL caregivers!



DNA or Genealogy

Tuesday, August 6th
10:30am—Noon

One-on-one help with either your
DNA or Genealogy.

Register in Advance

Haircuts By Becky

Thursday, August 1st

10:00am—3:00pm

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

Must call to schedule your appointment for
September starting August 1st.

Register in Advance

HAPPINESS IS NOT
DETERMINED BY WHAT'S
HAPPENING AROUND YOU,
BUT RATHER WHAT'S
HAPPENING INSIDE YOU.

Massage (Chair only)

Wednesday, August 7th & 21st

10:00am-2:00pm

Cost: \$10 for 20 minutes or

\$15 for 30 minutes

Register in Advance

Rock Painting

Wednesday, August 21st

9:30am—Noon

Come have some creative fun!

Cost: \$5

(All supplies provided)

Register in Advance

Senior Footcare by April

Friday, August 9th

9:00am—3:00pm

Cost: \$45 cash or check

MUST bring a towel

To make all appointments call Tosha, with
Senior Footcare @ (253) 848-9625



Watch: Sales & Repair

Wednesday, August 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

Sometimes you will never
know the value of
a moment until it
becomes a memory.
- Dr Suess

Drop-in Computer Tech Help

Thursday, August 8th

10:30am—11:30am

Presented by Nichole Valencia,
Adult Services Librarian,
Sumner Pierce County Library



Register in Advance

WHAT YOU DO
EVERY DAY
MATTERS MORE
THAN WHAT YOU
DO EVERY ONCE
IN A WHILE.

Workshop

Documents to Decision Making

Monday, August 5th

11:00—Noon

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

Register in Advance

August is like
the Sunday of summer.



Workshop

Inflammation

Monday, August 19th

10:30am—Noon

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

Register in Advance



EVENTS

Birthday Party for August

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 to Dale Shoemaker for the Balloons!

11:30 am—Blood Pressure & Glucose Checks

Music by N.M. Entertainment



Date: Wednesday, August 14th

Time: 11:30am—12:30pm

Must sign up in the Dining Room
by August 7th



Movie Day

Sponsored by
"Generations Home Care"

Featuring:
Arthur the King



Over the course of ten days and 435 miles, an unbreakable bond is forged between pro adventure racer Michael Light (Mark Wahlberg) and a scrappy street dog companion dubbed Arthur. Based on an incredible true story. Arthur redefines what victory, loyalty and friendship truly mean.

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

Date: Monday, August 26th

Time: 1:30pm (1hr. & 47mins.)

Snacks provided by CARE Patrol
Your Partner in Senior Care Solutions

Music Day

Featuring Music by—
Tim Anderson



**Come listen to some spectacular
music as we celebrate the last
days of summer.**

Date: Wednesday, August 28th

Time: 11:30am—12:30pm

Must sign up in the Dining Room
by August 21st

TRIPS



Mill Haus Cider Co. Eatonville

Discover **Mill Haus** Cider Company nestled in Eatonville, WA, offering an exquisite selection of craft cider, local brews, and delicious bites.

Lunch: Mill Haus Cider Co.

Date: Thursday, August 8th

Time: 9:30am—3:00pm

Cost: \$7

Sign up in the book!



Browns Point Lighthouse Walk

Come along for a morning stroll at Brown's Point Park, then off to Des Moines for some shopping and lunch at Wally's.

Lunch: Wally's

Date: Friday, August 16th

Time: 10:00am—3:00pm

Cost: \$6

Sign up in the book!



SSC Activities ~ August 2024

Monday	Tuesday	Wednesday	Thursday	Friday
TRIPS Check out our trips on August 8th & 16th Sign up for trips in the book! 	IMPORTANT INFORMATION UPDATE: Music starts at 11:30 Lunch Reservations REQUIRED August 14th & 28th Sign up in the Dining Room		1 8:30 Tai Chi 10:00 Haircuts by Becky 10:00 Gig Harbor Trip (Full) 12:00 Lunch 12:30 Knit and Crochet 1:00 Mexican Train Dominoes 2:00 Stretch Class	2 9:00 S.A.I.L. Exercise 10:30 Canasta 10:30 Card Making Class 12:00 Lunch 1:30 BINGO
5 9:00 Line Dancing Class 11:00 Workshop— Documents to Decision Making 12:00 Lunch 1:30 Bunco	6 10:30 DNA or Genealogy 10:30 Karaoke 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga	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	8 9:30 Trip—Eatonville Mill Haus Cider Co. 10:30 Computer Tech Help 12:00 Lunch 12:30 Knit and Crochet 2:00 Stretch Class Tai Chi Canceled	9 9:00 S.A.I.L. Exercise 9:00 Senior Footcare by April 10:30 Canasta 12:00 Lunch 1:30 BINGO
12 9:00 Line Dancing Class 12:00 Lunch 12:30 Bunco 1:00 Book Club	13 10:00 Caregiving Support Group 12:00 Lunch 12:00 Open Paint 12:15 Pinochle Tournament Yoga Canceled	Birthday Party 14 10:30 Hand & Foot Cards 11:30 Music by— N.M. Entertainment 11:30 BP & Glucose Checks 12:00 Lunch 12:30 Bridge S.A.I.L. Canceled	15 8:30 Tai Chi 12:00 Lunch 12:30 Knit and Crochet 1:00 Mexican Train Dominoes 2:00 Stretch Class	16 9:00 S.A.I.L. Exercise 10:00 Trip—Browns Pt. Lighthouse Walk 10:30 Canasta 12:00 Lunch 1:30 BINGO
19 9:00 Line Dancing Class 10:30 Workshop— Inflammation 12:00 Lunch 1:30 Bunco	20 10:30 Karaoke 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga	21 9:00 S.A.I.L. Exercise 9:30 Rock Painting 10:00 Chair Massage 10:00 Watch & Jewelry Sale 10:30 Hand & Foot Cards 12:00 Lunch 12:30 Bridge	22 8:30 Tai Chi 12:00 Lunch 12:30 Knit and Crochet 2:00 Stretch Class	23 9:00 S.A.I.L. Exercise 10:30 Canasta 12:00 Lunch 1:30 BINGO
Movie Day 26 9:00 Line Dancing Class 12:00 Lunch 1:30 Movie— “Arthur the King” 	27 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga	Music Day 28 10:30 Hand & Foot Cards 11:30 Music by— Tim Anderson 12:00 Lunch 12:30 Bridge S.A.I.L. Canceled	29 8:30 Tai Chi 12:00 Lunch 12:30 Knit and Crochet 2:00 Stretch Class	30 9:00 S.A.I.L. Exercise 10:30 Canasta 12:00 Lunch 1:30 BINGO

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

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Reservations</u> <u>Required for Lunch</u> Music Dates August 14th & 28th UPDATE: Music starts at 11:30	<u>MEALS</u> <u>60 and Over</u> Suggested Donation \$3.50 59 & under is \$6 Lunch is served at Noon	 <p>Take love with you in all things that you do and leave only ripples of kindness behind you.</p>	¹ Beef Goulash Broccoli Pound Cake Strawberries Whip Cream	² BBQ Pork Open Face Sandwich Green Beans Carrot Raisin Salad Lemon Bar
⁵ Pancakes Sausage Patty Scrambled Eggs Melon Orange Juice	⁶ Fish & Chips Coleslaw Yogurt Strawberry Rhubarb Compote	⁷ Chicken Salsa Salad Corn and Beans Tortilla Chips Fig Newton	⁸ Beef Macaroni Broccoli Wheat Rolls Applesauce	⁹ Shrimp Salad Melon Wheat Roll Lemon Bar
¹² Baja Chicken Black Bean, Corn, Rice Salad Ice Cream with Pineapple Sauce	¹³ Meatloaf Potatoes & Gravy Carrots Oranges Brownie	¹⁴ <u>Birthday Party</u> Pork Chops With Apples Cucumber, Tomato Feta Salad Rice Pudding	¹⁵ Chicken Cheese Taco Cauliflower Salsa & Sour Cream Caramelized Bananas	¹⁶ Tuna Melt Pean, Onion and Tomato Salad with Cheese Grapes
¹⁹ Chicken Cacciatore Zucchini & Tomato Medley Wheat Rolls Pears	²⁰ Pork Luau Rice Pineapple Coleslaw Hawaiian Roll Tropical Fruit Salad	²¹ Chinese Chicken Salad Wheat Roll Pears	²² Baked Cod Roasted Mediterranean Veggies Oatmeal Raisin Cookie	²³ Philly Cheese Sandwich Brussel Sprouts Grapes
²⁶ <u>Movie Day</u> Fish Sandwich Broccoli & Cauliflower Orange Vanilla Ice Cream	²⁷ Beef Stir Fry Fried Rice with Egg, Peas & Carrots Fortune Cookie Ice Cream Cup	²⁸ <u>Music Day</u> BBQ Chicken Pasta Salad Green Beans Ice Cream with Pineapple Sauce	²⁹ Turkey Meatloaf Potato with Sour Cream Broccoli Oatmeal Raisin Cookie	³⁰ Taco Bake Casserole Corn & Black Beans Pinto Beans Melon

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

Cost: \$1 per card

Enjoy Bingo and win some fun prizes.

Book Club

Monday, August 12th

at 1:00pm

Hosted by Lourie from
Sumner Library

Register in Advance

**Check it
out!**

Bridge

Wednesdays at 12:30pm

Cost: \$1

Stop in and join.

Need more players

Bunco Monday's

August 5th & 19th at 1:30pm

Cost: \$2

August 12th at 12:30pm

Cost: \$5

Thanks to Concierge Care Advisors for treats.

Canasta

Fridays, 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, August 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

This exciting card game is
closely related to Canasta.

Come check it out.

**Check it
out!**

Karaoke

Tuesday, August 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, August 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—Canceled in August

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

Come & join our amazing painters.

Pinochle

Tuesdays at 12:15pm

2nd Tuesday is Tournament Day!

Cost: \$1 or \$3 for tourney

Join in and Play
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

August Birthday Party

Music by—N.M. Entertainment

TROPICAL VACATION

Enjoy summer with this tropical cabaret - served best with sunglasses and a tropical drink!

(Featuring: South Pacific)

Menu

**Pork Chops with Apples
Cucumber, Tomato
Feta Salad
Rice Pudding**

(And of course there will be birthday cake)

Date: Wednesday, August 14th

Time: 11:30am—12:30pm

Must sign up in the Dining Room by August 7th

Music Day

Music by—Tim Anderson



Menu

**BBQ Chicken
Pasta Salad
Green Beans
Ice Cream with
Pineapple Sauce**

Date: Wednesday, August 28th

Time: 11:30am—12:30pm

Must sign up in the Dining Room by August 21st

EXERCISE

Chair Yoga Class

Canceled August 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



NEW

Let's Dance—Line Dancing

Every Monday at 9:00am

Come have "FUN" while we exercise our minds and bodies. Meet and socialize with new acquaintances and reunite with past friends.

Cost: \$2 per lesson

Instructor: Shannon Agidius

Exercise Room

Our exercise room is open

ALL DAY

and is **FREE!**



S.A.I.L.

Canceled August 14th & 28th

Wednesdays & Fridays 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.

Cost: \$3.00

Instructor: Gaylyn Wilson



Stretch Class

Thursdays at 2:00pm

This class combines stretching using balls, bands and weights.

Cost: \$3.00

Instructor: Christel Paul



Tai Chi

Canceled August 8th

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



Cathy McLaughlin

Although Cathy has been a member since 2022, she is now the newest CCS volunteer.

Born and raised in Auburn, WA, Cathy is the oldest of four daughters. Cathy's father worked for the NP Railroad and her mother was a homemaker, an excellent cook and was raised on a farm. Cathy loved walking to school and got to go home for lunch every day. During her High School days, she was active in band, marching band and secretary of the Girls club. She earned money by babysitting for neighbors, teachers' families and church families. She also picked berries and veggies and earned money to buy fabric for dresses, (girls were not allowed to wear pants to school in the 60's). Lol!

Cathy graduated with a liberal arts degree from GRCC, but before her last year of high school she started her first job in a dental office and worked in that field for 38 years. Cathy met her husband Tom on a blind date, he was a logger. She had a son and a daughter and raised her two children in a farmhouse in Auburn. Today she enjoys having a beautiful granddaughter and two amazing grandsons who she takes care of a few days a week.

Cathy met her second husband Patrick at a "Great Pretenders" concert at the Firwood Tavern, in Fife. Some of you may remember that band if you grew up around here.

After working for the Auburn School District as a Para for 18 years, Cathy decided it was time to retire. She volunteered as a substitute para for three years in the culinary art class at Riverside High School, she just retired from there and that is how she became available to work in our kitchen here with CCS.

Cathy has three favorite moments in life, one was the day of their wedding! They traveled to Leavenworth on a sunny weekend in April. They married during a quiet, private horse-drawn carriage ride through the wooded outskirts of town. It was magical! The second favorite was spending two weeks visiting Pat's family in Ireland. Taking in all the sights, smells and wonderful people, she said, it was like going back in time 100 years.

The third favorite moment was when she was a child and she traveled to the Dakotas to visit her mother's family on their dairy and cattle farm. The church service was still in German in the 50's & 60's.

*Cathy also wanted to share one of her favorite verses: "Let all that you do be done in Love."
1 Corinthians 16:14.*

Thank you, Cathy, for supporting the Senior Center with your wonderful skills and friendly demeanor. You are truly a gem to have here!

GRATITUDE ATTITUDE

Special thanks to all
volunteers, we appreciate your
time, and your support!



MultiCare 
Celebrate Seniority

Thank you for your
continued support with printing the
monthly newsletter.
We are grateful for your service!

 **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!

