

JULY 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 ~

- **July 3rd** 4th of July Celebration
Music by *Jim Meck*
- **July 4th** CLOSED—Have a Safe & Happy 4th of July!
- **July 11th** Trip—Snoqualmie Casino
- **July 17th** Birthday Party—
Music by *Chris Anderson*
- **July 19th** Trip—Point Defiance
Garden and Point Ruston Shopping
- **July 22nd** Movie Day—Old Dogs
- **July 24th** Music Day—
N.M. Entertainment
- **July 25th** Trip—Poulsbo Adventure
and Sluys Bakery

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

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

Advisory Board

Richard Kimball
Pat McLaughlin
Christel Paul
Debi Rizzo
Vicki Yarnell



SUMNER SENIOR CENTER

HEALTH CARE & OTHER SERVICES

Blood Pressure & Glucose Checks

Wednesday, July 17th
11:30am—Noon

Free Service provided by
Linden Grove Health Care Center

Caregiving Support Group

Tuesday, July 9th
10:00am—Noon

Meet and greet for ALL caregivers!
Special presentation by -
Joan Whitlock (*Ombudsman*)

DNA or Genealogy

Tuesday, July 2nd
10:30am—Noon

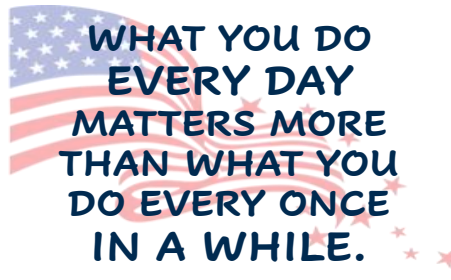
One-on-one help with either your
DNA or Genealogy.

Register in Advance

Haircuts By Becky

Wednesday, July 10th
10:00am—3:00pm

Please arrive with washed hair.
Suggested Minimum is \$6 (Cut only)
You must call to schedule your appointment
for August starting July 1st.
Register in Advance



Massage (Chair only)

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

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

Register in Advance

Rock Painting

Wednesday, July 10th
10:00am—Noon

Come have some creative fun!

Cost: \$5

(All supplies provided)

Register in Advance

Senior Footcare by April



Friday, July 12th
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, July 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~~ AARP FULL Smart Driver Course

Friday, July 26th
8:30am-4:30pm

Refresh your driving skills
Cost: \$20 for AARP members
\$25 for non-AARP members
Register in advance

Coffee Talk Chat with Mayor Hayden

Monday, July 1st
10:45am—11:45am



Register in Advance

Drop-in Computer Tech Help

Thursday, July 18th
10:30am—11:30am

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



Register in Advance

Workshop

Brain Power

Monday, July 8th
10:30am—Noon

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

Register in Advance



Workshop Medicare Exchange

Monday, July 15th
11:00am—Noon

Presented by Tosha Hunter

Register in Advance

Workshop Empowered Retirement

Monday, July 22nd
10:30am—11:30am

Presented by Dave Duttry

Register in Advance

EVENTS

4th of July Eve Celebration

Come celebrate Independence Day
at the Senior Center

Music by Jim Meck

(See Music Section)



Date: Wednesday, July 3rd
Time: 11:30am—12:30pm

Must sign up in the Dining Room by
June 26th

Birthday Party for July

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 Chris Anderson

(See Music Section)



Date: Wednesday, July 17th
Time: 11:30am—12:30pm

Must sign up in the Dining Room by
July 10th

Movie Day

Sponsored by
"Generations Home Care"

OLD DOGS



*Subject to

While preparing for an important
business deal, two bachelors (John
Travolta, Robin Williams) become the
unexpected caretakers of twin
children. Though their lives are turned
upside-down, the men may just gain an
understanding of what is really
important in life.

Snacks provided by  **CARE Patrol**
Your Partner in Senior Care Solutions

Date: Monday, July 22nd
Time: 1:30pm

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

TRIPS

Everyone should bring money for lunch and shopping *(or gambling)!*

Snoqualmie Casino



Lunch: On your own at Casino

Date: Thursday, July 11th
Time: 9:00am—4:00pm
Cost: \$8

Sign up in the book!

Point Defiance Garden Walk & Point Ruston Market



Lunch: TBD

Date: Friday, July 19th
Time: 10:00am—4:00pm
Cost: \$5

Sign up in the book!

Poulsbo Day Trip & Sluys Bakery



Lunch: TBD

Date: Thursday, July 25
Time: 9:30am—4:00pm
Cost: \$10

Sign up in the book!



SSC Activities ~ July 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>9:00 Line Dancing Class 10:45 City Talk— Mayor Hayden 12:00 Lunch 1:30 Bunco</p>	<p>2</p> <p>10:30 Karaoke 10:30 DNA or Genealogy 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga</p>	<p>4th of July Party 3</p> <p>10:00 Chair Massage 10:00 Watch & Jewelry Sale 10:30 Hand & Foot Cards 11:30 Music by—<i>Jim Meck</i> 12:00 Lunch 12:30 Bridge</p> <p>S.A.I.L. Canceled</p>	<p>CLOSED 4</p>	<p>5</p> <p>9:00 S.A.I.L. Exercise 10:30 Canasta 10:30 Card Making Class 12:00 Lunch 1:30 BINGO</p>
<p>8</p> <p>9:00 Line Dancing Class 10:30 Workshop— Brain Power 12:00 Lunch 12:30 Bunco 1:00 Book Club</p>	<p>9</p> <p>10:00 Caregiving Support Group 12:00 Lunch 12:00 Open Paint 12:15 Pinochle Tournament 1:30 Chair Yoga</p>	<p>10</p> <p>9:00 S.A.I.L. Exercise 10:00 Haircuts by Becky 10:00 Rock Painting 10:30 Hand & Foot Cards 12:00 Lunch 12:30 Bridge</p>	<p>11</p> <p>8:30 Tai Chi 9:00 Trip—Snoqualmie Casino 10:30 Computer Tech Help 12:00 Lunch 12:30 Knit and Crochet 2:00 Stretch Class</p>	<p>12</p> <p>9:00 S.A.I.L. Exercise 9:00 Senior Footcare by April 10:30 Canasta 12:00 Lunch 1:30 BINGO</p>
<p>15</p> <p>9:00 Line Dancing Class 11:00 Workshop— Medicare Exchange 12:00 Lunch 1:30 Bunco</p>	<p>16</p> <p>10:30 Karaoke 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga</p>	<p>17</p> <p>17</p> <p>10:00 Chair Massage 10:00 Watch & Jewelry Sale 10:30 Hand & Foot Cards 11:30 Music by— <i>Chris Anderson</i> 11:30 BP & Glucose Checks 12:00 Lunch 12:30 Bridge</p> <p>S.A.I.L. Canceled</p>	<p>18</p> <p>8:30 Tai Chi 12:00 Lunch 12:30 Knit and Crochet 1:00 Mexican Train Dominoes 2:00 Stretch Class</p>	<p>19</p> <p>9:00 S.A.I.L. Exercise 10:00 Trip—Point Ruston and Pt. Defiance Garden 10:30 Canasta 12:00 Lunch 1:30 BINGO</p>
<p>22</p> <p>9:00 Line Dancing Class 10:30 Workshop— Empowered Retirement 12:00 Lunch 1:30 Movie—<i>Old Dogs</i></p>	<p>23</p> <p>12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga</p>	<p>24</p> <p>24</p> <p>9:00 S.A.I.L. Exercise 10:30 Hand & Foot Cards 11:30 Music by— <i>N.M. Entertainment</i> 12:00 Lunch 12:30 Bridge</p>	<p>25</p> <p>8:30 Tai Chi 9:30 Trip—Poulsbo and Sluys Bakery 12:00 Lunch 12:30 Knit and Crochet 2:00 Stretch Class</p>	<p>26</p> <p>8:30 AARP Smart Driver 9:00 S.A.I.L. Exercise 10:30 Canasta 12:00 Lunch 1:30 BINGO</p>
<p>29</p> <p>9:00 Line Dancing Class 12:00 Lunch</p>	<p>30</p> <p>12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga</p>	<p>31</p> <p>9:00 S.A.I.L. Exercise 10:30 Hand & Foot Cards 12:00 Lunch 12:30 Bridge</p>	<p>IMPORTANT INFORMATION UPDATE: <i>Music starts at 11:30</i> Lunch Reservations REQUIRED July 3rd, 17th & 24th Sign up in the Dining Room</p>	<p>TRIPS Check out our trips on July 11th, 19th & 25th</p> <p>Sign up for trips in the book</p>

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Chicken Teriyaki Rice with Peas & Carrots Asian Veggie Blend Pear Fortune Cookie</p>	<p>2</p> <p>Turkey, Broccoli Peas & Bowties Orange</p>	<p>4th of July Party 3</p> <p>Swiss Cheese Burger Lettuce & Tomato Wedge Fries Mixed Berries</p>	<p>CLOSED 4</p> 	<p>5</p> <p>Mediterranean Chicken Wrap Spinach and Cannellini Beans Rice Pudding</p>
<p>8</p> <p>Grilled Chicken Salad with Walnuts Strawberries Hard Boiled Egg Wheat Roll</p>	<p>9</p> <p>Swedish Meatballs Potato Salad Apricots</p>	<p>10</p> <p>Pork Cutlet Baked Potato Baked Beans Coleslaw</p>	<p>11</p> <p>Ground Turkey Spaghetti Green Beans Breadsticks Pears</p>	<p>12</p> <p>Fish Taco Rice & Beans Berries & Whip Cream</p>
<p>15</p> <p>Pork Fajitas Onion & Zucchini Pinto Beans Banana</p>	<p>16</p> <p>Turkey Burger Sweet Potato Fries Coleslaw Applesauce</p>	<p>Birthday Party 17</p> <p>Beef Lasagna Green Beans Breadstick Apples with Walnuts & Whip Cream</p>	<p>18</p> <p>Parmesan Tilapia Rice Pilaf Squash Brownie Bits</p>	<p>19</p> <p>Waffles with Strawberries Scrambled Eggs Orange Juice</p>
<p>Movie Day 22</p> <p>Salmon German Potato Salad Broccoli and Cauliflower Bread Stick Brownie</p>	<p>23</p> <p>Macaroni & Cheese Brussel Sprouts Wheat Rolls Strawberries</p>	<p>Music Day 24</p> <p>Chicken Caesar Salad Baked Apple</p>	<p>25</p> <p>Caribbean Pork Chops With Peppers and Pineapple Cornbread</p>	<p>26</p> <p>Beef & Pepper Casserole Salad Wheat Roll Peach Cobbler</p>
<p>29</p> <p>Chicken Burger Potato Salad Veggie Sticks Melon</p>	<p>30</p> <p>Beef Taco Salad Salsa & Sour Cream Tortilla Chips Lemon Bar Orange</p>	<p>31</p> <p>Chicken Tetrazzini Tossed Salad with Cabbage and Garbanzo Beans</p>	<p>Reservations Required for Lunch</p> <p>Music Dates July 3rd, 17th & 24th</p> <p>UPDATE: Music starts at 11:30</p>	<p>MEALS 60 and Over Suggested Donation \$3.50 59 & under is \$6 Lunch is served at Noon</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

Cost: \$1 per card

Enjoy Bingo and win some fun prizes.

Book Club

Monday, July 8th
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

July 1st & 15th at 1:30pm

Cost: \$2

July 8th 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, July 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, July 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, July 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 in July

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

4th of July Eve Party

Music by Jim Meck



Menu

Swiss Cheeseburger
Lettuce & Tomato
Wedge Fries
Mixed Berries

Date: Wednesday, July 3rd

Time: 11:30am—12:30pm

Must sign up in the Dining Room by
June 26th

Birthday Party for July

Music by Chris Anderson



Menu

Beef Lasagna
Green Beans
Breadstick
Apples with Walnuts & Whip Cream

Date: Wednesday, July 17th

Time: 11:30am—12:30pm

Must sign up in the Dining Room by
July 10th

Music Day

**Music by
N.M. Entertainment**

Theme for July is *Stars and Stripes*
Featuring: Music Man



Menu

Chicken Caesar Salad
Baked Apple

Date: Wednesday, July 24th

Time: 11:30am—12:30pm

Must sign up in the Dining Room by
July 17th

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



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 July 3rd & 17th

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

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



Evie Sousa

Evie, short for Evelyn, grew up on Mason Street here in Sumner until around age 3, then moved to Bonney Lake. From there she attended Crestwood Elementary, Lakeridge Middle School and then Sumner High School. Both her parents were teachers; her dad still teaches 5th grade at Crestwood and has done so for the last 20 years, and her mother used to teach the special needs at Sumner High School. She has two brothers, Owen is a sophomore, soon to be a junior, in high school and her older brother Riley is going into his senior year of college.

When Evie is not playing tennis, hiking, running 5K's in cross country, surfing, or spending time with family and friends she spends her spare time babysitting and cleaning houses for friends and family. She qualified for leagues and districts her sophomore, junior and senior year of cross country. For tennis, she qualified for the league tournament all four years of her high school career. Her team got second place in the SBSL league this year. She also was on ASB, (Associated Student Body) serving as a lead coordinator on the empathy and spirit teams, which allowed her to participate and help organize the "Smartphone class" here at the Sumner Senior Center.

Evie loves surfing, and has surfed in California, Westport Washington, Oregon and Hawaii. She still plays tennis, hikes and hangs out with her friends and family. She loved going to football and basketball games and watching Sumner Spartans play at the Tacoma Dome for the girl's state basketball tournament and getting to cheer them on surrounded by all of her friends.

Some of her favorite moments thus far have been going to the Dierks Bentley concert with two of her best friends and going to the Riley Green concert (both country concerts). One of her favorite things to do with friends is to wake up early and watch the sunrise or stay up late and watch the sunset. She enjoys going on her family's annual Oregon Coast vacation in Oceanside with family every summer and getting to spend days at the beach. Another favorite memory of hers is getting to intern in a third-grade class at Maple Lawn for the first time and realizing that this is what she wanted to do for her career.

Evie is off to Central Washington University in September and will major in elementary education. Her dream is to be a second or third grade elementary school teacher. She will get to stay with her aunt and uncle off campus close to Central in her own little apartment. She is so excited!

We wish her much success on her next journey in life. Thank you for supporting our seniors here at the center, we appreciate you and all the students who served our members.

We also want to give a huge thank you to our senior advisory board for giving a scholarship to Evie!

GRATITUDE ATTITUDE

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



MultiCare 
Celebrate Seniority

Thank you for sponsoring
the Senior Center's monthly
newsletter. We appreciate your
continued 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!

