

# MAY 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 ~

- May 2nd Trip—Yarn Crawl
- May 6th Workshop—Housing  
Options for Seniors
- May 8th Mother's Day Celebration  
Music by Randy Litch
- May 13th Workshop—Eating 4  
Energy: Super Foods  
for Super Energy
- May 15th Birthday Party—Music by  
N.M. Entertainment
- May 17th Road Rally  
(AKA Poker Run)
- May 23rd Trip—Meeker Mansion  
and Karshner Museum
- May 30th Trip—Port Gamble Trek

### 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  
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

# HEALTH CARE & OTHER SERVICES

## Blood Pressure & Glucose Checks

Wednesday, May 15th

11:30am—Noon

Free Service provided by  
Linden Grove Health Care Center

Taking care of  
myself doesn't  
mean 'me first.' It  
means 'me, too.'

J.R. Knost

## DNA or Genealogy

Tuesday, May 7th

10:30am—Noon

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

Register in Advance

## Haircuts By Becky

Thursday, May 2nd

10:00am—3:00pm

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

Suggested Minimum is \$6

Register in Advance

A friend is someone who  
knows all about you  
and still loves you  
—*Albert Hubbard*

## Massage (Chair only)

Wednesday, May 1st & 15th

10:00am-2:00pm

Cost: \$10 for 20 minutes or

\$15 for 30 minutes

Register in Advance

## Rock Painting

Wednesday, May 22nd

10:00am—Noon

Come have some creative fun!

Cost: \$5

(All supplies provided)

Register in Advance

## Senior Footcare by April



Friday, May 10th

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, May 1st & 15th

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, May 24th

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

Check  
it Out!

## Caregiving Support Group

Thursday, May 23rd

10:00am—Noon

Meet & greet for all caregivers!  
Come join this new group.  
Let's find our way to support each other!

Register in Advance

Try to be a rainbow  
in someone's cloud.

Maya Angelou



## Smartphone Class

Thursday, May 2nd

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

### Housing Options for Seniors

Monday, May 6th

10:30am—11:30am

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

Register in Advance

## Workshop

### Eating 4 Energy:

### Super Foods for Super Energy

Monday, May 13th

10:30am—Noon

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

Register in Advance



# EVENTS

## Mother's Day Celebration Music by ~ Randy Litch

Come celebrate *Mother's Day* with us!  
Put on you dancing shoes and let's  
have some fun!



**Date:** Wednesday, May 8th  
**Time:** 11:00am—12:30pm

*Must sign up in the Dining Room by May 1st*

## Birthday Party for May 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.

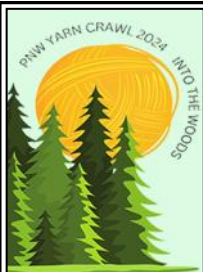
**11:30 am—Blood Pressure & Glucose Checks**



**Date:** Wednesday, May 15th  
**Time:** 11:00am—12:00pm

*Must sign up in the Dining Room by May 8th*

# TRIPS & SPECIAL EVENTS



## Yarn Crawl (*Calling all knitters*) Lunch TBD

Pick up you PNW Yarn Crawl Passport  
and get ready to visit up to six fabulous  
yarn shops in the heart of the Pacific N.W.  
Lunch will be determined by time and  
travel between locations.

**Date:** Thursday, May 2nd  
**Time:** 8:30am—3:30pm  
**Cost:** \$12 (Bring money for lunch)

*Advance registration and payment required*



## Road Rally

*(Also known as—Poker Run)*

Collect your cards at participating  
Senior Centers for a chance to win  
cash prizes!

**Date:** Friday, May 17th  
**Time:** 1:00pm—3:00pm  
**Cost:** FREE

*Advance registration required*



## Meeker Mansion and Karshner Museum Lunch: Mrs. Turners

Step back to the past with a fun day of nostalgia and  
history. Lunch at the iconic Mrs. Turners restaurant.  
Visit the beautifully restored Meeker Mansion and  
travel back in time at the Karshner Museum Center for  
Culture & Arts in Downtown Puyallup.

**Date:** Thursday, May 23rd  
**Time:** 11:00am—3:00pm  
**Cost:** \$12 (Bring money for lunch)

*Advance registration and payment required*



## Port Gamble Trek Lunch TBD

Enjoy a nice pleasant day wandering  
around quaint streets, cafes, and chocolate  
shops. There's a museum, and the water,  
and all the charm that the PNW can so  
beautifully display.

**Date:** Thursday, May 30th  
**Time:** 8:30am—3:30pm  
**Cost:** \$10 (Bring money for lunch)

*Advance registration and payment required*



# SSC Activities ~ May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>IMPORTANT INFORMATION</b></p> <p>Lunch Reservations <b>REQUIRED</b></p> <p>May 8th &amp; 15th</p>	<p><b>TRIPS</b></p> <p>Check out our trips on May 2nd, 23rd &amp; 30th</p> <p>Sign up for trips in the book</p> 	<p>1</p> <p>9:00 S.A.I.L. Exercise 10:00 Chair Massage 10:00 Watch &amp; Jewelry Sale 10:30 Hand &amp; Foot Cards 12:00 Lunch 12:30 Bridge</p>	<p>2</p> <p>8:30 Tai Chi 8:30 Trip—Yarn Crawl 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>3</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>6</p> <p>10:30 Workshop—Housing Options for Seniors 12:00 Lunch 12:00 Art Club Meeting 1:30 Bunco 2:00 Stretch Class</p>	<p>7</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><u>Mother's Day Celebration</u> 8</p> <p>10:30 Hand &amp; Foot Cards 11:00 Music by—Randy Litch 12:00 Lunch 12:30 Bridge</p> <p>S.A.I.L. Canceled</p>	<p>9</p> <p>8:30 Tai Chi 12:00 Lunch 12:30 Knit and Crochet 2:00 Stretch Class</p>	<p>10</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>13</p> <p>10:30 Workshop—Eating 4 Energy: Super Foods for Super Energy 12:00 Lunch 12:30 Bunco 1:00 Book Club</p> <p>Stretch Canceled</p>	<p>14</p> <p>11:00 Piano by Gloria 12:00 Lunch 12:00 Open Paint 12:15 Pinochle Tournament 1:30 Chair Yoga</p>	<p><u>Birthday Party</u> 15</p> <p>10:00 Chair Massage 10:00 Watch &amp; Jewelry Sale 10:30 Hand &amp; Foot Cards 11:00 Music by—N.M. Entertainment 11:30 BP &amp; Glucose Checks 12:00 Lunch 12:30 Bridge</p> <p>S.A.I.L. Canceled</p>	<p>16</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><u>Road Rally (AKA Poker Run)</u> 17</p> <p>9:00 S.A.I.L. Exercise 10:30 Canasta 12:00 Lunch 1:00 Road Rally (AKA Poker Run) 1:30 BINGO</p>
<p>20</p> <p>12:00 Lunch 1:30 Bunco 2:00 Stretch Class</p>	<p>21</p> <p>10:30 Karaoke 12:00 Lunch 12:00 Open Paint 12:15 Pinochle</p> <p>Chair Yoga Canceled</p>	<p>22</p> <p>9:00 S.A.I.L. Exercise 10:00 Rock Painting 10:30 Hand &amp; Foot Cards 12:00 Lunch 12:30 Bridge</p>	<p>23</p> <p>8:30 Tai Chi 10:00 Caregiving Support Group 11:00 Trip—Meeker Mansion and Karshner Museum 12:00 Lunch 12:30 Knit and Crochet 2:00 Stretch Class</p>	<p>24</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><b>CLOSED</b> 27</p> <p><b>MEMORIAL DAY</b></p> 	<p>28</p> <p>12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga</p>	<p>29</p> <p>9:00 S.A.I.L. Exercise 10:30 Hand &amp; Foot Cards 12:00 Lunch 12:30 Bridge</p>	<p>30</p> <p>8:30 Tai Chi 8:30 Trip—Port Gamble 12:00 Lunch 12:30 Knit and Crochet 2:00 Stretch Class</p>	<p>31</p> <p>9:00 S.A.I.L. Exercise 10:30 Canasta 12:00 Lunch 1:30 BINGO</p>

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



**LUNCH MENU**  
For Summer Senior Center  
253-863-2910

**MAY 2024**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Reservations Required for Lunch</u></p> <p><b>May 8th &amp; 15th</b></p>	<p><u>MEALS 60 and Over</u> Suggested Donation <b>\$3.50</b> <u>59 &amp; under is \$6</u></p> <p><b>Lunch is served at Noon</b></p>	<p><b>1</b></p> <p><b>Fish Sandwich</b> Broccoli and Cauliflower Orange Vanilla Ice Cream</p>	<p><b>2</b></p> <p><b>Beef Goulash</b> Broccoli Pound Cake Strawberries Whip Cream</p>	<p><b>3</b></p> <p><b>Pancakes</b> <b>Sausage Patty</b> <b>Scrambled Eggs</b> Melon Orange Juice</p>
<p><b>6</b></p> <p><b>Beef Stir Fry</b> Fried Rice with Egg Peas &amp; Carrots Fortune Cookie Ice Cream Cup</p>	<p><b>7</b></p> <p><b>Fish &amp; Chips</b> Coleslaw Yogurt Strawberry Rhubarb Compote</p>	<p><u>Mother's Day Celebration</u> <b>8</b></p> <p><b>Chicken Cacciatore</b> Zucchini &amp; Tomato Medley Wheat Roll Pears</p>	<p><b>9</b></p> <p><b>Beef Macaroni</b> Broccoli Wheat Roll Applesauce</p>	<p><b>10</b></p> <p><b>Shrimp Scampi</b> Linguini Pasta Strawberry Spinach Salad Wheat Roll Coconut Cream Pie</p>
<p><b>13</b></p> <p><b>Baja Chicken</b> Black Bean, Corn and Rice Salad Ice Cream and Pineapple Sauce</p>	<p><b>14</b></p> <p><b>BBQ Pork Sandwich</b> Green Beans Carrot Raisin Salad Lemon Bar</p>	<p><u>Birthday Party</u> <b>15</b></p> <p><b>Meatloaf</b> Potatoes &amp; Gravy Carrots Oranges Brownie</p>	<p><b>16</b></p> <p><b>Chicken Taco</b> Cauliflower Cheese, Salsa, Sour Cream Caramelized Banans</p>	<p><u>Road Rally (Poker Run)</u> <b>17</b></p> <p><b>Tuna Melt</b> Pea, Onion &amp; Tomato Salad with Cheese Grapes</p>
<p><b>20</b></p> <p><b>Chinese Chicken Salad</b> Wheat Roll Pears</p>	<p><b>21</b></p> <p><b>Turkey Meatloaf</b> Potato with Sour Cream Broccoli Oatmeal Raisin Cookie</p>	<p><b>22</b></p> <p><b>Pork Chops with Apples</b> Cucumber, Tomato Feta Salad Rice Pudding</p>	<p><b>23</b></p> <p><b>Baked Cod</b> Roasted Mediterranean Veggies Oatmeal Cookie</p>	<p><b>24</b></p> <p><b>Philly Cheese Sandwich</b> Brussel Spouts Grapes</p>
<p><u>CLOSED</u> <b>27</b></p> <p><b>memorial DAY</b></p>	<p><b>28</b></p> <p><b>Shrimp Salad</b> Melon Wheat Roll Lemon Bar</p>	<p><b>29</b></p> <p><b>BBQ Chicken</b> Pasta Salad Green Beans Ice Cream Pineapple Sauce</p>	<p><b>30</b></p> <p><b>Pork Luau</b> Rice Pineapple Coleslaw Hawaiian Roll Tropical Fruit Salad</p>	<p><b>31</b></p> <p><b>Taco Bake Casserole</b> Corn, Black &amp; Pinto Beans Melon</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, May 13th  
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

**Check it out!**

## Bunco

**Adding 2nd Monday of the month**

**May 13th at 12:30pm—Cost \$5**

Mondays, May 6th & 20th 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, May 3rd

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, May 7th & 21st

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, May 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

**Art Club Meeting—Monday, May 6th**

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

## MOTHER'S DAY CELEBRATION

Music by: **Randy Litch**



Happy  
Mother's Day

Come celebrate a *special Mother's Day* with us. Featuring entertainment by—**Randy Litch**. One Man Variety Dance Show Band showcasing music from Glenn Miller to Carlos Santana!

**DATE: Wednesday, May 8th**

**TIME: 11:00am—12:30pm**

*Must sign up in the Dining Room by May 1st  
Maximum Seating 100  
Lunch served at Noon*

## MAY BIRTHDAY CELEBRATION

Music by: **N.M. Entertainment**

Featuring: **Jolly Holiday (Songs from Mary Poppins)**



Spring is here and it's time to celebrate all the magic of enchanted musical theatre!

**DATE: Wednesday, May 15th**

**TIME: 11:00am—12:00pm**

*Must sign up in the Dining Room by May 8th  
Maximum Seating 100  
Lunch served at Noon*

# EXERCISE

### Chair Yoga Class

Tuesdays at 1:30pm

*Canceled May 21st*

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—Starting June 3rd

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.



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

Mondays & Thursdays at 2:00pm

*Canceled May 13th*

This class combines stretching using balls, bands and weights.

*No class 4th Monday of Month*

Cost: \$3.00

Instructor: Christel Paul



### Tai Chi

Thursdays at 8:30am

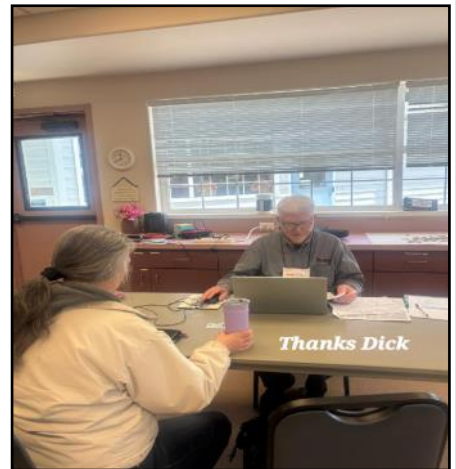
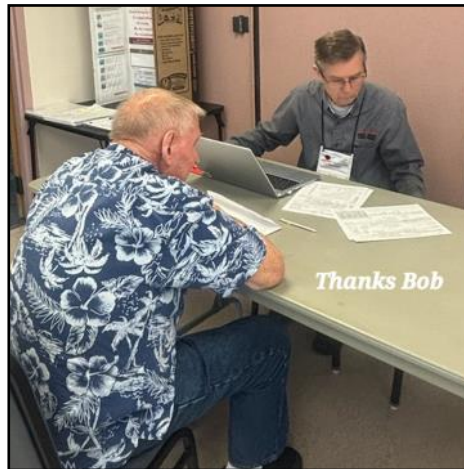
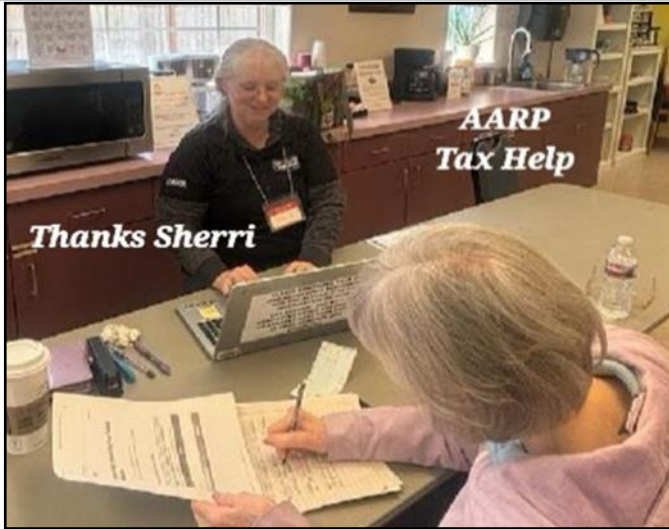
Join us for an adapted Yang Style standing form for seated practice to meet the needs of individuals who have balance, mobility and chronic pain conditions.

Cost: Free

Instructor: Phil Schneider



# SENIOR CORNER



THANK YOU TO BRYAN AND ALL THE  
AARP TEAM FOR PREPARING TAXES FOR  
OUR MEMBERS.

YOU WERE AMAZING!  
SEE YOU NEXT YEAR!



# GRATITUDE ATTITUDE

We are grateful for the generous donations of items for our monthly basket raffle. Your raffle ticket purchase helps to fund our special events.

We are collecting items for our upcoming *Father's Day* basket raffle. Items can be left at the front desk—*thank you!*

**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 Summer Senior Center.

Come visit us or call us to schedule a tour: (253) 862-1818

We would love to show you around!

