

MARCH 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.

~ Highlights ~

- **March 7th** Trip—Black Diamond Bakery & Museum
- **March 14th** Music Day—
St. Patrick's Day and Birthday Party
- **March 19th** First Day of Spring
- **March 22nd** Trip—Snoqualmie Casino
- **March 25th** Movie Day—Nine to Five
- **March 28th** Easter Celebration
- **March 29th** CLOSED—Good Friday

SPRING

Closed March 29th in observance of
Good Friday

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

Thursday March 14th

11:30am—Noon

Free Service provided by
Linden Grove Health Care Center

Haircuts By Becky

Thursday, March 7th

10:00am—3:00pm

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

Suggested Minimum is \$6

Register in Advance



DNA or Genealogy

Tuesday, March 5th

10:30am—Noon

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

Register in Advance

Massage (Chair only)

Wednesday, March 6th & 20th

10:00am-2:00pm

Cost: \$10 for 20 minutes or

\$15 for 30 minutes

Register in Advance

Senior Footcare by April



Friday, March 8th

9:00am—3:00pm

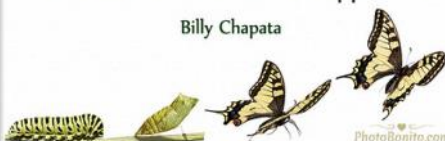
Cost: \$45 cash or check

MUST bring a towel

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

Don't be afraid of new beginnings.
Don't shy away from new people,
new energy, new surroundings.
Embrace new chances at happiness.

Billy Chapata



Watch: Sales & Repair

Wednesday, March 6th & 20th

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, March 22nd

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



Coffee Talk with Mayor Hayden

Monday, March 4th

10:45am—11:45am

Register in Advance

Drop-in Computer Tech Help



Thursday, March 14th

11:00am—Noon

Computer Q&A for all levels of users.

With Bob Taylor, Sumner Library Staff

Register in Advance



Smartphone Class

Thursday, March 7th

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

Heart Health

Monday, March 11th

10:30am—Noon

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

Register in Advance



Workshop

Memory Wellness

Monday, March 18th

10:30am—11:30am

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

Register in Advance

EVENTS

Birthday Party for March 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: Thursday, March 14th

Time: 11:00am—12:00pm

Must sign up in the Dining Room by March 7th

St. Patrick's Day Party

Come listen to some
spectacular music by
Tim Anderson



Date: Thursday, March 14th

Time: 11:00am—12:00pm

Must sign up in the Dining Room by March 7th

Movie Matinee

Sponsored by "Generations Home Care"



Join us for a flashback to the 80's.

Featuring: Nine to Five

*Starring: Lily Tomlin, Jane Fonda
and Dolly Parton*

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

Date: Monday, March 25th

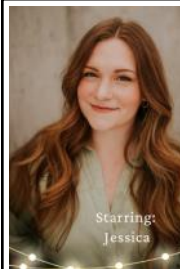
Time: 1:30pm

Snacks Provided by:  **CARE Patrol**
Your Partner in Senior Care Solutions



Easter Celebration

Music by
N.M. Entertainment



We bring you this special Easter performance
where our performer highlights their favorite
Easter Traditions.

Featuring: All Musicals!

Date: Thursday, March 28th

Time: 11:00am—12:00pm

Must sign up in the Dining Room by March 21st

TRIPS



Black Diamond Museum
Lunch at Black Diamond Bakery

Date: Thursday, March 7th

Time: 9:00am—3:00pm

Cost: \$7 (Bring money for lunch)

Advance registration and payment required



Snoqualmie Casino
Lunch on your own at Casino






Date: Friday, March 22nd

Time: 9:00am—3:00pm


Cost: \$7 (Bring money for lunch)

Advance registration and payment required

SSC Activities ~March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
IMPORTANT INFORMATION Lunch Reservations REQUIRED On these Music days only: March 14th & 28th	TRIPS Check out our trips on March 7th & 22nd Sign up for trips			1 9:00 S.A.I.L. Exercise 10:30 Canasta 10:30 Card Making Class 12:00 Lunch 1:30 BINGO with Stacey
4 9:00 Exercise Class 10:45 Mayor Hayden 12:00 Lunch 12:00 Art Club Meeting 1:30 Bunco 2:00 Stretch Class 	5 10:30 Karaoke 10:30 DNA or Genealogy 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga	6 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	7 8:30 Tai Chi 9:00 Trip—Diamond Bakery and Museum 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	8 9:00 S.A.I.L. Exercise 9:00 Senior Footcare by April 10:30 Canasta 12:00 Lunch 1:30 BINGO with Christel
11 9:00 Exercise Class 10:30 Workshop—Heart Health 12:00 Lunch 1:00 Book Club 2:00 Stretch Class	12 12:00 Lunch 12:00 Open Paint 12:15 Pinochle Tournament 1:30 Chair Yoga	13 9:00 S.A.I.L. Exercise 12:00 Lunch 12:30 Bridge Hand & Foot Canceled	14 St. Patrick's Day and Birthday Party 11:00 Computer Tech Help 11:00 Music by—Tim Anderson 11:30 BP & Glucose Checks 12:00 Lunch 12:30 Knit and Crochet Tai Chi & Stretch classes Canceled	15 9:00 S.A.I.L. Exercise 10:30 Canasta 12:00 Lunch 1:30 BINGO with Stacey
18 9:00 Exercise Class 10:30 Workshop—Memory Wellness 12:00 Lunch 1:30 Bunco 2:00 Stretch Class	19 10:30 Karaoke 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga 	20 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	21 8:30 Tai Chi 12:00 Lunch 12:30 Knit and Crochet 1:00 Mexican Train Dominoes 2:00 Stretch Class	22 8:30 AARP Smart Driver 9:00 Trip—Snoqualmie Casino 9:00 S.A.I.L. Exercise 10:30 Canasta 12:00 Lunch 1:30 BINGO with Christel
MOVIE DAY 25 9:00 Exercise Class 12:00 Lunch 1:30 Movie—Nine to Five 	26 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga	27 9:00 S.A.I.L. Exercise 12:00 Lunch 12:30 Bridge Hand & Foot Canceled	Easter Celebration 28 11:00 Music by—N.M. Entertainment 12:00 Lunch 12:30 Knit and Crochet Tai Chi & Stretch Classes Canceled	CLOSED 29 GOOD FRIDAY 

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

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Reservations Required for Lunch</u> On these Music dates: March 14th & 28th	<u>MEALS</u> <u>60 and Over</u> Suggested Donation <u>\$3.50</u> 59 & under is \$6 Lunch is served at Noon			1 Omelet Sausage Patty Hashbrowns Honey Dew Melon
4 Honey Dijon Chicken Potatoes Beets Peaches	5 Sloppy Joe Sandwich Tomato, Cucumber, Feta & Onion Salad Yogurt Strawberries	6 Chef Salad with Turkey Cheese, Egg, Beans & Peas Breadsticks Peaches	7 Swiss Cheese Burger Lettuce & Tomato Wedge Fries Mixed Berries	8 Amandine Fish Broccoli Wheat Roll Orange Lemon Bar
11 Minestrone Soup Baked Potato Mixed Berries Whip Cream	12 Spaghetti with Beef Green Beans Garlic Bread Pears	13 Chicken Fajita with Bell Peppers and Zucchini Rice Salsa, Guacamole, Sour Cream	St. Patrick's Day 14 and Birthday Party Irish Stew Beef, Cabbage, Potatoes & Carrots Biscuits Apples & Cinnamon	15 Beef Shepard's Pie Lettuce, Tomato Carrot Salad Fig Newton
18 Oven Fried Chicken Green Beans Roasted Potatoes Wheat Rolls Orange	19 Pork Tenderloin Bake Spinach Butternut Squash Grapes Oatmeal Cookies	20 Beef Barley Soup Caesar Salad Fresh Apple Ginger Snaps	21 Sweet & Sour Pork Vegetables Rice Fortune Cookie Ice Cream	22 Beef & Pepper Steak Brussel Sprouts Pound Cake with Strawberries Whip Cream
Movie Day 25 Vegetarian Lasagna Green Beans Sauteed Cinnamon Apples	26 Cream of Mushroom Soup 1/2 Chicken Salad Sandwich Berry Crisp	27 Salisbury Steak with Gravy Mashed Potatoes Sauteed Spinach Fig Newton	Easter Party 28 Ham Scalloped Potatoes Green Beans Green Salad & Roll Strawberry Shortcake	CLOSED 29 

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, March 11th
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

Monday, March 4th & 18th
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, March 1st
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 March 13th & 27th

This exciting card game is closely related to Canasta.

Come check it out.

Check it out!

Karaoke

Tuesday, March 5th & 19th
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, March 7th & 21st
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, March 4th
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

ST. PATRICKS DAY AND BIRTHDAY CELEBRATION

Music by Tim Anderson

MENU

Irish Stew
Beef & Cabbage
Potatoes & Carrots
Biscuits
Apples & Cinnamon



Date: Thursday, March 14th
Time: 11:00am—12:00pm.

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

EASTER PARTY

Music by N.M. Entertainment

MENU

Ham
Scalloped Potatoes
Green Beans
Green Salad
Roll
Strawberry Shortcake



Date: Thursday, March 28th
Time: 11:00am—12:00pm.

*Must sign up in the Dining Room by March 21st
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 for March

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.

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

Canceled March 14th & 28th

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



Tai Chi

Canceled March 14th & 28th

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

Meet our Card Making Instructors Deb Naylor and Tina Linehan!



Deb was born and raised in Anchorage, Alaska. She is married, has 4 children, and enjoys traveling, bike riding, walking, learning about healthy foods and paper crafting! She moved to Washington in 1995 and while she misses many things about Alaska the weather is not one of them! She enjoyed a 43-year airline career working on the ground and in the air and retired from her favorite job as a Flight Attendant in 2020. Deb has had a passion for homemade things since she was a young girl; one of her grandmothers was a wonderful seamstress and master gardener and the other was an artist. So, she grew up learning and being inspired by them. She has done all sorts of crafting over the years but fell in love with cardmaking in 1996. In 1999 she joined Stampin' Up! She started building a small paper crafting business as her side gig! Deb is always looking for opportunities to lift others up with a paper hug. Currently she is helping the Orting Eagles gather Easter cards for local veterans. If she could tell her younger self one thing it would be to take more photos to capture the good memories with family and friends.

Tina was born and raised in Southern California. She is single and has an adorable furry baby named Chet! She drives a mini cooper car and participates in different local events including an annual Toys for Tots drive! Her parents have passed but she has 1 sister in Arizona. She left California in 2000 to take a job as a traveling x-ray technologist and enjoyed traveling for about 5 years. When her mom's health started to decline, she stopped traveling and they moved to Washington where she took care of her mom until she passed away in 2013. She enjoyed a 40-year career as an X-Ray technologist and retired from Valley Medical Center in 2021. She has enjoyed crafting her entire adult life and has done just about everything. However, knitting wasn't one of her successful endeavors. Ha! Ha! She started cardmaking in the early 2000's, and it has been her focus since then. If there was one thing she would tell her younger self, she said, "It would be to spend more time with my parents and learn more about our family history."

You can meet Deb or Tina at the First Friday of the month cardmaking class, the class makes 3 cards, and all the supplies are included just bring a glue stick (or your favorite adhesive) and \$6. Be sure to register early as classes have been running full!

Thank you to Deb and Tina for offering this craft class to our members. They have so much fun making creative personal cards. Thank you also for making special cards for the senior center for special holidays! We appreciate all you do for us! It sounds like you both have had wonderful customer care positions and served your best life.

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!

