

SEPTEMBER 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 ~

- Sept. 5th Trip—Port of Tacoma Tour
- Sept. 5th Birthday Party—
Music by Jim Meck
- Sept. 11th Fun Day—
Medicare Exchange
- Sept. 12th Trip—Gig Harbor
- Sept. 18th Music Day—
N.M. Entertainment
- Sept. 20th Trip—Lucky Eagle Casino
- Sept. 23rd Movie Day—Overboard
- Sept. 26th Trip—N.W. Trek

**WE WILL BE CLOSED SEPTEMBER 2ND
FOR LABOR 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
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



HEALTH CARE & OTHER SERVICES

Blood Pressure & Glucose Checks

Thursday, Sept. 5th
11:30am—Noon

Free Service provided by
Linden Grove Health Care Center

Caregiving Support Group

Tuesday, Sept. 24th
10:00am—Noon

Meet and greet for ALL caregivers!



DNA or Genealogy

Tuesday, Sept. 3rd
10:30am—Noon

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

Register in Advance

Haircuts By Becky

Thursday, Sept. 5th
10:00am—3:00pm

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

*Must call to schedule your appointment for
October starting September 3rd.*

Register in Advance



Massage (Chair only)

Wednesday, Sept. 4th & 18th

10:00am-2:00pm

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

Register in Advance

Rock Painting

Wednesday, Sept. 18th
9:30am—Noon

Come have some creative fun!

Cost: \$5

(All supplies provided)

Register in Advance

Senior Footcare by April

Friday, Sept. 13th
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, Sept. 4th & 18th

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, September 27th
8:30am-4:30pm

Refresh your driving skills.

Cost: \$20 for AARP members
\$25 for non-AARP members

City Talk

Sumner Cemetery

Monday, September 23rd

11:00—Noon

Presented by Tammy Drennen
Administrative Specialist, Sumner Cemetery

Register in Advance

Drop-in

Computer Tech Help

Thursday, September 12th

10:30am—11:30am

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



Register in Advance

Fun with Jeopardy

Wednesday, September 11th
11:00am—Noon

Come have some "TEAM" fun!
Play along for chance to win a prize.

*Sponsored by
The Medicare Exchange Team*

**Happiness
isn't getting all
you want. It's
enjoying all
you have.**

Workshop

Dynamic Digestion

Monday, September 9th

10:30am—Noon

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



Register in Advance

EVENTS

Birthday Party for September

Blood Pressure & Glucose Checks

Music by—Jim Meck

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!



Date: Thursday, September 5th

Time: 11:30am—12:30pm

11:30 am—BP & Glucose Checks

Must sign up in the Dining Room
by August 28th

Music Day

**Featuring Music by—
N.M. Entertainment**

Join us for a cabaret performance
featuring classical songs that we
can all sing along to.

September theme features
songs from the classic musical—
Singing in the Rain



Date: Wednesday, September 18th

Time: 11:30am—12:30pm

Must sign up in the Dining Room
by September 11th



Movie Day

Sponsored by

"Generations Home Care"

Featuring: Overboard



Goldie Hawn and Kurt Russell
star in this 1987 comedy, rated PG.

A cruel but beautiful heiress mocks and cheats a hired carpenter. When she gets amnesia after an accident, he decides to introduce her to regular life by convincing her that they're husband and wife.

Date: Monday, September 23rd

Time: 1:30pm (1hr. 50mins.)

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

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

TRIPS

Thursday, Sept. 5th, 9:00am—Port of Tacoma Bus Tour

Register by Wednesday, August 28th. Lunch at the Fish Peddler.

Cost: \$5 (Transportation Fee Only. Bring Money for Lunch)

Thursday, Sept. 12th, 10:00am—Gig Harbor

Join Stacey for a trip to the Harbor History Museum and shopping in downtown Gig Harbor. Enjoy lunch on the Bay at the Tides Tavern.

Cost: \$5 (Transportation Fee Only. Bring Money for Lunch)

Friday, Sept. 20th, 9:00am—Lucky Eagle Casino

Do you feel lucky? Join us for a day of fun at the Lucky Eagle Casino. Lunch on your own.

Cost: \$7 (Transportation Fee Only. Bring Money for Lunch)

Thursday, Sept. 26th, 9:00am—N.W. Trek

Come along on a wildlife adventure to see bison, elk, and wolves, just to name a few. The electric Tram is back so you can sit back and enjoy a ride to observe wildlife in their habitat. Lunch on your own at the park café.

Cost: \$31 (Includes \$24 admission and transportation fee. Bring money for lunch)



SSC Activities ~ September 2024

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| <p>CLOSED 2</p> <p>★ Happy Labor Day ★ — We are closed —</p>  | <p>3</p> <p>10:30 DNA or Genealogy 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga</p> <p>Karaoke Canceled</p> | <p>4</p> <p>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>Birthday Party 5</p> <p>9:00 Trip—Port of Tacoma 10:00 Haircuts by Becky 11:30 Music—Jim Meck 11:30 BP & Glucose Checks 12:00 Lunch 12:30 Knit and Crochet 1:00 Mexican Train Dominoes 2:00 Stretch Class Tai Chi Canceled</p> | <p>6</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>9</p> <p>9:00 Line Dancing Class 10:30 Workshop— Dynamic Digestion 12:00 Lunch 12:30 Bunco 1:00 Book Club</p> | <p>10</p> <p>12:00 Lunch 12:00 Open Paint 12:15 Pinochle Tournament 1:30 Chair Yoga</p> | <p>11</p> <p>9:00 S.A.I.L. Exercise 10:30 Hand & Foot Cards 11:00 Have Fun with Jeopardy 12:00 Lunch 12:30 Bridge</p> | <p>12</p> <p>8:30 Tai Chi 10:00 Trip—Gig Harbor Museum, Shopping and Tides Tavern 10:30 Computer Tech Help 12:00 Lunch 12:30 Knit and Crochet 2:00 Stretch Class</p> | <p>13</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>16</p> <p>9:00 Line Dancing Class 12:00 Lunch 1:30 Bunco</p> | <p>17</p> <p>10:30 Karaoke 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga</p> | <p>Music Day 18</p> <p>10:00 Chair Massage 10:00 Watch & Jewelry Sale 10:30 Hand & Foot Cards 11:30 Music—N.M. Entertainment 12:00 Lunch 12:30 Bridge</p> <p>S.A.I.L. Exercise Canceled</p> | <p>19</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>20</p> <p>9:00 S.A.I.L. Exercise 9:00 Trip—Lucky Eagle Casino 10:30 Canasta 12:00 Lunch 1:30 BINGO</p> |
| <p>Movie Day 23</p> <p>9:00 Line Dancing Class 11:00 City Talk— Sumner Cemetery 12:00 Lunch 1:30 Movie—Overboard</p>  | <p>24</p> <p>10:00 Caregiving Support Group 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga</p> | <p>25</p> <p>9:00 S.A.I.L. Exercise 9:30 Rock Painting 10:30 Hand & Foot Cards 12:00 Lunch 12:30 Bridge</p> | <p>26</p> <p>8:30 Tai Chi 9:00 Trip—N.W. Trek 12:00 Lunch 12:30 Knit and Crochet</p> <p>Stretch Class Canceled</p> | <p>27</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>30</p> <p>9:00 Line Dancing Class 12:00 Lunch 1:30 Bunco</p> | <p>“Joy is the simplest form of gratitude.”</p>  | <p>happy fall y'all</p>  | <p>IMPORTANT INFORMATION</p> <p>UPDATE: Music starts at 11:30</p> <p>Lunch Reservations REQUIRED Sept. 5th & 18th</p> <p>Sign up in the Dining Room</p> | <p>TRIPS</p> <p>Check out our trips Sept. 5, 12, 20 & 26</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>CLOSED 2</p>  | <p>3</p> <p>Amandine Fish Broccoli Wheat Roll Orange Lemon Bar</p> | <p>4</p> <p>Chicken Salad Sandwich Strawberry, Spinach Salad Mixed Berries Whip Cream</p> | <p>Birthday Party 5</p> <p>Sweet & Sour Pork Vegetables Rice Fortune Cookie Ice Cream</p> | <p>6</p> <p>Beef Shepard's Pie Lettuce, Tomato Carrot Salad Fig Newton</p> |
| <p>9</p> <p>Salisbury Steak with Gravy Mashed Potatoes Sautéed Spinach Fig Newton</p> | <p>10</p> <p>Honey Dijon Chicken Potatoes Beets Mandarin Oranges</p> | <p>11</p> <p>Chef Salad with Turkey, Ham, Cheese and Egg Breadsticks Peaches</p> | <p>12</p> <p>Vegetarian Lasagna Green Beans Sautéed Cinnamon Apples</p> | <p>13</p> <p>Sloppy Joe Sandwich Tomato, Cucumber, Feta & Onion Salad Yogurt Strawberries</p> |
| <p>16</p> <p>Tuna Noodle Casserole with Peas Carrots and Raisin Salad Peaches</p> | <p>17</p> <p>Spaghetti with Beef Green Beans Garlic Bread Pears</p> | <p>Music Day 18</p> <p>Chicken Fajita with Bell Peppers & Zucchini Rice Tropical Fruit</p> | <p>19</p> <p>Pork Tenderloin Bake Spinach Butternut Squash Grapes Oatmeal Cookie</p> | <p>20</p> <p>Omelet Sausage Patty Hashbrowns Honey Dew Melon</p> |
| <p>Movie Day 23</p> <p>Oven Fried Chicken Green Beans Roasted Potatoes Wheat Roll Orange</p> | <p>24</p> <p>Lime Fish Zucchini Linguine Strawberry Rhubarb Compote</p> | <p>25</p> <p>Creamy Pork Tomato Rotini Green & Yellow Bean Blend Wheat Roll Peaches</p> | <p>26</p> <p>Beef & Rice Burrito Salsa & Sour Cream Tomato, Onion & Cucumber Salad Apples, Walnuts and Whip Cream</p> | <p>27</p> <p>Pasta Salad with Peas, Carrots, Bacon Crumbles & Hard Boiled Egg Mandarin Oranges Lemon Bar</p> |
| <p>30</p> <p>Beef & Pepper Steak Brussel Sprouts Pound Cake with Strawberries & Whip Cream</p> |  <p>hello September</p> | | <p>Reservations Required for Lunch</p> <p>Music Dates Sept. 5th & 18th</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

Come have some fun and win prizes at BINGO!

Book Club

Monday, September 9th
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

September 9th & 30th at 1:30pm

Cost: \$2

September 16th 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, September 6th
10:30—Noon

Come make 3 beautiful handmade cards using rubber stamps and punches.

Bring a glue stick!

Cost: \$7 **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, September 17th
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, September 5th & 19th
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 September

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!

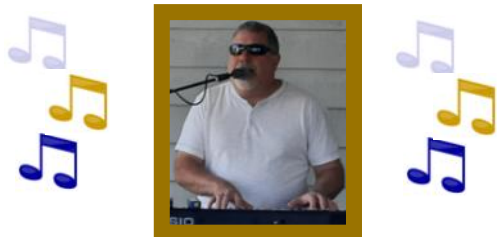
Proceeds go to SSC programs

MUSIC

September Birthday Party

Music by—Jim Meck

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



Menu

Sweet & Sour Pork
Vegetables
Rice
Fortune Cookie & Ice Cream

Date: Thursday, September 5th
Time: 11:30am—12:30pm

Must sign up in the Dining Room by August 28th

Music Day

Featuring—N.M. Entertainment

Theme: Classic Hollywood

Golden Age Hollywood films are filled with musical classics—that inspire our performers to glam up!

Featuring: *Singing in the Rain*



Menu

Chicken Fajita with
Bell Peppers & Zucchini (Salsa & Sour Cream)
Rice
Tropical Fruit

Date: Wednesday, September 18th
Time: 11:30am—12:30pm

Must sign up in the Dining Room by September 11th

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 September 18th

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 September 26th

Thursdays at 2:00pm

This class combines stretching using balls, bands and weights.

Cost: \$3.00

Instructor: Christel Paul



Tai Chi

Canceled September 5th

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



Bertha McKibbin

Happy Birthday to Ms. Bertha who turned 95 this year! You may know our friendly, no-nonsense Ms. Bertha, known as Bert to all! She has been one of the longest members here since 2012. She exercises her mind by playing cards here at the center, Canasta & Hand & Foot. She is loved by all her card players, and they especially love her fancy desserts she brings in like "The Hummingbird cake." Bert stays in shape by exercising 1-2 times per week, taking SAIL Classes, (Stay Active and Independent for Life).

Born in Kansas and raised in Puyallup with 2 brothers, Bert was the middle child. Bert attended Meeker grade school and then at 12, she had an unfortunate accident, and she was hit by a car while riding her bike. She was in a full body cast and had to stay in the hospital for 3 months. It took three days to cut the cast off, because in those days, there were no saws. Ugh! Bert was strong and survived that long hospital stay by listening to the radio and reading books. Of course, there were no TVs in hospitals back then, so the radio was her life to the outside world, listening to the 40's music and radio programs like Batman and most memorable a juvenile adventure show, Jack Armstrong, "The All-American Boy", was one of her favorites to listen to. Also, being one of the only children in the hospital, during the war with many soldiers, everyone gathered around her radio listening to Japan launch a surprise attack on the US naval base in Pearl Harbor. She never got to go outside but remembers hearing from her window the paper boys riding their bikes shouting all the news about the war.

Certain circumstances led her to quit school at Lincoln High School in her junior year and she followed her dream and attended beauty school in Tacoma. At 19, she met her husband Louie on a blind date. He had his own electrical business, and they lived in Edgewood and raised three children. After 17 years they parted ways and Bert continued in the Beauty Business for 27 years as a supervisor and got to travel all over to many salons. She loved every minute of it.

For twenty-five years, Bert shared her life with John and traveled with him and her card buddies and long-time friends, Yvonne Anderson aka (Butch), her husband Gordy and Frances Nix. The couples all travelled around in their RVs, including Austria two times to ski, and Big Sky, Sun Valley, Mount Bachelor, until John passed a few years ago.

Bert now resides in a condo in Sumner and has lived there, tending to all her lovely flowers. Two of her children live locally, and one lives in Kona, and she comes over every year to work at the fair with her mom. Bert worked at the scones for 12 years, and now she and her daughter have loved working at Silly Farm for the last 5 years.

She loves jigsaw puzzles and is always reading a book and gives out great recommendations to all of us here at the center. Bert remembers one of her favorite moments is when her son Randall was born.

I also asked Bert just for fun, "What you would tell your younger self, She said just always strive to "Be Happy"! We love having Bert at the center each week. If you get a chance, stop by and meet Bert or join in one of our card games– Canasta or Hand and foot.

Thank you, Bert, for being one of our long-time members and sharing all your wisdom with us!

GRATITUDE ATTITUDE

*Thank you, City of Sumner,
for providing a place for our
senior community to gather.*



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!

