

APRIL 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 ~

- **April 1st** City Talk—Food Bank
- **April 11th** Trip—Foss Waterway Museum
- **April 15th** Workshop—Weigh Less Live More
- **April 17th** Music Day—
N.M. Entertainment
- **April 19th** Trip—Gardeners' Day
Watson's Greenhouse and
Vassey Nursery
- **April 22nd** Movie Day—Barbie
- **April 22nd** Workshop—
Fall Prevention
- **April 25th** Senior Resource Fair

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



SUMNER SENIOR CENTER

HEALTH CARE & OTHER SERVICES

Blood Pressure & Glucose Checks

Wednesday, April 17th

11:30am—Noon

Free Service provided by
Linden Grove Health Care Center

LEARNING TO
IGNORE THINGS
IS ONE OF THE
GREAT PATHS TO
INNER PEACE.

purehappyllife.com

DNA or Genealogy

Tuesday, April 2nd

10:30am—Noon

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

Register in Advance

Haircuts By Becky

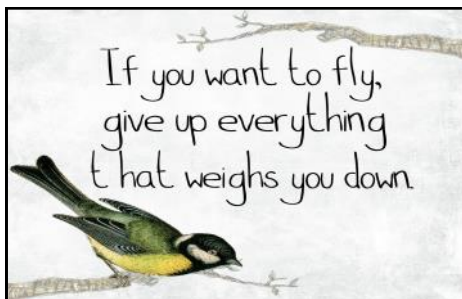
Thursday, April 4th

10:00am—3:00pm

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

Suggested Minimum is \$6

Register in Advance



Massage (Chair only)

Wednesday, April 3rd & 17th

10:00am-2:00pm

Cost: \$10 for 20 minutes or

\$15 for 30 minutes

Register in Advance

Rock Painting

Wednesday, April 24th

10:00am—Noon

Come have some creative fun!

Cost: \$5

(All supplies provided)

Register in Advance

Senior Footcare by April



Friday, April 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, April 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

**Check
it Out!**

Caregiving Support Group

Tuesday, April 23rd

10:00am—11:30am

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

Register in Advance

City Talk Food Bank

Monday, April 1st

11:00am—11:45am

Presented by Anthony Apeles,
Executive Director
Sumner Community Food Bank

Register in Advance

Drop-in Computer Tech Help

Postponed till further notice



Register in Advance



Smartphone Class

Thursday, April 4th

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

Weigh Less; Live More

Monday, April 15th

10:30am—Noon

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

Register in Advance



Workshop

Fall Prevention

Monday, April 22nd

10:30am—11:30am

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

Register in Advance

EVENTS

Birthday Party for April

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, April 17th

Time: 11:00am—12:00pm

Must sign up in the Dining Room by April 10th

Movie Matinee

Sponsored by "Generations Home Care"

Featuring Oscar Award Winning "Barbie"



Barbie and Ken are having the time of their lives in the colorful and seemingly perfect world of Barbie Land. However, when they get a chance to go to the real world, they soon discover the joys and perils of living among humans.

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

Date: Monday, April 22nd

Time: 1:30pm

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



***Subject to change**

Senior Resource Fair

Come to the Sumner Senior Center's Resource Fair and get connected with valuable information and resources available to individuals 55+. All in one easily accessible location!

This is an open-house style event. So, stop in and chat with our local experts in senior services. Service providers such as MultiCare Celebrate Seniority, Concierge Care Advisor's, CarePatrol, and Stafford Suites, are just a few experts who will be onsite to share information with you.

You will leave with a wealth of information!

Date: Thursday, April 25th

Time: 10:00am—2:00pm



TRIPS



Foss Waterway Museum
Lunch at the Fish Peddler

Date: Thursday, April 11th

Time: 9:30am—3:00pm

Cost: \$10 (Bring money for lunch)

Advance registration and payment required



Gardeners' Day
Visiting Watson's Greenhouse and Vassey Nursery

Date: Friday, April 19th

Time: 10:00am—3:00pm

Cost: \$5 (Bring money for lunch)

Advance registration and payment required



Monday	Tuesday	Wednesday	Thursday	Friday
1 11:00 City Talk— Food Bank 12:00 Lunch 12:00 Art Club Meeting 1:30 Bunco 2:00 Stretch Class	2 10:30 Karaoke 10:30 DNA or Genealogy 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga	3 10:00 Chair Massage 10:00 Watch & Jewelry Sale 10:30 Hand & Foot Cards 12:00 Lunch 12:30 Bridge	4 8:30 Tai Chi 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	5 10:30 Canasta 10:30 Card Making Class 12:00 Lunch 1:30 BINGO S.A.I.L Canceled
8 12:00 Lunch 1:00 Book Club 2:00 Stretch Class 	9 12:00 Lunch 12:00 Open Paint 12:15 Pinochle Tournament 1:30 Chair Yoga	10 10:30 Hand & Foot Cards 12:00 Lunch 12:30 Bridge	11 8:30 Tai Chi 9:30 Trip—Foss Waterway Museum 12:00 Lunch 12:30 Knit and Crochet 2:00 Stretch Class	12 9:00 S.A.I.L. Exercise 9:00 Senior Footcare by April 10:30 Canasta 11:00 Hearing Aid Checks 12:00 Lunch 1:30 BINGO
15 10:30 Workshop— Weigh Less— Live More 12:00 Lunch 1:30 Bunco 2:00 Stretch Class	16 10:30 Karaoke 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga	<u>Birthday Party</u> 17 10:00 Chair Massage 10:00 Watch & Jewelry Sale 10:30 Hand & Foot Cards 11:00 Music by— N.M. Entertainment 11:30 BP & Glucose Checks 12:00 Lunch 12:30 Bridge	18 8:30 Tai Chi 12:00 Lunch 12:30 Knit and Crochet 1:00 Mexican Train Dominoes 2:00 Stretch Class	19 9:00 S.A.I.L. Exercise 10:00 Trip—Gardener's Day 10:30 Canasta 12:00 Lunch 1:30 BINGO
<u>MOVIE DAY</u> 22 10:30 Workshop— Fall Prevention 12:00 Lunch 1:30 Movie—Barbie	23 10:00 Caregiving Support Group 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga	24 10:00 Rock Painting 10:30 Hand & Foot Cards 12:00 Lunch 12:30 Bridge	<u>RESOURCE FAIR</u> 25 10:00 Resource Fair 12:00 Lunch Tai Chi Canceled Knit and Crochet Canceled Stretch Class Canceled	26 9:00 S.A.I.L. Exercise 10:30 Canasta 12:00 Lunch 1:30 BINGO
29 12:00 Lunch 2:00 Stretch Class 	30 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga	DANCE LIKE NO ONE'S WATCHING SING LIKE NO ONE'S LISTENING LOVE LIKE YOU'LL NEVER BE HURT PLAY LIKE THERE'S NO WINNERS BEHAVE LIKE MOM'S WATCHING GIVE LIKE YOU HAVE PLENTY AND SMILE	IMPORTANT INFORMATION Lunch Reservations REQUIRED April 17th	TRIPS Check out our trips on April 11th & 19th Sign up for trips in the book 

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



Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Teriyaki Rice with Peas & Carrots Asian Veggie Blend Pear Fortune Cookie	2 Swedish Meatballs Potato Salad Apricots	3 Turkey & Broccoli Peas & Bowties Orange	4 Pork Fajitas with Onion & Zucchini Pinto Beans Banana	5 Waffle with Strawberries Scrambled Eggs Orange Juice
8 Chicken Pasta Primavera Fettuccine Melon	9 Fish Taco Rice & Beans Berries & Whip Cream	10 Beef Chili Con Carne Sauteed Carrots Spinach Corn Bread Pears	11 Corn Chowder 1/2 Chicken Salad Sandwich Banana	12 Florentine Fish Zucchini, Onion and Tomatoes Cherry Crisp
15 Turkey Noodle Soup Carrot, Pineapple and Raisin Salad Oatmeal Cookie	16 Chicken Tetrazzini Tossed Salad with Cabbage and Garbanzo Beans	<u>BIRTHDAY PARTY</u> 17 Mediterranean Chicken Wrap Spinach and Cannellini Beans Rice pudding	18 Parmesan Tilapia Rice Pilaf Squash Brownie Bits	19 Beef Stew Coleslaw Wheat Rolls Peaches
<u>MOVIE DAY</u> 22 Salmon German Potato Salad Veggies Bread Sticks Brownie	23 Mac & Cheese Brussel Sprouts Wheat Roll Strawberries	24 Chicken Caesar Salad Baked Apple	<u>RESOURCE FAIR</u> 25 Caribbean Pork Chops with Peppers & Pineapple Cornbread	26 Turkey Burger Sweet Potato Fries Coleslaw Applesauce
29 Chicken Tortilla Soup Chips with Sour Cream & Cheese Mango Fig Newton	30 Pork Cutlet Baked Potato Baked Beans Coleslaw		<u>Reservations Required for Lunch</u> April 17th	<u>MEALS</u> <u>60 and Over</u> Suggested Donation <u>\$3.50</u> <u>59 & under is \$6</u> Lunch is served at Noon

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, April 8th

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, April 1st & 15th

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, April 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, April 2nd & 16th

at 10:30am

Tune up your pipes and come show us what you've got!

Register in Advance

Knit & Crochet Group

Thursdays

Canceled April 25th

at 12:30pm

Bring your own knitting project to work on and spend some time

Mexican Train Dominoes

Thursday, April 4th & 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—Monday, April 1st

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!

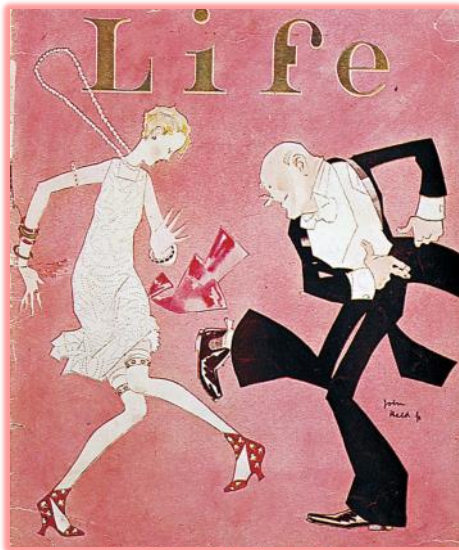
Proceeds go to SSC programs

MUSIC

APRIL BIRTHDAY CELEBRATION

Music by: N.M. Entertainment

Featuring: Roaring Jazz



DATE: Wednesday, April 17th

TIME: 11:00am—12:00pm

MENU

Mediterranean Chicken Wrap
Spinach and Cannellini Beans
Rice Pudding

*Must sign up in the
Dining Room by April 10th
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



Exercise Class

Canceled for the month of April

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.

Canceled April 5th

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: Jessie Thompson



Stretch Class

Canceled April 25th

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 April 25th

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

Hydro plane Trip



Gilman Village Trip



Mayor Kathy Hayden with members



RitaRose Cruz
V-Day winner



Jeanne Jacobson
V-Day winner



Perscilla Phillips
Birthday winner



Main Garden Restaurant
Trip



Black Diamond Bakery
Trip



St. Patrick's Day
Winner-McLaughlin's



Thomas Gilbertson-
B-Day Winner



David & Audrey
Antkowiak



GRATITUDE ATTITUDE

We are grateful for the generous donations of items for our monthly basket raffle. Your raffle ticket purchase goes towards funding our special events.

We are collecting items for our upcoming Mother'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!

