

OCTOBER 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 ~

- **Oct. 2nd** Birthday Party—Music by N.M. Entertainment
- **Oct. 3rd** Trip—Snoqualmie Casino
- **Oct. 10th** Trip—LeMay Exhibit at Marymount
- **Oct. 22nd** Fashion Show—J. Jill Designs
- **Oct. 24th** Trip—Tacoma Museum of Glass
- **Oct. 24th** Medicare Open Enrollment with The Medicare Exchange
- **Oct. 28th** Movie Day—Secondhand Lions
- **Oct. 31st** Halloween Party—Music by—Tim Anderson

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
Debra Guest
Judy Kimball
Cathy McLaughlin
Judy McLean
Sue Nichols
Debi Rizzo
Elaine Snellman
Gaylyn Wilson
Vicki Yarnell

Advisory Board

Richard Kimball
Pat McLaughlin
Debi Rizzo
Vicki Yarnell



HEALTH CARE & OTHER SERVICES

Blood Pressure & Glucose Checks

Wednesday, October 2nd
11:30am—Noon

Free Service provided by
Linden Grove Health Care Center

Caregiving Support Group

Tuesday, October 8th
10:00am—Noon

Guest Speaker—Matt Santelli



DNA or Genealogy

Tuesday, October 1st
10:30am—Noon

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

Register in Advance

Haircuts By Becky

Thursday, October 3rd
10:00am—3:00pm

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

*Must call to schedule your appointment for
November starting October 1st.*

Register in Advance

Massage (Chair only)

Wednesday, October 2nd,
16th & 30th
10:00am-2:00pm

Cost: \$10 for 20 mins. or \$15 for 30 mins.

Register in Advance

Rock Painting


Wednesday, October 23rd
9:30am—Noon

Come have some creative fun!
Cost: \$5

(All supplies provided)

Register in Advance

Senior Footcare by April

 Friday, October 11th
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*

RX Express—Vaccine Clinic

Monday, October 21st
10:00am—Noon

Sign up today!

Must bring Photo ID and All Insurances including
your Medicare Part A & B.

Pierce County Health Department will also be
onsite to share information on resources available
to the senior community members.

Watch: Sales & Repair

Wednesday, October 2nd & 16th
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

Ask the Lawyer

Monday, October 21st
2:00pm—3:00pm

Schedule your appointment today for a

Free Consultation with
David Shelvey, Attorney at Law

Register in Advance

Estate Planning Workshop

Monday, October 21st
1:00pm—2:00pm

Free review of your will and other
estate documents.

Presented by David Shelvey,
Estate Planning Attorney

Register in Advance

City Talk

Monday, October 7th
11:00am—Noon

Join us for a discussion on Proposition 1—K-12.
Speaker, Marina Tanay, Capital Project Manager
Sumner-Bonney Lake School Dist.

Learn about the Senior and Disabled Adult Property
Tax Exemption Program.

Speaker, Matt Santelli, Community Outreach &
Education Specialist

Register in Advance

Drop-in Tech Help

Sign up today for help with your Smartphone,
E-Reader, Tablet or Computer.

Thursday, October 10th
10:30am—11:30am

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

Register in Advance

Medicare—Open Enrollment

Thursday, October 24th
11:00am—Noon

Come learn about the changes to Medicare.

Presented by
The Medicare Exchange Team

Register in Advance

Smartphone Class

Thursday, October 3rd
11:20am—Noon

Sign up to get one-on-one
Smartphone support.

Courtesy of Sumner HS Students

Register in Advance

EVENTS

Birthday Party for October Blood Pressure & Glucose Checks

*Featuring Music by—
N.M. Entertainment*

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 Connor Shoemaker for the Balloons!



Date: Wednesday, October 2nd
Time: 11:30am—12:30pm

11:30 am—BP & Glucose Checks

Must sign up in the Dining Room
by September 25th

J. Jill Designs Fashion Show



Join us for a special runway preview
of the J. Jill Fall Collection.

J. Jill is a premier national retailer of women's clothing, accessories and footwear. Offering an easy, relaxed and inspired style that lets you dress comfortably and confidently.

Clothing items will be available for purchase the day of the show.

Date: Tuesday, October 22nd
Time: 10:00am—Noon

Reserve your runway seat by October 14th
Anyone age 55 and up are welcome.



Movie Day

Sponsored by
"Generations Home Care"

Featuring: **Secondhand Lions**



A shy adolescent boy, Walter (Haley Joel Osment), is dropped off to spend the summer with his two hard-boiled great-uncles, Hub (Robert Duvall) and Garth (Michael Caine), who are rumored to possess a great fortune. At first, the two old men, both set in their ways, find Walter's presence a nuisance, but they eventually warm up to the boy and regale him with tall tales from their past. In return, Walter helps reawaken their youthful spirit.

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

Date: Monday, October 28th
Time: 1:30pm (1hr. 51mins.)

Snacks provided by  CARE Patrol
Your Partner In Senior Care Solutions

TRIPS

Thursday, October 3rd, 9:00am—Snoqualmie Casino

Enjoy the scenic drive to the spectacular Snoqualmie Casino.

Cost: \$6 (Transportation Fee Only. Bring Money for Lunch)

Friday, October 4th, 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: \$25 (Includes \$21 admission and transportation fee. Bring money for lunch)

Thursday, October 10th, 10:15am—LeMay Exhibits at Marymount

Join us for a tour of LeMay's extensive collectables. Brunch at local café.

Cost: \$18 (Includes \$15 admission and transportation fee. Bring Money for Lunch)

Thursday, October 24th, 9:30am—Tacoma Museum of Glass

Lunch at the Fish Peddler.

Cost: \$25 (Includes \$20 admission and transportation fess. Bring money for lunch)



SSC Activities ~ October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>TRIPS</p> <p>Check out our trips on October 3rd, 10th & 24th</p> <p>Sign up for trips in the book!</p> 	<p>1</p> <p>10:30 DNA or Genealogy 10:30 Karaoke 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga</p>	<p>2</p> <p>Birthday Party 10:00 Chair Massage 10:00 Watch & Jewelry Sale 10:30 Hand & Foot Cards 11:30 Music by— <i>N.M. Entertainment</i> 11:30 BP & Glucose Checks 12:00 Lunch 12:30 Bridge</p> <p>S.A.I.L. Canceled</p>	<p>3</p> <p>8:30 Tai Chi 9:00 Trip—Snoqualmie Casino 10:00 Haircuts by Becky 11:20 Smartphone Class 12:00 Lunch 12:30 Knit and Crochet 1:00 Mexican Train Dominoes</p>	<p>4</p> <p>9:00 S.A.I.L. Exercise 9:00 Trip—NW Trek (Full) 10:30 Canasta 10:30 Card Making Class 12:00 Lunch 1:30 BINGO</p>
<p>7</p> <p>9:00 Line Dancing Class 11:00 City Talk— Sumner-Bonney Lake School District 11:30 Property Tax Exemption Discussion 12:00 Lunch 1:30 Bunco</p>	<p>8</p> <p>10:00 Caregiving Support Group—Guest Speaker Matt Santelli 12:00 Lunch 12:00 Open Paint 12:15 Pinochle Tournament 1:30 Chair Yoga</p>	<p>9</p> <p>9:00 S.A.I.L. Exercise 10:30 Hand & Foot Cards 12:00 Lunch 12:30 Bridge</p>	<p>10</p> <p>8:30 Tai Chi 10:15 Trip—LeMay Exhibit at Marymount 10:30 Computer Tech Help 12:00 Lunch 12:30 Knit and Crochet</p>	<p>11</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>14</p> <p>9:00 Line Dancing Class 12:00 Lunch 12:30 Bunco 1:00 Book Club</p>	<p>15</p> <p>10:30 Karaoke 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga</p>	<p>16</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>17</p> <p>8:30 Tai Chi 12:00 Lunch 12:30 Knit and Crochet 1:00 Mexican Train Dominoes</p>	<p>18</p> <p>9:00 S.A.I.L. Exercise 10:30 Canasta 12:00 Lunch 1:30 BINGO</p>
<p>21</p> <p>9:00 Line Dancing Class 10:00 Vaccine Clinic 12:00 Lunch 1:00 Workshop— Estate Planning 1:30 Bunco 2:00 Ask the Lawyer</p>	<p>22</p> <p>10:00 Fashion Show— Featuring J. Jill Designs 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga</p>	<p>23</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>24</p> <p>8:30 Tai Chi 9:30 Trip—Tacoma Museum of Glass 11:00 Medicare—Open Enrollment 12:00 Lunch 12:30 Knit and Crochet</p>	<p>25</p> <p>9:00 S.A.I.L. Exercise 10:30 Canasta 12:00 Lunch 1:30 BINGO</p>
<p>Movie Day 28</p> <p>9:00 Line Dancing Class 12:00 Lunch 1:30 Movie— Secondhand Lions</p> 	<p>29</p> <p>12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga</p>	<p>30</p> <p>9:00 S.A.I.L. Exercise 10:00 Chair Massage 10:30 Hand & Foot Cards 12:00 Lunch 12:30 Bridge</p>	<p>Halloween Party 31</p> <p>11:30 Music by— <i>Tim Anderson</i> 12:00 Lunch 12:30 Knit and Crochet</p> <p>Tai Chi Canceled</p>	<p>IMPORTANT INFORMATION</p> <p>UPDATE: <i>Music starts at 11:30am</i></p> <p>Lunch Reservations REQUIRED</p> <p>October 2nd & 31st</p> <p>Sign up in the Dining Room</p>

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



LUNCH MENU
For Summer Senior Center
253-863-2910

OCTOBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Reservations Required for Lunch</u></p> <p>Music Dates October 2nd & 31st</p> <p>UPDATE: Music starts at 11:30am</p>	<p>1</p> <p>Beef Strips Key West Veggies Rice Fig Newton</p>	<p><u>Birthday Party</u> 2</p> <p>Fish Sandwich Malibu Veggies Orange Ice Cream</p>	<p>3</p> <p>Ground Turkey Spaghetti Green Beans Breadsticks Pears</p>	<p>4</p> <p>French Toast Sausage Links Hash Browns Orange Juice</p>
<p>7</p> <p>Chicken Teriyaki Rice with Peas & Carrots Asian Veggie Blend Pear Fortune Cookie</p>	<p>8</p> <p>Florentine Fish Zucchini, Onion & Tomatoes Cherry Crisp</p>	<p>9</p> <p>Mac & Cheese Brussel Sprouts Wheat Roll Strawberries</p>	<p>10</p> <p>Beef Noodle Soup Carrot Pineapple & Raisin Salad Oatmeal Cookie</p>	<p>11</p> <p>Pork Cutlet Baked Potato Baked Beans Coleslaw</p>
<p>14</p> <p>Caribbean Pork Chops w/Peppers Pineapple Cornbread</p>	<p>15</p> <p>Swiss Cheeseburger Lettuce & Tomato Wedge Fries Mixed Berries</p>	<p>16</p> <p>Chicken Caesar Salad Baked Apple</p>	<p>17</p> <p>Parmesan Tilapia Rice Pilaf Squash Brownie Bits</p>	<p>18</p> <p>Corn Chowder 1/2 Chicken Salad Sandwich Banana</p>
<p>21</p> <p>Beef & Pepper Casserole Salad Peach Cobbler Wheat Roll</p>	<p>22</p> <p>Mediterranean Chicken Wrap Spinach and Cannellini Beans Rice Pudding</p>	<p>23</p> <p>Beef Stew Coleslaw Wheat Roll Peaches</p>	<p>24</p> <p>Pork Fajitas with Onion and Zucchini Pinto Beans Banana</p>	<p>25</p> <p>Chicken Pasta Primavera Fettuccine Melon</p>
<p>28</p> <p>Chicken Tortilla Soup Tortilla Chips Mango & Fig Newton</p>	<p>29</p> <p>Swedish Meatballs Potato Salad Apricots</p>	<p>30</p> <p>Tuna Noodle Casserole w/Peas Carrot & Raisin Salad Peaches</p>	<p><u>Halloween Party</u> 31</p> <p>Turkey Burger Sweet Potato Fries Coleslaw Applesauce</p>	<p><u>MEALS 60 and Over</u> <u>Suggested Donation</u> \$3.50 59 & under is \$6 <i>Lunch is served at Noon</i></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, October 14th
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

October 7th & 21st at 1:30pm

Cost: \$2

October 14th 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, October 4th

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, October 1st & 15th
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, October 3rd & 17th
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—October 7th

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

October Birthday Party

Featuring—N.M. Entertainment

Theme: Harvest Fest

Featuring songs from the Wizard of Oz



This month's theme takes you on a musical journey with western folk music.

Celebrating the changing season of fall.

Menu

Fish Sandwich
Malibu Veggies
Orange
Ice Cream

Date: Wednesday, October 2nd
Time: 11:30am—12:30pm



Must sign up in the Dining Room by September 25th

Halloween Party

Music by—Tim Anderson

Join us for some amazing music,
and costume contest!



Menu

Turkey Burger
Sweet potato Fries
Coleslaw
Applesauce

Date: Thursday, October 31st
Time: 11:30am—12:30pm

Must sign up in the Dining Room By October 24th

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 October 2nd

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



Tai Chi

Canceled October 31st

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



Anita Austin

You may recognize Ms. Anita here at the center, she has been playing Bingo here every week since she retired. Yes, she is the one playing 10 cards every time. LOL.

Anita also helped us out with cleaning the center for about a month. She is a young spirit and loves to help and jump in whenever we need something done at the center.

Anita was born and raised in Auburn, Washington, she comes from a family of seven girls and one boy. She attended Auburn High school where she was in track which kept her very active. She met her husband Darrell at her sister's house when she was a young 17. He was a friend of her sister's husband. Anita and Darrell married one year later at the Auburn Zion Lutheran church. They had four children, two boys, two twin girls and 11 grandchildren, six boys and five girls.

Anita and Darrell loved to travel. They spent their time on cruises to Mexico, Alaska and camped at Lake Shannon in the North Cascades where they piled all six of their family and family dog to boat across the lake to their campsite.

After 51 wonderful years of marriage, Anita lost her husband Darrell last year.

One of the jobs Anita enjoyed through her career was her *own* business called "Sticky situation," where she would assemble a buyer's guide "As is" no warranty for the used car lots. Anita also worked as a computer room supervisor at the Computer Tax Company, then she worked for THARCO, a cardboard container plant. Her last position was in the Deli at Fred Meyer in Sumner for 13 years until 2020.

Anita loves camping, gambling, and is always gardening with flowers and vegetables.

When asked, "what you would tell your 20-year-old self?" She said, "slow down and smell the roses".

Stop in sometime and meet Anita at Bingo!

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!

