

# DECEMBER 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 & over is \$3.50; cost for those under 60 is \$6.

## **~ Highlights ~**

- **Dec. 3rd** Christmas Dance Show-  
By "Let's Dance"
- **Dec. 12th** Birthday Party—Music  
By— "Jim Meck"
- **Dec. 20th** Christmas Party Music  
By- "The Memphis Belles"
- **Dec. 23rd** Movie Day—  
Christmas Vacation
- **Dec. 31st** Noon Year Party—Music  
By- "Randy Litch"

## **Holiday Closures**

December 25th, 26th  
and January 1st

## **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*  
**Linda Goodwin**

*Bus Driver*  
**Open Position**

## **Catholic Comm. Serv.**

**Peggy HuiHui, Meal Site Cook**

## **Volunteers**

Carol Davis  
Loretta Farnsworth  
Cathy Fonseca  
David Shelvey  
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



SUMNER SENIOR CENTER

# HEALTH CARE & OTHER SERVICES

## Blood Pressure & Glucose Checks

Thursday, December 12th  
11:30am—Noon  
Free Service provided by  
Linden Grove Health Care Center

## Caregiving Support Group

Tuesday, December 17th  
10:00am—Noon  
Guest Speaker—Amit Kumar-CayCare



## DNA or Genealogy

Canceled for  
December

## Haircuts By Becky

Thursday, December 5th  
10:00am—3:00pm  
Please arrive with washed hair.  
Suggested Minimum is \$6 (Cut only)  
*Must call to schedule your appointment for  
January starting December 2nd.*  
Register in Advance

## Massage (Chair only)

Linda will be  
Returning in 2025

Register in Advance

## Medicare Open Enrollment

Wednesday, December 4th  
Come learn about the changes  
to Medicare.  
11:00am—Noon  
Register in Advance

## Mingling of the Minds

Thursday, December 5th  
9:30am-11:00am  
Bring a topic you would like to discuss.  
Warm and friendly  
atmosphere.

## Senior Footcare by April

Friday, December 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, December 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

## Ask the Lawyer

Monday, December 2nd  
1:00pm—3:00pm  
Sign up today for one of the four free  
30-minute consultations.  
Courtesy of  
David Shelvey, Attorney at Law  
Register in Advance

## City Talk

### Mayor Hayden

Monday, December 2nd  
10:45am—11:45am  
Sign up to talk with the Mayor about  
what's happening in our community  
Register in Advance

## City Talk

### Food Bank

Thursday, December 19th  
11:00am—Noon  
Presented by Anthony Apeles,  
Executive Director  
Register in Advance

## Drop-in Tech Help

Thursday, December 12th  
10:30am—11:30am  
Sign up today for help with your Smartphone,  
E-Reader, Tablet or Computer  
Presented by Nichole Valencia,  
Adult Services Librarian,  
Sumner Pierce County Library  
Register in Advance

## Smartphone Class

Thursday, December 5th  
11:20am—Noon  
Sign up to get one-on-one  
Smartphone support.  
Courtesy of Sumner HS Students  
Register in Advance

## Workshop

### Dodging Diabetes

Monday, December 9th  
10:30am—Noon  
Presented by Traci Woodcock,  
Nutritional Therapist/HHC at  
Renewable Health  
Register in Advance



# EVENTS

## December Birthday Party

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 Connor Shoemaker for the Balloons!



*Date: Thursday, December 12th*

*Time: 11:30am—12:30pm*

*Sign up in the Dining Room by December 3rd*

## Christmas Party

Music by—N.M. Entertainment's

*"The*

*Memphis Belles"*

The Memphis Belles will charm you with their sweet harmonies and lovable personalities. These "Belles" sing and dance to iconic music that brings excitement to those who have loved it for years, as well as those who will experience it for the first time!

*Date: Friday, December 20th*

*Time: 11:30am—12:30pm*

*Sign up in the Dining Room by December 12th*

## Movie Day

Sponsored by "Generations Home Care"



As the holidays approach, Clark Griswold (Chevy Chase) wants to have a perfect family Christmas, so he pesters his wife, Ellen (Beverly D'Angelo), and children, as he tries to make sure everything is in line, including the tree and house decorations. However, things go awry quickly.

*Date: Monday, December 23rd*

*Time: 1:30pm (1 hr. 37 mins.)*

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



\*Subject to change

Snacks provided by  CARE Patrol  
Your Partner in Senior Care Solutions

## Noon Year Party

Music by—"Randy Litch"

*Join us to celebrate the  
start of a New Year!*



### Menu

**Fish Taco**

**Rice & Beans**

**Berries &**

**Whip Cream**

*Date: Tuesday, December 31st*

*Time: 11:00am—12:30pm (1 1/2 hrs.)*

*Sign up in the Dining Room by December 19th*



**COME JOIN US FOR A CHRISTMAS PERFORMANCE**  
**By our Line Dancing Class— "LET'S DANCE"**  
**Tuesday, December 3rd-Starts at 12:30pm (after lunch)**





# SSC Activities ~ December 2024

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday  |
|--|---|--|---|---|
| <p><b>2</b></p> <p>9:00 Line Dancing Class<br/>10:45 City Talk—<br/><b>Mayor Hayden</b><br/>12:00 Art Club Meeting<br/>12:00 Lunch<br/>1:00 Ask the Lawyer<br/>1:30 Tai Ji Quan<br/>1:30 Bunco</p> | <p><b>3</b></p> <p>10:30 Karaoke<br/>12:00 Lunch<br/>12:00 Open Paint<br/>12:15 Pinochle<br/>12:30 <b>Christmas Show</b><br/><b>By "Let's Dance"</b><br/>1:30 Chair Yoga</p>        | <p><b>4</b></p> <p>9:00 S.A.I.L. Exercise<br/>10:00 Watch &amp; Jewelry Sale<br/>10:30 Hand &amp; Foot Cards<br/>11:00 Medicare—Open<br/>Enrollment<br/>12:00 Lunch<br/>12:30 Bridge</p> | <p><b>5</b></p> <p>8:30 Tai Chi<br/>9:30 Mingling of the Minds<br/>10:00 Haircuts by Becky<br/>11:20 Smartphone Class<br/>12:00 Lunch<br/>12:30 Knit and Crochet<br/>1:00 Mexican Train<br/>Dominoes<br/>1:30 Tai Ji Quan</p>   | <p><b>6</b></p> <p>9:00 S.A.I.L. Exercise<br/>10:30 Canasta<br/>10:30 Card Making Class<br/>12:00 Lunch<br/>1:30 BINGO</p>  |
| <p><b>9</b></p> <p>9:00 Line Dancing Class<br/>10:30 Workshop—<br/><b>Dodging Diabetes</b><br/>12:00 Lunch<br/>12:30 Bunco<br/>1:00 Book Club<br/>1:30 Tai Ji Quan</p>                             | <p><b>10</b></p> <p>12:00 Lunch<br/>12:00 Open Paint<br/>12:15 Pinochle Tournament<br/>1:30 Chair Yoga</p>  | <p><b>11</b></p> <p>9:00 S.A.I.L.<br/>10:30 Hand &amp; Foot Cards<br/>12:00 Lunch<br/>12:30 Bridge</p>   | <p><b>12</b></p> <p><u>Birthday Party</u><br/>10:00 RPEC Meeting<br/>10:30 Computer Tech Help<br/>11:30 Music by- "<b>Jim Meck</b>"<br/>11:30 BP &amp; Glucose Checks<br/>12:00 Lunch<br/>12:30 Knit and Crochet</p> <p><b>Canceled</b><br/>Tai Chi and Tai Ji Quan</p> | <p><b>13</b></p> <p>9:00 S.A.I.L. Exercise<br/>9:00 Senior Footcare<br/>by April<br/>10:30 Canasta<br/>12:00 Lunch<br/>1:30 BINGO</p>   |
| <p><b>16</b></p> <p>9:00 Line Dancing Class<br/>12:00 Lunch<br/>1:30 Bunco<br/>1:30 Tai Ji Quan</p>  | <p><b>17</b></p> <p>10:00 Caregiving Support<br/>Group<br/>10:30 Karaoke<br/>12:00 Lunch<br/>12:00 Open Paint<br/>12:15 Pinochle<br/>1:30 Chair Yoga</p>                            | <p><b>18</b></p> <p>9:00 S.A.I.L. Exercise<br/>10:00 Watch &amp; Jewelry Sale<br/>10:30 Hand &amp; Foot Cards<br/>12:00 Lunch<br/>12:30 Bridge</p>                                       | <p><b>19</b></p> <p>8:30 Tai Chi<br/>11:00 City Talk—Food Bank<br/>12:00 Lunch<br/>12:30 Knit and Crochet<br/>1:00 Mexican Train<br/>Dominoes<br/>1:30 Tai Ji Quan</p>  | <p><b>20</b></p> <p><u>Christmas Party</u><br/>10:30 Canasta<br/>11:30 Music by—<br/><b>N.M. Entertainment's</b><br/><b>"The Memphis Belles"</b><br/>12:00 Lunch</p> <p><b>Canceled</b><br/>S.A.I.L. Exercise<br/>BINGO</p> |
| <p><b>23</b></p> <p><u>Movie Day</u><br/>9:00 Line Dancing Class<br/>12:00 Lunch<br/>1:30 Movie—<br/><b>Christmas Vacation</b></p> <p><b>No Tai Ji Quan</b><br/><b>on 4th Monday</b></p>           | <p><b>24</b></p> <p>12:00 Lunch<br/>12:00 Open Paint<br/>12:15 Pinochle</p> <p><b>Canceled</b><br/>Chair Yoga</p>   | <p><b>25</b></p> <p><u>CLOSED</u></p>   | <p><b>26</b></p> <p><u>CLOSED</u></p>   | <p><b>27</b></p> <p>8:30 AARP Driving (Full)<br/>9:00 S.A.I.L. Exercise<br/>10:30 Canasta<br/>12:00 Lunch<br/>1:30 BINGO</p>  |
| <p><b>30</b></p> <p>9:00 Line Dancing Class<br/>12:00 Lunch<br/>1:30 Tai Ji Quan</p>   | <p><b>31</b></p> <p><u>Noon Year Party</u><br/>11:00 Music by—<br/><b>"Randy Litch"</b><br/>12:00 Lunch<br/>12:15 Pinochle</p> <p><b>Canceled</b><br/>Open Paint<br/>Chair Yoga</p> | <p><b>Happy New Year</b></p>    | <p><b>IMPORTANT INFORMATION</b></p> <p>Check dates for music times.<br/><b>Lunch Reservations REQUIRED</b><br/><b>Dec. 12th, 20th &amp; 31st</b><br/><b>Sign up in the Dining Room</b></p>  | <p><u>TRIPS</u></p> <p><b>CANCELED FOR DECEMBER</b></p>    |

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

| Monday   | Tuesday   | Wednesday   | Thursday   | Friday  |   |
|--|---|---|--|---|---|
| <p>2</p> <p><b>Beef Chili<br/>Con Carne</b><br/>Sauteed Carrots<br/>Spinach<br/>Cornbread<br/>Pears</p>                          | <p>3</p> <p><b>Pineapple Pork</b><br/>Red Potato<br/>Coleslaw<br/>Fruit Salad</p>                                       | <p>4</p> <p><b>Chicken Salad<br/>Sandwich</b><br/>Strawberry<br/>Spinach Salad<br/>Mixed Berries<br/>Whip Cream</p>   | <p>5</p> <p><b>Beef Shepard's Pie</b><br/>Lettuce, Tomato<br/>Carrot Salad<br/>Fig Newton</p>                                  | <p>6</p> <p><b>Oven Fried Chicken</b><br/>Green Beans<br/>Roasted Potatoes<br/>Wheat Rolls<br/>Orange</p>   |   |
| <p>9</p> <p><b>Chicken Fajita with<br/>Bell Peppers &amp;<br/>Zucchini</b><br/>Rice<br/>Salsa, Sour Cream<br/>Tropical Fruit</p> | <p>10</p> <p><b>Salisbury Steak<br/>with Gravy</b><br/>Mashed Potatoes<br/>Sauteed Spinach<br/>Fig Newton</p>           | <p>11</p> <p><b>Tuna Noodle<br/>Casserole with Peas</b><br/>Carrot &amp; Raisin<br/>Salad<br/>Peaches</p>   | <p><b>Birthday Party</b> 12</p> <p><b>Chef Salad with<br/>Turkey, Ham,<br/>Cheese &amp; Egg</b><br/>Breadstick<br/>Peaches</p> | <p>13</p> <p><b>Sloppy Joe<br/>Sandwich</b><br/>Tomato, Cucumber<br/>Feta &amp; Onion Salad<br/>Yogurt<br/>Strawberries</p>   |   |
| <p>16</p> <p><b>Florentine Fish</b><br/>Zucchini, Onions &amp;<br/>Tomatoes<br/>Cherry Crisp</p>                                 | <p>17</p> <p><b>Chicken Teriyaki</b><br/>Rice with Peas<br/>and Carrots<br/>Pears<br/>Fortune Cookies</p>               | <p>18</p> <p><b>Beef &amp; Rice<br/>Burrito</b><br/>Salsa &amp; Sour Cream<br/>Tomato, Onion &amp;<br/>Cucumber Salad<br/>Apples, Walnuts with<br/>Whip Cream</p> | <p>19</p> <p><b>Honey Dijon<br/>Chicken</b><br/>Potatoes<br/>Beets<br/>Mandarin Oranges</p>                                    | <p><b>Christmas</b> 20<br/><b>Party</b><br/><b>Ham</b><br/>Crushed Pineapple<br/>Potatoes &amp; Gravy<br/>Green Beans<br/>Roll<br/>Apple Pie<br/>Ice Cream</p>              |   |
| <p>23</p> <p><b>Sweet &amp; Sour Pork</b><br/>Vegetables<br/>Rice<br/>Fortune Cookie<br/>Ice Cream</p>                           | <p>24</p> <p><b>Spaghetti w/Beef</b><br/>Green Beans<br/>Garlic Bread<br/>Pears</p>                                     | <p><b>CLOSED</b> 25</p>   |  | <p>26</p> <p><b>CLOSED</b></p>  | <p>27</p> <p><b>Omelet</b><br/>Sausage Patty<br/>Hashbrowns<br/>Honey Dew Melon</p>   |
| <p>30</p> <p><b>Corn Chowder</b><br/><b>1/2 Chicken Salad<br/>Sandwich</b><br/>Banana</p>  | <p><b>Noon Years</b> 31<br/><b>Party</b><br/><b>Fish Taco</b><br/>Rice &amp; Beans<br/>Berries &amp; Whip<br/>Cream</p> |    |  | <p><b>Reservations</b><br/><b>Required for Lunch</b></p> <p><b>Music Dates</b><br/><b>Dec. 12th, 20th</b><br/><b>and 31st</b></p> <p><i>Check dates for music times</i></p> | <p><b>MEALS</b><br/><b>60 and Over</b><br/><b>Suggested Donation</b><br/><b>\$3.50</b><br/><b>59 &amp; under is \$6</b><br/><b>Lunch is served</b><br/><b>at Noon</b></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

(Canceled 12/20)

Cost: \$1 per card

Come have some fun and win prizes at BINGO!

## Book Club

Monday, December 9th  
at 1:00pm

Hosted by Lourie from  
Sumner Library

**Register in Advance**

**Check it Out!**

## Bridge

Wednesdays at 12:30pm

Stop in and join.

Need more players

## Bunco Monday's

December 2nd & 16th at 1:30pm

Cost: \$2

December 9th 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

*Max Occupancy 8*

## Card Making Class

Friday, December 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, Dec. 3rd & 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".

(Closed 12/26)

## Mexican Train Dominoes

Thursday, December 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

(Canceled 12/31)

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

## Birthday Party-December

Featuring—  
“Jim Meck”



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

Must sign up in the Dining Room by  
December 3rd

## Christmas Party

Featuring—  
N.M. Entertainment's  
“The Memphis Belles”



Date: Friday, December 20th  
Time: 11:30am—12:30pm

Must sign up in the Dining Room by  
December 10th

## Noon Year Party

Featuring—  
“Randy Litch”  
“One man Variety Dance Show Band from  
Glenn Miller to Carlos Santana”



Date: Tuesday, December 31st  
Time: 11:00am—12:30pm (1 1/2 hrs.)

Must sign up in the Dining Room by  
December 17th

# EXERCISE

## Chair Yoga Class

*Canceled Dec. 24th & 31st*

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 Dec. 20th, 25th*

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 Dec. 12th, 26th*

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



## Tai Ji Quan

*Canceled Dec. 12th, 23rd, 26th*

Mondays & Thursdays at 1:30pm

Recommended fall prevention exercise program for older adults to reduce the risk of falling.

Cost: Free Instructor: Carmel Speakman  
No Class on the 4th Monday of the Month

# SENIOR CORNER



## MICHAEL FRANKLIN

Michael Franklin has been an active member of our community for nearly two years, spending his Fridays playing Hand & Foot with friends from the Sumner Church of Christ.

Born in La Mesa, California, Michael is the fourth of five brothers. His family moved to Molalla, Oregon, from El Cajon, California, for a fresh start when he was young. In 1970, he returned to El Cajon and attended El Cajon Valley High School, where he developed a passion for art and photography, serving as the head photographer for the school yearbook.

After graduation, he attended Loyola Marymount University and Grossmont College. It was during his time working at K-Mart after high school that he reconnected with Tanya, whom he had known since sophomore year. They were married in 1977 and had one son, Jeremy, who now lives nearby in Sumner.

Both Michael and his wife were devoted Christians, actively involved in their church. Michael pursued ministerial training in El Cajon, and worked with several churches in Orcutt, Torrance, and Madera. While still in California, he opened Franklin's Photography, focusing on portrait and wedding photography, with Tanya by his side.

In pursuit of further ministry opportunities, the family relocated to Kent, Washington. Michael preached on an itinerant basis with the Kent Church of Christ for 21 years and Tanya worked at various retail jobs. In 2018, they moved to Sumner, where they joined the local Church of Christ.

Michael spent 17 years working at McLendon Hardware Stores and later joined Satco Lighting in Mukilteo as an outside sales representative and customer service agent until his retirement.

In 2021, after 43 years of marriage, Michael's beloved wife Tanya passed away following a battle with cervical cancer. Since then, he has found comfort and companionship at the Sumner Senior Center, where he enjoys playing cards and attending lunches with friends. Photography remains one of his favorite pastimes, along with his continued involvement in church activities.

When asked what advice he'd give his 20-year-old self, Michael said, "Take time to travel the country with family—time flies by too quickly."

***Stop by and meet Michael—he'd love to say hello and share his stories with you.***

# GRATITUDE ATTITUDE

**MultiCare**   
Celebrate Seniority

*Thank you Deborah Gurney and MultiCare* for your Amazing contribution in printing our newsletter for the last decade. We will miss you and wish you the best on your new adventure!

 **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!

