

# NOVEMBER 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 ~**

- **Nov. 7th** Trip—Gig Harbor Uptown Shopping
- **Nov. 14th** **Holiday Bazaar**
- **Nov. 15th** **Holiday Bazaar**
- **Nov. 20th** Birthday Party—Music by N.M. Entertainment
- **Nov. 21st** Trip—Emerald Queen Casino
- **Nov. 25th** Movie Day—Steel Magnolias
- **Nov. 27th** Thanksgiving 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

**SUMNER SENIOR CENTER**

Closed for Thanksgiving  
November 28th & 29th



# HEALTH CARE & OTHER SERVICES

## Blood Pressure & Glucose Checks

Wednesday, November 20th  
11:30am—Noon

Free Service provided by  
Linden Grove Health Care Center

## Caregiving Support Group

Tuesday, November 12th

10:00am—Noon

Guest Speaker—Dana Wilcox



## DNA or Genealogy

Tuesday, November 5th

10:30am—Noon

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

Register in Advance

## Haircuts By Becky

Thursday, November 7th

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)

Linda will be  
Returning in 2025

Register in Advance

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

## Senior Footcare by April

Friday, November 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*

“NOTHING GREAT WAS EVER ACHIEVED  
WITHOUT ENTHUSIASM.”



## Watch: Sales & Repair

Wednesday, Nov. 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

## Ask the Lawyer

Monday, November 4th

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

## Drop-in Tech Help

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

**Canceled due to Holiday Bazaar**

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

Register in Advance

## Medicare—Open Enrollment

Thursday, November 7th

11:00am—Noon

Come learn about the changes to Medicare.

*Presented by*  
The Medicare Exchange Team

Register in Advance

## Workshop

### Aging with Grace

Monday, November 4th

10:30am—Noon

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

Register in Advance



## Workshop—Scams

Monday, November 18th

10:45 am—11:45am

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

Register in Advance

## Smartphone Class

Thursday, November 7th

11:20am—Noon

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

Courtesy of Sumner HS Students

Register in Advance

# EVENTS

## November Birthday Party

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, November 20th  
Time: 11:30am—12:30pm

*11:30 am—BP & Glucose Checks*  
Must sign up in the Dining Room  
By November 12th

## Thanksgiving Party

**Featuring Music by—  
Tim Anderson**

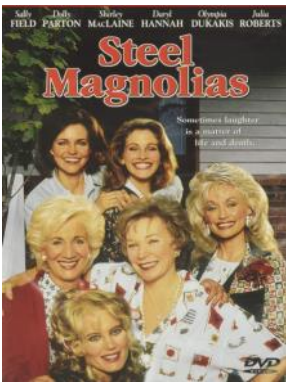
Join us for some amazing music and a pre-Thanksgiving meal!

### Menu

**Roast Turkey  
Mashed Potato & Gravy  
Green Beans  
Cranberry Sauce  
Wheat Roll  
Pumpkin Pie**

Date: Wednesday, November 27th  
Time: 11:30am—12:30pm

Must sign up in the Dining Room  
By November 19th



## Movie Day

Sponsored by  
"Generations Home Care"

**Featuring: Steel Magnolias**



Starring Sally Field, Dolly Parton, Shirley MacLaine, Daryl Hannah, Olympia Dukakis and Julia Roberts. These six film stars come together as bosom buddies in this hilarious and heart-warming story of life, love and loss in a small Louisiana parish.

Date: Monday, November 25th  
Time: 1:30pm (1hr. 51mins.)

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

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

# TRIPS

Gig Harbor Uptown Shopping

Thursday, November 7th Time: 9:30am—4:00pm

J. Jill, Talbots, Marshalls, Loft and Home Goods.

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

Emerald Queen Casino

Thursday, November 21st Time: 10:00am—3:00pm

Join us for a fun day at the "Queen" and Good Luck!

Cost: \$2 (Transportation Fee Only. Bring Money for Lunch)



# SSC Activities ~ November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>TRIPS</b></p> <p>Check out our trips on November 7th &amp; 21st</p> <p>Sign up for trips at front desk!</p> 	<p><b>IMPORTANT INFORMATION</b></p> <p><i>Music starts at 11:30am</i></p> <p>Lunch Reservations <b>REQUIRED</b></p> <p><i>Nov. 20th &amp; 27th</i></p> <p>Sign up in the Dining Room</p>	<p><b>THERE IS</b> <i>always, always,</i> <b>ALWAYS</b> <i>to be thankful for</i> <b>something</b></p>		<p style="text-align: right;"><b>1</b></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 style="text-align: right;"><b>4</b></p> <p>9:00 Line Dancing Class 10:30 Workshop—<b>Aging with Grace</b> 12:00 Art Club Meeting 12:00 Lunch 1:00 Ask the Lawyer 1:30 Tai Ji Quan 1:30 Bunco</p>	<p style="text-align: right;"><b>5</b></p> <p>10:30 DNA or Genealogy 10:30 Karaoke 10:30 Pumpkin Painting 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga</p>	<p style="text-align: right;"><b>6</b></p> <p>9:00 S.A.I.L. Exercise 10:00 Watch &amp; Jewelry Sale 10:30 Hand &amp; Foot Cards 12:00 Lunch 12:30 Bridge</p>	<p style="text-align: right;"><b>7</b></p> <p>8:30 Tai Chi 9:30 Mingling of the Minds 9:30 Trip—Gig Harbor 10:00 Haircuts by Becky 11:00 Medicare—Workshop 11:20 Smartphone Class 12:00 Lunch 12:30 Knit and Crochet 1:00 Mexican Train Dominoes 1:30 Tai Ji Quan</p>	<p style="text-align: right;"><b>8</b></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 style="text-align: right;"><b>11</b></p> <p>9:00 Line Dancing Class 12:00 Lunch 12:30 Bunco 1:30 Tai Ji Quan</p>	<p style="text-align: right;"><b>12</b></p> <p>10:00 Caregiving Support Group 12:00 Lunch 12:00 Open Paint 12:15 Pinochle Tournament 1:30 Chair Yoga</p>	<p style="text-align: right;"><b>13</b></p> <p>9:00 S.A.I.L. Exercise 12:00 Lunch</p> <p style="text-align: center;"><b>Canceled</b> Bridge Hand &amp; Foot</p>	<p style="text-align: right;"><b>14</b></p> <p>9:00 Holiday Bazaar 12:00 Lunch</p> <p style="text-align: center;"><b>Canceled</b> Tai Chi Computer Tech Help Knit and Crochet Tai Ji Quan</p>	<p style="text-align: right;"><b>15</b></p> <p>9:00 Holiday Bazaar 12:00 Lunch</p> <p style="text-align: center;"><b>Canceled</b> S.A.I.L. Exercise Canasta BINGO</p>
<p style="text-align: right;"><b>18</b></p> <p>9:00 Line Dancing Class 10:45 Workshop—Scams 12:00 Lunch 1:00 Book Club 1:30 Bunco 1:30 Tai Ji Quan</p>	<p style="text-align: right;"><b>19</b></p> <p>10:30 Karaoke 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga</p>	<p style="text-align: right;"><b>20</b></p> <p><b>Birthday Party</b> 10:00 Watch &amp; Jewelry Sale 10:30 Hand &amp; Foot Cards 11:30 Music by—<b>N.M. Entertainment</b> 11:30 BP &amp; Glucose Checks 12:00 Lunch 12:30 Bridge <b>S.A.I.L. Exercise Canceled</b></p>	<p style="text-align: right;"><b>21</b></p> <p>8:30 Tai Chi 10:00 Trip—Emerald Queen Casino 12:00 Lunch 12:30 Knit and Crochet 1:00 Mexican Train Dominoes 1:30 Tai Ji Quan</p>	<p style="text-align: right;"><b>22</b></p> <p>8:30 AARP Smart Driving 9:00 S.A.I.L. Exercise 10:30 Canasta 12:00 Lunch 1:30 BINGO</p>
<p><b>Movie Day</b> <b>25</b></p> <p>9:00 Line Dancing Class 12:00 Lunch 1:30 Movie—<b>Steel Magnolias</b></p> <p style="text-align: center;"><b>No Tai Ji Quan</b> <b>4th Monday</b></p>	<p style="text-align: right;"><b>26</b></p> <p>12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga</p>	<p style="text-align: right;"><b>27</b></p> <p><b>Thanksgiving</b> 10:30 Hand &amp; Foot Cards 11:30 Music By—<b>Tim Anderson</b> 12:00 Lunch 12:30 Bridge</p> <p style="text-align: center;"><b>S.A.I.L. Exercise Canceled</b></p>	<p style="text-align: center;"><b>CLOSED</b> <b>28</b></p>  <p style="text-align: center; font-size: 2em;"><b>Happy Thanksgiving</b></p>	<p style="text-align: center;"><b>CLOSED</b> <b>29</b></p>

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Reservations Required for Lunch</u></p> <p>Music Dates Nov. 20th &amp; 27th</p> <p><b>UPDATE:</b> Music starts at 11:30am</p>	<p><u>MEALS 60 and Over</u> Suggested Donation <u>\$3.50</u> 59 &amp; under is \$6</p> <p>Lunch is served at Noon</p>			<p>1</p> <p>Wild Rice Chicken Soup 1/2 Egg Salad Sandwich Orange</p>
<p>4</p> <p><b>Pork Luau</b> Rice Pineapple Coleslaw Hawaiian Roll Tropical Fruit Salad</p>	<p>5</p> <p><b>Philly Cheese Sandwich</b> Brussel Sprouts Grapes</p>	<p>6</p> <p><b>Baja Chicken Black Bean, Corn, Rice Salad</b> Ice Cream Pineapple Sauce</p>	<p>7</p> <p><b>Meatloaf</b> Potatoes &amp; Gravy Carrots Oranges Brownie</p>	<p>8</p> <p><b>Fish &amp; Chips</b> Coleslaw Yogurt Strawberry/Rhubarb Compote</p>
<p>11</p> <p><b>Swiss Cheeseburger</b> Lettuce &amp; Tomatoes Green Beans Wedge Fries Mixed Berries</p>	<p>12</p> <p><b>Chicken Cheese Taco</b> Cauliflower Salsa, Sour Cream Caramelized Bananas</p>	<p>13</p> <p><b>Turkey Meatloaf</b> Potato with Sour Cream Broccoli Oatmeal Raisin Cookie</p>	<p>14</p> <p><b>Tuna Melt</b> Pea, Onion &amp; Tomato Salad with Cheese Grapes</p>	<p>15</p> <p><b>Beef Stir Fry</b> Fried Rice with Egg Peas &amp; Carrots Fortune Cookie Ice Cream Cup</p>
<p>18</p> <p><b>Chicken Cacciatore</b> Zucchini &amp; Tomato Medley Wheat Roll Pears</p>	<p>19</p> <p><b>Beef Noodle Soup</b> Pineapple Coleslaw Oatmeal Raisin Cookie</p>	<p><u>Birthdays Party 20</u></p> <p><b>Beef Macaroni</b> Broccoli Wheat Roll Applesauce</p>	<p>21</p> <p><b>Pork Chops with Apples</b> Cucumber, Tomato, Feta Salad Rice Pudding</p>	<p>22</p> <p><b>Pancakes Sausage Patty Scrambled Eggs</b> Melon Orange Juice</p>
<p>25</p> <p><b>Split Pea Soup</b> 1/2 Ham &amp; Cheese Sandwich Apple Crisp</p>	<p>26</p> <p><b>Fish Sandwich</b> Broccoli &amp; Cauliflower Orange Vanilla Ice Cream</p>	<p><u>Thanksgiving 27</u></p> <p><b>Roast Turkey</b> Mashed Potatoes &amp; Gravy Green Beans Cranberry Sauce Wheat Roll Pumpkin Pie</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 Nov. 15th**

Cost: \$1 per card

Come have some fun and win prizes at BINGO!

## Book Club

Monday, November 18th

at 1:00pm

Hosted by Lourie from  
Sumner Library

**Register in Advance**

**Check it out!**

## Bridge

Wednesdays at 12:30pm

**Canceled Nov. 13th**

Stop in and join.

Need more players

## Bunco Monday's

November 4th & 18th at 1:30pm

Cost:\$2

November 11th at 12:30pm

Cost: \$5

*Thanks to Concierge Care Advisors for treats.*

## Canasta

Fridays, 10:30am

**Canceled Nov. 15th**

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

**Canceled Nov. 15th**

*Max Occupancy 8*

## Card Making Class

Friday, November 1st

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

**Canceled Nov. 13th**

This exciting card game is closely related to Canasta.

*Come check it out.*

**Check it out!**

## Karaoke

Tuesday, November 5th & 19th

at 10:30am

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

**Register in Advance**

## Knit & Crochet Group

Thursdays

**Canceled Nov. 14th**

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, November 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-Nov. 4th**

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

## November Birthday Party

*Featuring—N.M. Entertainment*

**Theme: Family Gathering**

**Featuring songs from the Sound of Music**

*Grab a sweet treat as our performers celebrate the season and our love of family and friends!*



### Menu

Beef Macaroni  
Broccoli  
Wheat Roll  
Applesauce

**Date: Wednesday, November 20th**

**Time: 11:30am—12:30pm**

**Must sign up in the Dining Room by November 12th**

## Thanksgiving Party

*Music by—Tim Anderson*

Join us for some amazing music.



### Menu

Roast Turkey  
Mashed Potatoes & Gravy  
Green Beans  
Cranberry Sauce  
Wheat Roll  
Pumpkin Pie

**Date: Wednesday, November 27th**

**Time: 11:30am—12:30pm**

**Must sign up in the Dining Room by November 19th**

# 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 November 15th, 20th & 27th**

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 November 14th**

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



**Check it Out!**

## Tai Ji Quan

**Canceled November 14th**

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



## David Shelvey, Attorney at Law

You may recognize David Shelvey, he is one of our CCS kitchen volunteers and also will be providing a service for our members here possibly once a month, called “Ask the Lawyer.” David has lived in Washington State most of his life. He grew up in Des Moines, Washington and after graduation moved around a lot. He continued to live and work in the Tacoma area and now David owns a home in Sumner. Since becoming a senior citizen, he wanted to give back to society which brings him here to volunteer at the Sumner Senior Center.

His parents and sister have passed away. He has two nephews; one lives in Federal Way and the other in Auburn. He spends time watching the Seahawks games and plays bingo with his cousin who lives in Bonney Lake.

He has a small office over by the Arco gas station in Sumner, where he has been doing a variety of all diverse types of cases. Parenting plans, probates, wills, and even managing problems with the IRS. He enjoys this work and most likely will never retire. 😊

David has a cat named Honey. She is six and half years old. He says, she knows her name and comes when he calls her. He enjoys occasionally playing guitar and has posted several food videos on YouTube.

When we asked David, “What is one of your favorite moments in life,” he replied, “Being sworn in as an attorney. In 2005, he was 39 years old when he started college. Then he went to law school in 2009, and passed the bar in 2014, and sworn in at the Washington State Supreme Court. We also asked him, “What would you tell your 20-year-old self?” He laughed and said, “Take that job Microsoft offered you.”

Thank you, David, for helping serve our members in the kitchen and with your new “Ask the Lawyer,” monthly service. We appreciate you and welcome your expertise!

# 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!

