

# JANUARY 2025 NEWSLETTER

Welcome to the  
Sumner Senior Center!

Come Join the Fun and stay  
active at our Senior Center!  
Open to anyone aged 55 & older.

We offer a variety of activities  
including Exercise Classes, Card Games,  
Musical Entertainment,  
Educational Programs, Health Care Services,  
and many more.

Delicious lunches are prepared by  
Catholic Community Services and they are  
served Monday - Friday @ 12:00pm.

Suggested Contribution for  
Seniors 60 & up is \$3.50  
(Cost for all others is \$6)

## ~ January Highlights ~

- Jan. 8<sup>th</sup> Birthday Party with  
music by "Terry Bartelme"
- Jan. 27<sup>th</sup> Movie Day featuring  
"Pay it Forward"
- Jan. 29<sup>th</sup> Music Day with  
NM Entertainment  
Presenting "Opening Night"  
on Broadway

## CLOSED:

Monday, January 20<sup>th</sup>  
In observance of  
Martin Luther King, Jr. 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  
Linda Goodwin

Bus Driver  
Open Position

## Catholic Community Serv.

Peggy Huihui, Meal Site Cook

## CCS & SSC Volunteers

Carol Davis  
Loretta Farnsworth  
Cathy Fonseca  
Debra Guest  
Judy Kimball  
Rich Kimball  
Cathy McLaughlin  
Pat McLaughlin  
Judy McLean  
Sue Nichols  
Christel Paul  
Debi Rizzo  
David Shelvey  
Elaine Snellman  
Gaylyn Wilson  
Vicki Yarnell

SUMNER SENIOR CENTER

# HEALTH CARE & OTHER SERVICES

## Blood Pressure & Glucose Checks

Wednesday, January 8th  
11:30am—Noon

Free Service provided by  
Linden Grove Health Care Center

## Caregiving Support Group

Tuesday, January 21st  
10:00am—Noon



## Haircuts By Becky

Thursday, January 2nd  
10:00am—3:00pm

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

Must call to schedule your appointment for  
February starting January 2nd.

Register in Advance

## Massage (Chair only)

Wednesday, January 8th & 22nd  
10:00am—2:00pm

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

Register in Advance

*New year. New feels.  
New breath. New changes.  
Same dreams, fresh starts.  
I dare you to  
believe in yourself.  
You deserve all things magic.*


**NEW**

## Mingling of the Minds

Thursday, January 2nd  
9:30am-11:00am

Bring a topic you would like to discuss.  
Warm and friendly atmosphere.

## Senior Footcare by April

 Friday, January 10th  
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

## Share with Susan

Thursday, January 23rd  
11:00am—11:45am

Bring your suggestions for  
new opportunities at SSC.

Register in Advance

## Watch: Sales & Repair

Wednesday, January 15th  
(One day only)

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, January 6th  
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 Kathy Hayden

Tuesday, January 7th  
10:45am—11:45am

Sign up to talk with the Mayor about  
what's happening in our community.

Register in Advance

## Drop-in Tech Help

Thursday, January 9th  
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

## Fun with Jeopardy!

Thursday, January 16th  
11:00am—Noon

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

Sponsored by  
The Medicare Exchange Team

## Medicare Benefits

Tuesday, January 28th  
11:00am—Noon

Come to learn about  
your Medicare benefits.

Presented by Tasha Hunter, Retirement  
Planning Specialist, The Medicare Exchange

Register in Advance

## Workshop

Monday, January 6th  
10:30am—Noon

Detoxification: Living Chemical Free

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

Register in Advance



# EVENTS

## City Talk

Mayor Kathy Hayden



Come enjoy a cup of coffee  
and chat with Mayor Hayden  
about what's happening  
in our community.

*Date: Tuesday, January 7<sup>th</sup>  
Time: 10:45am—11:45am*

*Sign up in the Activity Book*

## January Birthday Party

Blood Pressure & Glucose Checks

*Music by— "Terry Bartelme"*

Everyone is welcome to join us  
in celebrating our  
members' birthdays this month.

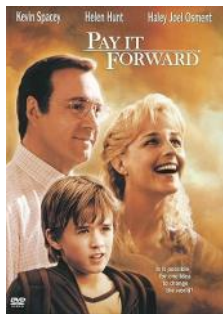


Those with birthdays may enter to  
win a prize in the birthday drawing!

Thank you to Stafford Suites for the cakes, 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, January 8<sup>th</sup>  
Time: 11:30am—12:30pm*

*Sign up in the Dining Room by December 31st*



Movie Day  
"Pay It Forward"  
Sponsored by  
Generations Home Care



*How much impact can one heartfelt idea have?  
A junior high student's class project idea ignites  
a chain reaction of goodness and consequences.  
The boy's idea: When someone does you a favor,  
don't pay it back, pay it forward.*

*Date: Monday, January 27<sup>th</sup>  
Time: 1:30pm (2 hr. 3 mins.)*

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

Snacks provided by CARE Patrol  
Your Partner In Senior Care Solutions

## Music Day

Music by N.M. Entertainment

*"Opening Night"  
(on Broadway)  
Featuring all musicals*

Performers will go back to basics and  
share their musical stories of why  
they were called to take the stage!

*Date: Wednesday, January 29<sup>th</sup>  
Time: 11:30am—12:30pm*

*Sign up in the Dining Room by January 17<sup>th</sup>*

# SSC Activities ~ January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>"You are never too old to set another goal or to dream a new dream."</b> C. S. LEWIS</p>	<p><b>IMPORTANT INFORMATION</b></p> <p><u>Reservations Required for Lunch on Music Days: Jan. 8<sup>th</sup> and 29<sup>th</sup></u></p> <p><b>Sign up in the Dining Room</b></p> <p><i>Check dates for music times.</i></p>	<p><b>CLOSED</b> 1</p>  <p><b>Happy New Year</b></p>	<p>2</p> <p>8:30 Tai Chi            9:30 Mingling of the Minds            10:00 Haircuts by Becky            12:00 Lunch            12:30 Knit and Crochet            1:00 Mexican Train Dominoes            1:30 Tai Ji Quan</p>	<p>3</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>6</p> <p>10:30 Workshop—<b>Detoxification</b>            12:00 Lunch            1:00 Ask the Lawyer            1:30 Tai Ji Quan            1:30 Bunco</p> <p><b>Canceled</b> Line Dancing</p>	<p>7</p> <p>10:45 City Talk—<b>Mayor Hayden</b>            12:00 Lunch            12:00 Open Paint            12:15 Pinochle            1:30 Chair Yoga</p> <p><b>Canceled</b> Karaoke DNA/Genealogy</p>	<p>8</p> <p><b>Birthday Party (Reservations Required)</b></p> <p>10:00 Massage            10:30 Hand &amp; Foot Cards            11:30 Music-Terry Bartelme            11:30 BP &amp; Glucose Checks            12:00 Lunch            12:30 Bridge</p> <p><b>Canceled</b> S.A.I.L. Exercise</p>	<p>9</p> <p>8:30 Tai Chi            10:00 RPEC Meeting            10:30 Computer Tech Help            12:00 Lunch            12:30 Knit and Crochet            1:30 Tai Ji Quan</p>	<p>10</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>13</p> <p>9:00 Line Dancing Class            12:00 Lunch            12:30 Bunco            1:00 Book Club            1:30 Tai Ji Quan</p>	<p>14</p> <p>10:30 Karaoke            12:00 Lunch            12:00 Open Paint            12:15 Pinochle Tournament</p> <p><b>Canceled</b> Chair Yoga</p>	<p>15</p> <p>9:00 S.A.I.L. Exercise            9:30 Rock Painting            10:00 Watch &amp; Jewelry Sale            10:30 Hand &amp; Foot Cards            12:00 Lunch            12:30 Bridge</p>	<p>16</p> <p>8:30 Tai Chi            11:00 Fun with Jeopardy            12:00 Lunch            12:30 Knit and Crochet            1:00 Mexican Train Dominoes            1:30 Tai Ji Quan</p>	<p>17</p> <p>9:00 S.A.I.L. Exercise            10:30 Canasta            12:00 Lunch            1:30 BINGO</p>
<p><b>CLOSED</b> 20</p>  <p><b>MARTIN LUTHER KING JR DAY</b></p>	<p>21</p> <p>10:00 Caregiving Support Group            10:30 Karaoke            12:00 Lunch            12:00 Open Paint            12:15 Pinochle            1:30 Chair Yoga</p>	<p>22</p> <p>9:00 S.A.I.L. Exercise            10:00 Massage            10:30 Hand &amp; Foot Cards            12:00 Lunch            12:30 Bridge</p>	<p>23</p> <p>8:30 Tai Chi            10:45 Scam Workshop            11:00 Share with Susan            12:00 Lunch            12:30 Knit and Crochet            1:30 Tai Ji Quan</p>	<p>24</p> <p>8:30 AARP Driving (Full)            9:00 S.A.I.L. Exercise            10:30 Canasta            12:00 Lunch            1:30 BINGO</p>
<p><b>Movie Day</b> 27</p> <p>9:00 Line Dancing Class            12:00 Lunch            1:30 Bunco            1:30 Movie—<b>"Pay it Forward"</b></p> <p><b>No Tai Ji Quan on 4th Monday</b></p>	<p>28</p> <p>11:00 Medicare Benefits            12:00 Lunch            12:00 Open Paint            12:15 Pinochle            1:30 Chair Yoga</p>	<p>29</p> <p><b>Music (Reservations Required)</b></p> <p>10:30 Hand &amp; Foot Cards            11:30 Music by NM Entertainment            12:00 Lunch            12:30 Bridge</p> <p><b>Canceled</b> S.A.I.L. Exercise</p>	<p>30</p> <p>8:30 Tai Chi            12:00 Lunch            12:30 Knit and Crochet            1:30 Tai Ji Quan</p>	<p>31</p> <p>9:00 S.A.I.L. Exercise            10:30 Canasta            12:00 Lunch            1:30 BINGO</p>

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>*Reservations Required for Lunch on Music Days</b> <b>Jan. 8th and 29th</b> Check dates for music times</p>	<p><b>MEALS</b> <b>Senior Citizens 60 &amp; Up</b> <b>Suggested Contribution is \$3.50</b> <b>Cost for all others is \$6</b> <b>Lunch is served at Noon</b></p>	<p><b>CLOSED</b> 1 </p>	<p>2 <b>Beef and Pepper Casserole with Rice Salad</b> Peach Cobbler</p>	<p>3 <b>Turkey Burger</b> Sweet Potato Fries Coleslaw Applesauce</p>
<p>6 <b>Chicken Caesar Salad</b> Baked Apple</p>	<p>7 <b>Ground Turkey Spaghetti</b> Green Beans Breadsticks Pears</p>	<p>8 <b>Birthday Party</b> <b>Florentine Fish</b> Zucchini, Onions and Tomatoes Cherry Crisp <i>*Must make reservations</i></p>	<p>9 <b>Mediterranean Chicken Wrap</b> Spinach and Cannellini Beans Rice Pudding</p>	<p>10 <b>Beef Noodle Soup</b> Carrot, Pineapple and Raisin Salad Oatmeal Cookie</p>
<p>13 <b>Macaroni and Cheese</b> Brussel Sprouts Wheat Roll Strawberries</p>	<p>14 <b>Swedish Meatballs</b> Potato Salad Apricots</p>	<p>15 <b>Chicken Teriyaki</b> Rice with Peas and Carrots Asian Vegetable Blend Pear Fortune Cookie</p>	<p>16 <b>Parmesan Tilapia with Pilaf</b> Squash Brownie Bits</p>	<p>17 <b>Corn Chowder</b> 1/2 Chicken Salad Sandwich Banana</p>
<p><b>CLOSED</b> 20  Martin Luther King, Jr. Day</p>	<p>21 <b>Chicken Tortilla Soup</b> Tortilla Chips Sour Cream and Cheese Mango Fig Newton</p>	<p>22 <b>Tuna Noodle Casserole with Peas</b> Carrot and Raisin Salad Peaches</p>	<p>23 <b>Pork Fajitas with Onion &amp; Zucchini</b> Pinto Beans Banana</p>	<p>24 <b>French Toast</b> Sausage Links Hash Browns Orange Juice</p>
<p>27 <b>Movie Day</b> <b>BBQ Chicken</b> Pasta Salad Green Beans Ice Cream Pineapple Sauce</p>	<p>28 <b>Fish Sandwich</b> Malibu Blend Veggies Orange Ice Cream</p>	<p>29 <b>Music</b> <b>Pork Cutlet</b> Baked Potato Baked Beans Coleslaw <i>*Must make reservations</i></p>	<p>30 <b>Beef Stew</b> Coleslaw Wheat Roll Fruit Cocktail</p>	<p>31 <b>Chicken Tetrazzini</b> Tossed Salad With Cabbage and Garbanzo Beans</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, January 13th  
at 1:00pm

Hosted by Nichole Valencia from  
Sumner Library  
*Register in Advance*

**Check it  
Out!**

## Bridge

Wednesdays at 12:30pm

Stop in and join in.

Need more players

## Bunco Mondays

January 6th & 27th at 1:30pm

Cost: \$2

January 13th at 12:30pm

Cost: \$5

*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

*Max Occupancy 8*

## Card Making Class

Friday, January 3rd  
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, Jan. 14th & 21st  
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, January 2nd & 16th  
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

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 - January**  
**Featuring—**  
**“Terry Bartelme”**



**Date: Wednesday, January 8th**  
**Time: 11:30am—12:30pm**

**Must sign up in the Dining Room by December 31st**

**Music Party**

**Featuring**  
***N.M. Entertainment***

**“Opening Night”**  
**(on Broadway)**

**Date: Wednesday, January 29th**  
**Time: 11:30am—12:30pm**

**Must sign up in the Dining Room by January 21st**

# EXERCISE

**Chair Yoga Class**

Canceled Jan. 14th

**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**



**Let’s Dance—Line Dancing**

Canceled Jan. 6th & 20th

**Mondays 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 Jan. 8th & 29th

**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**

**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 Jan. 20th & 27th

**Mondays & Thursdays at 1:30pm**

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

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

# SENIOR CORNER



## WELCOME BACK LINDA GOODWIN!

We're thrilled to introduce (or reintroduce) our new Administrative Assistant, Linda Goodwin! Many of you have already met Linda, as she warmly welcomes everyone at the front desk. Some of you may also remember her from a couple of years ago when she worked here during the pandemic. At that time, while we were closed to the public and only offering drive-through lunches, Linda was a vital part of our team for almost two years. She later left for another opportunity, but resigned last year and began seeking a new position. When she discovered that the Sumner Senior Center was hiring for this role again, she eagerly applied—and we're so glad she did!

Linda grew up in Kent and graduated from Kentridge High School before earning her degree in Visual Communication from Western Washington University. After college, she worked as a graphic artist and later chose to stay home to raise her children. Linda has three sons and a daughter-in-law, all living in Washington. Over the years, she has lived in various places throughout the state and was married for 29 years before her husband's passing. Recently, Linda relocated to this area to be closer to family and to assist her parents as they transitioned to assisted living.

Linda's professional experience is as diverse as it is impressive. She has worked as a graphic artist, an educational paraeducator in elementary special education classrooms, a church office manager, and even homeschooled her children in their early years.

Linda says she feels incredibly blessed and excited to be back at SSC and enjoys helping everyone throughout the day. In her free time, she loves reading, gardening, arts and crafts, sewing, genealogy, and traveling to visit her sons.

Some of Linda's favorite memories are the camping trips she took with her husband and children. Together, they explored places like the Grand Canyon, Yosemite, Yellowstone, Mount Rushmore, and beaches along Washington, Oregon, and California, as well as countless adventures throughout Washington state. These trips were filled with unforgettable moments and special family memories.

Please join us in welcoming Linda back to the Sumner Senior Center! We're so excited to have her on the team again. Be sure to stop by the front desk to say hello and give her a warm welcome!

# GRATITUDE ATTITUDE

**Thank you to all of our special Elves who helped with organizing all of our holiday parties and to all who have donated to our Treasure Cove store.**

***We appreciate all of you!***

**Thank you to FCI for their donation of candy for our parties.**



Specializing in the installation and reselling of wall mounting systems in the healthcare industry.



**Thank you to Sumner Postal**

for printing our monthly newsletters.

15127 Main Street East Ste 104, Sumner, WA 98390

Phone: (253)-863-7447



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!

