

MARCH 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, served Monday - Friday @ 12:00pm.

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

~ March Highlights ~

March 6th Birthday Party with music by **"The Front Porch Band"** with **Stan Terrell**

March 17th St. Patrick's Day Party
Music by **Tim Anderson**

March 24th Movie Day featuring **"Ghost"**

March 26th Music Day:
"Home on the Range"
Featuring **"Oklahoma"**
with **NM Entertainment**



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
Kimberly Foster
Debra Guest
Judy Kimball
Rich Kimball
Cathy McLaughlin
Pat McLaughlin
Judy McLean
Sue Nichols
Christel Paul
Debi Rizzo
Karla Scott
David Shelvey
Elaine Snellman
Gaylyn Wilson
Vicki Yarnell

SUMNER SENIOR CENTER

EDUCATIONAL, HEALTH & OTHER SERVICES

Ask the Lawyer

Monday, March 3rd

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

Blood Pressure & Glucose Checks

Thursday, March 6th

11:30am—Noon

Free Service provided by
Linden Grove Health Care Center

Caregiving Support Group

Tuesday, March 18th

10:00am—Noon



Drop-in Tech Help

Thursday, March 13th

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

Haircuts By Becky

Thursday, March 6th

10:00am—3:00pm

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

Must call to schedule your appointment for
April starting March 3rd.

Register in Advance

Massage (Chair only)

Wednesday, Mar. 5th & 19th

10:00am—3:00pm

Cost: \$10 for 20 min.

or \$15 for 30 min.

Register in Advance

NEW

Mingling of the Minds

Thursday, March 6th

9:30am-11:00am

Bring a topic you would like to discuss.

Warm and friendly atmosphere.

(Meeting in Card Room this month.)

Senior Footcare by April



Friday, March 14th

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

Smartphone Class

Thursday, March 6th

11:20am—Noon

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

Courtesy of Sumner HS Students

Register in Advance

Watch Sales & Repair

Wednesday, Mar. 5th & 19th

10:00am—Noon

Cost for watches: Varies

For a battery replacement

Drop-off at the center with \$5
Monday-Friday, between 8am - 4pm

Workshop

Brain Power

Monday, March 10th

10:30am—Noon

Discussion about brain aging and how to stop it.

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

Register in Advance

Workshop

Financing Senior Living

Tuesday, March 25th

11:00am—Noon

Learn about the cost, what is included, how to
prepare and pay for senior living.

Morgan Nelson, *Memory Haven Sumner*
and Aaron Steele, AIF, *Financial Planner*

Register in Advance

Workshop

PNW PACE Partners

Friday, March 21st

11:00am—11:45am

PACE: Program for All-inclusive Care for the
Elderly. Learn how PNW PACE Partners
helps maintain independence.

MultiCare ~ PNW PACE Partners

Register in Advance

Workshop

Skin Cancer Treatment Presentation

Thursday, March 13th

11:00am—11:45am

Join Dr. Nancy Becker to hear her introduce a
new non-invasive skin cancer treatment.

Presented by Dr. Nancy Becker, DO

Register in Advance

Workshop

Sound Associates Hearing

Monday, March 31st

11:00am—11:45am

Presentation on Hearing Loss
and Hearing Aids.

Dennis Tembreull, *Sound Associates*

Register in Advance

EVENTS



Birthday Party

"The Front Porch Band"
with Stan Terrell

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

Blood Pressure & Glucose Checks also available.

Thank you to Stafford Suites for the cakes; to Linden Grove Health Care Center for the gift basket, blood pressure & glucose checks; and to Connor Shoemaker of Keller Williams Realty for the Balloons!

Date: Thursday, March 6th
Time: 11:30am—12:30pm

Must Make Lunch Reservations by February 26th

St. Patrick's Day Party

Tim Anderson, musician



Come enjoy lunch, music and dancing with your friends at our senior center!

Date: Monday, March 17th
Time: 11:30am—12:30pm

Must Make Lunch Reservations by March 10th

Music Day

NM Entertainment

Musical entertainment services provided by professional performers and musicians. **NM Entertainment** is ready to perform for any audience, and have specialized in performing for senior living communities!

The theme this month is **"Home on the Range"** featuring **"Oklahoma"**.

Date: Wednesday, March 26th
Time: 11:30am—12:30pm

Must Make Lunch Reservations by March 18th

Property Tax Exemption Seminar

Learn about how to apply for the property tax exemption at this free event on Tuesday, March 11th at 9:00am here at the Sumner Senior Center.

You may qualify for this exemption if you have a gross household income at or below \$64,000 AND are over 61 years old or fully disabled (80% VA).

Date: Tuesday, March 11th
Time: 9:00am—10:30am

RSVP by contacting Mary Connolly at Mary.Connolly@piercecountywa.gov or 253-625-4153.



Movie Day

"Ghost"



Sponsored by
Generations Home Care

One of the most memorable romantic films ever. Sam (Patrick Swayze), living as a ghost, discovers his death wasn't just a random robbery gone bad. To help him reconnect with the love of his life, Molly (Demi Moore), and solve his own murder, he enlists the talents of a skeptical psychic (Whoopi Goldberg), who doesn't even believe her own abilities. Ghost is a supernatural mystery-thriller that will cross over into your heart and never leave. Ghost will surprise you, delight you, make you believe.

Date: Monday, March 24th
Time: 1:30pm (2 hr. 6 mins.)

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





SSC Activities ~ March 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>9:00 Line Dancing Class 12:00 Art Club Meeting 12:00 Lunch 1:00 Ask the Lawyer 1:30 Bunco 1:30 Tai Ji Quan</p>	<p>4</p> <p>12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga</p>	<p>5</p> <p>9:00 S.A.I.L. Exercise 10:00 Massage (Chair) 10:00 Watch & Jewelry Sale 10:30 Hand & Foot Cards 12:00 Lunch 12:30 Bridge</p>	<p>6</p> <p><u>Birthday Party</u> <u>(Reservations Required)</u></p> <p>8:30 Tai Chi 9:30 Mingling of the Minds 10:00 Haircuts by Becky 11:20 Smartphone Class 11:30 Music—Stan Terrell 11:30 BP & Glucose Checks 12:00 Lunch 12:30 Knit and Crochet 1:00 Mexican Train Dominoes 1:30 Tai Ji Quan</p>	<p>7</p> <p>9:00 S.A.I.L. Exercise 10:30 Canasta 10:30 Card Making Class 12:00 Lunch 1:30 BINGO</p> <div style="border: 1px solid red; padding: 5px; display: inline-block;"> <p>Move clocks ahead 1 hour on March 9th!</p> </div>
<p>10</p> <p>9:00 Line Dancing Class 12:00 Lunch 10:30 Brain Power Workshop 12:00 Lunch 12:30 Bunco 1:00 Book Club 1:30 Tai Ji Quan</p>	<p>11</p> <p>9:00 Pierce County and City of Sumner Property Tax Exemption Seminar 12:00 Lunch 12:00 Open Paint 12:15 Pinochle Tournament 1:30 Chair Yoga</p>	<p>12</p> <p>9:00 S.A.I.L. Exercise 10:30 Hand & Foot Cards 12:00 Lunch 12:30 Bridge</p>	<p>13</p> <p>8:30 Tai Chi 10:30 Drop-In Tech Help 11:00 Skin Cancer Presentation 12:00 Lunch 12:30 Knit and Crochet 1:30 Tai Ji Quan</p>	<p>14</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><u>St Patrick's Day</u> 17</p> <p><u>Music Party</u> <u>(Reservations Required)</u></p> <p>11:30 Music— Tim Anderson </p> <p>12:00 Lunch 1:30 Bunco <u>Canceled</u> Line Dancing and Tai Ji Quan</p>	<p>18</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>19</p> <p>9:00 S.A.I.L. Exercise 9:30 Rock Painting 10:00 Massage (Chair) 10:00 Watch & Jewelry Sale 10:30 Hand & Foot Cards 12:00 Lunch 12:30 Bridge</p>	<p>20</p> <p>8:30 Tai Chi 12:00 Lunch 12:30 Knit and Crochet 1:00 Mexican Train Dominoes 1:30 Tai Ji Quan</p>	<p>21</p> <p>9:00 S.A.I.L. Exercise 10:30 Canasta 11:00 PNW MultiCare PACE Presentation 12:00 Lunch 1:30 BINGO</p>
<p><u>Movie Day</u> 24</p> <p>9:00 Line Dancing Class 12:00 Lunch 1:30 Movie—"Ghost"</p> <p>No Tai Ji Quan on 4th Monday</p>	<p>25</p> <p>10:30 Karaoke 11:00 Memory Haven Presentation 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga</p>	<p><u>Music</u> 26</p> <p><u>(Reservations Required)</u></p> <p>11:30 Music by NM Entertainment</p> <p>12:00 Lunch 12:30 Bridge</p> <p><u>Canceled</u> Hand & Foot Cards S.A.I.L. Exercise</p>	<p>27</p> <p>8:30 Tai Chi 11:00 Share With Susan 12:00 Lunch 12:30 Knit and Crochet 1:30 Tai Ji Quan</p>	<p>28</p> <p>8:30 AARP Driving 9:00 S.A.I.L. Exercise 10:30 Canasta 12:00 Lunch 1:30 BINGO</p>
<p>31</p> <p>9:00 Line Dancing Class 11:00 Sound Associates Hearing Workshop 12:00 Lunch 1:30 Tai Ji Quan</p>		<p>IMPORTANT INFORMATION</p> <p><u>Reservations REQUIRED for Lunch on Music Days:</u></p> <p>March 6th, 17th and 26th</p> <p>Sign up in the Dining Room or Call to Make Your Reservation</p> <p><i>Check newsletter for music times.</i></p>		

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



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Tuna Noodle Casserole with Peas, Carrots and Raisin Salad Peaches</p>	<p>4</p> <p>Pineapple Pork Red Potato Coleslaw Fruit Salad</p>	<p>5</p> <p>Chicken Salad Sandwich Strawberry Spinach Salad Mixed Berries Whipped Cream</p>	<p><u>6</u> Birthday Party <i>*Must make reservations</i> Beef Shepard's Pie Lettuce, Tomato and Carrot Salad Fig Newton</p>	<p>7</p> <p>Chicken Fajita with Bell Peppers and Zucchini Rice Salsa, Sour Cream Tropical Fruit</p>
<p>10</p> <p>Salisbury Steak with Gravy Mashed Potatoes Sautéed Spinach Fig Newton</p>	<p>11</p> <p>Minestrone Soup Baked Potato Mixed Berries Whipped Cream</p>	<p>12</p> <p>Vegetarian Lasagna Green Beans Sautéed Cinnamon Apples</p>	<p>13</p> <p>Omelet Sausage Patty Hashbrowns Honey Dew Melon</p>	<p>14</p> <p>Sloppy Joe Sandwich Tomato, Cucumber Feta and Onion Salad Yogurt Strawberries</p>
<p> <u>17</u> St Patrick's Day Party <i>*Must make reservations</i> Irish Stew Beef and Cabbage Potatoes & Carrots Biscuits Apples & Cinnamon</p>	<p>18</p> <p>Chicken Teriyaki Rice with Peas and Carrots Pear Fortune Cookie</p>	<p>19</p> <p>Fish Taco Rice and Beans Berries and Whipped Cream</p>	<p>20</p> <p>Honey Dijon Chicken Potatoes Beets Mandarin Oranges</p>	<p>21</p> <p>Chef's Salad with Turkey & Ham Cheese and Egg Breadsticks Pineapple</p>
<p><u>24</u> Movie Day "Ghost" Sweet & Sour Pork Vegetables Rice Fortune Cookie Ice Cream</p>	<p>25</p> <p>Spaghetti with Beef Green Beans Garlic Bread Pears</p>	<p><u>26</u> Music Party <i>*Must make reservations</i> Oven Fried Chicken Broccoli Normandy Roasted Potatoes Wheat Rolls Orange</p>	<p>27</p> <p>Beef & Rice Burrito Salsa & Sour Cream Tomato, Onion, Cucumber Salad Apples, Walnuts & Whipped Cream</p>	<p>28</p> <p>Beef Chili Con Carne Sautéed Carrots Spinach Cornbread Pears</p>
<p>31</p> <p>Swiss Cheese Burger Lettuce and Tomatoes Wedge Fries Mixed Berries</p>	<p>MEALS for Senior Citizens 60 & Up: <u>Suggested Contribution is \$3.50</u> <u>Cost for all others is \$6</u> Lunch is served at Noon "Be in your seat ready to eat!"</p>		<p>MAY THE LUCK BE WITH YOU</p> 	<p><i>*Reservations Required for Lunch on Music Days</i> <u>March 6th, 17th, 26th</u> <i>*Check newsletter for music times</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, March 10th

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

March 3rd & 17th at 1:30pm

Cost: \$2

March 10th 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 Making Class

Friday, March 7th

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.

*** Canceled Wednesday, March 26th**

Come check it out!

Check it out!

Karaoke

Tuesday, March 18th & 25th 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, March 6th & 20th 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: \$2 or \$3 for tourney

Join in and Play

Need more players!

Rock Painting

Wednesday, March 19th

9:30am—Noon

Come have some creative fun!

Cost: \$5 *(All supplies provided)*

Register in Advance

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

March Birthday Party

Featuring
The Front Porch Band
with Stan Terrell



Date: Thursday, March 6th
Time: 11:30am—12:30pm

Must Make Lunch Reservations by
February 26th

St. Patrick's Day Party

Featuring
Tim Anderson



Date: Monday, March 17th
Time: 11:30am—12:30pm

Must Make Lunch Reservations by
March 10th

Music Day - NM Entertainment

"Home on the Range"
Featuring "Oklahoma"



Let's go to the ranch with a country themed cabaret of fun music, including western sing-a-longs!

Date: Wednesday, March 26th
Time: 11:30am—12:30pm

Must Make Lunch Reservations by
March 18th

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



Let's Dance—Line Dancing

Canceled March 17th

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 March 26th

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 March 17th

Mondays & Thursdays at 1:30pm

No Class on the 4th Monday of the Month

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

Cost: Free

Instructor: Carmel Speakman

SENIOR CORNER



MARIA HILL

Willkommen Maria Hill! Her story begins in Bavaria, Germany, where she was born and raised before venturing across the ocean. In 1985, she moved to Washington state and now calls Edgewood home. One of the most cherished chapters of Maria's life unfolded in the military where she met her husband, Stuart, in Bavaria, a meeting that eventually blossomed into a love story spanning 40 wonderful years (celebrated this July). Stuart has been a jack of all trades for the last forty years and now has settled into the Auburn Boeing plant as a tool maker .

Family is the cornerstone of her life. She feels blessed with two incredible daughters, one living in Mississippi and the other in Seattle, and has 3 granddaughters. She enjoys new things, reading, spending time with people, listening to music and cooking.

Over the years, she has poured her heart into her work in education, serving in the Puyallup school district. For 23 years, she dedicated herself to general education, and for the last six years, before retirement, she had the privilege of working with developmentally delayed students. Every day in the classroom there was a lesson in compassion, growth, and the joy of learning.

Some of her most exciting moments have come from reconnecting with family. Soon, she will be visiting her older sister, Brigitte, in Frankfurt, Germany. She first met her about 10 years ago. Although the connection was sporadic at first, they rekindled their bond and are looking forward to a long-overdue reunion later this year.

Life has also offered Maria the thrill of exploration. She still vividly remembers a favorite moment from where destiny arranged for her husband and her to travel through Europe in 2011, exploring Paris, France, Austria, and Germany. These journeys deepened her appreciation for her heritage and the broader world.

We asked Maria, "If you could speak to your 20-year-old self, what would you say?" She answered, "You are perfect just as you are." For the longest time, she struggled with fitting in, but through the years, she discovered that her faith was her steadfast guide. She said she has come to view God as her Father, whose presence has carried her through life's challenges and triumphs. She also explains that each chapter, whether in Bavaria, Washington, or across Europe—has shaped who she is today. She carries forward these memories and lessons with gratitude and an unyielding hope for all the adventures still to come.

Ms. Maria is our newest CCS volunteer. You will see her weekly in the kitchen helping and also playing Mexican Train Dominoes. Come by and meet her!

Thank you to our
amazing volunteers!
We appreciate and
love you all! 



Sumner
Postal

15127 Main St. 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!

