

APRIL 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**)

~ April Highlights ~

- April 3rd** Trip: **WA State Capitol Tour**
- April 16th** Easter Party with music by **Randy Litch**
- April 17th** Trip: **Port of Tacoma Bus Tour**
- April 23rd** Birthday Party
BP & Glucose Checks
Music by **NM Entertainment**
- April 24th** Trip: **Lucky Eagle Casino**
- April 24th** **Resource Fair**
- April 28th** Movie Day featuring
"Fried Green Tomatoes"



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
Lesla Jackson

Catholic Community Serv.

Peggy Huihui, Meal Site Cook

CCS & SSC Volunteers

**Carol Davis
Loretta Farnsworth
Cathy Fonseca
Kimberly Foster
Maria Hill
Debra Guest
Judy Kimball
Rich Kimball
Cathy McLaughlin
Pat McLaughlin
Judy McLean
Christel Paul
Karla Scott
David Shelvey
Elaine Snellman
Gaylyn Wilson
Vicki Yarnell**

CLOSED:

Friday, April 18 -In observance of Good Friday

SUMNER SENIOR CENTER

EDUCATIONAL, HEALTH & OTHER SERVICES

Ask the Lawyer

Monday, April 7th

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

Wednesday, April 23rd

11:30am—Noon

Free Service provided by
Linden Grove Health Care Center

Caregiving Support Group

Tuesday, April 15th

10:00am—Noon



DNA or Genealogy

Tuesday, April 1st

10:30am—Noon

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

Register in Advance

Drop-in Tech Help

Thursday, April 10th

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!

Tuesday, April 8th

11:00am—Noon

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

Sponsored by
The Medicare Exchange Team

Haircuts By Becky

Thursday, April 3rd

10:00am—3:00pm

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

Must call to schedule your appointment for
May starting April 1st.

Massage (Chair only)

Wednesday, April 2nd, 16th, 30th

10:00am—3:00pm

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

Register in Advance



Mingling of the Minds

Thursday, April 3rd

9:30am-11:00am

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

Senior Footcare by April



Friday, April 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

Smartphone Class

Thursday, April 3rd

11:20am—Noon

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

Courtesy of Sumner HS Students

Register in Advance

Watch Sales & Repair

Wednesday, April 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

Workshop

Inflammation:
Evading the Silent Killer

Monday, April 14th

10:30am—Noon

Learn how to be proactive against inflammation.

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

Workshop

Medicare Benefits

Tuesday, April 29th

11:00am—11:45am

Presented by Audra Albert, Retirement
Planning Specialist, The Medicare Exchange

Register in Advance

Workshop

Social Security: Learn When to
Start for Maximum Benefits

Monday, April 28th

11:00am—11:45am

Presented by Nicholas Woog,
NW Insurances

Register in Advance

EVENTS AND MUSIC

Easter Party



**Randy
Litch**

“One man Variety
Dance Show Band”
from Glenn Miller
to Carlos Santana.

Date: Wednesday, April 16th
Time: 11:00am—12:30pm (1-1/2 hours)

Must Make Lunch Reservations by April 8th



Birthday Party

Music by NM Entertainment



Garden Party:

Featuring

“My Fair Lady”

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: Wednesday, April 23rd
Time: 11:30am—12:30pm

Must Make Lunch Reservations by April 15th

Senior Resource Fair

Come to Sumner Senior Center’s Resource Fair
and get connected with valuable information
and resources available to individuals 55+.

All in one easily accessible location!

This is an open-house style event. Stop in and
chat with our local experts in senior services.

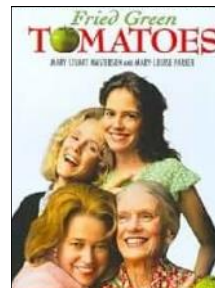
Generations Home Care, Concierge Care
Advisor's, CarePatrol, Aging and Disability
Resources, Pierce County Human Services and
Stafford Suites are just a few experts who
will be on site to share information with you.

**You will leave with
a wealth of information!**



Date: Thursday, April 24th
Time: 10:00am—2:00pm

Movie Day



**“Fried Green
Tomatoes”**

Sponsored by
Generations Home Care

Evelyn Couch is having trouble in her marriage, and no one seems to take her seriously. While visiting relatives at a nursing home, she meets Ninny Threadgoode, an outgoing old woman, who tells her the story of Idgie Threadgoode, a young woman in 1920s Alabama. Through Idgie's inspiring life, Evelyn learns to be more assertive and builds a lasting friendship of her own with Ninny.

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





Date: Monday, April 28th
Time: 1:30pm (2 hr. 10 mins.)



SSC Activities ~ April 2025



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	10:30 DNA or Genealogy 10:30 Karaoke 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga	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	8:30 Trip to State Capitol 8:30 Tai Chi 9:30 Mingling of the Minds 10:00 Haircuts by Becky 11:20 Smartphone Class 12:00 Lunch 12:30 Knit and Crochet 1:00 Mexican Train Dominoes 1:30 Tai Ji Quan <i>-Canceled</i>	9:00 S.A.I.L. Exercise 10:30 Canasta 10:30 Card Making Class 12:00 Lunch 1:30 BINGO
7	8	9	10	11
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	11:00 Fun With Jeopardy 12:00 Lunch 12:00 Open Paint 12:15 Pinochle Tournament 1:30 Chair Yoga	9:00 S.A.I.L. Exercise 10:30 Hand & Foot Cards 12:00 Lunch 12:30 Bridge	8:30 Tai Chi 10:30 Drop-In Tech Help 12:00 Lunch 12:30 Knit and Crochet 1:30 Tai Ji Quan	9:00 S.A.I.L. Exercise 9:00 Senior Footcare by April 10:30 Canasta 12:00 Lunch 1:30 BINGO
14	15	16	17	18
9:00 Line Dancing Class 10:30 Inflammation Workshop 12:00 Lunch 12:30 Bunco 1:00 Book Club 1:30 Tai Ji Quan	10:00 Caregiving Support Group 10:30 Karaoke 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga	<u>Easter Party</u> 16 <u>(Reservations Required)</u> 10:00 Massage (Chair) 10:00 Watch & Jewelry Sale 10:30 Hand & Foot Cards 11:00 Music-Randy Litch 12:00 Lunch 12:30 Bridge <u>Canceled</u> S.A.I.L. Exercise	8:30 Tai Chi 9:00 Trip - Port of Tacoma 12:00 Lunch 12:30 Knit and Crochet 1:00 Mexican Train Dominoes 1:30 Tai Ji Quan	<u>CLOSED</u> 18  Good Friday
21	22	23	24	25
9:00 Line Dancing Class 12:00 Lunch 1:30 Bunco 1:30 Tai Ji Quan	12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga	<u>Birthday Party</u> 23 <u>(Reservations Required)</u> 9:00 S.A.I.L. Exercise 10:30 Hand & Foot Cards 11:30 Music by NM Entertainment 11:30 BP & Glucose Checks 12:00 Lunch <u>Canceled</u> Bridge	9:00 Trip - Lucky Eagle Casino 10:00 Resource Fair 12:00 Lunch <u>Canceled</u> Tai Chi Knit and Crochet Tai Ji Quan	9:00 S.A.I.L. Exercise 10:30 Canasta 12:00 Lunch 1:30 BINGO
28	29	30	IMPORTANT INFORMATION	
<u>Movie Day</u> 9:00 Line Dancing Class 11:00 Roadmap to Social Security Workshop 12:00 Lunch 1:30 Movie—"Fried Green Tomatoes" No Tai Ji Quan on 4th Monday	11:00 Medicare Benefits Workshop 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga	9:00 S.A.I.L. Exercise 9:30 Rock Painting 10:00 Massage (Chair) 10:30 Hand & Foot Cards 12:00 Lunch 12:30 Bridge	<u>Reservations REQUIRED for Lunch on Music Days:</u> April 16th and 23rd Sign Up in the Dining Room or Call to Make Your Reservation <u>EARLY!</u> We fill up quickly. <i>Check newsletter for music times.</i>	

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Reservations Required for Lunch on Music Days April 16th and 23rd *Check newsletter for music times</p>	<p>1 BBQ Chicken Pasta Salad Green Beans Ice Cream</p>	<p>2 Florentine Fish Zucchini, Onion and Tomatoes Cherry Crisp</p>	<p>3 Beef Noodle Soup Carrot, Pineapple and Raisin Salad Oatmeal Cookie</p>	<p>4 Turkey Burger Sweet Potato Fries Coleslaw Applesauce</p>
<p>7 Pork Cutlet Baked Potato Baked Beans Coleslaw</p>	<p>8 Spaghetti with Ground Turkey Green Beans Breadsticks Pears</p>	<p>9 Mediterranean Chicken Wrap Spinach and Cannellini Beans Rice Pudding</p>	<p>10 Macaroni and Cheese Brussel Sprouts Wheat Roll Strawberries</p>	<p>11 French Toast Sausage Links Hash Browns Orange Juice</p>
<p>14 Corn Chowder Half of a Chicken Salad Sandwich Banana</p>	<p>15 Beef & Pepper Casserole with Rice Salad Peach Cobbler</p>	<p>16 Easter Party *Must make reservations Ham Scalloped Potatoes Green Beans Green Salad & Roll Strawberry Shortcake</p>	<p>17 Parmesan Tilapia with Pilaf Squash Brownie Bits</p>	<p>18 CLOSED  -Good Friday-</p>
<p>21 Swedish Meatballs Potato Salad Apricots</p>	<p>22 Chicken Tortilla Soup Tortilla Chips Sour Cream and Cheese Mango Fig Newton</p>	<p>23 Birthday Party *Must make reservations Fish Sandwich Malibu Blend Vegetables Orange Ice Cream</p>	<p>24 Resource Fair Chicken Caesar Salad Baked Apple</p>	<p>25 Beef Stew Coleslaw Wheat Roll Fruit Cocktail</p>
<p>28 Movie Day "Fried Green Tomatoes" Chicken Teriyaki Rice with Peas and Carrots Asian Vegetable Blend Pear Fortune Cookie</p>	<p>29 Pork Fajitas with Onions and Zucchini Pinto Beans Banana</p>	<p>30 Tuna Noodle Casserole with Peas Carrot and Raisin Salad Peaches</p>	<p>MEALS for Senior Citizens 60 & Up: Suggested Contribution is \$3.50 Cost for all others is \$6 Lunch is served at Noon "Be in your seat ready to eat!"</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, April 14th

at 1:00pm

Hosted by Nichole Valencia from Sumner Library

Register in Advance

Check it Out!

Bridge

Wednesdays at 12:30pm

* **Canceled Wednesday, April 23rd**

Stop in and join in.

* **Need more players** *

Bunco Mondays

April 7th & 21st at 1:30pm

Cost: \$2

April 14th 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, April 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, April 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

* **Canceled Thursday, April 24th**

Bring your own knitting project to work on and spend some time sharing ideas with other "Knit Wits".

Mexican Train Dominoes

Thursday, April 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

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

Rock Painting

Wednesday, April 30th

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

TRIPS

Washington State Capitol Tour



Come for a guided tour of the Legislative Building. Afterwards we will stop for lunch at Nisqually Bar & Grill.

Date: Thursday, April 3rd
Time: 8:30am—4:00pm
Cost: \$7.00

Pay and Sign up at the front Desk

Only 12 seats available.

Need a minimum of 6 to go on trip

Port of Tacoma Tour



Join us for a fun, narrated tour of the Port of Tacoma! Come see the HUGE cranes up close! View some of the largest container ships in the world and learn about the Port of Tacoma!"
 Lunch afterwards at Poodle Dog.

Date: Thursday, April 17th
Time: 9:00am—4:00pm
Cost: \$6.00

Pay and Sign up at the front Desk

Only 11 seats available
 (1 saved for Tour Guide)

Need a minimum of 6 to go on trip

Lucky Eagle Casino



Date: Thursday, April 24th
Time: 9:00am—4:00pm
Cost: \$10.00

Pay and Sign up at the front Desk

Only 12 seats available.

Need a minimum of 6 to go on trip

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

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 April 16th

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 April 24th

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 April 3rd and 24th

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



Chiho Pewitt

Please join us in welcoming Chiho, one of our newest CCS volunteers! She is very excited to begin volunteering at the senior center in the kitchen, a place where she has enjoyed many fun and enriching experiences. Chiho lives in Puyallup with her husband, JR, and their dog, Nori.

Born and raised in southern Japan on Kyushu Island, Chiho moved to the United States when she was 22 years old. While she loves nearly everything about her homeland, she isn't too fond of the hot and humid summers.

Chiho is married and has two children and three grandchildren. She regularly visits Japan, cherishing time with her relatives and childhood friends. Chiho's son recently retired as a firefighter in Phoenix and moved to Hawaii. Her daughter, an operating room nurse, lives in Lacey, Washington. After years of having family spread across the country, she finds it incredibly rewarding to have them nearby again.

Chiho and JR have created a warm and welcoming home, not only for their loved ones, but also for the local wildlife. It's known as a friendly place with yummy treats to deer, raccoons, squirrels, and other creatures in the area.

Throughout her career, Chiho has worked in various fields, including banking, exporting building supplies, and serving at the county courthouse. In her free time, she enjoys cooking, listening to traditional Japanese music, playing the Koto—a 13-string Japanese zither—and spending time with her loved ones.

Be sure to stop by and say hello the next time you are here for lunch!

Gift Basket Raffles

Thank you for your generous donations of items to add to our Gift Baskets for Raffles.



We are collecting items for our two upcoming raffles, Mother's Day and Father's Day. (Examples: candy, gift cards, themed items, etc.)

Your donations of raffle items and raffle ticket purchases go towards funding our special events.



Congratulations to Cindy, the winner of the St. Patrick's Day gift basket raffle!



2102 E. Main Ste. 111
Puyallup, WA 98372

253-841-3161



Assisted Living for Active Seniors
Located across the street from
Summer Senior Center.

Come visit us or call us to
schedule a tour: (253) 862-1818

We would love to show you
around!

