

# JUNE 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**)

## **~ June Highlights ~**

**June 5<sup>th</sup>** Trip: Tacoma Farmer's Market on  
Broadway & Ruston Way Walk

**June 12<sup>th</sup>** Father's Day Party with music by  
Chris Anderson

**June 23<sup>rd</sup>** Movie Day: "Always"

**June 25<sup>th</sup>** Birthday Party  
BP & Glucose Checks  
Music by **NM Entertainment** -  
"Jukebox"

**June 26<sup>th</sup>** Walk: Lake Wilderness Arboretum  
& Lunch afterwards at Black  
Diamond Restaurant & Bakery



### **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**

*Receptionist*  
**Karla Scott**

*Bus Driver*  
**Lesla Jackson**

### **Catholic Community Serv.**

**Peggy Huihui, Meal Site Cook**

### **CCS & SSC Volunteers**

Carol Davis  
Loretta Farnsworth  
Cathy Fonseca  
Maria Hill  
Debra Guest  
Judy Kimball  
Kris Korsmo  
Cathy McLaughlin  
Judy McLean  
Chiho Pewitt  
David Shelvey  
Elaine Snellman  
Gaylyn Wilson

**CLOSED**

**Thursday, June 19<sup>th</sup>**

In observance of Juneteenth—Freedom Day

**SUMNER SENIOR CENTER**

# EDUCATIONAL, HEALTH & OTHER SERVICES

## The ABC & Ds of Medicare

Tuesday, June 3rd

11:00am—Noon

Medicare Made Simple

Presented by Audra Albert,  
The Medicare Exchange

Register in Advance

## Ask the Lawyer

Monday, June 9th

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, June 25th

11:30am—Noon

Free Service provided by  
Linden Grove Health Care Center

## Caregiving Support Group

Tuesday, June 17th

10:00am—Noon



## Haircuts By Becky

Thursday, June 5th

10:00am—3:00pm

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

Must call to schedule your  
appointment for July starting June 2nd.

## Hearing Aid Checks

Monday, June 9th

11:00am—Noon

Sign up to get  
hearing aid assistance.

Dennis Tembreull, Sound Associates  
NW, Hearing Care Provider

Register in Advance

## Massage (Chair only)

Wednesday, June 4th & 18th

10:00am—3:00pm

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

Register in Advance at the Front Desk

## Mingling of the Minds

Thursday, June 5th

9:30am-11:00am

Bring a topic you would like to discuss.

Warm and friendly atmosphere.

## **NEW** Morning Momentum

Tuesday, June 24th at 9:00am

Come join us to build community,  
ignite your morning, and  
set a positive tone for the rest of your day!

Register in Advance

## Senior Footcare by April



Friday, June 13th

9:00am—3:00pm

Cost: \$50 cash or check

MUST bring a towel

To make all appointments call Tosha, with  
Senior Footcare @ (253) 848-9625

## Share With Susan

Thursday, June 26th

11:00am—11:30am

Bring your suggestions for  
discussion about SSC programs.

Register in Advance

## Tech Help

Thursday, June 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

## Watch & Jewelry Sales & Battery Replacement

Wednesday, June 4th & 18th

10:00am—Noon

Cost for watches: Varies

For a watch battery replacement,  
Drop-off at the center with \$5  
Monday-Friday, between 8am - 4pm

## Workshop

Monday, June 9th

10:30am—Noon

Heart Health:  
Nourishing the Beat of Life

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

Register in Advance

## Workshop

Monday, June 23rd

11:00am—Noon: Social Security

1:00pm—2:00pm: Medicare

Presented by Nick Woog,  
NW Insurances

Register in Advance

# EVENTS AND MUSIC

## Father's Day Party



We will honor  
fathers  
with amazing  
music by

**Chris  
Anderson**

Date: Thursday, June 12th

Time: 11:30am—12:30pm

**Must Make Lunch Reservations by June 4th**

## Birthday Party



Music by NM Entertainment

**Jukebox**

Featuring: "Grease"



Nothing like a good ol' rock and roll  
cabaret to get the party started.

*Come on, let's do the TWIST!*

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, June 25th

Time: 11:30am—12:30pm

**Must Make Lunch Reservations by June 17th**

## Movie Day



**"Always"**



Sponsored by  
Generations Home Care

Date: Monday, June 23rd

Time: 1:30pm (2 hr. 3 mins.)

Pete Sandich (Richard Dreyfuss) is a legendary pilot with a passion for daredevil firefighting. However, Dorinda (Holly Hunter), the woman he loves, and Al (John Goodman), Pete's best friend, know that legends can't take risks forever. After sacrificing himself to save Al, the ace pilot faces his most challenging mission: helping Dorinda move on with her life. Breathtaking cinematography and exhilarating aerial choreography highlight this compelling adventure that co-stars Brad Johnson and features a special appearance by Audrey Hepburn.



\*Subject to change

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





# SSC Activities ~ June 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 10:00 Line Dancing Class 12:00 Lunch 1:30 Bunco 2:00 Stretch Class	<b>3</b> 10:30 Karaoke 10:30 DNA/Genealogy 11:00 The ABC & Ds of Medicare 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 12:30 DNA/Genealogy 1:30 Chair Yoga	<b>4</b> 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	<b>5</b> 8:30 Tai Chi 9:30 Mingling of the Minds 10:00 Trip: Tacoma Farmer's Market & Ruston Way Walk 10:00 Haircuts by Becky 12:00 Lunch 12:30 Knit and Crochet 1:00 Mexican Train Dominoes	<b>6</b> 9:00 S.A.I.L. Exercise 10:30 Canasta 10:30 Card Making Class 12:00 Lunch 1:30 BINGO
<b>9</b> 9:30 Line Dancing Class 10:30 Heart Health-Workshop 11:00 Hearing Aid Checks 12:00 Lunch 12:30 Bunco 1:00 Ask the Lawyer 1:00 Book Club 2:00 Stretch Class	<b>10</b> 12:00 Lunch 12:00 Open Paint 12:15 Pinochle Tournament 1:30 Chair Yoga	<b>11</b> 9:00 S.A.I.L. Exercise 10:30 Hand & Foot Cards 12:00 Lunch 12:30 Bridge	<b>Father's Day Party 12</b> <b>(Reservations Required)</b> 10:30 Tech Help 11:30 Music- Chris Anderson 12:00 Lunch 12:30 Knit and Crochet <b>CANCELED:</b> Tai Chi	<b>13</b> 9:00 S.A.I.L. Exercise 9:00 Senior Footcare by April 10:30 Canasta 12:00 Lunch 1:30 BINGO
<b>16</b> 10:00 Line Dancing Class 12:00 Lunch 1:30 Bunco 2:00 Stretch Class	<b>17</b> 10:00 Caregiving Support Group 10:30 Karaoke 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga	<b>18</b> 9:00 S.A.I.L. Exercise 9:30 Painting: Pots & Rocks 10:00 Massage (Chair) 10:00 Watch & Jewelry Sale 10:30 Hand & Foot Cards 12:00 Lunch 12:30 Bridge	<b>CLOSED 19</b> 	<b>20</b> 9:00 S.A.I.L. Exercise 10:30 Canasta 12:00 Lunch 1:30 BINGO
<b>23</b> 10:00 Line Dancing Class 11:00 Workshop: Social Security 101 12:00 Lunch 1:00 Workshop: Medicare 101 1:30 Movie: "Always"	<b>24</b> 9:00 Morning Momentum 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga	<b>Birthday Party 25</b> <b>(Reservations Required)</b> 9:00 S.A.I.L. Exercise 10:30 Hand & Foot Cards 11:30 Music- "Jukebox" NM Entertainment 11:30 BP & Glucose Checks 12:00 Lunch 12:30 Bridge	<b>26</b> 8:30 Tai Chi 9:30 Walk: Lake Wilderness Arboretum 11:00 Share With Susan 12:00 Lunch 12:30 Knit and Crochet	<b>27</b> 9:00 S.A.I.L. Exercise 10:30 Canasta 12:00 Lunch 1:30 BINGO
<b>30</b> 10:00 Line Dancing Class 12:00 Lunch 2:00 Stretch Class		<b>Reservations Required for Lunch on Music Days:</b> <b>Thursday, June 12<sup>th</sup> and Wednesday, June 25<sup>th</sup></b> <b>Sign Up in the Dining Room or</b> <b>Call to Reserve Lunch <u>EARLY!</u> We fill up quickly.</b> <i>Check newsletter for <u>Reservation Deadlines</u> and for music times.</i>		

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





Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p><b>Beef Shepard's Pie</b> Lettuce, Tomato and Carrot Salad Fig Newton</p>	<p>3</p> <p><b>Pork Tenderloin</b> Spinach Butternut Squash Grapes Oatmeal Cookie</p>	<p>4</p> <p><b>Lime Fish</b> Zucchini Linguine Strawberry Rhubarb Compote</p>	<p>5</p> <p><b>Oven Fried Chicken</b> Green Beans Roasted Potatoes Wheat Roll Orange</p>	<p>6</p> <p><b>Vegetarian Lasagna</b> Green Beans Sauteed Cinnamon Apples</p>
<p>9</p> <p><b>Salsbury Steak with Gravy</b> Mashed Potatoes Sauteed Spinach Fig Newton</p>	<p>10</p> <p><b>Chicken and Sesame Noodles</b> Orange Fortune Cookie</p>	<p>11</p> <p><b>Chef's Salad</b> with Turkey, Ham, Cheese and Egg Breadsticks Peaches</p>	<p><u>Father's Day Party</u> 12 <b>Must Reserve by June 4th</b></p> <p><b>Flank Steak</b> New Potatoes Arugula and Long Green Beans</p>	<p>13</p> <p><b>Chicken Salad Sandwich</b> Strawberry Spinach Salad Mixed Berries with Whipped Cream</p>
<p>16</p> <p><b>Amandine Fish</b> Broccoli Wheat Roll Orange Lemon Bar</p>	<p>17</p> <p><b>Spaghetti with Beef</b> Green Beans Garlic Bread Pears</p>	<p>18</p> <p><b>Chicken Fajita</b> with Bell Peppers and Zucchini Rice Salsa Sour Cream Peaches</p>	<p><u>CLOSED</u> 19</p> 	<p>20</p> <p><b>Omelet</b> Sausage Patty Hashbrowns Honey Dew Melon</p>
<p><u>Movie</u> 23</p> <p><b>Honey Dijon Chicken</b> Potatoes Beets Peaches</p>	<p>24</p> <p><b>Sweet &amp; Sour Pork</b> Vegetables Rice Fortune Cookie Ice Cream</p>	<p><u>Birthday Party</u> 25 <b>Must Reserve by June 17th</b></p> <p><b>Pasta Salad</b> with Peas, Carrots and Bacon Crumbles Hard Boiled Egg Mandarin Oranges Lemon Bar</p>	<p>26</p> <p><b>Beef &amp; Pepper Steak</b> Brussels Sprouts Pound Cake with Strawberries and Whipped Cream</p>	<p>27</p> <p><b>Tuna Noodle Casserole</b> with Peas, Carrots and Raisins Salad Peaches Grapes</p>
<p>30</p> <p><b>Sloppy Joe Sandwich</b> Tomato, Cucumber, Feta and Onion Salad Yogurt Strawberries</p>	<p><b>*Reservations Required for Lunch on Music Days</b> <u>June 12<sup>th</sup> and 25<sup>th</sup></u> <b>*Check newsletter for music times</b></p>		<p><u>MEALS</u> for Senior Citizens 60 &amp; Up: <b>Suggested Contribution is \$3.50</b> <b>Cost for all others is \$6</b> <b>Lunch is served at Noon</b> <b>"Be in your seat ready to eat!"</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

**Cost:** \$1 per card

Come have some fun and win prizes at BINGO!

## Book Club

Monday, June 9th

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

June 2nd & 16th at 1:30pm

**Cost:** \$2

June 9th at 12:30pm

**Cost:** \$5

*Thanks to Concierge Care Advisors for treats.*

## Canasta

Fridays at 10:30am

**Cost:** \$2

A fun version of rummy that will definitely entertain you.

Join us for a fun game of Canasta.

## Card Making Class

Friday, June 6th

10:30—Noon

Come make 3 beautiful handmade cards using rubber stamps and punches.

*Bring a glue stick!*

**Cost: \$7** **Register in Advance**

## DNA or Genealogy

Tuesday, June 3rd

10:30am—11:30am

12:30pm—1:30pm

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

**Register in Advance**

## Hand & Foot Cards

Wednesdays at 10:30am

**Cost:** \$2

This exciting card game is closely related to Canasta.

**Come check it out!**

**Check it out!**

## Karaoke

Tuesday, June 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 project to work on and spend some time sharing ideas with other "Knit Wits".

## Mexican Train Dominoes

Thursday, June 5th

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.**

## Painting: Pots & Rocks

Wednesday, June 18th

9:30am—Noon

Come have some creative fun!

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

**Register in Advance**

## Pinochle

Tuesdays at 12:15pm

2nd Tuesday is Tournament Day!

**Cost:** \$2 or \$3 for tourney

**Join in and Play!**

## 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

## Farmer's Market & Ruston Way Walk



Shopping & lunch at the Farmer's Market on Broadway. We'll also take a walk along Ruston Way and grab a bite to eat there if you'd like!

**Date:** Thursday, June 5th

**Time:** Leave at 10:00am (Be here at 9:45am)

**Return:** Approximately 3:00pm

**Cost:** \$6 (Bring \$ for shopping & lunch)

Pay and Sign up at the front Desk (NO REFUNDS)

Only 12 seats available

Need a minimum of 7 to go on trip

## Lake Wilderness Arboretum



Stroll through the gardens and forested areas at the Lake Wilderness Arboretum Foundation. Choose from several trails. We'll drive back through Black Diamond and enjoy lunch at the Black Diamond Bakery and Restaurant.

**Date:** Thursday, June 26th

**Time:** Leave at 9:30am (Be here at 9:15am)

**Lunch:** 1:00 @ Black Diamond Bakery & Restaurant

**Return:** Approximately 3:00pm

**Cost:** \$6 (Bring \$ for lunch)

Pay and Sign up at the front Desk (NO REFUNDS)

Only 12 seats available.

Need a minimum of 9 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

## Let's Dance—Line Dancing



Mondays at 10:00am

Second Monday at 9:30am (June 9th)



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.

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

**NEW**

## Stretch Class

Mondays at 2:00pm

No Class on 4th Monday (June 23rd)

This class combines stretching using balls, bands and weights.



**Cost:** \$3.00

**Instructor:** Christel Paul.

## Tai Chi

Canceled June 12th

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

# SENIOR CORNER



## Welcome Karla Scott

Karla Scott is our new bubbly and vibrant part-time receptionist. If you have not met her yet, you will see her helping at the front desk and dancing at our parties.

"Karla with a K" was born in Portland, Oregon. Karla is the youngest of four sisters, all with names that start with "K." She graduated with honors from Grant High School and became the youngest licensed insurance agent in Oregon at just 17. Her passion for music led her to travel internationally with the New Oregon Singers, performing in Tahiti, Fiji, New Zealand, and Australia. As a dancer in front of the singers, she donned white go-go boots and brought energy to stages, including unique venues like the Oregon State Penitentiary and a Kirby vacuum cleaner conference in Canada.

At 23, Karla joined the U.S. Air Force, serving as a crew chief on C-130 aircraft. She married a fellow service member, and together they were stationed at Osan Air Base in South Korea, where she worked on an OV-10 aircraft and flew a mission near the DMZ. After five years of service, Karla dedicated 25 years to raising their daughters, during which time the family lived in Misawa, Japan, and later in Spokane, Washington.

Before retiring, Karla worked for 13 years as a receptionist at FCI in downtown Tacoma. Her commitment to community service is evident in her roles as the Junior Vice Commander of Spanaway VFW Post #9079 and as the Secretary/Treasurer of her Homeowner's Association. Known for her well-maintained praiseworthy yard and boundless energy, Karla continues to be an active and positive presence in her community.

Reflecting on her life experiences, Karla advises her 20-year-old self to use her 5 senses:

- **Listen** to Jesus
- **See** opportunities to serve
- **Smell** the flowers and the coffee
- **Touch** (hug) your friends
- **Taste** the great food at Sumner Senior Center!

Karla Scott's life is a testament to embracing opportunities, serving others, and living with joy and purpose.

*Next time you come in, say hello to "Karla with a K" and introduce yourself!*

## Gift Basket Raffles

Thank you for your generous donations of items to add to our baskets for raffles.

We are collecting items for our upcoming Father's Day Raffle and also accept donations throughout the year. (Examples: candy, gift cards, themed items, etc.)

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

*Thank you for your support.*

## Mother's Day Gift Basket Raffle Winner!



**Congratulations, Dee!**



**253-841-3161**

**2102 E. Main Ste. 111  
Puyallup, WA 98372**



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!

