

MAY 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**)

~ May Highlights ~

- May 1st** Trip: Little Creek Casino
- May 8th** Mother's Day Party with music by *Tim Anderson*
- May 15th** Trip: Snoqualmie Falls & Casino
- May 22nd** Trip: Seattle Waterfront
- May 26th** **CLOSED FOR MEMORIAL DAY**
- May 28th** Birthday Party
BP & Glucose Checks
Music by *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
Receptionist
Karla Scott
Bus Driver
Lesa 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
Vicki Yarnell

EDUCATIONAL, HEALTH & OTHER SERVICES

AARP Smart Driver Course

AARP Friday, May 23rd
8:30am—4:30pm
Refresh your driving skills and become a safer, more confident driver!
**Cost: \$20 for AARP members
\$25 for Non-AARP members**
Register in Advance

Ask the Lawyer

Monday, May 5th
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

Author Talk

“From Death to Life;
My Journey Through Cancer”
Wednesday, May 14th
11:00am—11:45am
Author Bud Kolstad, Presenting
Register in Advance

Blood Pressure & Glucose Checks

Wednesday, May 28th
11:30am—Noon
Free Service provided by
Linden Grove Health Care Center

Caregiving Support Group

Tuesday, May 20th
10:00am—Noon

Speaker, Jo Ann Lyman,
Comfort Keepers

Drop-in Tech Help

Thursday, May 8th
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, May 1st
10:00am—3:00pm
Please arrive with washed hair.
Suggested Minimum is \$6 (Cut only)
Must call to schedule your appointment for June starting May 1st.

Massage (Chair only)

Wednesday, May 14th & 21st
10:00am—3:00pm
Cost: \$10 for 20 min.
or \$15 for 30 min.
Register in Advance at the Front Desk

NEW

Mingling of the Minds

Thursday, May 1st
9:30am-11:00am
Bring a topic you would like to discuss.
Warm and friendly atmosphere.

Senior Footcare by April

 Friday, May 9th
9:00am—3:00pm
Cost: \$50 cash or check
MUST bring a towel
To make all appointments call Tasha, with Senior Footcare @ (253) 848-9625

Smartphone Class

Thursday, May 1st
11:20am—Noon
Sign up to get one-on-one support.
This is the last class until October!
Courtesy of Sumner HS Students
Register in Advance

Sound Associates Northwest

Monday, May 5th
11:00am—Noon
Sign up to get hearing and hearing aid assistance.
Dennis Tembreull, Sound Associates NW, Hearing Care Provider
Register in Advance

Watch Sales & Repair

Wednesday, May 7th & 21st
10:00am—Noon
Cost for watches: Varies
For a battery replacement,
Drop-off at the center with \$5
Monday-Friday, between 8am - 4pm

Workshop

Concierge Care Advisors
Monday, May 12th
11:00am—11:45am
Come join this talk and discussion to help seniors plan their living transitions.
Jenny Austin-Krzemien, Senior Concierge Advisor
Register in Advance

Workshop

Home Instead
Thursday, May 15th
11:00am—11:45am
Helping loved ones with care and support to stay in their homes.
Gary Waddington, Home Care Consultant
Register in Advance

EVENTS

Mother's Day Party



Music by *Tim Anderson*

Date: Thursday, May 8th

Time: 11:30am—12:30pm

Must Make Lunch Reservations by April 30th

Birthday Party

"Jolly Holiday"

Featuring *Mary Poppins*

Music by *NM Entertainment*



Spring is here and it's time to celebrate women and all the magic of enchanted musical theatre!

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, May 28th

Time: 11:30am—12:30pm

Must Make Lunch Reservations by May 20th

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 (May 12th)



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 May 28th

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



This class combines stretching using balls, bands and weights.

Cost: \$3.00

Instructor: *Christel Paul*

Tai Chi

Canceled May 8th

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*



SSC Activities ~ May 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	<p align="center">IMPORTANT INFORMATION</p> <p align="center"><u>Reservations REQUIRED for Lunch on Music Days:</u></p> <p align="center">May 8th and 28th</p> <p align="center">Sign Up in the Dining Room or Call to Make Your Reservation <u>EARLY!</u> We fill up quickly.</p> <p align="center"><i>Check newsletter for music times.</i></p>		<p align="right">1</p> <p>8:30 Tai Chi 9:00 Trip: Little Creek Casino 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</p>	<p align="right">2</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 align="right">5</p> <p>10:00 Line Dancing Class 11:00 Sound Associates 12:00 Art Club Meeting 12:00 Lunch 1:00 Ask the Lawyer 1:30 Bunco 2:00 Stretch Class</p>	<p align="right">6</p> <p>10:30 Karaoke 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga</p>	<p align="right">7</p> <p>9:00 S.A.I.L. Exercise 10:00 Watch & Jewelry Sale 10:30 Hand & Foot Cards 12:00 Lunch 12:30 Bridge</p>	<p align="right">8</p> <p>Mother's Day Party <u>(Reservations Required)</u></p> <p>10:30 Drop-In Tech Help 11:30 Music-Tim Anderson 12:00 Lunch 12:30 Knit and Crochet</p> <p align="center">CANCELED: Tai Chi</p>	<p align="right">9</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 align="right">12</p> <p>9:30 Line Dancing Class 11:00 Workshop- Concierge Care Advisors 12:00 Lunch 12:30 Bunco 1:00 Book Club 2:00 Stretch Class</p>	<p align="right">13</p> <p>12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga</p>	<p align="right">14</p> <p>9:00 S.A.I.L. Exercise 10:00 Massage (Chair) 10:30 Hand & Foot Cards 11:00 Bud Kolstad - "From Death to Life: My Journey Through Cancer" 12:00 Lunch 12:30 Bridge</p>	<p align="right">15</p> <p>8:30 Tai Chi 9:00 Trip: Snoqualmie Falls and Casino 11:00 Workshop—Home Instead 12:00 Lunch 12:30 Knit and Crochet 1:00 Mexican Train Dominoes</p>	<p align="right">16</p> <p>9:00 S.A.I.L. Exercise 10:30 Canasta 12:00 Lunch 1:30 BINGO</p>
<p align="right">19</p> <p>10:00 Line Dancing Class 12:00 Lunch 1:30 Bunco 2:00 Stretch Class</p>	<p align="right">20</p> <p>10:00 Caregiving Support Group with Comfort Keepers 10:30 Karaoke 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga</p>	<p align="right">21</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 align="right">22</p> <p>8:30 Tai Chi 9:00 Trip: Seattle Waterfront 12:00 Lunch 12:30 Knit and Crochet</p>	<p align="right">23</p> <p>8:30 AARP Smart Driver Course 9:00 S.A.I.L. Exercise 10:30 Canasta 12:00 Lunch 1:30 BINGO</p>
<p align="center">CLOSED</p> <p align="right">26</p> 	<p align="right">27</p> <p>9:00 Morning Momentum 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga</p>	<p align="right">28</p> <p>BirthDay Party <u>(Reservations Required)</u></p> <p>10:30 Hand & Foot Cards 11:30 Music- "Jolly Holiday" NM Entertainment 11:30 BP & Glucose Checks 12:00 Lunch 12:30 Bridge</p> <p align="center">CANCELED: S.A.I.L. Exercise</p>	<p align="right">29</p> <p>8:30 Tai Chi 12:00 Lunch 12:30 Knit and Crochet</p>	<p align="right">30</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>*Reservations Required for Lunch on Music Days May 8th and 28th *Check newsletter for music times</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>		<p>1 BBQ Chicken Pasta Salad Green Beans Ice Cream Pineapple Sauce</p>	<p>2 Pancakes Sausage Patty Scrambled Eggs Melon Orange Juice</p>
<p>5 Beef Stir Fry Fried Rice with Egg Peas and Carrots Fortune Cookie Ice Cream Cup</p>	<p>6 Chinese Chicken Salad Wheat Roll Pears</p>	<p>7 Beef Macaroni Broccoli Wheat Roll Applesauce</p>	<p>8 Mother's Day Party *Must make reservations Pork Chops with Apples Cucumber, Tomato and Feta Salad Rice Pudding</p>	<p>9 Shrimp Scampi Linguini Pasta Strawberry Spinach Salad Wheat Roll Coconut Cream Pie</p>
<p>12 Baja Chicken Black Bean, Corn, and Rice Salad Ice Cream with Pineapple Sauce</p>	<p>13 BBQ Pork Roll Apple Coleslaw Green Beans Melon</p>	<p>14 Meatloaf Potatoes and Gravy Carrots Oranges Brownie</p>	<p>15 Chicken and Cheese Taco Cauliflower Salsa Sour Cream Caramelized Bananas</p>	<p>16 Tuna Melt Pea, Onion and Tomato Salad with Cheese Grapes</p>
<p>19 Fish and Chips Coleslaw Yogurt Strawberry Rhubarb Compote</p>	<p>20 Taco Bake Casserole Corn and Black Beans Pinto Beans Melon</p>	<p>21 Chicken Cacciatore Zucchini and Tomato Medley Wheat Roll Pears</p>	<p>22 Baked Cod Roasted Mediterranean Veggies Oatmeal Raisin Cookie</p>	<p>23 Philly Cheese Sandwich Brussel Sprouts Grapes</p>
<p>CLOSED 26  Memorial Day REMEMBER AND HONOR</p>	<p>27 Fish Sandwich Broccoli and Cauliflower Orange Vanilla Ice Cream</p>	<p>28 Birthday Party *Must make reservations Beef Goulash Broccoli Pound Cake Strawberries Whipped Cream</p>	<p>29 Pork Luau Rice Pineapple Coleslaw Hawaiian Roll Tropical Fruit Salad</p>	<p>30 Turkey Meatloaf Potato with Sour Cream Broccoli Oatmeal Raisin Cookie</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, May 12th

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

May 5th & 19th at 1:30pm

Cost: \$2

May 12th 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, May 2nd

10:30—Noon

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

Bring a glue stick!

Cost: \$7 Register in Advance

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, May 6th & 20th

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, May 1st & 15th

at 1:00pm

A new twist on the classic game of dominoes.

Come and have fun with our group.

NEW

Morning Momentum

Tuesday, May 27th 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

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, May 21st

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

Little Creek Casino



Date: Thursday, May 1st

Leave SSC: 9:00am

Cost: \$9.00

Bring \$ for lunch at casino

Approx. Return Time: 4:00pm

Pay and Sign Up at the Front Desk

Only 12 Seats Available

Need a minimum of 6 to go on the trip

Snoqualmie Falls & Casino

Date: Thursday, May 15th

Leave SSC: 9:00am

Cost: \$8.00

Bring \$ for lunch at casino

Approx. Return Time: 4:00pm

We will stop at Snoqualmie Falls first, then drive to Snoqualmie Casino for lunch and fun!

Pay and Sign Up at the Front Desk

Only 12 Seats Available

Need a minimum of 6 to go on the trip



Seattle Waterfront



Date: Thursday, May 22nd

Leave SSC: 9:00am

Cost: \$8 Approx. Return Time: 3:00pm

Take a walk along the waterfront and explore parks, shops and restaurants, like Ivar's, the local landmark!

Bring money for lunch, shopping and attractions.

Pay and Sign Up at the Front Desk

Only 12 Seats Available

Need a minimum of 6 to go on the trip

SENIOR CORNER



Lesa Jackson

Welcome Lesa Jackson, our new bus driver! Her long-time neighbor recruited her for the position, knowing she would be the perfect fit for our center.

Lesa has always had a passion for helping others. Over the years, her love for connecting with people has been evident in every role she's taken from caring for children to running an adult family home, a business which she bought through her mom. In fact, one of the women she once cared for was the mother of one of our members. Now Lesa brings her kindness and extensive experience to our senior center. She drives our bus part time and also works on-call with Premier Coaches.

Born in Waynesville, North Carolina, Lesa's journey took her from Florida to Louisiana before she finally settled in Washington at the age of seven. Growing up in a big family with two brothers and two sisters, she has embraced life's challenges with resilience and warmth.

While Lesa has worn many hats throughout her life - working at Fred Meyer, the receptionist at a doctor's office, janitor extraordinaire - her favorite career is driving motor coaches. Outside of work, she enjoys the freedom of traveling in her RV, delights in cooking and baking, and is a devoted dog lover—always accompanied by her two furry friends. One of her most cherished moments in life was the birth of her son.

Reflecting on her experiences, Lesa would tell her 20-year-old self, "Stay strong just the way you are, don't work so much, and spend more time with your mom."

We are incredibly lucky to have Lesa as part of our team and look forward to many great journeys ahead with her.

Hop on the bus and take a ride with Lesa!

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.

Thank you for your support.



253-841-3161

2102 E. Main Ste. 111
Puyallup, WA 98372



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!

