

# JULY 2025 NEWSLETTER

**Welcome to the Sumner Senior Center!**

**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**)

## **~ July Highlights ~**

- July 2<sup>nd</sup>** Fourth of July Party with music by  
*Jim Meck*
- July 3<sup>rd</sup>** Trip—Brown's Point Lighthouse Park
- July 10<sup>th</sup>** Trip— Muckleshoot Casino
- July 17<sup>th</sup>** Trip— Poulsbo Shopping and  
Sluys Bakery
- July 23<sup>rd</sup>** Birthday Party  
BP & Glucose Checks  
Music by *NM Entertainment -*  
*"Stars & Stripes ~ Music Man"*
- July 28<sup>th</sup>** Movie Day: "The Bucket List"

**CLOSED**

**Friday, July 4<sup>th</sup>**

In observance of Independence 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**

*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**  
**Judy Kimball**  
**Cathy McLaughlin**  
**Judy McLean**  
**Chiho Pewitt**  
**David Shelvey**  
**Elaine Snellman**  
**Gaylyn Wilson**

# EDUCATIONAL, HEALTH & OTHER SERVICES

## AARP Smart Driver Course



Friday, July 25th

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, July 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, July 23rd

11:30am—Noon

Free Service provided by  
Linden Grove Health Care Center

## Caregiving Support Group

Tuesday, July 29th

10:00am—Noon



## Haircuts By Becky

Thursday, July 3rd

10:00am—3:00pm

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

Must call to schedule your  
appointment for August starting July 1st.

## Hearing Aid Checks

Monday, July 14th

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, July 16th & 23rd

10:00am—3:00pm

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

Register in Advance at the Front Desk

## Medicare Game Day- Human Slot Machine

Thursday, July 24th

11:00am—11:45am

Presented by Audra Albert,  
The Medicare Exchange

Register in Advance

## **NEW** Morning Momentum

Tuesday, July 22nd

9:00am—11:30am

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, July 11th

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

## Tech Help

Thursday, July 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

## Watch & Jewelry Sales & Battery Replacement

Wednesday, July 16th

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

Weigh Less—Live More

Monday, July 7th

10:30am—Noon

Overcoming the Weight Gain “Pit of Despair”

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

Register in Advance

## Workshop

Amada Senior Care

Tuesday, July 8th

11:00am—11:45am

Presented by Martin Onstot, In-Home Care,  
Long Term Care Insurance Advocacy

Register in Advance

## Workshop

Family Resource Home Care

Tuesday, July 22nd

11:00am—11:45am

Navigating Care Options: Understanding  
Home Health, Hospice & Home Care.

Presented by Ann Southard Ferrell

Register in Advance

# EVENTS AND MUSIC

## Fourth of July Party



Come enjoy lunch with us!



Music by

*Jim Meck*

Date: Wednesday, July 2nd

Time: 11:30am—12:30pm

Must Make Lunch Reservations by June 25th

## Birthday Party



Music by NM Entertainment

# STARS & STRIPES

Featuring: "Music Man"

Sound the Trumpet! It's time to celebrate the brave men and women who built this country!

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

**Blood Pressure & Glucose Checks also available.**

*Thank you* to Vineyard Park of Sumner 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, July 23rd

Time: 11:30am—12:30pm

Must Make Lunch Reservations by July 15th

## Movie Day



## "The Bucket List"

Sponsored by

Generations Home Care



Date: Monday, July 28th

Time: 1:30pm (1 hr. 37 mins.)

Billionaire Edward Cole (Jack Nicholson) and car mechanic Carter Chambers (Morgan Freeman) are complete strangers, until fate lands them in the same hospital room. The men find they have two things in common: a need to come to terms with who they are and what they have done with their lives, and a desire to complete a list of things they want to see and do before they die. Against their doctor's advice, the men leave the hospital and set out on the adventure of a lifetime.



\*Subject to change

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





# SSC ACTIVITIES ~ JULY 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> 10:30 Karaoke 10:30 Card Making Class 10:30 DNA/Genealogy 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 12:30 DNA/Genealogy 1:30 Chair Yoga	<b>2</b> <u><b>4th of July Party</b></u> <u><b>(Reservations Required)</b></u> 9:00 S.A.I.L. Exercise 10:30 Hand & Foot Cards 11:30 Music- <b>Jim Meck</b> 12:00 Lunch 12:30 Bridge	<b>3</b> 8:30 Tai Chi 9:30 Mingling of the Minds 10:00 Trip: Brown's Point Lighthouse 10:00 Haircuts by Becky 12:00 Lunch 12:30 Knit and Crochet 1:00 Mexican Train Dominoes	<b>4</b> <u><b>CLOSED</b></u> 
<b>7</b> 10:00 Line Dancing Class 10:30 Workshop: Weigh Less - Live More 12:00 Lunch 1:00 <b>Ask the Lawyer</b> 1:30 Bunco 2:00 Stretch Class	<b>8</b> 11:00 Workshop: <b>Amada Senior Care</b> 12:00 Lunch 12:00 Open Paint 12:15 Pinochle Tournament 1:30 Chair Yoga	<b>9</b> 9:00 S.A.I.L. Exercise 10:30 Hand & Foot Cards 12:00 Lunch 12:30 Bridge	<b>10</b> 8:30 Tai Chi 10:00 Trip: <b>Muckleshoot Casino</b> 10:30 Tech Help 12:00 Lunch 12:30 Knit and Crochet	<b>11</b> 9:00 S.A.I.L. Exercise 9:00 Senior Footcare by April 10:30 Canasta 12:00 Lunch 1:30 BINGO
<b>14</b> 9:30 Line Dancing Class 11:00 Hearing Aid Checks 12:00 Lunch 12:30 Bunco 1:00 Book Club 2:00 Stretch Class	<b>15</b> 10:30 Karaoke 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga	<b>16</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>17</b> 8:30 Tai Chi 9:30 Trip: <b>Explore Poulsbo</b> <b>&amp; Sluys Bakery</b> 12:00 Lunch 12:30 Knit and Crochet 1:00 Mexican Train Dominoes	<b>18</b> 9:00 S.A.I.L. Exercise 10:30 Canasta 12:00 Lunch 1:30 BINGO
<b>21</b> 10:00 Line Dancing Class 12:00 Lunch 1:30 Bunco 2:00 Stretch Class	<b>22</b> 9:00 Morning Momentum 11:00 Family Resource Home Care 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga	<b>23</b> <u><b>Birthday Party</b></u> <u><b>(Reservations Required)</b></u> 9:00 S.A.I.L. Exercise 10:00 Massage (Chair) 10:30 Hand & Foot Cards 11:30 Music- <b>"Stars &amp; Stripes"</b> <b>NM Entertainment</b> 11:30 BP & Glucose Checks 12:00 Lunch 12:30 Bridge	<b>24</b> 8:30 Tai Chi 11:00 Medicare Game Day Human Slot Machine 12:00 Lunch 12:30 Knit and Crochet	<b>25</b> 8:30 AARP Smart Driver Course 9:00 S.A.I.L. Exercise 10:30 Canasta 12:00 Lunch 1:30 BINGO
<b>28</b> 10:00 Line Dancing Class 12:00 Lunch 1:30 Movie: <b>"The Bucket List"</b>	<b>29</b> 10:00 Caregiving Support Group 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga	<b>30</b> 9:00 S.A.I.L. Exercise 9:30 Painting: <b>Pots &amp; Rocks</b> 10:30 Hand & Foot Cards 12:00 Lunch 12:30 Bridge	<b>31</b> 8:30 Tai Chi 12:00 Lunch 12:30 Knit and Crochet	 <u><b>Reservations</b></u> <u><b>Required for Lunch</b></u> <u><b>on Music Days:</b></u> <b>Wednesday, July 2<sup>nd</sup></b> <b>and</b> <b>Wednesday, July 23<sup>rd</sup></b>

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

**Sumner Senior Center ~ 15506 62nd St. Ct. E. Sumner, WA 98390 ~ Hours: 8:00 a.m. to 4:30 p.m. ~ 253-863-2910**





Monday	Tuesday	Wednesday	Thursday	Friday
<b>MEALS</b> Senior Citizens 60 & Up Suggested Contribution is \$3.50 Cost for all others is \$6 Lunch served at Noon	<b>BBQ Chicken</b> Pasta Salad Green Beans Ice Cream	<b>4th Of July Party</b> Must Reserve by June 25th <b>Swiss Cheese Burger</b> Lettuce & Tomatoes Wedge Fries Mixed Berries	<b>French Toast</b> Sausage Links Hash Browns Orange Juice	<b>CLOSED</b> 
<b>Beef Taco Salad</b> Salsa & Sour Cream Tortilla Chips Orange	<b>Florentine Fish</b> Zucchini & Onion Tomatoes Cherry Crisp	<b>Chinese Pepper Steak</b> Brown Rice Stir Fry Veggies Kiwi & Ice Cream Fortune Cookie	<b>Pork Cutlet</b> Baked Potato Baked Beans Coleslaw	<b>Shrimp Salad</b> Melon Wheat Roll Lemon Bar
<b>Spaghetti with Ground Turkey</b> Green Beans Breadsticks Pears	<b>Fish Taco</b> Rice & Beans Berries and Whipped Cream	<b>Beef &amp; Pepper Casserole with Rice</b> Salad Peach Cobbler	<b>Parmesan Tilapia</b> with Pilaf Squash Brownie Bits	<b>Grilled Chicken Salad</b> with Walnuts and Strawberries Hard Boiled Egg Wheat Roll
<b>Swedish Meatballs</b> Potato Salad Apricots	<b>Mediterranean Chicken Wrap</b> Spinach and Cannellini Beans Rice Pudding	<b>Birthday Party</b> Must Reserve by July 15th <b>Caribbean Pork Chops</b> with Peppers Pineapple Cornbread	<b>Chicken Caesar Salad</b> Baked Apple	<b>Fish Sandwich</b> Malibu Blend Veggies Orange Ice Cream
<b>Movie</b> <b>Chicken Teriyaki Rice</b> with Peas and Carrots Asian Vegetable Blend Pear Fortune Cookie	<b>Pork Fajitas</b> with Onion and Zucchini Pino Beans Banana	<b>Beef Lasagna</b> Green Beans Breadstick Apples with Walnuts and Whipped Cream	<b>Macaroni &amp; Cheese</b> Brussel Sprouts Wheat Roll Strawberries	<b>*Reservations Required for Lunch on July 2<sup>nd</sup> and 23<sup>rd</sup></b> <b>*Check newsletter for music times</b> 

**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, July 14th

at 1:00pm

Hosted by Nichole Valencia from Sumner Library

*Register in Advance*

**Check it Out!**

## Bridge

Wednesdays at 12:30pm

Cost: \$1

Stop in and join in!



Need more players



## Bunco Mondays

July 7th & 21st at 1:30pm

Cost: \$2

July 14th 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

Tuesday, July 1st

10:30—Noon

Cost: \$7

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

*Bring a glue stick!*

*Register in Advance*

**New Day This Month**

## DNA or Genealogy

Tuesday, July 1st

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, July 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

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

## Mexican Train Dominoes

Thursday, July 3rd & 17th

at 1:00pm

A new twist on the classic game of dominoes.

*Come and have fun with our group.*

## Mingling of the Minds

Thursday, July 3rd

9:30am-11:00am

*Bring a topic you would like to discuss.*

*Warm and friendly atmosphere.*

## 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, July 30th

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!*

# TRIPS

## Brown's Point Lighthouse Park & Lunch at Wally's



Walk along the 4.03 acre park with waterfront access. Afterwards we'll have lunch at Wally's Chowder House.

**Date:** Thursday, July 3rd

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

**Return:** Approx 3:00pm

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

Pay and Sign up at the front Desk  
**12 seats on bus. Sorry, no refunds.**  
Need a minimum of 9 to go on trip

## Muckleshoot Casino



**Date:** Thursday, July 10th

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

**Return:** Approx 3:00pm

**Cost:** \$5 (Bring \$ for lunch)

Pay and Sign up at the front Desk  
**12 seats on bus. Sorry, no refunds.**

Need a minimum of 8 to go on trip

## Explore Poulsbo & Sluys Bakery



Take a stroll in Poulsbo, visiting unique shops and the famous Sluys Bakery.

**Date:** Thursday, July 17

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

**Return:** Approx 4:00pm

**Cost:** \$10 (Bring \$ for lunch)

Pay and Sign up at the front Desk  
**12 seats on bus. Sorry, no refunds.**  
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 (July 14th)**



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 (July 28th)**

This class combines stretching using balls, bands and weights.



**Cost:** \$3.00

**Instructor:** Christel Paul.

## 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

# SENIOR CORNER



## 2025 Sumner High School Senior Scholarship

Congratulations to Brooke Parkinson, this year's recipient of our annual Sumner Senior Center Scholarship. She feels very honored to be selected.

Throughout Brooke's time in school, she has been actively involved in ASB. This has given her the chance to plan events and bring her school community together, something she is truly passionate about.

Brooke grew up on Lake Sammamish before moving to Lake Tapps in 4th grade, which has shaped her in so many ways. That's where she really started building lasting friendships and creating incredible memories. She is a twin, which always makes life interesting. She also has the sweetest dog, Riggs, who greets her with a wagging tail no matter what kind of day she's had.

Brooke's friends and family are everything to her. Some of her favorite moments are simple, like spending long summer days out on the lake swimming, boating, and soaking up the sun with friends. She also enjoys winter ski trips with her family. These little moments of joy and connection are what life is all about for her.

Next year, Brooke is excited to continue her education at Cal Poly San Luis Obispo, where she is looking forward to starting a new chapter. Right now she is working at Salon Ish, which gives her a chance to be creative in a welcoming environment, and she also works as a server at the Hilton Garden Inn in Issaquah. She is incredibly grateful for the opportunities and support she has received, and she can't wait to see what the future holds!

We are happy for Brooke and we thank her for leading and organizing the Smartphone class here at the Sumner Senior Center. Good luck on your next adventure!

### PLEASE JOIN US FOR: VINEYARD PARK OF SUMNER GRAND OPENING BBQ BASH!

Get ready to celebrate! Join us for a 50's themed day of live music, delicious BBQ, fun games, and tours of our beautiful community. It is the perfect opportunity to meet our team and amazing residents.

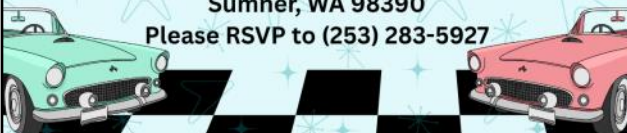
Saturday, July 26th

12-3pm

15519 62<sup>nd</sup> St. Court E.

Sumner, WA 98390

Please RSVP to (253) 283-5927



### Father's Day Gift Basket Raffle Winner



*Congratulations, Perscilla!*



253-841-3161

2102 E. Main Ste. 111  
Puyallup, WA 98372