

JULY 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**)

~ July Highlights ~

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



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

CLOSED

Friday, July 4th

In observance of Independence Day

SUMNER SENIOR CENTER

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

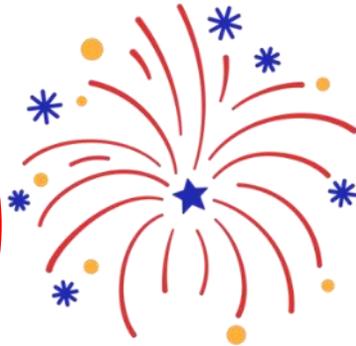
Navigating Care Options: Understanding
Home Health, Hospice & Home Care.

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.

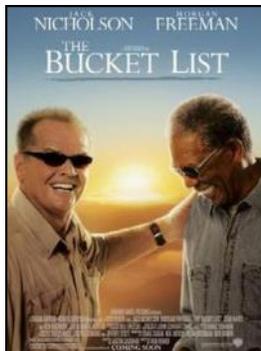
Thank you to Vineyard Park of Sumner for the cakes; to Linden Grove Health Care Center for the gift basket, blood pressure & glucose checks; and to Connor Shoemaker of Keller Williams Realty for the Balloons!

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

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
<p>MEALS Senior Citizens 60 & Up Suggested Contribution is \$3.50 Cost for all others is \$6 Lunch served at Noon</p>	<p>1 BBQ Chicken Pasta Salad Green Beans Ice Cream</p>	<p>2 4th Of July Party Must Reserve by June 25th Swiss Cheese Burger Lettuce & Tomatoes Wedge Fries Mixed Berries</p>	<p>3 French Toast Sausage Links Hash Browns Orange Juice</p>	<p>4 CLOSED </p>
<p>7 Beef Taco Salad Salsa & Sour Cream Tortilla Chips Orange</p>	<p>8 Florentine Fish Zucchini & Onion Tomatoes Cherry Crisp</p>	<p>9 Chinese Pepper Steak Brown Rice Stir Fry Veggies Kiwi & Ice Cream Fortune Cookie</p>	<p>10 Pork Cutlet Baked Potato Baked Beans Coleslaw</p>	<p>11 Shrimp Salad Melon Wheat Roll Lemon Bar</p>
<p>14 Spaghetti with Ground Turkey Green Beans Breadsticks Pears</p>	<p>15 Fish Taco Rice & Beans Berries and Whipped Cream</p>	<p>16 Beef & Pepper Casserole with Rice Salad Peach Cobbler</p>	<p>17 Parmesan Tilapia with Pilaf Squash Brownie Bits</p>	<p>18 Grilled Chicken Salad with Walnuts and Strawberries Hard Boiled Egg Wheat Roll</p>
<p>21 Swedish Meatballs Potato Salad Apricots</p>	<p>22 Mediterranean Chicken Wrap Spinach and Cannellini Beans Rice Pudding</p>	<p>23 Birthday Party Must Reserve by July 15th Caribbean Pork Chops with Peppers Pineapple Cornbread</p>	<p>24 Chicken Caesar Salad Baked Apple</p>	<p>25 Fish Sandwich Malibu Blend Veggies Orange Ice Cream</p>
<p>28 Movie Chicken Teriyaki Rice with Peas and Carrots Asian Vegetable Blend Pear Fortune Cookie</p>	<p>29 Pork Fajitas with Onion and Zucchini Pino Beans Banana</p>	<p>30 Beef Lasagna Green Beans Breadstick Apples with Walnuts and Whipped Cream</p>	<p>31 Macaroni & Cheese Brussel Sprouts Wheat Roll Strawberries</p>	<p>*Reservations Required for Lunch on July 2nd and 23rd *Check newsletter for music times </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, 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



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!

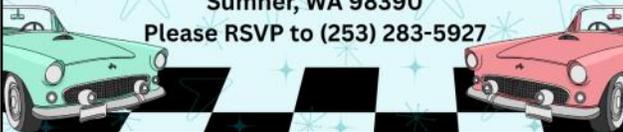
PLEASE JOIN US FOR: VINEYARD PARK OF SUMNER GRAND OPENING BBQ BASH!

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 62nd St. Court E.
Sumner, WA 98390

Please RSVP to (253) 283-5927



Father's Day Gift Basket Raffle Winner



Congratulations, Percilla!



253-841-3161

2102 E. Main Ste. 111
Puyallup, WA 98372