

# SEPTEMBER 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**)

## ~ September Highlights ~

- September 9<sup>th</sup>**      **Come Chat With the Mayor  
about the Senior Center Changes**
- September 11<sup>th</sup>**      **Birthday Party ~  
BP & Glucose Checks  
Music by Jim Meck**
- September 22<sup>nd</sup>**      **Movie Matinee:  
"Must Love Dogs"**
- September 24<sup>th</sup>**      **Music: *NM Entertainment*  
"Classic Hollywood"**

**CLOSED: Monday, September 1st**  
in Observance of Labor 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**

### SSC Volunteers

Cindy Adams  
Page Ann & Paul Chapman  
Judy Kimball  
David Shelvey

### Catholic Community Serv.

Meal Site Cook  
**Peggy Huihui**

### CCS Volunteers

Carol Davis  
Loretta Farnsworth  
Cathy Fonseca  
Maria Hill  
Cathy McLaughlin  
Judy McLean  
Jim Meier  
Christel Paul  
Chiho Pewitt  
Elaine Snellman  
Gaylyn Wilson



CITY OF  
**SUMNER**  
WASHINGTON

# EDUCATIONAL, HEALTH & OTHER SERVICES

## AARP Smart Driver Course

Friday, September 26th

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 at the Front Desk

## Ask the Lawyer

Monday, September 8th

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, September 11th

11:30am—Noon

Free Service provided by  
Linden Grove Health Care Center

## Caregiving Support Group

Tuesday, September 16th

10:00am—Noon

Guest Speaker Valerie Borgman,  
from Clear Path Senior Living Solutions



## Haircuts By Becky

Thursday, September 4th

10:00am—3:00pm

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

Must call to schedule your appointment  
for OCTOBER starting September 2nd.

## Hearing Aid Checks

Monday, September 8th

11:00am—Noon

Sign up to get  
hearing aid assistance.

Dennis Tembreull, *Sound Associates*  
NW, Hearing Care Provider

Register in Advance

## DNA or Genealogy

Tuesday, September 2nd

10:30am—11:30am

12:30pm—1:30pm

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

Register in Advance

## Massage (Chair only)

Wednesday, Sept. 3rd & 17th

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, September 4th

9:30am-11:00am

Bring a topic you would like to discuss.

Warm and friendly atmosphere.

## Senior Footcare by April

Friday, September 12th

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, September 11th

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, September 17th

(Once a month)

10:00am—Noon

For a watch battery replacement,

Drop-off at the center with \$5  
Monday-Friday from 8am - 4pm

## Workshop

The A,B,C & Ds of Medicare

Thursday, September 4th

11:00am—11:45am

Presented by Audra Albert,  
The Medicare Exchange

Register in Advance

## Workshop

O2B Sugar Free  
Dissolving Sugar Cravings

Monday, September 8th

10:30am—Noon

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

Register in Advance

## Workshop

Principal Health Clinic  
Wednesday, September 10th

11:00am-11:45am

Learn how you can get support  
for your health & wellness.

Register in Advance

# EVENTS AND MUSIC

## Birthday Party

Everyone is welcome to join us  
in celebrating our members' birthdays this month.  
**Blood Pressure & Glucose Checks also available.**



*Music by*  
**Jim Meck**

*Thank you 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: Thursday, September 11th**

**Time: 11:30am—12:30pm**

**Must Make Lunch Reservations by September 3rd**

## Music Party

*Featuring*  
**N.M. ENTERTAINMENT**

**Classic Hollywood**  
*"Singing in the Rain"*

Golden Age Hollywood  
Films are filled with  
musical classics that  
inspire our performers  
to glam up!



**Date: Wednesday, September 24th**

**Time: 11:30am—12:30pm**

**Must Make Lunch Reservations by Sept. 16th**

## Movie Matinee



**"Must Love Dogs"**

*Sponsored by Generations Home Care*

**Date: Monday, September 22nd**

**Time: 1:30pm (98 mins.)**



Pretty pre-school teacher Sarah Nolan is divorced, demoralized and dateless - until her sister posts her profile at perfectmatch.com. Now she has lots of dates. With wierdos, weepers, lechers, jocks - and Jake, a soulful boat builder whose idea of true love comes straight out of Doctor Zhivago. Jake is attractive, smart and maybe a bit too intense. So Sarah passes him by. And maybe passes up her one real chance for love. This romantic comedy is as delightful a surprise as a perfect blind date. Don't miss out; love could be just a mouse click away!

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

Snacks provided by  
 **CARE Patrol™**  
Your Partner In Senior Care Solutions



# SSC ACTIVITIES SEPTEMBER 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>CLOSED</b> 1 	2 10:30 Karaoke 10:30 DNA/Genealogy 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 12:30 DNA/Genealogy 1:30 Chair Yoga	3 9:00 S.A.I.L. Exercise 10:00 Massage (Chair) 10:30 Hand & Foot Cards 12:00 Lunch 12:30 Bridge	4 8:30 Tai Chi 9:30 Mingling of the Minds 10:00 Haircuts by Becky 11:00 A,B,C & Ds of Medicare 12:00 Lunch 12:30 Knit and Crochet 1:00 Mexican Train Dominoes	5 9:00 S.A.I.L. Exercise 10:30 Canasta 10:30 Card Making Class 12:00 Lunch 1:30 BINGO
8 9:30 Line Dancing Class 10:30 Workshop: O2B Sugar Free 11:00 Hearing Aid Checks 12:00 Lunch 12:30 Bunco 1:00 Ask the Lawyer 1:00 Book Club 2:00 Stretch Class	9 11:30 Chat With the Mayor 12:00 Lunch 12:00 Open Paint 12:15 Pinochle Tournament 1:30 Chair Yoga	10 9:00 S.A.I.L. Exercise 10:30 Hand & Foot Cards 11:00 Principal Health Clinic 12:00 Lunch 12:30 Bridge	11 <b>Birthday Party</b> <u>(Call to Reserve Lunch)</u> 10:30 Tech Help 11:30 Music <b>Jim Meck</b> 11:30 BP & Glucose Checks 12:00 Lunch 12:30 Knit and Crochet <b>CANCELED: TAI CHI</b>	12 9:00 S.A.I.L. Exercise 9:00 Senior Footcare by April 10:30 Canasta 12:00 Lunch 1:30 BINGO
15 12:00 Lunch 1:30 Bunco 2:00 Stretch Class <b>CANCELED: LINE DANCING CLASS</b>	16 10:00 Caregiving Support Group with Valerie Borgman, Clear Path Senior Living Solutions 10:30 Karaoke 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga	17 9:00 S.A.I.L. Exercise 9:30 Painting Class: Pots & Rocks 10:00 Massage (Chair) 10:00 Watch & Jewelry Sale 10:30 Hand & Foot Cards 12:00 Lunch 12:30 Bridge	18 8:30 Tai Chi 10:00 Jewelry Making <u>Class</u> 12:00 Lunch 12:30 Knit and Crochet 1:00 Mexican Train Dominoes	19 9:00 S.A.I.L. Exercise 10:30 Canasta 12:00 Lunch 1:30 BINGO 
22 12:00 Lunch 1:30 Movie: "Must Love Dogs" <b>CANCELED: LINE DANCING CLASS</b>	23 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga	24 <b>Music Party</b> <u>(Call to Reserve Lunch)</u> 9:00 S.A.I.L. Exercise 10:30 Hand & Foot Cards 11:30 Music <b>NM Entertainment</b> <b>"Classic Hollywood"</b> 12:00 Lunch 12:30 Bridge	25 8:30 Tai Chi 10:00 Jewelry Making <u>Demonstration</u> 12:00 Lunch 12:30 Knit and Crochet	26 8:30 AARP Smart Driver Course 9:00 S.A.I.L. Exercise 10:30 Canasta 12:00 Lunch 1:30 BINGO
29 10:00 Line Dancing Class 12:00 Lunch 1:30 Bunco 2:00 Stretch Class	30 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga	 <div> <b>Reservations Required for Lunch on Music Days:</b>  <b>Thursday, September 11<sup>th</sup> and</b>  <b>Wednesday, September 24<sup>th</sup></b>            Sign Up in the Dining Room or            Call to Reserve Lunch <b>EARLY!</b> We fill up quickly.            Check newsletter for <u>Reservation Deadlines</u> and for music times.         </div>		

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

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



Monday	Tuesday	Wednesday	Thursday	Friday
<b>CLOSED</b> 1 	2 <b>Amadine Fish</b> Broccoli Normandy Wheat Roll Orange Chocolate Chip Cookie	3 <b>Chicken Salad</b> <b>Sandwich</b> Strawberry Spinach Salad Mixed Berries Whipped Cream	4 <b>Omelet</b> Sausage Patty Hashbrowns Honey Dew Melon	5 <b>Beef Shepard's Pie</b> Lettuce, Tomato & Carrot Salad Fig Newton
8 <b>Vegetarian</b> <b>Lasagna</b> Green Beans Sautéed Cinnamon Apples	9 <b>Honey</b> <b>Dijon Chicken</b> Potatoes Beets Mandarin Oranges	10 <b>Chef's Salad</b> with Turkey, Ham, Cheese and Egg Breadsticks Peaches	<b>Birthday Party</b> 11 <b>CALL TO RESERVE LUNCH</b> <b>BY SEPTEMBER 3rd</b> <b>Sweet &amp; Sour Pork</b> Vegetables Rice Fortune Cookie Ice Cream	12 <b>Salisbury Steak</b> <b>with Gravy</b> Mashed Potatoes Sautéed Spinach Fig Newton
15 <b>Turkey A La King</b> <b>with Biscuit</b> Waldorf Salad Animal Cookies	16 <b>Beef Spaghetti</b> Veggie Blend Italian Garlic Bread Pears	17 <b>Chicken Fajita</b> with Bell Peppers and Zucchini Rice Salsa and Sour Cream Tropical Fruit	18 <b>Pork Tenderloin</b> <b>Bake</b> Spinach Butternut Squash Grapes Oatmeal Cookie	19 <b>Pasta Salad</b> with Peas, Carrots, Bacon Crumbles Hard Boiled Egg Mandarin Oranges Lemon Bar
22 <b>Oven Fried Chicken</b> Veggie Blend Capri Roasted Potatoes Wheat Rolls Orange	23 <b>Sloppy Joe</b> <b>Sandwich</b> Tomato, Cucumber, Feta & Onion Salad Yogurt Strawberries	<b>Music</b> 24 <b>CALL TO RESERVE LUNCH</b> <b>BY SEPTEMBER 16th</b> <b>Creamy Pork</b> <b>Tomato Rotini</b> Green & Yellow Bean Blend Wheat Roll Fruit Cocktail	25 <b>Beef and Rice Burrito</b> Salsa & Sour Cream Tomato, Onion, Cucumber Salad Apples & Walnuts Whipped Cream	26 <b>Lime Fish</b> Zucchini Linguine Strawberry- Rhubarb Compote
<b>Movie</b> 29 <b>Beef and</b> <b>Pepper Steak</b> Bussel Sprouts Pound Cake with Strawberries Whipped Cream	30 <b>Chicken Burger</b> Potato Salad Veggie Sticks Honey Dew Melon	<b>MEALS</b> <b>For Seniors 60 &amp; Up:</b> <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>		<b>*Reservations</b> <b>Required for</b> <b>Lunch on:</b> <b>September</b> <b>11<sup>th</sup> &amp; 24<sup>th</sup></b> <b>*Check newsletter</b> <b>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, September 8th

at 1:00pm

Hosted by Judy Kimball

*Register in Advance*

 Check it Out!

## Bridge

Wednesdays at 12:30pm

Cost: \$1

Stop in and join in!



Need more players



## Bunco Mondays

September 8th at 12:30pm

Cost: \$5

September 15th & 29th  
at 1:30pm

Cost: \$2

*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, September 5th

10:30—Noon

Cost: \$7

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

*Bring a glue stick!*

*Register in Advance*

## Jewelry Making Class

Thursday, September 18th

10:00am—11:30am

Cost: Free (Must bring supplies)

Learn how to make wire earrings.  
Pick up a supply list of items needed.

Register in Advance (Limited to 8)

## Jewelry Making Demonstration

Thursday, September 25th

10:00am—11:30am

Cost: Free - or \$4 to buy a pair

Come watch how to make wire earrings.

Register in Advance (Limited to 8)

## 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, September 2nd & 16th  
at 10:30am

Tune up your pipes and come show us what you've got!

## 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, September 4th & 18th  
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, September 17th  
9:30am—Noon

Come have some creative fun!

Cost: \$5 - All supplies provided

Register in Advance (Limited to 10)

## Pinochle

Tuesdays at 12:15pm

2nd Tuesday is Tournament Day!

Cost: \$2 or \$3 for tourney

Join in and Play!

# SPECIAL ANNOUNCEMENTS

## City Management Announcement

The City of Sumner will be managing the Sumner Senior Center beginning September 1st.

Come chat with Mayor Kathy Hayden and  
Ryan Windish, Community and Economic Development Director,  
on Tuesday, September 9th at 11:30am  
to learn about changes at our senior center.

Currently no September trips are planned, but "Pop-up" trips are a possibility!



## 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 Mondays at 9:30



**CANCELED:** September 15th and 22nd

Come have "FUN" while we exercise our minds and bodies. Socialize with new members 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

**RETURNING!**

### Stretch Class

Mondays at 2:00pm

No Class on 4th Monday (September 22nd)

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



## Welcome Jim Meier!

Meet Jim Meier who has been a member at our center since 2019 and has recently started volunteering with CCS in our kitchen. He loves to serve members with a warm smile and generous heart.

Jim was born in Tacoma and raised in Lakewood by his mother, a registered nurse and his father, an OB/GYN physician. He is third from the youngest of seven siblings (two sisters, five brothers).

After high school Jim worked at Paradise Inn at Mt. Rainier for the summer in the dining room. The next summer he worked at Yellowstone National Park's Lake Hotel, also in the dining room. Later he was an attendant at Lakewood Hospital Surgery department, followed by four years in California's Yosemite National Park's Ahwahnee Hotel as a waiter, bellman, and front desk clerk. In the middle of that stint he attended Monterey Peninsula College before moving back up to the Northwest where he began a 30 year career at Rainier School in Buckley as an emergency room/doctor's office attendant for 11 years. He then spent 19 years as a house parent for 14 residents who were physically and mentally disabled from birth.

After retiring from the state, Jim began 12 years working at Terry Home in Pacific, as a Registered Nursing Assistant for the traumatic brain injured. He lived in the town of Pacific on his partner Don Duncan's wholesale nursery for 18 years before moving to Edgewood. After Don passed away, Jim has been renting out a room to a fellow from Kenya who is a Certified Nursing Assistant.

Jim is a member of the Mountaineers hiking club, has volunteered with the Big Brother/Big Sister Program and hopes to also volunteer part time at the Auburn Humane Society. He is a member of the YMCA in order to attain the stamina to do a good job serving the great folks who make the Sumner Senior Center a fun place to be a part of! He also hopes to get in shape to eventually climb Mt. Rainier again, which he did when he was eighteen years old.

***Come for lunch and say "Hello" to Jim!***

### Treasure Cove Store

Drop in and browse through our "*Treasure Cove*" store of unique items, new and gently used.

*Thank you* to everyone who donates and purchases our items.

*We are grateful for your support and generosity!*

*Proceeds go to SSC programs.*



**We have a box at the front desk with items forgotten here at SSC.**

***Please stop by and check it out!***



**253-841-3161**

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