



OCTOBER 2025 NEWSLETTER

Welcome to the Sumner Senior Center!

**Join the Fun and Stay
Active at our Senior Center!**
Open to everyone 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**)

~ October Highlights ~

- October 8th** **Birthday Party ~**
BP & Glucose Checks
Music: **NM Entertainment**
"Harvest Fest ~ The Wizard of Oz"
- October 21st** **Caregiving Support Group**
- October 27th** **Movie Matinee:**
"The Wizard of Oz"
- October 30th** **Halloween Party**
Music: **Patty & the Travelin' 4**

Contact Information

Phone: 253-863-2910

Hours:

Monday-Friday
8:00am—4:30pm

Address:

15506 62nd St. Ct. E.
Sumner, WA 98390

Staff

Senior Center Coordinator
Susan K. Bryant

Administrative Assistants
Linda Goodwin
Karla Scott

SSC Volunteers

Page Ann Chapman
Paul Chapman
Dee Fournier
Judy & Rich Kimball
Phil Schneider
David Shelvey

Catholic Community Services

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

SUMNER SENIOR CENTER

EDUCATIONAL, HEALTH & OTHER SERVICES

Ask the Lawyer

Monday, October 6th

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, October 8th

11:30am—Noon

Free Service provided by
Linden Grove Health Care Center

Caregiving Support Group

Tuesday, October 21st

10:00am—Noon



Haircuts By Becky

Thursday, October 2nd

10:00am—3:00pm

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

Must call to schedule your appointment
for NOVEMBER starting October 1st.

Hearing Aid Checks

Monday, October 13th

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, October 7th

10:30am—11:30am

12:30pm—1:30pm

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

Register in Advance

Mingling of the Minds

Thursday, October 2nd

9:30am-11:00am

Bring a topic you
would like to discuss.

Warm and friendly atmosphere.



Senior Footcare by April

Friday, October 10th

9:00am—3:00pm

Cost: \$50 cash or check

MUST bring a towel

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

Tech Help

Thursday, October 9th

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, October 15th

(Once a month)

10:00am—Noon

For a watch battery replacement,

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

Workshop

Social Security and
2026 Medicare Market Update

Monday, October 6th

11:00am—2:00pm

Presented by Nick Woog,
NW Insurances

Register in Advance

Workshop

Understanding Medicare
Changes for 2026

Thursday, October 9th

11:00am—11:45am

Presented by Audra Albert,
The Medicare Exchange

Register in Advance

Workshop

Recipe for Strong Bones:
Growing a Skeleton That Lasts

Monday, October 13th

10:30am—Noon

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

Register in Advance

Workshop

Clear Path Senior Living Solutions
Thursday, October 16th

11:00am-Noon

Navigating Senior Living; Finding
Your Clear Path to the Right Solution

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.

Harvest Fest ~ The Wizard of Oz

Music by: NM Entertainment



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: Wednesday, October 8th

Time: 11:30am—12:30pm

Must Make Lunch Reservations by September 30th

Halloween Party

Featuring

Patty and the Travelin'



Join us for some **faboolous** music and a **Costume Contest** with prizes!

Date: Thursday, October 30th

Time: 11:30am—12:30pm

Must Make Lunch Reservations by October 22nd

Movie Matinee



"The Wizard of Oz"

Sponsored by Generations Home Care

Date: Monday, October 27th

Time: 1:30pm (1 hr. 42mins)



When a tornado rips through Kansas, Dorothy (Judy Garland) and her dog, Toto, are whisked away in their house to the magical land of Oz. They follow the Yellow Brick Road toward the Emerald City to meet the Wizard, and en route they meet a Scarecrow (Ray Bolger) that needs a brain, a Tin Man (Jack Haley) missing a heart, and a Cowardly Lion (Bert Lahr) who wants courage. The wizard asks the group to bring him the broom of the Wicked Witch of the West (Margaret Hamilton) to earn his help.

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

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



ACTIVITY CALENDAR—OCTOBER 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Reservations Required for Lunch on Music Days: Wednesday, October 8th and Thursday, October 30th Sign Up in the Dining Room or Call to Reserve Lunch <u>EARLY!</u> We fill up quickly. Check newsletter for <u>Reservation Deadlines</u> and for music times.				
		1 9:00 S.A.I.L. Exercise 10:30 Hand & Foot Cards 12:00 Lunch 12:30 Bridge	2 8:30 Tai Chi 9:30 Mingling of the Minds 10:00 Haircuts by Becky 12:00 Lunch 12:30 Knit and Crochet 1:00 Mexican Train Dominoes	3 9:00 S.A.I.L. Exercise 10:30 Canasta 10:30 Card Making Class 12:00 Lunch 1:30 BINGO
6 10:00 Line Dancing Class 11:00 Workshop: Social Security & 2026 Medicare Updates 12:00 Lunch 1:00 Ask the Lawyer 12:00 Workshop: Medicare One-on-One 20 min Consultations 1:30 Bunco 2:00 Stretch Class	7 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	8 <u>Birthday Party</u> <u>(Call to Reserve Lunch)</u> 9:00 S.A.I.L. Exercise 10:30 Hand & Foot Cards 11:30 Music NM Entertainment 11:30 BP & Glucose Checks 12:00 Lunch 12:30 Bridge	9 8:30 Tai Chi 10:30 Tech Help 11:00 Workshop: Understanding 2026 Medicare Changes 12:00 Lunch 12:30 Knit and Crochet	10 9:00 S.A.I.L. Exercise 9:00 Senior Footcare by April 10:30 Canasta 12:00 Lunch 1:30 BINGO
13 9:30 Line Dancing Class 10:30 Workshop: Recipe For Strong Bones 11:00 Hearing Aid Checks 12:00 Lunch 12:30 Bunco 1:00 Book Club 2:00 Stretch Class	14 12:00 Lunch 12:00 Open Paint 12:15 Pinochle Tournament 1:30 Chair Yoga	15 9:00 S.A.I.L. Exercise 10:00 Watch & Jewelry Sale 10:30 Hand & Foot Cards 12:00 Lunch 12:30 Bridge	16 8:30 Tai Chi 11:00 Clear Path Senior Living Solutions 12:00 Lunch 12:30 Knit and Crochet 1:00 Mexican Train Dominoes	17 9:00 S.A.I.L. Exercise 10:30 Canasta 12:00 Lunch 1:30 BINGO
20 10:00 Line Dancing Class 12:00 Lunch 1:30 Bunco 2:00 Stretch Class	21 10:00 Caregiving Support Group 10:30 Karaoke 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga	22 10:30 Hand & Foot Cards 12:00 Lunch 12:30 Bridge CANCELED: S.A.I.L. CLASS	23 8:30 Tai Chi 10:00 Jewelry with Anne 12:00 Lunch 12:30 Knit and Crochet	24 10:30 Canasta 12:00 Lunch 1:30 BINGO CANCELED: S.A.I.L. CLASS
27 12:00 Lunch 1:30 Movie: "The Wizard of Oz" CANCELLED: LINE DANCING NO STRETCH CLASS	28 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga	29 9:00 S.A.I.L. Exercise 10:30 Hand & Foot Cards 12:00 Lunch 12:30 Bridge	30 <u>Halloween Party</u> <u>(Call to Reserve Lunch)</u> 11:30 Music: Patty & the Travelin' 4 12:00 Lunch 12:30 Knit and Crochet CANCELED: TAI CHI	31 9:00 S.A.I.L. Exercise 10:30 Canasta 12:00 Lunch 1:30 BINGO 

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.



LUNCH MENU—OCTOBER 2025

SUMNER SENIOR CENTER ~ 253-863-2910

Monday	Tuesday	Wednesday	Thursday	Friday
<u>MEALS</u> For Seniors 60 & Up: <u>Suggested Contribution is \$3.50</u> <u>Cost for all others is \$6</u> Lunch is served at Noon <u>"Be in your seat ready to eat!"</u>		1 Chicken Caesar Salad Baked Apple	2 Turkey Spaghetti Green Beans Breadsticks Pears	3 Pineapple Pork Potato Coleslaw Tropical Fruit
6 Macaroni and Cheese Brussel Sprouts Wheat Roll Strawberries	7 French Toast Sausage Links Hash Browns Orange Juice	8 <u>Birthday Party</u> CALL TO RESERVE LUNCH BY SEPTEMBER 30th Turkey Burger Sweet Potato Fries Coleslaw Applesauce	9 Fish Taco Rice & Beans Berries and Whipped Cream	10 Beef Noodle Soup Carrot, Pineapple & Raisin Salad Oatmeal Cookie Orange
13 Pork Cutlet Baked Potato Baked Beans Coleslaw	14 Swiss Cheese Burger With Lettuce and Tomatoes Green Beans Wedge Fries Mixed Berries	15 Chicken Teriyaki Rice with Peas and Carrots Asian Veggie Blend Pear Fortune Cookie	16 Parmesan Tilapia with Pilaf Squash Brownie	17 Split Pea Soup 1/2 Ham Sandwich Apple Crisp
20 Beef & Pepper Casserole With Rice Salad Peach Cobbler Wheat Roll	21 Mediterranean Chicken Wrap Spinach and Cannellini Beans Rice Pudding	22 Beef Stew Coleslaw Wheat Roll Peaches	23 Pork Fajitas with Onion & Zucchini Pinto Beans Banana	24 Fish Sandwich Malibu Blend Veggies Orange Ice Cream
27 <u>Movie</u> Chicken Tortilla Soup Tortilla Chips Sour Cream & Cheese Mango Fig Newton	28 Florentine Fish Zucchini, Onion and Tomatoes Cherry Crisp	29 Beef Goulash Broccoli Strawberries Pound Cake with Whipped Cream	30 <u>Halloween Party</u> CALL TO RESERVE LUNCH BY OCTOBER 22nd Fruit Turnover Potatoes with Onions & Peppers Sausage Patties Melon	31 Swedish Meatballs Potato Tossed Salad Apricots 

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, October 13th

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

October 6th & 20th
at 1:30pm

Cost: \$2

October 13th 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, October 3rd

10:30—Noon

Cost: \$7

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

Bring a glue stick!

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!


"OCTOBER SHOWS
US HOW BEAUTIFUL
IT IS TO LET
THINGS GO."

Jewelry with Anne

Thursday, October 23rd

10:00am—11:30am

Cost: Free to learn

or \$4 to buy a pair

Come watch how to make wire earrings.

Register in Advance (Limited to 8)

 Check it Out!

Karaoke

Tuesday, October 7th & 21st
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, October 2nd & 16th
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.

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" store of unique items, new and gently used.

Thank you to everyone who Donates and purchases our items.

We are grateful for your support!

Proceeds go to SSC programs.

ANNOUNCEMENTS



Holiday Bazaar

Our annual Holiday Bazaar will be
Thursday & Friday, November 6th & 7th.
Look for more information in next month's newsletter.
Sorry, vendor space is full.

City Management Announcement

The City of Sumner resumed management
of the Sumner Senior Center beginning September 1st.

Currently no 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

New
Times!

Let's Dance—Line Dancing

Mondays at 10:00am
Second Monday at 9:30 (October 13th)



Cancelled October 27th

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.

Cancelled October 22nd & 24th

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 (October 27th)

This class combines stretching using
balls, bands and weights.

Cost: \$3.00

Instructor: Christel Paul.



Tai Chi

Thursdays at 8:30am

Cancelled October 30th

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 Anne Lee!

Come take a Jewelry class with Anne who has been a member since May of this year.

Here is a little about Anne. She spent the first half of her career working in banking, and the second half owning four small businesses and working with nonprofit organizations. In 2024, she retired after the nonprofit she worked for faced budget constraints that eliminated her position. While that was initially a disappointment, she saw it as a positive opportunity to start a new chapter.

She relocated to be closer to her children and settled into a tiny home on her daughter's property — a cozy space that fits her just right. Since then, she's become actively involved in her community, including the YMCA and our Senior Center, plus she's completed certification through the Ombudsman program.

One day at the Senior Center, someone complimented her on the earrings she was wearing — which led to the creation of "Jewelry with Anne," a new class that we offer. She has been making earrings, hair clips, and necklaces for over a decade, but she says teaching others how to create their own pieces has brought a new layer of joy to the craft.

Another passion of Anne's is gardening. Even with the limited space around her tiny home, she's managed to plant beds of both flowers and vegetables. Watching things grow and sharing plants with friends and neighbors brings her a lot of happiness — especially when she can give potted plants to others with more room to nurture them.

Since retiring, Anne has rekindled her love of travel. Now her aim is to take at least a couple of trips each year. So far, she has explored Australia, New Zealand, and Ireland, with future adventures planned for Mexico and Croatia. Traveling solo is a new experience for her — not without its challenges — but she's embracing the independence and the excitement of discovering new places.

Anne's favorite moments in life have been the births of her two children. Parenting — and grandparenting — comes with its fair share of challenges, but it's also full of joy, humor, and growth. She tries to find laughter in everyday moments, and that sense of humor helps her stay optimistic.

Thank you Anne, for all the earrings you have made for our Treasure Cove!



Many thanks to
Dillanos,
who donate coffee
to our senior center!

**Bring your friends
and enjoy a cup!**



253-841-3161

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