



# NOVEMBER 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**)

### ~ November Highlights ~

November 5<sup>th</sup>

**Birthday Party**  
**BP & Glucose Checks**  
Music: **NM Entertainment**  
**"Family Gathering" featuring**  
**The Sound of Music**

November 6<sup>th</sup> & 7<sup>th</sup>



**SSC Holiday Bazaar**

November 18<sup>th</sup>

**Caregiving Support Group**  
**Guest Speaker, Jo Ann Lyman**

November 25<sup>th</sup>

**Thanksgiving Party**  
Music: **Randy Litch**

**CLOSED**

**Tuesday, November 11<sup>th</sup> - Veterans Day**  
**Thursday & Friday, November 27<sup>th</sup> & 28<sup>th</sup> -**  
**Thanksgiving Holiday**

### 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 & Paul Chapman  
Dee Fournier  
Judy & Rich Kimball  
Anne Lee  
Tina Linehan  
Christel Paul  
Phil Schneider  
David Shelvey  
Nichole Valencia

#### Catholic Community Services

Meal Site Cook  
**Peggy Huihui**

#### CCS Volunteers

Page & Paul Chapman  
Carol Davis  
Loretta Farnsworth  
Cathy Fonseca  
Vicki McGee  
Cathy McLaughlin  
Jim Meier  
Chiho & JR Pewitt  
Elaine Snellman  
Gaylyn Wilson



CITY OF  
**SUMNER**  
WASHINGTON

**SUMNER SENIOR CENTER**

# EDUCATIONAL, HEALTH & OTHER SERVICES

## Ask the Lawyer

Monday, November 3rd

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, November 5th

11:30am—Noon

Free Service provided by  
Linden Grove Health Care Center

## Caregiving Support Group

Tuesday, November 18th

10:00am—Noon

Guest Speaker, Jo Ann Lyman,  
Local LifeCare



## City Talk

### Sumner Community Food Bank

Monday, November 17th

11:00am-11:45am

Presented by  
Anthony Apeles, Executive Director,  
Sumner Community Food Bank

## Haircuts By Becky

Thursday, November 20th  
(Rescheduled from Nov. 6th)

10:00am—3:00pm

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

Must call to schedule your appointment  
for DECEMBER starting November 3rd.

## Hearing Aid Checks

Monday, November 10th

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, November 19th

10:00am—3:00pm

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

Register in Advance at the Front Desk

## Senior Footcare by April

Friday, November 14th

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, November 13th

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, November 19th

(Once a month)

10:00am—Noon

For a watch battery replacement,

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

## Workshop

Healthy for the Holiday:  
Conquering Temptation & Stress

Monday, November 3rd

10:30am—Noon

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

Register in Advance

## Workshop

Understanding Medicare  
Changes for 2026

Tuesday, November 4th

11:00am—11:45am

Presented by Audra Albert,  
The Medicare Exchange

Register in Advance

## Workshop

Enroll in Medicare:  
Sign Up to Ask Questions  
and/or Change Plans

Thursday, November 13th

11:00am—11:45am

Presented by Audra Albert,  
The Medicare Exchange

Register in Advance

## Workshop

Clear Path Senior Living Solutions  
Thursday, November 19th

11:00am-Noon

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

Register in Advance

## Workshop

2026 Medicare Market Update,  
Plan Comparisons, Q & A Session

Monday, November 24th

11:00am-Noon: Presentation  
Noon-2:00pm: Consultation Appts.

Presented by Nick Woog,  
NW Insurances

Register in Advance

# EVENTS AND MUSIC

## Birthday Party

Everyone is welcome to join us in celebrating our members' birthdays this month. If you *have a birthday this month*, you may enter a free drawing to win a special gift basket!

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



Music by: NM Entertainment

*-Family Gathering-*  
*The Sound of Music*

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

**Date: Wednesday, November 5th**

**Time: 11:30am—12:30pm**

**Must Make Lunch Reservations by October 28th**

## Thanksgiving Party

**Featuring**



*Randy Litch*



**Date: Tuesday, November 25th**

**Time: 11:00am—12:30pm**

**Must Make Lunch Reservations by November 17th**

# EXERCISE

## Chair Yoga Class

**Tuesday, Nov. 4th & 18th at 1:30pm**  
**Thursday, Nov. 13th & 20th at 1:30pm**

**Closed November 11th & 25th**

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 9:30 (November 10th)**

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**

**Canceled November 7th & 28th**

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**



## Tai Chi

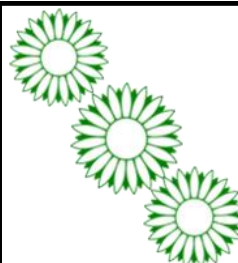
**Thursdays at 8:30am**

**Canceled November 6th & 27th**

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**



**DON'T FORGET TO**



**FALL BACK**

**SUNDAY 11/2**





# ACTIVITY CALENDAR—NOVEMBER 2025

| Monday                                                                                                                                                                                                                     | Tuesday                                                                                                                                                                                                                                                                                                                                                          | Wednesday                                                                                                                                                                                                                                                                | Thursday                                                                                                                                                                                                                              | Friday                                                                                                                                                         |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div><p>THERE IS ALWAYS<br/>SOMETHING<br/>TO BE<br/>THANKFUL FOR</p></div>                                                                | <div><p><u>Reservations Required for Lunch on Music Days:</u></p><p><u>Wednesday, November 5<sup>th</sup> and</u><br/><u>Tuesday, November 25<sup>th</sup></u></p><p>Sign Up in the Dining Room or<br/>Call to Reserve Lunch <u>EARLY!</u> <i>We fill up quickly.</i></p><p>Check newsletter for <u>Reservation Deadlines</u><br/>and for music times.</p></div> |                                                                                                                                                                                                                                                                          | <div><p>THANKFUL<br/><i>Grateful</i><br/>BLESSED</p></div>                                                                                         |                                                                                                                                                                |
| <div><p>3</p><p>10:00 Line Dancing Class<br/>10:30 Workshop:<br/>Healthy For the<br/>Winter Holidays<br/>12:00 Lunch<br/>1:00 Ask the Lawyer<br/>1:30 Bunco</p><p>CANCELLED:<br/>STRETCH CLASS</p></div>                   | <div><p>4</p><p>10:30 DNA/Genealogy<br/>10:30 Karaoke<br/>11:00 Understanding<br/>2026 Medicare<br/>Changes:<br/>Audra Albert<br/>12:00 Lunch<br/>12:00 Open Paint<br/>12:15 Pinochle<br/>1:30 Chair Yoga</p></div>                                                                                                                                              | <div><p><u>Birthday Party</u> 5</p><p><u>Reserve Lunch by 10/28</u></p><p>9:00 S.A.I.L. Exercise<br/>10:30 Hand &amp; Foot Cards<br/>11:30 Music<br/>NM Entertainment:<br/>"Sound of Music"<br/>11:30 BP &amp; Glucose Checks<br/>12:00 Lunch<br/>12:30 Bridge</p></div> | <div><p>6</p><p>9:00 Holiday Bazaar<br/>12:00 Lunch</p><div><p>9:00am—3:00pm</p><p>Holiday<br/>BAZAAR</p><p>NO ACTIVITIES</p></div></div>          |                                                                                                                                                                |
| <div><p>10</p><p>9:30 Line Dancing Class<br/>11:00 Hearing Aid Checks<br/>12:00 Lunch<br/>12:30 Bunco<br/>1:00 Book Club</p><p>CANCELLED:<br/>STRETCH CLASS</p></div>                                                      | <div><p><u>CLOSED</u> 11</p><div><p>VETERANS DAY<br/>★★★★★★★★★★<br/>HONORING ALL WHO SERVED</p></div></div>                                                                                                                                                                   | <div><p>12</p><p>9:00 S.A.I.L. Exercise<br/>10:00 Jewelry With Anne<br/>10:30 Hand &amp; Foot Cards<br/>12:00 Lunch<br/>12:30 Bridge</p></div>                                                                                                                           | <div><p>13</p><p>8:30 Tai Chi<br/>10:30 Tech Help<br/>11:00 Medicare Changes,<br/>Plan Options &amp;<br/>Enrollment for 2026:<br/>Audra Albert<br/>12:00 Lunch<br/>12:30 Knit and Crochet<br/>1:30 Chair Yoga (Rescheduled)</p></div> | <div><p>14</p><p>9:00 S.A.I.L. Exercise<br/>9:00 Senior Footcare<br/>by April<br/>10:30 Canasta<br/>12:00 Lunch<br/>1:30 BINGO</p></div>                       |
| <div><p>17</p><p>10:00 Line Dancing Class<br/>11:00 Sumner Food Bank<br/>Presentation<br/>12:00 Lunch<br/>1:30 Bunco</p><p>CANCELLED:<br/>STRETCH CLASS</p></div>                                                          | <div><p>18</p><p>10:00 Caregiving Support<br/>Group - Speaker:<br/>Jo Ann Lyman<br/>10:30 Karaoke<br/>12:00 Lunch<br/>12:00 Open Paint<br/>12:15 Pinochle<br/>1:30 Chair Yoga</p></div>                                                                                                                                                                          | <div><p>19</p><p>9:00 S.A.I.L. Exercise<br/>10:00 Massage (Chair)<br/>10:00 Watch &amp; Jewelry Sale<br/>10:30 Hand &amp; Foot Cards<br/>11:00 Clear Path Senior<br/>Living Solutions<br/>12:00 Lunch<br/>12:30 Bridge</p></div>                                         | <div><p>20</p><p>8:30 Tai Chi<br/>10:00 Haircuts by Becky<br/>(Rescheduled<br/>from 11/6)<br/>12:00 Lunch<br/>12:30 Knit and Crochet<br/>1:00 Mexican Train Dominoes<br/>1:30 Chair Yoga (Rescheduled)</p></div>                      | <div><p>21</p><p>9:00 S.A.I.L. Exercise<br/>10:30 Canasta<br/>10:30 Card Making Class<br/>(Rescheduled<br/>from 11/7)<br/>12:00 Lunch<br/>1:30 BINGO</p></div> |
| <div><p>24</p><p>10:00 Line Dancing Class<br/>11:00 2026 Medicare<br/>Updates with Nick<br/>12:00 Lunch<br/>12:00 2026 Medicare<br/>Consultations<br/>with Nick Woog</p><p>CANCELLED: MOVIE<br/>NO STRETCH CLASS</p></div> | <div><p><u>Thanksgiving</u> 25</p><p><u>Party</u><br/><u>Reserve Lunch by 11/17</u></p><p>11:00 Music: Randy Litch<br/>12:00 Lunch<br/>12:15 Pinochle</p><p>CANCELLED: OPEN PAINT<br/>and CHAIR YOGA</p></div>                                                                                                                                                   | <div><p>26</p><p>9:00 S.A.I.L. Exercise<br/>10:30 Hand &amp; Foot Cards<br/>12:00 Lunch<br/>12:30 Bridge</p></div>                                                                                                                                                       | <div><p><u>CLOSED</u> 27</p><div><p>HAPPY THANKSGIVING</p></div><p><u>CLOSED</u> 28</p></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.



# LUNCH MENU-NOVEMBER 2025

SUMNER SENIOR CENTER ~ 253-863-2910

| Monday                                                                                                                                                                                    | Tuesday                                                                                                                                                                                                   | Wednesday                                                                                                                                                    | Thursday                                                                                                                                       | Friday                                                                                                             |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|
| <b>MEALS</b><br>For Seniors 60 & Up:<br><b>Suggested Contribution is \$3.50</b><br><b>Cost for all others is \$6</b><br>Lunch is served at Noon<br><u>"Be in your seat ready to eat!"</u> |                                                                                                                                                                                                           |                                                                             | <u>*Reservations Required for Lunch on:</u><br><b>November 5<sup>th</sup> &amp; 25<sup>th</sup></b><br><u>*Check newsletter for more info.</u> |                                 |
| <b>3</b><br><b>Pork Luau</b><br>Rice<br>Pineapple Coleslaw<br>Hawaiian Roll<br>Tropical Fruit Salad                                                                                       | <b>4</b><br><b>Philly Cheese Sandwich</b><br>Brussel Sprouts<br>Grapes                                                                                                                                    | <b>5</b><br><u>Birthday Party</u><br><b>CALL TO RESERVE LUNCH BY OCTOBER 28th</b><br><b>Italian Wedding Soup</b><br>Blue Cheese Salad<br>Apple<br>Wheat Roll | <b>6</b><br><b>Chicken Fried Rice</b><br>Egg Roll<br>Stir Fry Veggies<br>Mandarin Orange<br>Fortune Cookie                                     | <b>7</b><br><b>Beef Macaroni</b><br>Broccoli<br>Wheat Roll<br>Applesauce                                           |
| <b>10</b><br><b>Wild Rice Chicken Soup</b><br>1/2 Egg Salad<br>Sandwich<br>Oranges                                                                                                        | <b>11</b><br><u>CLOSED</u><br>                                                                                          | <b>12</b><br><b>Turkey Meatloaf</b><br>Potato with Sour Cream<br>Broccoli<br>Oatmeal Raisin Cookie                                                           | <b>13</b><br><b>Tuna Melt</b><br>Pea, Onion and Tomato Salad<br>With Cheese<br>Grapes                                                          | <b>14</b><br><b>Beef Stir Fry</b><br>Fried Rice with Egg<br>Peas and Carrots<br>Fortune Cookie<br>Ice cream Cup    |
| <b>17</b><br><b>Chicken Cacciatore</b><br>Zucchini and Tomato Medley<br>Wheat Roll<br>Pears                                                                                               | <b>18</b><br><b>Meatloaf</b><br>Potatoes and Gravy<br>Carrots<br>Oranges<br>Brownie                                                                                                                       | <b>19</b><br><b>Fish &amp; Chips</b><br>Coleslaw<br>Yogurt<br>Strawberry<br>Rhubarb Compote                                                                  | <b>20</b><br><b>Chicken Cheese Taco</b><br>Cauliflower<br>Salsa<br>Sour Cream<br>Caramelized Bananas                                           | <b>21</b><br><b>Minestrone Soup</b><br>Saltine Crackers<br>Berry Crisp with Whipped Cream                          |
| <b>24</b><br><b>Pancakes</b><br>Sausage Patty<br>Scrambled Eggs<br>Melon<br>Orange Juice                                                                                                  | <b>25</b><br><u>Thanksgiving Party</u><br><b>CALL TO RESERVE LUNCH BY NOVEMBER 17th</b><br><b>Roast Turkey</b><br>Mashed Potato with Gravy<br>Green Beans<br>Cranberry Sauce<br>Wheat Roll<br>Pumpkin Pie | <b>26</b><br><b>Pork Chops with Apples</b><br>Cucumber, Tomato and Feta Salad<br>Rice Pudding                                                                | <b>27</b><br><u>CLOSED</u>                                                                                                                     | <b>28</b><br><u>CLOSED</u><br> |

**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

*Canceled November 7th & 28th*

Cost: \$1 per card

Come have some fun and win prizes at BINGO!

## Book Club

Monday, November 10th

at 1:00pm

Hosted by Judy Kimball

*Register in Advance*



## Bridge

Wednesdays at 12:30pm

Cost: \$1

Stop in and join in!



Need more players



## Bunco Mondays

November 3rd & 17th

at 1:30pm

Cost: \$2

November 10th at 12:30pm

Cost: \$5

*Thanks to Concierge Care Advisors for treats.*

## Canasta

Fridays at 10:30am

*Canceled November 7th & 28th*

Cost: \$2

A fun version of rummy that will definitely entertain you.

Join us for a fun game of Canasta.

## Card Making Class

Friday, November 21st

(Rescheduled from Nov. 7th)

10:30—Noon

Cost: \$7

Come make 3 beautiful handmade cards.

*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!*

## DNA or Genealogy

Tuesday, November 4th

10:30am—11:30am

12:30pm—1:30pm

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

*Register in Advance*

## Jewelry with Anne

Wednesday, November 12th

10:00am—11:30am

Cost: Free to learn

or \$4 to buy a pair made for you

Come learn how to make wire earrings.

*Register in Advance (Limited to 8)*



## Karaoke

Tuesday, November 4th & 18th

at 10:30am

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

## Knit & Crochet Group

Thursdays at 12:30pm

*Canceled November 6th & 27th*

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

## Mexican Train Dominoes

Thursday, November 20th

*Canceled November 6th*

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

*Cancelled November 11th & 25th*

Bring your own materials and enjoy each other's creativity.

*Come & join our amazing painters.*

## Pinochle

Tuesdays at 12:15pm

*Closed November 11th, Veterans Day*

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

## Sumner Senior Center

*Mini*



## *Holiday Bazaar*

Local vendors selling jewelry, plants, quilts, blankets, aprons, tea towels, hats, flower arrangements, woodwork gifts, Christmas decorations, stocking stuffers & gifts, vintage collectables and more!

**Dates:** November 6th & 7th, 2025  
*(Thursday and Friday)*

**Times:** 9:00am - 3:00pm

**Address:**

15506 62nd St. Ct. E. Sumner

**Phone:** 253-863-2910

Plan Your  
*Holiday  
Shopping*  
Early



# SENIOR CORNER



## Welcome Back Kris Korsmo!

Meet Kris Korsmo, back volunteering again for Catholic Community Services. Born in Redmond, Washington, Kris was raised on a small farm where her love for animals took root early. By the age of four, she was already rescuing baby ducks and chicks, bringing them home and nurturing them with care. Alongside her sister and brother, Kris grew up surrounded by pets and nature — a childhood filled with horses and kittens and enjoying outdoor life. One of her fondest memories is of her beloved cat, who provided a home constantly alive with the playful energy of kittens.

Kris's adult life began early: she graduated and married at 17, becoming a mother a year later at 18. Though her first marriage ended by the age of 21, Kris was determined to carve a path forward. She pursued computer studies at Seattle Central College, launching her career at Safeco in Seattle's University District. Her drive to learn led her to Lake Washington Technical School, where she studied electronics and became a skilled drafter, later working for companies such as Honeywell. Kris eventually opened her own house cleaning business, a venture she ran successfully until becoming disabled.

Outside of work, Kris's creative side has always flourished. Her love for painting shines through in her custom designed shirts and pants, adorned with her own fabric paint designs. She also found expression in movement — ballroom dancing was her first love, a joy she shared with her sister, a dance teacher in San Francisco. Additionally, she's been a passionate singer and would love to venture out again to participate in karaoke events around the area.

Her life blossomed when she began traveling. She took her first trip to Leavenworth in 2009, followed by an unforgettable cruise to Alaska in 2012. One of her proudest decisions was buying a small home in Sumner. It has become a place of peace and independence that she still considers the best move of her life.

Kris has embraced each chapter of her life with curiosity and courage. Whether she's raising animals, dancing with joy, working hard, or creating art for others, her life tells a story of strength, creativity, and deep compassion.

We are so happy to have Kris back with us!



**253-841-3161**

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

## Bon Voyage, Judy!

We would like to say goodbye to Judy, someone who has been part of the SSC family for over 13 years.

Judy served as our dedicated secretary and treasurer on the SSC Advisory Board and always had the best advice to guide and support us. She was also a devoted Catholic Community Service volunteer in the kitchen, helping with many lunches over the years.

We will truly miss her friendship, her gracious helping hand, and of course, her delicious homemade jam! Judy is off to spend more time with her family near Bellingham. We hope she will be back to visit often — her presence here will be deeply missed.

**Wishing you all the best in this next chapter,  
Judy! May it be filled with love, laughter,  
and plenty of new adventures!**



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

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

