



JANUARY 2026 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
Seniors 60 & up: \$3.50
(Cost for all others is \$6)

~ January Highlights ~

- January 5th **Workshop - Detoxification**
Living Chemical Free Inside and Out
Tracy Woodcock, Renewable Health
- January 12th **Preventing & Recovering From Scams**
Matt Santelli, Pierce County
Aging & Disability Resources
- January 14th **Birthday Party**
BP & Glucose Checks
Music: *Stan Terrell*
- January 23rd **AARP Smart Driver Course**
- January 28th **Music Day**
Jan Peterson - Fun Factory DJ

CLOSED

New Year's Day: Thursday, January 1st
Martin Luther King Jr. Day: Monday, January 19th

Contact Information

Phone: 253-863-2910

Hours: Monday-Friday:
8:00am—4:30pm

Address:

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

Email Contact:

seniorcenter@sumnerwa.gov

Staff

Senior Center Coordinator
Susan K. Bryant

Administrative Assistants
Linda Goodwin
Karla Scott

SSC Volunteers

Anita Austin
Page & Paul Chapman
Dee Fournier
Judy & Rich Kimball
Anne Lee
Tina Linehan
Christel Paul
Patrick Rayment
Phil Schneider
David Shelvey

Catholic Community Services

Meal Site Cook
Peggy Huihui

CCS Volunteers

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



CITY OF
SUMNER
WASHINGTON

SUMNER SENIOR CENTER

EDUCATIONAL, HEALTH & OTHER SERVICES

AARP Smart Driver Course



Friday, January 23rd

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, January 5th

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, January 14th

11:30am—Noon

Free Service provided by
Linden Grove Health Care Center



Colon Cancer Awareness & Blood Screening Event

Come to learn about an easy way to screen for colorectal cancer.

Thursday, January 15th

11:15am—2:15pm

Sarah Steinke, Guardant Health
Must Make Appointment in Advance

Caregiving Support Group

Tuesday, January 20th

10:00am—Noon



Haircuts By Becky

Thursday, January 8th

10:00am—3:00pm

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

Must call to schedule your appointment
for FEBRUARY starting January 2nd

Hearing Aid Checks

Monday, January 12th

11:00am—Noon

Sign up to get
hearing aid assistance.

Dennis Tembreull, Sound Associates
NW, Hearing Care Provider

Register in Advance

Massage (Chair only)

Check back in February!

(Usually 1st & 3rd Wednesdays)

10:00am—3:00pm

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

Senior Footcare by April

Friday, January 9th

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, January 8th

10:30am—11:30am

Sign up today for help with your
Smartphone, E-Reader, Tablet or Computer

Presented by Patrick Rayment,
Bonney Lake Pierce County Library

Register in Advance

Thank you to every
one of our volunteers
who spend their time
helping with tasks,
large or small!



**We appreciate
all of you!**

Watch & Jewelry Sales & Battery Replacement

Wednesday, January 21st

(Once a month)

10:00am—Noon

For a watch battery replacement,

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

Workshop

Detoxification: Living
Chemical Free Inside and Out

Monday, January 5th

10:30am—Noon

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

Register in Advance

Workshop

Preventing & Recovering
From Scams

Monday, January 12th

11:00am—Noon

Presented by Matt Santelli, Pierce County
Aging and Disability Resources

Register in Advance

EVENTS AND MUSIC

January 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:
**Stan
Terrell**

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, January 14th

Time: 11:30am—12:30pm

Must Make Lunch Reservations by January 6th

Colon Cancer Screening Event

You are invited to our official **Shield Screening Day**- a simple, comfortable way to check for colorectal cancer using just a blood draw.

Come discover how easy the screening is! We'll have time for your questions and one-on-one support, plus have on-site blood draws by our phlebotomist.

Shield is a FDA approved test. Shield is covered by Medicare*, Tricare, and VA CCN.

*\$0 out-of-pocket cost for eligible Medicare Part B patients. Medicare Advantage patients may be subject to co-pays, co-insurances, and deductibles, depending on their specific plan. **Patients not covered by Medicare may have an out-of-pocket cost.**

Date: Thursday, January 15th

Time: 11:15am—2:15pm

Cost: Free with Insurance* (see above)

Includes Blood Draw -

Bring your insurance card!

Presented by Sarah Steinke, *Guardant Health*

Must Make an Appointment in Advance

AARP Smart Driver Course



The AARP Driver Safety Program is the nation's first and largest course for seniors. The program has helped millions of drivers protect their safety on today's roads.

Attendees may receive a discount on their car insurance through this AARP sponsored program.

If you would like lunch, (*Chicken Tetrazzini*) served by Catholic Community Services that day, please ask to be put on the lunch list.
Suggested donation is \$3.50 per meal.

Date: Friday, January 23rd

Time: 8:30am—4:30pm

Cost: \$20 - AARP Member,

\$25 - Non AARP Members

Make Checks to AARP (preferred) or Cash

Sign Up in the Activities Book

Music Party

with

Jan Peterson

FUN FACTORY DJ



50's, 60's & 70's Music

Date: Wednesday, January 28th

Time: 11:00am- 12:30am

Must Make Lunch Reservations by January 20th



ACTIVITY CALENDAR—JANUARY 2026

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|---|
| | <p><u>Reservations Required for Lunch on Music Days:</u></p> <p><u>Wednesday, January 14th</u></p> <p><u>Wednesday, January 28th</u></p> <p>Call to Reserve Lunch <u>EARLY!</u> We fill up quickly.</p> <p>Check newsletter for <u>Reservation Deadlines</u> and for music times.</p> | | <p><u>CLOSED</u> 1</p> | <p>2</p> <p>9:00 S.A.I.L. Exercise 10:30 Canasta 10:30 Card Making Class 12:00 Lunch 1:30 BINGO</p> |
| <p>5</p> <p>10:30 Workshop: Detoxification 12:00 Lunch 1:00 Ask the Lawyer 1:30 Bunco</p> | <p>6</p> <p>10:30 Karaoke 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga</p> | <p>7</p> <p>9:00 S.A.I.L. Exercise 10:30 Hand & Foot Cards 12:00 Lunch 12:30 Bridge</p> | <p>8</p> <p>8:30 Tai Chi 10:00 Haircuts by Becky 10:30 Tech Help 12:00 Lunch 12:30 Knit and Crochet 1:00 Mexican Train Dominoes</p> | <p>9</p> <p>9:00 S.A.I.L. Exercise 9:00 Senior Footcare with April 10:30 Canasta 12:00 Lunch 1:30 BINGO</p> |
| <p>12</p> <p>11:00 Hearing Aid Checks 11:00 Preventing and Recovering From Scams 12:00 Lunch 12:30 Bunco 1:00 Book Club</p> | <p>13</p> <p>12:00 Lunch 12:00 Open Paint 12:15 Pinochle Tournament 1:30 Chair Yoga</p> | <p>14</p> <p><u>Birthday Party</u> <u>Reserve Lunch by 1/6</u></p> <p>9:00 S.A.I.L. Exercise 10:30 Hand & Foot Cards 11:30 Music Stan Terrell 11:30 BP & Glucose Checks 12:00 Lunch 12:30 Bridge</p> | <p>15</p> <p>8:30 Tai Chi 11:15 Colon Cancer Awareness & Blood Screening Event 12:00 Lunch 12:30 Knit and Crochet</p> | <p>16</p> <p>9:00 S.A.I.L. Exercise 10:30 Canasta 12:00 Lunch 1:30 BINGO</p> |
| <p><u>CLOSED</u> 19</p> | <p>20</p> <p>10:00 Caregiving Support Group 10:30 Karaoke 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga</p> | <p>21</p> <p>9:00 S.A.I.L. Exercise 10:00 Watch & Jewelry Sale 10:30 Hand & Foot Cards 12:00 Lunch 12:30 Bridge</p> | <p>22</p> <p>8:30 Tai Chi 9:00 Cricut Crafting 12:00 Lunch 12:30 Knit and Crochet 1:00 Mexican Train Dominoes</p> | <p>23</p> <p>8:30 AARP Smart Driver Course 9:00 S.A.I.L. Exercise 10:30 Canasta 12:00 Lunch 1:30 BINGO</p> |
| <p>26</p> <p>12:00 Lunch 1:30 Movie - "Somewhere In Time"</p> | <p>27</p> <p>12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga</p> | <p>28</p> <p><u>Music Day</u> <u>Reserve Lunch by 1/20</u></p> <p>9:00 S.A.I.L. Exercise 10:30 Hand & Foot Cards 11:00 Music Jan Peterson 12:00 Lunch 12:30 Bridge</p> | <p>29</p> <p>8:30 Tai Chi 12:00 Lunch 12:30 Knit and Crochet</p> | <p>30</p> <p>9:00 S.A.I.L. Exercise 10:30 Canasta 12:00 Lunch 1:30 BINGO</p> |

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-JANUARY 2026

SUMNER SENIOR CENTER ~ 253-863-2910

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|---|
| <p>*Reservations Required for Lunch on: January 14th & 28th</p> <p>*Check newsletter for more info.</p> | <p>MEALS</p> <p>For Seniors 60 & Up: Suggested Contribution is \$3.50 Cost for all others is \$6</p> <p>Lunch is served at Noon</p> <p>"Be in your seat ready to eat!"</p> | <p>CLOSED</p> <p>happy new year</p> | <p>French Toast Sausage Links Hash Browns Orange Juice</p> | |
| <p>5</p> <p>Beef Noodle Soup Carrot, Pineapple, and Raisin Salad Oatmeal Cookie</p> | <p>6</p> <p>Turkey Spaghetti Green Beans Breadstick Pears</p> | <p>7</p> <p>Macaroni & Cheese Brussel Sprouts Wheat Roll Strawberries</p> | <p>8</p> <p>Mediterranean Chicken Wrap Spinach and Cannellini Beans Rice Pudding</p> | <p>9</p> <p>Fish Sandwich Malibu Blend Veggies Orange Ice Cream</p> |
| <p>12</p> <p>Beef & Pepper Casserole with Rice Salad Peach Cobbler</p> | <p>13</p> <p>Turkey Burger Sweet Potato Fries Coleslaw Applesauce</p> | <p>Birthday Party 14</p> <p>CALL TO RESERVE LUNCH BY JANUARY 6th</p> <p>Chicken Teriyaki Rice, Peas & Carrots Asian Vegetables Pears Fortune Cookie</p> | <p>15</p> <p>Parmesan Tilapia with Pilaf Squash Brownie Bits</p> | <p>16</p> <p>Corn Chowder 1/2 Chicken Salad Sandwich Banana</p> |
| <p>CLOSED 19</p> <p>MARTIN LUTHER KING JR. DAY</p> | <p>20</p> <p>Cream of Mushroom Soup 1/2 Chicken Salad Sandwich Berry Crisp</p> | <p>21</p> <p>Tuna Noodle Casserole with Peas Carrot & Raisin Salad Peaches</p> | <p>22</p> <p>Pork Cutlet Baked Potato Baked Beans Coleslaw</p> | <p>23</p> <p>Chicken Tetrazzini Tossed Salad with Cabbage and Garbanzo Beans</p> |
| <p>Movie Day 26</p> <p>BBQ Chicken Pasta Salad Green Beans Ice Cream Pineapple Sauce</p> | <p>27</p> <p>Florentine Fish Zucchini, Onions and Tomatoes Cherry Crisp</p> | <p>Music Party 28</p> <p>CALL TO RESERVE LUNCH BY JANUARY 20th</p> <p>Pork Fajitas with Onion & Zucchini Pinto Beans Banana</p> | <p>29</p> <p>Beef Stew Coleslaw Wheat Roll Fruit Cocktail</p> | <p>30</p> <p>Swedish Meatballs Potato Salad Apricots</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, January 12th
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

January 5th at 1:30pm

Cost: \$2

Canceled January 19th

January 12th 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, January 2nd

10:30-Noon

Cost: \$7

Come make 3 beautiful handmade cards.

Bring a glue stick!

Register in Advance

NEW! Cricut Class

Thursday, January 22nd

9:00am—Noon

Bring your Cricut Machine to share & learn with others!

Cost: Free - Bring your supplies

Register in Advance (Limited to 10)



**"This is a new year.
A new beginning.
And things will
change."**

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, January 6th & 20th

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, January 8th & 22nd

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

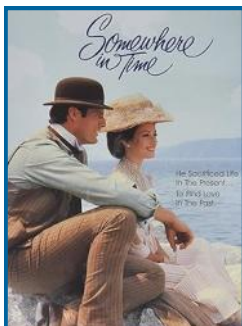
Drop in and browse through our "Treasure Cove" store of unique items, new and gently used.

Thank you to everyone who donates and purchases our items.

We are grateful for your support!

Proceeds go to SSC programs.

MOVIE MATINEE



"Somewhere in Time"

Date: Monday, January 26th

Time: 1:30pm (1 hr. 44 mins)

Sponsored by Generations Home Care

Join us for lunch first at
Noon (BBQ Chicken)
& stay for the movie!

Christopher Reeve and Jane Seymour star in the timeless love story of a young writer who sacrifices his life in the present to find happiness in the past in *Somewhere in Time*. After one of his plays, Richard Collier (Reeve) is approached by an elderly woman (Seymour) who gives him an antique gold watch and pleads with him to return in time with her. Years later, when Richard sees a photograph of a beautiful young woman at the Grand Hotel, he realizes she is the same woman who had approached him and becomes obsessed with returning to 1912 to find her. This romantic fantasy is an unforgettable story of passion, obsession and love that will live on forever.



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



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

CANCELED FOR JANUARY
Check back in February!



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

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

Stretch Class

CANCELED FOR JANUARY
Check back in February!

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



Vicki McGee

Please join us in welcoming **Vicki McGee**, the newest CCS volunteer at the SSC!

Vicki was born and raised in Denver, Colorado, and moved to Burien in the fifth grade. She later attended American River College in Sacramento, where she earned a clerk typist certificate. One of her first professional roles was with the Environmental Protection Agency, where she began as a clerk and advanced to branch secretary.

Being a devoted single parent, Vicki raised three children: two daughters and a son and is the proud grandmother of four grandchildren, all of whom live nearby. Family has always been at the center of her life, and she treasures every opportunity to spend time with her children and grandchildren.

After many years as a stay-at-home mom, Vicki built a diverse and impressive career. She worked in restaurant management, served as a craps dealer at Muckleshoot, managed a hotel near the airport, and later pursued a long-held dream of becoming a flight attendant. After waiting until her children were grown, she began that chapter after the age of 40—and has now been a flight attendant with American Airlines for 20 years.

Vicki stays active and busy. She loves riding her Schwinn bike, often cycling five miles to Auburn or eight miles to Orting. She also enjoys cooking and is excited about retirement plans that include launching a food truck in Sumner, specializing in gourmet soups. Favorites include her “Fishy Wa” loaded baked potato soup with salmon and halibut, and her signature lasagna soup.

One of Vicki’s favorite memories is of a cruise that she took with her sister which included a visit to Rome. They loved the Sistine Chapel so much they went there twice. They started their journey in Rome, then to Cannes and Barcelona, and finally to the Gaudi Church, where she bought a pair of tennis shoes for herself and her sister to commemorate the church. They treasured every moment together.

Stop by to have lunch and say “Hello” to Vicki!



Thank you

to

**Lutheran Community
Services Northwest**

for providing

“Santa for Seniors”

holiday gift bags for our members.

Thank you for the wreaths, swags
and candle holders,
donated to our
volunteers from



***Suzanne & April of
Windmill
Gardens***



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

You may visit their retail
storefront at
**1620 45th St. E.
in Sumner!**



HCPC
HEALTH CARE PROVIDERS
COUNCIL of Pierce County

Thank you to HCPC for their
generous gift to the senior center!

Newsletter printed by



253-531-6331

**16214 57th Ave. E. #C
Puyallup, WA 9837**