



JUNE 2026 NEWSLETTER

Welcome to the Sumner Senior Center!

Open to everyone aged 55 & older.

Activities & Meals are limited this month until partition doors are installed.

Please refer to the Activity Calendar on page 4 for more information.

If an activity or meal does not appear on the calendar, then it is not available yet.

Meals will resume on Monday, June 22nd

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 \$12.55 (Increase as of 5/1/26)

~ June Highlights ~

- June 4th Trip: Snoqualmie Casino
- June 11th Trip: Seattle Waterfront
- June 18th Trip: Billy Frank Jr. Nisqually National Wildlife Refuge
- June 22nd City Talk: Sumner Community Food Bank
- June 25th Trip: Ruston Way Park
- June 25th Birthday and Father's Day Party
Music by Tim Anderson
BP & Glucose Checks

CLOSED

Juneteenth: Friday, June 19th

Contact Information

Phone: 253-863-2910

Hours: Monday-Friday:
8:00am-4:30pm

Address:

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

Email:

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
Jim Meier
Chiho & JR Pewitt
Elaine Snellman
Gaylyn Wilson



SUMNER SENIOR CENTER

EDUCATIONAL, HEALTH & OTHER SERVICES

AARP Smart Driver Course



Friday, June 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

Ask the Lawyer

Monday, June 1st

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

Thursday, June 25th

11:30am—Noon



FREE!



Free Service provided by CayCare

City Talk

Sumner Community Food Bank

Monday, June 22nd

11:00am-11:45am

Presented by

Anthony Apeles, Executive Director,
Sumner Community Food Bank



Haircuts By Becky

Thursday, June 4th

10:00am—3:00pm

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

Must call to schedule your appointment
for JULY starting JUNE 1st



Mayor Carla Bowman

Have a question? Curious about the latest news from the city? Stop by for a casual *Coffee with Carla* to chat!

Date: Friday, July 24 at Noon

Place: Van Lierop Garden Market
1020 Ryan Avenue, Sumner



Massage (Chair only)

Wednesday, June 3rd & 17th

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, June 12th

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, June 11th

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

Watch & Jewelry Sales & Battery Replacement

Wednesday, June 24th

10:00am—Noon

For a watch battery replacement,

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

THANK YOU to Emmanuel Food Pantry at St. Andrew Catholic Church!

They deliver desserts for our Seniors on Fridays to the Sumner Senior Center! They also have food available to those in need;

Drive-Thru: Tuesdays & Fridays 10-12 & Wednesday 3-5.

They always welcome donations & volunteers.

Their address is 1401 Valley Ave in Sumner;
the Food Pantry is located on the north side of the church.

Call 253-905-5448 for more details.

TRIPS

Snoqualmie Casino

Date: Thursday, June 4th

Leave SSC: 9:00am (Be here at 8:45)

Returns SSC: Approx. 4:00pm

Cost: \$10 for transportation

(Bring \$ for lunch)

Must Come in and Pay to Reserve a Seat!

24 Seats Available on Bus.

(CASH ONLY; Sorry, no refunds)



Seattle Waterfront

Date: Thursday, June 11th

Leave SSC: 9:30am (Be here at 9:15)

Returns SSC: Approx. 4:00pm

Cost: \$10 for transportation

(Bring \$ for lunch & shopping)

Must Come in and Pay to Reserve a Seat!

24 Seats Available on Bus.

(CASH ONLY; Sorry, no refunds)



Take a walk along the Seattle waterfront on Alaskan Way. Stroll at your own pace and visit shops and attractions, such as Miner's Landing, the Great Wheel, the Aquarium - then have lunch from the many restaurants available within walking distance.

Nisqually Wildlife Refuge

Date: Thursday, June 18th

Leave SSC: 9:30am (Be here at 9:15)

Lunch in Dupont: 1:00pm at McNamara's

Returns SSC: Approx. 3:30pm

Cost: \$7 for transportation (Bring \$ for entry & lunch in Dupont afterwards)

Must Come in and Pay to Reserve a Seat!

24 Seats Available on Bus.

(CASH ONLY; Sorry, no refunds)



Immerse yourself in the diverse habitats of the Nisqually River Delta, hear the cacophony of bird songs, and observe wildlife in their natural environment. Year-round trails offer different wildlife viewing opportunities each season and tidal stage. We'll stop in Dupont for lunch - dine at McNamara's Pub & Eatery or choose another nearby restaurant.

Ruston Way Waterfront Park

Date: Thursday, June 25th

Leave SSC: 10:00am (Be here at 9:45)

Returns SSC: Approx. 3:00pm

Cost: \$7 for transportation

(Bring \$ for lunch)

Must Come in and Pay to Reserve a Seat!

24 Seats Available on Bus.


(CASH ONLY; Sorry, no refunds)



This scenic waterfront with panoramic views of Commencement Bay is a great place for walking. The Ruston Way Waterfront is made up of several smaller parks. Bring your lunch for a picnic or dine at one of the restaurants - Duke's, Katie Downs, Harbor Lights or Ram Restaurant & Brewery.



ACTIVITY CALENDAR—JUNE 2026

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|---|
| 1 LIMITED ACTIVITIES UNTIL PARTITIONS ARE INSTALLED 1:00 Ask the Lawyer 1:30 Bunco | 2 LIMITED ACTIVITIES 12:00 Open Paint 12:15 Pinochle | 3 LIMITED ACTIVITIES 10:00 Massage (Chair) 10:30 Hand and Foot Cards 12:30 Bridge | 4 LIMITED ACTIVITIES 9:00 Trip: Snoqualmie Casino 10:00 Haircuts by Becky 12:30 Knit and Crochet 1:00 Mexican Train Dominoes | 5 LIMITED ACTIVITIES 10:30 Canasta |
| 8 LIMITED ACTIVITIES 10:30 Card Making 12:30 Bunco | 9 LIMITED ACTIVITIES 12:00 Open Paint 12:15 Pinochle Tournament | 10 LIMITED ACTIVITIES 10:30 Hand and Foot Cards 12:30 Bridge | 11 LIMITED ACTIVITIES 9:30 Trip: Seattle Waterfront 10:30 Tech Help 12:30 Knit and Crochet | 12 LIMITED ACTIVITIES 9:00 Senior Footcare with April 10:30 Canasta |
| 15 1:30 Bunco LIMITED ACTIVITIES | 16 12:00 Open Paint 12:15 Pinochle LIMITED ACTIVITIES | 17 10:00 Massage (Chair) 10:30 Hand & Foot Cards 12:30 Bridge LIMITED ACTIVITIES | 18 9:30 Trip: Nisqually Wildlife Refuge 12:30 Knit and Crochet 1:00 Mexican Train Dominoes LIMITED ACTIVITIES | 19 CLOSED  |
| 22 11:00 City Talk: Sumner Community Food Bank 12:00 Lunch 1:00 Book Club 1:30 Movie: "A League of Their Own" No Stretch Class On 4th Monday | 23 10:30 Karaoke 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga ALL ACTIVITIES AND MEAL SERVICE RESUME | 24 9:00 S.A.I.L. Sit & Stand Exercise 10:00 Watch & Jewelry Sale 10:30 Hand & Foot Cards 10:30 Jewelry Class with Anne 12:00 Lunch 12:30 Bridge CANCELED: Line Dancing Class | 25 Father's Day & Birthday Party Reserve Lunch by June 17 10:00 Trip: Ruston Way Park 11:30 BP & Glucose Checks 11:30 Music: Tim Anderson 12:00 Lunch 12:30 Knit and Crochet CANCELED: Tai Chi, Cricut Class, Chair Yoga | 26 8:30 AARP Smart Driver 9:00 S.A.I.L. Sit & Stand Exercise 10:30 Canasta 12:00 Lunch 1:30 BINGO |
| 29 12:00 Lunch 2:00 Stretch Class | 30 10:30 Karaoke 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga |  | Reservations Required for Lunch on Music Day: Thursday, June 25th Call to Reserve Lunch <u>by June 17!</u> We fill up quickly. Check newsletter for music information! | |



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-JUNE 2026

SUMNER SENIOR CENTER ~ 253-863-2910

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|--|
| 1 | 2 | 3 | 4 | 5 |
|  <div style="border: 1px solid black; padding: 10px; margin: 10px auto; width: 80%;"> <p style="text-align: center; color: blue;">-MEAL SERVICE CANCELED UNTIL PARTITIONS ARE INSTALLED-</p> </div> | | | | |
| 8 | 9 | 10 | 11 | 12 |
| <div style="border: 1px solid black; padding: 10px; margin: 10px auto; width: 80%;"> <p style="text-align: center; color: blue;">-MEAL SERVICE CANCELED-</p> </div> | | | | |
| 15 | 16 | 17 | 18 | 19 |
| <div style="border: 1px solid black; padding: 10px; margin: 10px auto; width: 80%;"> <p style="text-align: center; color: blue;">-MEAL SERVICE CANCELED-</p> </div> | | | | <p><u>CLOSED</u></p>  |
| <p>Movie Matinee 22</p> <p>Honey Dijon Chicken Potatoes Beets Peaches</p> | <p>23</p> <p>Sweet & Sour Pork Vegetables Rice Fortune Cookie Ice Cream</p> | <p>24</p> <p>Sesame Noodles with Chicken Fortune Cookie Orange</p> | <p>Father's Day & Birthday Party 25</p> <p style="color: red;">MUST RESERVE LUNCH BY JUNE 17</p> <p>Beef & Pepper Steak Brussel Sprouts Pound Cake with Strawberries & Whipped Cream</p> | <p>26</p> <p>Omelet Sausage Patty Hashbrowns Honey Dew Melon</p> |
| <p>29</p> <p>Pasta Salad with Peas, Carrots & Bacon Crumbles Hard Boiled Egg Mandarin Oranges Pudding</p> | <p>30</p> <p>Sloppy Joe Sandwich Tomato, Cucumber, Feta & Onion Salad Yogurt Strawberries</p> | <p style="text-align: center;">MEALS</p> <p style="text-align: center;">For Seniors 60 & Up:</p> <p style="text-align: center; color: red;"><u>Suggested Contribution is \$3.50</u></p> <p style="text-align: center;">Cost for all others:</p> <p style="text-align: center; color: red;"><u>\$12.55 (Increase as of 5/1/26)</u></p> <p style="text-align: center;">Lunch is served at Noon</p> <p style="text-align: center; color: blue;"><u>"Be in your seat ready to eat!"</u></p> | | <p style="color: red;">*<u>Reservations Required for Lunch on:</u></p> <p style="text-align: center; color: black;">June 25th</p> <p style="text-align: center;">Must Reserve lunch by June 17.</p> <p style="color: red;">*Check newsletter for more information</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

CANCELED: June 5th, 12th & 19th

Cost: \$1 per card

Come have some fun and win prizes at BINGO!

Book Club

Monday, June 22nd
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 June!



Need more players



Bunco Mondays

June 1st & 15th at 1:30pm
Cost: \$5

June 8th at 12:30pm
Cost: \$2

*Thank You 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

Monday, June 8th

10:30-Noon

Cost: \$7

Come make 3 beautiful handmade cards.

Bring a glue stick!

Register in Advance

**NEW DATE
THIS MONTH**

Hand & Foot Cards

Wednesdays at 10:30am
Cost: \$2

This exciting card game is closely related to Canasta.

Come check it out!

Jewelry Class with Anne

Wednesday, June 24th
10:30am - Noon

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)

Check it out!

Karaoke

**NEW DATES
THIS MONTH**

Tuesday, June 23rd & 30th
at 10:30am - 11:45am

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, June 4th & 18th
at 1:00pm

A new twist on the classic game of dominoes.

Come and have fun with the 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.

EVENTS AND MUSIC

Father's Day and Birthday Party



Join us in a celebration for all Fathers! It's also a birthday party!

Everyone is welcome to join us in celebrating birthdays this month. Those with June birthdays may enter a free drawing to win a special gift basket!

Thank you to Connor Shoemaker of Keller Williams Realty for the Balloons, to CayCare for the BP & Glucose checks and birthday basket, and to the City of Sumner for the birthday cakes!

Date: Thursday, June 25th

Time: 11:30am - 12:30pm

Must make Lunch Reservations by June 17th

Movie Matinee



A League of Their Own



A fictionalized story of the pioneering women of the All-American Girls Professional Baseball League during WWII, focusing on two competitive sisters who join the Rockford Peaches and navigate teamwork, rivalry, and societal expectations. The movie blends humor, history, and heartfelt moments. Acclaimed for its charm, themes, and quotable lines, it remains a timeless, inspiring sports comedy-drama worth watching.

Date: Monday, June 22nd

Time: 1:30pm (2 hr. 7 min.)

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



EXERCISE

Chair Yoga Class

Tuesdays & Thursdays at 1:30pm



CANCELED June 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

Line Dancing Class

Wednesdays at 2:00pm



Canceled in June - Resumes July 1st

Drop in and join Cindy for some fun dancing with friends, old and new!

Cost: FREE Instructor: Cindy Adams

Exercise Room

Our exercise room is open

ALL DAY

and is FREE!



S.A.I.L. Sit & Stand

Wednesdays & Fridays at 9:00am



The fitness program focuses on exercises that improves strength, balance and flexibility. You'll feel great and reduce the risk of falling.

Cost: \$3.00 Instructor: Gaylyn Wilson

Stretch Class

Mondays at 2:00pm

No Class on 4th Monday (June 22nd)

This class combines stretching using balls, bands and weights.

Cost: \$3.00 Instructor: Christel Paul



Tai Chi

Thursdays at 8:30am

Canceled in June - Resumes July 2nd

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 NEWS



Jessia, Mother's Day Gift Basket Winner

Mother's Day & May Birthday Party with Chris Anderson



Polly, May Birthday Party Gift Basket Winner



Bus trip to Olympia Farmer's Market



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



Visit their retail storefront at
1620 45th St. E.
in Sumner

Newsletter printed by



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