



MAY 2026 NEWSLETTER

Welcome to the Sumner Senior Center!

Open to everyone aged 55 & older.

We will reopen Monday, May 11th
Activities are limited this month and in June until partition doors are installed.
Please refer to the Activity Calendar on page 4 for more information.

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

Delicious lunches will resume May 11th - 27th
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)

~ May Highlights ~

May 7th Trip: Red Wind Casino (Limited seats available)

May 13th Mother's Day and Birthday Party
Music: *Chris Anderson*

May 14th Trip: Olympia Farmer's Market
(Sorry, seats are FULL)

May 21st Trip: Poulsbo and Sluys Bakery
(Sorry, seats are FULL)

May 28th Trip: Seattle Waterfront (Sorry, seats are FULL)

You may ask to be put on the waitlist for the trips that are full.

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
Chiho & JR Pewitt
Elaine Snellman
Gaylyn Wilson

CLOSED

Memorial Day: Monday, May 25th



SUMNER SENIOR CENTER

EDUCATIONAL, HEALTH & OTHER SERVICES

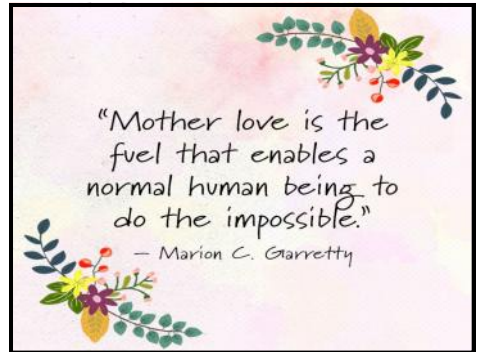


Ask the Lawyer

Coming back in June!

Free 30-minute consultations.

Courtesy of
David Shelvey, Attorney at Law



Caregiving Support Group

Coming in June!

Speaker: Sarah Whittaker
Mindfulness in the
midst of Caregiving:
Tools for calm, clarity,
and resilience.



City Talk: Chat with the Mayor

Coming Soon!

Come enjoy a cup of coffee and chat
with **Mayor Carla Bowman** about
what's happening in our community.

Haircuts By Becky

Thursday, May 7th
10:00am—3:00pm

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

**Must call to schedule your appointment
for JUNE starting MAY 1st**

Massage (Chair only)

Coming back in June!

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

Senior Footcare by April

Friday, May 8th
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

Summer Safety Tips



Stay Hydrated
Drink 8 or more
glasses of water
per day to stay
healthily & hydrated



**Know the Side Effects
of Medications**
Some medications have side
effects such as drowsiness or
sun sensitivity



Stay Cool
Stay in the A/C,
indoors, go
swimming, etc.



**Wear Light, Loose
Fitting Clothing**
Wear breathable
clothing and light colors
that reflect the sun



**Have Emergency
Contacts**
Have a list of people
to call in case of
emergency



**Know the Weather
Forecast**
Plan your days
accordingly depending
on the weather

Tech Help

Thursday, May 14th
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 & Christel's Silk Flower Sales

Wednesday, May 20th
10:00am—Noon

For a watch battery replacement,
Drop-off at the center with \$5
Monday-Friday from 8am - 4pm

Workshop

SHIBA - Statewide
Health Insurance Benefits Advisors
Monday, May 18th
11:00am—Noon

Understanding Medicare
rights & options.
Register in Advance



TRIPS

Red Wind Casino

Date: Thursday, May 7th

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

Returns SSC: Approx. 3:30pm

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)



Olympia Farmer's Market

Date: Thursday, May 14th

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

Returns SSC: Approx. 3:00pm

Cost: \$7 for transportation

(Bring \$ for lunch & shopping)

Must Pay to Reserve a Seat!

Come in & pay at the front desk.

(CASH ONLY; Sorry, no refunds)

Shop at the market for fresh vegetables, fruit, meat, dairy, seafood, handmade crafts, artisanal foods, wine, baked goods, and more. Have lunch at one of the eight restaurants!

**Sorry,
FULL!**
(You may ask to be put on the waitlist)

Poulsbo Shopping & Sluys Bakery

Date: Thursday, May 21st

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

Returns SSC: Approx. 4:00pm

Cost: \$10 for transportation

(Bring \$ for lunch & shopping)

Must Pay to Reserve a Seat!

Come in & pay at the front desk.

(CASH ONLY; Sorry, no refunds)

Join us for a fun adventure in Poulsbo!
Visit unique shops and the famous "Sluys Bakery."
Have lunch at one of the many restaurants!

**Sorry,
FULL!**
(You may ask to be put on the waitlist)

Seattle Waterfront

Date: Thursday, May 28th

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

Returns SSC: Approx. 4:00pm

Cost: \$10 for transportation

(Bring \$ for lunch, shopping & attractions)

Must Pay to Reserve a Seat!

Come in & pay at the front desk.

(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.

**Sorry,
FULL!**
(You may ask to be put on the waitlist)



ACTIVITY CALENDAR - MAY 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	<p style="text-align: center;">Reservations Required for Lunch on Music Days: Wednesday, May 13th</p> <p style="text-align: center;">Call to Reserve Lunch EARLY! We fill up quickly. Check newsletter for <u>Reservation Deadlines</u> and for music times.</p>			1
4	5	6	7	8
-CLOSED- NO ACTIVITIES	-CLOSED- NO ACTIVITIES	-CLOSED- NO ACTIVITIES	-CLOSED- NO ACTIVITIES	-CLOSED- NO ACTIVITIES
11	12	13	14	15
12:00 Lunch 12:30 Bunco 1:00 Book Club CANCELED: Stretch Class	12:00 Lunch 12:00 Open Paint 12:15 Pinochle Tournament CANCELED: Chair Yoga	Mother's Day & Birthday Party <u>Call to Reserve Lunch</u> 10:30 Hand & Foot Cards 11:30 Music: Chris Anderson 12:00 Lunch CANCELED: S.A.I.L. Exercise Bridge Line Dancing Class	8:30 Tai Chi 9:30 Trip: Olympia Farmer's Market FULL 10:30 Tech Help 12:00 Lunch 12:30 Knit and Crochet CANCELED: Chair Yoga	9:00 S.A.I.L. Exercise 10:30 Canasta 12:00 Lunch 1:30 BINGO
18	19	20	21	22
11:00 Workshop - SHIBA Presentation 12:00 Lunch 1:30 Bunco 2:00 Stretch Class	10:30 Karaoke 12:00 Lunch 12:00 Open Paint 12:15 Pinochle CANCELED: Chair Yoga	10:00 S.A.I.L. Exercise 10:00 Watch & Jewelry Sale 10:00 Christel's Silk Flower Sale 10:30 Hand & Foot Cards 12:00 Lunch 2:00 Line Dancing Class CANCELED: Bridge	8:30 Tai Chi 9:30 Cricut Crafting 9:30 Trip: Poulsbo & Sluys Bakery FULL 12:00 Lunch 12:30 Knit and Crochet 1:00 Mexican Train Dominoes CANCELED: Chair Yoga	9:00 S.A.I.L. Exercise 10:30 Canasta 12:00 Lunch 1:30 BINGO
25	26	27	28	29
CLOSED 	12:00 Lunch 12:00 Open Paint 12:15 Pinochle CANCELED: Chair Yoga	8:00-9:30 CLOSED (City of Sumner Staff Meeting) 10:00 S.A.I.L. Exercise 10:30 Hand & Foot Cards 12:00 Lunch 2:00 Line Dancing Class CANCELED: Bridge	9:30 Trip: Seattle Waterfront FULL <div style="border: 1px solid black; padding: 5px; text-align: center;">-CLOSED-</div> <div style="border: 1px solid black; padding: 5px; text-align: center;">LIMITED ACTIVITIES CANCELED UNTIL PARTITIONS ARE INSTALLED</div>	-CLOSED-

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 - MAY 2026

SUMNER SENIOR CENTER ~ 253-863-2910

Monday	Tuesday	Wednesday	Thursday	Friday
<p>MEALS For Seniors 60 & Up: Suggested Contribution is \$3.50 Cost for all others: \$12.55 (Increase as of 5/1/26) Lunch is served at Noon <i>"Be in your seat ready to eat!"</i></p>		<p>*Reservations Required for Lunch on: May 13th Call to reserve lunch. *Check newsletter for more information</p>		<p>1 -CLOSED-</p>
<p>4 -CLOSED-</p>	<p>5 -CLOSED-</p>	<p>6 -CLOSED-</p>	<p>7 -CLOSED-</p>	<p>8 -CLOSED-</p>
<p>11 Baja Chicken Black Bean, Corn, and Rice Salad Ice Cream and Pineapple Sauce</p>	<p>12 BBQ Pork Roll Apple Coleslaw Green Beans Melon</p>	<p>13 Mother's Day Party & Birthday Party CALL TO RESERVE LUNCH Meatloaf Potatoes & Gravy Carrots Oranges Brownie</p>	<p>14 Baked Cod Roasted Mediterranean Veggies Oatmeal Raisin Cookie</p>	<p>15 Chicken Cheese Taco Cauliflower Salsa & Sour Cream Caramelized Bananas</p>
<p>18 Fish & Chips Coleslaw Yogurt Strawberry & Rhubarb Compote</p>	<p>19 Taco Bake Casserole Corn & Black Beans Pinto Beans Melon</p>	<p>20 Chinese Chicken Salad Wheat Roll Pears</p>	<p>21 Tuna Melt Pea Onion & Tomato Salad with Cheese Grapes</p>	<p>22 Philly Cheese Sandwich Brussel Sprouts Grapes</p>
<p>25 CLOSED Memorial Day Honoring the memory of those who gave their tomorrows for our today.</p>	<p>26 Chicken Fried Rice Egg Roll Stir Fry Veggies Mandarin Orange Fortune Cookie</p>	<p>27 Beef Goulash Broccoli Pound Cake Strawberries with Whipped Cream</p>	<p>28 -CLOSED-</p>	<p>29 -CLOSED-</p>
<p>JUNE MEALS CANCELLED UNTIL PARTITIONS ARE INSTALLED</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: May 29th

Cost: \$1 per card

Come have some fun and win prizes at BINGO!

Book Club

Monday, May 11th

at 1:00pm

Hosted by Judy Kimball

Register in Advance

Check it Out!

Bridge

Wednesdays at 12:30pm

CANCELED IN MAY

Cost: \$1



Stop in and join in June!



Need more players

Bunco Mondays

May 11th at 12:30pm

Cost: \$5

May 18th at 1:30pm

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

Coming back in June!

10:30-Noon

Cost: \$7

Come make 3 beautiful handmade cards.

Bring a glue stick!

Register in Advance

NEW

Cricut Crafting

Thursday, May 21st

9:30am—Noon

Bring your Cricut Machine to learn & share with others!

Cost: Free - Bring your supplies
Register in Advance (Limited to 10)

CHECK IT OUT!

Hand & Foot Cards

Wednesdays at 10:30am

Cost: \$2

This exciting card game is closely related to Canasta.

Come check it out!

Jewelry with Anne

Returning in June!

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

Tuesday, May 19th

at 10:30am - 11:45am

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

Knit & Crochet Group

Thursdays at 12:30pm

CANCELED: May 28th

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

Mexican Train Dominoes

Thursday, May 21st

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

Mother's Day and Birthday Party

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



Chris Anderson

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

Thank you

to Connor Shoemaker of Keller Williams Realty for the Balloons, and to the City of Sumner for the birthday cakes!

Date: Wednesday, May 13th

Time: 11:30am - 12:30pm

Must make Lunch Reservations. Call Today!

EXERCISE

Chair Yoga Class

Tuesdays & Thursdays at 1:30pm



CANCELED in MAY

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 May 13th

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.

Wednesdays & Fridays at 9:00am



Canceled May 13th & 29th; May 27 starts at 10:00am

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



Canceled May 11th & 25th

This class combines stretching using balls, bands and weights.

Cost: \$3.00

Instructor: Christel Paul.

Tai Chi

Thursdays at 8:30am



Canceled May 28th

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.

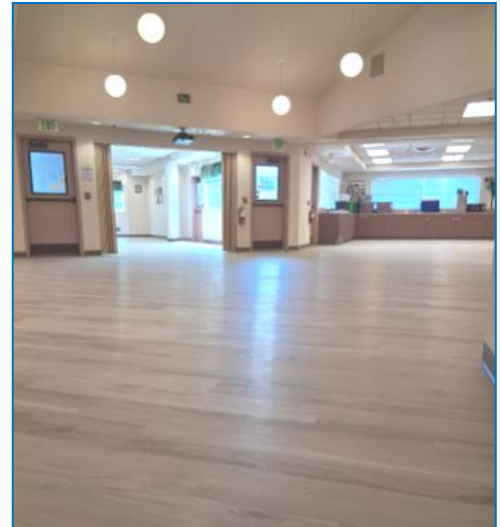
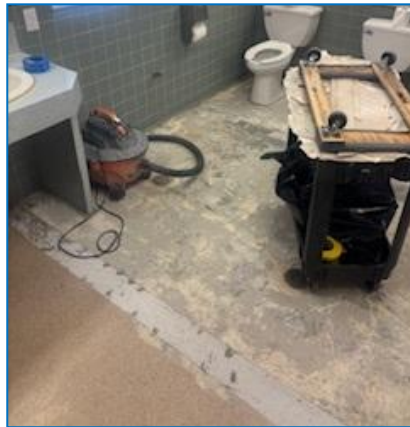
Cost: Free

Instructor: Phil Schneider

SUMNER SENIOR CENTER UPDATES

Welcome Back!

At this time, the remodel is still in progress!
See the Activity calendar for a list of the activities that will be open in May. Beginning May 28th, work will begin on installing the partitions so until the work is finished, we will need to limit our activities in May and June.

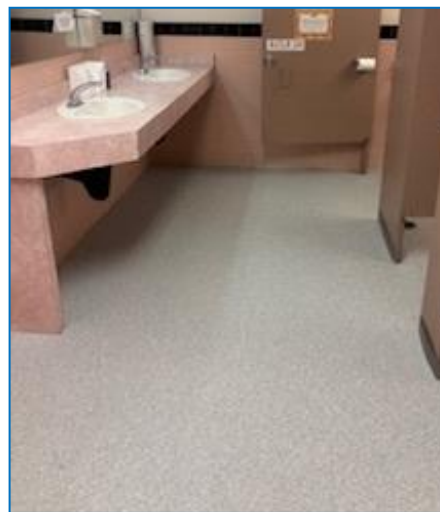


Men's Restroom
in Progress

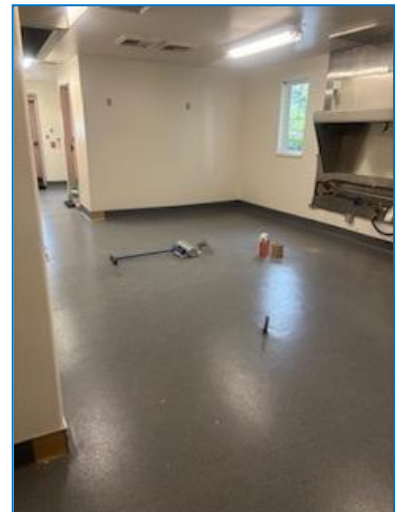
New Multi-purpose Room Flooring



Original Flooring



Completed Women's Restroom



New Kitchen Floor



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



253-531-6331

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