



Sumner Senior Center August 2026 Newsletter

HOURS:

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

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

☎ 253-863-2910

✉ seniorcenter@sumnerwa.gov

Senior Center Staff

Susan K. Bryant, Coordinator
Linda Goodwin, Admin. Assistant
Karla Scott, Admin. Assistant

Senior Center Volunteers

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

Catholic Community Services

Peggy HuiHui, Cook

CCS Volunteers

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



WELCOME! JOIN THE FUN! **OPEN TO ANYONE 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 through Friday at Noon.

Suggested Contribution:

Seniors 60 & up is \$3.50

Cost for all others is **\$12.55**

August Highlights

- | | |
|--------------------|--|
| August 3rd | Ask the Lawyer
<i>David Shelvey, Attorney at Law</i>
Sign up today for a free 30-minute consultation. |
| August 7th | Music Day - <i>Julie Marie,</i>
<i>Indie-folk singer-songwriter</i> |
| August 10th | Workshop: Inflammation
<i>Traci Woodcock</i> |
| August 12th | Birthday Party - NM Entertainment -
Tropical Vacation |
| August 17th | Workshop - Learn how to get free e-books with Libby from the library.
<i>Patrick Rayment, Librarian</i> |
| August 18th | Caregivers Support Group |
| August 24th | Workshop - "When is it Time to Get More Help?"
<i>Clear Path, Valerie Morgan</i> |
| August 24th | Movie Matinee: National Treasure 2 |
| August 31st | Workshop - "Fall Prevention"
<i>Amada Senior Care</i> |

Check inside for this month's Trips!

Educational, Health & Other Services

Ask the Lawyer

Monday, August 3rd

1:00pm-3:00pm

Sign up today for one of the four free 30-minute consultations.

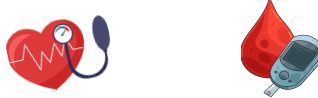
Courtesy of
David Shelvey, Attorney at Law

Register in Advance

Blood Pressure & Glucose Checks



Wednesday, August 12th
11:30pm-Noon



Free Service Provided by
CayCare

Caregivers Support Group

Tuesday, August 18th

10:00am-11:45am

Our support group meetings are designed to offer advice, compassion and resources to caregivers.

Register in Advance

Coffee & Conversation

Tuesday, August 25th

9:30am-11:30am

Join our monthly gathering to meet new people and share thoughtful, friendly conversation. A simple, uplifting time designed to spark companionship, curiosity, and laughter.

Hosted by Anne Lee

Haircuts by Becky

Thursday, August 6th

10:00am-3:00pm



Please arrive with washed hair.
Suggested Minimum: \$6 (Cut Only)

Must call to schedule your appointment for September starting August 3rd

Massage (Chair only)

**Wednesday,
August 5th & 19th**

10:00am-3:00pm

**Cost: \$10 for 20 minutes
\$15 for 30 minutes**

Register in Advance at the front desk

Senior Footcare by April

Friday, August 14th

9:00am-3:00pm

Cost: \$50 cash or check
Must bring your own towel

**To make appointments, call Tosha:
Senior Footcare: 253-848-9625**



Tech Help

Thursday, August 13th

10:30am-11:30am

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

*Courtesy of Patrick Rayment,
Bonney Lake Pierce County Library*

Register in Advance

Watch & Jewelry Sales and Battery Replacement

Wednesday, August 19th

10:00am-Noon

Cost for watches & jewelry: Varies

For watch battery replacement,
Drop off at the center with \$5
Monday-Friday, 8:00am-4:00pm

Workshop

Amada Senior Care

"Fall Prevention"

Monday, August 31st

11:00am-11:45am

Presented by Barbra Menendez,
Amada Senior Care

Register in Advance

Workshop

Clear Path Senior Living Solutions

"When is it Time
to Get More Help?"

Monday, August 24th

11:00am-11:45am

Presented by Valerie Borgman,
Clear Path Senior Living Solutions

Register in Advance

Workshop-Mini

Free E-Books & E-Audiobooks

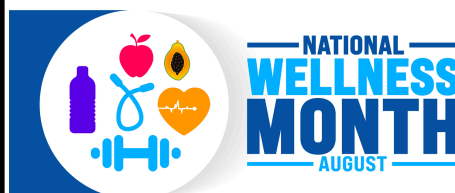
 **Pierce County Library System** Bring your smartphone, tablet or e-reader and learn how to get free books using Libby.
Information & Imagination

Monday, August 17th

11:15am-11:45am

Presented by Patrick Rayment,
Pierce County Library, Bonney Lake

Register in Advance



Workshop

Inflammation

"Evading the Silent Killer"

Monday, August 10th

10:30am-Noon

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

Register in Advance

Programs & Activities

BINGO

Fridays at 1:30pm

Cost: \$1 per card

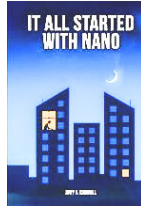


Have some fun and win prizes at BINGO!

Book Club

Monday, August 10th

at 1:00pm



Hosted by
Judy Kimball,

Author of
"It All Started With Nano"

Register in Advance

Bridge

Wednesdays at 12:30pm

Cost: \$1



Drop in and join!

More players needed!

Bunco Mondays

August 3rd & 17th at 1:30pm

Cost: \$2

August 10th at 12:30pm

Cost: \$5



*Thank you to
Concierge Care Advisors for treats!*

Canasta

Fridays at 10:30am

Cost: \$2

A lively version of rummy that will definitely entertain you.

Join us for a fun game of Canasta.

Card Making Class

Friday, August 7th

10:30am - Noon

Cost: \$7

Come make 3 beautiful handmade cards. Bring a gluestick!

**Register in Advance
Limited to 15 participants**

Cricut Crafting

**Thursday, July 20th at 9:00am
Friday, July 21st & 28th at 2:00pm**

Bring your Cricut machine to learn & share with others!

Cost: Free - Bring your supplies.

**Register in Advance
Limited to 10 participants**

Hand & Foot Cards

Wednesdays at 10:30am

Cost: \$2

This exciting game is closely related to Canasta!



Jewelry Class with Anne

Thursday, August 27th

10:30am - Noon

Come learn how to make wire earrings!

Cost: Free to Learn or \$4 to buy a pair made for you

**Register in Advance
Limited to 8 participants**

Karaoke

**Tuesday, August 4th & 18th
at 10:30am**



**Hosted by
Jun Patton**

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, August 6th & 20th
at 1:00pm**



A twist on the classic game of dominoes.

New players welcome!

Open Paint Group

Tuesdays at Noon

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

\$3 for tourney



Join us to 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.



Activity Calendar - August 2026

Monday	Tuesday	Wednesday	Thursday	Friday
3 12:00 Lunch 1:00 Ask the Lawyer 1:30 Bunco 2:00 Stretch Class	4 10:30 Karaoke 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga	5 9:00 S.A.I.L. Exercise 10:00 Massage (Chair) 10:30 Hand & Foot Cards 12:00 Lunch 12:30 Bridge 2:00 Line Dancing Class	6 8:30 Tai Chi 9:00 Trip: Amazon Tour Kent Fulfillment Center 10:00 Haircuts by Becky 12:00 Lunch 12:30 Knit & Crochet 1:00 Mexican Train Dominoes 1:30 Chair Yoga	Music Day 7 Reserve Lunch by July 31 9:00 S.A.I.L. Exercise Card Making Class 10:30 Canasta 11:30 Music: Julie Marie, Folk Singer 12:00 Lunch 1:30 BINGO
10 11:00 Inflammation: -Traci Woodcock 12:00 Lunch 12:30 Bunco 1:00 Book Club 2:00 Stretch Class	11 12:00 Lunch 12:00 Open Paint 12:15 Pinochle Tournament CANCELED: Chair Yoga	Birthday Party 12 Reserve Lunch by August 4 10:30 Hand & Foot Cards 11:30 Blood Pressure & Glucose Checks 11:30 Music - Naomi Morgan Ent. 12:00 Lunch 12:30 Bridge CANCELED: S.A.I.L. Exercise and Line Dancing Class	13 8:30 Tai Chi 9:15 Trip: Muckleshoot Casino OR Auburn Outlet Mall 10:30 Tech Help 12:00 Lunch 12:30 Knit & Crochet 1:30 Chair Yoga	14 9:00 S.A.I.L. Exercise 9:00 Senior Footcare with April 10:30 Canasta 12:00 Lunch 1:30 BINGO
17 11:15 Learn Books on Tablet, Smartphone or E-Reader -Patrick, BL Library 12:00 Lunch 1:30 Bunco 2:00 Stretch Class	18 10:00 Caregivers Support Group 10:30 Karaoke 12:00 Lunch 12:00 Open Paint 12:15 Pinochle CANCELED: Chair Yoga	19 9:00 S.A.I.L. Exercise 10:00 Massage (Chair) 10:00 Dick's Watch & Jewelry Sale 10:30 Hand & Foot Cards 12:00 Lunch 12:30 Bridge 2:00 Line Dancing Class	20 8:30 Tai Chi 9:00 Cricut Crafting 9:00 Trip: Woodland Park Zoo 12:00 Lunch 12:30 Knit & Crochet 1:00 Mexican Train Dominoes CANCELED: Chair Yoga	21 9:00 S.A.I.L. Exercise 10:30 Canasta 12:00 Lunch 1:30 BINGO 2:00 Cricut Crafting
24 11:00 Clear Path "When is it Time to Get More Help?" -Valerie Borgman 12:00 Lunch 1:30 Movie Matinee: "National Treasure 2" No Stretch Class on 4 th Monday	25 9:30 Coffee & Conversation 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga	26 9:00 S.A.I.L. Exercise 10:30 Hand & Foot Cards 12:00 Lunch 12:30 Bridge 2:00 Line Dancing Class	27 8:30 Tai Chi 9:30 Trip: Point Defiance Park Walk & Lunch 10:30 Jewelry Class with Anne 12:00 Lunch 12:30 Knit & Crochet 1:30 Chair Yoga	28 9:00 S.A.I.L. Exercise 10:30 Canasta 12:00 Lunch 1:30 BINGO 2:00 Cricut Crafting
31 11:00 Amada Senior Care "Fall Prevention" 12:00 Lunch 2:00 Stretch Class 	<u>Reservations Required for Lunch on Music Days:</u> Music Day: Friday, August 7th and Birthday Party: Wednesday, August 12th		May your month of August be filled with wonderful blessings of good health, love, peace, happiness and prosperity. 	

This calendar is subject to change. Please call to confirm your activity. 253-863-2910
 Sumner Senior Center - 15506 62nd St Ct E, Sumner, WA 98390 - Hours: 8:00am - 4:30pm



Lunch Menu - August 2026

Sumner Senior Center - 253-863-2910

Monday	Tuesday	Wednesday	Thursday	Friday
Beef Marcaroni Green Bean Salad Applesauce	Pancakes Sausage Patty Scrambled Eggs Melon Orange Juice	Chicken Salsa Salad Corn and Beans Tortilla Chips Fig Newton	Beef Stir Fry Fried Rice With Egg, Peas & Carrots Fortune Cookie Ice Cream Cup	Music Day Reserve Lunch by July 31 Fish & Chips Coleslaw Yogurt Strawberry-Rhubarb Compote
BBQ Pork Open Face Sandwich Green Beans Carrot Raisin Salad Lemon Bar	Turkey Cheese Burger Sweet Potato Fries Coleslaw Applesauce	Birthday Party Reserve Lunch by Aug. 4th Philly Cheese Sandwich Claremont Salad Grapes	Baked Cod Roasted Mediterranean Veggies Waldorf Salad Oatmeal Raisin Cookie	Baja Chicken Black Bean, Corn, Rice Salad Ice Cream & Pineapple Sauce
BBQ Chicken Pasta Salad Green Beans Ice Cream with Pineapple Sauce	Meatloaf Potatoes & Gravy Carrots Oranges Brownie	Pork Chops with Apples Cucumber, Tomato & Feta Salad Rice Pudding	Chicken Cheese Taco Cauliflower Salsa Sour Cream Carmelized Bananas	Tuna Melt Pea, Onion & Tomato Salad with Cheese Grapes
Movie Day Pork Luau Rice Pineapple Coleslaw Hawaiian Roll Tropical Fruit Salad	Baked Chicken with Apple Zucchini Linguini Brussel Sprouts Wheat Roll Peaches	Taco Bake Casserole Corn and Black Beans Pinto Beans Melon	Turkey Meatloaf Potato with Sour Cream Broccoli Oatmeal Raisin Cookie	Mandarin Chicken Pasta Salad Melon
Chinese Chicken Salad Wheat Roll Pears		Reservations are Required for Lunch on Music Days: Fri. August 7th & Wed. August 12th		MEALS Seniors 60 & up Suggested Contribution: \$3.50 Cost for all others: \$12.55 Lunch is served at Noon.

This menu is subject to change. Please call to confirm a meal. 253-863-2910

Sumner Senior Center - 15506 62nd St Ct E, Sumner, WA 98390 - Hours: 8:00am - 4:30pm

Exercise

Chair Yoga Class

**Tuesdays & Thursdays
at 1:30pm**

CANCELED August 11th, 18th & 20th

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 August 12th

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. Exercise Sit and Stand

Wednesdays & Fridays at 9:00am

CANCELED August 12th

This fitness program focuses on exercises that improve 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 (August 24th)

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



Events and Music

Music Day

Julie Marie



Enjoy a blend of classic singalongs and indie-folk originals.

Visiting from the Chicago area.

Date: **Friday, August 7th**

Time: **11:30am-12:30pm**

**Must make lunch
reservations by July 31st**

Birthday Party

MUSIC BY
NM ENTERTAINMENT

*"Tropical
Vacation"*



Thank you to Connor Shoemaker of Keller Williams Realty for the birthday balloons; Compassionate Senior Referrals, LLC for the birthday raffle gift; Caycare for Blood Pressure/Glucose Checks and the City of Sumner for the birthday cakes!

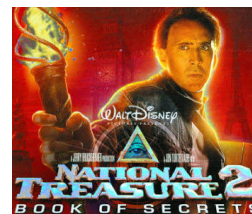
Date: **Wednesday, August 12th**

Time: **11:30am-12:30pm**

**Must make lunch
reservations by August 4th**

Movie Matinee

**National
Treasure 2**



Ben Gates and his father Patrick are surprised by Mitch Wilkinson's claims that their ancestor was a conspirator in the assassination of Abraham Lincoln. With his wife, Abigail, and his best friend, the writer Riley Poole, they head to France, England and Washington to collect clues to prove his honor.



Date: **Monday, August 24th**

Time: **1:30pm (2hr 4min.)**

Trips

Must come in and pay to reserve a seat for all trips. (No phone reservations.)

CASH ONLY; Sorry, no refunds.

Thursday, August 6th

Amazon Fulfillment Center Tour

COST: \$6.00 (Transportation)

LEAVE TIME: 9:00am (Be here by 8:45am)

Lunch: We'll stop at Kent Station after the tour. Your choice of restaurants: Dukes, Mama Stortinis, Chipotle & more.

RETURN: Approximately 3:00pm

Tour is approximately **60-90 minutes long**.
On the tour you may **walk up and down at least one flight of stairs**. Total walking distance is approximately **1 mile**.

MUST WEAR APPROPRIATE WALKING SHOES

***Please see front desk for handout at time of sign up for more important information; dress code, etc.**

Thursday, August 13th

Muckleshoot Casino OR The Outlet Collection Mall in Auburn

COST: \$5.00 (Transportation)

LEAVE TIME: 9:15am (Be here by 9:00am)

Lunch: On your own at casino or mall

RETURN: Approximately 4:00pm

We're traveling to Auburn!

First stop:

Muckleshoot Casino for those who enjoy gambling.

Everyone else will be dropped off at the Outlet Collection Mall (formerly the Supermall).



Thursday, August 20th

Woodland Park Zoo

COST: \$35 (Transportation & TICKET)

LEAVE TIME: 9:00am (Be here by 8:45am)

Lunch: Bring \$ for lunch at the zoo

RETURN: Approximately 4:00pm

Deadline: Aug. 12 (for purchase of tickets)



Woodland Park Zoo is one of the oldest zoos in the USA (established 1889), covering 92 acres in the Phinney Ridge neighborhood of Seattle, Washington. It houses 1,100+ animals from 300+ species across bioclimatic zones.

Thursday, August 27th

Point Defiance Park Walk: Rose Gardens, Japanese Garden and Owen Beach

COST: \$5 (transportation)

LEAVE TIME: 9:30am (Be here by 9:15am)

Lunch: Bring \$ for lunch at Anthony's at Point Defiance Park

RETURN: Approximately 4:00pm

Join us for some short walks through Point Defiance Park - stroll through the Rose Garden & Japanese Garden and take a walk along Owen Beach.

We'll have lunch at Anthony's at Point Defiance.

Senior Corner



Guess who is turning 99 this month? Our very own

Stan Hopkins,

who has been coming to the center since 2016!



Stan was born in London, England, on July 29, 1927. At the age of 13, Stan became a tooling apprentice. (See above photo). He was bound by a formal contract to work for a set period of time, and in exchange he received lunches. After completing his apprenticeship at 18, Stan volunteered for the British Royal Navy Fleet Air Arm, serving aboard light fleet carriers. His brother, John, had already enlisted, so Stan followed in his footsteps. While serving in the Navy, Stan met an American soldier named Len. Len encouraged Stan to write to one of his sisters, Kathleen, back in Nebraska. What began as a simple pen-pal friendship grew into something much more. Stan and Kathleen exchanged letters for three years while he completed his military service. Here's a fun small-world twist: Len eventually married Stan's sister, Dorren!

After leaving the Royal Navy in 1950, Stan experienced the loss of his mother. His father encouraged him to "Go west, young man," so Stan boarded a ship to New York before taking a train to Nebraska to finally meet Kathleen in person. They dated for two years and were married in 1952.

Over the years, Stan and Kathleen made their home in Vicksburg, Mississippi; Nebraska; California; and eventually Seattle, Washington. Stan worked as a tool and die maker at Kenworth Truck Company before being promoted into management. He later joined PACCAR, where he enjoyed a successful 30-year career before retiring in 1992.

In 1957, Stan proudly became what he affectionately calls a "Yankee Doodle" when he became a citizen of the United States.

Together, Stan and Kathleen raised three children: Greg, Jeff, and Jenny. Today, Stan is the proud grandfather of seven grandchildren and eight great-grandchildren. He especially enjoys visits from his granddaughter, Cindee, who often stops by the center with her son, Noah. Their family just had a baby girl and named her Peyton Kathleen. Congratulations!

Stan has always loved fishing, reading, and building houses. One of his favorite accomplishments was helping build the family's home at Lake Chelan. These days, you'll often find him enjoying a good book from the center's library. He especially enjoys fiction, with James Patterson and fellow British author Jack Higgins among his favorite authors.

When asked about his favorite memory, Stan didn't hesitate: "Marrying Kathleen." They shared an incredible 74 years together before Kathleen passed away three years ago. Together, they were familiar and beloved faces at the center, attending five days a week and bringing warmth, laughter, and friendship to everyone they met.

As Stan celebrates another birthday, we are grateful for the many stories, smiles, and friendships he has shared with our center over the years. Happy Birthday, Stan! We hope your special day is filled with love, laughter, cherished memories, and the company of those who love you most. Here's to celebrating an extraordinary life and wishing you many more wonderful moments ahead!

Happy 99th Birthday, Stan!



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 98372**