






# Sumner Senior Center July 2026 Newsletter

## **HOURS:**

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

-  15506 62<sup>nd</sup> St. Ct. E.  
Sumner, WA 98390
-  253-863-2910
-  seniorcenter@sumnerwa.gov

## **Sumner 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  
Rocky 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



## **COME 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**

## **July Highlights**

- July 6th** "Memory Wellness"  
Presented by **Matt Santelli**,  
Pierce County Aging & Disability  
Resources
- July 8th** **Birthday Party**  
Music by **Jim Meck**  
B/P & Glucose Checks
- July 9th** **Trip - Little Creek Casino**
- July 13th** **Coffee with Mayor Carla Bowman**
- July 16th** **Trip - Olympia Farmer's Market**
- July 20th** **Pierce County Tax Exemption Seminar**
- July 23rd** **Trip - Tacoma Nature Center**
- July 27th** **Movie Matinee**  
**National Treasure**
- July 29th** **Music Day - Jan Peterson**
- July 30th** **Trip - Foss Waterway Seaport**

**We will be closed Friday, July 3<sup>rd</sup>  
for the Fourth of July holiday.**

# Educational, Health & Other Services

## AARP Smart Driver Course

Friday, July 24th

8:30am-4:30pm

Refresh your driving skills and become a safer, more confident driver!

Cost: \$20 for AARP members  
\$25 for Non members

Register in Advance

## Ask the Lawyer

Monday, July 6th

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, July 8th

11:30am-Noon

FREE service  
provided by

**CayCare**  
Elder Care and  
Senior Living Advisors

## Caregivers Support Group

Tuesday, July 21st

10:00am-11:45am

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

Register in Advance

## City Talk Mayor Carla Bowman

Monday, July 13th

11:00am-11:45am

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

Register in Advance

## Coffee & Conversation

Wednesday, July 22nd

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

## Compassionate Senior Referrals, LLC

Thursday, July 9th

11:15am-11:45am

Offering guidance & support as you seek new senior living options for loved ones.

Presented by Angela Silva

Register in Advance



## Haircuts by Becky

Thursday, July 2nd

10:00am-3:00pm

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

Must call to schedule your appointment  
for August starting July 1st

## Massage (Chair only)

Wednesday,

July 1st, 15th & 29th

10:00am-3:00pm

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

Register in Advance at the front desk

## Property Tax Exemption Seminar for Pierce County Residents

Monday, July 20th

3:00pm-4:00pm

Information for seniors with low income and persons with disabilities.

RSVP @ [PierceCountyWA.gov/PTES](http://PierceCountyWA.gov/PTES)  
or Call 253-798-6111

## Senior Footcare by April

Friday, July 10th

9:00am-3:00pm

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

To make appointments, call Tasha:  
Senior Footcare: [253-848-9625](tel:253-848-9625)

## SHIBA - Statewide Health Insurance Benefits Advisors

Tuesday, July 28th

11:00am - 3:00pm

5 appointments available

Come talk to a real person about your Medicare questions; rights and options, Medicare Advantage Plans and Medicaid Programs.

Must Sign up for Appointment

## Tech Help

Thursday, July 9th

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 & Battery Replacement

Wednesday, July 15th

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 Memory Wellness

Monday, July 6th

11:00am-11:45am

Presented by Matt Santelli,  
Pierce County Aging  
and Disability Resources

Register in Advance

# Programs & Activities

## BINGO



**Fridays at 1:30pm**  
Cost: \$1 per card

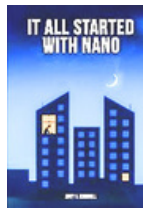
**Closed July 3rd**

Have some fun and win prizes at BINGO!

## Book Club

**Monday, July 13th**

at 1:00pm



Hosted by  
Judy Kimball,

Author of  
"It All Started With Nano"

**Register in Advance**

## Bridge

**Wednesdays at 12:30pm**

Cost: \$1



Stop in and join!

**More players needed!**

## Bunco Mondays

**July 6th at 1:30pm**

Cost: \$2

**July 13th at 12:30pm**

Cost: \$5

**Cancelled July 20th**



**Thank you to  
Concierge Care Advisors for treats!**

## Canasta

**Fridays at 10:30am**

Cost: \$2

**Closed July 3rd**

A lively version of rummy that will definitely entertain you.

**Join us for a fun game of Canasta.**

## Card Making Class

**Monday, July 6th**

10:30am - Noon

Cost: \$7

**New Day  
This Month!**

Come make 3 beautiful handmade cards. Bring a gluestick!

**Register in Advance  
Limited to 15 participants**

## Cricut Crafting

**Thursday, July 16th at 9:00am**

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, July 23rd**

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, July 7th & 21st**  
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, July 2nd & 16th**  
at 1:00pm



A twist on the classic game of dominoes.

**Come have fun with our group!**

## 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 - July 2026

| Monday   | Tuesday  | Wednesday   | Thursday   | Friday   |
|--|--|---|--|--|
| <p><u>Reservations Required for Lunch on Music Days:</u></p> <p>Wednesday, July 8th and Wednesday, July 29th</p>   |  | <p>9:00 S.A.I.L. Exercise</p> <p>10:00 Massage (Chair)</p> <p>10:30 Hand &amp; Foot Cards</p> <p>12:00 Lunch</p> <p>12:30 Bridge</p> <p>2:00 Line Dancing Class</p>   | <p>8:30 Tai Chi</p> <p>10:00 Haircuts by Becky</p> <p>12:00 Lunch</p> <p>12:30 Knit &amp; Crochet Group</p> <p>1:00 Mexican Train Dominoes</p> <p>1:30 Chair Yoga</p>                                  | <p>Closed</p>  |
| <p>10:30 Card Making Class</p> <p>11:00 <b>Workshop: Memory Wellness</b></p> <p>12:00 Lunch</p> <p>1:00 Ask the Lawyer</p> <p>1:30 Bunco</p> <p>2:00 Stretch Class</p> | <p>10:30 Karaoke</p> <p>12:00 Lunch</p> <p>12:00 Open Paint</p> <p>12:15 Pinochle</p> <p>1:30 Chair Yoga</p>                                       | <p><b>1</b></p> <p><u>Birthday Party</u> <b>8</b></p> <p>Reserve Lunch by July 1</p> <p>10:30 Hand &amp; Foot Cards</p> <p>11:30 Music - Jim Meck</p> <p>11:30 BP/Glucose Checks</p> <p>12:00 Lunch</p> <p>12:30 Bridge</p> <p>CANCELED: S.A.I.L. Exercise and Line Dancing Class</p> | <p>8:30 Tai Chi</p> <p>9:30 Trip: Little Creek Casino</p> <p>10:30 Tech Help</p> <p>11:15 Compassionate Senior Referrals</p> <p>12:00 Lunch</p> <p>12:30 Knit &amp; Crochet</p> <p>1:30 Chair Yoga</p> | <p>9:00 S.A.I.L. Exercise</p> <p>9:00 Senior Footcare with April</p> <p>10:30 Canasta</p> <p>12:00 Lunch</p> <p>1:30 BINGO</p> |
| <p>11:00 City Talk: Mayor Bowman</p> <p>12:00 Lunch</p> <p>12:30 Bunco</p> <p>1:00 Book Club</p> <p>2:00 Stretch Class</p>   | <p>12:00 Lunch</p> <p>12:00 Open Paint</p> <p>12:15 Pinochle Tournament</p> <p>1:30 Chair Yoga</p>   | <p>9:00 S.A.I.L. Exercise</p> <p>10:00 Massage (Chair)</p> <p>10:00 Dick's Watch &amp; Jewelry Sale</p> <p>10:30 Hand &amp; Foot Cards</p> <p>12:00 Lunch</p> <p>12:30 Bridge</p> <p>2:00 Line Dancing Class</p>  | <p>8:30 Tai Chi</p> <p>9:00 Cricut Crafting</p> <p>9:30 Trip: Olympia Farmer's Market</p> <p>12:00 Lunch</p> <p>12:30 Knit &amp; Crochet</p> <p>1:00 Mexican Train Dominoes</p> <p>1:30 Chair Yoga</p> | <p>9:00 S.A.I.L. Exercise</p> <p>10:30 Canasta</p> <p>12:00 Lunch</p> <p>1:30 BINGO</p>  |
| <p>12:00 Lunch</p> <p>3:00 Pierce County Tax Exemption Seminar</p> <p>CANCELED: BUNCO STRETCH CLASS</p>  | <p>10:00 Caregivers Support Group</p> <p>10:30 Karaoke</p> <p>12:00 Lunch</p> <p>12:00 Open Paint</p> <p>12:15 Pinochle</p> <p>1:30 Chair Yoga</p> | <p>9:00 S.A.I.L. Exercise</p> <p>9:30 Coffee &amp; Conversation</p> <p>10:30 Hand &amp; Foot Cards</p> <p>12:00 Lunch</p> <p>12:30 Bridge</p> <p>2:00 Line Dancing Class</p>  | <p>8:30 Tai Chi</p> <p>9:30 Trip: Tacoma Nature Center</p> <p>10:30 Jewelry Class with Anne</p> <p>12:00 Lunch</p> <p>12:30 Knit &amp; Crochet</p> <p>1:30 Chair Yoga</p>                              | <p>8:30 AARP Smart Driver Course</p> <p>9:00 S.A.I.L. Exercise</p> <p>10:30 Canasta</p> <p>12:00 Lunch</p> <p>1:30 BINGO</p>   |
| <p>12:00 Lunch</p> <p>1:30 Movie Matinee: "National Treasure"</p> <p>No Stretch Class on 4<sup>th</sup> Monday</p>   | <p>11:00 SHIBA Counseling</p> <p>12:00 Lunch</p> <p>12:00 Open Paint</p> <p>12:15 Pinochle</p> <p>1:30 Chair Yoga</p>                              | <p><u>Music Day</u> <b>29</b></p> <p>Reserve Lunch by July 21</p> <p>10:00 Massage (Chair)</p> <p>10:30 Hand &amp; Foot Cards</p> <p>11:00 Music - Jan Peterson</p> <p>12:00 Lunch</p> <p>12:30 Bridge</p> <p>CANCELED: S.A.I.L. Exercise Line Dancing Class</p>                      | <p>8:30 Tai Chi</p> <p>9:30 Trip: Foss Waterway Seaport Museum</p> <p>12:00 Lunch</p> <p>12:30 Knit &amp; Crochet</p> <p>1:30 Chair Yoga</p>   | <p>9:00 S.A.I.L. Exercise</p> <p>10:30 Canasta</p> <p>12:00 Lunch</p> <p>1:30 BINGO</p>  |

This calendar is subject to change. Please call to confirm your activity. 253-862-2910  
 Sumner Senior Center - 15506 62<sup>nd</sup> St Ct E, Sumner, WA 98390 - Hours: 8:00am - 4:30pm



# Lunch Menu - July 2026

## Sumner Senior Center - 253-863-2910

| Monday  | Tuesday   | Wednesday   | Thursday   | Friday  |
|---|---|---|--|---|
| <p style="color: red; text-align: center;">Reservations<br/>are<br/>Required<br/>for Lunch<br/>on Music Days:</p> <p style="text-align: center;"><b>Wednesday,<br/>July 8th &amp; July 29th</b></p> | <p style="text-align: center;"><b>MEALS</b></p> <p style="text-align: center;">Seniors 60 &amp; up<br/>Suggested Contribution:<br/><b>\$3.50</b><br/>Cost for<br/>all others: \$12.55</p> <p style="text-align: center; color: blue;"><b>Lunch is served<br/>at Noon.</b></p> | <p style="text-align: right;">1</p> <p><b>Beef Lasagna</b><br/>Green Beans<br/>Breadstick<br/>Apples with<br/>Walnuts &amp;<br/>Whipped Cream</p>   | <p style="text-align: right;">2</p> <p><b>Swiss Cheese<br/>Burger</b><br/>Lettuce &amp;<br/>Tomatoes<br/>Wedge Fries<br/>Mixed Berries</p>                 | <p style="text-align: right;">3</p> <p style="text-align: center; color: blue;"><u>Closed</u></p> <div style="text-align: center;"> </div>            |
| <p style="text-align: right;">6</p> <p><b>Beef Taco Salad</b><br/>Salsa<br/>Sour Cream<br/>Tortilla Chips<br/>Orange</p>  | <p style="text-align: right;">7</p> <p><b>Chicken Teriyaki</b><br/>Rice with Peas<br/>and Carrots<br/>Asian Vegetables<br/>Pear<br/>Fortune Cookie</p>  | <p style="text-align: right;">8</p> <p style="color: red; text-align: center;">Reserve Lunch by July 1st</p> <p><b>Birthday Party</b><br/><b>Shrimp Salad</b><br/>Melon<br/>Wheat Roll<br/>Lemon Bar</p>                  | <p style="text-align: right;">9</p> <p><b>Chinese Pepper<br/>Steak</b><br/>Brown Rice<br/>Stir Fry Veggies<br/>Kiwi &amp; Ice Cream<br/>Fortune Cookie</p> | <p style="text-align: right;">10</p> <p><b>Pork Cutlet</b><br/>Baked Potato<br/>Baked Beans<br/>Coleslaw</p>  |
| <p style="text-align: right;">13</p> <p><b>Spaghetti</b><br/>with Ground<br/>Turkey<br/>Green Beans<br/>Breadsticks<br/>Pears</p>   | <p style="text-align: right;">14</p> <p><b>Fish Taco</b><br/>Rice and Beans<br/>Berries with<br/>Whipped Cream</p>  | <p style="text-align: right;">15</p> <p><b>Beef &amp; Pepper<br/>Casserole</b><br/>with Rice<br/>Salad<br/>Peach Cobbler</p>  | <p style="text-align: right;">16</p> <p><b>Caribbean Pork<br/>Chops</b><br/>with Peppers<br/>Pineapple<br/>Cornbread</p>                                   | <p style="text-align: right;">17</p> <p><b>Grilled Chicken<br/>Salad</b><br/>with Walnuts and<br/>Strawberries<br/>Hard Boiled Egg<br/>Wheat Roll</p> |
| <p style="text-align: right;">20</p> <p><b>Swedish Meatballs</b><br/>Potato<br/>Salad<br/>Apricots</p>  | <p style="text-align: right;">21</p> <p><b>Mediterranean</b><br/>Chicken Wrap<br/>Spinach and<br/>Cannellini Beans<br/>Rice Pudding</p>   | <p style="text-align: right;">22</p> <p><b>French Toast</b><br/>Sausage Links<br/>Hash Browns<br/>Orange Juice</p>  | <p style="text-align: right;">23</p> <p><b>Chicken Caesar<br/>Salad</b><br/>Baked Apple</p>  | <p style="text-align: right;">24</p> <p><b>Fish Sandwich</b><br/>Malibu Blend<br/>Veggies<br/>Orange<br/>Ice Cream</p>                                |
| <p style="text-align: right;">27</p> <p><b>Florentine Fish</b><br/>Zucchini, Onion<br/>and Tomatoes<br/>Cherry Crisp</p>  | <p style="text-align: right;">28</p> <p><b>Macaroni &amp;<br/>Cheese</b><br/>Brussel Sprouts<br/>Wheat Roll<br/>Strawberries</p>  | <p style="text-align: right;">29</p> <p style="color: red; text-align: center;">Reserve Lunch by July 21st</p> <p><b>Music Day</b><br/><b>Honey Glazed<br/>Chicken</b><br/>Brown Rice<br/>Asian Veggies<br/>Pineapple</p> | <p style="text-align: right;">30</p> <p><b>Pork Fajitas</b><br/>with Onion &amp;<br/>Zucchini<br/>Pinto Beans<br/>Banana</p>                               | <p style="text-align: right;">31</p> <p><b>BBQ Chicken</b><br/>Pasta Salad<br/>Green Beans<br/>Ice Cream</p>  |

This menu is subject to change. Please call to confirm a meal. 253-862-2910

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



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 July 8th & 29th

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

CLOSED July 3rd; CANCELED July 8th & 29th

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 4<sup>th</sup> Monday (July 27th)

CANCELED July 20th



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

## Birthday Party



MUSIC BY  
**JIM MECK**

**BLOOD PRESSURE  
AND GLUCOSE  
CHECKS  
WILL BE  
AVAILABLE!**

Thank you to Connor Shoemaker of Keller Williams Realty for the birthday balloons; to CayCare for the BP & glucose checks and birthday basket; and to the City of Sumner for the birthday cakes!

Date: **Wednesday, July 8th**

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

**Must make lunch  
reservations by July 1st**

## Movie Matinee

National  
Treasure



National Treasure follows historian and code-breaker Ben Gates as he uncovers clues tied to the legendary Knights Templar treasure, setting him in a high-stakes race against a ruthless rival to protect a vital artifact.

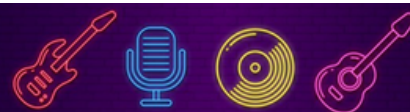


Date: **Monday, July 27th**

Time: **1:30pm**

## Music Day

**Fun Factory DJ**  
with  
Jan Peterson



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

Date: **Wednesday, July 29th**

Time: **11:00am-12:30pm**

**Must make lunch  
reservations by July 21st**

# Trips

**Must come in and pay to reserve a seat for all trips. (No phone reservations.)  
CASH ONLY; Sorry, no refunds.**

**Thursday, July 9th**

**Little Creek Casino**

**COST: \$7.00 (transportation)**

**TIME: 9:30am - 4:00pm**

**(Be here by 9:15am)**



**Thursday, July 16th**

**Olympia Farmer's Market**

**COST: \$7.00 (transportation)**

**TIME: 9:30am - 3:00pm**

**(Be here by 9:15am)**



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

**Thursday, July 23rd**

**Tacoma Nature Center**

**COST: \$5.00 (transportation)**

**TIME: 9:30am - 4:00pm**

**(Be here by 9:15am)**

**Lunch: Bring \$ for lunch at Homestead Restaurant & Bakery**

Tacoma Nature Center is a 71-acre nature preserve with more than two miles of trails running through the preserve. It also offers nature education, & protected habitat, with birds, turtles, amphibians, small mammals. Check out the inside exhibits also!



**Thursday, July 30th**

**Foss Waterway Seaport**

**COST: \$5.00 (transportation)**

**TIME: 9:30am - 4:00pm**

**(Be here by 9:15am)**

**Lunch: Bring \$ for lunch at Fish Peddler**

The Foss Waterway Seaport, located in the historic Balfour Dock Building, serves as a maritime museum preserving Tacoma's maritime heritage. It offers educational programs, exhibits, and events that celebrate the region's rich history.



**Tuesday, September 8th**

**Tacoma Rainiers Game**

**COST: \$53.00 (Ticket, lunch, transportation)**

**TIME: Approx. 9:30am - 4:00pm**

**(Be here by 9:15am)**

**Seniors Day at Cheney stadium!**

Come with us to join other seniors on a private party deck. Price includes an all-inclusive buffet with beer, wine, soda & water.

**ONLY 30 TICKETS LEFT;** please call to confirm we have tickets available!

Gates open at 10:30; first pitch, 12:05pm.

**Wheelchair accessible!**



# Senior Updates & Activities

## Bus Trips to Seattle Waterfront



## Final Project of our Remodel - Electric Wall Partitions!



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, WA9837**