



Sumner Senior Center

September 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
Jim Meier
Chiho & JR Pewitt
Gwen Watkins
Gaylyn Wilson

WELCOME!

COME IN AND 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**

September Highlights

- September 8th** **Ask the Lawyer**
David Shelvey, Attorney at Law
Sign up today for a free
30-minute consultation.
- September 9th** **Birthday Party - NM Entertainment**
"Classic Hollywood - Whitney"
- September 15th** **Caregivers Support Group**
"Dodging Diabetes"
Speaker, Traci Woodcock
- September 21st** **Workshop: Envision & Home Instead**
Hospice 101 & In-Home Care
- September 28th** **Workshop: Review of PC Aging & Disability Resources - Matt Santelli**
- September 28th** **Movie Matinee: Coal Miner's Daughter**
Come for lunch first at Noon!



Check inside for this month's trips!



Educational, Health & Other Services

Ask the Lawyer

Tuesday, September 8th

(This month only - normally 1st Monday)

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, September 9th

11:30am-Noon



Free Service Provided by

Shannon Edwards, Avalon Health Care



Caregivers Support Group

Tuesday, September 15th

10:30am-Noon

This month *Traci Woodcock* will be sharing her presentation "Dodging Diabetes" with the group.

Everyone is welcome to attend.

Register in Advance



Coffee & Conversation

Tuesday, September 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

Haircuts by Becky

Thursday, September 3rd

10:00am-3:00pm



Please arrive with washed hair.

Suggested Minimum: \$6 (Cut Only)

Must call to schedule your appointment for October starting September 1st



Massage (Chair only)

Wednesday,

September 2nd, 16th & 30th

10:00am-3:00pm

Cost: \$10 for 20 minutes

\$15 for 30 minutes

Register in Advance at the front desk

Senior Footcare with April

Friday, September 11th

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, September 10th

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, September 16th

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

"How Home Health and Hospice can work together or individually to meet your needs"

Monday, September 21st

11:00am-11:45am

Presented by Envision Hospice and Home Instead

Register in Advance

Workshop

Review of Pierce County Aging & Disability Resources

Monday, September 28th

11:00am-11:45am

Presented by Matt Santelli, Pierce County Aging and Disability Resources

Register in Advance

Programs & Activities

BINGO

Fridays at 1:30pm

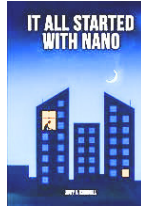
Cost: \$1 per card



Have some fun and win prizes at BINGO!

Book Club

Monday, September 14th



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

(Closed September 7th)

September 14th at 12:30pm

Cost: \$5

September 21st at 1:30pm

Cost: \$2



**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, September 4th

10:30am - Noon

Cost: \$7

Come make 3 beautiful handmade cards. Bring a gluestick!

**Register in Advance
Limited to 15 participants**

Cricut Card Making

Thursday, Sept. 17th at 9:00am

Friday, Sept. 18th at 2:00pm

Friday, Sept. 25th at 2:00am

Cost: Free - Bring your supplies.

Learn to make 3-D and design cards using the Cricut Maker Machine.

**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, September 24th

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, September 1st & 15th
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, September 3rd & 17th
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

1st Tuesday is Tournament Day!
(New day!)

Cost: \$2

\$4 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 - September 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	1 10:30 Karaoke 12:00 Lunch 12:00 Open Paint 12:15 Pinochle Tournament 1:30 Chair Yoga	2 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	3 8:30 Tai Chi 9:00 Trip: Snoqualmie Casino 10:00 Haircuts by Becky 12:00 Lunch 12:30 Knit & Crochet 1:00 Mexican Train Dominoes 1:30 Chair Yoga	4 9:00 S.A.I.L. Exercise 10:30 Card Making Class 10:30 Canasta 12:00 Lunch 1:30 BINGO
CLOSED 7 	8 9:30 Trip: Tacoma Rainiers (FULL) 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:00 Ask the Lawyer 1:30 Chair Yoga	9 Birthday Party Reserve Lunch by Sept 1st 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	10 8:30 Tai Chi 10:30 Tech Help 12:00 Lunch 12:30 Knit & Crochet 1:30 Chair Yoga	11 9:00 S.A.I.L. Exercise 9:00 Senior Footcare with April 10:30 Canasta 12:00 Lunch 1:30 BINGO
14 12:00 Lunch 12:30 Bunco 1:00 Book Club 2:00 Stretch Class	15 10:30 Caregivers Support Group: Guest Speaker, Traci Woodcock "Dodging Diabetes" 10:30 Karaoke 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga	16 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	17 8:30 Tai Chi 9:00 Cricut Card Making with Rockie 9:30 Trip: Seattle Waterfront 12:00 Lunch 12:30 Knit & Crochet 1:00 Mexican Train Dominoes 1:30 Chair Yoga	18 9:00 S.A.I.L. Exercise 10:30 Canasta 12:00 Lunch 1:30 BINGO 2:00 Cricket Card Making with Rockie
21 11:00 Workshop: Hospice 101 and In-Home Care 12:00 Lunch 1:30 Bunco CANCELED: Stretch Class	22 9:30 Coffee & Conversation 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga	23 9:00 S.A.I.L. Exercise 10:30 Hand & Foot Cards 12:00 Lunch 12:30 Bridge 2:00 Line Dancing Class	24 8:30 Tai Chi 10:00 Trip: Gig Harbor Museum 10:30 Jewelry Class with Anne 12:00 Lunch 12:30 Knit & Crochet 1:30 Chair Yoga	25 9:00 S.A.I.L. Exercise 10:30 Canasta 12:00 Lunch 1:30 BINGO 2:00 Cricket Card Making with Rockie
28 11:00 Workshop: Review of Pierce County Aging and Disability Resources 12:00 Lunch 1:30 Movie Matinee: Coal Miner's Daughter No Stretch Class on 4th Monday	29 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga	30 8:00 - 10:00 City Staff Meeting (CLOSED) 10:00 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	Reservations Required for Lunch on Music Days Birthday Party Wednesday, September 9th Naomi Morgan Entertainment "Whitney"	

This calendar is subject to change. Please call to confirm your activity. 253-863-2910
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Lunch Menu - September 2026

Sumner Senior Center - 253-863-2910

Monday	Tuesday	Wednesday	Thursday	Friday
	Sesame Noodles with Chicken Fortune Cookie Orange	Beef Spaghetti Green Beans Garlic Bread Pears	Oven Fried Chicken Normandy Blend Roasted Potatoes Wheat Rolls Orange	Omelet Sausage Patty Hash Browns Honey Dew Melon
CLOSED	BBQ Pork Baked Potato Broccoli with Parmesan Cheese Applesauce	Birthday Party Reserve Lunch by Sept. 1st Chicken Salad Sandwich Strawberry Spinach Salad Mixed Berries with Whipped Cream	Vegetarian Lasagna Green Beans Sautéed Cinnamon Apples	Pork Tenderloin Bake Capri Veggie Blend Grapes Oatmeal Cookie
Turkey à La King with Biscuit Waldorf Salad Animal Crackers	Taco Macaroni Skillet Summer Squash Mandarin Oranges	Lime Fish Zucchini Linguine Strawberry Rhubarb Compote	Chicken Fajita with Bell Peppers and Zucchini Rice Salsa & Sour Cream Tropical Fruit	Sloppy Joe Sandwich Feta & Onion Salad Yogurt Strawberries
Honey Dijon Chicken Potatoes Beets Peaches	Sweet & Sour Pork Vegetables Rice Fortune Cookie Ice Cream	Beef & Pepper Steak Brussel Sprouts Pound Cake with Strawberries & Whipped Cream	Pasta Salad with Peas Carrots, Bacon Crumbles Hard Boiled Egg Mandarin Oranges Pudding	Chicken Burger Potato Salad Veggie Sticks Melon
Movie Day Chef's Salad with Turkey & Ham Cheese & Egg Breadsticks Melon	Chicken Thigh with Buttered Noodles Three Bean Salad Corn Peaches	Beef Shepard's Pie Lettuce, Tomato & Carrot Salad Fig Newton	Reservations are Required for Lunch on Music Day: Wednesday, September 9th	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

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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 September 9th

**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 September 9th

TIME CHANGE September 30th ONLY: 10:00am

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

CANCELED September 21st

No class on 4th Monday (September 28th)



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
NM ENTERTAINMENT**

"Classic Hollywood"



Thank you to Connor Shoemaker of Keller Williams Realty for the birthday balloons; Envision & Home Instead for the birthday raffle gift; Avalon Health Care for Blood Pressure/Glucose Checks; and the City of Sumner for the birthday cakes!

Date: Wednesday, September 9th

Time: 11:30am-12:30pm

**Must make lunch
Reservations by September 1st**

Movie Matinee

Coal Miner's Daughter



Coal Miner's Daughter traces the inspiring rise of Loretta Lynn from humble Appalachian roots to country music stardom. Spanning her early marriage, struggles, and breakthrough in Nashville, this story captures the grit, charm, and talent that propelled her career. The film is praised for its authenticity, heartfelt storytelling, and rich musical backdrop, making it a must-watch for fans of music and compelling life stories.



**Date: Monday, September 28th
Time: 1:30pm (2hr 5min.)**

Trips

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

CASH ONLY; Sorry, no refunds.

Thursday, September 3rd

[Snoqualmie Casino](#)

COST: \$10.00 (Transportation)

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

Lunch: On your own at the casino

RETURN: Approximately 4:00pm



Tuesday, September 8th

[Tacoma Rainiers Game](#)

COST: \$53.00 (Transportation + ticket)

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

**Lunch: All-inclusive buffet included
plus snacks & drinks**

RETURN: Approximately 4:00pm

FULL

A day of fun watching the Tacoma Rainiers!

All bags and purses must be CLEAR and 12"x12"x6" or smaller. Small clutch bags or wallets, that do not exceed 4.5" x 6.5" with or without a handle or strap, may be carried into the stadium along with a clear bag. For the safety of our fans all bags and purses are subject to search by stadium personnel.

Thursday, September 17th

[Seattle Waterfront](#)

COST: \$10 (Transportation)

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

**Lunch: Bring \$ for lunch, shopping
and attractions**

RETURN: Approximately 4:00pm



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 new Overlook Walk (connecting to Pike Place Market), or the Seattle Aquarium - **then have lunch from one of the many restaurants along the waterfront.**

Thursday, September 24th

[Gig Harbor History Museum](#)

COST: \$8 (Transportation)

LEAVE TIME: 10:00am (Be here by 9:45am)

**Lunch: Bring \$10 Admission Fee +
\$ for lunch at Tides Tavern**

RETURN: Approximately 3:00pm



Learn about the people, places and events in Gig Harbor Peninsula history. Enjoy more than 29,000 artifacts, images and archival material including letters and scrapbooks.

Senior Corner

Come Join Us for Fun, Fellowship & Friendship!

We invite you to visit our center! Come relax in our cozy lounge and enjoy a cup of coffee, compliments of Dillano's. You will make new friends, enjoy time with lots of interesting people and enjoy participating in some new activities.

We're also looking to start a new activity—a day for new games, including board games, cribbage, and more. We'd love your input!

We have a clipboard at the **front desk** where you can write which games, board games and activities you enjoy that we don't currently offer. ***Let us know what you would like to do, and we'll work on getting it going.***

CCS Meal Service

We would like to give a warm "Welcome back" to Peggy Huihui, our cook! Drop by to enjoy her delicious lunches. A heartfelt "Thank you" to all of our wonderful volunteers who helped out, as well as to the cooks who prepared meals for us. We truly appreciate everything you all do!

Lastly, we said farewell to Elaine Snellman, our faithful kitchen volunteer for many years, and we wish her well with her next journey in Virginia.



Looking for a Volunteer Position?

If you are interested in volunteering with Catholic Community Services, please drop by and talk with Peggy about helping out in the kitchen with meals.

We would love to have you join our volunteer family!

We look forward to welcoming you, sharing some good times, and building lasting friendships together!



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**

Thank you for your quick delivery!