



Sumner Senior Center

October 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
Carol Davis
Judy & Rich Kimball
Anne Lee
Tina Linehan
Rockie Mendoza
Dyan Pattee
Christel Paul
Marlene Pennington
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**

October Highlights

- | | |
|---------------------|---|
| October 5th | Ask the Lawyer
<i>David Shelvey, Attorney at Law</i>
Sign up today for a free
30-minute consultation. |
| October 13th | Statewide Health Insurance
Benefit Advisors (SHIBA)
Medicare Presentation |
| October 14th | Birthday Party - Everyone is Invited!
<i>NM Entertainment "Harvest Fest"</i> |
| October 19th | Workshop: Make Sense of Medicaid
<i>Matt Santelli, Aging & Disability Resources</i> |
| October 20th | Caregivers Support Group
<i>Hospice 101, Jordan Drew, Continuum</i> |
| October 23rd | AARP Smart Driver Course |
| October 26th | Workshop: Strong Bones
<i>Traci Woodcock, Renewable Health</i> |
| October 26th | Movie Matinee: Steel Magnolias
<i>Come for lunch first at Noon!</i> |

Check inside for this month's Trips!



Educational, Health & Other Services

AARP Smart Driver Course

Friday, October 23rd

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, October 5th

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, October 14th

11:30am-Noon



Free Service Provided by
Shannon Edwards, Avalon Health Care

Caregivers Support Group

Tuesday, October 20th

10:00am-11:45am

Hospice 101:
A Tale of Two Grandparents

Jordon Drew, Continuum Care Hospice

Register in Advance

GIFT BASKET RAFFLES

We are collecting donations for our Halloween, Thanksgiving and Christmas baskets: candy, gift cards, holiday themed items, etc.

Donations & ticket purchases go towards funding our special events.

THANK YOU!

Haircuts by Becky

Thursday, October 1st

10:00am-3:00pm



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

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

Massage (Chair only)

**Wednesday,
October 7th & 21st**

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, October 9th

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, October 8th

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, October 21st

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

**SHIBA Presentation
"Enrolling in Medicare"**

Tuesday, October 13th

11:00am-Noon

Presented by Don Berg

Register in Advance

Workshop

"Make Sense of Medicaid"

Monday, October 19th

11:00am-11:45am

Presented by Matt Santelli,
Pierce County Aging and Disability
Resources

Register in Advance

Workshop

**"Recipe for Strong Bones:
Growing a Skeleton That Lasts"**

Monday, October 26th

10:30am-Noon

Presented by Traci Woodcock
Nutritional Therapist/HHC, Renewable Health

Register in Advance

Programs & Activities

BINGO

Fridays at 1:30pm-3:30pm

Cost: \$1 per card

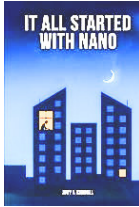


Have some fun and win prizes at BINGO!

Book Club

Monday, October 12th

at 1:00pm



Hosted by
Judy Kimball,

Author of
"It All Started With Nano"

Register in Advance

Bridge

Wednesdays at 12:30pm-3:30pm

Cost: \$1

Drop in and join!



More players needed!

Bunco Mondays

October 5th & 19th

1:30pm-3:30pm

Cost: \$2

October 12th

12:30pm-3:30pm

Cost: \$5

Thank you to

Concierge Care Advisors for treats!



Canasta

Fridays at 10:30am-3:30pm

Cost: \$2



A lively version of rummy that will definitely entertain you.

Join us for a fun game of Canasta.

Card Making Class

Friday, October 2nd

10:30am - Noon

Cost: \$7

Come make 3 beautiful handmade cards. Bring a gluestick!

Register in Advance

Limited to 15 participants

Cricut Card Making Class



Friday, Oct. 16th

2:00pm-4:00pm

Cost: Free - Bring your own glue, paper cutter and scissors.

Pre-cut Cricut card kits are provided.

Learn how to make 3-D, pop-ups and boxed cards.

Register in Advance

Limited to 10 participants

Cricut Machine Class



Thursday, Oct. 15th

9:00am-11:45am

Cost: Free - Bring your Cricut machine and supplies.

Learn how to use/operate your Cricut machine with Rockie!

Register in Advance

Limited to 10 participants

Hand & Foot Cards

Wednesdays at 10:30am-3:30pm

Cost: \$2

This exciting game is closely related to Canasta!



Karaoke

Tuesday, October 6th & 20th

10:30am-11:45am



Hosted by
Jun Patton

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

Knit & Crochet Group

Thursdays at 12:30pm-3:30pm

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



Mahjong (American)

Thursday, October 1st & 15th

12:30pm-3:30pm



FREE!

NEW

Join in with this game of skill, strategy & luck!

Mexican Train Dominoes

Thursday, October 1st & 15th

1:00pm-3:30pm



A twist on the classic game of dominoes.

New players welcome!

Open Paint Group

Tuesdays at Noon-3:30pm

Bring your own materials and enjoy each other's creativity.



Come & join our amazing painters!

Pinochle

Tuesdays

Promptly @ 12:15pm-3:30pm

1st Tuesday is Tournament Day!

This is for experienced players only.
(Single Deck)

Cost: \$2

\$4 for tourney

Join us to play!





Activity Calendar - October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	<u>Reservations Required for Lunch on Music Days</u> Wednesday, October 14th and Wednesday, October 29th		1 8:30 Tai Chi 9:00 Trip: Amazon Tour 10:00 Haircuts by Becky 12:00 Lunch 12:30 Knit & Crochet 12:30 Mahjong <i>(American)</i> 1:00 Mexican Train Dominoes 1:30 Chair Yoga	2 9:00 S.A.I.L. Exercise 10:30 Card Making Class 10:30 Canasta 12:00 Lunch 1:30 BINGO
5 12:00 Lunch 1:00 Ask the Lawyer 1:30 Bunco 2:00 Stretch Class	6 10:30 Karaoke 12:00 Lunch 12:00 Open Paint 12:15 Pinochle Tournament 1:30 Chair Yoga	7 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	8 8:30 Tai Chi 10:30 Tech Help 12:00 Lunch 12:30 Knit & Crochet 1:30 Chair Yoga	9 9:00 S.A.I.L. Exercise 9:00 Senior Footcare with April 10:30 Canasta 12:00 Lunch 1:30 BINGO
12 12:00 Lunch 12:30 Bunco 1:00 Book Club 2:00 Stretch Class	13 11:00 SHIBA Presentation: Medicare Enrollment 12:00 Lunch 12:00 Open Paint 12:15 Pinochle CANCELED: Chair Yoga	14 Birthday Party Reserve Lunch by Oct. 6th 10:30 Hand & Foot Cards 11:30 Blood Pressure & Glucose Checks 11:30 Music NM Entertainment "Harvest Fest" 12:00 Lunch 12:30 Bridge CANCELED: S.A.I.L. Exercise and Line Dancing Class	15 8:30 Tai Chi 9:00 Cricut Machine Class 9:15 Trip: Port of Tacoma 12:00 Lunch 12:30 Mahjong <i>(American)</i> 12:30 Knit & Crochet 1:00 Mexican Train Dominoes 1:30 Chair Yoga	16 9:00 S.A.I.L. Exercise 10:30 Canasta 12:00 Lunch 1:30 BINGO 2:00 Cricut Card Making with Rockie
19 11:00 Workshop: "Make Sense of Medicaid" Matt Santelli 12:00 Lunch 1:30 Bunco 2:00 Stretch Class	20 10:00 Caregivers Support Group "Hospice 101" 10:30 Karaoke 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga	21 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	22 8:30 Tai Chi 8:00 Trip: Leavenworth 12:00 Lunch 12:30 Knit & Crochet 1:30 Chair Yoga	23 8:30 AARP Smart Driver Course 9:00 S.A.I.L. Exercise 10:30 Canasta 12:00 Lunch 1:30 BINGO
26 10:30 Workshop: "Recipe for Strong Bones" Traci Woodcock 12:00 Lunch 1:30 Movie Matinee: Steel Magnolias No Stretch Class on 4th Monday	27 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga	28 10:00 S.A.I.L. Exercise 10:30 Hand & Foot Cards 12:00 Lunch 12:30 Bridge 2:00 Line Dancing	29 Halloween Party Reserve Lunch by Oct. 21st 11:30 Music: Patty & the Travelin' Band 12:00 Lunch 12:30 Knit & Crochet CANCELED: Tai Chi and Chair Yoga	30 9:00 S.A.I.L. Exercise 10:30 Canasta 12:00 Lunch 1:30 BINGO

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 - October 2026

Sumner Senior Center - 253-863-2910

Monday	Tuesday	Wednesday	Thursday	Friday
	MEALS Seniors 60 & up Suggested Contribution: \$3.50 Cost for all others: \$12.55 <u>Lunch is served at Noon.</u>	Reservations are Required for Lunch on Music Days: Wednesday, October 14th and Thursday, October 29th	¹ Split Pea Soup ½ Ham Sandwich Apple Crisp	² Ground Turkey Spaghetti Green Beans Breadsticks Pears
⁵ Macaroni & Cheese Brussels Sprouts Wheat Rolls Strawberries	⁶ Pork Fajitas with Onion & Zucchini Pinto Beans Banana	⁷ Turkey Burger Sweet Potato Fries Coleslaw Applesauce	⁸ Fish Taco Rice and Beans Berries with Whipped Cream	⁹ Beef Noodle Soup Carrot, Pineapple & Raisin Salad Oatmeal Cookie Orange
¹² Pork Cutlet Baked Potato Baked Beans Coleslaw	¹³ Swiss Cheese Burger Lettuce & Tomatoes Green Beans Wedge Fries Mixed Berries	¹⁴ Birthday Party Reserve Lunch by Oct. 6th French Toast Sausage Links Hash Browns Orange Juice	¹⁵ Parmesan Tilapia with Pilaf Squash Brownie	¹⁶ Chicken Teriyaki Rice with Peas & Carrots Asian Vegetable Blend Pear Fortune Cookie
¹⁹ Beef & Pepper Casserole with Rice Salad Peach Cobbler Wheat Roll	²⁰ Mediterranean Chicken Wrap Spinach & Cannellini Beans Rice Pudding	²¹ Beef Stew Coleslaw Wheat Roll Peaches	²² Fruit Turnover Potatoes with Onions & Peppers Sausage Patties Melon	²³ Fish Sandwich Malibu Blend Veggies Orange Ice Cream
²⁶ Movie Day Chicken Tortilla Soup Tortilla Chips Sour Cream & Cheese Mango Fig Newton	²⁷ Florentine Fish Zucchini, Onion and Tomatoes Cherry Crisp	²⁸ Beef Goulash Broccoli Strawberries Pound Cake with Whipped Cream	²⁹ Halloween Party Reserve Lunch by Oct. 21st Pineapple Pork Potato Coleslaw Tropical Fruit	³⁰ Swedish Meatballs Potato Tossed Salad Apricots

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
CANCELLED October 13th & 29th



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 October 14th



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 October 14th



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 (October 26th)



This class combines stretching using balls, bands and weights.

Cost: \$3.00

Instructor: Christel Paul

Tai Chi

Thursdays at 8:30am
CANCELED October 29th



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

"Harvest Fest"

Enter to win a gift basket if you have an October birthday!

Thank you to Connor Shoemaker of Keller Williams Realty for the birthday balloons; Valerie from Clear Path Senior Living Solutions for the birthday raffle gift; Shannon of Avalon Health Care for Blood Pressure/Glucose Checks; and the City of Sumner for the birthday dessert!

Date: Wednesday, October 14th
Time: 11:30am-12:30pm

Must make lunch
Reservations by October 6th

Movie Matinee

Sponsored by City of Sumner



This heartfelt story concerns six women who meet regularly in a Louisiana beauty salon, whose delicate appearances disguise the steely strength that allows them to survive any adversity. The women and their friends encounter tragedy and good fortune, growing stronger and closer in the process.



Date: Monday, October 26th
Time: 1:30pm (2hr 5min.)

Halloween Party

MUSIC BY:

PATTY AND THE TRAVELIN' BAND



Join us for some
FABULOUS music and a
costume contest
with prizes!

Date: Thursday, October 29th
Time: 11:30am-12:30pm

Must make lunch
Reservations by October 21st

Trips

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

CASH ONLY; Sorry, no refunds.

Thursday, October 1st

Amazon Fulfillment Center Tour

COST: \$6.00 (Transportation) Only 24 seats!

Must Bring Government Issued ID at Time of Signing Up and on Trip

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

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

RETURN: Approximately 4:00pm

Ever wondered how products in your online shopping cart get from Amazon to you? Learn about the process when you join us for a free tour at the Kent location.

Tour is about 60-90 minutes long. On the tour you may walk up and down at least 1 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, security, etc.

Thursday, October 15th

Port of Tacoma

COST: \$5 (Transportation) Only 30 seats!

Must Bring Government Issued ID on Trip

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

Lunch: Bring \$ for lunch - Restaurant TBD

RETURN: Approximately 4:00pm



Hop on our bus and learn all about the Port of Tacoma! Our own personal guide will join us on our bus where you will enjoy an approximate two-hour narrated tour of the Port of Tacoma! Come see the HUGE cranes up close! View some of the largest container ships in the world and learn about the diversity of cargo entering and leaving your Port of Tacoma.

Lunch to follow - *Location to be determined*

Thursday, October 22nd

Leavenworth

COST: \$30 (Transportation)

LEAVE TIME: 8:00am (Be here by 7:45am)

RETURN: Approximately 6:00pm (subject to traffic & weather)



Sorry, trip is FULL.

Explore the shops and restaurants on your own while visiting the most famous German town in Washington!

Leavenworth has more than 90 shops, each with a unique style including wine shops and art galleries. There are also many restaurants operating German-style cuisines, such as the German Village of Schweinshaxe, German sausage, and Munich beer, which has won the tourists' favor. Packed with charm, lively festivals, delicious food, unique tours, and year-round fun, Leavenworth is your unforgettable mountain escape. Leavenworth offers endless adventures in every season—an experience that'll have you saying, *Holy Schnitzel!*

Senior Corner



Ms. Fran Van Natten

Fran was born in Chicago, Illinois, where she grew up with her parents and her two sisters, Eileen and Cathy. Fran was the baby of the family—and she certainly made a memorable entrance into the world. Fran's doctor was so certain that the baby would be a boy that when Fran was born and proved him wrong, he jokingly called her the "free baby." Because he had been so confident about the baby's gender, he paid for Fran's hospital bill!

When Fran was 12 years old, her family moved to Desert Hot Springs, California, where life changed considerably when she reached junior high school. She attended St. Bernadine Catholic School, which required her to travel approximately 87 miles each way. Fran would get up at 5:00 every morning to make the long drive to school—an amazing commitment for a young girl.

After graduating, Fran moved back to Chicago and lived with her sister Eileen and her family. She began working for the Cadillac Motor Car Division, the luxury automobile division of General Motors. When Eileen and her family later moved to Santa Monica, California, Fran requested a transfer so she could join them. After her transfer, Fran commuted by bus from Santa Monica to Los Angeles, traveling to the area of 7th and Bixel Street, where the Cadillac Motor Car Division was located for many years.

Fran's job involved processing new cars and making sure each particular vehicle was sent to the correct dealership. She worked there for another several years, and it was during this time that she met her future husband, Dick, at a meeting with Chevrolet. The story of how Fran and Dick got married is one of those family stories that never gets old. The store manager jokingly told them, "If you get married, I'll give you a free toaster." So, they did! Fran married Dick, who was affectionately nicknamed "Grumpy," and she retired from her job. Together, they had one daughter, Donna, and eventually made their home in North Georgia.

Fran has always enjoyed keeping busy and being creative. One of her longtime hobbies was quilting. When she turned 60, she bought an embroidery machine—a 15-needle machine—and quickly became exceptionally skilled at using it. What started as a hobby eventually grew into an embroidery business. One of Fran's first projects was embroidering a shirt for her daughter's husband, who was a band director. Her talent soon became well known, and Fran went on to embroider shirts for 13 schools throughout north Georgia for several years.

After her husband passed away, Fran sold her home and embroidery business. That same day she suffered a stroke, marking the beginning of another major chapter in her life. Fran's oldest grandson, Evan, had moved to Washington, and eventually Fran and her daughter's family moved here so they could all be together. It was another big change for Fran, but she has continued to find ways to stay active and connected. She has been a part of our community for about a year, where she loves playing pinochle, putting puzzles together and eating lunch at noon with her friends. She has brought wonderful stories, a sense of humor, and her warm personality to all of us here.

From being known as the "free baby" in Chicago - to building a successful embroidery business in Georgia - to creating a new life in Washington, Fran has lived a life filled with adventure, hard work, creativity, family, and plenty of memorable stories. Her journey is a wonderful reminder that every chapter of life can bring something new—and sometimes, if you're lucky, even a free toaster!

Be sure to say "Hello" to Fran if you see her at the center!



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!