Sumner Senior Center
November 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
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

CITY OF SUMNER WASHINGTON

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**

November Highlights

November 2nd **Ask the Lawyer**
David Shelvey, Attorney at Law

November 5th & 6th **Holiday Bazaar**
Come and see all the fabulous vendors!

November 10th **-Pre-Lunchtime Fun: "Desperate to Doable!," with Valerie Borgman**

November 12th **Birthday Party - with country artist "Stan Terrell and the Front Porch Band"**

November 17th **Caregivers Support Group-Caycare**

November 24th **Thanksgiving Party**
Tim and Chris Anderson *father & son duo performance.*

We will be CLOSED:
Veteran's Day, Wednesday, November 11th

Thanksgiving, Thursday & Friday, November 26th & 27th

Check inside for this month's Trips!

Educational, Health & Other Services

Ask the Lawyer

Monday, November 2nd
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

Thursday, November 12th
11:30am-Noon

Free Service Provided by
Shannon Edwards, Avalon Health Care

Caregivers Support Group

Tuesday, November 17th
10:00am-11:45am

CayCare-Lisa Doyle
Topic: "When is it time to get some help?"

Register in Advance

Coffee & Conversations

Wednesday, November 18th
9:30am-11:00am

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

GIFT BASKET RAFFLES

We are collecting donations for our "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, November 12th
10:00am-3:00pm

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

Must call to schedule your appointment for December starting November 2nd.

Massage (Chair only)

Wednesday,
November 4th & 18th

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, November 13th
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, November 19th
10:30am-11:30am
Need help with your Smartphone, E-reader,
Tablet or Computer?

Courtesy of Patrick Rayment,
Bonney Lake Pierce County Library

Register in Advance

SHIBA COUNSELING

Wednesday, November 25th

11:30am-3:30pm

Questions about Medicare
Come Sign up- 4 appointments available.

with Greg Noronha

Watch & Jewelry Sales and Battery Replacement

Wednesday, November 18th
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-

CANCELLED 11/2

Presented by Traci Woodcock

Nutritional Therapist/HHC, Renewable Health

Register in Advance

Workshop

Pre-Lunchtime Fun:
"Desperate to Doable!"
Valerie Borgman

Tuesday, November 10th
11:00am-11:45am

Come Join the Fun!

Workshop

Envision- Wendy Morris

Monday, November 16th

11:00am-11:45am

Topic: **Planning for the last Act-Hospice**

Register in Advance

Workshop

Low Vision/Vision Loss

Monday, November 23rd

11:00am-11:45am

Presented by Phoebe
Dept. of Services for the Blind

Register in Advance

Programs & Activities

BINGO

Fridays at 1:30pm-3:30pm

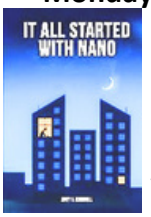
Cost: $1 per card

Canceled Nov. 6th & 27th

Have some fun and win prizes at BINGO!

Book Club

Monday, November 9th 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

Canceled 11/4 & 11/11

Drop in and join!

More players needed!

Bunco Mondays

November 2nd & 16th
1:30pm-3:30pm
Cost: $2

November 9th
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- New day this month

Monday, November 9th

10:30am - Noon

Cost: $7

Come make 3 beautiful handmade cards. Bring a glue stick!

Register in Advance
Limited to 15 participants

Cricut Card Making Class

Friday, November 20th
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

Jewelry Class by Anne

Thursday, November 19th
10:30am-11:45am

Come learn to make wire earrings!

Cost: Free to learn or $4 to buy a pair made for you.

Register in Advance
Limited to 8 participants

Hand & Foot Cards

Wednesdays at 10:30am-3:30pm

Cost: $2

This exciting game is closely related to Canasta!

Karaoke

CANCELED THIS MONTH

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, November 19th
12:30pm-3:30pm

November 5th Canceled.

FREE!

NEW

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

Mexican Train Dominoes

Thursday, November 19th
1:00pm-3:30pm

Canceled Nov. 5th

A twist on the classic game of dominoes.

New players welcome!

Open Paint Group

Tuesdays at Noon-3:30pm
Canceled Nov. 24th

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 - November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:30 **Workshop: Traci** **Cancelled** 12:00 Lunch 1:00 **Ask the Lawyer** 1:30 Bunco 2:00 **Stretch Class**	**3** 12:00 Lunch 12:00 Open Paint 12:15 **Pinochle Tournament** 1:30 **Chair Yoga** **CANCELED: Karaoke**	**4** 9:00 **S.A.I.L. Exercise** 10:00 **Massage (Chair)** 10:30 Hand & Foot cards 12:00 Lunch **CANCELED: Bridge** **Line Dancing**	**5** 9:00 **Trip: Lucky Eagle Casino** 12:00 Lunch	**6** 12:00 Lunch
9 10:30 Card Making Class 12:00 Lunch 12:30 Bunco 1:00 Book Club 2:00 **Stretch Class**	**10** 11:00 **Pre-Lunch time Fun w/Valerie** 12:00 Lunch 12:00 Open Paint 12:15 Pinochle **CANCELED: Chair Yoga**	**CLOSED** **11** 	**Birthday Party** **12** **Reserve Lunch by Nov 4th** 9:15 **Trip: Museum of Flight** 10:00 Haircuts by Becky 11:30 **BP/Glucose Checks** 11:30 **Music by Stan Terrell** 12:00 Lunch 12:30 Knit & Crochet **Canceled: Tai Chi** **Chair Yoga**	**13** 9:00 **S.A.I.L. Exercise** 9:00 Senior Footcare with April 10:30 **Canasta** 12:00 Lunch 1:30 **BINGO**
16 11:00 **Workshop: Planning for last Act by Envision** 12:00 Lunch 1:30 Bunco 2:00 **Stretch Class**	**17** 10:00 **Caregivers Support Group Lisa Doyle, of CayCare** 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 **Chair Yoga** **CANCELED: Karaoke**	**18** 9:00 **S.A.I.L Exercise** 9:30 **Coffee & Conversation** 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**	**19** 8:30 **Tai Chi** 9:00 **Trip: NW Trek** 10:30 **Tech Help** 10:30 **Jewelry Class by Anne** 12:00 Lunch 12:30 **Mahjong** *(American)* 12:30 Knit & Crochet 1:00 Mexican Train Dominoes 1:30 **Chair Yoga**	**20** 9:00 **S.A.I.L. Exercise** 10:30 **Canasta** 12:00 Lunch 1:30 **BINGO** 2:00 **Cricut Card Making**
23 11:00 Workshop: **Low Vision or Vision Loss "We Can Help"** 12:00 Lunch **No Stretch Class** **No Movie**	**Thanksgiving Party** **24** **Reserve Lunch by Nov 16th** 11:30 **Tim and Chris Anderson duo performance** 12:00 Lunch 12:15 Pinochle **CANCELED: Chair Yoga and Open Paint**	**25** 9:00 **S.A.I.L. Exercise** 10:30 Hand & Foot Cards 11:30 **SHIBA Counseling** 12:00 Lunch 12:30 **Bridge** 2:00 **Line Dancing**	**CLOSED** **26** 	**CLOSED** **27**
30 12:00 Lunch 2:00 **Stretch Class**			**Reservations Required for Lunch on Music Days** **Thursday, November 12th** **Tuesday, November 24th**	

Holiday Bazaar
9:00am-3:00pm
All Activities Cancelled - EXCEPT LUNCH AND TRIP

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 - November 2026

Sumner Senior Center - 253-863-2910

Monday	Tuesday	Wednesday	Thursday	Friday
2 **Pancakes** Sausage Patty Scrambled Eggs Melon Orange Juice	3 **Pork Luau** Rice Pineapple Coleslaw Hawaiian roll Tropical Fruit Salad	4 **Turkey Meatloaf** Potato with Sour Cream Broccoli Oatmeal Raisin Cookie	HOLIDAY BAZAAR 5 **Italian Wedding Soup** Blue Cheese Salad Apple Wheat Roll	HOLIDAY BAZAAR 6 **Chicken Cheese Taco** Cauliflower Salsa Sour Cream Caramelized Bananas
9 **Minestrone Soup** Saltine Crackers Berry Crisp & Whipped Cream	10 **Philly Cheese Sandwich** Brussel sprouts Grapes	CLOSED 11 	Birthday Party 12 Reserve Lunch by Nov. 4 **Chicken Fried Rice** Egg Roll Stir Fry Veggies Mandarin Orange Fortune Cookie	13 **Beef Macaroni** Green Beans Wheat Roll Applesauce
16 **Wild Rice Chicken Soup** ½ Egg Salad Sandwich Oranges	17 **Meatloaf** Potatoes & Gravy Carrots Oranges Brownie	18 **Tuna Melt with Cheese** Pea, Onion, and Tomato Salad Grapes	19 **Beef Stir Fry** Fried Rice with Egg, Peas & Carrots Fortune Cookie Ice Cream Cup	20 **Baked Cod** Roasted Mediterranean Veggies Oatmeal Raisin Cookie
23 **Pork Chops with Apples** Cucumber, Tomato and Feta Salad Rice Pudding	Thanksgiving Party 24 Reserve Lunch by Nov. 16 **Roast Turkey** Potatoes & Gravy Green Beans Cranberry Sauce Wheat Roll Pumpkin Pie	25 **Fish & Chips** Coleslaw Yogurt Strawberry-Rhubarb Compote	CLOSED 26 	CLOSED 27
30 **Chicken Cacciatore** Zucchini Wheat Roll Pears			**Reservations are Required for Lunch on Music Days:** **Thursday, November 12th and Tuesday, November 24th**	**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

CLASSES ONLY ON: Nov. 3rd, 17th, & 19th

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

Wednesday November 18th & 25th at 2:00pm

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 November 6th

Stay Active & Independent for Life (SAIL)

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 (November 23)

This class combines stretching using balls, bands and weights.

Cost: $3.00 **Instructor: Christel Paul**

Tai Chi

Thursdays at 8:30am

CANCELED November 5th, 12th & 26th

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:

"STAN TERRELL"

Enter a raffle to win a special birthday gift if you have a November birthday!

Thank you to Connor Shoemaker of Keller Williams Realty for the birthday balloons; to Shannon of Avalon Health Care for the birthday gift and Blood Pressure/Glucose Checks; and the City of Sumner for the birthday dessert!

Date: **Thursday, November 12th**
Time: **11:30am-12:30pm**

Must make lunch
Reservations by November 4th

Date: **Tuesday, November 24th**
Time: **11:30am-12:30pm**

Must make lunch
Reservations by November 16th

Trips

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

CASH ONLY; Sorry, no refunds.

Thursday & Friday, November 5th & 6th

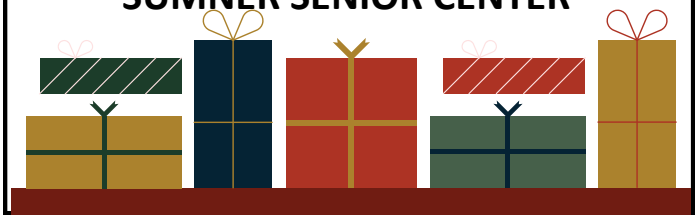
TIME: 9:00am - 3:00pm

COME TO THE HOLIDAY BAZAAR

Local vendors selling jewelry, plants, quilts, blankets, aprons, tea towels, hats, flower arrangements, woodwork gifts, Christmas decorations, stocking stuffers & gifts, vintage collectables and more!

at the

SUMNER SENIOR CENTER



Thursday, November 5th

Lucky Eagle Casino

COST: $10 (Transportation)

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

Lunch: Bring $ for lunch at the casino

RETURN: Approximately 4:00pm

Thursday, November 12th

Museum of Flight

COST: $29 (Private Tour & Transportation)

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

LUNCH: Cafe at Museum of Flight- Bring $ for lunch

RETURN: Approximately 4:00pm

This place isn't just a museum; it's an adventure, a time machine, and a profound look at humanity's relentless drive to reach for the skies and beyond. From the moment you step foot inside, you're not just looking at artifacts; you're *feeling* the history, the triumphs, and the sheer audacity of flight. It's an experience that truly takes your breath away, leaving you with a deeper appreciation for the boundless spirit of innovation. Runway to Runway Styles and Stories of Flight Attendant Fashions.

MUST HAVE 15 PEOPLE TO GO!
SIGN UP DEADLINE IS NOVEMBER 4TH.

Thursday, November 19th

Northwest Trek- Trolls

COST: $23 Pay for ticket at the door (must have ID to show residency of Pierce County)

Cost: $ 5 (Pay SSC for Transportation)

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

LUNCH: Eat at the Cafe-Bring $ for lunch -

RETURN: Approximately 4:00pm

Come ride along and see the 8 Trolls and other wildlife in the park. It is home to more than 40 species, including bison, elk, gray wolves and grizzly bears, many of which can be seen roaming freely in the expansive Free-Roaming Area.

Please know that one troll is visible on the Tram, the other 7 you will see by walking throughout the park, which is approximately a mile in total.

Senior Corner

Saying Goodbye to Linda

Sometimes, saying goodbye is especially hard when someone has become such a special part of our SSC family. In October, we said goodbye to Linda for the second time. Linda first came to the center during COVID in 2021. Two years later, she was called back to teaching as a paraeducator. But thankfully, two years after that, she answered another call—this time to come back to us when an opening became available.

And it felt like she had never left. Linda slipped right back into the center with the same calm, caring presence we had remembered and missed. She has a wonderful way of making people feel comfortable, welcomed, and cared for. Her genuine love for our seniors has been evident in everything she has done, and her kindness has touched both our members and our staff.

We especially enjoyed seeing Linda's creative side shine through in our newsletter each month. Her imagination, attention to detail, and willingness to make things special brought an extra bit of joy to our center.

Now Linda is off on a new adventure in Ilwaco, Washington, where she purchased a home a few months ago. Her new home is near beautiful Cape Disappointment State Park—and even better, her son lives nearby. We couldn't be happier for her as she begins this exciting new chapter.

Linda shared maybe she will finish all her crafting, or maybe a new part-time job somewhere, or even volunteering at the local senior center. Lol! Whatever path she chooses, we know she will make a difference wherever she goes. Her sunny disposition, warm heart, gentle spirit, and infectious smile are gifts she will carry with her.

Linda has been a wonderful Administrative Assistant at the SSC, but more importantly, she has been a genuine friend and a valued part of our center. Her presence has made our days brighter, and her absence will certainly be felt.

We will miss her more than words can say, but we are so grateful that our paths crossed—not once, but twice. We feel very fortunate to have had Linda as part of our SSC family, and we will always remember the kindness, laughter, creativity, and warmth she shared with us.

Linda, we wish you happiness, beautiful new memories, and all the joy this next adventure has to offer. Wherever life takes you, please know that you will always have friends here at the SSC who care about you and will miss you dearly.

Until our paths cross again, Linda, you will always be a special part of our family.

DCR Coffee — DILLANOS COFFEE ROASTERS

Many thanks to *Dillanos*, who donates coffee to the SSC.

Visit their retail storefront at 1620 45th St. E. in Sumner

Newsletter printed by

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253-531-6331

16214 57th Ave. E. #C
Puyallup, WA 98372

Thank you for your quick delivery!