



FEBRUARY 2026 NEWSLETTER

SUMNER SENIOR CENTER

Welcome to the Sumner Senior Center!

**Join the Fun and Stay Active
at our Senior Center!**

Open to everyone 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 - Friday @ 12:00pm.**

Suggested Contribution
Seniors 60 & up: \$3.50
(Cost for all others is \$6)

~ February Highlights ~

- February 9th** **Workshop - "Safe Travel For Seniors"**
Matt Santelli, Pierce County Aging & Disability Resources
- February 12th** **Birthday and Valentine's Day Party**
BP & Glucose Checks
Music: Tim Anderson
- February 18th** **Dick's Watch & Jewelry Sale**
- February 23rd** **Workshop: "Aging With Grace"**
Traci Woodcock, Renewable Health
- February 23rd** **Movie Matinee: "Brigadoon"**

CLOSED

Presidents Day: Monday, February 16th

Contact Information

Phone: 253-863-2910

Hours: Monday-Friday:
8:00am–4:30pm

Address:

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

Email Contact:

seniorcenter@sumnerwa.gov

Staff

Senior Center Coordinator
Susan K. Bryant

Administrative Assistants
Linda Goodwin
Karla Scott

SSC Volunteers

Anita Austin
Page & Paul Chapman
Dee Fournier
Judy & Rich Kimball
Anne Lee
Tina Linehan
Christel Paul
Patrick Rayment
Phil Schneider
David Shlevy

Catholic Community Services

Meal Site Cook
Peggy Huihui

CCS Volunteers

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

EDUCATIONAL, HEALTH & OTHER SERVICES

Ask the Lawyer

Monday, February 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, February 12th
11:30am—Noon

Free Service provided by
Linden Grove Health Care Center



Caregiving Support Group

Topic: Mindfulness

Tuesday, February 17th
10:00am—Noon



Haircuts By Becky

Thursday, February 5th
10:00am—3:00pm

Please arrive with washed hair.
Suggested Minimum is \$6 (Cut only)

Must call to schedule your appointment
for MARCH starting February 2nd

Massage (Chair only)

Wednesday, February 18th
10:00am—3:00pm

Cost: \$10 for 20 min.
or \$15 for 30 min.

Register in Advance at the Front Desk

Senior Footcare by April

Friday, February 13th
9:00am—3:00pm



Cost: \$50 cash or check

MUST bring a towel

To make all appointments call Toshia, with
Senior Footcare at (253) 848-9625



Tech Help

Thursday, February 12th
10:30am—11:30am

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

Presented by Patrick Rayment,
Bonney Lake Pierce County Library

Register in Advance

Watch & Jewelry Sales & Battery Replacement

Wednesday, February 18th
(Once a month)
10:00am—Noon

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

Workshop

Aging With Grace: The Keys to
Living Happily Ever After
Monday, February 23rd
10:30am—Noon

Presented by Traci Woodcock,
Nutritional Therapist/HHC, Renewable Health
Register in Advance

Workshop

Safe Travel for Seniors
Monday, February 9th
11:00am—Noon

Learn about planning tips before you
travel and traps & pitfalls to avoid later.
Presented by Matt Santelli, Pierce County
Aging and Disability Resources
Register in Advance



MUSIC

February Birthday and Valentine's Day Party



Everyone is welcome to join us in celebrating our members' birthdays this month.



If you have a birthday this month, you may enter a free drawing to win a special gift basket!

Blood Pressure & Glucose Checks also available.

Music by:

Tim Anderson

Thank you to Linden Grove Health Care Center for the gift basket, blood pressure & glucose checks, to Connor Shoemaker of Keller Williams Realty for the Balloons, and the City of Sumner for the birthday cakes!



Date: Thursday, February 12th

Time: 11:30am—12:30pm

Must Make Lunch Reservations by February 4th

MOVIE MATINEE



Brigadoon

Date: Monday, February 23rd

Time: 1:30pm (1 hr. 44 mins)

Sponsored by Generations Home Care



Tommy Albright (Gene Kelly) and Jeff Douglas (Van Johnson), two American pals on a Scottish hunting trip, get lost in the woods and come upon the magical village of Brigadoon. Rising out of the Scottish mist only once every 100 years, and only for one day, Brigadoon is an enchanted place where life is simpler and easier, untouched by the worries of the modern world.

When Tommy falls for beautiful villager Fiona Campbell (Cyd Charisse), he must decide whether to stay or to return to his life.



*Subject to change

Get some popcorn, grab a seat, sit back and enjoy the show!

Snacks provided by





ACTIVITY CALENDAR - FEBRUARY 2026

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|--|
| | <p>Reservations Required for Lunch on Music Days: <u>Thursday, February 12th</u> Call to Reserve Lunch <u>EARLY!</u> We fill up quickly. Check newsletter for <u>Reservation Deadlines</u> and for music times.</p> | | | View our full newsletter online at the City of Sumner website: https://sumnerwa.gov/senior-center/ |
| 12:00 Lunch 1:00 Ask the Lawyer 1:30 Bunco 2:00 Stretch Class | 2 10:30 Karaoke 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga | 3 9:00 S.A.I.L. Exercise 10:30 Hand & Foot Cards 12:00 Lunch 12:30 Bridge 2:00 Line Dancing Class | 4 8:30 Tai Chi 10:00 Haircuts by Becky 12:00 Lunch 12:30 Knit and Crochet 1:00 Mexican Train Dominoes 1:30 Chair Yoga | 5 6 9:00 S.A.I.L. Exercise 10:30 Canasta 10:30 Card Making Class 12:00 Lunch 1:30 BINGO |
| 11:00 Workshop: Safe Travel for Seniors 12:00 Lunch 12:30 Bunco 1:00 Book Club 2:00 Stretch Class | 9 12:00 Lunch 12:00 Open Paint 12:15 Pinochle Tournament 1:30 Chair Yoga | 10 9:00 S.A.I.L. Exercise 10:30 Hand & Foot Cards 12:00 Lunch 12:30 Bridge 2:00 Line Dancing Class | 11 12 13 10:30 Tech Help 11:30 Music by Tim Anderson 11:30 BP & Glucose Checks 12:00 Lunch BIRTHDAY AND VALENTINE'S PARTY <u>Reserve Lunch by Feb. 4</u> CANCELED: Tai Chi Knit & Crochet Chair Yoga | 12 13 9:00 S.A.I.L. Exercise 9:00 Senior Footcare with April 10:30 Canasta 12:00 Lunch 1:30 BINGO |
| CLOSED | 16 10:00 Caregiving Support Group Topic: Mindfulness 10:30 Karaoke 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga | 17 8:00-9:30 City of Sumner Staff Meeting (Closed) 10:00 S.A.I.L. Exercise 10:00 Massage (Chair) 10:00 Watch & Jewelry Sale 10:30 Hand & Foot Cards 12:00 Lunch 12:30 Bridge 2:00 Line Dancing Class | 18 19 8:30 Tai Chi 9:00 Cricut Crafting 12:00 Lunch 12:30 Knit and 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 |
| 10:30 Workshop: Aging With Grace 12:00 Lunch 1:30 Movie - "Brigadoon" No Stretch Class On 4th Monday | 23 12:00 Lunch 12:00 Open Paint 12:15 Pinochle 1:30 Chair Yoga | 24 9:00 S.A.I.L. Exercise 10:30 Hand & Foot Cards 12:00 Lunch 12:30 Bridge 2:00 Line Dancing Class | 25 26 8:30 Tai Chi 12:00 Lunch 12:30 Knit and Crochet 1:30 Chair Yoga | 27 9:00 S.A.I.L. Exercise 10:30 Canasta 12:00 Lunch 1:30 BINGO |

Sumner Senior Center ~ 15506 62nd St. Ct. E. Sumner, WA 98390 ~ Hours: 8:00am to 4:30pm ~ **253-863-2910**

This calendar is subject to change. Please call to confirm your activity.



LUNCH MENU - FEBRUARY 2026

SUMNER SENIOR CENTER ~ 253-863-2910

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|--|
|  | <p>*Reservations Required for Lunch on: February 12th *Check newsletter for more information</p> | <p>MEALS For Seniors 60 & Up: Suggested Contribution is \$3.50 Cost for all others is \$6 Lunch is served at Noon "Be in your seat ready to eat!"</p> | | <p>IF YOU <i>Believe</i> IN YOURSELF <i>Anything</i> IS POSSIBLE </p> |
| 2 BBQ Pork Open Face Sandwich Green Beans Carrot Raisin Salad Lemon Bar | 3 Split Pea Soup 1/2 Ham & Cheese Sandwich Apple Crisp | 4 Pancakes Sausage Patty Scrambled Eggs Melon Orange Juice | 5 Beef Macaroni Broccoli Wheat Roll Applesauce | 6 Tuna Melt Pea, Onion & Tomato Salad with Cheese Grapes |
| 9 Baked Cod Roasted Mediterranean Veggies Oatmeal Raisin Cookie | 10 Chicken Cacciatore Zucchini and Tomato Medley Wheat Roll Pears | 11 Meatloaf Potatoes & Gravy Carrots Oranges Brownie | 12 Birthday Party Valentine's Party CALL TO RESERVE LUNCH BY FEBRUARY 4th Baja Chicken Black Bean, Corn & Rice Salad Ice Cream with Pineapple Sauce | 13 Beef Goulash Broccoli Pound Cake Strawberries with Whipped Cream |
|  | 17 Philly Cheese Sandwich Brussel Sprouts Grapes | 18 Turkey Noodle Soup Carrot & Raisin Salad Peanut Butter Cookie | 19 Chicken Cheese Taco Cauliflower Salsa & Sour Cream Caramelized Bananas | 20 Beef Stir Fry Fried Rice with Egg Peas & Carrots Fortune Cookie Ice Cream Cup |
| 23 BBQ Chicken Pasta Salad Green Beans Ice Cream Pineapple Sauce | 24 Turkey Meatloaf Potato with Sour Cream Broccoli Oatmeal Raisin Cookie | 25 Pork Chops with Apples Cucumber, Tomato and Feta Salad Rice Pudding | 26 Fish & Chips Coleslaw Yogurt Strawberry Rhubarb Compote | 27 Wild Rice Chicken Soup 1/2 Egg Salad Sandwich Oranges |

This Menu is subject to change.

Consuming Mishandled Leftover Food May Increase Your Risk of Food Borne Illness.

PROGRAMS & ACTIVITIES

BINGO

Fridays at 1:30pm

Cost: \$1 per card

Come have some fun and win prizes at BINGO!

Book Club

Monday, February 9th

at 1:00pm

Hosted by Judy Kimball

Register in Advance



Bridge

Wednesdays at 12:30pm

Cost: \$1

Stop in and join in!



Need more players



Bunco Mondays

February 2nd at 1:30pm

Cost: \$2

Closed February 16th

February 9th at 12:30pm

Cost: \$5

Thanks to Concierge Care Advisors for treats.

Canasta

Fridays at 10:30am

Cost: \$2

A fun version of rummy that will definitely entertain you.

Join us for a fun game of Canasta.

Card Making Class

Friday, February 6th

10:30-Noon

Cost: \$7

Come make 3 beautiful handmade cards.

Bring a glue stick!

Register in Advance



Cricut Crafting

Thursday, February 19th

9:00am—Noon

Bring your Cricut Machine to share & learn with others!

Cost: Free - Bring your supplies

Register in Advance (Limited to 10)

*Roses are red
Violets are blue
I'm so grateful
For friends like you!
Happy Valentine's Day,
Everyone!*

Hand & Foot Cards

Wednesdays at 10:30am

Cost: \$2

This exciting card game is closely related to Canasta.

Come check it out!



Karaoke

Tuesday, February 3rd & 17th

at 10:30am

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

Knit & Crochet Group

Thursdays at 12:30pm

Canceled February 12th

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

Mexican Train Dominoes

Thursday, February 5th & 19th

at 1:00pm

A new twist on the classic game of dominoes.

Come and have fun with our group.

Open Paint Group

Tuesdays at 12:00pm

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 or \$3 for tourney

Join in and 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.

SERVICE

Dick's Watch & Jewelry Sales and Watch Battery Replacement

Come by and shop on the 3rd Wednesday of every month!

Date: **Wednesday, February 18th**

Time: **10:00 am - Noon**

Cost: **Batteries: \$5**
Watches & Jewelry: Varies



If you just need a new battery, you can drop off your watch with \$5 at the Sumner Senior Center from 8:00am to 4:00pm, Monday - Friday.

EXERCISE

Chair Yoga Class

Tuesdays & Thursdays at 1:30pm

Canceled February 12th

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



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.

Wednesdays & Fridays at 9:00am
Wed., Feb. 18 at 10:00am (One Day Time Change)



The fitness program focuses on exercises that improves 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

Closed February 16th

No class on 4th Monday (February 23rd)

This class combines stretching using balls, bands and weights.

Cost: \$3.00

Instructor: Christel Paul.



Tai Chi

Thursdays at 8:30am

Canceled February 12th



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

SENIOR CORNER



Welcome Chapmans!

Paul and Page were both born in Washington and first met in the early 1970s through family, when Page was babysitting. At the time, neither could have known that this simple connection would grow into a lifetime together, 53 years built on service, family, and community.

Page was raised in foster care, an experience that shaped her resilience and compassion. Through her grandparents—who were blind and ran a Bingo hall for the blind in downtown Seattle—she developed a lifelong love for Bingo. That love remains strong today and continues to connect her with others.

Paul served in the U.S. Army in the 1970s as a radio operator. He was honorably discharged after being stationed in Germany and later returned home to Seattle, working at GTE Corporation as a computer operator. In 1980, both Paul and Page began working for the Big Brothers organization. Paul served as a manager for 13 years, while Page dedicated more than 20 years of service, making a lasting impact on countless lives.

Family was always at the center of their world. They raised two sons, James and Greg, and spent many years traveling around Washington state to support their boys' activities. James played Little League baseball, and Greg's journey included baseball, basketball, and wrestling. Growing up, Paul especially loved traveling across the state fishing with his family, creating lifelong memories. They lived in the SeaTac area throughout their sons' school years before later moving to Federal Way. In 2006, Page was diagnosed with breast cancer. Today, she is a proud 19-year survivor, a testament to her strength and determination.

Paul and Page are the proud grandparents of four beautiful grandchildren. Some live in Florida, while one is in Utah studying to become a surgeon. Their second granddaughter graduated from Aerospace Dynamics in Florida, and the other two granddaughters are currently in college, the youngest hoping to become a veterinarian. Their only grandson, after trying baseball, is now moving into the business world.

Their hobbies reflect who they are: Page loves Bingo, Bingo and more Bingo! She enjoys volunteering at SSC, as well as making porcelain dolls. Paul also finds joy in Bingo, in addition to traveling to Palm Springs and gardening at home. Together, they continue to give back, serving here at SSC as Bingo callers and helping in the kitchen.

When asked what she would tell her 20-year-old self, Page said she wouldn't change a thing. Once shy, she learned to come out of her shell and encourages others to always be themselves and not to fear anything. One of their favorite memories is a two-week road trip to Disneyland with their children. Driving through the mountain pass in a station wagon, they played cassette tapes, singing along to songs like "Drift Away" and "On the Road Again." They laughed as the truckers honked at them when they passed by while they were singing out all of their favorite songs!

Paul and Page's story is one of love, perseverance, service, and joy—woven together through family, community, and a shared life well lived.

Stop by and say Hi!



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

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Puyallup, WA 9837