

Orting Senior Center

October 2025 Newsletter

120 Washington Avenue North – P.O. Box 104 Orting, WA 98360
Phone (360) 893-5827 - Email ortingseniordirector@gmail.com
OPEN Monday – Thursday & the 2nd & 4th Fridays 9am to 2pm



2026/2027 BOARD ELECTIONS

The Orting Senior Center Board of Directors has four positions available.

If you would like to be part of the team that supports the Senior Center and contribute, we would love to have you!

The nomination period will officially open on September 1st, welcoming candidates from all backgrounds who are dedicated to shaping the future of our organization. Members are encouraged to participate, either by nominating themselves or by recommending committed individuals who exemplify leadership, vision, and a passion for community service. Detailed guidelines regarding eligibility, application procedures, and key dates will be shared in the upcoming newsletter. Voting will commence on November 12th, from 9:00 am to 1:00 pm, with results being announced at the Board Meeting at 2:30 pm, ushering in a new era of stewardship and innovation.

Pick up your application at the Senior Center (M – Th, 9:00 am – 2:00 pm)

120 Washington Avenue North **OR** E-mail ortingseniordirector@gmail.com to receive an application

You can call 360-893-5827 for additional information



2025 MEMBERSHIP INFORMATION

Every membership helps pay for special things like entertainment, holiday extras, class supplies, and so much more. As they say, “Nothing in life is free,” and we need YOUR help to keep programming going. Being a member is an excellent way to support your Senior Center.

Fee: \$48 per person per year OR 20 hours of volunteering per year. (All volunteer rules apply, application and possible background check) To be eligible for all member perks, member dues must be paid in full for the 2025 year by the end of January, **UNLESS** you are new to our center. No prorating will be done if paid after January.

Here is what your membership gets YOU:

Monthly Birthday recognition, S.A.I.L. class, Gentle Yoga, “Member” pricing for specific events and activities, and the opportunity to help guide the center by voting in the election of our Board of Directors.

Memberships are optional and **ARE NOT** mandatory to attend any regular senior center function or receive meals. Fees for special events or activities may be collected for nonmembers.

Participant Forms are available at the front desk. Please be sure to fill them out completely. We will have staff and volunteers to help you if needed and accept your membership payment.

Thank you for continuing to support your Orting Senior Center. Happy New Year!

BOARD OF DIRECTORS

The Board of Directors meets the second Wednesday of each month at 2:30pm. Board members are a valuable part of the Senior Center, and we appreciate any feedback you would like to share. Guests are welcome to meetings, but we encourage you to notify the Board Chair if you have a specific topic you would like to present or share at the meeting.

Chair– Bobbie Daniel

Vice Chair – Ray Sneesby

Secretary – Gayle Sneesby

Treasurer – Tammi Freebury

General Members

Rick Allison

Robin Martin

Vickie Williams

OPEN

OPEN

SENIOR CENTER STAFF

Director – Staci Guirsch

ortingseniordirector@gmail.com

Head Cook – Emily Mowatt

ortingkitchen@gmail.com

Senior Aide – Nita Merkel

ortingsenioraide@gmail.com

Kitchen Assistants

Patty Griffin

John Ralph (Driver)

Karen Glenn

OUR MISSION

The Orting Senior Center Organization's mission is to develop and maintain an active senior program in the Orting, Washington area that creates a welcoming atmosphere, provides opportunities, and encourages older adults to use their skills, develop their potential, and continue their involvement in the community. To promote independent living for seniors to maintain their visibility within the community.

CLOSURE DATES

Monday, October 13th – Columbus Day

Tuesday, November 11th – Veterans Day

Thursday & Friday, November 27th & 28th –

Thanksgiving

Wednesday & Thursday, December 24th & 25th –

Christmas Eve & Christmas

MEDICARE 101 W/BRANDY

Wednesday, October 8th 11:15 am

The right healthcare plan can open doors to a healthier tomorrow. If you're new to Medicare or eligible to enroll in a Medicare Advantage plan, now is the time to see if Humana is right for you! This seminar is an educational event that provides a basic overview of the Medicare program. These seminars are designed to help individuals understand the fundamentals of Medicare, including its different parts, enrollment periods, and coverage options. Brandy will aim to clarify the complexities of Medicare and empower individuals to make informed decisions about their healthcare coverage.

Humana

OCTOBER BIRTHDAY CELEBRATION

Wednesday, September 10th

Live Music with Mark Stern starting at 10 am and dessert sponsored by Brandy Paxton with Humana! Each birthday is a blessing. Let's help these wonderful people celebrate the day that brought them here!

Diane Alford 6th

Cherie Beale 27th

Sharon East 25th

Tammi Freebury 29th

Irene Gonzalez 8th

Carolyn Lattin 2nd

Trudy Liebe 18th

Jennifer Mahlum 18th

Robin Martin 24th

Sue Petersen 31st

Rosemary Reed 29th

Gayle Sneesby 9th

Nora Thureson 11th

Marie Bunker 12th



SENIOR FOOTCARE

Friday, October 3rd

112 Varner Avenue Southeast

BY APPOINTMENT - \$45 CASH/CHECK. Please bring a towel. Senior Footcare is a health care service provided by R.N.s and L.P.N.s for seniors, diabetics, and others who need care for their feet. Foot and toenail disorders affect over eighty percent of the population and are very common among seniors. Keeping your feet healthy increases comfort and functionality and can prevent limb-threatening complications. Our nurses trim and file toenails, work on fungal and ingrown nails, and provide non-invasive treatment of corns and calluses. We also offer practical self-care tips. If problem areas are identified, we will recommend podiatrists or physicians in the area for a thorough evaluation and follow-up treatment. People who benefit from this service include those with diabetes, arthritis, strokes, limited vision, and difficulties caring for their feet.

STAY ACTIVE & INDEPENDENT FOR LIFE (S.A.I.L.)

Monday, Wednesday & Friday 9:00 am

112 Varner Avenue Southeast

Stay Active and Independent for Life (SAIL) is an evidence-based strength, balance, and fitness program for adults 65 and older. Performing exercises that improve strength, balance, and fitness is the single most important activity that adults can do to stay active and reduce their chances of falling. The entire curriculum of activities in the SAIL Program can help improve strength and balance if done regularly. Class is FREE with Center membership. A donation of \$3 3per class for non-members.

AGING AND DISABILITY RESOURCES

ADR is designated by the Washington State Department of Social and Health Services / Aging and Long-Term Support Administration as the Area Agency on Aging (AAA) for Pierce County.

The **Aging and Disability Resource Center (ADRC)** is a program of ADR. It serves as the front door to the local LTSS delivery system, providing unbiased information, community outreach/education, help accessing services, and person-centered care planning/care coordination to meet the individual needs of older adults, persons with disabilities, and their caregivers. For assistance, please call the Aging and Disability Resource Center at 253-798-4600 or 800-562-0332 between 8 a.m. and 4:30 p.m.

VOLUNTEERS NEEDED!

We are always looking for new volunteers to help with many different activities and programs. Please contact Staci if you would like to Volunteer. If you have a specialty that you would like to share with the seniors, please give us a call. 360-893-5827.

Senior Food Pantry & Donation pick ups

Social Media Expertise

Craft Classes

Fundraising

Massage

Health Services

Hair Cuts

Music/Entertainment

Computer/Genealogy

Game Days

Shuttle Drivers

Reception Desk

Lunch Prep/Service

SENIOR NUTRITION EDUCATION

Our Registered Dietitian and Nutritionist, Brooke Douglas, visits every quarter. Brooke's next visit will be **Tuesday, December 9th** Brooke also offers one on one consultations privately. The number to call for booking private phone or in-person consults with a Registered Dietitian-Nutritionist is 1-855-EAT-4LIFE. Email is info@nutritionauthority.com.

BLOOD DRIVE

Monday, November 3rd

120 Washington Avenue North

The blood donations collected at the blood drive are critical to maintain a stable blood supply for surgeries, medical emergencies, and for supporting patients battling life-threatening illnesses like leukemia and other cancers. These much-needed products will be distributed to the **90 + local hospitals** we serve. Secure your donation time here.

<https://donate.bloodworksnw.org/donor/schedules/geo/>



GENTLE YOGA

Monday & Wednesday 10:15am

FREE with paid membership to Senior Center

A gentle yoga class can be suitable for

beginners. It strengthens bones and joints. As we age, our bones lose density and our joints become stiffer. Osteoporosis becomes a problem for some people. A gentle yoga practice can be very effective in preventing or slowing down the loss of bone density, relieving bone and joint pain and is safe for people with osteoporosis.

LEGACY GIVING

The Orting Senior Center not only takes cash Donations, but many employers will also match your charitable donations. Ask your supervisor or HR rep how to go about requesting a match/company sponsored employee contribution plan. Make a big impact with a future gift. Consider the Orting Senior Center for inclusion in your will; designation in a retirement account or trust; beneficiary of an insurance policy; charitable gift annuities/appreciated securities. Your continued support helps our seniors lead an active and fulfilling life that they truly deserve. Thank you and please share this information with your friends and family..

THE CRAFTY CREW

Tuesdays at 1pm

112 Varner Avenue Southeast

Come join the fun with your crafty project. quilting, knitting, beading are just a few of the fun projects we do! Come and share your project with other crafters! No need to sign up just come on down!

MEDICAL LENDING CLOSET

We have a large variety of medical equipment to **loan** to anyone who is in need. Wheelchairs, walkers, commodes, crutches, safety rails and more. We also have an assortment of adult undergarments and bed pads. If you or someone you know is in need, just give us a call at (360) 893-5827.

PINOCHLE

Tuesdays & Thursdays 9:30am

Come join the fun! Pinochle begins at 9:30am and they play until 1:30pm with a break halfway for lunch. No need to sign up, just come on in. Don't know how to play? We will teach you!

CONGREGATE MEALS

We offer hot, home-cooked meals Monday through Thursday at 11:45 am and the 2nd & 4th Fridays at 11:45 am. **Lunch is served PROMPTLY at 11:45 am.** **Please show up early to avoid interrupting service to others.**

ALL MEALS ARE IN PERSON DINING ONLY

Lunch served daily with fruit, dessert & milk

Hot Meal OR Salad Bar Plate Suggested Donation:

\$6.00 age 60 and over.

All those 59 and under are \$10.00

NO Senior shall be denied a meal due to inability to pay! Menu Subject to change due to product

restrictions. 9:00 am to 10:00 am Pastries, Coffee, and Tea available for a suggested donation of \$1.00

Please notify our Cook, Emily, of any religious or dietary restrictions.

GENERAL CENTER HOUSEKEEPING

When joining us for lunch, please be seated by 11:30 am as we are handing out milk and making announcements.

Be sure to let the receptionist know if you need assistance getting silverware, something to drink or your salad bar. When finished, please scrape your bowls and plates well. We use residential dishwashers, and this helps save water and keeps our sink drains from clogging.

For everyone's safety, we ask that all purses, coats, and bags not be placed on the floor. We have shelves as you walk in, where you may store your items.

Lastly, BE KIND. Many times, we hear people not being kind, and we strive to be a warm, welcoming, and kind center.

NCOA – Benefits Check UP Walk Thru

Friday, October 24th at 12:30 pm

BenefitsCheckUp® connects millions of older adults and people with disabilities with benefits programs that can help them afford nutritious food, health care, and more.

Staci will have laptops set up and walk you all through the Benefit Check-up on the website. There are so many programs out there, and NCOA has them all in one place, easily accessible to you! You DO NOT need to be tech-savvy. It is easy! Sign up in the activities binder to reserve your seat.

SENIOR FOOD PANTRY

Just a reminder SENIORS - our Senior Food Pantry does not receive funding other than when staff and volunteers do fundraisers or apply for small grants. We work hard to get donations to provide healthy foods to SUPPLEMENT your home pantries. We ask that you be a participating senior, which means that you do not only come to the pantry, but we also want you to engage in our lunches, volunteer, or participate in one of our amazing activities. As much as we would love to be able to help everyone with free food, please do not bring guests from out of the area. Every community has either a Food Bank or a Church that has more resources than we do.

You are allowed to shop EITHER Monday or Tuesday and then again on Wednesday in the hall AFTER lunch. Please do not wander down to the Pantry as before opening, staff and volunteers are setting up product, and we aim to keep the hallways clear and safe for everyone.

FREE BINGO!

Wednesdays at 12:30 pm

Come and play FREE Bingo!!! Join Heidi and win fun FREE prizes!! We are always looking for donations to put into our Bingo cabinet!

ORTING LIBRARY DAYS TECH HELP

Tuesday, October 21st at 10:00 am

Cory will be here to help with your phones, tablets, laptops, and also any Library questions!



SENIOR CENTER SHUTTLE

Tired of trying to find a parking spot? Want to save on gas?

RIDE OUR SHUTTLE into the center! Rides are **FREE and FUN!** Our pick up times vary so definitely call to find out when we are in your neighborhood! Call to schedule your ride (360) 893-5827.

DSHS MOBILE OFFICE VISIT

Wednesday, November 12th

9:00 am to 2:00 pm

OPEN TO EVERYONE

Come apply for **FOOD - CASH - MEDICAL**

You can also drop off paperwork, complete a review, make changes to an existing case, or request an EBT card.



SUPERINTENDANT HATZENBELERE VISIT

Thursday, October 16th

10:30 am

Join Orting School District Superintendent Ed Hatzenbeler and members of the district's leadership team for an informational discussion about the [November 2025 Bond](#). This bond proposal would fund projects to improve facilities, enhance student learning, and support future growth in our community.

Halloween Spooktacular!

Thursday, October 30th

Come in your costumes! Group, single or duos encouraged! We will have lots of fun games set up and candy galore! We anticipate a large crowd, so **PLEASE RIDE THE SHUTTLE!**

Feel free to bring a snack or treat to share!



THANK YOU 2025 Volunteers & Contributors!

The Orting Senior Center Organization would like to give a HUGE Thank You to all those who donate, volunteer, and support our center. We could not do it without all of you! We look forward to being able to fill this page AGAIN in 2025!

Brennan Heating & Air
Conditioning
Paula Kepler & The Yoga Group
Anonymous Donor (***S.A.I.L. program***)
Sue Petersen
Gayle & Ray Sneesby
Rick Allison
Robin Martin, Casey & Sienna
Grocery Outlet
Julia Soler
Mona Mitchell
Ray & Ramona Butler
Frank Fischbach
Lisa & Ron Sears
Bryce & Cindy Carpenter
Denise & Allan Dalla Santa
Tammi & Bruce Freebury
Bobbie Daniel
Mary Simpson
Vicki Williams
Randy & Trudy Morey
Brandy Paxton – Humana
OSC Quilting Group
Claudia Rankin
Fran Wharton
Barbara Olson
Orting Eagles Auxiliary
SCAN Community Grant
Cedar Ridge Retirement &
Assisted Living
Debbie & Nick Williams
Lifeway Church of Orting

Jeff Edeburn
Spooner Farms
Barbara Bacon
Suzanne Maain
Carolyn Walker
Gloria Schultz
Mary Albert
PSE Warm Hearts Fund
Jackie Backus
Darrel & Patricia Mack
Franceen Wharton
Theone Mokuau (Tweet)
David Moss
Marlene Kullmann
Orting School District
Caveman
City Of Orting
Orting Food Bank
Brad Malone
NorthShore Care Supply
Herman Engfer
Dan Paulson
Majestic View Estates
Starr Kanikeberg
Kitty Coleman
Orting Valley Lavendar Posies
VI & Milt Merkel
Guy Jergens
Dawn Balogh
Arrow Lumber
Safeway
Mike's Shop
Sharyl (Bus Driver)

Karen Reynolds

**If you are interested in donating you can use the QR codes below or send checks to :
Orting Senior Center
P.O. Box 104
Orting, WA 98338
94-3101716**



Orting Senior Center

Harvest Breakfast & Food Drive

SATURDAY - 11TH OCT

8 am - 11 am

\$10 Adults - \$5 kids 12 & under

Sausage gravy over biscuits, scrambled eggs,
fresh fruit, juice and coffee

Senior Food Pantry Needs:
SOUPS | CEREALS | CONDIMENTS
HYGIENE PRODUCTS | SNACKS
ALL CANNED GOODS

120 WASHINGTON AVENUE NORTH

Volunteers Welcome!
(360) 893-5827