

# Orting Senior Center

## April 2025 Newsletter

120 Washington Avenue North – P.O. Box 104 Orting, WA 98360

Phone (360) 893-5827 - Email [ortingseniordirector@gmail.com](mailto:ortingseniordirector@gmail.com)

OPEN Monday – Thursday & the 2<sup>nd</sup> & 4<sup>th</sup> Fridays 9am to 2pm



### 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.



### EASTER ACTIVITIES

#### Egg Coloring - Wednesday, April 16<sup>th</sup>

9:30am to 11:00am Robin and the kids will be here to help and add to the fun!

#### Easter Luncheon – Thursday, April 17<sup>th</sup>

Come enjoy a yummy lunch and don't forget to bring your Easter baskets.....We have been told the Easter Bunny may be leaving eggs and treats for you to find all around!

Please be sure to sign up in the Activities Binder so we know how much food to prepare!

We could also use your help stuffing eggs again for the Eagles Community Easter Egg Hunt! Ask Staci for details!



### 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 a wonderful 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 certain 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 to attend 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

Mary Simpson

Sue Petersen

## 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)

## 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, May 26<sup>th</sup> – Memorial Day

Thursday, June 19<sup>th</sup> – Juneteenth

Friday, July 4<sup>th</sup> – Independence Day

Monday, September 1<sup>st</sup> – Labor Day

Monday, October 13<sup>th</sup> – Columbus Day

Tuesday, November 11<sup>th</sup> – Veterans Day

Thursday & Friday, November 27<sup>th</sup> & 28<sup>th</sup> –  
Thanksgiving

Wednesday & Thursday, December 24<sup>th</sup> & 25<sup>th</sup> –  
Christmas Eve & Christmas

## APRIL BIRTHDAY CELEBRATION

### Wednesday, April 9th

Live Music with Mark Stern starting at 10am 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!

Ray Sneesby 13<sup>th</sup> (Will be 90!)

Sandra Griggs 24<sup>th</sup>

Lloyd Phinney 24<sup>th</sup> (Will be 98!!!)

Kevin Brandham 27<sup>th</sup>

Lori Bowers 28<sup>th</sup>



## SENIOR FOOTCARE

**First Friday of every month!**

**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 are in need of care for their feet. Foot and toenail disorders affect over eighty percent of the population and are very common for 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 callouses. We also offer practical tips for self-care. 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 9:00am**

**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 are 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 \$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 and 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 Dietician and Nutritionist Brooke Douglas visits every quarter. Brookes next visit will be **Tuesday, June 10th** 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](mailto:info@nutritionauthority.com).

## BLOOD DRIVE

**Monday, May 12<sup>th</sup>**

**112 Varner Avenue North**

**9:00am to 3:00pm**

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 thru Thursday at 11:45am and the 2<sup>nd</sup> & 4<sup>th</sup> Fridays at 11:45am. **Lunch is served PROMPTLY at 11:45am.** **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. 9:00am to 10:00am Pastries, Coffee, and Tea available for suggested donation of \$1.00

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

## GENERAL SENIOR CENTER HOUSEKEEPING

When joining us for lunch please be seated by 11:30am as we are handing out milks and doing 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 them and keeps our sink drains from clogging.

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

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

## FRAUD PREVENTION SEMINAR FOR SENIORS

**Wednesday, April 30<sup>th</sup> at 10:30am**

Branch Manager and Business Specialist, Sarah Ellingson at our local KeyBank will be here to discuss and answer any questions you may have about the many fraudulent and invasive scams going around. Losing money or possessions to scams, fraud, and exploitation can be especially devastating to older adults, who may not be able to earn back what they've lost.

Seniors are often targeted because they tend to be trusting and polite. They also usually have financial savings, own a home, and have good credit—all of which make them attractive to scammers.



## 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, what that means is 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 Church that have 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 12:30pm**

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

## ORTING LIBRARY DAYS

### TECH HELP

Cory will be out for the months of April and May but has shared this information for you incase you need any tech help. You can learn more at [mypcls.org/ask-us](http://mypcls.org/ask-us) or email: [askus@piercecountylibrary.org](mailto:askus@piercecountylibrary.org).

### CRAFTS WITH CASSIE

Cassie will also be hosting a fun Craft class at the Senior Center on the 4<sup>th</sup> Wednesday of each month from 10-11 am. We ask that you sign up in the activity binder so she can bring enough supplies.

## Food Worker Card

**Friday, April 11th**

If you would like to become a volunteer in the Food Pantry or our Mealsite kitchen we require you to have a Food Workers Card. We will pay for the class if you attend in person with us. Please sign up in the Activities binder.

## MEMORY WELLNESS PRESENTATION

**Tuesday, April 22<sup>nd</sup> at 11:00am**

During this presentation on Memory Wellness, you will learn about the basics of brain health, warning signs for dementia, ten ways to love your brain, and more! You will also have the opportunity to share your own ideas and experiences about improving your memory.

Matt Santelli has worked as an Education and Outreach Specialist at Pierce County ADRC for 23 years. He has a wide knowledge about programs and services that are designed to keep seniors and the disabled healthy, safe, and financially stable at home. He will be available to answer any questions that you may have about Memory Wellness and also about ADRC programs and services that may be available for you, your family members, and your friends.

## BLOOD PRESSURE CHECKS

**Every First and Third Wednesday 10:00am to Lunch**

Come and have Karin check your Blood Pressure!

## THIS SPACE COULD BE YOURS! ADVERTISING SPACE AVAILABLE!

We are looking to begin advertising in our newsletter again to help support our senior programs. Please call Staci to get more information at (360) 893-5827. We can do anything from just a business card to an entire page! This is great way to get your businesses information out! Seniors love Orting businesses!

**Business Card \$10 month**

**¼ Page \$15 month**

**½ Page \$20 month**

**Full page \$25 month**

## ***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  
Debbie & Nick Williams  
Lifeway Church of Orting  
Jeff Edelburn  
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

**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**



**venmo**





# Easter Pancake Breakfast

## & Soup & Cereal Drive!

Help fill our Senior Food Pantry shelves!

Saturday, April 19th - 7:00am to 11:00am

Pancakes, sausage, eggs, fresh fruit and juice  
\$10 Adults & \$5 Kids 12 and under  
Plain, blueberry or sprinkle pancakes!

*Photos with the Easter Bunny! \$5 for 2*



## Orting Senior Center

120 Washington Avenue North





# Orting Senior Center April Calendar

Mealsite: 120 Washington Avenue North - Mailing Address: P.O. Box 104 - Orting, WA 98360

Phone: (360) 893-5827 – Email: [ortingseniordirector@gmail.com](mailto:ortingseniordirector@gmail.com)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>1</b> 9:30 Pinochle 11:45 LUNCH 1:00 The Crafty Crew	<b>2</b> 9:00 S.A.I.L. 10:00 Blood Pressure Checks 10:15 Gentle Yoga 11:45 LUNCH 12:30 Bingo	<b>3</b> 10:00 Mens Coffee 9:30 Pinochle 11:45 LUNCH	<b>4</b> <b>9:00 FOOTCARE</b>	<b>5</b> <b>CENTER CLOSED</b>	<b>6</b> <b>CENTER CLOSED</b>
<b>7</b> 9:00 S.A.I.L. 10:15 Gentle Yoga 11:45 LUNCH 1:00 Cards with Mona	<b>8</b> 9:30 Pinochle 11:45 LUNCH 1:00 The Crafty Crew	<b>9 Birthday Party</b> 9:00 S.A.I.L. <b>10:00 Music with Mark</b> 10:15 Gentle Yoga 11:45 LUNCH 12:30 Bingo 2:30 Board Meeting	<b>10</b> 10:00 Mens Coffee 9:30 Pinochle 11:45 LUNCH	<b>11</b> <b>9:00 S.A.I.L.</b> <b>9:30 SNAP ED</b> 11:45 LUNCH	<b>12</b> <b>CENTER CLOSED</b>	<b>13</b> <b>CENTER CLOSED</b>
<b>14</b> 9:00 S.A.I.L. 10:15 Gentle Yoga 11:45 LUNCH 1:00 Cards with Mona	<b>15</b> 9:30 Pinochle 11:45 LUNCH 1:00 The Crafty Crew	<b>16</b> 9:00 S.A.I.L. 10:00 Blood Pressure Checks <b>10:00 Egg Coloring!</b> 10:15 Gentle Yoga 11:45 LUNCH 12:30 Bingo	<b>17</b> 10:00 Mens Coffee 9:30 Pinochle 11:45 LUNCH <b>Easter Luncheon</b>	<b>18</b> <b>9:00 S.A.I.L.</b>	<b>19</b> <b>EASTER PANCAKE BREAKFAST</b> <b>7:00am – 11:00am</b>	<b>20</b> <b>CENTER CLOSED</b> <b>Happy Easter!</b>
<b>21</b> 9:00 S.A.I.L. 10:15 Gentle Yoga 11:45 LUNCH 1:00 Cards with Mona	<b>22</b> 9:30 Pinochle <b>11:00 Matt W/ADRC</b> 11:45 LUNCH 1:00 The Crafty Crew	<b>23</b> 9:00 S.A.I.L. <b>10:00 Library Crafts</b> 10:15 Gentle Yoga 11:45 LUNCH 12:30 Bingo	<b>24</b> 10:00 Mens Coffee 9:30 Pinochle 11:45 LUNCH	<b>25</b> <b>9:00 S.A.I.L.</b> <b>9:30 SNAP ED</b> 11:45 LUNCH	<b>26</b> <b>CENTER CLOSED</b>	<b>27</b> <b>CENTER CLOSED</b>
<b>28</b> 9:00 S.A.I.L. 10:15 Gentle Yoga 11:45 LUNCH 1:00 Cards with Mona	<b>29</b> 9:30 Pinochle 11:45 LUNCH 1:00 The Crafty Crew	<b>30</b> 9:00 S.A.I.L. 10:15 Gentle Yoga <b>10:30 Fraud Prevention Presentation (KeyBank)</b> 11:45 LUNCH 12:30 Bingo	<b>Meals are a SUGGESTED DONATION of \$6.00 for seniors age 60 and over, no senior will be denied a meal due to inability to donate. For those 59 and under the meal cost is \$10.00 We are a congregate mealsite, socialization is vital to the wellbeing of seniors. We do not offer TOGO meals.</b>			

# Orting Senior Center April Menu

Mealsite: 120 Washington Avenue North - Mailing Address: P.O. Box 104 - Orting, WA 98360

Phone: (360) 893-5827 – Email: [ortingseniordirector@gmail.com](mailto:ortingseniordirector@gmail.com)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>1</b> Tomato Basil Soup BLT Sandwich Salad Bar Fruit/Milk/Dessert	<b>2</b> Pulled Pork Enchiladas Rice & Beans Salad Bar Fruit/Milk/Dessert	<b>3</b> Hamburger Stroganoff Dinner Roll Salad Bar Fruit/Milk/Dessert	<b>4</b> <b>MEALSITE CLOSED</b>	<b>5</b> <b>MEALSITE CLOSED</b>	<b>6</b> <b>MEALSITE CLOSED</b>
<b>7</b> Loaded Baked Potato w/ Salad Bar Cheesy Bread Fruit/Milk/Dessert	<b>8</b> Rueben Melts Spring Slaw Kettle Chips Salad Bar Fruit/Dessert/Milk	<b>9 Birthday Party!</b> <b>Music w/Mark!</b> Combo/Pepperoni Pizza Salad Bar Fruit/Milk/Dessert	<b>10</b> Italian Sub Wrap Cucumber Tomato Salad Salad Bar Fruit/Dessert/Milk	<b>11</b> Chicken Noodle Soup & Salad Bar Fruit/Milk/Dessert	<b>12</b> <b>MEALSITE CLOSED</b>	<b>13</b> <b>MEALSITE CLOSED</b>
<b>14</b> Chicken Alfredo w/ Broccoli Garlic Bread Salad Bar Fruit/Milk/Dessert	<b>15</b> Vegetable Soup Roast Beef Sandwich Salad Bar Fruit/Milk/Dessert	<b>16</b> Cheeseburger Sliders Potato Salad Salad Bar Fruit/Dessert/Milk	<b>17 Easter Luncheon</b> Ham Scalloped Potatoes Broccoli Bacon Salad/Dinner Roll Fruit/Dessert/Milk	<b>18</b> <b>MEALSITE CLOSED</b>	<b>19</b> <b>EASTER PANCAKE BREAKFAST</b> <b>7:00am – 11:00am</b>	<b>20</b> <b>MEALSITE CLOSED</b> <b>Happy Easter!</b>
<b>21</b> Meatloaf Mashed Potatoes/Gravy Salad Bar Fruit/Dessert/Milk	<b>22</b> Italian Sausage Hot Dogs/Macaroni Salad Salad Bar Fruit/Dessert/Milk	<b>23</b> Sweet n Sour Pork w/Rice Egg Rolls Salad Bar Fruit/Dessert/Milk	<b>24</b> BBQ Ranch Chicken Mac n Cheese Salad Bar Fruit/Dessert/Milk	<b>25</b> Taco Bar Taco Soup Fruit/Milk/Dessert	<b>26</b> <b>MEALSITE CLOSED</b>	<b>27</b> <b>MEALSITE CLOSED</b>
<b>28</b> Kielbasa & Sauerkraut German Potato Salad Salad Bar Fruit/Milk/Dessert	<b>29</b> Tuna Melts Pea Salad Salad Bar Fruit/Milk/Dessert	<b>30</b> Baked Ziti Garlic Bread Salad Bar Fruit/Milk/Dessert	<b>Meals are a SUGGESTED DONATION of \$6.00 for seniors age 60 and over, no senior will be denied a meal due to inability to donate.</b> <b>For those 59 and under the meal cost is \$10.00</b> <b>We are a congregate meal site, socialization is vital to the wellbeing of seniors. We do not offer TOGO meals.</b>			