



ORTING SENIOR CENTER ORG.

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

March 2026 Newsletter

Orting Senior Center
would like to invite
you to a **FREE**

Community Dinner

*Bring the family and leave the cooking
and dishes to us!*

Friday, March 13th
Anytime between 4:30 PM - 7:00 PM

Turkey, mashed potatoes with gravy, green beans with
bacon and onion, dinner roll and dessert

*The Senior Center sincerely
appreciates the ongoing support
from our wonderful community.
We would be delighted to express
our gratitude by preparing a meal
for all of you.*

120 Washington
Ave N

St Patrick's Day Lunch

Tuesday, March 17th

Come enjoy the luck O' the Irish and some wonderful food! Bring your favorite limerick to share, and we will have a few games and activities!



2026 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:** \$50 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 2026 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. Membership/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.

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 – Ava Krogh

General Members

Rick Allison

Robin Martin

Vickie Williams

Nita Merkel

John Lewis

SENIOR CENTER STAFF

Director – Staci Guirsch

ortingseniordirector@gmail.com

Mealsite Manager – Emily Mowatt

ortingkitchen@gmail.com

Cook – Wanda Rochell

Kitchen Assistants

Patty Griffin

Karen Glenn

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 25th – Memorial Day

Monday, September 7th – Labor Day

Wednesday, November 11th – Veterans Day

November 26th & 27th – Thanksgiving

December 24th & 25th - Christmas

MARCH BIRTHDAY CELEBRATION

Wednesday, March 11th

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!

Mary Darling 4th

Mandy Barber 15th

Cathy Larson 15th

Dorothy Wells 18th

Jim Schott 21st



CAREGIVER SUPPORT & RESOURCE GROUP

Friday, April 10th at 9:30 AM,

The group will meet every other month!

Hosted by Jo Ann with Comfort Keepers, who brings both personal and professional experience in caregiving.

Caregivers need care, too. Supporting a loved one, friend, or neighbor can be overwhelming, and it's easy to put your own needs on the back burner or feel unsure about where to turn for help. This group is a relaxed, welcoming space to ask questions, share concerns, learn about helpful tools and resources, and connect with others who truly understand. Need a referral to estate planning, medical equipment/supplies, and much more!

There is NO COST to attend. Bring all your questions—friends and family members are always welcome.

Jo Ann is also happy to meet one-on-one if you'd prefer a more personal conversation.

THE CRAFTY CREW

Tuesdays at 1pm

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! **Group will meet at the Mealsite on March 31st.**

SENIOR FOOTCARE

Friday, March 6th

Friday, April 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 **Wednesday, March 18th** 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.

ESSENTIAL NEEDS CLOSET

We have started an essential-needs closet and hope to expand it beyond clothing. There will be a sign-up in the room for any specific needs you may have, such as bedding, household items, small appliances, hygiene products, etc. The closet will be staffed by volunteers, and we are still finalizing the schedule. Please feel free to stop in or call to request a time to see what is available.

WHAT
DO
YOU NEED



GENTLE YOGA

Monday & Wednesday 10:15 am

FREE with paid membership to the 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. \$3 donation per class for non-members.

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, or 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..

MEDICAL LENDING CLOSET

We have a wide variety of medical equipment to loan to anyone who needs it. 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 9:30 am

Come join the fun! Pinochle begins at 9:30 am, and they play until 1:30 pm 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, Wanda, 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.

FREE BINGO!

Wednesdays at 12:30 pm

Come and play FREE Bingo!!! Join the group and win fun FREE prizes!! We are always accepting donations for our Bingo cabinet, such as knick-knacks, candy, lotions, and puzzle books.

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.

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 before opening, as staff and volunteers are setting up product, and we aim to keep the hallways clear and safe for everyone.

Our Senior Food Pantry is for seniors 55 and over ONLY.

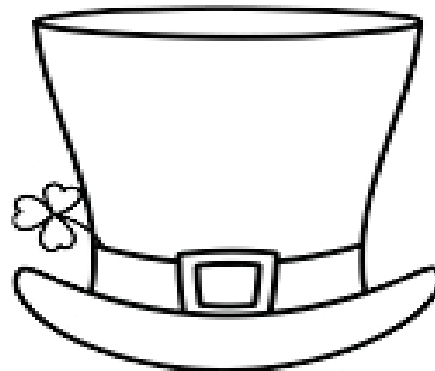
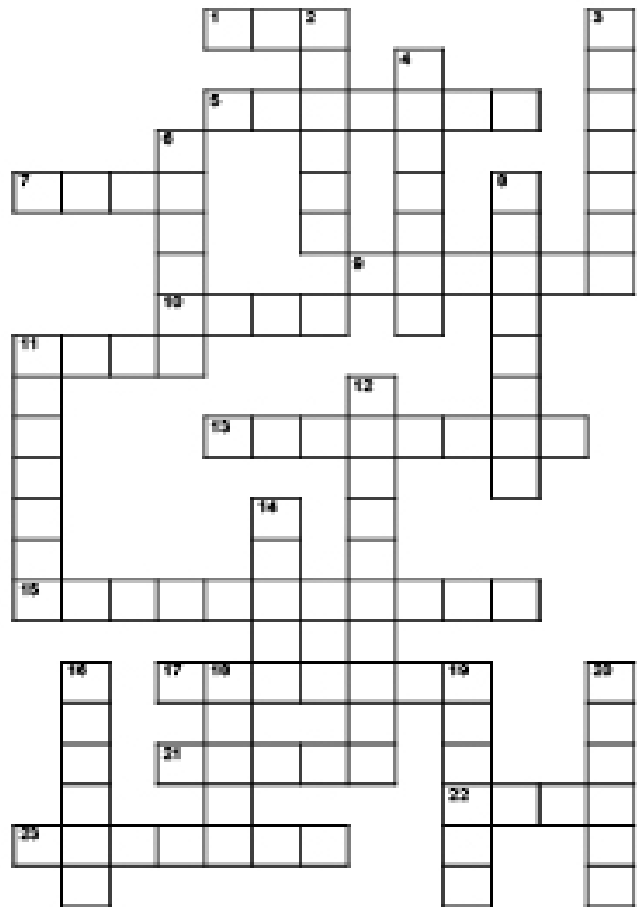


Across

1. Name for the leprechaun's dance.
3. St. Patrick is the patron saint of which country?
7. Number of leaves on a lucky piece of clover.
9. Historically important vegetable in Ireland.
10. It is the pot at the end of a rainbow.
11. Color originally associated with St. Patrick's Day.
13. A funny poem with five lines.
15. Saint Patrick's Cathedral location.
17. Ireland nickname: The ___ Isle.
21. What color are the hills of Ireland?
22. Good fortune.
23. If you don't wear green on March 17th, you might get . . .

Down

2. Native language of Ireland.
3. This city dyes its river green to celebrate St. Patrick's Day.
4. Arch of colors in the sky.
6. The Irish flag is green, white and . . .
8. Used by St. Patrick to represent the Christian Holy Trinity.
11. Saint Patrick's birthplace.
12. A trickster with a pot of gold.
14. Number of leaves on a shamrock.
16. Ancient culture of Ireland.
18. Month in which we celebrate Saint Patrick's Day.
19. Capital city of Ireland.
20. According to legend, St. Patrick chased these out of Ireland.



THANK YOU 2026 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 2026!

Brennan Heating & Air
Conditioning
Paula Kepler & The Yoga Group
Anonymous Donor (***S.A.I.L.***
program)
Gayle & Ray Sneesby
Rick Allison
Robin Martin, Casey & Sienne
Julia Soler
Mona Mitchell
Ray & Ramona Butler
Lisa & Ron Sears
Bryce & Cindy Carpenter
Denise & Allan Dalla Santa
Bobbie Daniel
Vicki Williams
Randy & Trudy Morey
Brandy Paxton – Humana
OSC Quilting Group
Claudia Rankin
Orting Eagles Auxiliary
Cedar Ridge Retirement &
Assisted Living
Jeff Edeburn
Jackie Backus
Theone Mokuau (Tweet)
Marlene Kullmann
Orting School District

City Of Orting
Guy Jergens
Dawn Balogh
Arrow Lumber
Safeway
Sharyl (Bus Driver)
Mary Albert
Kevin & Jerri Williams
Vi & Milt Merkel
D.L. Henricksen
Tracy Enoch
Jennifer Hamilton
Ava and Charlie Krogh
John Lewis
Nita Merkel
Jackie Webster-Backus
Vicki Williams
Chris Moore
Judy Arp
Mandy Barber
John Bielka
Orting Lions Club
Anne & Paul Kirley
Fred Meyer
Darrel & Patricia Mack
Jeremy Thomas
Judy Arp
Jo Ann Lyman

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



COLON SCREENING LUNCH AND LEARN

Tuesday, March 17th at 12:00 pm

Join us for an educational Lunch & Learn to learn more about the Shield™ blood test, a non-invasive option for colorectal cancer screening. Sarah, Shields representative, will be here to explain what the Shield blood test is, how it works, and to answer any questions you may have about this type of colon cancer screening. You can call to schedule your screening (360) 893-5827

SHIELD COLON SCREENING EVENT

Friday, March 20th

Following the Lunch & Learn, a Shield blood test screening event will be held:

Friday, March 20th

Starting at 10:00 AM

Important Information:

- Please bring your **insurance card**
- Covered for **Medicare, TRICARE, and VA**
- Eligible for individuals **ages 45–84**



PAINT & PLANT CRAFT

Wednesday, March 25th

10:00 am

Spring is right around the corner, so let's get together and paint a really cute pot and plant some flowers! Supplies are limited, so please sign up in advance in the activity's binder.

GROWING SMILES SPRING PLANT SALE

Order online or in person at the center

Last day to place your order is April 29th

Hanging baskets, patio planters, strawberry baskets, herbs, veggie starts, Boston Ferns, and FLOWERS! All proceeds go to support our Senior Programs. The link to place your order is on our Facebook page.



SENIOR SAFE TRAVEL WORKSHOP

Monday, March 16th

Matt Santelli from Pierce County Aging and Disability Resources will be here to share information on Safe Traveling for seniors.

Whether you're traveling thousands of miles a year, or taking the occasional short trip, you can avoid extra risks by knowing a few safety tips. Planning ahead and having a back-up plan can help you dodge common travel hazards and pitfalls. Learn more with Matt!



Orting Senior Center March Menu

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

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



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 Southwest Chicken, Sausage Linguine Salad Bar Fruit/Milk/Dessert	3 Soft Beef Tacos Mexi Corn Salad Spanish Rice Salad Bar Fruit/Milk/Dessert	4 Loaded Turkey Burger Marinated Bean Salad Salad Bar Fruit/Milk/Dessert	5 Baked Ham Mac & Cheese Salad Bar Fruit/Milk/Dessert	6 CLOSED	7 CLOSED	8 CLOSED
9 Cheeseburger Macaroni Salad Salad Bar Fruit/Milk/Dessert	10 Chicken & Veggie Alfredo Breadsticks Salad Bar Fruit/Milk/Dessert	11 Loaded Hot Dog & Salad Bar Fruit/Milk/Dessert <i>Birthday Day!</i>	12 Marry Me Chicken Soup Ham Sandwich Salad Bar Fruit/Milk/Dessert	13 Kielbasa & Sauerkraut Potato Salad Garden Salad Fruit/Milk/Dessert	14 CLOSED	15 CLOSED
16 Parmesan Crusted Pork Chops Butter Noodles Salad Bar Fruit/Milk/Dessert	17 <i>St Pat's Day!</i> Corned Beef & Cabbage Carrots & Potatoes NO SALAD BAR Fruit/Milk/Dessert	18 Teriyaki Chicken & Veggie Noodle Bowls Salad Bar Fruit/Milk/Dessert	19 Chili Cornbread Salad Bar Fruit/Milk/Dessert	20 CLOSED	21 CLOSED	22 CLOSED
23 Swedish Meatballs Over Egg Noodles Salad Bar Fruit/Milk/Dessert	24 Creamy Chicken Enchiladas Refried beans Salad Bar Fruit/Milk/Dessert	25 Shrimp Fried Rice Pot Stickers Salad Bar Fruit/Milk/Dessert	26 Rueben Sandwich BLT Pasta Salad Salad Bar Fruit/Milk/Dessert	27 Broccoli Cheddar Soup Tuna Sandwich Garden Salad Fruit/Milk/Dessert	28 CLOSED	29 CLOSED
30 Cheesy Chicken Philly Sandwich Pea Salad Salad Bar Fruit/Milk/Dessert	31 Meatloaf Potatoes & Gravy Salad Bar Fruit/Milk/Dessert	<p>Meals are a SUGGESTED DONATION of \$6.00 for seniors age 60 and over; No senior will be denied a meal due to an inability to donate. For those 59 and under, the meal cost is \$10.00</p> <p>We are a congregate meal site, and socialization is vital to the well-being of seniors. We do not offer TOGO meals</p>				



Orting Senior Center March Calendar



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

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 9:00 S.A.I.L. 10:15 Gentle Yoga 11:45 LUNCH	3 9:30 Pinochle 10:00 DSHS Van 11:45 LUNCH 1:00 The Crafty Crew	4 9:00 S.A.I.L. 10:15 Gentle Yoga 11:45 LUNCH 12:30 Bingo	5 10:00 Mens Coffee 9:30 Pinochle 11:45 LUNCH	6 SENIOR FOOTCARE	7 CENTER CLOSED	8 CENTER CLOSED
9 9:00 S.A.I.L. 10:15 Gentle Yoga 11:45 LUNCH	10 9:30 Pinochle 11:45 LUNCH 1:00 The Crafty Crew	11 Birthday Party!! 9:00 S.A.I.L. 10:15 Gentle Yoga 11:45 LUNCH 12:30 Bingo 2:30 Board Meeting	12 10:00 Mens Coffee 9:30 Pinochle 11:45 LUNCH	13 9:00 S.A.I.L. 11:45 LUNCH Community Dinner 4:30 – 7:00	14 CENTER CLOSED	15 CENTER CLOSED
16 9:00 S.A.I.L. 10:15 Gentle Yoga 11:00 Matt W/ P.C. ADRC 11:45 LUNCH	17 St Pat's Day! 9:30 Pinochle 11:45 LUNCH 12:00 Colon Lunch & Learn 1:00 The Crafty Crew	18 9:00 S.A.I.L. 9:00 Nutritionist Visit 10:15 Gentle Yoga 11:45 LUNCH 12:30 Bingo	19 10:00 Mens Coffee 9:30 Pinochle 11:45 LUNCH	20 9:00 S.A.I.L. Colon Screening Day	21 CENTER CLOSED	22 CENTER CLOSED
23 9:00 S.A.I.L. 10:15 Gentle Yoga 11:45 LUNCH	24 9:30 Pinochle 11:45 LUNCH 1:00 The Crafty Crew	25 9:00 S.A.I.L. 10:00 Paint & Plant Craft 10:15 Gentle Yoga 11:45 LUNCH 12:30 Bingo	26 10:00 Mens Coffee 9:30 Pinochle 11:45 LUNCH	27 9:00 S.A.I.L. 11:45 LUNCH	28 CENTER CLOSED	
30 11:45 LUNCH	31 9:30 Pinochle 11:45 LUNCH 1:00 The Crafty Crew (at mealsite bldg.)					