

Seniors on the Move with Jesus

To love and serve God, each other, and our community

Calvary Community Church
15116 Gary St E, Sumner WA
253-863-3352

September 2025 - Senior Highlights

Outing – September 11th – see page 1

Potluck - September 18th – at noon

Social Event/games – Sept 25th – at 11:00

Fridays at 9am

Breakfast Social - Tim's Café, Orting

Alan's message

Seniors, it's September and do you know how many days are left before Christmas?

Did you also know that Christmas is an annual festival commemorating the birth of Jesus Christ? Observed primarily on December 25 as a religious and cultural celebration among billions of people around the world (per Wikipedia) and it's been observed for 1,689 years.

Do you have any idea how long we have been having Senior Potluck/Outings/Game days? What does it matter as long as we are enjoying ourselves. Last month we had a great Potluck and even better Outing at Daphne's.

For **September** we are doing a **BIG CHANGE** so be sure to mark your calendars.

Outing on Sept. 11th
Potluck on Sept. 18th

Mark & Delda will be leading this one to the sculpture park in Ashford so we hope you signed up for it.

So just to recap, **Outing on the 11th** (sign up if you have not)

Potluck will be on the 18th starting at noon, arrive by 11-1130 to get a good seat.

Game day is on the 25th and starts at 11am.

Please check the calendar on this issue of the Senior Newsletter for dates and times.

See you at church

Alan & Nancy

Bible Verse for September **1 Timothy 4:12 (NKJV)**

"Let no one despise your youth, but be an example to the believers in word, in conduct, in love, in spirit, in faith, in purity."

What a powerful reminder that spiritual maturity and leadership aren't limited by age or status. It calls us to live with integrity and love, becoming a living testimony of faith.

Outing Committee Report:

Upcoming Outings!!

September 11

YES, THAT IS THE SECOND THURSDAY AND NOT THE USUAL THIRD THURSDAY.

Mark and Delda Jones will be leading this one to the sculpture park in Ashford.

Meet at the church at 10:00 and leave, either by carpool or shuttle, at 10:15 **sharp**. Or you can meet us there at about 11:30. Lunch will be at the Rainier Base Camp Bar and Grill.

If you want to go, but have not signed up yet, call or text Mark at 502-287-7149 or Delda at 502-744-2472.

For October, Denise Adkins is putting together a tour of a chocolate factory in Tukwila.

See you later.

Gary & Connie Walker

gw.hobbit@gmail.com or text 253-831-6792

Help Wanted with the Outings Committee

Do you want to get more involved? We can use your help on the outings committee.

Outing with Wanda

Saturday, September 6th for a morning walk Ruston Way/Point Defiance. If interested, email Wanda at wccdmcdc@yahoo.com for details.



More Birthday freebies:

Please keep in mind that most of the places that give away birthday treats require that you be part of whatever rewards program/subscribe through email they have. They will typically send your birthday reward to their app and/or your email. In every case you will need to sign up at least 3-6 weeks prior to your birthday. Make sure you keep track of expirations too as they are all a bit different.

Dutch Bros. Coffee: I thought this was a great deal! Sign up for their rewards program and get a free drink of ANY SIZE for your birthday. You also have 30 days to claim it which is great because some places only give you the day/week of your birthday.

Starbucks: They have tightened up their birthday rewards in the last couple of years which has made it harder to obtain. This was the first year in many that I wasn't at summer camp

where there wasn't a Starbucks in sight, but I still missed out because I was in NY where Dunkin' Donuts is king, and I wasn't about to miss out on that!

Krispy Kreme: Speaking of donuts, they just don't compare to Dunkin' but members can get a dozen glazed for free during the month of your birthday.

McDonalds: If you go there and haven't signed up for their app you are missing out. They have one of THE best app/rewards programs out there. They offer great deals daily and you can use the points you accumulate to purchase food/drink items for free. From time to time, they give away free chicken sandwiches when the Sounders win and no purchase is necessary. My kid's favorite is free fries or fries any size. For your birthday they offer you the choice or several things such as 6-piece nuggets, fries, cheeseburger, McChicken, Iced coffee and a few others.

Bath and Body Works: Now for a treat that smells good enough to eat but should not be eaten! (I just picked this up this week.) Bath and Body will send you an email with a voucher to pick out an item \$9.95 or less. I always like to get something I wouldn't normally buy. They have a great return policy that if you get home and find that the lovely rose scented candle that you selected doesn't quite smell the same as it did in the store you can return it no problem! My birthday and the couple of weeks following are always my favorite to go around and collect them all! There MAY have been a year where I ended up with 4 coffees in one day!! Stay tuned for more.

September Recipe

Stuffed Peppers



These classic stuffed peppers are as flexible as they are delicious: The filling combines lean ground beef, ground turkey, chicken or pork with sautéed vegetables and cooked white rice.

Topped with melty mozzarella, these peppers will feed a hungry crowd. For a speedy weeknight dinner, make the filling, stuff the peppers and refrigerate for up to 24 hours before baking

INGREDIENTS

Yield: 6 to 8 servings

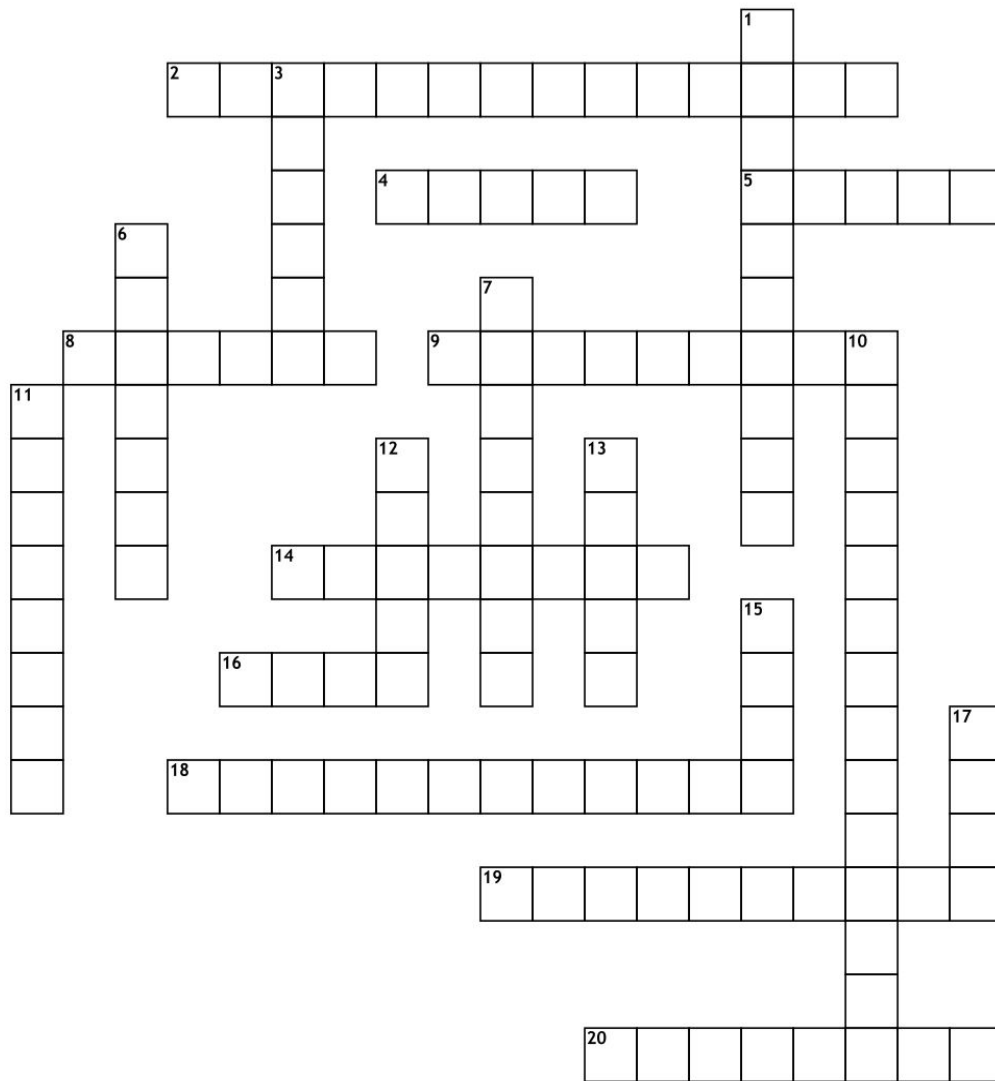
- 4 large red, orange or yellow bell peppers
- 2 tablespoons olive oil
- 1 cup finely chopped fennel bulb or celery

- 1 cup finely chopped onion (about 1 small)
- 3 garlic cloves, minced
- 1 teaspoon dried oregano
- ½ teaspoon red-pepper flakes
- 1 pound ground beef (at least 15 percent fat)
- ¾ cup **liquid of choice** (dry white wine, beef, chicken or vegetable broth)
- 1(14-ounce) can diced fire-roasted tomatoes
- 1½ teaspoons kosher salt, plus more to taste
- ½ teaspoon black pepper, plus more to taste
- 1 cup cooked white or brown rice
- ¼ cup grated Parmesan
- 2 tablespoons minced fresh parsley, plus more for serving (optional)
- 1 cup shredded mozzarella, provolone or other semi firm cheese

DIRECTIONS

1. Heat the oven to 400 degrees. Cut the peppers in half lengthwise and carefully remove core, seeds and ribs using a paring knife. Arrange the peppers, cut-sides up, in a 9-by-13-inch pan or other baking dish in which they fit snugly.
2. In a large (12-inch) skillet, heat olive oil over medium. Add the fennel and onions and cook, stirring occasionally, until tender, 6 to 8 minutes. Stir in the garlic, oregano and red-pepper flakes, and cook until the garlic is fragrant, about 1 minute.
3. Add the meat and cook, breaking up the meat with a wooden spoon, for 3 to 5 minutes, until no longer pink.
4. Add ½ cup **liquid of choice**, increase the heat to medium-high and cook, scraping the bottom of the pan, until the liquid in the pan is reduced by about half.
5. Add canned tomatoes with juice, salt and pepper, and bring to a boil. Remove from the heat and stir in the rice, Parmesan and parsley, if using. Taste and adjust seasonings.
6. Divide the mixture among the peppers. Pour the remaining ¼ cup liquid into the bottom of the dish.
7. Wrap tightly with foil and bake for 35 to 40 minutes, until a paring knife easily pierces the peppers.
8. Remove the foil and spoon any juices that have accumulated in the bottom of the pan onto the peppers.
9. Sprinkle the mozzarella evenly onto the peppers and bake another 10 to 15 minutes, until the mozzarella is melted and beginning to brown. Allow the peppers to cool for 5 minutes, sprinkle with parsley, if using, and serve hot.

Bible – Book of Daniel



Across

2. Daniel gave an ____ of the words on the wall
4. How many years Nebuchadnezzar was wild
5. One of the words written on the wall
8. The dream interpreter
9. Daniel gets a ____
14. Where Daniel got thrown into and had faith in God
16. Nebuchadnezzar was symbolised as a _____ in his dream
18. What the statue represents
19. The one who took over after Nebuchadnezzar
20. Belshazzar got ____ after a party

Down

1. How long Nebuchadnezzar was king
3. How many months did it take for Nebuchadnezzar to go wild
6. The _____ men were thrown into the lions den
7. Belshazzar was Nebuchadnezzar's ____
10. The King
11. Another word(s) written on the wall
12. A ____ knocked down the Kingdom in the dream
13. Nebuchadnezzar's _____ soon became a reality
15. A magical _____ appears during a party
17. Amount of words were written on the wall

Christian Word Search

Adam	Moses	Hebrews	Cross
Eve	James	Eden	Father
Jesus	Solomon	Heaven	Church
Peter	Mary	Cyprus	Lord
Noah	Romans	Baptism	Christ



M	H	H	N	N	M	Y	Q	N	F	C	R	O	S	S	X	C	F
J	Y	P	S	O	J	O	J	F	A	T	H	E	R	Q	G	P	Y
C	E	L	X	O	A	F	S	L	R	R	C	H	R	I	S	T	C
U	Y	Y	G	I	L	H	R	E	U	O	N	E	D	E	N	O	U
Q	X	P	J	F	X	O	T	Q	S	M	B	A	D	I	W	H	U
B	Q	Q	R	E	G	Y	M	L	I	A	A	D	X	F	G	E	L
Q	W	P	F	U	S	L	D	O	H	N	P	A	L	R	N	B	E
H	R	D	E	E	S	U	Z	R	N	S	T	M	Y	J	Y	R	V
T	T	S	K	T	E	L	S	D	M	Q	I	J	A	T	Y	E	E
R	E	W	I	H	E	A	V	E	N	R	S	R	A	R	O	W	G
T	J	A	M	E	S	R	J	Y	Y	J	M	I	V	V	Y	S	T
L	M	C	H	U	R	C	H	N	G	R	O	O	R	A	G	R	H

Are you Looking for more to do?

Consider checking out a Senior Centers near you

Auburn Senior Center

808 9th St SE
253-931-3016
www.Auburnwa.gov/seniors

Bonney Lake Senior Center

Open M-F - 8am - 4pm
19304 Bonney Lake Blvd
253-863-7658

Orting Valley Senior Center

Open Mon-Thurs 9am-2pm
120 Washington Ave N (meals)
112 Varner Ave SE (activities center)
360-893-5827
www.seniorcenter@orting.wednet.edu

Puyallup Activity Center

Open M-F - 8am-5pm
230 West Pioneer
253-841-5555

Sumner Senior Center

Open M-F - 8am-4:30pm
15506 62nd St Ct E
253-863-2910

Tacoma Senior Centers

Pt Defiance/Ruston Senior Center

Opens at 9am
4716 N Baltimore
253-756-0601

Beacon Senior Center

Open Mon & Tues 8am-3pm
415 S 13th St
253-301-3369

Here are a few local Senior Centers that are in our area. I also have a printed list of senior centers in Pierce County, I plan on putting current newsletters somewhere they'll be available for people to look at. Most senior centers offer a hot meal for seniors Monday – Friday for a donation, but will provide a meal even when someone is unable to donate. There are also some Senior Centers which will deliver a meal if you can't make it in to get one. Some food banks will also deliver groceries to someone who can't make it in to pick up groceries.

If you're looking for more to do, you could go to your local senior center, register with them and they should be able to mail you copies of their current schedule of events and meals each month. Make some friends, invite them to Calvary seniors group or to Calvary Church.

September 2025 – Calvary Seniors Events Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Kathie Wambach	2 John Hagger	3	4 Terry Morris	5 9am Breakfast/coffee Tim's Kitchen, Orting	6
7	8 Bonnie Wahl	9	10	11 Outing Sculpture Park in Ashford	12 9am Breakfast/coffee Tim's Kitchen, Orting	13
14	15	16	17	18 Potluck	19 9am Breakfast/coffee Tim's Kitchen, Orting	20
21 Cheri Smith	22	23	24 Duane Weber	25 MPR 11am games/social Bring your lunch	26 9am Breakfast/coffee Tim's Kitchen, Orting Mike Knowles	27 Gary Walker
28	29 Fred Austin	30		Happy Birthday also to any seniors whose birthday may have missed. Everyone have a Blessed Month! Nancy Ribeira		