

# 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

## May 2026 - Senior Highlights

Potluck – May 7<sup>th</sup> in MPR

Outing – May 21<sup>st</sup> – Mud Mtn Dam Picnic

Social event/games – May 28<sup>th</sup>

### Fridays at 9am

Breakfast Social - Tim's Café, Orting

## Thoughts from Mark

If you missed the April potluck you missed a great one. Not only did we have good food and fellowship we also heard from Detective Sergeant Monti Minion.

Sergeant Minion spoke on the topic of what seniors need to do to be safe and to look out for each other. We have a variety of things planned in the way of programming and would welcome any ideas you have for future programs.

May is already here! Where did a third of the year go? Another 120 days of your life is now history! If you were to name a significant event that occurred in the first three months of this year, what would it be?

In Delda's scripture section she has been sharing about the tree in our back yard as it prepares to bear flowers and now leaves.

According to our calendar spring arrived nearly six weeks ago. Occasionally we get a few days that actually look and feel like spring.

Easter has come and gone, how many springs have you seen in your life? Sixty, seventy, eighty or ninety springs have come and gone? Of course you have seen just as many Easters. With repetition often comes routine.

With routine can come a perspective that it is just another spring, it is just another Easter. JUST ANOTHER EASTER! May the celebration of our risen Lord never JUST be another holiday to celebrate.

What am I trying to say? What is the point? Perhaps it is reflected in Rev 2:4 "Yet I hold this against you: You have forsaken your first love." Let us make the

most of our days. May we never lose the first love that we have for Jesus.

Make May a very special month for yourself and for others whose lives you are able to touch.

Mark

## May Scriptures

Psalm 62:5-8

Have you ever talked to yourself? Did you say words God spoke to you in the scriptures?

Psalm 62:5-8 does this. Recently before a minor hand surgery these scriptures spoke to me. My mind was having a hard time resting; my thoughts were in a whirlwind about my immune system handling the surgery, about my wrist and hand healing, and the healing timeframe before my husband's knee surgery.

You have your own scenario. Psalms 62:5 says, "Yes, my soul, find rest in God." Take a deep breath or 2 to 3 breaths and relax or REST. Why? Rest comes from my hope in GOD. Rest does not come from trying to work out each detail in my mind; rest comes from waiting and quietly submitting to JESUS. Each day Mt. Rainier shines out from the clouds, the mountain reminds me that JESUS is my solid rock, a solid foundation to fully trust. He offers me salvation not only from death to eternal life, but salvation from wrong thinking and from restlessness to peace and confidence in our Savior.

Psalm 52:6 JESUS is my fortress or my stronghold to withstand any attack, defending me and making me secure and safe. This goes for you. I will not be shaken. I will not be stirred up with fearful or anxious thinking. I will depend on God. JESUS is my refuge, my shelter, my protection, my safe place. My salvation and honor depend on God.

Psalm 62:8. "So trust in Him at all times, you people." You, God's people and my friends; "Pour out your hearts to Him, for GOD is our refuge."

Psalm 62:5 What peace, what rest to know He is our safe place during storms in our lives. Now my wrist stitches are out, my scars are gradually disappearing, my wrist and hand have had the

needed and growing strength for each day with helping my husband during his knee rehabilitation. I can rest in the LORD and encourage my husband in the journey of his knee healing.

Yes, God is our refuge, a present help in time of need. Psalm. 46:1.

## **A Spoonful of Sugar - Mobility Devices**

by Dr. Wanda Crow, Pharm D

Continuing the theme of fall prevention, let's look at mobility devices... canes, walkers, and wheelchairs. If you ever feel unsteady when you walk, or you find yourself holding on to furniture and walls for support, don't wait. The hip you save may be your own.

When pride gets in the way, it helps to see these devices as the tools they are. Walkers and canes allow you to move freely, more confidently, and with less stress. If you fear falling, you may not be walking much.

Using a mobility device will give you the confidence to walk more, which can help you stay stronger longer.

Mobility devices may be covered by medical insurance or the VA...ask. You will most likely need a Letter of Medical Necessity. Your doctor will know what that is. Contact your insurance provider for more information.

These items are medical devices and should be fitted specifically to you, not borrowed from your cousin's brother's wife's friend...unless he or she is your same height and weight and has your same mobility needs.

Ask your medical provider, physical therapist, or occupational therapist to fit you, or visit a recommended medical equipment store.

This is not the time for online shopping. If you would benefit from a mobility device, your provider will help you decide which item would be best for your needs...a cane, standard walker, walker with wheels and/or glides, walker with a seat, or a wheelchair.

You can try it out, make sure you can put it in your car, and they'll make sure it's fitted just for you. The hardest part for you will be deciding what color you want, then, all you need to do is use it.

Use your new device around the house and when you go out. Your friends and family would much rather see you use a mobility device than pick you up off the floor.

As always, this is not intended to be medical advice. Please ask your medical provider if a mobility device would be right for you.

## **Recent Senior Activities**

Seniors, as we continue to make changes to the Senior Newsletter, it's important that we give you as much information as possible to keep you up to date.

The purpose of this column is to let you know about the activities and events we offer each month, in addition to our regularly scheduled gatherings. Each month we have a Potluck, an Outing, and a Social or Game Day. These events take place every month.

Here's a look at some of the additional activities we've had recently:

- March: One movie and one bowling date
- April: One movie, which was well attended with 17 seniors

April is nearly over, and we may still add another outing, stay tuned!

That's all I have.

Alan

## **Volunteer Opportunity – Save the date**

Come fold shirts for VBS! Tuesday, June 2nd from 9am - 6 pm. Come for an hour, the day, sit, stand.

All abilities welcome!

*Lunch will be provided.*



**May Outing**  
**Mud Mountain Dam BBQ**

Thursday May 21<sup>st</sup> at Noon  
30525 SE Mud Mountain Rd., Enumclaw  
Arrive at the church at 10:45, shuttle leaves at 11:00  
Hamburgers, Hot Dogs and buns will be provided  
A sign-up sheet for side dishes to bring will be at the next potluck on May 7<sup>th</sup>.  
Special music led by Peggy Collins at the **May 7<sup>th</sup>** potluck

Picnic at Lee Karstens 6/25

Rainiers Baseball 7/28.

A sign-up sheet will be at the May 7<sup>th</sup> potluck. Payment is due when you sign up. We need 20 people for the group rate of \$16/person.

**Outings 2026**

Month	Outing	Leader
May	Mud Mountain Dam Picnic	Rick & Denise
June	Picnic at Lee Karstens	Gary
July	Rainiers Baseball Game	Ken & Mark
August	Point Ruston	Wanda
September	Pike Place Market & Underground Tour	
October	Harvest Festival	
November	New Day NW	Tami
December	Scrooge & Christmas Lights	

*\*\*Items in purple still need someone to lead*

**May Recipe**  
**Strawberry Trifle**

**Ingredient List**

- 1 white or yellow cake mix
- 1 lb. strawberries, washed and sliced
- 1 4 oz. box instant vanilla pudding prepared with required ingredients
- 1 container whipped topping or aerosol whipped cream
- ¼ cup chopped pecans

**Directions**

- Bake cake in 9 by 13 pan according to cake mix directions.
- Cut half of cake into squares; (reserving ½ cake for another dessert).
- Layer half of cake squares in bottom of glass 2 qt. serving bowl.
- Pour ½ of sliced strawberries over cake. Spread this with 1 cup of vanilla pudding.
- Repeat with 2<sup>nd</sup> layer of cake pieces, pudding and strawberries.
- Cover bowl and chill at least 4 hours.
- Spread whipped topping or whipped cream over trifle.
- Sprinkle whipped cream with chopped pecans.
- Dessert looks the prettiest in a clear glass bowl.

## Are you Looking for more to do?

### Consider checking out a Senior Center near you

#### **Auburn Senior Center**

808 9<sup>th</sup> St SE  
253-931-3016

[WWW.Auburnwa.gov/seniors](http://WWW.Auburnwa.gov/seniors)

#### **Bonney Lake Senior Center**

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

#### **Puyallup Activity Center**

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

#### **Orting Valley Senior Center**

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

#### **Sumner Senior Center**

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

### **Tacoma Senior Centers**

#### **Beacon Senior Center**

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

#### **Pt Defiance/Ruston Senior Center**

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

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 bank 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.

# May 2026 – Calvary Seniors Events Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Happy Birthday to all our seniors who are celebrating a birthday this month!</b>  <b>God Bless!</b>  <b>Nancy Ribeira</b></p>					<p><b>1</b>            9am Breakfast/coffee            Tim's Kitchen, Orting    <b>Bud Bugerrath</b></p>	<p><b>2</b>  <b>Diane Knowles</b></p>
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b> <b>Potluck</b>	<p><b>8</b>            9am Breakfast/coffee            Tim's Kitchen, Orting</p>	<b>9</b>
<p><b>10 Mother's Day</b>  </p>	<b>11</b>	<b>12</b>	<p><b>13</b>  <b>Mark Haag</b></p>	<p><b>14</b>  <b>Neil Andrews</b></p>	<p><b>15</b>            9am Breakfast/coffee            Tim's Kitchen, Orting</p>	<b>16</b>
<p><b>17</b>  <b>Gary Benedetti</b></p>	<b>18</b>	<b>19</b>	<b>20</b>	<p><b>21</b>  <b>Outing</b></p>	<p><b>22</b>            9am Breakfast/coffee            Tim's Kitchen, Orting    <b>George Walk</b></p>	<p><b>23</b>  <b>Sandi Brown</b></p>
<b>24</b>	<p><b>25</b>  <b>Carla Potts</b></p>	<b>26</b>	<p><b>27</b>  <b>Ronald Doyle</b></p>	<p><b>28</b>  <b>Social</b></p>	<p><b>29</b>            9am Breakfast/coffee            Tim's Kitchen, Orting</p>	<b>30</b>
<p><b>31</b>  <b>Ken Wahl</b></p>						

# Seniors Connecting Card

<b>Name:</b> _____ <b>Phone:</b> _____ <b>DOB:</b> _____
<b>Mailing Address:</b> _____
<b>Email:</b> _____

**Please circle all that you are interested in:**

**Bible Study:**      Yes                      Not at this time

**Life Group:**      Men's              Women's              Couples

**I would like to receive the newsletter by email:**              Yes              No

**Serving Opportunities**      Care      Shuttle Driver      Hospitality      Outings

**Ideas (Potluck programming, outing ideas, other activity ideas):** \_\_\_\_\_

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**I need assistance with:** \_\_\_\_\_

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**Prayer Request:** \_\_\_\_\_

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**Please tear this page off and turn in at the HUB or take a picture and send to [seniors@wearecalvary.com](mailto:seniors@wearecalvary.com)**