

Bonney Lake

Senior Center Newsletter

April
2023



Located at:

19304 Bonney Lake Blvd
Bonney Lake, WA 98391

Mailing address:

9002 Main Street E. Box 10
Bonney Lake, WA 98391
253-863-7658

Monday through Friday
8:00am to 4:00pm

**Emergency After Hours
Number—253-445-0632**

www.citybonneylake.org

(we are listed under Residents Tab)

We provide a comfortable and warm atmosphere for the seniors of Bonney Lake and the surrounding area. The Bonney Lake Senior Center does not discriminate against any person with regard to race, national origin, gender, physical challenge or marital status. Our drop-in center offers a variety of programs for the active senior. There is no membership fee.



The center does not provide respite, adult daycare, and/or services that would normally be provided by a trained attendant, nurse, or personal caregiver (i.e.: incontinence, inability to use the restroom facilities by one's self, or preventing a participant from leaving the grounds of the center). In addition, any personal care by staff for a participant is beyond our capability and cannot be expected.

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Senior Center Staff

Staff

Senior Services Manager

Sue Hilberg

hilbergs@cobl.us

253-447-4327/360-551-2002

Senior Services Assistant

Michelle Vazquez

vazquezm@cobl.us

253-447-3104

Senior Aide

Phil DeLeo

deleop@cobl.us

253-447-4328

Senior Aide

Shari Jones

joness@cobl.us

253-447-4340

Kitchen Staff

Head Cook

Pam Camp

camppp@cobl.us

253-447-4334

Assistant Cook

Jay Shideler

Assistant Cook

Lisa Ward

Dishwasher

Karen Berto

Facility Monitors

Becky Alvarez & Jim Rowland

To Reach all Staff Call:

253-863-7658



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Bonney Lake Senior Center, Bonney Lake, WA

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Senior Advisory Board



The Senior Advisory Board members work closely with staff to help with a variety of tasks. The Senior Advisory Board, and their volunteers, assist with many fundraising events throughout the year which enables them to help provide funds for special events, work with the Bonney Lake Kiwanis to help seniors with basic household chores and repairs. These are just a few of the things the Advisory Board does. If you are interested in learning more you are invited to call the center for details. The Senior Center staff would like to thank the Senior Advisory Board for all the hard work, dedication and support they have given over the years.

The Board holds their meetings on the 3rd Tuesday of each month at 3:00 pm.



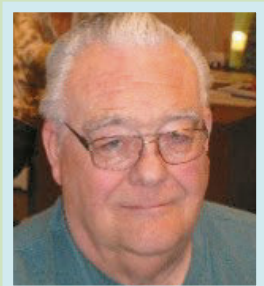
President
Wayne Johnson



Vice President
Bob Wells



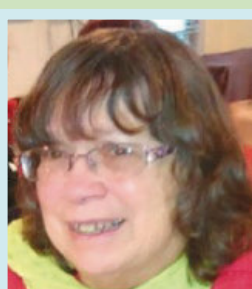
Treasurer
Julianne DeLeo



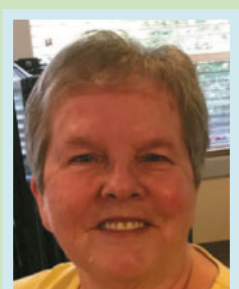
Assistant Treasurer
Jim Baisch



Secretary
Anita Chandler



Bonnie Johnson
Board Member



Kathy Nelson
Board Member



David Reed
Board Member



Linda Smith
Board Member



Diane Stabler
Board Member



Ernie Gilmer
Board Member

Menu

April 2023

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Alfredo With Buttered Noodles Vegetable Bread Sticks Salad Bar	4 Breakfast for Lunch Biscuits and Gravy Scrambled Eggs Bacon Salad Bar	5 Beef Taco Salad With All the Fixin's Chips & Salsa Churros Salad Bar	6 Easter Sliced Honey Ham Oven Roasted Yams Steamed Broccoli Fruit Salad Warm Roll & Butter Easter Dessert 	7 Chef's Choice Salad Bar
10 Stuffed Bell Peppers Fruit Salad Bar	11 Spinach Salad Diced Chicken Toasted Almonds Red Peppers Strawberries Salad Bar	12 Lemon Pepper Fish Jasmine Rice Cole Slaw Vegetable Salad Bar	13 Spaghetti With Meat Sauce Vegetable Garlic Bread Salad Bar	14 Tuna Salad Sandwich on Croissant Chips Fruit Salad Bar
17 Mac & Cheese with Ham Mixed Vegetable Warm Bread Salad Bar	18 Grilled Hamburgers Lettuce, tomato, Pickles, Onions, French Fries Salad Bar	19 Loaded Baked Potato Sour Cream, Bacon Bits, cheese, onions Salad Bar	20 Pot Roast With Potatoes Carrots Onions Dinner Roll Salad Bar	21 Chicken Tenders With dipping Sauces Tater Tots Fruit Salad Bar
24 Lasagna Vegetable Bread Sticks Salad Bar	25 Creamy Chicken Divan Rice Pilaf Vegetable Salad Bar	26 Hamburger Gravy Over Mashed Potatoes Vegetable Salad Bar	27 Crispy Fish Vegetable Cole Slaw Salad Bar Birthday Gift Bags	28 Sweet & Sour Meatballs Jasmine Rice Vegetable Salad Bar
Dine-in Lunch service Monday—Friday 12-12:30pm To Go meals served 11:30-12:00 **Alternate meals available only for Fish/Seafood and Liver/Onions				

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April Order-Ahead Lunch Menu

Your Name _____

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Alfredo With Buttered Noodles Vegetable Bread Sticks Salad Bar Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/>	4 Breakfast for Lunch Biscuits and Gravy Scrambled Eggs Bacon Salad Bar No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/>	5 Beef Taco Salad With All the Fixin's Chips & Salsa Churros Salad Bar Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/>	6 Easter Sliced Honey Ham Oven Roasted Yams Steamed Broccoli Fruit Salad Warm Roll & Butter Easter Dessert No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/>	7 Chef's Choice Salad Bar Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/>
10 Stuffed Bell Peppers Fruit Salad Bar Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/>	11 Spinach Salad Diced Chicken Toasted Almonds Red Peppers Strawberries Salad Bar No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/>	12 Lemon Pepper Fish Jasmine Rice Cole Slaw Vegetable Salad Bar Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/>	13 Spaghetti With Meat Sauce Vegetable Garlic Bread Salad Bar No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/>	14 Tuna Salad Sandwich on Croissant Chips Fruit Salad Bar Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/>
17 Mac & Cheese with Ham Mixed Vegetable Warm Bread Salad Bar Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/>	18 Grilled Hamburgers Lettuce, tomato, Pickles, Onions, French Fries Salad Bar No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/>	19 Loaded Baked Potato Sour Cream, Bacon Bits, cheese, onions Salad Bar Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/>	20 Pot Roast With Potatoes Carrots Onions Dinner Roll Salad Bar No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/>	21 Chicken Tenders With dipping Sauces Tater Tots Fruit Salad Bar Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/>
24 Lasagna Vegetable Bread Sticks Salad Bar Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/>	25 Creamy Chicken Divan Rice Pilaf Vegetable Salad Bar No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/>	26 Hamburger Gravy Over Mashed Potatoes Vegetable Salad Bar Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/>	27 Crispy Fish Vegetable Cole Slaw Salad Bar No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/>	28 Sweet & Sour Meatballs Jasmine Rice Vegetable Salad Bar Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/>
Due to Staffing issues we will only be delivering lunches on Mondays, Wednesdays and Fridays.		Please write the number of meals you want in the "Delivery" box, "To-Go" box or "Dine in" box. Don't forget to write your name at the top! Salad Bar is not available for delivery		

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Events

April 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>11-12 Stretch & Strength</p> <p>11:30-Biggest Loser Weigh-in</p> <p>12pm Lunch</p>	<p>4</p> <p>8:30-12pm Massage</p> <p>9:30-11:30 Music by Jesse & the Jammers</p> <p>12pm Lunch</p> <p>1pm Writers Group</p> <p>2:30-5:00 Bus Wiking Trip</p>	<p>5</p> <p>10-12 Happy Hookers</p> <p>12pm Lunch</p> <p>1:15pm Senior Bingo</p>	<p>6 Easter Lunch</p> <p>9:30-11-Chick-fil-A Bingo</p> <p>10-10:30-Egg Hunt</p> <p>10:30-1-Easter Lunch</p> <p>Music by Johnny Crash</p> <p>10:30 Tai Chi</p> <p>12pm Lunch</p> <p>1-2-Legal Presentation</p> <p>1-3 Card Games</p>	<p>7</p> <p>10-1-Haircuts by Amber</p> <p>12pm Lunch</p> <p>1-3pm Mahjong</p> <p>1-3:30 Shopping Trip</p> <p>7pm Family Bingo</p>
<p>10</p> <p>11-12 BP Checks</p> <p>11-12 Stretch & Strength</p> <p>11:30-Biggest Loser Weigh-in</p> <p>12pm Lunch</p> <p>1-2-Aging Mastery</p>	<p>11</p> <p>8:30-12pm Massage</p> <p>9:30-11:30 Music by Jesse & the Jammers</p> <p>12pm Lunch</p> <p>1pm Writers Group</p> <p>2:30-5:00 Local Walking</p>	<p>12</p> <p>10-12 Happy Hookers</p> <p>10-11-Chat with Chief Jeter</p> <p>12pm Lunch</p> <p>1:15pm Senior Bingo</p>	<p>13</p> <p>10:30 Tai Chi</p> <p>12pm Lunch</p> <p>1-3 Card Games</p>	<p>14</p> <p>12pm Lunch</p> <p>1-3pm Bunco</p> <p>1-3:30 Shopping Trip</p> <p>7pm Family Bingo</p>
<p>17</p> <p>11-12 Stretch & Strength</p> <p>11:30-Biggest Loser Weigh-in</p> <p>12pm Lunch</p>	<p>18</p> <p>8:30-12pm Massage</p> <p>9:30-11:30 Music by Jesse & the Jammers</p> <p>12pm Lunch</p> <p>1pm Writers Group</p> <p>2:30-5:00 Bus Wiking Trip</p> <p>3-4 Advisory Board Mtg</p>	<p>19</p> <p>10-12 Happy Hookers</p> <p>12pm Lunch</p> <p>1:15pm Senior Bingo</p> <p>4:30 Juliet's @Hop n Drops</p>	<p>20</p> <p>10-2 Haircuts by Becky</p> <p>10:30 Tai Chi</p> <p>12pm Lunch</p> <p>1-2:30-Healthy Brain Games (in conjunction with Caregivers Support)</p> <p>1-3 Card Games</p>	<p>21</p> <p>12pm Lunch</p> <p>1-3pm Mahjong</p> <p>1-3:30 Shopping Trip</p> <p>7pm Family Bingo</p> <p>4/22-Volunteer Appreciation Dinner—the Swiss Park</p>
<p>24</p> <p>11-12 Stretch & Strength</p> <p>11:30-Biggest Loser Weigh-in</p> <p>12pm Lunch</p>	<p>25</p> <p>8:30-12pm Massage</p> <p>9:30-11:30 Music by Jesse & the Jammers</p> <p>12pm Lunch</p> <p>1pm Writers Group</p> <p>2:30-5:00 Local Walking</p>	<p>26</p> <p>10-12 Happy Hookers</p> <p>12pm Lunch</p> <p>1:15pm Senior Bingo</p>	<p>27</p> <p>10:30-12:00 Music Patty & the Traveling 4</p> <p>10:30 Tai Chi</p> <p>12pm Lunch</p> <p>1-3 Card Games</p> <p>Birthday Gift</p>	<p>28</p> <p>9-3 Foot Care</p> <p>10-1-Craft Sales</p> <p>12pm Lunch</p> <p>1-3pm Bunco</p> <p>1-3:30 Shopping Trip</p> <p>7pm Family Bingo</p>

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Available Services

Lunch Service

We have 3 types of lunch service. "Delivery" for those that are not able to pick up their lunch, "To-Go" service which begins at 11:30 (you must come inside to pick up your meals) and "Dine-in" service which begins at 12:00pm. Please fill out, (don't forget to put your name on it) and turn in your order-ahead menu (located on page 5) so our kitchen staff can better prepare for lunch service.

Delivery will only receive lunches On Mondays, Wednesdays & Fridays. We apologize for any Inconvenience this may cause.

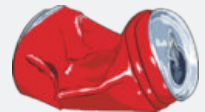


Van Service

Free van service is offered to and from the Senior Center Monday through Friday. We ask that you call 253-863-7658 the day prior to your desired pick up to ensure that your name is on the pickup list. Messages are checked each day at 8:00am so please leave a message if you call after hours. Note: Please be ready by 9:00am. In the event of snow or ice-covered roads, the senior center bus will not run when local schools are closed or delayed.

Aluminum Can Drive

We would like your aluminum cans! Phil will take them to recycle and the money received will be used as a fundraiser for our Senior Center. Please bring crushed cans in garbage bags. **Please only clean, Aluminum Cans! Bags of mixed cans and garbage is unsafe and unsanitary for our members to sort through.**



Free Haircuts by Becky from Tangles



**Thursday, April 20th
10am to 2pm**

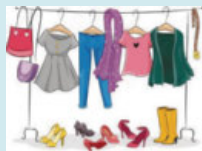
Please call to schedule your 20 minute appointment. There are limited appointments.

Please arrive with freshly washed hair.

Becky has worked for years as professional hairdresser and is volunteering to give free haircuts but tips are appreciated.

On-Going Clothing Drive

The Bonney Lake Senior Center has an on-going clothing drive. If you have clothes that you no longer need or want, bag them up in a black plastic leaf bag, tie the bag closed, and bring them to the Senior Center. You can leave them on a bench by the front door. Because we now have a storage container for this fund raiser, our clothing drive has no time limits or cut-off date. Bring your clothes anytime. And thanks for supporting the Bonney Lake Senior programs.



**Friday, April 7th
10am to 1pm**

Please call to schedule your 30 minute appointment. There are limited appointments.

Please arrive with freshly washed hair.

We have added a second Operator to cut hair because of the overwhelming demand for her services. Amber Pomeroy has been working as a licensed stylist for 11 years and has set aside the 1st Friday of the month to provide free haircuts to our members. Tips are greatly appreciated. Call to schedule your appointment with Amber.



Current Events and Activities

In Person Senior & Family Bingo

Please join us on Wednesdays for Senior Bingo and on Friday Nights for Family Bingo! Senior Bingo (age 18 and older) is every Wednesday and will begin at 1:15pm. Family Bingo (all ages are welcome) is every Friday night and will begin at 7:00pm. We ask that you arrive 30 minutes early on Wednesdays and at least 45 minutes early on Fridays nights to purchase your packages. We begin selling packages at 12:45pm on Wednesday afternoons and 5:30pm on Friday nights.

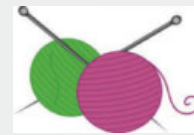
We do still need volunteers to help run the bingo sessions, so if you'd like to volunteer, please see a staff member.



The Happy Hookers

Wednesdays 10:00-12:00

If you enjoy knitting or crocheting, we welcome you to our group of creative seniors! Join us on Wednesday mornings upstairs for coffee and good company. Our crafters donate their creations to non-profit organizations. We also accept freshly washed, completed baby blankets and lap robes to donate. Come put your wonderful talents to good use and have fun at the same time!



Pinochle and other Card Games

Thursdays 1:00-3:00pm

Our groups are ever-growing and always on the look-out for new card players. Whether you are a seasoned veteran or a newcomer to the game please join us for a no holds barred games of fun!



Chat with the Chief

**Wednesday, April 12th
10:00-11:00**

Please join us for coffee and pastries and chat with our Bonney Lake Police Chief Bryan Jeter.



Chess Anyone?

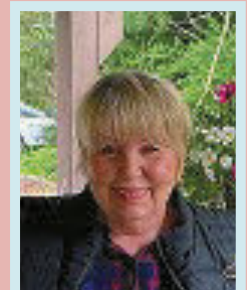
If you or someone you know is interested in playing chess, please contact the Senior Center for the phone number of the gentleman, Geoff Hornsby, who is interested in starting a club.

Mahjong Players!

Looking for Mahjong players. It will be the 1st & 3rd Friday of the month from 1:00-3:00. Cindi Fox (a new member) is volunteering to run the games. Please sign up in the programs binder. Thank you Cindi!

Sunshine Lady

Our Sunshine Lady is Linda Smith. She mails cards of encouragement, get well, sympathy or what might be needed. Please let us know if one of our friends could use a caring card. We appreciate our Sunshine Lady!!



Current Events and Activities Cont'd

Shopping Trips

Every Friday

1:00pm-3:30pm

Let's do a little light shopping. Phil will be leaving at 1:00pm to take seniors home and also drop people off to shop for a few things. You will be dropped off at Wal-Mart, Fred Meyer, or Safeway. Please let Phil know if you would like to go shopping by 9:00am that day.

The Bonney Lake Writers

Tuesdays at 1:00pm!

Got a poem you've written and want to share it?
Got a story in your head you want to get down on paper? Come join the
Writer's Group who meet on
Tuesdays.



Calling all Bunco Players

We'd like to get bunco up and running on the 2nd & 4th Friday of the month from 1:00-3:00. Please let us know if you'd like to come in and play! Please sign up in the programs binder. Thank you Karen-Lynn for running the games!



Senior Center Closures

The Senior Center
will be closed:

Monday, May 29th
Memorial Day

Tuesday, July 4th
Independence Day



Tuesday Tunes

Jessie & The Jammers ~ A Jam Session

Every Tuesday

Come by to listen and dance to a great band or if you are inclined, bring your instrument and/or singing voice and join them! Electric and acoustic instruments are welcome.

Time: 9:30am to 11:30am



Birthday Celebration

Come in and pick up your FREE birthday lunch ticket to be used during the month of your birthday for your free birthday lunch. Come in on the 4th Thursday of the month for your birthday bag and a birthday treat. ***We'd like to thank Stafford Suites for providing birthday treats and Cedar Ridge by Bonaventure for providing the birthday bags.*** Get your tickets from the front desk host.



Patty & the Traveling 4

4th Thursday of every month

Time: 10:30-12:00

Come dance and enjoy country and oldies rock.
No cost to attend!



Current Events & Activities Cont'd

Chick-fil-A Bingo

We had such a great time at Chick-fil-A bingo, Emily, their manager, wants to continue bingo each month. We will have each bingo session at Chick-fil-A on the first Thursday of every month. April's event is on Thursday, April 6th. **Please Note: We will not be able to provide transportation this month,** so please meet at Chick-fil-A before 9:30. Please sign up in the programs binder.



Easter Lunch

Thursday, April 6th

10:00-12:00

Cost: \$8.00

Sign up for our special Easter Lunch and Egg Hunt with music by Johnny Crash from 10:30-12:00. The Egg Hunt will run from 10:00-10:30. Lunch will be served at 12:00 pm. Lunch is our special easter menu of Sliced Honey Ham, Oven Roasted Yams, Steamed Broccoli, Fruit Salad, Roll & Butter and a special Easter Dessert. Please sign up in the special events binder.



Monthly Craft Sale

Friday, April 28th

10:00-1:00

Please come support our local crafters the 4th Friday of the month. Craft items make wonderful gifts! If you are a crafter and would like to have a table, sign up in the programs binder and pay \$10 to be a vendor. Please see a staff member for more information.

Spring Poker Run

Join us and the below listed senior centers for our Spring Poker Run! Entry has been streamlined so wait time will be greatly Reduced as you will be leaving from the dining room after lunch.

Date: TBD (May)

Time: 12:30-2:30

Route & Participating Senior Centers:

Bonney Lake, Buckley, Enumclaw, Orting and Sumner

Prizes and participants are subject to change as we finalize this event.

Prizes:

First prize -\$ 150

Second -\$ 100

Third - \$50

The first 3 people to show this message to a staff member will receive a \$5.00 Starbucks Gift Card.

Juliet's

"Just Us Ladies Interested n' Eating Together" Join the Juliet's for dinner on the 3rd Wednesday of the month at 4:30 pm. Enjoy a meal and meet new friends. Please sign up in the programs binder. Addresses for each restaurant and maps are available in the programs binder. Transportation for this activity is on your own.

4/19— Hop N Drops

5/17— Ichi 5 Teriyaki

6/21— Panda Express

7/19— Denny's

8/16— Mazatlán

9/20— Teriyaki Wok

10/18— New Peking

11/15— Round Table Pizza

12/20— Don Chuys



Upcoming Events

Free Photo Shoot

KarenLynn's photo shoots are such a success, she has offered to do one each month with decorations for the next month's holiday. Call to schedule your appointment. She will be photographing individual & family portraits. Pets are also welcome!!

Your images will be made available to you for printing. Call to schedule your 30 minute appointment. Tips will be graciously accepted.

When: Friday, June 9th

Time: 10:00-3:00

Where: In our dining room

Mother's Day Lunch

Thursday, May 11th

Cost: \$8.00

Sign up for our special Mother's Day Lunch with Music by Peggie & the Brock-a-Roos. Music starts at 10:30am. Please sign up in the special events binder and pay at time of sign up.

Memorial Day Lunch

Thursday, May 25th

10:30-12:30

Cost \$8.00

Music by Patty & the Traveling 4 with a special memorial day lunch served from 12:00-12:30. Please sign up in the special events binder and pay at time of sign up.

Cinco De Mayo Lunch

Friday, May 5th

10:30-12:30

Cost \$8.00

The United States joins the celebration of Mexican heritage.

Come join the party and enjoy yummy Mexican foods. Please sign up in the special events binder and pay at time of sign up.



4th of July

Thursday, June 29th

10:30-12:30

Cost \$8.00

Join us for 4th of July celebration with music by Johnny Crash followed by a special lunch. Please sign up in the special events binder and pay at time of sign up.



Block Party

Thursday, July 27th

10:30-12:30

Cost \$8.00

Join us for games and music by Patty & the Traveling 4 followed by a special lunch. Please sign up in the special events binder and pay at time of sign up.

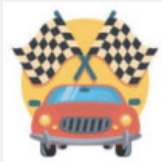
Father's Day & Car Show

Thursday, June 15th

10:30-12:30

Cost \$8.00

Join us for Father's Day celebration with Music by Peggie & the Brock-a-Roos and a car show at the Ball Field 4 parking lot (weather permitting) followed by a special lunch. Please sign up in the special events binder and pay at time of sign up.



Luau

Thursday, August 10th

10:30-12:30

Cost \$8.00

Join us for our annual Luau with music by Peggie & the Brock-a-Roos followed by a special lunch. Please sign up in the special events binder and pay at time

Upcoming Events Cont'd

Music Entertainment Schedule

Below is a list of the Music entertainment we have scheduled so far this year. All music entertainment times will be 10:30-12:00pm. This schedule is subject to change.

April 6—Easter—Music by Johnny Crash
April 27—4th Thursday of the month—Music by Patty and the Traveling 4
May 5—Cinco De Mayo—Music by TBD
May 11—Mother's Day—Music by Peggie & the Brock-a-Roos
May 25—Memorial Day —Music by Patty and the Traveling 4
June 15—Father's Day and Car Show—Music by Peggie & the Brock-a-Roos
June 22—4th Thursday of the month—Music by Patty and the Traveling 4
June 29—4th of July—Music by Johnny Crash
July 27—Senior Center Block Party—Music by Patty and the Traveling 4
August 10—Luau—Music by Peggie & the Brock-a-Roos
August 24—4th Thursday of the month—Music by Patty and the Traveling 4
August 31—Labor Day— Music by TBD
September 7—Grandparents Day—Music by Music by Peggie & the Brock-a-Roos
September 11—Patriots Day Celebration—Army Band
September 20—Hippie Day—Music by Terry Bartelme
September 28—4th Thursday of the month—Music by Patty and the Traveling 4
October 5—Oktoberfest—Music by Jim Lapsansky
October 26- 4th Thursday of the month—Music by Patty and the Traveling 4
October 31—Halloween—Music by Peggie & the Brock-a-Roos
November 9—Veteran's Day—Music by **TBD**
November 16—Thanksgiving Lunch Day one—Music by Johnny Crash
November 17—Thanksgiving Lunch Day Two—Music by Terry Bartelme
November 30- 4th Thursday of the month—Music by Patty and the Traveling 4
December 14—Christmas Lunch Day One—**TBD**
December 15—Christmas Lunch Day Two—Music by Terry Bartelme
December 28—New Year's Eve Lunch—Music by Patty and the Traveling 4



Health and Wellness

Caregivers Support Group has returned

Thursday, April 20th

1-2pm

(In conjunction with Healthy Brain Games Class)

We'd like to thank Ariel from Cedar Ridge for offering to be our Facilitator. She comes to us with a wealth of knowledge and training and we are so grateful to her!

Caregivers need care, too. The demands can be as frustrating for the caregiver as they are for the patient. It's easy to focus so much on your loved one's health that you overlook your own well-being, which isn't good for either of you. Please join us for a support group meeting and learn tools, resources and share your stories and concerns. There is no cost for this group.

Foot Care ~ Come Get Your Toes Done!

When: Friday, April 28th

9am to 3pm

Please call to book your appointment. The service fee is \$45. Please bring your own towel.

Chair Tai Chi

Phil Schneider, our instructor, has been practicing Tai' Chi since 1993 and currently assists his original teacher with his classes @ Pierce College in Puyallup. He's also studied the works of many Tai' Chi masters and actively worked with several other teachers including Master Gao Fu. He presently has active Tai' Chi groups at American Lake VA as well as in Sumner and Tacoma. He has adapted a Yang Style standing form for seated practice to meet the needs of individuals who have balance, mobility and chronic pain conditions.

Every Thursday

10:30-11:30 am

Bonney Lake Senior Center

This class is free to our members

Please call to sign up.



Medical Supply Lending Closet

Medical equipment is any kind of tool or device that aids in caregiving or making the environment safer for an ill, disabled, or elderly person. Equipment for loan may include: wheelchairs, walkers, canes, crutches, tub/shower chairs, portable commodes and toilet risers. Medical equipment loans are available at no cost. Donations of clean and usable medical supplies/equipment are gladly accepted.

Local Walking Trips

2nd & 4th Tuesday of the month

2:30-5:00

Grab your tennis shoes and come join us on the 2nd and 4th Tuesday of the month for a local walking trip. These walks will be a gentle walk around our area (Lake Jane, Lake Bonney, etc). Thank you to KarenLynn for leading these walks.

Chair Massage

Linda is a licensed massage therapist and offers 20 minute sessions for our members in our upstairs room every Tuesday from 8:30-12:00. **The cost is \$10.00 for each massage.** Call to book your appointment.

Canceled until further notice

Canceled until further notice

Stretch & Strength

Every Monday

11:00-12:00

No cost

Join Ashley every Monday for a mobility & strength class. Individualized exercise programming for aging populations.

Health and Wellness Cont'd

The Biggest Loser Contest at The Bonney Lake Senior Center!!!

Are you concerned about gaining weight during the holidays? We all tend to have less will-power during the holidays with all those yummy Holiday goodies around. Are you struggling to lose weight? Do you need more incentive? Is cold, hard cash a big enough incentive? Well, here is a plan that just may work. Join us in this weight loss journey.

Each Monday morning beginning March 13th, we will host a weigh-in. Weekly, each contestant will pay \$7 for participating in the contest. The "biggest loser" is the person who drops the most pounds in the given week. That person will win \$5 x (times) the amount of contestants in that given week. Since each participant pays \$7 each week, the extra \$2 will roll over to the grand prize pot. The grand prize will be awarded to the person who loses the most weight from beginning to the end of the contest which will be Monday, May 22nd.



To sign up, please see a staff member and receive your weigh in log sheet.

Free Blood Pressure Checks
by Celebrate Seniority



When: Monday, April 10th

Time: 11:00-12:00

Where: Bonney Lake Senior Center

Walk-in's welcome!

Senior Information & Referrals

Our staff is available to help with finding information and referrals on a variety of topics; just ask because we all need a little help sometimes.

Examples of information include: housing, transportation, housing repairs, support groups, utility assistance, Medicare resources and much more. Just give us a call! 253-863-7658 or stop in and see us.

Legacy Giving

It's more than an act of generosity, it's an important investment in the future of our center. To be a part of this fine tradition, please ask your attorney to add this, or other suitable language, to your will:

"I give, devise, and bequeath to Bonney Lake Senior Center [insert: dollar amount, percentage of estate, description of real estate or other property, nature of gift, or remainder of my estate]."

Tax ID number

91-1140824,

19304 Bonney Lake Blvd., Bonney Lake, WA 98391

Contact Senior Services Manager,

Sue Hilberg to discuss legacy giving.

Please consult a qualified estate planner before making a gift in your will.

Health & Wellness Cont'd

Bonney Lake Senior Center's Wave of Wellness

On Thursday, June 8th we be hosting a Health Fair. The event will include speakers on avoiding scams, keeping your personal information safe, financial wellness, and nutrition, with workshops on Aging while remaining in your home. We will have fun and informative discussions on many topics with resources available. This event is free to attend. Stay tuned for more information.



MultiCare Classes

MultiCare Celebrate Seniority is offering senior communities free programming. MultiCare Celebrate Seniority is a free community outreach program promoting healthy aging for people 55 and better. We focus on education and social activities and volunteerism.

We have scheduled 3 classes with them.

Healthy Brain and Games Thursday, April 20th, 1 to 2:30pm (we will partner our Caregivers Support Group Meeting in with this class). (In partnership with the WA Alzheimer's Association) What happens to our brain as we age? How can you reduce your risk of developing memory loss? Learn about research in the areas of diet and nutrition, exercise, cognitive activity, and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Brain Fitness Games Thursday, May 4th 1 to 2:15pm

This one-hour class offers group and individual activities that include visual puzzles and games that incorporate both short-term and long-term memory skills. Participants can anticipate being challenged while having fun as they try new brain fitness activities.

Dementia Friends Conversations Monday, June 19th 10am to 11am

(In partnership with the Lutheran Community Services NW) Dementia Friends is a one-hour, free information session for anyone interested in learning more about dementia. We will discuss what dementia is and share communication tips to assist in interactions with people living with dementia.



Information on Sleep

How Sleep Affects Heart Health

For most people in the U.S., daylight saving time resumes this month. The change is bound to turn some people into one of Snow White's Seven Dwarfs. We see you, Grumpy and Sleepy! Some of us might even feel like Dopey. As Doc might tell you, getting enough sleep—and *quality* sleep—is important for everyone's health. It's good to follow some guidelines even if you're not dealing with a time change.

How Much Sleep Should I Be Getting?

The recommended amount of sleep for adults varies based on age, lifestyle and individual needs. In general, it is recommended that adults aim for seven to nine hours of sleep per night. For people over the age of 60, the recommended amount of sleep may be slightly lower. According to the National Sleep Foundation, adults over the age of 65 may need seven to eight hours of sleep per night. That's a general guideline, and individual needs may vary.

As most adults have learned over their lifetime, sleep patterns may change as we age. Older adults may have a harder time falling asleep or staying asleep through the night compared to when they were younger. Or they may have more medical conditions, such as chronic pain, that can interfere with sleep.

THE CONNECTIONS BETWEEN SLEEP AND HEART HEALTH

Sleep patterns don't just affect our mood and mental sharpness. They affect us physically as well. In fact, there is a strong connection between sleep and heart health. According to the National Heart, Lung, and Blood Institute, people who don't get quality sleep or enough sleep are at higher risk for developing serious health problems, including heart disease. A study published in the Journal of the American Heart Association found that "middle-aged adults who had high blood pressure or diabetes and slept less than six hours had twice the increased risk of dying from heart disease or stroke." It added: "The increased risk of early death for people with high blood pressure or diabetes was negligible if they slept for more than six hours." How exactly does sleep affect heart health? One way is through the impact of sleep on stress hormones. During sleep, the body produces less of the stress hormone cortisol, and that can help reduce blood pressure. In addition, sleep helps regulate the activity of the sympathetic nervous system, which is responsible for the body's "fight or flight" response to stress. When the sympathetic nervous system is active, it can cause an increase in stress hormones, such as adrenaline and noradrenaline. That, in turn, can raise blood pressure and increase the risk of heart disease.

Sleep and Other Risk Factors

Poor sleep habits can also increase the risk of heart disease by contributing to other risk factors, such as high cholesterol and diabetes. For example, a study published in the Journal of the American Medical Association found that people who slept fewer than six hours per night were more likely to have higher blood pressure and higher levels of LDL ("bad") cholesterol compared to those who slept seven to nine hours per night. Similarly, research has shown that poor sleep can increase the risk of developing diabetes, which is a major risk factor for heart disease.

SLEEP TIPS TO HELP YOUR HEART HEALTH

Once you recover from the daylight saving time change, what else can you do to improve your sleep habits and protect your heart health? Here are some tips from the National Sleep Foundation:

- Stick to a consistent sleep schedule by going to bed and waking up at the same time every day, even on weekends.
- Create a sleep-friendly environment by keeping the bedroom cool, dark and quiet, and using a comfortable mattress and pillows.
- Avoid caffeine, alcohol and heavy meals close to bedtime, as these can disrupt sleep. Alcohol may help some people fall asleep more quickly, but it's not a healthy long-term solution for sleep problems.
- Relax before bed by reading a book or taking a warm bath or shower. You know the next part: Leave your phone in another room.

Information on Sleep Cont'd

- Get regular exercise, but avoid vigorous activity close to bed time.
- If you have trouble falling or staying asleep, try relaxation techniques such as deep breathing or meditation.
- Don't smoke. Nicotine is a stimulant that can make it harder to fall asleep and stay asleep. In addition, smokers may have a harder time falling asleep due to withdrawal symptoms, such as cravings, that can occur during the night.

When To Speak With Your Doctor

Bottom line: Getting enough sleep can have a protective effect on the heart. Adequate sleep can help lower blood pressure, reduce stress hormones and improve overall cardiovascular health. Anyone over the age of 60 should pay attention to their sleep patterns and anything that helps or interferes with sleep. For example, if you suspect that an illness or a medication you are taking is interfering with your sleep, talk to your doctor. Also talk to your doctor if you have ongoing sleep problems or if you snore loudly and feel tired during the day. These could be signs of a sleep disorder such as sleep apnea, which can be treated with lifestyle changes or medical intervention.

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Bonney Lake Senior Center, Bonney Lake, WA

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2022 Tax Preparation

Free Tax Preparation

Cyndi will be preparing simple taxes free of charge to our **active members** (see note below) again this year, virtually, like she did last year. Drop off your tax information to us in a sealed envelope with your name and phone number written on the front, where we will keep it securely locked up until Cyndi picks it up. She'll call you and speak with you to prepare your taxes, then drop your completed return back off to us, where it will be again, securely locked up until you pick it up. Thank you Cyndi!!!!

Note: If you are not on our Active Member list, or if you are not a member, you will be charged \$50.00 for a completed tax return.



Visit us at www.ci.bonney-lake.wa.us/19

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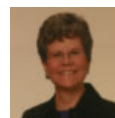
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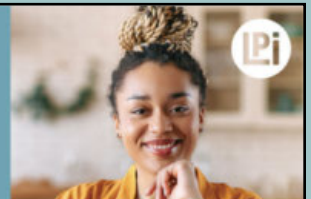


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Slam the Scam – Protect Yourself Against Government Imposters

The Inspector General for the Social Security Administration (SSA) has designated **March 9, 2023**, as **National "Slam the Scam" Day** - an outreach campaign to raise public awareness of Social Security scams and other government imposter scams. We are sharing information about "Slam the Scam".

In 2022, the Federal Trade Commission (FTC) received over 191,000 complaints of government imposter scams. Of those, 14.6% said they lost money to a scammer - a total of \$508.96 million. To prevent further losses, we urge everyone to use caution when receiving calls or messages from someone claiming to be from a government agency.

Recognizing the basic signs of a scam is helpful in stopping fraudulent activity. Remember:

- Scammers **pretend** to be from an agency or organization you know to gain your trust.
- Scammers say there is a **problem** or a prize.
- Scammers **pressure** you to act immediately.
- Scammers tell you to **pay** in a specific way.

Social Security will never:

- Threaten arrest or legal action if someone does not immediately send money to resolve an overpayment.
- Promise to increase benefits or resolve identity theft issues for a fee or by moving money into a protected account.
- Require payment with a retail gift card, prepaid debit card, cryptocurrency, wire transfer, internet currency, or by mailing cash.
- Send text, email, or social media messages that contain personal information.

Visit Scam Awareness <https://www.ssa.gov/thirdparty/groups/scam-awareness.html> and Social Media Resources webpages <https://www.ssa.gov/scam/resources.html> for additional resources and information on how to report Social Security Scams <https://secure.ssa.gov/ipff/home>.

Together, we will remain vigilant against government imposters scams and help protect your clients, friends, and family from fraud.

- ★ Government agencies don't call people out of the blue with threats or promises of money
- ★ Do not trust caller ID
- ★ Check with the real agency
- ★ Never pay with a gift card or wire transfer
- ★ Report government imposter scams at ReportFraud.ftc.gov



Learn more at
ftc.gov/imposters

Just for Laughs

Do you see a man in the woods or a dog?



When I leave the house
I say to my

DOG:

SPOUSE:

Mommy has to leave

Bye

Be a good girl

Here's a treat

I'll be back real soon

Take a nappy

We will play when I get back

Mommy loves you

I'll be right back

Bye bye



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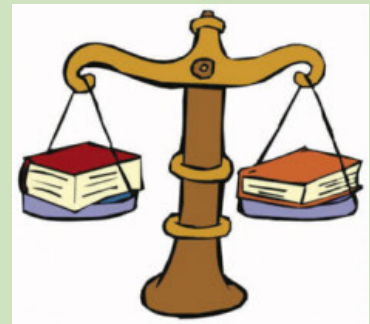
Free Legal Presentation

LEGAL PRESENTATION RE WILLS, POWERS OF ATTORNEY AND WILL SUBSTITUTES

A free presentation on Wills, Financial and Medical Powers of Attorney, Living Wills and Will Substitutes will be conducted at the Center on April 6, from 1:00-2:00. The legal presentation will be given by retired Lake Tapps attorney Evan E. Inslee, who has graciously volunteered to make the presentation as a service to Senior Center Members.

The presentation will generally cover the referenced documents and issues regarding the subject of Will substitutes such as joint bank accounts, life insurance beneficiary designations, IRA beneficiary designation, joint ownership and how they interface with an estate plan.

Please sign up in the Programs Binder in the office.



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Phil's Trips

Trips Policy Change

We are changing the policy to our Trips signup program.

Beginning April 1st, when you sign up for a trip, you will need to pay at the time of sign up. If you do not, your name will be put on the standby list and will remain on the standby list until payment is received. This means that we cannot guarantee you a place in the program that you are signing up for. This change is necessary to allow everyone the same chance at signing up and participating in our programs. Thank you for your understanding.

Sunday April 16th

"Titanic, the Musical" at Tacoma Musical Playhouse

This is a Bonney Lake Senior Center bus trip

Cost: Transportation is \$3, Tour Admission is \$32 (pay \$35 to BLSC at sign up). Lunch on your own at Pho Friends

Leaving Senior Center at 11:00 a.m. Return 5:00 p.m.

The musical play **"Titanic"** examines the causes, the conditions and the characters involved in this ever-fascinating drama. This the factual story of that ship -of her officers, crew and passengers, to be sure – but she will not, as has happened so many times before, serve as merely the background against which fictional, melodramatic narratives are recounted. The central character of **"Titanic"** is the Titanic herself.

Saturday April 22nd

Gray Whale Tour

This is a Bonney Lake Senior Center bus trip

Cost: Transportation is \$10, Tour Admission is \$80 (pay \$90 to BLSC at sign up). Lunch on your own.

Leaving Senior Center at 8:00 a.m. Return 4 p.m.

Gray Whales have the longest known migration of any mammal. They travel 10,000-12,000 miles round trip every year between their winter calving lagoons in the warm waters of Mexico and their summer feeding grounds in the cold Arctic seas. Thanks to its nearshore migration route, we can observe the gray along its journey. Minke Whales may also be observed following the same route. Enjoy the spectacular views of the Saratoga Passage and the inner waterways of Whidbey and Camano Islands, as well as the area surrounding Hat Island. Sandwiches can be purchased on board for \$16, along with their famous blueberry buckle baked on-board for a breakfast snack. We will make a mid-morning stop at McDonalds along the way to the dock.

Wednesday, April 26th at 4:00 p.m.

Special Presentation for Collette's Colors of New England Sept./Oct. 2024 plus Magical Christmas Markets in Innsbruck, Austria December 2023

Once again Collette's Washington representative Toni Ray-Ingram will be at the Senior Center to add a little more insight to these two trips, scheduled for December 2023, and the Fall of 2024 for the New England colors.

At this event Toni will also be reviewing the documents for the Mackinac Island Trip occurring in May.

Phil's Trips Cont'd

SPECIAL TOUR TRIPS ADVANCE NOTICE

September 21- 28, 2023

America's Cowboy Country

This is a Collette Tours trip

Cost: From \$3,699 per person/double occ. for 8 days, includes 10 meals.

Price includes round trip air from Sea-Tac., plus air taxes and fees/surcharges, and hotel transfers.

Experience the grandeur and excitement of Yellowstone, America's first and largest national park, plus the beauty of the Tetons, the man-made magnificent Mount Rushmore and Chief Crazy Horse monument. Enjoy the old-West history and flavor of Deadwood and the Lakota tribe area. See Phil for more details and a brochure.

December 2- 9, 2023

Magical Christmas Markets in Innsbruck, Austria

This is a Collette Tours trip

Cost: From \$2,999 per person/double occ. for 8 days, includes 10 meals.

Price includes round trip air from Sea-Tac., plus air taxes and fees/surcharges, and hotel transfers.

Set out on a grand holiday adventure in the winter wonderland of the Alps, with a whole day at the incredible Christkindlesmarkt (Innsbruck's Christmas Market). Visit the storybook Old Town of Salzburg, the city of music, including the birthplace of Mozart, film locations of "The Sound of Music", and St. Peter's 1,200 year-old Skiftskeller, the oldest continuously-serving restaurant in Europe. The history and beauty of this wonderful region of Europe will make this a truly magical trip you will not forget. See Phil for more details and a brochure.

April 17-26, 2024

Shades of Ireland

This is a Collette Tours trip

Cost: From \$3,899 per person for 10 days, includes 13 meals, with optional trip extension packages.

Price includes round trip air from Sea-Tac., plus air taxes and fees/surcharges and hotel transfers.

From history-filled Dublin to the rolling green hills and dramatic coast, experience Irelands charm on a journey through the Emerald Isle. Take advantage of a pre-tour extension in London for five days or a post-tour extension in Edinburgh, Scotland. This trip includes a one-night stay in an ancient castle.

See Phil for more details and a brochure.

Sept - Oct, 2024 Dated TBD

Colors of New England

This is a Collette Tours trip

Cost: From \$3,499 per person for 8 days, includes 12 meals, with optional trip extension package.

Price includes round trip air from Sea-Tac., plus air taxes and fees/surcharges and hotel transfers.

See a stunning display of vibrant foliage while traveling from historic Boston to the coast of Maine. Highlights of this trip include getting up close and personal with apple cider making, visiting a maple sugar farm, and touring Ben and Jerry's Ice Cream factory. Next, we will visit the Trapp Family Lodge, pass through Woodstock, and cruise Lake Winnepesaukee. As we head toward Portland, Maine the morning includes a guided tour of Fort Williams Park to view the Portland Head Light, the most photographed lighthouse in America, and the oldest in Maine. Then, travel along spectacular Ocean Drive through the seaside community of Kennebunkport. Our trip ends with a farewell lobster dinner before the final day takes us back to Boston to fly home. See Phil for more details and a brochure.

Classic Puzzle

WORD SEARCH... DANCING

Find the words below in the letter grid. Words may be hidden in an across, down, or diagonal direction. Also, the words may be spelled forwards or backwards.

Word List:

SALSA

SAMBA

RUMBA

DISCO

TANGO

CONGA

TAP

JIG

WALTZ

HULA

BALLET

DANCER

MOVE

STEPS

TWIST

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

News from our Gardener

Shade Gardening Practices for our April weather.

Important in any type of gardening but particularly important in shade gardening is selecting the right plant to the right location. Also when gardening in the shade, the extra time taken to prepare the soil will pay off handsomely in healthier plants. Enhance your soils to give your new plants the best nutrients to grow in. For all but the best of garden soils, you should add plenty of organic matter. 2-4 inches dug in to the soil 6 inches will improve the aeration and drainage for your plants. The aeration requirements of plants is measured by the percentage of air space in the soil with some of our favorite shade plants such as azaleas, ferns, and begonias, requiring 20% or greater airspace. This is why you see shade plants wrapped in peat moss, the aeration helps the roots breath. The organic matter and the mulch that I recommend in your garden is free to you at our Tacoma based TAGRO facility. How to calculate how much product you may need: Calculate the depth you are hoping to achieve. Next, measure the length and width of the project you are working on. Multiply the length by the width and the desired depth (LxWxD). Divide that total by 27. For example, 12' Length x 12' Width x 12' Depth=1728 1728 divided by 27=64 cubic yards (if an infinite answer, move the decimal one space to the left). *As with any product containing nitrogen, do not introduce TAGRO products into any body of water. Use all soil amendments conservatively to help protect groundwater from nitrates. To both protect your product and prevent storm water runoff, place your product on a tarp or other barrier and keep covered when not using.* To find out more about TAGRO, go to:TAGRO Home Users - City of Tacoma TAGRO. If you need further assistance, please reach out to our team of Master Gardeners at (253) 502-2150 who can help you decide what products are best for your project and how much you likely will need.

When spacing plants in your shade garden, realize that the combination of soil, that will stay damper and the reduced air circulation, increases the possibility of disease. For that reason it is best to allow for good air circulation with additional space between plants which also gives each plant a enhanced share of the light and nutrients. Even though plants will grow slower, they will still need a steady supply of nutrients. Monthly applications of mild, complete fertilizer is a good practice when the plants are actively growing. No matter which fertilizer you use, read and follow the directions on the product labels. A lot of research goes into these direction and in today's polluted world, these direction should not be taken lightly.

That and many other tasks face the gardener at this time of year. I'm building up my soil with compost and then covering the garden to keep the cold water out and trap the heat in. This action helps the compost break down while inhibiting weeds from growing. I'm also getting my water barrels ready for the spring season as these barrels will provide me with the warm water that new plants need as apposed to the snow melt temperature water that we get from our hose.

Let us start getting outside to see how the professionals plan gardens with a trip to the rhododendron species botanical garden (RSBG) located in Federal Way. Beginning in March and throughout June about 700 hundred differing species of Rhody's are in bloom. RSBG has become a staple for visitors and no wonder with the differing variety, sizes, shapes and colors all sharing a canopy of Douglas fir spread over 22 acres. In this garden, Rhody's are planted by species or sub-species. Pick up a guild book to ID any specific plant you might want further info on and of coarse there is a on site nursery that offers many of these rare plants for sale. On site, starting to rain? No problem as a gazebo offers cover or follow the signs to the Rutherford Conservatory which was built in 2010 to house the tropical species of rhododendrons. The plants didn't seem to mind sharing some of that nice heat with me and the Mrs. Admission is free to veterans, Tuesday – Sunday 10am-4pm. I hope you find a way to enjoy a gardening experience. I'm looking for help at the senior center gardens.

Enjoy, Dave PCMG



David A. and
Linda Smith
Gardening Committee

Aging Mastery Alumni Event



| AgingMastery

Alumni Event

(But We're Opening it Everyone)

IT'S TIME FOR SPRING CLEANING OUT

Dale Shoemaker

will be at the Bonney Lake Senior Center

Monday, April 10, 1 p.m.

To inspire us to roll up our sleeves and:

- Declutter and Organize
- Prepare our Homes to Downsize
- Sort and Purge

Whether you want to lighten your load or are preparing for a future move, this program is designed to help. As a real estate agent, Dale has seen the good, the bad and the ugly and has useful tips to make any transition easier.

**Join us. Preregistration is encouraged.
Call the Senior Center at (253) 863-7658.**

Important Miscellaneous

Signing In-Mandatory NOT Optional

As most of you know we have a sign in system that is located on the front desk. Many of you stop when you arrive and sign in for the day however there are quite a few that walk by without stopping. This is not acceptable. If you do not sign in we do not receive funding for your attendance, plain and simple. Signing in is not optional, it is mandatory. All members should be registered and have a key tag to use when signing in. If you are not registered as a member or do not have a key tag, please see any staff member to correct this asap. I cannot stress how important this is. As stated above, if you do not sign in we receive NO funding for your participation. This reduction in funding makes it very difficult to provide the services we strive to provide for everyone. If you have any question about this please speak with Sue or Michelle.

With a small amount of effort on all of our parts we can make sure that everyone is signing everyday!

Robo Calling you

The Senior Center utilizes the "My Senior Center" database Robo calling feature to call hundreds of members at once with a recorded phone call to inform you of last minute events or activity changes taking place at our center. (The "My Senior Center" database is the software you log into when you come for lunch or activities). Because the software company is based in Maine, the call that we send out originates from Maine and comes to you with a 617 area code. This is not a scam call or telemarketer. It's us, letting you know about important changes. Please answer the call when it comes in or if you let it go to voicemail, please retrieve the message quickly. Please let us know if you'd like to change the phone number in our database you receive these calls on. Thank you.

New After Hours Emergency Phone Number

We value our members and want to be able to help you all with any emergency you may have. To ensure that we are able to answer your phone calls, we have set up an on-call phone that will be manned by one of our office staff members after hours. Please call this new number during **non-business hours** (after 4:00 pm on the week days and anytime on the weekends or holidays). The new number is 253-445-0632. Please continue to call our main office number for all non-emergency related issues.

New number again is 253-445-0632.

Staff personal cell phone numbers are no longer used.

Trips Policy Change

We are changing the policy to our Trips signup program.

Beginning April 1st, when you sign up for a trip, you will need to pay at the time of sign up. If you do not, your name will be put on the standby list and will remain on the standby list until payment is received. This means that we cannot guarantee you a place in the program that you are signing up for. This change is necessary to allow everyone the same chance at signing up and participating in our programs. Thank you for your understanding.