

# Bonney Lake

## Senior Center Newsletter

May  
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](http://www.citybonneylake.org)**

(we are listed under Residents Tab)

### Happy Spring!

My hope is that when you read this our April showers have ended and those promised May flowers have started to bloom! We are so happy to see all of you come in to spend your day with us rain or shine! Enjoy your spring.

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*

**Assistant Cook**  
**Karen Berto**

**Senior Services Manager**  
**Sue Hilberg**  
hilbergs@cobl.us  
253-447-4327/360-551-2002

**Senior Aide**  
**Shari Jones**  
joness@cobl.us  
253-447-4340

**Dishwasher**  
**TBD**

**Facility Monitors**  
**Becky Alvarez & Jim Rowland**

**Senior Services Assistant**  
**Michelle Vazquez**  
vazquezm@cobl.us  
253-447-3104

### **Kitchen Staff**

**Head Cook**  
**Pam Camp**  
camppp@cobl.us  
253-447-4334

*To Reach all Staff Call:*  
*253-863-7658*

**Senior Aide**  
**Phil DeLeo**  
deleop@cobl.us  
253-447-4328

**Assistant Cook**  
**Jay Shideler**



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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

# May 2023


Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> BBQ Chicken Baked Beans Corn on the Cob Corn Bread Salad Bar	<b>2</b> Hamburger Gravy Over Mashed Potatoes Vegetable Salad Bar	<b>3</b> Breakfast for Lunch Biscuits & Gravy Scrambled Eggs Sausage Links Salad Bar	<b>4</b> Fish & Chips w/Tarter Sauce Cole Slaw Salad Bar	<b>5</b> <b>Cinco De Mayo</b> Beef & Chicken Taco Salad Mexi-Corn Black Beans Salad Bar
<b>8</b> BBQ Pork Sandwiches Tater Tots Fruit Salad Bar	<b>9</b> Spaghetti w/ Meat Balls Vegetable Garlic Bread Salad Bar	<b>10</b> Loaded Baked Potato Cheese, Sour Cream, Bacon Bits, Onions, Broccoli & Cheese Sauce Salad Bar	<b>11</b> <b>Mother's Day</b> Broccoli Cheddar Quiche Mini Muffins Spinach Salad Dessert	<b>12</b> Chef's Choice Salad Bar
<b>15</b> Mac & Cheese W/Ham Mixed Vegetable Warm Bread Salad Bar	<b>16</b> Open Faced Turkey Sandwich w/Mashed Potatoes and Gravy Vegetables Cranberry Sauce Salad Bar	<b>17</b> French Dip Sandwiches Au Jus Onion Rings Fresh Fruit Salad Bar	<b>18</b> Grilled Sausage w/Peppers and Onions Oven Roasted Red Potatoes Salad Bar	<b>19</b> Tuna Salad Sandwich on Croissant Chips Fruit Salad Bar
<b>22</b> Lasagna Garlic Bread Mixed Vegetables Salad Bar	<b>23</b> Chicken Fried Steak Mashed Potatoes & Chicken Gravy Buttered Vegetable Salad Bar	<b>24</b> Fettuccini Alfredo w/ Shrimp & Mushrooms Sautéed Vegetables Garlic Bread Sticks Salad Bar	<b>25</b> <b>Memorial Day</b> Grilled Hamburgers & Hotdogs, Lettuce, Tomato, Onion, Pickles, Chips Potato Salad Macaroni Salad Dessert Birthday Gift Bags	<b>26</b> Chef's Choice Salad Bar
<b>29</b> 	<b>30</b> Stir-Fried Chicken Steamed Rice Mixed Vegetable Medley Egg Roll Salad Bar	<b>31</b> Crispy Fish Sandwich w/all the Fixin's Cole Slaw Chips 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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# May Order-Ahead Lunch Menu

Your Name \_\_\_\_\_

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> BBQ Chicken Baked Beans Corn on the Cob Corn Bread Salad Bar  Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/>	<b>2</b> Hamburger Gravy Over Mashed Potatoes Vegetable Salad Bar  No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/>	<b>3</b> Breakfast for Lunch Biscuits & Gravy Scrambled Eggs Sausage Links Salad Bar  Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/>	<b>4</b> Fish & Chips w/Tarter Sauce Cole Slaw Salad Bar  No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/>	<b>5</b> <b>Cinco De Mayo</b> Beef & Chicken Taco Salad Mexi-Corn Black Beans Salad Bar  Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/>
<b>8</b> BBQ Pork Sandwiches Tater Tots Fruit Salad Bar  Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/>	<b>9</b> Spaghetti w/ Meat Balls Vegetable Garlic Bread Salad Bar  No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/>	<b>10</b> Loaded Baked Potato Cheese, Sour Cream, Bacon Bits, Onions, Broccoli & Cheese Sauce Salad Bar  Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/>	<b>11</b> <b>Mother's Day</b> Broccoli Cheddar Quiche Mini Muffins Spinach Salad Dessert  No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/>	<b>12</b> Chef's Choice Salad Bar  Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/>
<b>15</b> Mac & Cheese W/Ham Mixed Vegetable Warm Bread Salad Bar  Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/>	<b>16</b> Open Faced Turkey Sandwich w/Mashed Potatoes and Gravy Vegetables Cranberry Sauce Salad Bar  No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/>	<b>17</b> French Dip Sandwiches Au Jus Onion Rings Fresh Fruit Salad Bar  Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/>	<b>18</b> Grilled Sausage w/Peppers and Onions Oven Roasted Red Potatoes Salad Bar  No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/>	<b>19</b> Tuna Salad Sandwich on Croissant Chips Fruit Salad Bar  Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/>
<b>22</b> Lasagna Garlic Bread Mixed Vegetables Salad Bar  Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/>	<b>23</b> Chicken Fried Steak Mashed Potatoes & Chicken Gravy Buttered Vegetable Salad Bar  No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/>	<b>24</b> Fettuccini Alfredo w/ Shrimp & Mushrooms Sautéed Vegetables Garlic Bread Sticks Salad Bar  Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/>	<b>25</b> <b>Memorial Day</b> Grilled Hamburgers & Hotdogs, Lettuce, Tomato, Onion, Pickles, Chips, Potato Salad Macaroni Salad, Dessert  No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/>	<b>26</b> Chef's Choice Salad Bar  Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/>
<b>29</b> 	<b>30</b> Stir-Fried Chicken Steamed Rice Mixed Vegetable Medley Egg Roll Salad Bar	<b>31</b> Crispy Fish Sandwich w/all the Fixin's Cole Slaw Chips Salad Bar	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! <b>Salad Bar is not available for delivery</b>	

Due to Staffing issues we will only be delivering lunches on Mondays, Wednesdays and Fridays.

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# Events

# May 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 11-12 Stretch & Strength 11:30-Biggest Loser Weigh-in 12pm Lunch	<b>2</b> <del>8:30-12pm Massage</del> 9:30-11:30 Music by Jesse & the Jammers 12pm Lunch 1pm Writers Group 2:30-5:00-Bus Wlkg Trip at Fennel Creek	<b>3</b> 10-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo	<b>4</b> 9:30-11-Chick-fil-A Bingo 10:30 Tai Chi 12pm Lunch 1-2:15-Brain Fitness 1-3 Card Games	<b>5 <span style="color: blue;">Cinco De Mayo</span></b> <del>10-1 Haircuts by Amber</del> 12pm Lunch <del>1-3pm Mahjong</del> 1-3:30 Shopping Trip 7pm Family Bingo
<b>8</b> 11-12 BP Checks 11-12 Stretch & Strength 11:30-Biggest Loser Weigh-in 12pm Lunch	<b>9</b> 8:30-12pm Massage 9:30-11:30 Music by Jesse & the Jammers 12pm Lunch 1pm Writers Group 1-2:30-Tech Time with BL Library 2:30-5:00 Local Walking	<b>10</b> 10-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo	<b>11 <span style="color: blue;">Mother's Day Lunch</span></b> 10:30-12-Music by Peggie & the Brock-a-Roos 10:30 Tai Chi 12pm Lunch 1-3 Card Games	<b>12</b> 12pm Lunch <del>1-3pm Bunco</del> 1-3:30 Shopping Trip 7pm Family Bingo
<b>15</b> 11-12 Stretch & Strength 11:30-Biggest Loser Weigh-in 12pm Lunch 12:45-2:45-Poker Run	<b>16</b> <del>8:30-12pm Massage</del> 9:30-11:30 Music Jesse 12pm Lunch 1pm Writers Group 2:30-5:00-Bus Wlkg Trip at Bradley Lake Park 3-4 Advisory Board Mtg	<b>17</b> 10-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo 4:30 Juliet's @Ichi5 Teriyaki	<b>18</b> 10-2 Haircuts by Becky 10:30 Tai Chi 12pm Lunch 1-2:30-Caregivers Support Group 1-3 Card Games	<b>19</b> 12pm Lunch <del>1-3pm Mahjong</del> 1-3:30 Shopping Trip 7pm Family Bingo
<b>22</b> 11:30-Biggest Loser Final Weigh-in 11-12 Stretch & Strength 12pm Lunch	<b>23</b> 8:30-12pm Massage 9:30-11:30 Music by Jesse & the Jammers 12pm Lunch 1pm Writers Group 2:30-5:00 Local Walking	<b>24</b> 10-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo	<b>25 <span style="color: blue;">Memorial Day Lunch</span></b> 10:30-12:00 Music Patty & the Traveling 4 10:30 Tai Chi 12pm Lunch 1-3 Card Games  <span style="color: red;">Birthday Gift</span>	<b>26</b> 9-3 Foot Care 10-1-Craft Sales 12pm Lunch <del>1-3pm Bunco</del> 1-3:30 Shopping Trip 7pm Family Bingo
<b>29</b> 	<b>30</b> <del>8:30-12pm Massage</del> 9:30-11:30 Music by Jesse & the Jammers 12pm Lunch 1pm Writers Group	<b>31</b> 10-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo		



## 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.

### Free Haircuts by Becky from Tangles



**Thursday, May 18th**

**10am to 2pm**

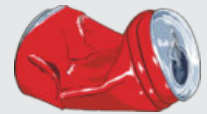
Please call to schedule your 20 minute appointment. There are limited appointments.

**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.

### **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.**



### **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.



### **New!!!! Free Haircuts by Amber**

**Canceled for May**

**Friday, June 2nd**

**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.***



### 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!



### 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!

### 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!



### Tech Time with Bonney Lake Library

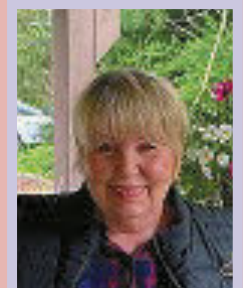
**2nd Tuesday of the month**

**1:00-2:30**

Patrick from the Bonney Lake Library will be here the 2nd Tuesday of every month to help with our tech issues. Anything from e-books and e-audiobooks to computer, tablet and cell phone issues. The first 20 minutes will be a general session (on downloading e-books and e-audiobooks from the library) and then you can book 20 minute appointments with him on specific issues. See a staff member to sign up. Thank you Patrick!

### 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**

**Juneteenth**

**Monday, June 19th**

**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. May's event is on Thursday, May 4th. Please meet at Chick-fil-A before 9:30, or if you'd prefer to take the van, please be at the Senior Center by 9:15. Please sign up in the programs binder.



### Monthly Craft Sale

**Friday, May 26th**

**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.

### 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.

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 Chuy's



### 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: Monday, May 15th

Time: 12:45-2:45

Route & Participating Senior Centers:

Bonney Lake, Buckley, Sumner, & Edgewood/Mt. View. Prizes and participants are subject to change as we finalize this event.

#### **Prizes:**

First prize - \$150

Second - \$100

Third - \$50

(prizes are subject to change)



## Upcoming Events

### Free Photo Shoot

KarenLynn's photo shoots are such a success, she has offered to do one each quarter. 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 16th**

**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.

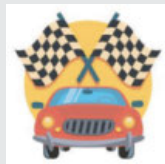
### Father's Day & Car Show

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.

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, May 18th

1-2pm

**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, May 26th**

**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 back! She will only be working 2 Tuesdays a month for awhile, so she's available on May 9th & May 23rd from 8:30-11:30. She is a licensed massage therapist and offers 20 minute sessions for our members in our upstairs room. **The cost is \$10.00 for each massage.** Call to book your appointment.

## 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

### 2023 Senior Farmer's Market Nutrition Program

The Senior Farmer's Market Nutrition Program will start its new season in Pierce County and will be accepting applications soon. This program will provide low-income seniors with a voucher to purchase fresh produce, cut herbs, and honey grown/produced in Washington State. Once the online application goes live we will relay the link and other pertinent information to you.



Free Blood Pressure Checks  
by Celebrate Seniority



When: Monday, May 8th

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.

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



### 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 & 15 minute 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.





# RHyme TIME

In this activity, the goal is to write down words that rhyme with the specific “given” word. Take some time to think of as many words as you can.

**List words that rhyme with “STAR”**

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____



**List words that rhyme with “SHOW”**

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

## Answers to Word Play

### Page 10: Rhyme Time

#### Rhymes with "Star"

are, car, bar, far, jar, par, tar,  
scar, spar, radar, bazaar,  
cigar, guitar, jaguar, radar,  
seminar, registrar, caviar.







*Other answers are possible.*

#### Rhymes with "Show"

flow, glow, go, grow, dough,  
crow, stow, throw, tow, toe,  
snow, row, pro, sew, owe,  
mow, below, know, throw

*Other answers are possible.*

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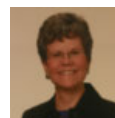
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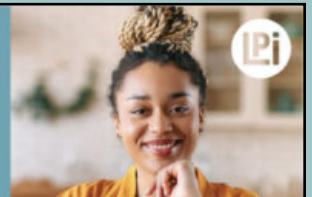
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## Word Search

# Mammals

All the words are hidden vertically, horizontally or diagonally—in both directions. The letters that remain unused form a sentence from left to right.

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

GNU  
GORILLA  
HARP SEAL  
HORNBILL  
HORSE  
HYENA  
INDRI  
KANGAROO  
KUDU  
LION  
MOUNTAIN HARE  
MUSKRAT  
OKAPI  
PIG  
PLATYPUS  
POLAR BEAR  
PORPOISE  
RED DEER  
RINGED SEAL  
SABLE  
TARPAN

AARDVARK  
ALPINE SHREW  
BINTURONG

BISON  
DOLPHIN  
ELK

FERRET  
FIELD VOLE  
GIRAFFE

## Things that make you go “hmmmm”

English is the only language where you drive in parkways and park in driveways

It's also the only language where you recite in a play and play in a recital

Your fingers have fingertips but our toes don't have toetips

Yet, you can tiptoe but not tipfinger

The word Queue is just a Q followed by four silent letters

Jail and prison are synonyms, but jailer and prisoner are antonyms

When you transport something by car, it's called a shipment, but when you transport something by ship, it's called cargo

Did you know “Q” is the only letter that doesn't appear in any U.S. State name?

Did you know you share your birthday with 19 million people?

Did you know there's a secret vault that holds nearly every type of crop seed?

Did you know the most used computer password is 123456?

Did you know honey never spoils?

Monopoly is the most played board game in the world.

Cats can jump a height of 7 times it's tail length.

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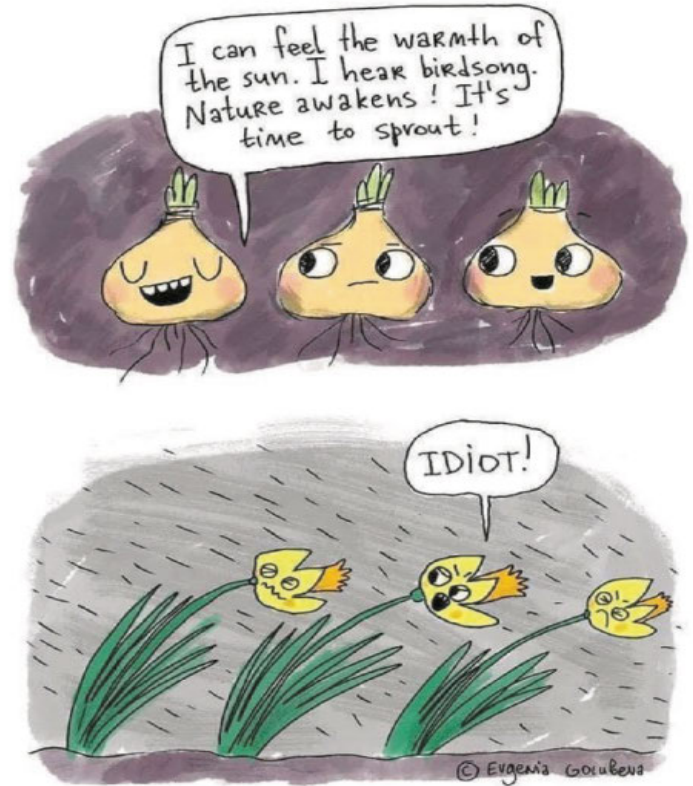
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# Phil's Trips

## 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.*

**Saturday May 20<sup>th</sup>**

### A Mystery Trip

**This is a Senior Center bus trip; parking behind BL Senior Center**

Leaving parking lot behind Senior Center at 9:30 a.m. Return at 4:30 p.m.

Cost: \$10 for Transportation (Pay \$10 to BLSC at sign-up).

Meals on your own, averaging \$12 - \$15.

**Tuesday, May 23<sup>rd</sup>**

### Tacoma Rainiers Deck Party Baseball Game vs the Las Vegas Aviators

**This is a Bonney Lake bus trip**

Leaving parking lot behind senior center at 10:00 a.m. on Tuesday. Return at 3:30 p.m.

Cost: \$5 for Transportation; Party and Game cost \$40 (pay \$45 at sign-up)

Deck party begins at 11:00, including buffet, cold beverages and personal deck attendant. Game against the Las Vegas Aviators begins at 11:35. During the game see our group get a special welcome on the video board. Don't forget your sunglasses.

**Friday June 3<sup>rd</sup>**

### Glassblowing Experience

**This is a Bonney Lake Senior Center bus trip**

Leaving lot behind Senior Center at 8:30 a.m. and returning around 3:00 p.m.

Cost: \$80 plus tax per art object; lunch on your own at Freighthouse Square.

Come and join us for a half-hour session of making your own glass art. Normal cost for this event is \$95 plus tax, but on our trip you can experience the thrill of expressing yourself through glass and get a \$15 discount.

***This trip will be limited to the first 14 people.***

**Tuesday local walking trip will be:**

May 2<sup>nd</sup> - Fennel Creek

**Tuesday park walking trip will be:**

May 16<sup>th</sup> – Bradley Lake Park

All walking trips will depart from Senior Center at 2:30

## 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 Date 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.



## Happy Hookers Doing Good Work

Happy Hookers has been donating blankets to Project Linus, a non-profit organization that provides new handmade blankets to children in need. Donations of hats/beanies have been made to a local children's oncology ward, as well as baby blankets, hats and stuffed animals to Pregnancy Aid.

Thank you Happy Hookers for all your hard, beautiful work and for helping those in need!





## Happy Hookers Doing Good Work Cont'd

Pictured below is a beautiful Afghan that was the brain child of BLSC member Margaret Duncan (pictured below) and the hard work of two of our wonderful Happy Hookers, Jeanie Tidd and Sammy Hoirup. After creating this beautiful blanket, they graciously donated it to someone in need. You guys Rock!





## News from our Gardener

**For May, I'm all about azalea's.** Nothing is more beautiful than an azalea shrub in spring bloom. These easy-care shrubs come in so many colors it's hard to find one that doesn't suit your needs. Azaleas can be grown in nearly any garden, instantly adding interest and color to drab areas. Growing and caring for these shrubs is easy. That being said, there are some things to consider when adding them to the landscape. To keep azaleas looking healthy, it is essential that you choose an appropriate planting location and practice proper azalea care. Azaleas actually look the most attractive when they are planted alone, however, mass plantings work well in larger areas, such as wooded sites. Since the flower coverage on azaleas encompasses the entire shrub, placing them against a background of conifers, such as pines, or other acid-loving plants will help set off their colors while minimizing their heavy effect. These shrubs should be planted in the spring, preferably within cool, lightly shaded sites. Full sun, especially in southernmost climates, can actually burn the leaves while heavy shade can deprive them of necessary oxygen, resulting in poor blooming and weaker growth. Azaleas have shallow roots and require well-drained, acidic soil. In poorly drained areas, azaleas should be placed in raised beds. Azaleas can make exceptional candidates for containers too. It also helps to amend the soil with compost beforehand. To help conserve water, maintain soil temperature and discourage weeds, mulch these shrubs with pine straw or composted pine barks, and replenish annually. Organic matter added to the soil and an adequate layering of mulch will generally provide azaleas with sufficient nutrients, therefore, frequent fertilizing is often not required. However, if there are low amounts of nitrogen in the soil, applying fertilizer may be necessary in order to prevent a nutrient deficiency. Symptoms of deficiency in azaleas include stunted growth, smaller greenish yellow leaves, or early leaf drop. Fertilizing of these shrubs should take place in late spring to early fall. Although azaleas are generally free of pests and diseases with proper azalea care, common azalea diseases and problems do exist. Insects that can affect azaleas include lace bugs and spider mites. Lace bugs are more likely to target shrubs that are grown in areas of full sun. Petal blight, leaf spots, and root rot are common diseases associated with these deciduous shrubs. Placing azaleas in areas with good drainage and conserving water by applying mulch usually helps reduce the chances of plant damage due to these problems. To maintain a more compact appearance or simply to encourage bushier growth, trim azaleas after their blooming period has expired. Taking time to trim azaleas by cutting back the branches of these shrubs will also help renew overgrown plants. Keeping your azaleas healthy throughout the growing season with good azalea care will ensure an abundance of beautiful blooms for many springs to come. Below are Zoom classes this month that you can enjoy.

**Spring Webinar Series: Tuesdays at 7:00, free classes to be held online include**

May 2, Strategies for a Successful Veggie Garden, Emily Bishton  
[Cascade Gardener Presents Emily Bishton \(brownpapertickets.com\)](https://www.brownpapertickets.com)

May 9, Edible Natives, Jessi Bloom  
[Cascade Gardener Presents Jessi Bloom \(brownpapertickets.com\)](https://www.brownpapertickets.com)

May 16, Gardening on the Wild Side of Northwest Landscapes,  
Greg Rabourn  
[Cascade Gardener Presents Greg Rabourn \(brownpapertickets.com\)](https://www.brownpapertickets.com)

May 23, Small Space Gardening, Lisa Taylor  
[Cascade Gardener Presents Lisa Taylor \(brownpapertickets.com\)](https://www.brownpapertickets.com)

May 30, Irrigation and Effective Moisture Management, Christina Pheiffer  
[Cascade Gardener Presents Christina Pheiffer \(brownpapertickets.com\)](https://www.brownpapertickets.com)



David A. and  
Linda Smith  
Gardening Committee

Hope you find the time to get  
out and enjoy a garden.  
Dave PCMG

# LEGAL ASSISTANCE PROGRAM

We are pleased to announce a new program for our members. It is a Legal Assistance Program that provides you with the opportunity to discuss a legal question you might have with a licensed attorney without any charge or fee. This is a new program that is being offered to our members on a trial basis for six months. It is made possible due to the volunteer services of Washington attorney Evan E. Inslee of Bonney Lake. Here is an outline of how it will work and how to avail your self of an appointment to discuss your issue.

Mr. Inslee will conduct appointments at the Center on a Thursday after noon from 1 to 4 P.M. each appointment not to exceed thirty minutes unless a longer time is scheduled with you due to the complexity of your legal issue. You sign up for an appointment by filling out an Appointment Request on a form at the office that requires you to state your name, phone, address, and EM if you have one, and a general description or statement of the type of issue you want to discuss, without any details or confidential information. If you think the matter is complex enough to warrant more than one half hour indicate that on the form. The form will also set forth limitations and conditions relating to the service. This service is limited to discussion and advice only and under no circumstances will the service require any court appearance or initiating any suits or litigation or preparation of legal documents.

You will be contacted and the date and time of your appointment will be provided to you. Bring with you any document or paper work that may related to your issue. A written statement about your issue would be helpful, to be given at time of the appointment to attorney Inslee as that cuts down on the time of acquainting Mr. Inslee with your issue.

All discussions, statements and documents provided Mr. Inslee will of course remain private and confidential and be subject to an attorney – client privilege. All submittals will be returned to you at the conclusion of the appointment without any copies being made of the same.

These discussion services will be limited to discussing your matter with you and providing oral advice to you regarding the same if possible. Mr. Inslee retains the right to advise you if a matter involves an issue that he does not believe he is experienced.

Mr. Inslee is a Washington State Bar Association Member, association number 1035, since 1956. He retired in 2002 from the Bellevue law firm of Inslee Best, of which he was a founder. Although he is licensed he does not maintain malpractice insurance.

We hope this service will be of value to our members.