

# Bonney Lake

## Senior Center Newsletter

June  
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)

Can you believe it's June already?!

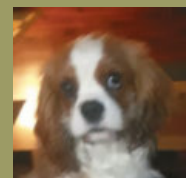
We have so many fun activities planned for you this summer. Keep an eye on your newsletter for upcoming events and get signed up for the Luau, 4th of July, Father's Day, Block Party, Car Show, Labor Day, and many more events!



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

**Karen Berto**

#### Dishwasher

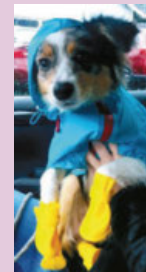
**TBD**

#### Facility Monitors

**Becky Alvarez & Jim Rowland**

*To Reach all Staff Call:*

**253-863-7658**



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## Senior Advisory Board



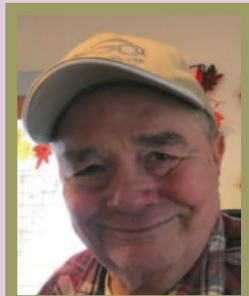
The Senior Advisory Board members work closely with staff to help with a variety of tasks. The Senior Advisory Board, and their volunteers, assist with many fundraising events throughout the year which enables them to help provide funds for special events, work with the Bonney Lake Kiwanis to help seniors 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



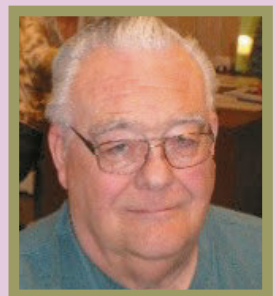
**Vice President**

Bob Wells



**Treasurer**

Julianne DeLeo



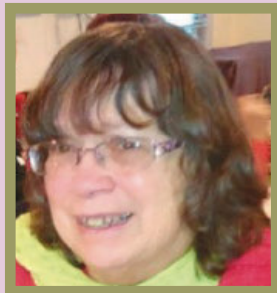
**Assistant Treasurer**

Jim Baisch



**Secretary**

Anita Chandler



Bonnie Johnson

Board Member



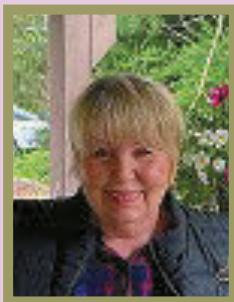
Kathy Nelson

Board Member



David Reed

Board Member



Linda Smith

Board Member



Diane Stabler

Board Member




Ernie Gilmer

Board Member

# Menu


# June 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Dine-in Lunch service Monday—Friday 12-12:30pm To Go meals served 11:30-12:00 <b>**Alternate meals available only for Fish/Seafood and Liver/Onions</b></p>			<p>1 Homestyle Chili Cornbread w/Honey Butter Fresh Fruit Salad Bar</p>	<p>2 Creamy Mac &amp; Cheese Sliced Ham Green Beans Warm Bread Salad Bar</p>
<p>5 Sausage Gravy w/ Buttermilk Biscuits Scrambled Eggs Sausage Links Fresh Fruit Salad Bar</p>	<p>6 Baked Chicken Roasted Potatoes Mixed Vegetables Dinner Roll Salad Bar</p>	<p>7 Beef or Chicken Taco Salad w/All the Fixin's Refried Beans Chips and Salsa Salad Bar</p>	<p>8 <b>Summer Wave of Health</b> Oriental Chicken Salad w/ Oranges, Almonds &amp; Chinese Noodles Sesame Dressing Fortune Cookies Salad Bar</p>	<p>9 Sweet Corn Chowder Breadsticks Apricots Salad Bar</p>
<p>12 Shepherd's Pie w/Mashed Potatoes Buttered Peas Salad Bar</p>	<p>13 Loaded Baked Potato w/All the Fixin's Steamed Broccoli Salad Bar</p>	<p>14 Baked Fish w/ Mango Salsa Jasmine Rice Creamy Coleslaw Seasonal Vegetables Salad Bar</p>	<p>15 <b>Father's Day</b> BBQ Pork Ribs Baked Beans Potato Salad Cornbread Green Salad Dessert</p>	<p>16 Sloppy Joes Tater Tots Fresh Oranges Salad Bar</p>
<p>19 </p>	<p>20 Leila's Garlic Chicken Roasted Potatoes Vegetables Warm Bread w/ Butter Salad Bar</p>	<p>21 Pork Cutlets w/ Mashed Potatoes Gravy Seasoned Corn Salad Bar</p>	<p>22 Fettucine Alfredo w/ Chicken Peas &amp; Carrots Garlic Bread Salad Bar</p> <p>Birthday Gift Bags</p>	<p>23 Chicken Fried Steak Mashed Potatoes Chicken Gravy Buttered Green Beans Fresh Fruit Green Salad</p>
<p>26 Crispy Coconut Fish Jasmine Rice Tropical Fruit Salad Salad Bar</p>	<p>27 Creamy Beef Stroganoff Buttered Noodles Vegetable Dinner Roll Salad Bar</p>	<p>28 Stir Fried Chicken Yakisoba Noodles Asian Vegetables Egg Rolls Salad Bar</p>	<p>29 <b>4th of July</b> Grilled Burgers &amp; Dogs Seasoned Steak Fries Macaroni Salad Cold Watermelon Patriotic Dessert</p>	<p>30 Grilled Polish Sausage Peppers &amp; Onions Roasted Potatoes Sauerkraut Salad Bar</p>

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# June Order-Ahead Lunch Menu

Your Name

Monday	Tuesday	Wednesday	Thursday	Friday
<p>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!</p> <p><b>Salad Bar is not available for delivery</b></p>	<p>Due to Staffing issues we will only be delivering lunches on Mondays, Wednesdays and Fridays.</p>		<p>1 Homestyle Chili Cornbread w/Honey Butter Fresh Fruit Salad Bar</p> <p>No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>2 Creamy Mac &amp; Cheese Sliced Ham Green Beans Warm Bread Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>
<p>5 Sausage Gravy w/ Buttermilk Biscuits Scrambled Eggs Sausage Links Fresh Fruit Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>6 Baked Chicken Roasted Potatoes Mixed Vegetables Dinner Roll Salad Bar</p> <p>No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>7 Beef or Chicken Taco Salad w/All the Fixin's Refried Beans Chips and Salsa Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>8 <b>Summer Wave of Health</b> Oriental Chicken Salad, Chinese Noodles Sesame Dressing Fortune Cookies Salad Bar</p> <p>No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>9 Sweet Corn Chowder Breadsticks Apricots Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>
<p>12 Shepherd's Pie w/Mashed Potatoes Buttered Peas Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>13 Loaded Baked Potato w/All the Fixin's Steamed Broccoli Salad Bar</p> <p>No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>14 Baked Fish w/ Mango Salsa Jasmine Rice Creamy Coleslaw Seasonal Vegetables Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>15 <b>Father's Day</b> BBQ Pork Ribs Baked Beans Potato Salad Cornbread Green Salad Dessert</p> <p>No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>16 Sloppy Joes Tater Tots Fresh Oranges Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>
<p>19</p> 	<p>20 Leila's Garlic Chicken Roasted Potatoes Vegetables Warm Bread w/Butter Salad Bar</p> <p>No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>21 Pork Cutlets w/ Mashed Potatoes Gravy Seasoned Corn Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>22 Fettucine Alfredo w/ Chicken Peas &amp; Carrots Garlic Bread Salad Bar</p> <p>No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>23 Chicken Fried Steak Mashed Potatoes Chicken Gravy Buttered Green Beans Fresh Fruit, Green Salad</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>
<p>26 Crispy Coconut Fish Jasmine Rice Tropical Fruit Salad Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>27 Creamy Beef Stroganoff Buttered Noodles Vegetable Dinner Roll Salad Bar</p> <p>No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>28 Stir Fried Chicken Yakisoba Noodles Asian Vegetables Egg Rolls Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>29 <b>4th of July</b> Grilled Burgers &amp; Dogs Seasoned Steak Fries Macaroni Salad Cold Watermelon Patriotic Dessert</p> <p>No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>30 Grilled Polish Sausage Peppers &amp; Onions Roasted Potatoes Sauerkraut Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>

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# Events

# June 2023

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1 9:30-10:30-Chick-fil-A Bingo 10:30 Tai Chi 12pm Lunch 1-3 Card Games 1-4-Legal Guidance</p>	<p>2 10-1-Haircuts by Amber 12pm Lunch <del>1-3pm Mahjong</del> 1-3:30 Shopping Trip 7pm Family Bingo</p>
<p>5 10-4-Sandy's Sr. Trips 11-12 Stretch &amp; Strength 12pm Lunch 1-2-Line Dancing by Shannon 1-3:30-Plant Party</p>	<p>6 <del>8:30-12pm Massage</del> 9:30-11:30 Music Jam 9:30-11:30- Line Dancing by Cindy 12pm Lunch 1pm Writers Group 2:30-5:00-Bus Wlkng Trip</p>	<p>7 10-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo</p>	<p>8 <b>Summer Wave of Health</b> 10:30 Tai Chi 12pm Lunch 1-3 Card Games 1-4-Legal Guidance</p>	<p>9 10-2 Haircuts by Becky 12pm Lunch <del>1-3pm Bunco</del> 1-3:30 Shopping Trip 7pm Family Bingo</p>
<p>12 11-12 BP Checks 11-12 Stretch &amp; Strength 12pm Lunch</p>	<p>13 8:30-12pm Massage 9:30-11:30 Music Jam 9:30-11:30- Line Dancing by Cindy 12pm Lunch 1pm Writers Group 1-2:30-Tech Time 2:30-5:00 Local Walking</p>	<p>14 10-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo</p>	<p>15 <b>Father's Day</b> 10:30-12:30-Music Peggie &amp; the Brock-A-Roos 10:30 Tai Chi 12pm Lunch 1-2:30-Caregivers Stp. 1-3 Card Games 1-4-Legal Guidance</p>	<p>16 10-3-Photo Shoot 12pm Lunch <del>1-3pm Mahjong</del> 1-3:30 Shopping Trip 7pm Family Bingo</p>
<p>19 11-12 Stretch &amp; Strength</p> 	<p>20 8:30-12pm Massage 9:30-11:30 Music Jam 9:30-11:30- Line Dancing by Cindy 10-4-Sandy's Sr. Trips 12pm Lunch 1pm Writers Group 2:30-5:00-Bus Wlkng Trip 3-4 Advisory Board Mtg</p>	<p>21 10-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo 4:30 Juliet's @Panda Express</p>	<p>22 10:30-12:00 Music Patty &amp; the Traveling 4 10:30 Tai Chi 12pm Lunch 1-2-Healthy Brain Games 1-3 Card Games 1-4-Legal Guidance <b>Birthday Gift</b></p>	<p>23 9-3 Foot Care 10-1-Craft Sales 12pm Lunch <del>1-3pm Bunco</del> 1-3:30 Shopping Trip 7pm Family Bingo</p>
<p>26 11-12 Stretch &amp; Strength 12pm Lunch</p>	<p>27 <del>8:30-12pm Massage</del> 9:30-11:30 Music Jam 9:30-11:30- Line Dancing by Cindy 12pm Lunch 1pm Writers Group 2:30-5:00 Local Walking</p>	<p>28 10-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo</p>	<p>29 <b>4th of July</b> 10:30-12-Music by Johnny Crash 10:30 Tai Chi 12pm Lunch 1-3 Card Games 1-4-Legal Guidance</p>	<p>30 12pm Lunch 1-3:30-Art w/Anita 1-3:30 Shopping Trip 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.

### Free Legal Advice

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 have with a licensed attorney without any charge or fee. This program is made possible due to the volunteer services of Washington attorney Evan E. Inslee of Bonney Lake. Mr. Inslee will meet every Thursday from 1:00-4:00 pm. Please call to schedule your 30 minute appointment.

### Free Haircuts by Becky from Tangles



**Friday, June 9th (date change)**

**10am to 2pm**

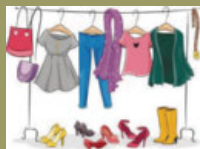
Please call to schedule your 20 minute appointment. There are limited appointments.

**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.



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

**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!



### Plant Party

Join us on Monday, June 5th from 1:00-3:30 for our Plant Party hosted by our Gardening Committee. Bring your propagated plants to share. We will have starter seeds available. Cost is \$10.00 with all materials provided. See a staff member to sign up.

### 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

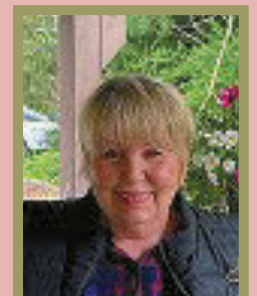
**2nd Tuesday of the month**

**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.

### 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



### 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.



### 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.

### 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!



### Art with Anita

**Friday, June 30th**

Time: 1:00-3:30 pm

Cost: \$20.00



Sign up for another art class taught by our own Anita Miles. All materials are provided and you get to hang your beautiful canvas in your home!

### Senior Center Closures

The Senior Center  
will be closed:

**Juneteenth**

**Monday, June 19th**

**Tuesday, July 4th**

**Independence Day**

**Labor Day**

**Monday, September 4th**



### 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. June's event is on Thursday, June 1st. 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 9:00. Please sign up in the programs binder.



### Sandy's Senior Get-Away

Tired of sitting around being bored? Missing conversations with your friends? Join us the 1st and 3rd Monday of the month (in June it will be 3rd Tuesday) for a get-away for a few hours. Cost is \$5.00 for transportation

**Monday, June 5th** Leave the Senior Center at 10:00 go to Ruston Way, Shop, Eat lunch and return by 4:00pm

**Tuesday, June 20th** leave the Senior Center at 10:00 to thrift shopping at Granny's Attic & Value Village. Lunch at Mrs. Turner's Plantation and return to the senior center by 4:00 pm. See staff member to sign up.

### 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.

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



### Monthly Craft Sale

**Friday, June 23th**

**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.

### Father's Day Lunch

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 followed by a special lunch. Please sign up in the special events binder and pay at time of sign up.

### 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**



## Upcoming Events

### 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.



### Labor Day Lunch

Thursday, August 31st

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 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.

### Grandparents Day

Thursday, September 7th

10:30-12:30

Cost \$8.00

Join us for our annual Luau with music by Tacoma Banjo Club 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 of sign up.

### 9/11 Celebration

Monday, September 11th

10:30-12:30

Cost \$8.00

Join us for special celebration to commemorate 9/11 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 of sign up.

### Car Show

Date: Friday, August 18th

10:30-12:30

Cost \$8.00

Join us for 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.



### Hippie Day

Wednesday, September 20th

10:30-12:30

Cost \$8.00

Join us for our annual Luau with music by Terry Bartelme followed by a special lunch. Please sign up in the special events binder and pay at time of sign up.



## 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.

June 15—Father's Day —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 Peggie & the Brock-Roos  
**September 7—Grandparents Day—Music by Music by Tacoma Banjo Club**  
September 11—Patriots Day Celebration—Peggie & the Brock-a-Roos  
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

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.



# Health and Wellness

## Caregivers Support Group

Thursday, June 15th

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, June 23th**

**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 several months, so she's available on June 13th & June 20th 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 Farmers Market Nutrition Program

The Senior Farmers Market Nutrition Program has begun it's new season in Pierce County and is now accepting applications. This program provides low-income seniors with a voucher to purchase fresh produce, cut herbs, and honey grown/produced in Washington State. Copy the link below to a web browser to begin the application process. If you do not have access to a computer, please call 253-798-4600.

[www.piercecountywa.gov/farmersmarket](http://www.piercecountywa.gov/farmersmarket)



### Free Blood Pressure Checks

by Celebrate Seniority



When: Monday, June 12th

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.

### Free Line Dancing Lesson

Sign up to attend our free line dancing session on Monday, June 5th from 1:00-2:00 in our dining room, taught by Shannon Agidius, it's great exercise and fun!

We'd like to thank Shannon for offering to teach this class. If we have enough interest, she will continue the classes on a regular basis (schedule to follow at a later date). See a staff member to sign up.

Also, Cindy Adams will teach free impromptu line dancing classes every Tuesday from 9:30-11:30 during Music Jam. There is no sign up for Tuesdays sessions. Thank you Cindy!!!



### 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 our "Summer Wave of Wellness" fair from 10:00-1:00. 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 June 22nd 1:00-2:30 (rescheduled from April)**

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.

#### **Dementia Friends Conversations Tuesday, August 22nd 1:00-2:00 (rescheduled from June 19th)**

(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.

#### **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.~~



## News from our Gardener

Hey crew, make sure you take the time to smell the flowers! We have been working hard to get our awakening garden up and thriving with spring flowers. I have found that perennials tend to adapt to our cool nights and our garden looks great covered with pansy and violas. This time of year there are a lot of plants to choose from but how much do you want to spend. With the weather a month behind in normal temperature the staff and I see an excellent opportunity to share seed starting products and an informational class on how to use them. Join us on June 5 at the 1:30 time period for some fun and information on planting flower and veggie seeds. To help us out, there are donated seed starting kits. These kits are made up of individual vermiculite pods that allow new seedling to use less force to emerge from this mix. I will also be demonstrating a propagation technique that we use to raise the flowers that make up the bulk of the summer sales at the Bonney Lake concert series. Feel free to take your plants home or leave them behind for our Senior Center garden. That first week of June is an excellent time to get plants started before our summer drought moves in.

The advice I want to share for those putting seed in the outdoor ground this time of year is to keep a supply of water that is at ambient or higher temperature. Know that our hose water is coming from snow melt which will lower your soil temperature. Water barrels are the popular vessel to use these days but any watering can full of water will warm up nicely, even on the cloudiest days. Seeds will need to stay damp, yet warm enough (50-60 degrees for cool weather crops). During those rare warm, sunny days, seeds planted in soil need to be watered every day!

Most people are rightly saying, "sounds good Dave, but I'm buying transplants". I don't blame you and the business is brisk! But now it's time to put those plants in the ground, so if you follow these directions, you will almost never have a seedling wilt. First: scoop out a small hole in the soil about 4" deep. Add maybe a half cup of fertilizer to the bottom of the hole and mix the fertilizer in to the surrounding gallon of soil. Next: compress the soil around the hole with your fist. Set the seedling on top of the compressed surface with the lower leaves about level with the surface soil. Using your warmed water gently fill the hole without washing away the soil attached to your seedling. Carefully push the soil back to fill the hole keeping the soil mixture more slurry-like as you continue to back fill the hole. This is where I like to use a soluble fertilizer to add a boost for starter and this puts your plant into the damp but not wet environment. With a pinch of good luck you are on your way. With that said I already have a steady supply of lettuce, onions, radishes and over wintered broccoli going to the dinner table!

At the end of our spring season, gardeners are ready to plant their solanums type plants Solanums are semitropical heat loving plants. They are your peppers, eggplants and the hardiest might be our tomatoes. These plants must be pampered through our cool nights. The key to success with peppers, melons and cucumbers is to delay planting until the weather suits the crop; meaning the soil temperature will remain above 55 degrees.

This months garden tour took us to Soos Creek Botanical Garden and Heritage Center which is open to the public, pairing the experience of strolling amid inspirational, mature gardens with the fascinating local history of the Soos Creek Plateau. Soos Creek Botanical Garden is dedicated to promoting the enjoyment, understanding and conservation of plants and the natural world along with our community's local history through education, research, and stewardship. They invite you to experience the gardens and programs with them.

See them at 29308 132nd Ave SE Auburn, WA Hours (March – Nov.)

Wednesday–Saturday 10am–4pm Contact(253) 639-0949 [info@sooscreekbottanicalgarden.org](mailto:info@sooscreekbottanicalgarden.org)

Hope this helps you to get just a little more joy out of gardening!

Dave PCMG



David A. and  
Linda Smith  
Gardening Committee

## Just for Laughs

The math teacher asked  
Johnny  
“How many feet are in a  
yard?”

Johnny responded  
“It depends on how  
many people are  
standing in the yard!”



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## Optical Illusion

How many horses do you see?

Answer on page 21



# NEVER MISS OUR NEWSLETTER!

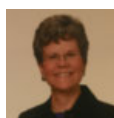
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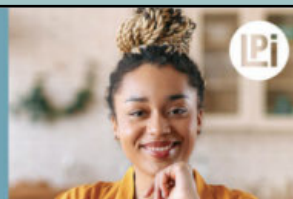
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## Word Search

# House

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

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

DORMER WINDOW  
DRAINPIPE  
FIRE ESCAPE  
FLOOR  
FOUNDATIONS  
GARAGE  
GUTTER  
HAT RACK  
HOLLOW WALL  
KITCHEN  
OFFICE  
PATIO  
SHUTTER  
SITTING AREA  
STOVE  
STUDIO  
TURRET  
WALL ANCHOR  
WELL  
WINDOWSILL

ARCADE  
BATHROOM  
BEDROOM

BEDSTEAD  
CEILING  
CHIMNEY

COLONNADE  
CORRIDOR  
DOORSTEP

## Answer to Optical Illusion

According to the artist Bev Doolittle who named the painting Pintos, there are only five horses. However, this doesn't change the fact that some people could still see more which goes to show that people's brains work Differently.



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# Phil's Trips

## Trips Policy Change

*We are changing the policy to our Trips signup program.*

*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.*

Friday June 2<sup>nd</sup>

## Glassblowing Experience

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

Leaving lot behind Senior Center at 10:30 a.m. and returning around 4:00 p.m.

Cost: \$80 plus tax per art object; lunch on your own at Freight House 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 will get a \$15 discount. ***This trip will be limited to the first 14 people.***

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## Phil's Trips Cont'd

**Sunday June 4<sup>th</sup>**

**"Hello, Dolly" at Village Theater**

**This is a senior center bus trip**

Leaving Senior Center at 11:30 a.m. Sunday morning. Returning at 6:30 p.m.

Cost: \$5 for transportation, \$72 for admission (pay \$77 to Bonney Lake Senior Center). Dinner on your own after we return to Bonney Lake.

**Tuesday, June 13<sup>th</sup>**

**Tacoma Rainiers Deck Party Baseball Game vs the Albuquerque Isotopes**

**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 Isotopes begins at 11:35. During the game see our group get a special welcome on the video board. Don't forget your sunglasses.

**Saturday July 8<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.

**Friday, July 21<sup>st</sup> thru Sunday, July 23<sup>rd</sup>**

**Lavender Festival in Sequim and Puffin Island Cruise**

**This is a Bonney Lake Sr. Ctr. bus trip.** Leaving from behind the Police Department at 9:00 a.m. Friday and returning around 6:00 p.m. on Sunday. Cost: Transportation - \$15; Hotel room 195/person, Puffin Cruise - \$100 (total of \$310 due at sign-up). This trip will begin with a breakfast stop at McDonalds, and then visit 3 farms in Sequim. Friday and Saturday evenings we will play and stay in Port Townsend, spending the night at the Harborside Inn, and then back to Sequim on Sunday for the Lavender Festival Street Fair. The 3-hour Protection Island Puffin Cruise sails out of Port Townsend on Saturday evening. See Phil for more details.

**Tuesday local walking trips will be:**

June 6<sup>th</sup> – Tehaleh

**Tuesday park walking trips will be:**

June 20<sup>th</sup> – Deep Lake State Park (Cumberland)

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

## Phil's Trips Cont'd

### Special Advance Notice of Up-Coming Collette Trips

**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 Ireland's 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.

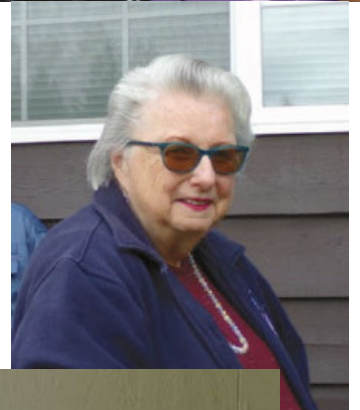
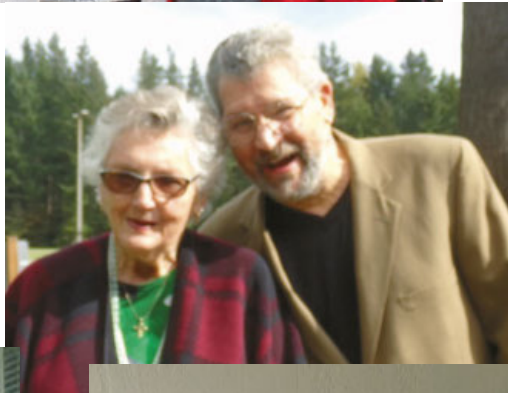
Price includes round trip air from Sea-Tac., plus air taxes and fees/surcharges and hotel transfers.

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.

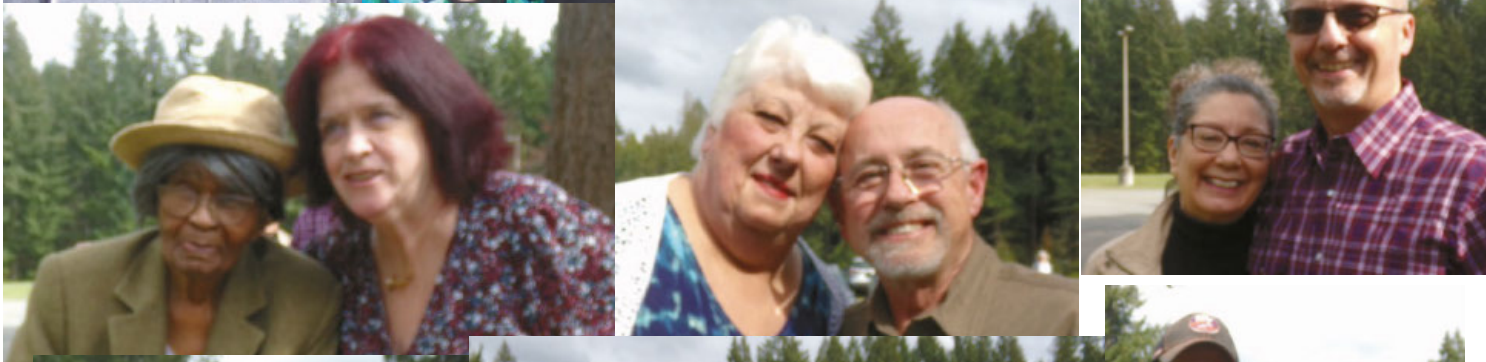
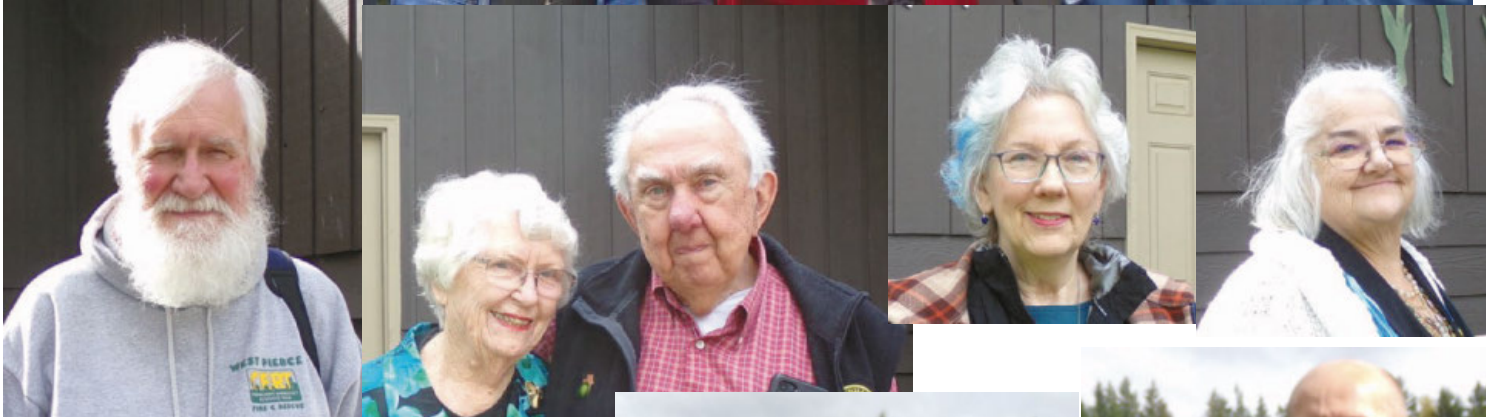


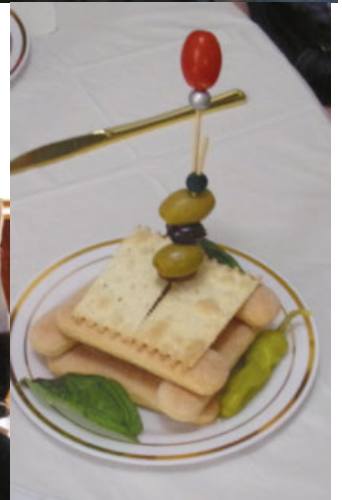
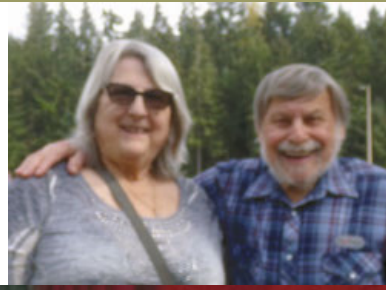
## Volunteer Appreciation Dinner Pictures

Thank you to everyone who attended our Volunteer Appreciation Dinner on Saturday, April 22nd. We had wonderful food, good conversations, cool door prizes and Bob Wells won for Volunteer of the year for 2022! Congratulations Bob!



## Volunteer Appreciation Dinner Pictures Cont'd





## Pierce County Sheriff's Office Scam Alert



# SCAM ALERT

### SCAMMERS USING ARTIFICIAL INTELLIGENCE (AI) TO ENHANCE FAMILY-EMERGENCY SCHEMES

You get a call. There's a panicked voice on the line. It's your son. He says he's in deep trouble — he wrecked the car and landed in jail. But you can help by sending money. You take a deep breath and think. You've heard about these scams. But darn, it sounds just like him. How could it be a scam? Voice cloning, that's how.

Artificial intelligence is no longer a far-fetched idea out of a sci-fi movie. We're living with it, here and now. A scammer could use AI to clone the voice of your loved one. All he needs is a short audio clip of your family member's voice — which he could get from content posted online — and a voice-cloning program. When the scammer calls you, he'll sound just like your loved one.

So how can you tell if a family member is in trouble or if it's a scammer using a cloned voice?

Don't trust the voice. Call the person who supposedly contacted you and verify the story. Use a phone number you know is theirs. If you can't reach your loved one, try to get in touch with them through another family member or their friends.

Scammers ask you to pay or send money in ways that make it hard to get your money back. If the caller says to wire money, send cryptocurrency, or buy gift cards and give them the card numbers and PINs, those could be signs of a scam.

If you spot a scam, report it to the FTC at [ReportFraud.ftc.gov](https://reportfraud.ftc.gov).

Want to stay up to date on the latest scams? Check out the FTC's consumer alerts: <https://consumer.ftc.gov/consumer-alerts>

We encourage you to share this information with family members or friends.