

Bonney Lake

Senior Center Newsletter

August
2023



Located at:

19304 Bonney Lake Blvd
Bonney Lake, WA 98391

Mailing address:

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

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

Emergency After Hours
Number—253-445-0632

www.citybonneylake.org

(we are listed under Residents Tab)

Welcome to the Bonney Lake Senior Center!

Hello!

With summer in full swing, we have planned loads of fun activities for you. Please take the time to read this newsletter, front to back, come to the center and sign-up for the fun that interests you! Be it the Luau, Car Show, Art Class, Music with the Jammers, or Patty and her band. Be sure to come in and get signed up for the fun!!

Table of Contents

Welcome to the Center	1
Senior Center Staff	2
Senior Advisory Board	3
Lunch Menu	4
Order Ahead Lunch Menu	5
Events Calendar	7
Available Services	8
Current Events/Activities	9-11
Upcoming Events	12-13
Health & Wellness	14-16
News from our Gardener	17
Important Information	18
Just for Laughs	19
Health Benefits of Pets	20
Seniors & Elder Abuse	21-22
Celebrate Seniority	23
Exercising	24
Word Search	25
Phil's Trips	26-28

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.



Senior Center Staff

Staff

Assistant Cook
Karen Berto

Dishwasher
TJ

Facility Monitors
Becky Alvarez & Jim Rowland

To Reach all Staff Call:
253-863-7658



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

Visit us at www.ci.bonney-lake.wa.us / 2

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Bill Clough

wclough@lpicommunities.com

(800) 950-9952 x2635

Place Your Ad Here and Support our Community!

Instantly create and
purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator

SUPPORT OUR ADVERTISERS!



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Bonney Lake Senior Center, Bonney Lake, WA

A 4C 05-1036

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.



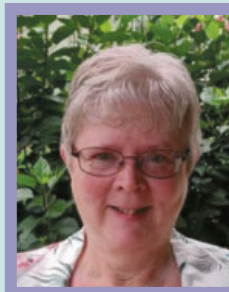
President

Wayne Johnson



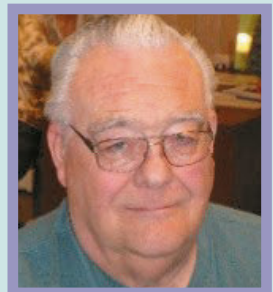
Vice President

Bob Wells



Treasurer

Julianne DeLeo



Assistant Treasurer

Jim Baisch



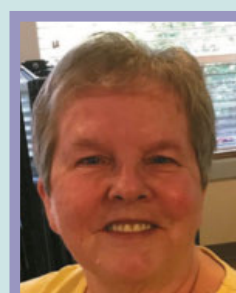
Secretary

Anita Chandler



Bonnie Johnson

Board Member



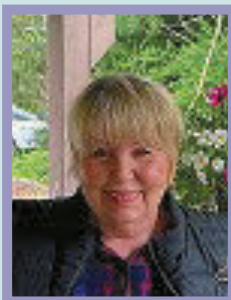
Kathy Nelson

Board Member



David Reed

Board Member



Linda Smith

Board Member



Diane Stabler

Board Member



Ernie Gilmer

Board Member

Menu

August 2023

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Creamy Chicken Divan Steamed Rice Rolls w/Butter Salad Bar	2 Panko Breaded Fish w/Tarter Sauce Pasta Creamy Cole Slaw Salad Bar	3 Chef's Special Salad Bar	4 Asian Chicken Salad w/Mandarin Oranges, Almonds Chow Mein Noodles, Sesame Dressing Fortune Cookie Salad Bar
7 Chicken Tenders w/ Dipping Sauces Tater Tots Fruit Salad Bar	8 Chef's Salad Salad Bar	9 Chicken Fried Steak Mashed Potatoes, Country Gravy Steamed Vegetables Salad Bar	10 Luau Shoyu Chicken Island Style Fried Rice Hawaiian Coleslaw Egg Roll Tropical Treat	11 Tuna Salad Sandwich on Croissant Carrot Raisin Salad Chips Salad Bar
14 Grilled Cheese Sandwiches Chips Cantaloupe Slice Salad Bar	15 BBQ Chicken Baked Beans Corn On The Cob Garlic Bread Salad Bar	16 Fish Burgers Lettuce, Tomatoes & Onion Jo's Salad Bar	17 Chef's Salad Salad Bar	18 Car Show BBQ'd Burgers & Dogs Watermelon Slices Chips Salad Bar
21 Spaghetti w/Meat Sauce Buttery Noodles Green Peas Garlic Bread Salad Bar	22 Chef's Special Breadsticks Salad Bar	23 Sweet & Sour Meatballs Jasmine Rice Vegetables Salad Bar	24 Pulled Pork Sandwich Tater Tots Pineapple Coleslaw Salad Bar Birthday Gift Bags	25 Chicken Taco Salad w/all the Fixin's Tortilla Chips Salad Bar
28 Sloppy Joe's Fries Pickle Wedge Salad Bar	29 Spinach Salad with Strawberries, Avocado Grilled Chicken & Roll Salad Bar	30 Glazed Meatloaf Potatoes w/Gravy Buttered Green Beans Salad Bar	31 Labor Day Polish Dogs Grilled Onions Assorted 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

Visit us at www.ci.bonney-lake.wa.us / 4

August 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! Salad Bar is not available for delivery</p>	<p>1 Creamy Chicken Divan Steamed Rice Rolls w/Butter Salad Bar</p> <p>No Delivery <input type="text"/> To Go <input type="text"/> Dine in <input type="text"/></p>	<p>2 Panko Breaded Fish w/Tarter Sauce Pasta Creamy Cole Slaw Salad Bar</p> <p>Delivery <input type="text"/> To Go <input type="text"/> Dine in <input type="text"/></p>	<p>3 Chef's Special Salad Bar</p> <p>No Delivery <input type="text"/> To Go <input type="text"/> Dine in <input type="text"/></p>	<p>4 Asian Chicken Salad w/ Mandarin Oranges, Almonds, Chow Mein Noodles, Sesame Dressing, Fortune Cookie Salad Bar</p> <p>Delivery <input type="text"/> To Go <input type="text"/> Dine in <input type="text"/></p>
<p>7 Chicken Tenders w/ Dipping Sauces Tater Tots Fruit Salad Bar</p> <p>Delivery <input type="text"/> To Go <input type="text"/> Dine in <input type="text"/></p>	<p>8 Chef's Salad Salad Bar</p> <p>No Delivery <input type="text"/> To Go <input type="text"/> Dine in <input type="text"/></p>	<p>9 Chicken Fried Steak Mashed Potatoes, Country Gravy Steamed Vegetables Salad Bar</p> <p>Delivery <input type="text"/> To Go <input type="text"/> Dine in <input type="text"/></p>	<p>10 Luuu Shoyu Chicken Island Style Fried Rice Hawaiian Coleslaw Egg Roll Tropical Treat</p> <p>No Delivery <input type="text"/> To Go <input type="text"/> Dine in <input type="text"/></p>	<p>11 Tuna Salad Sandwich on Croissant Carrot Raisin Salad Chips Salad Bar</p> <p>Delivery <input type="text"/> To Go <input type="text"/> Dine in <input type="text"/></p>
<p>14 Grilled Cheese Sandwiches Chips Cantaloupe Slice Salad Bar</p> <p>Delivery <input type="text"/> To Go <input type="text"/> Dine in <input type="text"/></p>	<p>15 BBQ Chicken Baked Beans Corn On The Cob Garlic Bread Salad Bar</p> <p>No Delivery <input type="text"/> To Go <input type="text"/> Dine in <input type="text"/></p>	<p>16 Fish Burgers Lettuce, Tomatoes & Onion Jo's Salad Bar</p> <p>Delivery <input type="text"/> To Go <input type="text"/> Dine in <input type="text"/></p>	<p>17 Chef's Salad Salad Bar</p> <p>No Delivery <input type="text"/> To Go <input type="text"/> Dine in <input type="text"/></p>	<p>18 Car Show BBQ'd Burgers & Dogs Watermelon Slices Chips Salad Bar</p> <p>Delivery <input type="text"/> To Go <input type="text"/> Dine in <input type="text"/></p>
<p>21 Spaghetti w/Meat Sauce, Buttery Noodles, Green Peas Garlic Bread Salad Bar</p> <p>Delivery <input type="text"/> To Go <input type="text"/> Dine in <input type="text"/></p>	<p>22 Chef's Special Breadsticks Salad Bar</p> <p>No Delivery <input type="text"/> To Go <input type="text"/> Dine in <input type="text"/></p>	<p>23 Sweet & Sour Meatballs Jasmine Rice Vegetables Salad Bar</p> <p>Delivery <input type="text"/> To Go <input type="text"/> Dine in <input type="text"/></p>	<p>24 Pulled Pork Sandwich Tater Tots Pineapple Coleslaw Salad Bar</p> <p>No Delivery <input type="text"/> To Go <input type="text"/> Dine in <input type="text"/></p>	<p>25 Chicken Taco Salad w/all the Fixin's Tortilla Chips Salad Bar</p> <p>Delivery <input type="text"/> To Go <input type="text"/> Dine in <input type="text"/></p>
<p>28 Sloppy Joe's Fries Pickle Wedge Salad Bar</p> <p>Delivery <input type="text"/> To Go <input type="text"/> Dine in <input type="text"/></p>	<p>29 Spinach Salad with Strawberries, Avocado Grilled Chicken & Roll Salad Bar</p> <p>No Delivery <input type="text"/> To Go <input type="text"/> Dine in <input type="text"/></p>	<p>30 Glazed Meatloaf Potatoes w/Gravy Buttered Green Beans Salad Bar</p> <p>Delivery <input type="text"/> To Go <input type="text"/> Dine in <input type="text"/></p>	<p>31 Labor Day Polish Dogs Grilled Onions Assorted Chips Salad Bar</p> <p>No Delivery <input type="text"/> To Go <input type="text"/> Dine in <input type="text"/></p>	<p>Due to Staffing issues we will only be delivering lunches on Mondays, Wednesdays and Fridays.</p>

Visit us at www.ci.bonney-lake.wa.us / 5

This Page has intentionally been left blank

Events

August 2023

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>8:30-12pm Massage</p> <p>9:30-11:30 Music Jam</p> <p>9:30-11:30- Line Dancing by Cindy</p> <p>12pm Lunch</p> <p>1pm Writers Group</p> <p>2:30-5:00-Bus Wlkg Trip</p>	<p>2</p> <p>10-12 Happy Hookers</p> <p>12pm Lunch</p> <p>1:15pm Senior Bingo</p>	<p>3</p> <p>9:30-10:30-Chick-fil-A Bingo</p> <p>10:30 Tai Chi</p> <p>12pm Lunch</p> <p>1-3 Card Games</p> <p>1-4-Legal Guidance</p>	<p>4</p> <p>10-1 Haircuts by Amber</p> <p>10-11-Line Dancing Lessons w/Shannon</p> <p>12pm Lunch</p> <p>1-3pm Mahjong</p> <p>1-3:30 Shopping Trip</p> <p>7pm Family Bingo</p>
<p>7</p> <p>10-4-Sandy's Sr. Trips</p> <p>11-12 Stretch & Strength</p> <p>12pm Lunch</p>	<p>8</p> <p>8:30-12pm Massage</p> <p>9:30-11:30 Music Jam</p> <p>9:30-11:30- Line Dancing by Cindy</p> <p>12pm Lunch</p> <p>1pm Writers Group</p> <p>1-2:30-Tech Time</p>	<p>9</p> <p>10-12 Happy Hookers</p> <p>12pm Lunch</p> <p>1:15pm Senior Bingo</p>	<p>10 Luau</p> <p>10:30-12-Music by Terry Bartelme</p> <p>10:30 Tai Chi</p> <p>12pm Lunch</p> <p>1-3 Card Games</p> <p>1-4-Legal Guidance</p>	<p>11</p> <p>10-11-Line Dancing Lessons w/Shannon</p> <p>12pm Lunch</p> <p>1-3pm Bunco</p> <p>1-3:30 Shopping Trip</p> <p>7pm Family Bingo</p>
<p>14</p> <p>11-12 BP Checks</p> <p>11-12 Stretch & Strength</p> <p>12pm Lunch</p>	<p>15</p> <p>8:30-12pm Massage</p> <p>9:30-11:30 Music Jam</p> <p>9:30-11:30- Line Dancing by Cindy</p> <p>12pm Lunch</p> <p>1pm Writers Group</p> <p>2:30-5:00-Bus Wlkg Trip</p> <p>3-4 Advisory Board Mtg</p>	<p>16</p> <p>10-12 Happy Hookers</p> <p>12pm Lunch</p> <p>1:15pm Senior Bingo</p> <p>4:30 Juliet's @Mazatlan</p>	<p>17</p> <p>10-2 Haircuts by Becky</p> <p>10:30 Tai Chi</p> <p>12pm Lunch</p> <p>1-2:30-Caregivers Supp.</p> <p>1-3 Card Games</p> <p>1-4-Legal Guidance</p>	<p>18 Car Show</p> <p>10-1—Car Show</p> <p>10-11-Line Dancing Lessons w/Shannon</p> <p>12pm Lunch</p> <p>1-3pm Mahjong</p> <p>1-3:30 Shopping Trip</p> <p>7pm Family Bingo</p>
<p>21</p> <p>10-4-Sandy's Sr. Trips</p> <p>11-12 Stretch & Strength</p> <p>12pm Lunch</p>	<p>22</p> <p>8:30-12pm Massage</p> <p>9:30-11:30 Music Jam</p> <p>9:30-11:30- Line Dancing</p> <p>10:30-11:30-Dementia Friends Conversation</p> <p>12pm Lunch</p> <p>1pm Writers Group</p>	<p>23</p> <p>10-12 Happy Hookers</p> <p>12pm Lunch</p> <p>1:15pm Senior Bingo</p>	<p>24</p> <p>10:30-12:00 Music Patty & the Traveling 4</p> <p>10:30 Tai Chi</p> <p>12pm Lunch</p> <p>1-3 Card Games</p> <p>1-4-Legal Guidance</p> <p>Birthday Gift</p>	<p>25</p> <p>9-3 Foot Care</p> <p>10-1-Craft Sales</p> <p>12pm Lunch</p> <p>1-3pm Bunco</p> <p>1-3:30 Shopping Trip</p> <p>1:30-3:30-Art w/Anita</p> <p>7pm Family Bingo</p>
<p>28</p> <p>11-12 Stretch & Strength</p> <p>12pm Lunch</p>	<p>29</p> <p>8:30-12pm Massage</p> <p>9:30-11:30 Music Jam</p> <p>9:30-11:30- Line Dancing by Cindy</p> <p>12pm Lunch</p> <p>1pm Writers Group</p>	<p>30</p> <p>10-12 Happy Hookers</p> <p>12pm Lunch</p> <p>1:15pm Senior Bingo</p>	<p>31 Labor Day Lunch</p> <p>10:30-12-Music by Peggie & the Brock-a-Roos</p> <p>10:30 Tai Chi</p> <p>12pm Lunch</p> <p>1-3 Card Games</p> <p>1-4-Legal Guidance</p>	

Visit us at www.ci.bonney-lake.wa.us / 7

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 Manhattan Design



Thursday, August 17th

10am to 2pm

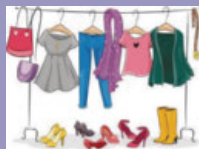
Please call to schedule your 20 minute appointment. There are limited appointments.

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.



Free Haircuts by Amber

Friday, August 4th

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

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!

Art with Anita

Friday, August 25th
Time: 1:30-3:30 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!

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. You can book 20 minute appointment with him on specific issues. See a staff member to sign up. Thank you Patrick! 49

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!

Calling all Bunco Players

Bunco has begun on the 2nd & 4th Fridays 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 KarenLynn for running the games!



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.



Senior Center Closures

The Senior Center
will be closed:

Labor Day

Monday, September 4th

Veteran's Day

Friday, November 10th

**Thanksgiving -Thursday & Friday,
November 23 & 24**

**Christmas—Monday December 25 & Tuesday,
December 26th**

New Year's Day—Monday, January 1, 2024



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 Ernie Gilmer from Banker's Life 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

Join us the first Thursday of each month for bingo at Chick-fil-A restaurant in Bonney Lake from 9:30-10:30 for a fun filled hour. There is no cost for this event. Please meet at Chick-fil-A before 9:30. The van will not be able to provide transportation to and from the restaurant. 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 for a get-away for a few hours. Cost is \$5.00 for transportation

Monday, August 7th Leave the Senior Center at 10:00 go to Snoqualmie Casino, gamble eat lunch and return by 4:00pm

Monday, August 21st leave the Senior Center at 10:00 to Ballard Locks, lunch at Dick's Drive-in 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.

8/16— Mazatlán

9/20— Teriyaki Wok

10/18— New Peking

11/15— Round Table Pizza

12/20— Don Chuys



Monthly Craft Sale

Friday, August 25th

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.

Tunes @ Tapps

Tunes at Tapps is held at Allan Yorke Park on Wednesdays in July and August. This event features an outdoor market with local vendors and live music.

Market: 5:00 - 8:00 p.m.

Music: 6:30 - 8:00 p.m.

Concert Lineup:

August 2 - Randy Linder's tribute to CCR

August 9 - Good Times Roll - A tribute to the Cars

August 16 - American Fool tribute to John Cougar Mellencamp

August 23 - Sammy Steele & The Spades *new date*

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, September 8th

Time: 10:00-3:00

Where: In our dining room

Upcoming Events

Luau

Thursday, August 10th

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.

Grandparents Day

Thursday, September 7th

10:30-12:30

Cost: \$6.00 lunch donation

Join us for Grandparents Day with a special lunch. Please sign up in the special events binder.

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!!



Patriots Day

Monday, September 11th

10:30-12:30

Cost \$8.00

Join us for 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 Hippie Day with music by Terry, Bartelme tie-dying, a contest for the best dressed hippie, 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 Labor Day Lunch 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.

Oktoberfest

Jim Lapsansky will be here with his amazing accordion playing polka music. There will be games, dancing, and a special lunch menu. A fun time will be had by all. See a staff member to sign up.

Date: Thursday, October 5th

Time: 10:30-12:00

Cost: \$8.00

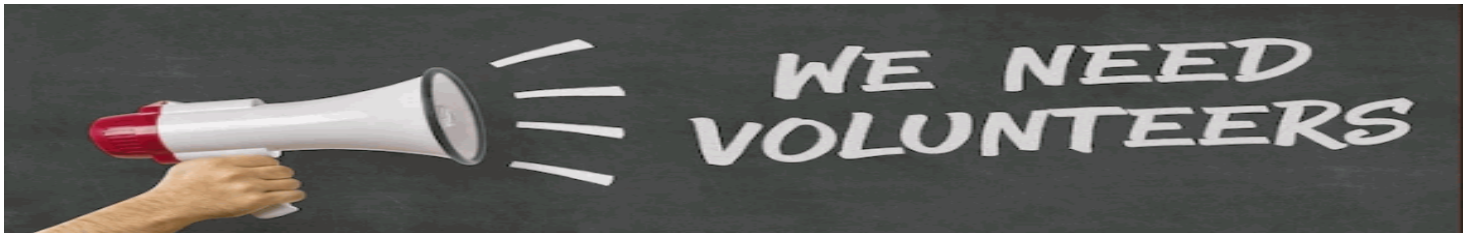


Upcoming Events Cont'd

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.

August 10—Luau—Music by Terry Bartelme
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 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 Roaring 2020's
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—Peggie & the Brock-a-Roos
December 15—Christmas Lunch Day Two—Music by Terry Bartelme
December 28—New Year's Eve Lunch—Music by Patty and the Traveling 4



Your Center Needs You!

Please consider volunteering a couple of hours a week in any of the following areas as we are in critical need of help in order to maintain our programs. Now that our doors are open we will need a variety of volunteers. Please call us to discuss various volunteer jobs that we will be in need of (hopefully soon) 253-863-7658.

Bingo Wednesdays & Friday Nights and there are a fun variety of positions 25

Dining Services Front Desk Host

Senior van driver and volunteer meal delivery drivers. Please talk to a staff member if you are interested and a BIG THANK YOU to all who currently volunteer with us!

*Come be part of the
team!!!!*

Health and Wellness

Caregivers Support Group

Thursday, August 17th
1-2pm

We'd like to thank Kara Jovag for offering to be our Facilitator.

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.

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** This class is free to our members Please call to sign up.

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.

Dementia Friends Conversations Tuesday, August 22nd 10:30-11:30 (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.

Healthy Brain and Games Friday, September 8th 10:30-12:00 (rescheduled from June)

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.~~

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



Free Blood Pressure Checks

by Celebrate Seniority

When: Monday, August 14th

Time: 11:00-12:00

Where: Bonney Lake Senior Center

Walk-in's welcome!



Aesthetician Coming soon to our Senior Center

Sherry from Sherry's Facials, a licensed Aesthetician, will be coming to our Senior Center once a month and providing facials for \$25.00 for a 30 minute appointment. Please stay tuned for dates and times.



Free Line Dancing Lessons

Sign up to attend our free line dancing sessions the 1st, 2nd, 3rd & 5th Fridays of the month from 10:00-11:00 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. 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!!!

Foot Care ~ Come Get Your Toes Done!

When: Friday, August 25th

9am to 3pm

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

Stretch & Strength

Every Monday

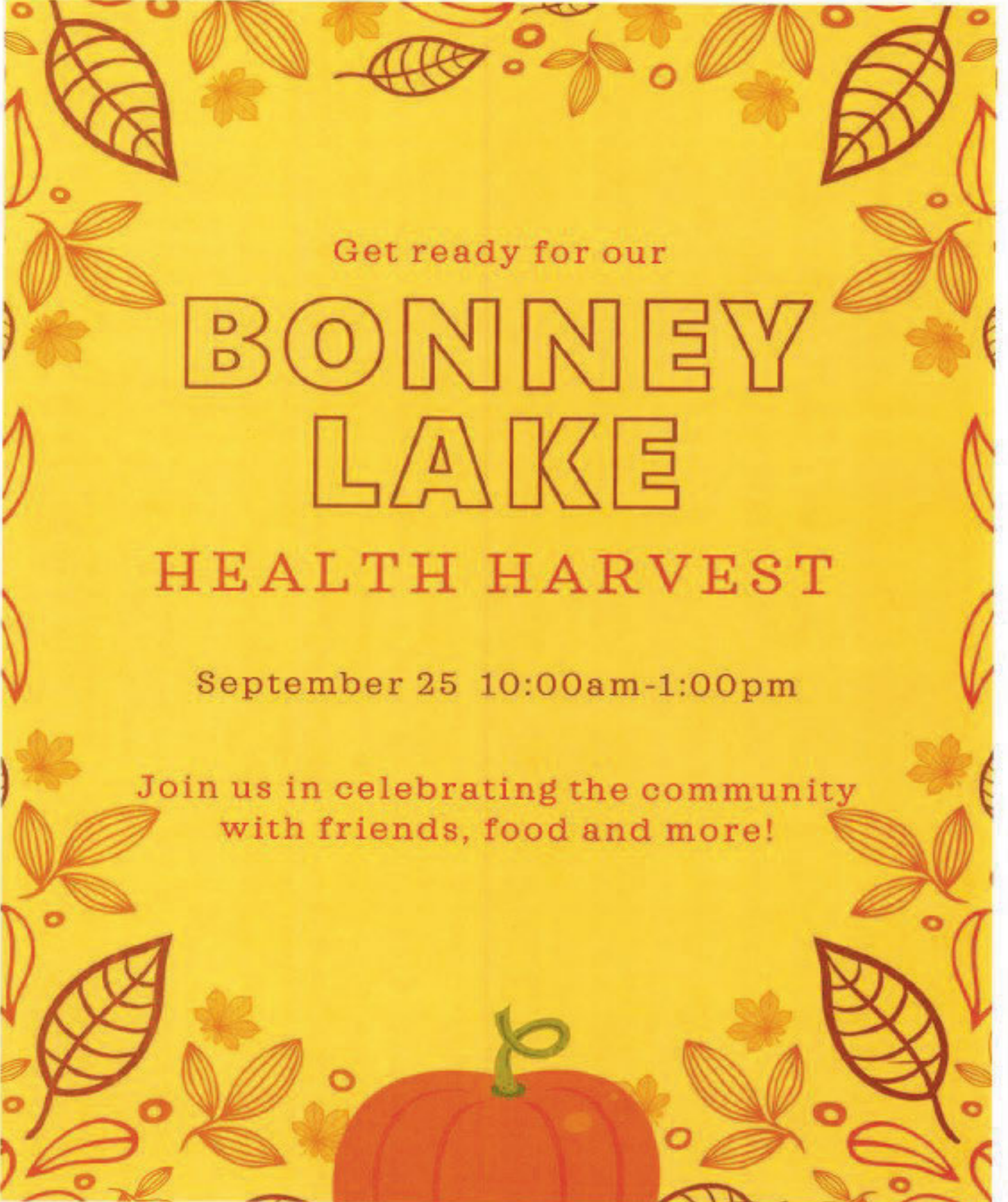
11:00-12:00

No cost

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

Chair Massage

Linda is back! She will only be working the 2nd and 4th Tuesdays of the month for several months. 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.



Get ready for our

BONNEY LAKE

HEALTH HARVEST

September 25 10:00am-1:00pm

Join us in celebrating the community
with friends, food and more!

News from our Gardener

August heat is tough to beat but when the summer gets really, really hot, I make sure to find a shady spot, with a cold drink in hand, there, I take the time to make a plan. Here are seven tips that every gardener should put on the August to – do list: **Plan #1:** Pull weeds as soon as you notice them. It's best to do this before they go to seed in the garden. This will help reduce overwintering weeds that can wreak havoc next year. Use the hand weeder for tough weeds like dandelions and thistles. **Plan #2:** Remove spent flowers. Also known as deadheading, removing spent flowers on annuals, roses and perennials will reward you with more blooms that continue well into fall. **Plan#3:** Prune / remove dead branches on shrubs and small trees (any time of year). **Plan #4:** Create dried flower bouquets. Certain flowers are good candidates for drying including hydrangea blossoms, globe amaranth, celosia, straw flowers and ornamental grasses. Harvest them when they are dry in the morning but before noon when temperatures begin to get hot. With annual flowers, select those that are not fully open. Once you cut the stems, strip all the leaves and remove any damaged parts of the flower. Store them in a dry, dark, warm place, preferably one with good air circulation. Depending on the type of flower, it may take two to three weeks before they are completely dry. You can also hang them upside down to dry, or in a vase without water. Once they dry completely, the blooms should last for years, although the colors will fade over time. **Plan #5:** Keep new plantings watered. If you've planted flowers, shrubs and trees within the past six months, make sure they are watered during hot, dry spells. You can also apply a fresh layer of mulch (1 to 2 inches thick) after you weed. This will help the soil maintain moisture and reduce future weed crops. Remember; TAGRO is also a mulch and can be obtained for free. **Plan #6:** Have your soil tested. A simple soil test can help you determine which nutrients may be lacking and what you need to add (according to what you are growing.) in the way of amendments to ensure your plants will thrive. Contact your Master Gardener Extension Office @ extension.wsu.edu for more information. **Plan#7:** Get ready for fall. Start seeds for fall crops including spinach, carrots, lettuce and greens. Many of these will grow well into winter and tolerate light frost. 3

Tips for us senior's: Know when to get out and work in the garden. Avoid working in the garden during the hottest times of the day, that little bit of dew will give the air a fresh smell, and our local animals will be out, probably the neighbors dog but usually happy to see you. Look at using ratchet pruners instead of bypass pruners which require more hand strength. Look at garden tools that can assist your mobility. Garden kneelers are a great combo tool that gives you a pad to kneel on with attached side bars for that support to get off the ground. Then flip it over and you have a nice bench seat. Take the time to hydrate with your favorite summer beverage, and enjoy the view.

As always enjoy your day, everyday!

P.S. come say hello to us at the Tunes @ Tapps.

Dave PCMG



David A. and
Linda Smith
Gardening Committee

Important Information

Wear your Seniors Rules T-Shirt

Every Tuesday is wear your Seniors Rule T-shirt. If you don't have one, they're on sale for \$15.00. We have a variety of sizes available. See a staff member to purchase your t-shirt and we'll see them on all Tuesdays!



Find the Lucky 3 Numbers

We have hidden 3 lucky numbers throughout our newsletter. The first 3 people to find the 3 lucky numbers and show them to a staff member will win a \$5 gift card from Starbucks or Chick-fil-A.

Lucky numbers are: 3, 25, & 49



Visit us at www.ci.bonney-lake.wa.us / 18

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide

ADT Authorized Provider **SafeStreets** **833-287-3502**



NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter emailed to you.

Visit www.mycommunityonline.com



WE'RE HIRING!

AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community

Contact us at careers@4lpi.com or www.4lpi.com/careers



◦ TANGLES SALON LLC ◦


Hair care for the whole family.

21189 State Route 410 E

253.862.0512

Senior Rates Everyday

25% off Products



THRIVE LOCALLY

ERKER'S

Auto & Truck Fleet Maintenance

• Serving you since 1957 •

253-922-8344

2311 Pacific Hwy East Fife

M-F 7am-6pm

www.erkersautorepairwa.com



Just for Laughs

I just heard my 60 year old dad say to my 62 year old aunt “don’t tell mom”. So apparently that’s a lifelong thing.



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

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our
newsletter
emailed
to you.



Visit

www.mycommunityonline.com

Local help with your Medicare questions.



Ginny Kortesoja

Licensed Sales Agent

253-508-1298, TTY 711

ginny.kortesoja@gmail.com

www.MyUHCagent.com/ginny.kortesoja

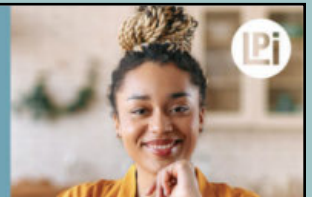
 **UnitedHealthcare**

WE'RE HIRING!

AD SALES EXECUTIVES

BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Bonney Lake Senior Center, Bonney Lake, WA

C 4C 05-1036

Health Benefits to Adopting a Pet

Furry Friends Bring Great Health Benefits

Having a four-legged, furry companion is good for our mental and physical well-being. A pet provides unconditional love and a sympathetic ear on difficult days. For older adults, the health benefits of having a pet are numerous. Let's look at a few reasons why pets are good for us and why an older adult might want to adopt a senior pet.

4 Reasons to Adopt a Pet

1. **Unconditional support:** Animals are typically loyal creatures that stick by us through thick and thin. They are there for us in ways most people can't be. Sometimes it's listening when we are sad, other times hearing our joys and secrets. For an adult who has recently experienced the loss of a loved one, a pet makes an ideal companion during the process of grieving and healing. The individual has someone counting on them and giving them purpose.
2. **Stress and anxiety relief:** Research shows that pets lower stress levels and blood pressure. The very act of petting a furry friend is soothing. Finding natural remedies for reducing stress is important for maintaining optimum health.
3. **Activity:** An older adult might be reluctant to go for a walk around the neighborhood on their own but will happily share the journey with a pet. Walking is one of the best forms of exercise for people of all ages, but especially for seniors. It helps maintain stamina and balance while reducing the risk for depression.
4. **Socialization:** Pets attract attention and make new friends easily. If you routinely take your pet for a walk, it won't be long before you make new friends, both human and animal. It's a great way to get to know the neighbors.

Tips for Adopting a Pet

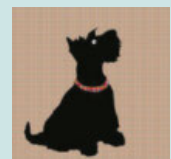
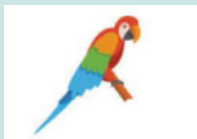
First, consider your budget. Some breeds of cats and dogs are more expensive to maintain. It might be higher grooming expenses, a specialty food, or more frequent veterinary care. Before you adopt a pet, make sure you are confident you can afford the monthly expenses.

Next, learn more about the animal's disposition and needs. For example, a dog like a Jack Russell Terrier may require more exercise than, for example, a family with two working adults can safely manage. A calmer breed might be better.

Also take the home environment into consideration. If you don't have outdoor living space or easy access to a park, a cat could be a better choice. Some families also find birds make good companions.

One last tip is to consider adopting an older pet. They generally make great companions for seniors. Most are house-trained and past the exhaustingly active puppy stage. Local shelters often have photos of the animals up for adoption on their websites. You can log on and read more about them before leaving home.

©LPi



Protecting Seniors from Elder Abuse

World Elder Abuse Prevention Day will be recognized on June 15th to raise awareness of this health problem that is a largely unreported and often neglected issue in the United States. Reports show that 1 out of 10 people over the age of 60 has experienced this form of abuse. Since many cases of elder abuse go unreported, researchers say the actual numbers are probably much higher.

Why do so many cases go unreported? One reason is that the abuser is often a family member or close friend. The senior being abused might also be afraid or unable to seek help. While most of us don't want to think an older adult we know is being abused, there are steps you can take to protect them.

Four Ways You Can Help Prevent Elder Abuse

According to the American Psychological Association (APA), there are four ways we can help prevent elder abuse in our communities.

1. Learn the types of elder abuse

The APA says the first step in preventing elder abuse is education. Not all signs of elder abuse are easy to see. The term "elder abuse" can be used to describe a variety of mistreatment and maltreatment including:



THIS IS THE KEY
TO THE RETIREMENT
YOU DESERVE.

 **Silver Creek**
By Bonaventure®

253.256.3536 · 17607 91st Ave E · Puyallup, WA 98375
RETIREMENTPERFECTED.COM
RETIREMENT • ASSISTED LIVING

© 2022 All rights reserved, Bonaventure Senior Living



Protecting Seniors from Elder Abuse Cont'd

Physical abuse or intimidation
Emotional and verbal abuse
Neglect or abandonment
Financial abuse, including fraud and scams
Sexual assault or abuse

2. Raise awareness about senior care solutions

People who abuse an elder sometimes do so because the stress and frustration of being a family caregiver overwhelms them. They have no one to turn to for help or support. This is especially true for those caring for a loved one with Alzheimer's disease.

That's why it's important for family caregivers to find ways to take routine breaks. If there isn't a friend or family member who can pitch in, respite care might be a solution to consider.

Home care agencies and assisted living communities offer short-term care options designed to give weary caregivers a break. If finances are tight, your local agency on aging might have funds available to help pay for respite care. Call your local chapter to learn more.

3. Encourage caregivers to connect with a support group

Visit us at www.ci.bonney-lake.wa.us / 22



Serengeti Care
We Bring Care to You!

IN-HOME CARE

- HOUSEKEEPING
- MEAL PREP
- BATHING
- COMPANIONSHIP
- DRESSING
- MEDICATION MANAGEMENT
- TRANSFERS
- ERRANDS
- INCONTINENCE
- PET CARE



253-332-4244

7017 27th Street W #7
University Place, WA 98466

www.serengeticare.com
care@serengeticare.com

Are you
turning 65?
Call your
local licensed
Humana
sales agent.

Humana



ISAIAH O'BANNON
253-433-0082
(TTY: 711)

Monday – Friday

8 a.m. – 5 p.m.

iobannon@humana.com

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Bill Clough

wclough@lpicommunities.com

(800) 950-9952 x2635



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Bonney Lake Senior Center, Bonney Lake, WA

E 4C 05-1036

WE NEED YOU!

Hear about Companion Volunteer opportunities

Learn how you can break down the walls of isolation and offer companionship to a neighboring senior.



Join us for an informational session.

Agenda:

- Welcome & Introductions
- Program Overview
- Next Steps
 - Volunteer Opportunities
 - Recipient Referral
- Questions & Answers

WHEN:

12-1pm

Thursday, July 27 at
Celebrate Seniority Office

12-1pm

Friday, July 28 at Pt. Defiance-
Ruston Senior Center

12-1pm

Monday, August 7
Celebrate Seniority Office

1:30-2:30 pm

Friday, August 11
Bonney Lake Senior Center

PRE-REGISTER:

Call 253-697-7385

Wendy Morris

Community Coordinator
Celebrate Seniority
253.697-3005

Wendy.Morris2@MultiCare.org

MultiCare 
Celebrate Seniority

Exercising

Four Exercises to Improve Strength and Balance

As you grow older, being physically active is one of the most important things you can do to stay healthy. Whether you're well into your golden years, a baby boomer, or younger, studies show regular exercise can lower your risk of heart disease, some cancers, diabetes, and dementia. It also helps improve your mood, energy level, and overall well-being.

"The great thing is, no matter what your age, size or fitness level, it's never too late to start exercising," said Jaza Marina, M.D., a Kaiser Permanente physician who specializes in elder care. "We strongly recommend seniors do exercises that maintain strength, balance, and flexibility. Our goal is to reduce their risk of falls and injuries, so they can stay healthy and independent."

Dr. Marina advises that good ways to exercise include low-impact aerobic activity, swimming, tai chi, and yoga if you're physically able. "We have 80-year-olds who run 5k or 10k races. Everyone is different, so pick an exercise that you enjoy."

She believes walking is probably the easiest exercise. All you need is 30 minutes a day, five times a week. If that's too much, you can break that up — 10 minutes in the morning, 10 in the afternoon, and 10 in the evening. Some seniors walk at their local indoor shopping mall.

"The important thing is to get off the recliner, turn off the T.V., and get active," said Dr. Marina. Below are four basic exercises to get you started:

1. Knee bends. Holding on to a sturdy chair or counter at your side, keep your back straight, feet on the ground, and gently bend your knees and lower your body. Then, raise your body back up. It's a slight squat but not a deep one. Repeat 10-15 times.

2. Heel raises. Holding on to a chair or counter at your side, raise up on toes slowly and then lower the heels to the ground slowly. Heel raises strengthen the calf muscles. Repeat 10-15 times.

3. Side leg raises. Holding on to a chair or counter at your side, raise one leg out to the side and bring it back down. Repeat 10-15 times and switch to other leg.

4. Sit to stand. If you're able, sit in a chair and rise to a standing position with arms stretched in front of you. Make sure the chair is in a stable position or against a wall so it won't fall over. Sit back down and repeat 10 times.

(Courtesy of NewsUSA)

©LPi

Word Search

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

APUS

CARINA

GRUS

OCTANS

ARA

CIRCINUS

INDUS

PYXIS

ARIES

CRATER

LUPUS

SCUTUM

CANIS MINOR

DORADO

MUSCA

VELA

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.

We will spend the day touring the farm, enjoying time with the horses and other animals, and playing lawn games.

Saturday, August 5th

Lunch at Summit House, Washington's Highest Restaurant

Leaving Senior Center at 9:30 a.m. and return around 4:00 p.m. on Saturday

Cost: Transportation - \$5 (Due at sign-up); Gondola Ride - Adults - \$44, Seniors 70+ = \$30 (pay \$35 at sign-up); Lunch on your own at Summit House Restaurant - \$15 - \$35.

Thrill to the breathtaking gondola ride that takes 10 minutes to climb 2,500 feet to the highest restaurant in Washington. From the Summit House restaurant enjoy a stunning view of Mt. Rainier and surrounding mountains, including three other volcanic peaks, along with exceptional food. Good shoes and warm close are a must as there may be some snow on the path at the summit (6,872 feet).

Tuesday, August 8th

Tacoma Rainiers Deck Party Baseball Game vs the Oklahoma City Dodgers

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 \$45 (pay \$50 at sign-up)

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

Saturday August 19th

Whale Watching Lunch Cruise

This is a Senior Center bus trip, parking behind BL Senior Center.

Leaving Senior Center at 7:30 a.m. and returning around 8:00 p.m. on Saturday.

Cost: \$15 for transportation and \$60 for the lunch and 6-hour cruise. Pay \$75 at sign up.

Dinner at Coconut Kenny's on your own.

Join us for a delightful whale watching cruise around the San Juan Islands, and a scrumptious lunch, while in search of the resident and migrating pods of orcas.

Phil's Trips Cont'd

Saturday August 26th

Pancake Breakfast at BL Senior Center

This is a Senior Center/ Kiwanis Fund Raiser from 8:00 to 11:00 a.m.

Cost: \$8 for adult and \$4 for anyone under 12 gets you all you can eat of pancakes, sausage, scrambled eggs and coffee or orange juice.

Come and support your community with a hearty breakfast before enjoying a day in Allan Yorke Park for Bonney Lake Days. .o

Sunday August 27th

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 \$25 - \$35.

Friday Sept. 1st thru Sunday Sept. 3rd

Leavenworth outdoor theater, "The Drowsy Chaperone"

This is a Senior Center bus trip 15 tickets purchased

Leaving parking lot behind Police station at 8:00. Return at 6:00 p.m. on Sunday.

Cost: \$30.00 for transportation; \$40 per theater ticket (Pay \$70 due at sign-up to Bonney Lake Senior Center). Rooms:

\$170 per person for hotel room/double occupancy (Pay for one night at check-in).

Meals on your own.

On Friday we will stop at McDonalds in North Bend for a morning snack. We will have lunch in Leavenworth. From there we will proceed to hotel check-in at River's Edge Lodge in Leavenworth. Friday evening will be a free concert on the lawn at Icicle Ridge Winery.

Saturday & Sunday morning we will watch the alpenhorn serenade at the Enzian, followed by continental breakfast on our balcony, overlooking the Wenatchee River. Your day could be swimming in the pool, shopping, wine tasting and/or lunch on your own. We will have dinner together at Visconti's Italian Restaurant. After dinner we will head to the outdoor theater for "The Drowsy Chaperone". Bring a light jacket, because it gets cool after sunset, bug repellent and cushion to sit on if you have one. Our hotel has a pool and hot tub, so pack a bathing suit.

Saturday Sept. 16th

Issaquah Salmon Hatchery 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 local walking trips will be:

Aug 1st – Fennel Creek

Tuesday park walking trips will be:

Aug 15th – Bradley Lake Park

All walking trips will depart from Senior Center at 2:30. Usually, we will return by 5:00.

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 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 24 – Oct 1, 2024

Colors of New England

This is a Collette Tours trip

Cost: From \$4,699 per person for 8 days, includes 12 meals. Book prior to March 17th to receive a \$100 discount.

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.