

# Bonney Lake

## Senior Center Newsletter

# September 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)

## Welcome to the Bonney Lake Senior Center!

Join us at our Senior Center! Anyone 55 years & older may attend. We offer exercise classes, card games, musical entertainment, day trips, educational activities, health care services, and more. Our Kitchen staff prepares a delicious hot meal every weekday for a suggested donation of \$6.00

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

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## Senior Center Staff

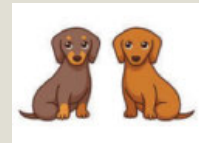
### *Staff*

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

**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**

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## LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

**CONTACT ME**  
**Bill Clough**

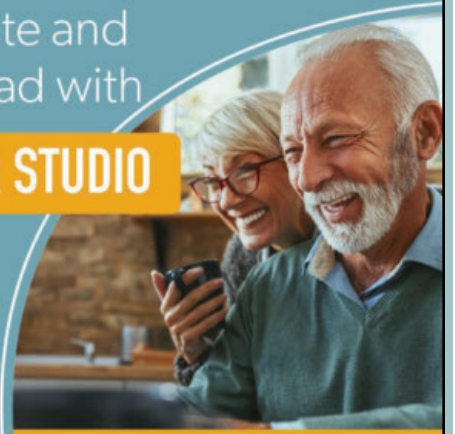
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A 4C 05-1036

# 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. 8



**President**

Wayne Johnson



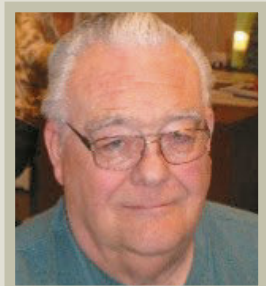
**Vice President**

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

## September 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 Lemon Pepper Fish Jasmine Rice Vegetable Cole Slaw Salad Bar</p>
<p>4</p> 	<p>5 Chicken Burgers Fries Fresh Fruit Salad Bar</p>	<p>6 Beef Taco Salad w/all the Fixin's Tortilla Chips Salad Bar</p>	<p>7 <b>Grandparents Day</b> Hamburgers w/all the fixin's Chips Macaroni Salad Salad Bar</p>	<p>8 Chicken Salad Sandwich on Croissant Chips Fresh Fruit Salad Bar</p>
<p>11 <b>Patriots Day</b> Chicken Wings Baked Beans Vegetable Garlic Bread Salad Bar</p>	<p>12 Sausage Gravy w/ Buttermilk Biscuits Bacon Scrambled Eggs Fresh Fruit Salad Bar</p>	<p>13 Crispy Fish Jasmine Rice Vegetable Salad Bar</p>	<p>14 Lasagna Vegetable Bread Salad Bar</p>	<p>15 Tuna Salad Sandwich on Croissant Chips Fresh Fruit Salad Bar</p>
<p>18 Polish Dog w/Kraut Golden French Fries Summer Slaw Salad Bar</p>	<p>19 Chicken Fried Steak Mashed Potatoes, Country Gravy Steamed Vegetables Salad Bar</p>	<p>20 <b>Hippie Day</b> Shrimp Alfredo Vegetable Caesar Salad Bread Stick Salad Bar</p>	<p>21 Chicken Taco Salad w/all the Fixin's Tortilla Chips Salad Bar</p>	<p>22 French Dip Sandwiches w/Au Jus Seasoned JoJo's Salad Bar</p>
<p>25 <b>Fall Health Harvest</b> Asian Chicken Salad Mandarin Oranges Almonds, Chow Mein Noodles Sesame Dressing Fortune Cookie</p>	<p>26 Spaghetti w/Meat Sauce Buttery Noodles Green Peas Garlic Bread Salad Bar</p>	<p>27 Chicken Tenders w/Dipping Sauces Tater Tots Salad Bar</p>	<p>28 Hamburger Gravy over Mashed Spuds Vegetable Salad Bar</p> <p>Birthday Gift Bags</p>	<p>29 Loaded Baked Potatoes W/all the fixin's Vegetable Salad Bar</p>

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# September 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! <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 Lemon Pepper Fish Jasmine Rice Vegetable Cole Slaw Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>
<p>4</p> 	<p>5 Chicken Burgers Fries Fresh Fruit Salad Bar</p> <p>No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>6 Beef Taco Salad w/all the Fixin's Tortilla Chips Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>7 <b>Grandparents Day</b> Hamburgers w/all the fixin's Chips Macaroni Salad</p> <p>No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>8 Chicken Salad Sandwich on Croissant Chips Fresh Fruit Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>
<p>11 <b>Patriots Day</b> Chicken Wings Baked Beans Vegetable Garlic Bread</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>12 Sausage Gravy w/ Buttermilk Biscuits Bacon Scrambled Eggs Fresh Fruit Salad Bar</p> <p>No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>13 Crispy Fish Jasmine Rice Vegetable Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>14 Lasagna Vegetable Bread Salad Bar</p> <p>No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>15 Tuna Salad Sandwich on Croissant Chips Fresh Fruit Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>
<p>18 Polish Dog w/Kraut Golden French Fries Summer Slaw Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>19 Chicken Fried Steak Mashed Potatoes, Country Gravy Steamed Vegetables Salad Bar</p> <p>No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>20 <b>Hippie Day</b> Shrimp Alfredo Vegetable Caesar Salad Bread Stick</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>21 Chicken Taco Salad w/all the Fixin's Tortilla Chips Salad Bar</p> <p>No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>22 French Dip Sandwiches w/Au Jus Seasoned JoJo's Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>
<p>25 <b>Fall Health Harvest</b> Asian Chicken Salad Mandarin Oranges Almonds, Chow Mein Noodles, Sesame Dressing, Fortune Cookie</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>26 Spaghetti w/Meat Sauce Buttery Noodles Green Peas Garlic Bread Salad Bar</p> <p>No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>27 Chicken Tenders w/Dipping Sauces Tater Tots Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>28 Hamburger Gravy over Mashed Spuds Vegetable Salad Bar</p> <p>No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>29 Loaded Baked Potatoes W/all the fixin's Vegetable Salad Bar</p> <p>No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>

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# Events

# September 2023

Monday	Tuesday	Wednesday	Thursday	Friday
For detailed descriptions of events listed below please see pages 8-16 in this newsletter.				1 10-11 Line Dancing 12pm Lunch 1-3:30 Shopping Trip 7pm Family Bingo
4 	5 9:30-11:30 Music Jam 9:30-11:30 Line Dancing by Cindy 12pm Lunch 1pm Writers Group 2:30-5:00-Bus Wlkg Trip	6 10-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo	7 <b>Grandparents Day</b> 9:30-10:30 Chick-fil-A Bingo 10:30-12 Live Music 10:30 Tai Chi 12pm Lunch 1-3 Card Games 1-4 Legal Guidance	8 10-2 Facials 10-3 Photo Shoot 10-11 Line Dancing 10:30-12:00 Healthy Brain 12pm Lunch 1-3pm Bunco 1-3:30 Shopping Trip 7pm Family Bingo
11 <b>Patriots Day</b> 10:30-12 Live Music 11-12 Stretch & Strength 12pm Lunch 1:30-2:30 Wellness Workshop	12 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	13 9:15-11:30 Bowling 10-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo	14 10:30 Tai Chi 12pm Lunch 1-3 Card Games 1-4 Legal Guidance	15 10-11 Line Dancing 12pm Lunch 1-3:30 Shopping Trip 7pm Family Bingo
18 10-4 Sandy's Sr. Trips 11-12 BP Checks 11-12 Stretch & Strength 12pm Lunch	19 9:30-11:30 Music Jam 9:30-11:30 Line Dancing by Cindy 12pm Lunch 1pm Writers Group 2:30-5:00 Bus Wlkg Trip 3-4 Advisory Board Mtg	20 <b>Hippie Day</b> 10-12 Happy Hookers 10:30-12 Live Music 12pm Lunch 1:15pm Senior Bingo 4:30 Juliet's @Teriyaki Wok	21 10-2 Haircuts by Becky 10:30 Tai Chi 12pm Lunch 1-2:30 Caregivers Supp. 1-3 Card Games 1-4 Legal Guidance	22 9-3 Foot Care 10-2 Facials 10-1 Craft Sales 12pm Lunch 1-3pm Bunco 1-3:30 Shopping Trip 1:30-3:30-Art w/Anita 7pm Family Bingo
25 <b>Health Harvest</b> 10-1 Health Harvest 10-4 Sandy's Sr. Trips 11-12 Stretch & Strength 12pm Lunch	26 8:30-12pm Massage 9:30-11:30 Music Jam 9:30-11:30 Line Dancing 10:30-11:30 Dementia Friends Conversation 12pm Lunch 1pm Writers Group	27 10-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo	28 10:30-12:00 Music Patty & the Traveling 4 10:30 Tai Chi 12pm Lunch 1-3 Card Games 1-4 Legal Guidance <b>Birthday Celebration</b>	29 10-11 Line Dancing 12pm Lunch 1-3:30 Shopping Trip 1:30-3:30- Art w/Anita 7pm Family Bingo



## Available Services

### Lunch Service

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



### 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 operate according to the Sumner/Bonney Lake School District guidelines.

### Free Haircuts by Becky from Manhattan Design

**Thursday, August 21st**

**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.



### 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.



### 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.

### 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.



## Available Services Cont'd

### 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!



### Monthly Craft Sale

**Friday, September 22nd**

**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. 15

### Facials!!

Sherry from Sherry's Facials, a licensed Aesthetician, will be coming to our Senior Center on the second and fourth Friday of each month. She will be providing facials from 10:00-2:00 for \$35.00 for a 30 minute appointment. To book your appointment see a staff member.



### 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.

### 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**



### 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

### 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, September 29th**

**Time: 1:30-3:30**

**Cost: \$20.00**



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

### 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!

### 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.



### 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

### 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.

9/20—Teriyaki Wok  
10/18— New Peking  
11/15— Round Table Pizza  
12/20— Don Chuys



### 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



### 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!



### 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.

### 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, September 18th**

Leave the Senior Center at 10:00 go to Western Washington Fair and return by 4:00pm

#### **Monday, September 25**

Leave the Senior Center at 10:00 to **Muckleshoot Casino**, and return to the Senior Center by 4:00 pm. See staff member to sign up.

### Chick-fil-A Bingo

Join us the first Thursday of each month for bingo at the 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. 62



## Current Events & Activities Cont'd

### Bowling

**Wednesday, September 13th**

**9:15-11:30**

**Cost \$20.00**

Join us on the bus for bowling at Secoma Lanes in Federal Way the 2nd Wednesday of each month for some fun and a little bit of exercise. We will play 3 games at \$5.50 per game, plus \$5.00 to rent shoes (unless you have your own). Please see a staff member to 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.



### Grandparents Day

**Thursday, September 7th**

**10:30-12:00**

**Cost: \$8:00**

Join us for Grandparents Day with music by *Peggie & the Brock-a-Roos* followed by a special lunch. Please sign up in the special events binder.

### Fall Health Harvest

**Monday, September 25th**

**10:00-1:00**

**No Cost**

Please see our flyer on page 17 for all the information.

### 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.



### Oktoberfest

**Date: Thursday, October 5th**

**Time: 10:30-12:00**

**Cost: \$8.00**

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. Please sign up in the special events binder and pay at time of sign up.



# Upcoming Events

## **Hallow-Week Event #1** **Pumpkin Cooking Contest**

Day one of our Hallow-Week Events all leading up to our Halloween Party on October 31st is a Pumpkin Cooking Contest with a prize awarded to the best tasting pumpkin dish. Bring in your completed dish and see what our judges have to say.

Tuesday, October 24th  
Time: 10:30-11:30  
No cost

Sign up in the office



## **Hallow-Week Event #4** **Phil's Spooky Trip**

Day four of our Hallow-Week Events all leading up to our Halloween Party on October 31st is trip to Bellewood Farms in Bellingham. Enjoy hayrides, pumpkin slingshot and many more activities.

Saturday, October 28th  
Time: 9:00am -6:00pm  
Cost: \$15.00 for transportation

**Stay tuned for more information.**



## **Hallow-Week Event #2** **Creepy Decorating Class with Michelle**

Day two of our Hallow-Week Events all leading up to our Halloween Party on October 31st is a Halloween decorating class with Michelle. Come make some spooky decorations. All Materials are provided.

Wednesday, October 25th  
Time: 10:00-11:30  
Cost: \$15:00

Sign up in the office



## **Hallow-Week Event #5** **Pumpkin Carving Contest**

Day five of our Hallow-Week Events all leading up to our Halloween Party on October 31st is a Pumpkin and Gourd Carving Contest with a prize awarded to the best looking carving.

Monday, October 30th  
Time: 1:15-3:00  
Cost: \$5:00

Sign up in the office



## **Hallow-Week Event #3** **Spine Tingling Art with Anita**

Day three of our Hallow-Week Events all leading up to our Halloween Party on October 31st is a Art with Anita Class. All materials will be provided.

Friday, October 27th  
Time: 1:30-3:30  
Cost: \$20.00

Sign up in the office



## **Halloween Costume Party and lunch**

Join us for a fun filled Halloween Event with a costume contest. A prize will be awarded to the best Halloween Costume. Musical Entertainment by Peggie & the Brock-a-Roos. Music is from 10:30-12:00 with a special lunch served at 12:00-12:30.

Tuesday, October 31st  
Time: 10:30-1:00  
Cost : \$8.00  
Sign up in the office





# Fall Prevention Awareness Day 2023



Pierce County Fall Prevention Coalition

Friday, September 22, 2023

11:00 a.m. - 1:00 p.m.

Gordon Family YMCA

16101 64th St E, Sumner, WA 98390

***YOU have the power to prevent***



***a fall!***

Are falls a natural part of aging? No!  
Unexpected falls can result in a serious and costly injury.  
The good news is that most falls can be prevented!  
You have the power to reduce your risk of falling.

**FREE event open to everyone – snacks provided**  
**FALL PREVENTION TIPS • EXERCISE DEMOS • GIVEAWAYS • FUN**  
**Fall prevention presentations & community resources**  
**No RSVP needed (open to public-YMCA membership not required!)**

## **CONTACT**

**Pierce County Aging & Disability Resources**

**Phone: 253-798-4600**

**Email: [PCFPCoalition@gmail.com](mailto:PCFPCoalition@gmail.com)**

For more information, visit us online: [www.fallsfreepiercecouny.org](http://www.fallsfreepiercecouny.org)  
<https://www.facebook.com/Pierce-County-Fall-Prevention-Coalition-1500466833582122/>

## Health and Wellness Cont'd

### Caregivers Support Group

Thursday, September 21st  
1-2:30pm

**We'd like to thank Kim Hinrichs from Silver Pacific Home Care 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

### 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 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.

#### **~~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.~~

#### **~~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

### Free Blood Pressure Checks

by Celebrate Seniority

When: Monday, September 18th

Time: 11:00-12:00

Where: Bonney Lake Senior Center

Walk-in's welcome!



### 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.



### Wellness Workshop

Monday, September 11th

**1:30-2:30**

No cost

Join Traci Woodcock for a free health presentation on Digestive Health. Please see a staff member to sign up. Minimum of 5 people needed to hold the class.

This class is sponsored by our Advisory Board

### 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, September 22nd

9am to 3pm

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





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!



# Important Information

## Changes to some policies

### Trip Refund policy:

Trip payments are non-refundable unless an emergency situations arises. Please contact Sue if you wish to be issued a refund.

### Special Event refund policy:

Payment is no longer refundable if you cancel a special event and it is no longer eligible to apply to a future event.

### Under age 55 lunch payment:

If you or a guest are under the age of 55, payment is **required** for lunch.

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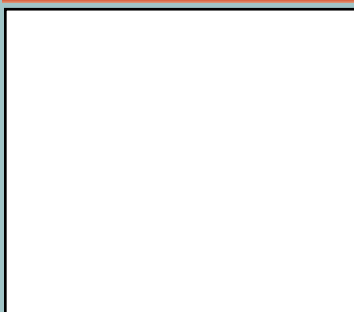
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## Important Information Cont'd

### 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**



### 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: 8, 15, & 62



Visit us at [www.ci.bonney-lake.wa.us](http://www.ci.bonney-lake.wa.us) / 19

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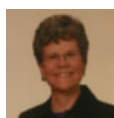
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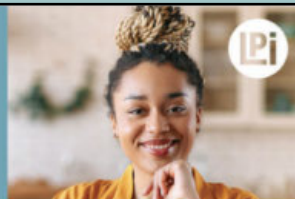


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# Weird State Laws

Thank you to Anita Chandler for sharing these!

**Alabama**—It's illegal to carry an ice cream cone in your back pocket.

**Alaska**—You cannot whisper in someone's ear when they are moose hunting.

**Arizona**—Donkeys are banned from sleeping in your bathtub.

**Arkansas**—It's against the law to buy or sell blue light bulbs.

**California**—Women are prohibited from driving a car while wearing a bathrobe.

**Colorado**—It's outside the law to mutilate a rock in a state park, (whatever that means).

**Connecticut**—It's unlawful to walk backward after sunset.

**Delaware**—You are barred from selling dog or cat hair.

**Florida**—Sunshine Staters beware, if you tie your elephant up to a parking meter, you must pay the fees as if it were a car.

**Georgia**—Keep it clean in funeral homes as using profanity in front of a corpse is illegal.

**Hawaii**—It's against the law to place a coin in your ear.

**Idaho**—Gals, head here for Valentine's Day: it's unlawful for a man to give his partner a box of candy that weighs less than 50 pounds!

**Illinois**—Cops might be peeved if everyone followed the law that requires you to notify the police when you enter the state by car.

**Indiana**—Tom Selleck may want to stay away as it's prohibited to have a mustache if you habitually kiss other people.

**Iowa**—Lovers, keep a stopwatch handy—you cannot by law kiss for longer than five minutes. You've been warned!

**Kansas**—Bugs Bunny's favorite state—it's illicit to shoot rabbits from a motorboat.

**Kentucky**—You cannot dye a duckling blue and sell it—unless you are selling six of them at once.

**Louisiana**—Residents face a \$500 fine if they "harass" someone by sending them an unprompted pizza.

**Maine**—Take down your Christmas decorations by January 14th or you may be fined!

**Maryland**—The grass better be greener on your side of the fence... it's taboo to have thistles in your yard.

**Massachusetts**—It's verboten to eat more than three sandwiches at a wake. Be safe and limit yourself to two.

**Michigan**—It's a hairy situation for ladies to cut their own tresses without their husband's permission.

**Minnesota**—Don't run "afowl" of the law stating you cannot cross state lines with a duck on your head. Just don't do it!

**Mississippi**—Loud talkers in church? Arrest them—you can bust anyone for willfully disturbing a church service.

**Missouri**—No doubt all single men aged 21 to 50 are breaking the law requiring them to pay a yearly tax of \$1.

**Montana**—You cannot raise, sell or give away rodents as gifts...they can only be used for reptile or bird food. Ah, rats!

**Nebraska**—Soup's on—or it better be—in bars, which are prohibited from selling beer unless they have a kettle of stew brewing at the same time.

**Nevada**—Despite the amount of desert land, it's illegal to drive a camel on a highway.

**New Hampshire**—"Footloose" must be a tragedy here—it's criminal to tap your feet, nod your head or otherwise keep time to music in restaurants, cafes or taverns.

**New Jersey**—It's illegal for a man to knit during fishing season...they seem to be mutually exclusive hobbies.

**New Mexico**—Idiots are not permitted to vote...with both parties thinking such of the other, can anyone go to the polls here?

**New York**—Halloween party? Fugheddaboudit! It's illegal for two or more people to gather in public while wearing a mask or face covering that disguises their identity. So... COVID was unlawful!

**North Carolina**—If you can't carry a tune in a wheelbarrow but belt out your favorites anyway, you could be butchering "Jailhouse Rock" behind bars as singing off-key is against the law!

**North Dakota**—No matter how worn out you are, you're a scofflaw if you fall asleep in bed with your shoes on.

## Weird State Laws Cont'd

**Ohio**—"Drinking like a fish" here has new meaning as you cannot legally get your finned pets drunk!

**Oklahoma**—Breathe easy, hamburger lovers – it's forbidden to sneak a bite out of someone else's burger.

**Oregon**—The zombie apocalypse will be a drag as you cannot go hunting in a cemetery .

**Pennsylvania**—It's a violation to sleep in a refrigerator outdoors...rest easy if it's the one in your kitchen.

**Rhode Island**—A lot of folks here probably are willing to admit their marriage is null and void because they wed an idiot or moron.

**South Carolina**—Don't keep your horse in a bathtub—it's against the law. The shower seems open, though.

**South Dakota**—You are forbidden to fall asleep at the wheel....of cheese, that is. You cannot doze in a cheese factory,

**Tennessee**—Pet or otherwise, do not even think about carrying a skunk into this state.

**Texas**—Your get-rich-quick scheme of selling your eye is criminal, nor can you hawk your kidney, heart, lung, pancreas, bone or any other body part other than hair or blood.

**Utah**—Step on a crack, break your mother's back—and the law if you repeatedly do it here. Six-year-olds, watch your step!

**Vermont**—It's a jaw dropping offense for women to wear false teeth without the expressed written consent of their husbands.

**Virginia**—Pay attention all you Virginians aged 14 and over: you cannot go trick-or-treating on Halloween—it's a young person's game.

**Washington**—You know you want to,. But you're a lawbreaker if you attach a vending machine to a utility pole.

**West Virginia**—Forgot to bring something home for dinner? It's perfectly legal to take home roadkill.

**Wisconsin**—This one won't surprise you—it's illegal to serve apple pie here without cheese. Duh!

**Wyoming**—New buildings costing more than \$100,000 must by law allocate 1 percent of the cost to art.

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Bonney Lake Senior Center, Bonney Lake, WA

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## News from our Gardener

The gardeners were a rockin' this past August as we put in many hours keeping our senior centers garden's in good shape and raising funds and awareness of our programs through our participation in the Tunes @ Tapps fairs. I can't do it alone but with the help of the staff and especially Linda Smith and Audrey Antkowiak we were able to make it fun. Thank you people so much for visiting the booth and helping out! Hey, when is the first day of fall? The winter equinox starts September 23<sup>rd</sup> this year.

Also in September: our time of year for those pesky yellow jackets to make themselves known, then the stinkbugs. The following information, edited from [pestsense.cahnrs.wsu.edu/Search/MainMenuWithFactSheet.aspx?CategoryId=3&ProblemId=788](https://pestsense.cahnrs.wsu.edu/Search/MainMenuWithFactSheet.aspx?CategoryId=3&ProblemId=788), can certainly help if you are having a problem with these carnivores.

**Yellowjackets** (revision date: 4/21/2021)

*Use Integrated Pest Management (IPM) for successful pest management.*

### Biology

Yellowjackets are about 1/2 inch long as workers. They are striped with black and yellow or black and white. They are social wasps with an annual life cycle. Ground nesters frequently build nests in wall voids or attics and are particularly troublesome as they sometimes chew their way into rooms. Yellowjackets are particularly aggressive in late summer or fall and sometimes sting without being provoked. They are attracted to certain odors and colors.

### Non-Chemical Management

For most successful management, do not allow conditions conducive to nest building or irritation of established nests. Avoid dense shrubbery around the house. Remove stumps or rotting logs near houses. Reduce vent screen size if current size allows entry. Do not wear perfumes or aftershave lotion during peak season. Do not wear clothes that are yellow or have floral patterns. Do not swat at them. Maintain effective, tightly-fitting window and door screens. Lure traps can be placed around the periphery of the area you are trying to keep yellowjackets away from. Adding a protein source such as meat to the traps acts as an attractant, may increase the traps success. Be sure to replace the meat frequently and remove dead yellowjackets from the trap. *Select non-chemical management options as your first choice!*

How about some tips to make those hydrangeas blooms last: When going into the garden to cut hydrangea blooms, make certain to bring a bucket of clean water. Immediately after cutting, place the flowers into the water. Cut hydrangea blooms perform best when older flowers are selected, as younger blooms may be more difficult to keep hydrated. Before arranging, allow the flowers to sit in water in a cool place to rest for several hours. Many gardeners and florists follow additional post-harvest procedures in order to reduce the likelihood of wilt. Many suggest dipping the stem of hydrangea in boiling water after cutting. Place the bottom inch of the stem directly in the water for about thirty seconds. Then, remove the flower and place it in a vase of clean water. Never use kitchen containers for this process, hydrangeas are toxic.

David Antkowiak PCMG



David A. and  
Linda Smith  
Gardening Committee

as

# 6 Facebook Safety Tips


## 6 SIMPLE FACEBOOK SAFETY TIPS FOR OLDER ADULTS

Here are 6 simple Facebook safety tips to help you find friends, stay safe and maintain your online privacy.


### Choose Your Friends Wisely

It feels good to have lots of friends on Facebook. It validates us. Unfortunately, making good judgments about someone we meet online is harder than when we meet someone in person. Don't feel obligated to connect with everyone who sends you a friend request, especially if you don't know them well.

Fortunately, Facebook provides a built in way to limit who can send you friend requests. You can follow the below listed steps to change your profile settings to restrict friend requests to only people who are friends of your friends.

1. Click your profile picture in the top right of Facebook.
2. Click  **Settings & Privacy**, then click **Settings**.
3. Click **Privacy** in the left column.
4. Click **Edit** next to **Who can send you friend requests?**  
From the dropdown menu, click **Everyone** or **Friends of Friends**.

That said, while friends-of-friends can make great connections, you should still be cautious in adding people that you don't know personally. It's also a good idea to look at your friend list once a year to see if there is anyone on your list that shouldn't be. You can remove a friend anytime by following the below listed instructions:

1. Go to that profile by typing their profile name into the search bar at the top of Facebook.
2. Click  at the top of their profile.
3. Click **Unfriend**, then **Confirm**.

Note: If you can't find the profile you want to unfriend, the profile may be deactivated

To unfriend a deactivated profile:

1. Click your profile picture in the top right of Facebook.
2. Click **Friends**.
3. Search for the profile's name.
4. Click ...., then select **Unfriend**.

### Understand Facebook's Privacy Settings

One of the most important things you can do on Facebook is familiarize yourself with their privacy settings. Facebook updates their privacy options frequently so be sure to read their instructions on how to update your settings. The privacy settings section will ask you to specify who can see your posts, who can contact you and who can look you up. For example, under "who can see my stuff," you can choose to only allow your posts to be seen by "friends," "public" (everyone), or you can create a custom list.

Continue on next page

## 6 Facebook Safety Tips Cont'd

Changing your privacy and account settings only takes a couple of minutes and it can save you a lot of time and trouble in the future.

### **Click Cautiously and Carefully**

Don't click carelessly! Facebook does a pretty good job of looking out for scams and viruses, but, no system is perfect. Don't click on suspicious links. If you see one of your friends posting something that they would normally never post – for example an adult video link or a special offer for a product that they don't use, their account might have been hacked.

As with any online activity like dating or shopping, just be smart, aware, and apply your good judgment. This is the best way to stay safe on Facebook.

### **Choose Strong Passwords**

We love to hate passwords. On the one hand, we know that they keep our information safe. On the other hand, there is nothing more frustrating than forgetting your password just when you need to access something important online. One of the most important steps that you can take to keep your data secure online and to stop your accounts from being hacked is to create strong passwords. Strong passwords are longer than 8 characters and use a combination of numbers, letters and punctuation marks (like \$, %, or #). Most people keep their passwords simple so that they can remember them without writing them down. Ironically, this may actually put yourself at risk. It's usually better to have strong passwords that you write down than weak passwords that are easy to guess.

One trick that you can use to get the best of both worlds is to add a pin code to the end of your passwords that you don't write down. For example, your password might be CuteE!eph@nts followed by your own 4 digit pin code. Since you will always remember your pin code, you can just write down CuteE!eph@nts.

It's also a good idea to have different passwords for different websites. Once again, this is something that you are much more likely to do if you write down your passwords.

### **Too Much Information – Don't Over-Share**

Women over 60 are trusting souls and we love to share our lives with others. That's ok, but, you still need to be careful who you share with. Many people don't realize that Facebook allows you to choose who is allowed to see your posts. As of the writing of this article, there are several options that you can choose when deciding who can see a post: "public," "friends," "only me," or "custom." It's always a good idea to check Facebook's help section once in a while to see what new options are available. Even if you limit who can see your posts, it's still a bad idea to share financial information or ultra-personal details in a Facebook post. First, mistakes can happen and, while Facebook does their best, it's always possible that an error will cause your message to be seen by others. Second, there are much more secure ways to share confidential or private information. Personally, I'm always a bit nervous about applications that share my location publicly. The last thing I want is for a thief to know when I'm not home. But, as apps like Foursquare become more popular, you will need to decide what you are comfortable with sharing.

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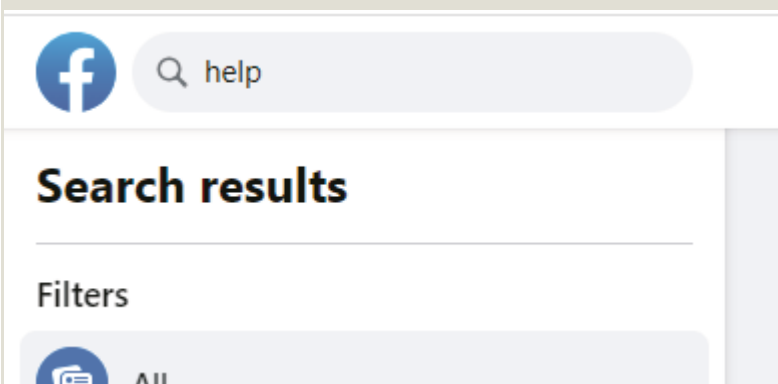
## 6 Facebook Safety Tips Cont'd

### Learn How to Block Someone

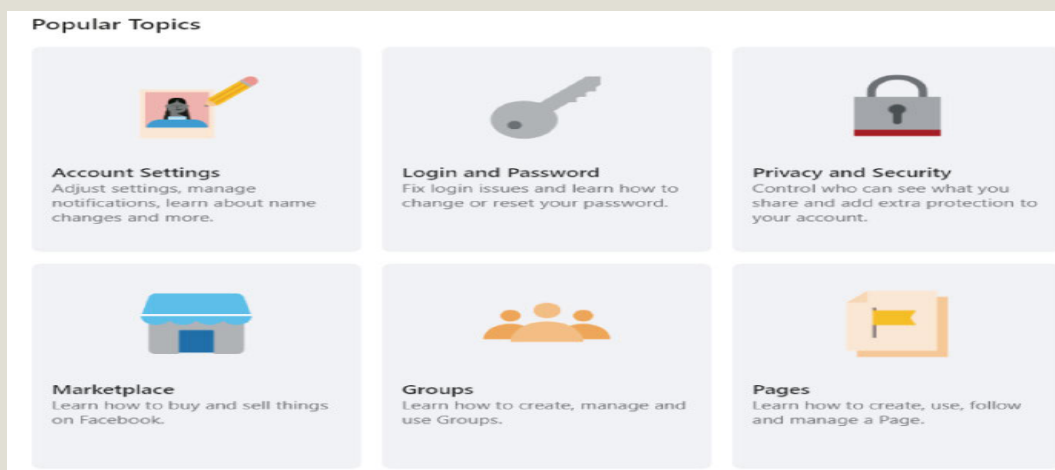
Relationships change all the time. Sometimes, despite our best efforts, a friendship or family relationship breaks down so much that we just don't want to stay connected with the other person. When this happens, Facebook makes it easy for you to stop someone else from contacting you or seeing your posts. Blocking someone is easy. When you are logged in to Facebook, you will see a small padlock icon in the top right of the screen. When you click on this, you will see an option for "How do I stop someone from bothering me?" Enter the name or email address of the person and click "block." This person will no longer be able to see anything that you post. They also will not be able to post on your timeline. It's important to remember that "defriending" someone is not the same as "blocking" them. People that you are no longer friends with may still be able to see your profile and posts (depending on your settings). Facebook is a great tool for staying connected. The social network also does a lot to try to keep us safe. However, at the end of the day, staying safe online is each of our personal responsibility. We need to have the confidence to embrace new technologies. But, we also need to take control of our safety and privacy online.

To find help: type the word  
help" in the search bar from your Facebook account

Choose Facebook Help Center from the options:



Click on one of the below topics and follow the prompts to complete your task.





# 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 Sept. 1<sup>st</sup> thru Sunday Sept. 3<sup>rd</sup>**

## 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, \$22 admission to Reindeer Farm (Pay \$92 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. 16<sup>th</sup>**

## 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.

**Sunday September 17<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 - \$25.

**Saturday October 28<sup>th</sup>**

## Bellwood Farm and Edaleen Dairy Trip

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

Leaving parking lot behind Senior Center at 9:00 a.m. Return at 6:00 p.m.

This trip to Lynden is an all-day adventure. From the pumpkin patch ride the train to the orchard to pick your own apples. We will have lunch in the farm café, and spirits in their distillery. Later, we will head to within sight of the Canadian boarder for and scoop or two of the delicious ice cream at Edaleen's Dairy. Cost: \$15 for Transportation (Pay \$15 to BLSC at sign-up). Meals on your own, averaging \$25 - \$35.

## Phil's Trips Cont'd

### **Tuesday local walking trips will be:**

Sept 5<sup>th</sup> – Fennel Creek

### **Tuesday park walking trips will be:**

Sept 17<sup>th</sup> – Tumwater Park

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

Usually, we will return by 5:00.

### **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 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 17<sup>th</sup> 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.