

Bonney Lake

Senior Center Newsletter

October 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!

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 and 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.

Table of Contents

| | |
|---------------------------|-------|
| Welcome to the Center | 1 |
| Senior Center Staff | 2 |
| Advisory Board | 3 |
| Lunch Menu | 4 |
| Order Ahead Lunch Menu | 5 |
| Events Calendar | 7 |
| Available Services | 8-9 |
| Current Events/Activities | 10-12 |
| Health & Wellness | 13-15 |
| Upcoming Events | 16 |
| Brain Teasers | 17 |
| Important Information | 18 |
| Things you Need to Know | 19 |
| Answers to Brain Teasers | 20 |
| Talking a Poll | 21 |
| News from our Gardener | 23 |
| Short Riddles | 24 |
| Answers to Short Riddles | 25 |
| Word Search | 26 |
| Phil's Trips | 27-28 |



Senior Center Staff

Staff

Senior Services Manager

Sue Hilberg

hilbergs@cobl.us

253-447-4327/360-551-2002

Senior Services Assistant

Michelle Vazquez

vazquezm@cobl.us

253-447-3104

Senior Aide

Phil DeLeo

deleop@cobl.us

253-447-4328

Senior Aide

Shari Jones

joness@cobl.us

253-447-4340

Kitchen Staff

Head Cook

Pam Camp

camppp@cobl.us

253-447-4334

Assistant Cook

Jay Shideler

Assistant Cook

Karen Berto

Dishwasher

TJ

Facility Monitors

Becky Alvarez & Jim Rowland

To Reach all Staff Call:

253-863-7658



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



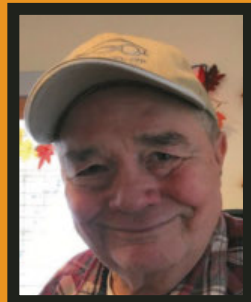
The Senior Advisory Board members work closely with staff to help with a variety of tasks. The Senior Advisory Board, and their volunteers, assist with many fundraising events throughout the year which enables them to help provide funds for special events, work with the Bonney Lake Kiwanis to help seniors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



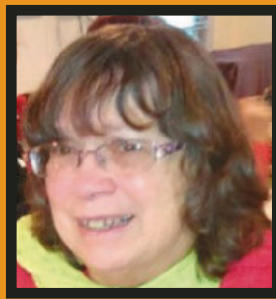
Assistant Treasurer

Jim Baisch



Secretary

Anita Chandler



Bonnie Johnson

Board Member



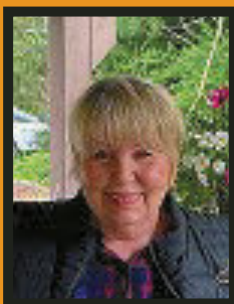
Kathy Nelson

Board Member



David Reed

Board Member



Linda Smith

Board Member



Diane Stabler

Board Member



Ernie Gilmer

Board Member

Menu

October 2023

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|---|
| 2 Chicken Burgers w/ Lettuce, Onion, Tomato French Fries Baked Beans Dill Pickle Spear Salad Bar | 3 Meatloaf Mashed Potatoes Brown Gravy Green Beans Salad Bar | 4 Leila's Garlic Chicken Buttered Pasta Pea Salad Roll Salad Bar | 5 Oktoberfest Glazed Bratwurst Sauerkraut German Potato Salad Red Cabbage w/ Apples Dessert | 6 Sloppy Joes French Fries Cottage Cheese w/ Fruit Salad Bar |
| 9 Teriyaki Chicken Jasmine Rice Asian Style Vegetables Egg Roll Salad Bar | 10 Beef Taco Salad With all the Fixin's Chips & Salsa Salad Bar | 11 Baked Tilapia w/Mango Salsa Jasmine Rice Pineapple Slaw Salad Bar | 12 Chicken Alfredo Green Beans Toasted French Bread Salad Bar | 13 Chef's Choice Broccoli Salad Salad Bar |
| 16 Jake's Crispy Fish Steamed Brown Rice Mixed Vegetables Roll Salad Bar | 17 Hamburgers w/ all the fixin's Potato Salad Crispy French Fries Salad Bar | 18 Pesto Chicken Pasta Steamed Broccoli Dinner Roll Salad Bar | 19 Beef Stew Biscuit Fruit Salad Bar | 20 Grilled Cheese Sandwich Creamy Tomato Soup Dill Pickle Spear Saltine Crackers Salad Bar |
| 23 Tater Tot Pie Green Beans Dinner Roll Salad Bar | 24 Hallow-Week King Ranch Chicken Chips and Salsa Churros Salad Bar | 25 Hallow-Week Biscuits and Gravy Bacon Scrambled Eggs Peaches Salad Bar | 26 Hallow-Week French Dip Sandwich Au Jus Golden French Fries Cole Slaw Salad Bar Birthday Gift Bags | 27 Hallow-Week Open-Faced Turkey Sandwich Gravy Mashed Potatoes Green Peas Salad Bar |
| 30 Hallow-Week Pulled Pork Sandwiches Fruit Salad w/ Coconut Chips Salad Bar | 31 Halloween Party Spooky Delights Ghoulish Goodies Creepy Treats Menu will be Posted | | | 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

October Order-Ahead Lunch Menu

Your Name _____

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|---|
| 2 Chicken Burgers w/ Lettuce, Onion, Tomato French Fries Baked Beans Dill Pickle Spear Salad Bar Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/> | 3 Meatloaf Mashed Potatoes Brown Gravy Green Beans Salad Bar No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/> | 4 Leila's Garlic Chicken Buttered Pasta Pea Salad Roll Salad Bar Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/> | 5 Oktoberfest Glazed Bratwurst Sauerkraut German Potato Salad Red Cabbage w/Apples Dessert No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/> | 6 Sloppy Joes French Fries Cottage Cheese w/ Fruit Salad Bar Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/> |
| 9 Teriyaki Chicken Jasmine Rice Asian Style Vegetables Egg Roll Salad Bar Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/> | 10 Beef Taco Salad With all the Fixin's Chips & Salsa Salad Bar No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/> | 11 Baked Tilapia w/Mango Salsa Jasmine Rice Pineapple Slaw Salad Bar Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/> | 12 Chicken Alfredo Green Beans Toasted French Bread Salad Bar No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/> | 13 Chef's Choice Broccoli Salad Salad Bar Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/> |
| 16 Jake's Crispy Fish Steamed Brown Rice Mixed Vegetables Roll Salad Bar Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/> | 17 Hamburgers w/ all the fixin's Potato Salad Crispy French Fries Salad Bar No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/> | 18 Pesto Chicken Pasta Steamed Broccoli Dinner Roll Salad Bar Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/> | 19 Beef Stew Biscuit Fruit Salad Bar No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/> | 20 Grilled Cheese Sandwich Creamy Tomato Soup Dill Pickle Spear Saltine Crackers Salad Bar Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/> |
| 23 Tater Tot Pie Green Beans Dinner Roll Salad Bar Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/> | 24 Hallow-Week King Ranch Chicken Chips and Salsa Churros Salad Bar No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/> | 25 Hallow-Week Biscuits and Gravy Bacon Scrambled Eggs Peaches Salad Bar Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/> | 26 Hallow-Week French Dip Sandwich Au Jus Golden French Fries Cole Slaw Salad Bar No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/> | 27 Hallow-Week Open-Faced Turkey Sandwich w/Gravy Mashed Potatoes Green Peas Salad Bar Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/> |
| 30 Hallow-Week Pulled Pork Sandwiches, Fruit Salad w/Coconut Chips Salad Bar Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/> | 31 Halloween Party Spooky Delights Ghoulish Goodies Creepy Treats Menu will be Posted No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/> | 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 | | |

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

This Page has intentionally been left blank

Events

October 2023

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| 2 11-12 Stretch & Strength 12pm Lunch | 3 9-12 Shot Clinic 9:30-11:30 Music Jam 12pm Lunch 1pm Writers Group 2:30-5-Bus Walking Trip | 4 10-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo | 5 Oktoberfest 10:30-12—Live Music 9:30-10:30 Chick-fil-A Bingo 10:30 Tai Chi 12pm Lunch 1-3 Card Games 1-4 Legal Guidance | 6 10-11 Line Dancing 12pm Lunch 1-3:30 Shopping Trip 7pm Family Bingo |
| 9 11-12 BP Checks 11-12 Stretch & Strength 12pm Lunch | 10 8:30-12pm Massage 9:30-11:30 Music Jam 12pm Lunch 1pm Writers Group 1-2:30 Tech Time | 11 9:15-11:30 Bowling 10-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo | 12 10:30 Tai Chi 12pm Lunch 1-3 Card Games 1:30-3:30 Diamond Art 1-4 Legal Guidance | 13 10-2 Photo Shoot 10-11 Line Dancing 12pm Lunch 1-3pm Bunco 1-3:30 Shopping Trip 7pm Family Bingo |
| 16 11-12 Stretch & Strength 12pm Lunch | 17 9:30-11:30 Music Jam 12pm Lunch 1pm Writers Group 2:30-5-Bus Walking Trip 3-4 Advisory Board Mtg | 18 10-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo 4:30 Juliet's @New Peking | 19 10-2 Haircuts by Becky 10:30 Tai Chi 12pm Lunch 1-2:30 Caregivers Supp. 1-3 Card Games 1-4 Legal Guidance | 20 Hallow-Week 10-11 Line Dancing 12pm Lunch 1-3-Ukulele Lessons 1-3:30 Shopping Trip 1:30-3:30-Art w/Anita 7pm Family Bingo |
| 23 11-12 Stretch & Strength 12pm Lunch 1:30-2:30 Wellness Workshop | 24 Hallow-Week 8:30-12pm Massage 9:30-11:30 Music Jam 10:30-11:30— Pumpkin Cooking Contest 12pm Lunch 1pm Writers Group | 25 Hallow-Week 10-12 Happy Hookers 10-11:30-Halloween Decorating w/Michelle 12pm Lunch 1:15pm Senior Bingo | 26 Hallow-Week 10:30-12 Music Patty & the Traveling 4 10:30 Tai Chi 12pm Lunch 1-3 Card Games 1-4 Legal Guidance Birthday Celebration | 27 Hallow-Week 9-3 Foot Care 10-1 Craft Sales 12pm Lunch 1-3pm Bunco 1-3:30 Shopping Trip 7pm Family Bingo |
| 30 Hallow-Week 11-12 Stretch & Strength 12pm Lunch 1:15-3 Pumpkin Carving | 31 Halloween Lunch 10:30-12 Live Music 9:30-11:30 Music Jam 12pm Lunch 1pm Writers Group | | | For detailed descriptions of events listed below please see pages 8-16 in this newsletter. |

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.



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. 29

Free Haircuts by Becky from Manhattan Design

Thursday, October 19th

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, October 27th

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.

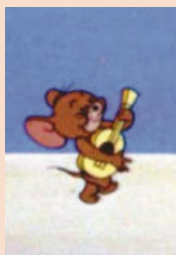
Ukulele & Guitar Lessons

Mary Sanders has volunteered to teach Ukulele & Guitar lessons to members. Stay tuned for more information.

When: Friday, October 20th

Time: 1:00-3:00

Where: In our dining room



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

She will be photographing individual & family portraits for the holidays, including images you can use for Christmas cards. 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, October 13th

Time: 10:00-2:00

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 or her 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, October 20th

Time: 1:30-3:30

Cost: \$20.00



Anita Miles will be teaching Spine Tingling Art (Halloween themed) . All materials are provided and you get to hang your beautiful canvas in your home!

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.

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

Join us for Bunco on the 2nd & 4th Fridays of the month from 1:00-3:00. Please sign up in the programs binder. Thank you KarenLynn for running the games! Cost: \$2.00

Bowling

Wednesday, October 11th

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. 42

Current Events and Activities Cont'd

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!

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.

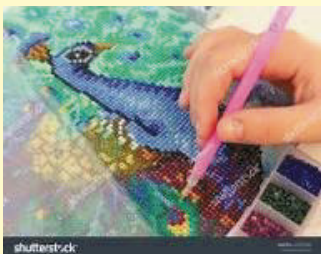
Time: 9:30am to 11:30am

**There will be no Jam session on
Tuesday, October 31st.**



Diamond Art Class

Sign up to attend a Diamond Art class on Thursday, October 12th from 1:30-3:30 taught by Barbara Greenwood. Cost is \$10.00 with all materials provided. See a staff member to sign up.

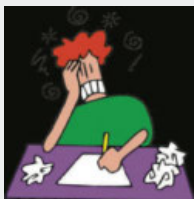


Chick-fil-A Bingo

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.

The Bonney Lake Writers

Tuesdays at 1:00pm!



Want to express yourself by writing a poem, story, or novel? Maybe you want to write a memoir to leave a legacy for your family but are having trouble! Well, we have good news

for you.

The Bonney Lake Writer's group is here to help you. Anyone of any age is welcome. Bring your writing ambition or desire with you and we can help. Or just sit back, watch, and ask questions.

Don't let your frustration hold you back. All levels of ability from beginner to experienced writer are welcome. Join the fun and get those creative juices flowing!

The End

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.

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



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

Sorry, no trips scheduled for October. Check back for November's schedule.

Current Events & Activities Cont'd

Hallow-Week Event #1 **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 20th

Time: 1:30-3:30

Cost: \$20.00



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

[See Phil's Trips for more information](#)



Hallow-Week Event #2 **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 #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 **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



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



Free Shot Clinic



Sign up early to receive your vaccines on Tuesday,
October 3rd from 9:00 am – 12:00 pm.

Vaccines available for:

- Flu
- Updated COVID-19
- RSV
- Pneumonia
- Shingles (2nd dose will be received at the Rxpress Pharmacy Drive thru Clinic in Bonney Lake)
- Tacoma Pierce County Health Department will be on site to help with any insurance information that maybe needed. Co-Pay maybe required depending on the type of vaccine you receive and your insurance (if required)

Health and Wellness Cont'd

Free Blood Pressure Checks

by Celebrate Seniority

When: Monday, October 9th

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, October 23rd

1:30-2:30

No cost

Join Traci Woodcock for a free health presentation on Renewable Beauty - Living Chemical Free Inside and Out. 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.



Foot Care ~ Come Get Your Toes Done!

When: Friday, October 27th

9am to 3pm

Please call to book your appointment. The service fee is \$45. Please bring your own towel. 90



Health and Wellness Cont'd

Caregivers Support Group

Thursday, October 19th
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

Good Is Good for You

There are two things that older adults have in spades these days: time and knowledge. And both make them the perfect match for volunteering. By giving back as little as two hours a week, or about 96 hours a year, older adults are discovering how to keep their lives active and healthy. Research shows that seniors who volunteer can combat depression, stave off chronic pain, and boost brain power. In short, volunteering can promote longevity. Still need another reason to get out and volunteer? With the number of volunteers age 65 and older expected to double in a few years, chances are you'll reconnect with old friends and make new ones. "Volunteering gave me a reason to get up in the morning and stimulated my brain as I learned about topics and issues that were completely unfamiliar to me," says one volunteer. To help educate older adults about the benefits of volunteering, the National Association of Area Agencies on Aging (n4a) launched a public education campaign to raise awareness of the issue and to prompt older adults to take action. The centerpiece of the campaign is a publication, "Doing Good Is Good for You: Volunteer!" This brochure provides you with a Self-Assessment Checklist that can help you evaluate the range of issues and activities that you may find most interesting in a volunteer setting. For example, are you interested in animals, politics, or art? Do you enjoy activities such as gardening, tutoring, or counseling? The Checklist gives you dozens of options. One prospective volunteer who completed a checklist of his interests was a lifelong musician. He checked "arts and culture" as a favorite and said he loved teaching others. When the local volunteer coordinator signed him up, she had no idea that his instrument of choice was a ukulele. Two years later, his lessons have become so popular, he's teaching in two senior centers to packed classes. The point is, there's a volunteer opportunity for everyone, and it can be found with the simple click of a mouse. For more information on volunteering, visit www.n4a.org and find the "Volunteer Resource Center" under n4a Initiatives. (Courtesy of NewsUSA)

©LPi

Upcoming Events

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.

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 **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!!!!*

Brain Teasers

Answers on Page 20

1. Marissa and Juliana went out for drinks together. They ordered the same drink. Juliana was really thirsty and finished five in the time it took Marissa to finish one. The drinks were poisoned, but only Marissa died. How?
2. A man dressed in black is walking down a country lane. Suddenly, a large black car with no lights on comes around the corner and stops. How did the car's driver know he was there?
3. Tomorrow is neither **Wednesday** nor **Thursday**. Yesterday was not **Friday** or **Saturday**.
4. What has one eye but cannot see?
5. What is so fragile that saying its name breaks it?
6. I hold two meanings. With one I may be broken, with the other I hold on. **What am I?**
7. He has married many women, but has never been married. **Who is he?**
8. What has many teeth but cannot bite
9. You are sitting inside a **plane**. There is a **horse** in front of you and a **car** behind you. *Where are you?*
10. I have two legs, but they only touch the ground while I'm at rest. **What am I?**
11. I make you weak at the worst of all times. I keep you safe, I keep you fine. I make your hands sweat and your heart grow cold. I visit the weak, but seldom the bold. **What am I?**
12. A man is sitting in his cabin in Michigan. Three hours later he gets out of his cabin in Texas. *How is this possible?*
13. Hands she has but does not hold, teeth she has but does not bite, feet she has but they are cold, eyes she has but without sight. **Who is she?**
14. I am six letters. When you take one away I am twelve. **What am I?**
15. I make two people out of one. **What am I?**

Important Information

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. **Also, payment is required at the time you sign up to ensure food and decorations are available for everyone who attends.**

Under age 55 lunch payment:

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

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



 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

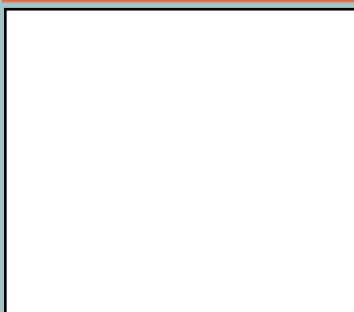


**BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.**

- 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



Things you need to Know

Senior Center Closures

The Senior Center
will be closed:

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



**Daylight Savings Time End on Sunday, November
5th at 2:00 am. Remember to set your clocks back
one hour!**

Find the Lucky 3 Numbers

We have hidden 3 lucky numbers throughout our newsletter. The first 4 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: 29, 42, 90



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

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

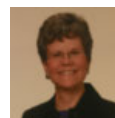
Have our
newsletter
emailed
to you.



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

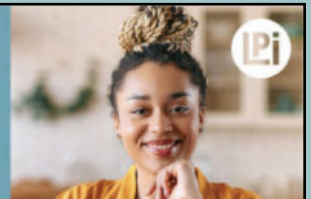


WE'RE HIRING!

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

Answers to Brain Teasers and Poem from Writers Group

From Page 17

1. The poison was in the ice. Since Marissa's ice had time to melt, she was poisoned but Juliana wasn't.
2. It was daytime
3. Friday.
4. A needle
5. Silence
6. A tie
7. A Priest
8. A Comb
9. You are on a Carousel or a Merry-go-round.
10. A wheelbarrow
11. Fear
12. He is a pilot in the cabin of the airplane
13. A doll
14. Dozens
15. A mirror



Donations Needed

Sue Duhamel is collecting socks for the Tacoma Rescue Mission. They need socks for everyone (men, women, & children). Please donation a pair of new socks for this important cause by October 31st. We will have a collection bin available for you to use. Thank you!



A beautiful poem by our Writer's Group

A Table in my Heart

There is a table in my heart,
With heavenly food to share.
I'll always try to do my part.
Thankfully inspired by prayer.

, One white tablecloth spread with joy,
A small taste of heaven's bliss,
Cheer for every kind girl and boy,
Who receives the Master's kiss.

I will put on a plate of love,
That will care for great or small.
With a lot of help from above,
There will be plenty for all.

There are several cups of peace,
Flowing like a calm river.
May the harmony never cease,
And embrace you forever.

A platter with mercy brimming,
I offer without reserve.
Pure kindness will be the trimming,
And compassionately served.

There are napkins for all sinners,
To forgive whatever wrongs.
We'll all come away as winners,
And sing sweet redemption's songs.

My table is for good or bad,
So come and join as my guest.
Let's rejoice and be ever glad,
In everything God has blessed.

By LARRY
KRACKLE

What Games & Events would you like?

To better serve you and your interests, we are taking a poll to see what games and events you'd like to see your Bonney Lake Senior Center host. Please fill out the below information, tear this page out of your newsletter and turn it into a staff member. Thank you.

Games:

Events

Visit us at www.ci.bonney-lake.wa.us | 21



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



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

Bonney Lake Senior Center, Bonney Lake, WA

D 4C 05-1036

Nothing to Report

This Page has intentionally been
left blank

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



**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.



ISAIAH O'BANNON
253-433-0082
(TTY: 711)
Monday – Friday
8 a.m. – 5 p.m.
iobannon@humana.com

Humana

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Bill Clough

wclough@lpicommunities.com

(800) 950-9952 x2635



News from our Gardener

As October comes, our favorite is to visit the local corn mazes in our area and we try to visit a different one each year. Each year I ask "how do they do that?" and yet I really don't want to know ; I'm just enjoying the farm experience and its a great way to support your local farmers. The tractor, pulling the kids, in cow cars is a hoot!

October should be a busy time in your garden. With the harvest comes the need to clean up the debris from the fallen leaves and withering plants. These can be used as good compost this time of year. If you let it lay there it will be good material for bugs and diseases to take refuge and incubate during the wet winter. A good saying for this time of year would be "if its brown, cut it down".

With the increasing rain our yards micro-organism come to life eventually waking up the Townsend moles and worse, the Townsend voles; only related by the destruction they do to our yards. The secret to catching those moles; well, it's still a secret, I don't know. Voles on the other hand are not a mouse but are known as meadow mice, voles will eat vegetation above and below the soil line. We usually see the cut paths through the grass or the sunken uneven land caused by the shallow tunnel they dig with open entrances. Prolific breeders, one vole can become hundreds of voles in weeks, under good conditions. WSU fact sheet FS094E talks about vole management! Meaning use vole deterrent mulches like crushed rock for path ways bordering gardens and avoid using weed barrier cloths as these give the animals a dark damp arena to live under.

I could not find any home use rodenticides to use against voles but unlike the grab traps that are illegal to use against moles, common mouse traps can keep your vole population in check. I set my traps, baited with some peanut butter at right angles to the path way or wall barrier they would use, cover the trap to make a tunnel that will deter other animals. Garden ornaments that cause vibration like your wind spinners, I'll swear, keep these ground critters at bay but field trials are less sure. I also am a very liberal and random garlic planter and over the years I've never had an eaten or displaced garlic bulb. It seems ground dwelling animals just give garlic a wide berth.

Now is that time to plant those spring flowering bulbs in your garden so you give the bulb roots time to establish. Find that small spot in your yard where you can let your bulbs naturalize for a very low maintenance but early spring flowers. Ideally this spot can be left undisturbed in the following years so the bulbs produce more bulbs and more flowers with each coming year. Many kinds of bulbs can be used but small shallow bulbs seem to work best-think Crocus, Mini-daffodils and Snowdrops are some of the more popular plants in our area. Planted under a deciduous tree will give you color in that part of the yard before the big tree grabs the sunlight.

Enjoy Your Day,
Dave PCMG



David A. and
Linda Smith
Gardening Committee

Short Riddles

1. Mississippi has four S's and four I's. Can you spell that without using S or I?
2. There's a one-story house where everything is yellow. The walls are yellow. The doors are yellow. All the furniture is yellow. The house has yellow beds and yellow couches. What color are the stairs?
3. A girl fell off a 20-foot ladder. She wasn't hurt. How?
4. Grandpa went out for a walk and it started to rain. He didn't bring an umbrella or a hat. His clothes got soaked, but not a hair on his head was wet. How is this possible?
5. You're in a race and you pass the person in second place. What place are you in now?
6. What four-letter word can be written forward, backward, or upside down, and can still be read from left to right?
7. What is at the end of the rainbow?
8. Name three consecutive days without naming any of the seven days of the week.
9. You are in a dark room with a box of matches. On a table are a candle, an oil lamp, and a log of firewood. What do you light first?
10. Two people were playing chess. They both won. How is this possible?
11. What word is always spelled wrong?
12. What invention lets you look right through a wall?
13. Where does today come before yesterday?
14. Three doctors all say Robert is their brother. Robert says he has no brothers. Who is lying?
15. What kind of ship has two mates but no captain?
16. A man is holding exactly \$5.25, but only has one coin. How is this possible?
17. I called my dog from the opposite side of the river. The dog crossed the river without getting wet, and without using a bridge, a boat, or a raft. How is that possible?
18. What two words, added together, contain the most letters?
19. You can hold me in your left hand but not your right. What am I?
20. I go around all the places, cities, towns, and villages, but never come inside. What am I?

Answers to Short Riddles

1. *T-H-A-T!*
2. *There are no stairs—it's a one-story house!*
3. *She fell off the bottom step.*
4. *Grandpa's bald!*
5. *Second place.*
6. *NOON*
7. *The letter W!*
8. *Yesterday, today, and tomorrow.*
7. *The match! Can't light any of those things without a lit match*
10. *They were playing two different games, against other opponents.*
11. *"Wrong."*
12. *A window!*
13. *In the dictionary.*
14. *No one—the doctors are Robert's sisters.*
15. *A relationship.*
16. *He has a quarter and a \$5 bill.*
17. *The river was frozen.*
18. *Post office.*
19. *Your right elbow (or hand)!*
20. *A street.*

Word Search

AARDVARK

APTEST

ASTRAL

AURAE

AVATAR

CARPI

CHATTERERS

CLINICIAN

COQUETTED

CRIMP

DELETE

DELI

DOZES

DRAB

EBAY

EDIT

EPIDERMISES

ETERNALLY

FEATHERIEST

FIND

FUME

HATER

IMPROVIDENT

KABOOM

LIAR

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

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.

Saturday October 7th

Dungeness Crab and Seafood Festival

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

Leaving parking lot behind Senior Center at 8:00 a.m. Return at 7:00 p.m.

Cost: \$15 for Transportation. (Pay \$15 to BLSC at sign-up).

Meals on your own. If you want a crab dinner, you MUST pre-order; \$25 for a 2lb whole crab. You can order a half meal for less. They sell out every year. See Phil to pre-order a dinner.

It's not just about the food. You'll find great LIVE MUSIC all day, plus over 75 crafts, merchant, sponsor, nonprofit and food booths on the pier. Besides the delicious crab dinner, you'll find crab cakes, chowders, fish and chips, and lots of other fresh delights from our bountiful waters.

Saturday Oct. 15th

Issaquah Salmon Hatchery Trip

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

Leaving parking lot behind Senior Center at 8:30 a.m. Return at 4:30 p.m.

Cost: \$10 for Transportation, \$5 Admission. (Pay \$15 to BLSC at sign-up).

Meals on your own.

This trip is different from last month's Issaquah trip. September's trip was about Salmon Days. This month is a learning trip to tour the hatchery as a classroom, learning how and why the salmon spawn, how the department of fisheries insures the most productive return of hatchlings to the streams and rivers, and how the salmon find their way back in six years.

Saturday October 28th

Bellewood 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.

Dinner at Coconut Kenny's

Cost: \$15 for Transportation (Pay \$15 to BLSC at sign-up).

Meals and treats on your own.

Phil's Trips Cont'd

Tuesday local walking trips will be:

Oct 3rd – Tehaleh Overlook Trail

Tuesday park walking trips will be:

Oct 17th – Deep Lake at Nolte State 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 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.