

Bonney Lake

Senior Center Newsletter

November 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!

Although we'd love to see you, the flu, Covid & RSV are epidemic in our area right now. If you are not feeling 100%, we're asking that you stay home, covid test and get your rest. If you test positive for Covid, please let us know.

As you may be aware, we have some members who are terribly susceptible to viruses and we don't want to take a chance on causing them serious illness. Thank you for being considerate.
Please stay home if you're sick.

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. 19

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	13-16
Upcoming Events	17
Important Information	18
Things you Need to Know	19
Just for Laughs	20
Talking a Poll	21
News from our Gardener	23
Veteran's Crossword Puzzle	24-25
Thanksgiving Poem	26
Phil's Trips	27-28



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Senior Center Staff

Staff

Senior Services Manager

Sue Hilberg

hilbergs@cobl.us

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Senior Services Assistant

Michelle Vazquez

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253-447-3104

Senior Aide

Phil DeLeo

deleop@cobl.us

253-447-4328

Senior Aide

Shari Jones

jones@cobl.us

253-447-4340

Kitchen Staff

Head Cook

Pam Camp

camp@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

Emergency After Hours

Number—253-445-0632



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For help with Medicare call Kathryn Evans

Your Local Medicare Insurance Broker

We look at many different companies and help you find the plan that's right for you!

Katheryn Evans, *Licensed Insurance Broker*

253.861.2959 or 253.231.8896

We Love You Bonney Lake Seniors! Call us for your Birthday Bags!

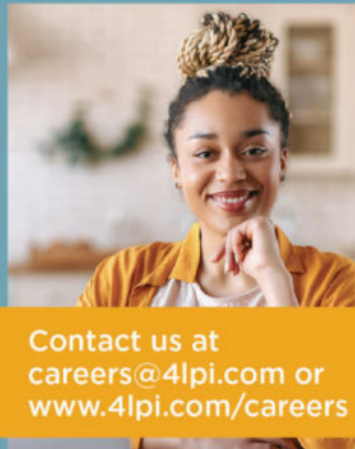
We're still handing them out to everyone who calls!

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

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Bonney Lake Senior Center, Bonney Lake, WA

A 4C 05-1036

Senior Advisory Board



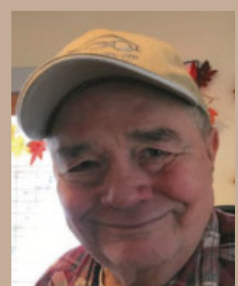
The Senior Advisory Board members work closely with staff to help with a variety of tasks. The Senior Advisory Board, and their volunteers, assist with many fundraising events throughout the year which enables them to help provide funds for special events, work with the Bonney Lake Kiwanis to help seniors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



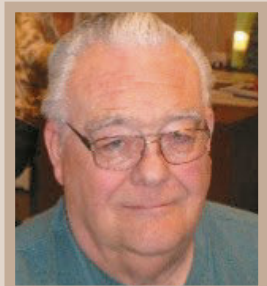
Vice President

Bob Wells



Treasurer

Julianne DeLeo



Assistant Treasurer

Jim Baisch



Secretary

Anita Chandler



Bonnie Johnson

Board Member



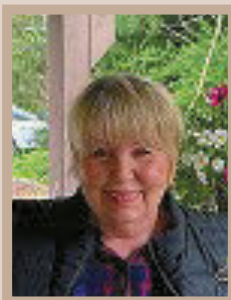
Kathy Nelson

Board Member



David Reed

Board Member



Linda Smith

Board Member



Diane Stabler

Board Member






Ernie Gilmer

Board Member

Menu




November 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Lasagna Italian Green Salad Bread Stick Salad Bar	2 Honey Smoked Ham Scalloped Potatoes Vegetable Salad Bar	3 Clam Chowder Caesar Salad Fresh Fruit Warm Bread Salad Bar
6 Lemon Pepper Fish Jasmine Rice Vegetable Salad Bar	7 Chef's Choice Salad Bar	8 Spaghetti w/Meat Sauce Buttered Noodles Vegetable Garlic Bread Salad Bar	9 Veteran's Day Lunch BBQ Pork Ribs Baked Beans Potato Salad Garlic Bread	10 
13 Sloppy Joes French Fries Fruit Salad Bar	14 Minestrone Soup Chicken Salad Sandwich on Croissant Warm Roll Salad Bar	15 Breakfast Biscuits & Gravy Scrambled Eggs Bacon Fruit Salad Bar	16 Thanksgiving Lunch Roasted Turkey Mash Potatoes w/ Gravy Stuffing Vegetable Warm Roll Pie	17 Thanksgiving Lunch Roasted Turkey Mash Potatoes w/ Gravy Stuffing Vegetable Warm Roll
20 Polish Dogs w/Grilled Onions & Green Peppers Chips Salad Bar	21 Chicken Taco Salad w/all the Fixin's Tortilla Chips Guacamole Salsa Salad Bar	22 Macaroni & Cheese w/Country Diced Ham Vegetables Salad Bar	23 	24 
27 Chicken Tenders French Fries Fruit Salad Bar	28 Hamburgers w/all the Fixin's Chips Salad Bar	29 Meatloaf Mashed Potatoes w/ Gravy Vegetable Salad Bar	30 Pork Cutlets Mashed Potatoes w/ Gravy Vegetable Salad Bar	Dine-in lunch service Monday—Friday 12-12:30pm To Go meals served 11:30-12:00 **Alternate meals available only for Fish/Seafood and Liver/Onions

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November Order-Ahead Lunch Menu

Your Name




Monday	Tuesday	Wednesday	Thursday	Friday
<p>Please write the number of meals you want in the "Delivery" box, "To-Go" box or "Dine in" box. Don't forget to write your name at the top!</p> <p>Salad Bar is not available for delivery</p>		<p>1 Lasagna Italian Green Salad Bread Stick Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>2 Honey Smoked Ham Scalloped Potatoes Vegetable Salad Bar</p> <p>No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>3 Clam Chowder Caesar Salad Fresh Fruit Warm Bread Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>
<p>6 Lemon Pepper Fish Jasmine Rice Vegetable Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>7 Chef's Choice Salad Bar</p> <p>No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>8 Spaghetti w/Meat Sauce Buttered Noodles Vegetable Garlic Bread, Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>9 Veteran's Day Lunch BBQ Pork Ribs Baked Beans Potato Salad Garlic Bread</p> <p>No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>10</p> 
<p>13 Sloppy Joes French Fries Fruit Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>14 Minestrone Soup Chicken Salad Sandwich on Croissant Warm Roll Salad Bar</p> <p>No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>15 Breakfast Biscuits & Gravy Scrambled Eggs Bacon, Fruit Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>16 Thanksgiving Lunch Roasted Turkey Mash Potatoes w/ Gravy, Stuffing Vegetable, Warm Roll Pie</p> <p>No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>17 Thanksgiving Lunch Roasted Turkey Mash Potatoes w/Gravy Stuffing, Vegetable Warm Roll, Pie</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>
<p>20 Polish Dogs w/Grilled Onions & Green Peppers Chips, Salad Bar</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 Guacamole, Salsa Salad Bar</p> <p>No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>22 Macaroni & Cheese w/Country Diced Ham Vegetables Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>23</p> 	<p>24</p> 
<p>27 Chicken Tenders French Fries Fruit Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>28 Hamburgers w/all the Fixin's Chips Salad Bar</p> <p>No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>29 Meatloaf Mashed Potatoes w/ Gravy Vegetable Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>30 Pork Cutlets Mashed Potatoes w/ Gravy Vegetable Salad Bar</p> <p>No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>Due to Staffing issues we will only be delivering lunches on Mondays, Wednesdays and Fridays.</p>

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Events

November 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Advisory Board Elections 10-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo	2 Advisory Board Elections 9:30-10:30 Chick-fil-A Bingo 10:30 Tai Chi 12pm Lunch 1-3 Card Games	3 Advisory Board Elections 10-11 Line Dancing 10-2 Haircuts by Becky 12pm Lunch 1-3:30 Shopping Trip 7pm Family Bingo
6 Advisory Board Elections 11-12 Stretch & Strength 12pm Lunch	7 Advisory Board Elections 9:30-11:30 Music Jam 12pm Lunch 1pm Writers Group 2:30-5-Bus Walking Trip	8 Advisory Board Elections 10-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo	9 Veteran's Day Lunch Advisory Board Elections 10:30-12pm-Patty & Traveling 4 10:30 Tai Chi 12pm Lunch 1-3 Card Games 1-4 Legal Guidance	10  7pm Family Bingo (will be open for bingo)
13 Advisory Board Elects. 11-12 BP Checks 11-12 Stretch & Strength 12pm Lunch 1:30-2:30-Wellness Class	14 Last day for Advisory Board Elections 8:30-12pm Massage 9:30-11:30 Music Jam 12pm Lunch 1pm Writers Group 1-2:30 Tech Time	15 9:15-11:30 Bowling 10-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo 4:30 Juliet's @ Round Table Pizza	16 Thanksgiving Lunch 9:30-10:30 Chick-fil-A Bngo 10:30-12-Music Johnny Crash 10:30 Tai Chi 12pm Lunch 1-2:30 Caregivers Supp. 1-3 Card Games	17 Thanksgiving Lunch 10-11 Line Dancing 10:30-12-Music Terry Bartelme 12pm Lunch 1-3-Ukulele Lessons 1-3:30 Shopping Trip 7pm Family Bingo
20 11-12 Stretch & Strength 12pm Lunch 1:30-3:45-Carol's Ornaments Class	21 9:30-11:30 Music Jam 12pm Lunch 1pm Writers Group 2:30-5-Bus Walking Trip 3-4 Advisory Board Mtg	22 10-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo	23  Birthday Celebration	24  No family bingo Tonight only
27 11-12 Stretch & Strength 12pm Lunch 1:30-3:30-Diamond Art	28 8:30-12pm Massage 9:30-11:30 Music Jam 12pm Lunch 1pm Writers Group	29 10-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo	30 9-3 Foot Care 10:30 Tai Chi 12pm Lunch 1-3 Card Games	For detailed descriptions of events listed below please see pages 8-16 in this newsletter.

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, Friday, November 3rd (day change)
10am to 2pm**

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

Please arrive with freshly washed hair.

Becky has worked for years as professional hairdresser and is volunteering to give free haircuts but tips are appreciated.



Free Legal Advice

A change to our 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. Beginning in November, Mr. Inslee will meet the 2nd Thursday of the month from 1:00-4:00 pm. This program is made possible due to the volunteer services of Washington attorney Evan E. Inslee of Bonney Lake. 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. 34

**There will be no shopping trips on
Friday, November 10 and Friday,
November 24.**



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, December 22nd (no craft fair in November)

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.

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

No Tai' Chi class on Thursday, November 23rd.

Chair Massage

Linda 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.

Caregivers Support Group

Thursday, November 16th

1-2:30pm

We'd like to thank JoByna Nickum for filling in for Kim in November as 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.

Ukulele & Guitar Lessons

Mary Sanders has volunteered to teach Ukulele & Guitar lessons to members. See a staff member to sign up..

When: Friday, November 17th

Time: 1:00-3:00

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 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.

There will be no Friday night bingo on Friday, November 24th

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 no holds barred games of fun!

There will be no Pinochle on Thursday, November 23th

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

There will be no bunco for the month of November.

Art with Anita

Friday, January 19th
Time: 1:30-3:30
Cost: \$20.00



Anita Miles will be teaching beautiful art. All materials are provided and you get to hang your beautiful canvas in your home!

The Happy Hookers

Every Wednesday 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.

There will be no Birthday Celebration in November. If you have a birthday to celebrate in November, we will celebrate both November and December birthdays on Thursday, December 28th (during our New Year's Eve Luncheon).

Bowling

Wednesday, November 15th

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.

Current Events and Activities Cont'd

Patty & the Traveling 4

4th Thursday of every month (in November she'll be here the 2nd Thursday of the month)

Time: 10:30-12:00

Come dance and enjoy country and oldies rock.
No cost to attend!

Diamond Art Class

Sign up to attend a Diamond Art class on Monday, November 27th from 1:30-3:30 taught by Barbara Greenwood. Cost is \$10.00 with all materials provided. See a staff member to sign up.



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



Chick-fil-A Bingo

Join us the first and third 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. 55

11/15/23— Round Table Pizza

12/20/23— Don Chuys

1/17/24—Crockett's Public House

2/21/24—Applebee's

3/20/24—Babalouie's

4/17/24—Hop n Drops

5/15/24—Hungry Dawgs

6/19/24—Panda Express

7/17/24—Denny's

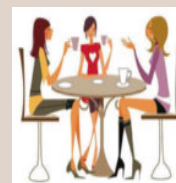
8/21/24—Mazatlán

9/18/24—The Habit Burger

10/16/24—Round Table Pizza

11/20/24—Chipotle

12/18/24—Don Chuys



Current Events & Activities Cont'd

Veteran's Day Lunch



We want to sincerely thank all former and current service members for your dedication and sacrifice for our great nation! To honor them we will be having a Veteran's Lunch on Thursday, November 9th. If you are a current or former service member, your lunch will be free! If you're not a veteran, we hope you'll join us for dancing and lunch and to help us honor our amazing Veterans! Patty and the Traveling 4 will be playing for your dancing and listening pleasure from 10:30-12:00. Our apologizes but space is limited so if you do not make a reservation, you will be turned away at the door.

We'd like to thank Ron Walker for putting together an amazing slide show honoring our Veterans.

Date: Thursday, November 9th

Time: 10:30-12:00

Lunch: 12:00-12:30

Cost: \$8.00 (if you're a veteran, it's free)

Carol's Santa Ornaments Class

Sign up to attend an Christmas Santa and Ornament Decorating Class taught by Carol Dubasak. All materials will be provided and you get to make beautiful Santas and ornaments to hang on your Christmas tree.

Monday, November 20th

Time: 1:30-3:45

Cost is \$20.00



Thanksgiving Lunch

It's time for Thanksgiving lunch again. Please sign up for **only one day (maximum of 66 people each day)**

Music by Johnny Crash on Thursday and Terry Bartelme on Friday. See a staff member to sign up.

Date: Thursday & Friday,
November 16th & 17th

Time: 10:30-12:00

No Cost

We will be accepting non-perishable donations for the food bank.



Advisory Board Elections

If you'd like to run for an Advisory Board position, please let a staff member know. Nominations opened on October 10th and voting is open from November 1st through November 14th. Please consider running for a position and please vote by November 14th.



Special Thank You's!

We would like to thank Terri Waltenburg and Michelle Vazquez for all their hard work securing donations for the Senior Center to pay for Thanksgiving and Christmas lunches. Were it not for their hard work we would not be able to provide the delicious meals our kitchen cooks to you at no cost.

Both of their hard work secured extremely generous donations from Cedar Ridge and Haggen Foods! Thank you to Cedar Ridge and Haggen Foods for allowing us to continue to provide both holiday lunches to you at no cost!



Cedar Ridge presenting
Sue with Donation Check

Health & Wellness

Four Exercises to Improve Strength and Balance

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

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

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

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

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

1. Knee bends. Holding on to a sturdy chair or counter at your side, keep your back straight, feet on the ground, and gently bend your knees and lower your body. Then, raise your body back up. It's a slight squat but not a deep one. Repeat 10-15 times.
2. Heel raises. Holding on to a chair or counter at your side, raise up on toes slowly and then lower the heels to the ground slowly. Heel raises strengthen the calf muscles. Repeat 10-15 times.
3. Side leg raises. Holding on to a chair or counter at your side, raise one leg out to the side and bring it back down. Repeat 10-15 times and switch to other leg.
4. Sit to stand. If you're able, sit in a chair and rise to a standing position with arms stretched in front of you. Make sure the chair is in a stable position or against a wall so it won't fall over. Sit back down and repeat 10 times.

(Courtesy of NewsUSA)

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Health and Wellness Cont'd

Free Blood Pressure Checks

by Celebrate Seniority

When: Monday, November 13th

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, November 13th

1:30-2:30

No cost

Join Traci Woodcock for a free health presentation on Aging with Grace. 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.

Line Dancing is canceled on Friday, November 10th, and Friday November 17th



Foot Care ~ Come Get Your Toes Done!

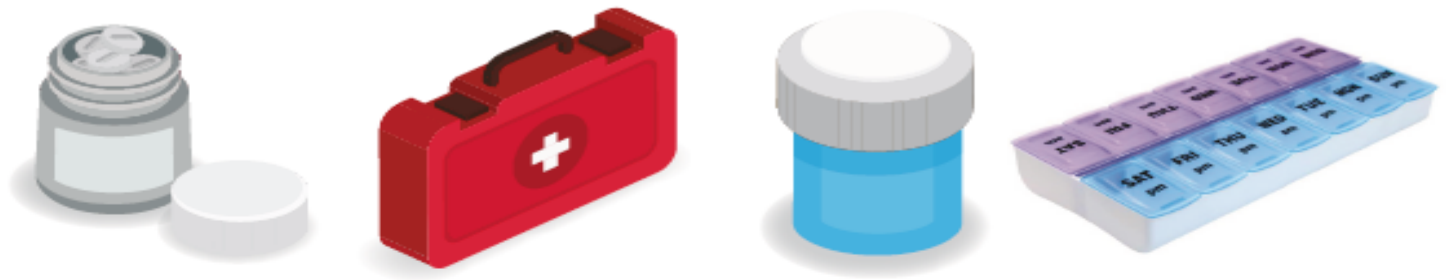
When: Thursday, November 30th **(day change for November only)**

9am to 3pm

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



Disaster Medication PREPAREDNESS



Medication Preparedness Myths

1

**Strategic National
Stockpile has a back
pile for all medications.
FALSE!**

Not all medications are in the National Stockpile. The national emergency stockpiles contain medications to combat specific incidents of bioterrorism but does not keep a supply of medications for chronic medical conditions. So it is important that patients are prepared to help themselves. Items included in the stockpile are 12-Hour Push Packages (less than 5% of the SNS inventory), broad-spectrum oral and intravenous antibiotics, other medicines for emergency conditions, IV fluids and fluid administration kits, airway equipment, such as ET tubes, stylettes, oropharyngeal airways, ambu-bags, and CO2 detectors, bandages, antibiotics, vaccines, antitoxins and ventilators.

2

**Insulin should be
refrigerated at all
times. FALSE!**

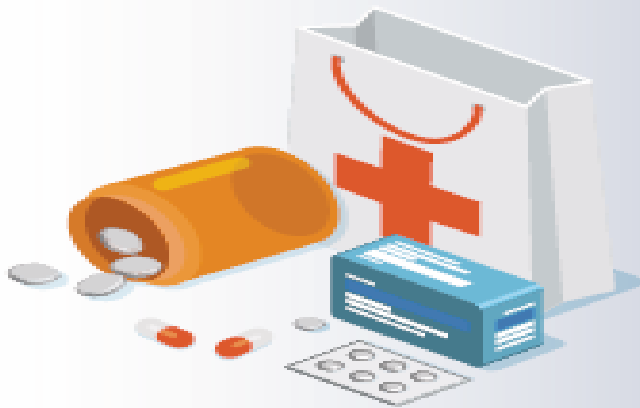
Depending on the type of insulin you are prescribed, there may be some subtle differences in how best to store it and how long it will last. Ask your healthcare provider or pharmacist for specifics on how to store your own insulin prescription. If your insulin has been exposed to extreme heat or froze, i.e., left in a hot car, fire, heatwave, DO NOT USE.

Once you open a vial (meaning stick a needle in the vial) note with a sharpie the date – always throw away insulin after 10 - 28 days after opening. Ask your healthcare provider or pharmacist about your specific prescription, some have a shorter lifespan. Keep untapped or unopened vials in the refrigerator (stable 39 degrees F or 4 degrees C). Once opened you can store at room temperature (68 - 72 degrees or 20 - 22 degrees C). (Harvard Health Blog)

3

Pharmacies will open immediately after a disaster. **FALSE!**

During an emergency or natural disaster, pharmacies may be closed for an extended period due to electricity outages, damage, or short staffing. It is very important to keep an "emergency supply" of your medications to get you through an unexpected close. Start your emergency supply by filling your current medications 5 days early and moving extras to a separate bottle for your emergency supply. Keep your emergency supply in the appropriate temperature, with a printed list of all medications (request from healthcare provider).



KEY TAKE AWAY NOTES

- Keep an up-to-date list of your medications, including dose and indicated use. The best list is one you can request from your pharmacist or healthcare provider, as the list can be used for replacing your prescriptions.
- Create an emergency supply of your medications, intended for your "go" bag.
- Talk to your pharmacist about syncing all your medications for same day pick-up and delivery if available.
- Place medication bottles or packages in water-tight containers (such as plastic containers with lids) if there is a possibility of flooding or other water damage. **If medications are contaminated with water or heat exposure, always disregard as this changes the composition.**
- Have ice packs and a small cooler available for medications that need refrigeration if electricity goes out.

4

You must have a paper prescription or call a doctor to get a refill during an active declared emergency. **FALSE!**

When the governor issues an emergency proclamation for an event which prevents continuity of health care for persons and animals because their prescribed medications are no longer available to them due to the emergency event, pharmacists and pharmacies may provide emergency prescription supplies for medications during the period of the proclaimed emergency as provided below: An initial supply of up to thirty days of current prescriptions for drug (noncontrolled) medications or seven-day supply of current prescriptions for controlled substance medications in Schedules III, IV, and V may be provided to patients under the following conditions: (Washington State Legislature)

(a) Presentation of a valid prescription container complete with legible label indicating there are remaining refills, or confirmation of the prescribed medication and available refills by review of the patient's current medical records or pharmacy records or in the professional judgment of the pharmacist; or

(b) If the prescription is expired or has no refills and the pharmacist is unable to readily obtain refill authorization from the prescriber, the pharmacist may dispense a one-time emergency refill of the last dispensed quantity or up to a thirty-day supply of a maintenance medication.

(c) If the patient is unable to provide either a valid prescription or prescription container the pharmacist may use their professional judgment when accepting a provider reconciled medication list.



Washington State Department of
HEALTH

DOH 420-412 JULY 2023

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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.

November 9—Veteran's Day—Patty & the Traveling 4
November 16—Thanksgiving Lunch Day one—Music by Johnny Crash
November 17—Thanksgiving Lunch Day Two—Music by Terry Bartelme
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

1/11/24—Elvis Day—Music by Terry Bartelme
1/25/24—Birthday Celebration music by Jim Meck
2/8/24—Mardi Gras—Music Jim Meck
2/14/24—Valentine's Day—Music by Patty & Traveling 4
2/22/24—Birthday Celebration Neil Diamond Day—Music by Terry Bartelme

Christmas Lunch

It's time for Christmas lunch again. Please sign up for **only one day (maximum of 66 people each day)** Music by Peggie & the Brock-a-Roos on Thursday and Terry Bartelme on Friday. See a staff member to sign up.

Date: Thursday & Friday,
December 14th & 15th

Time: 10:30-12:00

No Cost

We will be accepting non-perishable donations for the food bank.



New Year's Eve Celebration

It's time for New Year's Eve lunch again. Music by Patty & the Traveling 4. See a staff member to sign up.

Date: Thursday, December 28th

Time: 10:30-12:00

Cost: \$8.00



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!!!!

Important Information

Trip Refund policy:

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

Special Event refund policy:

Your payment is no longer refundable if you cancel your reservation for a special event and your payment 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.

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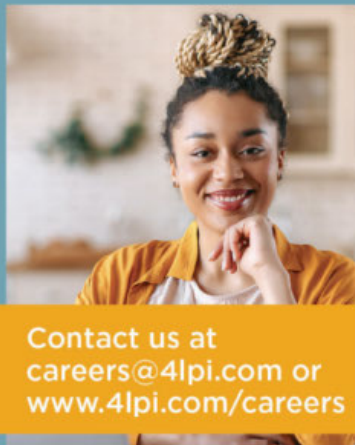
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Things you need to Know

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



**Tuesday, December 5th the Center will open at
10:00 am due to a City Staff Event**

**Daylight Savings Time Ends 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, Crumbl Cookie, or Chick-fil-A.

Lucky numbers are: 19, 34, 55



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

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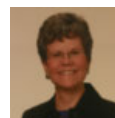
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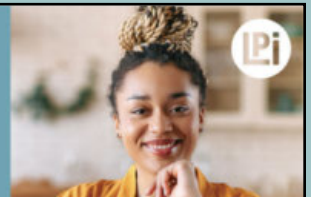


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Just for Laughs

When Grandma Goes to Court

Lawyers should never ask a Mississippi grandma a questions if they aren't prepared for the answer.

In a trial, a Southern small-town prosecuting attorney called his first witness, a grandmotherly, elderly woman to the stand. He approached her and asked, "Mrs. Jones, do you know me?" She responded, "Why yes, I do know you, Mr. Williams. I've known you since you were a boy, and frankly, you've been a big disappointment to me. You lie, you cheat on your wife, and you manipulate people and talk about them behind their backs. You think you're a big shot when you haven't the brains to realize you'll never amount to anything more than a two-bit paper pusher. Yes, I know you."

The Lawyer was stunned. Not knowing what else to do, he pointed across the room and asked, "Mrs. Jones, do you know the defense attorney?"

She again, replied, "Why yes, I do. I've know Mr. Bradley since he was a youngster too. He's lazy, bigoted, and he has a drinking problem. He can't build a normal relationship with anyone, and his law practice is one of the worst in the entire state. Not to mention he cheats with three different women, one of them is your wife. Yes, I know him." The defense attorney nearly died.

The Judge asked both counselors to approach the bench and in a very quiet voice, said, "If either of you idiots asks her if she knows me, I'll send both of you to the electric chair."

That moment when you realize there is only one person in this photo



If you can't hide a crime scene, just pretend you are a victim.



What Games & Events would you like?

To better serve you and your interests, we are taking a poll to see what games, events, Speakers, or any other type of activity 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 and **receive a \$5 gift card from Starbucks, Crumbl Cookie or Chick-fil-A.** Thank you.

Games:

Events/Speakers

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Nothing to Report

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News from our Gardener

By the first week of November you should have planted your spring flowering bulbs. Bulbs that grow and bloom in the spring are daffodils, tulips, narcissus, hyacinths, bulb irises, crocuses, and snowdrops. Choose bulbs that are firm and solid and have no mold or spots. Large bulbs are usually better than small ones. Plant bulbs close together (3 or 5 inches apart) if you want thick masses of flowers. Otherwise, plant them farther apart (6 or 8 inches) for rows. Do not add fertilizers or other amendments unless a soil test report indicates a nutrient deficiency. After the bulbs are covered with soil, soak the soil with water to settle it around the bulbs. Mulch the area with organic mulch to a depth of 2-4 inches. Mulching keeps the bulbs from alternately freezing and thawing in the winter. During the rest of the year, mulch reduces weed growth, moderates soil temperature, and protects soil tilth (consistency). Read more at WSU publication EM2869E WSU Extension Publications|Growing Flowers from Bulbs.

The number one task to do this fall month is to clean up your garden and lawn of fallen leaves, dead branches and decaying foliage. These items do not make good compost as the local bugs and mold have taken to these items. This is the kind of yard waste that should go to the Prairie Ridge transfer station. Do add a layer of wood chips or other mulch to help protect your hardy plants from the rain and freeze of our winter. I recommend Tagro, a free product that will readily break down while improving your soil. For your lawn I would recommend "Sumner Grow", that is also free for us to use and it comes in a pellet form that spread easily with your rotary spreader. A properly fertilized lawn will help to reduce damage from certain diseases (red thread, leaf and stem rusts, and take-all patch disease) and weeds (plantain, and clover). **Fertilizer usage for Washington lawns should be determined by soil tests.** In western Washington, deficiencies of phosphorus and potassium are common; therefore, fertilizers with a 3-1-2 or 6-1-4 ratio of N-P-K usually give best results. Keep in mind that "weed and feed" type fertilizers are going to suppress the weeds, such as dandelions, that are essential for spring pollinators to feed on. Let me have a word on "Lime". Many of the common lawn grasses tolerate a wide range of soil acidity. Strongly acid soils in parts of Western Washington may benefit from lime if the soil pH is below 5.5 and the calcium level is low. For established lawns, DO NOT apply more than 35 lb per 1000 square feet per application to prevent lime layers in the thatch. Lime is not a cure-all for lawn moss. Moss is usually caused by neglect of proper fertility and watering practices and lime has little if any effect on controlling this problem. Read more information on lawn care and maintenance at <https://pubs.extension.wsu.edu/home-lawns>, EB0482E.

This is also the month to plant garlic. Plant large cloves that are clean and dry and plant them the same day the bulb is broken apart. Plant the cloves so that the tops are 2 inches below the soil line, and place the garlic clove flat-side down and pointed-side up in the hole. Garlic should be planted 4-6 inches apart in rows that are spaced 12-24 inches apart. More information can be found in WSU publication FS162E. WSU Extension Publications|Vegetables: Growing Garlic in Home Gardens .

With the long nights setting in (turn back the clock Nov 5th) I encourage you to sign up for the many free gardening classes available thru Pierce County and Brown paper tickets. These zoom accessible classes are 1st rate with some well know celebrities holding tenure. To get outdoors; Pierce County Conservation is looking for volunteers to help upkeep our local nature areas. These 3 hour work parties with like minded people , of differing age groups, are a rewarding way to spend time out.

I'll close this November newsletter with a big thank you to the people that volunteer, especially Beth, Linda and Audrey as they share the garden duties around the center. Also, thank you for reading! Garden talk around the lunch tables makes for pleasant conversation. Enjoy your day, everyday! Dave PCMG



David A. and
Linda Smith
Gardening Committee

Veteran's Crossword Puzzle

Veterans Day Crossword Puzzle

Name: _____
Date: _____

Questions on Page 25



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5

Veteran's Crossword Puzzle Cont'd

Veterans Day Crossword Puzzle



Name: _____
Date: _____

Across

6. Veterans fight in wars to protect our ____.
8. After World War II and the Korean War, which President issued a proclamation for all the country to honor all veterans on November 11?
11. Which European country did the American led Allied Forces defeat in World War I?
13. What was Veterans Day originally called?
15. The United State Armed Forces consist of the Army, Navy, Air Force, Coast Guard and ____.
16. In 1938, Veterans Day became a legal federal ____.
17. Memorial Day was established to honor the veterans who ____ in battle or from battle wounds.
18. What is a great way to honor a veteran?
19. Britain, France, Australia and ____ also commemorate their veterans on or near November 11 each year.
20. In which war did America lose 625,000 soldiers?

Down

1. In 1919, which President first proclaimed November 11 as Armistice Day?
2. What happened on the 11th hour of the 11th day of the 11th month in 1918?
3. In 1938, the word armistice was replaced with ____ to honor all veterans.
4. What flower is popular to commemorate Veterans Day?
5. What month is Veterans Day officially observed?
7. In which war did America lose 405,000 soldiers?
9. What day is officially observed to honor all veterans?
10. After which war was Armistice Day or Veterans Day established?
12. In which war did America lose 58,000 soldiers?
14. What is a person called who has served in any of the armed forces during peace time or during war?



Thanksgiving Poem

TWAS THE NIGHT OF THANKSGIVING,
BUT I JUST COULDN'T SLEEP.
I TRIED COUNTING BACKWARDS,
I TRIED COUNTING SHEEP.

THE LEFTOVERS BECKONED -
THE DARK MEAT AND WHITE,
BUT I FOUGHT THE TEMPTATION
WITH ALL OF MY MIGHT.

TOSSING AND TURNING WITH ANTICIPATION,
THE THOUGHT OF A SNACK BECAME INFATUATION.
SO, I RACED TO THE KITCHEN, FLUNG OPEN THE DOOR, AND GAZED AT THE
FRIDGE, FULL OF GOODIES GALORE. Gobbled up TURKEY AND BUTTERED
POTATOES,
PICKLES AND CARROTS, BEANS AND TOMATOES.

I FELT MYSELF SWELLING SO PLUMP AND SO ROUND,
'TIL ALL OF A SUDDEN, I ROSE OFF THE GROUND.
I CRASHED THROUGH THE CEILING, FLOATING INTO THE SKY,
WITH A MOUTHFUL OF PUDDING AND A HANDFUL OF PIE.
BUT, I MANAGED TO YELL AS I SOARED PAST THE TREES....
HAPPY EATING TO ALL - PASS THE CRANBERRIES, PLEASE.

MAY YOUR STUFFING BE TASTY,
MAY YOUR TURKEY BE PLUMP.
MAY YOUR POTATOES 'N GRAVY HAVE NARY A LUMP.
MAY YOUR YAMS BE DELICIOUS.
MAY YOUR PIES TAKE THE PRIZE,
MAY YOUR THANKSGIVING DINNER STAY OFF OF YOUR THIGHS!!



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Phil's Trips

Trips Policy Change

We are changing the policy to our Trips signup program.

When you sign up for a trip, you will need to pay at the time of sign up. If you do not, your name will be put on the standby list and will remain on the standby list until payment is received. This means that we cannot guarantee you a place in the program that you are signing up for. This change is necessary to allow everyone the same chance at signing up and participating in our programs. Thank you for your understanding.

Inclement weather schedule

In the event of snow or ice-covered roads, the senior center bus will follow the schedule of local schools that are closed or delayed.

Daylight Saving Time Ends on Sunday, November 5th.

Saturday Nov. 4th

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: \$8 for Transportation. \$12 for admission (Pay \$20 to BLSC at sign-up).

Meals and souvenirs on your own.

Saturday Nov. 18th

“Silver Bells at the Shore” Christmas Bazaar at Ocean Shores Trip

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

Leaving parking lot behind Senior Center at 7:30 a.m. Return at 5:30 p.m.

Cost: \$15 for Transportation, Admission is free with a donation of pet food. (Pay \$15 to BLSC at sign-up).

Meals on your own.

Travel to beautiful Ocean Shores for their annual Christmas Bazaar in the convention center. Have fun browsing a wide variety of crafts and vendors and enter for a gift basket raffle. Come support a good cause at the Silver Bells at The Shore, an annual holiday bazaar benefiting nonprofit animal organizations and rescue. All proceeds benefit North Beach Paws, a non-profit organization dedicated to caring for and finding homes for abandoned and neglected animals on the North Beach.

Sunday Nov. 26th

“Cats” at Tacoma Musical Playhouse 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.

Cats is a sung-through musical with music by Andrew Lloyd Webber. It is based on the 1939 poetry collection “Old Possum’s Book of Practical Cats” by T.S. Eliot. What is the storyline of Cats the Musical? The Jellicle Cats come out to play on one special night of the year—the night of the Jellicle Ball. One by one they tell their stories for the amusement of Old Deuteronomy, their wise and benevolent leader, who must choose one of the Cats to ascend to the Heaviside Layer and be reborn into a whole new Jellicle life.

Phil's Trips Cont'd

Tuesday local walking trips will be:

Nov 7th – Fennel Creek Trail

Tuesday park walking trips will be:

Nov 21st – Bradley Lake Park at South Hill

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

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.