

# Bonney Lake

## Senior Center Newsletter

# December 2023



### *Welcome to the Bonney Lake Senior Center!*

*Happy Holidays from all of us to all of you. As the year comes to a close the staff of the Bonney Lake Senior Center would like to extend our heartfelt thanks to each of you for your support, kindness and positive attitudes throughout this past year. Working here is such a pleasure when surrounded by people like you. We wish you the best in the coming year!*

*Sue*

*Karen*

*Michelle*

*Phil*

*Pam*

*Shari*

*Jay*

*Theresa*

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.

#### 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—253-455-0632

[www.citybonneylake.org](http://www.citybonneylake.org)

(we are listed under Residents Tab)

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## Senior Center Staff

### *Staff*

#### Senior Services Manager

**Sue Hilberg**

hilbergs@cobl.us

253-447-4327/360-551-2002

#### Senior Services Assistant

**Michelle Vazquez**

vazquezm@cobl.us

253-447-3104

#### Senior Aide

**Phil DeLeo**

deleop@cobl.us

253-447-4328

#### Senior Aide

**Shari Jones**

jones@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*

Emergency After Hours

Number—253-455-0632



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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!

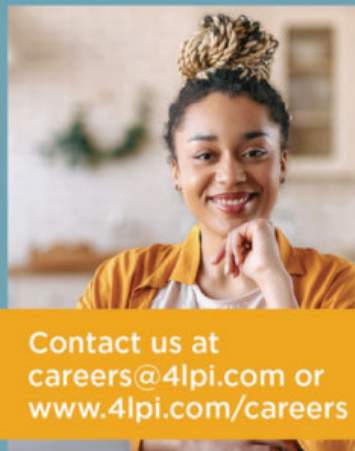
We're still handing them out to everyone who calls!

**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  
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[www.4lpi.com/careers](http://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.

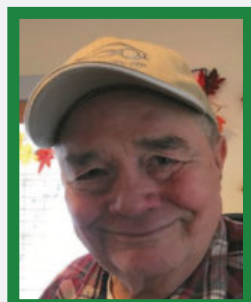
The Board holds their meetings on the 3rd Tuesday of each month at 3:00 pm.

***No advisory board meeting in December.***



**President**

Wayne Johnson



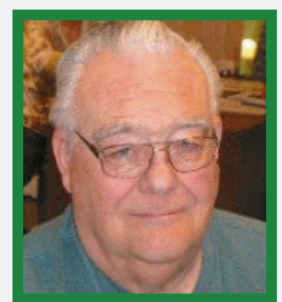
**Vice President**

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

# December 2023



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Dine-in Lunch service Monday—Friday 12-12:30pm To Go meals served 11:30-12:00 <b>**Alternate meals available only for Fish/Seafood and Liver/Onions</b></p>				<p>1 Hearty Chili Cornbread w/Honey Butter Salad Bar</p>
<p>4 Cheese Tortellini In Creamy Sauce Caesar Salad Bread Stick Salad Bar</p>	<p>5 <b>Staff Event Center Opens at 10:00 am</b></p> <p>Pizza Salad Bar</p>	<p>6 Oven Baked Chicken Roasted Potatoes Vegetable Salad Bar</p>	<p>7 Lemon Pepper Fish Jasmine Rice Vegetable Cole Slaw Salad Bar</p>	<p>8 Tuna Salad Sandwich On Croissant Dill Pickle Spear Chips Salad Bar</p>
<p>11 Teriyaki Meatballs Jasmine Rice Stir Fry Vegetable Salad Bar</p>	<p>12 Liver &amp; Onions Mashed Potatoes w/ Gravy Vegetable Roll Salad Bar</p>	<p>13 Mac &amp; Cheese from Chick-fil-A Vegetable Bread Salad Bar</p>	<p>14 <b>Christmas Lunch</b> Honey Glazed Ham Baked Candied Yams Fruit Salad Roll Holiday Dessert</p>	<p>15 <b>Christmas Lunch</b> Honey Glazed Ham Baked Candied Yams Fruit Salad Roll Holiday Dessert</p>
<p>18 Chicken Fried Steak Mashed Potatoes w/Gravy Vegetable Salad Bar</p>	<p>19 Chicken Taco Salad w/all the fixin's Guacamole Salsa Tortilla Chips Salad Bar</p>	<p>20 Loaded Baked Potato w/all the fixin's Broccoli Cheese Sauce Salad Bar</p>	<p>21 Meatloaf Mashed Potatoes w/ Gravy Vegetable Salad Bar</p>	<p>22 Crispy Fish Rice Broccoli Salad Vegetable Salad Bar</p>
<p>25</p> 	<p>26</p> 	<p>27 Turkey Sandwich On Croissant Chips Salad Bar</p>	<p>28 <b>New Years Lunch</b> BBQ Wings BBQ Ribs Baked Beans Macaroni Salad Dessert</p>	<p>29 Chef's Choice Salad Bar</p>

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# December Order-Ahead Lunch Menu

Your Name \_\_\_\_\_

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Please write the number of meals you want in the "Delivery" box, "To-Go" box or "Dine in" box. Don't forget to write your name at the top!</p> <p><b>Salad Bar is not available for delivery</b></p>	<p>Due to Staffing issues we will only be delivering lunches on Mondays, Wednesdays and Fridays.</p>			<p>1 Hearty Chili Cornbread w/Honey Butter Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>
<p>4 Cheese Tortellini In Creamy Sauce Caesar Salad Bread Stick Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>5 <b>Staff Event</b> <b>Center Opens at 10:00 am</b></p> <p>Pizza Salad Bar</p> <p>No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>6 Oven Baked Chicken Roasted Potatoes Vegetable Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>7 Lemon Pepper Fish Jasmine Rice Vegetable Cole Slaw Salad Bar</p> <p>No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>8 Tuna Salad Sandwich On Croissant Dill Pickle Spear Chips Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>
<p>11 Teriyaki Meatballs Jasmine Rice Stir Fry Vegetable Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>12 Liver &amp; Onions Mashed Potatoes w/ Gravy, Vegetable Roll Salad Bar</p> <p>No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>13 Mac &amp; Cheese from Chick-fil-A Vegetable Bread Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>14 <b>Christmas Lunch</b> Honey Glazed Ham Baked Candied Yams Fruit Salad Roll Holiday Dessert</p> <p>No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>15 <b>Christmas Lunch</b> Honey Glazed Ham Baked Candied Yams Fruit Salad Roll Holiday Dessert</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>
<p>18 Chicken Fried Steak 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>19 Chicken Taco Salad w/all the fixin's Guacamole, Salsa Tortilla Chips Salad Bar</p> <p>No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>20 Loaded Baked Potato w/all the fixin's Broccoli Cheese Sauce Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>21 Meatloaf 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>22 Crispy Fish Rice Broccoli Salad Vegetable Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>
<p>25</p> 	<p>26</p> 	<p>27 Turkey Sandwich On Croissant Chips Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>28 <b>New Years Lunch</b> BBQ Wings BBQ Ribs Baked Beans Macaroni Salad Dessert</p> <p>No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>29 Chef's Choice Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>

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# Events

# December 2023

Monday	Tuesday	Wednesday	Thursday	Friday
For detailed descriptions of events listed below please see pages 8-16 in this newsletter.				1 10-11 Line Dancing 12pm Lunch 1-3:30 Shopping Trip 7pm Family Bingo
4 10:30-11:30-Trilogy Xmas Concert 11-12 Stretch & Strength 12pm Lunch 1:30-3:45-Carol's Ornaments Class	5 <b>Center opens at 10am</b> 10:00-11:30 Music Jam 12pm Lunch 1pm Writers Group 1-3:30-Crafty Xmas Class <del>2:30-5 Bus Walking Trip</del>	6 10-11-Ugly Sweater & Games 10-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo	7 9:30-10:30 Chick-fil-A Bingo 10:30 Tai Chi 12pm Lunch 1-3 Card Games	8 10-11 Line Dancing 10-1-Craft Sales 12pm Lunch 1-3 Bunco 1-3:30 Shopping Trip 7pm Family Bingo
11 11-12 BP Checks 11-12 Stretch & Strength 12pm Lunch 1:30-2:30-Wellness Class	12 8:30-12pm Massage 9:30-11:30 Music Jam 12pm Lunch 1pm Writers Group 1-2:30 Tech Time	13 <del>9:15-11:30 Bowling</del> 10-11-Gift Exchange & Games 10-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo	14 <b>Christmas Lunch</b> 10:30-12-Music Jim Meck 10:30 Tai Chi 12pm Lunch 1-3 Card Games 1-4 Legal Guidance	15 <b>Christmas Lunch</b> 10-11 Line Dancing 10:30-12-Music Terry Bartelme 12pm Lunch 1-3:30 Shopping Trip 7pm Family Bingo
18 11-12 Stretch & Strength 12pm Lunch 1:30-3:30-Diamond Art	19 9:30-11:30 Music Jam 9:30-Shannon Line Dancers 12pm Lunch 1pm Writers Group <del>2:30-5 Bus Walking Trip</del> <del>3-4 Advisory Board Mtg</del>	20 10-12 Happy Hookers 12pm Lunch <del>1:15pm Senior Bingo</del> 4:30 Juliet's @ Don Chuys	21 9:30-10:30 Chick-fil-A Bingo 10-2 Haircuts by Becky 10:30 Tai Chi 12pm Lunch 1-2:30 Caregivers Supp. 1-3 Card Games	22 9-3 Foot Care 12pm Lunch 1-3 Bunco 1-3:30 Shopping Trip <del>7pm Family Bingo</del>
25 	26 	27 10-12 Happy Hookers 12pm Lunch <del>1:15pm Senior Bingo</del>	28 <b>New Year's Eve Lunch</b> 10:30-12:00 Patty & Traveling 4 10:30 Tai Chi 12pm Lunch 1-3 Card Games  <b>Birthday Celebration</b>	29 10-11 Line Dancing 12pm Lunch 1-3:30 Shopping Trip <del>7pm Family Bingo</del>

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## Available Services

### Lunch Service

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



### 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

**When: Thursday, December 21st**

**Time: 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

Our Legal Assistance Program provides you with the opportunity to discuss a legal question that you may have with a licensed attorney without any charge or fee. 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

**When: Every Friday**

**Time: 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

**When: 2nd Tuesday of the month**

**Time: 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!

### Craft Sale

**When: Friday, December 8th**

**Time: 10:00-1:00**

Please come support our local crafters. 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 38

### 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. **No Chair massage on 12/26**

### Caregivers Support Group

**When: Thursday, December 21st**

**Time: 1-2:30pm**

**We'd like to thank Kim for volunteering 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.

### Ukulele & Guitar Lessons

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

**When: Friday, December 15th**

**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 bingo the last two weeks of December, December 18th thru December 29th.**

### Pinochle and other Card Games

**When: 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!

### 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

### Art with Anita

**When: 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

**When: 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. 69



### Bowling

**Wednesday, December 13th**

**9:15-11:30**

**Cost \$20.00**

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



## Current Events and Activities Cont'd

### Patty & the Traveling 4

Beginning in January 2024, Patty and the Traveling 4 will not be playing at our birthday celebration each month. They will be playing here for special events during the year. Please see our Musical entertainment schedule under important information on page 17.

### Diamond Art Class

Sign up to attend a Diamond Art class on Monday, December 18th from 1:30-3:30 taught by Barbara Greenwood. Cost is \$10.00 with all materials provided. See a staff member to sign up.



### 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! 83

*The End*

### Jessie & The Jammers ~ A Jam Session

**When: Every Tuesday**

**Time: 9:30am to 11:30am**

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.



### 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.

### 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.

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

### 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**



### Christmas Lunch

It's time for Christmas lunch again. Please sign up for **only one day (maximum of 66 people each day)**. Music by Jim Meck 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.



### Ugly Christmas Sweater Day And Christmas Games

**Wednesday, December 6th**

**Time: 10:00-11:00 am**



Join the fun and wear your ugliest Christmas sweater! We will be voting for the ugliest sweater and a runner up!

We will also be playing some fun Christmas games with prizes available for the winners!

### 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, December 4th**

**Time: 1:30-3:45**

**Cost is \$20.00**



### Holiday Raffle

**Our annual holiday raffle has arrived!**

**Do your holiday shopping at the Senior Center. A variety of gifts for him and her will be raffled from the display case on December 15th. Tickets went on sale Monday, November 7th. Ticket prices will vary. All proceeds to benefit the Bonney Lake Senior Center.**

### Christmas Gift Exchange And Christmas Games

**Date: Wednesday, December 13th**

**Time: 10:00-11:00**

Please bring a new wrapped \$10.00 gift to exchange that is appropriate for a male or female. Be prepared to have fun! Be sure to sign up by Monday, December 11th in the programs binder and receive your gift exchange ticket. If you are home delivery and would like to sign up for gift exchange, please let your delivery driver know and we will make arrangements for you.

We will also be playing some fun Christmas games with prizes available for the winners!



# Current Events & Activities Cont'd

## Trilogy Serves Christmas Concert

Please join us on Monday, December 4th from 10:30-11:30 for a free Christmas concert performed by our friends at Trilogy Serves!



## Update your membership Information

It's that time of year again. Please update your membership information. Make sure your address, phone number, email address and all medical information, including medications is up to date. It's important that we have updated information on file for everyone. Please see forms on page 27 & 28. Fill it out (both pages) and tear out of book and return to a staff member.

## Michelle's Crafty Christmas Class

**Date:** Tuesday, December 5th

**Time:** 1:00-3:30

**Cost:** \$20.00

Join Michelle for a craft Christmas class and make some beautiful Christmas decorations. All Materials are provided and you can keep your items. See a staff member to sign up.



## Shannon's Line Dancers Performance

Join us on Tuesday, December 19th to see Shannon and her line dancers perform. There is no cost and no sign up required.

## Advisory Board Member Election Results

Congratulations to our Advisory Board Members election Winners listed below and thank you to everyone who ran and for volunteering your time to these important positions.

President—Wayne Johnson

Vice-President—Bob Wells

Treasurer—Julianne DeLeo

Assistant Treasurer—Jim Baisch

Secretary—Anita Chandler

General Board Member - Diane Stabler

General Board Member - Linda Smith

General Board Member - Bonnie Johnson

General Board Member - David Reed

General Board Member - Ernie Gilmer

General Board Member - Beverly Proby





# Health and Wellness

## Free Blood Pressure Checks

by Celebrate Seniority

**When: Monday, December 11th**

**Time: 11:00-12:00**

Where: Bonney Lake Senior Center

Walk-in's welcome!



## Stretch & Strength

**When: 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, December 11th**

**1:30-2:30**

No cost

Join Traci Woodcock for a free health presentation on Dodging Diabetes. 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, December 22nd**

**9am to 3pm**

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



# Christmas Trivia

1. What song do the lyrics, "You will get a sentimental feeling when you hear voices singing, 'Let's be jolly! Deck the halls with boughs of holly.'" come from?
2. According to the poem, "Twas the Night Before Christmas," what dances in children's heads as they sleep?
3. What is it called when people sing from door to door?
4. What does the famous Spanish phrase "Feliz Navidad" mean?"
5. In the song "The Twelve Days of Christmas," what is given on the 7th day?
6. How many times does Santa check his naughty and nice list?
7. How big was the Grinch's heart?
8. Who got ran over by a reindeer on Christmas Eve?
9. What did Frosty the Snowman use for a nose?
10. How many gifts, in total, were given in "The Twelve Days of Christmas" song?
11. What Christmas beverage is also known as "milk punch?"
12. What Christmas-themed ballet premiered in Saint Petersburg, Russia in 1892?
13. According to legend, what holiday goodies were shaped to resemble a shepherd's staff, as a way to remind children of the shepherds who visited baby Jesus?
14. What sparks roughly 160 accidental fires each holiday season?
15. What are three alternative names for Santa Claus?
16. What is the best-selling Christmas single of all time?
17. Which one of Santa's reindeer has the same name as another holiday mascot?
18. In the early 1800s, the first gingerbread houses were reportedly inspired by what famous fairy tale?
19. In *Home Alone*, where are the McCallisters going on vacation when they leave Kevin behind?
20. What real life department store is the movie *Miracle on 34th Street* based on?
21. What is Scrooge's first name in *A Christmas Carol*?
22. What made Frosty come to life in the movie *Frosty the Snowman*?
23. What is the name of George Bailey's guardian angel in *It's A Wonderful Life*?
24. In what U.S. state is there a city named North Pole?

- |  |  |
|--|--|
| 1. "Rockin' Around the Christmas Tree" by Brenda Lee   | 12. The Nutcracker                                     |
| 2. Visions of sugar plums                              | 11. Eggnog   |
| 3. Caroling  | 10. 364  |
| 4. Merry Christmas                                     | 9. A button  |
| 5. Swans-a-swimming                                    | 8. Grandma   |
| 6. Twice   | 7. Two sizes too small                                 |
| 7. Two sizes too small                                 | 6. Twice   |
| 8. Grandma   | 5. Swans-a-swimming                                    |
| 9. A button  | 4. Merry Christmas                                     |
| 10. 364  | 3. Caroling  |
| 11. Eggnog   | 2. Visions of sugar plums                              |
| 12. The Nutcracker                                     | 1. "Rockin' Around the Christmas Tree" by Brenda Lee   |
| 13. Candy canes  | 14. Dried out Christmas trees                          |
| 14. Dried out Christmas trees                          | 15. Saint Nicholas, Father Christmas, and Kris Kringle |
| 15. Saint Nicholas, Father Christmas, and Kris Kringle | 16. White Christmas                                    |
| 16. White Christmas                                    | 17. Cupid  |
| 17. Cupid  | 18. Hansel and Gretel                                  |
| 18. Hansel and Gretel                                  | 19. Paris  |
| 19. Paris  | 20. Macy's   |
| 20. Macy's   | 21. Ebenezer   |
| 21. Ebenezer   | 22. His hat  |
| 22. His hat  | 23. Clarence Obody                                     |
| 23. Clarence Obody                                     | 24. Alaska   |
| 24. Alaska   |  |

Answers"

# Word Search

## Word Search #31 - Christmas



ANGEL	DISHES	JESUS CHRIST	SLEIGH
BALLS	FAMILY	JOY	STOCKING
CAKE	FIREPLACE	LIGHTS	SWEETS
CANDLE	FRIENDS	MERRY	TINSEL
CANDY CANE	FUN	MUSIC	TRADITION
CARDS	GIFT	PRESENT	TREAT
CAROL	GIFT-GIVING	PUDDING	TURKEY
CELEBRATION	GUESTS	REINDEER	WISH
CHIMNEY	HAPPINESS	RIBBON	WREATH
CHRISTMAS	INVITATION	SANTA CLAUS	XMAS TREE



# Important Information

## 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.

December 14—Christmas Lunch Day One—Jim Meck

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 Terry Bartelme

1/25/24—Birthday Celebration Music Jim Meck

2/8/24—Mardi Gras—Music Jim Meck

2/14/24—Valentine's Day—Music Patty & Traveling 4

2/22/24—Birthday Celebration Neil Diamond Day—Music Terry Bartelme

3/14/24—St. Paddy's Day—Music Patty & the Traveling 4

3/26/24—Easter—Music Randy Litch

3/29/24—90th Birthday Celebration—Music TBD

4/23/24—Picnic Day—Music Jim Lapsansky

5/9/24—Mother's Day Lunch—Music Roaring 2020's

5/23/24—Memorial Day Lunch—Music Patty & Traveling 4

6/13/24—Father's Day Lunch—Music TBD

6/17/24—Senior Prom—Music TBD

7/2/24—4th of July—Music Patty & Traveling 4

8/8/24—Luau—Music Polynesian Fire Dancers

8./29/24—Labor Day—Music Patty & the Traveling 4

9/5/24—Grandparents Day—Music TBD

9/26/24—Hippie Day—Music Patty & the Traveling 4

10/3/24—Oktoberfest—Music Jim Lapsansky

10/31/24—Halloween— Music TBD

11/7/24—Veterans' Day—Music TBD

11/21/24—Thanksgiving Lunch Day One—Music Johnny Crash

11/22/24—Thanksgiving Lunch Day Two—Music Randy Litch

12/19/24—Christmas Lunch Day One—Music TBD

12/20/24—Christmas Lunch Day Two—Music Randy Litch

12/31/24—New Years Eve—Music by Patty & 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!!!!*

## Important Information Cont'd

### Trip Refund policy:

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

**Trip participants are limited to signing up for one trip during the first week of the month. After the first week, participants may sign up for unlimited number of trips.**

### 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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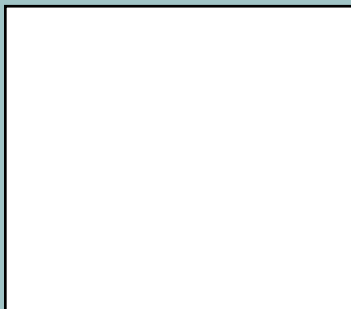


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Bonney Lake Senior Center, Bonney Lake, WA

B 4C 05-1036

## Things you need to Know

### Senior Center Closures

The Senior Center  
will be closed:

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

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

**Martin Luther King Jr. Day—Monday, January 15,  
2024**

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



### 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: 38, 69, 83



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

# NEVER MISS OUR NEWSLETTER!

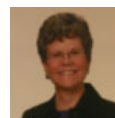
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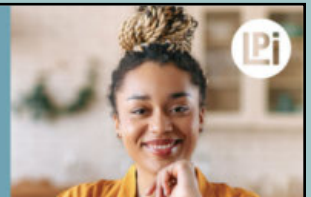


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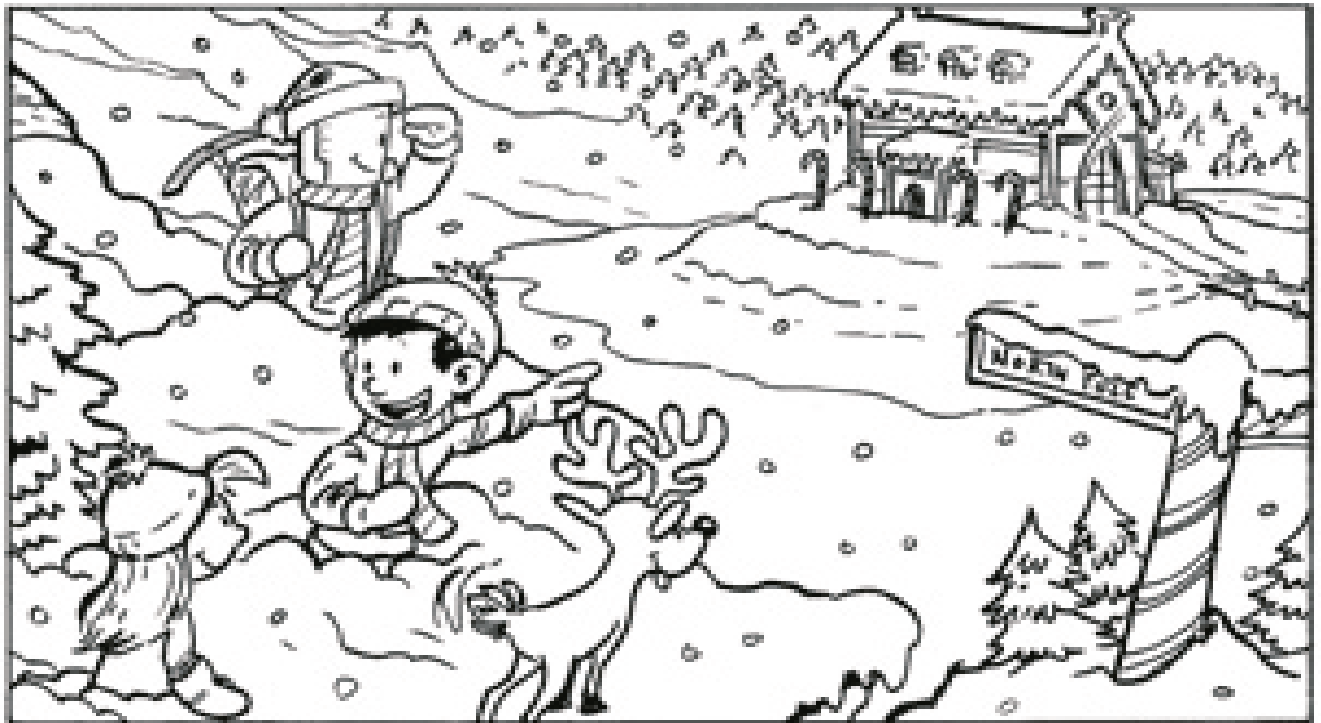


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## Spot the Differences



VANDEWALL

## Things to Ponder

The last day  
of 2023 will  
be  
123123



When the  
moon hits  
your eye like  
it's 4:45 that's  
November

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## Just for Laughs

**NO I CAN'T DO  
SNAPCHAT OR  
TIKTOK BUT I CAN  
WRITE IN CURSIVE,  
DO MATH WITHOUT A  
CALCULATOR AND  
TELL TIME ON A  
CLOCK WITH HANDS.**

**The Jetsons really  
predicted our future** 🤖



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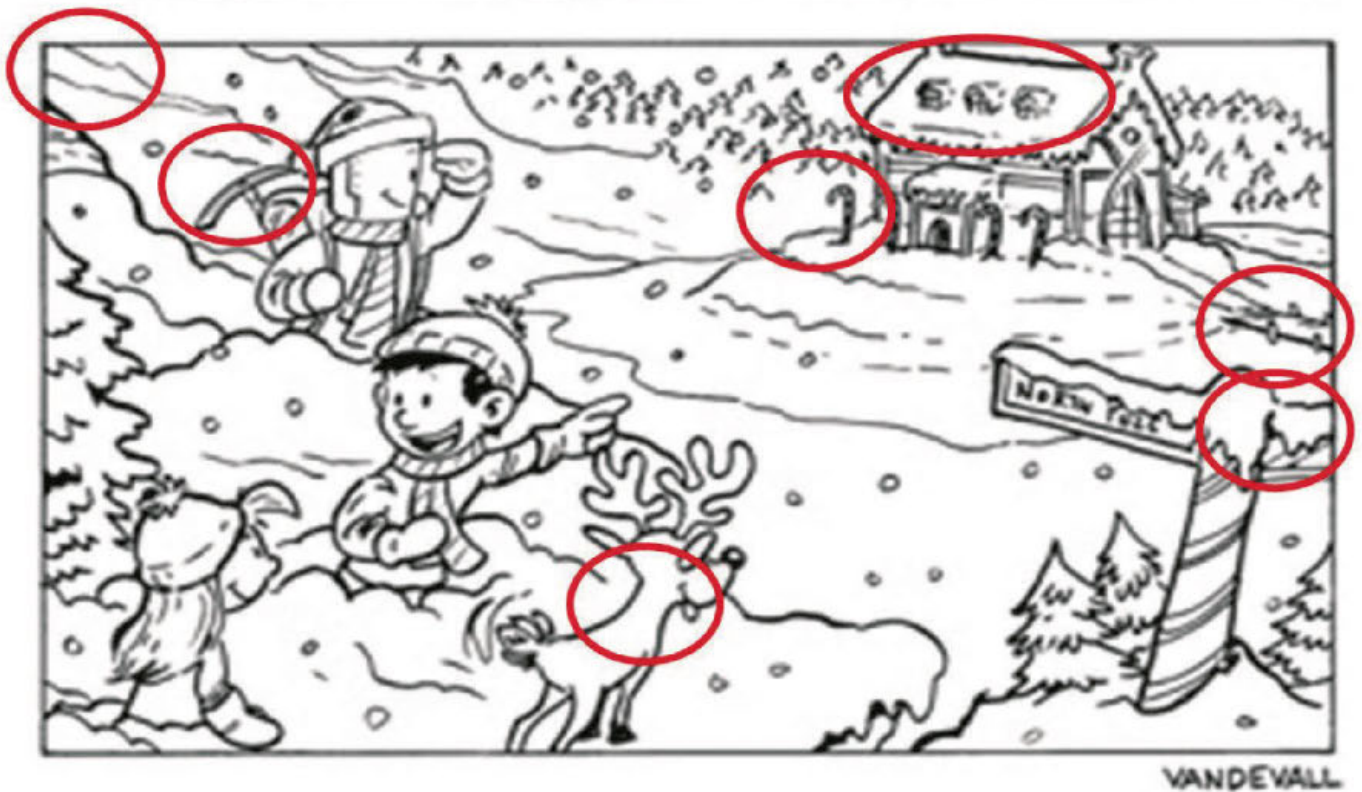
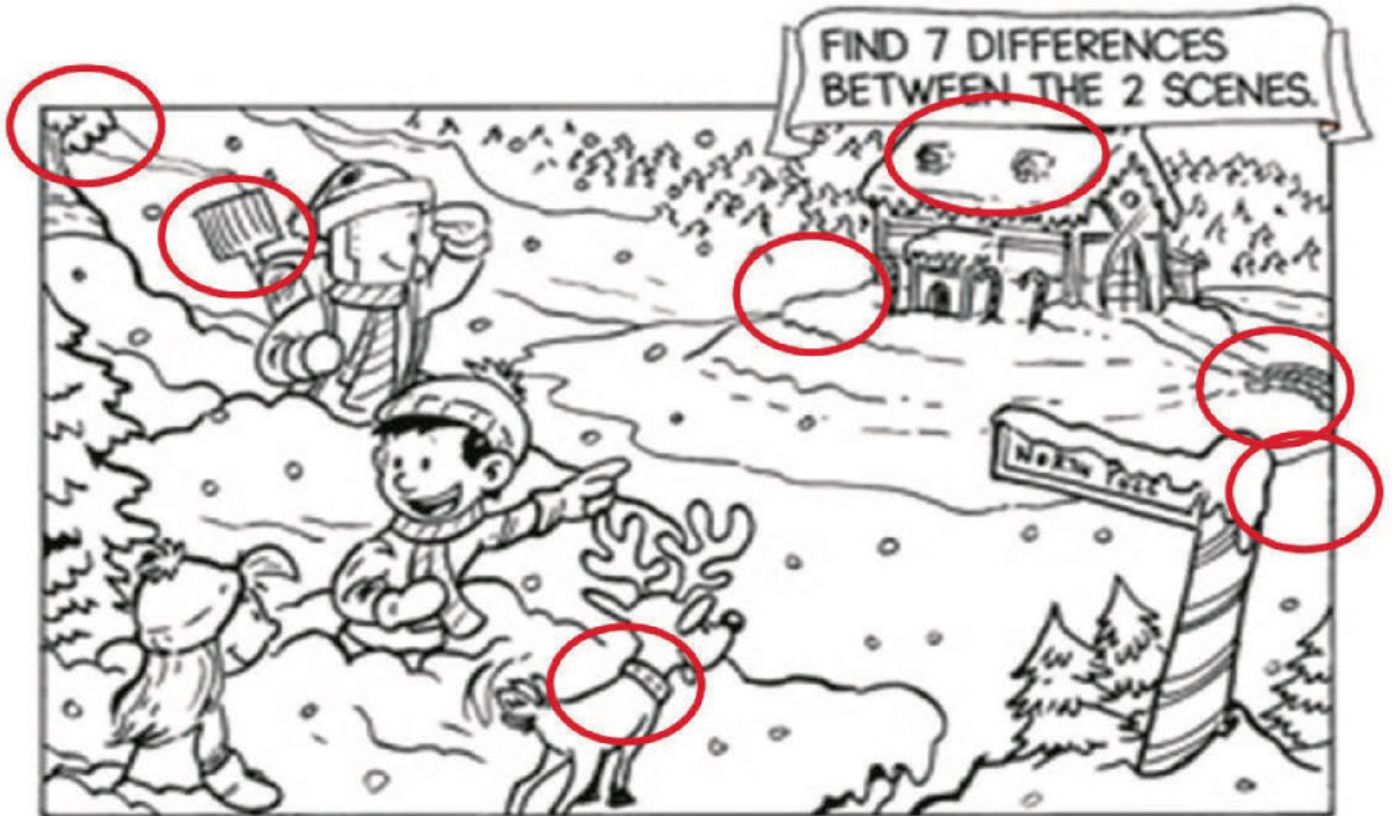


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## Answers to Spot the Differences





## News from our Gardener

Let us begin the last article of the year with the idea that the start of winter is not the end of the gardening season. It has been recommended that bulbs be planted in early November or before the first hard frost in your area. However, bulbs are very forgiving and may still bloom when put into the ground as late as early March. They can be planted in any formation of three or more depending on available space in your planting location. Consider the height of the bulbs, the color, and variety of type in the same area in order to create a pleasing display.

The number one problem in my garden is the rabbits. If you have seen these cute little bunny rabbits romping in your yard over the summer, don't be surprised if you also see damage to your trees. Rabbits nip off the tops and gouge the bark of stems in winter. To prevent winter damage to your young trees and shrubs from "wascally wabbits", you can keep them away from the plants by: using rabbit-proof fencing, or applying rabbit repellents registered for home use. Remember to reduce hiding places. This will help reduce the number of rabbits and hares around your home and protect your landscape plants.

My gardening has moved indoors, extending the greenery of my garden inside the home, incorporating all the health and mood-boosting effects of nature. As if making us healthier and happier wasn't enough, the best indoor plants also create a feel-good visual point of focus in the room. My wide variety of plants compel me to share a few basic tips: Dust your leaves. If your plant leaves are dusty, they won't be able to perform their normal functions. Simply rinse your leaves off in the shower or sink, or wipe any dusty leaves off with a moist sponge or paper towel. Using Neem oil as a polish makes the leaves shine and reduce insects and diseases. I also make sure to rotate my plant pots regularly. This will provide more exposure to light and even growth for your plant in a more balanced way for all the leaves. Simply give your pot a quarter turn each time you water. Herb gardens are a possibility during the winter but know you'll need supplemental lighting to have success. The hardest thing about growing herbs indoors is having adequate light. Plopping them on any old windowsill won't cut it, especially if you want to continue to have a fresh supply of herbs during the winter. If your herbs aren't getting enough sunlight, even if they don't die, it can result in spindly growth and reduce the intensity of the flavor and aromas. Locations beside drafty windows and heating or cooling vents are not good for indoor herb gardens. Most herbs appreciate daytime temperatures of at least 65 degrees and nighttime temperatures of at least 55 degrees. Temperature and humidity levels are other key considerations. "Group herbs to increase the humidity around plants. Our homes can be pretty dry in the winter.

If you have no plants at yours, come on down to see ours. Maybe get out to a local botanical conservatory which will be dressed for the holiday and is both warm and dry.

**May you have a wonderful holiday filled with love and warmth, dear friends,**  
and may this holiday time bring in moments of joy and laughter inspired by fun.

Regards, Dave PCMG



David A. and  
Linda Smith  
Gardening Committee

# 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.***

***Trip participants are limited to signing up for one trip during the first week of the month. After the first week, participants may sign up for unlimited number of trips. 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.

## **Saturday December 16<sup>th</sup>**

### **Christmas Fantasy Lights Bus Tour**

#### **This is a Senior Center bus trip**

Leaving Senior Center at 5:30 p.m. Sunday. Returning at 9:30 p.m. on Sunday.

Cost: \$5 for entrance into Sprinker Park and transportation.

After driving through the more than one million lights displayed at Pierce County's Sprinker Park, we will visit several well-decorated neighborhoods on the way home.

## **Sunday December 17<sup>th</sup>**

### **Lights of Christmas at Warm Beach**

#### **This is a Senior Center bus trip**

Leaving Senior Center at 4:00 p.m. Sunday. Returning at 10:30 p.m. on Sunday.

Cost: \$10 for transportation, and \$10 for entrance into Warm Beach Center. (Pay \$20 at sign-up.) Dinner on your own at Coconut Kenny's.

Lights of Christmas is a holiday experience like no other! Located at the Warm Beach Conference Center, this is an innovative experience for families in the area. Spectacular lights, dazzling displays, creative activities, and so much more make this a memorable Christmas experience for people of all ages. Listen to holiday music while you comfortably drive through in your car. New this year, stop and have some fun at one of the two activity stops along the route. Come and enjoy the merriest and brightest Christmas event around.

## **Saturday December 23<sup>rd</sup>**

### **Christmas Fantasy Lights Bus Tour**

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After driving through the more than one million lights displayed at Pierce County's Sprinker Park, we will visit several well-decorated neighborhoods on the way home.

## Phil's Trips Cont'd

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

No walking trips in December

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

No walking trips in December

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**

**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 17<sup>th</sup> to receive a \$100 discount.

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

See a stunning display of vibrant foliage while traveling from historic Boston to the coast of Maine. Highlights of this trip include getting up close and personal with apple cider making, visiting a maple sugar farm, and touring Ben and Jerry's Ice Cream factory. Next, we will visit the Trapp Family Lodge, pass through Woodstock, and cruise Lake Winnepesaukee. As we head toward Portland, Maine the morning includes a guided tour of Fort Williams Park to view the Portland Head Light, the most photographed lighthouse in America, and the oldest in Maine. Then, travel along spectacular Ocean Drive through the seaside community of Kennebunkport. Our trip ends with a farewell lobster dinner before the final day takes us back to Boston to fly home.

See Phil for more details and a brochure.



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NAME					
Nickname					
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BIRTH DATE	MM	DD	YYYY	EMAIL ADDRESS	
			19		
		Yes	No	Gender	M_____ F_____
Head of House?				Veteran? Yes___ No___	
Live Alone?				Ethnicity	
Want to Volunteer? Yes___ No___					
EMERGENCY CONTACT			Relationship		
NAME				PHONE	
Medical Conditions					
ALLERGIES					
PHYSICIAN					
NAME				PHONE	
Hospital Preference					
PLEASE COMPLETE MEDICATION LIST ON BACK. Thank you.					

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