

Bonney Lake

Senior Center Newsletter

March 2024



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

(we are listed under Residents Tab)

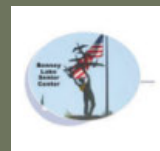
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Welcome to the Bonney Lake Senior Center!

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

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



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

camp@cobl.us

253-447-4334

Assistant Cook

Jay Shideler

Assistant Cook

Karen Berto

Dishwasher

TJ

Facility Monitors

Becky Alvarez

& Karina Guzman-Euler

To Reach all Staff Call:

253-863-7658

Emergency After Hours

Number—253-455-0632



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



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!

Kathryn 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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wclough@lpicommunities.com

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Bonney Lake Senior Center, Bonney Lake, WA

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Senior Advisory Board

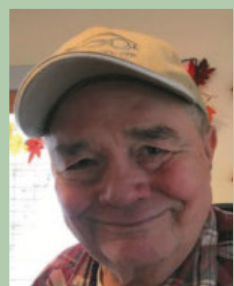


The Senior Advisory Board members work closely with staff to help with a variety of tasks. The Senior Advisory Board, and their volunteers, assist with many fundraising events throughout the year which enables them to help provide funds for special events, work with the Bonney Lake Kiwanis to help seniors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



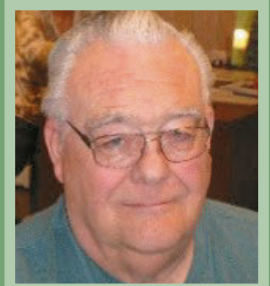
President
Wayne Johnson



Vice President
Bob Wells



Treasurer
Julianne DeLeo



Assistant Treasurer
Jim Baisch



Secretary
Anita Chandler



Bonnie Johnson
Board Member



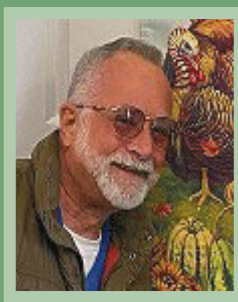
Linda Smith
Board Member



David Reed
Board Member



Diane Stabler
Board Member



Ernie Gilmer
Board Member



Beverly Proby
Board Member

Menu






















March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>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</p>				<p>1 Sweet & Sour Chicken Jasmine Rice Vegetables Salad Bar</p>
<p>4 Pork Cutlets In Mushroom Gravy Mashed Potatoes Steamed Vegetable Salad Bar</p>	<p>5 Chicken Tenders w/ Dipping Sauces Crispy Tater Tots Carrot Raisin Salad Salad Bar</p>	<p>6 Spaghetti Bolognese Caesar Salad Garlic Green Beans Breadsticks Salad Bar</p>	<p>7 Parmesan Crusted Tilapia Rice Pilaf Coleslaw Stir Fry Vegetables Salad Bar</p>	<p>8 Spring Forward Clock Day Macaroni & Cheese With Ham Key West Vegetables Salad Bar</p>
<p>11 Shepherds Pie w/ Mashed Potatoes Grilled Vegetables Salad Bar</p>	<p>12 Hearty Tomato Soup W/Grilled Cheese on Sourdough Chips Salad Bar</p>	<p>13 Chef's Choice Salad Bar</p>	<p>14 St. Paddy's Day Roasted Corned Beef w/Cabbage Buttered Red Potatoes Dilled Carrots Irish Soda Bread Festive Dessert</p>	<p>15 Breakfast for Lunch Salad Bar</p>
<p>18 Nat'l Sloppy Joe Day Sloppy Joes Chips Fruit Salad Salad Bar</p>	<p>19 Oven Baked Chicken Savory Stuffing Sweet White Corn Dinner Roll w/Butter Salad Bar</p>	<p>20 Loaded Baked Potato With all the Fixin's Vegetable Salad Bar</p>	<p>21 Fettuccini Alfredo w/ Sautéed Shrimp Steamed Broccoli Garlic Bread Salad Bar</p>	<p>22 Teriyaki Meatballs Jasmine Rice Stir Fry Vegetables Salad Bar</p>
<p>25 Chef's Choice Salad Bar</p>	<p>26 Easter Baked Ham w/Glaze Candied Yams Brussel Sprouts Dinner Roll w/Butter Festive Dessert</p>	<p>27 Crispy Fish Lemon Couscous Steamed Asparagus Salad Bar</p>	<p>28 Birthday Celebration Beef or Chicken Taco Bar Chips & Salsa Birthday Cake Salad Bar</p>	<p>29 90's Birthday Party Crab Cakes Roasted Vegetables Rice Pilaf Italian Sodas Salad Bar</p>

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To-Go Only March Order-Ahead Lunch Menu

Your Name

Monday	Tuesday	Wednesday	Thursday	Friday
<p>If you are getting your lunch To-Go, please fill out the order ahead menu. If you are delivery or dine-in, you do not need to fill out the order ahead menu or call to tell us you're coming in.</p>				<p>1 Sweet & Sour Chicken Jasmine Rice Vegetables Salad Bar</p> <p>To Go</p> 
<p>4 Pork Cutlets In Mushroom Gravy Mashed Potatoes Steamed Vegetable Salad Bar</p> <p>To Go</p> 	<p>5 Chicken Tenders w/ Dipping Sauces Crispy Tater Tots Carrot Raisin Salad Salad Bar</p> <p>To Go</p> 	<p>6 Spaghetti Bolognese Caesar Salad Garlic Green Beans Breadsticks Salad Bar</p> <p>To Go</p> 	<p>7 Parmesan Crusted Tilapia, Rice Pilaf Coleslaw Stir Fry Vegetables Salad Bar</p> <p>To Go</p> 	<p>8 Spring Forward Clock Day Macaroni & Cheese With Ham Key West Vegetables Salad Bar</p> <p>To Go</p> 
<p>11 Shepherds Pie w/ Mashed Potatoes Grilled Vegetables Salad Bar</p> <p>To Go</p> 	<p>12 Hearty Tomato Soup W/Grilled Cheese on Sourdough Chips Salad Bar</p> <p>To Go</p> 	<p>13 Chef's Choice Salad Bar</p> <p>To Go</p> 	<p>14 St. Paddy's Day Roasted Corned Beef w/Cabbage Buttered Red Potatoes Dilled Carrots Irish Soda Bread Festive Dessert</p> <p>To Go</p> 	<p>15 Breakfast for Lunch Salad Bar</p> <p>To Go</p> 
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Events

March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
For detailed descriptions of events listed below please see pages 8-14 in this newsletter.				1 9:30-11 Line Dancing 12pm Lunch 1-3:30 Shopping Trip 7pm Family Bingo
4 12pm Lunch	5 9:30-11:30 Music Jam 11:30-1pm Medicare w/ Ernie 12pm Lunch 1pm Writers Group 1pm-Tech Time	6 9-12 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 Clock Day 8-4 AARP Driving 10:30-12— Clock Day 9:30-11 Line Dancing 12pm Lunch 1-3:30 Shopping Trip 7pm Family Bingo
11 11-12 BP Checks 12pm Lunch	12 Nat'l Plant a Flower 9:30-11:30 Music Jam 9:30-12pm Massage 12pm Lunch 1pm Writers Group 1:30-3:30-Diamond Art	13 9-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo	14 St. Paddy's Day 10:30-12:00-Music by Patty & Traveling 4 10:30 Tai Chi 12pm Lunch 1-2:30 Caregivers Supp. 1-3 Card Games 1-4 Legal Guidance	15 9:30-11 Line Dancing 12pm Lunch 1-3:30 Shopping Trip 1:30-3:30-Art w/Anita 7pm Family Bingo
18 Nat'l Sloppy Joe Day 12pm Lunch	19 9:30-11:30 Music Jam 12pm Lunch 1pm Writers Group 3-4 Advisory Board Mtg	20 9-12 Happy Hookers 10-11 Chat with Chief 12pm Lunch 1:15pm Senior Bingo 4:30 Juliet's@Babalouie's	21 9:30-10:30 Chick-fil-A Bingo 10-2 Haircuts by Becky 10:30 Tai Chi 12pm Lunch 1-3 Card Games	22 9-3 Foot Care 10-1-Craft Sales 12pm Lunch 1-3:30 Shopping Trip 7pm Family Bingo
25 12pm Lunch 1-3 Egg Dyeing 1:15-2:15-Kidney Disease Class	26 Easter 9:30-12pm Massage 10:30-12:00—Music by Randy Litch 12pm Lunch 1pm Writers Group	27 9-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo	28 9:30-12-Jessie & Jammers 10:30 Tai Chi 12pm Lunch 1-3 Card Games Birthday Celebration	29 90th Birthday Party 10:30-12—Music by Johnny Crash 12pm Lunch 1-3:30 Shopping Trip 7pm Family Bingo

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Available Services

Lunch Service

We have a change to the order ahead menu beginning in February. You will no longer have to turn in your order ahead menu if you are delivery or dine in. You will not be required to call ahead to let us know you are coming in for lunch.

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 for "to-go" lunches only (located on page 5).

Free Haircuts by Becky from Manhattan Design

When: Thursday, March 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.

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.

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 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.



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.

Shopping trips will resume
On Friday, March 8th



Available Services Cont'd

Tech Time with Bonney Lake Library

When: 1st Tuesday of the month

Time: 1:00-2:30

Patrick from the Bonney Lake Library will be here the 1st 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, March 22nd

Time: 10:00-1:00

Beginning in January 2024, we will change our craft sales to every other month on the 4th Friday of the month. 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.

Red Hat Society coming to our Senior Center

The Red Hat Society is a global organization of women that places a strong emphasis on the positive aspects of life. The Society stresses the importance of friendship, sisterhood and the value of play into our busy lives. With this in mind, we are excited to announce that we are starting a Red Hat Chapter here at the Center.

For more information, please contact Sherryl Pfaff on her cell phone 253-797-8222 or her email of sherrylpfaff2015@gmail.com

Chair Massage

Linda will be working the 2nd and 4th Tuesdays of the month. 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

When: Thursday, March 14th

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.

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!!



Classified Ads

We will begin offering a new service of classified ads. We will dedicate an area of our newsletter for our members to list items you may have for sale, or a room to rent or items needed. We will not vet any information that we list on the classified ads page. Please see a staff member to list your item. See page 19 for classified ads.



Current Events and Activities

Senior & Family Bingo

Please join us on Wednesdays for Senior Bingo and on Friday Nights for Family Bingo! Senior Bingo (age 18 and older) is every Wednesday and will begin at 1:15pm. Family Bingo (all ages are welcome) is every Friday night and will begin at 7:00pm. We ask that you arrive 30 minutes early on Wednesdays and at least 45 minutes early on Fridays nights to purchase your packages. We begin selling packages at 12:45pm on Wednesday afternoons and 5:30pm on Friday nights.

We do still need volunteers to help run the bingo sessions, so if you'd like to volunteer, please see a staff member.

Pinochle and other Card Games

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!

Chat with the Chief

Wednesday, March 20th

10:00-11:00

Please join us for coffee and pastries and chat with our Bonney Lake Police Chief Mark Berry. 5

Art with Anita

When: 3rd Friday of the month

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 9:00-12:00

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 gift and a birthday treat and listen to the **music of Jessie and the Jammers.** No need to sign up and no cost for this event, other than the regular \$6.00 lunch donation. ***We'd like to thank Stafford Suites for providing birthday treats and Ernie Gilmer for providing birthday bags.*** Get your tickets from a staff member.



AARP Driving Class

Friday, March 8th

8:00-4:00

Cost: \$20 for AARP members,
\$25 for non-members



Sign up to attend an AARP safe driving class and receive a discount on your insurance. See a staff member to sign up.

Current Events and Activities Cont'd

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

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!

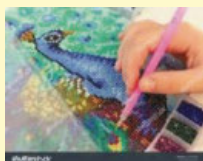
A change, to our schedule- Acoustic instruments only on the 1st, 3rd & 5th Tuesdays of the month and Electric instruments only on the 2nd & 4th Tuesdays of the months are welcome.

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.

Diamond Art Class

Sign up to attend a Diamond Art class on The 2nd Tuesday of every month from 1:30-3:30 taught by Barbara Greenwood. Cost is \$10.00 with all materials provided. See a staff member to sign up.



Easter

Tuesday, March 26th

Time: 10:30-12:00

Cost: \$8.00



Sign up to join us for our Easter Celebration with Music by Randy Litch. There will also be an easter egg hunt.

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.

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

St. Paddy's Day

Thursday, March 14th

Time: 10:30-12:00

Cost: \$8.00



Sign up to attend our St Paddy's Day celebration with Music by Patty & the Traveling 4. See a staff member to sign up. There will be a special lunch menu of corned beef and cabbage.

Volunteers needed for Egg Dyeing

Monday, March 25th

Time: 1:00-3:00

We need volunteers to help us dye Easter eggs for our annual Easter Egg Hunt. Please see Michelle to sign up.

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

Canceled

90th Birthday Celebration

Friday, March 29th

Time: 10:30-12:00

Cost: \$8.00

Sign up to attend our 90th Birthday Celebration. If you are 90 years young or more, your attendance is free of charge. Much by Johnny Crash followed by a delicious lunch of hamburgers with all the fixin's!

Spring Forward Clock Day

Friday, March 8th

Time: 10:30-12:00

This will be a fun, informal event, you do not have to sign up and the cost is just the regular \$6.00 lunch donation. We will have some fun games and prizes.

Medicare Chat with Ernie

When: Tuesday, February 20th

Time: 11:30-1:00

No cost

Did you know that you have until February to change the Medicare program you choose. Ernie can help you with this and many other choices you have. Walk-in's welcome!

National Plant a Flower Day

Thursday, March 12th

Time: 10:30-12:00

Cost is the regular \$6.00 suggested donation for lunch. Come join us and plant some beautiful flowers around the senior center and take some home to plant.

Daylight savings time is Sunday, March 10th

Remember to set your clocks ahead one hour.



Kidney Disease & Prevention Class

Join us on Monday, March 25th from 1:15-2:15 for a free Kidney Disease and Prevention Class taught by Jobyna Nickum. Thank you Jobyna for teaching this important class.

Upcoming Events

Bald Eagle Whirligig Craft

Date: TBD (April or May)

Time: TBD

Cost: \$60.00

Just in time for Memorial Day 2024. Build this symbol of American strength to display at your residence.

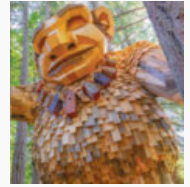
Everything you need to building this project is provided for you. A post to display your eagle, paint, paint brushes, paint template and glue along with a few miscellaneous tools for assembly (screwdriver, hammer, etc.) are included. This project will require 2, two hour sessions. Project dates to be announced (late April or early May). There will be room for 6 to 10 people and because parts will need to be ordered in advance, it would be best to have funds into the office by the end of February 2024.

Troll Hunt

Friday, May 3rd

Time: 9:00-3:00

Cost \$5.00



We will take the van and go to Issaquah and go on a gentle 1/4 mile walk on a paved walkway from the Issaquah Community Center, down the **Rainier Trail** to find Jakob Two Trees. Fashioned entirely out of recycled materials, Jakob and the other trolls are large-scale public art installations that tell a tale of protecting nature and honoring the land and waterways. Jakob stands around 14-ft. tall, looking down at passersby who walk near him on the trail. After visiting with Jakob, you will have lunch on your own.

1st Responder Safety Class

Wednesday, April 17th

Time: 10:00-11:00

No Cost



Sign up to attend a 1st responder safety class taught by Jennifer Kilian from the East Pierce County Fire.

Mother's Day Lunch

Thursday, May 9th

Time: 10:30-12:00

Cost: \$8.00

Sign up to join us for Mother's Day lunch with music and dancing. Music is Roaring 2020's. See a staff member to sign up.

Picnic Day

Tuesday, April 23rd

Time: 10:30-12:00

Cost: \$8.00

Join us for some fun with picnic food and dancing to the music of Jim Lapsansky. See a staff member to sign up.

Memorial Day Lunch

Thursday, May 23rd

Time: 10:30-12:00

Cost: \$8.00

Sign up to join us for Memorial Day lunch with music and dancing. Music is by Patty & the Traveling 4. See a staff member to sign up.

Health and Wellness

Free Blood Pressure Checks

by Celebrate Seniority

When: Monday, March 11th

Time: 11:00-12:00

Where: Bonney Lake Senior Center

Walk-in's welcome! 65



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.

Canceled

Wellness Workshop

Monday, April 15th

1:30-2:30

No cost

Join Traci Woodcock for a free health presentation. This month is Heart Health. Please see a staff member to sign up. Minimum of 5 people needed to hold the class. This class is sponsored by our Advisory Board.

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.

Line Dancing Lessons

Attend line dancing sessions on the 1st, 2nd, 3rd & 5th Fridays of the month. Cost is \$2.00 per lesson or \$5.00 per month. Beginner class is from 9:30-10:00 and Intermediate class is 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.



Foot Care ~ Come Get Your Toes Done!

When: Friday, March 22nd

9am to 3pm

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The service fee is \$45. Please bring your own towel.



Medicare's Diabetic Shoe Program

Medicare Part B and/or Medicaid Coverage.

This preventative coverage **provides one pair of extra -depth shoes and up to 3 pairs of custom molded multi-density inserts** every calendar year as a Medicare benefit with little or no charge to most diabetics. Priority Footwear coordinates all of the necessary paperwork with your primary care physician and insurance provider. **Adrian will be here every quarter, (see schedule below). Please call to make an appointment. All dates are 10:00-12:00 in 20 minute increments. See a staff member to sign up.**

Monday, April 15th

Monday, July 15th

Monday, October 21st

Alzheimer's Walk to End Alzheimer's

Peggy's Story and how it Began

Shari Jones

Fifteen years ago, my husband, Mike and I began to notice changes in his mom, Peggy. Small things at first- struggling for words, not remembering where she left her purse, if she'd fed the cats - small everyday tasks that we do every day and take for granted, sometimes, not remembering if we've performed them or not. We chalked it up to normal aging.

As things progressed to bigger, scary things, leaving the stove on, forgetting to turn off the kitchen faucet, leaving the front door open all night, we began to suspect there was a medical issue going on. After having her tested we discovered she had Alzheimer's. We made adjustments in her living arrangements (made her meals for her, did her laundry, etc.) and made sure someone was with her every day.

As I researched the disease, treatment options and things we could do to make her life easier and safer for her, I stumbled across "The Walk to End Alzheimer's" through the Alzheimer's Association. They hold several walks (fund raisers) every year in different cities in the Puget Sound area. I signed my husband and myself up for the walk in Tacoma and at the walk, we were so inspired by their "can do" attitude and the work and research they were doing, we have attended the walk every year since then. 95

Their walks have grown in participation every year and now they are held annually in more than 600 communities nationwide, the Alzheimer's Association Walk to End Alzheimer's® is the world's largest fundraiser for Alzheimer's care, support and research. This inspiring event calls on participants of all ages and abilities, many who suffer from Alzheimer's themselves, to join the fight against the disease and participate in the Walks.

This year, we will have a team from our Senior Center consisting of staff and members participating in the Tacoma Walk to raise money through donations for this important cause. The walk is on Saturday, September 21st and starts at 10:00am. The walk is on a nice paved path along the water front at The Tacoma Yacht Club. While there is no fee to register for any Walks, all participants are encouraged to raise critical funds that allow the Alzheimer's Association to provide 24/7 care and support and advance research toward methods of prevention, treatment and, ultimately, a cure. We hope you'll join us in this important cause and walk with us!

We will also be holding several fundraisers throughout the year to raise more money for this important cause. Stay tuned for more information about our fundraising events.

Sadly, Peggy lost her fight with Alzheimer's and passed away in October 2022. We honor her memory every year by attending the Alzheimer's walk. With the work and research they are doing, hopefully, a cure will be found soon, so other people's stories will not end as Peggy's did. We hope you will honor your friends and loved ones who suffer from this terrible disease by participating in the walk with us in September.

Please see myself, Sue or Michelle to sign up for this very important cause. Thank you.



Alzheimer's Information

Scientists do not yet fully understand what causes Alzheimer's disease. There likely is not a single cause but rather several factors that can affect each person differently.

- Age is the best known risk factor for Alzheimer's disease.
- Family history—researchers believe that genetics may play a role in developing Alzheimer's disease. However, genes do not equal destiny. A healthy lifestyle may help reduce your risk of developing Alzheimer's disease. Two large, long term studies indicate that adequate physical activity, a nutritious diet, limited alcohol consumption, and not smoking may help people.
- Changes in the brain can begin years before the first symptoms appear.
- Researchers are studying whether education, diet, and environment play a role in developing Alzheimer's disease.
- There is growing scientific evidence that healthy behaviors, which have been shown to prevent cancer, diabetes, and heart disease, may also reduce risk for subjective cognitive decline

In addition to memory problems, someone with symptoms of Alzheimer's disease may experience one or more of the following:

- Memory loss that disrupts daily life, such as getting lost in a familiar place or repeating questions.
 - Trouble handling money and paying bills.
 - Difficulty completing familiar tasks at home, at work or at leisure.
 - Decreased or poor judgment.
 - Misplacing things and being unable to retrace steps to find them.
- Changes in mood, personality, or behavior.

Even if you or someone you know has several or even most of these signs, it doesn't mean it's Alzheimer's disease. Know the 10 warning signs

1. **Memory loss that disrupts daily life:** forgetting events, repeating yourself or relying on more aids to help you remember (like sticky notes or reminders).
2. **Challenges in planning or solving problems:** having trouble paying bills or cooking recipes you have used for years.
3. **Difficulty completing familiar tasks at home, at work, or at leisure:** having problems with cooking, driving places, using a cell phone, or shopping.
4. **Confusion with time or place:** having trouble understanding an event that is happening later, or losing track of dates.
5. **Trouble understanding visual images and spatial relations:** having more difficulty with balance or judging distance, tripping over things at home, or spilling or dropping things more often.
6. **New problems with words in speaking or writing:** having trouble following or joining a conversation or struggling to find a word you are looking for (saying "that thing on your wrist that tells time" instead of "watch").
7. **Misplacing things and losing the ability to retrace steps:** placing car keys in the washer or dryer or not being able to retrace steps to find something.
8. **Decreased or poor judgment:** being a victim of a scam, not managing money well, paying less attention to hygiene, or having trouble taking care of a pet.
9. **Withdrawal from work or social activities:** not wanting to go to church or other activities as you usually do, not being able to follow football games or keep up with what's happening.
10. **Changes in mood and personality:** getting easily upset in common situations or being fearful or suspicious.

Sometimes I
wonder what
happens to the
people who ask
me for
directions....

Raisin cookies
that look like
chocolate chip
cookies are the
reason I have
trust issues

I hate when
I'm trying to
pull the
blankets up
and I punch
myself in the
face.

LOOKING GOOD

My face in the mirror isn't
wrinkled or drawn.

My house isn't dirty.
The cobwebs are gone.

My garden looks lovely and so
does my lawn.

I think I might never put my
glasses back on.

Things you need to Know

Senior Center Closures

The Senior Center will be closed:

Memorial Day—Monday, May 27th

Juneteenth—Wednesday, June 19th

Independence Day—Thursday, July 4th

Labor Day—Monday, September 2nd

Veteran's Day—Monday, November 11th

Thanksgiving—Thursday & Friday, November 28th & November 29th

Christmas Eve & Day—Tuesday & Wednesday, December 24 & December 25th

New Year's Day—Wednesday, January 1st



Find the Lucky 3 Numbers

Beginning in January, you are only eligible to win a gift card once a quarter.

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: 5, 65, & 95



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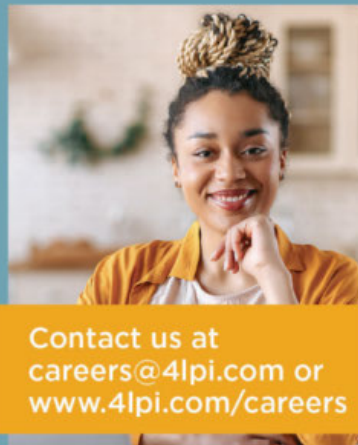
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Bonney Lake Senior Center, Bonney Lake, WA

B 4C 05-1036

Classified Ads

For Sale: Niche for two Urns at Mountain View cemetery in Lakewood, WA. Paid \$3000 asking \$2,500. If interested or have questions please call: 253-266-7331 or email me at: duhamelsusan7@gmail.com

Your Ad here

Paid part time position open
Mon - Friday 5pm -8pm
To assist a 92 year old female in her Bonney Lake home, with: Evening Meal preparation
Evening Medication set up, (just hand it to her.) Take garbage to curb 1 evening weekly
Tidy kitchen at end of shift Pick up mail from box each day

Call Carol @ 425-351-5501

Need a Place to Stay?

If you are a person looking for a bedroom in a shared nice home, and assistance with daily living tasks, call Grace at 206-293-4605. She has rooms and the care to help.

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

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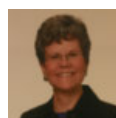
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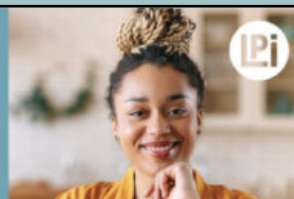


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Bonney Lake Senior Center, Bonney Lake, WA

C 4C 05-1036

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.

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 Johnny Crash
4/23/24—Picnic Day—Music Jim Lapsansky
5/9/24—Mother's Day Lunch—Music TBD
5/23/24—Memorial Day Lunch—Music Patty & Traveling 4
6/13/24—Father's Day Lunch—Music Jim Meck
6/17/24—Senior Prom—Music Randy Litch
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 Johnny Crash
9/26/24—Hippie Day—Music Patty & the Traveling 4
10/3/24—Oktoberfest—Music Jim Lapsansky
10/31/24—Halloween— Music Jim Meck
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 Patty & Traveling 4
12/19/24—Christmas Lunch Day One—Music Jim Meck
12/20/24—Christmas Lunch Day Two—Music Jim Meck
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!**

Advisory Board Swearing in Ceremony:

Thank you to Mayor McCullough, Chuck McEwen & John Vodopich for attending our Swearing in Ceremony in February. And thank you to our Board members for servicing in these important roles!



Left to right: Bob Wells, Wayne Johnson, Bonnie Johnson, Linda Smith, Diane Stable, Jim Baisch, Bev Proby, Anita Chandler & Ernie Gilmer

Special Thank You

We'd like to offer our sincerest thank you to Girl Scout Troop 41607 and their troop leader Lulu! The girls generously picked our Senior Center as the benefactor of their donation program. They donated a portion of the proceeds from their cookie sales to our Senior Center, which totaled \$750.00! Thank you ladies, we so appreciate your generosity and will put the money to great use!

Thank you!



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Bonney Lake Senior Center, Bonney Lake, WA

D 4C 05-1036

2023 Tax Preparation

Free Tax Preparation

Cyndi will be preparing simple taxes free of charge to our **active members** (see note below) again this year, virtually, like she did last year. Drop off your tax information to us in a sealed envelope with your name and phone number written on the front, where we will keep it securely locked up until Cyndi picks it up. She'll call you and speak with you to prepare your taxes, then drop your completed return back off to us, where it will be again, securely locked up until you pick it up. Thank you Cyndi!!!!

Note: If you are not on our Active Member list, or if you are not a member, you will be charged \$50.00 for a completed tax return.



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Word List:

BAGPIPE
CASTLE
CHEER
DANCE
GREEN
IRELAND
LEPRECHAUN
MUSIC
SAINTPATRICK
TOPHAT

BLARNEY
CELEBRATE
CLOVER
DRINKING
GREENBEER
IRISH
LIMERICK
PARADE
SEVENTEENTH
TOPOFTHEMORNING

BLESSINGS
CELTIC
COINS
ERINGOBRAUGH
HARP
JIG
LUCK
POTOFGOLD
SHAMROCK
TRADITION

CABBAGE
CHARM
CORNEDBEEF
FOLKLORE
HOLIDAY
KISS
MARCH
RAINBOW
SNAKES
WISH

Spot 10 Differences



St Patrick's Day Trivia and Humor

In honor of St. Patrick's Day, here are a few interesting St. Patrick's Day facts!

- Saint Patrick didn't wear green. His color was "Saint Patrick's blue." The color green became associated with St. Patrick's Day after it was linked to the Irish independence movement in the late 18th century.
- Despite his Irish notoriety, Saint Patrick was British. He was born to Roman parents in **Scotland** or **Wales** in the late fourth century.
- According to Irish legend, Saint Patrick used the shamrock as a metaphor for the Holy Trinity when he was first introducing Christianity to Ireland.
- Saint Patrick is credited for driving the snakes out of Ireland, but according to the fossil record, Ireland has never been home to snakes as it was too cold to host reptiles during the Ice Age. The surrounding seas have kept snakes out since.
- There isn't any corn in the traditional St. Patrick's Day meal of corned beef and cabbage. The name is a reference to the large grains of salt historically used to cure meats, which were also known as "corns."
- Saint Patrick was born "Maewyn Succat" but changed his name to "Patricius" after becoming a priest. Irish immigrants began observing St. Patrick's Day in **Boston** in 1737 and the first St. Patrick's Day parade in America was held in **New York City** in 1766.

In **Chicago**, the Plumbers Local 110 union dyes the river Kelly green. The dye lasts for around five hours.

- On or around St. Patrick's Day, the Irish taoiseach, or prime minister, presents the U.S. president with a crystal bowl of live shamrocks as a symbol of the close ties between the two countries.

Answer to Spot the Differences



St. Paddy's Day Jokes

Question: Why shouldn't you iron a four-leaf clover?

Answer: You might press your luck!

Question: What do you call an Irish spider?

Answer: Paddy long legs.

Question: What do you call a leprechaun who gets sent to jail?

Answer: A lepre-con.

Question: What's Dwayne Johnson's Irish nickname?

Answer: The Sham-Rock.

Question: What does it mean when you find a horseshoe?

Answer: Some poor horse is going barefoot.

News from our Gardener

March Brings Us Shamrocks & Springtime

Springtime conveys sunlight for the northern hemisphere. Sunlight is essential for photosynthesis, the process by which plants convert light energy into chemical energy. Twelve hours or more of sunlight availability and the sun's intensity growing stronger as it climbs higher each day makes springtime the right time for planting. This intensifying additional energy allows for a wider variety of crops to be grown. Thus, diversity is important for both growers and consumers, as it allows for that wider selection of fresh produce to be available throughout the year.

While spring is an important time for planting, remember that there are many factors that can impact the success of a crop. It is therefore essential to take proper care when planting, including preparing the soil, while selecting appropriate seeds and plants. In February, I touched on, that the first thing you should do with any project, gardening or otherwise, is make a plan. More pointedly, make an informed plan based less on the change of season or your favorite plants and more on what grows best where. Not every flower or herb is meant to go into the ground during spring, or even in our area. A general rule of thumb is that you want to directly seed any plant that you want many of and transplant plants that you only need a few of. So if you are sowing a row of lettuce or spinach, you can directly seed that now, while larger plants should be transplanted when the soil has warmed to the appropriate temperature. There are a number of planting calendars available with Farmers Almanac actually listing a calendar for the Bonney Lake area. At this time of year, most planting will be limited to indoors starts, so see your local seed catalogs for some growing ideas and get those plants ordered before they sell out. Outdoors, I find using some sort of garden cover helps regulate the soil environment and protects my new plants from our cold, wet, spring weather along with deterring nature's pests. Once again, your seed catalog will list plants by a hardiness factor that should influence your choices of outdoor plantings.

Our friends at Washington State University have put together a comprehensive guide to vegetable gardening in our State that is available to you for free by going to [WSU Extension Publications | Home Vegetable Gardening in Washington \(Home Garden Series\)](#). As I've mentioned, the web is full of gardening classes through Cascade Water Alliance and Pierce County, to name a few. Take some classes, shake off these winter blues and maybe see an idea that would benefit your garden. Volunteering at the Senior Center gardens is a good way to use and get some experience also. See the BLSC event calendar for national plant a flower event coming up on March 18th.

Overall, spring planting is a time of renewal and growth. It is a traditional time to celebrate the beauty of nature, and to connect with the land in a meaningful way. All part of the emotional and spiritual benefits that planting and flowers provides. Whether you are a seasoned gardener or a beginner, spring planting is an opportunity to get outside, get your hands dirty, talk to your neighbors, and experience the joy of watching something grow. Until next time: Enjoy your day, every day!

Dave PCMG



David A. and
Linda Smith
Gardening Committee

Phil's Trips

Trips Policy

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.

Sunday March 3rd

"Jersey Boys" at Tacoma Musical Playhouse Trip

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

Leaving parking lot behind Senior Center at 10:30 a.m. Return at 5:00 p.m.

Cost: \$5 for Transportation, \$35 Admission. (Pay \$40 to BLSC at sign-up).

Meals on your own.

Sign up to join us for this irresistible story of the struggling trio from New Jersey trying to make a name in the local music business. Finally, they are introduced to actor Joe Pesci, who says he knows the perfect voice for their group, Frankie Castelluccio, before he changed his name to Valli. The story of the band's struggles and successes is told in parts by each band member, along with stirring renditions of their biggest hits.

Saturday, March 16th

In Pursuit of Dutch Babies Brunch Trip

This is a Senior Center bus trip

Leaving Senior Center at 9:30 a.m. Saturday. Returning at 1:30 p.m.

A Dutch baby pancake, sometimes called a German pancake, a Bismark, a Dutch puff, a Hooligan or a Hootenanny, is a dish that is similar to a Yorkshire pudding. Unlike most pancakes, Dutch babies are baked in the oven, rather than being fried. Cost: \$5 for Transportation. (Pay \$5 to BLSC).

Brunch on your own.

Sunday, April 14th

Tacoma Rainiers Deck Party Baseball Game vs the Reno Aces

This is a Bonney Lake bus trip

Leaving parking lot behind senior center at 12 noon on Sunday. Return at 5:30 p.m.

Cost: \$5 for Transportation; Party and Game cost \$45 (pay \$50 at sign-up)

Deck party begins at 1:00, including buffet, cold beverages and personal deck attendant. Game against the Aces begins at 1:35. During the game see our group get a special welcome on the video board. Don't forget your sunglasses.

Tuesday, May 21st

Tacoma Rainiers Deck Party Baseball Game vs the Las Vegas Aviators

This is a Bonney Lake bus trip

Leaving parking lot behind senior center at 10:00 a.m. on Tuesday. Return at 3:30 p.m.

Cost: \$5 for Transportation; Party and Game cost \$45 (pay \$50 at sign-up)

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

Phil's Trips Cont'd

Friday, May 3rd

Troll Hunt

\$5.00 for transportation

Take a van ride to Issaquah and then take a gentle stroll on the Rainier Trail (paved) for 1/4 mile and meet Jakob Two Trees. Fashioned entirely out of recycled materials, Jakob is a large-scale public art installation that tells a tale of protecting nature and honoring the land and waterways. Jakob stands around 14-feet tall, looking down at passersby who walk near him on the trail. Lunch on your own at a nearby restaurant.

Tuesday, May 21st

Tacoma Rainiers Deck Party Baseball Game vs the Las Vegas Aviators

This is a Bonney Lake bus trip

Leaving parking lot behind senior center at 10:00 a.m. on Tuesday. Return at 3:30 p.m.

Cost: \$5 for Transportation; Party and Game cost \$45 (pay \$50 at sign-up)

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

Special Advance Notice of Up-Coming Collette Trips

April 20-29, 2024

Shades of Ireland

This is a Collette Tours trip

Cost: From \$3,899 per person for 10 days, includes 13 meals, with optional trip extension packages.

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

From history-filled Dublin to the rolling green hills and dramatic coast, experience Irelands charm on a journey through the Emerald Isle. Take advantage of a pre-tour extension in London for five days or a post-tour extension in Edinburgh, Scotland. This trip includes a one-night stay in an ancient castle.

See Phil for more details and a brochure.

Sept 24 – Oct 1, 2024

Colors of New England

This is a Collette Tours trip

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

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

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

See Phil for more details and a brochure.

April 8-16, 2025

Holland & Belgium Springtime River Cruise

This is a Collette Tours trip

Cost: From \$3,999 per person for 9 days, includes 20 meals, with optional air and river upgrades.

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

Enjoy springtime in Holland and Belgium with a cruise that highlights the blooming Dutch tulip fields. Relax as you make your way along seemingly endless fields of vibrant flowers and iconic windmills. See Phil for more details and a brochure.