

Bonney Lake

Senior Center Newsletter

April
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

Assistant Cook
Karen Berto

Senior Services Manager
Sue Hilberg
hilbergs@cobl.us
253-447-4327/360-551-2002

Senior Aide
Shari Jones
joness@cobl.us
253-447-4340

Dishwasher
TJ

Senior Services Assistant
Michelle Vazquez
vazquezm@cobl.us
253-447-3104

Kitchen Staff

Head Cook
Pam Camp
camppp@cobl.us
253-447-4334

Facility Monitors
Becky Alvarez
& **Karina Guzman-Euler**

To Reach all Staff Call:
253-863-7658

Senior Aide
Phil DeLeo
deleop@cobl.us
253-447-4328

Assistant Cook
Jay Shideler

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!

Katheryn Evans, *Licensed Insurance Broker*

253.861.2959 or 253.231.8896

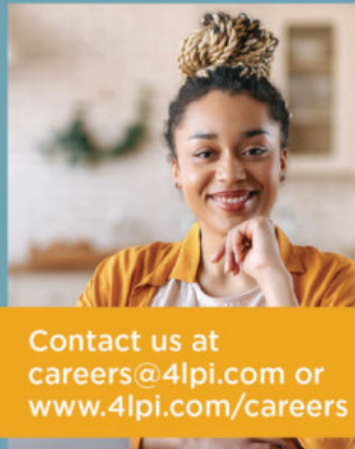
We Love You Bonney Lake Seniors! Call us for your Birthday Bags!
We're still handing them out to everyone who calls!

WE'RE HIRING!
AD SALES EXECUTIVES



BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers

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Bonney Lake Senior Center, Bonney Lake, WA

A 4C 05-1036

Senior Advisory Board



The Senior Advisory Board members work closely with staff to help with a variety of tasks. The Senior Advisory Board, and their volunteers, assist with many fundraising events throughout the year which enables them to help provide funds for special events, work with the Bonney Lake Kiwanis to help seniors with basic household chores and repairs. These are just a few of the things the Advisory Board does. If you are interested in learning more you are invited to attend any of the advisory board meetings. 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.



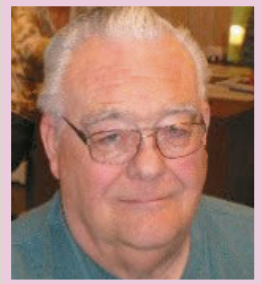
President
Wayne Johnson



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

April 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 April Fool's Day Pulled Pork Sandwich Chips Baked Beans Pineapple Coleslaw Salad Bar	2 Asian Salad w/Grilled Chicken Strips Oranges & Almonds Sesame Dressing Fortune Cookie Salad bar	3 Lemon Pepper Fish Rice Steamed Vegetable Tartar Sauce Salad Bar	4 Chef's Choice Salad Bar	5 Beef Stew Biscuits Melon Slice Salad Bar
8 Spaghetti w/ Meat Sauce Green Beans Garlic Bread Salad Bar	9 Cheese Raviolis in Creamy Sauce Ceaser Salad Bread Stick Salad Bar	10 Breakfast for Lunch Biscuits & Country Gravy Scrambled Eggs Bacon Salad Bar	11 Nat'l Pet Day Polish Dog on a Bun Grilled Onions Sauerkraut Parmesan Pea Salad Chips Salad Bar	12 Chicken Tenders w/ Dipping Sauces Tater Tots Fruit Salad Bar
15 Sweet & Sour Chicken Jasmine Rice Stir Fry Vegetables Salad Bar	16 Chef's Choice Salad Bar	17Nat'l Poets Day Macaroni & Cheese With Diced Ham Sunshine Carrots Salad Bar	18 Homestyle Chili Warm Cornbread w/Honey Butter Salad Bar	19 Smokey Clam Chowder Warm Bread Cottage Cheese w/ Fruit Salad Bar
22 Earth Day Lasagna Peas and Carrots Bread Sticks Salad Bar	23 Picnic Day Grilled Hamburgers w/ all the Fixin's Potato Salad Pickles Salad Bar Birthday Celebration	24 Admin Day Chicken Divan Steamed Rice Winter Fruit Salad Dinner Roll w/butter Salad Bar	25 Meatloaf Mashed Potatoes Gravy Mixed Vegetables Warm Roll Salad Bar	26 Nat'l Pretzel Day Sliced Turkey On Pretzel Bread Tropical Fruit Salad Chips Salad Bar
29 Jay's Shepard Pie w/ Cheesy Mashed Potatoes White Corn Salad Bar	30 Loaded Baked Potato w/all the Fixin's Sour Cream Broccoli Cheese Sauce Bacon Bits Salad Bar			Dine-in lunch service Monday—Friday 12-12:30pm To Go meals served 11:30-12:00 **Alternate meals available only for Fish/Seafood and Liver/Onions

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To-Go Only April Order-Ahead Lunch Menu

Your Name

Monday	Tuesday	Wednesday	Thursday	Friday
1 April Fool's Day Pulled Pork Sandwich Chips Baked Beans Pineapple Coleslaw Salad Bar To Go <input type="radio"/>	2 Asian Salad w/Grilled Chicken Strips Oranges & Almonds Sesame Dressing Fortune Cookie Salad bar To Go <input type="radio"/>	3 Lemon Pepper Fish Rice Steamed Vegetable Tartar Sauce Salad Bar To Go <input type="radio"/>	4 Chef's Choice Salad Bar To Go <input type="radio"/>	5 Beef Stew Biscuits Melon Slice Salad Bar To Go <input type="radio"/>
8 Spaghetti w/ Meat Sauce Green Beans Garlic Bread Salad Bar To Go <input type="radio"/>	9 Cheese Raviolis in Creamy Sauce Ceaser Salad Bread Stick Salad Bar To Go <input type="radio"/>	10 Breakfast for Lunch Biscuits & Country Gravy Scrambled Eggs Bacon Salad Bar To Go <input type="radio"/>	11 Nat'l Pet Day Polish Dog on a Bun Grilled Onions Sauerkraut Parmesan Pea Salad Chips Salad Bar To Go <input type="radio"/>	12 Chicken Tenders w/ Dipping Sauces Tater Tots Fruit Salad Bar To Go <input type="radio"/>
15 Sweet & Sour Chicken Jasmine Rice Stir Fry Vegetables Salad Bar To Go <input type="radio"/>	16 Chef's Choice Salad Bar To Go <input type="radio"/>	17Nat'l Poets Day Macaroni & Cheese With Diced Ham Sunshine Carrots Salad Bar To Go <input type="radio"/>	18 Homestyle Chili Warm Cornbread w/Honey Butter Salad Bar To Go <input type="radio"/>	19 Smokey Clam Chowder Warm Bread Cottage Cheese w/ Fruit Salad Bar To Go <input type="radio"/>
22 Earth Day Lasagna Peas and Carrots Bread Sticks Salad Bar To Go <input type="radio"/>	23 Picnic Day Grilled Hamburgers w/ all the Fixin's Potato Salad Pickles Salad Bar To Go <input type="radio"/>	24 Admin Day Chicken Divan Steamed Rice Winter Fruit Salad Dinner Roll w/butter Salad Bar To Go <input type="radio"/>	25 Meatloaf Mashed Potatoes Gravy, Mixed Vegetables, Warm Roll Salad Bar To Go <input type="radio"/>	26 Nat'l Pretzel Day Sliced Turkey On Pretzel Bread Tropical Fruit Salad Chips Salad Bar To Go <input type="radio"/>
29 Jay's Shepard Pie w/ Cheesy Mashed Potatoes White Corn Salad Bar To Go <input type="radio"/>	30 Loaded Baked Potato w/all the Fixin's Sour Cream Broccoli Cheese Sauce Bacon Bits Salad Bar To Go <input type="radio"/>			If you are getting your lunch To-Go, please fill out the order ahead menu. If you are delivery or dine-in, you <u>do not</u> need to fill out the order ahead menu or call to tell us you're coming in.

Visit us at www.ci.bonney-lake.wa.us / 5

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Events

April 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 April Fool's Day 12pm Lunch	2 9:30-11:30 Music Jam 12pm Lunch 1pm Writers Group 1pm-Tech Time	3 9-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo	4 9:30-10:30 Chick-fil-A Bingo 10:30 Tai Chi 12pm Lunch 1-2-Wills & Estates 1-3 Card Games	5 9:30-11 Line Dancing 12pm Lunch 1-3:30 Shopping Trip 7pm Family Bingo
8 11-12 BP Checks 12pm Lunch	9 9:30-11:30 Music Jam 9:30-12pm Massage 12pm Lunch 1pm Writers Group 1:30-3:30-Diamond Art	10 9-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo	11 Nat'l Pet Day 10:30 Tai Chi 12pm Lunch 1-3 Card Games 1-4 Legal Guidance	12 9:30-11 Line Dancing 12pm Lunch 1-3:30 Shopping Trip 1:30-3:30-Titanic Tea 7pm Family Bingo
15 Tax Day 10-12-Diabetic Footwear 12pm Lunch 1-2-Wellness Class	16 9:30-11:30 Music Jam 12pm Lunch 1pm Writers Group 3-4 Advisory Board Mtg	17 Nat'l Poets Day 9-12 Happy Hookers 10-11-1st Responder Class 12pm Lunch 1:15pm Senior Bingo 4:30 Juliet's@Hop n Drops	18 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	19 9:30-11 Line Dancing 12pm Lunch 1-3:30 Shopping Trip 1:30-3:30-Art w/Anita 7pm Family Bingo
22 Earth Day 12pm Lunch	23 Picnic Day 10:30-12-Jim Lapsansky 9:30-11:30 Music Jam 9:30-12pm Massage 12pm Lunch 1pm Writers Group Birthday Celebration	24 Admin Day 9-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo	25 10:30 Tai Chi 12pm Lunch 1-3 Card Games	26 Nat'l Pretzel Day 9-3 Foot Care 12pm Lunch 1-3:30 Shopping Trip 7pm Family Bingo
29 12pm Lunch	30 9:30-11:30 Music Jam 12pm Lunch 1pm Writers Group			

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, April 18th

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 **white plastic bags**, tie the bags 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 in anytime. And thank you 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.

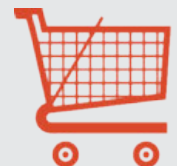


Shopping Trips

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.



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, May 24th

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. 7

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, April 18th

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!

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!

Titanic Tea

When: Friday, April 12th

Time: 1:30-3:30

Cost: \$15.00

Join us for a fun tea with some fun trivia games about the Titanic. See a staff member to sign up.

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 Change

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 **Tuesday** of the month for your birthday gift and a birthday treat and listen to the **music of Jim Lapsansky**. No need to sign up and no special 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.



Diamond Art Class

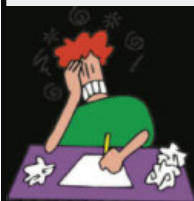
Sign up to attend a Diamond Art class on The 2nd Tuesday of every month from 1:30-3:30 taught by Barbara Greenwood. Cost is \$10.00 with all materials provided. See a staff member to sign up.



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!

Legal Presentation-Wills & Estates

Thursday, April 4th

Time: 1:00-2:00

Join us for a Legal Presentation hosted by Marcia Delatorre and Attorney Shannon Kraft for information on Wills and Estates. This is a free presentation. No sign up required.

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.

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. Jen's class in April will be on the topic of *Seniors & Depression*. 72



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! **No Jam session on Tuesday, April 23rd.**

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.

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.

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



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.

Chat with the Chief

Wednesday, May 15th

10:00-11:00

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

Father's Day Lunch

Thursday, June 13th

Time: 10:30-12:00

Cost: \$8.00

Sign up to join us for Father's Day lunch with music and dancing. Music is by Jim Meck. See a staff member to sign up.

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.

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.

Cinco De Mayo Lunch

Thursday, May 2nd

10:30-12:30

Cost \$8.00

The United States joins the celebration of Mexican heritage. Come join the party and dance to the sounds of Jim Meck and enjoy yummy Mexican foods. Please sign up in the special events binder and pay at time of sign up.



Senior Prom

Tuesday, June 18th

Time: 10:30-12:00

Cost: \$8.00

Sign up to join us for Senior Prom lunch with music and dancing. Music is by Randy Litch. See a staff member to sign up.

Upcoming Events Cont'd

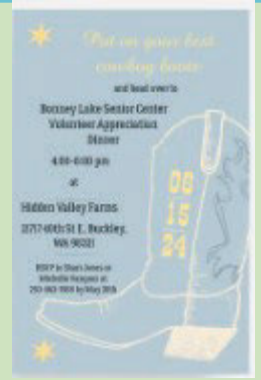
Volunteer Appreciation Dinner

Saturday, June 15th

4:00-8:00 pm

Location: The Hidden Valley Farm

BY INVITATION ONLY



To honor all of our wonderful volunteers, (we could not keep our doors open without the hard work and dedication of our volunteers) we will be holding a Volunteer Appreciation Dinner on Saturday, June 15th at the Hidden Valley Farm. Invitations will be sent to all our fantastic volunteers from **2023** to join us for a delicious dinner, raffle & door prizes. We will have music and dancing with our musical entertainment provided by Jim Meck. When you receive your invitation, please RSVP with your name and the name of your plus one to reserve your spot. RVSP's need to be submitted to us by May 20th. To RSVP, please call Shari Jones at 253-447-4340 or email jones@cobl.us or Michelle Vazquez at 253-447-3104 or email her at vazquezm@cobl.us.

4th of July

Tuesday, July 2nd

10:30-12:30

Cost \$8.00



Join us for 4th of July celebration with music by Patty & the Traveling 4 followed by a special lunch. Please sign up in the special events binder and pay at time of sign up.

Luau

Thursday, August 8th

10:30-12:30

Cost \$8.00

Join us for our annual Luau with music by Polynesian Fire Dancers followed by a special lunch. Please sign up in the special events binder and pay at time of sign up.

Labor Day Lunch

Thursday, August 29th

10:30-12:30

Cost \$8.00

Join us for our annual Luau with music by Patty & the Traveling 4 followed by a special lunch. Please sign up in the special events binder and pay at time of sign up.

Grandparents Day

Thursday, September 5th

10:30-12:30

Cost \$8.00

Join us for Grandparents Day with music by Johnny Crash, followed by a special lunch. Please sign up in the special events binder and pay at time of sign up.

Health and Wellness

Free Blood Pressure Checks

by Celebrate Seniority

When: Monday, April 8th

Time: 11:00-12:00

Where: Bonney Lake Senior Center

Walk-in's welcome!



Line Dancing Lessons

Attend line dancing sessions every 1st, 2nd and 3rd Friday 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.



Wellness Workshop

Monday, April 15th

1:00-2:00

No cost

Join Traci Woodcock for a free health presentation. This month is Weigh less live more-overcoming weight loss. 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.

Foot Care ~ Come Get Your Toes Done!

When: Friday, April 26th

9am to 3pm

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



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.



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 - Sue's Story

Written by Sue Hilberg

My Daddy, my hero.....he was an avid outdoorsman. Hunting, fishing, flying, skiing-both snow and water, underwater photography and running. There were so many activities he loved to do it was hard to keep up with him. He is known to his kids as Pops or Daddy and to his grandchildren and great grands as simply Grandfather. Though never a man of many words it started becoming apparent that Daddy was changing.

He and mom still lived in the house they'd been in for over 4 decades and he was doing fairly well. Mom was caring for him and for the most part they were ok. Then Covid happened and they were like most of the elderly population of the world, they closed their doors and hid from the virus.

For nearly 3 years Daddy remained in the house leaving only for necessary appointments and a few special outings. During this time, we, the kids, could see changes taking place in both of our parents. Mom's physical health was declining while Daddy's mental health was really sliding. He was showing all the symptoms of memory loss.

My once vibrant, active father was now spending his days sitting in his recliner looking out the window watching the birds. Music was the only thing that touched his heart. While he would exercise, going for short walks and using their exercise machine, he was becoming more and more frail right in front of our eyes.

His memory loss has become so profound that 6 months after losing his beloved wife of 67 years he had forgotten her. He is now living a happy life in Texas where I visit him as often as possible. He doesn't quite know me anymore however he always smiles when I walk in the room and that's enough for me.

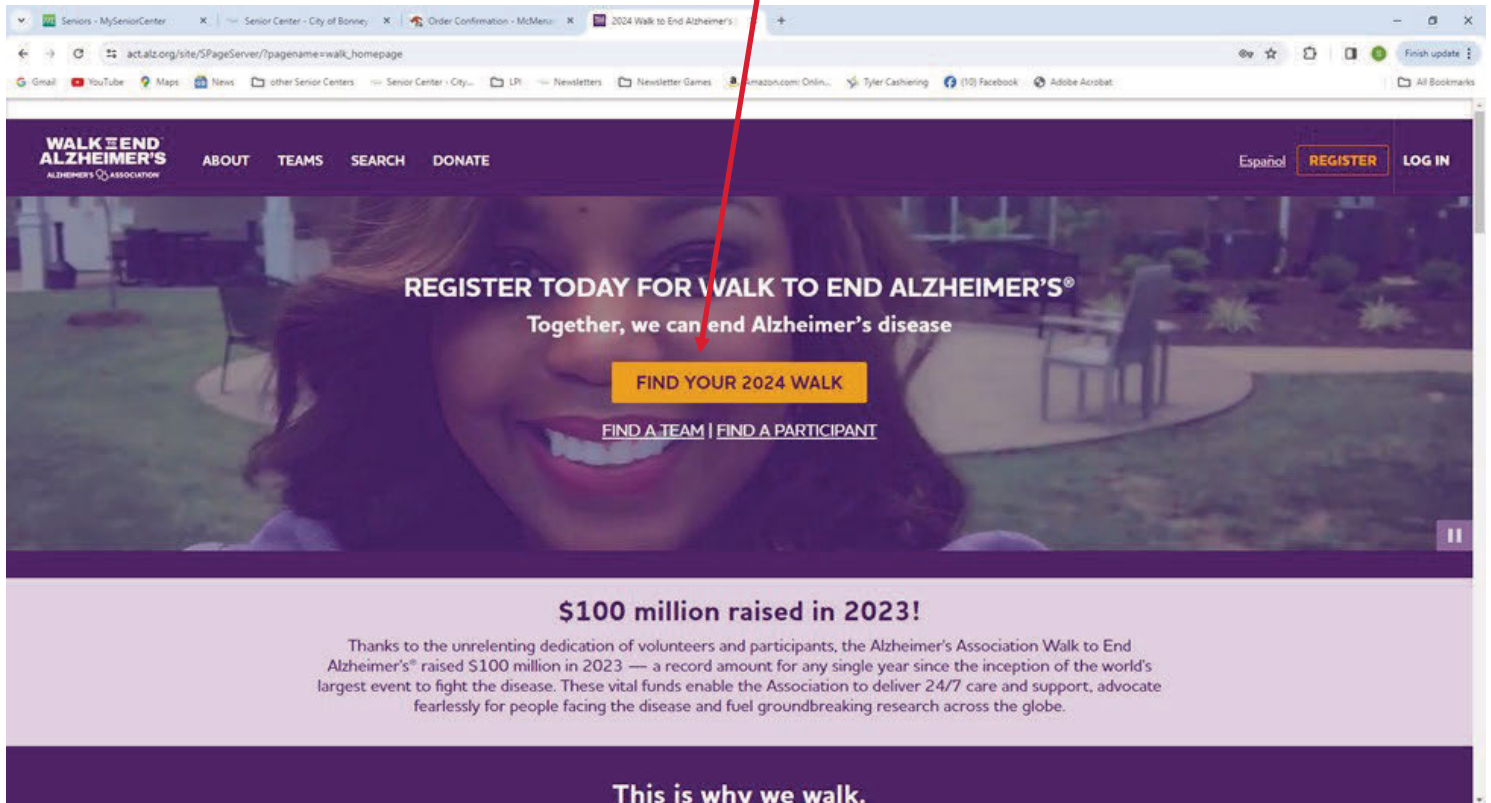
Please consider joining us on the Alzheimer's Walk on Saturday, October 5th at the Tacoma Yacht Club. We will be driving the van there and walking as a group. All money raised through donations will go to research to find a cure for this terrible disease. Hopefully, soon, no one's story will end as my Daddy's has and no daughter or son will know the pain of having their father not recognize them. If you'd prefer not to walk, please consider donating to this important cause. Also, be on the lookout for fund raisers we will be having throughout the year to raise money for this walk.



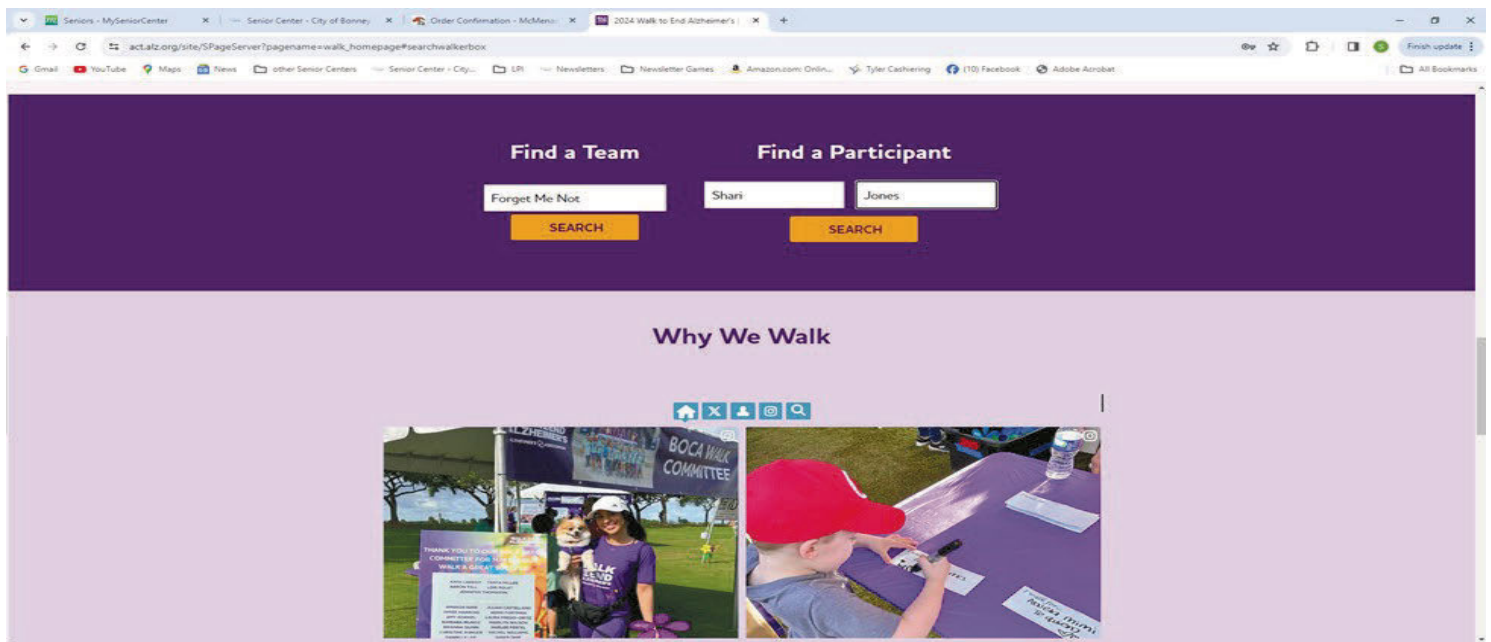
How to Registration/Donation for Alzheimer's Walk

Thank you to Mike Jones and Joy Cartmel for signing up to join our walking team on Saturday, October 5th (date change)

go to the website, <https://act.alz.org> and click find your walk



Type in the name of the team ("Forget Me Not" is an example-name may change) and type in Shari Jones as captain and click search



Visit us at www.ci.bonney-lake.wa.us / 16

How to Registration/Donation for Alzheimer's Walk Cont'd

Click on the team you want to register for and/or donate to (*team name is an example-name may change*)

The screenshot shows a web browser with multiple tabs open. The active tab is '2024 Walk to End Alzheimer's'. The URL is act.alz.org/site/TR?fr_search_type=team&pg=pfnd&fr_id=9494&fr_search_type=team&cmd=next&cmd_cf=. The page displays a list of teams for the 2024 Walk to End Alzheimer's. A red arrow points to the 'Forget Me Not' team by Shari Jones. The list includes:

Team Name	Location
Forget Me Not Royalty Halvorson, Roselyn	2024 Walk to End Alzheimer's - Pierce County, WA
Love Forget Me Nots Hermann, Deborah	2024 Walk to End Alzheimer's - St. Louis, MO
Optum Forget Me Nots Izyk, Charlotte	2024 Walk to End Alzheimer's - Upper Ohio Valley
The Forget Me Nots Jenkins, Victoria	2024 Walk to End Alzheimer's - Middle Peninsula and Northern Neck
Chuck's Forget Me Nots Jepson, Darla	2024 Walk to End Alzheimer's - Kankakee & Iroquois County, IL
Forget Me Nots Johnson, Marla	2024 Walk to End Alzheimer's - Tulsa, OK
Forget Me Not Jones, Shari	2024 Walk to End Alzheimer's - Pierce County, WA
Forget me Nots Jones, Valory	2024 Walk to End Alzheimer's - Reno/Sparks, NV

Records 21-30 of 41+
< Previous | Next >

NEED HELP?

FIND A WALK | DONATE | FIND A TEAM/PARTICIPANT

Click on either "Donate to the Team" or "Join our Team" and follow the prompts. If you have questions, please see Shari Jones.

The screenshot shows the team page for 'Forget Me Not' on the Alzheimer's Association website. The page features a banner with the text 'FIGHTING FOR A DIFFERENT FUTURE.' and a photo of purple and yellow flowers. The team name is 'Team page of Forget Me Not'. There are two buttons: 'DONATE TO THE TEAM' and 'JOIN OUR TEAM'. The page includes a welcome message and a description of the Alzheimer's Association Walk to End Alzheimer's. It also mentions that more than 6 million Americans are living with Alzheimer's and over 11 million family and friends provide their unpaid care. The page shows a progress bar for fundraising, with a goal of \$2,000 and a current amount of \$100. The progress bar is labeled '5% ACHIEVED'. There are social media sharing options for Facebook, Twitter, and LinkedIn. The page also includes a 'Team Roster' section and a 'Search for Team Members' field. The URL is https://act.alz.org/site/TR?sid=23938&type=fr_informational&pg=informational&fr_id=18009&joinTeamId=864583. The date is 21, 2024.

NEED HELP?

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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: 7, 72, & 88



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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

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.

Your Ad here

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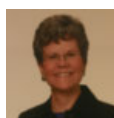
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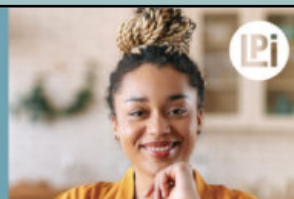


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Bonney Lake Senior Center, Bonney Lake, WA

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.

4/23/24—Picnic Day—Music Jim Lapsansky
5/2/24—Cinco De Mayo—Jim Meck
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



Riddle: I'm tall when I'm young and short when I'm old. What am I?

Answer: A candle



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. We will need a variety of volunteers. Please call us to discuss any volunteer jobs that you may be interested in at 253-863-7658.

We are in desperate need of Bingo volunteers on Wednesday afternoons & Friday Nights. Our bingo program is in peril of being shut down due to an insufficient number of volunteers. Please consider volunteering one day a month in one of our most critical positions, Caller, Cashier or Records. Without these 3 positions being filled every week, we may need to shut down our bingo program. 88

There are also a fun variety of positions such as 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!



Things to Ponder

The biggest communication problem is we don't listen to understand, we listen to reply.



Mrs. Wile E. Coyote

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Spot the Hidden Tiger

Can you
spot the
hidden
tiger?

Answer on
Page 24



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Word Search

Movies of the 1970s

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E	A	R	H	H	W	A	L	J	R	O	C	K	Y
O	T	J	A	W	E	S	N	A	P	O	N	W	Y
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N	O	E	R	E	T	E	R	E	R	H	W	E	C

CARRIE
THE EXORCIST
STAR WARS
ALIEN
HALLOWEEN
AIRPORT
GREASE
ROCKY
SUPERMAN
JAWS

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Answer to Optical Illusion & One More

Answer
from page
22



Photos like this
can completely
alter your
perception of
reality! The
mind can really
play tricks on
you, and this
boat in the
ocean, which is
a leather couch,
is proof



How Many do you remember?



News from our Gardener

April and being outside in the fresh air, soaking up the sunshine is known to be an effective way to boost your mood and do a little distressing.

Wait, You think it's cold out there. The soil temperatures are still in the 40's, water temperatures are closer to the 30's and seedlings and plants seek and need that elusive sun to create the miracle of photosynthesis; What's a gardener to do? My data (Dept of Vegetable Crops, U of CA at Davis, shows there are a few seeds such as peas, spinach, parsnips, onions and lettuce that will germinate in this environment, but even these cool weather crops will take in excess of 30 days before you'll ever see sprouts in an open garden. Yes, I do start seeds indoors, but at this time of year I'm all about investing time and effort to create healthy soil to support my plants through the real growing season. Let's get started by reviewing some easy steps to help your soil in the coming year.

First, to build healthy soil you must get to know your soil; it's just not dirt or in the case of the land I live with, it's just not rocks (glacier till). Sure, there are plenty of minerals but you also need organic matter, air, water and living organisms. The people who study this write that there are over 1 billion organisms in one gram of healthy soil. These creatures, part of the food chain, are busy at work breaking down that organic matter to release the energy that plants will take up. Pesticides kill these organisms! Think twice before applying pesticides and while you're thinking, read and follow the instructions for pesticide use. Air and water provide the plants with carbon, hydrogen and oxygen which are the growing blocks that most living tissue needs. Knowing your soil takes digging in and looking for thatch, compaction or larva that may be detrimental to your soil's function. A soil test assures me that the fertilizers and amendments that the local stores want to sell me are actually needed. For our area, I test my soil for PH factors each year but otherwise I'll do a complete test maybe every three years.

Second, add compost. If your planting a new garden or lawn, 2-3 inches of compost dug in to 4 inches of native soil will be adequate. Then each year after, an inch of compost for gardens and half an inch for lawns, will keep those micro nutrient levels and organisms at peak performance. We are so lucky to have compost available to us for free or at a small fee from our local recyclables centers. I want you to know that product like Tagro or Soundgrow are biosoils that have been tested and are safe and weed seed free. You will not find that in the manures or your own compost bin. Tagro or Soundgrow sounds good but know that compost is part of not the same as soil.

Third, apply mulch. Mulches limit soil erosion, reduce water evaporation, keep weeds from populating those bare areas, and reduce fluctuations in our soil temperature. What is mulch? Woody waste products (untreated) are a mulch and are also free from your local tree service. Compost is a mulch but most compost is known to have a high nitrogen content which makes compost a good companion to use under wood chips as the chips use nitrogen to break down. Let's grow!

Lots of work to do at the Center's gardens; join in with Linda or I anytime to help out.

Enjoy your day, everyday. 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, April 7th

Northwest Trek and Copper Creek Inn

This is a Senior Center bus trip.

Leaving Senior Center at 7:30 a.m. Sunday morning. Returning at 3:30 p.m.

Cost: \$5 for transportation; \$20 for admission, (pay \$25 at sign-up). Meals on your own.

We will start our journey with a breakfast stop, arriving at NW Trek as the gates open at 9:30. NW Trek is a 723-acre wildlife preserve located just north of Eatonville. Their primary feature is usually a tram tour which takes visitors through a 435-acre free range area featuring bison, deer, elk, mountain goats and big horn sheep. However, their new trams are still not up and running. Thus, we will be taking our shuttle into the free-range area starting at 11:00. Prior to that appointment we will have time to visit some of the animals along the forest paths such as the wolves, bears and big cats. April is a wonderful time to visit the park with all the new baby critters running around. After our visit, we will venture on to the Copper Creek Inn at Ashford for lunch and a slice of the best blackberry pie. Yum.

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 a 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.

Monday, April 22nd

Snoqualmie Casino

This is a Senior Center bus trip

Cost: \$10 for transportation, lunch and gambling on your own.

Leaving the Senior Center at 10am returning when the money is all gone or around 4pm.

Take a trip to Seattle's closest casino with Sue. Find your fortune at this beautiful casino or perhaps leave it there? Enjoy lunch at one of the 3 restaurants and relax on the leisurely ride home with Sue at the wheel.

GOOD LUCK!

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.

Phil's Trips Cont'd

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 a 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. Visit the second largest Van Gogh collection in the world. See Phil for more details and a brochure.