

# Bonney Lake

## Senior Center Newsletter

# October 2024



### Located at:

**19304 Bonney Lake Blvd  
Bonney Lake, WA 98391**

### Mailing address:

**9002 Main Street E. Box 5  
Bonney Lake, WA 98391  
253-863-7658**

**Monday through Friday  
8:00am to 4:00pm**

**Emergency After Hours  
Number—253-455-0632**

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

(we are listed under Residents Tab)

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## 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

## 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

TBD

253-447-4328

## Senior Aide

Shari Jones

jones@cobl.us

253-447-4340

## Staff

### Kitchen Staff

#### Head Cook

Pam Camp

camp@cobl.us

253-447-4334

#### Assistant Cook

Jay Shideler

#### Assistant Cook

Karen Berto

#### Dishwasher

TBD

## 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](http://www.ci.bonney-lake.wa.us) | 2*



For help with Medicare call Katheryn 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!

## Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

**AD CREATOR STUDIO**



[lpicommunities.com/adcreator](http://lpicommunities.com/adcreator)

## LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

**CONTACT ME**

**Bill Clough**

[wclough@lpicommunities.com](mailto:wclough@lpicommunities.com)

(800) 950-9952 x2635



# 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.



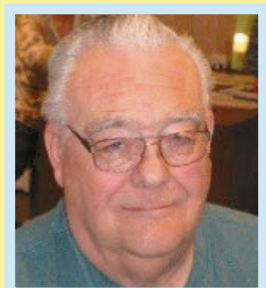
**President**  
Wayne Johnson



**Vice President**  
Bob Wells



**Treasurer**  
Julianne DeLeo



**Assistant Treasurer**  
Jim Baisch



**Secretary**  
Anita Chandler



Bonnie Johnson  
Board Member



Linda Smith  
Board Member



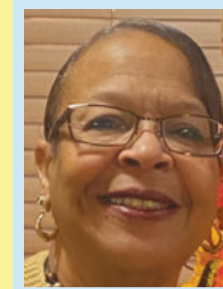
David Reed  
Board Member



Diane Stabler  
Board Member



Ernie Gilmer  
Board Member



Beverly Proby  
Board Member





































# Menu

# October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Spinach Salad w/ Chicken, Oranges, Almonds & Peppers Chinese Noodles Sesame Dressing Salad Bar	2 French Dip Sandwich Au Jus Golden French Fries Cole Slaw Salad Bar	3 <b>Oktoberfest</b> Glazed Bratwurst Caramelized Onions Sauerkraut Red Potatoes Sweet Dill Carrots	4 Chicken Burger Lettuce, Tomato Onion Fries Fruit Salad Bar
7 Sweet & Sour Meatballs Jasmine Rice Stir Fry Vegies Salad Bar	8 Macaroni & Cheese w/ Ham Mixed Vegetables Salad Bar	9 Creamy Chicken Divan Rice Pilaf Dinner Roll w/Butter Salad Bar	10 Lasagna Almond Green Beans Garlic Bread Salad Bar	11 Grilled Cheese on Sourdough Bread Creamy Tomato Soup Dill Pickle Spear Saltine Crackers Salad Bar
14 Beef Taco Salad w/all the Fixin's Tortilla Chips Salsa Guacamole Churros Salad Bar	15 King Ranch Chicken Green Peas Bread Stick Salad Bar	16 Pam's Famous Meatloaf Mashed Potatoes Brown Gravy Green Beans Dinner Roll w/Butter Salad Bar	17 Chili Dogs Cheese Crispy Fries Salad Bar	18 Pulled Pork Sandwich Fruit Salad Chips Salad Bar
21 Hot Turkey Sandwich Mashed Potatoes Gravy Peas & Carrots Salad Bar	22 <b>Birthday Lunch</b> Chicken Fried Steak Mashed Potatoes Chicken Gravy Buttered Corn Salad Bar	23 Sweet & Sour Chicken Jasmine Rice Steamed Vegetable Bread Stick Salad Bar	24 Loaded Baked Potato w/Sour Cream, Bacon Bits, Green Onions, Chili Salad Bar	25 Beef Taco Casserole Refried Beans Salsa Sour Cream Green Onions Chips Salad Bar
28 Baked Caesar Chicken Couscous Sunshine Carrots Garlic Bread Salad Bar	29 Hearty Beef Stew Biscuits Honey Butter Fruit Salad Bar	30 Baked Tilapia w/ Mango Salsa Jasmine Rice Pineapple Slaw Jay's Tartar Sauce Salad Bar	31 <b>Halloween</b> Spooky Spaghetti & Meatballs Mummy Fingers (Green Beans) Vampire-free Garlic Bread Treats	Dine-in lunch service Monday—Friday 12-12:30pm  To Go meals served 11:30-12:00  <b>**Alternate meals available only for Fish/Seafood and Liver/Onions</b>

# To-Go Only October Order-Ahead Lunch Menu

Your Name

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 Spinach Salad w/ Chicken, Oranges, Almonds &amp; Peppers Chinese Noodles Sesame Dressing Salad Bar</p> <p>To Go </p>	<p>2 French Dip Sandwich Au Jus Golden French Fries Cole Slaw Salad Bar</p> <p>Delivery  To Go </p>	<p>3 <b>Oktoberfest</b> Glazed Bratwurst Caramelized Onions Sauerkraut Red Potatoes Sweet Dill Carrots</p> <p>To Go </p>	<p>4 Chicken Burger Lettuce, Tomato Onion Fries Fruit Salad Bar</p> <p>Delivery  To Go </p>
<p>7 Sweet &amp; Sour Meatballs Jasmine Rice Stir Fry Vegies Salad Bar</p> <p>Delivery  To Go </p>	<p>8 Macaroni &amp; Cheese w/ Ham Mixed Vegetables Salad Bar</p> <p>To Go </p>	<p>9 Creamy Chicken Divan Rice Pilaf Dinner Roll w/Butter Salad Bar</p> <p>Delivery  To Go </p>	<p>10 Lasagna Almond Green Beans Garlic Bread Salad Bar</p> <p>To Go </p>	<p>11 Grilled Cheese on Sourdough Bread Creamy Tomato Soup Dill Pickle Spear Saltine Crackers Salad Bar</p> <p>Delivery  To Go </p>
<p>14 Beef Taco Salad w/all the Fixin's Tortilla Chips Salsa, Guacamole Churros, Salad Bar</p> <p>Delivery  To Go </p>	<p>15 King Ranch Chicken Green Peas Bread Stick Salad Bar</p> <p>To Go </p>	<p>16 Pam's Famous Meatloaf, Mashed Potatoes, Brown Gravy Green Beans, Dinner Roll w/Butter, Salad Bar</p> <p>Delivery  To Go </p>	<p>17 Chili Dogs Cheese Crispy Fries Salad Bar</p> <p>To Go </p>	<p>18 Pulled Pork Sandwich Fruit Salad Chips Salad Bar</p> <p>Delivery  To Go </p>
<p>21 Hot Turkey Sandwich, Mashed Potatoes, Gravy Peas &amp; Carrots Salad Bar</p> <p>Delivery  To Go </p>	<p>22 <b>Birthday Lunch</b> Chicken Fried Steak Mashed Potatoes Chicken Gravy Buttered Corn Salad Bar</p> <p>To Go </p>	<p>23 Sweet &amp; Sour Chicken Jasmine Rice Steamed Vegetable Bread Stick Salad Bar</p> <p>Delivery  To Go </p>	<p>24 Loaded Baked Potato w/Sour Cream, Bacon Bits, Green Onions, Chili Salad Bar</p> <p>To Go </p>	<p>25 Beef Taco Casserole Refried Beans, Salsa Sour Cream, Green Onions, Chips Salad Bar</p> <p>Delivery  To Go </p>
<p>28 Baked Caesar Chicken, Couscous Sunshine Carrots Garlic Bread Salad Bar</p> <p>Delivery  To Go </p>	<p>29 Hearty Beef Stew Biscuits Honey Butter Fruit Salad Bar</p> <p>To Go </p>	<p>30 Baked Tilapia w/Mango Salsa, Jasmine Rice Pineapple Slaw Jay's Tartar Sauce Salad Bar</p> <p>Delivery  To Go </p>	<p>31 <b>Halloween</b> Spooky Spaghetti &amp; Meatballs Mummy Fingers (Green Beans) Vampire-free Garlic Bread Treats</p> <p>To Go </p>	<p>If you are getting your lunch delivered or To-Go, please fill out the order ahead menu or <u>call in by 10am the morning of your pickup</u>. If you are dine-in, you <b>do not</b> need to fill out the order ahead menu or</p>

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# Events

# October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>9:30-11:30 Music Jam</p> <p>12pm Lunch</p> <p>1pm Writers Group</p> <p><del>1-2:30 Tech Time</del></p> <p><del>2:30-5:00 Walking Trip</del></p>	<p>2</p> <p>9-12 Happy Hookers</p> <p>12pm Lunch</p> <p>1:15pm Senior Bingo</p>	<p>3 <b>Oktoberfest</b></p> <p>10:30-12:00 Music by Jim Lapsansky</p> <p>10:30 Tai Chi</p> <p>12pm Lunch</p> <p>1-3 Card Games</p>	<p>4</p> <p>12pm Lunch</p> <p><del>1-3:30 Shopping Trip</del></p> <p>7pm Family Bingo</p>
<p>7</p> <p>12pm Lunch</p> <p>1-2 Line Dancing</p> <p>1-2-Mexican Train</p> <p>Dominos</p> <p>2-2:30-Food Bank</p>	<p>8</p> <p>9:30-11:30 Music Jam</p> <p>12pm Lunch</p> <p>1pm Writers Group</p> <p>1:30-3:30-Diamond Art</p>	<p>9</p> <p>9-12 Happy Hookers</p> <p>10-11-Chat with Chief</p> <p>12pm Lunch</p> <p>1:15pm Senior Bingo</p>	<p>10</p> <p>10:30 Tai Chi</p> <p>12pm Lunch</p> <p>1-3 Card Games</p> <p>1-4 Legal Guidance</p>	<p>11</p> <p>9:30-Red Hat Society</p> <p>12pm Lunch</p> <p><del>1-3:30 Shopping Trip</del></p> <p>7pm Family Bingo</p>
<p>14</p> <p>11-12 BP Checks</p> <p>12pm Lunch</p> <p>1-2 Line Dancing</p> <p>1-2-Mexican Train</p> <p>Dominos</p>	<p>15</p> <p>9:30-11:30 Music Jam</p> <p>12pm Lunch</p> <p>12:30-1:30-Medicare Chat with Ernie</p> <p>1pm Writers Group</p> <p><del>2:30-5:00 Walking Trip</del></p> <p>3-4 Advisory Board Mtg</p>	<p>16</p> <p>9-12 Happy Hookers</p> <p>10-11-1st Responder Class</p> <p>12pm Lunch</p> <p>1:15pm Senior Bingo</p> <p>4:30 Juliet's@ Round Table Pizza</p>	<p>17</p> <p>10-11—Rob Sig Health</p> <p>10-2 Haircuts by Becky</p> <p>10:30 Tai Chi</p> <p>12pm Lunch</p> <p>1-2:30 Caregivers Supp.</p> <p>1-3 Card Games</p>	<p>18</p> <p>12pm Lunch</p> <p><del>1-3:30 Shopping Trip</del></p> <p>1:30-3:30-Art w/Anita</p> <p>7pm Family Bingo</p>
<p>21</p> <p>10-12—Diabetic Footwear</p> <p>12pm Lunch</p> <p>1-2 Line Dancing</p> <p>1-2-Mexican Train</p> <p>Dominos</p> <p>2-2:30-Food Bank</p>	<p>22</p> <p>9:30-11:30 Music Jam</p> <p>12pm Lunch</p> <p>1pm Writers Group</p> <p>1-2-Personal Safety Class</p> <p> <b>Birthday Celebration</b></p>	<p>23</p> <p>9-12 Happy Hookers</p> <p>12pm Lunch</p> <p>1:15pm Senior Bingo</p>	<p>24</p> <p>10:30 Tai Chi</p> <p>12pm Lunch</p> <p>1-3 Card Games</p>	<p>25</p> <p>9-3 Foot Care</p> <p>9:30-Red Hat Society</p> <p>12pm Lunch</p> <p><del>1-3:30 Shopping Trip</del></p> <p>7pm Family Bingo</p>
<p>28</p> <p>12pm Lunch</p> <p>1-2 Line Dancing</p> <p>1-2-Mexican Train</p> <p>Dominos</p>	<p>29</p> <p>9:30-11:30 Music Jam</p> <p>12pm Lunch</p> <p>1pm Writers Group</p>	<p>30</p> <p>9-12 Happy Hookers</p> <p>12pm Lunch</p> <p>1:15pm Senior Bingo</p>	<p>31 <b>Halloween Lunch</b></p> <p>10:30-12:00-Music by Jim Meck</p> <p>10:30 Tai Chi</p> <p>12pm Lunch</p> <p>1-3 Card Games</p>	

## Available Services

### Lunch Service

Effective January 1, 2025 we will no longer be able to deliver lunches to house-bound seniors due to budget cuts. If you have a need for delivered meals, please contact Lutheran Community Services NW at 206-901-1685 or Catholic Community Services at 206-328-5696.

We have 2 types of lunch service, "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 or call in by 10am the morning of pickup.** (located on page 5).

### Free Haircuts by Becky from Manhattan Design

**When: Thursday, October 17th**

**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 a 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. 6

### 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. The Van 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 the Van Driver know if you would like to go shopping by 9:00am that day.

**Post-poned until further notice**





## 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!

**Patrick will not be available for the months of September thru November. August will be the last month you can get help from him until December.**

### Caregivers Support Group

**When: Thursday, October 17th**  
**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.

### Craft Sale

**When: Friday, November 22nd**  
**Time: 10:00-1:00**

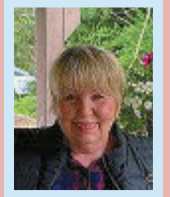
Join us every other month on the 4th Friday of the month for our craft sale. Please come support our local crafters. Craft items make wonderful gifts! If you are a crafter and would like to have a table, sign up in the programs binder and pay \$10 to be a vendor. Please see a staff member for more information.

### 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 **Tuesday** of the month for your birthday gift and a birthday treat and listen to the **music of Jesse and the Jammers**. 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 The Advisory Board for providing birthday gift cards.*** Get your tickets from a staff member.

### 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!!



### Rob from Sig Health Plans

Rob Flores from Sig Health Plans will be available the following dates to help you with any questions you may have on your Medicare plans from 10:00-11:00 am. Please stop by Center and speak with Rob.

Thursday, October 17th  
Thursday, November 14th  
Thursday, December 5th

### Mexican Train Dominos

Join us every Monday afternoon from 1:00-2:00 pm for Mexican Train Dominos.

## Available Services Cont'd

### 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 6:00pm on Friday nights.*

### Jesse & 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!

*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.*



### 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!



### 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.

### Juliet's

"Just Us Ladies Interested n' Eating Together" Join the Juliet's for dinner on the 3rd Wednesday of the month at 4:30 pm. Enjoy a meal and meet new friends. Please sign up in the programs binder. Addresses for each restaurant and maps are available in the programs binder. Transportation for this activity is on your own.

10/16/24—Round Table Pizza  
11/20/24—Chipotle  
12/18/24—Don Chuys



### Chat with the Chief

**2nd Wednesday of every month**  
**10:00-11:00**

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

### Bond Measure on November Ballot

Did you know that 9 of 14 schools in the Sumner-Bonney Lake School District are currently over 100% capacity? Classroom overcrowding and the need for additional space is just one reason the school district is going out for a bond measure this November.

District representatives will present information about the bond, including the many projects that benefit all voters in the community, such as traffic improvements, community-use facilities and turf fields.

Come join us in October (stay tuned for specific date and time) for a 30 minute presentation and question and answer session on this bond measure.

## Available Services Cont'd

### 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! 40

### 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. They will meet the 2nd & 4th Fridays of the month from at 9:30 am.

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



### 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!



### 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!

### 1st Responder Safety Class

**Wednesday, October 16th**

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

**No Cost**

Sign up to attend a 1st responder safety class taught by Dina Sutherland from East Pierce Fire & Rescue. Dina's class in August will be a Presentation on calling 9-1-1.



### Banker's Life Can Help

**3rd Tuesday of the Month**

**Time: 12:30-1:30**

**No Cost**

Need help with retirement planning, life insurance, Medicare, Long Term Care and other important retirement concerns? Ernie can help with all of these things. Stop by and chat with him on the 3rd Tuesday of the month. No need to make an appointment. 93

# Special Events

## Please Note:

Our apologies but we can no longer reimburse you for Special Events you have paid for or transfer the money to another event unless there is an emergency that prevents you from attending the event. We appreciate your understanding.

Thank you.

### Oktoberfest

**Date: Thursday, October 3rd**

**Time: 10:30-12:00**

**Cost: \$8.00**

Jim Lapsansky will be here with his amazing accordion playing polka music. There will be games, dancing, and a special lunch menu. A fun time will be had by all. Please sign up in the special events binder and pay at time of sign up.



### Halloween Costume Party and lunch

Join us for a fun filled Halloween Event with a costume contest. A prize will be awarded to the best Halloween Costume. Musical Entertainment by Jim Meck. Music is from 10:30-12:00 with a special lunch served at 12:00-12:30. Sign up in the office

**Thursday, October 31st**

**Time: 10:30-12:00**

**Cost : \$8.00**



### Veteran's Day Lunch

We want to sincerely thank all former and current service members for your dedication and sacrifice for our great nation! To honor them we will be having a Veteran's Lunch. If you are a current or former service member, your lunch will be free! If you're not a veteran, we hope you'll join us for dancing and lunch and to help us honor our amazing Veterans! Patty and the Traveling 4 will be playing for your dancing and listening pleasure from 10:30-12:00.

**Our apologizes but space is limited so if you do not make a reservation, you will be turned away at the door.**

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

**Date: Thursday, November 7th**

**Time: 10:30-12:00**

**Lunch: 12:00-12:30**

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



# Special Events Cont'd

## Thanksgiving Lunch

It's time for Thanksgiving lunch again. Please sign up for **only one day (maximum of 66 people each day)** Music by Johnny Crash on Thursday and Randy Litch on Friday. See a staff member to sign up.

**Date: Thursday & Friday, November 21st & 22nd**  
**Time: 10:30-12:00**  
**No Cost**

## Holiday Raffle

**Our annual holiday raffle has arrived!**

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

## Ugly Christmas Sweater Day And Christmas Games

**Wednesday, December 11th**  
**Time: 10:00-11:00 am**



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

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

## Christmas Lunch

It's time for Christmas lunch again. Please sign up for **only one day (maximum of 66 people each day)** Music by Jim Meck on both Thursday and Friday. See a staff member to sign up.

**Date: Thursday & Friday, December 19th & 20th**  
**Time: 10:30-12:00**  
**No Cost**



## Christmas Gift Exchange And Christmas Games

**Date: Wednesday, December 18th**  
**Time: 10:00-11:00**



Please bring a new wrapped \$10.00 gift to exchange that is appropriate for a male or female. Be prepared to have fun! If you are home delivery and would like to sign up for gift exchange, please let your delivery driver know and we will make arrangements for you.

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

## New Year's Eve Celebration

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

**Date: Tuesday, December 31st**  
**Time: 10:30-12:00**  
**Cost: \$8.00**



# Health and Wellness

## Free Blood Pressure Checks

by Celebrate Seniority

**When: Monday, October 14th**

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

Where: Bonney Lake Senior Center

Walk-in's welcome!



## 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, October 21st**

## Line Dancing Lessons

Attend line dancing sessions every Monday from 1:00-2:00 pm. Class in our dining room, taught by Shannon Agidius, it's great exercise and fun! Cost is \$2.00 per lesson or \$5.00 for the month.



We'd like to thank Shannon for offering to teach this class.

## Foot Care ~ Come Get Your Toes Done!

**When: Friday, October 25th**

**9am to 3pm**

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



## Wellness Workshop

**Monday, November 18th**

**10:00-11:00**

No cost

Join Traci Woodcock for a free health presentation. This month is Renewable Beauty-Learning to Detox the Body. 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.

## Personal Safety Class

**Tuesday, October 22nd**

**1:00-2:00 pm**

No Cost

Join us for a personal safety class taught by our very own Bonney Lake Police Department's Community Service Officer, Dennis Harrison. This class will provide important information that you need to keep you safe. Thank you Dennis for this great class

## Alzheimer's Walk—Everyone's Story

Our Alzheimer's Walk is on Saturday, October 5th. Registration begins at 10:00 am, Ceremony 11:00 am, Walk Begins 11:30 am at the Dune Peninsula at Point Defiance Park 5361 Yacht Club Rd Tacoma, WA 98407. We will be taking 2 vans to the event. If you've signed up to walk with us and would like to ride the van into the event, please meet at the Senior Center by 8:45 am

We'd like to dedicate this walk to our all highlighted members through the year:

Peggy Jones—Shari Jones's mother-in-law

Ray Gills—Sue Hilberg's Dad

Joyce LaBoo - Bev Proby's Friend

Bill Reed—David Reed's Brother

LaVerne Waller—Kathy Nelson's Mom

Sandi Knaus—Jake Knaus's Wife

Wayne Thomas—Joyce Thomas's husband & Cheryl Ornellas's Dad

We'd also like to dedicate this walk to all people who are fighting this horrible disease and their friends, family and caregivers. We'd like to thank everyone who supported our Spaghetti feed fund raisers and who donated money to our team. Because of all of your generosity and support (as of August 31st, just from our Spaghetti Feed fund raisers) we were able to raise **\$1,784.00** for this important cause. A cure hasn't been found yet, but medications are coming out all the time that can slow the progression. Hopefully soon, a cure will be found and no one's stories will ever again end as some of our members have.

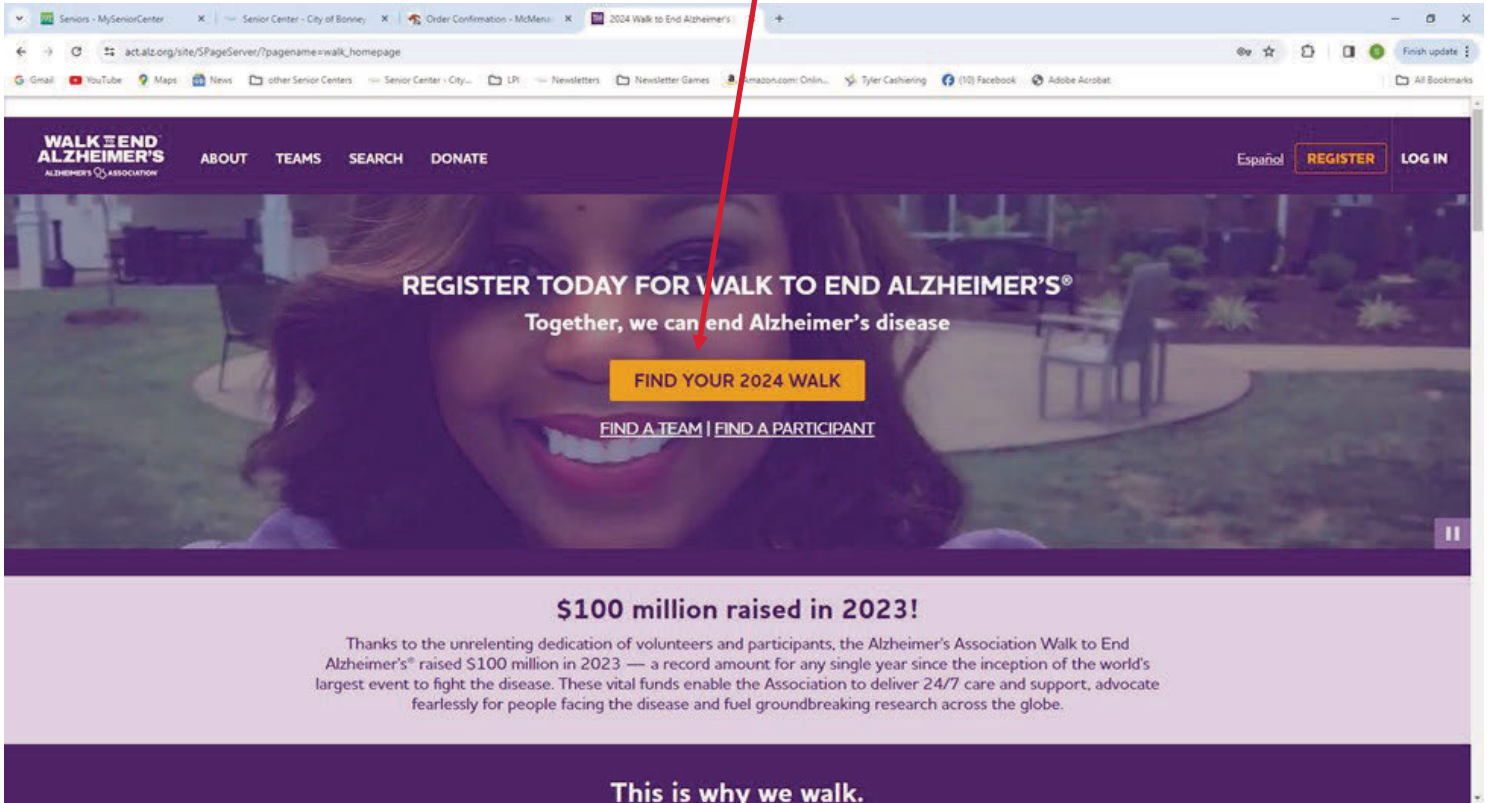
There's still time to sign up to walk with us on October 5th. See Shari Jones to sign up. You can call her at 253-447-4340 or email her at [joness@cobl.us](mailto:joness@cobl.us) or follow the instructions on pages 16 & 17.

**WALK TO END™**  
**ALZHEIMER'S**  
ALZHEIMER'S  ASSOCIATION

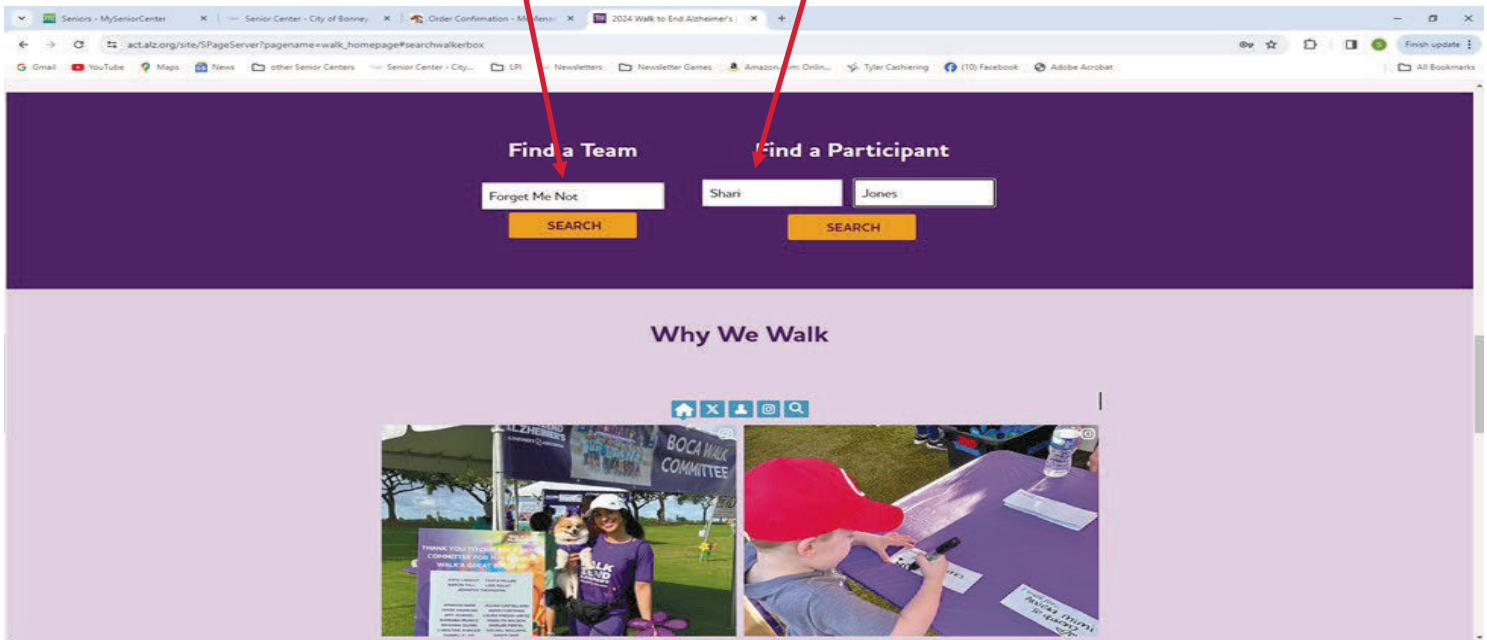
# How to Registration/Donation for Alzheimer's Walk

Thank you to Peggy Lundin, Jay Shideler, Karen Berto and Jim Schaewe and everyone who has signed up to join our walking team on Saturday, October 5th (date change). A special Thank you to the Advisory Board for your very generous donation to the team fundraising!

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



Type in the name of the team "Forget Me Not" or type in Shari Jones as captain and click search





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

Click on the team you want to register for and/or donate to

Hagen, Jenni	
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, Marj	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 >](#)

[FIND A WALK](#) | [DONATE](#) | [FIND A TEAM/PARTICIPANT](#) [NEED HELP?](#)

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

## Team page of Forget Me Not

[DONATE TO THE TEAM](#) [JOIN OUR TEAM](#)

Welcome to our team page for the Alzheimer's Association Walk to End Alzheimer's! Walk is the largest event to raise funds and awareness for the care, support and research efforts of the Alzheimer's Association. It's held annually in more than 600 communities nationwide, and our team is excited to participate this year.

Currently, more than 6 million Americans are living with Alzheimer's and over 11 million family and friends provide their unpaid care. We need your help to end this devastating disease. You can make an impact with a donation or even joining our team. Your kindness and generosity truly make a difference in the fight against Alzheimer's and all other dementia. Thank you for your support!

**\$100** WE HAVE RAISED **\$2,000** OUR GOAL  
5% ACHIEVED

[Share Our Page](#)  
[f](#) [t](#) [l](#)

[Our Walk](#) [Team Roster](#)

[Our Walk](#)  
2024 Walk to End Alzheimer's - Pierce County, WA

[Search for Team Members](#)  
To find a team member, start typing their name below.

[NEED HELP?](#)

Visit us at [www.ci.bonney-lake.wa.us](http://www.ci.bonney-lake.wa.us) | 17

# Optical Illusions

What do you see?

Rocks and a crow or a face?



## Cool art

This is art work



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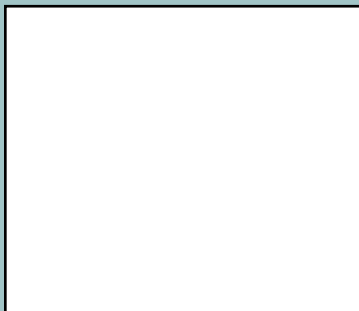


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# Things you need to Know

## Senior Center Closures

The Senior Center will be closed:

Veteran's Day—Monday, November 11th

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

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

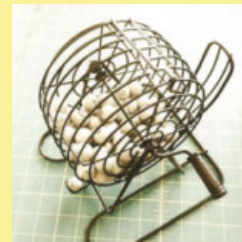
New Year's Day—Wednesday, January 1st



## Find the Lucky 3 Numbers

We have hidden 3 lucky numbers throughout our newsletter. The first 5 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: 6, 40, & 93



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

# NEVER MISS OUR NEWSLETTER!

## SUBSCRIBE

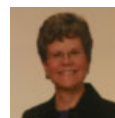
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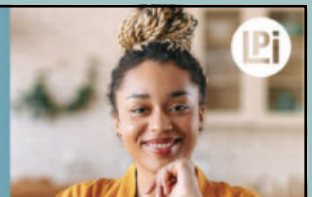
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Bonney Lake Senior Center, Bonney Lake, WA

C 4C 05-1036

## Board Elections

### Advisory Board Election Procedures

- Nominations accepted beginning October 14<sup>th</sup>.
- Nomination forms available at the front desk or from any staff member.
- Voting opens on November 1<sup>st</sup>.
- Voting closes on November 14<sup>th</sup>.
- Ballots available November 1-14.
- All ballots must be signed for.
- Only one ballot per person.



## Just for Laughs



One of our Happy Hookers, Sammy Hoirup and Chief Mark Berry of the Bonney Lake, PD



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D 4C 05-1036

## Poetry and Art from our Members



The beautiful drawing was created by our own Happy Hooker, Margaret Mawdsley. When another of our Happy Hookers, Sammy Hoirup, saw it, she wrote the amazing poem below. These ladies have so much talent!

FLY

Fly my friend, fly and be free  
 The world is not as harsh as you were afraid it might be  
 The air is cool and the wind is soft  
 Just enough to keep you aloft  
 Where is your destination my dear?  
 A beautiful lake that is very near?  
 I see little children waiting and waiting to see  
 The beauty of flight and how glorious it can be  
 Maybe one of them will grow to fly  
 On their own in the beautiful blue sky

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## News from our Gardener

October, my favorite time of year. October should be a busy time in your garden as with the harvest comes the need to clean up the debris from the fallen leaves and withering plants. This debris can be used as compost this time of year but if you let it lay there it will be good material for bugs and diseases to take refuge and incubate during the wet winter. A good saying for this time of year would be "if its brown, cut it down". Yet, there are an assortment of NW trees and plants that should not be cut back in the fall as these plants need one year old wood to form blooms on. There can be a few other reasons to avoid pruning some plants in fall, but here are some general guidelines as there is quite a long list of plants that you should never prune in fall, mainly trees and shrubs. We will see the most common, but in general we can say that you should refrain from using your by-pass shears and saw on: Plants that are yet to produce fruits (like olives, lemons and oranges). Plants that flower very early in spring (apples, pears and cherries). Plants that develop buds in the fall, and only unfurl them in spring, such as forsythia and viburnum, shouldn't be pruned in the fall. Doing so risks cutting off these flower buds, which disrupts their flowering cycle. Stop pruning roses and let the rose hips set.

With the increasing rain our yards micro-organisms come to life eventually waking up the Townsend moles and worse, the Townsend voles; only related by the destruction they do to our yards! The secret to catching those moles; well, its still a secret, I don't know. Voles on the other hand are not a mouse but are known as meadow mice, voles will eat vegetation above and below the soil line. We usually see the cut paths through the grass or the sunken uneven land caused by the shallow tunnel they dig with open entrances. WSU fact sheet FS094E is all about vole management! Find the fact sheet at WSU.EDU.

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

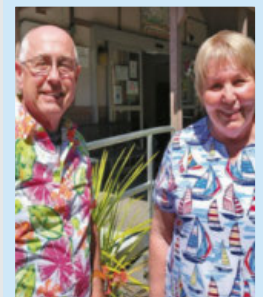
As October comes, our favorite is to visit the local corn mazes in our area and we try to visit a different one each year. Each year I ask "how do they do that?" and yet I really don't want to know ; I'm just enjoying the farm experience and it's a great way to support your local farmers. Taking photos of your loved ones in a field of flowers or pumpkins is just a fantastic way to spend a fall day!

**How about house plants!** There are endless possibilities for colorful fall plants, from classic fall colors like red, orange, and yellow to vibrant purple and pink blooms. Crotons are an excellent addition to your houseplant collection **along with** Snake Plants that make a statement and even purify the air. Orange Philodendron, Spider Plants and Anthurium are also plants that will set the tone for fall. Prayer Plants with their variegated leaf patterns that incorporate hues of red, burgundy, and green will show off your home in the coming winter and don't forget about our old standard the Poinsettias variegated leaf patterns that incorporate hues of red, burgundy, and greens can be a showcase part of your indoor fall decor.

Every good gardener knows the answer to the question of, "What do you call a small pepper in late autumn?" That's right its " A little chili".

Enjoy your day, everyday!

Dave PCMG



David A. and  
Linda Smith  
Gardening Committee

## A Special Thank you from Richard Morgan

As we go through life and reach the period when we really need someone else, many of those we were depending on are missing from our life.

Then you notice, that the people you know as members that the nice people at the Senior Center are not just friendly people but are the very people we need at this time. They recognize when you need help and step up to the need. Some may need help themselves but step up to help others with a smile on their faces.

They go out of their way to help you anyway and they always do it with a smile on their face.



## Shot Clinic

# Free Shot Clinic



Receive your vaccines on  
October 7<sup>th</sup> from 9:00-12:00. Sign up in the office for  
your free appointment.

Vaccines available for:

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

# Senior Center Adventures

## Trips Policy

*No refunds are granted on any trips which require meal reservations, tickets, or chartered transportation unless your space can be sold. No refunds within one week of departure time. Call 253-863-7658 for requests for refunds or stop by the center during business hours, 8am-3:30pm, Monday through Friday. 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.*

## **Monday October 7<sup>th</sup>**

### **Shopping at GoodRoots NW (Formerly Known as Bonney Lake Food Bank)**

**This is a Bonney Lake Senior Center bus trip.**

Leaving lot behind Senior Center at 1:30 p.m. and drop off shoppers at 2:00. Picking up shoppers at 2:30 for returning to sr. center or home. See a staff member for more details and to register in advance.

Cost: FREE

## **Monday October 21<sup>st</sup>**

### **Shopping at GoodRoots NW (Formerly Known as Bonney Lake Food Bank)**

**This is a Bonney Lake Senior Center bus trip.**

Leaving lot behind Senior Center at 1:30 p.m. and drop off shoppers at 2:00. Picking up shoppers at 2:30 for returning to sr. center or home.

Cost: FREE

See a staff member for more details and to register in advance.

## **Saturday October 12<sup>th</sup>**

### **Dungeness Crab and Seafood Festival**

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

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

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

Meals on your own. If you want a crab dinner, you MUST pre-order; \$33 for a 1/2 crab meal with corn, coleslaw and a roll. They sell out every year. See a Staff Member to pre-order a dinner.

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

## **Sunday October 13<sup>th</sup>**

### **"Camelot" at Village Theater in Issaquah**

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

Leaving parking lot behind Senior Center at 12:30 p.m. Return at 5:30 p.m.

Cost: \$5 for Transportation, \$120 Admission. (Pay \$125 to BLSC at sign-up).

Meals on your own.

This is the story of an idealistic young King Arthur, who hopes to create a kingdom built on honor and dignity, embodied by his Knights of the Round Table. His ideals, however, are tested when his lovely queen, Guenevere, falls in love with the young Knight, Lancelot and the fate of the kingdom hangs in the balance.

## Senior Center Adventures Cont'd

**Saturday October 19<sup>th</sup>**

**Haunted Factory Experience at Seattle Chocolates**

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

Leaving parking lot behind Senior Center at 4:00 p.m. Return at 9:00 p.m.

Cost: \$5 for transportation, plus \$22 admission (pay \$27 to Bonney Lake Senior Center).

Sign up if you dare for the sweetest, gooiest, scariest trip to frighten your wrappers off. We will find a crypt for dinner prior to the tour. Halloween costumes are optional.

Meals, garlic and bandages on your own.

**Saturday October 26<sup>th</sup>**

**Agatha Christie's "The Mousetrap" at Tacoma Little Theater**

**This is a Bonney Lake Senior Center bus trip**

Leaving lot behind Senior Center at 4:00 p.m. and returning about 10:30 p.m.

Cost: \$5 for Transp.; \$35 for Ticket; (Pay \$40 to BLSC). Meal on your own at Mandolin Sushi and Steakhouse (\$15 to \$25).

As news spreads of a murder in London, a group of seven strangers find themselves snowed in at a remote countryside guesthouse. When a police sergeant arrives, the guests discover – to their horror – that a killer is in their midst! One by one, the suspicious characters reveal their sordid pasts.

**Saturday, March 1, 2025**

**CIRQUE DU SOLEIL presents KOOZA at Marymoor Park in Redmond**

**This is a Senior Center Bus Trip.**

Leaving Senior Center at 9:30 a.m. on Saturday. Return at 5:00 p.m.

Cost: \$10 for transportation; theater tickets \$65 (pay \$75 to BLSC); lunch and souvenirs on your own.

The classic Cirque du Soleil show tells the story of a mystery item delivered to The Innocent one day when he is flying his kite. The self-discovery journey of The Innocent, who is miraculously transferred to a bizarre but exotic world, is followed in KOOZA under the watchful eye of an enigmatic trickster with remarkable abilities.

Featuring a soundtrack that incorporates an eclectic mix of sonic palates and stunning feats of circus artistry, KOOZA earns its reputation as an all-time classic Cirque du Soleil show. Stunning costume design and vibrant sets allow you to fully immerse yourself in this mystic travel adventure.

# Senior Center Adventures Cont'd

## Special Advance Notice of Up-Coming Tour Company Trips

**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. You must sign up prior to August 2<sup>nd</sup> to guarantee this price.

See a Staff Member for more details and a brochure.

**September 21-28, 2025**

### **Nashville, Smoky Mountains & Bluegrass**

**This is a Premier World Discovery Tours trip.**

Cost: From \$3,999 per person for 8 days, includes 11 meals.

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

This trip starts in the Bluegrass state, in Louisville, Kentucky where we will visit Churchill Downs, the Louisville Slugger Museum and Factory, and the Evan Williams Bourbon Experience for a tasting at Kentucky's first distillery. Next day will be spent at the life-size replica of Noah's Ark, The Ark Encounter, the largest timber frame structure in the world. On day four we move on to horse country around Lexington, and then on to a Smoky Mountain resort for a two-night stay in Gatlinburg. Day five will include a visit to the Biltmore Estate, America's largest home. On day six we travel to Pigeon Forge to visit Dollywood. That night we will check into the Gaylord Opryland Resort in Nashville for a two-night stay. Our tour of Nashville includes Ryman Auditorium, Country Music Hall of Fame, and The Grand Ole Opry.

See a Staff Member for details about a \$100 discount.

**October 3-10, 2025**

### **Discover American Heritage**

**This is a Collette Tours trip.**

Cost: From \$3,999 per person for 8 days, includes 11 meals.

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

Here is your chance to learn about the great founders of our country and historic events you may have missed. Start this trip with a tour of the timeless elegance of the magnificent Greenbrier Resort built in 1778. Spend some time in the Smithsonian, and at the memorials of three different wars, plus world-famous monuments and museums. Take a narrated tour of the National Cemetery at Arlington. Visit both Monticello and Mount Vernon. Explore Colonial Williamsburg, where historical reenactors and artisans populate the streets and buildings, bringing 1770 to life.

See a Staff Member for more details and a brochure.