

Bonney Lake

Senior Center Newsletter

November 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

(we are listed under Residents Tab)

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Welcome to the Bonney Lake Senior Center!

And just like that the leaves are falling, the smell of apple cider is in the air and Christmas is in the stores! Where does the time go? As sweater weather creeps in and we all start to spend more time inside, I hope you'll join us at the Center to enjoy a warm beverage and lively conversation! Be sure to sign up for all of the festivities coming up the next couple of months.



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 | 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

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME

Bill Clough

wclough@lpicommunities.com

(800) 950-9952 x2635



For ad info. call 1-800-950-9952 • www.lpicommunities.com

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.



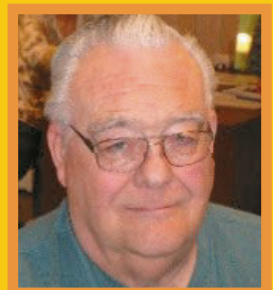
President
Wayne Johnson



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

November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Dine-in lunch service Monday—Friday 12-12:30pm</p> <p>To Go meals served 11:30-12:00</p> <p>**Alternate meals available only for Fish/Seafood and</p>				<p>1 Crispy Chicken Tenders Tater Tots Fruit Salad Bar</p>
<p>4 Mac & Cheese w/Country Diced Ham Mixed Vegetables Warm Bread Salad Bar</p>	<p>5 Sloppy Joe's Sidewinder Fries Broccoli Salad Salad Bar</p>	<p>6 Oven-Roasted Chicken Mashed Potatoes Savory Gravy Corn Salad Bar</p>	<p>7 Veteran's Lunch BBQ Pork Ribs Baked Beans Potato Salad Corn Bread w/Honey Butter</p> <p><u>Dessert provided by Ernie from Bankers Life</u></p>	<p>8 Spaghetti w/ Meat Sauce Mixed Veggies Garlic Bread Salad Bar</p>
<p>11</p> 	<p>12 Breakfast for Lunch Biscuits & Sausage Gravy Scrambled Eggs Bacon Salad Bar</p>	<p>13 Polish Dogs w/Grilled Onions Green Peppers Chips Salad Bar</p>	<p>14 Meatloaf Mashed Potatoes Brown Gravy Corn off the Cob Dinner Roll w/Butter Salad Bar</p>	<p>15 Lemon Pepper Fish Jasmine Rice Coleslaw Stir-fry Vegetables Salad Bar</p>
<p>18 Chicken Taco Salad Salsa—Sour Cream- Green Onions- Cheese Guacamole Chips Salad Bar</p>	<p>19 Loaded Baked Potato w/all the Fixin's Broccoli Cheese Sauce Salad Bar</p>	<p>20 Teriyaki Beef Skewers Jasmine Rice Stir-fry Veggies Egg Rolls Salad Bar</p>	<p>21 Thanksgiving Day 1 Roasted Turkey Mashed Potatoes Gravy Stuffing Vegetable Warm Roll Pie</p>	<p>22 Thanksgiving Day 2 Roasted Turkey Mashed Potatoes Gravy Stuffing Vegetable Warm Roll Pie</p>
<p>25 Hamburger Gravy Over Mashed Potatoes Vegetable Salad Bar</p>	<p>26 Chicken Alfredo Stir-fry Vegetables Caesar Salad Breadstick Salad Bar</p>	<p>27 Pulled Pork Sandwiches Pineapple Coleslaw Chips Salad Bar</p>	<p>28</p> 	<p>29</p> 

To-Go Only November Order-Ahead Lunch Menu

Your Name

Monday	Tuesday	Wednesday	Thursday	Friday
<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 do not need to fill out the order ahead menu or</p>				<p>1 Crispy Chicken Tenders Tater Tots Fruit Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/></p>
<p>4 Mac & Cheese w/Country Diced Ham Mixed Vegetables Warm Bread Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/></p>	<p>5 Sloppy Joe's Sidewinder Fries Broccoli Salad Salad Bar</p> <p>To Go <input type="checkbox"/></p>	<p>6 Oven-Roasted Chicken Mashed Potatoes Savory Gravy Corn Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/></p>	<p>7 Veteran's Lunch BBQ Pork Ribs Baked Beans Potato Salad Corn Bread w/Honey Butter</p> <p>To Go <input type="checkbox"/></p>	<p>8 Spaghetti w/ Meat Sauce Mixed Veggies Garlic Bread Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/></p>
<p>11</p> 	<p>12 Breakfast for Lunch Biscuits & Sausage Gravy Scrambled Eggs Bacon Salad Bar</p> <p>To Go <input type="checkbox"/></p>	<p>13 Polish Dogs w/Grilled Onions Green Peppers Chips Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/></p>	<p>14 Meatloaf Mashed Potatoes Brown Gravy Corn off the Cob Dinner Roll w/Butter Salad Bar</p> <p>To Go <input type="checkbox"/></p>	<p>15 Lemon Pepper Fish Jasmine Rice Coleslaw Stir-fry Vegetables Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/></p>
<p>18 Chicken Taco Salad Salsa—Sour Cream-Green Onions-Cheese Guacamole Chips, Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/></p>	<p>19 Loaded Baked Potato w/all the Fixin's Broccoli Cheese Sauce Salad Bar</p> <p>To Go <input type="checkbox"/></p>	<p>20 Teriyaki Beef Skewers Jasmine Rice Stir-fry Veggies Egg Rolls, Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/></p>	<p>21 Thanksgiving Day 1 Roasted Turkey Mashed Potatoes Gravy Stuffing Vegetable Warm Roll Pie</p> <p>To Go <input type="checkbox"/></p>	<p>22 Thanksgiving Day 2 Same as Thursday</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/></p>
<p>25 Hamburger Gravy Over Mashed Potatoes Vegetable Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/></p>	<p>26 Chicken Alfredo Stir-fry Vegetables Caesar Salad Breadstick Salad Bar</p> <p>To Go <input type="checkbox"/></p>	<p>27 Pulled Pork Sandwiches Pineapple Coleslaw Chips, Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/></p>	<p>28</p> 	<p>29</p> 

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Events

November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				1 10-1-Craft Sales 12pm Lunch 1-3:30 Shopping Trip 7pm Family Bingo
4 11-12 BP Checks 12pm Lunch 1-2 Line Dancing 1-2-Mexican Train Dominos 2-2:30-Food Bank	5 9:30-11:30 Music Jam 12pm Lunch 1pm Writers Group 1-2:30 Tech Time	6 9-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo	7 Veterans Day Lunch 10:30 Tai Chi 10:30-12j-Music by Patty & Traveling 4 12pm Lunch 1-3 Card Games	8 9:30-Red Hat Society 10-2 Haircuts by Becky 12pm Lunch 1-3:30 Shopping Trip 7pm Family Bingo
11 12pm Lunch 1-2 Line Dancing 1-2-Mexican Train Dominos 	12 9:30-11:30 Music Jam 12pm Lunch 1pm Writers Group 1:30-3:30-Diamond Art	13 9-12 Happy Hookers 10-11-Chat with Chief 11:30-1:00 Pie Social 12pm Lunch 1:15pm Senior Bingo 4:30 Juliet's@ New Peking	14 10-11—Rob Sig Health 10:30 Tai Chi 12pm Lunch 1-3 Card Games 1-4 Legal Guidance	15 9-3 Foot Care 12pm Lunch 1-3:30 Shopping Trip 1:30-3:30-Art w/Anita 7pm Family Bingo
18 10-11-Wellness Class—Aging Gracefully 12pm Lunch 1-2 Line Dancing 1-2-Mexican Train Dominos 2-2:30-Food Bank	19 9:30-11:30 Music Jam 12pm Lunch 12:30-1:30-Medicare Chat with Ernie 1pm Writers Group 3-4 Advisory Board Mtg	20 9-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo	21 Thanksgiving Lunch 10:30-12-Music by Johnny Crash 10:30 Tai Chi 12pm Lunch 1-2:30 Caregivers Supp. 1-3 Card Games	22 Thanksgiving Lunch 10:30-12-Music by Randy Litch 9:30-Red Hat Society 12pm Lunch 1-3:30 Shopping Trip 7pm Family Bingo
25 12pm Lunch 1-2 Line Dancing 1-2-Mexican Train Dominos	26 9:30-11:30 Music Jam 12pm Lunch 1pm Writers Group 1-2-Personal Safety Class Birthday Celebration	27 9-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo	28 10:30 Tai Chi 12pm Lunch 1-3 Card Games 	29 12pm Lunch 1-3:30 Shopping Trip 1:30-3:30-Art w/Anita 7pm Family Bingo 

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: Friday, November 8th (day change)

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.

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. 9

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, November 21th
Time: 1:00-2:30pm

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 1st
Time: 10:00-1:00

Join us every other month on the 4th Friday (special date) 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 Diane Stabler. 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!! 33



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.

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.

11/20/24—New Peking
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.

No matter how you vote, it's important that you do vote.
48

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!

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

No Red Hat Society Meeting on Friday, November 22nd



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!

Pie Social

Wednesday, November 13th

Time: 11:30-1:00

No Cost

Join us for a pie social hosted by Rochelle from Care Patrol. Enjoy your favorite pies and socialize with your favorite people.

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.

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.

Musical Entertainment Schedule for 2025

Below is a list of the Music entertainment we have scheduled for 2025. All music entertainment times will be 10:30-12:00pm. This schedule is subject to change.

Every Tuesday—Jessie & The Jammers
1/23/25—Birthday Thursday—Patty & Traveling 4
2/14/25—Valentine's Day—Patty & Traveling 4
2/27/25—Birthday Thursday—Johnny Crash
3/4/25—Mardi Gras—Jim Meck
3/17/25—St. Paddy's Day—Front Porch Band
3/27/25—Birthday Thursday—Jim Meck
3/31/25—90th Birthday Celebration—Jim Meck
4/18/25—Easter—Randy Litch
4/24/25—Birthday Thursday—Terry Bartelme
5/5/25—Cinco De Mayo—Jim Meck
5/9/25—Mother's Day—Roaring 2020's
5/22/25—Memorial Day & Birthday Thursday— Front Porch Band
6/13/25—Father's Day—Jim Meck
6/26/25—Birthday Thursday—Johnny Crash
7/3/25—4th of July—Army Band
7/24/25—Birthday Thursday—Patty & Traveling 4
8/8/25—Luau—Roaring 2020's
8/21/25—Birthday Thursday—Jim Lapsansky
8/29/25—Labor Day—Front Porch Band
9/5/25—Grandparents Day—Patty & Traveling 4
9/19/25—Hippie Day—Randy Litch
9/25/25—Birthday Thursday—Terry Bartelme
10/3/25—Oktoberfest—Jim Lapsansky
10/23/25—Birthday Thursday— Jim Meck
10/31/25—Halloween—Randy Litch
11/10/25—Veteran's Day—Army Band
11/13/25—Birthday Thursday—Front Porch Band
11/20/25—Thanksgiving Day One—Jim Meck
11/21/25—Thanksgiving Day Two—Patty & Traveling 4
12/8/25—Birthday Thursday—Patty & Traveling 4
12/18/25—Christmas Day One—Patty & Traveling 4
12/19/25—Christmas Day Two—Jim Meck
12/31/25—New Years Eve—Johnny Crash



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. Please sign up early.

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)

Dessert is being provided by Ernie Gilmer from Banker's Life!

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 Friday, November 22nd . Tickets are on sale now. 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

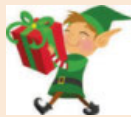
It's time for Christmas lunch again. Please sign up for **only one day (maximum of 66 people each day)** Music by Jim Meck on both Thursday and Friday. See a staff member to sign up.

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
No Cost



Health and Wellness

Free Blood Pressure Checks

by Celebrate Seniority

When: Monday, November 4th

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.**

Stay tuned for 2025 Schedule

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, November 15th

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 Aging with Grace. Please see a staff member to sign up. Minimum of 5 people needed to hold the class. This class is sponsored by our Advisory Board.

Personal Safety Class

Tuesday, November 26th

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 and Information!

Alzheimer's Walk—Everyone's Story

We've dedicated this walk to our all highlighted members listed below throughout 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 like to thank our Advisory Board, everyone who supported our Spaghetti Feed Fund Raisers and everyone who donated money to our team. Because of all of your generosity and support we raised **\$7,361.53** for this important cause, making our team and our Senior Center the top fund raiser for all of the Teams and Companies at the Tacoma Walk.

We will have a team next year for the walk, and we will be begin our Spaghetti Feed Fund Raisers in January 2025. If you'd like to join our team next year, please see Shari Jones to register.



FOUR SIGNS THAT IT'S A SCAM

1. Scammers **PRETEND** to be from an organization you know.

Scammers often pretend to be contacting you on behalf of the government. They might use a real name, like the FTC, Social Security Administration, IRS, or Medicare, or make up a name that sounds official. Some pretend to be from a business you know, like a utility company, a tech company, or even a charity asking for donations. They use technology to change the phone number that appears on your caller ID. So the name and number you see might not be real.

2. Scammers say there's a **PROBLEM** or a **PRIZE**.

They might say you're in trouble with the government. Or you owe money. Or someone in your family had an emergency. Or that there's a virus on your computer. Some scammers say there's a problem with one of your accounts and that you need to verify some information. Others will lie and say you won money in a lottery or sweepstakes but have to pay a fee to get it.

3. Scammers **PRESSURE** you to act immediately.

Scammers want you to act before you have time to think. If you're on the phone, they might tell you not to hang up so you can't check out their story. They might threaten to arrest you, sue you, take away your driver's or business license, or deport you. They might say your computer is about to be corrupted.

4. Scammers tell you to **PAY** in a specific way

They often insist that you can only pay by using cryptocurrency, wiring money through a company like MoneyGram or Western Union, using a payment app, or putting money on a gift card and then giving them the numbers on the back of the card. Some will send you a check (that will later turn out to be fake), then tell you to deposit it and send them money.

HOW TO AVOID A SCAM

Block unwanted calls and text messages. Take steps to block unwanted calls and to filter unwanted text messages. **Don't give your personal or financial information in response to a request that you didn't expect.** Honest organizations won't call, email, or text to ask for your personal information, like your Social Security, bank account, or credit card numbers. If you get an email or text message from a company you do business with and you think it's real, it's still best not to click on any links. Instead, contact them using a website you know is trustworthy. Or look up their phone number. Don't call a number they gave you or the number from your caller ID. **Resist the pressure to act immediately.** Honest businesses will give you time to make a decision. Anyone who pressures you to pay or give them your personal information is a scammer. **Know how scammers tell you to pay.** Never pay someone who insists that you can only pay with cryptocurrency, a wire transfer service like Western Union or MoneyGram, a payment app, or a gift card. And never deposit a check and send money back to someone. **Stop and talk to someone you trust.** Before you do anything else, tell someone — a friend, a family member, a neighbor — what happened. Talking about it could help you realize it's a scam.

REPORT SCAMS TO THE FTC

If you were scammed or think you saw a scam, tell the FTC at [ReportFraud.ftc.gov](https://www.ftc.gov/idthelp/submit-scam).

Word Search

Movies with One Word Titles 2

H	E	A	T	L	E	N	A	H	E	C	D	H	A
M	I	L	K	L	N	S	I	T	O	O	S	L	H
F	C	F	D	L	I	M	R	H	T	N	S	A	G
S	I	S	E	G	K	T	P	B	N	S	U	R	P
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D	F	S	H	V	U	N	A	R	M	A	E	T	C
E	A	V	Y	O	H	O	N	Y	E	N	R	A	T
H	R	E	R	A	S	O	E	I	M	T	B	L	I
C	T	R	E	U	E	T	F	A	H	I	A	L	H
T	T	T	S	T	M	A	O	A	N	N	D	O	A
I	P	I	I	O	A	L	T	K	R	E	O	C	O
W	S	G	M	A	C	P	N	S	I	G	W	F	R
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B	M	O	T	B	D	A	E	H	R	A	J	T	C

HOOK
CONSTANTINE
HULK
TRAFFIC
PLATOON
VERTIGO
SIGNS
COLLATERAL
FARGO
BEWITCHED
JARHEAD
HITCH
HEAT
SUPERBAD
MEMENTO
GHOST
MILK
AIRPLANE
MISERY

Play this puzzle online at : <https://thewordsearch.com/puzzle/50/>

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Chocolate is vital for our survival. Dinosaurs didn't have chocolate and look what happened to them.....

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By Dan Gibson



Tillie enforces the rules of the bus with a taser duct taped to the end of her cane.

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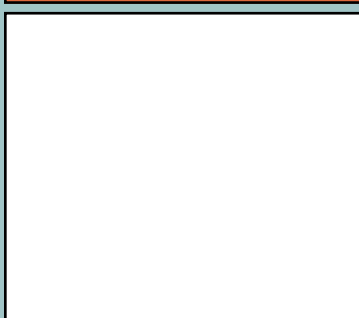
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Things you need to Know

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

Don't forget! Turn back your clocks one hour on Sunday, November 3rd!



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: 9, 33, & 48



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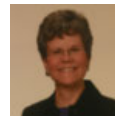
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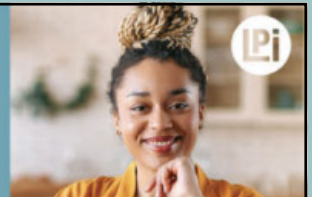
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Board Elections

Advisory Board Election Procedures

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



Optical Illusions

Do you see a bird or a cat?



Do you see a tree or two faces?



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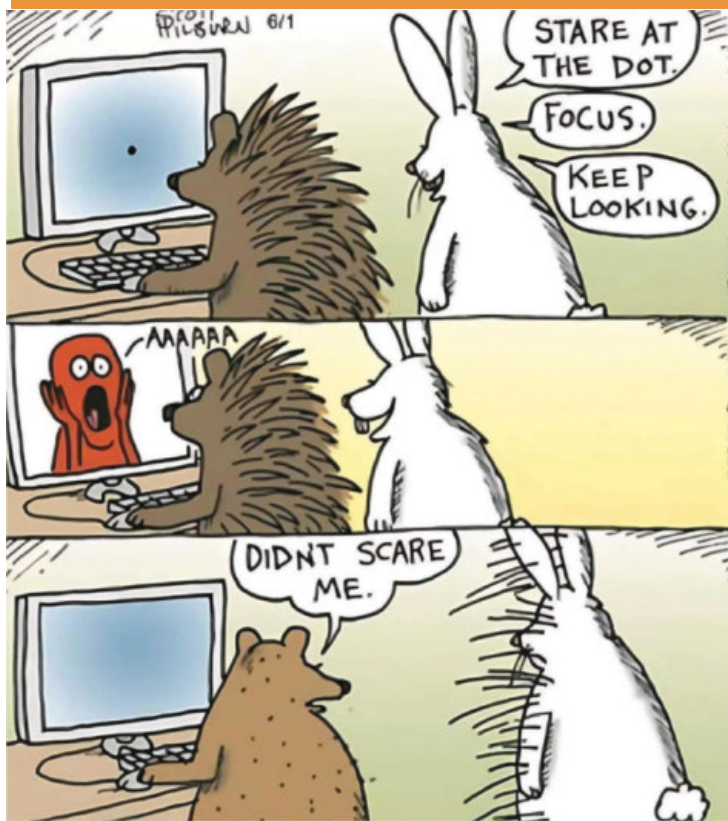


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News from our Gardener

With the long nights setting in (turn back the clock Nov 3rd) I encourage you to sign up for the many free gardening classes available through Pierce County and Brown paper tickets via Cascade gardeners give back. These zoom accessible classes are 1st rate with some well know celebrities holding tenure.

October 27, 9:30am-1:30pm at McAuliffe Park in Kirkland -

Cascade Gardeners Give Back - in partnership with Cascade Water Alliance and Tilth Alliance

November 5, 7:00pm-8:00pm on Zoom - Pops of Color in Your Garden with Marianne Binetti

November 12, 7:00pm-8:00pm on Zoom - Garden Planning for Year Around Edibles with Lisa Taylor

November 19, 7:00pm-8:00pm on Zoom - Native Plants with Peggy Campbell

November 26, 7:00pm-8:00pm on Zoom - 90 Plants you Didn't Know You Needed! with Nita-Jo Rountree

Orca Recovery Day 2024 - Volunteer to Support Puget Sound's Endangered Marine Icon!

To get outdoors; Pierce County Conservation is looking for volunteers to help upkeep our local nature areas on October 19th of this year. These 3 hour work parties with like minded people, of differing age groups, are a rewarding way to spend time out. The Puget Sound Conservation Districts work with partners across the region to restore habitat, reduce storm water impacts, and educate the public with hands-on actions to improve water quality and living conditions for orcas and the salmon they survive on. Every year more native plants are planted, more invasive species are removed, and more acres of habitat are restored because of our community's response on this day of collective impact! See the conservation district web site at volunteer@pierccd.org for sign up at the specific sites that are working that day.

By the first week of November you should have planted your spring flowering bulbs. Bulbs that grow and bloom in the spring are daffodils, tulips, narcissus, hyacinths, bulb irises, crocuses, and snowdrops. Choose bulbs that are firm and solid and have no mold or spots. Large bulbs are usually better than small ones. Read more at WSU publication EM2869E WSU Extension Publications|Growing Flowers from Bulbs.

You can't go wrong with a Thanksgiving cactus if you're looking for early winter color and interest in a houseplant. This houseplant is named after the period it typically flowers making it an essential part of your holiday decor. Don't confuse it with the Christmas cactus, which will flower closer to the December holiday. As long as you time it correctly, you'll enjoy the blooms not only at Thanksgiving dinner but also in the early weeks of winter.

Cyclamens are not majorly popular houseplants for most of the year. However, once winter rolls around, they truly become the star houseplants of the show. Their adorable blooms, emerging in a range of eye-catching colors, pop up in the middle of winter and stick around until early spring. One of the major benefits of keeping cyclamen in your indoor garden is you can pick a favorite that's perfectly suited to your interior design or start a collection to gather them all. That's certainly my preference.

The last piece of advice I will give you starts with the question: how do you repair a broken jack-o-lantern? That's right' you use a pumpkin patch! With that I'll close with best wishes from the garden committee for the holidays!

Enjoy your day, everyday!

Dave PCMG



David A. and
Linda Smith
Gardening Committee

Some Drugs Less Expensive with Medicare

Some people with Medicare could end up spending less money on potentially lifesaving medications through the end of the year.

The U.S. Department of Health and Human Services (HHS) announced that [54 drugs available through Medicare Part B](#) will have a lower coinsurance rate between Oct. 1 and Dec. 31, since the prices set by their manufacturers have risen faster than the rate of inflation.

Drugs that fall under Part B are typically administered in a doctor's office or hospital and can include cancer treatments, [Alzheimer's treatments](#) and injectable osteoporosis medications.

Under a provision in the AARP-backed prescription drug law passed in 2022, the coinsurance rates for these 54 medications will be 20 percent of what the price would have been if it increased with inflation, which will be less than what the beneficiary would pay otherwise. Drugmakers will also face penalties for the price hikes in the form of a rebate to Medicare, and these funds will be used to help ensure the sustainability of the [national health insurance program](#) that provides coverage to more than 67 million Americans who are older or have a disability.

Some could see significant savings

More than 822,000 people with Medicare use the 54 selected drugs annually to treat conditions such as cancer, osteoporosis and [pneumonia](#). According to HHS, some people with Medicare taking these medications could see savings in the last quarter of the year that range from \$1 a day to more than \$3,000 a day. How much each person pays for their medications varies, depending on whether they have additional insurance that covers or reduces [Part B's](#) 20 percent coinsurance. The list price for some of these drugs is hundreds of thousands of dollars per treatment. "No one should have to choose between paying for their health care or putting food on the table," HHS Deputy Secretary Andrea Palm said in a news release. "The Inflation Reduction Act is all about bringing down the price of health care and making sure the American people benefit."

The Medicare Prescription Drug Inflation Rebate Program is just one provision under the 2022 law that's aimed at lowering drug prices and related out-of-pocket costs. The law also gives Medicare the [power to negotiate lower prices](#) for certain prescription medications. The first batch of negotiations included 10 common and costly medications, and when the lower prices take effect in 2026 they will save people with Medicare prescription drug plans a collective \$1.5 billion in out-of-pocket expenses, health officials project.

"Discouraging price increases above the rate of inflation by drug companies and negotiating lower prices on some of the most expensive and most frequently used drugs in the Medicare program delivers on our promise to bring savings to Medicare enrollees," Centers for Medicare & Medicaid Services Administrator Chiquita Brooks-LaSure said in a news release.

Another key provision in the law caps annual out-of-pocket prescription drug expenses at \$2,000 starting Jan. 1. The new limit is expected to [benefit nearly 3.2 million older Americans](#) with a Medicare prescription drug plan in 2025, AARP research found. That number will swell to more than 4 million in 2029.



List of Drugs that will be Less Expensive

54 drugs subject to coinsurance rate adjustments

Adjustments will take effect Oct. 1 to Dec. 31

1. Abecma
2. Adcetris
3. Akynzeo Capsule
4. Atgam
5. Aveed
6. Bicillin C-R
7. Bicillin L-A
8. Blincyto
9. Breyanzi
10. Briumvi
11. Carvykti
12. Cefepime (B. Braun)
13. Chirhostim
14. Cresemba
15. Crysvisa
16. Danyelza
17. Envarsus XR
18. Evenity
19. Folutyn
20. Fosaprepitant
21. Fragmin
22. Fulvestrant (Fresenius)
23. Fyarro
24. Gemcitabine (Accord)
25. Hypertet
26. Imlygic
27. Kepivance
28. Krystexxa
29. Kymriah
30. Kyprolis
31. Leukine
32. Linezolid (Pfizer)
33. Lupron Depot-Ped
34. Meropenem (B. Braun)
35. Minocin
36. Nexterone (Baxter)
37. Nipent
38. Nplate
39. Oncaspar
40. Padcev
41. Panhematin
42. Prolia
43. Rybrevant
44. Rylaze
45. Signifor LAR
46. Sotalol (Altathera)
47. Sylvant
48. Tigan
49. Tivdak
50. Vectibix
51. Xiaflex
52. Yescarta
53. Zerbaxa
54. Zoladex



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.

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

1st & 3rd Monday of each month

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

Casino Trips

Wednesday, October 30th

Muckleshoot Casino

Leave the Senior Center at 10:00 am and return around 3:00 pm

Sign up to go to the new Muckleshoot Casino in Auburn and enjoy a fun time gambling. Lunch on your own.

Friday, November 15th

Emerald Queen Casino in Tacoma

Leave the Senior Center at 10:00 am and return around 3:00 pm

Sign up to go to the new Emerald Queen Casino in Tacoma and enjoy a fun time gambling.

Thursday, December 12th

Muckleshoot Casino

Leave the Senior Center at 10:00 am and return around 3:00 pm

Sign up to go to the new Muckleshoot Casino in Auburn and enjoy a fun time gambling. Lunch on your own.

Senior Center Adventures Cont'd

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.

Wednesday, December 11th

Christmas Fantasy Lights Bus Tour

This is a Senior Center bus trip

Leaving Senior Center at 6:00 p.m. Returning at 8:00 p.m.

Cost: \$10 for entrance into Sprinker Park and transportation.

Drive with us through the more than one million lights displayed at Pierce County's Sprinker Park.

Saturday, December 14th

Christmastown Village of Lights in Leavenworth

Cost: \$90.00

8:15am Leave the Senior Center return to Senior Center at 9:45 pm

You will take our van to Factoria where you will get on a Motorcoach and travel in style to Leavenworth where you will see a magical winter wonderland nestled in the heart of the Pacific Northwest. Awash in the glow of millions of twinkling lights, this Bavarian-inspired village transforms into a festive paradise during the holiday season. Stroll through cobblestone streets adorned with festive decorations, sip on spiced mulled wine, and delight in the sounds of carolers echoing through the snowy landscape. Experience the enchantment of Christmastown and create cherished memories that will last a lifetime.



Senior Center Adventures Cont'd

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.

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 2nd 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.