

Bonney Lake

Senior Center Newsletter

December 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!

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

Sue Michelle Kerry Pam Shari Jay Karen

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/Van Driver

Kerry LeBleu

253-447-4328

lebleuk@cobl.us

Senior Aide

Shari Jones

joness@cobl.us

253-447-4340

Staff

Kitchen Staff

Head Cook

Pam Camp

campp@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 Kathryn Evans

Your Local Medicare Insurance Broker

We look at many different companies and help you find the plan that's right for you!

Kathryn Evans, *Licensed Insurance Broker*

253.861.2959 or 253.231.8896

We Love You Bonney Lake Seniors! Call us for your Birthday Bags!

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

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

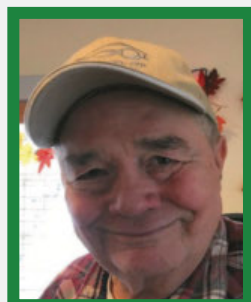


The Senior Advisory Board members work closely with staff to help with a variety of tasks. The Senior Advisory Board, and their volunteers, assist with many fundraising events throughout the year which enables them to help provide funds for special events, work with the Bonney Lake Kiwanis to help seniors 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. **(There will be no Board Meeting in December)**



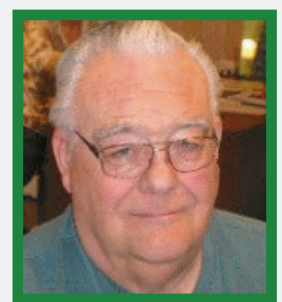
President
Wayne Johnson



Vice President
Bob Wells



Treasurer
Julianne DeLeo



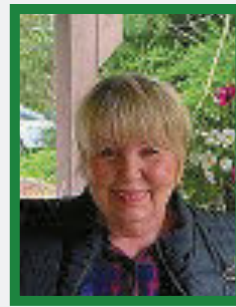
Assistant Treasurer
Jim Baisch



Secretary
Anita Chandler



Bonnie Johnson
Board Member



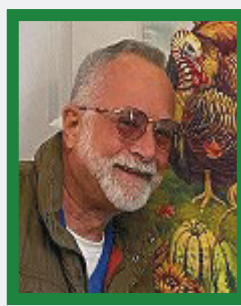
Linda Smith
Board Member



David Reed
Board Member



Diane Stabler
Board Member



Ernie Gilmer
Board Member



Beverly Proby
Board Member

Menu



































December 2024

Monday	Tuesday	Wednesday	Thursday	Friday
2 Lemon Pepper Tilapia Jasmine Rice Coleslaw Mixed Vegetables Tartar Sauce Salad Bar	3 Chef's Choice Salad Bar	4 Polish Dogs w/Grilled Onions & Green Peppers Sauerkraut Chips Salad Bar	5 Leila's Lemon Garlic Chicken Brown Rice Sweet Corn Salad Bar	6 Smokey Clam Chowder Warm Bread Fruit Salad Bar
9 Sloppy Joe's Fries Pasta Salad Salad Bar	10 Staff Event Center Opens at 10:30 am Pizza Salad Bar	11 Chicken Tenders Crispy Tater Tots Fruit Salad Salad Bar	12 Liver & Onions Mashed Potatoes w/ Brown Gravy Mixed Vegetables Dinner Roll Salad Bar	13 Crispy Fish Sandwich w/Jay's Tartar Sauce Lettuce & Tomato Slice Chips Salad Bar
16 Loaded Baked Potato w/all the Fixin's Broccoli Cheese Sauce Salad Bar	17 Pork Cutlets Brown Rice Gravy Steamed Broccoli Salad Bar	18 Mac & Cheese w/ Diced Ham Green Pea Salad Fruit Salad Bar Mac and Cheese provided by Chick-fil-A	21 Christmas Day 1 Honey Glazed Ham Baked Candied Yams Fruit Salad Warm Roll Holiday Dessert	22 Christmas Day 2 Honey Glazed Ham Baked Candied Yams Fruit Salad Warm Roll Holiday Dessert
23 Open-Faced Hot Turkey Sandwich Mashed Potatoes Gravy Mixed Vegetables Salad Bar	24 	25 	26 Chef's Choice Salad Bar Birthday Celebration	27 Meatloaf Mashed Potatoes Brown Gravy Green Beans Salad Bar
30 Breakfast for Lunch Biscuits & Sausage Gravy Scrambled Eggs Bacon Salad Bar	31 New Years Eve BBQ Wings Baked Beans Potato Salad or Macaroni Salad Garlic Bread Dessert			<div> Dine-in Lunch service Monday—Friday 12-12:30pm To Go meals served 11:30-12:00 **Alternate meals available only for Fish/Seafood and Liver/Onions </div>

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To-Go Only December Order-Ahead Lunch Menu

Your Name

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Lemon Pepper Tilapia Jasmine Rice Coleslaw Mixed Vegetables Tartar Sauce, Salad Bar</p> <p>Delivery  To Go </p>	<p>3 Chef's Choice Salad Bar</p> <p>To Go </p>	<p>4 Polish Dogs w/Grilled Onions & Green Peppers Sauerkraut Chips Salad Bar</p> <p>Delivery  To Go </p>	<p>5 Leila's Lemon Garlic Chicken Brown Rice Sweet Corn Salad Bar</p> <p>To Go </p>	<p>6 Smokey Clam Chowder Warm Bread Fruit Salad Bar</p> <p>Delivery  To Go </p>
<p>9 Sloppy Joe's Fries Pasta Salad Salad Bar</p> <p>Delivery  To Go </p>	<p>10 Staff Event Center Opens at 10:30 am Pizza Salad Bar</p> <p>To Go </p>	<p>11 Chicken Tenders Crispy Tater Tots Fruit Salad Salad Bar</p> <p>Delivery  To Go </p>	<p>12 Liver & Onions Mashed Potatoes w/ Brown Gravy Mixed Vegetables Dinner Roll Salad Bar</p> <p>To Go </p>	<p>13 Crispy Fish Sandwich w/Jay's Tartar Sauce Lettuce & Tomato Slice Chips Salad Bar</p> <p>Delivery  To Go </p>
<p>16 Loaded Baked Potato w/all the Fixin's Broccoli Cheese Sauce Salad Bar</p> <p>Delivery  To Go </p>	<p>17 Pork Cutlets Brown Rice Gravy Steamed Broccoli Salad Bar</p> <p>To Go </p>	<p>18 Mac & Cheese w/ Diced Ham Green Pea Salad Fruit, Salad Bar Mac and Cheese provided by Chick-fil-A</p> <p>Delivery  To Go </p>	<p>21 Christmas Day 1 Honey Glazed Ham Baked Candied Yams Fruit Salad Warm Roll Holiday Dessert</p> <p>To Go </p>	<p>22 Christmas Day 2 Honey Glazed Ham Baked Candied Yams Fruit Salad Warm Roll Holiday Dessert</p> <p>Delivery  To Go </p>
<p>23 Open-Faced Hot Turkey Sandwich Mashed Potatoes Gravy, Mixed Vegetables, Salad Bar</p> <p>Delivery  To Go </p>	<p>24 </p>	<p>25 </p>	<p>26 Chef's Choice Salad Bar</p> <p>Birthday Celebration</p> <p>To Go </p>	<p>27 Meatloaf Mashed Potatoes Brown Gravy Green Beans Salad Bar</p> <p>Delivery  To Go </p>
<p>30 Breakfast for Lunch Biscuits & Sausage Gravy Scrambled Eggs Bacon Salad Bar</p> <p>Delivery  To Go </p>	<p>31 New Years Eve BBQ Wings Baked Beans Potato Salad or Macaroni Salad Garlic Bread Dessert</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 do not need to fill out the order ahead menu or call us.</p>

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Events

December 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>12pm Lunch</p> <p>1-2-Mexican Train</p> <p>Dominos</p> <p>1:30-2:30 Line Dancing</p> <p>2-2:30-Food Bank</p>	<p>3</p> <p>9:30-11:30 Music Jam</p> <p>12pm Lunch</p> <p>1pm Writers Group</p> <p>1-2:30-Tech Time</p>	<p>4</p> <p>9-12 Happy Hookers</p> <p>12pm Lunch</p> <p>1:15pm Senior Bingo</p>	<p>5</p> <p>10-11—Rob Sig Health</p> <p>10:30 Tai Chi</p> <p>12pm Lunch</p> <p>1-3 Card Games</p>	<p>6</p> <p>10-12-Carol's Craft Class</p> <p>10-12-Medicare Chat w/Ernie</p> <p>12pm Lunch</p> <p>1-3:30 Shopping Trip</p> <p>7pm Family Bingo</p>
<p>9</p> <p>10-11-Cookie Exchange & Hot Cocoa Bar</p> <p>11-12 BP Checks</p> <p>12pm Lunch</p> <p>1-2-Mexican Train Dominos</p> <p>1:30-2:30 Line Dancing</p>	<p>10</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>11</p> <p>9-12 Happy Hookers</p> <p>10-11-Ugly Sweater Contest</p> <p>10-11-Chat with Chief</p> <p>12pm Lunch</p> <p>1:15pm Senior Bingo</p>	<p>12</p> <p>10:30 Tai Chi</p> <p>12pm Lunch</p> <p>1-3 Card Games</p> <p>1-4 Legal Guidance</p>	<p>13</p> <p>9:30-Red Hat Society</p> <p>10-2 Haircuts by Becky</p> <p>12pm Lunch</p> <p>1-3:30 Shopping Trip</p> <p>7pm Family Bingo</p>
<p>16</p> <p>12pm Lunch</p> <p>1-2-Mexican Train</p> <p>Dominos</p> <p>1:30-2:30 Line Dancing</p> <p>2-2:30-Food Bank</p>	<p>17</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>3-4 Advisory Board Mtg</p>	<p>18</p> <p>9-12 Happy Hookers</p> <p>10-11-Gift Exchange</p> <p>12pm Lunch</p> <p>1:15pm Senior Bingo</p> <p>4:30 Juliet's@ Don Chuys</p>	<p>19 Christmas Lunch</p> <p>10:30-12-Music by Jim Meck</p> <p>10:30 Tai Chi</p> <p>12pm Lunch</p> <p>2-3 Caregivers Supp.</p> <p>1-3 Card Games</p>	<p>20 Christmas Lunch</p> <p>10:30-12-Music by Jim Meck</p> <p>12pm Lunch</p> <p>1-3:30 Shopping Trip</p> <p>1:30-3:30 Art w/Anita</p> <p>7pm Family Bingo</p>
<p>23</p> <p>12pm Lunch</p> <p>1-2-Mexican Train</p> <p>Dominos</p> <p>1:30-2:30 Line Dancing</p>	<p>24</p> <p>9:30-11:30 Music Jam</p> <p>12pm Lunch</p> <p>1pm </p>	<p>25</p> <p>9-12 Happy Hookers</p> <p>12pm Lunch</p> <p>1:15pm </p>	<p>26</p> <p>10:30-12:00-Music by Johnny Crash</p> <p>10:30 Tai Chi</p> <p>12pm Lunch</p> <p>1-3 Card Games</p> <p>Birthday Celebration</p>	<p>27</p> <p>9-3 Foot Care</p> <p>9:30-Red Hat Society</p> <p>12pm Lunch</p> <p>1-3:30 Shopping Trip</p> <p>7pm Family Bingo</p>
<p>30</p> <p>12pm Lunch</p> <p>1-2-Mexican Train</p> <p>Dominos</p> <p>1:30-2:30 Line Dancing</p>	<p>31 New Years Eve Lunch</p> <p>9:30-11:30 Music Jam</p> <p>10:30-12-Music by Patty & The Traveling 4</p> <p>12pm Lunch</p> <p>1pm Writers Group</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: Friday, December 13th (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. Kerry 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 Kerry know if you would like to go shopping by 9:00am that day.



Available Services Cont'd

Tech Time with Bonney Lake Library

When: 1st Tuesday of the month

Time: 1:00-2:30

Patrick from the Bonney Lake Library will be here the 1st Tuesday of every month to help with our tech issues. Anything from e-books and e-audiobooks to computer, tablet and cell phone issues. You can book 20 minute appointment with him on specific issues. See a staff member to sign up. Thank you Patrick!

Craft Sale

When: Friday, January 24th

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

Beginning in December 2024, we will be moving birthday Tuesday Back to Birthday Thursday!

Come in and pick up your FREE birthday lunch ticket to be used during the month of your birthday for your free birthday lunch. Come in on the 4th **Thursday** of the month for your birthday gift and a birthday treat and listen to the **different bands every month**. 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.

Caregivers Support Group

When: Thursday, December 19th

Time: 2:00-3:00pm (Time Change)

We'd like to thank Kim for volunteering to be our Facilitator.

Caregivers need care, too. The demands can be as frustrating for the caregiver as they are for the patient. It's easy to focus so much on your loved one's health that you overlook your own well-being, which isn't good for either of you. Please join us for a support group meeting and learn tools, resources and share your stories and concerns. There is no cost for this group.

Sunshine Lady

Our Sunshine Lady is 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.

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. (no Bingo December 20 thru January 1, 2025. Bingo will resume on Friday, January 3rd.)

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.

No Jesse & the Jammers on Tuesday, December 31st.

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! *No art class in December 2024 or January 2025. Next class is Friday, February 21st.*



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.

12/18/24—Don Chuys
1/15/25—6 Buck's
2/19/25—Applebee's
3/19/25—George's Bonney Lake Tavern
4/16/25—Dixie's Home Cookin'
5/21/25—Windmill Bistro
6/18/25—Island Lodge by Al Lago
7/16/25—Aversano's
8/20/25—Round Table Pizza
9/17/25—Babalouie's
10/15/25—Hops-n-Drops
11/19/25—The Habit Burger
12/17/25—Denny's



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.

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



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!

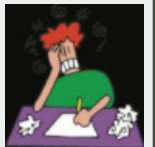


The Bonney Lake Writers

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! *(please note: The writer's group will not meet December 10th thru December 31st).*



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. *Ernie will also be here on Friday, December 6th.*



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. We appreciate your understanding. Thank you.

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!



Cookie Exchange and Hot Cocoa Bar

Sign up to participate in our cookie exchange event on Monday, December 9th from 10:00-11:00. Bring in your favorite cookies (homemade or store bought) and exchange cookies with other cookie enthusiasts.

Also, enjoy a hot cocoa bar hosted by Rochelle Tapia from Care Patrol. Thank you Rochelle!



Carol's Christmas Crafts

Sign up to attend an Christmas Santa and Ornament Decorating Class taught by Carol Dubasak. All materials will be provided and you get to make beautiful Santas and ornaments to hang on your Christmas tree.

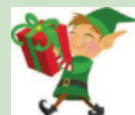
Friday, December 6th

Time: 10:00-12:00

Cost is \$20.00



Christmas Gift Exchange And Christmas Games



Date: Wednesday, December 18th

Time: 10:00-11:00

Please bring a new wrapped \$15.00 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!

Update your membership Information

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

Special Events Cont'd

Holiday Raffle Quilt

Bonnie Johnson has graciously donated a king sized Christmas quilt she made for us which we will raffle off on Friday, December 20th at our Christmas lunch.

Raffle tickets are \$5.00 per ticket or 5 tickets for \$20.00. See a staff member to purchase your tickets.

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



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



Lunar New Year

Join us on Wednesday, January 29th from 10:00-12:30 for our special Lunch and Chinese tea for Lunar New Year. There is no special cost for this event, other than the \$6.00 lunch donation, but we do ask that you sign up in advance so we have enough materials available for everyone to make paper cranes.

Valentine's Crafts

Come pour your heart into Art at the Bonney Lake Senior Center and create your own Valentine's Crafts. All materials are provided.

Date: Wednesday, February 5th
Time: 1:00-2:30
Cost: \$15.00

Valentine's Day Lunch

Friday, February 14th
Time: 10:30-12:00
Cost: \$8.00



Sign up to attend our Valentine's Day celebration with music by Patty & The Traveling 4 from 10:30-12:00 followed by a delicious Valentine's Day lunch from 12:00-12:30.

Mardi Gras

Tuesday, March 4th
Time: 10:30-12:00
Cost: \$8.00



Sign up to attend our Mardi Gras celebration with Music by Jim Meck. See a staff member to sign up.

Health and Wellness

Free Blood Pressure Checks

by Celebrate Seniority

When: Monday, December 9th

Time: 11:00-12:00

Where: Bonney Lake Senior Center

Walk-in's welcome! 16



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

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, January 27th

Monday, April 21st

Monday, July 21st

Monday, October 20th

Line Dancing Lessons

Attend line dancing sessions every Monday from 1:30-2:30 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. 26

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



Foot Care ~ Come Get Your Toes Done!

When: Friday, December 27th

9am to 3pm

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



Wellness Workshop

Date TBD

10:00-11:00

No cost

Join Traci Woodcock for a free health presentation. 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, January 28th

Time: 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 and Information! 41

Musical Entertainment for 2025

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
12/26/24—Birthday Thursday—Johnny Crash
12/31/24—New Years Eve Lunch—Patty & the Traveling 4
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

www.pondgraphics.com



Good Information

You can dial the numbers listed to the left on your cell phone and be connected to the service shown.



211 Information and community resources

311 City services and non-emergencies
* availability varies from city to city

711 Telecommunications Relay Service (TRS)
for the speech and hearing impaired

811 Call before you dig

911 Life-threatening emergencies and in-progress crimes

988 Suicide intervention and crisis support

SOUTH SOUND 911

Donation Items

Effective immediately, all donated items will need to be approved by a staff member before they can be placed on the benches outside the front doors or on the free table. This change is necessary due to the fact that we've received many items that were not acceptable and had to be disposed of in the garbage receptacle. Thank you for your patience and understanding.



Your Center Needs You!

Please consider volunteering a couple of hours a week in any of the following areas as we are in critical need of help in order to maintain our programs. Now that our doors are open we will need a variety of volunteers. Please call us to discuss various volunteer jobs that we will be in need of (hopefully soon) 253-863-7658.

Bingo Wednesdays & Friday Nights always needs volunteers and there are a fun variety of positions, **Dining Services Front Desk Host, Senior van driver, and volunteer meal delivery drivers.** Please talk to a staff member if you are interested and a **BIG THANK YOU** to all who currently volunteer with us!

Word Search

Christmas

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

CANDY CANES
TREE
JOLLY
JACK FROST
GINGERBREAD
SNOWFLAKE
CRACKERS
MANGER
CHRISTMAS
MERRY
FRIENDS
DECORATIONS
NATIVITY
SANTA CLAUS
GIFTS
FAMILY
ANGEL

Play this puzzle online at : <https://thewordsearch.com/puzzle/124/>

Important Information

Trip Refund policy:

Trip payments are non-refundable unless an emergency situation arises. **Also payments are required at time of sign-up. If payment is not received at time of sign-up you will automatically be placed on stand-by and may be bumped from the trip.** Please contact Sue if you wish to be issued a refund.

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

Special Event refund policy:

Your payment is no longer refundable if you cancel your reservation for a special event and your payment is no longer eligible to apply to a future event. **Also, payment is required at the time you sign up to ensure food and decorations are available for everyone who attends.**

Under age 55 lunch payment:

If you or a guest are under the age of 55, payment is **required** for lunch.

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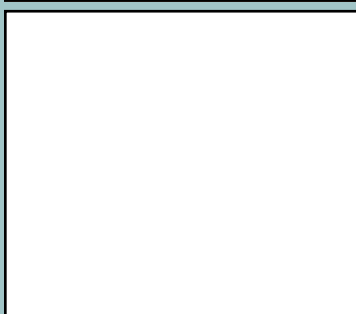


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Things you need to Know

Senior Center Closures

The Senior Center will be closed:

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

New Year's Day—Wednesday, January 1st

Martin Luther King Jr. Day—Monday, January 20th

President's Day—Monday, February 17th



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: 16, 26 & 41



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

NEVER MISS OUR NEWSLETTER!

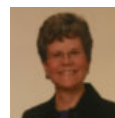
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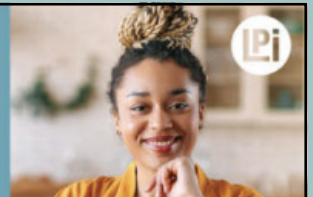


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C 4C 05-1036

Advisory Board Elections

Congratulation to our 2025 Advisory Board winners. And thank you to everyone who ran!

President— Ernie Gilmer

Vice-President—Bob Wells

Treasurer—Julianne DeLeo

Assistant Treasurer—Jim Baisch

Secretary—Anita Chandler

Board Member—Bev Proby

Board Member—David Reed

Board Member—Diane Stabler

Board Member—Steve Turlo

Board Member—Carrie Maez

Board Member—Open Position

We have an open advisory board member position available if anyone would be interested in applying for the position, please let a staff member know. Thank you.

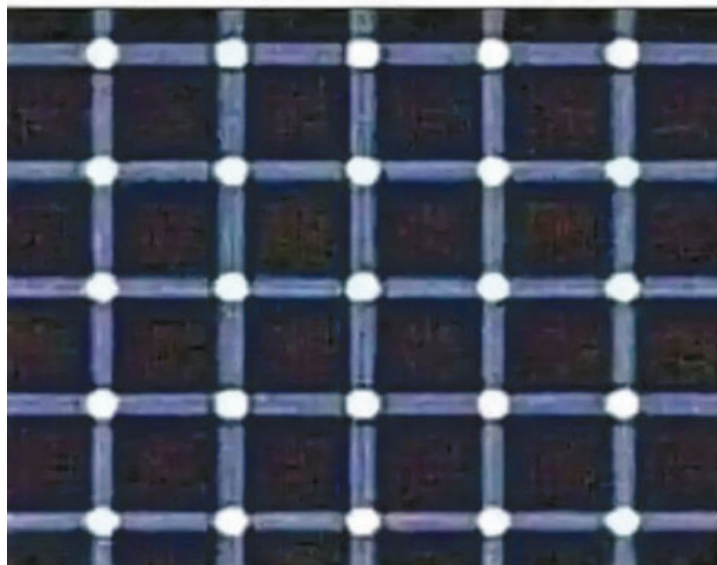


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please continue to hold



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News from our Gardener

If the doctor had given me two months to live. I'd chose August and December, because I like summer but don't want to miss Christmas. Along those lines, there comes a time in every plant lovers journey when your thoughts turn to...decay. You could consider turning your home into a plant sanctuary just to keep your outdoor leafy friends around for another season. After all, you've showered them with love (and water) and stood by as a proud plant parent to watch them bloom. It can be hard to let go. Here are the best tips and advice from experts on which plants to bring indoors and how to best care for them. The most manageable plants to bring inside for 80% of the U.S. are herbs. That includes basil, rosemary, chives, and mint. If your herbs are already potted, you can bring the whole pot inside. If not, make sure to transplant the herbs into a pot large enough to accommodate the root system and additional soil. Potted annuals, such as begonias, geraniums, and coleus, typically do well indoors. Tropical plants, such as hibiscus and ferns, need warmth and humidity to thrive, so they typically do well indoors. Cacti and succulents; These plants are known for surviving severe conditions, but they do have one weakness: frost. Bringing them inside will allow them to enter a dormancy period until temps warm up again. If you notice your plants are browning or drooping after bringing them inside, don't worry. Plants need to become acclimated to indoor conditions, sudden changes in light, temperature, and humidity can cause yellowing, leaf drop, and other signs of stress.

You can help your plants acclimate to indoor conditions by bringing them inside for a few hours each day over a week or two. Other than that, giving them the appropriate sunlight and water—and maybe a lullaby or two—is all it really takes to keep your flora around for another season.

Christmas and Thanksgiving cactus; One way to determine if a plant is a Christmas cactus versus a Thanksgiving cactus is to look at the shape of the plant. Christmas cacti have smooth, scalloped stems, while Thanksgiving cacti have pointed, pronounced stems. Knowing when to fertilize your Christmas cactus is just as important as choosing the right fertilizer. Christmas cacti typically have a growth cycle with two distinct phases: an active growing period and a dormancy period. Once the buds appear and the plant begins blooming, refrain from feeding to avoid stress on the plant. Post-Bloom Rest (Winter to Early Spring): After blooming, the Christmas cactus enters a brief rest period. A good time to resume light feeding is when new growth starts to emerge, A balanced liquid fertilizer with equal parts nitrogen, phosphorus, and potassium (e.g., 20-20-20) is an excellent choice for Christmas cacti as they are sensitive to over-fertilization, which can cause root burn and affect blooming. Every 2-3 months, flush the soil with plain water to remove salt and mineral buildup from fertilizers.

Maybe I'm gardening a little too much; when the wife asked for socks as a gift, I gave her "garden hose".

Happy Holidays,
Dave PCMG



David A. and
Linda Smith
Gardening Committee

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

Tacoma Glass Blowing

Tuesday, December 3rd

Leaving the lot behind the Senior Center at 10:00 am and returning around 4:00 pm.

Cost is \$90 per art object, lunch on your own. Come join us for a half-hour session of making your own glass art.

Normal cost for this event is \$120 but on our trip you will get a discount.

Casino Trips

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.

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BONNEY LAKE SENIOR CENTER

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

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BONNEY LAKE SENIOR CENTER

Membership Registration Form

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