

Bonney Lake

Senior Center Newsletter

January

2025



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!

We provide a comfortable and warm atmosphere for the seniors of Bonney Lake and the surrounding area. The Bonney Lake Senior Center does not discriminate against any person with regard to race, national origin, gender, physical challenge or marital status. Our drop-in center offers a variety of programs for the active senior.

There is no membership fee.



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

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

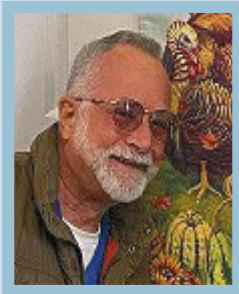


Senior Advisory Board

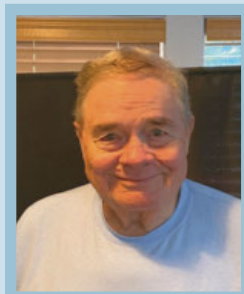


The Senior Advisory Board members work closely with staff to help with a variety of tasks. The Senior Advisory Board, and their volunteers, assist with many fundraising events throughout the year which enables them to help provide funds for special events, work with the Bonney Lake Kiwanis to help seniors 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. 18

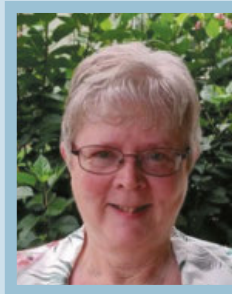
The Board holds their meetings on the 3rd Tuesday of each month at 3:00 pm at the Senior Center.



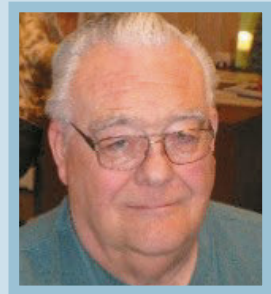
President
Ernie Gilmer



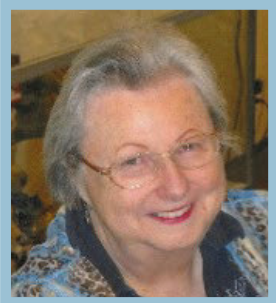
Vice President
Bob Wells



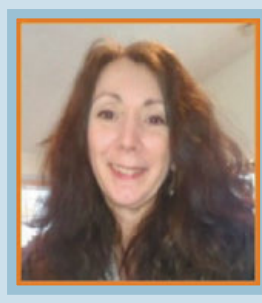
Treasurer
Julianne DeLeo



Assistant Treasurer
Jim Baisch



Secretary
Anita Chandler



Carrie Maez
Board Member



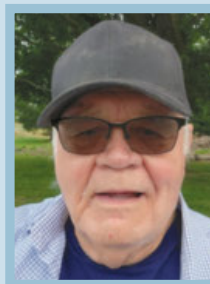
Diane Stabler
Board Member



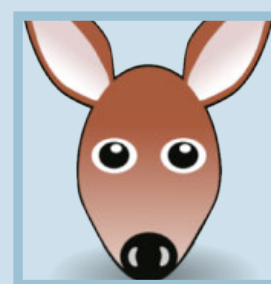
David Reed
Board Member



Jim Schaewe
Board Member



Steve Turlo
Board Member



TBD
Board Member



Menu

January 2025

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 Liver/Onions</p>		<p>1</p> 	<p>2</p> <p>Shepard's Pie Bread Stick Pears Slices Salad Bar</p>	<p>3</p> <p>Oven Fried Chicken Green Beans Roasted Potatoes Salad Bar</p>
<p>6</p> <p>Chicken Teriyaki Jasmine Rice Peas and Carrots Egg Rolls Fortune Cookies Salad Bar</p>	<p>7</p> <p>Salisbury Steak Mashed Potatoes Gravy Steamed Broccoli Salad Bar</p>	<p>8</p> <p>Chicken Burgers Lettuce, Tomato & Onions French Fries Dill Pickles Spear Salad Bar</p>	<p>9</p> <p>Meat Loaf Mashed Potatoes w/ Gravy Mixed Vegetables Salad Bar</p>	<p>10</p> <p>Corn Chowder Garlic Bread Salad Bar Dessert</p>
<p>13</p> <p>Grilled Sausage On A Bun Sauerkraut, Grilled Onions & Fixings Assorted Chips Salad Bar</p>	<p>14</p> <p>Cornflake Chicken Sautéed Carrots Smashed Red Potatoes Salad Bar</p>	<p>15</p> <p>Sweet & Sour Meatballs over Jasmine Rice Buttered Green Beans Warm Roll & Butter Salad Bar</p>	<p>16</p> <p>Jake's Crispy Fish Buttered Orzo Mixed Vegetable Salad Bar</p>	<p>17</p> <p>Beef French Dip w/ Savory Au Jus Italian Pasta Salad Salad Bar</p>
<p>20</p> 	<p>21</p> <p>Sausage Gravy Over Biscuits Fresh Eggs Sausage Fruit Garnish Salad Bar</p>	<p>22</p> <p>Leila's Garlic Chicken Tropical Fruit Salad With Toasted Coconut Warm Roll Salad Bar</p>	<p>23</p> <p>Chicken Fried Steak Mashed Potatoes Chicken Gravy Buttered Corn Salad Bar</p> <p>Birthday Celebration</p>	<p>24</p> <p>Spaghetti with Meat Sauce Caesar Salad Garlic Bread Salad Bar</p>
<p>27</p> <p>Taco Salad Chicken, Lettuce, Olives, Tomatoes, Salsa, Sour Cream Churros Salad Bar</p>	<p>28</p> <p>Beef Stroganoff in Creamy Egg Noodles Buttered Green Beans Salad Bar</p>	<p>29 Lunar New Year Chinese Chicken Salad w/ Mandarin Oranges Toasted Almonds Sesame Dressing Salad Bar</p>	<p>30</p> <p>Stuffed Tortellini In Cheese Sauce Sauteed Prawns Steamed Vegetables Salad Bar</p>	<p>31</p> <p>Chicken Tenders Tater Tots Fruit Salad Bar</p>

To-Go Only January Order-Ahead Lunch Menu

Your Name _____

Monday	Tuesday	Wednesday	Thursday	Friday
<p>If you are getting your lunch To-Go, please fill out the order ahead menu 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>		<p>1</p> 	<p>2</p> <p>Shepard's Pie Bread Stick Pears Slices Salad Bar</p> <p>To Go <input type="checkbox"/></p>	<p>3</p> <p>Oven Fried Chicken Green Beans Roasted Potatoes Salad Bar</p> <p>To Go <input type="checkbox"/></p>
<p>6</p> <p>Chicken Teriyaki Jasmine Rice Peas and Carrots Egg Rolls Fortune Cookies Salad Bar</p> <p>To Go <input type="checkbox"/></p>	<p>7</p> <p>Salisbury Steak Mashed Potatoes Gravy Steamed Broccoli Salad Bar</p> <p>To Go <input type="checkbox"/></p>	<p>8</p> <p>Chicken Burgers Lettuce, Tomato & Onions French Fries Dill Pickles Spear Salad Bar</p> <p>To Go <input type="checkbox"/></p>	<p>9</p> <p>Meat Loaf Mashed Potatoes w/ Gravy Mixed Vegetables Salad Bar</p> <p>To Go <input type="checkbox"/></p>	<p>10</p> <p>Corn Chowder Garlic Bread Salad Bar Dessert</p> <p>To Go <input type="checkbox"/></p>
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<p>20</p> 	<p>21</p> <p>Sausage Gravy Over Biscuits Fresh Eggs Sausage Fruit Garnish Salad Bar</p> <p>To Go <input type="checkbox"/></p>	<p>22</p> <p>Leila's Garlic Chicken Tropical Fruit Salad With Toasted Coconut Warm Roll Salad Bar</p> <p>To Go <input type="checkbox"/></p>	<p>23</p> <p>Chicken Fried Steak Mashed Potatoes Chicken Gravy Buttered Corn Salad Bar</p> <p>To Go <input type="checkbox"/></p> <p>Birthday Celebration</p>	<p>24</p> <p>Spaghetti with Meat Sauce Caesar Salad Garlic Bread Salad Bar</p> <p>To Go <input type="checkbox"/></p>
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Events

January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo 	2 10:30 Tai Chi 12pm Lunch 1-3 Card Games	3 12pm Lunch 1-3:30 Shopping Trip 7pm Family Bingo
6 12pm Lunch 1-2-Mexican Train Dominos 1:30-2:30 Line Dancing 2-2:30-Food Bank	7 9:30-11:30 Music Jam 12pm Lunch 1pm Writers Group 1-2:30-Tech Time	8 9-12 Happy Hookers 10-11-Chat with Chief 12pm Lunch 1:15pm Senior Bingo	9 10:30 Tai Chi 12pm Lunch 1-3 Card Games 1-4 Legal Guidance	10 9:30-Red Hat Society 10-12-Trivia Contest 12pm Lunch 1-3:30 Shopping Trip 7pm Family Bingo
13 11-12 BP Checks 12pm Lunch 1-2-Mexican Train Dominos 1:30-2:30 Line Dancing	14 9:30-11:30 Music Jam 12pm Lunch 1pm Writers Group 1:30-3:30-Diamond Art	15 9-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo 4:30 Juliet's@ 6 Bucks	16 10-2 Haircuts by Becky 10:30 Tai Chi 12pm Lunch 2-3 Caregivers Supp. 1-3 Card Games	17 12pm Lunch 1-3:30 Shopping Trip 1-3:30 Art w/Anita 7pm Family Bingo
20 12pm Lunch 1-2-Mexican Train Dominos 1:30-2:30 Line Dancing 	21 9:30-11:30 Music Jam 12pm Lunch 12:30-1:30-Medicare Chat with Ernie 1pm Writers Group 3-4 Advisory Board Mtg	22 9-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo	23 10:30-12:00-Music by Patty & the Traveling 4 10:30 Tai Chi 12pm Lunch 1-3 Card Games Birthday Celebration	24 9-3 Foot Care 10-1-Craft Sales 9:30-Red Hat Society 12pm Lunch 1-3:30 Shopping Trip 5-7-Spaghetti Feed Fund Raiser 7pm Family Bingo
27 10-12- Diabetic Footwear 12pm Lunch 1-2-Mexican Train Dominos 1:30-2:30 Line Dancing	28 9:30-11:30 Music Jam 12pm Lunch 1pm Writers Group 1:00-2:00-Personal Safety Class-BLPD Citizen's Academy Overview	29 Lunar New Year 9-12 Happy Hookers 10-12-Lunar New Year 12pm Lunch 1:15pm Senior Bingo	30 10:30 Tai Chi 12pm Lunch 1-3 Card Games	31 12pm Lunch 1-3:30 Shopping Trip 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: Thursday, January 16th

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.

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 for the first appointment. 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 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 **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, January 16th

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.

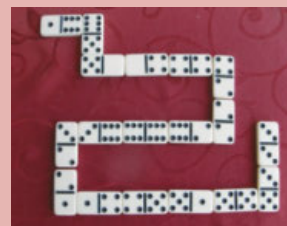
Sunshine Lady

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!!



Mexican Train Dominos

Join us every Monday afternoon from 1:00-2:00 pm for Mexican Train Dominos. 50



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. (Bingo will begin for the new year 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.

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 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.

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!

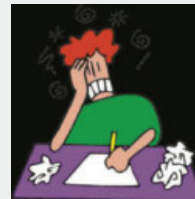


The Bonney Lake Writers

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!



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. We appreciate your understanding. Thank you.

Trivia Contest

Date: Friday, January 10th

Time: 10:00-12:00

Cost: \$15.00

Come have drinks and snacks while testing your trivia knowledge. Win prizes and maybe a raffles item as well.



Alzheimer's Spaghetti Feed Fund Raiser

Date: Friday, January 24th

Time: 5:00pm—6:45 pm

Join us and help support our Alzheimer's Spaghetti Feed Fund Raiser the 4th Friday of the month. Price is \$10 for adults and \$8 for children. Dinner includes Pam's spaghetti with meat sauce, caesar salad, garlic bread and bottled water. All proceeds will go to the Alzheimer's Association to benefit our team in the 2025 Alzheimer's Walk. We don't have a date for the September 2025 walk yet, but if you'd like to sign up to walk with our team, please see Shari Jones. You can call her at 253-447-4340 or email her at jones@cobl.us.

Our Team at
the
Alzheimer's
Walk 2024



Special Events Cont'd

Lunar New Year

Bring in the Chinese Lunar New Year (year of the Snake) with us on January 29th from 10:00-12:00pm. Taste different types of Chinese teas with an informative commentary on each tea. After the tea tasting, make your own lucky origami crane to take home. No extra cost other than \$6.00 lunch donation. See a staff member to sign up.

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.

St. Paddy's Day

Monday, March 17th
Time: 10:30-12:00
Cost: \$8.00



Sign up to attend our St Paddy's Day celebration with Music by the Front Porch Band. See a staff member to sign up. There will be a special lunch menu of corned beef and cabbage following the music.

90th Birthday Celebration

Monday, March 31st
Time: 10:30-12:00
Cost: \$8.00

Sign up to attend our 90th Birthday Celebration. If you are 90 years young or more, your attendance is free of charge. Music by Jim Meck followed by a delicious lunch. 86

Easter Lunch & Easter Egg Hunt

April 18th
Time: 10:00-12:00
Cost: \$8.00

Sign up to attend our Easter lunch and Egg Hunt. Egg Hunt begins at 10:00 am and runs until 10:45 with music by Randy Litch beginning at 10:30-12:00 and a special lunch beginning at 12:00 pm. See a staff member to sign up and pay at sign up.



Special Events Cont'd

Titanic Tea

Friday, April 11th
Time: 1:00-3:30
Cost: \$20.00

Come aboard the RMS Titanic for cream tea and be a representative of one of the real passengers who were aboard that unsinkable ship. Events include parlor games with prizes and any style hat contests (bring your favorite hat). Did your character survive? Find out at the tea's end.



Monopoly Tournament

Date: Thursday, February 6th
Time: 1:00-3:30
Cost: \$15.00

It's the 1930's and Monopoly is King! Relive your youth playing killer Monopoly (our version is 30-45 minute maximum). Become the capitalist tycoon of your dreams. Guzzle mocktails while ruthlessly bankrupting your opponents. Free pictures in jail while you text your grandkids for money to bail you out!



Cinco De Mayo Lunch

Monday, May 5th
10:30-12:30
Cost \$8.00



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

Memorial Day Lunch

Thursday, May 22nd
Time: 10:30-12:00
Cost: \$8.00

Sign up to join us for Memorial Day lunch with music and dancing. Music is by Front Porch Band. See a staff member to sign up.

Father's Day Lunch

Friday, June 13th
Time: 10:30-12:00
Cost: \$8.00

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

Mother's Day Lunch

Friday, May 9th
Time: 10:30-12:00
Cost: \$8.00

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

Health and Wellness

Free Blood Pressure Checks

by Celebrate Seniority

When: Monday, January 13th

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

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.



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

Foot Care ~ Come Get Your Toes Done!

When: Friday, January 24th

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, Officer Raymundo. This class will provide important information that you need to keep you safe. Thank you Officer Raymundo for this great class and Information! This month's class is on the BLPD Citizen's Academy Overview.

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
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
5/15/25—Birthday Thursday (special day) - TBD
5/22/25—Memorial Day — 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

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Word Search

Random Countries

U	N	K	E	G	C	H	I	N	A	A	I	C	S
N	U	K	R	A	I	N	E	I	H	L	K	O	A
I	U	A	I	N	A	Z	N	A	T	G	S	N	U
T	G	L	I	H	K	D	I	I	L	E	P	G	D
E	A	D	N	A	U	U	A	R	I	R	I	O	I
D	N	E	I	N	A	R	I	N	D	I	A	S	A
K	D	A	N	I	G	E	R	I	A	A	D	P	R
I	A	R	N	E	A	P	D	U	U	C	N	A	A
N	A	I	S	Y	A	L	A	M	N	N	A	I	B
G	S	N	A	R	I	G	Z	R	D	B	L	N	I
D	A	N	S	A	A	M	R	U	B	S	I	G	A
O	A	A	N	I	T	N	E	G	R	A	A	N	N
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CHINA
CONGO
THAILAND
MALAYSIA
BURMA
PERU
CANADA
ALGERIA
UGANDA
SAUDI ARABIA
UKRAINE
IRAN
GHANA
SPAIN
INDIA
UNITED KINGDOM
ARGENTINA
NIGERIA
TANZANIA

Play this puzzle online at : <https://thewordsearch.com/puzzle/297/>

Payment Policies

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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Things you need to Know

Senior Center Closures

The Senior Center will be closed:

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

President's Day—Monday, February 17th

Memorial Day—Monday, May 26th

Juneteenth—Thursday, June 19th

4th of July—Friday, July 4th



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: 18, 50 & 86



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



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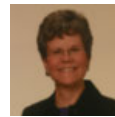
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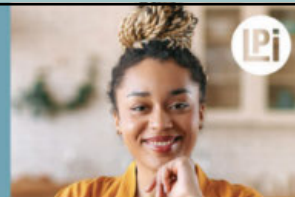
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Advisory Board Elections

Congratulation to our 2025 Advisory Board winners. And thank you to everyone who ran and who has served on the Board!

President— Ernie Gilmer

Vice-President—Bob Wells

Treasurer—Julianne DeLeo

Assistant Treasurer—Jim Baisch

Secretary—Anita Chandler

Board Member—Jim Schaewe

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.



Just for Laughs

You know you're old when you're entering your birth year online and you have to spin that thing like you're on the Price is Right.



Spoilt Pet Test

1 point for every statement that applies to you.

- Your pet is allowed to sleep in your bed
- Your pet gets Christmas presents
- You've refused to move if your pet is asleep on you
- You've canceled plans because of your pet
- Your pet gets birthday presents
- Your pet is allowed to sit on the sofa
- You sign birthday/Christmas cards from your pet
- You say hello to your pet before anybody else



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D 4C 05-1036

Miscellaneous Information



Your Center Needs You!

Please consider volunteering a couple of hours a week in any of the following areas as we are in critical need of help in order to maintain our programs. We 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, and Senior van driver, please talk to a staff member if you are interested and a BIG THANK YOU to all who currently volunteer with us!**

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.

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.

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News from our Gardener

A New Year to learn some Latin

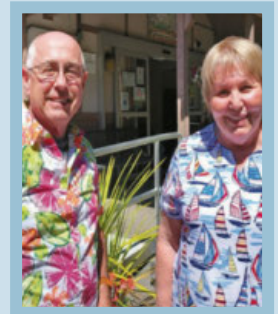
Let's start our new year learning different aspects of being a gardener. You see all of those different plants on the commercial nursery or department store tables but how do you tell if that is that beautiful plant that you're so sure will make your garden shine. The answer would be know the horticulture language of Latin. We see that language every time you pull out a dollar bill "Annuit Coeptis" could be a secret society code or it could just be a Latin phrase that was taken from a popular book our forefathers would have been reading which means, "He approves of the undertaking". Below the eye; "Novus ordo seclorum" a Q phrase or is it just Latin for a phrase this new country would like as "New order for the ages". My point being that when you use a dead language no one can change the wording to make the meaning different than its intent. Read this article written by Cindy Haynes from the Iowa State University department of agriculture, to explain one of the frustrating aspects for new gardeners, being the use of Latin in scientific or botanical plant names. Believe it or not, botanical names were created by Carl von Linne to make plant names easier. Before Linne created the system, each plant had several names.

The first part of the binomial system is the Genus (always capitalized). The second part is the specific epithet (always lowercase). Together, the genus and specific epithet make up a species or name of a plant. This system is similar to an individual's name. Our last name identifies us to a particular group (family) like Antkowiak, or Jones. The Genera (plural for Genus) of Acer, Quercus, and Salvia do the same for plants. Our first name identifies us specifically as Audrey or Shari as do the specific epithets rubrum, alba, or splendens for plants. Put these two words together and you have the name of a specific individual (Jones Shari or Antkowiak Audrey) or plant species (Acer rubrum, Quercus alba, or Salvia splendens). The order of placement is the only difference between the two naming systems. The species names for plants are usually italicized or underlined. However, plants take it one step farther with the addition of the cultivar, or cultivated variety. Garden salvia or Salvia splendens is available in many colors. 'Salsa Scarlet' is a red-flowered cultivar while 'Salsa White' is a white-flowered cultivar. Cultivar names are usually in quotation marks and follow the specific epithet (Salvia splendens 'Salsa White').

So when you go to the local garden center and ask for red maple you could get any one of over several hundred different types of trees. But, if you ask for Acer rubrum 'Red Sunset', you are selecting a truly superior maple with brilliant red fall color. You can also be assured that Acer rubrum 'Red Sunset' is the same plant in Iowa, Louisiana, Great Britain, or anywhere else in the world. Otherwise what are you going to get for a red maple in Louisiana!

The genus name is usually a noun. Acer is a maple, Mentha is a mint, etc. The species name is commonly an adjective describing that member of the genus. The species name can tell you the color of the flower (rubra means red), where it originates (japonica means Japan), its form or habit (pendula means weeping), etc. Sometimes the combination of two Latin words make-up a specific epithet like grandis (meaning large) and flora (meaning flower). Therefore, Magnolia grandiflora is a large flowering Magnolia.

The meaning of some common Latin words can help you know more about your plants. Basically the color, origin, form and habit of the plant. Know that master gardeners might not know every Latin phrase but we do know how to look them up. If you have a gardening question contact your local master gardener at pierce.mg@wsu.edu!



David A. and
Linda Smith
Gardening Committee

Happy New Year Wishes, Dave PCMG

Optical Illusion

Can you find the man's face in the coffee beans?



Answer:

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 **(we will only be going to the food bank the 1st Monday of January as we will be closed the 3rd Monday of January)**

No new trips planned until new van driver (Kerry) starts

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.

PLEASE PRINT CLEARLY

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NAME					
Nickname					
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PHONE	Home			Cell	
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					
NAME				PHONE	
Hospital Preference					
PLEASE COMPLETE MEDICATION LIST ON BACK. Thank you.					

