

Bonney Lake

Senior Center Newsletter

February

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!

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@bonneylake.gov
253-447-4327/360-551-2002

Senior Services Assistant

Michelle Vazquez

vazquezm@bonneylake.gov
253-447-3104

Senior Aide/Van Driver

Kerry LeBleu

253-447-4328
lebleuk@bonneylake.gov

Senior Aide

Shari Jones

jones@bonneylake.gov
253-447-4340

Staff

Kitchen Staff

Head Cook

Pam Camp

camp@bonneylake.gov
253-447-4334

Assistant Cook

Jay Shideler

Assistant Cook

Karen Berto

Dishwasher

Kian Sheid

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

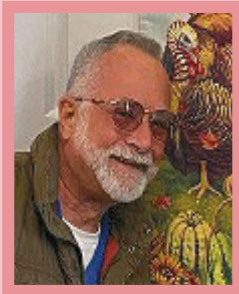


Senior Advisory Board



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.

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



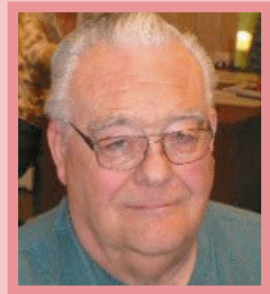
President
Ernie Gilmer



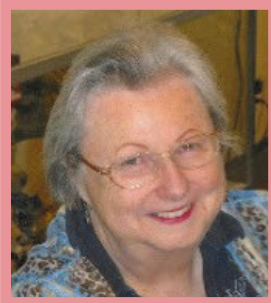
Vice President
Bob Wells



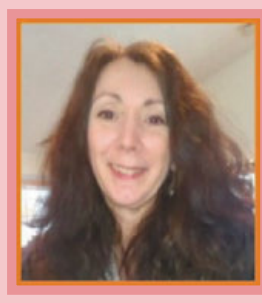
Treasurer
Julianne DeLeo



Assistant Treasurer
Jim Baisch



Secretary
Anita Chandler



Carrie Maez
Board Member



Diane Stabler
Board Member



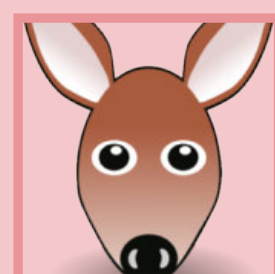
David Reed
Board Member



Jim Schaewe
Board Member



Steve Turlo
Board Member



TBD
Board Member


Menu

February 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Chickenburgers w/ the WORKS! French Fries Dill Pickle Salad Bar</p>	<p>4 Grilled Cheese on Sour Dough Tomato Soup Chips Salad Bar</p>	<p>5 Loaded Baked Potato w/ Sour Cream Bacon Bits Green Onions Fruit Salad Bar</p>	<p>6 Chef's Choice Salad Bar</p>	<p>7 Lemon Pepper Fish Seasoned Pasta Stir-Fry Vegetables Coleslaw Salad Bar</p>
<p>10 Spinach Salad with Chicken, Strawber- ries, Red Peppers, Toasted Almonds, Green Onions and Sesame Dressing Fortune Cookie Salad Bar</p>	<p>11 Homestyle Chicken Pot Pie Orange Jell-o Salad Salad Bar</p>	<p>12 Cinnamon French Toast Sausage Scrambled Eggs Fresh Fruit Salad Bar</p>	<p>13 Roasted Pork Cutlets Smashed Potatoes Peas and Carrots Salad Bar</p>	<p>14 Valentine's Lunch Roasted Chicken Breast With Polenta & Cherry Tomatoes Steamed Broccoli Green Salad Special Dessert</p>
<p>17 </p>	<p>18 Chef's Choice Salad Bar</p>	<p>15 Chicken Cacciatore Italian Salad Roll with Butter Salad Bar</p>	<p>20 Liver & Onions Mashed Potatoes Brown Gravy Mixed Vegetables Warm Bread Salad Bar</p>	<p>21 Beef Skewers Jasmine Rice Stir Fried Vegetables Salad Bar</p>
<p>24 Lemon Pepper Chicken Seasoned Wild Rice Sautéed Vegetables Dinner Roll w/Butter Salad Bar</p>	<p>25 Chef's Savory Meatloaf Mashed Potatoes Brown Gravy Vegetables Salad Bar</p>	<p>26 Chicken Fettuccini Alfredo Green Beans Garlic Breadsticks Salad Bar</p>	<p>27 Fish & Chips Coleslaw Jay's Tangy Tartar Sauce Salad Bar</p> <p>Birthday Celebration</p>	<p>28 Spaghetti Bolognese Caesar Salad Garlic Bread Salad Bar</p>
				<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>

To-Go Only February Order-Ahead Lunch Menu

Your Name

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chickenburgers w/ the WORKS! French Fries Dill Pickle Salad Bar To Go <input type="checkbox"/>	4 Grilled Cheese on Sour Dough Tomato Soup Chips Salad Bar To Go <input type="checkbox"/>	5 Loaded Baked Potato w/ Sour Cream Bacon Bits Green Onions Fruit Salad Bar To Go <input type="checkbox"/>	6 Chef's Choice Salad Bar To Go <input type="checkbox"/>	7 Lemon Pepper Fish Seasoned Pasta Stir-Fry Vegetables Coleslaw Salad Bar To Go <input type="checkbox"/>
10 Spinach Salad Sesame Dressing Fortune Cookie Salad Bar To Go <input type="checkbox"/>	11 Homestyle Chicken Pot Pie Orange Jell-o Salad Salad Bar To Go <input type="checkbox"/>	12 Cinnamon French Toast Sausage Scrambled Eggs Fresh Fruit Salad Bar To Go <input type="checkbox"/>	13 Roasted Pork Cutlets Smashed Potatoes Peas and Carrots Salad Bar To Go <input type="checkbox"/>	14 Valentine's Lunch Roasted Chicken Breast w/Polenta & Cherry Tomatoes Steamed Broccoli Green Salad Special Dessert To Go <input type="checkbox"/>
17 	18 Chef's Choice Salad Bar To Go <input type="checkbox"/>	15 Chicken Cacciatore Italian Salad Roll with Butter Salad Bar To Go <input type="checkbox"/>	20 Liver & Onions Mashed Potatoes Brown Gravy Mixed Vegetables Warm Bread Salad Bar To Go <input type="checkbox"/>	21 Beef Skewers Jasmine Rice Stir Fried Vegetables Salad Bar To Go <input type="checkbox"/>
24 Lemon Pepper Chicken Seasoned Wild Rice Sauteed Vegetables Dinner Roll Salad Bar To Go <input type="checkbox"/>	25 Chef's Savory Meatloaf Mashed Potatoes Brown Gravy Vegetables Salad Bar To Go <input type="checkbox"/>	26 Chicken Fettuccini Alfredo Green Beans Garlic Breadsticks Salad Bar To Go <input type="checkbox"/>	27 Fish & Chips Coleslaw Jay's Tangy Tartar Sauce Salad Bar Birthday <input type="checkbox"/>	28 Spaghetti Bolognese Caesar Salad Garlic Bread Salad Bar To Go <input type="checkbox"/>
				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.

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Events

February 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 12pm Lunch 1-2-Mexican Train Dominos 1:30-2:30 Line Dancing 2-2:30-Food Bank</p>	<p>4 9:30-11:30 Music Jam 12pm Lunch 1pm Writers Group 1-2:30-Tech Time</p>	<p>5 9-12 Happy Hookers 12pm Lunch 1-2:30 February Craft Class 1:15pm Senior Bingo</p>	<p>6 10:30 Tai Chi 12pm Lunch 1pm Card Making Class 1-3 Card Games 1-3:30 Monopoly Tourney</p>	<p>7 12pm Lunch 10-12-Trivia Contest 1-3:30 Shopping Trip 7pm Family Bingo</p>
<p>10 11-12 BP Checks 12pm Lunch 1-2-Mexican Train Dominos 1:30-2:30 Line Dancing</p>	<p>11 9:30-11:30 Music Jam 12pm Lunch 1pm Writers Group 1:30-3:30-Diamond Art</p>	<p>12 9-12 Happy Hookers 10-11-Chat with Chief 12pm Lunch 1:15pm Senior Bingo</p>	<p>13 10:30 Tai Chi 12pm Lunch 1-4 Legal Guidance 1-3 Card Games</p>	<p>14 Valentine's Lunch 10:30-12-Music by Patti & Travelling 4 12pm Lunch 1-3:30 Shopping Trip 7pm Family Bingo (Valentine's Event)</p>
<p>17 12pm Lunch 1-2-Mexican Train Dor 1:30-2:30 Line Dancing</p> 	<p>18 9:30-11:30 Music Jam 12pm Lunch 12:30-1:30-Medicare Chat with Ernie 1pm Writers Group 3-4 Advisory Board Mtg</p>	<p>19 9-12 Happy Hookers 10-11 Fraud Class 12pm Lunch 1:15pm Senior Bingo 4:30 Juliet's@ Applebee's</p>	<p>20 10-2 Haircuts by Becky 10:30 Tai Chi 12pm Lunch 2-3 Caregivers Supp. 1-3 Card Games</p>	<p>21 12pm Lunch 1-3:30 Shopping Trip 1:30-3:30-Art w/Anita 7pm Family Bingo</p>
<p>24 12pm Lunch 1-2-Mexican Train Dominos 1:30-2:30 Line Dancing</p>	<p>25 9:30-11:30 Music Jam 12pm Lunch 1pm Writers Group</p>	<p>26 9-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo</p>	<p>27 10:30-12:00-Music by Johnny Crash 10:30 Tai Chi 12pm Lunch 1-3 Card Games</p> <p>Birthday Celebration</p>	<p>28 9-3 Foot Care 12pm Lunch 1-3:30 Shopping Trip 5-7 Spaghetti Feed Fund Raiser 7pm Family Bingo</p>

Available Services

Lunch Service

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

We have 2 types of lunch service, "To-Go" service which begins at 11:30 (you must come inside to pick up your meals) and "Dine-in" service which begins at 12:00pm. Please fill out, (don't forget to put your name on it) and turn in your order-ahead menu for **"to-go"** lunches only **or call in by 10am the morning of pickup.** (located on page 5).

Free Haircuts by Becky from Manhattan Design

When: Thursday, February 20th

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 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.

This service is not available in February.



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, March 28th

Time: 10:00-1:00

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

Birthday Celebration

Come in and pick up your FREE birthday lunch ticket to be used during the month of your birthday for your free birthday lunch. Come in on the 4th **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, February 20th

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.



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.

Beginning in February, the 2nd Friday of the each month will be designated as a themed bingo event. Friday, February 14th, will be designated as a Valentine's Event. Anyone who wears a visible article of clothing that is the color red will receive a free door prize ticket for a wonderful prize made available by our Advisory Board.

See this article each month for the upcoming themed event subject.

Art with Anita

When: Friday, February 21st

Time: 1:30-3:30

Cost: \$20.00

Anita Miles will be teaching beautiful art. All materials are provided and you get to hang your beautiful canvas in your home!

Diamond Art Class

Sign up to attend a Diamond Art class on The 2nd Tuesday of every month from 1:30-3:30 taught by Barbara Greenwood. Cost is \$15.00 with all materials provided. See a staff member to sign up.

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.

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.

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!

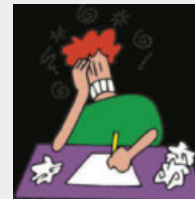


The Bonney Lake Writers

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!



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!



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.

Alzheimer's Spaghetti Feed Fund Raiser

Date: Friday, February 28th

Time: 5:00pm—6:45 pm

Join us and help support our Alzheimer's Spaghetti Feed Fund Raiser the 4th Friday of every 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.

The 2025 Alzheimer's Walk has been scheduled for Saturday, October 11th , registration begins at 10:00 am, Ceremony begins at 11:00 am and the Walk begins at 11:30. am Our team from last year (Forget Me Nots) has been activated for the walk this year, so if you want to participate this year, please see Shari Jones to register. You can call her at 253-447-4340 or email her at jones@cobl.us. Last year, our team was number 1 in fund raising for all Teams and all Companies for the Tacoma Walk, having raised over \$7K. We'd like to be able to do that again this year. So please, if you can, support our Team in whatever way you can, through our fund raisers, by donation or by joining our team to walk on October 11th.

Team at the Alzheimer's Walk 2024



Special Events Cont'd

1st Responder Class

Join us for our 1st Responder Class on Scam/Fraud taught by Pierce County Outreach & Education Specialist, Matthew Santelli.

Date: Wednesday, February 19th
Time: 10:00-11:00
Cost: No Cost

Easter Lunch & Easter Egg Hunt

Friday, 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.

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 Terry Bartelme followed by a delicious lunch.

Crafts Class

Join Jeanie Tidd and 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



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!

Trivia Contest

Friday, February 7th

Time: 10:00-12:00

No cost

Join us for a fun time playing trivia and maybe win some prizes!

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

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.

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

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.

Card Making Class

Thursday, February 6th

Time: 1:00-3:00

Cost: \$6.00

Sign up to learn from the best, Diane Stabler and make 3 greeting cards. All materials provided. You will meet upstairs.

Health and Wellness

Free Blood Pressure Checks

by Celebrate Seniority

When: Monday, February 10th

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, 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, February 28th

9am to 3pm

Please call to book your appointment. The service fee is \$50. Please bring your own towel.



Personal Safety Class

Tuesday, March 25th

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 Crime Prevention.

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
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

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US Presidents II

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

ULYSSESS GRANT
 FRANKLIN PIERCE
 BARACK OBAMA
 WOODROW WILSON
 GEORGE H BUSH
 ABRAHAM LINCOLN
 CHESTER A ARTHUR
 LYNDON JOHNSON
 JIMMY CARTER
 JOHN Q ADAMS
 RONALD REAGAN
 JAMES MONROE
 JOHN KENNEDY
 GEORGE W BUSH

Play this puzzle online at : <https://thewordsearch.com/puzzle/11082/>

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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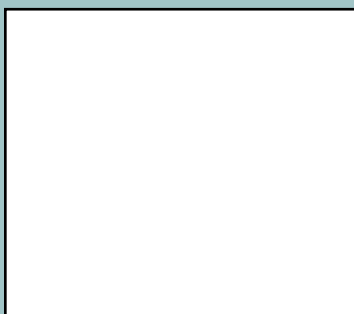


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Things you need to Know

Senior Center Closures

The Senior Center will be closed:

President's Day—Monday, February 17th

Memorial Day—Monday, May 26th

Juneteenth—Thursday, June 19th

4th of July—Friday, July 4th



Find the Phrase that Pays

We have hidden a phrase in this newsletter. The first 5 people to find the phrase and show it to a staff member will win a \$5 gift card from Starbucks, Crumbl Cookie, or Chick-fil-A.

The Phrase That Pays is: "Every Day is a Gift"

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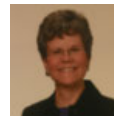
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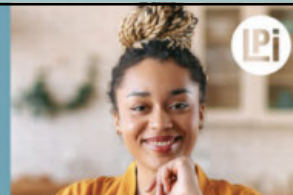
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Happy Hookers Donation



Our Happy Hookers (knitting & crocheting group) made and donated the blankets and purchased diapers and clothes and donated them all to Farm 12.

Baby Blankets—104
Blankets—121
Baby Hats—262
Adult/Teen Hats—233
Scarves—44
Soft Toys—22

Miscellaneous items—Flannel Blankets, Fleece Blankets, Lap Quilts, Crocheted Totes, Dish Rags, and Scrubbies

What an amazing and talented group of Ladies and Gentleman! Thank you all so much!

2024 Tax Preparation

Free Tax Preparation

Cyndi will be preparing simple taxes free of charge to our ***active members*** (see note below) again this year, virtually, like she did last year. Drop off your tax information to us in a sealed envelope with your name and phone number written on the front, where we will keep it securely locked up until Cyndi picks it up. She'll call you and speak with you to prepare your taxes, then drop your completed return back off to us, where it will be again, securely locked up until you pick it up. Thank you Cyndi!!!!

Note: If you are not on our Active Member list, or if you are not a member, you will be charged \$50.00 for a completed tax return.



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Volunteers Needed



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.

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News from our Gardener

Understanding how climate affects your growing conditions is essential to successful gardening. Climate is a measure of average variation in overall weather patterns over time and over a very wide geographic region or zone. In a garden, climate strongly influences growing conditions: air and soil temperatures, precipitation, and heat accumulated over the growing season. Throughout western Washington, however, varied topography gives rise to many microclimates—small-scale areas where local conditions may differ from those of the surrounding climate zone. Microclimates are created by local factors such as elevation and slope, proximity to mountains or foothills, location with respect to predominant wind and weather, and distance from Puget Sound. A microclimate can encompass an area as small as the south side of a building or one that spans many acres on a sloped face of a mountainside. Each hardiness zone supports a specific category of plant life capable of growing and able to withstand the minimum low temperatures of that zone. Determined largely by elevation, latitude, and proximity to the coast, USDA hardiness zones experience a range of average annual minimum low temperatures. However, the actual minimum low temperature in any given year may differ. It may never reach the same low range, or it may fall lower. Nurseries use USDA hardiness zones on plant tags to indicate a minimum low temperature that a plant can survive. Explore your local zone by visiting USDA’s interactive map (USDA 2012). Type in your zip code and use the zoom-in feature to locate a particular region. Notice the split designations “a” and “b” in the colored chart, which reflect changing elevation. Keep in mind that other factors—wind, humidity, snow, and winter sunshine, as well as soil type, pH and moisture—also determine whether a plant will thrive. Recognizing Microclimate Hardiness zones represent years of plant trials over a wide area, but they are of limited value unless coupled with local knowledge and experience. When you recognize your microclimates and pair this information with USDA hardiness zone recommendations, you will make better plant choices and site plants wisely. There are many online tools to help you establish a picture of your regional climate. One of them is Washington State University’s AgWeatherNet (AWN) (WSU 2014). The site links to automated weather stations in Washington where variables such as air and soil temperature, rainfall, frost dates, heat accumulation, and climate summary information are tracked.

The influence of the eastern Pacific Ocean is felt throughout Western Washington, seasonally moderating temperature, elevating humidity, and, where humidity is high enough and cooling sufficient to create condensation, generating fog. This influence is felt far inland in Western Washington and is commonly called the “marine layer”. The marine layer is a moist air mass that forms over the ocean, Puget Sound, or really any large body of water inland, and becomes trapped by a temperature inversion.

For more information on climate effects see FS181E at [http: WSU Extension Publications | A Home Gardener's Guide to Soils and Fertilizers \(Home Garden Series\)](http://www.wsu.edu/extension/publications/A%20Home%20Gardener's%20Guide%20to%20Soils%20and%20Fertilizers%20(Home%20Garden%20Series).htm) or contact your local Pierce County Master Gardener at [\(253\) 798-7170](tel:2537987170).

Enjoy your day, everyday and everyway!

Dave PCMG



David A. and
Linda Smith
Gardening Committee

Welcome Kerry

Kerry is a little woman with a BIG passion, from her roots in Texas to an aspiring Hollywood actress to driving a school bus. From the Red Carpet to the Blacktop. Kerry is a cheerleader, an encourager and a gift to our community.

Kerry was born in Orange, Texas where she lived until she graduated from High School in 1987. She moved to Washington State to be with the love of her life Marv, but they eventually broke up. Kerry then moved to Hollywood to pursue a career in the entertainment field. She worked as a nanny for Pamela Anderson and as a dancer in several of Kid Rock's Music Videos.

In 2009, she reconnected with Marv and moved back to Washington State with her 2 sons to join with Marv and his 2 daughters, blending their families together. She and Marv have been married for 15 years and have raised their kids and built their lives here in our community.

Kerry went to work for the Sumner Bonney Lake School District in 2013 driving a school bus for the school district for 8 years. She then transferred to the Dieringer School District for 3 years driving a school bus, until she came to work for us in January 2025.

Kerry started the Blessing Movement in 2019 (see page 25 for more information on the Blessing Movement)

Kerry was the recipient of the 2019 Community Impact Unsung Hero Award and recommended by the Washington State Senate with Resolution #8615. Her empathy and desire to serve showed her a need in our community that she has been fulfilling for the past five years. Many young people today join together with Kerry to serve senior citizens. Bringing these two groups together has been Kerry's goal. A substantial number of our members have already received assistance through her non-profit group, the Blessing Movement. By rallying students around the common cause of becoming more curious about their interconnected lives and those of their community, Kerry believes they can also help transition senior citizens in need to a place of success.

Kerry wrote a book about forgiveness that takes place in Hollywood called "Dearest Hope" which she would like to see published one day. Kerry enjoys serving and her motto is "Every Day is a Gift!". We're so glad to welcome Kerry to our family!

The Blessing Movement

The Blessing Movement wholeheartedly believe in the joy and fulfillment that comes from serving others. We view service as noble and make it our goal to serve others with compassion and excellence. We are a community of volunteers who give our time, energy and resources by using our gifts, talents and abilities to serve those in need. We are stronger together and enjoy fostering a team environment of care and respect. We see our community as a family that supports and encourages each other and believe that serving others (especially other generations and those in need) has a ripple effect that can inspire others to do the same.

We are a 501(C)3, non-profit organization established in 2019, we have grown very quickly. Our mission is three-fold. We facilitate a Student Executive Leadership program and provide scholarship opportunities, while we help fill the bucket of needs facing the senior citizen population. The Washington State Senate unanimously passed resolution #8615 recognizing and recommending The Blessing Movement "to foster and strengthen relationships between the youth and senior citizens" Through "Students Helping Seniors," we help senior citizens with their yard work in a 10-month program to Widows, widowers, veterans, seniors facing disabilities or those battling life threatening illness. The students help allow these seniors the dignity to stay in their own homes fulfilling duties they are no longer able to do themselves.

When a student reaches their senior year in high school, as a participant, they will have the opportunity to apply for college scholarships with the Blessing Movement. Lower grade students will accrue hours through each year placing them higher on the list towards scholarship opportunities. All students have the opportunity to also work towards lettering in community service (100 hours, in one year) We aim to help them increase their college acceptance probability by providing valuable volunteer experiences that can be used in college application letters. Most importantly, they have built relationships and have a greater empathy and compassion for the elderly that will last throughout their lives.

Our relationship with the Sumner Bonney Lake School District has made such an impact on the community the Superintendent has made it a goal to have every student of all ages participate. Even creating a district wide Bless-a-Block to include every principle, vice principle and admin throughout the schools. One day we expect to see this program expanded statewide.



Glenn Wilson with High School National Honor Society advisor Gabriell Wright. The Blessing Movement is proud partners with Sumner Bonney Lake School District. Students can earn serve hours, apply for scholarships, and letter in serving with The Blessing Movement

Saturday, January 11th The Blessing Movement community yard project serving Bonney Lake Senior Center member, Veteran Glenn Wilson

Senior Center Adventures

Trips Policy

No refunds are granted on any trips which require meal reservations, tickets, or chartered transportation unless your space can be sold. No refunds within one week of departure time. Call 253-863-7658 for requests for refunds or stop by the center during business hours, 8am-3:30pm, Monday through Friday. When you sign up for a trip, you will need to pay at the time of sign up. If you do not, your name will be put on the standby list and will remain on the standby list until payment is received. This means that we cannot guarantee you a place in the program that you are signing up for. This change is necessary to allow everyone the same chance at signing up and participating in our programs. Trip participants are limited to signing up for one trip during the first week of the month. After the first week, participants may sign up for unlimited number of trips. Thank you for your understanding.

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

1st & 3rd Monday of each month

This is a Bonney Lake Senior Center bus trip.

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

Cost: FREE

Casino Trips with Joy

Thursday, January 30th

Cost: \$10 for Transportation

Muckleshoot Casino

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

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

Monday, February 24th

Cost: \$10 for Transportation

Red Wind Casino

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

Sign up to go to the Red Wind Casino in Yelm and enjoy a fun time gambling. Lunch on your own.

Thursday, March 20th

Cost: \$10 for Transportation

Emerald Queen Casino

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

Sign up to go to the Emerald Queen Casino in Puyallup and enjoy a fun time gambling. Lunch on your own.

Senior Center Adventures Cont'd

Monday, February 10th

Seattle Chocolate Factory Tour

Leaving BLSC after lunch at 1pm. Returning at approximately 4:30pm.

Cost: \$10 for Transportation, \$13 for Tour. Pay \$23 at sign-up.

During this hour-long interactive guided experience, you'll learn the history and origins of chocolate, how chocolate is sourced and taste signature smooth chocolate throughout your journey. Plus, you'll get a bird's eye view of the inside of 60,000 sf factory from a hot pink mezzanine and see how chocolate truffles and truffle bars are made.

Baseball Games with Kerry

Tuesday, April 22nd

Tacoma Rainiers Deck Party Baseball Game vs the Sugar Land Space Cowboys

Leaving parking lot behind senior center at 9:30 am Return at 4:30 p.m.

Cost: \$10 for Transportation; Party and Game cost \$36 (pay \$46 at sign-up)

Deck party consists of buffet, cold beverages and a personal deck attendant. Game against the Space Cowboys begins at 11:35. Don't forget your sunglasses.

Tuesday, June 3rd

Tacoma Rainiers Deck Party Baseball Game vs the Las Vegas Aviators

Leaving parking lot behind senior center at 9:30 am Return at 4:30 p.m.

Cost: \$10 for Transportation; Party and Game cost \$47 (pay \$57 at sign-up)

Deck party consists of buffet, cold beverages and a personal deck attendant. Game against the Aviators begins at 11:35. Don't forget your sunglasses.

Tuesday, September 16th

Tacoma Rainiers Deck Party Baseball Game vs Oklahoma City

Leaving parking lot behind senior center at 9:30 am Return at 4:30 p.m.

Cost: \$10 for Transportation; Party and Game cost \$47 (pay \$57 at sign-up)

Deck party consists of buffet, cold beverages and a personal deck attendant. Game against Oklahoma begins at 11:35. Don't forget your sunglasses.

Senior Center Adventures Cont'd

Saturday, March 1, 2025

CIRQUE DU SOLEIL presents KOOZA at Marymoor Park in Redmond

This is a Senior Center 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.