

# Bonney Lake

## Senior Center Newsletter

# March 2025



### *Welcome to the Bonney Lake Senior Center!*

Join us at our Senior Center! Anyone 55 years & older may attend. We offer exercise classes, card games, musical entertainment, day trips, educational activities, health care services, and more. Our Kitchen staff prepares a delicious and hot meal every weekday for a suggested donation of \$6.00.



The center can 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).

#### Located at:

19304 Bonney Lake Blvd  
Bonney Lake, WA 98391

#### Mailing address:

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

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

Emergency After Hours  
Number—253-455-0632

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

(we are listed under Residents Tab)

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# 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

TBD

253-447-4334

#### Assistant Cook

Jay Shideler

#### Assistant Cook

Karen Berto

#### Dishwasher

Kian Scheid

## Facility Monitors

**Becky Alvarez  
& Karina Guzman-Euler**

*To Reach all Staff Call:*

*253-863-7658*

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



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



**For help with Medicare call Katheryn Evans**

**Your Local Medicare Insurance Broker**

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

**Katheryn Evans, Licensed Insurance Broker**

**253.861.2959 or 253.231.8896**

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

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

**Place Your Ad Here and  
Support our Community!**

Instantly create and  
purchase an ad with

**AD CREATOR STUDIO**



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

**LET'S GROW YOUR BUSINESS**

**Advertise in our Newsletter!**

**CONTACT ME**

**Bill Clough**

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

**(800) 950-9952 x2635**

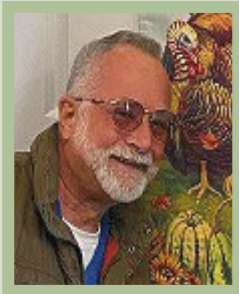


# Senior Advisory Board

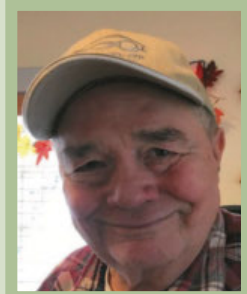


The Senior Advisory Board members work closely with staff to help with a variety of tasks. The Senior Advisory Board, and their volunteers, assist with many fundraising events throughout the year which enables them to help provide funds for special events, work with the Bonney Lake Kiwanis to help seniors with basic household chores and repairs. These are just a few of the things the Advisory Board does. If you are interested in learning more you are invited to attend any of the advisory board meetings. The Senior Center staff would like to thank the Senior Advisory Board for all the hard work, dedication and support they have given over the years.

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



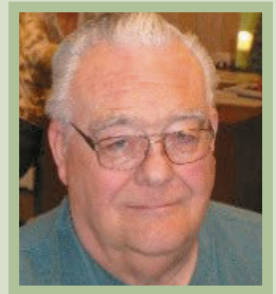
**President**  
Ernie Gilmer



**Vice President**  
Bob Wells



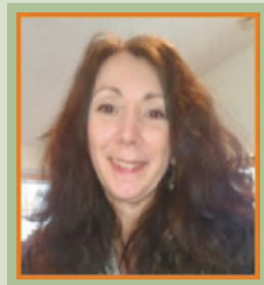
**Treasurer**  
Julianne DeLeo



**Assistant Treasurer**  
Jim Baisch



**Secretary**  
Anita Chandler



Carrie Maez  
Board Member



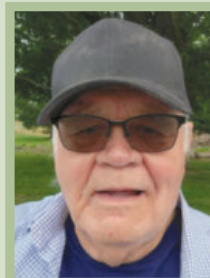
Diane Stabler  
Board Member



David Reed  
Board Member



Jim Schaewe  
Board Member



Steve Turlo  
Board Member



Peggy Lundin  
Board Member



# Menu

# March 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Swedish Meatballs w/Egg Noodles Garden Fresh Peas Bread &amp; Butter Salad Bar</p>	<p>4 <b>Mardi Gras</b> French Quarter Jambalaya Red Beans &amp; Rice Garlic Green Beans Corn Bread Jazzy Dessert</p>	<p>5 BBQ' d Chicken Corn on the Cob Baked Beans Salad Bar</p>	<p>6 Beef Lasagna Mixed Vegetables Garlic Bread Salad Bar</p>	<p>7 Chicken Taco Salad Salsa, Guacamole, Beans, Sour Cream &amp; Chips Salad Bar</p>
<p>10 Biscuits &amp; Gravy Scrambled Eggs Crispy Bacon Fresh Fruit Garnish Salad Bar</p>	<p>11 Kielbasa Sausage Onions &amp; Peppers Sauerkraut Warm Crusty Bread Salad Bar</p>	<p>12 Jake's Crispy Fish w/Jay's Tartar Sauce Brown Rice Vegetable Medley Salad Bar</p>	<p>13 King Ranch Chicken Steamed Broccoli Chips &amp; Salsa Salad Bar</p>	<p>14 Tender Pot Roast with Onions Roasted Potatoes &amp; Carrots Gravy Salad Bar</p>
<p>17 <b>St. Paddy's Day</b> Corned Beef &amp; Irish Cabbage, Red Potatoes, Carrots Irish Soda Bread w/ Whipped Butter Dessert</p>	<p>18 General Tso's Chicken Steamed Rice Stir Fried Vegetables Pot Stickers Salad Bar</p>	<p>19 Chef's Meatloaf Mashed Potatoes Brown Gravy Peas and Carrots Salad Bar</p>	<p>20 Cuban Shredded Pork Black Beans Rice with Lime &amp; Cilantro Tortillas Salad Bar</p>	<p>21 Reuben Sandwich Pickles Potato Chips Pasta Salad Salad Bar</p>
<p>24 Chicken Salad Flakey Croissants Chips Fresh Grapes Salad Bar</p>	<p>25 Taco Soup Tortilla Chips Shredded Cheese Sour Cream Salad Bar</p>	<p>26 Oven Roasted Turkey Creamy Mashed Potatoes Turkey Gravy Green Beans Cranberry Sauce Salad Bar</p>	<p>27 <b>Hamburger w/all the fixin's French Fries Cantaloupe Slice Salad Bar</b></p> <p><b>Birthday Celebration</b></p>	<p>28 Spaghetti with Meat Sauce Caesar Salad Garlic Bread Salad Bar</p>
<p>31 <b>90th Birthday</b></p> <p>Stuffed Bell Peppers Dilled Carrots Garlic Breadsticks Green Salad Birthday Cake</p>	<p>Everyone's Irish On March 17th.</p> 			<p>Dine-in lunch service Monday—Friday 12-12:30pm</p> <p>To Go meals served 11:30-12:00</p> <p><b>**Alternate meals available only for Fish/Seafood and Liver/Onions</b></p>



# To-Go Only March Order-Ahead Lunch Menu

Your Name \_\_\_\_\_

Monday	Tuesday	Wednesday	Thursday	Friday
3 Swedish Meatballs w/Egg Noodles Garden Fresh Peas Bread & Butter Salad Bar To Go <input type="checkbox"/>	4 <b>Mardi Gras</b> French Quarter Jambalaya Red Beans & Rice Garlic Green Beans Corn Bread Dessert To Go <input type="checkbox"/>	5 BBQ' d Chicken Corn on the Cob Baked Beans Salad Bar To Go <input type="checkbox"/>	6 Beef Lasagna Mixed Vegetables Garlic Bread Salad Bar To Go <input type="checkbox"/>	7 Chicken Taco Salad Salsa, Guacamole, Beans, Sour Cream & Chips Salad Bar To Go <input type="checkbox"/>
10 Biscuits & Gravy Scrambled Eggs Crispy Bacon Fresh Fruit Garnish Salad Bar To Go <input type="checkbox"/>	11 Kielbasa Sausage Onions & Peppers Sauerkraut Warm Crusty Bread Salad Bar To Go <input type="checkbox"/>	12 Jake's Crispy Fish w/Jay's Tartar Sauce Brown Rice Vegetable Medley Salad Bar To Go <input type="checkbox"/>	13 King Ranch Chicken Steamed Broccoli Chips & Salsa Salad Bar To Go <input type="checkbox"/>	14 Tender Pot Roast with Onions Roasted Potatoes & Carrots Gravy Salad Bar To Go <input type="checkbox"/>
17 <b>St. Paddy's Day</b> Corned Beef & Irish Cabbage, Red Potatoes, Carrots Irish Soda Bread w/ Whipped Butter Dessert To Go <input type="checkbox"/>	18 General Tso's Chicken Steamed Rice Stir Fried Vegetables Pot Stickers Salad Bar To Go <input type="checkbox"/>	19 Chef's Meatloaf Mashed Potatoes Brown Gravy Peas and Carrots Salad Bar To Go <input type="checkbox"/>	20 Cuban Shredded Pork Black Beans Rice with Lime & Cilantro Tortillas Salad Bar To Go <input type="checkbox"/>	21 Reuben Sandwich Pickles Potato Chips Pasta Salad Salad Bar To Go <input type="checkbox"/>
24 Chicken Salad Flakey Croissants Chips Fresh Grapes Salad Bar To Go <input type="checkbox"/>	25 Taco Soup Tortilla Chips Shredded Cheese Sour Cream Salad Bar To Go <input type="checkbox"/>	26 Oven Roasted Turkey Creamy Mashed Potatoes, Turkey Gravy, Green Beans Cranberry Sauce Salad Bar To Go <input type="checkbox"/>	27 Hamburger w/all the fixin's French Fries Cantaloupe Slice Salad Bar To Go <input type="checkbox"/>	28 Spaghetti with Meat Sauce Caesar Salad Garlic Bread Salad Bar To Go <input type="checkbox"/>
31 <b>90th Birthday</b> Stuffed Bell Peppers Dilled Carrots Garlic Breadsticks Green Salad Birthday Cake To Go <input type="checkbox"/>	 <p>Everyone's Irish On March 17th.</p>			If you are getting your lunch delivered or To- Go, please fill out the order ahead menu or <u>call in by 10am the</u> <u>morning of your</u> <u>pickup</u> . If you are dine-in, you <b>do not</b> need to fill out the order ahead menu or call us.

*This Page has intentionally been left blank*

# Events

# March 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>10-11-Brew Crew 12pm Lunch 1-2-Mexican Train Dominos 1:30-2:30 Line Dancing 2-2:30-Food Bank</p>	<p>4 <b>Mardi Gras Lunch</b> <del>9:30-11:30 Music Jam</del> 10:30-12-Music by Jim Meck 12pm Lunch 1-2:30-Tech Time</p>	<p>5</p> <p>9-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo</p>	<p>6</p> <p>10:30 Tai Chi 12pm Lunch 1-3 Card Games</p>	<p>7</p> <p>10-2 Haircuts by Marv 12pm Lunch 1-3:30 Shopping Trip 7pm Family Bingo</p>
<p>10</p> <p>10-11-Brew Crew 11-12 BP Checks 12pm Lunch 1-2-Mexican Train Dominos 1:30-2:30 Line Dancing</p>	<p>11</p> <p>9:30-11:30 Music Jam 12pm Lunch 1:30-3:30-Diamond Art</p>	<p>12</p> <p>9-12 Happy Hookers 10-11-Chat with Chief 12pm Lunch 1:15pm Senior Bingo</p>	<p>13</p> <p>10:30 Tai Chi 12pm Lunch 1-4—Legal Guidance 1-3 Card Games</p>	<p>14</p> <p>10-12 Trivia Contest 12pm Lunch 1-3:30 Shopping Trip 7pm Family Bingo (St. Paddy's Day Event)</p>
<p>17 <b>St Paddy's Day Lunch</b> 10-11-Brew Crew 10:30-12-Music by Front Porch Band 12pm Lunch 1-2-Mexican Train Dom 1:30-2:30 Line Dancing 2-2:30-Food Bank</p>	<p>18</p> <p>9:30-11:30 Music Jam 12pm Lunch 12:30-1:30-Medicare Chat with Ernie 3-4 Advisory Board Mtg</p>	<p>19</p> <p>9-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo 4:30 Juliet's@ Bonney Lake Tavern</p>	<p>20</p> <p>10-2 Haircuts by Becky 10:30 Tai Chi 12pm Lunch 2-3 Caregivers Supp. 1-3 Card Games</p>	<p>21</p> <p>12pm Lunch 1-3:30 Shopping Trip <del>1:30-3:30 Art w/Anita</del> 7pm Family Bingo</p>
<p>24</p> <p>10-11-Brew Crew 12pm Lunch 1-2-Mexican Train Dominos 1:30-2:30 Line Dancing</p>	<p>25</p> <p>9:30-11:30 Music Jam 12pm Lunch 1:00-2:00-Personal Safety Class—Crime Prevention</p>	<p>26</p> <p>9-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo</p>	<p>27</p> <p>10:30-12:00-Music by Jim Meck 10:30 Tai Chi 12pm Lunch 1-3 Card Games</p> <p><b>Birthday Celebration</b></p>	<p>28</p> <p>9-3 Foot Care 10-1 Craft Sales 12pm Lunch 1-3:30 Shopping Trip 5-7 Spaghetti Feed Fund Raiser 7pm Family Bingo</p>
<p>31 <b>90th Birthday Lunch</b> 10-11-Brew Crew 10:30-12-Music by Jim Meck 12pm Lunch 1-2-Mexican Train Dominos 1:30-2:30 Line Dancing</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, March 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.

### 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.

### Free Haircuts by Marv From Hair Lounge

**When: Friday, March 7th**

**Time: 10am to 2pm**

Please call to schedule your 30 minute appointment. There are limited appointments.

**Please arrive with freshly washed hair.**

Marv has worked for 50 years as a professional hairdresser and is volunteering to give free haircuts but tips are appreciated.

### 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.

**Please Note: The van is not able to leave Bonney Lake for pickups or drop-offs.**

In the event of snow or ice-covered roads, the Senior Center bus will operate according to the Sumner/Bonney Lake School District guidelines.

### 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**. See Page 16 for music schedule. 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 birthday ticket from a staff member.

### Caregivers Support Group

**When: Thursday, March 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.

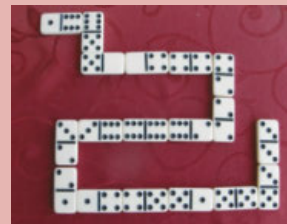
### Sunshine Lady

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, March 14th, will be designated as a St. Paddy's Day event. Anyone who wears a visible article of clothing that is the color green 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, April 11th**

**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.*

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!

### 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.



### 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.

### Pinocle 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

The Writers Group has disbanded due to non-participation. If you have an interest in joining the Writer's Group, please see a staff member so we can communicate your interest to the group. If they get enough new interest, they maybe able to reactivate the group.

### Men's Brew Crew

**When: Mondays**

**10:00-11:00**



Every Monday from 10:00-11:00 for our new Brew Crew just for men. Come get a cup of java, pastries and great conversation here at the Senior Center.



## 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, March 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 (even if you participated last year, you will still need to register for this year). You can call her at 253-447-4340 or email her at [jones@bonneylake.gov](mailto:jones@bonneylake.gov). 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 are comfortable with, 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 Keeping it Legal taught by Pierce County Outreach & Education Specialist, Matthew Santelli.

**Date: Wednesday, April 16th**

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

**Cost: No Cost**

## 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.

## Trivia Contest

**Friday, March 14th**

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

**No cost**

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

## 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.

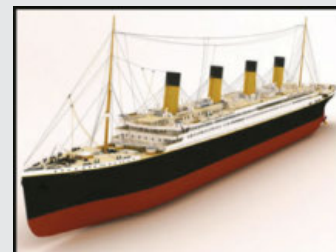
## Titanic Tea

**Friday, April 11th**

**Time: 1:00-3:30**

**Cost: \$20.00**

Don't miss the boat! 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.





# Special Events Cont'd

## 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.

## 4th of July

**Thursday, July 3rd**

**10:30-12:30**

**Cost \$8.00**



Join us for 4th of July celebration with music by an Army Band followed by a special lunch. Please sign up in the special events binder and pay at time of 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.

## 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.

## Luau

**Friday, August 8th**

**10:30-12:30**

**Cost \$8.00**

Join us for our annual Luau with music by The Roaring 2020's, followed by a special lunch. Please sign up in the special events binder and pay at time of sign up.



## Labor Day Lunch

**Friday, August 29th**

**10:30-12:30**

**Cost \$8.00**

Join us for our annual Labor Day Lunch with music by Front Porch Band followed by a special lunch. Please sign up in the special events binder and pay at time of sign up.

# Health and Wellness

## Free Blood Pressure Checks

by Celebrate Seniority

**When: Monday, March 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, March 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  
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—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—Taylor John Hardin  
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—Taylor john Hardin  
11/13/25—Birthday Thursday—Front Porch Band  
11/20/25—Thanksgiving Day One—Jim Meck  
11/21/25—Thanksgiving Day Two—Patty & Traveling 4  
12/8/25—Birthday Thursday—Patty & Traveling 4  
12/18/25—Christmas Day One—Patty & Traveling 4  
12/19/25—Christmas Day Two—Jim Meck  
12/31/25—New Years Eve—Johnny Crash

www.psdgraphics.com



## Word Search

# Saint Patrick's Day

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

EMERALD  
GREEN  
SHAMROCK  
MARCH  
IRELAND  
CHRISTIANITY  
PATRICK  
TRADITION  
PARADE  
RAINBOW  
SNAKES  
POT OF GOLD  
LUCK  
FAIRY  
LEGEND  
SAINT  
CELTIC  
HOLIDAY

Play this puzzle online at : <https://thewordsearch.com/puzzle/5451/>

# 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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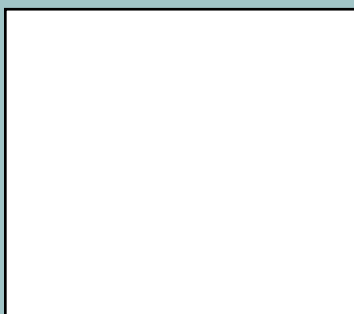


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# Things you need to Know

## Senior Center Closures

Memorial Day—Monday, May 26th

Juneteenth—Thursday, June 19th

4th of July—Friday, July 4th

Labor Day—Monday, September 1st



*Please Note: Don't forget to set your clocks ahead one hour on Sunday, March 9th.*

## 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: Don't miss the boat



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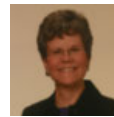
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kortesoja



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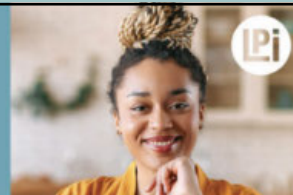
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C 4C 05-1036

## Tribute to Pam Camp by Sue



Pam was born in Sioux Falls, South Dakota on April 6, 1951.

Pam married her husband Willis on May 7, 1994. She and Willis made their home in Bonney Lake for many years. She had 1 son, Marty and 1 step-daughter, Jenny. Together they enjoyed their grand children, traveling to California to see family and to Ocean Shores to relax, going to the casino and working on their home here in Bonney Lake. Pam peacefully passed away at Good Sam hospital on February 17, 2025.

I met Pam 12 years ago when she started volunteering at the Senior Center. She was a ball of energy who brought life to the kitchen. She was hired in 2014 and the rest is history. Her personality, humor and kindness was one of a kind.

Many, many times over the years I needed her shoulder for comfort and she offered it willingly and without hesitation. That was Pam, selfless to a fault.

Her humor was sometimes a bit quirky but when she thought something was funny you knew it. I know I'm not alone in this, she could also be a little scary! Over the years we came to an understanding and I realized that her bark was definitely worse than her bite.

When Pam accepted the lead cooks position she wasn't too sure about her cooking abilities. I assured her that she was much better than she thought. Eventually she came to realize the truth, she was a great cook! Truly, have you had her meatloaf?

Pam adored my grandchildren which endeared her even more to me. There wasn't a book Pam didn't want to read or a jigsaw puzzle she wasn't challenged by. Pam was a dear, sweet friend to me and I loved her like a sister. She will be missed by everyone she ever met and more than words can say. We love you Pam, sleep in peace.....

# 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.**

**If you are not on the active member list and you feel you should be, please talk with Cyndi about it. The staff has no control over the list. Thank you.**



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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 on-line 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)) or contact your local Pierce County Master Gardener at [\(253\) 798-7170](tel:2537987170)

Enjoy your day, everyday and everyway!

Dave



David A. and  
Linda Smith  
Gardening Committee



## Welcome Kian

Welcome Kian, our new dishwasher. Kian was born on December 1st in Tacoma and graduated from Puyallup High School, where he ran Cross Country for a year and enjoyed it. He enjoys skateboarding and playing video games, where Minecraft is his favorite game.

Kian has a Mini Aussie named Ollie and enjoys dogs. He once worked at a dog washing facility and totally enjoyed the dogs. He also worked for a short time as a janitor at a mall.

Kian enjoys music-rap and low-fi (which is calming, relaxing music). He's a Seahawks fan and enjoys attending the games with his mom, who is a huge Seahawks fan.

Kian enjoys working in the kitchen and his favorite part of working here is getting to work with the Seniors.

Kian has a sister who lives in Arizona and is an IC nurse. His dream is to move to Arizona, continue skateboarding, get a good job writing music and enjoy the sun! He plans on moving to Arizona in about a year. We hope he stays here with us. Welcome Kian!



## Special Mentions

Memory Lapse—submitted by Anita Chandler courtesy of Women’s World

Three brothers ages 92, 94 and 96 live together. The 96 year old fills up the bath, puts his foot in and pauses. He yells down the stairs, “Was I getting in or out?” The 94– year old yells back “I don’t know. I’ll come up and see.” He starts up the stairs and pauses. “Was I going up the stairs or coming down?” The 92 year-old is at the kitchen table listening. He says, “I hope I never get that forgetful,” and knocks on wood for good luck. He then yells, “I’ll help both of you as soon as I see who’s at the door.”

Thank you to Martin from Amada!

A special thank you to Martin from Amada for sponsoring our Valentine’s Day lunch! Martin and his company sponsored our musical entertainment and provided dessert for our event! Thank you Martin! You ROCK!!



Thank you!



**I attack when my owner orders me to**

**I attack when my owner is in danger**



**I attack my owner.**



# 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, March 20th**

**Cost: \$10**

### 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.

**Monday, April 28th**

**Cost: \$10.00**

### 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. Gambling and lunch on your own.

**Monday, May 12th**

**Cost: \$10.00**

### Lucky Eagle Casino

Leave the Senior Center at 10:00 am and return around 3:00 pm. Sign up to go to the Lucky Eagle Casino in Rochester, (just a short 45 minutes away) and enjoy a fun time gambling. Gambling and lunch on your own.

**Monday, June 9th**

**Cost: \$10.00**

### 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. Gambling and lunch on your own.

# Senior Center Adventures Cont'd

## **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.

## **Windmill Gardens Tour-Summer**

**Wednesday, March 19th**

Leave the Senior Center at 1:00 pm and return about 3:00 pm

Cost: \$10 for transportation

Take a tour of our local nursey and discover everything you need to get your spring flower beds looking beautiful. Enjoy a 10% Senior Discount on all your purchases.

## 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 2<sup>nd</sup> to guarantee this price.

See a Staff Member for more details and a brochure.

**September 21-28, 2025**

**Nashville, Smoky Mountains & Bluegrass**

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

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

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

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

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

**October 3-10, 2025**

**Discover American Heritage**

**This is a Collette Tours trip.**

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

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

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