

Bonney Lake

Senior Center Newsletter

April 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!

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). 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

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 / 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

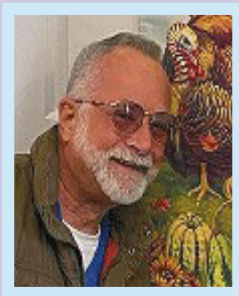


Senior Advisory Board

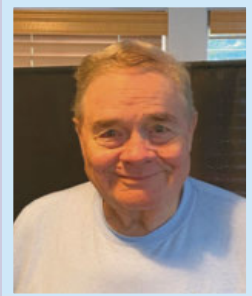


The Senior Advisory Board members work closely with staff to help with a variety of tasks. The Senior Advisory Board, and their volunteers, assist with many fundraising events throughout the year which enables them to help provide funds for special events, work with the Bonney Lake Kiwanis to help seniors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



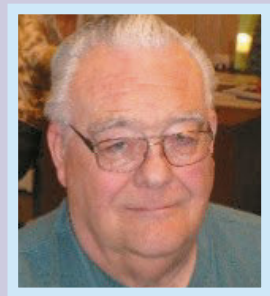
President
Ernie Gilmer



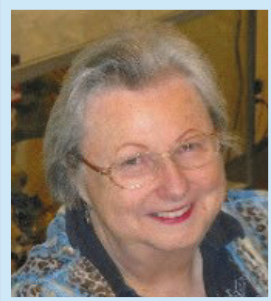
Vice President
Bob Wells



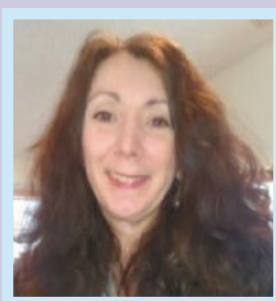
Treasurer
Julianne DeLeo



Assistant Treasurer
Jim Baisch



Secretary
Anita Chandler



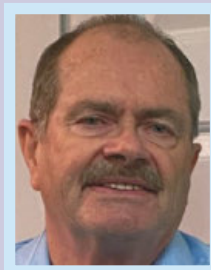
Carrie Maez
Board Member



Diane Stabler
Board Member



David Reed
Board Member



Jim Schaewe
Board Member



Steve Turlo
Board Member



Peggy Lundin
Board Member

Menu

April 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Tube Steak Sole Claws Fools Fries Salad Bar	2 Leila's Lemon Garlic Chicken Rice Pilaf Steamed Broccoli Salad Bar	3 Tender Beef Liver Onions and Bacon Mashed Potatoes with Brown Gravy Peas & Carrots Salad Bar	4 Creamy Tomato Soup w/Grilled Cheese Sandwich on Sourdough Chips Salad Bar
7 Chef's Choice Salad Bar	8 Fettucine Alfredo Sautéed Shrimp Steamed Broccoli Garlic Breadsticks Salad Bar	9 Sloppy Joes Broccoli Salad Crispy Fries Salad Bar	10 Coconut Crusted Tilapia Jasmine Rice Green Beans Tropical Fruit Salad Salad Bar	11 Beef Stew Biscuits Honey Butter Carrot Raisin Salad Salad Bar
14 Fish & Chips Cole Slaw Fresh Fruit Tarter Sauce Salad Bar	15 Chicken Divan Steamed Rice Broccoli Dinner Roll w/Butter Salad Bar	16 Baked Potatoes W/ Bacon Bits, Cheese, Sour Cream, Green Onions, Chili and Butter, Caesar Salad Salad Bar	17 Jay's Shepard Pie w/ Cheesy Mashed Potatoes Vegetables Salad Bar	18 Easter Sliced Honey Ham Scalloped Potatoes Steamed Broccoli Fruit Salad Warm Roll & Butter Easter Dessert
21 Turkey on Croissant w/ Sliced Cheese & Tomato Chips Salad Bar	22 Beef Taco Salad W/Black Beans Sour Cream Guacamole Chips & Salsa Salad Bar	23 Breakfast for Lunch Biscuits & Country Gravy Scrambled Eggs Bacon Salad Bar	24 Beef Stroganoff Egg Noodles Green Beans Salad Bar	25 Spaghetti with Meat Sauce Caesar Salad Garlic Bread Salad Bar
28 Chicken Wings Baked Beans Potato Salad Celery Sticks Salad Bar	29 Pork Cutlets Mashed Potatoes Savory Gravy White Corn Salad Bar	30 Chicken Parmesan Sunshine Carrots Linguine Dinner Roll Salad Bar	<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>	

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To-Go Only April Order-Ahead Lunch Menu

Your Name _____

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Tube Steak Sole Claws Fools Fries Salad Bar To Go <input type="radio"/>	2 Leila's Lemon Garlic Chicken Rice Pilaf Steamed Broccoli Salad Bar To Go <input type="radio"/>	3 Tender Beef Liver Onions and Bacon Mashed Potatoes w/ Brown Gravy Peas & Carrots Salad Bar To Go <input type="radio"/>	4 Creamy Tomato Soup w/Grilled Cheese Sandwich on Sourdough Chips Salad Bar To Go <input type="radio"/>
7 Chef's Choice Salad Bar To Go <input type="radio"/>	8 Fettucine Alfredo Sautéed Shrimp Steamed Broccoli Garlic Breadsticks Salad Bar To Go <input type="radio"/>	9 Sloppy Joes Broccoli Salad Crispy Fries Salad Bar To Go <input type="radio"/>	10 Coconut Crusted Tilapia Jasmine Rice Green Beans Tropical Fruit Salad Salad Bar To Go <input type="radio"/>	11 Beef Stew Biscuits Honey Butter Carrot Raisin Salad Salad Bar To Go <input type="radio"/>
14 Fish & Chips Cole Slaw Fresh Fruit Tarter Sauce Salad Bar To Go <input type="radio"/>	15 Chicken Divan Steamed Rice Broccoli Dinner Roll w/Butter Salad Bar To Go <input type="radio"/>	16 Baked Potatoes W/ Bacon Bits, Cheese, Sour Cream, Green Onions, Chili and Butter, Caesar Salad Salad Bar To Go <input type="radio"/>	17 Jay's Shepard Pie w/ Cheesy Mashed Potatoes Vegetables Salad Bar To Go <input type="radio"/>	18 Easter Sliced Honey Ham Scalloped Potatoes Steamed Broccoli Fruit Salad Warm Roll & Butter Easter Dessert
21 Turkey on Croissant w/ Sliced Cheese & Tomato Chips Salad Bar To Go <input type="radio"/>	22 Beef Taco Salad W/Black Beans Sour Cream Guacamole Chips & Salsa Salad Bar To Go <input type="radio"/>	23 Breakfast for Lunch Biscuits & Country Gravy Scrambled Eggs Bacon Salad Bar To Go <input type="radio"/>	24 Beef Stroganoff Egg Noodles Green Beans Salad Bar To Go <input type="radio"/>	25 Spaghetti with Meat Sauce Caesar Salad Garlic Bread Salad Bar To Go <input type="radio"/>
28 Chicken Wings Baked Beans Potato Salad Celery Sticks Salad Bar To Go <input type="radio"/>	29 Pork Cutlets Mashed Potatoes Savory Gravy White Corn Salad Bar To Go <input type="radio"/>	30 Chicken Parmesan Sunshine Carrots Linguine Dinner Roll Salad Bar To Go <input type="radio"/>		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

April 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 9:30-11:30 Music Jam 12pm Lunch 1:00-2:30-Tech Time</p>	<p>2 9-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo</p>	<p>3 10:30 Tai Chi 12pm Lunch 1-2:30-Jeanie's Craft Class 1-3 Card Games 1:15-3:15-Card Making Class</p>	<p>4 12pm Lunch 1-3:30 Shopping Trip 7pm Family Bingo</p>
<p>7 10-11-Brew Crew 12pm Lunch 1-2-Mexican Train Dominos 1:30-2:30 Line Dancing 2-2:30-Food Bank</p>	<p>8 9:30-11:30 Music Jam 12pm Lunch 1:30-3:30-Diamond Art</p>	<p>9 9-12 Happy Hookers 10-11-Chat with Chief 12pm Lunch 1:15pm Senior Bingo</p>	<p>10 10:30 Tai Chi 12pm Lunch 1-4—Legal Guidance 1-3 Card Games</p>	<p>11 12pm Lunch 1-3:30 Titanic Tea 1-3:30 Shopping Trip 7pm Family Bingo (Easter Theme)</p>
<p>14 10-11-Brew Crew 11-12 BP Checks 12pm Lunch 1-2-Mexican Train Dominos 1:30-2:30 Line Dancing</p>	<p>15 9:30-11:30 Music Jam 12pm Lunch 12:30-1:30-Medicare Chat with Ernie 3-4 Advisory Board Mtg</p>	<p>16 9-12 Happy Hookers 10-11-1st Responders- Keep it Legal 12pm Lunch 1:15pm Senior Bingo 4:30 Juliet's@ Dixie's</p>	<p>17 10-2 Haircuts by Becky 10:30 Tai Chi 12pm Lunch 2-3 Caregivers Supp. 1-3 Card Games</p>	<p>18 Easter Lunch 10-10:45 Egg Hunt 10:30-12:00-Music by Randy Litch 12pm Lunch 1-3:30 Shopping Trip 7pm Family Bingo</p>
<p>21 10-12-Diabetic Shoe Fitting 10-11-Brew Crew 12pm Lunch 1-2-Mexican Train Dominos 1:30-2:30 Line Dancing</p>	<p>22 9:30-11:30 Music Jam 12pm Lunch 1:00-2:00 Personal Safety Class</p>	<p>23 9-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo</p>	<p>24 10:30-12:00-Music by Terry Bartelme 10:30 Tai Chi 12pm Lunch 1-3 Card Games Birthday Celebration</p>	<p>25 9-3 Foot Care 12pm Lunch 1-3:30 Shopping Trip 1:30-3:30-Art w/Anita 5-7 Spaghetti Feed Fund Raiser 7pm Family Bingo</p>
<p>28 10-11-Brew Crew 12pm Lunch 1-2-Mexican Train Dominos 1:30-2:30 Line Dancing</p>	<p>29 9:30-11:30 Music Jam 12pm Lunch</p>	<p>30 9-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo</p>		

Available Services

Lunch Service

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 Marv From Hair Lounge

When: Friday, May 2nd

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.

Free Haircuts by Becky from Manhattan Design

When: Thursday, April 17th

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.

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.

Free Legal Advice

Our Legal Assistance Program provides you with the opportunity to discuss a legal question that you may have with a licensed attorney without any charge or fee for the first appointment. Mr. Inslee will meet the 2nd Thursday of the month from 1:00-4:00 pm. This program is made possible due to the volunteer services of Washington attorney Evan E. Inslee of Bonney Lake. Please call to schedule your 30 minute appointment.

Shopping Trips

Every Friday

1:00pm-3:30pm

Let's do a little light shopping. Kerry will be leaving at 1:00pm to take seniors home and also drop people off to shop for a few things. You will be dropped off at Wal-Mart, Fred Meyer, or Safeway. Please let Kerry know if you would like to go shopping by 9:00am that day.

Available Services Cont'd

Tech Time with Bonney Lake Library

When: 1st Tuesday of the month

Time: 1:00-2:30

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

Craft Sale

When: Friday, May 23rd

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, April 17th

Time: 2:00-3:00pm

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.

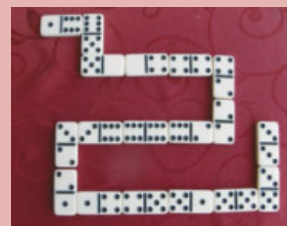
Sunshine Lady

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 Friday nights to purchase your packages. We begin selling packages at 12:45pm on Wednesday afternoons and 6:00pm on Friday nights.

The 2nd Friday of each month will be designated as a themed bingo event. Friday, April 11th, will be designated as an Easter event. Anyone who wears a visible article of clothing that is Easter themed or brings a stuffed rabbit 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 25th (date change)
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 \$16.00 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.

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

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.



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!

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!

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.

Card Making Class

When: 1st Thursday of Month

Time: 1:15-3:15

Cost: \$6.00

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

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.

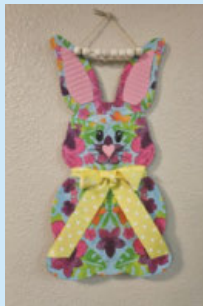
Jeanie's Easter Craft Class

When: Thursday, April 3rd

Time: 1:00-2:30

Cost: \$10 (all materials provided)

Come join Jeanie Tidd and her adorable crafts and create an easter craft to take home or to give as a gift. All materials are provided. See a staff member to sign up and pay.



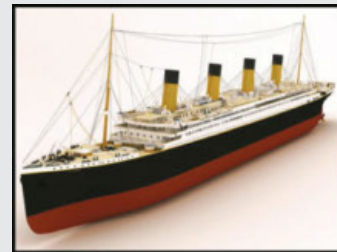
Titanic Tea

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.



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



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. Spring into action. See a staff member to sign up and pay at sign up.

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.

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.

Trivia Contest

Date: TBD (May)
Time: 10:00-12:00
No cost

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

4th of July

Thursday, July 3rd
10:30-12:30
Cost \$8.00

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



Special Events Cont'd

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.

Oktoberfest

Date: Friday, October 3rd

Time: 10:30-12:00

Cost: \$8.00

Jim Lapsansky will be here with his amazing accordion playing polka music. There will be games, dancing, and a special lunch menu. A fun time will be had by all. Please sign up in the special events binder and pay at time of sign up.



Grandparents Day

Friday, September 5th

10:30-12:00

Cost \$8.00

Join us for Grandparents Day with music by Patty & the Traveling 4, followed by a special lunch. Please sign up in the special events binder and pay at time of sign up.

Halloween Costume Party and lunch

Join us for a fun filled Halloween Event with a costume contest. A prize will be awarded to the best Halloween Costume. Musical Entertainment by Randy Litch. Music is from 10:30-12:00 with a special lunch served at 12:00-12:30. Sign up in the office

Friday, October 31st

Time: 10:30-12:00

Cost : \$8.00



Hippie Day

Friday, September 19th

10:30-12:00

Cost \$8.00

Join us for a fun filled event with tie-dye and dancing to the music of Randy Litch, followed by a special lunch. Please sign up in the special events binder and pay at time of sign up.

Have an idea for a special event you'd like to see at our Center? See a staff member to let us know what your idea is.

Health and Wellness

Free Blood Pressure Checks

by Celebrate Seniority

When: Monday, April 14th

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, April 25th

9am to 3pm

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



Personal Safety Class

Tuesday, May 27th

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 Observe and Report.



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
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—TBD
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—TBD



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Word Search

Easter

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

RABBIT
HOP
CHOCOLATE
MARCH
HUNT
EGGS
FIND
BASKET
SPRING
HOLIDAY
EASTER
CANDY
SUNDAY
BUNNY

Play this puzzle online at : <https://thewordsearch.com/puzzle/261/>

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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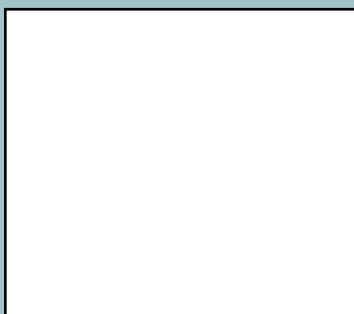


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Things you need to Know

Senior Center Closures

Memorial Day—Monday, May 26th

Juneteenth—Thursday, June 19th

4th of July—Friday, July 4th

Labor Day—Monday, September 1st

Veteran's Day—Tuesday, November 11th

Thanksgiving Holiday—Thursday, November 27th thru
Friday, November 28th

Christmas Holiday—Wednesday, December 24th thru
Thursday, December 25th

New Years Day—Thursday, January 1st, 2026



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: Spring into action



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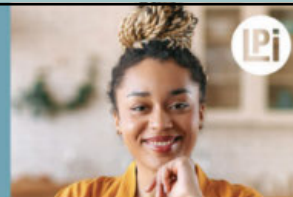
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C 4C 05-1036

Tribute to Pam Camp by Sue



Pam's Memorial Service will be held on Sunday, April 6th from 12:00-2:00 pm at the Bonney Lake Senior Center.

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.

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

March and early April are the perfect time to give your shrubs and trees a little attention to help them thrive throughout the growing season. As the weather starts to warm up, pruning becomes an essential task to encourage healthier growth and maintain the shape of your plants. Pruning at the right time ensures that your trees and shrubs will have the best chance to bloom and produce new growth in the months ahead. While it can be easy to overlook, proper pruning in March/April can improve air circulation, remove any dead or damaged wood, and even prevent certain pests from settling in. It is also a terrific way to manage the size and shape of your plants, so they don't become overgrown. Whether it is for aesthetics or plant health, pruning now sets the stage for a vibrant and well-kept garden to come.

Pruning roses in early spring encourages vigorous growth and abundant blooms. Focus on opening the center of the bush to allow light and air to penetrate, essential for disease prevention. Shape the plant by trimming branches back to an outward-facing bud. March/April is ideal for pruning hydrangeas to promote lush blooms. Focus on thinning out the center of the plant to enhance air circulation and sunlight exposure. Prune back to healthy buds, which will direct new growth outward, contributing to a balanced shape. It is also the time to prune lavender, ensuring it remains compact and productive. Focus on removing no more than a third of the plant to avoid damaging new growth. This practice encourages bushier plants with more blooms. Pruning lilacs in early spring helps produce more blooms and maintain a healthy shrub. Focus on thinning out the oldest stems, which can become unproductive over time. Cut back to a young shoot to encourage vigorous growth. April is the ideal time to prune boxwoods, keeping them tidy and healthy. Focus on shaping the shrub to maintain its compact form. Trim back new growth to encourage a dense structure, enhancing its visual appeal.

The butterfly bush benefits from pruning in March, enhancing its lushness. Focus on shaping the plant by trimming it to a manageable size. This helps in maintaining a compact form, encouraging more blooms. Early spring is the time to tidy up azaleas, fostering healthier growth. Focus on shaping the bush to ensure a compact form. This helps prevent ligands and encourages more blooming. Pruning not only enhances its appearance but supports robust growth.

Pruning rhododendrons in March boosts their vigor and bloom quality. Focus on trimming back leggy growth to maintain a compact shape. This encourages a dense structure, supporting more flowers.

Clematis benefits from pruning in April, setting the stage for an impressive bloom. Focus on cutting back to strong buds, shaping the vine for a balanced look. This encourages new growth, leading to more flowers. March is ideal for pruning Spirea to maintain its natural elegance. Focus on shaping the bush to keep its graceful form. This encourages more blooms and a fuller appearance. Pruning magnolias in early spring enhances their grandeur and health. Focus on shaping the tree to maintain its natural form, cutting back to healthy wood. This not only supports robust growth but highlights its stunning flowers. Remember to use clean, sharp tools with the proper safety gear to work in your garden. Volunteers have been a tremendous help with our garden spring cleaning from the Kiwanis club and Calgary Church. Along with Linda Smith, we thank them all.

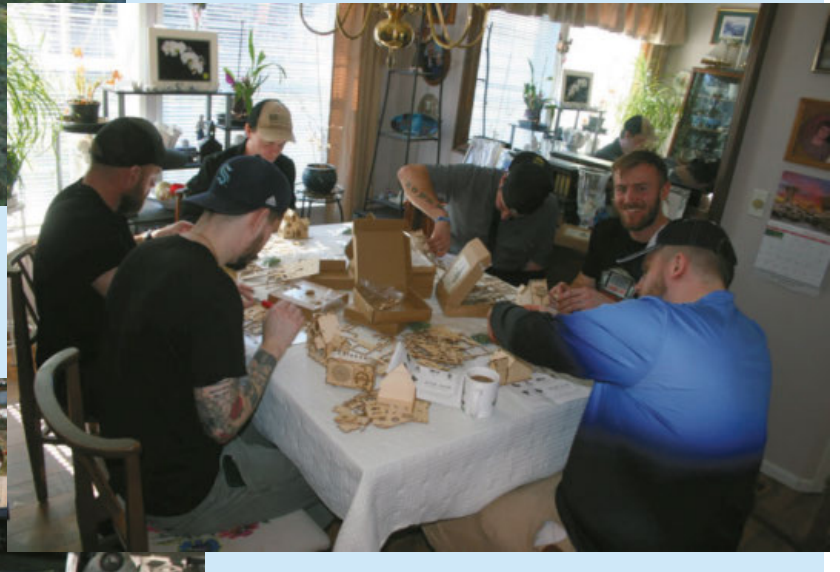
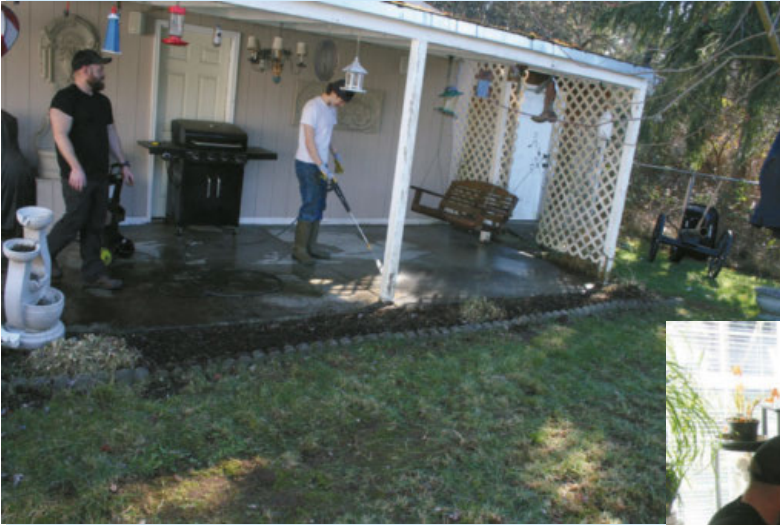
Enjoy your day, every day: Dave PCMG



David A. and
Linda Smith
Gardening Committee

Community Serves

Kerry LeBleu, our wonderful van driver, who started the Blessing Movement, partners with local businesses to serve our Community 3 times a year (March, May & October). This March, the Blessing Movement partnered with Bonney Lake Sumner School District and Calvary Community Church in Sumner and provided 125 volunteers to go out into the community and work at pre-approved locations. The volunteers worked at 18 different businesses/residences (2 of our members homes, our Senior Center and the Lone Cedar Mobile Home Park were some of the places they served). The Calvary Community Church made and provided 125 sack lunches for the volunteers. Way to go Kerry and the wonderful Volunteers!



Alzheimer's Walk & Spaghetti Feed Fund Raiser

Thank you to Joy Cartmel and Sue Hilberg for signing up to walk with us again this year!

Alzheimer's Spaghetti Feed Fund Raiser

Date: Friday, April 25th

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, 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. 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



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

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 Tacoma and enjoy a fun time gambling. Gambling and lunch on your own.

Tuesday May 13, 2025

Port of Tacoma free Bus Tour

This is a Senior Center Bus Trip

Leaving Senior Center at 11:30. Return at 4 p.m. Join the Bonney Lake Senior Center for a bus tour with the Port of Tacoma. On the tour you will get an exclusive behind the scenes look at one of the top-ten container ports in North America! You will see HUGE cranes up close, some of the largest ships in the world, and learn about the diversity of cargo entering and leaving YOUR Port of Tacoma! The tour will commence at the Fabulich Center from 1-3 p.m. **SEATING IS LIMITED and registration is required.** RSVP, First come first served.

Senior Center Adventures Cont'd

Shen Yun

Thursday, April 3rd

11:00 am—6:00 pm

Cost: \$100 per person

A unique artistic vision expands theatrical experience into a multi-dimensional, deeply moving journey through one of humanity's greatest treasures—the five millennia of traditional Chinese culture.

Friday, April 4, 2025

Skagit Valley Tulip Festival – Night Bloom, Day visit & u-pick.

This is Senior Center Trip

Cost: approx. \$144. Per person total, \$10 for transportation, includes hotel \$110, breakfast, Night Bloom \$9 and Day Visit \$15 entrance fees. We will check into the La Conner Inn at the heart of La Conner, minutes from the tulip fields. Each newly refreshed double occupancy room includes : gas fireplace, continental breakfast, parking, wi-fi and afternoon coffee & cookies. After checking into the hotel, dinner is on our own. Dine in the hotel, or one of several restaurants within a block. We will meet in the hotel lobby at 7:15 to go to the Night Bloom. Tulips may sleep at night, but the colors don't! Join us for some nighttime senior fun and fancy with black lights, lasers, and music! The next morning after breakfast and check-out we will head back to the Tulip Fields. Slow down and enjoy the space to breathe in spring strolling on the grass walkways between rows of tulips and hazelnut trees. Visitors can enjoy free Tulip Talk with Farmer Andrew, farm animals, and beautiful photo opportunities! Each admission ticket includes access to: Tulip Talk with Farmer Andrew, Farm animals, 10 acres of tulips with 140 varieties, The display gardens, Free audio tour, Numerous photo ops and MORE!

Tuesday, April 15th 2025

Washington State (Puyallup) Spring Fair

Cost: \$10 for transportation and parking, fair entry \$13.00 before April 3rd. (pay \$23 to BLSC) food and souvenirs on your own. Leaving Senior Center at 9:30 AM on Thursday. Return 5:00 PM

Spring is in the air and Spring Fair 2025 is just around the corner, fun, food and excitement. From the rumbling engines of Motorsport Mayhem to fan-favorites DockDogs (amazing dogs dashing down a 40' runway and sailing into a pool filled w/27,000 gallons of water) , Racing Pigs and BBQ Playoffs (where you taste the competitor's delicacies). Cutest critters at the Fair Farm, Entertainment, Boutiques and Artisan Market.

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.

Senior Center Adventures Cont'd

Baseball Games with Kerry Cont'd

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.

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.