

Bonney Lake

Senior Center Newsletter

May 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

lebleuk@bonneylake.gov
253-447-4328

Senior Aide

Shari Jones

joness@bonneylake.gov
253-447-4340

Staff

Kitchen Staff

Head Cook

Jay Shideler

shidelerj@bonneylake.gov
253-447-4334

Assistant Cook

Karen Berto

bertok@bonneylake.gov

Assistant Cook

TBD

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 Kathryn Evans

Your Local Medicare Insurance Broker

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

Kathryn Evans, *Licensed Insurance Broker*

253.861.2959 or 253.231.8896

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

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

Place Your Ad Here and Support our Community!

Instantly create and
purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME

Bill Clough

wclough@lpicommunities.com

(800) 950-9952 x2635



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Bonney Lake Senior Center, Bonney Lake, WA

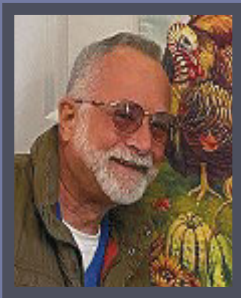
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Senior Advisory Board

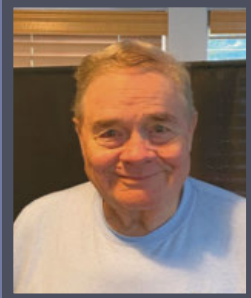


The Senior Advisory Board members work closely with staff to help with a variety of tasks. The Senior Advisory Board, and their volunteers, assist with many fundraising events throughout the year which enables them to help provide funds for special events, work with the Bonney Lake Kiwanis to help seniors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

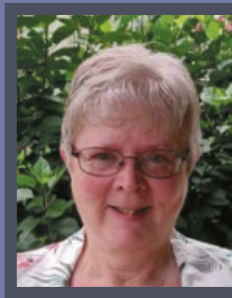
The Board holds their meetings on the 3rd Tuesday of each month at 3:00 pm at the Senior Center.



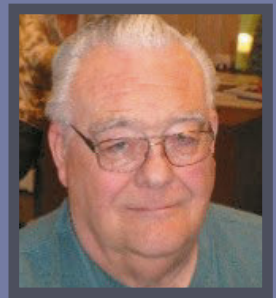
President
Ernie Gilmer



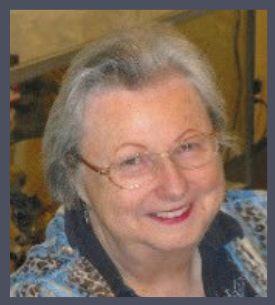
Vice President
Bob Wells



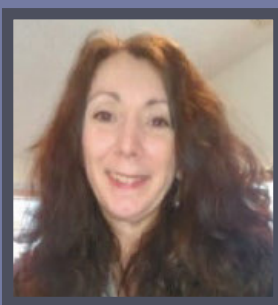
Treasurer
Julianne DeLeo



Assistant Treasurer
Jim Baisch



Secretary
Anita Chandler



Carrie Maez
Board Member



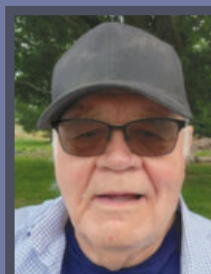
Diane Stabler
Board Member



David Reed
Board Member



Jim Schaewe
Board Member



Steve Turlo
Board Member



Peggy Lundin
Board Member

Menu


May 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Dine-in Lunch service Monday—Friday 12-12:30pm</p> <p>To Go meals served 11:30-12:00</p> <p>**Alternate meals available only for Fish/Seafood and Liver/Onions</p>			<p>1 Crispy Panko Tilapia Green Petite Peas Au Gratin Potatoes Salad Bar</p>	<p>2 Sweet & Sour Meatballs Jasmine Rice Stir-fry Vegetables Egg Rolls Salad Bar</p>
<p>5 Cinco De Mayo Chicken Enchilada Casserole Sour Cream Guacamole Salsa Chips Churros & Salad Bar</p>	<p>6 Bacon Chicken Burgers Crispy French Fries Cole Slaw w/ Pineapple Salad Bar</p>	<p>7 Jay's Savory Meatloaf Mashed Potatoes Brown Gravy Green Beans Salad Bar</p>	<p>8 Polish Sausage Skillet Peppers, Onions & Potatoes Braised Sauerkraut Peach Half Salad Bar</p>	<p>9 Mother's Day Chicken Cordon Bleu Carrots Roasted Baby Reds Strawberry Spinach Salad Fresh Baguettes Dessert</p>
<p>12 Yakisoba Chicken w/ Noodles Asian Vegetables Pot Stickers Fortune Cookies Salad Bar</p>	<p>13 Philly Cheesesteak Sandwiches Sweet Potato Fries Carrot Raisin Salad Salad Bar</p>	<p>14 Mac & Cheese w/ Ham Steamed Broccoli Garlic Breadsticks Salad Bar</p>	<p>15 Open Faced Turkey Sandwich w/Gravy Mashed Potatoes Cranberry Sauce Peas & Carrots Salad Bar Birthday Celebration</p>	<p>16 Beef Lasagna Mixed Vegetables Garlic Bread Salad Bar</p>
<p>19 Asian Spinach Salad w/Grilled Chicken, Strawberries & Sliced Almonds Sesame Dressing Dinner Roll Salad Bar</p>	<p>20 Cornflake Chicken Wild Rice Blend Buttered Corn Salad Bar</p>	<p>21 Slow Roasted Pork Sauteed Zucchini Mashed Potatoes Applesauce Salad Bar</p>	<p>22 Memorial Day BBQ'd Burgers & Dogs Sliced Tomatoes Grilled Onions Potato Salad Watermelon Slices Dessert</p>	<p>23 Spaghetti with Meat Sauce Caesar Salad Garlic Bread Salad Bar</p>
<p>26</p> 	<p>27 Chef's Choice Salad Bar</p>	<p>28 Jay's Famous Tater Tot Casserole Green Beans Pear Half Salad Bar</p>	<p>29 Chicken Fried Steak Mashed Potatoes w/ Gravy Mixed Vegetables Salad Bar</p>	<p>30 Fish Sticks & Corn Dogs Tater Tots Corn on the Cob Mandarin Oranges Salad Bar</p>

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To-Go Only April Order-Ahead Lunch Menu

Your Name

Monday	Tuesday	Wednesday	Thursday	Friday
<p>If you are getting your lunch delivered or To-Go, please fill out the order ahead menu or <u>call in by 10am the morning of your pickup</u>. If you are dine-in, you do not need to fill out the order ahead menu or call us.</p>			<p>1 Crispy Panko Tilapia Green Petite Peas Au Gratin Potatoes Salad Bar</p> <p>To Go <input type="radio"/></p>	<p>2 Sweet & Sour Meatballs Jasmine Rice Stir-fry Vegetables Egg Rolls Salad Bar</p> <p>To Go <input type="radio"/></p>
<p>5 Cinco De Mayo Chicken Enchilada Casserole Sour Cream Guacamole Salsa, Chips Churros & Salad Bar</p> <p>To Go <input type="radio"/></p>	<p>6 Bacon Chicken Burgers Crispy French Fries Cole Slaw w/ Pineapple Salad Bar</p> <p>To Go <input type="radio"/></p>	<p>7 Jay's Savory Meatloaf Mashed Potatoes Brown Gravy Green Beans Salad Bar</p> <p>To Go <input type="radio"/></p>	<p>8 Polish Sausage Skillet Peppers, Onions & Potatoes Braised Sauerkraut Peach Half Salad Bar</p> <p>To Go <input type="radio"/></p>	<p>9 Mother's Day Chicken Cordon Bleu Carrots Roasted Baby Reds Strawberry Spinach Salad Fresh Baguettes Dessert</p> <p>To Go <input type="radio"/></p>
<p>12 Yakisoba Chicken w/Noodles Asian Vegetables Pot Stickers Fortune Cookies Salad Bar</p> <p>To Go <input type="radio"/></p>	<p>13 Philly Cheesesteak Sandwiches Sweet Potato Fries Carrot Raisin Salad Salad Bar</p> <p>To Go <input type="radio"/></p>	<p>14 Mac & Cheese w/ Ham Steamed Broccoli Garlic Breadsticks Salad Bar</p> <p>To Go <input type="radio"/></p>	<p>15 Open Faced Turkey Sandwich w/Gravy Mashed Potatoes Cranberry Sauce Peas & Carrots Salad Bar</p> <p>To Go <input type="radio"/></p> <p>Birthday Celebration</p>	<p>16 Beef Lasagna Mixed Vegetables Garlic Bread Salad Bar</p> <p>To Go <input type="radio"/></p>
<p>19 Asian Spinach Salad w/Grilled Chicken, Strawberries & Sliced Almonds Sesame Dressing Dinner Roll Salad Bar</p> <p>To Go <input type="radio"/></p>	<p>20 Cornflake Chicken Wild Rice Blend Buttered Corn Salad Bar</p> <p>To Go <input type="radio"/></p>	<p>21 Slow Roasted Pork Sauteed Zucchini Mashed Potatoes Applesauce Salad Bar</p> <p>To Go <input type="radio"/></p>	<p>22 Memorial Day BBQ'd Burgers & Dogs Sliced Tomatoes Grilled Onions Potato Salad Watermelon Slices Dessert</p> <p>To Go <input type="radio"/></p>	<p>23 Spaghetti with Meat Sauce Caesar Salad Garlic Bread Salad Bar</p> <p>To Go <input type="radio"/></p>
<p>26</p> 	<p>27 Chef's Choice Salad Bar</p> <p>To Go <input type="radio"/></p>	<p>28 Jay's Famous Tater Tot Casserole Green Beans Pear Half Salad Bar</p> <p>To Go <input type="radio"/></p>	<p>29 Chicken Fried Steak Mashed Potatoes w/ Gravy Mixed Vegetables Salad Bar</p> <p>To Go <input type="radio"/></p>	<p>30 Fish Sticks & Corn Dogs Tater Tots Corn on the Cob Mandarin Oranges Salad Bar</p> <p>To Go <input type="radio"/></p>

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Events

May 2025

Monday	Tuesday	Wednesday	Thursday	Friday
			1 10:30 Tai Chi 12pm Lunch 1-3 Card Games	2 10-12 Trivia Contest 10-12 Haircuts by Marv 12pm Lunch 1-3:30 Shopping Trip 7pm Family Bingo
5 Cinco De Mayo 10-11-Brew Crew 10:30-12 Music by Jim Meck 12pm Lunch 1-2-Mexican Train Dominos 1:30-2:30 Line Dancing 2-2:30-Food Bank	6 9:30-11:30 Music Jam 12pm Lunch 1:00-2:30-Tech Time	7 9-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo	8 10:30 Tai Chi 12pm Lunch 1-4—Legal Guidance 1-3 Card Games	9 Mother's Day 10:30-12:00 Music by Roaring 2020's 12pm Lunch 1-3:30 Shopping Trip 7pm Family Bingo (Mother's Day Theme)
12 10-11-Brew Crew 11-12 BP Checks 12pm Lunch 1-2-Mexican Train Dominos 1:30-2:30 Line Dancing	13 9:30-11:30 Music Jam 12pm Lunch 1:30-3:30-Diamond Art	14 9-12 Happy Hookers 10-11-Chat with Chief 12pm Lunch 1:15pm Senior Bingo	15 10-2 Haircuts by Becky 10:30 Tai Chi 12pm Lunch 2-3 Caregivers Supp. 1-3 Card Games Birthday Celebration	16 12pm Lunch 1-3:30 Shopping Trip 7pm Family Bingo
19 10-11-Brew Crew 12pm Lunch 1-2-Mexican Train Dominos 1:30-2:30 Line Dancing 2-2:30-Food Bank	20 9:30-11:30 Music Jam 12pm Lunch 12:30-1:30-Medicare Chat with Ernie 1:15-3:15-Card Making Class 3-4 Advisory Board Mtg	21 9-12 Happy Hookers 10-11-1st Responders 12pm Lunch 1:15pm Senior Bingo 4:30 Juliet's@ Windmill	22 Memorial Lunch 10:30-12:00-Music by Front Porch Band 10:30 Tai Chi 12pm Lunch 1-3 Card Games	23 9-3 Foot Care 10-2 Craft Sale 12pm Lunch 1-3:30 Shopping Trip 1:30-3:30 Art w/Anita 5-7 Spaghetti Feed 7pm Family Bingo
26 10-11-Brew Crew 12pm Lunch 1-2  ain Don 1:30-2:30 Line Dancing	27 9:30-11:30 Music Jam 12pm Lunch 1:00-2:00-Personal Safety Class	28 9-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo	29 10:30 Tai Chi 12pm Lunch 1-3 Card Games	30 12pm Lunch 1-3:30 Shopping Trip 7pm Family Bingo

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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 Becky from Manhattan Design

When: Thursday, May 15th

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 Guidance

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.

Mr. Inslee will meet upstairs so if you have an appointment with him, please drive around to the back side of the building and park and walk up the ramp into the upstairs area for your appointment.

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.

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, 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. **(May's Birthday celebration is on May 15th due to schedule conflict)**

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, May 15th

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 Fridays 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, May 9th, will be designated as Mother's Day event. Bring a picture of your mom and 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, June 20th

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.

5/21/25—Windmill Bistro

6/18/25—Island Lodge by Al Lago

7/16/25—Aversano's

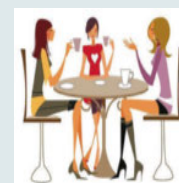
8/20/25—Round Table Pizza

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: 3rd Tuesday of every month (day change)

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.

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.

Cinco De Mayo Lunch

Monday, May 5th

10:30-12:30

Cost \$8.00

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

Father's Day Lunch

Friday, June 13th

Time: 10:30-12:00

Cost: \$8.00

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

Mother's Day Lunch

Friday, May 9th

Time: 10:30-12:00

Cost: \$8.00

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

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.

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, June 18th

Time: 10:00-11:00

Cost: No Cost



Special Events Cont'd

Trivia Contest

Date: May 2nd

Time: 10:00-12:00

No cost

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

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.

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.



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.

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.



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.

Special Events Cont'd

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.

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.



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



Veteran's Day Lunch

We want to sincerely thank all former and current service members for your dedication and sacrifice for our great nation! To honor them we will be having a Veteran's Lunch. If you are a current or former service member, your lunch will be free! If you're not a veteran, we hope you'll join us for dancing and lunch and to help us honor our amazing Veterans! John Taylor Hardin will be playing for your dancing and listening pleasure from 10:30-12:00.

Our apologizes but space is limited so if you do not make a reservation, you will be turned away at the door. Please sign up early.

We'd like to thank Ron Walker for putting together an amazing slide show honoring our Veterans.

Date: Monday, November 10th

Time: 10:30-12:00

Lunch: 12:00-12:30

Cost: \$8.00 (if you're a veteran, it's free)



Health and Wellness

Free Blood Pressure Checks

by Celebrate Seniority

When: Monday, May 12th

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, 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, May 23rd

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
5/5/25—Cinco De Mayo—Jim Meck
5/9/25—Mother's Day—Roaring 2020's
5/15/25—Birthday Thursday—Family Jubilee—Peggie Brock
5/22/25—Memorial Day— Front Porch Band
6/13/25—Father's Day—Jim Meck
6/26/25—Birthday Thursday—Family Jubilee—Peggie Brock
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—Family Jubilee—Peggie Brock
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

www.psdgraphics.com



Word Search

Mother's Day

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

COOKING
GIVING
KISSES
NURTURING
SWEET
MOTHER
WIFE
LISTEN
DRIVING
FATHER
SUNDAY
FEEDING
DAUGHTERS
HUGS
SONS
FLOWERS
ADVICE
PATIENT
CARING
GIFTS

Play this puzzle online at : <https://thewordsearch.com/puzzle/398/>

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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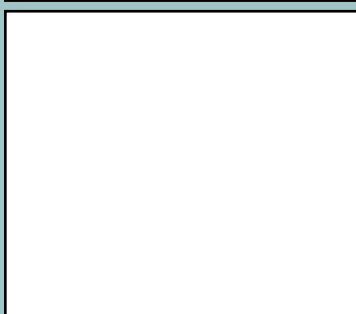


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Things you need to Know

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: Choose to be happy every day.



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



Where dignity & compassion meet

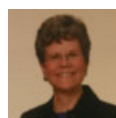
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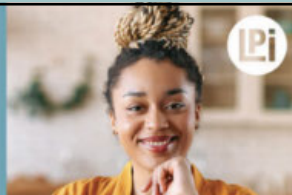
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Guess the Movie

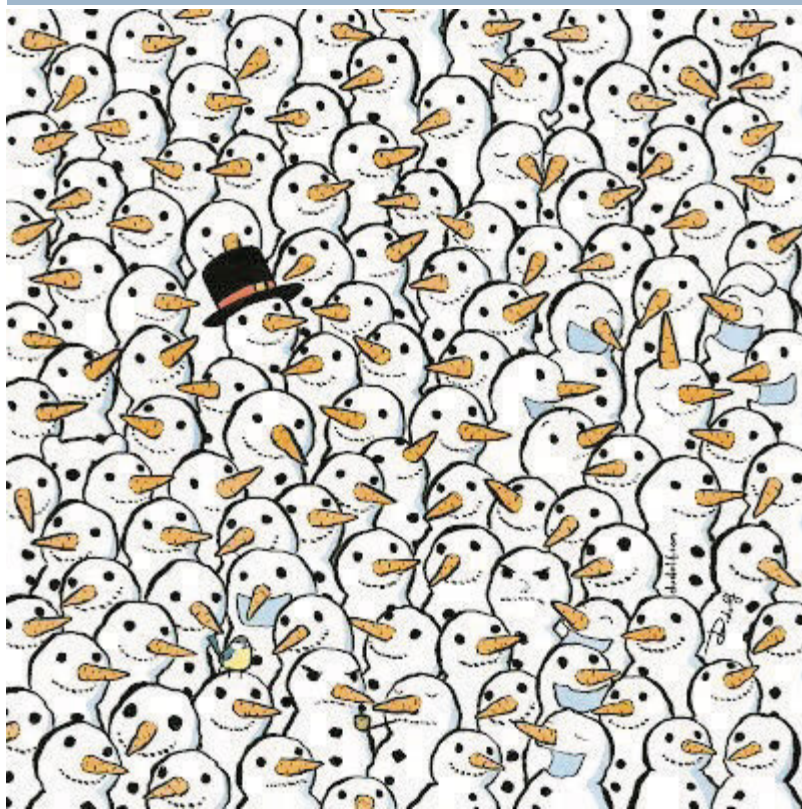
Answers on Page 25

GUESS THE MOVIE FROM THE EMOJI



cookist

Find the Teddy Bear



Can you find the Teddy Bear?

Answer on page 25

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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

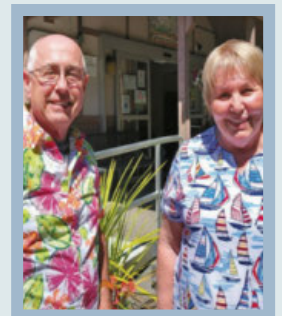
We all see these new homes, more like dwellings, that are being built in every nook and cranny space that is left open in Bonney Lake. Small is too big of a word to describe these places, yet home to someone who just might need a garden to bring that little bit of solitude to your soul as the day goes on. Consultants and garden educators like the Pierce County Master Gardeners have taken up the challenge to design gardens and to educate the community on small footprint gardens. With small gardening in mind; here are a few of the basics you can follow to grow a successful garden in limited areas.

Location, location, location is finding the area that you have where at least 6 hours of full sun and access to water for high care plantings in containers. Veggies need plenty of care so having containers near your kitchen door or main pathways will make watering and other garden maintenance that much easier. Remember to make your planting beds narrow so that they can be easily reached across. Containers should be at least 3-4 gallon capacity with a minimum of 12" in depth. Large containers have more space for roots and holding capacity for water so fill the container full of good soil with additional mineral nutrients added. Use different containers and techniques to take advantage of the small space.

Vertical growing can be the answer for growing in a small space. This technique tends to be the best gardening practice for a lot of plant species while increasing the diversity of the plants that you grow. Vertical growing lets air circulate among the plants which helps control disease and pest problems. With a vertical garden think "trellis". Not only will a trellis be useful to support your plants but it will also create a visual interest for your garden. Build your trellis well as it will eventually be supporting a lot of weight on those days when the wind is blowing and the rain is falling hard. You can be creative or not fancy at all but build your trellis tall, maybe a foot higher than the plants ultimate height. Combinations of bamboo, string, wire fencing or any study pole will function to get your plants off the ground. Have fun, as the trellis will be hidden by the plants in a few short weeks. Next you will need to train your plants. Choose varieties that ripen or flower over a long period of time and look for plants that are known climbers.

You are looking for a great variety of plants so make it over to the Pierce County Master Gardeners plant sale the last weekend of April at the University Extension on Pioneer Way South in Puyallup. I also recommend seeing the rhododendron garden in Federal Way for a glimpse of how a professional garden makes the magic happen.

Enjoy your day, every day:
Dave PCMG



David A. and
Linda Smith
Gardening Committee

Alzheimer's Walk & Spaghetti Feed Fund Raiser

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

Alzheimer's Spaghetti Feed Fund Raiser

Date: Friday, May 23rd

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. Choose to be happy every day. Dinner includes Jay'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.

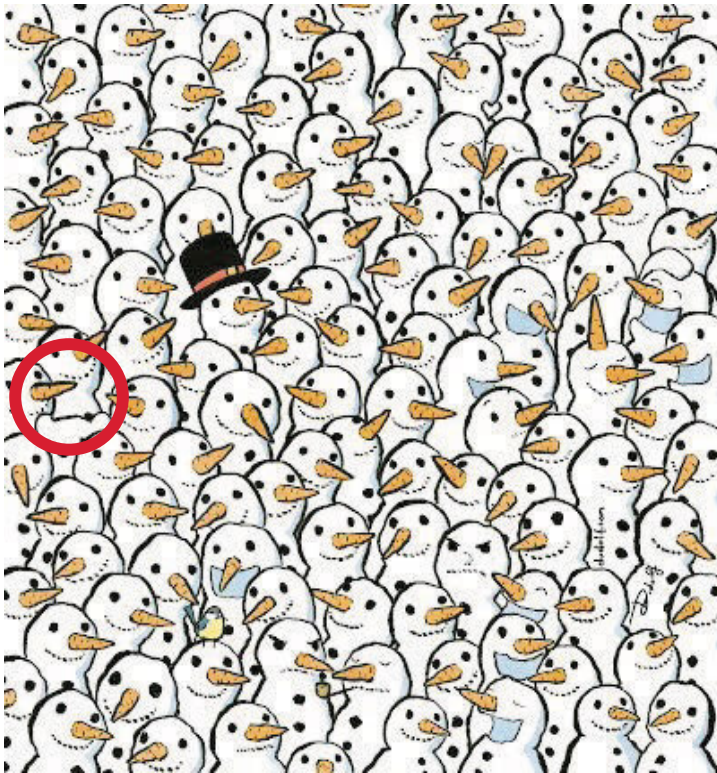
The 2025 Alzheimer's Walk has been scheduled for Saturday, October 11th, registration begins at 10:00 am, Ceremony begins at 11:00 am and the Walk begins at 11:30 am. Our team from last year (Forget Me Nots) has been activated for the walk this year, so if you want to participate this, please see Shari 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



Things for Fun and Information

From page 21



From page 20



Ratatouille



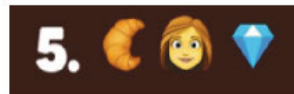
Charlie & the
Chocolate Factory



Eat, Pray, Love



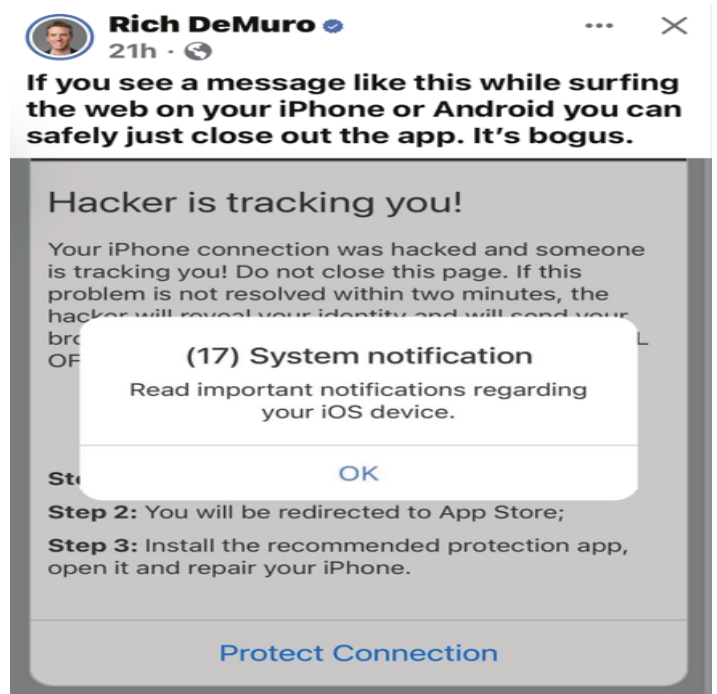
Cloudy with a
chance of Meatballs



Breakfast at Tiffany's



Chocolat



Rich DeMuro is a Tech guy who has a radio show and information podcast to help people with technology.

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, 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: \$5.00

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.

Thursday May 22, 2025

Leave at 1:30pm and return by 5pm

Ed Hume Seeds Garden Tour

Please join us for this amazing outdoor adventure in our own back yard...the beautiful Pacific Northwest. Ed Hume Seeds is a family owned and operated business located in Puyallup. "We've been selling the highest quality seeds and garden products since 1977."

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.

Special Advance Notice of Up-Coming Tour Company Trips

Monday, December 1—December 8, 2025

Key West, Florida

This is a Senior Center Trip.

Park behind the Police Department in Bonney Lake, catch the Shuttle Bus at 10:00 am Cost: From \$2,440 per person for 7 days, oceanside resort, includes breakfast, Sunset Dinner Cruise and two surprise excursions. This is a budget-friendly, relaxing trip, lunch and dinners at your own. Several excursions with plenty of time to soak up the sun, shop or wander on your own choice of upgraded excursions: sail on a schooner w/wine and hors-d'oeuvres, swim w/dolphins, explore the Ernest Hemingway home and Museum (and see living descendants of his 6 toed cats), the butterfly conservatory, fishing charters, conch tour train, snorkeling or glass bottom boats. Price includes round trip non-stop airfare from Sea-Tac to Key West, plus air taxes and fees/surcharges and hotel transfer round trip. Hampton Inn Key West, Double Occupancy, 6 nights room and tax (Resort fee paid locally if applicable).

Senior Center Adventures Cont'd

Thursday, April 16th, 2026

"The Big Island" Hawaii

This is a Senior Center Trip

Cost: From \$2390 per person for 7 days

Park behind the Police Department in Bonney Lake, catch the Shuttle Bus at 10:00 am This is a budget-friendly, relaxing trip, meals at your own. Several excursions with plenty of time to soak up the sun, shop or wander on your own choice of upgraded excursions: Black and Green sand beaches, Hawaiian Luau, Hula lessons, Snorkel w/Manta Rays (day or night tours), Swim w/dolphins, Twilight volcano stargazing, Parker Ranch tour (130,00 acres), Mauna Kea - world's largest astronomical observatory (13 working telescopes), Guaranteed whale watching tours. Price includes round trip non-stop airfare from Sea-Tac to Kona, Hawaii (The Big Island), plus air taxes and fees/surcharges and hotel transfers round trip. The Outrigger Kona Resort and Spa, 6 nights 7 days, excellent rating, oceanfront resort, pools, hot tub, and spa. Optional room and Spa upgrades. (Resort fee paid locally if applicable). - Excursion Circle Island tour: Volcanoes National Park, (active Kilauea volcano), Black sand beaches, Coffee plantation tastings, Waterfalls. - Surprise Excursion The Big Island of Hawai'i is best known for its vast diverse landscapes, including active volcanoes, lush rainforests, and varied coastline.

April 2026 (dates will be firmed up in June's Newsletter)

Nashville, Smoky Mountains & Bluegrass

This is a Collette Tours trip.

Park behind the Police Department in Bonney Lake, catch the Shuttle Bus at 10:00 am 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.

Kerry has several trips coming up. Information will be in June's newsletter and on our TV screen at the Senior Center.