

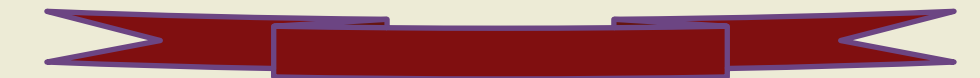
Bonney Lake

Senior Center Newsletter



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.

June 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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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

TBD

Facility Monitors

Becky Alvarez

& Karina Guzman-Euler

To Reach all Staff Call:

253-863-7658

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



Visit us at www.ci.bonney-lake.wa.us / 2



For help with Medicare call Katheryn Evans

Your Local Medicare Insurance Broker

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

Katheryn Evans, *Licensed Insurance Broker*

253.861.2959 or 253.231.8896

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

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



Exotic Travels with Phil

Where in the world do you want to explore?

Contact **Phil DeLeo** to add adventure to your life
253-222-9712 or email: **deleo1@q.com**

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

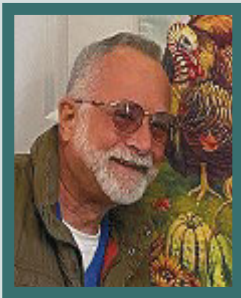
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Senior Advisory Board

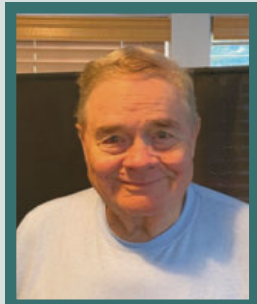


The Senior Advisory Board members work closely with staff to help with a variety of tasks. The Senior Advisory Board, and their volunteers, assist with many fundraising events throughout the year which enables them to help provide funds for special events, work with the Bonney Lake Kiwanis to help seniors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



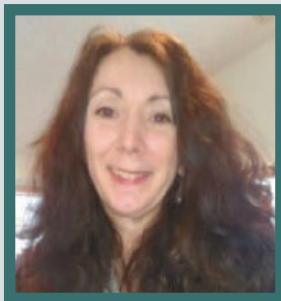
Treasurer
Julianne DeLeo



Assistant Treasurer
Jim Baisch



Secretary
Anita Chandler



Carrie Maez
Board Member



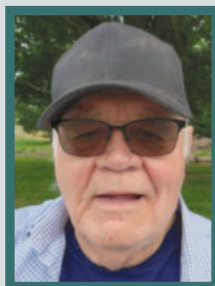
Diane Stabler
Board Member



David Reed
Board Member



Jim Schaewe
Board Member



Steve Turlo
Board Member



Peggy Lundin
Board Member

Menu


June 2025

Monday	Tuesday	Wednesday	Thursday	Friday
2 Baked Potato Bar Sour Cream, Bacon Bits, Cheese, Onions Salad Bar	3 Hamburger Gravy Over Mashed Potatoes Peas & Carrots Salad Bar	4 Cheese Tortellini w/Marinara Sauce Sunshine Carrots Garlic Bread Salad Bar	5 Tender Beef Liver Onions and Bacon Mashed Potatoes w/Brown Gravy Peas & Carrots Salad Bar	6 Pork Cutlets Smashed Potatoes w/Gravy Mixed Vegetables Salad Bar
9 Roasted Chicken Oven Baked Stuffing Vegetable Medley Salad Bar	10 Teriyaki Beef Skewers Steamed Jasmine Rice Stir Fry Vegetables Egg Rolls Salad Bar	11 Grilled French Toast Scrambled Eggs Crispy Bacon Fruit Salad Bar	12 Chef's Choice Salad Bar	13 Father's Day BBQ Wings & Ribs Baked Beans Potato Salad Corn Cobettes Green Salad Dessert Reservations Required
16 Chicken Taco Salad w/All the Fixin's Black Beans Chips & Salsa Churros Salad Bar	17 Fettuccini Alfredo with Sauteed Shrimp Steamed Broccoli Dinner Roll with Butter Salad Bar	18 Jay's Savory Meatloaf Mashed Potatoes w/Gravy Green Beans Salad Bar	19 	20 Beef Stew Biscuits Honey Butter Caesar Salad Salad Bar
23 Coconut Crusted Tilapia Jasmine Rice Green Beans Tropical Fruit Salad Salad Bar	24 Senior Prom Chicken Parmesan Fettucine Noodles Vegetable Medley Garlic Bread Dessert Reservations Required	25 Chef's Choice Salad Bar	26 Pulled Pork Sandwich Assorted Chips Cole Slaw Salad Bar Birthday Celebration	27 Spaghetti & Meatballs Caesar Salad Garlic Bread Salad Bar
30 Leila's Garlic Chicken Broccoli Salad Pesto Penne Warm Roll Salad Bar				Dine-in Lunch service Monday—Friday 12-12:30pm To Go meals served 11:30-12:00 **Alternate meals available only for Fish/Seafood and Liver/Onions

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To-Go Only June Order-Ahead Lunch Menu

Your Name

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Baked Potato Bar Sour Cream, Bacon Bits, Cheese, Onions Salad Bar</p> <p>To Go <input type="radio"/></p>	<p>3 Hamburger Gravy Over Mashed Potatoes Peas & Carrots Salad Bar</p> <p>To Go <input type="radio"/></p>	<p>4 Cheese Tortellini w/Marinara Sauce Sunshine Carrots Garlic Bread Salad Bar</p> <p>To Go <input type="radio"/></p>	<p>5 Tender Beef Liver Onions and Bacon Mashed Potatoes w/Brown Gravy Peas & Carrots Salad Bar</p> <p>To Go <input type="radio"/></p>	<p>6 Pork Cutlets Smashed Potatoes w/Gravy Mixed Vegetables Salad Bar</p> <p>To Go <input type="radio"/></p>
<p>9 Roasted Chicken Oven Baked Stuffing Vegetable Medley Salad Bar</p> <p>To Go <input type="radio"/></p>	<p>10 Teriyaki Beef Skewers Steamed Jasmine Rice Stir Fry Vegetables Egg Rolls Salad Bar</p> <p>To Go <input type="radio"/></p>	<p>11 Grilled French Toast Scrambled Eggs Crispy Bacon Fruit Salad Bar</p> <p>To Go <input type="radio"/></p>	<p>12 Chef's Choice Salad Bar</p> <p>To Go <input type="radio"/></p>	<p>13 Father's Day BBQ Wings & Ribs Baked Beans Potato Salad Corn Cobettes Green Salad Dessert Reservations Required</p> <p>To Go <input type="radio"/></p>
<p>16 Chicken Taco Salad w/All the Fixin's Black Beans Chips & Salsa Churros Salad Bar</p> <p>To Go <input type="radio"/></p>	<p>17 Fettuccini Alfredo with Sauteed Shrimp Steamed Broccoli Dinner Roll with Butter Salad Bar</p> <p>To Go <input type="radio"/></p>	<p>18 Jay's Savory Meatloaf Mashed Potatoes w/Gravy Green Beans Salad Bar</p> <p>To Go <input type="radio"/></p>	<p>19</p> 	<p>20 Beef Stew Biscuits Honey Butter Caesar Salad Salad Bar</p> <p>To Go <input type="radio"/></p>
<p>23 Coconut Crusted Tilapia Jasmine Rice Green Beans Tropical Fruit Salad Salad Bar</p> <p>To Go <input type="radio"/></p>	<p>24 Senior Prom Chicken Parmesan Fettucine Noodles Vegetable Medley Garlic Bread Dessert Reservations Required</p> <p>To Go <input type="radio"/></p>	<p>25 Chef's Choice Salad Bar</p> <p>To Go <input type="radio"/></p>	<p>26 Pulled Pork Sandwich Assorted Chips Cole Slaw Salad Bar</p> <p>To Go <input type="radio"/></p>	<p>27 Spaghetti & Meatballs Caesar Salad Garlic Bread Salad Bar</p> <p>To Go <input type="radio"/></p>
<p>30 Leila's Garlic Chicken Broccoli Salad Pesto Penne Warm Roll Salad Bar</p> <p>To Go <input type="radio"/></p>				<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>

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Events

June 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>10-11-Brew Crew 12pm Lunch 1-2-Mexican Train Dominos 1:30-2:30 Line Dancing 2-2:30-Food Bank</p>	<p>3</p> <p>9:30-11:30 Music Jam 12pm Lunch 1:00-2:30-Tech Time</p>	<p>4</p> <p>9-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo</p>	<p>5</p> <p>10:30 Tai Chi 12pm Lunch 1-3 Card Games</p>	<p>6</p> <p>10-12 Trivia Contest 10-2 Haircuts by Becky 12pm Lunch 1-3:30 Shopping Trip 7pm Family Bingo</p>
<p>9</p> <p>10-11-Brew Crew 11-12 BP Checks 12pm Lunch 1-2-Mexican Train Dominos 1:30-2:30 Line Dancing</p>	<p>10</p> <p>9:30-11:30 Music Jam 12pm Lunch 1:30-3:30-Diamond Art</p>	<p>11</p> <p>9-12 Happy Hookers 10-11-Chat with Chief 12pm Lunch 1:15pm Senior Bingo</p>	<p>12</p> <p>10:30 Tai Chi 12pm Lunch 1-4—Legal Guidance 1-3 Card Games</p>	<p>13 Father's Day 10:30-12:00 Music by Jim Meck 12pm Lunch 1-3:30 Shopping Trip 7pm Family Bingo (Father's Day Theme)</p>
<p>16</p> <p>10-11-Brew Crew 12pm Lunch 1-2-Mexican Train Dominos 1:30-2:30 Line Dancing 2-2:30-Food Bank</p>	<p>17</p> <p>9:30-11:30 Music Jam 12pm Lunch 12:30-1:30-Medicare Chat with Ernie 1:15-3:15-Card Making 3-4 Advisory Board</p>	<p>18</p> <p>9-12 Happy Hookers 10-11-1st Responders 12pm Lunch 1:15pm Senior Bingo 4:30 Juliet's@ Island Lodge</p>	<p>19</p> <p>10:30 Tai Chi 12pm Lunch 2-3 C  app. 1-3 C</p>	<p>20</p> <p>12pm Lunch 1-3:30 Shopping Trip 1:30-3:30-Art w/ Anita 7pm Family Bingo</p>
<p>23</p> <p>10-11-Brew Crew 12pm Lunch 1-2-Mexican Train Dominos 1:30-2:30 Line Dancing</p>	<p>24 Senior Prom 9:30-11:30 Music Jam 10:30-12:00-Music by Family Jubilee 12pm Lunch 1:00-2:00 Personal Safety Class</p>	<p>25</p> <p>9-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo</p>	<p>26</p> <p>10:30 Tai Chi 12pm Lunch 1-3 Card Games</p> <p>Birthday Celebration</p>	<p>27</p> <p>9-3 Foot Care 12pm Lunch 1-3:30 Shopping Trip 5-7 Spaghetti Feed 7pm Family Bingo</p>
<p>30</p> <p>10-11-Brew Crew 12pm Lunch 1-2-Mexican Train Dominos 1:30-2:30 Line Dancing</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, July 11th

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: Friday, June 6th (day change)

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 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.

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, July 25th

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, June 19th

Time: 2:00-3:00pm

Caregivers need care, too. The demands can be as frustrating for the caregivers 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.

Cancelled for June, we will be closed

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, June 13th, will be designated as Father's Day event. Bring a picture of your dad 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.

No Jesse & the Jammers on Tuesday, June 24th

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.

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

Live and Learn. 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

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.

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: Friday, June 6th

Time: 10:00-12:00

No cost

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

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

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.



Senior Prom

Tuesday, June 24th

Time: 10:30-12:00

Cost: \$8.00

Sign up to join us for Senior Prom lunch with music and dancing. Music is by Family Jubilee.

Marv LeBleu will be available the morning of our Senior Prom to help with hair and makeup. Please see a staff member to sign up.

Bring a picture of yourself in to us in advance, at prom or a wedding and see if people will recognize you. See a staff member to sign up.

Luau

Friday, August 8th

10:30-12:30

Cost \$8.00

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



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.

Special Events Cont'd



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)



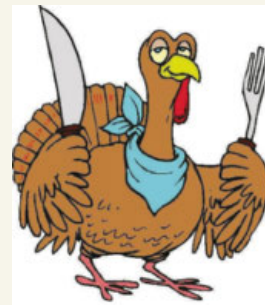
Thanksgiving Lunch

It's time for Thanksgiving lunch again. Please sign up for **only one day (maximum of 66 people each day)** Music by Jim Meck on Thursday and Patty & the Traveling 4 on Friday. See a staff member to sign up.

Date: Thursday & Friday, November 20th & 21st

Time: 10:30-12:00

No Cost



Christmas Lunch

It's time for Christmas lunch again. Please sign up for **only one day (maximum of 66 people each day)** Music by Patty & the Traveling 4 on Thursday and Jim Meck on Friday. See a staff member to sign up.

Date: Thursday & Friday, December 18th & 19th

Time: 10:30-12:00

No Cost



Health and Wellness

Free Blood Pressure Checks

by Celebrate Seniority

When: Monday, June 9th

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, June 27th

9am to 3pm

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



Personal Safety Class

Tuesday, July 22nd

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 Senior Safety Outside



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

6/13/25—Father's Day—Jim Meck

6/24/25—Senior Prom—Family Jubilee—Peggie Brock

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

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Word Search

Fathers Day

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

HERO
PARENT
WATCH
CUFF LINKS
STRONG
FATHER
JACKET
UNCLE
HAT
FISHING
PHONE
MAN CAVE
FOOTBALL
DADDY
SPORTSCAR
RESPECT
BEER
WALLET
RAZOR
LOVE

Play this puzzle online at : <https://thewordsearch.com/puzzle/220634/>

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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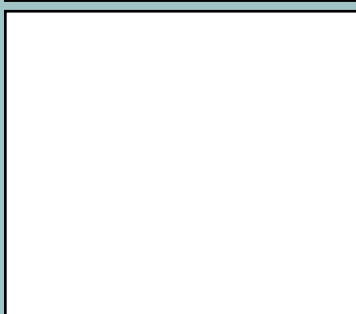
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Things you need to Know

Senior Center Closures

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: Live & Learn



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



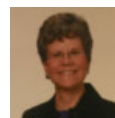
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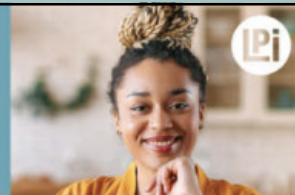
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Bonney Lake Senior Center, Bonney Lake, WA

C 4C 05-1036

Alzheimer's Presentation

We are partnering with the Buckley Senior to attend this presentation. Sue will be driving the van and will be leaving our Senior Center at 12:30. Please see a staff member to sign up. There is no cost for this presentation.

Healthy Living for Your Brain and Body: Tips from the Latest Research

An education program presented by the Alzheimer's Association



Healthy Living for Your Brain and Body: Tips from the Latest Research

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Monday, June 2

1:30pm

Buckley Senior Center

811 Main St,

Buckley, WA 98321

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Questions?

206-363-5500 | Inquiry@alz.org

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Bonney Lake Senior Center, Bonney Lake, WA

D 4C 05-1036

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

I come to back to our PNW. How does that old saying go: May showers ruined my flowers; or something like that for here in the PNW. Let's not dwell; it is June, in like a polar bear and out like a roar. My lettuce and spinach, carrots, cold weather crops are doing just fine and really my flowering bushes are in full glory while taking advantage of our long days. I'm sure what is really taking off is your grass. At the end of May to the beginning of June add nutrients to your soil such as a natural organic or a slow release amendment. Mow higher like 1-2 inches and leave the clippings. Studies show this action does not cause thatch and indeed makes lawns healthier and recycles fertilizers. My wallet and my lawn thrive with the bio-soil that Sumner gives away for free as a fertilizer and by using the rule that lawns only need one inch of water, plus rain, during the summer months, my lawn has really greened up. I like looking at a nice lawn but I see lawns use my resources at a much greater rate than a beautiful bed of adapted native plants. If you need help choosing the plant that is proper to you, see the details and view color photographs from "The Plant List" by visiting www.greatplantpicks.org. They have plant lists that break down the proper plant for your micro-climate and the list is well organized by season with indicators to the plants preference to sun/ shade or deciduous or evergreen. Still lawns are what we have and fighting weeds is what we have to do; try using a long handle weed puller to get you a little workout with your lawn weeds and you will not need to use that weed and feed poison.

When you think about it, pesticides and herbicides are another brand of poison. As a local stream monitor I have seen reports of over 23 pesticides measured in Washington streams. The cause is simple overuse of these products which easily seep down to our water table and spreads to all of us. Think before using pesticides, you want to use the least toxic control method. Know our county has a weed service program which can give you advice on the appropriate use of weed control methods and loner tools with free disposal resources. For more information go to [www. PierceCountyWeedBoard.org](http://www.PierceCountyWeedBoard.org).

In my garden I start with prevention. Like roses, disease resistant plants are available. Pull weeds or not; I leave plenty for the pollinators to feed on. Take the time to know what your problem is before spray, squash or stomp, most of those bugs are needed in our environment. Also, be willing to accept a little damage; as the weather warms up the predators will be able to help you with pest. When you're faced with that decision on what to do, remember: "All you have to do is act naturally". Learn more about lawns, gardens, pest from Washington State University Extension @Gardening.Edu. Or enjoy a talk on Saturday's at the Master gardeners demonstration garden at the WSU extension in Puyallup.

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 Dutch & Jeanie Tidd, and Sue Hilberg for signing up to walk with us again this year!

Alzheimer's Spaghetti Feed Fund Raiser

Date: Friday, June 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 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.

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 Senior Center or home. See a staff member for more details and to register in advance.

Cost: FREE

Senior Center Adventures

Casino Trips with Joy

Monday, June 23rd (date change)

Cost: \$10.00

7 Cedars Casino—Sequim

Leave the Senior Center at 9:00 am and return around 3:00 pm. Sign up to go to the 7 Cedars Casino in Sequim and enjoy a fun time gambling. Gambling and lunch on your own.

Monday, July 14th

Cost: \$5.00

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, August 11th

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.

Monday, September 8th

Cost: \$10.00

Little Creek Casino

Leave the Senior Center at 9:00 am and return around 3:00 pm. Sign up to go to the Little Creek Casino in Shelton and enjoy a fun time gambling. Gambling and lunch on your own.

Baseball Games with Kerry

Tuesday, June 3rd

Tacoma Rainiers Deck Party Baseball Game vs the Las Vegas Aviators

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

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

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

Tuesday, September 16th

Tacoma Rainiers Deck Party Baseball Game vs Oklahoma City

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

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

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

Senior Center Adventures Cont'd

Troll Trips with Joy & Kerry

Issaquah Troll Trip

Wednesday, June 18th

10:00-3:00

Cost: \$5.00 for transportation

Travel to Issaquah and see Jakob Two Trees. Take a nice stroll on a well paved, level path for less than 1/4 mile and see Jakob. Fashioned entirely out of recycled materials, Jakob is large-scale public art installation that tell a tale of protecting nature and honoring the land and waterways. Jakob stands around 14-ft. tall, looking down at passersby who walk near him on the trail. He is the first troll to have a ponytail, with a band made by the Snoqualmie Tribe holding his hair in place. He wears a necklace of birdhouses over his fur, inviting forest creatures to come spend an afternoon with him.

Vashon Island Troll Trip

Date: July 23

Unlike his counterparts, Oscar The Bird King boasts distinctive features, including a crown of birdhouses made from wood scraps and leftover materials, underscoring Dambo's commitment to sustainable art. Local residents contributed to Oscar's grandeur by donating strands adorned with natural objects like driftwood, shells, feathers, and stones.

West Seattle Troll Trip

Date: July 30th

Named Bruunidun ("Idun" for short, pronounced "Eden"), the troll is nestled among the trees playing an enormous flute to call home the native Orcas. Idun is made from recycled and found materials by Danish environmental artist Thomas Dambo (and assembled onsite with a team of local volunteers) as part of his project.

Bainbridge Island Troll Trip

Date: August 6th

Pia the Peacekeeper isn't just a sculpture; she's a storyteller. Woven into her form is the narrative of environmental harmony, a tale that resonates with the Park District's commitment to stewardship. As we celebrate the interplay of art and nature through Pia, we reinforce our dedication to nurturing a community that values, protects, and celebrates our parks, open spaces, and cultural heritage.

Ballard Troll Trip

Date: September 24th

\$5.00 for transportation

Join us on our Troll Hunt trip to Ballard to see Frankie Feet Splinter. Frankie is located outside the Ballard Museum and is viewable at all times. After your visit with Frankie, you are welcome to stroll through the Ballard Museum (tickets are \$10-\$20 per person) and then we will have lunch on your own at a nearby restaurant.

Portland, OR Troll Trip

Date: Friday, September 12th –Saturday, September 13th

Cost: \$138 includes overnight stay at Comfort Suites and \$10 Transportation fee. Meet Ole Bolle, who resides just south of Portland, OR. You will visit the Wilsonville Outlet Mall and the Portland Rose Garden on this trip and possibly visit McMenamins in Edgefield, OR. They have a Brewery, Distillery, Winery, Spa and Shopping.

Senior Center Adventures Cont'd

Presentation for Smokey Mountains Tour

Thursday June 12th

2:00—3:00 pm

Premier World Tour will be here doing a presentation on the Smokey Mountains Trip scheduled in October. Experience the heart of America's cultural and natural beauty on this unforgettable tour through Nashville, the Smoky Mountains, and Bluegrass Country. Highlights include a visit to Churchill Downs, home of the Kentucky Derby, and the fascinating Kentucky Horse Park. Explore the rich traditions of bourbon at the Evan Williams Bourbon Experience and walk through biblical history at The Ark Encounter. Enjoy the grandeur of the Biltmore Estate, discover America's pastime at the Louisville Slugger Museum & Factory, and soak in the scenic splendor of Smoky Mountains National Park. You'll also experience the charm of Dollywood, a guided Nashville city tour, the Country Music Hall of Fame, and a performance at the legendary Grand Ole Opry. See a staff member to sign up.

Historical Markers Tour

Tuesday, June 17th

Leave Senior Center at 9:00 am and return around 3:00 pm

Sign up to attend our Historical Markers tour on Tuesday, June 17th. You will leave the Senior Center at 9:00 am and return around 3:00 pm. Cost is \$5 for Transportation, \$10 donation to Historical Society and \$15 for a box lunch from CJ's Deli (total of \$30 due at sign up). See Kerry to pick your lunch.

Special Advance Notice of Up-Coming Tour Company Trips

December 1 through December 8, 2025

Key West Florida

Cost from: \$2,540 per person

Start your Key West escape with ease! Catch an early morning shuttle behind the Bonney Lake Police Department for a convenient ride to your flight. Indulge in a budget-friendly oceanside resort where complimentary breakfast awaits each morning. This 7-day trip offers the perfect blend of relaxation and exploration, with leisurely afternoons to shop, stroll along the beach, or simply unwind. Please note that lunch and dinner are on your own, allowing for culinary

adventures at your own pace. **Deposit \$450 Your Getaway Includes:** (Resort fee not included, payable upon arrival), Round-trip airfare from Sea-Tac, 6 nights double occupancy accommodation at the Hampton Inn Key West, a delightful sunset dinner cruise and an excursion to the fascinating Shipwreck Museum.

Enhance Your Experience with Optional Add-ons: Sail away on a classic schooner with wine and hors d'oeuvres, Experience the magic of swimming with dolphins, Embark on a musical journey with a Jimmy Buffett-themed tour, Step back in time with a visit to the historic home of Ernest Hemingway, and much more! (A complete list is available on the sign-up/deposit sheet.)

Senior Center Adventures Cont'd

Special Advance Notice of Up-Coming Tour Company Trips Cont'd

Oct. 12, through October 19, 2025

Nashville, Smoky Mountains & Bluegrass

Cost: \$ 3,999 per person

This is a Premier World Discovery Tours Trip. Park behind the Bonney Lake Police Department catch the shuttle bus at 10:00 am. 8 days, 11 meals, round trip air from Sea-Tac, plus air taxes, fees and surcharges and hotel transfers included. This trip starts in the Bluegrass State, in Louisville, Kentucky where we will visit Churchill Downs, the Louisville Slugger Museum and Factory, the Evan Williams Bourbon Experience for tasting Kentucky's first distillery. Next day will be spent in the life-size replica of Noah's Ark, The Ark Encounter, the largest timber frame structure in the world. On day four, we will move on to horse country around Lexington and then on to a Smokey Mountain 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.

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.

July 26 -Aug. 01, 2026

Alaska Cruise

Cost from: \$2,619 double occupancy or \$5,978 single occupancy cabin with a BALCONY!

Park behind the Bonney Lake Police Department catch the shuttle bus at 10:00 am For your 7-Day Dream Cruise from Seattle to Alaska with Princess Cruise Line: Cruise on the original Love Boat, the Royal Princess! Your 7-Day Dream Cruise embarks at 3:00pm starting your 7-day inside passage with Glacier Bay National Park, to Alaska. Spending a day in 5 separate ports including: Juneau, Skagway, Glacier Bay, Ketchikan and Victoria BC., Optional excursions available. **Deposit \$450**

Upcoming Trips:

Bainbridge Island

Friday Harbor

Sedona

Hollywood—you will visit Price is Right set, Sunset Ranch, Roosevelt Hotel, Chinese Theater

Dates and prices are TBD