

Bonney Lake

Senior Center Newsletter

July 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)

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.

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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 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!



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

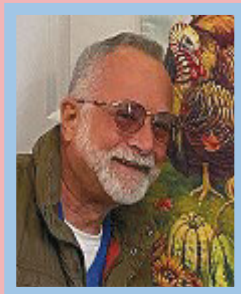
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Senior Advisory Board

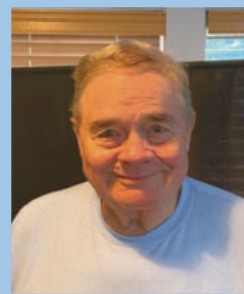


The Senior Advisory Board members work closely with staff to help with a variety of tasks. The Senior Advisory Board, and their volunteers, assist with many fundraising events throughout the year which enables them to help provide funds for special events, work with the Bonney Lake Kiwanis to help seniors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



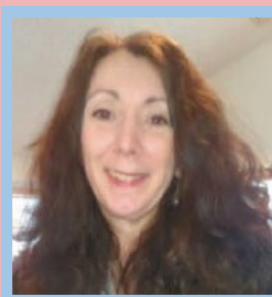
Treasurer
Julianne DeLeo



Assistant Treasurer
Jim Baisch



Secretary
Anita Chandler



Carrie Maez
Board Member



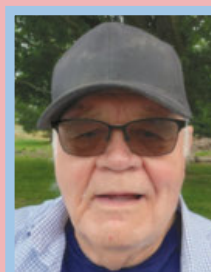
Diane Stabler
Board Member



David Reed
Board Member



Jim Schaewe
Board Member



Steve Turlo
Board Member



Peggy Lundin
Board Member

Menu


July 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Tender Ham Steak Scalloped Potatoes Vegetable Dinner Roll Salad Bar	2 Sloppy Joes Seasoned French Fries Pasta Salad Salad Bar	3 4th of July Grilled Burgers & Dogs Seasoned Steak Fries Macaroni Salad Cold Watermelon Patriotic Dessert <u>Reservations Required</u>	4 
7 Sausage Gravy w/ Buttermilk Biscuits Bacon Scrambled Eggs Fresh Fruit Salad Bar	8 Lemon Pepper Fish w/Tartar Sauce Brown Rice Vegetables Salad Bar	9 Chicken Salad Sandwich on Croissant Chips Fresh Fruit Salad Bar	10 Chef's Choice Salad Bar	11 Creamy Tomato Soup Toasted Grilled Cheese Pickle Spear Salad Bar
14 Chef Salad with Ham, Turkey, Egg, Lettuce, Tomato, Bacon, Avocado, Cheese, Roll Salad Bar	15 Fish Burgers w/ Tartar Sauce Tater Tots Fruit Salad Bar	16 Crispy Chicken Tenders Tots Mandarin Orange Jell-O Salad Bar	17 Teriyaki Meatballs w/Onions & Peppers Jasmine Rice Stir-Fry Vegetables Salad Bar	18 Pulled Pork Sandwiches Tator Tots Pineapple Coleslaw Salad Bar
21 Creamy Macaroni & Cheese w/Ham Broccoli/Raisin Salad Vegetables Salad Bar	22 Chef's Choice Salad Bar	23 Oriental Chicken Salad, Chinese Noodles Sesame Dressing Fortune Cookies Salad Bar	24 Birthday Celebration BBQ Chicken Baked Beans Corn Off The Cob Garlic Bread Salad Bar	25 Spaghetti with Meat Sauce Caesar Salad Garlic Bread Salad Bar
28 Sweet & Sour Meatballs Jasmine Rice Stir Fried Vegetables Salad Bar	29 Breakfast for Lunch Chef's Selection Crispy Bacon Fresh Fruit Salad Bar	30 Hamburger Dip w/ Grilled Onions Swiss Cheese Crispy Tater Tots Salad Bar	31 Crispy Coconut Fish Jasmine Rice Tropical Fruit Salad 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 July Order-Ahead Lunch Menu

Your Name _____

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Tender Ham Steak Scalloped Potatoes Vegetable Dinner Roll Salad Bar <div>To Go</div>	2 Sloppy Joes Seasoned French Fries Pasta Salad Salad Bar <div>To Go</div>	3 4th of July Grilled Burgers & Dogs, Seasoned Steak Fries, Macaroni Salad, Cold Watermelon, Patriotic Dessert Reservations Required <div>To Go</div>	4 
7 Sausage Gravy w/ Buttermilk Biscuits Bacon Scrambled Eggs Fresh Fruit Salad Bar <div>To Go</div>	8 Lemon Pepper Fish w/Tartar Sauce Brown Rice Vegetables Salad Bar <div>To Go</div>	9 Chicken Salad Sandwich on Croissant Chips Fresh Fruit Salad Bar <div>To Go</div>	10 Chef's Choice Salad Bar <div>To Go</div>	11 Creamy Tomato Soup Toasted Grilled Cheese Pickle Spear Salad Bar <div>To Go</div>
14 Chef Salad with Ham, Turkey, Egg, Lettuce, Tomato, Bacon, Avocado, Cheese, Roll Salad Bar <div>To Go</div>	15 Fish Burgers w/ Tartar Sauce Tater Tots Fruit Salad Bar <div>To Go</div>	16 Crispy Chicken Tenders Tots Mandarin Orange Jell-O Salad Bar <div>To Go</div>	17 Teriyaki Meatballs w/ Onions & Peppers Jasmine Rice Stir-Fry Vegetables Salad Bar <div>To Go</div>	18 Pulled Pork Sandwiches Tator Tots Pineapple Coleslaw Salad Bar <div>To Go</div>
21 Creamy Macaroni & Cheese w/Ham Broccoli/Raisin Salad Vegetables Salad Bar <div>To Go</div>	22 Chef's Choice Salad Bar <div>To Go</div>	23 Oriental Chicken Salad, Chinese Noodles Sesame Dressing Fortune Cookies Salad Bar <div>To Go</div>	24 BBQ Chicken Baked Beans Corn Off The Cob Garlic Bread Salad Bar Birthday Celebration <div>To Go</div>	25 Spaghetti with Meat Sauce Caesar Salad Garlic Bread Salad Bar <div>To Go</div>
28 Sweet & Sour Meatballs Jasmine Rice Stir Fried Vegeta- bles Salad Bar <div>To Go</div>	29 Breakfast for Lunch Chef's Selection Crispy Bacon Fresh Fruit Salad Bar <div>To Go</div>	30 Hamburger Dip w/ Grilled Onions Swiss Cheese Crispy Tater Tots Salad Bar <div>To Go</div>	31 Crispy Coconut Fish Jasmine Rice Tropical Fruit Salad Salad Bar <div>To Go</div>	If you are getting your lunch delivered or To- Go, please fill out the order ahead menu or <u>call in by 10am the</u> <u>morning of your</u> <u>pickup.</u> If you are dine-in, you do not need to fill out the order ahead menu or call us.

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Events

July 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:30-11:30 Music Jam 12pm Lunch 1:00-2:30-Tech Time	2 9-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo	3 4th of July Lunch 10:30-12:00-Music by John Taylor Hardin 10:30 Tai Chi 12pm Lunch 1-3 Card Games	4 12pm Lunch 1-3:30 Shopping Trip 7pm  <u>Closed-no Bingo</u>
7 10-11-Brew Crew 12pm Lunch 1-2-Mexican Train Dominos 1:30-2:30 Line Dancing 2-2:30-Food Bank	8 9:30-11:30 Music Jam 12pm Lunch 1:30-3:30-Diamond Art	9 9-12 Happy Hookers 10-11-Chat with Chief 12pm Lunch 1:15pm Senior Bingo	10 10:30 Tai Chi 12pm Lunch 1-4—Legal Guidance 1-3 Card Games	11 10-2 Haircuts by Marv 12pm Lunch 1-3:30 Shopping Trip 7pm Family Bingo (4th of July bingo Theme)
14 10-11-Brew Crew 11-12 BP Checks 12pm Lunch 1-2-Mexican Train Dominos 1:30-2:30 Line Dancing	15 9:30-11:30 Music Jam 12pm Lunch 12:30-1:30-Medicare Chat with Ernie 1:00-3:00-Card Making 3-4 Advisory Board	16 9-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo 4:30 Juliet's@ Aversano's	17 10-2-Haircuts by Becky 10:30 Tai Chi 12pm Lunch 2-3 Caregivers Supp. 1-3 Card Games	18 10-12 –Trivia Contest 12pm Lunch 1-3:30 Shopping Trip 7pm Family Bingo
21 10-11-Brew Crew 10-12—Diabetic Foot- wear 12pm Lunch 1-2-Mexican Train Dominos 1:30-2:30 Line Dancing 2-2:30-Food Bank	22 9:30-11:30 Music Jam 12pm Lunch 1:00-2:00-Personal Safety Class	23 9-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo	24 10:30 Tai Chi 12pm Lunch 1-3 Card Games Birthday Celebration	25 9-3 Foot Care 10-1 Craft Sales 12pm Lunch 1-3:30 Shopping Trip 5-7 Spaghetti Feed 7pm Family Bingo
28 10-11-Brew Crew 12pm Lunch 1-2-Mexican Train Dominos 1:30-2:30 Line Dancing	29 9:30-11:30 Music Jam 12pm Lunch	30 9-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo	31 10:30 Tai Chi 12pm Lunch 1-3 Card Games	

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. Pre-order your to-go lunch whenever possible. (located on page 5).

Free Haircuts by Becky from Manhattan Design

When: Thursday, July 17th

Time: 10am to 2pm

Please call to schedule your 20 minute appointment. There are limited appointments.

Please arrive with freshly washed hair.

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

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, 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.

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, 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. It is what it is. 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

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

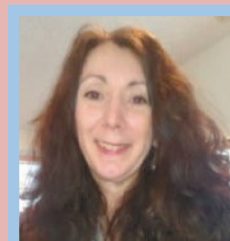
When: Thursday, July 17th

Time: 2:00-3:00pm

Caregivers need care, too. The demands can be as frustrating for the caregiver as they are for the patient. It's easy to focus so much on your loved one's health that you overlook your own well-being, which isn't good for either of you. Please join us for a support group meeting and learn tools, resources and share your stories and concerns. There is no cost for this group.

Sunshine Lady

Our Sunshine Lady is Carrie Maez. 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, July 11th , will be designated as 4th of July Event. Dress in red, White & Blue 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.

There will be no bingo on Friday, July 4th we will be closed.

Art with Anita

When: Friday, August 15th

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.

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.



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!



Card Making Class

When: 3rd Tuesday of every month

Time: 1:00-3:00

Cost: \$6.00

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



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.

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.

4th of July

Thursday, July 3rd

10:30-12:00

Cost \$8.00

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



Luau

Friday, August 8th

10:30-12:30

Cost \$8.00

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



Trivia Contest

Date: Friday, July 18th

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 Taught by Raejean Kree on Emergency Preparedness.

Date: Wednesday, August 20th

Time: 10:00-11:00

Cost: No Cost

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.



Special Events Cont'd

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.



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.



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



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)



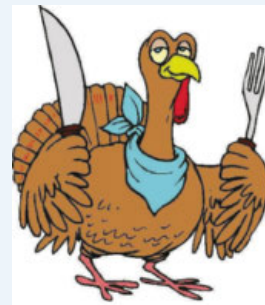
Thanksgiving Lunch

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, July 14th

Time: 11:00-12:00

Where: Bonney Lake Senior Center

Walk-in's welcome!



Chair Tai' Chi

Phil Schneider, our instructor, has been practicing Tai' Chi since 1993 and currently assists his original teacher with his classes @ Pierce College in Puyallup. He's also studied the works of many Tai' Chi masters and actively worked with several other teachers including Master Gao Fu. He presently has active Tai' Chi groups at American Lake VA as well as in Sumner and Tacoma. He has adapted a Yang Style standing form for seated practice to meet the needs of individuals who have balance, mobility and chronic pain conditions. **Every Thursday, 10:30-11:30 am** This class is free to our members.

Medicare's Diabetic Shoe Program

Medicare Part B and/or Medicaid

This preventative coverage **provides one pair of extra -depth shoes and up to 3 pairs of custom molded multi-density inserts** every calendar year as a Medicare benefit with little or no charge to most diabetics. Priority Footwear coordinates all of the necessary paperwork with your primary care physician and insurance provider. **Adrian will be here every quarter, (see schedule below). Please call to make an appointment. All dates are 10:00-12:00 in 20 minute increments. See a staff member to sign up.**

Monday, 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.



There will be no line dancing class on August 11th

Foot Care ~ Come Get Your Toes Done!

When: Friday, July 25th

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
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

Spot the Differences



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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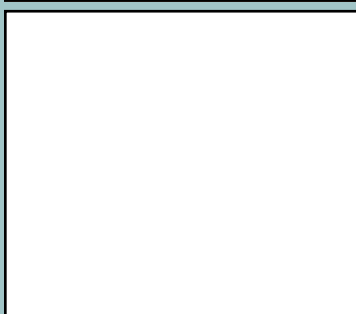


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Things you need to Know

Senior Center Closures

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: it is what it is



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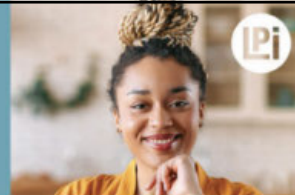
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Bonney Lake Senior Center, Bonney Lake, WA

C 4C 05-1036

Photo Album

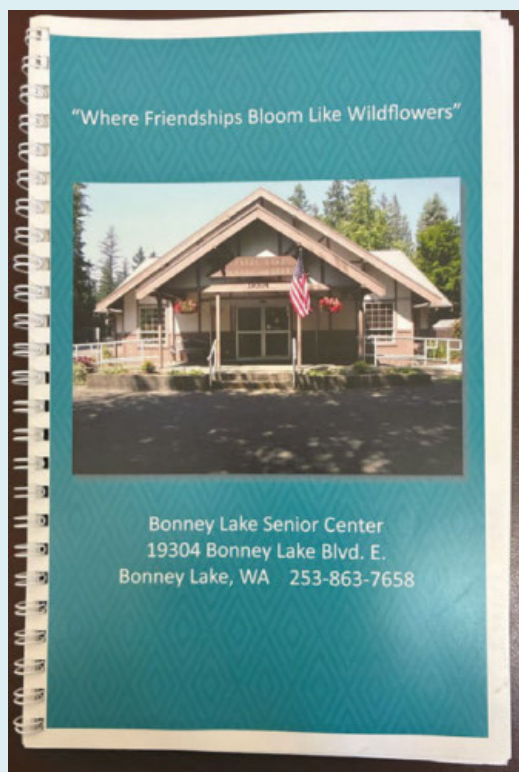
Your Advisory Board has decided to put together a photo album of those who have been a part of the center in 2025. We are compiling a list of those who want to have their photo in this album. At this time, we have not associated a cost for those who choose to participate. That may change as we learn the expense to the Advisory Board for printing the albums. We will keep you informed.

A sign up list is located in the office. We will need your name and a phone number to contact you. If you have any questions, please contact Stephen Turlo.

Watch for future updates.

Please respond of your interest by Monday, July 14th if you are interested in participating.

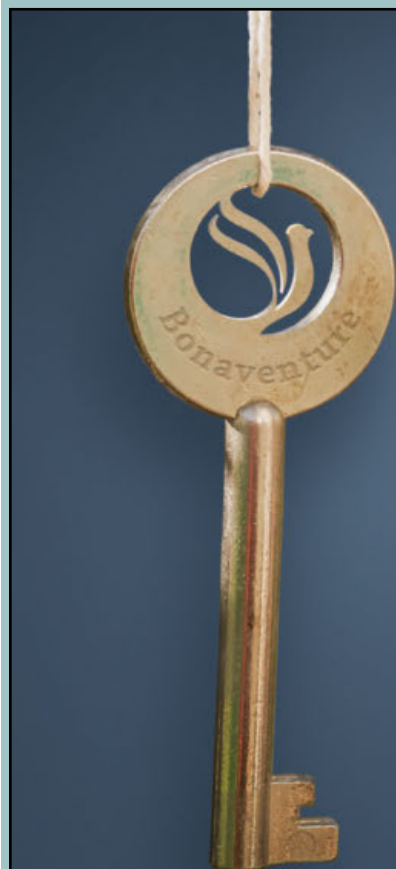
An example of a previous version is shown below.



Answer to Spot the Differences



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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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Word Search

Fourth of July

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

STRIPES
FRIENDS
FREEDOM
HEROES
WHITE
PARADE
LIBERTY
BLUE
FIREWORKS
DECLARATION
FAMILY
UNCLE SAM
INDEPENDENCE
UNITED STATES
FLAG
STARS
AMERICA
RED

Play this puzzle online at : <https://thewordsearch.com/puzzle/560/>

News from our Gardener

Making the Mulch of it is a five step natural yard care solution to building healthy soil. Designed from the people at King County Department of Natural Resources and Parks Solid Waste Division, and shows us how mulching the soil will save us time and money by limiting weeds and conserving water.

First lets us know that mulch is a layer of material such as wood chips, bark, grass clippings, leaves, or compost placed on the soil surface around plants and trees. Then, Why mulch? Put your yard debris and fallen branches to use. Mulching is a simple way to recycle yard and woody wastes and improve your soil. An effective mulch does the following: • Feeds the soil as it decomposes, providing nutrients for earthworms and other soil life which are necessary for healthy soil and plants • Reduces soil erosion on slopes • Minimizes soil compaction caused by foot traffic • Inhibits weed growth – less weed pulling • Insulates the soil from cold in winter and heat in summer • Increases moisture retention – less watering means; like I said: less water thus more money saved.

Best uses for mulch; different materials decompose at different rates, so it's best to use the right mulch for the setting. Here are some recommendations for mulch use: • Grass clippings on beds in the spring – Even though many home gardeners use mulch mowers now, there are times when grass grows so fast clippings may have to be raked up. Spread regularly in no more than one inch layers over vegetable and flower beds. The thinner layers allow water to penetrate the soil and prevent matting. Deciduous tree leaves on beds in the fall – Deciduous leaves can be spread as mulch on vegetable and flower beds. Evergreen leaves take longer to decompose and are best suited as a cover on pathways. Compost on beds year-round – Compost can be spread around beds once a year to add nutrients into the soil. Spreading compost in the fall will help smother winter and annual weeds; in the spring a compost layer will help retain winter moisture. Chipped or shredded wood waste around trees and bushes or on pathways – Wood waste takes longer to break down and can be used as an effective pathway. It also helps minimize weed growth. General mulching rules: Mulch at any time, but early spring, before soil moisture has evaporated, is an excellent time. Weed the area and water the soil before applying mulch. Spread around plants to the drip line (the diameter of the plant's outermost branches) or cover the entire garden bed. Keep mulch a few inches away from the trunks of trees and shrubs to prevent damage to the plants from disease and rodents. Spread a thin layer of mulch – 1 to 3 inches. Thick mulches are harmful to shallow-rooted plants such as rhododendrons and azaleas. Otherwise, 3 inches of mulch is safe for most woody plants. Especially on vegetable beds, avoid mulch that has been exposed to herbicides. Add more mulch every 2-3 years to continue a supply of nutrients in the soil and maintain good soil coverage.

Thanks again to the students who maintain our landscape around the building with help from our gardening committee. Did you see our new outdoor sign? Find it in the rose garden. For my granddaughters and the young at heart: What did the baby corn say to mama corn: Where's POPCORN.

Enjoy your day, everyday

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, July 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.

Team at the Alzheimer's Walk 2024



Senior Center Adventures

Trips Policy

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

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

1st & 3rd Monday of each month

This is a Bonney Lake Senior Center bus trip.

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

Cost: FREE

Casino Trips with Joy & Kerry

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, 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

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

Dinner & a Movie with Kerry

Thursday, July 24th

Cost: \$5.00 for transportation

4:00—8:30 pm

Join Kerry on the van for dinner and a movie night. Restaurant and movie cost is on your own and both will be determined at a later date. See a staff member to sign up.

Thursday, August 28th

Cost: \$5.00 for transportation

4:00—8:30 pm

Join Kerry on the van for dinner and a movie night. Restaurant and movie cost is on your own and both will be determined at a later date. See a staff member to sign up.

Thursday, September 25th

Cost: \$5.00 for transportation

4:00—8:30 pm

Join Kerry on the van for dinner and a movie night. Restaurant and movie cost is on your own and both will be determined at a later date. See a staff member to sign up.

Special Advance Notice of Up-Coming Tour Company Trips

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 (130,000 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.