

Bonney Lake

Senior Center Newsletter

August 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, bingo, 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.

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The center can not provide respite, adult daycare, and/or services that would normally be provided by a trained attendant, nurse, or personal caregiver (i.e.: incontinence, inability to use the restroom facilities by one's self, or preventing a participant from leaving the grounds of the center). In addition, any personal care by staff for a participant is beyond our capability and cannot be expected.



Senior Center Staff

Senior Services Manager

Sue Hilberg

hilbergs@bonneylake.gov
253-447-4327/360-551-2002

Senior Services Assistant

Michelle Vazquez

vazquezm@bonneylake.gov
253-447-3104

Senior Aide/Van Driver

Kerry LeBleu

lebleuk@bonneylake.gov
253-447-4328

Senior Aide

Shari Jones

joness@bonneylake.gov
253-447-4340

Staff

Kitchen Staff

Head Cook

Jay Shideler

shidelerj@bonneylake.gov
253-447-4334

Assistant Cook

Karen Berto

bertok@bonneylake.gov

Assistant Cook

TBD

Dishwasher

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

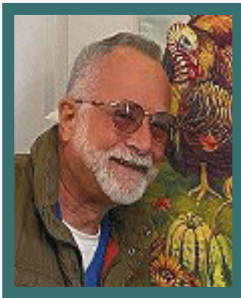
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Senior Advisory Board

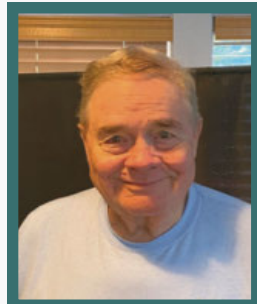


The Senior Advisory Board members work closely with staff to help with a variety of tasks. The Senior Advisory Board, and their volunteers, assist with many fundraising events throughout the year which enables them to help provide funds for special events, work with the Bonney Lake Kiwanis to help seniors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

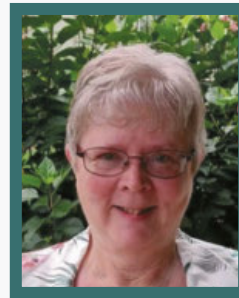
The Board holds their meetings on the 3rd Tuesday of each month at 3:00 pm at the Senior Center.



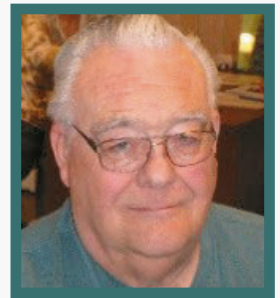
President
Ernie Gilmer



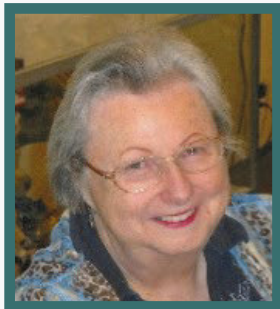
Vice President
Bob Wells



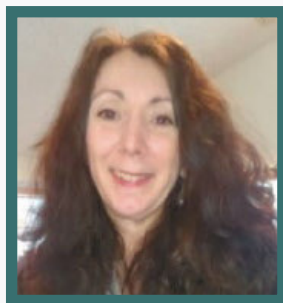
Treasurer
Julianne DeLeo



Assistant Treasurer
Jim Baisch



Secretary
Anita Chandler



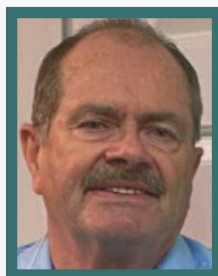
Carrie Maez
Board Member



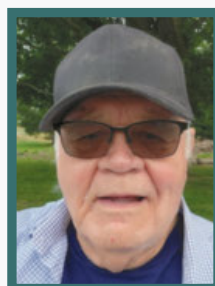
Diane Stabler
Board Member



David Reed
Board Member



Jim Schaewe
Board Member



Steve Turlo
Board Member



Peggy Lundin
Board Member

Menu

August 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Dine-in Lunch service Monday—Friday 12-12:30pm</p> <p>To Go meals served 11:30-12:00</p> <p>**Alternate meals available only for Fish/Seafood and Liver & Onions</p>	<p><u>Menu items are subject to change without notice due to availability.</u></p>			<p>1 Honey Dijon Chicken Scalloped Potatoes Peas & Carrots Salad Bar</p>
<p>4 Fish & Chips Cole Slaw Peach Halves Salad Bar</p>	<p>5 Glazed Meatloaf Garlic Butter Noodles Green Beans w/ Almonds Roll & Butter Salad Bar</p>	<p>6 Loaded Baked Potato Sour Cream, Cheese Bacon Bits, Onions Salad Bar</p>	<p>7 Tuna Salad Sandwich Swiss Cheese Dill Pickle Spear Potato Chips Salad Bar</p>	<p>8 Luuu Hawaiian Chicken Sweet Rolls Grilled Pineapple Pork Fried Rice Tropical Dessert <u>Reservations</u> <u>Required</u></p>
<p>11 Stir-Fried Vegetables w/ BBQ Pork Yakisoba Noodles Egg Rolls Salad Bar</p>	<p>12 Apricot Chicken Sunshine Carrots Rice Pilaf Dinner Roll Salad Bar</p>	<p>13 Shepherd's Pie w/ Mashed Potatoes Fruit Cocktail Salad Bar</p>	<p>14 Philly Cheesesteaks Pasta Salad Chips Salad Bar</p>	<p>15 Chicken Fried Steak Mashed Potatoes Country Gravy Steamed Vegetables Salad Bar</p>
<p>18 Grilled Sausage Skillet Tender Cabbage, Onions & Peppers over Brown Rice Salad Bar</p>	<p>19 Creamy Chicken Fettuccine Alfredo Sautéed Vegetables Buttered Garlic Bread Salad Bar</p>	<p>20 Lemon Ginger Tilapia Jasmine Rice Stir-Fry Vegetables Salad Bar</p>	<p>21 Tender Beef Liver Mashed Potatoes & Brown Gravy Buttered Corn Salad Bar</p> <p>Birthday Celebration</p>	<p>22 Spaghetti with Meat Sauce Caesar Salad Garlic Bread Salad Bar</p>
<p>25 Creamy Chicken Divan Au Gratin Potatoes Rolls w/Butter Salad Bar</p>	<p>26 Beef Taco Salad Tomato, Olive, Cheese, Sour Cream, Guacamole, Salsa, Chips Salad Bar</p>	<p>27 BLT Sandwiches Steak Fries Fry Sauce Cole Slaw Salad Bar</p>	<p>28 Turkey on Ciabatta Rolls Ceasar Salad Onion Rings Salad Bar</p>	<p>29 Labor Day BBQ Chicken Wings Baked Beans Watermelon Corn On The Cob Cornbread Dessert <u>Reservations Req'd</u></p>

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To-Go Only August Order-Ahead Lunch Menu

Your Name

Monday	Tuesday	Wednesday	Thursday	Friday
<p>If you are getting your lunch delivered or To-Go, please fill out the order ahead menu or <u>call in by 10am the morning of your pickup</u>. If you are dine-in, you do not need to fill out the order ahead menu or call us.</p>	<p><u>Menu items are subject to change without notice due to availability.</u></p> <p><u>write the number of lunches you want for each day in the blue oval</u></p>			<p>1 Honey Dijon Chicken Scalloped Potatoes Peas & Carrots Salad Bar</p> <p>To Go <input type="text"/></p>
<p>4 Fish & Chips Cole Slaw Peach Halves Salad Bar</p> <p>To Go <input type="text"/></p>	<p>5 Glazed Meatloaf Garlic Butter Noodles Green Beans w/ Almonds Roll & Butter Salad Bar</p> <p>To Go <input type="text"/></p>	<p>6 Loaded Baked Potato Sour Cream, Cheese Bacon Bits, Onions Salad Bar</p> <p>To Go <input type="text"/></p>	<p>7 Tuna Salad Sandwich Swiss Cheese Dill Pickle Spear Potato Chips Salad Bar</p> <p>To Go <input type="text"/></p>	<p>8 Luuu Hawaiian Chicken Sweet Rolls Grilled Pineapple Pork Fried Rice Tropical Dessert</p> <p><u>Reservations Required</u></p> <p>To Go <input type="text"/></p>
<p>11 Stir-Fried Vegetables w/ BBQ Pork Yakisoba Noodles Egg Rolls Salad Bar</p> <p>To Go <input type="text"/></p>	<p>12 Apricot Chicken Sunshine Carrots Rice Pilaf Dinner Roll Salad Bar</p> <p>To Go <input type="text"/></p>	<p>13 Shephard's Pie w/ Mashed Potatoes Fruit Cocktail Salad Bar</p> <p>To Go <input type="text"/></p>	<p>14 Philly Cheesesteaks Pasta Salad Chips Salad Bar</p> <p>To Go <input type="text"/></p>	<p>15 Chicken Fried Steak Mashed Potatoes Country Gravy Steamed Vegetables Salad Bar</p> <p>To Go <input type="text"/></p>
<p>18 Grilled Sausage Skillet, Tender Cabbage, Onions & Peppers over Brown Rice Salad Bar</p> <p>To Go <input type="text"/></p>	<p>19 Creamy Chicken Fettuccine Alfredo Sautéed Vegetables Buttered Garlic Bread Salad Bar</p> <p>To Go <input type="text"/></p>	<p>20 Lemon Ginger Tilapia Jasmine Rice Stir-Fry Vegetables Salad Bar</p> <p>To Go <input type="text"/></p>	<p>21 Tender Beef Liver Mashed Potatoes & Brown Gravy Buttered Corn Salad Bar</p> <p>To Go <input type="text"/></p>	<p>22 Spaghetti with Meat Sauce Caesar Salad Garlic Bread Salad Bar</p> <p>To Go <input type="text"/></p>
<p>25 Creamy Chicken Divan Au Gratin Potatoes Rolls w/Butter Salad Bar</p> <p>To Go <input type="text"/></p>	<p>26 Beef Taco Salad Tomato, Olive, Cheese, Sour Cream, Guacamole, Salsa, Chips Salad Bar</p> <p>To Go <input type="text"/></p>	<p>27 BLT Sandwiches Steak Fries Fry Sauce Cole Slaw Salad Bar</p> <p>To Go <input type="text"/></p>	<p>28 Turkey on Ciabatta Rolls Ceasar Salad Onion Rings Salad Bar</p> <p>To Go <input type="text"/></p>	<p>29 Labor Day BBQ Chicken Wings Baked Beans Watermelon Corn On The Cob Cornbread Dessert</p> <p><u>Reservations Req'd</u></p> <p>To Go <input type="text"/></p>

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Events

August 2025

Monday	Tuesday	Wednesday	Thursday	Friday
				1 12pm Lunch 1-3:30 Shopping Trip 7pm Family Bingo
4 10-11-Brew Crew 12pm Lunch 1-2 Dominos 1:30-2:30 Line Dancing 2-2:30-Food Bank	5 9:30-11:30 Music Jam 12pm Lunch 1:00-2:30-Tech Time	6 9-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo	7 10:30 Tai Chi 12pm Lunch 1-3 Card Games	8 Luau 10-12:30-Music by Roaring 2020's 12pm Lunch 1-3:30 Shopping Trip 7pm Family Bingo (Bingo Luau Theme)
11 10-11-Brew Crew 11-12 BP Checks 12pm Lunch 1-2 Dominos 1:30-2:30 Line Dancing	12 9:30-11:30 Music Jam 12pm Lunch 1:30-3:30-Diamond Art	13 9-12 Happy Hookers 10-11-Chat with Chief 12pm Lunch 1:15pm Senior Bingo	14 10-2-Haircuts by Becky 10:30 Tai Chi 12pm Lunch 1-4—Legal Guidance 1-3 Card Games	15 10-12 Trivia Contest 12pm Lunch 1:30-3:30-Art w/ Anita 1-3:30 Shopping Trip 7pm Family Bingo
18 10-11-Brew Crew 12pm Lunch 1-2-Dominos 1:30-2:30 Line Dancing 2-2:30-Food Bank	19 9:30-11:30 Music Jam 12pm Lunch 12:30-1:30-Medicare Chat with Ernie 1-3 Card Making 3-4 Advisory Board	20 9-12 Happy Hookers 10-12—1st Responder—Emergency Preparedness 12pm Lunch 1:15pm Senior Bingo 4:30 Juliet's@ Round Table Pizza	21 10:30 Tai Chi 12pm Lunch 1-3 Card Games 2-3 Caregivers Supp. Birthday Celebration	22 9-3 Foot Care 12pm Lunch 1-3:30 Shopping Trip 5-7 Spaghetti Feed 7pm Family Bingo
25 10-11-Brew Crew 12pm Lunch 1-2-Dominos 1:30-2:30 Line Dancing	26 9:30-11:30 Music Jam 12pm Lunch	27 9-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo	28 10:30 Tai Chi 12pm Lunch 1-3 Card Games	29 Labor Day Lunch 10:30-12—Music by Front Porch Band 12pm Lunch 1-3:30 Shopping Trip 7pm Family Bingo

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, [write the number of lunches you want for each day in the red circle](#), (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 Marv From Hair Lounge

When: TBD

Time: 10am to 2pm

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

[Please arrive with freshly washed hair.](#)

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

Free Haircuts by Becky from Manhattan Design

When: Thursday, August 14th

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, September 26th

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 (this month's date is on the 3rd Thursday of the month-August 21st)** 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

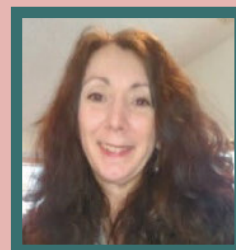
When: Thursday, August 21st

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.

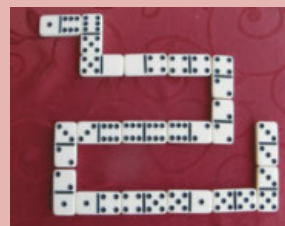
Sunshine Lady

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, August 8th, will be designated as a Luau Event. Dress in your best Hawaiian shirt/dress and there are extra raffle tickets to whoever incorporates coconuts into their attire 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, 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.

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

Medicare Chat with Ernie

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.

Luau

Friday, August 8th

10:30-12:00

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, August 15th

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 Kreel on Emergency Preparedness.

Date: Wednesday, August 20th

Time: 10:00-11:00

Cost: No Cost

Labor Day Lunch

Friday, August 29th

10:30-12:00

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.



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.



Special Events Cont'd

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



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)



Special Events Cont'd

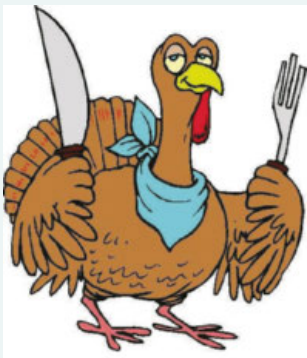
Thanksgiving Lunch

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



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

Health and Wellness

Free Blood Pressure Checks

by Celebrate Seniority

When: Monday, August 11th

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, 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, August 22nd

9am to 3pm

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



Personal Safety Class

Tuesday, September 23rd

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 what is a CSO.



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

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—TBD

11/13/25—Birthday Thursday—Front Porch Band

11/20/25—Thanksgiving Day One—Jim Meck

11/21/25—Thanksgiving Day Two—Patty & Traveling 4

12/8/25—Birthday Thursday—Patty & Traveling 4

12/18/25—Christmas Day One—Patty & Traveling 4

12/19/25—Christmas Day Two—Jim Meck

12/31/25—New Years Eve—Johnny Crash

www.psdgraphics.com



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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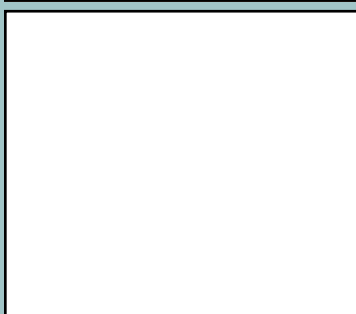
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Things you need to Know

Senior Center Closures

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: Never Give Up



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



Where dignity & compassion meet

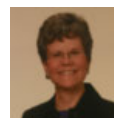
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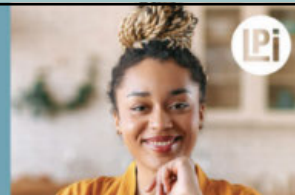
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Bonney Lake Senior Center, Bonney Lake, WA

C 4C 05-1036

Photo Album

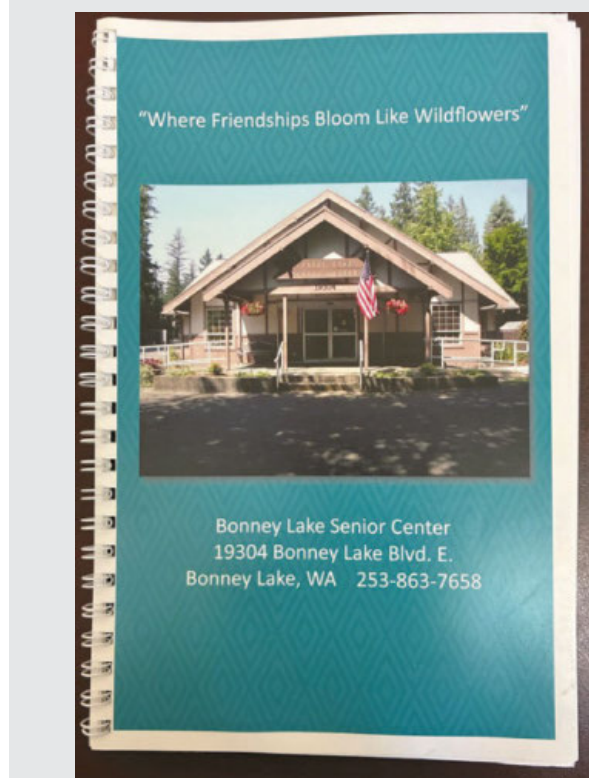
Your Advisory Board has decided to put together a photo album of those who have been a part of the center in 2025. We are compiling a list of those who want to have their photo in this album. At this time, we have not associated a cost for those who choose to participate. That may change as we learn 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, August 14th if you are interested in participating.

An example of a previous version is shown below.



Answers 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.

Visit us at www.ci.bonney-lake.wa.us / 22

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Word Search

Movies of the 1990s

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C	I	R	H	O	M	E	A	L	O	N	E	Y	E
H	T	I	E	E	S	N	E	S	H	T	X	I	S
I	A	F	I	T	T	E	I	T	F	R	E	M	D
N	N	T	T	H	E	M	A	T	R	I	X	P	T
D	I	B	S	E	D	I	S	C	R	E	A	M	L
L	C	U	A	M	E	H	U	E	E	U	M	W	S
E	O	O	P	U	L	P	F	I	C	T	I	O	N
R	R	D	I	M	R	N	T	I	M	E	C	I	N
S	M	S	T	M	M	A	D	O	E	S	I	T	E
L	O	R	S	Y	M	C	T	W	I	S	T	E	R
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THE MUMMY
MRS DOUBTFIRE
CLUELESS
SCHINDLERS LIST
SIXTH SENSE
FORREST GUMP
PULP FICTION
TWISTER
TITANIC
THE MATRIX
GHOST
SCREAM
HOME ALONE

Play this puzzle online at : <https://thewordsearch.com/puzzle/2023/>

News from our Gardener

What would a summer flower garden be without roses? Roses are arguably the most attractive and favorite flowering shrub of Washington State home gardeners but there are a lot of information and imposters out there so let's start by defining roses as flowering, woody perennial shrubs. Botanically, roses are members of the genus *Rosa*, which is in the Rose family (Rosaceae). Species roses are naturally occurring species that have developed in nature in the Northern Hemisphere. How this shrub caught on is a mystery to me as I do not come out of the rose garden without blood on my hands but history shows us that roses have been cultivated by man for thousands of years. Over time, many different hybrids and cultivars (cultivated varieties) have been developed. Excluding species roses, you will find roses in two encompassing categories; hybrids and cultivars developed prior to 1867 are referred to as heritage, heirloom, or old garden roses. Heritage roses are broken into different groups for classification. Groups include Gallica, Damask, Centifolia, Alba, Moss, China, Tea, Noisette, Portland, Bourbon, and Hybrid Perpetual Roses. Modern roses are considered to be roses bred and cultivated after 1867, the year when the first Hybrid Tea rose was developed. Groups of roses classified as modern roses are Hybrid Tea, Grandiflora, Miniature, Polyantha, Mini-flora, Floribunda, Low-growing Landscape, Shrub, Canadian Explorer, Parkland, Climber, and Rambler Roses. Many of these groups are repeat or continuous bloomers.

Did you know that the Senior Center has a rose garden. The garden was developed and inspired by the Tacoma Rose Society in coordination with a young man, Seth Carrison, or maybe Garrison, who choose this site. The only information that I have is located on the brass plack that is permanently installed in the north quarter of the garden as is SOP for all eagle scout projects. If you know Seth or have any information on the garden then I would like to have a chat with you. This year the board voted to purchase a sign to add a touch of recognition to the place. The sign was a project that was brought to a reality after many years of request to add some insight to the building and the people who used this land to define a piece of the Bonney Lake history. After receiving a certificate of appreciation bestowed upon her from the mayor and our city for volunteering many hours to our community, we extend a **Thank you** to our own Floribunda, Ms. Linda Smith, who spearheaded the project from design to the installation of the sign. You go girl and all that didn't keep her from turning 75 years this month.

Enjoy your summer and feed those roses.

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! And thank you Diana Culliton for your generous donation!

Alzheimer's Spaghetti Feed Fund Raiser

Date: Friday, August 22nd

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. Never give up. 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.

If you are participating in a Senior Center trip, Please park in the back parking lot (by the upstairs ramp) and display your parking pass in your windshield.

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

PHOTO ID REQUIRED FOR ENTRANCE INTO ALL CASINOS

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

Bainbridge Island Troll Trip

Date: August 6th

Cost: \$5 for transportation

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.

Bainbridge Island Troll Trip

Date: August 19th

Cost: \$5 for transportation

Due to popular demand a second trip has been added!!

We are going back to see Pia the Peacekeeper. Sign up in the trip book quickly. This is a super popular trip!!

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.

Issaquah Village Theater

Thursday, December 11th

Leave at 11:30 am

Cost: 105.00 per person. Join the Buckley Senior Center and attend the Village Theater play 9-5.

Senior Center Adventures Cont'd

Thursday, August 28th

Dinner and a Movie

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

Dinner and a Movie

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.