

Bonney Lake

Senior Center Newsletter

September 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.

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.

The Bonney Lake Senior Center does not discriminate on the basis of disability, race, color, or national origin in its programs, services, or activities. If you need language assistance, translation, or an auxiliary aid, service, or policy modification to fully participate, please contact the City Clerk's Office at 253-862-8062 (TTY 711) or info@bonneylake.gov at least five (5) business days before the event; later requests will be honored when feasible.

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Visit us at www.ci.bonney-

Senior Center Staff

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

jones@bonneylake.gov
253-447-4340

Kitchen Staff

Head Cook

Jay Shideler

shidelerj@bonneylake.gov
253-447-4334

Assistant Cook

Karen Berto

bertok@bonneylake.gov

Assistant Cook

Oscar Ussery

Dishwasher

Lindsey Otto

Facility Monitors

Becky Alvarez

& Karina Guzman-Euler

To Reach all Staff Call:

253-863-7658

Emergency After Hours
Number—253-455-0632



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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

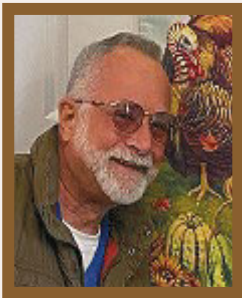
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Senior Advisory Board

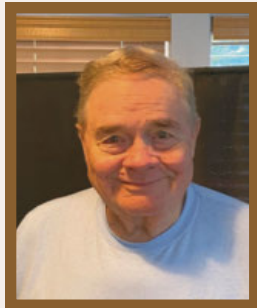


The Senior Advisory Board members work closely with staff to help with a variety of tasks. The Senior Advisory Board, and their volunteers, assist with many fundraising events throughout the year which enables them to help provide funds for special events, work with the Bonney Lake Kiwanis to help seniors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



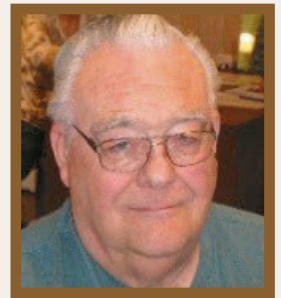
President
Ernie Gilmer



Vice President
Bob Wells



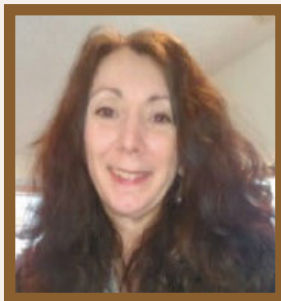
Treasurer
Julianne DeLeo



Assistant Treasurer
Jim Baisch



Secretary
Anita Chandler



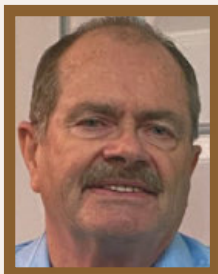
Carrie Maez
Board Member



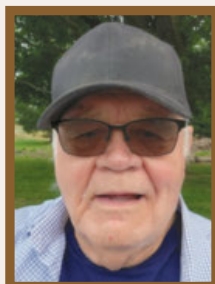
Diane Stabler
Board Member



Elsie Frender
Board Member



Jim Schaewe
Board Member



Steve Turlo
Board Member



Peggy Lundin
Board Member

Menu


September 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> 	<p>2</p> <p>Asian Chicken Salad Grilled Chicken Mandarin Oranges Red Bell Pepper Chow Mein Noodles Salad Bar</p>	<p>3</p> <p>Biscuits & Gravy Scrambled Eggs Bacon Fresh Fruit Salad Bar</p>	<p>4</p> <p>Chef's Choice Salad Bar</p>	<p>5 Grandparents Day</p> <p>Pork Cutlets Mashed Potatoes Gravy Steamed Broccoli Dessert</p> <p><u>Reservations Req'd</u></p>
<p>8</p> <p>Grilled Hamburgers w/Tomatoes, Onions & Lettuce Dill Pickle Spear Steak Fries Watermelon Salad Bar</p>	<p>9</p> <p>Leila's Chicken Rice Pilaf Green Peas Salad Bar</p>	<p>10</p> <p>Fish & Chips Coleslaw Lemon Wedge Tarter Sauce Salad Bar</p>	<p>11</p> <p>Meatloaf Mashed Potatoes Brown Gravy Sauteed Vegetables Salad Bar</p>	<p>12</p> <p>Chicken Enchilada Casserole Mexican Rice Black Beans Churros Salad Bar</p>
<p>15</p> <p>Lasagna Vegetable Medley Garlic Bread Salad Bar</p>	<p>16</p> <p>Jakes Crispy Fish Sauteed Summer Squash Orzo Salad Bar</p>	<p>17</p> <p>French Dip Sandwiches Curly Fries Peach Halves Salad Bar</p>	<p>18</p> <p>Meatball Subs Fresh Fruit Chips Salad Bar</p>	<p>19 Hippie Day</p> <p>Stuffed Bell Peppers Fruit Salad Dinner Roll Salad Bar</p> <p><u>Reservations Req'd</u></p>
<p>22</p> <p>Mac & Cheese Cheeseburger Style Green Beans w/ Almonds Pear Halves Salad Bar</p>	<p>23</p> <p>Chef's Choice Salad Bar</p>	<p>24</p> <p>Chicken & Dumplings Ceasar Salad Salad Bar</p>	<p>25</p> <p>Garlic Butter Tilapia Green Peas Wild Rice Dinner Roll Salad Bar</p> <p>Birthday Celebration</p>	<p>26</p> <p>Spaghetti with Meat Sauce Caesar Salad Garlic Bread Salad Bar</p>
<p>29</p> <p>Spinach Salad with Strawberries, Chicken & Almonds Breadstick Salad Bar</p>	<p>30</p> <p>Taco Soup Chips Salsa Salad Bar</p>		<p><u>Menu items are subject to change without notice due to availability.</u></p>	<p>Dine-in Lunch service Monday—Friday 12-12:30pm</p> <p>To Go meals served 11:30-12:00</p> <p>**Alternate meals available only for Fish/Seafood and Liver & Onions</p>

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To-Go Only September Order-Ahead Lunch Menu

Your Name _____


Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> 	<p>2</p> <p>Asian Chicken Salad Grilled Chicken Mandarin Oranges Red Bell Pepper Chow Mein Noodles Salad Bar</p> <p>To Go <input type="text"/></p>	<p>3</p> <p>Biscuits & Gravy Scrambled Eggs Bacon Fresh Fruit Salad Bar</p> <p>To Go <input type="text"/></p>	<p>4</p> <p>Chef's Choice Salad Bar</p> <p>To Go <input type="text"/></p>	<p>5 Grandparents Day</p> <p>Pork Cutlets Mashed Potatoes Gravy Steamed Broccoli Dessert</p> <p>To Go <input type="text"/></p> <p>Reservations Req'd</p>
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<p>29</p> <p>Spinach Salad with Strawberries, Chicken & Almonds Breadstick Salad Bar</p> <p>To Go <input type="text"/></p>	<p>30</p> <p>Taco Soup Chips Salsa Salad Bar</p> <p>To Go <input type="text"/></p>	<p>Menu items are <u>subject to change without notice due to availability.</u> write the number of lunches you want for each day in the blue oval</p>		<p>If you are getting your lunch delivered or To-Go, please fill out the order ahead menu or <u>call in by 9am 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

September 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>10-11-Brew Crew 12pm Lunch 1-2:30-Dar 2-2:30-Food Bank</p> 	<p>2</p> <p>9:30-11:30 Music Jam 12pm Lunch 1:00-2:30-Tech Time</p>	<p>3</p> <p>9-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo</p>	<p>4</p> <p>10:30 Tai Chi 12pm Lunch 1-3 Card Games</p>	<p>5 Grandparents Day 10-12:30-Music by Patty & Traveling 4 12pm Lunch 1-3:30 Shopping Trip 7pm Family Bingo</p>
<p>8</p> <p>10-11-Brew Crew 11-12 BP Checks 12pm Lunch 1-2 Dominos 1:30-2:30 Line Dancing</p>	<p>9</p> <p>9:30-11:30 Music Jam 12pm Lunch 1:30-3:30-Diamond Art</p>	<p>10</p> <p>9-12 Happy Hookers 10-11-Chat with Chief 12pm Lunch 1:15pm Senior Bingo</p>	<p>11</p> <p>10:30 Tai Chi 12pm Lunch 1--4—Legal Guidance 1-3 Card Games</p>	<p>12</p> <p>12pm Lunch 1-3:30 Shopping Trip 7pm Family Bingo (Bingo Pajama Theme)</p>
<p>15</p> <p>10-11-Brew Crew 12pm Lunch 1-2-Dominos 1:30-2:30 Line Dancing 2-2:30-Food Bank</p>	<p>16</p> <p>9:30-11:30 Music Jam 12pm Lunch 12:30-1:30-Medicare Chat with Ernie 1-3 Card Making 3-4 Advisory Board</p>	<p>17</p> <p>9-12 Happy Hookers 10-12—1st Responder— Great Shake Out 12pm Lunch 1:15pm Senior Bingo 4:30 Juliet's@Babalouie's</p>	<p>18</p> <p>10-2-Haircuts by Becky 10:30 Tai Chi 12pm Lunch 1-3 Card Games 2-3 Caregivers Supp.</p>	<p>19 Hippie Day 10:30-12:00 Music by Randy Litch 12pm Lunch 1-3:30 Shopping Trip 7pm Family Bingo</p>
<p>22</p> <p>10-11-Brew Crew 12pm Lunch 1-2-Dominos 1:30-2:30 Line Dancing</p>	<p>23</p> <p>9:30-11:30 Music Jam 12pm Lunch 1-2-Personal Safety Class—what is a CSO</p>	<p>24</p> <p>9-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo</p>	<p>25</p> <p>10-12:30-Music by Family Jubilee 10:30 Tai Chi 12pm Lunch 1-3 Card Games Birthday Celebration</p>	<p>26</p> <p>9-3 Foot Care 10-12 Trivia Contest 10-1 Craft Sales 12pm Lunch 1-3:30 Shopping Trip 5-7 Spaghetti Feed 7pm Family Bingo</p>
<p>29</p> <p>10-11-Brew Crew 10-2-Haircuts by Marv 12pm Lunch 12:45-1:45-DAV 1-2-Dominos 1:30-2:30 Line Dancing</p>	<p>30</p> <p>9:30-11:30 Music Jam 12pm Lunch</p>			

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Available Services

Lunch Service

We have 2 types of lunch service, "To-Go" service which begins at 11:30 (you must come inside to pick up your meals) and "Dine-in" service which begins at 12:00pm. Please fill out, **write the number of lunches you want for each day in the blue 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). **Effective October 1st, you will no longer be able to get "To-Go" lunches on Special Event Days**

Free Haircuts by Marv From Hair Lounge

When: Monday, September 29th

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, September 18th

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** of the month for your birthday gift and a birthday treat and listen to **different bands every month**. 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 Emily from Care Partners for providing birthday treats and Marni from Care Partners for providing birthday bags. Get your birthday ticket from a staff member.

Caregivers Support Group

When: Thursday, September 14th

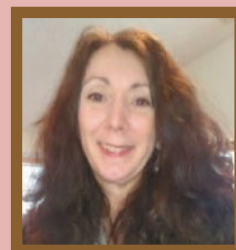
Time: 2:00-3:00pm

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.

Cancelled for September

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

The 2nd Friday of each month will be designated as a themed bingo event. Friday, September 12th will be designated as a Pajama Event. Dress in your best Appropriate PJ's and receive a raffle ticket for a drawing for a special prize made available by our Advisory Board.

See this article each month for the upcoming themed event subject.

Art with Anita

When: Friday, October 17th

Time: 1:00-3:30

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.

Beginning in October, Diamond Art Class will be every other month

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.

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.

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.



Trivia Contest

Date: Friday, September 26th

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. This class will be on the Great Shake Out (earthquake preparedness.) and Utility Shutoff.

Date: Wednesday, September 17th

Time: 10:00-11:00

Cost: No Cost

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



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 apologies 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

New Years Eve Lunch

Date: Wednesday, December 31st

Time: 10:30-12:00

No Cost

Sign up to attend our New years Eve lunch with music by Johnny Crash. See a staff member to 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.

Note: Because we've had so many people not signing up for special events, we are going to go back to charging \$10 if you sign up the week of the special event. Thank you for your understanding.



Disable American Veterans (DAV): Services at Bonney Lake Senior Center

Glenn Cutler, a retired US Navy veteran and resident of Bonney Lake in the Tehaleh, is a certified service officer with the DAV. He has been helping veterans, and their spouses for the past 12 years to obtain compensation and pensions from the US Department of Veteran Affairs.

If there is enough interest, he will establish hours at the Senior Center to provide counseling and assistance for gathering documents and completing the appropriate forms for submission. It is a complex system and details matter.

There will be a short presentation by Glenn followed by a Q&A session to address concerns and processes.

Date and time:

Mon, Sep 29th, 12:45 PM - 1:45 PM, and
Thu, Oct 9th, 10:30 AM – 11:30 AM

Location:

Bonney Lake Senior Center

Health and Wellness

Free Blood Pressure Checks

by Celebrate Seniority

When: Monday,

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.



Foot Care ~ Come Get Your Toes Done!

When: Friday, September 26th

9am to 2pm

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.



Welcome New Staff Members

Welcome Lindsey Otto

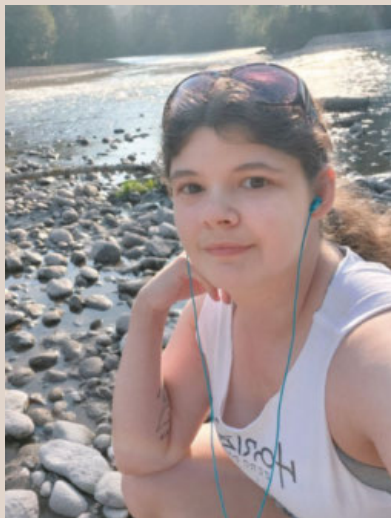
Lindsey was born in Poulsbo, Washington but lived most of her life in Orting. She graduated from Sumner High School and attended college at Central Washington University where she majored in Asia Pacific Studies.

Lindsey has taught English as a second language, worked in various food service companies and retail. She comes to us from Stafford Suites where she worked in the kitchen serving residents and washing dishes for the last two and a half years.

Lindsey has a pet cat named Stella and loves art-drawing, painting and digital art. She plays video games in her spare time and says her favorite game is the Yakuza series, but she also enjoys Minecraft.

Lindsey likes exploring new places such as Community markets and farmers markets so she can support local businesses.

Lindsey is very shy, but loves to talk to people, so please introduce yourself to Lindsey and get to know her. She's a welcome addition to our family!



Welcome Oscar Ussery

Oscar grew up in Long Beach, California. He attended Film School in California where he met his wife in class. They married in 2018 and moved here in June 2025 to be closer to his wife, Kayci's family. They have a 10 month old son named Jack.

Oscar has worked in Marketing with Filming but decided that was more of a passion than a career so He's gotten into filming and directing as a hobby.

He worked for a Yacht Club for several years traveling to Panama Canal, Curacao, Hawaii. He also traveled to Canada, England and Ireland, and worked traveling to oil platforms, tugboats and oil rigs 2016—2025.

He loves the outdoors, hiking and camping and is getting to know the Pacific Northwest and finding great places to explore.

Stop by the kitchen window and say hi to Oscar and introduce yourself. Welcome Oscar, we're so glad you're a part of our family!



Just for Laughs

Yesterday, my son emailed me asking why I didn't do something useful with my time. Like sitting around playing on my computer is not a good thing? I asked. Talking about my "doing something useful" seems to be his favorite topic of conversation. He said he was "only thinking of me" and suggested that I go down to the Senior Center and hang out with ladies. I did this and when I got home last night, I decided to play a prank on him. I emailed him and told him that I had joined a Parachute Club. He replied "Are you nuts? You're 70 years old and now you're going to start jumping out of airplanes?"

I told him that I even got a Membership Card and emailed him a copy of it. He immediately telephoned me and yelled "Good grief mom, where are your glasses?!! This is a membership to a Prostitute Club, not a Parachute Club."

"Oh man, I'm in trouble again, I said. I really don't know what to do. I signed up for five jumps a week!!"

The line went quiet and his friend picked up the phone and said that my son had fainted. Life as a Senior Citizen is not getting any easier, but sometimes it can be fun!

**First, I threw away the
outside and cooked the
inside. Then I ate the
outside and threw
away the inside.
What did I eat?**

If a cow
doesn't
produce milk
is it a
milk dud or an
udder failure?

Answer: Corn on the Cob

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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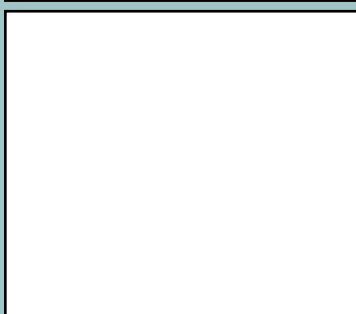
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Things you need to Know

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: In it to win it!



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Where dignity & compassion meet

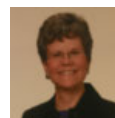
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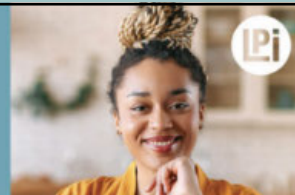
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Bonney Lake Senior Center, Bonney Lake, WA

C 4C 05-1036

Other Important things

Effective Wednesday, October 1st take outs will **no longer** be available on Special Event Days (such as Oktoberfest, Halloween, Thanksgiving, etc). Thank you for your understanding.

We **MUST** receive your To-go request by 9:00 am the morning of your order so the kitchen can insure adequate options are available. (this is only for people who call in their orders each day-not for people who use the Order Ahead menu).

If we have to call 9-1-1 for you

And if you have a specific request in an emergency for yourself or a family member, please let us know so we can get it in your file (i.e. hospital preference, medication request, etc.)

Entering the Kitchen

Due to limited space in the kitchen (now that we have a full kitchen staff) it has become a safety issue so we ask that you please DO NOT enter the kitchen unless you are invited by a Staff Member. If you are working the host desk, you are cleared to enter the kitchen without an invitation. Thank you for your understanding.

Humor

If I die choking on
a gummy bear

Tell everyone I was
killed by a bear
and say nothing
else.

**Is it just me, or does
no one disappear in**



**the Bermuda Triangle
anymore?**

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Bonney Lake Senior Center, Bonney Lake, WA

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Volunteers Needed



Your Center Needs You!

Please consider volunteering a couple of hours a week in any of the following areas as we are in critical need of help in order to maintain our programs. We need a variety of volunteers. Please call us to discuss various volunteer jobs that we will be in need of (hopefully soon) 253-863-7658. **Bingo** Wednesdays & Friday Nights always needs volunteers and there are a fun variety of positions, **Dining Services Front Desk Host**, and **Senior van driver**, please talk to a staff member if you are interested and a **BIG THANK YOU** to all who currently volunteer with us!

Donation Items

Effective immediately, all donated items will need to be approved by a staff member before they can be placed on the benches outside the front doors or on the free table.

This change is necessary due to the fact that we've received many items that were not acceptable and had to be disposed of in the garbage receptacle. Thank you for your patience and understanding.

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

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Sea and Beach

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T	O	L	S	U	R	R	O	U	N	D	U	O	N
E	H	E	R	N	O	R	T	H	E	R	N	E	O
N	S	R	E	R	E	T	T	A	C	S	G	S	P
G	E	A	G	U	G	E	P	W	N	R	O	S	Y
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SURROUND
NORTHERN
HORSESHOE
ROUGHLY
SANDY
SCATTER
STRETCH
TRAWLING NET
TOWEL
WESTERN
CANOPY
SOUTHERN
SUN LOUNGER
PIER
COVE
EASTERN

Play this puzzle online at : <https://thewordsearch.com/puzzle/195/>

News from our Gardener

Hoping for your garden to do well isn't free. You'll feel disappointment when plantings die because sometimes they will. You'll also have to endure the cynics, smugly insisting that gardening is too much work is just them being realistic, even though they're always predicting disaster. And to be sure, false optimism is no better. Only a fool always insists that things will work out, because sometimes they won't. You do want to do what the cynics claim to be doing and be realistic. Gardens have flaws and so do gardeners. Gardening purely through science is out of the home gardeners league so you and nature are like getting along with bad neighbors. So, when you drink your coffee on a busy Sunday and think about who you were, who you are, and who you want to be, you realize you've seen enough to keep some pessimism about gardening but you also don't want to be someone who always expects the worst. To do so robs yourself of something important. Hope is something to hold on to. And it's worth risking disappointment for because you need it. Gardens are a gift because they let you believe. When the chips are actually down in your life, and you need a more substantive hope to reach for, you'll be able to find the part of your soul where it lives. So believe in the calming value that gardening brings you! These gardens, being natural or life substantiating, have done enough to deserve your belief. And you too deserve to believe in something.

The state fair is happening in Puyallup; Aug 29 through Sept 21, closed on Tuesday's. A yearly event for me to help out in the Agriculture barn which is just downwind of the cattle barn. Giant pumpkins, blue ribbon flower displays, you know the place. I'll be somewhere in the area so stop by the master gardeners booth and say

hello. Also enjoy the Grange agriculture exhibits from around our county, spectacular what these people grow and provide to our tables. September and incoming signs of fall don't have to be a downer for gardeners. There's still tons you can do to make September the best month in the garden. Not only is this a crucial time to prepare for winter and next year's growing season, but it's also **not too late to start growing crops and**

ornamental right now, such as cold-weather greens, chrysanthemums, and even cover crops. If you've been meaning to divide and transplant your perennials, now may be the best time to do it. Perennials that you **dig up, divide, transplant**, or re-plant in September have plenty of time to establish themselves in the soil and develop root systems before winter temperatures begin to freeze the ground. For perennials that bloom in spring, such as peonies and irises, **autumn is often the preferred time to divide and transplant.**

As for all those falling leaves, well, I hum along with the Green Day tune "Rake me up when September ends." Savor those last sips of summer and enjoy your 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! And thank you Diana Culliton for your generous donation!

Alzheimer's Spaghetti Feed Fund Raiser

Date: Friday, September 26th

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 year, please see Shari Jones to Register (even if you participated last year, you will still need to register for this year). In it to win it! 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, 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

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 McMenemy's in Edgefield, OR. They have a Brewery, Distillery, Winery, Spa and Shopping.

Maris Farms

Sunday, September 21st

Time: 2:00-5:00 pm

Cost \$20 (\$5 for transportation & \$15 for entry)

Join us for a fun time at Maris Farms. Your \$15 ticket includes entry into the Farm, a wagon ride and a sunflower to take home. You can enjoy a delicious lunch of pulled pork, hamburgers, hotdogs, chicken strips, corn on the cob, sodas, lemonade, kettle corn and ice cream. For an extra cost, you can also go through the corn maze, shoot apples and gem stone mining. 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.

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.

Christmas Shopping in Vancouver

Date: TBD

Cost: TBD

Come along with Michelle and Sue to the Vancouver Christmas Market where you can discover unique treasures to fill stockings or tuck under the Christmas tree at over 90 artisan huts, offering handcrafted gifts for everyone on your list. Food lovers can indulge in Glühwein (mulled wine), German and Austrian beers, and a delightful range of sweet and savory treats. We will be staying at a nearby hotel, within walking distance. In addition, we will be venturing to Granville Island Public Market, an indoor market featuring a fascinating assortment of colorful food, produce stores and farmers stalls, all fresh from the ocean, the oven or the field. Market Artisans showcase locally made, handcrafted products and the very finest in unique goods. Dates and price to come

Senior Center Adventures Cont'd

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 (130,00 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.

Alaska Cruise

July 25, 2026—August 1, 2026

Cost: \$3,179 per person, double occupancy

This is a Paradise Travel Group Trip

Get ready for an incredible 7-night Alaskan adventure aboard a Princess cruise, sailing roundtrip from Seattle from July 25 to August 1, 2026. Delve into the heart of Alaska with stops in Juneau, where you can explore the Mendenhall Glacier or go whale watching, and Skagway, a historic Gold Rush town offering scenic railway journeys and dog sledding experiences. Prepare for breathtaking views during a scenic cruise through Glacier Bay National Park, renowned for its tidewater glaciers and abundant wildlife like whales, seals, and bears. Your Alaskan exploration concludes in Ketchikan, known for its rich Native American culture, totem poles, and excellent fishing opportunities. The journey then takes a charming turn with a late evening visit to Victoria, Canada, before returning to Seattle. Cruise fares start at \$3,179, with single occupancy available from \$5,978. \$200 deposit. Optional monthly payments.

Butchart Gardens Victoria BC

December 12-14, 2025

Cost is \$475 per person includes 2-night stay at Grand Pacific Hotel, : Rooms are Double Queen occupancy \$150. Deposit @ sign up

Friday night 7pm The Ghost of Christmas past tour.

Saturday 4pm Butchart Garden visit, The Magic of Christmas Lights.

Leaving Bonney Lake Senior Center in van on Friday **Dec 12th** @ 6am drop off at Pier 69 Seattle. Boarding Clipper @ 7am departing @ 8am. Return Sunday December 14th @ Bellevue terminal 4pm for a 5pm departure. Will arrive at Pier 69 @ 7:45pm See Kerry for questions and details