

Bonney Lake

Senior Center Newsletter

October 2025



Located at:

**19304 Bonney Lake Blvd
Bonney Lake, WA 98391**

Mailing address:

**9002 Main Street E. Box 5
Bonney Lake, WA 98391
253-863-7658**

**Monday through Friday
8:00am to 4:00pm**

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

www.citybonneylake.org

(we are listed under Residents Tab)

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Welcome to the Bonney Lake Senior Center!

Join us at our Senior Center! Anyone 55 years & older may attend. We offer exercise classes, card games, 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.



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

Oscar Ussery

Dishwasher

Linsey Otto

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

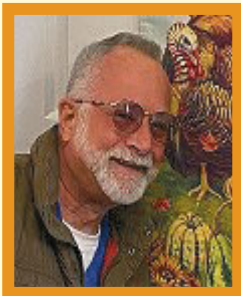
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Senior Advisory Board

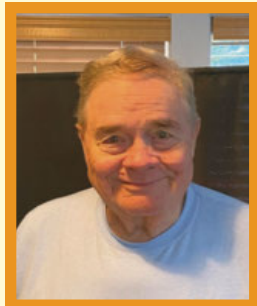


The Senior Advisory Board members work closely with staff to help with a variety of tasks. The Senior Advisory Board, and their volunteers, assist with many fundraising events throughout the year which enables them to help provide funds for special events, work with the Bonney Lake Kiwanis to help seniors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



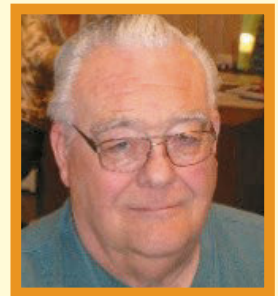
President
Ernie Gilmer



Vice President
Bob Wells



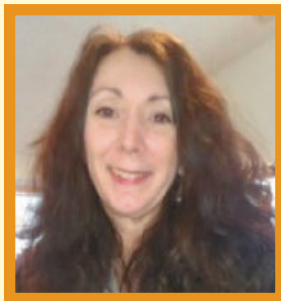
Treasurer
Julianne DeLeo



Assistant Treasurer
Jim Baisch



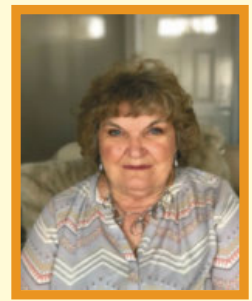
Secretary
Anita Chandler



Carrie Maez
Board Member



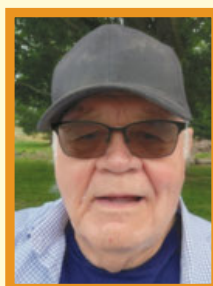
Diane Stabler
Board Member



Elsie Frender
Board Member



Jim Schaewe
Board Member



Steve Turlo
Board Member



Peggy Lundin
Board Member

Menu

October 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<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>	<p>1 Grilled Ham & Cheese On Sourdough Rounds Creamy Tomato Soup Dill Pickle Spear Saltine Crackers Salad Bar</p>	<p>2 Jay's Meatloaf Mashed Potatoes Gravy Seasonal Vegetables Salad Bar</p>	<p>3 Oktoberfest Glazed Brats Caramelized Onions Sauerkraut Red Potatoes Sweet Dill Carrots Dessert Reservations Req'd</p>
<p>6 Baked Potato Bar Butter, Bacon, Sour Cream, Chives & Olives Salad Bar</p>	<p>7 Shepherds Pie w/Mashed Potatoes, Mixed Vegetables Cheddar Cheese and Gravy Salad Bar</p>	<p>8 Chicken Parmesan With Marinara Sauce Steamed Broccoli Garlic Bread Salad Bar</p>	<p>9 Fish & Chips Pineapple Cole Slaw Tartar Sauce Salad Bar</p>	<p>10 Swedish Meatballs over Egg Noodles Sauteed Vegies Pear Halves Salad Bar</p>
<p>13 Open Faced Turkey Sandwich w/ Gravy Mashed Potatoes Vegetables Cranberry Sauce Salad Bar</p>	<p>14 Lemon Pepper Fish Pasta with Herbs Stir Fried Vegetables Salad Bar</p>	<p>15 Sausage Gravy w/ Buttermilk Biscuits Sausage Links Scrambled Eggs Fruit Salad Bar</p>	<p>16 Chef's Choice Salad Bar</p>	<p>17 Chicken Taco Salad Cheese, Lettuce, Olives, Sour Cream, Guacamole, Salsa & Chips Salad Bar</p>
<p>20 Tender Ham Steak Scalloped Potatoes Sweet Green Peas Dinner Roll Butter Salad Bar</p>	<p>21 King Ranch Chicken Chips and Salsa Churros Salad Bar</p>	<p>22 BBQ Pulled Pork Sandwiches Tater Tots Cole Slaw Salad Bar</p>	<p>23 Shrimp Fettuccini Alfredo Seasonal Vegetables Salad Bar</p> <p>Birthday Celebration</p>	<p>24 Creamy Corn Chowder With Bacon Carrot Raisin Salad Roll Salad Bar</p>
<p>27 Minestrone Soup Chicken Salad Sandwich on a Croissant Fresh Orange Chips Salad Bar</p>	<p>28 Carne Asada Bowls Cilantro Lime Rice Chips & Salsa Guacamole Churros Salad Bar</p>	<p>29 Hamburger Gravy over Fluffy Rice Buttered Corn Salad Bar</p>	<p>30 Chicken w/Pesto Seasoned Pasta Roasted Cauliflower Ceasar Salad Salad Bar</p>	<p>31 Halloween Lunch Spooky Spaghetti & Meatballs, Mummy Fingers (Green Beans) Vampire-Free Garlic Bread Treats Reservations Req'd</p>

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To-Go Only October 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 Grilled Ham & Cheese Creamy Tomato Soup Dill Pickle Spear Saltine Crackers Salad Bar</p> <p>To Go</p>	<p>2 Jay's Meatloaf Mashed Potatoes Gravy Seasonal Vegetables Salad Bar</p> <p>To Go</p>	<p>3 Oktoberfest Glazed Brats Caramelized Onions Sauerkraut Red Potatoes Sweet Dill Carrots Dessert No "To Go" orders</p>
<p>6 Baked Potato Bar Butter, Bacon, Sour Cream, Chives & Olives Salad Bar</p> <p>To Go</p>	<p>7 Shepherds Pie w/Mashed Potatoes, Mixed Vegetables Cheddar Cheese and Gravy Salad Bar</p> <p>To Go</p>	<p>8 Chicken Parmesan With Marinara Sauce Steamed Broccoli Garlic Bread Salad Bar</p> <p>To Go</p>	<p>9 Fish & Chips Pineapple Cole Slaw Tartar Sauce Salad Bar</p> <p>To Go</p>	<p>10 Swedish Meatballs over Egg Noodles Sauteed Vegies Pear Halves Salad Bar</p> <p>To Go</p>
<p>13 Open Faced Turkey Sandwich w/ Gravy Mashed Potatoes Vegetables, Cranberry Sauce Salad Bar</p> <p>To Go</p>	<p>14 Lemon Pepper Fish Pasta with Herbs Stir Fried Vegetables Salad Bar</p> <p>To Go</p>	<p>15 Sausage Gravy w/ Buttermilk Biscuits Sausage Links Scrambled Eggs Fruit Salad Bar</p> <p>To Go</p>	<p>16 Chef's Choice Salad Bar</p> <p>To Go</p>	<p>17 Chicken Taco Salad Cheese, Lettuce, Olives, Sour Cream, Guacamole, Salsa & Chips Salad Bar</p> <p>To Go</p>
<p>20 Tender Ham Steak Scalloped Potatoes Sweet Green Peas Dinner Roll Butter Salad Bar</p> <p>To Go</p>	<p>21 King Ranch Chicken Chips and Salsa Churros Salad Bar</p> <p>To Go</p>	<p>22 BBQ Pulled Pork Sandwiches Tater Tots Cole Slaw Salad Bar</p> <p>To Go</p>	<p>23 Shrimp Fettuccini Alfredo Seasonal Vegetables Salad Bar</p> <p>To Go</p> <p>Birthday Celebration</p>	<p>24 Creamy Corn Chowder With Bacon Carrot Raisin Salad Roll Salad Bar</p> <p>To Go</p>
<p>27 Minestrone Soup Chicken Salad Sandwich on a Croissant Fresh Orange Chips, Salad Bar</p> <p>To Go</p>	<p>28 Carne Asada Bowls Cilantro Lime Rice Chips & Salsa Guacamole Churros Salad Bar</p> <p>To Go</p>	<p>29 Hamburger Gravy over Fluffy Rice Buttered Corn Salad Bar</p> <p>To Go</p>	<p>30 Chicken w/Pesto Seasoned Pasta Roasted Cauliflower Ceasar Salad Salad Bar</p> <p>To Go</p>	<p>31 Halloween Spooky Spaghetti & Meatballs Mummy Fingers (Green Beans) Vampire-Free , Garlic Bread, Treats No "To Go" orders</p>

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Events

October 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo	2 10:30 Tai Chi 12pm Lunch 1-3 Card Games	3 Oktoberfest 10-12:30-Music by Jim Lapsansky 12pm Lunch 1-3:30 Shopping Trip 7pm Family Bingo
6 10-11-Brew Crew 12pm Lunch 1-2 Dominos 1-3 Craft Class 1:30-2:30 Line Dancing	7 9:30-11:30 Music Jam 12pm Lunch 1:00-2:30-Tech Time 1:00-2:00– K9 Presentation	8 9-12 Happy Hookers 10-11-Chat with Chief 12pm Lunch 1:15pm Senior Bingo	9 10:30 Tai Chi 12pm Lunch 1-1-4—Legal Guidance 3 Card Games	10 12pm Lunch 1-3:30 Shopping Trip 7pm Family Bingo (Halloween Theme)
13 10-11-Brew Crew 11-12 BP Checks 12pm Lunch 1-2-Dominos 1:30-2:30 Line Dancing	14 9:30-11:30 Music Jam 12pm Lunch 1:30-3:30 Diamond Art	15 9-12 Happy Hookers 10-12—1st Responder— 12pm Lunch 1:15pm Senior Bingo 4:30 Juliet's@ Hop-n-Drops	16 10-12-Haircuts by Becky 10:30 Tai Chi 12pm Lunch 1-3 Card Games 1-5 Photo Shoot	17 12pm Lunch 1-3:30 Art w/Anita 1-3:30 Shopping Trip 7pm Family Bingo
20 10-11-Brew Crew 10-12 Diabetic Shoes 12pm Lunch 1-2-Dominos 1:30-2:30 Line Dancing	21 9:30-11:30 Music Jam 12pm Lunch 12:30-1:30-Medicare Chat with Ernie 1-3 Card Making 3-4 Advisory Board	22 9-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo	23 10:30-12 Music by Jim Meck 10:30 Tai Chi 12pm Lunch 1-3 Card Games Birthday Celebration	24 9-3 Foot Care 12pm Lunch 1-3:30 Shopping Trip 7pm Family Bingo
27 10-11-Brew Crew 12pm Lunch 1-2-Dominos 1:30-2:30 Line Dancing	28 9:30-11:30 Music Jam 12pm Lunch	29 9-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo	30 10:30 Tai Chi 12pm Lunch 1-3 Card Games	31 Halloween 10:30-12-Music by Randy Litch 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 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). Sorry, No "to-go" orders on Special Event days.

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, October 16th

Time: 10am to 12:00 pm (this date only)

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, November 7th

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 gift bags. Get your birthday ticket from a staff member.

Caregivers Support Group

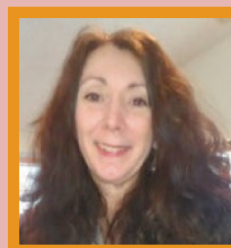
When: Thursday, September 14th

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.

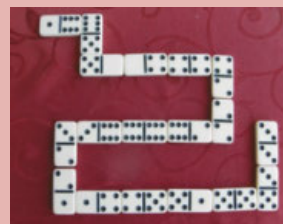
Sunshine Lady

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, October 10, will be designated as a Halloween Costume night. Dress in your best Halloween costume 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: 1:30-3:30

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.

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.

Pinocle 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!

Note: No card playing on Thursday, October 16th.



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.

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.

We'd like to thank Martin from Amada for providing the musical entertainment and Vundabar (that's German for wonderful) desserts.



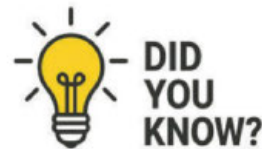
Trivia Contest

Date: TBD

Time: 10:00-12:00

No cost

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



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



1st Responder Class

Join us for our 1st Responder Class Taught by Dina Sutherland on Hands only CPR

Date: Wednesday, October 15th

Time: 10:00-11:00

Cost: No Cost



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

Cost: \$8.00

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.

Special Events Cont'd

Craft Class for Halloween

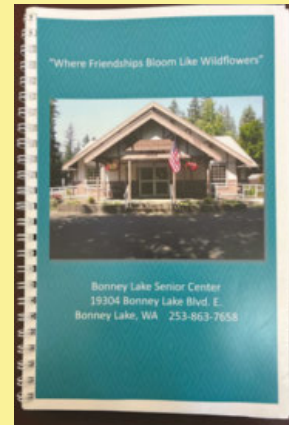
On October 6th Craft Class with Jeanie! Get into the season and paint/decorate wooden pumpkins. \$15 all materials provided. Class will meet upstairs.



Photo Album Photo Shoot

We will be doing our photos on October 16th 1pm-5pm cost is free thanks to our senior board. See a staff member to book your appointment time.

(Note: There will be no card playing on this date)



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
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



Health and Wellness

Free Blood Pressure Checks

by Celebrate Seniority

When: Monday, October 13th

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, October 24th

9am to 3pm

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



Personal Safety Class

Tuesday, October 7th

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 teaching these classes. This month's class is a presentation on K9 officers. Come meet our K9 officers (two legged and 4 legged)!



Advisory Board Elections

- Nominations accepted for all board positions beginning, October 1st. If you'd like to run for an Advisory Board position, please see Shari to have your nomination displayed for members to view.
- Nomination forms available at the front desk from any staff member.
- Voting opens on Monday, November 3rd.
- Voting closes Friday, November 14th. Ballots are available November 3rd thru November 14th.
- All ballots must be signed for.
- Only one ballot per person.



Word Search

R	V	A	N	E	Y	H	T	V	T	Y
R	A	W	E	R	P	D	A	N	J	V
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ABSTINENT BLOB EXPLORATION FIANCEE
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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. Let's all get together! **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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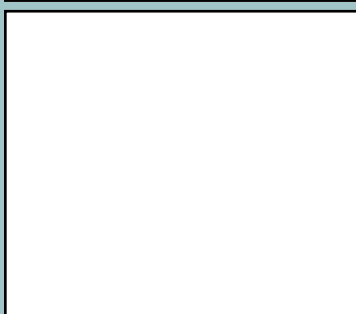


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Things you need to Know

Senior Center Closures

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: Let's all get together!



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



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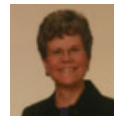
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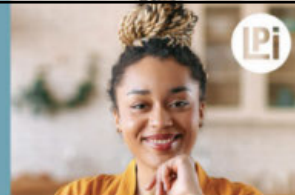
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Other Important Things

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 takeout 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 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.

Capture Your Story with a Legacy Video

A legacy video is a way to share your story in your own words and voice. It's an opportunity to reflect on your life, pass along memories, and record the lessons and values you'd like future generations to remember. These videos often include family highlights, personal reflections, and messages for children, grandchildren, and loved ones.

Oscar and his wife are offering this service here at the center, creating videos with care and attention so each one is authentic and personal. Families are encouraged to take part, making it a meaningful experience to share together.

Senior center members receive a special discounted rate.

To sign up, please visit Sue or Shari at the front desk. You can also ask them — or Oscar directly — if you'd like more information.

Visit us at www.ci.bonney-lake.wa.us / 21



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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, we are no longer able to accept donated items, with the exception of clothing items for our on-going clothing drive.

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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News from our Gardener

After that beautiful summer; you autumn know that this time of year, brings the need to continue your bulb plantings along with the task of clearing out the used plants. The Senior Center's gardens were blessed with all ages of community gardeners helping our garden shine in that summer light. Now as the gardens slowly dies back, we are still blessed as we become pumpkin spice obsessed. Summer's flings were great, yet summer gives way to this season where you are invited to Fall in love and with all the pumpkins around, autumn is definitely the most gourd-geous season to gather friends together. I know that this sweater weather is always better when friends are together! That's right, fall is simply a-maize-ing. I apologize; After this article, you can say I'm the pun-kin of Fall.

There is still plenty of gardening to do at the Center but we're sure to be carving out some fun at our local farms. Audrey and I take in the changing season with a hay ride, walking through a corn maze or maybe a few tries at mayhem using a large slingshot. That's right you can be slinging pumpkins at a tractor in the field this fall too. Sounds like fun to me and the idea that these events support our local farmers is a giant win-win situation for our community. Longer nights bring cooler nights and dampening off diseases that you see as powdery mildew on those tomatoes and squash leaves. The mildew is fatal and a good sign that the summer growing season has ended. The time has come to bring those houseplants back inside.

Because most houseplants are actually tropical plants, they must be brought back inside once night- time temps fall below 50 degrees. Bringing plants inside for winter isn't as easy as simply moving their pots from one place to another; there are a few precautions you need to take when acclimating plants from outdoors to indoors to prevent sending your plant into shock. Most houseplants cannot stand temps below 45 degrees F. (7 C.). It is very important to acclimate your houseplant to the environmental changes from outside to inside. Gradually, over the course of two weeks, increase the amount of time the plant spends indoors . Your houseplants are going to need a bath before relocation as those creatures that live outdoors will be looking to hitchhike to a warmer place too. I like to soak the plant in a water bath with dawn dish soap and then wipe the leaves with a product made of neem oil. The oil gives the plant a polished look and forms a protective barrier from plant diseases.

Outdoors, discontinue deadheading roses so that the plants can form hips. Hydrangea blooms should be left on those plants as they form a protective shield to ward off snow and freezing temperatures. Now is the time to plant bulbs as the ground is still warm enough to encourage those plants to root. I find these longer nights a good time to take a continuing education class. Free classes are listed on-line or try a Masters course to stimulate yourself. For free advice or just to answer a particular plant question is what master gardeners do so contact the Pierce County Master Gardeners at 253-798-7180 or use extension.wsu.edu.

Happy Halloween and enjoy your day. Everyday!
Dave PCMG



David A. and
Linda Smith
Gardening Committee

Alzheimer's Walk

Thank you to everyone who signed up to walk with us and to those of you who generously donated to our team and to everyone who supported our Spaghetti fund raisers!

Alzheimer's Walk

Date: Saturday, October 11th

Time: 9:30-2:00

Join us and help support our Alzheimer's walk on Saturday, October 11th .

The 2025 Alzheimer's Walk is 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). 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. The van will be leaving the Senior Center at 9:30 on Saturday, October 11th. If you'd like to ride the van with everyone, please let Shari or a staff member know. If you'd prefer to drive yourself, the location of the walk is "Dune Peninsula at Point Defiance Park 5361 Yacht Club Rd Tacoma, WA 98407".

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.

Casino Trips with Joy & Kerry

PHOTO ID REQUIRED FOR ENTRANCE INTO ALL CASINOS

Monday, October 6th

Cost: \$10.00

Snoqualmie Casino

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

Wednesday, November 12th

Cost: \$5.00

Muckleshoot Casino

Leave the Senior Center at 10:00 am and return around 3:00 pm. Sign up to go to the Muckleshoot Casino in Auburn and enjoy a fun time gambling. Gambling and lunch on your own.

Wednesday, December 3rd

Cost: \$10.00

Lucky Eagle Casino

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

Wednesday, January 7th

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 Puyallup/Tacoma and enjoy a fun time gambling. Gambling and lunch on your own.

Senior Center Adventures Cont'd

Troll Trips with Joy & Kerry

Ballard Troll Trip (again)

Date: Wednesday, October 1st

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

\$5.00 for transportation

Because we had such an overwhelming interest in the Ballard Troll Trip in September, we are going to do a second one. Please join us on the 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.

Senior Center Trips:

The Haunted Escape Room Experience

Date: Thursday October 9, 2025

Leave from Senior Center at 6:00pm Return by 8:30pm

Cost: \$5 transportation and \$36.75 admission (total 41.75 payable to BLSC)

Meet for Taco Soup together at 5pm @ the Senior Center before departure

Guided by the patron saint of our Moon Rocks flavor, Greg Glitter, you'll journey to a haunted planet in search of the legendary cosmic cacao. But first, you'll need to solve a series of puzzles, and brave the ghostly garden, to help Greg complete his mission. This 50 minute experience is perfect for adventurers, puzzle lovers, and chocolate fans alike. Complete the challenge, and you just might take home some cosmic cacao of your own.

Tacoma Holiday Festival at the Tacoma Dome

Friday October 24th, 2025

Leaving Senior Center at 9:30 a.m. on Friday. Return at 5:00 p.m.

Cost: \$5 for transportation, show tickets \$21 (pay \$26 to BLSC at sign-up).

Lunch and gifts on your own.

This is the largest holiday show in the Northwest! This is the 43rd annual festival celebration of the holiday season. Enjoy a delightful array of food, gifts, entertainment and holiday spirit. They even offer holiday workshops, both hands-on and how-to demonstrations. From holiday entertaining tips to DIY ornament making. Whether you're shopping for unique gifts, savoring delicious food, or seeking a fun outing, it has something for you.

ENHANCED ID OR PASSPORT REQUIRED FOR ENTRY INTO CANADA

Christmas Shopping in Vancouver

November 14-16, 2025

Cost: \$170 per person paid in full at sign-up (Christmas Market & Circle Craft Holiday Market tickets are extra - no prices available at this time)

Includes two nights hotel stay, city bus tour, transportation and goodie bag.

Leaving Bonney Lake Senior Center at 11:00am on Friday 11/14, returning on Sunday 11/16 at approximately 8pm.

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. We will also be visiting the Circle Craft Holiday Market featuring 300 artisans under one roof where you can find the perfect gift! Join us to eat, drink and be merry!!!

Senior Center Adventures Cont'd

Christmas Lights Tour

Wednesday, December 3rd, 2025

Cost: \$5 Pay at sign-up

Leave Senior Center at 5:30 return at 9:30, parking behind the center.

Get ready to be mesmerized by over 300 elaborate displays, digital animations, and thousands of sparkling lights that will leave you spellbound. Every year, they add large new displays to their collection, so there is always something new to see. Wear your festive attire!

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.

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

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.

Senior Center Adventures Cont'd

Special Advance Notice of Up-Coming Tour Company Trips

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.

Cape Cod & the Islands

July 18th-24th, 2026

\$3575.00 per person, double occupancy

Activity Level 2

Spend 6 nights, 7 days touring the beautiful sights of Cape Cod, Boston, Martha's Vineyard, Rhode Island and Nantucket Island. You'll stay 1 night in Boston and the remaining 5 nights in Cape Cod. Tours will include a Boston city tour, Martha's Vineyard, Cape Cod National Seashore, and New Port on Rhode Island. Then on to Nantucket Island to visit a whaling museum. Your final evening will be spent in Cape Cod enjoying a traditional New England Lobster Dinner.

Watch for Information on upcoming trips next year!

August of 2026 The Plains of Africa

October of 2026 Albuquerque Balloon Fiesta & Santa Fe

November of 2026 Iceland's Magical Northern Lights

April of 2027 Mackinac Island with tulips

May/June of 2027 Switzerland, Austria, and Bavaria

September of 2027 Discover Scotland

October of 2027 Spotlight on Tuscany