Bonney Lake
Senior Center Newsletter

September 2021

Located at:
19304 Bonney LakeBlvd
Bonney Lake, WA 98391
Mailing address:
P.O. Box 7542
Bonney Lake, WA 98391
253-863-7658
Monday through Friday
8:00am to 4:00pm

www.citybonneylake.org
(we are listed under Residents)

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Welcome to the Bonney Lake Senior Center!

Out of an abundance of caution, we will be suspending all group activities effective immediately through the month of September. Limited one-on-one services such as foot care, massage, and haircuts will be available by appointment. Curbside and delivery meal service will continue. For updates, visit www.cobl.us/seniorcenter or call 253-863-7658.

Mark Sue Pam Jean Shari
Sharon Phil Lorrie

BONNEY Lake

Senior Center Staff

Staff

Senior Services Manager
Sue Hilberg
hilbergs@cobl.us
253-447-4327/360-551-2002
Senior Services Assistant ~
Lorrie Lund
lundl@cobl.us
253-447-3104
Senior Aide ~ Phil DeLeo
deleop@cobl.us
253-447-4328
Senior Aide ~ Shari Jones
joness@cobl.us

Kitchen Staff
253-447-4334
Head Cook
Mark Johnson
johnsonm@cobl.us

Assistant Cooks
Pam Camp
campp@cobl.us
and
Sharon Daugherty
Dishwasher ~ Jean Root

To Reach all Staff Call:
253-863-7658

Sorry, we are temporarily closed for group activities

Labor Day
We will be closed Monday September 6th.

AVAILABLE FOR A LIMITED TIME!
ADVERTISE HERE NOW!
Contact Christine Nicholls to place an ad today!
cnicholls@lpicommunities.com
or (800) 950-9952 x5841

SUPPORT OUR ADVERTISERS!

Senior Advisory Board

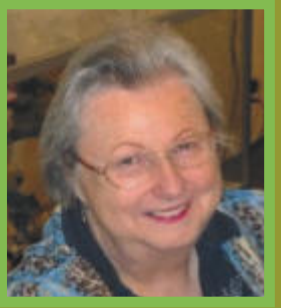
The Senior Advisory Board members work closely with staff to help with a variety of tasks. The Senior Advisory Board, and their volunteers, assist with many fundraising events throughout the year which enables them to help provide funds for special events, work with the Bonney Lake Kiwanis to help seniors 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 call the center for details. 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 meets at 3pm on the third Tuesday of each month.

President
Wayne Johnson

Vice President
Bob Wells

Treasurer
Julianne DeLeo

Assistant Treasurer
Jim Baisch

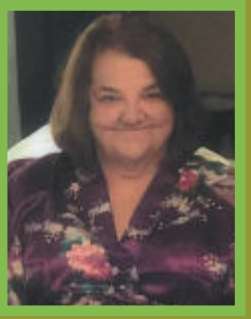


Secretary
Anita Chandler

Bonnie Johnson
Board Member

Bonnie Manda
Board Member

Kathy Nelson
Board Member



Barbara Greenwood
Board Member

Su Paterson
Board Member

Sunshine Lady
Donna Hoey

Gardening Committee
David A. and Linda Smith

Menu

September 2021

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Crispy Fish Jasmine Rice Coleslaw Vegetables	2 Loaded Baked Potato w/all the Fixin's Green Salad Dessert	3 Chicken Salad Sandwich on croissant Chips Fruit Dessert by Memory Haven of Sumner
6 	7 Teriyaki Chicken Jasmine Rice Vegetables Fruit Dessert by Expressions @ Enumclaw	8 Macaroni & Cheese with Ham Green Salad Fruit	9 Sloppy Joes French Fries Salad Dessert	10 Polish Dogs Sauerkraut Chips Patriotic themed Cake by Stafford Suites—Honoring Patriot Day (USA)
13 BBQ Chicken Potato Salad Baked Beans Corn on the Cob	14 Stuffed Bell Peppers Green Salad Bread	15 Tuna Salad Sandwich on Croissant Chips Pickle Dessert	16 Nat'l Guacamole Day Beef Taco Salad w/all the Fixin's Tortilla Chips Salsa & Guacamole Churros	17 Chicken Tenders w/Dipping Sauces Tater Tots Cottage Cheese w/ Fruit
20 Cheese Tortellini in Lemon Alfredo Sauce w/Shrimp Loaded Green Salad Warm Bread	21 Sausage Gravy w/Biscuits Scrambled Eggs Bacon Fruit	22 Spaghetti w/Meat Sauce Green Salad Garlic Bread Dessert	23 Grilled Sausage with Red Potatoes Caramelized Onions Bell Peppers Green Salad Birthday Cake by Stafford Suites	24 Turkey Sandwich on Croissant Chips Pickle Dessert by Memory Haven of Sumner
27 Chicken Taco Salad w/all the Fixin's Tortilla Chips Salsa & Guacamole Cookies	28 Lemon Pepper Fish Rice Pilaf Coleslaw Dessert	29 Leila's Garlic Chicken Rice Vegetables Salad Dessert	30 Hamburger Gravy Over Mashed Potatoes Vegetables Dessert	

September Order-Ahead Lunch Menu

Your Name _____

Caution: Foods may contain Milk, Eggs, Fish, Crustacean Shellfish, Tree nuts, Peanuts, Wheat and Soybeans.

Monday	Tuesday	Wednesday	Thursday	Friday
Please write the number of meals you want in box . Don't forget to write your name at the top!		1 Crispy Fish Jasmine Rice Coleslaw Vegetables	2 Loaded Baked Potato w/all the Fixin's Green Salad Dessert	3 Chicken Salad Sandwich on croissant Chips Fruit Dessert by Memory Haven of Sumner
6 	7 Teriyaki Chicken Jasmine Rice Vegetables Dessert by Expressions @ Enumclaw	8 Macaroni & Cheese with Ham Green Salad Fruit	9 Sloppy Joes French Fries Salad Dessert	10 Polish Dogs Sauerkraut Chips Cake by Stafford Suites
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20 Cheese Tortellini in Lemon Alfredo Sauce w/Shrimp Loaded Green Salad Warm Bread	21 Sausage Gravy w/Biscuits Scrambled Eggs Bacon Fruit	22 Spaghetti w/Meat Sauce Green Salad Garlic Bread Dessert	23 Grilled Sausage with Red Potatoes Caramelized Onions Bell Peppers Green Salad Birthday Cake by Stafford Suites	24 Turkey Sandwich on Croissant Chips Pickle Dessert by Memory Haven of Sumner
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Events

September 2021

Monday	Tuesday	Wednesday	Thursday	Friday
		1 12pm To Go lunch 1:30pm On-Line Bingo	2 12pm To Go lunch	3 9am Local Walk 12pm To Go lunch
6 	7 8:30am-12pm Chair Massage 12pm To Go lunch 1pm First Weigh-In	8 12pm To Go lunch 1:30pm On-Line Bingo	9 12pm To Go lunch	10 9am Local Walk 12pm To Go lunch
13 9am Local Walk 10 am Weigh-In 12pm To Go lunch	14 8:30am-12pm Chair Massage 12pm To Go lunch	15 12pm To Go lunch 1:30pm On-Line Bingo	16 12pm To Go lunch	17 9am Local Walk 12pm To Go lunch 12:30 pm Zoom Legal Workshop by Bryanna Cross Bean
20 9am Local Walk 10 am Weigh-In 12pm To Go lunch	21 8:30am-12pm Chair Massage 12pm To Go lunch	22 12pm To Go lunch 1:30pm On-Line Bingo	23 10am-2 pm Haircuts 12pm To Go lunch	24 9 am-3 pm Foot Care 12pm To Go lunch
27 9 am Local Walk 10 am Weigh-In 12pm To Go lunch	28 8:30am-12pm Chair Massage 12pm To Go lunch	29 12pm To Go lunch 1:30pm On-Line Bingo	30 12pm To Go lunch	

Community Resources

Part 3 of our 4 part series: To restore means to bring back or return to a former condition. We are reminded on a daily basis that the effects of COVID-19 on our mental health are far reaching and vary greatly from person to person. And while life may not return to the "normal" we once knew, we can certainly work toward restoring things that previously brought us happiness, stability and joy.

HOW SHOULD I EXPECT TO FEEL DURING AND AFTER COVID-19?

One of the main, and often overlooked, areas of trauma after a disaster is mental health.

"It's very normal for people to experience symptoms of acute stress after any disaster," says Dr. Kira Mauseth, Co-Lead for the Behavioral Health Strike Team at the Washington State Department of Health.

Dr. Mauseth shares that common symptoms may include anxiety, sleep disturbances including nightmares, feelings of loss, being more irritable or crying, and trouble focusing. Coping with these symptoms can be challenging and isolating, but all ranges of symptoms are natural and there are many helpful resources for support and reliable information. For most people, the behavioral and thought changes associated with acute stress will subside after the event. In the case of the pandemic, that may be after some normal activities and routines are reestablished during the recovery phase. For others, symptoms may worsen to the point of interfering with daily tasks and responsibilities.

HOW DO I KNOW IF MY STRESS IS NORMAL?

Sometimes, it can be hard to tell if you're experiencing a typical stress reaction or something that requires help. Some people with acute stress may have symptoms that worsen over time. You may hear the term Post Traumatic Stress Disorder (PTSD). PTSD is pretty rare when it comes to an event like COVID-19, since it is commonly associated with immediate life-threatening events (versus events that take place over a long period of time). Regardless, PTSD affects millions of people around the world. Typically, people who experience PTSD have been directly involved with trauma. In the case of COVID-19, they may have lost a loved one, or got very sick themselves. PTSD can also depend on someone's trauma history,

socioeconomic background, race, gender and any number of combining factors. Dr. Mauseth recommends seeking professional help if you believe you're experiencing symptoms beyond acute stress. Signs of this may include an inability to perform normal or every-day tasks, such as:

- caring for your basic needs
- completing work
- caring for children or loved ones effectively every day for more than a week or two
- feeling anxious or depressed more days than not

She explains the best first step is to make an appointment with your primary care physician. They'll be able to refer you to additional support and mental health specialists. If you don't have a primary care doctor, call 1–800–525–0127 or text 211.

HOW CAN I BEST COPE?

There are many ways to address acute stress and PTSD. Therapy and other types of professional counseling are highly recommended and can be very beneficial. "Effective trauma therapy can help someone separate the emotional experience from the event itself, which is crucial for healing," says Dr. Mauseth. If therapy isn't immediately available to you, there are many other helpful tips. If you need someone to talk to about stress due to COVID-19, call Washington Listens at 1–833–681–0211 for support. You can also find other resources by looking here. Dr. Mauseth explains that it's critical to give yourself time to adjust. And to be kind to yourself in the process. It has been over a year of significant changes in how we conduct our daily lives; we can't expect that getting back to "normal" will happen overnight. Making small adjustments on a daily or weekly basis will make a big difference over time. It's common to feel overwhelmed with the amount of changes you're facing. Dr. Mauseth suggests making a list of things and activities that make you feel better and posting it to your fridge. Do this while you're feeling good; it's tough to recall what makes you happy when you're dealing with heightened emotions in the moment. "This list could include anything from listening [or dancing] to your favorite song, to taking a hot shower or walking the dog. It should be personalized, thoughtful and contain movement-based activities," says Dr. Mauseth. She says to resist things that include consuming substances like alcohol, cannabis or other drugs (which can worsen stress, anxiety and depression), and even some foods (particularly those high in sugar). As the world works collectively to restore itself and heal from the pandemic, there's one small thing that you can do to help. The single, best thing you can do for yourself, and your family, is to make sure that you **take care of your mental health!**

Current Events

The Biggest Loser Contest at The Bonney Lake Senior Center!!!

Are you struggling to lose weight? Do you need more incentive? Is cold, hard cash a big enough incentive? Well, here is a plan that just may work.

Each Monday morning we will host a weigh-in. Weekly, each contestant will pay $7 for participating in the contest. The "biggest loser" is the person who drops the most pounds in the given week. That person will win $5 x (times) the amount of contestants in that given week. Since each participant pays $7 each week, the extra $2 will role over to the grand prize pot. The grand prize will be awarded to the person who loses the most weight from beginning to the ending of the contest which will be November 24th.

Note** We only have to lose 1 pound at a time. We can do this!!

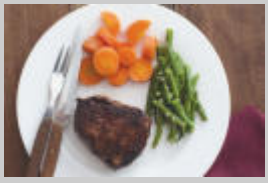
Please sign up before September 3rd, so that we all start at the same time so we can have our first weigh in on Tuesday September 7th. To sign up and to schedule a weigh in time please see a staff member and receive your weigh in log sheet. **Weekly Weigh in's will take place outside on the front porch, a face mask is required.**

Our Senior Nutrition Program

Lunch Served Daily Monday through Friday
12:00 pm -12:30 pm
$5 Suggested Donation per meal

Our menu is posted in this newsletter. For our regular customers, please complete the order ahead lunch menu form with "To Go" as a tentative count which allows our Kitchen Staff to plan adequately.

We will continue home delivered lunches for members unable to drive. We ask that these customers also complete the order ahead form. Please call us if you have any questions!



AARP Driving Class

We will be holding an AARP Driving class on Thursday, October 7th from 9:00-5:00 in the Modular Building , located next to the Senior Center.

Cost: $20 for AARP members
$25 for non-members

Please call or stop in to sign up. Maximum number of students for this class is 20.

Let's Meet for a Walk!!

Grab your tennis shoes and meet at the center.
Every Monday and Friday we will meet you in the parking lot at the center at **9AM** and head out for a gentle walk along the sidewalks of Bonney Lake Boulevard toward Allan Yorke Park. We will continue our stroll along the lake and take in the views and each other's company. In the event of extreme weather or poor air quality the walks will be cancelled. Please join us for some fun exercise.

When: 9 AM departure
Mondays: September 13th, 20th, 27th
Fridays: September 3rd, 10th, 17th, 24th

****Note Closure for Labor Day, Monday September 6th**

"Cup of Joe for a Joe" by Green Bean Coffee Company

Do you want to support our military personnel who are currently serving our country?? We have learned of an easy and secure way to show appreciation and support of our military simply by buying them a cup of coffee. To learn how, please visit…….https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fwww.greenbeanscoffee.com%2fproducts%2fcup-of-joe-for-a-joe&c=E,1,9_dCbT2C6Rz6cOoP5RoxzLJdFKh2tDafyyQtnzsg4GdWpcxz7uIR5Z2ix0puMsgQHMLWJlSdVNVp0boY-ETbGrwKccEQeY41w-hh6FFDCO59f3PQ-9lQr7ZDUA,,&typo=1

Our very own Sharon Daugherty, Kitchen Aide, has a daughter serving in the Air Force. This company's service has been a wonderful and a comforting resource.

Future Events and Programs

Our goal is to offer engaging programs and services at our center. Please let us know what you are most interested in and we will work with you toward making it happen. We hope to offer exercise classes, art workshops, craft sales and various fun events in the near future.

As our doors have recently reopened it will take time to build up where we left off. So thank you for your patience and please do not hesitate to offer your ideas!

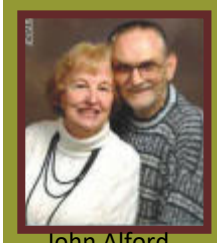
In Memoriam

It is with a heavy heart that we bring to your attention the loss of several of our cherished members. Over the past year, we have missed each other and unfortunately will always be missing the following list of friends. Staff have been made aware of those who have departed. If you know of anyone else who has passed within our community please let us know.

Name	Date Joined	Name	Date Joined
Mary Achterkirchen	8/6/2015	Myrtle Liversedge	7/24/2007
Jon Alford	8/2/2007	Ed Manda	3/25/2015
Jan Amato	2/22/2008	Leila Miller	7/25/2007
Judy Butler	2/27/2013	Margo Montana	7/25/2007
Roger Cerdana	6/1/2016	Judi Moss	8/6/2007
Joyce Collins	4/8/2013	Dave Peters	3/29/2017
Lillian Clark	8/14/2012	Joan Ranch	7/24/2007
Pamela Dutton	5/14/2008	Phyllis Robertson	3/12/2020
Wayne Ferguson	10/9/2008	Glen Sanders	3/28/2018
Carol Gladish	9/22/2010	Joanne Thompson	4/4/2012
Clara Hackney	11/29/2007	Lori Williams	4/4/2012
Kathy Hornsby	8/14/2015	Yvette Young	8/2/2007
Richard Kirkbride	2/22/2008		

Photos Unavailable for:

Mary Achterkirchen
Judy Butler
Roger Cerdana
Clara Hackney
Ed Manda
Phyllis Robertson
Lori Williams



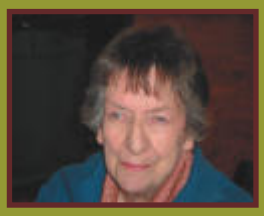
John Alford

Jan Amato

Jack Bowmer

Lillian Clark

Joyce Collins



Pamela Dutton

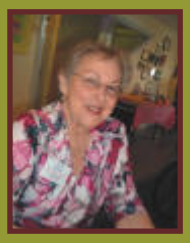
Wayne Ferguson

Carol Gladish

Kathy Hornsby

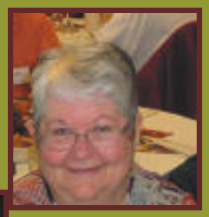
Richard Kirkbride

Myrtle Liversedge



Leila Miller

Margo Montana



Judi Moss

Yvette Young

Dave Peters

Joan Ranch

Glen Sanders

Joannie Thompson

Phil's Trips

Saturday, September 11th
Northwest Trek and Copper Creek Inn
This is a Senior Center bus trip.
September is half-price month for seniors!
Leaving Senior Center at 7:30 a.m. Saturday morning, returning at 3:30 p.m.
Cost: $5 for transportation; $11.50 for admission, (pay $16.50 at sign-up). Meals on your own.
September is half-price month for senior citizens at this 723-acre wildlife preserve located just north of Eatonville. Its primary feature is a tram tour which takes visitors through a 435-acre free range area featuring bison, deer, elk, mountain goats and big horn sheep. We will start our day with a breakfast stop, arriving at NW Trek as the gates open at 9:30, take an early ride on the tram, and walk the paths through the wolf, bear and big cat enclosures. Seniors aged 65 or older receive half-price general admission throughout the month of September. To receive the discount, tickets must be purchased on the day of the visit. It's a wonderful time to visit. Kids are back in school and the weather is traditionally grand, plus the herd animals demonstrate behaviors that only occur during the fall. After our visit, if no one's in a hurry to get home, we will take a side trip to the Copper Creek Inn at Ashford for another slice of the state's best blackberry pie. Yum.

Canceled Until further notice

Monday, September 13th
Tacoma Rainiers Deck Party and Baseball Game.
This is a Bonney Lake bus trip.
Leaving parking lot behind senior center at 10:00 a.m. on Monday, returning at 3:30 p.m.
Cost: $5 for Transportation; Party and Game cost $40 (pay $45 at sign-up).
Deck party begins at 11:00, including a 90 minute buffet of all-you-can-eat hot dogs, hamburgers, macaroni salad, chips, and cold soda, water, beer and wine. During the game see our group get a special welcome on the big screen video board. Don't forget your sunglasses and glove.

Canceled Until further notice

Friday, September 24th thru Sunday, September 26th
Maryhill Winery and Goldendale Observatory
This is a Senior Center bus trip
Leaving from parking lot behind police station at 8:30 a.m. on Friday. Return at 6:00 p.m. on Sunday.
Cost: $20 for Transp.; Rooms are $155.45 per person/d.o. (Pay $175 to BLSC at sign-up).
On our drive Friday, we will spend some time in Guler Ice Caves near Mt. Adams. Going inside these caves is unlike anything you've ever seen, with giant ice crystals, plus ice formations much like stalactites and stalagmites. From Mt. Adams we will visit the Maryhill Museum, Maryhill Winery and the Stonehenge War Memorial before arriving at our hotel. Saturday we will explore the Coyote Canyon Mammoth Dig Site before arriving at the Goldendale Observatory for two shows; one at 4:00 p.m. about the solar system and the stargazing event at 8:30. The temperature inside the ice caves is below freezing, so bring a warm coat, gloves and a flashlight. Temperatures at the mammoth dig could be very warm, and no open-toed shoes allowed. Sunday we will drive the scenic route home along the mighty Columbia River. Come and join us for a wonderful outdoor and learning experience. Be sure to bring sunglasses, a camera and your sense of adventure.

Canceled Until further notice

Saturday October 2th
Wine-Tasting at the Hidden Farm
This is a Senior Center bus trip.
14 seats available.
Leaving Senior Center at 4:30 p.m. Saturday. Returning at 8:30 p.m.
Cost: $10 for sandwiches and snacks (payable to Bonney Lake Senior Center).
If you enjoyed the visit to the Hidden Farm and if you enjoy wine, and especially if you enjoy tasting wine varieties, then this should be a fun evening. The idea is to bring a bottle or two of your favorite wines and share with your friends around the fireplace in the covered arena. With the funds collected in advance we will purchase pinwheel sandwiches and other party trays, and non-alcohol drinks for those who want to join but don't care for wine. See the sign-up sheet in the trips book.

Phil's Trips Cont'd

Thursday Oct. 7th
Glassblowing Experience
This is a Bonney Lake Senior Center bus trip
Leaving lot behind Senior Center at 11:00 a.m. and returning around 6:00 p.m.
Cost: $50 per art object; lunch on your own at Freighthouse Square.
Come and join us for a half-hour session of making your own glass art. Normal cost for this event is $75, but on our trip you can experience the thrill of expressing yourself through glass for only $50.
This trip will be limited to the first 14 people.

Saturday, October 16th
Mount St. Helens - Johnston Ridge Trip
This is a Senior Center Bus Trip.
Leaving Senior Center at 8:00 a.m. on Saturday. Return at 5:00 p.m.
Cost: $15 for transportation; meals and extra events on your own. Breakfast and lunch on your own on the way. Mount St. Helens National Volcanic Monument was established following the 1980 eruption of Mount St. Helens. The Monument was set aside for research, recreation, and education. Inside the Monument, the environment is being left to respond naturally to the disturbance.

Local Walking Trips

1st Tuesday local walking trips will be:
October 5th – Fennel Creek Trail
November 2nd – Lake Jane Loop
December 7th – Allan Yorke Trail
All walking trips will depart from Senior Center at 2:30

3rd Tuesday park walking trips will be:
October 19th – Deep Lake Park
November 16th – Bradley Lake
December 21st – Auburn Outlet Collection Mall Indoor Loop
All walking trips will depart from Senior Center at 2:30

Inclement weather schedule
In the event of snow or ice covered roads, the senior center bus will not run when local schools are closed or delayed.

Daylight Saving Time Ends on Sunday, November 3rd

Phil's Trips Cont'd

Fourth Thursdays
Red Wind Casino Bus Trip
The Red Wind Casino sends a bus to pick up East Pierce County patrons on the fourth Thursday of each month. Their bus will stop near Hwy 410 at the south edge of the Grocery Outlet parking lot in Bonney Lake at 8:00 a.m., and return around 4:00 p.m. Trips are subject to be cancelled if not enough participants sign up. Be sure to call the BL senior center to get your name and phone number on the sign-up sheet. The bus is provided free, but don't forget to tip the bus driver.

SPECIAL TOUR TRIPS ADVANCE NOTICE

Sunday, May 15, 2022 to Thursday, May 26, 2022
Painted Canyons of the West – featuring state and national parks of Utah
This is a Collette Tours trip with extra 3 nights in Las Vegas
Cost: From $3,499 per person/double occ. for 9 days, includes 11 meals for Collette portion.
Three additional nights plus van rentals will be another $600.
Price includes round trip air from Sea-Tac., plus air taxes and fees/surcharges, and hotel transfers.
This journey embraces all the beauty and grandeur of the canyon lands of Utah, with accompanying cuisine, culture and folklore of the old west. After touring seven state national parks along our route from Denver to Las Vegas, we will spend three more days visiting sites in and around Las Vegas, such as Red Rock Canyon and Hoover Dam.
See Phil for more details and a brochure

June 24—June 26, 2022
Sol Duc Hot Springs
Cost: $300 per cabin, per night, double occupancy
Phil has reserved 7 rooms at Sol Duc Hot Springs in the Olympic National Park for Friday, June 24 and Saturday, June 25, 2022. Each room is a two Queen bed, non-kitchen cabin and the overnight stay is a bed and breakfast special.

Note: Just a reminder. When you sign up for a trip, you do need to pay your fee at the time of sign up. If you do not, someone can bump you off your spot.

News from our Gardener

Hi folks; enjoying the gardens? The garden crew has taken on the task to revive the roses at the senior center and we our happy with our start. It surprises me: the time it takes to water and care for the center's courtyard and surrounding gardens. It could not be done without a dedicated crew in this summer heat. This month garden tour spotlight will be on "The old goat farm" garden and nursery. Built by Greg Gaves and Gary Waller starting in 2004, the garden is located on the Orting Kapowsin Hwy East in Graham and can be visited by appointment or set dates that are listed on the web site oldgoatfarm.com. Check it out.

As our days grow shorter with the upcoming Autumn Equinox on the 22nd at 12:20 pm you see quite a few of our annuals getting the last of the flowering away as the amount of darkness that they are exposed too increases; known as short day plants (long night), the blooms on plants such as chrysanthemums (mums) and Christmas cactus are reacting to the extended night lengths of fall which are now longer than 12 hours. To delay the bloom time on these kind of plants just subject them to a burst of light (5 minutes) or to advance the bloom time deny the plant access to light for more than 12 hours. My Christmas cactus will usually bloom at Thanksgiving if I do not take steps to delay the onset of those blooms. This time of year I also start to miss the sun force and I find I can alleviate some of this by setting up a full spectrum lamp for the enjoyment of my indoor plants and me. Excellent for day neutral plants, does not seem to cure baldness.

Roses are a favorite plant of local gardens and why not with all the varieties to choose from so let's talk about the end of summer rose care. This should be the last week that roses are fed. A manufactured rose feed is measured out to a standard that roses react too, follow the directions and water thoroughly. Keep dead heading the spent flowers until the end of September. If the mulch around your plants (not touching the plant) is less than 3" deep, add more as this long process of decomposing humus is the key to long term rose care. Keep the water off your rose plants, water around your roses as this keep a fungal disease known as "black spot" (Diplocarpon rosae) from traveling from leaf to leaf with the splash of the water droplets.

September brings an influx of yard waste as we continue our regular weeding and we are removing any vegetation that has turned brown. This type of yard waste is good compost-able material. Keeping the area around your fruit tree free from fallen or diseased leaves is so important to mitigate next years problems. This type of yard waste along with noxious weeds go in the garbage. You can rid yourself of extra yard waste at the Prairie Ridge Transfer Center. There is no charge for loads under 2,000 pounds with a Pierce County zip code. Branches must be less than 4" thick and no longer than 4' in length. More info at the web site: www.piercecountywa.gov/1541/Transfer-Station.

Our cool season grasses can be amended in the fall; look for the products that specify fall application or I use "Sumner grow" which is available for free from a self -loading shed located at the Sumner sewage treatment plant. As always follow directions as these high nitrogen additives easily leach through the soil.

As always, enjoy your day, every day! Dave

** Be sure to pick up a copy of my Questions with Answers from a staff member

Questions to our Gardener

Hello all you gardeners, this month I wanted to try to answer a few questions and separate the urban myth, the legend from the fact and science of gardening, or not! Before I start I want put my disclaimer on the info you are to receive as gardening has a lot of data that covers so many species, but it is also about the "did you try this
aspect". I ask that you who need a scientific answer to specific question to contact the Washington State University Master Gardeners Extension at pierce.mg@wsu.edu where very dedicated people will research your request.

Dave

"Is there any truth to adding coffee grounds when planting veggies and are there some plants that should not have the extra acidic value"?

My answer would be that the benefits of coffee grounds is minimal. That poor coffee bean has gone through 10 steps to become grounds. Its been peeled, been baked, ground up and scalded and yet it is a favorite of gardeners! By this time it makes great compost, worms love it as the grit helps them to digest . There are just to many variables for this idea to pan out. How much coffee do you use? Is decaf different? Our soil is already acidic from centuries of weather; is a cup of grounds really going to change the PH in a two quart container or a six foot row? What I do know of most coffee grounds is that they are a source of phosphorous, the "P" of N,P, & K on fertilizer packages, which is essential for flowering so I do add grounds to my roses at this time of year because like the addition to veggie beds, it won't hurt either.

"How can I prevent bottom blight on my tomatoes; and How often should tomatoes be watered?" - "With a note they like their feet dry."

The answer once again can get very scientific but the senior answer is that tomatoes are in the family "Solanums" which are semitropical plants. As we know getting them to vegetate and set fruit isn't so hard but getting that fruit to ripen is not so sure. Tomato late blight is the fungus that you see kill off the plants after the nights temperatures drop below 50 degrees not to be confused with blossom end rot which is a fault of too much water added to a dry soil. Another symptom of this malady is the leaves will curl on your plants. I add a calcium additive to combat blossom end rot. You see the additive sold as mag/cal. So, the answer to how often do I water my tomato's would be "regularly". Don't let them dry out, keep the leaves & fruit dry, keep the roots warm! I have mine under cover constantly so too with my peppers! Looks like a bumper crop this year!

"Due To Covid" by Lorrie

Anyone else out there tired of hearing about viruses, vaccines, masks and mandates?? The staff at the center are too! We wish we were not all experiencing this difficult time together. "Due to Covid", it has been a long time since we were able to enjoy activities and freedoms of days before this pandemic.

However, without this experience we would have missed some amazing opportunities as a senior community. First, by securing a food pantry grant we were able to offer groceries to seniors and help them to avoid going into the stores at a time when seniors were cautioned not to. Second, a home delivery meal program for our homebound seniors was developed as the need was recognized in our community. This program is further supported by volunteers who eagerly deliver hot lunches Monday through Friday. Also, dedicated members reached out to fellow seniors by making well checks by telephone and these contacts developed into vital connections that have continued today. Our community partners via Key Club, Trilogy Serves, The Blessing Movement, Dale Shoemaker (local Realtor), Katheryn Evans of Strategic Sound Solutions, Bonney Lake/Sumner Food Bank and a variety of dedicated volunteers, combined earnest efforts to make this terrible time a bit easier by offering donations and countless volunteer hours to improve the lives and yards of many. Please come sit and relax in our newly refurbished patio area. It was brought to you by a grant that our Key Club applied for and utilized to create a lovely space. This area is currently well maintained by our active gardening team and seems to grow in depth and color daily. Without adversity there is no triumph. Although we have experienced many losses over the past year, please try to focus on what has been gained and how we can continue to support and lift up one another as this journey is not yet finished; "Due to Covid" we have been blessed in different ways.

Announcements

Foot Care Returns!

Foot care will return to the center and will be held every forth Friday of the month.

Please contact Senior Foot Care directly to book your appointment 253-848-9625.

The service fee is $40. Our senior center will provide the accessible space for this program but all appointments will be managed by the foot care business.

Free Haircuts by Becky from Tangles

Thursday, August 26th
Please sign up in the programs binder!
There are limited appointments.
Please arrive with freshly washed hair.

Becky has worked for years as professional hairdresser and is volunteering to give free haircuts but tips are appreciated. Please call us or stop in to make an appointment.

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Announcements Cont'd

Clothing Drive

Thank you to everyone who participated in our June clothing drive. Your generous donations resulted in a $708.00 payment from Value Village to our Non Profit
Advisory Board fund. It was so successful that we will be having another one!

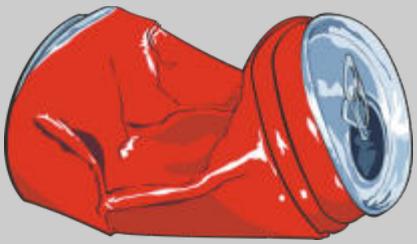
What to donate: clean, gently used clothing (shoes, belts & purses bagged separately), please deliver donations in black garbage bags

When:
Drop by your donations during our business hours, Monday through Friday 8am to 4pm.
Last date to drop off is September 10th.

Aluminum Can Drive

We would like your aluminum cans! Phil will take them to recycle and the money received will be used as a fundraiser for our Senior Center. Please bring crushed cans in garbage bags. Bags of mixed cans and garbage will **NOT** be accepted.

Thank you!



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S	M	E	W	N	E	U	T	A	E	L	E	A	N
P	E	A	K	S	R	I	A	H	E	E	I	R	M
A	T	U	N	H	M	M	S	E	W	A	B	T	A
A	A	N	E	N	K	K	A	O	A	M	M	R	N
A	A	N	T	N	E	T	R	E	R	E	E	G	O
B	A	R	E	T	L	R	E	M	E	E	A	E	R
S	L	R	E	S	R	T	I	A	W	T	T	T	E
H	T	A	T	A	R	P	S	N	T	W	E	R	A
R	A	E	T	A	E	R	T	T	N	O	A	U	E
B	E	L	T	W	I	I	E	K	M	H	H	R	E
L	E	W	T	T	R	W	A	P	E	E	K	N	A
T	H	G	I	E	W	T	L	K	T	E	A	A	A
T	R	A	E	B	A	S	M	T	T	A	N	N	A
N	A	U	N	T	R	N	N	T	R	B	E	E	A

HARE
MANNER
STEEL
AUNT
MEAT
WEIGHT
BARE
STEAL
PEAK
PEEK
ANT
MEET
WAIT
MANOR
HAIR
BEAR

Play this puzzle online at : https://thewordsearch.com/puzzle/2174/

Birthday Announcements

September Birthdays

Please join us in wishing the following people a happy September Birthday!

Jo Ann Bethke
Larry Burkhalter
Cipriano Cabello
Jo Ann Cain
Willis Camp
Sharon Cochran
Billie Collins
Mary Derr
Mikki (Ormetha) Dobson
Dennis Hein
Lou Ann Keough
Helen Lacelle
KarenLynn Lewis
Carrie Maez
Mike Marzano
Don McGrath
Yuwen Mary Meloy
Karen Miles
Linda Moffet
Judy Mogan
Ernestina Navarro
Mark Ortega
Bobbie Pearson
Cathryn Powell
Lynne Powers
David Reed
Laurie Risch
Phyllis Schultz
Diane Stabler
Rebecca Staples
Glenn Taylor
Diane Vail
Robert Verhasselt
Elsie Walker
Kathey Watts
Dennis Wilson
He (Hui) Young

A special "thank you" to Katheryn Evans of Strategic Sound Solutions for sponsoring birthday gift bags for our members! Please pick up your gift bag & piece of cake on Thursday, September 23rd. Also, "thank you" to Stafford Suites for sponsoring our birthday cake each month!

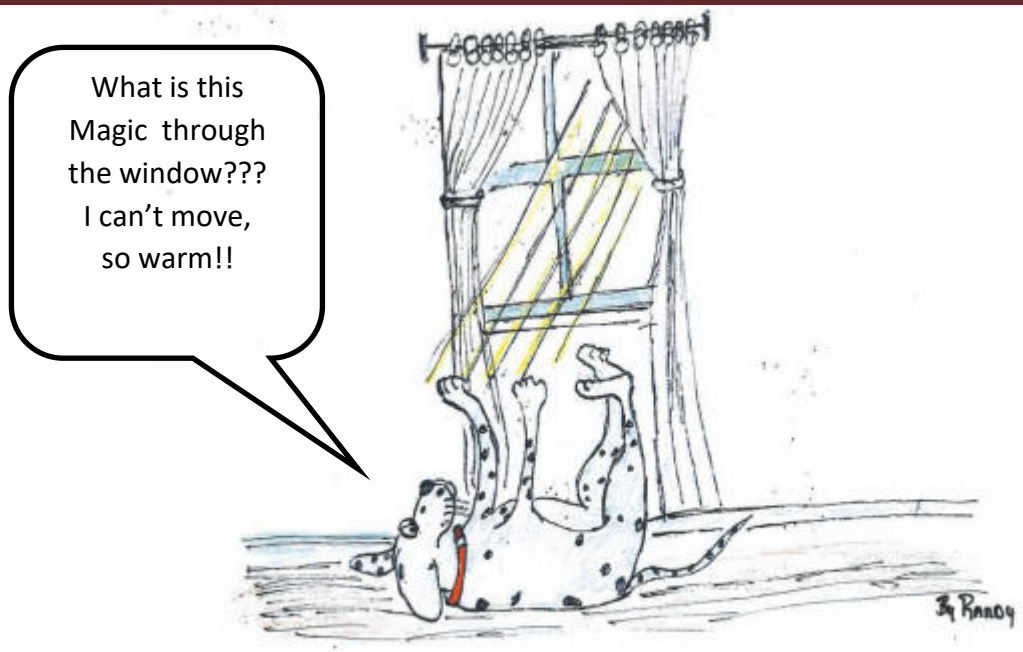
NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at www.mycommunityonline.com

For ad info. call 1-800-950-9952 • www.lpicommunities.com Bonney Lake Senior Center, Bonney Lake, WA D 4C 05-1036

Just For Fun

Gypsy and Tipsy brought to you by creator Randy Seek. Randy is a local artist. He is also employed by Trans Blue, the janitorial company that keeps our Senior Center and city buildings clean.



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What's Happening

Free On-Line Bingo is back!

When: Wednesdays at 1:30pm
(September 8th, 15th, 22nd, & 29th)

How: Join us on-line every Wednesday in September for a fun time reconnecting over a few games of Bingo for free and win *prizes*! Just download the "BlueJeans" application. This is similar to Zoom and is the computer program that we will use for each session. Please stop by the Senior Center Monday through Friday, 8:00 am—4:00 pm to pick up your bingo cards for the all 4 sessions and to register to play. You will need a computer, tablet or smart phone with a camera to be able to play and we will need your email where we can send the link for the sessions. We suggest you log on a half hour early in case you encounter difficulties. You can contact us at the senior center for technical help. Hope to see you there!

Recipe from Member Su Paterson

Crockpot Hawaiian Chicken:
2 pounds chicken tenderloins cut into 1" cubes
1 cup pineapple juice
1/2 cup brown sugar
1/3 cup soy sauce

Mix ingredients in crock pot, on cook on high for 30 minutes; reduce heat to low and cook for 8 hours. Will be good and tender.

Choose your side dishes; I make fried rice and heat up frozen egg rolls.

****Got a favorite dish, please submit your recipe for publication in our newsletters!**

Recipe from Member Shari Jones

Quick & Easy Sloppy Burgers
1 pound Ground beef
1 10.5oz can cream of chicken soup
1 package of hamburger buns
American cheese slices

Cook ground beef until done, drain off the grease and place back in skillet. Add cream of chicken soup and combine and cook over low heat until heated . Place hamburger buns on aluminum foil open faced. Place a piece of cheese on top bun, place spoon full of meat mixture on bottom bun and place under broiler until cheese is melted.

****Got a favorite dish, please submit your recipe for publication in our newsletters!**

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Workshop Date: Friday September 17th, 12:30- 1:30PM

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Passcode: 610701

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Estate Planning Essentials
Attorney Bryana Cross Bean will lead a discussion about the essential facts everyone needs to know about estate planning. She'll speak about the most important documents everyone should have, including: Wills, Trusts, and Durable Powers of Attorney, and what can happen without proper planning. Bryana will also explain what probate is and ways to avoid it. This will be an interactive presentation, so bring your questions!