

# Bonney Lake

## Senior Center Newsletter



# October 2021

### Located at:

19304 Bonney Lake Blvd  
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](http://www.citybonneylake.org)

(we are listed under Residents)

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### Continued Suspension of Group Activities

Out of an abundance of caution, we will be continuing our suspension of all group activities through the month of October. Limited one-on-one services such as foot care, massage, haircuts, Medicare Coffee & Chat, and Banker's Life will be available by appointment. Curbside and delivery meal service will continue. For updates, visit [www.cobl.us/seniorcenter](http://www.cobl.us/seniorcenter) or call 253-863-7658.

Lorrie

Pam

Phil

Sharon

Sue

Shari



**BONNEY**  
*Lake*

Visit us at [www.ci.bonney-lake.wa.us](http://www.ci.bonney-lake.wa.us) | 1

## Senior Center Staff

### *Staff*

#### Senior Services Manager

**Sue Hilberg**

hilbergs@cobl.us

253-447-4327/360-551-2002

#### Senior Aide

**Shari Jones**

joness@cobl.us

253-447-4340

#### Assistant Cooks

**Pam Camp**

camp@cobl.us

and

**Sharon Daugherty**

#### Senior Services Assistant

**Lorrie Lund**

lundl@cobl.us

253-447-3104

#### Kitchen Staff

253-447-4334

#### Dishwasher

**TBD**

#### Senior Aide

**Phil DeLeo**

deleop@cobl.us

253-447-4328

#### Head Cook

**TBD**

*To Reach all Staff Call:*

*253-863-7658*

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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 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 **Thursday** of each month.



**President**

Wayne Johnson



**Vice President**

Bob Wells



**Treasurer**

Julianne DeLeo



**Assistant Treasurer**

Jim Baisch



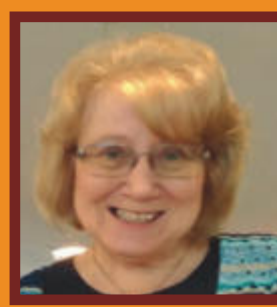
**Secretary**

Anita Chandler



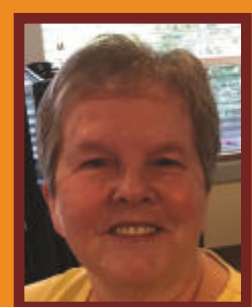
Bonnie Johnson

Board Member



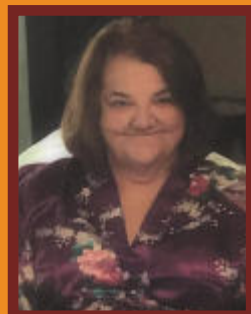
Bonnie Manda

Board Member



Kathy Nelson

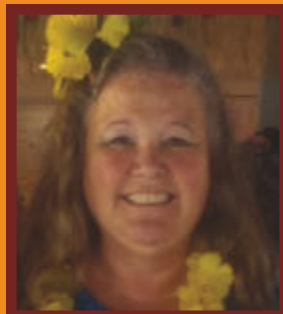
Board Member



Barbara Greenwood  
Board Member



Su Paterson  
Board Member



Donna Hoey  
Sunshine Lady



David A. and Linda Smith  
Gardening Committee



# Menu

# October 2021

Monday	Tuesday	Wednesday	Thursday	Friday
Daily lunch service Monday—Friday 12-12:30pm <b>**Alternate meals available only for Fish/Seafood and Liver/Onions</b>		<b>Caution: Foods may contain Milk, Eggs, Fish, Crustacean Shellfish, Tree nuts, Peanuts, Wheat and Soybeans.</b>		1 Homestyle Chili Honey Cornbread Tossed Salad Dessert
4 <b>National Taco Day</b> Beef Taco Casserole Chips and Salsa Guacamole Churros	5 Sweet & Sour Meatballs Rice Steamed Vegetables Roll with Butter	6 Beef Stew Biscuits Salad Dessert	7 Oven Fried Fish Steamed Rice Stir Fried Vegetable Salad	8 Chicken Noodle Soup Cheese Sandwich Chips Dessert
11 BBQ Pulled Pork Tater Tots Coleslaw	12 Cook's Meatloaf Mashed Potatoes Gravy Seasonal Vegetables Salad	13 Oven Roasted Chicken Garlic Pasta Green Beans Cottage Cheese Fruit	14 Spinach Salad with Chicken, Oranges, Almonds, Peppers Chinese Noodles Sesame Dressing	15 Ham and Swiss Sandwich Minestrone Soup Chips Fruit Salad
18 Teriyaki Chicken Jasmine Rice Stir Fried Vegies Egg Roll	19 Tender Beef Liver Grilled Onions/Bacon Mashed Spuds Gravy 3 Bean Salad Dinner Roll	20 Chili Dogs Macaroni Salad Chips	21 <b>Oktoberfest</b> Glazed Brats Caramelized Onion Sauerkraut Roasted Red Potatoes Sweet Dill Carrots Festive Dessert	22 Creamy Tomato Soup Turkey Sandwich Chips
25 Macaroni & Cheese Diced Ham Fruit Green Salad	26 Chicken Burgers w/ Lettuce, Onion and Tomato French Fries Baked Beans Dill Pickle Spear	27 Shepherd's Beef Pie w/ Mashed Potatoes Mixed Vegetables Warm Bread Salad	28 <b>Halloween</b> Spooky Spaghetti & Meatballs Mummy Fingers (Green Beans) Vampire free Garlic Bread Treats  <b>Birthday Gift Bags</b>	29 Clam Chowder Warm Bread Fresh Fruit Dessert

# October Order-Ahead Lunch Menu

Your Name:

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Please write the number of meals you want in the box . Don't forget to write your name at the top!</p>		<p>Daily lunch service Monday—Friday 12-12:30pm</p> <p><b>**Alternate meals available only for Fish/Seafood and Liver/Onions</b></p>		<p>1 Homestyle Chili Honey Cornbread Tossed Salad Dessert</p> <p>➡ <input type="text"/></p>
<p>4 <b>National Taco Day</b> Beef Taco Casserole Chips and Salsa Guacamole Churros</p> <p>➡ <input type="text"/></p>	<p>5 Sweet &amp; Sour Meatballs Rice Steamed Vegetables Roll with Butter</p> <p>➡ <input type="text"/></p>	<p>6 Beef Stew Biscuits Salad Dessert</p> <p>➡ <input type="text"/></p>	<p>7 Oven Fried Fish Steamed Rice Stir Fried Vegetable Salad</p> <p>➡ <input type="text"/></p>	<p>8 Chicken Noodle Soup Cheese Sandwich Chips Dessert</p> <p>➡ <input type="text"/></p>
<p>11 BBQ Pulled Pork Tater Tots Coleslaw</p> <p>➡ <input type="text"/></p>	<p>12 Cook's Meatloaf Mashed Potatoes Gravy Seasonal Vegetables Salad</p> <p>➡ <input type="text"/></p>	<p>13 Oven Roasted Chicken Garlic Pasta Green Beans Cottage Cheese Fruit</p> <p>➡ <input type="text"/></p>	<p>14 Spinach Salad with Chicken, Oranges, Almonds, Peppers Chinese Noodles Sesame Dressing</p> <p>➡ <input type="text"/></p>	<p>15 Ham and Swiss Sandwich Minestrone Soup Chips Fruit Salad</p> <p>➡ <input type="text"/></p>
<p>18 Teriyaki Chicken Jasmine Rice Stir Fried Vegies Egg Roll</p> <p>➡ <input type="text"/></p>	<p>19 Tender Beef Liver Grilled Onions/Bacon Mashed Spuds Gravy 3 Bean Salad Dinner Roll</p> <p>➡ <input type="text"/></p>	<p>20 Chili Dogs Macaroni Salad Chips</p> <p>➡ <input type="text"/></p>	<p>21 <b>Oktoberfest</b> Glazed Brats Caramelized Onion Sauerkraut Roasted Red Potatoes Sweet Dill Carrots Festive Dessert</p> <p>➡ <input type="text"/></p>	<p>22 Creamy Tomato Soup Turkey Sandwich Chips</p> <p>➡ <input type="text"/></p>
<p>25 Macaroni &amp; Cheese Diced Ham Fruit Green Salad</p> <p>➡ <input type="text"/></p>	<p>26 Chicken Burgers w/ Lettuce, Onion and Tomato French Fries Baked Beans Dill Pickle Spear</p> <p>➡ <input type="text"/></p>	<p>27 Shepherd's Beef Pie w/ Mashed Potatoes Mixed Vegetables Warm Bread Salad</p> <p>➡ <input type="text"/></p>	<p>28 <b>Halloween</b> Spooky Spaghetti &amp; Meatballs Mummy Fingers (Green Beans) Vampire-free Garlic Bread &amp; Treats</p> <p>➡ <input type="text"/></p>	<p>29 Clam Chowder Warm Bread Fresh Fruit Dessert</p> <p>➡ <input type="text"/></p>

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# Events

# October 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Daily lunch service Monday—Friday 12-12:30pm</p> <p><b>**Alternate meals available only for Fish/Seafood and Liver/Onions</b></p>				<p>1</p> <p>9am Local Walk</p>
<p>4</p> <p>9am Local Walk</p> <p>10am Weigh-In</p>	<p>5</p> <p>8:30am-12pm Chair Massage</p> <p>2:30pm Walking Trip— Carpool to Fennel Creek</p>	<p>6</p> <p>10:00 Medicare Coffee &amp; Chat, by appointment</p> <p>1:00 On-line Bingo</p>	<p>7</p>	<p>8</p> <p>9am Local Walk</p>
<p>11</p> <p>9am Local Walk</p> <p>10am Weigh-In</p>	<p>12</p> <p>8:30am-12pm Chair Massage</p>	<p>13</p> <p>10am Banker's Life by appointment</p> <p>1:00 On-line Bingo</p>	<p>14</p> <p>1pm Care Givers Support Group (see page 17)</p>	<p>15</p> <p>9am Local Walk</p>
<p>18</p> <p>9am Local Walk</p> <p>10am Weigh-In</p>	<p>19</p> <p>8:30am-12pm Chair Massage</p> <p>2:30pm Walking Trip— Carpool to Deep Lake Park</p>	<p>20</p> <p>1:00 On-line Bingo</p>	<p>21</p> <p><b>Oktoberfest Meal</b></p> <p>10am-2 pm Haircuts</p> <p>3pm Advisory Board Meeting</p>	<p>22</p> <p>9 am-3 pm Foot Care</p> <p>9am Local Walk</p> <p>12:30 pm Legal Workshop by Bryanna Cross Bean **Via Zoom</p>
<p>25</p> <p>9 am Local Walk</p> <p>10am Weigh-In</p>	<p>26</p> <p>8:30am-12pm Chair Massage</p>	<p>27</p> <p>1:00 On-line Bingo</p>	<p>28</p> <p><b>Halloween Meal</b></p> <p>12 Birthday Celebration with cake by Stafford Suites &amp; gifts by Katheryn Evans</p>	<p>29</p>

## Community Resources

### Part 4 of our 4 part series: Rise, is about healing and growth

We can all use some lasting healthy habits for

self-care. Mindfulness is a practice that can increase focus, self-control and compassion, while decreasing levels of stress and anxiety. Simply put, to be mindful is to be present with yourself and the world around you. Mindfulness techniques can vary by skills and attention spans. We've broken down some of our favorite exercises by age group.

**Children**—Children are keenly aware of what adults are doing. Lead by example and take a few minutes to practice mindful techniques with your child.

- Practice different breathing patterns. Ask your child to watch the rise and fall of their belly and chest, and the air fill their lungs.
- Introduce sensory exploration at various points in the day by asking questions about what they smell, taste, hear, touch, and see. Go on a walk and ask your child to find three things they've never seen before like a leaf that is a different color a funny shaped rock or a new flower.
- Find age-appropriate guided mindfulness exercises on YouTube to practice together. Afterward, be prepared to ask your child questions about their experience.

**If your child is having a tough moment, try the “name three things” exercise. Ask your child to find three red objects in the room, or name three times they helped out a friend. It will help change their mindset and refocus their energy. This exercise is most effective if your child is just frustrated or worried and can be re-directed, but doesn't work well if your child is extremely upset, so it's helpful to choose the right times to try this.**

**TEENS**—The world can be a tough place for teenagers, but mindful practices can help them navigate the turbulence. Find a mindfulness app for your teen. Lead by example and find a time together to engage with the app.

- Ask questions to help them understand their feelings and emotions — and the feelings and emotions of others. Consider questions like “what might your friend have been feeling when that happened?” or “what did you experience when you got that grade on your test?” If you notice them shutting down, back off and try again when they seem to be more receptive.

**Show how one minute of controlled breathing can help calm the body in stressful situation — like before taking a test or a sporting event. Switch from breathing through the nose to the mouth and back, shorter breaths to longer breaths, and repeat. You can also try counted breaths by breathing in, holding and counting to four, breathing out and counting to four and repeating until calm.**

**ADULTS**—It's easy to make mindfulness a part of your routine! In fact, most of the techniques listed above work for adults, too. You can also try out some of these more advanced techniques.

- Make a habit of expressing gratitude to those around you. Be specific. Acknowledging the act that you appreciated and what it meant to you. And don't forget to show gratitude to yourself.
- Be playful! Who said adults can't roll around on the ground, throw a ball against the wall, or get their fingers messy with paint? It will help you break from the routine of your day and remember to enjoy the moment.
- Turn off the music, put away the phone, and try to eliminate all sensory distractions for a few minutes each day. With so much going on in our worlds, being fully present in “the nothing” can be incredibly powerful.

Remember, it's important to take some time to be still with your mind and body. Pick a technique listed above and try it out, either alone or with loved ones. Over time, you may notice some incredible changes happening with your emotional well-being. We hope you enjoyed this series and learned something new. Our mental and emotional health are as important as our physical health. Please remember to take care of yours — year-round.



## 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. We are also working with Traci Woodcock, a trained health coach, who will be providing zoom presentations to us on a variety of topics, including diabetes and weight loss among others. (please see page 23 for more information on the zoom presentations).

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 on Monday, December 20th.

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

To sign up and to schedule a weigh in time, please see a staff member and receive your weigh in log sheet.



We are sorry to report that our center will not be able to host an AARP Safe Driver's class until January 2022. AARP has suspended all in-person classes until the first of next year. They are, however, offering on-line courses.

#### **Online & Self-Paced**

Taking the online course is convenient and cost-effective. And you get 60 days to complete it!

**Auto Insurance Discount for** Completing our defensive driving course could save you money on your auto insurance.\* **Refresh your driving skills and you could save on auto insurance.** When you take the AARP Smart Driver™ online course, you could be eligible for a multi-year discount on your auto insurance.\* Plus safer driving can save you more than just money. The course teaches proven driving techniques to help keep you and your loved ones safe on the road.

#### **Additionally, you'll learn:**

- Important facts about the effects of medication on driving.
- How to reduce driver distractions.
- How to maintain the proper following distance behind another car.
- Proper use of safety belts, air bags, anti-lock brakes and new technology found in cars today.
- Techniques for handling left turns, right-of-way, and roundabouts.
- Age-related physical changes and how to adjust your driving to compensate.



To find out more information and to register for an online course visit: <https://www.aarpdriversafety.org/>

## Current Events Cont'd

### 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 the walks will be cancelled. Please join us for some fun exercise.

**When: 9 AM departure**

**Mondays: October 4th, 11th, 18th, & 25th**

**Fridays: October 1st, 8th, 15th, 22nd, & 29th**



### 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 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!



AS OF AUGUST 23, 2021



**Masks are required  
statewide in all indoor  
public settings,  
even if fully  
vaccinated**

**Vaccinate  
WA** 

## Current Events Cont'd

### Chair Massage Is Here!

Come relax and enjoy the healthy benefits of chair massage by Linda. Linda is a licensed massage therapist and offers 20 to 30 minutes sessions for free to our members. She gladly accepts tips for this service. Call to book your appointment. She offers massage in our upstairs room on Tuesdays.



### Luau Raffle Winners

Thank you to everyone who purchased tickets and donated items for our Luau raffle. We raised \$404 for our Center! (We will be having a Holiday raffle in November in time for some Christmas shopping.) Glen Oliver won the BBQ and David Antkowiak won the Quilt.

Our winners were:

Jeanne Dahl  
Glen Oliver  
David Antkowiak  
Evelyn McDonald  
Bob Wells  
Bonnie Johnson  
Anita Chandler  
Pauline Casio  
Dutch Tidd  
Sharon Schwartz



### Medicare—Coffee & Chat with Katheryn Evans

**Wednesday, October 6th**

10am to 11am

Call ahead to make your appointment! Come meet with Katheryn, Medicare insurance broker for a workshop to get your insurance questions answered.

### Ernie Gilmer, Insurance Broker

**Wednesday, October 13th**

10am to 11am



Call us at 253-863-7658 to make your appointment to learn important Medicare, life insurance and long term care plan information and get all your Questions answered. You can call Ernie directly at 253-691-5707 for specific questions.

### 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 and now re-closed, 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 our cherished members. 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	Membership Date
Phyllis Robertson	3/12/2020
Sherry Creson	9/04/2007
Debbie Savoya	2/27/2017



### Remember Me

Don't remember me with sadness,  
 Don't remember me with tears,  
 Remember all the laughter  
 We've shared throughout the years.  
 Now I am contented  
 That my life it was worthwhile,  
 Knowing that I passed along the way  
 I made somebody smile.  
 When you are walking down the street  
 And you've got me on your mind,  
 I'm walking in your footsteps  
 Only half a step behind.  
 So please don't be unhappy  
 Just because I'm out of sight,  
 Remember that I'm with you  
 Each morning, noon and night.





# Phil's Trips

**Saturday October 2<sup>th</sup>**

**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.

**Thursday Oct. 7<sup>th</sup>**

**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 16<sup>th</sup>**

**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**

**1<sup>st</sup> Tuesday local walking trips will be:**

October 5<sup>th</sup> – Fennel Creek Trail

November 2<sup>nd</sup> – Lake Jane Loop

December 7<sup>th</sup> – Allan Yorke Trail

All walking trips will depart from Senior Center at 2:30

**3<sup>rd</sup> Tuesday park walking trips will be:**

October 19<sup>th</sup> – Deep Lake Park

November 16<sup>th</sup> – Bradley Lake

December 21<sup>st</sup> – 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.



# Phil's Trips

## 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

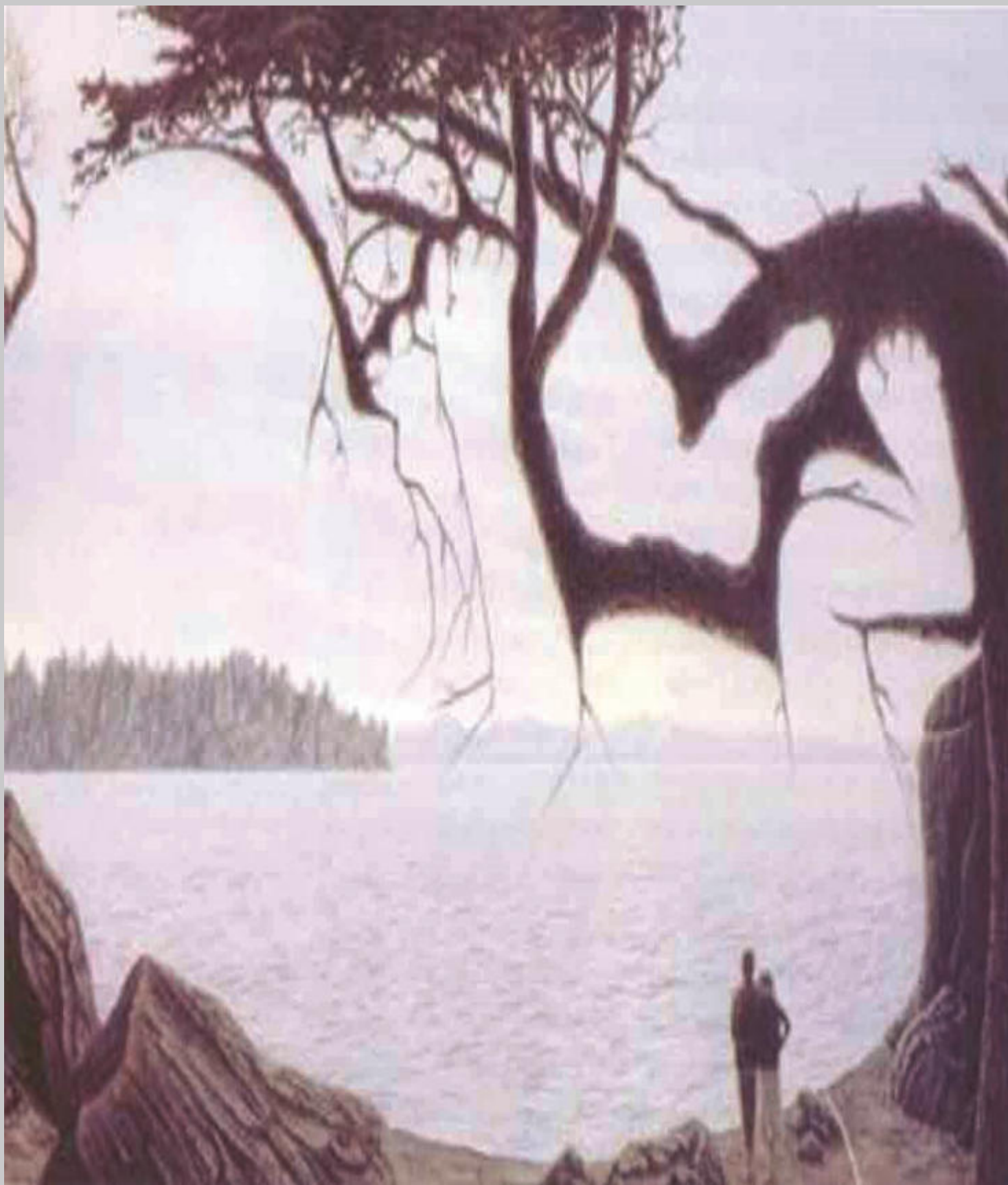
Phil has reserved 7 rooms at Sol Duc Hot Springs in the Olympic National Park for Friday, June 24 and Saturday, June 25, 2022. Each room is a two Queen bed, non-kitchen cabin and the overnight stay is a bed and breakfast special.

**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 of the sign-up list.**



## Brain Teaser

Can you see a baby?



## News from our Gardener

As October comes upon us, harvest time for many of our gardens is in full swing. I get a real charge out of pulling up ten foot corn stalks that I know came from one little seed. There are a few corn mazes in our area and we try to visit a different one each year. Each year I ask "how do they do that?" and yet I really don't want to know; I'm just enjoying the farm experience and it's a great way to support your local farmers.

October should be a busy time in your garden. With the harvest comes the need to clean up the debris from the fallen leaves and withering plants which can be used as good compost this time of year. If you let it lay there it will be good material for bugs and diseases to take refuge and incubate during the wet winter. A good saying for this time of year would be "if it's brown, cut it down".

With the increasing rain our yards micro-organism comes to life eventually waking up the Townsend moles and worse, the Townsend voles; only related by the destruction they do to our yards. The secret to catching those moles; well, it's still a secret, I don't know. Voles on the other hand are not a mouse but are known as meadow mice, voles will eat vegetation above and below the soil line. We usually see the cut paths through the grass or the sunken uneven land caused by the shallow tunnels they dig with open entrances. Prolific breeders, one vole can become hundreds of voles in weeks under good conditions so exterminating is maybe too high of a goal. WSU fact sheet FS094E talks about vole management! Meaning use vole deterrent mulches like crushed rock for pathways bordering gardens and avoid using weed barrier cloths as these give the animals a dark damp area to live under.

I could not find any home use rodenticides to use against voles but unlike the grab traps that are illegal to use against moles, common mouse traps can keep your vole population in check. I set my traps, baited with some peanut butter at right angles to the pathway or wall barrier they would use, cover the trap to make a tunnel that will deter other animals. Garden ornament that cause vibration like your wind spinners, I'll swear, keep these ground critters at bay but field trials are less sure. I also am a very liberal and random garlic planter and over the years I've never had an eaten or displaced garlic bulb. It seems ground dwelling animals just give garlic a wide berth.

Now is that time to plant those spring flowering bulbs in your garden so you give the bulb roots time to establish. Find that small spot in your yard where you can let your bulbs naturalize for a very low maintenance but early spring flowers. Ideally this spot can be left undisturbed in the coming years so the bulbs produce more bulbs and more flowers with each coming year. Many kinds of bulbs can be used but small shallow bulbs seem to work best. Think Crocus, Mini-daffodils and Snowdrops are some of the more popular plants in our area. Under a deciduous tree will give you color in that part of the yard before the big tree grabs the sunlight.

Carrots are a good crop to plant while the soil temperature is still up and this will help the seeds germinate. Once going carrots develop over the winter and will be ready for your table next spring.

Enjoy Your Day, Dave



## Caregiving Support Group

Many of us will end up becoming a caregiver at some point in our lives. Chances are we'll be helping out family members who can't fully care for themselves. Such caregiving can include everyday tasks, such as helping with meals, schedules, and bathing and dressing. It can also include managing medicines, shopping, health insurance, and money or bills. Caregivers often give emotional support as well.

People who provide unpaid care for an elderly, ill, or disabled family member or friend in the home are called informal caregivers. Most are middle-aged. Roughly two-thirds are women. Nearly half of informal caregivers assist someone who's age 75 or older. As the elderly population continues to grow nationwide, so will the need for informal caregivers.

It is important to be aware of available resources for care givers because studies have linked informal caregiving to a variety of long-term health problems. Caregivers are more likely to have heart disease, cancer, diabetes, arthritis, and excess weight. Caregivers are also at risk for depression or anxiety.

If you are a care giver, please find time to also pay attention to your own health and wellbeing. Please consider joining a support group with others who know what you are going through right now. See below for one, local support group. Although it is at a memory care facility this group is offered to all those who are selflessly giving of their time and resources to care for a loved one.

### **Please join us for a monthly support and educational group for care givers presented by Memory Haven Sumner**

**When:** The third Thursday of each month

**Time:** 1pm to 2pm

**Where:** Memory Haven Sumner  
5107 Parker Road East  
Sumner, WA 98390



**\*\*Once our senior center can re-open to groups, we will be able to host a care givers support group at our center. Until then, Memory Haven of Sumner would like to host this group and encourages all to attend.**

Please RSVP directly to 253-750-0552



## Announcements

### Oktoberfest

Thursday, October 21st  
Curbside Meal Service: 12-12:30pm  
Cost: \$5

Join the car line up by 11:30am and enjoy festive accordion music by Jim Lapsansky. Then enjoy a delicious German take-out meal.



### Halloween themed Meal and Trick-or –Treat goodie bags



Thursday, October 28th  
Curbside Meal Service: 12-12:30pm  
Cost: \$5

Come enjoy a spooktacular meal and wear your costume for some fun!



Visit us at [www.ci.bonney-lake.wa.us](http://www.ci.bonney-lake.wa.us) / 18

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Bonney Lake Senior Center, Bonney Lake, WA

B 4C 05-1036



## 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, October 21st

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. She will be with us monthly on the third Thursday of each month.

Thanks Becky!!



Visit us at [www.ci.bonney-lake.wa.us](http://www.ci.bonney-lake.wa.us) / 19

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## Word Search

# The Great Fire Of London

C	E	H	Y	R	L	T	R	O	U	B	L	E	R
E	U	R	J	E	W	E	L	L	E	R	Y	O	L
L	A	R	D	E	H	T	A	C	A	T	G	R	E
T	B	U	C	K	E	T	S	A	R	T	E	I	J
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E	R	K	T	Y	T	U	G	N	C	J	R	E	N
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R	E	T	A	W	D	O	A	T	K	S	A	A	U
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HUGE  
BRIGADES  
BUCKETS  
RIVER THAMES  
WOOD  
HOUSES  
DAY  
TROUBLE  
RUIN  
RUNNING  
BURN'T  
CATHEDRAL  
JEWELLERY  
FIRE  
NIGHT  
PEOPLE  
WATER  
BAKERY

Play this puzzle online at : <https://thewordsearch.com/puzzle/3784/>

## Just For Fun

Gypsy and Topsy 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.



Visit us at [www.ci.bonney-lake.wa.us](http://www.ci.bonney-lake.wa.us) | 21

# NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at [www.mycommunityonline.com](http://www.mycommunityonline.com)



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Bonney Lake Senior Center, Bonney Lake, WA

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# Birthday Announcements



## October Birthdays

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

David Antkowiak  
Shirley Atwell  
Sally Berto  
Brianna Brum  
Joy Cartmel  
Roxanne Cooper  
Sharon Daugherty  
Margot Dirdala  
Cyndi Dodds  
Angie Franks  
Irene Gonzalez  
Joan Greene  
Joanne Habben

Eileen Halverson  
Connie Hammons  
Darcie Hanson  
Geoffrey Hornsby  
Angela Hunt  
Shari Jones  
Farrington Kaluna  
Peggy Koch  
Jessica Konop  
Linda Lynch  
Kerry LeBleu  
Michael Meloy  
Kathy Morgan

Keith Morgan  
Alvina Nichols  
Ken Omev  
Anthony Ortiz  
Dwayne Pettapiece  
Marlene Rosevear  
Sharon Sackwar  
Leon Shreck  
Tim Starkey  
Paul Tarr  
Geneva Vinlove  
Carol Voellger



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, October 28th. Also, "thank you" to Stafford Suites for sponsoring our birthday cake each month!

Visit us at [www.ci.bonney-lake.wa.us/22](http://www.ci.bonney-lake.wa.us/22)



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# Zoom Outreach/Classes

## Wellness Workshop On Zoom

Traci Woodcock, a trained Health Coach will present a variety of workshops for our community in the coming months. The topics include diabetes, weight loss, graceful aging and much more. Sign up in the programs binder for an upcoming workshop. Get started on the road to good health.

### Weigh Less, Live More Workshop

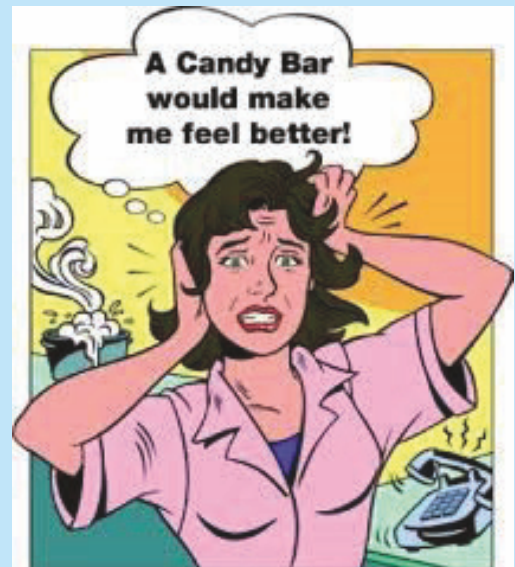
When: Thursday, October 7th

Time: 1 to 2pm

Please RSVP to us by calling our office at 253-863-7658. We will provide you with the zoom link and call in telephone number at that time.

Cost: **Free to members of our center**

This is a sponsored event brought to us by the Advisory Board of the Bonney Lake Senior Center



### The Law Offices of Bryana Cross Bean

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Meeting ID: 841 6417 0577

Passcode: 513384

Find your local number: <https://us02web.zoom.us/j/84164170577?pwd=RktwZnlBN0ptaWEzOXN1eENNTENqZz09>

### 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!



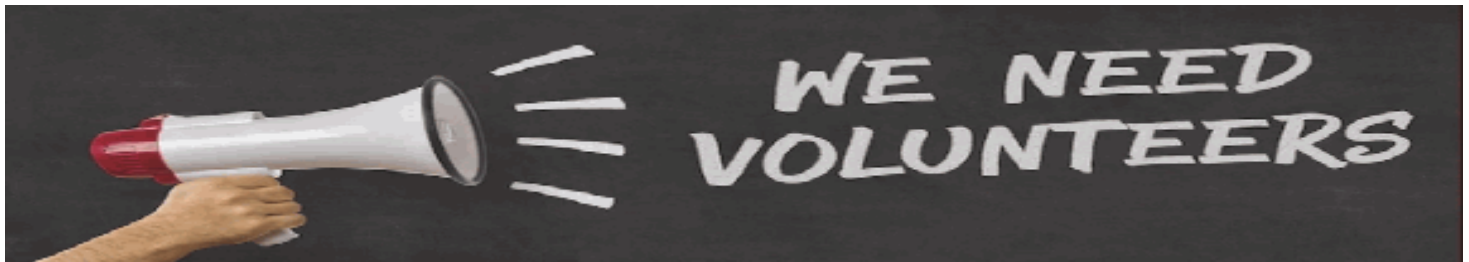
## Did you know?



### Halloween

Halloween, Halloween  
it can be fun , it can be scary  
Fun for older kids, if young, be wary  
Halloween, Halloween  
Frightful, spooky sights are all around  
Behind that door, a scary sound  
Halloween, Halloween  
Lots of pumpkins in the pumpkin patch  
Some carvings are very hard to match  
Halloween, Halloween  
If it's all the same to you  
I'd just as soon not hear a BOO!

*Jan Haddock*



### 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. Although we have a limited need for volunteers during our current closure, as soon as our doors open we will 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 and there are a fun variety of positions

#### **Dining Services**

**Senior van Driver and volunteer meal delivery drivers**

**Please talk to staff if you are interested and a BIG THANK YOU to all who currently volunteer with us!**