

Bonney Lake

Senior Center Newsletter

December 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
(we are listed under Residents)

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Happy Holidays to All of You!!!!

As another year draws to a close and the center remains closed, I want all of you to know that the staff misses every one of you terribly. With this in mind we need to remain cautious when considering the reopening of the center. The disease burden in Pierce County remains very high. I would rather error on the side of caution and remain closed for a bit longer to keep all of us safe. My hope is that we are able to reopen in early 2022. Please be patient with this process knowing that we want to see all of you as badly as you want to see each other.

Peaceful tidings to all of you.....

Sue

Shari

Pam

Lorrie

Phil

Sharon



BONNEY
Lake

Senior Center Staff

Senior Services Manager

Sue Hilberg

hilbergs@cobl.us

253-447-4327/360-551-2002

Senior Services Assistant

TBD

253-447-3104

Senior Aide

Phil DeLeo

deleop@cobl.us

253-447-4328

Senior Aide

Shari Jones

jones@cobl.us

253-447-4340

Staff

Kitchen Staff

253-447-4334

Head Cook

Pam Camp

camp@cobl.us

Assistant Cook

Sharon Daugherty

And

Assistant Cook

TBD

Dishwasher

TBD

HOLIDAY CLOSURES

12/23 & 12/24—Christmas

12/31—New Years Eve

To Reach all Staff Call:

253-863-7658



Visit us at www.ci.bonney-lake.wa.us / 2

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Contact **Christine Nicholls** to
place an ad today!
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Learn the signs of dementia and how to help those who live with it.



253-272-8433

dementiafriendlypc.org



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Bonney Lake Senior Center, Bonney Lake, WA

A 4C 05-1036

Senior Advisory Board



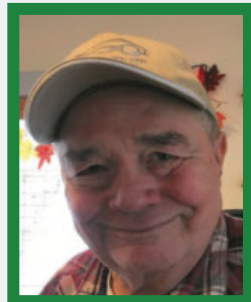
The Senior Advisory Board members work closely with staff to help with a variety of tasks. The Senior Advisory Board, and their volunteers, assist with many fundraising events throughout the year which enables them to help provide funds for special events, work with the Bonney Lake Kiwanis to help seniors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

There is no board meeting in December.



President

Wayne Johnson



Vice President

Bob Wells



Treasurer

Julianne DeLeo



Assistant Treasurer

Jim Baisch

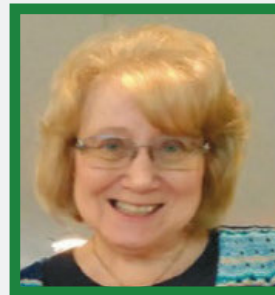


Secretary

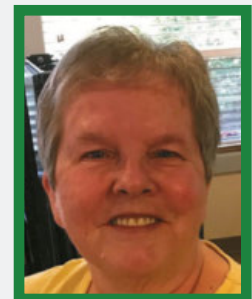
Anita Chandler



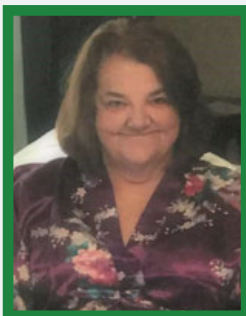
Bonnie Johnson
Board Member



Bonnie Manda
Board Member



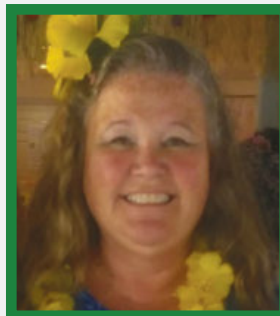
Kathy Nelson
Board Member



Barbara Greenwood
Board Member



Su Paterson
Board Member



Donna Hoey
Sunshine Lady



David A. and Linda Smith
Gardening Committee




Menu

December 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Daily lunch service Monday—Friday 12-12:30pm</p> <p>**Alternate meals available only for Fish/Seafood and Liver/Onions</p>	<p>Caution: Foods may contain Milk, Eggs, Fish, Crustacean Shellfish, Tree nuts, Peanuts, Wheat and Soybeans.</p>	<p>1 Sausage Gravy Biscuits Crispy Bacon Fruit</p>	<p>2 Egg Salad Sandwich w/Lettuce & Tomato Chicken Noodle Soup Mac Salad Chips</p>	<p>3 Cheeseburger Pie Steamed Vegetables Dinner Roll Butter Salad</p>
<p>6 Pasta w/Shrimp in Lemon Sauce Peas & Carrots Garlic Bread</p>	<p>7 Chili w/Beans Cornbread Honey Butter Salad</p>	<p>8 BBQ Pork Sandwich Tater Tots Carrot Raisin Salad</p>	<p>9 Chicken Tostada Refried Beans Mandarin Oranges Pudding</p>	<p>10 Hot Open Faced Roast Beef Sandwich Mashed Potatoes w/ Gravy Yogurt Fruit Salad Dessert</p>
<p>13 Hungarian Goulash Steamed Broccoli Dinner Roll w/Butter Pound Cake Strawberries</p>	<p>14 Loaded Baked Potato w/Bacon Bits, Sour Cream, Butter, Onions & Cheese Cottage Cheese Pineapple</p>	<p>15 Cornflake Chicken Potato Salad Carrot Stix w/Ranch Dessert</p>	<p>16 Christmas Dinner Smoked Ham Baked Candied Yams w/ Toasted Pecans Whipped Fruit Salad Homemade Roll Holiday Dessert</p>	<p>17 Split Pea Soup w/Ham Dinner Roll Green Salad Applesauce</p>
<p>20 Pasta Primavera w/ Chicken Fettucine Noodles Caesar Salad Bread Stix</p>	<p>21 Chef Salad w/ Cheese, Egg, Tomatoes, Cucumbers, Ham & Turkey Saltine Crackers Dessert</p>	<p>22 Savory Beef Stew Biscuits Fruit Salad Cookie</p>	<p>23  <i>Merry Christmas</i></p>	<p>24 </p>
<p>27 Parmesan Tilapia Jasmine Rice Seasoned Corn Salad</p>	<p>28 Pam's Amazing Meatloaf Mashed Potatoes W/Gravy Mixed Vegetables Salad</p>	<p>29 Leila's Garlic Chicken Peas w/Bowties Pears Dinner Roll</p>	<p>30 New Year's Eve Slow Roasted Ribs Baked Beans Potato Salad Holiday Dessert Treat Bags</p>	<p>31  HAPPY NEWYEAR</p>

December Order-Ahead Lunch Menu

Your Name

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Daily lunch service Monday—Friday 12-12:30pm</p> <p>**Alternate meals available only for Fish/Seafood and Liver/Onions</p>				
	<p>Please write the number of meals you want in either the box . Don't forget to write your name at the top!</p>	<p>1 Sausage Gravy Biscuits Crispy Bacon Fruit</p> <p style="text-align: right;">➡ <input style="width: 40px; height: 20px; border: 1px solid red;" type="text"/></p>	<p>2 Egg Salad Sandwich w/Lettuce & Tomato Chicken Noodle Soup Mac Salad Chips</p> <p style="text-align: right;">➡ <input style="width: 40px; height: 20px; border: 1px solid red;" type="text"/></p>	<p>3 Cheeseburger Pie Steamed Vegetables Dinner Roll Butter Salad</p> <p style="text-align: right;">➡ <input style="width: 40px; height: 20px; border: 1px solid red;" type="text"/></p>
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Visit us at www.ci.bonney-lake.wa.us | 5

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Events

December 2021

Monday	Tuesday	Wednesday	Thursday	Friday
		1 11:30 Hearing Aide Specialist, call to schedule appt 10:00 Medicare Coffee & Chat, by appointment 1pm Holiday Poker Run	2 10:30 Tai Chi 1:30 On-line Bingo	3 9am-2pm—Cell phone Workshop 12-12:30 Cocoa Bar
6 10-3 Photo Shoot	7 8:30am-12pm Chair Massage	8 1:30 On-line Bingo	9 10:30 Tai Chi 1-2 Wellness Workshop	10 12-12:30 Cocoa Bar
13 9-11 Diabetic Shoe Fitting 10-3 Photo Shoot Gift Exchange Drop off	14 8:30 -12 Chair Massage Gift Exchange Drop off	15 10am Banker's Life by appointment only 1:30 On-line Bingo Gift Exchange Drop off	16 10-2 Haircuts 1-2 Caregivers Support at Memory Haven Gift Exchange Drop off Birthday Gift Bags	17 10-11 Edward Jones 12-12:30 Cocoa Bar Gift Exchange Drop off
20 Gift Exchange Pickup	21 8:30-12 Chair Massage Gift Exchange Pickup	22 Gift Exchange Pickup	23  	24 
27	28 8:30 -12 Chair Massage	29 9-3 Foot Care	30 New Year's Eve Lunch	31  

Community Resources



Art can help people living with dementia express their thoughts, memories and emotions

Art Classes for People Living with Dementia

Opening Minds through Art (OMA) is an intergenerational art program for people with dementia. It is person-centered and founded on the fact that people with dementia are capable of expressing themselves creatively. Research shows that creative expression improves their physical and psychological well-being. The mission of OMA is to build bridges across age and cognitive barriers through art.



These FREE Art classes run for six weeks on Wednesdays at 2 pm and Thursday at 11 am. Classes are open to residents of Pierce County and surrounding areas

Caregivers who attend art classes may see a glimpse of their loved one enjoying an activity in a way that they are not typically able to with their disease .



What does art do for someone living with dementia? *Benefits of Opening Minds through Art:*

- Gives them joy
- Focuses on their strengths
- Caregivers connect with their loved one in a fun way
- Empowers them to make choices
- Improves ability to concentrate and focus
- Alleviates social isolation by connecting with others
- Increases quality of life

**Classes are held virtually via Zoom and are FREE!
Pre-registration is required and spots are limited.**

Contact us today!

For more information, please contact:



Phone: 253-272-8433

Email: dementiaservices@lcsnw.org



lcsnw.org



Uplifting our spirits and connecting with others through the joyful expression of music and memories.

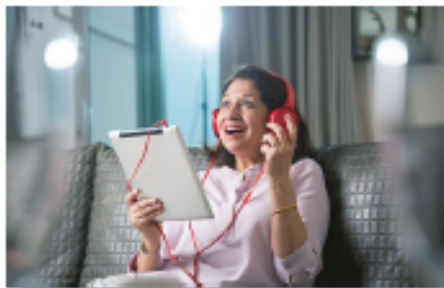


Introducing Music Classes for People with Dementia

Research shows that music can evoke memories that have been lost to dementia and other cognitive challenges. This program, which includes singing and instruments, allows people living with dementia to make music with others who have similar challenges without the fear of stigma. It also allows caregivers to see their loved one engaging in a fun and creative way outside of their normal caregiving routine.

These FREE Music classes will run for six weeks starting November 30th on Tuesdays with a morning and an afternoon option. Classes are open to residents of Pierce County and surrounding areas

Caregivers who attend music classes may see a glimpse of their loved one recalling and enjoying music in a way that they are not typically able to with their disease .



Classes are held virtually via Zoom and are FREE! Pre-registration is required and spots are limited.

Contact us today!



What does music do for someone living with dementia?

Benefits of Music and Memories:

- Gives them joy
- Makes them feel present yet allows them to go back in time
- Evokes memories that have been lost
- Allows them to feel connected and gives them a sense of belonging
- Improves ability to concentrate and focus
- Alleviates social isolation by connecting with others
- Increases quality of life

For more information, please contact:



Phone: 253-272-8433

Email: dementiaservices@lcsnw.org



lcsnw.org

Community Resources Cont'd

Downed Trees or Severe Flooding call this number:
Bonney Lake Residents:

To Report Severe Flooding or Downed Trees

If localized flooding is severe and you are unable to clear the drain or to report a downed tree on City streets, please call Bonney Lake Public Works at 253-862-8602 during business hours (Mon-Fri, 8:30 AM – 5 PM), after hours, call dispatch at 253-841-5431 or 1-844-821-8911. Pierce County ALERT is a free service that allows you to sign up and receive notifications about emergencies that may affect the locations you care about. This service allows fire, police and other agencies dealing with emergency response to send out accurate and up-to-date information that they feel residents should be informed on. Receive alerts on up to 10 different devices such as your cell or home phone, email, text messages and more. Choose up to five locations you want to be notified about such as your residence, workplace, children's school and more. Sign up today at www.piercecountywa.org/ALERT or call 253-798-6595.

Wonder who to call when you need a resource?

[Where to Turn](#) is a wonderful guide full of helpful telephone numbers of local agencies. Many of these agencies are designed to address solutions to problems many seniors face. We have several copies of this guide. Please stop by for one!



Dispatch Health Bringing Back the House Call

253-271-9720
DispatchHealth.com

This is an at-home medical provider who can assist you with non-life threatening medical needs. Your medical insurance will be billed for the services just as if you were accessing urgent care.

They can test for Covid and even treat you for medical conditions if you have already tested positive for Covid. Call them to find out more.



Adult Protective Services

This resource is established to help protect an elderly or vulnerable adult. Please call to report any suspected neglect or abuse. This agency can offer investigations, evaluations of a client's risk, and mental capacity, counseling and assistance in connecting the client with additional services and benefits.

Please call 1-877-734-6277 for HELP and guidance for your family, friend or neighbor who may not be able to help themselves and may be in a harmful situation.

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 beginning January 3rd, 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 roll 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 Monday, March 28th.

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



In Memoriam

It is with a heavy heart that we bring to your attention the loss of one of our cherished members. Over the past year, we have missed each other and unfortunately will always be missing the following person. 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.

Pat Cochran member since 3/17/2020



Cell Phone Training

Frustrated with your cell phone performance? Not sure what some of the features do? Don't know how to set your phone up the way you want? Justin to the rescue! Justin from T-Mobile has offered to host a training session for anyone with questions or issues you may need help with. Please call the Senior Center at 253-863-7658 to book your 30 minute appointment.

**Appointments are available :
9am-2pm on Friday, December 3rd**



Current Events Cont'd

2021 In Review ~ Thanks For The Memories!



Current Events Cont'd

Our Senior Nutrition Program
Lunch Served Daily Monday through Friday
12:00 pm -12:30 pm
\$5 Suggested Donation per meal

Please call 253-863-7658 for all meal orders and questions relating to the lunch program

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!
If you have ordered a meal and decide to eat elsewhere PLEASE call and cancel by 8:00 am. The kitchen prepares enough meals for all that were ordered, no-shows cause excess food to be prepared.

Poker Run
December 1st

Get ready, get set, go! It's time once again for another Poker Run! Pre-registration will ensure we will have a quicker start with our goal being 2 minutes or less in and out of the center. 1:00 pm start time to avoid school traffic and lunch rush.

\$125.00 first place prize
\$75.00 second place prize
\$50.00 third place prize

See the Senior Center for details (driving directions) and to pre-register.



Medicare—Coffee & Chat with Katheryn Evans

Wednesday, December 1st
10am to 11am

Call ahead to make your appointment!
Come meet with Katheryn, Medicare and Health Insurance Broker to get your insurance questions

Banker's Life with Ernie Gilmer

Wednesday, December 15th
10am to 11am

Call ahead to make your appointment!
Come meet with Ernie, your Medicare and Health Insurance Broker to get your insurance questions answered.

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.



Current Events Cont'd

Do You Have unused Golf Clubs?

The Bonney Lake Senior Center has found a new project. If you have or know of someone who has a bag of golf clubs lying around no longer being used and would like to put them to good use, drop them off at the senior center. We have a military contact who has a project to assist wounded warriors by getting them out on the greens with like-minded veterans. Sometimes the peaceful camaraderie is just what they need to help them return to civilian life. Your donation could work in two ways: help you get rid of clutter, and help a soldier recover from the stress of war.



Edward Jones Investments

Whether it's finding ways to beat rising inflation and interest rates, making sure you don't outlive your money or helping pay for a family member's education, Laine can help. Call the Senior Center at 253-863-7658 to reserve your time to speak with Laine about your biggest financial concerns at his mini-workshop. He welcomes calls with your specific questions 253-224-9141.

Friday, December 17th
10– 11am
Meet in the dining hall



Sound Associates

Meet Sean, Hearing Instrument Specialist

Hearing Aide cleaning & light repairs

Wednesday, December 1st
11:30am -12:30pm

Call 253-863-7658 to schedule appointment

On-Line Bingo

Miss playing bingo? Miss seeing your friends smiling faces? Join us for on-line bingo, every Wednesday thru the end of this year at 1:30 to play! It's free and there are some fun prizes to be won and the last game of the day is a \$10.00 prize for blackout! See one of our staff if you'd like help downloading the Bluejeans app (similar to Zoom) to play. You will need a computer, tablet or smartphone with a camera to play. Hope to see you all there!

Please note: Bingo is being canceled the last 2 Wednesdays in December (12/22 & 12/29)



Chuckle for the day

At the store there was an "X" on the floor by the register for me to stand.

I've seen too many Road Runner cartoons to fall for that.....

Phil's Trips

Thursday December 9th

Glassblowing Experience

This is a Senior Center Carpool trip

Leaving lot behind Senior Center at 11:00 a.m. and returning around 6:00 p.m.

Cost: \$60 per art object (**pay at the glass shop**); 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 \$60.

This trip will be limited to the first 14 people.

Sunday December 12th

La Conner Christmas Lights Cruise

This is a Senior Center Carpool trip

Leaving parking lot at Bonney Lake Senior Center at 12:30 p.m. and returning at 10:00 p.m.

Cost: \$79 per person (pay to BLSC)

Merry Christmas.

I just chartered a boat for a Christmas Lights cruise through La Conner and the Swinomish Channel. This is a private party boat that holds up to 72 passengers, and the \$79 ticket includes a buffet dinner of stuffed chicken breast, mashed potatoes and gravy, Broccoli salad, green bean casserole, and triple berry crumble dessert. There will also be a full bar with holiday drink specials. Sign up your family and friends early while tickets are available.

Saturday December 18th

"Scrooge the Musical"

This is a Senior Center Carpool trip

Leaving parking lot at Bonney Lake Senior Center at 12:30 p.m. and returning at 7:00 p.m.

Cost: \$25 per person (pay to BLSC)

Merry Christmas. Based on the Dickens classic "A Christmas Carol" this musical tells the timeless story of Ebenezer Scrooge, and his life-changing visit by the three ghosts, only with a little humor thrown in. Do yourself a favor and sign up for this Christmas treat. Only 15 tickets are available.

Sunday, January 23rd

CIRQUE DU SOLEIL presents ALEGRIA at Marymoor Park in Redmond

This is a Senior Center Bus Trip.

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

Cost: \$7 for transportation; theater tickets \$93 (pay \$100 to BLSC); lunch and souvenirs on your own.

The classic Cirque du Soleil show has been reimagined for a new generation to fall in love with. A wind of change hangs in the air, as aristocratic ideals of the old guard are challenged by the revolutionary ideals of a youth in revolt. Featuring a soundtrack that incorporates an eclectic mix of sonic palates and stunning feats of circus artistry, Alegria earns its reputation as an all-time classic Cirque du Soleil show. Stunning costume design and vibrant sets allow you to fully immerse yourself in this kingdom on the verge of revolutionary change.

Phil's Trips Cont'd

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.

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 of 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

This trip will be limited to the first 24 people.

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.



Holiday Fun

Hot Cocoa Bar

We are hosting a free drive-thru Hot Cocoa Bar the first three Fridays in December from 12:00-12:30 during our drive up lunch service which is being sponsored by Katheryn Evans of Strategic Sound Solutions. Come get your free hot cocoa and enjoy!

The dates are:

December 3rd
December 10th
December 17th



Free Christmas Meal

Please join us for a delicious Christmas take-out meal on Thursday, December 16th. We will be serving Ham, Potatoes, Vegetable, Roll and Dessert. Call the Senior Center at 253-863-7658 and sign up early as the space fills up fast!



Drive by Christmas Gift Exchange

We will be hosting a drive-by Christmas Gift Exchange for anyone who would like to Participate. Sign-up and drop off your wrapped, non-gender specific gift (priced up to \$15.00) at the Senior Center the week of December 13th thru 17th, and then pick up your exchanged gift December 20th, 21st or 22nd. Let us know if you'd like to participate. We hope you do!!!
Ho-Ho-Ho



Free Photo Shoot

When: December 6th and 13th, 10am-3pm

Where: In our dining hall/photo studio

How: Call to schedule your appointment. Our volunteer Photographer, Karen Lynn, will be taking individual & family portraits. Pets are also welcomed!! Just in time for the holidays, your images will be made available to you for printing. Talk to staff for details. Tips will be graciously accepted.

"Say Cheese"



Santa Visits

Stop by and see Santa during our cocoa bar Fridays (12/3, 12/10 & 12/17). Santa will also be visiting during our Gift Exchange pick up on Monday, December 20th, Tuesday, December 21st and Wednesday, December 22nd. Stop by and see if Santa thinks you've been naughty or nice this year. Caution: Due to COVID, no sitting on Santa's lap.



Announcements

Foot Care ~ Come Get Your Toes Done!

**When: Wednesday, December 29th
9am to 3pm**

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.

Please bring your own towel and mask.



Free Haircuts by Becky from Tangles

**Thursday, December 16th
10am to 2pm**

Please call to schedule an appointment.

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.



Visit us at www.ci.bonney-lake.wa.us | 18

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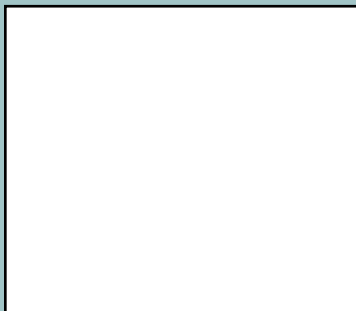
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Announcements Cont'd

Membership Updates Needed from All!!!

Once again we will be updating our Membership data base. You will find the blank form on Page 31 and 32. Please complete, tear it out of the newsletter and turn it in to us by the end of January 2022. **Please be as accurate as possible and fill in ALL of the information requested.** Also be sure to include an updated email address as we have been utilizing our mass email system to notify you of important upcoming events. This information assists us in reaching you as well as with applying for and maintaining our funding.

Thank you!



"Adaptive" Tai' Chi Wellness through integration of body, mind and spirit.

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.

Thursday December 2nd and 9th
10:30-11:30 am
Bonney Lake Senior Center
This class is free to our members
Please call to sign up



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

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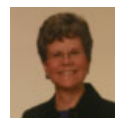
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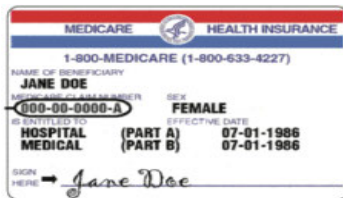


Medicare's Diabetic Shoe Program

Bonney Lake Senior Center

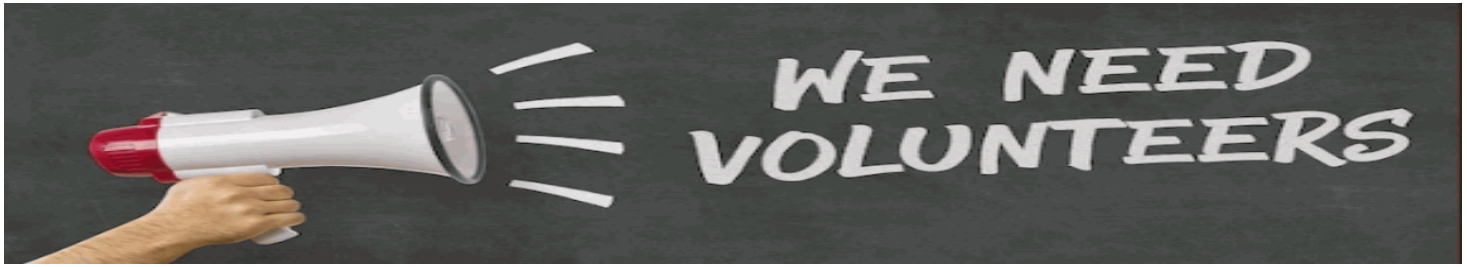
In 1993 Congress passed the Therapeutic Shoe Bill, which was designed to help prevent foot-related problems for qualifying diabetics who are eligible for **Medicare Part B and/or Medicaid Coverage**.

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 & Pedorthic Services
Adrian Walsh, CFts
Shoe Fittings will be held:
Monday, December 13th 9am-11am

Did You Know?



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

Come be part of the team!!!!

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

NEVER MISS A NEWSLETTER!

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



Birthday Announcements

December Birthdays

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

Diane Anderson	Bill Faulk	Lillian Lamberty	Veronica Roseno
Steve Barron	Kathy Foure	Lou Loveday	Nancy Rubert
Ashley Brooks	Sandra Friese	Roger Ludwig	Lee Scofield
Daniel Cardenas	Carol Greene	Laurie Major	Mary Sherwood
Maureen Carroll	Tamara Gribble	Doris Maris	Karen Stillwell
Barbara Coleman	Ken Harden	Michael O'Day	Antje Swartz
Jeanne Dahl	Elaine Harding	Glen Oliver	Joyce Thomas
Joan Davey	Dave Harvey	Carolle Olson	Carole Van Kleek
Jesse De Leon	Janie Hawks	Mike Paik	Linda Vanlandingham
Mary Doane	Joan Hepperlen	Su Paterson	Diana Vargas
Susan Dowling	Guy Jergens	Kim Powell	Renee Ward
Laura Edvalson	Ronald Klunghness	Jerry Rhoads	Linda Wolfgang
Archie Eltz	Cathy Krack	Rose Rigby-Satran	Debra Woodward
Bob Englander	Joyce Labender	Carole Roberts	Sandra 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, December 16th. Also, "thank you" to Stafford Suites for sponsoring our birthday cake each month!



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



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Bonney Lake Senior Center, Bonney Lake, WA

E 4C 05-1036

News from our Gardener

Happy Holidays my friends, It is so nice that gardeners make easy people to give a gift to! I found new containers with built in LED grow lights to brighten up someone's desk and it has a USB port for those essential interfaces; or How about a trip to our W.W. Seymour botanical conservatory located nearby in Wrights Park Arboretum for a botanical escape to a tropical land. As of this writing it is closed for renovations but is due to open the start of winter. I can't wait to see the newest upgrade to this gem of a site.

My cactus have plenty of blooms but I just love the great blooms on poinsettia plants this time of year. Poinsettia care is one of the reasons I put grow lights to work. These days, Sun light just doesn't have the power to keep plants healthy and holiday poinsettia plant care begins with proper light, water, and temperature conditions. During the holidays, while in full bloom, they typically enjoy semi-cool, humid locations in bright, indirect light with plenty of moisture. All the while your homes heating systems is pulling that humidity out of the air. I keep a bottle mister busy during the winter and a humidity gauge nearby my plants. Poinsettia plants should be watered thoroughly, taking care not to drown them by ensuring adequate drainage is available. Likewise, avoid letting them sit in water-filled saucers, which can lead to root rot. Adding plants nearby can help increase humidity levels in dry rooms, as will humidifiers. Once flower bracts have fallen, you have the option of discarding the plant or keeping it an additional year. For those choosing to continue with poinsettia care, decrease regular watering to allow the plant to dry out some. However, don't let it dry out completely. Also, relocate the poinsettia plant to a cool, dark area until spring or around April. Read more at Gardening Know How: Poinsettia Care – How Do You Take Care Of Poinsettias <https://www.gardeningknowhow.com/ornamental/flowers/poinsettia/poinsettia-care-how-do-you-take-care-of-poinsettias.htm>

I save a few bulbs for this time of year to “force” flowers from which is easily done by following a simple plan.

- Choose a pot deep enough that you have a couple of inches below the bottoms of the bulbs for soil and roots but that is tall enough you can cover
- Fill the bottom of the container with potting soil
- Use enough bulbs to fill the container. You can crowd them or give them some air. Cover with potting soil just to the necks of the bulbs
- Chill the bulbs for the 2 weeks. The crisper drawer of your refrigerator is just fine for a handful of bulbs
- Start waking up your bulbs by giving them a few weeks of warmer (but not too warm) temps and some indirect sunlight and by February your looking at the hint of spring.

The garden is looking for a composter. Maybe you have a cylinder or a worm bin that you would like to see put to use and the Senior Center would like to put that system to use. Contact the office for additional info on that.

Enjoy your day, every day!

Dave



Word Search

Movies with One Word Titles 1

I	T	R	A	N	S	F	O	R	M	E	R	S	N
N	E	M	H	C	T	A	W	A	E	O	S	A	A
T	W	I	L	I	G	H	T	E	N	T	G	H	R
A	O	A	C	I	N	A	T	I	T	S	I	S	M
I	V	E	N	T	A	K	E	T	K	E	S	E	A
G	J	O	E	O	R	C	E	I	H	K	A	V	G
J	U	O	E	O	O	O	T	H	T	I	W	E	E
A	M	G	W	T	C	C	E	T	A	A	O	N	D
W	A	R	O	S	K	N	S	A	N	A	I	O	D
S	N	E	L	I	Y	A	V	O	L	V	J	K	O
E	J	A	L	E	T	H	G	E	V	I	T	A	N
A	I	S	A	T	A	A	J	U	N	O	E	H	T
M	J	E	H	R	R	H	G	T	N	N	A	N	G
S	M	R	N	E	O	O	M	T	U	I	O	H	N

HANCOCK
TITANIC
SEVEN
ERAGON
JUNO
ARMAGEDDON
WATCHMEN
GREASE
EVITA
JAWS
TWILIGHT
TRANSFORMERS
HALLOWEEN
SAW
ALIEN
ROCKY
JUMANJI
TOOTSIE

Play this puzzle online at : <https://thewordsearch.com/puzzle/49/>

Caregiving Support Group

The Holiday Blues vs. Senior Depression

The holiday blues are often temporary and go away when the season ends. The holiday blues are also associated with the time change – as daylight hours become shorter. If the blues continue after the season, it could be a warning sign of depression. Senior depression is often mistaken for other age-related issues. In fact, stress-related events such as the holidays may trigger half of all depressive episodes, according to the U.C. Davis Department of Psychiatry and Behavioral Sciences.

Common signs of senior depression include:

- Lack of appetite
- Extreme fatigue – excessive sleeping. The body shuts down to escape from the outside world
- Problems concentrating
- Anti-social – may stop doing normal things such as going to church
- Older adults may not express sadness (unlike kids with depression)
- Abuse of drugs or alcohol

Being angry – sarcastic and criticizes others' joy of the season

Tips to beat depression include:

- Encourage seniors to exercise – Various studies reveal that staying physically active not only makes people feel good but it has the same effect on mood and brain chemistry as antidepressants.
- Keep alcohol use to a minimum.
- Don't feel obligated to buy lots of gifts – Giving certainly can make you feel good but in times of financial despair, giving gifts can create a lot of stress.
- Stay connected socially – Volunteer, call friends or family, giving back greatly improves people's moods and increases their sense of self-worth.

Get outdoors even if the weather is not the best. Bundle up and enjoy some fresh air.

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

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.

O2B Sugar Free Workshop

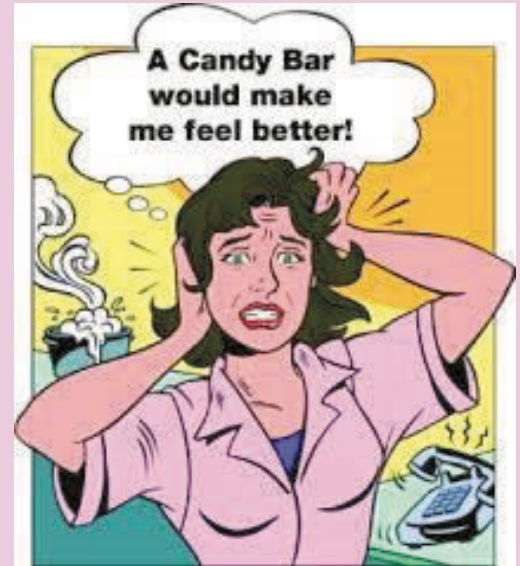
When: Thursday, December 9th

Time: 1 to 2pm

<https://us02web.zoom.us/j/84288637632?pwd=VURHWnI0bEUvK3RTUDR0M1V4VDZ0Zz09>

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



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Have questions about your will, Trust or Long-term care? Come get answers.
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Workshop Date: January 14th
12:30 pm

<https://us02web.zoom.us/j/84906746846?pwd=M2M4bzg0Y1ZjVVdGd1Z0TUN1bE9tZz09>

Meeting ID: 849 0674 6846

Passcode: 449358

Minimum requirement of 5 students to hold class

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!

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Date Completed

BLSC Card
number

NAME

Nickname

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P.O. Box

PHONE

Home

Cell

BIRTH DATE

MM

DD

YYYY

19

EMAIL ADDRESS

Yes

No

Head of House?

Live Alone?

Gender

M_____

F_____

Primary Language

Ethnicity

Want to Volunteer?

Yes

No

EMERGENCY CONTACT

Relationship

NAME

PHONE

Medical Conditions

ALLERGIES

PHYSICIAN

NAME

PHONE

Hospital Preference

PLEASE COMPLETE MEDICATION LIST ON BACK. Thank you.

Bonney Lake Senior Center Membership Registration Form

Please Print Clearly

MEDICATIONS		
MEDICATION NAME	DOSE / SIZE	FREQUENCY