Bonney Lake
Senior Center Newsletter

February 2022

Have you heard the news???

The center is opening! After 23 long months we are ready to throw open our doors and welcome you back. There will be some requirements that must be followed to attend any activities, including riding the van and lunch. They are as follows:

1. You must be masked when you are in the building and walking around.
2. Temperature must be taken. If higher than 100.4 you will be asked to return another day when you are feeling better.
3. COVID vaccination is required to partake in activities.
4. You will need to show proof of vaccination the first time you come into the building.
5. Only 6 people per table (NO EXCEPTIONS).
6. You are allowed to take your mask off when you are seated at the table eating or drinking, but if you get up to go somewhere, you must put your mask on.

Please be patient as we work through the many challenges we are sure to encounter during this phase.

WELCOME BACK!!!!!

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 Tab)

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BONNEY Lake

Senior Center Staff

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
joness@cobl.us
253-447-4340

Kitchen Staff

Head Cook
Pam Camp
campp@cobl.us
253-447-4334

Assistant Cook
Sharon Daugherty

Assistant Cook
Kathy Morgan

Dishwasher
Jay Shideler

HOLIDAY CLOSURES

February 21st-Presidents Day

To Reach all Staff Call:
253-863-7658

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

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Contact Justin Cooper to place an ad today!
jcooper@4LPi.com or
(800) 477-4574 x7903

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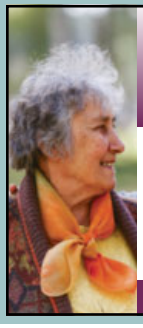
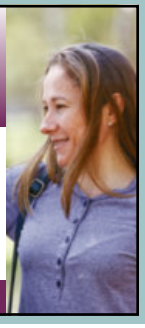
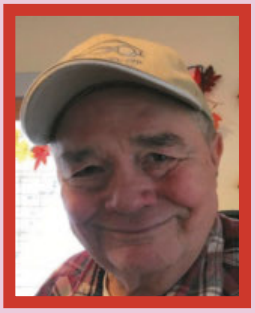

Help Us Create a
Dementia Friendly Pierce County
Become Dementia Friends TODAY!
Call to schedule a FREE one-hour, virtual, dementia information session.
Our sessions are perfect for individuals, businesses and organizations.
Learn the signs of dementia and how to help those who live with it.
Dementia Friends Washington
Lutheran Community Services Northwest
253-272-8433 dementiafriendlypc.org


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 February meeting will be on February 10th at 3pm.

A Special Thank you to the members of the Advisory Board for remaining on the board during the last 23 months! We appreciate your dedication!

President
Wayne Johnson



Vice President
Bob Wells

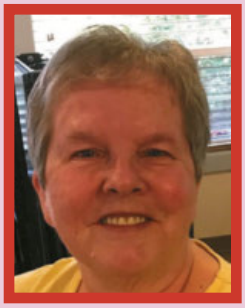
Treasurer
Julianne DeLeo

Assistant Treasurer
Jim Baisch

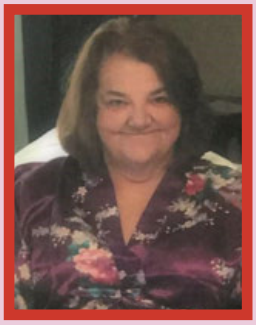
Secretary
Anita Chandler

Bonnie Johnson
Board Member

Bonnie Manda
Board Member

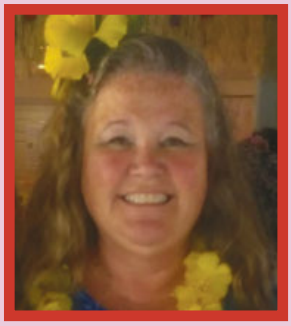


Kathy Nelson
Board Member



Barbara Greenwood
Board Member

Su Paterson
Board Member



Donna Hoey
Sunshine Lady

David A. and Linda Smith
Gardening Committee

Menu

February 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Crispy Fish Jasmine Rice Vegetable Salad	2 Creamy Chicken Divan Cottage Cheese w/ Fruit Warm Roll w/butter	3 Grilled Sausage Sauerkraut Caramelized Onions Red Potatoes Salad	4 Spinach Salad w/ Chicken strips, Oranges, Almonds & Peppers Chinese Noodles Sesame Dressing
7 Savory Chili w/ Cornbread Honey Butter Dessert	8 Oven Roasted Turkey Stuffing Gravy Veggies Roll w/Butter	9 Sweet & Sour Meatballs over Rice Stir Fried Vegetables Salad	10 Tomato Soup Tuna Salad on Croissant Chips Dessert	11 Smoky Sliced Ham Sweet Potatoes Steamed Veggies Salad
14 Valentines Day/ Reopening Day Chicken Cordon Bleu Rice Pilaf Veggies Jell-O Salad Dessert	15 Chicken Tenders Dipping Sauces Potato Chips Cookie	16 BBQ Pork Sandwiches Tater Tots Dessert	17 Loaded Baked Potato w/ Bacon Bits, Sour Cream, Onions & Cheese Fruit Cup	18 Stuffed Bell Peppers Salad Breadstick Dessert
	22 Costco Dogs w/ Grilled Onions Macaroni Salad Chips Dessert	23 Beef Taco Salad Lettuce, Tomatoes, Olives & Onion Guacamole Sour Cream & Cheese Tortilla Chips Refried Beans	24 Lemon Pepper Fish Jasmine Rice Vegetable Coleslaw	25 Savory Beef Stew Biscuit Fruit Salad Dessert
28 Sausage Gravy w/ Buttermilk Biscuits Sausage Links Scrambled Eggs Fruit			**Caution: Foods may contain Milk, Eggs, Fish, Crustacean Shell-fish, Tree nuts, Peanuts, Wheat and Soybeans.**	Daily lunch service Monday—Friday 12-12:30pm ***Alternate meals available only for Fish/Seafood and Liver/Onions***

February Order-Ahead Lunch Menu

Your Name

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Crispy Fish Jasmine Rice Vegetable Salad	2 Creamy Chicken Divan Cottage Cheese w/ Fruit Warm Roll w/Butter	3 Grilled Sausage Sauerkraut Caramelized Onions Red Potatoes Salad	4 Spinach Salad w/ Chicken strips, Oranges, Almonds & Peppers Chinese Noodles Sesame Dressing
7 Savory Chili w/ Cornbread Honey Butter Dessert	8 Oven Roasted Turkey Stuffing Gravy Veggies Roll w/Butter	9 Sweet & Sour Meatballs over Rice Stir Fried Vegetables Salad	10 Tomato Soup Tuna Salad on Croissant Chips Dessert	11 Smoky Sliced Ham Sweet Potatoes Steamed Veggies Salad
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28 Sausage Gravy w/ Buttermilk Biscuits Sausage Links Scrambled Eggs Fruit			Daily lunch service Monday—Friday 12-12:30pm ***Alternate meals available only for Fish/Seafood and Liver/Onions***	Please write the number of meals you want in either the box . **Don't forget to write your name at the top!**

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Events

February 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1 8:30 –12 Chair Massage	2 10-11 Medicare Coffee & Chat in person 1:30—On-Line Bingo	3 10:30 Tai Chi	4 9:30-2 Cell Phone Workshop
7 9-2– Computing Workshop 10-11 Biggest Loser Weigh-in	8 8:30 –12 Chair Massage	9 11:30 Hearing Aide Specialist 1:30 –On-line Bingo	10 10:30 Tai Chi 1-2 Wellness Workshop 3pm Advisory Board Mtg	11
14 **Reopening** 10am—Music 10-11 Biggest Loser Weigh-in 12 pm—Valentine's day Lunch	15 8:30 –12 Chair Massage 9-11 Music by Jesse & the Jammers 10-11 Edward Jones 12pm Lunch 1pm Writers Group	16 9-10 Happy Hookers 10-11 Banker's Life 12pm Lunch 1:30—On-Line Bingo 4:30 Juliets @ TBD	17 10-2 Haircuts 10:30—Tai Chi 12pm Lunch 12:30 -Card games 1-2 Caregivers Support Birthday Gift Bags	18 12pm Lunch 12:30-1:30 Legal Workshop
21 	22 8:30 –12 Chair Massage 12pm Lunch 1pm Writers Group 1-3:30 Photo Shoot	23 9-10 Happy Hookers 12pm Lunch 1:30—On-Line Bingo	24 10:30 Tai Chi 12pm Lunch 12:30 Card Games	25 9-3 Foot Care 12pm Lunch
28 9-11 Diabetic Shoe Fitting 10-11 Biggest Loser Weigh-in 12pm Lunch				

Special Message from Sue

Hello and Welcome Back!

As our reopening draws near there are several things that everyone needs to know. We are living in new times which require all of us to follow new procedures to keep ourselves and each other safe. Please read this entire page to make yourself familiar with these new requirements.

Everyone should be aware by now that we will be requiring all visitors to remain masked while in the center at all times unless you are ACTIVELY eating, drinking or singing. This means once you are finished eating, drinking or singing you must then put your mask back on. This also means you must wear your mask anytime you get up from your table, for any reason. I do understand this requirement is inconvenient but please understand it is for everyone's safety and well-being. Your temperature must be taken when you enter the building. If higher than 100.4 ˚, you will be asked to return another day when you are feeling better.

All visitors will be required to produce proof of vaccination at their first visit. The following may be used as proof of vaccination:

- CDC COVID-19 vaccine record card or photo of vaccine card.
- Printed certificate or QR code from MyIRMobile.com.
- Other official immunization record from within or outside the U.S., including from your health care provider.
- Additional identification, such as a driver's license or ID, is not required

We will no longer offer our drive-through option for meals. The kitchen is not staffed to be able to offer meals in 3 different fashions. We **will** continue to deliver to those members who are unable to come to the center for lunch. Lunch will be served at 12:00pm

We will continue to offer alternate meals on the days with liver or seafood on the menu. You will need to call to request an alternate 24 hours in advance. The alternative option will be determined by the kitchen.

We ask that you continue to turn in your "order-ahead" menus at the beginning of each month. This has been a great way for the kitchen to plan for the number of meals each day. You are not required to do this as we will still be a drop-in meal program however we would really appreciate it if you would. You will still need to sign up for special events.

During this time, the menu will be subject to change without notice due to the availability of supplies. Thank you for your understanding as this is beyond our control.

The staff at the center are all very excited to throw open the doors and welcome all of you back. It will be 23 months since we closed and it is so exciting that this day has finally arrived! We ask for your patience as we work through the challenges of our new world over the next few months.

We Can't Wait to See You!!!

Veteran's Resources

NOTHING SUGAR-COATED HERE: TYPE 2 DIABETES *LEARN HOW TO NAVIGATE LIFESTYLE CHANGES AFTER DIAGNOSIS*

Your doctor just told you that you have type 2 diabetes. What happens now? Your VA health care team can help. Diabetes doesn't go away. Left alone or not managed well, it can cause heart disease, kidney problems, blindness, and nerve damage leading to amputation. Changes like medication, better food choices, and exercise can help you manage Your type 2 diabetes.

What is type 2 diabetes?
Insulin is a hormone that helps regulate blood sugar levels. The pancreas makes insulin and supports your blood sugar by helping the cells absorb sugar from your blood. If you have type 2 diabetes, either your pancreas doesn't produce enough insulin, or your body doesn't use the insulin it does make. Either way, glucose builds up in your blood, which is how you can get high blood sugar.

Managing your medication
Take any prescription medication or give yourself insulin at the right times to help you control your blood sugar. Think about ways that will help you remember to take your medicines the right way every day. Ask your healthcare provider or team for ideas. You may only take pills for your diabetes. But this may change. Over time, most people with type 2 diabetes also need insulin.

Learn what to eat
With diabetes, you'll need to pay closer attention to the carbohydrates in your meals. Take some time to learn which foods will help manage blood sugar and which to avoid. Try recipes that are low in saturated fats, salt, and added sugars.

Get regular exercise
Becoming more active is your first goal. Before you start an exercise plan, have a checkup with your doctor. They may mention an A1C test or a resting electrocardiogram. Aerobic exercise and strength training can help your body use insulin better.

5-MINUTE SURVEY TO HELP WOMEN VETERANS

Are you a woman Veteran who is NOT using the benefits and services you earned by serving? If so, the Center for Women Veterans would love to hear from you. Their new survey gives you the chance to share your thoughts in less than five minutes and is completely anonymous. Please share with your networks, family, friends.

https://survey.voice.va.gov/?cwv-women-veterans

ACCESS & MANAGE YOUR HEALTH CARE BENEFITS

Refill and track your prescriptions
Send a secure message to your health care team
https://www.va.gov/health-care/secure-messaging/

Schedule and manage health appointments https://www.va.gov/health-care/schedule-view-va-appointments/

View your lab and test results https://www.va.gov/health-care/view-test-and-lab-results/

Apply now for VA health care

https://www.va.gov/health-care/apply/application/introduction

VETERANS, having difficulty dealing with stress?

Feeling frustrated? Trouble coping?

Try Phone-based Mindfulness Meditation

Join us to learn what it's about!

MINDFULNESS MEDITATION is a VA-supported technique that can help you to better manage the challenges and stressors of everyday life. Mindfulness Meditation class provides an opportunity to learn about and practice mindfulness meditation techniques. This class encourages the cultivation of awareness, compassion, and acceptance. Classes are available by phone from 11am-noon ET, roughly every two weeks. During each class, a topic related to mindfulness is introduced, followed by a guided meditation practice. The War Related Illness and Injury Study Center (WRIISC) runs this class. **Come practice with us!**

FOR INFORMATION about our other Phone-based Meditation Class on Yoga Sleep (iRest®) email Caro Fenno at Carolyn.fenno@va.gov or call her at 650-785-6661.

UPCOMING MINDFULNESS MEDITATION CLASSES

Take any or all classes!

Dates: December 2021-March 2022

- December 17th
- January 7th and 21st
- February 4th and 18th
- March 4th and 18th

TIME:

11am – 12 noon, Eastern Standard Time (EST)

LOCATION:

This class will be offered via telephone:
1-404-397-1596 or 1-833-558-0712 (Toll Free)
Participant Access code: 433 794 55

FACILITATOR:

Lauren St. Hill, MSW, LSW
Social Worker, NJ Department of Mental Health
Research and Program Development

NO REGISTRATION REQUIRED.

FOR MORE INFORMATION:

E-mail NJWRIISCEDTEAM@va.gov.

VETERANS, prior to participating in this or any educational class please discuss the class topic with your providers to ensure they are aware and can discuss any physical and/or mental health concerns. The WRIISC promotes collaboration and communication between Veterans and their providers. If you are experiencing a mental health issue, please do not hesitate to call National Veterans Crisis Line 1-800-273-8255 option 1, confidential crisis chat: http://www.veteranscrisisline.net or text: 838255. If a medical emergency occurs, call 911 or go to your nearest emergency room.

WRIISC
War Related Illness & Injury Study Center

VA | U.S. Department of Veterans Affairs
Veterans Health Administration
Patient Care Services

Community Resources

Dental Clinics Available Through Multicare For Uninsured/Low-Income

Multicare sponsors 3-5 Medical Teams International mobile dental clinics each month. These clinics are to support our underserved populations who may not be able to afford traditional dental care. Possible free treatment may include: Evaluations, extractions, fillings, root canals, dental hygiene, and referrals for low-cost dentures. Patients and community members should schedule their own appointments through the referral line at 253-307-4832. Patients and community members should be considered low-income and not possess dental insurance or be underinsured. Direct any questions to Deborah Gurney at Deborah.Gurney@multicare.org.

Upcoming clinic dates and times:
Allenmore: February 9 from 8:30am to 2:30pm (oral surgeon)
Puyallup Celebrate Seniority: February 26 from 8:30am to 2:30pm (root canal and hygiene clinic)
Parkland: February 18 from 8:30am to 2:30pm

CARING FOR THE CAREGIVER

Caregivers need care, too. The demands of managing Heart Failure can be as frustrating for the caregiver as they are for the patient. It's easy to focus so much on your loved one's health that you overlook your own well-being, which isn't good for either of you.

Take Care of Yourself First
Stressed? It's not just you. Caring for a tired or exhausted Heart Failure patient can leave you exhausted, too. Caregivers aged 50+ are more likely to report stress than those in the same age bracket in the general population.

The challenge to your own health
Caregivers of people with Heart Failure have reported high stress, depression symptoms, and poor physical and emotional health. The fact is, you can't be a great caregiver unless you're also looking after yourself.

Don't try to do it alone
Believing you can shoulder the whole responsibility of caregiving yourself is a recipe for burnout. Put together a strong care team of family, friends, and professionals. Then call on them. For driving to appointments, shopping, cooking—whatever's helpful. *And* covering for you when you need a break

Help Beyond your inner circle
You're likely to find advice and support through the American Heart Association. Look for the Caregivers' section **of their website. https://www.heart.org/en/health-topics/caregiver-support**

Current Events

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

It's not too late! You can still join us in this weight loss journey., We are also partnering with Traci Woodcock from Renewable Health to help us adopt heathier easting habits.
Are you concerned about gaining weight during the holidays? We all tend to have less will-power during the holidays with all those yummy Holiday goodies around. 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 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 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.

Free Tax Preparation

Cyndi will be preparing taxes free of charge to our members again this year, virtually, like she did last year. Drop off your tax information to us where we will keep it securely locked up until Cyndi picks it up. She'll call you and speak with you to prepare your taxes, then drop your completed return back off to us, where it will be again, securely locked up until you pick it up. Thank you Cyndi!!!!

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 :
9:30am-2pm on Friday, February 4th

Current Events Cont'd

AARP Driving Class

Due to the pandemic, AARP has suspended all live classes and meetings. However, they are offering Virtual Smart Driver courses which can be attended via Zoon from the comfort of your home. They will work directly with people to insure you are able to access Zoom and fully participate in the experience.

Upcoming dates and times:
February 8, 10, 15 & 17 from 10am to Noon
March 8, 10, 15 & 17 from 6pm to 8pm

To register go to http://aarp.cvent.com/DSVirtual

Or contact them at
email: aarpwashingtondriversafety@gmail.com
Phone—425-830-1409

Spring Poker Run

Stay tuned for more information on a Spring Poker Run in March!

Date: TBD
Route & Participating Senior Centers: TBD
Prizes: TBD

For a smile…..

If you lose a sock in the dryer, it returns as a Tupperware lid that doesn't fit any containers.

Free Photo Shoot

KarenLynn's photo shoots are such a success, she has offered to do one each month with decorations for the next month's holiday. (we will be photographing this month decorated for St. Patrick's Day if you choose or you can just have a black backdrop.) Below are a couple of pictures from December's photo shoot. Call to schedule your appointment. She will be photographing individual & family portraits. Pets are also welcome!! Your images will be made available to you for printing. Call to schedule your 30 minute appointment. Tips will be graciously accepted.

When: February 22nd
Time: 1:30pm-3:30pm
Where: In our dining room

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.

Van Service

Free van service is offered to and from the Senior Center Monday through Friday. We ask that you call 253-863-7658 the day prior to your desired pick up to ensure that your name is on the pickup list. Messages are checked each day at 8:00am so please leave a message if you call after hours.
Note: Please be ready by 9:00am.

Medicare 101 Zoom meeting with Katheryn Evans

3rd Tuesday, February 15th
10am to 11am

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

The Happy Hookers

Wednesdays 9:00am
If you enjoy knitting or crocheting, we welcome you to our group of creative seniors! Join us on Wednesday mornings upstairs for coffee and good company. Our crafters donate their creations to Needy organizations. We also accept freshly washed, completed baby blankets and lap robes to donate also. Come put your wonderful talents to good use!

Adult & Family Bingo Suspended

Wednesdays **Adult Bingo and** ***Fridays*** **Family are both canceled until further notice. We do not have enough volunteers to run bingo. Both sessions will resume when volunteers are fully staffed.**

Note: On-line bingo will continue Wednesdays, at 1:30 until in-person bingo returns.

Pinochle

Thursdays 12:30pm - 3:00pm

Our groups are ever-growing and always on the look-out for new card players. Whether you are a seasoned veteran or a newcomer to the game please join us for a no holds barred game of fun!

Sound Associates
Meet Sean, Hearing Instrument Specialist

Hearing Aide cleaning & light repairs
Wednesday, February 9th
11:30am -12:30pm

Call 253-863-7658 to schedule your 15 minute appointment

Phil's Trips

Sunday, February 6th

Trip to the Northwest Carriage Museum in Raymond

This is a Bonney Lake Senior Center bus trip

Leaving lot behind Senior Center at 8:30 a.m. Return 4 p.m.

Cost: Transportation is $12, Admission is $8 for seniors, for a $20 total due at sign-up.

The Northwest Carriage Museum is home to many magnificently restored 19th century vehicles. When these carriages, buggies and wagons were in use, times were significantly different. The average man at the end of the century was making $200 to $400 per year. At that time you could have bought the 1895 Studebaker Buggy for $50, compared to the C-Spring Dress Landau, the Rolls Royce of its time, selling for $1500. Both of these vehicles are on display at the museum, along with many others, including their Shelburne Landau used in the movie classic "Gone with the Wind". You will enjoy learning about and taking photos of this unique collection of historic vehicles. You may have seen this museum featured on King 5 Evening Magazine's Road Trip 101. After our museum visit we will have lunch at Wild Man Brewing Company.

Sunday, February 20th

A Day at Little Creek Casino and Red Wind Casino

This is a Senior Center bus trip

Leaving Senior Center at 8:00 a.m. Sunday morning. Returning at 5:00 p.m.

Cost: $7 for transportation (payable to Bonney Lake Senior Center). Three hours of playing time plus an hour for one meal at Little Creek. Then three hours of playing at Red Wind with a possible dinner stop on the way home.

Friday February 25th

Glassblowing Experience

This is a Senior Center bus trip

Leaving lot behind Senior Center at 10:00 a.m. and returning around 5:00 p.m.

Cost: $60 per art object (**pay at the glass shop**); lunch on your own at Frieghthouse 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.

Friday March 4th through Saturday March 5th

Penn Cove Mussel Festival at Coupeville on Whidbey Island

This is a Senior Center bus trip.

Leaving parking lot behind police station at 8:30 a.m. on Friday and returning around 5:00 p.m. on Sunday.

Cost: $20 for transportation, $10 for mussel & mussel chowder tastings and 1-hour boat trip to mussel farm, (pay $30 to BLSC). Find out why Penn Cove mussels are **"world famous".** The Coupeville Mussel Mingle happens from 5:30 to 8:30 p.m. on Saturday evening for an additional $25. The Mingle features "Prairie Dog" Polish dogs, savory Penn Cove mussels prepared by Serendipity Catering, wine selected by Bayleaf and Flyers' famous house brews, and live music by Broken Banjo. We will discuss this option or going out to dinner in a quieter part of the island.

Friday and Saturday evenings we will stay at The Coachman Inn at Oak Harbor. Rooms average $135 per night/dbl. occ., or $135 per person in a shared room. Pay to Bonney Lake Senior Center.

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 Cont'd

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.

Friday, June 24—Sunday, 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.

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.

Medicare's Diabetic Shoe Program

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 coordinates all of the necessary paperwork with your primary care physician and insurance provider.

Priority Footwear & Pedorthic Services
Adrian Walsh, CFts
Shoe Fittings will be held:
Monday, February 28th 9am-11am

Please call the Senior Center to schedule your 15 minute appointment

Announcements Cont'd

Foot Care ~ Come Get Your Toes Done!

When: Friday, February 25th
9am to 3pm

The Senior Center will be keeping the schedule for foot care again, starting in January, so call us at 253-863-7658 to book your appointment

The service fee is $40.

Please bring your own towel and mask.

Free Haircuts by Becky from Tangles

Thursday, February 17th
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.

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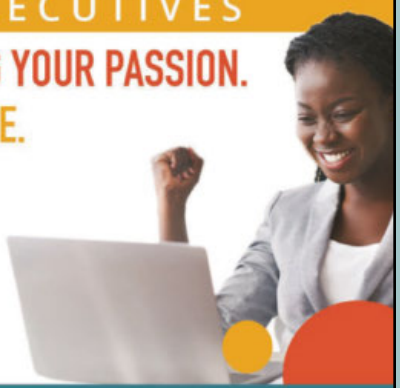

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Announcements Cont'd

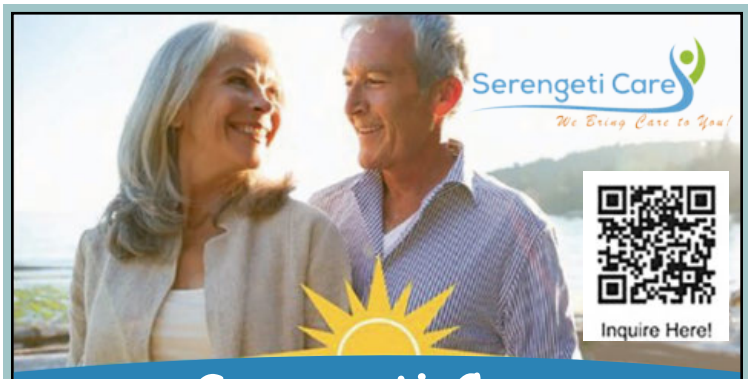
Shopping Trips Resumes in March
2nd & 4th Mondays
Mondays 1:00pm-3:30pm
Let's do a little light shopping. Phil will be leaving at 1:00pm to take seniors home and also drop people off to shop for a few things. You will be dropped off at Wal-Mart, Fred Meyer, or Safeway. Please let Phil know you would like to go shopping by 9:00am that day.

Walking Trips
Resumes in March Every Tuesday
2:30-5:00
The 1st and 3rd Tuesday of the month will be a local walking trip (you will leave from the Senior Center on your walk). The 2nd and 4th Tuesday will be a travel to walking trip where you will meet at the Senior Center and take the bus to where you will walk.

"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.

Every Thursday in February (3rd, 10th, 17th, & 24th)
10:30-11:30 am
Bonney Lake Senior Center
This class is free to our members
Please call to sign up



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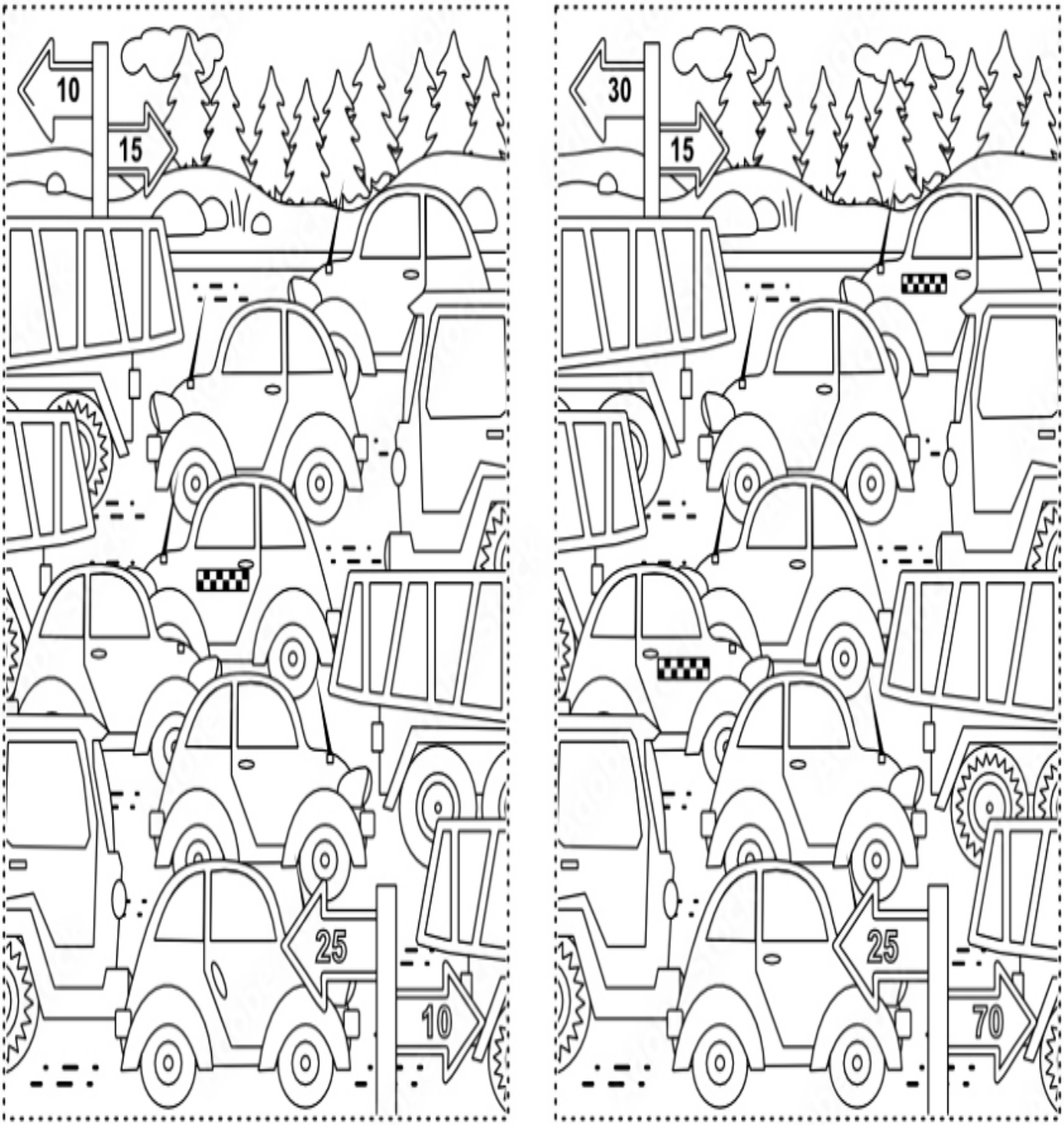
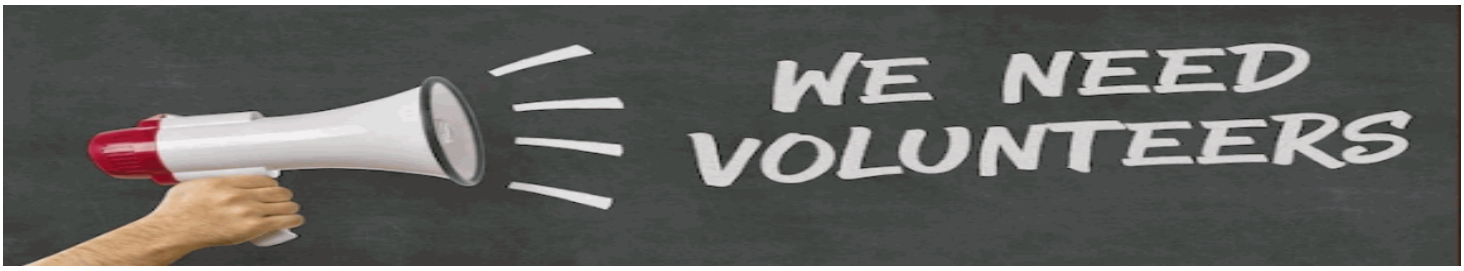
Find the ten differences between the two pictures.



Answers will be found in March Newsletter

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 (we are in immediate need of meal delivery drivers)

Come be part of the team!!!!!

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

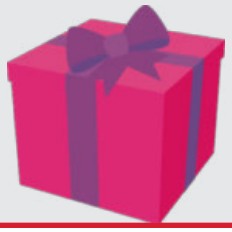
Birthday Announcements

February Birthdays

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

Jim Baisch
John Bang
Colleen Bingham
Elaine Bragg
Penny Brock
Barbara Brown
Viola Brown
Sherlita Buenaventura
Sandra Coates
Marilyn Collins
Anna Courneya
Joseph Covey
Jon Cunningham
Sarah Curry
Julianne DeLeo
Patricia Dewey
Bette Dodds
Jerry Dodds
Gary Eden
Nadine Gerber
Ernie Gilmer
Sharon Green
Sandra Grote
Amy Hampton
Harris, Duane
Lucille Hilton
Valerie Ktenas
Susan Lane
Durella Leick
Beverly Lemaire
Gary Lester
Marcella Lewis
Valerie Loney
Bonnie Long
David Lovell
Sara Macri
Sheryl Mergel
Dianne Murphy
Dorothy Nelson
Stan Nye
Sandra Pabst
Dan Peart
Dan Perovich
Sherryl Pfaff
Lois Pollex
Jesse Powell
John Quick
Elaine Reed
Leda Robbins
Gina Ryan
James Schaewe
Frances Schlaefer
Sarah Schneider
Jan Smith
Linda Starnes
Jeanne Strentz
Ardath Sydor
Judy Tarr
Dannette Therkildsen
Kathy Tutty
Fred Van Kleek
Helen Warrick
Terri Watkins
Tami Wilcox
Norman Williams
Julie Wilson
Emmalee Wold

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, February 17th. Also, "thank you" to Stafford Suites for sponsoring our birthday cake each month!



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News from our Gardener

Hello Senior Center people and gardeners. Hoping you got through our winter freeze in good shape. Did you have time to cover those outside perennials with a nice layer of compost to give them shelter and later great growing medium? If not, now is a good time to catch up. We took to growing house plants and forcing bulbs to keep our cut flowers company. I forced hyacinth in small glass jars which eventually made their way outside as the aroma was over powering. The hummingbirds thought that was a good idea and were glad to visit.

February, the middle of winter; is now the time to prune? My best advice to you on this matter is to educate yourself on pruning. Know what it is that you want to prune and what do you want to achieve before you start. Pruning requires tools; sharp tools and the equipment that goes along with using sharp tools.

Educating yourself comes in many forms these days and I give them all a look but for me nothing beats having a book in hand and your local library is full of them. A new book that I've been leaning on is titled "Pruning & Training", authored by Stephanie Mahon. A 2021 copyright. She breaks the book down to understand what your plan should be and the techniques to accomplish that followed up by specific trees, vines and plants to verify if now is indeed the time to cut back your plants and how that plant will respond to the pruning. Pierce county has a website full of information at www.piercecd.org/DocumentCenter/View/1984/TAM-18_Trees-and-Viewsasd?bidId, if want local information. Of course, the good people at the Master Gardeners are knowledgeable with access to the latest material from WSU and you can read free WSU publications at http://pubs.extension.wsu.edu on pruning and a number of gardening subjects. Contact a master gardener with gardening questions at pierce.mg@wsu.edu.

Mid winter is when most deciduous trees are dormant and this time of year is also the time to start pruning on those climbing roses. You should know what it is that your trying to accomplish by pruning. Meaning does the plant or tree just need a trim or are you going for a certain look. Maybe the thing has grown out of its allotted space and needs a serious cut back. Fruit trees bring a different kind of reason to prune and each variety of tree needs to be researched before you cut fruiting branches off. Find a reference to show where to prune the tree to achieve your pruning objective. Often the objective should be to open up the center of the tree/bush to allow sunlight and air circulation to reach the interior.

Your tools need to be sharp for this kind of work. A few swipes of a sharping stone before you start will save you a whole lot of disgust later on. Dull tools smash and tear the branches opening the plant up to disease. Necessary with sharp tools is PPE (personnel protective equipment). If you get hurt that job is over so find your eye protection for that flying saw dust and you know you'll need heavy duty gloves when working with those thorny bushes. Cover up if you're taking on that Pampas Grass as those long slender leaves are as sharp as any kitchen knife.

Education is once again the key to confidently pruning and shaping those plants.

Enjoy your day, everyday,
Dave

Ice Cream Flavors

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

TRIPLE TORNADO
REESES
NEOPOLITAN
CHOCOLATE
STRAWBERRY
COTTON CANDY
COCONUT
ROCKY ROAD
COOKIE DOUGH
TIGER TAIL
GREEN TEA
HOKEY POKEY
MAPLE WALNUT
FUDGE
PECAN
BANANA
VANILLA

Play this puzzle online at : https://thewordsearch.com/puzzle/416/

Caregiving Support

Ten Tips for Communicating with a Person with Dementia part 2

4. **Ask simple, answerable questions.** Ask one question at a time; those with yes or no answers work best. Refrain from asking open-ended questions or giving too many choices. For example, ask, *"Would you like to wear your white shirt or your blue shirt?"* Better still, show the choices—visual prompts and cues also help clarify your question and can guide the response.
5. **Listen with your ears, eyes, and heart.** Be patient in waiting for your loved one's reply. If they are struggling for an answer, it's okay to suggest words. Watch for nonverbal cues and body language, and respond appropriately. *Always strive to listen for the meaning and feelings that underlie the words.*
6. **Break down activities into a series of steps.** This makes many tasks much more manageable. You can encourage your loved ones to do what they can, gently remind them of steps they tend to forget, and assist with steps they are no longer able to accomplish on their own. Using visual cues, such as showing them with your hand where to place the dinner plate, can be very helpful.
7. **When the going gets tough, distract and redirect.** If your loved one becomes upset or agitated, try changing the subject or the environment. For example, ask them for help or suggest going for a walk. *It is important to connect with the person on a feeling level, before you redirect.* You might say, *"I see you're feeling sad—I'm sorry you're upset. Let's go get something to eat."*

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
February 17th
Time: 1pm to 2pm

Where: Bonney Lake Senior Center
19304 Bonney Lake Blvd. E.
Bonney Lake, WA

**We are able to host the Caregivers support Group at our Senior Center again, starting this month We would like to thank Memory Haven of Sumner for hosting these Past sessions and for their continued facilitation. We encourage all to attend.

Please RSVP directly to 253-863-7658

ZOOM Outreach Classes

Wellness Workshop On Zoom

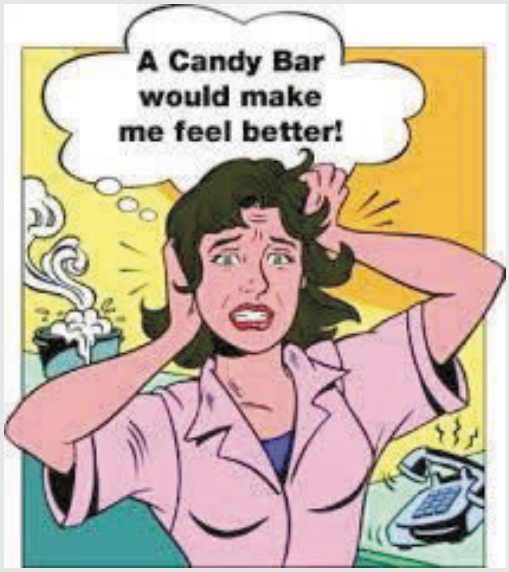
Traci Woodcock, a trained Health Coach will present a variety of workshops for our community in the coming months. The topics include diabetes, weight loss, graceful aging and much more. Sign up in the programs binder for an upcoming workshop. Get started on the road to good health.

Brain Power

When: Thursday, February 10th
Time: 1 to 2pm
https://us02web.zoom.us/j/87157369403?pwd=WHRHSlozUi8vWHBWblV6REY3MUJEdz09

Meeting ID: 871 5736 9403
Passcode: 270383

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

FREE Workshop on Zoom
Local Attorney Specializing in Elder Law

Have questions about your will, Trust or Long-term care? Come get answers.
Can't wait? Call her directly for an appointment 253-327-3387

Workshop Date: February 18th at 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!

Just for Fun

An Alphabet Game

Often, a single letter of the alphabet has the sound of a word. ***Example:*** What letter of the alphabet is an insect? B **(**Bee) Have fun answering the following word-sounding letters:

Questions:

What letter of the alphabet "marks the spot?" ___
What letter of the alphabet is a line where you stand in to wait your turns? ___
What letter of the alphabet is a bird? ___
What letter of the alphabet is a 180° turn in driving? ___
What letter of the alphabet is an expression of surprise? ___
What letter of the alphabet is a body of water? ___
What letter of the alphabet is a place to spend the night? ___
What letter of the alphabet is a state of being? ___
What letter of the alphabet is a vegetable? ___
What letter of the alphabet is a body part? ___
What letter of the alphabet is a question? ___
What letter of the alphabet is a low reef of coral, rock, or sand? ___
What letter of the alphabet is a type of train? ___
What letter of the alphabet is a command for a horse to go right? ___
What letter of the alphabet is what eating green apples do to you? ___

BONUS QUESTION:

What letter of the alphabet is the signature mark of Don Diego de la Vega's alter ego? ___

An Alphabet Game Answers

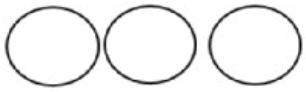
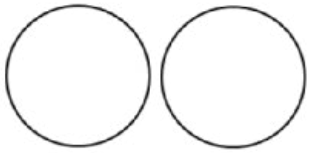
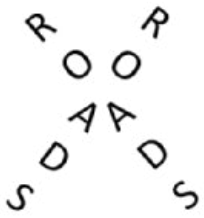
What letter of the alphabet "marks the spot?" X (X marks the spot)
What letter of the alphabet is a line where you stand in to wait your turns? Q (queue)
What letter of the alphabet is a bird? J (jay)
What letter of the alphabet is a 180° turn in driving? U (u-turn
What letter of the alphabet is an expression of surprise? O (oh!)
What letter of the alphabet is a body of water? C (sea)
What letter of the alphabet is a place to spend the night? N (inn)
What letter of the alphabet is a state of being? R (are)
What letter of the alphabet is a vegetable? P (pea)
What letter of the alphabet is a body part? I (eye)
What letter of the alphabet is a question? Y (why)
What letter of the alphabet is a low reef of coral, rock, or sand? K (cay)
What letter of the alphabet is a type of train? L (an elevated train)
What letter of the alphabet is a command for a horse to go right? G (Gee)
What letter of the alphabet is what eating green apples do to you? W (they double you)

BONUS QUESTION:

What letter of the alphabet is the signature mark of Don Diego de la Vega's alter ego? Z (Zorro)

Just for Fun Cont'd

These puzzles represent expressions we use. Solve them by carefully noticing the positions of the words and pictures. Are they under, over, mixed-up, inside, or a certain size?

stand I Answer: I understand	man board	cover agent	wear long
EZ iiii	i 8	his iii 	
CHAIR	tire	T O W N	
b sick ed	DKI	G R U The block N I N N	EGSG GESG SEGG SGEG

Answers: 1-I understand; 2-man overboard, 3-agent under cover; 4-long underwear; 5-easy on the eyes; 6-I over ate, 7-circles under his eyes; 8-going around in circles; 9-high chair; 10-flat tire; 11-downtown; 12-crossroads; 13-sick in bed; 14-mixed up kid; 15-running around the block; 16-scrambled eggs