

# Bonney Lake

## Senior Center Newsletter

May 2022



### Welcome to the Bonney Lake Senior Center!

We provide a comfortable and warm atmosphere for the seniors of Bonney Lake and surrounding areas. There is no membership fee. The Bonney Lake Senior Center does not discriminate against any person with regard to race, national origin, gender, sexual orientation, physical challenge or marital status. Our drop-in center offers a variety of programs for the active senior.

The center does not provide respite, adult daycare, and/or services that would normally be provided by a trained attendant, nurse, or personal caregiver (i.e., incontinence, inability to use the restroom facilities by one's self, or preventing a participant from leaving the grounds of the center). In addition, the provision of any personal care by staff for a participant is beyond our capability and cannot be expected.

#### Located at:

19304 Bonney Lake Blvd  
Bonney Lake, WA 98391

#### Mailing address:

9002 Main Street E. Box 10  
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 Tab)

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# Senior Center Staff

## Staff

**Senior Services Manager**  
**Sue Hilberg**  
hilbergs@cobl.us  
253-447-4327/360-551-2002

**Senior Services Assistant**  
**Michelle Vazquez**  
vazquezm@cobl.us  
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**  
camppp@cobl.us  
253-447-4334

**Assistant Cook**  
**Kathy Morgan**

**Assistant Cook**  
TBD

**Dishwasher**  
**Jay Shideler**

*To Reach all Staff Call:*  
253-863-7658

*Visit us at [www.ci.bonney-lake.wa.us](http://www.ci.bonney-lake.wa.us) | 2*

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Dementia Friendly  
Pierce County**

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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 meetings are on the 3rd Tuesday of each month at 3:00 pm.

**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!**



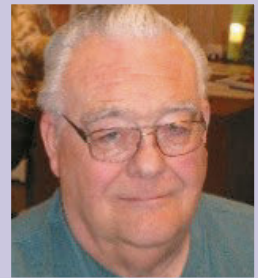
**President**  
Wayne Johnson



**Vice President**  
Bob Wells



**Treasurer**  
Julianne DeLeo



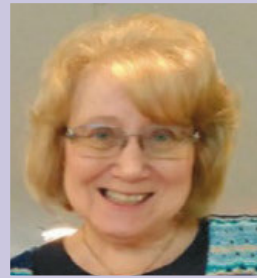
**Assistant Treasurer**  
Jim Baisch



**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

# May 2022

Monday	Tuesday	Wednesday	Thursday	Friday
2 Philly Cheesesteak Sandwiches With Peppers, Onions & Cheese Chips Caesar Salad Salad Bar	3 Stir-Fried Chicken Steamed Rice Mixed Vegetable Medley Egg Roll Salad Bar	4 Fish & Chips Pineapple Cole Slaw Tartar Sauce Salad Bar	5 <b>Cinco de Mayo</b> Chicken & Beef Street Tacos Mexi-Corn Black Beans Salad Bar	6 <b>Mother's Day</b> Broccoli Cheddar Quiche Mini Muffins Spinach Salad Vanilla and Berry Parfait
9 BBQ Chicken Sweet Corn Jell-O Fruit Salad Salad Bar	10 Baked Potato Bar Butter, Bacon, Sour Cream, Chives, Olives & Chili Salad Bar	11 Creamy Beef Stroganoff Tender Egg Noodles Green Beans Salad Bar	12 Coconut Tilapia Jasmine Rice Steamed Vegetable Salad Bar	13 Tender Ham Steak Scalloped Potatoes Sweet Green Peas Dinner Roll Butter Salad Bar
16 Lasagna Garlic Bread Mixed Vegetables Salad Bar	17 Fettuccini Alfredo w/ Shrimp & Mushrooms Sautéed Vegetables Garlic Bread Sticks Salad Bar	18 Curried Honey Mustard Chicken Buttered Pasta Steamed Broccoli Salad Bar	19 Grilled Sausage w/Peppers and Onions Oven Roasted Red Potatoes Salad Bar	20 Pulled Pork Sandwiches Tater Tots Cole Slaw Salad Bar
23 Open Faced Turkey Sandwich w/ Gravy Garlic Roasted Potatoes Vegetables Cranberry Sauce	24 Lemon Dill Fish w/ Tartar Sauce Steamed Long Grain Rice Stir-Fry Vegetables Salad Bar	25 Cornflake Chicken Garlic Roasted Potatoes Carrots & Peas Salad Bar	26 <b>Birthdays</b> Chicken Fried Steak Mashed Potatoes & Chicken Gravy Buttered Vegetable Salad Bar	27 French Dip Sandwiches Au Jus Onion Rings Fresh Fruit Salad Bar
30 	31 Bacon Cheeseburgers Steak Fries Carrot Raisin Salad Salad Bar		<b>Caution: Foods may contain Milk, Eggs, Fish, Crustacean Shellfish, Tree nuts, Peanuts, Wheat and Soybeans. Salad Bar is for dine-in services only</b>	Daily lunch service Monday—Friday 12-12:30pm <b>**Alternate meals available only for Fish/Seafood and Liver/Onions</b>

# May Order-Ahead Lunch Menu


Your Name \_\_\_\_\_

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Philly Cheesesteak Sandwiches With Peppers, Onions &amp; Cheese Chips Caesar Salad Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>3 Stir-Fried Chicken Steamed Rice Mixed Vegetable Medley Egg Roll Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>4 Fish &amp; Chips Pineapple Cole Slaw Tartar Sauce Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>5 <b>Cinco de Mayo</b> Chicken &amp; Beef Street Tacos Mexi-Corn Black Beans Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>6 <b>Mother's Day</b> Broccoli Cheddar Quiche Mini Muffins Spinach Salad Vanilla and Berry Parfait</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>
<p>9 BBQ Chicken Sweet Corn Jell-O Fruit Salad Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>10 Baked Potato Bar Butter, Bacon, Sour Cream, Chives, Olives &amp; Chili Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>11 Creamy Beef Stroganoff Tender Egg Noodles Green Beans Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>12 Coconut Tilapia Jasmine Rice Steamed Vegetable Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>13 Tender Ham Steak Scalloped Potatoes Sweet Green Peas Dinner Roll Butter Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>
<p>16 Lasagna Garlic Bread Mixed Vegetables Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>17 Fettuccini Alfredo w/ Shrimp &amp; Mushrooms Sautéed Vegetables Garlic Bread Sticks Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>18 Curried Honey Mustard Chicken Buttered Pasta Steamed Broccoli Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>19 Grilled Sausage w/Peppers and Onions Oven Roasted Red Potatoes Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>20 Pulled Pork Sandwiches Tater Tots Cole Slaw Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>
<p>23 Open Faced Turkey Sandwich w/ Gravy Garlic Roasted Potatoes, Vegetables Cranberry Sauce Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>24 Lemon Dill Fish w/ Tartar Sauce Steamed Long Grain Rice Stir-Fry Vegetables Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>25 Cornflake Chicken Garlic Roasted Potatoes Carrots &amp; Peas Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>26 <b>Birthdays</b> Chicken Fried Steak Mashed Potatoes &amp; Chicken Gravy Buttered Vegetable Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>27 French Dip Sandwiches Au Jus Onion Rings Fresh Fruit Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>
<p>30</p> <div style="text-align: center;">  <p>Sorry - We're <b>CLOSED</b></p>  <p>Memorial Day</p> </div> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>31 Bacon Cheeseburgers Steak Fries Carrot Raisin Salad Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>Please write the number of meals you want in the "Delivery" box, "To-Go" box or "Dine in" box. Don't forget to write your name at the top!</p> <p><b>Salad Bar is for dine-in services only</b></p>		<p>Dine-in lunch service Monday—Friday 12-12:30pm To Go meals served 11:30-12:00</p> <p><b>**Alternate meals available only for Fish/Seafood and Liver/Onions</b></p>

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# Events

# May 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 10:30-11:30-Stretch &amp; Strength 12pm Lunch</p>	<p>3 9 –2pm Chair Massage 9:30-11:30 Music by Jesse &amp; the Jammers 12pm Lunch 1pm Writers Group 2:30-5 Local Walking</p>	<p>4 10-12— Happy Hookers 12pm Lunch 1:15pm—Senior Bingo</p>	<p>5 <b>Cinco De Mayo</b> <del>10:30 Tai Chi</del> 12pm Lunch 1-3 Card Games</p>	<p>6 <b>Mother's Day</b> 10-11:30— Music by Mark Stern 12pm Lunch 1-3pm Bunco 1-3:30 Shopping Trip 7pm Family Bingo</p>
<p>9 10:30-11:30-Stretch &amp; Strength 11-12 BP Checks 12pm Lunch</p>	<p>10 9 –2pm Chair Massage 9:30-11:30 Music by Jesse &amp; the Jammers 12pm Lunch 1pm Writers Group</p>	<p>11 10-12— Happy Hookers 11:30-12:30-Hearing Aide Specialist 12pm Lunch 1:15pm Senior Bingo</p>	<p>12 <del>10:30 Tai Chi</del> 12pm Lunch 1-2 Wellness Workshop 1-3 Card Games</p>	<p>13 10-11:30 Sock Hop – Terry Bartelme 12pm Lunch 1-3pm—Bunco 1-3:30 Shopping Trip 7pm Family Bingo</p>
<p>16 10:00-Hat Decorating 10:45-11:30-BL Triple Crown Race 10:30-11:30-Stretch &amp; Strength 12pm Lunch</p>	<p>17 9 –2pm Chair Massage 9:30-11:30 Music by Jesse &amp; the Jammers 10-11 Edward Jones 12pm Lunch 1pm Writers Group 2:30-5:00-Local Walking 3-4 Advisory Board Mtg</p>	<p>18 10-12— Happy Hookers 10-11 Banker's Life 12pm Lunch 1:15pm Senior Bingo 4:30 Juliets @ Round Table Pizza</p>	<p>19 10-2 Haircuts <del>10:30 Tai Chi</del> 12pm Lunch 1-2 Caregivers Support 1-3 Card Games</p>	<p>20 12pm Lunch 12:30-1:30 Legal Workshop 1-3pm Bunco 1-3:30 Shopping Trip 7pm Family Bingo</p>
<p>23 9-11 Diabetic Shoe Fitting 9-2 - Photo Shoot 10:30-11:30-Stretch &amp; Strength 12pm Lunch</p>	<p>24 9 –2pm Chair Massage 9:30-11:30 Music by Jesse &amp; the Jammers 12pm Lunch 1pm Writers Group</p>	<p>25 10-12— Happy Hookers 10-11 Medicare Chat 12pm Lunch 1:15pm Senior Bingo</p>	<p>26 10-11:30 Music Patty &amp; the Traveling 4 <del>10:30 Tai Chi</del> 12pm Memorial Day Lunch 1-3 Card Games</p> <p>Birthday Gift Bags</p>	<p>27 9-3 Foot Care 12pm Lunch 1-3pm Bunco 1-3:30 Shopping Trip 7pm Family Bingo</p>
<p>30</p> 	<p>31 9 –2pm Chair Massage 9:30-11:30 Music by Jesse &amp; the Jammers 12pm Lunch 1pm Writers Group</p>			

# Available Services

## Lunch Service

We have 3 types of lunch service. "Delivery" for those that are not able to pick up their lunch, "To-Go" service which begins at 11:30 (you must come inside to pick up your meals) and "Dine-in" service which begins at 12:00pm. Please fill out and turn in your order-ahead menu (located on page 5) so our kitchen staff can better prepare for lunch service.

## 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.

## Sound Associates

### Meet Sean, Hearing Instrument Specialist

**Wednesday, May 11th**

**11:30am -12:30pm**

Hearing Aid cleaning & light repairs

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

## Banker's Life with Ernie Gilmer

**Wednesday, May 18th**

**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.

## Chat with the Chief

**Wednesday, July 13th**

**10:00-11:00**

Please join us for coffee and pastries and chat with our Bonney Lake Police Chief Bryan Jeter.

## Medicare—Coffee & Chat with Katheryn Evans

**Wednesday, May 25th**

**10am to 11am**

Get personalized one on one help in reviewing claims, accessing your Over The Counter Benefits, Eye Glasses & Dental Benefits and other benefits. Make sure you use the benefits that are available to you. Also, you can get help in scheduling an appointment with your Primary Care Physician

## Free Haircuts by Becky from Tangles

**Thursday, May 19th**

**10am to 2pm**

Please call to schedule your 20 minute 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.

## Foot Care ~ Come Get Your Toes Done!

**When: Friday, May 27th**

**9am to 3pm**

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

The service fee is \$45.

**Please bring your own towel and mask.**



## Available Services Cont'd

### 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. Please join Traci and us upstairs to see her in-person presentation. April's session is titled ??

**When: Thursday, May 12th**

**Time: 1 to 2pm**

Location: Bonney Lake Senior Center

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

### Legacy Giving

It's more than an act of generosity, it's an important investment in the future of our center. To be a part of this fine tradition, please ask your attorney to add this, or other suitable language, to your will:

"I give, devise, and bequeath to Bonney Lake Senior Center [insert: dollar amount, percentage of estate, description of real estate or other property, nature of gift, or remainder of my estate]."

Tax ID number

91-1140824,

19304 Bonney Lake Blvd., Bonney Lake, WA 98391

Contact Senior Services Manager,  
Sue Hilberg to discuss legacy giving.

### 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:** June 17th, 12:30-1:30

**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!

### 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.

**Tuesday, May 17th**

**10- 11am**

Meet in the dining hall



## Available Services Cont'd

### On-Going Clothing Drive

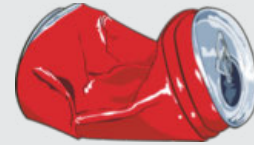
The Bonney Lake Senior Center has an on-going clothing drive. If you have clothes that you no longer need or want, bag them up in a white plastic kitchen bag or a black plastic leaf bag, tie the bag closed, and bring them to the Senior Center. Because we now have a storage container for this fund raiser, our clothing drive has no time limits or cut-off date. Bring your clothes anytime. And thanks for supporting the Bonney Lake Senior programs.



### Aluminum Can Drive

We would like your aluminum cans! Phil will take them to recycle and the money received will be used as a fundraiser for our Senior Center. Please bring crushed cans in garbage bags. **Please only clean, Aluminum Cans! Bags of mixed cans and garbage is unsafe and unsanitary for our members to sort through.**

Thank you!



### Free Blood Pressure Checks by Celebrate Seniority

**When: Monday, May 9th**

**Time: 11:00-12:00**

Where: Bonney Lake Senior Center

Walk –in's welcome!



### Medicare's Diabetic Shoe Program 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.

**4th Monday of the month from 9-11am (May 23rd)**

**Please call to make an appointment**



### 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 minute sessions for our members in our upstairs room every Tuesday from 9:00-2:00. **Beginning May 3rd, Linda will charge \$10.00 for each massage.** Call to book your appointment.



## Current Events and Activities

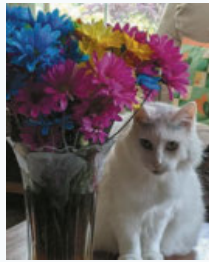
### Cell Phone Training

Cell phone Training class is canceled until further notice. We apologize for any inconvenience this may cause.

### 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 Mother's Day if you choose or you can just have a black backdrop.) 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: Monday, May 23rd**  
**Time: 1:30-3:30pm**



### Pinochle and other Card Games

**Thursdays 1:00-3:00pm**

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



### Emailing you

We are utilizing our email system to send out notifications to all our members who have email addresses on file with us. Please check your spam and/or junk email folders and if you see our emails maybe in there. Please add our email address to your contacts list so you will receive any future emails in your inbox. It will come to your email with the address line of "**notification@civiclive.com**". Please contact us to update or add your email address if you'd like to receive our emails.

### The Happy Hookers

**Wednesdays 10:00-12:00 (time change)**

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!

### In Person Senior & Family Bingo

***Please join us on Wednesdays for Senior Bingo and on Friday Nights for Family Bingo!***

**Senior Bingo is every Wednesday and will begin at 1:15pm. Family Bingo is every Friday night and will begin at 7:00pm. We ask that you arrive a half hour early to purchase your packages for either session.**

**We do still need volunteers to help run the bingo sessions, so **If you'd like to volunteer, please contact a staff member at 253-863-7658. As an incentive, we are offering a \$10.00 gift certificate that you can use for Senior Bingo on Wednesdays, Family Bingo on Fridays or at the snack bar on Fridays if you volunteer and commit to 3 month period, volunteering for at least 2 sessions a month (either on Wednesdays or Fridays). Please see a staff member to sign up.****

### Walking Trips

**1st & 3rd Tuesday of the month**  
**2:30-5:00**

Grab your tennis shoes and come join us on the 1st and 3rd Tuesday of the month for a local walking trip . These walks will be a gentle walk around our area (Lake Jane, Lake Bonney, etc). Thank you to KarenLynn for leading these walks.

## Current Events and Activities Cont'd

### Shopping Trips

Every Friday

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.

### Birthday Celebration

4th Thursday of the month at 12:00 pm

Come in and pick up your FREE birthday lunch ticket to be used on your birthday. On the 4th Thursday come in for your birthday bag and a birthday treat. Birthday treats are provided by Stafford Suites and birthday bags are provided by Katheryn Evans of Strategic Sound Solutions.

### Bunco

Enjoy dice games? Up for a little friendly competition? Come join us every Friday from 1:00-3:00 for Bunco!

See you all there!

### Bonney Lake Triple Crown Race

May 16th  
10:45-11:30

Come join us for Bonney Lake Senior Center's Triple Crown Race! Pick your favorite horse and watch him run around our track!



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

Every Thursday 10:30-11:30am  
Bonney Lake Senior Center  
This class is free to our members  
Please call or come in to sign up

Canceled until  
further notice



### Mother's Day Lunch

Sign up for our special Mother's Day Lunch with music by Mark Stern. Music starts at 10:00am, Cost is \$7.00. Please sign up in the special events binder and pay at time of sign up.

### Senior Center Closures

The Senior Center  
will be closed:

**Monday May 30th**



### Hat Decorating Class

Monday, May 16th  
10:00-10:45  
Cost \$5.00

Join us to create and decorate your own Kentucky Derby themed hat to proudly wear at our Bonney Lake Triple Crown event. All materials will be provided. Please sign up in the Special Events book



### Cinco De Mayo Lunch

Thursday, May 5th  
12:00-12:30  
Cost \$5.00

The United States joins the  
celebration of Mexican heritage.

Come join the party and enjoy yummy Mexican  
foods. No sign up required



## Current Events and Activities Cont'd

### **Tuesday Tunes**

#### **Jessie & The Jammers ~ A Jam Session**

**Every Tuesday**

Come by to listen and dance to a great band or if you are inclined, bring your instrument and/or singing voice and join them! Electric and acoustic instruments are welcome.

Time: 9:30am to 11:30am

### **The Bonney Lake Writers**

**Tuesdays at 1:00pm!**

Got a poem you've written and want to share it?  
Got a story in your head you want to get down on paper? Come join the  
Writer's Group who meet on Tuesdays.

### **Juliet's**

"Just Us Ladies Interested n' Eating Together" Join the Juliet's for dinner on the 3rd Wednesday of the month at 4:30 pm. Enjoy a meal and meet new friends. Please sign up in the programs binder. Addresses for each restaurant and maps are available in the programs binder. Transportation for this activity is on your own.

5/18 – Round Table Pizza—Bonney Lake

6/15—Windmill Bistro—Sumner

7/20—Secret Garden Team Room-Sumner

8/17—Mama Stortini's—Puyallup/Sumner

9/21—Aversano's—Sumner

10/19—Hungry Dog—Bonney Lake

11/16—Don Chuys—Bonney Lake

12/21—Mazatlán—Bonney Lake

### **Patty & the Traveling 4**

**4th Thursday of every month**

**Time: 10:00-11:30**

**Come, dance and enjoy country and oldies rock.**

### **Music Entertainment Schedule**

Below is a list of the Music entertainment we have scheduled so far this year. All music entertainment times will be 10:00-11:30am. This schedule is subject to change.

Every Tuesday—Jesse and the Jammers

May 6th—Mother's Day—Mark Stern

May 13th—Sock Hop by Terry Bartelme

May 26th—Memorial Day—Patty & the Traveling 4

June 17th—Car Show—DJ Jan Peterson

June 23rd—Patty & the Traveling 4

June 30th—4th of July—Mark Stern

July 7th—Senior Games—Mark Stern

July 15th—Music by Randy Lytch

July 28th—Patty & the Traveling 4

August 18th—Luau—Mark Stern

August 25th—Patty & the Traveling 4

September 1st—Labor Day—Mark Stern

September 21st—Hippy Day—Mark Stern

September 22nd—Patty & the Traveling 4

October 6th—Oktoberfest—Jim Lapsansky

October 27th—Patty & the Traveling 4

October 31st—Halloween—Mark Stern

November 17th—Thanksgiving Lunch—Mark Stern

November 18th—Thanksgiving Lunch—Music Randy Lytch

December 15th—Christmas Lunch—Mark Stern

December 16th—Christmas Lunch—Music Randy Lytch

December 29th—New Years Eve—Mark Stern

### **Memorial Day Lunch**

Thursday, May 26th

10:00-12:30

Cost \$7.00

Music by Patty & the Traveling 4 from 10:00-11:30  
with a special memorial day lunch served from  
12:00-12:30

### **Stretch & Strength**

Mondays (May 2nd, 9th, 16th & 23)

10:30-11:30

Cost \$5.00

Join Ashley every Monday for a mobility & strength class. Individualized exercise programming for Aging and Clinical Populations.

## Upcoming Events

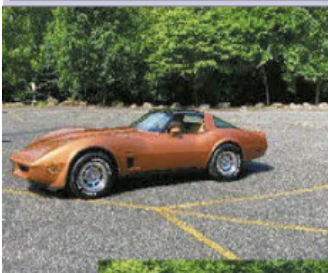
Please join us on Friday, June 17<sup>th</sup> for our annual Father's Day Car Show and lunch!

If you have a car you'd like to enter in the show, please see a staff member to sign up. There is no cost to participate.

Car show will be held in ball field 4 just up the street from the Senior Center.

There will be prizes awarded for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place and a People's Choice Award.

Please sign up for lunch and indicate if you will be entering a car in the car show.



# Phil's Trips

**Saturday May 7<sup>th</sup>**

**Whitney Gardens Rhododendron Park on Hood Canal**

**This is a Senior Center bus trip; parking behind BL Senior Center.**

Leaving Senior Center at 8:00 a.m. and returning around 4:30 p.m. on Saturday.

Cost: \$10 for transportation and \$1 entrance to gardens. Meals on your own.

Join us for a delightful drive along the still waters of Hood Canal. You are sure to marvel at the size of the ancient Rhododendron plants in this garden. We will follow up with lunch in Quilbilly's in Quilcene.

**Tuesday May 10<sup>th</sup>**

**Tacoma Rainiers Baseball and Deck Party vs. the Reno Aces**

**This is a Senior Center bus trip.**

Leaving Senior Center at 9:00 a.m. Tuesday morning. Returning at 3:30 p.m.

Cost: \$5 for Transportation; Party and Game cost \$40 (pay \$45 at sign-up).

Deck party begins at 11:00, including a 90 minute buffet of hot dogs, hamburgers, macaroni salad, chips, and cold soda, water, beer and wine. During the game see our group get a special welcome on the big screen video board. Don't forget your sunglasses.

**Tuesday May 24<sup>th</sup>**

**Tacoma Rainiers Baseball and Deck Party vs. the Las Vegas Aviators**

**This is a Senior Center bus trip.**

Leaving Senior Center at 9:00 a.m. Tuesday morning. Returning at 3:30 p.m.

Cost: \$5 for Transportation; Party and Game cost \$40 (pay \$45 at sign-up).

Deck party begins at 11:00, including a 90 minute buffet of hot dogs, hamburgers, macaroni salad, chips, and cold soda, water, beer and wine. During the game see our group get a special welcome on the big screen video board. Don't forget your sunglasses.

**Friday June 10<sup>th</sup> thru Sunday June 12<sup>th</sup>**

**Off Road in Cle Elum**

**This is a Bonney Lake Senior Center bus trip**

Cost: Transportation: \$15, off road quads \$120 per person (Pay \$135 at sign-up.)

Hotel room: \$160 per person/dbl. occ., pay at registration.

Leaving lot behind Police Station at 10:00 a.m. on Friday. Return 6:00 p.m. on Sunday.

After leaving our hotel Saturday morning, we will check in at the off road rentals, gear up and head out for a guided two-hour tour of Cle Elum high country with stunning panoramic views of the Cle Elum valley. After coming back to the trail head, we will head to Smokey's BBQ at the train station for dinner. Sunday we will head toward Leavenworth with a stop near Liberty to try some gold panning.

**Thursday June 16<sup>th</sup>**

**Historical Markers Tour**

**This is a Bonney Lake Sr. Ctr. bus trip**

Leaving parking lot behind senior center at 10:00 a.m. on Thursday. Return at 3:30.

Cost: \$5 for Transportation; \$10 donation to Historical, and \$15 for your box lunch (pay \$30 at sign-up).

A representative from the Historical Society will guide our tour through the city to explain the significance of each stone marker around town, as well as other special points of interest. The trip will include an inside view of the big barn rental hall at Kelley Farm, a picnic lunch at Victor Falls and an inside tour of the power plant below Lake Tapps.

See Phil in advance for lunch selection.

## Phil's Trips Cont'd

**Friday July 8<sup>th</sup>**

**Glassblowing Experience Making Glass Pumpkins**

**This is a Bonney Lake Senior Center bus trip**

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

Cost: \$5 for Transportation (pay at sign-up), \$70 plus tax per art object (pay at the studio); lunch on your own at Freighthouse Square.

Come and join us for a half-hour session of making your own glass pumpkin art. Normal cost for this event is \$85, but on our trip you can experience the thrill of expressing yourself through glass for only \$70.

***This trip will be limited to the first 14 people.***

**Tuesday July 26<sup>th</sup>**

**Tacoma Rainiers Baseball and Deck Party vs. the El Paso Chihuahuas**

**This is a Senior Center bus trip.**

Leaving Senior Center at 9:00 a.m. Tuesday morning. Returning at 3:30 p.m.

Cost: \$5 for Transportation; Party and Game cost \$40 (pay \$45 at sign-up).

Deck party begins at 11:00, including a 90 minute buffet of hot dogs, hamburgers, macaroni salad, chips, and cold soda, water, beer and wine. During the game see our group get a special welcome on the big screen video board. Don't forget your sunglasses.

**Tuesday August 16<sup>th</sup>**

**Tacoma Rainiers Baseball and Deck Party vs. the Albuquerque Isotopes**

**This is a Senior Center bus trip.**

Leaving Senior Center at 9:00 a.m. Tuesday morning. Returning at 3:30 p.m.

Cost: \$5 for Transportation; Party and Game cost \$40 (pay \$45 at sign-up).

Deck party begins at 11:00, including a 90 minute buffet of hot dogs, hamburgers, macaroni salad, chips, and cold soda, water, beer and wine. During the game see our group get a special welcome on the big screen video board. Don't forget your sunglasses.

**Tuesday local walking trips will be:**

May 2<sup>nd</sup> – Lake Bonney Loop

May 16<sup>th</sup> – Lake Jane Loop

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

**SPECIAL 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 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.***



## Phil's Trips Cont'd

**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.

**Saturday, November 12, 2022 to Sunday, November 20, 2022**

### **Tropical Costa Rica**

Explore Costa Rica's good life on a rendezvous with exotic fauna, lush rainforests, and endless coastlines. From local coffee plantations to exotic wildlife, marvel to the wonders of a tropical paradise, including the warm, gorgeous beaches. Average temperature is 75 to 85 degrees, including November. This trip is filling up fast. Only six seats left out of a total of thirty. See Phil for details.

**May, 2023**

### **Mackinac Island Featuring the Tulip Time Festival**

#### **This is a Collette Tours Trip**

Discover the Midwest and all its charm on this delightful journey from idyllic Mackinac Island to the dynamic Great Lakes region. From the guided sights of Chicago, through Holland, Michigan's annual Tulip Festival, to a two-night stay on Mackinac Island, where the only vehicles are horse-drawn, you will be amazed by this adventure. Experience living history at the Henry Ford Museum in Dearborn, plus visit Greenfield Village and see the homes and workshops where famous American icons like the Wright Brothers, Thomas Edison, Henry Ford and Robert Frost were once inspired.

See Phil for more details.

**September, 2023**

### **America's Cowboy Country**

#### **This is a Collette Tours trip**

Grab your Stetson hat and saddle up for an adventure as you discover America's Wild West. Come with us as we explore Yellowstone National Park and the Grand Teton National Park, followed by a ride into South Dakota to Mount Rushmore and the Crazy Horse Monument. Then, follow up with a stay in historic Deadwood, South Dakota and fly home from Rapid City.

See Phil for more details.



# 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. Now that 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

*Come be part of the team!!!!*

Dining Services

Senior van driver and volunteer meal delivery drivers (**we are in immediate need of meal delivery drivers**)

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

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

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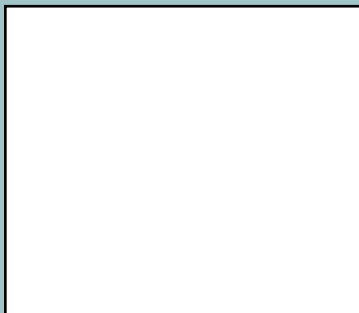
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# Thank you

We sent out a call for help and one of our wonderful members stepped up to help. A family in our community needed steps built to enable them to safely get in and out of their home. Mike Jones answered our call for help and spent the day at the family's home using his awesome carpenter skills to make a set of steps, not only a safe set, but very nice looking also! Thank you Mike for your generosity and kindness!



Before



After

19 | Bonney Lake Senior Center



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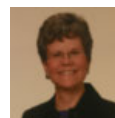
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Bonney Lake Senior Center, Bonney Lake, WA

C 4C 05-1036

# Brain Teaser

1 Get it Get it Get it Get it	2 	3 Somewhere 	4 R00D
5 	6 <b>Blood</b> Water	7 Beeeeeee	8 CANCELED
9 once 	10 Egg Egg HAM	11 Try $\frac{\text{Stand}}{2}$	12 TOWN
13 NI bumpGHT	14 Aid ← Aid Aid	15 Mill1on	16  3.14
17 ice <sup>3</sup>	18 R O G O N C  I K	19 Think 	20 GROUND feet feet feet feet feet feet
21 1 KNOWS	22 <b>Big Big</b> ignore ignore	23 RAKEN	24 KNEE light light

© Reddit

## Answers to Brain Teaser

1 Get it Get it Get it Get it	2 Jack	3 Somewhere 	4 DOOR
5 <u>READ</u>	6 Blood Water	7 Beeeeeee	8 CANCELLED
9 once 	10 Egg Egg HAM	11 Try Stand 2	12 TOWN
13 NI bumpGHT	14 Aid ← Aid Aid	15 Mill1on	16  3.14
17 ice <sup>3</sup>	18 G R O N C  I K	19 Think 	20 GROUND feet feet feet feet feet feet
21 1 KNOWS	22 Big Big ignore ignore	23 RAKEN	24 KNEE light light

1. 4 Get it
2. Jack in the box
3. Somewhere over the rainbow
4. Back door
5. Read between the lines
6. Blood is thicker than water
7. Beeline
8. Canceled Check
9. Once upon a time
10. Green eggs and ham
11. Try to understand
12. Down town
13. Bump in the night
14. First aid
15. One in a million
16. Apple pie
17. Ice Cube
18. Rocking around the Christmas tree
19. Think outside the box
20. 6 feet under ground
21. Won by a nose
22. Too big to ignore
23. Half Baked
24. Neon Lights

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# Birthday Announcements

## May Birthdays

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

Barbara Bledsoe  
Willie Brock  
Helga Brown  
Margarita Butron  
Michelle Cameron  
Nancy Chaussee  
Duana Cook  
Dorothy Dahlquist  
Richard Costanich  
Phil DeLeo  
Katheryn Evans  
Sue Evans  
Kay Farrell

Carol Hackman  
Kenneth Fullerton  
Mary Lou Haskell  
Darla Harris  
James Helbling  
Sue Hilberg  
Marjean Howard  
Jerry Jackson  
Paul Knebel  
Paul Kuhns  
Frank Langford  
Tom Lukson

Cyndy Matthews  
Charles Ochsner  
Mary Plewnarz  
Dan Pugh  
Mark Reiss  
Maida Romaine  
Jim Rowland  
Linda Rowling  
Barbara Stevens  
Sandy Thompson  
Dutch Tidd  
Linda Tipps

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 & birthday treat on Thursday, May 26th. Also, "thank you" to Stafford Suites for sponsoring our birthday treats each month!



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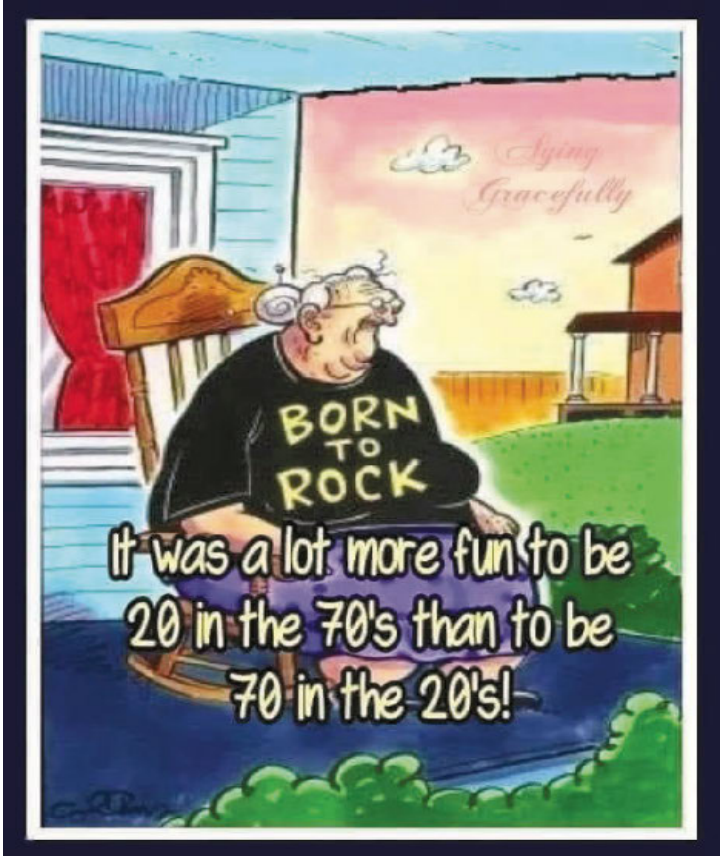
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Bonney Lake Senior Center, Bonney Lake, WA

E 4C 05-1036

What 4 states have capitals that have the same name as presidents?

Answer: Jackson, Mississippi; Lincoln Nebraska; Jefferson City, Missouri & Madison, Wisconsin



Average duration of a phone call:

Boy to Boy	00:00:59
Boy to Mom	00:00:50
Boy to Dad	00:00:30
Boy to Girl	01:23:59
Girl to Girl	05:29:59
Mom to Married Daughter	10:50:59
Husband to Wife	00:00:03
Wife to Husband	14 Missed Calls

One way to find out if you're old is to fall down in front of a lot of people. If they laugh, you're still young. If they panic and start running to you, you're old.

# Senior Spotlight

Bev Proby

Bev is a community loving person, and you can find her at our volunteer desk on Mondays!

Bev was born in Lansing Michigan. She was raised in church where she learned to serve and loves the Lord with all her heart. At 5 Bev moved to California where she fell in love with the ocean, riding her bike from Playa Del Ray to Long Beach.

Bev started college as an early childhood educator but soon changed to Marketing and Business. After college she married her husband Al and had 2 children. They moved to Washington in 1978 where her husband worked for Boeing, and she was a stay-at-home mother raising their two kids. She later started her banking career with Rainer Bank, Security Pacific, Columbia and then finishing at Key Bank as a credit analyst.

She started volunteering at her 4 grandkids elementary schools where her love for volunteering grew. She worked for the Salvation Army Family Shelter and helped feed the homeless until 2020. When COVID hit she saw an add in the paper about the need for volunteers at the Senior Center. She has spent the last 2 years coming in weekly (sometimes multiple times!!) and has been invaluable to the Center.

Bev enjoys traveling to the Caribbean, Jamaica and the Mediterranean. She is a member of her local book club. She goes on a cruise 2 times a year to Victoria, Canada. She enjoys music, dancing, gardening, and playing baseball! Beverly has a wonderful attitude and is a pleasure to be around with her infectious laugh and easy smile. Make sure to say hello!





## News from our Gardener

May is a busy time in the garden as the last frost is finally past and all those plants are needing a place to grow; or maybe skip the chores, hire someone to cut the grass and go visit some of the spectacular gardens in our area. Start with the newly remodeled W.W.Seymour Conservatory located in Tacoma's Wright Park. The conservatory is set to reopen May 14<sup>th</sup> after a long closure for renovations with a free plant to the first 100 visitors. The renovation includes a new rock wall, green walls and of course, new plantings throughout the conservatory. I've been to more weddings at the conservatory than at a church, it's that beautiful of a place to be. On May 14<sup>th</sup> the conservatory will be open from 12-6pm where an updated gift shop awaits you.

I want to talk about Americas favorite plant, roses. Modern roses have been bred to produce disease-resistant varieties that will preform admirably in our NW conditions. With that said, do your research to find a rose that will match the living conditions you will give it, that idea is also the first step in managing rose problems; yes the right plant for the right spot saves a lot of time and money in the garden. You will find that new roses are grown on their own roots rather than the grafted roses that are mass produced. Own-root roses are always true to the variety and are hardier, less prone to pathogen. When the plants are less prone to pathogens they can be planted closer together. Roses love the sunshine and studies show that the proportion of flowers on your roses goes with how many hours of direct sun they are receiving. These plants want good nutrient rich soil with a PH level slightly acidic at 6-6.5. With a good soil in place, add 3" of compost as a top layer mulch to keep these plants fed. To make these nutrients available, water your roses deep and not just at the plant but the entire area of the plants shadow. Shallow watering encourages shallow roots that will be susceptible to drying out during our drought months. You can plant own-root roses any time of year were as those grafted roses from the warehouse need to be planted in the spring. As far as pruning roses, I believe that the day you get the job done is the best day to prune and I never take more than 1/3<sup>rd</sup> off the plant, going after the broken or rubbing branches first. I explained the first step for solving rose problems, so let me follow that statement up with the idea of Integrated Pest Management (IPM). The emphasis is on the word "manage" not eliminate pests. The use of harsh chemicals has proven to be detrimental to the entire biosphere so gardeners need to be diligent so that problems are detected and dealt with on a smaller scale using a blast of water or a snip off of any offending leaves. Hey, this is what gardening all about. My off the record recommendation for roses is add a ¼ cup of fish meal for every foot of growth, it's all about replacing the calcium that quickly gets washed from our soils.

For your vegetable garden, I know that soil temperatures are still in the low 50's which needs to be raised for successful seed germination. I keep my beds covered through the night into the day to give the heat a chance to build under those covers.

Let me thank all those who supported the plant sale, especially Linda, Audrey, & Diane for braving the weather to raise some well needed funds for our Center. We could not do it without you!

Enjoy, Dave PCMG



# Types of Igneous Rock

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

- TONALITE
- TUFF
- APLITE
- PICRITE
- KIMBERLITE
- DIORITE
- WEHLITE
- PERIDOTITE
- GABBRO
- ANDESITE
- RHYOLITE
- IJOLITE
- GRANITE
- NORITE
- DUNITE
- OBSIDIAN
- BASALT
- DIABASE

Play this puzzle online at : <https://thewordsearch.com/puzzle/59/>

# Spot the Differences



## Answers to Spot the differences

