

# Bonney Lake

## Senior Center Newsletter

# February 2023



### 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)

### Table of Contents

Welcome to the Center	1
Senior Center Staff	2
Senior Advisory Board	3
Lunch Menu	4
Order Ahead Lunch Menu	5
Events Calendar	7
Available Services	8
Current Events/Activities	9-11
Upcoming Events	12-13
Health & Wellness	14-16
Word Search	17
2022 Tax Preparation	18
Spot the Differences	19
Concierge Care Advisors	20
Answers to Spot Differences	21
Just for Laughs	22
Phil's Trips	23-24
News from our Gardener	25
Best Cell Phones for Seniors	26-28

Hello! As we approach our 1 year anniversary of reopening I want thank all of you for remaining faithful members throughout the trials of the past 3 years. The staff could not have made it through what was a very challenging time without your support. We feel very lucky to have all of you behind us, cheering us every step of the way. Thank you and here's to another wonderful year!



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, any personal care by staff for a participant is beyond our capability and cannot be expected.



## 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

**Jay Shideler**

#### Assistant Cook

**Lisa Ward**

#### Dishwasher

**Karen Berto**

#### Facility Monitors

**Becky Alvarez & Jim Rowland**

*To Reach all Staff Call:*

*253-863-7658*



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## LET'S GROW YOUR BUSINESS

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**CONTACT ME**

**Bill Clough**

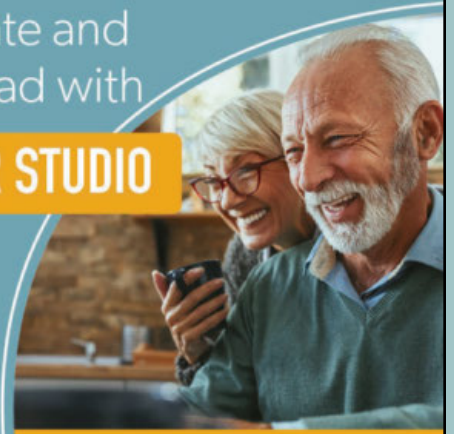
wclough@lpicommunities.com

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## Senior Advisory Board



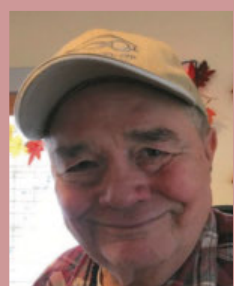
The Senior Advisory Board members work closely with staff to help with a variety of tasks. The Senior Advisory Board, and their volunteers, assist with many fundraising events throughout the year which enables them to help provide funds for special events, work with the Bonney Lake Kiwanis to help seniors with basic household chores and repairs. These are just a few of the things the Advisory Board does. If you are interested in learning more you are invited to call the center for details. The Senior Center staff would like to thank the Senior Advisory Board for all the hard work, dedication and support they have given over the years.

The Board holds their meetings on the 3rd Tuesday of each month at 3:00 pm.



**President**

Wayne Johnson



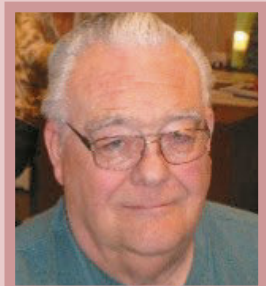
**Vice President**

Bob Wells



**Treasurer**

Julianne DeLeo



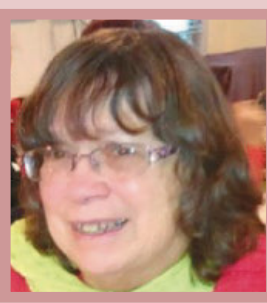
**Assistant Treasurer**

Jim Baisch



**Secretary**

Anita Chandler



Bonnie Johnson

Board Member



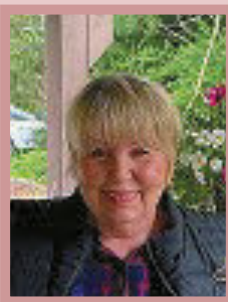
Kathy Nelson

Board Member



David Reed

Board Member



Linda Smith

Board Member



Diane Stabler

Board Member



Ernie Gilmer

Board Member



# Menu

# February 2023


Monday	Tuesday	Wednesday	Thursday	Friday
		1 Beef Taco Salad With all the fixin's Refried Beans Tortilla Chips Salad Bar	2 Creamy Chicken Divan Vegetables Cottage Cheese w/ Fruit Warm Roll Salad Bar	3 Mac & Cheese w/ Ham Vegetable Salad Bar
6 Lasagna Caesar Salad Bread Sticks Salad Bar	7 Lemon Pepper Fish W/tartar Jasmine Rice Cole Slaw Salad Bar	8 Stuffed Bell Peppers Carrot Raisin Salad Fruit Salad Bar	9 Smokey Sliced Ham Sweet Potatoes Vegetable Warm Roll Salad Bar	<b>10 Super Bowl</b> BBQ Pork Ribs Potato Salad Baked Beans Cornbread Salad Bar
13 Tomato Soup Tuna Salad Sandwich Chips Fruit Salad Bar	<b>14 Valentine's Day</b> Chicken Cordon-Bleu Rice Pilaf Vegetable Jell-O Salad Sweetheart Dessert	15 Breakfast for Lunch Biscuits & Gravy Sausage Scrambled Eggs Salad Bar	16 Liver & Onions Mashed Potatoes & Gravy Vegetable Warm Roll Salad Bar	17 Chicken Tenders w/dipping sauces Tater Tots Fruit Salad Bar
20 	<b>21 Mardi Gras</b> Jambalaya Red Beans & Rice Vegetable Honey Cornbread	22 Hamburgers w/Lettuce, Tomato & Onion slices Jo's Salad Bar	23 Crispy Fish Jasmine Rice Vegetable Salad Bar  Birthday Gift Bags	24 Vegetable Soup Grilled Cheese Sandwich Chips Salad Bar
27 Loaded Baked Potato w/all the fixin's Fruit Salad Bar	28 Chicken Fried Steak Mashed Potatoes & Gravy Vegetable Warm Roll Salad Bar			

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# February Order-Ahead Lunch Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> Beef Taco Salad With all the fixin's Refried Beans Tortilla Chips Salad Bar	<b>2</b> Creamy Chicken Divan Vegetables Cottage Cheese w/Fruit Warm Roll Salad Bar	<b>3</b> Mac & Cheese with Ham Vegetable Salad Bar
	No Delivery <input type="checkbox"/> To Go <input type="radio"/> Dine in <input type="checkbox"/>	Delivery <input type="checkbox"/> To Go <input type="radio"/> Dine in <input type="checkbox"/>	No Delivery <input type="checkbox"/> To Go <input type="radio"/> Dine in <input type="checkbox"/>	Delivery <input type="checkbox"/> To Go <input type="radio"/> Dine in <input type="checkbox"/>
<b>6</b> Lasagna Caesar Salad Bread Sticks Salad Bar	<b>7</b> Lemon Pepper Fish W/tartar Jasmine Rice Cole Slaw Salad Bar	<b>8</b> Stuffed Bell Peppers Carrot Raisin Salad Fruit Salad Bar	<b>9</b> Smokey Sliced Ham Sweet Potatoes Vegetable Warm Roll Salad Bar	<b>10 Super Bowl</b> BBQ Pork Ribs Potato Salad Baked Beans Cornbread Salad Bar
Delivery <input type="checkbox"/> To Go <input type="radio"/> Dine in <input type="checkbox"/>	No Delivery <input type="checkbox"/> To Go <input type="radio"/> Dine in <input type="checkbox"/>	Delivery <input type="checkbox"/> To Go <input type="radio"/> Dine in <input type="checkbox"/>	No Delivery <input type="checkbox"/> To Go <input type="radio"/> Dine in <input type="checkbox"/>	Delivery <input type="checkbox"/> To Go <input type="radio"/> Dine in <input type="checkbox"/>
<b>13</b> Tomato Soup Tuna Salad Sandwich Chips Fruit Salad Bar	<b>14 Valentine's Day</b> Chicken Cordon-Bleu Rice Pilaf Vegetable Jell-O Salad Sweetheart Dessert	<b>15</b> Breakfast for Lunch Biscuits & Gravy Sausage Scrambled Eggs Salad Bar	<b>16</b> Liver & Onions Mashed Potatoes & Gravy Vegetable Warm Roll Salad Bar	<b>17</b> Chicken Tenders w/dipping sauces Tater Tots Fruit Salad Bar
Delivery <input type="checkbox"/> To Go <input type="radio"/> Dine in <input type="checkbox"/>	No Delivery <input type="checkbox"/> To Go <input type="radio"/> Dine in <input type="checkbox"/>	Delivery <input type="checkbox"/> To Go <input type="radio"/> Dine in <input type="checkbox"/>	No Delivery <input type="checkbox"/> To Go <input type="radio"/> Dine in <input type="checkbox"/>	Delivery <input type="checkbox"/> To Go <input type="radio"/> Dine in <input type="checkbox"/>
<b>20</b> 	<b>21 Mardi Gras</b> Jambalaya Red Beans & Rice Vegetable Honey Cornbread	<b>22</b> Hamburgers w/Lettuce, Tomato & Onion slices Jo's Salad Bar	<b>23</b> Crispy Fish Jasmine Rice Vegetable Salad Bar	<b>24</b> Vegetable Soup Grilled Cheese Sandwich Chips Salad Bar
	No Delivery <input type="checkbox"/> To Go <input type="radio"/> Dine in <input type="checkbox"/>	Delivery <input type="checkbox"/> To Go <input type="radio"/> Dine in <input type="checkbox"/>	No Delivery <input type="checkbox"/> To Go <input type="radio"/> Dine in <input type="checkbox"/>	Delivery <input type="checkbox"/> To Go <input type="radio"/> Dine in <input type="checkbox"/>
<b>27</b> Loaded Baked Potato w/all the fixin's Fruit Salad Bar	<b>28</b> Chicken Fried Steak Mashed Potatoes & Gravy Vegetable Warm Roll Salad Bar	Due to Staffing issues we will only be delivering lunches on Mondays, Wednesdays and Fridays.	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! <b>Salad Bar is not            available for            delivery</b>	Dine-in lunch service Monday—Friday 12-12:30pm To Go meals served 11:30-12:00 <b>**Alternate meals            available only for            Fish/Seafood and            Liver/Onions</b>
Delivery <input type="checkbox"/> To Go <input type="radio"/> Dine in <input type="checkbox"/>	No Delivery <input type="checkbox"/> To Go <input type="radio"/> Dine in <input type="checkbox"/>			

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# Events

# February 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 10-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo	2 10:30 Tai Chi 12pm Lunch 1-3 Card Games	3 12pm Lunch 1-3pm Mahjong <del>1-3:30 Shopping Trip</del> 7pm Family Bingo
6 11-12 Stretch & Strength 12pm Lunch <del>1-2 Stretch &amp; Stability</del>	7 <del>8:30-12pm Massage</del> 9:30-11:30 Music by Jesse & the Jammers 12pm Lunch 1pm Writers Group <del>2:30-5:00 Bus Wlking Trip</del>	8 10-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo	9 10:30 Tai Chi 12pm Lunch 1-3 Card Games	10 <b>Super Bowl/ Puppy Bowl</b> 12pm Lunch 1-3pm Bunco <del>1-3:30 Shopping Trip</del> 7pm Family Bingo
13 11-12 BP Checks 11-12 Stretch & Strength 12pm Lunch <del>1-2 Stretch &amp; Stability</del>	14 <b>Valentine's Day</b> <del>8:30-12pm Massage</del> 10:30-12 Music by Terry Bartelme 12pm Lunch 1pm Writers Group 2:30-5:00 Local Walking	15 10-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo 4:30 Juliet's @Applebee's	16 10-2 Haircuts 10:30 Tai Chi 12pm Lunch <del>1-2 Caregivers Support</del> 1-3 Card Games	17 12pm Lunch 1-3pm Mahjong <del>1-3:30 Shopping Trip</del> 7pm Family Bingo
20 	21 <b>Mardi Gras</b> <del>8:30-12pm Massage</del> 10:30-12 Music by Roaring 20 20's 12pm Lunch 1pm Writers Group <del>2:30-5:00 Bus Wlking Trip</del> 3-4 Advisory Board Mtg	22 10-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo	23 10:30-12:00 Music Patty & the Traveling 4 10:30 Tai Chi 12pm Lunch 1-3 Card Games 2-3:30-Winter Tea  <b>Birthday Gift</b>	24 9-3 Foot Care 12pm Lunch 1-3pm Bunco <del>1-3:30 Shopping Trip</del> 7pm Family Bingo
27 11-12 Stretch & Strength 12pm Lunch <del>1-2 Stretch &amp; Stability</del>	28 <del>8:30-12pm Massage</del> 9:30-11:30 Music by Jesse & the Jammers 12pm Lunch 1pm Writers Group 2:30-5:00 Local Walking			

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## 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.

**Effective, Monday, January 2nd, Delivery will only receive lunches On Mondays, Wednesdays & Fridays. We apologize for any Inconvenience this may cause.**



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

### Free Haircuts by Becky from Tangles

**Thursday, February 16th  
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.



### **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.**



### **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 black plastic leaf bag, tie the bag closed, and bring them to the Senior Center. You can leave them on a bench by the front door. 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.



### 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.

## Current Events and Activities

### 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 see a staff member.***

### **The Happy Hookers**

#### **Wednesdays 10:00-12:00**

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 non-profit organizations. We also accept freshly washed, completed baby blankets and lap robes to donate. Come put your wonderful talents to good use and have fun at the same time!



### 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!



### 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. 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: Friday, March 10th**

**Time: 10:00-3:00**

**Where: In our dining room**

### **Chess Anyone?**

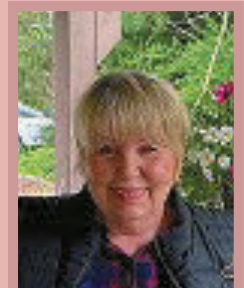
If you or someone you know is interested in playing chess, please contact the Senior Center for the phone number of the gentleman, Geoff Hornsby, who is interested in starting a club.

### **Mahjong Players!**

Mahjong has started! It is the 1st & 3rd Friday of the month from 1:00-3:00. Cindi Fox (a new member) is volunteering to run the games. Thank you Cindi!

### Sunshine Lady

Our Sunshine Lady is Linda Smith. She mails cards of encouragement, get well, sympathy or what might be needed. Please let us know if one of our friends could use a caring card. We appreciate our Sunshine Lady!!



## 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.

**Canceled until further Notice. We apologize for any inconvenience this may cause.**

Canceled until further notice

### Birthday Celebration

Come in and pick up your FREE birthday lunch ticket to be used during the month of your birthday for your free birthday lunch. Come in on the 4th Thursday of the month for your birthday bag and a birthday treat. *We'd like to thank Stafford Suites for providing birthday treats and Cedar Ridge by Bonaventure for providing the birthday bags.* Get your tickets from the front desk host.



### Senior Center Closures

The Senior Center will be closed:

**Monday, February 20th  
President's Day**



### 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

***Jessie & the Jammers will not be playing on Tuesday, February 14th or Tuesday, February 21st.***



### Calling all Bunco Players

Bunco has begun! It is on the 2nd & 4th Friday of the month from 1:00-3:00. Come on in and play! Thank you KarenLynn for running the games!



### Patty & the Traveling 4

4th Thursday of every month

Time: 10:30-12:00

Come, dance and enjoy country and oldies rock. No cost to attend!



### 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.





## Current Events & Activities Cont'd

### Delivery Lunch Change

Effective, Monday, January 2, 2023, we will only be delivering lunches Mondays, Wednesdays and Fridays. We apologize for any inconvenience this may cause. We are making this change due to staff shortages, which makes us unable to provide lunch delivery 5 days a week. Thank you for your understanding.

The first 3 people to show this message to a staff member will receive a \$5.00 Starbucks Gift card.



### Super Bowl / Puppy Bowl

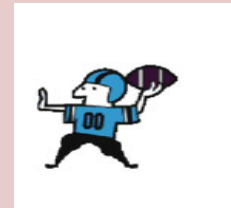
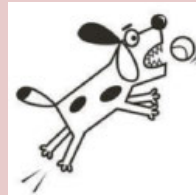
Friday, February 10th

10:30-12:00

Cost: \$8

**Please see a staff member to prepay and sign up in the programs binder!**

Join us on Friday for our Super Bowl / Puppy Bowl party! Please join us for fun and games and football excitement! With a puppy judged parade! Bring your puppers in and show them off!



### Mardi Gras

Tuesday February 21st 10:30am

Cost: \$8

**Please see a staff member to prepay and sign up in the programs binder!**

Mardi Gras, or "Fat Tuesday", is the last day of the Carnival season. It is a day when people eat all they want of everything and anything. Join us as we celebrate with great food, friends and jazz music! We will be enjoying the music of Roaring 20-20's!



### Valentine's Day

Tuesday

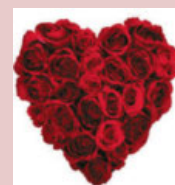
February 14<sup>th</sup> 10:30am

Cost: \$8

**Please see a staff member to prepay and sign up in the programs binder!**

We invite you to celebrate our friendships old and new! Join us for a lovely day with delicious food, and enjoy the music of the Terry Bartelme!

***This will be a special Valentine's celebration as we will also be celebrating our one year re-opening anniversary from our COVID shutdown.***



## Upcoming Events

### 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.

2/15— Applebee's  
3/15— Dickey's BBQ  
4/19— Hop N Drops  
5/17— Ichi 5 Teriyaki  
6/21— Panda Express  
7/19— Denny's  
8/16— Mazatlán  
9/20— Teriyaki Wok  
10/18— New Peking  
11/15— Round Table Pizza  
12/20— Don Chuys



### St. Paddy's Day

Friday, March 17th

10:30-12:00

Cost: \$8

**Please see a staff member to prepay and sign up in the programs binder!**

Come join us of a fun morning of dancing to the music of Mark Stern and then enjoy a delicious lunch of corn beef and cabbage!



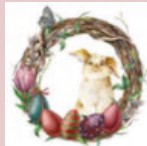
### Easter Wreath & Easter Egg Craft Class

Tuesday, March 28th

1:30—3:00

Cost \$10.00

Join us to create and decorate your own easter door wreath or Plaster Easter Egg. Cost is \$5.00 and all materials will be provided. Please sign up in the Special Events book



### Easter Egg Dyeing Volunteers needed

Thursday, March 30th

1:00-3:00

Join us to dye easter eggs. All materials will be provided and you can even take some home!

Please sign up in the Special Events book

### Easter Lunch

Thursday, April 6th

10:00-12:00

Cost: \$8.00

Sign up for our special Easter Lunch and Egg Hunt with music by Johnny Crash. From 10:30-12:00. The Egg Hunt will run from 10:00-10:30. Lunch will be served at 12:00 pm. Lunch is our special easter menu of Sliced Honey Ham, Oven Roasted Yams, Steamed Broccoli, Fruit Salad, Roll & Butter and a special Easter Dessert. Please sign up in the special events binder.



# Upcoming Events Cont'd

## Music Entertainment Schedule

Below is a list of the Music entertainment we have scheduled so far this year. All music entertainment times will be 10:30-12:00pm. This schedule is subject to change.

2023

February 14— Valentine's Day—Music by Terry Bartelme

February 21—Mardi Gras—Roaring 20-20's

February 23—4th Thursday of the month—Music by Patty and the Traveling 4

March 17—St. Paddy's Day—Music by Mark Stern

March 23—4th Thursday of the month—Music by Patty and the Traveling 4

April 6—Easter—Music by Johnny Crash

April 27—4th Thursday of the month—Music by Patty and the Traveling 4

May 5—Cinco De Mayo—Music by TBD

May 11—Mother's Day—Music by Mark Stern

May 25—Memorial Day —Music by Patty and the Traveling 4

June 15—Father's Day and Car Show—Music by Mark Stern

June 22—4th Thursday of the month—Music by Patty and the Traveling 4

June 29—4th of July—Music by Johnny Crash

July 27—Senior Center Block Party—Music by Patty and the Traveling 4

August 10—Luau—Music by Peggi & The Brock-A-Roos

August 24—4th Thursday of the month—Music by Patty and the Traveling 4

**August 31—Labor Day— Music by TBD**

September 7—Grandparents Day—Music by Peggi & the Brock-A-Roos

September 11—911 Celebration—Army Band

September 20—Hippy Day—Music by Terry Bartelme

September 28—4th Thursday of the month—Music by Patty and the Traveling 4

October 5—Oktoberfest—Music by Jim Lapsansky

October 26- 4th Thursday of the month—Music by Patty and the Traveling 4

October 31—Halloween—Music by Mark Stern

November 9—Veteran's Day—Music by Mark Stern

November 16—Thanksgiving Lunch Day one—Music by Johnny Crash

November 17—Thanksgiving Lunch Day Two—Music by Terry Bartelme

November 30- 4th Thursday of the month—Music by Patty and the Traveling 4

December 14—Christmas Lunch Day One—Music by Mark Stern

December 15—Christmas Lunch Day Two—Music by Terry Bartelme

December 28—New Year's Eve Lunch—Music by Patty and the Traveling 4





# Health and Wellness

## Stretch & Stability

Come join us every Monday at 1:00-2:00pm for a Slow Stretch & Stability class with Chris Lunn. Chris designed and taught the Slow Stretch classes at the YMCA for 10 years.

Every Monday  
Time: 1-2 pm  
No Cost



**Canceled**

## Chair Massage

Linda is a licensed massage therapist and offers 20 minute sessions for our members in our upstairs room every Tuesday from 8:30-12:00. **The cost is \$10.00 for each massage.** Call to book your appointment.

**Canceled until further notice**

**Canceled until further notice**

## Chair Tai Chi

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  
10:30-11:30 am**

**Bonney Lake Senior Center**

**This class is free to our members  
Please call to sign up**



## Foot Care ~ Come Get Your Toes Done!

**When: Friday, February 24th**

**9am to 3pm**

Please call to book your appointment. The service fee is \$45. Please bring your own towel.

## Local Walking Trips

**2nd & 4th Tuesday of the month**

**2:30-5:00**

Grab your tennis shoes and come join us on the 2nd and 4th 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.

## Caregivers Support Group

No class until further notice  
1-2pm

**Caregivers need care, too.** The demands of 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. Please join us for a support group meeting and learn tools, resources and share your stories and concerns. There is no cost for this group.

## Stretch & Strength

Every Monday

**11:00-12:00**

No cost

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



## Health and Wellness Cont'd

### Aging Mastery Program Graduates



Very Back: Don Palm,  
Back Row: Linda Lynch, Glendora Seefeld, Linda Smith, Barbara Coleman, Bob Wells, David Antkowiak, Margaret Mawdsley, Anita Chandler, & Brenda Sexton-Instructor  
Front Row: Carole Palm, & Olga Schmidt

### When You are Absent

We miss you and are concerned when we don't see you at your regular activities at the senior center. Please let us know if you will be out of town on vacation, scheduled for surgery, etc.

Remember, we're a family and family looks out for each other.



### Medical Supply Lending Closet

Medical equipment is any kind of tool or device that aids in caregiving or making the environment safer for an ill, disabled, or elderly person. Equipment for loan may include: wheelchairs, walkers, canes, crutches, tub/shower chairs, portable commodes and toilet risers. Medical equipment loans are available at no cost. Donations of clean and usable medical supplies/equipment are gladly accepted.

### Senior Information & Referrals

Our staff is available to help with finding information and referrals on a variety of topics; just ask because we all need a little help sometimes.

Examples of information include: housing, transportation, housing repairs, support groups, utility assistance, Medicare resources and much more. Just give us a call! 253-863-7658 or stop in and see us.

### Free Blood Pressure Checks by Celebrate Seniority

When: Monday, February 13th

Time: 11:00-12:00

Where: Bonney Lake Senior Center  
Walk-in's welcome!



## Health & Wellness Cont'd

### Bonney Lake Spring Health Harvest

On Monday, March 20th we be hosting a quarterly Health Fair which will include booths from Medicare, Pierce County Aging Resources, Diabetic Footwear, Hearing Specialists, Blood Pressure Checks, Banker's Life, Dale Shoemaker Real Estate for Seniors, Exercise Programs, and many others.

The Health Harvest will include speakers on avoiding scams, keeping your personal information safe, financial wellness, and nutrition, with workshops on Aging while remaining in your home. We will have fun and informative discussions on many topics with resources available. This event is free to attend. Stay tuned for more information.



#### Wonder who to call when you need a resource?

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



#### Dispatch Health Bringing Back the House Call

253-271-9720  
[DispatchHealth.com](http://DispatchHealth.com)

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

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





## WORD SEARCH...

## MOVIE SET

Find the words below in the letter grid. Words may be hidden in an across, down, or diagonal direction. Also, the words may be spelled forwards or backwards.

## Word List:

LIGHTS

SCRIPT

ASSISTANT

CAMERA

STUDIO

FILM

WARDROBE

EXTRAS

DIRECTOR

LOCATION

PROPS

CREW

ACTOR

SET

CAST

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

# 2022 Tax Preparation

## Free Tax Preparation

Cyndi will be preparing simple taxes free of charge to our active members (see note below) again this year, virtually, like she did last year. Drop off your tax information to us in a sealed envelope with your name and phone number written on the front, 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!!!!

**Note: If you are not on our Active Member list, or if you are not a member, you will be charged \$50.00 for a completed tax return.**



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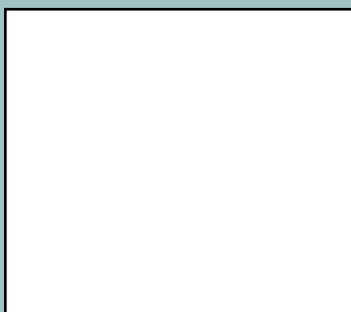


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## Spot the Differences

Classic Puzzle

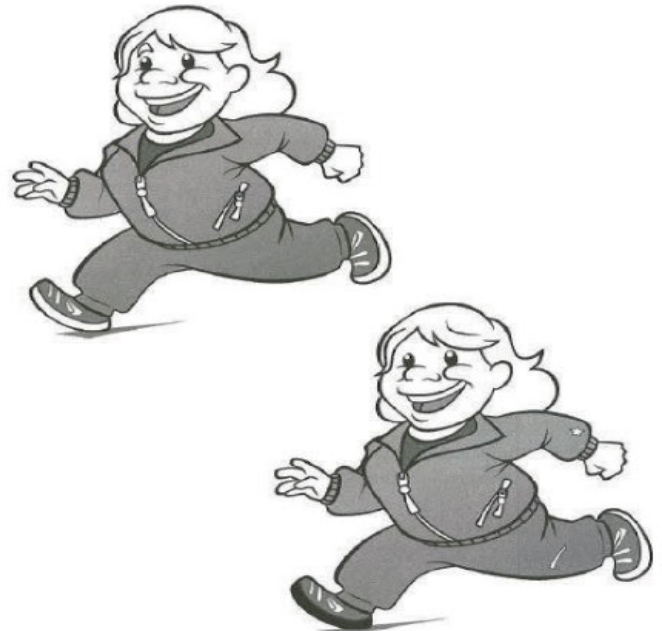
### FIND THE 5 DIFFERENCES

Find the 5 differences between the two pictures.



### FIND THE 5 DIFFERENCES

Find the 5 difference between the two pictures.



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## NEVER MISS OUR NEWSLETTER!

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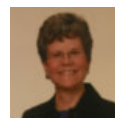
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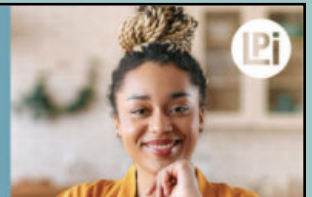
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## Concierge Care Advisors



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### Can You Hear Me? How to Overcome Hearing Loss in Your Loved One

*By Jenny Austin-Krzemien, Certified Concierge Care Advisor*

I first started noticing that my dad was hard of hearing several years ago. It took a few clues to put it together. One time at a family function with many aunts, uncles, and cousins in one room I noticed that he was not engaged in conversation with everyone, rather he was off to the side by himself. He is a very social person, so I thought it was odd. Then I noticed another time that the volume of his voice was much louder than normal when he was talking, so I started paying closer attention to this trait. Sure enough, he was the loudest voice in the room time and time again. I also noticed that he was saying 'what?!' with a confused expression on his face quite a bit more when speaking with people.

I have a friend who has hearing loss and she says it's because she went to too many concerts when she was young. She is worse than my dad. She cannot hear anyone if they are not directly in front of her, speaking loudly. Both my dad and my friend have denied their hearing loss for a long time and do not want to talk about hearing aids. Although it would make it so much easier for them to function in the world, I think they are embarrassed about wearing a hearing aid.

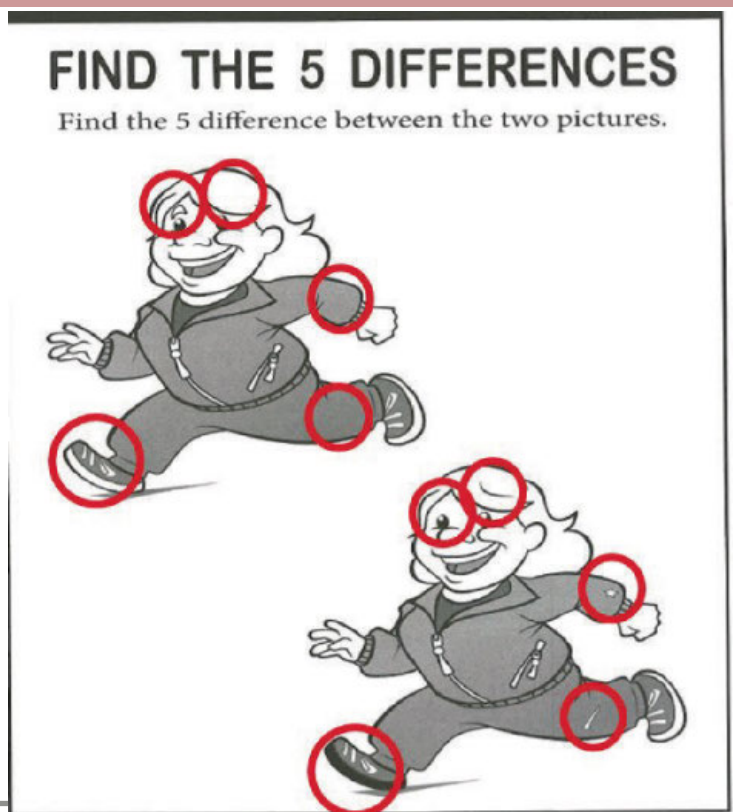
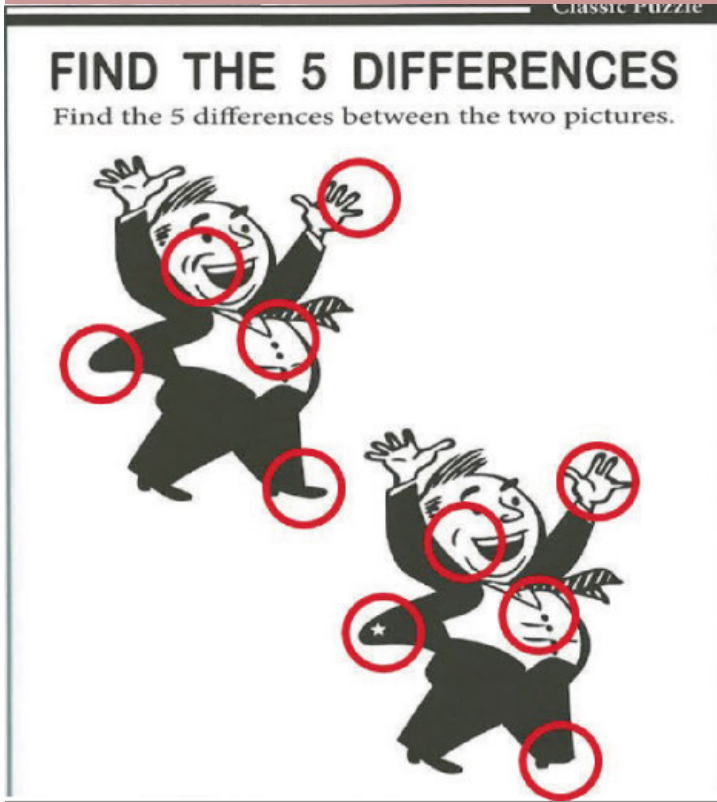
I learned some interesting statistics about hearing loss. Did you know that according to the National Institute on Deafness and Other Communication Disorders, one in eight people in the United States (that's 13%, or 30 million people!) aged 12 or older has hearing loss in both ears, based on standard hearing examinations? Also, about 28.8 million adults in the U.S. could benefit from using hearing aids.

Hearing aids have historically been very expensive. However, President Biden recently called on the FDA to make hearing aids more readily available and less expensive. Walgreens, Walmart, and CVS are selling over-the-counter hearing aids for people with mild-to-moderate hearing loss for less than \$1000. Comparable prescription hearing aids are priced at \$4,400-\$5,500 per pair!

If you think you have hearing loss, or if your loved one has hearing loss, you can take a free hearing test online at [www.miracle-ear.com](http://www.miracle-ear.com), or go see an ENT doctor.



## Answers to Spot the Differences



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for going to bed  
at 9:30.

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up so late.

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# Phil's Trips

**Wednesday, February 15<sup>th</sup> at 4:00 p.m.**

## **Special Presentation for Collette's Cowboy Country Trip in September 2023**

Once again Collette's Washington representative Toni Ray-Ingram will be at the Senior Center to add a little more insight to this trip, scheduled for September, and also to tell us about the great pricing deals for two trips in 2024. Read on for more details about those trips.

**Bus Walking Trips canceled until Spring**

## **SPECIAL TOUR TRIPS ADVANCE NOTICE**

**May 6-14, 2023**

### **Mackinac Island and Michigan's Tulip Time Festival**

**This is a Collette Tours trip**

Cost: From \$3,499 per person for 9 days, includes 13 meals.

Price includes round trip air from Sea-Tac., plus air taxes and fees/surcharges and hotel transfers.

Discover the Midwest and all its charm on this delightful journey from Chicago to the dynamic Great Lakes region, Michigan's amazing tulip fields and idyllic Mackinac Island with the splendor of The Grand Hotel.

Collette is the only tour company that offers a two-night stay in one of America's most impressive hotels – the legendary Grand Hotel. Guests arrive and depart the hotel by horse-drawn carriage, as there are no motorized vehicles on the island. As you approach the hotel, the first thing you will notice is the 600-foot-long porch, the longest porch in the world. Five U.S. presidents have stayed at the Grand Hotel. Your stay at this historic landmark is sure to be the highlight of this beautiful trip.

See Phil for more details and a brochure.

**September 21- 28, 2023**

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

**This is a Collette Tours trip**

Cost: From \$3,699 per person/double occ. for 8 days, includes 10 meals.

Price includes round trip air from Sea-Tac., plus air taxes and fees/surcharges, and hotel transfers.

Experience the grandeur and excitement of Yellowstone, America's first and largest national park, plus the beauty of the Tetons, the man-made magnificent Mount Rushmore and Chief Crazy Horse monument. Enjoy the old-West history and flavor of Deadwood and the Lakota tribe area.

See Phil for more details and a brochure.

## Phil's Trips Cont'd

**May 22-31, 2024**

### **Shades of Ireland**

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

Cost: From \$2,999 per person for 10 days, includes 13 meals, with optional trip extension packages.

Price includes round trip air from Sea-Tac., plus air taxes and fees/surcharges and hotel transfers.

From history-filled Dublin to the rolling green hills and dramatic coast, experience Ireland's charm on a journey through the Emerald Isle. Take advantage of a pre-tour extension in London for five days or a post-tour extension in Edinburgh, Scotland. This trip includes a one-night stay in an ancient castle.

See Phil for more details and a brochure.

**Sept - Oct, 2024 Dated TBD**

### **Colors of New England**

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

Cost: From \$3,499 per person for 8 days, includes 12 meals, with optional trip extension package. Price includes round trip air from Sea-Tac., plus air taxes and fees/surcharges and hotel transfers. See a stunning display of vibrant foliage while traveling from historic Boston to the coast of Maine. Highlights of this trip include getting up close and personal with apple cider making, visiting a maple sugar farm, and touring Ben and Jerry's Ice Cream factory. Next, we will visit the Trapp Family Lodge, pass through Woodstock, and cruise Lake Winnepesaukee. As we head toward Portland, Maine the morning includes a guided tour of Fort Williams Park to view the Portland Head Light, the most photographed lighthouse in America, and the oldest in Maine.

Then, travel along spectacular Ocean Drive through the seaside community of Kennebunkport. Our trip ends with a farewell lobster dinner before the final day takes us back to Boston to fly home.

See Phil for more details and a brochure.



## News from our Gardener

Let me tell you what grows the largest during our February days AT my house, and that would be the stack of seed catalogs. This month is the time to plan your garden with the catalog ideas in your head and planting time just a short four weeks away. The cover art is a master piece drawing and the colorful photos on each page just jump out at you. Buy me! Grow me! The anticipation of sowing seed to the joy of harvest is swimming in your brain. So easy, just like the seed description essay leads you to believe. Let's step back and think about seed buying. I ask, why would a seed, grown in the mid-west or Massachusetts grow in the Pacific Northwest? The only seed catalogs you should be buying from, should specify they have trial ground in the Pacific Northwest. Myself, I like the experience of growing plants from seed. A miracle happening right before you, in that tiny seed, will become that 7lbs of delicious veggies. Yet the experience is so much easier then child birth (good luck Britt). There are some great companies that guarantee all of their products. In our area one of my favorites seed people being our old friend "Ed Hume" whose operation is right here in Puyallup. PNW catalogs will give you a culture basics of our homegrown environment that will be useful in your specific gardening plot. The cultivars that you buy need to be bred for resistance to our area's diseases and insects and that is where local is a must. Know that planting the right seed is the basis for an organic-type garden; safe seeds are GMO free that will lead to healthier soil. The optimum minimum soil temperature of 50 degrees for seed germination takes hold the last days of the month and with this information in mind, enjoy your catalog and soak in the information that is available throughout the pages. Maybe, the other side of the brain asks "what are you really going to do with 100 lettuce seeds"! Filling out forms, writing checks, the heck with seed catalogs pretty face, it's so much easier to buy starts and plug them in the ground. Next month, buy a four pack or six pack of flowers and vegetables and you're on your way.

February is our time of year to start those winter pruning chores and apply dormant spray to those fruit trees. The PNW, and our own yards have microclimates that make soil temperatures, nutrients, and P/H quite different even from the guy across the street who lives up on the hill rise. I do not promote paying for soil test, I do say that our soil is acidic due to the deficiencies in calcium and magnesium, elements that easily wash out. That is why applying dolomite lime is prevalent in our area. Dolomite and agricultural lime are made of half calcium carbonate and half magnesium carbonate. The amount of lime a soil can use is related to the makeup of the soil with clay soils needing more lime. A warning about lime and every other additive you use; "Overuse can do a lot of long-lasting damage". Read and follow the manufactures direction and these produces are safe.

For those of you who are looking for garden space outside of your yard; Bonney Lake has a community garden, located across from the public library. Information can be obtained through the city web site. If that idea is too large a leap, come help at the Senior Center gardens, we get together informally and usually during the weekends when traffic is not a problem. Our goal is to make our gardens inviting to the community while we use our skills to raise funds for Senior Center events. We could use some extra help and you'll learn a little, experience some outdoor enjoyment and fulfill that of being of service in your community; the keys to happiness. Contact a staff member for information on volunteering with your Senior Center. Contact a Master Gardner at [pierce.mg@wsu.edu](mailto:pierce.mg@wsu.edu) for gardening questions.

Enjoy Your Day,

Dave PCMG



David A. and  
Linda Smith

## Best Cell Phones for Seniors in 2022

Though many seniors have remained uninitiated where consumer technologies like smartphones are concerned, a 2021 Pew Research Center survey found that about 61 percent of people 65 and older own a smartphone. While there are plenty of great flip phones available for seniors who do not wish to use smart technology, there are also easy-to-use smartphones available that come with some extremely helpful senior assistance features. Below, you'll find our picks for the best devices for seniors of 2022, including a few flip phones. We've also included an ultimate guide to phones for seniors.

In the following device comparisons, we have noted the simplicity level of each device by sharing whether it's best for people who are total smartphone beginners or those with a moderate understanding of smart technologies. Regardless, it is important for device shoppers to first consider how likely they or their loved ones are to be motivated to learn how to use smart technologies or a new style.

### WHAT YOU SHOULD KNOW

- Without a phone, seniors may become isolated and have no way to call emergency services.
- Some seniors may find smartphones and phone plans too expensive.
- Smartphones may be offered for free or at a reduced cost to low-income seniors.
- With an affordable phone, seniors can call for help and connect with others.
- Many seniors can receive free phones and service through the national Lifeline and ACP programs.
- For more information go to <https://www.caring.com/best-cell-phones-for-seniors/>

### FOR INFORMATION ON OTHER CELL PHONES FOR SENIORS, GO TO THE LINKS BELOW AND READ THEIR REVIEWS OF THE FOLLOWING DEVICES:

<https://www.caring.com/best-cell-phones-for-seniors/google-pixel-5a/>

<https://www.caring.com/best-cell-phones-for-seniors/samsung-galaxy-s21/>

<https://www.caring.com/best-cell-phones-for-seniors/alcatel-myflip2/>



## Best Cell Phones for Seniors in 2022 Cont'd

### BEST SMARTPHONE FOR OVERALL SIMPLICITY



#### The RAZ Memory Cell Phone by Raz Mobility

- Price: \$309.00
- Remote access for caregivers
- Simple interface perfect for those with memory impairment

### BEST SMARTPHONE FOR TACTILE DIALING



#### The MiniVision2 Cell Phone by Raz Mobility

- Price: \$309.00
- Large, tactile buttons for easy dialing
- Voice commands

### BEST FLIP PHONE WITH INTEGRATED MEDICAL ALERT SYSTEM



#### The Jitterbug Flip2 from Lively

- Manufacturer's Suggested Retail Price: \$99.99
- Built-in medical alert service
- GPS location tracking

### BEST SMARTPHONE FOR ASSISTIVE FEATURES



#### The Jitterbug Smart3 from Lively

- Manufacturer's Suggested Retail Price: \$149.99
- Integrated caregiver app
- Large print and brighter-than-average screen

## Best Cell Phones for Seniors in 2022 Cont'd

### BEST BUDGET FLIP PHONE FOR SENIORS



#### Link II from Consumer Cellular

- Manufacturer's Suggested Retail Price: \$59
- Hearing aid compatibility M4/T4
- Dual microphone noise suppression for conversation clarity

### BEST SMARTPHONE WITH A PHYSICAL KEYPAD



#### The BlackBerry Key2 LE

- Manufacturer's Suggested Retail Price: \$449.99
- Physical buttons
- Text enlarger, screen reader and other visual aids

### BEST SMARTPHONE UNDER \$250



#### The Motorola Moto G7 Power

- Manufacturer's Suggested Retail Price: \$249.99
- Can be used with any carrier
- Access to Google Play store for senior assistance apps

### BEST SMARTPHONE FOR APPLE ENTHUSIASTS ON A BUDGET



#### The Apple iPhone SE from Consumer Cellular

- Manufacturer's Suggested Retail Price: \$399
- Voice commands and voice dialing
- Takes 4K video

### BEST FLIP PHONE FOR DURABILITY AND INTERNET CONNECTIVITY



#### The Sonim XP3plus

- Manufacturer's Suggested Retail Price: \$210
- Long battery life
- High-volume speaker and ringer