

Bonney Lake

Senior Center Newsletter

March
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

(we are listed under Residents Tab)

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Happy (almost) Spring!

As warmer weather approaches we will be adding more outdoor activities to our calendar such as walks, gardening activities, local trips and more. Keep a close eye on the upcoming newsletters as we will add these activities over the coming months.



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

Assistant Cook
Lisa Ward

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

Senior Aide
Shari Jones
joness@cobl.us
253-447-4340

Dishwasher
Karen Berto

Facility Monitors
Becky Alvarez & Jim Rowland

Senior Services Assistant
Michelle Vazquez
vazquezm@cobl.us
253-447-3104

Kitchen Staff

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

To Reach all Staff Call:
253-863-7658

Senior Aide
Phil DeLeo
deleop@cobl.us
253-447-4328

Assistant Cook
Jay Shideler



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

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Bill Clough

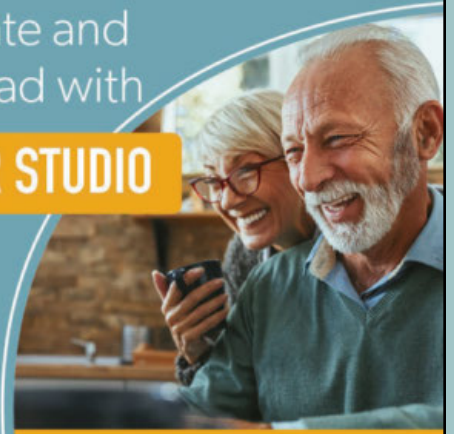
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Senior Advisory Board



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



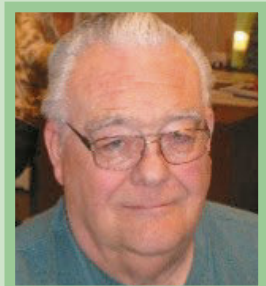
Vice President

Bob Wells



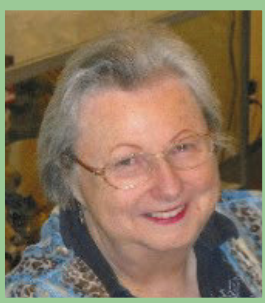
Treasurer

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

March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Dine-in lunch service Monday—Friday 12-12:30pm To Go meals served 11:30-12:00 **Alternate meals available only for Fish/Seafood and Liver/Onions</p>		<p>1 Roasted Chicken Stuffing Gravy Vegetable Salad Bar</p>	<p>2 Fettuccini Alfredo W/Shrimp Vegetable Caesar Salad Bread Sticks Salad Bar</p>	<p>3 Chef's Choice Salad Bar</p>
<p>6 Lemon Peppered Fish Jasmine Rice Vegetable Salad Bar</p>	<p>7 Breakfast for Lunch Biscuits & Gravy Sausage Scrambled Eggs Salad Bar</p>	<p>8 Open Faced Turkey Sandwich w/Gravy Mashed Potatoes Vegetable Salad Bar</p>	<p>9 Spaghetti w/Meatballs Vegetable Garlic Bread Salad Bar</p>	<p>10 Spring Health Harvest Sloppy Joes Tater Tots Salad Bar</p>
<p>13 Chicken Tenders w/Dipping Sauces Tater Tots Salad Bar</p>	<p>14 Hamburger Gravy over Mashed Potatoes Vegetable Salad Bar</p>	<p>15 Polish Dogs Grilled Onions Sauerkraut Chips Salad Bar</p>	<p>16 Chicken Teriyaki Jasmine Rice Stir Fry Vegetables Salad Bar</p>	<p>17 St. Paddy's Day Roasted Corned Beef w/Cabbage Red Potatoes Carrots Irish Soda Bread Festive Dessert</p> 
<p>20 Loaded Baked Potato Sour Cream Cheese Bacon Bits Onions Salad Bar</p>	<p>21 Chicken Salad Sandwich Carrot Raisin Salad Chips Salad Bar</p>	<p>22 Corned Beef Sandwich On Rye Bread Sauerkraut Pasta Salad Salad Bar</p>	<p>23 Meatloaf Mashed Potatoes W/Gravy Vegetable Warm Roll Salad Bar</p> <p>Birthday Gift Bags</p>	<p>24 Clam Chowder Cole Slaw Saltine Crackers Fresh Fruit Salad Bar</p>
<p>27 Sweet & Sour Meatballs Jasmine Rice Stir Fry Vegetable Salad Bar</p>	<p>28 Beef Enchiladas Salsa Chips Salad Bar</p>	<p>29 Crispy Fish Rice Pilaf Vegetable Cole Slaw Salad Bar</p>	<p>30 Grilled Hamburgers Lettuce, Tomato Pickles, Onions Tater Tots Salad Bar</p>	<p>31 Chef's Choice Salad Bar</p>

March Order-Ahead Lunch Menu

Your Name

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Due to Staffing issues we will only be delivering lunches on Mondays, Wednesdays and Fridays.</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! Salad Bar is not available for delivery</p>	<p>1 Roasted Chicken Stuffing Gravy Vegetable Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>2 Fettuccini Alfredo W/Shrimp Vegetable Caesar Salad Bread Sticks Salad Bar</p> <p>No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>3 Chef's Choice Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>
<p>6 Lemon Peppered Fish Jasmine Rice Vegetable Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>7 Breakfast for Lunch Biscuits & Gravy Sausage Scrambled Eggs Salad Bar</p> <p>No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>8 Open Faced Turkey Sandwich w/Gravy Mashed Potatoes Vegetable Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>9 Spaghetti w/Meatballs Vegetable Garlic Bread Salad Bar</p> <p>No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>10 Spring Health Harvest Sloppy Joes Tater Tots Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>
<p>13 Chicken Tenders w/Dipping Sauces Tater Tots Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>14 Hamburger Gravy over Mashed Potatoes Vegetable Salad Bar</p> <p>No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>15 Polish Dogs Grilled Onions Sauerkraut Chips Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>16 Chicken Teriyaki Jasmine Rice Stir Fry Vegetables Salad Bar</p> <p>No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>17 St. Paddy's Day Roasted Corned Beef w/ Cabbage, Red Potatoes Carrots, Irish Soda Bread Festive Dessert </p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>
<p>20 Loaded Baked Potato Sour Cream, Cheese Bacon Bits, Onions Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>21 Chicken Salad Sandwich Carrot Raisin Salad Chips Salad Bar</p> <p>No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>22 Corned Beef Sandwich On Rye Bread Sauerkraut Pasta Salad Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>23 Meatloaf Mashed Potatoes W/Gravy, Vegetable Warm Roll Salad Bar</p> <p>No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>24 Clam Chowder Cole Slaw Saltine Crackers Fresh Fruit Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>
<p>27 Sweet & Sour Meatballs Jasmine Rice Stir Fry Vegetable Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>28 Beef Enchiladas Salsa Chips Salad Bar</p> <p>No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>29 Crispy Fish Rice Pilaf Vegetable Cole Slaw Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>30 Grilled Hamburgers Lettuce, Tomato Pickles, Onions Tater Tots Salad Bar</p> <p>No Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>	<p>31 Chef's Choice Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/> Dine in <input type="checkbox"/></p>

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Events

March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 10-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo	2 9-11:15-Chick-fil-A Bingo 10:30 Tai Chi 12pm Lunch 1-3 Card Games	3 12pm Lunch 1-3pm Mahjong 1-3:30 Shopping Trip 7pm Family Bingo
6 11-12 Stretch & Strength 12pm Lunch	7 8:30-12pm Massage 9:30-11:30 Music by Jesse & the Jammers 12pm Lunch 1pm Writers Group 2:30-5:00 Bus Wlking Trip	8 10-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo	9 10:30 Tai Chi 12pm Lunch 1-3 Card Games	10 Health Harvest 10-1 Spring Health Harvest 12pm Lunch 1-3pm Bunco 1-3:30 Shopping Trip 7pm Family Bingo
13 11-12 BP Checks 11-12 Stretch & Strength 11:30-Biggest Loser Weigh-in 12pm Lunch	14 8:30-12pm Massage 9:30-11:30 Music by Jesse & the Jammers 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 @Dickey's BBQ	16 10-2 Haircuts 10:30 Tai Chi 12pm Lunch 1-2 Caregivers Support 1-3 Card Games	17 S t. Paddy's Day 10:30-12 Music by Peggi & the Brock-A-Roos 12pm Lunch 1-3pm Mahjong 1-3:30 Shopping Trip 7pm Family Bingo
20 11-12 Stretch & Strength 11:30-Biggest Loser Weigh-in 12pm Lunch	21 8:30-12pm Massage 9:30-11:30 Music by Jesse & the Jammers 12pm Lunch 1pm Writers Group 2:30-5:00 Bus Wlking Trip 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 Birthdays	24 9-3 Foot Care 10-1-Craft Sales 12pm Lunch 1-3pm Bunco 1-3:30 Shopping Trip 7pm Family Bingo
27 11-12 Stretch & Strength 11:30-Biggest Loser Weigh-in 12pm Lunch	28 8:30-12pm Massage 9:30-11:30 Music by Jesse & the Jammers 12pm Lunch 1:30-3 Wreath Class 1pm Writers Group 2:30-5:00 Local Walking	29 10-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo	30 10:30 Tai Chi 12pm Lunch 1-3 Card Games 1-3 Easter Egg Dying	31 10-2 Photo Shoot 12pm Lunch 1-3pm Bunco 1-3pm-Art with Anita 1-3:30 Shopping Trip 7pm Family Bingo

Visit us at www.ci.bonney-lake.wa.us / 7

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.

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 Haircuts by Becky from Tangles

**Thursday, March 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.



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.



Pinocle 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!



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!

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!



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.

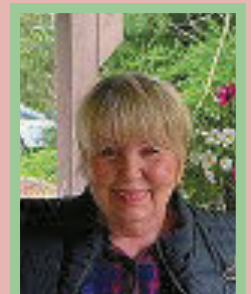
When: Friday, March 31st (date change)

Time: 10:00-3:00

Where: In our dining room

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.

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, May 29th
Memorial Day

Tuesday, July 4th
Independence 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



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

Art with Anita

Friday, March 31st

Time: 1:00-3:00 pm

Cost: \$20.00

Sign up for an art class taught by our own Anita Miles. All materials are provided and you get to hang your beautiful canvas in your home!



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 for a fun morning of dancing to the music of Peggie & the Brock-a-Roos and then enjoy a delicious lunch of corned beef and cabbage!



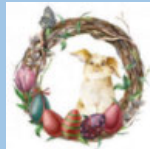
Easter Wreath & Easter Egg Craft Class

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 \$10.00 and all materials will be provided. Please sign up in the Special Events book



Easter Egg Dying 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.



Spring Health Harvest

Friday, March 10 (date change)

10:00-1:00

No cost

Join us on March 10th for our Spring Health Harvest. Talk with vendors from Medicare, Hearing Specialists, Diabetic Footwear Real Estate for Seniors, and many, many others. There will be information on avoiding scams, financial wellness, nutrition and workshops on aging while remaining in your home.

Monthly Craft Sale is back!

Friday, March 24

10:00-1:00

Please come support our local crafters the 4th Friday of the month beginning March 24th. Craft items make wonderful gifts! If you are a crafter and would like to have a table, sign up in the programs binder and pay \$10 to be a vendor. Please see a staff member for more information.



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.

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



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.

Mother's Day Lunch

Thursday, May 11th

Cost: \$8.00

Sign up for our special Mother's Day Lunch with Music by Peggie & the Brock-a-Roos. Music starts at 10:30am. Please sign up in the special events binder and pay at time of sign up.

Cinco De Mayo Lunch

Friday, May 5th

10:30-12:30

Cost \$8.00

The United States joins the celebration of Mexican heritage.

Come join the party dance to the sounds of a Mariachi band and enjoy yummy Mexican foods. Please sign up in the special events binder and pay at time of sign up.



Memorial Day Lunch

Thursday, May 26th

10:30-12:30

Cost \$8.00

Music by Patty & the Traveling 4 with a special memorial day lunch served from 12:00-12:30. Please sign up in the special events binder and pay at time of sign up.

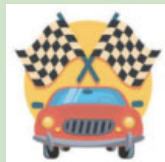
Father's Day & Car Show

Thursday, June 15th

10:30-12:30

Cost \$8.00

Join us for Father's Day celebration with Music by Peggie & the Brock-a-Roos and a car show at the Ball Field 4 parking lot (weather permitting) followed by a special lunch. Please sign up in the special events binder and pay at time of sign up.



4th of July

Thursday, June 29th

10:30-12:30

Cost \$8.00

Join us for 4th of July celebration with music by Johnny Crash followed by a special lunch. Please sign up in the special events binder and pay at time of



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.

March 17—St. Paddy's Day—Music by Peggie & the Brock-a-Roos
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 Peggie & the Brock-a-Roos
May 25—Memorial Day —Music by Patty and the Traveling 4
June 15—Father's Day and Car Show—Music by Peggie & the Brock-a-Roos
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 Peggie & 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 Music by Peggie & the Brock-a-Roos
September 11—Patriots Day Celebration—Army Band
September 20—Hippie 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 Peggie & the Brock-a-Roos
November 9—Veteran's Day—Music by TBD
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 TBD
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

Caregivers Support Group has returned

Thursday, March 16th
1-2pm

We'd like to thank Ariel from Cedar Ridge for offering to be our Facilitator. She comes to us with a wealth of knowledge and training and we are so grateful to her!

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.

Foot Care ~ Come Get Your Toes Done!

**When: Friday, March 24th
9am to 3pm**

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

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**



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.

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). Please sign up in the programs binder.

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

Stretch & Strength

**Every Monday
11:00-12:00**

No cost

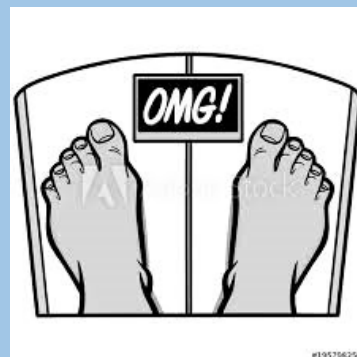
Join Ashley every Monday for a mobility & strength class. Individualized exercise programming for Aging Populations.

Health and Wellness Cont'd

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

Are you concerned about gaining weight during the holidays? We all tend to have less will-power during the holidays with all those yummy Holiday goodies around. Are you struggling to lose weight? Do you need more incentive? Is cold, hard cash a big enough incentive? Well, here is a plan that just may work. Join us in this weight loss journey. A new delicious recipe will be provided to you each week.

Each Monday morning beginning March 13th, we will host a weigh-in. Weekly, each contestant will pay \$7 for participating in the contest. The "biggest loser" is the person who drops the most pounds in the given week. That person will win \$5 x (times) the amount of contestants in that given week. Since each participant pays \$7 each week, the extra \$2 will roll over to the grand prize pot. The grand prize will be awarded to the person who loses the most weight from beginning to the end of the contest which will be Monday, May 22nd.



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

Free Blood Pressure Checks by Celebrate Seniority

When: Monday, March 13th

Time: 11:00-12:00

Where: Bonney Lake Senior Center

Walk-in's welcome!



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.

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.

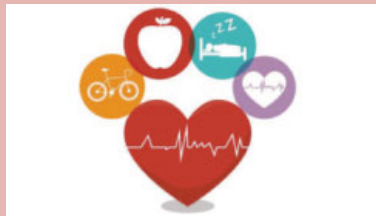


Health & Wellness Cont'd

Bonney Lake Spring Health Harvest

On Friday, March 10 **(date change)** 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.



MultiCare Classes

MultiCare Celebrate Seniority is offering senior communities free programming. MultiCare Celebrate Seniority is a free community outreach program promoting healthy aging for people 55 and better. We focus on education and social activities and volunteerism.

We have scheduled 3 classes with them.

Healthy Brain and Games Thursday, April 20th, 1 to 2:30pm (we will partner our Caregivers Support Group Meeting in with this class). (In partnership with the WA Alzheimer's Association) What happens to our brain as we age? How can you reduce your risk of developing memory loss? Learn about research in the areas of diet and nutrition, exercise, cognitive activity, and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Brain Fitness Games Thursday, May 4th 1 to 2:15pm

This one-hour class offers group and individual activities that include visual puzzles and games that incorporate both short-term and long-term memory skills. Participants can anticipate being challenged while having fun as they try new brain fitness activities.

Dementia Friends Conversations Monday, June 19th 10am to 11am

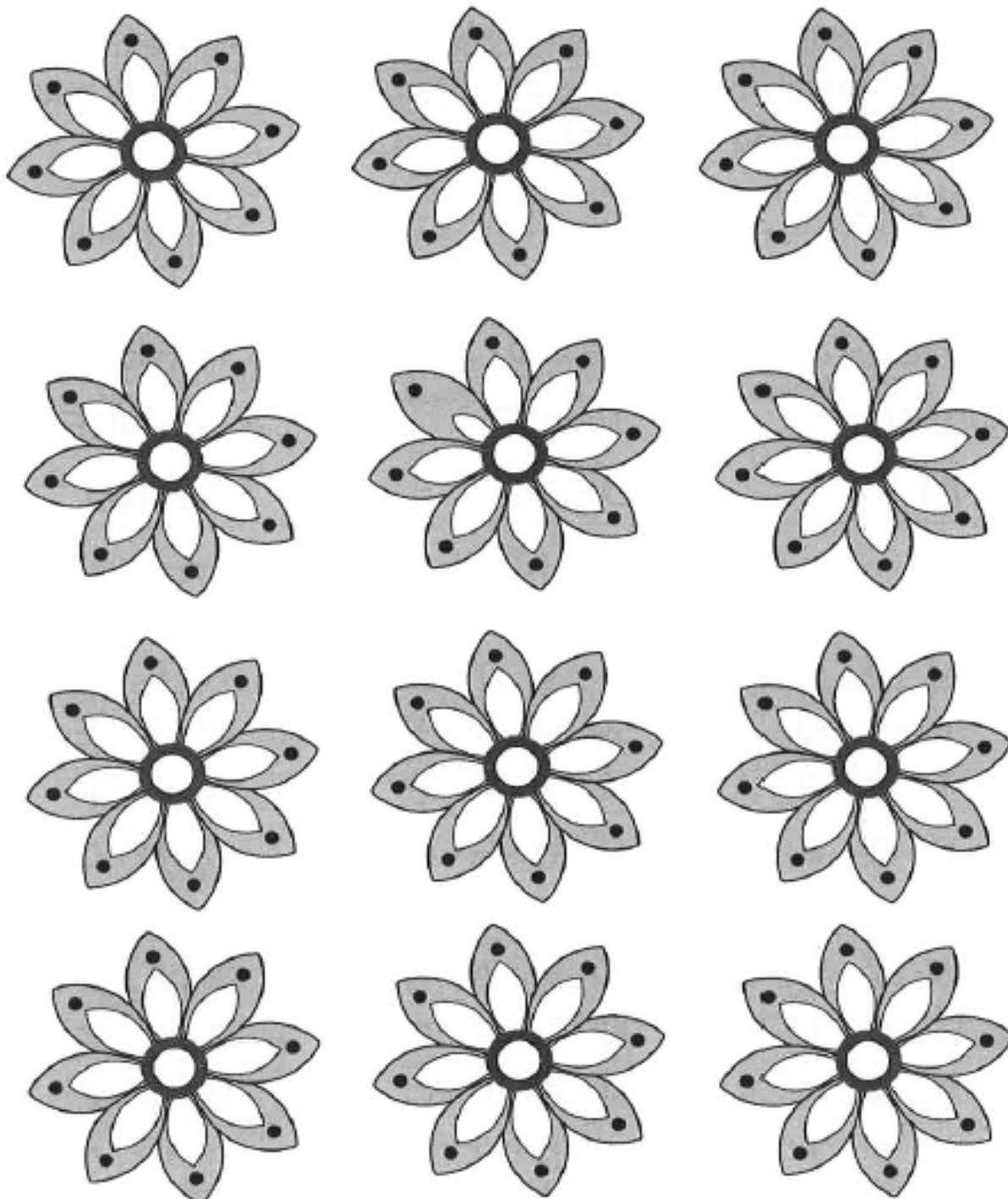
(In partnership with the Lutheran Community Services NW) Dementia Friends is a one-hour, free information session for anyone interested in learning more about dementia. We will discuss what dementia is and share communication tips to assist in interactions with people living with dementia.



Classic Puzzle

SPOT THE ODD ONE OUT

Find the picture that is different from the rest.



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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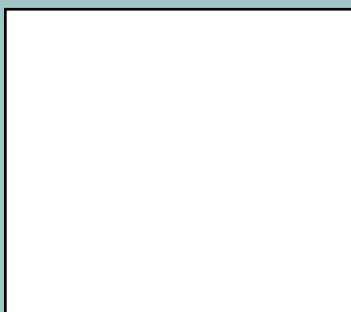


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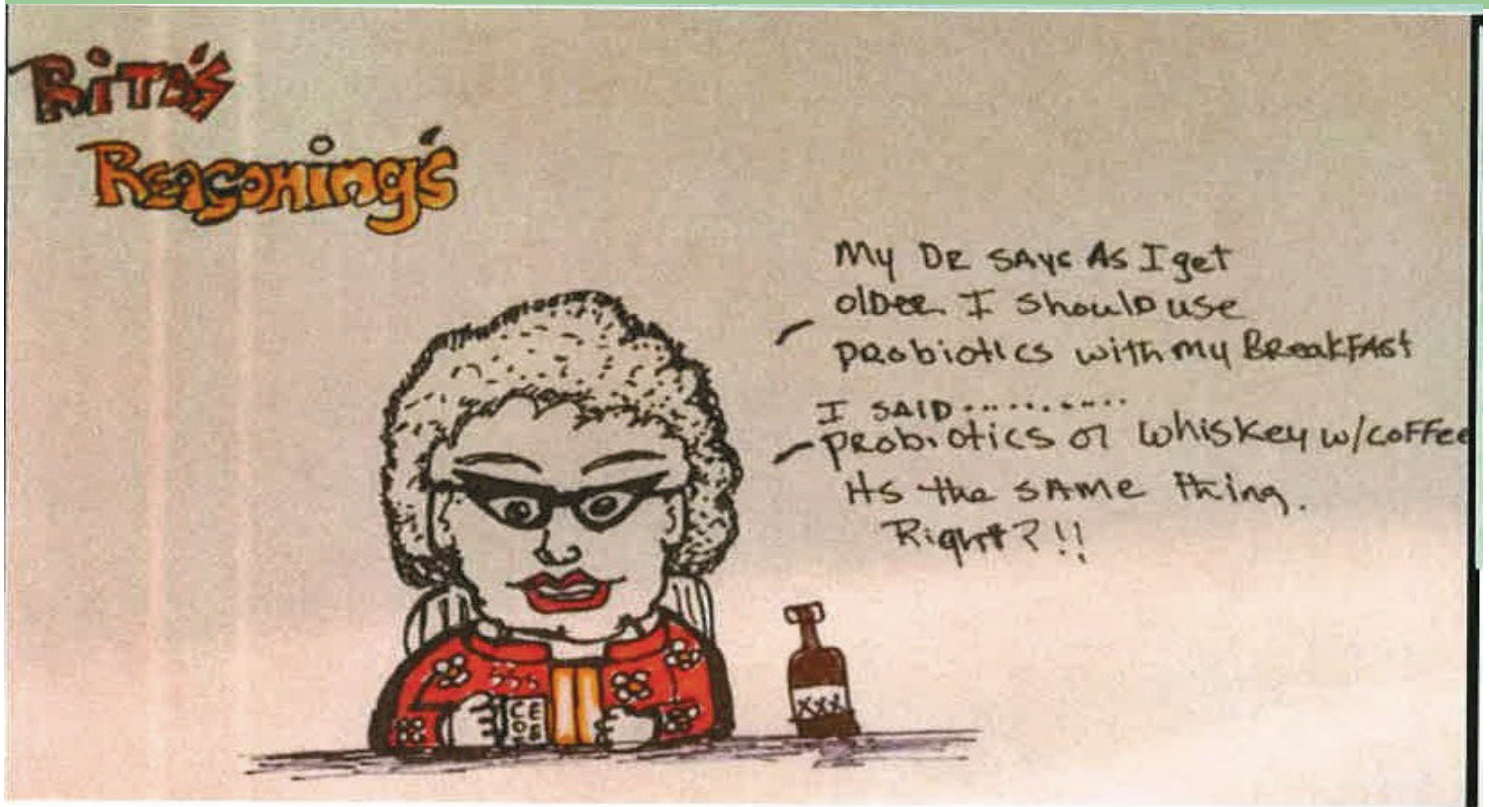


For ad info. call 1-800-950-9952 • www.lpicommunities.com

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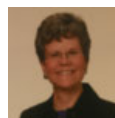
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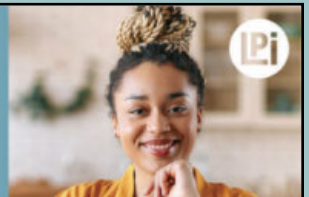


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Bonney Lake Senior Center, Bonney Lake, WA

C 4C 05-1036

Human Services Programs



Are you eligible for Human Services programs such as energy assistance, minor home repair, and home weatherization?

We launched an online Community Action Programs (CAP) Eligibility Form that you can fill out on our website to determine eligibility.

It's easy! All you need to do is provide:

- Address
- Income
- Number of people in your household
- If you rent or own your home

Once you submit this information, the form will automatically populate the program(s) you qualify for. Program requirements may vary.

Fill it out and learn more about CAP: PierceCountyWa.Gov/CAP.

Volunteer Appreciation Dinner

Volunteer Appreciation Dinner

Saturday, April 22nd

4:00-8:00 pm

Location: The Swiss Park



BY INVITATION ONLY

To honor all of our wonderful volunteers, (we could not keep our doors open without the hard work and dedication of our volunteers) we will be holding a Volunteer Appreciation Dinner on Saturday, April 22nd at the Swiss Park. Invitations will be sent to all our fantastic volunteers from 2022 to join us for a delicious dinner, raffle & door prizes. We will have music and dancing with our musical entertainment provided by Patty and the Traveling 4. When you receive your invitation, please RSVP with your name and the name of your plus one to reserve your spot. RVSP's need to be submitted to us by April 3rd. To RSVP, please call 253-447-4340 or email jones@cobl.us.

21 | Bonney Lake Senior Center



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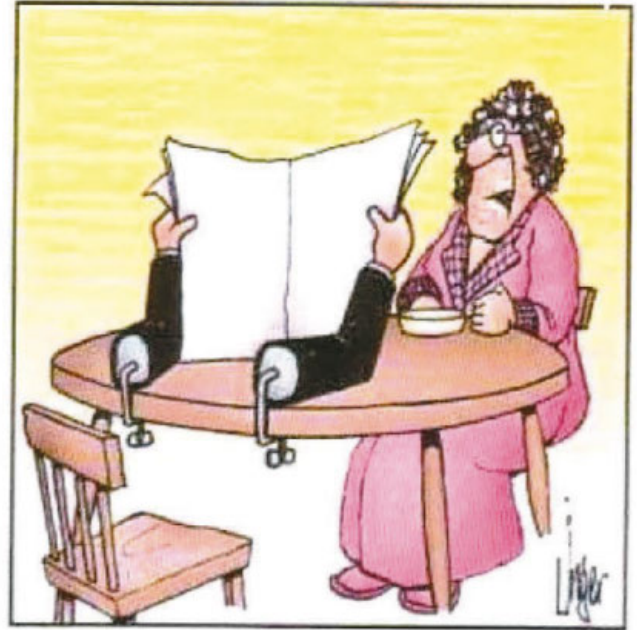
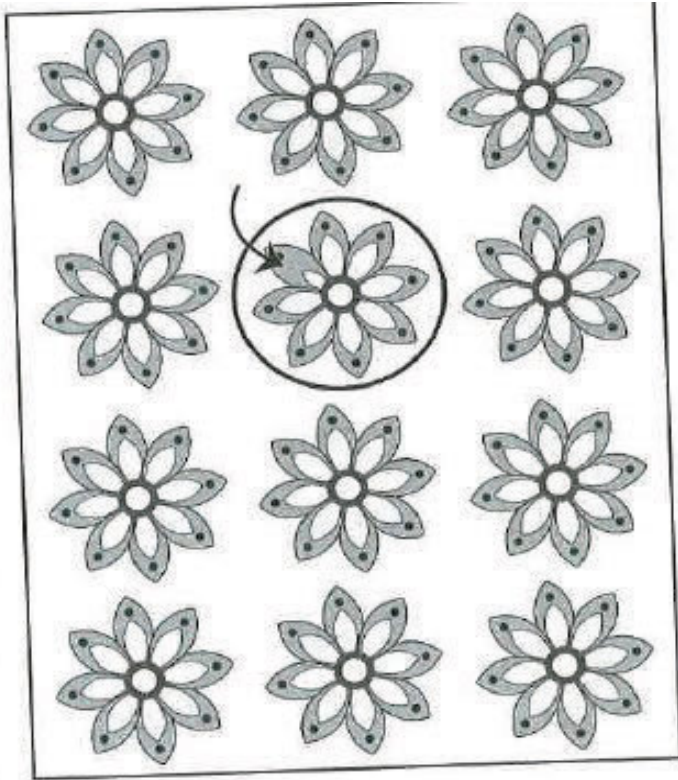


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Bonney Lake Senior Center, Bonney Lake, WA

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Answers to Spot the Differences & Joke



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Bonney Lake Senior Center, Bonney Lake, WA

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Phil's Trips

Thursday March 2nd

Breakfast Bingo at Chick-fil-A

This is a Senior Center bus trip.

Leaving Senior Center at 9:00 a.m. and returning at 11:15 a.m. on Thursday.

Cost: Free transportation and free Bingo games.

Play Bingo at Chick-fil-A and win food prizes. There is no cost to play. You can also receive a free small drink when you purchase any food item.

Friday March 3rd thru Sunday March 5th

Penn Cove Mussel Fest

This is a Senior Center bus trip.

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

Cost: \$15 for Transportation; \$60 admission, and \$111 for your share of the hotel room. (Pay \$186 at sign-up).

Come and taste the world-famous mussels; bold, briny and blue in historic Coupeville on Whidbey Island. Wander the quaint shops of this old seaport, and hop aboard the enclosed boat for a cruise into the mussel garden to see how these fabulous mussels are grown and learn why they are so popular around the world.

Saturday March 11th

Comedy Night in Edmonds

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

Leaving Senior Center at 3:45 p.m. and returning around 10:30 p.m. on Saturday.

Cost: \$8 for transportation; \$32 admission. (Pay \$40 at sign-up.)

Dinner on your own at Anthony's Homeport.

Join us for a delightful dinner together overlooking the Edmonds marina at Anthony's Homeport, followed by an evening full of laughter and fun with 4 family-friendly stand-up comedians.

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.

Phil's Trips Cont'd

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.

April 17-26, 2024

Shades of Ireland

This is a Collette Tours trip

Cost: From \$3,899 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 Irelands 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

March 2023: Spring is a comin' and I'm thrilled to have plantings showing up on my schedule. I plant my first potatoes on Saint Patrick's Day to give me an indication of just how viable the soil actually is. This month, I am starting seeds indoors to be hardened off and planted outdoors at a later date. Historically our soil temps are holding around 50 degrees at this time. If you would like a "plant start planning guide" see me and I'll be glad to run you off a handout from the edible garden workshop. The following article is an excerpt from the latest workshop that explains climate change in Pierce County and a look at the future plans from Pierce County to mitigate its effects.

The rapid impact of climate change on our everyday lives is difficult to avoid. Here in Pierce County, we've been experiencing a higher frequency of wildfires and flooding events due to increased temperatures caused by climate change. The urgent need to take action is supported by science. Building a climate resilient community begins with shared understanding of climate change, its impacts, and how both human and environmental health will be affected. We must respond immediately to climate change and our actions must be bold. To understand climate change, it is helpful to know about the carbon cycle. The carbon cycle is similar to the water cycle in that the total amount of carbon on our planet does not change, but where the carbon is located in the atmosphere or on earth is constantly changing. Carbon released as carbon dioxide into the atmosphere accumulates and lingers for hundreds of years. Measuring the sources and quantities of emissions in Pierce County provides a baseline for tracking progress and is a first step in meeting GHG (green house gas) reduction goals. Our atmosphere, land and waterways are all interconnected and impacted by climate change. The rapid release of human generated GHG is causing air and sea temperatures to rise. Our oceans are absorbing an increasing amount of human generated carbon dioxide (CO2). This leads to ocean acidification which can devastate many aquatic animals, including shellfish in the Salish Sea (Puget Sound). Growing, producing, and consuming food is a complex process, especially since there is a vast amount of waste created throughout the system. There are many steps and each one can ultimately have a positive or negative impact on our health and the health of our planet. Such as how do purchased goods and services generate GHG before they reach the people that buy them. Pierce County's proposed Sustainability 2030: Greenhouse Gas Reduction Plan calls for a reduction in GHG emissions of 45% below 2015 levels by 2030, Reducing emissions also enhances public health, improves air and water quality, promotes and supports our economy. To summarize; transportation and emissions from building are responsible for 90% of all GHG's. Society has a solution available to us in the form of electric vehicles. As senior citizens realize that continuing education, not politicians, will remove those doubts concerning new technology. Lets work together towards a solution that will benefit not only us but our grandchildren's grandchildren.

Cascade Water Alliance offers free gardening classes to help you have beautiful, healthy landscapes while using water efficiently. All classes are on Tuesday at 7:00 pm., January through March. Classes are free. February 28: Jessi Bloom, PNW Trees Part II: Designing Future Forest Gardens. March 7: Ladd Smith, Soils, Mulch, and Compost – Building Better Soils and Gardens. March 14: Lisa Taylor, Indoor Growing – Growing Your Own Plant Starts. March 21: Marianne Binetti, Color, Color, Color: Year-Round Color Without Water Worries.

Enjoy the coming of spring! Dave PCMG



David A. and
Linda Smith
Gardening Committee

Word Search

Basketball

Find and circle all of the words that are hidden in the grid.
The remaining 39 letters spell a piece of Basketball trivia.

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

ASSIST
BACKBOARD
BALL
BASKET
BENCH
BLOCK
CENTER
CLOCK
COACH
COURT
DRIBBLING

FOUL
FREE THROW
GAME
HALF-TIME
HOOP
JERSEY
LAY-UP
NET
OUT OF BOUNDS
OVERTIME

PASSING
PLAYER
POINT GUARD
POINTS
POWER FORWARD
QUARTER
REBOUND
REFEREE
RIM
SCOREBOARD

SHOOTING GUARD
SHOT
SLAM DUNK
SMALL FORWARD
SNEAKERS
SUBSTITUTIONS
TEAM
THREE POINTER
TIME-OUT
TRAVELING

Word Jumble

Name: _____

Date: _____

St. Patrick's Day Word Jumble



1. ELRUCEAPNH _____
2. NGREE _____
3. SHIW _____
4. IRDALNE _____
5. IOARBWN _____
6. TILCCE _____
7. MIGCA _____
8. RIMEKCLI _____
9. RAITPKC _____
10. AHCOSRKM _____
11. ULKCY _____
12. SIHIR _____
13. HACRM _____
14. TOP _____
15. AISTN _____
16. EFBEENDCRO _____
17. ICAMG _____
18. RFLEOKLO _____
19. UKCL _____
20. LORCVE _____
21. UORNFTE _____
22. SEELV _____
23. OLDG _____
24. APADER _____

Important Miscellaneous

Signing In-Mandatory NOT Optional

As most of you know we have a sign in system that is located on the front desk. Many of you stop when you arrive and sign in for the day however there are quite a few that walk by without stopping. This is not acceptable. If you do not sign in we do not receive funding for your attendance, plain and simple. Signing in is not optional, it is mandatory. All members should be registered and have a key tag to use when signing in. If you are not registered as a member or do not have a key tag, please see any staff member to correct this asap. I cannot stress how important this is. As stated above, if you do not sign in we receive NO funding for your participation. This reduction in funding makes it very difficult to provide the services we strive to provide for everyone. If you have any question about this please speak with Sue or Michelle.

With a small amount of effort on all of our parts we can make sure that everyone is signing everyday!

Robo Calling you

The Senior Center utilizes the "My Senior Center" database robo calling feature to call hundreds of members at once with a recorded phone call to inform you of last minute events or activity changes taking place at our center. (The "My Senior Center" database is the software you log into when you come for lunch or activities). Because the software company is based in Maine, the call that we send out originates from Maine and comes to you with a 617 area code. This is not a scam call or telemarketer. It's us, letting you know about important changes. Please answer the call when it comes in or if you let it go to voicemail, please retrieve the message quickly. Please let us know if you'd like to change the phone number in our database you receive these calls on. Thank you.

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

Answers to St. Paddy's Day Word Jumble

1. LEPRECHAUN
2. GREEN
3. WISH
4. IRELAND
5. RAINBOW
6. CELTIC
7. MAGIC
8. LIMERICK
9. PATRICK
10. SHAMROCK
11. LUCKY
12. IRISH
13. MARCH
14. POT
15. SAINT
16. CORNED BEEF

17. MAGIC
18. FOLKLORE
19. LUCK
20. CLOVER
21. FORTUNE
22. ELVES
23. GOLD
24. PARADE



(yes, we know MAGIC is there twice, its in the quiz we used, we didn't create it).