

Bonney Lake

Senior Center Newsletter

May 2024



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

Emergency After Hours
Number—253-455-0632

www.citybonneylake.org

(we are listed under Residents Tab)

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Welcome to the Bonney Lake Senior Center!

Join us at our Senior Center! Anyone 55 years & older may attend. We offer exercise classes, card games, musical entertainment, day trips, educational activities, health care services, and more. Our Kitchen staff prepares a delicious and hot meal every weekday for a suggested donation of \$6.00

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
Karen Berto

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
TJ

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

Kitchen Staff

Facility Monitors
**Becky Alvarez
& Karina Guzman-Euler**

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

Emergency After Hours
Number—253-455-0632



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



For help with Medicare call Kathryn Evans

Your Local Medicare Insurance Broker

We look at many different companies and help you find the plan that's right for you!

Kathryn Evans, Licensed Insurance Broker

253.861.2959 or 253.231.8896

We Love You Bonney Lake Seniors! Call us for your Birthday Bags!

We're still handing them out to everyone who calls!

WE'RE HIRING!

AD SALES EXECUTIVES



BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Bill Clough

wclough@lpicommunities.com

(800) 950-9952 x2635



Senior Advisory Board

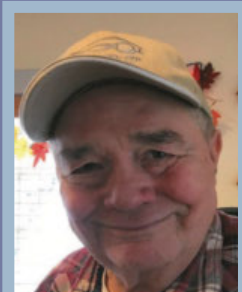


The Senior Advisory Board members work closely with staff to help with a variety of tasks. The Senior Advisory Board, and their volunteers, assist with many fundraising events throughout the year which enables them to help provide funds for special events, work with the Bonney Lake Kiwanis to help seniors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



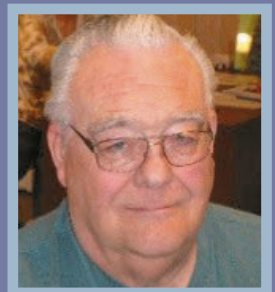
President
Wayne Johnson



Vice President
Bob Wells



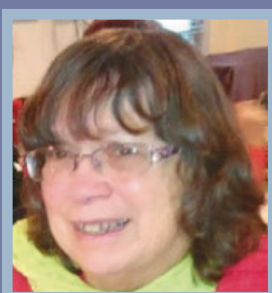
Treasurer
Julianne DeLeo



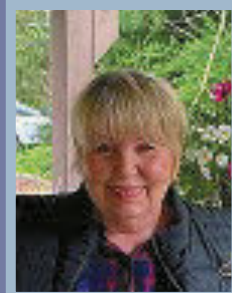
Assistant Treasurer
Jim Baisch



Secretary
Anita Chandler



Bonnie Johnson
Board Member



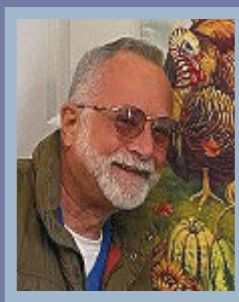
Linda Smith
Board Member



David Reed
Board Member



Diane Stabler
Board Member



Ernie Gilmer
Board Member



Beverly Proby
Board Member

Menu
























May 2024

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 May Day Lemon Pepper Fish Jasmine Rice Stir-Fry Vegetables Tartar Sauce Salad Bar</p>	<p>2 Cinco De Mayo Beef or Chicken Taco Salad Mexi-Corn Refried Beans Salad Bar</p>	<p>3 Tuna Salad on Buttery Croissant Fruit Chips Salad Bar</p>
<p>6 Sweet & Sour Meatballs Jasmine Rice Stir-fry Vegetables Salad Bar</p>	<p>7 Chef's Choice Salad Bar</p>	<p>8 Creamy Tomato Soup w/Grilled Cheese Sandwich on Sourdough Chips Salad Bar</p>	<p>9 Mother's Day Chicken Cordon Blue Steamed Rice Fresh Broccoli Spinach Salad with Strawberries Dessert</p>	<p>10 Fish Sticks Tater Tots Coleslaw Salad Bar</p>
<p>13 Nat'l Apple Pie Day Pork Cutlets in Mushroom Gravy Mashed Potatoes Corn Salad Bar</p>	<p>14 Breakfast for Lunch Biscuits & Gravy Scrambled Eggs Bacon Salad Bar</p>	<p>15 Liver & Onions Grilled Onions Mashed Potatoes Brown Gravy Vegetable Salad Bar</p>	<p>16 Nat'l BBQ Day BBQ Chicken Corn on the Cob Corn Bread w/Honey Butter Salad Bar</p>	<p>17 Turkey on Croissant w/ Sliced Cheese & Tomato Chips Salad Bar</p>
<p>20 Mango Fish Steamed Rice Vegetable Cottage Cheese w/ fruit Salad Bar</p>	<p>21 Spaghetti w/Meat sauce Sunshine Carrots Garlic Bread Salad Bar</p>	<p>22 Loaded Baked Potato w/all the fixin's Caesar Salad Salad Bar</p>	<p>23 Memorial Day Grilled Hamburgers w/all the fixin's Potato Salad Macaroni Salad Dessert</p>	<p>24 Chicken Salad on Buttery Croissant Seasonal Fruit Chips Salad Bar</p>
<p>27 </p>	<p>28 Birthday Celebration Chef's Salad w/ Hard Boiled Egg Cheese Slices Turkey Slices Tomato Wedge Bell Peppers</p>	<p>29 Meat Loaf Mashed Potatoes & Gravy Green Beans Warm Roll Salad Bar</p>	<p>30 Leila's Lemon Garlic Chicken Rice Pilaf Steamed Broccoli Salad Bar</p>	<p>31 Macaroni & Cheese w/Diced Ham Mixed Vegetables Bread Salad Bar</p>

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To-Go Only May Order-Ahead Lunch Menu


Your Name

Monday	Tuesday	Wednesday	Thursday	Friday
<p>If you are getting your lunch To-Go, please fill out the order ahead menu. If you are delivery or dine-in, you do not need to fill out the order ahead menu or call to tell us you're coming in.</p>		<p>1 May Day Lemon Pepper Fish Jasmine Rice Stir-Fry Vegetables Tartar Sauce Salad Bar</p> <p>To Go </p>	<p>2 Cinco De Mayo Beef or Chicken Taco Salad Mexi-Corn Refried Beans Salad Bar</p> <p>To Go </p>	<p>3 Tuna Salad on Buttery Croissant Fruit Chips Salad Bar</p> <p>To Go </p>
<p>6 Sweet & Sour Meatballs Jasmine Rice Stir-fry Vegetables Salad Bar</p> <p>To Go </p>	<p>7 Chef's Choice Salad Bar</p> <p>To Go </p>	<p>8 Creamy Tomato Soup w/Grilled Cheese Sandwich on Sourdough Chips, Salad Bar</p> <p>To Go </p>	<p>9 Mother's Day Chicken Cordon Blue Steamed Rice Fresh Broccoli Spinach Salad with Strawberries, Dessert</p> <p>To Go </p>	<p>10 Fish Sticks Tater Tots Coleslaw Salad Bar</p> <p>To Go </p>
<p>13 Nat'l Apple Pie Day Pork Cutlets in Mushroom Gravy Mashed Potatoes Corn, Salad Bar</p> <p>To Go </p>	<p>14 Breakfast for Lunch Biscuits & Gravy Scrambled Eggs Bacon Salad Bar</p> <p>To Go </p>	<p>15 Liver & Onions Grilled Onions Mashed Potatoes Brown Gravy Vegetable, Salad Bar</p> <p>To Go </p>	<p>16 Nat'l BBQ Day BBQ Chicken Corn on the Cob Corn Bread w/Honey Butter Salad Bar</p> <p>To Go </p>	<p>17 Turkey on Croissant w/ Sliced Cheese & Tomato Chips, Salad Bar</p> <p>To Go </p>
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<p>27</p> 	<p>28 Birthday Celebration Chef's Salad w/ Hard Boiled Egg Cheese Slices, Turkey Slices, Tomato Wedge Bell Peppers, Salad Bar</p> <p>To Go </p>	<p>29 Meat Loaf Mashed Potatoes & Gravy, Green Beans Warm Roll Salad Bar</p> <p>To Go </p>	<p>30 Leila's Lemon Garlic Chicken Rice Pilaf Steamed Broccoli Salad Bar</p> <p>To Go </p>	<p>31 Macaroni & Cheese w/Diced Ham Mixed Vegetables Bread Salad Bar</p> <p>To Go </p>

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Events

May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
		1 May Day 9-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo	2 Cinco De Mayo 9:30-10:30 Chick-fil-A Bingo <i>10:30-12:30—Music by Jim Meck</i> 10:30 Tai Chi 12pm Lunch 1-3 Card Games	3 12pm Lunch 1-3:30 Shopping Trip 7pm Family Bingo
6 8-4 -AARP Driving Class 12pm Lunch 1-2 Line Dancing 2-2:30-Food Bank	7 9:30-11:30 Music Jam 12pm Lunch 1pm Writers Group 1pm—Tech Time 2:30-Walking Trip	8 9-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo	9 Mother's Day 10:30 Tai Chi <i>10:30-12:30-Music by Roaring 2020's</i> 12pm Lunch 1-3 Card Games 1-4 Legal Guidance	10 12pm Lunch 1-3:30 Shopping Trip 7pm Family Bingo
13 11-12 BP Checks 12pm Lunch 1-2 Line Dancing	14 9:30-11:30 Music Jam 9:30-12pm Massage 12pm Lunch 1pm Writers Group 1:30-3:30-Diamond Art	15 9-12 Happy Hookers 10-11-Chat with Chief 12pm Lunch 1:15pm Senior Bingo 4:30 Juliet's@ Hungry Dawgs	16 9:30-10:30 Chick-fil-A Bingo 10-2 Haircuts by Becky 10:30 Tai Chi 12pm Lunch 1-2:30 Caregivers Supp. 1-3 Card Games	17 12pm Lunch 12-3-Spring Road Rally 1-3:30 Shopping Trip 1:30-3:30-Art w/Anita 7pm Family Bingo
20 12pm Lunch 1-2 Line Dancing 2-2:30-Food Bank	21 9:30-11:30 Music Jam 12pm Lunch 12:30-1:30-Medicare Chat with Ernie 1pm Writers Group 3-4 Advisory Board Mtg	22 9-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo	23 Memorial Day Lunch 10:30 Tai Chi <i>10:30-12:30-Music by Patty & Traveling 4</i> 12pm Lunch 1-3 Card Games	24 9-3 Foot Care 10-1 Craft Sale 12pm Lunch 1-3:30 Shopping Trip 5-7-Spaghetti Feed 7pm Family Bingo
27 	28 9:30-11:30 Music Jam 9:30-12pm Massage 12pm Lunch 1pm Writers Group 2:30-Walking Trip Birthday Celebration	29 9-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo	30 10:30 Tai Chi 12pm Lunch 1-3 Card Games	31 12pm Lunch 1-3:30 Shopping Trip 7pm Family Bingo

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, (don't forget to put your name on it) and turn in your order-ahead menu for "to-go" lunches only (located on page 5). 14



Free Haircuts by Becky from Manhattan Design

When: Thursday, May 16th

Time: 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 a 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 **white plastic bags**, tie the bags 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 in anytime. And thank you for supporting the Bonney Lake Senior programs.

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 operate according to the Sumner/Bonney Lake School District guidelines.

Free Legal Advice

Our Legal Assistance Program provides you with the opportunity to discuss a legal question that you may have with a licensed attorney without any charge or fee. Mr. Inslee will meet the 2nd Thursday of the month from 1:00-4:00 pm. This program is made possible due to the volunteer services of Washington attorney Evan E. Inslee of Bonney Lake. Please call to schedule your 30 minute appointment.



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 if you would like to go shopping by 9:00am that day.



Available Services Cont'd

Tech Time with Bonney Lake Library

When: 1st Tuesday of the month

Time: 1:00-2:30

Patrick from the Bonney Lake Library will be here the 1st Tuesday of every month to help with our tech issues. Anything from e-books and e-audiobooks to computer, tablet and cell phone issues. You can book 20 minute appointment with him on specific issues. See a staff member to sign up. Thank you Patrick!

Craft Sale

When: Friday, May 24th

Time: 10:00-1:00

Join us every other month on the 4th Friday of the month for our craft sale. Please come support our local crafters. 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.

Birthday Celebration Change

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 Tuesday of the month for your birthday gift and a birthday treat and listen to the music of Jesse and the Jammers. No need to sign up and no special cost for this event, other than the regular \$6.00 lunch donation. **We'd like to thank Stafford Suites for providing birthday treats.** Get your tickets from a staff member. 52

Chair Massage

Linda will be working the 2nd and 4th Tuesdays of the month. She is a licensed massage therapist and offers 20 minute sessions for our members in our upstairs room. The cost is \$10.00 for each massage. Call to book your appointment. Payment will be required upon signup

Caregivers Support Group

When: Thursday, May 16th

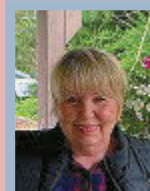
Time: 1-2:30pm

We'd like to thank Kim for volunteering to be our Facilitator.

Caregivers need care, too. The demands 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.

Sunshine Lady

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



Classified Ads

We will begin offering a new service of classified ads. We will dedicate an area of our newsletter for our members to list items you may have for sale, or a room to rent or items needed. We will not vet any information that we list on the classified ads page. Please see a staff member to list your item. See page 19 for classified ads.

Available Services Cont'd

Senior & Family Bingo

Please join us on Wednesdays for Senior Bingo and on Friday Nights for Family Bingo! Senior Bingo (age 18 and older) is every Wednesday and will begin at 1:15pm. Family Bingo (all ages are welcome) is every Friday night and will begin at 7:00pm. We ask that you arrive 30 minutes early on Wednesdays and at least 45 minutes early on Fridays nights to purchase your packages. We begin selling packages at 12:45pm on Wednesday afternoons and 5:30pm on Friday nights.

We do still need volunteers to help run the bingo sessions, so if you'd like to volunteer, please see a staff member.

Chick-fil-A Bingo

Join us the first and third Thursday of each month for bingo at the Chick-fil-A restaurant in Bonney Lake from 9:30-10:30 for a fun-filled hour. There is no cost for this event. Please meet at Chick-fil-A before 9:30. The van will not be able to provide transportation to and from the restaurant. Please sign up in the programs binder.

Jessie & The Jammers ~ A Jam Session

When: Every Tuesday

Time: 9:30am to 11:30am

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!

A change, to our schedule- Acoustic instruments only on the 1st, 3rd & 5th Tuesdays of the month and Electric instruments only on the 2nd & 4th Tuesdays of the months are welcome.

Diamond Art Class

Sign up to attend a Diamond Art class on The 2nd Tuesday of every month from 1:30-3:30 taught by Barbara Greenwood. Cost is \$10.00 with all materials provided. See a staff member to sign up.

Art with Anita

When: 3rd Friday of the month

Time: 1:30-3:30

Cost: \$20.00



Anita Miles will be teaching beautiful art. All materials are provided and you get to hang your beautiful canvas in your home! Sign up in the office.

Juliet's

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

5/15/24—Hungry Dawgs

6/19/24—Panda Express

7/17/24—Denny's

8/21/24—Mazatlán

9/18/24—The Habit Burger

10/16/24—Round Table Pizza

11/20/24—Chipotle

12/18/24—Don Chuys



AARP Driving Class

Monday, May 6th

8:00-4:00

Cost: \$20 for AARP members,
\$25 for non-members



Sign up to attend an AARP safe driving class and receive a discount on your insurance. See a staff member to sign up. 79

Available Services Cont'd

The Happy Hookers

When: Every Wednesday 9:00-12:00

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!

Red Hat Society coming to our Senior Center

The Red Hat Society is a global organization of women that places a strong emphasis on the positive aspects of life. The Society stresses the importance of friendship, sisterhood and the value of play into our busy lives. With this in mind, we are excited to announce that we are starting a Red Hat Chapter here at the Center.

For more information, please contact Sherryl Pfaff on her cell phone 253-797-8222 or email her at sherrylpfaff2015@gmail.com

Chat with the Chief

Wednesday, May 15th

10:00-11:00

Please join us for coffee and pastries and chat with our Bonney Lake Police Chief Mark Berry.

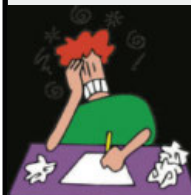
Pinochle and other Card Games

When: 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 no holds barred games of fun!

The Bonney Lake Writers

Tuesdays at 1:00pm!



Want to express yourself by writing a poem, story, or novel? Maybe you want to write a memoir to leave a legacy for your family but are having trouble! Well, we have good news for you. The Bonney Lake Writer's group is here to help you. Anyone of any age is welcome. Bring your writing ambition or desire with you and we can help. Or just sit back, watch, and ask questions.

Don't let your frustration hold you back. All levels of ability from beginner to experienced writer are welcome. Join the fun and get those creative juices flowing!

1st Responder Safety Class

Wednesday, June 26th

Time: 10:00-11:00

No Cost

Sign up to attend a 1st responder safety class taught by Matthew Santelli from the Pierce County Community Outreach. Matt's class will be on the topic of Memory Wellness.



Banker's Life Can Help

3rd Tuesday of the Month

Time: 12:30-1:30

No Cost

Need help with retirement planning, life insurance, Medicare, Long Term Care and other important retirement concerns? Ernie can help with all of these things. Stop by and chat with him on the 3rd Tuesday of the month. No need to make an appointment.

Special Events

Cinco De Mayo Lunch

Thursday, May 2nd

10:30-12:30

Cost \$8.00

The United States joins the celebration of Mexican heritage. Come join the party and dance to the sounds of Jim Meck and enjoy yummy Mexican foods. Please sign up in the special events binder and pay at time of sign up.



Mother's Day Lunch

Thursday, May 9th

Time: 10:30-12:00

Cost: \$8.00

Sign up to join us for Mother's Day lunch with music and dancing. Music is Roaring 2020's. See a staff member to sign up.

Memorial Day Lunch

Thursday, May 23rd

Time: 10:30-12:00

Cost: \$8.00

Sign up to join us for Memorial Day lunch with music and dancing. Music is by Patty & the Traveling 4. See a staff member to sign up.

Senior Prom

Tuesday, June 18th

Time: 10:30-12:00

Cost: \$8.00

Sign up to join us for Senior Prom lunch with music and dancing. Music is by Patty & the Traveling 4. See a staff member to sign up.

NW GrassRoots (Food Bank)

1st & 3rd Monday of each month

2:00-2:30

The Bonney Lake Food Bank known as GoodRoots NW has reserved a special shopping half-hour exclusively for Bonney Lake Senior Center members. Beginning April 1st and continuing each first and third Monday, Phil will be dropping off seniors at the food bank while taking folks home after lunch. Sign up in the Programs book in his office. Come and see why this store serves more clients than any other food bank in the state.

Father's Day Lunch

Thursday, June 13th

Time: 10:30-12:00

Cost: \$8.00

Sign up to join us for Father's Day lunch with music and dancing. Music is by Jim Meck. See a staff member to sign up.

Senior Spring Road Rally

Friday, May 17th

Time: 12:00-3:00

No Cost

Sign up to participate in our annual Senior Spring Road Rally. We'll be teaming with Buckley, Sumner and other Senior Centers. Cash prizes awarded for highest poker hands (1st place-\$150.00, 2nd place-\$75.00 & 3rd Place -\$25.00). See a staff member for particulars and to sign up.

Special Events Cont'd

Volunteer Appreciation Dinner

Saturday, June 15th

4:00-8:00 pm

Location: The Hidden Valley Farm



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, June 15th at the Hidden Valley Farm. Invitations will be sent to all our fantastic volunteers from **2023** to join us for a delicious dinner, raffle & door prizes. We will have music and dancing with our musical entertainment provided by Jim Meck. 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 May 31st. To RSVP, please call Shari Jones at 253-447-4340 or email joness@cobl.us or Michelle Vazquez at 253-447-3104 or email her at vazquezm@cobl.us.

Luau

Thursday, August 8th

10:30-12:30

Cost \$8.00

Join us for our annual Luau with music by Patty & the Traveling 4, followed by a special lunch. Please sign up in the special events binder and pay at time of sign up.

Labor Day Lunch

Thursday, August 29th

10:30-12:30

Cost \$8.00

Join us for our annual Luau with music by Patty & the Traveling 4 followed by a special lunch. Please sign up in the special events binder and pay at time of sign up.

4th of July

Tuesday, July 2nd

10:30-12:30

Cost \$8.00

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



Grandparents Day

Thursday, September 5th

10:30-12:30

Cost \$8.00

Join us for Grandparents Day with music by Johnny Crash, followed by a special lunch. Please sign up in the special events binder and pay at time of sign up.

Patriots Day

Wednesday, September 11th

10:30-12:30

Join us for Patriots Day with a special presentation by Ron Walker, followed by a special lunch. No need to sign up and no special cost other than the \$6.00 lunch donation.

Hippie Day

Thursday, September 26th

10:30-12:30

Cost \$8.00

Join us for a fun filled event with tie-dye and dancing to the music of Patty & the Traveling 4 followed by a special lunch. Please sign up in the special events binder and pay at time of sign up.

Health and Wellness

Free Blood Pressure Checks

by Celebrate Seniority

When: Monday, May 13th

Time: 11:00-12:00

Where: Bonney Lake Senior Center

Walk-in's welcome!



Line Dancing Lessons

Attend line dancing sessions every Monday (beginning May 6th) from 1:00-2:00 pm. Class in our dining room, taught by Shannon Agidius, it's great exercise and fun! Cost is \$2.00 per lesson or \$5.00 for the month.

We'd like to thank Shannon for offering to teach this class.



Wellness Workshop

Monday, June 24th

1:00-2:00

No cost

Join Traci Woodcock for a free health presentation. This month is Recipe for Strong Bones-Growing a Skeleton that lasts. Please see a staff member to sign up. Minimum of 5 people needed to hold the class. This class is sponsored by our Advisory Board.

Foot Care ~ Come Get Your Toes Done!

When: Friday, May 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** This class is free to our members.



Medicare's Diabetic Shoe Program Medicare Part B and/or Medicaid Coverage.

This preventative coverage **provides one pair of extra -depth shoes and up to 3 pairs of custom molded multi-density inserts** every calendar year as a Medicare benefit with little or no charge to most diabetics. Priority Footwear coordinates all of the necessary paperwork with your primary care physician and insurance provider. **Adrian will be here every quarter, (see schedule below). Please call to make an appointment. All dates are 10:00-12:00 in 20 minute increments. See a staff member to sign up.**

Monday, July 15th

Monday, October 21st

Alzheimer's Walk - Joyce's Story and Our Journey

By Bev Proby

This story is about my best friend and big sister by special design, God knew our paths would cross. Our sisterhood has spanned over 39 years and counting.

Both of our families were brought here by the Boeing Company. She was from the East Coast, and we were from the West, we were introduced at work, and we hit it off. She was the oldest in her family, two brothers and two sisters! I told her I always wanted a big sister, and she told me she would be my big sister and she was good at it, bossy. Joyce and I were known as the Bobbsey twins. Our families went on camping trips and holidays and our bond was sealed.

Al and I started noticing she was forgetting things, then when she ended up in Puyallup and was lost, I was concerned but she said a semi-truck was in front of her and she couldn't see. By 2015 she had stopped driving. We went to lunch a few times and she would ask us to sign her credit card receipts for her because her hand hurt or some other excuse. Her story would always change.

In 2017 she began to call me periodically and ask me to take her to lunch, but she hadn't been able to use the phone for awhile. What I didn't know was that her daughters had programmed names and numbers into the phone so she could make calls. I would set a date and time to pick her up and upon my arrival, she would tell me them same story over and over again in the 10 minute drive to the restaurant. She indicated to me that she thought she was losing her mind. I believe she wanted me to know she wasn't okay. She had also reached a point where she couldn't read, which at that point it finally became clear to me!

In 2017 the family and I got the Neuropsychological report- Alzheimer's Dementia on September 19th. I became the big sister. The songs we sang together she no longer knew the words, and was unable to feed herself. My heart started breaking thinking of all our plans of travel and meeting our grandson's girlfriends so we could tell baby stories and show pictures. I miss her laugh and her voice. Now it's one or two words and her voice has changed. She only answers to Joyce. I used to call her Boo, and she would call me Bev. Sometimes the way she takes my hand, I believe she knows it's me!

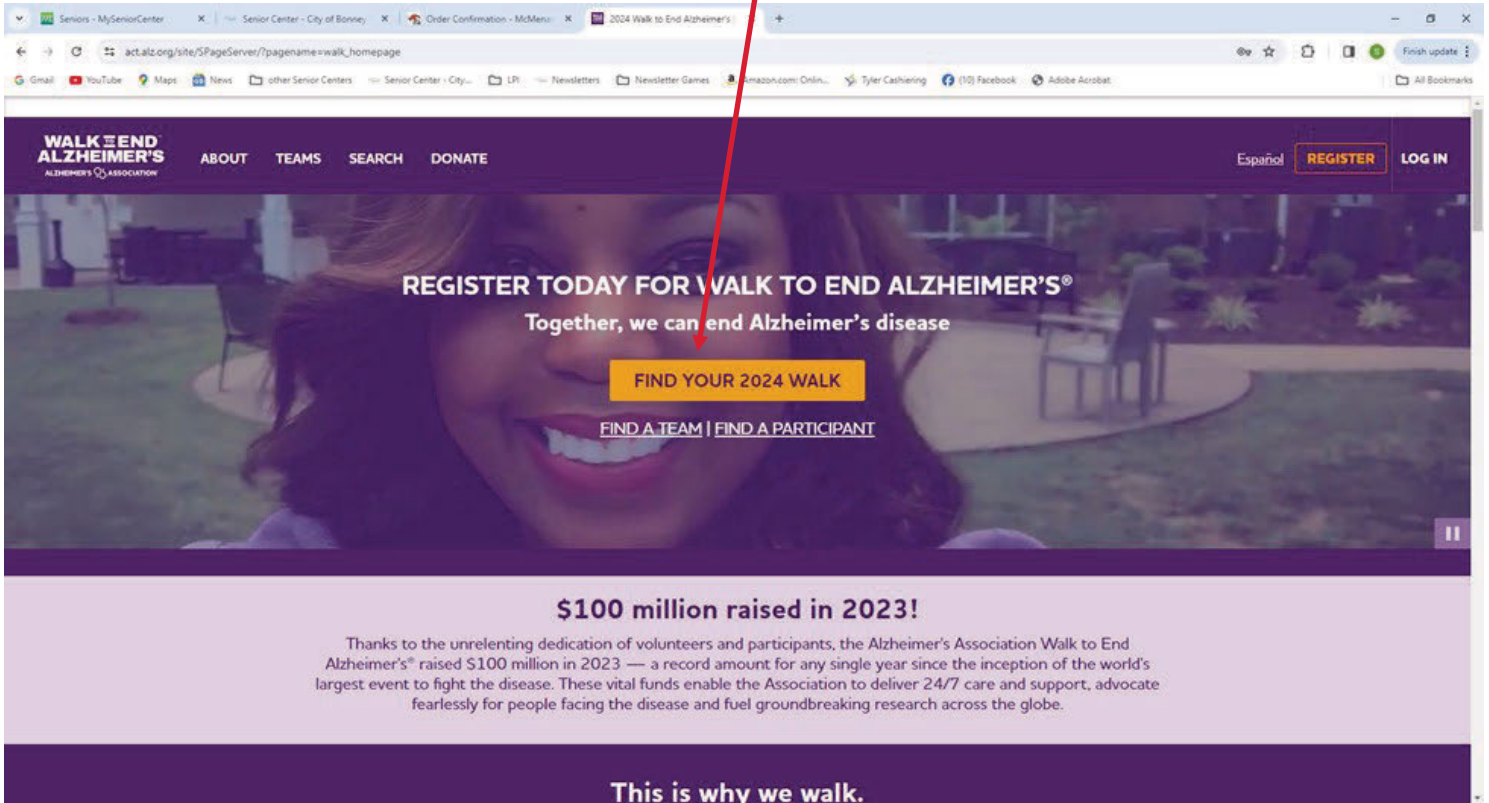
One time we went to lunch and it ended with her telling the cashier I was her little sister but now I must become the big sister! She sleeps a lot now, but I still visit her and talk to her as I used to. If I can only make a phone call to her, her caregiver puts me on speaker. A kiss on the forehead when I leave her house. Lucy and Ethel still together! Oh, just in case you want to know I am Ethel!



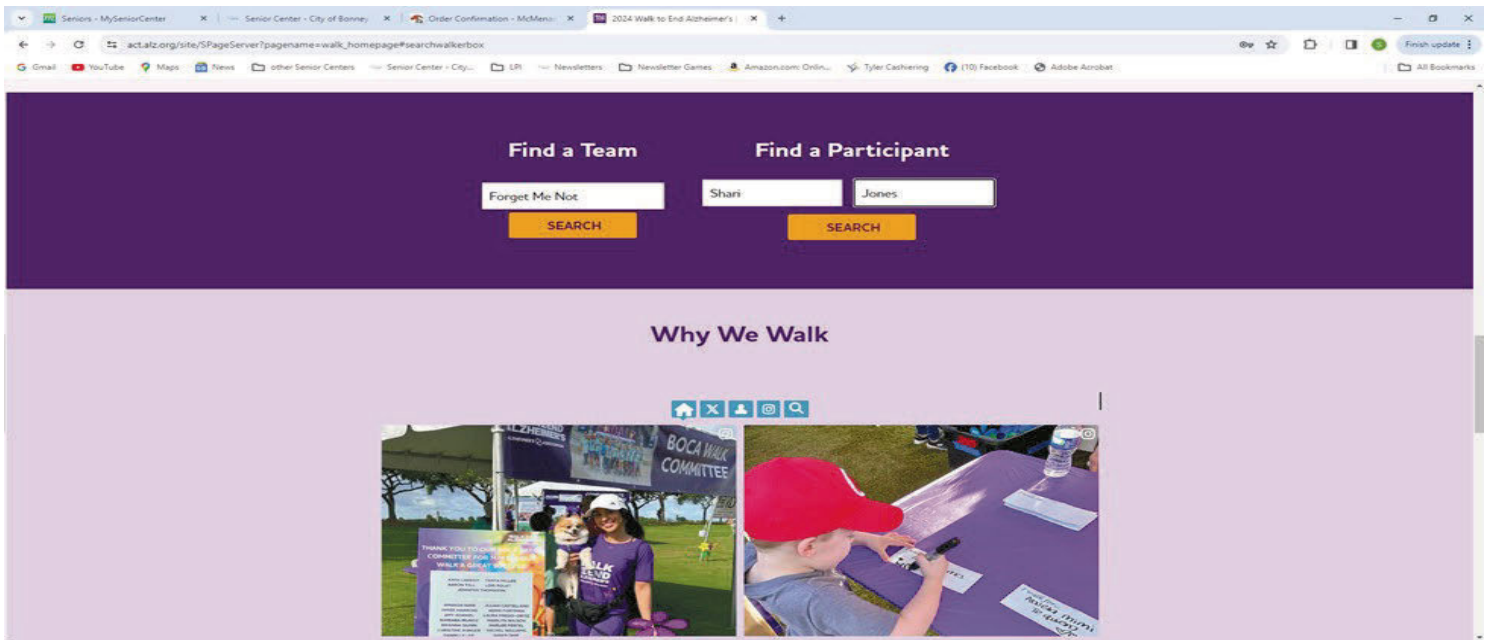
How to Registration/Donation for Alzheimer's Walk

Thank you to Wayne and Bonnie Johnson for signing up to join our walking team on Saturday, October 5th (date change)

go to the website, <https://act.alz.org> and click find your walk



Type in the name of the team "Forget Me Not" and type in Shari Jones as captain and click search



How to Registration/Donation for Alzheimer's Walk Cont'd

Click on the team you want to register for and/or donate to

Hagen, Jenni	
Forget Me Not Royalty Halvorson, Roselyn	2024 Walk to End Alzheimer's - Pierce County, WA
Love Forget Me Nots Hermann, Deborah	2024 Walk to End Alzheimer's - St. Louis, MO
Optum Forget Me Nots Iryk, Charlotte	2024 Walk to End Alzheimer's - Upper Ohio Valley
The Forget Me Nots Jenkins, Victoria	2024 Walk to End Alzheimer's - Middle Peninsula and Northern Neck
Chuck's Forget Me Nots Jepson, Darla	2024 Walk to End Alzheimer's - Kankakee & Iroquois County, IL
Forget Me Nots Johnson, Marj	2024 Walk to End Alzheimer's - Tulsa, OK
Forget Me Not Jones, Shari	2024 Walk to End Alzheimer's - Pierce County, WA
Forget me Nots Jones, Valory	2024 Walk to End Alzheimer's - Reno/Sparks, NV

Records 21-30 of 41+
[< Previous](#) | [Next >](#)

[FIND A WALK](#) | [DONATE](#) | [FIND A TEAM/PARTICIPANT](#) [NEED HELP?](#)

Click on either "Donate to the Team" or "Join our Team" and follow the prompts. If you have questions, please see Shari Jones.

Team page of Forget Me Not

[DONATE TO THE TEAM](#) [JOIN OUR TEAM](#)

Welcome to our team page for the Alzheimer's Association Walk to End Alzheimer's! Walk is the largest event to raise funds and awareness for the care, support and research efforts of the Alzheimer's Association. It's held annually in more than 600 communities nationwide, and our team is excited to participate this year.

Currently, more than 6 million Americans are living with Alzheimer's and over 11 million family and friends provide their unpaid care. We need your help to end this devastating disease. You can make an impact with a donation or even joining our team. Your kindness and generosity truly make a difference in the fight against Alzheimer's and all other dementia. Thank you for your support!

\$100 WE HAVE RAISED **\$2,000** OUR GOAL

5% ACHIEVED

[Share Our Page](#)
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[Our Walk](#) [Team Roster](#)

[2024 Walk to End Alzheimer's - Pierce County, WA](#)

[Search for Team Members](#)

To find a team member, start typing their name below.

Search:

[NEED HELP?](#)

Visit us at www.ci.bonney-lake.wa.us | 17

Things you need to Know

Senior Center Closures

The Senior Center will be closed:

Memorial Day—Monday, May 27th

Juneteenth—Wednesday, June 19th

Independence Day—Thursday, July 4th

Labor Day—Monday, September 2nd

Veteran's Day—Monday, November 11th

Thanksgiving—Thursday & Friday, November 28th & November 29th

Christmas Eve & Day—Tuesday & Wednesday, December 24 & December 25th

New Year's Day—Wednesday, January 1st



Find the Lucky 3 Numbers

Beginning in January, you are only eligible to win a gift card once a quarter.

We have hidden 3 lucky numbers throughout our newsletter. The first 4 people to find the 3 lucky numbers and show them to a staff member will win a \$5 gift card from Starbucks, Crumbl Cookie, or Chick-fil-A.

Lucky numbers are: 14, 52 & 79



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

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Classified Ads

For Sale: Niche for two Urns at Mountain View cemetery in Lakewood, WA. Paid \$3000 asking \$2,500. If interested or have questions please call: 253-266-7331 or email me at: duhamelsusan7@gmail.com

Need a Place to Stay?

If you are a person looking for a bedroom in a shared nice home, and assistance with daily living tasks, call Grace at 206-293-4605. She has rooms and the care to help.

Lance Camper for Sale

2017 Lance 650 Fits 6' & 6'1/2 ton truck beds.
\$17,850

2013 F-150 STX 4x4 also available, 100,972 miles.
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Contact Ben Thompson in Bonney Lake,
505-980-3946

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

NEVER MISS OUR NEWSLETTER!

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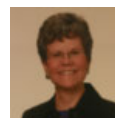
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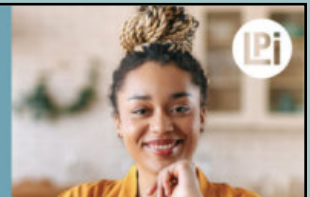
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Bonney Lake Senior Center, Bonney Lake, WA

C 4C 05-1036

Important Information

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.

5/2/24—Cinco De Mayo—Jim Meck
5/9/24—Mother's Day Lunch—Music Roaring 2020's
5/23/24—Memorial Day Lunch—Music Patty & Traveling 4
6/13/24—Father's Day Lunch—Music Jim Meck
6/18/24—Senior Prom—Music Patty & Traveling 4
7/2/24—4th of July—Music Patty & Traveling 4
8/8/24—Luau—Music Patty & Traveling 4
8/29/24—Labor Day—Music Patty & the Traveling 4
9/5/24—Grandparents Day—Music Johnny Crash
9/26/24—Hippie Day—Music Patty & the Traveling 4
10/3/24—Oktoberfest—Music Jim Lapsansky
10/31/24—Halloween— Music Jim Meck
11/7/24—Veterans' Day—Music Patty & Traveling 4
11/21/24—Thanksgiving Lunch Day One—Music Johnny Crash
11/22/24—Thanksgiving Lunch Day Two—Music Randy Litch
12/19/24—Christmas Lunch Day One—Music Jim Meck
12/20/24—Christmas Lunch Day Two—Music Jim Meck
12/31/24—New Years Eve—Music by Patty & Traveling 4



Remember when we used to do prank phone calls growing up? Now these spam phone calls are Karma getting us back.



Your Center Needs You!

Please consider volunteering a couple of hours a week in any of the following areas as we are in critical need of help in order to maintain our programs. We will need a variety of volunteers. Please call us to discuss any volunteer jobs that you may be interested in at 253-863-7658.

We are in desperate need of Bingo volunteers on Wednesday afternoons & Friday Nights. Our bingo program is in peril of being shut down due to an insufficient number of volunteers. Please consider volunteering one day a month in one of our most critical positions, Caller, Cashier or Records. Without these 3 positions being filled every week, we may need to shut down our bingo program.

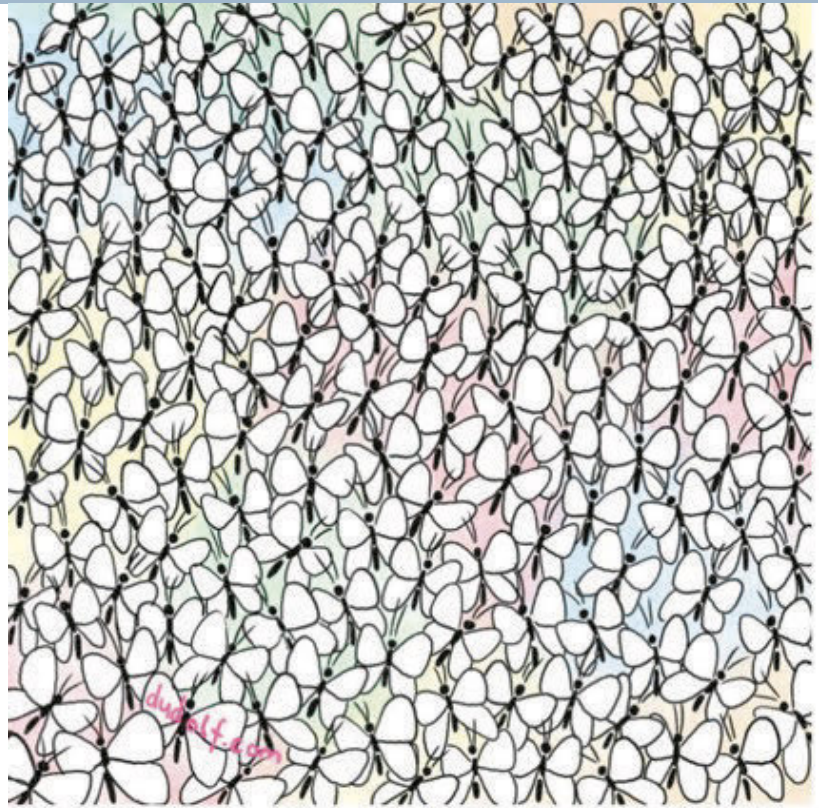
There are also a fun variety of positions such as Dining Services Front Desk Host, Senior van driver, and volunteer meal delivery drivers. Please talk to a staff member if you are interested and a BIG THANK YOU to all who currently volunteer with us!



Find the Ant

Can you find the ant in among
all the butterflies?

Answer on page 22



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



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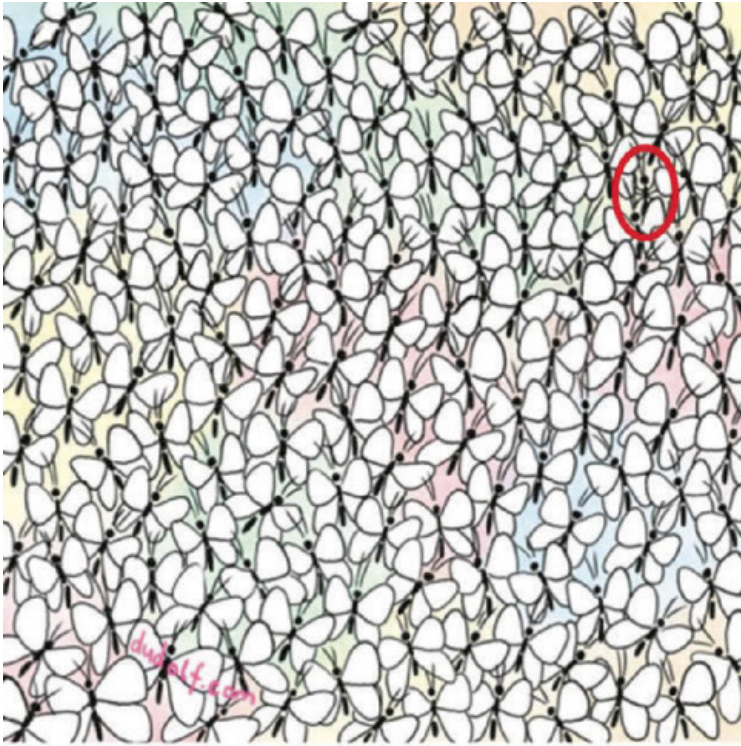
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Bonney Lake Senior Center, Bonney Lake, WA

D 4C 05-1036

Answer to Find the Ant

Answer from page 21



Definition of a cat:

The furry little sociopath who rules your household and manages to look innocent while doing so.

Treat everyone with kindness and respect, even those who are rude to you. Not because they are nice, but because you are.....

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Friday Night Bingo Italian Dinner

Join us the 4th Friday of every month from April through September for a Pizza or Spaghetti Feed. All proceeds will go to the Alzheimer's Association for our team walk on October 5th.

Pizza feed consists of 2 slices of pizza, Caesar Salad and a drink.
Spaghetti Feed includes Spaghetti with meat sauce, Caesar Salad, Garlic Bread and a drink.

Prices are \$10.00 for Adults and \$8.00 for kids.

(You do not have to be a Senior Center member to partake in the feed and you do not have to stay to play bingo, but you're welcome to)

Friday, May 24th Spaghetti Feed from 5:00-7:00 pm

Friday, June 28th Pizza Feed from 5:00-7:00 pm

Friday, July 26th Spaghetti Feed from 5:00-7:00 pm

Friday, August 23rd Pizza Feed from 5:00-7:00 pm

Friday, September 27th Spaghetti Feed from 5:00-7:00 pm

If you are interested in joining our Alzheimer's Walking Team, please contact Shari Jones at jones@cobl.us or call 253-447-4340



News from our Gardener

I talk to many people who seem to have in their mind that a garden should be impeccable, they may have big dreams about a pond, arbor, greenhouse and all else, but these features cost a significant amount of money, time and maintenance. Instead, I advise create a plan that only includes your most basic needs. Make “impeccable”, a garden that has no chickens (some people will not get that pun)! Do, clear weeds, and trim shrubs and perennials, remember we have wildfires. This will allow you to focus on problem areas, such as bare spots and dead or dying plants, or the rotting shed that should come down. Once you assess the scene, make a list of what needs to be changed.

Avoid impulsively buying a random assortment of pretty but unfamiliar plants. Resist splurging on marginally hardy or rare specimens. Instead, stick with the “greatest hits” that you know thrive in your area. Shrubs such as spirea, hydrangea and boxwood do well, as do perennials such as day lilies (so many new colors), phlox and false indigo. Natives are even better. If you have an established garden, stick to the tried-and-true minimalist rule of only buying a new plant when an old one has expired.

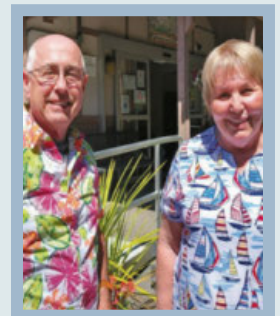
If you’re building a garden from scratch, create a design with a list of plants and materials, and don’t veer from it unless an expert advises you to. You can designate a few spots for impulse buys, but stick to that number once you’re at the store. It’s important to plant the right plant in the right place, so note your sunny, shady and partly shady areas when crafting your design, then research which species prefer those conditions. Try working in the garden for 20 minutes every day, in that way you can break what might feel like an overwhelming project into manageable tasks. By the weekend, you might actually have time for something else you need to do.

The biggest benefit of a simple garden is that it will allow you more time to actually enjoy it. Read a book outside, play with the pets, cut some flowers, listen to a ballgame, whatever makes you happy. It might sound strange, but I’d recommend scheduling time to simply ‘be’ in your garden: time to think, to reflect, to meditate and simply enjoy the space. So, sit back, take a deep breath, and remember how special it is that, in our noisy world, you can enjoy a peaceful moment in nature at our own garden. If you do not have a garden of your own, enjoy the flowers at our own Senior Center. The Center’s gardens are kept by our own members and there is always room for another hand. We keep the area relevant and simple. It seems our rose garden also keep the local deer well fed. With help, the hydrangea was replaced on the east side and it will be fun to see it grow from that one foot start to a six foot ball of flowers. The Bonney Lake Rock Club decorates with colorful rocks throughout the garden and you can find their activities on Facebook. Please take the time to sit on the outside benches and give yourself a covered respite to enjoy the flowers colors.

I also recommend finding our local gardens or just take in a local nursery to get out of the house. The Master Gardeners are having their yearly plant sale the last weekend of April which can be opportunity to see what the scientist recommends.

Let's close with a quote from a wise cook: “Knowledge is knowing that tomatoes are a fruit; wisdom is knowing to not add tomatoes in your fruit salad!”

Enjoy Your Day, Everyday!
Dave PCMG



David A. and
Linda Smith
Gardening Committee

Senior Farmers Market Nutrition Program

SENIOR FARMERS MARKET

NUTRITION PROGRAM



Program Details

From May 1- Oct 1, eligible seniors can apply for the Senior Farmers Market Nutrition Program and receive funds to purchase produce from participating farmers markets and road side stands. If approved, you will receive an Electronic Benefits Card with \$80 pre-loaded for the season.

Program Criteria

- ✔ Be a WA State resident (apply in your county of residence)
- ✔ 60+ years old (55+ if Native American or Alaska Native)
- ✔ Meet income criteria below:
 - \$2,322 for 1 person household
 - \$3,151 for 2 person household
 - Add \$829 for each additional person in household

APPLY ONLINE

PierceCountyWA.gov/farmersmarket

Request a paper application from the Aging and Disability Resource Center
253-798-4600

Phil's Trips

Trips Policy

When you sign up for a trip, you will need to pay at the time of sign up. If you do not, your name will be put on the standby list and will remain on the standby list until payment is received. This means that we cannot guarantee you a place in the program that you are signing up for. This change is necessary to allow everyone the same chance at signing up and participating in our programs. Trip participants are limited to signing up for one trip during the first week of the month. After the first week, participants may sign up for unlimited number of trips. Thank you for your understanding.

MAGAZINES, PLEASE

In August we will be taking a trip to the Chimp Sanctuary NW. This agency rescues chimps from lab testing facilities and homes that can no longer care for these animals as they grow bigger and stronger. To help the chimps relieve boredom, the staff give them donated magazines. Most of the chimps will look at the pictures one time and then abandon the magazine and never go back to it. As a result, the crew are always looking for new pictures to stimulate and interest the chimps. If you have old magazines you no longer want, please bring them to the senior center prior to August 3rd. Tatu likes cooking and gardening magazines, and Cy enjoys People magazine. Thanks in advance for any magazines you can donate.

Friday, May 3rd

Troll Hunt

\$5.00 for transportation

Take a van ride to Issaquah and then take a gentle stroll on the Rainier Trail (paved) for 1/4 mile and meet Jakob Two Trees. Fashioned entirely out of recycled materials, Jakob is a large-scale public art installation that tells a tale of protecting nature and honoring the land and waterways. Jakob stands around 14-feet tall, looking down at passersby who walk near him on the trail. Lunch on your own at a nearby restaurant.

Monday, May 6th at 3:00p.m.

Special Trip Presentation

Liz Bell of Premier World Discovery tours will be here to give us a special preview of the **Nashville, Smoky Mountains & Bluegrass** trip coming up in September of 2025.

Her talk will begin at 3:00 and last about one hour, including a question and answer session.

Friday, May 10th thru Saturday May 11th

Mystery Trip - OVERNIGHT

This is a Senior Center bus trip.

Leaving from behind fire station at 8:30 a.m. Friday morning. Returning at 8:30 p.m. on Saturday.

Cost: \$30 for transportation; \$80 for hotel room, double occupancy, (pay \$110 at sign-up). Meals on your own. **Be sure to sign up on the room sharing sheet in the trip book.**

We will start our journey with a breakfast stop in North Bend, and then travel on to Spokane, with a few rest stops in between. After checking in at our hotel we will do some exploring and go to dinner. Saturday we will explore the big mystery, and other Spokane attractions, then head for home around 2:30. I feel this will be our best mystery trip ever. Don't miss it

Phil's Trips Cont'd

Tuesday, May 21st

Tacoma Rainiers Deck Party Baseball Game vs the Las Vegas Aviators

This is a Bonney Lake bus trip.

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

Cost: \$5 for Transportation; Party and Game cost \$45 (pay \$50 at sign-up)

Deck party begins at 11:00, including buffet, cold beverages and a personal deck attendant. Game against the Aviators begins at 11:35. During the game see our group get a special welcome on the video board. Don't forget your sunglasses.

Saturday, May 25th

A Day at Emerald Downs

This is a Bonney Lake Sr. Ctr. bus trip

Leaving Senior Center at 11:30 a.m. and return around 8:00 p.m.

Cost: Transportation - \$5 (Due at sign-up); Admission - \$10 (pay at entrance) Lunch on your own in the Quick Pix Café.

Tuesday, June 4th

Tacoma Rainiers Deck Party Baseball Game vs the Reno Aces

This is a Bonney Lake bus trip.

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

Cost: \$5 for Transportation; Party and Game cost \$60 (pay \$65 at sign-up)

Deck party begins at 11:00, including buffet, cold beverages and a personal deck attendant. Game against the Aces begins at 11:35. During the game see our group get a special welcome on the video board. Don't forget your sunglasses.

Friday, June 7th thru Monday June 10th

Four Days at Sol Duc Hot Springs

This is a Senior Center bus trip.

Leaving from behind fire station at 8:30 a.m. Friday morning. Returning at 4:30 p.m. on Monday.

Cost: \$20 for transportation; \$435 for cabin and unlimited use of the pools, double occupancy, (pay \$455 at sign-up). Meals on your own. **See the cabin sharing list and potluck list in the trip book.**

We will stay at the resort Friday and Saturday, but Sunday we will explore the Hoh Rain Forest before returning to the resort for one more night, and then drive home on Monday.

Friday, June 28th thru Saturday June 29th

Rusty Scuppers Pirates Fair at Westport

This is a Senior Center bus trip.

Leaving from behind fire station Senior Center at 8:30 a.m. Friday morning. Returning at 7:30 p.m. on Saturday.

Cost: \$20 for transportation; \$100 for hotel room, double occupancy, (pay \$120 at sign-up). Meals on your own.

Be sure to sign up on the room sharing sheet in the trip book.

This is a weekend pirate street fair, so costumes are encouraged. No swords or cannons, please.

Phil's Trips Cont'd

Special Advance Notice of Up-Coming Collette Trips

Sept 24 – Oct 1, 2024

Colors of New England

This is a Collette Tours trip

Cost: From \$4,699 per person for 8 days, includes 12 meals. Book prior to March 17th to receive a \$100 discount.

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.

April 8-16, 2025

Holland & Belgium Springtime River Cruise

This is a Collette Tours trip

Cost: From \$3,999 per person for 9 days, includes 20 meals, with optional air and river upgrades.

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

Enjoy springtime in Holland and Belgium with a cruise that highlights the blooming Dutch tulip fields. Relax as you make your way along seemingly endless fields of vibrant flowers and iconic windmills. Visit the second largest Van Gogh collection in the world. See Phil for more details and a brochure.

September 21-28, 2025

Nashville, Smoky Mountains & Bluegrass

This is a Premier World Discovery Tours trip

Cost: From \$3,999 per person for 8 days, includes 11 meals.

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

This trip starts in the Bluegrass state, in Louisville, Kentucky where we will visit Churchill Downs, the Louisville Slugger Museum and Factory, and the Evan Williams Bourbon Experience for a tasting at Kentucky's first distillery. Next day will be spent at the life-size replica of Noah's Ark, The Ark Encounter, the largest timber frame structure in the world. On day four we move on to horse country around Lexington, and then on to a Smoky Mountain resort for a two-night stay in Gatlinburg. Day five will include a visit to the Biltmore Estate, America's largest home. On day six we travel to Pigeon Forge to visit Dollywood. That night we will check into the Gaylord Opryland Resort in Nashville for a two-night stay. Our tour of Nashville includes Ryman Auditorium, Country Music Hall of Fame, and The Grand Ole Opry.

See Phil for details about a \$100 discount.

First Tuesday local walking trips will be:

May 7th – Fennel Creek Trail

May 28th – Deep Lake in Cumberland

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