

# Bonney Lake

## Senior Center Newsletter

# June 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](http://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

## Senior Services Manager

**Sue Hilberg**

hilbergs@cobl.us

253-447-4327/360-551-2002

## Senior Services Assistant

**Michelle Vazquez**

vazquezm@cobl.us

253-447-3104

## Senior Aide

**Phil DeLeo**

deleop@cobl.us

253-447-4328

## Senior Aide

**Shari Jones**

jones@cobl.us

253-447-4340

## Staff

### Kitchen Staff

#### Head Cook

**Pam Camp**

camp@cobl.us

253-447-4334

#### Assistant Cook

**Jay Shideler**

#### Assistant Cook

**Karen Berto**

#### Dishwasher

**TJ**

## Facility Monitors

**Becky Alvarez**

**& Karina Guzman-Euler**

*To Reach all Staff Call:*

*253-863-7658*

**Emergency** After Hours  
Number—253-455-0632



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**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  
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[www.4lpi.com/careers](http://www.4lpi.com/careers)

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Bonney Lake Senior Center, Bonney Lake, WA

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# Senior Advisory Board

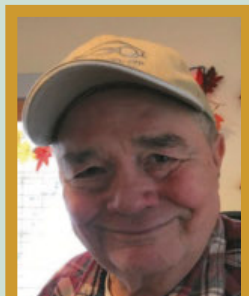


The Senior Advisory Board members work closely with staff to help with a variety of tasks. The Senior Advisory Board, and their volunteers, assist with many fundraising events throughout the year which enables them to help provide funds for special events, work with the Bonney Lake Kiwanis to help seniors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



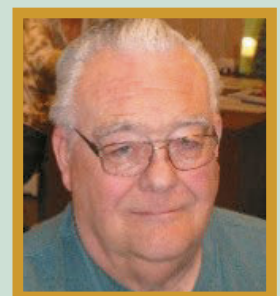
**President**  
Wayne Johnson



**Vice President**  
Bob Wells



**Treasurer**  
Julianne DeLeo



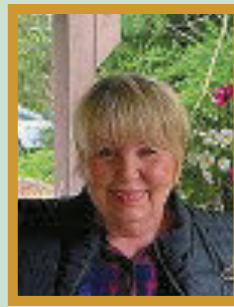
**Assistant Treasurer**  
Jim Baisch



**Secretary**  
Anita Chandler



Bonnie Johnson  
Board Member



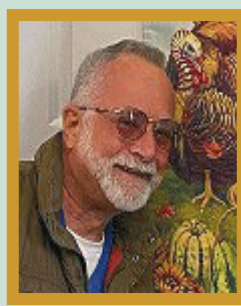
Linda Smith  
Board Member



David Reed  
Board Member



Diane Stabler  
Board Member



Ernie Gilmer  
Board Member



Beverly Proby  
Board Member

# Menu

# June 2024


Monday	Tuesday	Wednesday	Thursday	Friday
3 Polish Dogs with Sauerkraut Sautéed Onions Macaroni Salad Chips Salad Bar	4 Crispy Chicken Tenders Tater Tots Dipping Sauces Coleslaw Salad Bar	5 Coconut Crusted Tilapia Jasmine Rice Green Beans Tropical Fruit Salad Salad Bar	6 <b>D-Day</b> Grilled Cheese on Sourdough Creamy Tomato Soup Dill Pickle Chips Salad Bar	7 Pulled Pork Sandwich Crisp Cut Fries Fresh Fruit Salad Bar
10 Stir Fry Chicken Yakisoba Noodles Asian Vegetables Egg Rolls Salad Bar	11 Baked Potato Bar Bacon Bits, Sour Cream, Butter, Broccoli Cheese Sauce Salad Bar	12 Pam's Famous Meatloaf Mashed Potatoes Brown Gravy Green Beans Salad Bar	13 <b>Father's Day Lunch</b> BBQ Ribs Baked Beans Potato Salad Cornbread Green Salad Dessert	14 Philly Cheesesteak Sandwiches Peppers and Onions Potato Chips Salad Bar
17 Fish Sticks Tater Tots Fresh Fruit Salad Bar	18 <b>Senior Prom</b> Chicken Fried Steak Mashed Potatoes Country Gravy Sunshine Carrots Salad Bar	19 	20 <b>Summer Solstice</b> Breakfast for Lunch Pancakes Eggs Link Sausage Fresh Fruit Salad Bar	21 Chef's Choice Salad Bar
24 Spinach Salad with Chicken Strips Mandarin Oranges Almonds Bell Peppers Chinese Noodles Salad Bar	25 Sloppy Joes French Fries Fresh Fruit Salad Bar  <b>Birthday Celebration</b>	26 BBQ Wings Corn Cobettes Cole Slaw Bread Sticks Salad Bar	27 <b>Nat'l Bingo Day</b> Beef Stew Biscuits Honey Butter Caesar Salad Salad Bar	28 Pork Cutlets Mashed Potatoes Savory Gravy White Corn Salad Bar
27 Chef's Choice	28 Chicken Taco Salad w/All the Fixin's Black Beans Chips & Salsa Churros Salad Bar	29 Teriyaki Beef Skewers Steamed Jasmine Rice Stir Fry Vegetable Pot Stickers Salad Bar	30 Ham Steaks Scalloped Potatoes Peas Dinner Roll Salad Bar	<p>Dine-in lunch service Monday—Friday 12-12:30pm</p> <p>To Go meals served 11:30-12:00</p> <p><b>**Alternate meals available only for Fish/Seafood and Liver/Onions</b></p>

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# To-Go Only June Order-Ahead Lunch Menu

Your Name

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Polish Dogs with Sauerkraut Sautéed Onions Macaroni Salad Chips Salad Bar To Go <input type="radio"/></p>	<p>4 Crispy Chicken Tenders, Tater Tots Dipping Sauces Coleslaw Salad Bar To Go <input type="radio"/></p>	<p>5 Coconut Crusted Tilapia, Jasmine Rice Green Beans Tropical Fruit Salad Salad Bar To Go <input type="radio"/></p>	<p>6 <b>D-Day</b> Grilled Cheese on Sourdough Creamy Tomato Soup Dill Pickle Chips Salad Bar To Go <input type="radio"/></p>	<p>7 Pulled Pork Sandwich Criss Cut Fries Fresh Fruit Salad Bar To Go <input type="radio"/></p>
<p>10 Stir Fry Chicken Yakisoba Noodles Asian Vegetables Egg Rolls Salad Bar To Go <input type="radio"/></p>	<p>11 Baked Potato Bar Bacon Bits, Sour Cream, Butter, Broccoli Cheese Sauce Salad Bar To Go <input type="radio"/></p>	<p>12 Pam's Famous Meatloaf, Mashed Potatoes Brown Gravy Green Beans Salad Bar To Go <input type="radio"/></p>	<p>13 <b>Father's Day Lunch</b> BBQ Ribs, Baked Beans Potato Salad Cornbread Green Salad Dessert To Go <input type="radio"/></p>	<p>14 Philly Cheesesteak Sandwiches Peppers and Onions Potato Chips Salad Bar To Go <input type="radio"/></p>
<p>17 Fish Sticks Tater Tots Fresh Fruit Salad Bar To Go <input type="radio"/></p>	<p>18 <b>Senior Prom</b> Chicken Fried Steak Mashed Potatoes Country Gravy Sunshine Carrots Salad Bar To Go <input type="radio"/></p>	<p>19 </p>	<p>20 <b>Summer Solstice</b> Breakfast for Lunch Pancakes, Eggs Link Sausage Fresh Fruit Salad Bar To Go <input type="radio"/></p>	<p>21 Chef's Choice Salad Bar To Go <input type="radio"/></p>
<p>24 Spinach Salad with Chicken Strips Mandarin Oranges Almonds, Chinese Noodles, Salad Bar To Go <input type="radio"/></p>	<p>25 <b>Birthday Celebration</b> Sloppy Joes French Fries Fresh Fruit Salad Bar To Go <input type="radio"/></p>	<p>26 BBQ Wings Corn Cobettes Cole Slaw Bread Sticks Salad Bar To Go <input type="radio"/></p>	<p>27 <b>Nat'l Bingo Day</b> Beef Stew Biscuits Honey Butter Caesar Salad Salad Bar To Go <input type="radio"/></p>	<p>28 Pork Cutlets Mashed Potatoes Savory Gravy White Corn Salad Bar To Go <input type="radio"/></p>
<p>27 Chef's Choice</p>	<p>28 Chicken Taco Salad w/All the Fixin's Black Beans Chips &amp; Salsa Churros Salad Bar</p>	<p>29 Teriyaki Beef Skewers Steamed Jasmine Rice Stir Fry Vegetable Pot Stickers Salad Bar</p>	<p>30 Ham Steaks Scalloped Potatoes Peas Dinner Roll Salad Bar</p>	<p>If you are getting your lunch To-Go, please fill out the order ahead menu or <u>call in by 10am the morning of your pickup</u>. If you are delivery or dine-in, you <b>do not</b> need to fill out the order ahead menu or call us.</p>

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# Events

# June 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> 12pm Lunch 1-2 Line Dancing 1-3-Gnome Ceramics 2-2:30-Food Bank	<b>4</b> 9:30-11:30 Music Jam 12pm Lunch 1pm Writers Group 1pm—Tech Time	<b>5</b> 9-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo	<b>6</b> 9:30-10:30 Chick-fil-A Bingo 10:30 Tai Chi 12pm Lunch 1-3 Card Games	<b>7</b> 12pm Lunch 1-3:30 Shopping Trip 7pm Family Bingo
<b>10</b> 11-12 BP Checks 12pm Lunch 1-2 Line Dancing	<b>11</b> 9:30-11:30 Music Jam 9:30-12pm Massage 12pm Lunch 1pm Writers Group 1:30-3:30-Diamond Art 2:30-5:00-Walking Trip	<b>12</b> 9-12 Happy Hookers 10-11-Chat with Chief 12pm Lunch 1:15pm Senior Bingo	<b>13 Father's Day Lunch</b> 10:30 Tai Chi 10:30-12-Music by Jim Meck 12pm Lunch 1-3 Card Games 1-4 Legal Guidance	<b>14</b> 12pm Lunch 1-3:30 Shopping Trip 7pm Family Bingo
<b>17</b> 12pm Lunch 1-2 Line Dancing 2-2:30-Food Bank	<b>18 Senior Prom</b> 10:30-12-Music by Patty & Traveling 4 12pm Lunch 12:30-1:30-Medicare Chat with Ernie 1pm Writers Group 1-2-Personal Safety Class 3-4 Advisory Board Mtg	<b>19</b> 9-12 Happy Hookers 12pm Lunch 1:15pm 4:30 J Expre: 	<b>20</b> 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	<b>21</b> 10-2-Troll Hunt Issaquah 12pm Lunch 1-3:30 Shopping Trip 1:30-3:30-Art w/Anita 7pm Family Bingo
<b>24</b> 12pm Lunch 1-2 Line Dancing 1-2 Wellness Workshop	<b>25</b> 9:30-11:30 Music Jam 9:30-12pm Massage 12pm Lunch 1pm Writers Group 2:30-5:00-Walking Trip  Birthday Celebration	<b>26</b> 9-12 Happy Hookers 10-11-1st Responders-Memory Wellness by Matt 12pm Lunch 1:15pm Senior Bingo	<b>27</b> 10:30 Tai Chi 12pm Lunch 1-3 Card Games	<b>28</b> 9-3 Foot Care 12pm Lunch 1-3:30 Shopping Trip 5-7 Pizza Feed Fund Raiser 7pm Family Bingo



## Available Services

### Lunch Service

We have a change to the order ahead menu beginning in February. You will no longer have to turn in your order ahead menu if you are delivery or dine in. You will not be required to call ahead to let us know you are coming in for lunch.

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 or call in by 10am the morning of pickup**. (located on page 5).

### Free Haircuts by Becky from Manhattan Design

**When: Thursday, June 20th**

**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, July 26th**

**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 and for providing birthday bags.*** Get your tickets from a staff member.

### 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.

### Caregivers Support Group

**When: Thursday, June 20th**

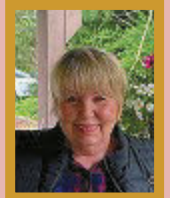
**Time: 1-2:30pm**

**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!!2



### 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 6:00pm on Friday nights.*

*There will be no Bingo on Wednesday, June 19th as the center will be closed in observance of Juneteenth.*

## 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.***

***There will be no Jesse and the Jammers on Tuesday, June 18th as that is our Senior Prom event and a different band will be playing here. 17***

## 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!

## 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.

6/19/24—Panda Express (***still on even though center is closed***)

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



## Gnome Ceramics

Join us on Monday, June 3rd from 1:00-3:00 for a Gnome Ceramics Class taught by Kim from the Ceramics Shop in Yelm. Cost is \$20.00 per person with all materials provided. You get to pick which gnome you want to make. Please see a staff member to sign up.





## 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! **No Happy Hookers on Wednesday, June 19th**

### 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 her email of [sherrylpfaff2015@gmail.com](mailto:sherrylpfaff2015@gmail.com)

### Chat with the Chief

**2nd Wednesday of every month  
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 Matt Santelli from the Pierce County Human Resources. Matt's class in June 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

## 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.

## 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.



## 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.

## 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.

## 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 have been 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 [jones@cobl.us](mailto:jones@cobl.us) or Michelle Vazquez at 253-447-3104 or email her at [vazquezm@cobl.us](mailto:vazquezm@cobl.us).**

## Labor Day Lunch

Thursday, August 29th

10:30-12:30

Cost \$8.00

Join us for our annual Labor Day Lunch 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.

# Special Events Cont'd

## 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.

## Oktoberfest

**Date: Thursday, October 3rd**

**Time: 10:30-12:00**

**Cost: \$8.00**

Jim Lapsansky will be here with his amazing accordion playing polka music. There will be games, dancing, and a special lunch menu. A fun time will be had by all. Please sign up in the special events binder and pay at time of sign up.

## Hallow-Week

**Date: Monday, October 28th thru Wednesday, October 30th**

**Time: 10:30-12:00**

**Cost: Varies depending on Event**

Keep an eye on the coming newsletters for more detailed information on our Hallow-Week events which is leading up to our Halloween party.

## Halloween Costume Party and lunch

Join us for a fun filled Halloween Event with a costume contest. A prize will be awarded to the best Halloween Costume. Musical Entertainment by Jim Meck. Music is from 10:30-12:00 with a special lunch served at 12:00-12:30.

Thursday, October 31st

Time: 10:30-12:30

Cost : \$8.00

Sign up in the office

Happy  
Halloween

## Veteran's Day Lunch



We want to sincerely thank all former and current service members for your dedication and sacrifice for our great nation! To honor them we will be having a Veteran's Lunch. If you are a current or former service member, your lunch will be free! If you're not a veteran, we hope you'll join us for dancing and lunch and to help us honor our amazing Veterans! Patty and the Traveling 4 will be playing for your dancing and listening pleasure from 10:30-12:00. **Our apologizes but space is limited so if you do not make a reservation, you will be turned away at the door.** We'd like to thank Ron Walker for putting together an amazing slide show honoring our Veterans.

Date: Thursday, November 7th

Time: 10:30-12:00

Lunch: 12:00-12:30

Cost: \$8.00 (if you're a veteran, it's free)



# Health and Wellness

## Free Blood Pressure Checks

by Celebrate Seniority

**When: Monday, June 10th**

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

Where: Bonney Lake Senior Center

Walk-in's welcome!



## 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**

## Line Dancing Lessons

Attend line dancing sessions every Monday 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.

## Foot Care ~ Come Get Your Toes Done!

**When: Friday, June 28th**

**9am to 3pm**

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



## 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.

## Personal Safety Class

**Tuesday, June 18th**

**1:00-2:00 pm**

No Cost

Join us for a personal safety class taught by our very own Bonney Lake Police Department's Community Service Officer, Dennis Harrison. Thank you Dennis for this great class and Information! 27

## Alzheimer's Walk - David's Story

My brother, Bill Reed, was the oldest of four children and I was the youngest. Growing up, my brother did everything with me until he turned 17 and joined the Navy. I couldn't wait until he would come home on leave. He showed me how he ironed his uniform and rolled and packed his duffel bag. After that, he was gone for eight years.

While he was gone, I finished high school and went into the Army. While I was in the army our dad passed away. The Red Cross notified me and my brother and we both flew back home to Virginia where my dad was buried. We were each other's support during this sad time in our family's lives.

After we both got out of the service and were working, we would go sailing on the weekends. My brother had a twenty-eight foot sail boat and he taught me how to sail it. We enjoyed those weekends so much.

In 1981, a good friend invited me to go to Washington State on vacation. I came with him and never went back home. My brother and family were very sad that I moved away. I hired on at the Naval Shipyard in Bremerton and made a life for myself here. I made sure I went home every year for a two week visit. I would always stay with my brother and help him with his long list of repairs he would save for me so we could do things together. In 1985, my brother got married and I flew home and was his best man. He purchased land with two houses and four buildings on it. Every year during my home visit, we would work together on his projects, building stalls in the barns so he could board horses and other improvements on his property and buildings. It was like old times again when we would work on things together.

My brother and I both eventually retired so every year after that I would go home and spend at least 30 days, always staying with my brother the entire time. My brother was an amazing man, he snow skied and water skied until he was 70. He exercised every morning using a video tape so he was always in excellent shape.

About six years ago my brother started losing his memory. Each year when I would come home to visit it was worse than the previous year. Then two years ago, he lost his ability to speak. Then he lost the ability to walk because his arthritis made it just too painful. He slept in a hospital bed in the living room by a big picture window so he could see out. His wife took excellent care of him, shaving him, brushing his teeth and fixing his breakfast every morning. She bathed him and dressed him and helped him do all the tasks he could no longer do for himself.

Last year was the last time I got to see my big brother alive. I was there to visit him in June, but he didn't know who I was, so he would just smile at me. I broke my heart to see my once vibrant brother like that. On October 10th, his wife Sharon called to say that he had taken a turn for the worse and had passed away. I think of my brother and the good times we had together every day and will wait until I see him again. Your baby brother, David Reed

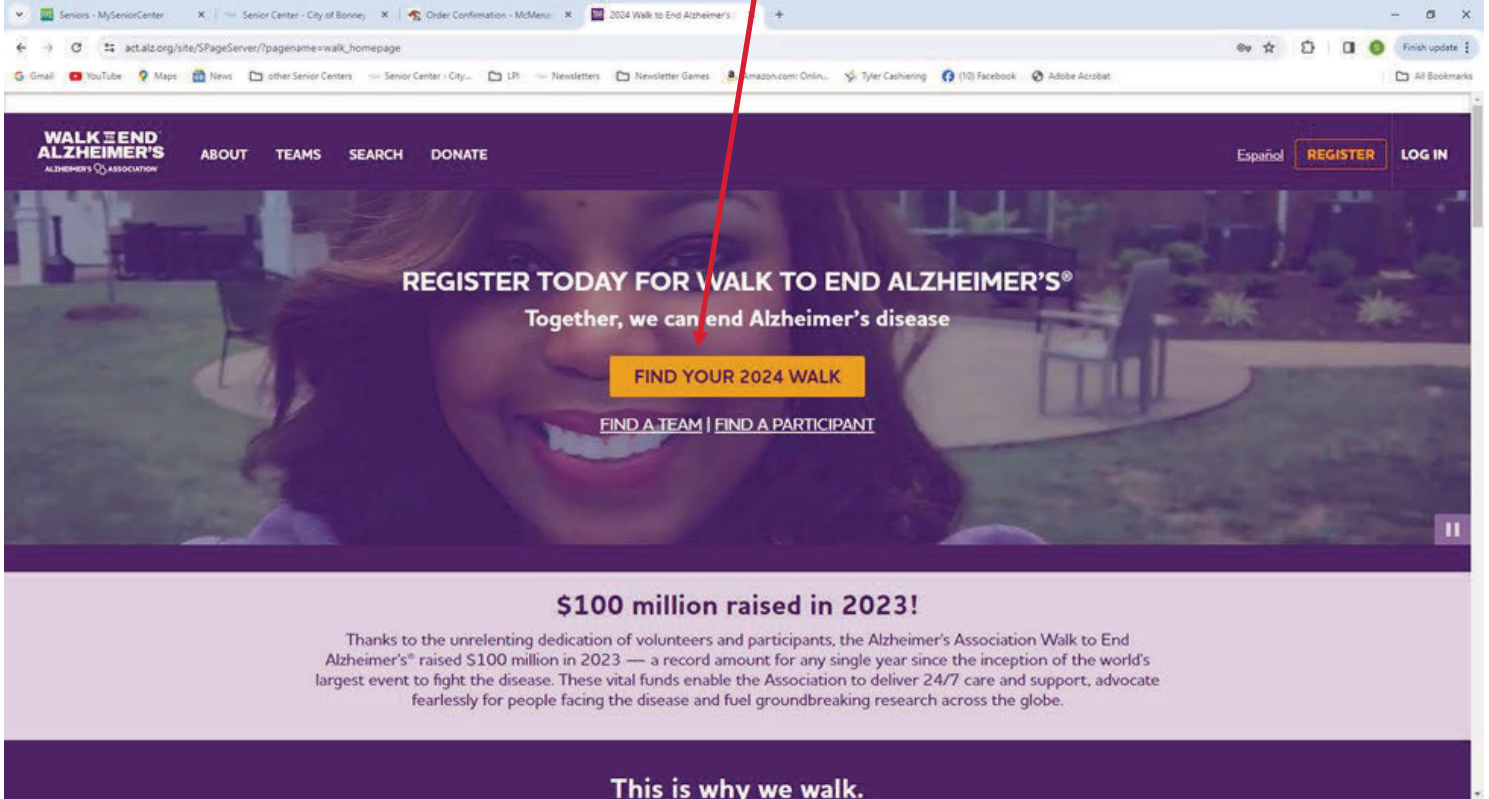
*Please consider joining us on the Alzheimer's Walk on Saturday, October 5th at the Tacoma Yacht Club. We will be driving the van there and walking as a group. All money raised through donations will go to research to find a cure for this terrible disease. Hopefully, soon, no one's story will end as my brother's has and no one will know the pain of having their family member not recognize them. If you'd prefer not to walk, please consider donating to this important cause. Also, we will be having pizza or spaghetti fund raisers on the 4th Friday of every month through September at Friday Night Bingo to raise money for this cause.*

**WALK TO END  
ALZHEIMER'S**  
ALZHEIMER'S ASSOCIATION

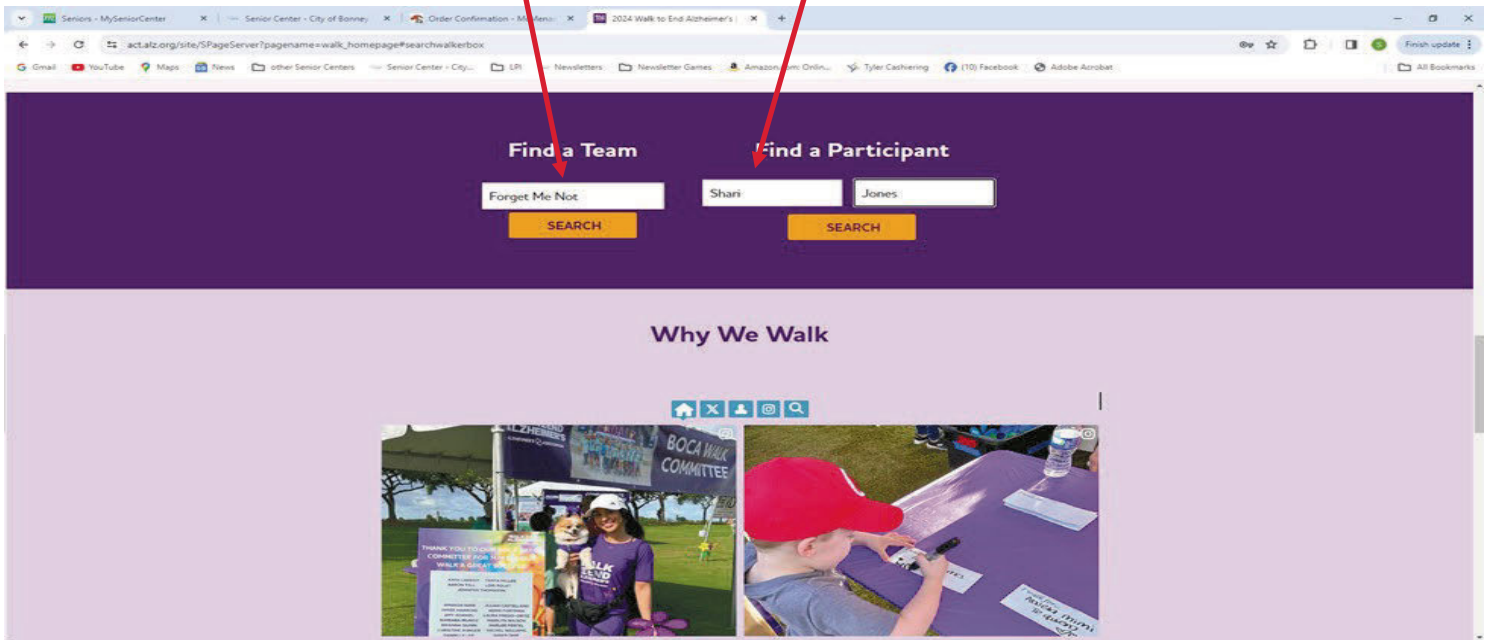
# How to Registration/Donation for Alzheimer's Walk

Thank you to Glory Mikkelson, Pam Camp, Steve Turlo, David Reed and KarenLynn Lewis for signing up to join our walking team on Saturday, October 5th (date change). Thank you to the Advisory Board for your very generous donation to the team fundraising!

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



Type in the name of the team "Forget Me Not" or 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 Izyk, 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](#)

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

[Search for Team Members](#)  
To find a team member, start typing their name below.

[NEED HELP?](#)

Visit us at [www.ci.bonney-lake.wa.us](http://www.ci.bonney-lake.wa.us) | 17

# Things you need to Know

## Senior Center Closures

The Senior Center will be closed:

**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 and you **must be present to win.**

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: 2, 17 & 27



Visit us at [www.ci.bonney-lake.wa.us](http://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](mailto: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.  
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2013 F-150 STX 4x4 also available, 100,972 miles.  
\$19.,250

Contact Ben Thompson in Bonney Lake,  
505-980-3946

Visit us at [www.ci.bonney-lake.wa.us](http://www.ci.bonney-lake.wa.us) / 19

# NEVER MISS OUR NEWSLETTER!

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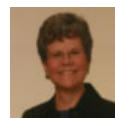
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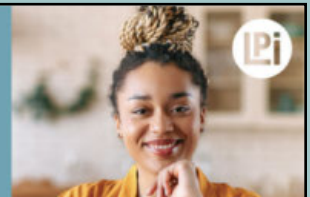
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## Friday Night Bingo Italian Dinner

Join us the 4<sup>th</sup> 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 5<sup>th</sup>.

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, June 28<sup>th</sup> Pizza Feed from 5:00-7:00 pm

Friday, July 26<sup>th</sup> Spaghetti Feed from 5:00-7:00 pm

Friday, August 23<sup>rd</sup> Pizza Feed from 5:00-7:00 pm

Friday, September 27<sup>th</sup> 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](mailto:jones@cobl.us) or call 253-447-4340





## 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!

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# Common Types of Scams

## **FORECLOSURE RELIEF OR MORTGAGE LOAN MODIFICATION SCAMS**

Foreclosure relief or mortgage loan modification scams are schemes to take your money or your house, often by making a false promise of saving you from foreclosure. Scammers might ask you to pay upfront fees for their service, guarantee a loan modification, ask you to sign over the title of your property, or ask you to sign paperwork you don't understand.

**What to do:** If you are having trouble making payments on your mortgage, a Housing and Urban Development ([HUD](#))-approved [housing counseling agency](#) can help you assess your options and avoid scams. If you think you may have been a victim of a foreclosure relief scam, you may also want to find legal help through your [local bar association](#) or [legal aid](#). [Learn more about mortgage loan modification scams](#).

## **Debt collection scams**

Debt collectors might contact you to collect on legitimate debts you owe. But there are scammers who pose as debt collectors to get you to pay for debts you don't owe.

**What to do:** Ask the debt collector for their company name and mailing address and information about the debt they say you owe. Be on the lookout for threats of criminal charges or other warning signs. [Read more about warning signs of a debt collection scam](#).



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# Word Search

## Types of Food

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

ONION  
PORK  
BURGERS  
FAST FOOD  
RADISH  
MACARONI  
LETTUCE  
VEGETABLES  
NOODLES  
BREAD  
CEREAL  
HAM  
FRUIT  
TUNA  
SALAD  
SPAGHETTI  
BUTTER  
ROLLS  
TV DINNER  
HOTDOGS  
STEAK  
GRAVY

Play this puzzle online at : <https://thewordsearch.com/puzzle/289/>

## From our Writers Group

Time

Curse that clock up on the wall.  
Can't even keep time at all.  
Speeds up when I'm having fun.  
Slows to a crawl when I'm bummed.

As a babe I wept and slept.  
Whenever I crawled, time crept.  
Best part of day was play time.  
Mom complained about no time.

My friends in school laughed and talked.  
We went hiking and time walked.  
Parents limited showtime.  
Wanted us there at chowtime.

Years passed. I became a man.  
Children grew up and time ran.  
Bills made me work overtime.  
Missed a lot of family time.

Now I'm old, life's passing by.  
Days, months and years, how time flies.  
Miss good friends for a long time.  
Thousands made in my lifetime.

Life will end and I'll pass on.  
Laid in the grave and time gone.  
Wisely spend your precious time.  
Love, give and let your light shine.

By Larry Krackle

Time, Time—Oh Where Do You Go

Time, time, oh where do you go,  
You act the same in sun or snow.  
If I close a door or close my eyes,  
Hours and minutes till say their goodbyes.

<Continue on next column>

<Continued from left column>

If I dream, or not, as I sleep,  
You silently pass, without a peep.

And even when my time is gone,  
You'll go on ticking, on and one.

Time, as you pass, I think it's true,  
You take a part of me with you.

By Mark Ortega

Ice and Mice

I was on the hotel pool deck,  
Enjoying the lounge and sun.  
I was just about to sip my drink,  
Thinking, "I'm sure the lucky one."

But then I noticed something off.  
There was no ice in my drink.  
I took a tiny sip anyway,  
Then remarked, "Well this surely stinks."

I raised my hand, the waiter came,  
He said, "How may I serve you?"  
I told him about my missing ice,  
He said, "Sorry, that just won't do."

Before very much time had passed,  
I had a new drink in hand.  
I enjoyed every last drop of it.  
And thought, "What a wonderful land."

What I didn't learn till later,  
Is that the hotel hires mice.  
To collect cubes from uncleared tables,  
For drinks that are missing ice.

By Mark Ortega

## News from our Gardener

Hello, my name is David Antkowiak, a WSU extension Pierce County Master Gardener and so much more. I'm a community volunteer who's happy to tend the garden around our Senior Center with Linda Smith and other volunteers. I'd love to share some gardening tips with you in a short advice column and I would like to share community trend articles in our monthly news letter. You can find me at The Windmill Gardens on Saturdays through the summer with a WSU plant clinic. You need to know, what is the question asked the most at a plant clinic, and I will answer right away that it is; "How much room should you give fungi to grow?" That's right, as *mushroom* as it needs.

Not new news! We are the problem; as a stream team monitor, I know that lawn fertilizers are the biggest polluters of our salmon bearing local streams and creeks. I implore you to take the minute to read and follow the directions on all chemicals you're using in your house, garden, or lawn! Fertilizers and insecticides may be needed for your home but please treat turf and garden with precaution. If you are interested in helping The Stream Team and remember the scientific method, we would love for you to get involved! Volunteer to make a difference in our local environment and community. I was working with Linda, she is dressed as a scarecrow, and she's telling me, "volunteering isn't for everyone, but hey, its in my jeans".

A sure-fire tip for our cold, June weather (Juneuary as I call it), water your seedlings and help keep plant roots vibrant with warm water. Trust me, your plants will love a warm bath. Our daytime high temp is around 71 degrees but 53 degrees is the average low. Solanums (tomatoes, eggplants, and peppers) need warm feet to grow and tap water and rain is just too cold. Leave those new solanums in the window sill and don't risk the temperature shocks from our PNW nights. When the soil temperature can safely stay above 50 degrees at night, you can keep your warm weather plants close to a south facing structure where the radiant heat helps heat the soil. 78 degree soil is your goal. Warm water is as easy as filling your watering can in the morning, allowing the sun to heat it, and watering plants during the evening.

Gardening questions; contact the Pierce County Master Gardeners at [pierce.mg@wsu.edu](mailto:pierce.mg@wsu.edu) with your gardening questions. This program is 'Washington State University Extension of Puyallup taught,' staffed with knowledgeable people that would love to share this information with you. They have booths at local nurseries and farmers market in Puyallup if you want to talk to someone in person or send your question and a photo of your issue to the web site. Our office is located in the County Health Department off Pacific Avenue and 36<sup>th</sup> street with the office hours being Monday ,Wednesday and Friday 10am until 2pm.

I'm excited to sign up for local tours of our fabulous gardens right in this area. Ed Hume's seed packing and garden operation is right here in the Midland area. Public tours will be available again this summer. No doubt my favorite tour is "The Farm" off of Waller road. Growing food for the Franklin Pierce School District, they have tours and a "food for work" program where your volunteer hours are rewarded with fresh veggies. The farm is having an open tour and plant sale 5/31-6/1. Chase Gardens of Orting is a five-star rated gardens and will be open for tours one weekend per month soon with many more gardens open for our enjoyment close by. Point Defiance is currently open and the Wright's Park Conservatory is also open along with the most interesting bonsai display at the gardens in Federal Way. Get out and enjoy!



David A. and  
Linda Smith  
Gardening Committee

As always, enjoy your day everyday!  
Dave PCMG



# 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.

## **Tuesday, June 4<sup>th</sup>**

### **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 and sunscreen.

## **Friday, June 7<sup>th</sup> thru Monday June 10<sup>th</sup>**

### **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 21<sup>st</sup>**

### **Troll Hunt**

\$10.00 for transportation

Since we had so many people that wanted to sign up for the Issaquah Troll Hunt but we were full, we decided to do a second Issaquah Troll Hunt. 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.

## Phil's Trips Cont'd

**Friday, June 28<sup>th</sup> thru Saturday June 29<sup>th</sup>**

### **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.

**Friday July 26<sup>th</sup> thru Sunday July 28<sup>th</sup>**

### **Leavenworth outdoor musical, "The Sound of Music"**

**This is a Senior Center bus trip** 15 tickets purchased

Leaving parking lot behind Fire station at 8:00. Return at 6:00 p.m. on Sunday.

Cost: \$30.00 for transportation; \$45 per theater ticket (Pay \$75 due at sign-up to Bonney Lake Senior Center). Rooms: \$150 per person for hotel room/double occupancy (Pay at check-in).

Meals on your own.

On Friday we will stop at McDonalds in North Bend for a morning snack. We will have lunch in Leavenworth. From there we will proceed to hotel check-in at River's Edge Lodge in Leavenworth. Friday evening will be a free concert on the lawn at Icicle Ridge Winery.

Saturday morning we will watch the alpenhorn serenade at the Enzian Inn followed by our visit to the Lions Club Pancake Breakfast in the park. The day could be swimming in the pool, shopping, wine tasting and/or lunch on your own. We will have dinner together at Visconti's Italian Restaurant. After dinner we will head to the Ski Hill Amphitheater for "The Sound of Music". Bring a light jacket, because it gets cool after sunset, bug repellent and cushion to sit on if you have one.

Sunday morning we will have a continental breakfast on the balcony overlooking the Wenatchee River before checking out. Our hotel has a pool and hot tub, so pack a bathing suit.

### **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 17<sup>th</sup> 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.

## Phil's Trips Cont'd

**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 Monday Food Bank trip will be:**

June 3<sup>rd</sup> – Shopping from 2:00 to 2:30.

**Third Monday Food Bank trip will be:**

June 17<sup>th</sup> – Shopping from 2:00 to 2:30.

**Second Tuesday local walking trips will be:**

June 11<sup>th</sup> – Lake Bonney

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

**Fourth Tuesday park walking trips will be:**

June 25<sup>th</sup> – Owen Beach in Tacoma

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