

Bonney Lake

Senior Center Newsletter

July 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

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

Kitchen Staff

Head Cook

Pam Camp

camp@cobl.us

253-447-4334

Assistant Cook

Jay Shideler

Assistant Cook

Karen Berto

Dishwasher

TBD 60

Facility Monitors

Becky Alvarez

& Karina Guzman-Euler

To Reach all Staff Call:

253-863-7658

Emergency After Hours

Number—253-455-0632



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



For help with Medicare call Katheryn Evans

Your Local Medicare Insurance Broker

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

Katheryn 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!

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Bill Clough

wclough@lpicommunities.com

(800) 950-9952 x2635



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Bonney Lake Senior Center, Bonney Lake, WA

A 4C 05-1036

Senior Advisory Board



The Senior Advisory Board members work closely with staff to help with a variety of tasks. The Senior Advisory Board, and their volunteers, assist with many fundraising events throughout the year which enables them to help provide funds for special events, work with the Bonney Lake Kiwanis to help seniors with basic household chores and repairs. These are just a few of the things the Advisory Board does. If you are interested in learning more you are invited to 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. 67

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



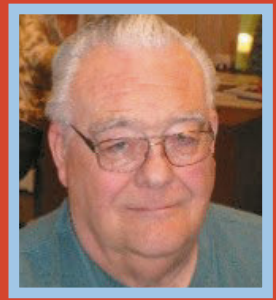
President
Wayne Johnson



Vice President
Bob Wells



Treasurer
Julianne DeLeo



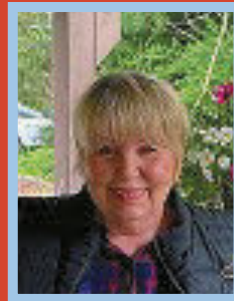
Assistant Treasurer
Jim Baisch



Secretary
Anita Chandler



Bonnie Johnson
Board Member



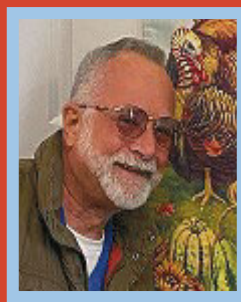
Linda Smith
Board Member



David Reed
Board Member



Diane Stabler
Board Member



Ernie Gilmer
Board Member



Beverly Proby
Board Member

Menu


July 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Chicken Taco Salad w/all the Fixin's Black Beans Chips & Salsa Churros Salad Bar</p>	<p>2 4th of July Lunch Grilled Hamburgers w/all the Fixin's Potato Salad Macaroni Salad Root Beer Floats</p>	<p>3 Creamy Alfredo Fettuccini w/ Shrimp Sauteed Vegetables Caesar Salad Bread Sticks Salad Bar</p>	<p>4 </p>	<p>5 Lemon Pepper Fish Jasmine Rice Stir-fry Vegetables Creamy Coleslaw Salad Bar</p>
<p>8 Mac & Cheese w/ Diced Ham Mixed Vegetable Dinner Roll Salad Bar</p>	<p>9 Asian Chicken Salad Sliced Peppers Mandarin Oranges Toasted Almonds Egg Rolls Salad Bar</p>	<p>10 Sweet & Sour Meatballs Jasmine Rice Mixed Vegetables Salad Bar</p>	<p>11 Smoked Ham Steaks Scalloped Potatoes Brussel Sprouts Warm Bread Salad Bar</p>	<p>12 Tuna Salad Sandwich on Croissant Dill Pickle Slice Chips Fruit Salad Bar</p>
<p>15 Taco Stuffed Baked Potato Seasoned Beef Tomatoes & Green Onions Cheese Salad Bar</p>	<p>16 Garlic Butter Parmesan Chicken Rice Pilaf Peas & Carrots Salad Bar</p>	<p>17 Liver & Onions Mashed Potatoes Brown Gravy Sunshine Carrots Dinner Roll Salad Bar</p>	<p>18 Lasagna Mixed Vegetables Garlic Bread Salad Bar</p>	<p>19 Clam Chowder Grilled Cheese on Sourdough Fresh Fruit Salad Bar</p>
<p>22 Cheesy Chicken & Broccoli Casserole Sunshine Carrots Breadsticks Salad Bar</p>	<p>23 Birthday Celebration Teriyaki Beef Skewers Jasmine Rice Stir Fry Vegetables Pot Stickers Salad Bar</p>	<p>24 Chicken Tenders Curley Fries Dipping Sauces Fruit Salad Bar</p>	<p>25 Kielbasa with Grilled Onions & Green Peppers Savory Red Potatoes Sweet Corn Salad Bar</p>	<p>26 Spaghetti w/Meat Sauce Green Beans Garlic Bread Salad Bar</p>
<p>29 Sliced Turkey Sandwich on Croissant Cranberry Sauce Chips Fruit Salad Bar</p>	<p>30 Chef's Choice Salad Bar</p>	<p>31 Oven Roasted Chicken Mashed Potatoes Chicken Gravy Peas & Carrots Salad Bar</p>	<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>	

Visit us at www.ci.bonney-lake.wa.us / 4

To-Go Only July Order-Ahead Lunch Menu

Your Name _____

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Chicken Taco Salad w/all the Fixin's Black Beans Chips & Salsa Churros Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/></p>	<p>2 4th of July Lunch Grilled Hamburgers w/all the Fixin's Potato Salad Macaroni Salad Root Beer Floats</p> <p>To Go <input type="checkbox"/></p>	<p>3 Creamy Alfredo Fettuccini w/ Shrimp Sauteed Vegetables Caesar Salad Bread Sticks Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/></p>	<p>4</p> 	<p>5 Lemon Pepper Fish Jasmine Rice Stir-fry Vegetables Creamy Coleslaw Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/></p>
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<p>15 Taco Stuffed Baked Potato, Seasoned Beef Tomatoes & Green Onions Cheese Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/></p>	<p>16 Garlic Butter Parmesan Chicken Rice Pilaf Peas & Carrots Salad Bar</p> <p>To Go <input type="checkbox"/></p>	<p>17 Liver & Onions Mashed Potatoes Brown Gravy Sunshine Carrots Dinner Roll Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/></p>	<p>18 Lasagna Mixed Vegetables Garlic Bread Salad Bar</p> <p>To Go <input type="checkbox"/></p>	<p>19 Clam Chowder Grilled Cheese on Sourdough Fresh Fruit Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/></p>
<p>22 Cheesy Chicken & Broccoli Casserole Sunshine Carrots Breadsticks Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/></p>	<p>23 Birthday Celebration Teriyaki Beef Skewers, Jasmine Rice Stir Fry Vegetables Pot Stickers Salad Bar</p> <p>To Go <input type="checkbox"/></p>	<p>24 Chicken Tenders Curly Fries Dipping Sauces Fruit Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/></p>	<p>25 Kielbasa with Grilled Onions & Green Peppers, Savory Red Potatoes, Sweet Corn Salad Bar</p> <p>To Go <input type="checkbox"/></p>	<p>26 Spaghetti w/Meat Sauce Green Beans Garlic Bread Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/></p>
<p>29 Sliced Turkey Sandwich on Croissant, Cranberry Sauce, Chips Fruit, Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/></p>	<p>30 Chef's Choice Salad Bar</p> <p>To Go <input type="checkbox"/></p>	<p>31 Oven Roasted Chicken Mashed Potatoes Chicken Gravy Peas & Carrots Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="checkbox"/></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 do not need to fill out the order ahead menu or call us.</p>	

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Events

July 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 12pm Lunch 1-2 Line Dancing 2-2:30-Food Bank	2 4th of July 10:30-12 Music by Patty & Traveling 4 12pm Lunch 1pm Writers Group 1pm—Tech Time 2:30-5:00-Walking Trip	3 9-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo	4 9:30-10:30 Chick-fil-A Bingo 10:30 Tai Chi 12pm Lunch 1-3 Card Games 	5 12pm Lunch 1-3:30 Shopping Trip 7pm Family Bingo
8 11-12 BP Checks 12pm Lunch 1-2 Line Dancing	9 9:30-11:30 Music Jam 9-12 Massage 12pm Lunch 1pm Writers Group 1:30-3:30-Diamond Art	10 9-12 Happy Hookers 10-11-Chat with Chief 12pm Lunch 1:15pm Senior Bingo	11 10:30 Tai Chi 12pm Lunch 1-3 Card Games 1-4 Legal Guidance	12 12pm Lunch 1-3:30 Shopping Trip 7pm Family Bingo
15 10-12-Diabetic Footcare 12pm Lunch 1-2 Line Dancing 2-2:30-Food Bank	16 9:30-11:30 Music Jam 12pm Lunch 12:30-1:30-Medicare Chat with Ernie 1pm Writers Group 2:30-5:00-Walking Trip 3-4 Advisory Board Mtg	17 9-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo 4:30 Juliet's@ Denny's	18 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	19 12pm Lunch 1-3:30 Shopping Trip 1:30-3:30-Art w/Anita 7pm Family Bingo
22 12pm Lunch 1-2 Line Dancing 1-2 Reverse Mortgage	23 9:30-11:30 Music Jam 9-12 Massage 12pm Lunch 1pm Writers Group Birthday Celebration	24 9-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo	25 10:30 Tai Chi 12pm Lunch 1-3 Card Games	26 9-3 Foot Care 10-1 Craft Sale 12pm Lunch 1-3:30 Shopping Trip 5-7 Spaghetti Feed Fund Raiser 7pm Family Bingo
29 12pm Lunch 1-2 Line Dancing	30 9:30-11:30 Music Jam 12pm Lunch 1pm Writers Group	31 9-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo		

Available Services

Lunch Service

You no longer have to turn in your order ahead menu if you are 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" or "Delivery" lunches only or call in by 10am the morning of pickup. (located on page 5).

Free Haircuts by Becky from Manhattan Design

When: Thursday, July 18th

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.

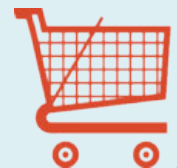


Shopping Trips

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 The Advisory Board for providing birthday gift cards.*** 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, July 18th

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 Friday nights to purchase your packages. We begin selling packages at 12:45pm on Wednesday afternoons and 6:00pm on Friday nights.

Reverse Mortgage Class

Date: Monday, July 22nd

Time: 1:00-2:00

No Cost

Join us Monday, July 22nd for a Reverse Mortgage Class taught by Miguel Jose from Movement Mortgage and hosted by Marcia Delatorre. He will be sharing important information on if reverse will work for each person.

Jesse & 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, July 2nd as that will be our 4th of July Lunch with Patty & the Traveling 4 playing

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.

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!

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.

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.

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



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 her email of 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, August 21st

Time: 10:00-11:00

No Cost

Sign up to attend a 1st responder safety class taught by Dina Sutherland from East Pierce Fire & Rescue. Dina's class in August will be a Hands Only CPR Class.



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

Please Note:

Our apologies but we can no longer reimburse you for Special Events you have paid for or transfer the money to another event unless there is an emergency that prevents you from attending the event. We appreciate your understanding.

Thank you.

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.

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.



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.

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.

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.

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.

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.

Special Events Cont'd



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)



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

Thanksgiving Lunch

It's time for Thanksgiving lunch again. Please sign up for **only one day (maximum of 66 people each day)** Music by Johnny Crash on Thursday and Randy Litch on Friday. See a staff member to sign up.

Date: Thursday & Friday, November 21st & 22nd

Time: 10:30-12:00

No Cost

Christmas Lunch

It's time for Christmas lunch again. Please sign up for **only one day (maximum of 66 people each day)** Music by Jim Meck on both Thursday and Friday. See a staff member to sign up.

Date: Thursday & Friday, December 19th & 20th

Time: 10:30-12:00

No Cost

New Year's Eve Celebration

It's time for New Year's Eve lunch again. Music by Patty & the Traveling 4. See a staff member to sign up.

Date: Tuesday, December 31st

Time: 10:30-12:00

Cost: \$8.00

Health and Wellness

Free Blood Pressure Checks

by Celebrate Seniority

When: Monday, July 8th

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, July 26th

9am to 3pm

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



Wellness Workshop

Monday, August 19th

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, August 27th

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. This class is "Senior Safety outside the home". Thank you Dennis for this great class and Information!

Alzheimer's Walk - LaVerne Waller's Story

Written by Kathy Nelson

LaVerne Hippe was born in North Dakota in a farmhouse on April 21, 1930. At age 4 her family moved to Medicine Lake, Montana. Her father was a carpenter, her mother did laundry and baked cookies for farm hands.

LaVerne's history of Alzheimer's began with her mother, who as a housewife in a small town, showed memory issues first in her cooking skills at about 90 years old. LaVerne's oldest sister lived always in the same community and farmed. Her Alzheimer's was detected later after her husband passed away. She lived across the street from her daughter and was assisted by her family.

Her second sister was a bank worker in Sacramento, California. After retiring she wanted to travel and went on her own to Maine. This trip did not go well as it was off season and hotels were not open. She stayed with a family who opened their home to her. While traveling alone, she came down with a virus that affected her memory. One day while driving she forgot how to stop her car, and ended up in a shopping center going in circles eventually stopping the car. She never drove again! Her brother Vernon was only diagnosed after his death as he had a stroke first.

LaVerne's younger sister Beverly has not shown signs of Alzheimer's at age 87. Bev is very involved with the deaf community and the Montana Association of the Deaf.

LaVerne was diagnosed and put on medication in her 80's. Meds did not help so she stopped them and with her husband Jim, hid her memory loss for a few years. Spouses often help Alzheimer's patients hide their memory losses. As LaVerne had macular degeneration issues, she would drive to the stores with Jim telling her where to turn. The problem with this was, they could not make multiple stops (such as store to bank in the same parking lot). They would have to go back home to make a second run to get both stops done. When I found out about this driving issue, I took over their driving. When Jim started having mini strokes there were trips to American Lake for his appointments. LaVerne couldn't drive to Jim's appointments but wanted him cared for, so thankfully, I was able to drive to them to all his appointments and they continued to support each other. At 68 years of marriage, Jim had a massive stroke and was hospitalized and LaVerne went to visit him daily. When he was placed in a Care Center, she continued to see him daily. Jim passed away on March 15, 2015, at Good Samaritan Hospital in Puyallup, LaVerne had peace in his passing. I'm not sure if she had clarity of what had happened to him, though.

LaVerne loved going to the BLSC for music, friendship, dancing and lunch. At age 92, she began having infections that landed her in the Enumclaw Care Center where she continues to be able to enjoy visits from myself and a friend Teri, who sings to her. LaVerne often joins in on signing familiar songs from church. She enjoys stories from her past, mostly from the 1950's, more recent memories are not as clear to her. Though I visit weekly, LaVerne rarely says my name and most often wants to sleep. The "up" days are so good! I'm happy to know LaVerne is still able to visit on her better moments and loves any visits with people. 77

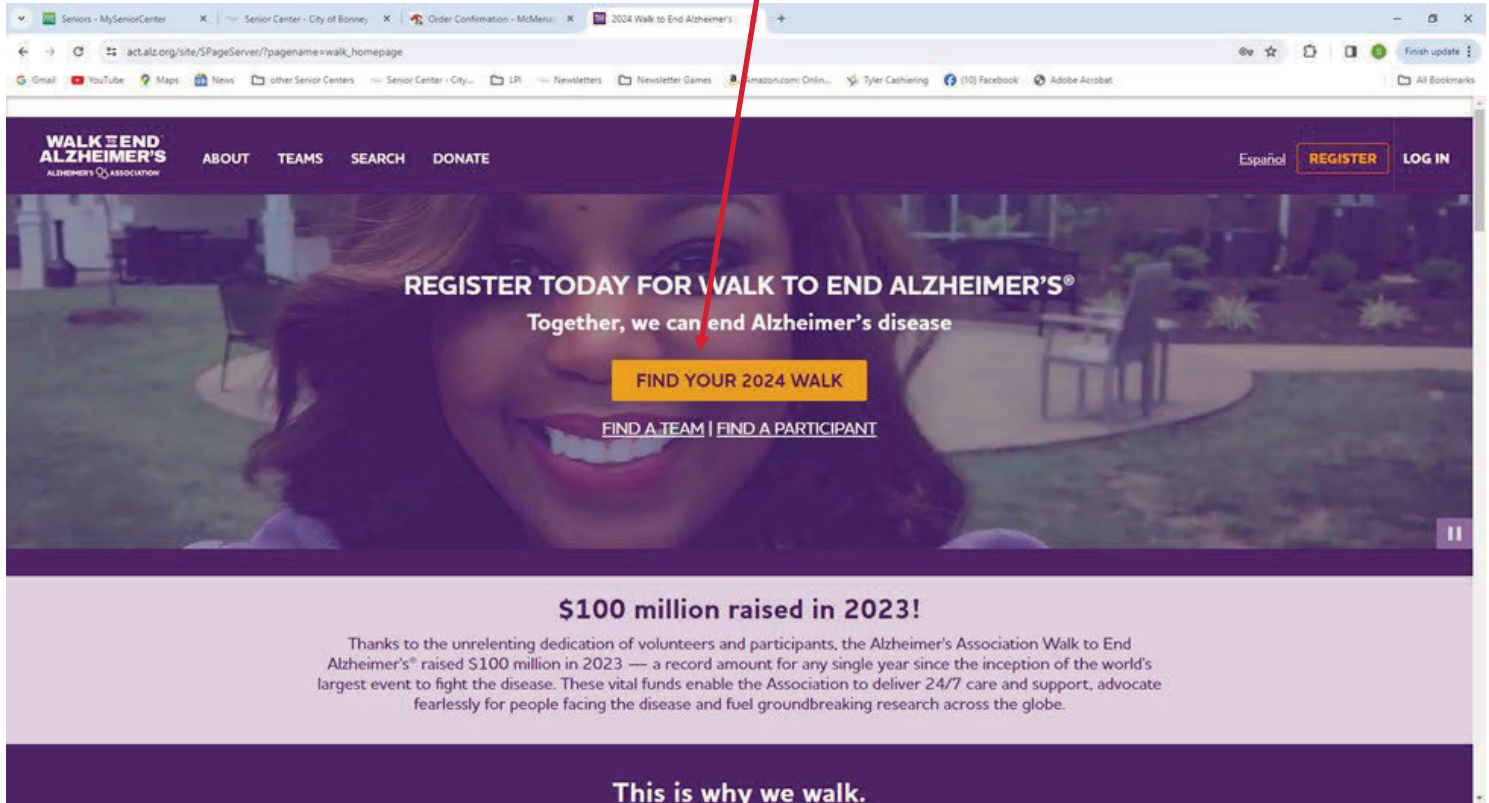


**WALK TO END
ALZHEIMER'S**
ALZHEIMER'S ASSOCIATION

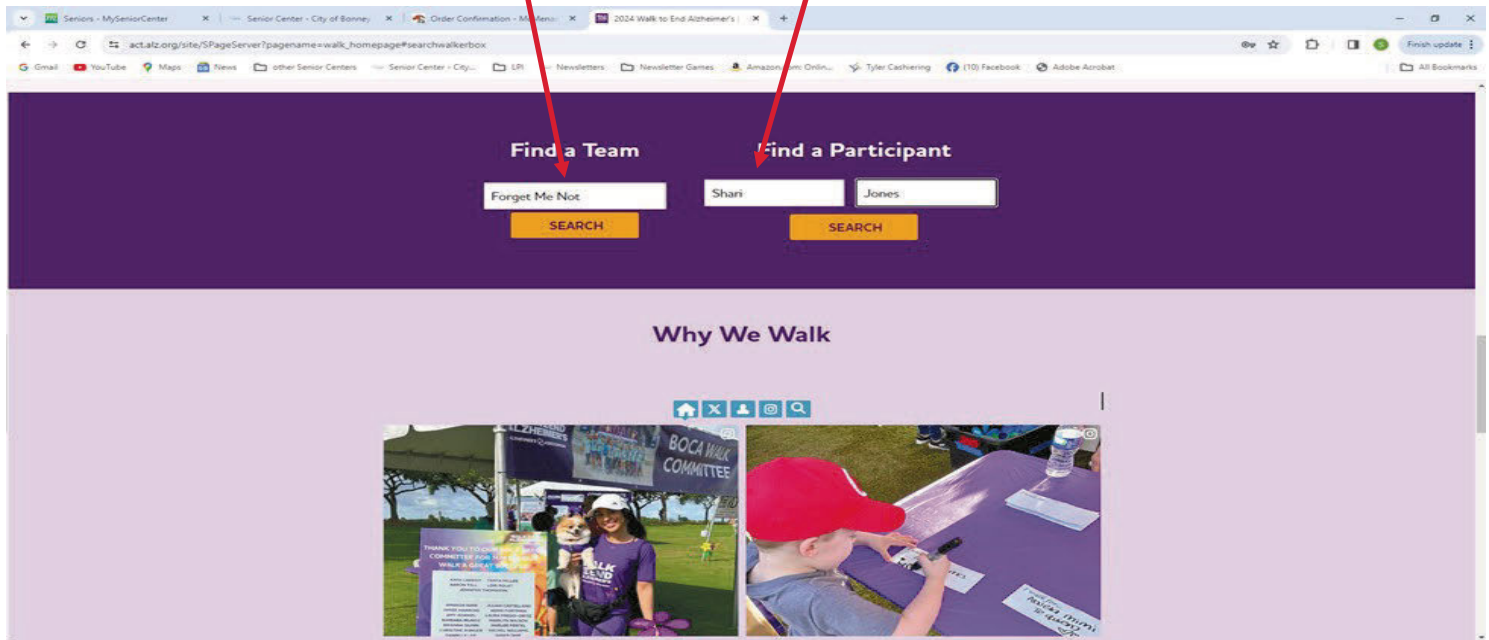
How to Registration/Donation for Alzheimer's Walk

Thank you to Sue Hilberg and Michelle Vazquez for signing up to join our walking team on Saturday, October 5th (date change). And a special 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

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[f](#) [t](#) [l](#)

Our Walk

2024 Walk to End Alzheimer's - Pierce County, WA

Team Roster

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:

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 5 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: 60, 67 & 77



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

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Find the Elephant



Can you find the Elephant?

This one is super hard, so I'll give you a hint... It's in the bottom right part of the picture and it's very small.

Answer on page 22

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

NEVER MISS OUR NEWSLETTER!

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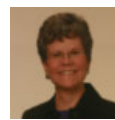
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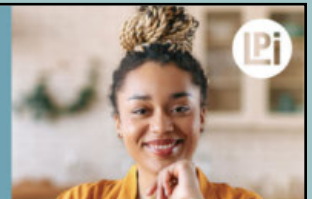
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Alzheimer's Walk Fund Raiser

Friday Night Bingo Spaghetti Dinner

Join us the 4th Friday of every month from April through September for a Spaghetti Feed. All proceeds will go to the Alzheimer's Association for our team walk on October 5th. Spaghetti dinner includes Spaghetti with meat sauce, Caesar Salad, Garlic Bread and a bottle of water.

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 28th 5:00-7:00 pm

Friday, July 26th 5:00-7:00 pm

Friday, August 23rd 5:00-7:00 pm

Friday, September 27th 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



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!

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



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Answer to find the Elephant



From page 19



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Word Search

Types of Dog

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H	N	I	O	C	B	U	L	L	D	O	G	T	E
S	R	N	L	H	R	W	E	E	L	G	A	E	B
N	E	A	L	I	P	E	B	G	D	T	I	D	I
U	L	I	I	H	E	A	I	O	O	L	R	R	O
H	I	T	E	U	D	C	E	R	X	P	I	E	M
C	E	A	U	A	P	N	O	O	R	E	D	H	E
O	W	M	D	H	S	I	U	R	E	E	R	P	T
D	T	L	A	U	E	O	N	H	G	D	T	E	C
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D	H	O	S	R	R	R	E	E	N	N	E	A	D
P	B	X	U	S	T	H	O	U	N	D	L	R	D

BULLDOG
PINSCHER
DALMATIAN
MASTIFF
BOXER
SHEPHERD
BEAGLE
TERRIER
SETTER
CORGI
ROTTWEILER
CHIHUAHUA
COLLIE
HOUND
DACHSHUND

Play this puzzle online at : <https://thewordsearch.com/puzzle/9/>

News from our Gardener

July's hot, dry days are at hand and your yard waste is the fastest growing item in your garden! You can rid yourself of extra yard waste at the Prairie Ridge Transfer Center. There is no charge for loads under 2,000 lbs with a Pierce County zip code. Branches must be less than 4" thick and no rocks or blackberry waste. More info at the web site: www.piercecountywa.gov/1541/Transfer-Station.

On the environmental side, native plants are the way to go when you need or want to add to your yard. Natives are ready to deal with our cold, wet weather that turns to hot, dry summers. Pierce County Conservation and most local nurseries keep a separate section for the sale of native plants. They will love our soil type without the amendments of fertilizers. Established over the centuries, these plants have become resistant to insects and local pests while providing shelter to our native wildlife. Need some tips for plant choices, or even native plant landscaping plans? For free tips on native plant and landscaping ideas check out the Northwest Native Plant Guide at <https://green2.kingcounty.gov/gonative/index.aspx>.

Native or not, the question most asked of me is, "When is the best time to prune?". My answer is "the day you get it done." What I mean is that trees and bushes are pretty tough and that timing isn't as important as technique. Go slow, start by removing the dead wood. Do not "top" trees, instead take a few of the lower limbs off. Thinning and heading cuts will be your two best moves. With heading cuts you are cutting off the tips of the plant's branch. Shaping a hedge is an example of heading cuts. With a thinning cut, a branch is removed back to another branch, stem, or maybe to the trunk. Thinning cuts open up your plants for the sunlight and air to get to the interior. With cane type plants, you should take out any canes that are rubbing, about a quarter of the oldest parts, and all of the smallest canes, to the base, each year to help control the size of the plant. Flowering bushes should be pruned after the flowers have faded.

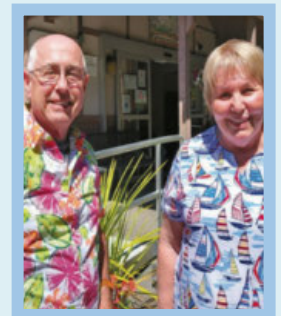
Container Gardening: I don't know about you but I'm finding it a little harder to get up off the ground after digging in the garden so I'm finding containers that are keeping my gardens chest high. You can have a container of flowers, vegetables, shrubs, all growing and producing abundantly. During our summer months try centering a tall growing Tropicana canna lily with its dark leaves and showy orange flowers with some petunias or trailing lobelia. Geraniums and verbenas are also good stand along plants for areas that are sunny.

For the shade I prefer hardy fuchsias for year after year color and the hummingbirds can't resist them. Hostas do well in the shade as will coleus which has its colorful leaves and gives off long lasting flowers. Begonias and impatiens do well in hanging baskets or upright in containers.

Herbs are the best known plants for containers and some, like mint, need to be contained so as not to take over your garden. Chives are a favorite of mine; not only do I use the herb but the plant has a beautiful purple flower that is very attractive to the bees.

As always, enjoy your day!

Dave PCMG



David A. and
Linda Smith
Gardening Committee

Phil's Trips

Trips Policy

No refunds are granted on any trips which require meal reservations, tickets, or chartered transportation unless your space can be sold. No refunds within one week of departure time. Call 253-863-7658 for requests for refunds or stop by the center during business hours, 8am-4pm, Monday through Friday. 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.

Monday July 1st

Shopping at GoodRoots NW (Formerly Known as Bonney Lake Food Bank)

This is a Bonney Lake Senior Center bus trip

Leaving lot behind Senior Center at 1:30 p.m. and drop off shoppers at 2:00. Picking up shoppers at 2:30 for returning to sr. center or home.

Cost: FREE

See Phil for more details and to register in advance.

Monday July 1st

Presentation on Holland and Belgium River Cruise

Toni Ingram of Collette Tours will be here.

This will be your last chance to see Toni's slide show presentation of this beautiful trip down the Rhine River from Amsterdam to Belgium.

See Phil for more details and to sign up for this trip.

Friday, July 12th

Troll Hunt

\$10.00 for transportation

Join us on our 2nd Troll Hunt trip to Ballard to see Frankie Feetsplinter. Frankie is located outside the Ballard Museum and is viewable at all times. After your visit with Frankie, you are welcome to stroll though the Ballard Museum (tickets are \$10-\$20 per person) and then we will have lunch on your own at a nearby restaurant.

Casino Trip

Monday, July 15th

Cost: \$10 for transportation

Sign up to go to the new Emerald Queen Casino in Tacoma and enjoy a fun time gambling. Van will be leaving the Senior Center at 10:00 and return around 2:00ish.

Phil's Trips Cont'd

Saturday, July 13th

Lunch at Summit House, Washington's Highest Restaurant

Leaving Senior Center at 9:00 a.m. and return around 4:00 p.m. on Saturday

Cost: Transportation - \$8; Gondola Ride - Adults - \$44, Seniors 70+ = \$37 (pay \$45 at sign-up); Lunch on your own at Summit House Restaurant - \$15 - \$35.

Thrill to the breathtaking gondola ride that takes 10 minutes to climb 2,500 feet to the highest restaurant in Washington. From the Summit House Restaurant enjoy a stunning view of Mt. Rainier and surrounding mountains, including three other volcanic peaks, along with exceptional food. Sunglasses, good shoes and warm clothes are a must as there may be some snow on the path at the summit (6,872 feet).

Monday, July 15th

Historical Markers Tour

This is a Bonney Lake Sr. Ctr. bus trip

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

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

A representative from the Historical Society will guide our tour through the city to explain the significance of each of the 17 stone markers around town, as well as other special points of interest such as the Lake Tapps power plant built in 1911, and the oldest cemetery on the plateau. The trip will include an inside view of the big barn rental hall at Kelley Farm, a picnic lunch at Victor Falls and an inside tour of the power plant.

See Phil's Trips book to sign up and make your lunch selection in advance.

Monday July 22nd

Shopping at GoodRoots NW (Formerly Known as Bonney Lake Food Bank)

This is a Bonney Lake Senior Center bus trip

Leaving lot behind Senior Center at 1:30 p.m. and drop off shoppers at 2:00. Picking up shoppers at 2:30 for returning to sr. center or home.

Cost: FREE

See Phil for more details and to register in advance.

Friday, July 26th thru Sunday, July 28th

Leavenworth outdoor musical, "Beauty and the Beast"

This is a Senior Center bus trip 15 tickets purchased

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

Cost: \$30.00 for transportation; \$45 per theater ticket, reindeer farm is \$25 (Pay \$100 due at sign-up to Bonney Lake Senior Center). Rooms: \$120 per person for hotel room/double occupancy (Pay at hotel 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 Outdoor Amphitheater for "Beauty and the Beast". 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 visiting the reindeer farm. Our hotel has a pool and hot tub, so pack a bathing suit.

Phil's Trips Cont'd

Tuesday, July 30th

Tacoma Rainiers Deck Party Baseball Game vs the Salt Lake Bees

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; and Game cost \$60 (pay \$65 at sign-up unless you already paid for the May 21st game)

Game against the Bees begins at 12:05. During the game see our group get a special welcome on the video board. We will be seated in the stands, and get an "All Star" meal voucher and an "All Star" hat Voucher. Don't forget your sunglasses.

Saturday, August 3rd

Chimpanzee Sanctuary NW

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

Cost: Transportation - \$15, Admission to the sanctuary - \$40 (\$55 due at sign-up). Much of the viewing of the chimps will be outside on a hill, so dress accordingly with rubber-soled traction shoes.

We will have lunch at the Brick Saloon in the nearby town of Roslyn. You may recall Roslyn was the filming location for the TV show Northern Exposure from 1990 to 1995.

Saturday, August 13th

Lunch at Summit House, Washington's Highest Restaurant

Leaving Senior Center at 9:30 a.m. and return around 4:00 p.m. on Saturday

Cost: Transportation - \$5 (Due at sign-up); Gondola Ride - Adults - \$44, Seniors 70+ = \$37 (pay \$42 at sign-up); Lunch on your own at Summit House Restaurant - \$15 - \$35.

Thrill to the breathtaking gondola ride that takes 10 minutes to climb 2,500 feet to the highest restaurant in Washington. From the Summit House restaurant enjoy a stunning panorama of Mt. Rainier and surrounding mountains, including three other volcanic peaks, along with clean, fresh air and exceptional food. Good shoes and warm close are a must as there may be some snow on the path at the summit (6,872 feet). Don't forget your sunglasses.

Tuesday local walking trip will be:

July 2nd – Tehaleh Overlook

Tuesday park walking trip will be:

July 16th – Chambers Bay Park

All walking trips will depart from Senior Center at 2:30. Usually, we will return by 5:00.

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. You must sign up prior to August 2nd to guarantee this price.

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.