

Bonney Lake

Senior Center Newsletter



August 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

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

TBD

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 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!

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME

Bill Clough

wclough@lpicommunities.com

(800) 950-9952 x2635



Senior Advisory Board

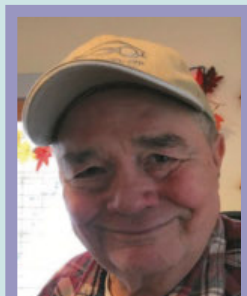


The Senior Advisory Board members work closely with staff to help with a variety of tasks. The Senior Advisory Board, and their volunteers, assist with many fundraising events throughout the year which enables them to help provide funds for special events, work with the Bonney Lake Kiwanis to help seniors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

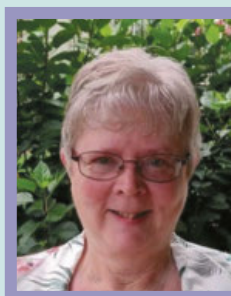
The Board holds their meetings on the 3rd Tuesday of each month at 3:00 pm.



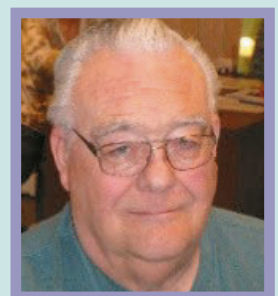
President
Wayne Johnson



Vice President
Bob Wells



Treasurer
Julianne DeLeo



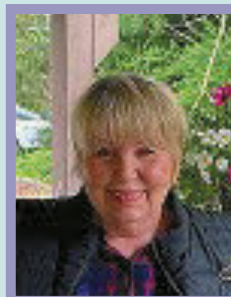
Assistant Treasurer
Jim Baisch



Secretary
Anita Chandler



Bonnie Johnson
Board Member



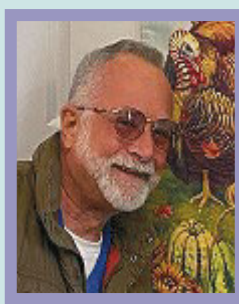
Linda Smith
Board Member



David Reed
Board Member



Diane Stabler
Board Member



Ernie Gilmer
Board Member



Beverly Proby
Board Member



































Menu

August 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Dine-in lunch service Monday—Friday 12-12:30pm</p> <p>To Go meals served 11:30-12:00</p> <p>**Alternate meals available only for Fish/Seafood and Liver/Onions</p>			<p>1 Pam's Fab Meatloaf Mashed Potatoes Yummy Gravy Green Beans Salad Bar</p>	<p>2 Pulled Pork Sandwich Baked Beans Crispy Fries Salad Bar</p>
<p>5 Sweet & Sour Chicken Jasmine Rice Stir Fried Vegetables Pot Stickers Salad Bar</p>	<p>6 Spinach Salad with Strawberries, Almonds Peppers Dinner Roll Grilled Chicken Salad Bar</p>	<p>7 Fish Sandwich Tartar Sauce Coleslaw Tater Tots Salad Bar</p>	<p>8 Luau Sheet Pan Chicken Jasmine Rice Hawaiian Coleslaw Egg Roll Tropical Treat</p>	<p>9 Ham/Cheese Sandwich On a Croissant Lettuce & Tomato Carrot Raisin Salad Salad Bar</p>
<p>12 Sloppy Joe's Pasta Salad Fries Fruit Salad Bar</p>	<p>13 Senior Center is closed for an all City Employee Function</p> <p>No lunch is being served</p>	<p>14 Chicken Tenders Dipping Sauces Chips Tropical Fruit Salad Salad Bar</p>	<p>15 Chef's Choice Salad Bar</p>	<p>16 Tuna Sandwich Lettuce & Tomato Tomato Soup Dill Spear Salad Bar</p>
<p>19 Mac & Cheese Peas and Carrots Bread Sticks Salad Bar</p>	<p>20 Leila's Garlic Chicken Steamed Broccoli Dinner Roll Salad Bar</p>	<p>21 Hamburgers Lettuce, Onion, Tomatoes, Pickles Fresh Fruit Fries Salad Bar</p>	<p>22 Bruch for Lunch Biscuits and Gravy Bacon Scrambled Eggs Salad Bar</p>	<p>23 Spaghetti w/Meat Sauce Garlic Bread Green Beans Caesar Salad Salad Bar</p>
<p>26 BBQ Wings Corn on the Cob Coleslaw Garlic Bread Salad Bar</p>	<p>27 Loaded Baked Potato Sour Cream, Butter, Bacon Bits, Green Onion, Chili Salad Bar</p> <p>Birthday Celebration</p>	<p>28 Pam's Fab Meatloaf Mashed Potatoes Brown Gravy Buttered Corn Salad Bar</p>	<p>29 Labor Day Lunch Polish Dogs on a Bun Grilled Onions Sauerkraut Chips Salad Bar</p>	<p>30 Chicken Salad Sandwich On a Croissant Pasta Salad Fresh Fruit Salad Bar</p>

To-Go Only August Order-Ahead Lunch Menu

Your Name _____

Monday	Tuesday	Wednesday	Thursday	Friday
<p>If you are getting your lunch delivered or To-Go, please fill out the order ahead menu or <u>call in by 10am the morning of your pickup</u>. If you are dine-in, you do not need to fill out the order ahead menu or</p>			<p>1 Pam's Fab Meatloaf Mashed Potatoes Yummy Gravy Green Beans Salad Bar</p> <p>To Go </p>	<p>2 Pulled Pork Sandwich Baked Beans Crispy Fries Salad Bar</p> <p>Delivery  To Go </p>
<p>5 Sweet & Sour Chicken, Jasmine Rice, Stir Fried Vegetables, Pot Stickers, Salad Bar</p> <p>Delivery  To Go </p>	<p>6 Spinach Salad with Strawberries, Almonds, Peppers Dinner Roll Grilled Chicken Salad Bar</p> <p>To Go </p>	<p>7 Fish Sandwich Tartar Sauce Coleslaw Tater Tots Salad Bar</p> <p>Delivery  To Go </p>	<p>8 Luuu Sheet Pan Chicken Jasmine Rice Hawaiian Coleslaw Egg Roll, Tropical Treat</p> <p>To Go </p>	<p>9 Ham/Cheese Sandwich On a Croissant Lettuce & Tomato Carrot Raisin Salad Salad Bar</p> <p>Delivery  To Go </p>
<p>12 Sloppy Joe's Pasta Salad Fries Fruit Salad Bar</p> <p>Delivery  To Go </p>	<p>13 Senior Center is closed for an all City Employee Function</p> <p>No lunch is being served</p>	<p>14 Chicken Tenders Dipping Sauces Chips Tropical Fruit Salad Salad Bar</p> <p>Delivery  To Go </p>	<p>15 Chef's Choice Salad Bar</p> <p>To Go </p>	<p>16 Tuna Sandwich Lettuce & Tomato Tomato Soup Dill Spear Salad Bar</p> <p>Delivery  To Go </p>
<p>19 Mac & Cheese Peas and Carrots Bread Sticks Salad Bar</p> <p>Delivery  To Go </p>	<p>20 Leila's Garlic Chicken Steamed Broccoli Dinner Roll Salad Bar</p> <p>To Go </p>	<p>21 Hamburgers, Lettuce, Onion, Tomatoes, Pickles, Fresh Fruit Fries, Salad Bar</p> <p>Delivery  To Go </p>	<p>22 Bruch for Lunch Biscuits and Gravy Bacon Scrambled Eggs Salad Bar</p> <p>To Go </p>	<p>23 Spaghetti w/Meat Sauce Garlic Bread, Green Beans, Caesar Salad Salad Bar</p> <p>Delivery  To Go </p>
<p>26 BBQ Wings Corn on the Cob Coleslaw Garlic Bread Salad Bar</p> <p>Delivery  To Go </p>	<p>27 Birthday Celebration Loaded Baked Potato Sour Cream, Butter, Bacon Bits, Green Onion, Chili Salad Bar</p> <p>To Go </p>	<p>28 Pam's Fab Meatloaf Mashed Potatoes Brown Gravy Buttered Corn Salad Bar</p> <p>Delivery  To Go </p>	<p>29 Labor Day Lunch Polish Dogs on a Bun Grilled Onions Sauerkraut Chips Salad Bar</p> <p>To Go </p>	<p>30 Chicken Salad Sandwich On a Croissant Pasta Salad Fresh Fruit Salad Bar</p> <p>Delivery  To Go </p>

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Events

August 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1 9:30-10:30 Chick-fil-A Bingo 10:30 Tai Chi 12pm Lunch 1-3 Card Games</p>	<p>2 12pm Lunch 1-3:30 Shopping Trip 7pm Family Bingo</p>
<p>5 12pm Lunch 1-2 Line Dancing 2-2:30-Food Bank</p>	<p>6 9:30-11:30 Music Jam 12pm Lunch 1-2:30-Tech Time 1pm Writers Group 1:30-3:30-Diamond Art 2:30-5:00-Walking Trip</p>	<p>7 9-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo</p>	<p>8 Luau 10:30-12—Music by Patty & Traveling 4 10:30 Tai Chi 12pm Lunch 1-3 Card Games 1-4 Legal Guidance</p>	<p>9 9:30-Red Hat Society 12pm Lunch 1-3:30 Shopping Trip 7pm Family Bingo</p>
<p>12 11-12 BP Checks 12pm Lunch 1-2 Line Dancing</p>	<p>13 Closed for City Function 9:30-11:30 Music Jam 12pm Lunch 1pm Writers Group</p>	<p>14 9-12 Happy Hookers 10-11-Chat with Chief 12pm Lunch 1:15pm Senior Bingo</p>	<p>15 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</p>	<p>16 12pm Lunch 1-3:30 Shopping Trip 1:30-3:30-Art w/Anita 7pm Family Bingo</p>
<p>19 10 –11am Wellness Workshop 12pm Lunch 1-2 Line Dancing 2-2:30-Food Bank</p>	<p>20 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</p>	<p>21 9-12 Happy Hookers 10-11-1st Responders Class 12pm Lunch 1:15pm Senior Bingo 4:30 Juliet's@ Mazatlán</p>	<p>22 10:30 Tai Chi 12pm Lunch 1-3 Card Games</p>	<p>23 9-3 Foot Care 9:30-Red Hat Society 12pm Lunch 1-3:30 Shopping Trip 5-7 Spaghetti Feed Fund Raiser 7pm Family Bingo</p>
<p>26 12pm Lunch 1-2 Line Dancing</p>	<p>27 9:30-11:30 Music Jam 12pm Lunch 1pm Writers Group 1pm Personal Safety Class Birthday Celebration</p>	<p>28 9-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo</p>	<p>29 Labor Day Lunch 10:30-12—Music by Patty & Traveling 4 10:30 Tai Chi 12pm Lunch 1-3 Card Games</p>	<p>30 12pm Lunch 1-3:30 Shopping Trip 7pm Family Bingo</p>

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, August 15th

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. 12

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! **Patrick will not be available for the months of September thru November. August will be the last month you can get help from him until December.**

Craft Sale

When: Friday, September 27th

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

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, August 15th

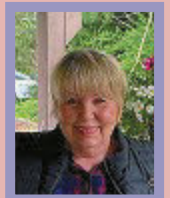
Time: 1-2:30pm

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

Caregivers need care, too. The demands can be as frustrating for the caregiver as they are for the patient. It's easy to focus so much on your loved one's health that you overlook your own well-being, which isn't good for either of you. Please join us for a support group meeting and learn tools, resources and share your stories and concerns. There is no cost for this group.

Sunshine Lady

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



Classified Ads

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

Available Services Cont'd

Senior & Family Bingo

Please join us on Wednesdays for Senior Bingo and on Friday Nights for Family Bingo! Senior Bingo (age 18 and older) is every Wednesday and will begin at 1:15pm. Family Bingo (all ages are welcome) is every Friday night and will begin at 7:00pm. We ask that you arrive 30 minutes early on Wednesdays and at least 45 minutes early on Fridays nights to purchase your packages. We begin selling packages at 12:45pm on Wednesday afternoons and 6:00pm on Friday nights.

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, August 13th we are closed that day for an all City Employee function.

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! 36



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.

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. **August class is on Tuesday, August 6th.**

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.

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



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.



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. They will meet the 2nd & 4th Fridays of the month from at 9:30 am.

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



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.44



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.

Luau

Thursday, August 8th

10:30-12:00

Cost \$8.00

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

Labor Day Lunch

Thursday, August 29th

10:30-12:00

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

10:30-12:00

Cost \$8.00

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

Patriots Day

Wednesday, September 11th

10:30-12:00

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

10:30-12:00

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.

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. Sign up in the office

Thursday, October 31st

Time: 10:30-12:00

Cost : \$8.00

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)



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

What Events would you like to see at your Senior Center?

Is there a class, activity or trip you would like to see at our Senior Center? See a staff member to discuss what you'd like to have available.

Health and Wellness

Free Blood Pressure Checks

by Celebrate Seniority

When: Monday, August 12th

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, 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, August 23rd

9am to 3pm

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



Wellness Workshop

Monday, August 19th

10:00-11:00

No cost

Join Traci Woodcock for a free health presentation. This month is Evading Inflammation. 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 - Sandi's Story

Written by Jake Knaus

My wife, Sandi, was born in 1942 and spent a lot of time at her grandparent's home when she was growing up. There were lots of family and lots of music. She always says her grandmother raised her "Kentucky Style".

She met a young man when she was in school who taught her how to play the drums and she even landed a few gigs. For those of you who attend the Tuesday Jam Sessions with Jesse and the Jammers, you will probably remember her getting up and singing her signature song "You Ain't Woman Enough".

She graduated from Franklin High School and we met roller skating and continued to go every Friday night. We married in April 1963, after I was discharged from the Army, and started our family of "ALL BOYS". She loved to go camping, take walks and feed her large family. She always loved to help people, even total strangers. She was always willing to lend a helping hand to anyone in need without expecting anything in return. She would always say "It's not about the money."

In 2005 we moved to Bonney Lake and started to volunteer at the Senior Center. It was then that I noticed small things with her memory. Her walks were getting longer because she was having a hard time finding her way and she was repeating stories and not remembering simple things.

I realized it was a big problem at Thanksgiving one year. The family had sat down to eat and she was nowhere to be found. We eventually discovered she had hitchhiked to Orting all the way from Bonney Lake with a stranger.

Last year she started to walk into neighbors' homes and ask for hugs. She was having a hard time with simple tasks and couldn't find her way home on her walks anymore. It became clear that Sandi was no longer safe at home.

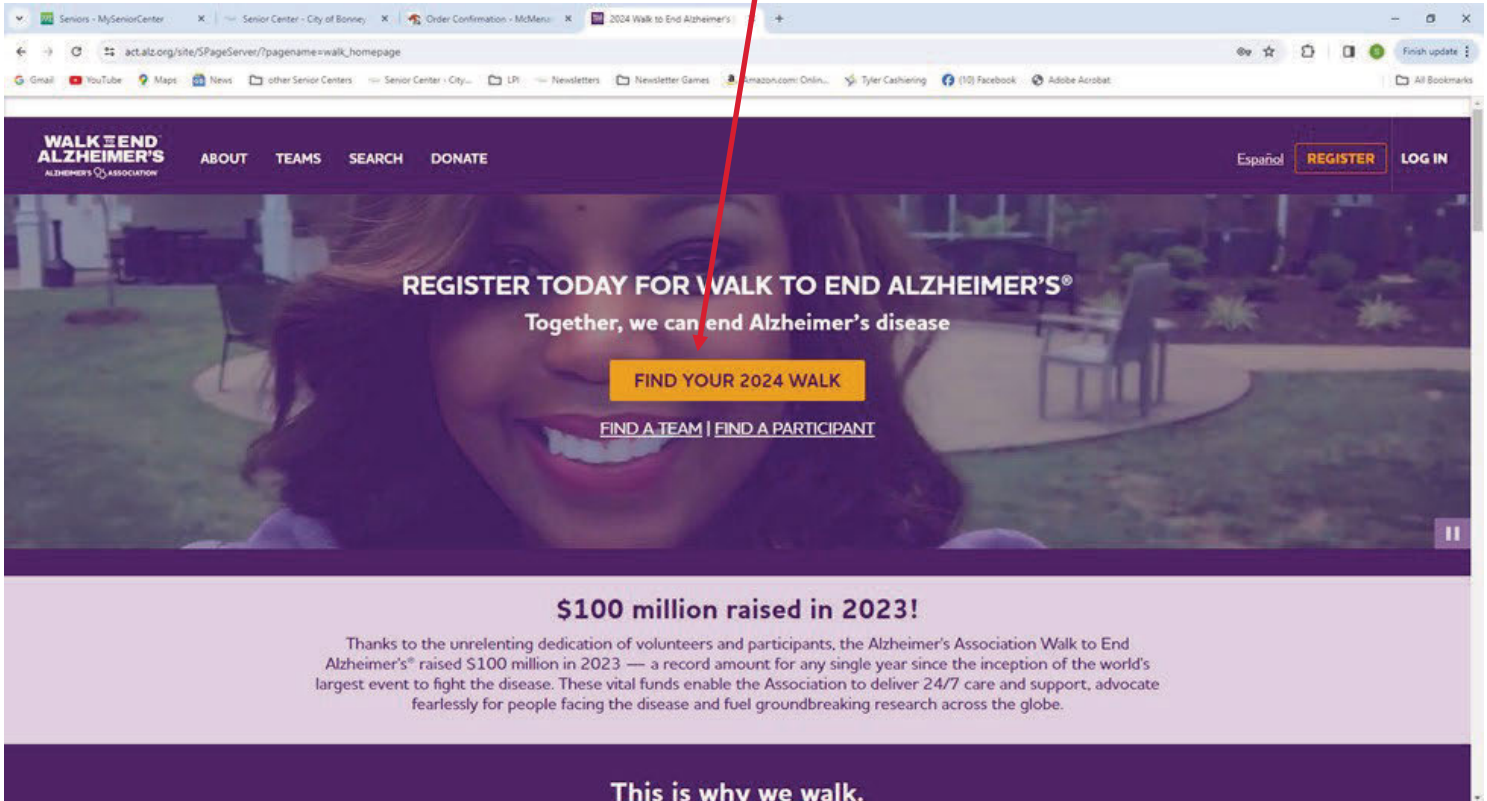
This April, with the help of family and the Center, she moved into a care facility. She still loves to talk with people and walk around. But she's safe and happy to be around people. I still get glimpses of my "old Sandi", but those instances are few and far between. As long as she's safe and happy, I'm okay with things as they are.

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

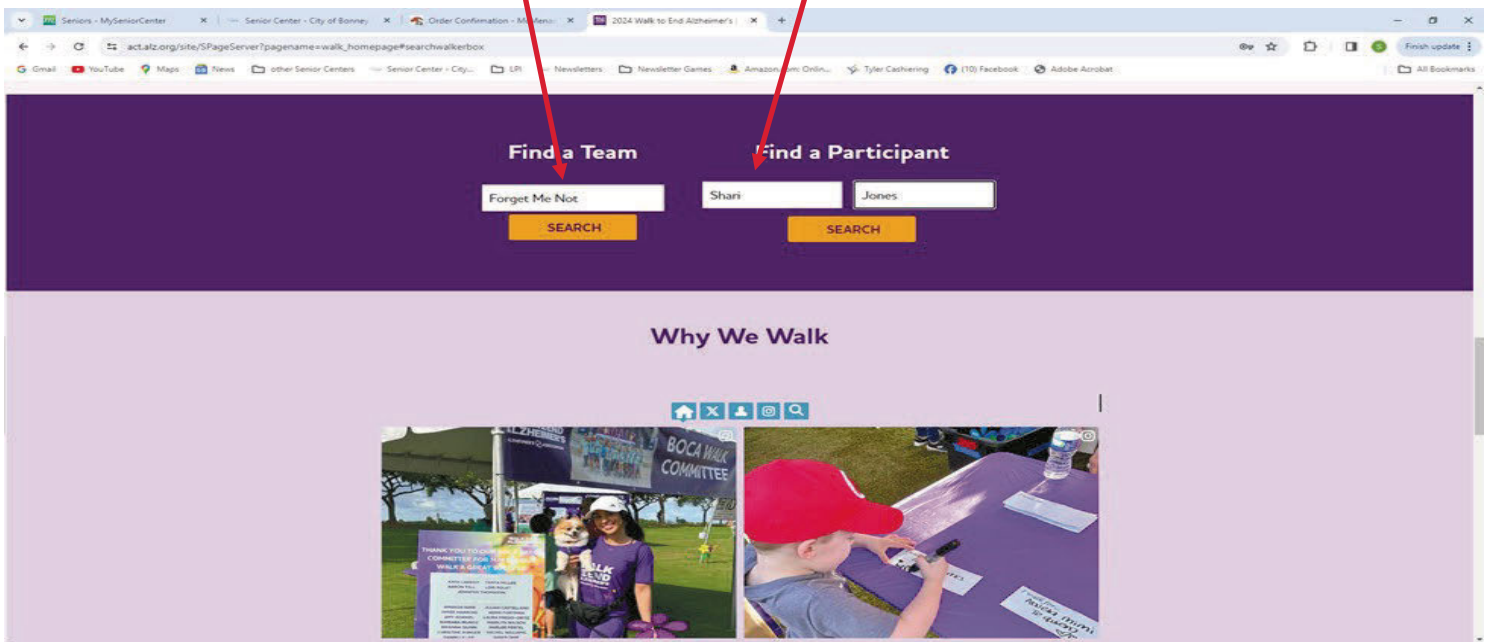
How to Registration/Donation for Alzheimer's Walk

Thank you to everyone who has signed up to join our walking team on Saturday, October 5th (date change). 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 Iryk, Charlotte	2024 Walk to End Alzheimer's - Upper Ohio Valley
The Forget Me Nots Jenkins, Victoria	2024 Walk to End Alzheimer's - Middle Peninsula and Northern Neck
Chuck's Forget Me Nots Jepson, Darla	2024 Walk to End Alzheimer's - Kankakee & Iroquois County, IL
Forget Me Nots Johnson, Marj	2024 Walk to End Alzheimer's - Tulsa, OK
Forget Me Not Jones, Shari	2024 Walk to End Alzheimer's - Pierce County, WA
Forget me Nots Jones, Valory	2024 Walk to End Alzheimer's - Reno/Sparks, NV

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

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

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

Team page of Forget Me Not

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

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

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

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

5% ACHIEVED

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

[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 | 17

Alzheimer's 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. 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, August 23rd 5:00-7:00 pm
Friday, September 27th 5:00-7:00 pm

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Things you need to Know

Senior Center Closures

The Senior Center will be closed:

Tuesday, August 13—All City Employee Event

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

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: 12, 36, & 44



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

NEVER MISS OUR NEWSLETTER!

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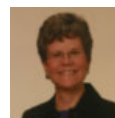
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Visit

www.mycommunityonline.com

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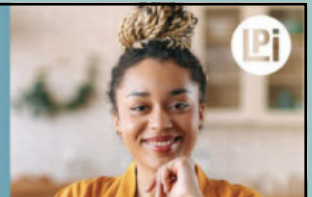
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Spot the Differences



13 differences remain

Special Shout Out!



We'd like to give a special shout out to our Resident Actress, Anita Chandler for her excellent performance as "Crazy Granny" in the Harstine Island Theatre Club's production of "You Have the Right to Remain Dead." Way to go Anita!

Can you guess who is the murderer? Hint: It wasn't Crazy Granny.

Visit us at www.ci.bonney-lake.wa.us / 22

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Safari Animals

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- KUDU
- LEOPARD
- SPRINGBOK
- ELAND
- CROCODILE
- BABOON
- GIRAFFE
- ELEPHANT
- BUFFALO
- HIPPO
- RHINO
- WARTHOG
- GAZELLE
- ZEBRA
- CHEETAH
- CIVET
- HYENA
- LION

Play this puzzle online at : <https://thewordsearch.com/puzzle/11/>

News from our Gardener

August and it's time to get out of the house: I'm recommending visiting a local garden to get that tranquility that nature gives to us. Gardens give you a safe, respite from our daily activities and a chance to keep moving to promote our health and well being. An old Korean proverb tells us to "let the flowers play their game" and you can be the spectator of the sport by visiting gardens in our area for a relaxing sun filled day. The garden of Emmott and Lone Chase, located in Orting, is rated as one of the ten best gardens in our country. 4 acre of artfully designed Japanese and Pacific Northwest woodland landscape sits on the Orting bluff that overlooks the Puyallup Valley below with views of Mount Rainier as a backdrop. For info or to take a virtual tour at chasegarden.org

As August approaches our weather changes from plenty of water to higher water rate\$\$ to promote water conservation. Traditionally, the practice for managing rainfall in landscapes has been to move it out as quickly as possible. Though it moves the water quickly out of our yards, that approach has negatively affected our water quality by creating more flooding downstream and eliminating the natural cleansing process that happens when water passes through soil. If you're looking for a sustainable alternative consider installing water barrels on your houses down spouts. Rain barrels are an easy way to capture our excess water and gives you the ability to slowly disperse it . See virtual rain barrel info and installation guide specifically for us Pierce county residents at www.youtube.com/watch?v=H2hTT3tvFJw&t=7s. Believe this; over the years I have collected 15, 55 gallon barrels that quickly fill up and empty during the growing season. The barrels have become a fun family project from the assembly to artistic scene paintings (in a Bob Ross kind of way) to add our families personnel touch.

The most efficient way to conserve water is to mulch. Cover your garden or flower pots with a good layer of mulch which will keep evaporation rate to a minimum. How much mulch you can use? To say do you need a bag or does your gardens deserve a heaping, helping pile that is available from most tree service companies for free; see chipdrop.com or there is always mulch from Tagro, that prize winning material coming out of Tacoma. See www.cityoftacoma.org

Free: You can view previously recorded workshops on Pacific Northwest vegetable gardens from garden planning to seed starting through harvest taught by the educators at Harvest Pierce County on the Piercecd.org website. These classes cover many subjects including fruit and nut trees, bugs, diseases and non-toxic alternatives to control them or information on planting your fall and winter garden. Container gardening tips and many other gardening topics are also covered. Free food, 24/7 through my friends at "The Farm". This is garden ripe produce, beautifully delicious, located just down the road in Summit on Waller Road. For more info talk to me and I'll share the source of this unique opportunity and thanks to Emily Strong.

Unfortunate for us during this time of year is wildfires; look online for tips to help protect your house. Contact your friendly Pierce County Master Gardener at pierce.mg@wsu.edu with your gardening questions including many tips on wildfire mitigation.

A last note I want to share with you is the fact that you need a timed entry to enjoy our Mt Rainier national park. The park has become so popular during the summer season that there is just nowhere to put all the cars. Save the frustration and go online to book your entry this summer!

Enjoy your day; every 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-3:30pm, 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.

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.

Monday August 5th

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

Phil's Trips Cont'd

Friday, August 16 thru Saturday, August 17th

Union Gap Pioneer Power Show

Leaving Senior Center at 9:00 a.m. and return around 6:00 p.m. on Saturday.

Cost: Transportation - \$15; Room: \$80 per person (pay \$95 at sign-up). Meals on your own.

This is a trip to central Washington farmland to an event to showcase life on the farm over the past 100 years.

Their museum is the largest of its kind in the Pacific Northwest, housing more than 150 tractors.

See the equipment of yesteryear with vintage trucks, tractors, and engines on display. Watch the popular equipment parade. Learn about blacksmithing and watch demonstrations of the turn of the century sawmill, and the apple packing line. Enjoy the quilt displays, see wheat threshing done the old-fashioned way and then enjoy freshly baked bread at the Bread Shack. There will also be tractor pulls, tractor games and draft horse demonstrations. So have fun while learning about the area's agricultural history.

Monday August 19th

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 return to Senior Center or home.

Cost: FREE

See Phil for more details and to register in advance.

TROLL HUNTING

All Troll sign-up sheets are under one tab in the Trips Book

Friday, August 2nd 10:00 a.m. to 4:00 p.m.

This is a Bonney Lake Senior Center bus trip.

Cost: \$10 for Transp.; \$6.50 for ferry ride (Pay \$16.50 at sign-up)

Meet Oscar the Bird King, who resides on Vashon Island next to the Pt. Robinson lighthouse. You will also get an inside peek at the lighthouse.

Friday, August 30th 10:00 a.m. to 2:00 p.m.

This is a Bonney Lake Senior Center bus trip.

Cost: \$10 for Transp.

Meet Bruunidun, the only female troll in this collection. She resides in Lincoln Park in West Seattle.

Friday, September 13th thru Saturday September 14th

Leaving at 8:45 a.m. from behind the Fire Station

This is a Bonney Lake Senior Center bus trip

Cost: \$15 for Transp.; \$80 for hotel room, double Occ. (Pay \$95 at sign-up)

Meet Ole Bolle, who resides just south of Portland, OR. You will visit the Wilsonville Outlet Mall and the Portland Rose Garden on this trip. You can take an optional train ride to Portland on Friday for \$20 if you pay for the train at least two weeks in advance. Phil will pick you up at 12:25 at Union Station in Portland

Phil's Trips Cont'd

TROLL HUNTING Cont'd

Friday, September 20th 10:00 a.m. to 2:00 p.m.

This is a Bonney Lake Senior Center bus trip

Cost: \$10 for Transportation

Meet Pia The Peacemaker, who resides on Bainbridge Island in Sakai Park. Pia is the last of our hunt for all 6 Pacific NW trolls.

Tuesday local walking trip will be:

Aug. 6th – Tehaleh Overlook

Tuesday park walking trip will be:

August 20th – Bradley Lake Park

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



Jakob Two-Trees (Issaquah) May 3rd



Jakob Two-Trees (Issaquah) June 21st

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.