

Bonney Lake

Senior Center Newsletter

September 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!

It's that time of year that we love here at the center....FALL!

Planning is well underway for loads of fun events and activities. Be sure you sign-up for all of them! Our Halloween party is always a hit along with Thanksgiving and Christmas. We hope to see all of you at all of our events this FALL!



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 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!

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

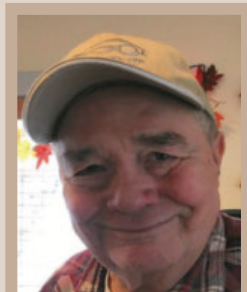


The Senior Advisory Board members work closely with staff to help with a variety of tasks. The Senior Advisory Board, and their volunteers, assist with many fundraising events throughout the year which enables them to help provide funds for special events, work with the Bonney Lake Kiwanis to help seniors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



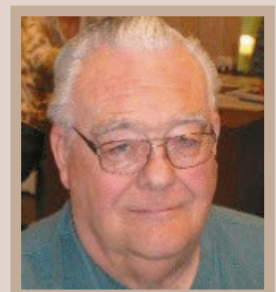
President
Wayne Johnson



Vice President
Bob Wells



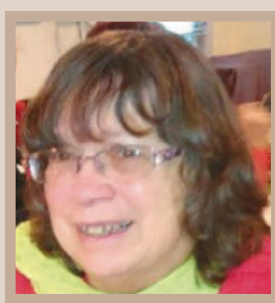
Treasurer
Julianne DeLeo



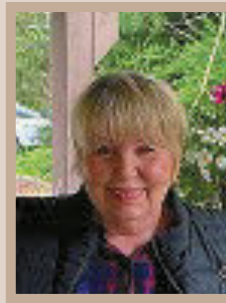
Assistant Treasurer
Jim Baisch



Secretary
Anita Chandler



Bonnie Johnson
Board Member



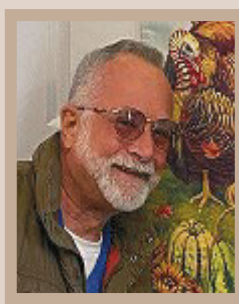
Linda Smith
Board Member



David Reed
Board Member



Diane Stabler
Board Member



Ernie Gilmer
Board Member



Beverly Proby
Board Member


Menu

September 2024

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 2  | 3 Lemon Pepper Baked Fish Jasmine Rice Stir-Fry Vegetables Jay's Tartar Sauce Salad Bar | 4 Asian Chicken Salad Sliced Peppers Mandarin Oranges Toasted Almonds Chow Mein Noodles Fortune Cookie Salad Bar | 5 Grandparents Day Creamy Alfredo Fettuccini W/ Shrimp Sauteed Vegetables Caesar Salad Bread Sticks Salad Bar | 6 Smokey Clam Chowder Warm Bread Seasonal Fruit Salad Bar |
| 9 Crispy Chicken Tenders Potato Wedges Tropical Fruit Salad w/Coconut Salad Bar | 10 Teriyaki Beef Skewers Jasmine Rice Stir-Fry Veggies Pot Stickers Salad Bar | 11 Patriots Day BBQ Chicken Sweet Corn Baked Beans Corn Bread w/Honey Butter Salad Bar | 12 Pam's Meatloaf Mashed Potatoes & Gravy Sunshine Carrots Dinner Roll Salad Bar | 13 Grilled Cheese Sandwich on Sourdough Tomato Soup Fresh Fruit Salad Bar |
| 16 Crispy Fish Sandwich W/Jay's Tartar Sauce Lettuce & Tomato Slice Coleslaw | 17 Beef Taco Salad W/all the Fixin's Tortilla Chips Salsa Churros Salad Bar | 18 Sweet & Sour Chicken Over Steamed Rice Mixed Vegetables Salad Bar | 19 Kielbasa with Grilled Onions and Green Peppers Savory Red Potatoes Corn off the Cob Salad Bar | 20 Chicken Salad Sandwich on Croissant Chips Watermelon Salad Bar |
| 23 Mac and Cheese w/ Diced Ham Mixed Vegetable Warm Bread Salad Bar | 24 Breakfast for Lunch Biscuits Gravy Scrambled Eggs Bacon Salad Bar Birthday Celebration | 25 Loaded Baked Potato w/ All the Fixin's Cheese, Bacon Bits, Sour Cream, Green Onions, Broccoli Cheese Sauce | 26 Hippie Day Liver & Onions Mashed Potatoes With Gravy Mixed Vegetable Dinner Roll Salad Bar | 27 Spaghetti w/Meat Sauce Steamed Broccoli Caesar Salad Garlic Bread Salad Bar |
| 30 Pork Cutlets Mashed Potatoes W/ Mushroom Gravy Vegetable Salad Bar | | | | 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 |

To-Go Only September Order-Ahead Lunch Menu

Your Name

| Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>2</p>  | <p>3</p> <p>Lemon Pepper Baked Fish Jasmine Rice Stir-Fry Vegetables Jay's Tartar Sauce Salad Bar</p> <p>To Go <input type="radio"/></p> | <p>4</p> <p>Asian Chicken Salad Sliced Peppers Mandarin Oranges Toasted Almonds Chow Mein Noodles Fortune Cookie Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="radio"/></p> | <p>5 Grandparents Day</p> <p>Creamy Alfredo Fettuccini W/ Shrimp Sauteed Vegetables Caesar Salad Bread Sticks Salad Bar</p> <p>To Go <input type="radio"/></p> | <p>6</p> <p>Smokey Clam Chowder Warm Bread Seasonal Fruit Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="radio"/></p> |
| <p>9</p> <p>Crispy Chicken Tenders Potato Wedges Tropical Fruit Salad w/Coconut Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="radio"/></p> | <p>10</p> <p>Teriyaki Beef Skewers Jasmine Rice Stir-Fry Veggies Pot Stickers Salad Bar</p> <p>To Go <input type="radio"/></p> | <p>11 Patriots Day</p> <p>BBQ Chicken Sweet Corn Baked Beans Corn Bread w/Honey Butter</p> <p>Delivery <input type="checkbox"/> To Go <input type="radio"/></p> | <p>12</p> <p>Pam's Meatloaf Mashed Potatoes & Gravy Sunshine Carrots Dinner Roll Salad Bar</p> <p>To Go <input type="radio"/></p> | <p>13</p> <p>Grilled Cheese Sandwich on Sourdough Tomato Soup Fresh Fruit Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="radio"/></p> |
| <p>16</p> <p>Crispy Fish Sandwich W/Jay's Tartar Sauce, Lettuce & Tomato Slice, Coleslaw, Curley Fries, Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="radio"/></p> | <p>17</p> <p>Beef Taco Salad W/all the Fixin's Tortilla Chips Salsa Churros Salad Bar</p> <p>To Go <input type="radio"/></p> | <p>18</p> <p>Sweet & Sour Chicken Over Steamed Rice Mixed Vegetables Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="radio"/></p> | <p>19</p> <p>Kielbasa with Grilled Onions and Green Peppers Savory Red Potatoes Corn off the Cob Salad Bar</p> <p>To Go <input type="radio"/></p> | <p>20</p> <p>Chicken Salad Sandwich on Croissant Chips Watermelon Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="radio"/></p> |
| <p>23</p> <p>Mac and Cheese w/ Diced Ham Mixed Vegetable Warm Bread Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="radio"/></p> | <p>24 Birthday Celebration</p> <p>Breakfast for Lunch Biscuits Gravy Scrambled Eggs Bacon Salad Bar</p> <p>To Go <input type="radio"/></p> | <p>25</p> <p>Loaded Baked Potato w/ All the Fixin's, Cheese, Bacon Bits, Sour Cream, Green Onions, Broccoli Cheese Sauce Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="radio"/></p> | <p>26 Hippie Day</p> <p>Liver & Onions Mashed Potatoes With Gravy Mixed Vegetable Dinner Roll Salad Bar</p> <p>To Go <input type="radio"/></p> | <p>27</p> <p>Spaghetti w/Meat Sauce Steamed Broccoli Caesar Salad Garlic Bread Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="radio"/></p> |
| <p>30</p> <p>Pork Cutlets Mashed Potatoes W/ Mushroom Gravy Vegetable Salad Bar</p> <p>Delivery <input type="checkbox"/> To Go <input type="radio"/></p> | | | | <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 dining in, you <u>do not</u> need to fill out the order ahead menu or call us.</p> |

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Events

September 2024

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>2 12pm Lunch 1-2 Line Dancing 2-2:30 </p> | <p>3 9:30-11:30 Music Jam 12pm Lunch 1pm Writers Group 1-2:30 Tech Time 2:30-5:00-Walking Trip</p> | <p>4 9-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo</p> | <p>5 Grandparents Day 9:30-10:30 Chick-fil-A Bingo 10:30-12—Music by Johnny Crash 10:30 Tai Chi 12pm Lunch 1-3 Card Games</p> | <p>6 12pm Lunch 1-3:30 Shopping Trip 7pm Family Bingo</p> |
| <p>9 10-11-Jazz History 11-12 BP Checks 12pm Lunch 1-2 Line Dancing</p> | <p>10 9:30-11:30 Music Jam 12pm Lunch 1pm Writers Group 1:30-3:30-Diamond Art</p> | <p>11 Patriots Day 9-12 Happy Hookers 10-11-Chat with Chief 12pm Lunch 1:15pm Senior Bingo</p> | <p>12 10:30 Tai Chi 12pm Lunch 1-3 Card Games 1-4 Legal Guidance</p> | <p>13 9:30-Red Hat Society 12pm Lunch 1-3:30 Shopping Trip 7pm Family Bingo</p> |
| <p>16 12pm Lunch 1-2 Line Dancing 2-2:30-Food Bank</p> | <p>17 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>18 9-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo 4:30 Juliet's@ Habit Burger</p> | <p>19 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>20 12pm Lunch 1-3:30 Shopping Trip 1:30-3:30-Art w/Anita 7pm Family Bingo</p> |
| <p>23 12pm Lunch 1-2 Line Dancing</p> | <p>24 9:30-11:30 Music Jam 12pm Lunch 1pm Writers Group 1pm Personal Safety Class Birthday Celebration</p> | <p>25 9-12 Happy Hookers 12pm Lunch 1:15pm Senior Bingo</p> | <p>26 Hippie Day 10:30 Tai Chi 10:30-12—Music by Patty & Traveling 4 12pm Lunch 1-3 Card Games</p> | <p>27 9-3 Foot Care 9:30-Red Hat Society 10-1-Craft Sale 12pm Lunch 1-3:30 Shopping Trip 5-7 Spaghetti Feed Fund Raiser 7pm Family Bingo</p> |
| <p>30 12pm Lunch 1-2 Line Dancing</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, September 19th

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!

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.

Caregivers Support Group

When: Thursday, September 19th
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.

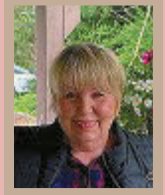
Craft Sale

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.

Sunshine Lady

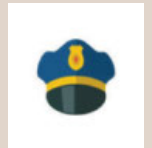
Our Sunshine Lady is Linda Smith. She mails cards of encouragement, get well, sympathy or what might be needed. Please let us or her know if one of our friends could use a caring card. We appreciate our Sunshine Lady!!



Chat with the Chief

2nd Wednesday of every month
10:00-11:00

Please join us for coffee and pastries and an informal chat with our Bonney Lake Police Chief Mark Berry. 4



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.

Gardening items needed

Have any extra gardening tools you don't need (lawn mowers, shovels, rakes, spades, hoes, etc.) please consider donating them to Kerry LeBleu's Blessing Movement. Kerry and her team of awesome high school students and other volunteers need them to help Senior Citizens with their yard work. You can drop any items off at the Senior Center. Thank you! 21

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.



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!



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.

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.

9/18/24—The Habit Burger
10/16/24—Round Table Pizza
11/20/24—Chipotle
12/18/24—Don Chuys



Jazz History

When: Monday, September 9th

Time: 10:00-11:00

No Cost

Join musician Charles Lambert at the keyboard as he highlights the lives of four great American Jazz Musicians: Louis Armstrong, Quincy Jones, Dizzy Gillespie and Herbie Hancock. Interspersing lecture with piano performance, Charles will train your ear to recognize the distinctive sounds of Big Band, Bebop, Modern Jazz and Afro-Cuban Jazz. 76

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, October 16th

Time: 10:00-11:00

No Cost

Sign up to attend a 1st responder class taught by Jessica Kulaas, who is the 911 Education Coordinator for South Sound. She will teach everything 9-1-1 related for if you need to call.



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

10:30-12:00

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



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

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)



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, September 9th

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, September 27th

9am to 3pm

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



Wellness Workshop

Monday, October 21st

10:00-11:00

No cost

Join Traci Woodcock for a free health presentation. This month is Renewable Beauty-Learning to Detox the Body. 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, September 24th

1:00-2:00 pm

No Cost

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

Alzheimer's Walk - Cheryl's Story

Many of you know my Mom, Joyce, but no one had the opportunity to meet my Dad, Wayne, before he passed away as a result of Alzheimer's Disease. My Dad was born in 1936 and grew up in the small mill town of Vernonia, Oregon. Growing up he worked with his Dad as a milk man then grocery clerk. He also spent many solitary hours sitting in a fire watch tower for the forestry service. His Mother taught piano lessons and that is how he met my Mom. He found reasons to hang around during her lesson and flirt. After graduating from high school he was drafted into the Army and served for 2 years, part of that time in Germany. When he completed his service he returned to Vernonia and married my Mom. He began working at Tektronix in Beaverton and commuted daily. In 1963 they had my brother, Eric, and I was born in 1966. In 1967 they moved to a brand new house in Beaverton. He retired from Tektronix in 1994.

My Dad loved woodworking, carpentry, clamming, gardening, camping and most of all golfing. He was on the Tektronix golf team that was part of the Portland Golf League. He enjoyed sports - he could watch a baseball game on TV with the sound off and listen to a basketball game on the radio and make the calls before the refs or umpires for either game. He never missed watching a golf tournament. Family could not visit during The Masters Tournament in April, he was busy! He loved gospel music, his favorite group being The Gaithers. Most of all he enjoyed helping others. No project was too big or too small. Most of our friends and family had garage cabinets that he built custom to their space. He built decks, fences, furniture, cabinets. He helped with plumbing, landscaping, pulling stumps, cutting wood, hauling stuff and moving. Always had the time and energy to help, he was happy to do anything. He had a great sense of humor and was always the jokester. He was a mentor to others in his craft of woodworking and to this day his son and son-in law continue to use what he passed on to them.

Over the course of about 10 years prior to his diagnosis we began to notice a progressive worsening of his memory. He would often get side tracked onto other things when working on projects and forget what he was doing, then not be able to finish the task. Distractions while driving were more obvious. Finding words to express what he wanted to say became difficult and he would get frustrated. It was at this point they went to see a Neurologist. In 2009 he was diagnosed with Alzheimer's Disease and Progressive Nonfluent Aphasia. There was no treatment.

By 2012 his Alzheimer's progressed and he became increasingly frustrated with not being able to express himself, was having nightmares, was often uncooperative and agitated and verbally lashing out, he wandered at night taking things apart or emptying cabinets and drawers. As a family, we decided it was time to move my parents to Bonney Lake. My Dad was part of the planning and seemed excited. We found a beautiful home in a fantastic neighborhood that was less than 5 minutes from me. In May 2012, we moved my parents from their home of 45 years up to Washington. Unfortunately, the change only increased his agitation, emotional and verbal outbursts and night time wandering and destruction. By the end of the year his behavior became volatile and unpredictable and my Mom did not feel safe. We made the difficult decision to place him in a memory care facility. While there his aggressive behavior intensified and he had to be medicated. Sadly, the medication caused lethargy and he stopped eating. We placed him in Hospice and he peacefully passed away in March of 2013 surrounded by his family and the music of The Gaithers.

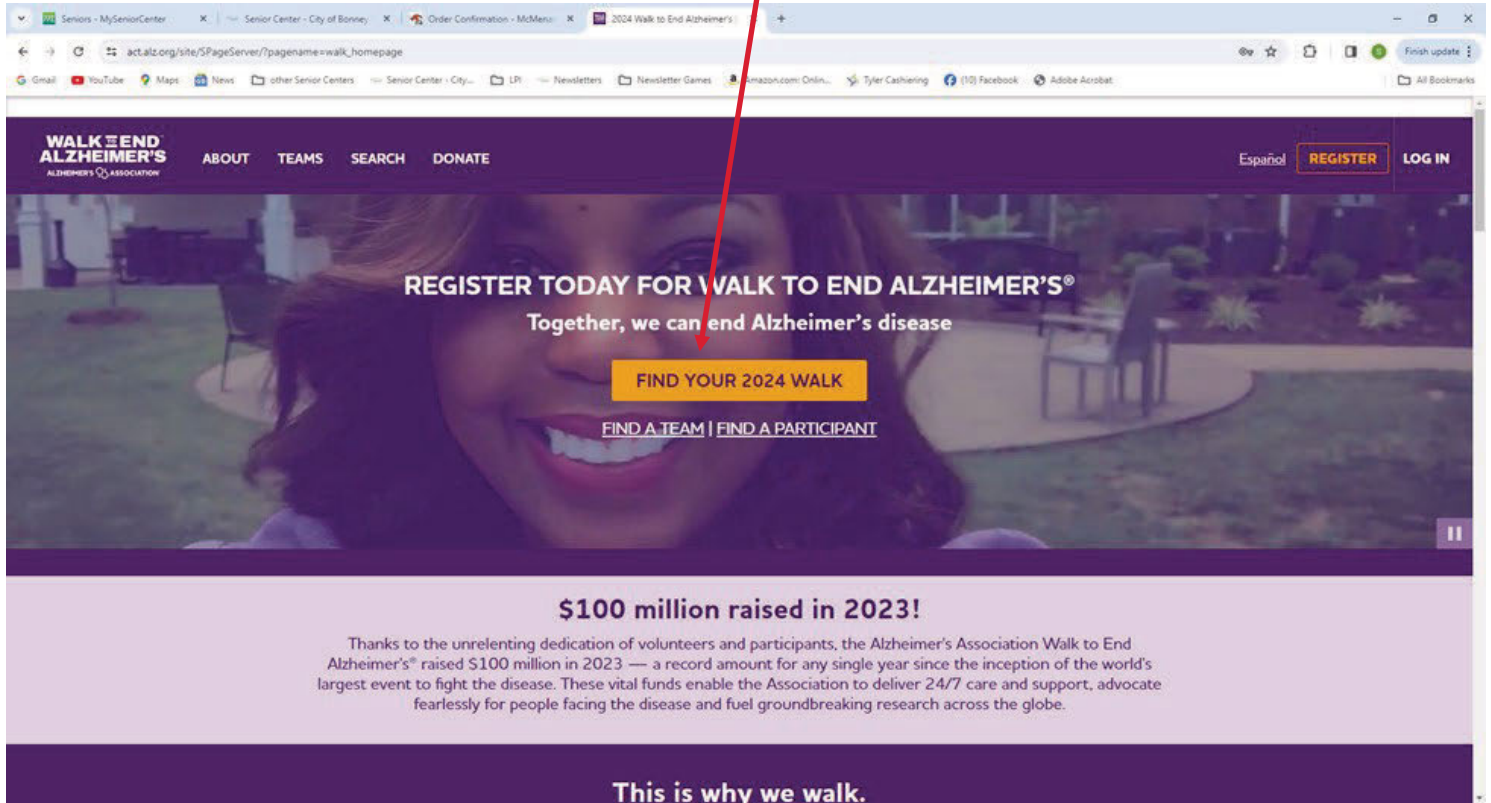
The last 5 years Dad was with us he was not the same man he was before Alzheimer's set in. While his body remained healthy and strong, Alzheimer's had stolen his mind and spirit. We focus on the happy memories we have and find comfort knowing he is at peace.



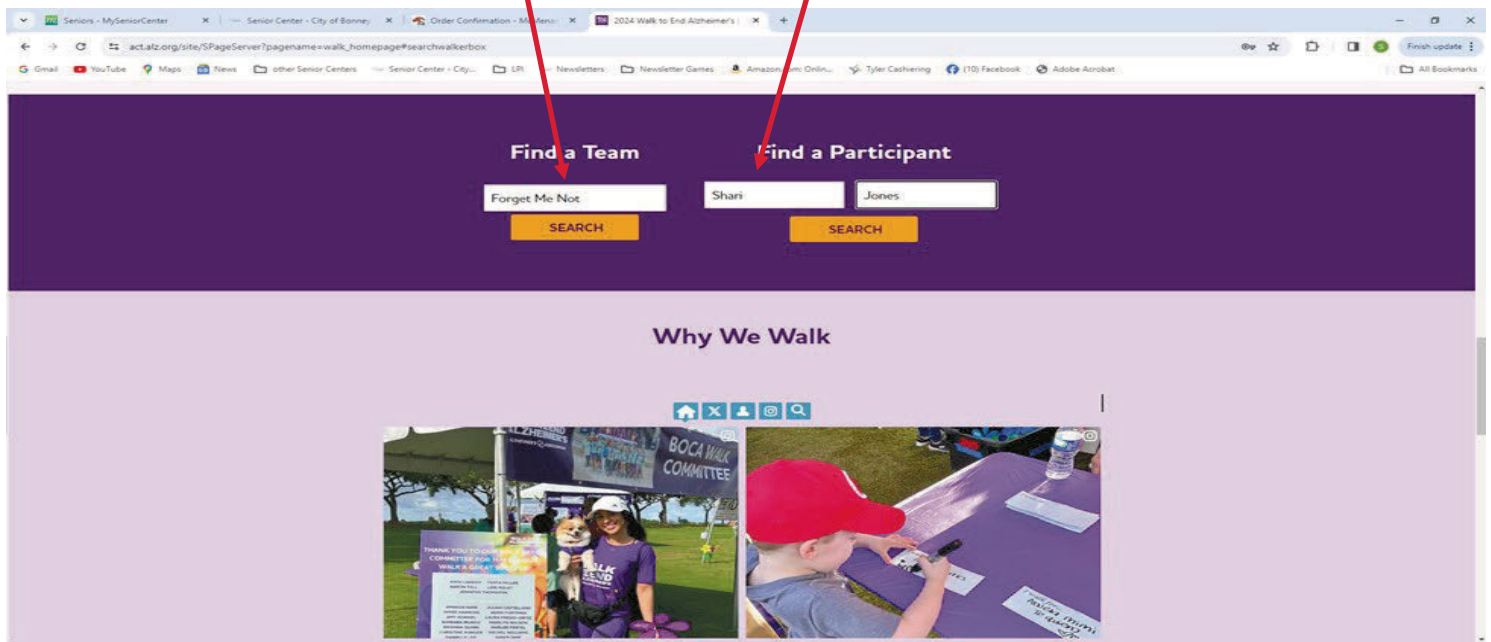
How to Registration/Donation for Alzheimer's Walk

Thank you to Peggy Lundin and Jim Schaeve and 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

[Share Our Page](#)
[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

This is our last spaghetti feed fund raiser before the Alzheimer's Walk on October 5th.

Friday Night Bingo Spaghetti Dinner

Join us on September 27th from 5:00-7:00 pm
for our last 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)

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

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Things you need to Know

Senior Center Closures

The Senior Center will be closed:



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: 4, 21, & 76



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

NEVER MISS OUR NEWSLETTER!

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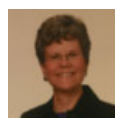
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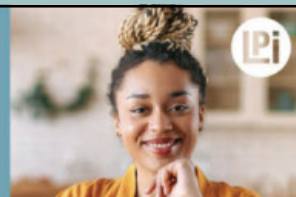
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Bonney Lake Senior Center, Bonney Lake, WA

C 4C 05-1036

Free Shot Clinic in October

Free Shot Clinic



Receive your vaccines in
October (final date TBD) Stay tuned for finalized
information in our October newsletter.

Vaccines available for:

- Flu
- Updated COVID-19
- RSV
- Pneumonia
- Shingles (2nd dose will be received at the Rxpress Pharmacy Drive thru Clinic in Bonney Lake)
- Tacoma Pierce County Health Department will be on site to help with any insurance information that maybe needed. Co-Pay maybe required depending on the type of vaccine you receive and your insurance (if required)

Things that Make you Chuckle

How I feel when I have to scroll down to the year I was born:



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Bonney Lake Senior Center, Bonney Lake, WA

D 4C 05-1036

Things my Mother Taught Me

1. My mother taught me about WEATHER.
"Your room looks like a tornado hit it."
2. My mother taught me about RELIGION.
"You better pray that comes out of the carpet."
3. My mother taught me about TIME TRAVEL.
"If you don't straighten up I'm going to knock you into the middle of next week."
4. My mother taught me about OSMOSIS.
"Shut your mouth and eat your supper."
5. My mother taught me about the CIRCLE OF LIFE.
"I brought you into this world, I can take you out."
6. My mother taught me about ENVY.
"There are millions of less fortunate children in the world who don't have wonderful parents like you."

7. My mother taught me about RECEIVING.
"You are going to get it when we get home."
8. My mother taught me about GENEALOGY.
"Shut that door... You think you were raised in a barn?"
9. My mother taught me about JUSTICE.
"One day you'll have kids... I hope they turn out just like you!"
10. My mother taught me about LOGIC.
"Because I said so, That's why."
11. My mother taught me about STAMINA.
"You'll sit there until your spinach is gone."
12. My mother taught me about IRONY.
"Keep crying. I'll give you something to cry about."

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Word Search

Words meaning "Beautiful"

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

STUNNING
RAVISHING
EXQUISITE
PRETTY
SUBLIME
CUTE
LOVELY
CHARMING
SUPERB
STATUESQUE
GORGEOUS
WONDERFUL
BEWITCHING
APPEALING
CLASSY
ALLURING
ELEGANT
DIVINE

Play this puzzle online at : <https://thewordsearch.com/puzzle/119/>

News from our Gardener

There are plenty of good reasons to deadhead hydrangeas. Removing spent flowers not only tidies shrubs, it helps plants put growing energy into leaves and roots. Here's how to deadhead hydrangeas, and how to protect next year's growth.

You can put deadheading hydrangeas on your fall cleaning checklist because unlike other flowers, deadheading hydrangeas will not make them bloom again. Regular hydrangeas bloom once per season, while re-blooming varieties produce a second set of flowers later in the season on new stems. For hydrangeas, deadheading is about making the shrubs look neater, and focusing plant growth on roots and leaves instead of seeds.

Wondering why are your hydrangeas are not blooming? Here are a few ways to help your hydrangeas look their best this growing season.

Use **bypass pruning shears** for deadheading. They have sharp blades that make a clean cut without damaging stems. Clean and sterilize pruners between uses to prevent spreading diseases between plants. There are purple, pink and blue *prophylactic* hydrangeas (also called mop-head and lace-cap), as well as hydrangeas with oak-shaped leaves. Some varieties bloom once per season on last year's stems (old wood), while re-blooming types flower a second time on new wood.

The best time to deadhead is when the first set of blooms on your hydrangeas begin to turn brown and dry. Cut the stem below the flower head and just above the first set of leaves. For re-blooming types, you can deadhead again when this second set begins to fade, but only through mid-August or so. After this your hydrangeas will create buds for next year's flowers, and you don't want to accidentally cut these off. Dried flower heads left after summer's end can stay on the shrubs for visual interest during winter months.

Hydrangeas with cone-shaped, white flowers (some fade to red or green) as well as those with showy flower heads like Incredible bloom later in the season on new stems grown that same year. Follow the same steps for deadheading hydrangeas in this category: remove the dry, brown flowers by cutting the stem below the bloom and just above the first set of leaves. Many gardeners, however, don't bother deadheading these types, and instead leave the dried flowers on the shrubs to make a more interesting fall and winter landscape. Any pruning on panicle and smooth hydrangeas gets done in early spring, so dried flower heads that overwintered get removed in the process.

I also want you to get out and see the professional gardens in our area. One of which is PowellsWood. The garden blends the untamed beauty of a Pacific Northwest forest and a curated, English-style garden in one dynamic visit. The cultivated garden serves as a portal to a 37-acre nature preserve brimming with native plants and wildlife. Your admission includes entry to the 3-acre garden and the nature preserve.

Conveniently located between Seattle and Tacoma, PowellsWood is an accessible woodland oasis midst the urban sprawl. Garden Features: Explore seven distinctive garden areas, including an Entry Garden, Perennial Border, Stream & Pond, Shade Garden & Trellis, Woodland & Moss Garden, Spring Garden, and House Garden & Patio. With more than 1,000 species of plants packed into three acres, the garden is lush and scenic year-round. A good place to get some shade.



David A. and
Linda Smith
Gardening Committee

The garden people want to thank our giving neighbors that keep our expenses down and we hope you take the time to smell the flowers.

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.

~~Monday September 2nd~~

~~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.~~

**Center is
Canceled - Closed**

Monday September 16th

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.

Tuesday September 10th

Presentation on Discover American Heritage

Toni Ingram of Collette Tours will be here at 3:30 p.m.

Our Collette representative Toni Ray-Ingram will be to present a slide show featuring Collette's newest east coast trip covering Washington D.C. and Greenbrier Resort in the Fall of 2025. She will also be reviewing trip documents for the Colors of New England in September 2024.

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

Sunday September 22nd

"Sister Act" at Tacoma Musical Playhouse

This is a Bonney Lake Senior Center bus trip

Leaving lot behind Senior Center at 11:30 a.m. and returning about 5:30 p.m.

Cost: \$5 for Transp.; \$35 for Ticket; (Pay \$40 to BLSC).

Meal on your own at East West Café in Proctor.

"Sister Act" tells the story of what happens when disco singer Deloris Van Cartier is placed in protective custody in a dying convent, and her lifestyle comes face-to-face with the traditions of the church.

Phil's Trips Cont'd

TROLL HUNTING

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

Friday, September 6th

Troll Hunt

\$10.00 for transportation

This is a reschedule of our troll hunt trip we had to cancel in early July.

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 through the Ballard Museum (tickets are \$10-\$20 per person) and then we will have lunch on your own at a nearby restaurant.

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

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.

Walking Trips

Tuesday local walking trip will be:

Sept. 3rd – Lake Bonney

Tuesday Park walking trip will be:

Sept. 17th – Tumwater Falls 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.

Phil's Trips Cont'd



Lunch at Crystal Mountain



Reindeer Farm in Leavenworth



Chimp Sanctuary



Group Lunch at Crystal Mountain



Oscar the Bird King—Vashon Island Troll Hunt



Waiting for Alpenhorn Serenade in Leavenworth