

Bonney Lake Senior Center Newsletter

2016 Third Quarter
July, August, September



Welcome to the Bonney Lake Senior Center!

We provide a comfortable and warm atmosphere for the seniors of Bonney Lake and surrounding areas. There is no membership fee. The Bonney Lake Senior Center does not discriminate against any person with regard to race, national origin, gender, physical challenge or marital status. Our drop-in center offers a variety of programs for the active senior.

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, the provision of any personal care by staff for a participant is beyond our capability and cannot be expected.

Center Hours

The center is open Monday through Friday 8:00 am to 4:00 pm. On occasion, we will schedule events on weekends. Please watch the monthly calendars for those dates.

In The Newsletter:

Advisory Board	2-3
General Info	3-4
Special Events & Services	6-7
Phil's Trips	7-10
Activities	10-12
Classes & Presentations	12
Health & Wellness	13-16
Did You Know?	16-17
Announcements	17
Kitchen Highlights	17-18
July Calendar	19
August Calendar	20
September Calendar	21
July Menu	22
August Menu	23
September Menu	24

Senior Center Staff

Senior Services Manager ~ Sue Hilberg
hilbergs@ci.bonney-lake.wa.us

Senior Aide ~ Jan Smith
smithj@ci.bonney-lake.wa.us

Senior Aide ~ Phil DeLeo
deleop@ci.bonney-lake.wa.us

Head Cook ~ Valerie McLean
mcleanv@ci.bonney-lake.wa.us

Assistant Cook ~ Pam Camp
camp@ci.bonney-lake.wa.us

Facility Monitor ~ John Alford
alfordj@ci.bonney-lake.wa.us

Facility Monitor ~ Nell Snodgrass
snodgrassn@ci.bonney-lake.wa.us

Senior Center Address

Bonney Lake Senior Center
19304 Bonney Lake Blvd.
PO Box 7380
Bonney Lake, WA 98391
(253) 863-7658



Senior Advisory Board

President ~ Sherry Creson

Vice-President ~ Nell Snodgrass

Treasurer ~ Jim Baisch

Secretary ~ Anita Chandler

General Board Members ~ John Alford, Wayne Johnson, Nadine Willadson, and Leila Miller

Alternates ~ Bonnie Johnson and Russ Bartels



President
Sherry Creson



Vice President
Nell Snodgrass



Treasurer
Jim Baisch



Secretary
Anita Chandler



Member
Carrie Maez



Member
Nadine Willadson

Senior Advisory Board Continued



Member
John Alford



Member
Wayne Johnson



Member
Leila Miller



Alternate Member
Russ Bartels



Alternate Member
Bonnie Johnson

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 supplement senior foot care, provide funds for special events, work with the Bonney Lake Kiwanis to help seniors with basic household chores and repairs,

give monetary donations to the local Lions 4 Kids House, Bonney Lake Food Bank and Sumner School District to help provide school supplies for low income students. These are just a few of the things the Advisory Board does. If you are interested in learning more you are invited as a guest to observe their monthly meetings which are held the second Tuesday of each month at 1:00 pm.

The Senior Center staff would like to thank the Senior Advisory Board for all the hard work, dedication and support they give.

General Information

Important Notice!

Please remember to check in when you arrive at the senior center by using the scanner in the foyer. Our programs are dependent on accurate counts of how many people are in attendance. If you don't have a card please see any staff member to get one. Membership is free at the Bonney Lake Senior Center!

New!

Do you have email? Would you like to receive our newsletter via your email? Let the office staff know and we will put you on our email list. You will receive not only the newsletter but announcements about upcoming events, trips and any special happenings at the center.

Meal Tickets

We are now taking credit card payments for monthly meal tickets! Daily meal payments will still need to be paid by cash or check. See Sue or Jan for more information.

Sunshine Lady



Our sunshine lady is Joyce Thomas. She will send out get well and sympathy cards for us here at the Senior Center. Please let us know if one of our friends from the Senior Center is ill so that she can brighten their day with a get well wish. Thank you Joyce!

Senior Information and Referrals

The Bonney Lake Senior Center staff is available daily to help you find assistance or information on a variety of issues. Do you need information on housing, utility assistance, support groups, Medicare updates, legal support, etc.? We can help, just ask!

Donations

The Senior Center is very lucky to receive donations like breads, pastries, and other household items from Safeway and other donors. These items are for you to take home. We ask for thoughtfulness to others and only take what you can use. All donations are available to pick up between 10:00 am and 4:00 pm only.



Medical Supply Lending Closet

Assistive equipment is any kind of tool or device that can help simplify care giving or make the environment safer for an ill, disabled, or elderly person. Here are some of the more common types of assistive equipment that we have on hand to loan: wheelchairs, walkers, canes, crutches, tub/shower chairs, portable commodes and toilet risers. There is no cost to borrow any of our medical equipment.

Display Case

The staff loves to display collections brought in by our members. If you have a special collection, please see Jan to schedule a convenient time to bring it in.

Facility Rental

The Bonney Lake Senior Center is available to rent for private events. Please call to speak with a staff member for further details at 253-863-7658.

Volunteer Opportunities

The staff always welcomes the assistance of volunteers. We are looking for help in the kitchen, serving lunch specials, setting the tables, setting up for special events, help with the Bingo program and more. If you would like to sign up to become a volunteer please see any staff member. Be sure to ask about the R.S.V.P. program to see if you qualify to be reimbursed for your travel expenses.

Daily Lunch Program

We serve a home cooked meal Monday through Thursday complete with salad bar for a suggested donation of only \$4.00 for seniors 55 and over and \$6.00 for non-seniors under 55. Lunch is served at 11:45 am each day and lunch service ends at 12:15 pm. Friday's hot meals are served with a small green salad and we ask for a donation of \$3.00 for seniors 55 and over and \$5.00 for non-seniors under 55. Daily menu items are subject to change, please check menu board for changes.



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 pickup to ensure that your name is on the pickup list. Messages are checked each day at 8:00 am so please leave a message if you call after hours. **Note: Please be ready by 9:00 am for pickup.**

We are going for the Gold! If you have old gold coins or jewelry that you would like to donate, we would love to be the recipients! The extra money would be used for the Bonney Lake Senior Center programs.

Special Events & Services

Please be sure to sign up for all special events in the Programs Binder and purchase your ticket from a staff member.

Independence Day Celebration

Friday July 1st

10:00 am

Cost: \$6.00 per person

Don't miss this special event as we celebrate the adoption of the Declaration of Independence, and our Nation's independence from the Kingdom of Great Britain.

Wear your best western duds to celebrate in



country style! We will enjoy some yummy food from the grill and the dance to the music of Dan Willman. Please sign up in the programs binder and see

any staff member to prepay.

New! Afternoon Movies

Fridays at 12:45 We will pop the corn and supply the sodas! Stay and kick off your shoes and enjoy a movie on us!

7/1 'The Martian' During a manned mission to Mars, Astronaut Mark Watney is presumed dead after a fierce storm and left behind by his crew. But Watney has survived and finds himself stranded and alone on the hostile planet. With only meager supplies, he finds a way to signal to Earth that he is alive. NASA and a team of international scientists work tirelessly to bring "the Martian" home, while his crewmates concurrently plot a daring, if not impossible rescue mission. As these stories of incredible bravery unfold, the world comes together to root for Watney's safe return.

7/22 'Joy' In a story spanning four generations, Joy grows from innocent young girl to family matriarch and head of a business dynasty. Her

road to success is paved with betrayal and treachery as allies become adversaries, inside and outside the family. All the while, Joy's inner life and fierce imagination carry her through. Based on a true story.

7/29 'The Finest Hours' The Coast Guard attempts a dramatic rescue after an oil tanker is ripped in half off the coast of Cape Cod in 1952.

8/5 'Everest' Two different expeditions are challenged beyond their limits by one of the fiercest snowstorms ever encountered by mankind in an attempt to reach the summit of the world's highest mountain. Their mettle tested by the harshest elements found on the planet, the climbers face nearly impossible obstacles as a lifelong obsession becomes a breathtaking struggle for survival. Based on a true story.

8/26 'Emma's Chance' While volunteering at a horse rescue ranch, Emma forms an unlikely bond with an abused horse that won't let anyone else ride him. Gaining new skills and confidence, Emma hatches a plan to redeem herself and ultimately save the ranch she's grown to love.

9/2 'Race' As a student and athlete in Depression-era America, Jesse Owens bears the weight of family expectations, racial tension at college, and his own high standards for competition. At Ohio State University, Jesse finds a savvy coach and friend, who pushes the young man to his limits. Bolstered by the love and support of Ruth Solomon, with whom he has a young daughter, Jesse's success in intercollegiate competitions earns him a place on the U.S. Olympics team, if there is to be a team going to the 1936 Olympics at all. Jesse enters a new racial and political minefield after he arrives in Berlin with his fellow athletes.

9/30 'Eddie the Eagle' Michael "Eddie" Edwards was an unlikely but courageous British ski-jumper who never stopped believing in himself – even as an entire nation was counting him out. With the help of a rebellious and charismatic coach, Eddie takes on the establishment and wins the hearts

of sports fans around the world by making an improbable and historic showing at the 1988 Calgary Winter Olympics.

Ice Cream Social

Thursday July 14th 12:30 pm

Amy Gilham from United Healthcare will host an ice cream social. Enjoy an ice cream Sunday and find out about Medicare at the same time!



Luau

Thursday July 21st

10:00 am

Cost: \$6 per person

Please see any staff member to prepay.

Can you do the Hula? Wear your Hawaiian dresses ladies and

those Hawaiian shirts gentlemen! Join us as we dance to traditional Hawaiian music. Please sign up in the programs binder.



National Senior Citizen Day

Monday August 15th

10:00 am

Cost: \$6.00 per person

Join us as we celebrate YOU! We have a special day planned with the music of Elvis by Dano! Sign up early in the programs binder.

Pancake Breakfast at BL Senior Center

Saturday August 20th

This is a Senior Center/ Kiwanis Fund Raiser from 8:00 to 11:00 a.m.

Cost: \$5 for adult and \$3 for anyone under 12
All you can eat of pancakes, sausage, scrambled eggs and coffee or orange juice!

Come and support your community with a hearty breakfast before enjoying a day in Allan Yorke Park for Bonney Lake Days.

Summer Senior Games

Friday August 26th

10:00 am

Sign up in the Programs Binder!

Cost: \$4 per person

Let's see your competitive spirit and skill as you try your hand at water balloon toss, spoon and egg races, Balloon Volleyball, paper airplane flying, and more! Join us for some fun and prizes!



Sapphire Mining at the Senior Center

Friday September 23rd

In the parking lot on the west side of the senior center

1:00 p.m. to 4:00 p.m.

Cost: Free

Phil has bags of dirt direct from the sapphire mine in Phillipsburg, MT. Come and play in the dirt, see what raw sapphires look like, and keep everyone you find. Bring sunscreen and a magnifying glass. This is not a trip, but you can still go on an exciting treasure hunt.

Oktoberfest

Thursday September

29th 10:00 am

Cost: \$6 per person

Dance the morning away with the sound of Jim Lapsansky. Then sink your teeth into a delicious German meal! Please sign up in the programs binder and see any staff member to prepay.

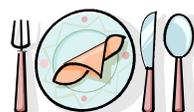


JULIETS "Just Us Ladies Interested n' Eating Together"

7/20 at 4:30 pm @ Denney's

8/17 at 4:30 pm @ Dickey's BBQ

9/21 at 4:30 pm @ Hopjack's



Join the Juliet's for dinner on Wednesdays. Enjoy a meal and meet new friends. Please sign up in the programs binder.

Free Haircuts by Jan Hallock!

July 15th

August 19th

September 16th

9:45 am – 2:15 pm

Jan worked for years as a hairdresser and is volunteering her time to give free haircuts. Please sign up in the programs binder for your appointment and arrive with freshly washed hair.



Phil's Trips

Program & Trip Policies

All trips and programs are to be **paid for at time of sign up**. All trip reservations will be for participants 55 or over only. Participants 55 and over may have their trip subsidized by the Senior Advisory Board. This decision is made on a trip by trip basis and will be made at the discretion of the Manager and the Advisory Board. 48 hours prior to departure any available seats will be open to participants under 55 at full cost. All participants are required to have a current membership card. If a trip participant requires a caregiver to accompany them on the trip, the caregiver must pay full price if under 55. The Bonney Lake Senior Center reserves the right to evaluate any trip participant as to the appropriateness of a trip for their participation. We also reserve the right to ask any person to leave if their behavior is inappropriate or incompatible with the interests or safety of the group. Any questions regarding these policies should be directed to Sue. When attending a trip, we ask that you please dress appropriately for the weather and wear comfortable walking shoes.

Wednesday July 6th

Special Presentation by Premier World

Discovery of upcoming trips

Time: 10:45 to 11:30 a.m.

Location: Senior center main hall.

Ryan Campbell of PWD travel will be here to present information about two upcoming trips planned for our Bonney Lake Seniors. Specifically he is coming to talk about the Holiday trip in November of 2016 to San Antonio, Texas, and to Sedona, Arizona and the Grand Canyon in September of 2017. This will be a 6-day trip in the beautiful red rock region of Arizona, plus an antique train ride to explore the Grand Canyon. This trip also includes a stop in Verde Valley to explore the cliff dwellings of Montezuma's Castle, once inhabited by the Sinagua Indians, who farmed the surrounding land between the twelfth and fourteenth centuries.

Thursday July 7th

Glassblowing Experience

This is a Heritage House bus trip

Leaving lot behind Senior Center at 11:00 a.m. and returning around 6:00 p.m.

Cost: \$50 per art object; lunch on your own at Freighthouse Square prior to the glass shop.

Come and join us for a half-hour session of making your own glass art.

Normal cost for this event is \$65, but on our trip you can experience the thrill of expressing yourself through glass for only \$50. ***This trip will be limited to the first 14 people.***

Friday July 15th

Mystery Trip

This is a Heritage House bus trip

Leaving lot behind Senior Center at 9:30 a.m. and returning around 4:00 p.m.

Cost: \$50 per person, plus lunch on your own.

Here is a unique experience you can take home and share with your family. Wear your grubbies and casual shoes if you have 'em. You will be anxious to tell your friend about this one-of-a-kind day. ***This trip will be limited to the first 14 people.***

Saturday July 16th

Sequim Lavender Fields and Festival

This is a Cheryl's NW Tours charter bus trip

Leaving lot behind Senior Center at 6:00 a.m. and returning around 7:00 p.m.

Cost: \$89 for the day, which includes charter bus transportation, round trip ferry ride from Edmonds, entry into three farms, snacks and water on the bus, and tour guide. We will spend time at the Sequim street fair, consisting of food booths, lavender products, musicians, and a beer and wine garden. Lunch is on your own. ***This trip will be limited to the first 14 people.***

Sunday July 24th

“Mary Poppins” at Tacoma Musical Playhouse

This is a Bonney Lake bus trip

Leaving lot behind Senior Center at 10:30 a.m. and returning around 5:00 p.m.

Cost: Transportation is \$5, Admission is \$30, pay \$35 to BL Senior Center.

“Mary Poppins” is a musical based on the book series by P.L. Travers of the same name, and more notably, the 1964 film starring Julie Andrews and Dick Van Dyke. “Mary Poppins” delighted Broadway audiences for over 2,500 performances and received nominations for nine Olivier and seven TONY awards, including best musical.

Tuesday, August 2nd

Tacoma Rainiers BBQ and Baseball Game

This is a Bonney Lake bus trip

Leaving parking lot behind senior center at 9:00 a.m. on Tuesday. Return at 3:30 p.m.

Cost: \$4 for Transportation; Party and Game cost \$31 (pay \$35 at sign-up)

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

Thursday, August 4th

Historical Markers Tour

This is a Bonney Lake Sr. Ctr. bus trip

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

Cost: \$5 for Transportation; \$10 donation to Historical, and \$12 for your box lunch (pay \$27 at sign-up).

A representative from the Historical Society will guide our tour through the city to explain the significance of each stone marker around town, as well as other special points of interest. The trip will include an inside view of the big barn rental hall at Kelley Farm, a picnic lunch at Victor Falls and getting inside the power plant below Lake Tapps.

Saturday August 13th thru Sunday, August 14th

Weekend Fishing Trip on Sekiu

This is a Bonney Lake bus trip

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

Cost: \$30 for transportation; \$200 for salmon charter boat fishing, or \$260 for salmon and bottom fish combo, for a total of \$230 or \$295, depending. (Make payment to Bonney Lake Senior Center).

Plus: \$110 per room, which sleeps 3. Pay for room at check-in. Meals on your own.

On Saturday we will stop at McDonald's in Gig Harbor for a morning snack. We will have lunch in Port Angeles before heading to Sekiu. We will board the charter boat early Sunday and fish for salmon and/or bottom fish. All anglers need a salt water license and salmon punch card.

Sunday after docking we will head for home, having lunch on the way. There will be two coolers on the bus for storing fish. ***This trip will be limited to the first 14 people, but only 6 folks fishing on the boat.***

Saturday and Sunday, August 20th and 21st

Angel of the Winds stay and Sucia Island Cruise and Picnic

This is a BL bus trip in conjunction with Cheryl's NW Tours.

Leaving parking lot behind Senior Center at 2:00 p.m. on Saturday and returning around 7:00 p.m. on Sunday.

Cost: \$30 for Transportation (pay to BL Sr. Center); \$72 per person for room (dbl. occ., pay at registration); \$89 for cruise and picnic lunch (payable to Cheryl's NW Tours). This trip includes overnight stay at Angel of the Winds Hotel Resort and Casino, then on Sunday a two-hour cruise to uninhabited Sucia Island, including a picnic lunch of fried chicken, potato salad, fresh fruit, dessert, and mini-bottle of champagne or sparkling cider. See Phil for more details.

Saturday August 27th

Willamette River Lunch Cruise

This is a Senior Center bus trip 14 seats available

Leaving Senior Center at 6:00 a.m. Saturday morning, with a break at Centralia. Returning at 6:30 p.m.

Cost: \$40 admission, plus \$30 for transportation, payable to Bonney Lake Senior Center. Snacks on your own.

Each and every day Executive Chef Armin Pinto and his talented staff prepare a new menu, featuring a variety of Northwest cuisine. You can be assured your lunchtime meal will be prepared fresh on-board the Willamette Star. Come and enjoy splendid Oregon scenery on this relaxing two-hour river cruise.

Saturday September 17th

Potluck Picnic on the Yakima River in Cle Elum

This is a Senior Center bus trip. 27 seats available. Carpools okay.

Leaving parking lot behind the senior center at 9:00 on Saturday. Returning at 6:00 p.m.

Cost: \$10 for Transportation; \$8 for BBQ ribs, plus bring your favorite dish. (Pay to BLSC at sign-up.)

Wayne Ferguson has a large lot on the Yakima River at Elk Meadows near Cle Elum. He has offered to have our seniors enjoy a day on the river, having lunch, playing games, or just kicking back in the shade. We might even take a drive into Roslyn for an ice cream cone.

Sunday September 25th

Lunch at Paradise Inn on Mount Rainier

This is a Senior Center Bus Trip.

Leaving Senior Center at 9:30 a.m. on Sunday. Return at 5:00 p.m.

Cost: \$10 for transportation; meals and extra events on your own.

The dining room at Paradise Inn features picturesque views of the surrounding mountains, and offers signature dishes with a variety of American favorites. Dining by a blaze in the hearth of the great fireplace, guests can feast on such Paradise Inn favorites as Bourbon Buffalo Meatloaf.

Sunday October 2nd

Oyster fest at Shelton

This is a Cheryl's NW Tours charter bus trip

Leaving lot behind Senior Center at 7:00 a.m. and returning around 10:00 p.m.

Cost: \$85 per person; includes charter bus transportation, with snacks, water and restroom on board. We will watch the oyster shucking contests. After each round, enjoy all the free oysters you can eat, cooking in a variety of ways, or raw. Visit the museum, barns and displays. See Phil for more details.

Saturday October 8th

Octoberfest at Leavenworth

This is a Cheryl's NW Tours charter bus trip

Leaving lot behind Senior Center at 7:00 a.m. and returning around 9:00 p.m.

Cost: \$110 per person; includes charter bus transportation, with snacks, water and restroom on board. Enjoy five hours of music, parades, shopping, and beer, beer, beer. See Phil for more details.

Friday Produce Voucher trips:

July 22nd

August 26th

September 30th

All produce voucher trips will depart from Senior Center at 2:00 and return around 4:00.

2nd Tuesday local walking trips will be:

- July 12th – Senior Center to Jenks Park
- August 9th – Bonney Lake Blvd to West Tapps
- September 13th – Tehaleh

4th Tuesday park walking trips will be:

- July 26th – Rustin Way
 - August 23rd – Deep Lake State Park (Cumberland)
 - September 27th – Orting Foothills Trail
- All walking trips will depart from Senior Center between 2:30 and 3:00.

Long-Range Trips

See Phil for sign-up and informational booklets with details of these trips.

South Dakota: The Black Hills & Badlands

September 2016
A Collette Tours Trip
Price: Book now and save \$100 (includes R/T air, 7 days and 9 meals)
Double occupancy \$1399

San Antonio Holiday Trip

September 2016
A Premier World Discovery Trip
Price: Book now and save \$100 (includes R/T air, 7 days and 9 meals)
Double occupancy \$1399
Note: There will be a special presentation about this trip on Wednesday, July 6, 2016
At 10:30 am at the Bonney Lake Senior Center.

Branson, Missouri, Revisited

April 2017
A Phil's Tours Trip
Price is subject to change based on air fare changes and shows availability. Basically, expect to pay \$50 to Phil for the penthouse suite for a week, double occupancy in each room, plus between \$500 and \$700 for round trip air. Then

add \$100 for shuttle to and from Sea-Tac, plus van rentals in Missouri, \$50 for travel and auto insurance, and approximately \$500 for shows and meals for a total of about \$1400 for a week of exciting fun and entertainment; the best bargain in this newsletter.

This trip will be limited to the first 24 people.

Great Trains and Grand Canyons

September 2017
A Premier World Discovery Trip
Price: Book now and save (price excludes airfare, 24 days and 34 meals)
Double occupancy \$5628
Note: There will be a special presentation about this trip on Wednesday, July 6, 2016, 10:30 am at the Bonney Lake Senior Center.

Please be sure to sign up for all trips in the appropriate Trip Binder located in the Senior Center office.

Activities

Pinochle

Mondays 9:00 am - 11:30 am

Thursdays 12:30 pm - 3:00 pm

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 a no holds barred game of fun!



Afternoon Games

Thursdays 12:30 pm – 3:00 pm

Do you enjoy playing games but want a change of pace? Join us for a game of Scrabble, Cribbage, Yahtzee, or Uno. Refreshments served.

Mexican Train Dominos

Mondays at 12:30 pm

All aboard for the best train ride in town! Join the fun and laughter with the group of fun domino players. Come in to the center on Mondays for lunch and stay for a game of Mexican Train Dominoes. No experience required! See you at the Train Station!



The Happy Hookers

Wednesdays 9:00 am - 10:30 am

If you enjoy knitting or crocheting, we welcome you to our group of creative seniors! Join us on Wednesday mornings upstairs in the computer lab for the Happy Hookers group and see what is going on. Our crafters regularly donate their creations to an organization for ill and injured children. Brighten a child's day!



Woodcarving

2nd & 4th Mondays at 9:30 am

Ever wonder what it would be like to learn something new and then have something to show for it? Well, here is a perfect opportunity. Gary Roth, our resident woodcarver extraordinaire, would love the chance to teach you a new craft.

B I N G O! CASH PRIZES!

Wednesdays at 1:00 pm ~ Adult Bingo players must be 18 or older to play.

Fridays at 7:00 pm ~ Family Bingo is open to all ages.

Games will begin at the times listed above.

Please arrive early to get your seat and purchase your game cards.



The Bingo committee is looking for dedicated volunteers to help with all aspects of Bingo. If you would like to help keep Bingo alive here at the center please see Sue Hilberg or Vi Brown to

volunteer. Bingo is our main fundraiser and it helps supplement foot care, trips, special events and more! Please help keep our programming going by telling your friends and family about Bingo so they also come in!

Monthly Craft Sale

7/8, 8/12, & 9/9 10:00 am - 1:00 pm

Please come support our local crafters. Many of these items would make wonderful birthday gifts! If you are a crafter and would like to have a table, sign up in the programs binder. The cost to be a vendor is \$5 payable at sign up. Please see Jan in the office for more information.



Yesterday's Soup & Crackers

1st and 3rd Tuesdays at 9:30 am

Jonnie will be here to share her love of music and lead an all-acoustic jam. Come and listen to a great band or bring your instrument and join them!

Errice & Alice

Thursdays 7/14, 7/28, 8/25, 9/8, & 9/22 at 10:00 am

Errice & Alice play a variety of music! Come dance or just listen! From old country favorites to old time Rock n Roll!



Shopping Trips

Mondays 1:00 pm - 3:30 pm

Let's break the bank and do some shopping! Phil will be leaving at 1:00 pm to take seniors home and also drop people off to do some light shopping. You will be dropped off at Wal-Mart, Fred Meyer, or Safeway. Please let Phil know you would like to go shopping by 9:00 am that day.

Bread/Bakery Donations

Mondays & Wednesdays

Donations are available from 10:00 am - 4:00 pm daily when available.

Twice a week volunteers pick up donations from Safeway. We ask that you please bring in your reusable shopping bags to take home items for your household. Don't forget to sign in when you arrive so we can track how well this program is being utilized.



The Joy of Writing

Tuesdays at 1:00 pm

2nd Tuesday @ Judy's

Whether you like to write poetry, fiction, non-fiction, or a memoir, one of the most effective ways of setting your inner-author free is through the companionship and encouragement of other like-minded souls. Join us anytime!

The Gettogethers

2nd & 4th Tuesdays at 9:30 am

Open Electric Jam Session. All those with vocal talents are encouraged to come join in as the music takes over! When there is a 5th Tuesday in the month we will have an open jam session.



Community Blend

with Tom & Renee Brooks

Thursday 7/7 at 10:00 am

Tom and Renee are here with their amazing vocal stylings! Come tap your toes and even make requests! Tom loves to play the songs you enjoy.



THE NEW BAND !

1st Thursday in August &

September at 10:00 am

This talented group of musicians will be here the first Thursday of each month to rock this place! Put your dancing shoes on and join us!

The 1928 Band

Thursdays August 18th and September 15th

This is a great sounding band of local musicians. This band's variety, harmony of voices and musical instruments is sure to put a smile on your face and a dance to your step.

Classes & Presentations

Aging and Disability Resources

Wednesday July 27th 12:00 noon

Matthew M. Santelli will give a brief presentation on the many services available from (ADRC) Aging and Disability Resources. This is our top resource for the diverse needs of seniors in our area. Did you know that ADRC will come to your home to provide services? Be here to get your free "Where to Turn" resource guide!

Your Life Your Legacy

Monday August 8th 10:30-11:30 am

This seminar will give you information for planning your final arrangements. This delicate but important subject will be given to you by Kirsteen McDowall from Powers Funeral Home. Receive a free personal planning guide.

AARP Drivers Safety Program Class

Friday August 5th 9:00 am - 5:00 pm

Cost: AARP member \$15.00, nonmember \$20.00

Payable by check or money order only.

The AARP Driver Safety Program is the nation's first and largest course for drivers age 50 and older. The program has helped millions of drivers protect their safety on today's roads. AARP has offered its classroom course since 1979. Call to reserve your spot or sign up in the programs binder for this class.



Health & Wellness

Notice to all Drivers

Please notice the **Do Not Enter** sign on the main entrance “Massey Way” when leaving the Senior Center. For the safety of all please do not exit out that way. It is a one way road coming in.

Flu Shots

Protect yourself from this year’s strains. Rite Aid will be administering flu shots again this year.

Wednesday August 31st 10:30am - 11:30am

Sign ups. Rite Aid will run your insurance cards to determine payment.

Wednesday September 7th 10:00am - 12:00pm

Flu shot immunization clinic will be held upstairs in the computer lab.

Senior Footcare

7/8, 8/12, & 9/9

Cost: \$23 per person

Senior Footcare is a visiting health care service for seniors, diabetics and others who have difficulty taking regular care of their feet. All work is done by R.N.’s and L.P.N.’s by appointment only. Sign up for an appointment in the programs binder. Don’t forget to bring a towel with you to your appointment!



Medicare Coffee & Chat

Do you have questions about Medicare?

Wednesdays 7/20, 8/17, 9/21 10:30-11:30am

Katheryn Evans will be downstairs and available to help answer questions about Medicare.

Katheryn Evans, local Licensed Insurance Agent experienced with Medicare Plans, has been an Insurance Agent in our area (and during that time has helped us at the BLSC) for over 20 years and has a strong commitment to help Medicare Recipients understand the options that are available to them and offer personalized service.

When it comes to Medicare, you have choices. And those choices depend on where you live. Each plan strives to give members the resources, tools, and coverage they need to have the best health care experience possible.

So enjoy a cup of coffee, a pastry and get your questions answered.

Diabetes Screening

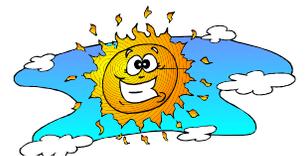
Monday August 29th 9:30-11:30 am

Get your blood sugar tested and find out if you are at risk for diabetes. The Diabetes Association of Pierce County is a non-profit, tax-exempt, volunteer agency dedicated to the improvement of the well-being of individuals with diabetes and their families, as well as protecting the health of those who may develop diabetes mellitus.

Volunteers from the Diabetes Association will be here to provide more information.

Heat Stroke & Dehydration

As summer temperatures climb in some parts of the U.S., seniors are more likely to be affected by high temperatures and heat-related problems, heat exhaustion and heat stroke can affect anyone if the conditions are right.



Symptoms of Heat Stroke:

An extremely high body temperature (above 103°F), Red, hot, and dry skin (no sweating), Rapid, strong pulse, Throbbing headache, Dizziness, Nausea

Symptoms of Dehydration:

Thirst, less frequent urination, Dry skin, Fatigue, Light-headedness, Dark colored urine

Things we can do to avoid Heat Stroke and Dehydration:

☺ Visit older adults at risk at least twice a day and watch them for signs of heat exhaustion or heat stroke.

☺ Make sure you are keeping yourselves hydrated by drinking plenty of cool water.

☺ Avoid beverages with caffeine or alcohol. Alcohol, in particular, increases dehydration.

☺ Go to air-conditioned locations like the mall, library, grocery stores, senior center, friend's home, etc.

☺ Make sure you have access to an electric fan whenever possible.

☺ This includes animals. Please provide shade and plenty of cool, fresh drinking water for your pets, and never leave a pet, child or elderly person in a locked car on hot days.



Information from the **Center for Disease Control & Prevention (CDC)** includes these tips on protecting your skin from UV rays.

SHADE

You can reduce your risk of skin damage and skin cancer by seeking shade under an umbrella, tree, or other shelter before you need relief from the sun. Your best bet to protect your skin is to use sunscreen or wear protective clothing when you're outside—even when you're in the shade.

CLOTHING

When possible, long-sleeved shirts and long pants and skirts can provide protection from UV rays. Clothes made from tightly woven fabric offer the best protection. A wet T-shirt offers much less UV protection than a dry one, and darker colors may offer more protection than lighter colors. Some clothing certified under international standards comes with information on its ultraviolet protection factor. If wearing this type of clothing isn't practical, at least try to wear a T-shirt or a beach cover-up. Keep in mind that a typical T-shirt has an SPF rating lower than 15, so use other types of protection as well.

HAT

For the most protection, wear a hat with a brim all the way around that shades your face, ears, and the back of your neck. A tightly woven fabric, such as canvas, works best to protect your skin

from UV rays. Avoid straw hats with holes that let sunlight through. A darker hat may offer more UV protection. If you wear a baseball cap, you should also protect your ears and the back of your neck by wearing clothing that covers those areas, using sunscreen with at least SPF 15, or by staying in the shade.

SUNGLASSES

Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure. Sunglasses that block both UVA and UVB rays offer the best protection. Most sunglasses sold in the United States, regardless of cost, meet this standard. Wrap-around sunglasses work best because they block UV rays from sneaking in from the side.

SUNSCREEN

Put on broad spectrum sunscreen with at least SPF 15 before you go outside, even on slightly cloudy or cool days. Don't forget to put a thick layer on all parts of exposed skin. Get help for hard-to-reach places like your back. And remember, sunscreen works best when combined with other options to prevent UV damage.

How sunscreen works. Most sun protection products work by absorbing, reflecting, or scattering sunlight. They contain chemicals that interact with the skin to protect it from UV rays. All products do not have the same ingredients; if your skin reacts badly to one product, try another one or call a doctor.

SPF. Sunscreens are assigned a sun protection factor (SPF) number that rates their effectiveness in blocking UV rays. Higher numbers indicate more protection. You should use a broad spectrum sunscreen with at least SPF 15.

Reapplication. Sunscreen wears off. Put it on again if you stay out in the sun for more than two hours and after swimming, sweating, or toweling off.

Expiration date. Check the sunscreen’s expiration date. Sunscreen without an expiration date has a shelf life of no more than three years, but its shelf life is shorter if it has been exposed to high temperatures.

Cosmetics. Some makeup and lip balms contain some of the same chemicals used in sunscreens. If they do not have at least SPF 15, don’t use them by themselves. Put on broad spectrum sunscreen with at least SPF 15 before you go outside, even on slightly cloudy or cool days. Don’t forget to put a thick layer on all parts of exposed skin. Get help for hard-to-reach places like your back. And remember, sunscreen works best when combined with other options to prevent UV damage.

And don’t forget that here at the Senior Center we have air conditioning and plenty of ice water!!!

August is Cataract Awareness Month

Cataracts are a common cause of vision loss, especially as we age, but they are treatable. The American Academy of Ophthalmology (AAO) now recommends that adults with no signs or risk factors for eye disease get a baseline eye disease screening at age 40, the time when early signs of disease and changes in vision may start to occur. For more information, contact: Communications Division | American Academy of Ophthalmology | 415.447.0258 | eyemd@aaio.org | www.geteyesmart.org

A DIFFERENT WAY TO THINK ABOUT EMERGENCY PREPAREDNESS

No matter where we are on the road of emergency preparedness, there is always something more that can be done. Does the water need rotating or the batteries changed? Are there more items you want to include in your kit? If you have enough for one week, what about two weeks or more?

Activities don’t need to be overwhelming. **Think about building a “Living Kit.”** Be more flexible in planning your emergency supplies. Think about what items you need to live on for one or two

weeks—or even more. This kind of shift in thinking may make it easier to take action.

Rather than keeping extra food in a storage area, think of what you or your family might need in the kitchen for two weeks. Buy foods you normally eat and rotating food becomes easy. Look for items on sale and pick up a few extra cans to help ease any strain to your budget. Just don’t let your cupboard become bare. It’s more economical since nothing will go to waste. And you don’t have to get everything at once.

June is the perfect time of year to think about growing vegetables, even if they are in pots. It’s a great way to include children. You might also look for community gardens you can participate in if you don’t have room where you live.

Remember sanitation needs. Cleanliness is hard during disasters, but if you plan for one gallon of water a day per person you should have enough to drink and to wash hands. Don’t forget the soap! Also include toilet paper and plastic bags for disposal.

When you open a new bag of pet food for your dog, cat, bird, or what-ever pet you may have, use this as a trigger to buy more the next time you are at the store. This way you will always have some on hand.

Fill up you gas tank when the needle hits the half-way point. If the power goes out, gas stations can’t pump gas and you may need to get out of an area in a hurry.

Some of these steps may take time to turn into habits, but once they are, it will ease your mind. For a list of items to consider, including a **Grab-n-Go Kit**, visit: www.piercecountywa.org/PREPARE.

Blood Pressure Checks

Blood Pressure Checks will be offered the **Last Wednesday** of every month from **10:00 am to 12:00 noon**. These are provided by Good Samaritan Hospital and performed by Gunther Ries.



A note card for each person is maintained so you can monitor and track your blood pressure.

- 67 million American adults (31%) have high blood pressure—that's 1 in every 3 adults.

- Only about half (47%) of people with high blood

pressure have their condition under control.

- Nearly 1 in 3 American adults has prehypertension—blood pressure numbers that are higher than normal, but not yet in the high blood pressure range.

- High blood pressure costs the nation \$47.5 billion each year. This total includes the cost of health care services, medications to treat high blood pressure, and missed days of work.

United Health Care with Wes Suiter

Thursday 8/11, Tuesday 10/11, & Tuesday 11/1

10:00am-11:00am

Getting to know the ABC's of Medicare. Wes Suiter will show you the eligibility requirements, enrollment periods and more upstairs in the computer lab.

Free Screening from Pacific Lutheran University!

Monday August 1st Skin Cancer Screening

9:30 am – 12:30 pm

Skin cancer screening and education to prevent it. Learn how to identify a suspicious lesion. Skin cancers found and removed early are almost always curable. Learn about the warning signs of skin cancer and what to look for during a self-examination.

Did You Know?

September is National Courtesy Month

Courtesy. Consideration. Civility. Sometimes it seems these traits just aren't that prominent in modern society.

The basic definition of courtesy is displaying good manners and polite behavior. It's about showing respect to others and getting along with people ... even when we're in a bad mood.

Unfortunately, in today's hectic world the simple act of civility often falls by the wayside. There was a time when it was referred to as 'common courtesy', but it rarely seems very common anymore.

Bringing Manners Back

So what can we do? We can all work together to bring courtesy back as an important part of our lives. It won't even take much effort – there are small things people can do every day to show politeness and respect to their fellow human beings.

When you are the benefactor of courteous behavior, like another shopper letting you go before them in a busy grocery store line, it makes you feel good and encourages you to do something nice for someone else. Here are a few ideas on how you can 'pay it forward'.

Kindness and Respect

We all go through several doors every day. Most are automatic, but some still open the "old fashioned" way. Think about how good it feels when someone takes a moment to hold a door for you. The other person hasn't done anything you couldn't do in less than a second, but the important thing is a stranger took the time to recognize and wait for you. It's not the deed that makes you feel good; it's the thoughtfulness behind that deed. Hold the door open for people who are close behind you.

Another area that often lacks common courtesy is the road. Drivers frequently tailgate, fail to use their turn signals, cut off other vehicles and refuse to let faster cars go by them in the passing lane. This rudeness often has a seriously negative impact on other motorists, and can lead to feelings of road rage. Politeness is a must for every driver. Common courtesy will make life on the road better for everyone, and help people avoid accidents.

The Golden Rule

It all boils down to following the golden rule; treat others as you would like to be treated. Say thank you and please, be considerate of other people's personal space and commit random acts of kindness to brighten someone's day. Come up with your own ways to help spread politeness across the nation. If we all work together, we can make the concept of common courtesy a little more realistic.

This September, let's celebrate National Courtesy Month by showing patience, kindness and respect to our fellow human beings. Do you have any tips to help spread courtesy in America?

Announcements

Caregivers Wanted

If you or someone you know is a certified caregiver we will add you to our resource list. Please see any staff member.

The City of Bonney Lake and the Bonney Lake Senior Center does not endorse any individual or business.

Birthday Celebrations!

7/28, 8/25, & 9/22 at 11:30 am

During the month of your birthday come in and pick up your FREE birthday ticket to use anytime! These tickets are not redeemable for special event lunches.



Legacy Giving

It's more than an act of generosity, it's an important investment in the future of our center. If you have appreciated stock or other real or personal property you may wish to avoid the capital gain tax as well as state sale taxes. When donating instead of selling, you will receive an income tax deduction on the value of your donation.

To be a part of this fine tradition, please ask your attorney to add this, or other suitable language, to your will:

"I give, devise, and bequeath to Bonney Lake Senior Center [insert: dollar amount, percentage of estate, description of real estate or other property, nature of gift, or remainder of my estate]."

Tax ID number 91-1140824, 19304 Bonney Lake Blvd., Bonney Lake, WA 98391

Contact Senior Services Manager, Sue Hilberg to discuss legacy giving.

A Friendly Reminder

We are known as a friendly senior center. One reason for our friendliness is that we do not save seats. Only under special circumstances will seats be reserved. When new people come in to the building we want to freely welcome them. We want them to feel comfortable to sit wherever they want. Lets all try to remember this as we share our center with others.

Aluminum Can Drive

We would like your aluminum cans! Phil will take them to recycle. All the money will go into our Senior Center fund. If possible please bring crushed cans in garbage bags. Please DO NOT bring bags of mixed cans and garbage.

Highlights from the Kitchen

We are honored to serve you Homemade style food & hope you enjoy each bite... Bon Appetit!!



Hot meals are served Monday thru Friday.

A complete salad bar is available with a hot meal Monday through Thursday. Dessert is offered each day it is available. Lunch is served from 11:45 am to 12:15 pm. Holiday meals are served from 11:30 am to 12:00 pm. (Subject to change).

The following suggested donations are asked:

Full Meal	Senior 55+ \$4.00 Non-Senior \$6.00
Salad Bar Bowl	Senior 55+ \$2.00 Non-Senior \$3.00
Salad Bar Meal (Plate)	Senior 55+ \$3.00 Non-Senior \$5.00
Hot Meal Only	Senior 55+ \$3.00 Non-Senior \$5.00
Friday	Senior 55+ \$3.00 Non-Senior \$5.00
Holiday/Special Event Meals	See Newsletter for Exact Cost

Our goal is to provide a wonderful hot meal and great environment for you to enjoy. Please share any suggestions or ideas with us in order for your time here to be filled with good memories!

Note: It is important that we have an accurate attendance count for holiday & special event meals so we can purchase adequate food supplies.

Please sign up in the programs binder and prepay for all special events.

Please ask for smaller portions if you feel that you are unable to eat a full plate and remember that there are containers available to take food home.

On occasion we may not have what is needed to put out for breakfast or dessert. If you are in need of something to eat, and nothing is available, please see a staff member.

Senior Center Closures

The Senior Center will be closed on Monday, July 4th, in observance of Independence Day and Monday, September 5th in observance of Labor Day.

Thank You!

The Bonney Lake Senior Center, Advisory Board, and staff would like to thank the following businesses and individuals for their support and/or event sponsorships over the past quarter.

Lorena Guerro and the Pacific Lutheran University, Gunther Ries, Ernie Gilmer, Katheryn Evans, Dolly Harmon, Larry Krack, Jan Hallock, Al Chiamulera. Cyndi Dodds, Jim Bouchard Sr, Claude Brown, Nell Snodgrass, Jake Knaus, Sandi Knaus, Joyce Collins, Joyce Thomas, Bev Thompson, Guy Jergens, Phil DeLeo, Julianne DeLeo, Ron Walker, Betty Berghammer, Vi Brown, Bob Brown, Rebecca Buckley, Sherry Creson, Anita Chandler, David Moss, Wayne Johnson, Bonnie Johnson, Glenn Taylor, Nadine Willadson, Kathe McElroy, Jim Baisch, John Alford, The Key Club of Bonney Lake, Grocery Outlet, Urban Timber Coffee & Brew House, Walmart, Cascade Eye & Skin, Premera Blue Cross, Prestige Care, Cedar Ridge Assisted Living, Choice Advisory Services, United Healthcare, and many other anonymous donors.