

Bonney Lake Senior Center Newsletter

January / February / March 2012



19304 Bonney Lake Blvd., Bonney Lake, Washington 98391 (253) 863-7658
www.citybonneylake.org/section_community/community_resources/senior_center.shtml

Center Information

Welcome to the Bonney Lake Senior Center!

We provide a comfortable and warm atmosphere for the seniors of Bonney Lake and the surrounding area. 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.

Center Hours

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

Senior Center Staff Contact Information

Center phone number: 253.863.7658

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

Senior Services Assistant ~ Staci Guirsch
guirschs@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 ~ Lara Wheeler
wheelerl@ci.bonney-lake.wa.us

Assistant Cook ~ Jama Bruffett

Facility Monitor ~ Karen Lueshen



Happy New Year!

Center Information

Volunteer Opportunities

The staff always welcomes the assistance of volunteers. We are looking for instructors for craft classes, help with serving lunch, organizing and setting up for special events, 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 mileage while volunteering.

Medical Supply Lending Closet

Assistive equipment is any kind of tool or device that can help simplify caregiving 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.

Donations

The Senior Center is very lucky to receive donations like breads, pastries, and other household items that are put out for you to take home. We ask that you are courteous to others and only take what you and your family can use. All donations are available to pick from between the hours of 10:00am and 4:00pm only.

Display Case

The staff loves to display collections brought in by seniors. If you have a special collection, please see Jan to schedule a convenient time to bring it in. Keep an eye on the case because occasionally we will display items that will be sold to raise funds for the support of our Senior Center programs. If you have any handmade crafts you would like to donate to us to sell please let us know.

Facility Rental

The Bonney Lake Senior Center rents its main hall for private events. Please call and speak with a staff member for further details at 253.863.7658.

Senior Information and Referrals

The Bonney Lake Senior Center staff is available daily to help you with finding 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!

Daily Lunch Program

We serve a home cooked meal Monday thru Thursday complete with salad bar and dessert for a suggested donation of only \$3.00 for seniors 55 and over and \$5.00 for non-seniors under 55. Lunch is served promptly at 11:45am each day. Daily menu items are subject to change, please check menu board for changes. Friday meals are served with a small green salad and we ask for a donation of \$2.00 for seniors 55 and over and \$4.00 for non-seniors under 55.

Van Service

We offer free van transportation to the center Monday thru Friday. We ask that you call the day prior to your desired pick up for transportation to our center at 253.863.7658.

2012 Senior Advisory Board

President ~ Dorothy Dominguez

Vice-President ~ Sherry Creson

Treasurer ~ Milda Hadaway

Secretary ~ Anita Chandler

General Board Members ~

Leota Musgrave, Mary Russell, Judy Swain, Nadine Willadson, Nell Snodgrass

Alternates ~ Leila Miller and Velda Haley

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 1:00pm.

The Senior Center staff would like to thank the Senior Advisory Board for all their hard work, dedication and support they have given, we are truly grateful.



Special Events

Please be sure to sign up for all special events in the programs binder in the office.

National Trivia Day

Wednesday, January 4th

We have a special trivia contest planned for today! Special prizes will be given to the top 3 trivia buffs! No sign up is required.

Friday the 13th

Friday, January 13th

The Latin term for the irrational fear of this day is paraskevidekatriaphobia, throw out your superstitions and come enjoy another fabulous day of footcare and craft sales!

Popcorn Day

Thursday, January 19th

Nothing smells or tastes as great as fresh popped corn with butter and salt! MMMMMMM Good!

Chinese New Year

Monday, January 23rd

According to the Chinese Zodiac, the Year of 2012 is the **Year of the Dragon**, which begins on January 23, 2012 and ends on February 9, 2013. The Dragon is the fifth sign of the Chinese Zodiac, which consists of 12 Animal signs. The Dragon is a creature of myth and legend. In ancient China, the celestial Dragon represents an emperor and power. Today, it is the ultimate auspicious symbol signifying success and happiness. May the celestial Dragon bring great good luck to everyone! Sign up in the Programs Binder to reserve your seat. Menu: Shandong Chinese Pot Stickers, Chinese Noodle Salad, Fortune Cookie on Ice Cream



Valentines Day/Senior Prom

Tuesday, February 14th

An Enchanted Afternoon ~ Romance is in the air as stars twinkle and you dance the day away. Northwest DJ Entertainment will play all your favorite dance music, a beautiful setting, couples photos, and a wonderful luncheon. We will crown our King and Queen as well! Tickets cost: \$10 per person

Mardi Gras / Fat Tuesday

Tuesday, February 21st

Mardi Gras literally means "Fat Tuesday" in French and Fat Tuesday is the last day of the weeklong Mardi Gras celebration. Mardi Gras is the Tuesday before Ash Wednesday and marks the beginning of Lent. Its origins lie in a week of decadence and indulgence before the sacrifices of Lent, when followers of Judeo-Christian religions are required to give up something they enjoy until Easter. Mardi Gras' traditional colors are purple for justice, green for faith, and gold to represent power. Put on your Mardi Gras costume and mask! Sign up in the Programs binder to reserve your seat. Menu: Chicken Louisiana, Creole Vegetables w/Rice and Cornbread.



Special Events

National Nutrition Month

March 2012 theme is Get Your Plate in Shape!

National Nutrition Month® is a nutrition education and information campaign created annually in March by the American Dietetic Association. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

Easy Ways to Shave Calories

Small steps can make a big difference when it comes to cutting out unnecessary calories. Unnecessary or "empty" calories are foods that have poor nutritional value, and most calories come from processed carbohydrates or fats. Empty calories can lead to weight gain.

Follow some of these simple tips to avoiding empty calories:

- Prior to cooking, trim all fat from beef and pork and remove the skin from poultry.
- Add fat-free or low-fat milk to your coffee or tea in place of cream.
- Avoid drowning your food in gravy and dipping sauces.
- Snack on raw vegetables and fruits instead of chips and crackers.
- Cut back on sweets, candies and soft drinks.
- Limit beer, wine and other alcoholic beverages.



Plant a Flower Day

Monday, March 12th @ 1pm



Plant a Flower Day is a day to get a little dirt under your fingernails. Take a few minutes to plant a flower today. We will be planting spring flowers for our outside pots and to sell throughout the summer season. Please sign up in the Programs Binder.

Gardening is a great hobby. It's enjoyed by millions of people, old and young alike. It's a hobby that virtually everyone can participate in, regardless of age, and health. Celebrate today by planting or transplanting any kind of plant. It can be done

indoors, or weather permitting, outdoors. Please feel free to bring your own gardening tools, gloves or seeds.

St. Patrick's Day Celebration

Thursday, March 15th and Friday, March 16th

Due to the high demand for attendance we will be celebrating St. Patrick's Day on two separate days. Please only sign up for ONE day.

(Root) Beer, pretzels, and a tasty meal of Corned Beef and cabbage! Sign up in the Programs Binder to reserve your seat.

Old Man in a Boat by Edward Lear

There was an Old Man in a boat,
Who said, 'I'm afloat, I'm afloat!'
When they said, 'No! you ain't!'
He was ready to faint,
That unhappy Old Man in a boat.



Jan and 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.

Saturday January 7th

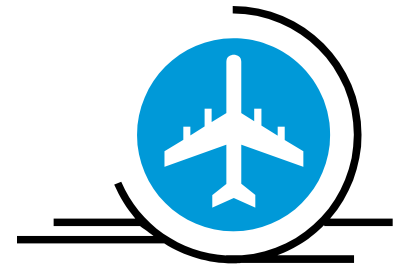
Boeing Everett Plant Tour

This is a Bonney Lake Senior Center bus trip

Leaving Senior Center at 8:00 a.m. Return at 3:00 p.m. on Saturday
Cost: Admission is \$16; Transportation is \$5; for a total of \$21 due at sign-up.

We will stop at McDonalds in Renton for a morning snack. Then arrive at Boeing in time for 10:00 tour, which lasts 90 minutes. No personal items are allowed on the tour including: **purses, backpacks, cameras, cell phones, binoculars** or **food and drink**. Lockers are available for a small fee. Tour may require **one-third mile walk, plus 21 steps**.

This tour can be done by wheelchair-bound and physically challenged visitors with advanced notice. Restrooms are available before and after the tour, but **not during the tour**. Then we will have lunch at Arnie's overlooking the waterfront in Mukilteo before returning home.



Friday February 10th

"Reflections on Ice" at Sprinker Ice Arena in Spanaway

This is a Bonney Lake bus trip

Leaving Senior Center at 3:00 p.m. and returning approximately 9:00 p.m.

Cost: \$20 plus Dinner on your own at a local restaurant around 6:30 pm.

This is a two-hour performance. There will be Northwest skating champions, Olympic Bronze



Medalist & European champion Jozef Sabovcik and more than 75 cast members of the Lakewood Winter Club sanctioned by the US Figure Skating organization.

The seating will be on ice so dress warm & bring a pillow to sit on the bleachers. We will eat dinner at a nearby restaurant afterward.

Jan and Phil's Trips

Saturday March 10th

Lewis and Clark Interpretive Center at Cape Disappointment – Ilwaco

This is a Bonney Lake Senior Center bus trip

Leaving Senior Center at 8:00 a.m. Saturday. Returning at 6:00 p.m. on Saturday.

Cost: \$5 for admission to Interpretive Center; \$15 for Transportation. Pay at sign up.

Meals on your own.

In November 1805 Lewis and Clark reached the mouth of the Columbia River and the Pacific Ocean. Today the Lewis and Clark Interpretive Center stands high on the bluffs of Cape Disappointment, 200 feet above the roar of the mighty Pacific. Inside, a series of murals guide visitors through the westward journey of the Lewis and Clark Expedition. After we take time to view exhibits, films and the gift shop, we will have a lunch break at the Pelican restaurant, followed by a quick visit to the Cape Disappointment lighthouse. Don't forget to bring a camera and a wind breaker.

Saturday April 28th

“34th Annual Norwegian Heritage Festival” at Pacific Lutheran University

This is a Bonney Lake bus trip

Cost: \$2.00

Leaving Senior Center at 10:00 a.m. and returning approximately 5:00 pm

There will be musical entertainment, craft demonstrations, vendors & information booths. Visit the Scandinavian Cultural Center downstairs. We will have lunch on your own at the Norwegian Café. Treat yourself to pølse med lompe, ertesuppe, rømmegrøt, smørbrød, and lefse!

Cedar Ridge Retirement and Assisted Living and Heritage House would like to invite our seniors on the following trips. These trips are not sponsored by the Bonney Lake Senior Center. If you would like to sign up for or have questions regarding these trips please see Phil DeLeo.

Friday, February 24th through Monday February 27th

Dixieland Jazz festival at Seaside, Oregon

This is a Heritage House van trip

Leaving gravel lot behind police station at 8:30 a.m. on Friday and return around 6:00 p.m. on Monday.

Cost: \$15 for Transportation; \$80 for 3-day badge. Pay to BL Area Seniors at sign-up.

Hotel Room (Inn at Seaside) approx. \$60 per person per night. Pay at check-in.

Room Sunday night is half price. Meals on your own.



Saturday, April 28th through Monday, May 7th

Las Vegas and the Grand Canyon big bus trip

This is a Diamond Tours Motorcoach trip

Leave Bonney Lake at 8:00 a.m. on Saturday. Return at 9:00 p.m. on Monday week.

Cost: \$855 per person double occupancy. \$75 due at sign-up. Balance due by 2/21/12.

This is something new and exciting; the Bonney Lake Senior Center has partnered with Diamond Tours to embark on a 10-day adventure through Idaho, Utah, Nevada and Arizona. See Phil for more details.

Daily Activities

Bridge & Pinochle

Mondays 10:00am to 11:30am

Thursdays from 1:00pm to 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 a no holds barred game of fun!

Mexican Train Dominos

Mondays at 1:00pm

This game is all the rage according to the snowbirds. Let's get in on the fun! Come in to the center on Mondays for lunch and stay for a friendly game of Mexican Train Dominoes afterwards. No experience required. We will supply instruction and supplies. See you at the Train Station!

Knitpickers

Wednesdays 9:00am to 10:30am

Tired of sitting and knitting alone? Well then please come in to the Senior Center and join a fabulous group of people that put their energy to good use. Use your creativity and imagination to produce beautiful blankets that will be donated to the From Our Heart program.

Woodcarving

2nd & 4th Mondays @ 9:30am

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, who leads our woodcarving group, would love the chance to teach you a new craft. All supplies are free of charge.

B I N G O! CASH PRIZES!

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

Fridays at 7:00pm ~ Family Bingo is open to all ages. The Bingo committee is looking for dedicated volunteers to help with all aspects of running Bingo. If you would like to help keep Bingo alive here at the center please see Nell or Dorothy to volunteer. Bingo is our main fundraiser and it helps supplement footcare, trips, special events and more! Please help keep our programming going by telling your friends and family about Bingo so they also come in!



Craft Classes! All classes will be \$5.00 per participant, payable upon sign up. Everyone must sign up in the programs binder ahead of time so that supplies can be ordered. Let's bring out your creative side!

Friday January 27th 10-11:30 Small Wooden Plaques. We will be painting wood plaques and decorating with stencils.

Friday February 24th 10-11:30 Refrigerator Magnets. This will involve painting small wooden shapes and attaching magnets to the back.

Friday March 23rd 10-11:30 Flower arranging. We will be using silk flowers and making a spring flower arrangement.

Daily Activities

Yesterdays Soup & Crackers

1st and 3rd Tuesdays @ 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!

Book Club

1st & 3rd Tuesdays @ 1:00 pm

You can join the Book Club anytime. There is no charge for the books. See Kathy Nelson if you have any questions or would like to join.

Errice & Alice

2nd & 4th Thursdays @ 10:00 am

Errice & Alice play some beautiful music! Come dance or just listen! From old country favorites or old time Rock n Roll!

Shopping Trips

Mondays ~ 1:00 pm to 3:30 pm

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

Bread/Bakery Donations

Mondays & Wednesdays (*pickup times are only 10:00 am to 4:00 pm*)

Twice a week volunteers pick up donations from Safeway and our local Bonney Lake Food Bank brings in donations. 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 come in so we can track how well this program is being utilized.

Dolly and the Writers

Tuesdays @ 1:00pm

Whether you like to write poetry, fiction, non-fiction, 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!

AARP Drivers Safety Program Class

Friday, April 27th 9:00am to 5:00pm

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, sign up in the programs binder for this next class.

Beading with Jan

Monday, February 6th @ 1pm

Jan Hallock will be teaching beading to anyone interested. Each month she will host a specific class. Watch for flyers for more details on this exciting new class! Class size is limited so please sign up in the Programs Binder.

Daily Activities

The Gettogethers

2nd and 4th Tuesdays @ 9:30am

Open electric Jam Session. When there is a 5th Tuesday in the month we will have an open jam session that will welcome both acoustic and electric instruments. Also, all with vocal talents are encouraged to come join in as well!

FREE Tax Preparation

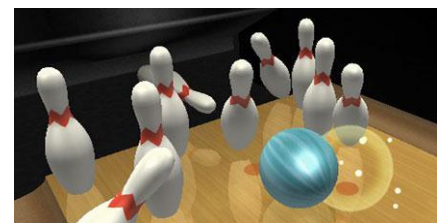
Tuesday, February 21st & Friday, March 9th

South Sound Outreach will be offering FREE tax preparation services for those seniors who qualify in Pierce County. Pierce County residents should call to see whether their tax situation qualifies for free services. We cannot serve you if you received any capital gains or losses in the sale of stock, or if your self-employment expenses are greater than \$5,000. If you are unsure whether you are eligible or to schedule an appointment please call (253) 593-2111.

Wii Bowling Games

Wii Bowling Come and cheer your Bonney Lake Wii Bowling Teams to victory!

- Tuesday January 3, 2012 Home game Seniors on Strike vs Auburn Senior Strikers 1:30 pm
- Tuesday January 3, 2012 Burien game Hit or Miss vs Burien's Rowdy Express 10:30 am
- Wednesday January 4, 2012 Enumclaw game Wii Be Bowling vs Enumclaw's Alley Cats 12:30 pm
- Monday January 9, 2012 Home game Seniors on Strike vs Hit or Miss 1:30 pm
- Tuesday January 10, 2012 Home game Wii Be Bowling vs DesMoines Wii Sparklers 1:30 pm
- Tuesday January 17, 2012 Home game Seniors on Strike vs Wii Be Bowling 1:30 pm
- Thursday January 19, 2012 Auburn game Hit or Miss vs Auburn Senior Strikers 10:00 am
- Monday January 23, 2012 Home game Hit or Miss vs Auburn Senior Stars 1:30 pm
- Thursday January 26, 2012 Auburn game Wii Be Bowling vs Auburn Senior Strikers 10:00 am
- Friday January 27, 2012 Maple Valley game Seniors on Strike vs Maple Valley Pin Droppers 10:00 am
- Monday January 30, 2012 Home game Wii Be Bowling vs SeaTac Flyers 1:30 pm
- Tuesday January 31, 2012 Burien game Seniors on Strike vs Burien's Rowdy Express 10:00 am
- Tuesday January 31, 2012 Home game Hit or Miss vs Tukwila Split Happens 1:30 pm
- Monday February 13, 2012 Home game Hit or Miss vs Wii Be Bowling 1:30 pm
- Monday February 13, 2012 Enumclaw game Seniors on Strike vs Enumclaw Alley Cats 1:30 pm
- Thursday February 23, 2012 Home game Wii Be Bowling vs Auburn Senior Stars 1:30 pm
- Tuesday February 21, 2012 Home game, Seniors on Strike vs Kent's Wii We 1:30 pm
- Friday February 24, 2012 Maple Valley, Hit or Miss vs Maple Valley Pin Droppers 10:00 am
- Monday February 27, 2012 Home game, Wii Be Bowling vs Maple Valley Pin Droppers 1:30 pm
- Tuesday February 28, 2012 Home game, Hit or Miss vs Enumclaw Alley Cats 1:30 pm
- Thursday March 1, 2012 Auburn game Seniors on Strike vs Auburn Senior Stars 10:00 am



Health & Wellness

Senior Footcare

January 13th February 10th March 9th

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. Cost is \$15 per person; please bring a towel with you to your appointment.

Diabetes Support Group

All groups will be hosted upstairs in our computer lab.

Please sign up in the programs binder to reserve your seat.

Monday January 9th @ 10:30 am ~ Diabetes and Your Eyesight

Monday February 13th @ 10:30 am ~ Prevent Diabetes problems: Keep your nervous system healthy

Monday March 19th @ 10:30 am ~ What to do each day to stay healthy with Diabetes

FREE Haircuts

Fridays, 1/20, 2/17, 3/16

Jan Hallock a retired Hair Stylist will be offering FREE haircuts. All haircuts are by appointment only. Sign up in the Programs Binder to have your haircut. Please come in with CLEAN hair.

United Healthcare ~ Medicare Solutions

Wes Suiter will be here the second Wednesday each month to answer all your Medicare questions. 1/11, 2/8, 3/14 @ 10:30am

We are dedicated to providing quality health care coverage to people with Medicare across the country. We can help you understand how Medicare works, and meet your changing needs for affordable, secure health care coverage. As people age, we bring dependable health resources and services to provide guidance to individuals and families.



Monday walking trips with Phil

January 23rd Foss Waterway in Tacoma

February 28th at Puyallup Riverfront Park

March 26th Wright Park in Tacoma

All walking trips will depart from Cedar Ridge at 2:30. You must sign up in the Programs Binder to go along on the walks.

Foodbank

Wednesdays 9:30am to 11:15am

Commodities, produce and meats are available from the Bonney Lake Food Bank for all residents with zip codes of 98390, 98391 and 98321. If you are eligible to receive them you are allowed to pick up commodities twice a month.

Franklin House

Tuesday, January 10th @ 11:00am

Michelle Stone, the local Residence Sales Manager will be here to talk to you about all the amenities that Franklin House has to offer! Michelle will do a quick 10 minute introduction and then head upstairs for one on one questions you may have.

Tidbits from the Kitchen

Hot meals are served Monday thru Friday, unless otherwise noted on the menu. A complete salad bar is offered along with the hot meal Monday through Thursday. Dessert is offered each day it is available. The following suggested donations are asked:

- Full Meal	Senior 55+ \$3.00	Non-Senior \$5.00
- Salad Bar Bowl	Senior 55+ \$1.00	Non-Senior \$2.00
- Salad Bar Meal (Plate)	Senior 55+ \$2.00	Non Senior \$4.00
- Hot Meal Only	Senior 55+ \$2.00	Non Senior \$4.00
- Friday/Soup and Sandwich	Senior 55+ \$2.00	Non Senior \$4.00
- Holiday/Special Event Meals	Cost/Donation is determined according to menu options	

Lunch service is from 11:45 am to 12:15 pm. If you will not be able to make it before service ends, but would like a lunch, please call a staff member at 253.863.7658 and ask us to hold a plate for you.

If you are ill please stay home and keep the spread of germs down to a minimum. We do know that it is difficult to prepare a meal sometimes when you are sick and are happy to help in getting you a hot meal. We simply ask that you contact a staff member and request a meal. We will do everything possible to get it to you at home.

It is our goal to assist everyone in getting adequate nutrition with specific dietary needs. If you are unable to eat any particular meal because of dietary restrictions, please let the kitchen staff know **before 10:00 am** on the day of service and an alternate dish may be available OR you may have salad bar only. On liver & onions days an alternate protein will automatically be offered.

Spills, or trails of spilled liquid, can be hazardous. To improve the safety of everyone here, please do not fill coffee/tea mugs too full. If you need assistance to get your drink back to your seat, please let a staff member or a friend help you.

Donations are a great gift to us all! Please remember that there are a lot of fellow seniors needing items from the donation table. We ask that you take only one bag per household. If there are only a few of one item, please be courteous and take only one so that more people are able to enjoy our gifts.

Thank you from your kitchen staff!

<p>CHINESE NEW YEAR Year of the Dragon January 23, 2012 Shandong Chinese Chicken Pot Stickers Chinese Noodle Salad Fortune Cookie w/ Ice Cream</p>	<p>VALENTINE'S DAY February 14, 2012 Parmesan Chicken Fettuccini Alfredo Vegetable Tossed Green Salad Sweet Dessert</p>	<p>ST. PATRICK'S DAY March 15 & 16, 2012 Corned Beef/Cabbage Potatoes & Carrots Green Salad w/ Lime Vinaigrette Irish Pretzel Salad Special Dessert</p>
---	---	---

Announcements!

Birthday Celebrations!

1/26, 2/23, 3/22 @ 11:30 am

To save money the Senior Advisory Board will no longer be sending out Birthday cards. They will still be sponsoring your birthday lunch. During the month of your birthday come in and pick up from the cashier your FREE birthday ticket to use anytime!



January Birthday Friends

Teresa George, Bruce Evjen, Dennis Lynch, Jane Masai, Sarah Masai, Crystal Sones, Linda Hawley, Wayne Johnson, Sandi Knaus, Doug Thomas, Charlene Whetham, Sharon Jensen, Louisa Smith, Carol Gladish, James Waller, Alan Padgett, Bob Braggins, Bruce Gault, Earl Bethke, Charlotte Asplund, Alice Cunningham, Teri Lewis, Anita Glasco, Betty Filmsmyer, Coreen Morgan, Lyla Lee, Karl Thornquist, Bert Meredith, Betty Berghammer, Ray Hegel, David Daniel, Rosemarie Matson, Josie Snyder, Wayne Ferguson

February Birthday Friends

Julianne DeLeo, Gene McNew, Penny Brock, Ellen Roth, Pat Worton, Patricia Dewey, Helen Warrick, Viola Brown, Jim Halvorson, Jim Baisch, Nona Smith, Bob Winegar, Jesse Powell, Quinn Dahlstrom, Joyce Johnson, Ingrid Thornquist, Sadie West, Nadine Willadson, Lucille Hilton, Richard Lykstad, Marilyn Hammond, Myrtis Mason, Jenny Jennings, Cecilia Harvest, Anna Courneya, Dorothy Newlove, Jeanne Frazier

March Birthday Friends

Elaine Armenta, Shirley Powell, Lori Betcher, Anna Luna, Ron Hampton, John Alford, Velda Haley, John Crawford, Elizabeth Burns, Corliss Wulff, Jack Hadfield, Walter Barnes, Blanche Armanious, Allene Hogan, Gloria Averill, Joan Ranch, Howard Henderickson, Frank Henshaw, Shirley Hendrickson, Richard Kirkbride, Sheila Painter, Martell Roberts

Aluminum Can Drive

Dorothy Dominguez would like your aluminum cans! She will take them in and recycle them and all the money will go into our van fund!!! Bring in your cans and we will pass them on to Dorothy. If possible please bring cans in crushed in garbage bags. Please DO NOT bring bags of mixed cans and garbage.

Happy New Year!