

BONNER SENIOR & COMMUNITY CENTER

JUNE 2026 NEWSLETTER



NATIONAL CANCER SURVIVORS MONTH

NATIONAL CANCER SURVIVORS MONTH IS A TIME TO HONOR THE STRENGTH, COURAGE, AND RESILIENCE OF THOSE IN OUR COMMUNITY WHO HAVE FACED CANCER. WE CELEBRATE EVERY SURVIVOR'S STORY AND RECOGNIZE THE FAMILIES, FRIENDS, AND CAREGIVERS WHO WALK BESIDE THEM. THIS MONTH, WE PAUSE TO APPRECIATE HOPE, HEALING, AND THE POWER OF COMMUNITY.

FRUIT & VEGGIE BOX DELIVERIES

THURSDAY, JUNE 4, 2026

THURSDAY, JUNE 18, 2026

UPDATE

CONSTRUCTION IS SCHEDULED TO BE COMPLETED LATE SEPTEMBER 2026.

WE ARE LOOKING FORWARD TO WELCOMING EVERYONE INTO OUR NEWLY IMPROVED BUILDING AND APPRECIATE YOUR PATIENCE AS WE WORK TOWARD RETURNING TO NORMAL OPERATIONS. PLEASE CONTINUE TO ENTER THROUGH THE FOUR SEASONS ROOM DOORS.

"BEING KIND IS A FORM OF COURAGE; IT ASKS YOU TO STAY OPEN IN A WORLD THAT CAN BE SHARP."

THANK YOU TO OUR NEWSLETTER SPONSOR!

JUNE 21-HAPPY FATHER'S DAY!

FATHER'S DAY IS A MOMENT TO HONOR THE FATHERS, GRANDFATHERS, AND FATHER-FIGURES WHO HAVE GUIDED US WITH STRENGTH AND LOVE. WE CELEBRATE THE STORIES, WISDOM, AND KINDNESS YOU'VE SHARED ACROSS GENERATIONS. WISHING ALL WHO NURTURE AND INSPIRE A HEARTFELT HAPPY FATHER'S DAY.

6/12 FATHER'S DAY CELEBRATION BRUNCH AT THE BONNER CENTER.

VOLUNTEER OPPORTUNITIES

OUR CENTER THRIVES BECAUSE OF GENEROUS VOLUNTEERS. IF YOU'RE INTERESTED IN HELPING WITH COFFEE, EVENTS, LUNCH SERVICE, OR OTHER ACTIVITIES, WE WOULD LOVE TO HAVE YOU JOIN US.

Broken Wagon Bison Farm & Lunch at Suzie's (\$27, Lunch OYO)
Sign Up: 6/1 9am-3pm
Trip Date: 6/9 BL 9:30am

TRIPS

Supper Club: Big Time Burgers + Brew (\$8)
Sign Up: 6/10 9am-3pm
Trip Date: 6/17 BL 4pm

RailCats Game (\$20, incl. Lunch)
Sign Up: 6/8 9am-3pm
Trip Date: 6/18 BL 10:30am

Four Winds Casino (\$15)
Sign Up: 6/2 9am-3pm
Trip Date: 6/24 BL 9:40am

BRAIN GAME: SUNSHINE MAZE



KEEP YOUR MIND MOVING; WHY MAZES ARE GREAT FOR BRAIN HEALTH

MAZES AREN'T JUST FOR KIDS—THEY'RE A FUN, LOW-STRESS WAY FOR YOU TO KEEP YOUR MIND ACTIVE AND ENGAGED. WHEN YOU WORK THROUGH A MAZE, YOUR BRAIN IS DOING SOME IMPRESSIVE BEHIND-THE-SCENES WORK. YOU'RE PLANNING AHEAD, SPOTTING PATTERNS, REMEMBERING WHERE YOU'VE BEEN, AND ADJUSTING YOUR STRATEGY AS YOU GO. ALL OF THESE SKILLS SUPPORT HEALTHY COGNITIVE AGING.

SOLVING MAZES HELPS STRENGTHEN AREAS OF THE BRAIN RESPONSIBLE FOR MEMORY, ATTENTION, VISUAL-SPATIAL REASONING, AND PROBLEM-SOLVING. THESE ARE THE SAME ABILITIES THAT NATURALLY CHANGE AS WE GET OLDER, WHICH MAKES REGULAR MENTAL "WORKOUTS" ESPECIALLY VALUABLE. EVEN A FEW MINUTES A DAY CAN HELP KEEP YOUR MIND SHARP AND FLEXIBLE.

MAZES ALSO OFFER EMOTIONAL BENEFITS. THEY'RE RELAXING, SATISFYING TO COMPLETE, AND EASY TO ENJOY AT YOUR OWN PACE. WHETHER YOU PREFER PAPER MAZES, DIGITAL PUZZLES, OR EVEN WALKING THROUGH A LIFE-SIZE MAZE, THE ACTIVITY PROVIDES A GENTLE CHALLENGE THAT KEEPS YOUR BRAIN ENERGIZED.

SO NEXT TIME YOU SEE A MAZE IN OUR ACTIVITY ROOM OR NEWSLETTER, GIVE IT A TRY. YOUR BRAIN WILL THANK YOU.