March 2022

Please check our calendar weekly. We may have to periodically cancel or postpone on-site activities in response to COVID-19 infection rates. Stay safe and healthy. We try our best to follow the Governor, State, and local recommendation.

ARE WE OPEN YET?

I must get asked ten times a week, when will the Center be open again? My first thought is, “yay—seniors want to come back!” My second thought is what’s the right thing to do to keep seniors, staff, and volunteers as safe and healthy as possible.

I don’t make this decision lightly. In fact, I detest having to make the call at all. Unfortunately, the pandemic continues, and we have to do everything we can to slow the spread. So, what do I base the decision to open or close on? Data. Always data. We follow the CDC and King County Public Health to track infection rates, but rely heavily on our own local infectious disease specialists, the Medical Reserve Corp. Each Friday I check to see what the infection rate is on Vashon and make a decision for the upcoming week.

The criteria for judging the risk of transmission from community case rates of COVID-19 for Vashon are:

- High risk >10 cases/week
- Substantial: 5–10
- Moderate: 1–5
- Low: 0–1

What will we do now that King County and the state are easing up on restrictions? We’ll watch the data, consult with the MRC, and proceed with caution to take one step forward at a time.

Now you know how we decide. Data. We miss you, and we will be together again as soon as it’s safe.

—Catherine Swearingen, Executive Director

SAVE THE DATES!

Wednesday, March 16. Join the FUN committee for the St. Patrick’s Day Lunch—scheduled for In-Center, if the building is open for on-site activities and meals.

Sunday, March 20, 2pm. Celebrate the First Day of Spring with a walk. Starting at the Center, walk at a comfortable pace through town ending at Ober Park. We’ll finish up with a brief overview of the new fitness equipment, and a snack and conversation. Current COVID-19 Protocols will be followed.
MONDAYS

(C) **Beginning Mah Jongg**, 9:30–11am, March 7–April 11, with Hazel, six-person limit.

(Z) **Book Group**, March 28, 1:30pm. Please check our website for info.

TUESDAYS

(C) **Meals on Wheels (MOW)**, 9:15–10:45am.

(C) **The Knit Wits and Hookers**, 10:30am–12:30pm.

(C) **Pinochle**, 1–3pm.

(C) **Music Mends Minds**, 1:30–2:30 pm in the side room.

(C) **Teatime with Tessa**, 2–3pm.

(C) **Smartphones with Rain**, 2:15–4:15pm. By reservation only. Please call the Center to make your 20-minute appointment.

(C) **Scrabble**, 2nd and 4th Tuesday, 10am–12pm.

(C) **Library 2 Go**, March 15, 10:15am.

(C) **Bridge Club**, 6:30–9pm.

WEDNESDAYS

(Z) **Photography Club**, 10am. Share your passion for photography via show and tell, discussions, trends, talks, resources, workshops, field trips, etc. Photographers of all skill levels using iPhones, point-and-shoot, compact or DSLR are welcome. Beginners and advanced photographers are fully supported in a no-stress idea exchange environment. Please visit photoclubvsc.blogspot.com to see some of the Club’s work. NEW: https://us02web.zoom.us/j/82474076022?pwd=VGZxb3R4Yys4d045TTM4UU5GOFhQQT09

Meeting ID: 824 7407 6022, Passcode: 341256

(Z) **Chair Yoga with Lynelle Sjoberg**, 10am.


(Z) **Talk**: March 10, 7pm—Vashon Birds: Past, Present, and Future. The Vashon Heritage Museum and Vashon Audubon present a moderated panel with Ed Swan, Rayna Holtz, and Adria Magrath discussing how human impacts through changes in land use and climate change have affected Vashon bird populations over the past 150 years. Register here: https://us02web.zoom.us/webinar/register/4816444208782/ WN_vqDljNXQOx-cggH_dYZnug

**Watercolor with Geri Peterson and friends** will be taking a break in March. For watercolor advice, or just to talk, contact Pamela at the Center to get Geri’s contact info.

FRIDAYS

(C) **Zumba**, 9–9:45am. Please join Ture and Mary and dance your way into the beginning of the weekend. Check Center for current open status.

(Z) **Mindfulness Cafe**, 9:30am. Please register for your initial Zoom meeting at mindfulnesscafevsc@gmail.com to join in this recurring time of quiet meditation and reflection. With guided and silent meditation, explore mindfulness-based stress reduction, conscious breathing, visualization, listening to the sound of silence, experiencing insight, or just calm sitting.

(C) **Duplicate Bridge**, 2nd, 4th and 5th Fridays, 6:30–9pm.

(C) **Talk**: March 4, 1pm. Movie, to be announced.

(C) **Talk**: March 11, 1pm. Vashon Heritage Museum. Join Bruce Haulman as he discusses the Vashon Murals and the O-Space Mural Project.

(C) **Talk**: March 18, 1pm. We can welcome more birds and pollinators to our yards with our plantings. Learn more from Julia Lakey with the Vashon Pollinator Project.

(C) **Talk**: March 25, 1pm. Join Barb Gustafson, island photographer and naturalist, as she travels to southeast Alaska in search of spring flowers, wildlife, glaciers, and more.

Everyone entering the Center must show proof of full vaccination (only once, we will keep your record on file) and wear a KN or N95 mask. We will happy to provide one for you.
RESOURCES PROMOTING WELLNESS
ACCESS Bus Transportation 206-205-5000
Benefit Check up 1-888-435-3377
Bluebird Medical Transportation 1-206-929-2644
Enhance Fitness by Ramon Ontiveros 206-259-0118
Meals on Wheels (MOW) Tuesdays at 9:15am 206-463-5173
Neighborhood Legal Clinic: Call T–Th 9am–12pm for appt. 206-267-7070
Neighbor to Neighbor 206-463-5173
Parkinson’s Support Group: 1pm, First Friday of the month, Lutheran Church 206-567-5976
Senior Information and Assistance 206-448-3110
Senior Rights Assistance 206-448-5720
Vashon Care Closet 206-473-8715
Veterans’ Services 206-612-2816

EXTENDED ARTIST SHOWING
Caran-marie Weston Dunbar has always created art. She was lucky enough to have a mother who at all times had art supplies within reach. Caran-marie is a collage artist who works with bright colors and bold shapes, which give a folk-art feel to her work. Weston has shown in group and solo shows, and her work is in personal collections across the country. She has presented her philosophy of the interconnection of art and community at regional and national Montessori conventions. Weston is currently the Artist in Residence at the Vashon Presbyterian Church as part of their Arts in Worship program.

Meals on Wheels
Meals on Wheels is a program that enhances independent living by delivering healthy meals to the doorstep of homebound individuals who need help with meal preparation. Contact the Center Tuesdays, in the morning, for more information, or to sign up. 206-463-5173

Corrected Phone Number!
Camille Rosetty, Bluebird Coordinator 1-206-929-2644
(You MUST dial “1” first)

PROGRAMS Continued

SATURDAYS
Wild Walkers, March 5, 10am. Spring is just around the corner. Let’s take our next walk on the Frog Holler trail. This lovely path is about a mile and a half of mostly flat, dirt trails. We’ll meet at the Center at 10am to carpool and caravan. We’ll follow current Vashon Be Prepared/MRC guidelines for masking, vaccinations, and social distancing. Come and join us!

(C) Second Saturday Knitters, March 12, 10:30am–12:30pm at the Center again.

SUNDAYS
FUN Committee, March 20, 2pm. Join the FUN Committee as we celebrate the First Day of Spring, with a walk-through town. Meet at the Center.

Where are the links to the programs? On our website! vashoncenter.org/virtual-activities
Scroll down to find your program, click the headline and voilà: there it is.
<table>
<thead>
<tr>
<th>Date</th>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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**Menu subject to change with little or no notice.**

### March 2022 Newsletter

**Vashon Senior Center**

100 SW Bank Road

Phone: 206-463-5763

Office Hours: Monday, Tuesday, Wednesday, Thursday 11:45am - 3:30pm

Menu subject to change with little or no notice.

### Lunch Menu

<table>
<thead>
<tr>
<th>Date</th>
<th>Lunch</th>
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<tbody>
<tr>
<td>27</td>
<td>Baked Chicken</td>
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<tr>
<td>28</td>
<td>Roasted Vegetables V</td>
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<td>29</td>
<td>Corn Chowder V GF</td>
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<td>30</td>
<td>Vegetable Soup V GF</td>
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<td>Com Chowder V GF</td>
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<tr>
<td>4</td>
<td>Frittata w/ Ham GF</td>
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<td>5</td>
<td>Tuna &amp; Pasta Casserole</td>
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<td>9</td>
<td>Chicken Broccoli</td>
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<td>10</td>
<td>Alfredo GF</td>
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<td>11</td>
<td>Closed</td>
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<td>12</td>
<td>Second Saturday walkers</td>
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<td>13</td>
<td>Daylight Saving Time Begins</td>
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<td>14</td>
<td>Mah Jongg Class</td>
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<td>15</td>
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<td>16</td>
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<td>18</td>
<td>Mah Jongg Class</td>
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<td>19</td>
<td>Mah Jongg Class</td>
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### Office Hours:

- Monday, Tuesday, Wednesday, Thursday: 11:45am - 3:30pm
- Lunch: Monday, Wednesday & Friday: 11:45am, 11:30-ish for delivery
Ober Park Grand Reopening on February 4.
A few chilly community members celebrated the grand reopening of the Ober Park Adult Playground. Core Centric provided demonstrations on how to use the exercise equipment, which the Center’s fundraiser helped provide. Remember the wonderful raffle for a week on a houseboat in Amsterdam? Sorry if you missed the free hot dogs by Orca Eats. But, look for an upcoming Center hosted program this spring.

Bluebird Needs Volunteers!
Our generous volunteers make it possible for the Center to continue to offer rides for seniors to medical appointments off island in Seattle and Tacoma. Rides are dependent on the availability of our Bluebird drivers, and we ask for a minimum of one week’s notice.

For more information about volunteering contact Camille Rosetty, Bluebird Coordinator 1-206-929-2644.

Check with the Center for current statuses of In-Center activities.
New In-Center Lunch Time. Please join us at 11:45am on Mondays, Wednesdays, and Fridays. This will allow us to interact a little longer at lunchtime without feeling so rushed, while giving us time to set-up for the Center’s afternoon activities.

MARCH BIRTHDAYS
Lynn Anderson 1
Karen Ostrow 2
Donna Caulton 2
Catherine Swearingen 3
Bonnie Wilkins 4
Katrin Fletter 4
Marlyce Dixon 7
Bob Hawkins 7
Connie Shader 8
Jack Peterson 8
Marjorie Cornell 9
Marilyn Castro 10
Carol Olson 11
Sheila Brown 12
Charlene Griswold 14
Sue Tower 15
Peter Milovsoroff 16
Mary Pekarek 18
Kaye Pierson 19
Raynor Christianson 20
Joan Gladding 21
Joe Orint 25
Mindy Melville 25
Geri Peterson 26
Keith Schorsch 31
So Many March Thank Yous!

Jill R for bags and magazines, Dee W for fruit and stationery supplies, Laura W for pantry items, Kirsten A for magazines, everyone who answered our request for lunch bags, Joe O for kitchen rags, Harry G for knitting supplies, Bob H for frozen entrees, Bill R & Camp Burton for homemade chili and cornbread, and Susan K for medical supplies, Girl Scouts and Chautauqua 3rd grade class for Valentine’s cards, Nick and Greg at VAC for use of community signs.

Weslie R and Anne T for the hundreds of handmade cards of cheer for the lunch bags, FUN Committee for decorating lunch bags.

Our devoted cookie bakers for thousands of tasty treats: Karen B and Delilah/Amelia/Mariette, Thea V for Valentine cookies.

Kitchen Rental Spotlight:
La Isla Mexican Food

You can find La Isla Mexican Food cooking at the Senior Center in our commercial kitchen on Saturdays.

Serving delicious, authentic Mexican dishes, tacos, burritos, and weekly specials. They use the freshest and most local of ingredients.

Help support this local business. Contact them to cater your events. Text 206-259-1167 (Norma), 206-793-7749 (Alberto).
Vashon Care Network

The Vashon Care Network’s mission is to provide support to Islanders through coordination and distribution of physical resources and by networking with community services and individuals.

They connect Islanders with information, programs, and available services to get them through challenges ranging from finding a hospital bed for a convalescing family member to getting aid and supplies for someone in an unforeseen emergency.

The organization offers free medical supplies and equipment from the Care Closet, as well as offering information about individual care and placement options. All members of the Care Network are volunteers, and all services are free.

vashoncarenetwork.org/about

Vashon Audubon

Perhaps you are not aware that Vashon Island is a haven for birds and birders. Its diverse habitats, including surrounding saltwater, shorelines, forests, freshwater ponds and streams, fields and farmlands, attract a variety of birds. More than 250 species have been identified on Vashon over the years. Regularly seen species include about 60 on the island year-round and about 100 more that spend breeding season or winter on the island. A few rarities show up every year. For a calendar of events visit:

vashonaudubon.org/calendar

OVERHEARD at the Senior Center

“There is a meditation class meeting in the side room today.”

“Medication class?”

“MeD-itation with a D”

“Dedication?”

“Sometimes I talk to myself because I want the right answers.”

“Orzo is that almost rice stuff.”

Person 1: “I saw that without using my glasses!”

Person 2: “Hey, no bragging.”

LAMP-O-RAMA
Fix-It Cafe Returns!

LAMP-O-RAMA Fix-It Cafe returns on March 19, 10am-2pm, at Vashon Eagles. The Fix-It Café is dedicated to reducing waste and building community and features helpful locals donating their skills to restore household items that are broken or malfunctioning.

This Cafe is dedicated solely to LAMPS, so bring them on. Pre-registration is required and advice is free to the public, but if parts are needed, participants may be required to acquire them at cost. Visit: vashonfixit.com.

Photo by Skyler Ewing from Pexels