The month of August is often a calm and quiet time of year, and the light list of celebrations reflects that stillness. It’s a time to relax before summer ends, and celebrate time with your family, friends and pets, or dig into some summertime cuisine.

The name of the month was originally a Latin word, Sextiles. In 8th century BC, during the early Medieval period, the month was renamed to August in honor of Augustus Caesar, the first Roman emperor.

So, kick back. Enjoy quiet times in the garden under an old tree. Or stroll in one of the many beautiful island parks.

**UPCOMING EVENTS, TRIPS AND PROGRAMS**

**SAVE THE DATE: Friday, August 19, 11:30am–1:30pm.** Annual Members Lunch at the Eagles. Calling all members to join us for the Center’s Annual Members Picnic. We will be serving your choice of a hamburger (meat or veggie) sides, a refreshing beverage and desert. Please RSVP by August 16 as space is limited. Call the Center 206.463.5173 or stop by.

**New Program:** We are announcing the start of our first ever Senior Saints Program, hosted by Donnie Myers of the Estuary on Vashon. Donnie will be offering a unique styling experience for seniors of limited means. **Monday, August 8 & 22, 1-3pm.** To schedule your appointment, call the Center beginning August 1.

**TRIP:** Tacoma Rainiers game on Tuesday, August 16. Game starts at 12:05pm. Meet at the Center 9:30 to depart on the 10:30 ferry. $5/person (members), $5/person non-members, includes ferry/van ride, entrance, hot dog, chips, water, and a hat. Return on 3:40pm ferry. Sign up starts August 1.

**AND you will want to save the date for this on Friday, September 30, 1-3pm.** Celebrating 40+2 years Senior Center Anniversary Birthday Bash. Rescheduled due to COVID; no more waiting. Come and celebrate 42 years of serving seniors. We’ll serve birthday cake, ice cream, snacks, coffee, and soft drinks. Walk down memory lane. If you have any photos, please forward to Pamela Wickard at coordinator@vashoncenter.org.
In Center (C), via Zoom (Z), or Web (W). Check our calendar for updated information.

Links to all programs and a full schedule of events for the month can be found on the Center website at vashoncenter.org/virtual-activities.

If you have a Friday program idea or if you would like to host a presentation in person or on the Center’s Zoom account, please contact Pamela Wickard at coordinator@vashoncenter.org or call 206-463-5173.

**MONDAYS**
- (C) Mah Jongg: 1-3pm.
- (C) Party Bridge: 6:30-9pm.
- (C) Senior Saints: August 8 & 22, 1-3pm.
- (C) Book Group: will be taking a break in August. They will meet again in September.

**TUESDAYS**
- (C) Meals on Wheels (MOW): 9:15-10:45am.
- (C) Knit Wits and Hookers: 10:30am-12:30pm.
- (C) Pinochle: 1-3pm.
- (C) Music Mends Minds: 1:30-2:30pm in the side room.
- (C) Smartphones with Rain: 2:15-4:15pm. By reservation only. Please call the Center to make your 15-minute appointment.
- (C) Scrabble: 2nd and 4th Tuesday, 10am-12pm.
- (C) Library 2 Go: August 16, 10:15am.
- Trip: Tacoma Rainiers game: August 16.

**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: ht ps://us02web.zoom.us/j/82474076022?pwd=VGZxb3R4Yys4d045TTM4UU5GOFhQQT09

- Meeting ID: 824 7407 6022, Passcode: 341256
- Outdoor Tai Chi with Deena Eber: 1pm. Please maintain a six-foot social distance. Meet at the covered area in Island Center Forest at the west end of 188th Street.
- (C) Party Bridge: 1-3pm.

**THURSDAYS**
- (Z) Chair Yoga: August 11, 18, 25. No class on the 4th. Join Margaret Hoeffl 11:30-12:30pm, for a relaxing morning gathering.
- (C) Low Vision Group: is on summer break.
- (C) Band Practice: August 25, 10-11am.
- (C) Mah Jongg: 1-3pm.
- (Z) Museum Talk: August 11, 7pm. The Vashon Heritage Museum is celebrating the historic steamer Virginia V’s 100th anniversary with a month of maritime history. Join the August Museum Talk as they explore the history of the Virginia V and its importance to Vashon Island throughout history. Register Here: ht ps://us02web.zoom.us/ webinar/register/1916575723943/ WN__VPVV9R5QFqmtfe7w7whJQ

**FRIDAYS**
- (C) Zumba: 9-9:45am. Please join Ture and Mary and dance your way into the beginning of the weekend.
- (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) Teatime Talk: 10:30am. Join Maria Glanz as she builds community through engaging conversation.
- (C) Talk: August 5, 1pm. Bruce Haulman, “100th Anniversary of the Virginia V.” Join Bruce for a preview of the special exhibit on the Virginia V. Enjoy a unique view of Puget Sound with a voyage on the historic Virginia V steamer boat. Built from local old-growth fir, the Virginia V serviced Vashon Island from 1922-1938 and is the last operational Puget Sound Mosquito Fleet steamer. The museum opening is a separate event. vashonheritagemuseum.org/event
- (C) Activity: August 5, 2:30. JAM Core Centric. Come JAM and get a digital pedometer, so you can impress yourself with how many steps you take. Meeting at Ober Park fitness area.
- (C) Talk: August 12, 1pm. Please join Wren Hudgin, member of Puget Sound Mycological Society since 1973, as he discusses Wild Mushrooms of the Pacific Northwest. He will cover what some people believe are the top six most delicious mushrooms and the six most toxic. He will point out which of these might be found on the island. He’ll also cover a lit bit on identification, tips for beginners to collect safely, local places you might hunt, and quite a bit on edibility.
- (C) Activity: August 12, 2:30. JAM Core Centric. Come JAM and get a digital pedometer. Meeting at Ober Park fitness area.
- (C) Event: August 19, 11:30am-1:30pm. Annual Picnic, Member Lunch at the Eagles: No talk scheduled.
**RESOURCES PROMOTING WELLNESS**

ACCESS Bus Transportation .................................................. 206-205-5000
Benefit Check up ................................................................. 1-888-435-3377
Bluebird Medical Transportation ............................................. 206-463-5173
Enhance Fitness by Ramon Ontiveros ................................. 206-259-0118
Meals on Wheels (MOW) Tuesdays ........................................ 206-463-5173
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 ...................... 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

**PROGRAMS**

**Continued**

(C) **Activity**: Movie: August 26, 1pm. Netflix’s new comedy, *The Last Laugh*, stars Chevy Chase as a retired talent manager named Al Hart who reunites with his first client, Buddy Green, played by Richard Dreyfuss, after 50 years. Buddy was a promising comic who quit to settle down and take care of his family, but Al convinces him to get back on stage. —Romper

(C) **Activity**: August 26, 2:30. JAM Core Centric. It’s JAM bingo day. Use your activities for a chance to win a Samsung tablet.

**New Artist: Pamela Wickard**

You may know Pamela as the Program and Volunteer Manager at the Vashon Senior Center, but did you know she makes art? When not working for the Center, gardening, or hiking she is creating mixed media art. She worked 20 years in the Graphic Industry, before settling into a new creative outlet. Pamela was part of The Painted Ladies Art Studio in Issaquah for 6 years, where she taught and hosted numerous art events. Pamela is inspired by the beautiful place she lives, and works from her own photos. She also loves photography.

**SATURDAYS**

**Wild Walkers**: August 6, 10am. Prepare for our next adventure on the Judd Creek Trail. This is one of our favorite annual destinations that is about a mile around with just a couple of small hills and a few tree roots to traverse. Masks will be optional outside. We’ll meet at the Center at 10am to carpool. Everyone is welcome.

(C) **Activity**: August 26, 2:30. JAM Core Centric. It’s JAM bingo day. Use your activities for a chance to win a Samsung tablet.

(V) **Activity**: August 26, 1pm. Netflix’s new comedy, *The Last Laugh*, stars Chevy Chase as a retired talent manager named Al Hart who reunites with his first client, Buddy Green, played by Richard Dreyfuss, after 50 years. Buddy was a promising comic who quit to settle down and take care of his family, but Al convinces him to get back on stage. —Romper

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.

**Villages Meet & Greet at Farmers Market**

Stop by the Vashon Farmers Market Saturdays in August to meet our Villages Manager, Maria Glanz, and learn more about the program. August 13 & 27, 10am–2pm.

We Are Hiring!

We are hiring a Bluebird Medical Transportation Coordinator (10–15 hours per week) to coordinate the Bluebird medical rides and drivers, and we are hiring a Center Driver (10–15 hours per week), for Care-a-Van, trips, and other driving needs.

Interested individuals should visit: vashoncenter.org or call the Center 206.463.5173.
<table>
<thead>
<tr>
<th>Day</th>
<th>Activities</th>
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<tbody>
<tr>
<td>Monday</td>
<td>10am: Meals on Wheels, 11am: Chair Yoga via Zoom, 1pm: Mah Jongg, 2pm: Party Bridge</td>
</tr>
<tr>
<td>Tuesday</td>
<td>9am: Zumba, 9:30am: Mindfulness Café via Zoom, 10:30am: Teatime Talk, 1pm: Talk: Bruce Haulman</td>
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<tr>
<td>Wednesday</td>
<td>9am: Zumba, 9:30am: Mindfulness Café via Zoom, 10:30am: Teatime Talk, 1pm: Monday Night Bingo</td>
</tr>
<tr>
<td>Thursday</td>
<td>9am: Zumba, 9:30am: Mindfulness Café via Zoom, 10:30am: Teatime Talk, 1pm: Talk: Wren Discusses Mushrooms</td>
</tr>
<tr>
<td>Friday</td>
<td>9am: Zumba, 9:30am: Mindfulness Café via Zoom, 10:30am: Teatime Talk, 11:30am – 1:30pm: Members Picnic</td>
</tr>
<tr>
<td>Saturday</td>
<td>9am: Zumba, 9:30am: Mindfulness Café via Zoom, 10:30am: Teatime Talk, 11:30am – 1:30pm: Members Picnic</td>
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- Menu subject to change with little or no notice.
Everybody Knows “Joe”!

We have had the pleasure and good fortune of Joe Meier wearing many hats of service to our seniors for over seven years.

Joe has been an incredible presence at the Center in countless ways, from Care-A-Van driver, Bluebird driver, most excellent trips chauffeur, last minute errand runner, lunch bag organizer, and deliverer, Costco supply shopper and transporter, building maintenance provider, and so many more behind-the-scenes tasks contributor.

As life and the world changes, Joe decided it was time to hang up those hats to make time for new adventures.

With abundant gratitude we thank you, Joe. We miss you and wish for you all good things.

Joy and Movement (JAM)

Celebrate, recalibrate, and find your joy through movement! JAM is a guided activity program for all abilities and ages. Get stronger with energizing activity options for you and your community! Core Centric Coaches will lead the program, guide you along the way, and help you celebrate your progress. Join them Fridays at 2:30 at the Center. corecentrictraining.com/jam

August Birthdays

Ivy Sacks 1
Marilyn Green 1
Kirsten Alexander 1
Kathryn Lehet 1
Linda Meyers 1
Harry Budnick 3
Thomas Abraham 3
Helene Miller 3
Kimberly Hicks 3
Larry Commerree 4
Marcia Crecelius 4
Ida Zodrow 5
Bill Knox 6
Kathleen Turner 6
Barbara Cooper 6
Thea Vernoy 7
JW Turner 8
Jessica Lisovskv 8
Rose Larson 9
Raymond Konrad 10
Edna Dam 10
Earl Godt 10
Kate Stout 10
Carol Knock 10
Dee Ann Williams 12
Nancy Paul 12
Mary Ann Beardsley 13
Jeanne Reynen 13
Don Lofstrom 15
Marilyn Mosley 16
Ken Hostetler 16
Mavis Phaneuf 17
Diane Brenno 17
Deena Eber 17
Barbara Wells 18
Debbie Browne 18
Ingeborg Herring 19
Dusty Millar 19
Peggy Queary 20
Linda Hebert 23
Robert Stougard 24
Karen Fox 25
Carol Butler 27
Janet Quimby 29
Kathleen Hendrickson 29
Wendy Dahl 30
Charlene Flanagan 31
Gregory Bumham 31

Thanks to all who joined us on the June Port of Tacoma Tour. If you have trip ideas, please leave suggestions at the front desk. We are working to resume trips on a regular basis.

If you haven’t signed up for the Tacoma Rainiers game, sign up opens Aug 1 Space is limited.

Members Passing

Robert Weir, June 4
Patricia Jones June 18
THANK YOU: Kathleen O for masks, Marcia C for garden flowers, Nan L and Wade Y for the set-up of the Senior Center Board Member display board near the Reception desk, John H for hearing aid supplies, Jim B for hearing aid bat eries and medical supplies, Peggy W for cleaning supplies, Virginia C for health items, Teresa L for organic eggs, Bob H for garden rhubarb, Owana D for kni ting supplies, Connie W for to-go containers, Karen B for fresh garden snap peas, and Dave E for bananas and watermelon.

Yummy thanks to our generous cookie bakers: Bonnie N, Karen B, Mariet e and Delilah.

Thank you to our superstar cheerful card makers Weslie R and Anne T.

Thank you, Carolin T, for your years of processing the donated Thrift way receipts. This has been an outstanding labor of love.

A BIG THANKS to our garden commit ee (Marilyn Blitz, Maryann Nagler and AriEl Gaultier), who continue to make the garden beautiful. And Jane Berg for creating a lovely dahlia bed for us, so we can have fresh cut dahlia this summer.

Save Your Paper Bags
We need your recyclable paper grocery bags for the lunch delivery program. Please drop off during business hours: M, T, W or F 9am-3pm.
ONLY ON VASHON — THE STRAWBERRY FESTIVAL RUNDOWN 2022 (excerpt)
By Anna Shomsky

I stopped at the Senior Center booth, which was offering wise bad advice. They first said to me when I asked for advice: “Have some candy.” I took a piece of hard candy and stuck it in my pocket, and I just now realized that I never took it out, and it’s probably gone through the wash.

They asked if I had any problems they could advise me on. My mind is an endless parade of anxieties, so I randomly picked a worry. “I’m not good with money.”

Their advice was: “Keep spending.” They also said, “You’ll love the upcoming recession.” They have a point. If everyone is anxious about money, I won’t feel so alone.

They also veered off topic and said, “In marriage, you can either be happy or right.” This is terrible advice because nothing brings me more joy than the vindication that I was right about something.

Finally, they asked if I wanted to sign up to join the Senior Center. When they found out I’m too young to qualify as a senior citizen, I promised them I’m old at heart, and they let me sign up for their mailing list.

Then a kid came by and asked for advice. They said, “give us your blueberries.”

WELCOME!
A BIG welcome to the team: Kimmy Schregardus, Wednesday and Friday Chef & Zoe Bennington, Business Manager.

When Kimmy Schregardus was 12, her brother got disco lessons and she got cooking classes. Thus began her life-long fascination with food and culinary technique. “I am both humbled and delighted to be the new Chef at our Vashon Senior Center.” Says Kimmy about her new role at the Center.

Her cooking intention is simple; to utilize the freshest organic products and create unpretentious, delicious, multi-cultural dishes that are good for you and your soul. She claims to “not be your typical lunch lady, I am just Kimmy, the luncheon lady.”

Zoe Bennington moved to Vashon four years ago from Washington, DC. Zoe became involved in supporting various activities of the Senior Center, first as a volunteer and then as a board member where she served as treasurer.

In DC, Zoe was the co-owner of a fitness center early in her life where she and her partner focused on the physical and health needs of the local community. Zoe has been a bookkeeper for most of her adult life and owns Badass Brands LLC, a culinary salt business. She also works as a bookkeeper for about ten small- and medium-sized businesses on the East Coast and on Vashon.

Zoe and her husband Steve live on a 5-acre hobby farm in the Burton Hill area.

Thanks to everyone who participated in the Center’s Strawberry Festival parade and booth. The Center is truly grateful for the support from all our volunteers and especially the FUN committee: Thea Vernoy, Sue Beeson, Leslie Minch, Lynn Crudo, Constance Walker and Mary Ann Beardsley.