WHAT IS NEW!

The Care-A-Van is back at the Center. Please contact the Center if you would like a ride to come and join us Monday, Wednesday and Fridays for lunch. The rides are FREE, and the delicious lunch is only $5 a meal.

Celebrate the SUPERBOWL and OUT HEROES of the NFL

Professional football leagues are over a hundred years old in the United States. Over the course of those hundred years, there has only been one player courageous enough to come out while on an active roster. His name is Carl Hassib. He is currently signed with the Tampa Bay Buccaneers and plays on their defensive line.

Carl Hassib was playing for the Raiders when he came out in June 2021. He received widespread support from his teammates and NFL management. He supports the Trevor Project, a suicide-prevention service for LGBTQ youth in America.

Thank you, Carl, for refusing to let homophobia be a default setting for American sports fans. YOU ARE A HERO. Join us at the Senior Center on February 12 at 3pm for the Superbowl Potluck and learn which other NFL players have had the courage to proudly be themselves.

WHAT IS NEW!


Chess: Thursday, 1–3pm. Join Diana Garrett every Thursday afternoon at the Center. Please bring your own chessboard.

Mah Jongg Class for Beginners, Monday mornings for 6 weeks starting March 27, 9–10:30am. Class will be limited to 6 people. Sign up early at the Center. Excess of 6 people will go on a waiting list for the next class. Please plan to be there on the first day of class, or you will be too far behind to catch up. Mah Jongg instruction is free, but participants will need to purchase a Mah Jongg card for 2023 from the national Mah Jongg League. Cards cost $14–$15.
MONDAYS

(C) Mah Jongg: 1–3pm.
(C) Canasta: Beginners welcome, 10:30–11:30am. Join Ellen Trout.
(C) Senior Saints Haircuts: February 13, 1–3pm.
(C) Book Group: February 27, 1:30pm. Bewilderment, by Richard Powers. John McCoy will lead the discussion.

TUESDAYS

(C) Meals on Wheels (MOW): 9:15–10:45am.
(C) Scrabble: 10am–12pm.
(C) Knit Wits and Hookers: 10:30am–12:30pm.
(C) Pinochle: 1–3pm.
(C) Music Mends Minds: 1:30–2:30pm. Tuesday, February 14, a special Valentine “Music for Lovers” theme. Don’t miss it.
(C) Smartphones with Rain: 2:15–4:15pm. By reservation only. Please call the Center to make your 15-minute appointment.
(T) Trip: Costco, Tuesday, February 14, 9am.
(C) Library 2 Go: February 21, 10:15am.
(C) Vashon Bridge Group: 6:15–9:15 pm.

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 photoclub:sc.blogspot.com/ to see some of the Club’s work. NEW: https://us02web.zoom.us/j/82474076022?pwd=VGZxb3R4Yys4d045TMM4UU5GOFhQQT09 Meeting ID: 824 7407 6022, Passcode: 341256

(A) 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) Low Vision Group: February 2, 1pm.
(C) Mah Jongg: 1–3pm.
(C) Chess: Thursday, 1–3pm. Join Diana Garrett. Please bring your own chessboard.

THURSDAYS

(C) Low Vision Group: February 2, 1pm.
(C) Mah Jongg: 1–3pm.
(C) Chess: Thursday, 1–3pm. Join Diana Garrett. Please bring your own chessboard.

FRIDAYS

(C) Zumba: 9–9:45am. Please join Ture and Mary and dance your way into the beginning of the weekend.
(Z) Spinal Mobility and Decompression on the Chair: 10–11am. Join Margaret Hoeffel, new day and time. You can find the Zoom link on our website.
(C) Talk: February 3, 1pm. The Friday talk will be an art demo by our guest artist Barbara Newton. Barbara will be reworking an older pastel painting. You can watch the magic as she gives new life to her pastel and offers inspiration to inspiring artists.
(C) Talk: February 10, 1pm. Please join Cyrus Anderson of the Heritage Museum, as he presents a talk on how Captain George Vancouver created the name Puget Sound to honor his lieutenant, Peter Puget. Cyrus will talk about the expedition, exploration, and mapping of Puget Sound.
(C) Talk: February 17, 1pm. Please join Tim Johnson, Superintendent of Vashon Health Care District. He will offer an update on what is happening with the Hospital District, with time for a Q &A.
(C) Talk: February 24, 1pm. Villages Program. The Vashon Senior Center Villages program helps neighbors come together to support the seniors in their midst by socializing, building community and more. Villages are neighborhood-focused, member-led, and volunteer-supported. Learn more about Villages growing on Vashon and help bring this program to life.

SATURDAYS

(A) Wild Walkers: February 4, 10am. We’ll venture to the Lower Gold Beach loop. We’ll stay out of the woods with muddy trails and walk on a paved road that’s just about a mile around. We’re always hopeful the mountain will be out in all her glory because the view there is fantastic. We’ll meet at the Senior Center at 10am to carpool (with masks) or participants may meet at the parking area at the bottom of the hill. Keep on walking!
(C) Second Saturday Knitters: February 11, 10:30am–12:30pm.
(C) Super Bowl Party: February 12, 3pm.
RESOURCES PROMOTING WELLNESS
ACCESS Bus Transportation 206-205-5000
Benefit Check up 1-888-435-3377
Bluebird Medical Transportation 206-485-4335
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
Senior Information and Assistance 206-448-3110
Senior Rights Assistance 206-448-5720
Vashon Care Closet 206-473-8715
Veterans’ Services 206-612-2816
Villages Program 206-929-0823

Valentine’s Events at the Center


FEBRUARY TRIP
Costco Trip: Tuesday, February 14. Meet at the Center at 9am. This is a Costco only trip, and we will get lunch at Costco. Participants need to have a Costco Membership. Center members sign up beginning February 1. Non-members begin after February 7. Space will be limited. Members $10. Non-members $15.

Welcome Katherine Shedd, the Center’s new Bus Driver. Katherine has lived on Vashon for over thirty years. She spent the last five years driving for the Access Bus service on the island. Katherine claims, “I’m not afraid of anyone’s driveway. And I hope to meet many new people as we enjoy our rides on the bus together.” Call the Center to arrange your pick up on Monday, Wednesday, and Friday to join us for lunches 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.
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Menu subject to change with little or no notice. Lunch: Monday 11:45am; Tuesday–Friday 11:45am; Saturday 11:30am–1:30pm; Sunday 9:30–11:30am.
Thanks FUN Committee for creating fun events for the Center!

The FUN committee is seeking volunteers. They are planning FUN and fund-raising programs and events for 2023. BINGO will return in 2023. If you are interested in joining this delightful and energetic group, please contact Pamela Wickard, coordinator@vashoncenter.org or call the Center 206.463.5173.

Volunteer Spotlight: The Center salutes our lunch delivery teams! We thank all who have helped us support the Lunch Program. It really makes such a difference to so many of our island seniors (see thank you note below), and we can’t do it without you! If you would like to volunteer or financially support the lunch program, please contact: Pamela Wickard coordinator@vashoncenter.org.

“Thank you for everything. My tummy thanks you. Thank you for sharing your hands to gather all that is needed to pull meals together, your minds to organize. Thank you for sharing your faith by coming in, even when weather, illness or lack of folks or funds are not available. You feed me, and show me that there is life outside of my home. My wish for you is that you receive all the happiness you have given and more. God Bless the volunteers and staff of Vashon Senior Center.” — Debbie

Calling Crafters!

The FUN Committee is seeking member interest in renting a table to sell crafts ($20 a table) from 10am–2pm, Saturdays, at the Center. Once per month? Every month? Spring–Fall? Please contact Pamela Wickard, coordinator@vashoncenter.org for more information and we are open to suggestions.

Members Passing
Mavis Phaneuf, November 20
Shirley Douglas, December 25
Barbara Steen, December 27
Patricia Herbert, January 2
Colleen Brooks, January 13
THANK YOU!
Sheila B for restroom supplies, Katrin F for cards, Dennis D for a giant box of fancy cookies, Kirsten A for two handsome coats, food supplies & magazines, Ellen K for holiday cookies, Julia L for file folders and Love Haikubes, Santa for the Senior Moments calendar, Nanny B and Frank S for cookies, Jay N for building cosmetic repairs, Jan P for cards & notepads, Hazel N for chips, Justine N for calendars, Chanda C for greeting cards, Kathleen A for garden bay leaves, and much gratitude for everyone who donates brown bags for our lunch delivery — keep ´em coming!

We are grateful for Weslie R, Anne T, Karen B and Mariette & Delilah for lunch bag love via handmade notes and homemade cookies!

And a big thanks to Granny’s Attic for their generous support!

A Belated Thanks
Thank you very much for the enjoyable gathering of Vashon Senior Center Village members you hosted at the Senior Center last evening (December 14, 2022). The food, the company, and the spirit were top notch. A special thanks for your cards and the very generous gift cards.

We wish the Villages program a promising future and are determined to do our part to make it happen in Lisabeula and elsewhere on the island.

We wish you, your family, and the Senior Center staff a joyful holiday season.

Warm regards,
John and Karen M.

Join us at the Center, Friday, February 24, 1pm, for a Village Program discussion and more information on how you can be a part of our Villages. For more information on the Village program contact Maria Glanz at 206-929-0823 or 206-463-5173.

Write for The Loop! The Loop is looking for contributions, no longer than 700 words on various topics related to island life, community resilience, our connections to the larger world, island heritage and nature, challenges of our times and how they affect us, possible strategies and solutions, and so much more. Before writing and submitting your article, we encourage you to inquire first regarding your idea.

Please review our Editorial Guidelines. Submissions are due on the second Friday of each month, for publication the next month.

Contact editor@vashonloop.com with questions, to float an idea, or to submit your piece to The Loop!
ARTIST: Barbara Benedetti Newton attended art school in Seattle and went on to work as a fashion illustrator. Marriage, two children and a working farm on Vashon followed resulting in a 20-year sabbatical from art, most of those years spent working at K2 Skis. Barbara is a Charter Member and past President of Colored Pencil Society of America. She is a Life Member of Women Painters of Washington, a Master Circle Honoree of International Association of Pastel Societies, and a Distinguished Pastelist with Northwest Pastel Society. She is represented by several WA galleries. 35 years after leaving Vashon, Barbara is happy to be back on the island and in a new studio in Dockton. Google her full name for website and blog addresses. Email: BarbaraNewton@comcast.net.

Join Barbara February 3, 1pm, for an art demo. Barbara will be reworking an older pastel painting. You can watch the magic as she gives new life to her pastel and offers inspiration to inspiring artists.

MySeniorCenter Update

MySeniorCenter is up and running. Thanks to all who have picked up their cards and are now using MySeniorCenter to check in when participating in our activities and volunteering at the Center. We know change isn’t always easy, but we appreciate your efforts and remember after seven times, it’s a habit.

Visit Africa for a Day with Gansango Music & Dance!

Gansango Music & Dance, Friday, February 3, 7:30–9:30pm, Vashon Center for the Arts.

Join Vashon Center for the Arts in welcoming back Gansango Music & Dance for a lively performance of contemporary and traditional West African dance and drumming. Gansango’s vibrant shows fuse music and movement from across Africa.

Thank You PSE!

We are grateful to Puget Sound Energy which has graciously provided funding for the Center’s newsletter.

Check out AARP Games

This is a great way to keep your brain active. Mah jongg, word games, sports trivia edition, hidden objects, sequence square and hundreds more. Includes special features for AARP Members — and you’ll earn AARP Rewards Points while you play! games.aarp.org.
Staff
Zoe Bennington, Business Manager
Kathleen Hendrickson, Operations Manager
Pamela Wickard, Volunteer and Program Manager
Maria Glanz, Villages Program Manager
Fran Brooks, Village Coordinator
Kathleen Hendrickson, Operations Manager
Kathleen Hendrickson, Business Manager
Constance Walker, President
Bill Swartz, Vice President
Leslie Klinich, Treasurer
Nan Leiter, Secretary
Mary Ann Benedict
Mary Van Gemert
Steve Hildreth
Molly Malone
Kelly Bennett
Kate Huntley, Wednesday Chef
Jamila Al-Dahiri, Monday Chef
Keeve Hunter, Wednesday and Friday Chef
Jamila Al-Dahiri, Bus Driver
Vashon-Maury Senior Services
10004 SW Bank Road
P.O. Box 848
Vashon, WA 98070

Return Service Requested