WHAT’S NEW THIS MONTH

Tuesdays: Meditation Class, 4–4:45pm. All disciplines and levels of experience are welcome. Instructions and/or guided meditations are available when requested. The group is led by returning Island resident Barney Munger who has been practicing solo and in groups since 1998. Should you have questions prior to coming, you can call Barney at 360-640-0046.

Wednesdays: Writing Workshop, Word Play with Linda Nygaard, 10:30-11:30am, April 19–May 31. Do you like words? If you do, come join us for some free form, wild-minded, no judgment writing. Let’s sit around a table and talk about words and write about things, through some word exercises and writing. You do not need experience in writing. The class is limited to six people and will run for six weeks. Linda Nygaard is a Vashon resident whose previous life entailed a lot of writing. Her work has been published in newspapers and magazines.

Fridays: Spinal Mobility is being moved into the Center, 10-11am. There will still be a Zoom option for those who prefer online.

Friday afternoon BINGO with the FUN Committee. April 14, 3–4:30pm. The FUN Committee will host BINGO games on the second Friday of each month. $5 for 5 games, bonus games available. Light snacks and refreshments will be served, cash prizes.

Happy Arbor Day, Friday, April 28
Arbor Day is a secular day of observance in which individuals and groups are encouraged to plant trees. Today, many countries observe such a holiday. Though usually observed in the spring, the date varies, depending on climate and suitable planting season.
In Center (C), via Zoom (Z), Trip (T) or Activity (A). 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.

**PROGRAMS**

**MONDAYS**

(C) **Beginning Mah Jongg:** 9–10:30am.
(C) **Canasta:** 10–11:30am. Join Ellen Trout. Beginners welcome.
(C) **Mah Jongg:** 1–3pm.
(C) **Senior Saints Haircuts:** April 10, 1–3pm.
(C) **Book Group:** April 24, 1:30pm: *The Eagle Huntress*, by Aisholpan Nurgaiv. Leader: Cynthia Zant

**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.
(C) **Smartphones with Rain:** 2:15–4:15pm. By reservation only. Please call the Center to make your 15-minute appointment.
(C) **NEW Meditation class:** 4pm. Join Barney Munger, all levels welcome.
(C) **Library 2 Go:** April 18, 10:15am.
(C) **Vashon Bridge Group:** 6:15–9:15 pm.

**WEDNESDAYS**

(C) **Meditation, Breathwork and Gentle Yoga with Amy Huggins:** April 5, 12, 8–8:45am. Class is held using chairs.
(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.
(C) **NEW Word Play with Linda Nygaard:** 10:30–11:30am. April 19–May 31.
(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) **Party Bridge:** 1–3pm.
(C) **Computer Club:** April 12, 7pm.

**THURSDAYS**

(C) **Low Vision Group:** April 6, 1pm.
(C) **Trip:** April 13, 8:50am. LeMay America’s Car Museum

**FRIDAYS**

(C) **Zumba:** 9–9:45am. Please join Ture and Mary and dance your way into the beginning of the weekend.
(C) **NEW Friday Spinal Mobility and Decompression on the Chair** is being moved into the Center, 10–11am. There will still be a Zoom option for those who prefer online.
(C) **Talk:** April 7, 1pm. Please join Tim Johnson of the Hospital District for updates and the current happenings with the District including a Q&A.
(C) **Talk:** April 7, 3:30–4:30pm. Designing the Compelling Photograph for All Cameras and stay for the Encore Opening with Ray Pfortner 5–8pm. It really doesn’t matter what camera you use, from phone and point and shoot to dSLR and mirrorless. The key to a memorable photograph is knowing the time-tested principles of composition – and when to apply them, and when not to. Principles like thirds, odds, German angle, simplify, point of view, avoiding/creating relationships, crop to clean and bookending. Explore these principles and more with a presentation of examples drawn from work by Ray and other artists. For all skill levels using any camera, for anyone who wants to make their photographs even better. Bring your questions.
(C) **Art Walk:** April 7, 5–8pm. Art Walk with Ray Pfortner.
(C) **Talk:** April 14, 1pm. Armchair Travel: Ready for a dose of blue skies, sunny days, and awe-inspiring sights? Join Barb Gustafson as she travels around the Southwestern United States, visiting National Parks and Monuments in Utah, Arizona, New Mexico, and Colorado. Learn about the human and natural history of Mesa Verde, Hovenweep, Bryce Canyon, Saguaro National Park, and Taos Pueblo.
(C) **NEW BINGO:** April 14, 3–4:30pm. Hosted by the FUN Committee.
(C) **Talk:** April 21, 1pm. Bruce Haulman from the Heritage Museum will return. Welcome him back by joining him for a discussion on “Teaching in Australia and New Zealand: A 20 Year Journey.”
(C) **Talk:** April 28, 1pm. The Annual Membership Meeting.

**SATURDAYS**

(A) **Wild Walkers:** April 1, 10am. The calendar says it’s Spring and hopefully the weather will pay attention. Whatever happens, the Wild Walkers’ adventures continue...
with the next walk, no fooling (4/1 joke). We’ll take a stroll in Island Center Forest, back to the Mukai Pond. This walk is about a mile, almost all level and very few tree roots. Everyone is welcome to join us at 10am at the Senior Center to carpool.

(C) Second Saturday Knitters: April 8, 10:30am–12:30pm.

Community Canvas: We need our Senior Community to join us in this fun event.

The Vashon Senior Center is partnering with McMurray Middle School for a painting workshop pairing seniors with students. The event will be held on Friday, April 21st from 3:30–5:30pm, at McMurray Middle School. Each senior will be paired with a student and together they will work on creating a piece of art (art supplies will be provided). The theme will be, “Your Favorite Thing on Vashon.” Art experience not required, but helpful. The finished pieces will be displayed at the Center May/June, with an opening on First Friday, May 5, 5–8pm. If the student and senior agree, artwork will be for sale with proceeds going to the Center. Please contact Pamela Wickard at the Center for more information and to sign up.

April Trip: LeMay America’s Car Museum

Thursday, April 13. Based in Tacoma, the stunning 165,000-sq ft. facility has been recognized as one of MSN’s 10 Best Automotive Museums worldwide. Meet at the Center 8:50am to catch the 9:40 ferry at the South end. At the museum a docent will lead us on a 1.5-hour tour. You should feel comfortable walking and standing for the tour. Lunch will be at the museum café, and you’ll pay for your own meal. Member cost: $25. Non-Member cost: $30. Members sign up Monday 4/3 and Non-Members sign up after 4/6. Masks are required during the bus ride to and from the museum.

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.

Phone: 206-439-5773
Office Hours: Monday - Friday, 9:00 am - 3:00 pm

April 2023 Newsletter
Vashon Senior Center
10004 SW Bank Road
Suite 202
Vashon, WA 98070

Phone: 206-463-5173
Office Hours: Monday - Friday, 9:00 am - 3:00 pm
Thanks to Don Myers

Last year Don came to the Center, and together we established the Senior Saints program. He provides free haircuts to seniors who need one, whether they’re lower income or simply seeking a trim and a smile. Don is here on the second Monday of each month. Call the Center for more information. Thanks to the Beachcomber for the wonderful article and photo.

Care-A-Van is Back

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 five dollars a meal. Here is a quote from one of our Care-A-Van riders.

“I really enjoy coming to the Center. It has been quite a while since I was able to just chat with people my own age over a nice meal and I didn’t realize how much I have missed this.” —Wanda

Join us for Zumba on Friday mornings at 9am. Zumba is a guided movement to upbeat music. We want to give an energized THANKS to Ture and Mary. Members and staff are so thankful for your dedication to supporting Zumba at the Center. Stay for Spinal Mobility at 10am.

April Birthdays

Wendy Gage 1
Gus Schairer 1
Al Ross-Weston 1
Tag Gornall 1
Charr Douglas 2
Katherine Shedd 2
John Burggraf 4
Drew Balogh 4
Kathleen Anderson-Tuma 5
Alissa Arp 6
Mik Kuhiman 6
Jan Mathews 7
Dianne Hyer 7
Emily Wigley 7
Jacq Skelfington 8
Terry Warnock 8
Michele Maurer 8
Phil Yunker 8
Dave Van Horn 9
Pam Wise 9
William Henderson 10
Pat aHarmeling 10
Kathryn Crawford 10
Brenda Stansfield 12
Cindy Weiss 14
Doreen Higgins 15
Warren Beardsley 15
Kathleen Kelly 15
SallyBetts 15
Patty Van Den Broek Custer 15
Evan Buehl 15
Amy Huggins 16
Les Johnson 17
Bridget Webb 17
Janet Welt 17
Elise Lindgren 18
Janie Starr 19
Mary Anne Nagler 20
Teresa Louis 20
Penny Grist 21
Dollie Haffie 21
Phyllis Kaiden 22
Kathy Ostrom 23
Edward Clabaugh 24
Michael Fisher 24
Monte Smith 25
Annie Neilson 25
Janna Gingras 26
Edith Aspiri 27
Lynn Crudo 27
Linda Milovsoroff 30
Susan Gray 30

Members Passing

Don Jackson, February
Mary Bomber, March 2
Christine Jovanovich, March 5
Marilyn Klob March 16
THANK YOU!
Judy W for books, Elizabeth B for dozens of Vashon grown eggs, Frank S for fruit and cookie varieties, Kirsten A for a yummy football cake for the Super Bowl party, Wally F for office supplies, Marcia C for hearing aid batteries, Ellen T for salad mix, Sue W for puzzles, Dorothy N for hearing aids & supplies, Ellen K for a handmade shawl, Molly M for homemade cookies, Dave E for mega coffee and cookies, Charlene F for bus bungees, Chanda C for stationery supplies and socks, Hazel N for a turkey, Mary P for books, Sue & Norm P for greeting cards, Craig H for playing cards and a belated thank you to Michelle and Scott H for your support.

Thank you to our lunch bonus folks who provide homemade cookies and handmade cards of cheer: Karen B, Mariette & Delilah S, Anne T and Weslie R.

A BIG round of applause for Jamila and Kate, the Center’s wonderful cooks for making delicious meals for us every Monday, Wednesday, and Friday.

The 2023 Senior Farmer’s Market Nutrition Program (SFMNP) enrollment planning has begun.

The SFMNP will provide low-income seniors with a new $80 card (voucher checks have been discontinued) that can be used to purchase fresh fruits and vegetables at participating King County farmers market locations. This one-time distribution increases access to local produce while supporting local farms. Funding for this program comes from the United States Department of Agriculture (USDA).

Application enrollment period is Monday, April 10 – Friday, May 19, 2023. Information can be found by calling Community Living Connections: 1 844-348-5464 or 206-962-8467 or fns.usda.gov/sfmnp/senior-farmers-market-nutrition-program.

Thank You PSE and King County!
We are grateful to Puget Sound Energy which has graciously provided funding for the Center’s newsletter, and to King County grants which has graciously provided funding for Center programming.
ARTIST: Ray Pfortner: Island Home — 29 Years of Photographing Vashon-Maury Island.
Ray and his wife, Nancy Wing, moved to Vashon in March 1994, emigrants of another small far away island, Manhattan. He has been photographing his new home ever since, using his camera to help discover the Island. Revisiting locations over the decades has never disappointed, always leading to new discoveries and new images. His favorite time of day to photograph — an hour before sunrise. Recently he has been exploring nighttime and the fog. His favorite place to photograph — Tramp Harbor. Come see some of his favorite images, learn about the backstories through captions, his talks and 2 First Friday openings. Join Ray on April 7, 3:30pm for an encore discussion, Designing the Compelling Photograph for All Cameras, and then at First Friday 5–8pm.

News from Senior Center Village

Our Senior Center Village is alive and springing into action. Here are a few of the exciting happenings:

The online bulletin board, known as Vashon Helpful Village, connects our seniors with neighbors and helpful volunteers. Village members have the option of requesting rides and assistance for tasks through their computers or by phone. Either way, the help-wanted notice is shared with a few volunteers who are qualified to fill that position.

ALSO: If you have always wanted to learn how to use a cell phone, tablet or household electronic devices, we have a tech coach for you. These islander coaches will come to your home for a series of one hour tech sessions. You will learn how to use the tools of your choice and develop comfort by finding answers to the challenges that show up.

As an extension of our beloved Senior Center, the Village supports health and longevity at home by enhancing the quality of life in our broader island community. To enroll as a member or volunteer go to: vashon.helpfulvillage.com. Watch us blossom! The Senior Center Village now has 81 members, with over 30 members added in February and the first week of March. Join the Village today!

Support Group for Family Caregivers

Vashon Care Network is offering initial weekly sessions for family caregivers starting in April. If you care for others — parent, spouse, friend — you also need to take care of yourself. Caregiving requires daily commitment, energy, and creativity. It’s a challenge to wake every morning with a full tank. The stress that results from day-to-day caregiving is real and often suffered in isolation. The Vashon Care Network invites you to join other family caregivers in a safe, supportive space to share the experience of caregiving. Support circles are offered every Thursday, April 6, 13, 20 and 27, from 6:30–7:30pm at the Vashon Lutheran Church. Leave behind your responsibilities and make space for yourself. Come together with others to share your concerns and struggles, make meaningful connections, find inspiration and new energy. If you need someone to stay with your loved one so you can participate, please let us know. Join us for coffee, tea, cookies and community. Questions? Contact Kathy Shafel, kshafel@comcast.net, 206-718-1458 or Tory Hayes, victoriansmith@comcast.net, 206-304-4544.

REGISTER NOW FOR FREE MAMMOGRAMS

The Swedish Mammography Van will be at the Vashon Health Fair on April 8. Limited appointments are available for women over 40 who are uninsured to receive either free mammograms or pap smears. Call Patricia at Vashon Youth and Family Services at 206-348-4252 to see if you qualify.
Vashon-Maury Senior Services
10004 SW Bank Road
P.O. Box 848
Vashon, WA 98070

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Return Service Requested

Staff

Maria Glanz, Executive Director
Zoe Swanson, Executive Director
Kathleen Hendrickson, Operations Manager
Kim Chiles, Volunteer and Program Manager
Fran Brooks, Bluebird Coordinator & Village Manager
Pamela Wickard, Volunteer and Program Manager

2023 Board of Directors

Constance Walker, President
Bill Swartz, Vice President
Nan Leiter, Secretary
Leslie Minch, Treasurer
Mary Ann Benedict
Mary Van Gemert
Ellen Siegwart
Frank Morgan
Molly Mahoney
Steve Hildreth
Kelly Buddenhagen

Find us on Facebook
facebook.com/VashonSeniorCenter

April 2023 • Contact Us
Phone: 206-463-5173 | Online: vashoncenter.org