May 2023

SAVE THE DATES

FUN Committee Craft Day and Sunday Tea
Thursday May 15 and 22. See page 5 for more details.

Board of Directors Meeting
Wednesday, May 17, 3:30–5:30pm at the Center and open to Center members.

WHAT’S NEW THIS MONTH

MONDAY Compassionate Communication, 1pm with Elizabeth Braverman. May 15 and 22. (See page 5 for more details.)

TUESDAYS Meditation Class with Barney Munger, 4–4:45pm. Come and sit in meditation with other Vashon seniors. All disciplines and levels of experience are welcome.

WEDNESDAYS Writing Workshop: Word Play with Linda Nygaard, May 3–June 7, 10:30–11:30am. If you like words, come join us for some free form, wild-minded, no judgment writing. We will play with our own words and own imaginations, no previous experience in writing needed. Stay for lunch afterward. Linda Nygaard is a Vashon resident who has written for corporations and as a freelance food and travel writer, and has been published in newspapers and magazines.

FRIDAYS Spinal Mobility now in person at the Center, 10–11am. There will still be a Zoom option for those who prefer online. Join Margaret Hoeffel for this low impact health improvement activity.

FRIDAY AFTERNOON BINGO, May 12, 3–4:30pm. The FUN Committee will host a BINGO game on the second Friday of each month. $5 for 5 games, bonus games available. Light snacks and refreshments will be served. Bring cash. Cash prizes.

Give Big 2023
GiveBIG returns on May 2–3, 2023!
Please visit wagives.org/organization/vashonseniorcenter, and donate to Vashon Senior Center! Every donation helps keep our Center thriving.
Thank you for all your support — we couldn’t be here without you.

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Thank you for all your support — we couldn’t be here without you.

Asian Pacific American Heritage Month

Jewish American Heritage Month

Monday, May 29, Memorial Day.
The Center will be closed, and no lunch delivery.

RAINBOW “BLINGO” Fundraiser is Back!
Saturday, May 27, Camp Burton
In early celebration of June’s Gay Pride Month, Vashon Senior Center is presenting a Rainbow “Blingo” fundraising event. Doors open at 6:00pm, Bingo starts at 7pm. (See page 7 for all the exciting details.)

Thank you to our Premier Sponsor PSE Puget Sound Energy

Thank you to our Premier Sponsor PSE Puget Sound Energy
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.

**MONDAYS**

(C) **Beginning Mah Jongg:** 9–10:30am. May 1 only.
(C) **Canasta:** 10–11:30am. Join Ellen Trout. Beginners welcome.
(C) **Senior Saints Haircuts:** May 8, 1–3pm. No lunches.
(C) **Compassionate Communication:** 1pm with Elizabeth Braverman. May 15 and 22.
(C) **Mah Jongg:** 1–3pm.
(C) **Book Group:** May 22, 1:30pm, *Deacon King Kong* by James McBride. Leader: Marge Lofstrom.
(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. No appts. on May 2.
(C) **NEW Meditation class:** 4pm. Join Barney Munger, all levels welcome.
(C) **Library 2 Go:** May 16, 10:15am.
(C) **Vashon Bridge Group:** 6:15–9:15 pm.

**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) **Outdoor Tai Chi with Deena Eber:** 1pm. Meet at the covered area in Island Center Forest at the west end of 188th Street.
(C) **Computer Club:** May 10, 7pm.

**THURSDAYS**

(C) **FUN Committee Craft:** May 4, 10:30am–12pm.
(C) **Low Vision Group:** May 4, 1pm.
(C) **Mah Jongg:** 1–3pm.
(T) **Trip:** May 18, 8:50am. Tacoma Art Museum.

**FRIDAYS**

(C) **Zumba:** 9–9:45am. Please join Ture and Mary for joyful dancing moves set to Latin style music.
(C) **NEW Friday Spinal Mobility and Decompression on the Chair:** in Center, 10–11am. There will still be a Zoom option for those who prefer online.
(C) **Talk:** May 5, 1pm. Kate Dowling with the Voice of Vashon. Get to know Voice of Vashon KVSH 101.9 FM, your own public radio and television station! Kate Dowling, executive director and radio personality, will share some real gems and a few FYIs about this special and rare community resource.
(C) **Art Walk:** May 5, 5–8pm. Community Canvas Art Show, runs through June.
(C) **Talk:** May 12, 1pm: Bruce Haulman. In honor of Asian Pacific American Heritage Month, Bruce will discuss this population on Vashon, through time.
(C) **BINGO:** May 12, 3–4:30pm. Hosted by the FUN Committee.
(C) **Talk:** May 19, 1pm. Armchair Travel: Vikings, fjords and smørrebrød, oh my! Join Barb Gustafson on a whirlwind tour of Scandinavia. She’ll take you sightseeing in Copenhagen, Oslo and Stockholm, feasting on seafood and smørrebrød, examining cathedrals and family parish churches, and exploring burial mounds and rocky shorelines. Leave your lutefisk at home.
(C) **Talk:** May 26, 1pm. Link Audiology: Please join us in welcoming Evan Grolly of West Puget Sound’s Comprehensive Audiology and Hearing Aids Provider. Evan will discuss how to keep you connected with the people who matter most to you. And we believe your audiologist should have as many options available to you as possible.

**SATURDAYS**

(A) **Wild Walkers:** May 6, 10am. Happy May to Everyone. On our next walk we will explore the Fisher Pond trail. This is a very pleasant trail about one mile around with pretty views of the pond. We’ll meet at the Center at 10am to carpool or you can meet us at the trailhead on Bank Road about 10:10am. Come on, let’s take a walk!
**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
- Village Program 206-485-4335

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**NEW ARTISTS**

Come join us at the Art Walk, Friday, May 5, 5–8pm, at the Center. View the art and meet some of the artists, young and young at heart, who created masterpieces during our Community Canvas event. This event took place on April 21, when the Vashon Senior Center partnered with McMurray Middle School for a painting workshop. The show will run through June. Artwork will be for purchase and funds raised will be donated to the Center.

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**SECOND SATURDAY KNITTERS**

May 13, 10:30am–12:30pm.

**Rainbow “Blingo” Fundraising Event**

May 27, 6pm doors open, 7pm Blingo begins. Camp Burton.

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**SUNDAYS**

**Spring Tea with the FUN Committee**

Sunday, May 7, 2–4pm.

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May FUN Committee Events

**Fancy Hat Craft Day**

Get ready for our Sunday Tea (on May 7), by joining the FUN Committee on Craft Day to make your Fun Fascinator, Thursday May 4, 10:30am–12pm. Hat making supplies will be provided.

**Sunday Tea**

Then, please join us for an afternoon tea on Sunday, May 7, 2–4pm. A selection of tea and finger foods will be served. $5 Suggested Donation. Please RSVP by Friday, May 5, 206-463-5173. Wear your fancy hats. Organized by the FUN Committee.

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**May Trip: Tacoma Art Museum**

Thursday, May 18. Tacoma Art Museum. Meet at the Center 8:50am, to catch the 9:40am 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 5/1 and Non-Members sign up after 5/4. Masks are required during the bus ride to and from the museum.
### Vashon Senior Center

**May 2023 Newsletter**

**Vashon Senior Center**

10004 SW Bank Road

Phone 206-463-5173

Office Hours: Monday, Tuesday, Wednesday & Friday: 9am–3pm

Lunch: Monday, Wednesday & Friday: 11:45am, 11:30-ish for delivery

Menu subject to change with little or no notice

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<td>Frittata with Ham</td>
<td>Shepherds Pie</td>
<td>9am Beginning Mah Jong</td>
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<td>10am Scrabble &amp; Bridge</td>
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**Menu**

- **Frittata with Ham**
  - 9am Beginning Mah Jong today only
- **Shepherds Pie**
  - 1pm Mah Jong
  - 1pm Senior Saints
- **Baked Chicken with Rice**
  - 10am Canasta
  - 1pm Mah Jong
  - 1pm Senior Saints
- **Spaghetti w/ Meat Sauce**
  - V option
- **Baked Chicken with Rice**
  - 10am Canasta
  - 1pm Mah Jong
  - 1pm Senior Saints
- **Closed**
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**Special Events**

- **Spring Tea**
  - 2pm FUN
- **Fascinators**
  - 1pm Mah Jong
  - 1pm Low Vision
- **Ratatouille V**
  - 1pm Spinal Mobility Center
  - 3pm BINGO
- **Rainbow "Bingo"**
  - Fundraiser at Camp Burton
- **Spinal Flossing**
  - 9am Zumba
  - 10am Spinal Mobility Center
  - 1pm Chi Outdoors

**Weekly Activities**

- **9am Mah Jong**
- **10am Scrabble & Bridge**
- **10am Photo Club via Zoom**
- **10am Spinal Mobility Center**
- **10am Library 2 Go**
- **10am Knit Wits & Hookers**
- **1pm Pinochle**
- **1pm Tai Chi Outdoors**
- **1pm Senior Saints**
- **1pm Compassion Communication**
- **1pm Senior Saints**
- **1pm Tai Chi Outdoors**
- **1pm Computer Club**
- **1pm Party Bridge**
- **7pm Computer Club**

**Other Events**

- **9am Meals on Wheels**
- **10am Scrabble & Bridge**
- **10:30am Knit Wits & Hookers**
- **1pm Pinochle**
- **1:30pm Music Mends Minds**
- **2:15pm Smartphones**
- **4pm Meditation**
- **6:15pm Vashon Bridge Group**
- **9:15am Meals on Wheels**
- **10am Scrabble & Bridge**
- **10:30am Knit Wits & Hookers**
- **1pm Pinochle**
- **1:30pm Music Mends Minds**
- **2:15pm Smartphones**
- **4pm Meditation**
- **6:15pm Vashon Bridge Group**
- **Closed**

**Contact Information**

- **Vashon Senior Center**
  - 10004 SW Bank Road
  - Phone 206-463-5173

**Note:** Menu subject to change with little or no notice.
May Birthdays

- Bernie O'Malley 1
- June Langland 1
- Willoughby Greenwood 1
- Kari Ulatoski 1
- Nan Caskey 2
- Sunny Baldwin 2
- Mary Jane Garlick 3
- Sandra Friedlander 4
- Catherine Airola 5
- Marilyn Foulkes 8
- Julia Lakey 8
- Kristine Cushing 8
- Phillip Ray Owens 9
- Karen Chesledon McCoy 10
- Mildred Knox 11
- Alice Bloch 11
- Barbara Trenary 12
- Chris Hall 12
- Sonya Huntington 12
- Marge Beardsley 13
- Linera Lucas 13
- Merrilee Runyan 13
- Don Olson 14
- Debra Bethel 14
- Fran Brooks 15
- Inge King 16
- Cathie Crouse 16
- Dan Connolly 17
- Linda Hoffman 17
- Steve Hildreth 18
- Jeff Cowan 19
- Susan Lords 19
- Georg de Ruyter 21
- Lisa Hayden 21
- Charles Hoffman 22
- Rich Nelson 22
- Dailene Dean 22
- Nan Draper 22
- Nancy Wallrof 23
- Evelyn Wiese 23
- Francesca Giusti 23
- Carolyn Buehl 23
- Beth De Groen 24
- Joan Costa 24
- Kay Johnson 25
- Craig Harmeling 25
- Peggy Wolczko 25
- Carol Spangler 26
- Mary Tuel 26
- Deb Kuhn 26
- Bob Hallowell 28
- Constance Conway 28
- Sue Weston 29
- Roger Eckhardt 29
- Marge Wetherald 30
- Shannon Flora 31

Volunteer of the Year

The Center 2022 Volunteer of the Year is the wonderful, marvelous Gordon Quinlan. Lean, mean (on dirty dishes), cleaning machine. We thank all our terrific volunteers. We could not enrich the lives of our senior community without your generous support of time, and good cheer.

If you would like to volunteer at the Center please contact Pamela Wickard, coordinator@vashoncenter.org. We are seeking volunteers to help deliver lunches and to join the FUN Committee.

Discover Compassionate Communication

Learn how to enhance understanding, connection, and solutions, while reducing stress, conflict, and discord. Explore ways to prepare and think about interactions as well as practical skills that encourage honesty and compassion rather than judge and misunderstanding.

Join Elizabeth Braverman, Ph.D., warm, non-judgmental, and supportive. She’s facilitated many groups and workshops on a wide range of topics as a Clinical Psychologist and is devoted to compassionate communication. She is also a mosaic artist who lives on the Island with her tiny dog, giant dog and lots of egg layers. Join Elizabeth after lunch May 15 and 22 at the Center for conversation.

OVERHEARD at the Senior Center

“Some people seem to age like fine wine. I aged like milk...sour and chunky.”

“I never make the same mistake twice. I do it five or six times, you know, to make sure.”
THANK YOU!


Gratitude to Marge L and Sue P for faithfully processing IGA and Thrifrway receipts.

Mariette & Delilah and Karen B for their selfless labor of love baking dozens and dozens of cookies every week for our lunch program.

A big thanks to Paul Kirkpatrick from Island Lumber. His keen eye helped us rearrange the kitchen to accommodate our growing needs.

Thanks to Thriftway’s Thank U Reward Members, for your generous donation to the Center.

“Village In Action” a HUGE thanks to all the volunteers that have been helping support the Village Program.

Thank You King County!
We are grateful for King County grants which has graciously provided funding for Center programming.

Thank You PSE
We are grateful to Puget Sound Energy which has graciously provided funding for the Center’s newsletter, and is our premiere sponsor for Rainbow “Blingo.”
You are invited: Hospital District Regular Board Meetings

Hospital District regular board meetings are open to the public and held twice monthly, on the first and third Wednesday of every month, meetings begin at 7 p.m. The public is invited to offer comments at the beginning and end of each meeting, the meetings are held in person and online. The mission of the Vashon Health Care District is to promote and maintain the health of the residents of Vashon and Maury Islands by supporting accessible quality health care through community partnerships, shared decision-making, transparency, and responsible stewardship of resources. vashonhealthcare.org

Asian American and Pacific Islander Heritage Month is observed in the United States during the month of May, and recognizes the contributions and influence of Asian Americans and Pacific Islander Americans to the history, culture, and achievements of the United States. Congress created Asian/Pacific American Heritage Week in 1978, setting aside early May to coincide with two milestones in Asian/Pacific American history: the arrival of the first Japanese immigrants (May 7, 1843) in the United States, and Chinese workers’ role in building the transcontinental railroad, completed May 10, 1869.

Jewish American Heritage Month is an annual recognition and celebration of American Jews’ achievements and contributions to the United States of America during the month of May. In April 2006, President George W. Bush announced that May 2006 would be considered Jewish American Heritage Month. The president wanted to proclaim a month that would recognize the more than 350-year history of Jewish contributions to America and the American culture.