**MONDAYS:** Compassionate Communication, July 17 and 24, 1pm with Elizabeth Braverman. These are parts 3 and 4 of our May communications discussion. Newcomers are welcome. And Elizabeth is open for one-on-one workshops and discussion.

**WEDNESDAYS:** After lunch (12:45pm) join us for “Show and Tell.” Share a craft, a poem, a photo or a story after lunch. We ask that you limit your time to 5 minutes, so everyone gets a chance to share.

**THURSDAYS:** Welcome Back Watercolor Class. Join us Thursday, July 13 and 27, 2-4pm. We are ready for in-person watercolor painting get-togethers after a long hiatus of three years. It will be at the same time and place, but with some fresh ideas. Will and Inge will guide the class with our lovely Geri as expert adviser. Come join the fun, bring supplies, but there may be an opportunity for a painting supply swap in the future.

**FRIDAYS:** We welcome you to attend one of our Friday Talks at the Center at 1pm. This month, July 7, The Vashon Care Network will discuss some of their many programs and services. July 14, Brian Brenno of the Vashon Heritage Museum will talk about Hydroplane races and the new exhibit. July 21, Link Audiology will share how to keep connected with the people who matter most to you. July 28, welcome back Vashon Household and the discussion of Home Share.

**July 4th Independence Day**

Tuesday, July 4, The Center will be closed on Tuesday, so staff and members can celebrate.

**July 15 & 16 — Strawberry Festival on Vashon**

VOLUNTEERS NEEDED!

(See page 3 for details)

**Saturday and Sunday, August 5 and 6, Center’s Rummage Sale**, hosted by the FUN Committee. Bring us your gently used stuff. We are looking for donations of household items. Please, no furniture, clothes, or broken items. Donate to the Center by August 2. All funds collected will go into the Center general fund. Then August 5 and 6, come shop 10am-4pm.

**Friday, August 18, 12–2pm, Members Annual Picnic at the Eagles.** More information to come.

*Watercolor Class is back! July 13 and 27, 2-4pm*
MONDAYS
(C) Senior Saints Haircuts: July 10, 1–3pm.
(C) Mah Jongg: 1–3pm.
(C) Discover Compassionate Communication: July 17 & 24, 1-3pm. This is part 3 and 4 from the May discussion. Learn how to enhance understanding, connection, and solutions, while reducing stress, conflict, and discord.
(C) No Book Group July and August: The next meeting will be September 25. So, you’ll have the summer to read, Cloud Cuckoo Land by Anthony Doerr.

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) Meditation class: 4pm. Join Barney Munger, all levels welcome.
(C) Library 2 Go: July 18, 10:15am.
(C) Vashon Duplicate Bridge: 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 photoclubvsc.blogspot.com/ to see some of the Club’s work.
(C) Show and Tell: 12:45pm.
(A) 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: On summer break

THURSDAYS
(C) Low Vision Group: Taking a summer break.
(C) Mah Jongg: 1–3pm.
(C) Watercolor class returns: July 13, 27, 2–4pm.
(T) Trip: July 20, 8:50am, Emerald Queen Casino.

FRIDAYS
(C) Zumba: 9–9:45am. Please join Ture and Mary for joyful dancing moves set to Latin style music.
(C) 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: July 7, 1 pm, Vashon Care Network. Join Tory and Carol from the Vashon Care Network to learn about free medical supplies and equipment from the Care Closet. Also learn how VCN offers support for both family caregivers and independent providers.

SATURDAYS
(A) Wild Walkers: July 1, 10am. Hey, summertime walkers. Our monthly Wild Walk will be at the Frog Holler trail. The paths are level with a few little rises and a few tree roots. We encourage participants to bring a
walking stick for our trek of about a mile. We meet at the Center at 10am to carpool or you can come to the parking lot at the trailhead on the east side of Wax Orchard Rd SW, north of 261st Place SW.

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

(A) Strawberry Festival: July 15 & 16.

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.

Senior Center at Strawberry Festival
Volunteers Needed!*

Watch out for the kazoo-playing, tutu-wearing Senior Center brigade in the Strawberry Festival Parade! Along with a very special guest and our Mayoral Candidate Maddie, who will hopefully be traveling along with the kazoo-tooting marchers in a splendid surprise ride. And after the Parade?

Make your way to the Senior Center booth for advice...

We know everyone needs a little advice sometimes — and the Senior Center Strawberry Festival booth is the place to get it. Really. The advice from our seniors will make your day... because we are once again featuring: Wise BAD Advice from Seniors! Stop by and we will figure out your life for you! Or at least have a very good time trying...

*Volunteer sign up sheets at the Center’s front desk.
### Vashon Senior Center

**July 2023 Newsletter**

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

**Office Hours:**
- Monday, Tuesday, Wednesday & Friday: 9am–3pm
- Lunch: Monday & Wednesday: 11:30am–12:30pm

### Menu

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### Social Events

- **Strawberry Festival:**
  - 15: Photo Club via Zoom
  - 12:45pm Show and Tell
  - 1pm Tai Chi Outdoors
  - 1pm Party Bridge

- **Fun Committee:**
  - 10am Scrabble
  - 10:30am Knit Wits & Hookers
  - 1:30pm Music Mends Minds

- **Book Group:**
  - On a break

- **Meals on Wheels:**
  - 9:15am Meals on Wheels
  - 10am Meals on Wheels

- **Other Activities:**
  - 10am Yoga
  - 1pm Tai Chi Outdoors
  - 1pm Party Bridge
  - 1pm Music Mends Minds
  - 2:15pm Meditation

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**Phone:** 206-463-5173

**1004 SW Bank Road
Office Hours:** Monday, Tuesday, Wednesday & Friday: 9am–3pm

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**July 2023 Calendar**

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*Events and activities subject to change with little or no notice.*

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*Vashon Senior Center is committed to providing a safe and healthy environment for all participants. Please check our website or call for the most up-to-date information.*
TRIP
Emerald Queen Casino, Thursday, July 20. Meet at the Center 8:50am, for the 9:40 ferry. Play the slots and have lunch (on your own dime) in one of the lovely dinner spots. Members: $10, signup starts July 3. Non-Members: $15, signup starts July 7.

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.

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 Monday after lunch, July 17 and 24 at the Center for conversation.

About Family Caregiver Support Group
The Vashon Care Network invites family caregivers to join others in a safe, supportive space to share the experience of caregiving. Support circles are offered from 6:30–7:30pm, every Thursday at the Vashon Lutheran Church. Share your concerns and struggles, make meaningful connections, and find new energy and inspiration. Contact Kathy Shafel at kshafel@comcast.net or 206-718-1458 or Tory Hayes at victoriansmith@comcast.net or 206-304-4544 with questions. Join Tory and Carol at the Center, Friday, July 7, 1pm.

July Birthdays
Joy Mann 1
Pamela Shine-Savoy 3
Wendy Wharton 4
Cynthia Zaentz 5
Lindsey Hofman 5
Eliza Hitchcock 6
Dee Weedin 7
Arienne Wilkerson 7
Ruth Mundy 8
Janice Wall 9
Jackie O’Malley 10
William Bryce 10
Merrill Black 11
Barbara Smith 11
Candy McCullough 12
Jim Dam 12
Chai Mann 12
Kathleen Fitch 12
Vince Hardy 12
Bonnie Nelson 13
Sandra Wilcox 13
Anne Gordon 14
Nancy Slater 14
Cheryl Sundberg 15
Judi Ranney 15
Judith Whitney 17
Beverly Peterson 17
Rene Hinojosa 18
Jim Marsh 18
Patrick Cunningham 19
Sheila Moore 20
Leslie Trew 20
Marjorie Davey 21
Joan Benckendorf 22
Sharon Briskman 24
Blaine Beveridge 24
Hilary Emmer 25
Martha Leffller 27
Robert Horton 27
Blythe Bartlett 28
Yvonne Kuperberg 28
Patricia Minier 28
Ben Hussman 28
Vance Price 29
Mikell Marsh 30
Mary Rose O’Reilley 30
Randall Webb 31
Lee Green 31
Clare Kallsen 31

Members Passing
Jerry Hansen
Joan White
Katie Bunnell
THANK YOU!

Lynnette for tomato start plants, Nancy O for knitting supplies, Justine N for glasses, Frank S for cookies & fresh veggies, Marlyce & Bob D for garden rhubarb & garlic, Bob H for cake, Jan P for goodies, Owana D for supplies, Ellen T for paper goods, Marcia C for garden peonies, Marge B for garden flowers and rhubarb, Connie H for magazines, and Cathy R for Garden Tour tickets.

Heartfelt thanks for lunch bag cards & cookies from Weslie R, Anne T, Karen B, Mariette & Delilah S.

Thanks to all the Center members who participated in the 3rd Annual Pen Pal Program. We all gathered June 5, to meet our Harbor School Pen Pals. Look for the invite to be a part of this program in the Autumn.

Thank You PSE

We are grateful to Puget Sound Energy which has graciously provided funding for the Center’s newsletter and many programs and is our premiere sponsor for Rainbow Blingo.

Thank You King County!

We are grateful for King County grants which has graciously provided funding for Center programming.
Rainbow ‘Blingo’ Joy!
Thank you to everyone who attended, everyone who helped, every person and business who donated so generously — because of you, Rainbow Blingo was a big, bright success!

A sold-out crowd filled beautiful Camp Burton Lodge with joy and BLING. Our hostess Louvel charmed the crowd, while people feasted on delicious food from PopPop Bottle Shop and Camp Burton’s Chef Jeff and enjoyed fine Solea wines donated by Liz and Mike McConnell and coffee from Caffe Vino Olio. Attendees exuberantly bid on Silent Auction prizes from ACE Hardware, Standard Goods, and Kathy’s Korner.

One of the sweetest parts of the night was watching the dessert auction winners enjoying — and sharing across tables — delicious treats donated by Snapdragon, Vashon Baking Company, La Isla, and our unsinkable Board Members and friends.

Lucky Blingo winners walked away with gift cards from Island restaurants including Gravy, The Ruby Brink, Earthen Bistro, The Hardware Store, Vashon Adventures, as well as Amazon (thanks to WA Practice Management Services).

Rainbow Blingo raised over $10,000 in support of the Senior Center — and the community pride and connection that was raised is simply priceless.

Thank you to Vashon Events for helping us spread the word and pack the Lodge, and thank you to all who participated — we can’t wait for the next one!

VOTE Maddie!
The campaign is underway, and we invite all of you to support the sweetest, softest Unofficial Mayoral Candidate ever!

Thanks to her person Mindy, the wonderful Maddie is running on behalf of the Senior Center. Maddie is a beautiful Sheltie and certified therapy dog. Maddie and Mindy visit the Center every Monday and Friday at lunchtime. Maddie says hello to every guest, offering soft fur for pets and sending out love from her deep brown eyes. A visit with Maddie is the best medicine, and we wholeheartedly believe she will be an outstanding Unofficial Mayor.

How does this election work? One dollar equals one vote! The candidate with the most money raised is elected Unofficial Mayor. Best thing about this particular race? You can VOTE as MANY TIMES as you wish!

Vote for Maddie online at: ourmayberry.com/campaigns/140

And stuff our ballot boxes with dollars! We are accepting donations here at the Senior Center and spots around town (just look for Maddie’s beautiful face). Also, throw some support to the other candidates if you can — all running are great for Island organizations.

Voting ends at noon on Saturday July 15th, 2023, and the winner will be announced on Saturday night at 8pm at the Strawberry Festival Main Stage.

Many Thanks to both Maddie and Mindy for sharing the love!
Vashon-Maury Senior Services
10004 SW Bank Road
P.O. Box 848
Vashon, WA 98070

Return Service Requested

Staff
Maria Glanz, Executive Director
Zoe Bennington, Business Manager
Kathleen Hendrickson, Operations Manager
Kim Clark, Executive Director

2023 Board of Directors
Constance Walker, President
Bill Swartz, Vice President
Nan Leiter, Secretary
Leslie Minkin, Treasurer
Kelly Benner
MaryAnn Benardipy
Molly Malone
Steve Hildreth
Ellen Stewart
Tru Morgan
Mary Van Gemert

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