



February 2024

Presidents Day
Monday,
February 19

The Center will be closed
and no lunch delivery.

Presidents Day is a federal holiday honoring the presidents of the United States, both past and present. Celebrated as an official state holiday in most of the United States, Presidents Day originated as a day of commemoration for the first president, George Washington.



Chinese New Year
begins Saturday,
February 10th—
starting a year of
the Dragon.

Since dragons are linked to strength, good fortune, and success, 2024 is expected to be a year full of opportunity, career, work, and achievement.



February is Black History Month

Black History Month is an annual observance originating in the United States, where it is also known as African American History Month. It began as a way of remembering important people and events in the history of the African diaspora.

Join us Tuesday, February 20, 2:30pm for a movie in honor of Black History month: *Black History Activators*. This important and timely documentary features educational, in-depth introductions to some of the most notable and integral individuals and events that make up Black History.

Wednesday, February 14,
11:45am—Valentine’s Day Lunch.
Hosted by the FUN Committee.



WHAT’S NEW AT THE CENTER

Tai Chi has moved to Thursdays and the Photo Club will be meeting the third Wednesday in the Center.

First Friday, February 2, 5-7pm. Join the Scouts at the Center, they will be hosting a Board Game event. Games will be provided, but if you have a favorite feel free to bring it. Pizza, ice cream and refreshments will be provided.

Monday, February 5, 1pm. Please join, Vashon Author, Jeanie Okimoto at the Center. She will discuss her play, *Walter’s Muse*, that will be performed as a stage reading, FREE Saturday, February 10, 2pm at Bethel Church. The novel on which the play is based is available at the Vashon Bookshop and proceeds will be donated to the Senior Center.

Wednesday, February 7, 11-11:45am—DOVE Project. The Senior Center will be partnering with The DOVE Project for a once monthly healthy relationships chat before lunch with whomever would like to join.

Wednesday, February 7, 12:45pm—Ben and his Robot. Ben Goertzel will discuss and demonstrate Grace, a humanoid robot who is designed to be a health care assistant to nurses, as well as other tasks. Ben lives on Vashon and runs a global network and Artificial Intelligence platform called SingularityNET.

Open Board Meetings will be changing day and time, stay turned for more information.

PROGRAMS

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) **Canasta:** 10–11:30am. Join the fun. Beginners welcome.

(C) **Talk:** February 5, 1pm: Please join Jeanie Okimoto as she discusses her play based on her 2012 novel *Walter's Muse*. Everyone in the cast is in their 70's and 80's and they call themselves The Golden Oldies Players. The actors have all been in many Drama Dock productions on Vashon through the years. *Walter's Muse* is a romantic comedy for and about seniors, and admission is free. Do not miss this one performance.

(C) **Caricatures with River Morales:** February 12, 12-1pm. Suggested \$10 donation.

(C) **Senior Saints Haircuts:** February 12, 1-3pm.

(C) **Mah Jongg:** 1–3pm.

(C) **Smartphones with Rain:** 2:30-4:30pm. By reservation only. Please call the Center to make your 15-minute appointment.

(C) **Book Group:** February 26, 1:30pm. *Demon Copperhead* by Barbara Kingsolver. Carolyn Gellermann will be our discussion leader.

(C) **Birthday Lunch:** Monday, February 26, 11:45am-1pm. We will be celebrating all our members who have birthdays in the month of February. Birthday Members eat that day for FREE. Please make a reservation.

TUESDAYS

(C) **Spanish Lessons:** 9-10am. With Jose Burgos.

(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) **Meditation class:** 4pm. Join Barney Munger, all levels welcome.

(C) **Library 2 Go:** February 20, 10:15am.

(C) **Movie:** February 20, 2:30pm. *Black History Activators*, a documentary on Black History.

(C) **Vashon Duplicate Bridge:** 6:15–9:15 pm.

WEDNESDAYS

(Z) **Photography Club:** 10am. February 7, 14, 28. (C) February 21. (We meet every third Wednesday at the Center.) For up-to-date information, new members please contact Wade by email photoclubvsc@gmail.com. Share your passion for photography via show-and-tell, discussions, talks, workshops, field trips, exhibits etc. Photographers of all skill levels using smartphones, DSLR or mirrorless cameras are welcome and supported in a no-stress idea exchange environment.

(C) **Party Bridge:** 1–3pm.

(C) **Dove Project:** February 7, 11-11:45am, with Nyn Gray. A once monthly healthy relationships chat. All welcome.

(C) **Ben and his Robot:** February 7, 12:45pm. Two special guests.

(C) **Valentine's Day Lunch:** February 14, 11:45-12:45pm. Hosted by the FUN Committee.

(C) **Computer Club:** February 14, 7pm. Join Michael O'Donnell, he will answer your computer questions.

(C) **Vashon Fire Department:** February 21, 12:30pm. Free blood pressure check.

(C) **Word Play:** February 14, 21, 12:45pm. Join Margaret Roncone. Come join us with a notebook and pen to play with words.

(C) **Embracing the Muse:** February 28, 12:45pm. Join Sally Jean Fox for an afternoon of storytelling, performance, and conversation. Based on her memoir, *Meeting the Muse After Midlife: A Journey to Meaning, Creativity, and Joy*.

(A) **Vashon King County Library and Vashon Senior Center Book Group:** February 28, 6–7:30pm. Meet at the Vashon Library. Book selections are available online.

THURSDAYS

(A) **NEW DAY: Tai Chi: Fundamentals:** 12:30-1pm. **Tai Chi** 1-2pm. The Senior Center's Deena Eber and the Parks Department are working together to offer free Tai Chi classes to the community. The classes will take place inside the Ober Park Performance Center. Fundamentals of Tai Chi will be offered Thursdays from 12:30pm to 1pm and Tai Chi will be offered Thursdays from 1pm to 2pm.

(C) **Low Vision Group:** February 1, 1pm. The Vashon Low Vision Group meets at the Senior Center the first Thursday of the month. An open group discussion for everyone with vision challenges is welcome.

(C) **Mah Jongg:** 1–3pm.

(C) **Mixed Media Journaling with Suzanna Leigh:** February 1, 15, 2-4pm

(C) **Watercolor Class:** February 8, 22, 2-4pm. Join Inge, Suzanna and Will, as they paint away the afternoon.

(T) **Trip:** February 15, 8:15am. Northwest Flower and Garden Festival. See page 5 for all the details.

PROGRAMS Continued

(A) Haven Rescue Volunteer

Opportunities: February 22, 12pm.

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. Zoom Option if requested in advance.

(C) **Talk:** February 2, 1pm. Ray Pfortner: Tricks and tips to better photographs. Join Ray as he helps you navigate your camera or phone camera. This talk is for the seasoned photographer and anyone who loves photography and just wants still better results.

(C) **First Friday:** February 2, 5–7pm. Join the Scouts as they host a Board Game event. Games will be provided, but if you have a favorite feel free to bring it. Pizza, ice cream and refreshments will be provided. And see Margaret Bickel's beautiful quilts.

(C) **Talk:** February 9, 1pm. Heritage Museum with Cyrus Anderson.

(C) **Song Bath by the Threshold Choir:** February 9, 2–3pm. Vashon Threshold Choir will offer their service to anyone who would like to receive a song bath.

(C) **Active performance:** February 16, 1pm. Square Dance by Frog Holler. We are an old-time string band that

plays toe-tapping live music for dances. Easy to follow instructions before each dance gets everyone moving. No partner necessary, and we will be doing some circle barn dances as well. Come join the fun!

(C) **Talk:** February 23, 1pm. Armchair Travel with Barbara Gustafson. Take an adventure around Scotland, without leaving your chair here at the Center.

SATURDAYS

(A) **Wild Walkers:** Saturday, February 3, 10am. Let's take a walk on the Dilworth Loop. We will walk a mile portion of this paved road with just one hill at the half mile mark. We'll meet at the Center at 10am to carpool or you can meet us at the corner of 91st SW and Dilworth Rd SW at 10:15am. (We do cancel the walk if the weather is terrible.) Keep on walking!

(C) **Second Saturday Knitters:** February 10, 10:30am–12:30pm.

SUNDAYS

(C) **Scrapbooking:** February 11, 12–4pm. Keeping your Stories Alive. Join us the second Sunday of each month for scrapbook to keep memories alive. In partnership with Women Hold the Key.

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.



The Senior Center will be partnering with The DOVE Project for a once monthly healthy relationships chat before lunch with whomever would like to join. DOVE Community Advocate and Outreach Coordinator Nyn Grey will be coming in person to hold a loosely facilitated conversation about various topics that focus on aspects of cultivating and maintaining healthy relationships. Examples of discussion topics could be communication, healthy boundaries, family relationships, building community and more!

Nyn has created a short survey to gauge your interest in discussion topics. All feedback is welcome. Please don't hesitate to reach out to Nyn directly with any questions or ideas you may have. You can find paper copies of the survey at the Senior Center. Nyn can be reached at (206) 462-0911 or nyn@vashondoveproject.org.
Join Nyn on Wednesday, February 7, 11–11:45am.

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

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

Vashon Senior Center Weather Policy

We follow the Vashon School District in all weather-related decisions. If schools are closed or delayed, the senior center will be closed or open late. Thank you!

Haven Rescue Volunteer Opportunities. Haven House, Vashon Island's newest nonprofit animal rescue and welfare organization, is seeking senior volunteers to come to their unique facility and spend time with their cats and dogs. No real work is called for — sitting on a couch and enjoying the animals is all that's required. In partnership with Haven, the Senior Center would like to help seniors who need a ride to Haven on Thursday, February 22. Contact Pamela Wickard at the Center 206.463.5173 or coordinator@vashoncenter.org for more information.

Embracing the Muse—Following a More Creative Path: Guest Interviews

Following up on her January 24th session of stories from her book: *Meeting the Muse After Midlife: A Journey to Meaning, Creativity, and Joy*, Vashon author Sally Jean Fox will explore the creative path of others on Wednesday February 28th, 12:45pm.

Each month she'll interview two local artists, musicians, or other makers to learn about their paths. (Creativity takes many forms!) Creative living is not just for the young, and Sally will include highlights from the lives of others who have stayed fruitfully creative through their last decades.

You're invited to join this conversation as guests share about the possibilities and challenges of living a more intentionally creative life.

Multigenerational Book Group, in partnership with Vashon King County Library

Join us on the fourth Wednesday each month at the Vashon Library, hosted by Sam Harris, a King County Librarian. Read or listen to a book from our monthly topic. The book can be your choice. The conversation is interesting and enlightening. February topic Black Writers.

Join us Wednesday, February 28, 6-7:30pm. Contact the Vashon King County Library or the Center for more information.

Just one of the many reasons why we support our Lunch Delivery Program:

"Dear Senior Center Lunch Program, I am no longer in need of lunch deliveries as of Friday, December 29, 2023. Thank you for all the delicious lunch deliveries during my health crisis. I am happy to inform y'all that I am restored and functioning well, though there will be some follow-up procedures. I am so grateful this program was available to me. You have no idea how much it helped keep me alive... literally. I am overwhelmed with appreciation and gratitude. And I cannot tell you how delicious everything was, with so much variety. My favorite, the salads and surprise sweets...cookies, candies, etc. Thank you."

First and Third Thursdays of the Month Mixed media art journaling with Suzanna Leigh

Art journaling is a way of creating a visual diary for non-artists and artists alike. It can even be a way to access our intuition. We will use a variety of media and techniques to make marks on paper, to express our thoughts, feelings, and memories. All materials will be provided for your first day. As you continue, you will want to provide your own so that you can continue enjoying this process at home. For more info visit: suzannaleigh.com

MySeniorCenter Update

2023 was our inaugural rolling out year of MySeniorCenter. Many of you have received your key card already. If you haven't, you can stop by the Center to pick it up. MySeniorCenter is a tool for us to keep count of who attends our many activities, classes, talks and meals. We can see exactly how many of you volunteer, how many lunches get delivered and so much more. It's a great tool for us to keep giving you the programs you want and to use for the grants that keep our Center open. Please see Zoe Bennington to get your key card and let us know if you have any questions.



Trip—Thursday, February 15, Northwest Flower and Garden Festival

Join us as we celebrate "I Love Spring" with over 20 display gardens, more than

115 sessions and other learning activities, and thousands of treasures in the garden marketplace. Meet at the Center 8:15am, to catch a 9am ferry. Participants should feel comfortable walking and standing for the better part of the day. Lunch spots are available at the venue, please bring money to purchase your own meal. Member cost: \$40. Non-Member cost: \$55. Members sign up Tuesday 2/2, and Non-Members sign up after 2/7.

Artist Quilt Show—Margaret Bickel

Margaret Bickel has lived on Vashon most of her seventy eight years. She started sewing on her neighbor's treadle sewing machine making clothes for the cat, who was not impressed.

Twenty years ago, she wanted to sew again and thought of quilting as her grandmother was a great quilter. The quilts shown are small seasonal quilts and ones that are just for fun. Margaret's quilts can be viewed at the Center through February.

Happy Birthday to those celebrating in February. If your birthday is in February, come on the last Monday of the month. We will be having one big celebration, and all February birthdays eat lunch for FREE on that day.



February Birthdays

Bobbi A. 1	Steve U. 12
Sarah W. 1	Wanda F. 13
Joane L. 2	Jill A. 16
Cathie A. 2	Jay B. 16
Joan W. 2	Edith U. 18
Georgianne F. 2	Don G. 19
Pamela G. 3	Frances H. 19
Susan L. 3	Susan G. 19
Margaret S. 3	Michelle F. 20
Carol F. 4	Hans H. 20
Giampaolo H. 4	Peggy P. 21
Joby F. 4	Shirley K. 21
John M. 5	Eugenia C. 24
Jeri Jo C. 5	Lornie W. 27
Laurie E. 7	Sally B. 27
Michael K. 7	Nancy B. 28
Dagny A. 7	Richard R. 28
Beth G. 8	Penny S. 28
Hazel W. 8	Phillip J. 28
Younghee K. 9	Larry E. 28
Bart Q. 10	Sharon P. 29
Susan T. 10	
Donna Maria B. 10	
Richard F. 11	
Christine A. 11	

Members Passing

Beryl Bucklin
Marilyn Fox
Shirley Olson



THANK YOU: Francesca G for chocolate chips, Linda E & Elsie F for peppermint candy, Wendy W for dvd's and ketchup, Frank S for cookies and magazines, Karen B for yummy treats, Thea V for 12 homemade pies for our Thanksgiving lunch, Dale G for new cutlery, Mary Lee H for cards, Bruce C for pantry supplies, Ginny Y for pecan pie, Kim N for magazines, Justine N for calendars, and Charlie R for salad dressing.

Please consider bringing in your Thriftway and IGA receipts. In 2023 we received almost \$4000 in donations from those receipts. Thanks to Sue Parker for tallying the numbers. And to everyone who brought in their receipts, we greatly appreciate it. **Please remember to add your name and phone number on the Thriftway receipts.**

THE BIGGEST THANKS!!!

Beginning in 2020, these generous and devoted young women have been making cookies for the Center's lunch program. We are incredibly grateful for your delicious baking skills. *From left to right: Marina Gill, VHS class of 2023 and currently a freshman at Oregon State University. Isabelle Spence, VHS class of 2020 and currently a senior at the University of Washington. Delilah Spence, VHS class of 2026 and when she's not baking cookies at home, she works part time at the Vashon Baking Company. Amelia Spence, VHS class of 2022 and currently a freshman at the University of Washington.*



Thank You King County!

We are grateful for King County grants which has graciously provided funding for the Center programming.



Thank You PSE

We are grateful to Puget Sound Energy which has graciously provided funding for the Center's newsletter and many programs.



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Village Strategic Plan Summary

It's been nine months since the Senior Center Village fully launched its digital-aided version of our ride program. The Helpful Village software encourages direct connection of volunteers with the seniors who need assistance. Our successful model is the BlueBird rides to medical appointments program. We now are looking at where to focus efforts in the near future. We took advantage of extra funding from King County to hire a facilitator and spent December preparing for two very successful Strategic Planning sessions. Fourteen community builders and leaders came to the table for a combined four hours of open discussion about the Village and how it can grow.

2024 Initial Plan

- Distribute clear and concise information about the Village via NERO's newsletter.
- Hold a community event to discuss the next steps with invitees from the 2023 Planning Sessions, and others, who want to be active in planning of Village growth.
- Ongoing exploration of neighborhood development strategies.
- Continue to build the BlueBird Rides program.
- Start the Check-ins program.
- Seek ongoing networking opportunities and development.
- Support other Village programs as able including Tech Coaching and chore help.
- Grow volunteer awareness.

The Center's Wish List

If you would like to donate, we could use: facial tissues, coffee, varieties of teas (individually wrapped), first class stamps, fresh fruit for lunches, and brown paper grocery bags.

Pinocle is looking for more players. They meet at the Center every Tuesday 1-3pm. Experience or no experience. They are happy to teach you how to play.

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 Zoe Bennington, Business Manager
 Kathleen Hendrickson, Operations Manager
 Pamela Wickard, Volunteer & Program Manager
 Fran Brooks, Village Manager
 Letitia Reason, Executive Coordinator
 Jamila Al Dahir, Monday & Friday Dessert Baker & additional Chef
 Chris Ramsell, Monday Chef
 Kate Huntley, Wednesday & Friday Chef and Kitchen Manager
 Katherine Shedd, Bus Driver

FEBRUARY 2024 • Contact Us Phone: 206-463-5173 | Online: vashoncenter.org

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 Contact the Board: board@vashoncenter.org



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