



July 2022

July 4th  
Independence Day  
Monday, July 4,  
the Center will  
be closed. Have a safe  
and happy 4th of July.



The Fourth of July—also known as Independence Day or July 4th—has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution. On July 2nd, 1776, the Continental Congress voted in favor of independence, and two days later delegates from the 13 colonies adopted the

Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, July 4th has been celebrated as the birth of American independence, with festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbecues. — History Channel

SAVE THE DATES!

SAVE THE DATE: **Friday, August 19**, Members lunch at the Eagles.

SAVE THE DATE TRIP: **Tuesday, August 16**, Tacoma Rainiers game. More information to come soon. If you have trip ideas, please leave suggestions at the front desk.

**Friday, July 8, 2–3pm**. Join the FUN committee for an Ice Cream Social. Just bring your appetite, the FUN committee will supply the ice cream and toppings.

**Saturday and Sunday, July 16/17**, Strawberry Festival Parade and Booth. Please stop by the front desk to sign up to volunteer. More details to come.

**Band Practice: Thursday, July 21, 10–11am**, at the Center. Bring your old or new instrument in for a jam session. We encourage those who play, beginners, those who used to play, and those who just want to join in the fun. We hope to inspire musicians to gather and make some joyful noise.



July 16 & 17 — Strawberry Festival on Vashon

July 15, 1pm — Join Bruce Haulman at the Center for a fun presentation on Festival history.

Congratulations to Jamila Al Dahir!

Jamila, one of the Center’s Chefs, passed her citizenship test, Tuesday, June 7 — and will be sworn in on July 4.

Please join us in welcoming Jamila as a US citizen, Monday, July 25, 1pm at the Center. Refreshments will be supplied.



# PROGRAMS

In Center (C), via Zoom (Z), or Web (W). 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](http://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](mailto:coordinator@vashoncenter.org) or call 206-463-5173.

## MONDAYS

(C) **Mah Jongg**, 1-3pm.

(C) **Party Bridge**, 6-9pm.

(C) **Book Group** will be taking a break in July and August. They will meet again in September.

(C) **Jamila Celebration, July 25, 1pm.**

## TUESDAYS

(C) **Meals on Wheels (MOW)**, 9:15-10:45am.

(C) **Knit Wits and Hookers**, 10:30am-12:30pm.

(C) **Pinochle**, 1-3pm.

(C) **Music Mends Minds**, 1:30-2:30pm in the side room.

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

(C) **Scrabble**, 2nd and 4th Tuesday, 10am-12pm.

(C) **Library 2 Go**, July 19, 10:15am.

## 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/](http://photoclubvsc.blogspot.com/) to see some of the Club's work. NEW: <https://us02web.zoom.us/j/82474076022?pwd=VGZxb3R4Yys4d045TTM4UU5GOFhQQT09>

Meeting ID: 824 7407 6022, Passcode: 341256

**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**, 2nd Wednesday, 7pm.

## THURSDAYS

(Z) **Chair Yoga**. Join Margaret Hoeffel 11:30am-12:30pm. NEW instructor and NEW time.

(C) **Low Vision Group**, July 7, 1-2:30pm. The Vashon Low Vision Group meets at the Center. The last meeting before summer break will be a planning meeting for the fall quarter. Please come and give us your ideas and suggestions.

(C) **Band Practice**, July 21, 10-11am.

(C) **Mah Jongg**, 1-3pm.

(Z) **Museum Talk**: July 14, 7pm. Vashon's Soapbox Derby. Join Bettie Edwards and a panel to hear about the exciting days when Vashon Soapbox Derby racers were one of the highlights of the summer. During the 1970s and 1980s young islanders would work diligently to build a winning soapbox derby racer and then compete year after year in pursuit of the trophy. Bettie Edwards and a group of dedicated parents kept this island tradition alive for a generation of islander youth. Soapbox Derby races have been an annual American tradition since 1933. Register here: [https://us02web.zoom.us/webinar/register/4216545539230/WN\\_ZIFkKJ7RnCzdG8LGKeDww](https://us02web.zoom.us/webinar/register/4216545539230/WN_ZIFkKJ7RnCzdG8LGKeDww)

## FRIDAYS

(C) **Zumba**, 9-9:45am. Please join Ture and Mary and dance your way into the beginning of the weekend.

(Z) **Mindfulness Cafe**, 9:30am. Please register for your initial Zoom meeting at [mindfulnesscafevsc@gmail.com](mailto:mindfulnesscafevsc@gmail.com) to join in this recurring time of quiet meditation and reflection. With guided and silent meditation, explore mindfulness-based stress reduction, conscious breathing, visualization, listening to the sound of silence, experiencing insight, or just calm sitting.

(C) **Teatime Talk**, 10:30am. Join Maria Glanz, as she builds community through engaging conversation.

(C) **Talk/Movie**: July 1, 1pm. A *League of Their Own*. A look at the first women's professional baseball league focuses on the rivalry between sisters on the same team and their washed-up, hard-drinking coach.

(C) **Activity**: July 1, 2:30. JAM Core Centric.

(C) **Talk**: July 8, 1pm. Villages Program. Come and meet the new Villages Manager, Maria Glanz. She can update you on what is happening with the Villages Program.

(C) **Activity**: July 8, 2-3pm. FUN committee Ice Cream Social.

(C) **Activity**: July 8, 2:30. JAM Core Centric.

(C) **Talk** July 15, 1pm. Join Bruce Haulman from the Heritage Museum, Strawberry Festival History on Vashon.

(C) **Activity**: July 22, 2:30. JAM Core Centric.

(C) **Talk/Movie**: July 29, 1pm. On Golden Pond. Oscars went to Henry Fonda, Katharine Hepburn and Ernest Thompson for this heartwarming story of an elderly couple and their estranged daughter.

(C) **Activity**: July 29, 2:30. JAM Core



# PROGRAMS Continued

Centric.

**Heritage Museum:** July 15, Ice Cream Social for Strawberry Festival. Celebrate the Strawberry Festival with some delicious ice cream in the backyard of the Museum. For more information, please visit: [vashonheritagemuseum.org/events](http://vashonheritagemuseum.org/events)


**Where are the links to the programs? On our website!**  
[vashoncenter.org/virtual-activities](http://vashoncenter.org/virtual-activities)  
 Scroll down to find your program, click the headline and voilà: there it is.

## SATURDAYS

**Wild Walkers**, July 2, 10am. Is it really summertime? Will the trails be dry? Let's plan to walk the Fisher Pond trail. This is a popular walk, about a mile around, with pretty views of the pond. We'll meet at the Center at 10am to carpool. Everyone is welcome!



**Get Involved With The Senior Center!**  
 We are looking for volunteers to help lead a few programs, perform office work, and serve as driving teams.  
 If you are interested in learning more, please contact Pamela Wickard, Program and Volunteer Coordinator at: [coordinator@vashoncenter.org](mailto:coordinator@vashoncenter.org).



**Artist: Barbara Gustafson**

Barbara Gustafson is an island science educator and artisan weaver of baskets and small tapestries. She has self-published four books, for children and adults, featuring her island photographs.

Drawing on her love of nature and her weaving skills, she is now using her photographs to inspire her woven wall tapestries. Using yarns, cordage, ribbon, beads, fabric, and wool roving, she builds layers of colors, patterns, and textures into impressionistic views of Vashon and other favorite places where she has traveled.

**Save Your Grocery Receipts**  
 We collect your grocery receipts from IGA and Thriftway as part of their community donation program and we receive a 1% rebate.  
 We have two collection boxes on the bookshelf in the front room. Just drop your receipts (from the current year) in the box.  
 For Thriftway receipts only, you must sign your name and phone number.  
 This is such a simple way for us to generate funds. Keep them coming, they really add up.  
 In 2021 you generated about \$2,400 from Thriftway and IGA receipts. THANKS!

**RESOURCES PROMOTING WELLNESS**

|  |                |
|--|----------------|
| ACCESS Bus Transportation .....                    | 206-205-5000   |
| Benefit Check up .....                             | 1-888-435-3377 |
| Bluebird Medical Transportation.....               | 206-463-5173   |
| Enhance Fitness by Ramon Ontiveros .....           | 206-259-0118   |
| 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   |
| Parkinson’s Support Group: 1pm, First Friday ..... | 206-567-5976   |
| Senior Information and Assistance .....            | 206-448-3110   |
| Senior Rights Assistance .....                     | 206-448-5720   |
| Vashon Care Closet .....                           | 206-473-8715   |
| Veterans’ Services .....                           | 206-612-2816   |

# July 2022

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, 11:30-1sh for delivery  
Menu subject to change with little or no notice



| Sunday        | Monday   | Tuesday  | Wednesday  | Thursday   | Friday  | Saturday  |
|---------------|--|--|--|--|---|---|
|               |  |  |  |  | <b>1 Taco Salad</b><br>9am Zumba<br>9:30am Mindfulness Café<br>via Zoom<br>10:30am Teatime Talk<br>1pm Movie: <i>A League of Their Own</i><br>2:30pm JAM Core Centric   | <b>2</b><br>10am Wild Walkers                   |
| <b>3</b>      | <b>4</b><br>Closed for the July 4th Holiday  | <b>5</b><br>9:15am Meals on Wheels<br>10:30am Knit Wifs & Hookers<br>1pm Pinochle<br>1:30pm Music Mends Minds<br>2:15pm Smartphones                          | <b>6</b><br><b>Chef Salad</b><br>10am Photo Club via Zoom<br>1pm Tai Chi Outdoors<br>1pm Party Bridge                          | <b>7</b><br><b>Closed</b><br>11:30am Chair Yoga via Zoom<br>1pm Mah Jongg<br>1pm Low Vision Group    | <b>8</b><br><b>Peanut Noodle Salad</b><br>9am Zumba<br>9:30am Mindfulness Café<br>via Zoom<br>10:30am Teatime Talk<br>1pm Talk: Maria Glanz on the Center Villages<br>2pm Ice Cream Social<br>2:30pm JAM at Ober Park | <b>9</b><br>10:30am Second<br>Saturday Kritters |
| <b>10</b>     | <b>11</b><br><b>Roasted Vegetables</b><br>1pm Mah Jongg<br>6pm Party Bridge                              | <b>12</b><br>9:15am Meals on Wheels<br>10am Scrabble<br>10:30am Knit Wifs & Hookers<br>1pm Pinochle<br>1:30pm Music Mends Minds<br>2:15pm Smartphones        | <b>13</b><br><b>Chicken Salad</b><br>10am Photo Club via Zoom<br>1pm Tai Chi Outdoors<br>1pm Party Bridge<br>7pm Computer Club | <b>14</b><br><b>Closed</b><br>11:30am Chair Yoga via Zoom<br>1pm Mah Jongg                           | <b>15</b><br><b>Turkey Meatloaf</b><br>9am Zumba<br>9:30am Mindfulness Café<br>via Zoom<br>10:30am Teatime Talk<br>1pm Talk: Bruce Haulman Strawberry Festival History<br>2:30 JAM Core Centric                       | <b>16</b><br>                                   |
| <b>17</b><br> | <b>18</b><br><b>Chicken w/ Potato</b><br>1pm Mah Jongg<br>6pm Party Bridge                               | <b>19</b><br>9:15am Meals on Wheels<br>10:15am Library 2 Go<br>10:30am Knit Wifs & Hookers<br>1pm Pinochle<br>1:30pm Music Mends Minds<br>2:15pm Smartphones | <b>20</b><br><b>Vegetable Pasta Salad</b><br>10am Photo Club via Zoom<br>1pm Tai Chi Outdoors<br>1pm Party Bridge              | <b>21</b><br><b>Closed</b><br>10am Band Jam Practice<br>11:30am Chair Yoga via Zoom<br>1pm Mah Jongg | <b>22</b><br><b>Spaghetti w/Beef</b><br>9am Zumba<br>9:30am Mindfulness Café<br>via Zoom<br>2:30pm JAMGO Bingo  | <b>23</b>                                       |
| <b>24</b>     | <b>25</b><br><b>Chicken with Rice</b><br>1pm Mah Jongg<br>1pm Jamila<br>Celebration!<br>6pm Party Bridge | <b>26</b><br>9:15am Meals on Wheels<br>10am Scrabble<br>10:30am Knit Wifs & Hookers<br>1pm Pinochle<br>1:30pm Music Mends Minds<br>2:15pm Smartphones        | <b>27</b><br><b>Fritata with Ham</b><br>10am Photo Club via Zoom<br>1pm Tai Chi Outdoors<br>1pm Party Bridge                   | <b>28</b><br><b>Closed</b><br>11:30am Chair Yoga via Zoom<br>1pm Mah Jongg                           | <b>29</b><br><b>Tuna Salad</b><br>9am Zumba<br>9:30am Mindfulness Café<br>via Zoom<br>1pm Movie: <i>On Golden Pond</i>  | <b>30</b>                                       |
| <b>31</b>     |  |  |  |  |   |   |





We would like to take this opportunity to thank Mary Ornestad and Karen Biondo for their dedication to improving the lives of Vashon seniors since 2012 and 2019. I had the pleasure of learning from and working with Mary since 2016 when I joined the staff and have always been impressed with her attention to detail and formidable memory. She knew our members as friends and family, treated them graciously, and with quiet skills completed the business management details of the Center on track and on time. I knew Karen for a number of years before she joined us at the Center, and she has energy that could outlast the Energizer Bunny! Her giving heart, gracious flexibility and, of course, outstanding chef abilities delighted everyone's tummies. You both will be missed very much. - Kathleen Hendrickson



### July Birthdays

- Pamela Shine Savory 3
- Wendy Wharton 4
- Lindsay Hofman 5
- Cynthia Zant 5
- Eliza Hitchcock 6
- Dee Weedin 7
- Arlene Wilkerson 7
- Sigrid Thomas 7
- Patricia Minier 8
- Leslie Minch 9
- Janice Wall 9
- Jackie O'Malley 10
- William Bryce 10
- Barbara Smith 11
- Kathleen Fitch 12
- James Dam 12
- Robert Grappa 13
- Sandra Wilcox 13
- Bonnie Nelson 13
- Pat Cunningham 14
- Nancy Slater 14
- Cheryl Sundberg 15
- Judi Ranney 15
- Judith Whitney 17
- Carol Eckman 17
- Beverly Peterson 17
- Rene Hinojosa 18
- Sharon Briskman 24
- Yvonne Kuperberg 28
- Blythe Bartlett 28
- Vance Pric 29
- Mary Rose O'Reilley 30
- Lee Green 31
- Randall Webb 31



Thanks to the FUN committee for hosting a beautiful, fun, and delicious Spring Tea. And thanks to our members who joined in the festive fun.

### OVERHEARD at the Senior Center

"As I watch this generation try and rewrite our history, I'm sure of one thing: It will be misspelled and have no punctuation."

Me, sobbing: "I can't see you anymore... I'm not going to let you hurt me again."

My trainer: "It was one sit-up."



### Member Passings

- Ingeborg Herring, May 6
- John Coleman, May 27
- Helen Meeker, June 5





THANK YOU: Phil Y for organic eggs, vitamins and a travel magazine, Dee W for stationery supplies, Janna G and Liz I for medical supplies, Arlene W for coffee supplies, Marlyce D for greeting cards, Lucinda R for snacks, Craig H for a puzzle and pens. Teresa L for silverware and a notebook, Kevin and Sue M for videos and DVDs, Frank for hearing aid supplies. Laura W and Robert B for pantry supplies, Mary J garden flowers, Karen B for her varieties of tasty homemade cookies for Friday lunches, Delilah, Amelia and Mariette for popular oatmeal deluxe cookies for Wednesday lunches, Margaret B for cloth napkins, Thea V for special Flag Day cookies, and our faithful Anne T and Weslie R for countless lunchtime handmade messages of fun and cheer.



Thanks for the docent lead tour, Jane Neubauer. Photo taken during the Senior Center Tour of the "Akio Takamori — Clay on Vashon" Exhibit at VCA, Heritage Museum, and Mukai Farm & Garden in May. Join us for more fun tours this summer.

## SOUNDCOMP.com

Michael O'Donnell  
**Sound Computing Solutions**  
[www.soundcomp.com](http://www.soundcomp.com)  
[michael@soundcomp.com](mailto:michael@soundcomp.com)

206.418.8760 cell  
 PO Box 2283  
 Vashon Island, WA 98070



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Tyler and Amy Young



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 FAX 206.932.1876  
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 WEB [www.skyprinting.net](http://www.skyprinting.net)  
 ADDRESS 4151 Fauntleroy Way SW Seattle, WA 98126





### Lunch Card Project Has Launched

Please share a photo of the notes you have received from the lunch program with us. We would like to keep the joy from the little inspirational notes flowing.

A BIG thanks to the wonderful volunteers who have been making these cards for over 2 years.

Please email an image of your notes to Pamela Wickard at: [coordinator@vashoncenter.org](mailto:coordinator@vashoncenter.org)

*"These are a bright spot to my day!  
Thank you for all your hard work."*

—Nanny

### JOY AND MOVEMENT (JAM)

Celebrate, recalibrate, and find your joy through movement!

PROGRAM OVERVIEW: JAM is a guided activity program for all abilities and ages. Get stronger with energizing activity options for you and your community! Core Centric Coaches will lead the program, guide you along the way, and help you celebrate your progress.

Join them Fridays at 2:30 at the Center.

### Vashon Afghan Resettlement Team (VART)

Recently the team from VART delivered two more household kits to the refugee resettlement office. The generosity of islanders has now outfitted four Afghan families in their new homes in south King County since local efforts began last fall. The ways islanders can help refugees through VART:

1. Donate to the VART account at Island Lumber. Donations can be made by credit card over the phone or cash donations in person. Checks are also accepted.
2. Donors can collect household items and bring them to the Episcopal Church. All kitchen items are welcome, including appliances and tea kettles. Lightly used or new blankets are needed. Cleansers, laundry detergent, garbage bags, new mops, and brooms are also in the kit.
3. Islanders can learn about becoming a conversation partner on Zoom with an Afghani for an hour a week.

For more information, contact Julia Lakey [jlakey@centurytel.net](mailto:jlakey@centurytel.net)



### Pen Pal Program a Big Success!

Thanks to all the Center's seniors who participated in the Pen Pal Program and attended the social at Ober Park on June 8. And a HUGE thanks to Ms. Zoe Ryan's 3rd grade class. What a joy to have you as friends.







**JULY 2022 • Contact Us Phone: 206-463-5173 | Online: vashoncenter.org**

**Staff**

Catherine Swearingen, Executive Director  
 Kathleen Hendrickson, Operations Manager  
 Pamela Wickard, Volunteer and Program Coordinator  
 Maria Glanz, Villages Program Manager  
 Zoe Bennington, Business Manager  
 Joe Meier, Care A Van and Bluebird Driver  
 Jamila Al Dahir, Monday Chef

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