



April 2022



**April 2**  
Ramadan begins

**April 15**  
Passover begins at sundown, lasts 8 days

**April 15**  
Good Friday

**April 17**  
Easter Sunday

**Joy And Movement (JAM)** is a new Senior Center program with a purpose: to get seniors up and moving. JAM is a community program designed to guide you through physical activities. It's for all abilities and will be led by Core Centric Coaches and Trainers Michelle Reed and Sandi Silagi. Increase physical activity and have fun — whatever that looks like for you.



JAM encourages movement: walking, Tai Chi, yoga, Zumba, using the new equipment at Ober Park, even standing up. We'll have walking routes mapped out with the number of steps and distance. How many steps is it from the Senior Center to Granny's and back? What about a loop around the outside aisles at Thriftway or IGA?

JAM is based on growing self-awareness by participating in activities and building community with other JAM-ers. It is never too late to start. That's the JAM journey.

Meet on the first Friday of every month and check in on your journey. Core Centric will lead movement sessions accessible and challenging to all. JAM is brought to you by a partnership with Core Centric Training and the Senior Center. Funding provided through the King County Veterans, Seniors, and Human Services Levy. There's no cost to join in and get your JAM on! **JAM Kick-Off, Friday April 1, 2:30pm at the Center.**

**COVID-19 Protocol** *Update on In-Center Lunches. Check with the Center for the current status of In-Center lunches/activities. Our current plan is to open up In-Center lunches Monday, April 4.*

*Please join us at 11:45am on Mondays, Wednesdays, and Fridays. This will allow us to interact a little longer at lunchtime without feeling so rushed, while giving us time to set-up for the Center's afternoon activities.*

**SAVE THE DATES!**

**FUN Committee: Wednesday, April 13, 11:45am, Spring Lunch**

**Band Jam: Thursday, April 21, 10am.** We are getting the Band back together again.\* Bring your old or new instrument in for a jam session, those who play, beginners, or those who used to play and want to join in the fun. We hope to inspire musicians to gather, and as the weather get warmer, we can gather in the lovely courtyard out back.

**Walking Group: Sunday, April 24, 2pm.** The walking group continues into the warmer weather. Meet at the Center and stroll through town enjoying some signs of spring in the air. A healthy snack will be provided.

*\*(from The Blues Brothers movie)*

# 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](https://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

(Z) **Book Group**, April 25, 1:30pm — *The Lone Ranger and Tonto Fistfight in Heaven* by Alexie Sherman.

## TUESDAYS

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

(C) **The 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 20-minute appointment.

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

(C) **Bridge Club**, 6:30–9pm.

## 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/](https://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

(C) **Current Events**, 10–11am. Discuss current topics with Jay Becker and friends.

**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) **Bridge Play**, 1–3pm, 4th Wednesday, 1:30pm.

(C) **Mah Jongg**, 1–3pm.

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

(C) **Computer Club**, 2nd Wednesday, 7pm.

## THURSDAYS

(Z) **Chair Yoga with Lynelle Sjoberg**, 10am.

(C) **Low Vision Group**, April 7, 1–2:30pm. Coping with new devices. Facilitator: D. Napoli. Open to the public.

(C) **Band Jam**, April 21, 10am.

**Watercolor with Geri Peterson** and friends is taking a break in April. For watercolor advice, or just to talk, contact Pamela at the Center to get Geri's contact info.

## FRIDAYS

(C) **Zumba**, 9–9:45am. Please join Ture and Mary and dance your way into the beginning of the weekend. Check Center for current open status.

(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 with Tessa**, 10:30am.

(C) **Duplicate Bridge**, 2nd, 4th and 5th Fridays, 6:30–9pm.

(C) **Talk**: April 1, 1pm — Hospital District Update: Wendy Noble and Eric Pryne, members of the board of commissioners of the Vashon Health Care District will speak and answer questions. They will address the district's work with Sea Mar to maintain and improve health care at the Sunrise Ridge clinic, challenges the clinic faces, and preliminary planning for a possible new clinic facility.

(C) **Talk**: April 1, 2:30pm. Spring **JAM** kickoff at the Center. We hope to see you there.

(Z) **Talk**: April 8, 1pm. Are You "End of Life" Ready? Please join us to talk about advanced care planning. We have options at the end of our lives. Are you aware of yours? Conversations and documents that can maximize the chances of you receiving the care you want will be presented. We will also discuss avoiding the care you do not want. Jane Neubauer of the Vashon Advanced Care Planning Group and Kathryn Crawford, a Volunteer Client Advisor with End-of-Life Washington will lead the discussion.

(C) **Talk**: April 15, 1pm. Join Bruce Haulman of the Heritage Museum, for a talk about: "Nature Wonders: An Island Shaped by Water" exhibit at the Museum and followed by a tour of the exhibit and the special Audubon Birds of Vashon mini exhibit.

(C) **Talk**: April 22, 1pm. Earth Day Movie: *My Octopus Teacher*. This delightful film tells the deeply moving story of South African naturalist Craig Foster and his friendship with the octopus concerned, which he meets through diving sessions in False Bay.

# PROGRAMS Continued

## SATURDAYS

**Wild Walkers**, April 2, 10am. Our monthly walk is planned for the Dilworth Loop. We'll walk a section for about a mile and a half that will be mostly flat and hopefully we'll see the mountain, too. We meet at the Senior Center at 10am to carpool. We will follow current guidelines and masks will likely be optional. We hope you'll join us!

**(C) Second Saturday Knitters**, April 9, 10:30am–12:30pm at the Center again.

## SUNDAYS

**(Z) Talk:** Sunday, April 3, 1pm on ZOOM. Tlingit Traditions: Death & Mourning. "Let's Talk about Living and Dying" will feature Sue and Israel Shotridge discussing "Death and Mourning in the Tlingit Tradition" Sue is an adopted member of the Kiksadi Tribe of Wrangell, AK and

Israel is Tlingit, Teikweidee from Ketchikan, AK. To register, contact Jane Neubauer: [janeneubauer@janeonvashon.com](mailto:janeneubauer@janeonvashon.com). Call Susan Pitiger 206-818-4232 or Jane Neubauer 206-799-3190 with questions. Contact Vashon Advanced Care Planners if you need assistance: Sheila Brown 206-463-0811.

**FUN Committee**, April 24, 2pm. Join the FUN Committee as we walk-through town. Meet at the Center.

**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.



## New Art

The Photo Club is presenting a group show "Pareidolia and Vashon Sightings" in April through May at the Senior Center. Reception is from 6–9 pm, April 1 during the First Friday Gallery Cruise.

Pareidolia explores the tendency for perception to impose a meaningful interpretation on a nebulous stimulus, so that one sees an object, pattern, or meaning where there is none. Vashon Sightings is a collection of unusual and amusing images that often inspire the response "Only on Vashon!"

## 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 at 9:15am 206-463-5173

Neighborhood 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 of the month, Lutheran Church 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



# April 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-ish for delivery  
Menu subject to change with little or no notice



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1 Cream of Broccoli Soup</b> ✓ 9am Zumba 9:30am Mindfulness Café via Zoom 10:30am Teatime w/ Tessa 1pm Zoom Talk: Hospital District Update 2:30pm Talk: Spring JAM Kickoff 6pm First Friday Gallery Cruise	<b>2</b> 10am Wild Walkers
<b>3</b> 1pm Zoom Talk: Tingit Traditions	<b>4</b> <b>Beef w/ Potato</b> 1pm Mah Jongg	<b>5</b> 9:15am Meals on Wheels 10:30am Knit Wits & Hookers 1pm Pinochle 1:30pm Music Mends Minds 2:15pm Smartphones 6:30pm Bridge Club	<b>6</b> <b>Lasagna</b> 10am Photo Club via Zoom 10am Current Events 1pm Tai Chi Outdoors 1pm Mah Jongg 1pm Bridge Play 1pm Fun Committee Meeting	<b>7</b> <b>Closed</b> 10am Chair Yoga via Zoom 1pm Low Vision Group	<b>8</b> <b>Corn Souffle</b> ✓ 9am Zumba 9:30am Mindfulness Café via Zoom 10:30 Teatime w/ Tessa 1pm Zoom Talk: "Are You End of Life Ready?" 6:30pm Duplicate Bridge	<b>9</b> 10:30am Second Saturday Knitters
<b>10</b>	<b>11</b> <b>Lentil Soup</b> 1pm Mah Jongg	<b>12</b> 9:15am Meals on Wheels 10am Scrabble 10:30am Knit Wits & Hookers 1pm Pinochle 1:30pm Music Mends Minds 2:15pm Smartphones 6:30pm Bridge Club	<b>13 Special Spring Lunch</b> <b>Macaroni &amp; Vegetable Salad w/ Chicken</b> 10am Photo Club via Zoom 10am Current Events 1pm Tai Chi Outdoors 1pm Mah Jongg 1pm Bridge Play 7 pm Computer Club	<b>14</b> <b>Closed</b> 10am Chair Yoga via Zoom	<b>15</b> <b>Frittata w/ Ham</b> 9am Zumba 9:30am Mindfulness Café via Zoom 10:30am Teatime w/ Tessa 1pm Talk: Bruce Haulman on Nature Wonders	<b>16</b>
<b>17</b>	<b>18</b> <b>Chicken w/ Syrian Rice</b> 1pm Mah Jongg	<b>19</b> 9:15am Meals on Wheels 10:15am Library 2 Go 10:30am Knit Wits & Hookers 1pm Pinochle 1:30pm Music Mends Minds 2:15pm Smartphones 6:30pm Bridge Club	<b>20</b> <b>Meatball Soup</b> 10am Photo Club via Zoom 10am Current Events 1pm Tai Chi Outdoors 1pm Mah Jongg 1pm Bridge Play	<b>21</b> <b>Closed</b> 10am Chair Yoga via Zoom 10am Band Jam	<b>22 Shirimp &amp; Rice</b> 9am Zumba 9:30am Mindfulness Café via Zoom 10:30am Teatime w/ Tessa 1pm Earth Day Movie: "My Octopus Teacher" 6:30pm Duplicate Bridge	<b>23</b>
<b>24</b> 2pm Walking Group w/ the FUN Committee	<b>25</b> <b>Beef w/ Ma'ccarona</b> 1pm Mah Jongg 1:30pm Book Group	<b>26</b> 9:15am Meals on Wheels 10am Scrabble 10:30am Knit Wits & Hookers 1pm Pinochle 1:30pm Music Mends Minds 2:15pm Smartphones 6:30pm Bridge Club	<b>27</b> <b>Chicken Broccoli Alfredo</b> 10am Photo Club via Zoom 10am Current Events 1pm Tai Chi Outdoors 1pm Mah Jongg 1:30pm Bridge Play	<b>28</b> <b>Closed</b> 10am Chair Yoga via Zoom	<b>29 Chili w/ Beef</b> 9am Zumba 9:30am Mindfulness Café via Zoom 10:30am Teatime w/ Tessa 6:30pm Duplicate Bridge	<b>30</b>

## Bluebird Needs Volunteers!

Our generous volunteers make it possible for the Center to continue to offer rides for seniors to medical appointments off island in Seattle and Tacoma. Rides are dependent on the availability of our Bluebird drivers, and we ask for a minimum of one week's notice.

For more information about volunteering contact the Center, Bluebird Coordinator 206-463-5173.



## APRIL BIRTHDAYS

Gus Schairer 1  
Al Ross-Weston 1  
John Burggraaf 4  
Kathleen Anderson-Tuma 5  
Jan Mathews 7  
Dianne Hyer 7  
Emily Wigley 7  
Jacq Skeffington 8  
Terry Warnock 8  
Michele Maurer 8  
Phil Yunker 8  
Dave Van Horn 9  
Pat Harmeling 10  
Brenda Stansfield 12  
Helen Meeker 13  
Cindy Weiss 14  
Doreen Higgins 15  
Warren Beardsley 15  
Kathleen Kelly 15  
Amy Huggins 16  
Les Johnson 17  
Brigitte Webb 17  
Janet Welt 17  
Elise Lindgren 18  
Janie Starr 19  
Mary Anne Nagler 20  
Penny Grist 21  
Kathy Ostrom 23  
Monte Smith 25  
Janna Gingras 26  
Edith Aspiri 27  
Linda Milovsoroff 30  
Susan Gray 30

## 2022 Marks 52 Years Since the First Earth Day



Every year on April 22, Earth Day marks the anniversary of the birth of the modern environmental movement in 1970.

In the decades leading up to the first Earth Day, Americans were consuming vast amounts of leaded gas through massive and inefficient automobiles. Industry belched out smoke and sludge with little fear of the consequences from either the law or bad press. Air pollution was commonly accepted as the smell of prosperity.

Until this point, mainstream America remained largely oblivious to environmental concerns and how a polluted environment threatens human health. However, the stage was set for change with the publication of Rachel Carson's New York Times bestseller *Silent Spring* in 1962. The book represented a watershed moment, selling more than 500,000 copies in 24 countries as it raised public awareness and concern for living organisms, the environment and the inextricable links between pollution and public health.

Earth Day 1970 would come to provide a voice to this emerging environmental consciousness and putting environmental concerns on the front page. [earthday.org/earth-day-2022](http://earthday.org/earth-day-2022)

Join us at the Center, Friday April 22, 1pm. Earth Day Movie: *My Octopus Teacher*.

## Celebrating Two Years of Lunch Delivery!

Last month, we celebrated two years of our lunch delivery program. Over 17,500 lunches have been delivered to our senior community, with the help of our invaluable lunch delivery teams. A HUGE thanks to all that have helped not only delivering lunches, but packing the bags, preparing salads, cookies, making cards and notes, and cleaning up in the kitchen.

## Thank You!

Kirsten A for hot cocoa mix, cookies and a magazine, Laura J and Lynn M for garden carrots, Julia L for file folders, Bob H and Mary B for books, MOW for masks, Barbara W for fresh fruit for the lunches, Owana D for calendars, Zoe B for organic eggs, Willoughby G for treats and supplies, Craig H family for knitting supplies, Eliza H for a book and magazines, Jim B for medical supplies, Lora J for Ensure, Cathy R for a large serving tray, Janna G and Liz I for mayonnaise, and all the helpful folks who donated grocery bags. Thank you, cookie bakers Karen B and Delilah, Amelia and Mariette.

## Kudos to our Wonderful Volunteer Drivers

One of our staff members was on the phone with a senior recipient of the Blue Bird Program. The senior has many allergies and chemical sensitivities which requires extra time and effort to safely arrange Bluebird rides. She is also battling a series of other health conditions. Things are not easy for her.

Our volunteer Bluebird Driver, recently drove her to her Covid booster appointment as a "test run" to see whether she could safely tolerate sitting in the driver's personal vehicle. It was a success.

When talking with the senior a few days later, she told our staff member that after riding with the volunteer driver they realized not only that they had lived next door to one another in Pittsburgh, PA, but they attended college at the same time from 1973–1974. Small world here on Vashon Island.

We mention all of this because we think it is a touching story to share, but that it's so important to remember how connected we are as neighbors, friends and a community.

## Vashon Parks Aqua Fit Class

Tuesdays and Thursdays, 1:30–2:30pm at Vashon Pool (next to the high school) \$10 per class. Call the Parks District for information at 206-463-9602.

# SOUNDCOMP.COM

Michael O'Donnell  
▶ Sound Computing Solutions  
www.soundcomp.com  
michael@soundcomp.com

206.618.8760 cell  
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### Lunch Cards Project

Anne Tuttle and Welsey Rodges have been making wonderful inspirational card for the past two years, which we add to the lunch bags and have on the lunch tables.

The Center is asking our senior community to send in photos using the cards in every day and unusual settings. We will collect them, share them in upcoming newsletters and plan a display of your images soon. Please drop off the image, or email it to Pamela Wickard, [coordinator@vashoncenter.org](mailto:coordinator@vashoncenter.org)

### Vashon Farmers Market is BACK.

Our terrific Farmer's Market is located at the lovely Village Green. Visit us April 16–October 15 on Saturdays from 10am–2pm. We are dedicated to supporting Vashon growers, artisans & producers. The Vashon Farmers Market supports VIGA's mission by providing markets to help sustain the local agricultural economy. In the process, we're creating an inclusive space for producers and creators to sell their goods to consumers in an equitable, friendly, and accessible environment. Bonus: there will be live music.



### 2022 Senior Farmers Market Nutrition Program — Apply April 22–29

This program provides King County seniors with fresh fruits and vegetables from local farmers markets — up to \$40 worth of vouchers! Apply between April 11–29 online: [AgingKingCounty.org/SFMNP](https://AgingKingCounty.org/SFMNP).

For more information, call Community Living Connections at 1-800-348-5464 or visit [communitylivingconnections.org](https://communitylivingconnections.org).

### Free Lecture Series

The Osher Lifelong Learning Institute at the UW (OLLI-UW) offers short, academic programming for people over 50 years of age. The program has received positive reviews from other Retirement Centers. OLLI-UW offers a free quarterly Zoom lecture to the public via OLLI-UW Quarterly Virtual Lecture.

**SARS-CoV-2 variants:** How do we get from sample to variant and why should we care?

Wednesday, April 6 from 12–1pm.

Speaker: Pavitra Roychoudhury. Pre-Registration Link: <https://washington.zoom.us/meeting/register/tJAsc-6vrj8vH9KTyOssOqXkSmB72uHuK45o>.

For more info on Osher: [osher.wustl.edu](https://osher.wustl.edu).



### Kitchen Rental Spotlight: Laurie's Love Bars by Laurie Lambert

Nothing but pure nutritious goodness. Real food. Made with love. Handcrafted with the finest ingredients chosen for their nutritional benefit. Food you can enjoy and feel good about eating! Organic — Gluten free — No added processed sugar — No soy or dairy — No artificial preservatives — No impossible to pronounce ingredients — No bulky fillers. For more info: [laurieslovebars.com](https://laurieslovebars.com)



Vashon-Maury Senior Services  
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 Vashon, WA 98070

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**APRIL 2022 • Contact Us Phone: 206-463-5173 | Online: vashonseniorcenter.org**