



April 2023

April 5

Passover begins
at sundown, lasts
8 days

April 9

Easter Sunday

April 22

Ramadan ends



**Happy Arbor Day,
Friday, April 28**

Arbor Day is a secular day of observance in which individuals and groups are encouraged to plant trees. Today, many countries observe such a holiday. Though usually observed in the spring, the date varies, depending on climate and suitable planting season.

SAVE THE DATES

Board of Directors Meeting

Wednesday, April 26, 3:30–5:30pm at the Center. Open to members.

Members Annual Meeting

Join us Friday, April 28, 1–3pm at the Center, for the Members Annual Meeting. Masks are required. In an effort to bring increased efficiency to the annual meeting and Board of Directors meetings, we ask that written notice of the matters individuals wish to be considered, to include resolutions and motions, be submitted to the Secretary of the Board at least 10 days prior to the meeting at board@vashoncenter.org. These will be distributed to the Board of Directors and members in attendance prior to the start of the meeting. For the Annual Meeting, the deadline for submission is April 18.

Please RSVP to board@vashoncenter.org or by phone at 206-463-5173, to reserve your seat. Your response will help us plan. If we reach a certain number of attendees, members will receive priority seating. We may also move to a larger location if necessary.

WHAT'S NEW THIS MONTH

Tuesdays: Meditation Class, 4–4:45pm. All disciplines and levels of experience are welcome. Instructions and/or guided meditations are available when requested. The group is led by returning Island resident Barney Munger who has been practicing solo and in groups since 1998. Should you have questions prior to coming, you can call Barney at 360-640-0046.

Wednesdays: Writing Workshop, Word Play with Linda Nygaard, 10:30-11:30am, April 19–May 31. Do you like words? If you do, come join us for some free form, wild-minded, no judgment writing. Let's sit around a table and talk about words and write about things, through some word exercises and writing. You do not need experience in writing. The class is limited to six people and will run for six weeks. Linda Nygaard is a Vashon resident whose previous life entailed a lot of writing. Her work has been published in newspapers and magazines.

Fridays: Spinal Mobility is being moved into the Center, 10-11am. There will still be a Zoom option for those who prefer online.

Friday afternoon BINGO with the FUN Committee. April 14, 3-4:30pm. The FUN Committee will host BINGO games on the second Friday of each month. \$5 for 5 games, bonus games available. Light snacks and refreshments will be served, cash prizes.

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) **Beginning Mah Jongg:**
9–10:30am.

(C) **Canasta:** 10–11:30am. Join Ellen Trout. Beginners welcome.

(C) **Mah Jongg:** 1–3pm.

(C) **Senior Saints Haircuts:**
April 10, 1–3pm.

(C) **Book Group:** April 24, 1:30pm:
The Eagle Huntress, by Aisholpan Nurgaiv
Leader: Cynthia Zant

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

(C) **Library 2 Go:** April 18, 10:15am.

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

WEDNESDAYS

(C) **Meditation, Breathwork and Gentle Yoga with Amy Huggins:**
April 5, 12, 8–8:45am. Class is held
using chairs.

(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) **NEW Word Play with Linda Nygaard:** 10:30-11:30am. April 19–
May 31.

(A) **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:** April 12, 7pm.

THURSDAYS

(C) **Low Vision Group:** April 6, 1pm.

(C) **Mah Jongg:** 1–3pm.

(T) **Trip:** April 13, 8:50am. LeMay
America's Car Museum

FRIDAYS

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

(C) **NEW Friday Spinal Mobility and Decompression on the Chair**
is being moved into the Center,
10-11am. There will still be a Zoom
option for those who prefer online.

(C) **Talk:** April 7, 1pm. Please join
Tim Johnson of the Hospital
District for updates and the current
happenings with the District
including a Q&A.

(C) **Talk:** April 7, 3:30-4:30pm.
Designing the Compelling
Photograph for All Cameras and
stay for the Encore Opening
with Ray Pfortner 5-8pm. It really
doesn't matter what camera you

use, from phone and point and
shoot to dSLR and mirrorless. The
key to a memorable photograph is
knowing the time-tested principles
of composition - and when to apply
them, and when not to. Principles
like thirds, odds, German angle,
simplify, point of view, avoiding/
creating relationships, crop to
clean and bookending. Explore
these principles and more with a
presentation of examples drawn
from work by Ray and other artists.
For all skill levels using any camera,
for anyone who wants to make their
photographs even better. Bring your
questions.

(C) **Art Walk:** April 7, 5-8pm. Art
Walk with Ray Pfortner.

(C) **Talk:** April 14, 1pm. Armchair
Travel: Ready for a dose of blue
skies, sunny days, and awe-inspiring
sights? Join Barb Gustafson as she
travels around the Southwestern
United States, visiting National
Parks and Monuments in Utah,
Arizona, New Mexico, and Colorado.
Learn about the human and natural
history of Mesa Verde, Hovenweep,
Bryce Canyon, Saguaro National
Park, and Taos Pueblo.

(C) **NEW BINGO:** April 14, 3–4:30pm.
Hosted by the FUN Committee.

(C) **Talk:** April 21, 1pm. Bruce
Haulman from the Heritage
Museum will return. Welcome him
back by joining him for a discussion
on "Teaching in Australia and New
Zealand: A 20 Year Journey."

(C) **Talk:** April 28, 1pm. The Annual
Membership Meeting.

SATURDAYS

(A) **Wild Walkers:** April 1, 10am.
The calendar says it's Spring and
hopefully the weather will pay
attention. Whatever happens, the
Wild Walkers' adventures continue

PROGRAMS Continued

with the next walk, no fooling (4/1 joke). We'll take a stroll in Island Center Forest, back to the Mukai Pond. This walk is about a mile, almost all level and very few tree roots. Everyone is welcome to join us at 10am at the Senior Center to carpool.

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

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.

Community Canvas: We need our Senior Community to join us in this fun event.

The Vashon Senior Center is partnering with McMurray Middle School for a painting workshop pairing seniors with students.

The event will be held on Friday, April 21st from 3:30–5:30pm, at McMurray Middle School. Each senior will be paired with a student and together they will work on creating a piece of art (art supplies will be provided). The theme will be, "Your Favorite Thing on Vashon." Art experience not required, but helpful. The finished pieces will be displayed at the Center May/June, with an opening on First Friday, May 5, 5–8pm. If the student and senior agree, artwork will be for sale with proceeds going to the Center. Please contact Pamela Wickard at the Center for more information and to sign up.



April Trip: LeMay America's Car Museum

Thursday, April 13. Based in Tacoma, the stunning 165,000-sq ft. facility has been recognized as one of MSN's 10 Best Automotive Museums worldwide. Meet at the Center 8:50am to catch the 9:40 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 4/3 and Non-Members sign up after 4/6. Masks are required during the bus ride to and from the museum.

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

SAVE THE DATES: May FUN Committee Events

Craft Day, Thursday May 4, 11am. Join the FUN Committee for a fascinator hat making craft to wear to the Sunday Tea.

Sunday May Tea, May 7. Time and more info will be announced.





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
						1 10am Wild Walkers
2 Beef with Potato 9am Beginning Mah Jogg 10am Canasta 1pm Mah Jongg	3 Beef with Potato 9am Beginning Mah Jogg 10am Canasta 1pm Mah Jongg	4 9:15am Meals on Wheels 10am Scrabble 10:30am Knit Wits & Hookers 1pm Pinochle 1:30pm Music Mends Minds 2:15pm Smartphones 4pm Meditation 6:15 Vashon Bridge Group	5 Tofu and Veggie's with Peanut Sauce V 8am Meditation/Yoga 10am Photo Club via Zoom 1pm Tai Chi Outdoors 1pm Party Bridge 1pm FUN Committee	6 Closed 1pm Mah Jongg 1pm Low Vision	7 Tuna Casserole 9am Zumba 10am Spinal Mobility Center/ Zoom 1pm Talk: Hospital District 3:30pm: Encore with Ray Pfortner 5pm First Friday	8 10:30am Second Saturday Knitters
9 Beef with Macaroni 9am Beginning Mah Jogg 10am Canasta 1pm Mah Jongg 1pm Senior Saints	10 Beef with Macaroni 9am Beginning Mah Jogg 10am Canasta 1pm Mah Jongg 1pm Senior Saints	11 9:15am Meals on Wheels 10am Scrabble 10:30am Knit Wits & Hookers 1pm Pinochle 1:30pm Music Mends Minds 2:15pm Smartphones 4pm Meditation 6:15 Vashon Bridge Group	12 Combread Taco Bake 8am Meditation/Yoga 10am Photo Club via Zoom 1pm Tai Chi Outdoors 1pm Party Bridge 7pm Computer Club	13 Closed 8:50am Trip: LeMay Car Museum 1pm Mah Jongg	14 Pineapple Chicken Stir Fry 9am Zumba 10am Spinal Mobility Center/ Zoom 1pm Talk: Arm Chair Travel 3pm BINGO	15
16 Chicken & Roasted Veggie's 9am Beginning Mah Jogg 10am Canasta 1pm Mah Jongg	17 Chicken & Roasted Veggie's 9am Beginning Mah Jogg 10am Canasta 1pm Mah Jongg	18 9:15am Meals on Wheels 10am Scrabble 10:15 Library 2 Go 10:30am Knit Wits & Hookers 1pm Pinochle 1:30pm Music Mends Minds 2:15pm Smartphones 4pm Meditation 6:15 Vashon Bridge Group	19 Carrot-Sweet Potato Curry V 10am Photo Club via Zoom 1pm Tai Chi Outdoors 1pm Party Bridge	20 Closed 1pm Mah Jongg	21 Turkey Noodle Casserole 9am Zumba 10am Spinal Mobility Center/ Zoom 1pm Talk: Heritage Museum 3:30pm Community Canvas	22
23 Baked Chicken & Rice 9am Beginning Mah Jogg 10am Canasta 1pm Mah Jongg 1:30pm Book Group	24 Baked Chicken & Rice 9am Beginning Mah Jogg 10am Canasta 1pm Mah Jongg 1:30pm Book Group	25 9:15am Meals on Wheels 10am Scrabble 10:30am Knit Wits & Hookers 1pm Pinochle 1:30pm Music Mends Minds 2:15pm Smartphones 4pm Meditation 6:15 Vashon Bridge Group	26 Meatloaf 10am Photo Club via Zoom 10:30am Writing Class 1pm Tai Chi Outdoors 1pm Party Bridge 3:30pm Board Meeting	27 Closed 1pm Mah Jongg	28 Baked Pasta & Broccoli Alfredo V 9am Zumba 10am Spinal Mobility Center/ Zoom 1pm Talk: Annual Membership Meeting	29
30						



Thanks to Don Myers

Last year Don came to the Center, and together we established the Senior Saints program. He provides free haircuts to seniors who need one, whether they're lower income or simply seeking a trim and a smile. Don is here on the second Monday of each month. Call the Center for more information. Thanks to the Beachcomber for the wonderful article and photo.

Care-A-Van is Back

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. Here is a quote from one of our Care-A-Van riders.

"I really enjoy coming to the Center. It has been quite a while since I was able to just chat with people my own age over a nice meal and I didn't realize how much I have missed this." —Wanda



Join us for Zumba on Friday mornings at 9am. Zumba is a guided movement to upbeat music. We want to give an energized THANKS to Ture and Mary. Members and staff are so thankful for your dedication to supporting Zumba at the Center. Stay for Spinal Mobility at 10am.

April Birthdays

- Wendy Gage 1
- Gus Schairer 1
- Al Ross-Weston 1
- Tag Gornall 1
- Charr Douglas 2
- Katherine Shedd 2
- John Burggraff 4
- Drew Balogh 4
- Kathleen Anderson-Tuma 5
- Alissa Arp 6
- Mik Kuhlman 6
- 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
- Pam Wise 9
- William Henderson 10
- Pat aHarmeling 10
- Kathryn Crawford 10
- Brenda Stansfield 12
- Cindy Weiss 14
- Doreen Higgins 15
- Warren Beardsley 15
- Kathleen Kelly 15
- SallyBetts 15
- Patty Van Den Broek Custer 15
- Evan Buehl 15
- Amy Huggins 16
- Les Johnson 17
- Bridget Webb 17
- Janet Welt 17
- Elise Lindgren 18
- Janie Starr 19
- Mary Anne Nagler 20
- Teresa Louis 20
- Penny Grist 21
- Dollie Haffie 21
- Phyllis Kaiden 22
- Kathy Ostrom 23
- Edward Clabaugh 24
- Michael Fisher 24
- Monte Smith 25
- Annie Neilson 25
- Janna Gingras 26
- Edith Aspiri 27
- Lynn Crudo 27
- Linda Milovsoroff 30
- Susan Gray 30



Members Passing

- Don Jackson, February
- Mary Bomber, March 2
- Christine Jovanovich, March 5
- Marilyn Klob March 16



THANK YOU!

Judy W for books, Elizabeth B for dozens of Vashon grown eggs, Frank S for fruit and cookie varieties, Kirsten A for a yummy football cake for the Super Bowl party, Wally F for office supplies, Marcia C for hearing aid batteries, Ellen T for salad mix, Sue W for puzzles, Dorothy N for hearing aids & supplies, Ellen K for a handmade shawl, Molly M for homemade cookies, Dave E for mega coffee and cookies, Charlene F for bus bungees, Chanda C for stationery supplies and socks, Hazel N for a turkey, Mary P for books, Sue & Norm P for greeting cards, Craig H for playing cards and a belated thank you to Michelle and Scott H for your support.

Thank you to our lunch bonus folks who provide homemade cookies and handmade cards of cheer: Karen B, Mariette & Delilah S, Anne T and Weslie R.

A BIG round of applause for Jamila and Kate, the Center's wonderful cooks for making delicious meals for us every Monday, Wednesday, and Friday.



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

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The 2023 Senior Farmer's Market Nutrition Program (SFMNP) enrollment planning has begun.

The SFMNP will provide low-income seniors with a new \$80 card (voucher checks have been discontinued) that can be used to purchase fresh fruits and vegetables at participating King County farmers market locations. This one-time distribution increases access to local produce while supporting local farms. Funding for this program comes from the United States Department of Agriculture (USDA).

Application enrollment period is Monday, April 10 – Friday, May 19, 2023. Information can be found by calling Community Living Connections: 1 844-348-5464 or 206-962-8467 or fns.usda.gov/sfmnp/senior-farmers-market-nutrition-program.

6 Vashon Senior Center April 2023 Newsletter

Thank You PSE and King County!

We are grateful to Puget Sound Energy which has graciously provided funding for the Center's newsletter, and to King County grants which has graciously provided funding for Center programming.



 **King County**

Veterans, Seniors & Human Services Levy

REGISTER NOW FOR FREE MAMMOGRAMS

The Swedish Mammography Van will be at the Vashon Health Fair on April 8. Limited appointments are available for women over 40 who are uninsured to receive either free mammograms or pap smears. Call Patricia at Vashon Youth and Family Services at 206-348-4252 to see if you qualify.

News from Senior Center Village

Our Senior Center Village is alive and springing into action. Here are a few of the exciting happenings:

The online bulletin board, known as **Vashon Helpful Village**, connects our seniors with neighbors and helpful volunteers. Village members have the option of requesting rides and assistance for tasks through their computers or by phone. Either way, the help-wanted notice is shared with a few volunteers who are qualified to fill that position.

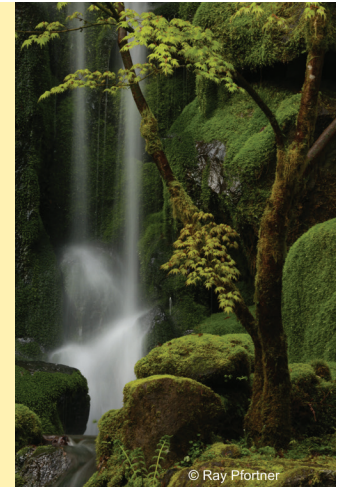
ALSO: If you have always wanted to learn how to use a cell phone, tablet or household electronic devices, we have a tech coach for you. These islander coaches will come to your home for a series of one hour tech sessions. You will learn how to use the tools of your choice and develop comfort by finding answers to the challenges that show up.

As an extension of our beloved Senior Center, the Village supports health and longevity at home by enhancing the quality of life in our broader island community. **To enroll as a member or volunteer go to: vashon.helpfulvillage.com.** Watch us blossom! The Senior Center Village now has 81 members, with over 30 members added in February and the first week of March. Join the Village today!

ARTIST: Ray Pfortner: Island Home — 29 Years of Photographing Vashon-Maury Island.

Ray and his wife, Nancy Wing, moved to Vashon in March 1994, emigrants of another small far away island, Manhattan. He has been photographing

his new home ever since, using his camera to help discover the Island. Revisiting locations over the decades has never disappointed, always leading to new discoveries and new images. His favorite time of day to photograph — an hour before sunrise. Recently he has been exploring nighttime and the fog. His favorite place to photograph — Tramp Harbor. Come see some of his favorite images, learn about the backstories through captions, his talks and 2 First Friday openings. Join Ray on April 7, 3:30pm for an encore discussion, Designing the Compelling Photograph for All Cameras, and then at First Friday 5–8pm.



Support Group for Family Caregivers

Vashon Care Network is offering initial weekly sessions for family caregivers starting in April. If you care for others — parent, spouse, friend — you also need to take care of yourself. Caregiving requires daily commitment, energy, and creativity. It's a challenge to wake every morning with a full tank. The stress that results from day-to-day caregiving is real and often suffered in isolation. The Vashon Care Network invites you to join other family caregivers in a safe, supportive space to share the experience of caregiving. Support circles are offered every

Thursday, April 6, 13, 20 and 27, from 6:30–7:30pm at the Vashon Lutheran Church. Leave behind your responsibilities and make space for yourself. Come together with others to share your concerns and struggles, make meaningful connections, find inspiration and new energy. If you need someone to stay with your loved one so you can participate, please let us know. Join us for coffee, tea, cookies and community. Questions? Contact Kathy Shafel, kshafel@comcast.net, 206-718-1458 or Tory Hayes, victoriansmith@comcast.net, 206-304-4544.



Vashon-Maury Senior Services
10004 SW Bank Road
P.O. Box 848
Vashon, WA 98070

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