



August 2023

Happy month with NO holidays, enjoy the warmth of summer.



Wednesday August 23, 3:30–5:30pm, Board of Directors meeting at the Center. Open to Center members.

Join Our Committees

The Center’s Board is interested in increasing the participation of members on its committees, such as Fundraising/Marketing and Facilities. If you are interested, please contact the Board: board@vashoncenter.org or call the board president at 206-259-1004.

Join the Board of Directors

Are you interested in sitting on the Board of Directors at the Center? If you have questions or for an application contact the Board at: board@vashoncenter.org or call the board president at 206-259-1004.

WHAT’S NEW AT THE CENTER

THURSDAYS: Welcome Back Watercolor Class. Join us Thursday, August 10 and 24, 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, and there may be an opportunity for a painting supply swap in the future.

TRIPS: Thursday, August 10, 10am–12pm. Sailing at Quartermaster with Bruce Haulman. See page 5 for more information.

THIRD WEDNESDAY OF THE MONTH: Vashon Fire Department will be here August 16 at 1pm to check blood pressure.



FRIDAYS: We welcome you to attend one of our Friday Talks at the Center at 1pm: August 4, join the Center’s Photo Club as they discuss their current show, which runs through the end of the month. August 11, Brian Brenno from the Heritage Museum will lead us over to the museum for a short field trip to see the 4th of July Hydros exhibit. August 18, 12–2pm come to the Members Annual Picnic at the Eagles, and on August 25, our movie is Little Miss Sunshine.

SAVE THE DATE

● 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.

All funds collected will go into the Center general fund.

Donate to the Center by August 2, then August 5 and 6 come shop 10am–4pm. Sunday will be half-off.



● Friday, August 18, 12–2pm, Annual Members Picnic at the Eagles. Come and join the fun. Celebrate the summer with a hamburger picnic (meat/ vegetarian will be provided). Please RSVP to the Center by Monday, August 14. There will be no lunch delivery on Friday, August 18.

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

(C) **Senior Saints Haircuts:**  
August 14, 1–3pm.

(C) **Mah Jongg:** 1–3pm.

(C) **No Book Group in 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:** August 15, 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/](http://photoclubvsc.blogspot.com/) to see some of the Club's work.

(C) **Story and Tell:** 12:45pm.

(C) **Vashon Fire Department:**  
August 16, 1pm. During lunch the Vashon Fire Department will be here to check your blood pressure.

(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) **Party Bridge:** 1–3pm.

(C) **Computer Club:** On summer break

(C) **Board Meeting:** August 23, 3:30–5:30pm. Open to all members.

## THURSDAYS

(C) **Low Vision Group:** Taking a summer break.

(C) **Mah Jongg:** 1–3pm.

(T) **Trip:** Thursday, August 10, 10am–12pm, Sailing on Quatermaster.

(C) **Watercolor class returns:**  
August 10 and 24, 2–4pm.

## 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:** On break until September.

(C) **Talk:** August 4. 1pm. Photo Club Talk. Come meet the photographers who will share their stories with a slideshow.

(C) **Art Walk:** August 4, 5–7pm. First Friday Opening, Photo Club: Light Moments.

(C) **Talk:** August 11, 1pm: Brian

Brenno of the Vashon Heritage Museum. Discussion of the 4th of July Hydroplane Races and a visit to the Museum's new exhibit about the annual hydroplane race.

(A) **Picnic:** August 18, 12–2pm. Member Picnic at the Eagles.

(C) **Movie:** August 25, 1pm. *Little Miss Sunshine*. A dysfunctional family undertakes a 700-mile journey—in a junky minivan—to realize a little girl's dream of being in a beauty pageant. Comedy, Drama, Emotional, Playful. R Rating.

## SATURDAYS

(A) **Wild Walkers:** August 5, 10am. Explore the Old Mill Road trails. The first time we went there was last March when it was chilly and rainy. An August walk will be very pleasant on this trail that is mostly flat and about a mile around. We will meet at the Senior Center at 10am to carpool or you can meet us at the trailhead on 220th (you can park on Old Mill Road).

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

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.



## Senior Center ROCKS at Strawberry Festival!

What a fantastic, Vashon-centered Strawberry Festival this year! We give thanks and cheers to our tutu-wearing parade brigade of Leslie, Sue, Thea, Tess, Kathleen, Fran and Maria, along with our favorite teens Zak, Dash and Ellia. Special thanks to Rich for giving us great music to walk to, Margaret for being a stellar fundraiser along the route, and Ina and Molly who brought their super stylish convertibles... and of course our favorite Unofficial Mayor Candidate Maddie and her person Mindy!

After the parade, we had lots of folks stop by our booth for strawberry candy, vintage pins for Strawberry Festivals past, and some excellent BAD Advice from Seniors. They walked away with morsels of wisdom like:

“How should I meet the love of my life?”

Answers: “Look online!” and “Go to lots of bars and wear very little clothing...”

A big thanks to the FUN Committee and all the participants that made the Center so wonderfully visible.

We also send a great big huzzah to the Vashon Chamber of Commerce and especially ED Amy Drayer for managing all this with a big smile on her face all the time — great job, Vashon Chamber!

## Center’s Photo Club Group Show



Center’s Photo Club Group Show: Come join the Talk, Friday, August 4, 1pm. Then join again at the First Friday Art Walk, Friday, August 4, 5–7pm at the Center. Light Moments: Thirteen members of the Photo Club are presenting a group show of images during July and August. Photographers represented at this show are Mike Dillmann, Linda Fox, Bob Hallowell, Dennis Hess, Eliza Hitchcock, Lorra Hoffman, Charlotte Lubbert, Peter Milovsoroff, Keith Prior, Karlista Rickerson, Richard Rogers, Jeff Twersky and Wade Yip. For visiting hours and more information about the show contact the Center.

### 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



August 2023

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</b> 9:15am Meals on Wheels 10am Scrabble 10:30am Knit Wits & Hookers 1pm Pinochle 1:30pm Music Mends Minds 2:15pm Smartphones 4pm Meditation 6:15pm Vashon Bridge Group	<b>2</b> <b>Beef Stew</b> 10am Photo Club via Zoom 12:45pm Story and Tell 1pm Tai Chi Outdoors 1pm Party Bridge 1pm FUN Committee	<b>3</b> <b>Closed</b> 1pm Mah Jongg	<b>4</b> <b>Vegetarian Shepherd's Pie V</b> 9am Zumba 1pm Talk: Photo Club 5pm First Friday Art Show	<b>5</b> 10am Wild Walkers 10am Rummage Sale
<b>6</b> 10am Rummage Sale—Half Off	<b>7</b> <b>Summer Salad Medley V option</b> 10am Canasta 1pm Mah Jongg	<b>8</b> 9:15am Meals on Wheels 10am Scrabble 10:30am Knit Wits & Hookers 1pm Pinochle 1:30pm Music Mends Minds 2:15pm Smartphones 4pm Meditation 6:15pm Vashon Bridge Group	<b>9</b> <b>Italian Sausage Kale Soup</b> 10am Photo Club via Zoom 12:45pm Story and Tell 1pm Tai Chi Outdoors 1pm Party Bridge	<b>10</b> <b>Closed</b> 10am Trip: Sailing 1pm Mah Jongg 2pm Watercolor	<b>11</b> <b>Chicken Salad Sandwich</b> 9am Zumba 1pm Talk: Brian Brenno Hydro Boats	<b>12</b> 10:30am Second Saturday Knitters
<b>13</b>	<b>14</b> <b>Porcupine Meatballs</b> 10am Canasta 1pm Mah Jongg 1pm Senior Saints	<b>15</b> 9:15am Meals on Wheels 10am Scrabble 10:30am Knit Wits & Hookers 1pm Pinochle 1:30pm Music Mends Minds 2:15pm Smartphones 4pm Meditation 6:15pm Vashon Bridge Group	<b>16</b> <b>Lentil Soup V</b> 10am Photo Club via Zoom 12:45pm Story and Tell 1pm VFD 1pm Tai Chi Outdoors 1pm Party Bridge	<b>17</b> <b>Closed</b> 1pm Mah Jongg	<b>18</b> <b>Annual Picnic</b> 9am Zumba Noon Members Picnic at the Eagles	<b>19</b>
<b>20</b>	<b>21</b> <b>Frittata V</b> 10am Canasta 1pm Mah Jongg	<b>22</b> 9:15am Meals on Wheels 10am Scrabble 10:15am Library 2 Go 10:30am Knit Wits & Hookers 1pm Pinochle 1:30pm Music Mends Minds 2:15pm Smartphones 4pm Meditation 6:15pm Vashon Bridge Group	<b>23</b> <b>Baked Spaghetti</b> 10am Photo Club via Zoom 12:45pm Story and Tell 1pm Tai Chi Outdoors 1pm Party Bridge 3:30pm Board Meeting	<b>24</b> <b>Closed</b> 1pm Mah Jongg 2pm Watercolor	<b>25</b> <b>Ham and Potato Casserole</b> 9am Zumba 1pm Movie: <i>Little Miss Sunshine</i> , Rated R	<b>26</b>
<b>27</b>	<b>28</b> <b>Chicken Stir Fry V option</b> 10am Canasta 1pm Mah Jongg	<b>29</b> 9:15am Meals on Wheels 10am Scrabble 10:30am Knit Wits & Hookers 1pm Pinochle 1:30pm Music Mends Minds 2:15pm Smartphones 4pm Meditation 6:15pm Vashon Bridge Group	<b>30</b> <b>Vegetarian Enchilada V</b> 10am Photo Club via Zoom 12:45pm Story and Tell 1pm Tai Chi Outdoors 1pm Party Bridge	<b>31</b> <b>Closed</b> 1pm Mah Jongg		



Thanks to our wonderful Student Volunteers Ellia, Zack and Dash. We really appreciate all of you!

Thanks to our wonderful Salad Makers, Bobbi Arnold, Tess Louis, and Penny Stapleton. Every week on Monday, Wednesday, and Friday we are treated to the most beautiful salads in all of Vashon.



### Free Consumer Cellular Phone

We have a free Consumer Cellular cell phone — a service contract needs to be purchased from that company. Our Smartphones leader, Rain, will set it up for you. Please let our Kathleen know if you are interested. 206-463-5173.

### Volunteer for Low Vision Group

We are seeking someone who will assist in the Low Vision Group. The person we seek will work closely with a key member of the group and will assist with contacting Low Vision members and help to write emails to organizations. Estimated time, a few hours per month.



### Volunteer at the Center

If you are interested in volunteering at the Center, please contact Pamela Wickard at [coordinator@vashoncenter.org](mailto:coordinator@vashoncenter.org). We have opportunities to help deliver lunches, join the Village movement, serve on committees and many others.

### TRIP

Thursday, August 10, 10am–12pm. Sailing at Quatermaster with Bruce Haulman as your guide.

The hill at QYC is steep so folks need to be able to walk down and back up. Folks can be on the main deck or the upper deck — there is a ladder to the upper deck, so some mobility/agility is needed to climb the ladder. Provide your own transportation, meet at Quatermaster Marina at 9:45am. We are asking for a \$20 suggested donation. Sign up begins August 1. Limited spots available.

Happy Birthday  
to those celebrating  
in August!



### Members Passing

- Carol Eckert
- Dave Rogers
- Nancy Slater



## THANK YOU!

Penny S for homemade cookies on June 23, 30 and July 7, Ellen K for dreamcatchers. Donna B for a cell phone, Jo Ann H for blueberries, Dave E for restroom supplies, Pat & Craig H for batteries and office supplies, Marcy R for handmade fabric flower arrangements, Margaret B for tea and ketchup, Marilyn B for homemade raspberry jam, Frank S for Tuesday treats, Klahanie School for cupcakes and cookies, Katrin F for stationery supplies, Marge B for garden rhubarb, Wendy W for treats, Linda P for fresh flower bouquets, Nan L & Ina O for mega treats, Yvonne K for paper products, Kathy and a mystery man for Boost drinks, Constance W for sharp kitchen knives, and Barb A for batteries.

Thank you Guest Chefs in May, June and July, Stephanie M, Teresa L, Kelly B and Bobbi A.

Thanks to our Garden Committee, Marilyn B, Mary Ann N and Gail B for making the Center's landscape very beautiful.

And thank you to all of our Strawberry Festival volunteers!

## Check out AARP Games

This is a great way to keep your brain active. Mah Jongg, word games, sports trivia edition, hidden objects, sequence square and hundreds more. Includes special features for AARP Members — and you'll earn AARP Rewards Points while you play! [games.aarp.org](http://games.aarp.org)

## 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.



## SOUNDCOMP.COM

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PO Box 2283  
Vashon Island, WA 98070



## VASHON PHARMACY

206-463-9118

TYLER AND AMY YOUNG

## SKY PRINTING

Mon - Fri: 09 AM - 06 PM  
Sat: 10 AM - 02 PM

PHONE 206.933.5900  
FAX 206.932.1876  
EMAIL [print@skyprinting.net](mailto:print@skyprinting.net)  
WEB [www.skyprinting.net](http://www.skyprinting.net)  
ADDRESS 4151 Fauntleroy Way SW Seattle, WA 98126

## Thank You King County!

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



King County

Veterans, Seniors & Human Services Levy



## Thank You Maddie

Maddie will always be Mayor of our senior hearts. While we join in hearty congratulations for the Old Goats Home and Jolene and Moose, 2023's Unofficial

Mayors of Vashon, we confess that Maddie will always be OUR Mayor. What a trooper. Maddie and Mindy, along with fantastic fundraiser Margaret and lots of helpers, raised \$1,171 for the Senior Center — \$370 online, and \$801 in cash donations... that is a lot of dollars thrown into a lot of jars by a lot of individuals! Thanks to all who donated to all the candidates and helped island non-profits raise well over \$30,000, and extra special thanks to our dear, loving Maddie. How lucky we are to live on Vashon.



Vashon Park District Presents

# CONCERTS IN THE PARK

AUGUST 2023 | 7-9 PM | OBER PARK | VASHON ISLAND  
CURATED BY VASHON EVENTS

THURS AUG 03 PUBLISH THE QUEST	THURS AUG 10 IAN MOORE BAND	THURS AUG 17 LOCARNO
THURS AUG 24 BOWIE/REX	THURS AUG 31 THE DJELIYAH BAND	

Grab your blanket and a picnic basket and get ready to dance and enjoy the music of these fantastic bands.

**7-9 PM**

**Concerts in the Park** The Vashon Park District is proud to present Concerts in the Park once again this year in partnership with Vashon Events. Concerts will be held every Thursday night in August from 7–9pm. Plus, there is a bonus concert on Friday, August 19th. Concerts in the Park is a family friendly series of events that brings the community together to enjoy free outdoor music. Taking place at Ober Park, which is located between the Vashon Public Library and the Vashon Park District, the park features grassy berms that make perfect amphitheater seating. You are invited to bring a blanket or lawn chair to enjoy the music. For more information: [vashonevents.org/concerts-in-the-park-2023](http://vashonevents.org/concerts-in-the-park-2023).

## Receipts = Center Donations

Please consider bringing in your Thriftway and IGA receipts. Please sign and include your phone number on each Thriftway receipt. In 2022 we received over \$6000 in donations from those receipts. Thanks to everyone who bought in their receipts, we greatly appreciate it. And a BIG thanks to Thriftway and IGA.

## Join us for Zumba on Friday mornings at 9am.

Zumba is a guided movement to upbeat Latin 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.

## Some Senior Thoughts...

"When I get a headache I take two aspirin and keep away from children, just like the bottle says."

"Just once, I want the prompt for username and password to say, 'Close enough.'"

"I hate it when I can't figure out how to operate the iPad and my tech support guy is asleep. He's 5 and it's past his bedtime."





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

Return Service Requested

Non-Profit Org  
 US Postage  
 PAID  
 Permit #46  
 Vashon, WA 98070

**2023 Board of Directors**  
 Constance Walker, President  
 Bill Swartz, Vice President  
 Nan Leiter, Secretary  
 Leslie Minch, Treasurer  
 Mary Ann Beardsley  
 Kelly Bennett  
 Steve Hildreth  
 Molly Malone  
 Tara Morgan  
 Ellen Stewart  
 Mary Van Gemert

Contact the Board: board@vashoncenter.org

**Staff**  
 Maria Glanz, Executive Director  
 Zoe Bennington, Business Manager  
 Kathleen Hendrickson, Operations Manager  
 Pamela Wickard, Volunteer and Program Manager  
 Fran Brooks, Bluebird Coordinator & Village Manager  
 Jamila Al Dahir, Monday Chef  
 Kate Huntley, Wednesday and Friday Chef  
 Katherine Shedd, Bus Driver

**AUGUST 2023 • Contact Us Phone: 206-463-5173 | Online: vashoncenter.org**



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