



December 2023

Hanukkah:
from sundown on
Thursday, December 7,
to sundown on
Friday, December 15.

Winter Solstice:
Thursday,
December 21

Christmas:
Monday, December 25

Kwanzaa:
December 26 through
January 1

Happy New Year!
Monday, January 1

SEE YOU at HOLIDAY
RAINBOW BLINGO
Naughty or Nice? Saturday,
December 2, doors open
at 6pm, Blingo at 7pm.
Camp Burton.

The Center will be closed
Monday, December 25 –
Monday, January 1.

The Center staff wishes
all of you a happy
holiday season and a
very happy 2024!

WHAT'S NEW AT THE CENTER

Friday, December 15, 1pm—Talent Show. It's BACK! Dust off your tap shoes, tune your fiddles, wear your ugly holiday sweaters and join us for the annual Vashon Senior Center Talent Show. The rip-roaring fun afternoon will begin after lunch. Sign up in advance at the front desk for a time slot to participate in the talent show. Performances should be about 5-10 minutes.

Monday, December 18, 1pm. The Grievers Book Box is here. Volunteer Project Manager, Pamela Belyea, will discuss the gestation of this unique community project, its mission, and its long-term goals.

Fourth Wednesday of the Month: December 27, 6-7:30pm. Vashon Senior Center partners with the Vashon King County Library for a NEW Intergenerational Evening Book Group. Ages 18 and older. Join us at the Vashon Library. Sam Harris, Teen, and Adult Services Librarian will host the group. Your suggestions for books can be entered here: <https://forms.office.com/r/unisEJh7fa>



Happy Winter Holidays to all!

Vashon Senior Center is deeply grateful for the support of our members over the years — thank you! We just wanted to remind you all about a few changes coming in 2024.

Because of rising costs for so many things, the Senior Center Board and Staff have been working to find sustainable revenue streams so that we can continue doing what we love: enriching the lives of older adults on Vashon-Maury Island. To help with this, we will be increasing two of our fees in 2024.

Beginning in January, our **annual Membership fee will change from \$25 to \$35.** We will also be **raising our Lunch prices to \$6 for Senior Center Members and \$10 for non-Members.**

We love our members and celebrate them with these benefits: the new Membership lunch discount, plus members get discounts on trip costs (and first chance to sign up). We have a monthly birthday lunch on the last Monday of every month, where Members celebrating a birthday that month eat for free. We throw an annual Membership picnic, as well as the annual Membership meeting.

As always, waivers are available for both Membership and lunches. If you'd like to request one, just ask Kathleen — call the front desk or stop in anytime we're open. Please know at the Senior Center, no one will ever be turned away for lack of funds.

If you have questions or concerns about these changes, please feel free to contact our Executive Director Maria Glanz by email (director@vashoncenter.org), phone, or stop by the office. Thank you for your continued support of Vashon Senior Center.

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) **Caricatures with River Morales:** December 11, 12:30-1:30pm. River Morales is a 18-year-old graduate from Vashon High School. He has always loved drawing and it's his dream to become a professional artist. Join us the second Monday of the month, as River spreads his love for art through caricature drawings. A suggested \$10 donation.

(C) **Senior Saints Haircuts:** December 11, 1-3pm.

(C) **Mah Jongg:** 1–3pm.

(C) **Book Group:** Taking a winter break. The group will meet again in January 2024

(C) **Birthday Lunch:** Monday, December 18, 11:45am–1pm. We will be celebrating all our members who have birthdays in the month of December. Birthday Members eat that day for FREE. Please make a reservation.

(C) **The Grievors Book Box:** December 18, 1pm. Volunteer Project Manager, Pamela Belyea, will discuss the gestation of this unique community project, its mission, and its long-term goals.

TUESDAYS

(C) **Smartphones with Rain:** 8:30am-10:15am. By reservation only. Please call the Center to make your 15-minute appointment.

(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:** December 19, 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 to see some of the Club's work.

(C) **Word Play:** December 6 and 20, 12:45pm with Margaret Roncone. Come join us with a notebook and pen to play with words.

(C) **Story and Tell:** December 13, 12:45pm. Join this delightful discussion after lunch.

(A) **NEW — Fundamentals of Tai Chi with Deena Eber:** 12:30 to 1pm. Denna is moving her Tai Chi class to the Ober Park Performance Space starting in December. Then stay for Outdoor Tai Chi class, 1–2pm.

(C) **Party Bridge:** 1–3pm.

(C) **Computer Club:** December 13, 7pm. Join Michael O'Donnell, he will answer your computer questions.

(C) **Vashon Fire Department:** December 20, 12:30pm, blood pressure check.

(A) **NEW: Vashon King County Library and Vashon Senior Center Book Group:** December 27, 6–7:30pm. Meet at the Vashon Library.

THURSDAYS

(C) **Low Vision Group:** December 7, 1pm. The group is interested in sharing coping stories as we traverse this vision loss path learning from each other.

(C) **Mah Jongg:** 1–3pm.

(C) **Watercolor class:** December 14, 2-4pm. Join Inge and Will, as they paint away the afternoon.

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:** Zoom Option if requested in advance, 10–11am.

(C) **Talk:** December 1, 1pm. Armchair Travel with Barb Gustafson "The Heart of Vashon: Sharing Our Stories" This month Barb Gustafson travels back in time! Join her as she shares heart-felt stories and poems written by islanders about their lives on our island home from the 1960s to the present. Barb pairs her contemporary photographs with these writings to create vignettes of moments in time as a tribute to this island we call home. She will have copies of "The Heart of Vashon-Sharing Our Stories in Pictures and Words" for sale at a discount price of \$15.00.

(C) **First Friday:** Vashon Audubon, 5–7pm. Pick up your 2024 calendars and see the watercolor show.

PROGRAMS Continued

(C) Talk: December 8, 1pm. Bruce Haulman of the Vashon Heritage Museum.

(C) Song Bath by the Threshold Choir: December 8, 2-3pm. Vashon Threshold Choir will offer their service to anyone who would like to receive a song bath.

(C) Talk: December 15, 1pm. Talent Show. Dust off your tap shoes, tune your fiddles and join us for the annual Vashon Senior Center Talent Show.

(C) Talk: December 22, 1pm. Vashon Audubon will share a delightful slide presentation with audio. All the birds were photographed here on

the Island by local photographers, coupled with songs recorded by the Cornell Lab of Ornithology.

SATURDAYS

(A) Wild Walkers: December 2, 10am. It's the time of year when the weather is more challenging and Wild Walks are definitely wild! Last month we canceled the morning of the walk due to a huge downpour along with thunder! Weather permitting, we'll walk the Burton Loop. We'll carpool from the Center, or you can meet us at the Jensen Point boat launch area around 10:15am. Everyone is welcome!

(A) HOLIDAY RAINBOW BLINGO: Naughty or Nice? December 2, doors open at 6pm, Blingo at 7pm. Camp Burton.

(C) Second Saturday Knitters: December 9, 10:30am–12:30pm.

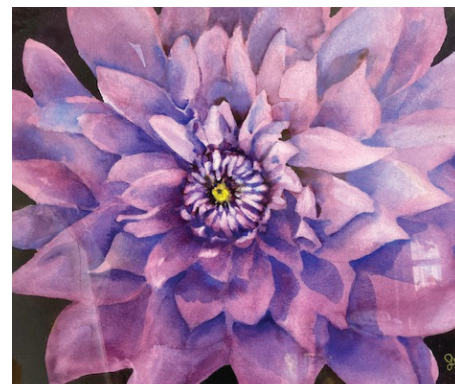
Where are the links to the programs? On our website!

vashoncenter.org/virtual-activities

Scroll down to find your program, click the headline and voilà: there it is.



Thank you Jane Neubauer for hosting a docent lead tour at Vashon Center for the Arts, VIVA show. It was a delightful afternoon, with tea and sun in the Heron Meadow.



Artists Show—The Center's Watercolor Group Show

The amazing, awesome, watercolor group will be displaying current works of art at the Senior Center during the months of November and December.

This show is not to be missed. Stop at the Center to indulge your senses in some exquisite art.

Join them for class December 14, 2–4pm, and First Friday, December 1, 5–7pm, at 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

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

December 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
3	4 Italian Sausage Frittata ✓ 10am Canasta 1pm Mah Jongg	5 8:30am Smartphones 9:15am Meals on Wheels 10am Scrabble 10:30am Tai Chi Wits & Hookers 1pm Pinochle 1:30pm Music Mends Minds 4pm Meditation 6:15pm Vashon Bridge Group	6 Hungarian Goulash 10am Photo Club via Zoom 12:30pm Tai Chi Intro Inside* 12:45pm Word Play 1pm Tai Chi Outdoors* 1pm Party Bridge 1pm FUN Committee *New location: Ober Park	7 Closed 1pm Low Vision 1pm Mah Jongg <i>First Day of Hanukkah</i>	8 Pasta Sausage & Squash 9am Zumba 10am Spinal Mobility 1pm Talk: Bruce Haulman, Vashon Heritage Museum 2pm Threshold Choir Song Bath	9 10:30am Second Saturday Knitters
10	11 Sloppy Joes 10am Canasta 12:45pm Caricature w/River 1pm Senior Saints 1pm Mah Jongg	12 8:30am Smartphones 9:15am Meals on Wheels 10am Scrabble 10:30am Knit Wits & Hookers 1pm Pinochle 1:30pm Music Mends Minds 4pm Meditation 6:15pm Vashon Bridge Group	13 Enchilada Casserole ✓ 10am Photo Club via Zoom 12:30pm Tai Chi Intro Inside* 12:45pm Story and Tell 1pm Tai Chi Outdoors* 1pm Party Bridge 7pm Computer Club *New location: Ober Park	14 Closed 1pm Mah Jongg 2pm Watercolor	15 Spinach Artichoke Baked Chicken 9am Zumba 10am Spinal Mobility 1pm Talent Show	16
17	18 Potato Squash Soup ✓ 10am Canasta 11:45am December Birthday Lunch 1pm Grievers Library Talk 1pm Mah Jongg	19 8:30am Smartphones 9:15am Meals on Wheels 10am Scrabble 10:15am Library 2 Go 10:30am Knit Wits & Hookers 1pm Pinochle 1:30pm Music Mends Minds 4pm Meditation 6:15pm Vashon Bridge Group	20 Meatloaf 10am Photo Club via Zoom 12:30pm VFD BP Check 12:30pm Tai Chi Intro Inside* 12:45pm Word Play 1pm Tai Chi Outdoors* 1pm Party Bridge *New location: Ober Park	21 Closed 1pm Mah Jongg <i>Winter Solstice</i>	22 Clam Chowder 9am Zumba 10am Spinal Mobility 1pm Talk: Vashon Audubon	23
24	25 Closed <i>Christmas</i>	26 Closed <i>First Day of Kwanzaa</i>	27 Closed	28 Closed	29 Closed	30
31						

A Note From Our Executive Director

Dear Friends,

What a wonderful year it's been here at Vashon Senior Center. I am filled with appreciation for this community — our dedicated staff, committed members, incredible volunteers, and generous donors. We recently finished our annual satisfaction survey, and I wanted to share a few comments we received:

"This is an amazing community. The activities provided not only help with basic needs, but honor the whole soul and whole being that each person is."

"The staff is always welcoming, helpful, and caring. The programs & events offered are based on client & community needs and interest. The Senior Center is the Gem of Vashon!"

And my personal favorite:

"More cowbell! Just kidding, everything is really well done."

As I write this, we have Canasta players in the side room, lunch delivery drivers heading out, the main room being prepped for Dining With Friends, our Care-a-Van picking up lunch folks, and later we'll have Senior Saints haircuts and a game or four of Mah Jongg — a normal, happy Monday. Thank you to everyone who helps us live out our mission: enriching the lives of older adults on Vashon-Maury Island. It's wonderful growing older together.

With much gratitude, Maria

Updates on the Village

The Village is growing! Like Bluebird, Neighbor to Neighbor is now part of the Village program. Our Village website — vashon.helpfulvillage.com — helps us answer Village member requests easily: requests are posted and volunteers respond. And Fran still takes phone calls, of course.

As we move into 2024 we're beginning another critical service: Check Ins. We coordinate volunteers to make daily check in phone calls to socially isolated older islanders. If a volunteer has concerns about the person's welfare, the Village can respond. Growing community and reducing social isolation are the key goals.

Village volunteers can help in many ways. We are getting more requests for volunteers than we are able to meet. We try to find solutions even when there are no volunteers available — but we need more volunteers! We invite all Vashon to join us. For more information, please call Village Manager Fran Brooks at 206-485-4335.



Audubon Talk in the Center

December 22, 1pm. Vashon Audubon will share a delightful slide presentation. All the birds were photographed here on the Island by local photographers, and will be coupled with songs recorded by the Cornell Lab of Ornithology. *Photo: White crowned sparrow by Melissa Treharne*



Happy Birthday to those celebrating in December.

If your birthday is in December, come on the last Monday of the month, December 18, 11:45-1pm. We will be having one big celebration. And all December birthdays eat lunch for FREE on that day



Members Passing

Marge Davey

THANK YOU: Care Closet for Ensure, Phil Y for gourmet chocolates, Wendy W for decaf coffee, Sheila B for bathroom tissue, Marge B for garden apples, Elsie F for candy, Hazel W for towels, Kirsten A for magazines, and Frank S our cookie man.

Free Books for the Bereaved

Presented by Pamela Belyea, volunteer Project Manager



After the loss of a loved one, grieverers may experience extreme mental, emotional, and physical pain combined with a mind-numbing brain fog. This insufferable combination begs for relief which can come in many forms, including "bibliotherapy." Volunteer-driven and community supported, the Grieverers Library provides free grief-related books for children, teens, and adults in public book boxes; a directory of grief books in public libraries world-wide; and "EZ Reads," an on-line collection of short, curated passages from notable grief books. **Join us Monday, December 18, 1pm for a "grand opening" and introduction to the program.**

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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Welcome Letitia Reason

Letitia recently joined the Senior Center staff to support the Executive Director on a temporary assignment that lasts until the end of the year. She has lived on Vashon for just

over 22 years, during which time she finished graduate school and worked in global health, traveling frequently to different African countries. She is passionate about nature and can often be found outdoors — hiking, camping, kayaking, or walking on one of Vashon’s many beautiful trails.

Caring for Caregivers

The Vashon Care Network invites you to join family caregivers in a caring supportive space. Come together to share your concerns, make connections, and find inspiration. The group has been meeting for the past six months and welcomes others to join them. If you need someone to stay with your loved one so you can participate, please let us know. Support circles are offered from 6:30–7:30 p.m. every Thursday at Vashon Lutheran Church. Contact Kathy Shafel at kshafel@comcast.net or 206-718-1458 or Tory Hayes at victoriansmith@comcast.net or 206-304-4544 with questions. We meet weekly — come when you can!

Veteran’s Day Lunch 2023

A huge thanks to all the Veterans that joined us on Friday, November 10 at the Center. We are incredibly grateful for your service to our country. And thank to the Scouts, the FUN Committee and Bruce Haulman.



9740 SW Bank Road, Vashon, WA 98070

(206) 463-2100 | vashonthriftway.com



Vashon-Maury Senior Services
 10004 SW Bank Road
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 Kelly Bennett
 Deena Eber
 Steve Hildreth
 Molly Malone
 Ellen Stewart
 Mary Van Gemert
 Wade Yip

Contact the Board: board@vashoncenter.org

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Staff
 Maria Glanz, Executive Director
 Zoe Bennington, Business Manager
 Kathleen Hendrickson, Operations Manager
 Pamela Wickard, Volunteer & Program Manager
 Fran Brooks, BlueBird Coordinator & Village Manager
 Letitia Reason, Executive Coordinator
 Jamila Al Dahir, Monday & Friday Dessert Baker & additional Chef
 Chris Ramsell, Monday Chef
 Kate Huntley, Wednesday & Friday Chef
 Katherine Shedd, Bus Driver
 Jojo Weller, Village Assistant



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