



December 2022

Hanukkah
Sunday, December 18

Winter Solstice
Wednesday, December 21

Christmas Day
Sunday, December 25

Kwanzaa
Monday, December 26

Last Day of Hanukkah
Monday, December 26

Happy New Year
Sunday, Jan 1

The Center will be closed Monday, December 26 – Friday, December 30, so the Staff can celebrate with their loved ones.

The Center staff wishes all of you a happy holiday season and a very happy 2023!

Annual Meeting Summary

The annual meeting on Friday, November 4 was well attended. It was held at St. John Vianney Church due to COVID restrictions. Approximately 80 members and 10 non-members attended.

The meeting began with a thank you to the community and acknowledgment of the challenges of this last year. Though we have had several people leave the ranks of the senior center since last winter, participation, volunteerism and financial support remain strong. The staff shared that they are enjoying their jobs and that current programming is well attended as members' concerns regarding COVID diminish. Two bylaw amendments were passed. Two motions were put forward by members. The first was withdrawn after much discussion and the second passed. It calls for an outside financial audit.

Cake, cookies, and refreshments were enjoyed by the crowd. Any questions that were not addressed at the meeting may be directed to the board at board@vashoncenter.org. Please note that a summary of the financial oversight committee report is included in this newsletter. Please see page 7 for the Fiscal Oversight Committee report.

SAVE THE DATES



Friday December 16. Come celebrate Ugly Sweater Day, Please show us your ugly sweaters. There will be a prize for Ugliest, and a movie at 1pm.

December 23, 1pm. Holiday Celebration, come and celebrate the holiday season and a hopeful new year at the Center. There will be music, cheerful treats, and plenty of friends.

WELCOME

2022 Vashon Senior Center Board of Directors Election

Let's give a warm welcome to our newly elected board members: Ellen Stewart, Molly Malone and Steve Hildreth. We look forward to their input in the coming years.

Thank you, members, for participating in the election process.

PROGRAMS

In Center (C), via Zoom (Z), or 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) **Mah Jongg:** 1-3pm.

(C) **Party Bridge:** 6:30-9pm.

(C) **Senior Saints:** December 5 and 19, 1-3pm.

(C) **Book Group:** There is no book for December, see you in January.

TUESDAYS

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

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

(Z) **Spinal Mobility and Decompression on the Chair:** 10-11am. Join Margaret Hoeffel, new day, and time. You can find the Zoom link on our website.

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

(C) **Music Mends Minds:** 1:30-2:30pm. Special editions: Christmas Caroling with Music Mends Minds and The FUN Committee December 13 and 20. Holiday refreshments will be served.

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

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

(T) **Trip:** Tuesday, December 6, 9am. Holiday Shopping Spree at the Tacoma Mall.

(T) **Trip:** Tuesday, December 13, 3pm. Classic Zoo Lights at Point Defiance.

(C) **Library 2 Go:** December 20, 10:15am.

(C) **Vashon Bridge Group:** 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. NEW: <https://us02web.zoom.us/j/82474076022?pwd=VGZxb3R4Yys4d045TTM4UU5GOFhQQQT09>

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) **FUN Committee wreath making:** December 14, 1pm.

(C) **Villages Holiday Party:** December 14, 4-6pm.

(C) **Computer Club:** December 14, 7pm.

THURSDAYS

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

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

FRIDAYS

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

(C) **Healing Through Sharing support group:** 10:30-11:30am. Join Diane Brenno and others to talk about life, loss, and how to cope and move forward.

(C) **Talk:** December 2, 1-3pm. Please join Amy Huggins, yoga teacher and meditator, on her return from a month long mostly silent meditation practice in India, without cell phones and computers, to free her consciousness of all forms of suffering. Amy will be sharing and gifting her experiences of enlightenment with others.

(A) **JAM with Core Centric:** December 2, 2:30pm. Come JAM! We will meet at Ober Park (weather permitting).

(C) **Talk:** December 9, 1pm. Please join Historian Bruce Haulman, for a history of the Holidays on Vashon.

(C) **Talk:** December 16, 1pm. Movie: *The Christmas Chronicles* (2018). Starting Kurt Russell, he makes a mighty fine Santa in this fantasy film coproduced by Home Alone director Chris Columbus, about two kids who stow away on his sleigh. Goldie Hawn, 76, had a cameo as Mrs. Claus. You can also help us celebrate Ugly Sweater Day, wear your ugliest sweater to the Center and win a prize.

(C) **Event:** December 23, 1pm. Holiday Celebration, come and celebrate the holiday season and a hopeful new year at the Center. There will be music, cheerful treats, and plenty of friends.

PROGRAMS Continued

SATURDAYS

(A) Wild Walkers: December 3, 10am. The weather outside may be frightful and just too cold. Our Wild Walkers activity will meet at the Senior Center and those attending will decide where we want to go...or IF we want to go. Maybe we'll play a wild game of charades instead. Everyone is welcome.

(C) Second Saturday Knitters: December 10, 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.



TRIPS

Tuesday, December 6, 9am. Holiday Shopping Spree at the Tacoma Mall. Meet at the Center 9am, for a 9:40am departure from Tahlequah. Then we'll go to the Festive Tacoma Mall for shopping and lunch in the food court (lunch not included in the price for the trip). Return on an afternoon ferry. Members Price: \$10 Non-Members Price: \$12. Call to reserve your spot after November 30, members. December 2, non-members

Tuesday, December 13, 3pm. Classic Zoo Lights at Point Defiance. Magical lights and a classic holiday tradition dazzling our community for 35 years. The Zoo is transformed into a colorful winter wonderland with over 800,000 LED lights. Meet at Center at 3pm for 4:05pm Tahlequah departure. Return Point Defiance departures: 7:25pm or 8:25pm. Members Price: \$22. Non-Members Price: \$25. Call to reserve your spot after December 2, members. December 7, non-members.



FUN COMMITTEE EVENTS

Join the FUN Committee for an afternoon of wreath making: Wednesday, December 14, 1pm, at the Center. Supplies and refreshments will be provided.

Christmas Caroling with Music Mends Minds and The FUN Committee: Tuesday December

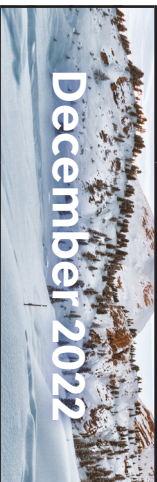
13, 1:30pm and Tuesday December 20, 1:30pm. Come to the Center and enjoy the festivities, Christmas cookies, and hot cider or hot chocolate.

The FUN Committee is Seeking Volunteers

They are planning FUN and fund-raising program and events for 2023. BINGO will return in 2023. If you are interested in joining this delightful and energetic group, please contact Pamela Wickard, coordinator@vashoncenter.org or call the Center 206.463.5173.

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
Villages Program 206-929-0823



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 Closed 1pm Mah Jongg 1pm Low Vision Group	2 Cream of Broccoli Soup 9am Zumba 10:30am Healing Through Sharing 1pm Talk: Amy Huggins on Enlightenment 2:30 JAM @ Ober Park	3 10am Wild Walkers
4 Beef with Pasta 1pm Mah Jongg 1pm Senior Saints 6:30pm Party Bridge	5 Beef with Pasta 1pm Mah Jongg 1pm Senior Saints 6:30pm Party Bridge	6 9am Trip: Holiday Shopping 9:15am Meals on Wheels 10am Spinal Mobility via Zoom 10:30am Knit Wits & Hookers 1pm Pinochle 1:30pm Music Mends Minds 2:15pm Smartphones 6:15 Vashon Bridge Group	7 Chicken Caesar Salad 10am Photo Club via Zoom 1pm Tai Chi Outdoors 1pm FUN Committee Meeting 1pm Party Bridge	8 Closed 1pm Mah Jongg	9 Tofu Veggie & Peanut Sauce 9am Zumba 10:30am Healing Through Sharing 1pm Talk: Bruce Haulman Holidays	10 10:30am Second Saturday Knitters
11 Lentil Soup 1pm Mah Jongg 6:30pm Party Bridge	12 Lentil Soup 1pm Mah Jongg 6:30pm Party Bridge	13 9:15am Meals on Wheels 10am Spinal Mobility via Zoom 10am Scrabble 10:30am Knit Wits & Hookers 1pm Pinochle 1:30pm Music Mends Minds/ FUN Committee 2:15pm Smartphones 3pm Trip: Zoo Lights 6:15 Vashon Bridge Group	14 Beef Stroganoff 10am Photo Club via Zoom 1pm Tai Chi Outdoors 1pm Party Bridge 1pm Craft with FUN Committee 4pm Villages Holiday Party 7pm Computer Club	15 Closed 1pm Mah Jongg	16 Corn Souffle 9am Zumba 10:30am Healing Through Sharing 1pm Movie: <i>The Christmas Chronicles</i> and Ugly Sweater Day	17
18 Baked Chicken with Rice 1pm Mah Jongg 1pm Senior Saints 6:30pm Party Bridge	19 Baked Chicken with Rice 1pm Mah Jongg 1pm Senior Saints 6:30pm Party Bridge	20 9:15am Meals on Wheels 10am Spinal Mobility via Zoom 10:15 Library 2 go 10:30am Knit Wits & Hookers 1pm Pinochle 1:30pm Music Mends Minds/ FUN committee 2:15pm Smartphones 6:15 Vashon Bridge Group	21 Beef Stew 10am Photo Club via Zoom 1pm Tai Chi Outdoors 1pm Party Bridge	22 Closed 1pm Mah Jongg	23 Shrimp Scampi 9am Zumba 10:30am Healing Through Sharing 1pm Center Holiday Festivities	24
25 Closed	26 Closed	27 Closed	28 Closed	29 Closed	30 Closed	31

Harvest Against Hunger

The King County Farmers Share (KCFS) connects local food access to efforts with local farms. With a generous grant we were able to receive fresh produce from Forest Garden Farm and Matsuda Farm for our seniors.



Chris from Forest Garden Farm

The survey is in! We would like to share some of the recent comments from our 2022 King County VSHSL Service Satisfaction Survey. A big thanks to our dear members, we love you too.

"Staff and volunteers are so supportive. It's a safe and fun environment."

"Joyful place... respect for all... lots of friendly smiles"

"We meet our friends! I'm 88 and enjoy meeting new people."

"Such a caring staff!"

"This place is effing fabulous!!!"

For more information about the survey visit: bit.ly/3Gkzf5a

 **King County**
Veterans, Seniors & Human Services Levy

December Birthdays



David Erue 1
Barb Myhrman 1
Jane Neubauer 1
MaryLou Harris 1
Melissa Johnson 1
Denise St Dennis 2
Susan Commeree 3
Debra Taylor 4
Annie Hamlin 4
Doug Ostrom 6
Nancy Johnson 6
Carolyn Turner 7
Adrienne Chaconas 7
Lynne Walters 7
Deborah Richmond 8
Kathy Abascal 8
Judy Olson 10
Al Slaughter 11
Jan Perry 13
Dorothy Napoli 13
Ken Arasim 14
Kate Smith 14
Carol Wilcox 14
Beth White 14
Liz Anderson 16
Jessika Satori 16
Betty Hawkins 19
Zoe Bennington 20
Bob Kellum 20
Kelli Brooke 23
Ava Apple 23
Jamila Aldahir 24
Carol Norton 25
Peter Dorman 27
Daphne Ashling Purpus 27
Jean Andrus 27
Kelly Bennett 27
Ellen Trout 28
Kathy Hawkins 28
Shannon Sudduth 28
Patricia Stougaard 28
John Dunn 29
Nan Leiter 29
Cheryl Weise 30
Bob Spangler 31

VASHON SENIOR Center **VILLAGES**

Let's
Celebrate
Our Villages!

Wednesday
December 14
4pm to 6pm

All enrolled Village Members & Volunteers welcome.
Please RSVP to Villages Program Manager
Maria Glanz at (206) 929-0823 or
villages@vashoncenter.org

 **King County**
Veterans, Seniors & Human Services Levy

Members Passing

Sigrid Thomas
November 12



We are very fortunate to have the support of countless folks with wonderful donations including: Nanny B for garden garlic, Frank S for cookies and garden fruit, Kirsten A for a variety of teas, Cynthia Z for S'mores snacks, Suzanne A for puzzles, Pat H for a treat maker, Marlyce & Bob D for calendars & cards, Thomas & Fernhorn Electric for your sleuthing solutions, and Susie H for a giant box of chips, and Wendy W for dessert delights.

Extra delicious gratitude to Pat D for homemade Halloween lunch cakes, Karen B and Mariette & Delilah for homemade super cookies!

Everyone appreciates Anne T and Weslie R for their heartwarming, creative cards for the lunches.

SOUNDCOMP.COM

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 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
WEB www.skyprinting.net
ADDRESS 4151 Fautleroy Way SW Seattle, WA 98126

Poetry Book Benefits Senior Center

Joy Goldstein, a longtime islander known best as a potter and activist, also quietly wrote poetry for many years. The book of poems was published by islander Jane Neubauer, Goldstein's longtime friend who showed pottery with her as part of the "Mud Mamas" on Vashon's studio art tour.

Goldstein is well known on the island and beyond as a self-professed "peacenik," sitting vigil against violence and for world peace.

The proceeds of the poetry book go to the Senior Center. You can pick up a copy at the Vashon Book Shop.

Sign Up for the Pen Pals Program

The Pen Pals Program returns to another fun year of corresponding with students from the Harbor School. We will have more, little Pen Pals this school year.

If you are interested in being a part of this delightful program, call the Center or email Pamela Wickard at coordinator@vashoncenter.org



Butterscotch Rides Again!

Come and join us for one of our many programs or an in-Center lunch, Monday, Wednesday, or Friday.

Look who rode into the Center for Halloween... it's Kathleen on Butterscotch.

We hope you'll join us soon.

NEW ARTIST: Christopher Roberts is a self-taught artist who began his lengthy career working with lapidary and jewelry in the 1970s. He also spent many years working with other media like airbrush, oil paints, watercolors, and colored pencil. Christopher is a very spiritual person and has devoted much of his life to the study of different beliefs. Originally from Tucson, AZ, Vashon has been his home for 20 years. This show represents his most current body of work, with Prisma Colored Pencils.



MySeniorCenter

December 1st is our inauguration day of MySeniorCenter. This is a tool for us to keep count of who attends our many activities, classes, talks and meals. We will be able to see exactly how many of you volunteer, how many lunches get delivered and so much more. It's a great tool for us to keep giving you the programs you want and to use for the grants that keep our Center open.

You will be given a key card that you scan it at the kiosk when you enter the Center. It's that simple. Please see Zoe Bennington to get your key card and let us know if you have any questions.

The Vashon-Maury Senior Center Financial Report

The Vashon-Maury Senior Center is in a strong and stable financial position.

Our 2021 total income was \$499,341 and 2021 expenses were \$440,124. Last year we benefitted from COVID relief funds, Vashon Emergency Preparedness donations and donations from individuals, all of which supported our newly formed home meal delivery program. Our 2021 net assets equaled \$885,531, which include the depreciation of our building and equipment.

Our tangible property includes the building, two vans, equipment, and furniture. Our newest van was purchased in 2021 with funds from a King County grant for our Villages Program.

In 2021, our government grants (King County) equal \$190,317. All other grants, gifts and contributions equaled \$249,224. Granny's Attic has been a very generous supporter of the Center. They help us with partial funding for meals, Bluebird medical transportation and general operations. Membership dues also help support programs.

In 2021 we delivered over 8000 meals, 35% were without charge. By making our meals affordable to our seniors, we charge about half of what it costs for each meal. During

COVID, we discovered that home meal delivery is a basic need for many seniors who are socially isolated, have health issues, are home bound, live marginally and otherwise would not get a healthy, hot meal. It has become an important program that we will continue for the foreseeable future.

As our building ages, there are maintenance costs. As the cost of goods goes up, so do our expenses. We try to pay our valuable employees a living wage. Most of our grants are restricted and do not cover much of the cost of salaries and operations. Our volunteers and staff are an invaluable asset that helps keep all our programs running.

We maintain a minimum of one-year operating expenses in a reserve fund at all times to maintain financial stability. We conduct an internal audit every year.

The success of our Senior Center depends on the generous support of our Island donors. We appreciate all the financial support our community has provided to the Center over the years. We cannot do this work without you.

Thank you.

*Respectfully submitted by Mary Ann Beardsley,
Board Treasurer.*



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



2022 Board of Directors
Tara Morgan, President
Nan Leiter, Secretary
Mary Ann Beardsley, Treasurer
Kelly Bennet
John Dunn
Bill Swartz
Mary Van Gemert
Thea Vernoy
Contance Walker
Wade Yip
Contact the Board: board@vashoncenter.org

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Staff
Zoe Bennington, Business Manager
Kathleen Hendrickson, Operations Manager
Pamela Wickard, Volunteer and Program Manager
Maria Glanz, Villages Program Manager
Fran Brooks, Bluebird Coordinator
Jamila Al Dahir, Monday Chef



Find us on Facebook
facebook.com/VashonSeniorCenter