



February 2023



SUPER BOWL PARTY

Fun at the Center, Sunday, February 12. Doors open at 3pm. Come and cheer on your favorite team. Potluck, so please bring a snack to share with others or bring your own. Open to all!

**Presidents Day
Monday,
February 20**
The Center will be closed and no lunch delivery.



February is Black History Month
Black History Month was created to focus attention on the contributions of African Americans to the United States. It honors all Black people from all periods of U.S. history, from the enslaved people first brought over from Africa in the early 17th century to African Americans living in the United States today.

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 \$5 a meal.

Celebrate the SUPERBOWL and OUT HEROES of the NFL

Professional football leagues are over a hundred years old in the United States. Over the course of those hundred years, there has only been one player courageous enough to come out while on an active roster.

His name is Carl Hassib. He is currently signed with the Tampa Bay Buccaneers and plays on their defensive line.



Carl Hassib was playing for the Raiders when he came out in June 2021. He received widespread support from his teammates and NFL management. He supports the Trevor Project, a suicide-prevention service for LGBTQ youth in America.

Thank you, Carl, for refusing to let homophobia be a default setting for American sports fans. YOU ARE A HERO. Join us at the Senior Center on February 12 at 3pm for the Superbowl Potluck and learn which other NFL players have had the courage to proudly be themselves.

WHAT IS NEW!

Canasta: Mondays, 10:30–11:30am. Beginners welcome. Join Ellen Trout for a new game each Monday morning.

Chess: Thursday, 1–3pm. Join Diana Garrett every Thursday afternoon at the Center. Please bring your own chessboard.

Mah Jongg Class for Beginners, Monday mornings for 6 weeks starting March 27, 9–10:30am. Class will be limited to 6 people. Sign up early at the Center. Excess of 6 people will go on a waiting list for the next class. Please plan to be there on the first day of class, or you will be too far behind to catch up. Mah Jongg instruction is free, but participants will need to purchase a Mah Jongg card for 2023 from the national Mah Jongg League. Cards cost \$14–\$15.

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) **Mah Jongg:** 1–3pm.

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

(C) **Senior Saints Haircuts:** February 13, 1–3pm.

(C) **Book Group:** February 27, 1:30pm. *Bewilderment*, by Richard Powers. John McCoy will lead the discussion.

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. Tuesday, February 14, a special Valentine "Music for Lovers" theme. Don't miss it.

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

(T) **Trip:** Costco, Tuesday, February 14, 9am.

(C) **Library 2 Go:** February 21, 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=VGZxb3R4Yys4d045TTM4UU5GOFhQQT09>

Meeting ID: 824 7407 6022, Passcode: 341256

(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:** February 8, 7pm.

THURSDAYS

(C) **Low Vision Group:** February 2, 1pm.

(C) **Mah Jongg:** 1–3pm.

(C) **Chess:** Thursday, 1–3pm. Join Diana Garrett. Please bring your own chessboard.

FRIDAYS

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

(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) **Talk:** February 3, 1pm. The Friday talk will be an art demo by our guest artist Barbara Newton. Barbara will be reworking an older pastel painting. You can watch the magic as she gives new life to her pastel and offers inspiration to inspiring artists.

(C) **Talk:** February 10, 1pm. Please join Cyrus Anderson of the Heritage Museum, as he presents a talk on how Captain George Vancouver created the name Puget Sound to honor his lieutenant, Peter Puget. Cyrus will talk about the expedition, exploration, and mapping of Puget Sound.

(C) **Talk:** February 17, 1pm. Please join Tim Johnson, Superintendent of Vashon Health Care District. He will offer an update on what is happening with the Hospital District, with time for a Q & A.

(C) **Talk:** February 24, 1pm. Villages Program. The Vashon Senior Center Villages program helps neighbors come together to support the seniors in their midst by socializing, building community and more. Villages are neighborhood-focused, member-led, and volunteer-supported. Learn more about Villages growing on Vashon and help bring this program to life.

SATURDAYS

(A) **Wild Walkers:** February 4, 10am. We'll venture to the Lower Gold Beach loop. We'll stay out of the woods with muddy trails and walk on a paved road that's just about a mile around. We're always hopeful the mountain will be out in all her glory because the view there is fantastic. We'll meet at the Senior Center at 10am to carpool (with masks) or participants may meet at the parking area at the bottom of the hill. Keep on walking!

(C) **Second Saturday Knitters:** February 11, 10:30am–12:30pm.

(C) **Super Bowl Party:** February 12, 3pm.

PROGRAMS Continued

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.

Valentine's Events at the Center

FUN COMMITTEE EVENT: Monday, February 13, Valentines Lunch. Join us for a festive, love-filled holiday lunch.

Music Mends Minds: Join Music Mends Minds Valentine's Day February 14, 1:30–2:30pm, for a special Valentine "Music for Lovers" theme. Come and fill your heart with music.

FEBRUARY TRIP

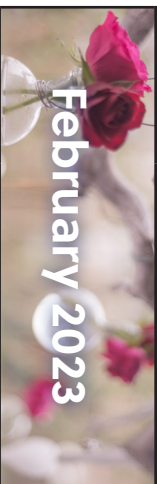
Costco Trip: Tuesday, February 14. Meet at the Center at 9am. This is a Costco only trip, and we will get lunch at Costco. Participants need to have a Costco Membership. Center members sign up beginning February 1. Non-members begin after February 7. Space will be limited. Members \$10. Non-members \$15.



Welcome Katherine Shedd, the Center's new Bus Driver. Katherine has lived on Vashon for over thirty years. She spent the last five years driving for the Access Bus service on the island. Katherine claims, "I'm not afraid of anyone's driveway. And I hope to meet many new people as we enjoy our rides on the bus together." Call the Center to arrange your pick up on Monday, Wednesday, and Friday to join us for lunches 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
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 Sausage & Kale Soup 10am Photo Club via Zoom 1pm Tai Chi Outdoors 1pm FUN Committee Meeting 1pm Party Bridge	2 Closed 1pm Mah Jongg 1pm Chess 1pm Low Vision	3 Cheeseburger Meatloaf 9am Zumba 10am Spinal Mobility via Zoom 1pm Talk: Barbara Newton Art Demo	4 10am Wild Walkers
	6 Beef & Noodle 10:30am Canasta 1pm Mah Jongg	7 9:15am Meals on Wheels 10am Scrabble 10:30am Knit Wits & Hookers 1pm Pinochle 1:30pm Music Mends Minds 2:15pm Smartphones 6:15 Vashon Bridge Group	8 Broccoli Rice Casserole V 10am Photo Club via Zoom 1pm Tai Chi Outdoors 1pm Party Bridge 7pm Computer Club	9 Closed 1pm Mah Jongg 1pm Chess	10 Ham Mac & Cheese 9am Zumba 10am Spinal Mobility via Zoom 1pm Talk: Heritage Museum	11 10:30am Second Saturday Knitters
			15 Shepherd's Pie 10am Photo Club via Zoom 1pm Tai Chi Outdoors 1pm Party Bridge	16 Closed 1pm Mah Jongg 1pm Chess	17 African Peanut Stew V 9am Zumba 10am Spinal Mobility via Zoom 1pm Talk: Vashon Hospital District	18
12 3pm Super Bowl Party	13 Lentil Soup V 10:30am Canasta 11:45am FUN Committee Valetine's Lunch 1pm Mah Jongg 1pm Senior Saints	14 9am Costco trip 9:15am Meals on Wheels 10am Scrabble 10:30am Knit Wits & Hookers 1pm Pinochle 1:30pm Music Mends Minds 2:15pm Smartphones 6:15 Vashon Bridge Group	22 Italian Meatloaf 10am Photo Club via Zoom 1pm Tai Chi Outdoors 1pm Party Bridge	23 Closed 1pm Mah Jongg 1pm Chess	24 Potato Leek Soup V 9am Zumba 10am Spinal Mobility via Zoom 1pm Talk: Villages Program	25
19	20 Closed No Lunch Delivery	21 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 6:15 Vashon Bridge Group	29	30	31	
26	27 Chicken w/Potatoes 10:30am Canasta 1pm Mah Jongg 1:30pm Book Group	28 9:15am Meals on Wheels 10am Scrabble 10:30am Knit Wits & Hookers 1pm Pinochle 1:30pm Music Mends Minds 2:15pm Smartphones 6:15 Vashon Bridge Group				



FUN Committee's December wreath making event.

Thanks FUN Committee for creating fun events for the Center!

The FUN committee is seeking volunteers. They are planning FUN and fund-raising programs 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.

Happy belated birthday to Doug Rickerson, January 25



February Birthdays

- Bobbi Arnold 1
- Joane Lombardi 2
- Cathie Andersen 2
- Joan Webster 2
- Georgianne Fiorini 2
- Karen Biondo 2
- Pamela Godt 3
- Susan Lowrey-Hinojosa 3
- Margaret Strader 3
- Carol Ferch 4
- Giampaolo Huober 4
- Laurie Erickson 7
- Michael Koetje 7
- Rhoda Karusaitis 8
- Beth Gore 8
- Hazel Whiteoak 8
- Bart Queary 10
- Susan Tobin 10
- Donna Maria Brickey 10
- Richard Foulkes 11
- Sharon Hines-Pinion 11
- Steve Urban 12
- Wanda Fullner 13
- Jill Andrews 16
- Sue Knight 16
- Jay Becker 16
- Don Ganchorre 19
- Frances Hogan 19
- Michelle Friars 20
- Peggy Price 21
- Andree Kolling 24
- Eugenia Cooper 24
- Jane Hockley 25
- Lorna Walker 27
- Sally Bostain 27
- Nancy Bennion 28
- Richard Rogers 28
- Penny Stapleton 28
- Phillip Johnson 28

Volunteer Spotlight: The Center salutes our lunch delivery teams! We thank all who have helped us support the Lunch Program. It really makes such a difference to so many of our island seniors (see thank you note below), and we can't do it without you! If you would like to volunteer or financially support the lunch program, please contact: Pamela Wickard coordinator@vashoncenter.org.

"Thank you for everything. My tummy thanks you. Thank you for sharing your hands to gather all that is needed to pull meals together, your minds to organize. Thank you for sharing your faith by coming in, even when weather, illness or lack of folks or funds are not available. You feed me, and show me that there is life outside of my home. My wish for you is that you receive all the happiness you have given and more. God Bless the volunteers and staff of Vashon Senior Center." — Debbie

Calling Crafters!

The FUN Committee is seeking member interest in renting a table to sell crafts (\$20 a table) from 10am–2pm, Saturdays, at the Center. Once per month? Every month? Spring–Fall? Please contact Pamela Wickard, coordinator@vashoncenter.org for more information and we are open to suggestions.



Members Passing

- Mavis Phaneuf, November 20
- Shirley Douglas, December 25
- Barbara Steen, December 27
- Patricia Herbert, January 2
- Colleen Brooks, January 13



THANK YOU!

Sheila B for restroom supplies, Katrin F for cards, Dennis D for a giant box of fancy cookies, Kirsten A for two handsome coats, food supplies & magazines, Ellen K for holiday cookies, Julia L for file folders and Love Haikubes, Santa for the Senior Moments calendar, Nanny B and Frank S for cookies, Jay N for building cosmetic repairs, Jan P for cards & notepads, Hazel N for chips, Justine N for calendars, Chanda C for greeting cards, Kathleen A for garden bay leaves, and much gratitude for everyone who donates brown bags for our lunch delivery — keep 'em coming!

We are grateful for Weslie R, Anne T, Karen B and Mariette & Delilah for lunch bag love via handmade notes and homemade cookies!

And a big thanks to Granny's Attic for their generous support!

A Belated Thanks

Thank you very much for the enjoyable gathering of Vashon Senior Center Village members you hosted at the Senior Center last evening (December 14, 2022). The food, the company, and the spirit were top notch. A special thanks for your cards and the very generous gift cards.

We wish the Villages program a promising future and are determined to do our part to make it happen in Lisabeula and elsewhere on the island.

We wish you, your family, and the Senior Center staff a joyful holiday season.

*Warm regards,
John and Karen M.*

Join us at the Center, Friday, February 24, 1pm, for a Village Program discussion and more information on how you can be a part of our Villages. For more information on the Village program contact Maria Glanz at 206-929-0823 or 206-463-5173.

SOUNDCOMP.COM

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VASHON PHARMACY

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Write for *The Loop*! *The Loop* is looking for contributions, no longer than 700 words on various topics related to island life, community resilience, our connections to the larger world, island heritage and nature, challenges of our times and how they affect us, possible strategies and solutions, and so much more. Before writing and submitting your article, we encourage you to inquire first regarding your idea.

Please review our Editorial Guidelines. Submissions are due on the second Friday of each month, for publication the next month.

Contact editor@vashonloop.com with questions, to float an idea, or to submit your piece to *The Loop*!

Vashon Household's Home Sharing Program (VHH) Update

Vashon Household's Home Share welcome Osha Christianson, their new program coordinator overseeing the home sharing program. Osha should be considered your point of contact related to the program and she will be helping to answer your questions.

Contact Osha at: osha@vashonhousehold.org (206) 463-6454 x. 104

SAVE THE DATE: Please join us at the Center on Friday, March 24, 1pm for our Friday Program talk.



ARTIST: Barbara Benedetti Newton attended art school in Seattle and went on to work as a fashion illustrator. Marriage, two children and a working farm on Vashon followed resulting in a 20-

year sabbatical from art, most of those years spent working at K2 Skis. Barbara is a Charter Member and past President of Colored Pencil Society of America. She is a Life Member of Women Painters of Washington, a Master Circle Honoree of International Association of Pastel Societies, and a Distinguished Pastelist with Northwest Pastel Society. She is represented by several WA galleries. 35 years after leaving Vashon, Barbara is happy to be back on the island and in a new studio in Dockton. Google her full name for website and blog addresses. Email: BarbaraNewton@comcast.net.

Join Barbara February 3, 1pm, for an art demo. Barbara will be reworking an older pastel painting. You can watch the magic as she gives new life to her pastel and offers inspiration to inspiring artists.

MySeniorCenter Update

MySeniorCenter is up and running. Thanks to all who have picked up their cards and are now using MySeniorCenter to check in when participating in our activities and volunteering at the Center. We know change isn't always easy, but we appreciate your efforts and remember after seven times, it's a habit.

Visit Africa for a Day with Gansago Music & Dance!

Gansago Music & Dance, Friday, February 3, 7:30–9:30pm, Vashon Center for the Arts.

Join Vashon Center for the Arts in welcoming back Gansago Music & Dance for a lively performance of contemporary and traditional West African dance and drumming. Gansago's vibrant shows fuse music and movement from across Africa.

Thank You PSE!

We are grateful to Puget Sound Energy which has graciously provided funding for the Center's newsletter.



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.



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

Return Service Requested

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Vashon, WA 98070



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