



February 2022



Monday, February 21, Presidents Day
The Center will be closed. No on-site lunch or lunch delivery programs.

COVID-19 Protocol

Please check our calendar weekly. We may have to periodically cancel or postpone on-site activities in response to COVID-19 infection rates. Stay safe and healthy. We try our best to follow the Governor, State, and local recommendations.

February is Black History Month

Black History Month celebrates achievements by Black Americans and recognizes their central role in U.S. history. Also known as African American History Month, the event is the brainchild of noted historian Carter G. Woodson and other prominent Black Americans. Since 1976, every U.S. president has officially designated the month of February as Black History Month. Other countries around the world, including Canada and the United Kingdom, also devote a month to celebrating Black history.



The March on Washington for Jobs and Freedom, in Washington, D.C. on Wednesday, August 28, 1963. Photo: Public domain, Unsplash.com, History in HD

Volunteer Open House, Revised Date
Please join us for a New Year Volunteer Open House February 18, 1pm. Learn more about exciting new programs, and get updates on current volunteering opportunities.



Vashon Villages' Evy Horton and Bluebird's Camille Rosetty will be on hand to discuss these programs and program needs. Please note new date.

Valentine's Day Craft

Join the FUN committee Thursday, February 10, at 10am, at the Center for a FUN Valentine-themed craft project. Refreshments will be provided.



# PROGRAMS

In Center (C), via Zoom (Z), or Web (W). Check our calendar for up-to-date info.

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](https://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.

**Everyone entering the Center must show proof of full vaccination (only once, we will keep your record on file) and wear a KN or N95 mask.**

## MONDAYS

(C) **Beginning Mah Jongg**, 9:30–11am, with Hazel, six-person limit.

(Z) **Book Group**, February 28, 1:30pm—"The Hidden Life of Trees," by Peter Wohlleben. From Goodreads.com: "A visually stunning journey into the diversity and wonders of forests. In his international bestseller 'The Hidden Life of Trees,' Peter Wohlleben opened readers' eyes to the amazing processes at work in forests every day. Now this new, breathtakingly illustrated edition brings those wonders to life."

## TUESDAYS

**Meals on Wheels (MOW)**, 9:15–10:45am.

(C) **The Knit Wits and Hookers**, 10:30am–12:30pm.

(C) **Pinochle**, 1–3pm.

(C) **Music Mends Minds**, 1:30–2:30 pm.

(C) **Teatime with Tessa**, 2–3pm, in the side room.

(C) **Smartphones with Rain**, 2:15–4:15pm. By reservation only. Please call the Center to make your 20-minute appointment.

(C) **Scrabble**, 2nd and 4th Tuesday, 10am–12pm.

(C) **Library 2 Go**, February 15, 10:15am

(C) **Bridge Club**, 6:30–9pm.

## 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. NEW <https://us02web.zoom.us/j/82474076022?pwd=VGZxb3R4Yys4d045TTM4UU5GOFhQQT09>

Meeting ID: 824 7407 6022, Passcode: 341256

(C) **Current Events**, 10–11am, discuss current topics with Jay Becker and friends.

**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) **Bridge Play**, 1–3pm, 4th Wednesday, 1:30pm.

(C) **Mah Jongg**, 1–3pm.

## THURSDAYS

(Z) **Chair Yoga with Lynelle Sjoberg**, 10am.

(C) **FUN Committee Craft**, February 10, 10am.

(C) **Low Vision Group**, February 3, 1–2:30pm. At Center Topic: "Living with Eye Disease" Facilitator: D. Napoli. Open to the public.

(Z) **Talk**: February 10, 7 pm. The Vashon Heritage Museum, "Vashon Poet Laureates: The Importance of Poetry in the Life of a Small Community." On Zoom and Free. Ann Spiers, the first Vashon Poet Laureate, and Sandra Noel, the current Vashon Poet Laureate, will provide perspective on poetry on the Island, how it has developed and changed over the years, and how it has again come to play an

increasing visible and important role in our community. Register here: [https://us02web.zoom.us/webinar/register/1016418302607/WN\\_Ir1ANgdaQOi\\_RCLSK-Jpgg](https://us02web.zoom.us/webinar/register/1016418302607/WN_Ir1ANgdaQOi_RCLSK-Jpgg)

**Watercolor with Geri Peterson and friends** will be taking a break in February. For watercolor advice, or just to talk, contact Pamela at the Center to get Geri's contact info.

## FRIDAYS

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

(Z) **Mindfulness Cafe**, 9:30am. Please register for your initial Zoom meeting at [mindfulnesscafevsc@gmail.com](mailto:mindfulnesscafevsc@gmail.com) to join in this recurring time of quiet meditation and reflection. With guided and silent meditation, explore mindfulness-based stress reduction, conscious breathing, visualization, listening to the sound of silence, experiencing insight, or just calm sitting.

(C) **Duplicate Bridge**, 2nd, 4th and 5th Fridays, 6:30–9pm.

(C) **Talk**: February 4, 1pm. Movie and popcorn.

(C) **Talk**: February 11, 1pm. Heritage Museum's Bruce Haulman. Join Bruce, one of our regular speakers, as he shares his knowledge of this lovely island we call home.

(C) **Talk**: February 18, 1pm. Please join us for a New Year Volunteer Open House. Learn more about exciting new programs, plus get updates on current volunteer opportunities. Vashon Villages' Evy Horton and Bluebird's Camille Rosetty will be on hand to discuss these programs and how you can get involved.

# PROGRAMS Continued

**(C) Talk:** February 25, 1pm.  
Companionship & Connections:  
Discussion Group. Join Vashon  
DOVE staff in a facilitated talk about  
companionship, dating, and making  
new connections. Come share your  
thoughts and hear other viewpoints.

## SATURDAYS

**Wild Walkers,** February 5, 10am. Let's  
ring in the new year a month late,  
because the January walk was

cancelled due to the winter weather  
challenges. We'll drive to Maury and  
walk the Lower Gold Beach Loop  
that is about a mile of paved road.  
We'll either caravan or carpool from  
the Senior Center, depending on  
the latest pandemic status (this will  
apply to mask wearing also). See  
you at 10am (or you can meet us at  
the walk location around 10:20am).

**(C) Second Saturday Knitters,**  
February 12, 10:30am–12:30pm at the  
Center again.

**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.

## ARTIST SHOWING

Caran-marie Dunbar Weston has always created art. She was lucky enough to have a mother who at all times had art supplies within reach. Caran-marie is a collage artist who works with bright colors and bold shapes, which give a folk art feel to her work. Weston has shown in group and solo shows, and her work is in personal collections across the country. She has presented her philosophy of the interconnection of art and community at regional and national Montessori conventions. Weston is currently the Artist in Residence at the Vashon Presbyterian Church as part of their Arts in Worship program.



## Corrected Phone Number!

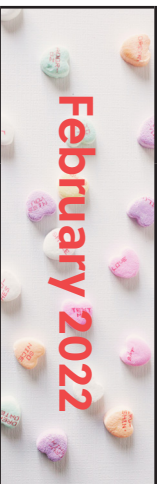
Camille Rosetty,  
Bluebird Coordinator  
**1-206-929-2644**  
(You MUST dial "1" first)

## New In Center Lunch Time Beginning in the New Year

Please join us at 11:45am on Mondays, Wednesdays, and Fridays. This will allow us to interact a little longer at lunchtime without feeling so rushed, while giving us time to set-up for the Center's afternoon activities.

## RESOURCES PROMOTING WELLNESS

ACCESS Bus Transportation 206-205-5000  
Benefit Check up 1-888-435-3377  
Bluebird Medical Transportation 1-206-929-2644  
Enhance Fitness by Ramon Ontiveros 206-259-0118  
Meals on Wheels (MOW) Tuesdays at 9:15am 206-463-5173  
Neighborhood Legal Clinic: Call T–Th 9am–12pm for appt. 206-267-7070  
Neighbor to Neighbor 206-463-5173  
Parkinson's Support Group: 1pm, First Friday of the month, Lutheran Church 206-567-5976  
Senior Information and Assistance 206-448-3110  
Senior Rights Assistance 206-448-5720  
Vashon Care Closet 206-473-8715  
Veterans' Services 206-612-2816



# February 2022

**Vashon Senior Center**  
 10004 SW Bank Road  
 Phone 206-463-5173

**Office Hours: Monday, Tuesday, Wednesday & Friday: 9am–3pm**  
**Lunch: Monday, Wednesday & Friday: 12 noon-ish 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 10:30am Knit Wits & Hookers 1pm Pinochle 1:30pm Music Mends Minds 2pm Teatime w/ Tessa 2:15pm Smartphones 6:30pm Bridge Club	<b>2</b> <b>Guest Chef Chili w/ Cornbread</b> 10am Photo Club via Zoom 10am Current Events 1pm Tai Chi Outdoors 1pm Bridge Play 1pm Mah Jongg	<b>3</b> <b>Closed</b> 10am Chair Yoga via Zoom 1pm Low Vision Group	<b>4</b> <b>Shrimp w/ Rice GF</b> 9am Zumba 9:30am Mindfulness Café via Zoom 1pm Movie: TBD	<b>5</b> 10am Wild Walkers 10am Photo Club via Zoom
	<b>7</b> <b>Beef w/ Potato</b> 9:30am Beg Mah Jongg Class 1pm Mah Jongg 1pm Fun Committee Meeting	<b>8</b> 9:15am Meals on Wheels 10am Scrabble 10:30am Knit Wits & Hookers 1pm Pinochle 1:30pm Music Mends Minds 2pm Teatime w/ Tessa 2:15pm Smartphones 6:30pm Bridge Club	<b>9</b> <b>Cream of Broccoli Soup V GF</b> 10am Photo Club via Zoom 10am Current Events 1pm Tai Chi Outdoors 1pm Bridge Play 1pm Mah Jongg	<b>10</b> <b>Closed</b> 10am Chair Yoga via Zoom 10am FUN Committee Valentine Crafts 7pm Vashon Heritage Museum on "Vashon Poet Laureates"	<b>11</b> <b>Pork Fried Rice GF</b> 9am Zumba 9:30am Mindfulness Café via Zoom 1pm Talk: Vashon Heritage Museum's Bruce Haulman 6:30pm Duplicate Bridge	<b>12</b> 10am Photo Club via Zoom 10:30am Second Saturday Knitters
	<b>14</b> <b>Red Lentil Soup V</b> 9:30am Beg Mah Jongg Class 1pm Mah Jongg	<b>15</b> 9:15am Meals on Wheels 10:15am Library 2 Go 10:30am Knit Wits & Hookers 1pm VV Program Launch 1pm Pinochle 1:30pm Music Mends Minds 2pm Teatime w/ Tessa 2:15pm Smartphones 6:30pm Bridge Club	<b>16</b> <b>Tuna Surprise</b> 10am Photo Club via Zoom 10am Current Events 1pm Tai Chi Outdoors 1pm Bridge Play 1pm Mah Jongg	<b>17</b> <b>Closed</b> 10am Chair Yoga via Zoom	<b>18</b> <b>Beef Stroganoff GF Option</b> 9am Zumba 9:30am Mindfulness Café via Zoom 1pm Talk: New Years Open House: Volunteer at the Center	<b>19</b> 10am Photo Club via Zoom
	<b>21</b> <b>Closed for Presidents Day</b>	<b>22</b> 9:15am Meals on Wheels 10am Scrabble 10:30am Knit Wits & Hookers 1pm Pinochle 1:30pm Music Mends Minds 2pm Teatime w/ Tessa 2:15pm Smartphones 6:30pm Bridge Club	<b>23</b> <b>Corn Souffle V GF</b> 10am Photo Club via Zoom 10am Current Events 1pm Tai Chi Outdoors 1pm Mah Jongg 1:30pm Bridge Play	<b>24</b> <b>Closed</b> 10am Chair Yoga via Zoom	<b>25</b> <b>Chicken Broccoli Alfredo Pasta GF Opt.</b> 9am Zumba 9:30am Mindfulness Café via Zoom 1pm Talk: Companionship & Connection w/ DOVE 6:30pm Duplicate Bridge	<b>26</b> 10am Photo Club via Zoom
<b>27</b>	<b>28</b> <b>Chicken Soup</b> 9:30am Beg Mah Jongg Class 1pm Mah Jongg 1:30pm Book Group					



## Vashon Villages Program Launch

This pandemic persists — and so do we. Please mark your calendar for our Vashon Villages program launch at 1pm on Tuesday, February 15. We're planning an outdoor ceremonial ribbon-cutting at the Senior Center to mark the occasion.

As if our program launch weren't enough cause for celebration, February 15 also marks the first-ever National Villages Day in the U.S. and the 20th anniversary of the first Village in the aging-in-place Village Movement, Beacon Hill Village (Boston).

In wonderfully related Villages news, we're excited because we've enrolled our first four Village members. Welcome, neighbors!

Program funds provided by  **King County**  
Veterans, Seniors & Human Services Levy



## FEBRUARY BIRTHDAYS

Bobbi Arnold 1  
Colleen Brooks 1  
Joane Lombardi 2  
Cathie Andersen 2  
Joan Webster 2  
Georgianne Fiorini 2  
Pamela Godt 3  
Margaret Strader 3  
Carol Ferch 4  
Laurie Erickson 7  
Rhoda Karusaitis 8  
Beth Gore 8  
Hazel Whiteoak 8  
Bart Queary 10  
Susan Tobin 10  
Christine Anderson 11  
Richard Foulkes 11  
Steve Urban 12  
Jill Andrews 16  
Lorene Snider 17  
Patricia Herbert 18  
Don Ganchorre 19  
Michelle Friars 20  
Peggy Price 21  
Andree Kolling 24  
Lorna Walker 27  
Sally Bostain 27  
Nancy Bennion 28

## Legal Advice

Neighborhood Legal Clinic offers free 30-minute legal consultations on civil legal issues to residents and clients with cases filed in King County. Clinics are operating via phone and Zoom until further notice. To request an appointment, fill out a Client Intake Form at [kcba.org/nlc](http://kcba.org/nlc). If you cannot access the online form, call 206-267-7070 and press 1 to leave a message with your name, number, and a brief description of your legal issue. A volunteer will then return your call. Response times vary based on appointment demand and submitting an appointment request does not guarantee an appointment. Note that NLC schedulers' phone numbers often show up as "restricted" on Caller ID.

## Vashon Heritage Museum Video Series

The Vashon Heritage Museum is proud to announce the first release of "A Contemporary Exploration of Vashon and Maury Islands." The first release was Friday, December 3. The video series, created by island educator, photographer, and author Barb Gustafson, will be released in batches every other Friday through March 2022.

The series is an extension of Gustafson's book "The Heart of Vashon: Sharing Our Stories in Pictures and Words." With the help of editors Michael Monteleone and Dennis Lambert, the 16-part series explores neighborhoods of the island through photos and the stories of the people who lived there. [vashonheritagemuseum.org/exhibition/a-contemporary-exploration-of-vashon-island/](http://vashonheritagemuseum.org/exhibition/a-contemporary-exploration-of-vashon-island/)

## So Many February Thank You's!

Barbara D for fresh spinach, Hazel W for masks and tea lights, Ellen K for candy, Doug R for chips, Theresa L for special treats, Donna C for a coffee maker, Nan C for coffee, Margot L and Mary B for books, Bill R & Camp Burton for pastry treats, Jo G for calendars, Joane L for delicious handmade Santa cookies, Tag G for a pretty pink poinsettia, Jacquie P for H&D holiday treats, George E for fancy chocolates, Bob H for frozen entrees, Arlene S for an address book, Andree K for magazines, Harry G for mugs and unique kitchen timers, Julia L for health supplies, Dale G for mugs, calendars and daubers, Dave E for clamshell containers, and Vashon MRC for masks.

**Lunch Bag Angels:** Amelia/Delilah/Mariette and Karen B for labor of huge love homemade cookies, Pat D for 4 yummy homemade cakes, Weslie R and Anne T for pretty custom-made cards of inspiration.

### **Alberto from La Isla Mexican Food:**

For shoveling the snowy sidewalks on New Year's Day.

**FUN committee:** For making the Center festive.

**Lunch Delivery Drivers:** Last week a staff member filled in on a delivery route. They were reminded how many of our island seniors really depend on this lunch. Not only do you warm the hearts and bellies of our seniors, but you warm the hearts of the staff at the Center.

**VashonBePrepared and the Medical Reserve Corp.:** We can't thank this group of unwavering volunteers enough, as they continue to maneuver through this challenging time. They offer support, information, and hope to our island community. [vashonbeprepared.org/en-us/VashonBePrepared/About-Us](http://vashonbeprepared.org/en-us/VashonBePrepared/About-Us)

**And a special thank you to our Bluebird Drivers!**

# SOUNDCOMP.COM

Michael O'Donnell  
▶ Sound Computing Solutions  
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## LYFT Ride Information for Vashon

Individuals seeking transportation can call King County 2-1-1 and confirm with a specialist that they have a transportation need. The specialist will ask some basic screening questions and then connect a dispatcher to confirm eligibility and dispatch a ride for immediate or future use. Currently, this United Way program is able to provide eligible clients with up to two rides of \$22 each way. Clients needing transportation to a COVID-19 vaccine appointment may be eligible for additional rides.



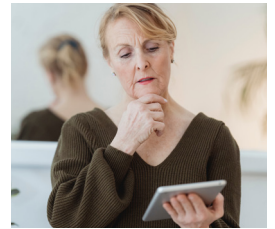
## Music Mends Minds Returns

Vashon Rotary Club is pleased to re-launch Music Mends Minds at the Senior Center beginning on Tuesday, February 1, 1:30–2:30pm in person, every week.

Music Mends Minds is a global Community Service Project serving people living with depression, isolation, and anxiety, as well as Alzheimer's, Dementias, Parkinson's, PTSD and stroke. By creating music together, powerful neurotransmitters are released in the brains of singers and musicians, which heal and mend the effects of these conditions, bringing gratitude and joy! It doesn't matter if you can play an instrument or sing, because all are welcome to this free offering from Vashon Rotary Club, and [musicmendsminds.org](https://musicmendsminds.org).

Proof of vaccination/booster, and masks are required. For more on how neurotransmitters are released, see our Ask the Expert series on MMM's website, or Spotify.

## Federal Trade Commission Consumer Information: Share what you know.



Stop scams. Chances are good that someone you know has been scammed. They may not talk about it, but the statistics do. The truth is that sharing what you know can help protect someone you know from a scam. [consumer.ftc.gov/features/feature-0030-pass-it](https://consumer.ftc.gov/features/feature-0030-pass-it)

## Bluebird Update

Our generous volunteers make it possible for the Center to continue to offer rides for seniors to medical appointments off island in Seattle and Tacoma. Rides are dependent on the availability of our Bluebird drivers, and we ask for a minimum of one week's notice.

Per the Center's COVID-19 policy, we require that Bluebird drivers and riders be fully vaccinated two weeks in advance of their ride. Verification will be required by the driver at the time of service. Please have your vaccination card ready to show the Bluebird driver at pickup.

Drivers and riders must wear an N95 or KN95 mask at all times. We can provide one if you need it.

For more information contact Camille Rosetty, Bluebird Coordinator 1-206-929-2644.

## OVERHEARD at the Senior Center



"I live with my grandson and every night he checks to make sure I'm still alive."

Friend replies, "does he put a mirror under your nose?"

Two ladies are talking — the first lady thought the second one said, "I've been in a coma and back and am kind of tired." She actually said, "I've been to Tacoma and back and am kind of tired."



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

Non-Profit Org  
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 Vashon, WA 98070

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 Camille Rosetty, Bluebird Coordinator  
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 Jamila Al Dahir, Monday Chef

**FEBRUARY 2022 • Contact Us** Phone: 206-463-5173 | Online: [vashonseniorcenter.org](http://vashonseniorcenter.org)



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