



January 2023

**Happy New Year,
Sunday, January 1**

**Monday, January 16
Martin Luther
King, Jr. Day**

**The Center will be closed
and no lunch delivery.**



Don't miss Barb Gustafson's talk "Armchair Travel" on Friday, January 27, 1pm. Sit back and let Barb be your tour guide.

Thank You and Welcome!

A BIG thanks to John Dunn and Wade Yip for their volunteer work on the Board of Directors at the Center. And welcome Leslie Minch, who fills a vacant spot for the remaining two years.

Welcome 2023!

The Center Staff and Board of Directors welcome the New Year — a year filled with hope, respect for each other, and an opportunity to let the ones we love know how much they are appreciated. Let your dreams take flight in the new year.

Join the Board on Friday, January 6, 1pm, at the Center, as they talk about what is planned for 2023. Also meet and greet the new Board Members and Staff. Refreshments will be served.

“The secret of change is to focus all of your energy, not on fighting the old, but on building the new.”

—Socrates

SAVE THE DATES

Wednesday, January 11, 1pm, Amy Huggins Blessing.

Please join Amy Huggins, a seeker of enlightenment, for a new year beginning: liberate your mind. The Center and Amy invite you to experience a taste of this magnificent inner state through a Deeksha Blessing.

Friday, January 20th, 1pm, Volunteer Recruitment.

Learn more about exciting new programs, plus get updates on current volunteering opportunities. Villages' Maria Glanz and Bluebird's Fran Brooks will be on hand to discuss these programs and suggest ways you can give your support.

Sunday, February 12, 2023, Super Bowl Party.

No we will not be offering a trip to the Super Bowl. But come and enjoy the fun at the Center, stay tuned for more information.

WHAT IS NEW!

Canasta: Mondays, 10:30–11:30am. Remember the fun of playing Canasta? Join Ellen Trout starting Monday, January 9. It's easy to learn, so come and join in the fun. Beginners welcome.

Chess: Thursday, 1–3pm. Join Diana Garrett for a new game every Thursday afternoon, at the Center.

Executive Director Opening

The Vashon Senior Center is seeking an Executive Director to join our dynamic team. Those interested and for more information please contact the Board at: board@vashoncenter.org

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) **Canasta:** Beginners welcome, 10:30-11:30am. Join Ellen Trout.

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

(C) **Senior Saints Haircuts:** January 9, 1-3pm.

(C) **Book Group:** January 23. 1:30pm. *In the Garden of Beasts*, by Erik Larson.

TUESDAYS

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

(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) **Scrabble:** 10am-12pm.

(C) **Library 2 Go:** January 17, 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

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) **Talk:** January 11, 1pm. Amy Huggins' Blessing. Please join Amy Huggins, a seeker of enlightenment, for a new year beginning: liberate your mind! In November, Amy attended EKAM Tapas, a month long mostly silent meditation to end my and your inner suffering. "It was challenging, but THE REAL THING, and I've been living in an enlightened inner state of calm and connection." The Center and Amy invite you to experience a taste of this magnificent inner state through a Deeksha Blessing.

(C) **Computer Club:** January 11, 7pm.

(C) **FUN Committee:** January 11, 10-11am. Join the FUN Committee with Ellen Trout for a fun, 3D hanging snowflake craft. Bring your own scissors. Refreshments will be provided.

THURSDAYS

(C) **Low Vision Group:** January 5, 1pm.

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

(C) **Chess:** Thursday, 1-3pm. Join Diana Garrett.

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) **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:** January 6, 1-3pm. Join the Board for a casual discussion of what is planned for 2023. Also meet and greet the new Board Members and Staff. Refreshments will be served.

(C) **Talk:** January 13, 1pm. Please join Elsa Croonquist of the Heritage Museum, as she gives us an update on happenings at the museum for 2023.

(C) **Talk:** January 20, 1pm. Volunteer Recruitment. Learn more about exciting new programs, plus get updates on current volunteering opportunities. Villages' Maria Glanz and Bluebird's Fran Brooks will be on hand to discuss these programs and ways you can support.

(C) **Talk:** January 27, 1pm. Barb Gustafson — Armchair Travel. How would you like to head off island and do some local sightseeing without worrying about ferry lines, driving in traffic, or rainy weather? Sit back and let Barb be your tour guide. She'll take you west to the Suquamish Museum and Bloedel Preserves, on Bainbridge Island. South to Brown's Point Lighthouse, Powell's Woods, and Lakewood Gardens. East to Mount Rainier

PROGRAMS Continued

National Park. And north through Skagit Valley to Whidbey Island. No seatbelt, ferry ticket or umbrella required.

SATURDAYS

(A) Wild Walkers: January 7, 10am. Let's make a tentative plan to walk the Burton Loop. If the weather

is rainy, windy and/or below 45 degrees, we'll take a pass until February. We'll meet at the Senior Center at 10am. Keep on walking! Everyone is welcome.

(C) Second Saturday Knitters: January 14, 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.

WELCOME!



Welcome to our team, **Fran Brooks** our new Bluebird Transport Coordinator, 206-485-4335. When you need a ride to a medical appointment in Seattle or Tacoma, she will match you with a volunteer driver.

You may recognize Fran from home health care jobs or her busy volunteer years with Vashon PTA, or her practice as a naturopathic doc. Fran enjoys her long, endless commitment to rewilding landscapes supporting birds, bees, and microorganisms.



We are so happy to welcome back **Kate Huntley** as our Wednesday and Friday chef. Many of you will remember Kate from 3 years ago, if she is new to you, please stop in and say hi.

Kate has lived on Vashon for thirty-nine years, thirty of those years in a house she built in the woods. She was raised in Boulder, CO and spent time in Albany, NY. "I'm very happy to be back cooking at the Center working with amazing staff, board members and totally awesome volunteers," says Kate.

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

Save Your Paper Bags

Lunch Bags Needed!
We need brown grocery bags for our lunch delivery program; yes, we love recycled bags.

Please drop off during business hours: M, T, W or F 9am–3pm.



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	2 Beef w/Rice 1pm Mah Jongg 6:30pm Party Bridge	3 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	4 Pineapple Ginger Chicken Stir Fry 10am Photo Club via Zoom 1pm Tai Chi Outdoors 1pm FUN Committee Meeting 1pm Party Bridge	5 Closed 1pm Mah Jongg 1pm Chess 1pm Low Vision	6 Roasted Butternut Squash Soup 9am Zumba 10am Spinal Mobility via Zoom 10:30am Healing through Sharing 1pm Talk: Board Open House	7 10am Wild Walkers
8	9 Chicken Soup 10:30am Canasta 1pm Mah Jongg 1pm Senior Saints 6:30pm Party Bridge	10 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	11 Spaghetti 10am Photo Club via Zoom 10am Craft with FUN Committee Snowflakes 1pm Amy Huggins Talk 1pm Tai Chi Outdoors 1pm Party Bridge 7pm Computer Club	12 Closed 1pm Mah Jongg 1pm Chess	13 Tofu & Veggie in Peanut Sauce 9am Zumba 10am Spinal Mobility via Zoom 10:30am Healing through Sharing 1pm Talk: Heritage Museum	14 10:30am Second Saturday Knitters
15	16 Closed	17 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	18 Southwest Veg. Bake 10am Photo Club via Zoom 1pm Tai Chi Outdoors 1pm Party Bridge	19 Closed 1pm Mah Jongg 1pm Chess	20 Hamburger Soup 9am Zumba 10am Spinal Mobility via Zoom 10:30am Healing through Sharing 1pm Volunteer Recruitment	21
22	23 Orzo Soup 10:30am Canasta 1pm Mah Jongg 1:30 Book Group 6:30pm Party Bridge	24 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	25 Swiss Corn Casserole 10am Photo Club via Zoom 1pm Tai Chi Outdoors 1pm Party Bridge	26 Closed 1pm Mah Jongg 1pm Chess	27 Baked Spaghetti & Meat Sauce 9am Zumba 10am Spinal Mobility via Zoom 10:30am Healing through Sharing 1pm Talk: Barb G Armchair Travel	28
29	30 Chicken w/Potatoes 10:30am Canasta 1pm Mah Jongg 6:30pm Party Bridge	31 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				

Volunteer Spotlight:

The Center salutes Weslie Rodgers. You all know her and have seen her at the Center and around town. Weslie has created little notes for gratitude, inspiration, humor, and pure delight for the Center for almost 3 years. It's impossible to even know how many of these little cards she has created, but we know she has made so many seniors feel special with her small gestures of joy.



January Birthdays



Karen Rogers 1
Margot Leroy 1
Tom Pargeter 2
Roxanne Thayer 2
Lin Holley 3
Stephen Graham 3
Tara Morgan 4
Judy White 5
Betty Kay Olson 7
Roberta Hunziker 8
George Ellis 8
Barb Adams 8
Barbara Duntley 9
Judie Watson 9
Robert Svendsen 10
Emily Herrick 11
Dana Lazare 11
Michelle Harvey 12
Sara Dunn 12
Donna Kellum 12
Neil Beaumont 13
Judith Boardman 14
Lorra Hoffman 14
Kaye Steen 14
Anne Meyers 16
Kathleen Odekirk 16
Pat Douglass 18
William Rady 19
Frank Schin 19
Catherine Rogers 19
Linda Peterson 22
Sue Willingham 23
Chanda Carlson 24
Ann Lewis 24
Roger Hebert 25
Marcy Rice 25
Clark Schlegel 27
Dan Cadman 27
Robert Litman 28
June Dinsmore 28
Linda Nygaard 28
Robert Ostrow 30
Norman Parker 30
Miyoko Matsuda 30
Marilyn Vandevanter 30



Thanks to the fabulous Vashon Garden Club for making and bringing beautiful holiday swag to the Center. With the help of our terrific volunteers, we delivered this gift to our Home Lunch recipients. You warmed our hearts, and the hearts of many seniors on Vashon and Maury Island.

If you would like to find out ways to volunteer at the Center, please contact Pamela Wickard coordinator@vashoncenter.org or 206-463-5173.

"Just wanted to say thank you and the garden club for the lovely holiday swag. It made my week. It thrilled me sooo much and warmed my heart. It is so very beautiful. It has lifted my spirits. I needed it. The fun holiday festive lunches are so thoughtful. Thank you, and all the hard-working people involved in everything you guys do."

Warmest thanks and regards, Michelle

Members Passing



Nancy Vanderpool
November 20
Einar Svensson
December 6

THANK YOU!

We are very fortunate to have the support of countless folks with wonderful donations including: Katrin F for greeting cards & calendars, Kirsten A for magazines, Hazel W for Coffee Mate, Dave E for coffee, Nancy S for cream puffs galore, Anne T for oranges, Frank S for cookies, magazines, cards and a book, Alice B & Sharon H for an electric can opener for the kitchen, Margot L for grinding coffee beans and Michael D for masks.

Gratitude to Karen B and Mariette & Delilah for their labor of love homemade cookies and to Anne T and Weslie R for precious cards of good cheer for the lunches.

Big thanks to the Vashon Island Roasterie for giant bags of special blend coffee and decaf.

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 is joining this delightful and energetic group, please contact Pamela Wickard, coordinator@vashoncenter.org or call the Center 206-463-5173.

SOUNDCOMP.COM

Michael O'Donnell
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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

WEB www.skyprinting.net

ADDRESS 4151 Fautleroy Way SW Seattle, WA 98126



NEW 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

FUN COMMITTEE EVENT

Join the FUN Committee, Wednesday, January 11, 10–11am, with Ellen Trout for a fun 3D, hanging snowflake craft.

Bring your own scissors. Refreshments will be provided.



Enjoy Jamila's Cooking Beyond Mondays

Need a Personal Chef? Need help catering a party? Our very own delightful Monday chef Jamila Aldahir is now offering these services and more. She is still here at the Center on Mondays, but is looking to open her wonderful cooking services to the community. Contact her at 206-466-9597.

Calling Crafters!

The FUN Committee is seeking member interest in renting a table to sell crafts (\$20 apiece) 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.

Masking Continues

Thank you for helping us continue to provide a safe environment for our community's seniors. We appreciate that everyone coming into the Center has been vaccinated, boosted, and wears a mask.

Of course, during lunch, masks are removed because we haven't quite figured out how to eat and drink while wearing one.

We are grateful for everyone's participation to maintain a COVID free Senior Center and anticipate this status into the New Year. See you at the Center!



Smoke Alarms Save Lives!

AVAILABLE YEAR-ROUND: Smoke-detector/battery replacement program. Our crew members will bring and install new smoke detectors and batteries into island homes, free of charge. Call VIFR at 206-463-2405, or email staff at administration@vifr.org, to schedule a free appointment for VIFR crew members to come to your home to install smoke detectors or install fresh smoke-detector batteries. vifr.org/smoke-alarms-save-lives

MySeniorCenter is Active Now

December 1st was our inauguration day of MySeniorCenter roll out. Many of you have received your key card already. If you haven't, you can stop by the Center to pick it up.

MySeniorCenter 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.

Please see Zoe Bennington to get your key card and let us know if you have any questions.



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
Tara Morgan, President
Nan Leiter, Secretary
Mary Ann Beardsley, Treasurer
Kelly Bennet
Steve Hildreth
Molly Malone
Leslie Minch
Ellen Stewart
Bill Swartz
Mary Van Gemert
Thea Vernoy
Constance Walker
Contact the Board: board@vashoncenter.org

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

Staff
Jeanne Marie Thomas, Interim Executive Director
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
Kate Huntley, Wednesday and Friday Chef



Find us on Facebook
facebook.com/VashonSeniorCenter