



January 2024

Happy New Year!  
Monday, January 1



Martin Luther King Jr. Day  
Monday, January 15

The Center will be closed.

Each year on the third Monday of January we observe Martin Luther King Jr. Day and reflect on the work that still needs to be done for racial equality. This January 15, make the holiday more than just a day off and take time to reflect and act on civil rights issues across the globe.

WHAT'S NEW AT THE CENTER

Tuesdays, January 9, 16, 23, 30, 9-10am — Spanish Lessons. Join us beginning in January for a conversational Spanish lesson taught by Jose Burgos. The first class will be January 9, 9-10am in the side room at the Center. Contact the Center for the suggested lesson book.

Wednesday, January 24, 12:45pm — Embracing the Muse: Following a More Creative Path. Join Sally Jean Fox for an afternoon of storytelling, performance, and conversation. Based on her memoir, Meeting the Muse After Midlife: A Journey to Meaning, Creativity, and Joy. Sally will explore how the narratives we tell ourselves about aging are often too limited, and how we can open new possibilities for growth and fulfillment by expanding our creative expression. This will be the first of five programs. Each month, Sally will interview two local creatives, on the possibilities and challenges of living a creative life. What has been uplifting, difficult, or rewarding about following a creative path? How to nurture the spark that fuels our creativity? In addition to hosting a conversation with our guests, Sally will introduce an easy, creative practice or two to use over the following month.

Thursdays, starting January 18, 2-4pm — Suzanna Leigh's mixed media art journaling class. First and third Thursdays of each month. Suzanna will share tips and techniques to preserve your memories.

Beginning Sunday, January 14, 12-4pm — Keeping your Stories Alive. Life is beautiful and moments with family and friends are worth saving, sharing, remembering, and cherishing. Join us the second Sunday of each month for scrapbooking as a way to keep memories alive. In partnership with Women Hold the Key.

January Trip:  
Pike Place Market

We love the Market in winter. Join us Thursday, January 18, leave the Center at 9am to catch the 9:55am ferry. Lunch spots will be suggested, bring money to purchase your own meals and treasures. Member cost: \$18. Non-Member cost: \$25. Members sign up Tuesday 1/2, and Non-Members sign up after 1/5.



Board Member Updates We extend our deepest appreciation to our outgoing members of the Board of Directors: Mary Ann Beardsley and Mary Van Gemert. Thank you for your generous gifts of time and talent! We welcome the new members of the Board of Directors: Kelly Bennett, Diane Brenno, Rachel Waldron and Wade Yip. Although already working to benefit the Center, their service officially begins January 1, 2024.

# 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](http://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.

## MONDAYS

(C) **NEW DAY—Beginning January 8, Smartphones with Rain:** 2:30-4:30pm. By reservation only. Please call the Center to make your 15-minute appointment.

(C) **Canasta:** 10–11:30am. Join the fun. Beginners welcome.

(C) **Caricatures with River Morales:** January 8, 12:30-1:30pm. River Morales caricature drawings. Suggested \$10 donation.

(C) **Senior Saints Haircuts:** January 8, 1-3pm.

(C) **Mah Jongg:** 1–3pm.

(C) **Book Group:** January 22, 1:30pm. *Watership Down*. is an adventure novel by English author Richard Adams

(C) **Birthday Lunch:** Monday, January 29, 11:45am-1pm. We will be celebrating all our members who have birthdays in the month of January. Birthday Members eat that day for FREE. Please make a reservation.

## TUESDAYS

(C) **Spanish Lessons:** 9-10am. With Jose Burgos.

(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:** January 16, 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. Please visit [photoclubvsc.blogspot.com](http://photoclubvsc.blogspot.com) to see some of the Club's work.

(A) **Tai Chi:** Fundamentals 12:30-1pm. Tai Chi 1-2pm. The Senior Center's Deena Eber and the Parks District are working together to offer free Tai Chi classes to the community. The classes will take place inside the Ober Park Performance Center.

(C) **Word Play:** January 3 and 17, 12:45pm. Join Margaret Roncone. Come join us with a notebook and pen to play with words.

(C) **Story and Tell:** January 10 and 31, 12:45pm. Join this delightful discussion after lunch.

(C) **Party Bridge:** 1–3pm.

(C) **Vashon Fire Department:** January 17, 12:30pm. Free blood pressure check.

(C) **Embracing the Muse: Following a More Creative Path:** January 24, 12:45pm. Join Sally Jean Fox for an afternoon of storytelling, performance, and conversation.

(C) **Computer Club:** January 10, 7pm. Join Michael O'Donnell, he will answer your computer questions.

(A) **Vashon King County Library and Vashon Senior Center Book Group:** January 24, 6-7:30pm. Meet at the Vashon Library. Book selections are available online.

## THURSDAYS

(C) **Low Vision Group:** January 4, 1pm. The Vashon Low Vision Group meets at the Senior Center the first Thursday of the month. An open group discussion for everyone with vision challenges is welcome.

(C) **Mah Jongg:** 1–3pm.

(C) **Mixed Media Journeys:** January 18, 2-4pm.

(C) **Watercolor class:** January 11, 25, 2-4pm. Join Inge and Will, as they paint away the afternoon.

(T) **Trip:** January 18, 9am. Meet at the Center and catch the ferry to Pike Place Market.

## 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:** 10-11am. Zoom Option if requested in advance.

(C) **Talk:** January 5, 1pm. Haven Rescue. Please join Lisa Peyer and Victoria Rohlfs from Haven Rescue, a nonprofit animal rescue and welfare organization on Vashon Island. Lisa will discuss the mission of Haven Rescue and talk about rewarding volunteer opportunities for our seniors.

(C) **First Friday:** Margaret Bickel, 5-7pm. View small seasonal and fun quilts by Margaret Bickel.

(C) **Talk:** January 12, 1pm. Cyrus Anderson of Vashon Heritage Museum will tell us about George Vancouver, an important explorer of Puget Sound, and how he named Vashon.

# PROGRAMS Continued

## (C) Song Bath by the Threshold

**Choir:** January 12, 2–3pm. Vashon Threshold Choir will offer their service to anyone who would like to receive a song bath.

(C) **Active performance:** January 19, 1pm. Square Dance by Frog Holler. We are an old-time string band that plays toe-tapping live music for dances. Easy to follow instructions before each dance gets everyone moving. No partner necessary, and we will be doing some circle barn dances as well. Come join the fun!

(C) **Talk:** January 26, 1pm. Health Directive Check, "It's the caring thing to do." Start the year with a Health Check - of your Health Care Advanced Directive. Join Jane Neubauer and Sheila Brown, as they will review what's included in an Advanced Care Directive, talk about new burial options on Vashon, and discuss what to expect from a Death Doula.

## SATURDAYS

(A) **Wild Walkers:** January 6, 10am. Happy New Year! Let's take a walk... if it's not too cold, too windy or too wet. If the weather cooperates, we will walk the Lower Gold Beach loop. It's a nice, paved road with easy hills and about a mile around. We'll meet at the Senior Center at 10am to carpool or you can meet us at the first parking area on the left at the bottom of the hill.

(C) **Second Saturday Knitters:** January 13, 10:30am–2:30pm.

## SUNDAYS

(C) **Scrapbooking:** January 14, 12-4pm. Keeping your Stories Alive. Join us the second Sunday of each month for scrapbooking to keep memories alive. In partnership with Women Hold the Key.

## Multigenerational Book Group, in Partnership with Vashon KCLS

Join us on the fourth Wednesday each month at the Vashon Library, hosted by Sam Harris, a King County Librarian. Read or listen to a book from our monthly topic. January topic in honor of Martin Luther King Jr. Day is a book of your choice on Human Rights. Wednesday, January 24, 6-7:30pm. Contact the Vashon King County Library or the Center for more information.

## 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

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.



## Artists Show— Margaret Bickel

Margaret Bickel has lived on Vashon most of her seventy eight years. She started sewing on her neighbor's treadle sewing machine making clothes for the cat, who was not impressed. After that she made her own clothes for years.

Twenty years ago, she wanted to sew again and thought of quilting as her grandmother was a great quilter, and most of her family and friends have at least a couple of quilts she has made. Now most of Margaret's quilts are made for charity. The quilts shown are small seasonal quilts and ones that are just for fun.

# January 2024

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                                               |
|----------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|
|                                        | <b>1</b><br>Happy New Year<br>Closed                                                                                                                 | <b>2</b><br>8:30am Smartphones<br>9:15am Meals on Wheels<br>10am Scrabble<br>10:30am Knit Wits & Hookers<br>1pm Pinochle<br>1:30pm Music Mends Minds<br>4pm Meditation<br>6:15pm Vashon Bridge Group                           | <b>3</b><br>Lentil Soup <b>V</b><br>10am Photo Club via Zoom<br>12:30pm Tai Chi Intro<br>12:45pm Word Play<br>1pm Tai Chi<br>1pm Party Bridge<br>1pm FUN Committee                                                | <b>4</b><br>Closed<br>1pm Low Vision<br>Group<br>1pm Mah Jongg                               | <b>5</b><br>Smoked Sausage Strata<br><b>V option</b><br>9am Zumba<br>10am Spinal Mobility<br>1pm Talk: Pet Haven<br>5pm First Friday Margaret<br>Bickel | <b>6</b><br>10am Wild<br>Walkers                       |
| <b>7</b>                               | <b>8</b><br>Minestrone and Cheesy<br>Bread<br>10am Canasta<br>12:45pm Caricature w/River<br>1pm Senior Saints<br>1pm Mah Jongg<br>2:30pm Smartphones | <b>9</b><br>9am Spanish Lessons<br>9:15am Meals on Wheels<br>10am Scrabble<br>10:30am Knit Wits & Hookers<br>1pm Pinochle<br>1:30pm Music Mends Minds<br>4pm Meditation<br>6:15pm Vashon Bridge Group                          | <b>10</b><br>Lemon Chicken and<br>Chickpea Soup<br>10am Photo Club via Zoom<br>12:30pm Tai Chi Intro<br>12:45pm Story and Tell<br>1pm Tai Chi<br>1pm Party Bridge<br>7pm Computer Club                            | <b>11</b><br>Closed<br>1pm Mah Jongg<br>2pm Watercolor                                       | <b>12</b><br>Moroccan Stew <b>V</b><br>9am Zumba<br>10am Spinal Mobility<br>1pm Talk: Vashon Heritage<br>Museum<br>2pm Threshold Choir Song<br>Bath     | <b>13</b><br>10:30am<br>Second<br>Saturday<br>Knitters |
| <b>14</b><br>12pm<br>Scrap-<br>booking | <b>15</b><br>Martin Luther King Jr Day<br>Closed                                                                                                     | <b>16</b><br>9am Spanish Lessons<br>9:15am Meals on Wheels<br>10am Scrabble<br>10:15am Library 2 Go<br>10:30am Knit Wits & Hookers<br>1pm Pinochle<br>1:30pm Music Mends Minds<br>4pm Meditation<br>6:15pm Vashon Bridge Group | <b>17</b><br>Vegetable Casserole <b>V</b><br>10am Photo Club via Zoom<br>12:30pm Tai Chi Intro<br>12:30pm VFD Blood Pressure<br>Check<br>12:45pm Word Play<br>1pm Tai Chi<br>1pm Party Bridge                     | <b>18</b><br>Closed<br>9am Trip Pike Place<br>1pm Mah Jongg<br>2pm Mixed Media<br>Journaling | <b>19</b><br>Cheeseburger Meatloaf<br>9am Zumba<br>10am Spinal Mobility<br>1pm Square Dance                                                             | <b>20</b>                                              |
| <b>21</b>                              | <b>22</b><br>Chicken Pot Pie Casserole<br>10am Canasta<br>1pm Mah Jongg<br>1:30pm Book Group<br>2:30pm Smartphones                                   | <b>23</b><br>9am Spanish Lessons<br>9:15am Meals on Wheels<br>10am Scrabble<br>10:30am Knit Wits & Hookers<br>1pm Pinochle<br>1:30pm Music Mends Minds<br>4pm Meditation<br>6:15pm Vashon Bridge Group                         | <b>24</b><br>Potato Leek Soup <b>V</b><br>10am Photo Club via Zoom<br>12:30pm Tai Chi Intro<br>12:45pm Saily Fox Program<br>1pm Tai Chi<br>1pm Party Bridge<br>6pm Multigenerational Book<br>Group at the Library | <b>25</b><br>Closed<br>1pm Mah Jongg<br>2pm Watercolor                                       | <b>26</b><br>Cabbage and Kielbasa<br>9am Zumba<br>10am Spinal Mobility<br>1pm Talk: Health Directive<br>Check                                           | <b>27</b>                                              |
| <b>28</b>                              | <b>29</b><br>Tuna Salad Sandwich and<br>Chips<br>10am Canasta<br>11:45am January Birthday<br>Lunch<br>1pm Mah Jongg<br>2:30pm Smartphones            | <b>30</b><br>9am Spanish Lessons<br>9:15am Meals on Wheels<br>10am Scrabble<br>10:30am Knit Wits & Hookers<br>1pm Pinochle<br>1:30pm Music Mends Minds<br>4pm Meditation<br>6:15pm Vashon Bridge Group                         | <b>31</b><br>Beef and Cheddar<br>Casserole<br>10am Photo Club via Zoom<br>12:30pm Tai Chi Intro<br>12:45pm Story and Tell<br>1pm Tai Chi<br>1pm Party Bridge                                                      |                                                                                              |                                                                                                                                                         |                                                        |

## A Note From Our Executive Director

Dear friends,

I'm grateful for this moment to reflect on the year that ended and look ahead to a new year. As I look back at 2023, one overwhelming message comes to mind — Thank You.

Thank you to our Board of Directors, who bring so much time, energy, and care to all they do. A special thanks to our two departing Board Members: Mary Ann Beardsley, whose grace & boundless energy inspire me, as does the wisdom and thoughtfulness of Mary Van Gemert — thank you.

Thank you to our amazing volunteers, who have given thousands of hours of service — delivering over 4,200 lunches, serving over 3,600 lunches in Center, driving thousands of miles to medical appointments, washing who knows how many thousands of dishes — you all amaze me every day.

Thank you to all who support us with donations — your generosity is deeply appreciated by everyone here.

And thank you to a wonderful team of coworkers. I always perk up when I walk into the Center, because I get to spend a day at the nicest place on Vashon.

It takes an island to support our elders. That's a theme you'll be hearing more about in 2024. New collaborations with organizations like Vashon Parks District, The Dove Project, Women Hold the Key, Seattle Theatre Group, the Vashon Care Network and VSSN, individual artists and teachers and more.

Together, we can make Vashon a place where aging can full of grace and joy for everyone.

I look forward to all of this and our regular happy days here at the Center. Happy New Year to you all,

Maria



**Happy Birthday to those celebrating in January.**

**If your birthday is in January, come on the last Monday of the month, January 29, 11:45-1pm. We will be having one big celebration, and all January birthdays eat lunch for FREE on that day.**

## January Birthdays



|                 |                 |
|-----------------|-----------------|
| Tom P. 2        | Linda E. 16     |
| Roxanne T. 2    | Anne K. 17      |
| Carol S. 2      | Pat D. 18       |
| Lin H. 3        | Jane S. 18      |
| Stephen G. 3    | William R. 19   |
| Tara M. 4       | Frank S. 19     |
| Kathy W. 4      | Catherine R. 19 |
| Judy W. 5       | Tom H. 19       |
| Donna K. 5      | Marsha T. 20    |
| Betty Kay O. 7  | Barbara W. 21   |
| Roberta H. 8    | Linda P. 22     |
| George E. 8     | Sue W. 23       |
| Barb A. 8       | Chanda C. 24    |
| Barbara D. 9    | Ann L. 24       |
| Judie W. 9      | Douglas R. 25   |
| Robert S. 10    | Marcy R. 25     |
| Rosemary D. 10  | Paula L. 26     |
| Emily H. 11     | Myrna H. 26     |
| Dana L. 11      | Dan C. 27       |
| Michelle H. 12  | Robert L. 28    |
| Sara D. 12      | June D. 28      |
| Donna K. 12     | Linda N. 28     |
| Neil B. 13      | Sean M. 28      |
| Christine C. 13 | Kristine G. 29  |
| Tim M. 13       | Robert O. 30    |
| Judith B. 14    | Jeanette W. 30  |
| Lorra H. 14     | Norman P. 30    |
| Kaye S. 14      | Miyoko M. 30    |
| Mary B. 14      | Marilyn V. 30   |
| Mark Y. 15      |                 |
| Anne M. 16      |                 |
| Kathleen O. 16  |                 |

## Advanced Care Directive — Health Directive Check

Join Jane Neubauer and Sheila Brown on Friday, January 26, 1pm. They will review what is included in an Advanced Care Directive, talk about new burial options on Vashon, and discuss what to expect from a Death Doula.

At 2:15pm, following the session, support for 4 people to complete their Health Care Advanced Directive is available. Contact Pamela Wickard if you would like one of these slots. Individual support is available by contacting Sheila Brown for a referral 206-463-0811.

## Members Passing

Blair Dean



**THANK YOU:** Sue P, Linda M and Sue-Lon W for boxes of fancy chocolates, Joan G for a Mah Jongg set, Lisa G for a pumpkin pie, Bev M for fresh fruits and vegetables, Chanda C, Marlyce D and Katrin F for greeting cards, notecards and calendars, Alice B for specialty coffee and salad dressing, Frank S for cards and cookies, Neil B and Pat D for a poinsettia and lots of treats and Sue G for an electric blanket.

## TRIGG INSURANCE AGENCY

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**Thanks** to all volunteers who supported the Center in 2023. Thea Vernoy, FUN Committee volunteer, who loves to bake, made 12 pies for our pre-Thanksgiving lunch. If you would like to volunteer on the FUN Committee, please contact Pamela Wickard at the Center.



## SOUNDCOMP.COM

**Michael O'Donnell**  
▶ Sound Computing Solutions  
[www.soundcomp.com](http://www.soundcomp.com)  
[michael@soundcomp.com](mailto:michael@soundcomp.com)

206.618.8760 cell  
PO Box 2283  
Vashon Island, WA 98070



**A cheerful and grateful thank you** to the Vashon Garden Club for creating such beautiful swags for the Center.

The swags were delivered to our homebound lunch recipients on Friday, December 8. Your thoughtfulness and generosity warmed our hearts and the hearts of our seniors.

### 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.



**IT'S ALL HERE.  
EVERYTHING  
YOU NEED TO  
LIVE LIFE  
YOUR WAY.**

*be more you!*

**Move-in by end of  
the year and Save**

**Receive 50% off your first  
two months & enjoy your  
third month free!**

\*Must move-in before 2024. Call for details.

Every day is filled with laughter, friendship, and endless possibilities. Our community is designed to provide healthy, happy **Whole Life Living™**, exceptional care, vibrant activities, and a warm, inviting atmosphere that feels like home.

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## Senior Center Village Updates

**This best kept secret is out. Spread the word: Seniors get rides to medical appointments via the Village BlueBird Transport.** Thanks to *Granny's Attic* and the *King County VSHS Levy*, the Village will continue to support volunteer drivers and their very appreciative passengers.

**With the BlueBird Transport program running smoothly, the Village can now turn attention to Check-ins.** Not chicken? You are invited to volunteer! Use your phone to call a Senior who is alone and isolated daily or weekly. Check-in and report back to the Village on your device. We enjoy the benefit of robust technology: [vashon.helpfulvillage.com](http://vashon.helpfulvillage.com). We are here to grow a community that supports our elders in their homes.

Contact: Fran Brooks, Village Manager  
206-485-4335, email: [villages@vashoncenter.org](mailto:villages@vashoncenter.org) and [vashon.helpfulvillage.com](http://vashon.helpfulvillage.com)

### FREE Air Purifier

Please contact Fran Brooks,  
Village Manager 206.485.4335.

**A BIG thanks** to all who attended and all who supported our Blingo event, Saturday, December 2. Also, thanks to the Board of Directors, Center volunteers, those who generously donated and the staff. We had a wonderful, fun evening. Over \$15,000 was raised to support the Center programs.



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**Staff**  
 Maria Glanz, Executive Director  
 Zoe Bennington, Business Manager  
 Kathleen Hendrickson, Operations Manager  
 Pamela Wickard, Volunteer & Program Manager  
 Fran Brooks, 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

**JANUARY 2024 • Contact Us Phone: 206-463-5173 | Online: vashoncenter.org**

**2023 Board of Directors**  
 Constance Walker, President  
 Bill Swartz, Vice President  
 Nan Letzer, Secretary  
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 Kelly Bennett  
 Diane Brenno  
 Deena Eber  
 Steve Hildreth  
 Molly Malone  
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 Rachel Waldron  
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 Contact the Board: board@vashoncenter.org



Vashon-Maury Senior Services  
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