



January 2022



**Monday, January 17
Martin Luther
King, Jr. Day**

**The Center will be closed.
No on-site lunch or lunch
delivery programs.**



**So long and thank you
to our three out-going
board members, Liz Illg,
Jacq Skeffington, and
Linda Fox.**

**You have truly made the
Center a better place.**

Happy New Year from the Director

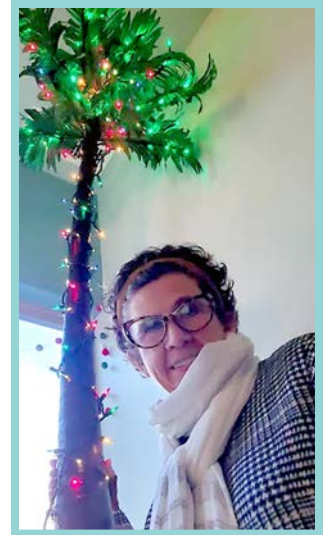
Happiest of New Years to all of you! This time of year brings on a mixed bag of reflections on where I am in my life. What did I do over the past year that I'm proud of, what could I have done differently or better (or both), and what lies ahead in the new year. It also holds a sense of optimism for me and a commitment to keeping any resolutions I've made.

I see friends posting and sharing lofty, philosophical wishes and promises to make the world a better place. To become better versions of themselves. To be more generous, patient, and kind. You know the ones I'm talking about. Mine tend to be more practical and less universal. Last year I indulged a bit too much between Thanksgiving and Christmas, so my resolution for 2021 was to give up cinnamon rolls. I'm happy to report that I was moderately successful. This year? Keep a plant alive. The last one I had was discovered gasping for light or water or plant food — how do you know what a plant needs? — and unceremoniously taken away from me. I was informed I would not be getting it back. (The plant found a good home and is thriving.) For those of you born with green thumbs, it may surprise you to know I have absolutely no instincts when it comes to plants. Zero. So why on earth would I resolve to give it another go? Because I want to learn. And I know I need to ask for help. And I have hope.

My wish for all of you this year is that you also have hope. As we work our way through the Greek alphabet of COVID variants, the end of the pandemic still eludes us. Let's shift our focus to things with a more positive spin to them. (Secondary resolution idea: do not say or write "pandemic" during 2022.) What's something you can never seem to get the hang of? Who do you know who is good at it? Maybe they'd be willing to teach you. Maybe they can point you to resources you didn't know existed. (Hello, YouTube.) See what you've done? You've not only learned something new, but you've also rekindled your curiosity. And maybe along the way you connected with another person. I'd call that the 2022 Hat-trick of Accomplishments.

Did you know we have all kinds of expertise among our members? We are overflowing with talent. Everything from card sharks to photographers to knit wits and hookers. (The knitters and crocheters name for their group. Isn't it great?!) I feel certain if there's something you'd like to learn, we can connect you with a member who can help. Or flip that around — what are you good at that you'd like to share with the class? I just know that our little community has a lot to share with one another, and that, folks, gives me hope.

—Catherine Swearingen, Executive Director Vashon Senior Center



PROGRAMS

In Center (C), via Zoom (Z), or Web (W). Our re-opening is an evolving process.

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.

Everyone entering the Center must present a vaccination card (only once, we will keep record on file) and wear a mask.

MONDAYS

(C) **Beginning Mah Jongg**, 9:30–11am, with Hazel, January 3–February 14, six person limit.

(Z) **Book Group**, January 24, 1:30pm — “In the Fall,” a novel by Jeffrey Lent. Donna Caulton is leading the discussion. We prefer to meet at the Senior Center, but COVID conditions may compel us to use Zoom. <https://us02web.zoom.us/j/84113415196>.

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) **Bridge Club**, 6:30–9pm.

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

(C) **Library 2 Go**, January 18, 10:45am

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

(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**, 1st, 3rd, and 5th Wednesday, 1–3pm.

THURSDAYS

(C) **Low Vision Group**, January 6, 1–2:30pm. At Center for general discussion. No speaker this time. Open to the public.

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

(Z) **Talk**: January 13, 7pm. The Vashon Heritage Museum presents its January Museum Talk “Captain Vancouver’s First Contact with Vashon Island” featuring Cyrus Anderson on Zoom. Please register here: https://us02web.zoom.us/webinar/register/8016388082927/WN_cF1j4IusSpqiuvtbgt81L2w

Watercolor with Geri Peterson and friends will be taking a break in January. 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 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 Friday, 6:30–8pm.

(C) **Talk**: January 7, 1pm. Metro Van, join Megan Lockhart for a Q and A about the Community Van rideshare program, brought to you by King County. The program provides Vashon residents with a customized option for getting around.

(C) **Talk**: January 14, 1pm. Heritage Museum's Bruce Haulman, Vashon Winter Storm on Vashon. Join Bruce as he takes us on a wintery stroll through Vashon-Maury's storm past.

(C) **Talk**: January 21, 1pm. Vashon Nature Center — All About Vashon Salmon: Which salmon spawn in our creeks? How are they doing? Where do they come from? What are we doing as a community to help them survive? Bianca Perla, Director of Vashon Nature Center, will discuss the natural history of island salmon and share amazing photos and videos from local photographers and Salmon Watch volunteers.

(C) **Talk**: January 28, 1pm. Join Barb Gustafson, island photographer and naturalist, as she travels to southeast Alaska in search of spring flowers, wildlife, glaciers, and more.

PROGRAMS Continued

SATURDAYS

Wild Walkers, January 8, 10am. We'll go to the Lower Gold Beach loop, which is paved, mostly level and about a mile around. Let's meet at the Senior Center at 10am to carpool or you can meet us at the

walk location. Proof of vaccination is required, and masks are optional. We hope to see you there.

(C) Second Saturday Knitters, January 8, 10:30am–12:30pm at the Center again.

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.

NEW ARTIST SHOWING

Caran-marie Weston Dunbar 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 Dunbar 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 Dunbar is currently the Artist in Residence at the Vashon Presbyterian Church as part of their Arts in Worship program. Her work will be displayed at the Center January-February.



Pen Pal Program

We will be launching our Pen Pal Program again with the Harbor School beginning in 2022. If you would like to be part of the program, or have questions please contact Pamela Wickard: coordinator@vashoncenter.org or call the Center: 206.463.5173

New In-Center Lunch Time Beginning in the New Year

Please join us at 11:45am on Monday, Wednesday, 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.

Corrected Phone Number!

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

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: First Thurs. of each month. 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

January 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
						1 10am Photo Club via Zoom
2	3 Fatayir w/ Hummus V 9:30am Beg Mah Jongg Class 1pm Mah Jongg	4 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	5 Chicken & Broccoli Alfredo GF V Option 10am Photo Club via Zoom 10am Current Events 1pm Tai Chi Outdoors 1pm Bridge Play 1pm Mah Jongg	6 Closed 10am Chair Yoga via Zoom 1pm Low Vision Group	7 Corn Souffle V GF 9am Zumba 9:30am Mindfulness Café via Zoom 1pm Talk: Community Van Program w/ Megan Lockhart	8 10am Wild Walkers 10am Photo Club via Zoom 10:30am Second Saturday Knitters
9	10 Baked Chicken 9:30am Beg Mah Jongg Class 1pm Mah Jongg 1pm Fun Committee Meeting	11 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	12 Macaroni & Cheese V GF Option 10am Photo Club via Zoom 10am Current Events 1pm Tai Chi Outdoors 1pm Bridge Play	13 Closed 10am Chair Yoga via Zoom 7pm Vashon Heritage Museum via Zoom: "Captain Vancouver on Vashon"	14 Meatball Soup GF 9am Zumba 9:30am Mindfulness Café via Zoom 1pm Talk: Vashon Heritage Museum's Bruce Haulman: "Vashon Winter Storms" 6:30pm Duplicate Bridge	15 10am Photo Club via Zoom
16	17 Closed for Martin Luther King Jr. Day	18 9:15am Meals on Wheels 10:30am Knit Wits & Hookers 10:45am Library 2 Go 1pm Pinochle 1:30pm Music Mends Minds 2pm Teatime w/ Tessa 2:15pm Smartphones 6:30pm Bridge Club	19 Frittata w/ Ham GF V Option 10am Photo Club via Zoom 10am Current Events 1pm Tai Chi Outdoors 1pm Bridge Play 1pm Mah Jongg	20 Closed 10am Chair Yoga via Zoom	21 Polenta w/ Sausage & Roasted Vegetables GF 9am Zumba 9:30am Mindfulness Café via Zoom 1pm Talk: Vashon Nature Center's Bianca Perla: "Vashon Salmon"	22 10am Photo Club via Zoom
23	24 Roasted Vegetables V 9:30am Beg Mah Jongg Class 1pm Mah Jongg 1:30pm Book Group	25 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	26 Beef Stew GF 10am Photo Club via Zoom 10am Current Events 1pm Tai Chi Outdoors 1:30pm Bridge Play	27 Closed 10am Chair Yoga via Zoom	28 Chicken & Veggie w/P-nut Sauce on Rice GF 9am Zumba 9:30am Mindfulness Café via Zoom 1pm Talk: Barb Gustafson: "Travels in SE Alaska" 6:30pm Duplicate Bridge	29 10am Photo Club via Zoom
30	31 Beef w/ Ma'ccarona 9:30am Beg Mah Jongg Class					



Winter Craft Fun!

Join the FUN committee January 13, 10am for a wonderful winter craft project, making snowflakes and Valentines. All materials and refreshments will be supplied.

THANK YOU!

Dusty M for knitting books, Julia L for file folders, Laura W for pantry items, Kirsten A for puzzle books, Pat D & Neil B for cookies, Deb T for tickets, Blythe B for medical supplies, Sandy J for a car/driver ticket, Molly M and Bill S for magazines, Joane L for cookie cutters, Harry G for books, Camp Sealh for yarn supplies, Mary B for books, Kirsten B for a magazine, Dave E for lunch chips, Phil Y for eggs, and Kirsten A for a magazine and puzzle books.

JANUARY BIRTHDAYS

- Margot Leroy 1
- Karen Rogers 1
- Tom Pargeter 2
- Roxanne Thayer 2
- Lin Holley 3
- Tara Morgan 4
- Judy White 5
- Betty Kay Olson 7
- Roberta Hunziker 8
- Barb Adams 8
- George Ellis 8
- Barbara Duntley 9
- Judie Watson 9
- Marlene Korenek 10
- Emily Herrick 11
- Dana Lazare 11
- Penny Kimmel 11
- Sara VanEysbergen 12
- Neil Beaumont 13
- Judith Boardman 14
- Lorra Hoffman 14
- Kaye Steen 14
- Anne Meyers 16
- Kathleen Odekirk 16
- Pat Douglass 18
- Bill Rady 19
- Frank Schin 19
- Catherine (Cathy) Rogers 19
- Linda Peterson 22
- Sue Willingham 23
- Chanda Carlson 24
- Marcy Rice 25
- Douglas Rickerson 25
- Clark Schlegel 27
- Dan Cadman 27
- June Dinsmore 28
- Robert Ostrow 30
- Norman Parker 30
- Miyoko Matsuda 30
- Marilyn Van Devanter 30

Music Mends Minds is Back

Vashon Rotary Club is pleased to re-launch Music Mends Minds at the Senior Center beginning Tuesday, January 4, 1:30–2:30pm, in person, weekly.

Music Mends Minds is a global Community Service Project serving people suffering from 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 to everyone.

It doesn't matter if you can play an instrument or sing. All are welcome to this free offering from Vashon Rotary Club and musicmendsminds.org.

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

NOTEWORTHY MENTIONS

Vashon Garden Club for 50 handmade swags for the lunch delivery recipients and the Vashon Island Coffee Roasterie for delicious coffee.

Cookie bakers: Karen B and Amelia, Delilah & Mariette, plus Weslie R and Anne T for delightful notes for the lunch bags.

Helping Older Adults Prepare for 3G Network Shutdowns

3G wireless networks are scheduled to shut down next year, which will prevent older cell phones that utilize these networks from making or receiving calls or using data services. In addition to cell phones, other connected devices such as certain medical devices, alert systems, and security systems that use 3G network services will be impacted.

Although most people have devices on 4G or 5G networks, the shutdown will likely disproportionately impact older adults and low-income individuals who may be using older phones, life alert systems, and other devices still on 3G. Connectivity is critically important in this time when people are utilizing telehealth services and connecting with the courts and service providers remotely.

Advocates can take steps to help people prepare for the 3G network shutdown: For more information, please visit this website. [fcc.gov/consumers/guides/plan-ahead-phase-out-3g-cellular-networks-and-services?eType=EmailBlastContent&eld=f4cb656f-4eb6-4bd4-93e7-94e886c9d056#devices](https://www.fcc.gov/consumers/guides/plan-ahead-phase-out-3g-cellular-networks-and-services?eType=EmailBlastContent&eld=f4cb656f-4eb6-4bd4-93e7-94e886c9d056#devices)

Cryptocurrency Buzz Drives Record Investment Scam Losses

Investing in cryptocurrency means taking on risks but getting scammed shouldn't be one of them. Reports to the FTC's Consumer Sentinel suggest scammers are cashing in on the buzz around cryptocurrency and luring people into bogus investment opportunities in record numbers.

Since October 2020, reports have skyrocketed, with nearly 7,000 people reporting losses of more than \$80 million on these scams. Some say there's a Wild West vibe to the crypto culture, and an element of mystery too. Cryptocurrency enthusiasts congregate online to chat about their shared passion. And with bitcoin's value soaring in recent months, new investors may be eager to get in on the action. All of this plays right into the hands of scammers. For more information: centsprogram.org

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Bluebird Update

Our generous volunteers make it possible for the Center to continue offering 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 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.

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

SAVE THE DATE: New Year Volunteer Open House

Friday, February 4, 1-2pm. We can't overstate it: Volunteers help the Center meet its mission of enriching the lives of older adults on Vashon-Maury. Please join us for a New Year Volunteer Open House. Learn more about exciting new programs, plus get updates on current volunteer opportunities. Vashon Village's Evy Horton and Bluebird's Camille Rosetty will be on hand to discuss these programs and program needs.



New Year, New Connectors

We are delighted to welcome Michelle F. and Peter K. as Village Builder volunteers. Along with Felicity T. and Keith P., they'll be serving as liaisons between neighbors in Town and Gold Beach and our Villages program manager.

Program funds provided by



New Video Series by Barb Gustafson

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/

OVERHEARD at the Senior Center



Q: "I hear it's your birthday tomorrow. Are you doing anything special?"
A: "I hope I'm waking up."

"Who's deal, is it? It's mine, that's why I'm shuffling."

2022 Board of Directors
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 Jamila Al Dahir, Friday Chef

JANUARY 2022 • Contact Us Phone: 206-463-5173 | Online: vashonseniorcenter.org



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