



July 2023

July 4th Independence Day Tuesday, July 4, The Center will be closed on Tuesday, so staff and members can celebrate.

THE VASHON ISLAND STRAWBERRY FESTIVAL

July 15 & 16 — Strawberry Festival on Vashon VOLUNTEERS NEEDED! (See page 3 for details)



Watercolor Class is back! July 13 and 27, 2-4pm

WHAT'S NEW

MONDAYS: Compassionate Communication, July 17 and 24, 1pm with Elizabeth Braverman. These are parts 3 and 4 of our May communications discussion. Newcomers are welcome. And Elizabeth is open for one-on-one workshops and discussion.

WEDNESDAYS: After lunch (12:45pm) join us for "Show and Tell." Share a craft, a poem, a photo or a story after lunch. We ask that you limit your time to 5 minutes, so everyone gets a chance to share.

THURSDAYS: Welcome Back Watercolor Class. Join us Thursday, July 13 and 27, 2-4pm. We are ready for in-person watercolor painting get-togethers after a long hiatus of three years. It will be at the same time and place, but with some fresh ideas. Will and Inge will guide the class with our lovely Geri as expert adviser. Come join the fun, bring supplies, but there may be an opportunity for a painting supply swap in the future.

FRIDAYS: We welcome you to attend one of our Friday Talks at the Center at 1pm. This month, July 7, The Vashon Care Network will discuss some of their many programs and services. July 14, Brian Brenno of the Vashon Heritage Museum will talk about Hydroplane races and the new exhibit. July 21, Link Audiology will share how to keep connected with the people who matter most to you. July 28, welcome back Vashon Household and the discussion of Home Share.

SAVE THE DATE

Saturday and Sunday, August 5 and 6, Center's Rummage Sale, hosted by the FUN Committee. Bring us your gently used stuff. We are looking for donations of household items. Please, no furniture, clothes, or broken items. Donate to the Center by August 2. All funds collected will go into the Center general fund. Then August 5 and 6, come shop 10am-4pm.



Friday, August 18, 12-2pm, Members Annual Picnic at the Eagles. More information to come.

# 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) **Canasta:** 10–11:30am. Join Ellen Trout. Beginners welcome.

(C) **Senior Saints Haircuts:** July 10, 1–3pm.

(C) **Mah Jongg:** 1–3pm.

(C) **Discover Compassionate Communication:** July 17 & 24, 1-3pm. This is part 3 and 4 from the May discussion. Learn how to enhance understanding, connection, and solutions, while reducing stress, conflict, and discord.

(C) **No Book Group July and August:** The next meeting will be September 25. So, you'll have the summer to read, *Cloud Cuckoo Land* by Anthony Doerr.

## 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.

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

(C) **Meditation class:** 4pm. Join Barney Munger, all levels welcome.

(C) **Library 2 Go:** July 18, 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. 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.

(C) **Show and Tell:** 12:45pm.

(A) **Outdoor Tai Chi with Deena Eber:** 1pm. Meet at the covered area in Island Center Forest at the west end of 188th Street.

(C) **Party Bridge:** 1–3pm.

(C) **Computer Club:** On summer break

## THURSDAYS

(C) **Low Vision Group:** Taking a summer break.

(C) **Mah Jongg:** 1–3pm.

(C) **Watercolor class returns:** July 13, 27, 2–4pm.

(T) **Trip:** July 20, 8:50am, Emerald Queen Casino.

## 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. There will still be a Zoom option for those who prefer online.

(C) **Talk:** July 7, 1 pm, Vashon Care Network. Join Tory and Carol from

the Vashon Care Network to learn about free medical supplies and equipment from the Care Closet. Also learn how VCN offers support for both family caregivers and independent providers.

(C) **Art Walk:** July 7, 5-8pm, Photo Club Group Show First Friday Art Opening.

(C) **Talk:** July 14, 1pm, Brian Brenno of the Vashon Heritage Museum. Discussion of the 4th of July Hydroplane Races and a visit to the Museum's new exhibit about the annual hydroplane race.

(C) **Talk:** July 21, 1pm, re-scheduled Link Audiology. Please join us in welcoming Evan Grolly of West Puget Sound's Comprehensive Audiology a Hearing Aids Provider. Evan will discuss how to keep you connected with the people who matter most to you. And we believe your audiologist should have as many options available to you as possible.

(C) **Talk:** July 28, 1pm, Vashon Household's Home Share Program. VHH Home Share has an extensive matching process, and they will even provide mediation should the need arise. Home Share is here to set up situations that benefit everyone and will be there to make sure this happens through the first six months of the rental relationship. We will also be joined by some Islanders who will share their personal experience.

## SATURDAYS

(A) **Wild Walkers:** July 1, 10am. Hey, summertime walkers. Our monthly Wild Walk will be at the Frog Holler trail. The paths are level with a few little rises and a few tree roots. We encourage participants to bring a

# PROGRAMS Continued

walking stick for our trek of about a mile. We meet at the Center at 10am to carpool or you can come to the parking lot at the trailhead on the east side of Wax Orchard Rd SW, north of 261st Place SW.

**(C) Second Saturday Knitters:**  
July 8, 10:30am–12:30pm.

**(A) Strawberry Festival:** July 15 & 16.

**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.



## Senior Center at Strawberry Festival

### Volunteers Needed!\*

Watch out for the kazoo-playing, tutu-wearing Senior Center brigade in the Strawberry Festival Parade! Along with a very special guest and our Mayoral Candidate Maddie, who will hopefully be traveling along with the kazoo-tooting marchers in a splendid surprise ride. And after the Parade?

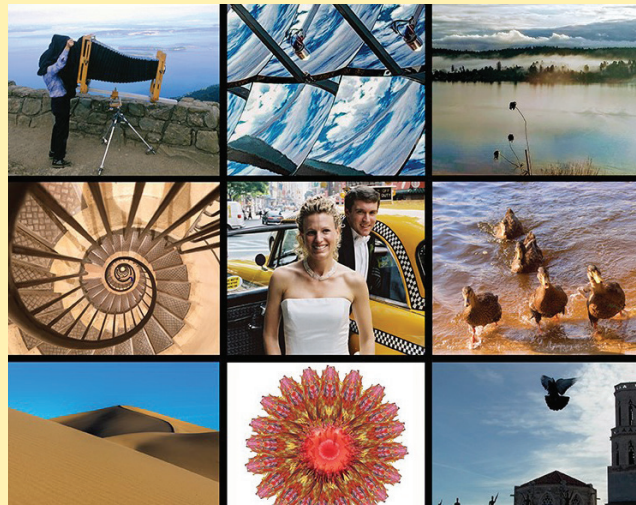
*Make your way to the Senior Center booth for advice...*

We know everyone needs a little advice sometimes — and the Senior Center Strawberry Festival booth is the place to get it. Really. The advice from our seniors will make your day... because we are once again featuring: **Wise BAD Advice from Seniors!** Stop by and we will figure out your life for you! Or at least have a very good time trying...

\*Volunteer sign up sheets at the Center's front desk.

## Center's Photo Club Group Show

Come join us at the First Friday Art Walk, Friday, July 7, 5-8pm at the Center. Light Moments: Thirteen members of the Photo Club at are



presenting a group show of images during July and August. Photographers represented at this show are Mike Dillmann, Linda Fox, Bob Hallowell, Dennis Hess, Eliza Hitchcock, Lorra Hoffman, Charlotte Lubbert, Peter Milovsoroff, Keith Prior, Karlista Rickerson, Richard Rogers, Jeff Twersky and Wade Yip. For visiting hours and more information about the show contact 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
- Village Program 206-485-4335





July 2023

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 10am Wild Walkers
2	3 <b>Beanie Wienie Casserole</b> 10am Canasta 1pm Mah Jongg	4 <b>Closed</b>	5 <b>Meatloaf</b> 10am Photo Club via Zoom 12:45pm Show and Tell 1pm Tai Chi Outdoors 1pm Party Bridge 1pm FUN Committee	6 <b>Closed</b> Low Vision is on a break 1pm Mah Jongg	7 <b>Corn Chowder</b> <b>V option</b> 9am Zumba 10am Spinal Mobility Center/ Zoom 1pm Talk: Care Network 5pm First Friday Art Show	8 10:30am Second Saturday Knitters
9	10 <b>Turkey Chef Salad</b> <b>V option</b> 10am Canasta 1pm Mah Jongg 1pm Senior Saints	11 9:15am Meals on Wheels 10am Scrabble 10:30am Knit Wits & Hookers 1pm Pinochle 1:30pm Music Mends Minds 2:15pm Smartphones 4pm Meditation 6:15pm Vashon Dupl. Bridge	12 <b>Chicken Tortilla Casserole</b> 10am Photo Club via Zoom 12:45pm Show and Tell 1pm Tai Chi Outdoors 1pm Party Bridge	13 <b>Closed</b> 1pm Mah Jongg 2pm Watercolor Returns	14 <b>Vegetable Bread Pudding</b> <b>V</b> 9am Zumba 10am Spinal Mobility Center/ Zoom 1pm Talk: Hydroplane race and museum trip	15 <b>Strawberry Festival</b>
16 <b>Strawberry Festival</b>	17 <b>Beef Chili &amp; Cornbread</b> 10am Canasta 1pm Mah Jongg 1pm Compassionate Communion	18 9:15am Meals on Wheels 10am Scrabble 10:15am Library 2 Go 10:30am Knit Wits & Hookers 1pm Pinochle 1:30pm Music Mends Minds 2:15pm Smartphones 4pm Meditation 6:15pm Vashon Dupl. Bridge	19 <b>Spinach, Artichoke Baked Chicken</b> 10am Photo Club via Zoom 12:45pm Show and Tell 1pm Tai Chi Outdoors 1pm Party Bridge	20 <b>Closed</b> 8:50am Trip: Emerald Queen Casino 1pm Mah Jongg	21 <b>Gazpacho (cold tomato soup)</b> <b>V</b> 9am Zumba 10am Spinal Mobility Center/ Zoom 1pm Talk: Link Audiology	22
23	24 <b>Chicken Salad</b> 10am Canasta 1pm Mah Jongg 1pm Compassionate Communion Book Group is on a break	25 9:15am Meals on Wheels 10am Scrabble 10:30am Knit Wits & Hookers 1pm Pinochle 1:30pm Music Mends Minds 2:15pm Smartphones 4pm Meditation 6:15pm Vashon Dupl. Bridge	26 <b>Spaghetti and Meatballs</b> 10am Photo Club via Zoom 12:45pm Show and Tell 1pm Tai Chi Outdoors 1pm Party Bridge	27 <b>Closed</b> 1pm Mah Jongg 2pm Watercolor Returns	28 <b>Sweet and Sour Cabbage Soup</b> <b>V</b> 9am Zumba 10am Spinal Mobility Center/ Zoom 1pm Talk: VHH Home Share	29
30	31 <b>Corn Souffle</b> 10am Canasta 1pm Mah Jongg					

## TRIP

**Emerald Queen Casino, Thursday, July 20.** Meet at the Center 8:50am, for the 9:40 ferry. Play the slots and have lunch (on your own dime) in one of the lovely dinner spots. Members: \$10, signup starts July 3. Non-Members: \$15, signup starts July 7.



**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 five dollars a meal.

## Discover Compassionate Communication

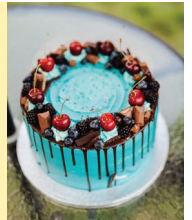
Learn how to enhance understanding, connection, and solutions, while reducing stress, conflict, and discord. Explore ways to prepare and think about interactions as well as practical skills that encourage honesty and compassion rather than judge and misunderstanding. Join Elizabeth Braverman, Ph.D., warm, non-judgmental, and supportive. She's facilitated many groups and workshops on a wide range of topics as a Clinical Psychologist and is devoted to compassionate communication. She is also a mosaic artist who lives on the Island with her tiny dog, giant dog and lots of egg layers. **Join Elizabeth Monday after lunch, July 17 and 24 at the Center for conversation.**

## About Family Caregiver Support Group

The Vashon Care Network invites family caregivers to join others in a safe, supportive space to share the experience of caregiving. Support circles are offered from 6:30–7:30pm, every Thursday at the Vashon Lutheran Church. Share your concerns and struggles, make meaningful connections, and find new energy and inspiration Contact Kathy Shafel at [kshafel@comcast.net](mailto:kshafel@comcast.net) or 206-718-1458 or Tory Hayes at [victoriansmith@comcast.net](mailto:victoriansmith@comcast.net) or 206-304-4544 with questions. Join Tory and Carol at the Center, Friday, July 7, 1pm.

## July Birthdays

Joy Mann 1  
Pamela Shine-Savoy 3  
Wendy Wharton 4  
Cynthia Zaentz 5  
Lindsey Hofman 5  
Eliza Hitchcock 6  
Dee Weedin 7  
Arlene Wilkerson 7  
Ruth Mundy 8  
Janice Wall 9  
Jackie O'Malley 10  
William Bryce 10  
Merrill Black 11  
Barbara Smith 11  
Candy McCullough 12  
Jim Dam 12  
Chai Mann 12  
Kathleen Fitch 12  
Vince Hardy 12  
Bonnie Nelson 13  
Sandra Wilcox 13  
Anne Gordon 14  
Nancy Slater 14  
Cheryl Sundberg 15  
Judi Ranney 15  
Judith Whitney 17  
Beverly Peterson 17  
Rene Hinojosa 18  
Jim Marsh 18  
Patrick Cunningham 19  
Sheila Moore 20  
Leslie Trew 20  
Marjorie Davey 21  
Joan Benckendorf 22  
Sharon Briskman 24  
Blaine Beveridge 24  
Hilary Emmer 25  
Martha Leffler 27  
Robert Horton 27  
Blythe Bartlett 28  
Yvonne Kuperberg 28  
Patricia Minier 28  
Ben Hussman 28  
Vance Price 29  
Mikell Marsh 30  
Mary Rose O'Reilly 30  
Randall Webb 31  
Lee Green 31  
Clare Kallsen 31



## Members Passing

Jerry Hansen  
Joan White  
Katie Bunnell



## THANK YOU!

Lynnette for tomato start plants, Nancy O for knitting supplies, Justine N for glasses, Frank S for cookies & fresh veggies, Marlyce & Bob D for garden rhubarb & garlic, Bob H for cake, Jan P for goodies, Owana D for supplies, Ellen T for paper goods, Marcia C for garden peonies, Marge B for garden flowers and rhubarb, Connie H for magazines, and Cathy R for Garden Tour tickets.

Heartfelt thanks for lunch bag cards & cookies from Weslie R, Anne T, Karen B, Mariette & Delilah S.



Thanks to all the Center members who participated in the 3rd Annual Pen Pal Program. We all gathered June 5, to meet our Harbor School Pen Pals. Look for the invite to be a part of this program in the Autumn.

## Thank You PSE

We are grateful to Puget Sound Energy which has graciously provided funding for the Center's newsletter and many programs and is our premiere sponsor for Rainbow Blingo.



## SOUNDCOMP.COM

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Vashon Island, WA 98070



## VASHON PHARMACY

206-463-9118

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## Thank You King County!

We are grateful for King County grants which has graciously provided funding for Center programming.



**King County**

**Veterans, Seniors & Human Services Levy**





## VOTE Maddie!

The campaign is underway, and we invite all of you to support the sweetest, softest Unofficial Mayoral Candidate ever!

Thanks to her person Mindy, the wonderful MADDIE is running on behalf of the Senior Center. Maddie is a beautiful Sheltie and certified therapy dog. Maddie and Mindy visit the Center every Monday and Friday at lunchtime. Maddie says hello to every guest, offering soft fur for pets and sending out love from her deep brown eyes. A visit with Maddie is the best medicine, and we wholeheartedly believe she will be an outstanding Unofficial Mayor.

How does this election work? One dollar

equals one vote! The candidate with the most money raised is elected Unofficial Mayor. Best thing about this particular race? You can VOTE as MANY TIMES as you wish!

Vote for Maddie online at: [ourmayberry.com/campaigns/140](https://ourmayberry.com/campaigns/140)

And stuff our ballot boxes with dollars! We are accepting donations here at the Senior Center and spots around town (just look for Maddie's beautiful face). Also, throw some support to the other candidates if you can — all running are great for Island organizations.

Voting ends at noon on Saturday July 15th, 2023, and the winner will be announced on Saturday night at 8pm at the Strawberry Festival Main Stage.

Many Thanks to both Maddie and Mindy for sharing the love!

## Rainbow 'Blingo' Joy!

Thank you to everyone who attended, everyone who helped, every person and business who donated so generously — because of you, Rainbow Blingo was a big, bright success!

A sold-out crowd filled beautiful Camp Burton Lodge with joy and BLING. Our hostess Louvel charmed the crowd, while people feasted on delicious food from PopPop Bottle Shop and Camp Burton's Chef Jeff and enjoyed fine Solea wines donated by Liz and Mike McConnell and coffee from Caffe Vino Olio. Attendees exuberantly bid on Silent Auction prizes from ACE Hardware, Standard Goods, and Kathy's Korner.



One of the sweetest parts of the night was watching the dessert auction winners enjoying — and sharing across tables — delicious treats donated by Snapdragon, Vashon Baking Company, La Isla, and our unsinkable Board Members and friends.

Lucky Blingo winners walked away with gift cards from Island restaurants including Gravy, The Ruby Brink, Earthen Bistro, The Hardware Store, Vashon Adventures, as

well as Amazon (thanks to WA Practice Management Services).

**Rainbow Blingo raised over \$10,000 in support of the Senior Center — and the community pride and connection that was raised is simply priceless.**

Thank you to Vashon Events for helping us spread the word and pack the Lodge, and thank you to all who participated — we can't wait for the next one!



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

Return Service Requested

Non-Profit Org  
 US Postage  
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 Permit #46  
 Vashon, WA 98070



**2023 Board of Directors**  
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 Nan Leiter, Secretary  
 Leslie Minch, Treasurer  
 Mary Ann Beardsley  
 Kelly Bennett  
 Steve Hildreth  
 Molly Malone  
 Tara Morgan  
 Ellen Stewart  
 Mary Van Gemert

Contact the Board: board@vashoncenter.org

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 Kathleen Hendrickson, Operations Manager  
 Pamela Wickard, Volunteer and Program Manager  
 Fran Brooks, Bluebird Coordinator & Village Manager  
 Jamila Al Dahir, Monday Chef  
 Kate Huntley, Wednesday and Friday Chef  
 Katherine Shedd, Bus Driver

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



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