



June 2022

Sunday, June 19
Juneteenth National
Independence Day

Sunday, June 19
Happy Father's Day

Tuesday, June 21
Summer Solstice



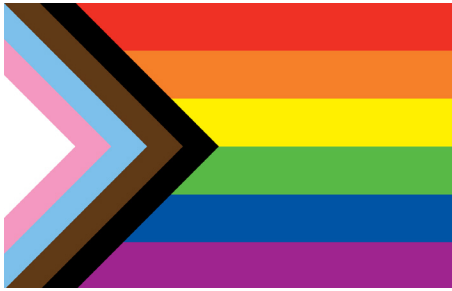
Juneteenth

Juneteenth National Independence Day also known as Jubilee Day, Emancipation Day, Freedom Day, and Black Independence Day is a federal holiday in the US commemorating the emancipation of enslaved African Americans. Originating in Galveston, Texas, Union Army general Gordon Granger, proclaimed freedom for enslaved people in Texas, which was the last state of the Confederacy with institutional slavery.

The day has been celebrated annually on June 19 in various parts of the United States since 1865. The day was recognized as a federal holiday on June 17, 2021, by President Joe Biden.

June is Pride Month

Gay pride or LGBTQX pride is the promotion of the self-affirmation, dignity, equality, and increased visibility of lesbian, gay, bisexual, and transgender (LGBTQX) people as a social group. Pride, as opposed to shame and social stigma, is the predominant outlook that bolsters most LGBTQX rights movements.



Pride has lent its name to LGBTQX-themed organizations, institutes, foundations, book titles, periodicals, a cable TV station, and the Pride Library.

Pride Month is celebrated every June as a tribute to those who were involved in the Stonewall Riots in 1969.

Please join us on Friday, June 3, 1pm for a film celebrating Pride Month.

SAVE THE DATES!

Trips are happening again. See page 3 for details. If you have trip ideas, please leave suggestions at the front desk.

Tacoma Rainiers game: Tuesday, August 16. Save the Date. More information to come soon.

Flag Day Lunch with the FUN committee: Wednesday, June 15, 11:45am. Join the in-Center lunch with a Flag Day Celebration. Hosted by the FUN committee. Wear your red, white, and blue.

Sunday, June 19, 2pm. Let's walk into summer a few days early, with the FUN committee. Meet at the Center for an easy walk around town.

Band Practice: Thursday, Thursday, June 23, 10-11am, at the Center. Bring your old or new instrument in for a jam session. We encourage those who play, beginners, those who used to play, and those who just want to join in the fun. We hope to inspire musicians to gather and make some joyful noise.

Celebrate Juneteenth at Mukai Gardens
Sunday, June 19, 11am-2pm
Mukai Farm & Garden, 18017 107th Ave SW, Vashon

For more information, please go to their website:
mukaifarmandgarden.org.

PROGRAMS

In Center (C), via Zoom (Z), or Web (W). 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) Party Bridge, 6-9pm.

(C) Book Group, June 27, 1:30pm
— "A Short History of Tractors in Ukrainian," by Marina Lewycka.

TUESDAYS

(C) 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-
2:30pm in the side room.

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

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

(C) Library 2 Go, June 21, 10:15am.

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, 10:30-11:30am.
Discuss current topics with Jay
Becker and friends, and then stay
for lunch.

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) Computer Club, 2nd
Wednesday, 7pm.

THURSDAYS

(Z) Chair Yoga. Join Margaret
Hoeffel 11:30am-12:30pm. NEW
instructor and NEW time.

(C) Low Vision Group, June 2
1-2:30pm. The Vashon Low Vision
Group meets at the Senior Center.
We will continue our discussion on
accessible and informative web
sites.

(C) Band Practice, June 23, 10-11am.

(C) Mah Jongg, 1-3pm.

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) Teatime Talk, 10:30am.
Join Maria Glanz, as she builds
community through engaging
conversation.

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

(C) Talk: June 3, 1pm. Movie: *Before
Stonewall*. On June 27, 1969, police
raided The Stonewall Inn, a gay
bar in New York City's Greenwich
Village. In a spontaneous show of
support and frustration, the city's
gay community rioted for three
nights in the streets, an event that is
considered the birth of the modern
Gay Rights Movement. The award
winning film *Before Stonewall* pries
open the closet door, setting free
the dramatic story of the sometimes
horrifying public and private
existences experienced by gay and
lesbian Americans since the 1920s.

(C) Activity: June 3, 2:30. JAM Core
Centric — this week's focus is feet,
hands, and balance.

(C) Talk: June 10, 1pm. Join Bruce
Haulman from the Heritage
Museum as he discusses
gentrification on Vashon.

(C) Activity: June 10, 2:30. JAM Core
Centric — this week's focus is Ober
Park equipment.

(C) Talk & Workshop: June 17, 1pm.
Join Barb Guastafson for a weaving
workshop. For 4,000 years people
have been designing and creating
fabric for our clothing needs. How
would you like to learn the ancient
craft of weaving and create an
artistic tapestry wall hanging, a
functional pouch for your phone, or
a personalized bookmark? Come and
learn how to create a unique piece
of fabric on simple cardboard looms.
In addition to learning this ancient
craft, you will have an opportunity to
experience the rhythm of weaving
and the social pleasure of creating
together. Projects are designed for
all skill levels. Feel free to bring yarns,
beads, or other special materials
from home, but patterns and
supplies will be provided. Free.

PROGRAMS Continued

(C) Talk: June 24, 1pm. Movie: *13th*. Ava DuVernay's *13th* explores the history of mass incarceration in America. In a series of interviews, lawyers and journalists describe how Black people were arrested for minor crimes after the Civil War as another form of enslavement. This film is one of the most powerful documentaries on the list— you should definitely watch it if you haven't seen it already.

(C) Activity: June 24, 2:30pm. JAM Core Centric — this week's focus is JAMGO BINGO.

SATURDAYS

Wild Walkers, June 4, 10am. We anticipate another delightful walk.

We drive to Kingsbury Road/Raabs Lagoon on Maury. This walk will be about a mile around, all on pavement, with a very short rise. We'll meet at the Center at 10am to carpool and caravan. Everyone is welcome to join in for a low impact walk with friendly conversation, beautiful scenery, and fresh air.

(C) Second Saturday Knitters, June 11, 10:30am–12:30pm.

SUNDAYS

(C) FUN Committee, June 19, 2pm. Walk with the FUN committee. Meet at the Center for a gentle walk through town. Led by Thea Vernoy.

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.

Volunteers Needed

We are looking for volunteers to help lead a few programs, perform office work, and serve as driving teams.

If you are interested in learning more, please contact Pamela Wickard, Program and Volunteer Coordinator at: coordinator@vashoncenter.org.



New Artist: Barbara Gustafson

Barbara Gustafson is an island science educator and artisan weaver of baskets and small tapestries. She has self-published four books, for children and adults, featuring her island photographs.

Drawing on her love of nature and her weaving skills, she is now using her photographs to inspire her woven wall tapestries. Using yarns, cordage, ribbon,

beads, fabric, and wool roving, she builds layers of colors, patterns, and textures into impressionistic views of Vashon and other favorite places where she has traveled.

RESOURCES PROMOTING WELLNESS

ACCESS Bus Transportation	206-205-5000
Benefit Check up	1-888-435-3377
Bluebird Medical Transportation.....	206-463-5173
Enhance Fitness by Ramon Ontiveros	206-259-0118
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
Parkinson's Support Group: 1pm, First Friday	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

JOY AND MOVEMENT (JAM)

Celebrate, recalibrate, and find your joy through movement!

PROGRAM OVERVIEW: JAM is a guided activity program for all abilities and ages. Get stronger with energizing activity options for you and your community! Core Centric Coaches will lead the program, guide you along the way, and help you celebrate your progress. Join them Fridays at 2:30pm at the Center.



June 2022

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
			<p>1 Lasagna 10am Photo Club via Zoom 10:30am Current Events 1pm FUN Committee Meeting 1pm Tai Chi Outdoors 1pm Party Bridge</p>	<p>2 Closed 11:30am Chair Yoga via Zoom 1pm Low Vision Group 1pm Mah Jongg</p>	<p>3 Broccoli Soup 9am Zumba 9:30am Mindfulness Café via Zoom 10:30am Teatime Talk 1pm Movie: <i>Before Stonewall</i> 2:30pm JAM Core</p>	<p>4 10am Wild Walkers</p>
			<p>8 Mac & Vegetable Salad 10am Photo Club via Zoom 10:30am Current Events 1pm Tai Chi Outdoors 1pm Party Bridge 7pm Computer Club</p>	<p>9 Closed 11:30am Chair Yoga via Zoom 1pm Mah Jongg 7pm Zoom Talk via Heritage Museum</p>	<p>10 Frittata w/Ham 9am Zumba 9:30am Mindfulness Café via Zoom 10:30am Teatime Talk 1pm Talk: Bruce Haulman Gentrification on Vashon 2:30pm JAM at Ober Park 6:30pm Duplicate Bridge</p>	<p>11 10:30am Second Saturday Knitters</p>
			<p>15 Mac & Cheese 10am Photo Club via Zoom 10:30am Current Events 1pm Tai Chi Outdoors 1pm Party Bridge</p>	<p>16 Closed 8:20am Trip Port of Tacoma Tour 11:30am Chair Yoga via Zoom 1pm Mah Jongg</p>	<p>17 Meatball Soup 9am Zumba 9:30am Mindfulness Café via Zoom 10:30am Teatime Talk 1pm Talk: Barb Gustafson Weaving Workshop</p>	<p>18</p>
			<p>22 Shrimp & Rice 10am Photo Club via Zoom 10:30am Current Events 1pm Tai Chi Outdoors 1pm Party Bridge</p>	<p>23 Closed 9:30am Trip on Link Light Rail System 10am Band Jam Practice 11:30am Chair Yoga via Zoom 1pm Mah Jongg</p>	<p>24 Broccoli Alfredo w/Chicken 9am Zumba 9:30am Mindfulness Café via Zoom 1pm Movie: <i>13th</i> 2:30pm JAMGO Bingo 6:30pm Duplicate Bridge</p>	<p>25</p>
			<p>29 Chili w/Beef 10am Photo Club via Zoom 10:30am Current Events 1pm Tai Chi Outdoors 1pm Party Bridge</p>	<p>30 Closed 11:30am Chair Yoga via Zoom 1pm Mah Jongg</p>		
			<p>21 9:15am Meals on Wheels 10:15am Library 2 Go 10:30am Knit Wits & Hookers 1pm Pinochle 1:30pm Music Mends Minds 2:15pm Smartphones</p>			
			<p>28 9:15am Meals on Wheels 10am Scrabble 10:30am Knit Wits & Hookers 1pm Pinochle 1:30pm Music Mends Minds 2:15pm Smartphones</p>			
			<p>27 Baked Chicken 1pm Mah Jongg 1:30pm Book Group 6pm Party Bridge</p>			
			<p>26</p>			
			<p>19 2pm Walk with FUN Committee</p>			
			<p>20 Chicken w/ Potato 1pm Mah Jongg 6pm Party Bridge</p>			
			<p>13 Lentil Soup w/ Hummus & Pita 1pm Mah Jongg 6pm Party Bridge</p>			
			<p>14 9:15am Meals on Wheels 10am Scrabble 10:30am Knit Wits & Hookers 1pm Pinochle 1:30pm Music Mends Minds 2:15pm Smartphones</p>			
			<p>5 Beef w/ Ma'ccarona 1pm Mah Jongg 6pm Party Bridge</p>			
			<p>7 9:15am Meals on Wheels 10:30am Knit Wits & Hookers 1pm Pinochle 1:30pm Music Mends Minds 2:15pm Smartphones</p>			

Save Your Grocery Receipts

We collect your grocery receipts from IGA and Thriftway as part of their community donation program and we receive a 1% rebate. We have two collection boxes on the bookshelf in the front room. Just drop your receipts (from the current year) in the box. On Thriftway receipts only, you must sign your name and phone number. This is such a simple way for us to generate funds. Keep them coming, they really add up. In 2021 you generated about \$2,400 from Thriftway and IGA receipts. THANKS!

June Trips: Sign Up after June 1

Port of Tacoma Tour: Thursday, June 16, \$8.50.

Depart VSC at 8:20am. Return on 2:40pm ferry. We will have a special guided two-hour tour of the port, which now exceeds even the size and traffic of the Seattle Port. Learn what happens when the huge cargo ships that we see on their way past Vashon, reach the port for unloading. This trip was offered a couple of years ago and proved to be so popular that it is back by request. Space is limited, so sign up quickly. We will stop for lunch on the way home. Price for lunch not included.



Ride the Link Light Rail System: Thursday, June 23, \$10.50.

Depart VSC at 9:30am. Return on the 3:10pm Fauntleroy ferry. Experience the Seattle area from a different perspective as you travel the newly lengthened light rail system from Angel Lake to Northgate and back. Pass through many neighborhoods and their art-filled stations. Pricing includes your transit fee as well as ferry fees. Have fun seeing this new way of traveling/commuting in the Seattle area. We will stop for lunch on the way home. Price for lunch not included.

IMPORTANT INFORMATION ABOUT OUR TRIPS: Registration will open on the 1st day of the month. Go to vashoncenter.org/trips-1 to reserve your spot. If you are not able to use a computer, you may go to the Center to register and pay in person. Space is limited due to the size of the van, so sign up quickly! No refunds unless someone can be found to fill your spot. Price includes ferry fare, any admission fees, pro-rated costs for use of the van and driver's admission fees. Join in and see why these trips are so popular! If you have an idea for a place to visit, please let us know.



June Birthdays

Marge Lofstrom 2
Don Jackson 2
Owana Durrett 2
Wally Fletcher 2
Kate Huntley 2
Liz Illg 4
Myrtle J Walls 4
Sue Gardner 5
Sue-Lon Webert 6
Jenkins Kathryn 7
Ray Aspiri 9
Michael O'Donnell 10
Elizabeth Macbride 11
James Dam 12
John McCoy 12
Terry Rice 12
Lars Strandberg 14
Mary Alice Sanguinetti 14
Felicity Turner 15
Joe Meier 16
Leslie Perry 17
Valerie Roberts 17
Donna Bacon 18
Rosemarin Chaim 18
Berry Nanny 19
Loren Hill 19
Sue Parker 21
Margaret Bickel 21
Eva Koeniger 21
Michael Kenney 23
Kathryn Dorman 24
Gordon Quinlan 24
Rickerson Karl 25
Bill Swartz 27
Barbara Steen 27
Helene Robertson 28
Connie Hilwig 28
Marilyn Klob 28
Barbara Powell 29
Bray Karen 30



THANK YOU: Laurie E and Mary Ann B for books, Vashon Be Prepared for hand sanitizing supplies, Odie H for candy, yarn and artworks, Dave E for paper towels, Jill R and Frank S for magazines, Ken H, Phil Y and Zoe B for organic eggs, Pat D and Neil B for cupcakes and oranges for lunch delivery and a box of chocolates for the coffee bar, Dee W for various cards, magnets, plants and notepads, Sheila B for bathroom supplies, Blythe B for coffee service equipment, Bill R & Camp Burton for homemade cinnamon rolls, Mystery Man for a box of chocolates, Cathy R for paper towels, Patricia H for coffee creamer, Kathleen O for puzzles, Jeanne R & Gray R for coffee, Allison & Dan B and Lynn C for making lunch entrees, Cath A for coffee, Arlene W for coffee supplies, and Wesley R for weeding the garden.

We are incredibly thankful for the dedication of our cookie bakers Amelia, Delilah and Mariette on Wednesdays and Karen B on Fridays!! In addition, we are very appreciative for our guest cookie bakers and guest chefs including Marge L, Allison & Dan B, Lynn C, and Thea V for Spring lunch cookies.

Weslie R and Anne T — we hope you know how much joy you share by creating the cheerful greeting cards happily received by our lunch participants!

As we resumed indoor dining, we have a number of volunteers assisting in the kitchen and dining room. Thank you to Kate S, Lynn C, Teresa L, Bobbi A, Connie W, Barbara P and Gordon Q.

Thank you to Alberto of La Isla Mexican Food for power washing and tidying the east entrance sidewalk area.

SOUNDCOMP.COM

Michael O'Donnell
▶ Sound Computing Solutions
www.soundcomp.com
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Thanks to Lynelle Sjoberg for hosting our Chair Yoga Class. She began in 2019 and weathered thru the pandemic with us. We at the Center are very grateful for her dedication and commitment to providing a lovely once a week yoga offering, namaste Lynelle.



Thank you to Tessa Marie Carroll, from The Dove Project. We say farewell and thank you Tessa, for

coming to the Center weekly and engaging with Seniors. We were delighted with your fun, friendly conversation. We miss your warm smile.

Thanks Jane Berg for the beautiful dahlia tubers. The proceeds will go to the Center's Garden fund to help keep the place looking beautiful through the seasons.



Kitchen Rental Spotlight: Vashon Island Coffee Dust



Vashon Island Coffee Dust creates spice blends to flavor your coffee without sweeteners. Make your morning routine less...routine. Coffee Dust was the brainchild of very good friends Christy and Kim, plus Kim's adorable dog Captain (well ok, mostly Kim, but Captain is too cute not to be in this story). We hope you love Coffee Dust as much as we do. Find us on Vashon at Anu Rana's, Vashon Island Baking Company and the Vashon Farmers Market. And visit us at: vashoncoffeedust.com.

Ask a Master Gardener

Get gardening questions answered by Vashon Master Gardeners. Bring your gardening questions, plant samples and/or plant photos to the Vashon Master Gardener Clinic in front of Vashon Ace Hardware and receive free, science-based advice every Saturday from May 7 to Sept 3, and the first Friday of the month. 10am to 2pm. For more information contact King County Vashon Master Gardeners, WSU extension at mgvashon@gmail.com.



New Village Program Manager

Welcome Maria Glanz, who joins the team as Village Program Manager.

Maria has been a happy resident of Vashon since 2012. She has worked with many Island organizations including Open Space for Art & Community (Director of Development and Communications), Vashon Center for the Arts (House Manager / Volunteer Coordinator), Vashon Parks District, and on behalf of numerous Island fundraisers. She is currently a grant writer for Vashon Heritage Museum and Seattle's Theatre Off Jackson.

Before moving to Vashon, Maria was Artistic Director of Rainier Valley Youth Theatre in Southeast Seattle and Playwrights Project in San Diego, where she had the good fortune to work in partnership with many community organizations and groups. She remains a joyful teaching artist here on Vashon with UMO Ensemble. Maria is also an award-winning actor, solo performer and writer, helping create UMO's critically acclaimed *FAIL BETTER: Beckett Moves UMO* and the audio drama *VIC: The Life and Times of Victoria Woodhull, Future Presidentess*. She is a member of Vashon Repertory Theatre, where she performed in *The Exonerated* early in 2022, and she's looking forward to appearing in *Much Ado About Nothing* in this summer's outdoor theatre festival. She lives on Vashon with her teenage son and is delighted to be joining the wonderful Senior Center team.



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