



June 2023

LGBTQIA*
Pride Month

Wed., June 14,
Flag Day

Join us for lunch, hosted by
the FUN Committee.

Monday, June 19,
Juneteenth Day

The Center will be closed,
and no lunch delivery.

SAVE THE DATE

Wednesday, June 28, Board
of Directors meeting. 3:30–
5:30pm at the Center and
open to Center members.

The month of June is dedicated to celebration and commemoration of lesbian, gay, bisexual, transgender, queer, intersex, asexual, (LGBTQIA) pride. Pride Month began after the Stonewall riots, a series of gay liberation protests in 1969, and has since spread outside of the United States. Modern-day Pride Month both honors the movement for LGBTQIA* rights and celebrates LGBTQIA culture. —From Wikipedia

The Center Celebrates Juneteenth With a Day of Service

The Senior Center will be closed on Monday, June 19th in observance of Juneteenth. Our staff will be joining together to spend a day of service. If you're a Member of the Senior Center, we can help with dump runs, home chores, rides to the grocery store or pharmacy, friendly visits, even changing locks. You'll need to make a reservation by calling (206) 463-5173. We look forward to getting out and enjoying our senior community!



Juneteenth is a federal holiday in the United States commemorating the emancipation of enslaved African Americans. Deriving its name from combining "June" and "nineteenth", it is celebrated on the anniversary of General Order No. 3, issued by Major General Gordon Granger on June 19, 1865, proclaiming freedom for slaves in Texas. Originating in Galveston, Juneteenth has since been observed annually in various parts of the United States, often broadly celebrating Black culture. The day was first recognized as a federal holiday in 2021, when President Joe Biden signed the Juneteenth National Independence Day Act into law after the efforts of Lula Briggs Galloway, Opal Lee, and others. —From Wikipedia

WHAT'S NEW THIS MONTH

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, Thursday, June 29, 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. Our first meeting on June 29 will mainly be exploratory to gauge interests; tell and show us what have you been painting, explore what frustrates you, and what floats your boat. Then we'll wet the paper, dab our brushes, and create. Come join the fun, bring supplies, but there may be an opportunity for a painting supply swap in the future.

FRIDAYS: Attend one of our Friday Talks at the Center, 1pm. This month, Vashon Threshold Choir will present a demonstration of their services. Bruce Haulman will share his knowledge of the history of Vashon. Financial Beginnings Washington will discuss how to avoid identity scams. The Vashon Fire Department will host a class on preventing falls, and Barb Gustafson takes us on a trip during armchair travel.

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.

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

(C) **Senior Saints Haircuts:** June 12, 1–3pm.

(C) **Mah Jongg:** 1–3pm.

CLOSED: Monday, June 19, Juneteenth Day. No lunches.

(C) **Book Group:** June 26, 1:30pm, *Warlight*, by Michael Ondaatje. Leader: Donna Caulton

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.

(T) **Trip:** Rainiers Game, June 13. Please reserve your ticket for more information. Tickets are limited to 10 people.

(C) **Library 2 Go:** June 20, 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.

(C) **NEW 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) **Flag Day Lunch:** Wednesday June 14, 12pm, hosted by the FUN Committee.

(C) **Computer Club:** June 14, 7pm.

(C) **Board Meeting:** June 28, 3:30–5:30pm.

THURSDAYS

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

(C) **Mah Jongg:** 1–3pm.

(C) **Watercolor class returns:** June 29, 2–4pm.

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:** June 2, Threshold Choir, 1pm. Vashon Threshold Choir will present a demonstration of their services. Formed in 2005, the choir brings comfort through song to those experiencing isolation, pain, grief, and nearing death. Two to four

singers provide soft, restful songs in short sessions designed to ease and support. Come and experience a song bath.

(C) **Art Walk:** June 2, 5–6pm. Community Canvas Art Show, final month.

(C) **Talk:** June 9, 1pm. Bruce Haulman, of the Vashon Heritage Museum. Join Bruce as he talks about the Vashon Community Care (VCC) site and the history of the organization.

(C) **Talk:** June 16, 1pm. Financial Beginnings Washington is proud to partner with the WA Bankers Association to offer "Identifying and Avoiding Scams." This talk explains how scammers target seniors because of the size of their assets, their tendency to be more trusting, the likelihood of their being stressed by family, medical, and financial problems, their concern about having enough money, and their embarrassment about admitting they've been duped.

(C) **Talk:** June 23, 1pm. Fall Prevention with Vashon Island Fire Department. Join one of our wonderful Fire Department members for a program on fall prevention, home safety and addressing potential fall hazards. Get educated about staying safe in your home, installation of fall safety devices, and other community resources that can help you stay independent and safe in your home.

(C) **Talk:** June 30, 1pm. "The Heart of Vashon: Sharing Our Stories." Armchair travel with Barb Gustafson. This month Barb travels back in time! Join her as she shares heart-felt stories and poems written by islanders about their lives on our island home, from 1887 through the early 1970s. Barb pairs her

PROGRAMS Continued

contemporary photographs with these writings to create vignettes of moments in time as a tribute to this island we call home.

SATURDAYS

(A) Wild Walkers: June 3, 10am. Hooray for nice weather. Let's walk the Judd Creek Loop, one of our favorites, for about a mile. We'll

meet at the Senior Center at 10am to carpool or you can meet us at the trailhead on 111th Ave SW. Come on, let's take a walk!

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

(T) Trip: Vashon Garden Tour, Saturday, June 17. Please reserve your ticket for more information. Tickets are limited to 10 people.



JUNE TRIPS

Tuesday, June 13, Rainiers Baseball Game

The price of ticket includes a reserved seat, ballpark meal of hot dog/snack item/water, a Rainiers hat and round-trip caravan. Meet at the Center 8:50am, to catch the 9:40 ferry at the South end. Member cost: \$27. Non-Member cost: \$37. Members sign up 6/2 and Non-Members sign up after 6/6. Masks are required during the bus ride to and from the ballpark. Participants should feel comfortable with short walks and a few stairs.

Saturday, June 17, Vashon Garden Tour

Vashon Island boasts some of the finest private gardens and nature oasis in the Northwest, and every year, for two days in June, they welcome the public. Regular tickets are \$42, but for our members we can offer a discount and a caravan ride from the Center. Members cost: \$35. Non-Member cost: \$45. Members sign up Monday 6/2 and Non-Members sign up after 6/6. Meet at the Center 9:45am. Participants should feel comfortable with short walks and possible uneven paths.

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.



Community Canvas Showing Now

Come join us at the First Friday Art Walk, Friday, June 2, 5-6pm, at the Center. View the art and meet some of the artists, young and young at heart, who created masterpieces

during our Community Canvas event. Look for more of these events in the 2023-24 school year. The show ends in June. Artwork will be for purchase and funds raised will be donated to 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



June 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
				<p>1 Closed 1pm Mah Jongg 1pm Low Vision</p>	<p>2 Italian Bean Soup V 9am Zumba 10am Spinal Mobility Center/ Zoom 1pm Talk: Threshold Choir 5pm Art Walk</p>	<p>3 10am Wild Walkers</p>
<p>4 5 Beet and Goat Cheese Salad V 10am Canasta 1pm Mah Jongg</p>	<p>5 Beet and Goat Cheese Salad V 10am Canasta 1pm Mah Jongg</p>	<p>6 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 Bridge Group</p>	<p>7 Baked Cabbage and Kielbasa 10am Photo Club via Zoom 12:45pm Show and Tell 1pm Tai Chi Outdoors 1pm Party Bridge 1pm FUN Committee</p>	<p>8 Closed 1pm Mah Jongg</p>	<p>9 Veggie Mac and Cheese V 9am Zumba 10am Spinal Mobility Center/ Zoom 1pm Talk: Bruce Haulman, VCC</p>	<p>10 10:30am Second Saturday Knitters</p>
<p>11 12 Beef and Potatoes 10am Canasta 1pm Mah Jongg 1pm Senior Saints</p>	<p>12 Beef and Potatoes 10am Canasta 1pm Mah Jongg 1pm Senior Saints</p>	<p>13 8:50am Trip Rainiers Game 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 Bridge Group</p>	<p>14 Chicken Salad Lettuce Cup 10am Photo Club via Zoom 12:45pm Show and Tell 1pm Tai Chi Outdoors 1pm Party Bridge 7pm Computer Club</p>	<p>15 Closed 1pm Mah Jongg</p>	<p>16 Mediterranean Tuna Noodle Casserole 9am Zumba 10am Spinal Mobility Center/ Zoom 1pm Talk: Financial Beginnings Washington Identity Scams</p>	<p>17 9:45am Trip Garden Tour</p>
<p>18 19 Closed Day of Service</p>	<p>19 Closed Day of Service</p>	<p>20 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 Bridge Group</p>	<p>21 African Peanut Stew V 10am Photo Club via Zoom 12:45pm Show and Tell 1pm Tai Chi Outdoors 1pm Party Bridge</p>	<p>22 Closed 1pm Mah Jongg</p>	<p>23 Hamburger Stroganoff 9am Zumba 10am Spinal Mobility Center/ Zoom 1pm Talk: Fall Prevention VIFD</p>	<p>24</p>
<p>25 26 Frittata V 10am Canasta 1pm Mah Jongg 1:30pm Book Group</p>	<p>26 Frittata V 10am Canasta 1pm Mah Jongg 1:30pm Book Group</p>	<p>27 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 Bridge Group</p>	<p>28 Southwestern Vegetarian Bake V 10am Photo Club via Zoom 12:45pm Show and Tell 1pm Tai Chi Outdoors 1pm Party Bridge 3:30pm Board Meeting</p>	<p>29 Closed 1pm Mah Jongg 2pm Watercolor Returns</p>	<p>30 Pineapple Chicken & Rice 9am Zumba 10am Spinal Mobility Center/ Zoom 1pm Talk: Barb G. Armchair Travel</p>	

VOLUNTEERS NEEDED

The FUN Committee will be looking for participants and volunteers for the Strawberry Festival July 15 and 16, and the Center's Rummage Sale, August 5 and 6. Contact Pamela Wickard, coordinator@vashoncenter.org.



Sunday Tea with the FUN Committee — a delightful tradition, in its second year. Thank you to the FUN Committee for hosting this wonderful event.

Thank you to Washington Gives and our GiveBIG donors. The Senior Center raised \$4,136 from 29 outstanding donors over the course of this year's GiveBIG event. The money raised through GiveBIG will go towards our lunch service and Care-a-Van rides.



Thank you to Granny's Attic for awarding the Senior Center two grants in the Spring Grant Cycle. We are proud to serve older adults on Vashon through our Village Bluebird Program, providing rides to medical appointments off-island. It is also our pleasure to provide delicious community meals every Monday, Wednesday, and Friday at the Center — and to deliver those meals to those in need. We are grateful to Granny's for continuing to recognize our work enriching the lives of older adults on Vashon-Maury Islands.



Thank you to our Rainbow Blingo sponsors and supporters! Our first big fundraiser since before the pandemic

– we could not have


done it without the support of Premiere Sponsor PSE, Venue Sponsor Camp Burton, and all our silent auction, food and prize sponsors*: Ace Hardware, Kathy's Corner, The Ruby Brink, Earthen Bistro, The Hardware Store, Gravy, Café Vino Olio, Standard Goods, IGA, Open Space, Liz and Mike McConnell of Solea Imports, PopPop Bottle Shop and Washington Practice Management Services. And a huge round of applause for our dedicated Board of Directors and Rainbow Blingo Fundraising Committee — they are the wind in our sails.



**PUGET
SOUND
ENERGY**



June Birthdays



Susan Adams 1
Marge Lofstrom 2
Owana Durrett 2
Kate Huntley 2
Dalinda Vivero 2
Brownie Carver 2
Kippy Jo Berry 3
Liz Illg 4
Mela Bredouw 4
Sue Gardner 5
Sue-Lon Webert 6
Glenn Gray 6
Arlene Landers 7
Kathryn Jenkins 7
Nancy La Pine 8
Lore Wintergreen 8
Ray Aspiri 9
Michael O'Donnell 10
Carol Bonifaci 10
Margaret Sursely 10
Elizabeth Macbride 11
James Dam 12
John McCoy 12
Terry Rice 12
Julie Shannon 12
Idrys Owens 12
Lars Strandberg 14
Mary Alice Sanguinetti 14
Jose Burgos 15
Christina Aubel 15
Jay Williamson 16
Bailey delongh 16
Joe Meier 16
Leslie Perry 17
Valerie Roberts 17
Donna Bacon 18
Chaim Rosemarin 18
Loren Hill 19
Nanny Berry 19
Karl Rickerson 20
Richard Osborne 20
Sue Parker 21
Margaret Bickel 21
Eva Koeniger 21
Justine Nagel 21
Michael Kenney 23
Kathryn Dorman 24
Gordon Quinlan 24
Weslie Rodgers 24
Ward Carson 24
Ann Scafe 25
Warren Munger 25
Bill Swartz 27
Bill Garrison 27
Helene Robertson 28
Connie Hilwig 28
Doug Johnson 28
Barbara Powell 29
Grace Hewitt 30

Members Passing

Jane Hockley April 4
Mary Meyer April 23
Arlene Schade May 4



THANK YOU!

Hazel N for potatoes, Barry B for a beautiful Mah Jongg set, Patty C for carrot cake, Jo Ann H for classic dessert plates, Charlene F for tea and coffee varieties, Peggy W for fresh eggs, Frank S for cookies and treats, Inge K for feline food, Phil Y for magazines and Sharon H & Alice B for chocolate cake. Thanks to Karen B, Mariette & Delilah, Anne T and Weslie R for the bounty of delicious and delightful lunch treats. Thanks to all the volunteers who host our programs.



Thanks to the Garden Club for the lovely May Day bouquets that went into all the home delivered lunches. Including a poem by Margaret Roncone:

**Bullfrog in morning,
rubber band voice edge of pond;
Spring takes leap forward.**

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.



Thank You King County!

We are grateful for King County grants which provide essential funding for Center programming.



King County

Veterans, Seniors & Human Services Levy

SOUNDCOMP.COM

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VASHON PHARMACY

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Center Praise to Share! Kim at Jefferson Cakepan on her membership form:

“We love you and appreciate you having such a wonderful incubator for small business.”

VOTE Maddie for Mayor!

We are delighted to announce our Official candidate for Unofficial Mayor of Vashon 2023...the wonderful MADDIE!

Maddie is a beautiful Sheltie and certified therapy dog. She and her person Mindy come to the Center every Monday and Friday at lunchtime. Maddie visits with every guest, offering soft fur for pets and sending love out through 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 race? You can VOTE as MANY TIMES as you wish. Stuff those ballot boxes with dollars — elect Maddie and support Vashon Senior Center! Voting ends at noon on Saturday July 15th, 2022, 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.



Vashon Senior Center's Annual Meeting

Thanks to all the members who attended the Vashon Senior Center's Annual Meeting on April 28th. The Vashon Senior Center Annual meeting was called to order on April 28 at 1pm by Board President Constance Walker. Sixty-six members of the Senior Center attended, including staff and board members.

Maria Glanz, the Center's new Executive Director, welcomed members and shared our acknowledgment that we serve on the ancestral lands of the s̓x̓w̓əbábs̓ or Swift Water People, who inhabited Vashon-Maury Island for millennia. Board members and staff described their involvement at the Center, and longtime staff member, Kathleen Hendrickson shared stories of member involvement. The Meeting continued with updates on Center funding, the work of our extraordinary volunteers, the Senior Center Village, and upcoming events. Board Secretary Nan Leiter described the vision

and initial plans for our Memorial Courtyard improvements. Board member Steve Hildreth and Treasurer Leslie Minch reported on the status of the Center's annual internal audit and external audit proposal.

Members then voted on four different Bylaw amendment proposals. Those results were:

Vote 1: Yeas – 55; Nays – 3

Vote 2: Yeas – 50; Nays – 8

Vote 3: Yeas – 48; Nays – 9

Vote 4: Yeas – 50; Nays – 7

While the vote was being tallied, Board members Ellen Stewart and Vice President Bill Swartz engaged members with an activity that garnered their ideas for a new, three-year strategic plan. The floor was opened for a Q & A before the meeting was adjourned shortly at 3pm by Board President Constance Walker, but not before we all ate delicious cake.

Discover Open Space Events

Open Space for Arts & Community is a multi-use arts and community center on Vashon Island. It is a large, flexible gathering place that hosts celebrations, classes, and performances of all kinds that serve the community at large with artists at the core. We offer a lively and diverse range of arts, including concerts, dance nights, theatre, and circus performances, and more. Open Space is where Vashon gathers to celebrate the unbreakable bond between arts and community. We co-create extraordinary artistic, community-building experiences that enrich and inspire all involved.

Visit: openspacevashon.com/event/2023



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

Return Service Requested

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 US Postage
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 Constance Walker, President
 Bill Swartz, Vice President
 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

Staff
 Maria Glanz, Executive Director
 Zoe Bennington, Business Manager
 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

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