



March 2022



March is a month of new beginnings, from Daylight Savings to the first day of spring. It's a month bursting with change as Mother Nature begins to bloom and show off her colors after a season of chilling out (literally). As we enter a new season, it's the perfect time to celebrate every single occasion. No matter how big, small, silly, or serious the day is, here's a glance at an excuse to celebrate every single day in March.

March 13
Daylight Saving Time

March 17
St. Patrick's Day
Center lunch to celebrate will be March 16.

March 20
First Day of Spring



Please check our calendar weekly. We may have to periodically cancel or postpone on-site activities in response to COVID-19 infection rates. Stay safe and healthy. We try our best to follow the Governor, State, and local recommendation.

ARE WE OPEN YET?

I must get asked ten times a week, when will the Center be open again? My first thought is, "yay—seniors want to come back!" My second thought is what's the right thing to do to keep seniors, staff, and volunteers as safe and healthy as possible.

I don't make this decision lightly. In fact, I detest having to make the call at all. Unfortunately, the pandemic continues, and we have to do everything we can to slow the spread. So, what do I base the decision to open or close on? Data. Always data. We follow the CDC and King County Public Health to track infection rates, but rely heavily on our own local infectious disease specialists, the Medical Reserve Corp. Each Friday I check to see what the infection rate is on Vashon and make a decision for the upcoming week.

The criteria for judging the risk of transmission from community case rates of COVID-19 for Vashon are:

- High risk >10 cases/week
- Substantial: 5–10
- Moderate: 1–5
- Low: 0–1

What will we do now that King County and the state are easing up on restrictions? We'll watch the data, consult with the MRC, and proceed with caution to take one step forward at a time.

Now you know how we decide. Data. We miss you, and we will be together again as soon as it's safe.

—Catherine Swearingen, Executive Director

SAVE THE DATES!



Wednesday, March 16. Join the FUN committee for the St. Patrick's Day Lunch—scheduled for In-Center, if the building is open for on-site activities and meals.



Sunday, March 20, 2pm. Celebrate the First Day of Spring with a walk. Starting at the Center, walk at a comfortable pace through town ending at Ober Park. We'll finish up with a brief overview of the new fitness equipment, and a snack and conversation. *Current COVID-19 Protocols will be followed.*

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.

Everyone entering the Center must show proof of full vaccination (only once, we will keep your record on file) and wear a KN or N95 mask. We will happy to provide one for you.

MONDAYS

(C) **Beginning Mah Jongg**, 9:30–11am, March 7–April 11, with Hazel, six-person limit.

(Z) **Book Group**, March 28, 1:30pm. Please check our website for info.

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**, 1:30–2:30 pm in the side room.

(C) **Teatime with Tessa**, 2–3pm.

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

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

(C) **Library 2 Go**, March 15, 10:15am.

(C) **Bridge Club**, 6:30–9pm.

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=VGZxb3R4Yys4d045Tm4UU5GOFhQQT09>

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**, 1–3pm.

THURSDAYS

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

(C) **Low Vision Group**, March 3, 1–2:30pm. Coping with Eye Disease. Facilitator: D. Napoli. Open to the public.

(Z) **Talk**: March 10, 7pm—Vashon Birds: Past, Present, and Future. The Vashon Heritage Museum and Vashon Audubon present a moderated panel with Ed Swan, Rayna Holtz, and Adria Magrath discussing how human impacts through changes in land use and climate change have affected Vashon bird populations over the past 150 years. Register here: https://us02web.zoom.us/webinar/register/4816444208782/WN_vqD1jNXQX-cqgH_dYZnug

Watercolor with Geri Peterson and friends will be taking a break in March. 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. Check Center for current open status.

(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 Fridays, 6:30–9pm.

(C) **Talk**: March 4, 1pm. Movie, to be announced.

(C) **Talk**: March 11, 1pm. Vashon Heritage Museum. Join Bruce Haulman as he discusses the Vashon Murals and the O-Space Mural Project.

(C) **Talk**: March 18, 1pm. Join Barb Gustafson, island photographer and naturalist, as she travels to southeast Alaska in search of spring flowers, wildlife, glaciers, and more.

(C) **Talk**: March 25, 1pm. We can welcome more birds and pollinators to our yards with our plantings. Learn more from Julia Lakey with the Vashon Pollinator Project.

PROGRAMS Continued

SATURDAYS

Wild Walkers, March 5, 10am. Spring is just around the corner. Let's take our next walk on the Frog Holler trail. This lovely path is about a mile and a half of mostly flat, dirt trails. We'll meet at the Center at 10am to carpool and caravan. We'll follow current Vashon Be Prepared/MRC guidelines for masking, vaccinations, and social distancing. Come and join us!

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

SUNDAYS

FUN Committee, March 20, 2pm. Join the FUN Committee as we celebrate the First Day of Spring, with a walk-through town. Meet at the Center.

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.

EXTENDED 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 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 is currently the Artist in Residence at the Vashon Presbyterian Church as part of their Arts in Worship program.



Meals on Wheels

Meals on Wheels is a program that enhances independent living by delivering healthy meals to the doorstep of homebound individuals who need help with meal preparation. Contact the Center Tuesdays, in the morning, for more information, or to sign up. 206-463-5173

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: 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



March 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
		1 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	2 Corn Chowder V GF 10am Photo Club via Zoom 10am Current Events 1pm Tai Chi Outdoors 1pm Mah Jongg 1pm Bridge Play	3 Closed 10am Chair Yoga via Zoom 1pm Low Vision Group	4 Frittata w/ Ham GF 9am Zumba 9:30am Mindfulness Café via Zoom 1pm Talk: Movie To Be Announced	5 10am Wild Walkers
6 Baked Chicken 9:30am Beg Mah Jongg Class 1pm Mah Jongg 1pm Fun Committee Meeting	7 Baked Chicken 9:30am Beg Mah Jongg Class 1pm Mah Jongg 1pm Fun Committee Meeting	8 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	9 Vegetable Soup V GF 10am Photo Club via Zoom 10am Current Events 1pm Tai Chi Outdoors 1pm Mah Jongg 1pm Bridge Play	10 Closed 10am Chair Yoga via Zoom 7pm Zoom Talk Vashon Heritage Museum w/ Vashon Audubon on "Birds of Vashon"	11 Chicken Broccoli Alfredo GF 9am Zumba 9:30am Mindfulness Café via Zoom 1pm Talk: Bruce Haulman 6:30pm Duplicate Bridge	12 10:30am Second Saturday Knitters
13 Daylight Saving Time Begins	14 Roasted Vegetables V 9:30am Beg Mah Jongg Class 1pm Mah Jongg	15 9:15am Meals on Wheels 10:15am Library 2 Go 10:30am Knit Wits & Hookers 1pm Pinochle 1:30pm Music Mends Minds 2pm Teatime w/ Tessa 2:15pm Smartphones 6:30pm Bridge Club	16 Comed Beef & Cabbage 10am Photo Club via Zoom 10am Current Events 1pm Tai Chi Outdoors 1pm Mah Jongg 1pm Bridge Play	17 Closed 10am Chair Yoga via Zoom	18 Shepherd's Pie 9am Zumba 9:30am Mindfulness Café via Zoom 1pm Talk: Barb Gustafson travels to SE Alaska	19
20 First Day of Spring 2pm Walk To Ober Park from Center w/ the FUN Committee	21 Beef w/ Ma'ccarona 9:30am Beg Mah Jongg Class 1pm Mah Jongg	22 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	23 Chicken Noodle Soup GF 10am Photo Club via Zoom 10am Current Events 1pm Tai Chi Outdoors 1pm Mah Jongg 1pm Bridge Play	24 Closed 10am Chair Yoga via Zoom	25 Tuna & Pasta Casserole 9am Zumba 9:30am Mindfulness Café via Zoom 1pm Talk: Julia Lakey 6:30pm Duplicate Bridge	26
27	28 Lentil Soup 9:30am Beg Mah Jongg Class 1pm Mah Jongg 1:30pm Book Group	29 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	30 Chili w/ Beef 10am Photo Club via Zoom 10am Current Events 1pm Tai Chi Outdoors 1pm Mah Jongg 1:30pm Bridge Play	31 Closed 10am Chair Yoga via Zoom		



Bluebird Needs Volunteers!

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

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

Check with the Center for current statuses of In-Center activities.

New In-Center Lunch Time. Please join us at 11:45am on Mondays, Wednesdays, 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.



MARCH BIRTHDAYS

- Lynn Anderson 1
- Karen Ostrow 2
- Donna Caulton 2
- Catherine Swearingen 3
- Bonnie Wilkins 4
- Katrin Fletter 4
- Marlyce Dixon 7
- Bob Hawkins 7
- Connie Shader 8
- Jack Peterson 8
- Marjorie Cornell 9
- Marilyn Castro 10
- Carol Olson 11
- Sheila Brown 12
- Charlene Griswold 14
- Sue Tower 15
- Peter Milovsoroff 16
- Mary Pekarek 18
- Kaye Pierson 19
- Raynor Christianson 20
- Joan Gladding 21
- Joe Orint 25
- Mindy Melville 25
- Geri Peterson 26
- Keith Schorsch 31



Ober Park Grand Reopening on February 4.

A few chilly community members celebrated the grand reopening of the Ober Park Adult Playground. Core Centric provided demonstrations on how to use the exercise equipment, which the Center's fundraiser helped provide. Remember the wonderful raffle for a week on a houseboat in Amsterdam? Sorry if you missed the free hot dogs by Orca Eats. But, look for an upcoming Center hosted program this spring.

So Many March Thank Yous!

Jill R for bags and magazines, Dee W for fruit and stationery supplies, Laura W for pantry items, Kirsten A for magazines, everyone who answered our request for lunch bags, Joe O for kitchen rags, Harry G for knitting supplies, Bob H for frozen entrees, Bill R & Camp Burton for homemade chili and cornbread, and Susan K for medical supplies, Girl Scouts and Chautauqua 3rd grade class for Valentine's cards, Nick and Greg at VAC for use of community signs.

Weslie R and Anne T for the hundreds of handmade cards of cheer for the lunch bags, FUN Committee for decorating lunch bags.

Our devoted cookie bakers for thousands of tasty treats: Karen B and Delilah/Amelia/Mariette, Thea V for Valentine cookies.



Kitchen Rental Spotlight: La Isla Mexican Food

You can find La Isla Mexican Food cooking at the Senior Center in our commercial kitchen on Saturdays.

Serving delicious, authentic Mexican dishes, tacos, burritos, and weekly specials. They use the freshest and most local of ingredients.

Help support this local business. Contact them to cater your events. Text 206-259-1167 (Norma), 206-793-7749 (Alberto).

SOUNDCOMP.COM

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LAMP-O-RAMA Fix-It Cafe Returns!

LAMP-O-RAMA Fix-It Cafe returns on March 19, 10am-2pm, at Vashon Eagles. The Fix-It Café is dedicated to reducing waste and building community and features helpful locals donating their skills

to restore household items that are broken or malfunctioning.

This Cafe is dedicated solely to LAMPS, so bring them on. Pre-registration is required and advice is free to the public, but if parts are needed, participants may be required to acquire them at cost. Visit: vashonfixit.com.

Vashon Care Network

The Vashon Care Network’s mission is to provide support to Islanders through coordination and distribution of physical resources and by networking with community services and individuals.

They connect Islanders with information, programs, and available services to get them through challenges ranging from finding a hospital bed for a convalescing family member to getting aid and supplies for someone in an unforeseen emergency.

The organization offers free medical supplies and equipment from the Care Closet, as well as offering information about individual care and placement options. All members of the Care Network are volunteers, and all services are free. vashoncarenetwork.org/about



Photo by Skyler Ewing from Pexels

Vashon Audubon

Perhaps you are not aware that Vashon Island is a haven for birds and birders. Its diverse habitats, including surrounding saltwater, shorelines, forests, freshwater ponds and streams, fields and farmlands, attract a variety of birds. More than 250 species have been identified on Vashon over the years. Regularly seen species include about 60 on the island year-round and about 100 more that spend breeding season or winter on the island. A few rarities show up every year. For a calendar of events visit: vashonaudubon.org/calendar

OVERHEARD at the Senior Center

“There is a meditation class meeting in the side room today.”

“Medication class?”

“MeD-itation with a D”

“Dedication?”

“Sometimes I talk to myself because I want the right answers.”

“Orzo is that almost rice stuff.”

Person 1: “I saw that without using my glasses!”

Person 2: “Hey, no bragging.”





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

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 Pamela Wickard, Volunteer and Program Coordinator
 Camille Rosetty, Bluebird Coordinator
 Joe Meier, Care A Van and Bluebird Driver
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