

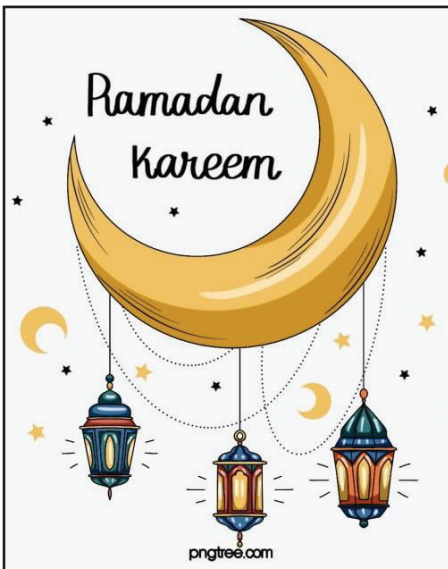


March 2023



St. Patrick's Day, Friday, March 17.

11:45am, join the FUN Committee hosted lunch, and stay for the movie, Brooklyn.



Ramadan 2023

Ramadan is considered one of the holiest months of the year for Muslims. Ramadan, the ninth month of the Islamic calendar, is the Holy Month of fasting and this year it will run from March 23 to April 22. Allah laid out the five pillars of Islam as follows: Shahada, Salat, Zakat, Sawm, and Hajj. Sawm (fasting) is the pillar practiced in Ramadan.

A BIG welcome to Maria Glanz in her newest role at the Center.

Maria Glanz joined the Senior Center staff in May 2022 as the Villages Program Manager, and she is delighted to be moving into the role of Executive Director.



"I've enjoyed working with many Island organizations since moving here in 2012: writing grants for the Vashon Heritage Museum, leading development and communications with Open Space for Arts & Community, helping publicize Island fundraisers, working at VCA and the Vashon Parks District, and making theatre with UMO, Vashon Repertory Theatre and 14/48.

When I walked into the Senior Center last spring, I was greeted with big smiles and happy hellos. It was the loveliest welcome. Soon I realized that wasn't unusual: everyone is welcomed with smiles and hellos. I knew I had landed in a special place. The last few months here have brought that home. I've seen our Board members and my co-workers lean in and do so much — and I've witnessed all our programs continue to grow and thrive.

I'm listening to Music Mends Minds as I write this — what a fantastic, joyful soundtrack. I feel grateful and lucky to work here at the Senior Center, and I hope to be here for a good long time. I'd love to meet you all, so please stop in, say hello, and enjoy our community." —Maria

March is Women's History Month

Join us Wednesday, March 8, 1pm, after lunch for a Historic Women's Talk hosted by Maria Glanz, our new Executive Director. Maria will share stories about Victoria C. Woodhull: Spiritualist, Suffragist, Free Lover, and in her time, the most famous woman in the United States. In 1872, she ran for President. By the time of her death, she'd been nearly erased from history. Until now ...

WHAT'S HAPPENING

Meditation, Breathwork and Gentle Yoga with Amy Huggins. Wednesdays, March 8–April 12, 8–8:45am at the Center. Bring a mat, or you can use a chair. This is a 6-week program.

Added extra: Meditation with Amy Huggins. March 20, 1pm. Join Amy Huggins at the Center after lunch for centering and rejuvenating meditation together.

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.

# 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) **Mah Jongg:** 1–3pm.
- (C) **Canasta:** Beginners welcome, 10:00–11:30am. Join Ellen Trout.
- (C) **Senior Saints Haircuts:** March 13, 1–3pm.
- (C) **Meditation with Amy Huggins:** March 20, 1pm.
- (C) **Book Group:** March 27, 1:30pm. *Natural Causes*, by Barbara Ehrenreich. Leader: Carolyn Gellerman

## 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) **Library 2 Go:** March 21, 10:15am.
- (C) **Vashon Bridge Group:** 6:15–9:15 pm.

## WEDNESDAYS

- (C) **Meditation, Breathwork and Gentle Yoga with Amy Huggins:** March 8–April 12, 8-8:45am. Bring a mat, or you can use a chair. This is a 6-week program.
- (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.

- (A) **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) **Historic Women's Talk hosted by Maria Glanz:** March 8, 1pm.
- (C) **Party Bridge:** 1–3pm.
- (C) **Computer Club:** March 8, 7pm.

## THURSDAYS

- (C) **Low Vision Group:** March 9, 1pm. The second Thursday of this month. Dennis Foster of Vision Matters will bring the latest devices for you to try, before making a purchase.
- (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) **Spinal Mobility and Decompression on the Chair:** 10–11am. Join Margaret Hoeffel, new day and time. You can find the Zoom link on our website.
- (C) **Talk:** March 3, 1pm. Join Ray Pfortner, our newest artist on view, as he discusses his show, "Origins and My First 15 Years on Vashon-Maury." Also join Ray for First Friday Art Walk March 3, 5–8pm, at the Center.
- (C) **Talk:** March 10, 1pm. Please join Cyrus Anderson of the Heritage Museum, as he presents a talk on the 1947 Maury Island UFO Incident.

(C) **Talk:** March 17, 1pm. Movie: *Brooklyn*. The life of a young Irish immigrant forever changes when she visits 1950s New York. But when summoned home, she finds herself torn between two worlds.

- (C) **Talk:** March 24, 1pm. Vashon Household Home Share Program: Join Osha Christianson of VHH and learn more about the Home Share Program and if it could be a program that would work for you.
- (C) **Talk:** March 31, 1pm. Please join fellow Islander and Estate, Disability and Elder Law Attorney Chris Henderson for a discussion and Q & A about legal issues commonly addressed by seniors. Topics will include supported decision-making, powers of attorney, advanced medical directives, wills, trusts, and the protection of vulnerable adults. Chris will provide some brief thoughts but is happy to have you come prepared with questions. You can see more about Chris at [brothershenderson.com](http://brothershenderson.com).

## SATURDAYS

- (A) **Wild Walkers:** March 4, 10am. Check this out Wild Walkers. We are tickled to say we are going to march forth on March 4th! We're going back into the woods and walk the trails near Old Mill Road. This is a new adventure for us. It's almost all level and about a mile around. Everyone is welcome to join us at 10am at the Senior Center to carpool.
- (C) **Second Saturday Knitters:** March 11, 10:30am–12:30pm.

# PROGRAMS Continued

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.

**IMPORTANT**  
Save the Date

**Annual Meeting**

**Friday, April 28,  
1-3pm at the Center.**

**Masks are required and more information will be the April Newsletter.**

**Women's History Month is a dedicated month to reflect on the often-overlooked contributions of women to United States history.**

The actual celebration of Women's History Month grew out of a weeklong celebration of women's contributions to culture, history and society organized by the school district of Sonoma, California, in 1978. Presentations were given at dozens of schools, hundreds of students participated in a "Real Woman" essay contest and a parade was held in downtown Santa Rosa. A few years later, the idea caught on within communities, school districts and organizations across the country.

In 1980, President Jimmy Carter issued the first presidential proclamation declaring the week of March 8 as National Women's History Week. The U.S. Congress followed suit the next year, passing a resolution establishing a national celebration. Six years later, the National Women's History Project successfully petitioned Congress to expand the event to the entire month of March. Check our calendar for events.

Join us Friday, March 17, 1pm for the movie, *Brooklyn*. The life of a young Irish immigrant forever changes when she visits 1950s New York. But when summoned home, she finds herself torn between two worlds.

WOMEN'S HISTORY MONTH



## 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  
Villages Program 206-929-0823

## Calling Crafters!

The FUN Committee is seeking member interest in renting a table to sell crafts (\$20 a table) from 10am-2pm, Saturdays, at the Center. Once per month? Every month? Spring-Fall? Please contact Pamela Wickard, [coordinator@vashoncenter.org](mailto:coordinator@vashoncenter.org) for more information and we are open to suggestions.

# Thanks to our 2022 sponsors and generous donors.

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Michael Pankratz	Amy Baldinger and	Pat Cunningham	Anderson	Marge and Don Lofstrom
Margot Loeb	Emily Belshaw	Pamela and Earl Godt	Knitters Group	Saturday Knitters
William Jarcho and	Berneta Walraven and	Katie Bunnell	Deborah Kuhn	Sara Carlson
Susan Traff	Sheila Eckman	Gay and Neil Jungemann	Bailey Delongh and	Mary Kelly
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Marc Langland, DDS	Kay Pieringer			

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



**King County**

Veterans, Seniors & Human Services Levy

We are grateful to Puget Sound Energy which has graciously provided funding for the Center's newsletter.







**Join us for Zumba Friday mornings at 9am.** Start your weekend off right with Ture and Mary for this fun class at the Center. Also, we want to give an energized THANKS to Ture and Mary. Members and staff are so thankful for your dedication to supporting Zumba at the Center.



### March Birthdays

- David Church 1
- Lynn Anderson 1
- Tania Busch 1
- Karen Ostrow 2
- Donna Caulton 2
- Paul Norton 3
- 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
- Christopher Roberts 14
- Liz Hendrix Maier 14
- Sue Tower 15
- Tanya Roberts 15
- Jeanie Roberts 15
- Peter Milovsoroff 16
- Sandra Mullis 17
- Marsha Berry 17
- Mary Pekarek 18
- Kaye Pierson 19
- Raynor Christianson 20
- Kim Brown 20
- Joan Gladding 21
- Stacey Peyer 22
- Joe Orint 25
- Mindy Melville 25
- Geri Peterson 26
- Keith Schorsch 31

### Vashon Household's Home Sharing Program

It is no secret the housing crunch is having a negative impact on Vashon. One great thing about Vashon is how the community comes together to help each other. The community has substantial unused or underused housing that could be utilized.

Vashon Household's Home Share has an extensive matching process. Home Share screens and interviews parties, provides support and clarity in agreements, and helps should there be disagreements. 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. There are no income requirements for this program. The situations and criteria are set up and agreed upon by the home provider and the home seeker. Many people choose to get other needs met with this service and set up a partial or full work trade in lieu of rent. More information can be found at [VashonHousehold.org/home-share](http://VashonHousehold.org/home-share) or by contacting Osha Christianson at (206) 463-6454 or [Osha@VashonHousehold.org](mailto:Osha@VashonHousehold.org).

**Please join VHH at the Center on Friday, March 24, 1pm for a Friday Program talk about home sharing.**

### Be Part of the Community Canvas Project: April 21

The Vashon Senior Center is partnering with McMurray Middle School for a painting workshop partnering seniors with students. The event will be held on Friday, April 21 from 3:30–5:30pm, at McMurray Middle School. Each senior will be paired with a student and together they will work on creating a piece of art (art supplies will be provided). The theme will be, "Your Favorite Thing on Vashon." No art experience required, but helpful. The finished pieces will be displayed at the Center May/June, with an opening on First Friday, May 5, 5-8pm. If the student and senior agree, the piece be for sales with and proceeds going to the Center. Please contact Pamela Wickard at the Center for more information and to sign up.



### Members Passing

- Roberta Bingham, January 1
- Eric Blitz
- Becky Bumgarner, February 5
- Helen "Nell" Luce, February 6
- Carol Eckman, February 6

## THANK YOU!

Ellen K for a calendar and tea, Barb G for ferry passes, Vashon Bookshop for bright ideas (lightbulbs), Jo Ann H for a lovely hat from Patricia, Peggy W for island organic fresh eggs, Sonja G for magazines, Pat D & Neil B for snacky treats, Frank S for lots of cookies, magazines and cards, Donnie M for books, the Care Closet for Ensure and all you wonderful people who donate bags for our lunch delivery — keep 'em coming!

Weslie R, Anne T, Karen B, Mariette & Delilah: our everlasting gratitude for handmade cards of cheer and super-duper homemade cookies!

Happy tummy thanks to Pat D and Neil B for homemade brownies to serve 60 lunch recipients.



### Mah Jongg Class for Beginners

Monday mornings for 6 weeks starting March 27, 9-10:30am. Class will be limited to 6 people. Sign up early at the Center. Excess of 6 people will go on a waiting list for the next class.

Please plan to be there on the first day of class, or you will be too far behind to catch up.

Mah Jongg instruction is free, but participants will need to purchase a Mah Jongg card for 2023 from the national Mah Jongg League. Cards cost \$14-15.

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### Enjoy Jamila's Cooking Beyond Mondays

Need a Personal Chef? Need help catering a party? Our very own delightful Monday chef Jamila Aldahir is now offering these services and more. She is still here at the Center on Mondays, but is looking to open her wonderful cooking services to the community. Contact her at 206-466-9597.



## FUN COMMITTEE EVENT

Join the FUN Committee on Friday, March 17, 11:45am for a festival St. Patrick's Day Lunch.

**The FUN committee is seeking volunteers.** They are planning FUN and fund-raising programs and events for 2023. BINGO will return in 2023. If you are interested in joining this delightful and energetic group, please contact Pamela Wickard, [coordinator@vashoncenter.org](mailto:coordinator@vashoncenter.org) or call the Center 206.463.5173.

## TURN YOUR RECEIPTS INTO A DONATION

Please consider bringing in your Thriftway and IGA receipts. In 2022 we received over \$6000, in donations from those receipts. Thanks to everyone who bought in their receipts, we greatly appreciate it. And a BIG thanks to Thriftway and IGA.

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## MySeniorCenter Update

MySeniorCenter is up and running. Thanks to all who have picked up their cards and are now using MySeniorCenter, to check in when participating in our activities and volunteering at the Center. We know change isn't always fun, but we appreciate your efforts and remember after seven times, it's a habit. Also, have you renewed your membership? You can do it online, or stop by and talk to Zoe Bennington.

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## Sign Up for Nutrition Program

The 2023 Senior Farmer's Market Nutrition Program (SFMNP) enrollment planning has begun. The SFMNP will provide low-income seniors with a new \$80 card (voucher checks have been discontinued) that can be used to purchase fresh fruits and vegetables at participating King County farmers market locations. This one-time distribution increases access to local produce while supporting local farms. Funding for this program comes from the United States Department of Agriculture (USDA).

**Application enrollment period is Monday, April 10–Friday, May 19, 2023.** Information can be found by calling Community Living Connections: 1-844-348-5464 or 206-962-8467 or [fns.usda.gov/sfmnp/senior-farmers-market-nutrition-program](https://fns.usda.gov/sfmnp/senior-farmers-market-nutrition-program).

## NEW ARTIST:

Ray Pfortner:  
Island Home  
— 29 Years of  
Photographing  
Vashon-Maury  
Island.

Ray and his wife, Nancy Wing, moved to Vashon in March 1994, emigrants of another smaller far away island, Manhattan.

He has been photographing his new home ever since, using his camera to help discover the Island. Revisiting locations over the decades has never disappointed, always leading to new discoveries and new images. His favorite time of day to photograph — an hour before sunrise. Recently he has been exploring nighttime and the fog. His favorite place to photograph — Tramp Harbor.

Come see some of his favorite images, learn about the backstories through captions, his talks and two First Friday openings. Join Ray on March 3, 1pm for our Friday Talk, and then at First Friday 5-8pm



© Ray Pfortner





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

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