



March 2024

**First Day of Ramadan
Sunday, March 10**

Ramadan is the ninth month in the Islamic calendar, a holy month for Muslims, who fast, pray and practice introspection during this time.

**Spring Forward
Sunday, March 10**

Daylight Saving Time starts.

**St. Patrick's Day
Sunday, March 17**



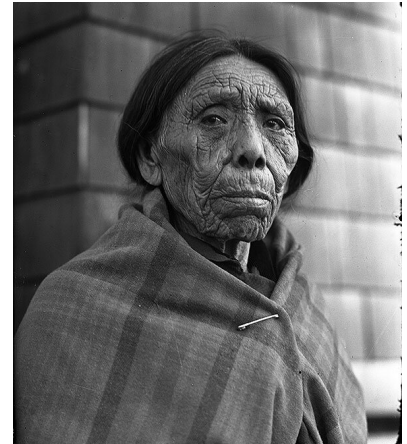
People celebrate Saint Patrick's Day to honor the Patron Saint of Ireland, St. Patrick. He played a significant role in introducing and celebrating the Irish culture across the world. **Friday, March 15, 11:45am, please come to the Center's St. Patrick Day Lunch, hosted by the FUN Committee.**

**Easter Sunday,
March 31**

Easter is the foundation of the Christian faith, marking the day of Jesus Christ's resurrection after his crucifixion.

March is Women's History Month

March is Women's History Month. During this time, we encourage you to take time to reflect on and celebrate the achievements of amazing women throughout history. Women's History Month is also a time to recognize gender-based inequities that still exist today.



This year's talk will feature a few of Vashon's exceptional women from the time of the s̄x̄'əbāb̄ through today, including Lucy Gerand, above.

Join us at the Center, Friday, March 1, 1pm as Maria Glanz, our Executive Director, celebrates some of the fabulous women in our community.

WHAT'S NEW AT THE CENTER

Foot Care

We are happy to welcome Lisa Janda, a registered nurse, who will be offering foot care to our seniors FREE by appointment beginning in March. Please contact the front desk to schedule your 70-minute appointment. Tuesday, March 5 and 19.

Seattle Theatre Group Dance for Parkinsons

Please join the Center in partnership with Vashon Park District and STG Dance for PD® for FREE classes at Ober Park Exercise Room. The Dance for PD® method was developed by Mark Morris Dance Group and Brooklyn Parkinsons Group for people with Parkinsons, family members, caregivers and loved ones. STG Dance for PD® classes use dance, live music, professional dancers as teachers, and community in a safe and creative environment. All are welcome. Mark your calendars for March 15, April 19 and May 17, 1-2:30pm. See page 5 for more information.

Monday, March 25, 3:30-5:30pm, Open Board Meetings at the Center. The Board meets the fourth Monday of every month.

SAVE THE DATE

SATURDAY, JUNE 1 – BLINGO RETURNS!

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 the fun. Beginners welcome.

(C) **End of Life:** March 4, 1pm. Please join us for a presentation about end-of-life care options, including Medical Aid in Dying, Palliative care, Hospice, and Voluntary Stopping Eating and Drinking. Donna Klemka and Kathryn Crawford will take questions.

(C) **Caricatures with River Morales:** March 11, 12-1pm. Suggested \$10 donation.

(C) **THIRD MONDAY THIS MONTH: Senior Saints Haircuts:** March 18, 1-3pm.

(C) **Mah Jongg:** 1–3pm.

(C) **Smartphones with Rain:** March 4, 18, 25, 2:30-4:30pm. By reservation only. Please call the Center to make your 15-minute appointment.

(C) **Book Group:** March 25, 1:30pm. *The Sun Walk Down* by Fiona McFarlane. Discussion leader: Donna Caulton.

(C) **Birthday Lunch:** Monday, March 25, 11:45am-1pm. We will be celebrating all our members who have birthdays in the month of March. Birthday Members eat that day for FREE. Please make a reservation.

(C) **Board Meeting:** Monday, March 25, 3:30-5:30pm. Open to the public.

TUESDAYS

(C) **Spanish Lessons:** 9-10am. With Jose Burgos.

(C) **Meals on Wheels (MOW):** 9:15–10:45am.

(C) **NEW Foot Care:** 10am-3pm. March 5, 19. Sign up at the Center for a free appointment with Lisa Janda, a registered nurse.

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

(C) **Library 2 Go:** March 19, 10:15am.

(C) **Vashon Duplicate Bridge:** 6:15–9:15 pm.

WEDNESDAYS

(Z) **Photography Club:** 10am. March 6, 13, 27. (C) March 20. (We meet every third Wednesday at the Center.) For up-to-date information, new members please contact Wade by email photoclubvsc@gmail.com. Share your passion for photography via show-and-tell, discussions, talks, workshops, field trips, exhibits etc. Photographers of all skill levels using smartphones, DSLR or mirrorless cameras are welcome and supported in a no-stress idea exchange environment.

(C) **Party Bridge:** 1–3pm.

(C) **Dove Project:** March 6, 11-11:45am, with Nyn Gray. A once monthly healthy relationships chat. All welcome.

(C) **Computer Club:** March 13, 7pm. Join Michael O'Donnell, he will answer your computer questions.

(A) **Frog Holler:** March 13, 1-2:30pm. Join the fun of live music and square dancing.

(A) **Haven Rescue:** March 14, is the volunteer senior day at Haven pet rescue.

(C) **Vashon Fire Department:** March 20, 12:30pm. Free blood pressure check.

(C) **Word Play:** March 6, 20, 12:45pm. Join Margaret Roncone. Come join us with a notebook and pen to play with words.

(C) **Embracing the Muse:** March 27, 12:45pm. Join Sally Jean Fox for an afternoon of storytelling, performance, and conversation. Based on her memoir, *Meeting the Muse After Midlife: A Journey to Meaning, Creativity, and Joy*.

(A) **Vashon King County Library and Vashon Senior Center Book Group:** Celebrates Women's History Month. March 27, 6-7:30pm. Meet at the Vashon Library. Book selections are available online.

THURSDAYS

(C) **NEW TIME—Mah Jongg:** 9:30-11:30am

(A) **Tai Chi: Fundamentals:** 12:30-1pm. **Tai Chi** 1-2pm. The Senior Center's Deena Eber and the Parks Department are working together to offer free Tai Chi classes to the community. The classes will take place inside the Ober Park Performance Center.

(C) **Low Vision Group:** March 7, 1pm. The Vashon Low Vision Group meets at the Senior Center the first Thursday of the month. An open group discussion for everyone with vision challenges is welcome

(C) **Mixed Media Journeys Journaling with Suzanna Leigh:** March 7, 21, 2-4pm. Art journaling is a way of creating a visual diary for non-artists and artists alike. We will use a variety of media and techniques to make marks on paper, to express our thoughts, feelings, and memories.

(C) **Watercolor Class:** March 14, 28, 2-4pm. Join Inge, Suzanna and Will, as they paint away the afternoon.

PROGRAMS Continued

(T) Trip: March 21, 9am. Monet at Tacoma Armory.

(A) Haven Rescue Volunteer Opportunities: March 14, 12pm.

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. Zoom Option if requested in advance.

(C) Talk: March 1, 1pm, Vashon Women's History Talk with Maria Glanz. Thanks to the help of the wonderful historians of Vashon Heritage Museum, this year's talk will feature a look at just a few of Vashon's exceptional women from the time of the sãwãbabš through today, including Lucy Gerand, Dr. Belle Baldwin, Agnes Smock, Marjorie Stanley, Mary Matsuda Gruenwald and more.

(C) First Friday: March 1, 2:30-3:30pm. Join Ms. Digardi for a meet and greet of her current show at the Center. Runs through April.

(C) Talk: March 8, 1pm, Heritage Museum. Join Elsa Croonquist with a remodel of the Heritage Museum report.

(C) Song Bath by the Threshold Choir: March 8, 2-3pm. Vashon Threshold Choir will offer their

service to anyone who would like to receive a song bath. And ask them about a private session.

(C) St. Patrick's Day Lunch: March 15, 11:45am. Put on your green and please come to our festive lunch, hosted by the FUN Committee.

(A) Dance: March 15, 1-2:30pm at Ober Park Exercise Room. Seattle Theatre Group Dance for Parkinsons: Please join the Center in partnership with Seattle Theatre Group (STG) and Dance for Parkinsons (PD®) for FREE dance classes.

(C) Talk: March 22, 1pm, Vashon Nature Center. Join Maria Metler as she talks about Low Tide Celebration and how the Vashon Nature Center brings the beach to you. Learn about the life on the edges of our island as you handle shells, seaweed, and other artifacts commonly found along our island shorelines. See pictures and hear stories from the annual Low Tide Celebration, a free community event hosted every summer at Point Robinson.

(C) Talk: March 29, 1pm. Join Jason Johnson of Vashon HouseHold and learn about their mission to develop and steward affordable housing for low- and moderate-income Island residents in partnership with our community and an integrated network of social support organizations.

SATURDAYS

(A) Wild Walkers: Saturday, March 2, 10am. We had terrific participation last month and folks are eager for the next walk. We will walk in the Reddings Beach Road area for about a mile of mostly level paved roads. We meet at the Center at 10am or you can meet us at the starting point on the corner of Wax Orchard Rd SW and SW 240th St at 10:20am. Everyone is welcome.

(C) Second Saturday Knitters: March 9, 10:30am–12:30pm

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.

Trip—Thursday, March 21, Monet at Tacoma Armory. Tacoma Arts Live will host a unique immersive experience on the art of the French painter Claude Monet. Immerse yourself in more than 200 paintings projected in high-resolution color, 360 degrees, and sixteen feet tall. Meet at the Center 9am, to catch the 9:40am ferry. Participants should feel comfortable walking and standing for the better part of the day. Bring money for your own lunch at The Golden Teak Thai food. Member cost: \$50. Non-Member cost: \$65.00. Members sign up Tuesday 3/1, and Non-Members sign up after 3/8.

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

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



Lunching With Us? RSVP

The word is out, and our delicious lunches have become popular. If you plan to join us for lunch, we would appreciate a call by 9:30am. Thanks.

SAVE THE DATE: Beginning Mah Jongg Class in April

Introduction to American Mah Jongg at the Senior Center on Monday mornings, from 9:30-11am. Dates: April 1, 8, 15, 22, and 29. Class will be limited to 8 people. Sign up at the front desk at the Senior Center or phone 206-463-5173.

Haven Rescue Volunteer Opportunities

Haven House, Vashon Island's newest nonprofit animal rescue and welfare organization, is seeking senior volunteers to come to their unique facility and spend time with their cats and dogs. Contact Pamela Wickard at the Center 206-463-5173 or coordinator@vashoncenter.org for more information.

Letter from our Executive Director: Maria Glanz.

Dear Members and friends, this month of the Spring Equinox is a time of renewal, beginnings, and seeds being planted or emerging after a long winter's rest — and this year, that resonates so strongly here at the Senior Center. We have so much NEW beginning this month! New partnerships, new classes, and new plans. One new class I'm personally thrilled about is Seattle Theatre Group bringing their Dance For Parkinsons® program to Vashon, hosted by Vashon Park District at the Ober Park Exercise Space. For those who don't know, I spent my life in the performing arts before landing here at the Senior Center. While I've been a theatre-maker more than a dancer, creative movement has been central to my work. STG Dance for PD® classes are based on the Dance for PD® method developed by Mark Morris Dance Group in Brooklyn, NY. Mark Morris, described as "the most successful and influential choreographer alive" by the New York Times, was born in Seattle, WA — and he is a legend of modern dance. That the Senior Center is bringing this program to Vashon feels both remarkable and perfect.

And that's just one of our fantastic offerings for Vashon seniors — which means anyone 55 and over, by the way! This month's newsletter is packed with news about other creative opportunities: Embracing the Muse with Sally Jean Fox, Mixed Media Journaling with Suzanna Leigh, Watercolors with Inge & Will, Word Play with Margaret Roncone, another Frog Holler Square Dance, and so much more. We're also cultivating new seeds with partners like Vashon Care Network around creating an Aging Friendly Vashon — a home we can all grow old in with independence and comfort. Please join us — old friends and newcomers alike will find something energizing, inspiring or just plain happy to enjoy with us.

Happy creative Spring, Maria



Thanks to Frog Holler for hosting a square dance program. The live music and fun dances are wonderful. Please join Frog Holler on Wednesday, March 13, 1pm, at the Center. They have agreed to continue hosting these fun square dance activities every month throughout the year!

Thanks to Ben Goertzel and his Robot Grace.
 We were fascinated with Grace's human-like characteristics and breakthrough AI technology.



STG Dance for PD® Classes

STG Dance for PD® class participants stretch and strengthen muscles, improve balance, coordination, gait and rhythm through many styles of dance. Working with professional dancers specially trained in the Dance for PD® method, participants engage in aesthetic experience that uses elements of narrative, imagery, live music, and community to develop artistry and grace while addressing such PD-specific concerns as balance, flexibility, coordination, isolation and depression. Whether seated or standing, people with Parkinsons disease, caregivers and friends are encouraged to explore dance movements in a welcoming environment with live music. No dance experience, nor PD diagnosis is necessary to participate in the class. Classes are free to participants. Thanks to the Vashon Parks District for providing a great class space in Ober Part Exercise room.

Vashon HouseHold (VHH) is a non-profit affordable housing organization, that owns and operates five rental properties that offer quality, safe, affordable 1-, 2-, and 3-bedroom apartment units. We also manage affordable first-time homeownership opportunities on land we own following a Community Land Trust model. To be on our waitlist is the first step in accessing a rental unit owned and operated by VHH.

For more information visit vashonhousehold.org or call our office at 206-463-6454. You can also come to our office to complete an application in person at 17300 96th Place SW Vashon, WA 98070, Monday through Friday from 10am to 4pm.

Happy Birthday to those celebrating in March. If your birthday is in March, come on the last Monday of the month. We will be having one big celebration, and all March birthdays eat lunch for FREE on that day.

March Birthdays



David C	1	Jeanie R	15
Lynn A	1	Peter M	16
Tania B	1	Sandra M	17
Karen O	2	Marsha B	17
Donna C	2	Mary P	18
Catherine S	3	Anthony M	18
Margaret M	3	Kaye P	19
Bonnie W	4	Raynor C	20
Katrin F	4	Joan G	21
Paul N	4	Armen Y	21
Robert M	6	Ryan R	21
Marlyce D	7	Stacey P	22
Bob H	7	Ray P	22
Patricia O	7	Joe O	25
Mac MC	7	Mindy M	25
Connie S	8	Dennis M	25
Jack P	8	Aaron R	25
Marjorie C	9	Geri P	26
Marilyn C	10	Karen O	28
Tom K	10	Nancy B	30
Carol O	11	Jan B	30
Sheila B	12	Charlotte M	31
Christopher	14	Keith S	31
Liz HM	14		
Sue T	15		
Tanya R	15		

NEW ARTIST SHOW: Carol Digardi

Carol Digardi (aka: Carol Thal, Carol Barsky) moved to Vashon in February of 2023 to finally "retire" and be nearer to her family. She is very familiar with Vashon and has enjoyed visiting the Island for over 20 years before moving here last year. Carol attended the University of Washington School of Art and graduated in 1962 along-side popular contemporary artist and friend, Chuck Close, who nicknamed Carol "Lady Rembrandt." Ms. Digardi taught Art and Special Education to high school students for over 40 years and was the Director of CASOLS, a private day school for special needs students.



Join Ms Digardi Friday, March 1, 2:30–3:30pm for a talk about her current show at the Center.

Members Passing

Elsa Mae Williams



THANK YOU: Nara for cookie treats, Dave E for coffee and salad dressing, Little Tree Montessori for picnic supplies, Frank S for cookies, lunch fruit and greeting cards, Daphne AP for a Mah Jongg set, Cheryl W for books, Jill J for coffee, Bill S for lunch bags, Sue & Norm P for Kleenex, Pat D & Neil B for Valentine chocolates and stamps, Charlie R for cookies and treats, and Janet J for envelopes.

THE BIGGEST THANKS to the Heritage Museum!!!!

We would like to thank the Vashon Heritage Museum, Bruce Haulman, Cyrus Anderson, and Elsa Croonquist for their dedication in sharing with our senior community the rich, diverse, and interesting history of our beloved island. We are incredibly grateful for your commitment to the Center.

The Heritage Museum hosts a Friday Talk every second Friday of the month at the Center, 1pm.



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Thank You King County!

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



King County

Veterans, Seniors & Human Services Levy

Thank You PSE

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



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Village Check-ins Program Launch

Spring brings the launch of the Village Check-ins program. We are social beings, even if we prefer being alone. But there comes a time when we may find ourselves at home with limited mobility and a social life gone to pasture. The compassionate Village volunteer who daily dials Seniors on the phone can be a real-life saver. For the Vashon person who enjoys that call, the volunteer check-in is a ray of light.

Isolation increases chronic illness. It also negatively impacts recovery after surgery and injury. Whereas joy and social renewal flow from the daily 5-minute chat. That connection enhances early recognition and reporting of problems.

Caring for our isolated Vashon Seniors is a seriously important component of a healthy island community. Nurse educators are guiding check-in volunteers in best practices while a technology trainer coaches on simple steps to record critical information.

The Check-ins program should serve us well now and for years to come. Volunteer callers are of every generation. You may know someone who'd appreciate attention. Call Fran Brooks 206-485-4335 at the Senior Center Village.

Foot Care: Tuesdays, March 5 and 19

We are happy to welcome Lisa Janda, a registered nurse for approximately 40 years, with most of that time spent providing home health and hospice services to those in her community. Lisa has worked for Puget Sound Home Health and Hospice in Tacoma.

Lisa has been providing in-home foot and toenail care to a few people in the area and now will be providing this service the first and third Tuesdays of each month at the Center.

Included in foot care:

Foot inspection ~ Epsom salt soak ~ Toenail trim and file ~ Callus care, cuticle care ~ Foot massage and lotion if desired ~ General foot care advice and ongoing nail care instructions ~ Referral to a professional or podiatrist if there is a foot or nail issue that Lisa is not qualified to treat.

Lisa uses her own supplies, but if you prefer you can bring your own. Non disposable items are carefully cleaned and sterilized to prevent the spread of bacteria and fungus.

We will have a short form that you will fill out prior to your visit, to help Lisa ensure your visit is safe, comfortable, and successful. Schedule your appointment at the front desk.



9740 SW Bank Road, Vashon, WA 98070

(206) 463-2100 | vashonthriftway.com

Staff
 Maria Ganz, Executive Director
 Zoe Bennington, Business Manager
 Kathleen Hendrickson, Operations Manager
 Pamela Wickard, Volunteer & Program Manager
 Fran Brooks, Village Manager
 Letitia Reason, Executive Coordinator
 Jamila Al Dahir, Monday & Friday Dessert Baker & additional Chef
 Chris Ramsell, Monday Chef
 Kate Huntley, Wednesday & Friday Chef
 Katherine Shedd, Bus Driver

MARCH 2024 • Contact Us Phone: 206-463-5173 | Online: vashoncenter.org

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