



May 2022

Sunday May 8
Mother's Day

Monday May 30
Memorial Day
The Center will be closed
Monday, in observation of
Memorial Day.



MAY 3-4

EARLY GIVING STARTS
APRIL 19TH

DONATE ONLINE AT
www.wagives.org/organization/vashonseniorcenter

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counting on you!



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Trips Are Happening Again

Join us Sunday, May 15 for The Vashon Island Visual Artist (VIVA) Open Artists Tour. Meet at the Center at 1pm for a shuttle ride.

We will drive to several art studios to see local artists. It's a great way to enjoy many studios with your friends without having to drive to each place yourself.

Space on the shuttle bus is limited, so please call the Center by May 1 to reserve your spot. \$5 per person. Masking and vaccination policy will be reviewed closer to the time of the trip.

Also: plans are underway for more trips this summer. If you have trip ideas, please leave suggestions at the front desk.



SAVE THE DATES!



Band Practice: Thursday, May 19, 10–11am. Bring your old or new instrument in for a jam session. We encourage those who play, beginners, those who used to play, and those you want to join in the fun. We hope to inspire musicians to gather and make some joyful noise.

Spring Craft Day: May 19, 11am–12noon. Just in time for the Senior Center Tea, creative Hat Making Day. Let's decorate some fun and fancy hats. Materials will be supplied, but feel free to bring your own ideas and supplies. Also, bring a snack or lunch, and let the creative juices flow.



Spring Tea: Sunday, May 22, 2pm. Please join in the celebration of spring at the Center. Tea and other tasty refreshments will be served. Wear your spring hats and attire. Please RSVP by May 19 to Pamela Wickard at coordinator@vashoncenter.org. This is a FREE event.

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, May 23, 1:30pm.
This is Happiness by Niall Williams, a coming-of-age story set in a small Irish village about to get electricity.

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, May 17, 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. Looking for new leader. 10am. Call Center for update.

(C) Low Vision Group, May 5, 1-2:30pm. Coping with new devices. Facilitator: D. Napoli. Open to the public.

(Z) Talk: May 12, 7 pm. Free. Museum Talk: Vashon Heritage Museum's Museum Talk "Spirit of Place", we welcome Michael Meade, D.H.L., a renowned storyteller, author, and scholar of mythology, anthropology, and psychology. He combines hypnotic storytelling, street-savvy perceptiveness, and spellbinding interpretations of ancient myths with a deep knowledge of cross-cultural rituals. He has an unusual ability to distill and synthesize these disciplines, tapping into ancestral sources of wisdom and connecting them to the stories we are living today. Registration link: https://us02web.zoom.us/webinar/register/6116494262895/WN_55m9OqchRGShRkEpkMejkw

(C) Band Practice, May 19, 10-11am.

(C) FUN Committee Creative Hat Making Day, May 19, 11am-12pm.

(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.

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

(C) Event: May 6, 2:30pm. Joy and Movement check-in at the Center. We hope to see you there.

(C) First Friday Gallery Cruise, May 6, 6pm.

(C) Talk: May 13, 1pm. Please join Bruce Haulman from the Heritage Museum, as he discusses Island Centenarians—those of us who have made it to 100.

(C) Talk: May 20, 1pm. Jinna Risdal from the Community Care Team, "Where Do We Go from Here?" In the era of mask mandates, most of us were compliant, but the lifting of those mandates and fewer COVID cases ushers in a new time of heightened personal choice. If it's up to me, where and when should I wear a mask? Do I feel safe accepting this invitation? What about that one? These choices bring anxiety largely because there is still so much uncertainty in the landscape, and the stakes are potentially high. Let's share suggestions on how to deal with this next step.

(C) Talk: May 27, 1pm. Vashon Household Home Sharing: This past December Vashon Household hosted a video screening and discussion highlighting the lack

PROGRAMS Continued

of affordable housing here on Vashon. Since then, VHH has joined forces with other local social service organizations to begin developing a new solution to help with this crisis: Home sharing program. Home sharing is a living arrangement where Home Providers offer housing to Home Seekers in exchange for an agreed upon level of support in the form of combinations of rent, assistance with household tasks, transportation, or companionship. The result is a need-specific,

mutually beneficial arrangement for both parties. Join VHH for a discussion about home sharing.

SATURDAYS

Wild Walkers, May 7, 10am. Wild Walkers is our name... enjoyable walks are our game! We'll meet at the Senior Center to carpool and/or caravan to Island Center Forest. We'll walk a little over a mile on a mostly flat trail and hopefully the path will be clear all the way to the

Mukai Pond. We will follow current guidelines and masks will likely be optional. We hope you'll join us.

(C) Second Saturday Knitters, May 14, 10:30am–12:30pm.

SUNDAYS

(C) Trip: VIVA Tour, May 15, 1pm.

(C) FUN Committee, May 22, 2pm. Spring Tea Party.

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.



Photography Club Show

The Photo Club's exhibit "Pareidolia and Vashon Sightings" continues through May at the Senior Center. A renowned island photographer commented, "What a great theme and so well-executed!" Another wrote, "Humor, Beauty, Surprise—Thanks!" Come see for yourself.

A reception will be on May 6, 6–9pm during the First Friday Gallery Cruise.

All images for sale, \$50 minimum donation to the Center.

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 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



May 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	2 Parsley Fritters w/ Hummus 1pm Mah Jongg 6pm Party Bridge	3 9:15am Meals on Wheels 10:30am Knit Wits & Hookers 1pm Pinochle 1:30pm Music Mends Minds 2:15pm Smartphones	4 Chicken Vegetable Soup 10am Photo Club via Zoom 10:30am Current Events 1pm FUN Committee Meeting 1pm Tai Chi Outdoors 1pm Mah Jongg 1pm Party Bridge	5 Closed 10am Chair Yoga via Zoom 1pm Low Vision Group 1pm Mah Jongg	6 Tuna Salad 9am Zumba 9:30am Mindfulness Café via Zoom 10:30am Teatime Talk 2:30pm JAM Check-in 6pm Photo Club First Friday Gallery Cruise	7 10am Wild Walkers
8	9 Baked Chicken 1pm Mah Jongg 6pm Party Bridge	10 9:15am Meals on Wheels 10am Scrabble 10:30am Knit Wits & Hookers 1pm Pinochle 1:30pm Music Mends Minds 2:15pm Smartphones	11 Beef Stew 10am Photo Club via Zoom 10:30am Current Events 1pm Tai Chi Outdoors 1pm Party Bridge 7pm Computer Club	12 Closed 10am Chair Yoga via Zoom 1pm Mah Jongg 7pm Zoom Talk via Heritage Museum	13 Ham Broccoli Alfredo 9am Zumba 9:30am Mindfulness Café via Zoom 10:30am Teatime Talk 1pm Talk: Bruce Haulman on Island Centenarians 2:30pm JAM 6:30pm Duplicate Bridge	14 10:30am Second Saturday Knitters
15 1pm Trip: VIVA Tour	16 Roasted Vegetables 1pm Mah Jongg 6pm Party Bridge	17 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	18 Beef Chili 10am Photo Club via Zoom 10:30am Current Events 1pm Tai Chi Outdoors 1pm Party Bridge	19 Closed 10am Chair Yoga via Zoom 10am Band Jam Practice 11am FUN Committee Craft Day—Hat Making 1pm Mah Jongg	20 Vegetable Soup V 9am Zumba 9:30am (Z)Mindfulness Café 10:30am Teatime Talk 1pm Talk: Jinna Risdal on "Where Do We Go From Here?" 2:30pm JAM	21
22 2pm Spring Tea	23 Chicken w/ Potato 1pm Mah Jongg 1:30pm Book Group 6pm Party Bridge	24 9:15am Meals on Wheels 10am Scrabble 10:30am Knit Wits & Hookers 1pm Pinochle 1:30pm Music Mends Minds 2:15pm Smartphones	25 Shrimp and Rice 10am Photo Club via Zoom 10:30am Current Events 1pm Tai Chi Outdoors 1pm Party Bridge	26 Closed 10am Chair Yoga via Zoom 1pm Mah Jongg	27 Meatball Soup 9am Zumba 9:30am (Z)Mindfulness Café 10:30am Teatime Talk 1pm Talk: Vashon HouseHold on Home Sharing 2:30pm JAM BINGO! 6:30pm Duplicate Bridge	28
29	30 CLOSED for Memorial Day	31 9:15am Meals on Wheels 10:30am Knit Wits & Hookers 1pm Pinochle 1:30pm Music Mends Minds 2:15pm Smartphones				

The Center's Garden Needs Volunteers

Do you love gardening? Making garden spaces look beautiful? Well, we could use your talents to help keep the Center's garden looking lovely. If you are interested in helping with light garden needs, please contact Pamela Wickard at coordinator@vashoncenter.org.

Habitat's New Home Repair Program



Habitat's Home Repair Program works with homeowners who need assistance with critical repairs that will alleviate health and safety issues. Habitat also offers Home Preservation as a component of the Repair Program to address minor home maintenance and

repairs to the home and Aging in Place services for seniors and those with physical or mental impairments to better enable people to live and age safely in their homes.

The current service areas in King County are SE Seattle, White Center, SE Renton, Federal Way, Glendale and Bryn Mawr-Skyway. If you live in King County and are unable to find other services from other programs, Habitat may be able to help.

For more information call (206) 866-7615 or visit habitatskc.org/what-we-do/home-repairs

GIVE VASHON A SMILE

Dr. Marc Langland and his staff will be volunteering their expertise and providing **FREE dental care and cleanings. Friday, June 3.** *This is for low-income people who don't have private dental insurance.*

For more information call Hilary Emmer at 206-463-7277. The deadline is May 6.

Spring Art Tour

Vashon Island Visual Artists (VIVA) Open Artist Studio Tour 2022: May 7-8 & 14-15. Saturdays & Sundays, 10am-5pm. There are 36 studios and galleries, and over 90 artists on the tour. Please visit the VIVA website for details about locations and maps.

PLEASE NOTE: The tour will follow all CDC and Washington State COVID-19 guidelines. Individual studios or galleries may require visitors to show proof of vaccination and/or to wear a mask. vivartists.com/viva/studio-tours/spring-studio-tour-2022



MAY Birthdays

Bernie O'Malley 1
June Langland 1
Willoughby Greenwood 1
Nan Caskey 2
Sunny Baldwin 2
M.J. Garlick 3
Sandy Friedlander 4
Catherine Airola 5
Marilyn Foulkes 8
Julia Lakey 8
Kristine Cushing 8
Phillip Ray Owens 9
Karen Chesledon McCoy 10
Mildred Knox 11
Alice Bloch 11
Barbara Trenary 12
Chris Hall 12
Marge Beardsley 13
Linera Lucas 13
Don Olson 14
Joanne Goforth 14
Inge King 16
Dan Connolly 17
Linda Hoffman 17
Susan Wood 17
Steve Hildreth 18
Susan Lords 19
Deborah Whelan 19
Lee Barnes 20
Charles Hoffman 22
Rich Nelson 22
Dailene Dean 22
Nancy Wallrof 23
Evelyn Wiese 23
Francesca Giusti 23
Joan Costa 24
Beth De Groen 24
Kay Johnson 25
Craig Harmeling 25
Carol Spangler 26
Debra Kuhn 26
Tracey Shearer 28
Bob Hallowell 28
Sue Weston 29
Roger Eckhardt 29
Marge Wetherald 30
Shannon Flora 31

Thank You!

Cathy R for a large serving tray, Jean A for ferry passes, Thomas M for Ensure for lunch delivery, Amy for puzzles & magazines, FUN Committee for St Patrick's and Easter decorated lunch bags, Carol C for a coffee table book, Dailene D and Hazel W for puzzles, Dale G for cookie varieties, Pat and Craig H for knitting and crocheting supplies and silverware, Zoe B for organic eggs, Julia L for cheesecake and address labels, Pat D and Neil B for homemade brownies and fruit for lunch, and Arlene W for handmade knit hats.

Big thanks for our cookie bakers: Thea V, Mariette, Amelia, Delilah, and Karen B! Special thanks to Weslie R and Anne T for the wonderful cards!



Kitchen Rental Spotlight: Jefferson Cakepan

Jefferson Cakepan makes custom treats for every occasion: cupcakes, cakes, pretzel wands, kookie sammiches, and so much more. Our products might be varied, but they all come with the same promise of quality, dedication, and customization. Licensed and insured, we are experienced with a combined knowledge of over a decade in the industry. "We appreciate the opportunity to build our small business through the Senior Center's kitchen and look forward to baking for you." — Kim and Rosie Roeser. jeffersoncakepan.com

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Share Your Lunch Cards With Us

The Lunch Cards Project has launched — here are the notes we have received. Please share your notes from the lunch program with us and then we can post them in the newsletter to inspire others. A BIG thanks to the wonderful volunteers who have been making these cards for over 2 years. Please drop off the image, or email it to Pamela Wickard coordinator@vashoncenter.org



*Hope Blossoms
Even in the Dark*

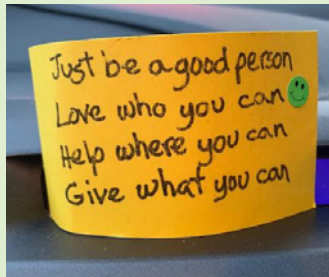
"Since I find happiness every day, I figure this deserves a special spot in my home."

—Cathy R

Just be ...

"Taped to my dashboard! Always there when I need it most!"

—Laurie D



Thanks, FUN Committee: for making our seniors days brighter: One of our lunch delivery recipients told the Center today, *"I hope the people who made the St. Patrick's bags had as much fun putting them together as I did opening mine! Thank you for the delicious meal!"*



Knit Wits and Hookers: just one of many of the Senior Center groups and activities. We invite you to get involved. Check out the newsletter online or give us a call to get more information about all the fun we are having.

Vashon Afghan Resettlement Team (VART).

Recently the team from VART delivered two more household kits to the refugee resettlement office. The generosity of islanders has now outfitted four Afghan families in their new homes in south King County since local efforts began last fall. The ways islanders can help refugees through VART:

1. Donate to the VART account at Island Lumber. Donations can be by credit card over the phone or cash donations in person. Checks are also accepted.
2. Donors can collect household items and bring them to the Episcopal Church. All kitchen items are welcome, including appliances and tea kettles. Lightly used or new blankets are needed. Cleansers, laundry detergent, garbage bags, new mops, and brooms are also on the list.
3. Islanders can learn about becoming a conversation partner, on Zoom, with an Afghani for an hour a week.

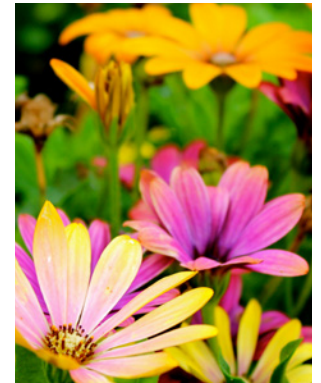
For more information, contact Julia Lakey at jlakey@centurytel.net.

Flower Power Spring Fundraiser

Vashon Island French students are raising scholarship money for those traveling to France in April of 2023.

The seeds and bulbs at the link below make great gifts and ship directly to customers in time for spring planting and Mother's Day (May 8). Help make this trip-of-a-lifetime possible for all of the students on the roster by sharing this link widely and buying beautiful flowers and bulbs! Merci beaucoup! [ScholarshipsforFrenchTrip.fpfundraising.com](https://scholarshipsforfrenchtrip.fpfundraising.com).

Plants are non-GMO and not treated with neonicotinoids. Sales open through May 15.





Vashon-Maury Senior Services
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 Vashon, WA 98070

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