



May 2023

Asian Pacific American Heritage Month

Jewish American Heritage Month

Monday, May 29, Memorial Day. The Center will be closed, and no lunch delivery.



Give Big 2023 GiveBIG returns on May 2-3, 2023! Please visit wagives.org/organization/vashonseniorcenter, and donate to Vashon Senior Center! Every donation helps keep our Center thriving. Thank you for all your support — we couldn't be here without you.

SAVE THE DATES

FUN Committee Craft Day and Sunday Tea Thursday May 4, 10:30am-12pm, Craft Day. Sunday, May 7, 2-4pm, Sunday Tea. See page 3 for the details.

Board of Directors Meeting Wednesday, May 24, 3:30-5:30pm at the Center and open to Center members.

RAINBOW "BLINGO" Fundraiser is Back! Saturday, May 27, Camp Burton In early celebration of June's Gay Pride Month, Vashon Senior Center is presenting a Rainbow "Blingo" fundraising event. Doors open at 6:00pm, Blingo starts at 7pm. (See page 7 for all the exciting details.) Thank you to our Premier Sponsor PSE PUGET SOUND ENERGY

WHAT'S NEW THIS MONTH

MONDAY Compassionate Communication, 1pm with Elizabeth Braverman. May 15 and 22. (See page 5 for more details.)

TUESDAYS Meditation Class with Barney Munger, 4-4:45pm. Come and sit in meditation with other Vashon seniors. All disciplines and levels of experience are welcome.

WEDNESDAYS Writing Workshop: Word Play with Linda Nygaard, May 3-June 7, 10:30-11:30am. If you like words, come join us for some free form, wild-minded, no judgment writing. We will play with our own words and own imaginations, no previous experience in writing needed. Stay for lunch afterward. Linda Nygaard is a Vashon resident who has written for corporations and as a freelance food and travel writer, and has been published in newspapers and magazines.

FRIDAYS Spinal Mobility now in person at the Center, 10-11am. There will still be a Zoom option for those who prefer online. Join Margaret Hoeffel for this low impact health improvement activity.

FRIDAY AFTERNOON BINGO, May 12, 3-4:30pm. The FUN Committee will host a BINGO game on the second Friday of each month. \$5 for 5 games, bonus games available. Light snacks and refreshments will be served. Bring cash. Cash prizes.

# 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) **Beginning Mah Jongg:** 9–10:30am. May 1 only.

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

(C) **Senior Saints Haircuts:** May 8, 1–3pm.

(C) **Compassionate Communication:** 1pm with Elizabeth Braverman. May 15 and 22.

(C) **Mah Jongg:** 1–3pm.

(C) **Book Group:** May 22, 1:30pm, *Deacon King Kong*, by James McBride. Leader: Marge Lofstrom.

**CLOSED: Monday, May 29.**  
No lunches.

## 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. No appts. on May 2.

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

(C) **Library 2 Go:** May 16, 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/](http://photoclubvsc.blogspot.com/) to see some of the Club's work.

(C) **NEW Word Play with Linda Nygaard:** 10:30–11:30am.

(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) **Computer Club:** May 10, 7pm.

## THURSDAYS

(C) **FUN Committee Craft:** May 4, 10:30am–12pm.

(C) **Low Vision Group:** May 4, 1pm.

(C) **Mah Jongg:** 1–3pm.

(T) **Trip:** May 18, 8:50am. Tacoma Art Museum.

## FRIDAYS

(C) **Zumba:** 9–9:45am. Please join Ture and Mary for joyful dancing moves set to Latin style music.

(C) **NEW Friday 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:** May 5, 1pm. Kate Dowling with the Voice of Vashon. Get to know Voice of Vashon KVSH 101.9 FM, your own public radio and television station! Kate Dowling, executive director and radio personality, will

share some real gems and a few FYIs about this special and rare community resource.

(C) **Art Walk:** May 5, 5–8pm. Community Canvas Art Show, runs through June.

(C) **Talk:** May 12, 1pm: Bruce Haulman. In honor of Asian Pacific American Heritage Month, Bruce will discuss this population on Vashon, through time.

(C) **BINGO:** May 12, 3–4:30pm. Hosted by the FUN Committee.

(C) **Talk:** May 19, 1pm. Armchair Travel: Vikings, fjords and smørrebrød, oh my! Join Barb Gustafson on a whirlwind tour of Scandinavia. She'll take you sightseeing in Copenhagen, Oslo and Stockholom, feasting on seafood and smorrebrod, examining cathedrals and family parish churches, and exploring burial mounds and rocky shorelines. Leave your lutefisk at home.

(C) **Talk:** May 26, 1pm. Link Audiology: Please join us in welcoming Evan Grolly of West Puget Sound's Comprehensive Audiology and Hearing Aids Provider. Evan will discuss how to keep you connected with the people who matter most to you. And we believe your audiologist should have as many options available to you as possible.

## SATURDAYS

(A) **Wild Walkers:** May 6, 10am. Happy May to Everyone. On our next walk we will explore the Fisher Pond trail. This is a very pleasant trail about one mile around with pretty views of the pond. We'll meet at the Center at 10am to carpool or you can meet us at the trailhead on Bank Road about 10:10am. Come on, let's take a walk!

# PROGRAMS Continued

**(C) Second Saturday Knitters:**  
May 13, 10:30am–12:30pm.

**(A) Rainbow “Blingo” Fundraising Event:** May 27, 6pm doors open, 7pm Blingo begins. Camp Burton.

## SUNDAYS

**(C) Spring Tea with the FUN Committee:** Sunday, May 7, 2–4pm.

**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.

## NEW ARTISTS

Come join us at the Art Walk, Friday, May 5, 5–8pm, 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. This event took place on April 21, when the Vashon Senior Center partnered with McMurray Middle School for a painting workshop. The show will run through June. Artwork will be for purchase and funds raised will be donated to the Center.



## May FUN Committee Events

### Fancy Hat Craft Day

Get ready for our Sunday Tea (on May 7), by joining the FUN Committee on Craft Day to make your Fun Fascinator, Thursday May 4, 10:30am–12pm. Hat making supplies will be provided.

### Sunday Tea

Then, please join us for an afternoon tea on Sunday, May 7, 2–4pm. A selection of tea and finger foods will be served. \$5 Suggested Donation. Please RSVP by Friday, May 5, 206-463-5173. Wear your fancy hats. Organized by the FUN Committee.

## 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

## May Trip: Tacoma Art Museum

Thursday, May 18. Tacoma Art Museum. Meet at the Center 8:50am, to catch the 9:40am ferry at the South end. At the museum a docent will lead us on a 1.5-hour tour. You should feel comfortable walking and standing for the tour. Lunch will be at the museum café, and you’ll pay for your own meal. Member cost: \$25. Non-Member cost: \$30. Members sign up Monday 5/1 and Non-Members sign up after 5/4. Masks are required during the bus ride to and from the museum.



May 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
	<b>1</b> <b>Frittata with Ham</b> <b>V option</b> 9am Beginning Mah Jogg, today only 10am Canasta 1pm Mah Jongg	<b>2</b> 9:15am Meals on Wheels 10am Scrabble 10:30am Knit Wits & Hookers 1pm Pinochle 1:30pm Music Mends Minds 4pm Meditation 6:15pm Vashon Bridge Group	<b>3</b> <b>Spinach &amp; Artichoke</b> <b>Baked Chicken</b> 10am Photo Club via Zoom 10:30am Word Play Writing Class 1pm Tai Chi Outdoors 1pm Party Bridge	<b>4</b> <b>Closed</b> 10:30am FUN Craft Fascinators 1pm Mah Jongg 1pm Low Vision	<b>5</b> <b>Curry Cauliflower</b> <b>Chickpea Casserole V</b> 9am Zumba 10am Spinal Mobility Center/ Zoom <b>1pm Talk: Veg</b> 5pm Art Walk	<b>6</b> 10am Wild Walkers
<b>7</b> 2pm FUN Spring Tea	<b>8</b> <b>Shepherd's Pie</b> <b>V option</b> 10am Canasta 1pm Mah Jongg 1pm Senior Saints	<b>9</b> 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	<b>10</b> <b>Chicken Soup</b> 10am Photo Club via Zoom 10:30am Word Play Writing Class 1pm Tai Chi Outdoors 1pm Party Bridge 7pm Computer Club	<b>11</b> <b>Closed</b> 1pm Mah Jongg	<b>12</b> <b>Ratatouille V</b> 9am Zumba 10am Spinal Mobility Center/ Zoom <b>1pm Talk: Bruce Haulman</b> 3pm BINGO	<b>13</b> 10:30am Second Saturday Knitters
<b>14</b>	<b>15</b> <b>Baked Chicken with</b> <b>Rice</b> 10am Canasta 1pm Mah Jongg 1pm Compassion Communication	<b>16</b> 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	<b>17</b> <b>Cheeseburger Meatloaf</b> 10am Photo Club via Zoom 10:30am Word Play Writing Class 1pm Tai Chi Outdoors 1pm Party Bridge	<b>18</b> <b>Closed</b> 1pm Mah Jongg	<b>19</b> <b>Vegetarian Enchilada</b> <b>Casserole V</b> 9am Zumba 10am Spinal Mobility Center/ Zoom <b>1pm Talk: Arm Chair Travel</b>	<b>20</b>
<b>21</b>	<b>22</b> <b>Spaghetti w/ Meat</b> <b>Sauce V option</b> 10am Canasta 1pm Mah Jongg 1pm Compassion Communication	<b>23</b> 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	<b>24</b> <b>Lemon Pepper Chicken</b> <b>&amp; Vegetables</b> 10am Photo Club via Zoom 10:30am Word Play Writing Class 1pm Tai Chi Outdoors 1pm Party Bridge 3:30pm Board Meeting	<b>25</b> <b>Closed</b> 1pm Mah Jongg	<b>26</b> <b>Spinach, Feta &amp; Rice</b> <b>Casserole V</b> 9am Zumba 10am Spinal Mobility Center/ Zoom <b>1pm Talk: Audiology</b>	<b>27</b> 6pm doors open, Rainbow "Blingo" Fundraiser at Camp Burton
<b>28</b>	<b>29</b> <b>Closed</b> Memorial Day	<b>30</b> 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	<b>31</b> <b>Hamburger Stroganoff</b> 10am Photo Club via Zoom 10:30am Word Play Writing Class 1pm Tai Chi Outdoors 1pm Party Bridge			



### Volunteer of the Year

The Center 2022 Volunteer of the Year is the wonderful, marvelous **Gordon Quinlan**. Lean, mean (on dirty dishes), cleaning machine. We thank all our terrific volunteers. We could not enrich the lives of our senior community without your generous support of time, and good cheer.

If you would like to volunteer at the Center please contact Pamela Wickard, [coordinator@vashoncenter.org](mailto:coordinator@vashoncenter.org). We are seeking volunteers to help deliver lunches and to join the FUN Committee.

### Discover Compassionate Communication

Learn how to enhance understanding, connection, and solutions, while reducing stress, conflict, and discord. Explore ways to prepare and think about interactions as well as practical skills that encourage honesty and compassion rather than judge and misunderstanding.

Join Elizabeth Braverman, Ph.D., warm, non-judgmental, and supportive. She's facilitated many groups and workshops on a wide range of topics as a Clinical Psychologist and is devoted to compassionate communication. She is also a mosaic artist who lives on the Island with her tiny dog, giant dog and lots of egg layers. **Join Elizabeth after lunch May 15 and 22 at the Center for conversation.**

### OVERHEARD at the Senior Center



"Some people seem to age like fine wine. I aged like milk...sour and chunky."

"I never make the same mistake twice. I do it five or six times, you know, to make sure."

### May Birthdays



- Bernie O'Malley 1
- June Langland 1
- Willoughby Greenwood 1
- Kari Ulatoski 1
- Nan Caskey 2
- Sunny Baldwin 2
- Mary Jane Garlick 3
- Sandra 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
- Sonya Huntington 12
- Marge Beardsley 13
- Linera Lucas 13
- Merrilee Runyan 13
- Don Olson 14
- Debra Bethel 14
- Fran Brooks 15
- Inge King 16
- Cathie Crouse 16
- Dan Connolly 17
- Linda Hoffman 17
- Steve Hildreth 18
- Jeff Cowan 19
- Susan Lords 19
- Georg de Ruyter 21
- Lisa Hayden 21
- Charles Hoffman 22
- Rich Nelson 22
- Dailene Dean 22
- Nan Draper 22
- Nancy Wallrof 23
- Evelyn Wiese 23
- Francesca Giusti 23
- Carolyn Buehl 23
- Beth De Groen 24
- Joan Costa 24
- Kay Johnson 25
- Craig Harmeling 25
- Peggy Wolczko 25
- Carol Spangler 26
- Mary Tuel 26
- Deb Kuhn 26
- Bob Hollowell 28
- Constance Conway 28
- Sue Weston 29
- Roger Eckhardt 29
- Marge Wetherald 30
- Shannon Flora 31

## THANK YOU!

Robert L for ipads and Kindle devices, Frank S for plants, cookies, magazines and treats, Vashon Pizza for pastry treats, Lore W for treats, Evonne W family for magazines, tea varieties and medical supplies, mystery family for a gift box full of cookies and treats, Grace C for kitchen towels, Kirsten A for magazines, Cath A for daubers, Karlista R for facial tissue, Pat D & Neil B for Easter candy, Linda M for cookies, Marlyce D and Pat H for greeting cards, Marilyn K's family for pastries, Cyn Z for fresh pears, Lynn C for pineapple cakes, and Elizabeth B for Vashon eggs.

Gratitude to Marge L and Sue P for faithfully processing IGA and Thrifway receipts.

Mariette & Delilah and Karen B for their selfless labor of love baking dozens and dozens of cookies every week for our lunch program.

A big thanks to Paul Kirkpatrick from Island Lumber. His keen eye helped us rearrange the kitchen to accommodate our growing needs.

Thanks to Thriftway's Thank U Reward Members, for your generous donation to the Center.

"Village In Action" a HUGE thanks to all the volunteers that have been helping support the Village Program.



## SOUNDCOMP.COM

Michael O'Donnell  
▶ Sound Computing Solutions  
www.soundcomp.com  
michael@soundcomp.com

206.618.8760 cell  
PO Box 2283  
Vashon Island, WA 98070



## VASHON PHARMACY

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ADDRESS 4151 Fauntleroy Way SW Seattle, WA 98126

## Thank You King County!

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



King County

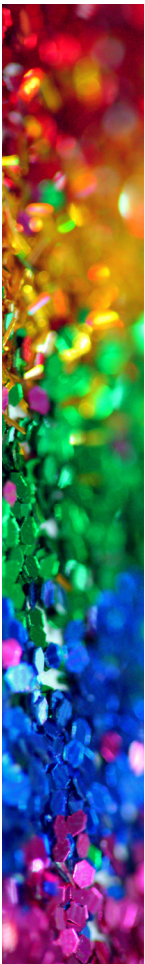
Veterans, Seniors & Human Services Levy

## Thank You PSE

We are grateful to Puget Sound Energy which has graciously provided funding for the Center's newsletter, and is our premiere sponsor for Rainbow "Blingo."



PUGET  
SOUND  
ENERGY



## It's Back! **RAINBOW "BLINGO" Fundraiser**

In celebration of June's Gay Pride Month, Vashon Senior Center is presenting a Rainbow "Blingo" fundraising event on **May 27th at Camp Burton**, Vashon Island. You can expect delicious appetizers and ten (10) rousing rounds of bingo, hosted by the glamorous and incomparable Louvel, complete with prizes and perhaps a few surprises! Cash bar will serve wine, beer, and Jello shooters. Blingo is a 21-and-over event.

**Tickets:** can be purchased before the event on the Vashon Senior Center website: [vashoncenter.org](http://vashoncenter.org).

**Cost:** \$50 admission. Admission reserves your seat and includes the evening's entertainment plus delectable hors d'oeuvres and fabulous fun. \$10 bingo card packets will be sold at the event and must be purchased that night with cash or check, as required by the Washington State Gambling Commission.

**Sponsor a Table:** Celebrating something memorable? Want to guarantee sitting with all your pals? You can purchase an \$800 Special Sponsor Table! Tables include fancy Blingo daubers, a group photo, the chance to decorate your table any way you like, an effusive recognition by the hostess, two complimentary bottles of wine and more! That IS memorable!

**All ticket sales and donations go towards funding programs and services for our Island community seniors.** May 27th "Blingo" is going to be a great night — don't miss it!

### **You are invited: Hospital District Regular Board Meetings**

Hospital District regular board meetings are open to the public and held twice monthly, on the first and third Wednesday of every month, meetings begin at 7 p.m. The public is invited to offer comments at the beginning and end of each meeting, the meetings are held in person and online. The mission of the Vashon Health Care District is to promote and maintain the health of the residents of Vashon and Maury Islands by supporting accessible quality health care through community partnerships, shared decision-making, transparency, and responsible stewardship of resources. [vashonhealthcare.org](http://vashonhealthcare.org)

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**Asian American and Pacific Islander Heritage Month** is observed in the United States during the month of May, and recognizes the contributions and influence of Asian Americans and Pacific Islander Americans to the history, culture, and achievements of the United States. Congress created Asian/Pacific American Heritage Week in 1978, setting aside early May to coincide with two milestones in Asian/Pacific American history: the arrival of the first Japanese immigrants (May 7, 1843) in the United States, and Chinese workers' role in building the transcontinental railroad, completed May 10, 1869.

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**Jewish American Heritage Month** is an annual recognition and celebration of American Jews' achievements and contributions to the United States of America during the month of May. In April 2006, President George W. Bush announced that May 2006 would be considered Jewish American Heritage Month. The president wanted to proclaim a month that would recognize the more than 350-year history of Jewish contributions to America and the American culture.



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

Return Service Requested

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 Kelly Bennett  
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 Molly Malone  
 Tara Morgan  
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Contact the Board: [board@vashoncenter.org](mailto:board@vashoncenter.org)

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 Fran Brooks, Bluebird Coordinator & Village Manager  
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 Katherine Shedd, Bus Driver

**MAY 2023 • Contact Us Phone: 206-463-5173 | Online: [vashoncenter.org](http://vashoncenter.org)**