



November 2022

**Friday,
November 11,
Veterans Day**
Join us for a
Veterans Day Lunch.
Veterans eat for **FREE.**

**Thursday,
November 24,
Thanksgiving**
The Center will be
closed Thursday,
November 24 and
Friday, November 25.

SAVE THE DATE

FUN COMMITTEE EVENT

Friday, November 11, 11:45am.
The FUN committee will be hosting a Veterans Day lunch, and stay for a Veterans presentation, at 1pm. Please RSVP for lunch at the Center 206-463-5173.



The Center has a New Sign. A HUGE thanks to the fine folks at Metal Creatures for creating and installing our beautiful new sign.

Join Us for the Annual Meeting

Friday, November 4, 1pm. Annual Meeting at St. John Vianney Church, in the social hall (16100 115th Ave. SW). Due to recommendations from MRC, we have chosen to move the annual meeting to a larger venue. Shuttle service from the Senior Center will be provided. If you would like to use the shuttle, please call to reserve a spot by Wednesday, November 2. Masks are required for the meeting.

The meeting agenda will include an opportunity for members to vote on proposed bylaw amendments. Many of these amendments are proposed due to recent changes in Washington State non-profit law, and to accommodate members' use of current technology. They are posted at the Center and were included as an insert in the October newsletter. Please make sure your membership is current; if you need to renew, please do so prior to the annual meeting.

Vote for the 2022 Vashon Senior Center Board of Directors

Cast your vote for our new Board Members. See the insert in this newsletter for their bios. Members, please read all the bios of our five candidates and vote for your top three candidates by checking the box next to their name. Bios are on both sides of this ballot. **Your ballot must be returned to the Senior Center no later than 3pm on Friday, November 11th, 2022.** Mailing address: P.O. Box 848, Vashon WA 98070. Two-member households can vote on the same ballot.

PROGRAMS

In Center (C), via Zoom (Z), or 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) **Mah Jongg:** 1-3pm.
- (C) **Beginning Mah Jongg:** 9:30–11am, Mondays, November 7–28.
- (C) **Party Bridge:** 6:30–9pm.
- (C) **Senior Saints:** November 7 and 21, 1-3pm.
- (C) **Book Group:** November 28, 1:30pm.

TUESDAYS

- (C) **Meals on Wheels (MOW):** 9:15–10:45am.
- (C) **Knit Wits and Hookers:** 10:30am–12:30pm.
- (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) **Pinochle:** 1–3pm.
- (C) **Music Mends Minds:** 1:30–2:30pm in the main room.
- (C) **Smartphones with Rain:** 2:15–4:15pm. By reservation only. Please call the Center to make your 15-minute appointment.
- (C) **Scrabble:** 2nd and 4th Tuesdays, 10am–12pm.
- (C) **Library 2 Go:** November 15, 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. 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

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:** November 9, 7pm.

THURSDAYS

- (C) **Low Vision Group:** November 3, 1pm.
- (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.
- (C) **Healing Through Sharing** support group: 10:30–11:30am. Join Diane Brenno and others to talk about life, loss, and how to cope and move forward.
- (C) **Talk:** November 4, 1-3pm. Annual Meeting.
- (A) **JAM with Core Centric:** November 4, 2:30pm. Come JAM! We will meet at Ober Park (weather permitting).
- (C) **FUN COMMITTEE:** November 11, 11:45am-1pm. Veterans Day Lunch hosted by the FUN Committee.
- (C) **Talk:** November 11, 1pm. Please join Historian Bruce Haulman for a Veterans on Vashon discussion.
- (A) **JAM with Core Centric:** November 11, 2:30pm. Come JAM! We will meet at Ober Park (weather permitting).
- (C) **Talk:** November 18, 1pm. Join

Roxanne Thayer as she speaks about the financial issues around Medicare Advantage Plans, and the movement to completely privatize Medicare, which would turn our Medicare Trust Fund over to Wall Street investors.

(A) **JAM with Core Centric:** November 18, 2:30pm. JAM on your own and collect points for JAMGO at the Center.

November 25, CLOSED. Happy Thanksgiving Weekend.

SATURDAYS

- (A) **Wild Walkers:** November 5, 10am. We are hopeful to take one more trail walk before the rain and winds return. We will walk on Maury, specifically a trail near the Maury Bluffs and bike trails. It's mostly level and very woodsy with a total distance of about a mile. We meet at the Center at 10am to carpool, or you can meet us at the trailhead at 10:20am. Everyone is welcome.
- (C) **Second Saturday Knitters:** November 12, 10:30am–12:30pm.

SUNDAYS

- (C) **Seahawks Watch Party:** November 6, 12:30pm. Game is at 1:05pm, wear your Seahawks colors, bring your own lawn chair and snacks. Pizza will be ordered.

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.



Center's Birthday Bash! Thanks to the FUN Committee, Wade Yip, and Bruce Haulman for making our 42nd Birthday fun, festive and memorable. Here is to 42 more, and beyond.

Join the Center Staff

Would you like to join a dynamite team? Have the joy of working with a fabulous community? Then you may be the perfect candidate to join the staff at the Center.

We are looking to hire a Center Bus Driver (15–20 hours per week), for Car-a-Van lunches, fun trips, and other driving needs. We are also looking to hire a Cook/Meal Coordinator (12–15 hours per week) to plan monthly menus, keep the kitchen stocked, cook and serve lunch two days per week (Wednesday and Friday) for our lovely appreciative seniors.

Interested individuals should email: admin@vashoncenter.org or call the Center 206-463-5173. And consider stopping in for a delicious lunch M, W and F.

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 or call the Center 206-463-5173.



Stay Tuned For Some Exciting Trips and Events in December

Zoo Lights at Pt. Defiance, Seahawks Watch Party at the Center, and Holiday Shopping Spree Day Trip — date/time and all the information in the December newsletter.

RESOURCES PROMOTING WELLNESS

- ACCESS Bus Transportation 206-205-5000
- Benefit Check up 1-888-435-3377
- Bluebird Medical Transportation 206-463-5173
- 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



November 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, 11:30-1ish for delivery
 Menu subject to change with little or no notice



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>6 12:30pm Seahawks Watch Party</p>	<p>7 Chicken Soup 1pm Mah Jongg 1pm Senior Saints 6:30pm Party Bridge</p>	<p>8 9:15am Meals on Wheels 10am Spinal Mobility via Zoom 10:30am Knit Wits & Hookers 1pm Pinochle 1:30pm Music Mends Minds 2:15pm Smartphones 6:15 Vashon Bridge Group</p>	<p>9 Spaghetti 10am Photo Club via Zoom 1pm Tai Chi Outdoors 1pm Party Bridge</p>	<p>10 Closed 1pm Mah Jongg</p>	<p>11 Chicken Salad 9am Zumba 9:30am Mindfulness Café Via Zoom 10:30am Support Group 11:45 Veterans Day Lunch 1pm Talk: Bruce on Vashon Schools 2:30 JAM @ Ober Park</p>	<p>12 10:30am Second Saturday Knitters</p>
<p>13</p>	<p>14 Beef & Pasta 1pm Mah Jongg 6:30pm Party Bridge</p>	<p>15 9:15am Meals on Wheels 10am Spinal Mobility via Zoom 10am Scrabble 10:15 Library 2 go 10:30am Knit Wits & Hookers 1pm Pinochle 1:30pm Music Mends Minds 2:15pm Smartphones 6:15 Vashon Bridge Group</p>	<p>16 Frittata with Ham 10am Photo Club via Zoom 1pm Tai Chi Outdoors 1pm Party Bridge 7pm Computer Club</p>	<p>17 Closed 1pm Mah Jongg</p>	<p>18 Hearty Veggie Soup 9am Zumba 10:30am Support Group 1pm Talk: Medicare 2:30 JAM</p>	<p>19</p>
<p>20</p>	<p>21 Chicken & Potatoes 1pm Mah Jongg 1pm Senior Saints 6:30pm Party Bridge</p>	<p>22 9:15am Meals on Wheels 10am Spinal Mobility via Zoom 10:30am Knit Wits & Hookers 1pm Pinochle 1:30pm Music Mends Minds 2:15pm Smartphones 6:15 Vashon Bridge Group</p>	<p>23 Stuffed Peppers 10am Photo Club via Zoom 1pm Tai Chi Outdoors 1pm Party Bridge</p>	<p>24 Closed Happy Thanksgiving</p>	<p>25 Closed</p>	<p>26</p>
<p>27</p>	<p>28 Lentil Soup 1pm Mah Jongg 1:30 Book Group 6:30pm Party Bridge</p>	<p>29 9:15am Meals on Wheels 10am Spinal Mobility via Zoom 10am Scrabble 10:30am Knit Wits & Hookers 1pm Pinochle 1:30pm Music Mends Minds 2:15pm Smartphones 6:15 Vashon Bridge Group</p>	<p>30 Ham & Rice Pilaf 10am Photo Club via Zoom 1pm Tai Chi Outdoors 1pm Party Bridge</p>			

Volunteer Highlight

The Center salutes our very own lean, mean (on dirty dishes), cleaning machine... Gordon Quinlan.

Gordon's quiet manner and dedication to helping support the Center by washing dishes is unparalleled. We are forever grateful to you.

If you would like to volunteer at the Center, or help support our lunch program, please contact Pamela Wickard at the Center, coordinator@vashoncenter.org and 206-463-5173



November Birthdays



*Belated Birthday to
Karlisa Rickerson
October 21.*

Dennis Loeb 1
Deb Wenneman 1
Odie Hendershot 1
Richard Nagler 2
Carolina Henley 2
Jeanne Shull 4
Peter Rubin 4
Patricia Caughell 5
Susie Fitzhugh 6
Michael Ligrano 6
Caran-Mar Weston Dunbar 8
Richard Janke 9
Constance Curham 10
Maria Glanz 10
Vicky de Monterey Richoux 11
Susie Murphy 12
Molly Malone 12
Virginia Young 12
Helen Luce 13
Yoshiko Morris 13
Mary Van Gemert 14
Joan Miller 14
Patricia Gates 14
Louise Schlegel 15
Jean Aspinall 15
John Overton 15
Laura Weston 15
Ellen Stewart 15
Margot Loeb 17
Carol Stewart 18
Linda Fox 19
Sandra Johnson 20
Wade Yip 21
Robert Teagardin 21
Corey Lindberg 21
Melvin Mackey 23
Chelley Rohrig 24
Judie Rady 25
Fern Davis 26
George Lewis 26
Joan Dillon 27
Robert Litman 28
Irene Otis 28
Emily Carlisle 29
Mary Kelly 29
Betsy Savides 29
Arlene Schade 30
Jackie Van Gilder 30

Seahawks Watch Party

Sunday, November 6, game is at 1:05pm. Come to the Center at 12:30pm wearing Seahawks colors. Bring your own lawn chair and snacks. Pizza will be ordered.



We Miss You!

IS YOUR MEMBERSHIP CURRENT?

WE MAKE IT EASY TO RENEW!

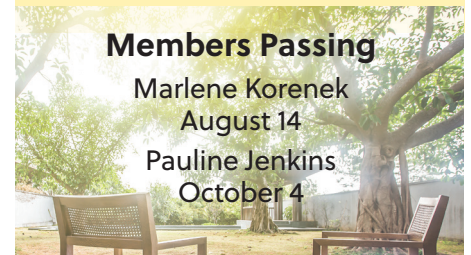
ONLINE
VASHONCENTER.ORG

STOP BY THE CENTER
10004 SW BANK ROAD

Members Passing

Marlene Korenek
August 14

Pauline Jenkins
October 4



THANK YOU: Sherri M for music and movies, Marge B for garden pears and magazines, Pat & Craig H for garden produce and yarn varieties, Katrin F and Rhoda K for calendars, Marlyce & Bob D and Thea V for garden produce, Ann E for yarn varieties, Linda M for candy, Julia L for medical supplies, Laurie E for books, Sheryl N for glasses, Andree K for magazines, Cathy R for cards, towels and decorations, and to the Mystery Person for 3 reams of copier paper.

Thank you, Weslie, Anne T, Karen B, and Mariette & Delilah, for cards of cheer and cookies of deliciousness! Our lunch recipients are very appreciative!

A big thanks to Marilyn B for donating a beautiful new tree, mulch and countless hours providing TLC to our little garden. Thanks to Jane B for tending to the dahlias that provide joy at the Center.

Thank you, Mindy & Maddie, for your Monday and Friday lunchtime visits full of happy doggy greetings.



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

206-463-9118

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ADDRESS 4151 Fautleroy Way SW Seattle, WA 98126



Come and join us for one of our many programs.

You could make this adorable dinosaur with the Knit Wits and Hookers on Tuesday at 10:30am-12:30pm.

NEW PROGRAM: Healing Through Sharing is a support group for those who are struggling with loss, loneliness, and sorrow. Losing a partner, and loneliness from being isolated due to COVID are some of the most devastating things a person can experience.

Join us Friday mornings, 10:30-11:30am to talk, listen and find some peace of mind.

NEW ARTIST:

Christopher Roberts is a self-taught artist who began his lengthy career working with lapidary and jewelry in the 1970s. He also spent many years working with other media like airbrush, oil paints, watercolors, and colored pencil. Christopher is a very spiritual person and has devoted much of his life to the study of different beliefs. Originally from Tucson, AZ, Vashon has been his home for 20 years. This show represents his most current body of work, with Prisma Colored Pencils.



Homeshare Program

Affordable housing is a critical issue in our community, for seniors and for younger generations. The Senior Center is working with Vashon Household in developing a home sharing program to help address the lack of affordable housing available to workers and seniors on the island.

Home sharing is a simple concept that matches home providers (people with available space in their homes) with people who need housing. This not only helps to offer additional income for a home provider and affordable rent to home seekers but can also be helpful in providing assistance with household chores, landscaping and gardening tasks, social and connective support to people living alone.

If you are a homeowner and are interested in hearing more about how to share your home with a well-vetted person in need of housing, please reach out to Vashon Household at VHH@vashonhousehold.org or call (206) 463-6454.

Independent Caregiver Referrals

The Vashon Senior Center (VSC), and The Vashon Care Network (VCN) get frequent inquiries from islanders requesting referrals for independent caregivers.

As you know, many Vashon individuals and families face daunting challenges as they try to find a caregiver so they can remain safely in their own homes. The process involves overstressed family members and a shortage of caregivers. Because of liability issues, VSC and VCN cannot make referrals to individual caregivers, but we would like to share with you information from VCN. Visit their website: vashoncarenetwork.org

Need Help Understanding Medicare?

SHIBA offers workshops and information for current and new beneficiaries, those who will soon be eligible and anyone who wants to learn more about Medicare health coverage. Various plan options, prescription drug coverage, supplements, and ways to get help paying for Medicare will be discussed. This class is taught by a trained SHIBA advisor (Statewide Health Insurance Benefits Advisors).

The SHIBA program provides free, unbiased, and confidential assistance with health care choices. Au pairs may not take this workshop for hours unless given permission; contact the Continuing Education Director at conted@seattlecolleges.edu or continuingeducation.northseattle.edu/courses/welcome-medicare#

OVERHEARD at the Senior Center



"How many Instagram followers do you have?"





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

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Pamela Wickard, Volunteer and Program Manager
Maria Glanz, Villages Program Manager
Jamila Al Dahir, Monday Chef

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