



**October 2022**

**International Day  
for the Elderly  
Saturday, October 1**

**Yom Kippur  
Tuesday, October 4  
Begins at Sundown**

**Indigenous  
Peoples Day  
Monday, October 10**

**Halloween  
Monday, October 31**



**Happy Autumn from your appreciative and admiring staff at the Center!** We welcome you to come to the Center for a delicious lunch or one of our many activities.

—Kathleen, Pamela, Zoe, Maria, Jamila and Catherine

### **Board of Directors Openings**

The Nominating Committee is seeking candidates to join the Board of Directors. The Board of Directors is a passionate group of diverse thinkers who work well together to further the goals of the Center. Check out the website at [vashoncenter.org](http://vashoncenter.org) for a job description and application (or pick one up at the Center). The application must be at the Senior Center no later than Friday, October 7, at 3pm. You can drop it off at the front desk or mail it to P.O. Box 848, Vashon, WA 98070.

Elections are held in early November and new Board Members will begin serving in January 2022 for a three-year term. The Board meets monthly, and it is suggested that all Board Members attend one staff meeting per year. If you have questions, want to recommend someone else for us to recruit, or would like to discuss what it is like to serve on the Senior Center Board of Directors, please contact President Tara Morgan at [board@vashoncenter.org](mailto:board@vashoncenter.org).

### **SAVE THE DATES**

**Annual meeting November 4, 1pm, at the Center.** If you would like to attend the meeting via Zoom, please contact [board@vashoncenter.org](mailto:board@vashoncenter.org) by October 31. 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 will be posted at the center in mid-October and are included as an insert to the October newsletter. The Board of Directors will have approved an agenda, but you may propose additional agenda items not later than November 1, 2022, at 5pm. Submit them to [board@vashoncenter.org](mailto:board@vashoncenter.org).

### **FUN COMMITTEE EVENTS**

**Thursday, October 20, 10–11:30am.** Get crafty with the FUN committee. We will create decorative Halloween Luminaries to light up your home. Materials will be supplied, as well as refreshments.

**Monday, October 31, 11:45am.** Join the Center for a Halloween themed lunch. Plus, Trick-or-Treat at the Center, 5–6:30pm!



# 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](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) **Beginning Mah Jongg:**

9:30-11am, Mondays, October 31-November 28.

(C) **Party Bridge:** 6:30-9pm.

(C) **Senior Saints:** October 10 & 24, 1-3pm.

(C) **Book Group:** October 24, 1:30pm. Book to come. Zoom option can be found on the Center's website.

(C) **Halloween Lunch:** October 31, 11:45am-1pm.

## TUESDAYS

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

(C) **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 15-minute appointment.

(C) **Scrabble:** 2nd and 4th Tuesdays, 10am-12pm.

(C) **Library 2 Go:** October 18, 10:15am.

(C) **Vashon Bridge Group:** 6:15-9:15 pm.

(T) **Costco Trip:** Tuesday, October 18, 9am.

## 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. NEW: <https://us02web.zoom.us/j/82474076022?pwd=VGZxb3R4Yys4d045TTM4UU5GOFhQQQT09>

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.

(T) **Pt. Ruston Market:** Wednesday, October 12, 9am.

(C) **Computer Club:** October 12, 7pm.

(C) **Village Town Gathering:** October 19, 4-6pm.

## THURSDAYS

(Z) **Spinal Mobility and Decompression on the Chair:** Join Margaret Hoeffel (Stay tuned for new day and time.)

(C) **Low Vision Group:** October 6, 1pm.

(C) **Mah Jongg:** 1-3pm.

(C) **Craft Day with the FUN Committee:** October 20, 10-11:30am.

## FRIDAYS

(C) **Zumba:** 9-9:45am. Please join Ture and Mary and dance your way into the beginning of the weekend.

(C) **NEW: 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:** October 7, 1pm. Please come and meet Clara Kelly author of the memoir, *The Flamboya Tree*. As a young child she experienced the horrors of living almost four years in a brutal Japanese concentration camp on the island of Java, Indonesia, during WW2. Starvation, filth, and fear were the everyday problems. As children they adjusted and were able to still find some joy in small pastimes.

(A) **JAM with Core Centric:** October 7, 2:30pm. Come JAM! We will meet at Ober Park (weather permitting).

(C) **Talk:** October 14, 1pm. Please join Historian Bruce Haulman who will share Vashon Halloween Hijinks.

(A) **JAM with Core Centric:** October 14, 2:30pm. Come JAM! We will meet at Ober Park (weather permitting).

(C) **Talk:** October 21, 1pm. Join Tina Shattuck, Mukai's Executive Director, as she discusses the Mukai Cold Process Fruit Barreling Plant, the former fruit processing plant originally constructed and owned by the Japanese American Mukai family. In 1993 it became the first location associated with Japanese American history to be designated a King County landmark and was listed the following year on the National Register of Historic Places.

(A) **JAM with Core Centric:** October 21, 2:30pm. JAM on your own and collect points for JAMGO.

(C) **Talk:** October 28, 1pm. Movie: *Abbott and Costello Meet Frankenstein*. This Halloween movie not only features Frankenstein, but also includes cameos from Bela Lugosi's Dracula and Lon Chaney's The Wolf Man. Join us for this classic, popcorn will be served.

(A) **JAM with Core Centric:** October 28, 2:30pm. JAMGO, play to WIN a tablet, at the Center.

# PROGRAMS Continued

## SATURDAYS

**(A) Wild Walkers:** October 1, 10am. The Wild Walkers meet at the Center at 10am to carpool, or you can meet us at the trailhead at 10:20am. Hopefully we will have another pleasant morning for our next walk

at Island Center Forest, the Borrow Fill Loop. This is a nice trail walk, roughly one mile, with a small hill and a few tree roots along the way. Everyone is welcome.

**(C) Second Saturday Knitters:** October 8, 10:30am–12:30pm.

**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.

## TRIPS

**Pt. Ruston Market: Wednesday, October 12.** Meet at the Center at 9am. Senior Day — Waterfront Market at Ruston. Free Fit and Dance Classes, and special senior discounts at selected vendor booths. Members signup beginning October 1. Non-Members begin after October 7. Members \$10. Non-Members \$15. Lunch will be on your own at the Market.

**Costco Trip: Tuesday, October 18.** Meet at the Center at 9am. This is a Costco only trip, and we will get lunch at Costco. Members signup beginning October 1. Non-Members begin after October 7. Space will be limited. Members \$10. Non-Members \$15.

## Learn More About the Village Town

Wednesday, October 19, 4–6pm: Village Town Gathering. With a commitment to supporting healthier, happier futures for all Island seniors, the Vashon Senior Center Villages program invites all who live and work in and around Vashon Town to join us and learn more about the Village Town. The ultimate goal of the Village program: to help the elders in our community live in their own homes for as long as they wish, as independently as possible.

## 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 lunch Care-A-Van, fun trips, and other driving needs, a Bluebird Medical Transportation Coordinator (10-15 hours per week) to coordinate the Bluebird medical rides and drivers, and a cook.

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

## 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



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 10am Wild Walkers
2	3 <b>Parsley Fritters</b> 1pm Mah Jongg 6:30pm Party Bridge	4 9:15am Meals on Wheels 10:30am Knit Wits & Hookers 1pm Pinochle 1:30pm Music Mends Minds 2:15pm Smartphones 6:15-9:15pm Vashon Bridge Group	5 <b>Clam Chowder</b> 10am Photo Club via Zoom 1pm Tai Chi Outdoors 1pm Party Bridge	6 <b>Closed</b> 1pm Mah Jongg	7 <b>Corn Souffle</b> 9am Zumba 10:30am Support Group 1pm Talk: Author Clara Kelly 2:30 JAM	8 10:30am Second Saturday Knitters
9	10 <b>Beef Mac'corona</b> 1pm Mah Jongg 1-3pm Senior Saints 6:30pm Party Bridge	11 9:15am Meals on Wheels 10am Scrabble 10:30am Knit Wits & Hookers 1pm Pinochle 1:30pm Music Mends Minds 2:15pm Smartphones 6:15-9:15pm Vashon Bridge Group	12 <b>Chicken Caesar Salad</b> 9am Trip - Pt. Ruston 10am Photo Club via Zoom 1pm Tai Chi Outdoors 1pm Party Bridge 7pm Computer Club	13 <b>Closed</b> 1pm Mah Jongg	14 <b>Vegetable Soup</b> 9am Zumba 10:30am Support Group 1pm Talk: Bruce on Halloween 2:30 JAM	15
16	17 <b>Roasted Vegetables</b> 1pm Mah Jongg 6:30pm Party Bridge	18 9am Trip - Costco 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 6:15-9:15pm Vashon Bridge Group	19 <b>Turkey Rice Casserole</b> 10am Photo Club via Zoom 1pm Tai Chi Outdoors 1pm Party Bridge 4pm Village Town Gathering	20 <b>Closed</b> 10-11:30am FUN Committee Craft 1pm Mah Jongg	21 <b>Meatball Soup</b> 9am Zumba 10:30am Support Group 1pm Talk: Tina on Mukai 2:30 JAM	22
23	24 <b>Baked Chicken</b> 1pm Mah Jongg 1-3pm Senior Saints 1:30 Book Group 6:30pm Party Bridge	25 9:15am Meals on Wheels 10am Scrabble 10:30am Knit Wits & Hookers 1pm Pinochle 1:30pm Music Mends Minds 2:15pm Smartphones 6:15-9:15pm Vashon Bridge Group	26 <b>Cooks Choice</b> 10am Photo Club via Zoom 1pm Tai Chi Outdoors 1pm Party Bridge	27 <b>Closed</b> 1pm Mah Jongg	28 <b>Lasagne</b> 9am Zumba 10:30am Support Group 1pm Movie Abbott and Costello meet Frankenstein 2:30 JAM	29
30	31 <b>Pumpkin Soup Halloween Lunch</b> 9:30-11am Beg. Mah Jongg 1pm Mah Jongg 6:30pm Party Bridge					

## Driving Team Highlight

Meet Marcy and Terry Rice, who have been delivering lunches to seniors on Vashon and Maury since 2020 and have delivered well over 1000 lunches. With an abundance of energy and quick wit, Marcy and Terry are superb Senior Center ambassadors. We are so grateful to them, and all our volunteers. If you would like to help deliver lunches or support the lunch program by purchasing a lunch ticket for a senior, please contact Pamela Wickard at the Center, [coordinator@vashoncenter.org](mailto:coordinator@vashoncenter.org), 206-463-5173.



## October Birthdays

*Belated Happy Birthday to Jim Brown Sept 3rd.*

Lynn Etchison 1  
Dale Greenfeld 5  
Diane Emerson 6  
Becki Eichner 6  
Jane Berg 6  
Beverlene Kiegel 7  
Ellen Kritzman 7  
Carol Slaughter 8  
Lorna Estes 8  
George Eustice 8  
Frank Zellerhoff Sr. 9  
Ellen Steffens 9  
Marian Brischle 10  
Jim Woodring 11  
Susie Kalhorn 12  
Carol Alice Sundholm 12  
Trudy Rosemarin 12  
Hazel Nelson 16  
Jocelyn Savoie 17  
Michele Kimble 18  
Susie Hill 18  
Glen Krah 18  
Suzanne Adams 19  
Nancy Connolly 20  
Shawn Kibler 20  
Sue Beeson 20  
Jim Walker 20  
Helen Carey 22  
Hazel Wilding 23  
Mair Alight 23  
Karen Debelius 24  
Constance Walker 24  
Mary Woodring 25  
Cyrus Anderson 26  
JoAnn Nielsen 27  
Holly Shull 27  
Jennifer Culp 29  
Carolyn Kramps 29  
Deirdre Petree 30  
Arrie Eason 30  
Nancy Radford 30  
Sally Kimmel 31  
Jim Riggsbee 31



## We Miss You!

### IS YOUR MEMBERSHIP CURRENT?

### WE MAKE IT EASY TO RENEW!

**ONLINE**

VASHONCENTER.ORG

**STOP BY THE CENTER**

10004 SW BANK ROAD

## Member Passing

Valerie Courtney,  
September 10



thank  
you

THANK YOU: Cynthia Z for cookies, Vashon Island Roasterie for coffee and decaf, Julia L for file folders and tea, Amy & Paramjit for the ginormous zucchini, Frank S for cookies and magazines, Chelsey & the Old VFW Hall for potatoes, Dave E for coffee, Craig & Pat H, Barb G, Nanny B, and Bill S for home garden produce, Bob H for special entrees, Laurie E and mystery person for books, Kim B and Marlys & Bob D for puzzles, Kirsten A for napkins, Suni K for lovely floral display, and Sue P for masks.

Thank you Anne T and Weslie R for handmade cheerful cards for the lunches.

Thank you to our devoted cookie bakers Karen B and Delilah & Mariette.

Thank you, Mindy & Maddie, for your lunch visits full of happy doggy greetings.

### Alzheimer Caregiver Support Group

For those interested in attending the Alzheimer Caregiver Support Group that meets monthly at the Presbyterian Church, please contact Regina Lyons 206-355-3123 for more information. The program is sponsored by the WA Chapter of the Alzheimer's Association, free and only for caregivers.

### 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.

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

206.618.8760 cell  
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## ONE LAST MONTH

The amazing, awesome, one and only Geri Peterson will display her sensational watercolor paintings at the Senior Center during the months of September and October. Accompanied by her side-kicks Inge King and Will Lockwood. New work and old work, these are not to be missed. Stop at the Center to indulge your senses in Geri's exquisite art.



## New Poetry Book Available

Joy Goldstein, a longtime islander known best as a potter and activist, also quietly wrote poetry for many years.

The book of poems was published by islander Jane Neubauer, Goldstein's longtime friend who showed potterry with her as part of the "Mud Mamas" on Vashon's studio art tour. Goldstein is well known on the island and beyond as a self-professed "peacenik," sitting vigil against violence and for world peace. The proceeds of the poetry book go to the Senior Center. You can pick up a copy at The Vashon Bookshop.

## 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](mailto:VHH@vashonhousehold.org) or call (206) 463-6454.



## The Estuary

**Senior Saints Program** continues hosted by Donnie Myers of the

Estuary on Vashon. Free haircuts to all seniors with limited means. Mondays October 10 & 24, 1-3pm. To schedule your appointment, call the Center after October 1

**Meal on Wheels** is available to all seniors 60 and older who are homebound or have limited access to get out to get their own meals. There is no income qualification, and this is a wonderful program to receive meals on Tuesdays when the Center isn't delivering lunches.

Please call the Center on Tuesday mornings to talk with one of the Meals on Wheels team members. 206-463-5173

## OVERHEARD at the Senior Center

"I want to be like a caterpillar.

Eat a lot.

Sleep for a while.

Wake up beautiful."





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

Return Service Requested

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**2022 Board of Directors**  
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Marya Purrington, Vice President  
Nan Leiter, Secretary  
Mary Ann Beardsley, Treasurer  
Kelly Bennet  
John Dunn  
Bill Swartz  
Mary Van Gemert  
Thea Verroy  
Constance Walker  
Wade Yip  
Contact the Board: board@vashoncenter.org

**Staff**  
Catherine Swearingen, Executive Director  
Zoe Bennington, Business Manager  
Kathleen Hendrickson, Operations Manager  
Pamela Wickard, Volunteer and Program Manager  
Maria Glanz, Villages Program Manager  
Jamila Al Dahir, Monday Chef

**OCTOBER 2022 • Contact Us** Phone: 206-463-5173 | Online: vashoncenter.org



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