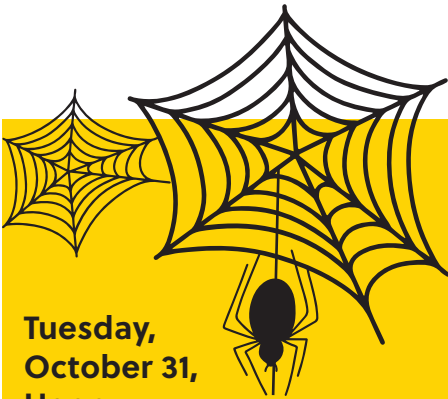




October 2023



Tuesday, October 31, Happy Halloween. Nobody does Halloween quite like Vashon. Ghouls, ghosts, goblins, and gremlins of all ages roam main street from 5pm-8pm in search of all manner of ghastly fun. Haunted houses abound and stages light up with mischief and melodies sure to enchant and delight. Hosted by Vashon Chamber of Commerce.

Tuesday, October 31, 5-7pm our FUN committee will host a fun-filled all ages evening at the Center, with candy and a \$5 hot dog and beverage. Stop by and enjoy the festivities.



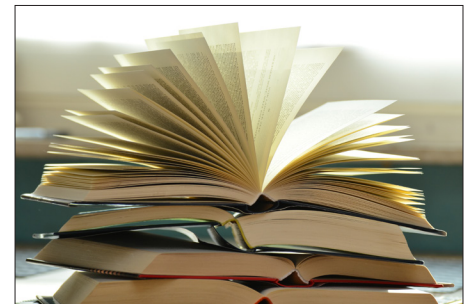
WHAT'S NEW AT THE CENTER

NEW TIME: TUESDAYS Smartphones with Rain: 8:30am-10:15am. By reservation only. Please call the Center to make your 15-minute appointment.

Monday, October 16, 1pm: Join PSE's Karen Brubeck, Senior Community Affairs Representative and Maria Dozeman, Outreach Manager, they will provide a presentation on ongoing PSE work on Vashon and some new programs that are launching this fall. There will also be a follow up program in November.



NEW: Fourth Wednesday of the Month: Vashon Senior Center partners with the Vashon King County Library for a NEW Intergenerational Evening Book Group. Ages 18 – 110 or older. Join us Wednesday, October 25, 6-7:30pm at the Vashon Library. Sam Harris, Teen, and Adult Services Librarian will host the group. Your suggestions for books can be entered here: forms.office.com/r/unisEJh7fa



NEW: Second Friday of the month 2-3pm, Song Bath by the Vashon Threshold Choir. Threshold Choir will offer their service to anyone who would like to receive a song bath. Come and experience harmonious singing while you relax on a chaise lounge chair. Also, more private home sessions can be arranged.

FRIDAY TALK: October 6, 1pm. Join Aaron Adams with United Healthcare Medicare Solutions as he discusses Medicare programs, eligibility and enrollment. He'll bring clarity booklets so that you can follow along as he walks you through the new and different benefits. There will be a lot of time for Q and A.

Wednesday October 25, Board of Directors meeting, 3:30-5:30pm at the Center. Open to Center members.

Reminder: To apply for the Board of Directors, applications must be at the Senior Center no later than Wednesday, October 4. 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.

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) **Caricatures with River Morales:** October 9, 12:30-1:30pm. River Morales is a 17-year-old graduate from Vashon High School. He has always loved drawing and it's his dream to become a professional artist. Join us the second Monday of the month, as River spreads his love for art through caricature drawings. A suggested \$10 donation.

(C) **Senior Saints Haircuts:** October 9, 1-3pm.

(C) **Puget Sound Energy (PSE) Programs:** October 16, 1-2pm. Learn about new programs being launched this fall.

(C) **Mah Jongg:** 1–3pm.

(C) **Book Group:** October 23, 1:30pm, *The Known World* by Edward P. Jones. Leader: Donna Caulton.

(C) **Birthday Lunch:** Monday, October 30, 11:45am-1pm. We will be celebrating all our members who have birthdays in the month of October. Birthday Members eat that day for FREE. Please make a reservation

TUESDAYS

(C) **NEW TIME — Smartphones with Rain:** 8:30am-10:15am. By reservation only. Please call the Center to make your 15-minute appointment.

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

(C) **Scrabble:** 10am–12pm.

(C) **Knit Wits and Hookers:** 10:30am–12:30pm.

(C) **Pinocle:** 1–3pm.

(C) **Music Mends Minds:** 1:30–2:30pm.

(C) **Meditation class:** 4pm. Join Barney Munger, all levels welcome. No class October 31.

(C) **Library 2 Go:** October 17, 10:15am.

(C) **Halloween evening:** October 31, 5-7pm. The Senior Center will be open for trick or treaters of all ages and will be selling hot dogs and a drink for \$5. Please join us for some candy treats and a bite to eat. Organized by the FUN Committee.

(C) **Vashon Duplicate Bridge:** 6:15–9:15 pm. No Bridge Tuesday, October 31.

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.

(C) **Story and Tell:** October 4, 11, 18. 12:45pm. Join this delightful discussion after lunch.

(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:** October 11, 7pm. Join Michael O'Donnell, he will answer your computer questions.

(C) **Vashon Fire Department:** October 18, 12:30pm, blood pressure check.

(C) **Movie:** October 25, 12:45pm. *Life Afterlife* is hosted by Rondi Lightmark. Come for lunch, stay for the movie and discussion.

(C) **Board Meeting:** October 25, 3:30-5:30pm. Open to all members.

(A) **NEW — Vashon King County Library and Vashon Senior Center Book Group:** October 25, 6-7:30pm. Meet at the Vashon Library. Book selection will be available after October 1.

THURSDAYS

(C) **Low Vision Group:** October 5, 1pm. Coping with Chronic Vision Issues, a group discussion.

(C) **Mah Jongg:** 1–3pm.

(C) **Watercolor class:** October 12 and 26, 2-4pm. Join Inge and Will, as they paint away the afternoon.

(T) **Trip:** Thursday, October 19th, 12:30–3pm. Vashon Center for the Arts. VIVA group show and coffee or tea afterwards. Transportation available.

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:** Zoom Option if requested in advance, 10-11am.

(C) **Talk:** October 6, 1pm. Aaron Adams. Understanding your Medicare choices. A detailed discussion with Q and A.

(C) **Talk:** October 13, 1pm. Bruce Haulman of the Vashon Heritage Museum.

(C) **Song Bath by the Threshold Choir:** October 13, 2-3pm. Vashon Threshold Choir will offer their

PROGRAMS Continued

service to anyone who would like to receive a song bath.

(C) Talk: October 20, 1pm. Financial Beginnings. Preventing Identity Theft, hosted by Duncan Taylor. This will be a repeat of some of the topics discussed last June.

(C) Talk: October 27, 1pm. Preparing Older Adults for Disaster and/or Emergency. In honor of National Preparedness Month and Senior Center Month, our King County Office of Emergency Management (OEM) is offering disaster and emergency preparedness training to Vashon Senior Center members.

SATURDAYS

(A) Wild Walkers: October 7, 10am. We hope for just one more nice weather walk before the chilly and soggy days of Autumn. We'll explore the trails at the Maury Bluffs and enjoy the fabulous viewpoints. The trails are well maintained, and we'll walk for about a mile. Please meet at the Center at 10am to carpool or check with Kathleen for the trailhead location.

(C) Second Saturday Knitters: October 14, 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.

RAINBOW BLINGO

**SAT DEC 2ND
SAVE THE DATE!**

NAUGHTY | *Nice*

(WHICH WILL YOU PICK?)

SAVE THE DATE

**Saturday, December 2,
Holiday Rainbow Blingo
at Camp Burton Lodge.**

RAINBOW BLINGO returns with a festival Holiday edition... will you be Naughty or Nice?

This time around we will have all CASH prizes, a spectacular dessert auction, a carol or two from hostess Louvel, and elves both naughty and nice to tempt you with Jello shots & more. Tickets on sale mid-October.



TRIP — Thursday, October 19th, 12:30–3pm, Vashon Center for the Arts (VCA).

Please join us at VCA for a Vashon Island Visual Artist (VIVA) led tour. VIVA members, Jane Neubauer and Pamela Wickard will host the tour. This is a VIVA group show, representing over 80 Vashon Artists. Please meet at VCA, if transportation is a problem, contact Pamela Wickard at coordinator@vashoncenter.org. For those interested tea, will be provided in Heron Meadow next to VCA. If the weather is bad, we can walk over to the Vashon Island Coffee Roasterie. Sign up by Monday, October 16. \$10 suggested donation for members, \$12 suggested for non-members.

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



October 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
<p>1</p> <p>2 Chili Mac and Cheese 10am Canasta 1pm Mah Jongg</p>	<p>3 8:30am Smartphones 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</p>	<p>4 Italian Bean Soup V 10am Photo Club via Zoom 12:45pm Story and Tell 1pm Tai Chi Outdoors 1pm Party Bridge 1 pm FUN Committee</p>	<p>5 Closed 1pm Mah Jongg 1pm Low Vision</p>	<p>6 Beef Stew 9am Zumba 10am Spinal Mobility 1pm Talk: Medicare</p>	<p>7 10am Wild Walkers</p>	
<p>8</p> <p>9 Vegetarian Stroganoff V 10am Canasta 12:45pm Caricatures with River 1pm Mah Jongg 1pm Senior Saints</p>	<p>10 8:30am Smartphones 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</p>	<p>11 Pork Noodle Casserole 10am Photo Club via Zoom 12:45pm Story and Tell 1pm Tai Chi Outdoors 1pm Party Bridge 7pm Computer Club</p>	<p>12 Closed 1pm Mah Jongg 2pm Watercolor</p>	<p>13 Butternut Squash Soup V 9am Zumba 10am Spinal Mobility 1pm Talk: Bruce Haulman 2pm Threshold Choir</p>	<p>14 10:30am Second Saturday Knitters</p>	
<p>15</p> <p>16 BLT's and Veg. Option V 10am Canasta 1pm Mah Jongg 1pm PSE Bill Payments Programs</p>	<p>17 8:30am Smartphones 9:15am Meals on Wheels 10am Scrabble 10:15am Library 2 Go 10:30am Knit Wits & Hookers 1pm Pinochle 1:30pm Music Mends Minds 4pm Meditation 6:15pm Vashon Bridge Group</p>	<p>18 Vegetable Strata V 10am Photo Club via Zoom 12:30pm VFD Blood Pressure 12:45pm Story and Tell 1pm Tai Chi Outdoors 1pm Party Bridge</p>	<p>19 Closed 12:30 pm Trip: VCA 1pm Mah Jongg</p>	<p>20 Cabbage Kielbasa 9am Zumba 10am Spinal Mobility 1pm Talk: Financial Beginnings Avoiding Spams and Fraud</p>	<p>21</p>	
<p>22</p> <p>23 Vegetarian Chili and Cornbread V 10am Canasta 1pm Mah Jongg 1:30pm Book Group</p>	<p>24 8:30am Smartphones 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</p>	<p>25 Meatloaf & Roasted Baby Potatoes 10am Photo Club via Zoom 1pm Movie: Life Afterlife 1pm Tai Chi Outdoors 1pm Party Bridge 3:30pm Board Meeting 6pm Library Book Club</p>	<p>26 Closed 1pm Mah Jongg 2pm Watercolor</p>	<p>27 African Peanut Soup V 9am Zumba 10am Spinal Mobility 1pm Talk: Prepared for Disaster or Emergency</p>	<p>28</p>	
<p>29</p> <p>30 Beef Enchiladas and Veg Option V 10am Canasta 11:45am Oct. Birthday Lunch 1pm Mah Jongg</p>	<p>31 8:30am Smartphones 9:15am Meals on Wheels 10am Scrabble 10:30am Knit Wits & Hookers 1pm Pinochle 1:30pm Music Mends Minds 5pm Halloween Party</p>					



Artist Show

Barbara Dusty Gustafson: *America the Beautiful Photographs and Tapestries* continues.

Barbara is an island science educator and artisan weaver of baskets and small-loom tapestries. She has self-published four books for children and adults, featuring her island photographs. She frequently shares her images from near and far at the Senior Center during Friday "Armchair Travels." Drawing on her love of nature and her weaving skills, she is now using her photographs to inspire her woven wall tapestries. Using yarns, cordage, ribbon, beads, fabric, and wool roving she builds layers of colors, patterns, and textures into impressionistic views of Vashon and other favorite places where she has traveled.



Welcome Jojo!

We extend a warm welcome to Jojo Weller, our new Village assistant. She is a long time fan of the Senior Center and brings much experience from her years at the Vashon Fire Department. Most recently she helped with the newly formed Vashon Hospital District. Stop in to say "hi" and join us in welcoming her to the wonderful staff and senior community.

VIVA at VCA

Vashon Center for the Arts (VCA) will host Vashon Island Visual Artist, (VIVA) the entire month of October. VIVA will command the entire Koch Gallery space and walls of the Atrium to display VIVA's wide range of talent. Over 80 Vashon artists. Join us Thursday, October 19, 12:30 at VCA for a docent-led tour and tea afterwards. For more information on events at VCA: vashoncenterforthearts.org/kay-hall-events

Movie hosted by Rondi Lightmark

Wednesday, October 25, 1pm, showing of the HBO video *Life Afterlife*. with Rondi Lightmark. Takes an intriguing look at the eternal question: Is there life after death? And if so, can we communicate with the dead? Through personal stories from everyday people who claim they've made contact with deceased friends and relatives, to self-proclaimed mediums, to philosophers and scientists who've dedicated their lives to these issues, this film examines the fact and fantasy of the last great frontier. The documentary was produced and directed by Lisa F. Jackson. Executive producers are Linda Ellerbee and Rolfe Tessem.

Play Pinochle

Pinochle is looking for more players. They meet at the Center every Tuesday 1-3pm. Experience or no experience. They are happy to teach you how to play.



Happy Birthday to those celebrating in October.

If your birthday is in October, come in the last Monday of the month, October 30, 11:45-1pm. We will be having one big celebration.

And all October birthdays eat lunch for FREE on that day.

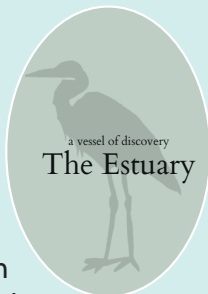


Members Passing

Bill Knox

THANK YOU: Sheila B for garden figs, Hazel W for tea varieties, Marge B for garden rhubarb, Frank S for cookies, Thea V the cucumber queen for garden vegetables, Karen R and Phil Y for magazines, Margaret B for handpicked, homemade blackberry cobbler, Jan L for bread, Linda M for weekly garden flowers, Liz and Jeff for organic eggs, Dorothy N for canes and medical supplies, Dave E for salad dressing, Cynth Z for books and beads, Keith P for medical supplies, Kathleen O for garden apples, Bobbi A for garden pears, Kim N and Tiffany for magazines, Rick M for garden vegetables, Wendy W and David C for kitchen pots, Marlyce and Bob D for garden cabbages, Kim C for garden plums, Al B for pantry items, Kiki H for Dimitre performance tickets, Kirsten A for dozens of homemade cookies, Molly M for homemade zucchini bread, Dorothy N for hearing aid batteries, and Doug at Sandpiper Cafe for a generous kitchen donation.

THANK YOU, Donnie Myers for hosting Senior Saints, going into your second year! You are making our seniors happy and beautiful at the same time.



Thanks to our kitchen volunteers, those who pack lunch bags, make the salads, set up and take down tables, serve, wash dishes, wash towels and napkins: Diane B, Marta C, Bobbi A, Kate S, Gordon Q, Tess L, Lynn C, Penny S, Dean A, Yvonne K, Grace C, Thea V, and Jim G. We couldn't do it without your dedication and commitment.

Thanks to all our drivers for sharing their time and vehicles.

Thanks Vashon Fire Department for checking our blood pressure.

Thanks to Chris Ramsell for being our temporary Monday Chef and bringing us delicious food and good cheer.

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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Thank You PSE

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



Thank You King County!

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



Veterans, Seniors & Human Services Levy

Learn More About Vashon Household's Home Sharing Program

The community has substantial unused or underused housing that could be utilized. Vashon Household's Home Share has an extensive matching process. And they will even provide mediation should the need arise. Home Share is here to set up situations that benefit everyone and will be there to make sure this happens through the first six months of the rental relationship. More information can be found at VashonHousehold.org/home-share or by contacting Osha Christianson at Osha@VashonHousehold.org or (206) 463-6454.

Free Air Purifiers

We have 5 Air Purifiers—free for Seniors in need. Call 206-485-4335. The air filter is good for chronic conditions such as respiratory, cardiac or compromised immunity. Improve indoor air by reducing the levels of mold, smoke, dust, pollen, outgassing, etc.

Voice of Vashon: Serving Vashon Island

A couple of guys with a penchant for radio and a dream of creating a community-owned FM station incorporated Voice of Vashon in 1999. By the time Voice of Vashon became a 501(c)(3) nonprofit in 2001, more than a dozen volunteers had joined the ranks, many of them still actively involved today. Thanks to a long and storied history, we're now a robust, community-run organization, with an active board, dozens of volunteers, and a full schedule of programs. We now have our FM license and KVSH 101.9FM went on the air in October 2014. We continue to find new and innovative ways to fulfill our mission—providing media resources that enable islanders to create, produce and distribute locally oriented, community-inspired programming. Visit our website for an updated calendar of shows and visit our catalog of taped shows. voiceofvashon.org

RAINBOW BLINGO

SAT DEC 2ND
SAVE THE DATE!

NAUGHTY | *Nice*

(WHICH WILL **YOU** PICK?)



CiderFest is Back

The 2023 Cider Fest will be held on Saturday October 7, 10am-5pm. The day will be filled with fun events, exhibits, and treats for all ages.

In addition to the popular cider tastings, this year we are excited to partner with the Vashon Fruit Club to introduce a new activation: an amateur cider-maker competition, judged by premier regional cidermakers. This family-friendly event also includes fruit pressing, NA beverages, food vendors, and educational activities all afternoon. Find out more at vashonchamber.com/events. Cider Fest is hosted by the Vashon Chamber of Commerce.

Some Senior Wisdom...

It would be wonderful if we could put ourselves in the dryer for ten minutes, then come out wrinkle-free.

"One for the road" means peeing before you leave the house.



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

Return Service Requested

Non-Profit Org
 US Postage
 PAID
 Permit #46
 Vashon, WA 98070

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 Bill Swartz, Vice President
 Nan Leiter, Secretary
 Leslie Minch, Treasurer
 Mary Ann Beardsley
 Kelly Bennett
 Deena Eber
 Steve Hildreth
 Molly Malone
 Ellen Stewart
 Mary Van Gemert

Contact the Board: board@vashoncenter.org

STAFF
 Maria Glanz, Executive Director
 Zoe Bennington, Business Manager
 Kathleen Hendrickson, Operations Manager
 Pamela Wickard, Volunteer and Program Manager
 Fran Brooks, Bluebird Coordinator & Village Manager
 Jamila Al Dahir, Monday Chef
 Kate Huntley, Wednesday and Friday Chef
 Katherine Shedd, Bus Driver
 Jojo Weller, Village Assistant

OCTOBER 2023 • Contact Us Phone: 206-463-5173 | Online: vashoncenter.org



Find us on Facebook
facebook.com/VashonSeniorCenter