



**September 2023**

**Labor Day**  
**Monday, September 4**  
The Center will  
be closed.  
No lunch delivery.

**National Hispanic Heritage Month, September 15–October 15.** Each year, Americans observe National Hispanic Heritage Month by celebrating the histories, cultures, and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean and Central and South America. It is a time to appreciate and celebrate the colorful cultures, rich histories, and diversity of the Hispanic community.

**Yom Kippur, September 24 (sundown)–September 25 (evening).** Yom Kippur is the holiest day on the Jewish calendar—fasting, praying, and focusing on atonement and repentance. It is the peak of the High Holidays.

**Wednesday, September 27, Board of Directors meeting, 3:30-5:30pm at the Center.** Open to Center members.

## WHAT'S NEW AT THE CENTER

**Third Wednesday of each Month, Vashon Fire Department will be here at 12:30pm for blood pressure checks.**

**NEW, Fourth Wednesday of the Month, Intergenerational Book Group.** Vashon Senior Center partners with the Vashon King County Library for a NEW intergenerational evening Book Group. Ages 18–110 or older. The first meeting will be Wednesday, September 27, 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](https://forms.office.com/r/unisEJh7fa) Participants at the first meeting will decide which books to read for the rest of the year!

**NEW, Friday, September 8, 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 a song bath, harmonious singing while you relax on a chaise lounge chair.

**NEW, Friday, September 29, 1pm, Music for a Country Dance.** Tap your toes, clap your hands, get up and dance, just be prepared to move to the music. Join the Good Stuff Trio and they may even take a request.

## WE NEED YOU!

**The Senior Center's Board of Directors is seeking more members to participate in a variety of committees.** Do you have ideas for activities, or a professional background that might help the Center? Whether you're a regular visitor or new to our community, we invite you to consider joining the FUN Committee, Fundraising and Marketing, Facilities, or Memorial Garden Restoration committees. If you are interested, please contact the Board: [board@vashoncenter.org](mailto:board@vashoncenter.org) or call the board president at 206-259-1004.

**We are also seeking new Board Members.** The Vashon Senior Center Board of Directors provides the direction that helps us maintain our mission and vision, and they support the Center by engaging in a variety of activities and events. Board Members are our best ambassadors in the greater community. Our current Board is a group of actively engaged, diverse thinkers with a passion for supporting Vashon seniors. We invite you to bring your skills and interests to help us fulfill our mission: enriching the lives of older adults on Vashon-Maury Island.

If you have questions about Board service or would like an application, contact the Board at: [board@vashoncenter.org](mailto:board@vashoncenter.org) or call the board president at 206-259-1004.

# 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) **Canasta:** 10–11:30am. Join the fun. Beginners welcome.

(C) **Caricatures with River Morales:** September 11, 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:** September 11, 1–3pm.

(C) **Mah Jongg:** 1–3pm.

(C) **Book Group:** September 25, 1:30pm, *Cloud Cuckoo Land* by Anthony Doerr.

## 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.

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

(C) **Library 2 Go:** September 19, 10:15am.

(C) **Vashon Duplicate Bridge:** 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) **Story and Tell:** September 6, 20, 27, 12:45pm.

(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) **Ray Pfortner:** September 13, 1–2pm talk on camera handling, settings, and principles of composition + Q and A. Prep for Fishermen's Terminal field trip Thursday, September 14.

(C) **Computer Club:** Returns September 13, 7pm. Join Michael O'Donnell as he rolls out a new plan for the club.

(C) **Vashon Fire Department:** September 20, 12:30pm, blood pressure check.

(C) **Board Meeting:** September 27, 3:30–5:30pm. Open to all members.

(A) **NEW, Vashon King County Library and Vashon Senior Center Book Group:** September 27, 6–7:30pm. Meet at the Library.

## THURSDAYS

(C) **Low Vision Group:** September 7, 1pm.

(C) **Mah Jongg:** 1–3pm.

(T) **Trip:** September 14, Photography on Location, Fishermen's Terminal in Seattle. Field trip to photograph at Fishermen's. Meet at the Center 9:15am, to catch the 9:55am ferry to Fauntleroy. Plan to be gone most of the day.

(C) **Watercolor class returns:** September 14 and 28, 2–4pm. Join Inge and Will, as they paint away the afternoon.

## 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:** 10–11am. Join Margaret, she is back from summer break.

(C) **Talk:** September 1, 1pm. Armchair Travel, and Art Show: Barbara Dusty Gustafson will share her travel story and artwork, on display at the Center. During visits to Hawaii, Alaska, the Southwestern states, New England, and the East Coast south to Florida, Barbara has photographed the landscapes, geological formations, and accompanying plant and animal life with a scientists' eye and an artists' heart. In this showing of her photographs and tapestries, her love of our magnificent country is clear to see.

(C) **Art Walk:** September 1, 5–7pm. First Friday Opening. Barbara Dusty Gustafson weavings and baskets.

(C) **Talk:** September 8, 1pm. Bruce Haulman of the Vashon Heritage Museum.

(C) **NEW, Song Bath by the Threshold Choir:** September 8, 2–3pm. Vashon Threshold Choir will offer their service to anyone who would like to receive a song bath.

# PROGRAMS Continued

Formed in 2005, the choir brings comfort through song to those experiencing isolation, pain, grief, and nearing death. Two to four singers provide soft, restful songs in short sessions designed to ease and support. Come and experience a song bath.

**(C) Talk:** September 15, 1pm. Vashon Events. Allison Jones will talk about the history, programs, services, and success stories of Vashon Events. Vashon Events is a nonprofit organization on the island dedicated to creating positive life experiences through music and art for all. It is best known for producing Concerts in the Park and for its free musical instrument borrowing library.

**(C) Talk:** September 22, 1pm. Ray

Pfortner will be sharing the results, via slideshow and discussion, from the field trip to Fishermen's Terminal.

**(C) Talk:** September 29, 1pm. Music for Country Dancing with the Good Stuff Trio.

## SATURDAYS

**(A) Wild Walkers:** September 2, 10am. Let's celebrate Labor Day weekend with a Wild Walk on the beach, Corbin Beach to be exact. This is a sandy and rocky beach that we'll walk for about a mile. Join us Saturday, September 2nd - we'll meet at the Center at 10am to carpool. See you then.

**(C) Second Saturday Knitters:** September 9, 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.



### Get Your Caricature Done!

Join Caricatures with River Morales, the second Mondays of the month. River 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. A suggested \$10 donation.



### Artist Show at the Center

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

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.



## 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



# September 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>Tuna Noodle Casserole</b> 9am Zumba 10am Spinal Mobility 1pm Talk: Barb G. 5pm First Friday Art Show	<b>2</b> 10am Wild Walkers
<b>3</b> <b>4</b> <b>CLOSED:</b> <b>Memorial Day</b> <b>No Lunch Delivery</b> 1pm Mah Jongg		<b>5</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>6</b> <b>Curried Cauliflower</b> <b>Chickpea Casserole</b> ✓ 10am Photo Club via Zoom 12:45pm Story and Tell 1pm Tai Chi Outdoors 1pm Party Bridge	<b>7</b> <b>Closed</b> 1pm Mah Jongg 1pm Low Vision	<b>8</b> <b>Chicken Tortilla</b> <b>Casserole</b> 9am Zumba 10am Spinal Mobility 1pm Talk: Bruce Haulman 2pm Threshold Choir	<b>9</b> 10:30am Second Saturday Knitters
<b>10</b> <b>11</b> <b>Meatloaf and Mashed</b> <b>Potatoes</b> 10am Canasta 12:30pm Caricatures with River 1pm Mah Jongg 1pm Senior Saints		<b>12</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>13</b> <b>Baked Rigatoni</b> ✓ 10am Photo Club via Zoom 1pm Ray Pfortner 1pm Tai Chi Outdoors 1pm Party Bridge 7pm Computer Club	<b>14</b> <b>Closed</b> 9:15am Trip: Ray Fisherman's Terminal 1pm Mah Jongg 2pm Watercolor	<b>15</b> <b>Cabbage Kielbasa</b> 9am Zumba 10am Spinal Mobility 1pm Talk: Vashon Events	<b>16</b>
<b>17</b> <b>18</b> <b>BLT's and Potato Salad</b> 10am Canasta 1pm Mah Jongg		<b>19</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>20</b> <b>Moroccan Stew</b> ✓ 10am Photo Club via Zoom 12:30pm VFD Blood Pressure 12:45pm Story and Tell 1pm Tai Chi Outdoors 1pm Party Bridge	<b>21</b> <b>Closed</b> 1pm Mah Jongg	<b>22</b> <b>Clam Clowder</b> 9am Zumba 10am Spinal Mobility 1pm Talk: Ray Photography Slide Show	<b>23</b>
<b>24</b> <b>25</b> <b>Lasagna and Garlic</b> <b>Bread</b> ✓ 10am Canasta 1pm Mah Jongg 1:30pm Book Group		<b>26</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>27</b> <b>Chicken and Artichoke</b> <b>Baked</b> 10am Photo Club via Zoom 12:45pm Story and Tell 1pm Tai Chi Outdoors 1pm Party Bridge 3:30pm Board Meeting 6pm Library Book Club	<b>28</b> <b>Closed</b> 1pm Mah Jongg 2pm Watercolor	<b>29</b> <b>Cheeseburger Meatloaf</b> 9am Zumba 10am Spinal Mobility 1pm Country Music for Dance	<b>30</b>

## PRESENTATION AND TRIP

**Location Photography: Fisherman's Terminal in Seattle with Ray Pfortner.** Polish your photography with this opportunity to explore the principles of composition by practicing them and then sharing your results for feedback.

- Presentation: Meet at the Center, Wednesday, September 13, 1–2pm for a presentation on the principles of composition.
- Trip: Take the field trip Thursday, September 14. The bus will leave the Center at 9:15am, planning to take the 9:55am ferry to Fauntleroy, then on to Fisherman's Terminal for a few hours of photography on location.
- Sharing: Meet again to share select results from our field trip at the Center on Friday, September 22, 1pm talk.

Fisherman's Terminal is one of the most photogenic places in Seattle — working boats, pleasure boats, workers repairing nets, crab traps, ducks and geese, dragonflies, a tower, and every pier wide open to explore. Lunch is on you (two lunch place options) or bring a bag lunch. Elevators and restrooms are conveniently located, but one should be able to navigate the Fisherman's Terminal comfortably. Cost for Members: \$35 signup after September 1. Cost for Non-Members: \$45 signup after September 5. For all skill levels using any digital camera, including a phone.



### New Bike Rack

We now have a bike rack on the eastside of the Center. Thanks to Board member Bill Swartz for the installation!

### Join 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.

### Free Music Instrument Library

Since 2015, Vashon Events has been very pleased to offer a free music instrument library so that everyone can have a chance to learn to play a musical instrument! Borrow an instrument for up to three months. Just scroll down to see what instruments are currently available and fill out the reserve form. Instruments are sanitized before and after each use and pick-up/drop-off of the instrument is contactless. You must be a Vashon Island resident to borrow any of these instruments and the item **MUST** stay on Vashon. For more information: [vashonevents.org/music-instrument-library-new](https://vashonevents.org/music-instrument-library-new). (Join Allison Jones from Vashon Events Friday, September 15, for a presentation at the Center, 1pm.)

Happy Birthday  
to those celebrating  
in September!



### Members Passing

Kiya Bodding





Marlyce and Bob D for garden zucchini, Denise for fresh flowers, Joan G for a Mah Jongg set, Hooper H for a ukulele, Marilyn B for masks and gloves, Julia L for pink salt, Susan M for hand crocheted scarves and bedspreads, Bill S for hand soap supplies, Stacey P for cookies, Frank S for magazines and cookies, Keith P for medical supplies, Candace L, Rick M, Pat O and Thea V for garden produce, Dave E for paper towels, Denny M for playing cards, and Margaret B for homemade apple cake. We appreciate our cookie bakers: Karen B (and homegrown eggs), Delilah S, Penny S and Thea V. Gratitude for lunch card cheer from Anne T and Weslie R.

FUN Committee for organizing the Center's Annual Members Picnic at the Eagles. Thanks to Rich Osborne for the performance. The picnic is a delightful tradition.

Vashon Fire Department for checking our blood pressure.

Village Program and King County VSHSL for providing air purifiers to seniors who need them.

Special shout out to the Vashon Center for the Arts for gifting the Center tickets to their events. We really appreciate your thoughtfulness.

## 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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### 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 Center programming.



**King County**

**Veterans, Seniors & Human Services Levy**



Thank you Garden Committee: Marilyn B, Gail B and Jane B, for maintaining and keeping our garden beautiful.

## Rummage Sale Thanks!

A huge thank you to the FUN committee and everyone who helped with the rummage sale. From donating, to sorting, to pricing, to pick up, to set up, to selling, to baking, to signage, to clean up and more. **The rummage sale was well attended and raised over \$2400 for the Center.** All your help and work hours are so appreciated. With a bonus thanks to Mary Ann Beardsley who provided guidance, storage space and endless energy.

## THANK YOU BRUCE!



We send out enormous thanks to Bruce Haulman. Bruce is a valued member of the Senior Center community. In August, he captained a group of our seniors for a tour of Quartermaster Harbor.

## Welcome to the Senior Center Village — Energizing community to support Seniors living independently.

Small acts of kindness can be lifesaving whether we know it or not. Volunteers are encouraged to do something personally meaningful. Giver or receiver, please consider joining and sharing your gifts, skills, talents, and love.

Become a member or volunteer or both. Visit our Senior Center Village website [vashon.helpfulvillage.com](http://vashon.helpfulvillage.com) or reach out by phone or text to Village Manager Fran Brooks at 206-485-4335. **(Please see the insert in this newsletter.)**

## Some Senior Wisdom...

Tip for a successful marriage: Don't ask your wife when dinner will be ready while she's mowing the lawn.

If you see me talking to myself, just move along. I'm self-employed. We're having a meeting.

I decided to stop calling the bathroom "John" and renamed it the "Jim." I feel so much better saying I went to the Jim this morning.

## Low Vision is Back

Join us for Low Vision, Thursday, September 7, 1pm at the Center. Dorothy Napoli will facilitate the group and plan the events through December. Please bring assistive devices (like readers or magnifiers) you might have "outgrown" to trade, loan, or give to another attendee who might benefit from it. Dorothy has some new information useful for reading and other daily living tasks. She is also seeking someone who will assist in the Low Vision group. The person will work closely with Dorothy and assist with contacting Low Vision members and help to write emails to organizations. Estimated time, two hours per month.



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

Return Service Requested

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Find us on Facebook  
[facebook.com/VashonSeniorCenter](https://facebook.com/VashonSeniorCenter)



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Contact the Board: [board@vashoncenter.org](mailto:board@vashoncenter.org)

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