



September 2022

Labor Day
Monday, September 5
The Center will be closed.
No lunch delivery.



Celebrating 42 Years of Serving Seniors

Join us Friday, September 30, 1-3pm, for the Senior Center's 40th + 2 Birthday Bash.

Our 40th had to be rescheduled due to COVID, but it's time to have a fun party! We'll serve birthday cake, ice cream, snacks, coffee, and soft drinks, and take a stroll down memory lane.

New Book Launch

Life Lessons from the Seniors of Vashon Island. The collection of 130 life stories of Vashon/ Maury seniors written by journalist John McCoy and published in the Beachcomber, 2017-2022, is now available in book form.

The 160-page paperback features the original newspaper stories with portrait photos plus additional art, graphics, and pictures. Produced under the auspices of the Vashon Senior

Center, the Life Lessons book is the pro bono work of four island seniors: Designers Mike Masi and Richard Rogers, editor Alice Bloch, and author John McCoy.

Life Lessons from the Seniors of Vashon Island is available for \$15 at the Senior Center and the Vashon Bookshop. Proceeds go to the Center.

Join us September 23, 1pm for book discussion and reading by John McCoy.



Life Lessons from the Seniors of Vashon Island



UPCOMING PROGRAMS



The Estuary

Senior Saints Program continues hosted by Donnie Myer of the Estuary on Vashon. Free haircuts for seniors with limited means. Monday, September 19, 1-3pm. To schedule your appointment, call the Center beginning September 1.

NEW PROGRAM: Healing Through Sharing. A support group for those who have lost a partner. Losing a partner is one of the most devastating things a person can experience. It doesn't matter whether the death was expected or sudden — the feelings of grief are still just as profound. One day you're with your partner, and the next you're alone and grieving. Talking to others in a moderated forum may give people some peace of mind. Join us on Fridays beginning in September at 10:30am.

PROGRAMS

In Center (C), via Zoom (Z), or Web (W). 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) **Party Bridge:** 6:30-9pm.

(C) **Senior Saints:** September 19, 1-3pm.

(C) **Book Group:** September 26, 1:30pm. Book *The Lincoln Highway* by Amor Towles. A Zoom link is on the Center's website for those who want to participate online.

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:** September 20, 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/ 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:** September 14, 7pm.

THURSDAYS

(Z) **Spinal Mobility and Decompression on the Chair:** Join Margaret Hoeffel 11:30-12:30pm. For a relaxing morning gathering.

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

(Z) **Mindfulness Cafe:** 9:30am. Please register for your initial Zoom meeting at mindfulnesscafevsc@gmail.com to join in this recurring time of quiet meditation and reflection. With guided and silent meditation, explore mindfulness-based stress reduction, conscious breathing, visualization, listening to the sound of silence, experiencing insight, or just calm sitting.

(C) **NEW: Healing Through Sharing** support group for those who have lost a partner: 10:30-11:30am. Join Diane Brenno and others to talk about life without your loved one, how to cope and move forward.

(C) **Talk:** September 2, 1pm. Please join Steven Bergman... and discover why VASHON ROCKS! If you have ever wondered about the diverse rocks beneath your feet as you stroll along Vashon's beaches, this is your opportunity to get the scoop on their identities and varied histories-you will see that every rock tells a story. This talk summarized the dynamic geologic history of the Pacific Northwest, Vashon-Maury Island, and its special beach rocks. We will start with a short introduction at the Senior Center followed by a field trip to the Native Rock Garden and Geology portion of the Heritage Museum Natural Wonders.

(C) **JAM with Core Centric** September 2, 2:30. JAM with Core Centric. JAM and get a digital pedometer so you can impress yourself with how many steps you take. First Friday at the Center.

(C) **Talk:** September 9, 1pm. Please join Bruce Haulman for a discussion on Vashon Schools as we begin a new school year.

Outdoor Activity: September 9, 2:30. JAM with Core Centric. JAM and get a digital pedometer. Meet at Ober Park fitness area

(C) **Talk:** September 16, 1pm. Claire Denise BrainEx — defined as exercise for the brain to keep it strong and viable. Come learn how to challenge your brain and try out a few tricks to enhance memory, improve focus and overall executive function. It isn't hard — just a little different and fun!

Outdoor Activity: JAM with Core Centric September 16, 2:30. JAM and get a digital pedometer. Meet at Ober Park fitness area.

PROGRAMS Continued

(C) Talk: September 23, 1pm. *Life Lessons from the Seniors of Vashon Island*, the collection of 130 life stories of Vashon seniors written by journalist John McCoy and published in the Beachcomber.

(C) JAM with Core Centric September 23, 2:30. JAM and get a digital pedometer and play JAM BINGO.

(C) Special Event: September 30, 1pm. Senior Center Birthday Party

SATURDAYS

Wild Walkers: September 3, 10am. The Wild Walkers will explore the beautiful trails at Frog Holler. We will wander on flat pathways through

a lovely forest for a distance of just over a mile. Everyone is welcome to attend. We meet at the Center at 10am to carpool, or you can meet us at the trailhead at 10:20am. Keep on walking!

(C) Second Saturday Knitters: September 10, 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.



Seeking Volunteer Lunch Delivery Drivers

Per CDC recommendations, we have relaxed our guidelines. People living in different households and solo drivers are welcome to help us deliver.

The routes are smaller since we have more guests coming into the Center for lunch. One thing we have learned through COVID seniors who rely on the lunch delivery program for a meal. Please consider helping. Contact Pamela Wickard at coordinator@vashoncenter.org or call 206. 463.5173

Returning Artist: Geri Peterson

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.



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
Parkinson's Support Group: 1pm, First Friday	206-567-5976
Senior Information and Assistance	206-448-3110
Senior Rights Assistance	206-448-5720
Vashon Care Closet	206-473-8715
Veterans' Services	206-612-2816

We Are Hiring!

We are hiring a **Bluebird Medical Transportation Coordinator** (10-15 hours per week) to coordinate the Bluebird medical rides and drivers.

We are hiring a **Center Bus Driver** (15-20 hours per week), for Care-a-Van, fun trips, and other driving needs.

Also, interested individuals should email: admin@vashoncenter.org or call the Center 206.463.5173.



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
4	5 Closed 1pm Mah Jongg 6:30pm Party Bridge	6 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	7 Spaghetti 10am Photo Club via Zoom 1pm Tai Chi Outdoors 1pm Party Bridge	8 Closed 11:30am Spinal Mobility via Zoom 1pm Mah Jongg	9 Chicken Salad 9am Zumba 9:30am Mindfulness Café via Zoom 10:30am Support Group 1pm Talk: Bruce on Vashon Schools 2:30 JAM @ Ober Park	10 10:30am Second Saturday Knitters
11	12 Beef Mac'corona 1pm Mah Jongg 6:30pm Party Bridge	13 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	14 Beet and Goat Cheese Salad 10am Photo Club via Zoom 1pm Tai Chi Outdoors 1pm Party Bridge 7pm Computer Club	15 Closed 11:30am Spinal Mobility via Zoom 1pm Mah Jongg	16 Chicken Noodle Soup 9am Zumba 9:30am Mindfulness Café via Zoom 10:30am Support Group 1pm Talk: Claire, BrainX 2:30 JAM @ Ober Park	17
18	19 Chicken and Potato 1pm Mah Jongg 1pm Senior Saints 6:30pm Party Bridge	20 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	21 Beef Chili & Cornbread 10am Photo Club via Zoom 1pm Tai Chi Outdoors 1pm Party Bridge	22 Closed 11:30am Spinal Mobility via Zoom 1pm Mah Jongg	23 Shepherd's Pie V 9am Zumba 9:30am Mindfulness Café via Zoom 10:30am Support Group 1pm Talk: John McCoy Book 2:30 JAM Bingo @ The Center	24
25	26 Lentils and Hummus 1pm Mah Jongg 1:30 Book Group 6:30pm Party Bridge	27 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	28 Tuna Salad 10am Photo Club via Zoom 1pm Tai Chi Outdoors 1pm Party Bridge	29 Closed 11:30am Spinal Mobility via Zoom 1pm Mah Jongg	30 Meatloaf 9am Zumba 9:30am Mindfulness Café via Zoom 10:30am Support Group 1pm Annhiversity Party	31



Thanks to all who joined us in congratulating Jamila and her family on their recent US citizenship. We are so lucky to have Jamila as a staff member cooking delicious food for us every Monday.



September Birthdays

Jill Janow 1
 Susan Bates 1
 Eric Horsting 1
 Keith Pryor 2
 Karen Bray 2
 Wendy Cadman 2
 Charles Simon 3
 Jill Bulow 3
 Collin Hennessey 4
 Sharon Helmick 5
 Einar Svensson 6
 Wendell Clark 6
 Anne Tuttle 7
 Geoff Cole 7
 Elsie Foley 7
 Carol Canterbury 8
 George Shader 9
 Marie Ganchorre 9
 David Cole 9
 Sally Carlson 10
 Ann Weispfenning 12
 Edith Carbone 13
 Laura Worth 15
 Marilyn Blitz 16
 Ursula Dashiell 16
 Clifford Eckman 17
 Marlys Svensson 17
 Mary Jacobs 18
 Jerry Hansen 19
 Larry Meyers 21
 Sandy Lenihan 21
 Wendy Rice 21
 Ann Strandberg 22
 Lucinda Runyan 22
 Harry Gerecke 23
 Harriet Shull Nelson 24
 Barbara Nelson 25
 Barbara Huffman 25
 Rondi Lightmark 26
 Robert Dixon 27
 Jim Gardner 28
 Pamela Orren 28
 Nancy Eister 29
 Penrose Stout 30
 Gay Jungemann 30

OVERHEARD at the Senior Center

"I hope you have a nice weekend, and don't get into any trouble."

"I wish I had the energy to get into trouble."



Villages Meet & Greet at Farmers Market

Stop by the Vashon Farmers Market Saturday September 10 to meet our Villages Manager, Maria Glanz, and learn more about the program. September 10, 10am-2pm.

Sign Up for Meal on Wheels

Meal on Wheels delivers meals to seniors on Vashon/ Maury Islands. The service is available to all seniors 60 and older who are homebound or have limited ability to get out and get their own meals.

There is no income requirement to qualify, and this is a wonderful program to help get meals to seniors.

Please call the Center on Tuesday morning to talk with one of the Meals on Wheel team members. 206.463.5173

Members Passing

Joe Meeker, July 19
 Myrtle Walls, July 25
 Mary Robinson, August 5





BIG THANKS to our Garden Committee: Marilyn Blitz, Mary Ann Nagler and AriEl Gaultier

THANK YOU: Justine N for magazines, Marlyce D for greeting cards, Jim B for medical supplies, Thomas A for goodies for the Free Table, Marge B for garden produce, Phil Y for organic eggs, Margaret B for cloth napkins, Bruce & Debi C for coffee filters, Helen H for happy boots, Joe O for kitchen rags, Roberta B for chips, Bob H for garden rhubarb, Dean A, Grace C and Yvonne K for laundry. Thanks for all of your kitchen help Gordon Q, Bobbi A, Larry C, Teresa L, Lynn C, Constance W, Diane B and Marta C.

Summer Bonus: Thanks to Dash & Zack high school volunteers for washing the dishes for many Monday lunches AND for washing the bus and naming it *The Battle Bus*. "They have restored our faith in the younger generation." (Overheard at the Center by one of our members.)

Cheers for Anne T and Weslie R for their lunch cards of joy and beauty.

Kudos to our cookie and cupcake bakers

Save Your Paper Bags

We need your recyclable paper grocery bags for the lunch delivery program.

Please drop off during business hours: M, T, W or F 9am–3pm.

SOUNDCOMP.COM

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Annual Member Picnic Thanks to everyone who came to the picnic — the sun came out just in time for us to enjoy the delicious lunch. Kudos to the FUN Committee, and a shout out to Rich Osborne for the musical entertainment and to the Eagles Club for hosting.



Thanks again to the 2021 Volunteer of the Year, The COVID Care Team, and all our volunteers in 2021 who helped the Center accomplish our mission of enriching the lives of older adults. We had a delightful summer afternoon celebration at Dig Deep.



Celebrate with Vashon Nature Center

Vashon Nature Center is turning 10. We'd love for you to join us in celebrating on Sunday, September 11, 3–6pm.

There will be gathering in a beautiful island garden for an afternoon of light refreshments and fun; a picnic to celebrate all their milestones with our amazing community.

Please RSVP at our Eventbrite page to reserve your spot and receive more information. We can't wait to see you. vashonnaturecenter.org/calendar/vashon-nature-centers-10th-anniversary-celebration/



First Day of Autumn Thursday, September 22, 2022

Are you ready for Pumpkin Spice? "Equinox" derives from two Latin words, aequus and nox, and it means "equal night." This is because during an equinox, day and night are around the same length in terms of duration. This happens because the sun is above the equator line for 12 hours during an equinox. At exactly the moment the sun crosses the equator line.

While the September Equinox usually falls on September 22 or 23, due to the number of days that it takes the Earth to orbit the sun and the way the Gregorian Calendar is organized, the equinox can sometimes fall one day earlier or later. This is very rare and the next time the Autumnal Equinox is set to happen on September 24 is 2303.

Around the Autumnal Equinox, there is a full moon known as the "harvest moon." As the night sets earlier during fall, the full moon closest to the equinox allows farmers to work later into the evening.

— calendarr.com



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

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Maria Glanz, Village Program Manager
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SEPTEMBER 2022 • Contact Us Phone: 206-463-5173 | Online: vashoncenter.org



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facebook.com/VashonSeniorCenter