



Enriching the lives of older adults on Vashon.

**May is National Older Americans Month**, and we say yay for getting older! Staying active is one of the best things you can do for your health as you age. The Senior Center is proud to provide activities to keep you engaged: classes, trips, lectures, movies, meals, volunteer opportunities—lots of ways to participate, learn, teach, and socialize.

We also know that there are older adults on Vashon who might enjoy the Center, but might not feel comfortable coming to a place with unfamiliar faces. You can help! When you come to the Center, invite a friend to join you. If you see a new face at lunch, make room at the table. Bring a friend on one of our trips. Share your experiences and encourage others to give us a try. Let's celebrate growing older together.



**RECURRING MONTHLY EVENTS**

**FIRST THURSDAYS** 6:00pm  
Legal Clinic. Call 206-267-7070 Tu-Th for an appointment.

**SECOND WEDNESDAYS**  
7:00pm Computer Club

**SECOND & FOURTH THURSDAYS** 12:00-4:00pm Watercolor Creations with Geri Peterson

**SECOND THURSDAYS**  
1:00pm Current Events

**Fridays 10am-11:15am New Morning Meditation**

The meditation class has a new format. Scott Gaul has moved on to other interests. Thank you Scott for your past leadership, and our best on your new path. The class will now be led by a facilitator and will access meditation videos online. We may invite speakers periodically.

**New Program Idea: Evolving Elders** There is much to discover as we become Evolving Elders. Many communities have salons where people come together to discuss this stage of life and what really matters. Does this type of loosely organized group interest you? Center members have suggested we begin such a program. Call 206-463-5173 and let us know your interest.

**RECURRING WEEKLY EVENTS**

**MONDAYS**  
9:30 Ping Pong  
9:30 Mah Jongg  
11:15 Laugh with Weslie  
1:00 American Mah Jongg  
6:30 Monday Night Bridge

**TUESDAYS**  
10:00 Drop In and Stitch  
1:00 Pinochle  
1:30 Zumba Fitness  
6:30 Vashon Bridge Club

**WEDNESDAYS**  
1:00 Bridge Lessons and Play  
2:00 Tai Chi at Ober Park  
3:00 Smartphones  
6:30 Mah Jongg (1st, 3rd, and 5th Wednesdays)

**FRIDAYS**  
9:00 Zumba Fitness  
11:15 Sing with Weslie  
1:00 Special Programs

**SATURDAYS**  
8:00 Tai Chi at Ober Park (Adv)  
9:00 Tai Chi at Ober Park (Beg)

**RESOURCES PROMOTING WELLNESS**

- ACCESS Bus Transportation 206-205-5000
- Benefit Check up 1-888-435-3377
- Bluebird Medical Transportation 206-463-5173
- Enhance Fitness by Ramon Ontiveros 206-259-0118
- Foot Care at Parker Plaza Beauty Shoppe by Trish McDonald, R.N 206-499-8750
- Meals on Wheels (MOW) Tuesdays at 9:15 am 206-463-5173
- Neighborhood Legal Clinic: 1st Thursday of each month. Call T-W-Th for apmnts 206-267-7070
- Neighbor to Neighbor 206-463-5173
- OASIS 206-567-9794
- Parkinson's Support Group: 1 pm, First Friday of the month, Lutheran Church 206-567-5976
- Senior Information and Assistance 206-448-3110
- Senior Rights Assistance 206-448-5720
- Vashon Care Closet 206-604-3253
- Veterans' Services 206-612-2816

**May Artist: Geri Peterson** will show her lovely watercolor work of island motifs.

**THE CENTER WILL BE CLOSED ON Memorial Day Monday, May 27th in honor of our veterans.**

## MAY TRIPS

### 5/4, Saturday Wild Walkers of the West

Meet at Center at 10am to carpool, Return: 12pm  
Let us march forth to enjoy the paths and scenery of Island Center Forest. We'll walk about a mile on almost all level trails. We hope you will join our wildly casual group.

### 5/8 Wednesday Granny's Attic

1pm – 2:45pm  
Center Members only. Caregivers welcome with member.

### 5/9 Thursday Olympic Game Park in Sequim

Depart Center: 8am for 8:30am Southworth ferry  
Suggested Return: 5:20pm Southworth ferry  
Members: \$33, Non-members \$50. We will drive through this 84-acre wildlife park where animals wander up to your vehicle to be fed. Lunch will be at the casual Oak Table Restaurant in Sequim; not included in the trip price.

### 5/15 Wednesday Visit Euphorium on Vashon

12:50pm Depart Center in Van; Return on your own.

### 5/23 Thursday Watson's Nursery in Puyallup

Depart Center: 9am for 9:40am South-end ferry. Suggested return: 3:40pm South-end ferry  
Members: \$9, Non-members \$14. Celebrate Spring with a day at this beautiful nursery filled with everything for your garden. Browse the indoor/outdoor displays, then have lunch on your own at Anton's Cafe in the main building.

**DO YOU HAVE AN  
IDEA FOR A TRIP?  
Let Ellen Trout or one  
of the staff know  
about it!**

## MAY EVENTS

### 5/1 Wednesday New Photography Club

10am-12pm Let's meet and talk about what you want to learn about photography. Composition, lighting, photo restoration, organizing/preparing online photo books. Take photo walks and plan for a group exhibit. Smartphone or camera. Email Wade at [photoclubvsc@gmail.com](mailto:photoclubvsc@gmail.com).

### 5/3 Friday 1pm Movie: The Old Man and the Gun

2018 PG-13, 1hr 33min, Biography/Comedy/Crime. Robert Redford stars in this true story of Forrest Tucker age of 70, who makes an audacious escape from San Quentin, conducting an unprecedented string of heists that confound authorities and enchant the public. In pursuit are a detective and a woman (Sissy Spacek), who loves him despite his chosen profession.

### 5/10 Friday 1pm Armchair Travel to India and Sri Lanka

Presented by Center members Thomas Abraham & Amy Huggins. Join them as they share a visual delight of photos and videos taken during their recent travels.

### 5/15 Wednesday 11am Diabetes Education and Screening Day

Presented by NeighborCare. A nurse will give you the brief onsite screening test for Diabetes. You can pick up pertinent information on diet and other proactive steps to prevent onset of this disease.

### 5/17 Friday 1pm Essentials Oils for Your Health

Presented by Andrea Curry. Are you suffering from anxiety, insomnia, arthritis, depression or other discomforts? Essential oils can provide natural solutions to ease pain and physical and emotional discomfort. Find out how.

### 5/24 Friday 1pm The Future of On-Island Healthcare

Presented by The Vashon Maury Health Collaborative. The VMHC is proposing the formation of a  
*(continued on next column)*

*(continued)* local Healthcare District to let Vashon control its own healthcare choices and provide on-going funding to support them.

### 5/31 Friday 1pm Resources for Assisted Living

Presented by David Carleton, Admissions Manager. David will help to de-mystify the services offered at VCC. He will discuss situations that make Skilled Nursing and Assisted Living a good idea. He will discuss payment sources, insurance coverage and the admissions process. Assisted Living at VCC is also an excellent option that provides worry free senior living.

### 6/6 Thursday Mark Your Calendars! The Power of Snoqualmie Falls

Don't miss out on this special tour! We have a close contact at PSE who has arranged a "behind the scenes" tour of the power plant at the Falls and is providing complimentary box lunches for us as well.

### 6/20 Monday 1:30pm Book Group *The Girl with the Tangerine Scarf* by Mohja Kahf.

### Thank You Friends!

George Eustice would like to thank everyone who supported the recent Center fundraiser dinner with special kudos to Karen Feary, Susie Kalhorn, Donna Liberty and Ellen Trout for their tireless support. To Susan G for magazines and treats, Blythe B for cookies, Earthsong for the puzzle, Dave E for coffee, batteries and to-go containers, Paige N for the Philodendron, Norm and Sue P for napkins, Sue K for Sweet & Low packets, Hazel W for coffee/coffee supplies and snacks, Carol G for homemade chocolate cherry parfait, vanilla chocolate bread pudding with cherries and vanilla panna cotta with strawberry sauce, chocolate sourdough cake with buttermilk icing, John M for foil, Nancy S for calendars, a jacket and a blanket, Katrin F for cards and magazines, Margaret B for cups and napkins, Sheila and Brian B for environmentally responsible toilet paper (ask us for more info!), Edie C for decaf, Kate S for granola bars, Marcia C for coffee and Pepsi, Brenda M for a Mah Jongg set, Barbara G for file folders and manila envelopes, and Marjorie G for magazines.

May 2019		 <b>OLDER AMERICANS MONTH</b> <small>CONNECT, CREATE, CONTRIBUTE MAY 2019</small>		<b>Vashon Senior Center</b> <b>10004 SW Bank Road</b> <b>Phone 206-463-5173</b>		<b>Office Hours: Monday, Tuesday, Wednesday, Friday: 9 am-3 pm</b> <b>Lunch: Monday, Tuesday, Wednesday &amp; Friday: 12 noon</b> <b>Menu subject to change with little or no notice.</b>			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
			<b>1 Ham &amp; Cheese Sand. w/ Broccoli Soup</b> 9:30am Bead Club 10am-12pm Photography Club 1pm Bridge Lesson & Play 2pm Tai Chi Ober Park 3pm Smartphones 6:30pm American Maj Jongg	<b>2</b> 6pm Legal Clinic	<b>3 Roasted Vegetables w/ Orzo Soup (veg)</b> 9am Zumba Fitness 10am Morning Meditation 11:15am Sing w/ Westie 1pm Movie: "The Old Man & the Gun"	<b>4</b> 8am Tai Chi Ober Park Adv 9am Tai Chi Ober Park Beg 10am Wild Walkers of the West 6 pm Star Wars Bingo			
<b>5</b> <b>6 Beef Enchilada Bake</b> 9:30am Ping Pong 9:30am American Mah Jongg 11:15am Laugh w/ Westie 1pm American Mah Jongg 1pm Low Vision Support Group 6:30pm Monday Night Bridge	<b>7 Penne w/ Chicken &amp; Broccoli</b> 9:15am MOW 9:30am Chair Massage w/ Shannon 10am Drop in & Stitch 1pm Pinochle 1:30pm Zumba Fitness 6:30pm Vashon Bridge Club	<b>8 Sweet &amp; Sour Pork</b> 9:30am Bead Club 10am-12pm Photography Club 1pm Bridge Lesson & Play <b>AND Granny's Trip</b> 1:30pm Vibrating Therapy Ball w/ Odie 2pm Tai Chi Ober Park 3pm Smartphones 7pm Computer Club	<b>9</b> <b>8am Trip Olympic Game Park</b> 12pm - 4pm Watercolor Creations w/ Geri Peterson 1pm Current Events	<b>10 Baked Chicken</b> 9am Zumba Fitness 10am Morning Meditation 11:15am Sing w/ Westie 1pm Talk: <b>Armchair Travel to India</b> 6:30pm Duplicate Bridge	<b>11</b> 8am Tai Chi Ober Park Adv 9am Tai Chi Ober Park Beg 10:30am Saturday Kniffrers				
<b>12</b> Happy Mother's Day <b>13 Pasta w/ Roasted Tomatoes (veg)</b> 9:30am Ping Pong 9:30am American Mah Jongg 11:15am Laugh w/ Westie 1pm American Mah Jongg 6:30pm Monday Night Bridge	<b>14 Meatloaf</b> 9:15am MOW 10am Drop in & Stitch 1pm Pinochle 1:30pm Zumba Fitness 6:30pm Vashon Bridge Club	<b>15 Chicken Parmesan</b> 9:30am Bead Club <b>AND</b> Chair Massage w/Carol 10am-12pm Photography Club 11am Diabetes Education & Screening Day <b>12:50pm Visit Euphorium</b> 1pm Bridge Lesson & Play 2pm Tai Chi Ober Park 3pm Smartphones 6:30pm American Maj Jongg	<b>16</b>	<b>17 Macaroni w/ Beef</b> 9am Zumba Fitness 10am Morning Meditation 11:15am Sing w/ Westie 1pm Talk: <b>Essential Oils &amp; Your Health</b>	<b>18</b> 8am Tai Chi Ober Park Adv 9am Tai Chi Ober Park Beg				
<b>19</b> <b>20 African Peanut Stew (veg)</b> 9:30am Ping Pong 9:30am American Mah Jongg 11:15am Laugh w/ Westie 1pm American Mah Jongg 1:30pm Book Group 6:30pm Monday Night Bridge	<b>21 Tandoori Chicken</b> 9:15am MOW 10am Drop in & Stitch 10:30am "Library 2 Go" 1pm Pinochle 1:30pm Zumba Fitness 6:30pm Vashon Bridge Club	<b>22 BBQ Pork Ribs</b> 9:30am Bead Club 10am-12pm Photography Club 1pm Bridge Lesson & Play 1:30pm Vibrating Therapy Ball w/ Odie 2pm Tai Chi Ober Park 3pm Smartphones	<b>23</b> <b>9am Trip Watson Nursery</b> 12pm - 4pm Watercolor Creations w/ Geri Peterson	<b>24 Meatballs Kofa</b> 9am Zumba Fitness 10am Morning Meditation 11:15am Sing w/ Westie 12pm Birthday Table 1pm Talk: <b>The Future of Island Healthcare</b> 6:30pm Duplicate Bridge	<b>25</b> 8am Tai Chi Ober Park Adv 9am Tai Chi Ober Park Beg				
<b>26</b> <b>27</b> <b>CLOSED</b>  Happy Memorial Day! 6:30pm Monday Night Bridge	<b>28 Turkey Pot Pie</b> 9:15am MOW 10am Drop in & Stitch 1pm Pinochle 1:30pm Zumba Fitness 6:30pm Vashon Bridge Club	<b>29 Vegetarian Lasagna</b> 9:30am Bead Club 10am-12pm Photography Club Intro 1:15pm Bridge Play 1pm Vibrating Therapy Ball w/ Odie 2pm Tai Chi Ober Park 3pm Smartphones 6:30pm American Maj Jongg	<b>30</b>	<b>31 Chicken Shawarma</b> 9am Zumba Fitness 10am Morning Meditation 11:15am Sing w/ Westie 12pm Birthday Table 1pm Talk: <b>Assisted Living Resources</b> 6:30pm Duplicate Bridge					

## May Birthdays

Patricia Braga 1  
 June Langland 1  
 Silvija Paza 1  
 Sunny Baldwin 2  
 Nan Caskey 2  
 Mary Ornstead 2  
 Reva Sparkes 2  
 M.J. Garlick 3  
 May Gerstle 3  
 Tom Skewes 3  
 Catherine Airola 5  
 Janet Schairer 5  
 Lillian Schork 6  
 Cindy Walker 6  
 Kris Cushing 8  
 Julia Lakey 8  
 Luella Lodahl 8  
 Norm Mathews 9  
 Karen McCoy 10  
 Alice Bloch 11  
 Marilyn Fox 11  
 Mildred Knox 11  
 Barbara Trenary 12  
 Marge Beardsley 13  
 Linera Lucas 13  
 Keith Putnam 13  
 Merrilee Runyan 13  
 Becky Bumgarner 14  
 Barbara Goff 14  
 Joanne Goforth 14  
 Don Olson 14  
 Inge King 16  
 Shirley Slivinski 16  
 Dan Connolly 17  
 Elfi Rice 17  
 Scott Hildreth 18  
 LeAnna Nocita 19  
 Deborah Whelan 19  
 Dailene Dean 22  
 Rich Nelson 22  
 Nancy Quenneville 22  
 Nancy Wallrof 23  
 Evelyn Wiese 23  
 Joan Costa 24  
 Earthsong 24  
 Craig Harmeling 25  
 Kay Johnson 25  
 Debra Kuhn 26  
 Bob Spangler 26  
 Mary Tuel 26  
 Britt Asplund 27  
 Constance Conroy 28  
 Bob Hallowell 28  
 Sandy Eustice 29  
 Sue Weston 29  
 Marge Wetherald 30



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TYLER AND AMY YOUNG



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### Staff

Catherine Swearingen, Executive Director  
 Mary Ornstead, Administrative Assistant  
 Kathleen Hendrickson, Receptionist  
 Joe Meier, Care A Van and Bluebird Driver  
 Kate Huntley, Meal Coordinator  
 Jamila Al Dahir, Friday Chef  
 Pamela Wickard, Volunteer And Program Coordinator



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**< neighbor to neighbor >**  
a vashon senior center program



We're online!!  
 Find us on Facebook.  
 Check out our website, too!  
 www.vashonseniorcenter.org



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