

August 2023

Heron's Flight

Taking Community News to New Heights

PHASE 2

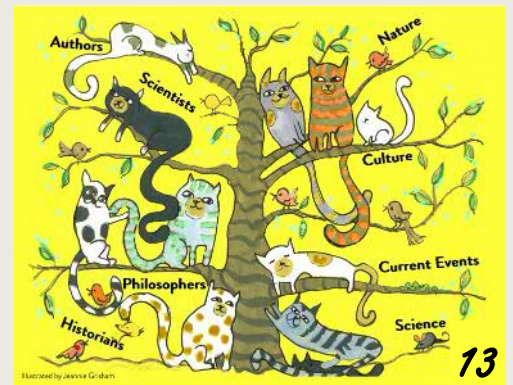
Find out the
market
assessment
results

**ERIN
JONES**

Join the conversation about building bridges of
understanding to cultivate a culture of belonging



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Katie Houck*

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* Last day: August 4

HARBOR HILL ENVIRONMENTAL SANCTUARY UPDATE

This update is offered on behalf of the Friends of Harbor Hill Environmental Sanctuary (FHHES)* Board of Directors and the Greater Gig Harbor Foundation.



At the request of FHHES, HHES contractors have organized their Sanctuary site work so as to avoid the need for temporary placement of any crew work trailers on-site during construction. The official start of construction was Monday, July 24.



While entire construction sites usually are 100% fenced and secured during construction, our general contractor, Washington Patriot, will initially be limiting their site fencing to the areas of electrical trenching until the trail paving begins on approximately August 25. This period of reduced fencing has been created to allow HHES visitors continued access to the Sanctuary for as many precious summer months as possible. Please take extra care to be personally safe while visiting the Sanctuary during this time of reduced fencing and be prepared to suggest to other visitors, if needed, to respect and protect the limits of the existing fencing.

With the needed expansion of the work area and addition of heavy equipment on-site, it will be necessary to fully fence and secure the Sanctuary during the paving of the trail. This no-public-access paving period is anticipated to start on approximately August 25 and last for a maximum of two weeks. Phase 1 construction is anticipated to be completed by September 6, 2023.

Thank you for your patience and exceptional support. We are about to see some exciting Sanctuary enhancements come out of the ground.

—Bill Lewallen, FHHES President and Board Chair

**HHES is not a part of Heron's Key. During the development of Heron's Key, Harbor Hill Residential, and Bracera Apartments, Olympic Property Group (OPG) created a two-section storm-water detention pond to collect, treat, and release surface water created by the development. As residents occupied Heron's Key, they noticed wildlife were attracted to the pond's open water and natural vegetation. In 2017, HK residents banded together to invest their wealth, experience and passion for the environment by creating a non-profit environmental organization to promote wildlife protection, environmental education, and passive recreation on the storm detention pond parcel.*

SIGN UP FOR TEXT MESSAGE ALERTS

Text ###.###.####

- **Urgent Matters on Campus:** Text the word **HKUrgentAlert**
- **Reminder About Some Events on Campus:** Text the word **HéronsKey**
- **Notification on the Arrival of Mail:** Text the word **HKmail**



RESIDENT COUNCIL CONNECTION


A MESSAGE FROM YOUR RESIDENT COUNCIL SECRETARY

“Exploration is really the essence of the human spirit.” Frank Borman

In early 1914, the following advertisement appeared in the *Times of London*: “Men wanted for hazardous journey. Small wages, bitter cold, long months of complete darkness, constant danger, safe return doubtful. Honour and recognition in case of success.” This ad was placed by Sir Ernest Shackleton, an explorer recruiting men for what turned out to be the only voyage of *The Endurance*, launched in August 1914. The book *Endurance* by Alfred Lansing tells the story of the ship’s voyage on its exploratory adventure to Antarctica. Twenty-seven men signed on, and the expedition fully lived up to the warnings in the advertisement. The vessel ended up being trapped in sea ice, was slowly crushed, and eventually sank to the bottom of the Weddell Sea off Antarctica. The entire crew managed to sail in the ship’s three lifeboats to the remote Elephant Island, where they were eventually rescued two years after they set sail. The wreckage of the ship was located in March 2022, a full 107 years after the ship set sail. It is a riveting, harrowing, inspiring, and remarkable story of exploration and the human will to survive.

Fortunately, exploration of our Gig Harbor community is less dangerous. Whether you’re wandering about on foot or by car without a particular destination in mind or setting off with a specific place to see and enjoy, exploring our local community can be fun and rewarding—it really does feed the human spirit. As our summer weather winds down, make time to hop on the Trolley, wander through the Farmer’s Market, enjoy a leisurely meal at one of the many delightful restaurants on the Waterfront, visit the Skansie NetShed, imagine what life was like in the Gig Harbor fishing village 100 years ago, and enjoy one of the Summer Sounds evening concerts. There are so many things to experience in our backyard!

— Pat Curtis, Resident Council Secretary



**Residents’
Association
Meeting**

**Thurs., Aug. 10
at 10am
(M & HKTV 370)**

Minutes are available
in the binder in the
Library for reference.



On-Site Counseling Available at Heron’s Key



Resiliency and strength spring out of a solid foundation of support given to us from friends, neighbors, family, and trusted providers. Janet Pomeroy, licensed mental health counselor, provides an open and trusting forum to listen, guide, and affirm as you navigate life’s hardships and joys. Janet is accepting appointments, which she can conduct in your home or in a private office in our ground floor Health Services Clinic. Meetings at her Tacoma office are also available.

Call 253.756.5007 for appointments and rates.



LIFE ENRICHMENT



BENEVOLENT BREW
at Syren's Grille
Wednesdays,
Fridays & Saturdays
8–10am
Sit & Sip | Delivery

All Benevolent Brew net proceeds support the Heron's Key Benevolence Fund.

COFFEE CONNECTIONS
at Syren's Grille
Self-Serve
Coffee & Tea
Mondays, Tuesdays
& Thursdays
9-10am

PENROSE COFFEE & NEWS
Assisted Living
10:30am



PENROSE HARBOR RESIDENTS TAKE ADVANTAGE OF THE WARM WEATHER



Penrose residents enjoyed a perfect July day with a waterfront picnic trip to Ruston Point. Both the water and sky were as blue as could be, and Mt. Rainier made a peek-a-boo appearance. The day was full of friendship, great conversations, and lots of sunshine and smiles!



DISCO PARTY

Penrose residents and staff showed off their groovy moves as they boogied down to hits from the 1970s.



WELLNESS: COMMUNITY EXPLORATION

Register for an off-campus event on the Resident Portal.

For assistance with registering, please call or visit the Concierge Desk.

If registration for a trip is full, feel free to still sign up. Doing so will place you on the waitlist and help increase your chances of being able to participate in an off-campus trip if other registrants cancel.

ENJOY THE ARTS AND LOCAL AREA

Trip to Crescent Valley Lavender Farm

Tuesday, August 1, from 9:45-11:45am | Sponsored by Resident Services

Crescent Valley Lavender Farm was created with the purpose of creating a family-friendly event space for the community. They have open spaces and over 2,000 lavender plants. Earlier in the summer, Crescent Valley Lavender Farm opened for its second annual “Lavender Bloom.” Established by Glenn and Diana Liebner and their daughters in 2015, these local growers are ready to welcome the public during the peak of the bloom. Crescent Valley Lavender Farm offers you-cut lavender harvesting and a locally made botanical product line infused with the farm’s blooms. **Register on the Resident Portal by Sunday, July 30 at 3pm.**



Picnic Lunch & Seattle Asian Art Museum

Friday, August 4, from 10am-3pm | Sponsored by Performing Arts

The Seattle Asian Art Museum (SAAM) is housed in a 1933 Art Deco building in lush Volunteer Park. They have an extensive Asian art collection with ongoing exhibits featuring Asian artists. The current Special Exhibition, “A Tale of Two Cities—Renegade Edo and Paris: Japanese Prints and Toulouse-Lautrec,” pairs extraordinary Japanese prints from the Seattle Art Museum’s collection, including signature works by Kiyagawa Utamaru, with the work of Henri de Toulouse-Lautrec, famous for his depictions of the Parisian 19th-century demimonde. This is the first time SAAM presents an exhibition comparing Japanese and French art. Visit SAAM’s website (see URL below) for more information about the facility and its exhibits.

Smartphone tours are available. For information on purse-size restrictions, museum maps, and other visiting guidelines, go to <https://www.seattleartmuseum.org/visit/seattle-asian-art-museum>.

Bring a sack lunch to enjoy before entering the museum. We will be eating at the tables outside of the museum at Volunteer Park. **Register on the Resident Portal by Wednesday, August 2, at 3pm.**

Karpeles Manuscript Museum, Wright Park,

Seymour Botanical Conservatory & Lunch at Red Star Taco Bar

Wednesday, August 9, from 10am-3pm | Sponsored by Performing Arts

Karpeles Manuscript Library holds a collection of more than a million historical documents in the following categories: literature, science, religion, political history, exploration, music, and art. This rotating exhibit features historical documents related to Texas. We will also take a quick stroll across the street to Wright Park and Seymour Botanical Conservatory, and then enjoy lunch together at Red Star Taco Bar, just a less-than-five-minute drive from Wright Park. This trip will involve a fair amount of walking and standing. **Register on the Resident Portal by Friday, August 4, at 3pm.**

WELLNESS: COMMUNITY EXPLORATION

Woodland Park Zoo

Monday, August 14, from 8:30am-2:30pm | Sponsored by Resident Services

Founded in 1899, Woodland Park Zoo has sparked delight, discovery, and unforgettable memories for generations of Northwest families. People who experience the wonders of the natural world are inspired to protect it. That's why every year, we lead more than 1 million people on a journey that inspires a lifelong love of animals, makes science come alive, and gives people the tools to take conservation action. Woodland Park Zoo is free of most physical barriers and obstacles. However, there are routes that may be difficult for some wheelchair and walker users (e.g., muddy unpaved paths). We will provide an accessibility map that clearly marks the trails in the zoo that are easier for wheelchair and walker users. If you would like to see the map before going on the trip, visit the Concierge desk. We'll have lunch at one of the many vendors found at Woodland Park Zoo before returning. **Register on the Resident Portal by Monday, August 7, at 3pm.**

Waterfront Walking Tour

Tuesday, August 15, from 3:40-6pm | Sponsored by Resident Services

Gig Harbor's waterfront has many stories to tell, and few tell them better than the volunteer tour guides who offer entertaining ways to learn about the area's history and wildlife. We will have a private walking tour of the harbor, starting at the Harbor History Museum and ending at Heritage Distilling for a complimentary tasting.

Remember to wear walking shoes, sunscreen, and a hat. Be prepared to go down a flight of stairs from the bus to the start of the tour and to walk about 1 mile. **Register on the Resident Portal by Sunday, August 13, at 3pm.**

Dinner at Zeek's Pizza & Washington State History Museum

Thursday, August 17, from 4:30-8:30pm | Sponsored by Performing Arts

Every third Thursday of the month, three museums in downtown Tacoma offer free admission in the evenings. The current exhibit is *SKATIE: Rinks, Derbies & Discos in Washington Skate History*, which includes submissions from one of our own Heron's Key residents. We'll eat dinner at Zeeks Pizza before strolling two blocks to the Washington State History Museum. **Register on the Resident Portal by Tuesday, August 15, at 3pm.**

Day at the Park: Dash Point State Park

Wednesday, August 23, from 11am-2pm | Sponsored by Resident Services

Hidden between Seattle and Tacoma, this park offers miles of forested hiking trails, but its main draw is the beach. The shoreline narrows at high tide, bringing anglers out to its pier. Low tide turns the sand flats into a play destination for locals, families with children, and hip skimboarders surfing the shallow water. While boarders chase the ultimate ride, birders can see a multitude of shore birds and raptors. Beach explorers will find starfish and crabs. Budding botanists can identify a variety of trees, plants, and flowers.

While there, we will have a picnic lunch; please remember to bring a lunch with you. **Register on the Resident Portal by Monday, August 21, at 3pm.**

WELLNESS: COMMUNITY EXPLORATION

Paint the Park Purple: Tacoma Rainiers v. Las Vegas Raiders Baseball Game

Friday, August 25, from 6-11pm | *Sponsored by Resident Services*

Warm weather, hot dogs, the company of neighbors, the crack of the bat, and the roar of the crowd are the ingredients for an excellent evening out as we cheer on the Rainiers from the stands. Join us as we celebrate America's favorite pastime at Cheney Stadium. Your ticket includes a free hotdog meal and hat to support the Washington State Huskies as the stadium "paints the park purple." This trip is accessible for wheelchair and walker users. **Register on the Resident Portal by Tuesday, August 1, at 3pm.**

OPPORTUNITIES TO DINE & SHOP

Gig Harbor Library

Wednesday, August 2 at 10am

Register on the Resident Portal by Monday, July 31, at 3pm.

Frozen Treat Trip: Carter & Co. in Port Orchard

Wednesday, August 2 at 1:30pm

Register on the Resident Portal by Monday, July 31, at 3pm.

Breakfast Outing: Amelia's in Bremerton

Thursday, August 3 at 8am

Register on the Resident Portal by Tuesday, August 1, at 3pm.

Men's Lunch: Silver City Restaurant & Ale House in Silverdale

Monday, August 7 at 11:30am

Register on the Resident Portal by Saturday, August 5, at 3pm.

Reuben Fan Club: Dry Fly Café

Tuesday, August 8, from 11am-1pm | *Sponsored by Reuben Fan Club*

Who Loves Reubens? We do! By now, you've heard of us, the Reuben Fan Club. We are true aficionados of the best sandwich ever created and explore nearby restaurants hunting for the best Reuben.

An upcoming lunch outing is scheduled for Monday, August 8. We're going back to the Dry Fly Café in Port Orchard. But this time, we ask that if you have been to the Dry Fly previously, please wait a few days after this trip is posted on the Portal to let those who have never gone have a chance to register first. **Register on the Resident Portal by Sunday, August 6, at 3pm.**

Waterfront Farmers Market

Thursday, August 10, from 12:45-3pm | *Sponsored by Resident Services*

Heron's Key is providing monthly trips to the Waterfront Farmers Market in downtown Gig Harbor during the summer. The market provides our community with fresh, locally grown farm products and specialty foods while, at the same time, providing local growers with a community-supported venue for their crops and products. Give back to your community. Buy fresh and local. The drop-off and pick-up location is the market's entrance. **Register on the Resident Portal by Tuesday, August 8, at 3pm.**

WELLNESS: COMMUNITY EXPLORATION

Shopping & Lunch: Tacoma Mall

Thursday, August 17 at 10:30am

Register on the Resident Portal by Tuesday, August 15, at 3pm.

International Tastings: Da Tiki Hut in Tacoma

Friday, August 18, from 11am-1pm | *Sponsored by the International Tastings Group*

The International Tastings Group asks, “How do you feel about Hawaiian cuisine?”

On Friday, August 18, we’re headed to Da Tiki Hut (<https://www.datikihut.com/>) in Tacoma for authentic Hawaiian cuisine. A few of us visited and really enjoyed the food. The ambiance is interesting—definitely a tiki vibe. **Register on the Resident Portal by Wednesday, August 16, at 3pm.**

Women’s Lunch: Silver City Restaurant & Ale House in Silverdale

Monday, August 21 at 11:30am

Register on the Resident Portal by Saturday, August 19, at 3pm.

Shopping: Target

Tuesday, August 22 at 10am

Register on the Resident Portal by Sunday, August 20, at 3pm.

Trip to Narrows Brewing

Tuesday, August 22, from 1-3:30pm | *Sponsored by Resident Services*

Looking for the ultimate beer-drinking experience? You’ll find it at Narrows Brewing Company, where they’ve been crafting top-notch brews and creating a one-of-a-kind atmosphere since 2013.

Located in Tacoma, on the shores of Puget Sound, Narrows Brewing offers stunning views from indoor and outdoor seating areas. Their 15-barrel brewhouse and 20,000-square-foot barrel-aging storage facility are where the magic happens, producing a wide range of tasty beers, including IPAs, stouts, porters, and blonde ales. Plus, they’ve got cider and wine on tap too. **Register on the Resident Portal by Sunday, August 20, at 3pm.**

Need Tech Help?

Visit the Lobby on

Wednesdays

(10am-12pm)

to receive assistance from a Resident Computer Helper.



WELLNESS: COMMUNITY EXPLORATION

Gig Harbor comes alive during the summer. The lineup of free events is sure to keep you busy and entertained throughout the season. Carpool with friends or take the summer Gig Harbor Trolley downtown or to Uptown (runs Thursdays and Saturdays) to take advantage of these great opportunities:

- **Summer Sounds at Skansie:** Enjoy live music at Skansie Brothers Park on Tuesdays, from 6-8pm. You may set up folding chairs as early as 3pm to reserve your spot. Don't forget your sunglasses. Concerts in August:
Aug. 1 – The Ante Up Band: An eclectic mix of rock, pop, country, blues, R&B, funk, and reggae
Aug. 8 – Good Day Sunshine: Dedicated solely to performing music of The Beatles
Aug. 15 – The Profits: A rock 'n roll band playing hits of the 60s, 70s, and 80s
Aug. 22 – Ian Ayers & The Soul Purpose: A reggae band based out of Tacoma
Aug. 29 – Sounds Like Delores: Presenting rock, pop, and country hits from the 80s and beyond

Skiffs to Spirits Walking Tour: A one-hour one-way tour on Wednesdays that begins at 5:30pm at the Harbor History Museum and ends at Heritage Distillery. Get more information at GigHarborWaterfront.org.

- **Waterfront Farmers Market:** Buy fresh produce and meet local vendors on Thursdays, from 1-7pm, in Skansie Brothers Park.
- **Uptown Summer Concert Series:** Tap your toes at the Uptown shopping center during their free summer concerts on Thursdays at 6pm. Bring sunglasses and folding chairs (or get there early for a seat on Blue Agave's patio). Concerts in August:
August 3 – United By Music (Blues & Soul) **August 10 – Emerald City Throwdown (Funk)**
- **Wonders of the Waterfront Walking Tours:** A two-hour one-way tour spanning 1.3 miles on Saturdays, from 10am-12pm, starting at the Maritime Pier. Get more information at GigHarborWaterfront.org.

For a comprehensive list of summer events in Gig Harbor, check out GigHarborGuide.com/Event.



GROCERY SHOPPING

GROCERY SHOPPING

Register on the Resident Portal by 12pm on the day prior to the scheduled trip on the Resident Portal or at the Concierge Desk.

- **Mondays at 1pm** – This weekly shopping trip varies between 60-75 minutes. When you are done shopping, find the HK Driver in the front coffee shop area of the store. They will happily visit with you while you wait for others to finish shopping. By 2:15pm, everyone will head to the vehicle to come home.
- **Thursdays at 1:30pm** – We offer “express” shopping once a week at Albertsons for those who only need to pick up a few items at the store. By 2:10pm, everyone will head to the vehicle to come home.

Reminder

Please sign up for shopping trips at the Concierge Desk or on the Resident Portal by noon on the day before the trip.

If you experience low vision and find shopping trips challenging, please call Suzi Entwistle at 253.313.0733 so we can make arrangements for a helpful companion to come along.

August Grocery Shopping Trips

Mondays at 1pm & Thursdays at 1:30pm

Shopping trips are free of charge. Reserve your spot by signing up for a trip on the Resident Portal or at the Concierge Desk.

- 3 – Albertsons
- 7 – Fred Meyer
- 10 – Albertsons
- 14 – Metropolitan Market
- 17 – Albertsons
- 21 – Fred Meyer
- 24 – Albertsons
- 28 – Trader Joe’s
- 31 – Albertsons



DIVERSITY, EQUITY & INCLUSION

A Conversation with

ERIN JONES

Thursday, August 3

1-3pm (M & HKTV 370)

Sponsored by the DEI Committee



Bringing a blend of inspiration and practical strategies, Erin Jones joins us to discuss what it means to create spaces that encourage thriving and belonging for **ALL** people.

Following her presentation, Erin will offer an in-depth conversation, and **you are invited to share, ask questions, and build bridges of understanding,**

Everyone is welcome.

A few years ago, Erin presented with others from the Peninsula School District during Lifelong Learning and the Racial Justice Group's "Fostering an Antiracist Future" series on Zoom. She is excited to join us in August in the Maritime. We are broadcasting the presentation on HKTV. However, if you feel comfortable, we encourage you to come to the Maritime Room to receive the full benefits of this event as you engage, observe, ask, learn, listen, and participate.

Erin Jones has worked in and around schools in different capacities for over 30 years. She has worked and lived in five states—from the East Coast to the Midwest to the West Coast—in communities that were predominantly White to those that were predominantly Black to ones that boasted dozens of languages and cultures. Erin has worked and consulted on DEI and leadership for nonprofits, government agencies, and businesses, and has been recognized locally and nationally for her work in education and equity. Erin has also received recognition as an athlete and was invited to try out for two WNBA teams in 2000. Erin and her husband, James, have been married for almost 30 years and have three adult children—two who work in education and one who designs video games.

Visit the respective event page in the Resident Portal for a link to one of Erin's *TedX Talks*, or scan the QR code below with a smart device.



LIFELONG LEARNING:

How Your Donation Supports Continued Learning For Our Residents

For all of us who attended David Smith's series on the history of the New Testament and his follow-on for Wisdom, plus David Fenner's incredible presentations on a thousand years of Russian history, you can appreciate the rock star level of in-person presentations sponsored by Lifelong Learning. With your support, we will continue that level of in-person presentations in the coming year.



Additionally, we have dozens of recommendations for local speakers to complete this year's in-person schedule.

Also, this year, with the technology improvements in HKTV, we will be able to significantly enhance our online course offering, including new providers, resulting in a broader menu of choices.

And we cannot forget Heron's Key's own talent with Who Am I, Nature Hour, Reading Aloud, Wordplay 2.0, Let's Talk Among Ourselves, Heron's Key Radio Players, and the Holiday Traditions event, which provide us with unique insight into our friends and neighbors.

The Heron's Key Lifelong Learning Interest Group provides personal enrichment opportunities from many perspectives. Your donation support will allow our programs to continue to improve and grow.

Thank you.

Bill Sams
Primary Facilitator
Heron's Key Lifelong Learning

Your Generous Donations Are the Driving Force Behind the Quality Lifelong Learning Events You Enjoy Each Week

To contribute, write a check to "Heron's Key Residents' Association," with "LL Enrichment Fund" on the memo line. Place the check in the mailroom's blue wall-mounted box to the left of the recycling counter. (Note: Contributions are not tax-deductible.)

HIKES

Register for hikes on the Resident Portal.

For assistance with registering, please call or visit the Concierge Desk.

If registration for a hike is full, feel free to still sign up.

Doing so will place you on the waitlist and help increase your chances of being able to participate in an off-campus trip if other registrants cancel.

Forest Bathing with Fitness Specialist Kate: Point Defiance Japanese Garden

Friday, August 11, from 9:30-11am | Sponsored by Fitness

In 1982, the Japanese Ministry of Agriculture, Forestry, and Fisheries created the term *shinrin-yoku*, which translates to “forest bathing” or “absorbing the forest atmosphere.” The practice encourages people to simply spend time in nature—no actual bathing required. It’s also very low-impact, which means you don’t have to go for intense trail runs or hikes. The goal of forest bathing is to live in the present moment while immersing your senses in the sights and sounds of a natural setting.

Forest bathing has been found to lower a participant’s blood pressure, heart rate, and harmful levels of stress hormones, helping them feel calmer and more relaxed. Additionally, studies have found that simply spending 10 to 20 minutes a day outdoors can lead to increased well-being and happiness, as well as decreased amounts of stress. Participants may decide how much walking and movement they desire.

Register on the Resident Portal by Wednesday, August 9, at 3pm.

Big Pond Trail Hike

Friday, August 11, from 1-4pm | Sponsored by Fitness

Enjoy this out-and-back trail near Port Orchard that encircles the southern portion of the Big Pond. This is a popular dirt and gravel trail for hiking and walking that leaves out of Deer Park, but you can still enjoy some solitude during quieter times of the day. Expect a well-maintained trail through shade-providing trees. We will make a stop for bathrooms at Albertsons on the way to the trail and back.

- Driving duration to trail: 30 mins
- Trail type: Out-and-back
- Bathrooms at trail: No
- Wheelchair accessible: No
- Footwear: Tennis shoes or hiking shoes
- Extra: Sunscreen, bug spray, water

Register on the Resident Portal by Wednesday, August 9, at 3pm.

FUN & FIT WITH FITNESS SPECIALIST KATIE

New Schedule

9am on Mondays and Fridays (M)

11am on Wednesdays (M)

Kayaking Around the Harbor with Katie & Chuck

Friday, August 18, from 1-4pm | *Sponsored by Fitness*

Kayaking is a fun, easy way to exercise gently and benefit from being in nature, surrounded by saltwater and sun.

Single and double kayaks are available, and beginners are welcome. Kayak staff will provide verbal lessons, safety instructions, and life-preserver vests to borrow. Items to consider bringing include water, sunscreen, a hat, clothes and shoes you do not mind getting wet, and a way to keep valuable items (e.g., cell phone) dry. **Register on the Resident Portal by Friday, August 11, at 3pm.**

Nisqually Estuary Boardwalk Hike

Thursday, August 24, from 9am-1:30pm | *Sponsored by Fitness*

This trail offers a gorgeous, easy stroll on gravel and paved paths in Olympia. There is no designated route, so we will establish a return-to-bus time before we begin exploring. We highly recommend walking with a buddy as the group will be spread out. This trail is mostly flat (all less than 5% grade), typically at least 5 feet wide, and mostly paved (exceptions: gravel and sections of the boardwalk) with minimal grade. Boards may be slippery when wet. **Please remember to bring a lunch.**

- Driving duration to trail: 45 mins
- Trail type: Out-and-back
- Bathrooms: Yes
- Wheelchair accessible: Yes (parts)
- Footwear: Tennis shoes
- Extra: Sunscreen, water, lunch

Register on the Resident Portal by Tuesday, August 22, at 3pm.

Yoga in the Park: Gig Harbor's Ancich Waterfront Park

Friday, August 25, from 8-10am | *Sponsored by Fitness*

Join Fitness Specialist Katie at the lovely Ancich Waterfront Park for a gentle guided yoga practice. We'll begin by standing for easy postures and movements designed to improve balance and cultivate mindfulness. We'll end the class down on mats to practice breath exercises and meditative focus techniques. Beginners welcome; bring a mat (or use one of ours) and a water bottle. **Register on the Resident Portal by Wednesday, August 23, at 3pm.**

PERSONAL TRAINING

AT HERON'S KEY

*Guidance,
Accountability,
Results*
... Just Steps
from Home

With affordable personal training at Heron's Key, you may gain:

- Increased strength
- Reduced pain
- Everyday injury prevention
- Improved energy and balance
- Enhanced mobility and continued healing after physical therapy
- Reduced risk of falls
- Progress that lets you see what's possible

It all starts with a **FREE** personal assessment. Call 253.313.0781.

NURTURING THE SOUL

WHAT VALUE IS IN A CAREGIVER'S SUPPORT GROUP?

Heron's Key has so many groups and offerings that it may sometimes feel hard to keep up. Within the past year, we started offering a Caregiver Support Group. It is a group of residents who come together twice a month (the first and third Tuesday of every month) to encourage, support, and learn from one another. One of the best things you can do for your health and mental well-being is have a support system. There are unique challenges that come with being a caregiver, and connecting with others in similar situations can ease the burden and lighten the load. Below are comments directly from Heron's Key residents who have been impacted by attending this group:

"This is a community within a larger gathering of individuals with extremely diverse backgrounds and talents. But we have one thing in common in that we are caring for a person whom we love. And in that caring, we also need understanding and a moment to share our joys and sorrows. This group is just that place."

"One of the most helpful gifts at Heron's Key, for me, has been my involvement in our Care Givers Group. We moved here hoping for the possibility of various peer, and staff supports, which has proven to be the case. Care Givers group is such a help in being able to support other residents and to share my concerns in daily care of my spouse. It has helped me to make close friends who have similar difficulties. I can't imagine not having this support at this time."

We invite you to join us. We meet in the Anchor Room every first and third Tuesday of the month at 11am. Stop by once or come as a regular; we are open to anyone who needs support along the journey.



Suzi Entwistle

**Wellness &
Spirituality
Coordinator**

Monday—Thursday
8:30am—5:00pm

253.313.0733

SuzetteE@heronskey.org

SPOTLIGHT GROUP OF THE MONTH

Caregiver Support Group

Every 1st and 3rd Tuesday at 11am in the Anchor Room

Heron's Key residents who are caregivers gather for a time of meaning and connection as they journey the path of care together. Sandi Semler (Social Services Coordinator) and Suzi Entwistle (Wellness & Spirituality Coordinator) co-facilitate the group every first and third Tuesday in the Anchor Room.

HK DEPARTMENT HOTLINES

This handy list will help you determine which department can best assist you.

Concierge / Security | 253.313.0700

Transportation Requests | Packages & Mail | Away Notices | Local Resources | Registering for Off-Campus Trips | Interest Groups | Reporting Hospital Stays | Emergency & Pendant Response | Handouts & Forms | Updating Contact Information

Penrose Harbor Front Desk & Administration | 253.313.0800

Environmental Services Hotline | 253.313.0795

Apartment & Campus-Wide Cleaning

Facilities Hotline | 253.313.0798

Parking | Work Orders | Groundskeeping | Building Safety | Trash & Recycling | Residential Policies Regarding Balconies, Hallways, & Apartment Renovations

Resident Services Hotline | 253.313.0793

New-Resident Orientation | Resident Handbook | Questions | Event, Fitness & Trip Ideas | Newsletter & KeyNotes Content | Interest Groups & Resident Council | Room Scheduling | Questions About Transitions to Penrose Harbor | Health Concerns & Well Being | Life Enrichment & Volunteering at Penrose Harbor

Penrose Harbor Life Enrichment Activities | 253.313.0756

Syren's Grille Host Stand | 253.313.0797

Marketing | 253.851.8100

Moving Apartments within IL | Changing Underground Parking | Referrals

(Please call for an appointment so staff can schedule a time with you between sales calls and prospecting tours.)

URGENT ALERTS: BE AMONG THE FIRST TO KNOW

When an event interrupts normal operations at Heron's Key, be among the first to know about it by signing up for text message alerts. Examples of notifications you may receive include those about elevators that are unexpectedly out of order, closures related to inclement weather, or information following a disaster. To sign up to receive these text message alerts, text the word "HKUrgentAlert" to 888.449.0214.

INTEREST GROUPS

EVENTS

Harbor Hill Ice Cream Social

Saturday, August 19, at 2pm (Athena Park) | Sponsored by the Community Engagement Committee

Nothing says summer quite like a drippingly delicious ice cream cone. And what could be better than meeting and greeting our Harbor Hill neighbors on a lovely summer day in a park? Experience both of these summertime pleasures on Saturday, August 19. Come to Athena Park, across from the Cottages, at 2pm to meet some of the neighborhood's residents and pets and experience the joy of an ice cream cone, conversation, and conviviality. This event, sponsored by the Community Engagement Committee, is an opportunity to meet and greet our Harbor Hill neighbors and friends as we all work together to create a sense of neighborhood and community. Come celebrate summer!

Summer Clothing Drive Benefitting Food Backpacks 4 Kids

August 11-17 (CL) | Sponsored by the Community Engagement Committee

Food Backpacks 4 Kids, caring for people on the Key Peninsula in so many ways, is sponsoring a clothing giveaway for anyone needing clothing in late August. Now is the time to clean out your closet and find things you have not worn since moving to Heron's Key. Your gently used clothing can, for example, provide an interview outfit for a mother returning to the workforce or a casual work outfit for a young man. Men's clothing is especially needed, but all gently used clothing and accessories (e.g., hats, warm gloves, even jewelry) are welcome. You may bring your contributions to the Clubhouse Lobby between August 11 and 17, and we will take the items to Food Backpacks 4 Kids for distribution later in the month.



Food Backpacks 4 Kids is experiencing an increased need for resources, both food and money, as funding sources have shrunk and the number of families served has grown exponentially. Food donations for Food Backpacks 4 Kids are always welcome, and Gig Harbor Fire Station 51 (on Kimball Drive) accepts food donations. You are welcome to tour the family pantry facility at Backpacks 4 Kids at any time to see the work done by an amazing team of people. To see more about what is happening at Food Backpacks 4 Kids, visit foodbackpacks4kids.org.

EMPLOYEE OF THE MONTH

Kayla Lockett, Lead Server



Kayla is a compassionate person with high emotional intelligence and situational awareness. She excels and takes things to the next level by understanding the dynamics of the people in the room and taking action when she sees an opportunity to improve a person's experience.

Kayla's actions help set Heron's Key apart as a fantastic place to live. We are fortunate to have her as part of our lives.



BROADWAYHD STREAMED PLAYS: SATURDAY MATINEES

Enjoy streamed Broadway plays every 2nd and 4th Saturday of the month at 1pm in the Maritime Room and on HKTU 370.

Sponsored by Performing Arts

August 12 – Lady Chatterley’s Lover

Adapted from the controversial literary classic by D.H. Lawrence, *Lady Chatterley’s Lover* is a sweeping, romantic musical with a score by John Robinson and a book by Phil Willmott that played the West End in the summer of 2021. Georgia Lennon stars as Lady Chatterley, an upper-class wife whose love affair with a working-class man prompts her to consider what it means to have a life well-lived.

August 26 – Les Misérables

Jean Valjean, convicted of stealing bread, is hounded for several decades by the relentless and cruel Policeman Javert.



Note: Streamed programs are subject to change without notice. If a different program is available, we will show it in the Maritime and on HKTU 370. We hope you enjoy the alternative program.

AN UPDATE FROM THE BENEVOLENT BUYS TEAM

Benevolent Buys is now “on sabbatical” until January 2024. The total income generated by this project and donated to the Benevolence Fund was \$14,992. Thank you to the 55 residents who donated items this year, those who bought 57 of the items available, and a huge **thank you** to the fantastic Benevolent Buys team that made it happen! They are eager to enjoy their time off and look forward to serving you again next year.



Movies in the Maritime



See the Resident Portal for movie descriptions.

Friday Night

Movies

7pm (M)

Sponsored by Resident Services

- **August 4** – *The Campaign* (R, 2012)
- **August 11** – *Catch Me If You Can* (PG-13, 2002)
- **August 18** – *Cinderella Man* (PG-13, 2005)
- **August 25** – *The Pursuit of Happyness* (PG-13, 2006)

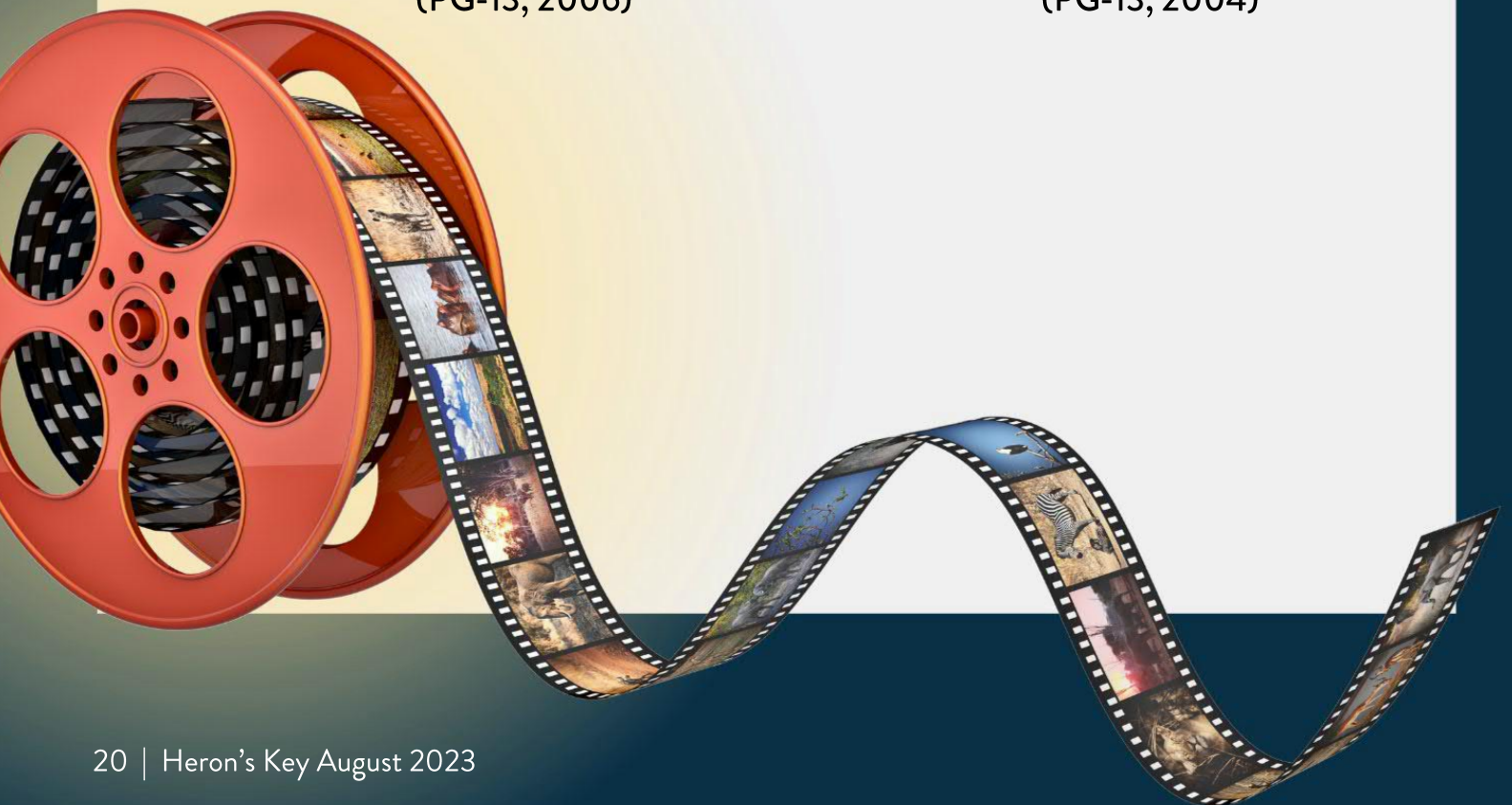
Sunday

Movie Dates with Scott

5:30pm (M & HKTU 370)

Sponsored Performing Arts

- **August 6** – *Moonraker* (PG, 1979)
- **August 13** – *A.I. Artificial Intelligence* (PG-13, 2001)
- **August 20** – *For Your Eyes Only* (PG, 1981)
- **August 27** – *50 First Dates* (PG-13, 2004)





A SPECIAL
Wine & Cheese Social
in Honor of
KATIE HOUCK
Wednesday, August 2
4pm (CL & CL Patio)

We're throwing a special gathering to say goodbye to Katie and wish her well as she navigates through a new chapter in her life. A non-alcoholic option will be available during this event.



**Market Study Presentation with
CEO Lisa Hardy & Marketing VP Kay Wallin**

Wednesday, August 23, at 1pm (M & HKTV 370)



Interested in hearing about the results of the market assessment completed for Heron's Key earlier this year as part of early planning for Phase 2? Please join us in the Maritime Room at 1pm on Wednesday, August 23, to hear from Kay Wallin, Emerald Communities VP-Marketing & Sales, and Lisa Hardy, Emerald Communities President and CEO.

TWO SALON LOCATIONS TO SERVE YOU

The salon stylists are not employees of Heron's Key, therefore, gratuities for services are appreciated.

Penrose Harbor

Call 253.313.0788 or fill out
Salon Appointment Request form

Clubhouse Ground Floor

9am–3pm
Tuesday through Friday
Call 253.313.0789

Services

- ◆ Haircuts and styling for men & women
- ◆ Coloring & highlights
- ◆ Perms
- ◆ Nail care, manicures, pedicures
- ◆ Massage with Franetta (253.230.1138)



UPCOMING EVENTS



Wine & Cheese Social

Thursday, August 10 at 4pm (SP)

Mingle with your neighbors during this special happy hour. A non-alcoholic option will be available.



Birthday Celebration

Thursday, August 31 at 3pm (SP)

Come for a slice of vanilla or chocolate cake and enjoy the coffee and tea service as we celebrate August birthdays.

MONTHLY GAMES

Bingo

Sunday, August 13

3-4pm (SP)

Mexican Train

Friday, August 25

2-3pm (SP)



(Photo: Susan Inui)

WEEKLY GAMES

Traditional Mah-Jongg

1st, 3rd & 5th Thursdays

2-4pm (CR)

Special Game Day:

Learn to Play

Traditional Mah-Jongg

4th Thursdays, from 2-4pm (CR)

Mah-Jongg

Mondays, from 12-4pm (CA)

Pinochle

Thursdays, from 1-3pm (CA)

Bridge

Fridays, from 1-3pm (SP)



ON-CAMPUS PROVIDERS

HEALTH SERVICE CLINIC PROVIDERS

The providers listed below are accepting on-campus appointments in the Health Services Clinic on the ground floor. Please reach out to the providers directly to schedule a visit and bring your insurance card to your appointment.

Primary Care at Heron's Key

F&M Healthcare: Dr. Maggie Sekeramyi &

Miriam Bagalwa, ARNP

Thursdays 10am–2pm

253.448.9423

Appointments@fmhealthcare.org

Walk-ins welcome.

Consonus Healthcare

Physical therapy and occupational therapy services in Penrose Harbor.

Requires a referral from a health care provider.

253.313.0749

Harbor Audiology & Hearing Services

Free hearing aid cleaning; walk-ins welcome

253.851.3932

Wednesday, August 16

Health Services Clinic: 9-10am

Penrose Harbor: 10-11am

Other services available by appointment

Sound Dental Care Mobile Dental Hygienist

206.745.3808

Three Services from VillagePlan

253.756.5007

Home Care

Extra help to manage daily activities within your IL residence.

Licensed Counseling with Janet Pomeroy

On-campus support for maintaining mental wellness and independence.

Appointments in her Tacoma office are also available.

Care Management

Expert guidance to simplify, coordinate, and proactively manage the complexities of aging and health decisions.



Hearing Aid cleaning & Maintenance

Hearing Screening

On-Site Repair

Function & Insertion Assistance

3rd Wednesday of EACH MONTH

CALL to set up your appointment! 253-851-3932



Take advantage of our free hearing aid cleaning services at HK. Walk-ins welcome.

DINING SERVICES



Find the latest menus and hours on the Resident Portal.

AUGUST CHEF DEMO: Peaches and Cream & Chef-Made Ice Cream

Monday, August 14, at 2pm (SP)

Indulge your sweet tooth for just \$5 during this month's demo. **Sign up** at Syren's Grille to attend.

FOOD & BEVERAGE ORIENTATION

Tuesday, August 8, at 11am (SP)

Reminder: The Food & Beverage orientation for new and seasoned residents is on the **second Tuesday of every month at 11am** in Spinnakers. Learn the ins and outs of Dining. **No need to sign up; just show up!**

SUMMER COOKOUTS

Sunday, August 13 and 27, from 11am until 3pm (M and CL Patio, weather permitting)

Menus will be available on the Portal's Dining page under "Special Events."

KITCHEN TOURS UPDATE

Beginning in August, Kitchen Tours will be held on the **first Wednesday of the month at 2pm**. Please **sign up** with a Syren's Grille team member or call 253.313.0797 to register.

LABOR DAY COOKOUT

Monday, September 4, from 11am-3pm (M and CL Patio, weather permitting)

Reservations required. A limited to-go-only menu will be available. We will post the menu on the Portal's Dining Page under "Holidays."

NEW MENU ON SEPTEMBER 5

The culinary team is working hard to roll out a new Syren's Grille menu. The restaurant will be busy, so please plan ahead and make your reservations. Menus will be available on the Portal and at Syren's Grille the first week of September. Call 253.313.0797 to inquire further.

