

July 2023

Heron's Flight

Taking Community News to New Heights



Meet & Greet

Meet New Executive
Chef Chris Paquette
During A Special
Wine & Cheese Social



**Celebratory
Concert**

INSIDE THIS MONTH'S ISSUE

- 3. Concierge News
- 4. Resident Council Connection
- 5. Movies in the Maritime
- 6. Life Enrichment
- 7. Wellness: Community Exploration
- 12. Grocery Shopping
- 13. Gig Harbor Trolley
- 14. Diversity, Equity & Inclusion
- 15. Concerts
- 18. Fitness
- 20. Lifelong Learning
- 23. Performing Arts
- 24. Interest Groups
- 26. Upcoming Events
- 27. On-Campus Providers
- 28. Dining Services



On the Cover



(Photo: Susan Inui)



CONCIERGE / SECURITY 253.313.0700

Audio KeyNotes: 253.313.0790

Billing: 253.313.0703

Consonus (Therapy): 253.313.0749

Housekeeping: 253.313.0795

Facilities: 253.313.0798

PENROSE HARBOR 253.313.0800

Fitness: 253.313.0781

Resident Services: 253.313.0793

Restaurant: 253.313.0797

Spiritual Care: 253.313.0733

Transportation: 253.313.0792

Katie Houck
Executive Director

Karen Rose
Health Services Administrator

Angela McCloskey
Director of Nursing

Sandi Semler
Social Services Coordinator

Mary Muñoz
Penrose Resident Care Manager

Emily Gibbons
Admissions Coordinator

Marie Sawyer
Consonus Rehab Therapy Director

Sarah Swift
AL Manager

Sarah Whitmarsh
Director, Resident Services

Angela Winks
Wellness Program Manager

George Smith
Facilities, Director

Natalie Hall
Environmental Services Supervisor

Stacy Edwards
Director, Sales & Marketing

Matthew LeCours
Director, Food & Beverage

Kristina Christenson
General Manager of Dining

PET COURTESY TO KEEP IN MIND

Ask Before Petting

At Heron's Key, the animal companions help the community feel complete. Before stretching out your arm to pet a dog, ask the pet parent if it is OK to do so... no matter how cute or gentle the dog may seem.



A dog may feel fearful, excited, skittish, anxious, or sick and not show obvious signs of this. Some dogs don't like being touched. Incidentally, reaching toward a pup to stroke it may result in an unpleasant nip on your hand or elsewhere. Also, keep in mind that a pet parent might be training their dog, and petting it might be an unwelcome distraction. Similarly, some individuals prefer not to have others pet their animal companions.

Play it safe by always asking for permission before petting.



MEET TONI SILVETT, DRIVER

Toni comes to us with various life and work experiences, including employment as a bus driver, tour boat captain, and police officer. She is excited to be a team member and is enjoying meeting everyone.

HERON'S KEY IN MARITIME GIG GRANDE PARADE

In June, staff and residents looked fabulous in their bucket hats as they walked and rode in the bus during the annual Maritime Gig Grande Parade.



(Photos: Sheree Gloria)

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

Fort Nisqually: The Fort That Was Never a Fort *The Archaeological Conservancy*

Fort Nisqually, today a living history museum in Tacoma's Point Defiance Park, originally started as a small warehouse called Nisqually House. The Fort was built in 1832 by the Hudson Bay Company in what is now DuPont, Washington. In 1833, the Company began adding buildings nearby to turn the house into a fort. Gradually, the group of buildings, which never became a true military outpost, became the first European and global trading post in the country for beaver, muskrat, raccoon, and river otter furs; guns; blankets; clothing; and other goods on Puget Sound. Robust trading activity eventually included livestock and crop exports developed with the indigenous Steilacoom, Puyallup and S'Klallams tribes, as well as Hawaiians, French-Canadians, West Indians, and a few Americans.



In the 1850's, a number of factors adversely affected the operations of the Fort, including a decline of the fur trade, tax disputes with governmental authorities and the encroachment of American settlers on the Fort's territory, causing the Fort to close in 1869. In the 1930s, the federal government, through the Works Progress Administration, relocated two of the remaining buildings at the Fort—the Fort Nisqually Granary, built in 1843, and the Factor's House—to a site within Point Defiance Park. They are the only Hudson Bay Company structures still in existence in this country. The Granary, the oldest building in Washington State and a U.S. National Historic Landmark, and Factor's House are the core of the reconstructed Fort Nisqually where life at a vibrant trading outpost in the 1850s is recreated. The museum's hours of operation and occasional special events are posted on its website.

— Pat Curtis, Resident Council Secretary



**Resident
Council
Meeting**

**Thurs., July 13
at 10am
(M & HKTU 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.



FRIDAY IS MOVIE NIGHT

7pm in the Maritime

July 7: *The Truffle Hunters* (2021, PG-13 for some strong language)

Guided by a secret culture passed down for generations, as well as by their cherished and expertly trained dogs, a group of men in Italy hunt for the rare and expensive white Alba truffle.

July 14 – *The Next Three Days*

(2010, PG-13 for violence, drug material, language, some sexuality and thematic elements)

When his wife is sent to jail on murder charges she fervently denies, college professor John Brennan comes up with a meticulous plan for the ultimate prison escape—even though he's never committed a crime in his life.

July 21 – *Marry Me* (2022, PG-13 for some language and suggestive material)

A betrayed pop star, slated to marry her pop star fiancé on stage, instead marries a stranger from the audience—a high school math teacher. Against the odds, their sham relationship develops into something real... But, can their love survive the limelight?

July 28 – *The Quiet Man* (1952, NR)

Retired boxer Sean Thornton makes a pilgrimage to his home village in Ireland to claim his family's estate. He meets his match in the spirited young Mary Kate Danaher only to find himself confronted by her belligerent brother and the town's strict customs.

LIFE ENRICHMENT



PENROSE HARBOR IS BLOOMING

Life Enrichment has been enjoying the sunshine and warmth in our outdoor spaces. On these beautiful days, we enjoy gardening activities, such as planting and watering flowers and playing games. Residents really enjoy this time of year.

We want to thank IL resident Judy McMillian for her generous donation. It allowed us to fill several pots full of blooms in the Assisted Living and the Skilled Nursing courtyards.

Resident Howie Larson (pictured below) planted his first roses. And boy, are they the showstoppers of the gardens. We are so proud of your dedication and hard work, Howie!



Meet Angela Winks,
Wellness Program Manager



Angela has an extensive holistic health, fitness, and life enrichment background. She is excited about leveraging her experience and passion to helping others thrive. In her spare time, Angela enjoys spending time in nature, having fun with family and friends, making candles, and writing.



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 & TRIVIA
Skilled Nursing
11am

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

Low-Tide Beach Walk at Owen Beach

Friday, July 7 from 1:30-3:30pm | Sponsored by Resident Services

Get to know the unique animals that inhabit the intertidal zone with the guidance of local biologists and volunteer naturalists. Guided beach walks are approximately 60-90 minutes and include a lesson on beach etiquette. Each beach walk is unique; we never know what amazing animals we will find! **Register on the Resident Portal by Wednesday, July 5, at 3pm.**



Special notes: Please dress for the weather. We recommend wearing boots or footwear that can get wet. Flip-flops or other open-toed footwear are not recommended for safety reasons.

Model T Experience at LeMay Collections

Saturday, July 8, from 8:15am-2:45pm | Sponsored by Resident Services

Imagine driving a car with the accelerator on the steering column. Now, imagine shifting gears with only your feet. In other words, forget everything you know about driving a car!

During the Model T Experience at LeMay Collections, you will learn the history of Henry Ford's "Tin Lizzie" and how to master the three foot pedals, one hand lever, and two hand controls behind the legendary automobile that made owning a car a reality for the masses in the early days of the automobile. After you learn the mechanics of driving a Ford Model T, you'll put your knowledge to the test by getting behind the wheel and driving through the woods of the historic Marymount Academy campus.

The experience includes:

- History of the Model T
- Individualized driver education
- Opportunity to drive a Model T on the historic Marymount grounds
- Graduation certificate
- Model T drivers manual to keep
- Model T t-shirt
- Entrance to the museum on the day of your class

Register on the Resident Portal by Wednesday, June 28, at 3pm. Note: We must have at least 5 participants registered on the Portal for this trip to take place. Please bring a sack lunch.

Per LeMay Collections: To take part in this experience, you must have a current legal driver's license and current auto insurance. Please bring your license and auto insurance card with you.

WELLNESS: COMMUNITY EXPLORATION

Port of Tacoma Tours

Sponsored by Lifelong Learning

First Tour: Monday, July 17, from 12:15-3:30pm

Register on the Resident Portal by Friday, July 14, at 3pm.

Second Tour: Monday, July 31, from 9:15am-12:30pm

Register on the Resident Portal by Friday, July 28, at 3pm.



Join us for a guided bus tour of the Port of Tacoma. During the 2-hour tour, you'll learn about the valuable jobs related to international trade.

Tacoma Musical Playhouse's *The Music Man*

Friday, July 21, from 6:45-10:30pm | *Sponsored by Performing Arts*

By turns wicked, funny, warm, romantic, and touching, *The Music Man* is family entertainment at its best. Meredith Willson's six-time Tony Award-winning musical comedy has entertained audiences since 1957 and is a family-friendly story to be shared with every generation. **Register on the Resident Portal by Tuesday, July 4, at 3pm.**

Trip to the Bainbridge Island Museum of Art & Lunch at Bistro at BIMA

Monday, July 24, from 9:30am-3pm | *Sponsored by Performing Arts*

BIMA Spotlight is the museum's first-ever juried group exhibition. Six jurors reviewed approximately 3,400 artworks submitted by 606 artists from the Puget Sound region. The result is a diverse salon-style show, filling the majority of BIMA's two gallery floors. During this trip, you'll participate in a docent-led tour, followed by lunch at the Bistro at BIMA.

BIMA Spotlight is part of BIMA's 10th anniversary celebration. The exhibition was not juried along certain themes or art genres; however, several emerged. These include environmental concerns, social justice issues, art from recycled and repurposed materials, installation work, landscapes, portraiture, and abstract art. Diverse media include painting; printmaking; photography; sculpture in metal, wood, ceramic, glass, and mixed media; artist's books; fiber art and textiles; and jewelry art. **Register on the Resident Portal by Friday, July 21, at 3pm.**

Day at the Park: Point Defiance Rose Garden

Wednesday, July 26, from 11am-3pm | *Sponsored by Resident Services*

This focal point of Point Defiance Park has more than an acre of rose gardens, the oldest of which was established in 1895. The site includes a garden of miniature roses, arbors of climbing roses, a picturesque wishing well, and quaint gazebos. From June through September, more than 1,500 rose bushes provide a rainbow of colors, including many variegated combinations. **Register on the Resident Portal by Monday, July 24, at 3pm.**

To more about the garden, see page 4 of the June 2023 *Heron's Flight*.

WELLNESS: COMMUNITY EXPLORATION

Olympic Music Festival

Saturday, August 19 from 10am-8:30pm | *Sponsored by Performing Arts*

The Olympic Music Festival returns to Port Townsend with a thrilling program. The beginning, rise, and final transformation of the romantic period in classical music can easily be attributed to the three composers featured on this program. Robert Schumann's glorious Piano Quartet from 1842 features a musical love letter to his wife Clara, which has become one of classical music's most cherished melodies. Arnold Schoenberg is best known for opening the door to a world of music after harmonic tonality. However, his *Verklärte Nacht*, or *Transfigured Night*, for string sextet is one of the final gasps of romantic music as it began to rupture as the influence of the expressionist movement began to take hold in Austria. Violinist Alexi Kenney makes his Olympic Music Festival debut. In Port Townsend, you will pick your own lunch spot and may browse the shops in town. After the concert, we will have dinner at Alchemy Bistro & Bar before heading back to Gig Harbor. **Register on the Resident Portal by Friday, July 7, at 3pm.**

OPPORTUNITIES TO DINE & SHOP

Gig Harbor Library

Wednesday, July 5 at 10am | *Sponsored by Resident Services*

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

Reuben Fan Club: Doyle's Public House

Wednesday, July 5, from 11:30am-1:30pm | *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 we explore nearby restaurants, hunting for the best Reuben.

That search goes on. Next up is lunch at Doyle's Public House, downtown Tacoma, where we will enjoy their Reubens in an Irish pub atmosphere. For more information on the club and future outings, email resident Kerry Smith. **Register on the Resident Portal by Monday, July 3, at 3pm.**

Waterfront Farmers Market

Thursday, July 6, from 12:45-3:15pm | *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. **Register on the Resident Portal by Tuesday, July 4, at 3pm.**

Women's Breakfast: Cooks Tavern

Monday, July 10 at 9am | *Sponsored by Resident Services*

Register on the Resident Portal by Saturday, July 8, at 3pm.

Men's Breakfast: Cooks Tavern

Friday, July 14 at 9am | *Sponsored by Resident Services*

Register on the Resident Portal by Wednesday, July 12, at 3pm.

WELLNESS: COMMUNITY EXPLORATION

Frozen Treat Trip: Olalla Bay Market

Friday, July 14 at 1:30pm | *Sponsored by Resident Services*

Register on the Resident Portal by Wednesday, July 12, at 3pm.

Trip to Zog's Beer Garden on Fox Island

Tuesday, July 25, from 3-6pm | *Sponsored by Resident Services*

Zog's on Fox Island is a public gathering place where you can sip wine, have a beer, and treat yourself to a snack while listening to piped-in music. Be sure to check out the bubbling fountains and waterfalls in the newest addition to the Store & Deli complex. The facility features two stories of covered, family-friendly restaurant/pub space with two outdoor fire pit/fountains and a gazebo. **Register on the Resident Portal by Sunday, July 23, at 3pm.**

Lunch Outing: Puerto Vallarta

Friday, July 28 at 11:30am | *Sponsored by Resident Services*

Register on the Resident Portal by Wednesday, July 26, at 3pm.

CARPPOOL OPPORTUNITIES

Carpool Event: Summer Sips at Uptown

Saturday, July 8, from 12-6pm | *Sponsored by Resident Services*

Whether you're into cider, beer, wine, spirits, or softer options, Summer Sips is the one-stop taste-n'-shop event of the summer. One day, one location, dozens of refreshing sips.

Let your taste buds run wild with over 60 seasonal beers, wines, ciders, spirits, sodas, kombucha, and other sips from the 253 to try. Find a new favorite? Stop by the Sips Pop-Up Bottle Shop and grab a bottle or two to take home and enjoy.

Event tickets range from \$10 to \$40. Purchase yours on the Eventbrite website: <https://tinyurl.com/mu3wjkd>. If you are interested in carpooling, sign up in the white binder at the Concierge Desk.

Carpool Event: Chalk the Harbor

Saturday, July 15, from 1-3pm | *Sponsored by Resident Services*

Chalk the Harbor is a fun and free event for all ages that the Gig Harbor Downtown Waterfront Association sponsors. During this annual event, Gig Harbor residents are invited to pick a square on the sidewalk and make it their own using sidewalk chalk. You will have an opportunity to walk along the perimeter of the harbor and see everyone's chalk creations as they are almost finished. **If you are interested in carpooling, sign up in the white binder at the Concierge Desk.**



**WEEKLY UPDATES
FROM EXECUTIVE
DIRECTOR KATIE HOUCK**

New updates:

Wednesdays by 5pm

Call ###.###.####

for the message of the week.

WELLNESS: COMMUNITY EXPLORATION

Gig Harbor comes alive during the summer. Enjoy this lineup of free events that are 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 July:

July 11- Beat Frequency: A husband and wife duo and dance band	July 18 – Casey and Company: featuring new and classic country music as well as Southern rock	July 25 – The Jewel Tones: A Motown-inspired vocal trios
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- **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 July:

July 6 – Adam Krum & The Hwy 65 Band (Country)	July 20 – The Shy Boys (Oldies / Classic Rock)
July 13 – The Michael Crain Band (Classic Rock)	July 27 – The Profits (Party Rock)
- **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.

July 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 – **No shopping**
- 6 – Albertsons
- 10 – Fred Meyer
- 13 – Albertsons
- 17 – Metropolitan Market
- 20 – Albertsons
- 24 – Fred Meyer
- 27 – Albertsons
- 31 – Trader Joe’s



GIG HARBOR TROLLEY

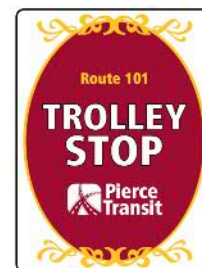
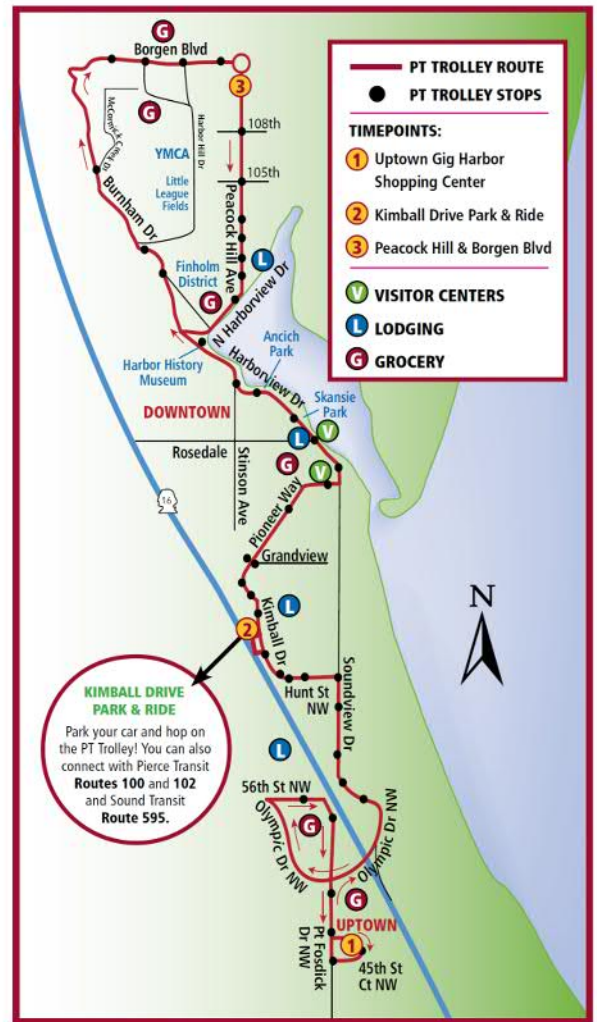
RIDE THE GIG HARBOR TROLLEY

Pierce Transit offers a convenient trolley service throughout Gig Harbor, including Borgen Blvd., Kimball Drive, Peacock Hill, Uptown, and Downtown (see map on right). Riding the trolley is a great, low-cost way to enjoy events around town on **Thursdays and Saturdays** without worrying about traffic or parking. The trolley runs every 30 minutes, and drivers are happy to help you find a stop near your destination.

Riding the trolley is simple:

1. Get on the trolley and insert the exact cash into the farebox:
 - **One-way pass:** \$2 (\$1 with a valid Regional Reduced Fare ORCA card)
 - **All-day pass:** \$5 (\$2.50 with a valid Regional Reduced Fare ORCA card)
2. If you are still determining the best stop for your destination, ask your driver. (They may announce your stop upon request.)
3. Take a seat and enjoy the ride.
4. When your stop is announced on the electronic reader at the front of the bus, pull the cord to trigger the bus stop request. (You do not need to pull the cord if your driver agrees to announce your stop.)

In 2023, the trolley will run through September 2 on Thursdays and Saturdays. Schedules with estimated stop times are available online at <https://www.piercetransit.org/pt-trolley/>.



Trolley Stops Near Heron's Key

- Borgen Blvd. and Athena Ave. (Near Cottages)
- Borgen Blvd. and Shaw Park (Near Building A)



DIVERSITY, EQUITY & INCLUSION

MEMBERS OF THE DEI COMMITTEE

- Katie Houck
- Barbara Casey
- Edker Matthews
- Oscar Roberto
- Linda Henry
- Susan Inui
- Hillary Robinson
- Suzi Entwistle
- Flora Richards-Gustafson
- Kristina Christensen
- George Smith
- Natalie Hall

EVENT

Diversity, Equity, and Inclusion:

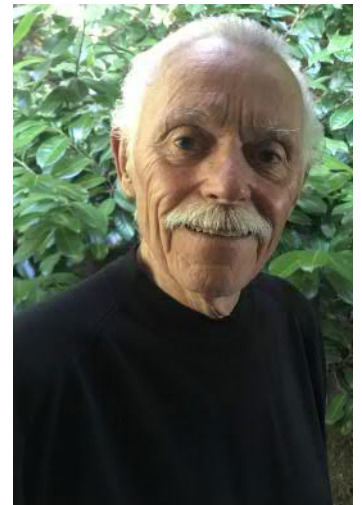
A Personal Journey with Gary Howard

Thursday, July 20, from 1-2:30pm (M & HKTU 370)

Sponsored by the DEI Committee

Gary Howard has been working with diversity and equity issues for over four decades in many settings, including schools, universities, and businesses. In this presentation, he will share his experiences, perspectives, and lessons gained from these many years of work. **There will be time for conversation and questions.**

Gary R. Howard is a speaker, writer, and workshop leader with over 40 years of experience working with diversity, education, and social change issues. His current work is centered on leading Equity Leadership Institutes, which provide schools, colleges, and universities with the internal capacity to implement long-term systemic change strategies for achieving greater equity and excellence in their practices. His book, *We Can't Teach What We Don't Know*, is considered a groundbreaking work examining the role of white educators in a multicultural society.



Need Tech Help?

Visit the Lobby on
Wednesdays
(10am-12pm)

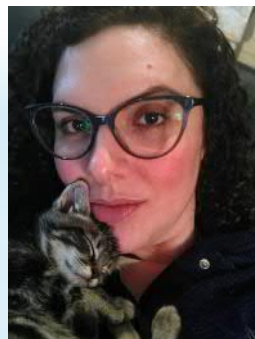
to receive assistance from a
Resident Computer Helper.



EMPLOYEE OF THE MONTH

Flora Richards-Gustafson, Communications Associate

Flora is the latest employee of the month. She was nominated for being awesome and having great hair. Flora also earned recognition for her contributions to the DEI Committee and the excellent work she produces. Thank you for the value you bring to Heron's Key, Flora!

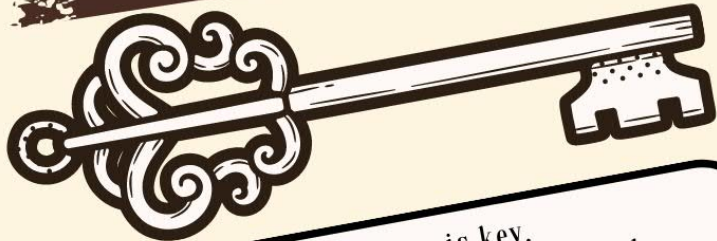


Good Co

CELEBRATORY CONCERT

IT'S TIME FOR NOSTALGIA!

WEDNESDAY, JULY 12
AT 3PM (M & CL PATIO)



Your voice is key.
Thanks for sharing your feedback
in the Resident Engagement Survey!

With a sound right out of the Jazz Age, Seattle band Good Co plays jazz and swing with an authenticity that'll make you think you've just stepped out of a time machine. With original arrangements of traditional tunes and a few originals, Good Co will leave you swinging your hips and tapping your toes to their infectious music.



Enjoy an afternoon on the patio with swing music and a **strawberry shortcake treat** to celebrate surpassing our survey participation goal.

Sponsored by Resident Services

Living Room Concert

Dmitri Matheny Group with Holly Pyle

Thursday, July 6

- No-Host Happy Hour: 4:30pm (CL)
- Living Room Concert: 5pm (M)

Sponsored by Resident Services



We are excited to announce the much-anticipated return of Dmitri Matheny. This show is exciting for the group as they stop here on their “The Brazil Project” tour with vocalist Holly Pyle.

Celebrated for his warm tone, soaring lyricism, and masterful technique, award-winning jazz musician Dmitri Matheny is praised as one of his generation's most emotionally expressive improvisers. The soulful sound of Dmitri's horn has garnered praises from critics and audiences alike, drawing frequent comparisons to Miles Davis, Chet Baker, and his mentor, Art Farmer. Dmitri has toured extensively throughout the United States, Europe, and Asia, traveling to 19 countries and performing with many Motown and popular music acts.



Classically trained Los Angeles vocalist Holly Pyle is lauded for her “soulfully graceful, liquid-like voice” (*Phoenix New Times*). She tours and performs with leading Americana and jazz artists and appears regularly as a solo a cappella act using electronic looping to build masterful sonic creations. For more on the artists, see the Resident Portal.

Join Holly, Dmitri, and their all-star band for a musical journey to Brazil and a fresh spin on jazz samba, bossa nova, and beyond!



CHAMBER MUSIC

SATURDAY, JULY 29

2-3:15PM (M)

Enjoy an afternoon of music where there will be something for everyone. The program includes a range of compositions, from Vivaldi to Leroy Anderson. The performers are local musicians: Chris Norbe (soprano and piano), Pat Constantino (flute), Leonora Gillard Sleeter (piano), Pete Dahl (bass guitar), Peggy Braile (recorder), and Kay Griffith (percussion).

Sponsored by Resident Services

FITNESS

HIKES

Register for hike 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.

White River Trail Hike

Tuesday, July 11, from 1-4:30pm | Sponsored by Fitness

This is a multi-use paved walking trail that follows along the White River. This trail intersects a couple of parks along the way, which offer disc golf, RV camping, and a playground. Expect to see rushing water, flowers, and birds.

- **Driving Duration to Trail:** 45 minutes
- **Walking Duration:** 1 ½ hours
- **Bathrooms at Trail:** Yes
- **Wheelchair Accessible:** Yes
- **Footwear:** Tennis shoes
- **Extras:** Sunscreen, walking sticks, water, hat

Register on the Resident Portal by Sunday, July 9, at 3pm.

Sunrise at Mt. Rainier Hike

Thursday, July 27, from 8:30am-4:30pm | Sponsored by Fitness

This is an out-and-back moderately trafficked trail located in Mt. Rainier National Park. This trail leaves out of the Sunrise Visitor Center and features wildflowers, birdwatching, mountain goat sightings, a small lake, and amazing mountaintop views on a clear day. The terrain contains gravel, dirt, stairs, roots, and some slight uphill and downhill sections. On the drive to the park, we will make a pit stop at Safeway to pick up snacks and offer a restroom break. Hiking shoes are recommended, as well as sunscreen and bug spray. Please bring a sack lunch to enjoy at the picnic tables at the scenic Sunrise Visitor Center, which offers additional restroom accommodations.

- **Driving Duration to Trail:** 2.5 hours
- **Restroom Break:** 1 hour into the drive
- **Walking Duration:** 1½ hours
- **Bathrooms:** Yes
- **Wheelchair Accessible:** No
- **Footwear:** Hiking shoes
- **Extras:** Walking sticks, sack lunch, bug spray, sunscreen, water

Register on the Resident Portal by Tuesday, July 25, at 3pm.

MEET KATE LODGE, FITNESS SPECIALIST

Hi, I'm Kate! I'm a former Marine turned yoga teacher and Functional Training Specialist.



My mission is to help people feel energetic, strong, and centered by using a personal and holistic approach to wellness. I'm particularly excited about training with individuals who are new to fitness, people coming back after an illness or injury, and athletes leveling up.

When I'm not training, you'll find me kayaking here in the Harbor, sweating it out in hot yoga, exploring beautiful trails, or spending time with my three kids.

Call me at 253.313.0781 for a free personal assessment. Personal training includes one-on-one training, private yoga sessions, and fitness program designs. Let's do this!

KATE'S CLASS SCHEDULE

Gentle Yoga

Mondays & Wednesdays at 8am (M)

A great way to start the morning! We begin with standing postures to build muscle mass, increase bone density, and improve balance. We finish on the floor or in a chair for gentle stretches to focus on mobility and breath.

Fit & Fun

Wednesdays at 11am (M); Fridays at 2pm (M)

Bring a water bottle and a sense of humor. The focus in this class is on having fun. Every BODY is welcome; no experience is necessary. We'll have a playful session where we get creative with aerobics, dynamic stretching, and functional fitness.

Gentle Yin Yoga

Fridays at 8am (M)

In this 45-minute class, all postures are done on the floor with the aid of chairs, blankets, and other props. Postures are held for 2 to 8 minutes each, emphasizing the gentle restoration of connective tissue and mobility.

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.

LIFELONG LEARNING

FEATURED EVENTS

Lauri Cruver Cherian's *Poems of the Point*

Tuesday, July 11 at 1pm via Zoom & HKTU 370

Author and poet Lauri Cruver Cherian will join us to discuss her life and her 2022 book, *Poems of the Point*, a tribute to growing up on the beach in our area.

A synopsis from Amazon.com:

"Imagine growing up on beachfront property in the Puget Sound where the waves crash a hundred feet from your front door, the seagulls provide the morning wakeup call, and sea lions pop up their heads each day to check on you. *Poems of the Point* features a walk down the beach, finding an eagle's nest, childhood memories of boating and fishing for cod, searching for Lewis moon shells, picking cherries and raspberries, digging for clams and geoducks, spying orca in the Sound, and even a chance viewing of the illusive Mt. Rainier on a clear day. If a piece of your heart already lies in the Pacific Northwest or you are open to having your heart captured by it, this book of poetry is for you." One reviewer described it as a "delight-filled homing journey to Gig Harbor."

Lauri is a writer and an educator who taught English as a Second Language (ESL) and bilingual education to children and adults for 30 years. A native of Washington State, she has lived in South Texas for 30 years. She's been a master teacher and a leader of workshops in adult ESL education across South Texas and was named Bilingual Teacher of the Year in Houston's Spring Branch Independent School District. When she isn't writing stories or poems, Lauri is teaching adult ESL in her community, participating in community theater, volunteering at the Center for Arts and Sciences and the Planetarium, playing the piano, singing, or traveling. Lauri and her husband have three adventuresome grown children and a chihuahua named Gracie. Lauri's most recent book of poetry, *Brave As Thistles*, was inspired by a trip to the Highlands of Scotland where the author encountered the national emblem, the thistle.



Bill Sams Presents "Heron's Key Financials, A Tutorial for the Non-Financial Person"

Tuesday, July 18 at 1pm (M & HKTU 370)

Following his presentations on cryptocurrencies (belief, disintermediation, and fungible) and artificial intelligence (organic, digital, and large), our explainer-in-residence, Bill Sams, will take on his next informational challenge, Heron's Key financials. Bill will offer a tutorial for non-financial residents to inform them of the details of the last five years of Heron's Key audited financial reports. In his down-home style, Bill will cover trends and key indicators to provide an overview of the financial status of the place we call home.



Bill Sams is a passionate student of economics, business, science, technology, and the arts and humanities. His objective in life is to be a great husband to one and a good friend to many. His background includes two degrees in business and one in law, along with 25 years at semiconductor and software companies in Silicon Valley. Bill was at ground zero of the computer revolution. This was followed by two years of sailing across the South Pacific with Janet, from San Francisco to New Zealand. Next was ten years at Ohio University as an Executive in Residence in the College of Business and Associate Provost and Chief Information Officer of the University, along with chairing a state-level commission that oversaw the intranet connectivity for 682 Ohio school districts and the production feeds to the ten PBS stations in the state. After nearly ten years on Bainbridge Island, Janet and Bill recently moved to Heron's Key to write their life story's final and best chapter.

An Inside View of the UN Climate Change Conferences in Scotland and Egypt with John Kydd

Monday, July 24 at 4pm (M & HKTV 370)

The Conference of the Parties (COP) process is an annual UN-sponsored global convention designed to address climate change. John Kydd, a member of the Bainbridge Island Oatmeal Club, was a delegate for the Episcopal Church to the last two COPs in Glasgow, Scotland, and in Sharm El-Sheikh, Egypt. While he believes good work was done, powerful forces continue to undercut the progress we need. John's talk will first focus on the COP process, including its successes and stumbling blocks, particularly the rising influence of indigenous peoples and youth. He will also comment on the emerging role of US senior citizens in groups such as Third Act.



For background on his topic, John drafted a seven-page synopsis called "UNFCCC, COP, Paris Accord, and Us: An Introduction" because most official papers are hard to read due to acronyms and persistent abbreviations. You may request an electronic copy of the synopsis from Bill Sams or pick up a printed copy in the mailroom beginning on July 17. A good website to learn about COP27 after it ended is <https://unfccc.int/cop27>.

John was born in Seattle and moved to Bainbridge Island 37 years ago. With degrees in law and social work, he has worked in family law, children's rights, and climate issues. He serves on the CCAC (Climate Change Advisory Committee) for the City of Bainbridge Island and is a missionary for Creation Care and Climate Change for the Olympia Diocese of the Episcopal Church, a Climate Change Director for the Maqasid Institute (an Islamic Studies think tank), and a COP delegate for the Episcopal Church. In his spare time, John likes to hike, garden, build wooden boats, bike, chat, read, and not drown in his email inboxes.

LIFELONG LEARNING

RESIDENT-LED EVENTS

Reading Aloud with Gee Heckscher and Your Neighbors

Thursday, July 27 at 7pm (M)

Lucky are we who remember being read to. “Reading Aloud” abandons the current trend of *seeing* a story. It takes you back to the days of radio shows when you had no choice but to imagine the story in your mind’s eye. Gee and your neighbors bring the magic of hearing the voice of one holding a book, using thumb and index finger to turn the pages that, line by line, carry listeners through humor, suspense, sorrow, surprise or joy. To volunteer to read something you’d like to share, please contact Gee.

TRIPS

Port of Tacoma Tours

Sponsored by Lifelong Learning

First Tour: Monday, July 17, from 12:15-3:30pm

Register on the Resident Portal by Friday, July 14, at 3pm.

Second Tour: Monday, July 31, from 9:15am-12:30pm

Register on the Resident Portal by Friday, July 28, at 3pm.

Join us for a guided bus tour of the Port of Tacoma. During the 2-hour tour, you’ll learn about the valuable jobs related to international trade.

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)





BROADWAYHD STREAMED PLAYS:

SATURDAY MATINEES

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

July 8 - Macbeth

Patrick Stewart and Kate Fleetwood reprise their Tony-nominated stage performances in this gripping adaptation of Shakespeare's *Macbeth*, which relocates the bloody action of Shakespeare's famous play to a nameless 20th-century netherworld. This streamed play has closed captioning.

July 22 – Don Giovanni

Mozart's *Don Giovanni* was first performed in 1787 and was based on the story of the Spanish lothario, Don Juan. The title character seduces, deceives, and murders his way through the opera, doing his utmost to experience life and all that it has to offer to the fullest extent.



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

MOVIE DATES WITH SCOTT

Sundays at 5:30pm (M & HKTv 370)

July 2 – *Man with the Golden Gun* (PG, 1974)

The world's most expensive assassin targets Bond as he attempts to recover sensitive solar cell technology that is being sold to the highest bidder.

July 9 – *Adjustment Bureau* (PG-13, 2011)

The film tells the story of a U.S. congressman who discovers that what appears to be chance events in his life are controlled by a mysterious, powerful group.

Rated PG-13 for brief strong language, some sexuality, and a violent image

July 16 – *The Spy Who Loved Me* (PG, 1977)

Bond investigates the hijacking of British and Russian submarines carrying nuclear warheads, with the help of a KGB agent whose lover he killed.

July 23 – *27 Dresses* (PG-13, 2008)

After serving as a bridesmaid 27 times, a young woman wrestles with the idea of standing by her sister's side as her sibling marries the man she secretly loves.

Rated PG-13 for language, some innuendo, and sexuality

July 30 – *The King and I* (G, 1956)

A widow accepts a job as a live-in governess to the King of Siam's children.

INTEREST GROUPS

COMMUNITY ENGAGEMENT COMMITTEE

Supporting Backpacks 4 Kids

The Community Engagement Committee is exploring ways Heron's Key might deepen and strengthen our support of Food Backpacks 4 Kids, a local pantry open to all persons needing food in the Key Peninsula and Gig Harbor areas. It offers staples, dairy, meat, and fresh produce to families experiencing food insecurity, serving about 3,000 people every month.

There are several ways to assist and serve this organization. For example:

- Deliver food to a few of the 50 families receiving weekly home deliveries.
- Help divide bulk food (e.g., trail mix) into smaller portions to be distributed to families and school kids.
- Help design a vegetable garden or write a letter to the school district advocating for free lunches for children.

The possibilities are many, and the needs are great.

One easy thing we can do is help with the **Community Clothing Drive** in August. As you do your summer closet cleaning, save gently used or new clothes, shoes, and accessories. Infant to adult sizes are needed. **Please only give socks, swimwear, or undergarments if they are new.** You may drop the clothes off at St. John's Episcopal Church, 7701 Skansie Ave, Gig Harbor.

If you have a heart for children and families experiencing food insecurity, there is a place for you at Food Backpacks 4 Kids. Contact resident Marilyn Colyar, Jane Harder, Judy MacMillan, Ginny Eilers, or Anne DeLaney for more information.

SCHOLARSHIP FUND COMMITTEE

Thanks to the generosity and investment in the future of Heron's Key residents, we awarded \$18,000 in scholarships to 12 graduating seniors from the Peninsula School District. The students were celebrated at a Heron's Key luncheon on June 6 with guests from the school district, Emerald Communities, the City of Gig Harbor, Pierce County, and several residents. This year's recipients are:

- **Josie Behrens (PHS):** ASB Vice President and swim team captain with a long list of volunteer hours to her credit. Josie will attend the University of San Diego.
- **David Takehara (PHS):** Hosts a daily video broadcast at Peninsula High School, featuring school news



Jane Harder and Judy MacMillan talk with Zaida Woodworth, executive director of Food Backpacks 4 Kids

A blue poster for the Food Backpacks 4 Kids 4th Annual Community Clothing Drive. At the top, there are illustrations of various clothing items like jackets, shirts, and skirts hanging on a rack. Below that, the text reads: "FOOD BACKPACKS 4 KIDS 4TH ANNUAL COMMUNITY CLOTHING DRIVE". Underneath is a donation guideline: "Donate gently used or new clothes, shoes, or accessories. Infant to adult sizes needed. No socks, swimwear, or undergarments unless they are new. No toys or household items." The poster lists the schedule: "Mondays: June 5th, 12th, 19th, 26th, July 10th, 17th, 24th, 31st, Aug 7th, 14th" from 10 AM - 1 PM at St. John's Episcopal Church, 7701 Skansie Ave, Gig Harbor. It also notes that additional donation locations will be added later. There are icons for a calendar, a clock, a location pin, and an information symbol. Logos for Food Backpacks 4 Kids and St. John's Episcopal Church are at the bottom.

INTEREST GROUPS

and national and world news. He is also a talented filmmaker headed to PLU or Missouri State to pursue a degree in journalism.

- **Evante Hemming (PHS):** One of Peninsula High’s star musicians. His experience in the PHS band leads Evante to want to inspire young people in the same way he was inspired. He will begin the next step in his journey at Tacoma Community College.
- **Avery DeMain (PHS):** President of this year’s ASB. Avery is an athlete in lacrosse and soccer and a stellar student. Her leadership skills were appreciated at PHS this year. She will attend the University of Washington.
- **Natalie Boden (PHS):** A track and cross country scholar-athlete and an outstanding student. Natalie wants to earn a degree in exercise science to become a science teacher and coach. She begins her studies at BYU this fall.
- **Kaylee Ferreira (PHS):** One of Heron’s Key own! Kaylee has worked in the dietary department at Penrose for two years and is already studying at Olympic College, working toward her goal of being a labor and delivery nurse.
- **Emma Rosinski (PHS):** Emma works as a server in Syren’s Grille and participated in the AVID program at Peninsula High. She wants to own her own bakery and will begin that journey at the American Culinary Institute in Napa Valley.
- **Tristen Reid (GHHS):** A young entrepreneur with an established landscaping service serving 170 clients. Tristen swam and played water polo at Gig Harbor High, earned his Eagle Scout badge, and plans to attend WSU to major in accounting.
- **Bella Grayson (GHHS):** Bella wants to, in her words, “go to Texas A & M, study aerospace engineering, go into the Air Force ROTC, get a BA, and become a supersonic flight pilot in the Air Force.” She was active in the STEAM club, athletics, and tutoring.
- **Nichole Tran (GHHS):** Active in speech and debate at GHHS, winning several state awards. She works at the Galaxy Theatre and has volunteered with the Interact Club. She plans to study computer science at the University of Washington.
- **Aspen Dyea (GHHS):** A member of the Laguna Pueblo tribe of New Mexico, a Running Start student, artist, and mathematician. Aspen also likes learning new languages and will begin her studies at TCC, studying engineering.
- **Micah Galeana (GHHS):** A track-and-field standout at Gig Harbor High, Micah is highly regarded as a positive leader and strong influence on others. Micah was also a Running Start student. He will attend WSU this fall.



Back row (L to R): Tristen Reid, Kaylee Ferreira, Josie Behrens, Bella Grayson, David Takehara, Micah Galleana; Front row (L to R): Emma Rosinski, Avery DeMaine, Natalie Boden, Aspen Dyea; Missing from photo: Nichole Tran, Evante Hemming

UPCOMING EVENTS



Wine & Cheese Social: Meet Executive Chef Chris Paquette

Thursday, July 13 at 4pm (SP)

Mingle with your neighbors and get to know the latest addition to the Dining team, Executive Chef Chris Paquette, during this special happy hour. A non-alcoholic option will be available.



Birthday Celebration

Thursday, June 27 at 3pm (SP)

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

MONTHLY GAMES

Bingo

Sunday, July 9
3-4pm (SP)

Mexican Train

Friday, July 21
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 (CA)



July Birthdays

- Estelle Bentley: 7/4
- Janet Heckscher: 7/12
- Jim Fletcher: 7/14
- Marilyn Watterson: 7/14
- Norita Stewart: 7/14
- Robert Hicks: 7/15
- Bob Lindemuth: 7/17
- Sheila Pelz: 7/17
- Dan Marler: 7/19
- Bob Summers: 7/19
- Lynn Hammond: 7/20
- Jane Harder: 7/20
- Jerry Walton: 7/20
- Lance Colyar: 7/20
- Sharon Hanson: 7/20
- Bob Sovern: 7/23
- Stephen Sledge: 7/24
- Marianne Mack: 7/25
- Bev Cheney: 7/27
- Harry Lee: 7/27
- Rick Machin: 7/27
- Charlie Kuyk: 7/28
- Rosalie Blomberg: 7/28
- John Moffat: 7/29
- Bob Holtz: 7/31
- John McHugh: 7/31

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

July 19

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.


Harbor Audiology
& Hearing Services

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.



Find the latest menus and hours on the Resident Portal.

INDEPENDENCE DAY COOKOUT

Tuesday, July 4, from 11am-3pm (M & CL Patio)

Join us for a festive cookout in the Maritime and Clubhouse Patio (weather permitting). The menu is available at the host stand and on the Resident Portal under "Holiday." **RSVP by June 29**; call 253.313.0797 or visit Syren's Grille. A limited to-go menu will also be available.

MEET EXECUTIVE CHEF CHRIS PAQUETTE

Thursday, July 13 at 4pm (SP)

Mingle with your neighbors and get to know Executive Chef Chris Paquette during this special meet-and-greet happy hour during the monthly Wine & Cheese Social. A non-alcoholic option will be available. No RSVPs are required.

SUNDAY SUMMER COOKOUTS COMING SOON

Starting **July 16**, we will begin our regular summer cookout schedule, alternating every other Sunday with brunch service. The cookout dates are July 16, July 30, August 13, and August 27. This special event occurs in Maritime Room and Clubhouse Patio from **11am to 3pm**. A limited to-go menu will also be available. Please see a Dining team member to RSVP for a cookout.

REMINDERS

Resident Food & Beverage Orientation

Food and Beverage Resident Orientations take place on the **second Tuesday of every month at 11am** in the restaurant. New and veteran residents are welcome. Learn what is new in Food and Beverage or get a refresher. No need to RSVP; show up!

Kitchen Tours

Wednesday, July 12 and 26 at 2pm

Sign up for our bi-weekly kitchen tours. Tour the inside of the main kitchen to learn about our equipment, production lines, cleaning schedules, and much more. Limited spots are available; sign up soon.

Chef's Dinner

Get a copy of your receipt after dining in the restaurant to win a Chef-created dinner for you and three guests. Drop your dine-in receipt in the box at the host stand. At the end of the month, we will draw a winner and announce their name in KeyNotes and on the Resident Portal's Dining page.