

June 2022

# Herb's Flight

Taking Community Music to the Streets



**Living Room Concert**  
**Ranger & The "Re-Arrangers" join us**  
**for a friendly concert experience**

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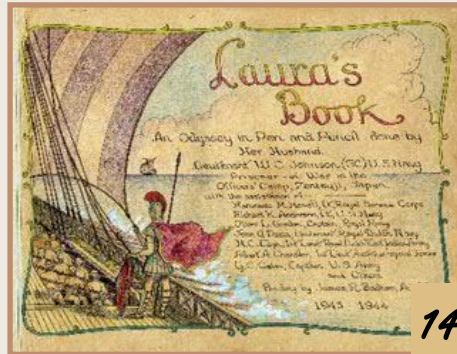
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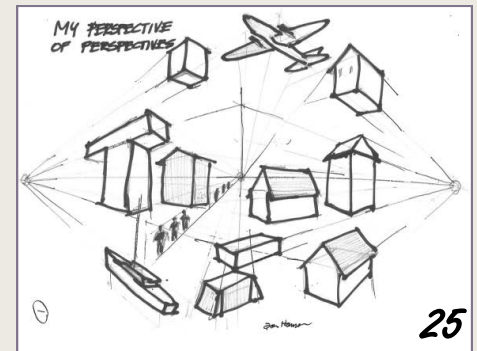
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CONCIERGE / SECURITY 253.313.0700

Billing: 253.313.0703

Consonus (Therapy): 253.313.0749

Housekeeping: 253.313.0795

Facilities: 253.313.0798

Fitness: 253.313.0781

PENROSE HARBOR 253.313.0800

Resident Services: 253.313.0793

Restaurant: 253.313.0797

Spiritual Care: 253.313.0733

Transportation: 253.313.0792



Amy Webb  
Executive Director

Karen Rose  
Health Services Administrator

Angela McCloskey  
Director of Nursing

Heather Sydnor  
AL Manager

Sandi Semler  
Social Services Coordinator

Mary Munoz  
Penrose Resident Care Manager

Emily Gibbons  
Admissions Coordinator

Marie Sawyer  
Consonus Rehab Therapy Director

Sarah Whitmarsh  
Director, Resident Services

Theresa Broxton  
Manager, Life Enrichment

Dave Charbonneau  
Director, Facilities

George Smith  
Facilities Operations Supervisor

Stacy Edwards  
Director, Sales & Marketing

Matthew LeCours  
Director, Food & Beverage

Kristina Christenson  
General Manager of Dining

## GIG HARBOR GRUB: RESTAURANT FOOD DELIVERY

Our own Gig Harbor Grub is once again delivering local restaurant food to the Clubhouse Lobby for your enjoyment. Stop by the Concierge Desk to complete an order form by the date listed in the following chart. Your meal will be delivered to the Lobby for pickup between 12-1pm and your total charge will be billed to your monthly statement with tax and a 20% gratuity. If you have suggestions for restaurants, please send them to Gig Harbor Grub Coordinators Cindy Thayer or Nelva Shandera.

Restaurant & Delivery Date	Deadlines
<u>Texas BBQ2U</u> Tuesday, June 14 between 12-1pm	Order Deadline: 12pm on Friday, June 10 Forms available on June 6
<u>Krispy Kreme</u> Monday, June 27 at 10am (no gratuity added)	Order Deadline: 12pm on Sunday, June 26 Forms available on June 20

## FREE PAPER-SHREDDING EVENT IN TACOMA

The Heron's Key shredding bin located in the mailroom is most ideal for small amounts of shredding. If you have large amounts, we recommend taking them to local, free shredding events. Pierce County is hosting a free paper-shredding event on Saturday, June 4, from 10am to 1pm at Ford Middle School (1602 104th St E, Tacoma, WA 98445). You may bring up to three shopping bags filled with paper documents containing sensitive information. You do not need to remove staples, paper clips, or rubber bands. For more information and to see the dates of future paper-shredding events, visit <https://www.piercecountywa.gov/1536/Shred-Events>. If you want to consider carpooling to this event, please add your name to the carpooling binder at the Concierge Desk to see if anyone else will join you.

## REMINDER: PENDANT VS. MORNING CHECK-IN BUTTON

The morning check in button must be pushed between the hours of 5am-10am, otherwise a staff member will call to check on you. It serves to verify that all is ok in your household each morning. For emergencies, please use the pendant that can be worn on your wrist or around your neck. Pendants can be worn in the shower. Pushing the pendant notifies staff that you need immediate help and we will respond.

## SIGN UP FOR TEXT MESSAGE ALERTS

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

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



# RESIDENT COUNCIL CONNECTION

## A MESSAGE FROM YOUR RESIDENT COUNCIL SECRETARY

*“Unity, not uniformity, must be our aim.*

*Differences must be integrated,  
not annihilated, not absorbed.”*

– Mary Parker Follett

Over and over and over again, current and prospective residents of Heron’s Key say that one of the biggest attractions to living here is the strong sense of community we enjoy. The reasons for the importance of community are well understood: community is crucial to our individual well-being because it instills in us a sense of purpose, history, and connection. Community creates opportunities for social relationships as well as new and strengthened friendships. Indeed, participating in our Heron’s Key community not only enriches our own lives but also the lives of others.

Being a member of a community also allows us to observe different individuals and behaviors, which in turn, can enhance our understanding of the different lifestyles and values of others. If we can convert our understanding of diverse points of view into an appreciation and even acceptance of those points of view, we are on our way toward fostering an inclusive community where all are acknowledged and seen. Achieving these high-minded goals is, of course, easier said than done, and our efforts to accept differing points of view also require that we understand and forgive others’ failures to completely and perfectly achieve such acceptance. In the end, a diverse and inclusive—“integrated” in the words of Mary Parker Follett—community elevates us all.


## GET TO KNOW YOUR RESIDENT COUNCIL

### Don Conner, Communications Standing Committee Chair

Don moved to Heron’s Key from Port Angeles. He is well versed in moving as he grew up in a military family. Don has lived in many places and has the fondest memories of graduating from high school in Berlin, Germany.

After serving in the Air Force for five years as a Fuels Management Officer, Don put his Chemical Engineering degree to use as a project manager in various fields, including power plants, nuclear weapons, and industrial chemicals. He also did clinical research for the Veteran’s Administration.

Don’s hobbies are technology, literature, historical reading, and travel. He lives life to the fullest and does not take things too seriously. “Why worry about the things that you cannot change?”



**Resident  
Council  
Meeting**

**Thursday, June 9 at 10am  
(M & HKTV 370)**

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







## BENEVOLENT BREW at Syren's Grille

Open  
Wednesdays,  
Fridays & Saturdays  
8–10am  
Sit & Sip | Delivery

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

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

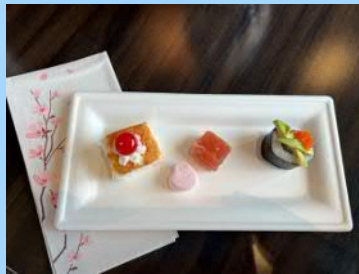
Penrose Coffee  
News & Trivia  
Skilled Nursing  
11am

## PENROSE HARBOR CELEBRATES SPRING & WELCOMES SUMMER



Penrose Harbor residents enjoyed themselves at the recent Cherry Blossom Tea in Spinnakers. It was a real treat. Life Enrichment team members Brenda and Molly really went out on decorations and served sushi.

June will be exciting as we plan to get out and enjoy the weather with lunches on the Clubhouse Patio, walks at Ruston Point, and a Father's Day lunch and celebration at Syren's Grille. We are anxiously looking forward to nice sunny days and enjoying ice cream in the courtyards.



# WELLNESS: COMMUNITY EXPLORATION

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*Register on the Resident Portal for an off-campus trip.  
For assistance with registering, visit or call the Concierge Desk.*

## EXPLORE THE LOCAL AREA & BEYOND

### Chateau Ste. Michelle Wine Tasting Experience

Friday, June 3 from 9:30am to 3pm | *Sponsored by Resident Services*

Explore the wines of Washington's founding winery. Enjoy a tasting flight of four distinctive wines from its Reserve and Limited Release collections of red and white wines. The cost to attend is \$43 plus toll and staff costs; come prepared to also purchase lunch at the winery. **Register by Friday, May 27 at 3pm.**

### Rhododendron Botanical Garden Tour

Tuesday, June 7 from 9:15am-12:30pm | *Sponsored by Resident Services*

Experience an enchanting botanical collection in a Pacific Northwest forest filled with colorful, rare, and interesting plants from all over the world. The Rhododendron Species Botanical Garden is a 22-acre woodland garden that is home to the largest collection of Rhododendron species in the world. We will have a guided tour where you will experience a diverse botanical collection in a forest of Douglas fir, western red cedar, hemlock and other native plants. The garden is also home to beautiful companion plants, including the famous Himalayan blue poppies, camellias, magnolias, Japanese maples, and many rare plants. The cost to attend will be \$17.50 plus toll and staff costs. **Register by Thursday, June 2 at 3pm.**

### Waterfront Farmers Market

Thursday, June 16 from 12:45-3pm | *Sponsored by Resident Services*

This year, Heron's Key is providing monthly trips to the Waterfront Farmers Market in downtown Gig Harbor during the summer months. The Waterfront Farmers Market provides our community with fresh, locally grown farm products and specialty foods. At the same time, it provides local growers with a community-supported venue for their crops and products. Give back to your community. Buy fresh and local. **Register by Monday, June 13 at 3pm.**

### Gig Harbor Garden Tour

Sunday, June 26 from 10am-2pm | *Sponsored by Resident Services*

The Annual Gig Harbor Garden Tour is back! Gardens have stories to tell. Each unique garden reflects the heart of the gardener in a Gig-Harbor-take on a Pacific Northwest garden. The variety, artistry, design, and color will inspire all. The cost to attend this event is \$30. **Register by Monday, June 13 at 3pm.**

### Tacoma Rainiers v. Salt Lake Bees

Tuesday, June 28 from 5:15-11pm | *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. Cost to attend: \$16.70 plus toll and staff charges. **Register by Monday, June 20 at 3pm.**

# WELLNESS: COMMUNITY EXPLORATION

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## OPPORTUNITIES TO DINE & SHOP

### Shopping at Kohl's

Wednesday, June 1 at 11am | *Sponsored by Resident Services*

**Register by Tuesday, May 31 at 3pm.**

### Trip to Gig Harbor Library on Pt. Fosdick

Tuesday, June 14 at 11am | *Sponsored by Resident Services*

**Register by Monday, June 13 at 3pm.**

### Shopping at Walgreens

Wednesday, June 15 at 11am | *Sponsored by Resident Services*

**Register by Monday, June 13 at 3pm.**

### Coffee at Kimball Coffeehouse

Monday, June 20 at 9am | *Sponsored by Resident Services*

**Register by Friday, June 17 at 3pm.**

### Women's Lunch at Tides Tavern

Tuesday, June 21 at 11am | *Sponsored by Resident Services*

**Register by Monday, June 20 at 3pm.**

### Men's Lunch at Tides Tavern

Wednesday, June 29 at 11am | *Sponsored by Resident Services*

**Register by Monday, June 27 at 3pm.**

## OFF-CAMPUS CARPOOLING OPPORTUNITIES

From June through August, you'll find a white "Carpool Sign-Up Binder" at the Concierge Desk. In the binder are sign-up sheets for local events you can carpool to with a neighbor, and sign-ups will include those who need a ride and those willing to drive.

Each month, Resident Services will add a few sheets with new opportunities for your consideration. There are also blank pages where you can add your own events. After signing up for an event to carpool to, you are responsible for making the final transportation arrangements together.



### EMPLOYEE OF THE MONTH

#### Suzi Entwistle, Wellness & Spirituality Coordinator

Over the last month, several residents have shared their appreciation for Suzi's presence on our campus. Recently, Suzi checked on a resident just before heading out for the day and came across someone who was desperately in need of assistance. Recognizing that other departments were already closed, Suzi stayed

late and went above and beyond her usual duties to meet the needs of this resident. We are grateful for Suzi's genuine care for both residents and staff and are so happy to have her on our team.



# WELLNESS: COMMUNITY EXPLORATION

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## Girlfriends Lunch at Shari's in Port Orchard

Tuesday, June 28 at 11am | *Sponsored by Life Enrichment*

Designed for friends who live in both Penrose Harbor and Independent Living, this is an opportunity to enjoy lunch together at a local restaurant as a group. Space is limited for this event. **Please RSVP to Theresa in Life Enrichment at 253.313.0756 to reserve a spot with your friend. If space is full, we will have another opportunity in July.**

## PENROSE HARBOR OFF-CAMPUS EVENTS

In June's printed Clubhouse calendar, you'll notice in **blue font** some of the special off-campus events thoughtfully designed for those residing in Penrose Harbor. If you reside in Independent Living and would like to join us for any of those events, please call Theresa Broxton, Life Enrichment Manager, at 253.313.0766 to RSVP.

Here's a sampling of what we're looking forward to this month:

- **Men's Breakfast:** June 1 at 9am at Hacker's Bar & Grill  
June 21 at 9am at Hacker's Bar & Grill
- **Women's Afternoon Coffee & Dessert:** June 1 at 2pm at Shari's in Port Orchard
- **Walk at Point Ruston in Tacoma:** June 8 at 2:30pm
- Scenic bus tours of the local area, see printed calendar
- 1:1 personal shopping at local stores, see the Life Enrichment team for schedule



# WELLNESS: COMMUNITY EXPLORATION

## SUMMER IN THE HARBOR

### Celebrate Summer at the Maritime Gig Festival

The Maritime Gig Festival is back and better than ever! Join fellow community members on June 4<sup>th</sup> or 5<sup>th</sup> to celebrate the beautiful city with fun and festivities.

The festival includes several food, craft, and business vendors; the Maritime Parade; a car show; and more. Learn about one of the most anticipated events of the year by visiting the Gig Harbor Chamber of Commerce website at <https://www.gigharborchamber.net/maritime-gig-festival>.

### Enjoy Free Concerts By Pacific Northwest Musicians

Summer Sounds at Skansie Concert Series kicks off on June 28 with the band Soul Searching. Soul Searching recreates the legendary sounds of #1 hit artists Aretha Franklin and Elvis Presley for audiences all over the Pacific Northwest.

The free concert starts at 6:30pm, but Gig Harbor locals know that the park fills up fast. Chairs and blankets cannot be set up before 3pm on event day; it is highly recommended that you head down early to save a spot with your folding chair and then return later. If you want to consider carpooling to this event, please add your name to the carpooling binder at the Concierge Desk to see if anyone else will join you.

Location: Carpool to Downtown



# SHOPPING TRIPS

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## GROCERY SHOPPING

*Register by 12pm on the day prior to the scheduled trip.*

- **Mondays at 3pm** – This weekly shopping trip varies between 60-75 minutes. When you are done shopping, find Sheree in the front coffee shop area of the store. She will happily visit with you while you wait for others to finish shopping. By 4:15pm, 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.

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.

### Shopping Trips in June

**Mondays at 3pm & 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.

2 – Albertsons

6 – Safeway

9 – Albertsons

13 – Met Market & Garden Room

16 – Albertsons

20 – Fred Meyer

23 – Albertsons

27 – Trader Joe's

30 – Albertsons



**TIP**



## KeyBank

For your convenience, you'll find a Key Bank ATM next to the Windward Room in the Clubhouse Lobby.





## ON-CAMPUS EVENT

### Pacific Northwest Ballet Livestream: *All Tharp*

Saturday, June 18 from 12:30-2:30pm (M & HKTV 370)

PNB's final performance of the season is all about the legendary dancer, director, and choreographer Twyla Tharp. From the echo of her Quaker roots in *Sweet Fields* to the haunting Scottish clan in *Brief Fling* and the all-out joy of New Orleans that runs through *Waiting at the Station*, Tharp draws inspiration from around the globe while her style remains quintessentially her own.

## OFF-CAMPUS EVENTS

Register on the Resident Portal for an off-campus trip. For assistance with registering, visit or call the Concierge Desk.

### Met Opera at Galaxy Theater: *Hamlet*

Wednesday, June 8 from 12:30–5pm

When Australian composer Brett Dean's *Hamlet* had its world premiere at the Glyndebourne Festival in 2017, *The Guardian* declared, "New opera doesn't often get to sound this good ... Shakespeare offers a gauntlet to composers that shouldn't always be picked up, but Dean's *Hamlet* rises to the challenge." This riveting contemporary masterpiece appears live in cinemas with Neil Armfield, who directed the work's premiere, bringing his acclaimed staging to the Met. Many of the original cast members have followed, including tenor Allan Clayton in the title role. Nicholas Carter makes his Met debut conducting a remarkable ensemble, which also features soprano Brenda Rae as Ophelia, mezzo-soprano Sarah Connolly as Gertrude, baritone Rod Gilfry as Claudius, and legendary bass John Tomlinson as the ghost of Hamlet's father. Participants will purchase their own tickets at the theater. **Register by Monday, June 6 at 3pm.**

### Tacoma Little Theatre's *The Luck of the Irish*

Friday, June 10 from 6:30-10:30pm

What would you do if someone claimed your home was theirs? When an upwardly mobile African American couple wants to buy a home in an all-white neighborhood in 1950s Boston, they pay a struggling Irish family to "ghost-buy" a house on their behalf. Fifty years later, the Irish family wants "their" house back. Moving across two eras, *The Luck of the Irish* explores racial and social issues and the universal longing for home. **Register by Friday, May 27 at 3pm.**

### Lakewood Playhouse's *Ragtime*

Friday, June 17 from 7-11pm

At the dawn of a new century, everything is changing ... and anything is possible. Set in the volatile melting pot of turn-of-the-century New York, three distinctly American tales are woven together—that of a stifled upper-class wife, a determined Jewish immigrant, and a daring young Harlem musician—united by their courage, compassion, and belief in the promise of the future. Together, they confront history's timeless contradictions of wealth and poverty, freedom and prejudice, hope and despair, and what it means to live in America. **Register by Friday, June 3 at 3pm.**

# PERFORMING ARTS



## 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)

## OFF-CAMPUS CARPOOLING EVENT

*You'll find this and other carpooling opportunities in the white "Carpool Sign-Up Binder" at the Concierge Desk. In the binder are sign-up sheets for local events you can carpool to with a neighbor, and sign-ups will include those who need a ride and those willing to drive. After signing up, you are responsible for making the final transportation arrangements together. To learn more about carpooling opportunities, please see page 7.*

### **Book-It Repertory Theatre's**

#### **The Bonesetter's Daughter**

Wednesday, June 15 from 7:30-9:30pm

Ruth wants to be a better daughter to a mother whose mind is quickly sliding into the haze of dementia. If only her mother—who spent Ruth's childhood talking to ghosts, lamenting a family curse, and refusing to acclimate to life in America—was just a little easier to love. When Ruth rediscovers a stack of papers in the bottom of a drawer, carefully penned in calligraphy, she realizes that it may not be too late to meet a woman she thought had been lost to her long ago. *The Bonesetter's Daughter* is a deeply moving chronicle of war and revenge, joy and connection, and the profound love that can exist between mothers and daughters. **Residents must purchase their own tickets at <https://tinyurl.com/2p99tzj6>.**

**Content Warning:** Addiction, dated language, homophobia, dementia, domestic violence, self-harm, suicidal ideation, suicide, child abuse, incest, child marriage, pedophilia, gore, castration, murder, and war.



## WEEKLY UPDATES FROM EXECUTIVE DIRECTOR AMY WEBB

New updates: Wednesdays by 5pm

Call

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at any time for the  
message of the week.

## FEATURED SPEAKERS

### “Combatants for Peace: Our Stories”

with Beth Schuman, Dov Kischinovsky, and Layla Alshekh

Thursday, June 2 at 9:30am via Zoom and HKTV 370

(Zoom ID Removed For Privacy)

Combatants for Peace (Hebrew: לוחמים לשלום) is an organization of Israelis and Palestinians who are veterans of armed conflict and have concluded that there can be no solution through violence. The Israeli members served as combat soldiers in the Israel Defense Forces, while the Palestinian members “were involved in acts of violence in the name of Palestinian liberation.” The organization, founded in 2005, supports a two-state solution to the conflict. This presentation will have an Israeli and a Palestinian member of the group—Dr. Dov Kischinovsky and Ms. Layla Alshekh, respectively—joining us live from the region. The moderator is Beth Schuman. More information is available at [www.afcfp.org](http://www.afcfp.org).



**Beth Schuman**, the moderator, is the Executive Director of the American Friends of Combatants for Peace. **Dov Kischinovsky** was born in Denmark in 1950. After high school, he immigrated to Israel by himself, was recruited into the army, and served as a medic in the Yom Kippur war of 1973. He is an oral-maxillofacial surgeon by profession, has been married for over 40 years, and has four grandchildren. Today, he is an active member of Combatants for Peace's Israeli/Palestinian theater group. **Layla Alshekh** is from Bethlehem. She studied accounting and business administration and is the mother of five children. She lost her baby son in 2002 when Israeli soldiers prevented her from taking him to the hospital. Later, she joined the Parents Circle Families Forum and Combatants for Peace.



Beth Schuman



Dov Kischinovsky



Layla Alshekh

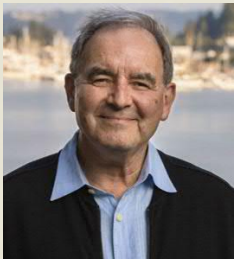


# LIFELONG LEARNING

## FEATURED SPEAKERS

### Jerry Pugnetti, Author of *A Coat Dyed Black*

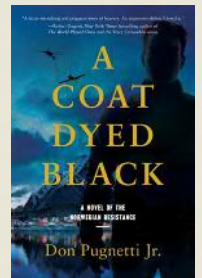
Tuesday, June 14 at 1pm (M & HKTV 370)



Don "Jerry" Pugnetti Jr. has had a decades-long career in journalism, public relations, and public affairs. His first eighteen years were as a reporter and editor at the *News Tribune* in Tacoma, back when newspaper journalism was in its heyday. He subsequently served as chief policy advisor, speechwriter, and strategist for the elected Washington State Auditor, and had stints managing public and private agency communication operations. He has taught newswriting and other communications courses as a visiting professor at the University of North Florida and as an adjunct instructor at Pacific Lutheran University. Now retired, he lives

in Gig Harbor with his wife, Wendy, where Don continues his passion for writing. More of his story is available at [www.donpugnettijr.com](http://www.donpugnettijr.com). If you bring along a copy of his novel to this event, purchased from your favorite bookseller, Jerry will be happy to sign it. At least one local book store carries the book.

In *A Coat Dyed Black*, a young farmer turns into a courageous resistance fighter after Nazi Germany invades Norway and steals his way of life. Bjørn Erliksen lives a peaceful life on Norway's west coast and has never considered himself anything but a farmer. But when Nazi Germany invades, and his country's ill-equipped military collapses in less than two months, it falls on him and other ordinary Norwegians to fight back. He escapes to England, trains with an elite Norwegian special forces army unit, and is smuggled back into his homeland as a commando. When Bjørn's resistance work eventually reunites him with a lost love, they join forces to carry out dangerous sabotage missions, all the while working in the shadows to evade the Gestapo. Can Bjørn survive long enough to see Norway's liberation and find his own peace? *A Coat Dyed Black* illuminates the struggles and sacrifices of ordinary people compelled to do the extraordinary.



### Joseph Govednik on "Captain Johnson: Laura's Book"

Tuesday, June 21 at 1pm (M & HKTV 370)

W.C. Johnson (Gus) grew up in Dash Point near Tacoma during the early 20<sup>th</sup> century and was a gifted artist. As a teen, he and a friend crafted scores of Mosquito Fleet vessel models, which were at the Museum of Puget Sound on Stretch Island and are now at the Foss Waterway Seaport Maritime Museum. Later in life, Capt. Johnson served in WWII and was captured by the Japanese, ultimately serving time in a Japanese POW camp. He and his wife Laura had traveled extensively in Asia before the War. The Japanese recognized his abilities and furnished him with colored pencils and paper to draw pictures of their travels— "Laura's Book"—and pictures of the prison camp. Former Foss Waterway Seaport Museum Curator, Joseph Govednik, will share many images capturing Captain Johnson's experiences during and prior to the war.







Joseph Govednik is the director of the Cowlitz County Historical Museum in Kelso, WA. He has served as president of the Washington Museum Association and Heritage League of Pierce County, program chair for the Tacoma Waterfront Association, and vice president of the City of Lacey Historical Commission. He founded the Heritage Association of the Lower Columbia and is the president of the Kelso Library Advisory Board. He lives in Longview, WA.

## ONE DAY UNIVERSITY LIVESTREAM EVENT

### **“Ancient Egypt: Drama, Spectacle, and Remarkable Characters” with Kara Cooney, UCLA**

**Wednesday, June 29 at 1pm (M & HKTV 370)**



Why is ancient Egypt so compelling to us today? Why do we care so much about the gold, the pyramids, the hieroglyphic script, the mummies, and the extraordinary leaders like Nefertiti, Ramses, and Hatshepsut, people who flourished so many thousands of years ago? This remarkable new class will examine how Egypt is utterly unique on this planet, a protected realm full of riches beyond reckoning and agricultural resources that allowed an unassailable divine kingship to develop. We will examine the spectacle of monumental statuary, of pyramids, of coffins made of hundreds of pounds of solid gold, and of granite-and-sandstone-pillared halls—the supports of a totalitarian regime with a veritable God-King at the helm. We will ask why the ancient Egyptians preserved so many bodies, carefully embalming the wealthy and elite into mummies, while preserving so little of the private information from their minds. Ancient Egypt remains for us a place of mystery, fascination, and contradictions. But if we pierce the carefully woven veil before our eyes, we can also see the humanity of these extraordinary people.

## RESIDENT-LED EVENTS



### **Who Am I?: Marty Beert**

### **“A Life Filled with Enjoying the Unexpected”**

**Wednesday, June 1 at 2pm (M & HKTV 370)**

“Waiting at the dock to join friends on their boat, I dropped my line into the water. Instantly this fish bit. In amazement, I hooked the catch. Dave snapped this photo before we released the fish to grow. I’m not a fisherman, but on that day, I was a ‘speed fisher.’” Come and hear much more from Marty Beert, who recently published her autobiography.

### **Andy Mauro’s Heron’s Key Nature Walk (Intermediate)**

**Friday, June 10 from 9-10:30am (Meet on Patio Outside CA)**

Join Andy and friends for a walk along the beautiful trail that circles the woodlands adjacent to Heron’s Key. We’ll be exploring this mature woodland as it bursts forth in all its spring glory. Birds will be singing, building nests, and feeding young. Wildflowers will be blooming along the trail edge. Our goal will be to see how many different species of native plants and animals we can identify. This trail is generally rated as “easy,” although there can be a few uneven spots and some gentle ups and downs along its 1.5-mile course. This is a nature walk, so we’ll be taking it slow and easy. As usual, we’ll gather on the patio outside the Creative Arts Studio at 9am.





# LIFELONG LEARNING

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## Wordplay 2.0

Wednesday, June 22 at 2pm via Zoom  
(Zoom ID Removed For Privacy)

Join your fellow residents who love word puzzles and word games. Bev Cheney and Susan Hoffman host Wacky Wordies and reverse Wacky Wordies. Ron Magid leads participants in matching wits with Will Shortz. Lee Magid does creative new definitions of common words and the *New Yorker* cartoon caption contest. There will be more examples of WORDLE, with expert advice from our participants. Watch for a game sheet in the mailroom's wall-mounted information racks on Friday, June 17.

## Reading Aloud with Gee Heckscher and Your Neighbors

Thursday, June 30 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.



## LIFELONG LEARNING WANTS YOUR IDEAS!

Happy summer to all! Lifelong Learning's resident-led programs will be taking a break in July and August, and featured speakers will be absent in August as well. August is our fundraising month, and we are already developing a new series for the fall. One of them will focus on the history of the Pacific Northwest, with the first three (of several) lectures covering the Puyallup people, then early European and Asian voyages of discovery, followed by the Lewis and Clark expedition. Our new collaboration with the University of Puget Sound has provided us with the advice of Prof. Douglas Sackman in developing this series. He teaches the history of the Pacific Northwest.

David Smith will return in September with his eight-lecture course on the New Testament. Also in September, a new resident-led series begins and will take place once a month on a Monday afternoon. Called "Let's Talk Among Ourselves," it will encourage you to bring your thoughts on a variety of topics, some substantive, some silly. We may recommend one or two topics each time to get things started. For example, your favorite mishaps or triumphs in the kitchen.

We want to hear your ideas for both new resident-led programs and featured speakers. And, what would you like to see from us on HKTV? The Lifelong Learning programmers meet the first Monday of each month, and there are a lot of us, so it is easy to find someone who lives near you with whom you can talk. Emails or in-cubby notes are also welcome.

Our merry band of programmers: Linda Helmer, Lee Magid, Joan Moffat, Barb Walton, Barb Pine, Oscar Roberto, Mary Kazlusk, Bob DeLaney, Kae Paterson, Pam Rowland, Don Hansen, Dot Lintz, Lee Shipp, Irene Hanley, Pat Backlund, John Neiswender, Barbara Cummings, Al Standish



## FRIDAY MOVIES 7pm in the Maritime

**June 3: *Tenet*** (2020, PG-13 for intense sequences of violence and action, some suggestive references, and brief strong language)

Armed with only one word, “Tenet,” and fighting for the survival of the entire world, the Protagonist journeys through a twilight world of international espionage on a mission that will unfold in something beyond real time.

**June 10: *Wild Hogs*** (2007, PG-13 for crude and sexual content, and some violence)

Restless and ready for adventure, four suburban bikers leave the safety of their subdivision and head out on the open road. But, complications ensue when they cross paths with an intimidating band of New Mexico bikers known as the Del Fuegos.

**June 17: *The English Patient*** (1996, R for sexuality, some violence, and language)

Set against the backdrop of World War II, this Oscar-winning drama stars Ralph Fiennes as a badly burned pilot who recounts a tale of doomed romance to the nurse tending him. As his story spills out via flashbacks, so do secrets about his identity.

**June 24: *Marshall***

(2017, PG-13 for mature thematic content, sexuality, violence, and some strong language)

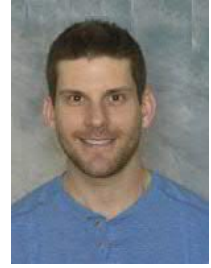
Recounting an early case of attorney Thurgood Marshall—who would later become the first African American Supreme Court justice—this riveting drama depicts his defense of a black chauffeur accused of sexual assault.



## DON'T FORGET YOUR SUNGLASSES

**Chuck Abbey, Fitness Specialist, BS, NASM-CPT & CNC**

Sometimes I feel like I am the most forgetful person. Just last weekend, I packed up my hiking bag and was about to set out on an all-day trek through the beautiful Olympic Mountains when I realized I forgot to pack my sunglasses. Where are my sunglasses?! For eight months out of the year, I never need my sunglasses. It seems every year, around this time, I have to order a new pair. I definitely took for granted the sunny days I had living back in Alabama. No longer, as an adopted Washingtonian, will I take those beautiful sunny days for granted.



Sunny D! Do you recall this drink your grandkids had? This was every eight-year-old's favorite drink growing up. At least for me in the '90s it was. If you aren't familiar with this drink, it was a marketing campaign geared toward kids. All the commercials had kids coming inside after a full day of playing in the sun. Nothing quenched their thirst like Sunny D, they said. Funny thing is, despite the name "Sunny D," it didn't contain a significant amount of Vitamin D, but the marketing sure worked. I always knew that the sun was a good source of vitamin D. Here in the Pacific Northwest, getting vitamin D from the sun is a bit of a challenge, especially if we have the type of spring we had this year. As spring turns to summer this month, don't neglect soaking up some vitamin D. It has many health benefits: regulating the absorption of calcium and phosphorus; facilitating normal immune system function; and reducing inflammation, pain, and myopathy in our muscles. Vitamin D can also help support mental health. This summer, we could all use some sessions of soaking up that vitamin D; not from the drink, but from the sun.

To learn more about the benefits of vitamin D, talk to your physician. They can advise you on how much time to soak up the sun and determine if a vitamin D supplement is right for you with a simple blood test.

## JUNE HIKES

*Register on the Resident Portal for a hike. For assistance with registering, visit or call the Concierge Desk.*

### **Ruston Way Trail Hike (Dune Peninsula to Katie Downs Restaurant for Lunch)**

**Monday, June 13 from 9:50am to 2pm**

This is a paved trail that runs along the northern shoreline of Tacoma and has an elevation gain of 39 feet. Walk along the waterfront and enjoy views of Puget Sound or even Mt. Rainier on a clear day. This is a point-to-point walk starting at Dune Peninsula in Point Defiance Park and finishing at Katie Downs Waterfront Tavern. We will eat lunch at Katie Downs Waterfront Tavern before returning to Heron's Key.

**Register by Friday, June 10 at 3pm.**

- **Driving Duration to Trail:** 30 minutes
- **Trail distance:** 2 miles (one way)
- **Bathrooms:** Yes
- **Footwear:** Tennis Shoes
- **Extra:** Sunscreen, water, money for lunch



## Cedar River Trail Hike

**Wednesday, June 22 from 9am to 1pm**

This is a gravel trail that runs along the northern shoreline of Cedar River in Maple Valley Washington. This hike is almost entirely on hard pack gravel with adequate shade on a sunny day. This is an out-and-back walk starting at the Cedar River East Trailhead. **Register by Monday, June 20 at 3pm.**

- **Driving Duration to Trail:** 1 hour (excluding restroom stops)
- **Trail distance:** Varies; walking for 1.5 hours
- **Bathrooms:** Stopping at Safeway before and after
- **Footwear:** Tennis shoes or hiking shoes
- **Extra:** Sunscreen, snack, water

## Day at the Park: Wright Park

**Friday, June 24 from 1-4pm**

Spend an afternoon at Tacoma's expansive Wright Park. Visit the newly renovated Seymour Botanical Conservatory and see its permanent collection of ferns, palms, figs, bromeliads, orchids, and many other rare, unusual and endangered plants, as well as changing floral exhibits. Or, take a leisurely stroll along one of the park's many walking trails and enjoy the arboretum. **Register by Friday, June 17 at 3pm.**

## NEW FITNESS CLASSES WITH HEIDI IN JUNE

### Zumba: Mondays at 9am (M)

In this lower-intensity version of Zumba, participants have an enjoyable way to start the day with easy-to-learn movements focused on balance, range of motion, and coordination. A typical Zumba class features fun Latin American dance styles like merengue, salsa, reggaeton, bachata, samba, hip-hop, and belly dance.



### Chair Yoga: Thursdays at 8am (M)

Chair yoga allows older adults and those with mobility challenges to stay active and improve muscle strength and flexibility without the risk of strain or injury. The gentle slow progressions of chair yoga sequences are ideal for those with a limited range of motion.

### Coming This Fall: Barre

Barre is ideal for those just starting an exercise routine. It is a hybrid workout class that combines ballet-inspired moves with elements of Pilates, dance, yoga, and light strength training. Barre focuses on several repetitions of small-range movements.

## Join Your Neighbors for a Game of Bocce Ball

**Tuesdays & Thursdays at 11am**

We'll meet in the Clubhouse Lobby and walk or carpool to the local bocce ball court.



# NURTURING THE SOUL

## END OF LIFE QUESTIONS



Discussing end-of-life questions can be uncomfortable, daunting, and even anxiety-producing. It doesn't have to be. We all know that part of being human is both living and dying. As challenging as it can be to acknowledge and face this reality, the benefits

of being proactive and intentional in our approach can actually increase our sense of peace, empowerment, and connection to what we value.

We offered a hospice and palliative care presentation last month, and are offering these two complementary presentations in June. These are just starting points in the conversation and are meant to provide you with more information to help you begin discussing what is important to you.

We have also purchased a few more books for the library by Syren's Grille, including *Being Mortal*, *The Art of Dying Well*, *The Beginners Guide to the End*, *The Five Invitations*, *The Conversation*, and *With the End in Mind*. Check them out if you'd like to explore this topic; you'll find the books in the "Aging" section. I am also available to navigate this journey with you if you have questions or thoughts you'd like to explore.



**Suzi Entwistle**

*Wellness &  
Spirituality  
Coordinator*

Monday – Thursday  
8:30am-5:00pm

253.313.0733  
SuzetteE@heronskey.org

*“Death shouldn’t just be confronted in our final moments—  
it’s an experience that gains more meaning when intertwined with life...  
A beautiful death is one that’s imbued with **acceptance and surrender**,  
which are ultimately concepts that can free us from suffering.”  
—Dr. Sunita Puri*

## SPOTLIGHT GROUP OF THE MONTH: MINDFUL MEDITATION

Would you like to learn to meditate? Most of us have heard that regular meditation can help reduce anxiety, worry, and fear and increase our sense of calm and happiness. This is a simple practice everyone can learn. But like any skill, developing it takes practice. Every Monday, from 1-2pm, the Mindful Meditation group practices together and offers support in making meditation a healthy habit. We warmly invite everyone to join us, just once, occasionally, or regularly. We hope to see you on Mondays at 1pm in the Maritime Room.

## EVENTS

### Estate Planning, Probate, and Trust Administration Essentials

Wednesday, June 8 at 1–3pm (M)

Attorney Bryana Cross Bean will give an easy-to-understand overview of estate planning, probate, and trust administration. She will review the most important estate planning documents everyone needs, including wills, durable powers of attorney, and trusts. Ms. Bean will then discuss probate, when it may be necessary, and trust administration. This is an interactive presentation, so bring your questions.



### End of Life Washington Presentation

Thursday, June 23 at 10–11am (M)

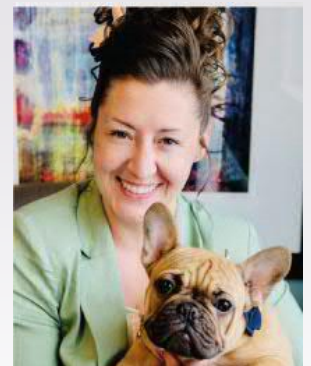
Join us for a 60-minute presentation and a question-and-answer period that will show you how to plan ahead for end-of-life. We will review how to prepare and complete an advance directive, how to choose a health care agent if you can't speak for yourself, and what choices are legal and accessible to die on your terms in Washington State. After attending this session, we hope you'll feel more comfortable talking to the people you trust with your care about your end-of-life wishes and having conversations that will help them know how to honor your values.



### **On-Site Counseling Available at Heron's Key**

As we look ahead, we recognize that resiliency and strength spring out of a solid foundation of support given to us from friends, neighbors, family, and trusted providers. Jenifer Nazarowski and Janet Pomeroy, licensed mental health counselors specializing in geriatric care, provide an open and trusting forum to listen, guide, and affirm as you navigate life's hardships and joys.

Jenifer and Janet are accepting appointments, which they can conduct in your home or in a comfortable, private office in the ground floor's Health Services Clinic.



**Call 253.756.5007 to schedule an appointment.**



# 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.**



**COVID Smart Reminder:** In Washington State, masks are required in health care settings, like doctors' offices. When visiting a medical provider, please continue to wear your mask within the Health Services Clinic or the location where you are seeing the provider.

### Sound Clinical Medicine

Dr. Wingren:

Tuesdays: 2-5pm

PA-C Julia Cathcart-Chang:

Tuesday, June 14: 8am-1pm

253.857.6166

### Sound Dental Care

Mobile Dental Hygienist

206.745.3808

### Harbor Audiology & Hearing Services

253.851.3932

Penrose Harbor on June 15 (9-11am)

by appointment

Alan Anderson, D.P.D., Denturist

253.588.2721

### Three Services from VillagePlan

253.756.5007

#### *Home Care*

Extra help to manage daily activities within your IL residence.

#### *Licensed Counseling with*

*Jenifer Nazarowski & Janet Pomeroy*

On-campus support for maintaining mental wellness and independence.

Call to schedule an in-person appointment in the Health Services Clinic.

#### *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





## Living Room Concert with Ranger & The "Re-Arrangers"

Thursday, June 23

3:30pm: No-Host Happy Hour (CL) | 4pm: Concert (M)

Ranger and the "Re-Arrangers" evoke the spirit of a Paris cafe and the raucous energy of a Romani campsite with their version of Hot Club Swing, which is characterized by upbeat, high-energy swing on acoustic instruments, especially guitar, violin, bass, clarinet, and accordion. At the heart of their sound is Ranger Sciacca's sweet violin playing—his sense of melody and daring improvisations. The band's repertoire includes swing standards, traditional European melodies, and the music of Django Reinhardt.

Ranger and his father Michael formed the band in 2006 after a pilgrimage to the world's foremost Hot Club Swing event, the Django Reinhardt festival in Samois Sur Seine, France. The band has released four albums and performs over 100 times each year at music festivals, concerts in the park, swing dances, weddings, and events of all sorts.

Ranger began playing violin at the age of six. He divided his studies between old-time fiddle and classical violin until a chance encounter with a CD of violin jazz ignited his interest in the music of Joe Venuti, Stuff Smith, Stephane Grappelli, and Django Reinhardt. Ranger draws from all the genres he has studied, and, according to one reviewer, "plays it like the old kings of swing jazz did."

*"Inescapably hum-able and a toe-tap-ful."* —Zach Hudson, Victory Music Review



# SCHOLARSHIP INTEREST GROUP

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## GIG HARBOR STUDENTS RECEIVING SCHOLARSHIPS

Thanks to the amazing generosity of Heron's Key residents, the scholarship group has been able to offer scholarships of \$1,300 to six students from Peninsula High School and six students from Gig Harbor High. Peninsula High students received their awards on May 18. The Awards Night at Gig Harbor High will be on June 6. All of these students have been invited to Heron's Key on June 9 for a gala luncheon celebrating their achievements. Thank you, HK residents, for your donations to the Scholarship Fund! The following PHS students will be receiving scholarships:

- **Olivia Fong**, a Running Start student at Peninsula High, aspires to be a criminal psychologist. She has been an active high school student, volunteering for a number of school and community activities, including Food Backpacks 4 Kids. Olivia worked as an intern at Northwest Asset Management and works at The Lodge at Mallard's Landing. Described by her pre-calculus teacher as being "a productive and brilliant young woman," Olivia plans to major in psychology.
- **Annalis Parker** is one of Peninsula High School's leaders, serving as President of the student body this year, as well as a representative to the school board. She is a musical-theater student, playing the role of one of the stepsisters in this year's production of *Cinderella*. Her physics teacher reports that she is "well-liked by her peers and spreads a positive attitude to those around her," a comment reflecting her own mantra: *Treat people with kindness*. A talented designer, she plans on a career in fashion design—or maybe she will be a veterinarian.
- **Madeline Shea** is described by her science teacher as a "very motivated, hard-working young lady with an excellent attitude and a whole ton of potential." Her goal is to become an engineering psychologist, though she is also very interested in aeronautical science. She played volleyball at Peninsula High School, volunteered with several school and community organizations, and works as an attendant at Wet Noses Dry Paws Doggie Daycare. She plans to attend the Georgia Institute of Technology in the fall.
- **Kadence Stoddard**, a curious and observant science student who enjoys solving problems, wants to change the world. She has a "deep and unfaltering passion" for the Earth and the environment and has been president of the PHS Environmental Club. This passion has led her to pursue a college program that will focus on sustainability in an environmental science program. Kadence is a scholar-athlete in volleyball and was captain of the volleyball team this year.
- **Megan Stobbe** has been an active member of the Peninsula High School band program throughout her high school career, serving as the low brass section leader. She is, according to her band teacher, "a kind leader to those around her ... loyal to her commitments, and she perseveres through difficult circumstances with grace, patience, and positivity." For much of her life, she thought she might be an author because books were her favorite pastime. But now, she has decided she wants to study psychology at the University of Idaho. Megan also wants to travel to other parts of the world to "learn about new and different cultures."
- **Madelyn Graves**, whose favorite classes in high school have been science and math, has decided she would like to pursue being an anesthesiologist. In addition to being a stellar student, she has been involved in leadership positions at PHS, as well as choir, earning recognition with the Scholar Musician Award each year. Her math teacher spoke of her leadership skills. "Maddie is a true leader," she stated, "(She) will continue to set an example for those who meet her."

We will feature Gig Harbor High School students in next month's newsletter.

# UPCOMING EVENTS

## RESIDENT ARTIST WORKSHOP: DON HANSEN

Friday, June 10 at 11am (CA)

*Sponsored by Resident Services*

We are starting a new event series as an informal way to appreciate, discover, or learn new art techniques from your neighbors. Our first resident artist who will be demonstrating their style of art is Don Hansen.

### ***A Workshop, Graphic Art Facilitated By Don Hansen (A Wannabe Artist)***

In a perfect world, this would result in any participants unleashing their latent artistic talents. There will be concepts, demonstrations, and encouragement for participation in creating your own art. As an engineer, drawing has always been my means of creating a buildable design concept for structures. There have been three distinct phases to my artistic journey: knowing perspectives, sketching, and adding color. During my career(s), I have dabbled in each but never had the time to focus. I am now retired and committed.

### **Topics Covered Include**

- **My Perspective of Perspectives**
  - 2-point perspective
  - 3-point perspective
  - 5-point perspective (sketch with multiple images by perspective)
- **Sketching**

This is how I got started with art—picking up a pencil and doodling. Soon it became apparent that using an ink marker produced more definition to my sketches. That led to an understanding of creating “punch” in a sketch by varying “value” within a sketch
- **Adding Color To Your Art**



## NEW GROUP: HERON'S KEY SKETCHERS

**Wednesdays at 1pm (CA)**

If you enjoy sketching or drawing, join your neighbors in the Heron's Key Sketchers Group, which meets in the Creative Arts Studio on Wednesdays at 1pm. The materials you need are simple: paper and pencils or pens. All skill levels are welcome to participate.



# UPCOMING EVENTS



## Wine & Cheese Social

Thursday, June 9 at 4pm (SP)

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

## Have Coffee with Admin Staff

Tuesday, June 14 at 9am (SY)

Get to know Heron's Key administrative staff during Coffee Connections.

## Emergency Preparedness Seminar

Monday, June 20 at 3pm (M & HKTV 370)

Join us for the Heron's Key Emergency Preparedness Seminar to become familiar with our emergency protocols. If you didn't previously attend or would like a refresher, join Dave Charbonneau, Director of Facilities, for a review of:

- Emergency response for IL residents
- Earthquake preparedness
- Fire evacuations
- Power outages
- Hygiene



**HELLO**  
my name is

Please wear your name tag  
to help new residents get  
acquainted with you.

## Birthday Celebration

Wednesday, June 29 at 3pm (SP)

Come for a slice of vanilla or chocolate cake and enjoy the coffee and tea service as you wish your neighbors a happy birthday.



## Quarterly Finance Update with CFO Matt McArthur & Amy Webb

Thursday, June 30 at 9am (M & HKTV 370)

Join us for our quarterly financial presentation with Executive Director Amy Webb and CFO Matt McArthur.

## Need Tech Help?

Visit the Lobby on  
Wednesdays

10am-12pm

to receive assistance from a  
Resident Computer Helper.



# MEET YOUR NEIGHBORS

*We're catching up on introductions to residents who have moved in during the last year or so. We'll continue to highlight biographies as space allows in the newsletter.*

## **Susan and Edker Matthews**

Susan and Edker moved here from Albuquerque. Susan loves to meditate, walk, read, and socialize. She worked in education, sales, and was a general Jill of all trades. Edkar worked in education for 37 years as an administrator and teacher, making sure to keep in touch with what the kids were learning. Susan and Edkar met while teaching in the 1970s and lost contact for 20 years. They reconnected at a BBQ and later ended up in Albuquerque together.

## **Scott & Gladys Maiden**

Scott and Gladys came from Cupertino, California, to be closer to family. Scott loves movies, particularly oldies, science fiction, and comedies. He has an amazing movie collection and is part of the HKTV group. Gladys worked with the library in Cupertino and loves to bake. Scott worked at IBM for 45 years. He saw computers go from the size of a room to the small personal computers (PCs) that are available now. He also worked on a worldwide line that helped people from all over the world with their computers.

## **Wayne and Diane Lundberg**

Wayne and Diane Lundberg came from Trilogy in Redmond and Wilsonville, Oregon. Diane was a teacher of home economics but wore many hats at a small Oregon high school. Wayne was the Vice President of Corporate Taxation at Univar, was responsible for international tax issues, and traveled often to western Europe and Canada. Wayne loves all sports, and Diane loves to watch football. Diane also enjoys sewing and cooking. The couple has a dog named Lucy, and she is the light of their life. Fun fact: The two dated and met in high school and went their separate ways only to reconnect 42 years later on classmates.com. They have been married ever since.

## **Bob & Ann Crist**

Bob and Ann Crist came from Bellevue. Bob was in finance, and Ann taught elementary school and was a private tutor for 30 years. Bob loves traveling, gardening, woodworking, and baseball. Ann and Bob met in junior high, and Ann was an exchange student in Sweden. Ann loves being with her grandchildren, gardening, traveling, and the beach. Her favorite beach is Newport Beach, where they own a home. They also have a friendly dog named Gracie who is 5 years young.



## **BINGO**

**Sunday, June 12  
3-4pm (SP)**



## **MEXICAN TRAIN**

**Friday, June 17  
2-3pm (SP)**

*Hosted by resident*

*Pam Rowland*

*(Photo: Susan Inui)*

## **MAH-JONGG**

**Mondays  
12-4pm (CA)**

## **PINOCHLE**

**Thursdays  
1-3pm (CA)**

## **BEGINNER'S BRIDGE**

**Fridays  
1-3pm (CR)**



# DINING SERVICES

Find the latest menus and hours on the Resident Portal.



## OPPORTUNITIES FOR IN-PERSON DINING

### Sunday Brunch

Beginning **Sunday, June 5**, the restaurant will be open for in-person dining from 10am to 3pm for brunch. Reservations are strongly encouraged. See the brunch menu on the Resident Portal by hovering over the “Dining” tab, followed by the “Menu” tab, and clicking “Sunday Brunch.”

### Lunch & Dinner: Mondays, Wednesdays & Fridays

Starting **Monday, June 6**, we will be open for in-person dining for lunch and dinner, from 11am until 7pm, on Mondays, Wednesdays, and Fridays. Reservations are always strongly encouraged. Please call 253.313.0797, stop by the host desk, or use the Resident Portal’s online reservations system to make a reservation.

## DINING WITH GUESTS IN THE RESTAURANT

Throughout June, we will continue to assess our staffing levels to possibly reconsider allowing guests to join you in the restaurant. As a reminder, guests may place to-go orders and join residents in Syren’s on any of our picnic-style days. Beginning in June, these days are Tuesday, Thursday, and Saturday from 11am until 6pm.

## NEW VEGETARIAN-VEGAN MENU COMING JUNE 6

We are pleased to announce a new Vegetarian-Vegan menu coming soon. See the menu on the Resident Portal by hovering over the “Dining” tab, followed by the “Menu” tab, and clicking “Vegetarian.” Copies of the menu will also be available at the host stand.

## FATHER'S DAY COOKOUT (JUNE 19)

Please join us for a Father’s Day Cookout from 11am until 3pm in the Maritime Room and Clubhouse Patio. Syren’s will also offer a limited menu with to-go and delivery options from 11am until 3pm. You can find the Father’s Day menu and Limited Menu on the Resident Portal: Hover over the “Dining” tab, followed by the “Menu” tab, and click “Holidays.” Please call 253.313.0797 to RSVP for the event. (Note: Outside guests are permitted at this event.)

**Father’s Day marks the beginning of our Cookout Series** that will alternate with regular brunch service and a cookout every other Sunday. This series will run until September, with our last cookout on Monday, September 5 in observance of Labor Day.