

Heron's Flight

October 2025

Taking Community News to New Heights

A Murder Mystery at Heron's Key

🌀 SAVE YOUR SPOT SOON 🌀



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ARE YOU READY?



While Heron's Key takes numerous ongoing steps to prepare the campus and its staff members for a disaster, it's vital that you take action to prepare as the unthinkable can happen at any time. Being ready can help reduce the impact of a disaster and speed up recovery efforts. We encourage you and your neighbors to follow the preparedness-related tips offered in this newsletter and participate in upcoming events. **The better prepared we are as a community, the more resilient we'll be when the unexpected occurs.**

CALLING ALL PICKLEBALLERS!

We're gauging interest to potentially start a new group for pickleball enthusiasts. If you are interested in being a part of this group please contact Lois.

PLEASE HELP US MAINTAIN OUR ILLNESS PREVENTION STRATEGIES

If you are diagnosed with COVID-19 or have any illness symptoms—even the mildest of symptoms—please call the Concierge Desk (253.313.0700) so we can ensure all housekeeping and maintenance visits are postponed. By reporting your illness, you enable the management team to take all the necessary precautions for keeping staff and other residents safe, and your call is kept confidential.

AWAY NOTICES

When you submit an "Away Notice" form before going on vacation or spending the night elsewhere, it lets Concierge and Security know you will not be home on the respective mornings to press the red button in your bathroom or garage. We kindly ask that when you submit an "Away Notice," you list the return date as the first day you'll be at Heron's Key before 10 am. This will prevent the need for staff to unnecessarily enter your apartment to check on your well-being while you are still away. If you have any questions or would like assistance with your "Away Notice" form, please contact the Concierge.



SIGN UP FOR TEXT MESSAGE ALERTS

Text **888.449.0214** (Message and data rates apply. Terms & privacy: slicktext.com/tc.php.)

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

RESIDENT COUNCIL CONNECTION

A MESSAGE FROM YOUR RESIDENT COUNCIL SECRETARY

Bucket Lists

My guess is that each of you has seen lists such as “Number each thing you’ve experienced” or “Identify places you’ve been.” They are kind of fun, have little or no benefit, but often remind you of all you have experienced, what you wish you had experienced, or are relieved you never experienced.

Recently, I rewatched the 2007 movie *The Bucket List*, starring Morgan Freeman and Jack Nicholson. There was lots of laughter, some tears, and a plethora of philosophical ideas about life and death. Perhaps my recent 85th birthday and Tom’s upcoming 90th birthday have given me pause about my bucket list, as well as some of my fantasies.

My bucket list experiences:

- Zip lining in Costa Rica
- Swimming with dolphins
- Authoring four books
- Flying under the Golden Gate Bridge in a helicopter
- Helping to build a mountain cabin
- Cruising through the Panama Canal
- Cruising the Mediterranean & Caribbean seas
- Riding an elephant in Thailand
- Earning a Ph.D. (Humbling, some call it “Post Hole Digger”)
- Shooting a gun—only once
- Losing my way in Istanbul’s Grand Market
- Being on the television’s channel news
- Protesting in public
- Parasailing over Puget Sound
- Cruising in Venice and Gig Harbor’s Gondolas
- Teaching college students in Kobe, Japan

What is NOT on my bucket list:

- Breaking any more bones
- Getting a tattoo
- Running a marathon
- Parachuting from a plane
- Ice cliff climbing
- Running with the bulls
- Seeing again the hopelessness in Haiti
- Being detained by ICE agents

What I fantasize about doing:

- Captaining a submarine: “Give me the Conn” – Sean Connery
- Perfectly playing a Bach prelude and fugue on the “Great Organ” (with its 8,514 pipes) in New York’s Cathedral of Saint John the Divine
- Walking through the homes where I once lived
- Flying with the Blue Angels
- Sitting on the floor in a room full of puppies
- Authoring a best-selling novel - \$\$\$\$

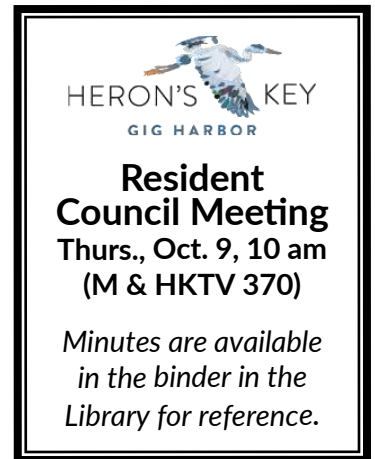
BACK TO REALITY

I feel blessed to wake up in the morning and gaze out the window to welcome the day and all it brings.

I’m reading a book about Annie, a 63-year-old Maine farmer who embarks on an impossible journey to see the Pacific Ocean in California before cancer ends her life. In 1954, with no money, only a cast-off brown gelding named Tarzan and her Sancho-Panza-mutt of a dog, she leaves Minot, Maine, for her trek across the U.S. She tells of blizzards, climbing mountains, and clinging to narrow shoulders as trucks whizz by at terrifying speeds. Perhaps more importantly, though, is her story of the extraordinary people she meets along the way. The book is *The Ride of Her Life* by Elizabeth Letts.

Now that is a true bucket list.

—Carol Tamparo, HKRC Secretary





IMMIGRATION

This quarter, the Diversity, Equity & Inclusion Committee at Heron's Key is focusing on immigration, which remains a complex and often polarizing issue in today's national conversation. With so much happening across legal, political, and humanitarian fronts, it can be challenging to fully understand the broader picture—or our place within it.

To help unpack this topic, we've planned a three-part series this fall:

- In **October**, we'll welcome an immigration attorney who will provide insight into U.S. immigration laws, policies, and the forces that shape them.
- In **November**, a local reverend will share how her congregation supports immigrants through shelter and community outreach.
- In **December**, we'll come together for small-group discussions exploring our personal and collective responses to immigration, encouraging reflection and dialogue within our Heron's Key community.

Join us as we explore this important topic with openness, curiosity, and compassion.

EVENT

From Then to Now: How Immigration Law Shapes Lives

Friday, October 17, at 1:00 pm (M & HKTV)

Mr. Chin returns to Heron's Key via Zoom to share his deep expertise in U.S. immigration law. In this presentation, he will provide a concise history and overview of the U.S. immigration system, offering insights into how historical and current events have shaped immigration trends and policies.



Larry Chin is an experienced immigration and naturalization attorney based in Seattle, Washington, and a principal at Julian & Chin, LLP. Growing up with immigrant parents in New York City, and then working in both New York and the Pacific Northwest, gives him both empathy and firsthand insight into the immigrant's journey. He combines that with over two decades of focused legal practice in immigration law and naturalization to guide clients through often complex and stressful legal processes.

PENROSE HARBOR LIFE ENRICHMENT



Regularly Scheduled Events

- **Cooking Classes:**
Mondays at 3 pm
- **Sit & Stretch with Paige:**
Monday - Thursdays at 2 pm
- **Scenic Drive:**
Monday and Fridays at 2 pm
- **Makers Mess:**
Tuesdays at 10 am
- **BINGO:**
Tuesdays at 2:30 pm & Saturdays at 11 am
- **Happy Hour:**
Fridays at 3:30 pm

Upcoming Events

- **Rhythm & Recall:**
Wednesday, October 1 & 15, at 10:30 am
- **Painting with Dayla:**
Friday, October 10, 17 & 24; at 10 am
- **Resident/Family Meeting:**
Monday, October 20, at 4 pm
- **Birthday Celebration:**
Wednesday, October 29, at 2:30 pm
- **October Highlights**
- **Penrose Harbor Octoberfest:**
Thursday, October 2, at 2 pm
- **An Evening with Edgar Allen Poe:**
Monday, October 20, at 6:30 pm
- **Monster Mash:**
Friday, October 31, at 3 pm



PENROSE HARBOR LIFE ENRICHMENT



OFF-CAMPUS EVENTS

Read the full description of many off-campus events and register on the Resident Portal. **Call the Concierge for assistance.** If registration for a trip is full, join the waitlist, as you may have a chance to participate if other registrants cancel. **Please note for all events:**

- Walking or strolling may be required to and from the parking spot, and on surfaces that may be uneven, poorly lit, and have potential trip hazards.
- Events are subject to change or cancellation due to:
 - Low registration numbers
 - Adverse weather conditions
 - Matters outside our control

ENJOY THE ARTS AND LOCAL AREA

Banner Forest Trail Hike in Port Orchard

Monday, October 6, from 1-4 pm | *Sponsored by Fitness*

See page 21 for details. **Register on the Resident Portal by noon on Wednesday, October 1.**



Tacoma Book Center & Lunch at 7 Seas Brewery in Tacoma

Monday, October 13, 10 am-2 pm | *Sponsored by Resident Services*

The Tacoma Book Center is a massive used bookstore. We'll explore the aisles for an hour or two and then head to 7 Seas Brewery for lunch. You can bring your own lunch or order sandwiches, salads, and burgers at The Galley, which is on-site. **Register on the Resident Portal by noon on Wednesday, October 8.**

Washington Park Arboretum Hike & Lunch at Ivar's in Seattle

Thursday, October 16, from 8:45 am-3:30 pm | *Sponsored by Fitness*

See page 21 for details. **Register on the Resident Portal by 9 am on Monday, October 13.**

Walking Ghost & Historical Tour of Fort Steilacoom in Lakewood

Friday, October 17, from 7:15-10 pm

Sponsored by Resident Services

Celebrate the spooky season and discover the area's history on a lantern-lit walking tour of Fort Steilacoom Park with Pretty Gritty Tours. This **outdoor** tour delves into the history of Washington's first incorporated town and the lunacy, vengeance, and ghosts that come with it! **Register on the Resident Portal by noon on Friday, October 3.**



Please note: Participants are encouraged to bring headlamps or flashlights for use during the event. This tour is ADA-compliant and requires approximately 1 mile of strolling on surfaces such as grass, gravel, and potentially uneven terrain. The tour starts at 8 pm and lasts 1.5 hours.



BENEVOLENT BREW

at Syren's Grille

Wednesdays,

Fridays & Saturdays

8—10 am

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

9-10 am

AFTERNOON COFFEE in the Clubhouse Lobby

Self-Serve Coffee

Monday—Friday

2-4 pm

Danae Hays: The First Time Tour in Tacoma

Saturday, October 18, from 7-10 pm | Sponsored by Performing & Visual Arts

Known for her unique blend of contemporary pop and soul influences, Danae delivers emotional storytelling in this unforgettable live music experience. **Register on the Resident Portal by noon on Friday, October 3.**



Emerald Heights Tour & Lunch in Redmond

Friday, October 24, from 8:30 am-3:30 pm | Sponsored by Resident Services

We're taking another trip to Redmond to visit our sister facility, Emerald Heights. We will participate in a walking tour of their campus, see the sights, and have lunch in their restaurant. Please note: The drive each way can be up to 1½ hours long, depending on traffic conditions. **Register on the Resident Portal by noon on Friday, October 10.**

Neighborhood Halloween Decoration Drive in Gig Harbor

Thursday, October 30, from 6:30-7:15 pm | Sponsored by Resident Services

Take in our wonderful community's fun and festive Halloween decorations! **Register on the Resident Portal by noon on Monday, October 27.**



Come From Away at the Seattle Repertory Theater

Thursday, December 18, from 5-11 pm | Sponsored by Resident Services

When a tragic attack shuts down the skies on September 11, 2001, a small Newfoundland town finds itself hosting thousands of stranded air travelers from around the globe. In a moment filled with fear and uncertainty, joy and resilience prevail as the tiny community pulls together and strangers become friends. The show begins at 7:30 pm, has a running time of 90 minutes, and has no intermission. **Register on the Resident Portal by 9 am on Friday, October 3.**

SHOP & DINE

Women's Lunch at The Pinecone in University Place

Monday, October 6, from 9:30 am-12 pm | Sponsored by Resident Services

The Pinecone is a Tacoma favorite that serves breakfast all day! **Register on the Resident Portal by noon on Wednesday, October 1.**



Cider Tasting, Charcuterie & Chats at Incline Cider & Taproom in Tacoma

Tuesday, October 21, from 2-4:30 pm | Sponsored by Resident Services

Each participant will receive a six-cider tasting flight and shared charcuterie boards. Incline staff will fill us in about their history and process, as well as their involvement in the small business community in Tacoma. **Register on the Resident Portal by noon on Monday, October 6.**

International Tastings at Berliner Beerhall in Tacoma

Wednesday, October 22, from 2:30-5 pm | Sponsored by the International Tastings Group

This month's International Tasting trip is back at the Berliner Beerhall in Tacoma. Think German beer (20 on tap), traditional German dishes (like schnitzel, Schweinshaxen, steak frites, and German sausages, and some of the best cheese beers we've tasted) served at long tables under chandeliers. They bill themselves as an updated version of the Oktoberfest in Munich. See their menu at <https://www.berlinerbeerhall.com/food>. **Register on the Resident Portal by noon on Wednesday, October 15.**

OFF-CAMPUS EVENTS

Lunch at In-N-Out Burger in Ridgefield & A Stop at the Centralia Outlet Mall

Monday, October 27, from 9:30 am-5 pm | *Sponsored by Resident Services*

Requested by residents, we're heading to Ridgefield, where the very first WA In-N-Out Burger has opened its doors! Relive a nostalgic memory with their double-double burger or try it out for the first time to see what all the fuss is about. **Register on the Resident Portal by noon on Monday, October 20.**

Please note: The drive to Ridgefield is over 2 hours, and we can make a pit stop for a bathroom break if needed. We'll eat lunch and then stop at Centralia Outlet Mall to stretch our legs on the way home. We can stay to shop or keep heading home. We're aiming to return to Heron's Key around 5 pm, but this will depend on traffic.

Co-Ed Breakfast at Devoted Kiss in Gig Harbor

Tuesday, October 28, from 9 am-12 pm | *Sponsored by Resident Services*

Register on the Resident Portal by noon on Monday, October 27.

Ice Cream at Ben & Jerry's in Gig Harbor

Wednesday, October 29, from 2:30-4:30 pm | *Sponsored by Resident Services*

Register on the Resident Portal by noon on Monday, October 27.



Shopping trips are free of charge. Reserve your spot by registering at the Concierge Desk by 12 pm on the day before the scheduled trip. If you experience low vision and find shopping trips challenging, please call Resident Services (253.313.0793) so we can make arrangements for a helpful companion to come along.

Mondays at 10 am	Wednesdays at 10 am (Express Shopping)	Fridays at 10 am
	10/1—Safeway	10/3—Trader Joe's, Silverdale
10/6—Fred Meyer	10/8—Safeway	10/10—Harbor Greens
10/13—Metropolitan Market	10/15—Safeway	10/17—Trader Joe's, UP
10/20—Safeway	10/22—Safeway	10/24—Target
10/27—Walmart	10/29—Safeway	10/31— No shopping

NEW PEER GROUPS

During this month, our community focus revolves around personal and community preparedness. Let us not forget that taking care of yourself emotionally while supporting others experiencing crises is crucial for preparedness. With that in mind, two new support groups are beginning this month, offering fresh opportunities for connection, healing, and mutual support.

- One group focuses on those navigating grief, providing a safe and understanding space to share experiences and find comfort in community.
- The other addresses the challenges of cognitive decline in men, bringing together individuals to share resources, encouragement, and strength.

Both groups are designed to foster resilience, reduce isolation, and build supportive bonds. Participants will benefit from open conversation, guided discussions, and the reassurance of knowing they are not alone in their journey.



Ebb Hagan

*Wellness &
Spirituality
Coordinator*

Monday—Friday
8 am—4:30 pm

253.313.0733
EbbH@heronskey.org

Grief Support Group

1st and 3rd Tuesdays of each month at 1 pm in the Anchor Room

Finding comfort after loss can feel overwhelming, but you don't have to walk this journey alone. Our new Grief Support Group offers a safe, welcoming space to share experiences, find understanding, and build resilience with others who have faced similar losses. Guided by compassionate facilitators, the group encourages connection, listening, and healing while recognizing every person experiences and processes grief differently. Together, we will honor memories, embrace hope, and discover strength in community. All are welcome—come as you are. Our first gathering is on October 7 at 11 am in the Anchor Room.

Men's Cognitive Loss Support Group

2nd Friday of each month at 1 pm in the Anchor Room

Navigating memory changes and cognitive decline can feel isolating, but no man should face it alone. Our new Men's Cognitive Decline Support Group provides a safe, respectful space to share experiences, strengthen coping skills, and foster community. Guided by compassionate facilitators, the group encourages open conversation, mutual support, and practical strategies for daily living. Together, we'll build resilience, understanding, and connection. All men are welcome—you don't have to walk this road alone. Our first gathering is on October 10 at 1 pm in the Anchor Room.

One of the overall goals of the Spiritual Care team is to support you in a way that supports your goals by ensuring you are emotionally and spiritually healthy. We are constantly looking for ways to serve you and your goals. If you have an idea for a new support group or event, feel free to contact me at ebbh@heronskey.org or (253) 313-0733.

Remembering Lisa Hardy, Former President & CEO



It is with great sadness that we share the passing of our former President & CEO, Lisa Ann Hardy, who led Emerald Communities from 2008 until her retirement earlier this year. Lisa passed away peacefully at her home in Eagle, Idaho, on August 16, 2025, surrounded by family.

Lisa's career was defined by her compassion, dedication, and unwavering commitment to serving older adults. During nearly four decades of leadership in senior living, she touched countless lives through her vision and heart.

At Emerald Communities, Lisa oversaw the renovation and expansion of Emerald Heights, ensuring it would continue to thrive for future generations. She also guided the creation and development of Heron's Key in Gig Harbor, WA—turning a vision into the vibrant Life Plan Community that today is home to hundreds of residents.

Her leadership was marked not only by bricks and mortar, but by the culture of dignity, wellness, and community that she nurtured. Lisa believed deeply in the mission of Emerald Communities and dedicated her career to ensuring financial stability, growth, and above all, a place where residents could truly thrive.

Beyond her professional accomplishments, Lisa will be remembered as a woman of grace, strength, and warmth. She was a beloved wife, mother, Nana, sister, and friend whose love of family was at the center of her life. Lisa leaves behind a legacy of leadership, vision, and care that will continue to shape Emerald Heights, Heron's Key and Emerald Communities for years to come.

We are profoundly grateful for the impact she had on our communities, our residents, and our staff. She will be deeply missed, and always remembered with admiration and gratitude.



GOLDEN SPOTLIGHT AWARD

Reese Hamilton, Maintenance Technician I

Reese was nominated because of her dedication to go above and beyond in fixing issues after hours, as well as her diligence in learning everything she can to improve her skill level.



PUTTING YOUR DISASTER PREPAREDNESS PLAN ON PAPER

Heron's Key has a disaster preparedness plan. Do you? When a disaster strikes, you might not have much time to take action. Creating a personal disaster preparedness plan and regularly reviewing it is empowering and can help reduce anxiety if the unthinkable occurs.

The "Disaster Preparedness Resources" tab on the Resident Portal's "Videos, Presentations & Resources" page has guides and worksheets to help you plan for a disaster, create an emergency communication plan, safeguard critical documents and valuables, and prepare your pets. We recommend:

- Downloading and reading the documents
- Printing the guides you find helpful
- Printing and filling out the worksheets in the guides
- Keeping the printed documents with your preparedness kit so they're easily accessible if a disaster occurs



While you live in a fantastic community that has taken many steps to ensure your safety and peace of mind, preparedness is a personal responsibility in many respects. From knowing where to meet up with loved ones if you're separated to ensuring you have essentials on hand, these basic guides from the American Red Cross and FEMA will help you organize the details that will aid in the recovery process.

Official Participant

Join Us

in the
**World's Largest
Earthquake Drill.**

DROP! COVER! HOLD ON!

**October 29
at 10:29 am**

Shake Out

www.ShakeOut.org

Protect Yourself During Earthquakes!

IF POSSIBLE	<p>DROP!</p>	<p>COVER!</p>	<p>HOLD ON!</p>
USING CANE	<p>DROP!</p>	<p>COVER!</p>	<p>HOLD ON!</p>
USING WALKER	<p>LOCK!</p>	<p>COVER!</p>	<p>HOLD ON!</p>
USING WHEELCHAIR	<p>LOCK!</p>	<p>COVER!</p>	<p>HOLD ON!</p>


www.EarthquakeCountry.org/disability

WELLNESS: EMERGENCY READINESS



The importance of personal preparedness cannot be overstated. When a disaster strikes, the first person you need to help is yourself before helping loved ones or neighbors, as emergency services and relief assistance organizations may not be able to reach you quickly. Incidentally, it's crucial to prepare today for tomorrow's unknown. Being prepared involves creating an emergency kit, making an emergency plan, being informed, and getting involved. The more who prepare, the quicker the community can recover. At Heron's Key, we offer a handful of resources to help you be better prepared and contribute to the overall readiness of the community.

FAMILIARIZE YOURSELF WITH HERON'S KEY RESPONSE PROTOCOLS

Watch the Emergency Preparedness Seminar on HKTU 370 

Thursday, October 24, at 11 am (HKTU ONLY)

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, tune in for a review of:

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

Pick Up Your Door Hanger at the Concierge Desk



After a disaster (e.g., earthquake), one of the simplest, quickest ways to let us know if you are safe or require assistance is by placing the "I'm Okay / Need Help" door hanger on your front doorknob. If you do not already have the door hanger (placed inside the front flap of your Resident Handbook binder upon move-in), we encourage you to pick one up at the Concierge Desk and keep it easily accessible near your door.

Prepare Your POLST Freezer Pouch



Every resident receives a plastic sleeve referred to as a "freezer pouch." Gig Harbor first responders have been advised to look in the freezer for your critical medical information and other details.

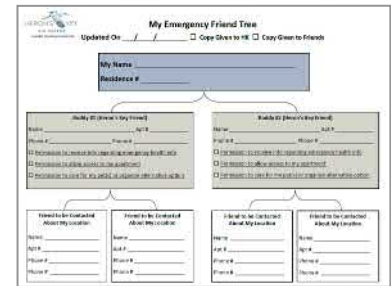
Suggested Critical Documents For Your Freezer Pouch

- Advanced health care directive (preferred) or Physician Order for Life-Sustaining Treatment (POLST) form (optional); see page 15 of Appendix A in the Resident Handbook for more information
- Updated list of medications, known allergies, and health conditions
- Emergency contacts
- The location of your important original documents (e.g., will, POA)
- Your "Friend Tree" (see next page for details)

WELLNESS: EMERGENCY READINESS

Who's Your Buddy? Create a Friend Tree

A visit to the emergency room may seem overwhelming and confusing. Many find it beneficial to have someone who can bring their essential belongings (e.g., wallet, eyeglasses), take notes, ask questions, and ensure an emergency contact is being notified. To help you identify your support network, Resident Services created the “Emergency Friend Tree” form. Once completed, place a copy in your Freezer Pouch, give one to each friend you listed, and **provide a copy to the Concierge Desk** so we know who will support you during a health emergency.

The form is titled "My Emergency Friend Tree" and includes a "Updated On:" field. It has a section for "My Name" and "Residence #". Below this, there are four boxes for "Family (If you have a family)" and "Friends (If you have friends)". Each box contains fields for Name, Address, Phone, and Email. There are also checkboxes for "Copy Given to ME" and "Copy Given to Friends".

PARTICIPATE IN THE EARTHQUAKE DRILL

Do Your Part in the Great ShakeOut Earthquake Drill

Wednesday, October 29, at 10:29 am (Practice wherever you are)

This earthquake drill allows residents and staff to practice our earthquake response. Whether you are in your residence, a fitness class, or in common areas at 10:29am, **practice your earthquake response within that particular space.**

⇒ If you are in your residence, help us practice by placing your **“I’m Okay / Need Help”** door hanger on your door. Our Independent Living emergency preparedness volunteers will practice checking on neighbors and radioing that information back to the Incident Command Center.

TEST YOUR PENDANT

Pendant-Check Event

Weekdays in October, from 9 am—4 pm

The battery in your pendant has an expected lifetime of three to five years. Because it's vital you have a tool that works in a time of need, we encourage you to attend this month-long event to test your pendant, whether you've been at Heron's Key for one year or seven. During our last pendant-check event, we discovered a handful of devices with dead batteries.



Tip: Your pendant's design is waterproof up to 25 feet. In addition to wearing your pendant around campus, wear it at home, especially while bathing.



(Graphic: FEMA)

Tip for Pet Owners

Your pets will count on you during a disaster. When building your emergency kit, include supplies for your pets (e.g., food, food and water bowls, leash, blanket, treats, cleaning wipes, collar, veterinarian's phone number, reflective collar, medications, waste bags, etc.).

FEATURED EVENTS

“Where Have All Our Birds Gone?” with Stuart Earley

Tuesday, October 7, at 1 pm (M & HKTV 370)

Since 1966 bird populations have plummeted across the US and by 2030, we may have lost 50% of our bird population. Stuart Earley from the Tahoma Bird Alliance will be here to talk about why this has happened; what the causes have been for this unprecedented drop in bird populations; and what all of us can do to help birds and bring back our bird populations so that we see more beautiful birds and hear more birdsong. Stuart will also talk broadly about the work of the Tahoma Bird Alliance and why there are now many bird alliances across the US.



Stuart has been Executive Director of the Tahoma Bird Alliance for two and a half years and prior to that was CEO of the Humane Society for Tacoma and Pierce County for five years. I also spent 10 years leading the Scottish SPCA as CEO and ran Deep Sea Leisure, which owned the largest aquaria in the UK where you could dive with 12-foot Sand Tiger sharks and was CEO of Whipsnade Zoo, the UK's largest zoo, for 9 years. In total I've spent over 25 years leading animal/conservation nonprofits.

Hate Speech and Political Leaders

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

Exacerbating the problem of social media promoting hate, there is a coinciding trend among influential political leaders to participate in this type of hateful speech both online and in person. Of course, current U.S. President Donald Trump stands as an excellent example of a leader using hateful political rhetoric. Over the course of the past decade, he has verbally attacked and/or disparaged Mexicans, Asians, Muslims and women. Prior to his rise to the presidency, only fringe politicians or political leaders of more radical groups spoke those ideas in that manner in a public forum. In other words, high ranking political officials in United States prior to Trump subscribed, at least to a certain degree, to a particular level of civil discourse. His disregard for civil discourse has opened the door for a new speech behavior in national politics, one where inciteful, threatening or hateful speech is used more frequently on both sides of the political aisle and, as such, is becoming more socially acceptable.

Hate Speech with Chris Damaske

This series focuses on what we are doing or should be doing to combat hate speech in contemporary society. Each session unpacks another aspect of this complex societal problem.



Chris Damaske is a professor of communication at the School of Interdisciplinary Arts and Sciences at the University of Washington, Tacoma, where she has served on the faculty since 2001. Her research explores issues of power associated with free speech and free press, resulting in a theoretical and analytical critique of First Amendment applications in areas including hate speech, internet pornography, political dissidence, reporters' rights, high school censorship, incitement, and academic freedom. Most of her research has focused on explor-

ing the complicated relationship between the First Amendment and culturally disempowered groups in the United States. That inquiry culminated in the publication of several articles and two books. Her first book, *Modern Power and Free Speech: Contemporary Culture and Issues of Equality* (2009), suggested a new legal framework for case analysis that would complicate the currently applied content neutrality principle. Her most recent book, *Free Speech and Hate Speech in the United States: The Limits of Toleration* (2020), uses a social justice framework to address the question: What can be done to curb the proliferation of hate speech and hate acts in the United States? Chris is currently the coordinator for the Legal Pathways Advisory Board and the co-founder and supervisor of the Journalism Exchange Program at Moscow State University in Russia.

David Smith: Themes in Philosophy: Philosophy of Culture



Thursday, October 23, 1-3 pm (M & HKTV 370)

What is culture, and why philosophize about it? Should we turn a blind eye to oppression on the other side of the world in the name of culture? In this lecture, David will address these questions and the concepts of subcultures, culture wars, common human values and diversity, the need for cultural change, and more. Come join us!

Dr. David E. Smith grew up in the world of fundamentalist religion. As an adult, he gradually moved away from that paradigm and became a religious progressive/skeptic. After earning an M.A. in philosophy of religion, he received a second M.A. and a Ph.D. in religious studies from Temple University in Philadelphia, PA. Formerly a full-time faculty member at Central Washington University in Ellensburg, WA, David now teaches for the Osher Lifelong Learning Institute at the University of Washington and offers independent seminars and non-credit courses in comparative religion and philosophy. He has published widely in these areas, as well.

“When Your Grandpa is a Bot: AI, Death & Digital Doppelgangers” **with Muhammad Aurangzeb Ahmad, Moderated by Resident Bill Sams**

Tuesday, October 28, at 1 pm (M & HKTV 370)

After his father passed away, Muhammad Aurangzeb Ahmad brought him back—digitally. To give his young children the experience of knowing their grandfather, he created an artificial intelligence (AI) simulation he called “Grandpa Bot” that could act like his father. As his kids grow up interacting with Grandpa Bot, Ahmad has had to confront firsthand the increasingly blurred lines between what is human and what is code.



In this talk, Ahmad joins us via Zoom in the Maritime and uses his experience to explore how artificial intelligence will transform our society, culture, and relationships. How might AI change what it means to be human? What does it mean to remember a loved one? What is personal identity? Join him for a talk about how technology is shaking up the foundational questions of life.

Muhammad Aurangzeb Ahmad (he/him) is a research scientist at the University of Washington’s Harborview Medical Center and an affiliate assistant professor in the Department of Computer Science at the University of Washington, Bothell. He earned his PhD in computer

LIFELONG LEARNING

science from the University of Minnesota. His research focuses on artificial intelligence, algorithmic nudging (using algorithms to change human behavior), and personality emulation (software that can act like humans). He thinks extensively about the social, cultural, and ethical impact of AI and machine learning.

RESIDENT-LED EVENTS

Who Am I? Artists at Work at Heron's Key

Wednesday, October 1, from 1-2:30 pm (M & HKTV 370)

A panel of Heron's Key artists will come together to share their different and unique forms of art. Art forms will include oil & watercolor painters, sketching, driftwood, and quilting. Join us to gain insights into their creative process, inspirations, and the message behind their work. We have many artists here at Heron's Key, and this will give you a sample of the creativity of our residents.

Ninety Minutes of Nature with Andy Mauro & Mike West

Wednesday, October 8, from 2-3:30 pm (M & HKTV 370)

Join Andy and Mike for the fall edition of Heron's Key Nature News. We'll marvel at the appearance of several fancy insects and discuss the important role they play in the ecosystem. We'll help you quickly tell the difference between our problematic yellowjacket hornet and the benign thread-waisted wasp. And, health permitting, we'll reveal the results of our Fried Queen Anne's Lace Fritter tasting! As always, lots of things to talk about. Come join us!

Reading Aloud with Gee and Your Neighbors

Thursday, October 23, at 7 pm (A)

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.

Need Tech Help?

Visit the Lobby on
Wednesdays
(10 am-12 pm)
to receive assistance from a
Resident Computer Helper.



A Dance with Death

A 1950s Sock Hop Gone Wrong



Murder Mystery
Thursday. October 23

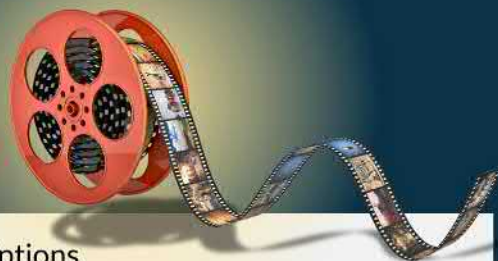
- 4:30 pm: Drinks (CL)
- 5 pm: Dinner service (M)
- 6 pm: Murder Mystery (M)

This 1950s prom is a doo wop disaster! When a death on the dance floor makes prom night a party foul, it is up to you to figure out whodunit and get this dance back on track. Trade clues with guests, gather information about the crime, and reveal the punk who made this prom nowhere'sville. This night of laughter and dancing is now too heavy to razz anyone's berries, so it's up to you to find the murderer!

Space is limited. Sign up on the Resident Portal today!



Movies in the Maritime and on HKTV



See the Resident Portal for movie descriptions.

Friday Night Movies
at 7 pm

Sponsored by Resident Services

10/3: *The Power of One* (1992, PG-13)
10/17: *Young Frankenstein* (1974, PG)
10/24: *Ghostlight* (2024, R)
10/31: *Ghostbusters* (1984, PG)

Note: Friday night movies may not always air on HKTV due to licensing restrictions.

Sunday Movie Dates
at 5:30 pm

Sponsored Performing & Visual Arts

10/5: *Houseboat* (PG-13, 1958)
10/12: *Mission Impossible* (PG-13, 1996)
10/19: *High Noon* (PG, 1952)
10/26: *Heaven Can Wait* (PG, 1978)

INTEREST GROUPS

EVENTS

Meet the Candidates:

City Council Candidate Forum

Friday, October 10, from 1-2:30 pm (M & HKTV 370)

Sponsored by Community Engagement Committee

Tip O'Neil, 47th Speaker of the House, is said to have originated the phrase, "All politics is local," reminding us to pay attention to local issues and candidates. Ten Gig Harbor citizens entered the political fray, vying for six positions on the Gig Harbor City Council, including the position of Mayor. These candidates will discuss key issues facing the city and propose potential solutions. Be an informed voter on November 4 by coming to this event!



Candidates include:

- Position 1: Loreto Tessicini (unopposed)
- Position 2: Patrick MacLeod Ammann & Stephen McDuffie
- Position 3: Emily Stone & Jeni Woock
- Position 4: Julie Martin & Dan Wright
- Position 7: Reid Ekberg (unopposed)
- Mayor: Mary Barber & Chris Haywood

Raised Beds Meeting

Monday, October 20, at 4 pm (A) | *Sponsored by the Raised Beds Group*

This will be the final meeting of 2025. It is especially important for anyone who does not currently have a bed this year but wishes to have one in 2026 to attend. We have three beds available on a first-come, first-served basis.

Residents Don and Margaret will present this year's gardening award, showcase photographs of the wonderful beds we had in 2025, and lead an open discussion on our updates, challenges, and successes.

Fleece Hat Making

Monday, October 27, from 3-5 pm (M) | *Sponsored by the Volunteer Group*

Together, we will make fleece hats for individuals experiencing homelessness who the Tacoma Rescue Mission and FISH serve. **Please bring scissors and pins.** If you are bringing your sewing machine, please call Anne. Enjoy food and fun while helping others.

OCTOBER QI GONG SCHEDULE

To avoid conflicts, Qi Gong will meet in the Anchor Room or Maritime Room in October.

Thursdays at 2:30 pm in the Anchor Room

October 2
October 16
October 23

Thursdays at 2:30 pm in the Maritime Room

October 30
October 9

ON-CAMPUS EVENT

Adaptive Bikes with the Outdoors for All Foundation



Monday, October 13, from 2-4 pm (Garden Level Patio) | Sponsored by Fitness

Outdoors for All is a nonprofit organization that supports getting outside and staying active, regardless of age or ability, and they will bring examples adaptive bicycles for us to try out! We'll match attendees with a bike that best supports them and go for a ride around the pond. Come if you enjoy bicycling, want to learn about the organization, or want to check out the adaptive bicycles and the options available. **To ride a bike, register on the Resident Portal (Please note: You must bring a helmet.)**

HIKES

Register for hikes on the Resident Portal. **For assistance with registering, please call or visit the Concierge Desk. Sign up for a hike if registration is full, as this will place you on the waitlist and help increase your chances of going on an off-campus trip if other registrants cancel. Please note for all events:**

- Walking or strolling may be required to and from the parking spot and on surfaces that may be uneven, poorly lit, and have potential trip hazards.
- Events are subject to change or cancellation due to low registration numbers, adverse weather conditions, or matters outside our control.

Banner Forest Trail Hike in Port Orchard



Monday, October 6, from 1-4 pm | Sponsored by Fitness

Banner Forest's main trail follows an old road, about two miles end-to-end. The route takes about an hour (or longer if you take a spur trail). Kiosks at both trailheads offer a map and general rules, but do not provide any amenities. There are a few benches throughout the park. The trail on the old road has a gentle grade and is in excellent shape, offering a good option for all walking abilities. The well-maintained the trail system, however, is more rugged and muddy and has rough sections. **Register on the Resident Portal by noon on Wednesday, October 1.**

- Drive Duration: 30 min
- Bathrooms: None
- Footwear: Tennis shoes or Hiking shoes
- Extra: Water and any snacks
- Wheelchair accessible: No

Washington Park Arboretum Hike & Lunch at Ivar's in Seattle

Thursday, October 16, from 8:45 am-3:30 pm | Sponsored by Fitness

The Arboretum is a welcome oasis on the shores of Lake Washington. We're celebrating fall with a stroll through the beautiful Woodland Garden to view one of the largest collections of Japanese maples in North America and enjoy the vivid fall colors of sour gum, buckeye, witch hazel, and more. We'll eat lunch at Ivar's before returning. **Register on the Resident Portal by 9 am on Monday, October 13.**

- Driving Duration to Arboretum: 1-1½ hours, depending on traffic
- Exploring duration: ~2 hrs
- Bathrooms at Park: Yes
- Wheelchair Accessible: Yes
- Footwear: Tennis Shoes or Hiking Shoes
- Extra: Water and Money for Lunch
- Lunch: Ivar's (12:30 pm reservation)
- Driving Duration Home: 1-1½ hours, depending on traffic

PERFORMING & VISUAL ARTS

PERFORMING & VISUAL ARTS PRESENTS IN THE MARITIME AND ON HKTV 370

Wednesdays at 6:30 pm

Mahler Symphony No. 6 in A Minor "Tragic"

Wednesday, October 1, at 6:30 pm (M & HKTV 370)

Sponsored by Performing and Visual Arts

In 1987, Sir Simon Rattle made his debut with the Berliner Philharmoniker, the beginning of a beautiful collaboration that saw him rise to the position of chief conductor in 2002. In 2018, he concluded his tenure with the piece that had started it all: Mahler's monumental "Tragic" Symphony No. 6. Timpani, snare drum, cymbals, glockenspiel, cowbells, and xylophone number among the massive orchestral forces called for by the Sixth, first performed in 1906 under the baton of the composer himself—who, despite the symphony's nickname, wrote it in the midst of a particularly happy period. Listen for the cowbell and the famous hammer blows in the work that Alban Berg called "the only Sixth—despite the Pastoral"! –ChatGPT

Stravinsky's Concerto in E Flat (Dumbarton Oaks) and Tchaikovsky's Piano Concerto #1 and "Romeo and Juliet" Overture

Wednesday, October 8, at 6:30 pm (M & HKTV 370)

This is one of his most celebrated neoclassical works. Commissioned to celebrate the 30th wedding anniversary of Mildred and Robert Woods Bliss, this sparkling chamber concerto takes its name from their Washington, D.C. estate, Dumbarton Oaks, where it was first performed in 1938 under the direction of Nadia Boulanger. Inspired by Bach's Brandenburg Concertos, the work blends Baroque counterpoint and concerto grosso textures with Stravinsky's rhythmic vitality and sharp modern harmonies. Scored for a small ensemble of winds and strings, the piece unfolds in three connected movements: a brisk opening full of driving energy, a more lyrical central section, and a buoyant finale.

Often described as "Stravinsky's Brandenburg Concerto," Dumbarton Oaks captures the clarity, wit, and inventive spirit of his neoclassical style. –ChatGPT

Tchaikovsky's First Piano Concerto was Composed in 1874–75, one of the most celebrated works in the repertoire. Its famous opening, with broad orchestral chords and powerful piano responses, sets a tone of grandeur, though this majestic theme never returns. The first movement instead unfolds with melodies inspired by Ukrainian folk song, blending lyricism and virtuosity. The gentle second movement offers lyrical calm, with a playful scherzando interlude at its center. The finale bursts forth with fiery dance rhythms, also drawn from folk sources, driving toward a jubilant conclusion. First dismissed by pianist Nikolai Rubinstein, the concerto was triumphantly premiered in Boston by Hans von Bülow in 1875. It has since become a cornerstone of the concert hall, beloved for its sweeping melodies, brilliance, and passion.



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.

Tchaikovsky's Fantasy Overture: Romeo and Juliet was composed in 1869 and later revised; and contrasts three themes: a solemn chorale evoking Friar Laurence, music of violent conflict representing the feuding families, and the famous soaring love theme of the young lovers. The piece ends with a dark, tragic coda, underscoring the inevitability of fate. Its passionate melodies and dramatic contrasts have made it one of Tchaikovsky's most enduring orchestral works. –ChatGPT

Straus's *Ein Heldenleben*

Wednesday, October 22, at 6:30 pm (M & HKTV 370)

Composed in 1898, *Ein Heldenleben* is Strauss's grand, single-movement tone poem portraying the journey of a larger-than-life hero—often interpreted as a self-portrait of the composer. The work unfolds in six continuous sections: the noble "Hero," his "Adversaries" (caricatured critics), his "Companion" (a vivid portrait of his wife, Pauline, in a virtuosic violin solo), "The Hero's Deeds of War," "The Hero's Works of Peace," and a serene "Retreat from the World." Sweeping, brilliant, and boldly autobiographical, the piece blends satire, lyricism, and orchestral spectacle into one of Strauss's most dazzling creations. –ChatGPT

Mahler's Symphony No. 2 "Resurrection"

Wednesday, October 29, at 6:30 pm (M & HKTV 370)

Mahler's monumental Second Symphony traces a journey from the terror of death to the triumph of eternal life. Expansive in scale and emotional depth, it moves from a turbulent opening to moments of grace and reflection, culminating in a radiant choral finale proclaiming renewal and resurrection. Under Bernstein's passionate direction, the work becomes both a deeply personal and profoundly universal statement of hope and transcendence. –ChatGPT

Saturdays at 2 pm

Ravel's Ballets – *Mussorgsky's (Pictures At an Exhibition)* and *Ma Mere l'Oye*

Saturday, October 11, at 2 pm (M & HKTV 370)

Star choreographer Sidi Larbi Cherkaoui and rising talent Jeroen Verbruggen create groundbreaking new choreographies to works composed and arranged by the beloved French composer Maurice Ravel at the Royal Ballet Flanders. Maurice Ravel has been an inspiration to artists of all stripes for more than a century. In this filmed performance featuring the Royal Ballet and Opera Orchestra of Flanders, his music is brought to life through human movement.

First comes *Exhibition*, a choreography by Sidi Larbi Cherkaoui set to Ravel's orchestration of Modest Mussorgsky's *Pictures at an Exhibition*. Then his collaborator Jeroen Verbruggen, winner of the Prix de Lausanne, set the composer's *Ma mère l'Oye*. –ChatGPT

Dvořák's Symphony No. 9 in E Minor, "From the New World," Op. 95

Saturday, October 25, at 2 pm (M & HKTV 370)

Written in 1893 during Dvořák's stay in America, the "New World" Symphony blends his Bohemian roots with musical impressions of Native American melodies and African American spirituals. Its sweeping themes—especially the poignant Largo and the vigorous finale—capture both nostalgia for his homeland and wonder at the American landscape. Today it remains one of the most beloved and frequently performed symphonies in the repertoire. –ChatGPT

PERFORMING & VISUAL ARTS

DINNER THEATER

Indian Buffet and *The Hundred-Foot Journey*

Wednesday, October 15, from 5-8 pm (Spinnakers and Maritime & HKTV 370)

- **Dinner at 5 (SP):** Join Chef Chris and the rest of the restaurant staff as they present an Indian buffet in Spinnakers. Register at the Syren's Grille Host Stand. (This makes a perfect Gatherings event.)
- **Movie at 6 pm (M & HKTV 370):** Come to the Maritime or tune into HKTV 370 to watch *The Hundred-Foot Journey* (2014, PG)

The *Hundred-Foot Journey* is a 2014 film was directed by Hallström (who also directed *Chocolat*) that follows the Kadam family, who flee political violence in India and eventually settle in a small French village. They open an Indian restaurant, directly across the road (a hundred feet away) from a prestigious Michelin-starred French restaurant, run by the stern and traditional Madame Mallory (played by Helen Mirren).

A cultural and culinary clash ensues, but as time passes, both sides find common ground through food, respect, and personal growth. This film is a celebration of gastronomy, creativity, and how food bridges divides. Critics praised the film for its charm, warmth, performances, and food visuals; audiences embraced its feel-good tone. – ChatGPT



Concert with Baritone Charles Robert Stephens

Monday, November 3, at 4 pm (M)

Sponsored by Performing & Visual Arts



Charles Robert Stephens, well-known Seattle Baritone, had a pre-9/11 career in New York City as a frequent performer with the New York City Opera and other leading musical organizations. Since moving to the Northwest, he is one of Seattle's leading baritone soloists, having appeared with the Seattle Symphony, Tacoma Symphony, Seattle Pro Musica, and many other Northwest artistic groups. He will present a varied program—from art songs and operatic arias to Broadway musicals. Spend an hour reveling in the beauty of sound and music. Musical collaborator Jeffrey Moidel will accompany Charles, and both are excited about making music at Heron's Key.



Spooky Season at Heron's Key

Spooky Stories and Odd Objects

Thursday, October 9, at 1 pm (M & HKTV 370)

Sponsored by Resident Services

Are you a captivating storyteller who harbors a chilling, favorite eerie tale? Or perhaps you possess an intriguing object that you're convinced holds a haunting presence? Have you, or someone close to you, ever crossed paths with a ghostly apparition? We invite you to share your spine-tingling tale, the mysterious object in question, or your personal encounter with the spectral realm. After all, it is the bewitching season of spookiness, ripe for tales that send shivers down our spines!

Halloween Costume Parade

Friday, October 31, at 11 am (Begin in Penrose, End in CL)

Sponsored by Administration

Get ready for the highly anticipated annual Heron's Key Halloween costume parade! Join us as we kick off the festivities in the Penrose Lobby at 11 am. From there, we'll parade through the campus, allowing everyone to join in the fun, and we will wrap up in the Clubhouse Lobby around 12 pm. Don't miss the chance to witness the creativity of each department's group costumes and find out which team will take home the coveted trophy, thanks to our dedicated Resident Council voters! Come celebrate with us and be part of the excitement!

Halloween Wine & Cheese Social

Friday, October 31, at 4pm (CL)

Sponsored by Resident Services

Join your neighbors for a festive Halloween celebration where your creativity can shine through your costumes—an invitation for your imagination. In addition to Halloween treats, a refreshing non-alcoholic beverage will be available as we come together in joy and community.



UPCOMING EVENTS

Floor Meetings with Executive Director Chris Lucero

Thursday, October 2 & Friday, October 3 (M)

Join your neighbors in Spinnakers and enjoy an opportunity to have a discussion with Executive Director Chris Lucero.



Thursday, October 2

- 10 am: Floor 4
- 11 am: Floor 2
- 1 pm: Floors 1 & 6
- 2 pm: Floor 5

Friday, October 3

- 1 pm: Floor 3
- 2 pm: Cottages

Birthday Celebration

Thursday, October 9, at 3 pm (CL)

Sponsored by Resident Services

Oktoberfest Beer Tasting

Friday, October 10, from 3:30-5 pm (M)

Sponsored by Resident Services

and the HK Beer Group

Celebrate Oktoberfest belatedly. Participants will sample SIX pours of brews specifically chosen by resident Ric Frankel, who will walk us through why each was chosen. Light snacks will be provided.



There are a limited number of spots. Register on the Resident Portal by Friday, October 3. This event is paid for by Resident Services. *Próst!*

MAH-JONGG

American Mah-Jong

Mondays
12-4 pm (CA)

Traditional Mah-Jong

Fridays
2-4 pm (CR)

International Mah-Jong

Sundays
3:30 pm (CR)

GAMES

Pinochle

Wednesdays at 2:15 pm (CA)

Canasta

Thursdays, 1-3 pm (CA)

Mexican Train

Fridays at 11:30 (CA)

Bridge

Fridays, 1-3 pm (SP)

New players always welcome!

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

Every Other Thursdays 10 am–2 pm

Health Services Clinic

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

Sound Dental Care Mobile Dental Hygienist

206.745.3808

On-Site Counseling & Dementia Support

Sandy O'Brien, MN, RN, CL, CPC, ACM


Available Fridays in the Health Services Clinic

Specializes in caregiver and care partner support, Alzheimer's and other dementias, chronic illness, coping skills, anxiety, depression, life transitions.

253.442.9242

sandy@harbortransitions.com

www.HarborTransitions.com



FLU AND COVID VACCINE CLINIC

Completed registration forms are due to the Concierge Desk by Wednesday, October 1.



Wednesday, October 8 | 11:30 am-2:30 pm (SP)

Step 1: Pick up a registration form at the Concierge Desk starting Monday, September 8.

Step 2: Return your form to the Concierge by Wed., October 1.

Step 3: Get your vaccine appointment time.

On Thursday, October 2, you will receive a phone call from Heron's Key regarding your vaccine appointment time. (Please do not come early to your appointment as it creates crowding in our waiting areas.)

An Update with St. Anthony Hospital's Leadership

Monday, October 20, at 3 pm (M & HKTU 370) | Sponsored by Resident Services



Dino Johnson, President of St. Anthony Hospital, and Sunny Porter, Director of Nursing Operations, will be joining us with an update about our community hospital. They will discuss how operations are currently, changes from the previous years, and what to look forward to. This is a great opportunity to learn, come with your questions!

SEASONAL MENU CHANGE | Monday, October 20

The Syren's Grille and Spinnakers menus will undergo a seasonal change, effective Monday, October 20. Copies of the menus are available at the host stand and on the Resident Portal under "Syren's Grille."

CHEF DINNER RAFFLE | Second Week of Every Month

Win a four-person Chef Dinner by **completing a survey every time you dine or take out during the second week of every month**. We'll place the surveys in a box for a drawing at the end of that week.

RETURN OF GAMEDAY SNACK PACKS

With the return of football season comes the return of your game-day snack needs. Snack packs are only \$12 each and include four pigs in a blanket with BBQ sauce; half-dozen wings (buffalo, salt and pepper, salt and vinegar, or BBQ) with ranch and bleu cheese; veggie stalks with ranch and bleu cheese; a chicken empanada with avocado *crema*; and sweet-and-savory chocolate bark (dark and white chocolate and pretzels). Packs are available on any day of the week during our operating hours. **Please place your order at least 48 hours in advance.**

FOOD SERVICE WORKER APPRECIATION WEEK | October 6 through October 10

Show your appreciation for our hardworking team with a note of thanks. Notes are available at the host stand, or bring your own, and we'll share the messages with the team. During this weeklong celebration, we recognize the dedicated professionals who are the key ingredient in delivering excellent service to our residents.

RESIDENT ORIENTATION TO DINING SERVICES

Second Tuesday of every month | Tuesday, October 14, at 11 am (SP)

All residents are welcome. Learn about our dining services and ask questions—no registration required. You will also receive an introduction or refresher on our new online ordering and reservations system, FullCount.

STAFF TRAINING

Second Wednesday of every month | Wednesday, October 8, at 3 pm

To focus on staff development, we close the restaurant for an hour on the second Wednesday of every month. Please plan accordingly by dining or placing your orders for pick-up or delivery before 3 pm or after 4pm.

CHEF'S COOKING CLASS | Second Monday of every month | Monday, October 13, at 2pm (SP)

Join us for our revamped Chef Demo. The interactive series guides you through the process of creating a dish by allowing you to do it yourself! Join us this month to learn how to make gnocchi from scratch, from making the dough from scratch to forming the small dumplings. Take them home to cook for later. The class comes complete with a meal for only \$7 (more details to follow in KeyNotes). Sign up at Syren's Grille or by calling 253.313.0797.

CHEF DINNERS | Added Night for Chef's Dinner

Friday, October 17; Friday, October 24; and Saturday, October 25, at 5pm (PDR)

Savor the Experience: An Elevated Culinary Evening with Chef Chris and Team

You asked, and we are delighted to deliver an additional night of the Chef Dinner experience. The specially curated coursed meal showcases our kitchen's creativity and passion, promising a unique dining event, particularly on Friday, October 17. With only 10 seats available, this is an intimate, exclusive affair.

- **Menu and pricing:** We'll publish details the first week of October on the Portal under "Special Events," and reservations will open then. (Friday, October 17 dinner: \$55-\$70, plus \$10 for pairing; Friday, October 24 & Saturday, October 25 dinners: \$30 to \$40 per person)
- **Reservations:** Made on a first-come, first-served basis. Call 253.313.0797 today.

Find the latest menus and hours on the Resident Portal.