

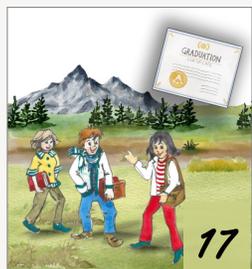
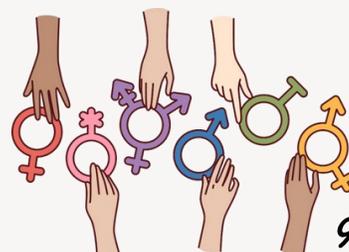
Heron's Flight

February 2026

It's All About That Jazz

The image is a vibrant, abstract graphic design. It features a complex arrangement of overlapping shapes in a palette of yellow, red, dark blue, and teal. A prominent, stylized silhouette of a trumpet is integrated into the composition, with its bell and valves clearly defined. The overall aesthetic is reminiscent of mid-century modern or jazz-themed art. The text 'Heron's Flight' and 'February 2026' is positioned in the upper left corner, while the phrase 'It's All About That Jazz' is written in a cursive font across the lower right portion of the image.

INSIDE THIS MONTH'S ISSUE



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Audio KeyNotes: 253.313.0790
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Housekeeping: 253.313.0795 (EVS@HeronsKey.org)
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Restaurant: 253.313.0797
Spiritual Care: 253.313.0733
Transportation: 253.313.0792

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A SIMPLE WAY TO GIVE STAFF MEMBERS KUDOS

The Shining Star Shout-Out is an employee recognition program that provides you, your family members and visitors, and HK employees with a meaningful way to recognize and show appreciation for team members, including supervisors. Pick up a shout-out form at the Concierge Desk.



HEAR YOUR WEEKLY KEYNOTES

To accommodate those with low vision and different learning styles, Heron's Key is happy to offer Audio KeyNotes, recordings of an abbreviated version of the weekly publication. New recordings are available on Monday afternoons. The recording will be available throughout the week. (Please note: Special KeyNotes published throughout the week are not included in Audio KeyNotes. When federal holidays fall on a Monday (e.g., Labor Day) and Heron's Key offices close, you will receive your weekly KeyNotes on Tuesday.)

Volunteers Needed: Share Your Voice

Audio KeyNotes is made possible by resident volunteers, and we seek backup volunteer readers with clear, articulate voices to fill in on occasion. To help your community in a unique way, please contact Flora.

SHAW PARK LENDING LIBRARY

Heron's Key extends our heartfelt thanks to the talented resident artists and woodworkers who brought the Shaw Park Lending Library back to life. Your creativity, craftsmanship, and donation of time transformed simple materials into a welcoming place that invites curiosity, learning, and connection. Because of your vision, this lending library will serve as a lasting gift—one that encourages sharing, sparks imagination, and connects our community for years to come.

If you'd like to check out or donate to the Shaw Park Lending Library, it stands proudly at the park's northeast corner.

SIGN UP FOR TEXT MESSAGE ALERTS

Text **888.XXX.XXXX** (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 **Heron'sKey**
- **Notification on the Arrival of Mail:** Text the word **HKmail**

RESIDENT COUNCIL CONNECTION

A MESSAGE FROM YOUR RESIDENT COUNCIL SECRETARY

Life Experiences

I share with you experiences that touched me, changed me, frightened me, or inspired me in some way, and created lasting memories.

FEARFUL

Arriving in Limbe, Haiti, by car, military police stopped us, and we discovered my former spouse had no passport. It was at the rental car counter in Pour Au Prince. While police determined our fate, area residents circled our car, moving closer and closer—not threatening, just curious.

Salmon fishing in Alaska with a captain and three other passengers was a lesson in how quickly things can change. The ocean was unusually calm, but within a couple of hours, wind and heavy seas forced a return to shore. The boat rocked and smashed into the waves. Tom had to steer so the captain could secure the fishing gear. While in our chest waders, we were pelted with heavy rain and strong winds. I knew if the boat went down, those waders would surely sink me to the bottom. We were relieved to arrive safely back on shore and discovered others awaiting word from halibut fishing boats much further out.

THRILLING

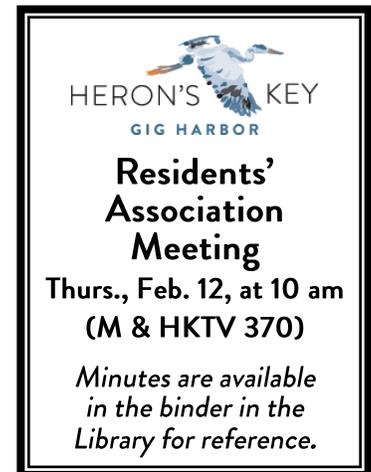
Unforgettable thrills include riding an elephant in Thailand, swimming with dolphins, and snorkeling in Caribbean and Hawaiian waters with beautiful fish and a few frightening ones. Gondola rides in both Venice, Italy, and Gig Harbor (Gig Harbor the best) gave an often-unseen view of the culture. Deep-sea fishing off both California and Florida coasts and catching a really BIG one in Florida was a blast.

Of the several National and State Parks I've visited, not one was a disappointment. Skiing down any mountain slope was literally hair-raising when the wig I wore flew right off my noggin over a serious mogul. Sitting at a bar for the first time on my 21st birthday and learning I didn't like alcohol was a revelation. Purchasing my first new car was both stressful and thrilling as I drove it off the lot. Riding bicycles in Washington, D.C., and leaving them in front of the White House for our tour is unheard of today.

SHAME—ANGER

In the deep South in the 1950s was the first time I learned of the “N” word and the “Whites only” signs on restroom doors and drinking fountains. On the same trip, visiting a Baptist Church in Alabama, I realized I was the only white person in the large congregation. The welcome was friendly, I was treated warmly, and I loved their music!

A return visit to the Pearl Harbor Memorial reminded me of our visit to the same memorial in Hiroshima, Japan. Both are stark reminders that war has everlasting consequences. Today, realizing that racism and bigotry are still alive and well causes me to feel ashamed and angry that we still have not learned we are all human beings striving to live in this upside-down world.



RESIDENT COUNCIL CONNECTION



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

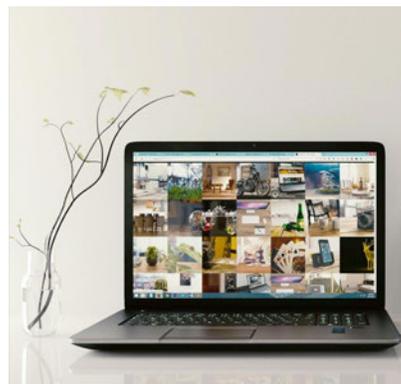
LIFE CHANGING

These experiences have changed me. From the sweet woman in Mexico teaching me how to make tortillas by the side of the road to the very elderly woman with a bucket and rag washing the marble on the Hiroshima memorial, I am humbled. Feeling the power of oceans and seas with their formidable waves and underwater inhabitants still gives me chills. Purchasing raspberries or wheat bread at the market reminds me of those combines moving across the fields of wheat and farmers on their knees picking the berries. I am grateful.

Mahatma Gandhi said, "You must be the change you wish to see in the world."

How can we all help make those changes?

—Carol , HKRC Secretary



Need Tech Help?

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

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

Library at Noon Concert at University of Puget Sound and

Lunch at Duke's Seafood in Tacoma

Monday, February 2, from 11 am-3 pm | Sponsored by Performing & Visual Arts

Registration closed.

Duckpin Bowling & Dinner at Ocean5 in Gig Harbor

Thursday, February 26, from 3-6 pm | Sponsored by Resident Services

Register on the Resident Portal by 9 am on Monday, February 9.

Dear Evan Hansen at Tacoma Musical Playhouse

Friday, February 27, from 6:45-10 pm | Sponsored by Performing & Visual Arts

Registration closed.

SHOP & DINE

Frozen Yogurt at Menchie's in Gig Harbor

Monday, February 9, from 2-4 pm | Sponsored by Resident Services

Register on the Resident Portal by noon on Friday, February 6.

Women's Breakfast at Hy Lu Hee Hee in Gig Harbor



Tuesday, February 10, from 9:30-11 am | Sponsored by Resident Services

Register on the Resident Portal by 9 am on Tuesday, February 3.

International Tastings: Lechon Loco in Tacoma

Thursday, February 12, from 11:15 am-1 pm | Sponsored by International Tastings Group



The International Tastings interest group is going to Lechon Loco in Tacoma. Their website says, "Chef Gerold set out to create something truly unique... his commitment to quality ingredients, innovative dishes,... bringing together his expertise in Filipino, Latin, and American cuisine to create a fusion experience unlike any other." That's what they said. ...So, we tested, and they are good! Register on the Resident Portal by noon on Wednesday, February 4.

Catfфеinated Cat Lounge in Puyallup

Thursday, February 19, from 9:30-11:30 am | *Sponsored by Resident Services*

Voted Best of the South Sound in 2025, Catfфеinated is not your ordinary coffee shop. They not only serve coffee and tea, but also have adoptable cats ready to cuddle and play! Catfфеinated is a woman-, LGBTQ-, minority-, and veteran-owned local business. **Register on the Resident Portal by noon on Thursday, February 5.**



NEW
All shopping trips
require sign-ups on the
Resident Portal.



Grocery Shopping

The following shopping trips are free of charge. Reserve your spot by registering on the Register Portal by 12 pm on the day before the scheduled trip.

For assistance with registering, call or visit the Concierge.

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
2/2—Fred Meyer	2/4—Safeway	2/6—Trader Joe’s, University Place
2/9—Trader Joe’s, Silverdale	2/11—Safeway	2/13—Metropolitan Market, Gig Harbor
2/16—WinCo, Bremerton	2/18—Safeway	2/20—Safeway
2/23—Walmart, Port Orchard	2/25—Safeway	2/27—Target

INTEREST GROUPS

EVENTS

Sock Drive

Sunday, February 1—Thursday, February 5

Clean socks are consistently the most requested, most needed, and least donated items at shelters and rescue missions. From February 1 to 5, the Volunteer Group will collect gently used and new socks for people experiencing homelessness. You'll find a box in the Clubhouse Lobby for your donations. After the sock drive, FISH and the Tacoma Rescue Mission will receive the much-needed articles of clothing. Thank you for your generosity!

Lenten Devotions

Fridays, from February 20 through April 3, at 11:30 am (CR)

Lenten Devotions will be held in the Chart Room from 11:30 am to 12 pm on Fridays in Lent using Scripture from the Catholic Bible. All are welcome.

GROUP MEETING CHANGES

BEGINNING IN FEBRUARY

Heron's Key Sketchers

Meeting Time Change

The HK Sketchers will meet on **Wednesdays at 11 am** in the Creative Arts Studio, rather than at 1pm.

Artists working on a project during an HK Sketchers meeting are welcome to use the Creative Arts Studio.

Heron's Key Men's Bible Reading and Discussion Group

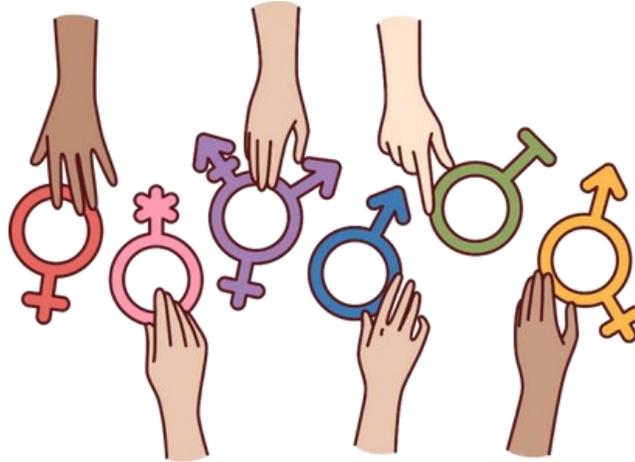
Meeting Time and Location Change

The HK Men's Bible Reading and Discussion Group will meet in the **Anchor Room on Wednesday afternoons from 3-4:15 pm**. All men are welcome to join.

Mexican Train

Beginning **Tuesday, February 3**, Mexican Train returns to Heron's Key from **10 am to noon** in **Spinnakers**. We'll play the game once a week, unless a special activity requires cancelling it that day.





CREATING SPACE FOR EVERYONE: Understanding Gender Diversity

As part of our ongoing commitment to fostering a welcoming and inclusive community, the Heron's Key Diversity, Equity, and Inclusion (DEI) Committee continues its initiatives on gender identity. By focusing on this topic, we hope to build greater awareness of the wide range of gender identities and experiences within our broader community. Throughout the quarter, we will provide opportunities to learn from shared stories, educational materials, and open conversations that encourage curiosity and respect. Our goal is to strengthen our ability to support one another and to ensure everyone feels seen, valued, and safe.

“Navigating Gender in Our World” with Mac Scotty McGregor

Wednesday, February 18, at 1 pm (M & HKTU 370) | *Sponsored by the DEI Committee*

Navigating gender in our world has become increasingly more complicated. The simple binary gender system does not represent many in our communities today. In this talk, we'll discuss the spectrum of gender in a warm and accessible way. Most of us were socialized around gender, and that socialization can limit us and affect how we interact with others. Mac Scotty McGregor walks audiences through the types of modeling and messaging they had growing up around gender, and how we can all make conscious choices that serve us better today.



What is it like to see and walk in the world from both the male and female perspectives? Mac will share his gender journey and what it taught him about life, our culture, and how it affects our interactions with others.

Mac Scotty McGregor is a transgender activist, author, speaker, and educator who lives in Seattle and provides gender and LGBTQIA diversity training for corporations, colleges, and groups worldwide. He co-founded Positive Masculinity, a project for heart-led masculine folks who want to create a transformative path for masculinity in our world.

Festival of Jazz

Performing and Visual Arts is celebrating JAZZ, a truly American art form, with four live events and weekly PBS presentations through May.

Dr. David Lee Joyner: MY JAZZ LIVING ROOM

Part 1: Wednesday, February 4, at 7 pm (M & HKTU 370)



Musician and American popular music scholar Dr. David Lee Joyner invites you into his “jazz living room” for a much-requested exploration of the beginnings of jazz in New Orleans. Combining performance and multimedia, Dr. Joyner will present the many racial, ethnic, cultural, and musical elements that made the Crescent City the singular place where the musical genre was born, one that has spread globally and has been declared by the U.S. Congress as America’s unique cultural contribution to the world.

Part 2: Wednesday, February 18, at 7 pm (M & HKTU 370)

Part 2 continues the story of jazz as it migrates from New Orleans and Chicago to New York. We'll witness the birth of “swing,” with influences from Harlem and Kansas City, and the commercial rise of the swing big bands that carried America through the Depression and World War II. We will also honor some of the women of early jazz who made significant contributions to the music and influenced generations of musicians. Dr. David Lee Joyner will invite you into his jazz living room with media-rich narration and live performance of music from the era, including a Glenn Miller/Modernaires sing-along!

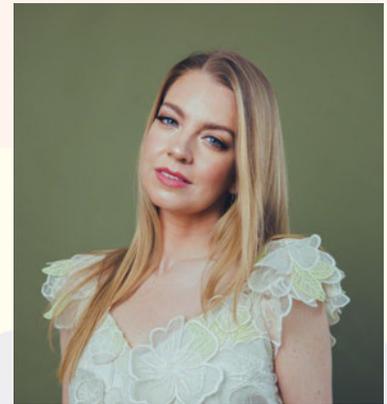


AN AFTERNOON OF LIVE JAZZ, COURTESY OF JAZZVOX

Sunday, February 22, at 2 pm (M) | Sponsored by Performing & Visual Arts

In collaboration with Seattle-based company JazzVox, Heron's Key will host two highly acclaimed jazz artists: vocalist Aubrey Johnson from New York City and pianist Jeremy Siskind from Los Angeles.

Aubrey Johnson is a vocalist, composer, and educator who specializes in jazz, Brazilian, and creative contemporary music with and without words. She holds a Master of Music degree in jazz performance from the New England Conservatory and a Bachelor of Music degree in jazz performance from Western Michigan University.



Recently, Aubrey was awarded a month-long composition residency at the prestigious MacDonald Colony in New Hampshire and the Chamber Music America Performance Plus Grant to compose and record a new album under the mentorship of Billy Childs. Learn more about Aubrey at www.aubreyjohnsonmusic.com/about.



Jeremy Siskind is an accomplished jazz pianist and composer. A top finisher in national and international jazz competitions, he is a two-time laureate of the American Pianists Association and the winner of the Nottingham International Jazz Piano Competition.

Jeremy is the rare musician whose imaginative albums land on best-of lists, while his ground-breaking instructional books populate best-seller lists. His multifaceted career includes writing arrangements for influential classical musicians, teaching jazz on prominent digital platforms, performing at renowned concert halls and jazz clubs, and running a publishing company. Learn more about Jeremy at www.jeremysiskind.com/epk/.

JazzVox is in its 19th year of providing in-home concerts, with over 500 performances in the greater Puget Sound area, from Camano Island to Tacoma, Seattle to Bainbridge Island. It offers world-class jazz vocalists and musicians from around the globe, creating intimate community-building performances.

WELLNESS: THE HEART OF HEALTHY LIVING

Heart Health with Dr. Raed Fahmy of Virginia Mason Franciscan Health

Wednesday, February 25, at 1 pm (M & HKTU 370)

Sponsored by Resident Services

Dr. Fahmy will be joining us this month to discuss the importance of heart health in the aging process. Sure to be a treat, learn about how to keep your health healthy and active.



Dr. Fahmy is a board-certified cardiologist specializing in cardiovascular disease. His special interests include diagnostic cardiac catheterization, transesophageal echocardiography, and pacemaker and defibrillator implantations.

Dr. Fahmy is a member of the American College of Cardiology, the Heart Rhythm Society, and the American College of Physicians, and a former board member of the Pierce County Medical Society and the Pierce County American Heart Association chapter.

“Keep the Beat: How Do Changes to the Dietary Guidelines for Americans Impact Nutrition Recommendations for Cardiovascular Health” with Dietician Amber Hall

Friday, February 27, at 1 pm (M & HKTU 370)

Sponsored by Resident Services

This presentation is ideal for anyone interested in improving their cardiovascular health, individuals with risk factors for cardiovascular disease, or those looking to make healthy changes.

We will explore the recent changes to the Dietary Guidelines for Americans 2025-2030 and the connection between the food you eat and lifestyle on cardiovascular health. We will cover strategies to help prevent heart disease or manage existing conditions such as high blood pressure and high cholesterol. This presentation offers practical guidance and inspiration for adopting a heart-healthy eating pattern.



PERSONAL TRAINING

AT HERON'S KEY

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

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

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

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

FEATURED EVENTS

Octopus of the Salish Sea with Harbor WildWatch's Rachel Easton

Tuesday, February 3, at 1 pm (M & HKTU 370)

Octopus of the Salish Sea dives into the fascinating world of our local octopuses and the wider cephalopod family. Learn about the two species found here, what makes cephalopods unique, and how they survive in the cold, changing waters of the Salish Sea. We'll explore jaw-dropping adaptations like instant camouflage, flexible bodies, problem-solving smarts, and ink-and-jet escapes. You'll also hear quick comparisons to remarkable cephalopods around the world. Come away with a new appreciation for these mysterious animals—and how we can help protect their habitats close to home.



Rachel Easton's career in environmental education began as an education specialist at the Point Defiance Zoo & Aquarium, where she led youth and adult education programs with live animals. She has been a member of the Harbor WildWatch team since 2009, working her way from Lead Naturalist to Program Coordinator to her current role as Education Director. Today, Rachel is responsible for developing, coordinating, evaluating, and delivering environmental education curricula to youth and the public, as well as training and evaluating new staff, interns, and volunteers. She is also the lead aquarist and animal caretaker for the over 800 gallons of saltwater tanks and their inhabitants at the Marine Life Center in downtown Gig Harbor.

"From Mail-Order Brides to Swiping Right: A Generational Journey Through Dating, Communication, and Connection" with Dr. Riki Thompson

Tuesday, February 10, at 1 pm (M & HKTU 370)

How did we go from mail-order brides and church socials to swiping right on strangers? This talk traces the evolution of American dating across generations—from the Postal Era through Boomers, Gen X, Millennials, and Zoomers—exploring how people have always used the communication technologies of their time to find love, and how economics, social actors, and cultural norms have shaped the courtship process across centuries. As we navigate unprecedented choice yet widespread dating fatigue, understanding this history reveals that each generation adapted available technologies to the timeless human need for connection. By seeing the patterns and parallels across centuries, we gain perspective on what we've achieved, what we've lost, and where the next generation might take us.



Dr. Riki Thompson has spent two decades researching how people use communication technologies to find connection and intimacy—and how some experience marginalization in online environments. As an Associate Professor of Digital Rhetoric & Writing Studies at the University of Washington, Tacoma, her work examines online dating and swiping culture to understand the complexities of communication and digital literacies in the modern search for love, sex, and connection. Dr. Thompson has published extensively in academic journals and mainstream outlets on dating in the digital age, reaching hundreds of thousands of readers. She is currently writing a book titled *Discourse, Design, and Post-Digital Intimacies in the Borderlands*.

“Gondola, Gondole!” with John Synco

Tuesday, February 17, at 1 pm (M & HKTU 370)
Authentic Venetian gondolas are not standard in the United States. Gig Harbor has two of them. The founder of Gig Harbor Gondola tells his story on how he fell in love with Venice and why he started the only Venetian gondola experience in the Pacific Northwest.



Ciao! My name is John Synco, and I'm the 49-year-old founder and operator of Gig Harbor Gondola. In 2002, I landed a job as a gondolier in Long Beach, CA. That job would soon become a lifelong obsession with Venice, Italy, and Venetian rowing. I've rowed the Vogalonga in Venice twice. I've met and made friends in the gondola community all over the world. In 2015, my family and I moved to Gig Harbor to try out a gondola business of our own. It's been 10 years of "trying it out," and I believe it's safe to say it's working. After 24 years of rowing gondolas, I've acquired so many stories, met so many wonderful people, and learned so much. I believe the learning will never stop.



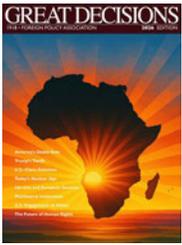
“The Dawn of Flight” with Paul Harvey

Tuesday, February 24, at 1 pm (M & HKTU 370)
This talk recounts the developments leading to the Birth of Flight, the first powered, controlled flight accomplished by Orville and Wilbur Wright on December 17, 1903. It begins by discussing glider experiments in Europe during the 1880s. These were crucial for the Wrights as they developed and flew their own glider designs, leading eventually to the successful powered flight in 1903. The talk follows the further development of aviation in the United States and in Europe until the beginning of World War I.



The son of a Boeing engineer, Paul Harvey grew up in West Seattle. After high school, he entered the US Navy and achieved the rank of Aviation Electrician Petty Officer Third Class. In 1962, Paul graduated from the US Naval Academy as an Ensign. During the Vietnam War, he was deployed to the war zone three times. After separating from the service, Paul joined Western Airlines, where he flew all first-generation Boeing jets: 707, 720, 727, and 737. In later life, he became a financial consultant and investment advisor.

2026 GREAT DECISIONS



In February, Lifelong Learning is kicking off the *2026 Great Decisions* series. *Great Decisions* is the most extensive discussion program in the country, with over 3,000 groups focusing on key policy topics in foreign affairs. The program starts with the *Briefing Book*, which offers a ten- to twelve-page overview of each topic. Then, we'll show a 30-minute video on HKTV on the subject, followed by an in-person presentation. We then pulled all of this together with a moderator presentation and discussion. We'll announce in KeyNotes when the first 30 *Briefing Books* are available. They will go fast, so put your name on the waitlist. If necessary, we will order additional books.

RESIDENT-LED EVENTS

“Nature in Ninety Minutes: Winter Edition” with Andy Mauro & Mike West

Wednesday, February 11, from 1-2:30 pm (M & HKTV 370)

Join Andy and Mike for the Winter edition of the Heron's Key Nature News. Find out how a Surf Scoter duck can manage to eat a hard-shelled clam, shell and all. Can you guess the number of species on our official Heron's Key Mushroom List? Fair warning: Our total has “mushroomed” with the discovery of several fascinating new species in recent months. Squirrels? Eagles? Cedar Waxwings? Lots to discuss. Join us!



Reading Aloud with Gee and Your Neighbors

Thursday, February 26, 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.

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 a
Salon Appointment Request form

Clubhouse Ground Floor

9am—3 pm
Tuesday through Friday
Call 253.313.0789 or
Visit <https://rss.care/HKBookNow>

Services

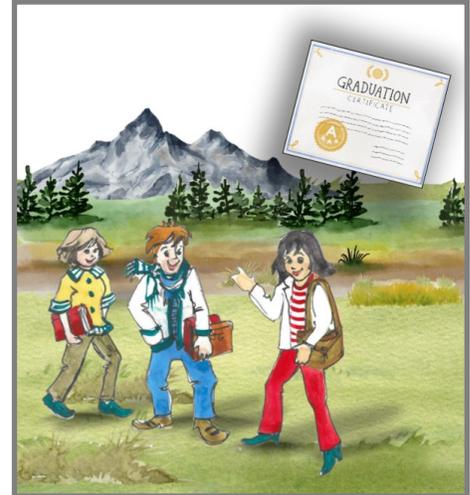
- Haircuts and styling for men & women
- Coloring & highlights
- Perms
- Nail care, manicures, pedicures
- Massage
- Facials
- Waxing
- Lash and brow treatments



DOLLARS FOR SCHOLARS 2026 Heron's Key Scholarship Fund

February is fundraising time for one of Heron's Key's traditions: the Scholarship Fund. It's been eight years since a small group of Heron's Key residents began helping support promising young people from the Peninsula School District in the transition from high school to higher education. In 2018, eight students received \$375 scholarships, and our program has grown by leaps and bounds since then. In 2025, we awarded twelve \$2,500 scholarships, two \$1,250 scholarships, and one \$2,000 scholarship renewal.

This program continues to grow thanks to the generosity of many of our residents, who value the educational opportunities we had as young people and want to expand them for today's youth. Want to pitch in? Together we make a difference—a huge difference.



Here's how you can help:

1. DONATE

- Take out your checkbook
- Write your check payable to **GREATER GIG HARBOR FOUNDATION**, with Heron's Key Scholarships in the memo line.
- Place your check in the blue box in the mail room.
- Contributions of any size bring us closer to our goal. Every dollar matters and goes directly toward the scholarships.

2. SPREAD THE WORD

- Encourage your friends and neighbors to join this meaningful effort.

3. Join the Scholarship Team.

- We need residents who would be interested in being a part of this Committee. The primary task is reading the scholarship applications and helping to determine the recipients. Contact Marilyn if you are interested.

Let's come together again this year to make a lasting impact on the next generation. Together, we can open doors of opportunity for deserving young people and inspire hope for the future.

**Our alliance with the Greater Gig Harbor Foundation
makes your contribution tax-deductible
to the extent allowed by the law.**

EMERALD COMMUNITIES

At Emerald Communities, staying connected to our mission, our residents, and one another is our top priority. With many new faces walking the halls, we're excited to (re)introduce our EC team and share a glimpse of the passionate people working behind the scenes to support our amazing communities every day.

Get to know: Brad Beck

Corporate Technology Officer

- What is your hometown? Chicago
- What was your first job? Sales at a band instrument store, selling instruments, sheet music, and supplies
- What three words would you use to describe yourself? Service, Joyful, Impactful
- What do you do for fun? Boating, wine-tasting, and travel
- Who inspires you? As a life-learner, I don't have a single person, but rather key people in my life along my life journey. I love to research and learn from others whom help me in that moment of time.



- What do you love about working at EC? The mission, purpose, and opportunity to transform how we support the needs of the organization, staff, and residents. After being here now for just over a year, I'm honored and grateful to have the opportunity to be so impactful in a positive way for residents and staff.
- What is the focus of your role at EC? I serve as the overall Information Technology leader for the organization. My main focus has been to assess our current technology environment, create and execute a plan to modernize our technology, ensuring alignment with the current and future strategic needs of the organization. I'm looking forward to the upcoming IT prioritization by the Board and Ron Schaefer, CEO.



GOLDEN SPOTLIGHT AWARD

Joshua Dolan, Line Cook in Penrose Harbor

Joshua makes a point to spend time in the dining rooms, connecting with residents and building relationships. He takes care to have conversations about their likes and dislikes. While we have always supported residents on pureed textures, Joshua has made this his niche within our community. He continues to develop and refine the presentation of pureed meals and even works on this at home, driven by a desire to help residents enjoy their food and feel excited to eat. His initiative, passion for his craft, and genuine compassion reflect a deep desire to make residents happy.



Floor Meetings with Executive Director Chris Lucero

Tuesday, February 3 & Wednesday, February 4 (M)

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



Tuesday, February 3

- 10 am: Floor 4
- 11 am: Floor 2

Wednesday, February 4

- 10 am: Floors 1 & 6
- 11 am: Floor 5
- 1 pm: Floor 3
- 2 pm: Cottages

State of the Organization Presentation with Emerald Communities Leadership

Friday, February 6, at 10 am (M & HKTV 370)

Sponsored by Administration

We invite you to join us for an Emerald Communities State of the Organization meeting. This will be a great opportunity to hear directly from Emerald Communities' senior leadership about organizational updates, where we are today, and how we are planning for the future.

During this presentation, our senior leaders will share information about organizational structure, financial performance, major projects underway and under consideration, quality and clinical performance, staffing and benefits, technology and digital initiatives, and key trends shaping senior living over the next several years. You'll also hear updates specific to our communities, including occupancy, waitlists, and engagement efforts.

The meeting will conclude with a live Q&A, giving you the chance to ask questions and engage directly with our presenters. We value transparency and look forward to sharing this meaningful conversation with you.





Hot Club Swing Concert with Ranger and the “Re-Arrangers”

Friday, February 13, at 6:30 pm (M)

Sponsored by Resident Services

Ranger and the “Re-Arrangers” return to beguile us with music that evokes the spirit of a Paris cafe and the raucous energy of a Romani campsite with their version of Hot Club Swing. At the heart of their sound is a tight interplay between great soloists. Their repertoire includes vocal swing standards, traditional European melodies, the music of Django Reinhardt, and unique originals.



NATE JESTER

Ace of Illusions



Joining us again is Nate Jester: Ace of Illusions! Nate is a Seattle magician and mentalist specializing in magic, illusion, and comedy. His show is a thought-provoking experience for a sophisticated audience who wants something unforgettable. You may have seen him on “America’s Got Talent,” Bravo, Netflix, or Oprah’s *The Life You Want Tour*. Join us for a truly mind-boggling show!

**Monday,
February 23
4 pm (M)**

*Sponsored by
Resident Services*

UPCOMING EVENTS

Wine and Cheese: Wear Red for Heart Health Awareness



Friday, February 6, at 3:30 pm (CL)

Sponsored by Resident Services

Sip, snack, and socialize with your neighbors! Enjoy wine, cheese, and crackers, and wear red in support of heart health awareness. A non-alcoholic option will be available.

Pal-entines High Tea

Friday, February 13

11 am-1 pm (SP)

Free

RSVP Required

Sponsored and paid for by Resident Services

Celebrate love and the International Day of Friendship with high tea in Spinnakers. Resident Services is treating you to sandwiches, pastries, and warm beverages. Dress in your finest for this free fancy event; posh hats encouraged.



Space for this event is limited. **RSVP at Syren's Grille by noon on Wednesday, February 11.** The menu is available at the host stand, and the regular menu and dining services are available during the event.

Birthday Celebration

Thursday, February 19, at 2 pm (CL)

Sponsored by Resident Services



MAH-JONGG

American Mah-Jong

Mondays from 12-4 pm (CA)

Traditional Mah-Jong

Fridays from 2-4 pm (CR)

International Mah-Jong

Sundays at 3:30 pm (CR)

New players always welcome!

GAMES

Mexican Train

Tuesdays at 10 am (SP)

Pinochle

Wednesdays at 2:15 pm (CA)

Canasta

Thursdays from 1-3 pm (CA)

Bridge

Fridays from 1-3 pm (SP)

ON-CAMPUS PROVIDERS

HEALTH SERVICE CLINIC PROVIDERS

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

Primary Care at Heron's Key

Pacific Medical Specialty Group
in the Heron's Key Health Services Clinic
253-208-3766

Every Other Tuesday

9 am to 4 pm

Walk-in clinic for established and
non-established patients

Every Other Thursday

9 am to 3 pm

By appointment only for established patients

*(New patient registration forms
available at the Concierge Desk)*



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



On-Site Counseling & Dementia Support

Sandy O'Brien is a Registered Nurse with a Master's Degree in Psycho-social Nursing. She is also a Certified Dementia Practitioner and Certified Professional Coach. Sandy is available for counseling and coaching sessions on the Heron's Key campus, or virtually, for residents and their families. For more information, visit her website at www.HarborTransitions.com

Call 253.442.9242 for appointments and rates.

Now offering Friday appointments in a private office in the HK Health Services Clinic.



Find the latest menus and hours on the Resident Portal.**CHEF'S COOKING CLASS | Second Monday of every month | Monday, February 9, at 2pm (SP)**

Work with Chef Chris and/or Sous Chef Cody and learn to make small plates and tapas. The class comes complete with a meal for only \$8 (more details to follow in KeyNotes). Sign up at Syren's Grille or by calling 253.313.0797.

CHEF DINNER RAFFLE | Second Week of Every Month

Win a four-person Chef Dinner. To enter the raffle, complete a feedback survey each time you dine or get take-out during the second week of every month. If you have any questions, please speak to a Dining team member.

RESIDENT ORIENTATION TO DINING SERVICES: OPEN TO ALL RESIDENTS

Second Tuesday of every month | Tuesday, February 10, at 11 am (SP) | No registration required

STAFF TRAINING | Second Wednesday of every month | Wednesday, February 11, at 3 pm

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

PAL-ENTINES HIGH TEA | Friday, February 13 | 11 am (SY) | **RSVPs at the host stand required**

Find the menu at the host stand. RSVPs are required and fill up fast (deadline: Wednesday, February 11). The regular menu and dining services are available during the event. (See page 22 for more details.)

VALENTINE'S DAY | Saturday, February 14, at 4 pm (SP)

Be our Valentine. Gather a group of friends and family and join us at Spinnakers for a delicious family-style dinner at communal tables to enjoy a Seafood Boil, complete with cheddar-and-chive biscuits. Prices: Residents \$12, Guests \$15. Our regular menu will also be available during the event. Reservations are encouraged.

CHEF DINNERS—SAVOR THE EXPERIENCE: AN ELEVATED CULINARY EVENING WITH CHEF CHRIS & TEAM

Thursday, February 19; Friday, February 20; and Saturday, February 21 | 5 pm (PDR)

Due to popular demand, we added a third Chef Dinner. The specially curated coursed meal showcases our kitchen's creativity and passion, promising a unique dining event. Only 10 seats are available for this intimate, exclusive affair.

- **Menu and pricing:** We'll publish details in the first week of February on the Resident Portal under "Special Events," and reservations will open then. (*Thursday & Saturday dinners: \$30 to \$40 per person*)
- **Reservations:** Made on a first-come, first-served basis. Call 253.313.0797 today.

MARDI GRAS WEEK | February 16 through February 22 (SY & SP)

Kick off the Mardi Gras celebrations with Louisiana-inspired specials. If you'd like to submit a recipe for this week, please email it to diningfeedback@heronskey.org or bring a copy to the host stand by February 6.

MARDI GRAS MIXER | Saturday, February 21, at 3 pm (SY)

Join us for a festive celebration of Mardi Gras at our Saturday mixer, complete with specialty cocktails and Cajun-inspired bites.