

A photograph showing a group of diverse hands, including adults and children, holding a large, pink heart-shaped sign with a white border. The hands are positioned in a circle around the sign, which is set against a background of green grass. The overall theme is unity and shared emotion.

Heron's Flight

January 2026

Many hands,  
*one*  
heart

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Vice President of Operations
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Courtney Soran
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Lisa Meinecke
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Wellness Program Manager
McKenna Leehan
Director, Sales & Marketing
George Smith
Director of Facilities
Ray Austin
Facilities Operations Supervisor
Lynn Good
Environmental Services Supervisor
Sandra Cook
Vice President of Marketing
Matthew LeCours
Director, Food & Beverage
Kristina Christenson
General Manager of Dining

## MANAGING CLOSURES DUE TO INCLEMENT WEATHER

If weather causes closures for the restaurant or other departments at Heron's Key, we will send a text message to those subscribed to our HK Urgent Alert text messaging service. To ensure you're one of the first to know of any operational changes, please follow this step:

***On your cellphone, text the word HKUrgentAlert to 888.###.02##***

You will receive a text confirming your subscription to the list.

As the situation allows, notices will also be sent out via KeyNotes and posted on the Resident Portal. Please see the Concierge for assistance.



## USEFUL ITEMS TO KEEP IN YOUR CAR DURING THE WINTER

During the winter, it's a good idea to have more than your keys and a full tank of gas. Enhance your winter preparedness by keeping the following in your car:

- Ice scraper
- Gloves
- Blanket
- Emergency flares or reflectors
- First aid kit
- Flashlight
- Jumper cables
- Small toolkit
- Cell phone charger
- Water and snacks
- Small empty gas can
- Air compressor
- Sand or kitty litter
- Spare tire



## SIGN UP FOR TEXT MESSAGE ALERTS

Text **888.###.02##** (Message and data rates apply. Terms & privacy: [slicktext.com/tc.php](http://slicktext.com/tc.php))

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

## 2026 WELLNESS THEMES

### January

Many Hands, One Heart

### February

The Heart of Healthy Living

### March

Caring for the Inner You

### April

Peace of Mind Matters

### May

Get Moving, Get Glowing

### June

Into the Great Outdoors

### July

Explore Where You Are

### August

The Gathering Table

### September

Strong, Safe & Steady

### October

Prepared Together, Safe Together

### November

Season of Gratitude

### December

Celebrate the Season

# RESIDENT COUNCIL CONNECTION

## A MESSAGE FROM YOUR RESIDENT COUNCIL SECRETARY

### Laughter—The Best Medicine

Skip the New Year's resolutions. Instead, add more laughter to your life. There is a reason that laughter is often called "the best medicine." It can lower stress hormones, activate your body's relaxation response, boost your immune system, release endorphins to help lessen pain, increase blood flow and oxygen, relieve tension, and relax muscles. So, let us begin our laughter program. Here are a few ways to start:

- Watch funny movies, spend time with pets or people who make you laugh.
- Consider "Laughter Yoga," which combines breathing and intentional laughter.
- Look for humor in everyday situations; don't take yourself too seriously.
- Never miss the funnies in the newspaper; they're better than the news.
- Smile and look for opportunities to laugh.
- Put funny greeting cards and cartoons on your office wall.
- Make a practice of watching comedy movies.
- Share a laugh or a joke. Look for joke books.
- Don't laugh at the expense of others. Laughter should not be hurtful.

Let's get it on! I have no idea where these funny remarks come from:

- Buy a horse ranch and call it "Pasture Prime."
- The incontinence hotline asked if I could hold.
- The older we get, the earlier it gets late.
- I'm so old, I remember when the Dead Sea was not even sick.
- With age comes wisdom and hair in really weird places.
- Running errands counts as "going out."
- Friends are essential, especially ones with chocolate.
- Online shopping is great until having to get up for a credit card.
- How is it possible to have a "civil" war?
- An expiration date on "sour cream?"

Speaking of aging, I now live with a nonagenarian. That's right, a 90-year-old. He is my laughter expert and has a "Dad's Jokes" book to share with a daughter on the phone. And to all you other nonagenarians out there, here are some laughter/smile thoughts: In 1935, your first home likely cost less than \$10,000, and a new car was about \$600—if you could afford one. Stamps were 3¢, a dozen eggs 18¢, and a gallon of gas only 19¢. A family doctor might make house calls. Women loved Clark Gable. Did you dance with Fred Astaire or Ginger Rogers? Can you recall every president since Franklin D. Roosevelt—in order? Who won the World Series when you were a kid?

I honor you all! The older we get, the more stories we have to share again, again, and again. Let's practice belly laughing, laughing until the tears come. How about a laugh-out-loud movie on Movie Night, and fill Maritime Room with laughter? Or maybe we add laughter yoga to our exercise program? Let us laugh and smile all the way into 2026.

*And while we are honoring, let us thank our outgoing officers of the Herons' Key Resident Association—Pat Curtis, President, and John Neiswender, Treasurer—whose time and responsibilities often went beyond volunteer. We are blessed with capable, willing, and talented individuals in all our Standing Committees as well. THANK YOU!*

—Carol T., HKRC Secretary



### Resident Council Meeting

Thurs., Jan. 15, at 10 am  
(M & HKTV 370)

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

# RESIDENT COUNCIL CONNECTION

## 2026 RESIDENT COUNCIL MEETINGS

Meetings are on Thursdays at 10 am in the Maritime and on HKTV 370



January	March	April	June
15	12	9	11
July	September	October	December
9	10	8	10

## 2026 RESIDENTS' ASSOCIATION MEETINGS

Meetings are on Thursdays at 10 am in the Maritime and on HKTV 370

February	May	August	November
12	14	13	12



HERON'S KEY RESIDENT

Please remember to wear  
your name tag. It helps new  
residents and staff.

## FROM LEARNER TO TRAILBLAZER,

### HERON'S KEY RESIDENT MAKES NATIONAL SAIDO HISTORY

When Violet\*, a resident, first asked to participate in SAIDO Learning in March 2024, no one could have predicted how extraordinary her journey would become. What began as a simple request to engage her mind soon evolved into a milestone not only for Violet but for the entire SAIDO community.



Developed in Japan in 2001, SAIDO is a non-pharmacological learning program designed to support cognitive health and enrich daily life for older adults, including those living with dementia. The program expanded to the United States in 2018, when Covenant Living in Cleveland, Ohio, became the program's Master License holder, offering hope and meaningful engagement to people with dementia living in long-term care communities across the country.

Rather than relying on medication, SAIDO focuses on structured mental exercises and meaningful human connections. Each session pairs two older adult "Learners" with a trained "Supporter" for 30 minutes of reading, writing, and simple arithmetic exercises, ideally five times per week. The emphasis is on repeated success—building confidence through mastery of basic material before progressing at an individual pace.

Research has consistently shown the effectiveness of the SAIDO Learning method. Standard cognitive testing instruments demonstrate measurable improvements in cognitive function among participants with dementia. Beyond test results, participants often experience increased energy, greater life satisfaction, and deeper social engagement—outcomes that reflect SAIDO's holistic impact on quality of life.

Violet embraced the program with remarkable determination. During her time as a Learner, she completed the six highest levels of SAIDO worksheets—twice. When she chose not to complete them a third time, she officially "graduated" from the program. That achievement alone would be impressive. Violet then reached a milestone in the SAIDO program, becoming the first Learner to step into the Supporter role.



Supporters undergo an eight-hour training rooted in an accelerated learning model that is highly interactive, engaging, and fun. Violet's transition from Learner to Supporter is unprecedented and deeply meaningful. It reflects not only her cognitive growth, but also her confidence, initiative, and desire to give back to others.

For those of us in the Heron's Key community and the SAIDO family, Violet's accomplishment is a source of immense pride. Seeing her move from one side of the session table to the other is a powerful reminder of what is possible when people are given the opportunity to learn, succeed, and be seen for their abilities. We are excited—and inspired—to watch Violet continue her journey as a Supporter, lighting the way for others.

\* Name changed to protect privacy

# OFF-CAMPUS EVENTS

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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

### Exquisite Creatures Exhibit at Christopher Marley Studio and Lunch at Ivar's in Seattle via the Bremerton Fast Ferry

**Friday, January 2, from 9:30 am–5 pm | Sponsored by Resident Services**

We will board the 10:20 am fast ferry from Bremerton to Seattle and stroll to Christopher Marley Studio. At the waterfront studio, you'll step into a world where art, nature, and science converge. *Exquisite Creatures* is a stunning exhibition of bio-sculptural art by acclaimed artist Christopher Marley. Discover an awe-inspiring collection of preserved animal, mineral, and plant specimens arranged in breathtaking geometric patterns and vibrant mosaics. This unique experience inspires wonder, sparks curiosity, and invites you to see the natural world with new eyes. *Please note: This trip requires approximately 1 mile of strolling in small increments. Please dress for cold and rainy weather.*



At around 1 pm, we will have lunch at Ivar's. Depending on our timing, we will board the 2:25 pm or 3:45 pm ferry back to Bremerton, where a Transportation team member will drive us home. **Register on the Resident Portal by 9 am on Monday, December 22.**

### Seattle Art Museum's Farm to Table Exhibit & Lunch

**Wednesday, January 7, from 9:30 am–3:30 pm | Sponsored by Performing & Visual Arts**

We are returning to the Seattle Art Museum, this time taking in the *Farm to Table* exhibit. Featuring more than 50 works by artists ranging from Paul Gauguin, Claude Monet, and Camille Pissarro to Eugène Boudin, William-Adolphe Bouguereau, and Victor Gabriel Gilbert, this exhibition looks back at the Age of Impressionism through the lens of French culinary tradition. Portrayals of municipal markets and country gardens, provincial farmers and Parisian cooks, glittering restaurants and their fashionable patrons, and tables both laden and wanting reveal how the country's identity as the world's gastronomic capital became amplified as it grappled with war, political instability, industrialization, imperialism, and shifting social dynamics. In this climate, anything having to do with cuisine signaled uniquely French refinement, fortitude, and ingenuity, even as it exposed fractures that destabilized national identity.



Residents will purchase their own tickets at the museum. Discounted rates are available for GOLD cardholders and museum members. Lunch will be casual: dine on-site or visit a nearby establishment. We will board the bus back to Heron's Key between 1:30 pm and 2 pm. **Register on the Resident Portal by noon on Wednesday, January 7.**

# OFF-CAMPUS EVENTS

## Seattle Thunderbirds v. Kelowna Rockets at Showare Center in Kent

Friday, January 23, 5:30-10 pm | *Sponsored by Resident Services*

Cheer on Seattle's Major Junior hockey team, the Thunderbirds, as they face off with the Kelowna Rockets. The Thunderbirds arrived in Seattle in 1977, and many of its athletes have gone on to play for our Seattle Kraken! Enjoy a night of hockey with neighbors. **Register on the Resident Portal by 9 am on Wednesday, January 7.**

*Note: You may need to climb stairs to get to your seat. Tickets for accessible seating are available for approximately \$60.*

## Here There Are Blueberries at the Bagley Wright Theater in Seattle

Saturday, January 31, from 12:30-5pm | *Sponsored by Performing & Visual Arts*

In 2007, a mysterious album featuring Nazi-era photographs arrived at the desk of a U.S. Holocaust Memorial Museum archivist. As curators unravel the shocking truth behind the images, the album soon makes headlines and ignites a debate that reverberates far beyond the museum walls. Based on real events, Here There Are Blueberries tells the story of these historical photographs—what they reveal about the perpetrators of the Holocaust, and our own humanity. **Register on the Resident Portal by 9 am on Monday, December 29.**



**Please note:** Space is limited, and tickets are selling fast, so the registration window is short for this event. We will be attending the matinee showing at 2 pm. Once registration ends, we call the attendee list to confirm the ticket price.

## SHOP & DINE

### International Tastings: Royal Tandoor in Port Orchard

Thursday, January 8, from 11 am—1 pm

*Sponsored by the Food Lovers Group*



This is a return visit to the Royal Tandoor restaurant. Our previous visit found them to be outstanding—food, service, and so accommodating.

They are probably the best find of the International Tastings trips we've made (so far). If registration for this trip is full, join the waitlist. **Register on the Resident Portal by 9 am on Monday, December 29.**



## 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

# OFF-CAMPUS EVENTS



## Women's Breakfast at Family Pancake House in Port Orchard

Monday, January 12, from 9:30-11:30 am | Sponsored by Resident Services

Register on the Resident Portal by noon on Friday, January 2.

## Co-Ed Lunch at Tide's Tavern

Monday, January 19, 11 am-1 pm | Sponsored by Resident Services

Register on the Resident Portal by noon on Monday, January 12.

### Reminder

All shopping trips require sign-ups with the Concierge, as space is limited. Extra space you may notice in an HK vehicle is reserved for carrying purchases.



## Grocery Shopping

***The following 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

1/5—Fred Meyer

1/12—Metropolitan Market

1/19—WinCo, Bremerton

1/26—Walmart, Port Orchard

### Wednesdays at 10 am (Express Shopping)

1/7—Safeway

1/14—Safeway

1/21—Safeway

1/28—Safeway

### Fridays at 10 am

1/2—Trader Joe's, University Pl.

1/9—Harbor Greens, GH

1/16—Trader Joe's, Silverdale

1/23—Safeway

1/30—Target

# Personal Training at Heron's Key

*Affordable Support for Your 2026 Health Goals*

**Research proves that small doses of regular exercise can make a big difference in promoting independence, improving overall health, and preventing falls...**

But it might be difficult to know where to start or which exercises are best or safest for your specific needs and health goals. Take the guesswork out of improving your fitness and get caring, compassionate guidance from a qualified, certified expert who will create a safe, effective, and adaptive personal training program tailored to your unique needs.



Benefits of personal training can include:

- Reduced pain
- More energy
- Increased strength
- Improved balance
- Injury prevention
- Enhanced mobility
- Continued healing after physical therapy
- Reduced risk of falls
- Support for those with chronic conditions
- Progress that lets you see what's possible

Personal training at Heron's Key is available to residents of all fitness levels, and we'll provide the equipment you might need. This affordable, health-focused service begins with a free personal assessment. **Call 253.313.0781 today to schedule your free assessment.**

*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: Ron Schaefer

Chief Executive Officer

- What is your hometown? We moved a lot growing up, so I don't have a traditional hometown, but I consider the Santa Ynez Valley in California to be my hometown.
- What was your first job? A summer day camp counselor at our church, followed by being a Counter Person at Carl's Jr (fast food).
- What three words would you use to describe yourself? Approachable, passionate, and musical.
- What do you do for fun? Boating, drumming, happy houring, and sometimes video gaming with my sons-in-law and grandson.
  - Who inspires you? So many people! As a child, Neil Armstrong, in High School, Neil Peart (rock drummer) and JRR Tolkien, as an adult, authors Roger Martin and Seth Godin. Historically, Abraham Lincoln and Winston Churchill.
  - What do you love about working at EC? It's early days, so I'm sure my love will grow to include many things I don't see yet, but so far, it's our commitment to providing exceptional experiences and environments for our residents and team members.
  - What is the focus of your role at EC? My role has two primary focal points. The first is to ensure that the things we're already doing (eg, Emerald Heights and Heron's Key) are living up to our mission/purpose and brand values. Secondly, it is to develop strategies with our Board and execute on those strategies in order to secure a stable and successful future for the organization.



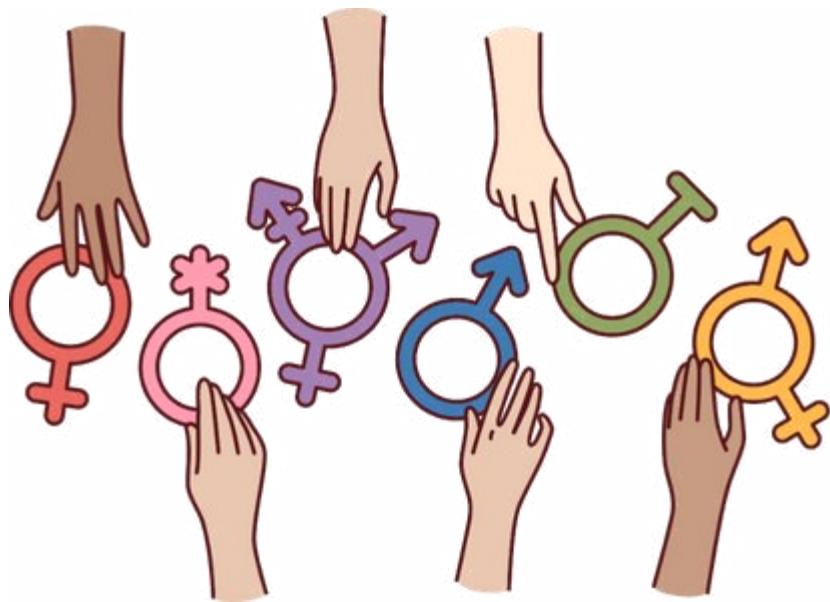
### GOLDEN SPOTLIGHT AWARD

**Jake Workocki, Security**

Jake is a true team player who consistently steps up to help wherever needed. Whether supporting Maintenance, EVS, or Security, he willingly stays late, fills in shifts, and ensures tasks are completed. His initiative, growth, and communication have made a meaningful impact across our community.



# DIVERSITY, EQUITY & INCLUSION



## 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 will center its first-quarter 2026 initiatives on **Gender Identity**. People who are not cisgender—a person whose gender identity corresponds to their sex assigned at birth—often face challenges rooted in misunderstanding, stigma, or lack of visibility. These challenges can show up in many aspects of daily life, including misgendering, discrimination, and limited access to supportive resources. Social environments may also feel difficult to navigate when others make assumptions—conscious or unconscious—about a person's identity, pronouns, or gender expression.

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.

### EVENT

#### Building Understanding:

#### LGBTQ+ Terms, Gender Identity, and Affirmation

**Monday, January 26, at 3 pm (M & HKTV 370) | Sponsored by the DEI Committee**

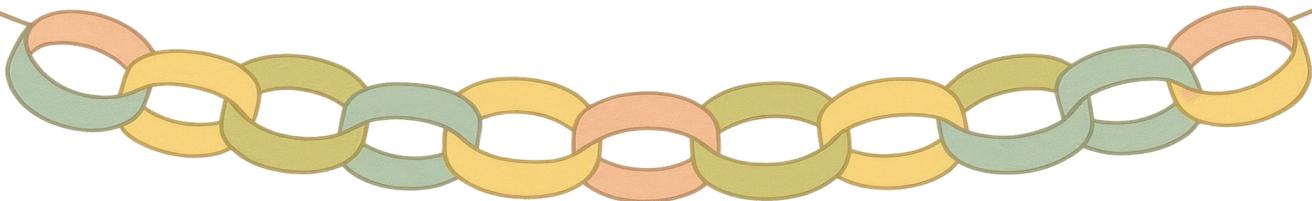
In January, we will begin by viewing two engaging and informative videos that explore gender identity, highlight the importance of inclusion, and offer practical guidance on how each of us can be an effective ally. These resources are designed to spark conversation, build awareness, and strengthen our shared dedication to creating a community where everyone feels seen, respected, and supported.

# WELLNESS: MANY HANDS, ONE HEART

## ADD TO THE KINDNESS CHAIN THROUGHOUT JANUARY

This January, the bulletin board on the ground floor near the Salon will turn into a beautiful spectacle celebrating our community, kindness, and gratitude.

On one side of our board, you'll find sentiments placed in the Gratitude Jar. Thanks to all who participated and shared their thankfulness! The Heron's Key Kindness Chain will hang on the other side of the board. Stop by and write a message on the slip of paper provided that commemorates a small act of kindness. Create a paper link and add it to the chain. As we add more links, the chain will stretch longer, showing how individual kindnesses connect us.



## EVENTS

### Fleece Hat Making

**Thursday, January 8, from 10 am to 12 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.



### The State of Our Schools: Krestin Bahr, Peninsula School District Superintendent

**Thursday, January 29, at 11 am (M & HKTV 370)**

***Sponsored by the Community Engagement Committee***

The Community Engagement Committee is pleased to present Krestin Bahr, Superintendent of Peninsula School District, on January 29 at 11 am in the Maritime Room.



Serving more than 9,000 students across 17 schools, Peninsula School District is recognized as one of the most innovative districts in Washington State, with a mission to ensure that every student becomes a successful and engaged global citizen. Superintendent Bahr began serving the district in July 2021 and has made significant contributions, leading several new programs—particularly those focused on environmental education and sustainability for students.

She will speak about the state of Peninsula Schools and share updates on the exciting programs taking place at all levels of the district. She and her team will also provide important information about the renewal levy scheduled for early 2026.

Heron's Key has been a valuable partner with the district, and you won't want to miss Superintendent Bahr's report on January 29.

# LIFELONG LEARNING

## FEATURED EVENTS



### Robert Horton: "Hollywood Blacklist Era"

**Tuesday, January 6, at 1 pm (M & HDTV 370)**

*"Are you now or have you ever been a member of the Communist Party?"*

The answer to this question—or the refusal to answer it—cast hundreds of lives into turmoil at the dawn of the Cold War. The Red Scare that erupted in the 1940s allowed the House Committee on Un-American Activities to grab headlines by parading prominent Hollywood figures before the cameras. Witnesses could either defy the hearings at the risk of their own careers or “name names”—inform on their colleagues and friends. The resulting blacklist threw many moviemaking professionals out of work.

This presentation, illustrated with film clips, tells the stories from this heartbreakingly scandalous era, and how notables such as Humphrey Bogart, Elia Kazan, and Charlie Chaplin were swept up in the frenzy. We’ll also ask: With today’s politics at a boiling point, are we living in such a period again?



Robert Horton, a National Society of Film Critics member, was the long-time film reviewer for the *Seattle Weekly*, *Everett Herald*, and KUOW.

His books include a critical study of *Frankenstein*. He has been a Fulbright specialist, a Smithsonian Journeys speaker, and an instructor at Seattle University and the Architectural Association in London. He now hosts the radio program, *The Music and the Movies*. Horton lives in Seattle.



(Graphic created with ChatGPT)

### "Using AI: Chat GPT—What is It, and Why Should I Care?"

**Tuesday, January 13, at 1 pm (M & HDTV 370)**

Do you think that AI is complicated and maybe a bit scary? Well, fear not! In this presentation, Karen will explain the amazing Chat GPT app and, using her iPhone, demonstrate how it has been helpful to her and her husband, Ron. You’ll learn about ways it might be helpful to you, too. Have you been using ChatGPT? If so, you are encouraged to come and share ways it has helped you with tasks you wanted to accomplish. The discussion will also cover issues and controversies surrounding ChatGPT and other AI platforms.

Karen is a Professor Emerita from California State University, Fresno, where she headed a program to train teachers of deaf and hard-of-hearing children. In this role, she specialized in instructional technology—specifically Apple devices. Two years before her retirement, she was awarded the prestigious “Outstanding Professor of Technology” award at Fresno State. She is well known at Heron’s Key for mentoring fellow residents who wish to expand their use of iPhones and iPads. Recently, she has enjoyed learning about the ChatGPT app and other aspects of artificial intelligence.



## Author Stephan Ladd: Adventurer's Guide

**Tuesday, January 20, at 1 pm (M & HKTV 370)**  
From the author of *Three Years in a 12-Foot Boat* and *The Five-Year Voyage: Exploring Latin American Coasts and Rivers* comes *Adventurer's Guide*, which Mr. Ladd will summarize in this talk. The new book espouses a philosophy of adventure, covering such topics as wanderlust, curiosity, discipline, minimalism, and intensity of experience. It is also a how-to manual addressing the challenges common to all types of adventure, such as provisioning, climate adaptation, overnigting, and navigation. Lastly, it contrasts the principal modes of adventure travel: hiking, cross-country skiing, paddling, sailing, motorcycling/driving, hitch-hiking, etc.

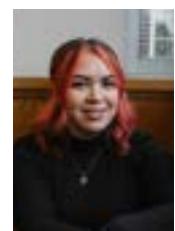
Stephen Ladd is a wilderness enthusiast, traveler, and retired city planner. A native Bremertonian, he is the author of *Three Years in a 12-Foot Boat*, in which he rowed and sailed to South America and back in a tiny craft of his own design, and *The Five-Year Voyage*, in which he and his wife Virginia explored thirteen South American rivers and had a baby in Brazil. He has also self-published an economics primer, *A Synthesis of Human Action*, and a how-to book, *Adventurer's Guide*.



## Explore the Life & Works of Mary Wollstonecraft with Bethany Mullins

**Tuesday, January 27, at 1 pm (M & HKTV 370)**  
Throughout her short adult life, Mary Wollstonecraft (1759-97) fought for women's independence. A philosopher, writer, and educator, she founded a school for girls, published the first feminist manifesto, and travelled to revolutionary Paris before giving birth to Mary Shelley, the author of *Frankenstein*. Arguing for women's autonomy and education, Wollstonecraft asserted that society was squandering its assets by keeping women as "convenient domestic slaves." This talk explores Mary's devastating yet thrilling life and literary output that changed the course of feminist thought.

Bethany Mullins is an AmeriCorps tutor at Federal Way High School and the Writing and Critical Thinking Lead at Minds Matter, Seattle, a nonprofit organization dedicated to supporting high-achieving high school students from under-resourced communities as they prepare for college. She holds a bachelor's degree in Gender Studies and English Literature from The Evergreen State College and a master's degree in 18<sup>th</sup>-Century Studies from King's College London. Her academic interests include gender and poetics, poetic identity, 18<sup>th</sup>-century aesthetics, and women writers of the Romantic period.



# LIFELONG LEARNING

## RESIDENT-LED EVENTS

### Who Am I? with Frederick:

### “Getting to Know the Gods”

Wednesday, January 14, at 1 pm (M & HKT 370)

Presbyterian choirboy from western Pennsylvania finds romance in Russia and religion in Greece.



### Reading Aloud with Gee and your Neighbors

Thursday, January 22, 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.



### GET ON THE LIST

Starting in January, Lifelong Learning will be formalizing its weekly “Only HKTV” email. This email provides more details on the week’s videos and insights from Louise. If you would like to receive this weekly update, contact Louise.

### 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

# PERFORMING & VISUAL ARTS

## DINNER THEATER

**Philadelphia-Themed Buffet and Movie**  
**Wednesday, January 14, from 5 pm to 8 pm (M & HKT 370)**  
***Sponsored by Performing & Visual Arts***



**5 pm: Buffet in Spinnakers | 6 pm: Movie in the Maritime and on HKT 370**

Chef Chris and his team will present a Philadelphia-themed buffet, complete with cheesesteaks, oversized salted pretzels, and other Philly staples, in Spinnakers. **RSVP required** at the Syren's Grille Host Stand. (This makes a perfect Gatherings event.)

At 6 pm, we'll watch the featured flick in the Maritime Room and on HKT 370.



## Need Tech Help?

he Lobby on **Wednesdays (10 am-12 pm)**  
istance from a Resident Computer Helper.

## EVENTS



### Talking Trash in Pierce County with Solid Waste Recycling Analyst

Kari Ann Elling

**Monday, January 5, at 3 pm (M & HKTV 370)**

*Sponsored by the Green Group*

Join us for an in-depth look into Pierce County's solid waste system. We'll dive into where our waste goes, how it's processed, and explain why the items we collect for recycling and composting may differ from those in other communities. We'll also peel back the layers of organics, focusing on food waste prevention and why food needs to stay out of the landfill. You don't want to miss this opportunity to get your questions answered as we explore garbage, recycling, and composting in Pierce County.



### **JANUARY GREEN GROUP MEETING**

**Thursday, January 22  
at 11 am (A)**

The Green Group usually meets on the second Thursday of the month. In January, however, we'll meet on Thursday, January, 22, at 11 am in the Anchor Room.

### An Introduction to Heron's Key Hallway Art

**Saturday, January 10, at 2 pm (Meet at Elevator 4 on the 4<sup>th</sup> Floor)**

Join resident and artist Joyce for a relaxed and engaging walking tour of the artwork displayed throughout the halls of Heron's Key. This month, she will guide participants through the fourth floor, highlighting a selection of paintings and photographs that contribute to the character and creativity of our community spaces.



During the tour, Joyce will share the history, inspiration, and personal stories behind each piece, offering a richer understanding of the artists and the moments captured in their work. Whether you're an art enthusiast or simply curious about the beautiful displays you pass each day, this is a wonderful opportunity to see our halls through a new lens.

The tour will begin at **Elevator 4** on the fourth floor, near the Syren's Grille Lobby. We hope to see you there!



### **A CALL TO LIBRARY AND BOOK LOVERS**

Residents are forming a committee to help our HK Library become a more vibrant and integral part of our community. There is a lot to do to make this happen. We will have fun along the way as we "play" with the books. If you are interested or have questions, contact Kathy. Our first tentative meeting is on **Monday, January 26, at 10 am in the Anchor Room**.

# NURTURING THE SOUL

## EMOTIONAL HEALTH IN THE NEW YEAR

As the calendar turns, the New Year offers a gentle invitation to pause, reflect, and consider how we are caring for our emotional well-being. While many resolutions focus on physical fitness or productivity, emotional health is just as essential for living with meaning, confidence, and connection. This season provides a natural moment to take stock of the year behind us—its joys, losses, and lessons—and to imagine how we hope to grow moving forward.

It is also important to remember that emotional health in the New Year doesn't require grand reinvention. Instead, it encourages *intentional* practices that nurture resilience and compassion. Something as simple as carving out quiet moments, reaching out to trusted friends, or reconnecting with activities that light us up can create spaciousness for emotional repair and renewal. For many people, the holidays bring complex feelings—gratitude and fatigue, celebration and grief. Honoring those emotions rather than pushing them away can help us begin the year grounded, not overwhelmed.

As we look ahead, we might ask ourselves: How do I want to feel? What habits support that feeling? What boundaries do I need to protect my well-being gently? These questions guide us toward healthier choices and a more profound sense of personal agency.

Most importantly, emotional health grows when we remember we're not meant to do life alone. Leaning into community, seeking support when needed, and offering kindness to ourselves can shape this New Year into a season of healing, curiosity, and renewed hope.

I hope that everyone here at Heron's Key makes emotional and spiritual health a priority this year, not only individually, but communally as well! There are so many ways to connect with others in our community. I look forward to seeing and hearing about how you and others make this year more emotionally healthy than any other year!



**Ebb Hagan**

*Wellness &  
Spirituality  
Coordinator*

Monday—Friday  
8 am—4:30 pm

253.313.0733  
EbbH@heronskey.org



## 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](http://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.

 **Harbor Transitions**

# UPCOMING EVENTS

## **Ice Cream Tasting**

**Friday, January 9, at 3:30 pm (M) | Sponsored and Paid for by Resident Services**

 Adventurous eaters and ice cream lovers, unite! By resident request, we are hosting an ice cream tasting! This is a casual tasting event where each table of five residents will sample four different flavors of ice cream: participants will pass a pint around, scoop a tasting into their bowl, and see what they think! The emphasis is on unique flavors you don't typically see in ice cream\*. **Sweet tooth required.** (\*Allergy note: The foods in this event contain dairy and nut products.)



**Space is limited. Register on the Resident Portal by Monday, January 5.**

## **Self-Defense for Seniors: Refresher Course with Bob Sailer**

**Monday, January 12, at 3 pm (M & HKT 370) | Sponsored by Resident Services**

 Resident Bob Sailer, a longtime martial arts student and 4<sup>th</sup>-degree black belt, is teaching a refresher course in self-defense. Bob will review techniques from his first class and teach additional simple ways to keep yourself safe, whether standing or seated. Whether you attended the last session or not, all are welcome.

## **Wine & Cheese Social**

**Thursday, January 15, at 3:30 pm (CL) | Sponsored by Resident Services**

Enjoy a glass of wine and take in the holidays with your neighbors! A non-alcoholic option will be available.

## **Heron's Key Swap Meet**

**Friday, January 16, from 1-3 pm (M) | Sponsored by Resident Services**

Join us for a swap meet of small, gently used items! This is a free event, and items are meant to find a new home and make new memories with a neighbor. **If you'd like to bring items to the swap, you must register on the Resident Portal by Monday, January 12.** No registration is required to browse. Who doesn't love a treasure hunt? Come see what you can find! (More details on next page)

# Friday Night Movies

**7 pm in the Maritime & HKT 370**

**Come to the Maritime Room for popcorn!**

**Sponsored by Resident Services**



# UPCOMING EVENTS

*Note: There are size and weight parameters for eligible items (i.e., no furniture, nothing heavier than 5 pounds, etc.). After you sign up, Resident Services will send you a list of eligible and ineligible items, as well as instructions of when to set up your table. Please be prepared to take your leftover items with you at the end of the event.*

## Trivia Night

Monday, January 19, at 4 pm (M)

*Sponsored by Resident Services*

Do you think you know your stuff? Prove it at our trivia night! Sure to be fun, there will be five teams of four residents, and each table will work together to win points. A prize will be awarded to the winning team. Join us for laughter, fun facts, and friendly competition. **Space is limited; please register on the Resident Portal by Wednesday, January 14.** If you'd like to team up with specific friends, please arrive at the event early.

## Birthday Celebration

Wednesday, January 28, at 2pm (CL)

*Sponsored by Resident Services*

## Karaoke!

Friday, January 30, at 4 pm (M)

*Sponsored by Resident Services*

We meet again for another afternoon of singing and laughter! Join us for karaoke—whether you want to be a singer, back-up singer, dancer, or an audience member. A bar will be available, compliments of 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)

## GAMES

### Pinochle

Wednesdays at 2:15 pm (CA)

### Canasta

Thursdays from 1-3 pm (CA)

### Bridge

Fridays from 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

**Pacific Medical Specialty Group**

*(In the Clubhouse Health Services Clinic  
beginning February 2026)*

### 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](mailto:sandy@harbortransitions.com)

[www.HarborTransitions.com](http://www.HarborTransitions.com)

### Special Presentation by Pacific Medical Specialty Group

Thursday, January 22, at 2 pm (M & HKTV 370)

**Sponsored by Resident Services**

We are excited to welcome Pacific Medical Specialty Group to Heron's Key, our incoming primary care providers! The providers are replacing Drs. Fred and Maggie Sekeramayi, and will begin providing care in the Clubhouse's Health Services Clinic to Independent Living residents starting February 1, 2026.



During this presentation, representatives from Pacific Medical Specialty Group will introduce their team, explain the range of medical services they offer, and share details about their **weekly clinics at Heron's Key**. There will also be a **Q&A session**; bring your questions and learn more about what to expect.

Don't miss this opportunity to meet your new healthcare providers and get to know the team dedicated to your care!

## Find the latest menus and hours on the Resident Portal.

### NEW YEAR'S DAY BRUNCH | Thursday, January 1 | Seatings between 10 am and 3 pm (SY & SP)

**Prices— \$15 for Residents | \$18 for guests | \$10 for children ages 6-12 | Free for kids 5 and under**

Join us for a gourmet New Year's Day buffet with family and friends. The restaurants will only be open from 10 am to 3 pm on this day. **Reservations are required and fill up fast**, so plan accordingly (Deadline: Friday, December 26). Takeout and delivery of the special buffet will be available, along with a limited to-go menu. Call 253. 313.0797 to make a reservation or stop by the host stand.

### CHEF'S COOKING CLASS | Second Monday of every month | Monday, January 12, at 2pm (SP)

Join us for our revamped Chef Demo. The interactive series guides you through the process of crafting a dish from scratch under expert instruction! This month's theme is "Recipes from Our Childhood," and you'll assist Chef Chris and/or Sous Chef Cody in creating dishes special to their culinary upbringing. The class includes a meal for only \$7 (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

We are revamping your chance to win a four-person Chef Dinner. To encourage residents to participate in our feedback surveys, we invite you to **complete one each 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. **A copy of your receipt is no longer valid for this raffle**. If you have any questions, please speak to a Dining team member.

### RESIDENT ORIENTATION TO DINING SERVICES

#### Second Tuesday of every month | Tuesday, January 13, at 11 am (SP)

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

### STAFF TRAINING | Second Wednesday of every month | Wednesday, January 14, 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 DINNERS—SAVOR THE EXPERIENCE: AN ELEVATED CULINARY EVENING WITH CHEF CHRIS & TEAM

#### Friday, January 23, and Saturday, January 24, at 5 pm (PDR)

The specially curated course meal showcases our kitchen's creativity and passion, promising a unique dining event. With only 10 seats available, this is an intimate, exclusive affair.

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

### DISHES FROM THE NEW BRUNCH MENU AVAILABLE | Sunday, January 25

Join us **Sunday, January 25, from 10 am to 3 pm**, to order off our new brunch menu. Copies of the menu will be available on the Resident Portal in the first week of January under "Brunch." Savor some classics and explore new creations. *Bon appétit!*