

June 2026

# HERON'S FLIGHT

Taking Community News to New Heights



INTO THE  
*Great  
Outdoors*

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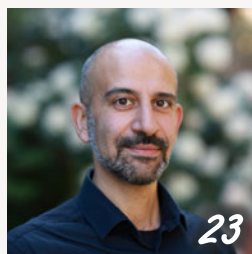
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Cover: Original image by Kamchatka stylized as a WPA poster using Magic Studio



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Sandra Cook  
Vice President of Marketing

Matthew LeCours  
Director, Food & Beverage

Kristina Christenson  
General Manager of Dining

## RESIDENT ART GALLERY

Kay Hess is our featured resident artist. From intricate diamond art and hand-woven baskets to vibrant paintings, her display beautifully showcases her creative versatility. Stop by the gallery wall in the Clubhouse Lobby (in the hallway just outside the Maritime Room) through the end of June to experience her work in person. You won't be disappointed!

## BALCONY BLOOMS AND BUDDIES BELOW

Ah, the joys of summer! Your balcony plants are thriving, the days are long, and... Wait, is that your neighbor down there enjoying a peaceful afternoon? Let's make sure your green thumb doesn't turn into a wet blanket for them.



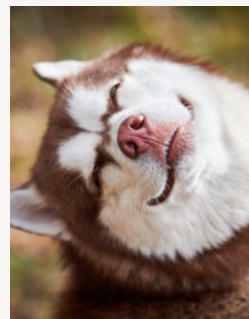
While your plants might be thirsty, your neighbors probably aren't looking for an unscheduled shower. So, let's keep the good vibes flowing (and the water contained) by using trays beneath your pots or investing in some clever self-watering pots. Because nobody wants a surprise sprinkle with their afternoon tea!

## A FRIENDLY REMINDER FROM FELLOW DOG LOVERS

We love dogs. We also love keeping our campus safe and enjoyable for everyone—regardless of how many legs they have. If you have a dog or two, please **leash up for safety**.

Keeping your dog leashed helps prevent:

- Accidents with cars
- Unintentional injuries or startled neighbors
- Barky, growly, dog-to-dog disagreements



Heron's Key policy requires **non-retractable leashes for dogs** everywhere on campus, except our dog park. This applies to residents, visitors, and staff alike. While exploring, please keep in mind that the retention pond area is subject to Gig Harbor leash laws. Thank you for helping us keep Heron's Key a safe, welcoming, and tail-waggingly wonderful place for our entire community!

## SIGN UP FOR TEXT MESSAGE ALERTS

Text **888.XXX.XXXX** (Message and data rates apply. Terms & privacy: [slicktext.com/tc.php](https://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

### Rear Window

In May 2018, we took up residence in a 3<sup>rd</sup>-floor Nautilus at Heron's Key. We have a full view of the distant detention-settlement pond and a two-thirds view of the nearest pond—both part of the Harbor Hill Environmental Sanctuary, which has provided many water-related events.

We enjoy the ducks, geese (sometimes flying by our window), eagles, osprey diving for dinner in the ponds, and even a river otter. We joined many dog walkers around the ponds with our Cavachon, often learning their dogs' names before their owners'. (All the dogs quickly learned about the tidbit waiting for them at the concierge desk.)


I'll never forget seeing two eagles bathing at the pond's edge—one always on guard. Herons stand motionless for ages, teaching patience, while osprey circle above before plunging for the largest goldfish. The otter's arrival was the talk of the building, with binoculars at windows and even a baby otter spotted. One spring, an eagle even tried (unsuccessfully) to carry off the baby, to residents' cheers. Each year, we watch for new ducklings and goslings.

Long ago, someone, likely weary of feeding their goldfish and cleaning their tank, tossed them into the pond. They probably did not know it was illegal to contribute to their spread since goldfish eat salmon eggs and aquatic plants, and they are a high-risk invasive species in the Puget Sound. Goldfish numbers multiplied so quickly that it became essential to rid the ponds of them. The first effort was unsuccessful. The second effort drained the ponds to "do the deed." This task took a few days, leaving behind mud and debris. Men in boots, with rakes and shovels, entered the mud to dump the leftovers in large containers. One poor fellow stepped out of his boot that stuck in the mud, then had to return his muddy foot to his boot. (What was that he yelled?) Sadly, the result was fewer eagles, only a rare osprey, and even rarer the stance of the beloved heron on the pond's shore.

The ponds offer more than wildlife; however. It was a celebration when the newly paved path around them opened, and those in wheelchairs, scooters, and walkers led the way. Thanks to the long-term planning of Bill Lewallen and the entire neighborhood in the Environmental Sanctuary, there are now native plants, trees, flowers, and benches donated by residents, making it even more enjoyable.

We once observed a neighborhood father help his son learn to ride a bike. The boy climbed on with Dad holding on to the bike and running alongside. Oops, no, can't go alone. Repeatedly, they tried. Finally, an exhausted Dad was able to let go while his son made it around the pond. We cheered! We have seen practicing cheerleaders, early morning joggers, and nighttime walkers with flashlights. There are couples holding hands, friends strolling along, and small groups in conversation.

In January 2026, management of the Sanctuary Project was transferred to Harbor WildWatch, which will keep the Harbor Hill neighborhood close to nature with environmental and habitat enhancement. Who knows what awaits us? We are blessed!

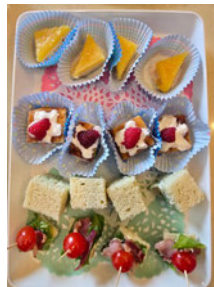


**Resident Council Meeting**  
Thurs., June 11  
10 am (M & HKTU 370)

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

# PENROSE HARBOR LIFE ENRICHMENT

Over the past month in Penrose, we have been busy with lots of fun things! Residents have been enjoying the sunshine and the outdoors. Morning walking groups with our Lighthouse residents have been popular, and outdoor gardening is always a hit. We also celebrated Mother's Day with a lovely tea party, complete with snacks made by our very own life enrichment assistant, Molly. We look forward to all of the fun and sunshine ahead of us in these coming summer months!



## INTRODUCING THE PENROSE LUNCH & LEARN PROGRAM



Beginning in June, residents are invited to participate in our new **Penrose Lunch & Learn Program** — an opportunity to connect with key Penrose staff and gain a better understanding of the Penrose communities, including **Assisted Living, Memory Care, and Skilled Nursing**.

Each monthly session will include:

- Information about the three levels of living and care
- A guided tour
- Lunch with Penrose Ambassador residents in the Assisted Living Dining Room

Our first **Penrose Lunch & Learn** will take place on **Tuesday, June 9, at 11 am**.

Space is limited to a maximum of six participants per session (including residents, spouses, and family members), allowing for a more personal and engaging experience.

To RSVP, please contact **Lisa Meinecke, Resident Services Director, at 253-313-0716**.

# 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 trip registration 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

### Tour of Tacoma Community House

Monday, June 1, from 10 am-1 pm | *Sponsored by the Community Engagement Committee*

This trip follows last month's meaningful presentation from Aimee Khu and Amy Diehr of Tacoma Community House. They generously invited us to tour their facility and meet some of the individuals they serve. **Registration closed.**

Since 1910, Tacoma Community House has been promoting social justice and offers resources such as education, employment, immigration services, and housing to South Sound residents seeking pathways to self-sufficiency.



### Northwest Trek & Lunch in Eatonville

Monday, June 8, from 9:30 am-3 pm | *Sponsored by Resident Services*

**Registration closed.**

Find more details on page 14.

### Muckleshoot Indian Cup Relay at Emerald Downs in Auburn

Saturday, June 13, from 12:45-7 pm | *Sponsored by Resident Services*

It's time to return to Emerald Downs for the Muckleshoot Indian Cup Relay. This relay is quite impressive – native tribes send their best riders to compete! The riders have to mount and dismount horses unassisted and ride bareback in a relay-style race.

Like last year, we will be renting a suite, which gives us an unmatched view of the track and comfortable seating. The suite includes a private betting window, a hot buffet lunch, a beverage station, and snacks; alcohol is available for purchase. You may view the horses up close. Please note: This trip requires walking to reach our suite and some standing. **Registration closed.**



### An Afternoon of Art: Manchester State Park & Picnic Lunch in Port Orchard



Tuesday, June 16, from 9:30 am-12:30 pm | *Sponsored by Resident Services*

**Register on the Resident Portal by noon on Monday, June 8.**

Find more details on page 14.

## Anything Goes at Tacoma Musical Playhouse



Friday, June 19, from 6:45-11 pm | *Sponsored by Performing & Visual Arts*

Set sail for laughter, romance, and high-seas hijinks in *Anything Goes*, the dazzling musical comedy by Cole Porter! Aboard the SS American, love is in the air—but so is chaos! Billy Crocker, a lovestruck Wall Street broker, sneaks onto the ship to pursue his dream girl, the beautiful heiress Hope Harcourt. The only problem? She's engaged to the bumbling but wealthy Lord Evelyn Oakleigh.

With the help of the charming nightclub singer Reno Sweeney and the mischievous gangster Moonface Martin, Billy embarks on a madcap adventure filled with mistaken identities, outrageous disguises, and toe-tapping musical numbers. From the iconic "Anything Goes" to the swooning melodies of "I Get a Kick Out of You" and "All Through the Night," this classic show delivers nonstop entertainment. Aboard this ship, anything goes! **Register on the Resident Portal by noon on Friday, June 5.**



## Nisqually Estuary Hike with Chuck in Olympia

Monday, June 22, from 9 am-1 pm | *Sponsored by Fitness*

**Register on the Resident Portal by noon on Monday, June 15.**

Find more details on page 14.



## Huff n Puff Trail in Shelton

Tuesday, June 30, from 9 am-1 pm | *Sponsored by Fitness*

**Register on the Resident Portal by noon on Monday, June 22.**

Find more details on page 14.

## SHOP & DINE

### Co-Ed Lunch at Hob Nob Café in Tacoma

Wednesday, June 3, from 12-2:30 pm | *Sponsored by Resident Services*

**Registration closed.**



### Women's Breakfast at Jewel Box Café in Point Ruston

Wednesday, June 10, from 9:30-11:30 am | *Sponsored by Resident Services*

**Register on the Resident Portal by noon on Friday, June 5.**

### International Tastings – The Seoul Korean BBQ in Silverdale

Friday, June 12, from 11 am-1:30 pm | *Sponsored by International Tastings Group*



The International Tastings Interest Group is planning a visit to The Seoul Korean BBQ. We've dined there before and were impressed by both the quality of the food and the generous portions.

One of the highlights is the option to sit at a table with a built-in grill and cook your own meal, or simply order from the menu and have your food prepared and served. **Register on the Resident Portal by noon on Friday, June 5.**

# OFF-CAMPUS EVENTS

## Ice Cream at A Couple of Scoops in Gig Harbor

Wednesday, June 24, at 2 pm

Sponsored by Resident Services

Register on the Resident Portal by noon on  
Wednesday, June 17.

## International Tastings:

### Harbor City Restaurant in Tacoma

Thursday, June 25, from 11 am-1 pm

Sponsored by the International Tastings Group

The International Tastings Interest Group is pleased to announce a return visit to Harbor City Restaurant for dim sum. We visited last year and thoroughly enjoyed the food, the shared dishes, and the wonderful camaraderie. In addition to dim sum, the restaurant also offers a wide selection of Chinese cuisine, seafood, and Chinese BBQ specialties. We hope you can join us! Register on the Resident Portal by noon on Monday, June 15.



## Grocery Shopping

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

### **Mondays (10-11:30 am)**

- 6/1—Safeway
- 6/8—**No Shopping**
- 6/15—Winco
- 6/22—Trader Joe's,  
University Place
- 6/29—Fred Meyer

### **Wednesdays (10-11:30 am)**

- 6/3—Safeway
- 6/10—Safeway
- 6/17—Safeway
- 6/24—Safeway

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.

**Need to shop on other days or somewhere else in town?**

Fill out a "Personal Errands" transportation form.



## VICKI AND DAVID

Originally from California, Vicki moved to Tacoma in 1979 to establish a law practice. Her dedication to the legal field led to her election to the county Superior Court, where she served as a judge. During this career, serving the people and mentoring new Superior Court Judges resulted in many treasured friendships. Outside of her professional life, Vicki and David cherish time spent with family and friends, as well as exploring new places through travel. Vicki takes great pride and enjoyment in their extended family.

David's journey began on the East Coast, where he spent his formative years, before seeking new opportunities in California. After being drafted into the US Army and stationed at Fort Lewis, Washington, David returned to California and served three years as a deputy with the Marshal's office. The commitment to public service led to a remarkable 25-year tenure with a local police department, after which David continued his law enforcement career as Chief of Police for tribal law enforcement. Over the past 44 years, David and Vicki have built a meaningful life together, cherishing travel adventures, quality time with family, and the warmth of close friendships.

## BOB AND JUDY

Bob grew up in the Northeast, and Judy grew up on the West Coast. The Air Force brought Bob to California, where he and Judy pursued careers in education. Both were elementary teachers, school principals, and district-level administrators. Their favorite vacations involved bareboating in the Caribbean. In retirement, they've lived in various states and came to Washington to be close to family. They love Heron's Key and especially value all of the wonderful people they have met here.

# NURTURING THE SOUL

## A NOTE FROM EBB

Getting outside each day can do wonders for both body and spirit, especially in our retirement years. Fresh air, natural light, and a change of scenery offer simple but powerful benefits that support physical, emotional, and social well-being. Whether it's a morning stroll, sitting in the sunshine on your balcony with a cup of coffee, gardening with neighbors, or watching birds and changing seasons, time outdoors helps us feel more connected to the world around us.

Time spent outside can improve mood, reduce stress, and encourage relaxation. Sunshine helps the body produce Vitamin D, which supports bone health and immune function. Gentle outdoor activity, such as walking around the ponds out back, through our neighborhood, or down Borgen Blvd., can strengthen muscles, improve balance, and increase energy. Even a few minutes outdoors can help clear the mind and promote better sleep at night.



**Ebb Hagan**  
*Wellness &  
Spirituality  
Coordinator*

Monday–Friday  
8 am–4:30 pm  
253.313.0733  
EbbH@heronskey.org



Nature also reminds us to slow down and appreciate life's simple pleasures. The sound of rain, the scent of flowers, or the sight of a heron gliding across the sky can spark memories, inspire gratitude, and bring peace of mind. Outdoor spaces often become gathering places where friendships grow through casual conversation and shared experiences.

It's easy to stay indoors. Trust me, as a self-described "indoorsey" person, I love to stay inside even when it is nice outside, but making an intentional effort to "get outside" can brighten the day in unexpected ways. So have fun in the sun this summer and see what kind of high jinks you can get into!

## 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

## SCAMS AND MORE ON SCAMS

By Residents Craig & JT

Some of you may recall a presentation last year regarding a surge in phone, tablet, and computer scams. If my email and text history over the past year is an indication, you ain't seen anything yet.

**“73% of U.S. adults have been impacted by an online scam.”** What does “impacted” mean? At the least, it means you receive more email and text messages. At the most it means you have been involved in a conversation with an unknown person or an AI-generated “person” and have lost money or given personal information. An increasing number of scam scenarios are AI-generated. They appear more legitimate and don't have as many of the old language mistakes (e.g., misspellings and bad grammar) and bad graphics.

### Help Protect Yourself and Others

- **Stop** and evaluate if the request makes sense. It's OK to hang up or not engage. Do not let anyone rush you into a decision.
- **Verify the source.** If the contact purports they are from your credit card or bank, call the phone number on the back of your card or on your bank statement. **Do not contact any number contained in the text, email, or voicemail.**
- **Prevent and protect** from being scammed. A big part of scammers' success is your staying silent. You can prevent scams from spreading by talking to friends and family about scams and by directly reaching out to contacts supposedly requesting money or information. You can protect yourself and others from scams by creating complex passwords, using multi-factor authentication, and enabling fingerprint or Face ID for account and website authentication.

### What To Do If You Are Scammed

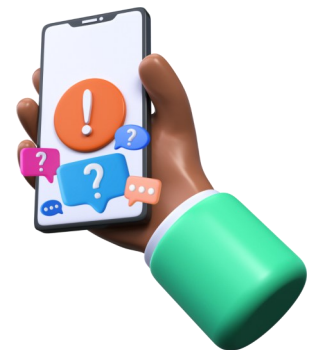
If you have given personal information or believe your account has been compromised, do the following:

- **Contact your bank using only the number on the back of the card.** Contact the fraud department, and they can address card usage and issue new cards.
- **Check your credit report.** A suggested contact is [AnnualCreditReports.com](https://www.annualcreditreports.com) or **877-322-8228**.
- **Change your login information.** This is important and not overly time-consuming. If you need help, contact resident volunteers at the Help Desk in the Clubhouse Lobby on Wednesdays from 10 am - 12 pm.

**There is much more on this topic, and future articles will continue to address it.** In the meantime, be careful, stay vigilant. and do not hesitate to seek help.

### Need Tech Help?

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



# DIVERSITY, EQUITY & INCLUSION

## JUNE DEI CELEBRATIONS AT HERON'S KEY

The Heron's Key DEI Committee is celebrating connection, culture, and community throughout the month with several meaningful activities and displays for residents and staff to enjoy.

**Father's Day:** In honor of Father's Day, the committee will create a special bulletin board display on the Garden Floor outside of the Salon recognizing fathers, grandfathers, father figures, and mentors who have made a meaningful impact in our lives and community. Residents are encouraged to stop by and enjoy this heartfelt tribute throughout June.

**Juneteenth:** The committee will also present a Juneteenth display in the Syren's Grille lobby, highlighting the history and significance of this important celebration of freedom, resilience, and African American culture. The display will honor the historical importance of Juneteenth while also recognizing the achievements, contributions, and rich cultural traditions of the African American community. Residents and guests are invited to visit the display and take time to reflect on the meaning of this important day in American history.



Also known as Freedom Day or Emancipation Day, Juneteenth on June 19 holds profound historical and cultural significance, as it marked the momentous occasion when enslaved Black individuals in Texas were informed of their freedom in 1865, almost two years after Abraham Lincoln issued the Emancipation Proclamation. The day symbolizes hope and liberation, serving as a powerful reminder of the struggles and triumphs experienced by Black Americans throughout history.

Many Black communities began celebrating Juneteenth in the year following 1865. In 2021, Congress passed the Juneteenth National Independence Day Act, designating Juneteenth as a federal public holiday. This day is an opportunity for all Americans to reflect on the nation's history, acknowledge the struggles and

A graphic for Heron's Key's Pride Parade. It features illustrations of diverse people of various ages and ethnicities, some holding rainbow flags. The text 'LOVE is love' is written in a cursive font with a rainbow heart. Below that, the event details are listed: 'Heron's Key's Pride Parade Friday, June 19, at 1 pm (Meet in CL)'. A paragraph of text follows: 'Join us as we celebrate love, diversity, and inclusion at Heron's Key. Dress in your brightest tie-dye and colorful outfits and wave your pride flags high as we walk together through the community and around the pond. Let's show our support and share our pride. All are welcome!'. At the bottom, there is a large illustration of a group of people holding a large rainbow flag.

LOVE is love 

**Heron's Key's Pride Parade**  
Friday, June 19, at 1 pm (Meet in CL)

Join us as we celebrate love, diversity, and inclusion at Heron's Key. Dress in your brightest tie-dye and colorful outfits and wave your pride flags high as we walk together through the community and around the pond. Let's show our support and share our pride. **All are welcome!**

# DIVERSITY, EQUITY & INCLUSION

contributions of Black Americans, and foster dialogue about the ongoing pursuit of equality and justice. It serves as a reminder of the progress made since the abolition of slavery and acknowledges the work that remains to be done.

Juneteenth stands as a powerful reminder of the triumph of freedom over oppression. It honors the resilience of Black Americans and catalyzes dialogue, education, and progress toward a more equitable society. **As we commemorate Juneteenth, let us reflect on our shared history and strive to create a more inclusive future where freedom and justice are accessible to all.**

**Pride Month:** To close out the month's events, residents and staff are invited to participate in our annual **Pride Parade on Friday, June 19, at 1 p.m.** Participants should meet in the **Clubhouse Lobby** before the parade begins as we come together to celebrate inclusion, diversity, acceptance, and pride within our community. This joyful annual tradition offers an opportunity to show support for LGBTQ+ residents, staff, families, and allies while celebrating the importance of belonging and respect for all.



## PROUDLY DISPLAYING THE PRIDE FLAG AT HERON'S KEY

In honor of Pride Month and our commitment to celebrating diversity, the DEI Committee is hanging the Pride flag throughout June. This flag represents our acceptance of the dignity of every human being, regardless of our differences, and the committee is proud to display it prominently.

Everyone deserves to live and work in a space that welcomes and respects them, regardless of sexual orientation, gender identity, or gender expression. The DEI Committee acknowledges that individuals in the LGBTQIA2S+ community have made significant contributions at Heron's Key and throughout history, and we aim to honor and celebrate these achievements. Displaying the Pride flag is a reminder that love knows no boundaries, and everyone has the right to be proud of their true selves.

The DEI Committee aims to inspire productive conversations, foster meaningful connections, and cultivate a sense of unity among those who call Heron's Key home or their place of work. We recognize that this symbolic gesture may hold different meanings for each individual and encourage open dialogue and mutual respect in discussions surrounding the flag. The committee values and welcomes all perspectives because we grow stronger as a community through curiosity and learning from one another.

**Members of the DEI Committee wholeheartedly embrace individuals in the LGBTQIA2S+ community and support them without exception. We stand in solidarity with them, affirming our support for their rights and ensuring Heron's Key remains a place where everyone feels a sense of belonging. We appreciate your support as we celebrate the beautiful tapestry of human experiences.**

*Curious about the Pride flag? Check out this guide from the University of Colorado: <https://www.colorado.edu/cisc/pride-flag-guide>.*



# WELLNESS: INTO THE GREAT OUTDOORS

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## OFF-CAMPUS EVENTS

Read the full description of many off-campus events and register on the Resident Portal. Call the Concierge for assistance. If trip registration 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

### Northwest Trek & Lunch in Eatonville

Monday, June 8, from 9:30 am-3 pm | *Sponsored by Resident Services*

Please note: The park is outdoors; please dress accordingly. This trip requires the ability to move independently around the exhibits. While the sidewalks are paved, some have inclines and a café on-site, and you are welcome to bring a sack lunch.

**Registration closed.**



### An Afternoon of Art: Manchester State Park & Picnic Lunch in Port Orchard

Tuesday, June 16, from 9:30 am-12:30 pm | *Sponsored by Resident Services*

Calling all sketchers, photographers, poets, and creatives! We'll be spending a few hours at Manchester State Park, taking in the beautiful view and nature surrounding this. This is a great outing if you've been itching to get out into the nice weather and be creative. Please note: Bring sturdy, closed-toe shoes for walking outside. You're welcome to bring a sack lunch, too. **Register on the Resident Portal by noon on Monday, June 8.**

### Nisqually Estuary Hike with Chuck in Olympia

Monday, June 22, from 9 am-1 pm | *Sponsored by Fitness*

This trail is a gorgeous, easy walk on either a gravel or a paved path. As there is no designated route, we will establish a return-to-bus time before exploration begins. Walking with a partner or friend is highly encouraged, as the group will be spread out. This trail is mostly flat (all grades less than 5%), typically at least 5 feet wide, and mostly paved (with sections of boardwalk and gravel) with minimal grade. Pack a lunch or snack to eat at one of the many on-site locations. **Register on the Resident Portal by noon on Monday, June 15.**

- Driving Duration to Trail: 40 minutes
- Type: Exploring
- Duration at Location: 2 hours
- Bathrooms: Yes
- Wheelchair Accessible: Yes
- Footwear: Walking Shoes
- Extra: Hat, Water, Food
-

# WELLNESS: INTO THE GREAT OUTDOORS

## Huff n Puff Trail in Shelton

Tuesday, June 30, from 9 am-1 pm | *Sponsored by Fitness*

Discover this 2.5-mile-wide trail that has flat and gently sloped paths that are great for hiking and walking. Plus, the area boasts beautiful native plant understories. **Register on the Resident Portal by noon on Monday, June 22.**

- Drive Time: 1hr
- Exploration time: 1.5hr
- Bathrooms: Porta Potty
- Wheelchair accessible: No
- Footwear: Sneakers, Hiking shoes
- Extra: Snacks & Water

## HERON'S KEY "CRUISING ROUTE 66" SUMMER WALKATHON

Heron's Key is hosting a community-wide, non-competitive summer walkathon celebrating the 100<sup>th</sup> anniversary of Route 66. The event runs from **June 1 through September 30.**

### Key Details

- **The Goal:** Participants can work individually or in teams to virtually tackle the 2,448-mile route from Chicago to Santa Monica, or simply travel at their own pace.
- **Inclusivity:** Designed for all abilities. Multiple activities—including walking, swimming, cycling, dancing, and exercise classes—can be converted into miles. Pedometers and tracking sheets are provided.
- **Community Focus:** The event emphasizes community connection, fun, and mutual encouragement over competition.



*Image: Hand-crafted and AI-enhanced*

### Monthly Stops & Celebrations

Each month features themed activities, music, food, and games tied to a historic Route 66 location:

Month	Virtual Stop	Theme & Highlights
June	Chicago, IL	Kickoff celebration, vintage travel fun, and trivia
July	Amarillo, TX	Western-themed festivities and cowboy fun
August	Albuquerque, NM	Southwestern flair, neon lights, and desert vibes
September	Santa Monica, CA	Beach-themed finale and awards celebration

**Bonus Activities:** Throughout the summer, participants can also enjoy optional book discussions, movie nights, and themed dress-up days inspired by the golden age of American road trips.

## 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.

## THE IMPORTANCE OF PROPER HYDRATION

Chuck Abbey, Fitness Specialist



As warmer weather arrives and we spend more time being active in the sunshine, keeping our health in check becomes a top priority. Getting outdoors to enjoy the clear days is a welcome change of pace, but we need to ensure a few essentials are ready. One of those critical essentials is maintaining proper hydration throughout the day.



We've all heard about the importance of proper hydration many times. I have even mentioned its importance in class multiple times because it truly is an easy way to prevent unwanted illness and hospital visits. You've heard me reiterate: "Drink half your body weight in ounces of water a day." In response, I always hear, "Do you know how many bathroom trips that is?" All jokes aside, the importance of staying properly hydrated can't be stressed enough. And, just so you know, I struggle as much as anyone with following this rule of thumb.

Your body is made up of mostly water. I know you know this. Let's dive a little deeper into that statement. Your brain and heart are made up of 73% water. Your muscles and kidneys are made up of 79% water. Your lungs are made up of 83% water. When we don't consume enough water, we hinder our bodies from functioning properly. Coffee, sodas, and teas all dehydrate you. "Well, I don't sweat much during the day, so I'm good, right?" Well, no. A simple loss of 2% to 3% of body fluid can cause physical impairment, cognitive impairment, and even delirium. Some medications and medical conditions can increase your risk of hydration-related issues.

As we age, our muscle mass diminishes, and we just learned that our muscles hold 79% water. So, the lack of muscle mass means we don't retain as much water as we used to—just another reason we often head to

*Drink half your body weight in ounces of water a day.*

the restroom multiple times a day. Here's an alarming statistic, but one I think should be mentioned: Roughly 30% of people who are

**BEAT THE Heat**

**Stay Hydrated**

Drink more water than usual—and don't wait until you're thirsty.



[www.cdc.gov/disasters/extremeheat](http://www.cdc.gov/disasters/extremeheat)

CS 325503-1

hospitalized and 65 years old or older are dehydrated. The fatality rate from dehydration while hospitalized can rise as high as 50%. Thankfully, we often receive fluids while in hospital care, but this shows how much our bodies rely on H<sub>2</sub>O. So, as the warmer weather sets in and we begin spending more time active out in the sunshine, making a conscious effort to keep a glass or bottle of water nearby is one of the smartest choices you can make for your health.



Read about a study that compared interventions to prevent dehydration in older individuals at <https://pubmed.ncbi.nlm.nih.gov/26644904/>.

*\*This article originally appeared in the June 2020 issue of Heron's Flight and was updated for this edition.*

# INTEREST GROUPS

## “Building Community” with Tracey Sorenson of Tacoma/Pierce County Habitat for Humanity

Friday, June 5, at 1 pm (M & HKTU 370)

*Sponsored by the Community Engagement Committee*



Tacoma/Pierce County Habitat for Humanity’s Director of Community Engagement & Aging in Place, Tracey Sorenson, joins us to talk about the affiliate’s current work. Tracey has been with the organization since 2011, holding leadership roles in volunteer management, program management, fundraising, and grant writing. In 2020, Tracey helped create and launch Habitat’s Aging in Place critical home repair program. She oversees that program and has a staff of five. Tracey served on the board of directors at Comprehensive Life Services from July 2020 to October 2025 and holds a Bachelor of Arts in Geography from the University of Washington.

Tacoma/Pierce County Habitat for Humanity has been building, renovating, and repairing affordable homes in Pierce County for 40 years. Once a small grassroots affiliate of Habitat for Humanity International, building a handful of affordable homes each year, Tacoma/Pierce County Habitat for Humanity has grown into a dynamic affordable housing provider. Housing Counseling and Aging in Place Home Repair programs now complement Habitat’s Homeownership program. The agency serves more than 200 low- and moderate-income households in Pierce County each year, helping them create and preserve affordable homeownership for current and future generations.



## A Legislative Update with Deb Krishnadasan and Adison Richards

Monday, June 22, at 3 pm (M & HKTU 370)

*Sponsored by the Community Engagement Committee*

Legislators from the 26th district, Adison Richards (House of Representatives) and Deb Krishnadasan (State Senate) will be with us on JUNE 22 AT 3 with an update on this year’s legislative session. Come and find out what their priorities are, the key issues affecting seniors in the state, and how Washington State can become fiscally sound! Before we head into a new campaign season, be informed about the important issues facing our state.



**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

## “Figurative Sculpture” with Mardie Rees

Monday, June 29, at 3 pm (M & HKTU 370)

Sponsored by Performing & Visual Arts

Mardie Rees is a fine artist and figurative sculptor who is native to the PNW. Rees earned her BFA from Laguna College of Art and Design in 2003. Rees creates life-size bronze sculptures for museums, hospitals, schools, and collectors. Rees has won many accolades for her emotive sculpture, and her most recognized works include *Soul of the Forward and Faithful*, a WWII U.S. Marine Raider Memorial currently housed at the National Museum of the Marine Corps.

Mardie Rees was born into a creative household; her childhood was spent sewing garments and building homes, drawing pictures, and visiting museums. In her adolescence, Rees’ family uprooted and moved to Ecuador to facilitate community development. The years spent in Latin American culture sparked her artistic expression and became a quest, a way for her to balance the familiar and the foreign. This broadened worldview set her on the path to be an artist for life. Her delight in all people and their stories is the lens through which she captures relationships and the fundamental duality of human life: bitter and sweet.



## Staying Safe in Hot Weather



### Watch for these signs of hyperthermia:



Dizziness



Muscle cramps



Swelling in your ankles and feet



Nausea and weakness



Rapid pulse



### Tips to prevent hot-weather illness:



Drink liquids



Limit caffeine and alcohol




Wear light-colored, loose fitting clothes



If it's too hot, try exercising indoors

Learn more about staying safe in hot weather at [www.nia.nih.gov/hot-weather-safety](http://www.nia.nih.gov/hot-weather-safety).



Phase II  
Groundbreaking Celebration

## EVENT

### Breaking Ground on a New Chapter

Tuesday, June 30, from 3:30–5 pm (CL)

Join us on Tuesday, June 30, from 3:30–5 pm beginning in the Clubhouse Lobby as we celebrate an exciting milestone and the future growth of our community.

Enjoy an afternoon of cocktails and light bites, live music, photo opportunities, raffle prizes, and remarks from community leadership as we toast the future together and celebrate the Heron's Key Phase II expansion.

To help us plan appropriately for food and beverages, we kindly ask residents to RSVP through the Resident Portal.

We hope you can join us for this special celebration!



EMERALD  
COMMUNITIES

## VOTE FOR HERON'S KEY IN SEATTLE TIMES BEST IN THE PNW!

We're excited to share that Heron's Key has once again been nominated in *The Seattle Times* Best in the PNW People's Choice Awards. After earning Silver for Best Assisted Living and Bronze for Best Independent Living Community last year, we're honored to be recognized in three categories for 2026:



- Best Retirement Community
- Best Independent Living Community
- Best Assisted Living

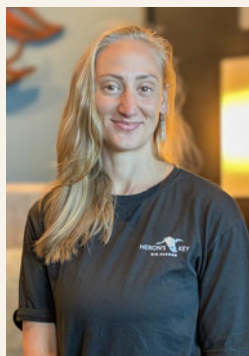
Voting opens Monday, June 8. at 12 pm and runs through Friday, June 26, at 5 pm

Vote daily at: [votethepnw.com/heronskey](https://votethepnw.com/heronskey) (The link will not work before June 8.)



We're going for gold this year, and every vote makes a difference! You can cast one vote per day from each device during the voting period.

Thank you for supporting our community!



### GOLDEN SPOTLIGHT AWARD

Paige White, Fitness Specialist

*Paige White brings such great energy to Heron's Key and truly deserves the Golden Spotlight Award. Residents genuinely look forward to her classes and love working with her one-on-one—she makes fitness feel fun, welcoming, and personal. Paige is also a total team player, always ready to jump in and help wherever she's needed. And of course, Marley steals a little bit of the spotlight too—her sweet dog brightens everyone's day just by being there. Paige makes a real difference in the community every single day."*



# LIFELONG LEARNING

## FEATURED EVENTS

### “US-China Relations” with Phil Wall

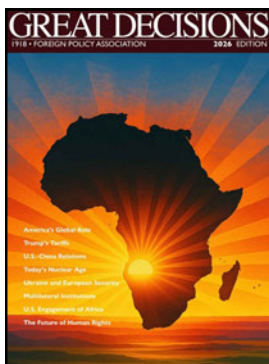
Tuesday, June 2

1 pm (M & HKTU 370)

Relations with China remain tense, with tariffs, military modernization, and pressure on Taiwan. Does Trump have a coherent China policy, and will his tariffs on Rare Earth minerals be effective? What are America’s strategic options?



Philip Wall is an Affiliate Professor of International Studies and a retired member of the Senior Foreign Service of the United States. In his 27 years with the U.S. State Department, Mr. Wall served in diplomatic assignments around the world, including China, Taiwan, Pakistan, France, New Zealand, and the Bahamas. At the Jackson School, his teaching focuses on U.S. foreign policy and decision-making, diplomatic methods and negotiation, and, most recently, US relations with the European Union.



### *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 10- to 12-page overview of each topic. Then, we’ll show a 30-minute video on HKTU on the subject, followed by an in-person presentation. We then pulled all of this together with a moderator presentation and discussion.

### “100+ Years of US Foreign Policy: Multilateral Institutions in a Changing World Order” with David Fenner

Tuesday, June 23

1 pm (M & HKTU 370)

Can multilateralism survive amid shifting global power and rising nationalism? This chapter examines the future of global cooperation across trade, health, and finance. David Fenner will supplement the *Briefing Book* and Video with a review of 100+ years of Foreign Policy.



David Fenner is an affiliate faculty member at the Jackson School of International Studies. Fenner taught Perspectives on Muslim Immigration in Europe at the University of Washington’s Rome Center in 2016. He is also the lead presenter for the federally funded Bridging Cultures project, which offers professional development workshops for K-12 teachers/administrators to help them assist immigrant students/parents from Muslim-majority countries navigate the U.S. public school system. He was the founding director of the World Learning Center in Muscat, Oman, and served as the assistant vice provost for international education at the University of Washington from 2000 to 2007, a career that included establishing exchange programs with universities in Egypt, Morocco, Uzbekistan, Turkey, and Pakistan. Fenner and his wife returned to the Arabian Peninsula to found an educational center for Arab and Western students designed to explore faith, language, natural resources, and diplomacy.

## “Evolution of Aircraft Materials” with Jon Fehrenbach

Tuesday, June 9  
1 pm (M & HKTU 370)

Join Jon Fehrenbach, a Museum of Flight Docent who worked in airframe structures engineering at Boeing for 35 years, for the story of the evolution of aerospace materials from 1903 to the present day. The Wright Brothers’ very first plane was made of wood and untreated fabric, and many of today’s high-performing aircraft are made of advanced carbon composites. As time passed, aircraft developers sought materials that would improve the performance of their products. Finding ways to waterproof materials, as well as to develop stronger, lighter, or higher-temperature-resistant materials—as demanded by the evolving technology of engines and the aviation market—became essential.

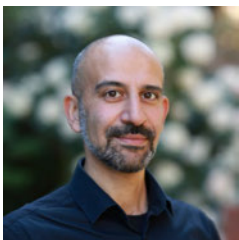


## Museum of Flight: “The Mighty 8<sup>th</sup> D-Day plus 82 Years and 3 Days”

with Jon Fehrenbach  
Tuesday, June 30  
1 pm (M & HKTU 370)

During World War II, the Eighth Air Force was stationed in England beginning in June of 1942 and remained there until the victory in Europe. Their primary objective was conducting bombing missions over Nazi-occupied Europe and supporting the invasion of the continent, which commenced with D-Day in June 1944. Perfect for fans of *Masters of the Air*, this talk discusses how this mission was carried out, its ultimate impact, the personalities involved, and the iconic aircraft used.

**Jon Fehrenbach** is a retired aerospace engineer. He worked as an airframe structural engineer and engineering manager at Boeing for 35 years until June 2014. Jon received his bachelor’s degree in civil engineering and his Master’s Degree in Engineering from Marquette University, Milwaukee, WI. After retiring, Jon completed Docent training at the Museum of Flight (Class of 2015) and has worked as a volunteer Docent at the Museum for eleven years.



## “Power and Politics in the Age of AI” with Onur Bakiner

Tuesday, June 16, at 1 pm (M & HKTU 370) | Sponsored by Lifelong Learning

Shouldn’t the public have a say in how AI is changing our lives?

AI is marketed as a life-changing innovation made by brilliant experts and the companies they work for. Yet as the people most affected by AI tools, we have almost no say in designing, developing, or deploying them.



In this talk, explore the ways that AI companies are shutting people out of their creation, stifling competition, threatening jobs, and shaking up society. Then learn how we can fight back, helping shape this new technology into a tool that helps us lead productive, enjoyable, healthy, and meaningful lives.

Onur Bakiner is a professor and director of the Technology Ethics Initiative at Seattle University. His research interests include technology governance, human rights, and judicial politics. His book *Truth Commissions: Memory, Power, and Legitimacy* received the Best Book Award from the American Political Science Association.

# LIFELONG LEARNING

## RESIDENT-LED EVENTS



### Who Am I?:

### Habitat for Humanity Panel

Wednesday, June 10  
1 pm (M & HKTV 370)

Habitat for Humanity is a global affordable housing provider and advocate. Come and listen to several of your neighbors share their diverse experiences volunteering for Habitat for Humanity in the Carolinas, Gig Harbor, Port Townsend, Port Angeles, South Korea, and India.

### Reading Aloud with Your Neighbors

Thursday, June 25, 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.

# Friday Night Movies



## 7 pm in the Maritime & HKTV 370

## Come to the Maritime Room for popcorn!



Sponsored by Resident Services

# UPCOMING EVENTS

## RAISE A GLASS TO RESIDENT VOICES

### Heron's Key Resident Engagement Survey Celebration Party

Thursday, June 11, at 1 pm (CL) | *Sponsored by Resident Services*

Join us on Thursday, June 11, at 1 pm in the Clubhouse Lobby as we celebrate the incredible success of our Resident Engagement Survey participation!

Thanks to your involvement, we achieved our overall participation goal of **87%** — and our Independent Living residents went above and beyond with an amazing **98%** participation rate in completing the survey!

To thank you for your participation, we'll be serving artisan pizzas, wine, and craft beer\* while we celebrate together. We'll also be drawing the winners of our exciting raffle prizes:

- A Chef Dinner for four
- A Resident Services trip to Victoria

Thank you for making your voices heard and helping make Heron's Key an even better community! We look forward to celebrating with you!

*\*A non-alcoholic beverage will be available*



*Photo: Olivia Spaight Creative*

### Stoughton High School Norwegian Dancers

Tuesday, June 23, at 10 am (M) | *Sponsored by Resident Services*

The Norwegian Dancers share the joy of Scandinavian folk culture through lively traditional dance and authentic Norwegian bunads, or folk costumes. The group is made up of Stoughton High School sophomores, juniors, and seniors. Each year, they tour the U.S., bringing their signature mix of heritage, humor, and high-energy performance to audiences nationwide.

They've dazzled millions with their performances, touring extensively throughout the United States, Canada, and Norway, while participating in numerous national folk festivals. Each spring ushers in a new journey for the Dancers to various corners of the country. To date, they've completed six tours in Norway. Come enjoy their lively and unique performance!

# UPCOMING EVENTS

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## Wine & Cheese Social



Friday, June 5, at 3:30 pm (CL & Patio)

*Sponsored by Resident Services*

Enjoy a glass of wine and a plate of cheese with your neighbors. A non-alcoholic option will be available.

## Karaoke!

Friday, June 12, at 4 pm (M) | *Sponsored by Resident Services*

Perform, sing with a group, dance, or just watch! Bar provided by Resident Services

## Trivia!

Monday, June 15, at 4 pm (M) | *Sponsored by Resident Services*

Join us for our monthly trivia session! See if your team can take home the Smarty-Pants trophy. This is low stakes; everyone is welcome.



## Birthday Celebration

Thursday, June 25, at 2 pm (CL)

*Sponsored by Resident Services*

## MAH-JONGG

### Traditional Mah-Jongg

Fridays at 2 pm (CR)

### Traditional Mah-Jongg

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 Tuesday**

**9 am to 4 pm**

Walk-in clinic for established patients

**Every 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](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.



**Find the latest menus and hours on the Resident Portal.****GRAD WEEK | June 8-12**

Celebrate our 2026 high school graduates by visiting Syren's Grille foyer to leave them well-wishes. We will have cards you can fill out and place in special boxes. We are celebrating seniors Alinea Paquette and Mekai Atkinson!

**CHEF'S COOKING CLASS | Second Monday of every month | Monday, June 8, at 2pm (SP)**

Join us for our interactive series. This month's theme is "Savor Summer Berries." Participants will join Chef Chris and Sous Chef Cody in creating individual strawberry shortcakes inspired by the season from scratch. The class includes a complete meal for only \$5 (more details to follow in KeyNotes). Sign up at Syren's Grille or by calling 253.313.0797.

**RESIDENT ORIENTATION TO DINING SERVICES | Open to All Residents**

Second Tuesday of every month | Tuesday, June 9, at 11 am (SP) | No registration required

**STAFF TRAINING | **New Day:** Second *Thursday* of every month | Thursday, June 11, at 2 pm**

To focus on staff development, we close the restaurant for an hour on the second Thursday of every month. Please plan accordingly by dining or placing your orders for pick-up or delivery before 2 pm or after 3 pm.

**NEW: SUPPER CLUB NIGHTS | Fri., June 12, and Sat., June 13 (SP) | **Reservations encouraged****

On the second Friday and Saturday of each month, join us for a new, elevated three-course dining experience designed with both budget and appetite in mind. We'll feature the menus with the weekly specials. While pre-orders are not required, they are encouraged and always welcome. Resident pricing ranges from \$18-\$25 and includes your choice of an appetizer or salad, a main course, and dessert. *Please note that menu modifications are limited.*

**CHEF DINNERS—SAVOR THE EXPERIENCE**

An Elevated Culinary Evening with Chef Chris & Team | Fri., June 19, and Sat., June 20, at 5 pm (PDR)

A specially curated multi-course meal showcases our kitchen's creativity and passion, promising a unique dining event. Only 14 seats are available for this intimate, exclusive affair.

- **Menu and pricing:** We'll publish details in the first week of the month on the Resident Portal under "Special Events"; reservations will open then. (*Cost \$35 to \$55 per person*)
- **Reservations:** Made on a first-come, first-served basis. Call 253.313.0797 today.

**FATHER'S DAY COOKOUT BUFFET | Sunday, June 21, from 11 am—3 pm (M & CL Patio) | **RSVPs required****

Residents and their guests are invited to a special brunch (cost: \$17 for Residents, \$20 for guests, \$9 for kids ages 6-12, kids 5 and younger eat free). The menu is available at the host stand and on the Resident Portal under "Holiday." Please call 253.313.0797 or stop by the host stand to make your reservation. A limited menu will be available for pick-up or delivery from 11 am-3 pm.

**FOURTH OF JULY COOKOUT | Saturday, July 4, from 11 am—3 pm (M & CL Patio) | **RSVPs required****

Join us for a delicious cookout complete with classic American favorites and specialty drinks. We'll post the menu with costs the first week of June. RSVP to Syren's Grille or call the host stand at 253.313.0797. The restaurant will be closed for regular dine-in service, but a limited menu will be available for pick-up or delivery from 11 am-3 pm.