

# HERON'S FLIGHT

Get Moving.  
Get Glowing.

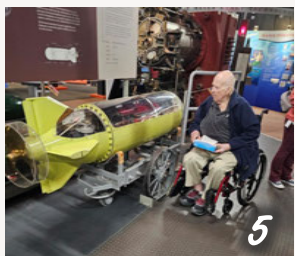


May 2026  
Taking Community News to New Heights

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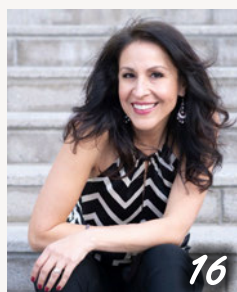
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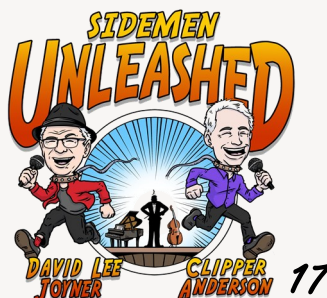
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A MEMBER OF EMERALD COMMUNITIES

CONCIERGE / SECURITY 253.313.0700

Audio KeyNotes: 253.313.0790

Billing: 253.313.0703

Consonus (Therapy): 253.313.0749

Housekeeping: 253.313.0795 (EVS@HeronsKey.org)

Facilities: 253.313.0798 (Facilities@HeronsKey.org)

PENROSE HARBOR 253.313.0800

Fitness: 253.313.0781

Resident Services: 253.313.0793

Restaurant: 253.313.0797

Spiritual Care: 253.313.0733

Transportation: 253.313.0792

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Director, Food & Beverage

Kristina Christenson  
General Manager of Dining

## HEARING AID BATTERIES AT CONCIERGE DESK



Need a fresh battery? Thanks to the generosity of several residents, a limited supply of hearing aid batteries in various sizes is available at the Concierge Desk. Please feel free to stop by and check for your size while supplies last.

## MAKE THE MOST OF YOUR PENDANT

Do you know what accidental falls and medical emergencies have in common? *They're generally unexpected and occur at inconvenient times.* Luckily, you have a tool that alerts staff 24/7, regardless of your location inside the Heron's Key building—your pendant. Examples of great times to use it include:

- **If you fall or experience a medical emergency:** Push your pendant, and a designated Heron's Key staff member will respond.
- **If someone else falls or experiences a medical emergency:** If you are with a neighbor who has fallen or needs medical attention, please refrain from moving them. Instead:
  - Find a nearby pull cord or push their pendant for them.
  - If you can't find their pendant on their wrist or hanging around their neck, push yours and stay with them until staff finds your location. If it is a life-threatening emergency, dial 9-1-1 AND press the pendant.



## Pendant Features

- **It works 24 hours a day:** If you stumble and fall (in the middle of the night, for example) or need medical attention while at Heron's Key, your cell phone may not be within reach. If you're wearing your pendant, alerting staff may be as simple as pushing a button, regardless of the time of day.
- **There are two ways to wear it:** as a necklace using a lanyard or around your wrist using the wristband.
- **It's waterproof up to 25 feet:** Since many accidents occur in the bathroom, we encourage you to wear your pendant while bathing.
- **Testing your pendant's battery is simple:** Just stop by the Concierge Desk. (Note: Batteries last three to five years.)

## SIGN UP FOR TEXT MESSAGE ALERTS

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

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

# RESIDENT COUNCIL CONNECTION

## A MESSAGE FROM YOUR RESIDENT COUNCIL SECRETARY

### Home Entertainment

Theater movies hasten up fond memories for me. Perhaps it was the old Western movies on Saturday, shown for 20¢ (add a 5¢ bag of popcorn from next door for a total of 25¢ for a fun afternoon). So today, I am still attracted to the TV Westerns like “Yellowstone” and “Marshals.”

When there is nothing much I want to do, I may turn to Disney for a peek at the *Looney Tunes* cartoons that always started those Saturday Westerns. They often included Bugs Bunny, Porky Pig, Daffy Duck, Tweety, the Road Runner, Yosemite Sam, and many more. They can still make me laugh—right out loud.

What a delight when the drive-in movie came to my town. It brought the comfort of our own auto—heat when you wanted, fresh air from windows we rolled down, a favorite blanket, our own buttered popcorn, or, better yet, the BBQ burgers from the snack stand I can still taste but have been unable to mimic at my stove. Now that was fun!

When COVID hit and found us mostly confined from public gatherings, we signed up for streaming opportunities to watch on TV. We tried most at one time or another, gradually dropping some as time passed. Those offerings entertained us, challenged us, frightened us, and kept us “in the loop” of the entertainment business.


Memorable movies have included *Forrest Gump*, *The Green Mile*, *Interstellar*, *Gladiator*, *Toy Story*, *A Beautiful Mind*, *Up*, *Castaway*, *Finding Nemo*, *12 Years a Slave*, and many others. The movies making the most money include *The Sound of Music*, *The Godfather*, *Jaws*, *E.T.*, and *Titanic*. (We watched *Jaws* while on vacation. After, our daughters would not go into the pool.) Memorable TV series include “Suits,” “Lincoln Lawyer,” “MASH,” and “Seinfeld.”

A new TV series on Paramount+ was particularly moving. “The Madison,” starring Michelle Pfeiffer and Kurt Russell, may become one of the best in a long time. There is much to be identified in the series with any family, every wife, husband, daughter or granddaughter, sister or son-in-law who has ever suffered loss, grief, and attempted to move toward recovery. It brought tears, laughter, and many familiar emotions to both of us. *What is your favorite movie or TV series? Share if you like.*

**Two different notes now:** A new Colgate toothpaste tube was recently opened and pinched on my toothbrush—YIKES! It came out grey. Sure enough, the discarded box, in the lower right-hand corner, claimed total whitening with charcoal. Research says I should have whiter teeth in five weeks. I’ll keep you posted. My guess is it is not worth the money.

**Second surprise:** In December 2024, a large red poinsettia was purchased for the holidays to place outside our door. Behold, it was still good past Valentine’s Day and did not show signs of aging until the end of February 2025. Fast forward to December 2025 and a trip to the same store (Wilco Farm Store) for a repeat Christmas poinsettia. A large white one caught our attention. It is still beautiful past Valentine’s Day and Easter. There is now a slight change in color, from creamy white to a slight but very pale green. Is it becoming a totally green Poinsettia? How long will it last? May Day? July 4?? Who knows, but we consider this purchase well worth the money!

—Carol, HKRC Secretary



HERON'S KEY  
GIG HARBOR

**Residents'  
Association  
Meeting**  
Thurs., May 14  
10 am (M & HKTV 370)

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

# PENROSE HARBOR LIFE ENRICHMENT



Springtime has arrived in Penrose, and excitement is in the air! Residents kicked off the season with an adventurous trip to the Naval Undersea Museum in Keyport, where they explored fascinating Navy artifacts and history. Creative spirits soared as we decorated festive Easter bonnets, crafted erupting miniature volcanoes, blended up delicious shamrock shakes, and soaked up every moment of this beautiful time of year.



## GOLDEN SPOTLIGHT AWARD



### Julian Archuleta III, Maintenance Tech I

*Since he started in our department, he's been a team player, hardworking, and reliable. He self-manages his time on weekends and completes more than other technicians have in the past. Brad Haskins has been putting in multiple projects and requests, and Julian has been knocking them out without question. He already had strong mechanical knowledge, which he's been applying quickly to the Maintenance Tech position. This has allowed him to learn duties quickly.*

—George Smith, Director of Facilities

# 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

### Sweet Charity at the Tacoma Musical Playhouse

Friday, May 1, 6:45pm-10pm | Sponsored by Visual & Performing Arts

**Registration closed.**

### Bainbridge Museum Visit & Lunch, Shopping at Rolling Bay

Monday, May 4, from 9 am-4 pm | Sponsored by Performing & Visual Arts

**Registration closed.**

### Cinemas: *The Devil Wears Prada 2* in Uptown Gig Harbor



Tuesday, May 5, from 12:40-3:30 pm | Sponsored by Resident Services

Twenty years after making their iconic turns as Miranda, Andy, Emily, and Nigel return to the fashionable streets of New York City and the sleek offices of *Runway Magazine*. **Register on the Resident Portal by 8 am on Friday, May 1.**

### Lewis Army Museum in Lakewood

Friday, May 8, from 10 am-1:30 pm | Sponsored by Resident Services

Located in the Historic Red Shield Inn building on Joint Base Lewis-McChord (JBLM), the Lewis Army Museum is the only certified U.S. Army Museum on the West Coast. The museum is free to the public.

**Registration closed.**

### Lunch at Applebee's in Sequim and the



### NorthWest Women's Chorale Concert, *Songs of Life*

Saturday, May 9, from 10:15 am-5:30 pm | Sponsored by Resident Services

After eating lunch at Applebee's, we'll enjoy the Northwest Women's Chorale spring concert celebrating the music of life at the Dungeness Valley Lutheran Church. *Concert admission is a suggested donation of \$20, payable at the door.* **Register on the Resident Portal by noon on Friday, May 1.**

Please note: We estimate it will take about 1½ hours to reach our destination and 1½ hours to return to Heron's Key, depending on traffic.

## Hike at Kopachuck State Park in Gig Harbor

Monday, May 11, from 1-4 pm | *Sponsored by Fitness*



See more details on page 22. **Register on the Resident Portal by 9 am on Monday, May 4.**

## Hike at Waughop Lake in Fort Steilacoom Park

Tuesday, May 26, from 9 am-12 pm | *Sponsored by Fitness*

See more details on page 22. **Register on the Resident Portal by 9 am on Monday, May 18.**

## Gig Harbor Gondola

Wednesday, May 27, from 10:45 am-1 pm – and –

Thursday, May 28, from 10:45 am-1 pm

*Sponsored by Resident Services*

We booked two separate trips, with each trip accommodating up to six passengers. You may bring your own food and drink on the vessel, as well as a blanket. We recommend dressing accordingly for the weather. **Register on the Resident Portal by 9 am on Monday, May 18.**

Please note: This trip requires stepping down into the boat and may be best suited for those who can bend, step down confidently, and ambulate independently.

## SHOP & DINE

### Reubens at Manny's Place in University Place

Friday, May 1, from 11 am-1 pm | *Sponsored by the Reuben Fan Club*

**Registration closed.**

### Coffee and Crepes at Jewel Box Café in Point Ruston, Tacoma

Wednesday, May 6, from 10 am-12 pm | *Sponsored by Resident Services*

**Registration closed.**

### T&T Supermarket & Lunch in Bellevue

Tuesday, May 12, from 10 am-3 pm | *Sponsored by Resident Services*

At 76,000 square feet, T&T Supermarket is the largest Asian supermarket in Washington state. **Register on the Resident Portal by 9 am on Tuesday, May 12.**

### International Tastings: Via Rosa 11 & Coppertop Office Park on Bainbridge Island

Friday, May 15, from 10:30 am-4 pm | *Sponsored by the International Tastings Group*

The first stop will be for lunch at Via Rosa 11 for Italian. Then we'll spend time in the Coppertop Business Park. Coppertop Business Park is a surprise. It is an office park that has four places to visit: Bainbridge Brewing Company, Bainbridge Organic Distillers, Storyville Coffee, and Sweet Dahlia Baking. **Register on the Resident Portal by 9 am on Friday, May 8.**

# OFF-CAMPUS EVENTS

## Women's Lunch at Royal Tandoor (Indian Cuisine) in Port Orchard

Monday, May 18, from 11 am-1 pm | *Sponsored by Resident Services*

Register on the Resident Portal by 9 am on Wednesday, May 6.



## Co-Ed Lunch at Hops n Drops in Gig Harbor

Friday, May 22, from 11:30 am-1:30 pm | *Sponsored by Resident Services*

Register on the Resident Portal by 9 am on Wednesday, May 13.

## Ice Cream at Big Apple Diner in Bremerton

Friday, May 29, from 1:30-3:30 pm | *Sponsored by Resident Services*

Register on the Resident Portal by 9 am on Monday, May 25.



## 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)**

5/4—Target

5/11—Walmart

5/18—Trader Joe's, University Place

5/25—**No Shopping**

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

5/6—Safeway

5/13—Safeway

5/20—Safeway

5/27—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.**

## HERON'S KEY CARES

### Mental Health Awareness Month

May is Mental Health Awareness Month, a time to recognize the importance of emotional well-being at every stage of life. At Heron's Key, the Diversity, Equity, and Inclusion Committee (DEI) is highlighting the unique mental health needs and experiences of seniors, while encouraging open conversations, connection, and self-care.

We invite residents and staff to visit our DEI display on the Garden Level next to the Salon. This month's display explores ways to support mental wellness and reduce stigma, with a special focus on how small, everyday practices can make a meaningful difference.

Be sure to take part in our interactive feature—share what makes you feel good! Whether it's spending time with loved ones, enjoying nature, listening to music, or simply taking a quiet moment for yourself, your ideas can inspire others in our community.

Let's come together to support one another and promote well-being, one positive step at a time.



## 4 Things To Know About Depression & Older Adults

Depression is a common problem among older adults, but it is not a normal part of aging. It can affect the way you feel, act, and think.



- 1 Depression can be treated.**  
It's important to seek help early on.
- 2 Signs and symptoms of depression vary.**  
For some older adults with depression, sadness may not be their main symptom.
- 3 Friends and family can help offer support.**  
They can help watch for symptoms and encourage treatment.
- 4 Living a healthy lifestyle can help reduce feelings of depression.**  
This may include eating a balanced diet and being physically active.

To learn more, visit [www.nia.nih.gov/depression](http://www.nia.nih.gov/depression).



A decorative graphic for the 'Sweet Sonata' event. It features a purple and gold color scheme with musical notes, a piano, sheet music, and various desserts like cupcakes and stacks of coins. The title 'Sweet SONATA' is written in a large, elegant font, with a small cupcake icon inside the letter 'S'.

# Sweet SONATA

Benevolence Fund Party  
Thursday, May 7, at 4 pm (SP)

*Featuring Luscious Desserts and Returning Pianist Elijah Bossenbroek*

## An Evening of Music, Community & Generosity

Indulge in free appetizers, a glass of wine or beer, and a luscious dessert, all while being serenaded by talented pianist Elijah Bossenbroek. It's a fun and meaningful evening for our entire community. Remember to bring cash or a checkbook.



Learn how the Benevolence Fund provides critical support to those who, through no fault of their own, have outlived their finances.

## 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



## MOBILE PHONE PREVENTIVE MAINTENANCE

By Craig & JT

According to Anthropic's AI Application (App) "Claude," restarting your mobile phone periodically is beneficial for the following reasons:

- **Clears memory:** Apps accumulate in memory over time, and a restart flushes temporary files and frees up RAM (*Random Access Memory*), which can improve performance and responsiveness.
- **Applies updates:** Many OS (*Operating Systems*) and security patches fully take effect only after a restart.
- **Fixes minor glitches:** Connectivity issues (e.g., Wi-Fi, Bluetooth, cellular service) and app freezes are often resolved by a restart.
- **Refreshes background processes:** Rogue or runaway processes get terminated, which can improve battery life.
- **Phone is very hot:** Don't turn it back on until it has cooled down.

A weekly restart is a reasonable habit for most smartphones.

### On an iPhone

- Press and hold one of the **left side buttons** (volume) and the **right-side button** (power on) simultaneously until the power-off slider appears, then drag the slider to the right; or
- Go to **Settings > General > Shut Down**, then drag the slider to the right; or
- Say "*Hey Siri, turn off my iPhone.*" Siri will ask for confirmation, and then tap to confirm.

After **restarting**, turn the phone on by pressing and holding the **Power** button until the Apple appears.

### On an Android Device

Because Android runs on hundreds of different devices, from different manufacturers, the exact button layout, screen layout, and wording can vary. But **pressing and holding the power button for 2 to 3 seconds** until a new screen appears works on most Android phones.

- The new screen will give you two to four options: **Reboot/Power On, Restart, Emergency Call, and Medical Info**. While a "Restart" will clear some of the reasons listed above, **Reboot/Power on** is the preferred option to ensure all reasons are addressed, or
- Go to **Settings > General Management > Reset > Reboot and Restart**, or.
- If using a Samsung device, say "*Hi Bixby, turn off phone.*" Then confirm.

After **rebooting**, turn the phone on by pressing and holding the **Power** button until the screen lights up.

### Need Tech Help?

Visit the Lobby on

**Wednesdays**

**(10 am-12 pm)**

to receive assistance from a Resident Computer Helper.



## Get Moving. Get Glowing.

### EVENTS



#### **Drag Cabaret with Queen Time Entertainment**

**Friday, May 22, 4 pm (M) | Sponsored by Resident Services**  
Joining us is Queen Time Entertainment, a Seattle-based company that provides entertainment from local drag queens with a focus on joy and connection. The queens will sing, dance, and entertain us for the afternoon! Beguiling us with both songs and a bit of history, come enjoy a bit of joy and fun. We bet your cheeks will be hurting by the end! To make the afternoon even

sweeter, we'll be serving delicious cookies for everyone to enjoy.

#### **Guard Your Glow: Skin Health for Seniors**

**Tuesday, May 26, at 3 pm (M & HKTV) | Sponsored by Resident Services**

We are pleased to welcome Christina Borselli, ARNP, of Pacific Medical Specialty Group, who will speak about skin health and sun safety—especially as it relates to older adults. As we age, our skin becomes thinner, more fragile, and more susceptible to sun damage. Christina will discuss the importance of daily sun protection, early detection, and routine skin checks to help prevent common concerns such as sunspots, premature aging, and skin cancer.



This informative presentation will highlight that it's never too late to care for your skin. You'll learn practical tips for protecting your skin year-round. With a proactive approach and simple daily habits, you can support healthier skin and overall well-being.

#### **“Hair with Heart” with Judi of William Collier Design**

**Thursday, May 28, at 1 pm (M) | Sponsored by Resident Services**



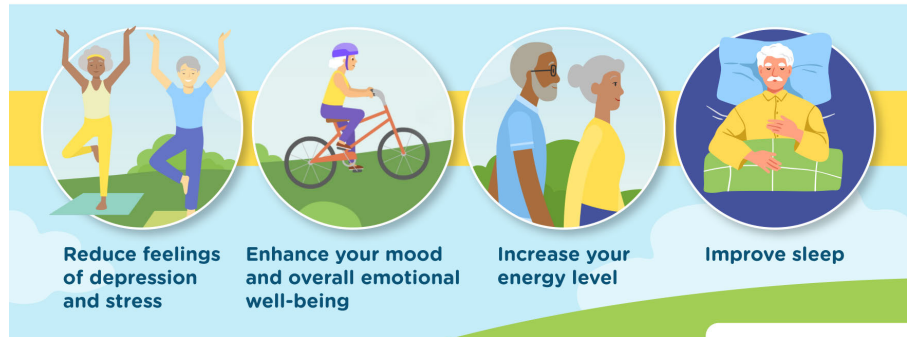
Are you curious to explore the world of wigs? Are you a current wig wearer who wants to learn about upkeep, maintenance, and styling? Judi of William Collier Designs in Seattle is here to educate us. Judi will walk us through the different types of hair, how they are made, and how best to secure them, and will bring a variety of colors and styles to check out and try on. There is no need to register for the presentation, but if you'd like to try on a wig, please email Katie at [katiea@heronskey.org](mailto:katiea@heronskey.org) prior to the event so we can make sure there's time for everyone.

# WELLNESS: GET MOVING. GET GLOWING.

**MENTAL HEALTH**  
*Awareness*  
MONTH  
**MAY 2026**

## The Mental Health Benefits of Exercise and Physical Activity

Have you been feeling down lately? Try exercising to help improve your mood! Exercise can:



To learn more about the benefits of exercise visit [www.nia.nih.gov/exercise](http://www.nia.nih.gov/exercise).



## WALKATHON

### 16 Weeks, Thousands of Miles, One Community: The 2<sup>nd</sup> Annual Walkathon is Just Around the Corner

*Sponsored by Fitness*

Get ready to lace up your walking shoes and be part of something bigger than ever, the 2<sup>nd</sup> Annual Heron's Key Walkathon is here!

Last year, more than 70 residents and staff joined forces for the Sea to Sound Walkathon, trekking from Seattle to Tijuana. This year, we're taking the excitement even further with **16 weeks of movement, motivation, and community spirit!**

- Kickoff: Monday, June 1
- Finish Line: Friday, September 18

### How to Join the Fun

1. Form a team of four (with at least one resident or staff member)
2. Come up with a creative team name
3. Choose your team captain
4. Sign up at the Concierge Desk

### Where Are We Walking To This Year?

That's where *you* come in! We're looking for fresh, fun, and inspiring route ideas. Your team gets to help decide the journey—as long as it spans 2,500 to 3,000 miles. Whether it's a scenic cross-country trek, a historic trail, or a dream destination route, the possibilities are endless. **Please submit your ideas to the Concierge.**

Bring your ideas, your energy, and your team spirit—because this summer, every step counts. Let's make this year's walkathon our most exciting adventure yet!

## 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.

## HIKES

### Hike at Kopachuck State Park in Gig Harbor

Monday, May 11, from 1-4 pm | *Sponsored by Fitness*



Kopachuck State Park is open again! In June of 2024, Kopachuck State Park closed for renovations that lasted a little over a year. Renovations included building a new welcome center/park office, adding an outdoor amphitheater, installing a new playground, and improving trails and connectivity. On this outing, we will explore the newly completed changes and stroll on the 2-mile trail. **Be warned:** This area is not flat and will require trail shoes. Expect a root- and rock-covered trail with rolling elevation. **Register on the Resident Portal by 9 am on Monday, May 4.**

- Driving Duration to Trail: 20 minutes
- Type: Exploring
- Duration at Location: 1.5 hours
- Bathrooms: Yes
- Wheelchair Accessible: No
- Footwear: Hiking Shoes
- Extra: Walking Sticks, Hat, Water

### Hike at Waughop Lake in Fort Steilacoom Park

Tuesday, May 26, from 9 am-12 pm | *Sponsored by Fitness*

Fort Steilacoom Park is a 340-acre park in Lakewood with an extensive network of walking and hiking trails that wind through forests, open prairies, and around Waughop Lake, offering a variety of scenery. A popular option is the paved loop around the lake, which is about 1 mile long and ideal for easy strolling. Longer routes and interconnected dirt trails can extend hikes to 4-5 miles or more. The terrain is mostly flat to gently rolling, making it accessible for beginners and wheelchair users on certain paths. After completing the 1-mile loop, feel free to explore the park before returning home.

**Register on the Resident Portal by 9 am on Monday, May 18.**

- Driving Duration to Trail: 40 minutes
- Type: 1 Mile Loop + Explore
- Duration at Location: 1.5 hours
- Bathrooms: Yes
- Wheelchair Accessible: Yes
- Footwear: Tennis Shoes
- Extra: Hat, Water

## A NOTE FROM EBB

Staying physically active in retirement is one of the most powerful ways to support overall wellbeing—body, mind, and spirit. After years of structured schedules and routines, retirement can bring a welcome sense of freedom, but it can also lead to increased sedentary habits if movement is no longer built into daily life. Making a conscious effort to “get moving” helps maintain strength, balance, and flexibility, all of which are essential for preserving independence and reducing the risk of falls or injury.

Regular movement also plays a key role in managing chronic conditions such as arthritis, heart disease, and diabetes. Even light activities like walking, stretching, or gardening can improve circulation, support joint health, and boost energy levels. Exercise doesn't have to be strenuous to be effective. Consistency is the key and matters more than intensity.

Beyond physical health, staying active has significant mental and emotional benefits. Movement stimulates the release of endorphins, which can elevate mood and reduce feelings of stress, anxiety, or depression. It can also sharpen cognitive function, helping with memory and focus over time. For many retirees, group activities like walking groups, fitness classes, or dance sessions offer valuable opportunities for social connection, reducing feelings of isolation and fostering a sense of community.

**Get Moving.**  
**Get Glowing.**

Importantly, getting moving can restore a sense of purpose and routine. Setting small, achievable goals—like a daily walk or trying a new activity—can provide structure and a sense of accomplishment. Retirement is not a time to slow down completely, but rather an opportunity to move in ways that are enjoyable and meaningful.

By embracing regular movement, retirees can enhance their quality of life, maintain independence, and continue engaging fully in the activities and relationships that bring them joy. I've personally taken walks around the ponds out back and have randomly reconnected with others I haven't seen in quite a while! You never know who you'll see walking, feeding the ducks, bird watching, etc., when you get outside and moving. And if you need a little more structure or a walking mate, we'll be starting our next walking challenge after Memorial Day, so get you a team of four and join the fun!

Have a great time moving this spring and beyond!



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

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

# PERFORMING & VISUAL ARTS

## Festival of Jazz

### Another Afternoon of Live Jazz with JazzVox

Sunday, May 17, at 2 pm (M) | *Sponsored by Performing & Visual Arts*

This collaboration between Heron's Key and JazzVox will feature two highly acclaimed jazz artists: vocalist Rosana Eckert from Texas and pianist/vocalist John Proulx from California.



**Rosana Eckert** is a live and studio vocalist, a creative songwriter and arranger, and a masterful educator of jazz and voice. She is the Principal Lecturer of jazz voice at the University of North Texas.

**John Proulx** is a jazz pianist, vocalist, educator, and composer based in Los Angeles. His singing style has elicited comparisons with a young Chet Baker. John has composed songs for artists like Nancy Wilson, Mary Stallings, Melissa Manchester, Al Jarreau, and Greg Walker. He has a degree in Jazz Piano Performance from Roosevelt University and a master's degree in Jazz Vocal Performance.



JazzVox is in its 19<sup>th</sup> year of providing in-home concerts, with over 5,000 performances in the greater Puget Sound area. It offers world-class jazz vocalists and musicians from around the globe.

## JAZZ DOCUMENTARY SERIES

Wednesday, May 13, at 6:30 pm (M & HKTV 370)

*Sponsored by Performing & Visual Arts*



*Note: Streamed programs are subject to change without notice. If a different program is available, we will show it in the Maritime and on HKTV 370. We hope you enjoy the alternative program.*



### 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



**Sidemen Unleashed with David Joyner and Clipper Anderson**

Friday, May 29, at 4 pm (M & HKTV370)

*Sponsored by Performing & Visual Arts*

Pianist David Lee Joyner and bassist Clipper Anderson are a couple of the most in-demand sidemen in the Pacific Northwest, backing up some of the greatest local and national acts around. Now they are "unleashed," bringing their own brand of entertainment up front with virtuoso instrumentals, vocal duets, and some good laughs along the way. If you love everything from Paul Simon to jazz standards and even Spike Jones, you are in for a treat.

# Friday Night Movies



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

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



Sponsored by Resident Services

## FEATURED EVENTS



### “U.S. Engagement of Africa” with David Fenner

Tuesday, May 5  
1 pm (M & HKTV 370)

Africa’s geopolitical role is growing. What lessons can the U.S. learn from China’s presence there, and how might it strengthen ties, especially with leading nations like Nigeria? What tools of statecraft might the U.S. bring to its engagement with Africa?

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.

### **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 HKTV on the subject, followed by an in-person presentation. We then pulled all of this together with a moderator presentation and discussion.



### “Ruptured Alliances and the Risk of Nuclear Proliferation” with Seth Weinberger

Tuesday, May 19  
1 pm (M & HKTV 370)

U.S. alliance skepticism may drive countries like Japan and South Korea to reconsider nuclear

options. What are the implications of the Trump administration’s rethinking of the U.S. alliance system for regional and global security? Will this new uncertainty alter the way allies and rivals in various regions make decisions about security and nuclear weapons?

Moderator: Seth Weinberger, Chair of the Department of Politics & Government, University of Puget Sound. Seth specializes in international relations and security. His research includes examining congressional-executive war powers and reconsidering the laws of war in the armed conflict against ISIS and al Qaeda. He teaches courses on international relations, U.S. foreign policy, international security, terrorism, constitutional law, and political philosophy.

#### Suggested Readings:

*The Proliferation Problem is Back.* Foreign Affairs, Sept. 25, 2025.

“Key U.S.-Russia treaty expires, ushering in an era without caps on nuclear weapons.” NBC News, Feb. 5, 2026.

“America risks a nuclear-arms race with China.” *The Economist*, Feb. 3, 2026.

“In the Shadow of Hiroshima—75 Years On.” Terence McNamee. *Daily Maverick*, 2020.

## “The Vanguard Generation: African American Artists 1880-1918”

with Daniel Atkinson

Tuesday, May 12, at 1 pm (M & HKTV 370)

Discover the remarkable first generation of African American artists and performers whose contributions helped shape popular culture. Active after the Civil War and before World War I, many of these artists were the first in their families to be born out of bondage or to attend college, overcoming tremendous hardship in defiance of Jim Crow laws. Using newly discovered documents from the era, this talk reveals the talent, ingenuity, conflicts, and solidarity of the “Vanguard Generation.”



Daniel E. Atkinson earned his PhD in ethnomusicology from the University of Washington, where his research focused on Afro-American vernacular expression. He is the author of *The*

*Rediscovery of George Nash Walker: The Price of Black Stardom in Jim Crow America*, a biography of the co-founder of the Williams and Walker, the first Black theatre company to succeed on Broadway. He currently works as a maintenance laborer for Tacoma Parks.



## “So Much Beautiful Science in the Beautiful Game: Soccer Balls” with John Goff

Thursday, May 21, at 1 pm (M & HKTV 370)

This talk focuses on the aerodynamics of World Cup soccer balls. The match ball is the most important piece of equipment in the world's most watched sporting event, and it turns out to be a surprisingly rich object from a physics standpoint. Every World Cup introduces a new ball, and with each redesign comes subtle differences in surface texture and construction that can noticeably affect how the ball moves through the air. Guest John Eric Goff will explain why soccer balls do not always behave the way our intuition expects, why some World Cup balls have generated controversy, and how careful experiments help connect ball design to what players experience on the field. The talk will also briefly touch on how artificial intelligence has entered this year's World Cup, including its role in modern ball technology and officiating.



John Eric Goff is a visitor in the Department of Physics at the University of Puget Sound. Before joining Puget Sound, he spent 23 years at the University of Lynchburg. His research focuses on sports physics and sports engineering, with particular emphasis on the aerodynamics of World Cup soccer balls. He has written for both scientific and general audiences and enjoys explaining how familiar moments in sport are shaped by subtle physical principles.

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## Nature in Ninety Minutes with Rachel Easton of Harbor WildWatch

Wednesday, May 13, at 2 pm (M & HKTV 370)

Join biologist Rachel Easton from Harbor Wild Watch to examine the geography, flora, and fauna of the Harbor Hill Environmental Sanctuary and learn about how YOU fit into the ecology of this special place. This engaging presentation will take place in the Maritime Room with an optional outdoor exploration of the sanctuary to follow. Whether you are a seasoned naturalist or just curious about your backyard, this presentation will have you learning and having fun.



# LIFELONG LEARNING

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## “From Crater to the Courtroom”

with Bill Lokey

Tuesday, May 26, 1 pm (M & HKTU 370)

Learn about the history of volcano hazard management in Washington State, the lessons learned from the eruption of Mount Saint Helens, and the planning concerning the hazards of Mount Rainier. We'll also go to the summit of Rainier and explore the world's largest subterranean ice cave network.

William (Bill) Lokey's first career was in supporting scientists from the U.S. and around the world doing earth science research: for six summers with the

Juneau Icefield Research Program, two summers on the summit of Mount Rainier, and four tours with the National Science Foundation in Antarctica, including wintering over three times. Next, he had a 45-year career helping communities prepare for, respond to, and recover from natural and human-caused disasters, working at all levels of government and as a consultant. Bill has worked on the scene after many disasters, including Mt. St. Helens, the Northridge Earthquake, the Oklahoma City Bombing, the World Trade Center after 9-11, Hurricane Katrina, and the Tohoku Earthquake and Tsunami in Japan.

Retired from Emergency Management, Bill has shared his experiences as a Senior Fellow with Pierce College's Homeland Security and Emergency Management Program. He received a degree in Art (sculpture) in 1969 from Kenyon College in Gambier, Ohio.



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## RESIDENT-LED EVENTS

### Heron's Key Radio Players: Classic Radio Programs from the 1940's and 50's

Wednesday, May 6, from 1-2:30 pm (M & HKTU 370)



Nobody requested it, but the Radio Players are back and they come with re-creations of two programs from the 1940s-'50s. First comes a drama, *Neat Strip*, drawn from the short stories of Damon Runyon. This is followed by an episode of *Fibber McGee and Molly* into whose backyard a flying saucer may have descended. Please join us for these visits to the strip clubs of NYC and the strange mind of Fibber McGee.

### Reading Aloud with Your Neighbors

Thursday, May 28, 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.

# UPCOMING EVENTS



## Kentucky Derby Party

Saturday, May 2, at 3:30 pm (M)

*Sponsored by Resident Services*

Don your Derby hats and watch “the greatest two minutes in sports” in the Maritime Room. This is a casual viewing party with small bites and mint juleps provided by Resident Services.

**Note:** There is no Syren’s Mixer on this day.

## Heron’s Key Hallway Art Walk

Saturday, May 9, at 2 pm | (Meet on the 4<sup>th</sup> Floor, Near Elevator 4)

Join a resident artist for a fun, relaxed walking tour of the artwork around Heron’s Key! This month, she will take us through the 2<sup>nd</sup> floor; this floor has a variety of animals and birds from the Pacific Northwest. She will also introduce you to a new artist who lives and teaches indigenist style art in British Columbia.

## Wine Tasting with Spruce Hill Winery

Wednesday, May 27, 4 pm (M) | *Sponsored by Resident Services*



Come try some new wines from local business Spruce Hill Winery, which has a tasting room in our very own Gig Harbor. Wine and snacks provided by Resident Services. **Space is limited. Register on the Resident Portal by noon on Monday, May 18.**



At Spruce Hill Winery, they make the wines they pour. As hands-on producers, they are involved at every step of the process, from sourcing fruit from standout Washington vineyards to crafting small-lot wines that emphasize balance, character, and place. Spruce Hill focuses on interesting and sometimes unexpected grapes—like sparkling Albariño, Cinsault, and Tannat—while also making classic, approachable wines that people know and love.

## Floor Meetings with Executive Director Chris Lucero

Wednesday, May 27 & Thursday, May 28

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



### Wednesday, May 27

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

### Thursday, May 28

- 11 am: Floor 3
- 3 pm: Cottages

# UPCOMING EVENTS

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## Wine & Cheese Social

Friday, May 1, at 3:30 pm (CL)

*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, May 8, at 4:15 pm (M) | *Sponsored by Resident Services*

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

## Gospel Music Karaoke

Monday, May 11, at 4 pm (M) | *Sponsored by Resident Services*

By resident request, this session of karaoke focuses on gospel and worship music.

## Trivia!

Monday, May 18, 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, May 21, at 2 pm (CL)

*Sponsored by Resident Services*



## MAH-JONGG

### American Mah-Jong

Mondays from 12-4 pm (CA)

### Traditional Mah-Jong

Fridays from 2-4 pm (CR)

### International Mah-Jong

Sundays at 3:30 pm (CR)

*New players always welcome!*

## GAMES

### Mexican Train

Tuesdays at 10 am (SP)

### Pinochle

Wednesdays at 2:15 pm (CA)

### Canasta

Thursdays from 1-3 pm (CA)

### Bridge

Fridays from 1-3 pm (SP)

# ON-CAMPUS PROVIDERS

## HEALTH SERVICE CLINIC PROVIDERS

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

### Primary Care at Heron's Key

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



**Every 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)*

### What's your story?

Every story shared  
turns silence into

**CONNECTION.**

This is **Mental Health  
Awareness Month.**



### 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.

Harbor Transitions

**Find the latest menus and hours on the Resident Portal.****SATURDAY, MAY 2, SYREN'S MIXER CANCELED**

Instead of the usual Mixer at 3 pm in Syren's Grille, join us at 3:30 pm in the Maritime Room for a Kentucky Derby party with mint juleps and small bites (see page 21 for more details).

**SPECIAL EDITION SYREN'S MIXER | Tuesday, May 5, at 3 pm (SY) | No registration required**

Join us for great deals on specialty margaritas and Cinco de Mayo-themed bites. Just show up for some fun!

**MOTHER'S DAY SUNDAY BRUNCH BUFFET**

**Sunday, May 10 | Restaurant open from 10am-3pm | Reservations required**

Residents and their guests are invited to a special brunch; reservations are required. A limited to-go-only menu will be available for pick-up or delivery. Cost of buffet: \$17 for Residents, \$20 for guests, \$9 for kids 6-12, and kids 5 and younger eat free. The menu is available at the host stand or on the Resident Portal, under "Holiday." Please call 253.313.0797 or stop by the host stand to make your reservation.

**CHEF'S COOKING CLASS | Second Monday of every month | Monday, May 11, at 2pm (SP)**

Join us for our interactive series, which focuses on Springing into Spring this month. Participants will join Chef Chris and Sous Chef Cody in creating Cody's famous mole sauce, inspired by Cinco de Mayo. The class includes a complete meal for only \$7 (more details to follow in KeyNotes). Sign up at Syren's Grille or by calling 253.313.0797.

**STAFF TRAINING | New Day: Second Thursday of every month | Thursday, May 14, 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 3 pm or after 4pm.

**RESIDENT ORIENTATION TO DINING SERVICES: OPEN TO ALL RESIDENTS**

**Second Tuesday of every month | Tuesday, May 12, at 11 am (SP) | No registration required**

All residents are welcome. Learn about our dining services and ask questions; no registration is required.

**CHEF DINNERS—Savor the Experience: An Elevated Culinary Evening with Chef Chris & Team  
Friday, May 22, and Saturday, May 23 | 5 pm (PDR)**

The 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 March on the Resident Portal under "Special Events," and reservations will open then. (Cost \$35 to \$55 per person)
- **Reservations:** Made on a first-come, first-served basis. Call 253.313.0797 today.

**MEMORIAL DAY COOKOUT | Monday, May 25, 11 am - 3 pm (Maritime and Patio) | RSVPs required**

The weather is changing, and we are excited to host our first outdoor event. Join us for a delicious cookout complete with your favorites, specialty drinks, and the grill will be going. The menu will be posted in the first week of May, along with the cost. RSVP to Syren's Grille or call the host stand at 253.313.0797.