

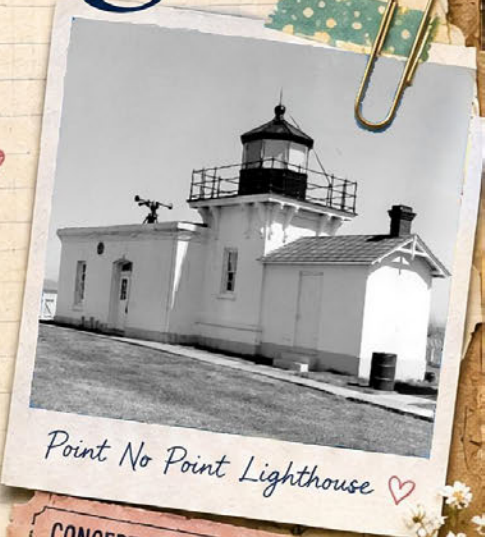
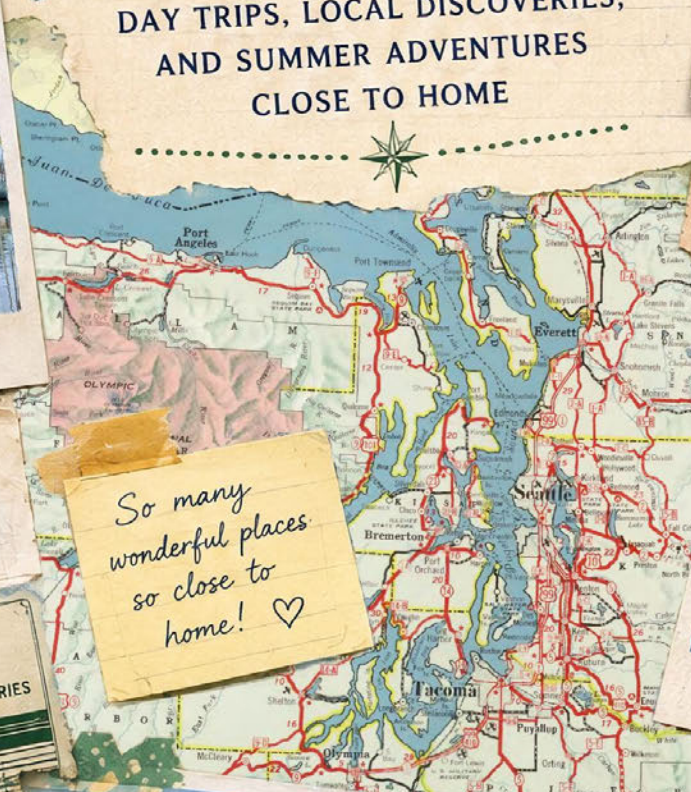
July 2026



Heron's Flight

Explore Where You Are

DAY TRIPS, LOCAL DISCOVERIES,
AND SUMMER ADVENTURES
CLOSE TO HOME



Point No Point Lighthouse



Port Townsend

Three hours
wasn't enough!
Can't wait to
go back.

So many
wonderful places
so close to
home!



Seattle adventures



Worth the ferry ride!

THE BAIR
STEILACOOM, WA
Great food.
Great company.
We'll be back!



• Historic towns
• Waterfront views
Gardens & nature
Arts & culture
Great food
New friends

HAIRSPRAY
THE MUSICAL

adventures

7 SEAS BREWING

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Cover: Created using ChatGPT; Map credit: WSU Libraries Digital Collections



CONCIERGE / SECURITY 253.313.0700

Audio KeyNotes: 253.313.0790

Billing: 253.313.0703

Consonus (Therapy): 253.313.0749

Housekeeping: 253.313.0795 (EVS@HeronKey.org)

Facilities: 253.313.0798 (Facilities@HeronKey.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

Ron Schaefer
CEO & President

Michelle Wood
Vice President of Operations

Chris Lucero
Executive Director

Karen Rose
Health Services Administrator

Pam Carlson
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Denise Cooksey
Director of Human Resources

Courtney Soran
Consonus Director of Rehabilitation

Sandi Semler
Social Services Coordinator

Lisa Meinecke
Director, Resident Services

Austin Beauregard
Wellness Program Manager

McKenna Leehan
Director, Sales & Marketing

George Smith
Director of Facilities

Ray Austin
Facilities Operations Supervisor

Lynn Good
Environmental Services Supervisor

Sandra Cook
Vice President of Marketing

Matthew LeCours
Director, Food & Beverage

Kristina Christenson
General Manager of Dining

CRUISING CREW, LET'S ROLL AT A COMFORTABLE FLOW

We want everyone to move safely and confidently through our shared spaces, and we have a friendly reminder for those using scooters or motorized wheelchairs: Please keep your speed at a smooth, easy flow as you navigate the halls and common areas.



Think of it like a relaxed glide—enough to get where you're going comfortably, but not so speedy that it surprises anyone or feels rushed. Your cooperation helps us all traverse our campus safely and comfortably. Let's find that perfect steady roll and enjoy our indoor travels together.

MORNING CHECK-IN BUTTON VS. PENDANT



Please push the morning check-in button daily between 5 am and 10 am. Otherwise, a staff member will call to check on you. This act serves to verify that all is OK in your household.

For emergencies, please use the pendant that you can wear on your wrist or around your neck. It's water-resistant, and we encourage you to use it when you shower. Pushing the pendant notifies staff that you or someone else needs immediate help, and we will respond.



SUMMER IN THE HARBOR

Gig Harbor comes alive during the summer. Here's a sample of events that are sure to keep you busy and entertained throughout the season:

- **Skiffs to Spirits Walking Tour:** A 1-mile tour on Wednesdays (5:30 pm) that begins at the Harbor History Museum and ends at Midway Cafe
- **Summer Sounds at Skansie Concert Series:** Tuesdays (6 pm) at Skansie Brothers Park
- **Gig Harbor Boat Shop:** Boat restoration program for women (Wednesdays, 9 am—noon), Seine Skiff building project (Wednesdays & Thursdays, 9 am—1 pm), and Community boat restoration program (Saturdays, 9 am—5 pm)
- **Waterfront Farmers Market:** Thursdays (1-7pm) at Skansie Brothers Park
- **Uptown Summer Concert Series:** Thursdays (6 pm) in Uptown Gig Harbor
- **Wonders of the Waterfront Walking Tour:** A 1.5-mile tour on Saturdays, at 10 am, starting at Donkey Creek and ending at the Maritime Pier



SIGN UP FOR TEXT MESSAGE ALERTS

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

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

RESIDENT COUNCIL CONNECTION

A MESSAGE FROM YOUR RESIDENT COUNCIL SECRETARY

Celebrate America's 250-year anniversary of the 1776 signing of the Declaration of Independence. Eleven years later, the U.S. Constitution was adopted. Today, the extensive document includes seven articles and 27 amendments.

Many defining events have shaped American democracy over the past 250 years¹:

- **Louisiana Purchase (1803):** Expanded U.S. territory and westward growth
- **American Civil War (1861-1865):** Fought over slavery; led to the 13th Amendment
- **Women's Suffrage (1920):** Gave women the right to vote
- **Great Depression & New Deal (1929-1939):** Led by the stock market crash; the following economic disaster changed the government's role in the economy
- **World War II (1941) and the bombing of Pearl Harbor:** Led to a global conflict, helped pull America out of the Depression, and established military dominance
- **Civil Rights Movement (1950s-1960s):** Ultimately created the 1964 Civil Rights Act and the 1965 Voting Rights Act
- **Apollo 11 Moon Landing (1969):** Pushed the boundaries of global technological innovation; a victory in the Cold War and Space Race
- **September 11 Attacks (2001):** Sobered us, but altered America's foreign policy; heightened national security and domestic daily life

Take a moment to reflect on the meaning of the 27 amendments :


- | | | |
|----------------------------------|-------------------------------------|---|
| • I: Fundamental freedoms | • XI: Lawsuits against states | • XXI: Repeal of Prohibition |
| • II: Right to bear arms | • XII: Presidential elections | • XXII: Presidential term limits |
| • III: Housing of soldiers | • XIII: Abolition of slavery | • XXIII: D.C. presidential voting rights |
| • IV: Search and arrest warrants | • XIV: Citizenship and equality | • XXIV: Poll taxes |
| • V: Rights in criminal cases | • XV: Voting rights | • XXV: Presidential succession and disability |
| • VI: Rights to a fair trial | • XVI: Income taxes | • XXVI: Suffrage for 18-year-olds |
| • VII: Rights in civil cases | • XVII: Direct election of Senators | • XXVII: Congressional salaries |
| • VIII: Punishments and bail | • XVIII: Prohibition of liquor | |
| • IX: Unenumerated rights | • XIX: Women's suffrage | |
| • X: States' rights | • XX: Terms and succession | |

Six proposed amendments did not achieve ratification by three-fourths of the states. One of the most controversial was the **Equal Rights Amendment (ERA)** in 1972, which sought to guarantee equal legal rights regardless of sex.

May this information give you pause to reflect on today. From the words of John F. Kennedy: "Ask not what your country can do for you, ask what you can do for your country."

—Carol , HKRC Secretary

¹ Source: National Archives Museum; "Ten most significant events in America's 250 years"



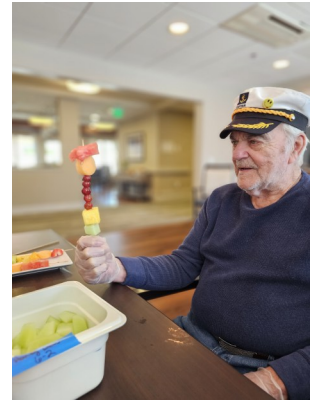
Resident Council Meeting
Thurs., July 9
10 am (M & HKTV 370)

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

PENROSE HARBOR LIFE ENRICHMENT



Penrose has been bustling with activity lately. We've launched our monthly picnics at Ruston's waterfront park and are excited to expand these gatherings to new locations soon. Preparations for the 4th of July are underway, and our residents are feeling especially patriotic! We've also enjoyed engaging cooking demonstrations, lively music, and cheerful patio parties whenever the sun is shining.



PENROSE LUNCH & LEARN

Our next Penrose Lunch & Learn will take place on Tuesday, July 14, at 11 am. This program is your opportunity to connect with key Penrose staff in a more casual setting and gain a better understanding of the Penrose communities, including Assisted Living, Memory Care, and Skilled Nursing.

The 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

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

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



Explore Port Townsend

Wednesday, July 1, from 9 am–3 pm | *Sponsored by Resident Services*

(See page 12 for details.) **Register on the Resident Portal by noon on Friday, June 26.**

Sack Lunch & Concert in the Barn in Quilcene

Friday, July 3, from 11:15 am–4 pm | *Sponsored by Performing & Visual Arts*



Concerts in the Barn are back with their summer programs. Tickets for the concert are free, and the event takes place in a barn on a lovely piece of property with picnic tables and a few farm animals. This concert features music by Ken Benshoof, Karel Husa, and Antonín Dvořák, performed by a combination of strings and winds. We will be arriving early to eat our sack lunches on the beautiful property. We have reserved seating in the barn for the concert, but if you prefer to sit on the lawn, feel free to pack a fold-up camping chair. There are small snacks and beverages available for purchase, as well as restrooms, on-site. **Register on the Resident Portal by noon on Monday, June 29.**

Point No Point Lighthouse Tour & Lunch at Hansgrill Restaurant in Hansville

Monday, July 13, from 9:45 am–3:30 pm | *Sponsored by Resident Services*

(See page 12 for details.) **Register on the Resident Portal by noon on Wednesday, July 8.**

Lakewold Gardens Tour & South Sound Chapter of

Women Painters In Nature Exhibit in Lakewood

Thursday, July 16, from 9:30 am–1 pm | *Sponsored by Resident Services*

(See page 13 for details.) **Register on the Resident Portal by 9 am on Monday, July 13.**

Explore Seattle

Monday, July 27, from 9 am–2:30 pm | *Sponsored by Resident Services*

(See page 13 for details.) **Register on the Resident Portal by noon on Monday, July 20.**

High Steel Bridge Hike & Lunch in Union

Thursday, July 30, from 9 am–3 pm | *Sponsored by Fitness*

(See page 13 for details.) **Register on the Resident Portal by noon on Monday, July 27.**

Hairspray the Musical at Tacoma Musical Playhouse

Friday, July 31, from 6:45-10 pm | *Sponsored by Resident Services*



It's 1962 in Baltimore, and teen Tracy Turnblad dreams of dancing on "The Corny Collins Show." When she finally makes it on, her big hair and bigger heart take her from outsider to local star—and she uses her new fame to fight for integration on television. With catchy songs, high-energy dance numbers, and a whole lot of heart, *Hairspray* is a joyful celebration of acceptance, equality, and standing up for what's right. **Register on the Resident Portal by 9am on Friday, July 3.**

Paint the Park Purple: Tacoma Rainiers v. Reno Aces

Friday, August 14, from 5:15-10 pm | *Sponsored by Resident Services*

Cheer on the Tacoma Rainiers at their annual Paint the Park Purple event. This event is fundraising for the University of Washington scholarships and community programs, so wear your Husky or purple gear. This year, we will enjoy the game from reserved stadium seating. Our tickets include a T-shirt and a meal with a hot dog, chips, and a drink. **Register on the Resident Portal by 9 am on Friday, July 10.**

3-Night Weekend Trip to Victoria, BC

Departing: Friday, October | Returning: Monday, October 5

By resident request, we are planning a three-night trip to beautiful Victoria, BC! We're still coordinating the details, but you can expect the HK bus to take us to the ferry terminal, where we will walk on to the vessel. Our hotel in Victoria will be close to the ferry terminal, and you may need to stand or stroll for longer periods. Resident Services is planning an optional trip to Butchart Gardens for Saturday, October 3, which boasts late-summer blooms. As on our past trip to Leavenworth, there are no planned activities, and you may choose what you want to do.

If you are interested, please sign up on the Resident Portal Resident Services will be in touch with details and specific pricing once they are available.

SHOP & DINE

Gig Harbor Farmer's Market

Thursday, July 2, from 12:45-2:30 pm | *Sponsored by Resident Services*

Register on the Resident Portal by noon on Monday, June 29.

Sunnycrest Nursery in Lakebay

Monday, July 6, from 10 am—12:30 pm | *Sponsored by Resident Services*



Want to spruce up your raised bed, patio, or balcony? Come see what Sunnycrest has to offer! With plants, flowers, and décor, you're sure to find something you'll love. **Register on the Resident Portal by noon on Friday, July 3.**

Hoppy Hour: 7 Seas Brewing in Gig Harbor

Wednesday, July 8, from 3-5 pm | *Sponsored by Resident Services*

Register on the Resident Portal by noon on Monday, July 6.

OFF-CAMPUS EVENTS



Co-ed Lunch at Woven Seafood & Chophouse in Point Ruston

Friday, July 10, from 10:45 am–2 pm | *Sponsored by Resident Services*

Register on the Resident Portal by noon on Friday, July 3.

Shopping & Lunch at Bellevue Square Mall

Wednesday, July 15, from 9:30 am–3:30 pm | *Sponsored by Resident Services*

Register on the Resident Portal by noon on Friday, July 10.

Women’s Breakfast at Sunset Grill in Gig Harbor

Monday, July 20, from 9:30-11:30 am | *Sponsored by Resident Services*

Register on the Resident Portal by noon on Wednesday, July 15.

Breakfast at The Bair in Steilacoom

Friday, July 24, from 9:30 am–12:30 pm | *Sponsored by Resident Services*

Register on the Resident Portal by noon on Monday, July 13.



Grocery Shopping

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

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

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

7/6—Trader Joes

7/1—Safeway

7/13—Fred Meyer

7/8—Safeway

7/20—Target

7/15—Safeway

7/27—Trader Joes

7/22—Safeway

7/29—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 arrange a helpful companion to accompany you.

Need to shop on other days or somewhere else in town? Fill out a “Personal Errands” transportation form.

DIVERSITY, EQUITY & INCLUSION

THE ARC OF OUR STORY:

CELEBRATING 250 YEARS OF AMERICAN PROGRESS

As America celebrates its 250th anniversary, it's a good time to reflect on the journey that brought us here. The story of the United States isn't a straight line, and progress hasn't always come easily. Throughout our history, Americans have debated, challenged, and worked to expand the promise of liberty, opportunity, and participation to more people. The milestones featured in our July DEI exhibit on the ground floor next to the Salon highlight a few of the key moments that shaped that journey and helped move the nation closer to its founding ideals.

The Evolution of Freedom

1776–1787 | Grounding the Ideals: The nation's founding documents established the principles of liberty, equality, and self-government that would shape the American experiment for generations to come.

1863–1865 | Abolishing Slavery and Expanding Freedom: The Civil War era brought transformative changes that ended slavery and expanded freedom, fundamentally reshaping the nation and its future.

1920–1954 | Expanding Participation: A growing commitment to broader participation in American life opened new opportunities for citizens to engage in democracy, public service, and education.

1964–1990 | Codifying Equality: A series of landmark laws increased access, opportunities, and protections for millions of Americans.

2015–Today | Continuing the Journey: The story continues as new generations shape what inclusion, representation, and opportunity look like in America. While the path has not always been linear, each generation has contributed to the ongoing effort to bring the nation's ideals closer to reality.

Visit the Exhibit and Share Your Story

History doesn't only live in books. It lives in the experiences of people who witnessed it. The DEI Committee invites you to stop by the visual timeline on the ground-floor bulletin boards to explore the milestones, reflect on the people and events that helped shape our shared history, and share your voice:

- Which milestone had the greatest impact on your life?
- What social, legal, or cultural changes have you witnessed?
- What progress do you hope future generations will see?

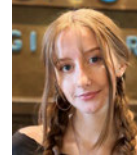
INTEREST GROUPS

SCHOLARS FOR DOLLARS

Heron's Key's generosity and commitment to the broader community were celebrated at the June 4 scholarship luncheon honoring 19 graduating high school seniors. Each student received a \$3,000 scholarship to support their post-secondary education.

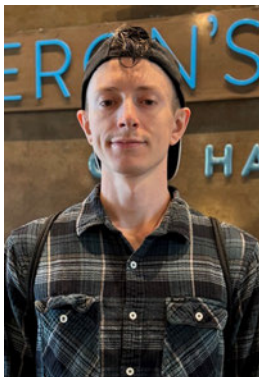


Among those recognized were two Heron's Key employees: Mekai and Ali. Known for his warm personality and friendly presence in Spinnakers, Mekai will attend the University of Washington as he pursues a career in medicine. Ali, who works in Food Service at Penrose, plans to build a career in the beauty industry, combining creativity, color, and design.



The celebration brought together school district administrators, community leaders, and state and local elected officials to recognize the students' achievements and the impact of scholarship support.

The Scholarship Committee wishes to thank every resident who contributed to this year's highly successful fundraising campaign. Each dollar given to the Scholarship Fund is an important investment in the future. Thank you, Heron's Key.



GOLDEN SPOTLIGHT AWARD

Mike, Line Cook

Mike is always the first person to help someone out. He has a calm disposition which makes him very effective on the line. He has the patience to help the new hires through their first few weeks. He is the first the clean when it is slow and takes a lot of initiative. He is a great team player and a very solid team member. We appreciate having Mike on the team!

—Chef Chris Paquette



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

EVENTS

Annual Food4All Clothing Drive — July 13-20

- **What We Need:** Clean clothing, jackets, and low-heeled shoes for men, women, and children.
⇒ *Shoe Donation Tip: Please rubber-band each pair of shoes together or place them in a bag so they don't get separated!*
- **Why It Matters:** Many local families are facing hard times. Your donations provide free, essential clothing that truly changes lives.
- **When:** Drop off anytime between Monday, July 13, and Monday, July 20.
- **Where:** Look for the donation box located in the Clubhouse Lobby.



Thank you so much for your generosity and support!

The Harbor Hope Center with Executive Director Daniel Johnson

Monday, July 27, at 3 pm (M & HKTV 370)

Sponsored by the Community Engagement Committee



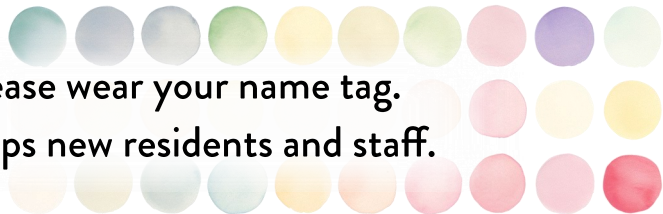
Harbor Hope Center is a nonprofit organization serving young adults ages 18 to 24 who are experiencing homelessness in Gig Harbor and Tacoma. The organization operates emergency shelter and transitional housing programs, including newly renovated properties on MLK Jr. Avenue in Tacoma, developed in partnership with the U.S. Housing and Urban Development's (HUD) Youth Homelessness Demonstration Program. Harbor Hope Center has grown from a single emergency shelter into four facilities, providing young people with safe housing, support services, and pathways from crisis toward stability and community, including partnerships such as a welding certification program with Bates Technical College.

REMINDER

FRIENDLY



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



WELLNESS: EXPLORE WHERE YOU ARE

ON-CAMPUS EVENT



Maritime Mysteries of Tacoma and Gig Harbor

Monday, July 20, at 3 pm (M & HKTU 370) | *Sponsored by Resident Services*
Puget Sound holds many mysteries in its depths—some of the strangest lurk right in the waters around Tacoma and Gig Harbor. From the sighting of a giant serpent to the disappearance of a ghost ship, we will dive into some of the most intriguing and unnerving maritime mysteries of the region. Beloved local author and tour guide Chris Staudinger is delighted to join us for a unique, interesting (and slightly spooky) tour of the Pacific Northwest's history.

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*

Explore Port Townsend

Wednesday, July 1, from 9 am-3 pm | *Sponsored by Resident Services*

Explore where you are and spend an afternoon in beautiful Port Townsend! We will have three hours to check out this historic waterfront town. Stroll downtown and take in the Victorian architecture, tour a historic home, or visit one of the many antique shops. There is no set plan for this trip; it's a choose-your-own-adventure afternoon! There are many spots for lunch, coffee, or a treat.

Registration closed.



Sack Lunch & Concert in the Barn in Quilcene

Friday, July 3, from 11:45 am-4 pm | *Sponsored by Performing & Visual Arts*

Concerts in the Barn are back with their summer programs. Tickets for the concert are free, and the event takes place in a barn on a lovely piece of property with picnic tables and a few farm animals. This concert features music by Ken Benshoof, Karel Husa, and Antonín Dvořák, performed by a mixture of string and wind instruments. We will be arriving early to eat our sack lunches on the beautiful property. We have reserved seating in the barn for the concert, but if you prefer to sit on the lawn, feel free to pack a fold-up camping chair. There are small snacks and beverages available for purchase, as well as restrooms, on-site.

Register on the Resident Portal by noon on Monday, June 29.

Point No Point Lighthouse Tour & Lunch at Hansgrill Restaurant in Hansville

Monday, July 13, from 9:45 am-3:30 pm | *Sponsored by Resident Services*

The Point No Point Lighthouse is the oldest lighthouse on Puget Sound and has been in continuous

WELLNESS: EXPLORE WHERE YOU ARE

operation, providing navigational aid to mariners, since its completion in 1879. A flat, paved path leads to the lighthouse. Accessing the beach requires maneuvering on grass, sand, and rocks. Afterward, we will have lunch at the Hansgrill Restaurant, a small, local restaurant with a great view of the water and the beach, offering sandwiches, salads, and burgers. Outside, picnic bench seating is available, and you're welcome to bring a sack lunch instead. **Register on the Resident Portal by noon on Wednesday, July 8.**

Please note: There are a few stairs to get into the lighthouse, but we will not be ascending any staircases.

Lakewold Gardens Tour & South Sound Chapter of Women Painters

In Nature Exhibit in Lakewood

Thursday, July 16, from 9:30 am-1 pm | *Sponsored by Resident Services*

Lakewold Gardens is a 10-acre historic estate that originated as a private residence in 1908. In 1987, the property was donated to the Friends of Lakewold for use as a public garden. Today, visitors celebrate Lakewold Gardens for blending European formality with Northwest native flora. We will receive a private tour of the home and grounds. Afterward, we will take in the *In Nature* exhibit. **Register on the Resident Portal by 9 am on Monday, July 13.**

Please note: Paths may be uneven, and we may stroll on grass.

Explore Seattle

Monday, July 27, from 9 am-2:30 pm | *Sponsored by Resident Services*

Spend an afternoon in Seattle! The HK bus will take us to the big city, and you will have three hours to roam. This is a choose-your-own-adventure trip with no official plan. Sample the food in Pike Place, walk to the aquarium, view art, or shop downtown—the opportunities are endless. **Register on the Resident Portal by noon on Monday, July 20.**

High Steel Bridge Hike & Lunch in Union

Thursday, July 30, from 9 am-3 pm | *Sponsored by Fitness*

Originally built in 1929 as a logging railroad bridge, the High Steel Bridge is a fascinating piece of Pacific Northwest industrial history. It is the tallest former railroad bridge ever built in the U.S. and soars 375 feet above the water. The view will take your breath away. Learn more about this trip and the bridge's history on the Resident Portal. **Register on the Resident Portal by noon on Monday, July 27.**

Please note: Unlike more difficult hikes, we'll park on the side of the road and stroll right onto the bridge. This hike might not be a good fit for you if you have a fear of heights. The last couple of miles of the drive to the bridge are on a gravel forest service road, which may be bumpy and have potholes.

Gig Harbor Farmer's Market

Thursday, July 2, from 12:45-2:30 pm | *Sponsored by Resident Services*

Register on the Resident Portal by noon on Monday, June 29.

NURTURING THE SOUL

A NOTE FROM EBB

Exploring Your Local Area: A Rewarding Activity for Retirees

For retirees, one of the greatest advantages of living in Gig Harbor is that adventure does not require traveling far from home. This picturesque waterfront community offers a variety of opportunities to stay active, engaged, and connected while enjoying the beauty of the Pacific Northwest.

A great place to start is the downtown waterfront. A leisurely walk along Harborview Drive provides stunning harbor views, local shops, art galleries, and plenty of benches to relax and watch the boats pass by. The waterfront's rich maritime history is reflected throughout the area and can be explored further at the Harbor History Museum.

For those who enjoy the outdoors, Gig Harbor offers numerous parks and trails. The Cushman Trail provides miles of paved pathways ideal for walking, biking, or simply enjoying nature. Nearby parks such as Kopachuck State Park and Donkey Creek Park offer beautiful scenery, wildlife viewing, and opportunities to enjoy Puget Sound's natural beauty.

Community events provide another excellent way to explore the area. The Waterfront Farmers Market brings together local farmers, artisans, musicians, and residents throughout the summer months, creating a welcoming atmosphere and a chance to support local businesses.

Retirees can also take advantage of volunteer opportunities, cultural events, festivals, and educational programs offered throughout the community. Whether your interests include gardening, history, boating, photography, or simply meeting new people, Gig Harbor's small-town charm makes it easy to find activities that match your passions.



Exploring your local area not only promotes physical activity but also fosters meaningful connections and lifelong learning. In Gig Harbor, every walk, park visit, or community event offers an opportunity to discover something new while enjoying the relaxed pace of retirement.

As always, if you see me, let me know what you have found in your exploration of the Gig Harbor area so I can pass it along to others. Heck, I would like to know fun new things to do myself! Have fun exploring your community, whether you have lived here for years or are new to the area!



Ebb Hagan
*Wellness &
Spirituality
Coordinator*

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

DINNER THEATER

Irish Buffet and Movie

Wednesday, July 15, from 5 pm to 8 pm | *Sponsored by Performing & Visual Arts*

5 pm: Buffet in Spinnakers

6 pm: Movie in the Maritime and on HKTv 370

This month's dinner theater features Ireland! RSVPs are required; save your spot for the delectable Irish-themed buffet dinner that our very own Chef Chris thoughtfully prepared for us.

After dinner, join us in the Maritime Room or on HKTv for a movie that takes place in Ireland.

INTERACTIVE SERIES: DRUM CIRCLE



Wednesdays, August 5, 12, 19, and 26, at 1 pm (M)

PVA is hosting an interactive four-part series on drum circles led by instructors from the Tacoma Symphony Association who will join us on Sundays throughout July. They will bring all the equipment needed. Up to 12 residents can join the class, and **Resident Portal registration is required for each session**. Sign up for one class or all four! If you don't want to play drums, but are interested in watching, listening, and learning, you are welcome to join us in the Maritime Room.

This series is part of the Tacoma Symphony Association's Education and Outreach Program that provides classes to those interested in learning a new instrument. If there's enough interest, Heron's Key may start its own drum circle led by Spiritual Wellness moving forward. Let's start drumming!

WHO (OR WHAT) ARE THE SONGSTERS?



Have you been wondering who those people are singing in the Clubhouse Lobby at 4 pm on Tuesdays? Let us introduce you to the Songsters, a group of residents who love to sing! On the first and third Tuesdays of each month, we rehearse with director Rhonda Juliano and accompanist Vicki Melton. On the second Tuesday, we have sing-alongs with Bob on the piano. Anyone who wants to participate is encouraged to join in. On the fourth Tuesday, we have sing-alongs in Penrose Harbor. If there's a fifth Tuesday, we take a break. We are currently working on our second concert for our community; date to be determined.



If you enjoy singing in a chorus or want to try it, we'd love to have you join us on the first and third Tuesdays from 4-5:30 pm. The ability to read music is helpful but not required, and you don't have to audition!

RECENT CHANGES TO BLOCKING EMAIL SENDERS ON APPLE PRODUCTS

By JT and Craig

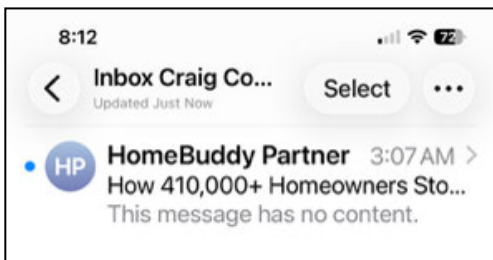
If you recently updated to iOS 26.5 on your iPhone, you may have noticed a significant change in how you can check sender information and block (or, hopefully, block) the sender from sending you further emails if you use the Apple Mail system.



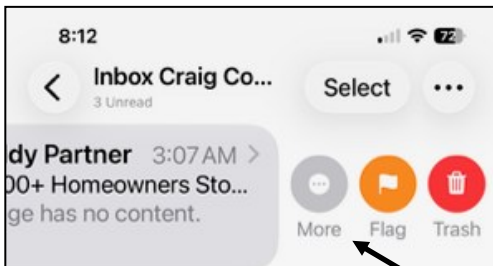
In a past presentation, it was discussed that to verify the sender of an email, you would first click on the sender's name at the top of the email. This name would turn blue, and you would click a second time to open a dropdown box with an option to "view contact card." Touching that command gave you information about who actually sent the email and options for actions you could take—one being to block unwanted senders, which would display a red circle with a line through it to indicate the sender is blocked.

Well, Apple has changed this process with the latest update. If you try the above technique, you will still see the same information and options, but the block sender function won't work, and no red circle appears. To actually block the sender, you will need to use a new technique.

When you first get a notice of an email, it is listed on your screen with a brief description of its contents. If you open the email but don't recognize the sender, or want to block future emails from this sender, you need to return to the list and follow these instructions:

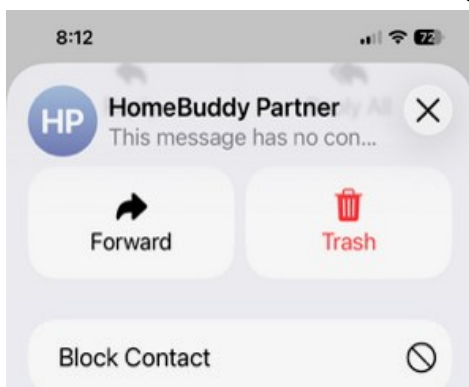


1. Lightly touch the summary and drag it to the left.

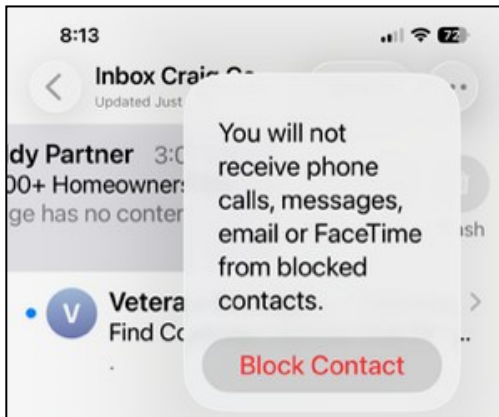


You will notice three options appear:

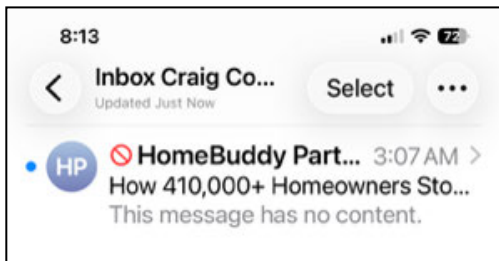
- More (grey)
- Flag (orange)
- Trash (red)



2. Touch the "More" option (pictured above). A box of options will appear. Scroll until you see "Block Contact" at the bottom of the screen.



3. Touch the "Block Contact" field (pictured in step 2). A second box will appear at the top of the screen asking (in red) if you really want to block this sender. If you want to block the sender, touch the red caption.



- After blocking a sender, a red circle with a line through it will appear on the email summary.

4. Re-swipe the email summary to the left and touch the "Trash" option.

It's just that easy. I have noticed that future emails from blocked senders will already have the red circle applied, so you can just trash them without reopening them. I have also noticed some drop-off in the number of emails received from blocked senders. **Stay vigilant!**



Need Tech Help?

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

LIFELONG LEARNING

FEATURED EVENTS

Interwar Germany and the USA Today: Are They Comparable Cases of the Failure of Democracy and the Rise of Dictatorship?

Tuesday, July 7, at 1 pm (M & HKTU 370)

Given the propensity to invoke Hitler, Nazism, and fascism in current political discussion (a temptation so pervasive on the internet that it has led to “Godwin’s Law of Nazi Analogies”), historians of Europe in the era of fascist dictatorship, World War II, and the Holocaust should set a high bar for responsible and informed analogizing, against which facile and distorted attempts can be measured and found wanting. This talk will attempt a careful comparison and contrast between the personalities and politicians of that and this time, as well as between the fall of Weimar and rise of Nazi dictatorship on the one hand and current events and trends in the U.S. on the other. Professor Browning will do so operating from the premise that insights based upon knowledge of the past are very important for illuminating and understanding our current situation, but the careless weaponizing of the past simply to stigmatize one’s opponents is self-defeating.



Christopher R. Browning '67 is Frank Porter Graham Professor of History Emeritus at the University of North Carolina-Chapel Hill, where he taught from 1999 to 2014. He is a specialist on the Holocaust and renowned for his work documenting the Final Solution, the behavior of those implementing Nazi policies, and the use of survivor testimony. Earlier, he taught at Pacific Lutheran University from 1974 to 1999. Christopher is the author of nine books, including three—*Ordinary Men* (1992), *The Origins of the Final Solution* (2004), and *Remembering Survival* (2010)—which received the National Jewish Book Award in the Holocaust Category. He has served as a historical expert witness at two Holocaust denial trials: *Ernst Zündel v. Crown Prosecution* in Toronto in 1988, and *David Irving v. Deborah Lipstadt and Penguin Press in London* in 2000. Christopher was a history major at Oberlin and was awarded an Honorary Doctorate in 2014. He earned his PhD in History from the University of Wisconsin-Madison. He currently resides in the Pacific Northwest with his wife, Jenni Horn Browning.

“Blowin’ in the Wind’: Songs and Stories of Bob Dylan” with Joel Underwood

Tuesday, July 28, from 1-2:30 pm (M)

Musician and historian Joel Underwood delighted our residents with stories and songs of Woody Guthrie. He returns, this time with a performance featuring the music and history of America’s most influential songwriter: Bob Dylan. Come sing along with a dozen Dylan favorites, such as “The Times They Are a-Changin’” and “Blowin’ In the Wind,” and yell out the eternal question, “How does it feel?” In addition, Underwood dives into the stories of the Nobel Prize winner’s early years in Minnesota and New York and lays out what really happened on the fateful night he “went electric” in Newport. Sometimes poignant, often funny, occasionally infuriating, Bob Dylan’s story adds depth and understanding to a unique treasury of music, and Underwood mines those narrative veins with his voice, guitar, and a master storyteller’s touch.

Heart of Glass: Art and Innovation at 2100 Degrees with Katie Buckingham Tuesday, July 14, at 1 pm (M & HKTV 370)

The Pacific Northwest has become a global hub for glass art. Learn how centuries-old Italian traditions landed here, fueling a community of collaboration, creativity, and innovation. This talk blends history and science with stunning examples of glass art, revealing an art form that is still evolving today. Whether you're an art lover, history buff, or an inquisitive mind, get ready to experience creativity at 2100 degrees Fahrenheit.



 HUMANITIES WASHINGTON

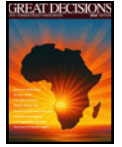
Katie Buckingham is the curator at the Museum of Glass (Tacoma), where she develops exhibitions, researches collections, and coordinates the museum's vibrant residency program. She previously served as president of the Wash-

ington Museum Association Board of Directors. She received an MA in Museology from the University of Washington and a BA in Art History from Whitman College.



Great Decisions: Trump Tariffs and the Future of the World Economy Tuesday, July 21, at 1 pm (M & HKTV 370)

Trump's trade and tariff policies have shaken global economic norms. What's the rationale behind this radical shift in economic policy, and what are the implications for multilateral trade and geopolitics? Bill will provide insights and perspectives on tariffs and trade policies.



Bill has an undergraduate degree in business, an MBA from Ohio University, and a law degree from Santa Clara University. Bill's working career included 25 years in the semiconductor and software industries in Silicon Valley, in management,

where he was at ground zero of the personal computer revolution. Bill and Janet then spent two years sailing across the South Pacific from San Francisco to New Zealand. Upon returning to dry land, Bill had a second career in academia as Associate Provost and Chief Information Officer at Ohio University and served as an Executive-in-Residence in the College of Business, teaching Strategic Management. Bill is the Primary Facilitator of the Heron's Key Lifelong Learning Interest Group.



Joel Underwood is a musician, historian, and lecturer based in Olympia. While preparing his graduate thesis on Woody Guthrie's WWII service in the Merchant Marine, he was named the 2022 Guthrie Fellow and researched at the Guthrie Center Archives in Tulsa. In 2024, Underwood was selected as a speaker for Humanities Wash-

ington, traveling throughout the state and speaking (and singing) on Guthrie's time on the Grand Coulee Dam project here in the Pacific Northwest, funded by a grant from the National Endowment for the Humanities. His performance series on Guthrie, Bob Dylan, Hank Williams (and soon, Buddy Holly!) has garnered rave reviews and critical acclaim. Underwood is currently on the faculty of Pierce College, where he teaches early and modern American History.

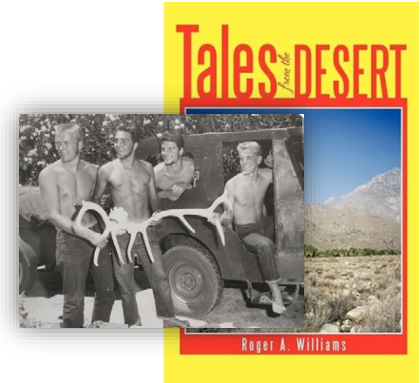
LIFELONG LEARNING

RESIDENT-LED EVENTS

Who Am I? Roger : *Tales From the Desert*

Wednesday, July 8, at 1 pm (M & HKTV 370)

Join us for a fun presentation by Roger , highlighting his adventures and escapades while growing up in the desert and as an adult in the years that followed. Be prepared to hear a tale about Marilyn Monroe. Roger's book, *Tales from the Desert*, is in the Heron's Key Library.

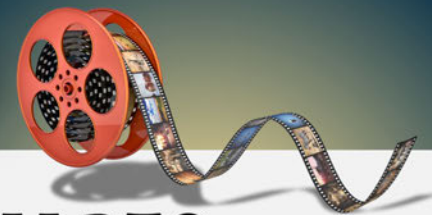


Reading Aloud with Gee and Your Neighbors

Thursday, July 23, at 7 pm (A)

Lucky are we who remember being read to. "Reading Aloud" abandons the current trend of seeing a story. It takes you back to the days of radio shows when you had no choice but to imagine the story in your mind's eye. Gee and your neighbors bring the magic of hearing the voice of one holding a book, using thumb and index finger to turn the pages that, line by line, carry listeners through humor, suspense, sorrow, surprise, or joy. To volunteer to read something you'd like to share, please contact Gee.

Friday Night Movies



7 pm in the Maritime & HKTV 370

Come to the Maritime Room for popcorn!



Sponsored by Resident Services

LIGHTS, CAMERA, HERON'S KEY!

On July 30 and 31, a professional photography and videography team will be on campus to capture updated images and video for future marketing materials.

During their visit, they will photograph shared spaces throughout the community and conduct a small number of resident interviews. There may be brief interruptions or minor adjustments to activities and schedules as filming takes place. We apologize for any inconvenience and appreciate your patience and understanding.

We're also looking for resident volunteers to participate in select photo and video shoots. This may include joining an activity, dining with friends, or helping bring our community spaces to life. No interviews or speaking roles are required.

If you are interested in participating, contact Jaimisa Gourley at jaimisag@emeraldcommunities.com.

Thank you for helping us share the Heron's Key story with future residents and families!



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>

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



Services

UPCOMING EVENTS



Wine & Cheese Social

Thursday, July 9, 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, July 10, at 4 pm (M) | *Sponsored by Resident Services*

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

Birthday Celebration

Thursday, July 23, at 2 pm (CL)

Sponsored by Resident Services



Trivia!

Thursday, July 30, at 4 pm (M)

Sponsored by Resident Services

Join us for our monthly trivia session! Test your knowledge and see if you and your team can win the Smartypants trophy. Everyone is welcome.

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

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.

FOURTH OF JULY COOKOUT BUFFET

Saturday, July 4, from 11 am–3 pm (M & CL Patio) | **RSVPs Required** | Limited menu to-go available at Host Stand
 Cost of buffet: \$17 for Residents | \$20 for Guests | \$9 for Kids 6-12 | Kids 5 and younger eat free
 Residents and their guests are invited to a special holiday cookout; **reservations are required**. Enjoy some of the classics and a few twists. A limited to-go-only menu will be available for pick-up or delivery. The menu is available at the Host Stand or on the portal under "Holiday." Please call 253.313.0797 or stop by the Host Stand to make your reservation.

NEW EVENT! SYREN'S SIP AND PAINT | Monday, July 6 | Syren's Grill 3-4 pm | **RSVPs Required**

Enjoy an afternoon of painting on canvas while mingling with neighbors. Tickets are \$7 and include light bites; specialty drinks are available for purchase. **RSVPs are required**. Don't miss out! Call 253.313.0797 or stop by the Host Stand to reserve your spot.

RESIDENT ORIENTATION TO DINING SERVICES | Second Tuesday of every month | Tuesday, July 7, at 11 am (SY)

Open to all residents; no registration is required.

STAFF TRAINING | Second Thursday of every month | Thursday, July 9, at 2 pm (*New Time*)

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

CHEF'S COOKING CLASS | Second Monday of every month | July 13, at 2 pm (SP) | **Spots are limited; sign up today**

Celebrate light, refreshing dishes made with the season's freshest ingredients! Chef Chris and Sous Chef Cody will demonstrate how to create a bright, flavorful shrimp ceviche that's perfect for warm days. The class includes a full meal and a seasonal mocktail pairing for just \$7! Sign up by visiting Syren's Grille or calling 253.313.0797.

Dinner Theater | Wednesday, July 15, at 5 pm (SP) | **RSVPs required (*See page 15 for details*)**

NEW: SUPPER CLUB NIGHTS | Friday, July 17, and Saturday, July 18 (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 include the menus with the weekly specials. Pre-orders are not required, but we encourage and welcome them. Resident pricing ranges from \$18 to \$25. *Please note that menu modifications are limited.*

LAUNCH OF NEW BLUE ZONE DIET MENU (*formerly our vegetarian menu*) | Starts July 20

Enjoy our revamped vegetarian menu inspired by Blue Zone Diet concepts. The eating lifestyle focuses on 95% plant-based items, low sodium, and minimally processed ingredients. Pick up the Dietitian-approved guidelines at the Syren's Host Stand. Find the menu on the Resident Portal's "Dining Page" and click on the "Vegetarian" menu.



CHEF DINNERS—Savor the Experience: An Elevated Culinary Evening with Chef Chris & Team

Friday, July 24, and Saturday, July 25 | 5 pm (PDR) | Cost: \$35 to \$55 per resident | **Reservations required**

The specially curated coursed meal showcases our kitchen's creativity and passion, promising a unique dining event. Only 14 seats are available for this intimate, exclusive affair, and they are assigned on a first-come, first-served basis. Call 253.313.0797 today.

- **Menu and pricing:** We'll publish details in the first week of July on the Resident Portal under "Special Events." Reservations will open then.
- **UPDATE:** *If you've attended a Chef Dinner in the past two months, please wait until the second week of the month to register so others get a turn. Honor system applies!*