HERON'S FLIGHT

Life, Learning, and Connection at Heron's Key December 2026



HERON'S KEY
GIG HARBOR
A MEMBER OF EMERALD COMMUNITIES

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COCKTAILS & CANDY CANES























Ron Schaefer
CEO & President

Michelle Wood
Vice President of Operations

Chris Lucero
Executive Director

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Health Services Administrator

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Denise Cooksey
Director of Human Resources

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Ray Austin
Facilities Operations Supervisor

Lynn Good
Environmental Services Supervisor

Sandra Cook
Vice President of Marketing

McKenna Leehan
Director, Sales & Marketing

Matthew LeCours
Director, Food & Beverage

Kristina Christenson
General Manager of Dining

Courtney Soran
AgeRight Therapy, Director of Rehabilitation

Concierge/Security:
253.313.0700

Audio KeyNotes:
253.313.0790

Billing:
253.313.0703

AgeRight 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

Holiday Considerations

Many departments will have limited staff or be closed on the following days:

- Thursday, December 24: Christmas Eve
  - Restaurant hours: 11:30 am to 6:30 pm (SY)
- Friday, December 25: Christmas
  - Benevolent Brew closed (open on December 26)
  - Restaurant open: 11 am to 3 pm (SY, SP)
- Thursday, December 31: New Year's Eve
  - Restaurant hours: 11:30 am to 6 pm (SY)
- Friday, January 1: New Year's Day
  - Benevolent Brew closed (open on January 2)
  - Restaurant hours: 10 am to 3 pm (SY, SP)

Concierge and Security will be on-site on the respective days. Please see the Clubhouse calendar for details about event changes and page 20 for dining details.

KeyNotes Deadlines:

- Monday, December 28 KeyNotes: Noon on Wednesday, December 23
- Monday, January 4 KeyNotes: Noon on Wednesday, December 30

Are You Going to Be Away from Heron's Key?

Ask a Neighbor to Hold Your Packages

If you plan to be away from Heron's Key when you expect packages to arrive, please ask a neighbor to hold them rather than have them held at the Concierge Desk.

Similarly, if placing an order through Amazon, please refrain from adding instructions or selecting the option to leave packages at the Concierge Desk if no one answers the door. Instead, please ask a neighbor to retrieve packages they notice outside your door if you will be away. Thanks in advance for your help!

The First Day of Winter is December 21

See Appendix A in the Resident Handbook for a review of the Inclement Weather Plans for Heron's Key. Plan for winter by including emergency supplies in your car.

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 **HeronsKey**
- **Notification on the Arrival of Mail:** Text the word **HKmail**

Resident Council Connection

A Message from Your Resident Council Secretary

Resident Council Meeting
Thurs., December 10
10 am (M & HKTV 370)
Minutes are available in the binder in the Library for reference.

The holidays are here. Costco had Christmas trees and ornaments prior to Halloween, and my favorite Christmas catalogs arrived even earlier. Christmas can be filled with delight, wonder, and precious memories. It can also be a reminder of loss, loneliness, and pain. But what Christmas must have, I hope, is HOPE. When our world seems turned upside down, HOPE must prevail.

My favorite Christmas carol (although likely the least sung) is "I Heard the Bells on Christmas Day." Henry Wadsworth Longfellow wrote the poem on December 25, 1863, titled "Christmas Bells." It was during the American Civil War and a time when Longfellow was mourning the loss of his wife and his son's injury. These events influenced the poem's themes of despair and hope. It was set to music in 1872, and the title changed to what it is today in many church hymnals.

The poem has seven stanzas, but the fourth and fifth stanzas were not included in all the hymnals I found. Those stanzas seemed less appropriate in today's world. However, I share the original poem's seven stanzas.

"Christmas Bells" by Henry Wadsworth Longfellow (1807 –1882)

I heard the bells on Christmas Day
Their old, familiar carols play,
  And wild and sweet
  The words repeat
Of peace on earth, good-will to men!

And thought how, as the day had come,
The belfries of all Christendom
  Had rolled along
  The unbroken song
Of peace on earth, good-will to men!

Till ringing, singing on its way,
The world revolved from night to day,
  A voice, a chime,
  A chant sublime
Of peace on earth, good-will to men!

Then from each black, accursed mouth
The cannon thundered in the South,
  And with the sound
  The carols drowned
Of peace on earth, good-will to men!

It was as if an earthquake rent
The hearth-stones of a continent,
  And made forlorn
  The households born
Of peace on earth, good-will to men!

And in despair I bowed my head;
"There is no peace on earth," I said;
  "For hate is strong,
  And mocks the song
Of peace on earth, good-will to men!"

Then pealed the bells more loud and deep:
"God is not dead, nor doth He sleep;
  The Wrong shall fail,
  The Right prevail,
With peace on earth, good-will to men.

Please read the poem aloud, but include the following stanzas in place of numbers four and five. My apologies to Longfellow.

With more than 250,000 Russian deaths,
Ukrainian schools & hospitals bombed,
And with that sound
The Carols drowned
Of Peace on earth good will to men!

It was as if an earthquake rent
The hearth-stones of a continent,
Elections challenged,
And voters unavenged
Of Peace on earth good will to men!

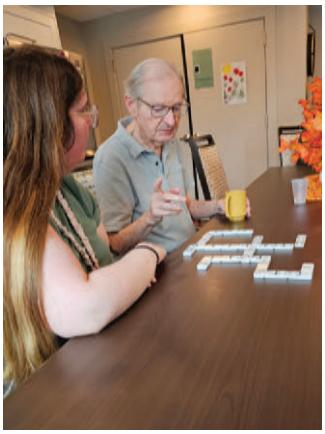
Despite Longfellow's chaos and suffering, his words remind us that HOPE endures. Just like the bells that rang out on that Christmas Day, HOPE challenges us to believe in the possibility of a brighter future. So, may these words kindle the flame of HOPE within your heart and spread its warmth to those around you this Christmas.

I'm finding HOPE this day in the birth of my first great-grandchild who spent a few days in the NICU recovering from a collapsed lung at birth. She is a beautiful full-term baby with a head of black hair like her parents.

And so I say with great gusto, "Peace on earth, good will to ALL."

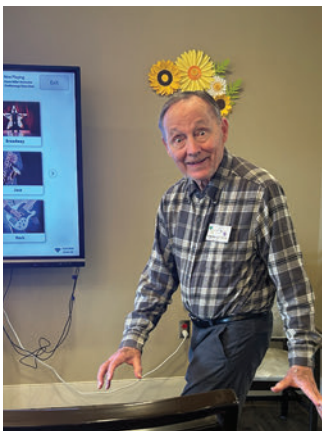
Peace and Joy,
—Carol Tamparo, HKRC Secretary

Penrose Harbor Life Enrichment


Over the past couple of months, Penrose residents have embraced the cozy autumn season! Our newly introduced monthly drum circles have been a huge hit, bringing wonderful energy to the community. Between creative pumpkin decorating, lively tabletop games, and plenty of delicious seasonal treats, we've stayed busy as the weather turned crisp.





PENROSE LUNCH & LEARN

Penrose Lunch & Learns take place on the second Tuesday of the month 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 Natalie Swezey, 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, as well as on surfaces that may be uneven, poorly lit, and pose 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 Area

Festival of Trees at University of Puget Sound in Tacoma

Tuesday, December 1, from 9:45-11:30 am | *Sponsored by Resident Services*



The Mary Bridge Children's Festival of Trees features more than 25 uniquely decorated trees transformed into works of art, plus a holiday gift shop and a visit with Santa. Admission to the Festival of Trees is free. **Register on the Resident Portal by 9 am on Monday, November 30.**

Note: This event is outdoors and takes place on the UPS tennis courts; please dress accordingly. Pavement and other surfaces at this location may be uneven or slippery.

Washington State History Museum in Tacoma

Thursday, December 3, from 1-3:30 pm | *Sponsored by Visual & Performing Arts*



Fascination and fun come together at the Washington State History Museum, where you can explore Washington's people, places, and impacts on the world through interactive, dynamic exhibits. The model railroad exhibit is especially fun. Seating is available throughout the museum, and the building is accessible. **Register on the Resident Portal by 9 am on Monday, November 30.**

Library at Noon Concert at University of Puget Sound & Lunch at E9 Firehouse & Gastropub in Tacoma

Monday, December 7, from 11:15 am-3 pm | *Sponsored by Resident Services*



This concert features students and professors from the Music Department at UPS playing various instruments. After the concert, we will have lunch at E9 Firehouse & Gastropub in Tacoma. **Register on the Resident Portal by 9 am on Thursday, December 3.**

Point Defiance Zoo Holiday Lights in Tacoma

Thursday, December 10, from 4:30-7 pm | *Sponsored by Resident Services*

Point Defiance Zoo is celebrating the holiday season with its iconic illuminated displays. Take in the beautiful light installations, see the newest trolls by Thomas Dambo (on display for a limited time), and check out the variety of animal exhibits. Restrooms and food options are available on-site. **Register on the Resident Portal by 9 am on Monday, December 7.**

Please note when considering if this trip is right for you: Exhibits are indoors and outdoors; dress accordingly. The zoo's outdoor paths include hills some consider steep and surfaces that may be slippery.

A Christmas Story at the Tacoma Musical Playhouse

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



Follow Ralphie Parker's quest for the ultimate Christmas gift and relive iconic moments like the leg lamp, the frozen flagpole, and the department store Santa, all set to lively musical numbers, comedic family scenes, and heartfelt holiday themes. **Register on the Resident Portal by 9 am on Wednesday, November 25.**

Shop & Dine

Co-Ed Lunch at The Fish Peddler in Tacoma

Tuesday, December 22, from 10:45 am-1 pm | *Sponsored by Resident Services*

By resident request, we're heading to the Fish Peddler. Located in downtown Tacoma on Foss Waterway, they are a full-service restaurant, featuring daily specials, award-winning clam chowder, handcrafted cocktails, and local drafts and wines with a top-notch service team. **Register on the Resident Portal by 9 am on Friday, December 18.**

Please note: Because the Fish Peddler does not take reservations and is a popular restaurant, we may have to wait for a table and may experience slower service. We will arrive soon after they open their doors to help minimize wait times.

Women's Breakfast at The Original Pancake House in Gig Harbor

Tuesday, December 29, from 10 am-12:30 pm | *Sponsored by Resident Services*

Register on the Resident Portal by 9 am on Monday, December 21.

Shopping Trips at 10 am



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. 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.

Mondays	Wednesdays
	12/2: Safeway or Target
12/7: Trader Joe's, University Place	12/9: Safeway or Target
12/14: WinCo	12/16: Safeway or Target
12/21: Trader Joe's, Silverdale	12/23: Safeway or Target
12/28: Walmart	12/30: Safeway or Target

new **You-Choose Wednesdays**: On Wednesdays, you may choose to shop at nearby Safeway or Target

Interest Groups

A Message from Lifelong Learning

Lifelong Learning takes a break in December from in-person presentations to free up time for holiday events. However, HKTV-only programming will continue.

Also, in December, Lifelong Learning will send an email survey to residents to solicit your input on programming for 2027. Please take a few minutes to complete the questionnaire, as this will provide valuable information for our efforts in the new year.

Thank you for your generous support over the last year, and we are looking forward to making 2027 even better.

All the best,
Bill Sams, Primary Facilitator, Heron's Key Lifelong Learning Interest Group



"Freedom of Speech and Public Libraries" with Connie Behe
Tuesday, January 5, at 1 pm (M & HKTV 370)
Sponsored by Lifelong Learning

Toward the end of December, Lifelong Learning is showing The Librarians on HKTV. Please take the time to watch this excellent PBS documentary and learn what is happening to librarians in many states. Then, plan to join us in the Maritime Room on January 5 for a presentation by the Executive Deputy Director of our Pierce County Library System, Connie Behe. Please see the HKTV 370 schedule or Resident Portal for more details about the documentary.

HERON'S KEY Lifelong Learning PROGRAM



A Great Holiday Gift Idea from Benevolent Brew

Looking for a unique holiday gift or stocking stuffer? How about a Benevolent Brew Gift Certificate for wonderfully delicious and warm beverages to warm your friends on cold winter days? Two styles of holiday gift certificates are available.

Gift Certificates are available in any amount from the Benevolent Brew cashier from 8–10 am on Wednesdays, Fridays, and Saturdays.





HERON'S KEY GIG HARBOR



CONCERT

Traditions of Christmas

AN EVENING OF MUSIC TO CELEBRATE THE SEASON

Wednesday, December 2, at 6:30 pm (M)

Sponsored by Resident Services

In the darkness of winter, we gather to rejoice at the coming of the light into our midst. Join us for an intimate musical Christmas celebration of familiar carols from holidays past and newer songs reminding us of hope and love. It will be a memorable evening as we embrace the Christmas season. A cocoa bar will be provided so you can sip and sing.

Featuring Dan Whitmarsh, Tim Stobbe, Don Ransom, and a special performance by the HK Signers

Christmas Piano Recital with Con Brio Youth Pianists

Saturday, December 5, from 1 pm (M) | *Sponsored by Resident Services*

Gather to celebrate the holidays and enjoy our community's young pianists. Join Tarra from Con Brio Piano Studio as her beginner students debut their hard work playing holiday favorites. Support youth in the arts and enjoy lemonade and treats.

Pictures with Santa and Mrs. Claus

Sunday, December 6, from 1-3 pm (CL) | *Sponsored by the Community Engagement Committee*



Bring your children, grandchildren, and friends for a special digital photo with Santa and Mrs. Claus!

Santa and Mrs. Claus are getting ready for the holidays—they're making a list and checking it twice!

Come share a little holiday magic!

Gift Wrapping Party



Monday, December 7, from 2:30-4:30 pm (M) | *Sponsored by the Volunteer Group*

We will wrap the Christmas presents placed under the Giving Tree for students in the Peninsula School District. **Please bring scissors and tape.**

Army vs. Navy Football Game



Saturday, December 12, at 12 pm (M) | *Sponsored by Resident Services*

Cheer on your favorite military branch at the annual Army vs. Navy viewing party! Bring your favorite snacks and beverages to enjoy during the game.



You're Invited



COCKTAILS & CANDY CANES

Tuesday, December 15
5 pm (SP & SY)

Cost: $18 per resident

RSVP with the restaurant by Friday, December 11.

Join us for a special opportunity to gather and mingle with your neighbors and Heron's Key staff. We are hosting this resident-only event at Syren's Grille and Spinnakers in a casual cocktail-party way, complete with appetizer displays, a no-host bar, and a delicious dessert bar.

RSVPs are required, and menus will be available at the host stand and on the Resident Portal.

On this day, the restaurant is open from 11:30 am to 3 pm and will **not** be open for dinner service. From 3-4:30 pm, a limited to-go menu will be available for pick-up and delivery orders.

GOLDEN SPOTLIGHT AWARD

Osiris Ulloa, Lead Environmental Services Technician



For nearly eight years, Osiris has brought dedication, care, and excellence to Heron's Key, first as a housekeeper and now as our Independent Living EVS Lead. She consistently steps in when team members are out sick, keeping things running smoothly while completing her work quickly and to an exceptional standard. Beloved by residents and staff alike, Osiris makes a meaningful difference through her hard work, dependability, and willingness to support others. Thank you, Osiris, for all you do to make Heron's Key shine!

Resident Holiday Decoration Apartment Tour

Thursday, December 17, from 2-5 pm
(List of apartments to visit available in the Clubhouse Lobby at 2 pm)
Sponsored by Resident Services

Do you have sentimental holiday memories to share? Do you go big with your holiday decorations? Or do you just want to show off your apartment? If so, feature your home during our annual holiday decoration tour!

SIGN UP SOON

Sign Up to Be a Featured Apartment

If you'd like to open your home for this festive event, please **register on the Resident Portal by noon on Tuesday, December 15**. Resident Services will be in touch with details as the date approaches.

Tour Your Neighbors' Homes

If you'd like to visit homes on this day, no sign-ups or registration are necessary. All you have to do is visit the Clubhouse Lobby on the day of the event, between 2 pm and 5 pm, to receive a list of participating apartments to peruse at your own pace.

Please note: Elevator wait times may be longer than usual during this event.

Blue CHRISTMAS

Monday, December 14, at 3 pm (M)

Sponsored by the Spiritual Wellness Division of Resident Services

The holiday season is generally associated with laughter and joy. A Blue Christmas service recognizes that in the midst of the season, many of us struggle as well. We may be missing a loved one or feeling overwhelmed. We invite you to gather with us to be reminded that you are not alone as we explore the presence of hope during this time.

Note: This event is rooted in Western Christmas tradition but welcomes all beliefs and faiths.



NEW YEAR'S EVE PARTY

Thursday, December 31, from 8-10 pm (SP) | *Sponsored by Resident Services*

Join your neighbors for a cozy, fun New Year's Eve bash in Spinnakers! We're rolling out the big screen to catch the sparkling ball drop in Times Square (minus the crowds) and will provide festive hats, noisemakers (prepare to get loud!), music, and plenty of snacks. Bring your best cheer and whatever bubbly (or brew) you plan to sip. Let's make this New Year's countdown memorable. You can't beat celebrating with great company just steps from home!

Friday Night Movies



7 pm in the Maritime and on HKTV 370

- 12/4: *The King's Speech* (2010, R)
- 12/11: *A Christmas Story* (1983, PG)
- 12/18: *Home Alone* (1990, PG)



Come to the Maritime Room for snacks and sodas to enjoy with Friday night flicks, compliments of Resident Services.

Note: Friday night movies may not always air on HKTV due to licensing restrictions.

HKTV 370

Into the Light of the Dark Black Night

Heron's Key 6th Annual Winter Solstice Celebration

Monday, December 21

6:30 pm · Maritime Room



We come together each winter solstice to celebrate the cycles of nature and the return of the light. We contemplate what to leave behind and what to bring in, through stories and music (and special guests).

All are welcome!

Refreshments and holiday songs in the lobby complete our event.

Printer Issues & Continued Scam Follow-Up



By Resident Computer Helpers

Printer Problems

OK, we at the Help Desk are aware that, at times, printer issues may arise. These range from the printer simply saying it is tired and doesn't want to play anymore to needing to purchase and install a new printer. Obviously, there are many more between those two. So, in an attempt to address some of the dreaded printer issues, the following is offered.

The point is that there are often times when our printers don't want to play nice, and we offer this simple advice: **First, DO NOT OVERREACT.** If your printer stops working for some reason, start by simply disconnecting it from the power source and letting it sit briefly before plugging it back in and turning it on. Sometimes printers, like all of us, just need a little break and a chance to reset.

Second, if a reset doesn't solve the problem, don't assume you need to rush out to buy a new printer. Contact one of us at the Help Desk; we can come to you to assess the issues. When we find the wi-fi doesn't work, we may recommend installing a cable connection as a more reliable solution. Or there may be a problem with your router/modem, and a replacement is needed. **The key is DO NOT OVERREACT.**

If you purchased a new printer, tried to install it, but it doesn't go well, **DO NOT OVERREACT**. We have had at least three such instances in the last few months, and they follow this pattern:

> In each case, a new Brother printer was purchased. The instruction manual begins with a page containing an instruction to scan the shown code square, or QR code. You know, the one you use your smartphone camera to scan, then go to a website and happily start up your printer. Unfortunately, in each of these three instances, the scan didn't work, the users became frustrated and confused, and ultimately called for help. A Help Desk volunteer (we will call him John) appeared and magically completed the installation. Well, maybe not so magically. He had no better luck getting the scan to work, contacted the Brother website for assistance and guidance, and eventually got the printer connected and operating. Maybe there was an issue with the wi-fi not connecting to the printer, ultimately requiring a cable connection to complete the installation. Everyone was happy, and our volunteer went on to the next job. This is not to say Brother printers are more problematic than HP or other machines.

Third, if you ultimately need to purchase a printer, one of us can offer advice on what to consider when determining the make and model you want and, as discussed above, assist with the setup process. So,

whatever the problem you are experiencing with your printer, do not apply the Bigger Hammer Theory and end the printer's life. **DO NOT OVERREACT**.



Other Recent Scam or Potential Scam Issues

As the year comes to an end, we are all being bombarded with email ads, TV ads, and other inquiries about changing our insurance coverage. A good number of these approaches are from companies seeking information about your health and medical needs and often involve offers that sound too good to be true. Remember, if you do not know who the sender of an email is, such as a company you have previously dealt with or know of through friends and family, **DO NOT RESPOND OR PROVIDE PERSONAL INFORMATION.**

Likewise, we all have received or will receive an update to our Social Security information. Be sure to check the email sender's address before responding to the email. Do this by tapping the "From" field or the sender's name at the top of the email and verifying the sender is the correct party. In the case of the Social Security Administration, go directly to the SSA website at ssa.gov/myaccount to obtain the information and do not respond to the email. In addition, the SSA website will ask you to establish an account, if you haven't already done so, and will offer a sign-in process involving a facilitator called ID.me. This is a legitimate group that should not contact you after the account is established.

I recently received an email from someone identifying themselves as ID.me, asking me basically to update my password. This IS NOT what is supposed to happen. As you should notice, the email sender's address is not the address used by the SSA. In addition, when checking the sender's address, I noticed it was "ID.me.notice update.urgents@1791.com." Clearly, the email sender was a fraud. **The lesson is STOP, CHECK, AND DO NOT RESPOND OR PROVIDE PERSONAL INFORMATION** through the email, regardless of how official it seems.

So, have a happy holiday, and may all your computer issues be small and solvable.

TWO SALON LOCATIONS TO SERVE YOU

Penrose Harbor

Call 253.313.0788 or fill out a Salon Appointment Request form

Clubhouse Ground Floor

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

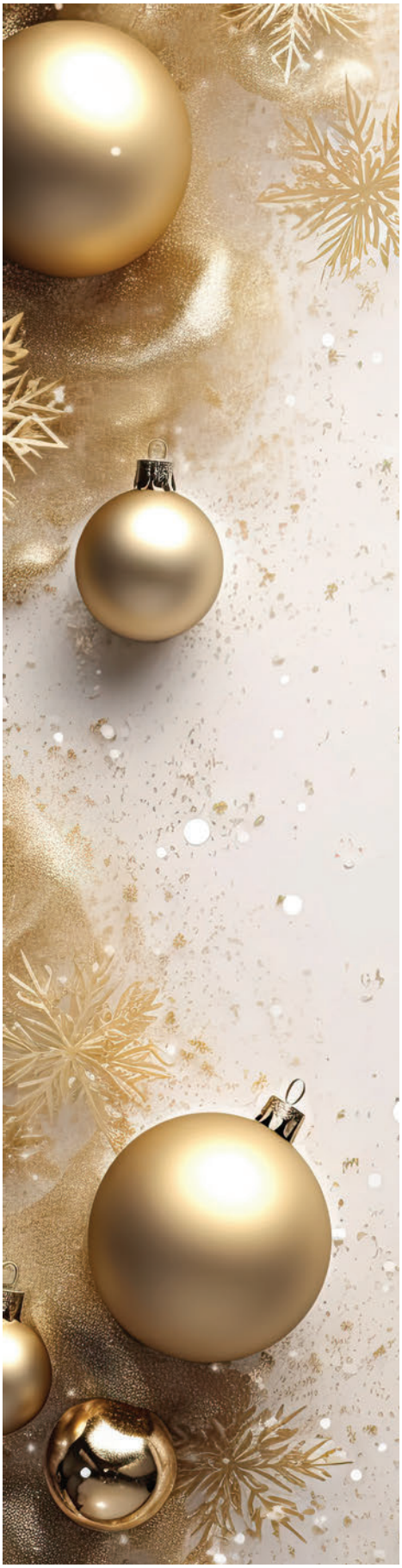
Services

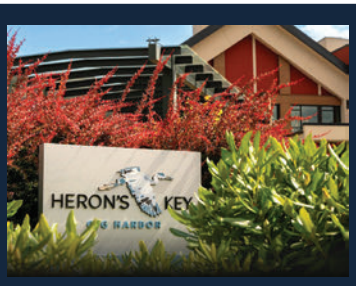
- Haircuts and styling for men & women
- Coloring & highlights
- Perms
- Nail care, manicures, pedicures
- Massage
- Facials
- Waxing
- Lash and brow treatments



Salon staff are not employees of Heron's Key, therefore, gratuities for services are appreciated.

Upcoming Events







Phase II Update with GLY Construction

Wednesday, December 9
3 pm (M & HKTV 370)
The GLY crew returns to share progress on Phase II construction and what to expect in the coming months.



Karaoke

Friday, December 18, at 4 pm (M)
Sing, dance, or just watch and enjoy. The bar hosted by Resident Services will be pouring refreshing beverages to sip while you enjoy the performances or take a turn at the mic. Non-alcoholic options will be available.



Birthday Party

Wednesday, December 30, at 2 pm (CL)
Celebrate December birthdays with a slice or two of cake.

MAH-JONGG

American Mah-Jongg
Mondays at 12 pm (CA)

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)

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 Health Services Clinic
253.208.3766

Tuesdays: 9 am to 4 pm
Walk-in clinic for established patients

Thursdays: 9 am to 3 pm
By appointment; only for established patients

(New patient registration forms are available at the Concierge Desk.)

Mobile Dental Hygienist

Sound Dental Care
206.745.3808

Physical Therapy and Occupational Therapy Services

AgeRight Therapy*
in Penrose Harbor
253.313.0749

Requires a referral from a health care provider.

Counseling & Dementia Support

Sandy O'Brien, MN, RN, CL, CPC, ACM
Available Fridays in the Health Services Clinic

253.442.9242
sandy@harbortransitions.com

** Please note that Consonus Rehabilitation is now operating as AgeRight Therapy. Our team and services remain the same, and we are dedicated to providing outstanding therapy care and outcomes.*

Mobility Cares at Heron's Key

We're pleased to share that Heron's Key has contracted with Mobility Cares to provide eye exams right here in our community—no travel necessary. The doctor can screen for and treat a variety of eye conditions, including glaucoma, cataracts, diabetic eye disease, macular degeneration, red eyes, and dry eyes. Mobility Cares accepts Medicare, Medicaid, and nearly all insurance plans; Kaiser is the only exception. They bill your insurance directly, and residents will not be responsible for copays or deductibles for covered services.

Mobility Cares will have affordable glasses available to order during the visit, or they can provide you with a prescription so you can purchase glasses from any provider you choose.

If you are interested in signing up for services, please stop by the Heron's Key Front Desk and pick up a New Patient consent form. **The first visit is scheduled for Tuesday, December 1.**

Dining Services

Find the latest menus and hours on the Resident Portal.
For questions, to RSVP, or make reservations, call 253-313-0797.

New Programming: Resident Listening Sessions

First Tuesday of every month | Tuesday, December 1, at 10 am (SY)

Join our Resident Dining Listening Session and help shape the dining experience. Share your feedback on menus, food, beverages, and service to help us know what's working and where we can improve. Together, we can create a dining program that reflects your preferences and expectations. Open to all residents. No registration required.

Santa Brunch: Sunday, December 6, from 10 am to 3 pm (SP) (Reservations required)

Prices: $18 for Residents | $21 for Guests | $10 for Children ages 6-12 | Free for kids 5 and under

Enjoy a special brunch buffet and even a visit from Santa himself. Menus will be posted by Monday, November 23. **Reservations are required by Wednesday, December 2**, and a limited à la carte and to-go menu will be available for delivery and pick-up. Pick up a copy of the menu at the host stand or find it on the Resident Portal under "Special Events." Call 253.313.0797 to reserve your table.

Employee Holiday Party: Tuesday, December 8 (Restaurant closes at 3 pm)

One day each year, we arrange for the restaurant to close early so we can host our Heron's Key Staff Holiday Party and celebrate all their hard work. Please dine in or place to-go orders for pick-up or delivery by 3 pm.

Cocktails & Candy Canes: Tuesday, December 15, at 5 pm (SP, SY) (Reservations required)

Price: $18 per Resident | RSVP with the restaurant by Friday, December 11

See page 11 for details about this resident-only event.

Christmas Eve Hours: Thursday, December 24, 11:30 am to 6:30 pm (SY)

To set up for our Christmas Day buffet, we will serve from 11:30 am until 6:30 pm in Syren's Grille only. Please plan accordingly. Look for the special Christmas Eve plate on the weekly Chef's Specials menu.

Christmas Day Buffet: Friday, December 25, from 11 am to 3 pm (SY, SP) (Reservations required)

Prices: $24 for Residents | $27 for Guests | $10 for Children ages 6-12 | Free for kids 5 and under

Join us for a gourmet Christmas Day Buffet with family and friends, with seatings available from 11 am to 3 pm. **Reservations are required and fill up fast**. Takeout and delivery are available from our buffet and a limited menu. Reservations open on December 1. Please call 253.313.0797 or stop by the host stand to reserve your table. The menu will be available on the Resident Portal and at the host stand on November 28.

New Year's Eve Hours: Thursday, December 31, 11:30 am to 6 pm (SY)

Syren's Grille will close early so residents can set up for the New Year's Eve celebration in Spinnakers.

New Year's Day Buffet: Friday, January 1, from 10 am to 3 pm (SY, SP) (Reservations required)

Prices: $16 for Residents | $19 for Guests | $10 for Children ages 6-12 | Free for kids 5 and under

Join us for a gourmet New Year's Day buffet with family and friends, with seatings available from 10 am to 3 pm. **Reservations are required and fill up fast**. Takeout and delivery are available from our buffet and a limited menu. Reservations open on December 9; please call 253.313.0797 to reserve or stop by the host stand. The menu will be available on the Portal and at the host stand on December 9.