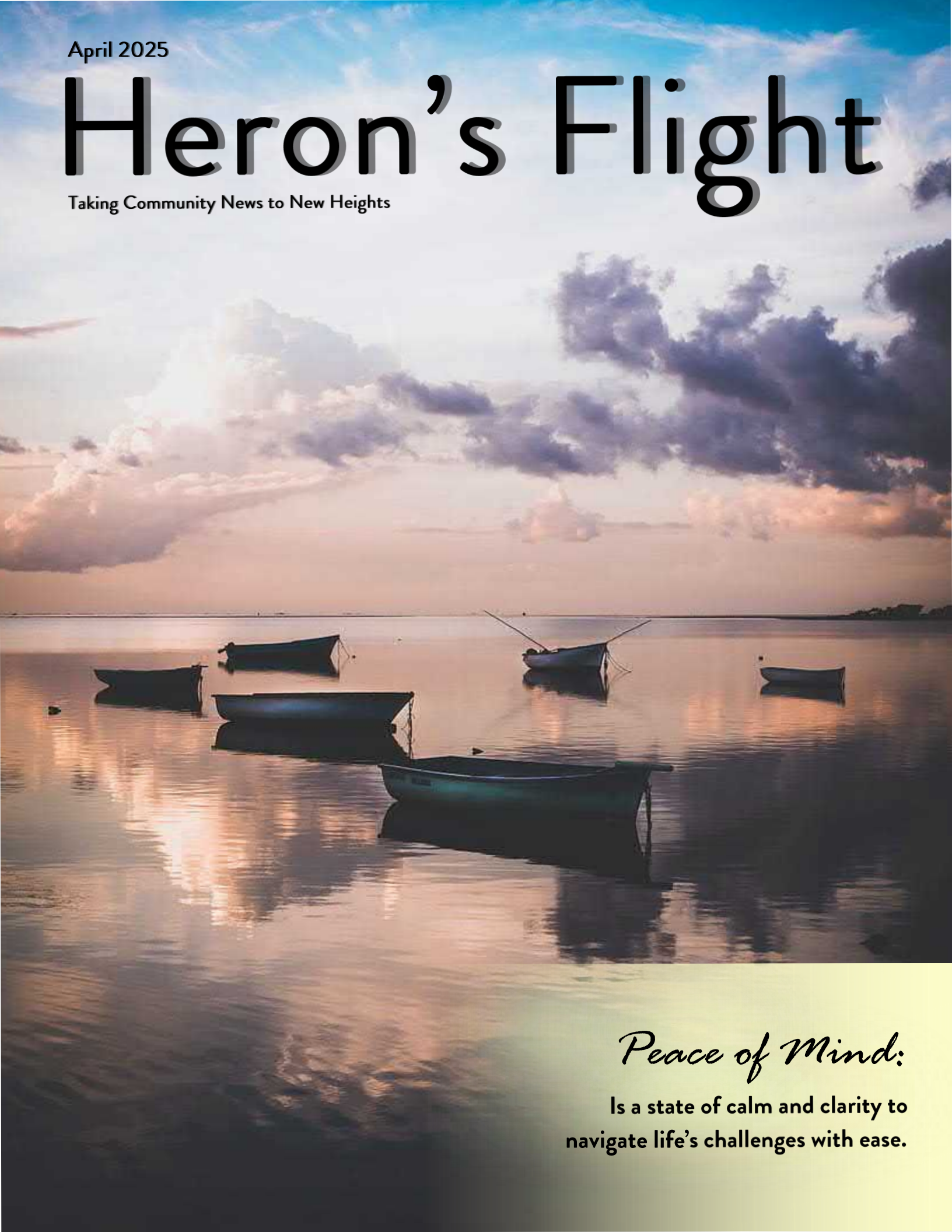


April 2025

Heron's Flight

Taking Community News to New Heights



Peace of Mind:

Is a state of calm and clarity to
navigate life's challenges with ease.

INSIDE THIS MONTH'S ISSUE

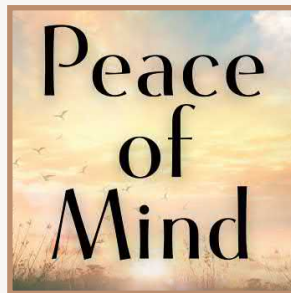
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Michelle Wood
Vice President of Operations

Chris Lucero
Executive Director

Karen Rose
Health Services Administrator

Denise Cooksey
Director of Human Resources

Angela McCloskey
Director of Nursing

Courtney Soran
Consonus Director of Rehabilitation

Sandi Semler
Social Services Coordinator

Lisa Meinecke
Director, Resident Services

Jackie Mondragon
Wellness Program Manager

George Smith
Director of Facilities

Ray Austin
Facilities Operations Supervisor

Natalie Hall
Environmental Services Supervisor

Sandra Cook
Vice President of Marketing

Stacy Edwards
Director, Sales & Marketing

Matthew LeCours
Director, Food & Beverage

Kristina Christenson
General Manager of Dining

WELCOME, PAIGE WHITE!

New Fitness Specialist

Paige White will be starting as the new Fitness Specialist on Monday, March 24th. She is excited to work with everyone and share her passion for fitness. Originally from South Carolina, Paige took up yoga after her sister suggested it might help with migraines. She began watching YouTube videos, and her passion for the practice grew from there. In late 2018, Paige moved to Washington State and enrolled in Yoga Teacher Training. She began teaching gentle yoga classes three times a week for senior members at a local gym, where she learned to combine resistance training with yoga to help manage various health conditions. When not working, Paige enjoys spending time outdoors, often paddle-boarding or hiking with her 13-year-old dog, Marley. She loves swimming and anything outdoors, especially when the weather is warm and sunny.



NEWSPAPERS AT CONCIERGE DESK

Please remember that the newspapers at the Concierge Desk in the Clubhouse Lobby belong to residents with paid subscriptions. They are not for public reading or taking. Thank you for your understanding and cooperation!

PET SAFETY REMINDER

At Heron's Key, dog safety is a top priority to ensure the well-being of both residents and pets. With the exception of our dog park, dogs should always be on a leash when in the common areas or outside.



Per Heron's Key policy, we encourage everyone to use traditional non-retractable leashes no longer than 6 feet when walking a pet throughout campus, including outside areas.

SIGN UP FOR TEXT MESSAGE ALERTS

Text 888.449.0214 (Message and data rates apply. Terms & privacy: [slicktext.com/tc.php](https://www.slicktext.com/tc.php).)

- **Urgent Matters on Campus:** Text the word **HKUrgentAlert**
- **Reminder About Some Events on Campus:** 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

Music has always been an important part of my life. My mom hummed as she cooked, cleaned and sewed. Dad whistled tunes that I still can recall. The old 78s record player was commonly active. When we finally got a television, we watched Lawrence Welk musicals and the Dean Martin and Andy Williams' weekly shows ("Everybody loves somebody sometime...").

I started piano lessons at age 8; later organ lessons. Both continued into college. I sang in the high school choir and madrigal and the university choir. I sang in church choirs and played the piano and organ for church services in the communities where I resided. Today, I sing with the Songsters and am an occasional accompanist at Penrose's Sunday service. Music is well preserved in my brain.

Recently, I came across some startling information: the auditory cortex in my brain's temporal lobe has "earworms"—not earth worms, but pieces of songs our mind remembers. When they start, the music memories go round and round in the mind without control. Jingles, television ads, and short songs often become earworms. The auditory cortex processes and stores these sounds. Researchers found that the auditory cortex is a little like our own personal MP3 player. Today, we can hear music anywhere using personal playlists, creating the possibility of future earworms.

While my hearing loss mostly related to decreased word recognition is caused by auditory nerve damage, or the death of inner hair cells in the cochlea, the part of my auditory cortex creating earworms is alive and well. My type of hearing loss has no cure but can be partially improved with hearing devices, cochlear implants, and auditory training exercises. To date, anything to improve my hearing has not lessened my earworm experiences. In the meantime, I embrace my earworms that are most active in early morning waking hours. Yesterday it was "We three kings of Orient are..."—not my favorite Christmas carol. This morning, it was a favorite hymn, "His eye is on the sparrow, and I know He watches me." Or, it might be from the round of a popular camp song, "All you etta, all you etta; think of all you etta..." Many advertising jingles become earworms. One I often recall is, "Plop, plop, fizz, fizz, oh what a life it is." If you can sing the musical jingles below or name the products, you may have active earworms or a very good memory, and advertising efforts were successful:

- See the USA in your _____ (1950s)
- You'll wonder where the yellow went when you brush your teeth with _____ (1953)
- My bologna has a first name, it's _____ (1960s)
- Double your pleasure, double your fun... (1959)
- A little dab'll do you... (1950)
- I'd like to teach the world to sing... (1971)

Do you have earworms? What do you hear? Maybe we can create an orchestra!

— Carol Tamparo, HKRC Secretary



Resident Council Meeting

Thurs., April 10
at 10 am

(M & HKTV 370)

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

GREEN GROUP FUNDRAISING

The Green Interest Group (or GIG!) seeks your financial support for continuing efforts to reduce our environmental footprint at Herons Key by making recycling and composting convenient and easy for our residents and staff. To date, we have worked closely with Food Services and Facilities providing up-to-date signage in the trash rooms and kitchen, maximizing use of “green” products in the kitchen and dining areas, supplying recycling and compost bins in various campus areas, and, not least, collecting hard-to-recycle items for commercial recycling services (the stacked blue bins). Future initiatives include providing education on energy use awareness and sustainability practices. As well, we hope to set up a Guide to Reuse and Recycling on the HK Portal.

Your financial support will allow us to bring an outside speaker to Heron’s Key and to cover expenses to maintain bins and update signage everywhere on campus, among other initiatives. To contribute, write a check to “Heron’s Key Residents Association,” with “Green Interest Group on the memo line. Place the check in the mailroom’s blue wall-mounted box to the left of the recycling counter. (Note: Contributions are not tax-deductible.). Thank you for your support.

A MUSICAL SOIREE WITH THE WASHINGTON STATE MUSIC TEACHERS ASSOCIATION

Sunday, April 6, at 5 pm (M & HKTV 370)

Sponsored by the Community Engagement Committee

The previously canceled (due to snow!) Musical Soirée sponsored by the Gig Harbor chapter of Washington State Music Teachers’ Association is happening on **Sunday, April 6, at 5:00 p.m.** Several gifted teacher musicians, string players and pianists, will perform in addition to a group of their most advanced students. Interested community members will be joining Heron’s Key residents to experience this musical treat. Although the concert is a fundraiser to provide music lessons for Gig Harbor children needing financial assistance, the concert is free to residents of Heron’s Key. There will be an opportunity to contribute if you wish, but this is strictly voluntary.

Come on April 6 to experience some of Gig Harbor’s finest musicians in an evening of Debussy, Ravel, Chopin, Bach, Schumann—and

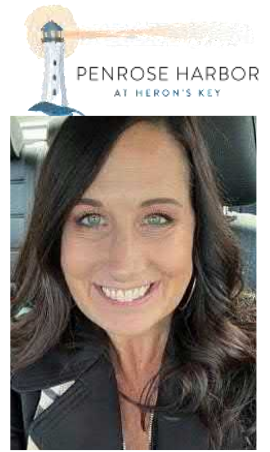
DOLLARS FOR SCHOLARS UPDATE

The Scholarship Committee is pleased to announce that Heron’s Key residents generously donated \$24,725 towards scholarships for graduating seniors this year. Seventy-one households contributed to this year’s fund. A huge thank you goes to everyone who contributed to helping young people in our community who believe that furthering their education will help them make a difference in the world. The Scholarship Committee is now working hard at reading student portfolios and deciding on the number of scholarships to award and the dollar amount to reward.

THE GENEALOGY GROUP HAS RETURNED

After a brief hiatus, the Genealogy Group will meet every third Thursday at 10am in the Anchor Room. Our next meeting will be Thursday April 17 at 10am.

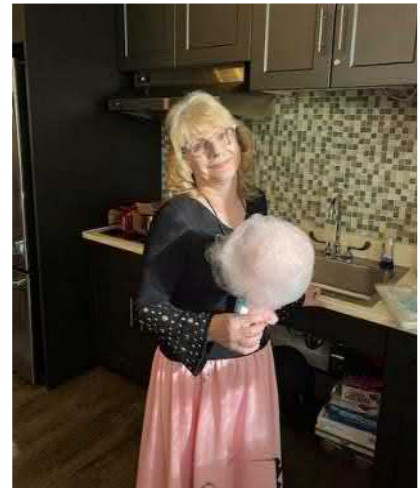
PENROSE HARBOR LIFE ENRICHMENT



At Penrose Harbor, February and March were filled with exciting events and activities that brought the community together. Residents enjoyed lively parties, including a themed Valentine's Day celebration with a Fabulous 50s twist, where music, dancing, and retro treats set the perfect mood. Alongside these festivities, Penrose introduced a new Wellness Program Manager, Jackie Mondragon, who came on board in February. Her office is located in the skilled nursing building, where she's already making a positive impact. With these vibrant events and the addition of the new Wellness Program Manager, Penrose continues to be a place of fun, connection, and well-being.

FAB 50S VALENTINE SOCIAL

Residents and team members came together to celebrate Valentine's Day with a fun and nostalgic Fabulous 50s theme. The event was filled with vintage decorations, live music, and cotton candy, bringing a touch of retro charm to the occasion. Everyone embraced the theme, donning poodle skirts, leather jackets, and other iconic 50s attire.



PENROSE HARBOR LIFE ENRICHMENT

SPECIAL PERFORMANCE BY MICHAEL CRAIN

Penrose residents had a blast as they enjoyed a lively performance by solo artist Michael Crain, who took them on a musical journey through the 40s, 50s, and 60s. Dressed in fun wigs and costumes, Michael brought the classics to life with his energetic performance, getting everyone in the mood to sing along and dance. Residents couldn't resist the upbeat tunes, and many were up on their feet, twirling and tapping along to the music, creating a joyful atmosphere for all.



MARDI GRAS PARTY

Penrose celebrated Mardi Gras in style with a lively social event filled with games, colorful decorations, and plenty of festive fun. The activity was were adorned with vibrant beads, masks, and purple, green, and gold accents, setting the perfect Mardi Gras atmosphere. Residents enjoyed a spirited trivia game, testing their knowledge of the holiday's traditions and history. The highlight of the event was a special surprise: a Mardi Gras Duck Float that made its way through the facility, visiting residents and spreading joy with music and Mardi Gras treats. The event brought smiles, laughter, and a sense of celebration, making it a truly memorable occasion at Penrose.



OFF-CAMPUS EVENTS

Read the full description of many off-campus events and register on the Resident Portal. Call the Concierge for assistance. If registration for a trip is full, join the waitlist, as you may have a chance to participate if other registrants cancel. **Please note for all events:**

- Walking or strolling may be required to and from the parking spot, and on surfaces that may be uneven, poorly lit, and have potential trip hazards.
- Events are subject to change or cancellation due to:
 - Low registration numbers —Adverse weather conditions —Matters outside our control

ENJOY THE ARTS AND LOCAL AREA

The Wedding Singer at Tacoma Musical Playhouse



Friday, April 4, 6:45-10 pm | Sponsored by Performing & Visual Arts

The Wedding Singer takes us back to a time when hair was big, greed was good, collars were up, and a wedding singer might just be the coolest guy in the room. Based on the hit Adam Sandler movie, *The Wedding Singer*'s sparkling new score does for the '80s what *Hairspray* did for the '60s. Just say yes to the most romantic musical in twenty years. **Register on the Resident Portal by 12 pm on Monday, March 24.**

Late Lunch at McMenamins in Seattle and the

Pacific Northwest Ballet's Dress Rehearsal of Romeo et Juliette



Thursday, April 10, from 2:30-10 pm | Sponsored by Performing & Visual Arts

The original star-crossed lovers are back on the McCaw Hall stage! Jean-Christophe Maillot's *Romeo et Juliette* distills the Shakespearean tragedy to its most moving, timeless core. This production features emotional performances by the PNB company dancers and Prokofiev's powerful score masterfully rendered by the PNB orchestra. **Register on the Resident Portal by 12 pm on Friday, April 4.**

Please note: This trip requires maneuvering on busy downtown Seattle streets that may be uneven. McCaw Hall dress rehearsals do not offer beverage concessions on-site.

Bird Watching with Mike West and Joyce Meyer

Tuesday, April 15, from 9-10 am | Sponsored by Resident Services

Resident birders Joyce Meyer and Mike West will take us on a tour of our pond. Bring your binoculars and questions. **Register on the Resident Portal by 12 pm on Tuesday, April 8.**

Please note: We will travel the perimeter of our pond and will encounter stairs.



GOLDEN SPOTLIGHT AWARD

Lynn Good, EVS Tech



"Lynn's pleasant demeanor makes her a joy to work with, and her attention to detail ensures every space she cleans is spotless. On several occasions I have witnessed Lynn demonstrate patience and kindness to the residents. On top of that, when the snow made getting to work a challenge, she showed up daily, proving just how reliable she is. Thank you, Lynn, for your dedication and hard work!"

Windshield Tour

Wednesday, April 16, from 10-11:30 am | *Sponsored by Resident Services*

A fellow resident will provide a guided tour, tell Gig Harbor's history, and point out popular spots. This trip is beneficial for new residents, but all are welcome. **Register on the Resident Portal by 12 pm on Friday, April 11.**

Japanese Exclusion Memorial on Bainbridge Island

Friday, April 18, from 1-4pm | *Sponsored by Lifelong Learning and Resident Services*

Following Clarence Moriwaki's on-campus presentation "Let It Not Happen Again," we will visit the Japanese Exclusion Memorial. This memorial honors the first Japanese Americans to be excluded, forcibly removed from their community, and incarcerated during World War II. **Register on the Resident Portal by 12 pm on Friday, April 11.**

Please note: It will take about 75 minutes to reach our destination and 75 minutes to return. The memorial has gravel paths that may be difficult for those using mobility devices to navigate. It also has some outdoor elements; please dress accordingly.

Tour of Recompose in Seattle

Monday, April 21, from 9 am-2 pm | *Sponsored by Resident Services*

Following Laura Cassidy's on-campus presentation about human composting on April 15 (see page 14), Heron's Key is invited to tour the Recompose facility in Seattle. **Register on the Resident Portal by 12 pm on Monday, April 14.**

Day at Chambers Bay Park in Tacoma

Thursday, April 24, from 11 am-2 pm | *Sponsored by Resident Services*

Pack a sack lunch, enjoy the beautiful views from picnic tables, and admire the beautiful Pacific Northwest. Spring weather is unpredictable. Please dress accordingly. **Register on the Resident Portal by 12 pm on Monday, April 21.**

Classics V: Beyond the Shores with Symphony Tacoma

Saturday, April 26, from 6:30-9:30 pm | *Sponsored by Performing & Visual Arts*

A beautiful intertwining of orchestral and vocal elements featuring Symphony Tacoma Voices creates a sense of adventure and hope, leading us on a powerful journey toward the unknown with sweeping melodies and deep emotional resonance. **Register on the Resident Portal by 12 pm on Monday, March 24.**



Tulip Festival at Roozengarde in Mount Vernon

Thursday, May 1, from 9 am-4 pm | *Sponsored by Resident Services*

RoozenGaarde is a world-renowned spring destination and its garden is annually redesigned and lovingly hand-planted with over one million bulbs, creating spectacular scenes of floral color and creativity!

Register on the Resident Portal by 12 pm on Friday, April 11.



OFF-CAMPUS EVENTS

Please note: It will take about 2 hours to reach our destination and another 2 hours to return. This trip requires traversing through grass that might be muddy or slippery and on gravel paths, which may not be suitable for all residents. Participants should be able to move around independently. There are restrooms and food options on site. Tulips are available for purchase. Please dress accordingly.

DINE & SHOP

Wednesday, April 2, from 9:30-11:30 am | *Sponsored by Resident Services*
Register on the Resident Portal by 12 pm on Wednesday, March 26.

Co-Ed Lunch at Zogs on Fox Island

Friday, April 4, from 11 am-2 pm | *Sponsored by Resident Services*
Register on the Resident Portal by 12 pm on Friday, March 28.

Lunch at Freighthouse Square in Tacoma

Monday, April 14, 11:30 am-2 pm | *Sponsored by the International Tastings Group*
The International Tastings interest group is returning to Freighthouse Square. Sign up on the Portal, and if registration is full, use the waitlist! **Register on the Resident Portal by 12 pm on Monday, April 7.**

Ice Cream at Dairy Queen in Gig Harbor

Friday, April 25, from 1-2:30 pm | *Sponsored by Resident Services*
Register on the Resident Portal by 12 pm on Wednesday, April 23.



Shopping trips are free of charge. Reserve your spot by registering at the Concierge Desk by 12 pm on the day before the scheduled trip. If you experience low vision and find shopping trips challenging, please call Resident Services (253.313.0793) so we can make arrangements for a helpful companion to come along.

| Mondays at 9 am | Wednesdays at 11 am Express Shopping | Fridays at 9 am |
|-------------------------------------|---|------------------------------|
| 4/7—Fred Meyer | 4/2—Safeway | 4/4—Trader Joe’s, Silverdale |
| 4/14—Walmart, Port Orchard | 4/9—Safeway | 4/11— Uptown Safeway |
| 4/21—Trader Joe’s, University Place | 4/16—Safeway | 4/18— Uptown Safeway |
| 4/28—Target | 4/23—Safeway | 4/25—Uptown Safeway |
| | 4/30—Safeway | |

This month you'll hear and see much about "peace of mind." As we age, our priorities often shift from achievement and accumulation to simplicity, presence, and inner peace. Peace of mind becomes not just a luxury but a vital aspect of healthy aging. Cultivating peace is especially important in today's fast-paced world, and it becomes increasingly vital as we age. The good news is that we here at Heron's Key place a high value on inner peace while aging—from top to bottom, residents & staff, long-term programs & special events. Here are key strategies to foster lasting inner peace.

- Emotional Resilience

With age comes experience, and with experience often comes a greater ability to let go—of grudges, unnecessary worries, and the pressure to prove oneself. This release fosters emotional resilience and a steadier sense of peace. We learn that peace of mind is not the absence of challenges, but the ability to remain calm and grounded amidst them.

- Perspective and Wisdom

Time gives us perspective. What once felt like a crisis may now be seen as a passing cloud. Aging often brings the wisdom to focus on what truly matters: relationships, health, and joy in the present moment. Focusing on what you're thankful for—even small things—shifts attention away from what's lacking and fosters contentment.

- Cognitive Health

Studies suggest that stress and chronic anxiety can negatively impact cognitive function. Cultivating peace of mind through practices like meditation, mindfulness, or spiritual connection can help preserve mental sharpness and prevent burnout in later years.

Regular mindfulness practices help quiet the mind and bring awareness to the present moment. Even a few minutes of meditation daily can reduce anxiety, improve focus, and promote emotional stability.

- Connection and Legacy

Peace of mind also comes from knowing you've lived meaningfully—having loved deeply, contributed to others, and built a legacy. Deep relationships, time with loved ones, and contributing to others' well-being can all bring a sense of purpose and belonging. Aging is a time when many reflect on their lives, and finding contentment in your journey is a major part of inner peace.

Ultimately, peace of mind in aging is not accidental—it's cultivated. It comes from choosing gratitude over regret, presence over worry, and acceptance over resistance. With age, we can gain not just years, but a deeper, more peaceful way of being in the world.

How do you achieve peace of mind? Do you find it easier or more difficult to reach a peaceful state of being here at Heron's Key? I'd love to hear how you and those around you achieve peace. The next time you see me stop and let me know!



Ebb Hagan
*Wellness &
Spirituality
Coordinator*

Monday—Friday
8 am—4:30 pm

253.313.0733
EbbH@heronskey.org

EMERALD COMMUNITIES

At Emerald Communities, staying connected to our mission, residents, and one another is a top priority. With many new faces walking the halls, we're excited to (re)introduce our EC team and share a glimpse of the passionate people working behind the scenes to support our amazing communities every day. Be on the lookout each month for the highlighted team member!

GET TO KNOW: JO HOLLIS

Chief Human Resources & Compliance Officer, Emerald Communities

- What is your hometown? Redmond! (Born at Overlake Hospital)
- What was your first job? Paper Route (11 years old)
- What three words would you use to describe yourself? Fun, Nana, Seahawks-Fanatic!
- What do you do for fun? Spending time with family and ANYTHING sports related



- Who inspires you? Our residents – it is a privilege to work in their home
- What do you love about working at EC? The opportunity to partner with others to enhance the lives of seniors
- What is the focus of your role at EC? All things employee-related, from talent acquisition & performance management to employee relations, compensation, training & leadership development. I also ensure safety, labor law compliance, risk management, and benefits run smoothly—keeping our communities great places to work!



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
Salon Appointment Request form

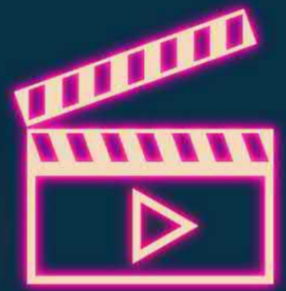
Clubhouse Ground Floor

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

Movies in the Maritime



See the Resident Portal for movie descriptions.

Friday Night Movies

7pm (M)

Sponsored by Resident Services

- 4/4: *Grumpier Old Men* (1995, PG-13)
- 4/11: *Harold and Maude* (1971, PG)
- 4/18: *Dead Poets Society* (1989, PG)
- 4/25: *The Killing* (1956)

Sunday

Movie Dates with Scott

5:30pm (M & HKTU 370)

Sponsored by Performing Arts

- 4/6: *Bird on a Wire* (1990, PG-13)
- 4/13: *The Fugitive* (1993, PG-13)
- 4/20: *An American in Paris* (1951)
- 4/27: *Just Like Heaven* (2005, PG-13)

Grab free popcorn to
enjoy with the Friday night
flicks, compliments of
Resident Services.



WELLNESS: PEACE OF MIND

EVENTS

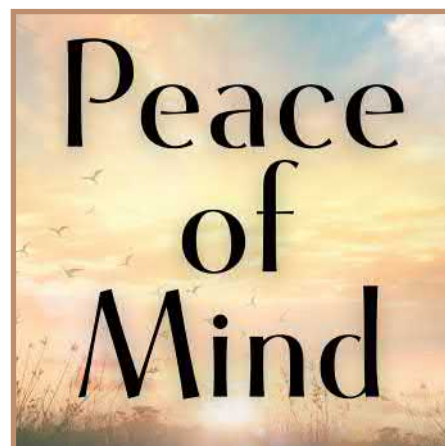
Virtual Reality and Healing with Continuum Hospice

Tuesday, April 8, from 1-3 pm (M) |

Sponsored by the Spiritual Wellness Division of Resident Services

Have you ever tried virtual reality (VR) goggles or wondered what makes VR so exciting? Now's your chance to explore this innovative technology.

VR is transforming hospice care by providing immersive experiences that can help reduce pain, anxiety, and depression while enhancing relaxation, connection, and overall quality of life. A representative from Continuum Hospice will join us to educate, answer questions, and offer hands-on VR demonstrations lasting up to 15 minutes per person. Please be aware that wearing the VR goggles may lead to dizziness or motion sickness.



Space is limited; sign up soon on the Portal.

Laura Cassidy of Recompose Presents on Human Composting

Tuesday, April 15, at 1 pm (M & HKTV 370) | *Sponsored by Resident Services*

We are happy to welcome back Laura Cassidy of Recompose, voted Best Funeral Home in the Pacific Northwest for the past two years. Recompose is a green funeral home in Seattle offering a sustainable plan for end of life through human composting. Laura will be sharing with us the history of human composting, the soil transformation process, and the reasons this is a sustainable alternative to cremation. Join us for this talk and **sign up for our field trip to the Recompose facility on Monday April 21.**



Estate Planning with Bryana Cross Bean

Wednesday, April 23, at 2 pm (M & HKTV 370)

Sponsored by Resident Services

Attorney Bryana Cross Bean of Prudent Planning Legal, PLLC, returns to give an easy-to-understand overview of estate planning, probate, and trust administration will review the most important estate planning documents everyone needs, including wills, durable powers of attorney, and trusts. Ms. Bean will then discuss probate, when it may be necessary, and trust administration. **This presentation is interactive, so bring your questions.**



TRANSITIONS SEMINAR: Navigating the Different Levels of Care at Heron's Key Friday, April 11, at 2 pm (M)

One of the many advantages of living in a Type A Life Care Community is the seamless transition from Independent Living to Assisted Living, Skilled Nursing, or Memory Care as health care needs change.

A temporary or long-term move to Skilled Nursing can offer residents specialized care for ongoing health conditions, disabilities, chronic or severe pain, or dementia. Assisted Living provides essential support for Activities of Daily Living (ADLs)—such as medication management, bathing, dressing, meals, transportation, and housekeeping—while empowering individuals to maintain their independence.



This seminar is held twice a year to ensure that residents understand how the HK CARE team supports transitions from Independent Living to Penrose Harbor.

Staff members joining us include:

- Lisa Meinecke, Director of Resident Services
- Karen Rose, Health Services Administrator
- McKenna Leehan, Marketing & Sales Associate

WELLNESS: PEACE OF MIND

CHALLENGING ABLEISM

Building a World of Equality and Respect

Sponsored by the Diversity, Equity & Inclusion Committee

Starting in April, the Diversity, Equity & Inclusion Committee will present a three-month study on ableism, aiming to raise awareness and inspire action. Ableism refers to the discrimination or prejudice against individuals with disabilities, often manifesting through negative attitudes, societal barriers, and a lack of necessary support to ensure success. This type of discrimination can limit opportunities for people with disabilities, reinforcing harmful stereotypes and excluding them from fully participating in society. Fighting ableism is not only essential for promoting fairness, but it also ensures that every individual, regardless of their abilities, has the same opportunities and is treated with dignity and respect. By actively challenging ableism, we work towards a more inclusive and equitable world where all people are empowered to thrive, contributing their unique perspectives and talents. Here is what to expect in April:



Exploring Ableism: An Invitation to Create an Inclusive Society - Gagan Chhabra
Monday, April 21, from 3-4:00 pm (M & HKTV 370)



Exploring Ableism: An Invitation to Create an Inclusive Society" by Gagan Chhabra is a thought-provoking video that invites viewers to reflect on the pervasive issue of ableism and its impact on individuals with disabilities. Through personal stories and insightful commentary, Chhabra highlights the subtle and overt forms of ableism present in society. The video encourages us to challenge stereotypes, break down barriers, and create a more inclusive world where everyone, regardless of ability, is valued and supported. It serves as both an educational tool and a call to action for greater empathy and understanding in our communities.

SPOTLIGHT GROUP OF THE MONTH: CAREGIVER SUPPORT GROUP

Every 1st and 3rd Tuesday at 11am in the Anchor Room

Heron's Key residents who are caregivers gather for a time of meaning and connection as they journey the path of care together. Social Services Coordinator Sandi Semler and Wellness & Spirituality Coordinator Ebb Hagan co-facilitate the group every first and third Tuesday in the Anchor Room.

LIFELONG LEARNING

FEATURED EVENTS

Joel Underwood's "The Ribbon of Highway: Woody Guthrie in the Pacific Northwest"

Tuesday, April 1, at 1 pm (M & HKTV 370)

Co-sponsored by Lifelong Learning and Performing & Visual Arts



Folksinger and activist Woody Guthrie composed 26 songs in 30 days while riding along the Columbia River and touring the Grand Coulee Dam Project in 1941. With his unique, authentic voice, he chronicled both the grandeur and the perils of what he called "The Greatest Thing That Man Has Ever Done" as an employee of the Bonneville Power Administration. His time here in the Pacific Northwest inspired a swell of patriotism that led Guthrie to enlist in the U.S. Merchant Marine in World War II, after which he returned

home to fame and notoriety, but also to tragedy and tremendous personal loss. Historian, teacher, folksinger, and actor Joel Underwood performs an hour that is part concert, part theatrical drama, and part lecture. Sing along to "Roll on Columbia," "Pastures of Plenty," and of course, "This Land is Your Land," and learn the—sometimes hilarious, sometimes tragic—stories behind the songs.

Presenter Joel Underwood is an actor, teacher, musician, and historian. After 25 years teaching high school history, Underwood got his master's degree in American History with a focus on folk and protest music. A recipient of the Woody Guthrie Fellowship, Underwood was granted access to the Guthrie Archives in Tulsa, Oklahoma, to research Woody's time in the World War II Merchant Marines. Underwood continues to tour as a musician throughout the Pacific Northwest.



"Let It Not Happen Again: Lessons from the Japanese American Exclusion" with Clarence Moriwaki

Thursday, April 10, from 1-2:30 pm (M & HKTV 370)

Clarence Moriwaki tells the timeless and timely story of the loss of liberty and rights during times of fear, prejudice and a failure of political leadership.



Clarence Moriwaki is a Bainbridge Island City Council Member, former president of the Bainbridge Island Japanese American Community and Japanese American Exclusion Memorial Association, and he was the 2017 Bainbridge Island Citizen of the Year. Clarence has held responsible positions for President Bill Clinton, Governor Mike Lowry, Congressman Jay Inslee, the Washington State Senate, the ACLU of Washington, and he is our state's first and only 12 year-old Eagle Scout.

We're visiting the Japanese Exclusion Memorial on Bainbridge Island on Friday, April 18. See page 9 for more details.

“The Future of NATO and European Security” with John Koenig

Thursday, April 17, 1-2:30 pm (M & HKTV 370)

European security is more uncertain than it has been for decades. Putin’s Russia launched a war with Ukraine on its doorstep, and America’s role as leader of NATO and security provider has been called into question with the failure of Congress to pass supplemental military support for Ukraine and the new administration’s shift in foreign policy priorities. What are Europe’s options, and how might developments on both sides of Western Europe—in Ukraine and across the Atlantic—impact its choices? What are America’s stakes in NATO and Europe’s strategic dilemmas?

Great Decisions Series

Great Decisions is America’s largest discussion program on world affairs. Its model involves reading the *Great Decisions Briefing Book*, watching the video series, and meeting in a Discussion Group to discuss the most critical global issues facing America today. Our Heron’s Key version features expert discussion moderators to provide additional informational depth and lead the discussion.

Moderator John Koenig, retired Deputy Permanent Representative to the U.S. Mission at NATO. Ambassador Koenig retired in 2015 after more than three decades in the U.S. Foreign Service. His last post was as U.S. Ambassador to Cyprus, where he brokered the agreement to launch the latest round of US-sponsored settlement negotiations. He previously served as Political Advisor to the NATO Joint Forces Command in Naples, Italy; Deputy Chief of Mission in Berlin, Germany; and Deputy Permanent Representative to the U.S. Mission at NATO. In 2011, he received the Presidential Distinguished Service Award in recognition of his policy and leadership roles in Berlin and at US-NATO.



A Sense of Place: Discovering the Cultural Heritage of Our Gig Harbor Community Series with Doug McDonnell

Part 2: The British are Coming

Tuesday, April 22, at 1 pm (M & HKTV 370)

This presentation examines the arrival of two ships under the command of Captain George Vancouver in 1792, which explored and charted the South Sound. Using the logbook entries of Lt. Peter Puget, we navigate their journey noting the original names they placed here and their interaction with the natives.



Douglas McDonnell is a Tacoma/Gig Harbor native who earned a B.A. in English Education from WSU and an M.A. in History from PLU. He taught college prep English composition and literature for 20 years at Peninsula High School and was the head track coach for several seasons. He served for six years as the historian of the Tacoma Landmarks Preservations Commission and has been civically active in Tacoma and Gig Harbor. In 1989, he assisted in directing the fundraising and construction of the longboat *Porpoise*, a replica of the 25-foot survey gig that was instrumental in discovering and naming Gig Harbor on May 15, 1841. He has resided with his wife in the Ray Nash Valley of South Rosedale for 40 years. (Image: Gig Harbor Boat Shop)

LIFELONG LEARNING

RESIDENT-LED EVENTS



Who Am I?: Don Egge

“Adventures in the Journey to Assisted Living”

Wednesday, April 2, at 2 pm (M & HKTV 370)

Claire and Don Egge resided in Independent Living for seven years and recently moved to Penrose Harbor Assisted Living. For Heron’s Key residents, Penrose Harbor is a future option they may take. Don will share adventures, up to and along the way, in his and Claire’s 68 years of marriage, which have helped them with the challenges and choices of their move.

Reading Aloud with Gee Heckscher and Your Neighbors

Thursday, April 24, 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.

Rick Bleiweiss Presents “Book Publishing: Book, eBook and Audiobook Publishing Today - Everything You Want to Know”

Tuesday, April 29, at 1 pm (M & HKTV 370)

A presentation on the state of publishing today, how it compares to other forms of entertainment, things writers would want to know, and a Q&A to ask anything you’d like to know about publishing and/or being an author. Also, a short introduction to Blackstone Publishing. Rick did a similar presentation at the Gig Harbor library earlier this year to a very large audience.



For the past 17 years, Rick Bleiweiss has been Head of New Business Development for Blackstone Publishing, one of the largest and fastest growing mid-sized publishers. In his role, he started their print and ebook, film/tv, merchandising, and other major initiatives. He has acquired numerous best-selling books, audiobooks, and catalogs by authors and celebrities such as Gabriel Garcia Marquez, Whoopi Goldberg, Robert Downey Jr, Susan Lucci, Ira Levin, James Clavell, Rex Pickett, Al Roker, Jeneva Rose, Catherine Coulter, HP

Lovecraft, Pablo Neruda, and Dale Brown. Rick is an award-winning author whose books have been # 1 on Amazon in multiple categories.

PERFORMING & VISUAL ARTS

PERFORMING ARTS IN THE MARITIME & ON HKTV 370



BROADWAYHD STREAMED PLAYS:

SATURDAY MATINEES

Enjoy streamed Broadway plays every 2nd and 4th Saturday of the month at 1 pm in the Maritime Room and on HKTV 370.

Note: Broadway plays are not rated for appropriateness, please research the content if you have concerns.

Saturday, April 12: Swan Lake

The Performing and Visual Arts interest group would like you to join us for an afternoon performance of Tchaikovsky's famous, lyrical score, "Swan Lake." This is an enchanting balletic masterpiece of love, deception and drama. White swan by day, human by night, the beautiful Odette awaits an oath of true love to break the curse. Performed by the unparalleled virtuosity of Russia's great Bolshoi Ballet, this production features ballerina Svetlana Zakharova as Odette/Odile, Denis Rodkin as Prince Siegfried, and the wonderful artists of the Bolshoi Ballet. Yuri Grigorovich (Choreography), Pyotr Ilyich Tchaikovsky (Music), Pavel Sorokin (Conductor) Photo Credit: Damir Yusupov

Saturday, April 26: Matthew Bourne's The Car Man

The Car Man is a signature production for internationally acclaimed choreographer, Matthew Bourne. Based on Bizet's popular opera, Carmen, it has one of the most instantly recognizable scores in classical music. The Spanish cigarette factory becomes a 1960s garage-diner in the American Midwest where the dreams and passions of a small town are shattered by the arrival of a handsome stranger.



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.

STREAMED CLASSICAL MUSIC CONCERTS

WEDNESDAY NIGHTS AT 6:30 PM (& HKTV 370)

Descriptions written by ChatGPT

Wednesday, April 2

Mozart's Symphony No. 41 "Jupiter" and Mozart's Eine Kleine Nachtmusik K. 525

Symphony No. 41, Jupiter is Mozart's final and most celebrated symphony. Composed in 1788, it is regarded as the pinnacle of his symphonic writing, showcasing grandeur, brilliance, and masterful craftsmanship. Its blend of complexity and accessibility makes it a beloved staple of the classical repertoire and one of the most frequently performed symphonies worldwide.

Eine kleine Nachtmusik ("A Little Night Music") is one of Mozart's most famous and cherished works. Composed in 1787, this serenade exemplifies his gift for melody, structure, and charm. Despite its lighter character, it retains the technical brilliance and emotional depth of his symphonic works. Uniquely, only one complete manuscript exists, housed in Vienna's Biblioteca Nazionale, adding to the piece's mystique. – ChatGPT

Wednesday, April 9

Mozart's Clarinet Concerto in A Major, Concerto for Bassoon and Orchestra in B-flat major, and Don Giovanni- Overture

Clarinet Concerto in A Major, K. 622 is one of Mozart's most revered works and a cornerstone of the clarinet repertoire. Composed in 1791, the year of his death, it is his final concerto and one of his last compositions. Celebrated for its lyrical beauty, emotional depth, and technical brilliance, it remains a masterpiece of the genre.

Bassoon Concerto in B-flat Major, K. 191 (1774) is a key work in the bassoon repertoire, composed when Mozart was just 18. Despite being an early work, it showcases his ability to write effectively for different instruments. The concerto demands technical precision, particularly in the rapid passages of the first movement. It elevates the bassoon beyond its usual supporting role, allowing it to shine as a solo instrument with lyrical expressiveness, virtuosity, and dramatic contrast.

Overture to Don Giovanni, K. 527 is one of Mozart's most famous and dramatic operatic overtures. Premiered in 1787 in Prague, it sets the stage for the opera's themes of love, death, and retribution. The overture's emotional range is striking—it begins with ominous foreboding, shifts to playful energy, and returns to tension and drama, mirroring the opera's blend of comedy and tragedy. This seamless fusion of moods makes it an iconic and powerful introduction to Don Giovanni. – ChatGPT

Wednesday, April 23

Johannes Brahms's Symphony No. 4, Hungarian Dance No. 5, and Symphony No. 2

Brahms's Symphony No. 4 in E Minor, Op. 98 (1884–1885) is dark, intense, and deeply emotional, carrying a tragic, almost fatalistic quality. Often considered his greatest work, it embodies both struggle and transcendence, making it one of his most profound compositions.

Hungarian Dance No. 5 in F# Minor is the most famous of Brahms' 21 Hungarian Dances. Published in 1869 and originally written for piano four hands, it was inspired by Hungarian folk music, particularly the verbunkos dance tradition. Known for its dramatic tempo shifts and infectious energy, it remains one of the most recognizable pieces in classical music. Frequently performed in concerts, it has also appeared in films, cartoons (Looney Tunes, Charlie Chaplin films), and commercials.

Symphony No. 2 in D Major, Op. 73 (1877) is often called Brahms' "Pastoral Symphony", likened to Beethoven's Sixth. Written in the summer of 1877 in Pörschach, Austria, and premiered by the Vienna Phil-

PERFORMING & VISUAL ARTS

harmonic under Hans Richter, it is one of his most lyrical and warm compositions, radiating serenity, optimism, and natural beauty. – ChatGPT

Wednesday, April 30

Eroica

Eroica (2003) is a BBC television film directed by Simon Cellan Jones that dramatizes the first performance of Beethoven's Symphony No. 3, known as Eroica. The film offers an immersive experience of the music while exploring Beethoven's personality, struggles, and artistic vision.

Set on June 9, 1804, at Prince Lobkowitz's palace in Vienna, the story unfolds over a single day as Beethoven conducts a private performance of his groundbreaking symphony. The film captures the reactions of aristocrats, musicians, and patrons, many of whom are unsettled by the radical new work. Beethoven himself is portrayed as passionate yet abrasive, fully aware of the revolutionary nature of his composition.

Originally dedicated to Napoleon Bonaparte, Eroica defied classical norms with its unprecedented length, emotional depth, and dramatic structure. However, after Napoleon declared himself Emperor, Beethoven furiously withdrew the dedication. The film highlights both the symphony's innovation and the mixed reactions it provoked.

Blending drama with a full performance of the symphony, Eroica is a must-watch for fans of classical music, Beethoven's life, and historical dramas. – ChatGPT

STREAMED PERFORMANCE BY THE PACIFIC NORTHWEST BALLET



Streamed Ballet *Romeo and Juliette*

Saturday, April 26, at 2 pm (M & HKTV 370)

Witness young love unfold, flourish, and consume in this captivating reimagining of the classic tale. Featuring the passionate performances of Pacific Northwest Ballet Company dancers and the powerful, masterfully performed score by the PNB Orchestra, this is a spring event you won't want to miss!



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.





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

PERFORMING & VISUAL ARTS

DINNER THEATER

Thai Buffet and *The King and I*

Wednesday, April 16

5 pm: Dinner (Spinnakers) | 6 pm: Movie (Maritime only)

At 5 pm, Join Chef Chris and the rest of the restaurant staff as they present a Thai buffet in Spinnakers. Register at the Syren's Grill Host Stand. (This makes a perfect Gatherings event.)

At 6 pm, join us for the movie adaptation of *The King And I* starring Deborah Kerr and Yul Brynner. Brynner's portrayal of the king became iconic, winning him an Academy Award. *The King and I* is a classic musical by Richard Rodgers and Oscar Hammerstein II, first premiering on Broadway in 1951. The story, based on Margaret Landon's novel *Anna and the King of Siam*, is inspired by the true-life experiences of Anna Leonowens, a British schoolteacher hired by King Mongkut of Siam in the 1860s to educate his children and wives. The narrative follows Anna as she arrives in Siam and faces cultural differences while developing a complex relationship with the king. Themes of mutual respect, understanding, and the clash of traditions unfold as they attempt to navigate their roles in shaping Siam's future. – ChatGPT



PUBLIC TRANSPORTATION

RIDE PUBLIC TRANSIT AT A REDUCED RATE: HOW TO GET AN ORCA CARD



There is no card fee for your first Senior RRF ORCA card.

In person

1. Visit a Metro Pass Sales Office, transit agencies, or neighborhood pop-up events
2. Complete only the front of your Application Form and sign.* You may complete the application in advance.
3. Bring one of the following with you:
 - A state driver license
 - A state identification card (expired cards acceptable)
 - A birth certificate
 - A passport
 - Any state or federal document that contains your name and birthdate

Online

Follow the steps at [MyORCA.com](https://myorca.com) or use the myORCA mobile app.

By Mail

1. Complete only the front of your Application Form and sign.*
2. Enclose a **copy** of one of the following to verify your age:
 - A state driver's license
 - A state identification card (expired cards acceptable)
 - A birth certificate
 - A passport
 - Any state or federal document that contains your name and birthdate.
3. Mail the completed RRF Application Form and age verification to:
Metro Transit
KSC-TR-0102
201 S Jackson St
Seattle, WA 98104-3856

* Download and print the application form (<https://info.myorca.com/using-orca/ways-to-save/seniors/>) or call Customer Information at 206-553-3000.

Visit <https://info.myorca.com/using-orca/ways-to-save/seniors/> to learn more.

UPCOMING EVENTS

The Great Heron's Key Cake Bake-Off

Monday, April 28, at 3 pm (M & HKTV 370) | *Sponsored by Resident Services*

Calling All Bakers—Let's Have Our Cake and Eat It Too!

Attention, cake enthusiasts! This year, our annual bake-off is taking a sweet new twist—we're trading pies for CAKES! If you've got a knack for baking (or just love an excuse to whip up something delicious), **this is your moment to shine.**

The Challenge: Bake a homemade cake—no store-bought imposters allowed! Bring it to the Maritime Room on April 28 at 2 pm. The winners will receive prizes and years of bragging rights.

A panel of very serious (and very cake-loving) judges, made up of residents and staff, will score each masterpiece on:

- **Appearance** (*Is it a stunner or a bummer?*)
- **Taste** (*Will the judges weep with joy?*)
- **Overall Greatness** (*Does it scream "Bake-Off Champion" or "Oops, I tried"?*)

Spring-themed décor is encouraged but not required—just bring your best bake and a sprinkle of creativity!



Not a baker? No worries! Bring your sweet tooth and help us *dispose* of (aka devour) the cakes after the winners are crowned.

And remember... **don't be afraid to take whisks!**

THE HERON'S KEY BENEVOLENCE FUND INVITES ALL RESIDENTS TO A PARTY

"Come to the Cabaret"

Featuring Jazz Vocalist Greta Matassa
Thursday, May 8
4-6pm (Spinnakers)



Complimentary appetizers, wine, and beer

FINALE: The Donation Contest
(Offering delicious desserts)

A very special thank you for all who contribute to the Benevolence Fund through:

- Benevolent Brew
- Benevolent Buys
- Benevolent Baubles
- Benevolent Knife Sharpening
- Benevolence Legacy Fund

UPCOMING EVENTS

Artists Gallery Wine & Cheese Social

Thursday, April 10, at 4 pm (M)

Sponsored by Resident Services



Join us for an unforgettable evening of wine, cheese, and creativity as we celebrate the grand opening of the Heron's Key Resident Artists Gallery. This special event will feature a ribbon-cutting ceremony, marking the beginning of a new chapter in showcasing residents' talent and artistry. Don't miss this special occasion to mingle with fellow art lovers.



Birthday Celebration—Cake Bakeoff

Monday, April 28, at 3 pm (M)

Sponsored by Resident Services

We're celebrating this month's birthdays during the Cake Bake-Off (see page 25 for details). There will be cake—lots of cake— for all.

Sound Bathing with Dee Mulder

Monday, April 14, at 2:15 pm (M)

Sponsored by Resident Services

Dee Mulder, Gig Harbor sound healer, will now join us each month for a Sound Bathing session (see the current and upcoming Clubhouse events calendars for dates and times). You are welcome to use chairs or lie on a mat; blankets are encouraged. Slow down to take time to yourself, relax, and meditate as you are bathed in sound bowls and pyramid chimes. All are welcome.

Note: We encourage you to use a chair if you are not able to get up off the floor independently.

MAH-JONGG

American Mah-Jongg

Mondays
12-4 pm (CA)

Traditional Mah-Jongg

Now every Friday
2-4 pm (CR)

GAMES

Pinochle

Wednesdays, 2:30-4:30 pm
(CA)

Canasta

Thursdays, 1-3 pm (CA)

Mexican Train

Fridays at 11:30 (CA)

Bridge

Fridays, 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

F&M Healthcare: Dr. Maggie Sekeramyi &
Miriam Bagalwa, ARNP

Every Other Thursdays 10 am–2 pm

Health Services Clinic

253.448.9423

Appointments@fmhealthcare.org

Walk-ins welcome.

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



COVID Vaccine & Booster Shot Clinic

Wednesday, April 2, from 11:30 am-2:30 pm (SP)

Prior registration required.

ASK CONSONUS

**How do I schedule an appointment with your
physical therapy or occupational therapy department?**



1. **Talk:** Talk to your health care provider and ask for a referral for a PT or OT evaluation and treatment for (your concerns).
2. **Send:** Your health care provider can either:
 - Hand you a referral to bring to our department —or—
 - Fax the referral to our department at (253) 313-5938
3. **Confirm:** We will call you if we receive the order. If more than one week has passed after your health care provider said they would give you a referral, please give us a call.
4. **Paperwork:** Complete the necessary paperwork. There are packets/folders at the Therapy Department's receptionist desk that you may pick up at any time during business hours. It is necessary to fill out the forms before scheduling an appointment.
5. **Schedule:** Once we have received a referral from your health care provider and you've completed and returned the necessary paperwork, we can schedule your appointment.

We hope to see you soon! For more information, call 253.313.0749.

KITCHEN TOUR

First Wednesday of every month | Wednesday, April 2, at 2pm (SP) |

Join us for this monthly tour, where a culinary member will tell you how it all works and show you some of the interesting equipment we use to make you your delicious meals. Sign up at Syren's Grille or by calling 253.313.0797.

FULLCOUNT LAUNCH- ONLINE ORDERING AND RESERVATIONS

Monday April 14th

Join us in our excitement as we announce our new online food ordering and reservations platform. To access FullCount online ordering and reservations, please see the Dining section on the Resident Portal. User credentials will be delivered to your mail boxes prior to the launch. Please see the Host desk if you do not receive your user information. For help maneuvering the portal and the self-service kiosk, a helper will be available in the library to further assist from 3pm-5pm.

UPDATED: RESIDENT ORIENTATION TO DINING SERVICES- FULLCOUNT TRAINING

Second Tuesday of every month | Tuesday, April 8, at 11 am (SP)

Learn about our dining services and ask questions; no registration required. Please join us if you would like an introduction to the new online reservations and food ordering platform, FullCount. We will walk through how to access your portfolio and how to maneuver the system in more detail. We will also have user credentials available for those who did not receive them.

STAFF TRAINING

Second Wednesday of every month | Wednesday, April 9, at 3pm -4pm

Our focus for the new year is TRAINING! In order to do so, we will close on the second Wednesday of every month to focus on staff development. Please plan accordingly, by placing your orders for pick up or delivery before 3pm and after 4pm or dine-in before or after those same times.

CHEF'S DEMO

Second Monday of every month | Monday, April 14, at 2pm (SP) |

Join us once again for another culinary lesson and learn from one of our staff members! Lead Cook, Josh Miller, will demonstrate how to make lamb kofta kebabs, tasty and healthy. Cost is \$8 a residents and includes a meal.

EASTER BUFFET

Sunday, April 20, 10am – 3pm (SP,SY)

Gather with family and friends for a special Easter brunch buffet. The menu and pricing will be available the first week of April. Residents and guests welcome and reservations required. A limited menu to go only will be available. Delivery and to-go will be available.

CHEF DINNER

Friday April 25 and Saturday, April 26, 5pm (PDR)

Enjoy a culinary experience like no other with a specially curated coursed meal by Chef Chris and his team. Seating is limited, 10 people, so please reserve quickly so you don't miss out on this culinary experience. Menus will be published the first week of March and reservations can be made once published. Reservations are first come, first serve. Menu and pricing to be determined; pricing ranges from \$30-\$40 per person. Call 253.313.0797 today to reserve your place.