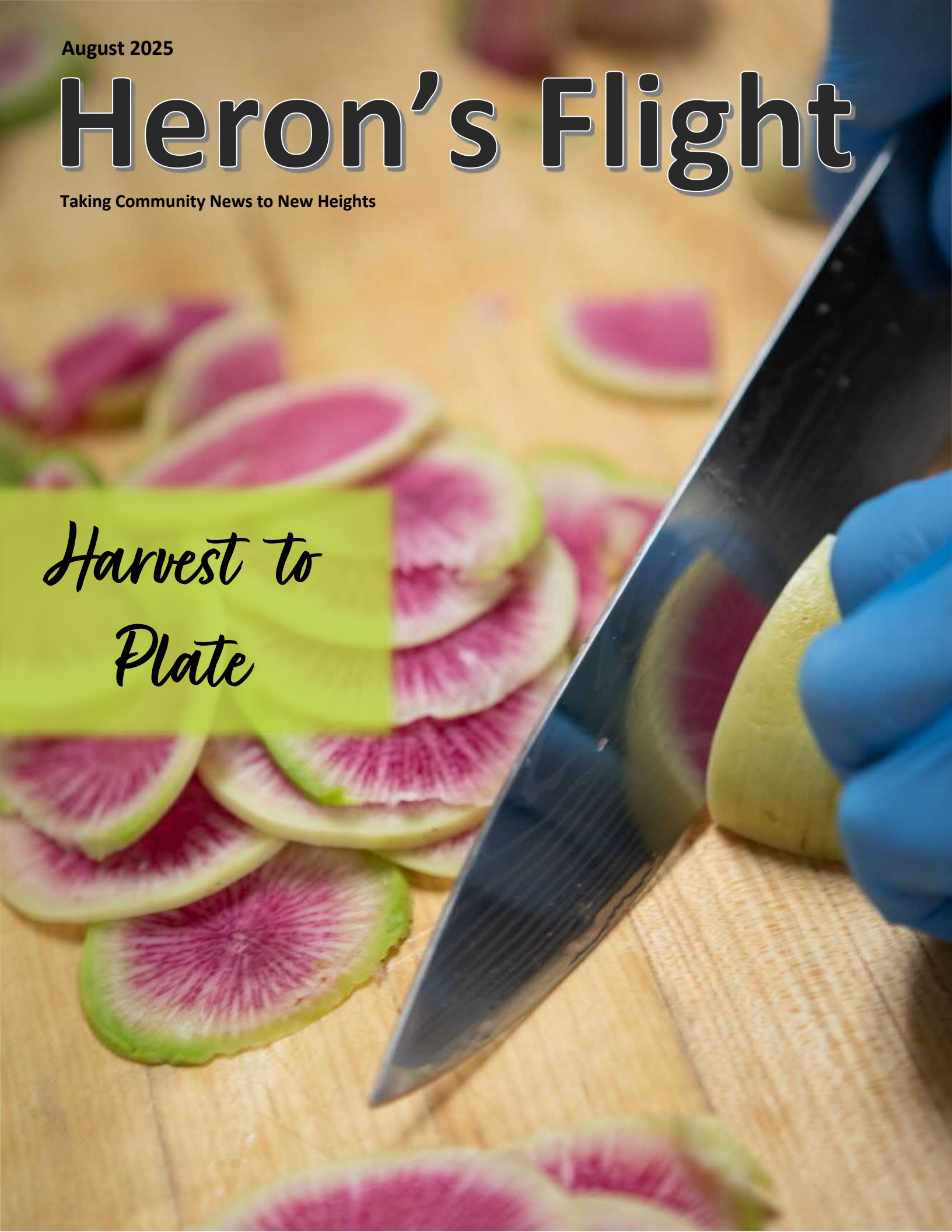


August 2025

Heron's Flight

Taking Community News to New Heights

*Harvest to
Plate*

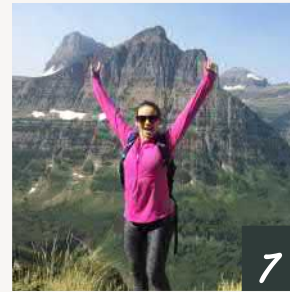


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Michelle Wood
Vice President of Operations

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

Lynn Wood
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

CONCIERGE NEWS

HERON'S KEY DEPARTMENT HOTLINES

Use this list to help you determine which department can assist you the best.

Concierge / Security | 253.313.0700

Transportation Requests | Packages & Mail | Away Notices | Local Resources | Registering for Off-Campus Trips | Interest Groups | Reporting Hospital Stays | Emergency & Pendant Response | Handouts & Forms | Updating Contact Info

Penrose Harbor Front Desk & Administration | 253.313.0800

Environmental Services Hotline | 253.313.0795

Apartment & Campus-Wide Cleaning

Facilities Hotline | 253.313.0798

Parking | Work Orders | Groundskeeping | Building Safety | Trash, Compost & Recycling | Residential Policies Regarding Balconies, Hallways & Apartment Renovations

Resident Services Hotline | 253.313.0793

New-Resident Orientation | Resident Handbook | Questions | Event, Fitness & Trip Ideas | Newsletter Content | Interest Groups & Resident Council | Room Scheduling | Questions About Transitions to Penrose Harbor | Health Concerns & Well Being | Life Enrichment & Volunteering at Penrose Harbor

Penrose Harbor Life Enrichment Activities | 253.313.0756

Syren's Grille Host Stand | 253-313-0797

Marketing | 253.851.8100 | Please call for an appointment so staff can schedule a time with you between sales calls and prospecting tours.

Moving Apartments within IL | Changing Underground Parking | Referrals

CLUBHOUSE EVENT CALENDAR CHANGE



The Clubhouse Events Calendar looks a bit different—it no longer shows a television symbol when an event is on HKTV. Instead, you'll see if an event is on HKTV next to the location of the event, similar to the newsletter (i.e., (M + HKTV)).

SIGN UP FOR TEXT MESSAGE ALERTS

Text **888.449.0214** (Message and data rates apply. Terms & privacy: slicktext.com/tc.php.)

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

RESIDENT COUNCIL CONNECTION

A MESSAGE FROM YOUR RESIDENT COUNCIL SECRETARY

Personal Challenge

It only takes a second for something to happen that results in a lifetime disability or causes limited mobility for months. The aftermath, at the very least, requires a lifestyle change and much patience.

I loved line dancing—that is, until I needed to move at a faster pace. The combination of wearing tennis shoes on carpet and a somewhat compromised balance landed me on the floor, with my left wrist and hip taking the brunt of the impact. Many rushed to help, but the best assistance came when a chair was brought, allowing me to get on my knees and then on to the chair. Later, while applying ice to my wrist and beginning to think more clearly, I realized an X-ray was necessary.

We left for the emergency room at St. Anthony Hospital in Gig Harbor. There is another whole newsletter about hospital ERs – another time.

Yes, the wrist was broken; a splint was applied, and a referral was made to an orthopedic specialist. The result was a purple cast almost up to my left elbow, leaving room for finger movement. It does hurt some, especially when I try to do something I shouldn't. Fortunately, I am right-handed, and Tom is a great help. What is most difficult are:


- Putting on socks, pulling anything over my head, and tying shoelaces
- Getting toothpaste on the toothbrush; being unable to floss
- Managing any buttons, hooks, and some zippers
- Curling my hair
- Fastening my seatbelt
- Opening lids, envelopes, and teabag sleeves
- Cutting meat and chopping anything
- Folding or hanging up clothes
- Keyboarding this data

While I lament these difficulties, inspiration comes from neighbor and friend Jim, who was born with only one hand. Fortunate enough to have parents who believed he could do anything, Jim learned to tie his shoes with one hand and brush his teeth. He rode his bike to school with an attached frame that carried his trumpet, played trumpet in the marching band, learned to type at 45 words per minute, and often typed papers for his college friends. He and a buddy took up scuba diving, and Jim would later serve 10 years as a scuba diving instructor. For many years, he shared his talents with students as a schoolteacher and principal. I am in awe, Jim. Thank you!

Whether the disability occurs at birth or comes later in life, the lifestyle change is the same. For those among us who are hearing challenged, visually impaired, limited in mobility, experiencing cognitive decline, or carrying carry other unseen limitations, take heart. We are blessed to live in a community that offers us friends, housekeeping, dining services, facilities, and salon services to make our lives easier.

May we always treat each other as equals, give assistance when needed, and stay as safe as possible. By the time you read this, I will be two weeks out of a cast, and Tom two weeks after carpal tunnel surgery. Let the fun begin!

— Carol Tamparo, HKRC Secretary



HERON'S KEY
GIG HARBOR

**Residents'
Association
Meeting**

**Thurs., Aug. 14, 10 am
(M & HKTV 370)**

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



GOLDEN SPOTLIGHT AWARD

Abby Abbey, Move-In Coordinator



Abby demonstrated exceptional creativity, leadership, and dedication in designing and bringing to life the parade float for the June Gig Harbor Parade. Her vision for "Treasures of the Tide" was both imaginative and inspiring. Abby went above and beyond to unite team members across all departments, turning her idea into a beautiful and collaborative reality!

Get to know: Denisa Feddersen

Chief Financial Officer

- What is your hometown? I was born and raised in Prague, the Czech Republic. In high school, I moved with my parents and sister to Munich, Germany, and 10 months later arrived in the Bay Area, California.
- What was your first job? As a senior in high school, to learn English, my first job was working at a donut store in Berkeley, CA.
- What three words would you use to describe yourself? Organized, hardworking, friendly
- What do you do for fun? I love to swim, garden, travel, and spend time with my family, especially with our 15-month-old grandson
- Who inspires you? My husband



- What do you love about working at EC? I enjoy getting to know our residents, working in a collaborative and friendly environment, and partnering with the Executive team and Finance team to directly contribute to improving the lives of our residents at Emerald Communities.
- What is the focus of your role at EC? My primary focus is ensuring the financial health of our organization and leading the Finance team. This includes regulatory compliance, annual audit and tax reporting, strategic and long-term financial goals, budget preparation, analysis of business opportunities, contract and financing review, investment management, insurance evaluation and management, and financial analysis and reporting. I love working alongside an experienced Finance team that goes above and beyond to make sure our vendors and employees are paid on time!



At Emerald Communities, staying connected to our mission, our residents, and one another is our 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.

PENROSE HARBOR LIFE ENRICHMENT

Upcoming Events

- **Rhythm & Recall:** August 6 & 20, at 11am
- **Painting with Dayla:** August 8, 15 & 22, at 10am
- **Wizard of Oz Birthday Celebration:**
Wednesday, August 27, at 2:30pm
- **Monthly Resident/Family Meeting:**
Thursday, August 28, at 4pm
- **Cooking Classes:** Mondays at 3pm
- **Sit & Stretch with Paige:** Monday - Thursdays at 2pm
- **Scenic Drive:** Monday and Fridays at 2pm
- **Lemonade Stand:** Tuesdays at 1pm
- **BINGO:** Tuesdays at 2:30pm & Saturdays at 11am
- **Ladies Group:** Wednesdays at 9:30am
- **Happy Hour:** Fridays at 3:30pm
- **Men's Gathering:** Sundays at 10am



August Highlights

- **Threshold Singers:** Wednesday, August 6, at 2:30pm
- **Chef Demonstration:** Wednesday, August 13, at 2:30pm
- **Sing-a-Long with John:** Thursday, August 14, at 3pm
- **Cameron the Accordion Entertainer:**
Wednesday, August 20, at 2:30pm
- **Car Show with Music, Popcorn, Cotton Candy, Shaved Ice, Hot Dogs & Tattoos:** Thursday, August 21, 2pm-4pm
- **Pinewood Derby Race:** Friday, August 22, at 3:30pm
- **Ruston Picnic:** Thursday, August 28, at 11:30am



PENROSE HARBOR LIFE ENRICHMENT

MEET AMBER HALL, REGISTERED DIETITIAN

Amber grew up in the Rocky Mountains of Montana, just outside of Glacier National Park. She figured out she wanted to be a dietitian after a night out with “the girls” that involved an Arby’s drive-thru. She attended school in Bozeman, MT, at Montana State University (Go Bobcats!). She found work opportunities in the Seattle area and tried city life for a bit. Today, Amber lives in Tacoma with her two Bengal cats, Lorenzo and Cattarina.

Growing up in the mountains instilled in Amber a love of the outdoors, adventure, and hiking. She and her best friend of 34 years have a goal to visit as many national parks as they can. This past spring, they checked the Smoky Mountains off their list, where they hiked for five days. Amber says that she has an adventurous spirit and an insatiable desire for new experiences. She also enjoys photography and dancing, especially ballroom and Latin; she says, “I’d rather dance my way through life.”

Amber works part-time at a diabetes center and is also our registered dietitian here at Heron’s Key. She has worked in long-term care for over 13 years and has worked at Heron’s Key for six years. She also helps at Emerald Heights on occasion.

Amber loves her job and the vibe here at Heron’s Key. She appreciates the autonomy, as well as the teamwork and collaboration, and the tools available to her here. She wants to make people’s lives easier and better. Amber’s mother described her as “sweet and loving,” and we can see how that translates to her work here. The staff in Penrose appreciates Amber for her kind nature and positive attitude. She knows her stuff and always prioritizes the health and happiness of the residents.



NURTURING THE SOUL

FARM TO TABLE AND EMOTIONAL WELLNESS



The farm-to-table movement, rooted in sourcing food locally and seasonally, is more than just a culinary trend—it's a powerful contributor to emotional wellness. When individuals participate in or support farm-to-table practices, they adopt a lifestyle that nourishes not only the body but also the mind and spirit.

Fresh, whole foods harvested at their peak provide nutrition superior to mass-produced and harvested foods, directly impacting brain health and emotional regulation. Nutrients found in fresh fruits, vegetables, and lean proteins can help balance mood, reduce anxiety, and increase energy levels. But the benefits of farm-to-table extend beyond the plate. Choosing locally grown food connects people to the rhythms of nature, the seasons, and their local environment. This connection can ground individuals, promoting mindfulness and a deeper appreciation for the sources of their food.

Visiting a farmers' market or a community-supported agriculture stand can also foster meaningful social interactions. These simple exchanges (e.g., chatting with a grower or learning about a harvest) cultivate a sense of community and belonging. Such interactions can help reduce feelings of isolation, which is essential in today's fast-paced, screen-centered world. I recently visited Seattle's Magnolia Farmers Market and struck up a fabulous conversation with a vendor selling mead. We talked history (mead is an ancient drink), culture, and local matters. It was an enriching conversation that could only have taken place in that setting.

But let's talk about food! Preparing meals from scratch with fresh ingredients can offer therapeutic value. The tactile act of chopping vegetables, the aroma of herbs, and the beauty of a colorful meal invite mindfulness into the kitchen. Cooking becomes an intentional act of self-care and creativity. Shared farm-to-table meals with family or friends can deepen emotional bonds and provide space for gratitude and connection.

For those with access, growing even a small herb garden or helping at a local farm can enhance these benefits. The physical activity of gardening and the satisfaction of harvesting food can be calming, meditative, and joy-filled.

Ultimately, farm-to-table living reinforces the idea that emotional wellness begins with how we nourish ourselves—physically and emotionally. It encourages slower, more deliberate choices that honor nature, community, and health, reminding us that wellness is rooted in the everyday rituals of living well and eating with intention.

And as always, if you see me out and about here at Heron's Key, let me know how farm-to-table experiences have enriched your life. I'd be fascinated to know and can share it with others who might need a new and different way to boost their emotional well-being.



Ebb Hagan

***Wellness &
Spirituality
Coordinator***

Monday—Friday
8 am—4:30 pm

253.313.0733
EbbH@heronskey.org

EVENT

Understanding the Difference Between Normal Aging and the Early Signs of Dementia with Emily Solmar

Tuesday, August 12, at 2 pm (M & HKTV 370)

Sponsored by the Wellness & Spirituality Division of Resident Services



While some changes in memory and thinking are a normal part of aging, it's essential to recognize when these changes may indicate something more serious, such as dementia. This informative session will help you distinguish between typical age-related changes and the early warning signs of dementia. We'll also discuss when to consult a doctor and explore practical strategies for managing the condition after a diagnosis.

Speaker Emily Sloma is the Director of Business Development and a Care Manager at No Worries Care. With over 15 years of experience in the healthcare industry, Emily specializes in home care and is passionate about helping families navigate the challenges of aging and dementia.



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
- ◆ Facials
- ◆ Waxing
- ◆ Lash and brow treatments



INTEREST GROUPS

EVENTS

Artists' Gallery Open Meeting

Friday, August 1, at 2 pm (A)

We are seeking resident artists to feature in our Artists' Gallery, located near the Maritime Room. If you're an artist or have ideas to share about what you'd like to see displayed, come to the first Artists Gallery Meeting.

Clothing Drive

August 5 to 12 (CL)



Sponsored by the Volunteer Group

- **WHAT:** Contribute to a community clothing drive organized by Food Backpacks 4 Kids. It seeks new and gently used clothes for men, women, and children, including jackets and low-heeled shoes. We'll deliver the donated items to the organization.
- **WHY:** There are many families in need in our area. During the annual community event, individuals receive the clothing free of charge, which can be life-changing.
- **WHEN:** August 5 to 12
- **WHERE:** Please place new and used clothing in the box that will be in the Clubhouse Lobby. Kindly secure pairs of shoes with rubber bands or place them in a bag.

Ice Cream Social

Saturday, August 16, from 2-4 pm

(Athena Park, across from the cottages along Athena Ave.)

Sponsored by the Community Engagement Committee



Nothing says summer quite like a drippingly delicious ice cream cone! And what could be better than meeting and greeting our neighbors on a lovely summer day in a park? Experience both summertime pleasures on Saturday, August 16, at Athena Park (see details above), where you can meet the neighborhood kids, dogs, and parents, and enjoy the joy of ice cream, conversation, and conviviality! This event, sponsored by the Community Engagement Committee, is an opportunity to meet and greet our Harbor Hill neighbors and friends as we work together to create a sense of neighborhood and community. Come on over to the park on the 16th and celebrate all that is wonderful and fun about summer!

BENEVOLENT THREADS

Order Your HK Gear Soon

This is your exclusive opportunity to proudly wear the Heron's Key logo while making a significant difference for our community's Benevolence Fund.

For a few more days, you can order stylish and comfortable Heron's Key apparel that make fantastic gifts for yourself, your neighbors, and even family and friends—think ahead for the holidays!

Start shopping now at <https://herons-key.spiritsale.com>.

Don't miss out on this unique chance to grab some gear and contribute to a vital cause!

Important Info

- **Order Cut-off:** 11:59 pm on **Monday, August 4.**
- **Payment Process:** Payments are securely handled via PayPal, even when entering credit card details.
- **Local Pickup:** We anticipate distributing all orders in the Clubhouse Lobby around the last week of August.

A portion of every sale goes directly to the Benevolence Fund, aiding those in need within our community.





Photo: Joe RouLaine

Friends of the Harbor Hill Environmental Sanctuary Update to the Heron's Key Community

Tuesday, August 26, at 4 pm (M & HKTV 370) | *Sponsored by Resident Services*

A lot has happened in the Friends of Harbor Hill Environmental Sanctuary (FHHES) nonprofit and at the Harbor Hill Environmental Sanctuary since our last update. During this event, we'll bring you up to speed on recent developments, the status of the nonprofit organization, and its plans.

The creation of the Sanctuary has become an important and much-loved part of the generational legacy that residents of Heron's Key have established. Please join us as we celebrate, catch up on recent happenings, plan for the future, and share our favorite Sanctuary experiences.

WELLNESS: HARVEST TO PLATE



Plant Swap

Wednesday, August 6, at 1 pm (CL Patio) | Sponsored by Resident Services

It's time for 2025's plant swap! Bring extra vegetables, fruits, flowers, cuttings, propagations, seeds, or even a house plant you no longer want. The goal is to learn about what our neighbors are growing and swap plants to grow something new.



U-Pick Blueberries & Sack Lunch at Bybee Farms in North Bend

**Monday, August 11
from 9 am-2 pm**

Sponsored by Resident Services



Register on the Resident Portal by noon on Wed., August 6.

(See page 17 for more details)



Wine Tasting with Two Loons Winery

**Wednesday, August 27
4 pm (M)**

Sponsored by Resident Services

Two Loons Winery is a local nano-winery owned by Peter and Michael, the Simpson brothers. Starting as hobbyists, they learned as they went and studied classical texts on winemaking and various techniques. Quoting one of the Loons, "We get the best fruit possible and try not to dork it up."

This event features three to four tasting pours from Michael and Peter, accompanied by simple snacks. **Registration is required, and space is limited. Sign up on the Resident Portal soon.**



Summer Guitar Concert with Michael Crain

Friday, August 15, at 1 pm (M)

Sponsored by Resident Services

Joining us again is HK favorite Michael Crain! Michael is a songster and guitarist who uses background tracks to create a full-band sound. He enjoys playing music from the 1950s and 1960s by performers such as Buddy Holly, Johnny Cash, and The Beach Boys.

Singing and dancing along encouraged!



FACING THE CRISIS

Homelessness, Humanity & Our Collective Responsibility

Sponsored by the Diversity, Equity & Inclusion Committee

EVENT

Jigs, Villages, and a Vision: The Innovative Path to Ending Homelessness in King County with Barb Oliver

Friday, August 8, at 1 pm (M & HKTV 370) | *Sponsored by Resident Services*



Barb Oliver is the Director of Operations and Volunteer Coordinator for Sound Foundations NW (soundfoundationsnw.org). Her organization plays a pivotal role in addressing the homelessness crisis by building transitional tiny homes for the Low Income Housing Institute (LIHI) (lihi.org). In fact, Sound Foundations NW currently builds nine out of every ten tiny homes that are placed in new tiny home villages across the region.

Barb will share insights into their innovative jig system, a streamlined method that allows volunteers to construct high-quality tiny homes quickly and efficiently. More importantly, she will discuss what these villages represent: a safe, stable first step on the pathway out of homelessness.

Homelessness remains one of the most pressing issues in the Pacific Northwest. According to the 2024 Point-In-Time Count, over 14,000 individuals experienced homelessness in King County alone, which includes Seattle. Of those, nearly 7,000 were unsheltered—living on the streets, in vehicles, or in encampments. In Pierce County, which includes Tacoma, the number of people experiencing homelessness has increased by nearly 30% since 2022, with over 2,300 people counted in the most recent survey.

Barb will also present Sound Foundations NW's Plan to Get to Functional Zero, a comprehensive strategy to ensure everyone experiencing homelessness in King County who wants a roof over their head will have one.

Don't miss this powerful discussion on how community-driven innovation, smart design, and volunteer engagement are transforming lives—one tiny home at a time.



Need Tech Help?

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

PERSONAL TRAINING

AT HERON'S KEY

*Guidance,
Accountability,
Results
... Just Steps
from Home*

With affordable personal training at Heron's Key, you may gain:

- Increased strength
- Reduced pain
- Everyday injury prevention
- Improved energy and balance
- Enhanced mobility and continued healing after physical therapy
- Reduced risk of falls
- Progress that lets you see what's possible

It all starts with a **FREE** personal assessment.
Call 253.313.0781.

HIKES & MORE

Register for hikes on the Resident Portal. For assistance with registering, please call or visit the Concierge Desk. **If registration for a hike is full, feel free to sign up.** Doing so will place you on the waitlist and help increase your chances of being able to participate in an off-campus trip if other registrants cancel.

Walking Food Tour of Pike Place in Seattle via the Bremerton Fast Ferry

Thursday, August 7, from 9 am-5 pm | *Sponsored by Fitness*

We're participating in a walking food tour of Seattle and will take the 9:50 am 30-minute Bremerton Fast Ferry. The stops on the tour include a small food offering, background history and legend of Pike Place Market, and the opportunity to meet the business owners and learn their stories. After the tour, we will have free time to explore Pike Place, shop, and enjoy more local cuisine.

We will aim to take the 3:45 pm Fast Ferry back to Bremerton, arriving at Heron's Key around 5 pm. Please keep the following in mind: the tour involves strolling on mostly paved sidewalks and some cobblestone streets, and Pike Place is on a hillside with steep inclines. Be sure to bring comfortable walking shoes, a water bottle, and sun protection. **Registration closed.**

Kayaking at Lee's Sups in Gig Harbor

Friday, August 29, from 9:45 am-1 pm

Sponsored by Fitness

Another summer means another kayaking adventure with Lee's Sups! Please remember to dress accordingly for being on the water and in the sun. Packing water and/or snacks is also encouraged. **Register on the Resident Portal by noon on Thursday, August 21.**

A SPECIAL MESSAGE FROM LIFELONG LEARNING

Lifelong Learning takes a break from in-person presentations in August, but the HKTV programming continues as usual. August is the month for participating in Lifelong Learning by donating to support the continuation of the programming that you have enjoyed over the last year.

This year saw the addition of the Great Decisions Discussion Series, featuring reading materials, videos, and world-class presentations on key areas of foreign policy. From Gaza, NATO, Climate Change, China, and India, we gained an in-depth perspective on each of these

areas. The Sense of Place series by Doug McDonnell took us from the geological past of Gig Harbor up to the modern-day naming of our streets and communities, along with a new understanding of our communities' cosmological connection to Mt. Rainier (Tacoma). From the Japanese Exclusion event to Polynesian Navigation to the life and songs of Woody Guthrie, new worlds were explored. Add to this Nature in 90 Minutes and several 'Who Am I' presentations, and we gained new understandings of the world around us and our neighbors.

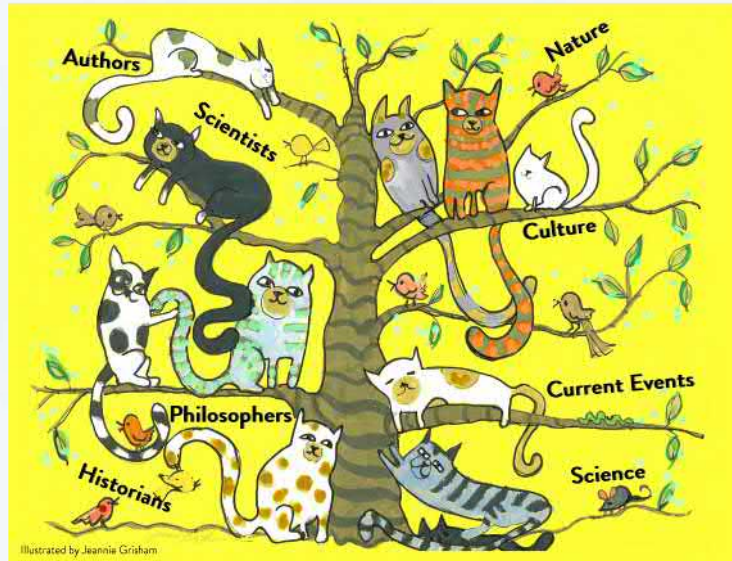
We will round out the year with a final Great Decisions on Artificial Intelligence, several more sessions on themes in philosophy, art of the Pacific Northwest, and conclude with Knute Berger of Mossback fame from PBS.

Lifelong Learning has been able to deliver these programs because of the generous donations from our residents. This coming year will be even more challenging as Federal funding for the arts is being cut back and will affect programs such as Humanities Washington. Please take a moment to donate to Lifelong Learning to support our continued programming of educational events.

To contribute, write a check to "Heron's Key Resident Association," with "LL Enrichment Fund" 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 being so supportive,
Bill Sams

Primary Facilitator, Heron's Key Lifelong Learning Interest Group



PERFORMING & VISUAL ARTS

PERFORMING & VISUAL ARTS PRESENTS IN THE MARITIME AND ON HKTV 370

JAZZ and Roberto Fonseca

Wednesday, August 6, at 6:30 pm | (M & HKTV 370)

CLASSICAL Mozart, Beethoven, and Others

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

Classical music is renowned for its clear, memorable melodies and sophisticated harmonies, often characterized by a focus on homophonic texture. Join us on an exploratory journey through the works of Mozart, Beethoven, and others.

Offenbach's La Vie Parisienne Operetta

Saturday, August 16, at 2 pm (M & HKTV 370)

First performed in 1866, French operetta *La Vie Parisienne* by Jacques Offenbach is set in the vibrant and frivolous world of 1860s Paris. The plot revolves around two Parisian socialites, Gardefeu and Bobinet, who initially rival for local actress Metella's affections. When Metella rejects them for a wealthier man, they team up and decide to pursue more sophisticated relationships. Their plan involves a Swedish baron and baroness visiting Paris, whom they try to impress and seduce with elaborate deceptions and a fake Parisian social scene.

Zubin Mehta Conducts Russian Masterpieces

Wednesday, August 27, at 6:30 pm (M & HKTV 370)

Zubin Mehta is an Indian conductor of Western classical music. He is music director emeritus of the Israel Philharmonic Orchestra (IPO) and conductor emeritus of the Los Angeles Philharmonic.

Rudolf Nureyev's Don Quixote Ballet

Saturday, August 30, at 2 pm (M & HKTV 370)

Don Quixote tells the story of a nobleman who, inspired by chivalric romances, embarks on a quest to revive chivalry, accompanied by his loyal squire, Sancho Panza. The ballet centers on the love story between Kitri and Basilio, which Don Quixote initially believes is his own love for the idealized Dulcinea. The ballet features a dream sequence in which Don Quixote encounters dryads, and ultimately, the lovers' marriage is celebrated, with Don Quixote and Sancho continuing their adventures.



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.

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

Tour and Lunch at Yoked Farmhouse & Brewery in Port Orchard

Friday, August 1, from 10 am-1 pm | *Sponsored by Resident Services*



We'll take an hour-long tour of the grounds, animals, and more before settling in for lunch. Yoked offers sandwiches, salads, and bowls, along with a rotating selection of farmhouse ales, beers, and ciders. **Please note** that the terrain on the tour consists of hills, gravel, and grass, and there may be tripping hazards to be aware of.

Registration closed.

The Brothers Greenhouses in Port Orchard



Monday, August 4, from 9:30 am-12 pm | *Sponsored by Resident Services*

The Brothers Greenhouses is open year-round and offers perennials, annuals, houseplants, tropical plants, ferns, cacti, vegetables, flowers, and local handmade goods. **Register on the Resident Portal by noon on Friday, August 1.**

U-Pick Blueberries & Sack Lunch at Bybee Farms in North Bend



Monday, August 11, from 9 am-2 pm | *Sponsored by Resident Services*

Bybee Farms offers many heirloom varieties of blueberries, as well as picking buckets and bags or boxes for your berries. The per-pound cost of the blueberries depends on your payment method:

- Cash: \$3.15 per pound
- Credit card: \$3.25 per pound



Please bring water, sun protection, and a sack lunch. We'll eat our lunches on-site at picnic tables, but you are welcome to bring a picnic blanket or camping chairs. **Please note:** The driving time between Heron's Key and the farm (one way) is approximately 1 hour and 20 minutes. **Register on the Resident Portal by noon on Wednesday, August 6.**

A Tribute to the Iconic Music of the '60s at the Federal Way Performing Arts & Events Center



Friday, August 15, from 5:30 pm-10 pm | *Sponsored by Performing & Visual Arts*

This musical experience is more than a concert. It's a journey through the revolutionary sounds of pop, folk, soul, and rock that defined a generation with a star-studded lineup of artists bringing to life their sold-out '60s flashback shows for a one-night-only performance. '60s attire is always welcome at '60s flashback shows. **Register on the Resident Portal by noon on Monday, August 4.**

OFF-CAMPUS EVENTS

Peninsula Metropolitan Parks Miniature Golf in Gig Harbor

Monday, August 18, from 2-3:30 pm | *Sponsored by Resident Services*

Register on the Resident Portal by noon on Wednesday, August 13.

Olympic Music Festival &

Dinner at Alchemy in Port Townsend

Saturday, August 23, 11:30 am-7 pm

Sponsored by Performing & Visual Arts



We're travelling to Port Townsend for the Olympic Music Festival for the 2 pm concert, *Beethoven the Visionary*. The program includes Beethoven's String Quartet in F major, Op. 135; Brahms's Clarinet Trio in A minor, Op. 114; and Schubert's Piano Trio No. 1 in B-flat major, D. 898. **Please note** that the driving time between Heron's Key and Port Townsend (one way) is approximately 1 hour and 20 minutes. **Register on the Resident Portal by noon on Monday, August 4.**

Crystal Mountain Gondola Ride &

Lunch Near Enumclaw

Thursday, August 28, 9 am-4 pm | *Sponsored by Resident Services*

We're riding the Mt. Rainier Gondola to Crystal Mountain's summit, where we'll be surrounded by expansive views of Mt. Rainier, the Cascade Range, and more. After the gondola ride, have lunch at the resort. We will head back to Heron's Key at around 2 pm. **Please note:** *There is a paved, smooth path to and from the gondola. Restrooms are available on site. The driving time between Heron's Key and Crystal Mountain (one way) is about 1 hour and 45 minutes (if there's no traffic).*

Register on the Resident Portal by noon on Thursday, August 7.



Kayaking at Lee's Sups in Gig Harbor

Friday, August 29, from 9:45 am-1 pm | *Sponsored by Fitness*

Please see page 14 for more information. **Register on the Resident Portal by noon on Thursday, August 21.**

SHOP & DINE

Walking Food Tour of Pike Place in Seattle

via the Bremerton Fast Ferry

Thursday, August 7, from 9 am-5 pm | *Sponsored by Fitness*

We're participating in a walking food tour of Seattle and will take the 9:50 am 30-minute Bremerton Fast Ferry. The stops on the tour include a small food offering, background history and legend of Pike Place Market, and the opportunity to meet the business owners and learn their stories. After the tour, we will have free time to explore Pike Place, shop, and enjoy more local cuisine.

We will aim to take the 3:45 pm Fast Ferry back to Bremerton, arriving at Heron's Key around 5 pm. Please keep the following in mind: the



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

OFF-CAMPUS EVENTS

tour involves strolling on mostly paved sidewalks and some cobblestone streets, and Pike Place is on a hillside with steep inclines. Be sure to bring comfortable walking shoes, a water bottle, and sun protection. **Registration closed.**

Women's Brunch at Rosewood Café in Tacoma

Wednesday, August 13, from 10 am-12:30 pm | *Sponsored by Resident Services*

Register on the Resident Portal by noon on Monday, August 11.

International Tastings at Freighthouse Square in Tacoma

Tuesday, August 19, from 11:30 am-1:30 pm | *Sponsored by International Tastings Group*

International Tastings is returning to Freighthouse Square. We've been there several times, and our experiences have been excellent. The food court offers a variety of cuisines, including Thai, Mexican, Vietnamese, Indian, and Greek/Persian/Mediterranean. There's even a hamburger joint. **Register on the Resident Portal by noon on Tuesday, August 12.**

Do you know of a great restaurant that can seat 19 people and has parking for the HK bus? If so, let residents Kerry Smith or Marilyn Brenner know. We're always looking for new culinary adventures!

Co-Ed Lunch at Woven in Point Ruston, Tacoma

Tuesday, August 26, 11 am-1 pm | *Sponsored by Resident Services*

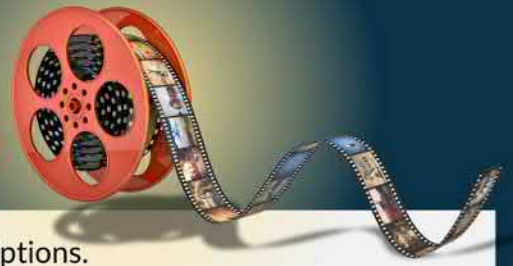
Register on the Resident Portal by noon on Monday, August 18.



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 11 am
		8/1—Safeway
8/4—Trader Joe's, University	8/6—Safeway	8/8—Safeway
8/11—Fred Meyer	8/13—Safeway	8/15—Walmart
8/18—Trader Joe's, Silverdale	8/20—Safeway	8/22—Target
8/25—Met Market	8/27—Safeway	8/29—Safeway

Movies in the Maritime and on HKTV



See the Resident Portal for movie descriptions.

Friday Night Movies at 7 pm

Sponsored by Resident Services

- **8/1:** *Fargo* (R, 1996)
- **8/8:** *The Naked Gun* (PG-13, 1988)
- **8/15:** *The Usual Suspects* (R, 1995)
- **8/22:** *Green Book* (PG-13, 2018)
- **8/29:** *The Dark Night* (PG-13, 2008)

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

Sunday Movie Dates with Scott at 5:30 pm

Sponsored Performing & Visual Arts

- **8/3:** *Overboard* (PG, 1987)
- **8/10:** *Indiana Jones and the Last Crusade* (PG-13, 1989)
- **8/17:** *Oh, God!* (PG, 1977)
- **8/24:** *The Out-of-Towners* (PG-13, 1999)
- **8/31:** *My Fair Lady* (G, 1964)

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



HKTV370

Seniors Self-Defense Tips (Part 2) with Bob S.

Wednesday, August 13, at 2 pm (M & HKTV 370) | *Sponsored by Resident Services*



Following June's Gig Harbor Self Defense Tips event, this one-hour program with resident Bob S. builds on what you learned with a demonstration of specific practical and simple self-defense techniques you can use in daily-life situations. The emphasis is on spirit and techniques instead of strength. You can practice the techniques from your chair or while standing.

Bob is a long-time martial arts student and instructor with a background in Seido Karate, Judo, and Tai Kwan Do. He holds a 4th-degree black belt in Japanese Seido Karate (awarded at the international Seido Karate dojo in New York) and has served as an instructor for all ages at the Northshore and Seattle YMCA locations for over 30 years.

RESIDENT & STAFF

SUMMER

BBO

PARTY



Sponsored by **ADMINISTRATION**

**THURSDAY,
AUG
14**



**CL PARKING LOT
2-4 PM**

LIVE MUSIC BY



**CELEBRATING EVERYONE WHO MAKES
HERON'S KEY AMAZING!**

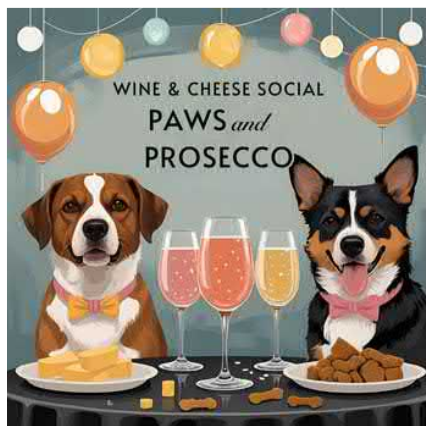
UPCOMING EVENTS

Instrumental Piano with Kimberly

Tuesday, August 5, at 2 pm (CL)

Sponsored by Resident Services

Kimberly is a local, classically trained pianist who enjoys performing a diverse range of classical and oldies music. Grab a cup of coffee and enjoy her musical stylings in the Lobby.



Wine & Cheese Social: Paws and Prosecco

Monday, August 18, at 4 pm (CL & CL Patio)

Sponsored by Resident Services

Join us for our monthly Wine & Cheese Social, with a twist! Our friendly canine pals are invited to join in. There will be complimentary dog treats for the pooches, courtesy of Dining, and prosecco and a non-alcoholic option for the humans. Meet your neighbor dogs and the animal lovers on campus.



Birthday Celebration

Friday, August 29, at 3 pm (CL & CL Patio)

Sponsored by Resident Services

MAH-JONGG

American Mah-Jongg

Mondays
12-4 pm (CA)

Traditional Mah-Jongg

Fridays
2-4 pm (CR)



GAMES

Pinochle

Wednesdays at 2:15 pm (CA)

Canasta

Thursdays, 1-3 pm (CA)

Mexican Train

Fridays at 11:30 (CA)

Bridge

Fridays, 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

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



PREFERRED
PODIATRY
GROUP

ON-SITE PODIATRY SERVICES AT HERON'S KEY

Heron's Key is pleased to announce we've partnered with Preferred Podiatry Group (PPG) to offer convenient, on-site foot care for residents. PPG has served senior living communities since 1972 and specializes in comprehensive podiatric care. Their services include:

- Examinations and diagnosis
- Treatment of all foot-related conditions
- Emergency and acute care visits
- A diabetic shoe program

Heron's Key staff will coordinate with PPG to schedule regular visits, and there will be routine podiatry clinics in the Garden Level/Ground Floor clinic. If you are interested in signing up for on-site podiatry services, please pick up a consent form at the Concierge Desk. Once completed, return the form to the front desk. If you have any questions, please contact Lisa Meinecke, Director of Resident Services.

CHEF DINNER RAFFLE | Second Week of Every Month

We are revamping your chance to win a four-person Chef Dinner. To encourage residents to participate in our feedback surveys, we invite you to **complete a survey every time you dine or take out during the second week of every month**. We'll place the surveys in a box for a drawing at the end of that week. **A copy of your receipt is no longer valid for this raffle.** If you have any questions, please speak to a Dining team member.

CHEF'S COOKING CLASS

Second Monday of every month | Monday, August 13, at 2pm (SP)

Join us for our revamped Chef Demo. This interactive series will guide you through the process of making a dish from scratch. Join Lead Cook Josh this month as he shows you how to master the omelet. Build your own omelet and try your hand at making the perfect eggs. Cost: \$6.50. Sign up at Syren's Grille or by calling 253.313.0797.

RESIDENT ORIENTATION TO DINING SERVICES

Second Tuesday of every month | Tuesday, August 12, at 11 am (SP)

All residents are welcome. Learn about our dining services and ask questions—no registration required. You will also receive an introduction or refresher on our new online ordering and reservations system, FullCount.

STAFF TRAINING

Second Wednesday of every month | Wednesday, August 13, from 3-4 pm

Our focus for the year is TRAINING! To this end, we close for an hour 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 3 pm or after 4pm, or dine in the restaurant before or after those times. If you have any questions, please speak to a Dining team member.

COMMUNITY BBQ | Thursday, August 14, from 2–4 pm (CL Parking Lot)

Residents and Heron's Key staff are invited to celebrate the end of summer at the community cookout from 2pm until 4pm. During this time, kitchen staff will be limited, and we will offer a limited menu for takeout and delivery only. Dine-in service will resume at 4:30 pm with our regular menu.

CHEF DINNERS | Friday and Saturday, August 22 and August 23, at 5 pm (PDR)

Enjoy a culinary experience like no other with a specially curated coursed meal by Chef Chris and his team. Seating is limited to 10 people, so please reserve your spot quickly **once we publish the menus** to avoid missing out on this culinary experience. We'll publish menus the first week of August (visit the host stand or view the "Special Events" menu on the Resident Portal); you may make reservations at that time. Reservations are available on a first-come, first-served basis. Menu and pricing to be determined; pricing ranges from \$30 to \$40 per person. Call 253.313.0797 today to reserve your place.

LABOR DAY COOKOUT

Monday, September 1, from 11 am–3 pm (M & CL Patio) | **Reservations Required**

Cost: \$17 for Residents; \$20 for Guests; \$10 for Children Ages 6-12 years; Free for Children 5 and Under

Join us for a special Labor Day Cookout in the Maritime Room and Clubhouse Patio (weather permitting). Menus will be available at the Host Stand at Syren's Grille and on the Resident Portal's Dining Page under "Special Events" first week of August. Reservations are required. Make your reservations at Syren's Grille or by calling 253.313.0797. A limited menu for takeout and delivery will be available during operating hours.

Find the latest menus and hours on the Resident Portal.