

June 2025

Heron's Flight

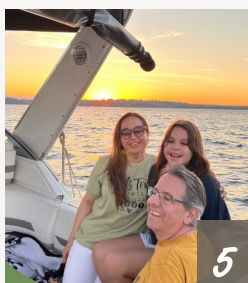
Taking Community News to New Heights

A hand-drawn fire trail from a marker. A hand holds a black marker, drawing a vibrant, wavy trail of orange and yellow flames across a light-colored surface. The fire starts as a small spark at the bottom right and grows into a large, intense flame that spreads upwards and to the left. The background is a soft, warm glow, and several other markers are visible in the upper right corner, slightly out of focus.

**IGNITING
CREATIVITY**
Follow the Spark

INSIDE THIS MONTH'S ISSUE

- 3. Concierge News
- 4. Resident Council Connection
- 5. Emerald Communities
- 6. Life Enrichment
- 7. Movies in the Maritime
- 8. Off-Campus Events
- 11. Interest Groups
- 12. Fitness
- 14. Wellness: Igniting Creativity
- 16. Diversity, Equity & Inclusion
- 18. Lifelong Learning
- 21. Performing & Visual Arts
- 24. Nurturing the Soul
- 26. Upcoming Events
- 27. On-Campus Providers
- 28. Dining Services



5



6



11



12



14



15



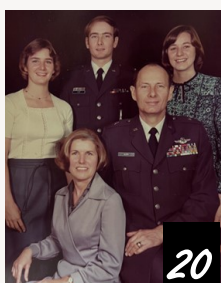
16



17



20



20



21



24

Cover created with AI using Microsoft Designer

CONCIERGE NEWS

Michelle Wood

Vice President of Operations

Chris Lucero

Executive Director

Karen Rose

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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

EMERALD HEIGHTS AND HERON'S KEY RECOGNIZED AMONG WASHINGTON'S TOP CCRCs BY NEWSWEEK

We're proud to share that *Newsweek* named Heron's Key the #8 Continuing Care Retirement Community (CCRC) in Washington in its 2025 rankings of "America's Best CCRCs." **This recognition is a meaningful affirmation of what residents and staff already know: Heron's Key is a vibrant, caring, and high-quality community where people thrive.**

The rankings, compiled in partnership with Statista, were based on a wide range of criteria, including resident satisfaction, care quality, services offered, and public reviews. With a total score of 64.8%, Heron's Key stood out among hundreds of communities across the state, earning a top-ten position alongside its sister community, Emerald Heights in Redmond (#5).

This honor belongs to all of you—our residents, team members, and supporters—whose commitment to community, wellness, and excellence makes Heron's Key such a special place to call home.



Help us be named as a *Seattle Times* Best in the PNW.

See page 5 for details.

HERON'S KEY – RESIDENT VIDEO FILMING ON CAMPUS

On **Friday, June 6**, we'll be filming a new series of videos highlighting the stories of a few Heron's Key residents as they reflect on life in the community. This is part of an upcoming marketing project designed to showcase the unique experiences that make Heron's Key feel like home.

The shoot should not impact regular schedules, but you may see our team capturing moments around campus or stepping into an activity or class. Thanks for your support as we share what makes Heron's Key so special!

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

Some Striking Examples of Service

An Eastern Oregon service station owner was a memorable model of service. It was an era when a “service” station meant more than just getting gas. This gentleman filled the tank, washed the front and back windows, checked the oil, and asked if he could vacuum the front seat floors. He had a big smile and sometimes shared conversation. When asked about his actions, he replied, “Many months as a POW changed me. I vowed to always be the very best at whatever I did for as long as I lived.” It was the only place we bought gas. **Service!**

Vanessa, a hostess at the nearby Anthony’s restaurant, answered the phone, “Good afternoon, Tom.” After expressing our wishes, she added, “See you (repeated our request). Thanks for calling.” As we hurried across the street from the parking area on a rainy, windy day, we saw Vanessa waiting for us at the open door. **Service!**

On a recent Sunday, I placed an HK Facilities work order to address the flickering light over the kitchen counter. Thinking the light would be replaced on Monday, we were delighted when the doorbell rang that afternoon. It was staff member Christine Stanley with a new light accompanied by a smile and friendly conversation. **Service!**

When a heavy glass jar chipped and cracked the corner of our glass stovetop, horror struck. We called Facilities, and the gracious Kari Vinson put a solution in process. A visit from Facilities Supervisor Ray Austin gave us the bad news: “It is not safe to use, very expensive to replace, probably better to buy a new stove. I’ll check to see what we have.” An hour later, Ray came back with Christine and Reese Hamilton. They told us that a stove like ours was available, what it would cost, and that they could replace it immediately. True to their word, they completed the replacement on a Friday afternoon—all with a smile, some conversation, and no complaints about all the crud under the stove. **Service!**

Resident Don Ransom reminded us that he would take our large Christmas poinsettia when it was done and use its soil on the property. When we called for this service, we discussed our three barrels in the garden area below our apartment— one was broken, and another was cracked. Don said he would take care of those pots, keep what he could, and haul away the rest. A couple of days later, we saw residents Don and Clark Rowland manhandling our barrels, loading them into a wheelbarrow, and taking them away. This was beyond what was expected. **Service!**

These are just a few examples of the **service** we receive at HK, and quality **service** often leads to *random acts of kindness*. While at lunch with a friend, she directed our waiter to put a nearby serviceman’s lunch on her bill and, “Tell him a former Navy nurse thanks him for his **service**.”

When you hold the door for someone, compliment someone, help someone with a chore, say “thank you” and “please,” smile, and make eye contact, you’ve made someone’s day and delivered a valued **service**. So let us call out great **service** and, together, create random acts of kindness.

— Carol Tamparo, HKRC Secretary



Resident Council Meeting

Thurs., June 12, 10 am
(M & HKTV 370)

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

VOTE FOR US IN THE SEATTLE TIMES BEST IN THE PNW AWARDS!

We're excited to share that Heron's Key has been nominated for *The Seattle Times* "Best in the PNW" People's Choice Award under the category Real Estate–Senior Community!

- Vote at VoteThePNW.com. The voting period begins at noon on Monday, June 9, and ends at 5 pm on Friday, June 27.
- Cast your vote daily at VoteThePNW.com.

Your daily votes can help us showcase what makes Heron's Key so special. Thank you for your continued support; let's bring this recognition home!



Get to know: Sandra Cook

Vice President of Marketing and Public Relations

- What is your hometown? Guadalajara, Jalisco, Mexico
- What was your first job? Games/Prize attendant at Pizza Hut when I was 16 (think of Chuck E. Cheese)
- What three words would you use to describe yourself? Tenacious, empathetic, and curious
- What do you do for fun? Hang out with friends, crafts, kayak, boating, travel and any other crazy activity my kids ask me to do



- Who inspires you? My husband and two daughters
- What do you love about working at EC? I love the vibrancy of our residents and the peace of mind this community provides. As my ten-year-old recently said, "these communities are heaven on earth."
- What is the focus of your role at EC? My role centers on all aspects of sales, marketing, and public relations. I'm focused on building a strong financial future, developing team culture, supporting team training and growth, and positively influencing the broader company culture so we can continue to be there for residents when they need us most.



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



SAVE THE DATE

Upcoming Events

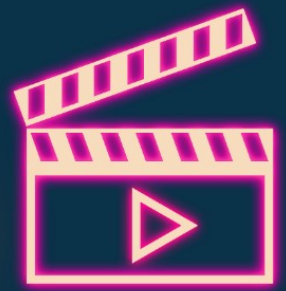
- **Monthly Birthday Celebration:**
Wednesday, June 25, at 2:30 pm
- **Monthly Resident/Family Meeting:**
Thursday, June 26, at 4 pm
- **Scenic Drive:**
Monday & Fridays at 2 pm
- **Move & Groove:** Fridays at 2 pm
- **Happy Hour:** Fridays at 3:30 pm
- **Sit & Stretch with Paige:**
Monday–Thursdays at 2 pm
- **Lemonade Stand on the Patio:**
Tuesday & Thursdays at 1 pm

June Highlights

- **Threshold Singers:**
Wednesday, June 4, at 2:30 pm
- **Senior Picture Day:**
Tues., June 10, & Thurs., June 12, from 10 am–3 pm
- **Ice Cream Outing:**
Wednesday, June 11, at 2pm
- **Chef Demonstration:**
Wednesday, June 11, at 2:30 pm
- **HK Songsters:**
Tuesday, June 17, at 4 pm
- **Spring Tea Party:** Wednesday, June 18, at 3 pm
- **Ruston Picnic:** Wednesday, June 25, at 11:30 am



Movies in the Maritime



See the Resident Portal for movie descriptions.

Friday Night Movies

7pm (M)

Sponsored by Resident Services

- 6/6: *The Graduate* (1967, PG)
- 6/13: *Mrs. Doubtfire* (1993, PG-13)
- 6/20: *Cast Away* (2000, PG-13)
- 6/27: *The Shape of Water* (2017, R)

Sunday

Movie Dates with Scott

5:30pm (M & HKTV 370)

Sponsored by Performing Arts

- 6/1: *Tootsie* (1982, PG)
- 6/8: *The Hot Rock* (1972, PG)
- 6/15: *Sleepless in Seattle* (1993, PG)
- 6/22: *True Lies* (1994, R)
- 6/29: *Singin' in the Rain* (1952, G)

Submit your movie suggestions to the Concierge Desk.

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



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

Important

Please do not leave trash in the Heron's Key vehicles. Your cooperation will help protect the health and safety of fellow residents and staff.

ENJOY THE ARTS AND LOCAL AREA

Hike: Nisqually Estuary & Boardwalk in Olympia



Wednesday, June 4, from 10 am–2 pm | Sponsored by Fitness

See page 12 for details. **Register on the Resident Portal by noon on Wednesday, May 28.**

Northwest Trek Wildlife Park & Lunch in Eatonville

Friday, June 6, from 9:30 am–3 pm | Sponsored by Resident Services

Northwest Trek Wildlife Park is a 723-acre wildlife park with black and grizzly bears, grey wolves, bald eagles, a cougar, wolverines, bobcats, and more. The park also has a tram tour that drives you through the free-roaming areas to get a closer look at the wildlife. We will have lunch on-site, and you are welcome to bring a sack lunch and enjoy the view from the picnic tables.

Please note: Northwest Trek Park involves a lot of strolling on paved paths. There are benches to sit and rest on, but being able to move independently from exhibit to exhibit is necessary. Please be mindful of weather and wear a hat, sunglasses, etc. **Registration closed.**

Hike: Dune Peninsula at Point Defiance Park in Tacoma

Wednesday, June 18, from 1–4 pm | Sponsored by Fitness

See page 12 for details. **Register on the Resident Portal by noon on Friday, June 13.**



Seattle Art Museum & Lunch at MARKET in Seattle

Thursday, June 19, 9am–3pm | Sponsored by Resident Services

See page 14 for more details. **Register on the Resident Portal by noon on Friday, June 13.**

Rocky the Musical at Tacoma Little Theater in Tacoma

Friday, June 20, from 6:45–10:30 pm | Sponsored by Performing & Visual Arts

Rocky Balboa is a small-time Philadelphia boxer chosen to take on the reigning world heavyweight champion, Apollo Creed, when the undefeated fighter's scheduled opponent is injured. While he diligently trains for the fight, Rocky begins a relationship with Adrian, a wallflower tired of being pushed around by her brother. As their love grows, they find their inner strength and bring out the best in each other.

Registration closed.



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

Hike: Big Pond Trail in Port Orchard

Wednesday, June 25, 1-4 pm | *Sponsored by Fitness*

See page 13 for details.

Register on the Resident Portal by noon on Friday, June 20.

Ceramics Painting at Java & Clay in Gig Harbor

Thursday, June 26, from 9 am-12 pm | *Sponsored by Resident Services*

Register on the Resident Portal by noon on Friday, June 20.

Seattle Aquarium and Lunch at Ivar's

Friday, June 27, from 9 am-3:30 pm | *Sponsored by Resident Services*



Join us for a trip to the newly renovated Seattle Aquarium! We're taking the 9:50 am Bremerton Fast Ferry to Seattle. From the ferry terminal, we'll stroll 1 mile on flat paved ground to the aquarium. After the aquarium, we will stroll 1 mile to Ivar's for lunch. Ivar's is near the ferry terminal.

We aim to take the 2:25 pm Fast Ferry back to Bremerton, which will take about a half hour, and return to Heron's Key about 3:30 pm. **Register on the Resident Portal by noon on Wednesday, June 18.**

Please note: The terrain on this trip may be challenging for those using mobility devices.

The Realistic Joneses at the Jewel Box Theater in Poulsbo

Friday, June 27, from 6 pm-10:30 pm

Sponsored by Performing & Visual Arts



Funny and moving, wonderful and weird, describes this show. We meet neighbors, the Joneses and the Joneses. As they get to know each other, we learn they have even more in common than their names and identical houses. The Joneses must decide between their idyllic fantasies and imperfect realities.

Register on the Resident Portal by noon on Friday, May 30.

DINE & SHOP

Ice Cream at Dreamer Ice Cream in Tacoma

Thursday, June 5, from 2:30-4 pm

Sponsored by Resident Services



Register on the Resident Portal by noon on Monday, June 2.

Co-Ed Lunch at Tide's Tavern in Gig Harbor

Monday, June 9, from 11:30 am-1:30 pm | *Sponsored by Resident Services*

Register on the Resident Portal by noon on Wednesday, June 4.

OFF-CAMPUS EVENTS

Women’s Breakfast at Hob Nob in Tacoma

Tuesday, June 10, from 9:30-11:30 am | *Sponsored by Resident Services*
Register on the Resident Portal by noon on Friday, June 6.

International Tastings: The Ukrainian Marvel Food & Deli in Parkland

Thursday, June 12, from 11:15am-1:30pm | *Sponsored by the International Tastings Group*
The International Tastings interest group is headed to Marvel Food and Deli (Ukrainian). We were last there a year ago and were pleasantly surprised: great food and large portions at a good price. And then there is the supermarket and bakery that begs to be explored! So, bring a shopping bag and a to-go box. Check their website: <https://marvelfoodanddeli.com/our-menu/>. **Register on the Resident Portal by noon on Thursday, June 5.**

Gig Harbor Waterfront Farmers Market

Thursday, June 26, from 12:45-2:30 pm | *Sponsored by Resident Services*
Peruse produce and goods from local vendors at the Gig Harbor Farmers Market. A Transportation team member will drop you and other residents off at the market around 1 pm and pick you up around 2:15 pm. **Register on the Resident Portal by noon on Monday, June 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.

new time		
Mondays at 9 am	Wednesdays at 11 am Express Shopping	Fridays at 11 am
6/2—Trader Joe’s, University Place	6/4—Safeway	6/6—Trader Joe’s, Silverdale
6/9—Walmart	6/11—Safeway	6/13—Safeway
6/16—Fred Meyer	6/18—Safeway	6/20—Safeway
6/23—No Shopping	6/25—Safeway	6/27—Safeway
6/30—Target		

EVENTS

Gig Harbor Happenings with Mayor Mary Barber & Public Works Director Jeff Langhelm

Thursday, June 5, at 2 pm (M & HKTV 370)

Sponsored by the Community Engagement Committee

Get the latest on what is going on in the wonderful city we call home.



Mayor Mary Barber shares, “I love Gig Harbor. I am committed to working hard to keep it an amazing place to live, work, play, and raise a family. I believe in a community that welcomes everyone with respect and compassion.” Mary was a small business owner for 22 years, with extensive experience in communications and public relations. She has served the city of Gig Harbor in a variety of capacities—from a volunteer in the Downtown Waterfront Alliance to a member of the Parks Commission to the City Council—to the Mayor’s Office. Mary will share her vision of Gig Harbor with us and inform us of the many things happening in the city.

Jeff Langhelm, Public Works Director, will join Mary. Jeff and the Public Works Department serve the community by providing a safe environment and enhancing the quality of life through maintenance and improvement of public infrastructure—things like transportation, water, sewer, stormwater management, and park improvements. These city services are Jeff’s domain.

Fleece Day

Monday, June 23, from 2:30 to 4:30 (M) | *Sponsored by the Volunteer Group*

We are preparing for fall and making fleece hats for individuals experiencing homelessness who the Tacoma Rescue Mission and Fish Food Bank serve. Past recipients greatly appreciated what we made. **Please bring pins and scissors.** If you are bringing your sewing machine, please call Anne. Enjoy treats and have fun while helping others.



GOLDEN SPOTLIGHT AWARD

Nikki Jones, HR Assistant



Nikki is all-around amazing! She’s a true team player who goes above and beyond to support both staff and residents. New employees feel especially welcomed thanks to her kindness, and coworkers regularly share praise for her willingness to help wherever needed. Nikki is truly magnificent, and we are so grateful for her many contributions to Heron’s Key!

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

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.



Hike with Chuck: Nisqually Estuary & Boardwalk in Olympia

Wednesday, June 4, from 10 am-2 pm | Sponsored by Fitness

This trail is a gorgeous and easy stroll on either gravel or paved path in Olympia. There is no designated route, so we'll establish a return-to-bus time before exploring. Strolling with a partner or friend is **highly encouraged**, as the group will be spread out. This trail is mostly flat (all less than 5% grade), typically at least 5 feet wide, and mostly paved (sections of boardwalk and gravel). The boards may be slippery if they're wet. **Bring a lunch to eat at a picnic table.** **Register on the Resident Portal by noon on Wednesday, May 28.**

- Driving Duration to Trail: 45 min.
- Out-and-Back Trail
- Bathrooms: Yes
- Wheelchair Accessible: Yes/Parts
- Footwear: Tennis Shoes
- Extra: Sunscreen, Water, Lunch



Hike with Paige: Dune Peninsula at Point Defiance Park in Tacoma

Wednesday, June 18, from 1-4 pm | *Sponsored by Fitness*

Enjoy sweeping views on the 11-acre Dune Peninsula Park or stroll across the 605-foot-long, 50-foot-tall Wilson Way bridge, which links Point Defiance Park to Ruston Way. It is a unique location with an unparalleled perspective on the bay and the sky. A paved pedestrian trail loops around the peninsula and connects to the Ruston Way Waterwalk. Another crosses Wilson Way and heads into Point Defiance Park.

Register on the Resident Portal by noon on Friday, June 13.

- Drive Duration: 30 min.
- Looped Trail
- Bathrooms: Yes
- Wheelchair: Accessible: Mostly
- Footwear: Comfortable Walking or Tennis Shoes
- Extra: Sunscreen, Water, Snacks

Big Pond Trail Hike with Chuck in Port Orchard

Wednesday, June 25, 1-4 pm | *Sponsored by Fitness*

Enjoy this out-and-back trail near Port Orchard that encircles the southern portion of the “Big Pond.” This is a popular trail for hiking and walking that leaves out of Deer Park. Expect a well-maintained trail through shaded trees. **Register on the Resident Portal by noon on Friday, June 20.**

- Driving Duration to Trail: 30 mins
- Out-and-Back:
- Bathrooms at Trail: No
- Wheelchair Accessible: No
- Footwear: Tennis Shoes or Hiking Shoes
- Extra: Water, Hiking Poles

Fitness Notices

Tech Updates in the Maritime on Wednesday, June 4

The Maritime Room will undergo tech updates on June 4. As a result, no Fitness classes will take place in the space.

Gym Closed on Tuesday, June 10

On June 10, from 9 am to 2 pm, the Conditioning Zone will be closed for deep cleaning.

WELLNESS: IGNITING CREATIVITY

EVENTS

Line Dancing Lesson

Monday, June 9, at 3 pm (M) | *Sponsored by Resident Services*

Join us as we dip our cowboy boots (or your favorite supportive shoes) into the world of line dancing with a local instructor! Dancing is not only fun, but learning the steps exercises your brain, challenges your memory, and can help improve balance and coordination. So come boot, scoot, 'n' boogie, and enjoy some of the many benefits dancing offers. Seeya there, partner!



Seattle Art Museum & Lunch at MARKET in Seattle

Thursday, June 19, 9am-3pm | *Sponsored by Resident Services*

Through art, the Seattle Art Museum (SAM) fosters creativity and builds community. It celebrates the region's position as a crossroads where east meets west, urban meets natural, and local meets global. We will view the museum's exhibits and have lunch at its on-site restaurant, MARKET, at noon. **Register on the Resident Portal by noon on Friday, June 13.**

Ceramics Painting at Java & Clay in Gig Harbor

Thursday, June 26, from 9 am-12 pm | *Sponsored by Resident Services*

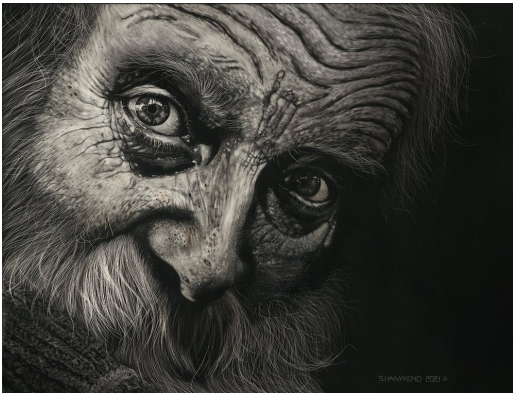
Register on the Resident Portal by noon on Friday, June 20.

The Power of Black and White Artistry

Signature Scratchboard Art with Steve Hammond

Friday, June 27, at 3 pm (M & HKTV 370) | *Sponsored by Resident Services*

Steve Hammond will present a unique, captivating art form known as *scratchboard*. This technique begins with a specially prepared board that is coated in white clay (not chalk) and then baked. Once dry, the surface is covered in black India ink and baked again. The result is a hardened surface that allows the artist to use sharp tools to scratch away the black ink, revealing the white layer beneath. During the presentation, he will offer a brief demonstration, providing the audience insight into his process and the tools he uses to create this distinctive art. Barlow Gallery in Tacoma represents Steve. He also serves on the board of the International Scratchboard Society of Artists and the Peninsula Art League. Steve also happens to be married to our very own Marketing & Sales Associate, Laura Hammond.



Artwork by Steve Hammond

Heron's Key Requests the
Pleasure of Your Company

A Night of Dreams

A SECOND CHANCE PROM

Tuesday, June 24, 6-8pm (M)

Sponsored by Resident Services

Tease that hair, don your best fancy dress or suit, and join us for *A Night of Dreams*! It's prom a second time, complete with a dance floor, live tunes from Rock & Roll Magic, and punch.

At the end of the night, we'll crown a Prom King and Queen (voted on by staff).

Take a step into dreamland.

Resident Services will provide hors d'oeuvres and punch; cocktails are available for purchase.

Invitations and tickets are coming to cubbies soon.

DIVERSITY, EQUITY & INCLUSION

CHALLENGING ABLEISM

Building a World of Equity and Respect

Sponsored by the Diversity, Equity & Inclusion Committee

Challenging Assumptions: Creating Inclusive Spaces for All Abilities

Monday, June 16, at 3 pm (M & HKTV370)

In the final part of our three-month study on ableism, we'll hear from Courtney Sloan and Julie Moore, members of the in-house Consonus Therapy team. They will offer practical tips for addressing ableism and ageism in daily life and care settings. You'll leave with useful tools to help build more inclusive and respectful environments for people of all ages and abilities.



Courtney Sloan is the Rehabilitation Director at Consonus. She also has close family members who use wheelchairs, and her personal and professional experiences have shown her how people with disabilities are often underestimated or excluded. In her talk, she will share simple, effective ways to remove these barriers and create spaces where everyone is respected and included.



Julie Moore is an experienced occupational therapist specializing in working with older adults. She has observed how people are often treated differently as they age, particularly when they require assistance. Julie will discuss how to recognize and challenge ageism, as well as how to support older adults in maintaining their independence, dignity, and purpose.



MAY CURIOSITY STOP: HONORING FATHERS

Last month, we shared pictures of maternal figures in our lives on the Curiosity Stop bulletin board outside the salon on the ground floor. This month, in celebration of Father's Day, we're featuring pictures of fathers and those with father-like roles.



COMMEMORATING JUNETEENTH

Also known as Freedom Day or Emancipation Day, Juneteenth on June 19 holds profound historical and cultural significance, as it marked the momentous occasion when enslaved Black individuals in Texas were informed of their freedom in 1865, almost two years after Abraham Lincoln issued the Emancipation Proclamation. The day symbolizes hope and liberation, serving as a powerful reminder of the struggles and triumphs experienced by Black Americans throughout history.

DIVERSITY, EQUITY & INCLUSION

Many Black communities began celebrating Juneteenth in the year following 1865. In 2021, Congress passed the Juneteenth National Independence Day Act, designating Juneteenth as a federal public holiday. This day is an opportunity for all Americans to reflect on the nation's history, acknowledge the struggles and contributions of Black Americans, and foster dialogue about the ongoing pursuit of equality and justice. It serves as a reminder of the progress made since the abolition of slavery and acknowledges the work that remains to be done.

Juneteenth stands as a powerful reminder of the triumph of freedom over oppression. It honors the resilience of Black Americans and catalyzes dialogue, education, and progress toward a more equitable society. **As we commemorate Juneteenth, let us reflect on our shared history and strive to create a more inclusive future where freedom and justice are accessible to all.**

Note: Since Juneteenth is a federal holiday, the post office does not deliver mail, and some businesses, such as financial institutions, may be closed.



See page 21 for details on the upcoming Juneteenth Celebration event.

PROUDLY DISPLAYING THE PRIDE FLAG AT HERON'S KEY

In honor of Pride Month and our commitment to celebrating diversity, the DEI Committee is hanging the Pride flag throughout June. This flag represents our acceptance of the dignity of every human being, regardless of our differences, and the committee is proud to display it prominently.



Everyone deserves to live and work in a space that welcomes and respects them, regardless of sexual orientation, gender identity, or gender expression. The DEI Committee acknowledges that individuals in the LGBTQIA2S+ community have made significant contributions at Heron's Key and throughout history, and we aim to honor and celebrate these achievements. Displaying the Pride flag is a reminder that love knows no boundaries, and everyone has the right to be proud of their true selves.

The DEI Committee aims to inspire productive conversations, foster meaningful connections, and cultivate a sense of unity among those who call Heron's Key home or their place of work. We recognize this symbolic gesture may hold different meanings for each individual and encourage open dialogues and mutual respect in the discussions surrounding the flag. The committee values and welcomes all perspectives because we grow stronger as a community through curiosity and learning from one another.



Members of the DEI Committee wholeheartedly embrace individuals in the LGBTQIA2S+ community and support them without exception. We stand in solidarity with them, affirming our support for their rights and ensuring Heron's Key remains a place where everyone feels a sense of belonging. We appreciate your support as we celebrate the beautiful tapestry of human experiences.



See page 24 for details about the upcoming Pride Day Parade.

LIFELONG LEARNING

FEATURED EVENTS

***Hate Speech* with Chris Damaske**

This series focuses on what we are doing or should be doing to combat hate speech in contemporary society. Each session unpacks another aspect of this complex societal problem.

The U.S. Legal Response

Tuesday, June 3, at 1 pm (M & HKTV 370)

Chris returns to Heron's Key for the second in her six-part series on *Hate Speech*, "The U.S. Legal Response." Compared to the international community, the United States is significantly more lenient regarding the protection of hate speech. In the United States, hate speech has traditionally been protected by the First Amendment. In the global arena, this stance on hate speech is even more problematic, with the United States often at odds with international laws. This session reviews nearly 70 years of U.S. Supreme Court rulings pertaining to hate speech.

Chris Damaske is a professor of communication at the School of Interdisciplinary Arts and Sciences at the University of Washington, Tacoma, where she has served on the faculty since 2001. Her research explores issues of power associated with free speech and the free press, resulting in a theoretical and analytical critique of First Amendment applications in areas including hate speech, internet pornography, political dissidence, reporters' rights, high school censorship, incitement, and academic freedom. Most of her research has focused on exploring the complicated relationship between the First Amendment and culturally disempowered groups in the United States. That inquiry culminated in the publication of several articles and two books. Her first book, *Modern Power and Free Speech: Contemporary Culture and Issues of Equality* (2009), suggested a new legal framework for case analysis that would complicate the currently applied content neutrality principle. Her most recent book, *Free Speech and Hate Speech in the United States: The Limits of Toleration* (2020), uses a social justice framework to address the question: What can be done to curb the proliferation of hate speech and hate acts in the United States? Chris is currently the coordinator for the Legal Pathways Advisory Board and the co-founder and supervisor of the Journalism Exchange Program at Moscow State University in Russia.



John Halliday: What is a Chief?

Tuesday, June 24, at 1 pm (M & HKTV 370)

Too often, our understanding of American history begins with foreign European powers "settling" the land as though no thriving human communities existed here. Woven in with John's personal story, you will learn Washington State history from a Native American perspective and how that history can teach resilience.

Great Decisions:

“China – Competition, Cold War, or Conflict? Navigating U.S.–China Relations in Tense Times” with Resident Bill Sams

Thursday, June 12, from 1-3pm (M & HKTV 370)

This presentation was initially scheduled for September, but recent events have made it a much timelier topic.

Washington’s relations with Beijing have reached an ominous low ebb. Both American political parties have identified China as the country’s preeminent geopolitical challenger and, in the eyes of many, a systemic threat. What is driving this deterioration of Sino-American relations, and what are America’s strategic options in the face of Chinese power and ambition?

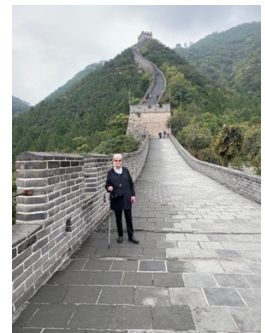
Our own Bill Sams has studied China since his college days, with an interest in Taoism and Buddhism, followed by Chinese Law prior to Sun Yat-sen in Law School. Bill was in Hong Kong when the British announced the return of the Colony to China. In October 2019, Janet and Bill spent a month traveling in China, just before the country’s two-year closure due to COVID-19. Bill produced a 45-minute video on China, which covers its history up to modern-day China. The video will be on HKTV, and you can watch it at any time at <https://vimeo.com/885443430/f7c1130a70>.



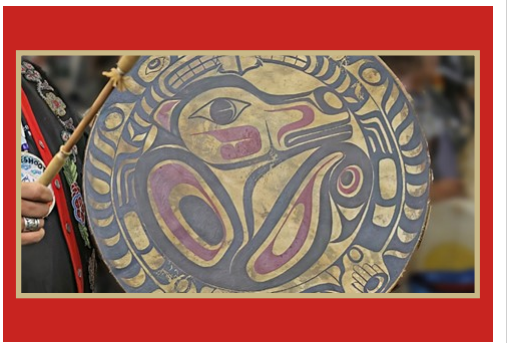
We encourage you to preview the video, as Bill’s presentation will pick up from its conclusion in 2019, discuss the last five years of changes in China, and reflections on tariffs and Taiwan.

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.



John Halliday (he/him) is a legally blind Native American artist of Muckleshoot, “Duwamish,” Yakama, and Warm Springs Indian descent. Halliday recently retired from the Bureau of Indian Affairs as Deputy Regional Director for the Navajo Region after serving as CEO for both the Muckleshoot and Snoqualmie tribes. Halliday has shown his art at Lakewold Gardens, ANT Gallery, and the Sacred Circle Galleries of American Indian Art under the artist name “Coyote.”



LIFELONG LEARNING

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

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. Doug served for six years as the historian of the Tacoma Landmarks Preservations Commission and has been civically active both 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 discovered and named Gig Harbor on May 15, 1841. He has resided with his wife in the Ray Nash Valley of South Rosedale for 40 years.



RESIDENT-LED EVENTS

Nature in Ninety Minutes with Andy Mauro and Mike West

Wednesday, June 11, from 2-3:30 pm (M & HKTV 370)

Join Andy and Mike for this jam-packed June edition of the “Heron’s Key Nature News.” They’ll reveal dramatic photos of the Sanctuary’s newest reptile, and it has a scary name! Did you know another species has been added to the Heron’s Key Bird List? They’ll introduce you to the charismatic little rodent that has spawned a couple of common expressions we’ve all used. Find out plants are doing well around the ponds, how the wildlife responding, and get the story behind all those birdhouses that mysteriously popped up around the ponds. There’s lots to talk about. Come join us!



Who Am I? with Charlie Kuyk — Thursday, June 26, at 3 pm (M & HKTV 370)

This July, we are excited to celebrate Charlie’s 99th birthday at Heron’s Key. A living legend with 36 years in the military, Charlie’s journey began as a Marine volunteer heading to Iwo Jima, followed by time at West Point and service in the Marines, Navy, and Army. He retired as a Two-Star General in the Air Force, with combat tours in Korea and Vietnam and a role in training Apollo Astronauts. Join us as Charlie shares stories about his family, the planes he’s flown, and the extraordinary people he’s known. Bill Sams will interview him during this special occasion.



Reading Aloud with Gee Heckscher and Your Neighbors — Thursday, June 26, 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.

PERFORMING & VISUAL ARTS PRESENTS
FEATURED EVENT

A Juneteenth CELEBRATION

*From Slavery to Carnegie Hall –
The Roots and Triumph of African American Music*
with Dr. David Joyner

Tuesday, June 17, at 7 pm (M & HKTU 370)

Sponsored by Performing & Visual Arts

Even through hundreds of years of slavery in the New World, African music and culture proved to be remarkably resilient, even as it was forced to adapt to Western European language, religion, and social norms. That resilience not only held the African-American community intact but eventually spread to the mainstream to define American music and its unique cultural contribution to the world.

In celebration of Freedom Day on June 19, 1865, American music scholar and in-demand performer Dr. David Lee Joyner takes the audience on a fascinating journey, exploring African musical roots, early forms of African-American music in the 18th and 19th centuries, and the gradual wide-spread influence of the music in theater and mass media such as sheet music, recordings, radio, and film.

Concert music, musical theater, jazz, country, gospel, and popular music have all been shaped by the musical forms that trace back to Mother Africa, the origin of the human species.

PERFORMING & VISUAL ARTS

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

Vladigerov and Mendelssohn*

Wednesday, June 4, at 6:30 pm (M & HKTV 370)

The Sofia Philharmonic comes to the German capital to celebrate the 60th anniversary of the Bulgarian Cultural Institute in Berlin! In the prestigious Grand Hall of the Berlin Philharmonie, maestro Nayden Todorov and virtuoso pianist Ludmil Angelov—two of Bulgaria's most celebrated artists.

Angelov begins the evening playing the solo role of the Piano Concerto No. 3 by Pancho Vladigerov (1899 -1978), a figure of Bulgarian national pride. Inspired by Bulgarian folk music, this work finds a worthy place in the grand tradition of Slavic Romantic music and will delight fans of Tchaikovsky, Medtner, or Rachmaninov!

Mendelssohn's "Italian" Symphony No. 4, composed during the spring of 1830 while the composer was staying in Rome. This flamboyant and ebullient work evokes the charm of the countryside of Lazio, a place in which Mendelssohn wrote that he had found "the supreme joy in life. And I am loving it."

Lahav Shani conducts Mahler's Symphony No. 2,

Rotterdam Philharmonic Orchestra: Memorial Concert*

Wednesday, June 11, at 6:30 pm (M & HKTV 370)

83 years after the heart of Rotterdam was destroyed by bombs, the orchestra commemorates the city's rise from its own ashes with Mahler's astonishing "Resurrection" Symphony No. 2", conducted by the dynamic Lahav Shani and joined by soprano Chen Reiss and alto Anna Larsson.

One of the most beloved symphonies in the concert canon, this masterpiece paints a vision of apocalypse and rebirth. Fear makes way for rapture: "There is no punishment and no reward," wrote Mahler. "An overwhelming love illuminates our being."

PNB Director's Choice

Saturday, June 14, at 2 pm (M & HKTV 370)

Twyla Tharp's American masterpiece 9 *Sinatra Songs* is still sharp 40 years after its premiere. In it, Tharp effortlessly floats between dance genre, set to the familiar strains of Frank Sinatra hits. Two pieces from innovative choreographers Rena Butler, "Cracks," and PNB's own Kiyron Ross, "...throes of increasing wonder", round out the program and promise to connect us with our inner desires while allowing us to touch the stars.



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.

Opera: Rossini's *Il barbiere di Siviglia**

Wednesday, June 18, at 6:30 pm (M & HKTV 370)

The Barber of Seville composed by Gioachino Rossini and the Italian libretto by Cesare Sterbini is based on the French comedy, *The Barber of Seville* (1775).

This rendition of one of the most successful operas of all times is enriched by a bright distribution which distinguishes itself for its musicality as much as for its dramatic expression. Spanish soprano Maria Bayo returns to one of her signature role as Rosina, opposite Juan Diego Florez, the Rossini expert tenor. The title role is embodied by the lively and tasteful Italian baritone Pietro Spagnoli, while Ruggero Raimondi and Bruno Pratico reconcile the audience with the unpleasant couple Don Basilio and Don Bartolo.

Yo-Yo Ma Plays Bach's Six Solo Cello Suites at Odeon of Herodes Attic*

Wednesday, June 25, at 6:30 pm (M & HKTV 370)

In this landmark concert, Yo-Yo Ma performs all six of Johann Sebastian Bach's Suites for Solo Cello just steps from the Parthenon, in Athens's Odeon of Herodes Atticus. Part of a musical pilgrimage begun in 2018, this performance is one of 36 Ma is giving in locations around the world. The virtuoso and classical music pioneer spellbinds his audiences with some of the music that has remained near and dear to him over the course of his entire career.

From Yo-Yo Ma: *"These suites are so meaningful. They're not only companions and friends, but they've also been reference points in my life... For almost six decades, they have given me sustenance, comfort, and joy during times of stress, celebration, and loss. What power does this music possess that even today, after three hundred years, it continues to help us navigate through troubled times?"*

Dutch National Ballet's *Giselle**

Saturday, June 28, at 2 pm (M & HKTV 370)

Experience dramatic acting, virtuoso technique and the beauty of classical ballet. *Giselle* is an enchanting ballet from the Romantic Era that tells the tale of love, deception, revenge, and forgiveness. One of the oldest surviving and most danced ballets in the world.

Giselle is in heaven! The young peasant girl is in love with Albrecht, but she is unaware of the latter's secret: he is a nobleman in disguise and already engaged! *Giselle* dies of grief when she finds out, and that is when she joins the Wilis. These vengeful spirits, born from the souls of women betrayed by their lovers, enthrall men and bewitch them to dance to death. In the woods and accompanied by her fellow, jilted spirits, *Giselle* once again meets Albrecht.

The Dutch National Ballet's immersive production by Rachel Beaujean and Ricardo Bustamante, with the captivating Olga Smirnova as the title role, sensitively showcases the choreography of Marius Petipa after Jean Coralli and Jules Perrot.

* Description from Medici.TV

NURTURING THE SOUL

EMOTIONAL WELLBEING & IGNITING CURIOSITY

What if...? Why not...? What can I learn from this? These questions can potentially lead us away from anxiety, routine, and stagnation and into a mindset of exploration and adaptability. Curiosity invites us to move beyond autopilot to find new meanings in everyday experiences, a greater appreciation for the unknown, and a stronger connection to ourselves and others.

Emotional wellbeing thrives when we remain open, engaged, and connected to the world around us. At its core, curiosity is a desire to learn, explore, and experience. When we ignite our curiosity—about ourselves, others, and life—we stimulate emotional growth, resilience, and joy. Research shows that curious people tend to be more optimistic, better at managing stress, and more satisfied in their relationships. Curiosity fosters empathy as we become more interested in understanding others' perspectives. It also promotes creativity, which can serve as a powerful outlet for expressing and processing emotions.

One of the best things about curiosity is that cultivating it doesn't require grand adventures. It starts with small steps—trying a new hobby, asking different questions, revisiting old interests, or even walking a new path through the neighborhood. These small acts gently shift our mindset, helping us stay emotionally agile and present.

In times of uncertainty or stress, curiosity becomes more than a mindset—it becomes a lifeline. By engaging our sense of wonder, we rekindle the emotional spark that brings vitality to life. In this way, emotional wellbeing and curiosity form a dynamic partnership, each feeding and strengthening the other in our ongoing journey of growth and healing. This month, I encourage you to rediscover your inner child and approach the world around you with curiosity and wonder. Remember to share what you've discovered with others around you.



Ebb Hagan
*Wellness &
Spirituality
Coordinator*

Monday–Friday
8 am–4:30 pm

253.313.0733
EbbH@heronskey.org



LOVE is *love* 

Heron's Key's Pride Parade
Monday, June 23, at 11:30 am (Meet in CL)

Join us as we celebrate love, diversity, and inclusion at Heron's Key's first-ever Pride Parade! Dress in your brightest tie-dye and colorful outfits and wave your pride flags high as we walk together through the community and around the pond. Let's show our support, share our pride, and make HK history.

All are welcome!



THREE-PART SERIES

The Spirituality of Aging

Monday, June 30, at 3 pm (A)

Sponsored by the Spiritual Wellness Division of Resident Services

We live in a world that prioritizes perpetual youth, beauty, and productivity. However, those values lie in stark contradiction with the actual experience and trajectory of our lives. The reality of our aging lives must be of value and worth. Therefore, our aging lives must also be of value to God.

This course will be led by Reverend Eric Stelle from St. John's Episcopal Church here in Gig Harbor. While it presupposes the existence of God, it will not be an evangelistic endeavor. It examines the "second half of life" maturation, affirming the experience of later years and its distinctive potential for spiritual and relational health.



Space is limited so sign up now! Because this is a three part series, signing up for the first session automatically signs you up for all three sessions. **Register on the Resident Portal by Monday, June 23.**

Subsequent dates: July 14 and July 28

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



UPCOMING EVENTS



Wine & Cheese Social

Friday, June 6, at 4 pm (CL & CL Patio)

Sponsored by Resident Services

Join us for an hour of wine, cheese, and non-alcoholic delights!

Sip, savor, and socialize.



2025 Heron's Key Financial Update with Chief Financial Officer Denisa Fedderson and Executive Director Chris Lucero

Tuesday, June 10, at 1 pm (M & HKTV 370)

Emerald Communities CFO Denisa Fedderson and Chris will highlight this year's trends, revenue, expenses, and balance sheet.



Afternoon Karaoke



Friday, June 13, at 1 pm (M) | *Sponsored by Resident Services*

Show up ready to sing or sing-a-long! This is a casual, no-pressure karaoke event to get us in the spirit for the weekend. Come for fun!

Birthday Celebration

Monday, June 23, at 3 pm (CL)

Sponsored by Resident Services



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

EVENTS

Light House Presentation

Monday, June 16, at 11:15 am (M)



Join us for an insightful presentation on the soon-to-reopen Lighthouse Memory Care and the person-centered Montessori approach that's dedicated to supporting individuals with memory loss. Discover how this innovative program promotes independence, dignity, and purpose in everyday life. Speakers include Karen Rose, Health Services Administrator, and Sandi Semler, Social Service Coordinator, who will share their vision and details about the care philosophy, services, and what families can expect. Don't miss this opportunity to discover a new standard in memory care.

Senior Self-Defense Tips with Theresa Norris

Friday, June 20, at 2 pm (M & HKTV 370) | *Sponsored by Resident Services*

Theresa Norris of Gig Harbor Self Defense presents a self-defense program designed to empower older adults. This one-hour interactive lecture is designed to help you feel more confident and empowered, focusing centers on awareness, what criminals look for, and simple strategies to avoid becoming a target.

Note: There will be no physical training in this session.

KITCHEN TOUR — First Wednesday of every month | Wednesday, June 4, at 2pm (SP)

Curious what happens behind the scenes and the inner workings of the Kitchen? 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 your delicious meals. Sign up at Syren's Grille or by calling 253.313.0797.

SENIOR GRADUATION — Week of June 2 (SY)

Join us in honoring the accomplishments of our graduating seniors in Dining by visiting the host stand to send them off with notes of encouragement. We will have a display with cards to fill out as we get closer to their big day.

CHEF'S DEMO — Second Monday of every month | Monday, June 9, at 2pm (SP)

Join us once again for a culinary lesson by staff member Nick Sutton! This unique interactive demonstration lets you try your hand at mixing up our delicious, spring-inspired Aztec Salad. Sign up at Syren's Grille or by calling 253.313.0797. (Cost: \$6 per residents includes a meal)

RESIDENT ORIENTATION TO DINING SERVICES: Emphasis on FullCount Training

Second Tuesday of every month | Tuesday, June 10, at 11 am (SP)

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

STAFF TRAINING — Second Wednesday of every month | Wednesday, June 11, from 3-4 pm

This year's focus is TRAINING! To this end, we close every second Wednesday of the month for staff development. Please plan accordingly by dining in the restaurant or placing your orders for pickup or delivery before 3 pm or after 4 pm. If you have questions, please speak to a Dining team member.

FATHER'S DAY COOKOUT

Sunday, June 15, from 10am to 3pm (Maritime and CL Patio) – **Reservations Required**

Join us for a special Father's Day Cookout in the Maritime Room and Clubhouse Patio (weather permitting). Menus and pricing will be available at the Host Stand at Syren's Grille or on the Resident Portal's "Dining" page under "Holidays" on June 2. **Reservations are required.** Make yours at Syren's Grille or by calling 253.313.0797. A limited menu for take-out and delivery will be available.

CHEF DINNERS — Friday and Saturday, June 27 and 28, 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 residents, so please reserve your spot promptly to avoid missing out. We will publish new menus the first week of June and make them available on the Portal under "Special Events." **Once we publish the menus, you may make your reservation.** 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 to reserve your place.

Find the latest menus and hours on the Resident Portal.