

March 2025

Heron's Flight

Taking Community News to New Heights



Wellness from Within

Opportunities to explore,
cultivate, and grow your inner
well-being await you this month

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CONCIERGE / SECURITY 253.313.0700

Audio KeyNotes: 253.313.0790

Billing: 253.313.0703

Consonus (Therapy): 253.313.0749

Housekeeping: 253.313.0795 (EVS@HeronsKey.org)

Facilities: 253.313.0798 (Facilities@HeronsKey.org)

PENROSE HARBOR 253.313.0800

Fitness: 253.313.0781

Resident Services: 253.313.0793

Restaurant: 253.313.0797

Spiritual Care: 253.313.0733

Transportation: 253.313.0792

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

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

MARCH LUCKY CLOVER HUNT

Join us for a month-long scavenger hunt full of fun and surprises! Every day in March, a new clue will be posted at the Concierge Desk, guiding you to the hidden clovers for that day. Search high and low and collect as many clovers as you can. The person with the most clovers by the end of the month will be crowned the Clover Hunt Champion and awarded the Clover Medal! Are you up for the challenge? Check-in daily, follow the clues, and may the luck of the Irish be with you!

REMEMBERING WOMEN WHO SHAPED HISTORY

In March, the corkboard on the Ground Floor by the Salon celebrates the wonderful women who shaped our world, including those who did not receive credit for their contributions. There will also be a few women from recent history who we don't always think to celebrate for their achievements.

NEW HOUSEKEEPING SERVICE

Low-Moisture Carpet Cleaning

EVS introduces our new low-moisture carpet cleaning service to give you beautifully refreshed carpets with minimal drying time and fewer disruptions to your routine. This unique method not only cleans but also aids in dirt removal with future vacuuming. We focus on high-traffic areas and spaces without heavy furniture, maximizing efficiency.

What to expect:

- Pricing: \$37/hour + supplies (generally \$25-\$50)
- Timing: Varies based on square footage, soil level, and prep work
- Results: Effectively removes surface dirt and many stains (Note: Deep-set stains or wear may not be fully restored.)

Experience the difference and refresh your carpets without the wait. Schedule your cleaning by calling the EVS hotline (253-313-0795) today!

SHARE ABOUT YOUR GOOD FORTUNE

A great thing about luck is that it's something everyone experiences at least once in their life, and everyone's experiences are different. This month, visit the Clubhouse Lobby's blackboard to share about a time when you felt really lucky and see how others have experienced strokes of luck.

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 Some Events on Campus:** Text the word **HéronsKey**
- **Notification on the Arrival of Mail:** Text the word **HKmail**



RESIDENT COUNCIL CONNECTION

A MESSAGE FROM YOUR RESIDENT COUNCIL SECRETARY

What I Want

- To never have to use a password again
- To never have to wait for a verification code after using a password
- To live in an environment where passwords and verification codes are not necessary
- For my haircut and color to last 6 months
- Hearing aids that adjust automatically for soft voices or loud music
- Jar lids that don't require the hands of a gorilla
- Jar lid openers that work *all* the time
- To ban any lid that requires a "push down and twist" to open
- To eliminate the plastic film sealed on containers when opened
 - Dentists love it if you use your teeth to remove the film
- A diet to shed pounds that includes chocolate and French fries
- To be getting taller rather than shorter
- Not having to wait 4 months to see a doctor
- The person(s) who created texting to have to write letters
- For customer service to realize the entire population does not text
- For waiting on hold for more than 5 minutes to become at least a misdemeanor
- An apartment thermostat that is NOT tied to 5 degrees + or -
- Top cupboard shelves that swing down lower with a simple touch
- Batteries that never die
- For everything in bags to have self-seal openings/closings
- Cereal boxes with closures that really hold
- Hot dog & hamburger buns in packages of 2 and 4
- All clocks to automatically reset to the correct time following a power outage
- A car that says, "You look *mah-ve-lous*," when the engine starts

This list could go on, and you may add your own wants. Often, the choices are between safety and convenience or cost and availability. Tell me, does advancing age escalate a person's frustration level? While we struggle with such events, we can stop and take a couple of deep breaths.

Inhale... Exhale... Inhale... Exhale...

— Carol Tamparo, HKRC Secretary



Resident Council Meeting

Thurs., March 13

at 10 am

(M & HKTV 370)

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

EVENTS

School-a-Palooza with Swift Water Elementary School



Tuesday, March 11, at 11 am (M & HKTV 370)

Sponsored by the Community Engagement Committee

Students and representatives from Swift Water Elementary, our neighborhood school, are visiting us in early March. Principal David Brooks will introduce us to a group of children who embody the Swift Water mission: “We are a welcoming community of learners who inspire and empower each other to lead and dream.” Last year, we were inspired by a bright and articulate group of student council members whose energy, wit, and enthusiasm gave us hope for the future. This year promises the same—and even better! The student council will be with us again, in addition to the 4th and 5th grade Honor Choir, a group of students who rehearse early in the morning before school begins. It will be a lively, entertaining, and informative morning. Don’t miss it!

Food Backpacks 4 Kids Food Drive

Thursday, March 13, from 10 am to 2 pm (CL)

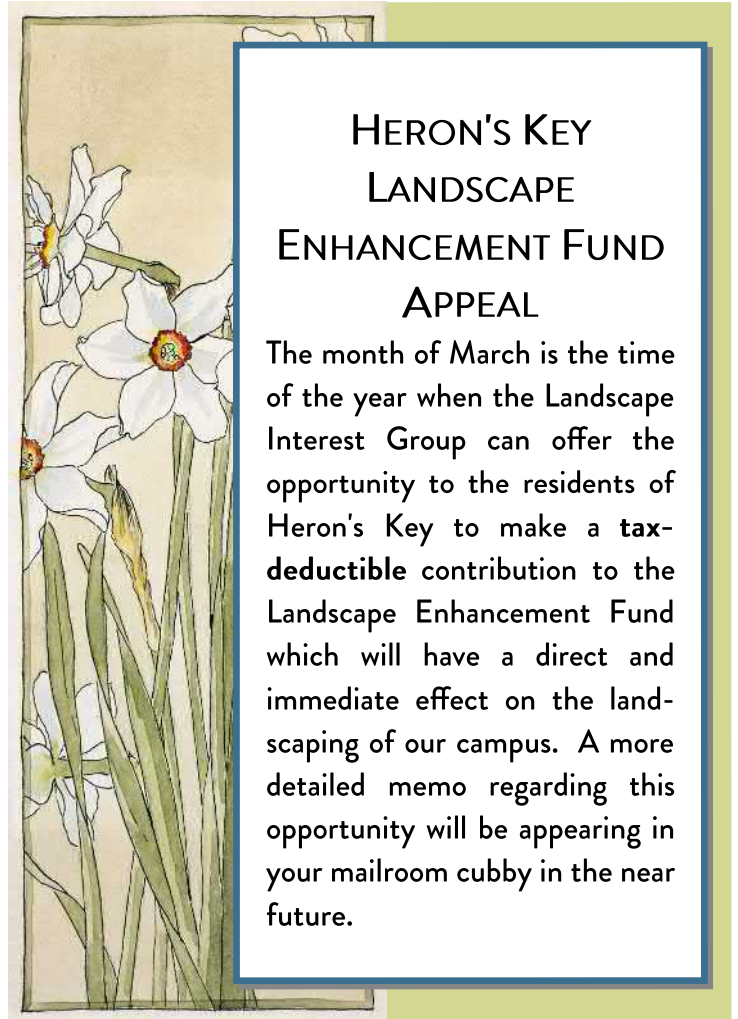
Sponsored by the Volunteer Group

Children thrive when they have access to healthy food. Food Backpacks 4 Kids meets the nutritional needs of hungry and food-insecure children and their families living in Gig Harbor and on the Key Peninsula.

On March 13, bring items you’d like to donate to the Clubhouse Lobby and place them on the table associated with your residence (e.g., floor, cottage, or Penrose). Let’s see if we can beat last year’s donation total. Thank you for your generosity.

Please limit donations to the following items requested by Backpack4Kids:

- Oatmeal packets
- Granola bars
- Fruit snacks
- Canned soup (all kinds)
- Microwave popcorn.
- Money: Make checks payable to Food Backpacks 4 Kids. Please bring the monetary donations to the Clubhouse Lobby on the day of the food drive.



HERON'S KEY LANDSCAPE ENHANCEMENT FUND APPEAL

The month of March is the time of the year when the Landscape Interest Group can offer the opportunity to the residents of Heron's Key to make a **tax-deductible** contribution to the Landscape Enhancement Fund which will have a direct and immediate effect on the landscaping of our campus. A more detailed memo regarding this opportunity will be appearing in your mailroom cubby in the near future.

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

National Nordic Museum and Lunch at Freya in Ballard

Thursday, March 6, from 9 am-1:30 pm | Sponsored by Resident Services



Founded in 1979, the National Nordic Museum is the only institution of its size and scale in the United States to present the history and culture of the entire Nordic region and the legacy of Nordic immigrants to the United States. We will eat lunch at their on-site restaurant, Freya. The first Thursday of each month is free-ticket day, so there is no ticketing cost for this event. **Register on the Resident Portal by Wednesday, February 26, by 12 pm.**

Laser Tag and Dinner at Ocean5 in Gig Harbor

Thursday, March 20, from 3:30-6:30 pm | Sponsored by Resident Services

Please note: The laser tag arena will have black-light illumination and be somewhat dark. **Register on the Resident Portal by Thursday, March 13, by 12 pm.**

Ghost-Writer at the Jewel Box Theater in Poulsbo

Friday, March 21, from 6:15-10 pm | Sponsored by Visual & Performing Arts



Novelist Franklin Woolsey dies mid-sentence, but his secretary Myra continues to take dictation. Attacked by skeptics, the press, and Woolsey's jealous widow, Myra sets out to prove she is more than just an artful forger. Is she trying to steal Woolsey's legacy now that she cannot have his love, or might she truly possess a gift the world can't understand? **Register on the Resident Portal by Friday, March 7, by 12 pm.**

UW Cherry Blossoms and Lunch at Ivar's in Seattle

Friday, March 28, 10 am-3 pm | Sponsored by Resident Services

The Quad's signature Yoshino cherry trees are nearly 90 years old and were originally set in a grove at the Washington Park Arboretum. In 1962, the University transplanted the trees to their current spot, bringing thousands of visitors to campus each spring to witness their rosy bloom. After viewing the flowers, we will have lunch at Ivar's and head home. **Register on the Resident Portal by Friday, March 21, by 12 pm.**

Please note: Viewing the blooms will require strolling outside. We are following a bloom schedule, and this trip may be postponed if the trees are late to blossom. Monitor their progress online at <https://www.youtube.com/watch?v=Fb2nsj-ax9k>.



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

DINE & SHOP

Co-Ed Lunch at RAM in Point Ruston

Wednesday, March 5, from 11 am-1:30 pm

Sponsored by Resident Services

Register on the Resident Portal by Friday, February 28, by 12 pm.



Ice Cream at Carter & Co. in Port Orchard

Monday, March 10, from 1-2:30 pm

Sponsored by Resident Services

Enjoy a scoop or a baked good at "the happiest place in town." Register on the Resident Portal by Wednesday, March 5, by 12 pm.

Oysters at Amelia's Hangar in Bremerton

Friday, March 14, from 11:30 am-2 pm

Sponsored by the Oyster Lovers Club

The Oyster Lovers are returning to Amelia's Hangar at the Bremerton Airport. This will be our last oyster trip until the next season (which begins in September). For those of you who have gone to Amelia's, you know what to expect. For those who haven't been, think: the best Oysters ever. For those who don't like oysters, that's OK. It means more for us! Register on the Resident Portal by Friday, March 7, by 12 pm.

Women's Breakfast at Hy Lu Hee Hee in Gig Harbor

Friday, March 21, from 9 am-12 pm | Sponsored by Resident Services

Register on the Resident Portal by Friday, March 14, by 12 pm.

Reuben Sandwiches at Dry Fly Cafe in Port Orchard

Monday, March 31, from 11:30 am-2 pm

Sponsored by the Reuben Fan Club

The Reuben Fan Club is returning to where we began, the Dry Fly Cafe Restaurant at Port Orchard's Trophy Golf Course. The eatery was our first Reuben Club trip back in September 2023! Most of the comments from that trip were about how we made a mistake going there first. Everyone doubted we would ever find a better Reuben. We've been back a few more times, and they have consistently been ranked as our number-one pick for Reubens. Register on the Resident Portal by Monday, March 17, by 12 pm.

OFF-CAMPUS EVENTS



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

Mondays at 9 am	Wednesdays at 11 am Express Shopping	Fridays at 9 am
3/3—Safeway	3/5—Albertsons	3/7—Trader Joe’s, Silverdale
3/10—Walmart, Port Orchard	3/12—Albertsons	3/14—Safeway
3/17—Trader Joe’s, University Place	3/19—Albertsons	3/21—Albertsons
3/24—Fred Meyer	3/26—Albertsons	3/28—Albertsons
3/31—Target		

THE GOLDEN SPOTLIGHT AWARD

Shine bright! We’re thrilled to unveil our revamped employee recognition program: The Golden Spotlight Award. Below are the exceptional team members we’ve celebrated for truly exceeding expectations.



January: Samantha Bryant, Server

“We nominated Samantha Bryant because we can always rely on her to get the job done, and she sincerely cares for the residents. She knows her stuff, and although soft-spoken she has come great lengths in her time here at Heron’s Key and is a wonderful teammate to her peers.”



February: McKenna Leehan, Marketing Associate

“I am excited to nominate McKenna for February’s Golden Spotlight Award. Her dedication and strong work ethic truly stand out. McKenna consistently goes above and beyond in her role, always making herself available to support the team and contribute to our collective success. Her positive attitude and reliability make her an invaluable asset, and I believe she deserves this recognition for her outstanding contributions.”



THE TIMELESS ART OF THE SONG

**TUESDAY, MARCH 11
6:30 PM (M & HKTV)**

Enjoy an entertaining gathering with one of our own residents when Don Ransom shares a musical evening with his voice and guitar. The theme for this evening's concert is "The Timeless Art of the Song."

Don has always been intrigued by the alchemy around the way we all respond to the experience of music. He'll offer diverse styles of music spanning more than 100 years from the classic American Songbook—from country to contemporary to classic.

Don has been performing since his college days and especially enjoys playing in comfortable, intimate settings where songs can be fully shared.

Sponsored by Resident Services

DON RANSOM IN CONCERT



NURTURING THE SOUL

SPOTLIGHT GROUP: CANCER SUPPORT GROUP 2nd and 4th Tuesday of the Month at 3 pm in the Creative Arts Studio

This year, I will highlight different resident support groups within our Heron's Key community. With that in mind, this month I would like to emphasize just how important our resident *Heron's Key Cancer Support Group* is for those starting their fight with cancer, are on the journey, or are survivors.

Why? Inner well-being is a crucial aspect of cancer support that affects patients and their caregivers. Facing cancer—whether as a patient, survivor, or supporter—can bring about a wide range of emotions, including fear, sadness, anxiety, anger, and even hope and resilience. Here are some key aspects of emotional wellness and cancer support: acknowledge your emotions, seek emotional support, practice stress reduction techniques, stay informed, and practice self-compassion.

Those things are incredibly important because we have entered into an exciting yet odd era that is fraught with tension. There is so much to be aware of, but here are but a couple of things a person dealing with cancer might encounter:

- *Statements that are intended to be supportive but can be a bit tone-deaf to the person dealing with a cancer diagnosis.* These days, cancer is not always a terminal diagnosis, and people might downplay the stress a diagnosed individual feels. I have personally heard people say something along the lines of, “Well, at least you only have (insert type here) cancer. That has a high degree of survival. You're gonna be okay.”

It is absolutely amazing how far advancements in cancer treatment and prevention have come! Still, a person who is dealing with cancer needs empathy. Even if they are looking at a high percentage of beating cancer, they will most likely and understandably be stressed and in need of support rather than dismissal.

- *Their cancer journey becomes a slogan or hashtag campaign.* Most of us have seen the “#(insert name of person)Strong” t-shirts, social media posts, etc. Now, I do not want to downplay the importance of having people openly support someone facing cancer...I really don't. However, support for the person needs to be more interactional and relational. Everyday support is significant during the journey and should never be reduced to a hashtag (#) or slogan.

Every cancer journey is different. There is no one-size-fits-all when it comes to cancer. The science behind cancer treatments and their prevention gets stronger and better every day. Your average person wants to be supportive but might not know how. They might say or do things intended to be supportive yet have the opposite effect. Heck, I will readily admit that I might have written something in this article that is wrong-minded or tone-deaf, as I haven't had to journey down the road of a cancer diagnosis.

It is important to acknowledge that every journey is different and every person on it is different. That is what is so incredible about our Cancer Support Group. It is made up of and led by people who have walked that road and



Ebb Hagan
Wellness &
Spirituality
Coordinator

Monday—Friday
8 am—4:30 pm

253.313.0733
EbbH@heronskey.org

NURTURING THE SOUL

includes those who are starting their journey, are receiving treatment, and are survivors. It consists of people who fully understand that every single journey is different. Again: *Every. Single. Person. Is. Different.* They might not have every single answer, but they are there to listen... and they can empathize. They are your friends and neighbors. They are here for you.

I will end with the following statement a group member sent to me. It says it all much better than I ever could:

Our mission as Heron's Key Residents' Cancer Support Group is to provide a caring environment for residents to talk about the impact cancer has had, or perhaps is currently having, on their lives with other experienced friends and neighbors.

It is led by qualified residents and provides a calm listening, supporting group without judgement, medical advice or solutions. Residents undergoing treatment, or survivors, or supporters, are welcome to come share.

This group has been meeting twice a month since early March 2021, with both men and women participating.

We talk, listen, and support one another. There is no judgment, pressure or medical advice, only conversation, sharing and reassurance. We speak only for ourselves, regarding our personal experiences, cares and concerns. We don't bring in outside speakers or experts nor tell one another what we should or should not do.

*We almost all have a unique variety of cancer, with appropriate individual treatments. But for all of us the common denominator is **Cancer**, which can be frightening. Some treatments and/or procedures are similar and it is so worthwhile to share with receptive, understanding ears.*

This amazing group represents one more strength the Heron's Key community offers.

The Heron's Key Residents' Cancer Support Group meets every 2nd and 4th Tuesday at 3 pm in the Creative Arts Studio.

LENTEN DEVOTIONS

Fridays, from March 7 through April 18, at 11:30 am (CR)

Lenten Devotions will be held in the Chart Room from 11:30 am to 12 pm on Fridays in Lent using Scripture from the Catholic bible. All are welcome. For information, contact Al S.



WELLNESS: INNER WELL-BEING

EVENTS

Animal-Assisted Therapy with Caitlin Ehli of Virginia Mason Franciscan Health



Friday, March 7, at 1 pm (M & HKTU 370) | *Sponsored by Resident Services*

Learn about the Animal-Assisted Therapy program at St. Anthony Hospital from Program Manager Caitlin Ehli. She will discuss what it takes for a pet to be an AAT dog or cat, the training involved, how and why this program was implemented, and the immense benefits to patients. Come with your questions.

Sound Bathing with Dee Mulder



Monday, March 10, at 3 pm (M) | *Sponsored by Resident Services*

Local sound and energy healer Dee Mulder is hosting a sound bathing event for Heron's Key residents. You will learn about Dee's experience with sound bathing before she leads you in a guided meditation experience that includes drums and pyramid chimes. Participants will sit upright in chairs and are encouraged to bring a blanket. First-timers are welcome.

Native Trees of Western Washington with Kevin Zobrist

Thursday, March 27, at 10 am (M & HKTU 370) | *Sponsored by Resident Services*

Kevin Zobrist may be the only person in the world to embark on what he affectionately calls "tree safaris" as he uses his camera to hunt down western Washington's 32 native species. He relishes the challenges—finding good specimens in different growth stages; capturing spring blossoms, summer fruits, and fall color; and maintaining detail despite the high contrast in forest settings. Kevin has already spent seven years documenting each variety, and the chase continues as he pursues capturing even better photographs. He will join us to talk about the native trees in our area and how to help conserve/preserve the wild beauty of our forests.

Kevin grew up surrounded by the beautiful beaches and dense woodlands of the Pacific Northwest and earned B.S. and M.S. degrees in forestry from the University of Washington. He is an associate professor at Washington State University, overseeing the Extension Forestry program in Snohomish, Skagit, King, Island, and Whatcom Counties. He spends his time presenting for public education, outreach, and applied research. Kevin and his colleagues offer classes, workshops, webinars, tours, and field days. They also provide online resources and how-to publications.





NATE JESTER

Ace of Illusions



Joining us again is Heron's Key's favorite Ace of Illusions, Nate Jester! Nate is a Seattle magician and mentalist specializing in magic, illusion, and comedy, and his show is a thought-provoking experience for a sophisticated audience who deserves something unforgettable. He has performed his astounding illusions in China, Ukraine, Hungary, Las Vegas, and throughout the United States. You may have seen him on "America's Got Talent," Bravo, Netflix, or Oprah's *The Life You Want Tour*. Join us for a truly mind-boggling show!



**Monday,
March 24
3 pm (M)**

Sponsored by Resident Services

FEATURED EVENTS: THREE NEW SERIES

1 Hate Speech with Chris Damaske

This series of six sessions will focus on what we are doing or should be doing to combat hate speech in contemporary society. Each session will unpack another aspect of this complex societal problem.

Defining Hate Speech

Tuesday, March 4, at 1 pm (M & HKTV 370)

Hate speech is a messy, highly contested concept used in political theory, legal theory, legal documents, and simple common usage. Its meaning changes depending on the context of who is using it and to what end. Additionally, the term itself is often conflated or confused with other concepts such as hateful speech, racist speech, or harmful speech. Defining the concept of hate speech concretely, then, is a difficult task requiring a clear understanding of the context and purpose at the outset. This session addresses the various ways the term “hate speech” has been defined and operationalized.

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 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.



2

Great Decisions

Lifelong Learning is launching six monthly sessions from the Foreign Policy Association's *Great Decisions* discussion series this month. *Great Decisions* is America's largest discussion program on world affairs. Its model involves reading the Great Decisions Briefing Book (available from the concierge desk), 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 will feature expert discussion moderators to provide additional informational depth and lead the discussion. David Fenner will lead the series this month by discussing Gaza and the Middle East.

"Gaza: American Foreign Policy in the Middle East—Taking Stock and Looking Ahead" with David Fenner

Thurs., March 13, from 1-3 pm (M & HKTV)

The war in Gaza has brought the region to a crossroads. What are the possible outcomes of the war, and how might the United States use its influence to shape a long-term settlement that leaves both Israel and the Palestinians in a better position? How might Arab states in the broader region be brought into a settlement? What are America's interests in the Middle East and how can they be advanced?

Moderator: David Fenner, affiliate professor of Islam and Middle Eastern studies at the U.W. Jackson School of International Studies.



3

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

Part 1: From Ice Age to Stone Age

Tuesday, March 18, at 1 pm (M & HKTV 370)

This first part of Doug's four-part series, "From Ice Age to Stone Age," examines the local topography created by the retreat of the ice sheet 10 thousand years ago and its settlement by Salish Natives. This includes the locations and names of the 15 known villages, seasonal campsites, graveyards, and their rich mythology, folklore, and traditions.

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



LIFELONG LEARNING

RESIDENT-LED EVENTS



Who Am I?: Don Egge

“Adventures in the Journey to Assisted Living”

Wednesday, March 5, at 2 pm (M & HKTV 370)

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

Winter Nature in Ninety Minutes

with Andy Mauro and Mike West

Thursday, March 6, at 2 pm (M & HKTV 370)

Once upon a time, when Alice was a young girl, she tumbled down a rabbit hole and had quite an adventure. She’s now quite a bit older and much wiser. In addition to being more careful about trips and falls, she can’t imagine nibbling on those pretty red mushrooms that were growing last fall near the entrance to Heron’s Key. We’ll explore the magical world of Heron’s Key mushrooms, plus several of Nature’s frosty creatures and features in the woods as we gather for our 90-minute “Nature Hour.” Join us!



On-Site Counseling & Dementia Support



Sandy O’Brien is a Registered Nurse with a Master’s Degree in Psycho-social Nursing. She is also a Certified Dementia Practitioner and Certified Professional Coach. Sandy is available for counseling and coaching sessions on the Heron’s Key campus, or virtually, for residents and their families. For more information, visit her website at www.HarborTransitions.com

Call 253.442.9242 for appointments and rates.



Bob Crist: 34 National Park Sites within a Day's Drive of Heron's Key

Tuesday, March 25, at 1 pm (M & HKTU 370)

My goal is to inform you of lots of opportunities for day trips from Heron's Key. There are some tremendous locations within the National Park system for you to explore.

Bob and his wife Ann moved to Heron's Key in 2021 from Bellevue. Bob is a retired partner in the accounting firm of Ernst and Young and one of the founders of Community Health Plan of Washington. He has a lifelong commitment to supporting the community and has served on 15 community boards over the years. Bob has been on the board of Emerald Heights since 1999 and was Chairman of the Board when the decision was made to develop Heron's Key. He has a particular interest in the National Park System, including teaching a course at Bellevue Community College on the subject. He has been to over 380 sites overseen by the park service.



Reading Aloud with Gee Heckscher and Your Neighbors

Thursday, March 27, 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.

NEWCOMERS CAFÉ

The Newcomers Café helps new residents feel welcome and gives them an opportunity to create new friendships. By coming together, we can share the joys and frustrations of life's big changes and support each other's transitions to Heron's Key. Sharing the journey makes our lives easier and richer! **We meet for lunch at 11:30 am in Syren's Grille on the 2nd and 4th Wednesdays of the month.** Make a reservation if you plan to attend. New and established residents are welcome. Martha Bien and Barb Cumming are your hostesses.

PERFORMING & VISUAL ARTS

PERFORMING ARTS IN THE MARITIME & ON HKTV 370



BROADWAYHD STREAMED PLAYS: SATURDAY MATINEES

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

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

Saturday, March 8: Casanova (2017)

In a claustrophobic Venice of lavish dress and gilded interiors, Casanova is preparing for a career in holy orders when an erotic encounter sets him on a different path. Sexual conquests and intellectual liberation define this whirlwind of scandal and excess. Northern Ballet's atmospheric and seductive production stars Giuliano Contadini as the infamous Italian lover.

Saturday, March 22: The Andersonville Trial (1959)

This post-Civil War court-martial drama focuses on the trial of a Confederate officer who ran the notorious prisoner of war camp in Andersonville, Georgia, where over 14,000 Union prisoners died from disease, starvation, and neglect.



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.

WEDNESDAY NIGHT STREAMED CLASSICAL MUSIC CONCERTS

Full descriptions of the works are available on the Resident Portal.

Mozart: Two Symphonies

Wednesday, March 12, at 7 pm (M & HKTV 370)

- **Symphony No. 29 in A Major, K. 201 (1774)**

Composed at just 18 years old, Mozart's Symphony No. 29 is a charming, widely admired early work. It marks a significant step in his development as a composer, showcasing his mastery of form and orchestration. Beloved for its fresh melodies and structural brilliance, this symphony remains a favorite among musicians and audiences alike.

- **Symphony No. 40 in G Minor, K. 550 (1788)**

Often called the "Great G Minor Symphony," Symphony No. 40 is one of Mozart's most powerful and emotionally charged compositions. It stands as a landmark in the classical symphonic repertoire, filled with drama and intensity. Along with Symphony No. 41 ("Jupiter"), it represents the pinnacle of Mozart's symphonic achievements.

Peninsula Men's Gospel Singers Concert

Sunday, March 23, at 2 pm (M)

Sponsored by Performing & Visual Arts

For the 10 years prior to her move to Heron's Key, resident Karen Coles was the ASL interpreter for the Peninsula Men's Gospel Singers. Now, we at Heron's Key will have the opportunity to hear this special group in performance. The faith-based group from the Olympic Peninsula represents eight churches and denominations. Their repertoire includes traditional hymns, old-time gospel, contemporary Christian, and original songs.



We feel fortunate to have this talented group volunteer to perform for us, and you'll enjoy watching Karen interpret the entire concert. Invite your friends and neighbors for an uplifting afternoon of vibrant faith-based music.

Alma Deutscher, a Modern Day Child Prodigy

Wednesday, March 19, at 7 pm (M & HKTU 370)

Alma Deutscher is a truly extraordinary talent, often compared to Mozart for her remarkable skills as a composer, pianist, and violinist. She began composing at a remarkably young age and quickly gained worldwide recognition for her classical music compositions. Alma started playing piano at age 2 and violin at age 3. By 4, she was already composing her first melodies. At just 7 years old, Alma composed her first opera, displaying an exceptional gift for melody and harmony. Alma has performed her works on prestigious stages such as Carnegie Hall and the Vienna State Opera. She rose to international fame after the 2017 BBC documentary, *Imagine*, showcased her life and extraordinary talent, captivating audiences around the world.

Amadeus (1984, PG)

Wednesday, March 26, at 6:30 pm (M & HKTU 370)

Watch the life and rivalry of Wolfgang Amadeus Mozart through Antonio Salieri's eyes. Narrated by Salieri, a fellow composer consumed by jealousy, *Amadeus* tells the story of Mozart's life, genius, and struggles. Salieri, who envies Mozart's extraordinary talent, ultimately claims to have played a role in his demise. The film earned 11 Oscars, including Best Picture, Best Director, Best Actor (twice), and Best Writing, along with six additional awards.

PERFORMING & VISUAL ARTS

REPRISE OF MINT THEATER'S STREAMED PRODUCTION OF *HINDLE WAKES*

Wednesday, March 5, at 7 pm (M & HKTU 370)

Set in the fictional mill town of Hindle in Lancashire, England, this compelling play revolves around Fannie Hawthorne and Alen Jeffcoat, two young adults whose secret affair during the town's Wakes Week holiday comes to light. Fannie, a mill worker at the factory Alan's father owned, challenges societal expectations in dramatic ways.

The story unfolds as their families—tied by history but divided by class—pressure the two lovers into marriage after the revelation of their liaison. While Alan's mother suspects Fannie of being a gold-digger, the unexpected twist comes when Fannie boldly rejects the proposal. She dismisses their relationship as a fleeting "bit of fun" and declares her independence, vowing to support herself as a skilled weaver despite being disowned by her family.

When *Hindle Wakes* premiered in London in 1912, it sparked moral outrage for its candid exploration of pleasure without commitment. Critics called it the best play of the year, while debates over its controversial themes filled the newspapers. The uproar only fueled its success, making *Hindle Wakes* a theatrical sensation.

Don't miss this thought-provoking and historic production!

TWO SALON LOCATIONS TO SERVE YOU

The salon stylists are not employees of Heron's Key, therefore, gratuities for services are appreciated.



Penrose Harbor

Call 253.313.0788 or fill out
Salon Appointment Request form

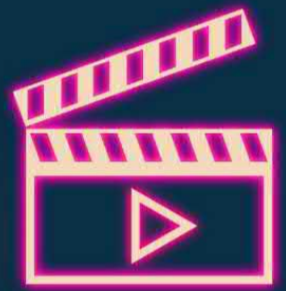
Clubhouse Ground Floor

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

Services

- ◆ Haircuts and styling for men & women
- ◆ Coloring & highlights
- ◆ Perms
- ◆ Nail care, manicures, pedicures
- ◆ Massage

Movies in the Maritime



See the Resident Portal for movie descriptions.

Friday Night Movies

7pm (M)

Sponsored by Resident Services

- 3/7: *Grumpy Old Men* (1993, PG-13)
- 3/14: *Evil Under the Sun* (1982, PG)
- 3/21: *The Bucket List* (2007, PG-13)
- 3/28: *Driving Miss Daisy* (1989, PG)

Sunday

Movie Dates with Scott

5:30pm (M & HKTU 370)

Sponsored by Performing Arts

- 3/2: *Forbidden Planet* (1956, G)
- 3/9: *Eraser* (1996, R)
- 3/16: *Seems Like Old Times* (1980, PG)
- 3/23: *To Catch a Thief* (1955, PG)
- 3/30: *The Terminal* (2004, PG-13)

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



UPCOMING EVENTS

Wine & Cheese Social



Wednesday, March 12, at 4 pm (CL)

Sponsored by Resident Services

Mingle with your neighbors during this special happy hour. A non-alcoholic option will be available.

Monday St. Patrick's Day Mixer

Monday, March 17, at 2 pm (CL) | *Sponsored by Resident Services*

Grab your lucky shamrock and meet us in the Lobby to celebrate St. Patrick's Day. Resident Services will provide Irish-themed bites and alcohol will be available for purchase. Remember to wear green or you may get pinched!

Birthday Celebration

Thursday, March 27, at 3 pm (CL)

Sponsored by Resident Services

Come for a slice of vanilla or chocolate cake and enjoy the coffee and tea service as we celebrate this month's birthdays.



GENEALOGY

MEETUP

On Tuesday, March 4, at 10am in the Maritime Room, there will be a meeting to gauge resident interest in restarting the Genealogy Interest Group.

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

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

Primary Care at Heron's Key

Serving IL & AL Residents



F&M Healthcare is a small group of providers based in western Washington. Our mission is to provide compassionate and holistic care to patients and residents. Accomplishing such a goal requires a dedicated team that understands the integration of physical and psychological health in overall patient care and well-being. We are excited to take care of your needs.

Dr. Maggie Sekeramyi (pronounced *seh-ker-ah-may-yay*) is happy to serve the Heron's Key community as a medical provider for IL and AL residents and is committed to working with you. She is a board-certified internal medicine doctor with more than 16 years of experience working in hospital and post-acute care settings, including skilled nursing and long-term care facilities. Dr. Maggie enjoys working with and taking care of older adults in our communities.

Thursdays 10 am—2 pm

Call or email to make an appointment.

Phone: 253.448.9423 Email: Appointments@fmhealthcare.org

KITCHEN TOUR

First Wednesday of every month | Wednesday, March 5, at 2 pm (SP)



Curious about 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 you your delicious meals. Sign up at Syren's Grille or by calling 253.313.0797.

CHEF'S DEMO | Second Monday of every month | Monday, March 10, at 2 pm (SP)



Join us once again for another culinary lesson and learn from one of our staff members! Line Cook Nick Sutton will demonstrate his famous mushroom risotto that's sure to hit the spot. The cost is \$6 per resident and includes a meal. Sign up at Syren's Grille or by calling 253.313.0797.

RESIDENT ORIENTATION TO DINING SERVICES

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

All residents are welcome. Learn about our dining services and ask questions; no registration required.

STAFF TRAINING | Second Wednesday of every month | Wednesday, March 12, from 3–4 pm

Our 2025 focus is TRAINING and we will close on the second Wednesday of every month to focus on staff development. Please plan accordingly by visiting the restaurant or placing your orders for pick-up or delivery before 3 pm and after 4 pm. If you have any questions, please speak to a Dining team member.

FOOD SERVICE COMMITTEE MEETING

Special Presentation by Amber Hall, Heron's Key Registered Dietitian

Wednesday, March 19, at 3 pm (M)

Observe our regular monthly meeting as a spectator and enjoy a special presentation about what gluten is and how to maneuver your daily meals to avoid it. We kindly ask that you silently observe the meeting and presentation and reserve any questions until the end of the meeting.

ST. PADDY'S WEEK SPECIALS AND MIXER | Mon., March 17, through Sat., March 22

Get a taste of the Emerald Isle throughout the week with our Irish-inspired dishes; see the respective Chef's Specials menu for more details. Cap off St. Paddy's Week at the Saturday Syren's Mixer on March 22 at 3 pm, featuring specialty cocktails available for purchase and complimentary Irish bites.

CHEF DINNERS | Friday, March 28, and Saturday, March 29, 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 quickly so you don't miss out. Menus will be published in the first week of March, and reservations can be made then. Reservations are first come, first serve. Menu and pricing to be determined; pricing ranges from \$30-\$40 per person. Call 253.313.0797 today to reserve your place.

Find the latest menus and hours on the Resident Portal.