

May 2025

Heron's Flight

Taking Community News to New Heights

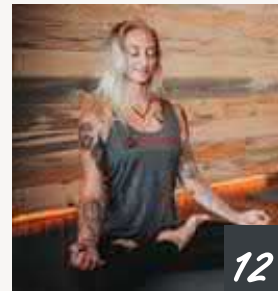
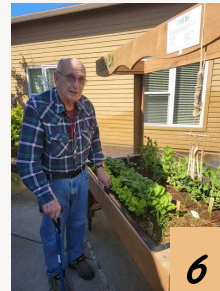
A photograph of three people, two men and one woman, standing in front of a large window. They are looking out at a dense forest of tall evergreen trees. The man on the left is wearing a red shirt, the man in the middle is wearing a light blue shirt and glasses, and the woman on the right is wearing a tan jacket and holding a glass of orange juice. A circular graphic with a green and white gradient is overlaid on the bottom left of the image.

Together: Campus & Community

Cultivate a foundation of
support, joy, and resilience
that enhances every aspect
of your well-being

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CONCIERGE NEWS

HOW TO MAKE THE MOST OF YOUR PENDANT

Do you know what accidental falls and medical emergencies have in common? *They're generally unexpected and occur at inconvenient times.* Luckily, you have a tool that alerts staff 24/7, regardless of your location inside the Heron's Key building—your pendant. Examples of great times to use it include:

- **If you fall or experience a medical emergency:** Push your pendant, and a designated Heron's Key staff member will respond.
- **If someone else falls or experiences a medical emergency:** If you are with a neighbor who has fallen or needs medical attention, please refrain from moving them. Instead:
 - Find a nearby pull cord or push their pendant for them.
 - If you can't find their pendant on their wrist or hanging around their neck, push yours and stay with them until staff finds your location. If it is a life-threatening emergency, dial 9-1-1 AND press the pendant.



Pendant Features

- **It works 24 hours a day:** If you stumble and fall (in the middle of the night, for example) or need medical attention while at Heron's Key, your cell phone may not be within reach. If you're wearing your pendant, alerting staff may be as simple as pushing a button, regardless of the time of day.
- **There are two ways to wear it:** as a necklace using a lanyard or around your wrist using the wristband.
- **It's waterproof up to 25 feet:** Since many accidents occur in the bathroom, we encourage you to wear your pendant while bathing.
- **Testing your pendant's battery is simple:** Just stop by the Concierge Desk. (Note: Batteries last three to five years.)



NEW ESTHETICIAN IN CLUBHOUSE SALON

Resident Salon Services is excited to announce the addition of a new esthetician, Alexa Nelson, who offers facials, waxing, and lash and brow treatments. See page 14 for information on making an appointment.

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

RESIDENT COUNCIL CONNECTION

A MESSAGE FROM YOUR RESIDENT COUNCIL SECRETARY

Value in Cars

What was your first car? What was its value? Mine was a red 1949 Ford pickup in fair shape for its 20+ years. New, it probably sold for \$1,500. After two years, I sold it to a college student eager to restore it to its original beauty. Today's value might be up to \$22,000. **Value:** My first wheels; his investment and pleasure. Tom's first car was a blue 1947 straight-eight Chrysler New Yorker Club coupe, a beauty with large white-wall tires. Today, it might be worth \$23,000! **Value:** Transportation and pure joy.

Later, I owned a 15-year-old 1961 Chevrolet Bel Air station wagon that cost about \$2,800 new. Today, it may be worth about \$21,000. **Value:** Comfortable, safe transportation that embarrassed my daughters. They preferred being dropped off down the street from school and swore they'd never own one. I have the last laugh: They own SUVs, punched-up station wagons.

My first new car was a 1978 Chevrolet Chevette hatchback, a beauty that cost about \$4,000 and might be valued today at \$6,000 to \$33,000. It was a lemon. **Value:** Before lemon laws, I learned to negotiate with the dealership's service department, which was unwelcoming to a woman in their service bay. After many encounters, I drove to the dealer one day after work and said, "I'm not a mechanic. I pay your service department for that skill. It sounds like the engine is going to fall through to the pavement. Here are the keys; I'm not leaving until you provide something else for me to drive." After nearly 2 hours, I was loaned a pickup. While driving home, the police stopped me for an expired plate. Back to the dealership for a different loaner, I was steamed and sure they were laughing as I drove away.

My real beauty, however, was a Lincoln MKZ Hybrid. I loved the luxury, style, gas mileage, and the service department managed by a woman. It had one problem—no spare tire, only a blow-up device for a flat. The flat occurred on the Oregon Coast, where the only service station was 15 miles away. We limped to a tire shop in Tillamook that didn't have what we needed but patched the tire enough to get us home. We made it home, but it was flat the next morning. When Lincoln roadside arrived, he had me back the car out of the garage so he could load it up for the dealership. To my horror, I was then asked to back it up the truck ramp while he watched the wheels. "Next," he says, "Climb into the truck for the trip to the dealership." (I'm wearing a skirt!) There is more to this story, but the bottom line was a free new tire from Lincoln and a letter from their headquarters apologizing for the inconvenience. They assured me that particular roadside service would never work for Lincoln again. **Value:** Check for a spare tire; about 60% of new cars today have none.

After two years at Heron's Key, we sold my Lincoln and Tom's Lexus SUV and purchased our current vehicle. **Value:** Our combined experiences, knowledge, and expertise to make a good deal on a two-year-old car. It comes with all available safety features that, we hope, will allow us to continue to drive safely for as long as possible. **Note:** Tom's parents did not own a car in Brooklyn, NY. They took taxis or subways. My dad trusted the dealership mechanics to care for his cars. My mom thought the best perfume was a new car smell. I tend to agree.

— Carol Tamparo, HKRC Secretary



Residents' Association Meeting

Thurs., May 8, 10 am
(M & HKTV 370)

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

JOIN US FOR THE 2025 MARITIME GIG PARADE

We're excited to return to the Maritime Gig Parade on **Saturday, June 7**, and we'd love for you to be part of the fun! We have space for **12 residents** to participate. New parade t-shirts are coming, so be sure to **sign up with the Concierge** and **provide your shirt size by Wednesday, May 14**. You'll need to choose whether you'd like to walk the one-mile parade route (approximately 1 hour) or ride on the Heron's Key bus. The parade begins at 10 am, and we will depart from Heron's Key at 8 am; more details will come as we near the event date.



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. Be on the lookout each month for a team member to be highlighted!

Get to Know: Michelle Wood

Vice President, Operations

- What is your hometown? Seattle, WA
- What was your first job? Office Manager/Bookkeeper for an architectural firm at age 17
- What three words would you use to describe yourself? Passionate, driven & loyal
- What do you do for fun? Hanging out with my friends/family/dogs, volunteering for animal causes, reading



- Who inspires you? My Mom and Dad
- What do you love about working at EC? The best part of working at Emerald Communities is making a real difference in residents' lives while doing meaningful work. Building relationships, making an impact, and creating a strong community make the job rewarding and fun.
- What is the focus of your role at EC? My focus is ensuring both communities run smoothly, provide excellent care, and feel like a strong, supportive place for residents and staff. I work with teams, manage operations, and help plan for the future so our communities can keep improving and growing.

PENROSE HARBOR LIFE ENRICHMENT



THE JOYS OF SPRING

Springtime gardens can offer numerous benefits for older adults, such as physical and mental stimulation, reduced stress, and a sense of accomplishment. The sensory experience of being outdoors, the tactile engagement with plants, and the familiar sights and smells can evoke memories and create positive emotions.

NEW FITNESS SPECIALIST

Meet our fantastic new Fitness Specialist, Paige White. She is already making a difference in Penrose Harbor with smiles, laughter, and a wonderful, positive atmosphere. Regular exercise can offer various cognitive benefits, including improved memory and concentration, potentially slowing down or preventing memory loss associated with dementia or mild cognitive impairments. Exercise can also increase blood flow to the brain, promote neurogenesis, and strengthen the hippocampus, a brain region crucial for memory and learning.



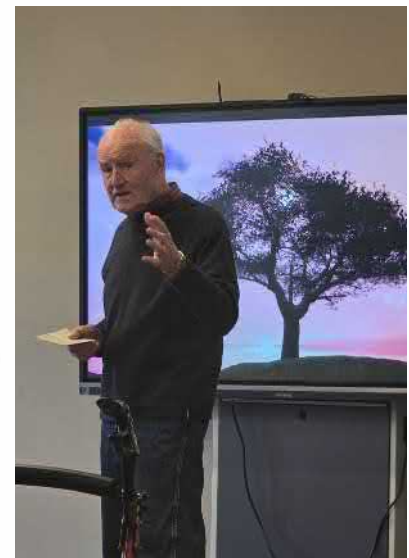
SAVE THE DATE

Upcoming Events

- **Monthly Birthday Celebration** - Wednesday, May 28, at 2:30 pm
- **Monthly Resident/Family Meeting** - Thursday, May 29, at 4 pm
- **Scenic Drive** - Monday & Fridays at 2 pm
- **Sit & Stretch with Paige** - Monday – Thursday at 2 pm

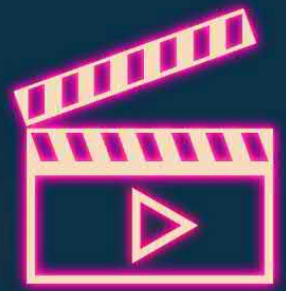
May Highlights

- **Kentucky Derby Social** - Saturday, May 3, at 3 pm
- **Cinco de Mayo Party** – Monday, May 5, at 2:30 pm
- **Sing along with John** - Thursday, May 8, at 2:45 pm
- **Chef Demonstration** – Wednesday, May 14, at 2:30 pm
- **HK Songsters** - Tuesday, May 20, at 4 pm
- **Ruston Picnic** - Wednesday, May 28, at 11:30 am



Guest John Adams entertaining residents and visitors with a cappella styles of classic songs.

Movies in the Maritime



See the Resident Portal for movie descriptions.

Friday Night Movies

7pm (M)

Sponsored by Resident Services

- 5/2: *Hidalgo* (2004, PG-13)
- 5/9: *I'll See You in My Dreams* (1951, NR)
- 5/16: *The Help* (2011, PG-13)
- 5/23: *Good Morning, Vietnam* (1987, R)
- 5/30: *Moonstruck* (1987, PG)

Sunday

Movie Dates with Scott

5:30pm (M & HKTV 370)

Sponsored by Performing Arts

- 5/4: *The Poseidon Adventure* (1972, PG)
- 5/11: *The Thomas Crown Affair* (1968, R)
- 5/18: *The Tourist* (2010, PG-13)
- 5/25: *Air Force One* (1997, R)

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

ENJOY THE ARTS AND LOCAL AREA

[The Importance of Being Earnest at The Jewelbox Theater in Poulsbo](#)

Friday, May 9, from 5:45-10 pm | Sponsored by Performing & Visual Arts

Registration closed.

[Hike at Foothills Trail in Orting](#)

Tuesday, May 13, from 12-4 pm | Sponsored by Fitness

Find more details on page 12. **Register on the Resident Portal by 12 pm on Friday, May 9.**



[Rhododendron Botanical Garden in Federal Way](#)

Thursday, May 15, from 9:30 am-12:30 pm | Sponsored by the Raised Beds Garden Group

The Rhododendron Species Botanical Garden is a non-profit membership organization dedicated to conserving, displaying, and distributing rhododendron species. Home to one of the largest collections in the world, the garden displays over 700 of the more than 1,000 species found in the wilds of North America, Europe, and Asia, as well as the tropical regions of Southeast Asia and northern Australia.

Register on the Resident Portal by 12 pm on Friday, May 9.



Please note: The botanical garden incorporates many gravel paths through the flowers, which may be challenging to navigate if you use a walker, scooter, or wheelchair. There are slight downward slopes toward certain features. Walking the gardens takes about an hour. Restrooms are available on-site.

[Ritchie Observatory on Bainbridge Island](#)

Friday, May 16, from 1-4 pm | Co-Sponsored by Lifelong Learning & Resident Services

Jointly sponsored by Lifelong Learning and Resident Services is a field trip to the Ritchie Observatory and Rudolph Planetarium. The tour will include an introduction to the observatory, a 40-minute full-dome movie on various topics in astronomy, and a visit to the Battle Point Sundial adjacent to the observatory. Frank Petrie, President of the Battle Point Astronomical Association and next month's speaker on Polynesian Navigation (see page 19), will conduct the tour. **Register on the Resident Portal by 12 pm on Wednesday, May 14.**

OFF-CAMPUS EVENTS

Naval Ship USS Turner Joy in Bremerton & Lunch at The Curry



Monday, May 19, from 10 am-1 pm | *Sponsored by Resident Services*

The naval ship *USS Turner Joy* is a Forrest Sherman-class destroyer built at Puget Sound Bridge & Dredging Co. in Seattle. She is famous for her pivotal role in the Vietnam War. As we approach Memorial Day, join us in remembering those in the armed forces who sacrificed their lives for our country. **Register on the Resident Portal by 12 pm on Friday, May 9.**

Please note: This is a self-guided tour of the ship. To experience the whole tour, you must walk on a ship that may have wet surfaces and go down ladders backward. Please be aware and cautious. If ladders are a challenge, explore the ship's top level. If you prefer, you may enjoy views of the ship from land.

Museum of Pop Culture & Lunch at MOD Pizza in Seattle

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

The Museum of Pop Culture (MoPOP) celebrates and explores pop culture. Featuring a vast collection of over 85,000 artifacts—including musical instruments, costumes, and art—the museum's mission is to activate the world-shaping power of pop culture through interactive experiences and exhibits. After visiting the museum, we will stroll for about 5 minutes on a paved sidewalk to MOD Pizza, our lunch spot. **Register on the Resident Portal by 12 pm on Friday, May 23.**

Tacoma Rainiers vs Las Vegas Aviators at Cheney Stadium in Tacoma

EARLY SIGN-UPS! Tuesday, June 3, from 10:45 am-2:30 pm | *Sponsored by Resident Services*

Warm weather, hot dogs, the company of neighbors, the crack of the bat, and the roar of the crowd are the ingredients for an excellent evening out as we cheer on the Rainiers from the stands. Join us to celebrate America's favorite pastime at Cheney Stadium. **Register on the Resident Portal by 12 pm on Monday, May 26.**

DINE & SHOP

Coffee & Crepes at the Jewel Box Café in Point Ruston, Tacoma



Monday, May 5, from 9:30-11:30 am | *Sponsored by Resident Services*

Register on the Resident Portal by 12 pm on Friday, May 2.

Ladies Breakfast at Big Apple Diner in Bremerton



Monday, May 12, from 9:30-11:30 am | *Sponsored by Resident Services*

Register on the Resident Portal by 12 pm on Friday, May 9.

Daeho Korean BBQ with TC in Bellevue



Saturday, May 17, from 11 am-3 pm | *Sponsored by Resident Services*

Our beloved former driver, TC, is sharing his Korean culture with us. What better way than through food?

Register on the Resident Portal by 9 am on Friday, May 2.

OFF-CAMPUS EVENTS

International Tastings: Royal Tandoor in Port Orchard

Wednesday, May 21, from 11:30 am-1:30 pm | *Sponsored by International Tastings Group*
We're visiting Royal Tandoor in Port Orchard, a new Indian restaurant receiving excellent reviews.
Register on the Resident Portal by 12 pm on Wednesday, May 14.

Co-Ed Lunch at Fondi's Pizza in Gig Harbor

Thursday, May 22, from 11:30 am-1:30 pm | *Sponsored by Resident Services*
Register on the Resident Portal by 12 pm on Thursday, May 15.

Ice Cream at Ice Cream Social in Point Ruston

Tuesday, May 27, at 2 pm | *Sponsored by Resident Services*
Register on the Resident Portal by 12 pm on Monday, May 26.

Reminder
All shopping trips require sign-ups with the Concierge, as space is limited. Extra space you may notice in an HK vehicle is reserved for carrying purchases.



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
5/5—Safeway	5/7—Safeway	5/2—Trader Joe’s, Silverdale
5/12—Walmart, Port Orchard	5/14—Safeway	5/9—Fred Meyer
5/19—Trader Joe’s, University Place	5/21—Safeway	5/16—Metropolitan Market
5/26—No Shopping	5/28—Safeway	5/23—Safeway
		5/30—Target

RETIREMENT, EMOTIONAL HEALTH & COMMUNITY ENGAGEMENT

Did you ever think about the new hobbies you'd start or the volunteer work you would do once you retired? Have you reached the point in your retirement journey where things are getting a bit mundane, and you feel you need to try something new or pass along your wealth of knowledge and experience to the next generation? If so, I have great news: This month's focus is "Together: Campus and Community!"

Retirement marks a significant life transition that can bring relief and challenges. After years of routine and responsibility, stepping away offers freedom but can also lead to emotional uncertainty. Many retirees experience a mix of excitement and anxiety as they redefine their purpose, identity, and daily structure. Emotional well-being during retirement is closely tied to how individuals navigate these changes and stay connected to a sense of meaning.

One of the most common emotional struggles during retirement is the feeling of loss—loss of professional identity, social networks, and a routine, which can sometimes lead to depression, anxiety, or a sense of purposelessness. Community engagement plays a critical role in maintaining emotional health during retirement.

- Being active in your community helps combat loneliness, fosters new relationships, and provides a renewed sense of purpose. Whether volunteering, joining clubs, attending local events, or participating in group activities (e.g., fitness classes or book clubs), staying socially connected can significantly boost mental and emotional well-being.
- Giving back through volunteering or mentoring can be incredibly fulfilling. Many retirees find meaning in sharing their skills and experience with others, which helps the community and enhances their feelings of self-worth. Lifelong learning opportunities, such as workshops or classes, also stimulate the mind and provide social interaction, reducing feelings of isolation.

Support systems are vital. Engaging with friends, family, or community groups provides emotional reinforcement and a sense of belonging. Retirement can also be a time to strengthen intergenerational bonds, especially with grandchildren, which has been shown to have emotional benefits for retirees and their younger family members.

Prioritizing emotional health and staying actively involved in the community can lead to greater happiness, resilience, and a sense of meaning in this new chapter. Many here at Heron's Key volunteer in the local community. Some volunteer at neighborhood schools, work at the local food bank, or visit hospice patients in the area. If you practice a hobby, mentor, or volunteer in the area, I encourage you to invite a neighbor to serve with you. And don't forget to stop me and share how you engage the surrounding community. I'd love to hear how you are staying active and making a difference in the lives of others!



Ebb Hagan

*Wellness &
Spirituality
Coordinator*

Monday—Friday
8 am—4:30 pm

253.313.0733
EbbH@heronskey.org

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.

PERSONAL FITNESS TRAINING UPDATE



Heron's Key has a proud tradition of supporting health and wellness through various cardio, yoga, and personal training options. With the addition of Paige White to our team, we're excited to expand these offerings even further. Paige brings expertise in fitness equipment training and personalized yoga instruction, providing residents with more opportunities for one-on-one support tailored to their individual goals. Whether you're looking to build strength, improve flexibility, or deepen your yoga practice, Paige is here to help. Personal training begins with a free assessment that takes into account your exact needs. To learn more or to schedule a personal training session with Paige, please call 253-313-0781 or send an email to paigew@heronskey.org.

HIKE

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 at Foothills Trail in Orting

Tuesday, May 13, from 12-4 pm | Sponsored by Fitness

An out-and-back paved trail in Orting Washington, this paved trail follows the Puyallup River with good views of Mt. Rainier on a clear day. The flat trail is suitable for all skill levels. With only 55 feet of climbing, you can trade your hiking boots for tennis shoes. **Register on the Resident Portal by 12 pm on Friday, May 9.**



- Driving Duration to Trail: 50 min.
- Out-and-Back: 1.5hrs
- Bathrooms at Trail: No (we will stop at a nearby store afterward)
- Wheelchair Accessible: Yes
- Footwear: Tennis Shoes
- Extra: Sack Lunch (optional), Water

WELLNESS— TOGETHER: CAMPUS & COMMUNITY

Show & Share

Bring an object. Share its story.

Wednesday, May 7, at 1pm (M & HKTV)

Sign up at the Concierge Desk

Sponsored by Administration



Do you have a hidden gem with an incredible past? A cherished keepsake that sparks a memory? We're hosting a special event where residents and staff can share their most meaningful items and the stories behind them.

Think along the lines of a family heirloom, a piece of history you stumbled upon, a memento that represents a significant moment in your life, an item you collect, a cherished travel souvenir, a unique piece of art, or even a beloved childhood toy. We want to hear about the special meaning these items hold for you!

Want to Participate?

Sign up at the Concierge Desk or show up to the event and share.

Join us for an afternoon of discovery and connection as we learn the unique stories within our community!



FLOOR MEETINGS WITH CHRIS

Join your neighbors for a discussion with Executive Director Chris Lucero.

Wed., May 28 (M)

- Floors 1 & 6—9 am
- Floor 2—10 am
- Floor 3—11 am
- Floor 4—1 pm

Thurs., May 29 (M)

- Cottages—10 am
- Floor 5—11 am

WELLNESS— TOGETHER: CAMPUS & COMMUNITY

EVENTS



Note: There is no Syren's Mixer on this day.

Kentucky Derby Party

Saturday, May 3, at 3 pm (M)

Sponsored by Resident Services

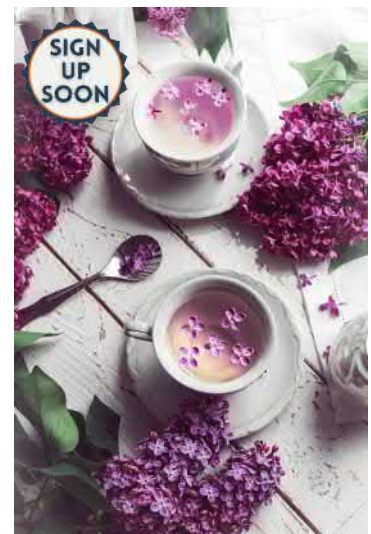
It's Derby time again! Join us for a viewing of the infamous Run for the Roses at Churchill Downs. Try your luck and "bet" on your favorite horse—the winner gets a special surprise! Resident Services will provide refreshments and beverages, including mint juleps. You won't want to miss "the greatest two minutes in sports."

Ladies Spring Tea

Wednesday, May 14, from 1-2:30 pm (SY)

Sponsored by Resident Services

This one is for the gals. Celebrate your female friendships at the Ladies Spring tea! The menu includes tea and family-style treat platters of sandwiches, scones, and desserts. Feel free to dress up and use this as an excuse to wear your fancy hats. **Space is limited, and reservations are required. Please sign up at the Host Stand by Wednesday, May 7.** *Sponsored and paid for by Resident Services.*



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



WELLNESS— TOGETHER: CAMPUS & COMMUNITY

Wine and Cheese: Campus Connections

Wednesday, May 21
4 pm (CL & CL Patio)

Sponsored by Resident Services

To tie in with May's theme of togetherness, come to the Wine and Cheese Social and take part in the fun prompts on the tables. They are sure to spark some interesting conversation and connection!



Chocolate Tasting with “The Chocolate Lady” Marlene Bosanko

Friday, May 23, at 2 pm (M)

*Sponsored by
Resident Services*

Known as “The Chocolate Lady”, Marlene Bosanko will be leading us through a chocolate adventure. If you have a sweet tooth you won’t want to miss this tasty and informative class! Sign up soon to satisfy your sweet tooth.

Registration on the Resident Portal ends at 9 am on Wednesday, May 7.

Marlene retired from Tacoma Community College where she served as the Dean of Arts, Humanities, and Social Sciences. In her retirement, Marlene tests recipes for cookbooks, volunteers for a private caterer and celebrity chef, teaches classes, and presents papers on the complexities of chocolate. **Sponsored and paid for by Resident Services.**

Campus Game Night

Thursday, May 22
4:15-5 pm (M)

Sponsored by Resident Services

Connect with your neighbors in a friendly, casual, low-stakes game night. A handful of tables will be set up with games like Scrabble, UNO, and Pictionary. Resident Services will provide popcorn.

Game Night celebrates neighbors who come to the table in contest or cooperation. It’s a time when friends are tasked with war and strangers create bonds as they work to survive through their next turns. Game Night is a time to play, find a new passion, or connect with those with common interests. Come with a winning spirit and sportsmanship as you play classic games or learn new ones.



DIVERSITY, EQUITY & INCLUSION

CHALLENGING ABLEISM

Building a World of Equity and Respect

Sponsored by the Diversity, Equity & Inclusion Committee

Fighting Day-to-Day Ableism with Elsa Sjunneson

Monday, May 12, 3pm (M & HKTV 370)



In the second part of the three-month study on ableism, we will have a presentation from an ableism activist. Elsa Sjunneson is a professor, historian, media critic, author, and editor. She is both deaf and blind. She is passionate about raising awareness about what it's really like to live with a disability. From 2011 to 2016, she ran a popular blog called Feminist Sonar, where she started important conversations about disability and helped bring those issues into the spotlight.

Over the years, Elsa has been involved with organizations like New Jersey 11th for Change and the New York Disability Pride Parade, using her voice to push for real change in the disability rights space.

In her upcoming talk, *Fighting Day-to-Day Ableism*, Elsa will join us via Zoom and discuss how ableism manifests in everyday life and what we can do about it. She'll share real stories from her own life, break down common challenges disabled people face (like micro-aggressions and unfair systems), and offer down-to-earth advice on how we can all help build a world that's more inclusive and accessible for everyone.

CURIOSITY STOP ON THE GARDEN LEVEL



A Monthly Focus on Diversity, Equity & Inclusion

When you pass by the Salon on the ground floor, or Garden Level, you might notice that the bulletin board has a fresh look each month. The board, our new Curiosity Stop, is a dedicated space that the Diversity, Equity & Inclusion (DEI) Committee will use to highlight different themes, offer valuable opportunities to foster awareness, spark conversations, and cultivate a more inclusive environment for the Heron's Key community. After all: ***You are home. You belong.***

The DEI Committee is committed to recognizing and valuing the diverse experiences and identities that make up our community. The Curiosity Stop isn't just a passive display. It's a brave space for active engagement, important conversations, learning, reflecting, connecting, and promoting understanding. It's a recurring reminder that inclusivity is a continuous journey and every voice and perspective matters.

DIVERSITY, EQUITY & INCLUSION

May Curiosity Stop: Honoring Mothers

For its inaugural month, the Curiosity Stop bulletin board shines a light on mothers with photos of the maternal figures in our lives on display. At first glance, this might seem like a universally celebrated theme, but the concept of *motherhood* expands beyond traditional definitions and acknowledges the diverse ways in which nurturing, caregiving, and maternal figures manifest in our lives. The photographs and the stories behind them aim to:



- **Recognize diverse family structures:** We're moving beyond narrow definitions and acknowledging single mothers, adoptive mothers, foster mothers, stepmothers, grandmothers who are primary caregivers, and individuals who take on maternal roles within their families and communities, regardless of biological ties. This display encourages a broader understanding of nurturing and caregiving as essential human qualities, not solely the domain of women, within our shared spaces.
- **Celebrate cultural variations:** How motherhood is perceived, celebrated, and practiced varies significantly across cultures. The photos on the board highlight the diverse traditions, values, and unique contributions of mothers from different backgrounds.
- **Acknowledge the intersections of identity:** A person's experience of motherhood is shaped by their intersecting identities, including race, ethnicity, sexual orientation, socioeconomic status, and disability. Recognizing these intersections allows a greater appreciation of different mothers' unique challenges and triumphs.

Through the Curiosity Spot's May display, we hope to broaden your understanding of family, caregiving, and the invaluable contributions of maternal figures in all their diverse forms.



GOLDEN SPOTLIGHT AWARD

Sarah McCloskey, NAC



Sarah has been amazing at taking residents to dining room, making sure needs are taking care of etc. But above that, she makes sure any leftover trays come to kitchen, helps clear tables when she isn't busy, she always is asking our staff if they are ok, if they need anything. Her demeanor and her compassion is such a pleasure to witness."

LIFELONG LEARNING

FEATURED EVENTS

“International Climate Cooperation in an Era of Geopolitical Turmoil” with John Kydd

Thursday, May 15, 1-2:30 pm (M & HKTV 370)



Moderator John Kydd is a lay representative of the Episcopal Church to the International COP (Conference of the Parties, Paris Accords on Climate Change) events. John has attended four of these events and speaks to local groups about international activities related to climate change. He lives on Bainbridge Island, has a law firm in Seattle, and has previously presented at Heron's Key.

The 2015 Paris Agreement established a UN-sponsored framework for negotiations on climate change and global warming. In subsequent COP meetings, experts and political leaders have come together to seek common causes for this growing international crisis. What is the future of these efforts, and what have they yielded? What is the U.S. role in fostering cooperation on climate change? In a divided country, what are the possible futures for American policy leadership?

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.

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

“Boston Tillikum: The Yanks Arrive” with Doug McDonnell

Tuesday, May 20, at 1 pm (M & HKTV 370)

Part 3 thoroughly explores the charting and naming of the majority of our local place names by the United States Navy during the summer of 1841, including Pt. Fosdick, Fox Island, Hales Passage, and Gig Harbor.



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.

Polynesian Navigation with Frank Petrie

Tuesday, May 27, at 1 pm (M & HKTV 370)

Long before the invention and use of magnetic compasses, sextants, and chronometers for navigating across oceans, ancient seafarers voyaged eastward from Southeast Asia into the Pacific Ocean. They discovered and populated islands throughout the Polynesian Triangle, from Aotearoa (New Zealand) in the south to Hawai'i in the north and Rapa Nui (Easter Island) in the east. How did they find their way through the vast, featureless, watery seascape?



Frank Petrie, president of the Battle Point Astronomical Association on Bainbridge Island, will discuss the ancient techniques of Polynesian navigators. From memorizing the positions and movements of hundreds of prominent stars to interpreting the patterns of waves, the flight of birds, the appearance of clouds, and other clues, these intrepid voyagers established their society and culture throughout the islands of the Pacific. In recent years, the rediscovery and revival of these ancient skills has led to a resurgence of Polynesian cultural identity.

From 1990 to 1995, Frank Petrie and his wife, Tracy Dickerson, sailed their Kettenburg 43 sailboat from San Francisco down the west coast of the U.S. and Mexico, then through the South Pacific islands to New Zealand, and back to Bainbridge Island via Hawai'i. While visiting Rarotonga in the Cook Islands, they learned of the Polynesian sailing canoes and navigators. Later, in Hawai'i, they met members of the Polynesian Sailing Society, including its founder, Nainoa Thompson, and had the opportunity to assist in preparations of the sailing canoes Hokule'a and Hawai'iloa for an upcoming return voyage to Tahiti.

RESIDENT-LED EVENTS

Classic Radio Programs from the 1940s with the Heron's Key Radio Players

Friday, May 2, at 1 pm (M & HKTV 370)

We're back! The Heron's Key Radio Players return with recreations of two broadcasts from the 1940s and 50s: The Thin Man with "The Case of the Goofy Groom" and The Great Gildersleeve with "Two Dates for Valentine's Day." We invite you to follow Nick and Nora Charles as they unravel a mystery while dodging bullets and Throckmorton P. Gildersleeve as he tries to extricate himself from a dilemma of his own doing.



Reading Aloud with Gee Heckscher and Your Neighbors

Thursday, May 22, 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.

LIFELONG LEARNING

UNCLE SAMS WANTS YOU



We need residents and staff willing to participate individually or as part of a panel for future “Who AM I?” programs. Possible presentation topics include artists (mixed media), positive and negative cruise adventures, military spouses and their experiences, nursing or medical field occupations (before, during, and after COVID), hobbies, book authors, or just sharing your life experience, to name a few.

To continue this program, we need participants. We can help with organization, putting photos together, etc. Please contact residents Cathy Hicks or Janet Sams.



SCAMS! SCAMS! SCAMS!

with Resident Craig Russell

Tuesday, May 6, at 1 pm (M & HKTV 370)

They fill up our inboxes and our lists of text messages. Some are obvious, but others are becoming increasingly sophisticated. Scammers are getting better at their craft every day, and AI is helping them appear totally legitimate. If we aren't vigilant, scammers can easily steal our identities and our hard-earned money.

Resident Craig Russell will walk us through various categories of scams, helping us identify red flags and protect ourselves from scammers eager to separate us from our retirement portfolios. Join us as we examine and dissect actual scam messages submitted by our Heron's Key residents. **Leave this presentation better prepared to recognize the many scams that threaten to trick us into divulging private information that can cause financial ruin.**

PERFORMING & VISUAL ARTS PRESENTS

Event descriptions written by ChatGPT

Shostakovich – Symphony No. 5 in D minor op. 47

Wednesday, May 7, at 6:30pm (M & HKTV 370)



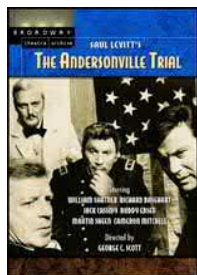
This is one of Dmitri Shostakovich's most famous and frequently performed works—powerful, dramatic, and deeply complex, both musically and politically. He composed the Fifth Symphony at a dangerous moment in Soviet Russia. His previous work, the opera *Lady Macbeth of Mtsensk*, had been denounced in *Pravda* (possibly under Stalin's orders) in 1936 for being too “formalist” and not aligning with Socialist Realism. Fearing for his life and career, Shostakovich responded with this symphony that walked a fine line—publicly satisfying the regime yet deeply personal and subversive in expression.

The premiere was a huge success—audiences reportedly wept during the third movement and gave a half-hour ovation. Soviet critics praised its accessibility and “heroic optimism,” while modern listeners and scholars often read it as tragic irony under dictatorship.

The Andersonville Trial

Saturday, May 10, at 2 pm (M & HKTV 370)

Starring William Shatner and Cameron Mitchell, *The Andersonville Trial* is a powerful television dramatization of the 1865 war crimes trial of Captain Henry Wirz, the commandant of the notorious Confederate POW camp at Andersonville, Georgia. The drama explores the moral and legal complexities of Wirz's trial, focusing on whether he was merely following orders or directly responsible for the horrific conditions at the camp—where over 13,000 Union soldiers died from starvation, disease, and exposure.



As one of the earliest serious historical dramas on American television, *The Andersonville Trial* is still remembered for its bold exploration of themes such as **justice**, **command responsibility**, and the **ethics of war**—themes later echoed in films like *Judgment at Nuremberg* and *A Few Good Men*. Directed by George C. Scott, the production was widely praised for its compelling performances and moral depth and remains a landmark in historical television drama. It won 3 Emmys and a Peabody Award.



Beethoven's Creatures of Prometheus & Brahms Serenade No. 2

Wednesday, May 14, at 6:30 pm (M & HKTV 370)

Beethoven's *Creatures of Prometheus* is one of Beethoven's lesser-known but fascinating early works—essentially a ballet with mythological themes showcasing his dramatic flair before fully launching into his more famous symphonies. In this Enlightenment-

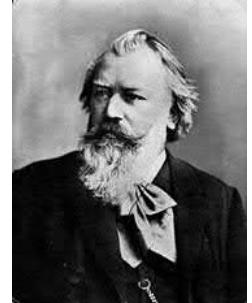


Note: Streamed programs are subject to change without notice. If a different program is available, we will show it in the Maritime and on HKTV 370. We hope you enjoy the alternative program.

PERFORMING & VISUAL ARTS

influenced ballet, the Titan Prometheus steals fire from the gods—literally and metaphorically—to bring knowledge and civilization to humanity. He creates two clay figures and brings them to life. These “creatures” are then educated in the arts and sciences by historical and mythological figures like Apollo and the Muses. The narrative blends Greek mythology with Enlightenment ideals: reason, beauty, and the transformative power of art. It’s Beethoven’s only full ballet score.

Brahms: Brahms’ Serenade No. 2 in A major, Op. 16—this is one of his early orchestral gems and a great example of his lyrical, pastoral side. It’s often described as warm, relaxed, and intimate—some even call it “symphonic chamber music.” Brahms omits violins entirely and uses only violas, cellos, and basses to create a deeper and darker color to this serenade. It’s not a showpiece but full of quiet invention and graceful charm. If you want a taste of Brahms that’s less stormy and more sunlit, this is a perfect listen.



Mendelssohn’s Symphony No. 3 in A minor, “Scottish”

Wednesday, May 21, at 6:30 pm (M & HKTV 370)



Mendelssohn’s Symphony No. 3 in A minor, Op. 56, known as the “Scottish Symphony,” is a rich, dramatic, and atmospheric masterpiece. It was inspired by Mendelssohn’s 1829 trip to Scotland, especially a visit to Holyrood Palace in Edinburgh. It’s not Scottish in the sense of using folk tunes, but it evokes the spirit of Scotland—its castles, storms, and romantic melancholy. It’s a symphony that beautifully captures Scotland’s brooding landscapes and history, though it’s not overtly programmatic like a tone poem. It was the last symphony he completed.

Beethoven: Christ on the Mount of Olives, op. 85

Saturday, May 24, at 2 pm (M & HKTV 370)



Beethoven’s “Christ on the Mount of Olives”, Op. 85 (Christus am Ölberge) is a dramatic and emotional oratorio that gives us a rare glimpse of Beethoven in a more overtly religious and operatic mode. Though not as frequently performed today, it holds a unique place in his output and offers insight into his early dramatic instincts. Although not as famous as his symphonies or Missa Solemnis, Christ on the Mount of Olives shows Beethoven grappling with divine struggle and redemption in a way that echoes throughout his later music. Beethoven, the dramatist, is deeply human and spiritually searching. It’s especially notable as Beethoven’s only oratorio.

An Evening of Baroque Classical Music

Wednesday, May 28, at 6:30 pm

The Baroque period of classical music is one of the most dramatic, ornate, and influential eras in Western music history. It spanned roughly from 1600 to 1750, ending with the death of Johann Sebastian

PERFORMING & VISUAL ARTS



Bach. Notable composers include J.S. Bach (1685–1750), Handel (1685–1759), Vivaldi (1678–1741), and Albinoni (1567–1643). These composers and others during this period were known for strong emphasis on expressive the power of music, which influenced later composers of the Classical and Romantic periods.

P&VA PRESENTS

A SUNDAY AFTERNOON MATINEE MOVIE

Canadian Bacon

Sunday, May 4, at 2 pm (M & HKTV 370)

Canadian Bacon (PG) is a 1995 satirical comedy film directed by Michael Moore. It stars John Candy in one of his final roles before his passing, along with Alan Alda, Rhea Perlman, and Kevin Pollak.

The film is a political satire that follows the U.S. president (played by Alan Alda), who, facing low approval ratings after the Cold War, seeks a new enemy to rally the American public. His administration decides to manufacture tensions with Canada, framing them as a threat. This leads to a series of absurd events, including an invasion of Canada by a group of bumbling American patriots led by Sheriff Bud Boomer (John Candy). –ChatGPT

Heron's Key Benevolence Fund



**GREAT DEALS at our
Benevolent Buys Website!**

**Furniture, kitchen, décor,
antiques, and more!**

Visit our website!
New items added daily!

**[https://tinyurl.com/
BenevolentBuys](https://tinyurl.com/BenevolentBuys)**



All proceeds benefit the Heron's Key Benevolence Fund

INTEREST GROUPS

*The Heron's Key Benevolence Fund
Invites All Residents to a Party*

COME TO THE CABARET

FEATURING JAZZ VOCALIST
GRETA MATASSA
Thursday, May 8 | 4-6pm (Sp)
Complimentary appetizers, wine & beer

FINALE: The Donation Contest
(Offering delicious desserts)

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

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

HOW TO ADD YOUR PET TO THE HERON'S KEY PET GALLERY

1. Take one or two great photos of your pet.
2. Write a short paragraph about your pet. Include fun details like their likes and dislikes, favorite toys and activities, or any adventures—anything you'd like your neighbors to know!
3. Email everything to resident Susan Ball.
4. Approve the final Pet Gallery page. Susan will add graphics and edit your description (if needed) to fit the page. She'll coordinate with you for final approval before a Heron's Key Pet Partners representative displays the page in the gallery.



Best of all, it's free!





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

INTEREST GROUPS

JOIN THE CHORUS

The Heron's Key Songsters invite new voices to sing along with them (particularly sopranos and baritones). The group meets in the Clubhouse Lobby at 4 pm on the **first and third Tuesdays** each month to sing four-part harmony, directed by Rhonda Juliano. They also get together at 4 pm on the second week of the month in the Clubhouse Lobby to sing oldies but goodies in unison, accompanied by resident Bob DeLaney. On the fourth Tuesday, Bob convenes the group to sing in unison at Penrose. Choose to sing in unison, harmony, or both. Help make Tuesday afternoons Music Day at Heron's Key.

Need Tech Help?

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



CHECK OUT THE BENEVOLENT BREW CAFÉ

Are you a new Heron's Key resident? If you are, please check out the Benevolent Brew Café (BBC). We make lattes, Americanos, mochas, brewed coffee, breve's, chai tea, hot tea, caramel macchiatos, cappuccinos, flavored lattes, hot chocolate, and much more! The BBC is open in Syren's Grille Wednesdays, Fridays, and Saturdays from 8–10 am.



EVENT

Benevolence Fund Card Sale, Featuring Liz Johnson

Tuesday, May 20, from 10 am-12 pm (CL)

Sponsored by the Benevolence Fund

The Benevolence Fund is hosting one more sale of our dear friend Liz Johnson's beautifully crafted handmade cards. Come take a look! All proceeds benefit the Benevolence Fund.

UPCOMING EVENTS

Sound Bathing with Dee Mulder

Monday, May 19, from 2:15-3 pm (M)

Sponsored by Resident Services

Local sound healer Dee Mulder returns to lead us through another Sound Bathing experience. We are happy to announce Dee will join us one Monday per month at 2:15 pm. Please see the Clubhouse calendar or Resident Portal for the date and time.

You are welcome to lie on the floor—mats provided—or sit in a chair. Blankets are available for use, but feel free to bring your own. Join us in taking a minute to calm your mind and body—no sign-up required.

Wine & Cheese Social

Wednesday, May 21, at 4 pm (CL & CL Patio)

Sponsored by Resident Services



To tie in with May's theme of togetherness, come enjoy Wine and Cheese and take part in the fun prompts that will be on each table. They are sure to spark interesting conversations and connections!



Birthday Celebration

Thursday, May 29, 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-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 HarborTransitions.com

**Call 253.442.9242
for appointments
and rates.**

 Harbor Transitions

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

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.

Every Other Thursday 10 am—2 pm

Call or email to make an appointment.

Phone: 253.448.9423 | Email: Appointments@fmhealthcare.org

SPECIAL WINE DINNER | Monday, May 5, at 5pm (Resident-Only Event)

Only 25 spots available | Price: \$65 per resident, includes wine pairing

Join us for an exclusive Chef's dinner complemented with the perfect pairing of wines from South Africa. The experience is complete with a thoughtfully curated menu, presentations of Chef Chris and his teams' creative dishes, and a special guest presenting the accompanying wines. This is an experience you don't want to miss. Menus are available at the host stand and on the Resident Portal's Dining page under "Special Events." This is a resident-only event.

KITCHEN TOUR | First Wednesday of every month | Wed., May 7, at 2pm (SP)

Curious about the inner workings of the Kitchen? On this monthly tour, a culinary member will tell you how it 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.

MOTHER'S DAY BRUNCH BUFFET | Sun., May 11, 10am—3pm (SP & SY)

Celebrate the special woman in your life at our Mother's Day Brunch. The menu and pricing are available at the Host Stand and on the Resident Portal's "Dining" page under "Holidays." **Reservations are required.** Make your reservations at Syren's Grille or call 253.313.0797 no later than **Wednesday, May 7.** A limited menu for takeout and delivery will be available.

CHEF'S DEMO | Second Monday of every month | Monday, May 12, at 2pm (SP)

Join us for a culinary lesson by staff member Nick Sutton! This unique demonstration will be interactive while you try mixing up our delicious and spring-inspired Aztec Salad. The cost is \$6 per resident (meal included). Sign up at Syren's Grille or by calling 253.313.0797.

RESIDENT ORIENTATION TO DINING SERVICES — FullCount Training

Second Tuesday of every month | Tuesday, May 13, at 11 am (SP)

All residents are welcome. Learn about our dining services and ask questions; no registration required. This month, you'll also receive an introduction or refresher on our new online ordering and reservations system, FullCount.

STAFF TRAINING | Second Wednesday of every month | Wednesday, May 14, at 3pm-4pm

We close for an hour on the second Wednesday of every month to focus on staff development. Please plan accordingly by placing your orders for pick-up or delivery before 3pm and after 4pm or dine-in before or after those same times. If you have any questions, please speak to a Dining team member.

MEMORIAL DAY COOKOUT | Monday, May 26, from 11am – 3pm (M, Patio)

Join us for the first cookout of the season. We will hold a special cookout buffet in the Maritime and Patio (weather permitting); RSVPs requested. A limited menu for take-out and delivery will be available during these hours. RSVP by calling the Host desk at 253-313-0797 or visiting during regular operation hours. Menus and pricing will be available the first week of May.

Find the latest menus and hours on the Resident Portal.