

Did you know that our very first Heron's Key cottage residents, Keith & Ginny Eilers, moved in one year ago on August 9, 2017? And as we celebrated Labor Day weekend, our first residents moving into the main building were Hank & Varian Gacek (with Yogi, of course), Peter Bulkeley, Ralph Wozniak and Kay Hess—all in one day, and all on the first floor. What a christening it was! We've had almost a full year together and are proud of all you've accomplished in this time. Nearly 200 residents, 20+ Interest Groups, a Resident Council on the way, and a robust social life. There's so much to be excited about for the future!



Our first full summer has provided us with many opportunities to enjoy the warm weather, explore the local area and develop new friendships. In July, some of you enjoyed the Suquamish Canoe Journey and it sure turned out to be a great day together—enjoy the photos on page 4.

Here's just a few more summer events you can attend with friends.

Waterfront Farmer's Market — Thursdays, 1 – 7pm, Downtown

Uptown Summer Concerts — 6pm

August 2, The Shy Boys

August 9, Rachel Morgan Perry

August 16, Phillip & Fam

Summer Sounds at Skansie Park — 6:30pm

August 7, Bobby Sox and the Jukebox

August 14, Dysfunction Junction

Cruise the Narrows Car Show in Uptown — August 4, 9am–3pm

www.gigharborcruisers.com

Galloping Gertie Half Marathon — August 11, 6:30am – 12pm

www.galloping-gertie.com



INSIDE THIS ISSUE

News on the Street.....	2
Concierge	3
Fitness	4
Wellness.....	5
On-Campus Events.....	6
Off-Campus Trips	9
Interest Groups.....	10
Resident Services.....	11
Penrose Harbor.....	12
Dining Services.....	12

Sarah Whitmarsh, Resident Services Director

Chef's Demo & Farewell to Jim



The highly anticipated Food Demonstration with Jim Antonucci and Chef Matthew Lecours did not disappoint! Everyone enjoyed the show, camaraderie, and of course, the bite-sized samples of braised short ribs and risotto. With over 100 guests present, the entire Dining Services team worked hard to pull off such a great event. We are proud of the team serving Syren's and Spinnakers every day! This was also our final goodbye to Executive Jim Antonucci, as he moves back to New York to be closer to family. Thank you, everyone, for joining us as we wished him well on his next steps.

Updates from Facilities

Car Wash Station

If you would like to wash your car at Heron's Key, you may do so in the designated car wash area that is located on the backside of Building A, just before the parking garage. The car wash hours are 9am -7pm, 7 days a week. Although the area is marked as a fire lane, you may temporarily park there to wash your car. A hose with an attached spray nozzle will be provided; you are responsible for your own supplies. Please ensure the area is tidy upon departure.



Housekeeping

Housekeeping is in the process of creating a new cleaning schedule that is based on the square footage of each unit. The new schedule will provide a framework for efficient and consistent cleanings:

Under 1000sf – 45 minutes | 1000-1400sf – 90 minutes | 1400+sf – 120 minutes

Until the new schedule is released, the current schedule will stay in place. Stay tuned for a KeyNotes update in August when the new schedule is implemented. As a reminder, light housekeeping includes bathroom cleaning, dusting, vacuuming, mopping, and bed-making upon request. Trash/recycling removal can be done if your trash is bagged and near your door.

CONCIERGE NEWS

Hotline Numbers

Concierge: 253.313.0700	Restaurant: 253.313.0797	Transportation: 253.313.0792
Facilities: 253.313.0798	Housekeeping: 253.313.0795	Wifi Subscriber: 253.313.0796
Health Hotline (Penrose): 253.313.0800	Resident Services: 253.313.0793	
	Security: 253.313.0799	

Local Resources

For those of you still looking for expanded ways to network within the Gig Harbor community, New Neighbors is a local group you might find interesting. After 25 years, New Neighbors has over 700 members who participate in their choice of over 60 activity groups including a variety of art groups, book clubs, hiking, biking, dining, cards and games, men's groups, regional outings and a monthly Membership Business Luncheon and Speaker. For more info, visit <https://www.gigarbornewneighbors.com/>.

Upcoming New Neighbors events you may want to check out:

- Coffee Connection: Gig Harbor New Neighbors President, Shelley Wilbert – August 7, 9am (SY)
- August 6 New Neighbors Orientation – RSVP to Ellen Betit 907.209.4929 for location information.
- August 16 Speaker Jeff Renner – Retired King 5 Meteorologist. RSVP to Kris Berry 253.229.8667.

New Medicare Cards Coming this Summer

Reminder: when you get your new Medicare Card in the mail, please turn in a copy to our Concierge Desk so we can update your records.

Nametag Reminder

Please remember to wear your nametags so that new residents who are joining us can easily get acquainted with you.

Coffee Donations

Coffee Connection and Afternoon Tea will now have a donation jar on the counter. If you're enjoying these regular social opportunities, please consider donating daily, weekly or monthly. Thank you!

Coffee Connection in Syren's Grille

9–10am, Monday–Thursday

This is a great chance to touch base with Resident Services if you have any thoughts, concerns, or questions about life at Heron's Key. Sip coffee and connect with friends and neighbors.

Coffee with Johnathan: Friday, August 3, 9am in Life Enrichment

Coffee with Dr. Michael Wingren: Friday, August 17, 9am in Syren's Grille

Cycling Group (Folks with Spokes)

While summer weather is still here, dust off your bicycle! We have started a cycling group for another way of exercising and enjoying the outdoors. Our group will not leave you behind if you are apprehensive about being fit enough to participate. All safety precautions will be mentioned before the start of each ride.

Neighborhood Bike Ride – Wednesday, August 29, 3pm Meet in the front parking area, just outside of the Clubhouse Lobby for a ride that will be approximately 10 miles.

Upcoming Local Hikes

Sign up on the Resident Portal to reserve your spot on the van, and meet in the Clubhouse Lobby.

Nisqually National Wildlife Refuge Trail – Thursday, August 9, 10am This is an *Out and Back* hike good for all skill levels. It has an elevation gain of 45 ft. This hike features a river walk towards the end with excellent bird sighting.

Seabeck Scenic Beach State Park – Thursday, August 16, 10am This is an 88-acre camping park with 1,500 feet of saltwater beachfront on Hood Canal. The park is known for its wild, native rhododendrons and stunning, clear-day views of Hood Canal and the Olympic Mountains. This may be a beach front stroll, depending on the tide. Hiking shoes are recommended.

Poulsbo Fish Park – Thursday, August 23, 10am This is a 1 mile *Loop* walk consisting of interconnected trails, boardwalks, winding paths, bird sighting, and a viewing platform. It has an elevation gain of 65 ft.

A Message from the New Yoga Interest Group

Yoga is a healing art that can improve our sense of physical, mental and emotional well-being. Yoga is for every body, but every body is different. The postures you move through are tools, not goals. There is no perfect posture and postures are infinitely adjustable. Choose from two different classes and join us!

Flow Yoga for Seniors (1 hr 15 mins) – Mondays, 8am & Wednesdays, 4:15pm

This class is for those with previous yoga experience, with movement guided by breath through a gentle but complete full body practice.

Beginner/Gentle/Chair Option Class (45 mins) – Mondays, 4:15pm & Wednesday, 8am

This class begins at a basic level, chair is available for both standing & seated postures, and adjusted as best as possible to the group in each session.



Travel Tips



Dr. Michael Wingren

Did you know that Dr. Wingren loves to travel? Like many of you, he finds it fascinating to learn about a new geographic region or culture through the direct experience of spending time there.

He has visited each of the United States, has been to over 20 countries, and worked as a Peace Corps volunteer for two years in Kenya, Africa. He has traveled through Central American countries and Caribbean islands, New Zealand, and many European destinations such as Spain, France, Monaco, Italy, England, and the Netherlands.

We find that traveling gets more challenging as we age, and that advance preparation can make a significant difference in the success of the trip. Here are a few travel tips

to help you organize your journey:

1. Consider traveling during the shoulder seasons – September through October and April through mid-June – when the weather is often pleasant, but popular tourist locations are less crowded.
2. Medicare does not generally cover outside the US, so if you purchase additional travel insurance, be sure to understand what it covers. Evacuation insurance contributes to the cost of transporting you to a location where you can receive emergency medical care, if you are too ill to take a commercial flight.
3. Carry your medications in their original prescription bottles. It may be helpful to write down a list of the names of your medications. Plan out your medication schedule, incorporating any new time zones. Pack extra doses, in case you experience delays.
4. If you wear hearing aids or use important technologies like a glucometer, bring spare batteries.
5. Make several photocopies of your passport, driver's license, Medicare and insurance cards, travel tickets and itinerary, and prescriptions or statements of medical condition. Consider placing a copy of these documents in your carry-on bag and in your checked luggage, and leave one copy at home. Some seniors even send one copy ahead of their arrival, if they are visiting relatives. Think about what's best for you in this scenario and balance preparation with confidentiality.
5. Remain well-hydrated while traveling. This will help you feel better, both during and after the trip.
7. Think through all aspects of a trip and manage it according to your comfort level, health and independence. Perhaps it is best for you to bring a family member or friend along. Consider bringing supportive equipment such as a telescoping walking stick, to provide support on uneven surfaces and on days when you're walking farther than usual. Spend time thinking through all your adventures in advance, so that each day can be as enjoyable as possible once you arrive.

Michael Wingren, MD and Tia Ramirez, FNP can help you prepare for travel. They see patients at the Health Services Clinic at Heron's Key on Tuesdays and also have appointments available Monday through Friday at our nearby Gig Harbor clinic. Call 253.857.6166 to schedule an appointment at either location.

ON-CAMPUS EVENTS

Ongoing Opportunities

Coffee Connection – Monday–Thursday, 9am in Syren’s Grille

Afternoon Tea – Monday–Friday, 2-4pm in the Clubhouse Lobby

Key Bank – Mondays, 10:30-11:30am (W)

Computer Help Desk – Wednesdays, 10am (LIB) *sponsored by Computer Technology*

Mind Matters – Fridays, 1 pm (M) As we mature in life it becomes very important for us to exercise our brain to keep it active and sharp. Mind Matters class is a fun brain aerobics activity to share with other residents who love to laugh, play games, and do puzzles while learning fun tricks for improving memory.

Syren’s Mixer – Saturdays, 3-5pm, Happy Hour in Syren’s Grille prior to Spinnakers opening at 5pm

Travel Group Meeting – August 1, 1pm, (CA) Discuss the future of this group and share your thoughts for how you’d like to be involved in planning trips or sharing stories.

Library Book Collection – August 1 & 2, 10am–2pm (LIB), see page 10 for more details.

Presentation: Resident Bruce Schmitz – History of Spacecraft Propulsion – August 6, 7pm (M) *sponsored by Lifelong Learning*

Bruce graduated from Oregon State University in 1959 with a Masters Degree in Mechanical Engineering. He retired in 1996 after working for 37 years in the aerospace industry on rocket propulsion for spacecraft control and maneuvering. Bruce’s presentation will summarize the history of spacecraft propulsion from the early 1960’s to the present time and its use on a wide variety of spacecraft for planetary and deep space exploration and for near earth commercial and military applications.

New Neighbors – Gig Harbor President Shelley Wilbert at Coffee Connection – August 7, 9am (SY) Learn about New Neighbors and how you can connect with the Gig Harbor community in a variety of ways.

Presentation: Communities in Schools – August 8, 2pm (M) *sponsored by Volunteer Group*

Communities in Schools is a national organization that partners with schools to surround students with community support that empowers them to stay in school. They are working with 9 different schools in the Peninsula School District, bringing a child-centered approach to provide both one–on–one services and school-wide programs. Hear more about this organization and meaningful volunteer opportunities.

TED TALK & Discussion – August 8 & 22, 7pm (M-P) *sponsored by Lifelong Learning*

This group was originally started with Profiles in Folly and is now adapting to a TED talk format. TED is a non-profit devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less). TED began in 1984 as a conference where Technology, Entertainment and Design converged, and today covers almost all topics – from science to business to global issues – in more than 100 languages. Join us this month, and see where this new format takes us!

Wine & Cheese – Thursday, August 9, 4pm (CL)

Car Wash Fundraiser: Walk for Alzheimer’s Team – August 11, 10a–2pm, Loading Dock behind CL

ON-CAMPUS EVENTS



Presentation: Sailing Totem — A Sailing Family Shares their Adventures and Photos

August 15, 7pm (M) sponsored by the Photography Group & Lifelong Learning

Since 2008, Behan and her husband Jamie, along with three children, have been sailing around the world. Recently featured on the Today Show, they are coming to share their life lessons and photography with Heron's Key. You can learn more at www.sailingtotem.com.

“We wanted to build memories with our children that involved more than flyby dinners and fleeting weekends. Already, fulfillment and joy as a family came from our days on the water together, ghosting around Puget Sound. We wanted to live minimally, and shed things that we didn't really need. We wanted to live close to nature, sourcing power through the sun and wind, and raise our children in tune with the environment...We put a plan in place, and our cruising dreams were realized when we sailed out of Puget Sound on August 21, 2008. At that time, the children were aged 4, 6, and 9. It is tremendous to realize that as the years have slipped by, learning and exploring together as a family, we've been around the world...With a growing number of years and miles behind us, living on Totem still suits us perfectly. We may not always want to be nomadic. We may not always want to live afloat. But at the moment, it's difficult to picture either of those scenarios.”

Sing-a-Long with Bob DeLaney: Movie Music — August 21, 3pm (M-S)

August Birthday Celebration: Everyone Welcome! — August 27, 3pm (M-P)

Presentation: Harbor WildWatch — Big, Beautiful & Bizarre in the Salish Sea — August 28, 2pm (M)
sponsored by Nature & Ecology

Lead biologist and Education Director Rachel Easton will provide an entertaining introduction to the types of marine creatures you'll find on our local beaches, boats and piers.

Resident Services Orientation for New Residents — August 29, 2pm (M-P)

Permission to Start Dreaming — August 29, 7pm (M-S) sponsored by Veteran's Group

Presentation: Resident Ginny Eilers — Geriatric Nursing — August 30, 2pm (M)
sponsored by Lifelong Learning

After moving to Washington State in the 1980's, Ginny found that there were more Community Health nurses than available jobs in that field. She took a job at a Skilled Nursing Facility. There she met many challenges, but also began to envision a career-focus in Geriatrics. That journey involved obtaining a Masters in Community Health Nursing at Seattle University and becoming a Clinical Specialist, certified in the field of Gerontological Nursing. Working in many different elder-care settings for the last 30 years, and now retired, Ginny remains passionate about health care and health promotion for seniors. Along the path of working with seniors, Ginny has picked up a number of insights on how all of us can maximize our days of health and well-being, even as we learn to cope with the inevitable changes of aging.

Bake Sale Fundraiser: Walk for Alzheimer's Team — August 31, 8am-12pm (CL)

Stop by the Clubhouse Lobby during the morning and purchase a delicious treat for a good cause. With a variety of pastries, desserts, and other goodies baked by your fellow residents, you won't want to miss this opportunity to donate towards the Alzheimer's Association.

ON-CAMPUS EVENTS

Friday Night Movies in the Maritime



August 3 – *The Namesake* (PG-13) – Selection Inspired by Book Club #1

After moving from Calcutta to New York, members of the Ganguli family maintain a delicate balancing act between honoring the traditions of their native India and blending into American culture. Although the parents are proud of the sacrifices they make to give their offspring opportunities, their son Gogol strives to forge his own identity without forgetting his heritage. Rated PG-13 for sexuality/nudity, a scene of drug use, some disturbing images and brief language.

August 10 – *Alive Inside* (Not Rated) In Support of Walk for Alzheimer's Team

Music is an extremely powerful component of the human spirit. *Alive Inside* dives into the beauty of music and how it can bring back memories and hope to those facing the darkness that can come with cognitive decline. Join your neighbors, and invite your family and friends to experience this documentary with you.

August 17 – Movie Appreciation Night: Gig Harbor Film Festival Speaker, Followed by *UP* (PG)

Join Elliot Duea, Development Director of the GH Film Festival, as he presents information about their organization, mission, upcoming festival, membership and volunteering opportunities. Following Elliot's presentation, watch the 2009 animated film *Up*, about a 78-year-old balloon salesman attempting to fulfill a lifelong dream of tying thousands of balloons to his house so he can fly away to the South American wilderness. Curmudgeonly Carl's worst nightmare comes true when he discovers a little boy named Russell is a stowaway aboard the balloon-powered house. Winner of the Academy Award for Best Animated Feature Film. Rated PG for some peril and action.

August 24 – *Wizard of Oz* (PG) – In celebration of the film's 79th anniversary, watch as Dorothy Gale is swept away in a tornado from a farm in Kansas to a magical land of Oz and embarks on a quest with her new friends to see the Wizard who can help her return home to Kansas. Rated PG for some scary moments.

Trip Cancellation Policy

Heron's Key sponsored trips with less than 5 participants may be subject to cancellation up to 5 days before the scheduled event, due to low attendance. If this occurs, participants will be notified as soon as possible regarding the status of the trip. In some cases, residents may choose to manage transportation on their own or decline the event. If you sign up and see only a few names ahead of you, take this opportunity to spread the word to your friends so that others may join you!

Resident Portal Reminders

If you haven't already set up your account for the Resident Portal, we encourage you to stop by the Computer Help Desk on Wednesdays from 10am–12pm. The Portal's home page is a source for announcements and important reminders from all departments. Most importantly, the Portal is the only method for signing up to participate in events and trips offered through Resident Services. The Directory is great place to look up profiles of your fellow neighbors, and a handy tool for remembering names. We're here to help, so stop by soon in order to stay connected.

OFF-CAMPUS TRIPS

Sign Up on the Resident Portal to Reserve Your Spot

Birding at Sehmel Homestead Park – August 1, 7:45am sponsored by *Nature & Ecology*

Join guide Melissa Sherwood for a 2 hour bird watching walk through Gig Harbor's Sehmel park. Bring binoculars and dress for the weather.

Lunch Out: Moonlight Café, Downtown Seattle – August 6, 9am sponsored by *Mindful Meditation*

Enjoy classic Vietnamese fare, including vegetarian & vegan options, in a no-frills setting located in Seattle's Downtown Central District.

Olympic Music Festival: Rhapsodies from Eastern Europe in Port Townsend – August 11, 9am

Registration Window is July 23–Aug 1 sponsored by *Performing Arts*

Enjoy exploring Port Townsend before and after attending the Olympic Music Festival. From Kodaly's Hungarian influenced Serenade to Shostakovich's orchestral Piano Quintet, experience music from the Eastern Bloc that influenced composers for generations to come. Jinjoo Cho, gold medalist of the 2014 International Violin Competition of Indianapolis, makes her debut. Expect an all-day trip; wear comfortable shoes and clothing. Lunch will be independent while shopping downtown prior to the show, and dinner will be at Silverwater Cafe following the show.

Paradise Theater Presents: The Best Little Whorehouse in Texas – August 18, 1:30pm

sponsored by *Performing Arts*

This happy go lucky view of small town vice and statewide political side-stepping recounts the good times and the demise of the Chicken Ranch, known since the 1850's as one of the better pleasure palaces in all of Texas. Winner of the Drama Desk Awards for Outstanding Lyrics and Outstanding Music and Tony Award Nominee for Best Musical and Best Book of a Musical. **Tickets are limited.**

Dinner & Western Washington Center for the Arts: Exit Laughing – August 25, 5pm

sponsored by *Performing Arts*

When the biggest highlight in your life for the past 30 years has been your weekly bridge night out with the girls, what do you do when one of your foursome inconveniently dies? If you're Connie, Leona and Millie, three southern ladies from Birmingham, you do the most daring thing you've ever done. You "borrow" the ashes from the funeral home for one last card game, and have the wildest, most exciting night of your life. Dinner reservations will be made at Amy's on the Bay in Port Orchard. **Tickets are limited; sign up soon.**

Blend Wine Tasting – August 31, 4:30pm

Blend Wine Shop, located in Key Peninsula, offers a wide selection of wines from around the world. Enjoy a tasting of five featured wines; feel free to bring appetizers along if you'd like to have something to eat.

Shopping Trips in August, departing at 10am

- | | |
|---|--|
| 1 – Trader Joe's /Whole Foods in Tacoma | 20 – New! Albertsons in Gig Harbor |
| 6 – New! Albertsons in Gig Harbor | 22 – Trader Joe's /Whole Foods in Tacoma |
| 8 – Port Orchard Wal-Mart Supercenter | 27 – New! Albertsons in Gig Harbor |
| 13 – New! Albertsons in Gig Harbor | 29 – Asian Market in Lakewood |
| 15 – Metropolitan Market in Tacoma | |

INTEREST GROUPS

Update from the Library Group: Book Collection on August 1 & 2

We will be collecting books for the Library on Wednesday, August 1 and Thursday, August 2, 10am-2pm, just outside the Library/Reading Room on the 4th floor. If you have books to donate, please bring them during this time; boxes will be provided to separate into fiction and non-fiction.

Please understand that your books should be donated with the expectation that they will not be returned. All books should be in good condition; we will not accept textbooks or encyclopedias. Notification of the Library's opening day will happen shortly after the book collection. Please come and check it out! Thank you all in advance for your participation. If you'd like to join the Library Group in sorting, organizing and overseeing the space, please reach out to us via the Portal.

Co-Facilitators: Anna Virtue, Kae Paterson,
Cindy Thayer and Linnea McNair

Spotlight: Fiber Arts Group



Come join us at Fiber Arts at 3pm on Thursdays in the Creative Arts Studio. We welcome all knitters, crocheters, needlepoint enthusiasts, weavers, quilters, cross stitch, and counted cross stitch designers — anything that involves fiber of some sort. If you want to learn any of these skills, we'd be happy to help. If you just want to join the conversation and not work with fiber, that's fine too! We usually meet until 4:30pm unless it's Wine & Cheese day - then we move to the lobby. Come join us!

School Supply Drive for the Washington Corrections Center for Women

sponsored by the Volunteer Group

On August 25, the Washington State Corrections Center for Women (WWCW) will invite the children of inmates to a Back to School event. This event allows mothers to encourage excitement around school, while the prison works to provide the inmate's children with school supplies for the upcoming year. The collection will run from August 13-17. All items can be turned in to the Concierge Desk, and will be delivered to WWCW on Monday, August 20. If you're uncertain about what types of supplies to purchase and need inspiration, both Target and Office Depot have supply sheets provided by the district.

A Message from the Penrose Harbor Volunteer Group

If you are interested in supporting residents currently living in Penrose Harbor, we are continuing to expand our volunteer services and would love to have your help! There's a wide variety of opportunities available—from pet visits to playing games to one-on-one conversations, there's something to fit everyone's interests and comfort levels. Please contact Facilitator Ginny Eilers at 253.649.4481 or veilers@comcast.net.

RESIDENT SERVICES

Interest Group Facilitators—Early Submission for September Events

If your group has an event, trip, or meeting idea for September, please submit a Request Form to the Concierge Desk by 5pm on August 10. We're on a tight turnaround this month, so if you can turn them in earlier, we'd sure appreciate it.

Call to Artists

The Art Group is hoping to host a **Heron's Key Artist's Show** in early October. Are you someone who enjoys creating art and would you be willing to share 1-3 pieces of your work for a half-day open house exhibit on campus? Share your talent and help stimulate creativity in others— all mediums welcome! If we receive enough interest, we'll finalize details for dates and location. Please contact Bev Ringenberg (bjringenberg@gmail.com, 541.517.0402) or Betty Holt (dabho2@msn.com, 360.490.2204) by August 20 if you are interested in participating.

Heron's Key Team Events – Walk To End Alzheimer's

If you want to volunteer at these events or donate bake sale items, contact Resident Services.



Friday Night Movie: *Alive Inside* – August 10, 7pm (M-P)

This critically acclaimed documentary is the foundation of the Music & Memory Program here at Penrose Harbor and around the country. There will be an opportunity to register for the Heron's Key team, and enter a fundraiser drawing.

Car Wash Fundraiser – August 11, 10a–2pm, Employee Parking Lot / Loading Dock

Bring your car around the parking lot, past the cottages, to the Employee Parking Lot at the Loading Dock and receive a car wash by members of the Heron's Key Alzheimer's Walk Team. Donations will be collected for the Alzheimer's Association.

Bake Sale Fundraiser – August 31, 8am–12pm (CL)

Stop by the Clubhouse Lobby during the morning and purchase a delicious treat for a good cause. With a variety of pastries, desserts, and other goodies baked by your fellow residents, you won't want to miss this opportunity to donate towards the Alzheimer's Association.

Purple Pride – September 7

All residents, staff, and visitors are encouraged to wear purple to show their support in the fight to End Alzheimer's Disease and other dementias.

Kitsap Peninsula Walk to End Alzheimer's – September 8, 7:30am

sponsored by Volunteer Group & Penrose Harbor

Join the Walk to End Alzheimer's Team as we raise awareness on a beautiful walk along the Bremerton Waterfront. Details are still being arranged, but bus transportation will be provided and you can expect to return to Heron's Key by mid-afternoon. Demonstrate how Heron's Key can come together for a great cause and sign-up early (fundraising not required!). See Tarah for more details or ask the Concierge for a step-by-step guide to signing up online.

Kitsap Peninsula Walk to End Alzheimer's *sponsored by Penrose Harbor and Volunteer Group*

The Walk is the world's largest fundraiser of the Alzheimer's Association, and it makes a great impact on their mission to one day see a world without Alzheimer's and other dementias. They do this by providing education, funding research, providing family support, and promoting advocacy around the world. Over the next month there will be multiple opportunities to support this initiative through the Heron's Key Team.

Join the Team and walk with us on September 8, or simply attend the variety of fundraisers listed on page 11 in order to demonstrate your support for this important cause.

For more information, visit www.alz.org/walk or see Resident Services Program Manager Tarah Threde.

SPINNERS
EST. 2017

SYREN'S  GRILLE

Captain's Table Coming Soon

Starting this month, we will host a Captain's Table in the Private Dining Room. For this event, a surprise Dining Services Staff Member will join you and 5 others for an informal dinner, during which you'll have an opportunity to get to know the staff member, ask questions and learn the inside scoop on Dining at Heron's Key. Attendees will be chosen randomly from those who have signed up to participate; only 6 will be chosen at a time. Attendees will be responsible for the cost of their meal. We're still working out the details, but stay tuned for more information coming soon!

Reservations and Portal Updates

Reservations can be made via the Resident Portal for parties of 5 or less. Parties of 6 or more should call the Hotline at 253.313.0797 to make reservations, as special accommodations may need to be discussed. When making reservations, please be mindful of our business hours, as well as special hours for holidays. Menus are also available on the Resident Portal. Chef's Specials for the week will be updated on Sunday evenings. The Daily Special, Soup of the Day and the Seasonal Vegetable will be updated daily by 10am.

Monday – Thursday, Syren's Grille hours are 11:30am–7pm. To-go and delivery orders may be placed 10–11:30am and 1–4pm. Any orders outside of these hours will be accommodated in the most efficient manner possible. There is a \$1 compostable fee and \$5 delivery fee.

Friday – Saturday, Syren's Grille hours are 11:30am–4pm; Spinnakers hours are 5–7pm.

Syren's Mixer is on Saturdays from 3-5pm, offering specials on drinks and light snacks.

Sunday Brunch is now 10am–3pm and features a new menu that includes brunch items and light fare.