

It never fails. Year after year, the feeling of fall in the air always comes just a few days earlier than expected and it catches me off-guard. Perhaps I'm always in denial, wishing for one more week of long summer evenings without the parenting responsibility of healthy dinners, homework reminders, and early bedtimes.

Do you remember the excitement of opening up the new binder full of clean, crisp paper? The smell of recently sharpened pencils? Or the marks of students gone before you, hidden in the pages of old textbooks used year after year?

You and I may not have experienced the rush of back to school in decades, but as we turn the page this month on our first 365 days of operations, perhaps we can catch a glimpse of the energy.

Just as school children return to familiar hallways and walk past the former classrooms and teachers, we too, have said goodbye to staff members this summer. And with anticipation we look forward to fall as we await the arrival of our new Executive Director, Amy Webb, and 13+ move-ins.

The Heron's Key brand is more than a beautiful building, a quaint small town or any one staff member. It is wrapped around the heart and soul of all of you who enter these doors with the same anticipation of a kid on the first day of school. In the words of Jack Johnson's famous back to school song, played by virtually every kindergarten teacher in September...

Fall is here, hear the yell / back to school, ring the bell / brand new shoes, walking blues / climb the fence, books and pens / I can tell that we are gonna be friends...

Tonight I'll dream, in my bed / while silly thoughts run through my head / of the bugs and alphabet / and when I wake, tomorrow I'll bet / that you and I will walk together again / 'cuz I can tell that we are gonna be friends.

With each season, we grow stronger together. So, as you walk the halls this month, stand proud in your identity, resiliency, solidarity, and devotion to each other. Your friendships continue to make Heron's Key a special place to be.



Sarah Whitmarsh, Resident Services Director



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RESIDENT SERVICES

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 in the Clubhouse Lobby. 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 a 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.

Interest Group Facilitators Plan Ahead for Fall & Winter

If your group has an event, trip, or meeting idea for the remainder of 2018, please submit a Request Form to the Concierge Desk as soon as possible. The October deadline is 5pm on September 10. Please include as many details as possible to speed up the confirmation process.

David & Susan Hoffman and George Baker & Arliss Siebert enjoyed the August Birthday Celebration.



Heron's Key Team

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



Demonstrate how Heron's Key can come together for a great cause. Join the Walk to End Alzheimer's Team as we raise awareness on a beautiful 2 mile walk (shorter route available) along the Bremerton Waterfront. Heron's Key bus transportation will be provided; we'll return mid-afternoon. Walk participants must sign-up at www.alz.org; a step-by-step guide is available at the Concierge Desk. Residents who want to take the Heron's Key Bus must sign-up on the Resident Portal as well.

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	

Nametag Reminder

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

Coffee Connections & Afternoon Tea

Thanks to all of you for continuing to support these two enjoyable social opportunities by donating to the coffee fund jars. Join us on September 11 for further brainstorming on what the future of these two events will look like as we enter the fall season. At 9am in Syren's we will discuss Coffee Connections, and at 2pm in the Lobby we'll share thoughts on Afternoon Tea. We hope to see you there; bring your thinking caps and creativity!

Updates from Facilities

- If you have submitted a Facilities Work Order on the weekend, a staff member will respond to you on Monday when the office re-opens. If you have an urgent matter requiring immediate attention, please reach out to the Concierge Desk at 253.313.0700.
- New Housekeeping schedules will begin on September 10th. Notices have been placed in each unit's cubby, stating the new day and time for regular housekeeping.

2018 Gig Harbor Film Festival

The very popular GH Film Festival is celebrating their 11th Anniversary September 13-16. This is a three-day event, with a variety of ticket options available. For more information about the festival or to learn about volunteer opportunities, visit www.GigHarborFilm.org or call Elliott Duea, Development Director, at 253.851.3456. We encourage you to attend this great event!

2018 Race for a Soldier

The mission of the annual Race for a Soldier is to inspire hope and action in the community and provide access to solutions for veterans who are affected by Post Traumatic Stress and Traumatic Brain Injury, and for their families via professional services, challenging peer adventures, education, and spiritual devotion.

On Sunday, September 16, a number of streets in the area will be closed for the race. We'll provide you with further details on detour routes in the week prior, but consider forming a Heron's Key cheerleading team to encourage the runners on Borgen Boulevard as they pass by our driveway early in the morning!

NEWS ON THE STREET: THRIVE

As was announced last month, the Thrive Wellness Program has been expanded so that everyone can benefit from participation. Which A-B-C option reflects your current status?

- A. If you have already received your Wellness Plan through the former Thrive program, then we encourage you to move forward with the goals you discussed and participate actively in upcoming wellness activities.
- B. If you haven't yet participated in Thrive, reach out to Tarah Threde in Resident Services at 253.313.0793.
- C. If you have already completed all or some of your Thrive Assessments and were awaiting your appointment, then sign up to participate in our first round of small Thrive Orientations so that you can receive your wellness data and get a jumpstart on Thrive. Choose from:
 - ✓ Tuesday, September 25, 3pm
 - ✓ Thursday, September 27, 10am



Questions? Join us on Friday, September 21, at 9am for a
 “Coffee with Thrive” meeting in the Maritime.

During these small Thrive Orientations (limited to 20 people) we will:

- Provide you with a handout that shows your combined wellness data results from the MoCa, online Wellness Assessment and the physical assessments (which most of you completed at the Thrive Expo).
- Review the standardized scales for each assessment so you understand your results, and explain how you can pro-actively increase your results by strategically targeting certain wellness dimension activities.
- Encourage you to connect, find camaraderie, and support each other as you navigate your wellness journey in a way that feels comfortable to you (we're all different!).

After your Thrive Orientation:

- Attend educational sessions that provides you with meaningful information and long-term impact. Some topics currently being scheduled over the next 6 months are:

✓ Diving into the 7 Dimensions of Wellness	✓ Caring for Yourself & Your Partner
✓ Becoming Your Own Advocate	✓ CPR Training
✓ POLST / Advanced Directives / Emergency Contacts	✓ Informative Sessions on Differences between Home Health, Home Care, Palliative & Hospice
✓ Importance of Your Primary Care Provider	✓ Educational Presentations from Local Practitioners
✓ Managing Your Medications	
- Visit the Conditioning Zone for an Orientation Session if you aren't already familiar with the proper usage of the equipment. Check the Fitness calendar for weekly opportunities.
- Take your assessment data to the Conditioning Zone during orientation/office hours, and receive tips on how to use specific pieces of equipment that may be beneficial to you in light of your scores.
- Consider a one-on-one fitness training session or a consultation with the Registered Dietician.
- Join empowering Thrive Nutrition Sessions that will support you in making informed decisions, starting later this fall.

Polypharmacy



Dr. Michael Wingren

Polypharmacy is the term used to describe the simultaneous use of multiple medications. It has been shown in various medical studies to be associated with negative health outcomes such as sedation, decreased mobility, increased falls, obesity or weight loss, organ failure or even death. Polypharmacy affects walking performance and increases one's risk factor for being hospitalized. It is also associated with chronic inflammation and pain, and increased frailty, which can then lead to greater difficulty in performing activities of daily living.

Polypharmacy can occur whenever two drugs are taken by one individual. However, it is most often defined as taking five or more medications because the risk of drug-to-drug interactions becomes 100% at five drugs. In other words, by the time an individual is taking five drugs, some of the drugs are almost certainly working against one another.

Doctor Michael Wingren and Nurse Practitioner Tia Ramirez at Sound Clinical Medicine within the Clinic at Heron's Key are motivated to help patients avoid taking too many medications. A medication review is often done as part of an annual physical, but can be done more often, when necessary. A medication review offers the opportunity to make sure a patient's medications and dosages are appropriate for the current medical condition. Reducing unnecessary medications decreases drug-to-drug interactions and medication side effects, and reduces the financial burden of paying for inappropriate medications.

Taking medications appropriately can contribute to good health and increased wellness. Let our practitioners help maximize the benefits received from your medication regimen. On Tuesdays at the Health Services Clinic at Heron's Key, Tia Ramirez, FNP, sees patients in the morning and Michael Wingren, MD, sees patients in the afternoon. Both practitioners also have appointments available Monday through Friday at our nearby Gig Harbor clinic. Call 253.857.6166 for an appointment at either location.

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 Thrive! Friday, September 21, 9am in Maritime

Coffee with Tia Ramirez, FNP: Friday, September 28, 9am in Syren's Grille

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–12pm (CL) 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 Grille Happy Hour Mixer – Saturdays, 3–5pm

Presentation: Communities in Schools – Tuesday, September 4, 2pm (M-P)

sponsored by Volunteer Group | Communities in Schools works directly inside our local schools, building relationships that empower students to succeed both inside and outside of the classroom.

Inaugural Presentation: “Who Am I” with Resident Al Watts – Wednesday, September 5, 2pm (M)

sponsored by Lifelong Learning | See more information on page 10.

HK Woodshop Open House – Thursday, September 6, 1–4pm (Woodshop via underground garage)

sponsored by Woodworking Group | Are you interested in wood crafting, or simply curious about your fellow woodworkers? Come visit the Heron’s Key Woodshop to learn more about this creative work space.

Life of Verdi (Part One) – Thursday, September 6, 7pm (M-P)

sponsored by Performing Arts & Lifelong Learning | This is part one of a seven-part DVD series about the life of Italian opera composer Giuseppe Verdi. Co-hosted by residents Emily Bonwich and Ken Hales.

Presentation: The Caretta Research Project—Conservation Efforts for Loggerhead Sea Turtles

Monday, September 10, 2:30pm (M)

sponsored by Nature & Ecology & Lifelong Learning | Our guest speaker, Joseph Pfaller, Ph.D., will speak about the hands-on research, conservation, and education program dedicated to studying and protecting loggerhead sea turtles on the Wassaw National Wildlife Refuge off the coast of Savannah, Georgia.



TED Talk & Discussion – Wednesday, September 12, 7pm (M-P)

sponsored by Lifelong Learning | This week: “Learning from the Other Side: Listening to Opposing Viewpoints”

Vote on the Residents’ Association Bylaws – Thursday, September 13, 9am (M)

Wine & Cheese – Thursday, September 13, 4pm (CL)

Great Decisions Video & Discussion – Monday, September 17, 7pm (M-P)

sponsored by Lifelong Learning | This month’s 30-minute video is titled *Great Decisions: US Global Engagement & the Military*. Resident facilitators Terry & Irene Hanley will lead the discussion on the topic.

Presentation: Dating Historical Photos – Wednesday, September 19, 1pm (M)

sponsored by Lifelong Learning and Genealogy | Pam Wilson, Research Center Manager for the Jefferson County Genealogical Society, will show us how to use clues such as clothing and hairstyles to identify a photo’s time period.

ON-CAMPUS EVENTS

Sing-a-Long with Bob Delany: Summer & Fall Tunes in Penrose Harbor – Wednesday, September 19, 2:30pm (Penrose Skilled Nursing) sponsored by Performing Arts

Life of Verdi (Part Two) – Thursday, September 20, 7pm (M-P) sponsored by Performing Arts & Lifelong Learning

Coffee with Thrive & Lisa Hardy – Friday, September 21, 9am (M)

Swing Dancing with Tallon & Jennifer – Friday, September 21, 2:30pm (M)

September Birthday Celebration – Monday, September 24, 3pm (M)

All-Star Orchestra: “Music’s Emotional Impact” – Monday, September 24, 7pm (M-P)

sponsored by Lifelong Learning | See page 11 for more information.

Thrive Orientation (registration required, see page 4) – Tuesday, September 25, 3pm (M-P)

TED Talk & Discussion – Wednesday, September 26, 7pm (M-P)

sponsored by Lifelong Learning | This week’s topic will be decided at the September 12 meeting.

Permission to Start Dreaming, hosted by Veteran’s Group – Wednesday, September 26, 7pm (M-S)

Thrive Orientation (registration required, see page 4) – Thursday, September 27, 10am (M-P)

Workshop: Crescendo: An Ascent to Vital Living – Thursday, September 27, 6pm (M)

sponsored by Women’s Bible Study | Alan Forsman, co-author of the book *Crescendo: An Ascent to Vital Living*, and Sammi McCubbins, Pacific NW Crescendo Coach, will be presenting this two-hour workshop. Their vision is to help older adults unleash their potential and gain a deeper understanding of what it means to live with purpose, vitality, and mission while moving from success to significance in the later stages of our life’s spiritual journey. Sign up on the Resident Portal for this event so enough supplies are available.

Friday Night Movies in the Maritime



September 7 – Picnic (Not Rated, 1955) – Emotions are ignited amongst complacent townsfolk when a handsome drifter arrives in a small Kansas town the morning of the Labor Day picnic. Starring William Holden, Kim Novak and Betty Field; won 2 Oscars with 11 other nominations.

September 14 – Red (PG-13, 2010) – When his peaceful life is threatened by a high-tech assassin, former black-ops agent Frank Moses reassembles his old team in a last ditch effort to survive and uncover his assailants. Starring Bruce Willis, Helen Mirren and Morgan Freeman; rated PG-13 for intense sequences of action violence and brief strong language.

September 21 – Movie Appreciation Night: Radio (PG, 2003) – Football coach Harold Jones befriends Radio, a mentally-challenged man who becomes a student at a high school in South Carolina. Their friendship extends over several decades, where Radio transforms from a shy, tormented man into an inspiration to his community. Starring Cuba Gooding Jr, Ed Harris and Debra Winger; rated PG for mild language and thematic elements.

September 28 – Citizen Kane (PG, 1941) – Following the death of a publishing tycoon, news reporters scramble to discover the meaning of his final utterance, “Rosebud.” Starring Orson Welles, Joseph Cotten, Dorothy Comingore.

OFF-CAMPUS TRIPS

Sign Up on the Resident Portal to Reserve Your Spot for all Off-Campus Trips

Sehmel Homestead Birding Field Trip – Wednesday, September 5, 7:45am

sponsored by *Nature & Ecology* | Join us for an early morning departure and enjoy a 3 mile walk around Gig Harbor's Sehmel Homestead Park. Bring binoculars and dress for the weather.

Frye Art Museum & Lunch at Café Frieda – Friday, September 7, 10am

sponsored by *Performing Arts* | *The Frye Salon* features nearly 150 paintings hung floor to ceiling—a mode of display referred to as a salon-style hang.

Kitsap Peninsula Walk to End Alzheimer's – Saturday, September 8, 7:45am

sponsored by *Volunteer Group & Penrose Harbor* | Demonstrate how Heron's Key can come together for a great cause! Join the Walk to End Alzheimer's Team as we raise awareness on a beautiful 2 mile walk (shorter route available) along the Bremerton Waterfront. Transportation will be provided for those who sign up on the Resident Portal; you can expect to return by mid-afternoon. Walk participants must sign-up at www.alz.org; a step-by-step guide is available at the Concierge Desk.

Bainbridge Island All-Day Excursion – Wednesday, September 12, 9am

sponsored by *Lifelong Learning & Performing Arts* | Take a guided tour of the Bainbridge Island Historical Museum and Japanese American Exclusion Memorial. Then enjoy lunch at the Bainbridge Island Art Museum Bistro, followed by a tour of the Art Museum. Finish the day with the Botanical Gardens. Wear your walking shoes; return approximately 5pm.

Washington State Fair – Friday, September 14, 9:30am

Tickets to this event were donated by a generous Heron's Key resident. Enjoy a few hours at the Puyallup Fairgrounds—grab a friend and create your own adventure!

Dinner & The Foreigner at Tacoma Little Theater – Saturday, September 15, 5pm

sponsored by *Performing Arts* | A rousing comedy about a rural fishing lodge, a British demolition expert and a shy young man overcome with fear who is introduced as a foreigner and overhears more than he should.

Dinner & Chinese Warriors of Peking at The Rialto – Thursday, September 20, 5pm

sponsored by *Performing Arts* | Thrilling physical feats fused with traditional Chinese customs deliver high-intensity martial arts and breathtaking acrobatics.

Lunch & Michelangelo's Sistine Chapel: The Exhibition – Saturday, September 29, 11am

sponsored by *Performing Arts* | With special expertise and care, the ceiling paintings from the Sistine Chapel have been reproduced using state-of-the-art technology. For the observer to fully engage and comprehend the artwork, the paintings have been reproduced in their original sizes.

Shopping Trips in September, departing at 10am

- | | |
|----------------------------------|-------------------------------|
| 5—Albertsons/Post Office | 19—Metropolitan Market |
| 10—Albertsons/Post Office | 24—Albertsons/Post Office |
| 12—Fred Meyer | 26—Trader Joe's & Whole Foods |
| 17—Albertsons/Target/Post Office | |

Upcoming Local Hikes

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

Banner Forest Hike – Thursday, September 6, 10am



This is a 2.7 mile lightly trafficked loop trail located near Port Orchard that features beautiful wildflowers and is good for all skill levels.

- Hiking shoes are recommended.
- **NO restrooms onsite.**
- You may want to bring a sack lunch since we'll be gone approximately three hours.

In Lieu of Fitness Classes! Cushman Trail – Wednesday, September 12, 10am

Our departure on this trail will start at the Borgen Boulevard trailhead, and continue on a paved trail towards the Tacoma Narrows Bridge. We'll walk 2-3 miles (not the entire way to the bridge); towards the turn-around point, there is an uphill gradient of 8%. We'll return around 12pm.

- All skill levels are encouraged to join; tennis shoes are recommended.
- There are no restrooms along the path.

White River Trail – Thursday, September 20, 10am



Starting at Roegner Park in Auburn, this is an out-and-back paved trail safely above the turbulent waters of the White River, giving you the opportunity to walk the whole 4.5 mile distance or less. This hike offers a close look at the large uprooted trees lying beached on the river's gravel bars.

- There is little to no elevation gain.
- Restrooms and benches are at the starting point.

Conditioning Zone – Orientation Hours

During September, Chuck will hold regular office hours on Mondays, Tuesdays and Fridays (see the Fitness calendar for hours). This is a great time to stop by if you'd like an orientation / introduction to any of the fitness equipment, or to discuss strategies for exercising particular muscle groups. Drop in and bring a friend!

Folks with Spokes

Neighborhood Bike Ride – Wednesday, September 19, 3pm

Meet in the front parking area, just outside of the Clubhouse Lobby for a ride that is approximately 10 miles. Questions? Talk with Chuck Abbey, Fitness Specialist.

INTEREST GROUPS

A Message from Lifelong Learning: New Fall Programs

The month of September marks the beginning of new multi-session programs from Lifelong Learning. We hope that you will enjoy participating in them as much as the Lifelong Learning Programming Group has enjoyed planning them!

Our new “Who Am I” program will occur monthly in an interview format. We are very pleased and grateful that HK resident Al Watts has agreed to be our inaugural interviewee. Fellow resident Rich Johnson will interview Al about his remarkable interests and careers, and the audience will have plenty of time for questions. We will continue in October with Randy Valentine as our interviewee. We encourage each of you to make suggestions for future programs in the “Who Am I” series, which is designed for those who prefer a conversational format, rather than a formal presentation.

Our second new program is a Great Decisions discussion group, which will meet on the first and third Mondays each month. Each year the Foreign Policy Association produces 30-minute videos on topics of current interest, and we are beginning with topics from the 2018 season. Following the viewing of the video, there will be 45 minutes for group discussion.

Since the first Monday is a holiday, join us September 17 for a discussion on the topic of U.S. Global Engagement and the Military. Residents Terry and Irene Hanley belong to a local, private Great Decisions discussion group and have experience presenting on this topic, so they will facilitate the inaugural session. Volunteers have already signed up for four additional topics in the 2018 season, and we are looking for others who might be interested. You can view the list of topics at www.greatdecisions.org.

We are also collaborating with the Performing Arts Interest Group on a seven-part *Life of Verdi* series, which will begin on Thursday, September 6. Many thanks to resident Emily Bonwich, who has kindly shared these DVD's with us.

As well, we are very pleased that several members from these two Interest Groups have joined forces to plan a series of playlets based on classical radio programs. Theresa Broxton of Resident Services is guiding the planning process for this program, and we are looking forward to many talented actors and supporting characters stepping up from both Independent and Assisted Living for this effort. Please let us know if you'd like to join us in any capacity.

Lee Magid, Program Chair; Barb Walton and Jeannette Johnson, Facilitators



Have a Dog? Join the Volunteer Group in Penrose Harbor

Penrose Harbor is looking for dogs and their owners who would be willing to spend an hour with residents (while accompanied by a staff member). Please bring a copy of your pet records to Resident Services if you are interested in making a difference in the life of a resident!

INTEREST GROUPS

Updates and Announcements

Raised Garden Beds Interest Group

Are you interested in planting a raised bed for the fall or spring season? Please contact Facilitator Linnea McNair for information on pricing and membership in the Raised Garden Beds Group. Our next meeting is on September 18, 10am in the Creative Arts Studio.

New Groups Looking for Interested Card Game Players: Euchre and Pinochle

Are you interested in joining a new card game group?

- **Euchre (pronounced yoo-ker)** is a trick-taking card game and is the reason why modern card decks were first packaged with jokers, a card originally designed to act as the right and left "bowers" (high trumps). Euchre is an excellent social game best for four participants, playing two against two.
- **Pinochle (pronounced pee-nuhk-uhl)** is a classic two-player game developed in the United States, and it is still one of the country's most popular games. The goal is to win tricks, so as to score the value of cards taken in on tricks and to meld certain combinations of cards having values in points.

If you love playing these card games or are interested in learning to play, please contact Resident Services; times and dates for playing have not been decided yet.

All-Star Orchestra Begins Again on a New Night!

All-Star Orchestra is starting up again this fall, meeting on the 4th Monday of each month at 7pm in the Maritime. Join us on Monday, September 24 for *Music's Emotional Impact*, featuring Piotr Ilyich Tchaikovsky: *Symphony No. 4* and David Stock: *Blast!*. The All-Star Orchestra gives you a front row seat to the world's greatest music and the map to an unforgettable musical journey. Come join us!

Save the Date for the Heron's Key Resident's Art Show, October 2

Mark your calendars for the Heron's Key Resident's Art Show on Tuesday, October 2 in the foyer outside of Syren's Grill, sponsored by the Visual Arts Group. During an Open Reception from 3–5pm, enjoy treats and meet your creative neighbors while viewing artwork displays from 25 resident artists.

Important Notes for Participating Artists:

- Drop off artwork at the Visual Arts meeting in the Studio on Tuesday, September 25 from 2–4 pm.
- Put your name and unit number on each piece.
- Pick up work after dinner on October 2.
- If you need assistance with turning in your artwork, contact Bev Ringenberg at 541.517.0402 or bjringenberg@gmail.com or Betty Holt at 360.490.2204 dabho2@msn.com.

Enjoy the show, and perhaps be inspired to join our group on Tuesday afternoons at 1:30pm in the Creative Arts Studio to share, learn and create art! Our next special event will be October 23 at 1:30pm when we will provide supplies for you to **Create Your Own Halloween Mask** for the festive Wine & Cheese event on October 31. More details will come in next month's Newsletter.



Captain's Table

I had the pleasure of participating in the Captain's Table Dinner in August, and enjoyed an entertaining and educational visit with fellow residents and Chef Jason Voce. My compliments to our Dining Services for initiating the Captain's Table and my suggestion is that all residents consider signing up with the hope of being selected for one of the next events.

– Resident Dick Abrams

Sign up now for our next Captain's Table! 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.

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.

September Events

Labor Day Buffet, 11am–3pm in the Maritime; RSVP via the portal.

Special Oktoberfest Syren's Mixer on Saturday, September 22, 3–5pm in Syren's Grill.

Syren's Grill will offer a modified service September 28-30 in order to upgrade the floors in the main kitchen. We will offer a buffet in Syren's Grill Friday and Saturday from 12-4pm and Sunday from 10am-1pm for breakfast.

Reminders

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