

Village Green Community Center

Welcome to Village Green

WHERE COMMUNITY COMES TOGETHER

We are at the heart of Kingston and our purpose is to CONNECT AND STRENGTHEN THIS COMMUNITY. The Kingston Library, Boys & Girls Club, Elevated Adventures, and Senior Center are all located here in one place. We are also an event space for weddings, conferences, meetings and more. Located near downtown Kingston and the Kingston/Edmonds ferry.



MARCH 2024 NEWSLETTER

HIGHLIGHTS

An Afternoon of Women's History
Sat., March 9th starting at 2 pm
~page 2~

Self-Care Class
March 9th from 10 am - 1 pm
~page 10~

Chef Isabel's Cooking Classes
~page 3~

Art Classes
multiple dates & styles
~pages 13 & 14~

[MORE INSIDE...](#)

PH: 360-297-1263
www.MyVillageGreen.org

26159 DULAY ROAD NE
KINGSTON, WA 98346

WHAT'S NEW?

AN AFTERNOON OF WOMEN'S HISTORY

**SATURDAY,
MARCH 9TH
BEGINS
AT 2 PM**



TALK & FOOD WITH JUDITH WEINSTOCK

The event will start at 2:00 pm featuring a talk from North Kitsap's own, Judith Weinstock about women's role in food and agriculture – We will get to taste Judith's wonderful creations.



MUSIC FROM WOMEN COMPOSERS AROUND THE WORLD

At 4:00 PM, music will be provided by flute, cello, piano and voice of women composers from around the world!



VILLAGE GREEN COMMUNITY CENTER
26159 DULAY RD NE, KINGSTON

Suggested donation \$10 at the door; \$5 for seniors and youth.

Baking with Isabel at the Village Green



Sunday, February 18, 12-3 pm

HOMEMADE BAGUETTES

Learn to bake your own fresh baguettes, then build a delicious gourmet sandwich from an assortment of meats, cheeses, and roasted vegetables. \$60



Saturday, February 24, 1-4 pm

BEIGNETS AND FILLED DOUGHNUTS

These French-style fried square doughnuts are very popular in New Orleans! You'll also be making doughnuts which you can fill with classic flavors like jelly and custard. \$75



Saturday, March 2, 12-3 pm

NYC BAGELS AND SOFT PRETZELS

The secrets behind classic New York bagels and chewy traditional soft NYC pretzels. \$65



Sunday, March 10, 1-4 pm

HOMEMADE RAVIOLI

Homemade ravioli with two delicious fillings, three cheese and butternut pear, plus toppings. \$60



Saturday, March 16, 10:30 am – 1:30 pm

BEST CHOCOLATE CAKE EVER

Three-tiered 8" cake with a chocolate Italian buttercream and tempered chocolate decorations. \$75



Friday, March 22, 10:30 am – 1:30 pm

CHOCOLATE MARSHMALLOW DOMED TEACAKES

Tasty cookies domed with marshmallow and covered in tempered chocolate -- a perfect sweet treat! \$50



Thursday, March 28 10:30 am – 1:30 pm

ARTISTIC CAKE DECORATING

Piping techniques, fondant work, mirror glazes, sugar work, hand painting and more to make your cake special! \$65





Meet Amber, our incredible Senior Fitness Class Instructor at Village Green

Amber was born and raised in a small town outside of Traverse City, MI. She spent her high school years in various sports, and always knew that she was destined to teach others. After moving around in her adult life, she landed in Houston, TX and reconnected her love of Yoga from a friend who offered to take her to a class. She was hooked and knew that is what she wanted to do with her life: teach Yoga and Wellness. After earning her 200-hour Teacher Training program from the Yoga Institute of Houston, she went on to teach a wide variety of classes to all age groups until she found herself back in Michigan. While there she started her small private Yoga company called Infinity Yoga and continued her diligent work of helping others heal from within.

While in Michigan, she met her partner of 10 years in 2014 and married in 2016. Amber has one son who is retired from the US Army, and together they have 2 dogs and one very spoiled cat. When life gave the opportunity to move out to Washington in 2016, they took the offer and moved out West. Landing in Port Orchard, Amber taught for Olympia Gym and for a private instructor until moving to Poulsbo in 2018. In 2021, Amber started working for Kingston Fitness where she taught Chair and Mat Yoga until she was introduced to Senior Fitness. Amber was trained in the Silver Sneakers Program through Kingston Fitness where she developed fitness programs for individuals with, or without, limitations. While teaching, she realized that there was also a need for Personal Trainers who specialize in the aging community. She earned her Personal Training Certification through National Academy for Sports Medicine in 2023 and went on to continue her education earning her Senior Fitness Specialist Certification through the same program in early 2024.

Amber continues to teach group classes throughout the week, as well as offering Personal/Individual training as needed through the Community. She strives to make everyone feel like they are cared for in each class they take. Her love for Fitness and Yoga will continue and she looks forward to seeing you in a class very soon!

Full Body Toning: Mon, Wed, Fri at 11 am
Chair Yoga: Tue at 10 am, Thu at 12 pm
\$2 drop-in fee or \$20 for 11 punch passes



GROUPS & CLUBS

Village Green
Photo Group
1st and 3rd
Mondays @ 6 pm



Bridge
Wednesdays
@ 12:30 pm



Kiwanis Club
Thursdays @
7 am



Kingston
Writer's Group
3rd Thursday
@ 2 pm

KFOL Book
Donations 2nd
Saturday and
Monday @ 11 am
*only 1-2 small boxes or
bags per person



Rotary Club
Wednesdays @
12 pm Every 3rd
Wednesday @ 6
pm

Painter's
Drop-In
Thursdays @
12:30 pm



Kingston
Historical
Society
3rd Mondays
@ 11:15 am



Little Norway
Toastmasters 2nd
and 4th Tuesdays
@ 6:30 pm



Radio Club
1st Thursdays
@ 7 pm

Professionally Speaking
Toastmasters 1st
Thursdays @ 6:30 pm

Mahjong
Mondays @
12:30 pm



Laptops & Littles
Tuesdays @
9:45 am



Chamber of
Commerce 1st
Thursday at
11:30 am



Kingston Super Senior Luncheon

3rd Wednesday of
Every Month at 12 pm

Enjoy a hot meal and beverages while
spending quality time with friends.

\$10 per person

RSVP to HETTY at (360) 297-2241
or CAROL at (360) 860-5891

fitness

DANCE WORKOUT
♥♥♥♥♥

Energetic, Fun, Easy to Follow
\$4 | Thur. @ 5:15 pm, Sat. @ 10 am

YOGA
♥♥♥♥♥

Hatha-style, Relaxing, Rejuvenating
\$5 | Tues. & Thur. @ 8 am

PICKLEBALL
♥♥♥♥♥

Fun, Competitive (indoors)
\$4 drop-in or \$30 for 10 passes
M-F 9am-12pm, Sa 10-12

CHAIR YOGA
♥♥♥♥♥

Gentle, Relaxing, Rejuvenating
Tue. @ 10 am, Thu. @ 12 pm
\$2 drop-in or \$20 for 11 passes

CARDIO KICKBOXING
♥♥♥♥♥

Get a whole body workout based on martial arts.
\$15 | Saturday @ 1 pm

EXERTION

Easy ♥♥♥♥♥
Moderate ♥♥♥♥♥
Strenuous ♥♥♥♥♥

BARRE
♥♥♥♥♥

Low-impact, ballet-inspired workout \$15 or 8 passes for \$95
Tues. 1 pm, Thur. @ 2:30 pm

QIGONG
♥♥♥♥♥

Breathing & meditative exercises
Donation | Tues. @ 2:15 pm

LINE DANCING
♥♥♥♥♥

Exercise body & brain and have a blast
FREE | Tuesday @ 11 am

FULL BODY TONING
♥♥♥♥♥

Stretching, cardio and resistance training to tone every part of your body | Mon, Wed, Fri @ 11 am
\$2 drop-in or \$20 for 11 passes

TAI CHI
♥♥♥♥♥

Gentle, Relaxing
Donation | Tues. @ 2:45 pm

VILLAGE GREEN COMMUNITY CENTER



Village Green Community Center is bringing new life to its monthly newsletter. Now, locally printed and designed, it has brighter pages, sharper images, flexible ad spaces, and a steadily growing reader base as more of Kitsap discovers the heart of Kingston.

To advertise with us, contact Programs@myvillagegreen.org

March Library Programs

Adults

Kingston Book Group

This month we will discuss: "Caste" by Isabel Wilkerson.

Wednesday, Mar. 6, 10:00 -11:30 a.m.

Kids

Read to a Dog

 Grades K-5

Choose a story to share with a dog and practice reading. This event is first come, first served. In partnership with Therapy Dogs International Kitsap.

Wednesday, Mar. 6 & 27, 3:30-4:30 p.m.

Take & Make: Flower Pot Painting

Daily, Mar. 5-8. While supplies last.

Torn Paper Collages

Drop-in to create a torn paper collage. Grades K-5

Wednesday, Mar. 20, 3:30-4:30 p.m.

LEGO Lounge

Drop-in to build LEGO creations!

Friday, Mar. 22, 10:30-12:30 a.m.

Little Learners

Family Storytime

 Ages 0-5

Mondays, 10:30-11 a.m. - No storytime Mar. 4

Baby Storytime

Mondays, 1-1:30 p.m. - No Storytime Mar 4

Little Explorers

Explore different STEM concepts through hands-on activities. Ages 3-5

Tuesday, Mar. 12, 11-11:45 a.m.

Baby Band

Babies and caregivers enjoy musical experiences that build early literacy skills and encourage social and emotional development.

Wednesdays, Mar. 13 & 27, 10:30-11 a.m.

Thursdays, Mar. 21, 1-1:30 p.m.



For more information
visit KRL.org/events



ANTIQUES
AUCTIONEER
BARGAIN
BIDDING
CARD
CARS
CATTLE
CHARITY

CLERK
DEALS
ESTATE
GAVEL
HOUSE
ITEMS
LISTING
NUMBER

PAYMENT
PRICE
PURCHASE
SALE
SELL
SOLD
SURPLUS
TREASURE

At An Auction by Karen H.

S T A S E E K C D R J N T W T
G U R N S R H R E L B K C D D
B A L U T A U E E T O A Y N N
C I O P R I N S N L T S S B P
P H D I R O Q E A T C L D B N
B U T D I U M U L E A J Q J D
A Y R T I Y S E E E R D R A C
R R C C A N S Y D S I T N D N
G U E P H T G N I T S I L D T
A A N B A A M L E P R I C E K
I K V T M L S M L K Q M M W T
N R E E L U S E A E J V M Y D
V D J Q L N N Z S Y S P L M T

You may be
SURPRISED
what you find inside!



QUALITY CLOTHING • JEWELRY • HOUSEWARES
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Hours: Wednesday, Thursday, Saturday 10am - 3pm

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sharenetfoodbank.org 360-297-2266

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SWITCH AND SAVE

Head to your neighborhood store to learn more!

T Mobile

10978 NE St Hwy 104 #115, Kingston, WA, 98346, 360.994.3804

March 2024

Sunday 25	Monday 26	Tuesday 27
10 am Agate Pass Friends - Quakers	11 am Full Body Toning 12:30 pm Mahjong	8 am Yoga 9:45 am Laptops & Littles 10 am Chair Yoga 11 am Line Dancing 1 pm Barre 2:15 pm Qigong 2:45 pm Tai Chi 6:30 pm Little Norway Toastmasters 6:30 pm Spoken Mic
3	4	5
10 am Agate Pass Friends - Quakers	10 am Blood Drive 11 am Full Body Toning 12:30 pm Mahjong	8 am Yoga 9:45 am Laptops & Littles 10 am Chair Yoga 11 am Line Dancing 1 pm Barre 2:15 pm Qigong 2:45 pm Tai Chi 6 pm Photo Group
10	11	12
10 am Agate Pass Friends - Quakers 1 pm Baking with Isabel	10 am Friends of the Library 11 am Book Donations 11 am Full Body Toning 12:30 pm Mahjong 6 pm Childbirth and Newborn Care	8 am Yoga 9:45 am Laptops & Littles 10 am Chair Yoga 11 am Line Dancing 1 pm Barre 2:15 pm Qigong 2:45 pm Tai Chi 6:30 pm Card Making 6:30 pm Little Norway Toastmasters
17	18	19
10 am Agate Pass Friends - Quakers 3 pm Kitsap Environmental Coalition free movie	11 am Full Body Toning 11:15 am Kingston Historical Society 12:30 pm Mahjong 6 pm Childbirth and Newborn Care	8 am Yoga 9:45 am Laptops & Littles 10 am Chair Yoga 11 am Line Dancing 1 pm Barre 2:15 pm Qigong 2:45 pm Tai Chi 6 pm Photo Group 6:30 pm VGMPD Commissioner Meeting
24/31	25	26
10 am Agate Pass Friends - Quakers	11 am Full Body Toning 12:30 pm Mahjong	8 am Yoga 9:45 am Laptops & Littles 10 am Chair Yoga 11 am Line Dancing 1 pm Barre 2:15 pm Qigong 2:45 pm Tai Chi 6:30 pm Little Norway Toastmasters 6:30 pm Spoken Mic



THE KINGSTON LIBRARY
REGULAR HOURS
Monday through
Thursday
10 am - 6 pm
Friday & Saturday
10 am - 5 pm
(360) 860-5070
krl.org



BOYS & GIRLS CLUB
OF NORTH KITSAP

NORTH KITSAP BOYS &
GIRLS CLUB
6:30 am - 6:30 pm
For more information
call (360) 297-3996
bgcsc.org




VILLAGE GREEN
COMMUNITY CENTER
REGULAR HOURS
Monday through
Thursday 9 am - 6 pm
Friday 9 am - 5 pm
Saturday 10 am - 5 pm

Visit our website at
MyVillageGreen.org for
our most up-to-date
calendar.

Follow our Facebook
page "Village Green
Community Center"

CLASSES AND EVENTS

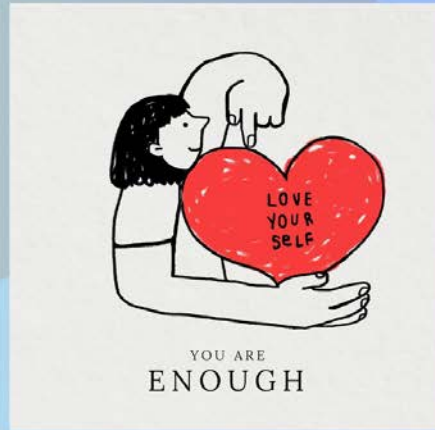
Wednesday 28	Thursday 29	Friday 1	Saturday 2
11 am Full Body Toning 11 am Senior Computing 12 pm Rotary 12:30 pm Bridge Club 3:15 pm After School Art Club 6:30 pm Port Commissioners Meeting	7 am Kiwanis 8 am Yoga 12 pm Chair Yoga 12:30 pm Drop-In Painting 2:30 pm Barre 5:15 pm Dance Workout	9 am Kingston Stakeholders 11 am Full Body Toning 12:30 pm Needlecraft 3 pm Singing Lessons	10 am Dance Workout 12 pm Baking with Isabel 1 pm Cardio Kickboxing
6	7	8	9
7 am Senior Foot Care 9:30 am Card Making 11 am Full Body Toning 11 am Senior Computing 12 pm Music Lessons 12 pm Rotary 12:30 pm Bridge Club 3:15 pm After School Art Club	7 am Kiwanis 8 am Yoga 11:30 Chamber Lunch 12 pm Chair Yoga 12:30 pm Drop-In Painting 2:30 pm Barre 5:15 pm Dance Workout 6:30 pm Professionally Speaking Toastmasters 7 pm Greater Kingston Radio Club	11 am Full Body Toning 12:30 pm Needlecraft 3 pm Singing Lessons 5 pm Community Meal	10 am Spring into Self-Care 10 am Dance Workout 11 am Book Donations 11:30 am Breathwork Class 1 pm Cardio Kickboxing An Afternoon of Women's History: 2 pm Talk and Food with Judith Weinstock 4 pm Music from Women Composers Around the World
13	14	15	16
11 am Full Body Toning 11 am Senior Computing 12 pm Rotary 12 pm Music Lessons 12:30 pm Bridge Club 3:15 pm After School Art Club 6 pm KYSA 6:30 pm Kingston Community Advisory Council (KCAC)	7 am Kiwanis 8 am Yoga 12 pm Chair Yoga 12:30 pm Drop-In Painting 2:30 pm Barre 5:15 pm Dance Workout		10 am Dance Workout 10:30 am Baking with Isabel 1 pm Cardio Kickboxing
20	21	22	23
9:30 am Card Making 11 am Full Body Toning 11 am Senior Computing 12 pm Music Lessons 12 pm Senior Luncheon 12:30 pm Bridge Club 3:15 pm After School Art Club 6 pm Rotary	7 am Kiwanis 8 am Yoga 12 pm Chair Yoga 12:30 pm Drop-In Painting 2 pm Kingston Writers Group 2:30 pm Barre 5:15 pm Dance Workout	10:30 am Baking with Isabel 11 am Full Body Toning 12:30 pm Needlecraft 3 pm Singing Lessons	10 am Dance Workout 1 pm Cardio Kickboxing 5 pm B&GC Gala
27	28	29	30
11 am Full Body Toning 11 am Senior Computing 12 pm Rotary 12 pm Music Lessons 12:30 pm Bridge Club 1 pm Port Commissioners Meeting 3:15 pm After School Art Club	7 am Kiwanis 8 am Yoga 10:30 am Baking with Isabel 12 pm Chair Yoga 12:30 pm Drop-In Painting 2:30 pm Barre 5:15 pm Dance Workout 6 pm Sing Along 6:30 pm Art & Appetizers t class	9 am Kingston Stakeholders 11 am Full Body Toning 12:30 pm Needlecraft 3 pm Singing Lessons	10 am Dance Workout 1 pm Garden Stake Class 1 pm Cardio Kickboxing

SPRING INTO SELF-CARE

Explore the art of self-care with simple every day techniques.

Make yourself a priority:

- Mindful Techniques
- Resource Balance
- The Power of Gratitude
- Restructuring Self Talk
- Resource Toolkit



- Rediscover or establish balance and harmony in your life.
- Celebrate the value of “ENOUGH”
- Connect with like-minded individuals.

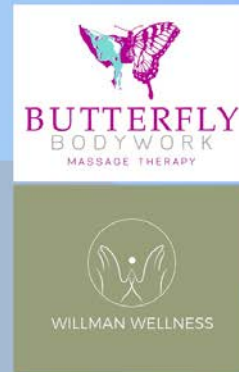
Use QR code to register



Location:
 Village Green
 26159 Dulay Rd NE
 Kingston, WA 98346

When:
 March 9th, 2024
 10:00 am to 1:00 pm

Tuition:
 \$75 per person



(360) 204-8090 | Jessica Garrett | Doug Hallock | (360) 271-1315

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 www.KitsapWiFi.com
 11175 NE 2nd St

KITSAP WiFi

Make an appointment today!

Puzzle 1 (Medium, difficulty rating 0.49)

5					2			4
		7	4			1		
			9	5		8		6
				4		3		1
1			3		8			5
8		4		7				
3		2		9	6			
		8			4	5		
4			1					8



MAKE YOUR OWN GREETING CARDS!

Next card making sessions:
 Wed., March 6th at 9:30 am
 Tue., March 12th at 6:30 pm
 Wed., March 20th at 9:30 am

\$10 per person for 3 cards

Generated by <http://www.opensky.ca/sudoku> on Thu Feb 8 18:22:06 2024 GMT. Enjoy!

Turning 65?

A Medicare Advantage that takes a total approach to health

Get the right coverage, local resources and the care you need to live the life you want.

\$0
 Monthly Plan Premiums with
Dental, Vision and Hearing

Call for an appointment
Eric Suhadolc
(360) 644-7272 (TTY: 711)
 9:00 AM - 5:00 PM Mon. - Fri.
 A licensed agent will answer your call.
EricS@MedicareOptimized.com



Aetna Medicare is a HMO, PPO plan with a Medicare contract. Enrollment in our plans depends on contract renewal. Plan features and availability may vary by service area. We do not offer every plan available in your area. Currently we represent 8 organizations which offer 70 products in your area. Please contact [Medicare.gov](http://www.Medicare.gov), 1-800-MEDICARE, or your local State Health Insurance Program to get information on all of your options.



Garden Stakes Class

Make your own!

March 30th at 1:30 pm

NEW!



Keep your eyes open for future craft classes by Yvonne!



Come make your own beaded garden stakes to brighten up your indoor and outdoor plants! Makes a great gift too! Choose from over 150 glass, metal and resin beads to create two unique garden stakes about 14" long. Make 2 stakes for \$26. Want more? Additional garden stakes can be purchased on the day of class for \$12 each, payable to the instructor.

The instructor, Yvonne Holste is a stay-at-home mom and owner of Red Sage Trinkets. She has been teaching in-person classes for the last 6 years, including classes on home & garden décor and jewelry-making. Register today at MyVillageGreen.org.

Please contact Yvonne with any questions at RedSageTrinkets@gmail.com.

Class size is limited to 15.

After School Art Club

WEDNESDAY AFTERNOONS 3:15 - 4:45PM

GRADES K-5

AT THE KINGSTON VILLAGE GREEN

CLASSES AVAILABLE IN FOUR WEEK BLOCKS or 1 AT A TIME

FOR MORE INFORMATION CALL DANA SEEGER AT: 415-671-9926

WHAT WE PROVIDE

- ART SUPPLIES
- INSTRUCTION
- SPACE TO WORK

SCAN TO REGISTER

\$35

ERASER

2024 ANNUAL BLUE DOOR GALA

March 23, 2024
5:00 PM



RAISE

YOUR

HAND FOR



**BOYS & GIRLS CLUB
OF NORTH KITSAP**

Tickets: bgcsc.org/BlueDoorGala



ART & APPETIZERS

Join us for this fun event where you will learn to paint with acrylic on canvas using our step-by-step method. Registration includes all art supplies, light appetizers and one beverage. This event is open to beginner and advanced painters 21 years and older.

\$50

Next Session:

Thursday, March 28, 2024

6:30 – 8:30 pm

Open to artists ages 16 years – Adult

Register at www.KitsapArtCenter.com



Childbirth & Newborn Care

WITH KITSAP PERINATAL

March 11th and 18th

6:00 to 9:00pm

This comprehensive two-part course includes tickets for the expectant parent and their support person.

Day one

Participants gain knowledge of the labor and delivery process. Topics include pain management considerations, physiology, anatomy, labor phases, late pregnancy concerns, birth plans, informed consent, and patient advocacy.

Day two

This section teaches pregnant parents neonatal care and postpartum care. Topics include newborn health, safe sleeping, postpartum physical considerations, breast/chestfeeding, and lactation assistance.

Expert Instruction

Nicole Turner is a labor and delivery R.N. and International Board Certified Lactation Consultant (IBCLC).



New at Village Green!

Karl Moffit brings 30 years of music experience to our Community. He is offering one-on-one lessons for players of all skill levels. Lessons include: Guitar, Bass Guitar, Piano, Banjo, Voice, Harmonica, & Ukulele.

Contact Karl at 360-551-6776 or Kmoff123@gmail.com
Go to www.JKsMuscihouse.com for more information.

VILLAGE GREEN COMMUNITY CENTER

We invite you to a FREE Community Meal

Friday, March 8th at 5 pm,

sponsored by:

Kingston  Cares

&

The Village Green Pickleballers



The Village Green Community Center opened in May 2016. It is managed by The Village Green Metropolitan Park District with the support of The Village Green Foundation, a 501(c)(3) organization.

The elected VGMPD Commissioners are Bobbie Moore, Tracy Harris, Jason Manges, Bob Netzel, and Pat Pearson.

Managed by Marcy Kispert

Indoor Pickleball

Monday thru Friday

9 am - 2 pm

Saturday 10 - 12 pm

\$4 drop-in

\$30 for 10 passes

**During the school year, non-school days affect pickleball hours.*

Puzzle 1 (Medium, difficulty rating 0.49)

5	8	3	6	1	2	9	7	4
6	9	7	4	8	3	1	5	2
2	4	1	9	5	7	8	3	6
7	6	5	2	4	9	3	8	1
1	2	9	3	6	8	7	4	5
8	3	4	5	7	1	6	2	9
3	5	2	8	9	6	4	1	7
9	1	8	7	2	4	5	6	3
4	7	6	1	3	5	2	9	8

