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Grand Re-Opening Event

### AgeUp Vision:

A world where elders are relevant, engaged and essential.

### AgeUp Mission:

To act as catalysts for transforming and expanding the perception of aging locally, nationally and globally.

*New & Improved!*

[Visit AgeUp.org](http://AgeUp.org)



# ageup

JOIN THE REVOLUTION.



## YOU'RE NEVER TOO OLD TO FLOAT YOUR BOAT!

*That* is the motto of the **Not So Ancient Mariners** - Bayview residents who were the first and only team of seniors to enter Seafair's Milk Carton Derby in its 48-year history!

Last September, a committee was formed and a design created. Residents, staff and the families of our Children's Center collected hundreds of milk cartons. Space was cleared (during our major renovation!) for residents to build the boat. Try-outs were held for residents wanting to be on the boat crew. Jeff Goldsmith, Director of Fitness/Wellness trained them with exercises designed to build up their core, and paddling, muscles.

*Continued...*



## Bayview: The first and only team of seniors in Seafair's Milk Carton Derby in its 48-year history

*Continued from pg 1*

On July 14th, the boat was unloaded at Green Lake. Bayview's van brought supporters to join the staff, family members and residents who were already in place. The five-person crew – average age of 88 – donned life jackets, boarded the craft and headed out on the water to get their rhythm going. They veered

off course as, reaching deeper (and colder) water, calamity struck one of the paddlers in the form of leg cramps. Chaos ensued and, while the boat was not in danger of sinking, it was listing due to the displacement of the occupants. Fearing that someone might fall off the listing boat and into the lake, a number

of people swam and paddle boarded to the rescue, towing the boat and crew to safety. King 5 News spent hours videotaping the morning's preparation, interviewing the captain (image below) and crew, and documenting the chaos and subsequent rescue. Unfortunately, they had to leave just after the mishap to edit the story for the evening broadcast.

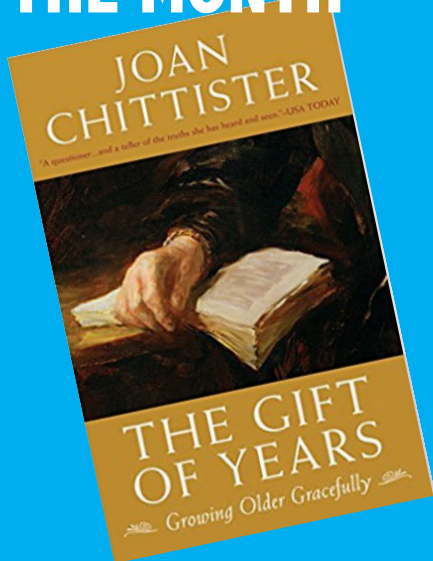
*Residents helping Allen prepare for a King 5 Interview  
Watch our King 5 Story at [www.Facebook.com/BayviewCommunity](http://www.Facebook.com/BayviewCommunity)*



BUT, that broadcast wasn't the end of the story! Once ashore, the team regrouped with a substitute paddler and fought their way to the finish line, arriving to the shouts of BAYVIEW! BAYVIEW! This group of not-so-ancient mariners may have finished last out of four entries but THEY FINISHED, making Seafair history.

Boat designs for 2019 are already being mulled over as Bayview's mariners heard they may have competition from another retirement community next year! ■

# AGEUP BOOK OF THE MONTH



Welcome to the AgeUp Book of the Month feature! We will highlight one book in each issue on subjects related to aging well, re-inventing yourself in the later years of life, and other topics pertinent to transforming the aging process personally and societally!

We present to you: “The Gift of Years: Growing Older Gracefully” by Joan Chittister. This book has encouraged us to share our thoughts, experiences and the realities of growing older and helps one experience the “blessing” of being in this stage of life. – Marian Karpoff (AgeUp taskforce member and book club participant)

Are you 55 or over and interested in joining an AgeUp Book Group? If so, please contact: Nancy Weinbeck at 206-281-5759 (or [nweinbeck@bayviewseattle.org](mailto:nweinbeck@bayviewseattle.org)) for more information. ■

## IN OTHER NEWS!



### AGEUP TURNS OUTRAGE TO ACTION

AgeUp was recently featured in the summer edition of *3rd Act Magazine*. We were delighted to have an opportunity to share our story and spread the news about AgeUp. Check out the link to read our story via [www.3rdactmagazine.com/lifestyle/living-learning/ageup-turns-outrage-action/](http://www.3rdactmagazine.com/lifestyle/living-learning/ageup-turns-outrage-action/). And don't forget to visit our website at [www.AgeUp.org](http://www.AgeUp.org). Engage with our site and share what AgeUp means to you. Coming soon: AgeUp Podcasts! ■

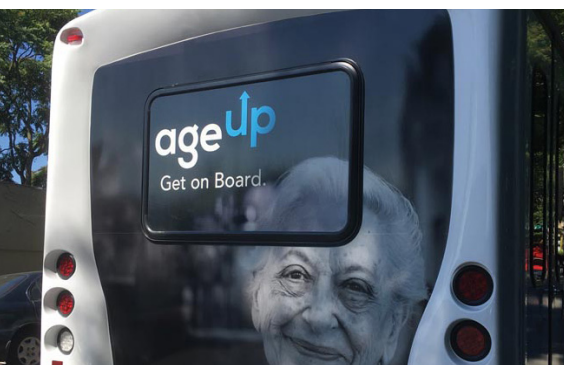
### FIFTH ANNUAL SAVOY GALA

The theme of Bayview's fifth annual Savoy on September 7th was “South of the Border.” From live music and fabulous food to photo opportunities, prize raffles and a caricature artist to capture the fun, you know it was a good time!

Presenting sponsor Auburn Mechanical and ten additional sponsors made sure the festive night was a success by underwriting the event which allowed all other donations to be made in support of Bayview Manor Foundation's mission of supporting the mission, programs and residents of Bayview. Watch our next issue for a complete wrap-up of the event. ■

### SAVE THE DATE: BAYVIEW BAZAAR: 11/16 AT 3 PM

The Bayview Holiday Bazaar will take place on Friday, November 16, 2018 from 3:00 p.m. – 7:00 p.m. Explore everything from freezer jams and baked goods to crafts, gifts, jewelry and more with all proceeds going to a local charitable organization. We hope you will join us for some benevolent holiday shopping! ■





# BAYVIEW

A POINT OF VIEW

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Hi, I'm Mr. Pickles. We hope you enjoyed our newsletter! Stay tuned for more great stories in our next issue!

*A 62+ Nonprofit Life Plan Community*  
(206) 284-7330 ■ 11 West Aloha St, Seattle, WA 98119 ■ [BayviewSeattle.org](http://BayviewSeattle.org)



## TIME TO STRUT OUR STUFF.

### GRAND RE-OPENING

Wed • Sept 26 • 10am–2pm

### FINANCE CLASS

Wed • Oct 10 • 10am–noon

### LIFE PLAN CONTRACTS CLASS

Tues • Oct 23 • 10am–noon

We are proud to show off our remodel of our world class, 62+ Life Plan Community located in Queen Anne. Please RSVP to Lea Miller at 206-281-5744 or [Lmiller@bayviewseattle.org](mailto:Lmiller@bayviewseattle.org). Free valet parking. Bring a friend!