March Celebrations
By Barry Hinnan
Oak Harbor Senior Center Program Assistant

March has a reputation for changeability. It comes in like a lion; it goes out like a lamb… or vice versa… or a little of both. The month offers up storms, or a day that’s hot as July, and then the chill rolls in again. March is a rocky ride between seasons.

March also presents an opportunity to let the wind blow through some of my assumptions and rattle up my patterns, a mental way to prepare for Spring.

Whidbey offers dozens of opportunities for things to do. There are classes of every kind: art and dance, music lessons, yoga and exercise, photography and craft, and chances to write our life stories. There are also performances of every genre: music from Baroque to Country, and theater from variety shows to Shakespeare. This environment of rich self-development helps us stay engaged in learning, and the range of entertainment helps us appreciate a sense of culture. When I do something new, I meet new people. Strangers become familiar faces. My sense of community expands.

I also want my mind to keep expanding, to break out of old assumptions, and let some fresh air in to how I see myself and the world around me. I want to meet new ideas, and for some of those ideas to become familiar, maybe even “friends” and new ways of thinking. One of the great connection points for fulfilling both these opportunities is the public library.

First of all, the library calms me down. While my house and car and many public spaces swirl with overwhelming amounts of incoming information, in the library I am tucked inside four walls lined with story, wisdom, and knowledge that is calmly stacked and organized. I can remove myself from the newsfeeds, back away from television screens, and find real newspapers to handle, lay out on the table, and get ink on my fingers. I discover magazines with differing points of view and books that I can read or listen to. Yes, there’s Wi-Fi and a row of computer monitors, and classes on downloading books onto my phone or tablet, but mostly the library is like a library has always been all my life: a quiet environment full of good books and knowledge that we are blessed with a special skill, if not, just ask a quilter and they will always claim it is a National Day. If you are a quilter who are blessed with a special skill, if not, just wrap yourself up in a quilt and enjoy the warmth.

Ok, how about some crazier days? Now just think about the Extraterrestrial Abduction Day. It’s always celebrated on March 20th. Always keep one eye on the sky and be prepared to duck, dodge, and hide. Remember “E.T.” and “My Favorite Martian”? What fun. You know there are always people out there who are looking to be abducted by aliens, so they can travel to another planet!

Now, who wouldn’t like to have a day to just Goof Off – well, there is a day and it’s always on March 22nd. It’s a day to relax, enjoy and do anything and everything – except what you are supposed to do that day. Go ahead and play – play it is always on March 22nd. It’s a day to relax, enjoy and do anything and every-thing - except what you are supposed to do that day. Go ahead and play – play it is always on March 22nd. It’s a day to relax, enjoy and do anything and every-thing - except what you are supposed to do that day. Go ahead and play – play it is always on March 22nd. It’s a day to relax, enjoy and do anything and every-thing - except what you are supposed to do that day. Go ahead and play – play it is always on March 22nd. It’s a day to relax, enjoy and do anything and every-thing - except what you are supposed to do that day. Go ahead and play – play it is always on March 22nd. It’s a day to relax, enjoy and do anything and every-thing - except what you are supposed to do that day. Go ahead and play – play it is always on March 22nd. It’s a day to relax, enjoy and do anything and every-thing - except what you are supposed to do that day. Go ahead and play – play it is always on March 22nd. It’s a day to rel...
From the Executive Director of ISR

By Cheryn Weiser, Executive Director, Island Senior Resources

On sunny, late-winter days I have to resist the urge to open the windows, I’m finding aging is also a process of opening windows and closing doors. As we discover that our bodies are not quite where they were 10 or 20 years ago, finding ways to gently close doors while opening new windows is a bit of an art form asking each of us for a level of flexibility, adaptability and creativity that flows through this era of our life. For each door I close, I want to open at least one window.

In order to support my own adaptability and creativity, it may be a good time to ask myself these questions:

- What gives me joy?
- What gives me meaning?
- What’s important to me?

As I/we explore the answers to these questions, we may also want to ask ourselves, “How are the things that are important to me, bringing joy, or adding meaning, showing up in my/our lives and are there pathways to bring more of those things into my life?” A positive attitude is one of the keys to aging gracefully, and keeping our lives fueled with things that give us energy can contribute to our positive outlook.

Each of us will answer these questions in our own unique manner. Building in more time to do what brings positive energy into your life is so important. For me, paying attention to gathering in positive moments with friends and family, preparing for the gardening that I love, and making sure that I take advantage of the outdoor and indoor riches of this fabulous island that we live on, are on my list for this year. How about you?

ISR receives donation for Meals on Wheels

St. Augustine’s in-the-Woods Episcopal Church presented a check for $1,800 to Island Senior Resources for Meals on Wheels, as part of $9,000 presented a check for $1,800 to Island Senior Resources for Meals on Wheels, as part of $9,000

The funds were profits from their annual Holiday Market.

This generous gift will help homebound seniors in our community be safe, well-nourished and connected. We are deeply grateful for the support of our concerned, caring community and partners! Thank you!

Compare Our CD Rates

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* Annual Percentage Yield (APY) effective 02/15/2018. CDs offered by Edward Jones are bank-issued and FDIC-insured up to $250,000 per account and insured individually per insured depository institution. For each account of ownership category. Please visit www.fdic.gov or contact your financial advisor for additional information. Subject to availability and price change. CDs values are subject to interest rate risk such that when interest rates rise, the prices of CDs can decrease. If you are subject to minimum maturity, tax will be incurred on your principal as FDIC insurance does not cover losses from market value if withdrawal is not permitted. Tax-qualified profees of all co-owned CDs require the distribution of interest income. All CDs sold by Edward Jones are registered with the Depository Trust Corp. (DTC).

For more information, visit www.senior-resources.org

OUR LOCATIONS

Island Senior Resources (Bayview)
14594 SR 525
Langley, WA 98260

Oak Harbor Senior Center
(in collaboration with Oak Harbor Senior Center)
51 SE Jerome St
Oak Harbor, WA 98277

Camano Center
(in collaboration with Camano Center)
606 Arrowhead Rd
Camano Island, WA 98282

CamBey Apartments
50 N Main St
Coupeville, WA 98239

Senior Thrift
5518 Woodard Ave
Freeland, WA 98249

For more information call: (360) 321-1600 or (360) 678-3373

ISLAND SENIOR RESOURCES BOARD OF DIRECTORS

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Please contact Island Senior Resources (360) 321-1600 or (360) 678-3373 if you are interested in applying to join the Board. Special interest in North island applicants.
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Finally, filled with joy and cheeks sore from smiling, it’s time for lunch. Ken, one of our Island Senior Resources Meals on Wheel drivers, delivers our hot, delicious meal made from scratch in our Bayview kitchen. Today is meatloaf, a “family” favorite. We chat over lunch and get to know our guest a little better. Jennifer is still very shy, but slowly opens up and begins to share. After lunch we play and sing a little music. Jennifer doesn’t join in at first, but after a few songs, she says “I don’t sing, I dance.” We clear the floor, put on “Stayin’ Alive” by the Bee Gees and turn up the volume. Jennifer ignites; with a beaming smile she rises to her feet and spins and twists her way around the room. She has rhythm and grace, and for those three and a half minutes we see into the heart of who she is. After her final spin, the whole group erupts with applause.

The last part of the day flies by with conversation, laughter, and activities. Jennifer connects with everyone in the group and they embrace her as a new friend. Family members arrive; we say our group goodbyes, and folks begin to leave. Jennifer turns to a staff member enthusiastically and says, “I want to come! Can I come back?” Of course. Welcome to the Time Together family.

Jennifer ignites; with a beaming smile she rises to her feet and spins and twists her way around the room. She has rhythm and grace, and for those three and a half minutes we see into the heart of who she is. After her final spin, the whole group erupts with applause.

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“...It’s your responsibility as a person, as a human being—to constantly be updating your positions on as many things as possible.”
– Malcolm Gladwell

SHIBA Medicare Advising
Will you be going on Medicare in the next 6 months and/or want to know more about Medicare? Come attend a free seminar, “Getting Ready for Medicare,” presented by SHIBA (Statewide Health Insurance Benefit Advisers) volunteers.

This month, seminars will be held at:
- OAK HARBOR SENIOR CENTER: 51 SE Jerome St, Oak Harbor, WA 98277
  Saturday, March 3 • 10am
- COUPEVILLE LIBRARY: 788 NW Alexander St., Coupeville, WA 98239
  Thursday, March 22 • 1pm
- ISLAND SENIOR RESOURCES (BAYVIEW): 14594 SR 525, Langley, WA 98260
  Tuesday, March 27 • 10am

To schedule a free, individual counseling session, please call:
For Tuesday appointments: Oak Harbor Senior Center, 360-279-4580
For Wednesday appointments: WhidbeyHealth, 360-678-5151
For Friday appointments: ISR Bayview, 360-321-1600 or 360-678-3373 x 0

SUPPORT MEALS ON WHEELS
Donate $5 at Island Senior Resources (Bayview) and receive an “I support Meals on Wheels” button. Your $5 will help pay for one meal for a senior.

MARCH at SENIOR THRIFT
STORE HOURS
Mon – Sat: 10am – 5pm • Sun: 11am – 5pm
5518 Woodard Ave (just north of Main St), Freeland, WA 98249
360-331-5701

Accepting donations from opening until 4 PM daily
NO DONATIONS ACCEPTED ON WEDNESDAYS

We have items on sale every day.
See our website for full sales calendar:
www.senior-resources.org/thriftstore

| Every Tuesday in March | 99¢ T-Shirts |
| Every Friday in March | 25% off Books |
| Saturday, March 3 | 20% off Furniture |
| Sunday, March 11 | 15% off Christmas Items |
| Saturday, March 17 | 25% off One Item of Your Choice |
| Sunday, March 25 | 20% off Hardware |
| Thursday, March 29 | 20% off Games |

MEAL SITES & HOURS

ISLAND SENIOR RESOURCE CENTER (BAYVIEW)
14594 SR 525, Langley, WA 98260
360-321-1600
Meals served Mon, Tues, Wed, Fri, 11:45 am

OAK HARBOR SENIOR CENTER
51 SE Jerome Street, Oak Harbor, WA 98277
360-279-0367 (kitchen) or 360-279-4580 (Center)
Meals served Mon, Wed, Fri, 11:30 am

CAMANO CENTER
606 Arrowhead Road, Camano Island, WA 98282
360-387-0222
Meals served Mon, Wed, Fri, 11:30 am

CAMBEY APARTMENTS
50 North Main Street, Coupeville, WA 98239
360-678-4886 Ext 28 or 360-321-6661 ext 28
Meals served Mon, Tues, Wed, Fri, 11:45 am

BROOKHAVEN
150 4th Street, Langley, WA 98260
360-321-1600
Meals served Mon, Wed, Fri, noon

HILLSIDE EVANGELICAL FREE CHURCH
874 Plantation Drive, Greenbank, WA 98253
360-222-4256
Meals served Wed, noon

COUPEVILLE METHODIST CHURCH, FIRST UNITED
608 N Main St, Coupeville, WA 98239
360-678-4256
Meals served Wed, Fri, 11:30 am

MENUS - MARCH

WEEK 1
Thurs 1 Chef’s Choice
Fri 2 Baked Macaroni & Cheese

WEEK 2
Mon 5 Chicken Fried Steak
Tues 6 Mushroom Pesto Pizza
Wed 7 Shepherd’s Pie w/ Ground Beef
Thurs 8 Chef’s Choice
Fri 9 Tuna Noodle Casserole

WEEK 3
Mon 12 Spaghetti & Meatballs
Tues 13 Salad Bar w/ Variety of Vegetables
Wed 14 St. Patty’s Corned Beef & Cabbage
Thurs 15 Chef’s Choice
Fri 16 Salmon Caesar Salad

WEEK 4
Mon 19 Pulled Chicken on Toasted Bun
Tues 20 Baked Potato Bar w/ Seasoned Beef
Wed 21 Terrific Taco Soup
Thurs 22 Chef’s Choice
Fri 23 Fish Alyeska w/ Cream Sauce

WEEK 5
Mon 26 Sesame Chicken
Tues 27 Best Reuben Sandwich
Wed 28 Four Cheese Ziti Bake w/ Marinara
Thurs 29 Chef’s Choice
Fri 30 Oven Baked Crispy Chicken

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### OAK HARBOR SENIOR CENTER ACTIVITIES 360-279-4580

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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
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<td>1 Clapping</td>
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<td>4 Pickle Ball</td>
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<td>7 Parkinson Support Group (1st Friday)</td>
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<td>3 Guitar</td>
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<td>6:30 Old Time Fiddlers (1st Friday)</td>
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<td>7 Country Dance (2nd Friday)</td>
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### ISLAND SENIOR RESOURCES (BAYVIEW) ACTIVITIES 360-321-1600 or 360-678-3373

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<td>10 Time Together</td>
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<td>11:45 Lunch Served</td>
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<td>12:15 Reader’s Theater Rehearsal</td>
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<td>1 Mahjong</td>
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<td>3 Afternoon Tai Chi</td>
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<td>8:45 Advanced Tai Chi</td>
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<td>10 Beginning Tai Chi</td>
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<td>10 Time Together</td>
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<td>10:30 Tune In, Tune Up</td>
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<td>10:30 Ukule with Tala</td>
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<td>12:30 Lunch &amp; Learn</td>
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<td>2:30 Parkinson’s Sing-a-long</td>
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<td>March 6 and 13</td>
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<td>10 Alzheimer’s Support Group</td>
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<td>March 20</td>
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<td>11:15 Reader’s Theater performs “Destiny”</td>
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<td>March 28</td>
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<td>11:45 Birthday cake and Party (all are welcome)</td>
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<td>11:45 Blood Pressure Check</td>
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<td>8:30 Men’s Bridge</td>
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<td>9 Senior Striders</td>
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<td>1 AARP Tax Prep appts recommended call (360) 678-3000</td>
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<td>9 – 4:30 SHIBA (Statewide Health Insurance Benefits Advisors) by appointment</td>
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Call Island Senior Resources for instructor contact numbers and information.

Dates and times of all scheduled events are subject to change. It’s always advisable to call to confirm.

### DISCOVER THE ISLAND’S BEST CANNABIS

5565 VAN BARR PLACE, UNIT F, FREELAND, WA 98249
OPEN MON-THU 11A-7P | FRI-SUN 10A-7P
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This product has intoxicating effects and may be habit forming. Marijuana can impair concentration, coordination, and judgment. Do not operate a vehicle or machinery under the influence of this drug. There may be health risks associated with the consumption of this product. For use only by adults twenty-one and older. Keep out of the reach of children.
Join us for LUNCH & LEARN

Presenters will offer information on key topics affecting the lives of seniors, their caregivers, families and friends.

**OAK HARBOR SENIOR CENTER • 11:30 AM**

All Lunch Bunch/Brown Bag Series are open and FREE to the public and begin at 11:30 am to 12:30 pm.

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| March 20 | **Facts About the Library Levy**
Librarian Mary Campbell will give an informational presentation about the upcoming Sno-Isle Library levy. This will be a time when you can gain factual material about the levy and get your questions answered. |
| March 27 | **Underground Railroad**
Quilter Lisa Morrison and Storyteller Marie Hamilton will present a program on the Underground Railroad. Both ladies are interested in the coded messages attributed to Southern quilts, along the Underground Railroad Routes. |

**AT THE COUPEVILLE HUB • WEDNESDAYS, 12:30 PM – NEW START TIME**

Events begin at 12:30 p.m. at the Coupeville United Methodist Church, 608 N. Main Street at 7th St. Lunch is served every Wednesday at noon (suggested donation $5). Contact Carol Moliter: (360) 678-0636, bigrockdesigns@whidbey.net.

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| March 7 | **Bingo**
Come Play Bingo! Aging & Disability Resources will also be available 11:30 a.m. to 1:30 p.m. |  
| March 14 | **A Garden on your Deck**
Loren Imes, WSU Extension Coordinator, will discuss deck gardening options for keeping fresh produce on your table. |
| March 21 | **Saratoga Sirens**
Saratoga Sirens, a new local women’s ensemble will present familiar folk tunes and songs of the season. |
| March 28 | **Palliative care - What does it mean to you?**
Carla Jolley, MN, ARNP, AOCN, CHPN, WhidbeyHealth Palliative Care, will discuss quality of life measures available to anyone enduring challenges associated with a medical condition. |

**ISLAND SENIOR RESOURCES (BAYVIEW) • TUESDAYS, 12:30 PM**

Lunch (optional) will be served 11:45 am – 12:30 pm (suggested donation $5) followed by a free presentation. See our menu section for what is being served for lunch. Come eat, socialize, and learn!

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| March 6 | **Remember the 60’s and 70’s?**
What were you doing in the 60’s and 70’s? Come share your fondest memories. Cheryn Weiser and Robin Bush from Island Senior Resources will kick off the storytelling off with tales of campaigning for RFK and attending a Grateful Dead concert. |
| March 13 | **Passport to Preparedness with the Red Cross**
March is National Red Cross Month. It’s a good time to check your emergency preparations. Local Red Cross volunteers will “show and tell” items and checklists for your household or your neighborhood, including water, pets, life-saving smoke alarms, and other resources. |
| March 20 | **What is Life Coaching?**
Professional life coaches partner with clients to create power and possibility, in service of transforming the quality of people’s personal and professional lives. Life coaches support a person’s natural skills, resources, and creativity. Learn about life coaching from Linda Scholten. |
| March 27 | **Blooming Brain Games**
Mel Watson, Director of Island Senior Resources Time Together program, presents a special lunch and learn for caregivers, their families, and anyone who would like to join in a fun packed afternoon of challenging and interesting brain games designed specially to get you thinking. |

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Head down to the Evergreen Fair Grounds for a day full of fun! This show will have over 500 quilts on display, free demonstrations, more than 25 vendors, and raffle drawings. There will be food for purchase at the show and the bus will stop for a no host lunch before returning to Oak Harbor.

**SEVEN CEDARS CASINO**

Monday, April 16
7:30 AM – 6 PM
Member: $35 • Non-Member: $50

We had a great time at this Casino in Sequim, even if the windy ferry ride was more than we bargained for. Let’s go again and hope for calm seas!

**TEATRO ZINZANNI**

Sunday, April 22
3 PM – 11:30 PM
Member: $55 • Non-Member: $180

Join us for a three hour night unlike any other including entertainers, comedy acts, artists, and a multi-course meal.

**EVERETT VILLAGE THEATER: STRING**

Saturday, April 28
10 AM – 6 PM
Member: $78

A brand-new story with a mythological twist, this World Premiere musical is a fun and fresh fable about fate, love, and the wonders of chocolate.

**OLATE DOGS**

Saturday, June 9
10:30 AM – 5:30 PM
Member: $45 • Non-Member: $60

These fuzzy faced winners of America’s Got Talent and their owner – handler, Richard Olate have been thrilling audiences and promoting animal welfare for some time. The dogs are rescue dogs trained to deliver high energy, fast paced canine acts filled with dog tricks, human aerobatics and humor.

At the Mt. Baker Theatre in Bellingham; We will have a no host meal stop before the show.
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Oak Harbor Senior Center
51 SE Jerome St. Oak Harbor, WA 98277
Front Desk: 360-279-4580
Travel Desk: 360-279-4587
Normal Business Hours: Mon-Fri, 8:30 am - 4:30 pm
Additional evening and weekend classes and events as scheduled
Yearly Membership Dues: $40
Available for anyone 50+ years
Liz Lange • (360) 279-4580
Senior Services Administrator
Carly Waymire • (360) 279-4581
Program Coordinator
Barry Wenaas • (360) 279-4582
Program Assistant
Send comments and suggestions to CWaymire@oakharbor.org

2017 In Review: Oak Harbor Senior Center

Liz Lange, Administrator, Oak Harbor Senior Center

Last year was a great time to be a part of the Oak Harbor Senior Center. Skills were learned, muscles strengthened, friendships made, services provided and bellies filled. A special thank you to our dedicated volunteers, members and community partners. A special Thank You to Island Thrift, who is an ongoing supporter of the Center.

I presented the Center annual review to The City of Oak Harbor City Council in January, and would like to share a few of the highlights with you.

OAK HARBOUR SENIOR CENTER VOLUNTEERS:
30+ Active volunteers
5,671 volunteer hours
Oak Harbor Senior Center Members:
673 members age 50+
First time members in 2017: 222
On average 75 people visited the center each day
TRAVEL:
72 Tours in Washington
4 Trips to Canada
1 Cruise to Alaska

Come join in the fun this year! We have added some new travel opportunities to our schedule. Check out the Travel Desk for more information.

Oak Harbor Senior Center, 360-279-4580

Celebrate Spring
Carly Waymire, Program Coordinator, Oak Harbor Senior Center

With the New Year there has been a lot of change at the Oak Harbor Senior Center! I took the Program Coordinator position a few months ago and would like to thank everyone for such a warm welcome! It has been a fun transition in my life and I am really looking forward to serving you at the Center.

You may have noticed we have been working on the landscaping around the building to bring us some outdoor seating and raised garden beds. Additionally, we have been revamping the interior of the building to make it more functional and inviting.

Not only is our Center making some changes but so is the weather! I love the month of March because that means spring is upon us. The flowers are starting to bloom, the air is warming up, and the days are longer now. I love the "new" and "fresh" feeling that comes with spring and I think that is how the Center is starting to feel as well. If you haven’t seen the changes or met me yet I encourage you to stop by the Center and say hello. We have lots of new and exciting events happening throughout spring so be sure to join in the fun! I might even encourage you to make a change yourself and try a new activity or adventure out on one of our many travel opportunities. Here is to a fresh, new spring at the Oak Harbor Senior Center!

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*This brochure does not contain all information and is subject to change. See lender for all necessary disclosure.
**Not tax advice. Consult a tax professional.

1 Tour to Switzerland, Bavaria & Austria
1,230 bookings

PROGRAMS:
45+ programs and classes are offered regularly
1,190 community members came to the center for passport application processing
802 passport photos were taken

BUDGET:
48.53% of our funding is center generated (memberships, programs, events)
46.72% of our funding comes from City of Oak Harbor
4.75% of our funding comes from grants and donations.
2017 revenue over expense: $39,462

2017 revenue over expense: $39,462
Stay Active and Independent for Life Exercise Program

Carly Waymire, Program Coordinator, Oak Harbor Senior Center

Stay Active and Independent for Life (SAIL) is an evidence-based exercise program designed for older adults. The hour-long exercise program focuses on strength, balance, and fitness and is intended to help you stay active and reduce your risk for falls. A typical class includes a warm-up, low-impact aero-bics, balance exercises, strength exercises, and stretching. The Oak Harbor Senior Center would like to include this exercise program for those who are looking for a beginning level, low-impact exercise class to get them moving again! Come try our SAIL class at the Center on a Tuesday or Thursday at 2:00 PM.

The Diet

Joanne Jones, Oak Harbor Senior Center Member

“Surely you jest,” I exclaimed in shock, Then tried to hide my duress. “Twenty pounds will have to go,” she said.

I gasped and clutched at my chest.

“Cholesterol’s high, blood pressure, too. You’ll feel better with less weight. Your triglycerides are out of sight, And your thyroid’s low, as of late”

This was not the way to start my day, I had a date for lunch.

Visions of veggies dances as she talked. Did I hear a carrot crunch?

My doctor handed me a long list. “Start now,” she grinned like Ziggy.

“No bread? No rice? No pasta?” I cried.

My God, I’ll look like Twiggy!

The list contained some very good food. She said, “Try it—you’ll be pleased.”

But celery and hummingbird wing Just aren’t my cups of tea.

Oh, the pain and agony of it, But I must try not to dwell.

Can I learn to like leafy-green things? Is that a chocolate pie I smell?

I decided that what I would do Was take one day at a time— One day spinach, the next golden squash, Perhaps a cucumber rind.

I told my doctor that diet pills Might be the answer for me. She wrote the prescription, then she said, “Follow,” emphatically!

“Three times a day pour contents on floor, Then bend over from your waist, And pick up each pill one at a time. I’m sure you’ll lose weight post-haste!”

I laughed and chose the healthy diet, At this she smirked with glee. You see, my doctor’s a real smart-ass, And she’s thin and thirty-three.

I exercised and ate my veggies, Now I’m looking like a star. But oh, there are days when I would kill For just one lemon bar!
MARCH continued from page 1

Well, so much for that tutorial. Do you have Pride with your middle name? Yes there is such a day and it is March 10th. What about National Clam on the Half Shell Day, yep it is March 31st. Is there a time when you Think everything You Do is Wrong? Well that is on March 15th and then on March 16th is the Day everything you do is Right. We also have National Caregiver Appreciation Day. It can be celebrated on two different days – March 3rd or November 13th. There are tens of millions of Americans who selflessly give their time to care for those who are ill, disabled or elderly. 29% of the U.S. population, some 65 million Americans are caregivers in some way according to the U.S. Department of Labor, over 40 million Americans, age 15 or older, provide unpaid care to the elderly alone.

Ladies, did you know about International Women’s Day? It was held on March 19, 1911. It was to focus on women workers and advancing women rights in the workforce, politics and society. On March 4th it is Hug a GI Day, but I think every day should be Hug a GI. The men and women in our armed forces deserve our thanks and appreciation. After reading all this you said “what about March 17th St Patrick’s Day”. Well, I did not forget this special day as this is part of my Irish Heritage. I also adopted a very special four legged girl that was born on St Patrick’s Day – Maggie. She will be celebrating her 5th birthday this St Patrick’s Day – her 5th St Patrick’s Day Parade. She loves people and parades and visiting Nursing homes, Retirement Centers, and Assisted Living Centers. This origin of St. Patrick’s Day started over 1,000 years. With the death of St. Patrick, the Irish have observed this day as a religious holiday. St. Patrick is the beloved patron saint of Ireland. The Irish are famous for spinning exaggerated tales, so despite infamous stories traditionally attributed to St. Patrick, quite little is actually known about his life. Patrick was ordained as a priest and sent to Ireland from England. Because he was familiar with the Irish language and culture he chose to incorporate Irish ritual and symbols into his teachings. Thus was born the Celtic Cross. The first St. Patrick’s Day Parade was held in New York City on March 17, 1762. Today, St. Patrick’s Day celebrations abound. It is less religious; St. Patrick’s Day celebrations continue to be a show of Irish strength and patriotism. So get out your GREEN and get ready to CELEBRATE. Come out on Saturday, March 17th and join the fun at the Oak Harbor St. Patrick’s Day Parade. The parade starts at 1:00pm.

HAPPY ST. PATRICK’S DAY!”

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March 17 is National Quilt Day! Members of the OHSC Senior Bees Quilting group showing a recently finished project

HAPPY ST. PATRICK’S DAY!