Carly Waymire  
Program Coordinator, Oak Harbor Senior Center

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Day Trip Tips:

• Always show up on time!
• Remember things like sunscreen, hats, sunglasses, canes, umbrellas and rain jackets
• If possible, carry a cell phone with you
• Bring along a water bottle and snacks
• Let someone close to you know where you are going and when you expect to return

Overnight Trip Tips:

• Try to pack light, making your bag easy to carry
• Remember to pack your prescription medication along with any other medications you might find yourself needing (pain killers, antacids, etc.)
• Pack some snacks and water, it might be a longer ride
• Check the weather ahead of time and pack accordingly

Extended Travel Tips:

• If needed, have a pre-trip medical check up
• Have a “medical kit” in your carryon including prescription medications, non-prescription medications, and first aid items
• Keep an eye on your health and always be prepared to make changes to your itinerary
• Make sure you have all necessary inoculations and medical clearances
• Keep your travel documents organized and accessible

“Bon Voyage!” is a French phrase that means “good voyage” or “farewell.” It is a traditional gesture before setting out on a journey, whether it be a short trip or a long one. It is a way of expressing hope that the journey will be successful and enjoyable. It is a reminder to take care of yourself and to be safe. It is a wish that the journey will be successful and that you will return home in good health.

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A Night of Music and Dance with the Island Jazz Collective

Friday, April 27 • 6:30 – 9:30 PM
At the Oak Harbor Senior Center (51 SE Jerome St.)

Appetizers and no host bar

Tickets: $15 each
Tickets can pre-purchased at OHSC or online (https://squareup.com/store/oak-harbor-senior-center-foundation/) or pay at the door

Proceeds go to the Oak Harbor Senior Center Foundation

Island Jazz Collective engages island audiences with their own brand of popular 20th century mainstream jazz. The quintet mixes swing, blues and bossa tunes through a combination of sax, piano, guitar, bass and drums. Whether playing a finger snapping, toe tappin’ tune or a laid back groove, Island Jazz Collective always entertains!

IJC members live in Langley, Coupeville and Oak Harbor. The group includes Don Wodjenski on sax, Dr. Bob Wagner on keyboard, Mark Strohschein on guitar, Dale Stirling on bass, and Ken Bloomquist on drums.

For more information on the band and the latest schedule visit: www.islandjazzcollective.com
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April Showers Bring May Flowers

Barry Wenas, Program Assistant, Oak Harbor Senior Center

As the saying goes, in the Pacific Northwest, showers bring the beauty of many spring flowers. The daffodils, tulips, camellias, lilacs and English daisy’s. April also brings on the month long celebration of the Tulip Festival in the Skagit Valley.

We also have Happy Easter Sunday which is April 1st and also April Fool’s Day. WOW! What a busy Sunday.

The word “Easter” comes from the Saxon pagan festival, honoring the goddess “Eastre” (also called Ostre). The goddess’ Easter symbol is the rabbit. Did you know approximately 1.5 billion “Peeps” were sold for Easter. Easter is also celebrated with the Easter Bunny, colored eggs, jelly beans and lots of chocolate. There is also a famous Easter game called the Easter Egg Hunt. The Easter Egg Hunt was the first game ever invented. They think the reason this tradition started was because the Easter Bunny dropped the eggs on the way to deliver them and then they hide themselves. Setting the date for Easter changes every year. It is the first Sunday after the full moon following the spring equinox. Here is an Easter thought to ponder. The nice thing about being senile is you can hide your own Easter Eggs.

On April 7th we have World Health Day. It is sponsored by the United Nations World Health Organization (WHO). It focuses on a different health theme each year. It is an international event to emphasize and work on important health issues around the world. Major activities focus on awareness, education programs and fund raising activities. At the Oak Harbor Senior Center we focus on health activities with our Enhanced fitness program, Yoga, Tai Chi and S.A.I.L. Everyday we have some activity to encourage health living.

Another world day is World Art Day. This is celebrated on April 15th. This day is set aside for the celebration of the fine arts. We have a wonderful program here at the Center on Monday afternoon—Art with Dottie. We have some of the most talented and awesome artists—presenting many mediums. If you would like to dabble in the arts, please come and visit the group on Mondays at 1:00PM.

This special day was created in 2011 at the General Assembly of the International Association of Art in Guadalajara, Mexico. The date was selected as it the birthday of Leonardo DaVinci.

Did you all know that there is a day set aside for NO HOUSEWORK? It is on April 7th, but I think there should be more designated days than just that one. There are two ways you can celebrate this day: if you normally do the housework, cease and desist for this day or if you are a spouse of significant other, have them do the housework and see what is entailed and hopefully they will offer to do it more often.

On April 9th, President John F. Kennedy proclaimed Winston Churchill Day, thus proclaiming him an honorary citizen. A law must be drafted and voted upon by the U.S. Senate. And for all you golfers, even though you think everyday is YOUR day, on April 10th it is official. Golfers Day is to be thankful that someone invented this addicting, yet relaxing hobby. Just remember that even a bad day at golf is better than a good day at work.

How about a “Walk on the Wild Day.” It is your chance to do something that the normal and usual “you” would not do. Just kick off your shoes and do it...just go wild on April 12th.

One of our favorite candies are the Jelly Beans, so we can officially celebrate Jelly Bean Day on April 22. Jelly Beans date back to at least the 1860′s. Advertisements promoted Jelly Beans to Union troops fighting in the Civil War. Now let’s celebrate World Penguin Day which always occurs on April 25th. World Penguin Day coincides with the annual Northward migration of penguins. The eggs arenoop, rather they walk or waddle their way to and from. Penguins are found in Antarctica, South Africa, Australia, New Zealand, Chile, Peru, the Falkland Islands and the Galapagos Island. Also, many are found in zoos.

Living in the Pacific Northwest, we are very aware of the Richter Scale due to all the faults in our State and the rest of the Northwest. On April 26th it is Richter Scale Day. Always be prepared. It is stated that one of the strongest earthquakes recorded is Aug 24, 70 when Mount Vesuvius, Italy buried Pompeii and Herculaneum.

A better time to celebrate April 26th is National Pretzel Day. It is said that Pretzels date back to 610AD in the South of France. Monks baked thin strips of dough into the shape of a child’s arms folded in prayer. There are so many shapes of pretzels and textures of pretzels; soft, crispy, crunchy, long, short, stuffed etc.

One of the most important days—especially here at the Oak Harbor Senior Center is Volunteer Recognition Day which occurs on April 20th. Volunteers dedicate themselves to causes and helping others. They make big and small differences in the lives of millions of people all over the world. They assist people, animals and Nature. Most volunteers do not ask for recognition—they just want to help and “give back” where they can. Volunteer activities are energizing and rewarding and lots of fun and camaraderie. Try it and you will see! Call the Oak Harbor Senior Center and see what volunteer opportunities we have to offer. Have a GREAT MONTH!
### OAK HARBOR SENIOR CENTER ACTIVITIES 360-279-4580

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
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<th>FRIDAY</th>
<th>SATURDAY</th>
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<tr>
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<td>Quilting</td>
<td>9</td>
<td>Billiards</td>
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<td>Ping Pong</td>
</tr>
<tr>
<td>9:30</td>
<td>Billiards</td>
<td>9:30</td>
<td>Lapidary</td>
<td>9:30</td>
<td>Billiards</td>
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<tr>
<td>11:30</td>
<td>Enhanced Fitness</td>
<td>11:30</td>
<td>Enhanced Fitness</td>
<td>11:30</td>
<td>Tai Chi</td>
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<tr>
<td>12</td>
<td>Lunch</td>
<td>12:30</td>
<td>Party Bridge</td>
<td>12:30</td>
<td>Lunch</td>
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<tr>
<td>12:30</td>
<td>Bunco</td>
<td>12:30</td>
<td>Ping Pong</td>
<td>12:30</td>
<td>Pinochle</td>
</tr>
<tr>
<td>12:30</td>
<td>Ping Pong</td>
<td>2</td>
<td>Caregiver Support</td>
<td>2:30</td>
<td>Line Dance</td>
</tr>
<tr>
<td>1</td>
<td>Art with Dottie</td>
<td></td>
<td>(last Wednesday)</td>
<td>2:30</td>
<td>Dance</td>
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<tr>
<td>3</td>
<td>Clogging</td>
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<td>5</td>
<td>Tai Chi</td>
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<tr>
<td>8:30</td>
<td>Yoga</td>
<td>9</td>
<td>Lapidary</td>
<td>8:30</td>
<td>Men's Bridge</td>
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<tr>
<td>9</td>
<td>Billiards</td>
<td>9:30</td>
<td>Line Dancing</td>
<td>9</td>
<td>Senior Striders</td>
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<tr>
<td>9:30</td>
<td>Lapidary</td>
<td>10</td>
<td>Line Dancing</td>
<td>9:30</td>
<td>Time Together</td>
</tr>
<tr>
<td>11:30</td>
<td>Enhanced Fitness</td>
<td>10</td>
<td>Quilters</td>
<td>10</td>
<td>AARP Tax Prep</td>
</tr>
<tr>
<td>12:30</td>
<td>Lunch</td>
<td>10:30</td>
<td>Time Together</td>
<td>10</td>
<td>recommended call</td>
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<tr>
<td>12:30</td>
<td>Party Bridge</td>
<td>9</td>
<td>Time Together</td>
<td>10:45</td>
<td>SHIBA (Statewide Health Insurance Benefits Advisors) by appointment</td>
</tr>
<tr>
<td>12:30</td>
<td>Ping Pong</td>
<td>9:45</td>
<td>Time Together</td>
<td>10</td>
<td>Parkison Support Group (1st Friday)</td>
</tr>
<tr>
<td>2</td>
<td>Caregiver Support</td>
<td>9:45</td>
<td>Time Together</td>
<td>10:45</td>
<td>Guitar</td>
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<tr>
<td>4</td>
<td>Pickle Ball</td>
<td>9:45</td>
<td>Time Together</td>
<td>12:15</td>
<td>Old Time Fiddlers</td>
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<tr>
<td>2:30</td>
<td>S.A.I.L.</td>
<td>9:45</td>
<td>Time Together</td>
<td>12:30</td>
<td>(1st Friday)</td>
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<tr>
<td>3</td>
<td>Guitar</td>
<td>9:45</td>
<td>Time Together</td>
<td>12:30</td>
<td>Country Dance</td>
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<tr>
<td>6</td>
<td>Pinochle</td>
<td>9:45</td>
<td>Time Together</td>
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<td>(2nd Friday)</td>
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<tr>
<td>6:30</td>
<td>Lapidary</td>
<td>9:45</td>
<td>Time Together</td>
<td></td>
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<tr>
<td>7</td>
<td>Stamp Club</td>
<td>9:45</td>
<td>Time Together</td>
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<tr>
<td>7</td>
<td>(2nd &amp; 4th Tuesdays)</td>
<td>9:45</td>
<td>Time Together</td>
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<tr>
<td>2:30</td>
<td>S.A.I.L.</td>
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<td>3:00</td>
<td>Yoga</td>
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<tr>
<td>9:30</td>
<td>Advanced Tai Chi</td>
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<tr>
<td>8:45</td>
<td>Foot Clinic – call (360) 341-3210 for appt.</td>
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<tr>
<td>10</td>
<td>Beginning Tai Chi</td>
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<tr>
<td>10</td>
<td>Time Together</td>
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<tr>
<td>10:30</td>
<td>Tennis, Time Up</td>
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<td>10:30</td>
<td>Ukele with Talla</td>
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<tr>
<td>11:45</td>
<td>Lunch Served</td>
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<tr>
<td>12:30</td>
<td>Lunch &amp; Learn</td>
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<tr>
<td>2:30</td>
<td>Parkinson's Sing-a-long</td>
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<tr>
<td>April 4</td>
<td>1 Legal Consultations</td>
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<tr>
<td>April 18</td>
<td>1 Legal Consultations</td>
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<tr>
<td>April 25</td>
<td>11:45 Birthday cake and Party (all are welcome)</td>
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<tr>
<td>April 25</td>
<td>11:45 Blood Pressure Check</td>
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<td>April 10</td>
<td>Parkinson's Support Group</td>
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<td></td>
<td>Alzheimer's Support Group</td>
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</tbody>
</table>

### ISLAND SENIOR RESOURCES (BAYVIEW) ACTIVITIES 360-321-1600 or 360-678-3373

**MONDAY**
- 10:00 Time Together
- 11:45 Lunch Served
- 12:15 Reader's Theater Rehearsal
- 1:00 Mahjong
- 3:00 Afternoon Tai Chi

**TUESDAY**
- 8:45 Advanced Tai Chi
- 9:00 Foot Clinic – call (360) 341-3210 for appt.
- 10:00 Beginning Tai Chi
- 10:15 Time Together
- 10:30 Tennis, Time Up
- 10:30 Ukele with Talla
- 11:45 Lunch Served
- 12:00 Lunch & Learn
- 2:30 Parkinson's Sing-a-long

**WEDNESDAY**
- 9:00 Beginning Tai Chi
- 9:30 Line Dancing
- 10:00 Quilters
- 10:30 Time Together
- 11:45 Lunch Served
- 6:30 Bingo

**THURSDAY**
- 8:30 Men's Bridge
- 9:00 Senior Striders
- 10:00 Time Together
- 10:15 AARP Tax Prep appt recommended call (360) 678-3000
- 6:30 Twilight Bridge

**FRIDAY**
- 9:00 – 4:30 SHIBA (Statewide Health Insurance Benefits Advisors) by appointment
- 10:00 Time Together
- 10:45 Fun Band Dancing
- 11:45 Lunch Served

**SATURDAY**
- 10:00 Time Together
- 11:45 Lunch Served

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.**

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TRAVEL LOG

OAK HARBOR SENIOR CENTER
For more information, call the Travel Desk, 360-279-4587

CABARET
Sunday, April 8
11:30 AM – 6:30 PM
Member: $95 • Non-Member: $120
Come hear some of the most memorable songs in theatre history, including Cabaret, Willkommen, and Maybe This Time. Welcome to the Kit Kat Klub, where Sally Bowles and ensemble take the state to tantalize the crowd in pre-WWII Germany. At the Mt. Baker Theatre in Bellingham, we will stop for a no-host brunch or lunch prior to the show.

PACCAR OPEN HOUSE AND LUNCH AT OLIVE GARDEN
Saturday, April 14
Depart: 10:30 AM – Return: 4:30 PM
Member: $20 • Non-Member: $30
Come take a tour of the PACCAR TechniCenter and see how they manufacture and test their trucks including Kenworth, Peterbilts, and DAF. After touring the facility, we will head to Olive Garden for a no-host lunch.

SEVEN CEDARS
Monday, April 16
Depart: 7:30 AM – Return: 6 PM
Member: $35 • Non-Member: $50
We had a great time at this casino in Sequim last time, even if the windy ferry ride was more than we bargained for. Let’s go again and hope for calmer seas!

ALDERWOLD MALL
Tuesday, April 17
Depart: 8 AM – Return: 5 PM
Member: $35 • Non-Member: $45
Spring is in the air! Let’s enjoy a day of shopping. Great stores: Walking Company, Chicos, Clarks, REI, Nordstroms, and Maciey’s. For those interested in World Market, Storables or Target, we will drop you off after lunch and pick you up in the afternoon before heading home. Enjoy lunch on your own. Cafe Rio, Romano’s Macaroni Grill, Anthony’s Fish Bar or Anthony’s Grill, Cinnabon, PF Chang’s. So much to enjoy.

TEATRO ZINZANII
Sunday, April 22
Depart: 3 PM – Return: 11:30 PM
Member: $155 • 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.

GRANVILLE ISLAND
Monday, May 7
8:30 AM – 5:30 PM
Member: $47 • Non-Member: $60
Take a trip with us to Granville Island BC for great shopping, beautiful sights, amazing restaurants, and a good exchange rate!

THREE NURSERIES AND LUNCH AT THE TRUMPETER
Friday, May 11
Depart: 8:45 AM – Return: 5 PM
Member: $30 • Non-Member: $40
It’s time for our annual Flower and Garden event! Our first stop will be at the Orchard’s Nursery in Stanwood, WA. This nursery was a favorite last year! It has many wonderful plants and gardening ideas. Our lunch stop will be at the Trumpeter Restaurant in Mt. Vernon where we will have a reservation for our group. Lunch is on your own. After lunch we will stop at Skagit Valley Gardens, then onto Christensen’s Nursery on our way back to complete our spring-time fest!

WINGS OVER WASHINGTON AND LUNCH ON THE PIER
Wednesday, May 16
Depart: 9:30 AM – Return: 5:30 PM
Member: $58 • Non-Member: $70
Take a ride in the state-of-the-art “flying theater” that will transport you on an aerial adventure above one of America’s most scenic and beautiful states, Washington. You will see amazing sights as you fly down the seaside cliffs through the morning mists of the Olympic National Forest and Mt. Rainier to the San Juan Islands and on to the spectacular beauty of the Cascades and the awe-inspiring Snoqualmie Falls to the wild whitewater of the Tieton River and the kaleidoscopic wonder of the Walla Walla Valley. Stampede then back to Elliot Bay to bank around the Seattle Great Wheel as a sensational fireworks display begins and then slowly landing back to where the journey all began. After that enjoy a no host lunch from many of the wonderful options on the Pier including Ivar’s, Elliot’s Oyster House, Red Robin, The Crab Pot, Frankfurter, and many more! Price includes transportation and ticket.

SILVER REEF CASINO
Monday, May 21
Depart: 9 AM – Return: 5 PM
Member: $27 • Non-Member: $37
We haven’t ben up North for a while so let’s go try our luck! Silver Reef is always a fun, friendly place to visit and we receive $5 in and discount on lunch.

RHODODENDRONS, WINE, AND LUNCH
Thursday, May 24
Depart: 9:30 AM – Return: 5 PM
Member: $40 • Non-Member: $55
This is a Whidbey Island Adventure! We will begin in Langley at Comforts of Whidbey Winery. This new family owned winery sits on 22 beautiful acres which overlook the Puget Sound. It has a large tasting room where we will savor an exclusive wine tasting. Afterwards we will head over to Gordon’s on Blueberry Hill Restaurant in Freeland. We have a reservation and will delight over their exciting wine tasting, entrance into the gardens and a discount on the lunch buffet.

ANGEL OF THE WINDS
Tuesday, June 26
Depart: 9 AM – Return: 3:30 PM
Member: $27 • Non-Member: $37
Come see Angel of the Winds new non-smoking section in addition to many new slots! You will also receive a $5 slot ticket and a discount on the lunch buffet.

ANDRE BOCELLI
Sunday, June 24
Depart: 3:30 PM – Return: 11:30 PM
Member: $168 • Non-Member: $190
This June, legendary tenor Andrea Bocelli will be returning to the US for a special concert series and will be at the Key Arena in Seattle. The unique performances will feature a new popular repertoire from Bocelli’s latest album, Cinema along with Bocelli’s beloved repertoire of Arias, love songs, and crossover hits. Ticket includes transportation. We will arrive in Seattle in time to enjoy a no host dinner before the show.

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TRAVEL LOG

SEATTLE UNDERGROUND TOUR AND LUNCH AT 13 COINS
Thursday, June 28
Depart: 8 AM – Return: 5:30 PM
Member: $58 • Non-Member: $70
Take a humorous stroll through storefronts and sidewalks entombed under Seattle when the city rebuilt on top of itself after the Great Fire of 1889. This 75 minute tour begins in Doc Maynard’s Public House, then spills into historic Pioneer Square, Settle’s birthplace, before plunging underground for an exclusive view of the buried city. The tour guides tell you interesting, funny stories about our pioneers. It’s history with punch lines! After our tour, we will be driven to the new famous 13 Coins Restaurant (open 24 hours daily) in Pioneer Square. The original 13 Coins was built in 1967 in So Lake Union with a 2nd opening in 1976 near SEATAC airport. We will have a reserved but not assigned seating.
NOTE: The underground part of this tour has uneven walking surfaces, stairs, and minimal lighting. For your safety, please wear covered toe shoes. Also a 2½% tip will be added to your bill at 13 Coins because of a private area for our group and a menu featuring 6 different lunch rotations, cruise, wine tastings, and appetizers.

PHANTOM OF THE OPERA
Thursday, August 9
Depart: 9:30 AM – Return: 6 PM
Member: $100 • Non-Member: $130
Cameron Mackintosh’s spectacular new production of Andrew Lloyd Webber’s The Phantom of the Opera will return to Seattle as part of a brand new North American Tour. Critics are raving that this breathtaking production is “bigger and better than ever before!” We will stop for a no-host lunch before the show.

MYSTERY LUNCHES
Tuesday, April 24
Depart: 10:30 AM – Return: 2:30 PM
Member: $20 • Non-Member: $30
Price includes transportation only

EXTENDED TRAVEL OPPORTUNITIES
CAPE COD & THE ISLANDS
July 8, 2018: 7 Days Featuring Boston, Martha’s Vineyard, Nantucket and Newport
Double: $2,350 • Single: $3,075
Includes round-trip air from Seattle, lodging, hotel transfers and 9 meals.
Sign up available now!
This incredible tour program features a 7 day/6 night itinerary flying round-trip from Seattle to Boston including transfers from Oak Harbor, unpacking once and staying for 6 nights in beautiful Cape Cod. Our hotel located conveniently in Mid Cape, provides the perfect location for a week’s stay on Massachusetts famed Cape Cod, allowing you to leisurely explore the Cape and experience the best it has to offer.

SPAIN’S CLASSIC
October 11-22, 2018
Double: $4049 • Single: $4649
Includes air and ground transportation from Oak Harbor, lodging, and 14 meals 11 days featuring Madrid, Seville, Valencia, and Barcelona.
Sign up available now!

SEATTLE CHOICE
Thursday, July 12
Depart: 8 AM – Return: 5:30 PM
Member: $40 • Non-Member: $55
Our semi-annual Seattle trip is a fun one in summer! We will drop off at Westlake Center and Pike Place Market for all shoppers with one pick-up point at Pike Place Market. Walk the waterfront, visit the Aquarium, ride the ferries, wheel, buy a sandwich at Beecher’s Handmade Cheese shop and enjoy a picnic in the park! Bring your grandchildren for a fun day! Whatever you do, enjoy the sights and sounds of this exciting city!

unWINEd ON THE BAY
Thursday, July 26
4:45 PM – 9:30 PM
Member: $68 • Non-Member: $80
Come take a wine cruise that will feature 15-20 different wineries complimented by appetizers. Price includes transportation, cruise, wine tastings, and appetizers.

FAIRHAVEN – DIRTY DAN HARRIS DAYS & CHUCKANUT DRIVE
Sunday, April 22
Leave Bayview Hall: 6:50 AM
Leave Mukilteo: 8 AM
Return to Mukilteo: Approx. 5 PM
Member: $60 • Non-Member: $65
Register by Friday, April 13
Come check out this unique Fairhaven event, the Annual Dirty Dan Harris Festival! Celebrate the “unscrewed” founder of Fairhaven including live music, uphill piano race, fish tossing, chili cook-off (560 feet, 600 feet, at event) and more. After the festival, we’ll hop back in the van and head to stunning Chuckanut Drive. There will be stops for views and photos along the way. Bring money for shopping and food. Wear comfortable, weather appropriate clothing, and walking shoes, this historic town does have uneven surfaces as well as stairs.

FAIRHAVEN FESTIVAL OF THE ARTS
September 7 & 8
Register by Thursday, August 23
Join us for the Festivals of the Arts in the Seacoast Park area of Fairhaven. The Festival offers free admission and features live music, visual arts, food, art demonstrations, shopping and more. Wear comfortable, weather appropriate clothing, and walking shoes. Fee includes admission.

SEATTLE CHERRY BLOSSOM & JAPANESE CULTURAL FESTIVAL
Friday, April 20
Leave Bayview Hall: 8:50 AM
Leave Mukilteo: 10 AM
Return to Mukilteo: approx. 3:30 PM
Member: $50 • Non-Member: $55
Register by Thursday, April 12
Experience the cultural roots and temporary influences of Japan through live performances, visual arts, hands-on activities, food, games, Taiko drumming, and artisan demonstrations. The Seattle Center has hosted this cultural immersion for 40 years in appreciation of 1,000 cherry trees gifted to Seattle by Prime Minister Takeo Miki on behalf of the Japanese government in commemoration of our nation’s bicentennial. Bring money for food and purchases. Wear comfortable, weather appropriate clothing, and walking shoes. Please note this trip includes uneven flooring and uneven terrain in some places.

CÁRTAGENA, COLOMBIA
April 17-23, 2018
Register by Thursday, April 12
Visit the historic port city, Cartagena, in Colombia, famous for the Night of the Gypsies. Your tour will come alive with stories of the early explorers and settlers in the area and the challenges of building the three Skagit River Hydroelectric Project dams and powerhouses. We’ll also see the historic walled city of Cartagena and the Magdalena River. Bring your camera for the best pictures of your life and your wallet, because this trip is a real value.

DIABLO LAKE AFTERNOON CRUISE
Friday, June 29
Leave Bayview Hall: 8:20 AM
Leave Mukilteo: 9:30 AM
Return to Mukilteo approx. 6:30 PM
Member: $87 • Non-members: $92
Register by Friday, June 22
Join us on a boat tour of glacier fed Diablo Lake in the heart of the North Cascades National Park. Learn about wildlife habitat and enjoy views of snow-clad mountain peaks, islands and waterfalls. Experience parts of the lake hidden from view from roads or trails. Your tour will come alive with stories about the early explorers and settlers in the area and the challenges of building the three Skagit River Hydroelectric Project dams and powerhouses. We’ll also see the panoramic view at the Diablo Lake overlook. We’ll stop for coffee and treats in Darrington on the way up, and Cascade on the way back down. Bring your camera as well as a cash, sack lunch, weather appropriate clothing, and comfortable walking shoes. Fee includes guide, transportation, and admission to tour.

CÁRAIBOS Y CARTAGENA
September 11
Member: $90 • Non-Member: $95
Register by Friday, September 7
Visit the historic port city, Cartagena, in Colombia, famous for the Night of the Gypsies. Join us on a boat tour of glacier fed Diablo Lake in the heart of the North Cascades National Park. Learn about wildlife habitat and enjoy views of snow-clad mountain peaks, islands and waterfalls. Experience parts of the lake hidden from view from roads or trails. Your tour will come alive with stories about the early explorers and settlers in the area and the challenges of building the three Skagit River Hydroelectric Project dams and powerhouses. We’ll also see the panoramic view at the Diablo Lake overlook. We’ll stop for coffee and treats in Darrington on the way up, and Cascade on the way back down. Bring your camera as well as a cash, sack lunch, weather appropriate clothing, and comfortable walking shoes. Fee includes guide, transportation, and admission to tour.

CASINO TRIPS IN 2018
All casino trips depart/return from Bayview Community Hall Parking lot.
Depart 9 AM – Return 4:30 PM
Member: $35 • Non-member: $45
ANGEL OF THE WINDS
April 10
SKAGIT VALLEY
May 8
WINNEMISH
June 12
TULALIP RESORT
July 10
ANGEL OF THE WINDS
August 14
QUIL CEDA CREEK
September 11
SKAGIT VALLEY
October 9
WINNEMISH
November 13
TULALIP RESORT
December 11

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Join us for LUNCH & LEARN

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

**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).

**Date** | **Topic and Presenter**
--- | ---
April 4 | Bingo  
Come Play Bingo! Aging & Disability Resources will also be available 11:30 a.m. to 1:30 p.m.
April 11 | How Could We Be So Lucky?  
Chasity Smith, Director of Aging & Disability Resources and Family Caregiver Support Program at Island Senior Resources, will provide a brief overview of the Island Senior Resources organization and how their resources and programs can help make your senior years the BEST years of your life.
April 18 | What’s New at Island Transit  
Maribeth Crandell, Island Transit Mobility Specialist, will share the latest on new Guided Tours, a van program for social service organizations, and answer your questions about Paratransit, Travel Training or our new Saturday Service. Explore the possibilities!
April 25 | Staying Strong & Flexible  
Harada Physical Therapy’s own Erick Harada, and staff from his Coupeville clinic will demonstrate, and then supervise you as you practice moves to be flexible and stronger.

**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!

**Date** | **Topic and Presenter**
--- | ---
April 3 | What’s New at Sno-Isle Libraries?  
Join Vicky Welfare for an overview of the services currently available through the library system.
April 10 | Medical Alert Systems – Questions to Consider Asking  
Join Harold Cole in exploring what medical alert systems do and don’t do. Witness a demonstration of how the equipment works.
April 17 | Love your Local Food… and Wine and Spirits, too!  
Whidbey Island is a popular destination for foodies and wine lovers. Learn about our local food system and how you can help our local farmers and producers.
April 24 | Tips for Easier Gardening  
Join Loren Imes, WSU Extension Program Coordinator and learn about practical tips you can try to make for easier gardening instead of a chore.

**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.

**Date** | **Topic and Presenter**
--- | ---
April 24 | Scleroderma: The Causes, Overview and Treatment  
Presented by Bob Wallin. Scleroderma is in the family of autoimmune diseases. Bob and his wife Debbie have a daughter with Scleroderma that was diagnosed in 1996. At that time she had a 50% chance of living five years. She was 23 at the time. Come hear about her treatment and progress and learn about this rare disease.

**Disclaimer:** Island Senior Resources (Bayview and the HUB) offers a variety of information, classes, and presentations, but does not endorse any speaker or vendor. Presentations are meant as an educational opportunity and no solicitation is allowed. We suggest attendees explore a variety of options before making any decisions regarding services. Island Senior Resources will not share your information with any vendor or speaker. If you choose to share your contact information, this is at your own discretion.
Learn the Basics of Social Security
- How and when to apply for benefits
- Types of benefits you may qualify for
- Your Social Security rights
- Benefits based on earnings, spousal earnings (current and former)
- Survivor benefits for widow(er)s

This Island Senior Resources workshop will be presented by Annette Barca who has been conducting pre-retirement seminars for 15 years. Free. No pre-registration required. For more information call 360-321-1600 ext 8.

Oak Harbor Caregiver Support Group
3rd Thursday of the month, 2 – 3:30 PM
Oak Harbor Senior Center, 51 SE Jerome St, Oak Harbor, WA 98277
Contact: Sande Mulkey, 360-279-0933

Oak Harbor Caregiver Support Group 2
Last Wednesday of the month, 2 – 3:30 PM
Oak Harbor Senior Center, 51 SE Jerome St, Oak Harbor, WA 98277
Contact: Sande Mulkey, 360-279-0933

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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 presented by SHIBA (Statewide Health Insurance Benefit Advisers) volunteers. FREE, no pre-registration required.

This month, seminars will be held at:
OAK HARBOR SENIOR CENTER: 51 SE Jerome St., Oak Harbor, WA 98277
Tuesday, April 10 10 am
Tuesday, May 8 10 am

ISLAND SENIOR RESOURCES (BAYVIEW): 14594 SR 525, Langley, WA 98260
Tuesday, April 30 1 pm

COUPEVILLE LIBRARY: 788 NW Alexander St., Coupeville, WA 98239
Wednesday, May 30 11 am
Information will be provided on “basic” Medicare benefits as well as options for additional insurance(s); Medicare parts A and B will be discussed. We will also cover the differences between “Medigap” (supplemental) insurance and the various Advantage plans available on Whidbey Island. We will review benefits and rates. Information about prescription drug plans will be included. If you want help with your drug plan, bring a detailed list of your drugs.
Counselors will be available to answer brief questions following the seminar. The seminar is about 2 – 2.5 hours long.
Note: SHIBA volunteers work under the guidance of the Insurance Commissioner’s Office.

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

Oak Harbor Caregiver Support Group
1st Friday of the month, 1 – 3 PM
Oak Harbor Senior Center (Modular Building), 51 SE Jerome St, Oak Harbor, WA
Contact: Eula Palmer 360-675-9894

SOUTH END
Alzheimer’s & Dementia Caregivers Support Group
2nd Tuesday of the Month
10 AM – 12 noon
Alder Room, Island Senior Resources
14594 SR 525, Langley, WA
Contact: Mel Watson, 360-321-1623

Parkinson’s Support Group
1st Tuesday of the Month, 10 – 11:30 AM
Trinity Lutheran Church, 18341 WA-525, Freeland Ave (at Woodard) In the older building, in Grippenhall Hall
Contact: Mel Watson, 360-321-1623

NORTH END
Alzheimer’s Cafe
3rd Thursday of the month, 3 – 4 PM
Zorba’s Restaurant, 32955 RD 20, Oak Harbor, WA
Contact: Sharon Morris 360-392-3934, and Karen Cowgill 360-279-2555

Alzheimer’s & Dementia Caregivers Support Group
1st Thursday of the Month, 2:30 – 4:30 PM
Summer Hill Assisted Living,
Oak Harbor, Oak Harbor, WA 98277
Contact: Heidi Kuzina, 360-679-1400 or Karen Cowgill, 360-279-2555

Do you need a caregiver support group that is currently not available on Whidbey Island? Call Mel Watson, Director Adult Day Services, 360-321-1623

TIME TOGETHER ADULT DAY PROGRAM
Serving our Whidbey Island Community since 1997
Time Together Adult Day program offers social engagement and meaningful activities that preserve dignity and promote quality of life for seniors and adults with special needs. Time Together offers much-needed respite to family caregivers to manage their life needs and rest, while loved ones are in a safe and supportive environment.

Contact Mel Watson, Time Together Director Island Senior Resources
(360) 321-1623, mel@islandseniorservices.org

A Caring Community Resource

April 2018
Island Times
9
Thank you for reading Island Times. Please support our advertisers. Please recycle this publication when you are finished reading it.
Perched on a little hill near Freeland, spring is always a time when I enjoy a view of blooming, and sometimes threatening, clouds offset by splendid periods of sunshine and warmth. I think the bookends of spring weather offer a bit of a metaphor for life at Island Senior Resources this spring. Each day as I sit in my office at the Senior Resource Center in Bayview, I am aware of a growing number of younger seniors (Baby Boomers) finding their way to us to learn about resources needed to attend to an older loved one, get advice about Medicare or Social Security, borrow a walker or wheelchair from our lending closet, or take advantage of our Lunch & Learn series. Islanders are coming in to see our staff at Bayview, at the Oak Harbor Senior Center, or the Camano Center in record numbers!

Far from our lovely Whidbey shores, there are threatening clouds in Washington, D.C. that could upend our ability to provide the needed services to seniors such as:

- support of low-income housing.
- SHIBA (the State Health Insurance Benefits Advisers Program).
- educational programs in support of caregivers and those trying to be more adept at managing chronic disease, and
- nutrition programs like Meals on Wheels.

The proposed federal budget for 2019 has a stunning number of $0’s for programs affecting seniors. Despite these threats, we, at Island Senior Resources, choose to do everything in our power to remain a constant in our communities and be an unwavering resource for seniors, despite the odds. Great credit goes to our phenomenal staff and volunteers that make all of what we do possible.

April 15-21 is National Volunteer Week. As you look at your spring and summer activities, consider joining us. Bring some sunshine and make a difference in the lives of seniors in Island County!

Every penny makes a difference. You can donate online at www.senior-resources.org or send a check to Island Senior Resources, with “Drive for Change” in the memo. You can also help us spread the word by posting “I support the ISR Drive for Change” on Facebook. Encourage others to participate.

Every donation, big or small, helps us help seniors and adults with disabilities, their families, and caregivers. Your change can change their life.

For more information, visit www.senior-resources.org
Life Planning Seminar
Friday, April 20 • 3 – 5 pm
Useless Bay Golf & Country Club
In concern for the well-being of seniors in Island County, Island Senior Resources has consulted with Ken and Suzanne Leisher to offer a special educational opportunity: a free life planning seminar on preparing for a secure retirement. Come learn how to protect your assets from estate taxes and uncovered medical and long-term care costs, how to plan for aging in place, and how to avoid becoming a burden on loved ones during your retirement. The speaker will be attorney Rajiv Nagaich.
This 6-week workshop is offered by Island Senior Resources in collaboration with the Oak Harbor Senior Center and is FREE!! You will also receive the book "Living a Healthy Life with Chronic Pain" to use during the workshop. At the end of the workshop, you may purchase the book if you choose. Registration is required, and class size is limited. Please contact Debbie Metz, 360-321-1621 to register for the class.

Free Chronic Pain Workshop offered in May
LIVING WELL WITH CHRONIC PAIN
Oak Harbor Senior Center (In Modular Building)
Thursdays, May 3 – June 7 • 1–3:30 pm
The Living Well with Chronic Pain workshop is designed specifically for people who experience chronic or ongoing pain, are often exhausted from the pain, low energy, and feel isolated with a lack of control.
This class provides tools, information, and strategies to help those with pain or a chronic condition cope with daily struggles. Mutual support in a caring and trusting environment builds the participants’ confidence in their ability to manage their health and maintain active and fulfilling lives.
Participants learn to reduce stress and frustration, manage symptoms, set weekly goals, problem-solve effectively, improve communication, relax, handle difficult emotions, eat well, and exercise safely. Past participants report feeling an increase in their confidence, and the motivation needed to manage the challenges of living with a chronic health condition. Family members, friends, and caregivers may also participate.
This 6-week workshop is offered by Island Senior Resources in collaboration with the Oak Harbor Senior Center and is FREE!! You will also receive the book “Living a Healthy Life with Chronic Pain” to use during the workshop. At the end of the workshop, you may purchase the book if you choose.
Registration is required, and class size is limited. Please contact Debbie Metz, 360-321-1621 to register for the class.

Powerful Tools for Caregivers CLASS
Wednesdays, April 18 – May 23, 1 – 3 pm
We encourage you to attend all six sessions
Join this 6-week class series for caregivers offered by Island Senior Resources. Powerful Tools is an educational program designed to help caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend, or neighbor.
Develop a wealth of self-care tools:
- Reduce personal stress
- Prioritize self-care
- Communicate your needs
- Deal with challenging situations
- Make tough decisions
- Set goals and problem-solve
- Manage emotions
- Increase confidence
Class is free. Pre-registration is required. Caregiver Helpbooks may be borrowed for duration of class or purchased for $20.
Location: Coupeville Library, 788 NW Alexander Street, Coupeville, WA 98239 (please park in lower lot).
To Register, call Beth Rahi, Island Senior Resources’ Caregiver Support Specialist at (360) 321-1600 option 2, then 2 or e-mail RahiEA@dshs.wa.gov.

Welcome to CamBey!
- 50 pet-friendly* apartment homes for low income seniors and disabled adults
- Secured entry
- Congregate lunch four days per week
- Indoor mailboxes
- On-site laundry facilities
- Across from WhidbeyHealth Medical Center and on the bus line

Welcome to CamBey!
- 50 pet-friendly* apartment homes for low income seniors and disabled adults
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- Indoor mailboxes
- On-site laundry facilities
- Across from WhidbeyHealth Medical Center and on the bus line

Announcing Island Senior Resources eNews!
Join our email list and receive our new monthly eNews, full of updates for the month ahead: sales at SeniorThrift, special events, classes, trips, menus, and great articles. You can sign up online at www.senior-resources.org.
Take a Hike – Literally!

Go take a hike! It’s not an admonishment; it’s the best advice you can give yourself or someone you care about. Walking is one of the best forms of full body exercise, and Whidbey Island is a fabulous place for a walk. Join in a walk with Senior Striders every Thursday, leaving Island Senior Resources (Bayview) at 9 a.m., returning at 11 a.m. The Striders carpool to that day’s walking location. Take advantage of this wonderful opportunity to share time with others, meet new friends, and get fresh air and exercise. There are always others who walk your pace.

Senior Striders is a great group of men and women. We walk together, always others who walk your pace. It’s a wonderful opportunity to share time with others, make new friends, and get fresh air and exercise. There are many convenient links to parks and trails in the Weblinks section of our website. www.island-resources.org.

There are printed and printable maps to many public trails—from Possession Point to Deception Pass. You can go online or find maps and signs at a number of trailheads and parking areas. We have many convenient links to parks and trails in the Weblinks section of our website. www.island-resources.org.

Many of these places are dog-friendly (on leash), some are open to horses and trail bikes. In all my years of wandering Whidbey, I have found people courteous in sharing their use of trails. If you want company, find a few folks who move at the same pace you do and make a schedule for when you walk. If you want a group, Senior Striders meets every Thursday morning from 9-11 a.m., starting from Island Senior Resource (Bayview) and carpooling to fun places to hike. People can stroll or power walk—everyone is welcome.

If you like looking at birds, join Audubon and go on one of their free day trips. You will move at a slow pace as you are spotting birds, and the folks alongside you will be eager to share knowledge and help you spot spring’s returning bird population. Bring binoculars and wear layers for changing weather.

If you like gardening and want to learn or share knowledge, the Good Cheer Community Garden in Bayview has open workdays every Wednesday. Folks will also be planting community patches in Langley again this year; you can always buddy up with a neighbor and trade weeding sessions. Or, join the Oak Harbor Garden club and help with a variety of civic gardening projects. If you just want to sit in the warm sun and not work, you can enjoy a few deep breaths on a bench at Deception Pass State Park, or sit on Second Street in Langley and enjoy bunnies away from newly planted beds.

If you want a little more strenuous service, there’s always roadside “pick-up.” My neighborhood association picks up a one-mile stretch of Bush Point Road, and other local groups cover other stretches of island roadway—often easy to identify by the county signs acknowledging sponsorship. It’s a twice a year commitment to clean the shoulders and ditches. When you join an established group, you get a hardhat, bright vest, pick-up tool, and official trash bags. The thing I like best is that roadside pick-up is always necessary and always easily done.

As long as I can bend down (using my knees) and stand up, pocketing trash is both good exercise and a service project many older people can do to help. I’m out walking the dog several times a day, and I have an extra “you-know-what-for” baggie along; I often carry an even bigger bag that I can fill. All my criteria:

- enjoy nature (leave it better than I found it),
- keep my body limber (walk-walk-walk-bend-down-get-up-walk-on), and
- do something that helps me feel that I’m a useful member of my community.

- are met by adding a little clean up to my daily strolls.

Another motto for April: Bend down, pick it up, straighten up, walk on. It’s a beautiful world we live in—and it’s spring!

AARP TAX PREPARATION

AARP is offering free tax preparation services at Island Senior Resources (Bayview) each Thursday in March and April 1-5 p.m. This service is available by appointment only (drop-ins served on a space available basis). Please call (360) 678-3000 to schedule an appointment.

Web Links to Inform & Inspire...

When you have a few quiet moments, visit senior-resources.org/weblinks. There, you will find web links to resources that will provide information and shine a light of inspiration to help you navigate today and tomorrow. Each month we will add new resources, so keep checking back. There will also be a tech tip of the month! You can also reach the links from our homepage www.senior-resources.org and click “Links” in the upper right corner.

This Month you will find:

- 7 Keys to Healthy Aging
- Positive Attitudes About Aging May be a “Fountain of Youth”
- Positive thinking: Attitude to aging is the key to optimal health
- Healthy Sleeping for Seniors

Hearing Health Services

For over 20 years Dr. Kristine Jarrell has devoted herself to audiology care on Whidbey Island. She specializes in helping people cope with hearing loss by providing affordable, customized hearing solutions.

Visit our new location on Birch Street!

Location: 390 N.W. Birch Street, Coupeville, WA 98239
Phone: (360) 678-1423
Website:www.coupevillehearing.com

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