

## Island Senior Resources – April eNews

### Island Senior Resources' eNews providing you updates on events & happenings at our locations and Senior Thrift.

#### Check out current sales at Senior Thrift in Freeland.

Join us for free Lunch & Learn presentations. Come early to have lunch. See this month's topics at:

- Island Senior Resources (Bayview)
- Coupeville HUB for Seniors (Coupeville)

"Getting Ready For Medicare," attend the free seminar. Locations and times.

Volunteer drivers needed to help local seniors. Mileage reimbursed. Contact Pat Weekley at 360-321-1600 or 360-678-3373 to learn more about volunteering.

#### Join others on a regional trip. View trip information and cost:

- Friday, April 20. Seattle Cherry Blossom and Japanese Cultural Festival. Register by Thursday, April 12.
- Sunday, April 22, Fairhaven Annual Dan Harris Festival including a drive on stunning Chuckanut Drive. Register by Friday, April 13.
- Wednesday, May 30. Musical in the Forest. Peter Pan! Register by Monday, May 21.
- Friday, June 29. Diablo Lake Afternoon Boat Cruise. Enjoy a boat tour of a beautiful lake. Register by Friday, June 22.

*Be sure to register early if you want to attend a trip.*

**Seniors in our community need you.** Learn about the different ways you can help. Donate here.

Use **AmazonSmile** to help raise funds for seniors. AmazonSmile is a website operated by **Amazon** with the same products and prices as amazon.com. When you shop on AmazonSmile, Amazon donates 0.5% of the purchase price of eligible products to Island Senior Resources **at no additional cost to you**. It is as simple as:

1. Go to [smile.amazon.com](https://smile.amazon.com). Log in with your Amazon username and password.
2. Search for and select "Senior Services of Island County" to setup Amazon's donations to go to Island Senior Resources
3. Do your shopping online. Shop as you normally would on Amazon (*be sure to be on the [smile.amazon.com](https://smile.amazon.com) website when you do your shopping*).

Join the **Drive For Change** fundraiser by donating your extra change. Help us reach our \$10,000 goal by donating your change at Island Senior Resources (Bayview), Senior Thrift (Freeland), or CamBey Apartments (Coupeville).

View the Nutrition program's (community meals, meals-to-go, Meals On Wheels) **monthly food menu**.

AARP is offering **free tax preparation services at Island Senior Resources (Bayview)** on April 6, 1-5pm. Call (360) 678-3000 to schedule an appointment.

**Great Articles:**

- 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

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**Sales at Senior Thrift**



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**Island Times News**

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[www.senior-resources.org](http://www.senior-resources.org) to keep up on news, events and activities at Island Senior Resources.

Thanks for your interest!

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