

Island Senior Resources – May eNews

Providing you updates on events & happenings at Island Senior Resources

(Click on any underlined item to learn more)

Items are on sale every day at Senior Thrift. **Check out current sales at Senior Thrift.**

Join us for Lunch & Learn free presentations. Come early to have lunch (\$5 suggested donation for lunch). View the Lunch & Learn topics at:

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

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

- Wednesday, May 30. **Musical in the Forest. Peter Pan!** Register by May 21.
- Friday, June 29. **Diablo Lake Afternoon Boat Cruise.** Register by June 22.



Senior Thrift now has solar panels thanks to funding by PSE!

“Every dollar saved in defraying the cost of energy through solar power production means that there will be increased capacity to serve the growing senior population in Island County.” - Cheryn Weiser, Island Senior Resources Executive Director

See the **award-winning documentary CARE**, which delves into the world of home care through the eyes of both paid caregivers and their adult clients. Watch it Tuesday May 8, 6:30 – 8:30 p.m. at Langley United Methodist Church. For information contact Robby at 206-391-6998.

We welcome your feedback. We'd like to hear from you. Click **Here** to provide feedback. Your responses will remain private.

There are seniors in our community who need meals, access to resources, transportation to medical appointments, or a supportive place to be during the day. Be their answer. **Donate today.**

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

Great Articles:

- **50 Great Self-Nurturing Ideas**
- **Love the Life You Live, Live the Life You Love (thank you Bob Marley)**
- **Seven Steps to Nurturing Your Inner Self**
- **8 Simple Ways to Nurture Your Most Important Relationships**

Read Island Times. This monthly publication is a comprehensive resource of all

services offered, classes, and fun things to do for seniors and adults with disabilities, their families, and caregivers.

Follow us on Facebook. We have announcements and postings to make you smile, laugh, or be inspired. Share our posts with your friends.

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Island Senior Resources

Need help? Visit our [web site](#) or call us at 360-321-1600 Monday-Friday 8:30 am to 4 pm.



Sales at Senior Thrift



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Island Times News

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www.senior-resources.org to keep up on news, events and activities at Island Senior Resources.

Thanks for your interest!

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