New Medicare Cards

By Carly Waymire
Oak Harbor Senior Center Program Coordinator

A few months ago the Centers for Medicare and Medicaid Services started sending out new Medicare cards to beneficiaries. You may have already received your new, updated card in the mail and if you haven’t, don’t worry yours will be coming. You do not need to do anything to receive your card as they will automatically be issued to each individual. This change in process will take a while and they expect to be sending the new cards throughout the year. It is important to make sure your address is up to date so it comes to the correct location. The address they will be using is associated with your Social Security account. If you need to update your address you can contact Social Security at 1-800-772-1213. Your new card will look a little different and no longer include your Social Security number. Instead, your new card should include your name, new Medicare number, and the dates your Medicare Part A and Part B coverage started. You can start using your new card as soon as you receive it and it is recommended that you destroy your old card after receiving your updated one. The Centers for Medicare and Medicaid Services also suggest that you keep your Medicare Advantage, Part D prescription and/or Medigap cards. It is also recommended that you only give your new Medicare number to doctors, pharmacists, other health care providers, your insurers, or people you trust to work with Medicare on your behalf. As this change happens we want you to be aware of possible scams. Medicare will never call you uninvited and ask for personal or private information about your new Medicare Number and card. If you have any further questions you can talk to a Medicare representative by calling 1-800-633-4227.


Part 2
Village in a Day

By Christina Baldwin
Board Member, Island Senior Resources

Last month I wrote about creating a personal village. When we move into a new place or a new stage in life, we know we need to put the infrastructure for our lives into place. But what if we can’t? What if we, or someone we love, someone we care for, cannot organize things like finding a doctor or dentist, or manage daily activities, like bathing, cooking, paying bills, shopping, using a credit card, filling the gas tank? In such circumstance, the caregiver needs help, and, the care-receiver needs help; they need a new village.

Isolation can seep into our daily lives like a fog of ever-increasing need for assistance or descend suddenly when a diagnosis or change in our situation seems so overwhelming we don’t know how to ask for help or explain what’s happened to us. Just when we most need connection, we may find ourselves without it or struggling to redefine it.

“Connection” is the essence of village life: people relating to people, offering help when needed, sharing resources, and gathering around neighbors and friends. “Connection” is invisible yet tangible: a sense of belonging, making a difference, feeling cared for, and being needed by others. People naturally want connection, but feeling part of a village can be incredibly difficult when mental or physical limitations isolate us.

As a member of the ISR board, I have been introduced to a program that is all about connection. Island Senior Resources staff calls it “Time Together.” I call it “Village in a Day.”

QUESTION OF THE MONTH: WHAT ARE THREE SECRETS TO LIVING A HAPPY LIFE?

Joe Lewis, 65
Clinton
1. Free your heart from hatred
2. Free your mind from worries
3. Free yourself from Energy Vampires

Jon Shoar, 72
Oak Harbor
1. Belief in God
2. Be content with yourself
3. I can’t think of a 3rd one!

Lisa Shepard, 53
Clinton
1. Appreciate everyday!
2. Enjoy nature and all it provides.
3. Don’t judge and embrace life!

Sandra Martenson, 81
Oak Harbor
1. Lasting friendships
2. Winning at the slot machines
3. Doing volunteer work for others

George Middlebrook, 68
Clinton
1. Don’t make me think!
2. Don’t make me work!!
3. Don’t ask me questions about work!
4. That’s happiness.

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390 NE Midway Blvd #B203·Oak Harbor·360-682-2341
From the Executive Director of ISR

by Cheryl Weiser, Executive Director, Island Senior Resources

Join us! Tell us!

- What challenges are you, or seniors or adults with disabilities that you know, facing?
- Who do you, or seniors or adults with disabilities that you know, rely on when you/they need help?
- What do you know about Island Senior Resources?
- What services, provided by Island Senior Resources, do you feel are most vital to our community?

Island Senior Resources is updating our strategic plan for our role in serving seniors, adults with disabilities, their caregivers, families, and friends. We invite you to share your ideas and insights. Help us to better understand the needs and desires of our communities throughout Island County.

Between July and September of 2018, please use one of the following ways to provide your input:

- Online survey on our website www.senior-resources.org
- Paper survey available at the Island Senior Resources (Bayview), Oak Harbor Senior Center, the Camano Center, and Senior Thrift
- Lunch & Learn conversations during July and August at Island Senior Resources (Bayview) and Coupeville Methodist Church (the HUB)
- Other community groups as requested, contact Cheryl Weiser at cheryl@islandseniorservices.org.

We need to hear from seniors, adults with disabilities, caregivers, family members, and friends, providers of health and human services, elected officials, and community group. It is essential that we hear from as many Island County residents as possible to help inform and guide our programs for the next three to five years. We expect to complete our strategic plan by December 2018.

Our communities throughout Island County are very important to us. You are important to us. Let us hear from you!
“To often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.”

~Leo Buscaglia

VILLAGE continued from page 1

with different levels of cognitive and physical challenge. After Outreach Manager and Executive Coordinator, Robin Bush shared a day with the Time Together program in Oak Harbor, several weeks ago, I interviewed her for her impressions. She noticed several things that are foundational to making this program into a village experience.” As each person arrived, their level of disability disappeared into the warm welcome everyone received as they came through the door. I was welcomed, too. They looked at me, a stranger, and asked, “Who are you?” I said, “I came to visit,” and they reassured me, “You’ll like it. You’re with friends here.” Throughout the next four hours, I discovered they were right.

“We told stories and had a cup of tea, sitting around a table together, like old friends catching up on the news of the day. We did an art project together — beauty created by mixing water and colors. We laughed as we read jokes to each other. We had a tasty, healthful lunch supplied by the Nutrition program at Island Senior Resources. Everyone encouraged each other to eat, in good-natured and often silly ways that reflected their comfort with each other. And in the afternoon, we played a seated volleyball game with a balloon ball that got everyone’s bodies moving, bending, and reaching.”

One thing that Robin felt deeply was how much the participants care for one another. Even if their memories of the day don’t last, or if they can only smile and not speak, the “connection” is present. Some take on the role of caretakers, filling water glasses at the lunch table or helping when someone spills and needs some cleanup. Others need caring for: an arm to help them balance as they stand, or an outstretched hand to bat the balloon in the middle of the volleyball game.

“The happiness of those hours had everyone feeling fulfilled, part of something, connected to each other,” Robin said. The staff and participants create a “Village in a Day”; each time they come through the door. Now, with the south end program moving into spacious and refurbished quarters at St. Augustine’s Church on Honeymoon Bay Road in Freeland, programs will be flourishing at both ends of the island.

There are many facets to this village in a day: one is the folks who attend, another is the folks who tend. While participants are enjoying a day together, their families, caregivers, and those who provide their daily life support are having time to tend their own needs and to seek their own connections.

The wife of one participant said, “I’m in this until death do us part. I try to be consistently loving and patient, but the task is unrelenting. I need support too.” Nobody trained me for caregiving; I’m just making it up, doing the best I can. Time Together gives me time apart. I get my hair done, buy groceries, have coffee with a friend, take a walk or a long soak. These precious hours revive me.”

Mel Watson, Time Together Director at Island Senior Resources, says, “Time Together was started by a small group of friends having coffee at St. Augustine’s and the church has redecorated the downstairs and reworked landscaping and driveway access to accommodate Paratransit.” Through this generosity, and raising money for scholarships to attend Time Together, the church is providing a site where the village can flourish day by day. Mel adds, “We have highly trained staff and volunteers, so we can tailor the program to meet the needs of whoever shows up. We are in a renewed stage of providing service and support.”

The door opens — people are welcomed. People are supported. Life goes on in all its variety. We’ve built our village in a day.

Note: For more information on the Time Together program contact: Mel Watson, Director of Time Together at (360) 321-1600, (360) 678-3373.

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. 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:

• Aging in Place
• Benefits of Adult Day Programs
• The Importance of Social Interaction for Older Adults
• Three “Brain Games” Websites for Keeping Older Minds Sharp

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Thank You St. Augustine’s

The Time Together Scholarship Fund recently received $1,000 from St. Augustine’s Church. The funds are proceeds from their annual Trash and Treasure Sale. Thank you St. Augustine’s and all the community members who supported the sale! Other recipients of supporting funds were Healing Circles, W.A.I.F, and Soup On.

TOGETHER WE CARE

Don’t miss Wednesday, August 1! It’s Together We Care, Island Senior Resources’ one-day challenge to our community to raise $10,000 to support our essential resources for seniors and adults with disabilities, their families, and caregivers. Please donate and help us meet our goal! What a difference you will make for so many. Please, help us spread the word of our challenge. Post it on Facebook, tweet it, or simply tell a friend when you meet them for coffee. On August 1, please make your donation:

- securely online via our website www.senior-resources.org/donate
- bring it to Island Senior Resources (Bayview), or to our resource staff at Oak Harbor Senior Center or Camano Center,
- or mail a check to Island Senior Resources, P.O. Box 939 Freeland, WA 98249 (put Together We Care in the memo).

Are you concerned you might forget to donate August 1? Donate now, and please consider becoming a monthly donor.

If you are recovering from a stroke or are living with Parkinson’s, you want to remain as independent as possible and be supported and respected, but sometimes your brain just won’t do what it is telling it to do. It is frustrating, embarrassing, and scary. You recognize that your spouse needs a break from the daily help you need. Doing physical and cognitive exercises, and singing are important to improving and sustaining ability, but it can be expensive to go to individual classes, and challenging holding down a schedule to try to get there. Is there somewhere and someone who can help? Yes. Time Together is here for you.

This is Time Together: a place for you, your spouse, child, grandparent, neighbor, friend, or loved one, filled with music, art, activities, good food, laughter, and a group that becomes a “family” to provide essential resources for seniors, adults with disabilities, and those who care for them. It’s Together We Care, Island Senior Resources’ one-day challenge to our essential resources for seniors and caregivers. Please donate and help us make for so many. Please, help us spread the word of our challenge. Post it on Facebook, tweet it, or simply tell a friend when you meet them for coffee.

What if you have a child that was born with a developmental disability. You received support right up until they turned 21, and then that support ended. You are now in midlife, and your child is an adult and depends on you for so much of their daily needs. Can in-home caregivers come to the house, but you are looking for more socialization opportunities. Where can they be supported and celebrated for the amazing people that they are? Is there somewhere and someone who can help? Yes. Time Together is here for you.

It’s Together We Care, Island Senior Resources’ one-day challenge to our community to raise $10,000 to support our essential resources for seniors, adults with disabilities, and those who care for them. Please donate and help us make for so many. Please, help us spread the word of our challenge. Post it on Facebook, tweet it, or simply tell a friend when you meet them for coffee.

Don’t miss Wednesday, August 1!

July 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
Donations gladly accepted from opening until 4 PM daily except Wednesdays

We have items on sale every day. Check out our sales calendar on our website at www.senior-resources.org

Don’t miss our big 50% off sale of summer clothing July 1-3!

We will close at 2 p.m. July 3 and will be closed July 4.

Become a Think Forward Donor

Join ISR’s Sustaining Monthly Giving Program

We encourage everyone in our community to think forward. When you become a Think Forward Donor, you commit to making a recurring monthly gift. When you do, you become a vital part of a sustainable future for Island Senior Resources. We provide essential resources for seniors, adults with disabilities, and those who care for them. You may not need us today; you may need us tomorrow. Think forward. Sign up today at www.senior-resources.org/donate.
SHIBA Medicare Advising

The Statewide Health Insurance Benefits Advisors (SHIBA) offers unbiased and confidential advising for Medicare benefits and insurance options.

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 volunteers. Presentations are FREE, no pre-registration required. Counselors will be available to answer brief questions following the seminars. Each seminar is about 2-2.5 hours long. For information call: 360-321-1600 ext 0

**ISLAND SENIOR RESOURCES (BAYVIEW):** 14594 SR 525, Langley, WA 98260

**OAK HARBOR SENIOR CENTER:** 51 SE Jerome St, Oak Harbor, WA 98277

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**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 and eligible children.

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 0.

**Island Senior Resources (Bayview)**

14594 SR 525, Langley, WA 98260

Monday, July 16 10 AM
Saturday, September 8 9:30 AM

**OAK HARBOR SENIOR CENTER:** 51 SE Jerome St, Oak Harbor, WA 98277

Tuesday, July 24 1 PM
Friday, August 17 10 AM
Thursday, September 20 2 PM

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.

**Individual Consultations:**

Do you need more in-depth information about Medicare options? Advisors are available for 1:1 consultation at three locations on Whidbey Island.

Oak Harbor Senior Center: Tuesdays - Call 360-279-4580 to schedule an appointment

WhidbeyHealth Medical Center: Wednesdays - Call 360-678-5151 to schedule an appointment

Island Senior Resources (Bayview): Fridays - Call 360-321-1600, ext 0, to schedule an appointment

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

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**Compare Our CD Rates**

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Call or visit your local financial advisor today.

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**COUPEVILLE**

Chris Renfro
107 S Main Street
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360-678-6580

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360-331-4450

Kristi K Price
1688 Main St Suite 100
360-331-4450

Kevin B Lungren
1592 Main Street
360-341-4556

**OAK HARBOR**

Gene Kelly Barner
144 N E Ernst St Suite C
360-675-8239

Eric L Schelling
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360-679-2558

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275 SE Cabot Dr A7
360-679-2304

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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). Contact Carol Mottler: (360) 678-0636, bigrockdesigns@whidbey.net.

Date Topic and Presenter
July 4 Bingo Come play Bingo! Aging & Disability Resources will also be available 11:30 to 1:30 pm.
July 11 Caregave Returns Sean O’Neill, Executive Director for Caregave of Whidbey will discuss what the newly skilled nursing facility on Whidbey Island has to offer Island residents and how you can help work through regulations to assure your comfort. Delicious cookies included!
July 18 Bring Your Reading Devices Debbie LaGasse and Brian Haight, Coupeville Library, will help you use your reading devices (Nook, Kindle, cell phone, tablets), explain the library free digital download process, and explain the new book-a-librarian service!
July 4 40 Years of Farmers Markets Peg Tennant, Coupeville and Oak Harbor Farmers Market Manager will recount the success of 40 years of sustaining farms and farmers thru Farmers Markets; and tell you how the Farmers Market Nutrition Program can help you put nutritious, low-cost food on your table.

Date Topic and Presenter
July 3 No Lunch and Learn Today – Happy 4th of July
July 10 Safety in the Home Join Chief H.L. “Rusty” Palmer of SW Fire/EMS in a discussion about safety in the home. Do you need to know more about fire extinguishers, smoke alarms, when to call 9-1-1, or other safety concerns? Bring your questions and join a lively conversation.
July 17 The Challenges of Grandparenting Judith Arnett, a Langley Marriage and Family therapist, will talk about Grandparenting today. How do we engage with our grandchildren and their parents in a healthy, nurturing way? How do we resolve problems if they arise? How can we maintain healthy boundaries for ourselves as we participate in this new role?
July 24 Growing Tomorrow’s Farmers Learn about the work and learning that takes place at the Organic Farm School in Maxwelton Valley as young people are trained to be our next generation of farmers. Judy Feldman, Director of the school, will present.
July 31 What are your ideas? Island Senior Resources is engaged in a strategic planning process that will guide the resources we provide to our Island communities over the next 3-5 years. Join Executive Director, Cheryl Weiser, and provide your ideas about the emerging needs of seniors and adults with disabilities in Island County.

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
July 24 Archeology Systems on Whidbey Island Gidon Cauffman, Oak Harbor City Archaeologist, will be sharing about the archeology systems on Whidbey Island. Gidon has been interested in archeology since he was a young boy and earned his BA in anthropology from Washington State University.
Aug. 28 Hospice of the Northwest Kaaren Flint has been in the healthcare field for over 12 years and has a passion for seniors since a very young age. Hospice came into her life at a young age, when she lost her Dad to cancer. Kaaren will educate us about the services provided through Hospice.

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.

Oak Harbor Senior Center, 360-279-4580 | Island Senior Resources, (360) 321-1600, (360) 678-3373
### OAK HARBOR SENIOR CENTER ACTIVITIES 360-279-4580

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<td>9 Quilting</td>
<td>9 Billiards</td>
<td>930 Enhance Fitness</td>
<td>1130 LUNCH</td>
<td>12 Bunco</td>
<td>1230 Ping Pong</td>
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<td>1 Art with Dottie</td>
<td>3 Clogging</td>
<td>5 Tai Chi</td>
<td>9 Billiards</td>
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<td>9 Billiards</td>
<td>9 Lapidary</td>
<td>11 Mexican Train</td>
<td>1130 Chess</td>
<td>12 Line Dance</td>
<td>1230 Party Bridge</td>
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<td>1130 Chess</td>
<td>12 Line Dance</td>
<td>1 Knitting &amp; Crochet</td>
<td>1 MAC SIG (2nd, Tue.)</td>
<td>2 Vision Impaired Group (4th Tues)</td>
<td>2:30 S.A.I.L.</td>
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<td>2:30 S.A.I.L.</td>
<td>6 Pinochle</td>
<td>6 Lapidary</td>
<td>7 Stamp Club (2nd &amp; 4th Tuesdays)</td>
<td>7 Wire Wrap</td>
<td>9 Quilting</td>
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<td>1230 Ping Pong</td>
<td>1230 Line Dance</td>
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<td>1230 Ping Pong</td>
<td>2 Caregiver Support (2nd Thursday)</td>
<td>4 Pickle Ball</td>
<td>9 Quilting</td>
<td>9 Billiards</td>
<td>9 Tai Chi</td>
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<td>9 Tai Chi</td>
<td>10 Walking Club</td>
<td>10 Ping Pong</td>
<td>10 Parkinson Support Group (1st Friday)</td>
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<tr>
<td>9 Tai Chi</td>
<td>10 Walking Club</td>
<td>10 Ping Pong</td>
<td>10 Parkinson Support Group (1st Friday)</td>
<td>6:30 Old Time Fiddlers (1st Friday)</td>
<td>7 Country Dance (2nd Friday)</td>
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### ISLAND SENIOR RESOURCES (BAYVIEW) ACTIVITIES 360-321-1600 or 360-678-3373 www.senior-resources.org

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<tr>
<td>10 Time Together</td>
<td>11:15 Lunch Served</td>
<td>12:15 Reader's Theater Rehearsal</td>
<td>1 Mahjong</td>
<td>3 Afternoon Tai Chi</td>
<td>10 Time Together</td>
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<td>July 9</td>
<td>10 Getting Ready for Medicare</td>
<td>1:30 Social Security Basics</td>
<td>10 Time Together</td>
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<td>July 16</td>
<td>8:45 Advanced Tai Chi</td>
<td>9 Foot Clinic – call (360) 341-3210 for appt</td>
<td>10 Beginning Tai Chi</td>
<td>10 Time Together</td>
<td>10 Parkinson’s Sing-a-long</td>
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<td>July 3</td>
<td>10 Parkinson’s Support Group at Trinity Lutheran Church</td>
<td>1:30 Social Security Basics</td>
<td>10 Time Together</td>
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<td>10 Parkinson’s Support Group</td>
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<td>July 10</td>
<td>10 Alzheimer’s Support Group</td>
<td>1:30 Social Security Basics</td>
<td>10 Time Together</td>
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<td>10 Parkinson’s Support Group</td>
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<td>July 25</td>
<td>11:45 Birthday cake and Party (all are welcome)</td>
<td>11:45 Blood Pressure Check</td>
<td>8:30 Men’s Bridge</td>
<td>9 Senior Striders</td>
<td>9 – 4:30 SHIBA (Statewide Health Insurance Benefits Advisors) by appointment</td>
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<td>1 AARP Tax Prep appts recommended call (360) 678-3000</td>
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### Dates and Times of All Scheduled Events Are Subject to Change. It’s Always Advisable to Call To Confirm.

### CARNIVAL ENTERTAINMENT COUNTRY FAIR LOG SHOW

**July 19-22, 2018**

whidbeyislandfair.com

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Next, we will see Deception Pass from a new perspective on a guided hour-long boat tour. Price includes transportation, picnic lunch, and fresh air around us. First, take a short hike through a forest, where we will stop for a no host lunch near the summit of Crystal Mountain and enjoy dinner at the Summit House Restaurant or dine in one of the many options back down at the resort. The next day wake up and enjoy complimentary breakfast at the Alpine Inn before heading to Northwest Trek for a day of sightseeing. On the third day, we will head into famous Paradise and have time to enjoy nature walks, the visitor center, gift shop, and a no host lunch at the Paradise Inn. Price includes transportation, 2-nights at Crystal Mountain Inns, breakfast, and lunch at the Alpine Inn, and entrance fees into Northwest Trek. Please note the hotel is not ADA accessible and stairs are required to get into the restaurant.

**TRAVEL LOG**

**OAK HARBOR SENIOR CENTER**

For more information, call the Travel Desk, 360-279-4587

**MYSTERY LUNCHEONS**

Tuesday, July 10

Wednesday, August 15

Wednesday, September 26

Depart: 10:30 AM – Return: 2:30 PM

Member: $20 • Non-Member: $30

**JULY TRIPS**

**SEATTLE CHOICE**

Thursday, July 12

8 AM – 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. Bring your grandchildren for a fun day! Whatever do you enjoy, the sights and sounds of this exciting city!

**TULALIP CASINO OR OUTLET MALL**

Tuesday, July 17

8 AM – 5:30 PM

Member: $27 • Non-Member: $37

It almost feels like a Las Vegas casino, great buffet, plus other attractions close by. If you don’t feel like gambling you can shop the day away at the Seattle Premium Outlet Mall.

**HIGH TEA WITH DEBBIE MACOMBER**

Wednesday, July 18

8:45 AM – 6:30 PM

Member: $75 • Non-Member: $90

Are you a Debbie Macomber enthusiast? This is your opportunity to meet her in person! We will head over to Port Orchard via the Port Townsend ferry and have high tea with award winning author, Debbie Macomber. This is an exclusive opportunity that does not come around very often. Debbie is not available to meet with many groups so this opportunity is now! Cost includes transportation, ferry, high tea, and meet & greet with Debbie Macomber. Please note: Because of Debbie Macomber’s busy schedule her publicist may have to pull her away at a moment’s notice so this is not a guar- anteed visit. If this situation were to happen, her staff would make arrangements to meet with our group.

**DECEPTION PASS BOAT TOUR**

Friday, July 20

10 AM – 4 PM

Member: $65 • Non-Member: $75

Get out and enjoy the beautiful scenery and fresh air around us. First take a short nature walk on a paved trail around Cran- berry Lake. After that, enjoy a picnic lunch including fresh, local food selections.
June 2018

Thank you for reading Island Times. Please support our advertisers. Please recycle this publication when you are finished reading it.
We need to capture the sunset and it is recommended that this occurs the third full week of July. Sunsets are one of nature’s prettiest pictures. Not every night produces a brilliant tapestry of color at sunset. The conditions must be just right. When a brilliant sunset does occur, it can take your breath away.

The sun sets every night, but many nights are hidden by the clouds. Some nights the sun sets into the horizon with just a little reddening of the sun. Other nights clouds keep the sunset from view—as a result, we need a full week of watching sunsets. We are blessed to live on Whidbey Island as we have some of the most exquisite sunsets. Grab a camera and then share our beauty with friends and family.

As we venture into July we celebrate Independence Day, July 4th. What an explosion of fun, family and friends. Parades, Picnics and Fireworks. Come join the crowd in downtown Oak Harbor for the annual 4th of July Parade which starts at 11:00am. This is the celebration of the birthday of our Nation. We celebrate our freedom that makes this day so special.

Thomas Jefferson, the author of the Declaration of Independence, led a committee that crafted the declaration for Deception Pass State Park for relief from the heat.

Barry Wenaas, Program Assistant, Oak Harbor Senior Center
**Whidbey Island Rock Paint Party**

Come to the Oak Harbor Senior Center on Thursday, July 26 at 5:00 PM for a Free Rock Painting Party. Rhonda Meeks and other members of the Whidbey Island Rock group will guide us through painting rocks. Whidbey Island Rocks started with a purpose of spreading kindness and joy through painting and then hiding rocks in the community for others to find. It is now our chance to learn how to paint some rocks to hide around Oak Harbor, or if you get too attached keep for yourself! Anyone is welcome to join regardless of ability or experience and all materials needed to get you started on your first rock will be supplied. If you are an experienced rock painter please feel free to bring your supplies and paint along with us. Don’t miss out on this opportunity to spread some joy and learn new skills.

**July Whidbey Art Party: Sparkly Unicorn**

Bring a grandchild, neighbor kid, or friend along for an intergeneration art party Thursday, July 19. Amy Hauser will instruct both adults and children through “Sparkly Unicorn,” a fun and vibrant painting for any age. All materials are provided along with step by step instructions and at the end of the night you get to take home your very own hand painted canvas. This is a great chance to engage in a creative activity with your grandchildren! Want to paint but don’t have a child to bring? No problem, adults are welcome to join in the fun too. Come make lasting memories Thursday, July 19 from 6 – 7 PM at the Oak Harbor Senior Center. The cost is $30 for OHSC Members and $35 for Non-Members. To sign up, stop by the Oak Harbor Senior Center or visit whidbeyartparty.com.

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**Want to learn 3 simple steps to quick and natural healing?**

**BACK PAIN & SCIATICA WORKSHOP**

Saturday, July 21, 11AM

Rue & Primavera

785 Bayshore Drive, Ste 102
Oak Harbor

This is a FREE informational workshop

Call 360-279-8323 to register

**Tour de Whidbey**

One Day • One Island • Choose Your Challenge!

8-18-18

tourdewhidbey.org
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33, 50, 67, 100 mile routes
& family-friendly 10 mile

Most beautiful ride in the northwest

10,000 feet over 162 miles
Population Clock shows there are over 2011. The current numbers, the World mated 7 billion people as of October 31, here is what the United Nations Popula-
growth story does not peak there. Now lion people. This is what sparked World
the world's population reached five bil-
remember when people became inter-
many people do not like figures, but
this is the World Population Day. I know
Stand up and be counted July 11 as
Cherry Pit Spitting Day. It is the first Sat-
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Picnic. It was quite a kick and has been
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