

## Island Senior Resources – August eNews

Providing you updates on events & happenings at Island Senior Resources

**TOGETHER  
WE  
CARE**

JOIN THE \$10,000 FUNDRAISER  
DONATE NOW

**Don't miss Wednesday, August 1 - Together We Care! A Community Challenge!** Help raise \$10,000 in one day for Island Senior Resources. Support essential resources for seniors and adults with disabilities, and those who care for them. Your donation will change lives for those in our community who need your help. Concerned you might forget to donate on August 1? **Donate TODAY!**

### To donate:

- **Online:** [securely online](#) via our website,
- **In person:** at [Island Senior Resources \(Bayview\)](#), or to Island Senior Resources staff at [Oak Harbor Senior Center](#) or [Camano Center](#),
- **By mail:** mail a check to Island Senior Resources, P.O. Box 939 Freeland, WA 98249 (put *Together We Care* in the memo).

**Funding from many sources is being cut, yet the need keeps increasing. Donate to preserve and sustain essential services today. Your future, and ours, depends on your help.**

**Join the Party! Tickets on sale now for *Not's Your Grandma's Bingo*. Limited seats available.**

Bingo like you've never seen it before! Saturday, August 18 at the Island County Fairgrounds in Langley. Don't miss this fundraiser for Island Senior Resources. It's a great night of fun and entertainment! Special prizes, great food available. Age 21 and above only.

**[Learn More](#)**



**[BIG sales at Senior Thrift.](#) New items on sale every day.** Every purchase supports Island Senior Resources.

**Teachers get a discount at Senior Thrift.** As of August 1, teachers get 10% off.



## NOW HIRING!

Senior Thrift is the largest thrift store in Island County. Located in Freeland, it is a popular destination for island shopping.

We are now hiring. [View our open positions](#) or call 360-331-5701 to learn more.

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

- [Island Senior Resources \(Bayview\)](#). Tuesdays at 12:30pm. This month: Today's Banking Options, the Myths and Realities of Retirement, After Lunch Reverie of Music, and Share Your Ideas on the Needs of Seniors
- [Coupeville HUB for Seniors \(Coupeville\)](#). Wednesdays at 12:30pm. This month: Play Bingo! Who Is Island Senior Resources, Cleaning Naturally, Ebey's Reserve is 40, Staying Strong for Balance.

**Have you thought of volunteering? We need volunteers!** Volunteering is great for your health, connects you with other people, and most of all, it's fun and inspiring. Senior Thrift and other departments [need volunteers](#) for a wide variety of tasks.

**Great Articles.** Recent articles we found that may be of interest to you:

- [Why Play is Important for Seniors and How to Do More of It](#)
- [The Surprising Benefits of Puzzle Solving for Seniors](#)
- [Large Print Crossword Puzzles for Seniors](#)
- [Easy Card Games for Seniors](#)

[View a list of additional articles](#)



**Please [take our brief survey](#) on needs of seniors and adults with disabilities.**

We are in our strategic planning process and would like to [hear from you](#).

**Help us Reach Further.** Please forward this email to two people you know, ask them to [sign up for our eNews](#), then ask them to ask two people they know. Help us reach everyone in our community who needs help or knows someone who does.

**Monthly Food Menu:** View the Nutrition program's [monthly food menu](#).

**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  
A Caring Community Resource

Island Senior Resources

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



Sales at Senior Thrift



Donate Now



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Island Times Newspaper

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You are receiving this email because you requested it or opted in at our website:

[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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