

Island Senior Resources – September eNews

Providing you updates on events & happenings at Island Senior Resources

Thank you to everyone who contributed to our August 1 fundraiser – *Together We Care!* You helped us more than double our \$10,000 goal. That money will support essential resources for seniors, adults with disabilities, and those who care for them. Our community truly showed that Together We Care.

We need Volunteers! Volunteering is great for your health, connects you with other people, and most of all, it's fun and inspiring. [View the descriptions](#) of our volunteer opportunities.



Halloween Headquarters opens Saturday, September 15 at [Senior Thrift](#).

Visit this spooky extravaganza – it's an entire room bursting with decorations and costumes.

BIG sales at Senior Thrift. New items on sale every day. Every purchase supports Island Senior Resources.

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](#).

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: Veterans Resources, Give Smart, Directives, Wills, and Long-Term Planning, Trails for Wheelchairs
- [Coupeville HUB for Seniors \(Coupeville\)](#). Wednesdays at 12:30pm. This month: Bingo, Saratoga Sirens, Stump Sarah, New and Old in Israel

Monthly Menu. Meals are available to all seniors and adults with disabilities regardless of ability to pay. For those who can, a donation of \$5 is welcomed. View the Nutrition program's [monthly food menu](#).

- Our [community meals program](#) offers older adults social opportunities while enjoying a delicious, nutritionally balanced meal. Community Meals are provided

for adults age 60+, their spouses, and caregivers. Donations are appreciated and help fund the program. We suggest a donation of \$5.00 or whatever is affordable. All eligible persons are invited to enjoy the meals regardless of their ability to donate.

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

1. [Volunteering and its Surprising Benefits](#)
2. [14 Ways to Help Seniors Avoid Isolation](#)
3. [A Senior's Guide to Computer Basics](#)
4. [Learning a New Skill Works Best to Keep Your Brain Sharp](#)

Check out additional articles

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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 Newspaper

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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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