Community on our doorsteps
By Christina Baldwin, Island Senior Resources Board Member

Summer. All across the island, porch rockers sway in the breeze, and patio and deck chairs are pulled into circles around glass-topped tables awaiting anticipated conversations. It’s a season when making community seems easier in warm days and long evenings. So, let’s sit down in those chairs and meet each other, especially those we may not yet know.

In spite of our patterns of routine and busyness, social comfort zones and isolation, summer is a season to practice strategies for saying hello.

Strategy #1: The lure of kids and/or dogs
Children are great at meeting one another; they just say, “Hey, hi!” and start playing. With home sales in the past few years, our little neighborhood is now home to children ranging from toddlers to teens. There’s a basketball hoop in the road and a game going on most afternoons. My job, as an oldster, is to cheerfully slow down or to stop on the dog walk and say “Hey, hi.” I am committed to knowing their faces and names and letting them know mine. They pet the dog. Kids who know they are known tend to be better neighborhood citizens. They aren’t “strangers;” they belong.

Do I need help with yard work? I know whom to ask. Did they find a loose dog? They know where it came from.

Strategy #2: Intergenerational potlucks
The traditional community picnic can be a delightful time of making and renewing

Tips from the National Institute on Aging
There are many things you can do to help yourself age well: exercise and be physically active, make healthy food choices, and don’t smoke. But did you know that participating in activities you enjoy may also help support healthy aging?

As people get older, they often find themselves spending more and more time at home alone. The isolation can lead to depression and is not good for your health. If you find yourself spending a lot of time alone, try adding a volunteer or social activity to your routine.

Benefits of an Active Lifestyle
Engaging in social and productive activities you enjoy, like taking an art class or becoming a volunteer in your community or at your place of worship, may help to maintain your well-being. Research tells us that older people with an active lifestyle:

• Are less likely to develop certain diseases.
• Have a longer lifespan.
• Are happier and less depressed.
• Are better prepared to cope with loss.
• May be able to improve their thinking abilities.

ACTIVITIES continued on page 12

QUESTION OF THE MONTH: WHAT DOES 4TH OF JULY MEAN TO YOU?

Debbie Diggins, 68
Oak Harbor
“My Father who spent 21 years as a Marine fought in WWII, Korea, and Vietnam, who was there to defend our country, and my mother, who was his backbone and supported him and raised us kids at home. That’s what I celebrate.”

Bobbie Olzsta, 76
Greenbank
“Spending time with friends & family. I fly the flag and go to the 3rd of July fireworks in Freeland. It also reminds me of my grandmother’s Strawberry Shortcake.”

Barbara Folks, 90
Oak Harbor
“It means a great deal because my family met the Mayflower when it arrived here. My family heritage in this country is filled with military and civil service, including congressmen. I realize freedom is not free. It is very important to me.”

Bob Boyden, 81
Coupeville
“Growing up on a farm, all of my family would come out for a family picnic and have a good time celebrating the freedom we have in our country. When I think of the 4th of July, I think of a common cause where we all work together.”

Mary Ann Saglie, 84
Langley
“That we are all patriotic and we get our flags and banners up. There’s fireworks, lemonade, watermelon and hot dogs. Lots of parties, I’ve been invited to 3 parties to celebrate the 4th of July this year!”

Island Senior Resources
14594 SR 525
Langley, WA 98260
Prosperity Partners

Local Businesses Partner with Island Senior Resources

Imagine Island County with thriving local businesses. It’s what we all want.

Island Senior Resources’ new program, Prosperity Partners, helps local businesses attract customers and, in turn, those businesses help Island Senior Resources. Prosperity Partners will help local businesses attract more customers through discounted prices on low-traffic days. Join Senior Tuesday! Each Tuesday, from 9-6, participating businesses offer a discount to customers when they shop or dine. Each business chooses their discount percentage. Then, each month, those businesses donate a tax-deductible percentage of proceeds from their discount days to Island Senior Resources. Every donation has a direct impact on seniors’ lives. Prosperity Partners will be listed on our website, in social media, and each month in ISLAND TIMES, our new monthly newspaper. We will also provide a sign to participating businesses to post, showing their customers that they care about our community.

Prosperity Partners. It’s an easy way to join a positive movement to create thriving businesses, and do your part to build a better future. Do you want to become a Prosperity Partner? Call Island Senior Resources at 360-321-1600 (ext. 0) or 360-678-3373 (ext 0) and we will partner with you!

From the Executive Director of ISR

By Cheryn Weiser, Executive Director, Island Senior Resources

There’s something very special happening in Oak Harbor. There’s a cross-organization, cross-generational collaboration emerging called the Senior Coalition. It’s growing out of energy, initiative, and deep care for those over 55. The Senior Coalition was formed with a focus on unmet needs of seniors with an eye to innovation, intervention, and joining hands to engage a cross-section of the community for the common good. This idea came from Kathi Phillips and Lyn Bankowski, Oak Harbor businesswomen, who were inspired by this caring mission; they serve as organizers and chairpersons. The Coalition includes participants from local churches, business people, Sno-Isle Library, the Boys and Girls Club, the Oak Harbor School District, the City of Oak Harbor, Island Senior Resources, and others. The group meets at the Oak Harbor Senior Center.

At a recent meeting, the Superintendent of Oak Harbor Schools shared a video that highlighted ways in which students are involved with seniors. Sno-Isle Library announced it has joined with the Oak Harbor Senior Center to present a series on aging this fall. Ideas bounced around the group about ways to renovate the Center and a myriad of other ideas came out of the meeting. Though it is early in the life of this budding coalition, it promises to add much to Oak Harbor.

As someone who attended my first meeting of this group, I’m impressed. I’ve had rare opportunities to enliven, participate in, and promote collaboration across my 45 years in human services and I see the fundamental ingredients for a special, innovative, and lasting effort blossoming in this group. It’s a testament to many in Oak Harbor that have worked long and hard to cultivate these ingredients and I’m excited to be a part of this group.

For more information about the group contact Mary Anderson at Oak Harbor Senior Center (360) 279-4581.
acquaintanceships. It takes a few people to put the event in motion: Who has a big enough yard or deck? What kind of support do they need to say yes to hosting us all? Do we need to bring in more chairs? Who has extras for umbrella setup? My neighborhood association has a box of picnic accessories that travel from year to year. A donation basket can reimburse anyone who has expenses. Who needs encouragement or help to attend? Does the 90-year-old who doesn’t hear well and is shy in crowds need someone to companion her through the picnic—be her legs to the food table, be the one to ask people to speak up when visiting with her? Does someone need a ride? Does a working mom need help providing her potluck offering? How can the kids contribute? Can someone set up a craft or game table? We do this together.

Strategy #3: Carry a question that asks for story
There is a truism that goes, “the shortest distance between two people is a story.” There are stories that tear the fabric of community, but we can mend that fabric by seeking stories that show us our commonalities. Sometimes I see someone and I want to ask a question that will open up stories—and my mind just goes blank. “Hey, who are you?” seems a little too bold and broad. So, I carry a list of story-invoking questions around with me: some questions are written on crumpled papers at the bottom of my purse, some are on my phone. For example:

- Have you always had (dogs, cats, parakeets, iguanas) in your life?
- How did you end up on Whidbey Island—and where from?
- What interesting thing happened to you at (Payless, Ken’s Korner, Safeway, etc.) this week?
- What have you learned recently from someone different from you?
- What’s your favorite story-invoking question?

Strategy #4: Share time and attention
It’s summer so slow down, get some iced tea, sit on your outdoor chair and invite a neighbor to join you. We as neighbors are one another’s first responders. If we call for help, they are the ones who notice if something is different—a door ajar, an open gate, a stumble, a need. Through gesture of assurance, we become one another’s insurance.

When our neighbor, Bob developed dementia, he still loved to walk the length of our gravel road to the mailbox. As neighbors along his route, we watched his progress, offered an arm, steered him gently home to his wife. We didn’t organize it, we just noticed. We are his community from our doorsteps. All these strategies call us to notice one another. So, read the Island Times outside, look up and around and see what you notice, and who you notice, right where you are.

COMMUNITY continued from page 1
Driving it Forward!

By Pat Weekley
Director of Volunteer Services and Medical Transportation

“Paying it forward,” is a common gift given on our island; our neighbors who recognize how fortunate we are, look for opportunities to make a difference in other people’s lives by random acts of kindness that are like a breath of fresh spring air. At Island Senior Resources, our Volunteer Services and Medical Transportation programs actually drive it forward and, while not random, the gift given makes a big difference in lives of the recipient and in the heart of the giver/ driver.

We assist people aged 60+, and disabled adults 18-59, to live independently and remain a part of our community. We provide transportation to medical appointments (covering Bellingham to greater Seattle), and assist with tasks such as errands and prescription pick-up.

Our medical transportation program meets a large and ever increasing need in our community for delivering seniors and disabled adults to medical appointments. Either they no longer drive, or do so only locally, due to vision, health, or fear of traffic, and access to regional bus systems can be challenging.

Providing medical transport is not just a priority, it is a privilege, and a chance to connect in meaningful ways. It’s life sustaining for our clients and life fulfilling for our drivers when we take clients to dialysis, radiation/chemo treatments, surgeries, and routine appointments.

Driving it forward means we also share much-needed socialization for many who live alone and rarely leave their homes other than for medical trips. Just the drive to the appointment brightens their day as they enjoy the scenery and share friendly conversation. Often, enduring friendships are formed.

If we think back, we remember when we were little and family members and friends drove us to school, music lessons, or athletic events — at both ends of our lives, driving it forward has made such a huge difference, whether we received, or gave it.

We have a great need for volunteers throughout Whidbey Island, especially in the Coupeville-Oak Harbor area! You can drive it forward, too!

Volunteers are where the rubber meets the road in our Volunteer Services program. If you feel you have the time and wish to help others and fulfill your own gratitude, call us today! It is a special gift to our clients and very rewarding to be a part of a team that gets to make such a tremendous difference in the lives of our neighbors.

Requirements:

• Background check
• Driving record check
• Fingerprint check
• Washington driver’s license
• Proof of insurance

You will use your own vehicle and be reimbursed for gas.

If you want to drive it forward, please call Pat Weekley, Director of Volunteer Services and Medical Transportation, at 360-321-1600 or 360-678-3373.
Sand for the Sole and Soul
By Robin Bush, Outreach Manager, Island Senior Resources

What is so special about sand?
Sand provides resistance and increases strength. Your foot sinks into the sand with every step; your foot, ankle, and leg muscles then work to push into the next step.

Balance and awareness. Walking in sand challenges your brain to know where your feet are and respond to changing conditions. The more often you do it the better your overall balance and core strength becomes and the less likely you are to fall.

Walking in sand burns calories. Sand walking burns up to 50 percent more calories than walking, at the same pace, on a firmer, more stable surface.

Sand is good for your soles. Direct contact with sand is a natural exfoliant for feet, massages your soles, and activates circulation (beneficial for anyone with varicose veins).

Boost your Vitamin D. Vitamin D improves mood and is good for bones.

Sand is good for your SOUL! Sand is good for your soles, but it’s also good for your soul because it’s by water and water reduces negative ions (oxygen with an extra electron). They are often considered invisible healers and nature’s anti-depressant. They can enhance mood, stimulate senses, provide relief from allergies and asthma, increase mental awareness, and reduce migraines. How?... by stimulating defense cells in our bodies to improve resistance to disease, filtering allergens and contaminants, and improving oxygen absorption.

A few guidelines for safe sand walking:
• If your ankles are unstable, you have past injuries, or health challenges, speak with your doctor about sand walking, with or without shoes.
• Always warm up with marching in place, then stretch and do slow ankle circles.

Balance not as good as it used to be? Call a friend and hold hands while you walk. Low endurance? Start slowly. Just get outside and get started. It’s that simple.

SOUTH END
Island Senior Resources
14594 SR 525, Langley, WA 98260
Contact: Mel Watson, 360-321-1623

Alzheimer’s & Dementia Caregivers Support Group
NO MEETING JULY 4
1st Tuesday of the Month, 10 AM – 12 noon
Alder Room.

Parkinson’s Support Group
Every 2nd Tuesday of the Month, 10 – 11:30 AM, Alder Room.

NORTH END
Alzheimer’s Cafe
3rd Thursday of the month, 2:30 – 4:30 PM.
Zora’s Restaurant, 32955 RD 20, Oak Harbor, WA
Contact: Sharon Morris, 360-392-3934, and Karen Cowgill, 360-279-2555

Alzheimer’s & Dementia Caregivers Support Group
1st Thursday of the month, 12 NOON – 2 PM
Summer Hill Assisted Living, Oak Harbor, WA
Contact: Heidi Kuzina, 360-679-1400 or Karen Cowgill, 360-279-2555

Oak Harbor Caregiver Support Group 1
3rd Thursday of the month, 2 – 3:30 PM
Oak Harbor Senior Center, 51 SE Jerome St, Oak Harbor, WA 98277
Contact: Sandle Mulkey, 360-279-0933

Oak Harbor Caregiver Support Group 2
Last Wednesday of the month, 2 – 3:30 PM
Oak Harbor Senior Center, 51 SE Jerome St, Oak Harbor, WA 98277
Contact: Sandle Mulkey, 360-279-0933

Parkinson’s Support Group
1st Friday of the month, 1 PM
Cherry Hill Club House, 549 NW 12th Loop, Oak Harbor, WA 98277
Contact: Carolyn Hansen, 360-279-1785

Do you need a caregiver support group that is currently not available on Whidbey Island? Call Mel Watson Director Adult Day Services, 360-321-1623

Welcome to CamBey!
• 50 pet-friendly* apartment homes for low income seniors and disabled adults
• Secured entry
• Congregate lunch four days per week
• Indoor mailboxes
• On-site laundry facilities
• Across from Whidbey Health Medical Center and on the bus line

July Specials at Senior Thrift
5318 Woodward Avenue, Freeland WA 98249 • 360-331-5703
All Yellow tags are 50% off and All White tags are 25% off

Monday, July 3
Closing early at 3pm

SENIOR THRIFT COUPON
Your Choice 25% off
(1) item Women’s Clothing

Cannot be used with any other discount.
Expiration: August 31, 2017

WEB LINKS TO INFORM & INSPIRE…
When you have a few quiet moments, visit www.island-resources.org/inspire.
There, you will find web links to resources that will provide information and shine a light of inspiration that will help you navigate today and tomorrow. Each month we will add new resources, so keep checking back.

This month you will find:
• Resources on the benefits of walking in the sand
• The 5 best public beaches on Whidbey Island
• Whidbey Island beach access information

Join us on July 7th at 7:00 PM at the Oak Harbor Senior Center 51 SE Jerome St Oak Harbor WA 98277

Get ready for Sand for the Sole and Soul and feel a little better. Enjoy the free event which will include a presentation, music, and the opportunity to walk in the sand to feel how it is good for your soul.

PRE-ORDER A Raffle Ticket
Visit islandtimes.org to purchase a raffle ticket. Proceeds will benefit Meals on Wheels.

Your ticket will be $5 and will pay for one meal for a senior. It will also include admission to the event.

Get your ticket online today.
MENU - JULY

**WEEK 1**

<table>
<thead>
<tr>
<th>Day</th>
<th>Menu</th>
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<tbody>
<tr>
<td>Mon</td>
<td>BBQ Hamburger</td>
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<tr>
<td>Tues</td>
<td>Holiday - Meal Sites Closed</td>
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<tr>
<td>Wed</td>
<td>Oven Fried Chicken</td>
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<tr>
<td>Thurs</td>
<td>Chef's Choice</td>
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<tr>
<td>Fri</td>
<td>Crispy Fish &amp; Chips w/Tartar</td>
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**WEEK 2**

<table>
<thead>
<tr>
<th>Day</th>
<th>Menu</th>
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<tbody>
<tr>
<td>Mon</td>
<td>Sweet &amp; Sour Meatballs</td>
</tr>
<tr>
<td>Tues</td>
<td>Salad Bar w/ Variety of Vegetables</td>
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<tr>
<td>Wed</td>
<td>Southwest Chicken Salad</td>
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<tr>
<td>Thurs</td>
<td>Volunteer Lunch - Salmon or Chicken</td>
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<tr>
<td>Fri</td>
<td>Pulled Pork Sandwich</td>
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**WEEK 3**

<table>
<thead>
<tr>
<th>Day</th>
<th>Menu</th>
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<tbody>
<tr>
<td>Mon</td>
<td>Chili Dog w/ Cheese &amp; Onions</td>
</tr>
<tr>
<td>Tues</td>
<td>Salad Bar w/ Variety of Vegetables</td>
</tr>
<tr>
<td>Wed</td>
<td>Beef &amp; Bean Deluxe Burritos</td>
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<tr>
<td>Thurs</td>
<td>Chef’s Choice</td>
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<tr>
<td>Fri</td>
<td>Salmon Caesar Salad w/ Croutons</td>
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**WEEK 4**

<table>
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<tr>
<th>Day</th>
<th>Menu</th>
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<tbody>
<tr>
<td>Mon</td>
<td>Chicken Strip Basket w/ Oven Fries</td>
</tr>
<tr>
<td>Tues</td>
<td>Best Reuben Sandwich</td>
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<tr>
<td>Wed</td>
<td>Fish Sandwich w/ Lettuce &amp; Tomato</td>
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<tr>
<td>Thurs</td>
<td>Chef’s Choice</td>
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<tr>
<td>Fri</td>
<td>Barbeque Chicken</td>
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**WEEK 5**

<table>
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<tr>
<th>Day</th>
<th>Menu</th>
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<tbody>
<tr>
<td>Mon</td>
<td>Pineapple Pork w/ Rice</td>
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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, 1 PM**

All activities begin at 1 pm Wednesdays at the Coupeville United Methodist Church 608 N. Main Street. Lunch is served at noon. Contact Glenda Cantrell, 360-720-2955 or Glenda@islandseniorservices.org

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic and Presenter</th>
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<tbody>
<tr>
<td>July 5</td>
<td>BINGO</td>
</tr>
<tr>
<td>July 12</td>
<td>The Art of Weaving Basket</td>
</tr>
<tr>
<td>July 19</td>
<td>Island Senior Resources updated Website</td>
</tr>
<tr>
<td>July 26</td>
<td>&quot;Learn about the gifts and challenges of being an &quot;HSP&quot;&quot;</td>
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**OAK HARBOR SENIOR CENTER - 11:30 AM**

Bring your lunch to this FREE program.

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic and Presenter</th>
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</thead>
<tbody>
<tr>
<td>July 25</td>
<td>Deception Pass Park and Park Foundation</td>
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<tr>
<td>Aug. 22</td>
<td>Mission of the Help House</td>
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<tr>
<td>Sept. 26</td>
<td>Fall Prevention with Walking Poles</td>
</tr>
</tbody>
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**ISLAND SENIOR RESOURCES (BAYVIEW) - TUESDAYS, 12:30 PM**

Lunch (optional) will be served 11:30 am – 12:30 pm (suggested donation $5) followed by a free presentation. See our menu section for what is being served for lunch. Come eat, socialize, and learn!

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic and Presenter</th>
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<tbody>
<tr>
<td>July 4</td>
<td>CLOSED</td>
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<tr>
<td>July 11</td>
<td>Stress Management</td>
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<tr>
<td>July 18</td>
<td>Emergency Preparedness for Seniors</td>
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<tr>
<td>July 25</td>
<td>Emergency Preparedness Video</td>
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</tbody>
</table>

**MEDITATION WORKSHOPS**

Will you be going on Medicare in the next 6 months and/or want to know more about Medicare? Attend a free seminar presented by SHIBA (Statewide Health Insurance Benefit Adviser) volunteers. Free. No pre-registration required.

**MEDICARE WORKSHOPS**

**Island Senior Resources (Bayview)**

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic and Presenter</th>
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<tbody>
<tr>
<td>Mon, July 7, 10 AM</td>
<td>Island Senior Resources</td>
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Note: SHIBA volunteers work under the guidance of the Insurance Commissioner’s Office.
OAK HARBOR SENIOR CENTER ACTIVITIES 360-279-4580

MONDAY
9 Quilting
9:30 Enhance Fitness
9:30 Wii Bowling
11:30 LUNCH
12 Bunco
12:30 Ping Pong
1 Art with Dottie
2 Beg. Clogging
3 Adv. Beg. Clogging
5 Tai Chi
8:30 Yoga
9 Lapidary
11 Mexican Train
11:30 Chess
12 Line Dance
12-4 SHIBA Counseling
1 Knitting Circle
1 MAC SIG (2nd, Tue.)
2 Vision Impaired Group
(4th Tues)
6 Pinochle
7 Stamp Club
(2nd & 4th Tuesdays)
9 Lapidary
9:30 Enhance Fitness
11:30 LUNCH
12:30 Party Bridge
12:30 Ping Pong
2 Caregiver Support
(last Wednesday)
4 Pickle Ball
7 Patterned Ballroom Dancing (except 1st Wednesday)
9:30 Tai Chi
9:30 Enhance Fitness
10 Creative Writing
12:30 Cribbage
1 Intro to Story-Telling
1 SVC History Class
2 Reiki Treatments
2 Caregiver Support
(3rd Thursday)
7 Wine Wrap

THURSDAY
8:30 Yoga
9:30 Enhance Fitness
10 Creative Writing
12:30 Cribbage
1 Intro to Story-Telling
1 SVC History Class
2 Reiki Treatments
2 Caregiver Support
(3rd Thursday)
7 Wine Wrap

FRIDAY
9 Quilting
9:30 Tai Chi
11:30 LUNCH
12:30 Pinochle
1 Line Dance
6:30 Old Time Fiddlers (1st Friday)
7 Country Dance (2nd Friday)

SATURDAY
Ping Pong
Billiards
Pinochle

ISLAND SENIOR RESOURCES (BAYVIEW) ACTIVITIES 360-321-1600 or 360-678-3373

MONDAY
12:15 Reader’s Theater Rehearsal
1 Mahjong
3 Afternoon Tai Chi
July 10
10 Medicare Workshop

TUESDAY
8:45 Advanced Tai Chi
9 Foot Clinic
10 Beginning Tai Chi
10:30 Tune In, Tune Up
12:30 Lunch & Learn
3:30 Parkinson’s sing-a-long
4:45 Yoga for 50+

WEDNESDAY
9 Beginning Line Dancing
10 Mexican Dominoes
10 Line Dancing
10 Quilters
6:30 Bingo
9 Beginning Line Dancing
10 Mexican Dominoes
10 Line Dancing
10 Quilters
6:30 Bingo

THURSDAY
8:30 Men’s Bridge
9 Senior Snappers
10 Crafting Connection
4:45 Yoga for 50+
6 Twilight Bridge

FRIDAY
9 – 4:30 SHIBA (State Health Insurance Benefits Advisors)
10:45 Fun Band Dancing

SATURDAY
July 4
CLOSED No Alzheimer’s Support Group
July 11
10 Parkinson’s Support Group

Call Island Senior Resources for instructor contact numbers and information.

DATES AND TIMES OF ALL SCHEDULED EVENTS ARE SUBJECT TO CHANGE. IT’S ALWAYS ADVISABLE TO CALL TO CONFIRM.

People caring about people.
Highly skilled professionals providing physical, occupational, and speech therapies.
24 hour compassionate nursing care.
Dedicated to our community.
Family owned and operated since 1986.

YOUR EXCLUSIVE INVITATION
TO CELEBRATE BETTER HEARING MONTH

Participate in a 2-week trial to explore revolutionary hearing technology.

1. Free 75-minute hearing evaluation.
2. Free personalized in-home consultation and one-on-one hearing professional visit.
3. Free personalized hearing aid questionnaire.

Your exclusive invitation to celebrate Better Hearing Month.

Thank you for reading Island Times. Please support our advertisers. Please recycle this publication when you are finished reading it.
OAK HARBOR SENIOR CENTER
For more information, call the Travel Desk, 360-279-4587

SUMMER TRAVEL LOG

MUSEUM OF HISTORY & INDUSTRY (MOHAI)
Thursday, July 6
8:30 AM – 5:30 PM
Member: $40 • Non-Member: $55

MOHAI is the largest private heritage organization in the State of Washington maintaining a collection of nearly 4 million artifacts, photographs, and archival materials that primarily focus on Seattle and the greater Puget Sound region. A portion of this collection (roughly 2% at any given time) is on display in the museum’s galleries at the historic Naval Reserve Armory in Lake Union Park. Highlights include Boeing’s first commercial airplane, the 1919 Boeing B-1; the Pictocat Flag, an 1856 American Flag sewn by women during the Battle of Seattle; and the Rainier Brewing Company’s 12-foot tall neon “R” sign.

The museum has a little cafe or the area around North Lake Union has lunch options. This Thursday is a no admission cost at MOHAI.

SEATTLE CHOICE: PIKE PLACE MARKET-FRONT EXPANSION
Tuesday, July 18
8 AM – 5:30 PM
Member: $30 • Non-Member: $40

SOLD OUT
Please call (360) 279-4587 to be added to the waitlist!

The New Market-Front Expansion of Pike Place Market opened on June 29, 2017. Here is our opportunity to visit this new section. This project started in 2011 on the land near the waterfront of Pike Place Market, and is a $74 million expansion of the Market. It houses 30,000 square feet of open public space, including a plaza and viewing deck that captures the Olymps, Mount Rainier and Puget Sound. Four new artisan vendors - Old Stove Brewing Co., Jarr & Co., Honest Biscuits and indi-chocolate will produce, on-site, in 12,000 sq. ft. of production space. Old Stove Brewery will have a mobile canning line running. Come and join us for a new adventure in Seattle! Two drop off sites are available: Pike’s Market and Westlake Shopping Center.

DIABLO LAKE BOAT TOUR & LUNCH
Thursday, August 31
1:30 PM – 5:30 PM
Member: $90 • Non-Member: $105

SOLD OUT
Please call (360) 279-4587 to be added to the waitlist!

All aboard for some fun! Join us as we make our way to the Lake Whatcom Rail- way in Wickersham WA near Bellingham. We will ride the authentic full size old Northern Pacific train for a 1 1/2 hour ride traveling through a tunnel, along Mirror Lake, and out into the woods. We will stop at a meadow where we can choose to have lunch on our own in any of their great restaurants. Far Haven Pizza Co, Colophon Cafe, Avenue Bread & Cafe, Boundary Bay Brewer, or Mallard Ice Cream & Cafe. Just to name a few! After lunch explore Rattlesnake on your own or walk to the Bellingham Railroad Museum to see miniature model trains and learn more about the history, heritage, and operations of the railroad system. $5 entry fee for optional museum. Trip includes ticket for the train and bus transportation. Lunch and optional museum on your own.

TERRACOTA WARRIORS
Friday, September 1
8 AM – 4:30 PM
Member: $75 • Non-Member: $95

Sign-Up Deadline: Tuesday, August 15

World premiere at Pacific Science Center, featuring real figures from the Terracotta Army and artifacts from the First Imperial Dynasty of China. Embark on an experience 2,200 years in the making to discover the scientific story of the terracotta warriors and the untouched tomb of the first Emperor. Terracotta Warriors of the First Emperor is an immersive investigation of the science behind priceless artifacts including real figures from the terracotta army and over 100 artifacts illustrating the technological advancements of the Qin Dynasty. Unearth one of the most epic discoveries of our time and explore the mysteries buried within the untouched tomb of the First Emperor in this once-in-a-lifetime exhibition. This never-before-seen exhibition is a partnership between Pacific Science Center and The Franklin Institute in Philadelphia and will have a limited two city tour, with the World Premiere in Seattle.

The cost of the trip includes transportation, entrance to the exhibit and the IMAX documentary, Mysteries of China. Lunch is on your own.

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July 2017
SUMMER TRAVEL LOG

CHINATOWN TOUR & LUNCH

Thursday, September 21
7:45 AM – 6 PM
Member: $15 • Non-Member: $100

Sign-Up Deadline: Monday, September 11

Explore Seattle’s Chinatown!
Learn what makes Chinatown unique to Seattle by uncovering how Asian immigrants and their culture inspired the Pacific Northwest during a 90 minute walking tour.

After our morning tour, we will enjoy a family-style lunch (including the cost). After lunch you can visit the Wing Luke Museum on your own, visit the Tise Chong Cookie factory across the street from the museum, or walk 0.3 miles to Uwajimaya.

Tour includes: 90 minute walking tour; family-style lunch, all day entrance to the Wing Luke Museum, transportation

MUFFY LUNCHES

Members: $20 - Non-members: $35
Price includes transportation, but not the cost of lunch.

Tuesday, June 20
Wednesday, July 19
Thursday, August 17
Tuesday, September 12
(extended – $52/$50)

CASINOS

TULALIP CASINO/OUTLET SHOPPING
Monday, June 26
Cost: $27

Tulalip Casino is a great casino to visit. A very fun casino to visit. We will eat dinner at the Rain Forest Food Pavilion, Pacific Blue Chowder House - seafood and burgers, or from the Cars and Kiosk scattered around the zoo. Wear comfortable walking shoes. Senior tickets are $18.95 – please pay for your own ticket upon entering. Price includes transportation. Entrance fee and lunch on your own.

Or, take your time shopping at great discounts at the many stores next door and dine at the variety of places within walking distance of the mall.

ANGEL OF THE WINDS CASINO
Monday, July 24
Cost: $25

Try your luck at the “World’s Friendliest Casino. $5.00 slot tickets plus discount for buffet lunch!

SILVER REEF CASINO
Monday, August 14
Cost: $27

Silver Reef is an easy drive north of Bellingham. Receive a slot credit and a nice discount for lunch at your choice of eateries. A very fun casino to visit.

QUIL CEDA CASINO & TULALIP OUTLET MALL
Monday, September 11
Cost: $27

Receive a fun book loaded with special offers. Possible discount on lunch also, so sign up today!

NEW THIS SUMMER: MYSTERY ADVENTURES

Join us for one, join in for all! These half day adventures will start Saturday morning and end with a boxed lunch (included). You will be given the general guidelines of what to bring, and a choice for lunch. The rest will be a surprise!

MYSTERY ADVENTURE BY LAND
Saturday, July 15
8 AM – 12 PM
Member: $15 • Non-Member: $50

Will be walking approximately 2 miles with an elevation gain less than 200ft. Wear sturdy walking shoes, sunscreen and bring a water bottle.

MYSTERY ADVENTURE BY WATER
Saturday, August 12
6 AM – 12:30 PM
Member: $65 • Non-Member: $80

Wear shoes/sandals that can get wet, bring an extra pair of clothes, sunscreen, sunglasses and a water bottle.

MYSTERY ADVENTURE BY AIR
Saturday, September 16
8 AM – 1:30 PM
Member: $150 • Non-Member: $165
Includes air, hotel, transfers.

There is a fair amount of walking involved with an elevation gain less than 100ft. Wear sturdy walking shoes and sunscreen, and don’t forget your sunglasses, water bottle and camera!

EXTENDED TRAVEL OPPORTUNITIES

HERITAGE OF AMERICA
APRIL 20-29, 2018
Trip Presentation:
Tuesday, September 12 • 10:30 AM
Double: $3,349 • Single: $4649

Relive the birth of the United States during this 10 day trip from New York City to Washington DC, with stays in Philadelphia, Charlottesville and Colonial Williamsburg. More information to come.

SPAIN’S CLASSIC OCTOBER 2018
Immerse yourself in a colorful pageant of art, history and culture on an 11-day experience in Madrid, Seville, Valencia and Barcelona. Informational presentation in February 2018

ISLAND SENIOR RESOURCES

For more information, call 360-321-1600 or 360-678-3373

SAM, PIKE STREET MARKET AND PIONEER SQUARE
Monday, July 10
Leave from Mukilteo at 8 AM
Leave from Bayview Hall at 6:30 AM
Return Mukilteo 4:30 PM
Member: $50 • Non-member: $55
(no host lunch)
Join us on our monthly trip to Seattle.

SEATTLE UNDERGROUND AND SMITH TOWER
Tuesday, August 15
Leave from Mukilteo at 8 AM
Leave from Bayview Hall at 6:30 AM
Return Mukilteo 4:30 PM
Member: $55 • Non-member: $10
(no host lunch)
Seattle Underground guided tour and historic 1914 Smith Tower and Observation Deck.

Wear comfortable, weather appropriate clothing and walking shoes.

HOPPING AND HOOFING AROUND SNOHOMISH COUNTY
Wednesday, August 30
Leave from Mukilteo at 8:30 AM
Leave from Bayview Hall at 7:20 AM
Return Mukilteo 4:30 PM
Member: $50 • Non-member: $55
(no host lunch)
The Outback Kangaroo Farm – including kangaroos, ostriches, lemurs and more. Rhodes River Ranch – observe champion horses in the arena.
Marysville - visit Cabela’s Store, Tulalip Casino or Premium Outlet Stores.
Wear comfortable, weather appropriate clothing and walking shoes.

ARGOSY CRUISE AND TILLCUM VILLAGE
Tuesday, July 25
Leave from Mukilteo at 9:30 AM
Leave from Bayview Hall at 8:20 AM
Return Mukilteo 5:30 PM
Member: $130 • Non-member: $135
Includes lunch.
Beverages and gratuities not included.
A 45-minute narrated cruise to Tillicum Village. Feast on a Northwest inspired buffet. Enjoy a live stage performance and Northwest Native American storytelling. Explore the cedar longhouse, gift shop, or take a walk. Wear comfortable, weather appropriate clothing and walking shoes.

CASINO TRIPS

TULALIP
Tuesday, July 11
QUIL CEDA CREEK
Tuesday, September 12
Depart 9 AM • Return 4:30 PM
Member: $35 • Non-member: $45
All casino trips depart/return from Bayview Community Hall Parking lot.

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Remember to SMILE this Summer

By Liz Lange, Oak Harbor Senior Center Program Director

With the highest average temperatures on the island occurring in July and August, we are heading into the time of year that we need to be thinking about sun safety.

Whether you are out gardening, walking the dog, out on the water, or doing anything outside this summer remember to SMILE at the sun. Sunscreen, Medication, In Style, Liquids, Eye protection. These five tips will make certain that you will be comfortable and protected while enjoying the warming weather:

Sunscreen
Early and often is the key here. Apply sunscreen about an hour before you head outside and reapply every two hours. Choose a sunscreen that protects against UVA and UVB radiation* (broad-spectrum sunscreen) that has an SPF* rating of 15 or higher.

Medication
Some medications can cause increased sensitivity to the sun. Check your medications for any sun exposure warnings and talk with your doctor if you have questions or concerns.

In Style
What is in fashion this summer? Clothing that is lightweight and made out of a breathable fabric, such as cotton. Long sleeve lightweight cotton shirts are fabulous. Pair with a wide brimmed hat to complete the look! It’s all about providing your skin with another barrier from the sun. Protecting your skin from the sun will never go out of style!

Liquids
Don’t wait until you are thirsty to drink water. Try to drink 6 to 8 glasses of water a day, and more if you are doing any physical activity. And no, coffee and tea doesn’t count!

Eye protection
Wearing sunglasses can help reduce the cumulative damages that cause eye problems such as cataracts and age related macular degeneration. Best sunglasses? Wrap around frames that protect from both UVA and UVB radiation.

*What is UVA and UVB radiation? The sunlight that reaches us is made up of two types of harmful rays: long wave ultraviolet A (UVA) and short wave ultraviolet B (UVB). UVA rays penetrate deep into the dermis, the skin’s thickest layer. Exposure leads to premature skin aging and even possible suppression of your immune system. UVB rays burn the surface layers of skin and is a cause of skin cancer.

*SPF is Sun Protection Factor. It refers to the ability of a sunscreen to deflect UVB rays. It is determined by comparing the amount of time needed to burn skin with sunscreen vs. skin without sunscreen.

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The Power of Creativity

Meet Amy Hauser, longtime Island resident who has made a career of empowering others. For the past 30 years, she has helped patients to overcome physical limitations through her work as a physical therapist. She has now embarked on a new business venture, helping people express themselves with art.

Hauser is the founder of Whidbey Art Party, a business through which she leads step-by-step painting classes accessible to artists of all levels. Hauser instructs the group in creating frame-worthy works depicting subjects such as, the dahlia painting created at last month’s art party at the Oak Harbor Senior Center, and the lavender fields for the July class. The goal is to allow participants to delve into art in a fun and informal setting, without worrying about the outcome.

“I believe that empowering, inviting and welcoming people to be creative is not only wonderful relaxation, but carries over into daily life and work,” said Hauser. “A little glass of wine isn’t so bad to help with silencing our inner critic as well.”

At the Oak Harbor Senior Center art party in June the participants enjoyed hors d’oeuvres, wine, and other beverages as they let their creative sides take hold and create unique paintings. First time art party attendee Linda Osier said of her experience, “Amy had easy to follow instructions, it was fun, and there was great company and lots of laughs. My art work is on my wall at home.” When asked if it was something she would want to participate in again Osier responded with a strong “Yes!”

“Creativity is the seat of innovation and if we want to have innovation in our society and new technology we’ve got to nurture creativity,” Hauser said, adding that she’s been pleased with the opportunity to continue helping people through painting as she did through physical therapy.

Upcoming Oak Harbor Senior Center Art Parties:
Wednesday, July 12th 1:30-4:00 PM  (Lavender Fields)
Wednesday, August 23rd, 6-8 PM

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Activities to Consider
Would you like to get more involved in your community or be more socially active? There are plenty of places to look for opportunities, depending on your interests. Consider these offerings at the Oak Harbor Senior Center:

Get out and about
• Join the Senior Center and take part in its events and activities
• Play cards, pool or other games with friends
• Travel with a group to the theater, the zoo, a sporting event, etc.
• Join a group interested in a hobby like knitting, lapidary, painting, or quilting

Learn something new
• Take a history, art, or writing class
• Form or join a book club
• Learn (or relearn) how to play a musical instrument

Volunteer
• Volunteer as a Receptionist for the Senior Center
• Help plan and organize social activities and fund raisers with the Special Events Committee
• Plan and escort trips with the Travel Committee
• Serve meals at the Center or as a “Meals on Wheels” volunteer
• Volunteer to drive seniors to medical appointments

Be physically active
• Take a Tai Chi, yoga, or Enhance Fitness exercise class
• Take a line dance, clogging or ballroom dance class
• Participate in a “Mystery Adventure”

Find the Right Balance
Everyone has different limits to the amount of time they can spend on social or other activities. What is perfect for one person might be too much for another. Be careful not to take on too much at once. You might start by adding one or two activities to your routine and see how you feel. You can always add more. Remember—participating in activities you enjoy should be fun, not stressful.

Source: National Institute on Aging at NIH

ACTIVITIES (continued from page 1)

Annual membership with the Oak Harbor Senior Center is available for anyone 50+ years of age and is $40 a year. The dues benefit members and provide financial help to the Center. Membership includes discount prices on travel, classes and facility rentals. For more information, or to sign up for membership, come by the center at 51 SE Jerome Street in Oak Harbor.

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