

Island Times

Look for Island Times the LAST Thursday of each month
MAY 2018

MONTHLY NEWSLETTER OF ISLAND SENIOR RESOURCES AND OAK HARBOR SENIOR CENTER

Volume 2 • Issue 1

Welcome to May and gifts from the garden

Barry Wenaas, Program Assistant, Oak Harbor Senior Center

Welcome to the month of May. Spring is here, the flowers are blooming, the bees are buzzing and the bugs are very active and the hummingbirds are busting out and letting everyone know it is a very busy time of the year. We have so many ways we can gain from gardening – let me give you just a few: we have fragrant surroundings, places with color, peaceful conversation, a kaleidoscope of flowers, one can listen to the birds and gardening celebrates the circle of life.

In the middle of May, we celebrate National Brown Bag Day – it always falls on May 25. The Brown Bag has been around for a very long time. We took our lunch to school or work in a brown bag, then the lunch bucket came into play and the brown bag fell by the way side. Busy Moms did not have time to pack good lunches and school lunch programs were initiated or expanded and it wasn't a cool thing to bring your lunch. On May 25, it would be cool to go "retro," if only for a day, and brown bag your lunch. On May 1, Puget Sound Energy will focus on electric and gas safety and on May 22, there will be a presentation about Safety Line – medical alert services and medication dispensing system. All are welcome to these FREE presentations at the Oak Harbor Senior Center. Bring your lunch and enjoy the learning.

Have you ever had a lumpy rug? Well there is a day set aside for just that. It occurs May 3 and it was intended to

Mary Jo Morris and Judy Nelson enjoying a class of wine at the Art Show



National Wine Day is May 25

appreciate a good rug. If you have never had a lumpy rug, be thankful.

We celebrate Armed Forces Day the third Saturday in May, which will be May 19. Please give our troops and retirees a big THANK YOU for their service. August 31, 1949, then Secretary of Defense Louis Johnson announced the creation of Armed Forces Day. President Harry Truman also announced the holiday in a Presidential proclamation February 20, 1950.

Military Spouses Day is held the Friday before Mother's Day. It is a day to honor

MAY continued on page 12



"Remember, there's no such thing as a small act of kindness. Every act creates a ripple with no logical end."
~ Scott Adams

Opportunity to Nurture Widely:

Nature, nurture, and the merry month of May

By Christina Baldwin
Board Member, Island Senior Resources

When animals are eating our vegetables and flowers, even those plantings clearly marketed as "deer resistant" or "rabbit proof," we are not so fond of some of our nature neighbors. Dang deer are standing in ditches waiting to jump in front of our cars. Dang bunnies are eating everything in reach, so much, that Langley is now nicknamed "Bunnyville by the Sea." These pesky island co-inhabitants cost us a lot of money in flowers, fencing, and fender-benders.

But... in the merry month of May, when their babies are emerging from under bushes and out of the woods, ahhh-hhh... they awaken a nurturing instinct inside us. People put up signs "Slow

down for does and fawns!" or, "Drive as if your bunny lived here." Adult deer and rabbits are both called bucks and does. Baby deer are called fawns. Baby rabbits are called kits. We know a group of deer is a herd but did you know a group of rabbits can be a "fluffle?" It's hard not to just surrender to the cuteness factor!

I recently followed a pickup truck down Langley Road that exemplified this phenomenon. The driver, window down, seemed to be driving with one hand on the steering wheel, one raised fist, and shouting at several rabbits clustered at the crosswalk by the Fairgrounds. "Uh oh, this guy is really mad," I thought. "Any

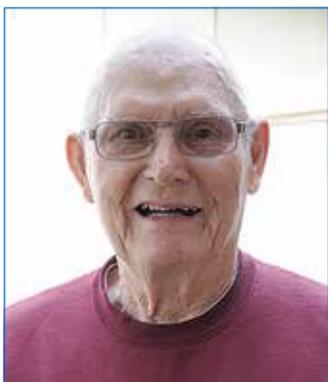
NATURE continued on page 3

QUESTION OF THE MONTH: WHAT WAS YOUR FIRST JOB AND HOW MUCH DID YOU MAKE?



Denise C., 65
Freeland

"Receptionist at Boy Scouts of America. \$300/month"



Bob Seppi, 84
Oak Harbor

"I worked as a laborer at the Ladd Air Force Base in 1950 making \$2.47 an hour."



Mary L., 75
Greenbank

"Sales and cashier at F.W. Woolworth in New York. \$240/month"



Penny Holland, 75
Coupeville

"My first job was at the Dairy Queen in White Center, WA while in college and I made very minimal wage. My first 'real' job I was hired on the spot with no application as a junior high math teacher in Concord, MA and made a salary of \$4,800 a year."



Debbie S., 65
Freeland

"Key Punch Operator at John Deere. \$350/month"

Island Senior Resources
14594 SR 525
Langley, WA 98260

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From the Executive Director of ISR

By Cheryn Weiser, Executive Director, Island Senior Resources

Whether I am at the Camano Center, Oak Harbor Senior Center, CamBey Senior Apartments, or Island Senior Resources (Bayview), I hear the same refrain from seniors and those that care about them, "I am so glad Island Senior Resources is here!" No matter what the need or what door of ISR one enters, we are here to help you! Our incredibly dedicated staff and volunteers go the extra mile to identify resources to meet the unique needs of each person. So, take time to review the list below and don't hesitate to connect with us! We are here for you.

Island Senior Resources: We're here to help you!

Do you have questions regarding resources for senior and adults with disabilities, their families, and caregivers?

Island Senior Resources is your place for answers about all related services in Island County. We provide resources to you through our programs and services as well as help connect you to services provided by other agencies. We have people ready to meet with you and respond to your questions in a caring and compassionate environment.

At Island Senior Resources we provide:

PROGRAMS AND SERVICES

- Nutrition (Community Meals, Meals on Wheels, liquid nutrition and nutritional counseling)
- Aging & Disability Resources
- Family Caregiver Support
- Tailored Supports for Older Adults
- Time Together Adult Day Services
- Medical Transportation
- Case Management for Medicaid In-Home Care
- Support Groups
- Footcare Clinic
- Lending Closet for Mobility Devices

"I just love knowing that I can come here and speak to an actual person who will help me get on the right track."
~ Community member

COMMUNITY EDUCATION

- Powerful Tools for Caregivers, Chronic Disease Self-Management, Diabetes Self-Management, Living Well with Pain, Weekly Lunch & Learns, SHIBA Medicare Advising (State Health Insurance Benefits Advisors), Social Security Basics, and Legal Consults

SOCIAL OPPORTUNITIES

- Music, Theater, BINGO, Dominoes, Bridge, Mahjong, Exercise, Quilters, Walking Groups, Local Travel

OTHER

- Senior Thrift
- CamBey HUD Apartments for Seniors and Adults with Disabilities
- Room Rentals in Bayview

Call us. We are here to help you. 360-321-1600 or 360-678-3373.

For additional information, calendars, menus, and schedules visit our website at www.senior-resources.org. Some of our services are offered through the Oak Harbor Senior Center and Camano Center.

Tell Us What You Think!

Go to our website, www.senior-resources.org/feedback and tell us what you think. We are listening.

- What are we doing right?
- What can we do better to meet your needs?
- Are we reaching you in ways you want to be reached?
- How can we improve?
- Do you donate to us? If so, why? If not, why not?

All feedback is confidential. If you wish us to reply, please leave us your phone number or email.



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KingArthurFlour.com/school

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Summer Hill was named one of three communities in Washington to receive the Silver - Achievement in Quality award by the American Health Care Association and National Center for Assisted Living.

Proud to serve Oak Harbor!

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We'd love to hear from you!
360-679-1400

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summerhillsenior.com

HOW TO REACH ISLAND SENIOR RESOURCES

For all departments and all staff call **360-321-1600** or **360-678-3373**

Nutrition/Meals on Wheels
Aging & Disability Resources
Family Caregiver Support
Time Together Adult Day
CamBey Apartments
In Home Care
Case Management
Medical Transportation/
Volunteer Services

SHIBA

Senior Thrift **360-331-5701**

For more information, visit www.senior-resources.org

OUR LOCATIONS

Island Senior Resources (Bayview)

14594 SR 525
Langley, WA 98260

Oak Harbor Senior Center

(in collaboration with Oak Harbor Senior Center)

51 SE Jerome St
Oak Harbor, WA 98277

Camano Center

(in collaboration with Camano Center)

606 Arrowhead Rd
Camano Island, WA 98282

CamBey Apartments

50 N Main St
Coupeville, WA 98239

Senior Thrift

5518 Woodard Ave
Freeland, WA 98249

For more information call:
(360) 321-1600 or (360) 678-3373

ISLAND SENIOR RESOURCES BOARD OF DIRECTORS

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Chris Schacker
Bill Wells

Executive Director: Cheryn Weiser

Please contact Island Senior Resources (360) 321-1600 or (360) 678-3373 if you are interested in applying to join the Board. Special interest in North-island applicants.

NATURE continued from page 1

bunny that gets in his way is gonna be squished..." In the next two blocks, I watched the truck brake and swerve to avoid hitting what had, seconds earlier, been his nemesis. In May, with all the mommies and babies around, you don't hit the fluff!

In May, we focus on what emerges in spring beauty: baby animals, youthful exuberance, and growth spurts of all kinds—from grass to grandchildren. We may even be inspired by all this cuteness and burst forth to feel more rejuvenated and youthful ourselves. The holiday that most commonly defines May is Mother's Day. It can be a hard moment for those who are not mothers, or for whom mothering has been a journey of unresolved grief. So, I like to think of May as a time to both honor mothering and to expand our idea of what constitutes "mothering." The word mothering in the dictionary is: "The work or skill of being a mother, raising a child, or children."

There is an implied quality of care and attention that resides within our emotional expectations of mothering. We can apply this care and attention to every-

thing that is birthing in spring—from the unfurling shoots in the garden to how we interact with one another. The essence of mothering is nurturing, and nurturance comes in many forms.

With this understanding, Mother's Day becomes an opportunity to support varieties of nurturance around us. I know a group of young fathers who take their children to one dad's home, so the moms can meet at a different house and have an evening of support and conversation on the joys and challenges of this time in life. I have a friend who is taking care of another friend's toddler, so the young mother has several hours a week to work on her creative projects.

To me, this extension of the concept of "mothering" encourages a happy commitment to reach out every day in little "spring-ish" ways: gathering a nosegay of flowers for a friend, weeding for an hour alongside an elderly acquaintance, making dinner for a family where the mom broke her leg, taking time to chat as new neighbors walk by, staying in touch with my family far away.

This year, May 5th is both Cinco de Mayo, and Hearts and Hammers Workday, an

annual South Whidbey event of community nurturing where hundreds of volunteers spend the day working for folks who need assistance around their properties. Guided by a House Captain who has built a relationship with the homeowner, teams tackle everything from a new roof, to painting, revitalizing yards and gardens, cleaning, and removal of unwanted items. All this is done in a companionable spirit of camaraderie. There is a long-established atmosphere to the day that is not about charity but is about "mothering"—providing that quality of care and attention that sustains all of us throughout our lives. This year I'm working on a crew. Some year, a crew may be coming to work with me. Meanwhile, back at the high school, teams are making dinner for all the helpers. That evening, there is a celebration of shared joy—for giving and receiving.

So, when thinking about how to extend little acts of attention and care, keep yourself on the list. "Mother" yourself with a treat to be long-remembered: a massage, a bouquet bought for yourself, a bit of indulgence, and self-love. It all goes 'round and 'round like a Maypole dance—just don't step on the fluff!

**CARE –
A Documentary Film
Tuesday, May 8
6:30 – 8:30 pm**

**Langley United Methodist Church
301 Anthes Ave (3rd and Anthes)
Langley, WA 98260**

Come see a compelling award-winning film which delves deep into the world of home care through the eyes of both paid caregivers and their adult clients. The film will be followed by a panel discussion.

Sponsored by Puget Sound Advocates for Retirement Action (PSARA), and co-sponsored by Island County Democrats, SIEU 775NW, South Whidbey at Home, and South Whidbey Friends of Friends Medical Support Fund.

For more information, email psaraedfund@psara.org or call Robby at 206-391-6998.

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:

- 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

In addition to weblinks, this month we would also like to recommend a very special book:

- "Being My Mom's Mom," by Loretta Anne Woodward Veney an upbeat memoir of the years the author spent caring for her mother.

Announcing Island Senior Resources eNews!

Join our email list and receive our new monthly eNews, full of updates for the month ahead: sales at Senior Thrift, special events, classes, trips, menus, and great articles. You can sign up online at www.senior-resources.org.

MAY 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. See our website for full sales calendar:
www.senior-resources.org/thriftstore*

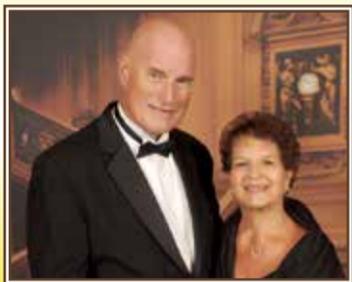
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|---|---|
| Saturday, May 12 | 20% off Jewelry |
| Sunday, May 13 | 25% off 1 item Happy Mother's Day! |
| Monday, May 14 | 15% off Toys |
| Saturday, May 26 | 20% off Furniture |
| Every Tuesday in May | \$0.99 T-shirts |
| Every Wednesday in May (except May 30) | 20% off Hardware |
| Every Friday in May | 25% off Books |

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Caregiver Challenges: Dementia Day-by-Day

Knowledge and skills to help you care for those living with dementia

Facilitated by Kathleen Landel, The Caregiver Coach

This class includes video, slides, and hands-on skill training using the Positive Approach to Care™ (PAC) developed by Teepa Snow and taught by a PAC Certified Trainer.

Thursday, June 14 • 1:30-3:30 pm

Explore and learn to recognize the unmet needs that often cause challenging behaviors. Practice skills to assist with tasks such as eating, standing, and personal care.

Space is limited. Registration is required. Reserve your spot today!

Cost: \$15

Register at www.thecaregivercoach.info • Email kathleen@thecaregivercoach.info

**Class will be held at Island Senior Resources (Bayview)
14594 SR 525 (Just south of Bayview Rd), Langley, WA 98260
360-321-1600 • www.senior-resources.org**

Announcing!

Island Senior Resources' Time Together Adult Day Program has a new service contract with the Developmental Disabilities Administration (DDA) to provide financial support to program participants who are registered with the DDA. Additional financial support may also be available through the Community Options Program Entry System (COPEs), North West Regional Council's Respite Program for Adult Day Services, and the Island Senior Resources internal sliding scale for low income families.

Time Together offers a multi-generational, fun and meaningful program for participants at Island Senior Resources (Bayview) and the Oak Harbor Senior Center's Modular Building. Time Together has been providing quality, affordable, social day programming for adults with disabilities for over 20 years. Whether for seniors with dementia, adults with developmental disabilities, brain injuries, or other acquired disabilities, our clients receive individualized attention while enjoying uplifting and engaging activities that makes for rich, meaningful days.

Please share this information with the community. For more information, contact Mel Watson, Director Time Together 360-321-1623

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|------------------------|------------------------|------------------------|
| 1.65 % APY* | 1.90 % APY* | 2.20 % APY* |
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* Annual Percentage Yield (APY) effective 04/16/2018. CDs offered by Edward Jones are bank-issued and FDIC-insured up to \$250,000 (principal and interest accrued but not yet paid) per depositor, per insured depository institution, for each account ownership category. Please visit www.fdic.gov or contact your financial advisor for additional information. Subject to availability and price change. CD values are subject to interest rate risk such that when interest rates rise, the prices of CDs can decrease. If CDs are sold prior to maturity, the investor can lose principal value. FDIC insurance does not cover losses in market value. Early withdrawal may not be permitted. Yields quoted are net of all commissions. CDs require the distribution of interest and do not allow interest to compound. CDs offered through Edward Jones are issued by banks and thrifts nationwide. All CDs sold by Edward Jones are registered with the Depository Trust Corp. (DTC).

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MAKING SENSE OF INVESTING

Thank you HomePlace!

Thank you to HomePlace in Oak Harbor, who donated a basement-full of Durable Medical Equipment to Island Senior Resources and Care Coordinators from Northwest Regional Council. We received walkers, wheelchairs, bath benches, commodes, and canes, all of which will be made available, at no charge, to our clients in need. If you have questions, please contact Celeste Fikejs, Island Senior Resources' Case Management Supervisor, or your Case Manager, (360) 321-1600 or (36) 678-3373.

So far, this equipment has assisted a client recovering at home from a stroke, another client that has been in and out of the hospital for seizures and not quite on her feet, and a long-time client that was isolated in her home when her old walker did not function properly. This generous donation has allowed clients to remain in their homes and engage in the community as they wish.

Free Chronic Pain Workshop LIVING WELL WITH CHRONIC PAIN

Oak Harbor Senior Center (In Modular Building)

Thursdays, May 3 – June 7 • 1–3:30 pm

The Living Well with Chronic Pain workshop is designed specifically for people who experience chronic or ongoing pain, are often exhausted from the pain, low energy, and feel isolated with a lack of control.

This class provides tools, information, and strategies to help those with pain or a chronic condition cope with daily struggles. Mutual support in a caring and trusting environment builds the participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

Participants learn to reduce stress and frustration, manage symptoms, set weekly goals, problem-solve effectively, improve communication, relax, handle difficult emotions, eat well, and exercise safely. Past participants report feeling an increase in their confidence, and the motivation needed to manage the challenges of living with a chronic health condition. Family members, friends, and caregivers may also participate.

This 6-week workshop is offered by Island Senior Resources in collaboration with the Oak Harbor Senior Center and is FREE!!

You will also receive the book "Living a Healthy Life with Chronic Pain" to use during the workshop. At the end of the workshop, you may purchase the book if you choose.

Registration is required, and class size is limited. Please contact Debbie Metz, 360-321-1621 to register for the class.



State In-Home Care

What is it? Am I eligible? How can I get it?

An in-depth look at state-funded in-home care programs

Presented by: Monique Olvera & Chasity Smith

Join us to learn about free and reduced in-home support!

Obtaining help for yourself or a family member can be overwhelming.

- Are you providing hands-on care for a loved one?
- Perhaps you are finding yourself in need of personal care assistance?
- Are you concerned about the cost of in-home care?
- Are you wondering what kind of help is available?

Help is available. We can guide you.

Medicaid and pre-Medicaid programs are available to provide care assistance, support, and equipment for those who are both *financially* and *functionally* eligible.

This presentation will offer an in-depth look at the eligibility, application process, and services available through the COPEs and TSOA in-home care programs.

Date: Thursday, June 7th

Time: 1:30–3:00pm

Location: Oak Harbor Senior Center, 51 SE Jerome St.

Join us for this FREE presentation.
Learn how these programs can support you.

For more information, contact:
Monique Olvera
Aging & Disability Resources
Email: OlverDM@dshs.wa.gov
Phone: 360-675-0311

Mark your
calendars!
June 7th

Brought to you by:
Aging & Disability Resources

Island Senior Resources
14594 SR 525 Langley, WA 98260
360-321-1600 or 360-678-3373
www.senior-resources.org

Island Senior
Resources
A Caring Community Resource



Oak Harbor Senior Center and Island Senior Resources will be closed Monday, May 28 in observance of Memorial Day

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

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)

14595 SR 525, Langley, WA 98260
Thursday, June 7 1:30 PM
Monday, July 16 1:30 PM
Wednesday, Sept 19 10:30 AM

Oak Harbor Senior Center

51 SE Jerome St., Oak Harbor, WA 98277
Wednesday, June 20, 2 PM

DRIVE SAFE DRIVE SMART

Take the new AARP smart driver course

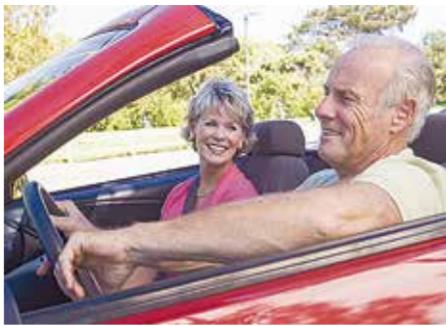
Wednesday, May 2 • 8:30 am – 4 pm

Oak Harbor Senior Center, 55 SE Jerome St

Saturday, May 5 • 8:30 am – 4 pm

Island Senior Resources (Bayview)

- Refresh your driving skills; understand the new rules of the road.
- Learn driving strategies to help you stay safe behind the wheel.
- This class may save you money on your car insurance.
- There are no tests to pass.
- Lunch not included.



Cost: \$15 AARP members, \$20 for non-AARP members. Registration required. Call 360-321-1600 or 360-678-3373.

Are You Getting Ready for Medicare?

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 (Statewide Health Insurance Benefit Advisers) volunteers. FREE, no pre-registration required. For information, call 360-321-1600 ext 0

This month, seminars will be held at:

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

Tuesday, May 8 10 am

COUPEVILLE LIBRARY: 788 NW Alexander St., Coupeville, WA 98239

Wednesday, May 30 11 am

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

Thursday, June 7 10 am

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. The seminar is about 2 – 2.5 hours long.

Note: SHIBA volunteers work under the guidance of the Insurance Commissioner's Office.

MEAL SITES & HOURS

ISLAND SENIOR RESOURCE CENTER (BAYVIEW)

14594 SR 525, Langley, WA 98260
 360-321-1600

Meals served Mon, Tues, Wed, Fri, 11:45 am

OAK HARBOR SENIOR CENTER

51 SE Jerome Street, Oak Harbor, WA 98277
 360-279-0367 (kitchen) or 360-279-4580 (Center)

Meals served Mon, Wed, Fri, 11:30 am

CAMANO CENTER

606 Arrowhead Road, Camano Island, WA 98282
 360-387-0222

Meals served Mon, Wed, Fri, noon

CAMBEY APARTMENTS

50 North Main Street, Coupeville, WA 98239
 360-678-4886 Ext 28 or 360-321-6661 ext 28

Meals served Mon, Tues, Wed, Fri, 11:45 am

BROOKHAVEN

150 4th Street, Langley, WA 98260
 360-321-1600

Meals served Mon, Wed, Fri, noon; Thurs, 5 pm

COUPEVILLE METHODIST CHURCH, FIRST UNITED

608 N Main St, Coupeville, WA 98239
 360-678-4256

Meals served Wed, noon

HILLSIDE EVANGELICAL FREE CHURCH

874 Plantation Drive, Greenbank, WA 98253
 360-222-3211

Meals served Wed, Fri, 11:30 am

MENU - MAY

WEEK 1

| | | |
|-------|---|------------------------|
| Tues | 1 | Tuna Melt & Salad |
| Wed | 2 | Turkey and Dumplings |
| Thurs | 3 | Chef's Choice |
| Fri | 4 | Sweet & Sour Meatballs |

WEEK 2

| | | |
|-------|----|--------------------------------|
| Mon | 7 | Pork Fried Rice |
| Tues | 8 | Salad Bar w/Variety of Veggies |
| Wed | 9 | Meaty Lasagna |
| Thurs | 10 | Chef's Choice |
| Fri | 11 | Chinese Chicken Salad |

WEEK 3

| | | |
|-------|----|---------------------------------|
| Mon | 14 | Frito Pie |
| Tues | 15 | Egg Salad on Croissant & Soup |
| Wed | 16 | Cheeseburger w/Tomato & Lettuce |
| Thurs | 17 | Chef's Choice |
| Fri | 18 | Beef & Broccoli Stir Fry |

WEEK 4

| | | |
|-------|----|--------------------------------|
| Mon | 21 | Chicken Tenders Basket |
| Tues | 22 | Baked Potato Bar w/Ground Beef |
| Wed | 23 | Ham & Potato Bake |
| Thurs | 24 | Chef's Choice |
| Fri | 25 | Sloppy Joes w/Red Peppers |

WEEK 5

| | | |
|------|----|-----------------------------|
| Mon | 28 | HOLIDAY – Meal sites closed |
| Tue | 29 | Best Reuben Sandwich |
| Wed | 30 | Chicken Caesar Salad |
| Thur | 31 | Chef's Choice |

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on Whidbey
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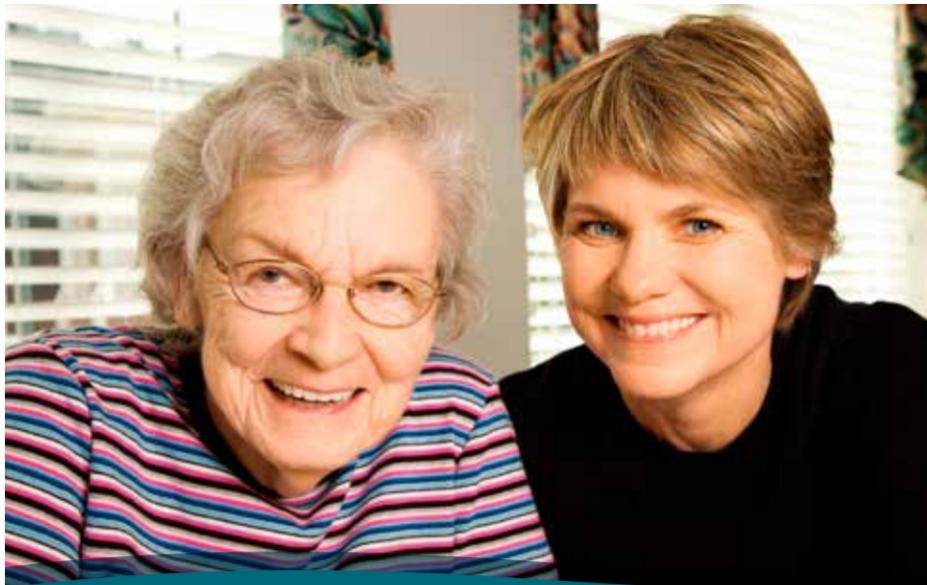
jjins@whidbey.com



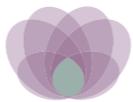
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Join us for LUNCH & LEARN



Presenters will offer information on key topics affecting the lives of seniors, their caregivers, families and friends.

ISLAND SENIOR RESOURCES (BAYVIEW) - TUESDAYS, 12:30 PM

Lunch (optional) will be served 11:45 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!

Date Topic and Presenter

- May 1** **Aging in Place**
Chasity Smith, Director of Aging & Disability Resources, discusses benefits of "Aging In Place" and strategies to remain in the home or community of your choice. Aging in Place planning binders are available for a \$25 suggested donation.
- May 8** **Improving the Health of Puget Sound**
Janet St. Clair, Executive Director for Sound Water Stewards will present the wonderful diversity of the Salish Sea, the importance of our shoreline estuaries, key impacts of our choices and behavior, and how we can make a difference to support a healthy and sustainable Puget Sound. Includes an overview of Sound Water Stewards and how to get involved.
- May 15** **Your Chariot Awaits**
Whether you want to reduce stress, save money, or have mobility issues, Island Transit can assist with your transportation needs. Maribeth Crandell from Island Transit will introduce all the new services and acquaint you with regular fixed route bus service.
- May 22** **Introduction to Bonsai**
Roger Hickman will present the history of bonsai and a demonstration of the art and science of bonsai. Roger has been a member of the Puget Sound Bonsai Association for 20 years.
- May 29** **Volunteer Opportunities at Island Senior Resources**
Join Executive Director, Cheryn Weiser, and learn about the many ways to volunteer at Island Senior Resources: Senior Thrift, Meals on Wheels, Meal Sites, Adult Day Services, and Medical Transportation.

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

- May 1** **Electric and Gas safety**
Presented by Walt Blackford of Puget Sound Energy. Walt will focus on, how electricity gets to Whidbey and how it is restored, home energy assessments, low-income assistance, and online self-service options.
- May 22** **Safety Line**
Harold Cole will be speaking about Safety Line, a provider of medical alert services and medication dispensing systems.
- June 26** **Advanced Care Planning**
Carla Jolly will be talking about Advanced Care Planning. She will talk about the Five Wishes Living Will, ways to deal with your health, and planning for you and your family.

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 Moliter: (360) 678-0636, bigrockdesigns@whidbey.net.

Date Topic and Presenter

- May 9** **All About Recycling**
Sarah Bergquist, WSU Extension, will explain what is recyclable and provide information on positive benefits from recycling efforts.
- May 16** **Online Banking for All Ages**
Anne Bobinac, Whidbey Island Bank returns to explain online banking, the security levels provided, and how to setup your own account.
- May 23** **Music with Heidi**
Heidi Cope will present a musical experience not to be missed. Ask her about her nature-music encounters!
- May 30** **In-Home Alert Devices**
Harold Cole will explain various in-home safety alert systems, the benefits of each and what you should ask when considering one.

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 ACTIVITIES 360-279-4580

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|--|--|---|
| 9 Quilting 9 Billiards 9:30 Enhance Fitness 11:30 LUNCH 12 Bunco 12:30 Ping Pong 1 Art with Dottie 3 Clogging 5 Tai Chi | 8:30 Yoga 9 Billiards 9 Lapidary 11 Mexican Train 11:30 Chess 12 Line Dance 1 Knitting & Crochet 1 MAC SIG (2nd. Tue.) 2 Vision Impaired Group (4th Tues) 2:30 S.A.I.L. 3 Guitar 6 Pinochle 6 Lapidary 7 Stamp Club (2nd & 4th Tuesdays) | 9 Billiards 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 | 8:30 Yoga 9 Billiards 9:30 Enhance Fitness 10 Creative Writing 12:30 Cribbage 1 SVC History Class 1 Reiki Treatments 2 Caregiver Support (3rd Thursday) 2:30 S.A.I.L. 7 Wire Wrap | 9 Quilting 9 Billiards 9 Tai Chi 11:30 LUNCH 12:30 Pinochle 12:30 Line Dance 1 Parkinson Support Group (1st Friday) 3 Guitar 6:30 Old Time Fiddlers (1st Friday) 7 Country Dance (2nd Friday) | Ping Pong Billiards Pinochle 10am-1pm: Pickleball 12-1pm: Beginner Pickleball |

ISLAND SENIOR RESOURCES (BAYVIEW) ACTIVITIES 360-321-1600 or 360-678-3373 www.senior-resources.org

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|--|--|----------|
| 10 Time Together 11:45 Lunch Served 12:15 Reader's Theater Rehearsal 1 Mahjong 3 Afternoon Tai Chi | 8:45 Advanced Tai Chi 9 Foot Clinic – call (360) 341-3210 for appt 10 Beginning Tai Chi 10 Time Together 10:30 Tune In, Tone Up 10:30 Ukele with Talia 11:45 Lunch Served 12:30 Lunch & Learn 2:30 Parkinson's Sing-a-long May 1 10 Parkinson's Support Group at Trinity Lutheran Church May 8 10 Alzheimer's Support Group | 9 Beginning Line Dancing 10 Line Dancing 10 Quilters 10 Time Together 11:45 Lunch Served 6:30 Bingo May 30 11:45 Birthday cake and Party (all are welcome) 11:45 Blood Pressure Check | 8:30 Men's Bridge 9 Senior Striders 10 Time Together 1 AARP Tax Prep appts recommended call (360) 678-3000 6 Twilight Bridge | 9-4:30 SHIBA (Statewide Health Insurance Benefits Advisors) by appointment 10 Time Together 10:45 Fun Band Dancing 11:45 Lunch Served May 11 1 Legal Consultations May 25 1 Legal Consultations | |

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.

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TRAVEL LOG

OAK HARBOR SENIOR CENTER

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



GRANVILLE ISLAND Monday, May 7

8:30 AM – 5:30 PM

Member: \$47 • Non-Member: \$60

Take a trip with us to Granville Island BC for great shopping, beautiful sights, amazing restaurants, and a good exchange rate!

THREE NURSERIES AND LUNCH AT THE TRUMPETER Friday, May 11

Depart: 8:45 AM – Return: 5 PM
Member: \$30 • Non-Member: \$40

It's time for our annual Flower and Gardening event! Our first stop will be at the Orchard's Nursery in Stanwood, WA. This nursery was a favorite last year! It has many wonderful plants and gardening ideas. Our lunch stop will be at the Trumpeter Restaurant in Mt. Vernon where we will have a reservation for our group. Lunch is on your own. After lunch we will stop at Skagit Valley Gardens, then onto Christenson's Nursery on our way back to complete our spring-time fling!

WINGS OVER WASHINGTON AND LUNCH ON THE PIER Wednesday May 16

Depart: 9:30 AM – Return: 5:30 PM
Member: \$58 • Non-Member: \$70

Take a ride in the state-of-the-art "flying theater" that will transport you on an aerial adventure above one of America's

most scenic and beautiful states, Washington. You will see amazing sights as you dive down the seaside cliffs through the morning mists of the Olympic National Forest and Mt. Rainier to the San Juan Islands and on to the spectacular beauty of the Cascades and the awe-inspiring Snoqualmie Falls to the wild whitewater of the Tieton River and the kaleidoscopic wonder of the Walla Walla Valley Balloon Stampede then back to Elliot Bay to bank around the Seattle Great Wheel as a sensational fireworks display begins and then slowly landing back to where the journey all began. After that enjoy a no host lunch from many of the wonderful options on the Pier including Ivar's, Elliot's Oyster House, Red Robin, The Crab Pot, Frankfurter, and many more! Price includes transportation and ticket.



SILVER REEF CASINO Monday, May 21

Depart: 9 AM – Return: 5 PM
Member: \$27 • Non-Member: \$37

We haven't been up North for a while so let's go try our luck! Silver Reef is always a fun, friendly place to visit and we receive \$5 buy in and discount on lunch.

RHODODENDRONS, WINE, AND LUNCH Thursday, May 24

Depart: 9:30 AM – Return: 5 PM
Member: \$40 • Non-Member: \$55

This is a Whidbey Island Adventure! We will begin in Langley at Comforts of Whidbey Winery. This new family owned winery sits on 22 beautiful acres which overlook the Puget Sound. It has a large tasting room where we will savor an exclusive wine tasting. Afterwards we will

head over to Gordon's on Blueberry Hill Restaurant in Freeland. We have a reservation and will delight over their exciting lunch menu. After lunch, we will drive to Meerkerk Rhododendron Gardens in Greenbank where a 1-1/2 hour guided Horticultural tour awaits. The gardens encompass 10 acres of land with 4+ miles of leisurely walking trails. After the tour we will have time to explore the various paths, with many benches, where we can sit and take in the beauty of tens of thousands of daffodils, cherry trees, magnificent magnolias and rhododendrons with their symphony of color. This is a unique Whidbey experience. Wear comfortable walking shoes. Includes transportation, wine tasting, entrance into the gardens and the Horticultural tour. No-host lunch.

OLATE DOGS

Saturday, June 9

10:30 AM - 5:30 PM

Member: \$45 • Non-Member: \$60

Watch the fuzzy faced winners of America's Got Talent and their handler Richard Olate deliver high energy, fast paced tricks, aerobatics, and humor. We will stop for a no host lunch before the show.



AMERICAN CAR MUSEUM Wednesday, June 13

Depart: 8:30 AM – Return: 5:30 PM
Member: \$64 • Non-Member: \$78

Whether you're a collector, an automotive enthusiast, or just a fan of cars, this museum will sure to spark your interest. You will be amazed by the number of cars they showcase. We also will have lunch in their Classic Café which features hot sandwiches, burgers, and floats. Price

includes transportation and museum entrance. No host lunch.



ANGEL OF THE WINDS Tuesday, June 19

Depart: 9 AM – Return: 3:30 PM
Member: \$27 • Non-Member: \$37

Come see Angel of the Winds new non-smoking section in addition to many new slots! You will also receive a \$5 slot ticket and a discount on the lunch buffet.



ANDRE BOCELLI Sunday, June 24

Depart: 3:30 PM – Return: 11:30 PM
Member: \$168 • Non-Member: \$190

This June, legendary tenor Andrea Bocelli will be returning to the US for a special concert series and will be at the Key Arena in Seattle. The unique performances will feature a new popular repertoire from Bocelli's latest album, Cinema along with Bocelli's beloved repertoire of Arias, love songs, and crossover hits. Ticket includes transportation. We will arrive in Seattle in time to enjoy a no host dinner before the show.

ISLAND SENIOR RESOURCES

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

ISR provides transportation to/from Bayview Hall/Clinton ferry Pricing does not include walk-on ferry ticket

MUSICAL IN THE FOREST Monday, May 28

Leave Bayview Hall: 8:50 AM
Leave Mukilteo: 10 AM
Return to Mukilteo: Approx. 7:30 PM
Members: \$80 • Non-members: \$85

Register by Monday, May 21

Join us on a trip to the Kitsap Forest Theater to see The Mountaineers Players put on the timeless Broadway musical, Peter Pan! Featuring iconic songs, "I'm Flying," "I've Gotta Crow," "I Won't Grow Up" and "Never Never Land," Peter Pan is the perfect show for the child in all of us who dreamed of soaring high and never growing up. There will be a 10-minute walk down the winding forest trail to the secluded forest theater. Bring a sack lunch or buy classic concession stand food on site. Don't forget your camera, weather appropriate clothing, and comfortable walking shoes. Fee includes transportation and admission.



DIABLO LAKE AFTERNOON CRUISE Friday, June 29

Leave Bayview Hall: 8:20 AM
Leave Mukilteo: 9:30 AM
Return to Mukilteo approx. 6:30 PM
Members: \$87 • Non-members: \$92

Register by Friday, June 22

Join us for a boat tour of glacier fed Diablo Lake in the heart of the North Cascades National Park. Learn about wildlife habitat and enjoy views of snow-clad mountain peaks, islands and waterfalls. Experience parts of the lake hidden from view from roads or trails.

Your tour will come alive with stories about the early explorers and settlers in the area and the challenges of building the three Skagit River Hydroelectric Project dams and powerhouses. We'll also see the panoramic view at the Diablo Lake overlook. We'll stop for coffee and

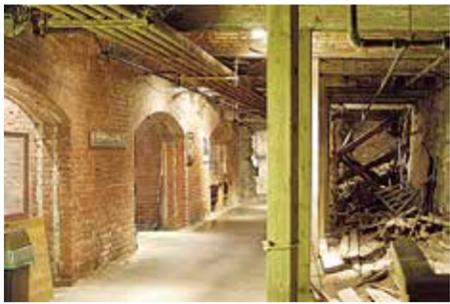
treats in Darrington on the way up, and Cascadian Farms on the way back down. Bring your camera as well as cash, sack lunch, weather appropriate clothing, and comfortable walking shoes. Fee includes guide, transportation, and admission to tour.

CASINO TRIPS IN 2018

All casino trips depart/return from Bayview Community Hall Parking lot.
Depart 9 AM • Return 4:30 PM
Member: \$35 • Non-member: \$45

| | |
|--------------------|--------------|
| SKAGIT VALLEY | May 8 |
| SWINOMISH | June 12 |
| TULALIP RESORT | July 10 |
| ANGEL OF THE WINDS | August 14 |
| QUIL CEDA CREEK | September 11 |
| SKAGIT VALLEY | October 9 |
| SWINOMISH | November 13 |
| TULALIP RESORT | December 11 |

TRAVEL LOG



SEATTLE UNDERGROUND TOUR AND LUNCH AT 13 COINS

Thursday, June 28

Depart: 8 AM – Return: 5:30 PM
Member: \$58 • Non-Member: \$70

Take a humorous stroll through storefronts and sidewalks entombed under Seattle when the city rebuilt on top of itself after the Great Fire of 1889! This 75 minute tour begins in Doc Maynard's Public House, then spills into historic Pioneer Square, Seattle's Birthplace, before plunging underground for an exclusive view of the buried city. The tour guides tell you interesting, funny stories about our pioneers. It's history with punch lines! After our tour, we will be driven to the new famous 13 Coins Restaurant (open 24 hours daily) in Pioneer Square. The original 13 Coins was built in 1967 in So. Lake Union with a 2nd opening in 1976 near SEATAC airport. We will have a reservation, but lunch is on your own.

NOTE: The underground part of this tour has uneven walking surfaces, stairs, and minimal lighting. For your safety, please wear covered toe shoes. Also a 21% tip will be added to your bill at 13 Coins because of a private area for our group and a menu featuring 6 different lunch items.

SEATTLE CHOICE

Thursday, July 12

Depart: 8 AM – Return: 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. Walk the waterfront, visit the Aquarium, ride the ferris wheel, buy a sandwich at Beecher's Handmade Cheese shop and enjoy a picnic in the park! Bring your grandchildren for a fun day! Whatever you do, enjoy the sights and sounds of this exciting city!

TULALIP CASINO OR OUTLET MALLS

Tuesday, July 17

Depart: 9 AM – Return: 5 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 Malls.

unWINEd ON THE BAY

Thursday, July 26

4:45 PM – 9:30 PM
Member: \$68 • Non-member: \$80

Come take a wine cruise that will feature 15-20 different wineries complimented by appetizers. Price includes transportation, cruise, wine tastings, and appetizers.



PHANTOM OF THE OPERA

Thursday, August 9

Depart: 9:30 AM – Return: 6 PM
Member: \$100 • Non-Member: \$130

Cameron Mackintosh's spectacular new production of Andrew Lloyd Webber's The Phantom of the Opera will return to Seattle as part of a brand new North American Tour. Critics are raving that this breathtaking production is "bigger and better than ever before". We will stop for a no-host lunch before the show.

MYSTERY LUNCHES

Wednesday, May 9
Thursday, June 7

Depart: 10:30 AM – Return: 2:30 PM
Member: \$20 • Non-Member: \$30

Price includes transportation only

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51 SE Jerome St.,
Oak Harbor, WA 98277

Front Desk: 360-279-4580

Travel Desk: 360-279-4587

Normal Business Hours:

Mon-Fri, 8:30 am - 4:30 pm
Additional evening and weekend classes and events as scheduled

Yearly Membership Dues: \$40

Available for anyone 50+ years

Liz Lange • (360) 279-4581

Senior Services Administrator

Carly Waymire • (360) 279-4583

Program Coordinator

Barry Wenaas • (360) 279-4582

Program Assistant

Send comments and suggestions to CWaymire@oakharbor.org

Exercise the Mind and Body

Carly Waymire, Program Coordinator, Oak Harbor Senior Center

Do you feel like you need to get moving this Spring? The Oak Harbor Senior Center has many affordable options for you!

We have a few traditional exercise classes which include aerobics, strength training, and stretching in an hour-long class. These are wonderful classes which help keep the body moving as you continue to age.

Enhance Fitness

- Monday, Wednesday, & Thursday, 9:30 AM
- \$25 month or \$5 per class*
- Great for those who are ready to move and groove

S.A.I.L

- Tuesday & Thursday, 2:30 PM
- \$20 month or \$3 per class*
- A low impact class for any fitness level

Additionally, we offer a few classes which involve slow and precise movements. Both our Yoga and Tai Chi class focus on coordinating the body and mind with a positive energy. These classes are a great way to increase flexibility and stay limber.

Yoga

- Tuesday & Thursday, 8:30 AM
- \$25 month or \$5 per class*
- All skill levels are welcome

Tai Chi

- Monday, 5 PM
- Friday, 9 AM
- \$50 month*
- Great for fall prevention and flexibility



The Enhance Fitness class breaks a sweat during their fun, high energy workout

We also offer some fun classes that are a great form of exercise! These different classes can be a way to keep you moving without feeling like you are exercising.

Line Dance

- Tuesday, 12 PM
- Friday, 12:30 PM
- \$10 month*
- Fun way to get moving

Clogging

- Monday, 3 PM
- \$20 month or \$7 per class*
- Beginners are welcome

Country Dance

- 2nd Friday, 7 PM
- \$4
- A fun night of music and dancing

Walking Club

- Friday, 10 AM
- Free*
- Meet in the parking lot of Flintstone Park

In addition, we also have a couple paddle sports which are a unique form of exercise. Ping pong and pickleball are great at keeping you moving along with working your hand-eye-coordination.

Ping Pong

- Monday and Wednesday, 12:30 PM
- Free*
- Not only does this activity test your balance but also your reflexes

Pickleball

- Wednesday, 4 PM
- Saturday, 10 AM
- \$60 quarter or \$25 month or \$5 per class*
- Beginners are welcome to play Saturday at 12 PM
- Oak Harbor Christian School gym

All these classes and programs offered at the Oak Harbor Senior Center are a great option to keep you moving this spring! Not only are they beneficial for your physical health but also your mental well-being. Joining one of these groups is a great way to meet new friends and build lasting relationships. They also help hold you accountable which makes it easier to stick with an exercise routine.

*Prices listed are member pricing. We would like to remind everyone that an Oak Harbor Senior Center membership of \$40 a year, or a daily use fee of \$3 in addition to the program cost, is required for participation in classes and programs through the Center that do not have designated non-member prices. Try out something new to keep exercising your mind and body!



Members enjoying a friendly match of ping pong



W.I.G.S. (Whidbey Island Genealogical Searchers)

Tuesday, May 8, 1-3 pm,
2720 Heller Road, Fire Station #25

Bill Waite will speak about his Civil War research.

All are welcome to attend.

Call Bobby O'Neal, 360-632-5591 or email whidbeygensearchers@gmail.com for more information.

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The Oak Harbor Senior Center packed with amazing items at last year's Community Garage Sale

Community Garage Sale

The Oak Harbor Senior Center will be having their annual Community Garage Sale on Saturday, June 2 from 8 AM – 1 PM. There will be a wide variety of items to purchase from plants, games, material, décor, books, antiques, jewelry, to craft supplies and so much more! For just \$20 you can rent a table to sell your items. Space is very limited so stop in today to rent a table. Also, the bake sale will be back again this year because of high demand!

Free Technology Help

Monday, May 21 • -2 – 4 PM

At the Oak Harbor Senior Center – 51 SE Jerome St.

The Oak Harbor High School FBLA team is coming back for another afternoon of technology help. They will assist you with cell phones, laptops, cameras, and so much more! Bring your item and they will work through your problems with you and give you useful tips. These students are wizards at technology and love to help. Don't miss out on this great opportunity for help! No registration required.

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67, 100
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MAY continued from page 1

the real backbone of the military . . . the spouses of our soldiers. In the past, the spouses were the women – i.e. behind every great man there is a great woman. Times have changed and now many spouses are men – i.e. many a stay at home Dad. Where would the military be without the spouses.

Mother's Day is always celebrated the second Sunday in May, which will be May 13. Spend some time with her and if you can't be there, take the time for a long call, send cards, flowers, candy and/or gifts. Did you know the first Mother's Day was celebrated May 10, 1908 in Philadelphia? Do you remember your Mom-isms—things she used to say?

Also, in May we celebrate Cinco de Mayo. May 5, 1862, the Mexican Army defeated the French Army at the Battle of Puebla. Today, this holiday is celebrated by Mexicans, especially the Hispanic Community in the US. It's a time of song, dance, partying and in general, time to be proud to be Hispanic.

Now that we have celebrated these wonderful holidays, it's time to raise a glass for National Wine Day (May 25). People have been drinking wine since the early days. There are many varieties of grapes, making many different wines. Here are a few ways to celebrate the day – have a glass or two; go on a winery tour; make some homemade wine or try a new wine you have never had before.

During May, you can go from International No Diet Day (May 6) to Eat What You Want Day (May 11) to National Choc-

olate Chip Day (May 15). Remember, do everything in a safe and healthy manor. Rare is there leftover chocolate chips. If you don't use the whole bag, you and your kids or grandchildren will eat them as a snack before they make it to the storage container.

May 8, it's time to get out your sandals or flip flops – this is No Socks Day. It's a chance to reduce your laundry load. Then May 9 we have Lost Sock Memorial Day. It's the day we recognize your drawer full of unmatched socks. We never throw away our unmatched socks. After all, it may show up someday! I encourage you to use this special day to toss out all your unmatched socks – let's face it, if they've not shown up by this time, it will never happen. The dryer ate them.

We celebrate No Dirty Dishes Day May 18; Water a Flower Day May 30; Sun Screen Protection Day May 2 (yes, even on a cloudy day we need protection); Bird Day, National Bird Day and Migratory Bird Day May 4. Bird Day was first observed May 4, 1894. Did you know Hummingbirds are the smallest migratory birds?

May 15 is Police Officer's Memorial Day. This day honors and remembers police officers who gave their lives while on duty. Please show your respect and appreciation for police officers everywhere . . . today and every day.

May 6 is National Nurses Day and National Nurses Week is May 7-13. It brings awareness of the importance of nurses and the care, comfort and wellbeing of all of us – especially our children

and aging and those in poor health. International Nurse's Day goes back to 1953 when Dorothy Sutherland of the US Department of Health, Education and welfare sent a proposal to President Eisenhower to proclaim "Nurses" Day. The proclamation was not officially made, but it is celebrated May 12, the birthday of Florence Nightingale.

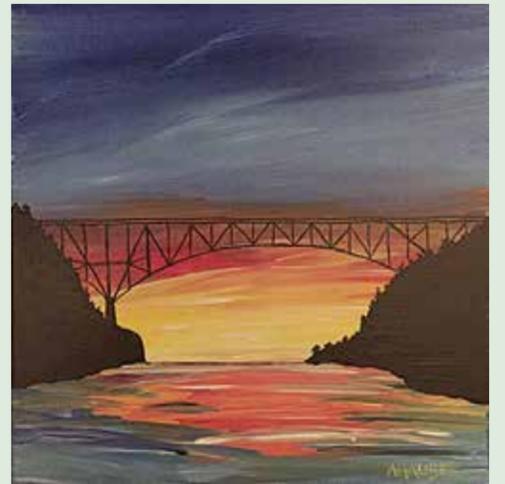
Finally, the end of the month of May we celebrate Memorial Day which is the last Monday of the month. Memorial Day is dedicated to service men and women who gave their lives for Freedom and

Country. It is also a time to remember loved ones who have passed away. Memorial Day roots go back to 1865 and the end of the Civil War. It was first called Decoration Day until the change in 1882. Memorial Day also marks the beginning of the gardening and summer season, even though summer will not occur for 4 more weeks. This Monday holiday usually includes the first family picnic of the year.

Enjoy the beauty of the season and get ready for Summer.

Whidbey Art Party: Deception Pass

Come join professional painter Amy Hauser for a one of a kind art party! This month she will instruct you through "Deception Pass". Absolutely no experience is necessary, anyone can join in the fun! Amy will give you step by step instructions to create your very own hand painted canvas which is yours to keep. All materials are provided in the class including the canvas, instructions, painting materials, and refreshments. Whether you are wanting to try something new or an experienced painter this class is for you! Join us on June 6, 2018 from 6:00 – 8:00 PM at the Oak Harbor Senior Center. The cost is \$40 for OHSC Members and \$45 for Non-Members. To sign up, stop by the Oak Harbor Senior Center or visit whidbeyartparty.com.



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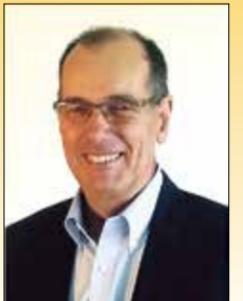
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