

## Island Senior Resources – October eNews

Providing you updates on events & happenings at Island Senior Resources

**Pancake Breakfast.** Saturday, October 22, 9-11 AM at Island Senior Resources (Bayview). Join in a delicious breakfast of pancakes (gluten free available too), scrambled eggs, sausages, and fruit. We'll have fun raffles too. Come share a morning with friends, and support Meals on Wheels.



**Not Your Grandma's Bingo**  
Saturday, Nov. 10th - 7:00-9:30 pm  
Bayview Hall

**Tickets on Sale**  
Monday, Oct. 1st @ 10 am

Theme: Teams & Turkeys  
(Come dressed to support your favorite team or fowl or both)



The ***Halloween Headquarters*** is open at Senior Thrift.

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

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

**Saturday, October 6th - 10 am-2 pm** - Join us for our 13th birthday in Freeland! We'll be serving cake & coffee and will have a station set up to assist anybody to get registered to vote before the Oct. 8th cutoff.

Please take our brief survey on needs of seniors and adults with disabilities. We are in our strategic planning process and would like to hear from you.



**We need volunteers!** Volunteering is great for your health, connects you with other people, and most of all, it's fun and inspiring. View the descriptions of our volunteer opportunities.

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

- Island Senior Resources (Bayview). Tuesdays at 12:30pm. This month: Safety In Your Home, All Aboard!, About the Death Cafe, Give Us Your Feedback, and Whidbey Island Center for the Arts
- Coupeville HUB for Seniors (Coupeville). Wednesdays at 12:30pm. This month: Bingo, Aging in Place, Neighborhood Disaster Plan and The Mystery of Frank Pratt

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

- Our community meals program offers older adults social opportunities while enjoying a delicious, nutritionally balanced meal. Community Meals are provided for adults age 60+, their spouses, and caregivers. Donations are appreciated and help fund the program. We suggest a donation of \$5.00 or whatever is affordable. All eligible persons are invited to enjoy the meals regardless of their ability to donate.

**The 12 Days of Whidbey raffle is back!** Buy your tickets starting November 1st at Island Senior Resources (Bayview), Senior Thrift, and other sites to be announced on our website and in November's eNews.

**One \$5 tickets enters you in 12 separate raffles drawn once daily December 1 – 12**

The fabulous prize baskets are valued from \$250-\$1100!

Each day has a separate theme: Family Night on North Whidbey, Wine and Chocolate Covered Island, Holiday Cheer, Family Fun, Cook It Up in the Kitchen, Caffeinated Whidbey, Beautify for Winter, Spirits of Whidbey, That's Italian, Tee time on North Whidbey, Reader's Treasure, and Garden Dreaming!

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

- 110 Activities for Seniors
- Live Your Best Life: Build Your Bucket List
- Common Sense Ideas for Thriving After 50
- Keeping People with Dementia Active: Why Activity Matters

**View List Of All Articles We Have Found**

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Island Senior Resources

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[www.senior-resources.org](http://www.senior-resources.org) to keep up on news, events and activities at Island Senior Resources.

Thanks for your interest!

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