By Christina Baldwin
Board Member, Island Senior Resources

“Over the river and through the woods, to grandmother’s house we go, the horse knows the way to carry the sleigh through the white and drifted snow.” ("Go up on that last word snoooowww, Miss Purdy the music teacher coached us, “scoop your voices, children.”) Remember?

In the back of my mind, I hear my ten-year-old self singing enthusiastically, looking out the window at the dreary November clouds of suburban Minneapolis, hoping we would get snow for Thanksgiving. No grandmothers were present though: one lived in Montana, and one in California—too far away to get there by sleigh! Now, I am the grandmother, and my grandchildren live in Los Angeles.

Here is a Whidbey version for today: “Onto the ferry-lines and finally into the woods, to grandmother’s/grandfather’s house we come.”

They ask themselves, “Why do they live here anyway? It’s isolated, hard to get to for the holiday, and uh-oh, our grandparents are struggling with so many changing issues… a lot has happened in a year. We have no clue what to do!”

Whether you are the younger (the adult child or grown grandchild) or the elder, you may find yourself in a state of con-

Before the Fall—Talk now

“...I don’t need a holiday or a feast to feel grateful... but I like to take this time to take the path of thanks less traveled.” — Paula Poundstone

Medicare Open Enrollment is in Full Swing

By Carly Waymire
Program Coordinator, Oak Harbor Senior Center

It is the time of year when it starts getting dark earlier, the air is chilly, and soup is sounding good for dinner. With these fall feelings also comes Medicare Open Enrollment. This is the time when you can re-evaluate your coverage to ensure you are enrolled in the best plan to suite your needs. You will also notice an increase in your mail as you will receive documents from your current Medicare plan and advertisements from other Medicare companies trying to promote their plan. As tempting as it might be to just ignore all the mailings and toss them in the trash, that might not be the best ideal. Instead, it is important that you review the notices provided by your Medicare plan and stay informed. There are many changes to Medicare this year and it is important to keep yourself in the know about what coverage changes will take place. As this can be very overwhelming, keep in mind that there are resources out there to help you along the way and you are not alone as many

QUESTION OF THE MONTH: WHAT’S YOUR FAVORITE HOLIDAY FOOD AND WHERE OR WITH WHOM DID THE RECIPE ORIGINATE?

Joyce Tighe, 88
Oak Harbor
“My best secret for Thanksgiving – go to the grocery store and order turkey dinner!”

Colleen Clark, 64
Coupeville
“Herb Crusted Prime Rib – I learned it from a man that had a restaurant in Coeur d’Alene and it was the best I’d ever had.”

Dave Jorgensen, 81
Oak Harbor
“Red cabbage – Danish”

Susie Julius, 62
Freeland
“My mother’s pumpkin pie. She got the recipe from the Sand Hills of Nebraska.”

Joanne Hartley, 82
Oak Harbor
“Thanksgiving Day stuffing that grandmother made and after she pulled it out of the turkey she added fruit!”

Medicare continued on page 12

FALL continued on page 3

Look for Island Times the LAST Thursday of each month

NOV. 2018

Proud supporter of Whidbey Island community events and your source for What’s Happening on Whidbey Island

www.whidbeyweekly.com

390 NE Midway Blvd #B203 • Oak Harbor • 360-682-2341

MEDICARE continued on page 12

What’s Happening on Whidbey Island

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“...I don’t need a holiday or a feast to feel grateful... but I like to take this time to take the path of thanks less traveled.” — Paula Poundstone

Whether you are the younger (the adult child or grown grandchild) or the elder, you may find yourself in a state of con-
From the Executive Director of ISR

By Cheryn Weiser, Executive Director, Island Senior Resources

Early morning forays in the kitchen with stations for the turkey, the dressing, homemade rolls prepared the night before, cranberry sauce ready to be chilled, potatoes to be peeled, apples for Waldorf salad, and more... The house is replete with the fragrances of the wonderful mixture of loved items for our Thanksgiving meal. For too many elders, Thanksgiving may be another day of feeling alone. As we have fanned out across Island County seeking input about the needs of seniors, a stand out issue is isolation. Though we live on a gorgeous island, many older members of our communities may have no family here, and friends may have passed, moved elsewhere, or are isolated themselves. I remember while my mother was at Careage in the mid-2000’s, every Friday morning, we would pack up the whole Thanksgiving or Christmas dinner and head for the Careage conference room to be able to share our meal with our cherished elder. The joy on her face at being with her family, sharing in a meal filled with traditions was worth every bit of effort it took to make it happen. Who do you know that you can reach out to this holiday season? Whether it is a visit during the holiday weekend, sharing a meal with someone who might spend the holiday weekend alone, or dropping off some holiday goodies to someone who no longer cooks those big holiday meals, an opportunity awaits to make a big difference in the quality of someone’s life. Whidbey Island is a generous place to live, and this is the time of year to reach into your generosity and reach out to someone whose holidays will be changed by your caring. Be the essence of the holiday spirit. Have a wonderful Thanksgiving!

Volunteer Drivers Needed

Think about this: You or someone you know (a senior or adult with a disability) needs a ride to a medical appointment. What do you do? Friends and family are not always available, but Island Senior Resources is here for you. This resource so many depend upon depends on volunteer drivers. The number of requests is increasing rapidly, and we need volunteers to be sure we can meet the need. Our volunteers drive seniors and adults with disabilities to medical appointments both on and off the Island (your choice), and occasionally to pharmacies, grocery shopping, and other essential errands. Mileage is reimbursed, and you can choose which drives fit your schedule. We also receive requests for volunteers to do some light home chores or perhaps help in a yard or garden. Service is flexible: it can be once in a while or as often as you would like to help. Whatever you can offer of your time will be greatly appreciated. This is a wonderful way to help those who can no longer drive or take care of essentials, but desire to remain independent in their homes. Please, consider what a difference you can make. There is deep satisfaction in serving your community, and the gratitude of those you help will be rewarding. For more information, please call Pat Weekley, 360-914-3212 or 360-321-1600 x 4. She will be delighted to hear from you.

Island Senior Resources eNews!

Join our email list and receive our new monthly eNews the last Friday of every month. It’s full of updates for the month ahead: sales at Senior Thrift, special events, classes, trips, menus, and links to great articles. Sign up online at www.senior-resources.org.

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
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

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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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.

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Chastity and the ADR staff: Nicole Donovan (South Whidbey office), Cindy Miller (Oak Harbor Senior Center), and Mary Neal (Camano Center), can help identify your needs and point you in the right direction to get support.

A preparedness plan for elders has five aspects: safe and appropriate housing, consistent meals and nutrition, health-care/daily care, mobility, and social connection, and end-of-life planning. These are big conversations take time.

If you are the elder: What is the most important thing you want your family to understand now? Have you fallen in the last year? Do you feel unstable walking around your house? What is a typical day of food? Who do you call if you need help?

If you are the younger: What seems the most important aspect to start with? What are your greatest concerns? What can you realistically offer?

Together, what can you set in place? For example: arranging housekeeping, visiting the Senior Center nearest you to understand the programs and resources available, interviewing potential caregivers or looking over housing options. Each of these things takes time, energy, and follow-through, which the elder may not have the stamina for and the younger may not have time for because of midlife demands.

Doing one thing at a time is better than doing nothing; the gift of the younger is sequencing needed steps; the gift of the elder is context and community. Contact ADR before it’s an emergency! They can help. They can get people connected to Meals on Wheels, drivers to and from medical appointments, and adult day programs. They know who provides in-home support care.

And remember, it’s Thanksgiving. Give thanks. Long life is challenging. Celebrate the blessings.

“Over the river and through the woods, now Grandmother’s cap I spy. Hurrah for the fun, is the pudding done? Hurrah for the pumpkin pie!”

I can help you save time & money. One spot for all your insurance needs saves time. And Allstate’s multi-policy discounts are an easy way to save money. For affordable protection for your home, car, boat and more, call me first.

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.

• Aging Without Family: The 5 stages of self-care seniors should know
• Transition Issues for the Elderly and Their Families: Empowering seniors and families through changes
• Things You Should Never Say to Patients or Caregivers: How to speak supportively
• Seasons of Change: Life after loss or injury

Combine & Save.
I can help you save time & money. One spot for all your insurance needs saves time. And Allstate’s multi-policy discounts are an easy way to save money. For affordable protection for your home, car, boat and more, call me first.

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NOVEMBER HIGHLIGHTS
at Island Senior Resources

Grief and the Holidays
When you are grieving the death of a loved one, the holidays can be a particularly difficult time. Please join us for a 2-hour gathering to gain ideas for navigating the season more comfortably. There will be time to create a keepsake in memory of your loved one.
Free class. Registration requested.
2-4 p.m., Tuesday, Nov. 13 and Monday, Dec. 10 at Oak Harbor Lutheran Church
AND
1:30-3:30 p.m., Wednesday, Nov. 14 and Tuesday, Dec. 11 at Trinity Lutheran Church, Freeland
Facilitated by Allison Krizner. Call to register: 360-321-1372.

12 Days of Whidbey Raffle
Tickets are $5 each, and each ticket enters you in 12 separate drawings for fabulous prize baskets each worth between $250 and $1,000. Drawings will be held for fabulous prize baskets each worth between $250 and $1,000. Drawings will be held December 17, 18, 19, 20, 21, 26, 27, 28, 29, 30, and January 1. For more information, please call 360-321-1372. Raffle Facilitated by Allison Krizner. Call to register: 360-321-1372.

Drive Safe Drive Smart
Take the new AARP smart driver course! Saturday, Nov 17, 9 a.m. – 5 p.m. at Island Senior Resources (Bayview). Refresh your driving skills, learn about the new Washington laws. Learn driving strategies to help you stay safe behind the wheel.
Attending this class will save you money on your car insurance. There are no tests to pass. Lunch hour will be scheduled by the class attendees.
Cost: $15, AARP members; $20, Non-AARP members if not paying in cash, please make your check or money order payable to AARP.
Pre-Registration is required. Please call 360-321-1600 or 360-678-3373.

Chronic Conditions Self-Management Workshop
Free class. Class meets once a week for 2.5 hours. Classes are participatory, where content, support, and success build participants’ confidence in their ability to manage their health and live fulfilling lives. You will learn to manage medications better, make decisions for yourself, communicate more effectively, eat healthfully, add activity to your life, and more. Class meets Thursdays, Nov. 8 – Dec. 20, 1-3 p.m. at Coupeville Library 788 NW Alexander St. Coupeville. REGISTRATION IS REQUIRED. TO REGISTER CALL Debbie Metz at 360-321-1621.

Free music
Come listen to the Fun Band (and dance too) every Friday 10:45 a.m. Enjoy toe-tapping classics played by our own local, very talented, Whidbey musicians.

Don’t miss Not-Your-Grandma’s Bingo Saturday, Nov. 10!
This is an amazing event – it’s a raucous night of fun, laughter, and Bingo that raises money to support the programs Island Senior Resources provides to seniors, adults with disabilities, and those who care for them. Buy tickets online at www.senior-resources.org. Bring your friends!
The event will be Saturday, Nov. 10 at Bayside Hall. Tickets: $5/person, VIP table for 8 for $20.
Food and beverages will be available for purchase.

Volunteers Needed
Bayview Kitchen: Volunteers are needed in the Bayview kitchen especially Tuesdays, but also Monday, Wednesday, and Friday. Hours are flexible: anytime between 11 a.m. and 1:30 p.m. We especially need help loading the dishwasher from 12:30-1:30 p.m. Contact Debbie Metz, 360-321-1621.
Senior Thrift: Volunteers are needed to assist at cash registers and with processing donations. Call Cindi Quigley 360-331-5701.
Medical Transportation drivers: Help transport seniors to and from medical appointments. Mileage is reimbursed. Call Pat Weekly, 360-321-3212.
Time Together Adult Day: Come support seniors and those with developmental disabilities through fun activities, music, games, and stories. Call Mel Watson, 360-321-1623.

Random Acts of Kindness
This season of giving is the perfect time to do something special to improve the quality of life for seniors in our community. Show them your gratitude for all they have done with a small random act of kindness. You could deliver flowers to a family member, friend, or neighbor, share a cup of tea, drop off a loaf of warm homemade bread or a care package of shampoo and toothpaste, or bring them some fresh vegetables from the market. Try it. Your kindness will fill their heart…and that, in turn, fills yours.
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!

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic and Presenter</th>
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<tbody>
<tr>
<td>Nov. 6</td>
<td>Enhancing Wellness</td>
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<td>Moon Dickson, licensed massage therapist for over 25 years, will talk about how movement, breath, and massage can access your inner ‘fountain of youth’: Movement, breath and manual lymphatic drainage stimulate one’s lymphatic system and purifies/detoxes our body, creating balance/homeostasis and a sense of vitality. It keeps our cells alive longer. Come hear some ideas to increase your physical wellbeing.</td>
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<tr>
<td>Nov. 13</td>
<td>Aging Partnership Panel</td>
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<td>A special ‘Ask the Professional’ format about your overall health and well being. Including: Senior Living, Diabetes, Nutrition, Case Management, Physical Therapy, Mental Health, and Elder Law and Real Estate. Featuring Expert Speakers from Skagit Regional Health, Providence Health Services, Ashley Memory Care, Carson Law, Cascade In-Home Care, Remax NW, and Warm Beach Senior Community.</td>
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<tr>
<td>Nov. 20</td>
<td>Grief and Loss</td>
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<td>There are common elements in moving through grief and loss at any age. Are there particular issues that arise for seniors going through this process? Alison Krizer, Bereavement Care at WhidbeyHealth Hospice Care, will talk about bereavement and the many ways it is expressed and some ways to cope.</td>
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<td>Nov. 27</td>
<td>Simple – Yet Elegant Holiday Snacks</td>
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<td>Learn how to make beautiful holiday appetizers and snacks with ease! Come by and see and taste delicious snacks prepared by the Island Senior Resources Nutrition Program.</td>
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**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.

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<td>Nov. 7</td>
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<td>Aging &amp; Disability Resources will be available 11:30 a.m. to 1:30 p.m.</td>
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<td>Nov. 14</td>
<td>Wheelchairs and Walking</td>
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<td>Island Transit Mobility Specialist, Maribeth Crandell will guide you to local wheelchair-and-mobility-device-accessible trails which can be reached by Island Transit bus which can carry two wheelchairs each.</td>
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<td>Nov. 21</td>
<td>A Song of Whidbey Island</td>
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<td>Rick Castellano, Executive Director Island County Museum and Vern Olson, Musician Extraordinaire, return with a melodric rendition of our island history.</td>
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<td>Nov. 28</td>
<td>Living Trust or Not</td>
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<td>Local Attorney and Coupeville High School graduate, Molly McPherson will compare estate planning options such as wills and Living Trust describing the advantages of each. Questions welcome!</td>
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**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.

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**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.
Free Classes: Medicare 2019

Come learn about the changes in Medicare and Medicare-related plans for 2019 including supplemental plans, Medicare Advantage plans and the Part D drug plans available for Whidbey Island residents.

We will prepare you to choose the best option for you for 2019. Rates and related costs will be discussed, and questions answered. This seminar will be present by SHIBA (Statewide Health Insurance Benefits Advisers) volunteers who work with the Insurance Commissioner’s Office.

For help finding a drug plan for 2019, bring a detailed list of your medications.

ISLAND SENIOR RESOURCES (BAYVIEW): 14594 SR 525, Langley, WA 98260
Saturday, Nov. 3 • 9:30 a.m.
Wednesday, Nov. 7 • 10 a.m. (for PEBB plans)
Thursday, Nov. 15 • 10 a.m.

OAK HARBOR SENIOR CENTER: 51 SE Jerome St, Oak Harbor, WA 98277
Saturday, Nov. 3 • 9:30 a.m.  Tuesday, Nov. 20 • 1 p.m.
Friday, Nov. 9 • 11 a.m.  (Ticare for Life only)
(Ticare for Life only)
Tuesday, Nov. 13 • 10 a.m.

COUPEVILLE LIBRARY: 788 NW Alexander St, Coupeville, WA 98239
Saturday, Nov. 10 • 10 a.m.

SOUTH END
Alzheimer’s & Dementia Caregivers Support Group
2nd Tuesday of the Month
10 AM – 12 noon
Alder Room, Island Senior Resources
14594 SR 525, Langley, WA
Contact: Mel Watson, 360-321-1623

Parkinson’s Support Group
1st Tuesday of the month, 10 – 11:30 AM
Trinity Lutheran Church, 18341 WA-525, Freeland Ave (at Woodard)
In the older building, in Grigware Hall
Contact: Mel Watson, 360-321-1623

NORTH END
Alzheimer’s Cafe
3rd Thursday of the month, 3 – 4 PM
Zorba’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, 2 – 3 PM
Oak Harbor Senior Center, 51 SE Jerome St, Oak Harbor, WA 98277
Contact: Heidi Kuzina, 360-679-1400 or Karen Cowgill, 360-279-2555

Oak Harbor Caregiver Support Group 2
2nd Thursday of the month, 2 – 3:30 PM
Oak Harbor Senior Center, 51 SE Jerome St, Oak Harbor, WA 98277
Contact: Sande Mulkey, 360-675-5347

Oak Harbor Caregiver Support Group 2
4th Wednesday of the month, 2 – 3:30 PM
Oak Harbor Senior Center, 51 SE Jerome St, Oak Harbor, WA 98277
Contact: Sande Mulkey, 360-675-5347

Parkinson’s Support Group
1st Friday of the month, 1 – 3 PM
Oak Harbor Senior Center (Modular Building), 51 SE Jerome St, Oak Harbor, WA
Contact: Eula Palmer 360-675-9894

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

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Serving North Whidbey Island & Anacortes
ResCare HomeCare, Oak Harbor
360-240-0044

Serving South Whidbey Island
ResCare HomeCare, Freeland
360-331-7441

Paul and Heidi Kuzina, Owners

THE LOCAL PAGES
THE BEST PHONE BOOK IN TOWN™
OAK HARBOR SENIOR CENTER ACTIVITIES 360-279-4580

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<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tbody>
<tr>
<td>9.30 Quilting</td>
<td>9.30 Enhance Fitness</td>
<td>9.30 Billiards</td>
<td>9.30 Yoga</td>
<td>9.30 Quilting</td>
<td>Ping Pong</td>
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<td>11:30 LUNCH</td>
<td>11:30 Duplicate Bridge</td>
<td>11:30 LUNCH</td>
<td>11:30 Creative Writing</td>
<td>9.30 Billiards</td>
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<td>12:30 Mahjong</td>
<td>12:30 Party Bridge</td>
<td>12:30 Cribbage</td>
<td>12:30 Reiki Treatments</td>
<td>9.30 Tai Chi</td>
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<td>12:30 Ping Pong</td>
<td>12:30 Ping Pong</td>
<td>12:30 Caregiver Support</td>
<td>12:30 Line Dance</td>
<td>12:30 Pinocle</td>
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<td>12:30 Art with Ivy</td>
<td>12:30 Art with Ivy</td>
<td>12:30 Caregiver Support</td>
<td>12:30 Line Dance</td>
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<td>12:30 Clogging</td>
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ISLAND SENIOR RESOURCES (BAYVIEW) ACTIVITIES 360-321-1600 or 360-678-3373

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tbody>
<tr>
<td>10 Time Together*</td>
<td>10 Lunch Served</td>
<td>9 Beginning</td>
<td>8:30 Men's Bridge</td>
<td>9 –4:30 SHIBA (Statewide Health Insurance Benefits Advisors)</td>
<td>11 Israeli Dance Class</td>
</tr>
<tr>
<td>11:45</td>
<td>10:30 Lunch Served</td>
<td>10 Line Dancing</td>
<td>9 Senior Striders</td>
<td>by appointment</td>
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<tr>
<td>12:15 Reader's Theater Rehearsal</td>
<td>10:30 Time Together*</td>
<td>10 Line Dancing</td>
<td>1 AARP Tax Prep appts recommended call (360) 678-3000</td>
<td>10 Time Together*</td>
<td></td>
</tr>
<tr>
<td>1 Mahjong</td>
<td>10:30 Time Together*</td>
<td>10 Line Dancing</td>
<td>6 Twilight Bridge</td>
<td>10:45 Fun Band Dancing</td>
<td>10:45 Lunch Served</td>
</tr>
<tr>
<td>3 Afternoon Tai Chi</td>
<td>10:30 Time Together*</td>
<td>10 Line Dancing</td>
<td>6 Twilight Bridge</td>
<td>10:45 Lunch Served</td>
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<tr>
<td>10:30</td>
<td>11:45 Lunch Served</td>
<td>10 Time Together*</td>
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<td>12:30</td>
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<tr>
<td>2:30 Parkinson's Singers*</td>
<td>11:45 Lunch Served</td>
<td>11:45 Lunch Served</td>
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<tr>
<td>10 Parkinson's Support Group**</td>
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<tr>
<td>10 Alzheimer's Support Group</td>
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</tbody>
</table>

*Activities are held at St. Augustine’s-in-the-Woods, Freeland  | **Activities are held at Trinity Lutheran Church, Freeland

DATEs AND TIMES OF ALL SCHEDULED EVENTS ARE SUBJECT TO CHANGE. IT’S ALWAYS ADVISABLE TO CALL TO CONFIRM.
located casino!

Catch up with friends over a no-host lunch at Restaurant A before we drive over to Restaurant B to shop at their favorite stores. Enjoy a snack at Restaurant C before we head to Restaurant D for dinner. We will toast the end of the day with a cup of coffee and cookies at Restaurant E.

Next, we will head to Restaurant F for a night of fun and entertainment. Enjoy a costume party, live music, or karaoke at Restaurant G. We will dance the night away at Restaurant H before heading back to our hotels in the morning.

Bring your camera and phone to capture all the fun memories! This is sure to be a trip of a lifetime!
EXPLORE TUSCANY  
September 19 – 27, 2019  
SPECIAL TRAVEL PRESENTATION:  
THURSDAY, JANUARY 24, 2019  
Double: $3,849 • Single: $3,649  
Includes ground and air transportation,  
lodging, and 10 meals  
Experience the energy at the geothermal  
fields of Geysir and Strokkur; learn about  
the volcanic nature of the island of Ice-  
lónd, search for nature’s dazzling display  
on a northern lights cruise, see Jökulsár-  
lon glacial lagoon, and savor gourmet  
Icelandic cuisine!

ICELAND’S MAGICAL  
NORTHERN LIGHTS  
November 1 - 7, 2019  
Double: $3,849 • Single: $4,349  
Includes ground and air transportation,  
lodging, and 10 meals  
Explore the beautiful land of Tuscany  
during this 9-day tour featuring Monte-  
catini Terme, Florence, winery and cheese  
farm tours, and a cooking class!

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

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

2018

SWINOMISH  
TULALIP RESORT  
November 13  
December 11

2019

QUIL CEDA CREEK  
ANGEL OF THE WINDS  
SWINOMISH  
TULALIP RESORT  
SKagit VALLEY  
QUIL CEDA CREEK  
ANGEL OF THE WINDS  
TULALIP RESORT  
SNOQUALMIE  
SWINOMISH  
QUIL CEDA CREEK  
TULALIP RESORT

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

Community Meals offer older adults social opportunities while enjoying a deli- 
cious, 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.

MENU - NOVEMBER

*5 Suggested donation for meals

WEEK 1

Thurs 1 Chef's Choice  
Fri 2 Chicken Divan

WEEK 2

Mon 5 Chicken Strips & Oven Fries  
Tues 6 Terrific Taco Soup  
Wed 7 Fish Alyeska w/Creamy Sauce  
Thurs 8 Chef's Choice  
Fri 9 Meaty Lasagna

WEEK 3

Mon 12 Teriyaki Chicken & Rice  
Tue 13 Tuna Salad on Croissant & Soup  
Wed 14 Thanksgiving Meal- Turkey & Fixings!  
Thur 15 Chef's Choice  
Fri 16 Chicken Fettuccini Alfredo

WEEK 4

Mon 19 Pork Chops & Apple Chutney  
Tues 20 Soup of the Day & Half Reuben  
Wed 21 Beef Stew  
Thur 22 Holiday- Meal Sites Closed  
Fri 23 Holiday- Meal Sites Closed

WEEK 5

Mon 26 Chicken Cordon Blue  
Tues 27 Egg Salad Sandwich & Salad  
Wed 28 Hot Roast Beef Sandwich  
Thurs 29 Chef's Choice  
Fri 30 Ham and Potato Casserole

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The Month of November featuring many Special Days

**November 1, we celebrate All Saint’s Day.** It is a day that recognizes all the Saints of Christianity. There are over 10,000. Also November 1, it is Men Make Dinner Day. It is always the 1st Thursday of the month. It was created for two reasons – first to give the ladies a break from cooking chores and secondly, it seeks to encourage men who do not cook, to learn to cook. Even men who do cook should celebrate this day by making a meal. Now the Golden Rule: Women cannot assist in the meal. No take out or prepared foods. No grilling, if you have never cooked before, make it simple. Also make sure you include desert with the meal. And most of all, clean up the pots, pans and mixing bowls.

**November 2, we celebrate National Deviled Egg Day.** All you devils must go forth and consume deviled eggs on this very special day. The first Saturday in November or November 2 (this year) is Book Lover’s Day. This day encourages you to find a comfy place to relax with a good book. Book reading is a great hobby, as it is educational, informative and relaxing.

**November 4, you can celebrate King Tut Day.** That was the date his tomb was discovered. Over 3,000 years ago, Tutankhamun became King of Egypt at the age of 9. He died at the age of 19. The tomb of Egypt’s “Child King” was discovered November 4, 1922. The tomb was discovered nearly intact in Egypt’s “Valley of the Kings.” There is speculation King Tut died of sickle cell disease. Tut is one of the best preserved mummies because he was so undisturbed.

Have you ever been Marioned Without a Compass? Guess what, there is just such a day and it occurs November 6. Which direction will you take today? How is your sense of direction? Do you often find yourself going around in circles? Do you know where you are? If any of these questions describe your current state of being, then you are in tune to this special day. We can use our orienteering skills such as checking the tree moss – which grows on the shaded, north side of the tree trunk – or we can look at it in another way, being marooned without a compass could be a good thing with our busy life we seldom have time to relax. We can just kick back and enjoy being marooned – tomorrow we can head east as the sun rises.

Chaos Never Dies Day recognizes the turmoil in modern, everyday life. Are things a little crazy at home or work? Is life a little on the wild side? Are things a little hectic and disorderly? Thought so. Just when things seem to calm down, along comes something to disrupt your life. Yes, disorder is everywhere. Hectic schedules, changes to plans, unexpected tasks and chores – the list goes on and on and on. Today, November 9, is designed for you. You can best celebrate this by recognizing that chaos never dies; rather it is a way of life. On the bright side, if you think your life is chaotic today, wait until the holiday season arrives. We hope you have a calm and serene Chaos Never Dies Day! November 10, we celebrate the birthday of the United States Marine Corps. The Continental Congress of the newly created United States of America, authorized the creation of the Continental Marines November 10, 1775. It was later renamed the U.S. Marine Corps. The Marines have proudly participated in every war that has involved the United States. Please thank them for their contribution to the protection of our country.

November 11, we celebrate Veterans Day and Honor ALL. Members of the Armed Forces who served this country valiantly and in a very big way. They served and fought to protect us to keep our country safe and to preserve our way of life. Many of the veterans made the ultimate sacrifice. This holiday was originally called Armistice Day and was first celebrated on November 11, 1919 by the U.S., France and England each buried an unknown soldier in honor of those who died in World War I which began the Armistice Day holiday. The time and day were picked because the fighting ceased in WWI November 11, 1918 at 11:11. Every year on this date and time, work stops for a moment of silence.

You have seen the book CHICKEN SOUP FOR THE SOUL. Well there is a day, November 12, to celebrate who you are, where you have been, where you are going and who you will be thankful to when you get there. Chicken soup has long been seen as a remedy for colds, flu and just about anything that ails you – it has to be Mom’s homemade chicken soup. Have a Happy Day.

How many of you remember Al Capp’s L’il Abner Cartoons in the 1930s? It published for 40 years. In the cartoon series, he created Sadie Hawkins Day. On this day, it is said the Mayor of Dogpatch was desperate to marry off his ugly daughter so he held a race for all single men, and they were given a head start. Then the single women, including his daughter, chased the boys. If a girl caught her man, he had to marry her. This holiday

Want to learn 3 simple steps to quick and natural healing?

**BACK PAIN & SCIATICA WORKSHOP**
Saturday, November 17, 11AM
Rue & Primavera
785 Bayshore Drive, Ste 102
Oak Harbor
This is a FREE informational workshop
Call 360-279-8323 to register

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- Memory Care

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Oak Harbor Senior Center, 360-279-4580
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Next up is World Kindness Day. The “Declaration of Kindness” culminated November 13, 1977 – with this declaration, a new and very special day was born. It is an opportunity to be kind to family, friends, neighbors, and others. You will find kindness rubs off on others, and generates even more kindness.

What is a “normal” sugar level? This question is brought up as we celebrate World Diabetes Day November 14. Diabetes has two forms: Type 1 Diabetes. The second is Adult Onset (Type 2) Diabetes. Diabetes is a growing problem in children and adults. It is seen as a looming crisis in America, due to our diets and sedentary lifestyle. In the case of Type 2, it usually can be avoided or delayed with diet and exercise. This day was created to encourage people to make lifestyle changes, seek a cure, fund raising for treatment and cures, and to provide education for treatment and management.

November 16

We have World Peace Day November 17 and World Hello Day November 21. Both days were created to promote World Peace. Greed 10 people for peace by saying “hello.” These days are encouraging one to promote peace and avoid war. World Hello Day was created during the 1973 conflict between Egypt and Israel. The creators of this day, Brian and Michael McCormack, believe your efforts can help promote global peace and they believe it starts with communications – thus the greeting of 10 people.

When things get chaotic and a little stressful, go for a ride November 22. This is a great way to relieve stress. Tucked between two monster sized holidays of Halloween and Christmas is Thanksgiving. It receives less attention, but it is a very important day for the American family. It is a time to kick back and relax, watch a football game and enjoy a huge feast. It is also a time to give Thanks.

Thanksgiving was celebrated between the Pilgrims and Indians in 1621. The first feast was a 3-day affair that celebrated the Fall Harvest. The huge feast included a wide variety of animals and fowl, as well as fruits and vegetables from the full harvest. In 1944, Congress made it a National Holiday and set the date to be the fourth Thursday in November. We will end this month on Pins and Needles Day which is celebrated November 27. The real purpose of Pins and Needles is to commemorate the opening of the Pro-Labor play “Pins and Needles” on Broadway this day in 1937. Today most people look up this day as a nervous and anxious day. It’s a day of eager anticipation as we await an event or for something to happen. One could argue kids are on pins and needles from now until Christmas, as they nervously wonder if they have been good enough to receive a visit from Santa in a few weeks. When one looks back to the origin of this special day – it goes back to the labor movement in the 1920s. The play opened in 1937 and ran for 1,108 performances, which was the highest grossing of any play on Broadway at the time. The play was so popular that it inspired a musical and several films. Today, it is a reminder of the importance of labor and the rights of workers. It is a day to celebrate the achievements of those who fought for worker’s rights and to remember the sacrifices they made.

We are pleased to announce The Oak Harbor Senior Center has been selected as one of 10 local non-profit organizations recognized by Puget Sound Energy to support this year. Their financial assistance will help us bring greater visibility to our work in the community, as we further our organization’s mission.

And for a limited time, PSE has provided you an opportunity to play a vital role in helping fund our efforts, while also supporting the development of new renewable energy in the region. Here’s how it works:

Sign up for one or both of PSE’s renewable energy programs (Green Power and/or Solar Choice); they will donate money to this organization on your behalf. For instance, you can choose to make your home carbon neutral by matching 100% of your electricity usage (an average $10 more per month), or match a portion of your electricity for as little as $4 per month. Just go to pse.com/enroll, use the code OHS and PSE will donate $10 to our organization. All you need to be is a PSE electric customer. This partnership with PSE provides you the ability to join the combined efforts of your community to create sustainable change that paves the way for positive impacts today and for future generations.

We need your talents! Volunteer at OHSC

If you have a talent you would like to share by volunteering or leading a program at Oak Harbor Senior Center please contact Carly Waymire, 360-279-4583, cwaymire@oakharbor.org

Whimsy Owl

Come Play Pickleball – Beginners Welcome!

Every Wednesday at 4 PM and Saturday at 10 AM at the Oak Harbor Senior Center plays Pickleball at the Oak Harbor Christian School (675 E Whidbey Ave). Anyone 50 and older is encouraged to join in the fun! Beginners are welcome, and all equipment is provided. Come try a few classes for free to see if pickleball is a sport for you! If you have any questions please contact Carly Waymire, Program Coordinator at 360-279-4583.

Pickleball Cost

OHSC Member Non-member
Drop In: $3 $5
Month: $20 $25
Quarter: $50 $60

Basket Weaving Class

Expert basket weaver, Jane Hyde will guide you through making your very own medium, heirloom basket in this one-day class. Join her for this beginner class Thursday, November 15 from 9 a.m. – 3 p.m. You will receive all the supplies, tools, and instructions to weave your own basket which is yours to keep at the end of the day! The cost of the class is $65 for OHSC members and $75 for non-members. To sign up stop by the center or call us at 360-279-4580. Class space is limited so sign up today!
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SUNDAYS

SENIOR

required and if you would like help finding a drug plan for 2019 please bring a Evidence of Coverage document from your Medicare provider. The SHIBA advisers will be holding some special seminars focused on the open enrollment period. They will teach you about the changes in Medicare for 2019, cover basic benefits, and help you decide which is the best option for you and your 2019 medical needs. These seminars are open to the public and are a free service provided by SHIBA. Join us at one of the following dates and times:

• Saturday, Nov. 3 | 9:30 a.m.
• Friday, Nov. 9 | 11 a.m. (Tricare for Life)
• Tuesday, Nov. 13 | 10 a.m.
• Tuesday, Nov. 20 | 1 p.m.
• Wednesday, Nov. 28 | 9:30 a.m.
• Tuesday, Dec. 4 | 2 p.m.
• Thursday, Dec. 6 | 10 a.m.

For these seminars no registration is required and if you would like help finding a drug plan for 2019 please bring a detailed list of your medications.

The National Council on Aging noted that many Medicare providers are going paperless. New policies do not require hard copies of some documents to be mailed directly to you. Instead, they will provide the documentation such as Evidence of Coverage and plan materials on their websites. Plans are required however to mail you a notice called the Notification of Electronic Materials to all enrollees telling them how to obtain hard copies of the plan materials and how to access them online. If you would like a hard copy of any of the material it is suggested to contact your plan and they can mail you a copy. Another suggestion to keep organized and easily access your Medicare notices you can access by creating a visit to Medicare. gov. After creating an account you will receive all notices via email.

As all this information can become overwhelming and seem foreign just remember there are people out there who are willing to help! We encourage you to try a Medicare Seminar presented by SHIBA or make an appointment to meet with an adviser to help guide you through Medicare Open Enrollment.

Oak Harbor Senior Center

HOLIDAY HAPPENINGS:

HOLIDAY BAZAAR
Saturday, December 8 • 9 a.m. – 2 p.m.

Come shop at the Holiday Bazaar at the Oak Harbor Senior Center! There will be multiple vendors including handmade items, jewelry, national vendors, clothing, gifts, baked goods and so much more.

HOLIDAY LUNCH
Tuesday, December 11 • 11:30 a.m.

Members: $10 Non-Members: $15

Tickets can be pre-purchased at the Center or by calling 360-279-4583. Join us for a traditional Holiday Lunch featuring turkey dinner and all the fixings. This will be a fun-filled afternoon with delicious food, holiday cheer, and joyful spirits!

HOLIDAY CONCERTS
Friday, December 14 • 10:30 a.m.

The Oak Harbor High School Jazz Band will be putting on a free concert open to the community at the Senior Center Friday, December 14. Come listen as they play classic holiday songs and fill the room with joy!

HOLIDAY BAZAAR:
Saturday, December 8 • 9 a.m. – 2 p.m.

Come shop at the Holiday Bazaar at the Oak Harbor Senior Center! There will be multiple vendors including handmade items, jewelry, national vendors, clothing, gifts, baked goods and so much more.

HOLIDAY HAPPENINGS:

Sunday, December 9 • 1 p.m.

Join us for a traditional Holiday Lunch featuring turkey dinner and all the fixings. This will be a fun-filled afternoon with delicious food, holiday cheer, and joyful spirits!

HOLIDAY CONCERTS
Friday, December 14 • 10:30 a.m.

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RAIDERS MARCHING BAND:
Saturday, December 15 • 12:30 p.m.

The Oak Harbor Raider marching band will be putting on a show at the Chatter Creek Shopping Center on Saturday, December 15. Come enjoy thesee the proud Raider band perform!

OAK HARBOR HIGH SCHOOL JAZZ CONCERT
Friday, December 14 • 10:30 a.m.

The Oak Harbor High School Jazz Band will be putting on a free concert open to the community at the Senior Center Friday, December 14. Come listen as they play classic holiday songs and fill the room with joy!

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Tuesday, December 11 • 11:30 a.m.

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