Carpe Diem—Seizing Adventure While Aging

By Christina Baldwin
Board Member, Island Senior Resources

I’m walking in a narrow riverbed, wearing special boots and feeling my way carefully over rocks hidden under murky water, using a hiking stick to probe and balance. Above me, cliffs soar 1,500 feet revealing a slit of morning sky. I place my hand along the sandstone walls of the slot canyon, touching what was seabed 61 million years ago, touching what water can do to rock. Thinking, “seventy-two isn’t all that old, in this context!”

This is a hike called the Zion Narrows, where the Virgin River flows through the national park in southern Utah. It is a spectacular end-of-summer adventure, and I’ve been training for it on Whidbey trails for months: increasing distance, hours, and weight in my backpack. I am here with a group of six “yelders” aged 62-72. Though confident of our capacity to walk the river for 8-10 hours this day, our background realities include partial knee replacement, full knee replacement, spinal arthritis, CML (Chronic Myeloid Leukemia), and skiing accidents. Actually, these are pretty typical physical realities in our age group. Put in this context, seventy-two seems older.

CARPE DIEM continued on page 12

Hot August Nights Success

By Carly Waymire
Program Coordinator, Oak Harbor Senior Center

We would like to extend a huge thank you to everyone who came out to our annual Hot August Night event. Also, we would like to thank the band, Quarter Past 8, for providing us with great music. Thanks to all the generous donations and support, we raised over $5,000 that night! With these funds, we can now continue to update and enhance the Senior Center. Our next step, after we finish replacing the furniture, will be to buy a commercial refrigerator and update the bathrooms. The Senior Center wouldn’t be possible without support from individuals like you, thank you!

QUESTION OF THE MONTH: WHAT IS CURRENTLY #1 ON YOUR BUCKET LIST?

Linda Considine, 75
Oak Harbor
“Zipline”

Butch Linden, 72
Freeland
“To see my next grandson born...”

Jim Vickers, 87
Coupeville
“Skydive”

Peter Lawlor, 97
Clinton
“To sail to Honolulu, Hawaii and see my girl friend.”

Gladys Jameson, 79
Oak Harbor
“To be healthy and happy!”

“Twenty years from now you will be more disappointed by the things you didn’t do than by the ones you did do.” — Mark Twain

Look for Island Times the LAST Thursday of each month

OCT. 2018

Vol 2 No 6

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
Welcome to October and the Great Pumpkin Charlie Brown

By Barry Wenaas
Program Assistant, Oak Harbor Senior Center

In the month of October, we can spend the first week getting organized and promote customer service, and the second week is Fire Prevention and Pet Peeve week. October is also Domestic Violence Awareness Month, Breast Cancer Awareness Month and Adopt A Shelter Dog Month. We will be very busy this month getting the homes and gardens winterized.

October 1 is considered International Day for the Elderly and dedicated to honor, respect and care for the world’s elderly. Remember, someday you hope to be included among that group! The United Nations General Assembly designated October 1, 1990 as the International Day for the Elderly, also known as the “International Day for Older Persons.” According to the United Nations, one out of every 10 persons is now 60 years or older. By the year 2050, one in five will be 60 years or older, and by 2150, it will be one in three persons.

Also, October 1 is National Home-Made Cookie Day. Bake any kind of cookie; the more cookies you make, the better.

Name Your Car Day
October 2

Does your car have a name? October 2 is name your car day. People name their boats and think nothing of it, so why not name your car? Every car has character and personality. We care for our cars and spend a lot of time in our cars, so it is fitting it gets its own name. You need to give your car name proper reflection of its character. Don’t give wimpy names, which might give your car a personality complex and it will perform accordingly.

October 4, we celebrate National Frappé Day. Now the definition of frappé is it is an iced or slushy drink. The most popular frappé today is coffee served at coffee shops and cafes.

The first Friday in October we celebrate World Smile Day. It offers us an opportunity to do an act of kindness. The U.S. Congress made a proclamation for this day. Harvey Bell, a commercial artist from Worchester, Mass. created the smiley face in 1963. The State Mutual Life Assurance Co. hired Harvey as a freelance artist to create a smiley face for use as improving company morale. In the 1970s, it’s popularity exploded. Harvey felt one day a year should be dedicated to smiling and doing acts of kindness. Our world would be a better place if we had more smiley days.

Would you like a day to be silly and celebrate silliness? Well this is Mad Hatter Day and it is celebrated October 6. Despite being a silly day, the selected date was quite logical. The Mad Hatter wears a top hat and on the front of the hat is a slip of paper with “10/6” written on it. It is believed to be an order to make the hat and it costs then shillings sixpence. Mad Hatter Day was the brainstorm of a group of computer people in Boulder, Colorado and dates back to 1986.

The second Monday in October we celebrate Columbus Day – Discover’s Day. For decades, American history books and school teachings told us Christopher Columbus discovered America. Those books did not give credit to the fact Native Americans were already here. Native Americans truly discovered America. It also gave little mention of Nordic explorers who traveled down the Eastern Passage.

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coast of Canada hundreds of years before Columbus arrived. Christopher Columbus did not land on the U.S. mainland. He landed on an island in the Caribbean. He set out to prove the myth the World was flat – NOT.

Bald and Free Day honors those who have a beautiful shiny top. You don’t have to be bald to celebrate, but it helps. Today is a day to cherish and appreciate the freedom that comes with being bald – no haircuts, spending dollars on shampoo, hair spray, combs and such. Bald guys are happier – they never have a bad hair day.

Emergency Nurses Day recognizes an important caregiver. Their day is celebrated the second Wednesday in October. ER nurses see it all and often it isn’t good, yet they return to work knowing they make a difference. I had the privilege of being an Emergency Room Nurse over 30 years.

October 10 is the time to celebrate National Angel Food Cake Day. It is a great day to bake with your little or big angels and watch the smiles on their faces when you hand them the mixing spoon to lick off the batter! An angel food cake is a sponge cake which is typically served with fresh fruit and whipped cream.

October 15, we celebrate White Cane Safety Day. This day recognizes the achievements and independence visually impaired. The 4th Tuesday of every month at 2 p.m., the Visually Impaired Group meets at the Oak Harbor Senior Center. If you know of someone who is blind or visually impaired, please let them know about the group. October 15, 1964, a joint resolution of Congress passed legislation marking this day. President Lyndon Johnson immediately passed legislation marking this day. President Lyndon Johnson immediately issued a proclamation declaring this day “White Cane Safety Day.” The white cane became a valuable tool for the blind. It affords them freedom of movement. It is a very special day not intended for us who can see.

October 19, one can take the day to Evaluate Your Life Day. We may not want to do this in case we don’t like what we find. Well, you can make positive changes – pause and reflect upon your life, where it’s been and where you are going. Try and see what happens, it may surprise you in a good way.

In 1922, Herbert Birch Kingston, a Cleveland, Ohio philanthropist and candy company employee, started Sweetest Day. He wanted to bring happiness to orphans, shut-ins and the underprivileged. He started this holiday by giving candy and small gifts to those in need. The 3rd Saturday in October is considered the Sweetest Day.

Did you know Americans consume about 20 pounds of pasta per person a year? Hopefully you will thoroughly enjoy your bowl of Spaghetti on National Pasta Day (October 17). You can choose your favorite shape – there are over 600 of them and then add your favorite sauce, such as alfredo, clam, marinara, and cheese. Pasta has a long history, most thinking of Italy and Italian cuisine, but it did not originate there. Europeans were shown cooking pasta before Marco Polo. Also, Arab cultures were selling dried spaghetti-like noodles in an open market in the early 1200s. The Chinese were the first to make pasta, cooking pasta noodles as far back as 5000 BC.

October 20, 1876, is National Angel Food Cake Day. It is a great day to bake with your little or big angels and watch the smiles on their faces when you hand them the mixing spoon to lick off the batter! An angel food cake is a sponge cake which is typically served with fresh fruit and whipped cream.

October 27 was commonly chosen as it was the birthdate of President Theodore Roosevelt, an avid supporter of the U.S. Navy. However, research determined the birthday of the U.S. Continental Navy was October 13, 1775. Are you aware there is a Frankensteiner Friday? It takes place the last Friday of October. He is one of the best-known horror characters dating back to the 1800s. He was born in 1818 when Mary Wollstonecraft-Shelly wrote the story of “Frankensteiner.”

W.I.G.S. (Whidbey Island Genealogical Searchers) Tuesday, October 9, 1-3 p.m., 2720 Heller Road, Fire Station #25 Sarah Steen, presentation coordinator will be the speaker.
All are welcome to attend. For more information contact Bobby O’Neal at (360)692-5391 or whidbeyisngeneachers@gmail.com.

BASKET WEAVING CLASS
Expert basket weaver, Jane Hyde will guide you through making your very own medium, hearth basket in this one-day class. Join her for this beginner class Thursday, November 15 from 9 AM – 3 PM. 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 WHSC 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!

Happy Birthday Navy, October 13 or 27 the date was selected, but we found October 27 was commonly chosen as it was the birthdate of President Theodore Roosevelt, an avid supporter of the U.S. Navy. However, research determined the birthday of the U.S. Continental Navy was October 13, 1775.

Long story short, today is the 4th Saturday in October and is the 3rd Saturday in October. The 3rd Saturday in October is considered National Angel Food Cake Day. The white cane became a valuable tool for the blind. It affords them freedom of movement. They never have a bad hair day.

All are welcome to attend. For more information contact Bobby O’Neal at (360)692-5391 or whidbeyisngeneachers@gmail.com.
Want to learn 3 simple steps to quick and natural healing?

BACK PAIN & SCIATICA WORKSHOP
Saturday, October 20, 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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AARP SAFE DRIVER COURSE
Wednesday, October 17
8:30 AM – 4:30 PM
Sign up by calling Oak Harbor Senior Center, 360-279-4580
COST:
515 AARP Member • $20 Non-AARP Member
(Paid directly to the instructor at time of class)

Now Offering Mahjong
We are starting a Mahjong group Thursdays at 11 AM at the Senior Center. Anyone is welcome to play regardless of skill level! If you have a Mahjong set you are willing to let the group use please bring it. If you have any questions please contact Carly Waymire, Program Coordinator at 360-279-4583.

National Senior Center Month
Thank you to our Sponsors
We would like to thank our sponsors, Oak Harbor Physical Therapy, Puget Sound Energy, Whidbey Memorial, and Hearing Health Services for providing OHSC Members lunches in September. We appreciate all the support from local businesses!

SHARE 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

WE ROCKED THIS ROCK!
We are starting a Mahjong group Thursdays at 11 AM at the Senior Center. Anyone is welcome to play regardless of skill level! If you have a Mahjong set you are willing to let the group use please bring it. If you have any questions please contact Carly Waymire, Program Coordinator at 360-279-4583.

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• Respite care - much-needed relief for the primary caregiver

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ResCare HomeCare, Freeland
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Serving North Whidbey Island & Anacortes
ResCare HomeCare, Oak Harbor
360-240-0044
## OAK HARBOR SENIOR CENTER ACTIVITIES 360-279-4580

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>9 Quilting</td>
<td>9 Billiards</td>
<td>9 Billiards</td>
<td>Yoga</td>
<td>8:30 Yoga</td>
<td>9 Quilting</td>
</tr>
<tr>
<td>9 Billiards</td>
<td>9 Lapidary</td>
<td>9 Lapidary</td>
<td>9:30 Enhance Fitness</td>
<td>9 Billiards</td>
<td>Billiards</td>
</tr>
<tr>
<td>11:30 Enhance Fitness</td>
<td>11:30:30 Enhance Fitness</td>
<td>11:30 LUNCH</td>
<td>12:30 Party Bridge</td>
<td>9:30 Enhance Fitness</td>
<td>10 Walking Club</td>
</tr>
<tr>
<td>13:00 Chess</td>
<td>12:30 Ping Pong</td>
<td>12:30 Ping Pong</td>
<td>12:30 Cribbage</td>
<td>10 Creative Writing</td>
<td>11 Mahjong</td>
</tr>
<tr>
<td>12:00 Line Dance</td>
<td>2 Caregiver Support</td>
<td>2 Caregiver Support</td>
<td>1 Reiki Treatments</td>
<td>11:30 LUNCH</td>
<td>12:30 Line Dance</td>
</tr>
<tr>
<td>1:00 Knitting &amp; Crochet</td>
<td>4 Pickle Ball</td>
<td>4 Pickle Ball</td>
<td>1 History Class</td>
<td>12:30 Ping Pong</td>
<td>1 Parkinson Support Group (1st Friday)</td>
</tr>
<tr>
<td>1:15 Vision Impaired Group</td>
<td>(4th Tues)</td>
<td>(4th Wednesday)</td>
<td>2 Caregiver Support</td>
<td>11:30 Lunch Served</td>
<td>6:30 Old Time Fiddlers</td>
</tr>
<tr>
<td>2:30 S.A.L.L.</td>
<td></td>
<td>2:30 S.A.L.L.</td>
<td>2:30 S.A.L.L.</td>
<td>1 Twilight Bridge</td>
<td>7 Country Dance</td>
</tr>
<tr>
<td>6:30 Bingo</td>
<td>6:30 Bingo</td>
<td>6:30 Old Time Fiddlers</td>
<td>6:30 Old Time Fiddlers</td>
<td>11:45 Birthday cake and Party (all are welcome)</td>
<td>11:45 Birthday cake and Party (all are welcome)</td>
</tr>
</tbody>
</table>

**SHIBA – By appointment**

### 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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</thead>
<tbody>
<tr>
<td>10 Time Together*</td>
<td>10 Time Together*</td>
<td>10 Time Together*</td>
<td>10 Time Together*</td>
<td>9 – 4:30 SHIBA (Statewide Health Insurance Benefits Advisors) by appointment</td>
<td>11 Israeli Dance Class</td>
</tr>
<tr>
<td>11:45 Lunch Served</td>
<td>11:45 Lunch Served</td>
<td>11:45 Lunch Served</td>
<td>11:45 Lunch Served</td>
<td>10 Time Together*</td>
<td><strong>Activities are held at Trinity Lutheran Church, Freeland</strong></td>
</tr>
<tr>
<td>12:15 Reader's Theater Rehearsal</td>
<td>12:15 Reader's Theater Rehearsal</td>
<td>12:15 Reader's Theater Rehearsal</td>
<td>10:15 Ukelele with Tali</td>
<td>10:15 Ukelele with Tali</td>
<td><strong>Activities are held at Trinity Lutheran Church, Freeland</strong></td>
</tr>
<tr>
<td>1 Mahjong</td>
<td>1 Mahjong</td>
<td>1 Mahjong</td>
<td>1 Mahjong</td>
<td>1 Mahjong</td>
<td><strong>Activities are held at Trinity Lutheran Church, Freeland</strong></td>
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<tr>
<td>3 Afternoon Tai Chi</td>
<td>3 Afternoon Tai Chi</td>
<td>3 Afternoon Tai Chi</td>
<td>October 2</td>
<td>October 2</td>
<td><strong>Activities are held at Trinity Lutheran Church, Freeland</strong></td>
</tr>
</tbody>
</table>

**October 2**

- 10 Parkinson's Support Group**
- 10 Parkinson’s Support Group**
- October 9

**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.**

---

**Medical & Recreational Cannabis | New Hours: Mon-Sat 10a-7p | Sun 9a-7p 5565 Van Barr Place, Unit F, Freeland, WA | (360) 331-0140 | WhidbeyIslandHerb.com**

This product has intoxicating effects and may be habit forming. Cannabis can impair concentration, coordination, and judgment. Do not operate a vehicle or machinery under the influence of this drug. There may be health risks associated with the consumption of this product. For use only by adults twenty-one and older. Keep out of the reach of children.
Please note: A passport is required.

LEY’S (10/6), & breakfast (10/6 & 10/7).

at Harbour House Hotel, dinner at Woodinville & Vineyards.

includes transportation, ferries, 2-nights lodging, and ending at a new cidery. The last day will be spent taking a trip to the historic city of Anacortes.

Island starting with their farmers market in Blaine, Washington. On Saturday we will explore the Strawbery Fields and view the 18th-Century French design of the gardens ending at the residence of the current owner. Next, we will take an hour-long guided, walking tour through the gardens which features sweeping vistas, woodland trails, formal gardens, and soothing water features. We will take an hour-long guided, walking tour through the gardens ending at the residence which once was the home of Princton and Virginia Bloedel. You will have the opportunity to step inside the residence and view the 18th-Century French design as well as learn about the history of the land and landscapes. We will stop for a no host lunch in Poulsbo. Please note: This trip includes an optional walking tour which will be about 1 mile long on paved trails.

2018

Oak Harbor Senior Center, 360-279-4580  |  Island Senior Resources, (360) 321-1600, (360) 678-3373

100 E. Whidbey Ave | Oak Harbor | 360-675-2569 www.villageconcepts.com

7 CEDARS CASINO

Monday, October 29
7:45 AM – 6:30 PM
Member: $35 • Non-Member: $50
Let’s hop on the Port Townsend Ferry and enjoy a scenic ride to 7 Cedars Casino, where we hope the luck is with us!

NOVEMBER TRIPS

MOHAI MUSEUM

Thursday, November 1
8:30 AM – 5:30 PM
Member: $40 • Non-Member: $55
November 1 is free for first Thursday, only pay for the cost of transportation. Learn about the Native American cultures, the reshaping of Seattle during and after WWII, and the changes made in the 20th Century after two World’s Wars. Then wander over to The Bexos Center and learn about Seattle inventors. A list of nearby restaurants will be given to you on the bus or you can eat at the Museum Cafe for our no-host lunch.

BRITISH PANTRY, TRADER JOES, & BEN FRANKLIN

Tuesday, November 6
8:30 AM – 4 PM
Member: $38 • Non-Member: $53
Join us for our annual trip to the British Pantry in Redmond, WA where we will enjoy a delicious no host lunch featuring their famous fish & chips. After shopping the English fare and specialty goods, we will stop at Trader Joe’s and Ben Franklin Craft & Frames.

COUNTRY VILLAGE & MOLBAKS

Wednesday, November 7
9 AM – 5 PM
Member: $38 • Non-Member: $53
Our first stop will be Country Village in Bothell which features an array of shops and dining options. This is a great opportunity to find specialty gifts, collectables, clothing, antiques, beading and quilting supplies, and the perfect accessories. Next, we will head over to Molbaks Garden & Home to finish up our shopping adventure.

SKAGIT CASINO

Monday, November 12
9 AM – 3 PM
Member: $25 • Non-Member: $35
We haven’t been to Skagit for a while so let’s test our luck at their conveniently located casino!

TEATRO ZINZANNI

Sunday, November 18
9 AM – 5 PM
Member: $125 • Non-Member: $150
Teatro ZinZanni is celebrating their 20th anniversary at their new location in Woodinville! The new production “Hollywood & Vine” will totally entertain you while you enjoy a 4 course lunch presented by the James Beard Award winning Chef Jason Wilson. This afternoon’s performance is perfect for people who live on Whidbey — get home in the early evening! Sign up by mid October so we can ensure the best seats!

ALDERWOOD MALL

Tuesday, November 27
8:30 AM - 5:30 PM
Member: $35 • Non-Member: $45
Join us for our semiannual Alderwood Mall shopping trip! Christmas is around the corner. Buy gifts for everyone on your list at Nordstroms, Macy’s, REL, and many other wonderful stores. Enjoy lunch on your own at Macaroni Grill, PF Changs, Blazing Onion, or one of the many other fun restaurants.

THE LIGHTS OF CHRISTMAS

AT WARM BEACH

Monday, December 3
3:30 PM – 9 PM
Member: $37 • Non-Member: $48
The amazing display at Warm Beach in Stanwood features over one million lights spread across 15 acres. The Lights of Christmas is the largest holiday light display in the Pacific Northwest that combines live entertainment, food, and holiday shopping. (Please note: cash is preferred at food vendors)

SEATTLE CHOICE

Thursday, December 6
8 AM - 5:30 PM
Member: $40 • Non-Member: $55
Enjoy the sights and sounds of Christmas in PIkers Market and downtown Seattle. Visit the gingerbread house, shop for gifts, see the trees and lights, have lunch in a cozy warm restaurant. Two drop off points, one pick-up at PIkers Market.

ANNE

Saturday, December 8
10:30 AM - 5:30 PM
Member: $45 • Non-Member: $55
With equal measures of pluck and positivity, little orphan Annie charms everyone’s hearts despite a next-to-nothing start in 1930s New York City. She is determined to find the parents who abandoned her years ago on the doorstep of a New York City Orphanage that is run by the cruel, embittered Miss Hannigan. Join us as we watch this production at Lincoln Theater in Mount Vernon. We will stop for a no-host lunch prior to the show.

SUNDAY BRUNCH AT CHUCKANUT MANOR

Sunday, December 9
9:45 AM - 2:30 PM
Member: $55 • Non-Member: $80
It is time once more for our Christmas Brunch and yearly visit with Santa Claus. Put on your holiday finery and head up with us to the beautiful Chuckanut Manor for Sunday Brunch. Price includes transportation, brunch, coffee & tea, your first glass of champagne, and gratuity.
TULALIP CASINO OR OUTLET MALLS
Tuesday, December 11
9 AM - 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.

THE LION KING
Thursday, December 13
8:45 AM – 6 PM
Member: $138 • Non-Member: $160
Come watch the production of The Lion King at Paramount Theater. Tony Award winner, Julie Taymor brings to life this story filled with hope and adventure. It will be sure to have you intrigued and amazed.

THE NUTCRACKER
Saturday, December 15
8:45 AM – 7 PM
Member: $138 • Non-Member: $160
Enjoy the George Balanchine’s production of The Nutcracker at McCaw Hall in Seattle. This 2.5-hour production is a must-see event during the holiday season. We will stop for a no host lunch prior to the show.

LOCAL CHRISTMAS LIGHTS TOUR
Monday, December 17
6:00 PM – 7:00 PM
Member: $5 Non-Member: $7
Join the Oak Harbor Senior Center as we drive around looking at Christmas lights on Whidbey Island. After we take in the joys of the holiday decorations, we will stop back by the Center for hot cocoa, coffee, and cookies.

HOLIDAY GETAWAY IN PORTLAND OREGON
Wednesday, December 19 – Thursday, December 20
8:00 AM – 8:00 PM
Per Person Member: Double $215 Single: $280 Non-Member: Double: $250 Single: $315
Get in the holiday spirit with a getaway to Portland, Oregon. This will be a fun-packed trip with the chance to explore the city, tour the Historic Pittock Mansion all decorated for Christmas, do some last-minute holiday shopping, and take a stroll down Peacock Lane, Portland’s iconic Christmas street. Cost includes transportation, 1-night stay at Marriott Downtown Waterfront Hotel, breakfast buffet (12/20), and entrance into Pittock Mansion.

EXTENDED TRAVEL
AUSTRALIA & NEW ZEALAND
February 17 – March 9, 2019
Double: $7,999 • Single: $9,949
Includes ground and air transportation, lodging, and 29 meals.

Expanding the adventure you will never forget on a 21-day experience featuring the Great Barrier Reef, Melbourne, Alice Springs, and Sydney Australia along with Christchurch, Franz Josef, and Queenstown, New Zealand.

AMERICA’S MUSICAL HERITAGE: BRANSON, MEMPHIS, AND NASHVILLE
April 3 – 11, 2019
Special Travel Presentation September 19 at 1 PM
Double: $2,885 • Single: $1,695
Includes ground and air transportation, lodging including 2 nights at the Opryland Resort, and 13 meals.

This tour features St. Louis city tour, Showboat Branson Belle, Clinton Presidential Library, Graceland, Grand Ole Opry, Country Music Hall of Fame, and much more!

EXPLORE TUSCANY
September 19 – 27, 2019
Double: $3,349 • Single: $1,649
Includes ground and air transportation, lodging, and 10 meals.

Explore the beautiful land of Tuscany on this 9-day tour featuring Montecatini Terme, Florence, winery and cheese farm town, and a cooking class!

MEALS 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 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.

MENU - OCTOBER
*5 Suggested donation for meals

**WEEK 1**

<table>
<thead>
<tr>
<th>Day</th>
<th>Meal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>Swedish Meatballs</td>
</tr>
<tr>
<td>Tues</td>
<td>Stuffed Chili Potato w/Crusty Topping</td>
</tr>
<tr>
<td>Wed</td>
<td>Three Cheese Ziti Bake</td>
</tr>
<tr>
<td>Thurs</td>
<td>Chef’s Choice</td>
</tr>
<tr>
<td>Fri</td>
<td>Meatloaf w/Tomato Topping</td>
</tr>
</tbody>
</table>

**WEEK 2**

<table>
<thead>
<tr>
<th>Day</th>
<th>Meal</th>
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</thead>
<tbody>
<tr>
<td>Mon</td>
<td>Oven Baked Ranch Chicken</td>
</tr>
<tr>
<td>Tues</td>
<td>Navy Bean Soup w/Smoked Ham</td>
</tr>
<tr>
<td>Wed</td>
<td>Oktoberfest: German Sausage &amp; Red Cabbage</td>
</tr>
<tr>
<td>Thurs</td>
<td>Chef’s Choice</td>
</tr>
<tr>
<td>Fri</td>
<td>White Fish w/Mango Salsa</td>
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</tbody>
</table>

**WEEK 3**

<table>
<thead>
<tr>
<th>Day</th>
<th>Meal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>Shepherd's Pie</td>
</tr>
<tr>
<td>Tues</td>
<td>Vegetable Quiche</td>
</tr>
<tr>
<td>Wed</td>
<td>Three Bean Chili w/Vegetables</td>
</tr>
<tr>
<td>Thurs</td>
<td>Chef’s Choice</td>
</tr>
<tr>
<td>Fri</td>
<td>Chicken Pot Pie w/Crusty Topping</td>
</tr>
</tbody>
</table>

**WEEK 4**

<table>
<thead>
<tr>
<th>Day</th>
<th>Meal</th>
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</thead>
<tbody>
<tr>
<td>Mon</td>
<td>Sesame Chicken &amp; Brown Rice</td>
</tr>
<tr>
<td>Tues</td>
<td>Tomato Bisque &amp; BLT Wrap</td>
</tr>
<tr>
<td>Wed</td>
<td>Fish &amp; Chips</td>
</tr>
<tr>
<td>Thurs</td>
<td>Chef’s Choice</td>
</tr>
<tr>
<td>Fri</td>
<td>Hearty Jambalaya</td>
</tr>
</tbody>
</table>

**WEEK 5**

<table>
<thead>
<tr>
<th>Day</th>
<th>Meal</th>
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</thead>
<tbody>
<tr>
<td>Mon</td>
<td>Pulled Chicken Sandwich</td>
</tr>
<tr>
<td>Tues</td>
<td>Reuben Casserole</td>
</tr>
<tr>
<td>Wed</td>
<td>Halloween Goulash</td>
</tr>
</tbody>
</table>

Thank you for reading Island Times. Please support our advertisers. Please recycle this publication when you are finished reading it.
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 presented 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**
- Tuesday, Oct. 30 • 10:30 AM
- Saturday, Nov. 3 • 9:30 AM
- OAK HARBOR SENIOR CENTER: 51 SE Jerome St, Oak Harbor, WA 98277
- Thursday, Oct. 18 • 10 AM
- Tuesday, Oct. 30 • 2 PM (PEBB – Public Employees Benefits Board only)
- Saturday, Nov. 3 • 9:30 AM
- Friday, Nov. 9 • 11 AM (Tricare for Life only)

**COUPEVILLE LIBRARY: 788 NW Alexander St, Coupeville, WA 98239**
- Saturday, Oct. 6 • 11 AM

- Preferred Providers for most Insurance carriers including Kaiser, Tricare, VA Choice and L&I.
- Voted Best of Whidbey 5 years in a row!

Providing a full range of audiological services including:
- Prevention, diagnosis and tailored treatment options with personalized aftercare.

**St. Augustine’s in-the-Woods**
5217 S Honeymoon Bay Rd
Freeland, WA 98249

**Oak Harbor Senior Center**
51 SE Jerome St
Oak Harbor, WA 98277

Contact Mel Watson, Time Together Director Island Senior Resources (360) 321-1623, mel@islandseniorservices.org

**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
  Zarba’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, 2:30 – 4:30 PM
  Summer Hill Assisted Living, Oak Harbor, Oak Harbor, WA 98277
  Contact: Heidi Kuzina, 360-679-1400 or Karen Cowgill, 360-279-2555

- Oak Harbor Caregiver Support Group 1
  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

**Hearing Health Services**
Coupeville’s Premier Audiology Clinic

Begin your journey to better hearing today!
360-678-1423
coupevillehearing.com

20 N.W. Birch Street, Coupeville, WA 98239

**Island Times**
October 2018

Oak Harbor Senior Center, 360-279-4580 | Island Senior Resources, (360) 321-1600, (360) 678-3373
Join us for LUNCH & LEARN

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

### AT THE COUPEVILLE HUB - WEDNESDAYS, 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.

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic and Presenter</th>
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<tbody>
<tr>
<td>Oct. 3</td>
<td>Bingo</td>
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<tr>
<td></td>
<td>Aging &amp; Disability Resources will be available 11:30 to 1:30 pm</td>
</tr>
<tr>
<td>Oct. 10</td>
<td>AGING IN PLACE (Yes, you can stay in your home!)</td>
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<tr>
<td></td>
<td>Chastity Smith, Director of Aging and Disability Resources presents guidance and</td>
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<td>available resources to help you plan ahead so you can safely “age in place” in</td>
</tr>
<tr>
<td></td>
<td>your own home.</td>
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<tr>
<td>Oct. 17</td>
<td>Neighborhood Disaster Help</td>
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<td>Bonnie Abney, Neighborhood Emergency Team (NET) Coordinator conducted a recent</td>
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<td></td>
<td>disaster response drill in Coupeville where volunteers practiced support and</td>
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<td>assistance measures to aid neighbors in the aftermath of a major disaster. NET</td>
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<tr>
<td></td>
<td>members will also share their experiences.</td>
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<tr>
<td>Oct. 24</td>
<td>Medical Marijuana 101</td>
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<tr>
<td></td>
<td>Certified Medical Consultant, Iliona Qualls, from Kalea Cannabis Company will</td>
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<td></td>
<td>discuss the benefits of CBD products and answer all your questions as well as</td>
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<td></td>
<td>explaining new products. Lunch will be at the Methodist Church. The presentation</td>
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<tr>
<td></td>
<td>will be at the Coupeville Library, 788 NW Alexander at 1 pm.</td>
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<tr>
<td>Oct. 30</td>
<td>The Mystery of Frank Pratt</td>
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<td>Lee James, Coupeville Historian Extraordinary, will discuss the legacy of Frank</td>
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<tr>
<td></td>
<td>Pratt, why he cared, how he influenced the Coupeville area thru the</td>
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<tr>
<td></td>
<td>legacies of the Suva (1930s sailing vessel) and Eby’s National Historic Reserve.</td>
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</tbody>
</table>

**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>Oct. 2</td>
<td>Safety in Your Home</td>
</tr>
<tr>
<td></td>
<td>Sergeant Darren Crownover of the Island County Sheriff’s Office will present</td>
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<tr>
<td></td>
<td>information about keeping yourself safe in your home, on the roads and in public</td>
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<tr>
<td></td>
<td>places. He’ll also be able to answer questions about the Sheriff’s Office or other</td>
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<td></td>
<td>concerns you have about safety in our community.</td>
</tr>
<tr>
<td>Oct. 2</td>
<td>What Are Your Ideas?</td>
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<tr>
<td></td>
<td>Island Senior Resources is engaged in a strategic planning process that will guide</td>
</tr>
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<td>the resources we provide to our Island communities over the next 3-5 years. Join</td>
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<tr>
<td></td>
<td>Executive Director, Cheryn Weiser, and provide your ideas about the emerging needs</td>
</tr>
<tr>
<td></td>
<td>of seniors and disabled adults in Island County.</td>
</tr>
</tbody>
</table>

**OAK HARBOR SENIOR CENTER • 11:30 AM**

Starts at 11:30 am to 12:30 pm. All Lunch Bunch/Brown Bag Series are open and FREE to the public and begin at 11:30 am to 1:30 pm.

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic and Presenter</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 23</td>
<td>North Sound Accountable Community of Health</td>
</tr>
<tr>
<td></td>
<td>Lea Wainman, Community Engagement Coordinator of North Sound ACH will present</td>
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<tr>
<td></td>
<td>the information about keeping Medicaid available. Come learn about waiver</td>
</tr>
<tr>
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<td>initiatives and get questions answered.</td>
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<tr>
<td>Nov. 27</td>
<td>Whidbey Health Center</td>
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<tr>
<td></td>
<td>Registered Nurse, Janie Kerlitz from Whidbey Health Center will be talking about</td>
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<tr>
<td></td>
<td>heart health screenings. Janie has a lot of knowledge in this field as she is the</td>
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<td></td>
<td>coordinator of Heartwise and HeartMath with the Life Center Department. Join us for</td>
</tr>
<tr>
<td></td>
<td>this opportunity to learn more about heart health.</td>
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</tbody>
</table>

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.

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**BONE-CHILLING WORD SEARCH**


Find the words hidden vertically, horizontally, diagonally, and backwards.

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**October 2018**

Now 2 Locations on Whidbey to serve you.


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From the Executive Director of ISR

What’s on Your Bucket List?

By Cheryl Niselin, Executive Director, Island Senior Resources

Have you been thinking about creating a bucket list? Maybe you already have one, or maybe you think you are no longer able to create one. Dreams are important, and they don’t have to be big ones. Here are some tips that may help you hone in on where you are and what you want to make happen in your life.

“Dreamstorming”: Find a quiet corner, either alone or with someone you can share your ideas with, and, brainstorm your dreams. These ideas could take you far or near, be something you can do in an afternoon, or in a getaway vacation, …anything goes.

Timing: Look at your list and think about when you can make your dream happen. Make sure you find a few things that you can make happen soon. Harvesting that “low hanging fruit” can make happen soon. Make sure you find a few things that you can do in an afternoon, or in a getaway vacation, …anything goes.

Commit yourself to your top five dreams by working through the who, when, where, and how much it will take to make it happen. Take the time to work through the details and don’t be afraid to go back and review and adjust your expectations so that you can make it happen.

Making it Happen: Here’s where the rubber hits the road. Commit yourself to your top five dreams by working through the who, when, where, and how much it will take to make it happen. Take the time to work through the details and don’t be afraid to go back and review and adjust your expectations so that you can make it happen.

Be sure and go back periodically to see if some of your other dreams have risen to the top five or there may be some new ones that are new sources of energy. Have fun creating your bucket list!

Isolation and Loneliness Can Hurt Your Heart

A discussion series for seniors about loneliness

Facilitated by: Sue Mills, Author and Educator

Isolation and loneliness has become a public health issue. Former U.S. Surgeon General, Vivek Murthy of the Obama Administration says the most common pathology he saw during his years of service was not heart disease or diabetes; it was loneliness.

Join us for a three-part discussion series exploring the difference between isolation (solitary or alone) and loneliness (in today’s world, the impact on health, how it happens and how you can help yourself or others).

The Importance of Understanding Isolation and Loneliness: Sept. 27th in today’s world, what is isolation and loneliness? What do they look or feel like and how does each impact health? Learn why loneliness has become a public health issue.

How Does It Happen?: Oct. 4th learn how to recognize the journey to isolation or how feelings of loneliness present in isolation, normal feelings of profound, unhealthy feelings that hurt your health and impact your enjoyment of life.

What Can Be Done About It?: Oct. 11th There is no obvious cure to loneliness which is why it is considered such a health hazard. What can you do to help someone (or yourself) address isolation or loneliness?

Dates: Thursdays, Sept. 27th—Oct. 11th
Time: 1:00pm—3:00pm
Location: Island Senior Resources, Bayview Center
Cost: Participants will need to purchase a textbook for $5.
Registration is required. Please register at: Email us at effective@isr.org Phone 360-593-3639

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.

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 that 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 volunteer drivers serve 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 that 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 at 360-914-3212 or 360-321-1600 x 4. She would be delighted to hear from you.

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

Volunteer Services

Aging & Disability Resources

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 Woodward Ave
Freeland, WA 98249

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

Island Senior Resources Board of Directors

Cynthia Trowbridge: President
June Naliv: Vice President
Mari Greshowak: Treasurer
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Leo Baldwin
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Vickie Hagley
Julie Joselyn
Marie McElligott
Teri Mendiola
Jason Pryde
Diane Rusher
Chris Schacker

Executive Director: Cheryl Nesper

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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OCTOBER HIGHLIGHTS
at Island Senior Resources

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 December 1-12. The basket for each day has a different theme: Wine and Chocolate Covered Island, Cook It Up in the Kitchen, Golf on the North End, Family Night in Oak Harbor, Family Fun on the South End, Caffeinated Whidbey, Reader’s Treasure, Spirits of Whidbey, Beautify for Winter, Garden Dreaming, Holiday Cheer, and That’s Italian. Each raffle ticket purchased supports seniors, adults with disabilities, and those who care for them, with essential resources provided by Island Senior Resources.

Tickets go on sale November. Tickets are available at Island Senior Resources (Bayview) and Senior Thrift. Other purchase locations will be announced at www.islandseniors.org and on Facebook at facebook.com/islandseniors.

We’ll also have door prizes and will be raffling off gift baskets. (Coffee basket, Tea basket, Fall basket, and Chocolate Basket). If you want, come in your favorite costume! We always have lots of fun!

SAVE THE DATE! Don’t miss Not Your Grandma’s Bingo Saturday, November 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 beginning October 1 at www.islandseniors.org. Bring your friends!
The event will be Saturday, November 10 at Bayview Hall. Tickets: $16/person, VIP table for 8 for $200.

Food and beverages will be available for purchase.

Halloween Headquarters is open at Senior Thrift!
Don’t miss the Halloween Headquarters. It’s an entire room of costumes and decorations!

Halloween Pancake Breakfast Benefits Meals on Wheels
Let us do the cooking! Come join in the fun and friendship and have a hearty breakfast Saturday, October 27, 9-11 AM at Island Senior Resources (Bayview). Suggested donation $5, kids under 5 eat free! Enjoy delicious pancakes, sausage, scrambled eggs, juice, fresh fruit, and coffee or tea. (gluten-free available).

Volunteers Needed
Bayview Kitchen: Volunteers are needed in the Bayview kitchen especially on Tuesdays, but also on Monday, Wednesday, and Friday. Hours are flexible: anytime between 11 AM and 1:30 PM. We especially need help loading the dishwasher from 12:30-1:30 PM. Contact Debbie Metz 360-321-1621.
Senior Thrift: Volunteers are needed to assist at cash registers and with processing donations. Call Cindy Quigley 360-331-5701.
Medical Transportation drivers: Help transport seniors to and from medical appointments. Mileage is reimbursed. Call Pat Weekly 360-914-3212.
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.

Visit the Halloween Headquarters at Senior Thrift
Monday—Saturday 10-5, Sunday 11-5
5518 Woodard Ave. Freeland 360-331-5701

Seniors* Get 15% Off on the 15th of Each Month!

Freeland ACE Hardware
The helpful place.

1609 E. Main Street
Freeland
360-331-6799
Monday—Saturday 8am-7pm
Sunday 9am-6pm
freelandacehardware.com

*Age 65 and over, just show your driver’s license at the cash register.

(Not valid on Stihl or Honda Equipment, Stoves, Weber, Big Green Egg or sale items. Not valid on prior sales.)

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WEB LINKS TO INFORM & INSPIRE...

When you have a few quiet moments, visit senior-resources.org/weblinks. Then, 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 home page www.senior-resources.org and click “Links” in the upper right corner.

• 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

COPUEVILLE
Chris Renfro
107 S Main Street
Suite A101a
360-678-6580

FREELAND
Melissa S Cates, AAMS®
1688 Main St Suite 100
360-331-4450

OAK HARBOR
Gene Kelly Barner
144 N E Ernt St Suite C
360-675-8239

River Powers
144 N E Ernt St Suite C
360-675-8239

Eric L Schelling
630 Southeast Midway Blvd
360-679-2558

Gregory A Smith, AAMS®
275 SE Cabot Dr A7
360-679-2304

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Member SIPC

CARPE DIEM continued from page 1

As the day heats up and more and more people pour off park shuttle-buses and wade into the river, I will be the oldest person I see; our group the oldest cluster. I love being surrounded by young adults, families, and international tourists. Light shifts along sandstone walls—that is why I came: to soak in awe and wonder.

Now that I’m home settled into autumn, memories and photos of this bright day urge me to keep seeking adventures of double challenge. Preparing for the hike got me out exercising, and since the hike, I remain committed to maintaining stamina. I have been talking with friends and family asking what their remaining adventures are and how they are preparing for them. Here’s a range of responses:

“We prepared for my retirement by researching and buying the kind of travel van we wanted. We’ve been learning how best to drive it, back up, park, and organize living in a tiny space. We’re ready and roadworthy and mapping our forays off-island, now that the garden is resting.”

“I traveled so much for business I’m enjoying staying home. My next adventure is organizing photographs, digitalizing heirloom ones, and making some kind of order out of thousands of digital images. By Christmas, I will have a book for each child—using their school photos to help recall what we did that year, by year. And I’m making family heritage books for the grandchildren to read the story of where, and who, they come from. By next summer, I’m giving everyone a memory stick of photos—and then I don’t know what I’ll decide to do next.”

“I’m still recovering from double hip replacement and can’t get out much, but I got an exercise bike set up in the living room in front of the television. I put the remote into the bike basket to remind me to pedal while I watch, and now I attached a bookshelf, so I can read on the thing. So far, it’s working. I feel more stable on my feet and am trusting myself to walk farther, unassisted.”

The commonality in each of these responses, including the aftermath of my summer hike, is 1) identifying a double challenge, 2) following through with a commitment to train and maintain, 3) setting intermediate goals, and 4) defining accomplishment. If I had myself last spring, “I just want to get in better shape,” I would not have followed through; but when I said, “I’m going to walk that river for 10 miles, dipping myself into the beauty of the canyon,” I knew where I was going. My adventure had a name, a place, and a date by which I had to be ready. It also had an edge: could I do it?

As we age, that edge shifts. I don’t know if I will be able to walk the river three years from now. My traveling friends are cancer survivors. The mom putting together photo albums has dementia in her family. The man pedaling back to massage therapy has a story of where, and who, they come from. By next summer, I’m giving everyone a memory stick of photos—and then I don’t know what I’ll decide to do next.”

As we came out of the river, a white-haired man sat on a bench along the macadam path. “How long?” he asked, “How far?” We reported our day. “Good for you,” he said, “I come here to remem-ber the days I could do such a hike.”

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