

## Island Senior Resources – November eNews

Providing you updates on events & happenings at Island Senior Resources

### With our deepest gratitude, we thank you!

Throughout the year, with your help, ISR has provided essential resources that empowered thousands of seniors, adults with disabilities, and those who care for them, to thrive. We are grateful for the many ways you join in, and share in, our community.

### Not Your Grandma's Bingo Saturday, Nov. 10th - 7:00-9:30 pm Doors open at 6:00 pm Bayview Hall

Join in a raucous night of fun, laughter, and Bingo that raises money to support the essential resources that Island Senior Resources provides to seniors, adults with disabilities, and those who care for them.



Bring your friends and let famous drag queens Sylvia O'Stayformore and BobbieJo Blessings entertain you!

Food and beverages will be available for purchase.  
Cost is \$16/person. Purchase a VIP table for 8 for \$200.

Tickets can be purchased directly from our secure website. *If you have any difficulties with online purchasing, please call us at 360-321-1600 or 360-678-3373.*

### 12 Days of Whidbey Raffle – Ticket sales begin November 1

Each ticket enters you in 12 separate drawings for fabulous prizes worth \$250 - \$1,000. Drawings will be December 1-12. Tickets are \$5 each.

Each day's prize has a different theme:

1. Wine and Chocolate Covered Island
2. Cook It Up in the Kitchen
3. Golf on the North End
4. Family Night on the Town in Oak Harbor



5. Family Fun
6. Caffeinated Whidbey
7. Reader's Treasury
8. Spirits of Whidbey
9. Beautify for Winter
10. Garden Dreaming
11. Holiday Cheer
12. That's Italian

*Tickets go on sale November 1 at Island Senior Resources (Bayview), Oak Harbor Senior Center, and at Senior Thrift. Other purchase locations will be announced on our website and Facebook page.*

### **Drive Safe. Drive Smart.**

Take the new AARP smart driver course!  
Saturday, November 17 from 9:00 AM – 5:00 PM 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 to pre-register.

### **Chronic Conditions Self-Management Workshop**

This free class meets once a week for 2.5 hours. You will learn to manage medications better, make decisions for yourself, communicate more effectively, eat healthfully, add activity to your life, and more. Classes are participatory, where content, support, and success build participants' confidence in their ability to manage their health and live fulfilling lives.

Class meets Thursdays November 8 thru December 20 from 1-3PM at the Coupeville Library which is located at 788 NW Alexander St in Coupeville.

**Registration is required.** To register call Debbie Metz at 360-321-1621.

### **Free music with the Fun Band!**

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



**Save the Date.** Don't miss **Treasures and Pleasures Day** December 8 at Senior Thrift and other participating thrift store and restaurants. Stay tuned!

## Join us for Lunch & Learn Presentations

Come early to have lunch (\$5 suggested donation) or just come for the free presentations. Lunch & Learn time, location and topics:

- **Island Senior Resources (Bayview)**
  - Topics, activities and discussions this month - Enhancing Wellness, Aging Partnership Panel, Grief and Loss, Simple but Elegant Holiday Snacks
  - [Tuesdays at 12:30pm. Click To view topics and location information.](#)
- **Coupeville HUB for Seniors (Coupeville)**
  - Topics, activities and discussions this month - Bingo, Wheelchairs & Walking, A Song Of Whidbey, Living Trust or Not
  - [Wednesdays at 12:30pm. Click to view topics and location information.](#)

**Monthly Menu.** Meals are available to all seniors and adults with disabilities regardless of ability to pay. For those who can, a donation of \$5 is welcomed.

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

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

**[View List Of All Articles We Have Found](#)**

## 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.

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**Check out the November sales at Senior Thrift. [View The Sales](#)**

- Don't miss the HUGE sale on Black Friday ! **50%** off entire store excluding Christmas and Jewelry (which is 25% off).

*Store closes at 3pm on Wednesday Nov. 21 and will be closed all day on Thanksgiving.*

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**Help us reach further.** Please forward this email to two people you know, ask them to [join our mailing list](#), then ask them to ask two people they know. Help us reach everyone in our community who needs help or knows someone who does.

 [Join Our Mailing List](#)



**Follow us on Facebook.** We have announcements and postings to make you smile, laugh, or be inspired. Share our posts with your friends.

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Island Senior Resources

Need help? Visit our [web site](#) or call us at 360-321-1600 Monday-Friday 8:30 am to 4 pm.



Sales at Senior Thrift



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Island Times Newspaper

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

Thanks for your interest!

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