The Giving Season

By Carly Waymire
Program Coordinator, Oak Harbor Senior Center

I love this time of year when the weather is chilly, and the fire is lit! The holiday season is a joyful, happy time of the year and what I really enjoy about this season is the various opportunities to give. Many organizations group together to give meals to those in need, toys to children in poverty, and warm clothes to those without shelter. However, there are some things to consider when giving generous around this time of the year. We will address three topics when giving; who to give to, how to give, and ways to give with limited funds.

Who to give to:

When picking who you want to give to, I suggest picking an established organization or group. It is important to know who you are giving to and to verify the organization is real. There are many scams out there that look like real groups wanting to use your money for good but are pocketing the funds for themselves. Because of this, I suggest researching the group/organization you are going to make your donation to. Also, when donating I would suggest giving to a group/organization you are interested in. If you give to something you find important it is usually more meaningful.

Some well-known organizations many people give to each year include; Operation Christmas Child, Salvation Army, St. Jude’s Children Research Hospital, Guide Dog for the Blind Foundation, Toys for Tots, and Make a Wish Foundation. Also keep in mind you can give locally to support the community such as the Oak Harbor Senior Center, Boys and Girls Club, SPIN Café, Help House, Island Senior Resources, Opportunity Council, Meals on Wheels, and many more!

The Practical Presents of Presence

“Every gift from a friend is a wish for your happiness.”

~ Richard Bach

By Christina Baldwin
Board Member, Island Senior Resources

What year did you do it? Look in all the closets, under the beds, feel around in the bottom of the clothes hamper, looking for what was hidden there in the weeks before Christmas or the days of Hanukkah? I was eleven, oldest of four children, and my brother, two years younger, had taunted me that he’d already found the stash and wouldn’t tell me what I was getting. Not to be outdone, I waited until I was alone in the house—a rare occurrence with a homemaker mother and a bunch of younger kids—and headed into my treasure hunt. In the rafters of the garage, I found a tall shiny box—the planetarium I had begged for after a month of astronomy classes at the downtown library. A round, pin-holed ball, about the size of a basketball, promised me a black plastic universe of tiny stars on my bedroom ceiling.

Immediately I was both thrilled and disappointed. Thrilled my parents had taken my request seriously: disappointed to have used my curiosity to ruin my nervous excitement about what would happen December 25. Through that experience, I learned how much I value anticipation. Never again have I looked to spoil a surprise, or wanted to know ahead of time what might show up on my birthday or for holidays.
Welcome to the Holiday Season

By Barry Winzas
Program Assistant, Oak Harbor Senior Center

December 3 is National Roof Over Your Head Day. This is a day of appreciation for the things we have, starting with the roof over our head. The roof gives us warmth and protection from the elements. Not everyone is so lucky—there are millions of people around the world who live in poverty or disaster areas, and do not have a home to keep them comfortable and safe.

How many of you have heard about Repeal Day? This is the day commemorating the repeal of the 18th Amendment. Once more, Americans were free to buy, sell and consume alcoholic beverages. In the early 1900s, many good people of America believed alcohol was the root cause of many social ills in the country. The ban on alcohol did little to improve the social conditions of the country or reduce crime, in fact, crime increased. Congress passed the 21st Amendment, effectively repealing the 18th Amendment.

Many events are celebrated December 7, but the most remembered is Pearl Harbor, when the Japanese attacked the U.S. Naval base in 1941. It crippled the U.S. Pacific Fleet and caused the U.S. to enter World War II. During the attack, over 2,400 American servicemen and 68 civilians were killed. Also December 7 is International Civil Aviation Day which promotes awareness of the importance of international civil aviation. Additionally, this day is Letter Writing Day, so take a few moments and send someone a handwritten letter.

How many of you have eaten fritters? Aren’t you lucky there is just a special day for fritters, the 2nd of December. Fritters are a fried cake or dough with fruit or meat inside. Whatever you do, don’t fritter this day away without eating at least one fritter. Happy Fritter Day!

December 12, we celebrate National Ding-A-Ling Day which is a very special day to “Ring your Bell! No this is not about the Salvation Bell Ringers – this is a day you need to brace yourself for bizarre and crazy behavior from all the people you encounter today. Even normally conservative people have been known to go a little crazy this day. Some people say this is a day for wackos, lunatics, and others who are off their rocker. I’d say it is simply a day to cut loose and act a little weird. Be vigilant as Ding-A-Lings are everywhere. I even suggest you get into the holiday spirit and become a Ding-A-Ling yourself, but just do it for one day!

Also December 12, we celebrate one of the most recognized symbols of the holidays, the beautiful poinsettia. Poinsettia was officially declared by an Act of Congress in honor of Joel Roberts Poinsett, the 18th Amendment, effectively repealing the 18th Amendment.

After roasting chestnuts, it’s time to celebrate National Chocolate Covered Anything Day! The perfect treat for this day is a chocolate covered chestnut. This is a great way to celebrate the tradition of chestnut roasting during the holiday season.

Look for an Evergreen Day: December 19th.

Now to work off all the chocolate you had the 16th, it is time to look for an Evergreen on the 19th. To many people, only a fresh cut tree will do. The scent of
pine or fir helps to capture the feel of the holidays. Nothing looks more real than a real tree, each one with its own charac-
ter. Enjoy the challenge of finding just the “right” tree for your home.

It just so happens crossword puzzles were first published December 21, 1913 in the New York World newspaper. Arthur Wynne is credited with creating the modern crossword puzzle.

Ironically, Look on the Bright Side day is also celebrated December 21. It is winter solstice, which is the shortest day of the year, so they created this day to look for something positive even if it is a gloomy, dark day.

GIVING continued from page 1
aren’t sure who you want to give to, do some research and find out more about each organization. Also, remember you can always give to more than one orga-
nization!

How to give:
Once you have chosen a group to give to, now you must think about how to give. If you are sending funds through the mail, it is suggested to avoid sending cash and send a check or fill out a giving form with your credit card information. A lot of organizations have a donation link on their website which is a very easy and safe way to give. It is suggested not to give your credit card information over the phone, as this is an easy way for scammers to deceive you into thinking you are giving to an established orga-
nization. If you choose to give locally and you are comfortable, I would sug-
gest stopping by the organization and giving to them directly, assure you get the funds to the right place.

Another option could be to collect items such as toys, nonperishable foods, or personal hygiene supplies to donate directly to an organization. A third option is to donate your time! Many organizations are extra
busying the holidays and could use the extra hand.

Ways to give with limited funds:
You may not have a lot of extra funds this time of the year to donate but are wanting to give back. One idea is while doing your grocery shopping pick up a few canned food items to donate to a food drive, only costing you around a dollar. Another thought is to pick up an inexpensive toy to donate to charities who give Christmas gifts to low income families. You don’t always have to spon-
sor a child or fill a full box of toys on your own, but instead partner with some friends or neighbors, or just support a local toy drive with one or two small toys. A third idea which won’t break the bank is to donate your time! Many organizations need extra help during the holiday season and this is a great way to give back. Another way to give back during the holidays without spending a lot is to make Christmas cards for active duty military or veterans. Be creative and use recycled paper or left-over craft materials to make special, one of a kind cards that will brighten someone’s day.

Giving during the holiday season can be as simple as doing little acts of kindness to spread holiday cheer, it doesn’t have to be expensive to be meaningful.

As you well know, there are many ways to give during the holiday season, now it is just about finding the organiza-
tion/charity you wish to give back to! Remember to research the organization, make sure you know what the funds are going towards, and don’t give any credit card information to anyone you aren’t certain about. Enjoy spreading the cheer and have an enjoyable holiday season!

If you like eggnog, this is the day for you! It comes but once a year and is Decem-
ber 24, National Eggnog Day, which is a seasonal drink that can be can be con-
sumed with or without Rum.

We have a few more special days in December such as National Fruitcake Day-December 27, Card Playing Day-December 28, International Bacon Day-December 30 and lastly that brings us to December 31 which is New Year’s Eve.

May the New Year bring you good health and happiness!

From all of us at the Oak Harbor Senior Center, we wish you a glorious holiday.

People caring about people.
Highly skilled professionals
providing physical, occupational,
and speech therapies.

24 hour compassionate
nursing care.

Dedicated to our community.
Family owned and operated
since 1986.

CHOW DOWN
FOOD FAST. NOT FAST FOOD.

Order “To-Go” from your favorite
restaurant, tell them Chow Down will
pick up. Call Chow Down & tell us
where & when your meal will be ready.
Sit back, relax and get ready to
CHOW DOWN

Delivery Fee of $10 plus .50¢/mile
We can Grocery Shop for your too!
Call for pricing and details!
360-320-8064

HOURS: WEDNESDAY - SUNDAY
11AM-2PM LUNCH
5PM - 9PM DINNER
Stamp Club
Do you have a stamp collection, or have you always been curious about stamps? Come join the Oak Harbor Senior Center Stamp Club on the 2nd and 4th Tuesdays of the month at 6:30 p.m.
The group is welcoming of newcomers and will help you get a start at your own collection. If you have some stamps and are curious about their value, bring them by and the group will appraise them for you!

Whidbey Art Party: Joy
Thursday, Dec. 6
Come join professional painter Amy Hauser for a one-of-a-kind art party! Absolutely no experience is necessary, anyone can join in the fun! Amy will give you step by step instructions to create your very own hand painted canvas which is yours to keep. All materials are provided in the class including the canvas, instructions, painting materials, and refreshments. Whether you are wanting to try something new or an experienced painter this class is for you! Join us Dec. 6 from 6-8 p.m. at the Oak Harbor Senior Center. The cost per class is $40 for OHSC Members and $45 for Non-Members. To sign up, stop by the Oak Harbor Senior Center or visit whidbeyartparty.com.

Looking for a pool table:
The Oak Harbor Senior Center is in the need of two new pool tables for our billiards room. If you have a pool table in good condition that you are looking to donate please call Carly at 360-279-4583.

Volunteers Needed at Oak Harbor Senior Center
Looking to get involved? The Oak Harbor Senior Center has many ways to get involved. Here are a few of the opportunities at the Center: Travel & Excursion Escort, Event Planning Committee, and Front Desk Receptionist. If you are interested in volunteering or would like more detailed duty descriptions, please contact Carly Waymire at 360.279.4583 or stop by to pick up an application. Volunteering is a good way to meet new people, make connections, feel like you are a part of something, and give back!

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!

HOLIDAY LUNCH
Tuesday, December 18 • 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!
**December**

**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>
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<tbody>
<tr>
<td>9 Quilting</td>
<td>9 Billiards</td>
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<td>9 Billiards</td>
<td>9 Quilting</td>
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<td>9 Billiards</td>
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<td>9:30 Enhance Fitness</td>
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<td>12 Bunco</td>
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<td>12 Party Bridge</td>
<td>12 Tai Chi</td>
<td>10 Walking Club</td>
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<tr>
<td>12:30 Ping Pong</td>
<td>1 Chess</td>
<td>12:30 Ping Pong</td>
<td>12:30 Party Bridge</td>
<td>11 Tai Chi</td>
<td>12:30 LUNCH</td>
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<td>1 Art with Ivy</td>
<td>16:30 Stamp Club</td>
<td>2 Caregiver Support</td>
<td>2 Caregiver Support</td>
<td>1 Tai Chi</td>
<td>12:30 Line Dance</td>
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<td>3 Clogging</td>
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<td>(4th Wednesday)</td>
<td>(4th Wednesday)</td>
<td>1 Parkinson Support</td>
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<tr>
<td>5 Tai Chi</td>
<td>9:30 Enhance Fitness</td>
<td>11:30 LUNCH</td>
<td>12:30 Particle Bridge</td>
<td>12:30 Ping Pong</td>
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<td>11:30 LUNCH</td>
<td>12:30 Party Bridge</td>
<td>12:30 Ping Pong</td>
<td>2 Caregiver Support</td>
<td>6:30 Old Time Fiddlers</td>
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<td>12:30 Party Bridge</td>
<td>12:30 Ping Pong</td>
<td>4 Pickle Ball</td>
<td>2 Caregiver Support</td>
<td>7 Country Dance</td>
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<td>6 Ping Pong</td>
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<td>6:30 Stamp Club</td>
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<td>6:30 Stamp Club</td>
<td>1 Reiki Treatments</td>
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<td>(2nd &amp; 4th Tuesdays)</td>
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<td>1 History Class</td>
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<td>2 Caregiver Support</td>
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<td>1 Caregiver Support</td>
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<td>(4th Wednesday)</td>
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<td>4 Pickle Ball</td>
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<td>2:30 S.A.L.L.</td>
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<td>7 Wire Wrap</td>
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**ISLAND SENIOR RESOURCES (BAYVIEW) ACTIVITIES 360-321-1600 or 360-678-3373**

**DATES AND TIMES OF ALL SCHEDULED EVENTS ARE SUBJECT TO CHANGE. IT’S ALWAYS ADVISABLE TO CALL TO CONFIRM.**

**RECREATIONAL & MEDICAL CANNABIS** OPEN MONDAY-SATURDAY 10A-7P | SUNDAY 9A-7P

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

Call Island Senior Resources for instructor contact numbers and information.

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**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 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 - DECEMBER**

$5 Suggested donation for meals

**WEEK 1**

<table>
<thead>
<tr>
<th>Mon</th>
<th>3</th>
<th>Pineapple Pork w/Steam Rice</th>
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<tbody>
<tr>
<td>Tues</td>
<td>4</td>
<td>Broccoli Red Pepper Soup</td>
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<tr>
<td>Wed</td>
<td>5</td>
<td>Meatloaf w/Tomato Topping</td>
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<tr>
<td>Thurs</td>
<td>6</td>
<td>Chef's Choice</td>
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<tr>
<td>Fri</td>
<td>7</td>
<td>Pasta Primavera w/Sausage &amp; Veggies</td>
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</tbody>
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**WEEK 2**

<table>
<thead>
<tr>
<th>Mon</th>
<th>10</th>
<th>Enchilada Bake w/ground Beef</th>
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<tbody>
<tr>
<td>Tues</td>
<td>11</td>
<td>Supreme Pizza &amp; Caesar Salad</td>
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<tr>
<td>Wed</td>
<td>12</td>
<td>Oven Baked Rosemary Chicken</td>
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<tr>
<td>Thur</td>
<td>13</td>
<td>Chef's Choice</td>
</tr>
<tr>
<td>Fri</td>
<td>14</td>
<td>Beef Stroganoff w/Mushrooms</td>
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**WEEK 3**

<table>
<thead>
<tr>
<th>Mon</th>
<th>17</th>
<th>Chicken Chili &amp; Cornmeal Muffins</th>
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<tbody>
<tr>
<td>Tues</td>
<td>18</td>
<td>Butternut Squash Soup &amp; Half Sandwich</td>
</tr>
<tr>
<td>Wed</td>
<td>19</td>
<td>Holiday Meal - Favorite Pot Roast</td>
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<tr>
<td>Thur</td>
<td>20</td>
<td>Chef's Choice</td>
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<tr>
<td>Fri</td>
<td>21</td>
<td>Chicken Ratatouille</td>
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**WEEK 4**

<table>
<thead>
<tr>
<th>Mon</th>
<th>24</th>
<th>Holiday Meal Sites Closed</th>
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<tbody>
<tr>
<td>Tues</td>
<td>25</td>
<td>Holiday Meal Sites Closed</td>
</tr>
<tr>
<td>Wed</td>
<td>26</td>
<td>Hot Turkey Sandwich</td>
</tr>
<tr>
<td>Thur</td>
<td>27</td>
<td>Chef's Choice</td>
</tr>
<tr>
<td>Fri</td>
<td>28</td>
<td>Chicken Fried Steak w/Gravy</td>
</tr>
</tbody>
</table>

**WEEK 5**

| Mon  | 31 | Seafood Fettuccini Alfredo     |

**TRAVEL LOG**

**OAK HARBOR SENIOR CENTER**
For more information, call the Travel Desk, 360-279-4587

**MYSTERY LUNCHES**

**Tuesday, December 4**

**DECEMBER**

**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)

**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, December 9**

9:45 AM – 2:30 PM
Member: $68 • 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 with us 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: $57 • Non-Member: $68
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 Mills.

**SEATTLE CHOICE**

**Thursday, December 6**

8 AM - 5:30 PM
Member: $40 • Non-Member: $50
Enjoy the sights and sounds of Christmas in Pike’s 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 Pike’s Market.

**THE LIGHTS OF CHRISTMAS AT WARM BEACH**

**Saturday, December 8**

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 Mills.

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.
TRAVEL LOG

The Lion King
Thursday, December 13
8:45 AM – 7 PM
Member: $108 • Non-Member: $125
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. We will stop for a no host lunch prior to the show.

Explore Tuscany
September 19 – 27, 2019
Double: $3,349 • Single: $3,649
Includes ground and air transportation, lodging, and 10 meals.
Special Travel Presentation Thursday, January 24, 2019
Explore the beautiful land of Tuscany on this 9-day tour featuring Montecatini Terme, Florence, winery and cheese farm tours, and a cooking class.

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 Seat- tle. 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
6–7 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 AM – 8 PM
Member: Double-$215 • Single-$280
Non-Member: Double-$250 • Single-$315
Per Person
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 (1/2/20), and entrance into Pittock Mansion.

Iceland’s Magical Northern Lights
November 1-7, 2019
Double: $3,849 • Single: $4,349
Includes ground and air transportation, lodging, and 10 meals.
Special Travel Presentation Thursday, January 24, 2019
Experience the energy at the geothermal fields of Geysir and Strokkur, learn about the volcanic nature of the island of Ice- land, search for nature’s dazzling display on a northern lights cruise, see Jökulsárlón glacial lagoon, and savor gourmet Icelandic cuisine!

Extended Travel:

Quil Ceda Creek
February 12
Special Travel Presentation Wednesday, December 19

Angel of the Winds
March 12

Tulalip Resort
April 9

Snoqualmie
May 14

Quil Ceda Creek
June 11

Tulalip Resort
July 9

Tulalip Resort
August 13

Swinomish
September 10

Quil Ceda Creek
October 8

Tulalip Resort
November 12

Tulalip Resort
December 10

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

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

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Alzheimer’s & Dementia Caregivers Support Group
2nd Tuesday of the month
10 AM – 12 noon
Oak Harbor Senior Center, 51 SE Jerome St, Oak Harbor, WA
Contact: Sande Mulkey, 360-675-5347

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 Grieg 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, 2:30 – 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: 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

Free Classes: Medicare 2019
ATTENTION! MEDICARE OPEN ENROLLMENT ENDS DECEMBER 7!
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.

OAK HARBOR SENIOR CENTER: 51 SE Jerome St, Oak Harbor, WA 98277
Tuesday, Dec. 4, 2 p.m.
Thursday, Dec. 6, 10 a.m.
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.

**Date** | **Topic and Presenter**
--- | ---
Dec. 5 | **Bingo**
Aging & Disability Resources will be available 11:30 a.m. to 1:30 p.m.
Dec. 12 | **Grief, Why it Hurts and What Can Help**
Allison Kazner, WhidbeyHealth Hospice Bereavement Coordinator, will discuss coping strategies for living with loss and how to support others who are grieving.
Dec. 19 | **THE SARATOGA SIRENS**
Under the direction of Dinah Majure, the Sirens, a multigenerational women's vocal ensemble, will delight and entertain with a holiday concert.
Dec. 26 | **A Time to Give**
Stay tuned…. Today might be a ‘white elephant exchange of gifts from the day before,’ or maybe sharing stories of the ‘best gift ever,’ the ‘worst gift ever’ or the ‘funniest gift ever’.

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

Lunch (optional) will be served 11:45 am – 12:30 pm (suggested donation $5) followed by a free presentation. See our menu section for what is being served for lunch. Come eat, socialize, and learn!

**Date** | **Topic and Presenter**
--- | ---
Dec. 4 | **The Wonderful Hanukkah Holiday**
Allan Ament, writer, educator, and community activist, will talk about the Jewish holiday of Hanukkah. What does this festival celebrate? What special foods or traditions are connected to it? And what’s all this about getting gifts each of the holiday’s eight days? December is full of holiday days, and this is a wonderful one!
Dec. 11 | **Celebrating Holiday Music**
Skye Dunn, Communications Manager at Island Senior Resources, and master of ceremonies extraordinaire will lead everyone in a sing-along of cherished holiday songs.
Dec. 18 | **Ordinary Extraordinary Grace**
Reading from a book in progress, Ordinary Extraordinary Grace, Lynne Burrows will offer stories of people making a difference, of moments of kindness and grace, openings through which hope can grow and shine. Lynne is a storyteller, teacher, and minister who now works for South Whidbey at Home.

**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 contact information with any vendor or speaker. If you choose to share your contact information, this is at your own discretion.

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**Compare Our CD Rates**

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* Annual Percentage Yield (APY) effective 11/06/2018. **CDs offered by Edward Jones are bank-issued and FDIC-insured up to limitation. The rates above reflect the current rate and interest account and may be subject to change. Your account interest rate may be reduced if you withdraw funds prior to maturity. The rates above are not convertible. Early withdrawal of funds prior to maturity may result in the loss of interest. The rates advertised reflect the distribution of interest and do not apply to the entire amount. FDIC insurance does not cover losses in market value. Early withdrawal of funds prior to maturity may result in the loss of interest. The rates advertised reflect the distribution of interest and do not apply to the entire amount. FDIC insurance does not cover losses in market value.

**COUPEVILLE**

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

**FREELAND**

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

**Kristi K Price**
1688 Main St Suite 100
360-331-4450

**Kevin B Lungen**
1592 Main Street
360-341-4556

**OAK HARBOR**

**Gene Kelly Barner**
144 N E Ernst St Suite C
360-675-8239

**River Powers**
380 SE Pioneer Way, Suite 102
360-675-8239

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

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From the Executive Director of ISR

By Cheryl Weiser, Executive Director, Island Senior Resources

What gives you joy during the holidays? How can you expand the joy you experience to others that may not have family close by and may no longer be able to move out into the community as readily as last year or five years ago. What if you...

- invite an elder friend or neighbor to join you at a local musical event or concert.
- Take an elder holiday shopping and help them send their gift to someone they love.
- Share some holiday goodies with someone that no longer bakes or cooks special holiday treats.
- Offer an elder an opportunity to go see lighted trees.
- Provide a holiday decoration for an elder’s table.
- Create a swag that can grace a door adding holiday cheer.

Our recent strategic planning process has heightened our concern about the isolation that seniors and adults living with a disability experience. We’ve spoken with Island residents, providers of health and human services, elected officials, and community organizations over the last four months. Those that we’ve spoken with have underscored a deep concern about the loneliness and isolation of seniors that may lead to greater risks of ill health and a deep sense of loss of community. We know from experience, that Meals on Wheels volunteers are often the only constant participants have with other people. Though we live in caring communities, our fast-paced lives may not notice those in our shadows of our daily lives.

So, who do you know that could use some special care during the holidays? Carve out an hour of time to connect with an elder. As a friendly neighbor, reach out and touch someone this holiday season!

Generosity Warms Others

Generosity has warmed many this holiday.

Special thanks to South Whidbey Community Church for their $40,000 donation to Meals on Wheels. You will help to feed hot meals to seniors and adults with disabilities this holiday season and into the year ahead.

We also want to give a warm Thank You to the Ladies of the Oak Harbor Senior Center Quilting Group. They made nine beautiful quilts and donated them to us to give to Meals on Wheels participants in Oak Harbor. Those who received the quilts were surprised and touched by such generosity. What a gift to receive such gorgeous and cozy quilts just in time for the cold weather. They were each deeply grateful for the quilts, so lovingly made.

Don’t Miss Treasures and Pleasures

Senior Thrift, Good Cheer 1 & 2, WAIF, and Habitat for Humanity joint special event! Saturday, Dec. 8

Buy a “passport” for $1 at any of the five participating thrift stores and get 10% off all day at each of those stores and participating restaurants.
DECEMBER HIGHLIGHTS
at Island Senior Resources

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 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.

Oak Harbor: Volunteers are needed in the Oak Harbor kitchen! Help dish up and serve food, set tables, and clean up after the meal. Helpers needed Monday, Wednesday and Friday, 11 a.m. – 1 p.m. Contact Lilla at 360-279-0367 or Debbie Metz at 360-321-1600.

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.

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

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.

Abuse Response Training
The Island County Health Improvement Plan for 2017-2020 has identified adult and senior abuse (also known as interpersonal abuse, or IIA) as being a major health risk in our community.

To address this issue, training is being provided about how to identify, support, and respond when someone is experiencing IIA. Members of the Island Senior Resources staff have taken this training. They have also become trainers to help achieve the greatest number of trained individuals across the county who can work together to address this critical issue.

If you are interested in the training, please contact Nicole Marley, Island County Public Health at 360-678-7935, or Julie Spangler, CADA at 360-675-2232.

To learn more about the Island County Health Improvement Plan go to: www.islandcountywa.gov/Health/AHC/Planning/Documents/Vision2020_120817.pdf

Holiday Food Tips
Over-indulging in sweets, fats, and salt during the holidays can leave you feeling tired and uncomfortable, lead to blood-sugar spikes and strain many of your organs. Try these tips to make holiday eating tasty and more healthful.

Holiday potatoes: Cook and mash well washed, tender-skinned potatoes, with the skins on. Use low-fat milk when mashing and cut the butter in half. You’ll reduce the fat, and the potatoes taste good since the skins add so much flavor, and fiber too.

Yams: Instead of candied yams, mash cooked yams with a small amount of butter or orange juice, and top with dried fruit pre-soaked in warm orange juice until soft.

Cranberry relish: Instead of plain cranberry sauce (cooked or canned), chop or grind fresh cranberries with orange and a bit of the rind, add honey to sweeten, then add pecans for extra flavor, texture, and nutrition.

We wish you happy and healthy eating through the holidays, and all year long!
PRESENETS continued from page 1

Only by now I have accumulated more than enough stuff over the years to hope only for gifts that can be used up and do not need shelf space anywhere except in my heart. Gifts of practicality, like soap, candles, favorite food or drink, hand lotion, tea or coffee, are my favorite items to both give and receive. Well, that and a good pair of socks: one can always use (and use up) socks.

I hated when my mother wrapped up such practical things. We didn’t have much money during my childhood years, but she liked to make a festive tree, so every pair socks, new underwear, even a can of peanuts or piece of fruit, was wrapped and ribboned. We looked like prince and princesses with all those gifts…until they all disappeared into daily use, except for one “something special.” The supermarket left until I left for college.

More and more I think of the holidays as a time to offer presence.

Earlier this fall, at a particularly stressful time, a sister-in-law sent me a “meal-in-a-box,” with a card saying, “You must be exhausted. Love you.” The dinner was delicious and made me think: I could do this locally—create a dinner in a box and leave it as a surprise on the doorstep for someone else who might appreciate a little support. Or I could arrive with my apron and volunteer to cook it myself while they hand me the pots and I pour them a glass of wine or cup of tea.

Holidays, from Thanksgiving to New Years, are a busy time of year for many, and a lonely time of year for many. I want to walk the middle road between stressed with busyness and feeling left out of festivities. I want to have time to be present and to give “presence.”

What are the needs for “presence” we could help meet in one another?

First of all, we need to notice: to engage and listen to how people are and imagine what they might need as my sister-in-law did for me.

Secondly, we need time to get creative. What would delight them? What’s the budget? How simple can we make this for all parties? What time can we commit—now and later?

Then, how can I present this offering, so it is easily received?

Here are some ideas so far:

The gift of time: a cup of Christmas tea with an older neighbor who rarely gets to get out anymore.

Texting with a teenage grandson: passing along interesting articles, photos, black check-ins between his day and ours.

Helping a neighbor finish weeding the flowerbeds that face our street and listening to his stories while we work.

Making a pot of harvest soup, dividing it into quarts and depositing containers on various doorsteps with a secret admirer note.

Remembering my mother’s trick, wrapping up little practical gifts and being ready to hand them out.

Paying it forward: paying for the next driver on the ferry, paying for the next latte in the coffee stand line, or paying five dollars for the next person at the Thrift Store.

Just as I discovered I loved the anticipation of the gift as much as receiving the gift itself, I have discovered I love the anticipation of giving, of looking around, and noticing how I might offer a gift. Presence is a present. Have fun this holiday season.

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.

- Seniors guide to healthy eating
- 26 inexpensive, easy meals for winter
- The benefits of volunteering as a senior
- Online safety for seniors: a comprehensive guide to keeping seniors safe online

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