Ask for What you Need and Offer What You Can

By Christina Baldwin
Board Member, Island Senior Resources

This phrase is an instruction and invitation to social exchange that lies at the core of village life. We think it’s so important we’re framing this year’s articles around this concept and the ways we practice the reciprocity of asking and offering: the ways we take care of one another.

Asking for what we need and offering what we can, especially in the context of community, is part of what makes us feel at home. “People on the island are so nice,” is an often-heard reference among visitors and newcomers. “People being nice,” is often a code phrase meaning, “someone noticed and helped me.” Someone we didn’t even know helped us reach for a high object on a store shelf, or opened the door when they saw us coming with arms full; gave me directions, talked with me at the coffee shop, etc. Looking up and noticing and taking a few extra seconds to ask and offer weaves a sense of belonging. The exchange of smiles and words of appreciation makes everyone feel good.

There are also times we walk or drive around our familiar patterns of daily busyness and are not paying much attention to the folks around us. We hurry to get errands done on our lunch hour from work, or get home in time to pick up the kids from the school bus, or catch a phone call, or get the laundry out before it’s a wrinkled tangled mess.

The only time you should ever look back is to see how far you’ve come

THE STATE OF THE CENTER: The Distance We Have Gained and The Year Ahead

By Liz Lange
Administrator, City of Oak Harbor Senior Services

While I agree with Boston’s sentiment “Don’t look back, a new day is breakin’,” I do think there are times it can be quite helpful to stop and reflect on the past to see and appreciate the progress you have made, which tends to give a renewed hope and determination to keep moving forward.

If you have ever hiked a mountain, you know what I mean. Looking forward, seeing how far you must go till the top can be daunting, but taking a moment to look down at the view you are amassing and the distance you are gaining can be just what you need to keep going. So, if you are working towards a goal remember this, the only time you should ever look back is to see how far you’ve come.

So, while you press forward into 2019, with all the plans and goals you are working to accomplish, take a moment to reflect about what you have done in 2018, the friendships made, the new skills learned, the service provided to those in need. I would like to take a moment and do the same thing here, with you, a quick year in review of the Oak Harbor Senior Center.

QUESTION OF THE MONTH: HOW COULD SOMEONE HELP YOU, AND/OR WHAT DO YOU HAVE TO GIVE TO SOMEONE WHO NEEDS HELP?

Suzanna, over 55
Fidalgo Island
“Become more aware & engaged in peaceful and compassionate practices pertaining to our communities, our world and ourselves.”

Janice, 50
Freeland
“Give me more sleep and more hours in a day! I could help people with organizing and balance in their life or with their daily routine.”

Judy, 67
Clinton
“I genuinely care, so I’ll do what I can to figure things out for people.”

Nancy, over 55
Whidbey Island
“The best things we can give to others is ourselves, time and to listen.”

Ed Wilkins, "Older than dirt"
Oak Harbor
“I have time to connect with people”

Mardi Dennis, 76
Oak Harbor
“I could give bridge lessons. Someone could do the heavy work to help me.”

Marilyn Trout, 74
Oak Harbor
“I can run errands and take people to the doctor, which I do! For me, someone can be nice.”

Jacee Stadler, 64
Oak Harbor
“Clean my gutters! I could give my time to help.”
From the Executive Director of ISR

By Cheryn Weiser, Executive Director, Island Senior Resources

A FRESH START
So, we have entered the last year of the 20-teens! It seemed a long way away just recently, didn’t it? Where has the time gone?

Amid my amazement, I want to orient myself to the fact that each new year provides the opportunity for a fresh start, the chance to reflect and ask oneself what do I want to make happen in my life in the coming year? I’ve noticed that this “giving thing” I am experiencing offers subtle and not so subtle prompts that urge me to adjust some expectations of my environment and me. Despite the increase in awareness of arthritic parts, I want to take advantage of this moment. As I ponder the year before us, I’m asking myself these questions:

• What brings me joy and how do I want to bring more joy into my life in 2019?
• How can I be more engaged in our communities? Can I be of service to someone or something that I care about?
• What do I need to do to take care of myself? What does self-care look like for me in 2019?
• Is there something on my bucket list that belongs in 2019?

I urge you to take the time to be with a friend, enjoy a morning cup of coffee or tea, or sit near some vista that we have the privilege of enjoying on Whidbey Island and contemplate your answers to these questions and perhaps others that you want to add to the list. As my nephew said when he was just learning about what a New Year was, “Happy New You.” What is the “New You” that you want to create for 2019?

Caregiving Often Calls Us to Lean into Love We Didn’t Know Possible

by Mel Watson
Director, Time Together Adult Day Services

In today’s fast-paced world, caregiving is recognized as a key element of everyday life for millions of families throughout the United States. Adult Day Programs are an important care option for families as they transition into the role of primary caregiver for their loved ones.

In greater numbers than ever before, caregiver family members face a crucial dilemma between creating and maintaining a healthy life balance for themselves and their elderly or adult disabled family members. For many caregivers, finding the balance between caring for their loved one and living a normal outside life for themselves can be incredibly difficult. Family caregivers often become overwhelmed by the sheer amount of work they face when caring for their loved ones.

Adult Day Programs are an important source of respite care, providing comprehensive programs specially tailored to adults who need supervision, assistance, and/or support during the day.

Benefits of ISR’s Time Together Adult Day Program for seniors and adults with disabilities:

FOR PARTICIPANTS
• Preserves independence
• Promotes social and cognitive function
• Safely engages seniors and adults with disabilities in appropriate physical activities
• Creates routine and daily expectations
• Improves health and quality of life

FOR CAREGIVERS
• Reduces stress
• Improves participant and caregiver relationships
• Reduces anxiety or guilt
• Offers peace of mind
• Provides financial relief (adult day programs are often less expensive than in-home care)
• Provides freedom to continue working and social life
• Improves quality of life

For more information call: (360) 321-1600 or (360) 678-3373
ASK continued from page 1

When we are in this mode, we assume others are on similar tracks, and we assume if they need something they’ll ask. Were ask. Wouldn’t we? Yes. No. Maybe. Maybe not.

Asking for help is often steadily ground out of us from childhood on. You can do it, just keep trying. Tie your own shoes, put your dishes in the sink, make your bed. Be a man. Be a big girl. “I can do it myself!” becomes a phrase heard from preschool to senior centers.

Offering to help also gets complicated. Most people want independence. Offering in a friendly manner, assuming basic equality of personhood, balances the exchange. (“Here, grandma, let me open that pickle jar. And then will you help me with my knitting?”) We all need help; we all have something to offer.

When an environment of exchange extends into social connections, organizations, and communities, the village functions well. A healthy community is constantly paying it both backward and forward, creating a circle of reciprocity. We help the folks who need a hand in the moment, and trust that someone will be there when we need help—whether it is a momentary wobble and need for a stabilizing hand, or a sudden illness or accident that shifts us from the assistant to the assisted.

Standing on a forty+ year history of practicing “ask for what you need and offer what you can,” Island Senior Resources has created a core organization at the heart of our island community. As we head into the new year and the theme of this year’s articles, we want to offer the idea of asking and offering as part of the energy of resolution and intention that comes with January. We designed a few simple questions on “asking for what we need” and defining “what we can offer.”

FILL IT OUT, HAVE FUN NOTICING, THEN PUT IT INTO PRACTICE. REMEMBER EVERYONE HAS NEEDS AND GIFTS TO OFFER.

ASKING:
- If you need help and you’re home alone: who would you call? (list three people who are close enough to come assist)
- Are their phone numbers ready available?
- Have you talked to them about being available to one another?

OFFERING:
- Who in your neighborhood could probably use some help?
- Do you know how to reach them and offer?
- Are you willing to establish a friendly relationship and check in with each other?

An elderly neighbor couldn’t think of anyone if needs arose. Then the man next door dropped by and gave him a card with his phone number on it in big letters and said he and his wife wanted to be the kind of neighbors who would call on each other.

ASKING:
- Is there a household chore you’ve stopped doing because you need help with it?
- Is there something you could do in exchange for getting that help?

OFFERING:
- Do you notice a family member, friend, or neighbor
- No longer doing basic chores that are still easy for you?
- Could you add a few moments and do theirs?

Two neighbors are aging alongside each other’s properties: every Thursday one takes out the garbage for both of them, and the other makes a coffee cake to share.

ASK: for what you need: offer what you can. It’s going to be a good year.

~Anonymous

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.

- 5 Ways to Get Better at Asking for Help
- How to Ask for Help as a Caregiver of Elderly Family or Friends
- 5 Ways Giving is Good for You
- Laughter is the Best Medicine

SUPPORT MEALS ON WHEELS

Donate $5 at Island Senior Resources (Bayview) and receive an “I support Meals on Wheels” button. Your $5 will help pay for one meal for a senior.

“Never think that what you have to offer is insignificant. There will always be someone out there that needs what you have to give.”

~Anonymous
JANUARY HIGHLIGHTS at Island Senior Resources

Free Fall Prevention Exercises for Seniors
Reduce the probability of falls and fall-related injuries by increasing flexibility, leg strength and overall endurance. Exercises learned can also help improve mobility and help to reduce the fear of falling.
Wednesdays, Jan 9, 16, and 23, 1–2 p.m. at Island Senior Resources Bayview, 14594 SR 525, Langley WA
To register: RSVP directly to the instructor by email, kimmermorris@gmail.com or by phone, 360-202-5186.

Time Together Participants Help the Homeless
A much-loved Time Together project is for participants to put together personal hygiene bags for homeless folks who visit the SPIN Café in Oak Harbor. These care packs are greatly appreciated by those receive them; it’s just a little way of saying “we care about you.”

JANUARY at SENIOR THRIFT

STORE HOURS
Mon – Sat: 10am – 5pm • Sun: 11am – 5pm
5518 Woodard Ave (just north of Main St), Freeland, WA 98249
CLOSED TUESDAY, JANUARY 1
360-331-5701

Donations gladly accepted from opening until 4 PM daily except Wednesdays

ALL JANUARY White Tags, 25% off
Yellow Tags, 50% off

Looking for a special way to give a gift to a friend or neighbor? Buy them a gift card to Senior Thrift.
Gift Cards make your shopping easy, the person you give it to can pick out something they really need, and your purchase helps to support seniors and adults with disabilities.
Join us for LUNCH & LEARN

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

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

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

Date Topic and Presenter
Jan. 8 Property Tax Basics
Jan. 15 Basic Electric and Gas Safety and Programs to Help Reduce Energy Costs
Walt Blackford, Outreach Manager for Puget Sound Energy, will share important tips about how to be safe around downed wires and other electric and gas equipment. He’ll also explain popular PSE programs that help customers reduce their bills through conservation and by increasing energy efficiency.
Jan. 22 Have You Ever Wondered What Homeopathy Is?
Lynne Donnelly, a Freeland holistic health practitioner, will explain the basics of homeopathy. Come learn the basics of Homeopathy from Lynne, who uses it in her practice.
Jan. 29 Death Café
Come drink tea, eat cake and discuss death. The aim of a Death Café is to increase awareness of death.

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
Jan. 9 Acutonics: Powerful Healing
Janie Kielwitz, Sound Healing Arts, will explain ‘Acutonics’ a holistic, noninvasive, healing technique grounded in Oriental Medicine, science, psychology, and cosmological studies using sound waves produced from medical-grade tuning forks.
Jan. 16 More to WAF Than You Knew
Tina Seeley, WAF Volunteer & Outreach Coordinator – Yes, WAF does provide an animal shelter and pet adoptions, but also thrift stores, lost pet services, licensing, pet welfare programs, amazing events, and volunteer opportunities galore!
Jan. 23 Stay Safe, Warm & Save Money
Walt Blackford, Puget Sound Energy Outreach Manager – Be sure your most important refuge, your home, is safe and warm this winter.
Jan. 30 Plan the Ending
Margaret Delp, Whidbey Island Attorney, and former Island Senior Resources Board Member will continue the ongoing conversation over end-of-life estate planning - how, when, and who should be involved.

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.

Learn the Basics of Social Security

• How and when to apply for benefits
• Types of benefits you may qualify for
• Your Social Security rights
• Benefits based on earnings, spousal earnings (current and former)
• Survivor benefits for widow(er)s

This Island Senior Resources workshop will be presented by Annette Barca who has been conducting pre-retirement seminars for 15 years. Free. No pre-registration required. For more information call 360-321-1600 ext 0.

Island Senior Resources (Bayview)
4505 SR 525, Langley, WA 98260
Thursday, February 14, 1 p.m.
Wednesday, March 27, 10:30 a.m.

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

WEEK 1

Tues 1 Holiday – Meal Sites Closed
Wed 2 Chicken Strips & Oven Fries
Thurs 3 Chef’s Choice
Fri 4 Pork Fried Rice

WEEK 2

Mon 7 Oven Baked Ranch Chicken
Tue 8 Taco Potato Bar w/Ground Beef
Wed 9 Sliced Ham w/Pineapple
Thur 10 Chef’s Choice
Fri 11 Crispy Baked Cod

WEEK 3

Mon 14 Pork Chops & Mashed Potatoes
Tues 15 Spinach Quiche
Wed 16 Chicken and Dumplings
Thur 17 Chef’s Choice
Fri 18 Rosemary Chicken

WEEK 4

Mon 21 Holiday – Meal Sites Closed
Tues 22 Corn Chowder & 1/2 Sandwich
Wed 23 Chicken Cordon Bleu
Thurs 24 Chef’s Choice
Fri 25 Ham & Potato Casserole

WEEK 5

Mon 28 Burger Slider and Oven Fries
Tues 29 Cabbage Rolls and Salad
Wed 30 Shepherd's Pie
Thurs 31 Chef’s Choice

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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 & 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: Carolyn Hansen, 360-279-1785

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: Carolyn Hansen, 360-279-1785

Parkinson’s Support Group – NO MEETING JANUARY 1
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.

Welcome to Medicare 2019
Will you be going on Medicare in the next six months and/or want to know more about Medicare? Attend a free seminar by SHIBA (Statewide Health Insurance Benefits Advisors) volunteers; no pre-registration required. Counselors will answer brief questions following the seminars. Seminars run 2-2.5 hours. For information call: 360-321-1600 ext 0.

ISLAND SENIOR RESOURCES (BAYVIEW): 14594 SR 525, Langley, WA 98260
Wednesday, February 20 10 AM
Wednesday, March 27 1 PM

COUPEVILLE LIBRARY: 788 NW Alexander St, Coupeville, WA 98239
Saturday, February 23 10 AM

OAK HARBOR SENIOR CENTER: 51 SE Jerome St, Oak Harbor, WA 98277
Tuesday, January 15 1 PM
Tuesday, February 19 10 AM
Tuesday, March 5 11 AM

Information will be provided about:
• “Basic” Medicare benefits
• Options for additional insurance(s).
• Medicare parts A and B
• The differences between “Medigap” (supplemental) insurance and Advantage plans
• Benefits and rates
• Prescription drug plans. (If you want help with your drug plan, bring a detailed list of your drugs).

Note: Medicare Advantage plan enrollees who want to opt out of their plan can do so between January 1 and March 31. This will also be discussed.
The Statewide Health Insurance Benefits Advisors (SHIBA) offers unbiased, confidential advising for Medicare benefits and insurance options.

Individual Consultations:
For more in-depth information about Medicare options, advisors are available for one-to-one consultation at:
Oak Harbor Senior Center: Tuesdays • Call 360-279-4580 to schedule an appointment
WhidbeyHealth Medical Center: Wednesdays • Call 360-678-5151 to schedule an appointment
Island Senior Resources (Bayview): Fridays • Call 360-321-1600, ext 0, to schedule an appointment

Note: SHIBA volunteers work under the guidance of the Insurance Commissioner’s Office.

In observance of New Year’s Day and Martin Luther King, Jr. Day, Oak Harbor Senior Center and Island Senior Resources will be closed as follows:
Tuesday, Jan. 1, 2019
Monday, Jan. 21, 2019

Keynote by:
Hilary Franz, Commissioner of Public Lands
Uniting to Protect Our Waters

For more information and to register online visit: soundwaterstewards.org/sw
No tickets sold at the door
FEBRUARY 2, 2019 8AM – 4:30 PM,
South Whidbey High School
## JANUARY

### OAK HARBOR SENIOR CENTER ACTIVITIES 360-279-4580

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<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</td>
<td>Yoga</td>
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<td>Ping Pong</td>
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<td>Enhance Fitness</td>
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<td>Walking Club</td>
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<td>LUNCH</td>
<td>12:30</td>
<td>Line Dance</td>
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<td>12:30</td>
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<td>11</td>
<td>Mahjong</td>
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<tr>
<td>1</td>
<td>Art with Ivy</td>
<td>11</td>
<td>Paper Crafts</td>
<td>11:30</td>
<td>Cribbage</td>
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<tr>
<td>3</td>
<td>Clogging</td>
<td>11:30</td>
<td>2 (2nd &amp; 4th Wednesday)</td>
<td>12:30</td>
<td>Reiki Treatments</td>
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<tr>
<td>5</td>
<td>Tai Chi</td>
<td>11:30</td>
<td>2 Caregiver Support (4th Wednesday)</td>
<td>23:00</td>
<td>Old Time Fiddlers</td>
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<tr>
<td>9:30</td>
<td>Enhance Fitness</td>
<td>11:30</td>
<td>4 Pickle Ball</td>
<td>2:30</td>
<td>S.A.L.L.</td>
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<td>Duplicate Bridge</td>
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<td>7 Wire Wrap</td>
<td>12:30</td>
<td>Line Dance</td>
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<tr>
<td>11:30</td>
<td>LUNCH</td>
<td>12:30</td>
<td>1 RespiCare Class</td>
<td>6:30</td>
<td>Parkinson Support Group (1st Friday)</td>
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<tr>
<td>12:30</td>
<td>Party Bridge</td>
<td>12:30</td>
<td>2 Caregiver Support (2nd Thursday)</td>
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<td>7 Country Dance</td>
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<td>Ping Pong</td>
<td>12:30</td>
<td>1 Parkinson Support Group (1st Friday)</td>
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<td>2 (2nd Friday)</td>
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<td>Paper Crafts</td>
<td>12:30</td>
<td>1 Parkinson Support Group (1st Friday)</td>
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<td>2 (2nd Friday)</td>
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<td>2 Caregiver Support (4th Wednesday)</td>
<td>12:30</td>
<td>1 Parkinson Support Group (1st Friday)</td>
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<td>2 (2nd Friday)</td>
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<tr>
<td>4</td>
<td>Pickle Ball</td>
<td>12:30</td>
<td>1 Parkinson Support Group (1st Friday)</td>
<td>2</td>
<td>2 (2nd Friday)</td>
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**SHIBA – By appointment**

### ISLAND SENIOR RESOURCES (BAYVIEW) ACTIVITIES 360-321-1600 or 360-678-3373 www.senior-resources.org

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tbody>
<tr>
<td>10</td>
<td>Time Together*</td>
<td>9</td>
<td>Beginning</td>
<td>4-3:00</td>
<td>NO PARKINSON’S SUPPORT GROUP this month</td>
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<tr>
<td>11:45</td>
<td>Lunch Served</td>
<td>9:30</td>
<td>Line Dancing</td>
<td>10</td>
<td>SHIBA (Statewide Health Insurance Benefits Advisors) by appointment</td>
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<tr>
<td>12:15</td>
<td>Reader’s Theater Rehearsal</td>
<td>10:30</td>
<td>10:30</td>
<td>10</td>
<td>Time Together*</td>
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<td>Mahjong</td>
<td>10:30</td>
<td>Tun In, Tune Up</td>
<td>6:30</td>
<td>Fun Band Dancing</td>
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<td>Afternoon Tai Chi</td>
<td>10:30</td>
<td>Ukulele with Talia</td>
<td>11:45</td>
<td>Lunch Served</td>
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<td>8:45</td>
<td>Advanced Tai Chi</td>
<td>10:30</td>
<td>Lunch Served</td>
<td>6:30</td>
<td>Bingo</td>
</tr>
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<td>Foot Clinic – call (360) 341-3210 for apt</td>
<td>10:30</td>
<td>Lunch Served</td>
<td>11:45</td>
<td>Birthday cake and Party (all are welcome)</td>
</tr>
<tr>
<td>9</td>
<td>Beginning</td>
<td>11:15</td>
<td>Parkinson’s Singers*</td>
<td>11:45</td>
<td>Birthday cake and Party (all are welcome)</td>
</tr>
<tr>
<td>9</td>
<td>Line Dancing</td>
<td>11:15</td>
<td>January 10</td>
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<td>Birthday cake and Party (all are welcome)</td>
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<td>Quilters</td>
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<td>10</td>
<td>Time Together*</td>
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</tbody>
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*Activities are held at St. Augustine’s-in-the-Woods, Freeland | **Activities are held at Trinity Lutheran Church, Freeland

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

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**DISCOVER THE ISLAND’S BEST CANNABIS**

**MEDICAL & RECREATIONAL CANNABIS | MONDAY-SATURDAY 10A-7P | SUNDAY 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. Marijuana 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.

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machi**es! They also offer discounts on **of the Winds Casino featuring new slot **es, **at Th**at’s Knot All, The Wood Merchand, The **all, **ep Outside, **ioneer Market, **idgo Stitch-A Quilt Shop, **orum Arts, **otten, **earthenworks **allery, and so much more!

Let’s try our luck this month at Angel Eagle Interpretive Center located in Rock-port to learn more about the bald eagles, some eagles ourselves. We will stop for a no host lunch along the Skagit River. We will head over to the Skagit River Bald Eagle Interpretive Center located in Rock-port to learn more about the bald eagles, shop in their gift store, and possibly see some eagles ourselves. We will stop for a no host lunch in Sedro-Woolley.

The Nooksack and Skagit rivers make **feet grounds for the bald eagles. Some days they will have counts of 200-300 bald eagles! On this trip we will head over to the Skagit River Bald Eagle Interpretive Center located in Rock-port to learn more about the bald eagles, shop in their gift store, and possibly see some eagles ourselves. We will stop for a no host lunch in Sedro-Woolley.
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 at 2:30 PM

Experience the energy at the geothermal fields of Geysir and Strokkur; learn about the volcanic nature of the island of Iceland, search for nature’s dazzling display on a northern lights cruise, see Jökulsárlón glacial lagoon, and savor gourmet Icelandic cuisine!

ICELAND’S MAGICAL NORTHERN LIGHTS
November 1-7, 2019
Double: $3,849 • Single: $4,349
Includes ground and air transportation, lodging, and 10 meals.

Special Travel Presentation
Thursday, January 24 at 1 PM

Experience the energy at the geothermal fields of Geysir and Strokkur; learn about the volcanic nature of the island of Iceland, search for nature’s dazzling display on a northern lights cruise, see Jökulsárlón glacial lagoon, and savor gourmet Icelandic cuisine!

CASINO TRIPS IN 2018

2019
QUIL CEDA CREEK
January 8
ANGEL OF THE WINDS
February 12
SWINOMISH
March 12
TULALIP RESORT
April 9
SKAGIT VALLEY
May 14
QUIL CEDA CREEK
June 11
ANGEL OF THE WINDS
July 9
TULALIP RESORT
August 13
SNOQUALMIE
September 10
SWINOMISH
October 8
QUIL CEDA CREEK
November 12
TULALIP RESORT
December 10

RESOURCES
For more information, call 360-321-1600 or 360-678-3373
ISR provides transportation to/from Bayview Hall.
Clinton ferry pricing does not include walk-on ferry ticket
Welcome to Whidbey Island

By Barry Wenaas

The population centers of Whidbey Island include the city of Oak Harbor, the town of Coupeville, the city of Langley, the village of Freeland, the community of Greenbank, the village of Clinton and the community of Bayview. Only Oak Harbor, Langley and Coupeville are incorporated. All but Bayview have their own post offices.

Whidbey Island Naval Air Station is the largest employer in Oak Harbor. The communities south of Oak Harbor economically rely on tourism, small-scale agriculture and small, local businesses and the arts.

Whidbey Island is often referred to as Puget Sound’s Largest Artist’s Colony — there are many working artists, writers and performers. These include many well-known painters, photographers, authors, poets, actors and musicians.

The well-known Penn Cove Mussel Farm exports large quantities of the highly renowned mussels to many restaurants around the globe.

There is much beauty within our island of flora and fauna. Throughout the island there is much diversity with the flora due to the diversity of the climate within the island. They consider the south end the wettest and the central area the driest and then turning wetter again farther north.

Whidbey Island is host to many festivals, marathons, and farmers markets.

There are a couple of ways to access the island — either by the Washington State Ferry system or crossing the Deception Pass bridge. There are also two public airports, one outside of Oak Harbor and one southwest of Langley, and approximately half a dozen dirt strips. (I would love to explore the dirt strips, as I flew out of many in Oregon while learning to fly).

I hope you enjoy exploring the many areas of Whidbey Island. I have been here more than 10 years now and still have not seen everything on the island. I am always looking for new adventures.

For more information go to www.whidbeygeneasers.org.

Bring Retirement to Life!

At Harbor Tower Village, you will discover a warm and homelike atmosphere with traditional, old-fashioned hospitality. Call today to arrange for a personalized tour and enjoy lunch on us!

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

W.I.G.S.
(Whidbey Island Genealogical Searchers)
Tuesday, Jan. 8, 1–3 pm, 2720 Heller Road, Fire Station #25
Laura Sparr will speak about overcoming brick walls in your European genealogical research. All are welcome to attend.

For more information go to www.whidbeygeneasers.org.

HAPPY HOLIDAYS

HARBOR TOWER VILLAGE
A VILLAGE CONCEPTS RETIREMENT COMMUNITY

At Harbor Tower Village, you will discover a warm and homelike atmosphere with traditional, old-fashioned hospitality. Call today to arrange for a personalized tour and enjoy lunch on us!

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

Oak Harbor Senior Center
51 SE Jerome St,
Oak Harbor, WA 98277
Front Desk: 360-279-4580
Normal Business Hours:
Mon-Fri, 8:30 am - 4:30 pm
Additional evening and weekend classes and events as scheduled

Yearly Membership Dues: $40
Available for anyone 50+ years
Liz Lange - (360) 279-4581
Senior Services Administrator
Carly Waymire - (360) 279-4583
Program Coordinator
Barry Wenaas - (360) 279-4582
Program Assistant

Send comments and suggestions to CWaymire@oakharbor.org

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Kaleafa Cannabis Company
Now accepting credit and debit cards
Topicals, Edibles Capsules, Tinctures and much more
10% OFF
SENIOR SUNDAYS
SELECTED CBD PRODUCTS FOR CUSTOMERS 60 YEARS & OLDER

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Oak Harbor Senior Center, 360-279-4580

January 2019

CANNABIS COMPANY

Marijuana can have intoxicating effects and may be habit forming. Marijuana can impair concentration, coordination, and judgement. Do not operate a vehicle or machinery under the influence of this drug.
NEW CLASS – PAPER CRAFTS
The Senior Center is excited to announce starting Jan. 9 we will have a new program – Paper Crafts. This class will be held the second and fourth Wednesday of each month at 1 p.m. Diana Hammond will instruct you through making hand-crafted cards and other paper craft projects. This is a great class for any skill level as all supplies and instructions are included. The cost is $5 per class to help cover material costs. Come try it out and make some beautiful paper crafts while having a fun time socializing and crafting! To sign up, stop by the center or call 360-279-4580.

HISTORY CLASS
Thursdays, Jan. 10-Mar. 14 • 1-3 p.m.
Cost: Members-$40 • Non-Members-$60
This quarter, the History class will be studying Northwest history Thursdays from 1 – 3 p.m., January 10 through March 14. The cost for the quarter is $40 for OHSC members and $60 for non-members. Instructor Debbie Wallin will teach the class all about Northwest history starting from around the 19th century up to WWII. Space is limited. To sign up, please stop by the center or call 360-279-4580.

BASKET WEAVING
Thursday, Feb. 21 • 9 a.m. - 2 p.m.
Cost: Members-$56 • Non-Members-$75
Expert basket weaver, Jane Hyde will guide you through making your very own Iron Bread Basket in this one-day class. Join her for this beginner class Thursday, Feb. 21 from 9 a.m. – 2 p.m. You will receive all the supplies, tools, and instructions to weave your own basket which is yours to keep at the end of the day! The cost of the class is $56 for OHSC Members and $75 for non-members. To sign up, stop by the center or call 360-279-4580. Class space is limited, so sign up today!
The community came together to remodel the landscaping at the Center, transforming the front from wasted space into a useful outdoor living space. Special thanks to Miles Concrete, Maili’s Landscaping, Marvin & Clair Reed, Stan Grothaus, The Rock & Gem Club, The Oak Harbor Senior Center Foundation, The Oak Harbor Garden Club, Lynn Bankowski, Kathy Phillips, Hank Nydam and the Parks Crew. Thank you, we couldn’t have done it without you!

Speaking of people we couldn’t do without, our amazing volunteers put in over 4,200 hours of time at the Center in 2018.

In our annual member survey over 93% of survey participants indicated they are either satisfied, or extremely satisfied, the Center is ‘providing a place where anyone over the age of 50 can find programs, activities and services which support a positive, healthy, and active lifestyle.” This is up from our 87% satisfaction rate last year.

We held our annual membership meeting in October where we reviewed this year as well as upcoming plans and the current budget and funding. We have been fiscally responsible and remained on budget for spending while increasing revenue through programs, events, memberships and donations. Being a department of the City of Oak Harbor, we are grateful for the continued support for operations and maintenance from city general funds. The city has completed its budget for 2019-2020 and I would especially like to thank all who took the time to reach out to city council, the mayor and city administrator in support of the Center. It truly made a difference, and the city council voted to accept our proposed budget for 2019-2020.

Wow, I’d say view from the distance we have gained on this upward climb is looking pretty good, and we are ready to keep going forward as we now look forward to continued growth here at the Center. Thank you for your support, and please reach out and let us know if there is a program or service you would like to see offered at the Center to empower older adults in our community for personal independence, healthy aging, social connection and life-long learning.

**AARP SAFE DRIVER COURSE**

Wednesday, January 30
8:30 AM – 4:30 PM

Sign up by calling Oak Harbor Senior Center, 360-279-4580

**COST**  
$15 AARP Member
$20 Non-AARP Member

(Paid directly to the instructor at time of class)

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