

Island Senior Resources – February eNews

Providing you updates on events & happenings at Island Senior Resources



FUN-draising with Bingo!

Not Your Grandma's Bingo is back Saturday, February 9 in Bayview Hall. You don't want to miss this boisterous "fun-draising" event hosted by famous drag-queens Sylvia O'Stayformore and Bobbie Jo Blessings. It's BINGO like you've never seen it before.

Age 21+ only

Tickets are selling fast. Buy yours **NOW** before it sells out!

[Purchase Tickets Here](#)

Event Highlights

AARP Free Tax Return Preparation

Occurring Feb 1 thru April 12. Appointments, although not required, are **recommended** and will receive preference over walk-ins. No walk-ins or appointments during the last hour of operation.

- For appointments at Coupeville Library and Island Senior Resources (Bayview) call (360) 678-3000, leave your name and telephone number, and your requested office location and date. A volunteer will return your call to schedule an appointment. Appointments can also be made when Tax-Aide volunteers are on site
- For appointments at the Oak Harbor Senior Center call (360) 279-4580.
- Appointments for the Oak Harbor Library can be made in person at the library

Drive Safe Drive Smart

Take the new AARP smart driver course.

- Refresh your driving skills; understand the new rules of the road
- Learn driving strategies to help you stay safe behind the wheel

AARP[®]
Driver Safety

- This class may save you money on your car insurance

There are no tests to pass.

Saturday, February 9, 8:30 a.m - 4:00 p.m. at Island Senior Resources (Bayview).
Lunch not included.

Cost: \$15 AARP members, \$20 for non-AARP members.

Registration required. Call 360-321-1600 or 360-678-3373.

Learn More. Attend Lunch & Learn Presentations

Come for the free Lunch & Learn presentation or arrive a bit early to have lunch (\$5 suggested lunch donation). Lunch & Learn location, topics and time:

- **Island Senior Resources (Bayview)**
 - Topics this month - Internet for Dummies, LOVESCAPES: Mapping the Geography of Love, WIN (overview of Whidbey Island Nourishes), Keeping Yourself Safe in Your Home
 - Tuesdays at 12:30 pm.

[Click To Learn More](#)

- **Coupeville HUB for Seniors (Coupeville)**
 - Topics this month - Bingo, Love Songs (Sing-a-long and original music with Heidi), A Pain in the What?, How to Read Digitally
 - Wednesdays at 12:30pm.

[Click To Learn More](#)

Seminar: Welcome To Medicare 2019

Will you be using Medicare in 2019 or want to know more about it? 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 to 2 1/2 hours.

For information call: 360-321-1600.

Seminar location and times:

Island Senior Resources (Bayview)
Wednesday, February 20, 10 am
Wednesday, March 27, 1 pm

Coupeville Library
Saturday, Feb 23, 10 am

Oak Harbor Senior Center
Tuesday, February 19, 10 am
Tuesday, March 5, 11 am



[Click To Learn More](#)

Chronic Pain Self-Management Workshop

Learn to better manage medications, make decisions and communicate more effectively, eat well, add activity to your life and much more.

Workshop held on Thursdays, February 7 – March 21, time 1 p.m. – 3:30 p.m. At Oak Harbor Senior Center, 51 SE Jerome St. in Oak Harbor.

Registration required. Class is FREE but space is limited.

To register contact Debbie Metz of Island Senior Resources at 360-321-1621

[Click To Learn More](#)

-- Upcoming Dementia Care Classes In Oak Harbor --

Instructor: Kathleen Landel

\$15 per class. Call 360-969-5471 to register.

Dementia Care Classes for Caregivers

Class series for caregivers to help you understand how the brain changes with dementia, the reason behind challenging behaviors, and how you can respond.

Tuesday, February 19

Tuesday, March 19

1-3 pm

Oak Harbor Senior Center, 51 SE Jerome St, Oak Harbor

[Click To Learn More](#)

Dementia Care Partner Support Series

This series is progressive and will cover topics on Facing Dementia, Skills, Coping, The Long Haul, Taking Care of You, and Putting it all Together. You will connect with other caregivers and learn through videos, handouts, discussions and hands-on skill training.

Tuesdays, February 5 and 19, March 5 and 19.

10 a.m. - Noon

Oak Harbor Senior Center, 51 SE Jerome St, Oak Harbor

[Click To Learn More](#)

End of Life Discussion Series - Hospice of the Northwest

Compassion and Dignity Every Moment of Life

Every Tuesday - February 19–March 19

12:30 p.m. – 2:30 p.m.

Coupeville Library, 788 NW Alexander St, Coupeville

Class if FREE - No Registration Required

[Click To Learn More](#)

[View Additional Monthly Highlights](#)

[View The Events Calendar](#)

Nutrition

NUTRITION PROGRAMS



Home
Delivered
Meals (Meals
on Wheels)



Congregate
Meals



Monthly Food
Menu



Market
Nutrition
Vouchers

Monthly Food 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.

[Click to View Food Menu](#)

Noteworthy

Island Senior Resources is closed on President's Day

Monday, February 18, 2019

Music is Happening

[The Island Senior Resources Fun Band](#) will be joining the Whidbey Jammer's to make music at Neil's CloverPatch Cafe in Bayview.

February 13th, from about 6:00pm - 8:00pm

Great Articles

Recent Articles We Found That May Be of Interest to You

1. [How Music Reaches Those with Memory Issues](#)
2. [Keep Your Brain Young with Music](#)
3. [14 Ways to Spend Valentine's Day with Your Senior Loved One](#)
4. [Where to Report Fraud or Financial Exploitation](#)

[View Additional Articles and Helpful Reading Information](#)

New Support Group Aging in Grace

Come laugh, cry, make friends, and connect with others as we accept and adapt to the limitations that aging brings. Facilitated by Nicole Donovan,

aging and disability resource manager from Island Senior Resources. Everyone is welcome.

[Learn More](#)



Aging in Grace
SUPPORT GROUP

Come laugh, cry, make friends, and connect with others as we accept and adapt to the limitations that aging brings.

Facilitated by Nicole Donovan, aging and disability resource manager from Island Senior Resources. Everyone is welcome.

*For adults.
Supported by Island Senior Resources.*

**MONDAYS,
10 a.m. - 12 noon**
Jan. 14, Feb. 11, Mar. 11

FREELAND LIBRARY
5495 Harbor Ave.
360-331-7323

sno-isle.org

Senior Thrift



Enjoy Great Shopping at Senior Thrift

We have it all - new and lightly used clothing, furniture, household goods, outdoor items, tools, crafts, books, jewelry and children's items. In addition, we have a housewares department and year round Christmas room.

All proceeds support Island Senior Resources.

Senior Thrift Location

Senior Thrift Sales Going On Now

Share This eNews

Help Us Reach Further Share This eNews

Please forward this email to people you know. Help us reach everyone in our community who would find this information of value.

 [Join Our Mailing List](#)

Our Facebook Page



Follow us on Facebook. We have announcements and postings to make you smile, laugh, or be inspired.

[Not displaying correctly? Click to view this email as a web page.](#)

Popular Web Links



[Island Senior Resources.](#)



[Sales at Senior Thrift](#)



[Support Island Senior Resources. Donate.](#)



[Follow Us On Facebook](#)



[Island Times Newspaper](#)

Copyright © 2019 Island Senior Resources. All rights reserved.

You are receiving this email because you requested it or opted in at our website:

<https://senior-resources.org/> to keep up on news, events and activities at Island

Senior Resources.

Thanks for your interest!

Island Senior Resources (Bayview)
14594 SR 525
Langley, WA 98260
Phone 360-321-1600, 360-678-3373

Senior Thrift
5518 Woodard Avenue
Freeland, WA 98249
Phone 360-331-5701