

Island Senior Resources – July eNews

Providing updates on events & happenings at Island Senior Resources



NOT YOUR GRANDMA'S BINGO

A fundraiser to support
Island Senior Resources
\$16/Person
VIP Table for 8 - \$175
Must be 21+ to attend

WANTED

Bobbie Jo Blessings & Sylvia O Stayformore

REWARD

Saturday, August 17th
Island County Fairgrounds
Main Stage (Outdoor Event)

6:00-8:30 pm - Gates open at 5:00

Food, Ice Cream, Beverages, Beer, Wine and Cider available for purchase

The Scallywagon will be the food vendor for this event.

Not Your Grandma's Bingo

TICKETS ON SALE
Wednesday, July 3rd at 10 a.m.

[CLICK HERE TO PURCHASE](#)



Time Together Scholarship Program

Donations made to the Time Together Scholarship Program provide access to the program for isolated seniors who would otherwise not be able to attend the program for financial reasons. If you would like to help give the gift of socialization to those who are most isolated in our community select one of the following ways to donate:

- With a check. Send a donation of any amount to Island Senior Resources, Time Together Scholarship Fund, P.O. Box 939, Freeland, WA 98249.
- Online. You can also donate online. During the online donation process, please make sure to make a note that the donation is for the Time Together Scholarship Fund.



A NEW FACE!

We now have two Facebook pages to help keep you informed about all that is

happening at Island Senior Resources and at Senior Thrift. Check out both pages and follow us!

1. [Facebook.com/islandseniors](https://www.facebook.com/islandseniors) (for all the happenings at Island Senior Resources)
2. [Facebook.com/seniorthrift](https://www.facebook.com/seniorthrift) (for all the sales news and events at Senior Thrift)

We are also on Instagram: [@islandseniors](https://www.instagram.com/islandseniors). [Check it out!](#)



Special July Hours

Senior Thrift will be closed at 2 p.m. on Wednesday, July 3rd.

Island Senior Resources and Senior Thrift will be closed on Thursday, July 4th.

Happy Independence Day!

Activity and Event Highlights

Medicare 2019

Will you be going on Medicare soon and 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.

[Learn More](#)

Lunch & Learn Presentations Island Senior Resources (Bayview)

Join a free Lunch & Learn presentation or arrive a bit early to have lunch (lunch is optional, suggested donation for lunch is \$6 for 60+ seniors and \$8 for all others). Topics presented at the Island Senior Resources (Bayview) location are:

- What Are You Reading?
- Learning Piano Late in Life
- Keeping Yourself Safe in Your Home and Community
- Old Fashioned Ice Cream Social

When: Tuesdays at 12:30 pm. [View schedule](#) for dates for each topic.

Lunch & Learn Presentations Coupeville HUB for Seniors

Topics presented at the Coupeville HUB for Seniors in Coupeville.

- Bingo



- You Can Get There!
- Gifts from the Heart
- Secure & SAFE in Your Home
- Prepare Now for Winter

When: Wednesdays at 12:30 pm. Lunch (optional) will be served beginning at 11:45 (suggested donation \$6 for 60+ seniors and \$8 for all others) followed by the free presentation at 12:30. See our [food menu](#) for what is being served for lunch. Come eat, socialize, and learn! Contact Carol Moliter: (360) 678-0636 or email bigrockdesigns@whidbey.net. [View schedule](#) for dates for each topic.

Learn the Basics of Social Security

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

This Island Senior Resources workshop is presented by Annette Barca who has been conducting pre-retirement seminars for 15 years.

[Learn More](#)

Aging in Grace Support Group

Second Monday of each month, Freeland Library 10 a.m. – noon.

[Learn More](#)

New! Time Together Thursdays

Time Together Thursdays. A two-hour program for adults with Developmental Disabilities.

[Learn More](#)

[Discover More Monthly Highlights](#)

[View Online 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. Due to rising costs, effective April 1 the suggested donation for community meals will be \$6.00/meal. Meals on Wheels

suggested donation will be \$6/hot meal and \$5/ frozen meal.

[View Food Menu](#)

Noteworthy

Recent Articles We Found That May Be of Interest to You

- [A Mini-Bucket List Makes Everyday Life More Fulfilling](#)
- [Set a Goal of Happiness for Your Longer Life](#)
- [Climbing Higher on the Happiness Curve](#)
- [The Desiderata – Words For Life from 1927](#)

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

Are you looking to help? Volunteer!

Drive seniors on short local errands to the grocery, pharmacy and other locations.

- Must be 25 years old or older, able to carry groceries, and manage stairs.
- Mileage is reimbursed. Island-wide volunteers needed.
- Call Pat Weekley 360-321-1600 or 360-678-3373

Medical Transportation Drivers needed

- Specific interest in drivers able to drive off island.
- Priority ferry boarding. Mileage reimbursement.
- Must be 25 years old or older.
- Call Pat Weekley 360-321-1600 or 360-678-3373

[Learn More About Volunteering](#)

Senior Thrift



Great Shopping at Senior Thrift

New and lightly used clothing, furniture, household goods, outdoor items, tools, crafts, books, jewelry and children's items. Also, a housewares department and Christmas room. All proceeds support Island Senior Resources.

[Senior Thrift Location](#)

Want to Help?



MEAL-A-MONTH

Sometimes the smaller amounts of giving make the biggest change in someone's life.

Donate to Meal-a-Month

You can make a difference for your community. Say "Yes! I want to help sustain Island Senior Resources' programs that serve seniors, adults with disabilities, and those who care about them."

[Donate Now](#)

Follow Us

Island Senior Resources on Social Media



Visit [Facebook.com/islandseniors](https://www.facebook.com/islandseniors) (for all the happenings at Island Senior Resources)



Visit [Facebook.com/seniorthrift](https://www.facebook.com/seniorthrift) (for all the sales news and events at Senior Thrift)



We are on [Instagram](#)

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www.senior-resources.org to keep up on news, events and activities at

Island Senior Resources.

Thanks for your interest!

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