There is an anecdote going around social media right now, you may have seen it. It really made me chuckle, probably because I can relate, as I am sure you can as well.

“People talk about caterpillars becoming butterflies as though they just go into a cocoon, slap on wings, and are good to go. Caterpillars must dissolve into a disgusting pile of goo to become butterflies. So, if you’re a mess wrapped up in blankets right now, keep going.”

I am not sure if this is science-based facts about the evolution of a caterpillar to a butterfly, but I appreciate the sentiment. I would venture to say this process is not a single occurrence but a pattern over the course of a lifetime. We may have become a butterfly in one aspect of our life, say you are happy with your financial goals or family relationships, while in another area you are still a disgusting pile of goo, or work in progress. Well, that’s life, isn’t it!

The even trickier thing in life is that we don’t often see each other’s cocoons, only the wings. We find ourselves comparing our many gooey cocoons to everyone else’s visible butterflies. This habit does not discriminate, we are all susceptible, we all do it. Unfortunately, it is a dangerous practice that often results in us giving up on ourselves. Instead, when tempted to compare, take a moment to see what is going well in your life, and get to know those around you. As life seems to be, everyone has a cocoon, and we need to keep an eye out for everyone else’s cocoons.

Karen, 74
Langley
“Bird – I was the smallest one in the family.”

Gwen Fortner
Oak Harbor
“Ninny, my brother called me this because he couldn’t pronounce Gweny.”

Steve, 68
Freeland
“Tiny – I was the smallest boy in junior and senior high, until senior year when I grew 8 inches!”

Linda Stone, 74
Oak Harbor
“Lion Head, because I had white blonde kinky curly hair. It carried on through school and I hated it.”

Librfada Ochoa
Oak Harbor
“Everybody knows me as Lee, my parents gave me this name.”

Debbie, 62
Freeland
“Petyo – My friends thought I was Peter Pan.”

Jeanne
Oak Harbor
“My friends call me Jean Bean because its close to my name.”

Debbie, 60
Langley
“Frankie – My best friend and I called each other by our last names or some derivative of them.”

“My dear, don’t let the sun go down upon your anger; forgive each other, help each other, and begin again tomorrow.”

~ Louisa May Alcott

The OHSC community celebrating a butterfly moment together

Failing Forward: From Gooey Cocoon to Beautiful Butterfly
BEAT THE HEAT

By Jade Brown
Program Assistant, Oak Harbor Senior Services

Along with the summer season comes the summer heat. Oak Harbor summers may not be the hottest (August being the only month we might hit 75 degrees) but we still need to protect ourselves from the heat. So, while we dream of being somewhere “sunny and 75” here are a few tips to beat the heat this August.

1. SUNSCREEN: With one in five Americans developing skin cancer in their lifetime, sunscreen is an easy way to help prevent yourself from being one out of the five. Sunscreen helps to protect your skin from the sun’s harmful ultraviolet rays. Remember to apply your sunscreen 15 minutes before going outdoors. Apply to all exposed skin, including your lips (look for a lip balm with SPF) remember to re-apply every two hours! When buying sunscreen look for key ingredients such as zinc oxide, and titanium dioxide.

2. DRESS TO PROTECT: Protective clothing is another way to be the heat this summer. Wide brimmed hats are making quite the fashion statement. Grab that cowboy hat, floppy beach hat, and bucket hat and look good while protecting your skin and keeping cool. Sunglasses never get old, find your Top Gun aviators with UVA/UVB protection and protect your eyes through the danger zone this summer.

3. WATER: Dehydration and heat stroke are very serious. A great way to combat and prevent this is to drink water throughout the day. It’s said that we should drink 8 glasses of water each day.

4. TAKE A BREAK: If you’ve been in the sun most of the day, find a shady spot to relax for a while or go inside where it’s a little cooler. Carry a hand held fan to help cool off, some even come with a light mist! Being in the heat can be exhausting, feeling tired can also be a sign that it’s time to go inside.

5. CALL YOUR FRIENDS: If we do happen to get a few hot days in a row, remember to check in on your friends. Make sure they are staying hydrated, go over for a visit and bring a case of water along. Summer is one of my favorite times of the year, and I’m no saint when it comes to protecting myself from the heat. But sometimes it’s nice to have little reminders to take care of ourselves and others. So, for these last few weeks of summer think twice before stepping outside. Did you put sunscreen on today? Do I have a water bottle with me? Did I bring a hat? Sunglasses?

Member Spotlight: Patti Ruple

By Jade Brown
Program Assistant, Oak Harbor Senior Services

Patti Ruple is a member of the Oak Harbor Senior Center, she was born in Lynn, Massachusetts. Patti came to Oak Harbor because of her husband’s service in the Navy, she also worked for the government as civil service. Some of Patti’s fondest memories are of the ocean, every place she has been has been near the ocean and that is part of why she enjoys it here so much.

At the center Patti is involved in Enhance Fitness, trips, and socializing. Most days after Enhance Fitness Patti can be found hanging out in the lounge with lunch and a good book. Patti has been on many trips through the center and has enjoyed everyone that she has been on. Some of Patti’s hobbies include ballroom dancing and reading. Her favorite author is David Baldacci. He writes a little bit of every genre and he wrote the book “The Christmas Train.” Patti shared this book with some of her girlfriends in California and it inspired them to take a train ride together! Some advice that Patti has to offer to her peers is “Get out, make friends, get involved, and don’t vegetate.” Patti says that the senior center is “well-staffed, centrally located, the center always has programs for every interest, come and explore!” Patti thinks that everyone should take advantage of this resource that has been provided for them.

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FAILING continued from page 1

I try to model each day after a quote by George Eliot taped on the corner of my computer screen, given to me by one of our members, that reads “What do we live for if it is not to make life less difficult for each other?”

The messy part of life’s journey, before the reward of the wings, makes me think of the term “Failing Forward.” Have you heard that before?

John C. Maxwell author of Failing Forward: Turning Mistakes Into Stepping Stones for Success says of failing “Embrace adversity and make failure a regular part of your life. If you’re not failing, you’re probably not really moving forward…. When achievers fail, they see it as a momentary event, not a lifelong epidemic.”

Make no mistake, I am not advocating for being a failure. There is a difference between failing, even repeatedly, and being a failure. Do you see what it is?

The forward progress made after failing, gaining experience from the failure, and moving forward. If you stop before that crucial last step of action, then failure wins, and you have not failed forward. The last two words of the earlier anecdote “keep going” is the key to failing forward. Do not let a failure immobilize you. Keep going. Fail forward and turn that failure into experience, and try again.

I have come to realize that failure is not the opposite of success, but an often-necessary step along the path to success. As someone once observed, often attributed to poet T.S. Eliot, “If you aren’t in over your head, how do you know how tall you are?”

What goals do you have that you haven’t started because you are worried about the chance of failing? To quote Maxwell one more time “Procrastination is too high a price to pay for fear of failure. To conquer fear, you have to feel the fear and take action anyway. Forget motivation. Just do it. Act your way into feeling, not wait for positive emotions to carry you forward.”

Let us be patient with each other’s short comings and encourage each other’s growth, or in other words, share in the cocoons and celebrate the wings!

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CLASSES and EVENTS
at Oak Harbor Senior Center

OLD TIME FIDDLERS
Wednesday, August 21 - 11 a.m. FREE
The Old Time Fiddlers are having a day-time performance at the Center from 11 a.m. - noon. It is free and open to the public. Come listen along as the talented musicians serenade us with a variety of songs. The Old Time Fiddlers meet regularly the first Friday of the month at 6:30 p.m.

CHALK ART: MAKE & TAKE CLASS
Thursday, August 22 • 1 p.m.
Member: $25 Non-member: $35
In this creative class you will spend an hour designing your very own chalk board which is yours to keep at the end of the day. Guided instructions and stencils are included and no experience or artist ability necessary. These chalk boards make for great décor, gifts, and fun. All ages are welcome, bring a grand-kid for a fun afternoon at the Center!

ART PARTY: TURTLE
Friday, September 13 • 1–3 p.m.
Member: $35 • Non-member: $40
Guided instructions, supplies, and refreshments are included in this creative class where you will finish with a hand-painted canvas!

SENIOR BEE’S QUILT SHOW
Saturday, September 21
10 a.m.–4 p.m.
Sunday, September 22
10 a.m.–2 p.m.
Free and Everyone Welcome

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Oak Harbor Senior Center, 360-279-4580
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.

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 0.2.5.

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 Advancement plans
- Benefits and rates
- Prescription drug plans. (If you want help with your drug plan, bring a detailed list of your drugs).

The Statewide Health Insurance Benefits Advisors (SHIBA) offers unbiased, confidential advising and counseling, nutritionally balanced meal. They are provided for adults age 60+, their spouses, and caregivers. Donations are appreciated and help fund the program.

Due to rising costs, effective April 1, the suggested donation for community meals will be $6/meal. Meals on Wheels suggested donation will be $5/hot meal and $5/frozen meal.

**MENU - AUGUST**

**WEEK 1**

<table>
<thead>
<tr>
<th>Day</th>
<th>Meal</th>
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</thead>
<tbody>
<tr>
<td>Thu</td>
<td>Chef’s Choice</td>
</tr>
<tr>
<td>Fri</td>
<td>Ham Steak w/Fruit Salsa &amp; Potatoes</td>
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**WEEK 2**

<table>
<thead>
<tr>
<th>Day</th>
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</thead>
<tbody>
<tr>
<td>Mon</td>
<td>Greek Chicken Pasta</td>
</tr>
<tr>
<td>Wed</td>
<td>Salad Bar w/Variety of Vegetables</td>
</tr>
<tr>
<td>Thu</td>
<td>Chef’s Salad w/Turkey,Ham,Egg</td>
</tr>
<tr>
<td>Fri</td>
<td>Chef’s Choice</td>
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**WEEK 3**

<table>
<thead>
<tr>
<th>Day</th>
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<tbody>
<tr>
<td>Mon</td>
<td>Spaghetti w/Meat Sauce</td>
</tr>
<tr>
<td>Wed</td>
<td>June’s Chicken Pad Thai</td>
</tr>
<tr>
<td>Thu</td>
<td>Chefs Lorraine</td>
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<tr>
<td>Fri</td>
<td>Turkey Swiss Wrap w/Arugula</td>
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**WEEK 4**

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<thead>
<tr>
<th>Day</th>
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</thead>
<tbody>
<tr>
<td>Mon</td>
<td>Peachy Pork Chop</td>
</tr>
<tr>
<td>Wed</td>
<td>Salad Bar w/Variety of Vegetables</td>
</tr>
<tr>
<td>Thu</td>
<td>Chicken Caesar Wrap</td>
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<tr>
<td>Fri</td>
<td>Chefs Choice</td>
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**WEEK 5**

<table>
<thead>
<tr>
<th>Day</th>
<th>Meal</th>
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</thead>
<tbody>
<tr>
<td>Mon</td>
<td>Pulled Chicken on Slider Bun</td>
</tr>
<tr>
<td>Wed</td>
<td>Best Rueben 1/2 Sandwich</td>
</tr>
<tr>
<td>Wed</td>
<td>Rosemary Apricot Pork Loin</td>
</tr>
<tr>
<td>Thu</td>
<td>Chefs Choice</td>
</tr>
<tr>
<td>Fri</td>
<td>Chicken Satay &amp; Fried Rice</td>
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**WEEKEND MEAL**

<table>
<thead>
<tr>
<th>Day</th>
<th>Meal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat</td>
<td>Breakfast</td>
</tr>
<tr>
<td>Sun</td>
<td>Dinner</td>
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### 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>
</tr>
</thead>
<tbody>
<tr>
<td>9 Quilting</td>
<td>9 Billiards</td>
<td>9 Billiards</td>
<td>9 Yoga</td>
<td>9 Quilting</td>
<td>Ping Pong</td>
</tr>
<tr>
<td>9 Enhance Fitness</td>
<td>9 Lapidary</td>
<td>9 Lapidary</td>
<td>9 Billiards</td>
<td>9 Billiards</td>
<td>Billiards</td>
</tr>
<tr>
<td>11:30 Duplicate Bridge</td>
<td>11:30 Enhance Fitness</td>
<td>11:30 Enhance Fitness</td>
<td>11:30 Yoga</td>
<td>11:30 Duplicate Bridge</td>
<td>Pinochle</td>
</tr>
<tr>
<td>11:30 LUNCH</td>
<td>11:30 Creative Writing</td>
<td>11:30 Creative Writing</td>
<td>11:30 Bridge</td>
<td>11:30 LUNCH</td>
<td>10am-1pm: Pickleball</td>
</tr>
<tr>
<td>12 Bunco</td>
<td>12:30 Party Bridge</td>
<td>12:30 Party Bridge</td>
<td>12:30 Bridge</td>
<td>12:30 Carolina Bridge</td>
<td>12:30: Beginner Pickleball</td>
</tr>
<tr>
<td>12:30 Ping Pong</td>
<td>12:30 Ping Pong</td>
<td>12:30 Ping Pong</td>
<td>12:30 Pinochle</td>
<td>12:30 Line Dance</td>
<td>(First Saturday only)</td>
</tr>
<tr>
<td>1 Art with Ivy</td>
<td>1 Paper Crafts</td>
<td>1 Paper Crafts</td>
<td>1 Mah Jongg</td>
<td>1 Mexican Train</td>
<td></td>
</tr>
<tr>
<td>2:30 Parkinsons Singing Group (1st &amp; 3rd Monday)</td>
<td>(2nd &amp; 4th Wednesdays)</td>
<td>(2nd &amp; 4th Wednesdays)</td>
<td>12:30 Cribbage</td>
<td>12:30 Line Dance</td>
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<tr>
<td>3 Clogging</td>
<td>2 Caregiver Support</td>
<td>2 Caregiver Support</td>
<td>1 Mexican Train</td>
<td>1 Parkinson Support Group (1st Friday)</td>
<td></td>
</tr>
<tr>
<td>5 Tai Chi</td>
<td>2:30 Parkinsonics Singing Group (4th Tues)</td>
<td>2 Caregiver Support</td>
<td>1 Reiki Treatments</td>
<td>7 Country Dance</td>
<td></td>
</tr>
<tr>
<td>6 Lapidary</td>
<td>6 Tai Chi</td>
<td>4 Pickle Ball</td>
<td>1 History Class</td>
<td>6:30 Old Time Fiddlers</td>
<td>(2nd Friday)</td>
</tr>
<tr>
<td>6:30 Stamp Club (2nd &amp; 4th Tuesdays)</td>
<td>SHIBA – By appointment</td>
<td>6 Twilight Bridge</td>
<td>6:30 Old Time Fiddlers</td>
<td>6:30 Old Time Fiddlers</td>
<td>(1st Friday)</td>
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</tbody>
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### 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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</thead>
<tbody>
<tr>
<td>10 Time Together*</td>
<td>10 Time Together*</td>
<td>10 Time Together*</td>
<td>10 Time Together*</td>
<td>10 Time Together*</td>
<td>11 Israel Circle Dance</td>
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<tr>
<td>11:45 Lunch Served</td>
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<td>1 Mah Jongg</td>
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<tr>
<td>8:45 Tai Chi</td>
<td>9:30 Tai Chi</td>
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<td>9:30 Tai Chi</td>
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<tr>
<td>8:45 Foot Clinic – call (360) 347-3210 for appt</td>
<td>9:30 Foot Clinic – call (360) 347-3210 for appt</td>
<td>9:30 Foot Clinic – call (360) 347-3210 for appt</td>
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<tr>
<td>10 Time Together*</td>
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<tr>
<td>10:30 Tone In, Tone Up</td>
<td>10:30 Tone In, Tone Up</td>
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<td>10:30 Tone In, Tone Up</td>
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<tr>
<td>11:45 Lunch Served</td>
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<td>11:45 Lunch Served</td>
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<tr>
<td>Aug. 6 - 1st Tuesday</td>
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<tr>
<td>2:30 Parkinson's Singing Group (2nd Tuesday)</td>
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<td>Aug. 20 - 3rd Tuesday</td>
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<tr>
<td>10 MS Support Group</td>
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<td>10 MS Support Group</td>
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<tr>
<td>Aug. 27 - 4th Tuesday</td>
<td>Aug. 27 - 4th Tuesday</td>
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<tr>
<td>10 Early Stages Depression Support Group</td>
<td>10 Early Stages Depression Support Group</td>
<td>10 Early Stages Depression Support Group</td>
<td>10 Early Stages Depression Support Group</td>
<td>10 Early Stages Depression Support Group</td>
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<td>2:30 Parkinson's Singing Group (2nd Thursday)</td>
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**Dates and times of all scheduled events are subject to change. It’s always advisable to call to confirm.**

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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 P.M.**

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic and Presenter</th>
</tr>
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<tbody>
<tr>
<td>Aug. 6</td>
<td>Death Café, Cynthia Trenshaw Has Stories to Tell</td>
</tr>
<tr>
<td>Aug. 13</td>
<td>Aging in Place, Cynthia Smith, Director of Aging &amp; Disability Resources</td>
</tr>
<tr>
<td>Aug. 20</td>
<td>What’s Happening at WAIF, Tisa Seely, Volunteer &amp; Outreach Coordinator</td>
</tr>
<tr>
<td>Aug. 27</td>
<td>How to Be Happy, Mel Watson, Adult Day Program Manager</td>
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</tbody>
</table>

**AT THE COUPEVILLE HUB - WEDNESDAYS, PRESENTATION BEGINS AT 12:30 P.M.**

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic and Presenter</th>
</tr>
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<tbody>
<tr>
<td>Aug. 7</td>
<td>Bingo, Aging &amp; Disability Resources</td>
</tr>
<tr>
<td>Aug. 14</td>
<td>Listening to Your Hearing, Dr. Kristine Jarrell, Hearing Health Services</td>
</tr>
<tr>
<td>Aug. 21</td>
<td>Eyeb’s Reserve Today, Kristen Griffin, Eyeb’s Landing National Historical Reserve Manager</td>
</tr>
<tr>
<td>Aug. 28</td>
<td>How to Be Happy, Mel Watson, Adult Day Program Manager</td>
</tr>
</tbody>
</table>

**ISLAND SENIOR RESOURCES (THE HUB) - TUESDAYS, 12:30 P.M.**

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**Date Topic and Presenter**

| Aug. 7 | Bingo, Aging & Disability Resources                                                |
| Aug. 14| Listening to Your Hearing, Dr. Kristine Jarrell, Hearing Health Services             |
| Aug. 21| Eyeb’s Reserve Today, Kristen Griffin, Eyeb’s Landing National Historical Reserve Manager |
| Aug. 28| How to Be Happy, Mel Watson, Adult Day Program Manager                               |

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

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TRAVEL LOG

OKAY HARBOR SENIOR CENTER
For more information, call the Front Desk, 360-279-4580

MYSTERY LUNCHES
Wednesday, September 18
Dep: 10:30 AM – Return: 2:30 PM
Member: $20 Non-Member: $30
Price includes transportation only.
The mystery has been solved, these lunch trips are a ton of fun! Travel Escort, Lauraine, will be sure to take you on a delightful afternoon to an undisclosed restaurant where you will enjoy some delicious dining with the other passengers. Before returning home sometime there is time for another surprise stop! This is a great way to discover new restaurants or enjoy a well-known favorite while meeting new friends and enjoying the good company.

BUFFET LUNCH
T-Mobile Park! Price includes transportation, boat tour, and Northwest cuisine lunch. Limited seats available; please sign up by July 19 to reserve your spot.

NEW! OCTOBERFEST CRUISE
Wednesday, September 25
8:30 AM - 4 PM
Member: $95 Non-member: $115
Grab your lederhosen and head off for a relaxing afternoon cruising on Lake Union and Lake Washington. Enjoy authentic German cuisine and learn the history of Oktoberfest, without having to travel to Europe. Cost includes transportation, 2-hour cruise, and German inspired lunch. Limited spots available, please sign up by August 30.

FLY DAY - HONORING VETERANS
Saturday, August 17
9:15 AM - 3:30 PM
Member: $32 Non-Member: $42
The Heritage Flight Museum in Burlington is hosting a special fly day highlighting a variety of military aircrafts. Price includes museum entrance and air show at the Skagit Regional Airport. Enjoy a no host lunch from a variety of food vendors.

DIABLO LAKE TOUR & LUNCH
Friday, August 9
7:30 AM - 60 PM
Member: $92 Non-Member: $110
Come along on a breathtaking tour that is a scenic splendor never to be forgotten. Step back in time on this historic cruise and explore remote Diablo Lake and the Skagit River Gorge high in the North Cascades. Price includes transportation, boat tour, and Northwest cuisine lunch. Limited seats available, please sign up by July 19 to reserve your spot.

THE SPACE NEEDLE & CHIHULY
Wednesday, September 4
7:30 AM - 9:30 PM
Member: $56 Non-Member: $68
Let’s get off the Island for a day and visit the top of the Space Needle where you can take in incredible views of mountains, water, and the city by stepping onto The Loupe, the world’s first and only rotating glass floor. Next, we visit the Chihuly Garden & Glass museum where you will find spectacular, one of a kind pieces of art work. With eight galleries, three drawing walls, and a café we will have plenty to do! Cost includes transportation and entrance fees into Space Needle and Chihuly.

A DAY IN EDMONDS
Thursday, August 22
8:30 AM - 5 PM
Member: $34 Non-Member: $40
Enjoy a visit to Edmonds where the day is yours and the options are endless! You can visit the Edmonds Historical Museum, take in the waterfront views, tour the Cascade Art Museum, or enjoy the Scratch Distillery located in the same building. Delight in a no host lunch at many of their restaurant choices such as Olive’s Café and Wine Bar, Rusty Pelican, or Thai Cottage.

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GOOD LUCK ON YOUR NEXT TRIP!
**TRAVEL LOG**

### OCTOBER

**LYNDEN TRAIN SHOW**  
Saturday, October 5  
9 AM - 5 PM  
Member: $40 • Non-Member: $50

The Lynden Train Show is one of the largest on the West Coast and features running modules in all gauges of model trains and circus displays. The show also includes a swap meet, dealer tables, workshops, and memorabilia. Cost includes transportation and entrance into the Train Show.

**TRAVEL LOG**  
**CASINO TRIPS IN 2019**  
All casino trips depart/return from Bayview Community Hall Parking lot.  
Depart 9 AM • Return 4:30 PM  
Member: $35 • Non-member: $45

**Rome & the Amalfi Coast**  
August 16 - 25, 2020  
Double: $5,129 • Single: $5,829

Take a panoramic tour of Classical Rome featuring an in-depth, guided visit of the Colosseum, discover the ruins of Pompeii, and discover the mountaintop monastery of Montecassino! Includes ground and air transportation, lodging, and 13 meals.

**MAGICAL RHINE & MOSELLE RIVER CRUISE**  
August 16 - 25, 2020  
Double: $5,129 • Single: $5,829

Special Travel Presentation: Wednesday, October 16 | 1 PM

Set out on a 7-night cruise along the Rhine where you will discover lovely Strasbourg on a guided tour, enjoy a Captain’s Gala Dinner, visit of Cochem’s renowned wine cellars, and cruise the famous canals of Amsterdam. Includes ground and air transportation, 7-night river cruise, lodging, and 22 meals.

**SPOTLIGHT ON NEW YORK**  
October 15 - 19, 2020  
Double: $3,999 Single: $3,799

Visit America’s most exciting city, New York City, explore the 9/11 Memorial and Museum, experience two Broadway shows, embark on a voyage to the Lady Liberty, join a local guide for tour of New York City’s time-honored landmarks, and enjoy breakfast at the famous Ellen’s Stardust Diner featuring singing waitstaff on this 5 day tour. Includes air and ground transportation and 5 meals.

**ISLAND SENIOR 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.

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<td>August 13</td>
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<td>Snoqualmie</td>
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<td>Tulalip Resort</td>
<td>December 10</td>
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**CRYPTO FUN**

Determine the code to reveal the answer!

One who fishes  
13 22 15 8 19 5

Fishing tool  
5 25 21

Moving water  
5 10 7 19 5

Bait  
8 16 5 19

ANSWERS

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Solve the code to discover words related to boating. Each number corresponds to a letter. (Hint: 20 = e)

Solo game of skill  
21 14 3 11

Where a golf ball is struck  
1 20 20

Where golf is played  
17 14 4 2 8 20

Competitors  
25 3 12 13 20 2 8

ANSWERS

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Solve the code to discover words related to gardening. Each number corresponds to a letter. (Hint: 5 = r)

**AUTHOR WORD SEARCH**

<table>
<thead>
<tr>
<th>Author</th>
<th>First Name</th>
<th>Last Name</th>
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</thead>
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<tr>
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<td>ORWELL</td>
<td>STEEL</td>
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<td>STEINBECK</td>
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<td>Christie</td>
<td>ROBERTS</td>
<td>STINE</td>
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<td>Nabokov</td>
<td>NABOKOV</td>
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</tbody>
</table>

Answers: A. angler  B. rod  C. river  D. lure

Answers: A. golf  B. tee  C. course  D. players

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Thank you for reading Island Times. Please support our advertisers.  
Please recycle this publication when you are finished reading it.
One Day When You Can Make A Difference

Island Senior Resources is having our second annual one-day online fundraiser, TOGETHER WE CARE, on Thursday, August 1, to raise $15,000 to support the rising need for essential resources for seniors, adults with disabilities, and those who care for them. Last year our generous community helped us exceed our goal, and we need your help to do it again.

This is your chance to act to protect and sustain vital resources in our community. Donations can be made online at www.senior-resources.org. They can also be brought to Island Senior Resources’ South Whidbey resource center in Bayview, to ISRF’s Aging & Disability Resource staff at the Oak Harbor Senior Center, or mailed to P.O. Box 939, Freeland, WA 98249. We encourage everyone to use this one-day event to show that we, as a community, believe in taking care of each other.

As our population ages, community needs are increasing rapidly, yet government funding sources are diminishing, or are threatened. Island Senior Resources now serves one in every eight persons throughout Island County, soon to be one in seven. Just as an example, Meals on Wheels is now serving 36% more clients across Island County than it did in 2018! More and more people come through our doors every day looking for information and needing support for themselves or a loved one.

Island Senior Resources provides services to all of Whidbey Island and Camano. We provide Meals on Wheels, seven community meal sites, transportation to medical appointments, Time Together Adult Day Services in Freeland and Oak Harbor, Aging & Disability Resources in Bayview, Oak Harbor, and Camano, Statewide Health Insurance Benefits Advisors (SHIBA) consultations and classes on Medicare, Family Caregiver Support, Tailored Supports for Older Adults, Lunch & Learns in Bayview and Coupeville, a variety of educational classes throughout the county, and social gatherings that help to prevent isolation. We cannot do this without you. Please support TOGETHER WE CARE on August 1.

For more information on all our programs, visit our website: www.senior-resources.org.
HIGHLIGHTS

DON’T MISS NOT YOUR GRANDMA’S BINGO

Not Your Grandma’s Bingo will be back Saturday, August 17 at Island County Fairgrounds. These events sell out quickly. Go to www.senior-resources.org to purchase tickets. You don’t want to miss this boisterous “fun-draising” event hosted by celebrity drag queens Sylvia O’Stayformore and Bobbie Jo Blessings. It’s BINGO like you’ve never seen it before. Age 21+ only. Come join us! You help our community when you help support Island Senior Resources. Doors open at 5:00. Great food and drinks will be available for purchase. The event starts at 6 p.m. Games, prizes and more!

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!

Facebook.com/islandseniors (for all the happening at Island Senior Resources)
Facebook.com/seniorthrift (for all the news and events at Senior Thrift)

We are also on Instagram: @islandseniors. Check it out!

DON’T MISS IT! NEW WHIDBEY ISLAND GUIDE/MAP TO THRIFT STORES

A Map and guide to Whidbey Island Thrift Stores is now on the Clinton/ Mukilteo and Coupeville/Port Townsend ferries as well as at Whidbey Island Chambers of Commerce, at NAS Whidbey, at most thrift stores on Whidbey Island, and at some restaurants.

Spend a day treasure hunting and visit all the stores! Each store supports a non-profit on Whidbey, so every dollar you spend helps our community.

VOLUNTEER OPPORTUNITIES

Drive seniors on short essential errands to the grocery, pharmacy, or post office. Must be 25 years old or older, able to carry groceries, and manage stairs. Mileage is reimbursed. Island-wide volunteers needed.

MEDICAL TRANSPORTATION DRIVERS NEEDED

Specific interest in drivers able to drive off-island. Priority ferry boarding. Mileage reimbursed. Must be 25 years old or older.

Call Pat Weekley 360-321-1600 or 360-678-3373 or 360-914-3212

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, please send a donation of any amount to Island Senior Resources, Time Together Scholarship Fund, P.O. Box 939, Freeland, WA 98249. You can also donate online; make sure to make a note that the donation is for the Time Together Scholarship Fund. Thank you!

TIME TOGETHER NEW DAY ADDED!

Thursdays 10 a.m. – 12 noon.
St Augustine’s in-the-Woods.
5217 Honeymoon Bay Rd. Freeland.

This new day is a special short program designed for Adults with Developmental Disabilities who are not sensitive to sound. For anyone who needs a quiet space, stay tuned for an afternoon “quiet” program in the future. Contact Time Together Director, Mel Watson 360. 321.1623 for more information.

MEAL-A-MONTH

Sometimes small amounts of giving make the biggest change in someone’s life. Help feed a local senior for only $5 a month. You can make a difference for your community. Say Yes! I want to help! Go to: https://senior-resources.org/meal-a-month/ to sign up to donate one, two, three meals a month, or more! Or call us at 360-321-1600 / 360.678.3373 to arrange your monthly donation.

MEAL-A-MONTH

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VETERANS COFFEE HOUR

Every Thursday at 9:00AM
We welcome any and all Veterans, active duty, any branch and any rank!
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360-331-5701

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We have items on sale everyday. See our website for full sales calendar: www.senior-resources.org/thriftstore

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Jewelry Sale, 25% off

SATURDAY, AUG. 24
(1) item your choice, 25% off

SATURDAY, AUG. 31
Summer Clothes, 60% off
(Sleeveless and Short Sleeve Shirts, Shorts and Capris)

ALL AUGUST
Red Tags, 25% off • White Tags, 50% off

We have gift cards available at the registers. Gift cards are perfect gifts for the treasure hunter in your life!

Please consider donating a $1 or more with your purchase to help support our programs.
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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, click “About Us” and select “Links to Inform and Inspire.”

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- Preferred Providers for most Insurance carriers including Kaiser, Tricare, VA Choice and L.I.

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