The Seniors Bees – An Oak Harbor Senior Center Quilting Group

By Carly Waymire
Program Coordinator, Oak Harbor Senior Center

The “Seniors Bees” are a quilting group at the Oak Harbor Senior Center that consists of more than 20 talented members who love quilting. Each year the Seniors Bees give back to the community by putting their talent to good use. They make quilts for disabled seniors, homeless, various organizations to use for fundraisers, newborns, active duty military, veterans, and house-bound individuals. The Senior Bees make a unique quilt every year they raffle off to raise funds for the Oak Harbor Senior Center. This year’s quilt is called “Grandmothers Flower Garden” and is made up of 2,500 individual, unique hexagons which make over 350 flowers. The Senior Bees didn’t use a single machine to make this quilt, but hand-stitched each piece which took them over a year to complete. Raffle tickets are available for $1 at the Center and the drawing will be held Sept. 22. In September, the Senior Bees are hosting a quilt show to display their unique work. The quilt show will run Saturday, Sept. 21, 10 a.m.-4 p.m. and Sunday, Sept. 22, 10 a.m.-2 p.m. There will also be an assortment of crafts and quilted items available for purchase. This event is open to everyone and admission is free!

Gathering Together Makes All the Difference

By Christina Baldwin
Board Member, Island Senior Resources

Tucked in the woodlands above the western shorelines of Freeland, Mary Jane Donohoe lives just down the road from the farm where she grew up. After her husband’s retirement, she has returned to these heritage lands. Like many other island 70-somethings who still have energy and creativity she began asking herself, “What’s most important for me to do?” Listening to her over a cup of coffee last summer, she admitted, “I have a passion for planning events.” Tapping her hand on a large scrapbook of photos she says, “I started to design events that helped unite my family around our shared values. I orchestrate fun as a way to bring forward the beauty of the past and share it with the younger generations.”

“Well, once I got that going for the family, my friends wanted to join, so I began designing events for my friendship group, my church group, and other community associations I belong to.” Flipping through the book, I see her still famous Uppah Wedding party from 2003, another event full of reveling pirates, and photos of her “Black & White Affair” that occurred at the end of July. As we’re talking, Mary Jane is adamant, “I don’t want to become an event planner for the island, but I do want to inspire others to do the same kinds of things for their own families and friends. Because, well, events spice up life, create new friendships and deepen ongoing friendships, and from these kinds of events we can foster a community where seniors are involved, sponsoring, and participat-

QUESTION OF THE MONTH: WHAT WORLD EVENTS WERE THE MOST MEMORABLE WHILE YOU WERE GROWING UP AND WHAT MADE THEM SO MEMORABLE?

Kim Mason
Coupeville
“The assassination of President Kennedy, it was a loss of innocence, and as a child you don’t ever think about the evil in the world.”

Linda, 74
San Diego
“World War II. My brother fought in the war.”

Robert (Bob) Seppi
Oak Harbor
“The Navy, its memorable because it taught me humility, discipline, and how to get along with different people, and it taught me comradesry (sic).”

Sheila, 43
Fresno
“When Nancy Reagan started ‘Just Say No to Drugs.’”

Ralph, 84
Oak Harbor
“Hearing Hitler’s speech in 1938, Pearl Harbor and the atomic bomb attack on Japan.”

Lisa Peters
Oak Harbor
“The lunar launch, at the time I didn’t care much about it, but my dad made me sit down and watch because it was history being made, and now I realize the significance of it all.”

Marcia, 77
Boise
“President Kennedy’s assigation. What could be more tragic? Who could forget?”

Elizabeth Evans & Sam
Oak Harbor
“The most memorable event was the Kennedy assassination.”

“You only grow old when you lose all your marvles.”
— Merry Browne

A few the Senior Bees pose in front of their handmade quilt for the 2019 raffle

Photos by Jessica Karpilo
IF ONLY...

By Robin Rush, Ournalist/Director Island Senior Resources

A few weeks ago, I went to my high school reunion. Before I flew out to the east coast, I had been wondering, “What would any of us have in common? What could we talk about?” We all started with the obvious, “What have you been doing?” I told them I was Outreach Director for Island Senior Resources, that provides resources for seniors, adults with disabilities, and those who care for them. All being the same age with elderly parents meant this subject was rich, common ground for sharing. They’d say, “I just spent the last five years helping my mother” or, “My dad’s so overwhelmed being mom’s caregiver” I’d start to tell them how we provide Meals on Wheels, an adult day program, Medical Transportation, Aging & Disability Resources, community meals and before I could get through the list, they would stop me, amazed, and say, “You provide all that?!” I’d continue, “We also have classes, Medicare assistance, legal consults, a medical device lending closet, social opportunities, and a lot more.” Ward traveled quickly through my classmates. I was never the “popular” kid in high school, but this time around, it seemed everyone wanted to talk to me. They’d tell me stories of the challenges they’d experienced or were in the midst of, with their parents. None of them could believe there was any community that provided such comprehensive services. “If only we had that in our town, my life and the lives of my parents would be so much better,” they’d say.

As the plane lifted off from the New York airport, my lasting impression from the reunion was what a unique place I was coming home to. We take care of each other here. We could be a model for other counties of what is possible when we are all engaged in supporting the way we want our community to be. Hopefully, some of my classmates will return to their communities and describe what they heard is happening here. What we have is truly special.

~ The Lightness of Letting Things Go ~

By Charles LaFond, Author, engager, ISR staff member

My home is cluttered with love. Well, “things” really, but they are icons of love that are hard to let go of and yet, it is time to let go of things as I get older. It is hard to give away the folder. It was hard to give away, not the folder. These are the “letting go” years. It is time to let go of things as I get older. It is hard to give away the folder’s blue gift-box with yellow tissue paper. It too smelled of lavender. I remember opening the folder’s blue gift-box with yellow tissue paper. It too smelled of lavender.

She sat with me that day as I felt the folder. She too smelled of lavender. I remember opening the folder’s blue gift-box with yellow tissue paper. It too smelled of lavender. She sat with me that day as I felt the folder’s soft grain, gold tooling, and internal satin sleeves. She told me of her love of letters – a love I inherited from her. We write letters and notes in that same Caribbean-blue ink, but I no longer need the folder.

Letting go of my beloved possessions is hard to do because each possession has a love-memory. Each possession is part of an event, a conversation, or a gesture of kindness from someone I love. When I see something in my closet or a cabinet, I remember the person who gave it to me or the event for which it was purchased. I do not want to let go of the memories, of the moment, of those people, of my life, of my story. We all need to do hard things from time to time. Letting go of my love-things is hard, internal work, but like anything worthwhile, the more I try, the better I can do it. What was once a chore is now an opportunity to live this final third of my life in a gentle exhalation. So, to live into this opportunity to down-size, I keep a small journal by my bed. Every time I take something to a thrift store, I write down what I am giving away and the story which caused me to keep it for so long. I let go of the possessions, but I keep the stories. Letting go of my things over the next 25 years will be hard to do, but I love the lightness of being which it invites.

If you know of someone doing something special for seniors, adults with disabilities, or caregivers, let us know. Email us at: feedback@islandseniorservices.org.

Time for a year-end investment review.

If you know of someone doing something special for seniors, adults with disabilities, or caregivers, let us know. Email us at: feedback@islandseniorservices.org.
Thank you, Connie Francis

By Mel Watson

I knew things were going to be different when I went to Australia to visit my mom this time. I had prepared myself, knowing she had progressed to a new stage in her nearly 20-year-long journey with Alzheimer’s. She has been living in a memory care unit in my hometown of Adelaide for close to a year. When I booked this trip, I reminded myself this might be the last time we get to see each other. I have been thinking this for many years on each visit, and each time it feels like this is it.

After a long flight, I arrived and quickly went shopping for some things I thought might be helpful in our time together: big markers, large things to color, a cute, soft dog toy and two cans of diet Coke. I arrived at her building, went through the security check, and walked into the community area. There she was, sitting with two ladies who I came to know as Lily and Barb. I was so happy to see her. “Hi, Mom, what’s going on?” It had been a year and a half since I saw her last, but she didn’t know it.

She looked up and smiled and said, “Hello love.” I don’t know if she knew who I was, but because I was happy to see her, she was happy to see me. I hugged her and asked if I could sit down and share a Coke with her. “Oh yes,” she said, laughing, “of course.” Mom always loved Coca Cola, especially with a splash of rum over a couple of ice cubes. She would drink rum and Coke out of a golden goblet like a queen. Mom was a bit of a queen, the matriarch of our family; she would glide across a room with such grace, you could have sworn she wasn’t moving her feet, or her feet were in two tiny cubes. She would drink rum and Coke out of a golden goblet like a queen. Mom was a bit of a queen, the matriarch of our family; she would glide across a room with such grace, you could have sworn she wasn’t moving her feet, or her feet were in two tiny cubes. She would drink rum and Coke out of a golden goblet like a queen. 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For those of you who have been with loved ones who have dementia, you know it can be difficult to maintain a conversation because the usual social cues aren’t there, so you quickly move into large spaces of silence. After a few long moments enjoying our Cokes, I said, “Hey Mom, I have this work thing I need to get done. Will you help me with it?” “Well yes, of course,” she replied. I reached into my bag and pulled out the markers and coloring pictures I brought with me. I placed one next to her, and one next to me and put the markers between us. I grabbed a marker and too the lid off, Mom mirrored me, and then I said, “I think I have to fill in this bit” and started to color in a portion of the picture. Mom followed, and then as we continued, I started to sing, “Would you like to swing on a star, carry moonbeams home in a jar….” Mom joined in. Time melted away; we connected in just the right way for where Mom was in that moment. I went to see her every day for two weeks. I stayed for hours each time. We sang a lot; Lily and a few other folks and their families even joined in sometimes for a good old sing-along.

During one visit, I was with Mom in her room, and I recalled a song she used to love when I was young. I pulled out my smart phone and found it. I turned to Mom and said, “What do you think of this one?” Connie Francis begins to sing, “Where the boys are good old sing-along. During one visit, I was with Mom in her room, and I recalled a song she used to love when I was young. I pulled out my smart phone and found it. I turned to Mom and said, “What do you think of this one?” Connie Francis begins to sing, “Where the boys are good old sing-along.

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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.

Lunch (optional) will be served 11:45 a.m. – 12:30 p.m. (suggested donation $6) followed by a free presentation. See our menu section for what is being served for lunch. Come eat, socialize, and learn! Lunch & Learns in Bayview are a collaborative venture with South Whidbey & Home

**Date** | **Topic and Presenter**
--- | ---
Sept. 3 | Be Well Prepared! Did you feel it? The July earthquake was a good reminder we need to know what to do in case of a larger one, a home fire, or other disaster. Get the latest information about low-cost ways to cope with emergencies that affect you and your neighbors.

Sept. 10 | What is Clear Captions? Clear Captions is a federally funded service for individuals experiencing hearing loss and need help hearing on the phone. Your calls captioned at NO COST includes: Installation and setup, in-home training, and lifetime support. Come learn about this exciting service!

Sept. 17 | Learn some interesting things about Whidbey Island history! Author Janice O’Mahony will talk about things she and her co-authors learned during the writing and research of Whidbey Island: Reflections of People and the Land. Did you know boats used to be able to come all the way up to the Cash Store to load and unload cargo? We have stories!

Sept. 24 | Novel Look at Conservation Join local author Deborah Nedelman for a conversation about her new novel, “What We Take for Truth” about conflicts between conservation protestors and community members over land use. Deborah’s book tells a story that both defends a way of life and celebrates a landscape at risk of being lost.

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

Lunch (optional) will be served beginning at 11:45 a.m. – 12:30 p.m. Followed by a free presentation at 12:30. See our menu section for what is being served for lunch. Come eat, socialize, and learn!

**Date** | **Topic and Presenter**
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Sept. 4 | Bingo Aging & Disability Resources will be available from 11:30 a.m. to 1:30 p.m.

Sept. 11 | Great Foot-Stompin’ Time Washington Old Time Fiddlers Association will take turns at the mic playing bluegrass, country and folk music on banjos, guitars, fiddles, keyboard, and vocals.

Sept. 18 | Responding to Identity Theft Jonathan Moore, Victim Support Services, Community Outreach Specialist, will teach you how to protect yourself, and discover what steps you can take to recover if you have been a victim of identity theft.

Sept. 25 | State of the Town of Coupeville Mayor Molly Hughes, will review town services, projects, and policy changes that have taken place on behalf of our residents in the past year.

**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.

In observance of Labor Day, Oak Harbor Senior Center and Island Senior Resources will be closed Monday, Sept. 2.

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Seniors* Get 15% Off on
Island Senior Resources (Bayview)

Island Senior Resources (Bayview)
14594 SR 525, Langley
Friday, Sept. 13 • 10:30 a.m.

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

Island Senior Resources (Bayview): Fridays • Call 360-321-1600, ext 0, to schedule an appointment
WhidbeyHealth Medical Center: Wednesdays • Call 360-678-5151 to schedule an appointment
Oak Harbor Senior Center: Tuesdays • Call 360-279-4580 to schedule an appointment

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

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OAK HARBOR SENIOR CENTER ACTIVITIES 360-279-4580

**MONDAY**
- 9 Quilting
- 9 Billiards
- 9:30 Enhance Fitness
- 11:30 Duplicate Bridge
- 11:30 LUNCH
- 12:30 Pickle Ball
- 1 Art with Ivy
- 2:30 Parkinsons Singing Group (1st & 3rd Monday)
- 3 Clogging
- 5 Tai Chi
- 8:30 Yoga
- 9 Billiards
- 9 Lapidary
- 9:30 Enhance Fitness
- 11:30 Duplicate Bridge
- 11:30 LUNCH
- 12:30 Party Bridge
- 12:30 Ping Pong
- 1 Paper Crafts (2nd & 4th Wednesday)
- 2 Caregiver Support (4th Wednesday)
- 4 Pickle Ball
- SHIBA – By appointment

**TUESDAY**
- 8:45 Tai Chi Wu Style
- 9 Foot Clinic – call (360) 341-1210 for appt
- 10 Time Together* 
- 10:30 Tune In, Tune Up Ukulele with Tala
- 11:45 Lunch Served
- 12:30 Lunch & Learn

**WEDNESDAY**
- 9 Quilters & Crafters
- 10 Time Together* 
- 10 Intermediate Line Dancing
- 11:45 Lunch Served

**THURSDAY**
- 8:30 Yoga
- 9 Billiards
- 9 Tai Chi
- 10 Walking Club
- 11:30 LUNCH
- 12:30 Pinochle
- 12:30 Line Dance
- 1 Parkinson Support Group (1st Friday)
- 7 Country Dance (2nd Friday)
- 6:30 Old Time Fiddlers (1st Friday)
- 9 Quilting
- 9 Billiards
- 9:30 Enhance Fitness
- 10 Creative Writing (resumes Sept. 19)
- 11 Mah Jong
- 12:30 Cribbage
- 1 Mexican Train
- 1 Reiki Treatments
- 1 History Class (resumes Sept. 19)
- 2 Caregiver Support (2nd Thursday)
- 2:30 S.A.L.L.
- 7 Wire Wrap

**FRIDAY**
- 10 Time Together* 
- 10:30 Tune In, Tone Up Ukulele with Talia
- 11:45 Lunch Served
- 12:30 Lunch & Learn
- 10 Parkinson Support Group**
- 10 Alzheimer’s Support Group
- 2:30 Parkinson’s Singing Group South*
- 10 MS Support Group
- 10 Early Stages dementia Support Group
- 2:30 Parkinson’s Singing Group South*

**SATURDAY**
- Ping Pong
- Billiards
- Pinochle
- 10am-1pm: Pickleball
- 12-1pm: Beginner Pickleball (First Saturday only)

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**ISLAND SENIOR RESOURCES (BAYVIEW) ACTIVITIES**

360-321-1600 or 360-678-3373

www.senior-resources.org

**MONDAY**
- 10 Time Together* 
- 11:45 Lunch Served
- 12:15 Reader’s Theater Rehearsal
- 1 Mahjong

**TUESDAY**
- 10 Quilters & Crafters
- 10 Time Together* 
- 10 Intermediate Line Dancing

**WEDNESDAY**
- 8:30 Bridge
- 9 Senior Striders
- 10 Time Together* (10-room only)
- 6 Twilight Bridge

**THURSDAY**
- 10 Time Together* 
- 10 Fun Band
- 11 SHIBA (Statewide Health Insurance Benefits Advisors) by appointment
- 11:45 Lunch Served

**FRIDAY**
- 10 Time Together* 
- 10 Legal consults (call for appointment)
- 11 Israeli Circle Dance

**SATURDAY**
- 11 Israeli Circle Dance

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*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**

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14594 SR 525, Langley, WA 98260 • 360-321-1600
Meals served Mon, Tues, Wed, Fri, 11:45 a.m.

**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 a.m.

**CAMANO CENTER**
606 Arrowhead Road, Camano Island, WA 98282 • 360-387-0222
Meals served Mon, Wed, Fri, noon

**CAMBNEY 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 a.m.

**BROOKHAVEN**
154 4th Street, Langley, WA 98260 • 360-321-1600
Meals served Mon, Wed, Fri, noon; Thurs, 5 p.m.

**COUPEVILLE METHODIST CHURCH, FIRST UNITED**
608 N Main St, Coupeville, WA 98239 • 360-678-4256
Meals served Wed, 11:45 a.m.

**HILLSIDE EVANGELICAL FREE CHURCH**
874 Plantation Drive, Greenbank, WA 98253 • 360-222-3211
Meals served Wed, Fri, 11:30 a.m.

Community Meals offer older adults social opportunities while enjoying a delicious, 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 $6/hot meal and $5/frozen meal.

**MENU - SEPTEMBER**

* $6 Suggested donation for meals

**WEEK 1**

<table>
<thead>
<tr>
<th>Day</th>
<th>Meal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>HOLIDAY - Meal Sites Closed</td>
</tr>
<tr>
<td>Tues</td>
<td>Ham &amp; Cheese on Croissant</td>
</tr>
<tr>
<td>Wed</td>
<td>Beef &amp; Bean Tostada</td>
</tr>
<tr>
<td>Thur</td>
<td>Brookhaven Chef's Choice</td>
</tr>
<tr>
<td>Fri</td>
<td>Italian Antipasto Salad</td>
</tr>
</tbody>
</table>

**WEEK 2**

<table>
<thead>
<tr>
<th>Day</th>
<th>Meal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>Beef &amp; Broccoli Stir Fry</td>
</tr>
<tr>
<td>Tues</td>
<td>Sub Deli Sandwich &amp; Soup</td>
</tr>
<tr>
<td>Wed</td>
<td>Salmon &amp; Rice Pilaf</td>
</tr>
<tr>
<td>Thurs</td>
<td>Brookhaven Chef's Choice</td>
</tr>
<tr>
<td>Fri</td>
<td>Chicken Salad Wrap w/Lettuce</td>
</tr>
</tbody>
</table>

**WEEK 3**

<table>
<thead>
<tr>
<th>Day</th>
<th>Meal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>Southwest Casserole</td>
</tr>
<tr>
<td>Tues</td>
<td>Supreme Pizza w/Meat &amp; Veggies</td>
</tr>
<tr>
<td>Wed</td>
<td>Spinach Salad w/Bacon &amp; Egg</td>
</tr>
<tr>
<td>Thurs</td>
<td>Brookhaven Chef's Choice</td>
</tr>
<tr>
<td>Fri</td>
<td>Turkey Cutlet w/Chipotle Sauce</td>
</tr>
</tbody>
</table>

**WEEK 4**

<table>
<thead>
<tr>
<th>Day</th>
<th>Meal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>Chicken Tenders w/Honey Mustard Drsg</td>
</tr>
<tr>
<td>Tues</td>
<td>Best Reuben Sandwich</td>
</tr>
<tr>
<td>Wed</td>
<td>Chicken Fried Rice</td>
</tr>
<tr>
<td>Thurs</td>
<td>Brookhaven Chef's Choice</td>
</tr>
<tr>
<td>Fri</td>
<td>Turkey Chili w/Tomatoes &amp; Pasta</td>
</tr>
</tbody>
</table>

**WEEK 5**

<table>
<thead>
<tr>
<th>Day</th>
<th>Meal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>Lemon Pepper Fish w/Rice Pilaf</td>
</tr>
</tbody>
</table>

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**TRAVEL LOG**

**OAK HARBOR SENIOR CENTER**

For more information, call the Front Desk, 360-279-4580

**MYSTERY LUNCHES**

Wednesday, September 18

Depart: 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, Lauriane, 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 sometimes 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.

**THE SPACE NEEDLE & CHIHULY**

Wednesday, September 4

Member: $100 • Non-Member: $125

This fun filled day in Seattle will start at 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.

**OKTOBERFEST CRUISE**

Wednesday, September 25

8:30 AM • 4 PM
Member: $95 • Non-member: $115

Grab your lederhosen and head out 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.

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**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

**CASINO TRIPS IN 2019**

- **SNOQUALMIE**
  - September 10
- **SWINOMISH**
  - October 8
- **QUIL CEDA CREEK**
  - November 12
- **TULALIP RESORT**
  - December 10

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Oak Harbor Senior Center, 360-279-4580 | Island Senior Resources, (360) 321-1600, (360) 678-3373
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TIME TO CELEBRATE!

By Jade Brown
Program Assistant, City of Oak Harbor Senior Services

For the month of September, we are celebrating! Its National Senior Center Month, and Sept. 8 is Grandparents day. The celebration of senior centers started as a week-long celebration in May 1979 and in 1985 President Ronald Reagan signed the first ‘Senior Center Week Presidential Proclamation.’ In 2007 the entire month of September was designated as Senior Center Month. This gave centers more opportunity to have more celebratory events.

To celebrate National Senior Center Month, the Oak Harbor Senior Center will be hosting a lunch every Thursday in September for their members. The lunches will be sponsored by local businesses in our community.

Sept. 8 is Grandparents Day. The idea for Grandparents Day was inspired by a speech Jacob Reginald heard at the 1961 White House Conference of Aging called ‘New Image of the Aged.’ It was focused on the roles of older Americans who are grandparents. In 1973 Governor Arch Moore proclaimed the first Grandparents Day in West Virginia. In 1978 the United States Congress passed legislation proclaiming the first Sunday after Labor Day as National Grandparents Day. Jimmy Carter signed the presidential proclamation. During his term from 2010-2014, President Obama issued a proclamation calling on Americans to “honor those who have helped shape the character of our Nation and thank these role models for their immeasurable acts of love, care, and understanding.”

My grandparent’s have always been a huge part of my life, coming to all of my sporting events, dance recitals, competitions and helped fund my college education.

Member Spotlight: Alice Pell

By Jade Brown, Program Assistant, City of Oak Harbor Senior Services

Alice Pell is a member of Oak Harbor Senior Center. She is very involved here at the center. Alice participates in yoga, enhance fitness, and volunteers regularly for events. Alice also likes to go on the trips offered at the center, especially the plays.

Alice grew up in san francisco, Calif. She came to Oak Harbor with her husband george on a sailboat. It all started with Alice and george’s dream of sailing to Alaska. For two years they sailed from san francisco, Calif. to Alaska. Alice and george knew they eventually wanted to live in Washington and a friend suggested they would like oak harbor. They decided to set sail again, this time to Oak Harbor, Wash. and arrived in September 2000, where they lived on their boat for 13 years.

One of Alice’s earliest memories is her 4th Birthday. One thing to know about Alice is she loved her grandparents very much. On her 4th birthday she was living in the projects, a place where returning soldiers went to live.

Her grandparents were coming to visit for her birthday and they brought her a ride-along tractor. Alice loved this tractor. Another memory Alice has starts off at church. A boy from her church had two tickets for the San Francisco Children’s Opera. Alice accepted the invitation and she fell in love! The program she received from the show had a list of the songs, along with all the words to each song. Alice sang these songs for days. She then decided to audition for the San Francisco Children’s Opera, and she made it! From then on, she participated in this for nine months of the year from the ages of 10 to 16, with a performance once a month.

As one could probably guess, Alice loves to dance. Her other hobbies include gardening, thrifting, walking, cooking (soups are her favorite), she enjoys writing poetry, and photography. Alice liked to volunteer in rest homes because her grandpa was near them and learn from them. When she was little, she used to call my grandpa asking him to come and get me, and then cry every time it was time to go home. My grandma started my love for shoes. To this day I am still their Jel-lybean.

There is always something we can learn from each other. On grandparent’s day, grandchildren should take the time to listen and grandparents should take the time to tell stories. It is a wonderful blessing to have grandparents and grandchildren in our lives.

Even though we should be thanking you everyday for all that you do, this day we thank you for taking care of us, attending our extracurricular activities, and for giving us that extra cookie even though our parents said no.

CANNABIS

KALEAFA

Company

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33858 SR 20, Ste 102 • Oak Harbor • 360-682-2420 • www.kaleafawa.com

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WIRE WRAP INTRO
Monday, Sept. 9 & Monday, Sept. 23
10:30–11:30 a.m.
Did you know the Center offers Lapidary, work involved in cutting, engraving, or polishing rocks and Wire Wrap, making jewelry using wire and components? During this introductory class, experienced members will show you the process, completed work, and how to get started yourself. If you have been curious about wire wrap and lapidary this is your chance to learn! No fee or registration necessary for these introductory classes. Lapidary meets regularly Tuesdays and Wednesdays at 9 a.m. and Tuesdays at 6 p.m. Wire Wrap meets Thursdays at 7 p.m.

OLD TIME FIDDLERS
Thursday, Sept. 12 • 11 a.m.
The Old Time Fiddlers are having a daytime performance at the center from 11 a.m. to 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.

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!

BUTTERFLY DÉCOR
Wednesday, Oct. 2 • 1:30 p.m.
FREE
Add color to your fridge, garden, or even screened doors/windows with recycled plastic butterflies. In just an hour (or so) you can trace, cut, and color beautiful butterflies and add adornments/fasteners such as magnets, beads, wire, etc. Let’s get crafty and have some fun! Supplies will be provided. To register, please call the center at 360-279-4580 or stop by and let us know you are interested.

AARP SAFE DRIVER COURSE
Wednesday, Oct. 30
8:30 a.m. – 4:30 p.m.
AARP Member: $15
Non-AARP Member: $20
Must pre-register by calling the center at 360-279-4580.

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OAK HARBOR POLICE DEPARTMENT PRESENTATION
Wednesday, Sept. 25
10:30–11:30 a.m.
Join Sargent Cedric Niiro as he presents about fraud, scams, “porch pirates,” door-to-door salesman, and other relevant topics. He will inform us about keeping ourselves protected on a daily basis in our community.

WILL AND ESTATE PLANNING WORKSHOP
Thursdays in October
11 a.m.–Noon
Member: $25 all sessions or $10 each class
Non-member: $30 all sessions or $15 each class
Attorney Jake Kempston from Whitby Will & Trust will go over everything you need to know about estate planning, wills, trusts, power of attorney, and end of life care to put your mind at ease about end-of-life planning. This 4 week workshop requires registration as space is limited. To register please call the Center at 360-279-4580.

RESOURCE FAIR
Saturday, Sept. 28
9 a.m. – 1 p.m.
Free and Everyone Welcome
Join us for our annual Resource Fair featuring more than 25 vendors, complimentary full-service espresso bar, free lunch served from 11:30 a.m. – 12:30 p.m., flu shots, door prizes, and free reusable tote bags to the first 100 visitors!

GUEST SPEAKER PRESENTATIONS
9:30 AM–Will & Estate Planning:
Garrett N. Filetti, Associate Attorney from Scott & Smith Attorneys at Law, PLLC will give an introduction about estate planning, wills, and end of life care. This is a great chance to learn about the differences between wills and trusts, what legal laws are in place, how to start planning, and why it is important.

10:45 AM–Pedorthics 101:
Inna Chon is the author of the published book, “Pedorthics 101, For Your Foot Health.”

RESOURCES AND INFORMATION FOR THE 50+ COMMUNITY
FLU SHOTS AVAILABLE!

Oak Harbor Senior Center RESOURCE FAIR
51 SE Jerome Street
SATURDAY, SEPTEMBER 28
9:00 AM - 1:00 PM
COMPLIMENTARY FULL SERVICE ESPRESSO BAR COURTESY OF EDWARD JONES JEFFERY PLEET
FREE LUNCH FROM 11:30 AM - 12:30 PM PROVIDED BY LA CONNER RETIREMENT INN

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Fanciful Fall: An Unexpected Runway Show With Flare

The Oak Harbor Senior Center Wearable Art Show will be Saturday, Oct. 26. This is a juried runway show featuring a complete ensemble (headpieces, props, hair and makeup, etc.) of unexpected wearable art. Creative and playful art in any media, wearable by a model on a runway, is encouraged including innovative and exciting pieces using re-purposed materials. If you have never been to a wearable art show, you are in for a treat! It promises to be a lively evening of fun, creative fashion.

As the first annual benefit event for the Oak Harbor Senior Center Foundation, in addition to the show, there will be a silent dessert auction, raise the paddle, and beer and wine will be available for purchase. The Oak Harbor Senior Center Foundation is a 501(c)3 non-profit and as such your contributions are tax deductible.

Be a Part of it All!
Feeling creative? Register to have a piece in the show!
Love to shine in the spotlight? Volunteer to be a model!
Contact staff at the Oak Harbor Senior Center for more information.

Or, Come for the Show!
Tickets are on sale at the Oak Harbor Senior Center for $50. Tickets include dinner and a show. Remember, accouterments and haberdashery are highly encouraged! It is just before Halloween, why not pull out that costume box and wear a bit of flare yourself.