Leo's Place

Enjoy lunch at Leo's Place, the new community meal site at the South Whidbey Center (Bayview) location.

- Leo's Place is open Monday, Tuesday, Wednesday, and Friday with lunch served from 11:30 am to 12:30 pm.
- Click here to see what is being served.

Santa is coming to Senior Thrift!

See Santa
Saturday, November 30
11 am - 2 pm
Senior Thrift

Bring your camera and have your picture taken with Santa!

Senior Thrift
5518 Woodard Ave.
Freeland

12 Days of Whidbey Raffle
1 Ticket gives you 12 chances to win
Purchase your tickets today! Drawings each day December 1-12

![Image of 12 Days of Whidbey poster](image)

Learn More

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Join us for a great Thanksgiving meal
Wednesday, November 20
11:30 am
Island Senior Resources (Bayview)
14595 SR 525
Langley, WA

*Suggested donation $6*

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**Activity and Event Highlights**

Want to know more about Medicare?

Open Enrollment for 2020 has started
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 two hours. Information will be provided on:

- “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).

For information call: 360-321-1600 ext 0. Time and locations:

<table>
<thead>
<tr>
<th>Time:</th>
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<tbody>
<tr>
<td>November 7, 9:30 am</td>
<td>November 2, 10 am</td>
<td>November 23, 10am</td>
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<tr>
<td>November 19, 9am</td>
<td>November 11, 1pm</td>
<td>Location:</td>
</tr>
<tr>
<td>November 22, 2 pm</td>
<td>November 14, 1pm</td>
<td>Coupeville Library</td>
</tr>
<tr>
<td>November 25, 10 am</td>
<td>Location:</td>
<td>788 NW Alexander St</td>
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<tr>
<td>December 3, 4 pm</td>
<td>Oak Harbor Senior</td>
<td>Coupeville</td>
</tr>
<tr>
<td>December 5, 10 am</td>
<td>Location: Island</td>
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<tr>
<td>Location: 14594 SR 525</td>
<td>Langley</td>
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<tr>
<td>Oak Harbor</td>
<td>Center</td>
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<tr>
<td>51 SE Jerome St.</td>
<td>Oak Harbor</td>
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Volunteer

Are you looking to help? Volunteer!

Remaining active and involved is essential to enjoying life after retirement. Volunteering is highly satisfying work that makes a huge difference in the lives of others. We are currently seeking volunteers in the following areas; however, please contact us if you would like to volunteer in other areas.

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

Volunteer at Senior Thrift in Freeland. Come in and have fun with us!. Any hours available will help. Volunteers receive 25% off purchases.

Meals On Wheels drivers for Clinton and Greenbank. Please contact Debbie Metz, Nutrition Director 321-1600.

Learn More About Volunteering
Lunch & Learn Presentations
Island Senior Resources (Bayview)

Join a free Lunch & Learn presentation or arrive a bit early to have lunch. Topics presented at the Island Senior Resources (Bayview) location are:
- It’s a great time of the year for reading and learning!
- Let’s Get Social: A Beginner’s Guide to Social Media
- What are the keys to reducing isolation?
- Simple Snacks for the Holidays

When: Tuesdays at 12:30 pm. View schedule for dates and additional information on each topic.
(lunch is optional, suggested donation for lunch is $6 for 60+ seniors and $8 for all others)

Lunch & Learn Presentations
Coupeville HUB for Seniors

Topics presented at the Coupeville HUB for Seniors in Coupeville are:
- Play Bingo, plus Aging & Disability staff is onsite
- The Haller House
- The Library: Your Hidden Treasure
- Salish Bounty

When: Wednesdays at 12:30 pm. View schedule for dates and additional information on each topic. Lunch (optional) will be served beginning at 11:45 followed by the free presentation at 12:30.
(lunch is optional, suggested donation for lunch is $6 for 60+ seniors and $8 for all others)
Eating well is key to maintaining health and well-being. Our Nutrition Program provides meals for people 60 years and older at community dining sites, or through Meals on Wheels (MOW) home delivered meals. Learn More

View Current Food Menu

Noteworthy

Recent Articles We Found That May Be of Interest to You
- How to Thank Caregivers
- 60 Best Pumpkin Recipes for Fall
- We Gather Together to Give Thanksgiving its Meaning
- The Psychological Benefits of our Thanksgiving Ritual

View Additional Articles and Helpful Reading Information

Senior Thrift
Shop with a purpose: all proceeds support Island Senior Resources

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.

Special November Sale Event!

Friday, November 29th
50% off Entire Store (except Christmas & Jewelry items)

Senior Thrift Location

Sales Going On Now

Senior Thrift On Facebook

Want to Donate?

Support Island Senior Services
You can make a difference for your community.

Donate Now

MEAL-A-MONTH PROGRAM
Sometimes the smaller amounts of giving make the biggest change in someone's life.

**Donate to Meal-a-Month**

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**Stay Connected**

**Support Groups**

Support groups bring together people who are going through or have gone through similar experiences.

**Learn about our Support Groups**

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**Island Senior Resources on Social Media**

- Visit [Facebook.com/islandseniors](http://Facebook.com/islandseniors) for all the happenings at Island Senior Resources
- Visit [Facebook.com/seniorthrift](http://Facebook.com/seniorthrift) for all the Senior Thrift sales news and events
- Visit us on [Instagram](http://Instagram)

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**Popular Links**

- [Island Senior Resources Website](http://IslandSeniorResources)
- Sales at Senior Thrift
- Donate

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**Share This eNews**

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