12 Days of Whidbey Raffle

Tickets are still on sale. Each $5 ticket you buy is eligible for all drawings.

Drawings every day, Dec 1 – Dec 12.

Don’t miss this incredible opportunity to win a basket of wonderful gifts for you or for someone you care for. Each ticket supports essential services for seniors, adults with disabilities and those who care for them. **Buy tickets** for your friends as their holiday gift. Give them the gift of caring for others.

**Learn More**

Santa is coming to Senior Thrift!
Visit with Santa
Saturday, December 21
11 am - 2 pm
Senior Thrift

Bring your camera and take a picture with Santa!

Senior Thrift
5518 Woodard Ave.
Freeland

New Inspiration
Visit the new inspirations section of our website at www.senior-resources.org/inspirations-blog/
It has inspiring articles written by our staff and a library of web links to great articles we’ve found for you on the web.

Join us for a Holiday Meal
All are welcome to join in friendship and food for a holiday meal on Wednesday, December 18. See the Community meals information for locations and hours. Please make a reservation at any meal site.

Suggested donation $6 for those that can

Community Jam Session
To all music lovers listeners, singers, and musicians: Come enjoy an open jam session at Island Senior Resources (Bayview). All skill levels welcome; come play or just come listen! Every Tuesday 2pm - 4pm at Island Senior Resources (Bayview).

Activity and Event Highlights
Lunch & Learns

Holiday Closure
Island Senior Resources will be closed December 24, December 25 and January 1.

Join the Fun Band!

WEEKLY Music "Social" ~ A Great Place To Meet New & Long Time Friends...!

Do You Love The Old Tunes of Days Gone By?

COME & DANCE, SING ALONG OR JUST LISTEN IT’S FREE!

Fun Band every Friday 10:30 -11:30 at Island Senior Resources (Bayview)
- Come dance from 10:30 am to 11:30 am
- If you have ever played a musical instrument or like to sing, you are welcome to play with the Fun Band
- Stick around for a nutritious lunch in the dining room (for lunch suggested donation $6 for 60+ seniors and $8 for other ages)

Want to know more about Medicare?
Open Enrollment for 2020

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:
- December 3, 4 pm
- December 5, 10 am
Oak Harbor Senior Center
51 SE Jerome St.
Lunch & Learn Presentations
Located at Island Senior Resources (Bayview) location

Join a free Lunch & Learn presentation or arrive a bit early to have lunch. Topics presented at the Island Senior Resources (Bayview) location are:

- Gathering the Traditions of the Winter Holidays
- I Recall
- The Spirit of the Season

When: Tuesdays* at 12:30 pm. View schedule for dates and additional information on each topic.

*Due to the holidays, there is no Lunch & Learn on December 24 and December 31
(lunch is optional, suggested donation for lunch is $6 for 60+ seniors and $8 for all others)

Lunch & Learn Presentations
Occurring at Coupeville HUB for Seniors location

Topics presented at the Coupeville HUB for Seniors in Coupeville are:

- Play Bingo, plus Aging & Disability staff is onsite to answer questions
- THE SARATOGA SIRENS
- Travel in 2020

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.

*Due to the holidays, there is no Lunch & Learn on December 25
(lunch is optional, suggested donation for lunch is $6 for 60+ seniors and $8 for all others)
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.
- Please stop by the store and pick up an application.

Meals On Wheels drivers for Clinton and Greenbank.
- Please contact Debbie Metz, Nutrition Director 360-321-1600.
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.

Our meals provide 1/3 of recommended daily nutritional needs for older adults.

View Current Food Menu

Inspirations, Noteworthy

Recent Articles written by our Staff and Volunteers

Befriending One Another
by Christina Baldwin, Island Senior Resources Board member

On Whidbey, when the days get shorter and the nights get longer, we notice. Except for in Oak Harbor and Coupeville, there are not many streetlights, and not
many stores stay open past dusk. Islanders tend to head home, hole up, and ward [...]
Support Island Senior Resources’ essential programs for seniors, adults with disabilities, and those who care for them. Your help can make a difference.

Thank you for considering donating.

Donate Now

Stay Connected

Island Senior Resources on Social Media

Visit Facebook.com/islandseniors for all the happenings at Island Senior Resources

Visit Facebook.com/seniorthrift for all the Senior Thrift sales news and events

Visit us on Instagram

Support Groups

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

Learn More

Popular Links
Please forward this email to people you know. Have them click "Join Our Mailing List" below to sign-up for the eNews. Help us reach everyone in our community who would find this information of value.

Not displaying correctly? Click to view this email as a web page.

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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!

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Langley, WA 98260
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Freeland, WA 98249
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