The Focus of Our Lives
By Liz Lange
Administrator of Senior Services, City of Oak Harbor

There is a woman whose Facebook page I subscribe to. Something about her drew me in. She is lively, witty, portraying real life everyday situations in funny over the top reenactments. I connect with her in a “oh she totally gets it” way. She is also so open and honest and makes one feel validated for sometimes feeling overwhelmed, tried, or burdened by daily living. Even more than this, is how she shares about a time in her life when she was a single mother of small children with little to no income. She recently posted a picture from 10yrs ago of her daughter, a smiling little blond curly haired girl in a homemade lamb costume. She lamented how that year with no money for a costume she found some old fuzzy fabric and tried her best to make it into a lamb costume for her daughter. She said she felt like she was failing her kids not able to get them “real” costumes. Years later, her daughter fondly remembers that Halloween as her favorite Halloween because of that homemade lamb costume that she loved. So many people responded with similar stories of feeling Inadequate, having to “make do” and then having those be the happiest and lasting memories. This really resonated with me, and with something I heard recently.

"The joy we feel has little to do with the circumstances of our lives and everything to do with the focus of our lives."

November is pumpkin month. The Hal-loween jack-o’-lanterns smile more and more crookedly as they return to their earthiness, and pumpkin flavoring is showing up in everything. I salivate thinking about pumpkin pie, pumpkin bread, pumpkin soup, and inhale deeply over pumpkin and spice scented candles. More than any other flavor, pumpkin is the taste of autumn and reminds me of all the configurations of people with whom I have feasted at this harvest time of year. I remember my mother and aunt proudly carrying competing pumpkin pie recipes to the Thanksgiving table, my brother-in-law offering his pumpkin and pecans casserole, and an island friend serving a whole baked pumpkin filled with a rice and dried fruit mélange. Pumpkins equal people in both my mind and mouth. And people equal lingering conversations.

I think this impulse to “gather in” goes back to the times our ancestors came to the fire for safety in the night and found a cave to shelter in for the winter. We seek comfort, companionship, and enough food and resources to get ourselves through. We cluster. We join up with one another. We contribute what we can.

Sometimes we start the fire. We are the ones who find that place out of the storm, make welcome the next comers, take inventory of what’s showing up that will get us all through. Maybe the first pumpkins were tucked in that hoard. Today we call this “hosting.”

Come to the Table
By Christina Baldwin
Board Member, Island Senior Resources

“Come for the food, stay for the stories. Linger and enjoy each other.” — Leo Baldwin

I think this impulse to “gather in” goes back to the times our ancestors came to the fire for safety in the night and found a cave to shelter in for the winter. We seek comfort, companionship, and enough food and resources to get ourselves through. We cluster. We join up with one another. We contribute what we can. Sometimes we start the fire. We are the ones who find that place out of the storm, make welcome the next comers, take inventory of what’s showing up that will get us all through. Maybe the first pumpkins were tucked in that hoard. Today we call this “hosting.”

Pat, 85
Buffalo
“Favorite: Spending time with my friends. Least Favorite: Waiting for and riding the city streetcar, especially in the cold, snowy winters.”

Rene, 58
Oak Harbor
“My favorite part was recess, I didn’t have a least favorite, I love school!”

Diane, 78
Coupeville
“Favorite: Cooking. Least favorite: Language Arts.”

Willa Roberts, 85
Oak Harbor
“My least favorite thing was the harassment from other kids, and my favorite thing was the challenge, I loved literature and I really liked to read.”

Sibylle Tull
Oak Harbor
“I went to school in Austria, I loved school and that you could be yourself.”

Paula, 69
Coupeville

Flo, 88
Oak Harbor
“My favorite was art and gymnastics, I don’t have a least favorite unless it was something like Biology. I didn’t like when the only thing you did was memorize things.”

Anonymous
Whidbey Island
“Favorite: Everything!”
weathered the storms of life together; and now we are aging together on Whidbey Island in a comfortable 600 square foot home with a small view of the water and the next island over. We used to run together, but neither of us can muster the energy with his bad back and my old feet. We used to swim together, but neither of us can manage that anymore. Kai can wade into the Salish Sea, that is about all I can do in a seated position; and in water as cold as the Salish Sea, that is about all I can do as well.

Kai spends most of his time sleeping here, in front of this roaring wood stove. And I spend most of my time reading beside it.

So, at this time of year when the light wanes and the cold encroaches, I want to extend an invitation to you. Who do you know who lives alone and may get out infrequently, at best? Who might you reach out and invite them to go to lunch at one of Island Senior Resources meal sites across Whidbey Island; in Langley, Bayview, Greenbank, Coupeville, or Oak Harbor? You could change their outlook on life and living by simply inviting them to lunch once a week or once a month. Just 2-3 hours of your time could open the opportunity for great food, and a sense of community, for an isolated senior. I hope you will take me up on the invitation. We all need one another. And, isolated seniors need friends, neighbors, and acquaintances to reach out to reduce the loneliness of isolation.

For all departments and all staff call 360-321-1600 or 360-678-3373

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Time Together Adult Day
In Home Care
Case Management
Medical Transportation
Volunteer Services

SHIBA
Senior Thrift 360-331-5701
For more information, visit www.senior-resources.org

OUR LOCATIONS
Island Senior Resources (Bayview)
14539 SR 525
Langley, WA 98260

Oak Harbor Senior Center
(in collaboration with Oak Harbor Senior Center)
51 SE Jerome St
Oak Harbor, WA 98277

Camano Center
(in collaboration with Camano Center)
606 Arrowhead Rd
Camano Island, WA 98228

Senior Thrift
5518 Woodard Ave
Freeland, WA 98249

For more information call: (360) 321-1600 or (360) 678-3373

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Island Senior Resources eNews!
Join in our monthly eNews the last Friday of every month. It’s full of updates for the month ahead: sales at Senior Thrift, special events, classes, menus, and links to great articles. Sign up online at www.senior-resources.org.
TABLE continued from page 1

Sometimes we join the fire. When we see the flickering candle in the window or the lights at the end of the driveway, we arrive with our contribution to the gathering. When we also arrive with curiosity we create a welcoming environment. We call this “hospitality.”

Every autumn, as the days shorten and the nights lengthen, we follow this ancient impulse to come to the table. How lucky most of us are that we have many ways to gather on Whidbey, eat well, talk at the table, discover new acquaintances, and meet friends. And there’s a new welcoming table in town this fall: Leo’s Place.

The hot lunch dining hall housed in Island Senior Resources, 14594 State Route 252, across from the shopping area and half a block east of the stoplight at Bayview Road, has been refashioned into a community café. Their slogan is: “Leo’s Place is your place. Come make it your own.” The café concept grew out of the Island Senior Resources’ board of that time, Leo was a walking conversation starter. He dined at Brookhaven and at Island Senior Resources (Bayview), a man who always took a two-hour lunch for food and story at the table and then games of cribbage, Quiddler, and jigsaw puzzles. Leo’s Place serves one entreé a day; M-T-W-F, and for $6.00 it’s a great bargain—and they offer take out. Debbie and Janice DeWolf create a varied menu, and this month—there’s pumpkin! Find the menu at www.island-senior-resources.org/nutritionmenu/. Of course, all of this pumpkin-ness culminates on Thanksgiving, the ultimate come to the table day. This year light a candle and help those who come to your table attach to traditions that predate televised football. In addition to whatever food traditions are meaningful to you, put some curiosity into that caserole, stuff the turkey (or tofurkey) with questions, bake a loaf of listening, and frost it with sharing stories.

At my house, we gather with island friends, some off-island wanderers, and a newcomer or two — people who know each other well, and people who have never met before — a group that meets this one day a year. While the food is finishing, we start with a circle by the fireplace. The setting is warm and comfortable, a modern-day sense of “caving.” There’s a centerpiece on the coffee table, and one by one, everyone is invited to share a bit of what has happened this year that they want this group to know, something they are grateful for, a question they’re carrying. This circle seeds the table conversations in remarkable ways. We talk long into the evening. We share differing perspectives as well as commonalities. We eat another piece of pie, have another cup of coffee. And to cap it off, we break into tables of four and play a “memorial” game of Quiddler (a word/card variation of Scrabble) in Leo’s honor. It’s his place: it’s our place. We make it our own. And under the light of the waning moon as people leave we causticate them, “Don’t hit a deer, and watch for the Great Pumpkin!”

**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.island-senior-resources.org, click “About Us” and select “Links to Inform and Inspire.”

- **How to Thank Caregivers**
- **60 Best Pumpkin Recipes for Fall**
- **We Gather Together to Give Thanksgiving Its Meaning**
- **The Psychological Benefits of our Thanksgiving Rituals**

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**NOVEMBER at SENIOR THRIFT**

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360-331-5701

Donations gladly accepted from opening until 4 PM daily except Wednesdays

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

**WEDNESDAY, NOV. 27**

Closes at 2 p.m.

**FRIDAY, NOV. 29: BLACK FRIDAY**

50% off entire store except jewelry and Christmas Wacky Wednesdays - your choice (1) item 15% off

**SATURDAY, NOV. 30:**

SANTA ARRIVES AT 11 a.m. All clothing 25% off

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Pink Tags, 25% off • Blue Tags, 50% off

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

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**LEO’S PLACE IS YOUR PLACE**

You’re sitting at home by yourself, thinking, “How nice it would be to share a meal with someone and eat something I don’t feel like cooking myself” — Ever felt that way? Most of us have.

Leo’s Place is the community meal site at Island Senior Resources in Bayview. The focus is on the word community. It’s a place where people of any age may come to eat and share a nutritious meal with your community neighbors who are there to be with others. People are raving about the food, so don’t think it’s institutional fare. The daily menu is available at www.senior-resources.org/ nutritionmenu. Come regularly to try main dishes like Turkey with blueberry chipotle, Salmon with lemon sauce, Beef and broccoli with fried rice, or sides like broccoli salad with cranberries, southwest corn salad, or cucumber pepper salad.

Leo’s Place is more than just another restaurant. It is dining with a purpose. Leo’s Place is named in honor of Leo Baldwin who regularly ate at the Island Senior Resources’ community meal sites at Brookhaven and Bayview, for twelve years. He believed in community. He loved village life. He brought his gentle smile, quick wit, and wisdom to the table. He believed in sharing meals to bring people together. Leo believed in what he called the village essentials:

- Find your place and fully inhabit it.
- Greet and meet and pause for story.
- Invite diversity among acquaintances and friends.

**LEO’S PLACE IS YOUR PLACE**

Come to the table, eat in companionship, savor and linger. Contribute generously from what you have learned along life’s way. Practice your values and your moral code.

- Live so that you die in the arms of community.

That’s what Leo’s place is all about. Leo’s Place is your place. Come and eat and be together. You belong here.

Leo’s Place is located at Island Senior Resources (Bayview) 14594 SR 525 Langley, WA. Meals are served Mondays, Tuesdays, Wednesdays, and Fridays 11:30 a.m. – 12:30 p.m.

The suggested donation is $6 per meal. Meals can be paid for online on the Meal-a-Month page of the Island Senior Resources’ website at https://senior-resources.org/donate/ or with cash or check on the day you come to eat.

**Baldwin who regularly ate at the Island Senior Resources’ community meal sites at**

**SANTA IS COMING TO SENIOR THRIFT**

**Saturday, Nov. 30 • 11 a.m.**

5518 Woodard Ave., Freeland, WA 98249

360-331-5701

**Support Meals on Wheels**

Donate $5 at Island Senior Resources (Bayview) and receive an “I support Meals on Wheels” button. Your $5 will help pay for one meal for a senior.

**Museum Historical County the Island 1:00pm at 22nd at December Sunday, to be held Drawing PRIZES! $5,000, $500 & 3 $100 PRIZES!**

Drawing to be held Sunday, December 22nd at 1:00pm at the Island County Historical Museum

**Annual Coupeville Historic Waterfront Association Red Ticket Drawing**

**Shop, Dine, Stay and WIN BIG!**

**$2,300 Cash**

Each $20 Purchase = 1 Red Ticket

**Hot cocoa and music starting at 12:30pm.**

Must be present to win, be 18 years of age or older and love Coupeville.

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**Island Senior Resources, (360) 321-1600, (360) 678-3373 • www.senior-resources.org**

**Thanksgiving Meal**

**Wednesday Nov. 20 • 11:30 a.m.**

At Island Senior Resources (Bayview) 14595 SR 525, Langley, WA

Suggested donation: $6

**HIGHLIGHTS at Island Senior Resources**

**LEO’S PLACE**

Mondays, Tuesdays, Wednesdays, and Fridays 11:30 a.m. – 12:30 p.m.

At Island Senior Resources (Bayview) 14595 SR 525, Langley, WA

The suggested donation is $6 per meal. Meals can be paid for online on the Meal-a-Month page of the Island Senior Resources’ website at https://senior-resources.org/donate/ or with cash or check on the day you come to eat.

**JOIN US FOR A GREAT THANKSGIVING MEAL**

Wednesday Nov. 20 • 11:30 a.m.

At Island Senior Resources (Bayview) 14595 SR 525, Langley, WA

Suggested donation: $6

**SANTA IS COMING TO SENIOR THRIFT**

Saturday, Nov. 30 • 11 a.m.

5518 Woodard Ave., Freeland, WA 98249

360-331-5701

**SUPPORT MEALS ON WHEELS**

Donate $5 at Island Senior Resources (Bayview) and receive an “I support Meals on Wheels” button. Your $5 will help pay for one meal for a senior.
**Medicare 2020**

Medicare’s open enrollment runs from Oct. 15 to Dec. 7. This is when you need to update and/or change your Medicare Advantage and/or Medicare drug plans. It is important to be sure your plans will meet your needs next year. There are changes in Medicare occurring in 2020 for some enrollees. We will help you understand what is best for you!

Also, if you are going on Medicare in the next six months and/or are wanting to know more about Medicare, attend a free general information seminar offered 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 more information, call 360-321-1600 ext 0.

Information will be provided about:

- **Basic** Medicare benefits
- Changes for 2020 will be covered in the Medicare 2020 classes
- 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).

The Statewide Health Insurance Benefits Advisors (SHIBA) offers unbiased, confidential advising for Medicare benefits and insurance options.

**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 360-678-5157 to schedule an appointment.

Island Senior Resources (Bayview): Fridays — Call 360-321-1600, ext. 0, to schedule an appointment.

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

**THERE ARE A NUMBER OF NEW PLANS AVAILABLE FOR WHIDBEY ISLAND FOR 2020**

**NORTH END**

**Oak Harbor Caregiver Support Group 1**
2nd Thursday, 2 – 3:30 p.m.
Oak Harbor Senior Center, 51 SE Jerome St, Oak Harbor
Contact: Carolyn Hansen, 360-279-1785

**Oak Harbor Caregiver Support Group 2**
4th Wednesday, 2 – 3:30 p.m.
Oak Harbor Senior Center, 51 SE Jerome St, Oak Harbor
Contact: Carolyn Hansen, 360-279-1785

**Parkinson’s Support Group**
1st Friday, 1 – 3 p.m.
The Modular Building at Oak Harbor Senior Center, 51 SE Jerome St, Oak Harbor
Contact: Eula Palmer, 360-675-9894

**Parkinsonics Singing Group**
1st and 3rd Monday of the month, 2:30 – 3:30 p.m.
The Modular Building at Oak Harbor Senior Center, 51 SE Jerome St, Oak Harbor
Facilitator: Mel Watson, 360-321-1623

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.

**SOUTH END**

**Alzheimer’s & Dementia Caregivers Support Group**
2nd Tuesday, 10 a.m. – Noon
Alder Room, Island Senior Resources, 14594 SR 525, Langley, WA
Contact: Mel Watson, 360-321-1623

**MS Support Group**
3rd Tuesday, 10 – 11:30 a.m.
Alder Room Island Senior Resources, 14594 SR 525, Langley
Facilitator: Mel Watson, 360-321-1623

**Parkinson’s Support Group**
1st Tuesday, 10 – 11:30 a.m.
Trinity Luther Church, 18341 WA-525, Freeland Ave
In the older building, in Grigware Hall
Contact: Mel Watson, 360-321-1623

**Aging in Grace Support Group**
For anyone with concerns, stories, and wisdom about aging
2nd Monday, 10 a.m. – Noon
Freeland Library, 5495 S. Harbor Ave, Freeland
Contact Nicole Donovan 360-321-1620

**Parkinson’s Singing Group South**
2nd and 4th Tuesdays, 2:30 – 3:30 p.m.
St. Augustine’s in-the-Woods 5217 S Honeymoon Bay Rd, Freeland
Contact: Mel Watson, 360-321-1623

**Early Stages Dementia Support Group**
4th Tuesday 10 a.m. – 12 p.m.
Island Senior Resources 14594 SR 525, Langley
Facilitator: Mel Watson, 360-321-1623

**MS Support Group**
2nd Tuesday, 10 – Noon
Alder Room, Island Senior Resources, 14594 SR 525, Langley
Facilitator: Mel Watson, 360-321-1623

**Parkinson’s Singing Group**
2nd Thursday, 2 – 3:30 p.m.
Oak Harbor Senior Center, 51 SE Jerome St, Oak Harbor
Facilitator: Mel Watson, 360-321-1623

**Aging in Grace Support Group**
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2nd Monday, 10 a.m. – Noon
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2nd and 4th Tuesdays, 2:30 – 3:30 p.m.
St. Augustine’s in-the-Woods 5217 S Honeymoon Bay Rd, Freeland
Contact: Mel Watson, 360-321-1623

**Early Stages Dementia Support Group**
4th Tuesday 10 a.m. – 12 p.m.
Island Senior Resources 14594 SR 525, Langley
Facilitator: Mel Watson, 360-321-1623

**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.**

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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 11:30 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 & Learn in Bayview are a collaborative venture with South Whidbey @ Home

Date   Topic and Presenter
---   ---------------------------------------------------------------
Nov. 5  It’s a great time of the year for reading and learning!
       Katrina Morse, Sno-Isle Libraries, will tell us about the “extra” resources our library offers beyond a peaceful place to read and a wide selection of books and DVDs to check out. There is so much more: eBooks/eAudio, online historical newspapers, genealogy resources, research databases, and requesting books to be sent to your local library.
Nov. 12  Let’s Get Social: A Beginner’s Guide to Social Media
       Social media can be overwhelming and intimidating, but with just a few simple tips and tools, you’ll find that it’s an excellent way to stay connected to family and friends, learn new things, meet other folks with shared interests, and stimulate your mind. Join us to learn how to get started, how to protect your privacy, and have your questions answered.
Nov. 19  What are the keys to reducing isolation?
       South Whidbey at Home and Island Senior Resources seek your ideas on reducing social isolation and encouraging life-long learning. Share your recommendations with board members and staff today in a conversation that will help us plan for an exciting 2020.
Nov. 26  Simple Snacks for the Holidays
       Please join us for lunch at 11:45 at Leo’s Place at Island Senior Resources (Bayview)! Afterward, learn how to make some delicious holiday snacks without all the fuss and time! We’ll have samples for tasting too! Appetizers and dessert ideas!

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

Lunch (optional) will be served beginning at 11:45 (suggested donation $6) followed by a free presentation at 12:30. See our menu section for what is being served for lunch. Come eat, socialize, and learn! Contact Carol Moliter: 360-678-0636, bigrockdesigns@whidbey.net.

Date   Topic and Presenter
---   ---------------------------------------------------------------
Nov. 6  Bingo
       Aging & Disability Resources will be available 11:30 a.m. to 1:30 p.m.
Nov. 13  The Haller House
       Lynn Hyde, Executive Director Historic Whidbey, will share how a six-year intensive battle led to protecting the Haller House. Hear its history, why it’s important to Coupeville and what it may look like in the future.
Nov. 20  The Library: Your Hidden Treasure
       Debbie LaGasse and Brian Haight, Coupeville Library, will talk about how what you don’t know about library resources can cost you time, money, and possibly a few tears. Learn to use your library card for services you never dreamed were at your fingertips, and all without spending a dime!
Nov. 27  Salish Bounty
       Rick Castellano, Island County Museum Director, will present:
       For thousands of years, Indigenous people lived and thrived here. The abundance of foods kept local populations well-fed, thriving, and rich in the eyes of their peers. Learn how plants, berries, roots, wild game, and seafood were gathered, hunted, preserved, and enjoyed by the native people of our region. The next day you can compare your Thanksgiving bounty to theirs that continued year-round!

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.
### MONDAY
- 9 Quilting
- 9 Billiards
- 9:45 Enhance Fitness
- 11:30 Duplicate Bridge
- 11:30 LUNCH
- 12 Bunco
- 12:30 Ping Pong
- 1 Art with Ivy
- 2 Back to Knitting (1st & 3rd Monday)
- 2:30 Parkinsons Singing Group (1st & 3rd Monday)
- 3 Clogging
- 5 Tai Chi
- 8:30 Yoga
- 9 Billiards
- 9 Lapidary
- 9:45 Enhance Fitness
- 10 Wire Wrap (3rd Wednesday)
- 10 Chess
- 11:30 Duplicate Bridge
- 11:30 LUNCH
- 12:30 Party Bridge
- 12:30 Ping Pong
- 1 S.A.I.L.
- 1 Pinochle
- 1 Lapidary
- 1 Paper Crafts (2nd & 4th Wednesday)
- 2 Caregiver Support (4th Wednesday)
- 2 SHIBA – By appointment
- SHIBA – By appointment

### ISLAND SENIOR RESOURCES (BAYVIEW) ACTIVITIES 360-321-1600 or 360-678-3373
**NOTE:**
- All times are from 10am to 4pm unless otherwise stated.
- Activities are held at St. Augustine’s-in-the-Woods, Freeland.
- Activities held at Trinity Lutheran Church, Freeland.
- Call Island Senior Resources for instructor contact numbers and information.

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us new techniques and we will be able to bring our delicious breads home so we can continue to enjoy them. We will also have a no-host stop at the Third Street Cafe in Mt. Vernon for lunch before returning home.

**DECEMBER**

**FRASER DOWNS**
**Monday, November 11**
9:30 AM - 6:30 PM
Member: $80 • Non-Member: $95
Watch the harness home races at Fraser Downs while enjoying a delicious brunch buffet. If you are feeling lucky, place some bets and see how you do! Price includes transportation and buffet. Space is limited, sign up soon to assure your spot.

**PACIFIC CULINARY SCHOOL**
**Monday, November 18**
8:30 AM - 5:30 PM
Member: $100 • Non-Member: $120
Who is ready for a gourmet lunch? We are returning to the Pacific Institute of Culinary Arts in Vancouver B.C. where we will enjoy a special holiday inspired 3-course meal prepared by the students. There will be delicious desserts and pastries available for purchase that you can enjoy after your meal or on the bus ride home! Also, we will have a brief time to shop the market at Granville Island before returning home. Price includes transportation and lunch.

Please note a passport or enhanced license is required.

**ALDERWOOD MALL**
**Thursday, November 21**
8 AM - 5:30 PM
Member: $40 Non-Member: $48
Our semi-annual trip to the mall is an opportunity to pick up holiday gifts or enjoy shopping at Nordstrom's, REI, J Jill, and the new Soft Surroundings. Relax with a no host lunch stop, then hop on our bus to visit World Market. Don’t forget to pick up some Cinnabon cinnamon rolls, always a treat!

**KING ARTHUR BAKING CLASS**
**Saturday, November 23**
8 AM - 3 PM
Member: $110 • Non-Member: $130
Do you enjoy eating great bread? We will have a hands-on class making small breads at the King Arthur Baking School in Burlington! This 3-hour class will teach

**THE NUTCRACKER**
**Saturday, December 14**
8:45 AM - 7 PM
Member: $145 • Non-Member: $170
See the classic Christmas ballet The Nutcracker, presented by the Pacific Northwest Ballet in the beautiful McCaw Hall. This 2.5-hour production is a must see event during the holiday season. We will stop for a no-host lunch prior to the show.

**Lights of Christmas**
**WARM BEACH**
**Thursday, December 19**
3:30 PM - 9:30 PM
Member: $54 • Non-Member: $58
The amazing display at Warm Beach in Stanwood features over one million lights spread across 15 acres. The Lights of Christmas is the largest holiday light display in the Pacific Northwest that combines live entertainment, food, and holiday shopping. (Please note cash is preferred at food vendors)

**TULALIP CASINO OR OUTLET MALLS**
**Monday, December 16**
9 AM - 3:30 PM
Member: $30 • Non-Member: $36
This Vegas style casino offers spectacular gaming and dining options with over 1,200 slots to choose from and American inspired lunch buffet. Let’s try to win big this time!

**2020**

**“GUYS & DOLLS”**
**Saturday, January 18, 2020**
9:30 AM - 5:30 PM
Member: $117 • Non-Member: $140
Considered by many to be the perfect musical comedy, Guys and Dolls is a treat full of romance, laughs, and irresistible charm. This Broadway production has been a crowd pleaser since 1950! We will have a no-host lunch at Anthony’s Woodfire Grill prior to the show at Everett Village Theater. Please sign up by December 6 to reserve your spot.

**STUNT DOG**
**Saturday, March 14, 2020**
10 AM - 5 PM
Member: $55 • Non-Member: $65
Cheer on furry friends from animal rescues nationwide in this acrobatic and athletic dog show! These dogs will soar, spin, jump and fly in this high-energy, show. We will stop for a no-host lunch prior to the show at Mt. Baker Theater in Bellingham.

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Member Spotlight: Ralph Corbin

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

Ralph Corbin was born in Los Angeles, California. He was born at home and was delivered by his grandfather; his grandfather is the one who named him and told his parents “you better name him Ralph Corbin.” Ralph served in the military for 34 years and retired in 1994. In 1972 Ralph bought a house in Oak Harbor, but he did not move to Oak Harbor until 1994 when he retired from the Air Force.

Ralph’s best memories begin with airplanes. When Ralph was seven years old, he designed his first model airplane, and to his surprise it actually flew! One of his favorite memories is his ninth birthday, when the owner of the North American Aviation gifted him a model airplane to build. From then on, his passion for airplanes grew, at just 13 years old Ralph started flying airplanes. In the military Ralph served as a flight engineer and a commercial pilot. On long haul flights Ralph would give the pilots a break and takeover flying for them, because everyone needs to sleep. In 1985 is when Ralph flew a jet airplane for the very first time.

Ralph attends The Senior Center every Monday, Wednesday, and Friday for lunch and to socialize. As one could imagine his hobbies include building model airplanes, model railroads, and bowling. Ralph also likes to work on building projects at his home. One piece of advice that Ralph has for his peers is “Don’t drink too much and get out and do something.”

Remembering to Give Thanks

Its finally the holiday season! Even though it feels like last year’s holiday season just ended. But this time of year, will always be my favorite. Something in the air always changes at this time of year, people seem to be just a little bit kinder, everything seems to smell a little bit better, and the world around us is just a little bit brighter. Not everyone sees this time of year the same way. The so called “happiest time of year” might not be happy for all. Not everyone has loved ones gathering around for Thanksgiving dinner. Those of us who do should be very thankful. It is in the name of this very holy day that we celebrate Thanksgiving, that we give thanks. This can be as simple as saying the words thank you, or showing it with our actions.

We tend to take everyday things for granted; our jobs, having a roof over our head, food on the table, a friendly neighbor, a loving family, the list could go on. There are many people who are not fortunate enough to have even one of these. There are blessings that we do not even notice because of our busy lives. I thank God for the many blessings he gives me including my friends and family, an education, and a rewarding job. Let us take some time to think about what we are thankful for and keep it going every day, not just during the holiday season.

At the center I am thankful for the volunteers that help to run and make the center a fun and inviting place to be. I am thankful for the members, if we did not have members then we would not have a Senior Center. I am thankful for the stories and relationships that our volunteers and members build.

I am very fortunate to wake up and enjoy going to work, to be able to look forward to the joy that each work day brings. Thank you to everyone who makes the Senior Center what it is today.

During this Thanksgiving season lets remember those who are not as fortunate as others, if you know someone who does not have a family to gather with for the holiday, send them an invitation to join you for Thanksgiving dinner, or send them a plate of dinner. If you know of someone who is in need of simple items that you maybe able to help provide, send an anonymous care package.

Larry Zeches
Program Coordinator, City of Oak Harbor Senior Services
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CLASSES and EVENTS at Oak Harbor Senior Center

BEGINNER & INTERMEDIATE CHESS CLASS
Wednesdays at 10 a.m.
Members: $5 per class
Non-Members: $8 per class

Are you interested in learning more about the game of chess? Professional chess coach will teach beginning principals and tactics of chess. Each session will include a half hour of instruction and a half hour of play. Chess will inject adventure and excitement into your life as well as enhance your brain.

WILL & ESTATE PLANNING WORKSHOP
Thursdays in October
11 a.m. – noon
Members: $25 all sessions or $10 each class
Non-members: $30 all sessions or $15 each class

Attorney Jake Kempton from Whidbey 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. Register please call the Center.

DECEPTION PASS PARKS PRESENTATION
Wednesday, Oct. 16
10:30 – 11:30 a.m.

Deception Pass State Park Area Manager, Jason Armstrong will share about the park’s history, interesting facts, and future plans. Join him for this informational presentation to learn more about the Deception Pass State Park and what the future holds.

MILITARY LEGAL PRESENTATION
Wednesday, Oct. 23
10:30 a.m.

A representative from Region Legal Service Office NW will explain what services are available to active duty, retirees, and dependents from all branches of the military. They can help provide many services including estate planning and legal resources. If you are a military retiree come see what kind of free services may be available to you!

FANCIFUL FALL – AN UNEXPECTED RUNWAY SHOW WITH FLARE
Saturday, Oct. 26
Doors open 5:30 p.m.
Dinner and Event 6 p.m.

Tickets: $50 per person, includes dinner

Tickets are on sale at the Oak Harbor Senior Center for $50. Tickets include dinner and a show. Remember, accouterments and haberdashery highly encouraged!

ALL MEMBER MEETING
Tuesday, Oct. 29
10:30 – 11:30 a.m.

All members of the Oak Harbor Senior Center are invited to join our annual All Member Meeting Tuesday, Oct. 29 at 10:30 a.m. Liz Lange, Administrator Senior Services, will be providing an update about the state of the Senior Center including a recap of 2019 and future plans of 2020. We hope to see you there!

AARP SAFE DRIVER COURSE
Wednesday, Oct. 30
8:30 a.m. – 4:30 p.m.

AARP Members: $15
Non-AARP Members: $20

Must pre-register by calling the Center at 360-279-4580.

ISLAND COUNTY VOLUNTEER LAWYER PRESENTATION
Wednesday, Nov. 6
10:30 a.m.

A board member from the Island County Volunteer Lawyer Program will explain what services are available to income eligible residents in Washington state and persons age 60 and over, at no cost. Come learn about what services they may be able to provide to you free of charge.

POINSETTIA WREATH CLASS
Wednesday, Nov. 6
1:30 p.m.

Members: $25 • Non-Members: $30

Whether you are looking for an affordable gift idea or bright décor option for your door, Angel will show you the technique to using Poly-Mesh to create this beautiful flower wreath. Cost includes supplies and instructions. Space is limited, please register by calling the Center at 360-279-4580.

OHPD FRAUD PRESENTATION
Thursday, Dec. 12
11 a.m.

Join us for this presentation focused on keeping you safe this holiday season.

GIVEAWAY

Shop, Walk, Dine in Historic Downtown Oak Harbor

Earn a GREEN TICKET for every $20 purchase* at participating merchants between November 1 and December 21, 2019 and be entered to win $1000 CASH, $500 CASH OR A $100 Main Street Gift Certificate! Drawing will be held at 4pm on Saturday, December 21 at Harborside Village Mall.

NOVEMBER 1 - DECEMBER 21, 2019

Must be 18 years older to participate. Must be present to win.

*1 ticket per $20 purchase with a maximum of 50 tickets per individual transaction up to $1000.

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November 2019

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JOY, continued from page 1

What will our focus be? Where is your focus and is it on something that can truly bring you joy? Or are you unable to focus past the immediate circumstances of life that may be difficult and challenging?

Late Sunday night as I was ready to sleep my mind was reviewing the coming day when I suddenly realized I had over-booked myself. There were two meetings to be at, both important for me to attend. I had a hard time getting to sleep thinking about how to solve this. In the morning when stress started to set in again, I had the thought “Don’t get stressed. Get pumped!” Knowing from experience things have a way of working themselves out, and realizing it was my worry and anxiety that was creating an issue, not the circumstance itself, I knew I just needed to move forward. I was putting too much focus on the temporary circumstance and losing focus of the bigger picture. I didn’t need to stress about the circumstances, I merely needed the energy of mind and body to make everything happen that needed to be done.

At a conference I recently attended a speaker said “No matter our circumstances, no matter our challenges or trials, there is something in each day to embrace and cherish. There is something in each day that can bring gratitude and joy if only we will see and appreciate it.”

When you find yourself feeling worried, stressed or saddened by circumstances you are facing in life, take a moment to find something to embrace, something to take your focus to a higher plane of thought. Find something in life worthy of your energy and focus and head in that direction full heartedly.

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JOY continued from page 1

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