Ah, winter in the Pacific Northwest! There is nothing quite so jolly as a day filled with jollier grey. Unless, of course, you consider a cold day filled with utter grey and a dozen scattered showers of frigid rain. When I think of Washington winters, I think of hibernation. I just want to stay inside. My beloved outdoor activities are disrupted, and I rush from car to house and car to clinic without pausing long outside. This winter, I am rekindling my love of heated seats and I am reveling in the glory of our FAR infrared sauna that heats me to my very marrow & penetrates my tissue with its warmth as quickly as the cold winter wind seems to whip into my bones when I go outside.

At the clinic, we are all in line for our turn in the sauna, and we are also all fighting for time and space in front of our medical and medicinal full-body red and near infrared light unit. If you pass the clinic at night, you will notice the warm, rosy glow emit from the window of the redlight room. The room pulses with the lifeblood of What Will Get Us Through These Bleak Winter Days. Seasonal Affective Disorder is so common in our region, particularly in women, that it is often referenced cavalierly, but it is often also misunderstood. SAD, or very aptly, SAD, is indeed something that affects a large percentage of women in Washington State, but it is often also misunderstood. SAD is not the desire to, for God's sake, just have a single sunny day. It is not being sick of the grey sky and the rain. It is not the desire for the warmth of summer. Rather, SAD is a form of major depression that sets in most commonly in the fall as the seasons begin to change and the days grow shorter. When it is colder and darker and disoriented in direction. His guiding thought, he reported later, was simply: it's an island: if I just keep walking, how far can it be to the edge? Eventually, at a spot with a bit of cell phone coverage, he decided to call 9-1-1 and admit, "I'm lost. I'm standing waist-high in salal wearing dark green pants, black jacket and hat—essentially invisible." South Whidbey volunteer responders sent out a crew and found him.

This year, this column will explore what it means to live on the edge, to be surrounded by edges, and how those edges connect us as neighbors—in our own way, each one of us is a giver and a receiver. 

—Mr. Rogers

QUESTION OF THE MONTH: WHICH DECADE WAS YOUR FAVORITE AND WHAT MADE IT SO ENJOYABLE?

Eloisa, 84
Freeland
"2000s because I enjoy working with people at the senior center, this is my other home."

Linda Green, 62
Oak Harbor
"60s – family and friends were around, and they are important."

Vanetta, 90
Clinton
"The 40s. I loved to roller skate at Roller Bowl in Seattle."

Linda Carruth, Old enough to know better
Oak Harbor
"50s-60s because of the music."

Betty Sue Boyd, 70
Oak Harbor
"The 50s – everything was good times and happy, and my mother was still alive."

Barbara, 78
Greenbank
"The 50s and the 90s. I loved the music in the 50s. I started volunteering at Island Senior Resources in the 90s and I have many friends and enjoyable times there."

Nancy, 60
Langley
"The 90s when my kids were growing up and we had so much fun!"

Barbra Tripp, 66
Oak Harbor
"The 60s because of The Beatles."

PROUD SUPPORTER OF WHIDBEY ISLAND COMMUNITY EVENTS

In addition to being your favorite source for news and events on the island, Whidbey Weekly is now your source for:

PRINTING • COPYING • GRAPHIC DESIGN • COMB BINDING • FOLDING
LAMINATING • CUTTING • FAXING • DIRECT MAIL SERVICES • NOTARY PUBLIC
**AWARING**

By Charles LaFeud, author, engage US staff member

Perhaps “awaring” should be a new verb. To “aware” would be a helpful addition to my word options. My submission to the Oxford Dictionary New Word Committee would read something like:

To Aware (verb)

1. The action of being actively vigilant to surroundings and what is present in our mind and heart.
   “Sally was awaring as she noticed the people around her who needed help.”

2. Similar: mindful, attentive, cognisant

The other day I was comparing when I should have been “awaring.” I was making tea bowls on my pottery wheel when suddenly, the last one collapsed. I was tempted to compare it to the others and scold myself for carelessness. But then, I became aware that the collapsed pot could be remade into a bud vase. The inclination to compare is soul-killing. The willingness to be aware is life-giving and is the pathway to creative, generous living.

I used to compare myself to others in the same way I recently compared my tea bowls to each other. Am I ok? Did I do enough? Did I help enough? Is my life attractive or impressive enough? Comparing ourselves to others can be harmful. We too easily compare ourselves to the expectations of relatives or modern media — the perfect storm of despair.

The adage “compare and despair” is true. When we compare, we can begin to despair. “They have family nearby; why don’t I?” “They have a big house; why don’t I?” “They have a better body or place-setting or table-scape; why don’t I?” When I compare, I despair. So, these days I try to switch “compare” for “aware.” What if the energy I spend comparing were redirected to becoming more aware of the people around me — their beauty, their needs, or their suffering? Rather than comparing myself to others, I try to become more aware of myself among others.

To be “aware” however, carries with it a willingness to be aware of others’ needs. We too easily compare ourselves to others and will make room for an awareness of others.

The willingness to be aware is life-giving and is the pathway to creative, generous living.

I used to compare myself to others in the same way I recently compared my tea bowls to each other. Am I ok? Did I do enough? Did I help enough? Is my life attractive or impressive enough? Comparing ourselves to others can be harmful. We too easily compare ourselves to the expectations of relatives or modern media — the perfect storm of despair.

The adage “compare and despair” is true. When we compare, we can begin to despair. “They have family nearby; why don’t I?” “They have a big house; why don’t I?” “They have a better body or place-setting or table-scape; why don’t I?” When I compare, I despair. So, these days I try to switch “compare” for “aware.” What if the energy I spend comparing were redirected to becoming more aware of the people around me — their beauty, their needs, or their suffering? Rather than comparing myself to others, I try to become more aware of myself among others.

To be “aware” however, carries with it a powerful human responsibility. Driving alongside stunning views of mountains and water, pastures and forests on Whidbey and Camano Islands, one passes many little lanes and driveways. The disparity between lifestyles here is as shocking as are the views. It’s not good or bad. It’s just a reality of life. One young family has a million-dollar second home with a view of the water, while across the street lives a ninety-year-old woman on a little plot of land in a leaking double-wide. Both homes have plumes of smoke wafting up from chimneys but, one chimney is of grey stone and the other is of rusted iron. Both homes have roofs and while one is of sealed steel, the other is of leaking tar-paper.

Sometimes things just do not turn out the way we had planned - be it a pottery tea bowl or a human life. But how do we change from compare to aware?

First, I attend to what I call “gaze-practice.” They say that physically, we are what we eat. But mentally, we are what we adore. So, I work hard to limit my exposure to marketing and advertising. Second, I find that gratitude-practice is an antibiotic for envy. The simple act of listing what I DO have disinculces me from longing for what I DO NOT have and will always inspire generosity in me. Third, I find that acceptance-practice will sweeten acidic envy-thoughts and ground me in awareness. If I can be grateful for what I have, then accepting life as it is will move my gaze from myself to others and will make room for an awareness of others’ needs.

**JANUARY at SENIOR THRIFT**

**STORE HOURS**

Mon – Sat: 10am – 5pm • Sun: 11am – 5pm
5518 Woodard Ave (just north of Main St), Freeland, WA 98249

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.senior-resources.org/thriftstore

**SPECIAL HOLIDAY HOURS**

Store closes at 2 p.m. Dec. 31 • Store closed Wednesday, Jan. 1

Jan. 5, 12, 19, 26.......................... Special Sunday your choice (1) 15% off
Jan. 4 .................................................. Dishes, 15% off
Jan. 11 .................................................. Electronics, 15% off
Jan. 18 .................................................. Hardware, 15% off
Jan. 25 .................................................. Furniture, 15% off
Jan. 30 and 31 ..................................... All Yellow tagged clothing $1

Wacky Wednesdays - your choice (1) 15% off
Every Friday – books 25% off

**ALL JANUARY**

White Tags, 25% off • Yellow 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.
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.”

- Reflections from Living in Gratitude
- In Praise of Gratitude
- 7 Ways to Make a Healthy Fresh Start
- How to Make the Most of the Fresh Start of New Year

FREE PICK UP - DELIVERY AVAILABLE

Your donations & purchases help build a world where everyone has a decent place to live.
Multiple Sclerosis Discussions

FREE
Thursday, Jan. 9 and Feb. 13
2-3:30 p.m.
Careage of Whidbey (activities room)
311 Third St NE, Coupeville

Are you or a family member living with Multiple Sclerosis? ISR is partnering with Careage of Whidbey to offer three free webinar broadcasting events which will enable those with limited or no access to the internet the opportunity learn and discuss the topics that are offered through the MS Society website.

Thursday, Jan. 9:
Diet and Multiple Sclerosis, a Neurologists perspective
Thursday, Feb. 13:
Topic TBD

Please contact MS support group facilitator, Mel Watson, for more information, 360-321-1623.

Living Well With Chronic Pain

6-Week Workshop
Wednesdays, Jan. 22 - Feb. 26 • 1-3 p.m.
Oak Harbor Library meeting room
1000 SE Regatta Dr., Oak Harbor

Learn skills critical to managing pain such as creating healthy food plans, stress management and relaxation techniques, improving communication, managing medications, working with health care providers, goal setting and problem solving. You’ll also practice gentle moving exercises and benefit from support and tips from classmates.

Preregistration is required. Please Call Debbie Metz at 360-321-1600, ext. 13.
Island Senior Resources, (360) 321-1600, (360) 678-3373 • www.senior-resources.org

Volunteers needed for Leo’s Place at Tuesday. All skill levels welcome; come enjoy an open jam session at Debbie Metz at 360-321-1600, ext. 13. Preregistration is required. Please call from support and tips from classmates.

Gentle moving exercises and benefit techniques, improving communication, stress management and relaxation such as creating healthy food plans, Medicare options, advisors are available for one-to-one consultation at: The Statewide Health Insurance Benefits Advisors (SHIBA) offers unbiased, confidential advising about Medicare benefits and insurance options.

Individual Consultations: For more in-depth information about Medicare options, advisors are available for one-to-one consultation at: The Center in Oak Harbor: Tuesdays – Call 360-321-1600 to schedule an appointment with Dr. Brian Waddell. The WhidbeyHealth Medical Center: Wednesdays – Call 360-678-5151 to schedule an appointment with Angela Averett.

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

**Medicare 2020**

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.

**OAK HARBOR SENIOR CENTER**

**51 SE Jerome St, Oak Harbor**

**Tuesday, Jan. 21, 1 p.m.**

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 advisory service for Medicare benefits and insurance options.

**MEDICAL ADVICE:** See your doctor for information about Medicare benefits.

**OAK HARBOUR SENIOR CENTER - 51 SE Jerome St, Oak Harbor**

**January 2020**

**MEAL SITES & HOURS**

**ISLAND SENIOR RESOURCE CENTER (BAYVIEW)**

14594 SR 525, Langley, WA 98260 • 360-321-1600 Meals served Mon, Tues, Wed, Fri, 11:30 a.m.

**THE CENTER IN OAK HARBOR**

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

**CAMBEY 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**

150 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 - JANUARY**

**WEEK 1**

<table>
<thead>
<tr>
<th>Day</th>
<th>Meals Offered</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed</td>
<td>1 Holiday – Meal Sites Closed</td>
</tr>
<tr>
<td>Thurs</td>
<td>2 Chef’s Choice</td>
</tr>
<tr>
<td>Fri</td>
<td>3 Balsamic &amp; Peaches Pork Chops</td>
</tr>
</tbody>
</table>

**WEEK 2**

<table>
<thead>
<tr>
<th>Day</th>
<th>Meals Offered</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>6 Tuna Zucchini Pasta</td>
</tr>
<tr>
<td>Tues</td>
<td>7 Hearty Vegetable Soup</td>
</tr>
<tr>
<td>Wed</td>
<td>8 Meatloaf w/Tomato Topping</td>
</tr>
<tr>
<td>Thurs</td>
<td>9 Chef’s Choice</td>
</tr>
<tr>
<td>Fri</td>
<td>10 Chicken Puttanesca</td>
</tr>
</tbody>
</table>

**WEEK 3**

<table>
<thead>
<tr>
<th>Day</th>
<th>Meals Offered</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>13 Creamy Mac &amp; Cheese</td>
</tr>
<tr>
<td>Tues</td>
<td>14 Terrific Turkey Chili</td>
</tr>
<tr>
<td>Wed</td>
<td>15 Chicken w/Mustard Sauce</td>
</tr>
<tr>
<td>Thurs</td>
<td>16 Chef’s Choice</td>
</tr>
<tr>
<td>Fri</td>
<td>17 Lemon Red Snapper w/Buttered Sauce</td>
</tr>
</tbody>
</table>

**WEEK 4**

<table>
<thead>
<tr>
<th>Day</th>
<th>Meals Offered</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>20 Holiday – Meal Sites Closed</td>
</tr>
<tr>
<td>Tues</td>
<td>21 Corn Chowder &amp; 1/2 Wrap</td>
</tr>
<tr>
<td>Wed</td>
<td>22 Spaghetti w/Meatballs</td>
</tr>
<tr>
<td>Thurs</td>
<td>23 Chef’s Choice</td>
</tr>
<tr>
<td>Fri</td>
<td>24 Deluxe Burger Sliders</td>
</tr>
</tbody>
</table>

**WEEK 5**

<table>
<thead>
<tr>
<th>Day</th>
<th>Meals Offered</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>27 Pork Fried Rice w/Veggies</td>
</tr>
<tr>
<td>Tues</td>
<td>28 Half Best Rueben Sandwich</td>
</tr>
<tr>
<td>Wed</td>
<td>29 Chicken &amp; Asparagus Bake</td>
</tr>
<tr>
<td>Thurs</td>
<td>30 Chef’s Choice</td>
</tr>
<tr>
<td>Fri</td>
<td>31 Country Brunch Casserole</td>
</tr>
</tbody>
</table>

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.

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

Lunch (optional) will be served beginning at 11:45 (suggested donation $5) 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: 360-678-0036, bigrockdesigns@whidbey.net.

**Date**  **Topic and Presenter**

Jan. 1  **New Year's Day – No presentation, no Lunch.**

Jan. 8  **Starting on the Right Foot… and the Left!**  Harada Physical Therapy owner Erick Harada and staff from his Coupeville clinic will help you follow thru on that ubiquitous New Year's resolution to get in better shape.

Jan. 15  **Make Yourself Count!**  Anne Murphy, Sno-Isle programming coordinator, will explain how an accurate census count is to all levels of local planning and funds distribution. Census forms can be completed online this year and your library is here to help everyone participate. Coupeville has a goal to make the Census 100% green with 100% participation by April 1.

Jan. 22  **Brain Boosting Nutrition & Lifestyle Tips**  Maggie McGinnis, WhidbeyHealth clinical nutritionist. Your brain is responsible for some pretty big jobs, like keeping your heart beating, lungs breathing, and body moving. Eating a healthy diet and staying physically active keeps your brain working. Learn more about super foods to keep your brain sharp and other strategies to reduce your risk for Alzheimer's and cognitive decline.

Jan. 29  **From Despair to Joy**  Certified Life Coach Glenda Cantrell, former ISR program coordinator, will share how she fought a debilitating cancer treatment to regain a life with purpose and joy. She will give you tips you can apply to your struggles.

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

Lunch (optional) will be served 11:30 a.m. - 12:30 p.m. (suggested donation $5) 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**

Jan. 7  **Seasonal Twilight: Navigating Life between Holidays and Summer**  Charles LaFond, celebrated author will discuss the winter doldrums, offer tips on how to access your inner light, and stimulate your mind. Join Jessica Karpilo, ISR outreach assistant, and learn to make the dark days of winter and early spring bearable.

Jan. 14  **Let's Get Social: A Beginner’s Guide to Social Media (Part 2)**  Social media can be overwhelming and intimidating, but with just a few simple tips and tools, you'll find it's an excellent way to connect to family and friends, learn new things, meet folks with shared interests, and share how you're doing. Join Jessica Karpilo, ISR outreach assistant, and learn to get started, how to protect your privacy, and have your questions answered. (You do not need to have attended Part 1 for this to be useful.)

Jan. 21  **How to Safely Use Medical Cannabis**  Dennis James of MediCannaCare will be returning to explore: Who can benefit from medical cannabis, what is the best way to take medical cannabis, and which medical cannabis products are safe. Come curious, Dennis will be available after his presentation to answer questions.

Jan. 28  **Green Burial**  Lucinda Herring will present new ways to think about funerals and cremations that are less toxic and more sustainable for the earth. She’s a certified home funeral consultant, a Green Burial Guide and licensed funeral director. She will present information for anyone seeking to exercise their innate and legal right to care for their dead, create home funeral vigils, and choose greener after-death care options—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.

**January 2020**  **Contact Carol Moliter: 360-678-0036, bigrockdesigns@whidbey.net.**
seeking to exercise their innate and legal right to care for their dead, and licensed funeral director. She will present information for anyone.

Dennis will be available after his presentation to answer questions. Come curious, benefit from medical cannabis, what is the best way to take medical cannabis, and which medical cannabis products are safe. Come to learn how to get started, how to protect your privacy, and have your questions answered. (You do not need to have attended Part 1 for this to follow.)

Jan. 7 Seasonal Twilight: Navigating Life between Holidays and Summer

Charles LaFond, celebrated author will discuss the winter doldrums, offer physically active keeps your brain working. Learn more about super lungs breathing, and body moving. Eating a healthy diet and staying responsible for some pretty big jobs, like keeping your heart beating, metabolize grief or disappointment, and create our own strategies for life-tools to navigate feelings, detoxify anxious thoughts, lighten moods, make the Census 100% green with 100% participation by April 1.

Your library is here to help everyone participate. Coupeville has a goal to follow by a free presentation at 12:30. See our menu section for what is being served for lunch. Come eat, socialize, and learn!

Jan. 15 Make Yourself Count!


ISLAND SENIOR RESOURCES (BAYVIEW) • TUESDAYS, 12:30 P.M.

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Presenters will offer information on key topics affecting the lives of seniors, their caregivers, families and friends. Please support our advertisers.

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### JANUARY

**EAGLE TOUR ON THE SKAGIT RIVER**

**Tuesday, January 14**

7:45 AM - 4:30 PM  
Member: $140 - Non-Member: $165

This three-hour guided eagle tour begins in Rockport as they drift down the river with the opportunity of viewing hundreds of eagles as they feast on the bounty of food the Skagit has to offer. The drift boats do have heaters in them, but we do suggest you dress warm as the trip will go regardless of weather conditions. There are very limited spaces available on this trip so please sign up before January 2 to ensure your spot. We will stop for a no host lunch after the boat tour. Please feel free to bring your camera!

**TEATRO ZINZANNI**

**Sunday, February 1**

8:30 AM - 4:30 PM  
Member: $125 - Non-Member: $150

Step back in time where Glitz and Glamour reign supreme. Teatro Zinzanni’s main event is part circus, part cabaret, and always magical paired with a multi-course dinner. Let’s put on the glitz and join in the fun. Cost includes transportation, three-hour show, and multi-course dinner served throughout the evening. Join us for this night so enchanting we may never want to leave.

**CINDERELLA**

**Saturday, February 8**

8:45 AM - 7 PM  
Member: $130 - Non-Member: $155

From its first class overture to its high-flying “happily ever after” finale, the comedic love story delivers delights by the dozen. Toe-tapping tunes, bright ensembles, colorful characters, and ridiculous situations make this valentine to kindness sparkle with an enchantment all its own. Enjoy this three-hour production at McCaw Hall and a no-host lunch prior to the show.

**VALENTINE DAY SPECIAL: THEO CHOCOLATE TOUR**

**Tuesday, February 11**

8:30 AM - 5:30 PM  
Member: $70 - Non-Member: $85

Taste your way through an hour-long interactive experience discovering the origins of cocoa, how chocolates are made, and indulge in a wide range of treats on the Theo Chocolate Tour. Then, enjoy a no host lunch at Agrodolce which features handmade pasta made with the finest organic and sustainable ingredients in the Pacific Northwest. Price includes transportation and guided tour.

**ST. PATRICK’S DAY LUNCH CRUISE**

**Tuesday, March 17**

8:30 AM - 4 PM  
Member: $115 - Non-Member: $135

Celebrate the luck of the Irish aboard the beautiful Emerald Star! Enjoy a festive Irish lunch, bingo games, St. Patrick’s Day-themed trivia and prizes while you relax and enjoy the shoreline views of the waterfront estates and local landmarks as your Captain narrates the sights. Price includes transportation, guided boat tour, and Irish inspired lunch.

### FEBRUARY

**LEMAIR CAR MUSEUM**

**Wednesday, January 29**

8 AM - 8 PM  
Member: $80 - Non-Member: $95

Whether you’re a collector, an automotive enthusiast, or just a fan of cars, this museum will sure to spark your interest. Enjoy a no host lunch in their Classic Café which features hot sandwiches, burgers, and floats or choose from an option of close by restaurants. Price includes transportation and museum entrance.

**ANGEL OF THE WINDS**

**Tuesday, February 18**

9 AM - 3:30 PM  
Member: $30 - Non-Member: $37

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!

### MARCH

**SKAGIT CASINO**

**Monday, March 16**

9 AM - 3:30 PM  
Member: $57 - Non-Member: $33

Last time we went to the Skagit some of us hit it big, let’s try to repeat it! This friendly casino offers over 900 slot games, rewards club discounts, and three different dining experiences. Please sign up by March 9th.

**ST. PATRICK’S DAY LUNCH CRUISE**

**Tuesday, March 17**

8:30 AM - 4 PM  
Member: $115 - Non-Member: $135

Celebrate the luck of the Irish aboard the beautiful Emerald Star! Enjoy a festive Irish lunch, bingo games, St. Patrick’s Day-themed trivia and prizes while you relax and enjoy the shoreline views of the waterfront estates and local landmarks as your Captain narrates the sights. Price includes transportation, guided boat tour, and Irish inspired lunch.

### APRIL

**THE NEW BURKE MUSEUM**

**Thursday, April 2**

8:45 AM - 5:30 PM  
Member: $50 - Non-Member: $60

Let’s visit the new Burke Museum on the University of Washington Campus. Watch working labs while visiting the exhibits of Biology, Contemporary Culture, Paleontology, Northwest Native Art, and Archaeology. Walk around the beautiful campus with the iconic cherry trees possibly in full bloom! Enjoy a no host lunch at one of several cafes on the campus.

### CHICAGO

**Saturday, April 4**

8:45 AM - 7 PM  
Member: $140 - Non-Member: $165

CHICAGO has everything that makes Broadway great: a universal tale of fame, fortune and all that jazz; one show stopping song after another; and the most astonishing dancing you’ve ever seen. Head down to our favorite, The Paramount Theater in Seattle and enjoy this incredible musical with us.
CRACKED CRAB CRUISE
Tuesday, April 7
9:30 AM - 3 PM
Member: $106 • Non-Member: $127
Cruise on the 80’ Chinook vessel indulging in Dungeness crab and Tuscany baked chicken all while taking in the beautiful sights of Deception Pass and the La Conner Channel. Price includes transportation, narrated boat tour, & lunch.

HIBULB CULTURAL CENTER
Thursday, April 16
9:30 AM - 5 PM
Member: $45 • Non-Member: $55
Learn about the heritage, history, and culture of the Tulalip people on a private tour of the Hibulb Center.

JERSEY BOYS
Saturday, April 18
9 AM - 6 PM
Member: $158 • Non-Member: $188
These four boys from Jersey may have sounded great on stage, but their off-stage life was a different story. Go behind the music and inside the story of Jersey Boys at the 5th Avenue Theater. Space is limited, call to see about reserving your ticket.

THE PLAY THAT GOES WRONG
Saturday, April 25
8:45 AM - 7 PM
Member: $145 • Non-Member: $170
Broadway’s funniest smash hit and international phenomenon, The Play That Goes Wrong, comes to the Paramount Theater. This hilarious comedy is a hybrid of Monty Python and Sherlock Holmes, where things are quickly going from bad to utterly disastrous. We will stop for a no host lunch prior to the show.

MAY
HANSEL & GRETL
Saturday, May 2
9:30 AM - 5:30 PM
Member: $185 • Non-Member: $200
This smart and bold new musical is a riotous tumble of past and present that will leave you grinning from ear to ear. Price includes transportation to Everett Village Theater and ticket to the show. We will stop for a no host lunch prior to the show.

EXTENDED TRAVEL
MAGICAL RHINE & MOSELLE RIVER CRUISE
August 16 - 28, 2020
Double: $5,129 • Single: $5,829
Special Travel Presentation: Wednesday, October 28, 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, and cruise the famous canals of Amsterdam. Includes airfare, 7-night river cruise, lodging, and 22 meals.

SPOTLIGHT ON NEW YORK
October 15 - 19, 2020
Double: $2,999 • Single: $3,799
Travel Presentation: Wednesday, Feb. 5, 1 p.m.
This 5 day guided tour includes two Broadway shows, a stay at Sheraton New York Times Square, and more!
**Member Spotlight:**

**Ann Doro**

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

Ann Doro is a member here at The Center. She is 97 years old and was born on a farm in Iowa. Ann now lives in Oak Harbor because her house burnt down in the Paradise fire in California, and now lives with her grandson Eddie who is blind.

Ann worked as a stewardess on a DC3 during World War II. When Ann worked as a stewardess, stewardess could not be married, they always had to be dolled up and looking nice. Later Ann worked as a ticket agent for United airlines, one of her fondest memories from this time is that she walked through Time Square on New Years Eve. Ann was also chosen to be the representation for the 15th anniversary of the stewardess service.

Ann is also a writer. Ann wrote for kids, Ann Doro is actually the name that she writes under. Her first book was typed on an old-fashioned type writer. The book is called Charlie the Lost Dog, it is available on Amazon and was published by Scholastics. Not only is Ann a writer, but she was also a teacher. One of Ann’s students described her as mean but fair. Ann loved teaching.

Ann participates in the knitting and crocheting group at the Center. She recently celebrated her 97th birthday with the knitting group. Her hobbies include knitting and walking. Her advice to her peers is “to keep walkin’.” Her grandson tells her that she is going to live to 135 years old and she says, “As long as I can walk and talk, I’ll stay.”

**A Simple Act of Kindness**

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

Take a deep breath, because you made it! We made it through the holidays and into the new year. Now I know that people like to talk about their resolutions, and what goals they hope to accomplish this year. But sometimes we set very high and unachievable goals for ourselves. So right now, I don’t want to talk about new year’s resolutions. I know that we are finished with the giving season and the time of the year when everyone is nice and kind to each other, but why does this have to happen only at a certain time of year? I recently watched Ellen’s Greatest Night of Giveaways, on this show Ellen is making dreams come true. For example, she paid off the mortgage for a family that had just lost a wife and mother, she bought a new home for a single mother, and gave a certain amount of dollars to a child in Washington D.C. Watching this made me think of the times when I had gone out of my way to help someone and the way that, that simple act made me feel. It always gives me that warm feeling inside, and why wouldn’t I want to feel like that more often or make other feel that way as well. Ellen is constantly giving through the year and has the money and resources to do so, but we are all able to give a little kindness no matter what our status. Giving someone a simple smile or nod in passing could change someone’s whole day. It is funny how we call something “the giving season” when really isn’t this something that we should aim to do throughout the year? Why do we give something a specific time when we can do it all year? The gift of kindness is something that we can all afford to give at any time.
The Oak Harbor Senior Center Has a New Name!

The Oak Harbor Senior Center is excited to announce that when we open our doors on Wednesday, January 2, 2020 we will be known as The Center in Oak Harbor, Activities & Resources for 50+. After a lengthy process of receiving input and information gathering from our members and potential members through conversations, surveys, focus groups and open houses we are excited to reveal the new name and logo! As it is our vision to be recognized as the premier location in Oak Harbor for adult programming and services which include vibrant lifestyle activities and aging and disability resources it was clear that a name change was one of many things that will help us to better align with the desires and needs of our members. The name change and refreshing the image will help us to more efficiently promote The Center to achieve this goal for the long-term sustainability of the Center and our programming.

We are proud to offer programming, classes and events for adults over the age of 50. Our new name will not change the services we provide, or the populations we serve, but will allow us to reach, and identify with, a greater number of our age 50+ clientele.

Our new electronic signboard is installed and fully functioning! It features our new logo, “The Center In Oak Harbor” and a signboard we can electronically update. A huge thank you to the many people who gave their input in the process and led the way for the final outcome.

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Guess Who?

I am an actor born January 6, 1969 in Florida.
I worked as a painter, photographer and video artist before making my film debut in 1997. These days you’ll find me battling the undead on a cult TV show.

Answer: Norman Reedus

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A 2018 study demonstrated that two 20-minute sessions of direct exposure to natural light help combat depression, including seasonal affective disorder (SAD). The leading psychiatric researchers at Harvard University have suggested that natural light therapy can be used as an adjunct treatment or a stand-alone treatment for depression. Research has shown that, as an adjunct treatment or a stand-alone treatment, photobiomodulation therapy can be effective for treating depression, as well as improving athletic and sexual performance. It can also help with obsessive compulsive disorder, improving sleep quality, and enhancing athletic and sexual performance. 

You might think, then, that the way to get through the gloom of these winter months is to pop a red light bulb into your nearest socket and go about your day. The benefits, however, are unique to specific wavelengths of red light, with cosmetic improvements (yes, it does that, too!) notable at wavelengths of visible red at 660nm and systemic effects, including overall mood improvement, more consistently observed at a wavelength of 850nm, or a NIR wavelength that is not visible to the human eye. The unit we use in the clinic combines those exact wavelengths to optimize the therapeutic effect. It’s not magic, although it feels and looks a lot like magic; it’s science.

All this to say: I know it’s cold. I know it’s grey. I don’t want to be outside searching for a glimmer of sunlight anymore than you do. I am inside with my redlight unit dreaming of Hawaii and basking in the glow of the unit’s rejuvenating bliss. Now that we are in the full throes of winter, we are seeing more and more of women’s moods begin to deteriorate. Stop by. We’ll warm you up with a cup of tea and welcome you to enjoy a book near our fire. And, we’ll leave the light on for you.

About Morghan Milagrosa: Morghan was born and raised in rural Montana. She attended Swarthmore College for her undergraduate training in psychology and linguistics, and then she completed her graduate training at the University of Pennsylvania in Philadelphia, PA. She has practiced in a wide variety of settings and locations throughout the Pacific Northwest, which she believes to truly be her home. She has served as faculty for University programs in Alaska, Washington, and Oregon. One of the things that she finds most fulfilling about her career is having the opportunity to partner with others in their learning processes, which she sees as an integral and often absent facet of healthcare. She is deeply committed to her own lifelong learning. She joined Chinn GYN for its commitment to integrative care that is truly personal. She thinks of women’s health as a discipline that should promote the health of the whole woman, not focus exclusively on her reproductive parts and functions. Her least favorite thing to do is get a pap smear.