Isolation is an invisible malady. Sometimes isolation is the absence of someone rather than their presence. Isolation looks different by age group, by economic status, and by locale. People can be alone in the mansion, alone in a trailer, or alone in the woods. This past January 23rd was Island County’s “everybody counts” day during which Whidbey Island Homeless Coalition and Island County Human Services attempt to locate, count, and assist the hidden homeless living in our county. This annual census, mandated by state and federal government agencies, provided the chance to provide haircuts and personal care items, to gather folks for a hot lunch, a chance to warm up, get some clean clothing and a warm coat, and have a conversation with social workers about their ongoing needs. Informative and heartwarming articles in both the South Whidbey Record and the Whidbey News Times put names and faces to some of the folks who walk Isolation is a Shared Edge

We have to remember and realize when we lose someone, especially our spouse or partner or child, we aren’t just grieving the loss of the present, but also the loss of our future plans. A close family member who lost a baby in infancy explained to me that the void she feels from the loss of that child has not grown smaller over the last 10 years. No, the hole someone leaves does
Goodbye Winter’s Nest
By Cheryn Weiser, Executive Director, Island Senior Resources

Though I see daffodils emerging and one of my early blooming camellias is full of pink blossoms, the dark, the rain and the cold find me taking shelter in my winter’s nest. I share my nest with an 11-year-old cat named Simba, who has lengthy conversations with me as I move from task to task or room to room. Winter can be a time of rest, renewal, and allowing myself to come down out of the busy holiday season while anticipating increased light, sunny days, and warmth as we move into spring and summer. It can be a time for reflection about changes I want to make to my nest and its environs to make it easier to keep up with while allowing me to focus on what gives me energy and what I most enjoy.

One of my favorite nesting rituals is making soup and bread. I love soup, and I have homemade multi-grain bread fresh from the oven, or toasted days later, filling the air with the essence of its hearty graininess. I often sit watching something on TV, peeling and cutting up vegetables to make the next pot of soup to be enjoyed over a number of meals. I’ll squeeze away in the freezer what is left-over for another moment when that particular soup is just what I need. If you are housebound in your nest, consider inviting Meals on Wheels to bring sumptuous meals your way. I can vouch for the wonderful meals that come out of the Island Senior Resources kitchen.

Late winter and early spring nesting this year also means sorting and sifting stuff. As I look around, I ask myself, ‘What do I really need? What do I really use?’ I continue to make a guest list to Senior Thrift with items that no longer have meaning or use in my continual downsizing mode. I am learning to let stuff go. Whatever your nest is, may it nurture you as we await those warmer and more well-lit days.

THE WREATH
By Charles Lafond, who mpg: till it’s metered
Our national calendar lists spring as beginning on March 19th. And yet, spring happens on such different schedules in the Salish Sea, the Arizona desert, and the New England pasture. Spring always seems late.

Things would be so much easier if everything happened exactly on schedule, based on a calendar, or if every to-do list was neatly accomplished at the end of the day before supper, or if our lives turned out the way we had planned. But they don’t.

In these March days, our island community gathers the sticks winter winds left dead, cleaning gardens and trimming trees and still, making beauty from them. This wreath hangs on a house, by the Salish Sea. Someone took time and talent to gather dead things and twist them into something beautiful.

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

AARP TAX CONSULTATIONS
CALL 360-678-3000
APPOINTMENTS RECOMMENDED
OAK HARBOR LIBRARY: MONDAYS 10:00 AM - 1:00 PM
TUESDAYS 3:00 PM - 6:00 PM
THE CENTER IN OAK HARBOR: WEDNESDAYS 10:00 AM - 1:00 PM
COUPEVILLE LIBRARY: THURSDAYS 10:00 AM - 1:00 PM

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1040 SW Kimball Drive • Oak Harbor • 360-279-0933 • www.regencywhidbey.com
• Cottages • Assisted Living • Memory Care

March 2020
Island Senior Resources, (360) 321-1600, (360) 678-3373 • www.senior-resources.org

HOW TO REACH ISLAND SENIOR RESOURCES
For all departments and all staff call 360-321-1600 or 360-678-3373
Nutrition/Meals on Wheels
Aging & Disability Resources
Family Caregiver Support
Time Together Adult Day
In Home Care
Case Management
Medical Transportation/ Volunteer Services

Senior Thrift 360-331-5701
Oak Harbor Aging & Disability Resources 360-675-0311

For more information, visit www.senior-resources.org

OUR LOCATIONS
SOUTH WHIDBEY
Island Senior Resources (Bayview)
14394 SR 525, Langley, WA 98260

OAK HARBOR
(360) 321-1600 or (360) 678-3373

Senior Thrift
5518 Woodard Ave
Freeland, WA 98249

Camano Island
(360) 321-1600 or (360) 678-3373

For more information call:

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Please contact Island Senior Resources (360) 321-1600 or (360) 678-3373

Island Senior Resources eNews!
Join our email list and receive 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.
Last week I went out to join a few friends at a local island brew house. It was Friday night, and bustling with people. The beer was flowing, and everyone had their party voices ratcheted up to “loud.” Our table for six was in the middle of a large room. I was the first one there. I carefully picked my place so my back would be to most of the room. Why? Because I wear a hearing aid and if I faced the other way it would pick up all the other room sounds, and I wouldn’t be able to hear a word my friends say. The others arrived, and within minutes I knew I could only hear about one in ten words. It’s tough to participate in the conversation when you can’t figure out what someone else said or fear responding incorrectly when you couldn’t hear their question. I sat there quietly, feeling more alone than if I had stayed home, which is what I usually choose to do. I’ve had hearing loss for 15 years, and it’s getting worse. That’s a lot of time spent alone already and I’m only in my early 60’s.

Hearing loss is isolating. 48 million Americans have it. 25% of those 65-74 and 50% of those over 75 have disabling hearing loss. Additionally, now there is research that says it is a major contributor to dementia, depression, cardiovascular disease, and mental health issues in older adults.

Along with many older adults, I have old hearing aids. It used to be that hearing aid technology didn’t change very fast. Recently, technology has made huge advances in hearing aid sound quality, as well as for hearing aids to communicate to cell phone apps to control settings and reduce background noise. Some even provide health data on balance and activities that might lead to falls. Others send information to family members about levels of socialization activities so issues of isolation can be addressed. Some even allow the user to communicate directly with their hearing professional so that adjustments can be made to the device without an office visit. And one of the newest benefits is some hearing aids act as voice translators. When another person is speaking in one of 27 different languages, the hearing aid translates what is said into English, directly into the ear of the wearer. The options are overwhelming. How do I choose what’s best for me? For all of us, the best way to determine what device best fits your needs and budget is to consult a hearing professional.

Where can you turn for help finding a hearing professional or with obtaining a hearing aid?

Primary care providers can be a resource for referrals to audiologists in your area.

Island Senior Resources Aging & Disability Resources sometimes has donated hearing aids in our lending closets. 360-321-1600 or 360-678-3373. Our staff also helps with isolation issues that may be related to hearing loss.

Friends of Friends Medical Support Fund may be able to help with costs (leave a message and they will call you back). 360-221-4535.

Some Medicare Advantage plans offer coverage for hearing aids.

The Office of the deaf and Hard of Hearing offers a wide range of support services from telecommunications equipment, interpreters, assistive communication technology, referral services and more. 800-422-7930.

For information on hearing loss risks, convincing someone to wear a hearing aid, problems for hearing aid wearers, and ways to save money on hearing aids go to: www.aarp.org and search “hearing aids.”

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.”

8 Signs Your Loved One May have Hearing Loss

• Spouting Malnutrition in Older Adults

• Seven Common Myths About Parkinson’s Disease

• Keep it Moving! A Tough 82-year Old Woman Dispels Aging Myths

What Did You Say?

Life with Hearing Loss

By Robin Bush, Island Senior Resources Outreach Director

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**CHRONIC PAIN SELF-MANAGEMENT CLASS**

**Tuesday, March 3 – April 7**
1-3 p.m.

The Center in Oak Harbor
51 SE Jerome St., Oak Harbor
FREE six-week workshop.

Learn to reduce stress and frustration, manage symptoms, set weekly goals, problem solve, communicate, relax, manage emotions, eat well, and exercise safely. Family members, friends, and caregivers are welcome to participate. Registration required. Call Debbie Metz 360-321-1600.

**AGING IN GRACE SUPPORT GROUP**

Mondays, March 9, April 13
10 a.m. – noon
Freeland Library
5495 S. Harbor Ave., Freeland
A general support group for anyone with concerns, stories and wisdom to share about the aging process. Come laugh, cry, make friends, and connect with others as we accept and adapt to the limitations that aging brings.

**YOGA CLASS SUPPORT GROUP**

1st & 3rd Tuesday • 2:30 - 3:30 p.m.
Augustine’s in the Woods
5217 Honeymoon Bay Rd, Freeland
Free
Facilitator: Joni Takanikos
For those living with Parkinson’s, challenging conditions, and caregivers.

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For those living with Parkinson’s, challenging conditions, and caregivers.

**2020 AARP SAFE DRIVER COURSE**

Saturday, April 18 • 8 a.m. – 5:15 p.m.
Island Senior Resources (Bayview)
14594 SR 525, Langley
The AARP Driver Safety Class may save you money on your car insurance, but more importantly you will refresh your driving skills and knowledge of the rules of the road.

**ST. PATRICK’S DAY PANCAKE BREAKFAST**

Saturdays, March 14th & 21st
9-11 a.m.
Leo’s Place (Bayview)
14594 SR 525 - Langley

Don’t forget to wear your green! Come enjoy pancakes, scrambled eggs, sausage, fresh fruit and coffee. Tea, milk, or juice (sugar free options available) & coffee to win “shamrock” gift basket.

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**Senior Thrift will be closing at 2 p.m. Sunday, March 8 for a volunteer/staff meeting.**

**MARCH at Senior Thrift**

**360-331-5701**

**STORE HOURS:**
Mon-Sat, 10 a.m. – 5 p.m.
Sun, 11 a.m. – 5 p.m.
5518 Woodard Ave
(just north of Main St), Freeland, WA

**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

**March 2, 9, 16, 23, 30 ................................................Facebook Secret Word**
Mention secret word and get 15% off entire purchase

**March 7 ........................................................................... Dishes, 15% off**

**March 14 .................................................................... Hardware, 15% off**

**March 17 ............................................................... All green tags, 50% off**

**March 21, 22 ...............................................................Electronics, 15% off**

**March 30, 31 ................................................... All Red tagged clothing, $1**

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**HIGHLIGHTS**

at Island Senior Resources

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**Wacky Wednesdays - your choice (1) item 15% off**

**For every Friday – books 25% off**

**ALL MARCH**

**Green Tags, 25% off • Red 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.
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!

March 3 Stocks, Bonds, and the Economy
This interactive lunch & learn will focus on investment fundamentals and how they fit into the current economic climate. The Cook Wealth Management team will be unable to offer specific investment advice, but please come with general questions regarding retirement, college savings, taxes, etc.

March 10 Making Bird Seed Ornaments
Spring is coming. Let’s get ready with a craft that will be fun for you and food for the birds. Chasity Smith will guide you through this process while we sit, chat, and enjoy thoughts of spring.

March 17 Let’s Get Social: A Beginner’s Guide to Social Media
Social media can be overwhelming and intimidating, but with 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 folks with shared interests, and stimulate your mind. Join Jessica Karpilo, ISR Outreach Associate, to learn how to get started, how to protect your privacy, and have your questions answered.

March 24 Reverse Mortgage
Learn how more than 1 million U.S. homeowners, 62 and older, are enjoying retirement by eliminating monthly mortgage payments and creating a cash flow for retirement. Ruth Gillis, reverse mortgage professional, will provide an overview of how to remain in your home without monthly payments!

March 31 Internet Searches: How to Find What You’re Looking For
Learn basic tips and tricks for internet searches with ISR Outreach Associate, Jessica Karpilo. This session will cover shortcuts, commands, image searches, and how to vet the sources you find. Come with questions and learn how to make your internet research more effective.

AT THE COUPEVILLE METHODIST CHURCH - WEDNESDAYS, PRESENTATION AT 12:30 P.M.

Lunch (optional) will be served beginning at 11:30 (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!

March 4 Bingo
Aging & Disability Resources will be available 11:30 to 1:30 pm

March 11 To-Dos now for Your Summer Yard
Loren Imes, WSU Extension Island County, Coordinator, Master Gardeners. What can you do now to have a beautiful, low-maintenance summer yard? A master gardener will offer handy tips to reduce yard pests (bugs and weeds) and suggestions for water-efficient plants and grasses leading to a beautiful summer yard.

March 18 Personal Revelations
Bob Boyden, retired educator and Island Senior Resources benefactor shares how ISR resources helped him regain some control of a life gone sideways. Hear from “one of our own” what he learned in the process, and how these resources can help you maintain independence.

March 25 Best Practices for Living Independently
WhidbeyHealth EMS Lead Paramedic Robert May will share his observations from helping many Whidbey Island senior citizens, sometimes thru life-saving emergencies, and guide you to making better decisions in your own living spaces, so you can remain there healthy and happy!

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.

Learn the Basics of Social Security
- How and when to apply for benefits
- Types of benefits you may qualify for
- Your Social Security rights
- Benefits based on earnings, spousal earnings (current and former)
- Survivor benefits for widow(er)s

This Island Senior Resources workshop will be presented by Annette Barca who has been conducting pre-retirement seminars for 15 years. Free. No pre-registration required. For more information call 360-321-1600 ext 0.

Island Senior Resources (Bayview)
14594 SR 525, Langley
Thursday, April 16, 11-12:30 p.m.

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RelayForLife.org/whidbeyislandwa
relaywhidbey@gmail.com

WHIDBEY ISLAND 2020

RELAY RALLY:
March 11
7-8pm
Oak Harbor
Elks Lodge

THERE IS NO FINISH LINE UNTIL WE FIND A CURE.

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### THE CENTER IN OAK HARBOR ACTIVITIES 360-279-4580

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### ISLAND SENIOR RESOURCES (BAYVIEW) ACTIVITIES 360-321-1600 or 360-678-3373

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### DISCOVER THE ISLAND’S BEST CANNABIS

**DISCOVER THE ISLAND’S BEST CANNABIS**

**MEDICAL & RECREATIONAL MARIJUANA | OPEN MONDAY - SUNDAY 9A - 7P**

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**For use only by adults twenty-one and older. Keep out of the reach of children.**

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**The Center in Oak Harbor, 360-279-4580 | Island Senior Resources, (360) 321-1600, (360) 678-3373**

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**DATES AND TIMES OF ALL SCHEDULED EVENTS ARE SUBJECT TO CHANGE. IT'S ALWAYS ADVISABLE TO CALL TO CONFIRM.**

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**Call Island Senior Resources for instructor contact numbers and information.**

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**March 2020**

**March 25 - Last Wednesday**

11 30 Birthday Cake and Party (all are welcome)

**March 19 - 3rd Thursday**

4 Peer Support Group for Professional Caregivers

**March 20 - 3rd Friday**

10 Death Cafe

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**Activities are held at St. Augustine’s-in-the-Woods, Freeland | Activities are held at Trinity Lutheran Church, Freeland**
### 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.

**ISLAND SENIOR RESOURCES 14594 SR 525, Langley**
- March 12, 1 – 3 p.m.
- March 16, 1:30 – 3:30 p.m.

**THE CENTER IN OAK HARBOR 51 SE Jerome St, Oak Harbor**
- March 6, 10 a.m. – noon

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 consultations.

The Center in Oak Harbor: Tuesdays • Call 360-279-4580 to schedule an appointment
WhidbeyHealth Medical Center: Wednesdays • Call 360-678-1153 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.

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**NUTRITION LABEL WORD SEARCH**

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<thead>
<tr>
<th>Category</th>
<th>Words</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basic</td>
<td>Inorganic substances: 22   7   16   20   2   8   4   16</td>
</tr>
<tr>
<td></td>
<td>Essential organic compounds: 11   7   24   8   22   7   16   1</td>
</tr>
<tr>
<td></td>
<td>Breaking down food: 9   7   6   20   2   8   4   1</td>
</tr>
<tr>
<td></td>
<td>Units of energy: 14   8   4   3   2   7   20   1</td>
</tr>
<tr>
<td></td>
<td>Essential organic compounds: 11   7   24   8   22   7   16   1</td>
</tr>
<tr>
<td></td>
<td>Inorganic substances: 22   7   16   20   2   8   4   16</td>
</tr>
</tbody>
</table>

**ANSWERS:**
- A. calories
- B. vitamins
- C. minerals
- D. digestion

**C R Y P T O F U N**

Determine the code to reveal the answer!

The code to discover words related to nutrition. Each number corresponds to a letter. (Hint: 7 = i)

---

**Guess Who?**

I am a movie director born in Georgia on March 20, 1957. Shortly after receiving a degree in film and television from NYU, I made my first feature film. I have since made many thought-provoking and celebrated films.

**answer:** Spike Lee

---

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- Mailers • Rack Cards
- Magnets • Cards • Invitations
- Printing • Copying • Folding
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- Notary Public

**TRAVEL LOG**

**THE CENTER IN OAK HARBOR**

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

**MYSTERY LUNCHES**

**Thursday, March 19**

<table>
<thead>
<tr>
<th>Depart</th>
<th>Return</th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:30 AM</td>
<td>2:30 PM</td>
<td>$20</td>
<td>$30</td>
</tr>
</tbody>
</table>

The mystery has been solved: these lunch trips are a ton of fun! Travel Escort, Laurie, 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.

**MARCH**

**STUNT DOG**

**Saturday, March 14**

<table>
<thead>
<tr>
<th>Time</th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 AM - 5 PM</td>
<td>$55</td>
<td>$65</td>
</tr>
</tbody>
</table>

Cheer on furry friends from animal rescue nationwide in this acrobatic and athletic dog show! These dogs will soar, spin, jump and fly in this high-energy show. Bring your grand-kids for a fun-filled day! We will stop for a no host lunch at Lombard's prior to the show.

**SPARK - MUSEUM OF ELECTRICAL INVENTION AND LUNCH IN BELLINGHAM**

**Wednesday, March 25**

<table>
<thead>
<tr>
<th>Time</th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>9 AM - 5 PM</td>
<td>$55</td>
<td>$65</td>
</tr>
</tbody>
</table>

This adventure packed day will start with a scenic drive up historical Chuckanut Drive. Then, we will stop for a no host lunch in the Fairhaven district of Bellingham. After lunch, we will visit the SPARK Museum of Electrical Invention where you can experience the marvelous history, science and power of electricity. Cost includes transportation, guided docent tour, and a private MegaZapper electrical show.

**APRIL**

**THE NEW BURKE MUSEUM**

**Thursday, April 2**

<table>
<thead>
<tr>
<th>Time</th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:45 AM - 5:30 PM</td>
<td>$50</td>
<td>$60</td>
</tr>
</tbody>
</table>

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**

<table>
<thead>
<tr>
<th>Time</th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:45 AM - 7 PM</td>
<td>$140</td>
<td>$165</td>
</tr>
</tbody>
</table>

CHICAGO has everything that makes Broadway great: a universal tale of fame, fortune and all that jazz; one show stoppering song after another; and the most astonishing dressing 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**

<table>
<thead>
<tr>
<th>Time</th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>3:30 PM - 6 PM</td>
<td>$127</td>
<td>$160</td>
</tr>
</tbody>
</table>

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.
TRAVEL LOG

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 - 25, 2020
Double: $5,129 • Single: $5,829
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
This 5-day guided tour includes two Broadway shows, a stay at Sheraton New York, Times Square, and more!

CASINO TRIPS IN 2020
All casino trips depart/return from Bayview Hall. Depart 9 AM • Return 4:30 PM
Member: $145 • Non-Member: $170

TULALIP RESORT .......................... April 14
SKAGIT VALLEY .................................. May 12
QUIL CEDA CREEK .......................... June 9
ANGEL OF THE WINDS .......................... July 14
TULALIP RESORT .......................... August 11
SKAGIT VALLEY .................................. September 8
QUIL CEDA CREEK .......................... October 13
TULALIP RESORT .......................... November 10

SWINOMISH ............................ March 10

Thank you for reading Island Times. Please support our advertisers. Please recycle this publication when you are finished reading it.
Goodbye, Jade, So Glad You Were Here!

Jade Brown, our current program assistant, will be moving ALL THE WAY TO VIRGINIA (that would be a LONG commute) to be closer to family. Her last day at The Center will be March 18.

Jade started with us May of 2019 and hit the ground running. It is amazing the amount of work and support she has provided The Center in the 11 months she was here. She worked to improve our end of day accounting processes, made changes to expand our event set up and decor, made our first annual wearable art runway show a total success, helped to secure new sponsors for our September Member Appreciation Lunches, advanced our promotion and marketing reach, and so much more. Not only was she so efficient in her position, she brought a light and joy everyday she walked into The Center that we all enjoyed! The void she will leave behind will be felt for sure. Fortunately, she has given us ample time to plan for her departure and recruit her replacement, so we should have very little time where we do not have someone in the position.

We are also excited for this next adventure in her life, and hope you will join us in wishing her all the best! We will be having a ‘goodbye Jade’ open house at 11 a.m. Wednesday March 18, you are welcome to join us to thank her and send her off with good wishes.

The Center in Oak Harbor
51 SE Jerome St., Oak Harbor, WA 98277
Front Desk: 360-279-4580
Normal Business Hours:
Mon-Fri, 8:30 am - 4:30 pm
Additional evening and weekend classes and events as scheduled
Yearly Membership Dues: $40
Available for anyone 50+
Liz Lange - 360-279-4581
Senior Services Administrator
Carly Waymire - 360-279-4583
Program Coordinator
Jade Brown - 360-279-4582
Program Assistant
Send comments and suggestions to CWaymire@oakharbor.org

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Voted Best of Whidbey 6 years in a row!

W.I.G.S.
(Whidbey Island Genealogical Searchers)

Please note NEW DATE AND LOCATION
Tuesday, March 17, 1–3 p.m.
Oak Harbor Lutheran Church, 1253 NW 2nd Ave, Oak Harbor

“Women In History”
All are welcome to attend.
For more information about W.I.G.S. visit www.whidbeygensearchers.org

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Matthew Iverson
360-678-3790
466 NE Midway Blvd,
Oak Harbor, WA 98277
matthewsiverson@allstate.com

WORD SCRAMBLE
Rearrange the letters to spell something pertaining to nutrition.

O D O F S

Answer: Foods

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The Center’s 2nd Annual Pie (π) Contest

By Carly Waymire
Program Coordinator, City of Oak Harbor Senior Services

Last year at The Center we started a new tradition, a pie contest. This idea came to the staff because of the math term Pi (π). Pi refers to the ratio of a circle’s circumference to its diameter, which always equates to 3.14. As a result of this, Pi day is celebrated on the 14th day of the third month in the year. Our First Annual Pie Contest held last March was a huge success. We had 15 entries and over 20 taste tester judges that picked Ada Smith’s Orange Chocolate Pie as our first winner.

This year, since March 14th falls on a Saturday we will be celebrating early on Thursday, March 12th. If you are a baker, enter your pie for free by calling us at 360.279.4580 and letting us know you are interested. The first-place winner will receive a cash prize! If you love pie, please join us on March 12th for our 2nd Annual Pie (π) Contest at 12:30 pm to be a pie taster judge or purchase a slice of the delicious pies.

FREE TAX PREPARATION

Fridays, February through April
April by appointment

AARP will be offering free tax preparation Fridays at The Center. Be sure to make your appointment and get your taxes filed for free.

NEW! HULA

Thursdays | 10 a.m.

This low impact exercise will teach you the graceful hand movements and footwork of the Hula dance. No previous hula experience is required.

CLASSES and EVENTS

at The Center in Oak Harbor

PIE CONTEST

Thursday, March 12 | 12:30 p.m.
Celebrate Pie Day and come to the center to be a pie taster and judge! Or submit a pie to be in the pie contest.

BACK TO KNITTING CLASS

1st & 3rd Mondays | 2 p.m.

This class is for those who are experienced knitters but have stopped knitting because of a life-altering circumstance, illness or injury. An experienced knitter will guide you through simple patterns to get you back to knitting like you used to.

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Calling All Pie Bakers

3.12.20 at 12:30 PM

Do you like to bake pies? Enter your pie in our contest for your chance to win the title of "Best Pie Maker on Whidbey".

- 1st, 2nd, & 3rd Place will be rewarded
- 1st place will receive a cash prize!

Contact The Center in Oak Harbor to enter your pie!

360.279.4580