

Greg Dillon aboard his home the La Cabra De Mar

Shooter to Shipwright

One Man's Experience Living in Oak Harbor's Floating Neighborhood

By Liz Lange, Administrator of Senior Services, City of Oak Harbor

Its 8 p.m. on a windy and cold January night on Whidbey Island. The sun has been down for several hours. You are outside your home, trying to get a nice photo of the work you've been doing to your place. You have your phone held up in front of you, framing the scene perfectly in the screen, just needing to step back a little more to get the picture right and SPLASH! Your now immersed in the near freezing water of the Salish Sea, and your phone at home on the bottom of it. That's when Greg Dillion, a former bricklayer, or "shooter," of 34 years turn seaman, experienced one of the many differences between living on land and on the sea.

Moving from Vancouver, B.C., Dillion and his Staffordshire mix, Bobo, purchased a rather unique 30 ft. antique wooden boat and moored at their new address in the Oak Harbor Marina. Once a fishing boat in the waters of Alaska in 1930, then converted in the 1950s to a sailboat, the newly quired home was given the name La Cabra Del Mar. The Sea Goat, after a magical creature known to live off anything and survive everything that comes its way. Exactly what Dillon and his first mate Bobo planned to do as they sail aboard.

Having now lived aboard La Cabra for a little over a year Dillon still sees all the value of sea life he was hoping for. "Freedom. I can go anywhere. The ship is my home, which happens to be in Oak Harbor for now. It's also rugged. I am always in the elements."

Having to eat off a hot plate, have an ice box to store perishables, a wood stove and a space heater for heat may not be everyone's cup of tea, but it suits Dillon and Bobo just fine.

SHIPWRIGHT continued on page 8

NEW BEGINNINGS

By Robin Bush
Island Senior Resources Community Education Director

The start of a new year is a chance to "turn over a new leaf," "start anew," or "turn the page," but often, that is easier said than done. New beginnings ask a lot of us. It takes courage to start something new, walk a different path, or ask yourself to challenge your beliefs. Whether it is stepping on the yellow school bus for the first time at age 5, moving away from home at 18, moving to a different city to start a new job, retiring, facing caring for a friend or spouse, or accepting our loss of mobility in our later decades, life changes take courage.

Some changes are about dealing with loss, and it takes courage to face each new day, but what keeps us going through those times are the courageous changes we make when we challenge ourselves to try something new. You are never too old or incapable of trying something new.

Take Julia Hawkins, for example. She took up running racing. That might not seem all that unusual until you learn she took it up at age 101! "Hurricane" Hawkins, as they call her, just set the world record in

the 100-meter race Nov. 6 at the Louisiana Senior Games.* Only two years ago, she ran the 50-meter dash in 46.07 seconds. She may not have the same kind of training regimen as younger athletes, but she understands the importance of keeping moving so she can keep running. What's her secret? She trains by moving around in her garden. Is she ready to turn in her towel? Not likely. Her next race is set for May 2022 at age 106 against another competitor in the same age group. Not all of us can expect to run races as centenarians, but she's a great example of how, just because you never tried something before, it should not hold you back from saying I'm going to try that this year. You can watch Julia's amazing run by searching her name on the internet and watching the video. The look of determination on her face, her smile at the finish line, and the support from the hundreds of observers show us all that doing what you find fun is what's important and never to let age hold you back.

BEGINNINGS continued on page 3



DID YOU KNOW?

Around 10 percent of the United States population moves each year. That's roughly 32 million Americans relocating to a new location!
(info from moving.com)



If you moved to Whidbey Island in the past few years, consider joining the New to Whidbey Social Group.

see page 7 for more information

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Island Senior Resources is an independent nonprofit 501(c)(3) that has been serving Island County since 1972. It is not an agency of local, state, or federal government. Island Senior Resources is the trade name for Senior Services of Island County. We are only partially funded by government sources.

FROM THE EXECUTIVE DIRECTOR

Starting Anew

By Cheryn Weiser, Executive Director, Island Senior Resources

I am grateful for each New Year. Letting go of the old and ushering in the new provides each of us the opportunity to reflect and reset for another year. For 2022, amid all that is happening in our world, I'm choosing to focus on caring and hope.

Our capacity to care about one another is a gift to others and ourselves. Whether it be taking a meal to a friend who is ill, calling a dear friend that you haven't talked with for a long time, or extending a warm thank you when someone opens a door for you, each act of caring changes how we feel about ourselves and how others feel about themselves.

I think I live in a perpetual state that balances optimism with realism. Hope allows me to look for the opportunity on the other side of the disappointment. As my Mother and Grandmother said, "Where there is the will, there is a way." Living

into that mantra means finding alternatives even when they seem to be out of sight and hope is hard to find.

Aging has a way of setting more limits on how we care and how hopeful we are. Our bodies aren't as willing to do the things we once did. We must adapt to new circumstances and yet find ways to honor our ability to care and move forward with a sense of hope.

Island County has nearly 700 nonprofit organizations, some are homeowner's or water associations, but many relate to human services, recreation activities, or the environment. If you aren't already engaged with one or more of these organizations or one of the many churches on Whidbey, find one that speaks to you and get involved in a small or large way. It's a great way to care and be hopeful about our world.

As we enter 2022, I hope you find ways to care and be cared about. And, may you share a smile that comes from a sense of hope and a capacity to find that alternative when the path chosen doesn't quite match up with reality.



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visit
senior-resources.org/employment
to learn more

Health precautions will be in place, masks will be required, customer flow will be limited, the store will be sanitized throughout each day, and donated items will be quarantined for three days prior to reaching the sales floor.

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 @ Home
Medicaid In-Home Care/Case Management
Medical Transportation/Volunteer Services
SHIBA

Senior Thrift
360-321-1600
or 360-678-3373

Oak Harbor Aging & Disability Resources
360-675-0311

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

OUR LOCATIONS

Our physical locations are currently closed but we are here to assist you by phone or email.

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

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BEGINNINGS continued from page 1

I am not suggesting you go out and start running at any age without being sure it is OK with your doctor. But what if you want to learn to bake or sew your own clothes, learn to weld, build a chicken coop, learn French, or use a chainsaw? All it takes is saying, “This is something I always wanted to do!” and then having the courage to take the first step. It’s just as scary as stepping onto the school bus that first time, but look where that bus took you -- to years of learning, explora-

tion, friendships, and memories. So, step out, pick one thing, and try it. We don’t succeed in being great or even moderately good at everything we try, but the greatness is in the trying, and the joy is in knowing you didn’t let anyone hold you back, especially yourself.

So, it is January and time for something new. Happy 2022!

**there is some debate about the accuracy of Julia’s finish time due to a possible faulty time-keeping system, but that does not diminish her run, her accomplishment, or her courage to keep moving. Go Julia!*

JOIN OUR TEAM!

Island Senior Resources has Multiple Open Positions!

Island Senior Resources is a unique nonprofit, providing a “one-stop shop” for seniors, adults with disabilities, and those who care for them across Island County to access the programs, services, and support that they need to thrive. Join our team of passionate individuals today!



Read the full job descriptions and apply at <https://senior-resources.org/employment/>

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10 tips Nutrition Education Series



MyPlate MyWins

Based on the Dietary Guidelines for Americans

Eating better on a budget

Get the most for your budget! There are many ways to save money on the foods that you eat. The three main steps are planning before you shop, purchasing the items at the best price, and preparing meals that stretch your food dollars.

- 1 Plan, plan, plan!**
Before you head to the grocery store, plan your meals for the week. Include meals like stews, casseroles, or soups, which “stretch” expensive items into more portions. Check to see what foods you already have and make a list for what you need to buy.
- 2 Get the best price**
Check the local newspaper, online, and at the store for sales and coupons. Ask about a loyalty card for extra savings at stores where you shop. Look for specials or sales on meat and seafood—often the most expensive items on your list.
- 3 Compare and contrast**
Locate the “Unit Price” on the shelf directly below the product. Use it to compare different brands and different sizes of the same brand to determine which is the best buy.
- 4 Buy in bulk**
It is almost always cheaper to buy foods in bulk. Smart choices are large containers of low-fat yogurt and large bags of frozen vegetables. Before you shop, remember to check if you have enough freezer space.
- 5 Buy in season**
Buying fruits and vegetables in season can lower the cost and add to the freshness! If you are not going to use them all right away, buy some that still need time to ripen.



- 6 Convenience costs... go back to the basics**
Convenience foods like frozen dinners, pre-cut fruits and vegetables, and take-out meals can often cost more than if you were to make them at home. Take the time to prepare your own—and save!
- 7 Easy on your wallet**
Certain foods are typically low-cost options all year round. Try beans for a less expensive protein food. For vegetables, buy cabbage, sweet potatoes, or low-sodium canned tomatoes. As for fruits, apples and bananas are good choices.
- 8 Cook once...eat all week!**
Prepare a large batch of favorite recipes on your day off (double or triple the recipe). Freeze in individual containers. Use them throughout the week and you won’t have to spend money on take-out meals.
- 9 Get creative with leftovers**
Spice up your leftovers—use them in new ways. For example, try leftover chicken in a stir-fry, over a garden salad, or in chili. Remember, throwing away food is throwing away your money!
- 10 Eating out**
Restaurants can be expensive. Save money by getting the early bird special, going out for lunch instead of dinner, or looking for “2 for 1” deals. Ask for water instead of ordering other beverages, which add to the bill.



CAREGIVERS: AT THE HEART OF HEALTHCARE

As friends, family or loved one age, unexpected events can derail even the healthiest person. Often friends and family need to step in and support when they least expect it.

Facing a long-term serious illness is not only challenging for the patient but can be very stressful for their family and caregivers.

If you or someone you love is dealing with a long term illness, knowing what Hospice Care and Palliative Care are – when and how to take advantage of these valuable and specialized services can make a world of difference.

PALLIATIVE CARE: Palliative care is an interdisciplinary medical approach to helping people living with any serious or debilitating illness like cancer, Parkinson’s or Alzheimer’s disease.

HOSPICE CARE: Hospice teams provide family-centered, holistic, and compassionate end-of-life care for people with terminal illness.

At WhidbeyHealth, our Hospice and Palliative Care teams works with each patient to determine their goals and help them achieve them.

To learn more, visit:
whidbeyhealth.org/hospice-and-palliative-care
or Call us at 360.914.5635.

Slow Cooking Word Search

C A B F Y I M E A L S E U A L V K C Q W
P K H B C O K W G T S N S E F L A V O R
Z O W B Y O U T H D A E W K C S L H N D
S H T I M H M E W T C H I L T L W I L A E S
S O U P S O A B T C H I L S Z P P M T
P Q P E N T I E I B O V O G S T O P I E
G S D Q D Y N S E N H L Q V B Q T L P W
Q N B E M D T A T W E M E P M D R I V S
S E E A E O E N E R A W K O O C E A R O
G N L D C C E B K L G Q Y B E Z T N T I
C G N I Z I R E D N E F T P B B C U N C Y H
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O Z A V I S T N E I D E R G N I L T K T
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Q A A L Z W V E M R Y N C F E R Q Y Q T
H L B Z W C H F Q S E T T I N G V I B U
Q V G N A I H Y H K E V E N I N G T N O
N K Y C I D R S W S A Y N Z R S L Z M L

Find the words hidden vertically, horizontally, diagonally, and backwards.

- APPLIANCE

CHILIS

COMBINE

COOKWARE

COUNTERTOP

CROCK

DIGITAL

EVENING

FLAVOR

HEARTY

HEAT

INGREDIENTS

LOW

MEALS
- MOIST

POT

QUARTS

SET

SETTING
- SLOW

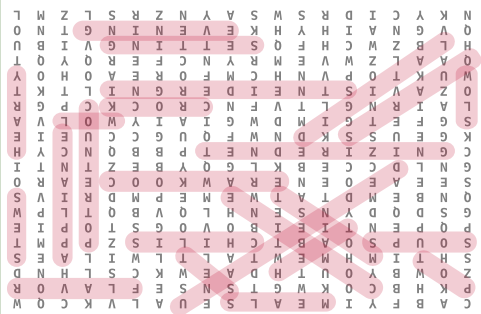
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UNATTENDED

ANSWERS



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CRYPTO FUN

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Determine the code to reveal the answer!

Solve the code to discover words related to slow cooking. Each number corresponds to a letter. (Hint: 12 = C)

- Preparing food

12 3 3 1 6 4 16
- Powered by electricity

17 18 17 12 7 23 6 12
- Opposite of here

8 26 8 22
- Evening meal

14 6 4 4 17 23

Answers: A. cooking B. electric C. away D. dinner

Guess Who?

I am a singer born in England Jan. 20, 1971.
I was inspired by the band Depeche Mode,
and found myself in a successful 90's pop group.
I have been a judge on "The X Factor UK"
and serve as a songwriter for many artists.

Answer: Gary Barlow

VACCINE ACCESS:

For current vaccine access information contact Island County Public Health's recorded information line at 360-678-5111 ext. 6000 or reach their call center at 360-678-2301, Monday through Friday from 8 a.m. to 4:30 p.m.

The Center in Oak Harbor and Island Senior Resources

If you have questions regarding senior activities at The Center in Oak Harbor, please contact 360-279-4580. Island Senior Resources does not administer or operate The Center in Oak Harbor.

For questions regarding programs and services to support seniors, adults with disabilities, and caregivers offered by Island Senior Resources throughout Whidbey and Camano islands, please contact at 360-321-1600 or 360-678-3373.

The Center in Oak Harbor and Island Senior Resources will be closed Saturday, Jan. 1 in observance of New Year's Day and Monday, Jan. 17 in honor of Martin Luther King Jr. Day.

Medicare



Getting Ready For Medicare!

If you are going on Medicare in the next six months and/or are wanting to know more about Medicare, attend a "Getting Ready for Medicare" seminar on Zoom, offered by SHIBA (State-wide Health Insurance Benefits Advisors) volunteers. Counselors will answer brief questions following the seminars. Seminars run 1 -1.5 hours.

Information will be provided about:

- "Basic" Medicare benefits
- Options for additional insurance(s)
- Medicare parts A and B
- The differences between "Medigap" (supplemental) insurance and Advantage plans
- Benefits and rates
- Information on financial assistance for qualifying low-income individuals
- Prescription drug plans. (If you want help with your drug plan, we will tell you how to get it).
- Ways to help you avoid being a victim of Medicare Fraud

TUESDAY CLASSES • 1 PM:

Jan. 4 March 1 May 3 July 5 Sept. 6

WEDNESDAY CLASSES • 1 PM:

Feb. 2 April 6 June 1 Aug. 3

Individual Consultations: For more in-depth information, advisors are available for individual consultations by phone or zoom; call 360-321-1600 or 360-678-3373 ext 0.

To obtain a Zoom link for any class, go to www.senior-resources.org/shiba and click on the link for each date/time. Not sure how to Zoom? No Problem! Call us at 360-321-1600 or 360-678-3373 and we will walk you through it. Pre-registration is required.

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

Support Groups Meet Online

Please call 360-321-1600 or email reception@islandseniorservices.org for information about attending ISR support groups.



TIME TOGETHER @ HOME ZOOM SUPPORT GROUP

Mondays except public holidays, 11 a.m. – noon

The program is designed to engage participants with discussions, group puzzles and games in a friendly and supportive environment. This program is great for those who are isolated and have developmental disabilities or cognitive challenges who enjoy being with people and making friends.

PARKINSON’S SUPPORT GROUP

Tuesdays, 10 – 11 a.m.

This Zoom group is for people living with Parkinson’s and family caregivers

to share experiences, knowledge, and support. Friendships are formed and connections are made to help those living with this challenging condition.

ALZHEIMER’S AND DEMENTIA CAREGIVERS SUPPORT GROUP

Wednesdays, 10 – 11 a.m.

This online Zoom group is for people who are caring for someone who has a diagnosis of Alzheimer’s, other dementias, or any other challenging condition to share experiences, knowledge and support. Friendships are formed and connections are made to help those who are caring for someone diagnosed with this challenging condition.

Library Book Groups Connect Readers Online

By Sno-Isle Libraries

Before March 2020, Sno-Isle Libraries had 24 book discussion groups whose members gathered regularly in community libraries to talk about books.



Coronavirus changed that overnight.

“Book discussion groups were always popular when we offered in-person programming in community libraries, so we knew we had to carry on with an alternative when the pandemic took in-person events off the calendar,” said Anne Murphy, Service Coordinator of Programming for Sno-Isle Libraries.

Previously, geographic and transportation barriers meant some people couldn’t get to in-person book group meetings at a community library, no matter how much buzz a book might have.

Murphy and her programming colleagues saw a way to use technology to serve book group members and add to their ranks by moving the meetings online via Zoom.

“There’s something for everyone – fiction, nonfiction, mysteries, science fiction, cookbooks, and more,” Murphy said. “Groups meet at a variety of different times and days, so people can find one that fits their schedule. And they can join multiple groups if they want.”

You can find all upcoming book and movie discussion groups at sno-isle.org under “Events.”

“The great thing about meeting online is that it doesn’t matter where you live, and it doesn’t require driving to one of the libraries, so it’s opened up opportunities for folks to participate who were unable to before,” Murphy said.

Library Associate Karen Achabal at the Langley Library attests to the upsides of online meetings.

Before the pandemic, she hosted the monthly Food for Thought book group at the library. It paired a work of fiction, usually, with a cookbook. Then she started a second book group, The Cookbook Connection. It met every other month and featured a range of cookbooks on a specific topic, like A Cook’s Tour of Greece.

“When we began offering online book groups, I realized that there was a silver lining to being at home on Zoom,” Achabal said. “I had a real kitchen and could really demonstrate so much more. Also, because early in the pandemic, people were really isolated and not coming into the libraries at all, I felt the more we had to offer them as far as social interaction and community connection, the better.”

Achabal laments that some regular book group attendees in Langley didn’t transition to Zoom, but she’s glad for those who did.

“We also gained many new members from other places on Whidbey and in Snohomish County and beyond,” she said. “I was happily surprised at how total strangers became friends at these Zoom meetings, sometimes having very heartfelt, passionate discussions.”

Oak Harbor Library Associate Jordan Hennagir hosts the Friday Morning Online Book Group. Where other book groups read by genre, this group reads a broad mix of fiction and nonfiction after group members vote on their top 10 titles from a list of 30 books that Hennagir suggests. “We typically have two to five attendees online, sometimes more if the book is of a current-events nature, such as ‘So You Want to Talk About Race,’” Hennagir said. “We have someone attend from the Midwest because she still gets our emails and has a Sno-Isle Libraries card. The discussions are typically lively but respectful, and the regular attendees have a great rapport with each other.”

The Friday Morning Online Book Group will reconvene on Jan. 28 with “Dark Matter” by Blake Crouch.

“The library staff hosting book groups have worked hard to help people maintain their connections during the pandemic and build new connections as well,” Murphy said.



JANUARY

Beginning January 1, 2022, the suggested donation for hot meals will be \$7, and \$6 for frozen meals.

WEEK 1		
Mon	3	HOLIDAY- No Meal Service
Wed	5	Reuben Casserole
Fri	7	Vegetable Beef Soup & 1/2 Sandwich
WEEK 2		
Mon	10	Chicken Italiano Penne Pasta
Wed	12	Saucy Sausage Mushroom Bake
Fri	14	Split Pea Soup w/ Ham & Cheese Wrap
WEEK 3		
Mon	17	HOLIDAY- No Meal Service
Wed	19	Beef Noodle Mushroom Bake
Fri	21	Ham & Bean Soup w/BLT Wrap
WEEK 4		
Mon	24	Creamy Chicken Potato Casserole
Wed	26	Spaghetti w/Meatballs
Fri	28	Lentil Soup & Brats-n-Kraut on Roll
WEEK 5		
Mon	31	Turkey Pie w/Stuffing



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Learn the Basics of Social Security

- How and when to apply for benefits
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- 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 via Zoom by Annette Barca who has been conducting pre-retirement seminars for 15 years. Free. Pre-registration required. For more information call 360-321-1600 .

Wednesday Classes • 1 p.m.

Jan. 19 March 16 May 18 July 20 Sept. 21

To pre-register, go to www.senior-resources.org/calendar and click on the date of the event. For more information call 360-321-1600 or 360-678-3373.



Dear Trudy Technology

Meet Trudy Technology, our resident technology expert. She will be answering your tech-related questions right here, every month.

Dear Trudy Technology,

I have been using Facebook for a few months now and I enjoy using it to keep up with my kids, grandkids, and friends. I recently saw a friend do a fundraiser for her birthday using her Facebook page. I thought it was so neat and would love to do something similar for my birthday, which is coming up soon. How do I do this? Is this a secure way for people to make donations to a nonprofit of my choosing? Do you have any other tips?

Sincerely,
Fundraising in Freeland

Dear Fundraising,

What a fantastic question! Facebook fundraisers are a great way to support your favorite nonprofit organization. Facebook doesn't take any fees, donations are secure, and it doesn't cost anything for nonprofits to be listed. You can host one at any time but doing a fundraiser for your birthday is the most popular timing, requesting donations for the nonprofit you choose in lieu of gifts from your Facebook friends.

Visit www.facebook.com/fundraisers/ explore to get started. It's important to know the legal name of the nonprofit organization you would like to support. For example, Island Senior Resources' legal name is "Senior Services of Island County DBA Island Senior Resources." Then you'll choose the amount you hope to raise and share the fundraiser to your page, telling your friends why the nonprofit you've chosen deserves their support. Post a few times to reach the most people and don't forget to thank those who donate! Facebook will take care of the processing and send the money to the nonprofit for you.

The folks at Facebook understand that not everything about their interface is intuitive, so they offer tons of help and advice for users at www.facebook.com/help if you have other questions. Good luck with your fundraiser!

Hope this helps!
Trudy

If you have questions for Trudy Technology, send them to feedback@islandseniorservices.org.

Did you know you can also read Trudy Technology online? <https://senior-resources.org/resources/>

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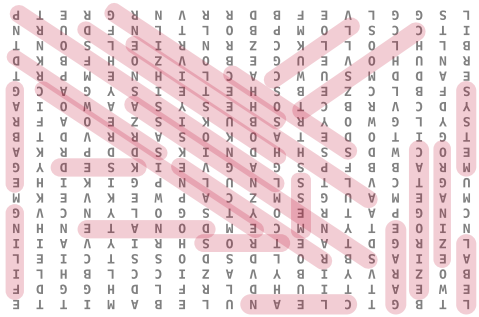
GET ORGANIZED WORD SEARCH

L T B G T C L E A N U L E B A M I T T E
E W E A T T I U H D L R F L D H G G D F
B O Z R V Y I B Y V A Z I C C L B H L I
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C N G P A T R E O Y T S G O L Y N C V G
M A E M A U G S M Z C A P W E K V E K M
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T G I T O D E T A O K O S A R R V D T B
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Y D C V R B C T O H E S Y S A A W O I A
S F B L C Z E B S H E T E I S Y G A C G
E A D D M S U W C A C L I H N E M P R T
R N U H O V E U U G E B O V Z O H F B K D
B L H L O L L K C Z R N R I E L S O N T
I T C C S L O M P B O L T L N F D U R N
L S G G L V E F B D R R V N R G R E T P

Find the words hidden vertically, horizontally, diagonally, and backwards.

- | | | |
|-------------|--------------|----------|
| ALPHABETIZE | HOUSEHOLD | RECYCLE |
| ASSIGNMENTS | LABEL | SHELVING |
| CATEGORIZE | MESS | SORT |
| CHORES | ORGANIZE | SYSTEM |
| CLEAN | PROFESSIONAL | |
| CLOSET | | |
| COORDINATE | | |
| CULL | | |
| DESK | | |
| DONATE | | |
| DRAWERS | | |
| FILING | | |
| GARAGE | | |
| GARBAGE | | |

ANSWERS



Daily Program Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45 EnhanceFitness	8:30 Yoga	8:45 EnhanceFitness	8:30 Yoga	8:45 EnhanceFitness
9:00 Billiards	9:00 Billiards	9:00 Billiards	9:00 Billiards	9:00 Billiards
9:00 Lapidary	9:00 Lapidary	9:00 Lapidary	10:00 Walking Club (Meets at Flintstone Park)	9:00 Quilting
9:00 Quilting	11:00 Mexican Train	10:00 EnhanceFitness (Low impact)	10:00 Wii Bowling	10:00 EnhanceFitness (Low impact)
10:00 EnhanceFitness (Low impact)	1:00 Line Dance	11:00 Duplicate Bridge	10:00 Wire Wrap	12:00 Pinochle
11:00 Mah Jongg	1:00 Knitting and Crocheting	11:00 Pinochle	11:30 Lunch	1:00 Line Dance
12:00 Bunco		12:00 Ping Pong	1:00 History Class	
12:00 Ping Pong		2:00 New to Whidbey (2nd/4th Wed)	2:00 Tech Help	
1:00 Art			3:00 Ballroom Dance	



Whidbey Island Genealogical Searchers *presents*

Lisa Oberg ~ "Preserving Family Heirlooms"

Caretaker of family heirlooms? Preservation tips for family treasures – photographs, textiles and other artifacts.
Suggested ways to store objects, deal with damage and other wear-and-tear.

Tuesday, Jan. 18, 2022 • 1 p.m. on Zoom

Non WIGS members:
Send an email to
whidbeygensearchers@gmail.com
by Jan. 16 to receive
Zoom invitation.
All are invited to join us.

**Sign on to Zoom
10 minutes early.**

The Center In Oak Harbor

51 SE Jerome St.,
Oak Harbor, WA 98277

Front Desk: 360-279-4580

Passport services & photos
available by appointment

Current Business Hours:
Mon-Fri, 8:30 am - 4 pm
Additional evening and
weekend classes and events
as scheduled

Yearly Membership Dues: \$40
Available for anyone 50+ years

Liz Lange • 360-279-4581
Senior Services Administrator

Carly Larson • 360-279-4583
Program Coordinator

Jay Lovelady • 360-279-4582
Program Assistant

Send comments and suggestions
to thecenter@oakharbor.org

CLASSES and EVENTS at The Center In Oak Harbor

HISTORY CLASS:
BYZANTINE EMPIRE

Thursdays, 1 p.m. | Jan. 6 - March 10
Members: \$40 | All others: \$60

Instructor Debbie Wallin will guide you
through the history of the Byzantine
Empire.

NEW CLASSES

Ballroom Dance Lessons
Thursdays, 3 p.m. Jan. 6 - Feb. 3
Course Cost: \$25 members, \$35 all others
This 5-week course focuses on the basic
steps of East Coast Swing instructed by
Duncan Chalfant. Please pre-register by
Monday, Jan. 3.

New to Whidbey Social Group
2nd and 4th Wednesdays, 2 p.m.
Whether you moved here during the
pandemic or this week, we invite you to
join the New to Whidbey Group to learn

more about what Whidbey Island has to
offer, make new connections, and dis-
cover how to get involved.

TECH HELP
Thursdays, 3 p.m.
Get your tech questions answered.

**ENHANCEFITNESS & YOGA
IN-PERSON & VIRTUALLY**
EnhanceFitness
*Mondays, Wednesdays and Fridays,
NEW TIME! 8:45 - 9:45 a.m.*
An hour-long evidence based exercise
class that includes aerobics, strength
training, balance exercises, and stretch-
ing.

NEW! EnhanceFitness Low Impact
*Monday, Wednesday, and Friday
10 - 11 a.m.*
The low impact EnhanceFitness is very
similar to our S.A.I.L class and taught at a

**Membership at The Center is
available for anyone over the
age of 50 and is \$40 a year.**

modified pace with a chair for those who
need to regain strength and balance.

Yoga
*Tuesdays and Thursdays,
8:30 - 9:30 a.m.*
EnhanceFitness and Yoga classes will
continue to be available virtually as well
as in-person. The cost is \$25 month for
members and \$30 for non-members or
drop-in rate is \$5 members, \$7 non-mem-
bers per class. Silver & Fit and some Kaiser
and UnitedHealth Care insurance plans
will reimburse the cost. If you believe you
are eligible for insurance reimbursement
or to learn more, please reach out to
Carly Larson at 360-279-4583 or clarson@oakharbor.org.

**LOOKING FOR A
TAI CHI INSTRUCTOR**
We are looking for class instructors for Tai
Chi. If you or someone you know is quali-
fied to teach Tai Chi, please reach out to
our Program Coordinator, Carly Larson at
360-279-4583 or clarson@oakharbor.org.

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SHIPWRIGHT continued from page 1

No matter how much you love the outdoors, this rugged living comes with some downsides. Having to downsize to live on a boat may be one of those.

“Basically, I had to get rid of everything I owned. Didn’t fit in my hatchback it didn’t come. That tells you how much space,” said Dillion.

Space. The number one commodity on small boat living. He continued, “You must make really hard choices about what you want and don’t want. If you pay storage somewhere, eventually the storage cost outweighs the worth of the items.”

Beyond having to Marie Kondo your life, the biggest challenge of winter boat living for Dillion is the cold. “You are constantly cold. There is no heat on when you come home. Cold wet wind. The elements. You open the door and it’s all inside.”

Those elements cause damage to a floating home. “Wood rot and caulking,” Dillion says is his number one issue. He is constantly doing some type of maintenance. Checking and double



Bobo enjoying the sun deck on the antique wooden boat



From shooter to shipwright: Greg Dillion working as a bricklayer, or “shooter,” prior to moving to Whidbey to live aboard a boat

checking everything all the time. “You are a mechanic, painter, you do sewing, engine work, fiberglass, you’re a lineman. Or be really rich.” Dillion has become a Jack-of-all-trades.

If you are considering retiring to boat life, listen up to these tips from someone who knows. “Educate yourself. Talk to people, read up on things. Ignorance is your worst enemy, knowledge is your best friend.” And one more thing “Be prepared for the worst.”

What’s the neighborhood like? While the summer season has ended and many people have left, Dillion says, “There is a good sense of community. People ask how you’re doing, and if you need a hand. Get to know each other pretty well. Work on boats together. Share a tool.”

Sounds just like, and nothing like, living in other Oak Harbor neighborhoods. The Oak Harbor Marina. The most unique Neighborhood of Oak Harbor. A great place to take an evening stroll. “Just be careful on the dock. Hold onto your phone and look where you’re walking.”

TRAVEL LOG

ALDERWOOD MALL
Thursday, Feb. 10

Member \$ | Non-member \$

Valentine’s Day is almost here! Let’s go shopping! Enjoy the company of others and treat yourself and a friend to a fun no-host lunch. Join us for a great day.

IKEA & UWAJIMAYA MARKET
Thursday, March 24

Member \$ | Non-member \$

Our first stop will be at Uwajimaya where we can purchase Asian products and foods. We will then visit IKEA for shopping and a no-host lunch. Don’t forget to get some meatballs and bring your IKEA shopping bags!

EXTENDED TRAVEL



ROAMING COASTAL MAINE
June 5 - 11, 2022

Double: \$3,029 pp | Single: \$3,629 pp

Collette travel presentation: Feb. 9, 2 p.m.

Lose yourself in the natural beauty of Acadia National Park on this 7-day Collette tour. Highlights include Portland, Bar Harbor, Oyster Farm, Lobster Trap Pull Demonstration, Coastal Maine Botanical Gardens, Camden, & Boothbay. Ground and air transportation, lodging, and 9 meals included.



SHADES OF IRELAND
Sept. 18 - 27, 2022

Double: \$4,029 pp | Single: \$4,629 pp

Collette travel presentation: Feb. 9, 3 p.m.

Rolling hills, rugged coastline, rich history, and friendly people make Ireland one of the most desired destinations to visit. Highlights include Dublin, Irish Evening, Kilkenny, Waterford, Blarney Castle, Killarney, Jaunting Car Ride, Ring of Kerry, Farm Visit, Limerick, Cliffs of Moher, Galway, and Castle Stay. Ground and air transportation, lodging, and 13 meals included.

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Senior Assistance Community Meals

Providing an opportunity for seniors in need to combat isolation and food insecurity

Thursdays at 11:30 AM
January 13, 2022 - March 31, 2022
The Center in Oak Harbor
51 SE Jerome St.

Please pre-register by calling The Center in Oak Harbor at 360-279-4580 by Tuesday of the week you would like to attend. You can register for one, a few, or all.

Thanks to funding from PSE and PSE Foundation there is no cost for this meal. Donations are welcome and will help sustain and lengthen this program.

Per state mandate, masks are required while not actively eating.

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Whidbey Weekly

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