



Whidbey Island's District Coordinator, Keith Glass, at the intake station eagerly awaiting the next community member

## A Glimpse Behind the Scenes of AARP's Free Tax Preparation on Whidbey Island

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

Tom Glenn, an Oak Harbor resident of 26 years, started reading tax books in the 70's when he couldn't sleep. A blessing in disguise – the books didn't put Tom to sleep but instead gave him some knowledge on a very complex subject, taxes! First, he used his knowledge to help his fellow sailors answer their questions and file their taxes while serving in the Navy as an aviator for 26 years. Then, being a natural numbers guy, Tom took a liking to helping people with their taxes and has been doing it ever since!

For over 30 years Tom has been part of the IRS's Volunteer Income Tax Assistance (VITA) program and has passed all the required tests and certifications. Tom had gone to work for a tax preparation company for a few years, but then as he described, "Too many people suffer too much anxiety over this, so why not help them out? It's giving back to the community," which led him to start volunteering to provide free tax preparation services throughout Whidbey Island. He spent 10 years helping on the Navy base and has volunteered through AARP for the past seven years and doesn't plan to slow down anytime soon. His favorite part about being a tax preparer volunteer is seeing the same people year after year and knowing he can help them. Tom is a very knowledgeable man and is graciously willing to share his knowledge and expertise with our community.

AARP has been providing free tax preparation on Whidbey Island for many years and every year they file around 400 tax returns per site. Prior to the COVID-19 pandemic, AARP was offering free tax preparation at four different sites on the island. This year they are continuing to offer their services at The Center in Oak Harbor and have

GLIMPSE continued on page 8

## NEARLY 28 YEARS AGO

By Cheryn Weiser  
Executive Director, Island Senior Resources

Nearly 28 years ago, my family and I arrived on Whidbey to settle into a little pastured farm in Freeland, surrounded by frog-graced ponds and forest. Two extended family members had already moved to Whidbey the year before and another couple planned on settling here a few years later. My 84-year-old mother came with us to live in the house next door.

With caregiving as a cornerstone of my adult life, in 2010, I was drawn to the position of Executive Director of Island Senior Services, then known as Senior Services of Island County. It's been my privilege to serve in this position for nearly 12 years. We've seen many changes over my tenure. Managing change and moving toward an ever more sustainable organization have been constants as our board, staff, volunteers, donors, and key stakeholders have invested time and treasure in an organization that serves not only seniors and adults with disabilities across Whidbey and Camano Islands but also every person that cares about them whether they be a next-door neighbor or a family member living in Maine.



Cheryn Weiser and granddaughter on their farm  
Photo credit: Danielle Klamm

When the pandemic came, we all rose to the moment, transforming how we delivered our services to assure that access to our programs increased rather than decreased. Our last two years stats are:

Program	2020-2021 Stats
Aging and Disability Resources	17,202 contacts seniors, caregivers, adults with disabilities, and those who care about them
Meals on Wheels	164,156 home-delivered meals for a total of 65,404 miles
Medical Transportation	4,061 trips to medical appointments on island and covering from Bellingham to Seattle, for a total of 293,721 miles
Support Groups	313 support groups providing social connection
Medicaid Community Case Management	255 clients in 2020 and 283 in 2021
Outreach Website	169,356 views, up 47% in two years
Outreach Website	53,876 new users, up 43% in two years
Volunteers	460 in 2020/500 in 2021

28 YEARS AGO continued on page 2

DID YOU KNOW?

AARP Foundation Tax-Aide provides in-person assistance to anyone, free of charge, with a focus on taxpayers who are over 50 and have low to moderate income.



**AARP Tax-Aide volunteers are located nationwide, and are trained and IRS-certified every year to make sure they know about and understand the latest changes and additions to the tax code. This year they are offering the free service at two locations on Island, one being The Center in Oak Harbor.**

Whidbey Weekly & PRINTING

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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.**

**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**

*For more information, visit [www.senior-resources.org](http://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*

**ISLAND SENIOR RESOURCES BOARD OF DIRECTORS**

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Executive Director: Cheryn Weiser

**28 YEARS AGO** continued from page 1

With much accomplished, and many challenges that are sure to lay ahead, it's time for me to let go of 10 to 12-hour workdays, calls in the middle of the night, and hours of meetings each week. It's time to pass the torch to new leadership.

I am excited to introduce Michele Cato, who will take the helm of ISR on February 28. Michele brings a rich and varied background in nonprofit leadership to the position. Her deep commitment to community and her understanding of the complexities of social services will make her an excellent leader for ISR. When she begins her tenure at Island Senior Resources, she will be residing on Whidbey Island.

I will be walking along with Michele for at least a month to assist in the onboard-

ing process and make the leadership transition as seamless as possible.

Michelle is joined by another relative 'newbie' at ISR, Kathryn Howell, our Director of Community Programs. Kathryn has served the Puget Sound Community for over 20 years, with her recent career supporting the work of community-based organizations. Partnerships and collaboration have generated good, fruitful outcomes in her work and the people she serves, from clients to staff.

ISR is incredibly fortunate in bringing talent dedicated to excellence in community nonprofit leadership and management in Island County.

My last 12 years with ISR have been an expansive and rewarding experience. I have had the opportunity to work with wonderful and talented staff, dedicated and multi-talented volunteers, commit-

ted donors, and a host of community stakeholders engaged in supporting ISR's work to serve all of our Island communities. What a wonderful way to top off a nearly 50-year career in human services.

Although I resist the notion of retirement, I will reinvest my talent in using some of my highest and best skills in ways that support community life, increase dialogue about what means most to us in our communities, and contribute to the common good. What that looks like, I'm not sure yet. I plan to take a 'sabbatical' from my professional engagements to downsize stuff, play in my garden, connect with those near and dear, and, as my mom used to say, 'Follow my nose' into a new life chapter.

Thank you all for your support along my journey with Island Senior Resources!

# I Volunteer to Drive Because...

"I volunteer because I recognize that there is a ferry-load of people on this island, including myself, who've had resources such as lifetime partners (spouses) and family that have been available to help them meet their medical needs, specifically getting them to medical appointments. But for whatever reason, whether because their partners or family aren't capable or available to drive them to their appointment, they need help. I volunteer because I believe that the least concern a person should have about taking care of their medical needs is to have to figure out how to get to a medical appointment. I also volunteer because I recognize that at some point in my



future, I may find that I need of this type of service for myself and I hope that by volunteering now, I'm assuring that this service continues to be available for anyone who needs it. Do you know, with absolute certainty, you will have someone who will be available to transport you to your medical appointment? I think this program is important because it fulfills that need. That is why I volunteer." -- Randall Weers, Volunteer Medical Transportation Driver

To inquire about becoming a driver please call Carol Colar or Pat Weekley, ISR Volunteer Medical Transportation Managers at: 360-914-3212.



## Senior Thrift

benefitting  
Island Senior Resources

5518 Woodard Ave,  
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360-321-1600 • 360-678-3373

**Now Open:**  
Wednesday-Saturday  
10 a.m.-4 p.m.

**Donations Accepted:**  
Thursday-Saturday  
10 a.m.-3 p.m.  
or until capacity is reached





### SALES

**Seniors (55+), teachers, & military receive 10% off every day!**

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<b>Wacky Wednesdays</b> 25% OFF ALL HARDWARE	<b>Treasure Hunt Thursdays</b> 25% OFF ANY ONE ITEM (YOUR CHOICE!)	<b>Fantastic Fridays</b> 25% OFF ALL BOOKS	<b>Shocking Saturdays</b> 25% OFF ALL ELECTRONICS
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### March Specials

25% OFF  
**GREEN TAGS**

50% OFF  
**RED TAGS**

**RED TAGGED CLOTHING \$1.00**  
3/30 & 3/31

## We are hiring!

visit  
[senior-resources.org/employment](http://senior-resources.org/employment)  
to learn more

Island Senior Resources, 360-321-1600, 360-678-3373 • [www.senior-resources.org](http://www.senior-resources.org)





# Make Time for Puzzles!

By Robin Bush ISR Community Education Specialist

Seniors benefit from puzzles in various ways beyond stimulating the mind to find the way the pieces fit together.

Puzzles build fine motor skills and keep fingers flexible and strong. In addition, they provide a sense of accomplishment and success with each piece that fits in place and great satisfaction when the puzzle is done. In short, puzzles are good for our bodies and our minds.

Puzzles can be done alone or with another person. It's an activity that can be done while conversing with a friend. It can also be a good activity for grandparents and grandchildren to do together.

You don't have to be able to do 500-piece puzzles. There are puzzles for every level of difficulty. Johns Hopkins University has used puzzles from Mindstart ([www.mindstart.com](http://www.mindstart.com)) in their research on people with dementia. These have just 12, 24, or 63 pieces with various engaging images. These can also be very helpful to those with Parkinson's, for someone in stroke recovery, or who has other conditions that make it challenging to deal with small puzzle pieces.

Are you looking for a puzzle to get started? Various puzzles can be found at thrift stores, online, or a friend might have one you can borrow. If you or someone you know would benefit from the enjoyment that puzzles can bring, don't wait; there's one out there for you that is just the right fit.

SPRING SEASON WORD SEARCH

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

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

- BIRTH

BLOOM

BREEZE

BULBS

BUNNY

BUTTERFLY

CHICK

CROCUS

DAFFODIL

EGGS

FLOWERS

GREEN

GROW

HATCH
- HYACINTH

LAMB

MARCH

NEST

PUDDLES
- RAIN

ROBIN

SEASON

SHOWERS

SPRING

ANSWERS

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

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CAREGIVERS:  
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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](http://whidbeyhealth.org/hospice-and-palliative-care)  
or Call us at 360.914.5635.



**Island Senior Resources, 360-321-1600, 360-678-3373 • [www.senior-resources.org](http://www.senior-resources.org)**



## Support Groups Meet Online

Please call 360-321-1600 or email [reception@islandseniorservices.org](mailto: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.

## 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.

# 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:

March 1                      May 3                      July 5                      Sept. 6

#### WEDNESDAY CLASSES • 1 PM:

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](http://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.*



## MARCH

The suggested donation for hot meals is \$7, frozen meals is \$6.

WEEK 1		
Wed	2	BBQ Pork Chops
Fri	4	Vegetable Lasagna & Caesar Salad
WEEK 2		
Mon	7	Chicken Tenders & Seasoned Potatoes
Wed	9	Swiss Steak w/Peppers & Onions
Fri	11	Cheese Enchiladas & Mexican Rice
WEEK 3		
Mon	14	Chicken Parmesan w/Marinara Sauce
Wed	16	Corned Beef w/Cabbage & Potatoes & Carrots
Fri	18	Tuna Noodle Casserole
WEEK 4		
Mon	21	Cheeseburger Casserole Bake w/Vegetables
Wed	23	Chicken Fajita Rigatoni
Fri	25	Three Bean Soup & Caprese Sandwich
WEEK 5		
Mon	28	Beef Broccoli Stir Fry
Wed	30	Lemon Artichoke Chicken & Wild Rice

FARE FREE    CONVENIENT    FRIENDLY    SAFE



Connecting Seniors to Rides

## We Want to Hear From You Nosotros Queremos Saber De Ti

We are evaluating our bus services - please take our survey by clicking on the QR Code and give us your feedback.

Tome la encuesta para ayudar a hacer mejoras en el servicio de autobús.



How to Scan a QR Code:

1. Hold your smartphone’s camera over the QR Code.
2. The phone automatically scans the QR Code.
3. Click on the link that pops up.



More info and to print the survey:  
[www.islandtransit.org/island-transit-maximized](http://www.islandtransit.org/island-transit-maximized)  
Comments? Email us: [Maximized@IslandTransit.org](mailto:Maximized@IslandTransit.org)

[www.IslandTransit.org](http://www.IslandTransit.org)  
(360) 678-7771





## 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 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.

March 16      May 18      July 20      Sept. 21

To pre-register, go to [www.senior-resources.org/calendar](http://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 a really hard time remembering my passwords so I try to keep them as simple as possible, but my son-in-law keeps telling me I'm just asking to have my identity stolen and has finally convinced me I need to do something about it. Can you help me understand what makes a "good" password?

Sincerely,  
Forgetful in Freeland

Dear Forgetful,

This is an oh-so-common occurrence in the world that we live in today where we need passwords for everything! It's nice to know your information is secure, but if you're constantly forgetting your passwords, it makes life very difficult! Unfortunately, your son-in-law is correct. A strong password can be the difference between getting hacked or not. But what does that mean? What makes a strong password? Here's a simple list that's a good place to start:

- ✓ Don't use "password" as your password!
- ✓ Use a mix of upper and lowercase letters, numbers, and symbols.
- ✓ Avoid common words and number sequences.
- ✓ Don't use the same password on more than one account.
- ✓ Remember that longer passwords are more secure, so consider using a phrase or quote
- ✓ Don't use any personal information, including your name, birthday, dog's name, etc.
- ✓ If you need to write down your password to remember it, store it somewhere securely and be sure not to leave it by your computer.

Hope this helps!

Trudy

If you have questions for Trudy Technology, send them to [feedback@islandsenior-services.org](mailto:feedback@islandsenior-services.org).

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

## Seniors\* Get 15% Off on the 15th of Each Month!



1609 E. Main Street  
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Sunday 9am–6pm  
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\*Age 65 and over, just show your driver's license at the cash register.  
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## Want to change your current Medicare Advantage plan?

### Now's the time to switch! Medicare Advantage Open Enrollment Period

Jan. 1, 2022 – March 31, 2022

Reasons you may want to change to a different plan:

- Your preferred doctor does not accept your current plan.
- Your plan does not cover your prescriptions.
- You prefer a plan with lower co-pays.
- You prefer Original Medicare over Medicare Advantage.

To switch to a new Medicare Advantage plan Join the plan you choose. You'll be disenrolled automatically from your old plan when your new plan's coverage starts. Only one change is allowed during Medicare Advantage Open Enrollment.

**Note:** You must be enrolled in Medicare Advantage on Jan. 1 to make a switch. You cannot switch from Original Medicare to Medicare Advantage during this period.

**Join us for a free, unbiased Zoom Medicare presentation!**

**Thursday, March 10, 2022  
2 p.m. to 3 p.m.**

To reserve your Zoom spot, register at: [senior-resources.org/calendar/](http://senior-resources.org/calendar/) then click on the event date.

SHIBA volunteers are ready to discuss all options available to Whidbey Island residents. Call us to schedule an 1:1 counseling session or to register for an online program. 360-321-1600, Ext. 0 or 360-678-3373, Ext. 0

Island Senior Resources is your local SHIBA (Statewide Health Insurance Benefits Advisors) office.



[www.senior-resources.org](http://www.senior-resources.org)



# Daily Program Schedule

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

## CLASSES and EVENTS at The Center In Oak Harbor

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

### 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

**Send comments and suggestions to thecenter@oakharbor.org**

### EVENTS



**Ballroom Dance Lessons – Waltz**  
**Thursdays (Beginning 2/24) | 3 PM**  
\$25 for members,  
\$35 (+\$3 day use fees) for all others  
This 5-week course will focus on the basic steps of the Waltz instructed by Duncan Chalfant. No partner required.

### Pie Taste Off

Monday, March 14



Sample delicious pies from local bakeries and vote for your favorite. \$5 per tasting box available for pick up between 10 and 11:30 a.m. Please pre-register by visiting [www.oakharbor.org/sr-svcs](http://www.oakharbor.org/sr-svcs) or calling The Center at 360-279-4580.



### 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 discover how to get involved.



### Tech Help

**Thursdays, 2 p.m.**  
Join us and learn how to get the most out of your electronic devices. Learn how to email, play games, search and organize information, transfer photos, learn new apps and programs and troubleshoot problems. Be sure to bring your phone, tablet, or laptop with you!

### ENHANCEFITNESS & YOGA

#### EnhanceFitness

**Mondays, Wednesdays and Fridays, NEW TIME! 8:45 - 9:45 a.m.**  
An hour-long exercise class that includes aerobics, strength training, balance exercises, and stretching.



**EnhanceFitness Low Impact**  
**Mondays, Wednesdays, and Fridays 10 - 11 a.m.**

The low impact EnhanceFitness is very similar to our S.A.I.L. class and taught at a modified pace with a chair for those who need to regain strength and balance.

### Yoga

**Tuesdays & Thursdays, 8:30 - 9:30 a.m.**  
\$25 members, \$30 non-members  
Drop-in: \$5 members, \$7 non-members  
A gentle yoga class taught by owner of Lotus Tea Bar & Studio, Maria McGee.

EnhanceFitness and Yoga classes are available virtually and in-person. 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](mailto:clarson@oakharbor.org).



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