



Volunteer Lori Rhodenbaugh & Maribeth Crandell of Island Transit wrapping gifts with care

Gifts of Connection

By Liz Lange Senior Services Administrator, City of Oak Harbor

Connection comes from sharing a smile with the person you pass in the grocery aisle, or sending a text to a friend, or time with a loved one. The language of connection is diverse in its delivery and foundational in its purpose and outcome. Being connected with those we share our world with is necessary to our wellbeing. One of the most universal languages, from the beginning of time, is that of gift giving and receiving. Symbolic and meaningful, we continue this time-tested ritual as a way to show care and build connections.



Lynn Goebel & Janette Alhanati heading out as Santa's helpers to deliver gifts

The gifts you send to your loved ones when you can't be there in person for a life milestone allow you to feel connected to that event and person. But what happens when there isn't anyone to send you a gift of connection? It's simple, but something we take for granted. Having someone who remembers us, thinks to reach out and connect with us. This is the gap the North Whidbey Coalition on Vital Aging works to fill during the holiday season with the Gifts of Connection for Seniors. There are many who are socially isolated living as our neighbors, and this program is one way of reaching out to remind them that they are important to the fabric of our community, that we see them and love them.

The North Whidbey Coalition on Vital Aging wants to acknowledge older adults who would like to be remembered during the holiday season, particularly those who

CONNECTION continued on page 8

Moving Forward Together - 2023

By Robin Bush ISR Communications

Healthy Aging – Part One: Change
In 2022, we focused on three guiding words to living well as we age, "Courage, Care, and Kindness." This year, we will continue to offer inspiration and resources to help you live your best life, connect with those around you, and celebrate healthy aging by "Moving Forward Together." It's a way we can all live a better life. These three words guide us to remember the importance of moving through both the good and the unexpected with others by our side.

One of the aspects of healthy aging is our relationship with change. As we age, the number of life changes adds up. We may have had multiple career changes, children or grandchildren who arrived or left home, partners may have changed, some loved ones are gone, and we may be facing questions about our independence. The key to adapting to change at any age is finding balance by seeking positive factors that equal or exceed the challenges. That's healthy aging.

"Are the changes in aging inevitable?" Healthy aging is recognizing you can make choices that influence your outcome. You've been told:

Your health will decline - While some diseases may become more common as

we age, poor health and lack of mobility are not inevitable. You likely have more available time in your day than when you were younger, and if you choose to fill a large part of your day with eating healthily and moving your body, it will do much to keep you strong, flexible, and less apt to injure yourself.

Loss of memory is unavoidable – It's not. Learning new skills, adventuring, and daily interaction with others can help keep your brain sharp and your memories clear.

You will become disconnected – No. Getting involved in community programs, organizations, or schools will keep you connected and build friendships as you share the valuable skills you gained through life experiences.

When things are challenging and change is at your door, here are some healthy aging suggestions to try:

- When you feel tested, focus on things you are grateful for.
- Don't take things for granted; enjoy what you have, even if other things are lost. Express your feelings to someone you trust. Denying feelings can lead to resentment and even depression.

FORWARD continued on page 3



DID YOU KNOW?

Tai Chi improves strength, flexibility, aerobic conditioning and balance.

—taichiforhealthinstitute.org

The Center offers Tai Chi classes every Tuesday and Thursday.

See page 7 for more information.

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FROM THE EXECUTIVE DIRECTOR

CHOOSING HEALTHY AGING

By Michele Cato, Executive Director, Island Senior Resources

As I was reading “Healthy Aging – Part One: Change,” written by my colleague, Robin Bush, for this edition, I was inspired to think about 2023 as my year to embrace healthy aging.

Leading Island Senior Resources provides me with direct access to the best information and resources on aging available to us on Whidbey Island. My growing network of friends, colleagues, and service providers is laying the foundation for the support I will increasingly need as I age. I feel inspired to embrace the inevitable changes aging will bring, but it requires planning and advance preparations.

Using the Social Determinants of Health (SDOH) model developed by the World Health Organization (WHO) to identify the environmental factors that influence health, I can envision an emerging plan for embracing my aging and preparing for the changes ahead.

Economic Security: I aim to maximize my income over the next ten years by meeting with a financial advisor, postponing retirement, and exploring a creative, income-generating side gig.

Housing Security: I aim to identify long-term, affordable housing options for myself and others seeking to age in place on Whidbey.

Working Conditions: I aim to expand ISR’s policies and practices related to recruiting, motivating, and supporting senior staff and volunteers in the workplace.

Learning: I aim to continue learning through participating in Leadership Whidbey, exploring a course about writing mysteries, and developing/attending lunch and learn sessions at ISR.

Stress Management: I aim to restart meditation and walking disciplines to reduce cortisol and improve my breathing and mindfulness.

Health Services: I aim to ensure access to medical services when needed by enrolling in Medicare insurance at the end of the year, establishing a network of medical providers on or near Whidbey, and updating all of my preventive health exams and lab work.

Public Policy: I aim to use my leadership position, experience, and growing connections to improve the policy environment in Island County to support SDOH for seniors and their families, myself included.

May this list of a few of the SDOH and my own preliminary thinking about each inspire you to embrace your own aging process regardless of your current age and health status!!!

HAPPY NEW YEAR!



HAPPY NEW DREAMS
HAPPY NEW DAYS
HAPPY NEW DESIRES
HAPPY NEW WAYS

Happy New Year
from all of us at Island Senior Resources

Our offices will be closed
on Monday, January 2





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Monthly eNews for seniors,
adults with disabilities, and those
who care for them
360-321-1600 or 360-678-3373

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

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

OUR LOCATIONS

Island Senior Resources (Bayview)
14594 SR 525, Langley, WA 98260
Weekdays, 8:30 a.m. - 4 p.m.

ISR Oak Harbor
Call 360-321-1600 or 360-678-3373

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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.



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FORWARD continued from page 1

- Practice acceptance. We can’t change some things that happen, but we can actively choose how we will react.
- Laugh. A good belly laugh is often some of the best medicine. Not everything is appropriate to respond to with laughter, but when you can, it helps to laugh at the absurdities of life.
- Don’t ignore problems; take them on in small steps. With each success, you will feel more confident in your ability to cope.

It won’t always be easy, but your attitude toward change does make a difference in the outcome.

When I met Herb, I couldn’t believe it when he told me he was 78 years old. He walks with purpose and has a smile on his face even though his life is not without challenges. His adult children recently moved across the county, two years ago he lost his partner and soul-mate of 49 years, and his frozen shoulder has stopped him from golfing, which for years had gotten him together regularly with friends. He could have slipped into a lonely, isolated existence. Instead, he

volunteers in the auto-mechanics class at the local high school, is learning Italian in preparation for a trip to Florence next spring with a buddy he met at the car club, and enjoys a men’s lunch group every Wednesday. Each time I see him he is uplifting, inspiring, always has something kind to say, and tells great stories that make me laugh. My cousin Tom on the other hand, who I see on a Zoom call every week, complains endlessly about the world around him, his neighbors, his grandkids, his newest ache or pain, the barking dog next door, the lines at the grocery... Everything irritates him, and nothing seems to make him happy. He sits at home alone all day, and when we talk, he sounds far older than his biological age of 78. Herb and Tom are the same age. Which person would you want to spend time with, and which person do you want to be?

Practice choosing healthy aging. Embrace it. You will be glad you did!
Next month: Healthy Aging Part Two: Purpose and Joy

CONVERSATIONS

By Robin Bush ISR Communications

Conversations engage us in the life of another person. By conversation, we mean talking, not texting, tweeting, or instant messaging. One thing we discover is talking with someone older often takes being creative to find topics that will draw them into a conversation.

When my grandmother moved in to live with us when I was a teenager, she’d sit in the rocking chair in the living room and blankly stare across the room. I’d come into the room and say hello, and she’d brighten up on seeing me, but then it was hard for me to know what to say next. Questions like “How are you?” went nowhere. “Fine” was all she’d say. I didn’t know how to reach wherever she had withdrawn to. If only I had known how important it was to ask questions that she’d enjoy talking about. I would have learned so much, and she would have felt good knowing I wanted to listen to her. Those would have been conversations worth having.

Do you have an older person in your life that you want to engage (for their sake and yours), but it’s hard to get them into a conversation? Here are a few questions that can get tongues rolling (you can always start with, “Hey, I’ve been thinking and wondered...”):

- What was life like when you were 5, 10, 15, or 20? – This is broad, so follow up with questions about their family or friends or places they lived or about their school or town based on how they answer. Follow their lead.
- Did you have a nickname, and how did you get it?
- What was your first job, and what was it like?
- What are you most proud of?
- What were your favorite things when they were younger, and what are your favorites today?
- What were your most fun activities at different times in your life?
- What event would you most like to see if you had a time machine?
- If you could go back in history, who would you like to meet?
- What games did you play with friends?
- If you could have a superpower – what would it be?
- Who inspired you most in your life?
- What words of advice do you wish someone had told you?
- What’s the biggest lesson you learned?
- What were some of the biggest challenges you have overcome?
- Where did you meet your spouse, significant other, or childhood best friend?
- Who was your first love, and how did you meet?
- Where did you travel?
- What’s the biggest change you experienced in your life?

Remember, conversations with someone older may have a different rhythm. Some older adults (but not all) may speak slowly. Let them set the pace. Choose a quiet place to talk without conflicting background sounds like a TV or radio; that helps people of all ages to focus on what is being said. Talk about things that make them happy, be friendly, and when it’s time for your visit to end, remember to tell them how much it meant to you to hear what they had to say.

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OUR PARTNERS

Together we are connecting social services for seniors, adults with disabilities, and their caregivers across Island County.

With gratitude to our 2022 nonprofit implementing partners including:

- CADA
- Camano Center
- Coupeville United Methodist Church
- Friends of Friends
- Good Cheer and other area food-banks

- Goosefoot Community Fund
- LIHI at CamBey Apartments
- Lions clubs
- Northwest Regional Council
- Opportunity Council
- Rotary clubs
- Small Miracles
- The Center in Oak Harbor
- WhidbeyHealth

Special thanks also to our government and private sector partners, donors, volunteers, and collaborators.

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A B C D E F G H I J K L M N O P Q R S T U V W X Y Z
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Determine the code to reveal the answer!

Solve the code to discover words related to Chinese New Year. Each number corresponds to a letter. (Hint: 17 = A)

- Relating to the moon 7 14 24 17 13
- Prediction based on stars or symbols 3 19 13 19 23 6 19 5 26
- Asian country 6 3 11 24 17
- Large celebration 10 26 23 22 11 12 17 7

Answers: A. Lunar B. horoscope C. China D. Festival

Resets for the New Year

By Robin Bush ISR Communications

“Don’t let a health setback become a new health set-point.” – Kay Van Norman

Throughout our lives, there are times when an illness or injury impacts our daily life – remember that time you fell off a horse at age 7, tore your ACL skiing at 22, got pneumonia at 33, lost a parent, or got back spasms reaching for the phone three years ago at age 72? Events can be critical turning points, and the direction you choose can impact your mental and physical health for years to come.

One of the challenges in aging is deciding if a health setback is one you are forced to accept, one you choose, or one that is temporary, allowing you to return to what was.

Coming to grips with that decision takes courage because you may feel an emotional void if you can no longer do what you used to, or at least not yet. But, as Aristotle claimed in 300 B.C., “nature abhors a vacuum.” “Something,” he said, “will always move in to fill the space.” He wasn’t just talking about the natural world; he was also referring to human nature. When there is a vacancy, someone or something will step in to fill the void. Look around you. Remain open to new opportunities; that will lessen your focus on the barriers. It takes determination to sustain yourself through the healing process and to ensure setbacks don’t threaten your vitality.

When my great-aunt was in a car acci-

dent, it left her unable to walk without assistance; she thought it would be the end of everything that gave her life meaning. The recuperation process was slow; it took over a year before she could even walk around her home. Were her days of managing church bazaars over? What about standing for hours of cooking turkeys for holiday meals for those in need? Or the volunteer work she did at the local thrift store. She understood those things might not be possible for a long while, but she was determined to make this a reset, not a setback. She discovered what would fill the void. She began sewing costumes for the local elementary school plays and signed up as an online reading tutor for a 9-year-old struggling in school. She could do both of those activities from home, and they provided meaningful interaction and connection with others throughout her day.

Most importantly, these new activities gave her a sense of purpose. She told me she’d discovered that these new activities that had come into her life due to the accident were some of the most meaningful things she had ever done; they brought her joy every day. “Nothing ever stays the same,” she used to say, but she found a way to make her setback into a positive reset point. She couldn’t go back, but she was certainly moving forward. “It’s all in your perspective. Out with the old and in with the new” were some of her best words of advice to me. I wonder if she realized how much she was proving Aristotle was right.

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.

WITH SPECIAL THANKS

Island Senior Resources is deeply grateful to the businesses and organizations that have financially supported our vital work in 2022. Please join us in saying thank you.

- Albertsons/Haggen
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 - Camano Island Dental Center
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 - Faley Family Charitable Foundation
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- Prairie Center Market
 - Puget Sound Energy Foundation
 - Rob Schouten Gallery
 - Rose-Marie Designs
 - St. Augustine's in-the-Woods Episcopal Church
 - St. Cecilia Church
 - Stillaguamish Tribe of Indians
 - The Star Store
 - Trinity Lutheran Church
 - TinyBlue Foundation
 - Tulalip Tribes Charitable Contributions
 - Unity of Whidbey
 - Verbena Mental Health
 - Whidbey Community Foundation
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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, 2 p.m.: Jan. 25 • March 15

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.

To honor Martin Luther King Jr., Island Senior Resources and The Center in Oak Harbor will be closed Monday, Jan. 16

Getting Ready For Medicare!

Going on Medicare? Want to know more?

Attend a free online “Getting Ready for Medicare” seminar offered by SHIBA (Statewide Health Insurance Benefits Advisors) volunteers. Questions answered following the event.



Seminar covers:

- “Basic” Medicare benefits, options for additional insurance(s)
- Medicare parts A and B
- The differences between “Medigap” (supplemental) insurance and Advantage plans
- Financial assistance for qualifying low-income individuals
- Prescription drug plans

ZOOM CLASSES

Wednesday, Jan. 18, 2 p.m.

HYBRID CLASSES: ZOOM/IN-PERSON

The Center in Oak Harbor (51 SE Jerome St.)

Tuesday, Feb. 7, 2 p.m.

PRE-REGISTRATION REQUIRED.

To register go to the calendar and click on the event (look for the event name in the calendar). Follow the registration information provided in the event description.

For more information or for help registering call 360-321-1600 or 360-678-3373 or 360-387-6201 ext 0. You can also email reception@islandseniorservices.org.

Medical Equipment Lending Libraries

Island Senior Resources has free medical equipment lending libraries for medical equipment, assistive devices (wheelchairs, walkers, canes, etc.), and hygiene products/ personal care items including disposable underwear, pads, wipes, bed pads, no water shampoo, body wash, and more.

LOCATIONS

South Whidbey (Bayview): Donations/pick-ups Monday, Wednesday, Friday 1– 4 p.m. at Island Senior Resources (Bayview), 14594 SR 525, Langley. Follow the signs and arrows to the Evergreen Room entrance. Please make sure donations are fully functional and clean.

North Whidbey (Oak Harbor): Donations/pick-ups Monday, Tuesday, Thursday 1– 4 p.m. at Island Senior Resources (Oak Harbor), 917 E Whidbey Ave, Oak Harbor, next to the Center in Oak Harbor. Please make sure donations are fully functional and clean.

Camano Island: Donations/pick-ups at the Camano Center, call 360-387-0222 8 - 5 p.m. weekdays. Please make sure any donations are fully functional and clean.



Island Senior Resources



Support Groups



SOUTH WHIDBEY – 360-321-1600

OAK HARBOR – 360-678-3373

CAMANO – 360-387-6201

Virtual



- Parkinson's Support Group Tuesdays, 10 am - 11 am
- Caregiver Support Group Wednesdays, 10 am - 11:30 am

In-person & Hybrid



- Caregiver Support Group, 2nd Tuesday of the month, 1 pm - 2:30 pm. ISR North 917 E. Whidbey st, Oak Harbor
- PD Support Group - Hybrid, 3rd Tuesday of the month, 10 am - 11:00 am. ISR South 14594 SR 525, Langley (Cedar Room)

senior-resources.org/support-groups/



JANUARY

Contributions to cover cost of meals are appreciated

WEEK 1

Mon	2	New Year's Day Holiday - No Meal Service
Wed	4	Club Wrap w/Chicken & Wild Rice Soup
Fri	6	Tuna Noodle Casserole

WEEK 2

Mon	9	Baked Chicken Thighs in Mustard Sauce
Wed	11	Beef Stroganoff w/Mushrooms & Noodles
Fri	13	Corn Chowder & Turkey Melt w/Tomato

WEEK 3

Mon	16	Martin Luther King Day - No Meal Service
Wed	18	Pork Chops w/Mushroom Sauce
Fri	20	Lemon Cod & Apricot Rice Pilaf

WEEK 4

Mon	23	Mexican Quiche
Wed	25	Chicken Breast Divan
Fri	27	Macaroni & Cheese w/Ham

WEEK 5

Mon	30	Black Bean Chicken Burrito Bowl
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Daily Program Schedule

MONDAY

- 8:45 EnhanceFitness
- 9 Billiards
- 9 Quilting
- 10 EnhanceFitness (Low Impact)
- 10 Mah Jongg
- 11:45 Lunch (ISR)
- 12 Bunco
- 12 Ping Pong
- 1 Art
- 2 Clogging

TUESDAY

- 8:45 Yoga
- 9 Billiards
- 9 Lapidary
- 10 Tai Chi
- 10 Walking Club (Meets at Flintstone Park)
- 11 Tech Drop-In
- 11 Mexican Train
- 1 Line Dance
- 1 Knitting/Crocheting
- 6 Lapidary (By Appt.)

WEDNESDAY

- 8:45 EnhanceFitness
- 9 Billiards
- 9 Lapidary
- 10 EnhanceFitness (Low Impact)
- 11 Duplicate Bridge
- 12 Ping Pong

THURSDAY

- 8:45 Yoga
- 9 Billiards
- 10 Tai Chi
- 10 Walking Club (Meets at Flintstone Park)
- 10 Wii Bowling
- 10 Wire Wrap
- 11:45 Lunch
- 11:45 Music with Rene (1st Thursday)
- 1 Dance Lessons
- 1 History Class (begins 1/12)

FRIDAY

- 8:45 EnhanceFitness
- 9 Billiards
- 9 Quilting
- 10 EnhanceFitness (Low Impact)
- 12 Pinochle
- 1 Line Dance
- 2:30 Ping Pong
- 7 Social Dance (2nd Friday)

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
Christina Benjamin
360-279-4582
Program Assistant

Send comments and suggestions to thecenter@oakharbor.org

CLASSES and EVENTS at The Center In Oak Harbor

FITNESS

Month: \$25 members, \$35 non-members
Drop-in: \$5 members, \$7 non-members (+3 day use fee)

EnhanceFitness

Monday/Wednesday/Friday

8:45 – 9:45 a.m.

An hour-long evidence-based exercise class that includes aerobics, strength training, balance exercises, and stretching.

EnhanceFitness Low Impact

Monday/Wednesday/Friday

10 – 11 a.m.

The low impact Enhance Fitness 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

Tuesday/Thursday | 8:30 – 9:30 a.m.

A gentle yoga class taught by owner of Lotus Tea Bar & Studio, Maria McGee.

Tai Chi

Tuesday & Thursdays | 10 – 11 a.m.

Tai Chi is a martial art that uses gentle, flowing movements to improve the health of the body and mind. In its most common form in present day, it is known as moving meditation that improves flexibility, balance, strength, and mental

focus as well as decreasing stress. Tai Chi is a low impact exercise that is beneficial for every fitness level and all age groups. In this class you will learn Tai Chi and Qigong forms and flows.

Free Fitness Classes

The Center is a Silver & Fit and Renew Active facility which means if you qualify for these programs through your insurance provider you can participate in Tai Chi, Yoga, and EnhanceFitness at no cost. Please check with a staff member to verify your eligibility.

CLASSES & PROGRAMS:

Dance Lessons:

Night Club Two Step

(formerly Ballroom Dance)

Thursdays, Jan. 12 – Feb. 9 | 3-4 p.m.

\$25 for members, \$50 for all others (includes day use fees)

This 5-week course focuses on the basic steps of Night Club Two Step with alternative side-to-side cross step. Taught

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

by Duncan Chalfant. No partner or prior experience needed.

History Class:

America Before Columbus

Thursdays, Jan. 12 – March 16 1-3 p.m.

\$40 for members, \$90 for all others (includes day use fees)

Instructor Debbie Wallin will guide you through the history and culture of Native Americans before the arrival of Europeans.

Educational Series:

Fraud Prevention

Wednesdays in February, 2 p.m.

A four-session course on fraud prevention to help protect you and your devices in these technology dense times.

Feb. 1: Computer Safety

Feb. 8: Financial Protection

Feb. 15: Scams

Feb. 22: Romance Scams & Identity Theft



Sundays In-Person; 10 am
5671 Crawford Rd, Langley
Zoom service link online
unityofwhidbey.org



The Center's programs, classes, trips, events, and membership are available for online sign ups! Scan the QR code using your smart device to view our online catalog.

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TRAVEL LOG

Trip price information will be available by contacting The Center after Jan. 3

BALD EAGLE INTERPRETIVE CENTER
Saturday, Jan. 21 | 10 AM - 6 PM
The Skagit River makes the perfect feeding grounds for bald eagles. On this trip we will head over to the Skagit River Bald Eagle Interpretive Center located in Rockport to learn more about the bald eagles, shop in their gift store, and possibly see some eagles ourselves. There will be an option guided walk that is about 1 mile in length. We begin the trip with a no host lunch stop at the iconic Cascade Burgers. It is recommended to dress warm if you are wanting to participate in the walk.

AIN'T TOO PROUD: THE LIFE AND TIMES OF THE TEMPTATIONS (Paramount Theater)
Saturday, Jan. 28 | 9:30 AM - 7:30 PM
Ain't Too Proud – The Life and Times of The Temptations is the electrifying, new smash-hit Broadway musical that follows The Temptations' extraordinary journey from the streets of Detroit to the Rock & Roll Hall of Fame. With their signature dance moves and silky-smooth harmonies, they rose to the top of the charts creating an amazing 42 Top Ten Hits with 14 reaching number one. Prior to the show there will be a no host lunch stop prior to the 2 PM showing.

ANDREA BOCELLI (Climate Pledge Arena)
Sunday, May 14
3:30 PM – 1 AM (Mon)
As one of the most recognizable voices in the industry, Andrea Bocelli has been thrilling audiences for over 20 years, counting nearly 90 million records sold worldwide. The tour will feature performances from Bocelli's uplifting new album Believe, a poignant and personal collection of songs, celebrating the power of music to soothe the soul, as well as a selection of arias, his beloved crossover hits and famed love songs. We will stop for a no host dinner prior to the 7:30 PM show



CLASSICAL GREECE
Sept. 24 – Oct. 4
\$4,029 per person double,
\$4,629 per person single
Presentation: Feb. 23, 11a.m.
Highlights include Athens, The Acropolis and Parthenon, Meteora, Delphi, Olympia, Greek farm visit, cooking class, Greek dance class, Nafplio, and 16 meals.

Whidbey Island Genealogical Searchers

~presents~

Jean Wilcox Hibben -
"Using Keywords to Unlock Genealogical Doors".

Learn how to locate ancestors using database and search engine Searching and Browsing techniques employing the Keyword function.

Tuesday, Jan. 17 • 1 p.m. on Zoom
Sign on to Zoom 10 minutes early

ALL ARE INVITED TO JOIN US

Non-WIGS members wishing to attend, send an email no later than Nov. 14 to whidbeygensearchers@gmail.com to receive your zoom invitation.

LUNAR NEW YEAR WORD SEARCH

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

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

AFRESH	LION	REUNION
ASIA	LUNISOLAR	RITUALS
CALENDAR	NEW	SPRING
CELEBRATION	PROSPEROUS	YEAR
CLEANING	RED	ZODIAC
CULTURES		
DECORATE		
ENVELOPES		
FESTIVAL		
FIREWORKS		
GATHERING		
HOROSCOPE		
LANTERNS		
LIGHTS		

ANSWERS

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What’s the Difference?

There are four differences between Picture A and Picture B.
Can you find them all?



Answers: 1. More hair on woman 2. Scarf is a different color
3. Yellow circle on coat 4. Extra button on back person's coat

CONNECTION continued from page 1

are low income or socially isolated. The only eligibility requirements to participate are that you must reside north of Libbey road on Whidbey Island and be 60 years of age or older by year end. Those interested in receiving gifts complete a short one-page form in October & November, and include three items they would like to receive. The list is then made available to the community to purchase, wrap, and donate. The gifts are then delivered or picked up, as the recipients request.

Community partners, including Soroptimist of Oak Harbor, the Oak Harbor Senior Center Foundation and Opportunity Council provide support for the program to help fill all the requests.

December 2022 was the third year of the program and it is growing each year!



Oak Harbor Senior Center Foundation President Duncan Chalfant & City of Oak Harbor Senior Services Program Assistant Christina Benjamin making the list and checking it twice

Last year seventy seniors received gifts, while in 2022 the program received and completed request from 130 seniors.

Whether the gift requested is a very needed winter jacket, a mattress to sleep on, an electric heater for a home without heat, or a simple hope for fuzzy penguin pajamas, each gift asked for, donated, and delivered fills the need for the item and sends the message of caring and connection.

“This is a nice coat! Real nice. It’s been a long cold week waiting for this!” Exclaimed Charles, a gift recipient who was too excited to wait till Christmas to open his much-anticipated winter coat.

A huge thank you to all our volunteers who helped to sort and wrap and deliver gifts, community members who donated funds and gifts, and to all that participated. We did it yet again and will look forward to offering the program again in 2023!



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