

Island Times

Look for Island Times the LAST Thursday of each month
NOV. 2019

MONTHLY NEWSPAPER OF ISLAND SENIOR RESOURCES AND OAK HARBOR SENIOR CENTER

Volume 3 • Issue 7

The Focus of Our Lives

By Liz Lange

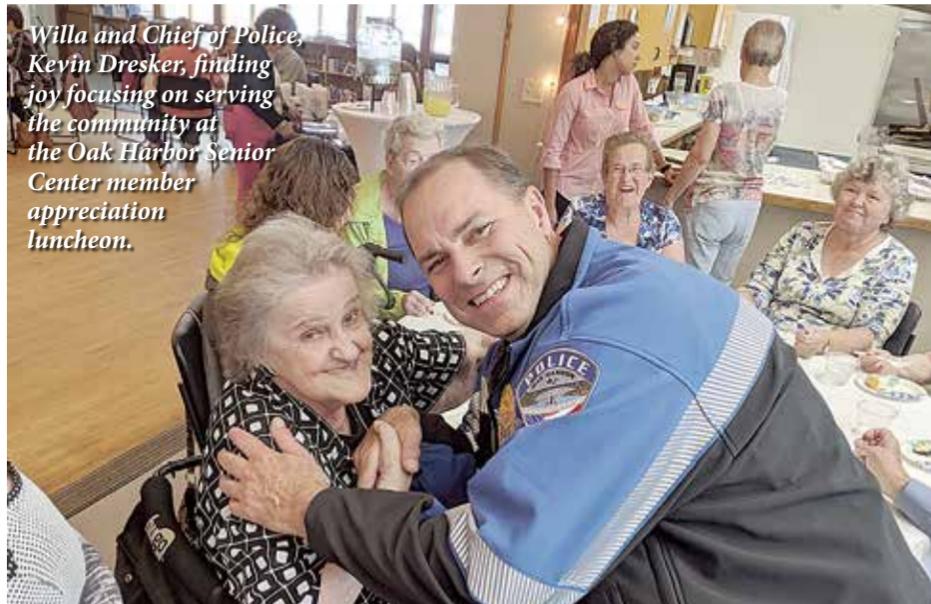
Administrator of Senior Services, City of Oak Harbor

There is a woman whose Facebook page I subscribe to. Something about her drew me in. She is lively, witty, portraying real life everyday situations in funny over the top reenactments. I connect with her in a "oh she totally gets it" way. She is also so open and honest and makes one feel validated for sometimes feeling overwhelmed, tired, or burdened by daily living. Even more than this, is how she shares about a time in her life when she was a single mother of small children with little to no income. She recently posted a picture from 10yrs ago of her daughter, a smiling little blond curly haired girl in a homemade lamb costume. She lamented how that year with no money for a costume she found some old fuzzy fabric and tried her best to make it into a lamb costume for her daughter. She said she felt like she was failing her kids not able to get them "real" costumes. Years later, her daughter fondly remembers that Halloween as her favorite Halloween because of that homemade lamb costume that she loved. So many people responded with similar stories of feeling inadequate, having to "make do" and then having those be the happiest and lasting memories.

This really resonated with me, and with something I heard recently.

"The joy we feel has little to do with the circumstances of our lives and everything to do with the focus of our lives."

JOY continued on page 12



Willa and Chief of Police, Kevin Dresker, finding joy focusing on serving the community at the Oak Harbor Senior Center member appreciation luncheon.



Come to the Table

By Christina Baldwin

Board Member, Island Senior Resources

November is pumpkin month. The Halloween jack-o'-lanterns smile more and more crookedly as they return to their earthiness, and pumpkin flavoring is showing up in everything. I salivate thinking about pumpkin pie, pumpkin bread, pumpkin soup, and inhale deeply over pumpkin and spice scented candles. More than any other flavor, pumpkin is the taste of autumn and reminds me of all the configurations of people with whom I have feasted at this harvest time of year. I remember my mother and aunt proudly carrying competing pumpkin pie recipes to the Thanksgiving table, my brother-in-law offering his pumpkin and pecans casserole, and an island friend serving a whole baked pumpkin filled with a rice and dried fruit mélange. Pumpkins equal people in both my mind and mouth. And people equal lingering conversations.

"Come for the food, stay for the stories. Linger and enjoy each other."

~ Leo Baldwin

I think this impulse to "gather in" goes back to the times our ancestors came to the fire for safety in the night and found a cave to shelter in for the winter. We seek comfort, companionship, and enough food and resources to get ourselves through. We cluster. We join up with one another. We contribute what we can.

Sometimes we start the fire. We are the ones who find that place out of the storm, make welcome the next comers, take inventory of what's showing up that will get us all through. Maybe the first pumpkins were tucked in that hoard. Today we call this "hosting."

TABLE continued on page 3

QUESTION OF THE MONTH: WHAT WAS YOUR FAVORITE THING ABOUT SCHOOL? WHAT WAS YOUR LEAST FAVORITE?

Pat, 85

Buffalo

"Favorite: Spending time with my friends. Least Favorite: Waiting for and riding the city streetcar, especially in the cold, snowy winters."

Rene, 58

Oak Harbor

"My favorite part was recess, I didn't have a least favorite, I love school!"

Diane, 78

Coupeville

"Favorite: Cooking. Least favorite: Language Arts."

Willa Roberts, 85

Oak Harbor

"My least favorite thing was the harassment from other kids, and my favorite thing was the challenge, I loved literature and I really liked to read."

Sibylle Tull

Oak Harbor

"I went to school in Austria, I loved school and that you could be yourself."

Paula, 69

Coupeville

"Favorite: Art and music. Least favorite: Social Studies."

Flo, 88

Oak Harbor

"My favorite was art and gymnastics, I don't have a least favorite unless it was something like Biology. I didn't like when the only thing you did was memorize things."

Anonymous

Whidbey Island

"Favorite: Everything!"

Whidbey Weekly

Proud supporter of Whidbey Island community events and your source for What's Happening on Whidbey Island

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FROM THE EXECUTIVE DIRECTOR

By Cheryn Weiser, Executive Director, Island Senior Resources

Last year when the Island Senior Resources Strategic Planning Committee fanned out to gather insights and ideas from members of our communities about the threats to the well-being of seniors, one of the most frequently named issues was social isolation. If you stop and think for a moment, you can probably identify one, two, or maybe more, isolated seniors that you know. Perhaps it was just a year or two ago that you might see him or her at the grocery store or coffee shop but more recently you haven't seen them. Aging has a way of creating barriers to our ability to engage in the community where we live. Often it is hard for a once vibrant person to ask another to take them out to the store, for a meal, or to the bank. And, research shows that isolation negatively impacts our health and well-being.

So, at this time of year when the light wanes and the cold encroaches, I want to extend an invitation to you. Who do you know who lives alone and may get out infrequently, at best? Who might you reach out and invite them to go to lunch at one of Island Senior Resources meal sites across Whidbey Island; in Langley, Bayview, Greenbank, Coupeville, or Oak Harbor? You could change their outlook on life and living by simply inviting them to lunch once a week or once a month. Just 2-3 hours of your time could open the opportunity for great food, and a sense of community, for an isolated senior.

I hope you will take me up on the invitation. We all need one another. And, isolated seniors need friends, neighbors, and acquaintances to reach out to reduce the loneliness of isolation.

~ AGE AND WARMTH ~

By Charles LaFond, Author, engager, ISR staff member

Kai-the-dog and I have turned off our TV and stored it. The evening news is too hard to hear, and I can get what I need from NPR on the way to work. Now, the light in our home is no longer blue; it is orange, gentle, soft.

Kai-the-dog likes a woodstove. A lot. He is an old dog whose muscles, joints, and bones ache. He is almost 14 years old, and so, in human years, he is almost 98. Medications to numb the pain are helping, but still, an egg-crate-foam bed and a very hot wood stove are a great comfort to a dog in his later years.

Kai-the-dog and I are aging together. We have lived together, gone to work together, vacationed together, and

weathered the storms of life together; and now we are aging together on Whidbey Island in a comfortable 600 square foot home with a small view of the water and the next island over.

We used to run together, but neither of us can muster the energy with his bad back and my old feet. We used to swim together, but neither of us can manage that anymore either. Kai can wade into the ocean a bit and then sink happily to a seated position; and in water as cold as the Salish Sea, that is about all I can do as well.

Kai spends most of his time sleeping here, in front of this roaring wood stove. And I spend most of my time reading beside it.



Photo by Charles LaFond

But while Kai-the-dog sleeps, one can see, from jittering and trembling legs, that he is dreaming about running and jumping. And I think that memory – that dreaming - is important.

Kai sleeps pushed up against me, his spine running along mine. We both appreciate the warmth. And I smile when I feel those legs begin to run even while I hear his nose snoring. He is dreaming of being young.

Each of us has a choice to make each day. Will we bring warmth into the world, or will we bring a chill? Will we be warm and soft with each other, or will we be cold and hard with each other? Will we go around being the cold, porcelain toilet or the warm, steel wood-stove? I guess it depends on what we ingest.

What we do with our day, how we act, how we help others - can bring the warmth of a wood stove into cold lives. And remembering that we all hold within us a younger running, swimming, leaping, laughing version of ourselves can, with the benefit of our aged wisdom, bring a wonderful energy to our communities.

So, when I speak I remember Kai-the-dog. I remember those big, black eyes and his inner black-lab warmth. And before I speak, I try to remember to ask myself:

"Is it kind? Is it true? Is it warm? Does it improve on the silence?"



Join in a Thanksgiving Meal

Wednesday, Nov. 20 | 11:30 a.m.

At all Island Senior Resources meal sites. Reserve your spot at any site.



12 DAYS OF WHIDBEY

1 Ticket = 12 Chances to Win

Themed prize packages each day valued from \$275-\$675

Day 1 - Cook It Up in the Kitchen
Day 2 - Reader's Treasury
Day 3 - Snuggle Into Warmth
Day 4 - Spa-Dee-Dah
Day 5 - Fun on Whidbey
Day 6 - Sports in Style

Day 7 - Garden Dreaming
Day 8 - Caffeinated Whidbey
Day 9 - Let's Go on a Picnic
Day 10 - That's Italian
Day 11 - Northern Exposure
Day 12 - Oak Harbor Giving Tree

Tickets Available At

Oak Harbor Senior Center (Mon., Wed., Fri. at lunchtime in the dining room)
Bayview - Island Senior Resources, Freeland - Senior Thrift, More locations to come!

Winners will be posted online at: www.facebook.com/islandseniors

*Winner's will be notified and need not be present to win.

www.12daysofwhidbey.com

HOW TO REACH ISLAND SENIOR RESOURCES

For all departments and all staff call 360-321-1600 or 360-678-3373

Nutrition/Meals on Wheels
Aging & Disability Resources
Family Caregiver Support
Time Together Adult Day
In Home Care
Case Management
Medical Transportation/
Volunteer Services
SHIBA

Senior Thrift 360-331-5701

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

OUR LOCATIONS

Island Senior Resources (Bayview)
14594 SR 525
Langley, WA 98260

Oak Harbor Senior Center
(in collaboration with Oak Harbor Senior Center)
51 SE Jerome St
Oak Harbor, WA 98277

Camano Center
(in collaboration with Camano Center)
606 Arrowhead Rd
Camano Island, WA 98282

Senior Thrift
5518 Woodard Ave
Freeland, WA 98249

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

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

Island Senior Resources eNews!

Join our email list and receive our monthly eNews the last Friday of every month. It's full of updates for the month ahead: sales at Senior Thrift, special events, classes, menus, and links to great articles. Sign up online at www.senior-resources.org.

TABLE continued from page 1

Sometimes we join the fire. When we see the flickering candle in the window or the lights at the end of the driveway, we arrive with our contribution to the gathering. When we also arrive with curiosity we create a welcoming environment. We call this "hospitality."

Every autumn, as the days shorten and the nights lengthen, we follow this ancient impulse to come to the table. How lucky most of us are that we have many ways to gather on Whidbey, eat well, talk at the table, discover new acquaintances, and meet friends. And there's a new welcoming table in town this fall: Leo's Place.

The hot lunch dining hall housed in Island Senior Resources, 14594 State Route 525, across from the shopping area and half a block east of the stoplight at Bayview Road, has been refashioned into a community café. Their slogan is: "Leo's Place is your place. Come make it your own." The café concept grew out of the dream of Debbie Metz and her kitchen staff to foster intergenerational lunching, to introduce the wider com-

munity to the quality of food being offered through this kitchen and to create a "happening place" for anyone looking for a nutritious lunch at a great price. Named after Leo Baldwin (full disclosure: he's my father) who lived in Langley from 2006-2018 and served on the Island Senior Resources' board most of that time, Leo was a walking conversation starter. He dined at Brookhaven and at Island Senior Resources (Bayview), a man who always took a two-hour lunch for food and story at the table and then games of cribbage, Quiddler, and jigsaw puzzles. Leo's Place serves one entree a day: M-T-W-F, and for \$6.00 it's a great bargain—and they offer take out. Debbie and Janice DeWolf create a varied menu, and this month—there's pumpkin! Find the menu at www.senior-resources.org/nutritionmenu/.

Of course, all this pumpkin-ness culminates on Thanksgiving, the ultimate come to the table day. This year light a candle and help those who come to your table attach to traditions that pre-date televised football. In addition to whatever food traditions are meaningful to you, put some curiosity into that casserole, stuff the turkey (or tofurkey) with

questions, bake a loaf of listening, and frost it with sharing stories.

At my house, we gather with island friends, some off-island wanderers, and a newcomer or two -- people who know each other well, and people who have never met before -- a group that meets this one day a year. While the food is finishing, we start with a circle by the fireplace. The setting is warm and comfortable, a modern-day sense of "caving." There's a centerpiece on the coffee table, and one by one, everyone is invited to share a bit of what has happened this year that they want this group to know, something they are grateful for, a question they're carrying. This circle seeds the table conversations in remarkable ways. We talk long into the evening. We share differing perspectives as well as commonalities. We eat another piece of pie, have another cup of coffee. And to cap it off, we break into tables of four and play a "memorial" game of Quiddler (a word/card variation of Scrabble) in Leo's honor. It's his place: it's our place. We make it our own. And under the light of the waning moon as people leave we caution them, "Don't hit a deer, and watch for the Great Pumpkin!"

WEB LINKS TO INFORM & INSPIRE

When you have a few quiet moments, visit senior-resources.org/weblinks. There, you will find web links to resources that will provide information and shine a light of inspiration to help you navigate today and tomorrow. Each month we will add new resources, so keep checking back. You can also reach the links from our homepage www.senior-resources.org, click "About Us" and select "Links to Inform and Inspire."

- How to Thank Caregivers
- 60 Best Pumpkin Recipes for Fall
- We Gather Together to Give Thanksgiving its Meaning
- The Psychological Benefits of our Thanksgiving Rituals

NOVEMBER at SENIOR THRIFT

STORE HOURS

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

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Donations gladly accepted from opening until 4 PM daily except Wednesdays

We have items on sale every day. See our website for full sales calendar: www.senior-resources.org/thriftstore

WEDNESDAY, NOV. 27
Closes at 2 p.m.

THURSDAY, NOV. 28
Closed for Thanksgiving

FRIDAY, NOV. 29: BLACK FRIDAY
50% off entire store
except jewelry and Christmas



SATURDAY, NOV. 30:
SANTA ARRIVES AT 11 a.m.
All clothing 25% off

Wacky Wednesdays - your choice (1) item 15% off
Fridays – books 25% off

ALL NOVEMBER

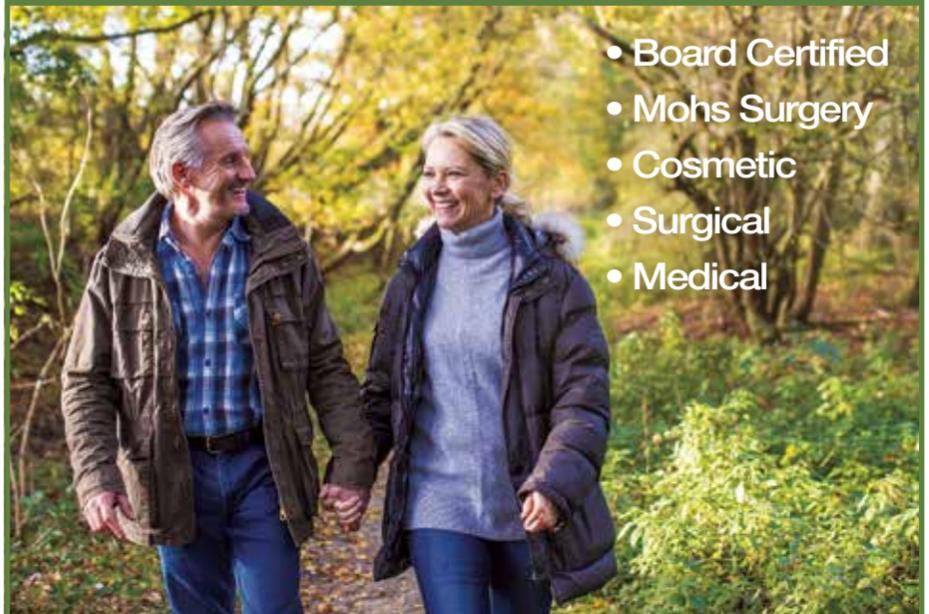
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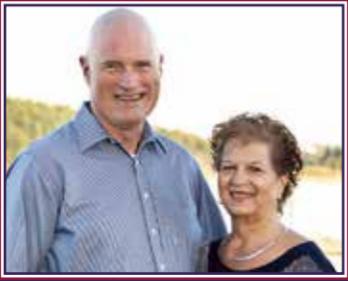
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LEO'S PLACE IS YOUR PLACE

You're sitting at home by yourself, thinking, "How nice it would be to share a meal with someone and eat something I don't feel like cooking myself." – Ever felt that way? Most of us have.

Leo's Place is the community meal site at Island Senior Resources in Bayview. The focus is on the word community. It's a place where people of any age may come to eat and share a nutritious meal with your community neighbors who are there to be with others. People are raving about the food, so don't think it's institutional fare. The daily menu is available at www.senior-resources.org/nutritionmenu. Come regularly to try main dishes like Turkey with blueberry chipotle, Salmon with lemon sauce, Beef and broccoli with fried rice, or sides like broccoli salad with cranberries, southwest corn salad, or cucumber pepper salad.

Leo's Place is more than just another restaurant. It is dining with a purpose. Leo's Place is named in honor of Leo Baldwin who regularly ate at the Island Senior Resources' community meal sites at Brookhaven and Bayview, for twelve years. He believed in community. He loved village life. He brought his gentle smile, quick wit, and wisdom to the table. He believed in sharing meals to bring people together. Leo believed in what he called the village essentials:

- Find your place and fully inhabit it.
- Greet and meet and pause for story.
- Invite diversity among acquaintances and friends.



- Come to the table, eat in companionship, savor and linger.
- Contribute generously from what you have learned along life's way.
- Practice your values and your moral code.
- Live so that you die in the arms of community.

That's what Leo's place is all about. Leo's Place is your place. Come and eat and be together. You belong here.

Leo's Place is located at Island Senior Resources (Bayview) 14594 SR 525 Langley, WA. Meals are served Mondays, Tuesdays, Wednesdays, and Fridays 11:30 a.m. – 12:30 p.m.

The suggested donation is \$6 per meal. Meals can be paid for online on the Meal-a-Month page of the Island Senior Resources' website at <https://senior-resources.org/donate/> or with cash or check on the day you come to eat.

HIGHLIGHTS at Island Senior Resources

LEO'S PLACE

Mondays, Tuesdays, Wednesdays, and Fridays 11:30 a.m. - 12:30 p.m.

At Island Senior Resources (Bayview) 14595 SR 525, Langley, WA

The suggested donation is \$6 per meal. Meals can be paid for online on the Meal-a-Month page of the Island Senior Resources' website at <https://senior-resources.org/donate/> or with cash or check on the day you come to eat.

JOIN US FOR A GREAT THANKSGIVING MEAL

Wednesday Nov. 20 • 11:30 a.m.

At Island Senior Resources (Bayview) 14595 SR 525, Langley, WA

Suggested donation: \$6



SANTA IS COMING TO SENIOR THRIFT

Saturday, Nov. 30 • 11 a.m.

5518 Woodard Ave., Freeland, WA 98249
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Annual Coupeville Historic Waterfront Association Red Ticket Drawing

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Hot cocoa and music starting at 12:30pm. Must be present to win, be 18 years of age or older and love Coupeville.

Drawing to be held Sunday, December 22nd at 1:00pm at the Island County Historical Museum

Red 2019 Ticket Shop Locally

CoupevilleHistoricWaterfront.com • CoupevilleChamber.com

SUPPORT MEALS ON WHEELS

Donate \$5 at Island Senior Resources (Bayview) and receive an "I support Meals on Wheels" button. Your \$5 will help pay for one meal for a senior.





Whidbey Island Support Groups

NORTH END

Oak Harbor Caregiver Support Group 1

2nd Thursday, 2 – 3:30 p.m.
Oak Harbor Senior Center,
51 SE Jerome St., Oak Harbor
Contact: Carolyn Hansen, 360-279-1785

Oak Harbor Caregiver Support Group 2

4th Wednesday, 2 – 3:30 p.m.
Oak Harbor Senior Center,
51 SE Jerome St., Oak Harbor
Contact: Carolyn Hansen, 360-279-1785

Parkinson's Support Group

1st Friday, 1 – 3 p.m.
The Modular Building at
Oak Harbor Senior Center,
51 SE Jerome St., Oak Harbor
Contact: Eula Palmer, 360-675-9894

Parkinson's Singing Group

1st and 3rd Monday of the month,
2:30 – 3:30 p.m.
The Modular Building at
Oak Harbor Senior Center,
51 SE Jerome St., Oak Harbor
Facilitator: Mel Watson, 360-321-1623

SOUTH END

Alzheimer's & Dementia Caregivers Support Group

2nd Tuesday, 10 a.m. – Noon
Alder Room, Island Senior Resources,
14594 SR 525, Langley, WA
Contact: Mel Watson, 360-321-1623

MS Support Group

3rd Tuesday, 10 – 11:30 a.m.
Alder Room Island Senior Resources
14594 SR 525, Langley
Facilitator: Mel Watson, 360-321-1623

Parkinson's Support Group

1st Tuesday, 10 – 11:30 a.m.
Trinity Lutheran Church,
18341 WA-525, Freeland Ave
In the older building, in Grigware Hall
Contact: Mel Watson, 360-321-1623

Aging in Grace Support Group

For anyone with concerns, stories,
and wisdom about aging
2nd Monday, 10 a.m. – Noon
Freeland Library,
5495 S. Harbor Ave., Freeland
Contact Nicole Donovan 360-321-1600

Parkinson's Singing Group South

2nd and 4th Tuesdays, 2:30 – 3:30 p.m.
St Augustine's in-the-Woods
5217 S Honeymoon Bay Rd, Freeland
Contact: Mel Watson, 360-321-1623

Early Stages Dementia Support Group

4th Tuesday 10 a.m. – 12 p.m.
Island Senior Resources
14594 SR 525, Langley
Facilitator: Mel Watson, 360-321-1623

Do you need a caregiver support group that is currently not available on Whidbey Island? Call Mel Watson, Director Adult Day Services, 360-321-1623.



Oak Harbor Senior Center and Island Senior Resources will be closed November 28-29 in observance of Thanksgiving



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Medicare 2020

Medicare's open enrollment runs from Oct. 15 to Dec. 7. This is when you need to update and/or change your Medicare Advantage and/or Medicare drug plans. It is important to be sure your plans will meet your needs next year. There are changes in Medicare occurring in 2020 for some enrollees. We will help you understand what is best for you!

Also, if you are going on Medicare in the next six months and/or are wanting to know more about Medicare, attend a free general information seminar offered by SHIBA (Statewide Health Insurance Benefits Advisors) volunteers; no pre-registration required. Counselors will answer brief questions following the seminars. Seminars run 2-2.5 hours. For more information, call 360-321-1600 ext 0.

Information will be provided about:

- "Basic" Medicare benefits
- Changes for 2020 will be covered in the Medicare 2020 classes
- Options for additional insurance(s)
- Medicare parts A and B
- The differences between "Medigap" (supplemental) insurance and Advantage plans
- Benefits and rates
- Prescription drug plans. (If you want help with your drug plan, bring a detailed list of your drugs).

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

Individual Consultations:

For more in-depth information about Medicare options, advisors are available for one-to-one consultation at:

Oak Harbor Senior Center: Tuesdays • Call 360-279-4580 to schedule an appointment

WhidbeyHealth Medical Center: Wednesdays • Call 360-678-5151 to schedule an appointment

Island Senior Resources (Bayview): Fridays • Call 360-321-1600, ext 0, to schedule an appointment

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

OAK HARBOR SENIOR CENTER 51 SE Jerome St, Oak Harbor

Thursday Nov. 7 • 9:30 a.m.

Tuesday Nov. 19 • 9 a.m.

Friday Nov. 22 • 2 p.m.

Monday Nov. 25 • 10 a.m.

Tues. Dec. 3 • 4 p.m.

Thurs. Dec. 5 • 1 a.m.

ISLAND SENIOR RESOURCES (BAYVIEW) 14594 SR 525, Langley

Sat, Nov. 2 • 10 a.m.

Mon. Nov. 11 • 1 p.m.

Thurs. Nov. 14 • 1 p.m.

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Saturday, Nov. 23 • 10 a.m.

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THERE ARE A NUMBER OF NEW PLANS AVAILABLE FOR WHIDBEY ISLAND FOR 2020

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Open Monday, Tuesday, Wednesday, & Friday 11:30 a.m. – 12:30 p.m.

14594 SR 525 Langley, WA 98249
www.senior-resources.org/nutrition
360-321-1600

Join us for Lunch & Learn presentations every Tuesday @ 12:30 p.m.

a new community dining experience debuts Tuesday, October 1

Join us for LUNCH & LEARN



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

Island Senior Resources (Bayview) • TUESDAYS, 12:30 P.M.

Lunch (optional) will be served 11:30 a.m. – 12:30 p.m. (suggested donation \$6) followed by a free presentation. See our menu section for what is being served for lunch. Come eat, socialize, and learn!

Lunch & Learn's in Bayview are a collaborative venture with South Whidbey @ Home

Date Topic and Presenter

- Nov. 5** *It's a great time of the year for reading and learning!*
Katrina Morse, Sno-Isle Libraries, will tell us about the "extra" resources our library offers beyond a peaceful place to read and a wide selection of books and DVDs to check out. There is so much more: eBooks/eAudio, online historical newspapers, genealogy resources, research databases, and requesting books to be sent to your local library.
- Nov. 12** *Let's Get Social: A Beginner's Guide to Social Media*
Social media can be overwhelming and intimidating, but with just a few simple tips and tools, you'll find that it's an excellent way to stay connected to family and friends, learn new things, meet other folks with shared interests, and stimulate your mind. Join us to learn how to get started, how to protect your privacy, and have your questions answered.
- Nov. 19** *What are the keys to reducing isolation?*
South Whidbey at Home and Island Senior Resources seek your ideas on reducing social isolation and encouraging life-long learning. Share your recommendations with board members and staff today in a conversation that will help us plan for an exciting 2020.
- Nov. 26** *Simple Snacks for the Holidays*
Please join us for lunch at 11:45 at Leo's Place at Island Senior Resources (Bayview)! Afterward, learn how to make some delicious holiday snacks without all the fuss and time! We'll have samples for tasting too! Appetizers and dessert ideas!

Guess Who?

I am a singer born in Tennessee on November 26, 1939. As a child, I picked cotton and later worked as a nurse's aid. Although I wanted to be a nurse, I had musical talent that helped earn me the nickname "The Queen of Rock and Roll."

Answer: Tina Turner

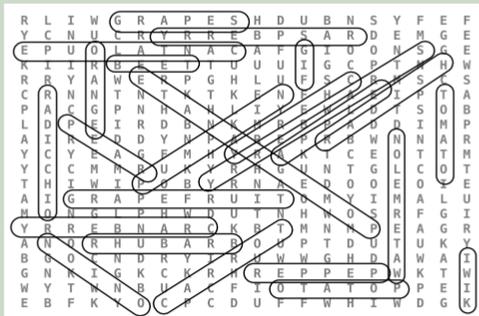
PRODUCE WORD SEARCH

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

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| APPLE | POMEGRANATE | RASPBERRY |
| BEET | POTATO | RHUBARB |
| CANTALOUPE | PUMPKIN | STRAWBERRY |
| CARROT | RADICCHIO | TOMATO |
| CHERRY | RADISH | WATERMELON |
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ANSWERS



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

Lunch (optional) will be served beginning at 11:45 (suggested donation \$6) followed by a free presentation at 12:30. See our menu section for what is being served for lunch. Come eat, socialize, and learn! Contact Carol Moliter: 360-678-0636, bigrockdesigns@whidbey.net.

Date Topic and Presenter

- Nov. 6** *Bingo*
Aging & Disability Resources will be available 11:30 a.m. to 1:30 p.m.
- Nov. 13** *The Haller House*
Lynn Hyde, Executive Director Historic Whidbey, will share how a six-year intensive battle led to protecting the Haller House. Hear its history, why it's important to Coupeville and what it may look like in the future.
- Nov. 20** *The Library: Your Hidden Treasure*
Debbie LaGasse and Brian Haight, Coupeville Library, will talk about how what you don't know about library resources can cost you time, money, and possibly a few tears. Learn to use your library card for services you never dreamed were at your fingertips, and all without spending a dime!
- Nov. 27** *Salish Bounty*
Rick Castellano, Island County Museum Director, will present: For thousands of years, Indigenous people lived and thrived here. The abundance of foods kept local populations well-fed, thriving, and rich in the eyes of their peers. Learn how plants, berries, roots, wild game, and seafood were gathered, hunted, preserved, and enjoyed by the native people of our region. The next day you can compare your Thanksgiving bounty to theirs that continued year-round!

Disclaimer: Island Senior Resources (Bayview and the HUB) offers a variety of information, classes, and presentations, but does not endorse any speaker or vendor. Presentations are meant as an educational opportunity and no solicitation is allowed. We suggest attendees explore a variety of options before making any decisions regarding services. Island Senior Resources will not share your information with any vendor or speaker. If you choose to share your contact information, this is at your own discretion.



OAK HARBOR SENIOR CENTER ACTIVITIES 360-279-4580

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9 Quilting 9 Billiards 9:45 Enhance Fitness 11:30 Duplicate Bridge 11:30 LUNCH 12 Bunco 12:30 Ping Pong 1 Art with Ivy 2 Back to Knitting (1st & 3rd Monday) 2:30 Parkinsons Singing Group (1st & 3rd Monday) 3 Clogging 5 Tai Chi	8:30 Yoga 9 Billiards 9 Lapidary 11 Mexican Train 11:30 Chess 12 Line Dance 1 Knitting & Crochet 1 MAC SIG (2nd. Tue.) 2 Vision Impaired Group (4th Tues) 2:30 S.A.I.L. 6 Pinochle 6 Lapidary 6:30 Stamp Club (2nd & 4th Tuesdays) SHIBA – By appointment	9 Billiards 9 Lapidary 9:45 Enhance Fitness 10 Wire Wrap (3rd Wednesday) 10 Chess 11:30 Duplicate Bridge 11:30 LUNCH 12:30 Party Bridge 12:30 Ping Pong 1 Paper Crafts (2nd & 4th Wednesday) 2 Caregiver Support (4th Wednesday) 4 Pickle Ball	8:30 Yoga 9 Billiards 10 Creative Writing 10 Walking Club 11 Mah Jongg 1 Mexican Train 1 Reiki Treatments 1 History Class 2 Caregiver Support (2nd Thursday) 2:30 S.A.I.L. 7 Wire Wrap	8:30 Tai Chi 9 Quilting 9 Billiards 9:45 Enhance Fitness 11:30 LUNCH 12:30 Pinochle 12:30 Line Dance 1 Parkinson Support Group (1st Friday) 7 Country Dance (2nd Friday) 6:30 Old Time Fiddlers (1st Friday)	Ping Pong Billiards Pinochle 10am-1pm: Pickleball 12-1pm: Beginner Pickleball (First Saturday only)

ISLAND SENIOR RESOURCES (BAYVIEW) ACTIVITIES 360-321-1600 or 360-678-3373 www.senior-resources.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10 Time Together* 11:45 Lunch Served 1 Mahjong	8:45 Tai Chi Wu Style 9 Foot Clinic – call (360) 341-3210 for appt 10 Time Together* 10:30 Tune In, Tone Up Ukulele with Talia 11:45 Lunch Served 12:30 Lunch & Learn Nov. 5 - 1st Tuesday 10 Parkinson's Support Group** Nov. 12 - 2nd Tuesday 10 Alzheimer's Support Group 2:30 Parkinson's Singing Group South* Nov. 19 - 3rd Tuesday 10 MS Support Group Nov. 26 - 4th Tuesday 10 Early Stages Dementia Support Group 2:30 Parkinson's Singing Group South*	10 Quilters & Crafters 10 Time Together* 10 Intermediate Line Dancing 11:45 Lunch Served Nov. 20 11:30 Thanksgiving Meal Nov. 27 - Last Wednesday 11:30 Birthday cake and Party (all are welcome)	8:30 Bridge 9 Senior Striders 10 Time Together* (10-noon only) 12:15 Whidbey Prime Time Players 6 Twilight Bridge Nov. 21 - 3rd Thursday 2 Legal consults (call for appointment) Nov. 21 - 3rd Thursday 4 Paid Caregivers Support Group	10 Time Together* 10:45 Fun Band 11 SHIBA (Statewide Health Insurance Benefits Advisors) by appointment 11:45 Lunch Served 2 Legal consults (call for appointment) Nov. 15 - 3rd Friday 10 Death Cafe	11 Israeli Circle Dance

*Activities are held at St. Augustine's-in-the-Woods, Freeland | **Activities are held at Trinity Lutheran Church, Freeland
Call Island Senior Resources for instructor contact numbers and information.

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

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TRAVEL LOG

OAK HARBOR SENIOR CENTER

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

MYSTERY LUNCHES

Tuesday, November 12
Wednesday, December 18

Depart: 10:30 AM – Return: 2:30 PM
Member: \$20 • Non-Member: \$30
Price includes transportation only

The mystery has been solved- these lunch trips are a ton of fun! Travel Escort, Lauraine, will be sure to take you on a delightful afternoon to an undisclosed restaurant where you will enjoy some delicious dining with the other passengers. Before returning home sometimes there is time for another surprise stop! This is a great way to discover new restaurants or enjoy a well-known favorite while meeting new friends and enjoying the good company.

NOVEMBER

SILVER REEF CASINO
Monday, November 4

9 AM - 5 PM

Member: \$33 • Non-Member: \$40

Head up north with us to the Silver Reef Casino where we can play slots, tables, and enjoy a delicious lunch buffet or one of their many lunch options.

HISTORY OF SEATTLE
LUNCH CRUISE

Wednesday, November 6

8:30 AM - 4:30 PM

Member: \$110 • Non-Member: \$130

Explore the history of our beautiful Pacific Northwest on a Waterways Cruise around Lake Union. While cruising, we will indulge in an extraordinary lunch of creative and delicious dishes and flavors of Seattle's Pike's Place Market. A fun, relaxing day! **Space is limited, please sign up by October 18.**



FRASER DOWNS

Monday, November 11

9:30 AM - 6:30 PM

Member: \$80 • Non-Member: \$95

Watch the harness horse races at Fraser Downs while enjoying a delicious brunch buffet. If you are feeling lucky, place some bets and see how you do! Price includes transportation and buffet. Space is limited, sign up soon to assure your spot.

PACIFIC CULINARY SCHOOL

Monday, November 18

8:30 AM - 5:30 PM

Member: \$100 • Non-Member: \$120

Who is ready for a gourmet lunch? We are returning to the Pacific Institute of Culinary Arts in Vancouver B.C. where we will enjoy a special holiday inspired 3-course meal prepared by the students. There will be delicious desserts and pastries available for purchase that you can enjoy after your meal or on the bus ride home! Also, we will have a brief time to shop the market at Granville Island before returning home. Price includes transportation and lunch. **Please note a passport or enhanced license is required.**

ALDERWOOD MALL

Thursday, November 21

8 AM - 5:30 PM

Member: \$40 Non-Member: \$48

Our semi-annual trip to the mall is an opportunity to pick up holiday gifts or enjoy shopping at Nordstrom's, REI, J Jill, and the new Soft Surroundings. Relax with a no host lunch stop, then hop on our bus to visit World Market. Don't forget to pick up some Cinnabon cinnamon rolls, always a treat!

KING ARTHUR BAKING CLASS

Saturday, November 23

8 AM - 3 PM

Member: \$110 • Non-Member: \$130

Do you enjoy eating great bread? We will have a hands-on class making small breads at the King Arthur Baking School in Burlington! This 3-hour class will teach

us new techniques and we will be able to bring our delicious breads home so we can continue to enjoy them. We will also have a no host stop at the Third Street Cafe in Mt. Vernon for lunch before returning home.

DECEMBER

SUNDAY BRUNCH AT
CHUCKANUT MANOR

Sunday, December 8

10:15 AM - 2 PM

Member: \$70 • Non-Member: \$85

Cost includes transportation, brunch, coffee and tea, and first glass of champagne.

Our annual Christmas brunch will be at our favorite location, Chuckanut Manor. Come and enjoy the endless variety of enticing goodies, prime rib, eggs Benedict, fresh cream cakes and more! Santa and Mrs. Claus might make an appearance so let's put on our festive shirts and join Lauraine for this holiday celebration.



THE NUTCRACKER

Saturday, December 14

8:45 AM - 7 PM

Member: \$145 • Non-Member: \$170

See the classic Christmas ballet The Nutcracker, presented by the Pacific Northwest Ballet in the beautiful McCaw Hall. This 2.5-hour production is a must see event during the holiday season. We will stop for a no-host lunch prior to the show.

LIGHTS OF CHRISTMAS
WARM BEACH

Thursday, December 19

3:30 PM - 9:30 PM

Member: \$48 • Non-Member: \$58

The amazing display at Warm Beach in Stanwood features over one million

lights spread across 15 acres. The Lights of Christmas is the largest holiday light display in the Pacific Northwest that combines live entertainment, food, and holiday shopping. (Please note: cash is preferred at food vendors)

TULALIP CASINO
OR OUTLET MALLS

Monday, December 16

9 AM - 3:30 PM

Member: \$30 • Non-Member: \$36

This Vegas style casino offers spectacular gaming and dining options with over 1,200 slots to choose from and American inspired lunch buffet. Lets try to win big this time!

2020



"GUYS & DOLLS"

Saturday, January 18, 2020

9:30 AM - 5:30 PM

Member: \$117 • Non-Member: \$140

Considered by many to be the perfect musical comedy, *Guys and Dolls* is a treat full of romance, laughs, and irresistible charm. This Broadway production has been a crowd pleaser since 1950! We will have a no-host lunch at Anthony's Woodfire Grill prior to the show at Everett Village Theater. **Please sign up by December 6 to reserve your spot.**

STUNT DOG

Saturday, March 14, 2020

10 AM - 5 PM

Member: \$55 • Non-Member: \$65

Cheer on furry friends from animal rescues nationwide in this acrobatic and athletic dog show! These dogs will soar, spin, jump and fly in this high-energy, show. We will stop for a no host lunch prior to the show at Mt. Baker Theater in Bellingham.

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JERSEY BOYS

Saturday, April 18, 2020

10 AM - 6 PM

Member: \$158 • Non-Member: \$188

Go behind the music and inside the story of the Jersey Boys. **Space is limited, must reserve your spot by December 31.**

EXTENDED TRAVEL



ROME & THE AMALFI COAST

May 2 - 11, 2020

Double: \$4,499 • Single: \$5,299

Take a panoramic tour of Classical Rome featuring an in-depth, guided visit of the Colosseum, discover the ruins of Pompeii, and discover the mountaintop monastery of Montecassino! Includes ground and air transportation, lodging, and 13 meals.



HERITAGE OF AMERICA

April 9 - 18, 2020

Double: \$3,779 • Single: \$4,879

Follow the epic story of American democracy. Spend two nights in New York City before heading to Philadelphia to view the Liberty Bell and see Independence Hall. Walk the hallowed battlefield at Gettysburg and tour the National Military Park & Museum. Enjoy a choice between visiting President Eisenhower's home

or a walking tour of historic downtown Gettysburg. Visit the presidential estates of Washington's Mount Vernon and Jefferson's Monticello. Explore the countless treasures of the Smithsonian Institution with your choice of visiting the National Air and Space Museum or the National Museum of American History. Tour Washington, D.C.'s National Mall and view the moving World War II Memorial, the Vietnam Veterans Memorial and the Korean War Memorial. Visit Arlington National Cemetery. This tour is 10 days, 9 nights and includes transportation from Oak Harbor to the airport, airfare, baggage handling, lodging, and tour guide.



MAGICAL RHINE & MOSELLE RIVER CRUISE

August 16 - 25, 2020

Double: \$5,129 • Single: \$5,829

Set out on a 7-night cruise along the Rhine where you will discover lovely Strasbourg on a guided tour, enjoy a Captain's Gala Dinner, a visit of Cochem's renowned wine cellars, and cruise the famous canals of Amsterdam. Includes ground and air transportation, 7-night river cruise, lodging, and 22 meals.



SPOTLIGHT ON NEW YORK

October 15 - 19, 2020

Double: \$2,999 • Single: \$3,799

Visit America's most exciting city, New York City, explore the 9/11 Memorial and Museum, experience two Broadway shows, embark on a voyage to the Lady Liberty, join a local guide for tour of New York City's time-honored landmarks, and enjoy breakfast at the famous Ellen's Stardust Diner featuring singing waitstaff on this 5 day tour. Includes air and ground transportation and 5 meals.

ISLAND SENIOR RESOURCES

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

ISR provides transportation to/from Bayview Hall. Clinton ferry pricing does not include walk-on ferry ticket

CASINO TRIPS IN 2019

All casino trips depart/return from Bayview Community Hall Parking lot. Depart 9 AM • Return 4:30 PM Member: \$35 • Non-member: \$45



QUIL CEDA CREEK
November 12

TULALIP RESORT
December 10

MEAL SITES & HOURS

ISLAND SENIOR RESOURCE CENTER (BAYVIEW)

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

OAK HARBOR SENIOR CENTER

51 SE Jerome Street, Oak Harbor, WA 98277
360-279-0367 (kitchen) or 360-279-4580 (Center)
Meals served Mon, Wed, Fri, 11:30 a.m.

CAMANO CENTER

606 Arrowhead Road, Camano Island, WA 98282 • 360-387-0222
Meals served Mon, Wed, Fri, noon

CAMBAY APARTMENTS

50 North Main Street, Coupeville, WA 98239
360-678-4886 Ext 28 or 360-321-6661 ext 28
Meals served Mon, Tues, Wed, Fri, 11:45 a.m.

BROOKHAVEN

150 4th Street, Langley, WA 98260 • 360-321-1600
Meals served Mon, Wed, Fri, noon; Thurs, 5 p.m.

COUPEVILLE METHODIST CHURCH, FIRST UNITED

608 N Main St, Coupeville, WA 98239 • 360-678-4256
Meals served Wed, 11:45 a.m.

HILLSIDE EVANGELICAL FREE CHURCH

874 Plantation Drive, Greenbank, WA 98253 • 360-222-3211
Meals served Wed, Fri, 11:30 a.m.

Community Meals offer older adults social opportunities while enjoying a delicious, nutritionally balanced meal. They are provided for adults age 60+, their spouses, and caregivers. Donations are appreciated and help fund the program.

Due to rising costs, effective April 1, the suggested donation for community meals will be \$6/meal. Meals on Wheels suggested donation will be \$6/hot meal and \$5/frozen meal.

MENU - NOVEMBER

\$6 Suggested donation for meals

WEEK 1

Fri	1	Braised Chicken Thighs & Polenta
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WEEK 2

Mon	4	Sesame Chicken & Fried Rice
Tues	5	Supreme Pizza & Salad
Wed	6	Moroccan Beef & Pumpkin Bake
Thurs	7	Brookhaven Chef's Choice
Fri	8	Fish Alyeska w/Cream Sauce

WEEK 3

Mon	11	Barbeque Chicken
Tues	12	Tuna Salad on Croissant & Soup
Wed	13	Hearty Beef Stew
Thurs	14	Brookhaven Chef's Choice
Fri	15	Lemon Braised Chicken Tenders

WEEK 4

Mon	18	Italian Sausage Bean Casserole
Tues	19	Soup of the Day & Sandwich
Wed	20	Thanksgiving Meal- Turkey & Fixings
Thurs	21	Brookhaven Chef's Choice
Fri	22	Beef Stroganoff w/Mushrooms

WEEK 5

Mon	25	Pork Chops w/Chutney
Tues	26	Half Reuben Sandwich
Wed	27	Chicken Cordon Bleu Bake
Thurs	28	Holiday - Meal Sites Closed
Fri	29	Holiday - Meal Sites Closed

Thank you for reading *Island Times*. Please support our advertisers. Please recycle this publication when you are finished reading it.

Oak Harbor Senior Center

51 SE Jerome St.,
Oak Harbor, WA 98277

Front Desk: 360-279-4580

Normal Business Hours:

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

Yearly Membership Dues: \$40

Available for anyone 50+ years

Liz Lange • 360-279-4581

Senior Services Administrator

Carly Waymire • 360-279-4583

Program Coordinator

Jade Brown • 360-279-4582

Program Assistant

Send comments and suggestions
to CWaymire@oakharbor.org

Remembering to Give Thanks

Jade Brown

Program Assistant, City of Oak Harbor Senior Services

Its finally the holiday season! Even though it feels like last year's holiday season just ended. But this time of year, will always be my favorite. Something in the air always changes at this time of year, people seem to be just a little bit kinder, everything seems to smell a little bit better, and the world around us is just a little bit brighter. Not everyone sees this time of year the same way. The so called "happiest time of year" might not be happy for all. Not everyone has loved ones gathering around for Thanksgiving dinner. Those of us who do should be very thankful. It is in the name of this very holiday that we celebrate Thanksgiving, that we give thanks. This can be as simple as saying the words thank you, or showing it with our actions.

We tend to take everyday things for granted; our jobs, having a roof over our head, food on the table, a friendly neighbor, a loving family, the list could go on. There are many people who are not fortunate enough to have even one of these. There are blessing that we do not even notice because of our busy lives. I thank God for the many blessing he gives me including my friends and family, an education, and a rewarding job. Let us take some time to think about what we are



Oak Harbor Senior Center Volunteers

thankful for and keep it going every day, not just during the holiday season.

At the center I am thankful for the volunteers that help to run and make the center a fun and inviting place to be. I am thankful for the members, if we did not have members then we would not have a Senior Center. I am thankful for the stories and relationships that our volunteers and members build. I am very fortunate to wake up and enjoy going to work, to be able to look forward to the joy that each work day brings. Thank you to everyone who makes the Senior Center what is today.

During this Thanksgiving season lets remember those who are not as fortunate as others, if you know someone who does not have a family to gather with for the holiday, send them an invitation to join you for Thanksgiving dinner, or send them a plate of dinner. If you know of someone who is in need of simple items that you maybe able to help provide, send an anonymous care package.



Member Spotlight: Ralph Corbin

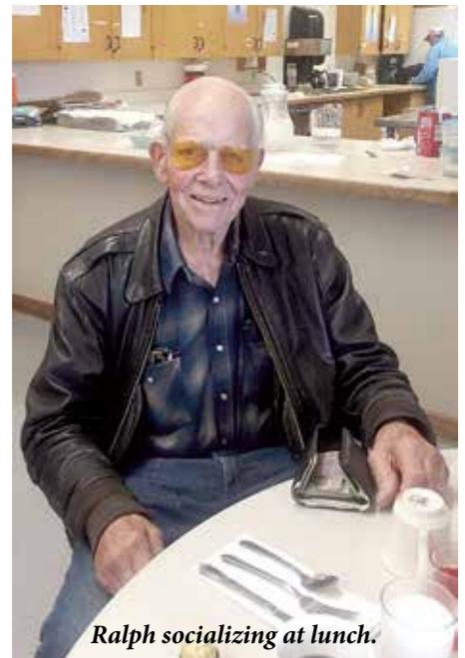
By Jade Brown, Program Assistant, City of Oak Harbor Senior Services

Ralph Corbin was born in Los Angeles, California. He was born at home and was delivered by his grandfather; his grandfather is the one who named him and told his parents "you better name him Ralph Corbin." Ralph served in the military for 34 years and retired in 1994. In 1972 Ralph bought property in Oak Harbor, but he did not move to Oak Harbor until 1994 when he retired from the Air Force.

Ralph's best memories begin with airplanes. When Ralph was seven years old, he designed his first model airplane, and to his surprise it actually flew! One of his favorite memories is his ninth birthday, when the owner of the North American Aviation gifted him a model airplane

to build. From then on, his passion for airplanes grew, at just 13 years old Ralph started flying airplanes. In the military Ralph served as a flight engineer and a commercial pilot. On long haul flights Ralph would give the pilots a break and takeover flying for them, because everyone needs to sleep. In 1985 is when Ralph flew a jet airplane for the very first time.

Ralph attends The Senior Center every Monday, Wednesday, and Friday for lunch and to socialize. As one could imagine his hobbies include building model airplanes, model railroads, and bowling. Ralph also likes to work on building projects at his home. One piece of advice that Ralph has for his peers is "Don't drink too much and get out and do something."



Ralph socializing at lunch.



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

Please note **NEW DATE** and **NEW LOCATION**

**Tuesday, Nov. 19, 1-3 p.m.,
Oak Harbor Lutheran Church
1253 NW 2nd Ave, Oak Harbor**

All are welcome to attend.

For more information about W.I.G.S. visit www.whidbeygensearchers.org

VILLAGE CONCEPTS OF OAK HARBOR PRESENTS OUR ANNUAL

Holiday Bazaar

**Saturday,
November 9
9am to 5pm**

If you would like to have a booth at our Annual Holiday Bazaar the registration fee is \$25, which includes lunch. We are also looking for donations for our raffle baskets! If you would like a booth or would like to donate an item, please contact BreAnna 360-675-2569 or breeannab@villageconcepts.com to reserve your spot today!

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CLASSES and EVENTS at Oak Harbor Senior Center

BEGINNER & INTERMEDIATE CHESS CLASS

Wednesdays at 10 a.m.

Members: \$5 per class
Non-Members: \$8 per class

Are you interested in learning more about the game of chess? Professional chess coach will teach beginning principals and tactics of chess. Each session will include a half hour of instruction and a half hour of play. Chess will inject adventure and excitement into your life as well as enhance your brain.

WILL & ESTATE PLANNING WORKSHOP

Thursdays in October
11 a.m. – noon

Members: \$25 all sessions or \$10 each class
Non-members: \$30 all sessions or \$15 each class

Attorney Jake Kempton from Whidbey Will & Trust will go over everything you need to know about estate planning, wills, trusts, power of attorney, and end of life care to put your mind at ease about end-of-life planning. This 4-week workshop requires registration as space is limited. To register please call the Center.

DECEPTION PASS PARKS PRESENTATION

Wednesday, Oct. 16
10:30 – 11:30 a.m.

Deception Pass State Park Area Manager, Jason Armstrong will share about the park's history, interesting facts, and future plans. Join him for this informational presentation to learn more about the Deception Pass State Park and what the future holds.

MILITARY LEGAL PRESENTATION

Wednesday, Oct. 23
10:30 a.m.

A representative from Region Legal Service Office NW will explain what services are available to active duty, retirees, and dependents from all branches of the military. They can help provide many services including estate planning and legal resources. If you are a military retiree come see what kind of free services may be available to you!

FANCIFUL FALL – AN UNEXPECTED RUNWAY SHOW WITH FLARE

Saturday, Oct. 26
Doors open 5:30 p.m.
Dinner and Event 6 p.m.

Tickets: \$50 per person, includes dinner

As the first annual benefit event for the Oak Harbor Senior Center Foundation, in addition to the wearable arts show, there will be a silent dessert auction, raise the paddle, and beer and wine will be available for purchase. Tickets are on sale at the Oak Harbor Senior Center for \$50. Tickets include dinner and a show. Remember, accouterments and haberdashery highly encouraged!

ALL MEMBER MEETING

Tuesday, Oct. 29
10:30 – 11:30 a.m.

All members of the Oak Harbor Senior Center are invited to join our annual All Member Meeting Tuesday, Oct. 29 at 10:30 a.m. Liz Lange, Administrator Senior Services, will be providing an update about the state of the Senior Center including a recap of 2019 and future plans of 2020. We hope to see you there!

AARP SAFE DRIVER COURSE

Wednesday, Oct. 30
8:30 a.m. – 4:30 p.m.

AARP Members: \$15
Non-AARP Members: \$20

Must pre-register by calling the Center at 360-279-4580

ISLAND COUNTY VOLUNTEER LAWYER PRESENTATION

Wednesday, Nov. 6
10:30 a.m.

A board member from the Island County Volunteer Lawyer Program will explain what services are available to income eligible residents in Washington state and persons age 60 and over, at no cost.

Come learn about what services they may be able to provide to you free of charge.



POINSETTIA WREATH CLASS

Wednesday, Nov. 6
1:30 p.m.

Members: \$?? • Non-Members: \$??

Whether you are looking for an affordable gift idea or bright décor option for your door, Angel will show you the technique to using Poly-Mesh to create this beautiful flower wreath. Cost includes supplies and instructions. Space is limited, please register by calling the Center at 360-279-4580.

COIL BASKET CLASS

Wednesday, Nov. 20
9 a.m.

Free

Learn how to make your own coil basket that is yours to keep. Supplies and instructions included. Please register by calling the center, 360-279-4580.

OHPD FRAUD PRESENTATION

Thursday, Dec. 12
11 a.m.

Join us for this presentation focused on keeping you safe this holiday season.

fanciful
FALL

AN UNEXPECTED RUNWAY SHOW WITH FLARE

Oak Harbor Senior Center
Saturday, October 26th
\$50 Per Person
Doors open 5:30
Dinner & Event 6:00

Dinner & Wearable Art Fashion Show
Silent Dessert Auction & Raise the Paddle

Accouterments & Haberdashery Highly Encouraged

A BENEFIT EVENT FOR THE
OAK HARBOR SENIOR CENTER FOUNDATION

GREEN TICKET CASH GIVEAWAY

Shop, Walk, Dine in Historic Downtown Oak Harbor

OAK HARBOR MAIN STREET
P.O. BOX 851 • OAK HARBOR, WA 98277

NOVEMBER 1 - DECEMBER 21, 2019

Earn a GREEN TICKET for every \$20 purchase* at participating merchants between November 1 and December 21, 2019 and be entered to win \$1000 CASH, \$500 CASH OR A \$100 Main Street Gift Certificate!
Drawing will be held at 4pm on Saturday, December 21 at Harborside Village Mall.
For more information and list of participating merchants visit OakHarborMainStreet.com.
Must be 18 years older to participate. Must be present to win.

*1 ticket per \$20 purchase with a maximum of 50 tickets per individual transaction up to \$1000.



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Miik Wells, ISR Community Outreach, finding joy focusing on connecting with others at the Oak Harbor Senior Center.

JOY continued from page 1

What will our focus be? Where is your focus and is it on something that can truly bring you Joy? Or are you unable to focus past the immediate circumstances of life that may be difficult and challenging?

Late Sunday night as I was ready to sleep my mind was reviewing the coming day when I suddenly realized I had overbooked myself. There were two meetings to be at, both important for me to attend. I had a hard time getting to sleep thinking about how to solve this. In the morning when stress started to set in again, I had the thought "Don't get stressed. Get pumped!" Knowing from experience things have a way of working themselves out, and realizing it was my worry and anxiety that was creating an issue, not the circumstance its self, I knew I just needed to move forward. I

was putting too much focus on the temporary circumstance and losing focus of the bigger picture. I didn't need to stress about the circumstances, I merely needed the energy of mind and body to make everything happen that needed to be done.

At a conference I recently attended a speaker said "No matter our circumstances, no matter our challenges or trials, there is something in each day to embrace and cherish. There is something in each day that can bring gratitude and joy if only we will see and appreciate it."

When you find yourself feeling worried, stressed or saddened by circumstances you are facing in life, take a moment to find something to embrace, something to take your focus to a higher plane of thought. Find something in life worthy of your energy and focus and head in that direction full heartedly.

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



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EDUCATIONAL SERIES

All About End of Life Planning

11 a.m. at OHSC • All Are Welcome • Free

November 7: End of Life Planning - The Full Picture

Educated experts from End of Life Washington will inform you on how to talk to your family and medical providers about your end of life wishes, what the death dignity act entails, and more about advance directives.

November 14: Completing Your Advance Directive

End of Life Washington will return and present on how to complete your advance directive. This presentation will be formatted like a workshop and the goal is that by the end of the presentation you will have an almost completed advance directive.

November 21: Defining Hospice Care

Kaaren Flint from Hospice of the Northwest will explain about what hospice care is, who they serve, and how they bring hope to individuals and families facing a life-limiting illness.

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