

Island Times

Look for Island Times the LAST Thursday of each month
MAY 2022

MONTHLY NEWSPAPER OF ISLAND SENIOR RESOURCES AND THE CENTER IN OAK HARBOR Volume 6 • Issue 1



A few of the Senior Bee quilters smiling for a picture in front of their 2022 quilt donation

The Center in Oak Harbor "Senior Bees"

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

The quilting group at The Center in Oak Harbor has become much more than just a "hobby group". In fact, they have turned into a friend group, a support system, and a group who makes quilts for those in need. The group refers to themselves as "The Senior Bees" which is an appropriate name because they are always working like busy bees on their next project!

Every year The Senior Bees work on a quilt together and donate it to The Center as a fundraiser. The Center sells raffle tickets for one dollar each and select a winner on a set date. The funds raised from the raffle go into The Center's operating budget as a donation. Each year everyone is eager to see what style of quilt the group has made. The amount of detail on each quilt is beyond impressive and the quilters put hundreds of hours into making them. Every other year the Senior Bees put on a quilt show at The Center to share their work and sell some of their quilts to those who weren't lucky enough to win the raffle. The next quilt show is set to be in September of 2023, more information to come as the date nears closer.

Not only do the Senior Bees donate quilts to The Center, but they also make quilts for disabled seniors, homeless, various organizations to use for fundraisers, newborns,

QUILT continued on page 8

Older Americans Honored This Month

By Robin Bush ISR Communications

May is Older Americans Month, established in 1963 under President John F. Kennedy (initially named Senior Citizens Month), as a way for our entire nation to pay tribute to older persons in our communities.

Older Americans play vital positive roles in our communities -- as family members, friends, volunteers, civic leaders, workforce members, mentors, and more, offering strength, wisdom, and experience from a wide range of backgrounds.

The Administration for Community Living, which leads the nation's observance of Older Americans Month, is asking each of us to find ways to support the theme Age My Way. This theme is designed to explore the many ways older adults can continue to live independently and contribute to their communi-

ties for as long as possible. When we all commit to creating communities that provide and support the services that help older adults to thrive, we weave a tapestry of young and old side-by-side, honoring and respecting, sharing and listening, learning and teaching that contributes to health and well-being for everyone.

If you are a younger community member, ask yourself, "How can I create opportunities for older adults to share their wealth of knowledge? What can I give, what can I learn, and what can we share?"

If you are an older adult, ask yourself, "What can I do now and in years ahead to age in place my way and maintain my

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Age my way!

DID YOU KNOW?

A health benefit of social interaction is lowering your risk of dementia – [Mercycare.org](https://www.mercycare.org).



Check out all the programs and events The Center has to offer.

see page 6 for more information



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FROM THE EXECUTIVE DIRECTOR

Transitions and Encores

By Michele Cato, Executive Director, Island Senior Resources

As a 63-year-old single empty nester who has moved across the country to start afresh both personally and professionally in a new community, I have given lots of thought to personal transitions and professional encores. Some transitions were natural -- my aging process and my daughter deciding not to move home to Virginia after finishing college in California. Others were thrust upon me -- being laid off twice in my career and my father dying unexpectedly. Still, others were by choice -- moving back to the Pacific Northwest and assuming a leadership role with Island Senior Resources. What these transitions have in common though, is they, and our mental well-being, demand resilience, confidence in self, and an absolute belief that the cup is half full rather than half empty.

I am not afraid of change. On the contrary, I thrive on new adventures and new beginnings. But there are often moments of self-doubt and fear, and I have had to develop some tools to help me overcome the negative, often debilitating self-talk. I am healthier and happier when I trust that change offers unlimited potential for learning, growth, and abundance.

Change is a fundamental part of the aging process. We can choose to fear the unknown or get excited by its prospects. I

prefer the latter and draw from my oft-used toolkit to take advantage of each opportunity to lean into a better future.

In advance of any possible change, I hone the following personal resiliency tools:

1. A list of personal and professional values ('lines in the sand') against which I weigh decisions about the next steps
2. A group of friends and family who can play devil's advocate and question my choices but support me unconditionally
3. Familiarity with resources available to help me through various changes (therapists, doctors, realtors, recruiters, financial institutions, home caregivers)
4. Knowledge of mindfulness techniques to reduce stress
5. My decision to 'live in a state of trust' (I trust that I will be okay after all)
6. Experience with written plans and 'to do' lists that break down the bigger challenges into manageable task units
7. Active engagement in my community rather than social isolation
8. Practice avoiding comparisons between 'then' and 'now.' Accept and embrace the new you!

A New Opportunity

By Robin Bush ISR Communications

There's a brand new site on the internet where seniors and caregivers can interact, share, learn, and ask questions. It's called Senior Planet Community. Senior Planet Community is the social media platform offered by Senior Planet and AARP and is designed specifically for older adult users. I checked it out and what I found was intriguing. Some of us may steer clear of social media, others are avid users, but this one is a place to engage with others who share your interests and also happen to be seniors. There is something special about connecting with a peer group that can relate to your challenges and suggest achievable solutions.

To join, you need to register at www.seniorplanet.org with your email and name and create a password. You'll receive an email to confirm that you asked to sign up, and once you click on the link provided in the email, you are signed up. I tried it to see what it was like. Joining took me to a page where I could select groups (see "Groups" at the top of the page). That brought up a list of 27 groups I might be interested in, from gardening to a spot for creatives, a gardening club, a book-lovers club, an advocacy group, everything Tech for tech questions, travelers sharing travel stories, foodies sharing recipes, a group for LGBTQIA+ members, a pet lovers' group, even a group that practices Spanish together. I could select which ones I wanted to join.

community.seniorplanet.org with your email and name and create a password. You'll receive an email to confirm that you asked to sign up, and once you click on the link provided in the email, you are signed up. I tried it to see what it was like. Joining took me to a page where I could select groups (see "Groups" at the top of the page). That brought up a list of 27 groups I might be interested in, from gardening to a spot for creatives, a gardening club, a book-lovers club, an advocacy group, everything Tech for tech questions, travelers sharing travel stories, foodies sharing recipes, a group for LGBTQIA+ members, a pet lovers' group, even a group that practices Spanish together. I could select which ones I wanted to join.

Since I try each year to grow a vegetable garden in a space that only gets sun part of the day, I joined the garden group and found a camaraderie that is only matched by a trip to one of our local nurseries to talk with their plant experts. I asked for advice on several issues and found many willing to share their experiences and solutions; I discovered a group of people willing to share their wealth of knowledge gained from many years of living and growing gardens.

Give it a try; if you don't like it, you can always click on your name at the top right of the website, select account, and then click on delete account.

For more information on Senior Planet and read their many articles go to www.seniorplanet.org. You don't have to join anything and signing up for their newsletter is optional.

Island Senior Resources has Multiple Open Positions!

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

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



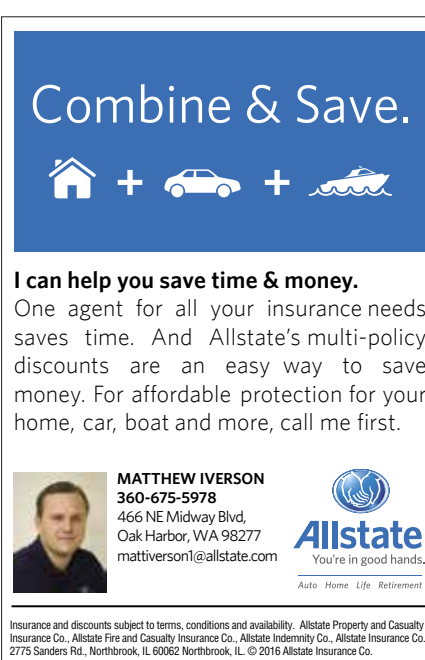
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Island Senior Resources is an independent nonprofit 501(c)(3) that has been serving Island County since 1972. It is not an agency of local, state, or federal government. Island Senior Resources is the trade name for Senior Services of Island County.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

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: Michele Cato

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sense of purpose and value?" Here are a few things to consider:

Plan: Think about what you will need and want in the future, what community-based services you may need, and what community activities interest you.

Engage: Remain involved and contribute to your community in ways that have meaning to you.

Access: Make improvements to your home and be informed about assistive technologies that will help you to age in place.

Connect: Maintain your social activities and relationships. Remain as active and connected as you can regardless of the limitations age may bring upon you.

As you consider how you want the years ahead to be, to remain connected, and contribute your gifts for the benefit of others, consider the question Michael Clinton poses in his book *ROAR Into the Second Half of Your Life*. (Before It's Too Late). He asks, "What's your favorite future?"

Try this: he suggests picking a word of something you value, then listing all the various manifestations for it that you can. For example, imagine if you chose the word "helping." How can you make changes to incorporate it in all you do? Your answers become the map to begin living a meaningful, engaged life at any age. Imagine what your photo would look like if you were living that life. Are you willing to accept limitations, or will you be determined to turn every obstacle into an opportunity to add value to your life and the lives of others? What can you do today to take that next step? And who do you want to surround yourself with who will support you living your best life, your way?

As we age, things are fine until they aren't. Perhaps that's inevitable, but we don't have to sit and wait for it. Instead, age your way, and everyone around you will benefit from all you share. That's how we build strong communities that value older adults.

What can you do today to celebrate Older Americans Month, and who can you get to do it with you?



OLDER AMERICANS MONTH

AGE MY WAY: MAY 2022

Hearing Health Services

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Keys to Healthy and Happy Aging (According to Betty White)

Many of us have seen or heard about the upbeat energy and life-affirming vigor of Betty White. In a recent article on the Growing Bolder website her secrets for healthy and happy aging were shared:

- The ability to adapt
- A passion for making a difference
- An optimistic spirit with a sense of humor
- A desire to keep working
- Fearless curiosity

Don't miss this wonderful article that tells her story and is inspiration to us all. Go to: www.growingbolder.com then use the search feature to search "Betty White" and read "Betty White's Legacy."

Senior Thrift

benefitting
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5518 Woodard Ave,
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HOURS
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capacity is reached.



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EVERY DAY!**

May Specials

25% OFF PINK TAGS 50% OFF BLUE TAGS
BLUE TAGGED CLOTHING \$1.00
5/27 & 5/28

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.



Easy Steps to Prevent Food Waste

Everyone is shopping smarter these days. It is important for the environment to keep food waste out of landfills where it produces methane, a powerful greenhouse gas.

Use these tips to save on groceries and help the environment.

1. Plan ahead



Before you go to the grocery store or order online, make a list so you don't buy more than you need.

2. Serve smart



Portion control is good for your waistline, and good for reducing plate waste.

3. Love your leftovers



Pack leftovers in small portions in shallow containers, mark the contents and date, refrigerate and use within 3 to 4 days or freeze immediately.

4. Compost, don't trash



Food scraps can be recycled into compost, an organic material that can be added to soil to help plants grow. Set up a home compost bin or drop your food waste at a local compost center.

Learn more about food loss and waste prevention at www.usda.gov/foodlossandwaste.



CAREGIVERS: AT THE HEART OF HEALTHCARE

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

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

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

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

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

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

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



Dear Trudy Technology

Dear Trudy Technology,

I am embarrassed to write this, but I recently fell for an internet scam. I thought I had found the deal of the century when I purchased a brand new pair of sneakers for my nephew's birthday. He had been asking for them for months and I thought I had just gotten lucky. When he opened the box in front of all his friends, they were all stunned into silence. I was so pleased with myself. But then, they all burst out laughing and my nephew's face flushed with shame. One of his friends announced loudly that you could tell they weren't the real thing a mile away. I got up to look, and the sneakers in the box looked nothing like the photo of the sneakers I thought I purchased. My nephew said it's okay and he understands, but I can't help feeling like I ruined his birthday.

I never want this to happen again. Is there a way to prevent buying knock-off items online that masquerade as the real thing?

Sincerely,
Embarrassed on the Island

Dear Embarrassed,

Don't feel ashamed! Smart people fall for scams all the time. But here are five tips you can use the next time you are online shopping to help you out next time!

1. Check the address bar in the top right corner of your screen to make sure the website's address starts with "HTTPS" not just "HTTP." The "S" tells you it's a secure domain, meaning that the site (and your information) has the required protections against hackers.
2. If something for sale seems too good to be true, it probably is. A new iPhone will never be sold for \$10; they retail for hundreds of dollars. Watch out for other similar scenarios.
3. Research the site. A simple Google

search will help you check for BBB ratings, along with other reviews and "safety scores" for the site. If the only thing that comes up is the site you're questioning, it's not safe. You can also check for a social media presence to verify a page's authenticity.

4. Look at the product photos. If they are all shot in the same way and the pages are cohesive a website is more likely to be legitimate. But, if some photos have a black background, some were taken in a bright white studio, while others were outdoors, this means that they probably stole the product photos from other websites and creators and you'll receive, if anything, a shoddy knock-off if you make a purchase.
5. Look at other parts of the site like the "About Us" and "Contact" pages. If these parts of the site are blank, missing, or if the content seems strange, it's probably not a legitimate website. If there is no location or contact information available, except for a form, proceed with caution. If it does, you can find out where the company is located so that you can be wary of international scams.

If you are uncertain about a website, or if your gut says that it might not be safe, err on the side of caution and don't make a purchase or provide them with any personal information. Navigate away and stay on the lookout for the things that will tell you whether or not the purchase you are about to make is from a real, reputable company.

Best of luck!

Trudy

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

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

Resources for LGBTQIA+ Older Adults:

We have a list of great resources for LGBTQIA+ older adults on the virtual community page of our website at <https://senior-resources.org/virtual-community/>.

Join in for films, discussions, events, fitness classes, tech classes, and more that support LGBTQIA+ experiences.

GET BACK IN ACTION.

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*Ask about Double-blind studies and recent endorsements by the APTA & WHO

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432 3rd St • Langley • Soundview Center • www.rueandprimavera.com

Senior Farmer's Market Produce Vouchers Available in June!

Eligible low-income seniors will receive \$40 worth of vouchers to purchase fresh fruits and vegetables at authorized farmers markets.

To be eligible you must be an Island County resident, and age 60+ (non-Native Americans), 55+ (Native Americans), and have income that does not exceed \$2,096/ month for 1 person or \$2,823/month for 2 people. Larger households, add \$700 per person.

Participating authorized farmers markets and farm stores will be posted on our website when available (www.senior-resources.org) and will be included with the vouchers.

For more information call (360) 321-1600 or 360-678-3373 ext. 0.

Support Groups Meet Online

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.

Please call 360-321-1600, 360-678-3373 or email reception@islandseniorservices.org for information about attending ISR support groups.

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.

May 18

July 20

Sept. 21

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



MAY

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

WEEK 1		
Mon	2	Bow Tie Turkey Chili
Wed	4	Crispy Pesto Chicken
Fri	6	Salmon Orzo Salad
WEEK 2		
Mon	9	Roasted Chicken & Red Potatoes
Wed	11	Beefy Stuffed Shells
Fri	13	Asian Pear w/Honey Ham Salad
WEEK 3		
Mon	16	Bacon Cheeseburger Slider
Wed	18	Pineapple Chicken Fried Rice
Fri	20	Antipasto Italian Salad
WEEK 4		
Mon	23	Beef Taco Pie
Wed	25	Chicken Divan
Fri	27	Deli Turkey Spin Salad
WEEK 5		
Mon	30	Holiday - Meal Program Closed

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:

May 3

July 5

Sept. 6

WEDNESDAY CLASSES • 1 PM:

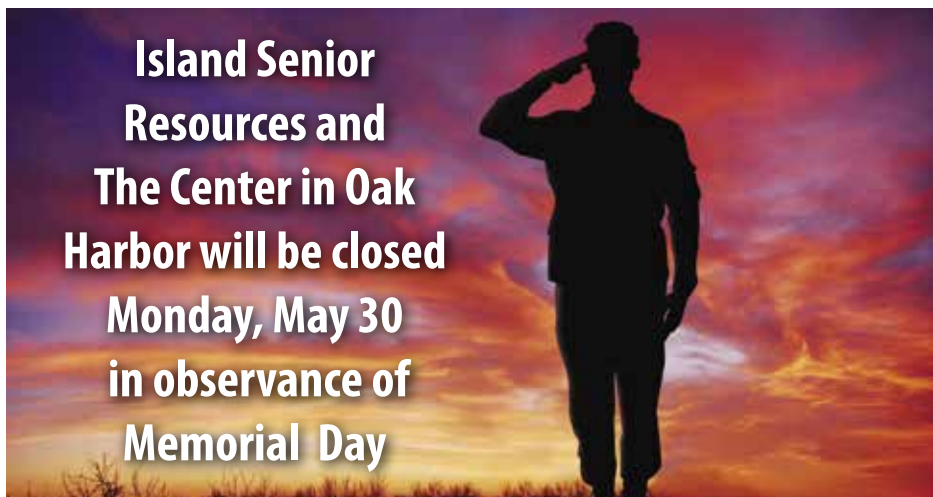
June 1

Aug. 3

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

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

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



Island Senior Resources and The Center in Oak Harbor will be closed Monday, May 30 in observance of Memorial Day

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

CLASSES AND PROGRAMS

Ballroom Dance Lessons – Cha-Cha Thursdays (Beginning 5/5) | 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 Cha-Cha instructed by
Duncan Chalfant. No partner required.

New to Whidbey Social Group

2nd and 4th Wednesdays, 2 p.m.

Whether you moved here during the
pandemic or this week, we invite you to
join the New to Whidbey Group to learn
more about what Whidbey Island has to
offer, make new connections, and dis-
cover how to get involved.

Tech Workshop

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!

NEW! Textile Group

Wednesdays | 1 PM

Calling all embroiderists, stitchers, rug
hookers, doll makers, textile collage art-
ists, junk journalists, macrame, slow stich,
needle felters, and mixed media artists to
bring their projects and work on them in
a group setting.

ENHANCEFITNESS & YOGA

\$25 members, \$30 non-members

Drop-in: \$5 members, \$7 non-members

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.

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



EnhanceFitness

Mondays, Wednesdays and Fridays, 8:45 - 9:45 a.m.

An hour-long exercise class that includes
aerobics, strength training, balance exer-
cises, 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.

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

Alzheimer's Association Presentation

Know the 10 Signs: Early Detection Matters

Wednesday, May 18 | 1 - 3 PM

Pre-registration required, no fee

Alzheimer's and other dementias cause changes in memory, thinking and behavior that interfere with daily life. Join us to learn about 10 common warning signs and what to watch for in yourself and others. The program covers typical age-related changes, common warning signs of Alzheimer's, how to approach someone about memory concerns, early detection, the benefits of a diagnosis, and the diagnostic process and Alzheimer's Association resources.

alzheimer's
association

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




National
DONUT DAY
Friday, June 3
Sponsored By:
Chris BAKERY
Stop by The Center for a delicious donut courtesy of
Chris Bakery, available while supplies last.

Whidbey Island Genealogical Searchers

~presents~

Stephen P. Morse
"1950 CENSUS - Searching with
and without a name index"

The 1950 census was released April 1, 2022 without a name index.
Various tools will be presented for searching.

Tuesday, May 17, 2022 • 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.



FARE FREE CONVENIENT FRIENDLY SAFE

Island Transit Connecting Seniors to Rides

Island Transit Customer Service
is available to help plan your trip.

Whidbey Island (360) 678-7771
Camano Island (360) 387-7433

Check our Website
www.IslandTransit.org

Shopping | Medical Appointments | Church
Yes! Language assistance available.

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The Center In Oak Harbor, 360-279-4580

Daily Program Schedule

MONDAY

- 8:45 EnhanceFitness
- 9 Billiards
- 9 Lapidary
- 9 Quilting
- 10 EnhanceFitness (Low Impact)
- 10 Mah Jongg
- 12 Bunco
- 12 Ping Pong
- 1 Art
- 3 Clogging

TUESDAY

- 8:30 Yoga
- 9 Billiards
- 9 Lapidary
- 11 Mexican Train
- 1 Line Dance
- 1 Knitting and Crocheting

WEDNESDAY

- 8:45 EnhanceFitness
- 9 Billiards
- 9 Lapidary
- 10 EnhanceFitness (Low Impact)
- 11 Duplicate Bridge
- 12 Ping Pong
- 1 Textile Group
- 2 New to Whidbey (2nd/4th Wed)

THURSDAY

- 8:30 Yoga
- 9 Billiards
- 10 Walking Club (Meets at Flintstone Park)
- 10 Wii Bowling
- 10 Wire Wrap
- 11:30 Lunch
- 1 History Class (begins 4/14)
- 2 Tech Workshop
- 3 Ballroom Dance (begins 5/5)

FRIDAY

- 8:45 EnhanceFitness
- 9 Billiards
- 9 Quilting
- 10 EnhanceFitness (Low Impact)
- 12 Pinochle
- 1 Line Dance

BRING YOUR GRANDMOTHERS, MOTHERS, DAUGHTERS & FRIENDS TO CELEBRATE MOTHERS DAY WITH US AT OUR

High Tea

THE CENTER IN OAK HARBOR
SATURDAY, MAY 7TH
12:00 PM | TICKETS: \$20

Tea includes a gracious selection of finger foods. Fancy hats are encouraged. Pre-purchase tickets at The Center, online or by calling 360.279.4580



Christina (2nd from left) with her four children

Community GARAGE

SALE

Saturday, June 4
8 AM - 2 PM

The Center in Oak Harbor
51 SE Jerome St., Oak Harbor

Have stuff to sell? Rent a table for \$20
Call 360.279.4580 for more details

Welcome, Christina Benjamin, to The Center in Oak Harbor Family!

We are excited to welcome our new Program Assistant, Christina Benjamin. She comes to us with over 12 years of experience working in a variety of roles including facility coordinator, casino host, admin assistant, revenue auditor, and bartender/cocktail server. Christina has an extensive background in event coordinating, travel escorting, and administrative work.

Christina was born in Coupeville and grew up on her family farm located in between Oak Harbor and Coupeville. As a kid she enjoyed riding horses and competed in equestrian events. A proud mom of four, Christina explains, "My life consists mainly around my children, and I would do anything for them." She can regularly be found watching their sporting events and will even travel all over the state to watch them play. In 2008 she even won the "mother of the year award" from local radio station MOVIN 92.5. Her oldest will be graduating from Oak Harbor High School this year and being an Oak Harbor High graduate herself she is an avid Wildcat fan.



Christina and her boyfriend Joe enjoying vacation in Hawaii

One thing Christina is looking forward to working at The Center is being more involved in the community she grew up in. She also loves a fast-paced work environment so she will fit right in! Please stop by The Center and join us in welcoming Christina Benjamin as the new Program Assistant.

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QUILT continued from page 1

active-duty military, veterans, and house bound individuals. In the past year they have donated close to a hundred quilts to Citizens Against Domestic and Sexual Abuse (CADA) who then distribute them to those in need.

The Senior Bees brighten the faces of many with their generous quilt donations. As long as they can keep supporting the community, they will keep making quilts! The group is always looking to have new individuals join them and want to extend a welcome to those with little or no experience. The Senior Bees meet at The Center in Oak Harbor on Monday and Friday mornings from 9-11 am. Stop by The Center to check out the group and buy a raffle ticket for this year's quilt drawing!



A Senior Bee hand stitching the 2022 quilt for raffle

Quilt Raffle
Receive One Ticket
For Each \$1.00 Donation

All proceeds support programs at
The Center in Oak Harbor

Winning ticket will be drawn
September 2, 2022

Quilt donated by The Oak Harbor Senior Bees

TRAVEL LOG

MYSTERY LUNCH

Tuesdays: May 31, June 28
11 AM – 3 PM

\$25 Members • \$32 Non-members

Hop on the bus and take a drive to a mystery location where we will enjoy a delightful lunch amongst friends.

BURKE & MOHAI MUSEUM

Thursday, May 5 | 8 AM – 6 PM

\$83 Members • \$100 Non-members

This fun filled day will begin with a stop at the Burke Museum on the U.W. campus where you can watch working labs while visiting the exhibits of biology, contemporary culture, paleontology, Northwest native art, and archaeology. Then, we will have a no-host lunch before visiting the MOHAI museum where you will learn about the story of Seattle through exhibits and interactions.



A DAY IN LEAVENWORTH

Thursday, May 12 | 8 AM – 7 PM

\$90 Members • \$110 Non-members

Join us for a day of gorgeous mountain vistas as we drive through the pass to the Bavarian town of Leavenworth. There will be plenty of time for a no-host lunch at one of the many fantastic restaurants, wine tasting and shopping galore!



LEMAY CAR MUSEUM

Thursday, May 19 | 8 AM – 8 PM

\$98 Members • \$118 Non-members

Whether you're a collector, an automotive enthusiast, or just a fan of cars, this museum will be sure to spark your interest. Enjoy a no-host lunch in their Classic Café, which features hot sandwiches,

burgers, and floats, or choose from an option of close by restaurants. Price includes transportation and museum entrance.

VAN GOGH IMMERSIVE EXPERIENCE

Wednesday, May 25 | 8 AM – 4 PM

\$90 Members • \$110 Non-members

Experience a 360° digital art exhibition in Seattle that invites you to step into the universe of the Dutch genius, Vincent van Gogh. The experience will last 60-75 minutes and then we will enjoy a no-host lunch at The Cheesecake Factory.

WHALE WATCHING

Tuesday, June 7 | 8:30 AM – 3 PM

\$155 Members • \$185 Non-members

The calm waters near the San Juan Islands are one of the best places in the world to view wild orcas, humpback, minke and gray whales! Soak in the natural beauty of the Pacific Northwest aboard the Island Explorer boat on this 4-5 hour excursion.

BLOEDEL RESERVE & LUNCH IN POULSBO

Thursday, June 16

8:30 AM – 6:30 PM

\$65 Members • \$78 Non-members

The Bloedel Reserve is a 150-acre garden and forest reserve located on Bainbridge Island, featuring beautiful landscapes. You will have the opportunity to step inside the residence and view the 18th-Century French design as well as learn about the history of the landscapes. We will stop for a no-host lunch in Poulsbo.

Please note: This trip includes an optional walk which will be about a mile long on paved trails.

HAMILTON AT THE PARAMOUNT THEATER

Saturday, Aug. 6 | 9:30 AM – 6:30 PM

\$220 Members • \$265 Non-members

Hamilton is the story of America then, told by America now. Featuring a score that blends hip-hop, jazz, R&B and Broadway, *Hamilton* has taken the story of American founding father Alexander Hamilton and created a revolutionary moment in theatre—a musical that has had a profound impact on culture, politics, and education. Tickets are very limited, must pre-register by May 31.

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