

Island Times

Look for Island Times the LAST Thursday of each month
JULY 2023

MONTHLY NEWSPAPER OF ISLAND SENIOR RESOURCES AND THE CENTER IN OAK HARBOR

Volume 7 • Issue 3



Tai Chi class enjoying the outdoors

Embracing the Summer Months: Older Adults Guide to Enjoying the Season

By Christina Benjamin Program Assistant, City of Oak Harbor Senior Services

As the warm rays of the sun grace the horizon, signaling the arrival of summer, it's time for older adults to step out, breathe in the fresh air, and embrace the joys this vibrant season brings. Summer months offer numerous opportunities for older adults to engage in activities that promote physical, mental, and emotional well-being. From outdoor adventures to cultural experiences, let's explore how older adults can make the most of the summer months and create unforgettable memories.

1. Stay Active:

Summer is the perfect time for older adults to engage in activities that promote physical fitness. Gentle exercises like walking, swimming, or tai chi can help maintain flexibility and mobility. Joining The Center's fitness class or organizing group walks with friends can make staying active more enjoyable. Remember to stay hydrated and protect yourself from excessive heat by seeking shade or air-conditioned spaces during peak hours.

2. Explore the Outdoors:

The beauty of nature is at its peak during summer, inviting older adults to explore outdoor adventures. Take leisurely walks in parks or botanical gardens to appreciate the blooming flowers and lush greenery. Consider visiting local lakes, beaches, or nature trails for a refreshing change of scenery. Gardening is also a fantastic outdoor activity that promotes relaxation, creativity, and the joy of nurturing plant life.

3. Socialize and Connect:

Summer offers countless opportunities for older adults to socialize and connect with others. Organize picnics, barbecues, or outdoor potlucks with friends, family, or neighbors. Consider joining The Center in Oak Harbor or participating in community events. Engaging in group activities not only fosters a sense of belonging but also helps combat feelings of isolation and loneliness that some older adults may experience.

4. Cultivate Hobbies and Interests:

Summer months provide ample time for older adults to pursue their hobbies and interests. Whether it's painting, photography, writing, or playing a musical instrument, dedicating time to these passions brings immense joy and fulfillment. Consider enrolling in classes or workshops that cater specifically to older adult's interests, allowing for both personal growth and opportunities to meet like-minded individuals.

EMBRACING continued on page 8

Healthy Aging Part 7: Mental Wellness

By Robin Bush ISR Communications

Samuel is a glass-is-half-full person. He finds the best in everything, spends little if any time thinking of worst-case scenarios, and has found a glimmer of sunshine in even the darkest moments throughout his life. He is 98, smiles at everyone, and begins each day saying to his live-in caregiver, "I have so much more living to do today."

Samuel has also always been a goal-setter. He spent his life envisioning the possibilities and developing plans that were likely to bring those possibilities about. When he was nine, he wanted to build a treehouse but had no nails. When his mother said they didn't have money for nails, he was not to be defeated. He asked a neighbor if he could walk her dog in exchange for nails; if that weren't enough, he'd harvest her beans too. He drew pictures of his dream tree house long before he ever hammered a nail. Later, he wanted to be the first to graduate college in his family and get a job with a good pension. He created a mental image of standing at the podium accepting his diploma and another of retirement with a wife by his side. WWII happened and sidelined his plans for several years, but he eventually used the 1944 GI Bill to pay his tuition. He graduated with honors, married his sweetheart, became an engineer for a national company, and received a generous pension that allowed for a comfortable retirement. Throughout his life, his mental images and steadfast optimism helped him stay on track even when significant events could have cut short that which he had set his heart on.

Research has found that optimistic mental imagery of future events increases the likelihood that those events will occur (Johnson and Sher-



man, 1990). Think about how that could impact the trajectory of your life!

Optimism is at the core of mental wellness, which is an important aspect of healthy aging. Mental wellness determines how we handle stress, relate to others, and make choices. It means we can weather expected and unexpected changes. It includes how we think, feel, and act as we cope with life. When each of these aspects of mental wellness is approached with optimism, the result is healthier aging.

Dr. Seligman at the University of Pennsylvania has found optimists tend to live longer, be more successful, and less likely to experience depression and other illnesses. His research shows optimism can even offer some protection against the onset of post-traumatic stress disorder (PTSD). He says, "Being in the bottom quartile of pessimists is roughly the same as smoking two and three packs of cigarettes a day... Optimistic people live on average between six and eight years longer than pessimistic people."

There are supportive behaviors that help us maintain the optimistic attitude needed to sustain mental and physical wellness and support healthy aging:

Whenever thoughts arise about bad things that happened in the past or challenges around you today, consciously refocus your attention on positive things.

Take a break from negative information – turn off the news periodically and listen

MENTAL continued on page 3

DID YOU KNOW?

There is compelling evidence that a diet rich in fruits and vegetables can lower the risk of heart disease and stroke.

(Harvard T. H. Chan School of Public Health)



Whidbey Island farmer's markets are great locations to buy fresh local produce. Farmer's Market Debit Cards are now available for qualifying seniors.

For more information, see page 3

98th Annual **Whidbey Island fair**
A Great Place to **BEE** in 2023! 819 Camano Ave, Langley
whidbeyislandfair.com



Paper Flowers Memorial

By Danielle Klein, ISR Staff

"Grief is not a disorder, a disease, or a sign of weakness. It is an emotional, physical, and spiritual necessity, the price you pay for love. The only cure for grief is to grieve." – Dr. Earl A. Grollman

The case managers at Island Senior Resources often walk alongside a senior from our community on the path toward the end of their life. These case managers try to help navigate the sometimes-troubled waters between life and death. This is a very emotional journey for all to travel together. Geriatric case managers are responsible for developing short- and long-term care plans for older patients. They often facilitate discussions with families and patients about end-of-life care. These individuals work to navigate emotional and logistical burdens for the client and family.

Our case managers also help schedule volunteer medical transportation, help provide nutritious meals, find medical equipment from our medical lending library, and offer support groups for their loved ones. But most of all, they give our Island County seniors a hand to hold and a compassionate ear



to listen. They listen to the stories of their lives, happy and sad, without judgment.

At the ISR office in Oak Harbor, the case managers have started a tradition to memorialize their clients, who are also their friends. They have created a board for beautiful paper flowers in shapes, colors, textures, and materials (think glitter or sparkles) that remind them of their clients.

For each client who has passed away this year, there is a flower made in honor of their life. At the end of each year, the case managers will remove the memorial flowers and say goodbye, possibly creating a ritual of burning the paper flowers to ashes and releasing the ashes into the wind or onto a body of water.

ISR Case Manager Director Celeste Fikejs started this idea with only a design in her head and had not made flowers like this before. She did some online research and then brought in different materials for her team to create memorial flowers.

Creative memorials can be a constructive way to handle grief. There are many creative options for honoring a loved one's life. You may find comfort and meaning in unexpected ways when trying something different. Like our case managers in Oak Harbor, you might discover drawing upon the arts as a resource for thoughtful and healing memorialization is helpful.

The Power of Youth

By Robin Bush, ISR Communications

In a book titled, "The Swedish Art of Aging Exuberantly: Life Wisdom from Someone Who Will (Probably) Die Before You," Margareta Magnusson (age 86) says, "There seems to be no other choice than to see every nuisance as something that I must find a way to cherish." Magnusson's definition of happiness is being around young people.

Vonetta Dotson, a professor of psychology and gerontology at Georgia State University and author of "Keep Your Wits About You: The Science of Brain Maintenance as You Age," says being around younger people benefits your brain. She reports that research is finding that as some cognitive decline begins, socializing with younger people who are mentally sharp stimulates cognitive function.

How do you go about building relationships with younger people? As you engage with them, allow them to talk and listen to their point of view. Don't tell them what you would do in their situation unless they ask. Offer understanding. Let them know they have been heard (even if you disagree). How can you get started? Keep your door



open to grandchildren (yours or a friend's), call younger relatives regularly, volunteer at the local schools or Big Brothers Big Sisters, or read to children at the library. Just a few hours a week can make a difference in your level of happiness and your cognitive function.

Be open to the idea. Change your approach from "No, I can't" to "Yes, I can." Before saying no to an opportunity for intergenerational experience, ask yourself, "Why do I feel I should say no? Is it that I can't do it or that I won't do it." It's good to s-t-r-e-t-c-h yourself. Try bringing more young people into your life and experience the transformation in thoughts and feelings – for you and them.

See. Hear. Now.

We all want to make a positive difference through what we do in our lives. Having a purpose helps us live longer with better mental and physical health.

Do you have an interest in the issues of aging? You see seniors on our islands around you. You hear them asking for someone to help. Now you can be part of the solution.

Island Senior Resources (ISR) has openings on our board of directors. This could be your opportunity to lend your ideas and voice to how we, as leaders for our community, can help seniors in Island County.

We seek individuals from across generations and those with diverse life-experience from all regions of the county. We welcome representatives from every community and are particularly interested in those who can represent the north Whidbey and Camano communities to help us hear the voices of all those in need. Having past nonprofit experience is preferred but not required.

For more information about our board, contact Kathryn Beaumont, ISR Board Vice-President, at 360-321-1600 or email kathryn@islandseniorservices.org

For more information about ISR, contact Michele Cato, Executive Director, at 703-999-3091 or email michele@islandseniorservices.org

Our website: www.senior-resources.org

SEE	Do you SEE what our island seniors are facing?
HEAR	Do you HEAR seniors asking for help?
NOW	You can BE the solution. NOW.



Get Our Monthly eNews
www.senior-resources.org
 Sign Up Today

Monthly eNews for seniors, adult with disabilities, and those who care for them
 360-321-1600

HOW TO REACH ISLAND SENIOR RESOURCES

For all departments and all staff call 360-321-1600

- Nutrition/Meals on Wheels
 - Aging & Disability Resources
 - Family Caregiver Support
 - Medicaid In-Home Care/Case Management
 - Medical Transportation/Volunteer Services
 - SHIBA
 - Senior Thrift
- For more information, visit www.senior-resources.org

OUR LOCATIONS

Weekdays, 8:30 a.m. - 4 p.m.

- Island Senior Resources (Bayview)**
14594 SR 525, Langley, WA 98260
- Island Senior Resources (Oak Harbor)**
917 E Whidbey Ave
Oak Harbor, WA 98277

ISLAND SENIOR RESOURCES BOARD OF DIRECTORS

- Jan Bahner: President
- Kathryn Beaumont: Vice President
- Jason Pryde: Secretary/Treasurer
- Nancy Bolin-Romanski
- June Nailon
- Chris Schacker
- Sarah Stiteler
- Jill Johnson, Island Co. Commissioner
- Executive Director: Michele Cato

Island Senior Resources is an independent nonprofit 501(c)(3) that has been serving Island County since 1972. Island Senior Resources is the trade name for Senior Services of Island County.

benefitting
Island Senior Resources
5518 Woodard Ave,
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MENTAL continued from page 1

more openly to people who believe differently.

Practice gratitude. Think of all the things you are thankful for today. Then, enjoy the positive images that come to mind.

Stay as physically active as you can. Exercise reduces stress and improves mood.

Get adequate sleep at regular times each night.

Eat a well-balanced diet. Ask your physician about the link between nutrients and mental wellness.

Identify and build your sense of purpose in your life. Arthur Ashe said, "Start where you are. Use what you have. Do what you can." Mahatma Gandhi said, "The best way to find yourself is to lose yourself in the service of others."

Meditate to cope with stressful situations.

Use relaxation techniques – relax and tighten different muscles and try guided imagery or biofeedback devices to help you regulate your breath and heart rate.

Breathe. Take time out, many times a day, to take three deep breaths.

It is important to understand that even though we try, we can't always reach mental wellness by ourselves, and we don't need to. If you are struggling, know you are not alone. It is essential to reach out and seek help. Forming a plan with a professional can help put you on a path toward mental wellness that will support your healthy aging.

Find more information in the Positive Psychology toolkit from www.positivepsychologyprogram.com and the Get Inspired section at <https://my.happify.com>.

Make Medicare Sign-up Easy

by Glenda Cantrell*

If you are new to Medicare, looking for supplemental insurance, or want to switch to a new plan, ISR has free consultants through the SHIBA program (Statewide Health Insurance Benefits Advisors) who will help you understand what plans are available to you. Call 360-321-1600 to arrange a consultation or attend a free Welcome to Medicare seminar (see the calendar at www.senior-resources.org/calendar to register for the next class).

Once SHIBA has helped you narrow the options, an insurance broker will help you select and sign up for the best policy. (They receive payment from the companies they represent, never from you as a client). You don't need to call multiple insurers yourself or be frustrated by never reaching the same person twice, or worse, never getting the same information twice. They do that for you. So, contact several brokers, with no

Tips for Seniors



obligation, to see which one might be a match for you. Remember, brokers are free to those they help. If you need more information on my experience or who I use, please contact me!

*Glenda Cantrell is a Certified Life Coach, author of "Glenda's Recipes: How I Reversed My Diabetes with Diet and No Medication," and a consultant with 36 meal plans for various health needs. "Tips for Seniors" offers information she has found on her journey to wellness. She is not a doctor, nutritionist, or dietician. These tips are shared from her personal experience. For more information, contact Glendacantrell@comcast.net or 360-720-2955.

2023 Senior Farmer's Market Produce Debit Cards are Here!

The Senior Farmer's Market Nutrition Program (SFMNP) is a "Win-Win" program, which benefits both low-income seniors and our local farmers! Local farmers sell more produce and seniors who otherwise could not afford it are able to purchase organic, fresh fruits and vegetables as an excellent supplement to a healthy diet.

Eligible low-income seniors will receive a debit card worth \$80 to purchase fresh fruits and vegetables at authorized farmers markets.

Who Is Eligible? (Must meet all three criteria):

1. Island County resident
2. Age : 60+ for non-Native Americans, 55+ for Native Americans
3. Income:
Up to \$2,248/ month for 1 person
Up to \$3,040/month for 2 people
For larger households, add \$792 per person.

How Do I Apply?

Applications are now being accepted. You can either go to our website www.senior-resources.org/nutrition/overview and apply online, or download and mail the application to us, or call (360) 321-1600 ext. "0" to get more details about how to pick up an

application. Debit Cards and funds are limited so please call soon.

We will be mailing out your debit card once we have all the necessary information. Debit cards are good through October, depending on the Farmer's Market seasonal time frame.

Participating markets

A list of participating authorized farmers markets and farm stores will be posted at www.senior-resources.org/nutrition/overview when available and a list will be included with the mailed debit cards.



Island Senior Resources would like to extend a special thank you to Island Thrift for their generous grant of \$10,000 for integrated community programs for seniors. Together we are building a stronger community for everyone.

island thrift

Island Senior Resources Presents **DEATH CAFE**
LET'S TALK ABOUT DEATH, DRINK TEA, AND EAT CAKE

Tea & Cake & **Death**

TUESDAY JULY 11TH 1 P.M. - 2:30 P.M. Island Senior Resources Bayview (Courtyard) 14594 SR 525, Langley	TUESDAY JULY 18TH 1 P.M. - 2:30 P.M. Camano Island Library 848 N Sunrise Blvd, Camano Island	WEDNESDAY JULY 19TH 1 P.M. - 2:30 P.M. Oak Harbor Library 1000 SE Regatta Dr Oak Harbor
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(360) 321-1600 www.senior-resources.org https://www.facebook.com/islandseniors https://www.instagram.com/islandseniors/

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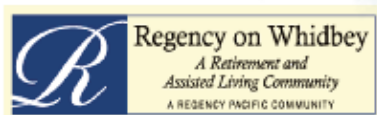
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I will provide:
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I will be your representative. I will provide information, encourage dialogue, and address the needs and concerns of our local community.

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* Annual Percentage Yield (APY) effective 06/23/2023. CDs offered by Edward Jones are bank-issued and FDIC-insured up to \$250,000 (principal and interest accrued but not yet paid) per depositor, per insured depository institution, for each account ownership category. Please visit www.fdic.gov or contact your financial advisor for additional information. Subject to availability and price change. CD values are subject to interest rate risk such that when interest rates rise, the prices of CDs can decrease. If CDs are sold prior to maturity, the investor can lose principal value. FDIC insurance does not cover losses in market value. Early withdrawal may not be permitted. Yields quoted are net of all commissions. CDs require the distribution of interest and do not allow interest to compound. CDs offered through Edward Jones are issued by banks and thrifts nationwide. All CDs sold by Edward Jones are registered with the Depository Trust Corp. (DTC).

Call or visit your local financial advisor today.

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MAKING SENSE OF INVESTING

SNO-ISLE LIBRARIES

Use the Library to Connect with Nature!

Sno-Isle Libraries provide bountiful opportunities for deepening your enjoyment of the great outdoors. Here are some ways to use the library to grow your relationship with nature.

BORROW A DISCOVER PASS

The Discover Pass is your ticket to paradise! Access millions of acres of gorgeous state parks and wildlife areas across Washington state. Borrow a pass for one whole week! Check out a pass at your community library or reserve one online. Visit the Discover Pass website (discoverpass.wa.gov) to learn more about the many beautiful places you can visit.

JOIN US FOR WALKS, NATURE TALKS, AND MORE

Check out our events calendar to learn about exhilarating nature-themed experiences you can attend, including:

Library walks: Sign up for one of our docent-guided tours in beautiful natural settings like Ebey's Trail (June 27), Possession Sound Preserve (July 12), Strawberry Point (July 27), and Double Bluff Beach (Aug. 15).

Nature events: Learn about orca whales, extreme weather, lava flows, bears, salmon, wolves, and more with our nature-related discussions and activities.

CALLING ALL GARDENING ENTHUSIASTS

The Wise Gardener Book Group: Attend a meeting with your fellow green thumbs at

6 p.m. on the fourth Thursday of the month at Clinton Community Hall. Each month, we focus on different themes like Garden Arts (June) and Rewilding & Restorative Gardening (August).

NATURE RESOURCES AND BOOK LISTS

Sno-Isle Library cardholders have access to excellent gardening and nature databases, including:

Gardening Tips and Know-How: Explore topics including soil management, propagation, watering, and pest management. Access over 3.6 million articles from journals and reference books with Gale OneFile: Gardening and Horticulture.

Take up Birding: Discover comprehensive life histories for all bird species and families with Birds of the World.

Explore the animal world: Identify and learn about more than 4,000 species with Grzimek's Animal Life.

No matter what information you seek, there's a good book about it. Browse the Sno-Isle Libraries website for book lists on subjects like Grown in the Pacific Northwest, Let's Go Beachin', Pacific Northwest Family Hikes, and so much more. And don't forget! You can always ask a librarian for recommendations specific to your interests.

To learn more about nature resources at the library, visit sno-isle.org or speak to a librarian at your local library.

Mental Health Affects Your Risk of Falling

by **Katheryn Howell**, ISR Senior Director of Community Programs

Falls and the injuries that result from them contribute to a pressing health issue in our nation, our state, and our Island County community. Knowing that falls present such an issue in our community, Island Senior Resources joined a Falls Prevention Coalition convened here in Island County in 2023 and are active, proud members.

Falls are not part of the normal aging process but are due to an interaction of underlying physical dysfunction, medications, and environmental hazards.

As we age, our balance is affected and may increase our risk of falling, but it is not normal to fall! Throughout 2021 and 2022, falls were the leading cause of emergency department visits at WhidbeyHealth. A little-known factor related to falls is the impact of depression on someone's risk of falling.

Biological fall risk factors include:

- Muscle weakness and reduced physical fitness
- Impaired control of balance and gait
- Vision changes
- Chronic or acute illness
- Physical disability
- Cognitive impairment
- Depression



Stay healthy and independent and check your risk for falls by taking a self-assessment (self-assessment provided online through the National Council on Aging):

<https://ncoa.org/age-well-planner/assessment/falls-free-checkup>

Take charge today:

- Make an appointment with your doctor
- Keep moving
- Wear sensible shoes
- Remove home hazards
- Light up your living space
- Use assistive devices

Call Island Senior Resources at 360-321-1600 and speak to a specialist to talk through Fall Prevention activity programming happening in Island County

Disclaimer: This article was adapted from the presentation "Fall Prevention Physical Activity for Bone and Joints" by Senior Physical Therapist Michelle Clark, DPT, at Purchase Outpatient Clinic in Burke Rehabilitation Hospital. The original presentation can be viewed at the following link: www.slideshare.net/burkerehab/fall-prevention-15370603. Statistics from Island County, WA, have been added to increase relevance to the community.

Getting Ready For Medicare!

Going on Medicare? Want to know more?

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

Seminar covers:

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

DATES:

Thursday, July 13, 2 p.m.

Island Senior Resources, Bayview,
14594 SR 525, Langley, WA

Wednesday, Aug. 23, 11 a.m.

ON ZOOM

PRE-REGISTRATION REQUIRED.

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

For more information or for help registering call 360-321-1600 ext 0. You can also email reception@islandseiorservices.org.



Island Senior Resources

ISR Lunch-n-Learn

WEDNESDAYS

Lunch: 11:45 a.m. – 12:30 p.m.,
Presentations: 12:30 – 1:30 p.m.
Coupeville United Methodist Church
608 N. Main St. Coupeville

Join us for a delicious lunch and then stay for fun and learning.

JULY 5: BINGO

Have fun and create new friends.

JULY 12: WHIDBEYHEALTH EMS

Robert May, Lead Paramedic for Whidbey-Health EMS will provide an overview of all services available to Whidbey Islanders and how to access underutilized resources that will keep you safe.

JULY 19: FAMILY CAREGIVING RESOURCES

Megan Owens, ISR Aging & Disability Resources Case Manager, will talk about helpful family caregiving resources and answer questions.

JULY 26: SARATOGA ORCHESTRA MUSICIANS

Orchestra members will delight you with a musical surprise!



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 ext 0.

Thursday, Sept. 14 • 1:30 p.m.

To pre-register, go to www.senior-resources.org/calendar and click on the date of the event.

Parkinson's Support Group
Tuesdays 10 a.m. via Zoom

Caregiver Support Group
Wednesdays 10 a.m. ISR Bayview, ISR Oak Harbor, & Zoom

You are not alone

(360) 321-1600
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Need Help?

JULY

Contributions to cover cost of meals are appreciated

WEEK 1		
Mon	3	Old Fashioned Hot Dog on Bun
Wed	5	BBQ Pork Slider
Fri	7	Chef Salad w/Ham & Turkey
WEEK 2		
Mon	10	Tender Chicken Strips & Joe Joes
Wed	12	Beef Stroganoff w/Mushrooms
Fri	14	Chicken Pesto Wrap w/Lettuce & Tomato
WEEK 3		
Mon	17	Beef & Broccoli Stir Fry w/Rice
Wed	19	Honey Baked Ham & Potatoes
Fri	21	Turkey Cranberry Sandwich
WEEK 4		
Mon	24	Cobb Salad w/Bacon & Cheese
Wed	26	Dijon Chicken Bake
Fri	28	Asian Salad w/Chicken
WEEK 5		
Mon	31	Fish Sandwich on Bun w/Lettuce

Daily Program Schedule

MONDAY

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

TUESDAY

- 8:45 Yoga
- 9 Billiards
- 9 Lapidary
- 10 Tai Chi
- 10 Walking Club (Meets at Flintstone Park)
- 11 Tech Drop-In
- 11 Mexican Train
- 12:30 Line Dance
- 1 Knitting/Crocheting
- 6 Lapidary (By Appt.)

WEDNESDAY

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

THURSDAY

- 8:45 Yoga
- 9 Billiards
- 10 Tai Chi
- 10 Walking Club (Meets at Flintstone Park)
- 10 Wii Bowling
- 10 Wire Wrap
- 1 Reader's Theater
- 1 Backgammon
- 2 Book Club (3rd Thursday)

FRIDAY

- 8:45 EnhanceFitness
- 9 Billiards
- 9 Quilting & Textiles
- 10 EnhanceFitness (Low Impact)
- 10:30 85 and Better Club
- 11:45 Lunch (ISR)
- 12 Pinochle
- 12:30 Line Dance
- 2:30 Ping Pong
- 7 Social Dance (2nd Friday)

The Center In Oak Harbor

51 SE Jerome St., Oak Harbor, WA 98277

Front Desk: 360-279-4580

Passport services & photos available by appointment

Current Business Hours:

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

Yearly Membership Dues: \$40

Available for anyone 50+ years

Liz Lange • 360-279-4581

Senior Services Administrator

Carly Larson • 360-279-4583

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Line Dancing Through Life With Betty Judd

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

Betty moved to Oak Harbor in 1987 to be closer to family and worked until she retired in 2013 at Skagit Valley College as the Head Start teacher and administrator.

She started coming to The Center for exercise class in 2013 after retirement and wanted to find something a little more fun to get her motivated to move. She saw line dancing on the calendar and came on a Friday afternoon "I stood in the back to just see what it was about," said Betty. Of course, right away she was sucked in by the friendly people, upbeat songs and mesmerizing moves. In fact, she soon found herself in the front of the room. "The front of the room really is the best place for a beginner to start. That way as we change directions, they will always have someone to watch." So, there she was front and center learning the steps.

The line dance group at The Center in Oak Harbor has seen some wonderfully dedicated leads. Jean was the instructor when Betty started in 2013, and as dancing seemed to come easy for Betty she started to fill in as the instructor when it was needed. Stan, who also was a line dance instructor for over a decade, kept the party going throughout COVID by having the dancers meet outside in parking lots and later as able at the Elks Lodge before being able to return to The Center in Oak Harbor. As Stan took a step back, Betty took two steps forward and took a lead role in instructing the Wednesday line dance classes.

Betty shared the reason for her ongoing participation in the group is because "All the people are friendly and the goal is to have a good time. We do a lot of laughing." In addition to making friends and having fun Betty loves that it is great for maintaining her balance and cognitive functions, "for me it was the answer to exercise".

Line dancing was the gateway dance for Betty. It took some time to convince her husband Gary to join in, but he eventually did and enjoys it. Together they got into social dancing and ballroom and have built a community of friends around dancing and going to live music events in the community to dance. "Now we are comfortable to get out on the dance floor



Above, Line dancers perform at The Center All Member Picnic; Right, Betty Judd and Officer Esparza at the All Member Picnic last summer where Judd and the line dancers performed



and do our thing. We don't have to worry what others think, we just enjoy dancing." All thanks to line dance!

Betty is traveling to Colorado this summer to participate in the Pikes Peak Line Dance Workshop and plans to come back with new material for the group.

She also invites anyone who wants to check it out to come and join them. "I knew nothing about it when I started, and I get it can be intimidating and you just want to disappear to the back. I get it, I was there" Betty shared, "but come up to the front, take a deep breathe, and know that everyone around you is willing to help and you have that support as you learn.

It is all about community. In fact, the line dancers will perform as requested throughout the community including senior living facilities during the holiday season as well as special events at The Center.

Come join them!

Tuesdays: 12:30-1:15 p.m., Beginners Line Dance and 1:15-2 p.m., Advanced Line Dance

Fridays: 1-2 p.m. everyone welcome!



Sundays In-Person; 10 am
5671 Crawford Rd, Langley
Zoom service link online
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TRAVEL LOG

DAY TRIPS:



A DAY IN LEAVENWORTH

Tuesday, July 11 | 8 AM – 7 PM

\$150 Members, \$180 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!



CRACKED CRAB CRUISE

Thursday, July 13 | 4:15 PM – 10 PM

\$150 Members, \$180 Non-members

Come relax with us on this un-matched crab dinner cruise experience around Bellingham and Chuckanut Bays. Dine on the Northwest's finest Dungeness crab, as well as Tuscan herb chicken, delectable side dishes, salads, and dessert while aboard the San Juan Cruises' 100-foot tour vessels with indoor seating and outdoor viewing on two levels.

LUNCH AT RHODES RIVER RANCH

Wednesday, July 19 | 9:30 AM – 4 PM

\$77 Members, \$93 Non-members

Rhodes River Ranch is a working ranch, dedicated to breeding, raising, and training future world champion performance horses. They offer a unique dining experience with an equestrian decorated restaurant and windows overlooking their Olympic-sized arena where you can sometimes catch a glimpse of the trainers and horses in action. No host lunch.



SCHOONER SUVA OAK HARBOR SAILING

Wednesday, July 26 | 1:30 PM – 4 PM

\$60 Members, \$72 Non-members

Welcome aboard! Meet at the Coupeville Wharf for a leisurely 2-hour cruise aboard the Schooner Suva. This Gatsby-era schooner was built in 1925 for Coupeville resident and attorney, Frank J Pratt, Jr. She was designed by Ted Geary, a noted Seattle naval architect. Built in Hong Kong, then shipped to British Columbia for spars and rigging, Suva sailed into Coupeville making a grand entrance. Since that time, Suva remained in Puget Sound waters. She is

now the proud flagship of the Whidbey Island Maritime Heritage Foundation, only her sixth owner. Come discover her charm. Includes snacks and beverages aboard the SUVA. We sail rain or shine, dress accordingly. Will reschedule due to adverse weather as deemed necessary by the captain.

SUCIA ISLAND PICNIC CRUISE

Monday, July 31 | 8:15 AM – 6 PM

\$205 Members, \$245 Non-members

Hop aboard as we will sail from Bellingham Bay to the northern San Juan Islands and stop at Sucia Island, an exclusive Island only accessible by private yacht or charter boat. Included is a delicious picnic lunch packed in an insulated cooler bag that is yours to keep! You will have two hours to explore the island, enjoy lunch, and even take a guided beach walk with a naturalist. This is a one-of-a-kind experience!



PIKE PLACE MARKET & WINGS OVER WASHINGTON

Thursday, Aug. 3 | 9 AM – 7 PM

\$130 Members, \$155 Non-members

Pike Place Market is Seattle's original farmers market and the center of locally sourced, artisan and specialty foods. Shop at the market, get a bite to eat, and take in the amazing sights and experience the smells of Washington with an aerial adventure in the "flying theater" Wings Over Washington. Price includes transportation and Wings Over Washington admission.

SAN JUAN ISLAND

Thursday, Aug. 10 | 7:30 AM – 8:30 PM

\$100 Members, \$120 Non-members

We will start the day with a scenic ferry ride out to San Juan Island. Once we arrive in Friday Harbor you will have around two hours to shop the stores and grab a bite to eat. Then we will get back on the bus to head over to the western side of the Island and visit Lime Kiln Point State Park, one of the best places in the world to view Orcas from land. Before heading back to the ferry, we will stop at Roche Harbor to take in the views, do a little shopping, or visit the iconic chapel.

MOUNTAIN LOOP HIGHWAY

**Wednesday, Aug. 16
8:30 AM – 4:30 PM**

\$96 Members, \$115 Non-Members

Join us for one of the most beautiful little drives in the state. We will head south through Arlington to Darrington where we will visit the Oso Landslide Memorial and view the spectacular White Horse Mountain. Then, traverse the loop along the Sauk river through our beautiful cascade foothills, then down along the south fork of the Stillaguamish River, past Verlot and Gold Basin camping areas and many trail heads, to Granite Falls. You will get a chance to walk across the Jordan River pedestrian suspension bridge on our way to Arlington for a late no-host lunch. After lunch and exploring Arlington, it will be back to Oak Harbor.



DIABLO LAKE TOUR & LUNCH

Thursday, Aug. 24 | 7:45 AM – 7 PM

\$160 Members, \$192 Non-members

As you cruise the glacier-fed Diablo Lake, you'll learn about the surrounding wildlife habitat and enjoy views of snow-clad mountain peaks, islands, and waterfalls. Experience parts of the lake that are hidden from view when traveling on the highway or trails. Your tour will come alive with stories about the early explorers and settlers in the area and the challenges of building the three Skagit River Hydroelectric Project dams and powerhouses in a very remote location. The Diablo Lake Boat tour ends with lunch from the North Cascades Environmental Learning Center. Tickets sell out fast, to reserve your spot, please register by July 21.

CHINESE GARDENS & SOUTH SEATTLE COLLEGE ARBORETUM

Tuesday, Aug. 29 | 8:30 AM – 5 PM

\$125 Members, \$150 Non-members

This outdoorsy day will start with a guided tour of the Seattle Chinese Gardens. After learning about the design and symbolic aspects of the Chinese Gardens we will head over to the South Seattle College arboretum and botanical garden to enjoy more beautiful displays and eat a freshly prepared boxed lunch.



TREEHOUSE POINT TOUR & GILLMAN VILLAGE

Friday, Sept. 8 | 9:30 AM – 6 PM

\$155 Members, \$185 Non-members

Treehouse Point is a woodsy resort that offers treehouse accommodations for their guests. These unique treehouses have been built by Pete Nelson from the TV show Treehouse Masters. The tree-

houses are only viewable by being an overnight guest or taking one of their guided tours where they will let us look in the unoccupied treehouses and show us around the property. After the tour, we will stop at Gillman Village for a no host lunch and shopping.

BRITISH PANTRY & TRADER JOE'S

Tuesday, Sept. 12 | 9 AM – 5 PM

\$95 Members, \$115 Non-members

The British Pantry is a full bakery, restaurant, and British imported food, gift store. They serve up some favorite British fare including potato crisps, fish and chips, sausage rolls, Lancashire pastries, bangers and mash, shepherds pie, and ploughmans. After a no-host lunch at the British Pantry there will be time to shop at Trader Joes, a grocery store offering unique food products at low prices.

MARINERS GAME

Wednesday, Sept. 13 | 9 AM – 7 PM

\$160 Members, \$192 Non-members

This is your chance to see the action in-person! Come cheer on the Mariners with us as they play the Angels. Price includes transportation, Terrace Club ticket, and buffet lunch.

PORT ANGELES CRAB FESTIVAL

Friday, Oct. 6 | 7:45 AM – 8 PM

\$140 Members, \$168 Non-members

The Dungeness Crab & Seafood Festival is the annual celebration of the region's diverse bounty – the seafood, the maritime and cultural traditions, and the breathtaking coastal environment. Included is a crab lunch accompanied by farm fresh corn on the cob and coleslaw.

EXTENDED TRAVEL:



SUNNY PORTUGAL

April 23 – May 2, 2024

\$3879 per person double

\$4479 per person single

Highlights include Portuguese Riviera, Lisboa, Belem, Obidos, Sintra, Arraiolos, Cork Factory, Evora, Winery Visit, Alentejo, Monsaraz, Lagos, Algarve, Faro, Tavira, four UNESCO World Heritage sites, Azeitao and 13 meals

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Our new **Central Whidbey State Parks** seasonal route will take you on a scenic tour of the island's beautiful state parks. You'll have the opportunity to explore the stunning landscapes, go for a hike, have a picnic, or simply take in the fresh air and beautiful scenery.



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EMBRACING continued from page 1

5. Cultural and Educational Experiences:

Summer months often see an abundance of cultural events, festivals, and concerts. Take advantage of these opportunities to explore local art exhibitions, attend live performances, or indulge in outdoor music festivals. Many museums and educational institutions also offer special summer programs catered to older adults, providing an avenue for lifelong learning and intellectual stimulation.

6. Relaxation and Self-Care:

Amidst the excitement and activity, it's equally important for older adults to prioritize relaxation and self-care during the summer months. Find tranquil spots to unwind and enjoy moments of solitude. Engage in meditation, yoga, or mindfulness exercises to promote mental and emotional well-being. Remember to protect your skin from the sun's harmful rays and stay adequately hydrated.

Summer is a season of vibrancy, energy, and joy, and older adults have every reason to embrace it with open arms. By staying active, exploring the outdoors, socializing, pursuing hobbies, engaging in cultural experiences, and practicing self-care, older adults can make the most of the summer months. It's a time to create beautiful memories, strengthen connections, and celebrate life. So, let the warmth of the sun inspire you, and embark on an unforgettable summer journey!



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CLASSES and EVENTS

at The Center In Oak Harbor

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

FITNESS

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

EnhanceFitness

Monday/Wednesday/Friday
8:45 – 9:45 a.m.

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

EnhanceFitness Low Impact

Monday/Wednesday/Friday
10 – 11 a.m.

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

Yoga

Tuesday/Thursday | 8:30 – 9:30 a.m.

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

Tai Chi (Video Only)

Tuesday & Thursdays | 10 – 11 a.m.

Tai Chi is a martial art that uses gentle, flowing movements to improve the health of the body and mind. In its most common form in present day, it is known as moving meditation that improves flexibility, balance, strength, and mental focus as well as decreasing stress. Tai Chi is a low impact exercise that is beneficial for every fitness level and all age groups. In this class you will learn Tai Chi and Qigong forms and flows.

Free Fitness Classes

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

CLASSES & PROGRAMS:



Social Dance

2nd Friday of the Month | 7-9 PM
Free, Everyone welcome

Dance to a variety of music including East coast swing, West coast swing, waltz, Cha Cha, night club two step, cowboy two step, line-dancing, or free-style.

Clogging

Mondays | 2-3 PM
\$20 for members, \$30 (+\$3 day use fees) for all others

A type of dance practiced in the United States, in which the dancer's footwear is used by striking the heel, the toe, or both, against a floor or each other to create audible rhythms.

85 & Better

Fridays | 10:30 AM – 11:30 PM

Are you 85 and over or know someone who is, come on Fridays to our new group that meets here at The Center. The group plays games, talks, and reminisce about their lives.

Book Club

3rd Thursday of the month | 2-3 PM
Join our book club led by Arletha Albright. The first book will be *Lessons & Chemistry* by: Bonnie Garmus. Come discuss the book and help choose future books.



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