

Island Times

Look for Island Times the LAST Thursday of each month
JAN. 2024

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

Volume 7 • Issue 9



Our walking group on one of the weekly walks

The Post-Holiday Blues in Older Adults

By **Christina Benjamin** Program Assistant, City of Oak Harbor Parks and Recreation

Have you ever heard of the post-holiday blues? Post-Holiday blues is when the holidays are officially over and you either are back home from visiting family, your entire family has gone back home, or you were alone during the holidays. Now is a time where you may feel low and unhappy due to family not being close as they were during the holidays or reflecting on the holidays being alone. Symptoms like insomnia, low energy, irritability, difficulty concentrating, and anxiety are signs of post-holiday blues and are usually short lived.

Things that can lead to post holiday blues is tiredness due to busy holiday routines, less sunlight hours, a festive diet and loneliness due to not being able to be with family. Don't worry there is things you can do to help you bounce back from the post-holiday blues.

Things you can do to get out of the holiday blues is get back to your regular routine. It is very important to have a fixed day by day routine for older adults. Fresh air and sunshine during winter helps your body feel rejuvenated. If going outdoors is not possible sitting in a sunlit window works wonders for the body and mind. Light exercise helps unwanted health issues like fatigue, digestion and slump from the holidays. Have you thought about discovering a new hobby or learning something new for your new year's resolution? Starting this new year with a new hobby or learning some things can make you feel accomplished.

If you have an older adult in your life that you feel is dealing with holiday blues, you can be a help for them as well. You can dedicate an activity day just for them. You can plan a



movie night, spa day or even a fun game night. This will give them a day to look forward to and it can provide a much-needed break in their routine. If you are unable to dedicate an activity day for them, you can check out something called companion care. This person can be there for them to have conversations, play board games and puzzles or even a nice walk outside.

Celebrating a Bright Future of Meaning And Happiness

By **Michele Cato** Island Senior Resources Executive Director

At 51 years old, Island Senior Resources (ISR) would be considered "middle-aged" in human terms (defined by Merriam-Webster as ages 45 to 64). Like so many of us entering our autumn years, ISR has been reflecting on this second stage of adulthood – a time when people often find the most meaning and happiness in life. This led ISR to consider how we can bring meaning and happiness to our community through our work to improve the health and well-being of our aging population. As we begin a new year with optimism and hope, ISR would like to share its gently shifting direction with our community.

Our New Vision: Island Senior Resources envisions an interwoven community in which aging adults and those who care for them are supported to live with dignity.

Our New Mission: Island Senior Resources will share the joys and help meet the challenges of aging in our Island County communities by providing integrated programs and services.

ISR will focus on collaboration, learning, health access, and sustainability to achieve this mission.

There are consistent themes in our strategic thinking: "interwoven," "integrated," and "collaboration." Singlehandedly, ISR cannot meet more than a fraction of the needs of the 23,000+ adults ages 65 and over and their caregivers in Island County. But together, in concert with other community organizations, government agencies, policymakers, churches, volunteers, adult

CELEBRATING continued on page 3



DID YOU KNOW?

January is the most common month to start an exercise program.



The Center in Oak Harbor has a variety of fitness classes designed for older adults and you may even be eligible to participate at no cost!

For more information see page 7.

Does your organization need a banner for the next parade?
We can help you!

- All kinds of size
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Whidbey Weekly & PRINTING

1131 SE Ely Street • Oak Harbor
360-682-2341
www.whidbeyweekly.com

LEADERSHIP CORNER

Reaching Out

By Robin Bush ISR Communications

As the new year begins, we remember all that led us to where we are. We are particularly grateful for the collaboration between the Center in Oak Harbor, ISR, and *Whidbey Weekly*. We have worked together to bring you *Island Times* since 2017 as a resource for older members of our communities, their friends, and families. All of us at ISR would like to offer our thanks to *Whidbey Weekly* for publishing *Island Times* and making it possible to raise awareness of resources for seniors, along with inspirational and educational articles, and opportunities to connect, engage, and volunteer.

ISR's goal is to reach every senior on Whidbey Island. Either through print, online, or in-person at local events. In addition

to *Island Times*, there are resources on the ISR website, in our monthly eNews (both in English and Spanish), and on our Facebook and Instagram pages. Online access is available on public computers at our Bayview and Oak Harbor offices and each Sno-Isle Library. We also look to our readers to spread the word about how ISR helps so that no one's need for essential services goes unfulfilled. Be our voice!

ISR Website: www.senior-resources.org

ISR blog and eNews: www.senior-resources.org/resources

ISR Facebook: www.facebook.com/islandseniors

ISR Instagram: www.instagram.com/islandseniors

Or, call us at 360-321-1600 with any questions.

We share our very best wishes for the New Year with our readers and everyone at *Whidbey Weekly*.




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

On the Beauty and Fragility of Thin Skin

By Charles LaFond, Potter, and ISR staff member

Once upon a time, in a wooded hamlet, a young potter took her pail into the woods to dig up some clay from a streambed. Like all clay, it was 250 million years old, with the wisdom of great age and inheritance. Like all clay, it was made of decaying things, and microscopic flecks of granite wash from rocks eroded by raindrops one at a time. The clay was sticky, dark reddish-brown, and perfect to make a bowl on a pottery wheel.

The potter prepared the clay and threw it onto her spinning wheel with a whack! The cold clay spun beneath her warm hands. The clay was elastic. It warmed. It grew from a spinning lump into a spinning cylinder like a clay ballerina in a tumble of pirouettes. In time, the ancient fresh clay widened out into a spinning bowl with high, thin walls and graceful curves. The potter was pleased with her new bowl and set it on a high shelf to dry before firing it in her kiln.

Over the next few weeks, all the water



evaporated from the clay bowl, and it became very fragile. For millions of years, the clay had done such a good job making a lovely path for the village streams - bringing water to their wells. Now lady-clay's job was done. She had been made into a new thing - a bowl.

The potter was careful when she lifted the dry bowl to the kiln for its final transformation into a glistening blue bowl. It was to be used in the local hospital by nurses cleaning wounds. She lifted the bowl with both cupped hands from the bowl's bottom to not break the thin clay wall. Although the bowl was most beautiful in form, it was also most fragile in shape. The bowl was fired with a beautiful blue glaze. It served the nurses and patients well in a hospital for over 500 years. It is now in a museum on display, under warm lights and behind security glass; it was and remains a very beautiful bowl.

As we age, we are made of stardust, as are all things on this planet - our island home. We inherit the wisdom and the features of the ages - of death and of life. We are the containers of light, needed to heal the world. But as we age and become ready for the Ultimate Transition, we become very, very fragile. Human skin becomes thin. Human muscles begin to weaken. Bones become brittle. Memory fades. And like that drying pot on the potter's shelf, we must be gently lifted - gently cared for.

That is what we do at Island Senior Resources. We care for beautiful, fragile vessels deserving of great care, having been of great use in the healing of the world. They deserve great care, for they have served and healed so many along their way.



Free monthly activity books for Seniors and Caregivers

Stimulate thinking, creativity, and mental engagement through puzzles, word games, mazes, and more.

Download and print new books each month from our Activity Hub at: <https://senior-resources.org/activity-hub/>

360-321-1600



Supporting Island Senior Resources
5518 Woodard Ave.
Freeland WA 98249
(360) 321-1600

STORE HOURS

Tuesday - Saturday
10 a.m. - 4 p.m.

Donations Accepted Wednesday - Saturday
10 a.m. - 3 p.m. or until capacity is reached



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Thursdays
30% off ONE item



HOW TO REACH ISLAND SENIOR RESOURCES

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

Nutrition/Meals on Wheels
Resources and Coaching
Case Management
Medical Transportation
Benefits Counseling
Support Groups
Medical Equipment Libraries
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

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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.

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children of seniors, donors, and our clients and constituents, magic can happen! With greater innovation, increased efficiencies, better-coordinated client referrals, more effective resource allocation, and shared lessons, collectively, we can work towards a brighter future for our aging population.

The most vulnerable among us face multiple and complex challenges. ISR is committed to working hand-in-hand with individuals and those who care for them to overcome the barriers that block their path to better health and well-being. We do this through our umbrella ISR HELPS, under which we provide information, assistance, and access to an array of direct services and external resources. While ISR's direct services may change with time, public health priorities, and available resources, our commitment remains the same – to do everything we can to remove as many barriers for as many people as possible while ensuring the dignity of our seniors and caregivers.

How will ISR do this? By nourishing, navigating, and connecting:

ISR Nourishes the body, mind, and home by providing:

- Nutritious meals at home from Meals on Wheels, delivered County-wide by volunteer drivers
- Conversation and lunch at our Community Meals in Langley, Coupeville, Oak Harbor, and Camano
- Engagement of peers in Support Groups for those seeking shared understanding
- Affordable personal and home goods at Senior Thrift thanks to generous in-kind contributions
- Medical equipment and supplies at no cost at our two Medical Equipment Libraries

ISR Navigates the path toward solutions by providing:

- Needs assessment and access to services through Resources and Coaching one-on-one sessions
- In-Home Case Management for Medicaid-referred clients

- Rides for essential needs through Medical Transportation by volunteer drivers
- Access to Medicare and Social Security through Benefits Counseling by certified volunteers

ISR Connects people, neighborhoods, and communities by providing:

- Interpersonal connections for seniors through Neighbors Helping Neighbors and Social Interaction activities
- Information on aging and community resources through Community Outreach and Education
- Collaboration and community action on behalf of seniors through Strategic Partnerships

WE NEED YOUR HELP to connect us with your family members, friends, neighbors, and others who could use help to maintain

their independence or improve their well-being as they age. If you or anyone you know needs assistance, call ISR HELPS at 360-321-1600 or email us at reception@islandseniorservices.org. Or, if you happen to be healthy and hale yourself, consider 'paying it forward' and help us help others by contributing your time and expertise as a volunteer, making a financial or in-kind contribution, or simply being a good neighbor to an older resident in your community.

ISR's Board of Directors and staff wish our partners, volunteers, donors, clients, family caregivers, and community a wonderful New Year full of health and joy. Together, may we overcome the many challenges of aging while reveling in all the wonderment and good that our beautiful islands provide.

The Center in Oak Harbor and Island Senior Resources

If you have questions regarding senior activities at The Center in Oak Harbor, please contact 360-279-4580. Island Senior Resources does not administer or operate The Center in Oak Harbor.

For questions regarding programs and services to support seniors, adults with disabilities, and caregivers offered by Island Senior Resources throughout Whidbey and Camano islands, please contact at 360-321-1600.

Medical Equipment Lending Libraries

Island Senior Resources has free medical equipment lending libraries for medical equipment, assistive devices (wheelchairs, walkers, canes, etc.), and hygiene products/personal care items, including disposable underwear, pads, wipes, bed pads, no water shampoo, body wash, and more. Call 360-321-1600 for details.

LOCATIONS

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

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

FARE FREE 7 DAYS A WEEK! FRIENDLY SAFE

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Happy New Year from our family to yours!

Visiting friends and family or heading out for some shopping? Schedule a ride with Island Transit On Demand or catch one of our fixed bus routes.

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Compare Our CD Rates

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6-month	1-year	2-years
5.15% APY*	4.85% APY*	4.60% APY*
Minimum deposit \$1000	Minimum deposit \$1000	Minimum deposit \$1000

* Annual Percentage Yield (APY) effective 12/22/2023. 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.

<p>COUPEVILLE</p> <p>Chris Renfro, CFP® 502 N. Main St 360-678-6580</p> <p>FREELAND</p> <p>Melissa S Cates, AAMS® 1688 Main St, Suite 101 360-331-4450</p> <p>Kristi K Price 1688 Main St, Suite 101 360-331-4450</p>	<p>OAK HARBOR</p> <p>Eric L Schelling 715 SE Fidalgo Ave, Suite 103 360-679-2527</p> <p>Gregory A Smith, AAMS® 275 SE Cabot Dr A7 360-679-2304</p> <p>Aaron Tabor 275 SE Cabot Dr A7 360-679-2304</p>
<p>OAK HARBOR</p> <p>Gene Kelly Barner 144 N E Ernst St, Suite C 360-675-8239</p> <p>River Powers, CFP® 380 SE Pioneer Way, Suite 102 360-720-2236</p>	<p style="text-align: right;">www.edwardjones.com Member SIPC</p> <p style="text-align: center;">Edward Jones MAKING SENSE OF INVESTING</p>

SNO-ISLE LIBRARIES

Wishing You More in 2024

Happy New Year from Sno-Isle Libraries! Whether you set New Year's resolutions or rebel against them, we have a slew of ways for you to turn a new page in 2024. Live in the moment, connect with your community, practice self-care, express gratitude, and explore new ways to give back. There is always something fresh and new – or tried and true! – at Sno-Isle Libraries.

FIND A GIFT IN THE PRESENT MOMENT

Embark on a challenging new adventure to remain in the here and now. Check out a Washington State Parks Discover Pass from your library and explore the scenery nearby. Or reconnect with nature in any weather from the comfort of home. Browse books about indoor gardening or access over 100 journals and reference books using the Gale OneFile Gardening and Horticulture database.

Watch the wonder of young minds. Bring the little ones in your life to the library to enjoy a Storytime or science program — or stay cozy at home with a fun Family Trivia Night.

CULTIVATE COMMUNITY

Sno-Isle Libraries can connect you with others who share your interests via in-person and online events. Try a new hobby or immerse yourself in a favorite pastime. Join fellow artists and crafters at an Online Craft & Chat. Learn a new language with

Mango Languages. Meet fellow book lovers and delve deeper into the literature you love — we have over 20 online and in-person book groups!

TAKE CARE OF YOUR PHYSICAL AND MENTAL HEALTH

Now is the perfect time to hunker down, rest, relax, and rejuvenate. Care for yourself by reading "Wintering: The Power of Rest and Retreat in Difficult Times" by Katherine May, or get physical with workout DVDs. Try the "Independence Fitness" series, "Sit and Be Fit," or "Arthritis Chair Exercises for Seniors."

Attend an online Author Talk to embrace love in the new year (Rebecca Serle, Jan. 10), learn about Hygge* and the Science of Happiness (Jody Eddy, Jan. 10), avoid the hidden traps of retirement planning advice (Rajiv Nagaich, J.D. L.L.M., Jan. 23), or gain a new understanding of the importance of nutrition (Dr. Robert Lustig, Jan. 30).

*Pronounced "HOO-gah," the Danish concept of Hygge refers to the feeling of contentment or well-being brought about by coziness, comfort, and conviviality.

PRACTICE GRATITUDE AND FIND NEW WAYS TO GIVE BACK

Cultivate a grateful heart with books, eBooks, audiobooks, DVDs, and CDs, such as Earth, Wind & Fire's "Gratitude" or "The Power of Thank You: Discover the Joy of Gratitude" by Joyce Meyer.

Looking for more friends? So are we! Why not join your local library's Friends group? Friends of the Library are volunteers who help by promoting library services and funding programming for all ages.

Turn your gratitude into action. There are many ways to support Sno-Isle Libraries' work. You can provide in-kind gifts or services, establish a Donor-Advised Fund, and more. Find a legacy option that is right for you by contacting the Sno-Isle Libraries Foundation at 360-651-7074 or FoundationDepartment@sno-isle.org.

WE'RE HERE FOR YOU

The new year is a perfect time to reflect, assess, and look forward to the ways we want to show up in the world. As the famous lyrics of Auld Lang Syne state, let's "drink a cup of kindness yet" and meet 2024 with a commitment to caring for ourselves and others with bright eyes and a zest for what's to come.

Browse sno-isle.org or call your local library to learn how you can bring more learning and connection to your life in 2024.

The Reverse Bucket List

By Robin Bush | ISR Communications

As January arrives, traditionally, we think about resolutions, reflect on our bucket list, or even our "someday" list, but there's something we might do instead. What if we focused our energy this year on creating a life of passion and purpose?

As we adapt to transitions in our lives and the world around us, we may feel there isn't a lot of time left to do radically different, or even somewhat different, things with the life we have. Do we have the courage to switch direction? What would we turn to if there were no barriers? That's dreaming big. What if the realities are overwhelming, frightening, and leaving you feeling stuck? How do you turn those challenges into opportunities?

Have you heard of the Reverse Bucket List? Instead of the traditional bucket list, which is a list of things we always wanted to do but maybe never did because we thought we couldn't, the reverse bucket list is a list of all the things we have accomplished in our lives, from the littlest thing that made you feel you made a difference to the big things that you are proud of, where you learned the most, and the people who transformed your thinking or who showed you what caring really means.

You can look at your Reverse Bucket List when you are feeling down or discouraged or in times of great challenge as a reminder that you have a wealth of

experiences that have made you who you are and have given you the strength to face whatever comes your way. Thinking about when you were happiest or most fulfilled reminds you that you might do the same thing again to give your life meaning today.

How do you create your Reverse Bucket List? Start by writing down who you have impacted, your proudest moments, and the things you are grateful for having done. In short, appreciate yourself. Then consider all you have learned and which of those things have become your gifts. Ask yourself what you fought for and what passions you have followed. What did you yearn for at different ages and focus on those that came to fruition. What dreams did you make come true?

The final step is to look at all those accomplishments, passions, and dreams. Those have given your life meaning. They are the tall blocks on which you can stand now to more clearly see what you most want to do with the future. Today, you begin living with no regrets over what you haven't done because you focus on all you have done and use that for momentum to get out there and do things, even those that might push your comfort zone. You have proof on your list that you have done it; now do it again. This is how you thrive during what some call your third act – the time after retirement. You have the power to ignite your life and live a life of passion and joy, no matter your circumstances.

Apply at:
www.senior-resources.org
360-321-1600

MEALS ON WHEELS DRIVERS NEEDED

Mileage reimbursed
Help fight food insecurity one meal delivery at a time

VOLUNTEERS NEEDED

For Dining Room:
Mondays and Fridays 11 a.m. - 1 p.m.
At the Center in Oak Harbor
51 SE Jerome St. Oak Harbor
Call 360-321-1600

Happy NEW YEAR

Island Senior Resources and The Center in Oak Harbor will be closed, Monday, Jan. 1

Honoring the Life, Work & Legacy of **Martin Luther King, Jr.**

Island Senior Resources and The Center in Oak Harbor will be closed, Monday, Jan. 15 in observance.

Medicare 2024

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

IN-PERSON CLASSES

Thursday, Jan. 18, 1 p.m.
Island Senior Resources, Bayview
(14594 SR 525, Langley)

Wednesday, Feb. 21, 1 p.m.
Island Senior Resources, Bayview
(14594 SR 525, Langley)

Tuesday, Jan. 23, 1 p.m.
The Center in Oak Harbor (51 SE Jerome St)

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@islandseniorservices.org.

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.

Tuesday, Jan. 30, 1 p.m.

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

MEALS ON WHEELS AMERICA 2023 MEMBER

JANUARY

Contributions to cover cost of meals are appreciated

WEEK 1		
Mon	1	Happy New Year - Closed
Wed	3	Pulled Pork Sliders
Fri	5	Chicken Tortilla Soup
WEEK 2		
Mon	8	Fish Sandwich w/Lettuce
Wed	10	Meat Lovers Pizza & Salad
Fri	12	Minestrone Soup
WEEK 3		
Mon	15	Martin Luther King, Jr. Day - Closed
Wed	17	Taco Casserole w/Tomatoes
Fri	19	Turkey & Rice Soup w/Veggies
WEEK 4		
Mon	22	Cheeseburger w/Lettuce, Tomato & Onion
Wed	24	Hot Turkey Sandwich
Fri	26	Ground Beef & Bean Chili
WEEK 5		
Mon	29	Reuben Casserole
Wed	31	Meatball Sub & Salad

Serving Whidbey and Camano islands

Caregiver Support Group
Wednesdays on Zoom and in-person 10 A.M.

Grief Support Group
1st Monday or the month on Zoom 11 A.M.

Parkinson's Support Group
Tuesdays on Zoom 10 A.M.

www.senior-resources.org
reception@islandseniorservices.org
360-321-1600

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

Daily Program Schedule

MONDAY

8:45 EnhanceFitness
9 Billiards
9 Quilting & Textiles
10 EnhanceFitness
(Low Impact)
10 Mah Jongg
11:45 Lunch (ISR)
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 Mexican Train
11 Tech Drop-In
1 Line Dance
1 Knitting/Crocheting
3 Active Chair Yoga
6 Lapidary (By Appt)

WEDNESDAY

8:45 EnhanceFitness
9 Billiards
9 Lapidary
10 EnhanceFitness
(Low Impact)
11 Duplicate Bridge
12 Ping Pong
2 Book Club
(3rd Wednesday)

THURSDAY

8:45 Yoga
9 Billiards
10 Tai Chi
10 Walking Club
(Meets at Flintstone Park)
10 Wii Bowling
10 Wire Wrap
1 Backgammon
3 Active Chair Yoga

FRIDAY

8:45 EnhanceFitness
9 Billiards
9 Quilting & Textiles
10 EnhanceFitness
(Low Impact)
10:30 85 & Better Club
(1st & 3rd Friday)
11:45 Lunch (ISR)
12 Pinochle
1 Line Dance
2:30 Ping Pong
7 Social Dance
(2nd Friday)

The Center In Oak Harbor

51 SE Jerome St., Oak Harbor, WA 98277
Front Desk: 360-279-4580

Passport services available by appointment. Photos available during business hours.

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

Recreation Manager

Carly Larson • 360-279-4583

Program Coordinator

Christina Benjamin 360-279-4582

Program Assistant

Send comments and suggestions to thecenter@oakharbor.org

A GIFT OF ARTISTRY:

Terry's Journey from Doubt to Delight

Carly Larson, Program Coordinator, City of Oak Harbor Parks and Recreation

During the Holiday Season we receive many beautiful cards at The Center, and we are thankful for each one. This year, we got presented with an extra special card, a handmade card from Terry Estes. The card came with a special note in it that said, "Christmas blessings to you now and through the New Year! This card is made possible by the art program you provide at The Center! Thank you. signed Terry Estes. Not only was this card beautiful and included a sweet note, but it also came with a touching story. Terry told us that when she was in 6th grade, she came downstairs on Christmas morning to find an easel, paper, and colored pencils waiting for her from "Santa". Excited as can be, Terry used her new supplies to draw, sketch, and create the vision she had in her head, only to be disappointed when she couldn't get the image in her head onto the paper. Shortly into the new year she decided art wasn't for her and told herself she wasn't good at drawing. Terry tucked away her barely used colored pencils and called it quits. Over the years, the colored pencils didn't get much use, but they did make it with her through the rest of her childhood, young adult life, across the country, through many moves, and into semi-retirement where she found

herself wanting to learn new things and decided to give drawing another chance.

Terry joined The Center in February of 2022 and started taking our exercise classes. She slowly started to notice more things on the calendar that looked fun and before she knew it, she was spending most her day at The Center. One day while waiting around between lunch and clogging she got invited into the art class and she hesitantly decided to check it out. Rather quickly, she found herself enjoying it and being encouraged by Ruth Mattson, the art instructor! Now on Mondays she starts her morning at The Center with exercise, then she goes to the community lunch, after that takes art class, and finishes up her day with clogging in the late afternoon before heading home. Terry gives all the credit to Ruth for her encouragement and instruction to give drawing a try again. If it weren't for Ruth she probably would have found another activity to learn.

As Terry continued to tap into her creative side and learn more techniques, she decided her goal was to make a Christmas card. To her surprise, it turned out better than she had ever expected. She was able to make prints of her card so she could share it with her family and friends. At the time of making the card, little did Terry know the positive impact

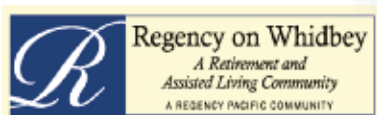


it was going to have and how she would be able to share her story of how the card came about. Terry's message was bigger than a Christmas greeting, it was a sign of her love along with a testimony to never underestimate your abilities. While listening to Terry share her story about how she started in the art class, how Ruth fostered such a positive, encouraging environment, and how this card became to be such a beautiful gift, she said something that really struck me, "My advice to anyone, at any age, is to try new things! You never know until you try. We are always learning, no matter our age. Learning is for life!". Many, many years ago, her daddy (aka Santa) knew that Terry had a talent for drawing and one day she would use her talent for good! As we begin the new year, let's not be held back by fear, age, self-doubt, or whatever else it may be but instead take this wise advice from Terry and take opportunity to learn and let our talents blossom.



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TRAVEL LOG

DAY TRIPS

SING-A-LONG SOUND OF MUSIC

Saturday, Jan. 20 | 10 AM-7 PM
Members: \$140 • All others: \$168

The Sing-A-Long *Sound of Music* movie showing is only at 5th Avenue for one weekend, so this is your chance to catch the show and even sing along to your favorite *Sound of Music* songs! Prior to the 1:30 p.m. show, we will stop for a no-host lunch.

NORTHWEST FLOWER & GARDEN FESTIVAL

FLOWER AND GARDEN SHOW
Sunday, Feb. 18 | 8 AM-8 PM
Members: \$136 • All others: \$164

We are heading back to the annual Northwest Flower and Garden Festival held at the Washington Convention Center in Seattle, where you will find over 20 spectacular display gardens along with 300 exhibitors featuring unique flowers, garden tools, hand-crafted wares and specialty items. Just the beautiful scenery is worth going for! Grab a bite to eat at the Festival Café or one of the many nearby downtown restaurants. Price includes admission to the

festival.



BOEING FUTURE OF FLIGHT

Wednesday, Feb. 21 | 8 AM-3 PM
Members: \$110 • All others: \$135

The Boeing assembly plant in Everett is the largest building in the world by volume. Originally constructed for production of the Boeing 747, it is now used to assemble Boeing's 777. We will take a guided tour of the facility and learn interesting facts about Boeing and its airplanes. After the tour, we will head to the Everett waterfront for a no-host lunch.

MYSTERY LUNCH

Thursday, March 7 | 11 AM-2 PM
Members: \$35 • All others: \$42

Join us for a Mystery Lunch Adventure! Be prepared for a delightful surprise as we head to an undisclosed restaurant for a unique no-host dining experience. Embrace the intrigue and savor the anticipation of discovering a hidden culinary gem. Please note that lunch is not included in the price.



WILLOWBROOK MANOR ENGLISH TEA HOUSE

Tuesday, March 19 | 2 PM-6 PM
Members: \$125 • All others: \$150

Enjoy a seated tea at Willowbrook Manor in Sedro Woolley. This lovely afternoon will include a pot of tea accompanied by tea sandwiches, sweet cream scones, home baked sweets, and salad, all made in their on-site bakery and deli. After enjoying a cup of tea together, there will be time to explore their beautiful gardens.

EXPLORING SEATTLE AREA TROLLS

Wednesday, March 27 | 7 AM-5 PM
Members: \$120 • All others: \$145

Discover Seattle's magical world of Thomas Dambo's recycled giants! Join us as we explore three of these unique sculptures in Ballard, West Seattle, and Issaquah, along with the iconic Fremont Troll hiding beneath Seattle's Aurora Bridge. Plenty of photo opportunities await as we walk among these incredible artworks. While in West Seattle, enjoy a no-host lunch at Cactus on Alki Beach. Please note that viewing the West Seattle Troll will require a 40-minute round-trip walk along Puget Sound in Lincoln Park.

SHEN YUN

Wednesday, April 3 | 9 AM-7 PM
Members: \$222 • All others: \$266

Shen Yun is a brilliant artistic revival and celebration of China's rich cultural heritage.

Each performance consists of about 20 pieces, quickly moving from one legend, region, or dynasty to the next. Themes range from the delicate elegance of Tang court ladies to the battlefield heroics of valiant generals, from the timeless philosophical works of Lao-Tzu to spectacular scenes of magical realms. Shen Yun's works convey the extraordinary depth and breadth of genuine Chinese culture and bring the magnificence of five thousand years of civilization back to life on stage. We will stop for a no host lunch prior to the 2 p.m. showing.

EXTENDED TRAVEL

SWITZERLAND, AUSTRIA & BAVARIA

Oct. 2-11, 2024

\$4029 per person double
\$4329 per person single

Presentation: Jan. 24 at 2 p.m.

Highlights include Bern, Alphorn Maker, Yodeling Demonstration, Fondue Lunch, Lucerne, Austrian Alps, Choice on Tour: Cultural City Walking Tour or Architectural Walking Tour, Innsbruck, Salzburg, Mirabell Gardens, St. Peter's Restaurant, Bavaria. Linderhof Palace, Tyrolean Folklore Show.

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