

Island Times

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

MONTHLY NEWSPAPER OF ISLAND SENIOR RESOURCES AND THE CENTER IN OAK HARBOR Volume 7 • Issue 11

I Wonder...



By Robin Bush, ISR Communications

What is curiosity? The Cambridge Dictionary says it is: "An eager wish to know or learn about something." Spend time with a young child, and you will undoubtedly hear them repeatedly asking, "Why?" But, as we age, our sense of curiosity tends to decrease, perhaps because our knowledge increases, but there are many reasons to find ways to re-ignite our sense of curiosity. That child-like sense of wonder is still within us.

What if a sense of wonder can help keep you young and increase longevity? What if the more curious you are, the better you will remember new information? And what if being curious about others will help build more meaningful relationships? If those are the likely benefits of curiosity, shouldn't we be asking: "What can I do to cultivate curiosity in my life?" Try these ideas:

- Ask questions - inviting new ideas that may alter your perspective
- Listen and observe more and talk less
- Admit you don't know the answers
- Be willing to learn from others
- Pick a topic you have never learned about before and immerse yourself in it
- Take time to let your mind and body wander on a walk in nature

When curiosity is allowed to flourish, new ideas emerge, alternative solutions arise to be considered, and people feel free to try new things. What if you set a goal for yourself to ask two or three questions of someone before you speak and share your ideas? What if you take time to ask yourself before speaking if you have pre-conceived ideas or presumptions

that might narrow your thinking? What if you spent more time with people who believe differently than you do to gain a broader perspective of the world? What if you begin enthusiastically welcoming the learning journey and stop focusing on the destination?

Some people's curiosity is motivated by how uncomfortable they feel when they don't know the answer. Others find it in their endless awe of the natural world and are continually driven to learn more. Others want to understand how other people think and prioritize that over their own ideas. And still others enjoy the thrill of novel experiences and want more and more of those, not less. Regardless of why and how we cultivate curiosity, it has become accepted that curious people are happier, more empathetic, and have deeper connections with others – all good reasons to work toward engaging in a more curious lifestyle.

You might try telling someone else what you were curious about today. It might be something tiny that caught your interest, or perhaps you found yourself at the far end of the curiosity spectrum, immersed in an adrenaline rush when you imagined what might be around the next corner or what a new experience might feel like.

Can you set yourself on a path of curiosity? Start simply. Just go for a walk. Look around you. Nature provides an abundance of opportunities to ask, "Why? I wonder..." Re-igniting curiosity will nourish healthy, fulfilling, happy, confident living that will enrich your days, regardless of age.

"Those who dwell, as scientists or laymen, among the beauties and mysteries of the earth are never alone or weary of life. Whatever the vexations or concerns of their personal lives, their thoughts can find paths that lead to inner contentment and to renewed excitement in living. Those who contemplate the beauty of the earth find reserves of strength that will endure as long as life lasts." – Rachel Carson. "The Sense of Wonder"



Brain Health is Everybody's Business

By Kelsey Lovik, Dementia Program Specialist, NWRC

Statistically speaking, you probably know somebody who struggles with their memory. They may even be living with a diagnosis of Alzheimer's disease, or another type of dementia. Maybe you know someone who has passed away from a disease that impacted their brain functioning, like Parkinson's Disease or multiple sclerosis (MS). Perhaps you are wondering about your own brain health. There are hundreds of conditions that fall under the umbrella of "neurodegenerative diseases", so why aren't we talking about them? Many people feel there is nothing they can do to prevent neurodegenerative disease, that it comes down to genetics, or just luck. While this may be true for a small number of cases, the reality is there are simple steps we can take to improve our brain health and lower the likelihood of developing disease. The following are some ideas adopted from "Dementia prevention, intervention, and care: 2020 report of the Lancet Commission:"

A general rule of thumb is "what is good for the heart is good for the brain." Maintaining a healthy diet and avoiding a sedentary lifestyle are important factors for cardiovascular health, which in turn benefits the brain. There has been a lot of attention in recent media about specific diets or supplements that claim to prevent or reverse memory loss. Proceed with caution. For most people, keeping a balanced diet rich in vegetables, fruit, and lean proteins is sufficient for maintaining overall health. Talk to your health care provider before changing your diet or starting a new exercise program.

Exercise does not need to be elaborate, in fact it should be something you can enjoy on a regular basis. Another benefit of incorporating more movement into your day is that it can help reduce the risk of falling. Falling puts us at a higher risk of brain injury, which can contribute to the likelihood of developing long-term thinking or behavior problems. Older adults especially can benefit from making simple modifications to their home environments, such as installing grab bars in the shower, to prevent the risk of falls. Check with your local community center to see if there is a group fitness class you may be able to participate in, such as Tai-Chi, that can keep you moving and improve overall balance.

Other factors that improve brain function include things like getting enough sleep. Poor sleep habits put you at an increased risk of developing cognitive decline, and new sleep disturbances may be a sign of more serious changes in the brain. If you struggle with insomnia or sleep apnea, talk with a healthcare provider on how you might be able to improve your sleep quality. Better sleep will give you energy to keep doing the things you love. Staying alert and engaged in stimulating activities can boost your mood and your brain health. Stay up to date with regular preventative health care visits, including vision and hearing screenings. Vision and hearing loss have been tied to an increased risk of developing dementia.

Finally, know your baseline. Many people notice a slowing down of brain function as they age, maybe taking longer to recall a word or occasionally misplacing objects. However, dementia is NOT a part of typical aging. You can learn what is typical for you by completing a simple cognitive screen as part of your annual wellness exam, that way when there is a deviation, it can be addressed right away. There are many factors that can impact memory, some of them are easily reversible.

Talking openly and honestly about brain health will help to reduce the stigma around neurodegenerative diseases such as dementia. Timely intervention can make all the difference in getting an early and accurate diagnosis and getting connected with relevant support systems and services. Routine cognitive screenings should be viewed no differently than blood pressure readings or colonoscopies. To learn more about brain health, visit <https://www.nia.nih.gov/health/brain-health>.



Kelsey presenting to a group of community members on the importance of brain health and how to spot signs of dementia

DID YOU KNOW?

The term "wearable" art emerges around 1975 to distinguish artworks made to be worn from body art and performance. It was used alongside the terms Artwear and "Art to Wear" – Wikipedia.org



See page 8 for more details on how to get tickets to The Center in Oak Harbor's upcoming wearable art show

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LEADERSHIP CORNER

New Opportunities to Connect

by Michele Cato, Island Senior Resources Executive Director

Are you an Island County resident aged 60 and over? An adult child or family caregiver of a senior resident? Still young in age and heart and want to help ensure a thriving island community that can embrace you and your needs as you grow older? If yes...

Island County Resources (ISR) would like to invite you to one of four community forums on aging in Island County to be held in March and April across Whidbey and Camano. We are hosting conversations about our older residents' most pressing needs and gaps in service delivery that we expect to see over the next few years. And how might ISR help to meet those needs better and fill those gaps in collaboration with our partners?

WE WANT TO HEAR FROM YOU!

Please check out our website at Island Senior Resources (senior-resources.org) or call 360-321-1600 for dates, times, and locations. Refreshments will be served.

In the meantime, **if you want to make a difference NOW** in the health and well-being of seniors across Whidbey Island, join **ISR CONNECTS - C3**. We are looking for participants and volunteers to engage in social activities together or with neighbors at home, in a neighborhood, or in a local community. Participants must be 60 or older, and volunteers of all ages are needed. Want to play cards, go for a walk, visit a museum, enjoy an island festival, share coffee or lunch, garden, learn or share a craft, or join a book club? What else can you envision? Most activities are low or no cost. Limited transportation will be available.

If you want to engage socially with others through **ISR CONNECTS - C3**, please contact ISR at 360-321-1600 or bailey@islandseniorservices.org. Interest forms are available at **ISR CONNECTS-C3 - Island Senior Resources (senior-resources.org)**.

Cultivating Awe

By Robin Bush, ISR Communications

The phone rang. "I'm taking you on an awe-walk," Sal told Frankie. Sal knew that Frankie had been struggling with some tough challenges. Sal added, "Awe-walking is not a regular walk; it's taking a fresh look at the small things as you walk to shift your perspective away from day-to-day life." Sal had read about a study from the Memory and Aging Center at the University of California, San Francisco, that taught older walkers to cultivate awe. They asked half their study group to take a weekly 15-minute walk outside. The other half was asked to walk somewhere new each time, pay attention to details, and look at everything with fresh eyes. Both were



asked to take a few selfie photos on their walks. After eight weeks, the two groups were compared. The awe-walkers focused on colors and natural changes. The control group focused on all the things they needed to do next week. The awe-walkers were happier. Their photos changed over the eight weeks too. The awe-walkers became smaller in their selfies, emphasizing the world around them. The control group photos didn't change.

Sal and Frankie arrived at a park they'd never visited, one with a path that was easy on Frankie's unstable feet. They stopped along their walk to look and listen. Sal noticed Frankie was standing more upright and was more alert, calmer, even smiling. "Let's do this again," Frankie said. It had chased away health issue challenges, even for a short while. Sal smiled. The awe-walk and the companionship had made a difference.

Awe does not come only to those who can walk outside. We can use any of our senses to cultivate awe. Have a friend collect a basket of things from nature. Blindfolded, take each item from the basket and feel them. Or open the window for 15 minutes at the same time each day and listen. Nature has a chorus of different voices, some as soft as the wind or as loud as the woodpecker. Each day, even smells differ from the day before. The wind brings scents of frost, rain, or blue sky and sunshine. Breathe deeply of the tonic.

Plant a seed of nature into your day. Challenges may become a little easier to manage when you cultivate awe of the world around you.



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
- 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

- Jan Bahner: President
- Kathryn Beaumont: Vice President
- Jason Pryde: Secretary/Treasurer
- Candace Allen
- Nancy Bolin-Romanski
- Mark Harrington
- 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.

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

Tuesday, Mar. 12, 1 p.m.
 The Center in Oak Harbor (51 SE Jerome St)

Tuesday, May 14, 1 p.m.
 The Center in Oak Harbor (51 SE Jerome St)

Wednesday, Apr. 17, 1 p.m.
 Island Senior Resources, Bayview (14594 SR 525, Langley)

PRE-REGISTRATION REQUIRED.

To register go to senior-resources.org/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.

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 and caregivers offered by Island Senior Resources throughout Whidbey and Camano islands, please contact at 360-321-1600.

**When you speak we listen.
Join the ISR Community Forum
in your neighborhood
to envision the next decade of aging**

**What are the persistent or growing needs
of our aging population?**

**What are the existing and anticipated gaps in service delivery
in response to those needs?**

**What is ISR doing now
and what can we do more of as we look ahead?**

Wednesday, March 6 3-4:30 p.m.
ISR-Bayview 14594 SR 525 Langley, WA

Saturday, March 23 10-11:30 a.m.
Coupeville Library 788 Alexander St. Coupeville

Wednesday, March 27 4-5:30 p.m.
Oak Harbor Library 1000 SE Regatta Drive Oak Harbor

Camano date and time to be announced

Refreshments Provided

These are live events
For more information
call 360-321-1600
www.senior-resources.org



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www.IslandTransit.org (360) 678-7771



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www.wallinfuneralhome.com

**AARP FOUNDATION
TAX-AIDE**

Beginning February and continuing through April, AARP Foundation is providing free tax assistance and preparation through its Tax-Aide program. It is completely free and you do not even have to be an AARP member.

For taxpayers from Coupeville to South Whidbey:
call (360) 678-3000 for information and appointments.

For taxpayers in the Oak Harbor area:
Beginning Wednesday, Feb 7, please call The Center in Oak Harbor (360) 279-4580 for information and appointments.

Beginning Monday, Feb 5, please come to Oak Harbor Sno-Isle Library for walk-in assistance and appointments.

 **Island Senior Resources** 

**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

 **Senior Thrift**
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

Medical Equipment Lending Libraries

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



LOCATIONS

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

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

MARCH SALES

Tuesdays 25% off Clothes	Fridays 25% off Books
Wednesdays 25% off Jewelry	Saturdays 25% off Shoes
Thursdays 25% off ONE item	Records 50% off




Island Senior Resources

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

CAN DOODLING HELP?



Robin Bush, ISR Communications

When you were in school, students who doodled in the margins of their papers were thought to be the ones who were not paying attention to the lesson. It has since been discovered that doodling focuses attention, and someone who doodles does a superior job retaining the information they hear while doodling. Harvard Health reports up to a 29 percent increase in information retention. Doodling even relieves distress. Dr. Robert Burns, the former director of the Institute for Human Development at the University of Seattle, uses doodles to diagnose the emotional problems of his patients. He believes that doodles can reveal what is going on in the unconscious.

So, the next time you are feeling stuck, bored, drowsy, stressed, or disengaged, try doodling. It will activate your brain with just 30 minutes of doodling.

If it's hard to let yourself be free enough to make your own doodles, hundreds of doodling books are available online to get started. Search for "doodling books for adults" (also often called adult coloring books) or "doodling cards for adults" to make cards from your doodles. Or search images for "free printable doodles for adults" or free printable Zentangles" to download and print doodles to color. Then, pick up some colored pencils at the thrift store and start doodling! It's fun and can help you feel better too!



Island Senior Resources

Did you know...

ISR served 93,664 meals in 2023 to homebound seniors and at community meal sites



Please support this essential work for our community with a donation at senior-resources.org/donate or call Charles LaFond at 360-210-3011

St. Patrick's Day Pancake Breakfast

Saturday, March 16 9-11 a.m.

RSVP appreciated call 360-321-1600

Pancakes (gluten free too), sausage, fresh fruit, scrambled eggs, and door prizes!



Island Senior Resources

14594 SR 525 Langley


Benefitting Meals on Wheels
Donations gladly accepted



Island Senior Resources

Join us for a meal

<p>Monday 11:45 - 12:30 The Center in Oak Harbor 51 SE Jerome St. Oak Harbor</p> <p>Camano Center 606 Arrowhead Rd. Camano Island</p>	<p>Wednesday 11:45 - 12:30 Island Senior Resources - Bayview Leo's 14594 SR 525 Langley</p> <p>Camano Center 606 Arrowhead Rd, Camano Island</p> <p>Coupeville United Methodist Church 608 N. Main St. Coupeville</p>
<p>Tuesday 11:45 - 12:30 Island Senior Resources - Bayview Leo's 14594 SR 525 Langley Eat-in box lunch</p>	<p>Thursday 5:00 - 5:45 Brookhaven 150 4th St. Langley</p>
<p>Donations accepted to help cover the costs of a meal</p>	<p>Friday 11:45 - 12:30 The Center in Oak Harbor 51 SE Jerome St. Oak Harbor</p> <p>Camano Center 606 Arrowhead Rd. Camano Island</p>



Coupeville SENIOR HUB Lunch & Learn

AFTER LUNCH PROGRAMS • FEB. MAR
Wednesdays 12:30 – 1:30 • Coupeville UMC Fellowship Hall

LUNCH
11:45 AM – 12:30 PM

February 7 – Sweet Bingo & Technological Support
Everyone wins during sweet bingo. No buy-in, this game is free to play and has sweet treats for the prizes. Fred Rocha will also be available for technological support.

February 14 – Coupeville Lions Club
Someone from the Coupeville Lions Club will be here to talk about the work they do here in the community and internationally.

February 21 – Farmers Of The Prairie
Members of the Sherman Family, who have lived and farmed on Whidbey Island for generations, will be here to talk about their family and farming on the Island.

February 28 – Saratoga Orchestra
Saratoga Orchestra is back with new musicians and new music. Bring a friend and come enjoy the music!

March 6 – Sweet Bingo & Technological Support
Everyone wins during sweet bingo. No buy-in, this game is free to play and has sweet treats for the prizes. Fred Rocha will also be available for technological support.

March 13 – Healing Circles Langly
Elin from Healing Circles Langly will share what healing circles are, and how HLC supports those living on Whidbey Island and beyond.

March 20 – Health Department
Liz from the Health Department will be back to talk about staying healthy and preventing illness.

March 27 – Saratoga Orchestra
Saratoga Orchestra is back with new musicians and new music. Bring a friend and come enjoy the music!

LUNCH MENU:
\$10 Suggested Donation
February 7
Pork Loin w/ Cranberry Compote
February 14
Chicken Cordon Bleu
February 21
Cheeseburger Pie w/ Lettuce and Tomato
February 28
Chicken Fettuccini Alfredo
March Menu
To Be Announced

SPONSORS





QUESTIONS: Julie Clark • Coupeville UMC Office Admin
staff@coupevilleumc.com • 360.678.4256
Island Senior Resources
reception@islandseniorservices.org • 360.321.1600

CALL FOR A RIDE: Para Transit
360.678.7771
Coupeville United Methodist Church
608 N Main St • Coupeville, WA

Meals and Programs are subject to change without prior notice.



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

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MARCH

Contributions to cover cost of meals are appreciated

Fri	1	Broccoli Cheddar Soup w/Chicken
WEEK 1		
Mon	4	Scalloped Ham & Potatoes
Wed	6	FISH SANDWICH W/LETTUCE & TOMATO
Fri	8	Turkey Rice Soup w/Veggies
WEEK 2		
Mon	11	Sloppy Joes on Bun
Wed	13	Chicken w/Mushroom Cream Sauce
Fri	15	Corned Beef & Cabbage
WEEK 3		
Mon	18	Sweet-n-Sour Pork w/Pineapple
Wed	20	SPAGHETTI & MEATBALLS
Fri	22	Beef Stew w/Vegetables
WEEK 4		
Mon	25	Cheeseburger w/Lettuce,Onion,Tomato
Wed	27	Hot Turkey Meal w/Mashed Potatoes
Fri	29	Split Pea Soup w/Ham,Carrots,Celery



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

Celebrate Pie Day

PIE TASTE OFF

Thursday, March 14th
Pick up boxes at The Center between 10:00 AM - 3:30 PM
\$10 per tasting box (\$7 for members)
Each box contains a sampling of delicious pies from local area bakeries and a ballot to vote for your favorites!
Pre-order your boxes! Limited boxes will be available for day of event purchase.



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

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 Party Bridge
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
1 Hand & Foot
Canasta
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



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



CLASSES and EVENTS at The Center In Oak Harbor

FITNESS

Month: \$25 members, \$35 non-members
Drop-in: \$5 members, \$10 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.

An hour-long evidence-based exercise class that includes aerobics, strength training, balance exercises and stretching taught at a modified pace.

Yoga

Tuesday/Thursday | 8:45 – 9:30 a.m.

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

Active Chair Yoga

Tuesday & Thursday | 3 – 3:45 p.m.

A carefully curated program of seated and standing poses for beginners and those with limited mobility. Bring a water bottle, dress in comfortable clothing, no mat needed. Taught by Maria and her instructors from Lotus Yoga Studio.

Tai Chi

Tuesday/Thursdays | 10 – 11 a.m.

Tai Chi is a martial art that uses gentle, flowing movements to improve the health of the body and mind. In its most common form in the 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 and 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.

Renew Active
by UnitedHealthcare

CLASSES & PROGRAMS:

Introduction to Sound Healing

Thursday, March 7 & March 21 |
11:15 AM – 12:15 PM

\$10 per session for members and all others
Lay back, close your eyes and experience the easiest way to meditate! Relax to the sacred sounds of the gong and enjoy the many possible benefits such as reducing stress, inducing deep relaxation, and leaving you feeling lighter and rejuvenated. You will be lying on the floor so it is recommended to bring a yoga or thicker mat, a pillow for under the head and knees, and a light blanket for warmth. There are chairs available for those who do not wish to or cannot lie comfortably on the floor. We look forward to sharing these healing sounds with you.

85 & Better Club

1st & 3rd Fridays | 10:30 a.m.

Are you 85 or over? Come join our new group that meets at The Center. Make new friends, share stories and hobbies, reminisce, play games, and talk about life.

Social Dance

2nd Friday of the Month | 7 - 9 p.m.

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 freestyle.



Book Club

3rd Wednesday | 2-3 p.m.

Join our book club led by volunteer Arletha Albright. Visit the Oak Harbor Library to check out a physical copy, eBook, or audiobook free of charge.

March: *The Round House* by Louise Erdrich

Clogging

Mondays | 2-3 p.m.

\$20 Members, \$30 for all others

A dance practiced in the U.S., where the

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

dancer's footwear is used by striking the heel, the toe, or both, against a floor or each other to create audible rhythms.

No Tech Drop-In for the

Month of March

Tuesdays | 11 a.m.

The Tech Drop-in sessions are led by our volunteer Andy Meyer. Bring your smart device or laptop in to get 1:1 assistance.



Learn to Play Mah Jongg

Wednesdays | 5:30 PM

Members: Free • All others: \$3

Interested in learning how to play Mah Jongg? Join us to learn the Wright-Patterson rules, strategies, and techniques to play confidently. Experienced players are also welcome.

Line Dance

Tuesdays & Fridays | 1 PM

\$20 month for members, \$30 month for all others

\$7 drop-in for members, \$10 drop-in for all others

Learn this partnerless, choreographed style dance to a variety of songs, old and new.



New! Hand & Foot Canasta

Thursdays | 1 PM

Free for members, \$3 day use fee for all others

Discover the joy of playing Hand and Foot! Whether you're a beginner or looking to sharpen your skills, join us to learn the rules, strategies, and tricks of this exciting card game.

Member Spotlight: Nancy Parkerson

Discovering Roots, Cultivating Community: A Journey of Service and Connection

Christina Benjamin, Program Assistant, City of Oak Harbor Parks & Recreation

Nancy was born in Quincy, Mass., and raised in the cozy enclave of Rockland, nestled south of Boston. Nancy's childhood was flavored with the roar of jets from nearby Naval Air Stations. Fond memories of air shows with her father in neighboring South Weymouth painted her early years with a sense of wonder and adventure. Hailing from a bustling household of seven siblings, Nancy's roots intertwine with Italian heritage on her mother's side, while her father's genealogy remains a mystery she is determined to unravel. Despite the loss of her father at a tender age, Nancy's journey is marked by resilience and a thirst for understanding her family's legacy. So far Nancy has discovered some interesting facts about her father's military career. At 19, Nancy embarked on a new chapter, accompanying



Nancy Parkerson (Right) helping her friend Mary playing Wii bowling

her husband to southern California, where his naval duties beckoned. Thirteen years of coastal living ensued, followed by a transfer to the tranquil shores of Whidbey Island in 1987. Settling in Clinton, Nancy found solace in the island's rural charm, reminiscent of her beloved small-town upbringing. After Nancy's husband passed, she moved to Oak Harbor to be closer to others her age and the necessary amenities as she aged.

Nancy's professional journey mirrored her adaptability and industrious spirit. From managing finances at NAS Whidbey to balancing books in lumber yards and CPA firms, she embraced each role with dedication and finesse. Amidst life's ebb and flow, Nancy found joy in simple pleasures—nurturing her garden, clamming and crabbing- there is nothing like fresh local seafood in which she has a good friend that takes her to do these things. Despite last year's garden feeding deer, racoons, and squirrels more than it fed her and her neighbors, Nancy's resolve remains unwavering as she contemplates innovative planting strategies for the upcoming season. Beyond her professional endeavors and hobbies, Nancy's heart finds fulfillment in service and connection. Volunteering at the PBY Museum and donating blood regularly, she embodies the spirit of altruism and compassion. Nancy says there is nothing like the feeling you get when you receive an email from Bloodworks Northwest telling you where they sent your blood to be used to help save someone's life.

Central to Nancy's island life is the community hub at The Center in Oak Harbor, where friendships flourish and camaraderie thrives. From low-impact exercise classes to Wii bowling and festive events, Nancy finds joy in shared experiences and meaningful connections. Nancy met her dear friend, Mary, and Mary's son, David, during EnhanceFitness low impact class. Nancy finds both inspiration and companionship with Mary and she inspires me to continue to come to class. Seeing Mary show up for every class and keep working as hard as she can is something to take note of. Together, they navigate the rhythms of life, savoring Monday and Friday lunches with their cups of hot chocolate, cookies and good conversation and eagerly anticipating center-sponsored events which include the Valentine's Day boxes, pie boxes and the high tea. When here for Wii bowling, they meet a few regulars of the center who each are inspirational in their own way.

Nancy has also met some other people at the center and has been lucky enough to establish great friendships with them. She enjoys being able to help people in any way she can, whether it be keeping someone company or driving them where they need to go. She finds satisfaction and fulfillment in helping others. As Nancy continues her quest to unearth her family history and enrich the lives of those around her, her journey serves as a testament to the power of perseverance, community, and the enduring bonds of friendship.

Grandpa Magic



Hello again folks! I'm back again with some more thoughts and ideas on being a "Super Gramma/Grampa"! Being a professional magician has some perks; my wife and I just came back from a magic convention with over 1,000 magicians in Columbus, Ohio. It just so happens my son and my 2-year old granddaughter also live there, so we had a 'magical' stay! Having kids and grandkids far away can be a challenge, but there are some 'tricks' to keep you connected! Let me share a couple!

The first must-have item is a Nixplay Frame. Go to www.nixplay.com and see for yourself what this picture frame can do! It is the top selling digital photo frame and has endless potential. Buy one for you (we have 2) and get one for each family member. You can share photos and video almost real time! Your family members can also send photos and videos to your frame straight from their phones! This item is a Grandparents dream.

Of course you all know about FaceTime but the other video item you can use is Zoom. It's free and you can have a Zoom party with your kids and grandkids. If you have read this article this far, I will tell you that I will hold a Grandparent Zoom on Wednesday, March 4 at 3 p.m. and we can talk about some of this technical stuff and share some ideas! To join the Zoom, send me an email at jr@jrrussellmagic.com or check out my JR Russell Magic Facebook page for more info as the date draws near!

One thing I like to do when I visit my grandkids is to hide money for each one in the their house. Don't make it simple! You could offer clues when they call on the phone (and they WILL). For the younger kids, I left a puppet and a small toy and I have the identical one at our home. Then when we FaceTime I have the same puppet/toy or whatever and you can play with them!

One more item to have in your home is something my son just gave us, it is a 'Kids Art Frame Display'. You can get a pair of them on Amazon. Now you can display your grandkids' masterpieces and when they draw a new creation, you just open the frame and pop it on top, so you can display the most recent and save about 50 of them on top of each other. The frame looks great and you can take a selfie of you next to the frame and text it to your grandkids. You are now the cool hip Grandma!

Please follow me on Facebook for more ideas! A couple of you have sent me some great ideas that I will share in our Zoom meeting! I love sharing magic and ideas and Jokes:

Q. What is the best time to go to the dentist?

A. Tooth Hurty

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TRAVEL LOG

DAY TRIPS

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.



Doors open 5:30 PM | Dinner at 6:30 PM | Show at 7:00 PM
\$65 Per Person | ohscfoundation.org

Ticket includes dinner catered by Serendipity & first beverage of choice.

Evening Fundraising Activities Include a Dessert Dash & Raise The Paddle Benefiting the Oak Harbor Senior Center Foundation & Co-Hosted by City of Oak Harbor Parks & Recreation

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