

Island Times

Look for Island Times the LAST Thursday of each month
MAY 2024

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

Volume 7 • Issue 13

Sensory Solutions



By Robin Bush
ISR Communications

Are you aware your senses may be changing? Sensory changes can affect your health and lifestyle. Medications, illnesses, smoking, and allergies can make your senses less acute, affecting your awareness of the world around you. Loss of your senses may cause you to withdraw from situations where you need to communicate, leading to isolation. Notify your doctor of any changes in your senses.

Are there things you can do to minimize sensory loss or adaptations you can make to optimize your situation? Yes! Our senses send signals through nerves to our brain, and it takes sufficient stimulation for the brain to register sensations, so we need to support those signal paths.

Your ears help you hear sound and regulate balance. Reduced ability to hear high frequencies or distinguish sounds, challenges understanding speech in noisy environments, or tinnitus (ringing in the ears) all signal that it's time for a hearing test. "About 50 percent of those 75 or older will have trouble carrying on a conversation. Oftentimes, older adults are able to hear speech but cannot understand the message because the words become garbled." (Oklahoma State University - Understanding the Effects of Aging on the Sensory System). This can

contribute significantly to social isolation. Hearing also affects balance, and falls are a significant health risk to older adults. Hearing loss may not be reversible, but you can improve how you live with it.

Helping hearing: Eat well. Some vitamins help maintain a healthy nervous system. If you have hearing loss, or when speaking with someone with hearing loss, cut out background noise, talk face to face, and use gestures to support what you say.

Exercise is important. Walk as much as you can. Stand, don't sit to maintain leg strength. To aid balance, take the free Zoom class offered twice weekly through WhidbeyHealth called S.A.I.L. (Stay Active and Independent for Life), which includes cardio and balance work.

Vision challenges like loss of clarity, difficulty with glare, sensitivity to brightness, or problems seeing well in low light should be looked into.

Helping vision: Switch cool tones for warm ones in your home, change lights to higher wattage bulbs for brighter lighting, and install red lightbulbs that you leave on at night to help you see in hallways or bathrooms. These won't fix your vision, but they can help you safely navigate your home. Consume enough vitamins and minerals, particularly those critical to maintaining vision. Sit or stand where you can see you well at events and sit where speakers are not backlit.

Smell and taste go hand in hand. The aroma of a meal encourages you to cook and eat. Also, you may tend to be more social and linger over a tasty meal with others. Conversely, bad-smelling or

SENSORY SOLUTIONS continued on page 2

The Fulfilling Retirement of Michael Murcay



Michael with his 4th place Ribbon for Special Olympics Basketball (March 2024)

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

Retirement is often portrayed as a time of relaxation and leisure, but for individuals like Michael, it's a chapter filled with purpose, passion, and meaningful connections. After bidding farewell to the traditional nine-to-five grind, Michael embarked on a journey that not only enriched his own life but also touched the lives of those around him. Through his involvement in Special Olympics, volunteering, and community engagement, Michael has redefined what retirement looks like, demonstrating the importance of staying active and connected in one's golden years.

For Michael, retirement wasn't about slowing down; it was an opportunity to pursue his interests. He is a regular participant in the Special Olympics, Michael participates in a variety of sports, including basketball, track & field, cycling, and bocce ball. These activities not only keep him physically active but also provide a sense of camaraderie and accomplishment as he competes alongside fellow athletes. Whether he's dribbling down the basketball court, sprinting towards the finish line, or pedaling his bike, Michael thrives in the exhilarating world of Special Olympics sports.

Beyond the thrill of competition, Michael finds solace and joy in the serene surroundings of Camp Horizon. Nestled amidst nature's beauty, this retreat offers him a sanctuary where he can unwind, recharge, and connect with like-minded individuals. Whether he's roasting marshmallows around a campfire, embarking on nature hikes, or sharing stories under the starlit sky, Camp Horizon provides Michael with cherished memories and moments of tranquility.

Volunteering is another part of Michael's retirement routine, as he dedicates his time and energy to various places in the community. From volunteering at the WAIF Thrift Store or Garage of Blessings, Michael's spirit shines through in his commitment to making a difference in the lives of others. His involvement at The Center further underscores his dedication to giving back, as he lends a helping hand to staff and volunteers alike, ensuring that the center remains a welcoming and inclusive space for all.

But perhaps most inspiring is Michael's daily ritual of checking in on his neighbors, Starbucks staff, and volunteers. Armed with a warm smile and a genuine interest in others' well-being, Michael embodies the spirit of community and connection. Whether it's a friendly wave, a heartfelt conversation, or a simple act of kindness, he leaves an indelible mark on those he encounters, brightening their days and fostering a sense of belonging.

In between his various pursuits, Michael embraces an eco-friendly lifestyle, opting to walk or ride his bike wherever he goes., but it also allows him to savor the simple pleasures of life, from the crisp morning air to the vibrant sights and sounds of his surroundings.

RETIREMENT continued on page 7

DID YOU KNOW?

*Did you know dance helps reduce stress, increase levels of serotonin, and develop new neural connections?
(Harvard Medical School)*



See page 6 for information about our upcoming dance lessons

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

- All kinds of sizes
- Full color
- Includes Grommets

American Legion Family



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LEADERSHIP CORNER



#oakharbormarina and #langleymarina connects me with other boaters and the waters I love so much. #PoweredByConnection

Island Senior Resources is **Powered by Connection**

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

May is Older Americans Month. 2024's theme is Powered by Connection, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. The theme invites us to explore the vital role that connectedness plays in supporting independence and aging in place by combatting isolation, loneliness, and other issues.

We are so lucky in our Island County neighborhoods to have so many diverse spots to connect with friends, neighbors, and nature. Those neighborhood connection spots, or "hubs" vary widely as you travel from Clinton up Whidbey Island and over to Camano. It's our good fortune to have over 400 ISR staff and volunteers living among you to create connections in our communities. I'd invite you to be inspired by the possibility of a force multiplier when your barber, librarian, or bus driver connect with you and refer you to our programs and services.

For almost two years, ISR has used a centralized intake process, meaning that when you call us at 360.321.1600 you are connected to a trained professional who will help you on your journey to receiving assistance for yourself, or for whomever you are calling in on. Any person in a position to help someone, with the person's agreement, can directly refer them to ISR programs. A visit to <https://senior-resources.org/request-assistance/> will also bring you to the secure area on our website where you can enter the information you need to receive assistance.

Join us in recognizing Older Americans Month. Let's celebrate those points of connection, unique to Island County. Post a selfie to our Facebook page or yours showing the place you feel most connected, share what it means to you to be connected, and add #PoweredByConnection to your post. Be sure to tag Island Senior Resources.

SENSORY SOLUTIONS continued
from page 1

tasting food can be a sign of spoilage, and bad smells in the air can indicate fire or gas. Some medical conditions can remove the ability to understand or distinguish smells, so pay attention to changes.

Helping taste and smell:

Eat foods with various textures that look appealing and avoid bland foods. Changes in medication may help. Increase spice and use stronger flavors when cooking. Install smoke or carbon dioxide detectors (change batteries yearly).

The skin is our largest organ, with millions of nerve endings. Touch may be the most important of our senses. We can live without sight, hearing, or taste, but life without touching has a dramatic impact on mental health. Touch communicates connection. Loss of a sense of touch can occur after a stroke, with diseases such as Parkinson's or Arthritis, or simply from sitting too long. Our sense of touch is often perceived as our ability to feel pain. Internal and external pain signals our brain that something internal is not operating correctly, or we have an injury or shouldn't touch something. Reduced blood flow to nerve endings impacts our touch sensors and can even impair our ability to walk safely because of not feeling where the floor is.

Helping touch:

Improve safety at home by lowering your water heater temperature to no higher than 120 degrees to avoid burns. Put a thermometer outside where you can read it indoors to dress appropriately for the weather. Consult a physical therapist soon after an injury to improve healing. When you are with someone with a reduced sense of touch, brush their hair or rub lotion into their hands. Ask them what level of pressure is comfortable.

You will feel healthier, happier, and safer if you make changes today to support your senses.

Island Senior Resources



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
Medicaid In-Home Care
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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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, May 14, 1 p.m. Coffee Hour
The Center in Oak Harbor (51 SE Jerome St)

Tuesday, July 23 at 1 p.m. Coffee Hour
The Center in Oak Harbor, 51 SE Jerome St Oak Harbor

Tuesday, June 11, 1 p.m.
Freeland Library, 5495 Harbor Ave, Freeland

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.

MEMORY CAFES

Connection & Engagement for Caregivers and Receivers

Memory Cafes are a welcoming place for individuals with Alzheimer's Disease, any form of dementia, other brain disorders, or mild cognitive impairment. They are designed to include the care partner for a shared experience.



Tuesday, May 7
Tuesday, May 21
12:30 p.m.
1050 SE Ireland St. Oak Harbor



Friday, May 17
Friday, May 31
12:00 p.m.
Freeland Library 5495 Harbor Ave. Freeland

360-321-1600 www.senior-resources.org facebook.com/islandseniors instagram.com/islandseniors

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www.islandcountyhabitat.org
1592 Main Street
FREELAND
360.331.6272
290 SE Pioneer
OAK HARBOR
360.675.8733

Your donations & purchases help build a world where everyone has a decent place to live.

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.

Guess Who?

I am an entrepreneur born in South Africa on June 28, 1971. I attended the Wharton School of the University of Pennsylvania, where I studied economics and physics. I am an engineer who became a billionaire with my many innovative projects.

Answer: Elon Musk



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

MAY SALES

Tuesdays
25% off Shoes

Fridays
25% off Books

Wednesdays
25% off Jewelry

Saturdays
25% off Clothes

Thursdays
25% off ONE item

RECORDS
BUY 1 GET 1 FREE
(= to or lesser \$)



Free monthly activity books for Seniors and Caregivers

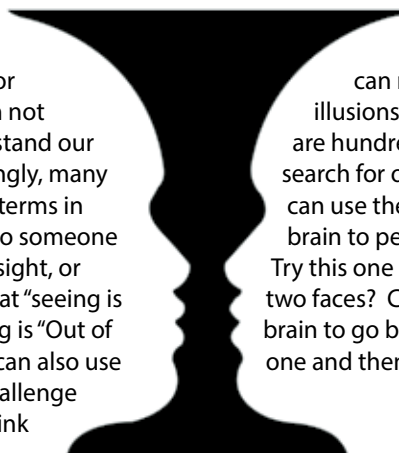
Stimulate thinking, creativity, and mental engagement through puzzles, word games, mazes, and more.

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

360-321-1600

Fun with Optical Illusions

Sight is the nearly magical sense that translates light into color and shapes for many people (although not all) and helps us understand our surroundings. Interestingly, many of us incorporate sight terms in speech when we refer to someone as having insights, foresight, or hindsight, or declare that "seeing is believing" or something is "Out of sight, out of mind." We can also use our sense of sight to challenge ourselves to see and think in new ways.



The complex relationship between the eye and the brain can make things like optical illusions fun to explore. There are hundreds on the internet if you search for optical illusions, and you can use these to challenge your brain to perceive things differently. Try this one – do you see a vase or two faces? Can you convince your brain to go back and forth and see one and then the other?

Gain Not Loss

For the most part, we take our senses for granted. When acuity diminishes, we may adapt with hearing aids or glasses, replace teeth, or use walking sticks to connect with the terrain beneath our feet. Or we may increase acuity by extending our reach to new levels with microscopes, stethoscopes, and amplifiers or by exploring unknown places to experience new textures, sounds, sights, sensations, and tastes.



In her book "A Natural History of the Senses," Diane Ackerman describes us as living in a sense-luscious world. Those of us for whom senses are fading or don't exist find the remaining senses become acute so we can still process the world around us, albeit differently. Helen Keller, blind, deaf, and mute, developed her sense of touch so finely that when placing her hands on a radio, she could feel the difference between coronets and strings through variations in vibrations, even though she could not hear them. Her sense of smell acutely recalled her memories, which we can experience ourselves as smells transport us across miles and to years gone by. A whiff of rubbing against a tomato vine transports us back to Grandma's garden, or the aroma of lilac recalls summer nights when the perfume of the blooms from the tree outside an open window filled our childhood bedroom. Hellen Keller read and wrote about the sensuousness of the world with a level of intensity most of us never experience. Loss of a sense is not actually a loss but rather the opportunity for the other senses to grow and for us to use our brains differently. It is said humans use so little of our brains, and this is one way we can push those boundaries and develop what others may never experience. We are rewarded through our loss to discover our gain.

GIVE 
BIG
POWERED BY
NOT CHARITY MAY 7-8



"We don't know what's coming, but we can help shape what's ahead. With kindness as our currency, the common wealth is in our hands. So, give a little, give a little, give a lot, don't stop. A helping hand makes the world go 'round, there's more than enough."
Lyrics from MaMuse "Power of kindness"

Support Island Senior Resources during GiveBig May 7-8.
senior-resources.org/donate or 360-210-3011



GiveBig WA is Happening Now

GiveBIG is a statewide fundraising campaign where individuals come together across Washington to invest in our communities. Your support will help ISR continue to nourish the seniors in our community, prevent isolation, and help seniors and caregivers navigate the path of aging. Please be generous before May 8

Knowledge Plus Time

What would you wish for if you had only one wish? That's a great question to ask someone, especially someone older. It's a provocative question that often stimulates memories of something they had that they lost, like a person or the ability to pursue a hobby. They might talk about something they never got to do or a place they always wanted to see.

You can also ask questions like what was the best invention in your lifetime or what life was like for you in the 60's – that often brings a smile of recalled adventures you might never have heard about. You might ask who their most influential teacher was or what it was like being a teenager in 19__.

Asking questions prevents "elder speaking," which is overly simplified speech used when someone talks to an older person as if they were a toddler. If you ask the right questions, you might hear about their first television, how they played kickball in the empty city lot behind their apartment building, or when their dad brought home a puppy.

Questions are springboards for unexpected conversations. I recently read about a grandson who asked his grandmother what she thought was the secret of being successful as we age, and her answer was simple. "Just try," she replied. Try walking, cooking, gardening, swimming, or anything else. The wisdom she had gained through 93 years of life was simple -- trying is what keeps us young. He would never have gained from her wisdom had he not asked the right questions.

It's said by some that wisdom is knowledge plus time. Knowledge is gained from learning facts and information. Wisdom comes from cumulative experiences and learning from them. Someone may teach you, which has great value, and they may share their wisdom, which is a connection to their lived experience. Both are gifts. Don't miss the opportunity to ask others to share their wisdom.

Island Senior Resources

Join us for a meal

Monday 11:45 - 12:30
The Center in Oak Harbor
51 SE Jerome St. Oak Harbor

Wednesday 11:45 - 12:30
Island Senior Resources - Bayview
Leo's 14594 SR 525 Langley

Tuesday 11:45 - 12:30
Island Senior Resources - Bayview
Leo's 14594 SR 525 Langley
Eat-in box lunch

Thursday 5:00 - 5:45
Brookhaven
150 4th St. Langley

Friday 11:45 - 12:30
The Center in Oak Harbor
51 SE Jerome St. Oak Harbor

Donations accepted to help cover the costs of a meal

Island Senior Resources

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

MEALS ON WHEELS DRIVERS NEEDED TODAY

Mileage reimbursed

Help fight food insecurity one meal delivery at a time



MAY

Contributions to cover cost of meals are appreciated

WEEK 1		
Wed	1	Chicken Alfredo
Fri	3	Italian Sub Sandwich
WEEK 2		
Mon	6	Chicken Spinach Tortellini
Wed	8	Fish Sandwich w/Lettuce & Tomato
Fri	10	Taco Salad w/Ground Beef
WEEK 3		
Mon	13	Macaroni & Cheese
Wed	15	Swedish Meatballs
Fri	17	Turkey & Cheese on Croissant
WEEK 4		
Mon	20	Sweet & Sour Pork w/Rice
Wed	22	Cheeseburger w/Fixings
Fri	24	Asian Chicken Salad w/Mandarins
WEEK 5		
Mon	27	Memorial Day - No Meal Service
Wed	29	Pork Loin w/Fruit Chutney
Fri	31	Supreme Pizza & Caesar Salad



Benefits Counseling
 ISR offers free Medicare advising from SHIBA Statewide Health Insurance Benefits Advisors

Tuesday, May 14 *Coffee Hour* at 10 a.m. in person at The Center in Oak Harbor
 51 SE Jerome St., Oak Harbor

Tuesday, June 11 at 1 p.m. in person at Freeland Library
 5495 Harbor Ave., Freeland

Tuesday, July 23 *Coffee Hour* at 1 p.m. in person at The Center in Oak Harbor
 51 SE Jerome St., Oak Harbor

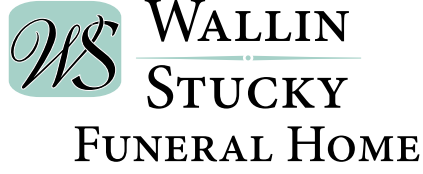
Call 360-321-1600 for more information and to register.
 Pre-registation is required.
senior-resources.org/shiba



Island Senior Resources
 and The Center
 in Oak Harbor will
 be closed in observance of
MEMORIAL DAY
 Monday, May 27

Planning ahead is simple. The benefits are immense.

Contact us today to discuss
 pre-arrangements or transfer
 of existing arrangements.



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 5533 East Harbor Road • Freeland • 360-221-6600
www.wallinfuneralhome.com

GIFTS FROM THE GARDEN WORD SEARCH

W S G N I N N A L P T W S V K F U B I C
 S A D B F W M C G N I L D E E S N P V T
 N P T E Z B R W O N W Y R A H Y M A H T
 E F G E R U D K U S O I L E E S G C T S
 L Z Y N R W I Y P R W E C A A L L I Y V C S
 G B W A P S H F A T I K E S L L N H H E
 B Y D C M R L K V U B K U L N B E V O V
 I P R D A G S S C R T R I U P E D C Z R
 C L N I F C E B E E E T S E Y D R R D A
 W O S H R W A A R Z Y A P N N S A M E H
 O E M L C U S C A B I C E U U O G Z P F
 D F G P B D O K I O W L U U O O S N T L
 Y G Y F O V N Y N C L T I L L U G A H Z
 I U W N F S Z A A W I R A T T C O C D H
 G L L E C P T R I P S H D L R I Z O D Y
 H Z B O R S T D E A Y H L I H E V W D N
 R F L F T I A S B T H M O R N S F A O T Y
 R P W O R Y T Z C O D O K I P U S Y V T Y
 B W O R D S P C T A V T S A O V E L F E
 P R Z Z E N S H A D E M V E R F O N F N

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

- BACKYARD
- BEDS
- COMPOST
- CULTIVATE
- DEPTH
- FERTILIZE
- GARDEN
- HARVEST
- HOSE
- MEASURE
- NURTURE
- PESTS
- PLANNING
- RAIN
- RAISED
- ROOTS
- SEASON
- SEEDLING
- SHADE
- SOIL
- SUNLIGHT
- TILL
- WATER
- WEEDS

ANSWERS



⊕ ** ☹ ☹ ~ ☺ * ✕ ✖ + ❄ ❄ ⬆ ♁ ♂ ♃ ♅ ♆

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

CRYPTO FUN

☹ ♁ ♅ ✖ ♂ ❄ ~ ♂ +

Determine the code to reveal the answer!

Solve the code to discover words related to gardens.
 Each number corresponds to a letter.
 (Hint: 20 = E)

- A. **21 20 22 20 16 6 5 8 20 25**
 Clue: Nutrient-dense foods
- B. **11 4 19 12 16**
 Clue: Sweet produce
- C. **11 8 26 10 20 4 25**
 Clue: Blossoms
- D. **7 8 6 15 16 25**
 Clue: Trees, shrubs and grasses

Answers: A. vegetables, B. fruit C. flowers D. plants

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)

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 – 9:45 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.



CLASSES & PROGRAMS:

Dance Lesson: East Coast Swing

Thursdays | May 17, 23, 30, June 6 & 13 | 5:30 - 6:30 p.m.

\$20 for Center members, \$35 for all others

Fee is for the five-week course. Come learn the beginning steps of East Coast Swing. No partner needed.

History Class:

American Government

Thursdays | April 11 – June 13

1-3 p.m.

\$40 for Center members, \$60 for all others
Instructor Debbie Wallin will explore the American Government and discuss how our government works in this 10-week course.

Canasta Hand & Foot

Thursdays | 1 p.m.

Free for Center 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.

85 & Better Club

Fridays | 10:30 a.m.

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

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

Book Club

3rd Wednesday of the month 2-3p.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.
May – The Alice Network by Kate Quinn



Clogging

Mondays | 2-3 p.m.

\$20 month for members, \$30 month 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.

Learn How to Play Mah Jongg

Wednesdays | 5:30 p.m. | Free for Members, \$3 for all others

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

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

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 p.m.

\$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.

Social Dance

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

Free, everyone welcome

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

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.



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



Grandpa Magic



Greetings fellow Senagers! I'm back again with some more thoughts and ideas on being a "Super Grandma/Grampa"! Having kids and grandkids far away can be a challenge BUT here is another item to keep you connected! If your Grandchild is 8-12 years old, here is something that might be fun. My magician friend Josh Jay (who fooled Penn & Teller) has an item called "MAGIC MAIL". It is very cool. Joshua Jay writes letters and postcards from every place he performs—more than 50 countries around the world—to test aspiring apprentices' resolve with riddles, codes, and ciphers, and to share the life of a traveling magician. Readers will be amazed when a new postcard appears—as if by magic—in their very own magical mailbox. Packed with exciting stories and fun facts, a magic trick lesson, origami instructions, a recipe, and more. The set includes box shaped like mailbox with 26 postcards, 6 letters and envelopes and a poster-sized map. So YOU get the box and then mail postcards to your grandchild. Imagine, kids getting something in the mail! Go on Amazon and search "Magic Mail".

If you have read this far, I feel it is time to share a card trick that you can do! (and I have fooled my magician buddies with it!) It is called: The Lie Detector! Using only nine cards, you program them to become a lie detector and reveal an honestly chosen card.

Take any nine cards and mix them up. Deal three piles of three cards each. Ask somebody to take one pile and remember the bottom card.

Collect the two remaining piles together, then drop the chosen pile on top. (their chosen card ends up third from the top) Ask them to tell a lie, and name ANY other card, for example, "Two of Spades." Whatever card they say you will spell its name. Pick up all the cards and get ready to deal.

Start by spelling the value of the named card. If it was a "two", spell T-W-O dealing one card from the top of the pile for each letter and stop. When you're done, drop the rest of cards in your hand on top of the cards you just spelled out.

Spell out "of", O-F, dealing two more cards from the top, and dropping the rest of the pile on top.

Then spell the suit of the card, including the final S, S-P-A-D-E-S, again dropping the remaining cards on top.

Using their lie you programmed the machine. Now we are ready to discover the truth! Spell T-R-U-T-H, and the card that lands on the final H will be the original chosen card! Trust me... it just works! I will post a video of me performing the trick on my JR Russell Magic Facebook Page.

You can often find me on Thursday mornings at 9am at Whidbey Coffee on SR20, stop by and say hi and I will give you a magical gift!, Send me an email at jr@jrrussellmagic.com or check out my JR Russell Magic Facebook for more ideas.

Q: What do you call a group of bunnies hopping away from you?

A: A receding hareline

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PARTICIPATING IN ACTIVITIES YOU ENJOY



Becki leading a group of Tai Chi participants on the patio under the bright sun rays

MORE THAN JUST FUN AND GAMES

Tips from the National Institute on Aging

There are many things you can do to help yourself age well: exercise and be physically active, make healthy food choices, and don't smoke. But did you know that participating in activities you enjoy may also help support healthy aging?

As people get older, they often find themselves spending more and more time at home alone. The isolation can lead to depression and is not good for your health. If you find yourself spending a lot of time alone, try adding a volunteer or social activity to your routine.

Benefits of an Active Lifestyle

Engaging in social and productive activities you enjoy, like taking an art class or becoming a volunteer in your community or at your place of worship, may help to maintain your well-being. Research tells us that older people with an active lifestyle:

- Are less likely to develop certain diseases
- Have a longer lifespan
- Are happier and less depressed
- Are better prepared to cope with loss
- May be able to improve their thinking abilities

Activities to Consider

Would you like to get more involved in your community or be more socially active? There are plenty of places to look for opportunities, depending on your interests. Consider these offerings at through City of Oak Harbor Parks & Recreation

Get out and about

- Join The Center and take part in its events and activities
- Play cards, pool or other games with friends
- Travel with a group to the theater, the zoo, a sporting event, etc.
- Join a group interested in a hobby like knitting, lapidary, painting, or quilting

Learn something new

- Take a history, art, or writing class
- Form or join a book club
- Learn (or relearn) how to play a musical instrument

Volunteer

- Speak with Carly Larson, Program Coordinator to find out about different volunteer opportunities
- Help plan and organize social activities and fund raisers with the Special Events Committee
- Plan and escort trips with the Travel Committee

Be physically active

- Take a Tai Chi, yoga, or Enhance Fitness exercise class
- Take a line dance, clogging or dance class
- Participate in a "Mystery Adventure"

Find the Right Balance

Everyone has different limits to the amount of time they can spend on social or other activities. What is perfect for one person might be too much for another. Be careful not to take on too much at once. You might start by adding one or two activities to your routine then assess how you feel. You can always add more! Remember, participating in activities you enjoy should be fun, not stressful.

TRAVEL LOG

**Pricing for the below trips will be available May 1st. For pricing information or to book your trip please contact us directly.

DAY TRIPS

MYSTERY LUNCH

Wednesday, May 22

Wednesday, June 26

Tuesday, July 16

Wednesday, August 28

11 AM – 3 PM

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.

BRITISH PANTRY & TRADER JOES

Wednesday, May 29 | 9 AM – 5 PM

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.

BRITISH PANTRY & TRADER JOES

Wednesday, March 27 | 7 AM–5 PM

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.

BURKE MUSEUM & HENRY ART GALLERY

Thursday, June 6 | 8 AM – 6:30 PM

This fun filled day will begin with a stop at the Burke Museum on the UW Campus where you can watch working labs while visiting the exhibits of Biology, Contemporary Culture, Paleontology, Northwest Native Art, and Archaeology. Then, we will visit the Henry Art Gallery that features contemporary art and ideas. There will be time for a no-host lunch during the day.

OHME GARDENS

Wednesday, June 12 | 7 AM – 7 PM

Natural stone pathways traversing hillside gardens, breathtaking panoramic views, towering cedars and firs, lush foliage, mesmerizing waterfall and tranquil pools are a few of the magnificent things you will see while visiting Ohme gardens located in Wenatchee. Join us as we explore this enchanting sanctuary, mar-

veling at its natural beauty and soaking in the peaceful ambiance. We will stop for a late no-host lunch in Leavenworth on the way home.

HORSE RACING AT EMERALD DOWNS

Saturday, June 15 | 10 AM – 7 PM

Experience the thrill of live horse racing at one of the Pacific Northwest's premier venues, Emerald Downs. Cheer on your favorite horses, place your bets if you are feeling lucky, and enjoy a day filled with excitement and camaraderie.

MALTBY CAFÉ & FLOWER WORLD

Tuesday, June 18 | 8:30 AM – 5 PM

We will start this fabulous day with a no-host brunch at the iconic Maltby Café where they serve up homemade cinnamon rolls, country style breakfast, grilled sandwiches, burgers, and award-winning pies! Then we will make a stop at Flower World, a 15-acre garden center that features a produce market.

BALLARD LOCKS BOAT CRUISE

Monday, June 24 | 10 AM – 8 PM

Come along with us on a 2-hour cruise by Argosy Tours that will include a one-way trip through the Ballard Locks aka the 'Boat Elevator' with a live, full narration about Seattle history and industry. You will get up close views of large fishing vessels, seaplanes, and the floating homes along with well known attractions like Gas Works Park and the Space Needle. Prior to the afternoon cruise, we will stop for a no-host lunch in Lake Union.

RETIREMENT continued from page 1

As Michael continues to embrace retirement with enthusiasm and purpose, his journey serves as a testament to staying active, engaged, and connected in later life. Through his love of Special Olympics sports, dedication to volunteering, and compassion for others, he exemplifies the true essence of retirement—a time to thrive, inspire, and leave a lasting impact on the world around us.



Penn Cove Water Festival

Tribal Canoe Races, Music, Dancers, Food, Native Arts & Crafts, Storytelling, Youth Activities



May 18th 2024

penncovewaterfestival.org

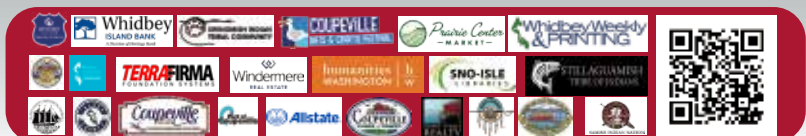
Whidbey Island

11AM-5PM

penncoverwaterfestival@gmail.com

Washington

In Loving Memory of Sk'aliCh'elk-tenaut (Tokitae), Roger Purdue (Tsimshian/Hyaaak), & Dorcen May Nathan (Tsimshian)



EXTENDED TRAVEL



Highlights include Nice, Food Tour & Tasting, Nice Flower Market, Monaco, Monte Carlo, Choice on Tour: Monte Carlo's Panoramic Tour or Monaco's Oceanographic Museum, Grasse, Fragonard Perfumery Workshop, Cannes, Saint-Honorat Island & Wine Tasting, Villa Ephrussi de Rothschild, & St. Paul de Vence

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