

# Island Times

FORMERLY *THE GUIDE* AND *SECOND WIND*

Look for  
Island Times  
the LAST  
Thursday of  
each month  
**APRIL 2018**

MONTHLY NEWSLETTER OF ISLAND SENIOR RESOURCES AND OAK HARBOR SENIOR CENTER

Volume 1 • Issue 12



## Walk on!

By Christina Baldwin  
Board Member, Island Senior Resources

Signs of spring are here! Beautiful bulbs are blooming, spring bushes are full of flowers, and the weeds are winning in my garden beds. The dog is shedding and little "dust bunnies" are rolling across the floor. The rain comes and goes, instead of just coming, and the light arrives earlier and lingers longer. I wrap up in a jacket on my deck to have coffee in the morning. The tides have shifted, bringing back low tides during daylight hours that open the beaches again to rambling. April is an opportunity to get outside and appreciate the natural beauty that is so much a part of island living.

Maybe you didn't move around a lot over the winter months; you can still limber up for the coming summer. **The motto for April is: take it easy and keep going.** A friend of mine starts her "spring retraining" by walking with her hiking sticks up her long driveway and back.

*In Winter I plot and plan. In Spring, I move.*  
~ Henry Rollins

"For a week I don't go any further than that," she says. "I just push to go a little bit faster by the end of the week. Next week, I walk an additional quarter mile to the end of my lane and back. Again, just noticing how my body feels and if I can increase my speed, stride, or confidence. By the end of the month, I can walk down to the main road, using people's mailboxes as markers of my progress. Then, I shift my focus to extending my distance each day."

Mary knows that building heart and lung strength is the foundation for making her muscles stronger. "Once I can walk a mile, I know I can do other things as well—like going to the gym and getting help working out on the machines." Inside and outside, April is a great month for shaping up our bodies, so we feel ready to take advantage of the oppor-

**WALK ON** continued on page 12

## Bon Voyage!

Carly Waymire  
Program Coordinator, Oak Harbor Senior Center

Spring is officially here! As the days get longer and the weather gets nicer many people are looking for something fun to do. The Oak Harbor Senior Center (OHSC) offers many travel opportunities that are the perfect way to get out and do something exciting, meet new friends, make memories, and enjoy the day. We have an assortment of different travel opportunities from shopping in Seattle, casinos, mystery lunches, museums, garden tours, boat trips, short getaways, to 10 days in Spain. Here are some tips I have come up with to help you be prepared for whichever kind of travel opportunity you decide to take.

### Day Trip Tips:

- Always show up on time!
- Remember things like sunscreen, hats, sunglasses, canes, umbrellas and rain jackets

- If possible, carry a cell phone with you
- Bring along a water bottle and snacks
- Let someone close to you know where you are going and when you expect to return

### Overnight Trip Tips:

- Try to pack light, making your bag easy to carry
- Remember to pack your prescription medication along with any other medications you might find yourself needing (pain killers, antacids, etc.)
- Pack some snacks and water, it might be a longer ride
- Check the weather ahead of time and pack accordingly

### Extended Travel Tips:

- If needed, have a pre-trip medical check up
- Have a "medical kit" in your carryon including prescription medications,

**BON VOYAGE** continued on page 3



## QUESTION OF THE MONTH: WHAT INVENTION MADE THE BIGGEST DIFFERENCE IN YOUR LIFE AND WHY?



**Rose Frank, 78**  
Oak Harbor

*"The computer because it made our life a lot easier than the washing machine."*



**Carol E., Age 73**  
Clinton, WA

*"Technology. It has its ups and downs. Overall, it allows you to be in touch with the world and see what they are doing. It really helps when you have friends and family that live far away."*



**Glenn Eckard, 82**  
Whidbey Island

*"The atomic bomb, unfortunately. It had the greatest impact on the world."*



**Teri H., Age 70**  
Clinton, WA

*"My leaf blower. It makes my life so much easier. I love it."*



**Camille Brighten, 71**  
Oak Harbor

*"Single line telephone."*

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## Oak Harbor Senior Center

51 SE Jerome St.,  
Oak Harbor, WA 98277

**Front Desk: 360-279-4580**

**Travel Desk: 360-279-4587**

### Normal Business Hours:

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

### Yearly Membership Dues: \$40

Available for anyone 50+ years

**Liz Lange • (360) 279-4581**

Senior Services Administrator

**Carly Waymire • (360) 279-4583**

Program Coordinator

**Barry Wenaas • (360) 279-4582**

Program Assistant

Send comments and suggestions to [CWaymire@oakharbor.org](mailto:CWaymire@oakharbor.org)



## A Night of Music and Dance with the Island Jazz Collective

**Friday, April 27 • 6:30 – 9:30 PM**

At the Oak Harbor Senior Center (51 SE Jerome St.)

**Appetizers and no host bar**

**Tickets: \$15 each**

Tickets can pre-purchased at OHSC or online (<https://squareup.com/store/oak-harbor-senior-center-foundation/>) or pay at the door

*Proceeds go to the Oak Harbor Senior Center Foundation*

*The Island Jazz Collective playing at the OHSC Art Show in January*



Island Jazz Collective engages island audiences with their own brand of popular 20th century mainstream jazz. The quintet mixes swing, blues and bossa tunes through a combination of sax, piano, guitar, bass and drums. Whether playing a finger snappin', toe tappin' tune or a laid back groove, Island Jazz Collective always entertains!

IJC members live in Langley, Coupeville and Oak Harbor. The group includes Don Wodjenski on sax, Dr. Bob Wagner on keyboard, Mark Strohschein on guitar, Dale Stirling on bass, and Ken Bloomquist on drums.

For more information on the band and the latest schedule visit: [www.islandjazzcollective.com](http://www.islandjazzcollective.com)

## Whidbey Art Party: Spring Camellias

Come join professional painter Amy Hauser for a one of a kind art party! This month she will instruct you through "Spring Camellias". Absolutely no experience is necessary, anyone can join in the fun! Amy will give you step by step instructions to create your very own hand painted canvas which is yours to keep. All materials are provided in the class including the canvas, instructions,

painting materials, and refreshments. Whether you are wanting to try something new or an experienced painter this class is for you! Join us on April 25, 2018 from 6:00 – 8:00 PM at the Oak Harbor Senior Center. The cost is \$40 for OHSC Members and \$45 for Non-Members. To sign up, stop by the Oak Harbor Senior Center or visit [whidbeyartparty.com](http://whidbeyartparty.com).



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**OPPORTUNITY** continued from page 1

- pain killers, antacids, band aids, and antihistamines.
- Pack a spare pair of glasses
- Consider travel insurance packages
- You can ask the airport for transportation assistance inside the airport
- Be mindful about eating foreign foods
- Pack comfortable shoes for days that include a lot of walking and site seeing
- Let your family know the days you will be traveling
- If traveling to another country have a plan on how to exchange your money
- Keep your passport and valuable belongings in a secure place throughout the trip. Some hotels offer safes and other security devices for your convenience

These are a few tips to keep in mind when planning to travel. The most important tip is to always have fun and

enjoy yourself! For those who haven't traveled with us before I encourage you to try out a trip! If you are hesitant of traveling alone you should be informed that many of our travelers do so and have made lasting friendships on the trips. Additionally, our trips are carefully constructed by our wonderful volunteers who come up with the ideas, plan the itinerary, and then go along on the trip as the escort. They are there to help you on the trip, answer your questions, and are your point of contact. We ensure that everyone is accounted for and well taken care of on our trips.

To sign up for a trip just come visit us at the Oak Harbor Senior Center and we will gladly sign you up. We do request payment at the time of sign up, however OHSC members get a discounted rate! After signing up for a trip you will get a reminder call from the escort the day before to refresh you on times, information, and anything else that pertains to the trip. Then, the day of the trip you will



meet the bus at the Safeway parking lot. We have two experienced and kind bus drivers, Jay Long and Patrick Stump who will take good care of you along the journey.

We also offer some extended travel opportunities through Collette and Premier World Discovery. For these trips we will have special presentations at the OHSC to inform you about the trip. We also have brochures with all of the trip details included so stop by today to pick one up if you are interested! We can help walk you through the simple, quick process of signing up if you decide to take an extended travel trip.

If you are feeling like you need to get out and do something exciting then stop by the OHSC to sign up for a trip today! We have just announced our upcoming trips for the next few months so I encourage you to reserve your spot soon because



our trips do fill up fast! We look forward to having you travel with us. If you have any questions or would like to review our travel policy please contact me at (360) 279-4583 or at cwaymire@oakharbor.org.



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## April Showers Bring May Flowers

Barry Wenaas, Program Assistant, Oak Harbor Senior Center

As the saying goes, in the Pacific Northwest, showers bring the beauty of many spring flowers. The daffodils, tulips, camellias, lilac's and English daisy's. April also brings on the month long celebration of the Tulip Festival in the Skagit Valley.

We also have Happy Easter Sunday which is April 1st and also April Fool's Day. WOW! What a busy Sunday.

The word "Easter" comes from the Saxon pagan festival, honoring the goddess "Eastre" (also called Oestre). The goddess Eastre's symbol is the rabbit. Did you know approximately 1.5 billion "Peeps" were sold for Easter. Easter is also celebrated with the Easter Bunny, colored eggs, jelly beans and lots of chocolate. There is also a famous Easter game called the Easter Egg Hunt. The Easter Egg Hunt was the first game ever invented. They think the reason this tradition started was because the Easter Bunny dropped the eggs on the way to deliver them and they hide themselves. Setting the date for Easter changes every year. It is the first Sunday after the full moon following the spring equinox. Here is an Easter thought to ponder: The nice thing about being senile is you can hide your own Easter Eggs.

On April 7th we have World Health Day. It is sponsored by the United Nations World Health Organization (WHO). It focuses on a different health theme each year. It is an international event to emphasize and work on important health issues around the world. Major activities focus on awareness, education programs and fund raising activities. At the Oak Harbor Senior Center we focus on health activities with our Enhanced fitness program, Yoga, Tai Chi and S.A.I.L. Everyday we have some activity to

encourage health living.

Another world day is World Art Day. This is celebrated on April 15th. This day is set aside for the celebration of the fine arts. We have a wonderful program here at the Center on Monday afternoon—Art with Dottie. We have some of the most talented and awesome artists—presenting many mediums. If you would like to dabble in the arts, please come and visit the group on Mondays at 1:00pm. This special day was created in 2011 at the General Assembly of the International Association of Art in Guadalajara, Mexico. The date was selected as it the birthday of Leonardo DaVinci.

Did you all know that there is a day set aside for NO HOUSEWORK? It is on April 7th, but I think there should be more designated days than just that one. There are two ways you can celebrate this day: If you normally do the housework, cease and desist for this day or if you are a spouse of significant other, have them do the housework and see what is entailed and hopefully they will offer to do it more often.

On April 9th, President John F. Kennedy proclaimed Winston Churchill Day, thus proclaiming him an honorary citizen. A law must be drafted and voted upon by the U.S. Senate.

And for all you golfers, even though you think everyday is YOUR day, on April 10th it is official. Golfers Day is to be thankful that someone invented this addicting, yet relaxing hobby. Just remember that even a bad day at golf is better than a good day at work.

How about a "Walk on the Wild Day". It is your chance to do something that the normal and usual "you" would not do. Just kick off your shoes and do it . . . just go wild on April 12th.



A group of Oak Harbor Senior Center volunteers smile for the camera

One of our favorite candies are the Jelly Beans, so we can officially celebrate Jelly Bean Day on April 22. Jelly Beans date back to at least the 1860's. Advertisements promoted Jelly Beans to Union troops fighting in the Civil War.

Now let's celebrate World Penguin Day which always occurs on April 25th. World Penguin Day coincides with the annual Northward migration of penguins. Penguins do not fly, rather they walk or waddle their way to and from. Penguins are found in Antarctica, South Africa, Australia, New Zealand, Chile, Peru, the Falkland Islands and the Galapagos Island. Also, many are found in zoos.

Living in the Pacific Northwest, we are very aware of the Richter Scale due to all the faults in our State and the rest of the Northwest. On April 26th it is Richter Scale Day. Always be prepared. It is stated that one of the strongest earthquakes recorded is Aug 24, 70 when Mount Vesuvius, Italy buried Pompeii and Herculaneum.

A better time to celebrate April 26th is National Pretzel Day. It is said that Pretzels date back to 610AD in the South of France. Monks baked thin strips of dough into the shape of a child's arms folded in prayer. There are so many shapes of pretzels and textures of pretzels; soft, crispy, crunchy, long, short, stuffed etc.



Sylvia Edwards works on her painting during our Monday Art Class

One of the most important days—especially here at the Oak Harbor Senior Center is Volunteer Recognition Day which occurs on April 20th. Volunteers dedicate themselves to causes and helping others. They make big and small differences in the lives of millions of people all over the world. They assist people, animals and Nature. Most volunteers do not ask for recognition—they just want to help and "give back" where they can.

Volunteer activities are energizing and rewarding and lots of fun and camaraderie. Try it and you will see! Call the Oak Harbor Senior Center and see what volunteer opportunities we have to offer.

Have a GREAT MONTH

### W.I.G.S. (Whidbey Island Genealogical Searchers)

Tuesday, April 10, 1pm,  
2720 Heller Road, Fire Station #25

Leland K. Meitzler, manager of Family Roots Publishing Co., will talk about electronic record keeping.

All are welcome to attend. Contact Ruth Hancock at (360) 675-4086 for more info.



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## DRIVE SAFE DRIVE SMART

Take the new AARP smart driver course

Wednesday, May 2 • 8:30 am – 4 pm

Oak Harbor Senior Center, 55 SE Jerome St

- Refresh your driving skills; understand the new rules of the road.
- This class may save you money on your car insurance.
- Learn driving strategies to help you stay safe behind the wheel.
- There are no tests to pass.
- Lunch not included.

Cost: \$15 AARP members, \$20 for non-AARP members. Registration required.  
Call (360) 279-4580 to register.

## Puget Sound Energy – Electrical Safety Presentation

Puget Sound Energy Outreach Manager Walt Blackford will give an informational presentation on electrical safety on April 11, 2018 from 3:30 PM – 4:30 PM at the Oak Harbor Senior Center. Additionally, he will bring a high voltage demo table for hands on demonstrations. This is a FREE event and all ages are welcome! No registration required.







## OAK HARBOR SENIOR CENTER ACTIVITIES 360-279-4580

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9 Quilting 9 Billiards 9:30 Enhanced Fitness 11:30 LUNCH 12 Bunco 12:30 Ping Pong 1 Art with Dottie 3 Clogging 5 Tai Chi	8:30 Yoga 9 Billiards 9 Lapidary 11 Mexican Train 11:30 Chess 12 Line Dance 1 Knitting & Crochet 1 MAC SIG (2nd. Tue.) 2 Vision Impaired Group (4th Tues) 2:30 S.A.I.L. 3 Guitar 6 Pinochle 6 Lapidary 7 Stamp Club (2nd & 4th Tuesdays)	9 Billiards 9 Lapidary 9:30 Enhanced Fitness 11:30 LUNCH 12:30 Party Bridge 12:30 Ping Pong 2 Caregiver Support (last Wednesday) 4 Pickle Ball	8:30 Yoga 9 Billiards 9:30 Enhance Fitness 10 Creative Writing 12:30 Cribbage 1 SVC History Class 1 Reiki Treatments 2 Caregiver Support (3rd Thursday) 2:30 S.A.I.L. 7 Wire Wrap	9 Quilting 9 Billiards 9 Tai Chi 11:30 LUNCH 12:30 Pinochle 12:30 Line Dance 1 Parkinson Support Group (1st Friday) 3 Guitar 6:30 Old Time Fiddlers (1st Friday) 7 Country Dance (2nd Friday)	Ping Pong Billiards Pinochle 10am-1pm: Pickleball 12-1pm: Beginner Pickleball

## ISLAND SENIOR RESOURCES (BAYVIEW) ACTIVITIES 360-321-1600 or 360-678-3373 [www.senior-resources.org](http://www.senior-resources.org)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10 Time Together 11:45 Lunch Served 12:15 Reader's Theater Rehearsal 1 Mahjong 3 Afternoon Tai Chi	8:45 Advanced Tai Chi 9 Foot Clinic – call (360) 341-3210 for appt 10 Beginning Tai Chi 10 Time Together 10:30 Tune In, Tone Up 10:30 Ukele with Talia 11:45 Lunch Served 12:30 Lunch & Learn 2:30 Parkinson's Sing-a-long April 3 10 Parkinson's Support Group April 10 10 Alzheimer's Support Group	9 Beginning Line Dancing 10 Line Dancing 10 Quilters 10 Time Together 11:45 Lunch Served 6:30 Bingo April 4 1 Legal Consultations April 18 1 Legal Consultations April 25 11:45 Birthday cake and Party (all are welcome) 11:45 Blood Pressure Check	8:30 Men's Bridge 9 Senior Striders 10 Time Together 1 AARP Tax Prep appts recommended call (360) 678-3000 6 Twilight Bridge	9–4:30 SHIBA (Statewide Health Insurance Benefits Advisors) by appointment 10 Time Together 10:45 Fun Band Dancing 11:45 Lunch Served	

**Call Island Senior Resources for instructor contact numbers and information.**

**DATES AND TIMES OF ALL SCHEDULED EVENTS ARE SUBJECT TO CHANGE. IT'S ALWAYS ADVISABLE TO CALL TO CONFIRM.**

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## TRAVEL LOG

## OAK HARBOR SENIOR CENTER

For more information, call the Travel Desk, 360-279-4587



## CABARET

Sunday, April 8

11:30 AM – 6:30 PM

Member: \$95 • Non-Member: \$120

Come hear some of the most memorable songs in theatre history, including Cabaret, Willkommen, and Maybe this Time. Welcome to the Kit Kat Klub, where Sally Bowles and ensemble take the state to tantalize the crowd in pre-WWII Germany. At the Mt. Baker Theatre in Bellingham. We will stop for a no-host brunch or lunch prior to the show.

PACCAR OPEN HOUSE  
AND LUNCH AT OLIVE GARDEN

Saturday, April 14

Depart: 10:30 AM – Return: 4:30 PM

Member: \$20 • Non-Member: \$30

Come take a tour of the PACCAR Technical Center and see how they manufacture and test their trucks including Kenworth, Peterbilt, and DAF. After touring the facility we will head to Olive Garden for a no-host lunch.

## SEVEN CEDARS

Monday, April 16

Depart: 7:30 AM – Return: 6 PM  
Member: \$35 • Non-Member: \$50

We had a great time at this Casino in Sequim last time, even if the windy ferry ride was more than we bargained for. Let's go again and hope for calm seas!

## ALDERWOOD MALL

Tuesday, April 17

Depart: 8 AM – Return: 5 PM  
Member: \$35 • Non-Member: \$45

Spring is in the air! Let's enjoy a day of shopping. Great stores: Walking Company, Chico's, Clarks, REI, Nordstroms, and Macey's. For those interested in World Market, Storable's or Target, we will drop you off after lunch and pick you up in the

afternoon before heading home. Enjoy lunch on your own: Cafe Rio, Romano's Macaroni Grill, Anthony's Fish Bar or Anthony's Grill, Cinnabon, PF Chang's. So much to enjoy.

## TEATRO ZINZANNI

Sunday, April 22

Depart: 3 PM – Return: 11:30 PM  
Member: \$155 • Non-Member: \$180

Join us for a three hour night unlike any other including entertainers, comedy acts, artists, and a multi-course meal.

EVERETT VILLAGE THEATER:  
STRING

Saturday, April 28

10 AM – 6 PM

Member: \$78

A brand-new story with a mythological twist, this World Premiere musical is a fun and fresh fable about fate, love, and the wonders of chocolate.

## GRANVILLE ISLAND

Monday, May 7

8:30 AM – 5:30 PM

Member: \$47 • Non-Member: \$60

Take a trip with us to Granville Island BC for great shopping, beautiful sights, amazing restaurants, and a good exchange rate!

THREE NURSERIES AND  
LUNCH AT THE TRUMPETER

Friday, May 11

Depart: 8:45 AM – Return: 5 PM  
Member: \$30 • Non-Member: \$40

It's time for our annual Flower and Gardening event! Our first stop will be at the Orchard's Nursery in Stanwood, WA. This nursery was a favorite last year! It has many wonderful plants and gardening ideas. Our lunch stop will be at the Trumpeter Restaurant in Mt. Vernon where we will have a reservation for our group. Lunch is on your own. After lunch we will stop at Skagit Valley Gardens, then onto Christenson's Nursery on our way back to complete our spring-time fling!

WINGS OVER WASHINGTON AND  
LUNCH ON THE PIER

Wednesday May 16

Depart: 9:30 AM – Return: 5:30 PM  
Member: \$58 • Non-Member: \$70

Take a ride in the state-of-the-art "flying theater" that will transport you on an

aerial adventure above one of America's most scenic and beautiful states, Washington. You will see amazing sights as you dive down the seaside cliffs through the morning mists of the Olympic National Forest and Mt. Rainier to the San Juan Islands and on to the spectacular beauty of the Cascades and the awe-inspiring Snoqualmie Falls to the wild whitewater of the Tieton River and the kaleidoscopic wonder of the Walla Walla Valley Balloon Stampede then back to Elliot Bay to bank around the Seattle Great Wheel as a sensational fireworks display begins and then slowly landing back to where the journey all began. After that enjoy a no host lunch from many of the wonderful options on the Pier including Ivar's, Elliot's Oyster House, Red Robin, The Crab Pot, Frankfurter, and many more! Price includes transportation and ticket.

## SILVER REEF CASINO

Monday, May 21

Depart: 9 AM – Return: 5 PM  
Member: \$27 • Non-Member: \$37

We haven't been up North for a while so let's go try our luck! Silver Reef is always a fun, friendly place to visit and we receive \$5 buy in and discount on lunch.

RHODODENDRONS,  
WINE, AND LUNCH

Thursday, May 24

Depart: 9:30 AM – Return: 5 PM  
Member: \$40 • Non-Member: \$55

This is a Whidbey Island Adventure! We will begin in Langley at Comforts of Whidbey Winery. This new family owned winery sits on 22 beautiful acres which overlook the Puget Sound. It has a large tasting room where we will savor an exclusive wine tasting. Afterwards we will head over to Gordon's on Blueberry Hill Restaurant in Freeland. We have a reservation and will delight over their exciting lunch menu. After lunch, we will drive to Meerkerk Rhododendron Gardens in Greenbank where a 1-1/2 hour guided Horticultural tour awaits. The gardens encompass 10 acres of land with 4+ miles of leisurely walking trails. After the tour

we will have time to explore the various paths, with many benches, where we can sit and take in the beauty of tens of thousands of daffodils, cherry trees, magnificent magnolias and rhododendrons with their symphony of color. This is a unique Whidbey experience. Wear comfortable walking shoes. Includes transportation, wine tasting, entrance into the gardens and the Horticultural tour. No-host lunch.

## OLATE DOGS

Saturday, June 9

10:30 AM - 5:30 PM

Member: \$45 • Non-Member: \$60

Watch the fuzzy faced winners of America's Got Talent and their handler Richard Olate deliver high energy, fast paced tricks, aerobatics, and humor. We will stop for a no host lunch before the show.

## AMERICAN CAR MUSEUM

Wednesday, June 13

Depart: 9:30 AM – Return: 5:30 PM  
Member: \$64 • Non-Member: \$78

Whether you're a collector, an automotive enthusiast, or just a fan of cars, this museum will sure to spark your interest. You will be amazed by the number of cars they showcase. We also will have lunch in their Classic Café which features hot sandwiches, burgers, and floats. Price includes transportation and museum entrance. No host lunch.

## ANGEL OF THE WINDS

Tuesday, June 19

Depart: 9 AM – Return: 3:30 PM  
Member: \$27 • Non-Member: \$37

Come see Angel of the Winds new non-smoking section in addition to many new slots! You will also receive a \$5 slot ticket and a discount on the lunch buffet.

## ANDRE BOCELLI

Sunday, June 24

Depart: 3:30 PM – Return: 11:30 PM  
Member: \$168 • Non-Member: \$190

This June, legendary tenor Andrea Bocelli will be returning to the US for a special concert series and will be at the Key Arena in Seattle. The unique performances will feature a new popular repertoire from Bocelli's latest album, Cinema along with Bocelli's beloved repertoire of Arias, love songs, and crossover hits. Ticket includes transportation. We will arrive in Seattle in time to enjoy a no host dinner before the show.

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## TRAVEL LOG

### SEATTLE UNDERGROUND TOUR AND LUNCH AT 13 COINS Thursday, June 28

Depart: 8 AM – Return: 5:30 PM  
Member: \$58 • Non-Member: \$70

Take a humorous stroll through storefronts and sidewalks entombed under Seattle when the city rebuilt on top of itself after the Great Fire of 1889! This 75 minute tour begins in Doc Maynard's Public House, then spills into historic Pioneer Square, Seattle's Birthplace, before plunging underground for an exclusive view of the buried city. The tour guides tell you interesting, funny stories about our pioneers. It's history with punch lines! After our tour, we will be driven to the new famous 13 Coins Restaurant (open 24 hours daily) in Pioneer Square. The original 13 Coins was built in 1967 in So. Lake Union with a 2nd opening in 1976 near SEATAC airport. We will have a reservation, but lunch is on your own.

NOTE: The underground part of this tour has uneven walking surfaces, stairs, and minimal lighting. For your safety, please wear covered toe shoes. Also a 21% tip will be added to your bill at 13 Coins because of a private area for our group and a menu featuring 6 different lunch items.

### SEATTLE CHOICE Thursday, July 12

Depart: 8 AM – Return: 5:30 PM  
Member: \$40 • Non-Member: \$55

Our semi-annual Seattle trip is a fun one in summer! We will drop off at Westlake Center and Pike Place Market for all shoppers with one pick-up point at Pike Place Market. Walk the waterfront, visit the Aquarium, ride the ferris wheel, buy a sandwich at Beecher's Handmade Cheese shop and enjoy a picnic in the park! Bring your grandchildren for a fun day! Whatever you do, enjoy the sights and sounds of this exciting city!

### unWINEd ON THE BAY Thursday, July 26

4:45 PM – 9:30 PM  
Member: \$68 • Non-member: \$80

Come take a wine cruise that will feature 15-20 different wineries complimented by appetizers. Price includes transportation, cruise, wine tastings, and appetizers.



### PHANTOM OF THE OPERA Thursday, August 9

Depart: 9:30 AM – Return: 6 PM  
Member: \$100 • Non-Member: \$130

Cameron Mackintosh's spectacular new production of Andrew Lloyd Webber's The Phantom of the Opera will return to Seattle as part of a brand new North American Tour. Critics are raving that this breathtaking production is "bigger and better than ever before". We will stop for a no-host lunch before the show.

### MYSTERY LUNCHES Tuesday, April 24 Wednesday, May 9 Thursday, June 7

Depart: 10:30 AM – Return: 2:30 PM  
Member: \$20 • Non-Member: \$30

Price includes transportation only

### EXTENDED TRAVEL OPPORTUNITIES

#### CAPE COD & THE ISLANDS

July 8, 2018: 7 Days Featuring Boston, Martha's Vineyard, Nantucket and Newport

Double: \$2,350 • Single: \$3,075  
Includes round-trip air from Seattle, lodging, hotel transfers and 9 meals.

Sign up available now!

This incredible tour program features a 7 day/6 night itinerary flying round-trip from Seattle to Boston including transfers from Oak Harbor, unpacking once and staying for 6 nights in beautiful Cape Cod. Our hotel located conveniently in Mid Cape, provides the perfect location for a week's stay on Massachusetts famed Cape Cod, allowing you to leisurely explore the Cape and experience the best it has to offer.

#### SPAIN'S CLASSIC October 11-22, 2018

Double: \$4049 • Single: \$4649  
Includes air and ground transportation from Oak Harbor, lodging, and 14 meals  
11 days featuring Madrid, Seville, Valencia, and Barcelona.

Sign up available now!

### ISLAND SENIOR RESOURCES

For more information, call 360-321-1600 or 360-678-3373

ISR provides transportation to/from Bayview Hall/Clinton ferry  
Pricing does not include walk-on ferry ticket

### FAIRHAVEN – DIRTY DAN HARRIS DAYS & CHUCKANUT DRIVE Sunday, April 22

Leave Bayview Hall: 6:50 AM  
Leave Mukilteo: 8 AM  
Return to Mukilteo: Approx. 5 PM  
Member: \$60 • Non-Member: \$65

Register by Friday, April 13

Come check out this unique Fairhaven event, the Annual Dirty Dan Harris Festival! Celebrate the "unscrubbed" founder of Fairhaven including live music, uphill piano race, fish tossing, chili cook-off (\$6 fee, paid at event), and more. After the festival, we'll hop back in the van and head to stunning Chuckanut Drive. There will be stops for views and photos along the way. Bring money for shopping and food. Wear comfortable, weather appropriate clothing, and walking shoes, this historic town does have uneven surfaces as well as stairs.



### SEATTLE CHERRY BLOSSOM & JAPANESE CULTURAL FESTIVAL Friday, April 20

Leave Bayview Hall: 8:50 AM  
Leave Mukilteo: 10 AM  
Return to Mukilteo: approx. 3:30 PM  
Member: \$50 • Non-Member: \$55

Register by Thursday, April 12

Experience the cultural roots and contemporary influences of Japan through live performances, visual arts, hands-on activities, food, games, Taiko drumming, and artisan demonstrations. The Seattle Center has hosted this cultural immersion for 40 years in appreciation of 1,000 cherry trees gifted to Seattle by Prime Minister Takeo Miki on behalf of the Japanese government in commemoration of our nation's bicentennial. Bring money for food and purchases. Wear comfortable, weather appropriate clothing, and walking shoes. Please note: this trip includes uneven flooring and uneven terrain in some places.

### MUSICAL IN THE FOREST Monday, May 28

Leave Bayview Hall: 8:50 AM  
Leave Mukilteo: 10 AM  
Return to Mukilteo: Approx. 7:30 PM  
Members: \$80 • Non-members: \$85

Register by Monday, May 21

Join us on a trip to the Kitsap Forest Theater to see The Mountaineers Players put on the timeless Broadway musical, Peter Pan! Featuring iconic songs, "I'm Flying," "I've Gotta Crow," "I Won't Grow Up" and "Never Never Land," Peter Pan is the perfect show for the child in all of us who dreamed of soaring high and never growing up. There will be a 10-minute walk down the winding forest trail to the secluded forest theater. Bring a sack lunch or buy classic concession stand food on site. Don't forget your camera, weather appropriate clothing, and comfortable walking shoes. Fee includes transportation and admission.

### DIABLO LAKE AFTERNOON CRUISE Friday, June 29

Leave Bayview Hall: 8:20 AM  
Leave Mukilteo: 9:30 AM  
Return to Mukilteo approx. 6:30 PM  
Members: \$87 • Non-members: \$92

Register by Friday, June 22

Join us for a boat tour of glacier fed Diablo Lake in the heart of the North Cascades National Park. Learn about wildlife habitat and enjoy views of snow-clad mountain peaks, islands and waterfalls. Experience parts of the lake hidden from view from roads or trails. Your tour will come alive with stories about the early explorers and settlers in the area and the challenges of building the three Skagit River Hydroelectric Project dams and powerhouses. We'll also see the panoramic view at the Diablo Lake overlook. We'll stop for coffee and treats in Darrington on the way up, and Cascadian Farms on the way back down. Bring your camera as well as cash, sack lunch, weather appropriate clothing, and comfortable walking shoes. Fee includes guide, transportation, and admission to tour.

### CASINO TRIPS IN 2018

All casino trips depart/return from Bayview Community Hall Parking lot.  
Depart 9 AM • Return 4:30 PM  
Member: \$35 • Non-member: \$45

ANGEL OF THE WINDS	April 10
SKAGIT VALLEY	May 8
SWINOMISH	June 12
TULALIP RESORT	July 10
ANGEL OF THE WINDS	August 14
QUIL CEDA CREEK	September 11
SKAGIT VALLEY	October 9
SWINOMISH	November 13
TULALIP RESORT	December 11

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## MEAL SITES & HOURS

### ISLAND SENIOR RESOURCE CENTER (BAYVIEW)

14594 SR 525, Langley, WA 98260  
360-321-1600

Meals served Mon, Tues, Wed, Fri, 11:45 am

### OAK HARBOR SENIOR CENTER

51 SE Jerome Street, Oak Harbor, WA 98277  
360-279-0367 (kitchen) or 360-279-4580 (Center)

Meals served Mon, Wed, Fri, 11:30 am

### CAMANO CENTER

606 Arrowhead Road, Camano Island, WA 98282  
360-387-0222

Meals served Mon, Wed, Fri, noon

### CAMBIEY APARTMENTS

50 North Main Street, Coupeville, WA 98239  
360-678-4886 Ext 28 or 360-321-6661 ext 28

Meals served Mon, Tues, Wed, Fri, 11:45 am

### BROOKHAVEN

150 4th Street, Langley, WA 98260  
360-321-1600

Meals served Mon, Wed, Fri, noon; Thurs, 5 pm

### COUPEVILLE METHODIST CHURCH, FIRST UNITED

608 N Main St, Coupeville, WA 98239  
360-678-4256

Meals served Wed, noon

### HILLSIDE EVANGELICAL FREE CHURCH

874 Plantation Drive, Greenbank, WA 98253  
360-222-3211

Meals served Wed, Fri, 11:30 am

## MENU - APRIL

### WEEK 1

Mon	2	Crispy Fish & Chips
Tues	3	Salad Bar w/Variety of Veggies
Wed	4	Meatloaf w/Tomato Topping
Thurs	5	Chef's Choice
Fri	6	Chicken Pot Pie Bake

### WEEK 2

Mon	9	Manicotti w/Marinara
Tues	10	Club Sandwich
Wed	11	Chicken Alfredo Fettuccini
Thurs	12	Chef's Choice
Fri	13	Swedish Meatballs

### WEEK 3

Mon	16	Turkey Tetrizzini
Tues	17	Combo Pizza & Salad
Wed	18	Cobb Salad w/Turkey & Ham
Thurs	19	Chef's Choice
Fri	20	Pork Loin w/Gravy

### WEEK 4

Mon	23	Orange Chicken
Tues	24	Best Reuben Sandwich
Wed	25	Beef Stroganoff w/Mushrooms
Thurs	26	Chef's Choice
Fri	27	Chicken Parmesan

### WEEK 5

Mon	30	Brats & Sauerkraut
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## Join us for LUNCH & LEARN



Presenters will offer information on key topics affecting the lives of seniors, their caregivers, families and friends.

### AT THE COUPEVILLE HUB • WEDNESDAYS, 12:30 PM – NEW START TIME

Events begin at 12:30 p.m. at the Coupeville United Methodist Church, 608 N. Main Street at 7th St. Lunch is served every Wednesday at noon (suggested donation \$5). Contact Carol Moliter: (360) 678-0636, bigrockdesigns@whidbey.net.

#### Date Topic and Presenter

- April 4** *Bingo*  
Come Play Bingo! Aging & Disability Resources will also be available 11:30 a.m. to 1:30 p.m.
- April 11** *How Could We Be So Lucky?*  
Chasity Smith, Director of Aging & Disability Resources and Family Caregiver Support Program at Island Senior Resources, will provide a brief overview of the Island Senior Resources organization and how their resources and programs can help make your senior years the BEST years of your life.
- April 18** *What's New at Island Transit*  
Maribeth Crandell, Island Transit Mobility Specialist, will share the latest on new Guided Tours, a van program for social service organizations, and answer your questions about Paratransit, Travel Training or our new Saturday Service. Explore the possibilities!
- April 25** *Staying Strong & Flexible*  
Harada Physical Therapy's own Erick Harada, and staff from his Coupeville clinic will demonstrate, and then supervise you as you practice moves to be flexible and stronger.

### ISLAND SENIOR RESOURCES (BAYVIEW) • TUESDAYS, 12:30 PM

Lunch (optional) will be served 11:45 am – 12:30 pm (suggested donation \$5) followed by a free presentation. See our menu section for what is being served for lunch. Come eat, socialize, and learn!

#### Date Topic and Presenter

- April 3** *What's New at Sno-Isle Libraries?*  
Join Vicky Welfare for an overview of the services currently available through the library system.
- April 10** *Medical Alert Systems – Questions to Consider Asking*  
Join Harold Cole in exploring what medical alert systems do and don't do. Witness a demonstration of how the equipment works.
- April 17** *Love your Local Food...and Wine and Spirits, too!*  
Whidbey Island is a popular destination for foodies and wine lovers. Learn about our local food system and how you can help our local farmers and producers.
- April 24** *Tips for Easier Gardening*  
Join Loren Imes, WSU Extension Program Coordinator and learn about practical tips you can try to make for easier gardening instead of a chore.

### OAK HARBOR SENIOR CENTER • 11:30 AM

All Lunch Bunch/Brown Bag Series are open and FREE to the public and begin at 11:30 am to 12:30 pm.

#### Date Topic and Presenter

- April 24** *Scleroderma: The Causes, Overview and Treatment*  
Presented by Bob Wallin. Scleroderma is in the family of autoimmune diseases. Bob and his wife Debbie have a daughter with Scleroderma that was diagnosed in 1996. At that time she had a 50% chance of living five years. She was 23 at the time. Come hear about her treatment and progress and learn about this rare disease.
- May 1** *Electric and Gas safety*  
Presented by Walt Blackford of Puget Sound Energy. Walt will focus on, how electricity gets to Whidbey and how it is restored, home energy assessments, low-income assistance, and online self-service options.

**Disclaimer:** Island Senior Resources (Bayview and the HUB) offers a variety of information, classes, and presentations, but does not endorse any speaker or vendor. Presentations are meant as an educational opportunity and no solicitation is allowed. We suggest attendees explore a variety of options before making any decisions regarding services. Island Senior Resources will not share your information with any vendor or speaker. If you choose to share your contact information, this is at your own discretion.



## 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 by Annette Barca who has been conducting pre-retirement seminars for 15 years. Free. No pre-registration required. For more information call 360-321-1600 ext 0.

**Island Senior Resources (Bayview)**  
14595 SR 525, Langley, WA 98260  
Monday, April 30, 10:30 AM

**Oak Harbor Senior Center**  
51 SE Jerome St., Oak Harbor, WA 98277  
Wednesday, April 25, 2 PM  
Wednesday, June 20, 2 PM

### SOUTH END

#### Alzheimer's & Dementia Caregivers Support Group

2nd Tuesday of the Month  
10 AM – 12 noon

**Alder Room, Island Senior Resources**  
14594 SR 525, Langley, WA  
Contact: Mel Watson, 360-321-1623

#### Parkinson's Support Group

1st Tuesday of the month, 10 – 11:30 AM

**Trinity Lutheran Church, 18341**  
**WA-525, Freeland Ave (at Woodard)**  
**In the older building, in Grigware Hall**  
Contact: Mel Watson, 360-321-1623

### NORTH END

#### Alzheimer's Cafe

3rd Thursday of the month, 3 – 4 PM  
Zorba's Restaurant, 32955 RD 20,  
Oak Harbor, WA

Contact: Sharon Morris 360-392-3934,  
and Karen Cowgill 360-279-2555

#### Alzheimer's & Dementia Caregivers Support Group

1st Thursday of the month,  
2:30 – 4:30 PM

Summer Hill Assisted Living,  
Oak Harbor, Oak Harbor, WA 98277  
Contact: Heidi Kuzina, 360-679-1400 or  
Karen Cowgill, 360-279-2555

**Do you need a caregiver support group that is currently not available on Whidbey Island? Call Mel Watson, Director Adult Day Services, 360-321-1623**



#### Oak Harbor Caregiver Support Group 1

3rd Thursday of the month, 2 – 3:30 PM  
Oak Harbor Senior Center, 51 SE Jerome St, Oak Harbor, WA 98277  
Contact: Sande Mulkey, 360-279-0933

#### Oak Harbor Caregiver Support Group 2

Last Wednesday of the month,  
2 – 3:30 PM.  
Oak Harbor Senior Center,  
51 SE Jerome St, Oak Harbor, WA 98277  
Contact: Sande Mulkey, 360-279-0933

#### Parkinson's Support Group

1st Friday of the month, 1 – 3 PM  
Oak Harbor Senior Center  
(Modular Building), 51 SE Jerome St,  
Oak Harbor, WA  
Contact: Eula Palmer 360-675-9894

# TIME TOGETHER

2 LOCATIONS!

Bayview Senior Center

Oak Harbor Senior Center

## ADULT DAY PROGRAM

Serving our Whidbey Island Community since 1997

Time Together Adult Day program offers social engagement and meaningful activities that preserve dignity and promote quality of life for seniors and adults with special needs. Time Together offers much-needed respite to family caregivers to manage their life needs and rest, while loved ones are in a safe and supportive environment.



**Island Senior Resources (Bayview)**  
14594 SR 525  
Langley, WA 98260

**Oak Harbor Senior Center**  
51 SE Jerome St  
Oak Harbor, WA 98277

Contact Mel Watson, Time Together Director Island Senior Resources  
(360) 321-1623, mel@islandseniorservices.org



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## SHIBA Medicare Advising

Will you be going on Medicare in the next 6 months and/or want to know more about Medicare? Come attend a free seminar presented by SHIBA (Statewide Health Insurance Benefit Advisers) volunteers. FREE, no pre-registration required.

**This month, seminars will be held at:**

**OAK HARBOR SENIOR CENTER: 51 SE Jerome St., Oak Harbor, WA 98277**

Tuesday, April 10 10 am

Tuesday, May 8 10 am

**ISLAND SENIOR RESOURCES (BAYVIEW): 14594 SR 525, Langley, WA 98260**

Tuesday, April 30 1 pm

**COUPEVILLE LIBRARY: 788 NW Alexander St., Coupeville, WA 98239**

Wednesday, May 30 11 am

Information will be provided on "basic" Medicare benefits as well as options for additional insurance(s). Medicare parts A and B will be discussed. We will also cover the differences between "Medigap" (supplemental) insurance and the various Advantage plans available on Whidbey Island. We will review benefits and rates. Information about prescription drug plans will be included. If you want help with your drug plan, bring a detailed list of your drugs.

Counselors will be available to answer brief questions following the seminar. The seminar is about 2 – 2.5 hours long.

**Note: SHIBA volunteers work under the guidance of the Insurance Commissioner's Office.**



# From the Executive Director of ISR

By Cheryn Weiser, Executive Director, Island Senior Resources

Perched on a little hill near Freeland, spring is always a time when I enjoy a view of billowing, and sometimes threatening, clouds offset by splendid periods of sunshine and warmth. I think the bookends of spring weather offer a bit of a metaphor for life at Island Senior Resources this spring.

Each day as I sit in my office at the Senior Resource Center in Bayview, I am aware of a growing number of younger seniors (Baby Boomers) finding their way to us to learn about resources needed to attend to an older loved one, get advice about Medicare or Social Security, borrow a walker or wheelchair from our lending closet, or take advantage of our Lunch & Learn series. Islanders are coming in to see our staff at Bayview, at the Oak Harbor Senior Center, or the Camano Center in record numbers!

Far from our lovely Whidbey shores, there are threatening clouds in Washington, D.C. that could upend our ability to respond to the growing number of seniors and those caring for them in Island County. In a recent conversation with non-profit leaders in Island County and Congressman Rick Larsen,

we talked about proposed federal cuts to programs impacting seniors such as:

- support of low-income housing,
  - SHIBA (the State Health Insurance Benefits Advisers Program),
  - educational programs in support of caregivers and those trying to be more adept at managing chronic disease, and
  - nutrition programs like Meals on Wheels.
- The proposed federal budget for 2019 has a stunning number of \$0's for programs affecting seniors.

Despite these threats, we, at Island Senior Resources, choose to do everything in our power to remain a constant in our communities and be an unwavering resource for seniors, despite the odds. Great credit goes to our phenomenal staff and volunteers that make all of what we do possible.

April 15-21 is National Volunteer Week. As you look at your spring and summer activities, consider joining us. Bring some sunshine and make a difference in the lives of seniors in Island County!

## HOW TO REACH ISLAND SENIOR RESOURCES

For all departments and all staff call 360-321-1600 or 360-678-3373

- Nutrition/Meals on Wheels
- Aging & Disability Resources
- Family Caregiver Support
- Time Together Adult Day
- CamBay Apartments
- In Home Care
- Case Management
- Medical Transportation/ Volunteer Services

SHIBA

Senior Thrift 360-331-5701

For more information, visit [www.senior-resources.org](http://www.senior-resources.org)

## DRIVE FOR CHANGE



What is the Island Senior Resources Drive for Change? It's a way you can create change with your change.

- Collect your change
- Ask others to help
- Bring your change to Island Senior Resources

Drop off locations:

- Island Senior Resources (Bayview)
- Senior Thrift

CamBay Apartments (Coupeville) (please visit [www.senior-resources.org](http://www.senior-resources.org) for location addresses)

Every penny makes a difference. You can help us reach our goal of \$10,000 this year (that's 1,000 meals, hundreds of rides, or hours of care for seniors and adults with disabilities).

If you use debit or credit cards for all your expenses and don't get much change, you can still participate. You can

donate online at [www.senior-resources.org](http://www.senior-resources.org) or send a check to Island Senior Resources, with "Drive for Change" in the memo. You can also help us spread the word by posting "I support the ISR Drive for Change" on Facebook. Encourage others to participate.

Every donation, big or small, helps us help seniors and adults with disabilities, their families, and caregivers. Your change can change their life.

## DRIVE SAFE DRIVE SMART

Take the new AARP smart driver course

Saturday, May 5 • 8:30 am – 4 pm

Island Senior Resources (Bayview)

- Refresh your driving skills; understand the new rules of the road.
- Learn driving strategies to help you stay safe behind the wheel.
- This class may save you money on your car insurance.
- There are no tests to pass.
- Lunch not included.



Cost: \$15 AARP members, \$20 for non-AARP members. Registration required. Call 360-321-1600 or 360-678-3373.

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### SENIOR MONDAY!

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## ISLAND SENIOR RESOURCES BOARD OF DIRECTORS

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Executive Director: Cheryn Weiser

Please contact Island Senior Resources (360) 321-1600 or (360) 678-3373 if you are interested in applying to join the Board. Special interest in North-island applicants.



# Free Chronic Pain Workshop offered in May

## LIVING WELL WITH CHRONIC PAIN

Oak Harbor Senior Center (In Modular Building)

**Thursdays, May 3 – June 7 • 1–3:30 pm**

The Living Well with Chronic Pain workshop is designed specifically for people who experience chronic or ongoing pain, are often exhausted from the pain, low energy, and feel isolated with a lack of control.

This class provides tools, information, and strategies to help those with pain or a chronic condition cope with daily struggles. Mutual support in a caring and trusting environment builds the participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

Participants learn to reduce stress and frustration, manage symptoms, set weekly goals, problem-solve effectively, improve communication, relax, handle difficult emotions, eat well, and exercise safely. Past participants report feeling an increase in their confidence, and the motivation needed to manage the challenges of living with a chronic health condition. Family members, friends, and caregivers may also participate.

This 6-week workshop is offered by Island Senior Resources in collaboration with the Oak Harbor Senior Center and is FREE!!

You will also receive the book "Living a Healthy Life with Chronic Pain" to use during the workshop. At the end of the workshop, you may purchase the book if you choose.

Registration is required, and class size is limited. Please contact Debbie Metz, 360-321-1621 to register for the class.

# Announcing Island Senior Resources eNews!

Join our email list and receive our new monthly eNews, full of updates for the month ahead: sales at Senior Thrift, special events, classes, trips, menus, and great articles. You can sign up online at [www.senior-resources.org](http://www.senior-resources.org).

# Powerful Tools for Caregivers CLASS

**Wednesdays, April 18 – May 23, 1 – 3 pm**

*We encourage you to attend all six sessions*

Join this 6-week class series for caregivers offered by Island Senior Resources.

Powerful Tools is an educational program designed to help caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend, or neighbor.

Develop a wealth of self-care tools:

- Reduce personal stress
- Prioritize self-care
- Communicate your needs
- Deal with challenging situations
- Make tough decisions
- Set goals and problem-solve
- Manage emotions
- Increase confidence

Class is free. Pre-registration is required. Caregiver Helpbooks may be borrowed for duration of class or purchased for \$20.

Location: Coupeville Library, 788 NW Alexander Street, Coupeville, WA 98239 (please park in lower lot)

To Register, call Beth Rahi, Island Senior Resources' Caregiver Support Specialist at (360) 321-1600 option 2, then 2 or e-mail [RahiEA@dshs.wa.gov](mailto:RahiEA@dshs.wa.gov)

# Life Planning Seminar

**Friday, April 20 • 3 – 5 pm**

Useless Bay Golf & Country Club

In concern for the well-being of seniors in Island County, Island Senior Resources has consulted with Ken and Suzanne Leisher to offer a special educational opportunity: a free life planning seminar on preparing for a secure retirement. Come learn how to protect your assets from estate taxes and uncovered medical and long-term care costs, how to plan for aging in place, and how to avoid becoming a burden on loved ones during your retirement. The speaker will be attorney Rajiv Nagaich.

RSVP to [suzannel@whidbey.com](mailto:suzannel@whidbey.com) or call 425-446-2380.

## APRIL at SENIOR THRIFT

### STORE HOURS

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NO DONATIONS ACCEPTED ON WEDNESDAYS

*We have items on sale every day. See our website for full sales calendar:*  
[www.senior-resources.org/thriftstore](http://www.senior-resources.org/thriftstore)

- |                            |  |
|----------------------------|--|
| <b>Sunday, April 1</b>     | <b>Pick an Egg and Get Your Discount</b>             |
| <b>Wednesday, April 4</b>  | <b>20% off Women's Clothing (excluding boutique)</b> |
| <b>Wednesday, April 11</b> | <b>20% off Men's Clothing</b>                        |
| <b>Wednesday, April 18</b> | <b>20% off Children's Clothing</b>                   |
| <b>Saturday, April 21</b>  | <b>20% off Jewelry</b>                               |
| <b>Every April Tuesday</b> | <b>T-shirts \$0.99</b>                               |
| <b>Every April Friday</b>  | <b>25% off Books</b>                                 |



## Welcome to CamBey!

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to schedule your  
personal tour  
\*some restrictions apply



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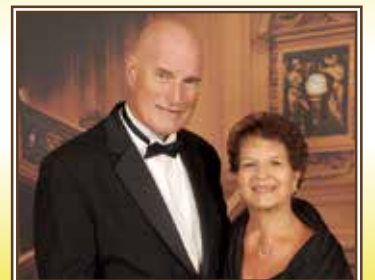
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Paul and Heidi Kuzina, Owners



**WALK ON** continued from page 1

tunities around us for enjoyable warm weather exercise. **Another motto for April: strength without injury.**

There are printed and printable maps to many public trails—from Possession Point to Deception Pass. You can go online or find maps and signs at a number of trailheads and parking areas. We have many convenient links to parks and trails in the Weblinks section of our website: [www.island-resources.org](http://www.island-resources.org). Many of these places are dog-friendly (on leash), some are open to horses and trail bikes. In all my years of wandering Whidbey, I have found people courteous in sharing their use of trails.

If you want company, find a few folks who move at the same pace you do and make a schedule for when you walk. If you want a group, Senior Striders meets every Thursday morning from 9-11:00 AM, starting from Island Senior Resource (Bayview) and carpooling to fun places to hike. People can stroll or power walk—everyone is welcome.

If you like looking at birds, join Audubon and go on one of their free day trips.

You will move at a slow pace as you are spotting birds, and the folks alongside you will be eager to share knowledge and help you spot spring's returning bird population. Bring binoculars and wear layers for changing weather.

If you like gardening and want to learn or share knowledge, the Good Cheer Community Garden in Bayview has open workdays every Wednesday. Folks will also be planting community patches in Langley again this year; you can always buddy up with a neighbor and trade weeding sessions. Or, join the Oak Harbor Garden club and help with a variety of civic gardening projects.

If you just want to sit in the warming sun and not work, you can enjoy a few deep breaths on a bench at Deception Pass State Park, or sit on Second Street in Langley and shoo bunnies away from newly planted beds.

If you want a little more strenuous service, there's always roadside "pick-up." My neighborhood association picks up a one-mile stretch of Bush Point Road, and other local groups cover other stretches of Island roadway—often easy to identify by the county signs acknowledging

sponsorship. It's a twice a year commitment to clean the shoulders and ditches. When you join an established group, you get a hardhat, bright vest, pick-up tool, and official trash bags. The thing I like best is that roadside pick-up is always necessary and always easily doable.

As long as I can bend down (using my knees) and stand up, pocketing trash is both good exercise and a service project many older people can do to help.

I'm out walking the dog several times a day, and I have an extra "you-know-what-for" baggie along; I often carry an even bigger bag that I can fill. All my criteria:

- enjoy nature (leave it better than I found it!),
- keep my body limber (walk-walk-walk-bend-down-get-up-walk-walk-on), and
- do something that helps me feel that I'm a useful member of my community,
- are met by adding a little clean up to my daily strolls.

**Another motto for April: Bend down, pick it up, straighten up, walk on.** It's a beautiful world we live in—and it's spring!

# WEB LINKS TO INFORM & INSPIRE...

When you have a few quiet moments, visit [senior-resources.org/weblinks](http://senior-resources.org/weblinks). There, you will find web links to resources that will provide information and shine a light of inspiration to help you navigate today and tomorrow. Each month we will add new resources, so keep checking back. There will also be a tech tip of the month! You can also reach the links from our homepage [www.senior-resources.org](http://www.senior-resources.org) and click "Links" in the upper right corner.

This Month you will find:

- 7 Keys to Healthy Aging
- Positive Attitudes About Aging May be a "Fountain of Youth"
- Positive thinking: Attitude to aging is the key to optimal health
- Healthy Sleeping for Seniors

## AARP TAX PREPARATION

AARP is offering free tax preparation services at Island Senior Resources (Bayview) each Thursday in March and April 1-5pm. This service is available by appointment only (drop-ins served on a space available basis). Please call (360) 678-3000 to schedule an appointment.



Senior Striders  
Photo by Robert Gerhard

Visit our new location on Birch Street!

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## Take a Hike – Literally!

Go take a hike! It's not an admonishment; it's the best advice you can give yourself or someone you care about. Walking is one of the best forms of full body exercise, and Whidbey Island is a fabulous place for a walk. Join in a walk with Senior Striders every Thursday, leaving Island Senior Resources (Bayview) at 9 a.m., returning at 11 a.m. The Striders carpool to that day's walking location. Take advantage of this wonderful opportunity to share time with others, meet new friends, and get fresh air and exercise. There are always others who walk your pace.

*Striders is a great group of men and women. We walk our talk and talk our walk.* ~ Participant

*Above all, do not lose your desire to walk every day. I walk myself into a state of well-being and walk away from every illness.*

~ Kierkegaard

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