

Island Times

FORMERLY *THE GUIDE* AND *SECOND WIND*

Look for
Island Times
the LAST
Thursday of
each month
MARCH 2018

MONTHLY NEWSLETTER OF ISLAND SENIOR RESOURCES AND OAK HARBOR SENIOR CENTER

Volume 1 • Issue 11



Members of the OHSC Senior Bees Quilting group with their stockings they made and filled with goodies to donate to local children

March Celebrations

By **Barry Wenaas**
Oak Harbor Senior Center Program Assistant

Welcome to March – Spring is just around the corner, and with that the beautiful flowers and of course weeds. As I have written in the past few months, there are plenty of specials in the month.

One of the National Days is National Quilt Day which is March 17th. It celebrates the fabulous quilts and those who make them. Here at the Senior Center, we have the Beautiful Quilting Bees that meet every Monday and Friday morning. They make unique and beautiful quilts and dedicate at least one quilt a year for the Center. They also make many children's quilts for Marjie's House, which is part of CADA.

The origin of National Quilting Day started in 1991 by the National Quilting Association. Their members passed a resolution at the 22nd annual show in Lincoln, Nebraska. There are no records or Presidential Proclamations, but just

ask a quilter and they will always claim it is a National Day. If you are a quilter you are blessed with a special skill, if not, just wrap yourself up in a quilt and enjoy the warmth.

Ok, how about some crazier days? Now just think about the Extraterrestrial Abduction Day. It's always celebrated on March 20th. Always keep one eye on the sky and be prepared to duck, dodge, and hide. Remember "E.T." and "My Favorite Martian"? What fun. You know there are always people out there who are looking to be abducted by aliens, so they can travel to another planet!

Now, who wouldn't like to have a day to just Goof Off – well, there is a day and it is always on March 22nd. It's a day to relax, enjoy and do anything and everything - except what you are supposed to do that day. Go ahead and play – play

MARCH continued on page 12

An Opportunity to Change Your Mind

By **Christina Baldwin**
Board Member, Island Senior Resources

March has a reputation for changeability. It comes in like a lion; it goes out like a lamb... or vice versa... or a little of both. The month offers up storms, or a day that's hot as July, and then the chill rolls in again. March is a rocky ride between seasons.

March also presents an opportunity to let the wind blow through some of my assumptions and rattle up my patterns, a mental way to prepare for Spring.

Whidbey offers dozens of opportunities for things to do. There are classes of every kind: art and dance, music lessons, yoga and exercise, photography and craft, and chances to write our life stories. There are also performances of every genre: music from Baroque to Country, and theater from variety shows to Shakespeare. This environment of rich self-development helps us stay engaged in learning, and the range of entertainment helps us appreciate a sense of culture. When I do something new, I meet new people. Strangers become familiar faces. My sense of community expands.

I also want my mind to keep expanding, to break out of old assumptions, and let some fresh air in to how I see myself and the world around me. I want to meet new ideas, and for some of those ideas to become familiar, maybe even "friends" and new ways of thinking. One of the great connection points for fulfilling



both these opportunities is the public library.

First of all, the library calms me down. While my house and car and many public spaces swirl with overwhelming amounts of incoming information, in the library I am tucked inside four walls lined with story, wisdom, and knowledge that is calmly stacked and organized. I can remove myself from the newsfeeds, back away from television screens, and find real newspapers to handle, lay out on the table, and get ink on my fingers. I discover magazines with differing points of view and books that I can read or listen to. Yes, there's Wi-Fi and a row of computer monitors, and classes on downloading books onto my phone or tablet, but mostly the library is like a library has been all my life: a quiet environment full

OPPORTUNITY continued on page 3

QUESTION OF THE MONTH: **WHAT IS YOUR PROUDEST ACCOMPLISHMENT IN LIFE?**



Rich Scoble, 87
Coupeville

"Lived 87 years! I am also very proud of my education and was a Master Chief in the Navy at the Pentagon."



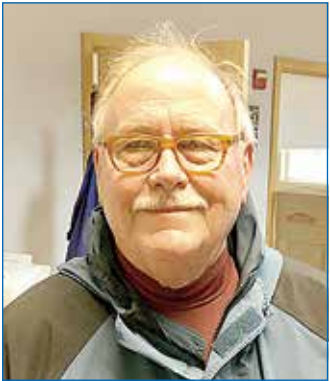
Adele D, 84
Coupeville

"My three kids"



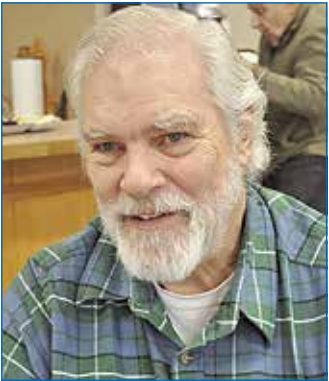
Dottie Sanders, 74
Oak Harbor

"Choosing to go into art when it wasn't really the popular thing to do."



Ken K, 70
Clinton

"Being married for 38 years."



Art Huffine, 72
Oak Harbor

"Marrying my wife!!"

From the Executive Director of ISR

By Cheryn Weiser, Executive Director, Island Senior Resources

On sunny, late-winter days I have to resist the urge to open the windows. I’m finding aging is also a process of opening windows and closing doors. As we discover that our bodies are not quite where they were 10 or 20 years ago, finding ways to gently close doors while opening new windows is a bit of an art form asking each of us for a level of flexibility, adaptability and creativity that flows through this era of our life. For each door I close, I want to open at least one window.

In order to support my own adaptability and creativity, it may be a good time to ask myself these questions:

- What gives me joy?
- What gives me meaning?
- What’s important to me?

As I/we explore the answers to these questions, we may also want to ask ourselves, “How are the things that are important to me, bringing joy, or adding meaning, showing up in my/our lives and are there pathways to bring more of those things into my life?” A positive attitude is one of the keys to aging gracefully. and keeping our lives fueled with things that give us energy can contribute to our positive outlook.

Each of us will answer these questions in our own unique manner. Building in more time to do what brings positive energy into your life is so important. For me, paying attention to gathering in positive moments with friends and family, preparing for the gardening that I love, and making sure that I take advantage of the outdoor and indoor riches of this fabulous island that we live on, are on my list for this year. How about you?

ISR receives donation for Meals on Wheels

St. Augustine’s in-the-Woods Episcopal Church presented a check for \$1,800 to Island Senior Resources for Meals on Wheels, as part of \$9,000 they donated to five Whidbey Island charities. The funds were profits from their annual Holiday market.

This generous gift will help homebound seniors in our community be safe, well-nourished and connected. We are deeply grateful for the support of our concerned, caring community and partners! Thank you!



Debbie Metz, Nutrition Program Director, Island Senior Resources (left) and Rebecca Reid, 2107 Holiday Market Co-Chair (right)

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
- CamBey Apartments

In Home Care
Case Management

Medical Transportation/
Volunteer Services

SHIBA

Senior Thrift 360-331-5701

For more information, visit www.senior-resources.org

OUR LOCATIONS

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

Oak Harbor Senior Center
(in collaboration with Oak Harbor Senior Center)
51 SE Jerome St
Oak Harbor, WA 98277

Camano Center
(in collaboration with Camano Center)
606 Arrowhead Rd
Camano Island, WA 98282

CamBey Apartments
50 N Main St
Coupeville, WA 98239

Senior Thrift
5518 Woodard Ave
Freeland, WA 98249

For more information call:
(360) 321-1600 or (360) 678-3373

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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.

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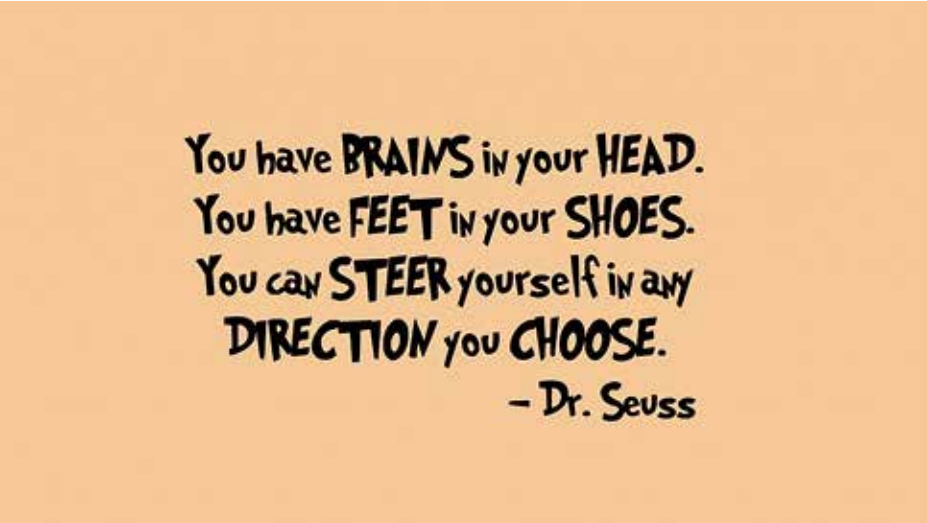
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OPPORTUNITY continued from page 1

of printed paper and fellow readers.

The library changes my sense of time. I browse. I finger new books, just enjoying the heft and feel of them and how long the author worked to create them. I stare out the windows. It's raining again. I decide to stay a little longer. Do I want a good novel? Music or DVD? Am I interested in cooking or crafts? Might I take on some serious nonfiction: history, social issues, other cultures? In this atmosphere of orderliness, I feel capable of reaching for new thoughts.

Maybe that's why the library is so good at offering community classes. People come in and are able to rest in that sense of order. A few moments in the main room prepares us to think more calmly in the community meeting room. Things start to make sense again, and we can consider questions that get lost in the swirl outside.

On a recent venture to the library, I asked several people what they were doing there. Here are a few responses:

"It's the only place I can do Sudoku. Play-

ing with numbers is a kind of meditation for me. It's my hideout."

"I like children's books. My grandchildren have gone on to screen time, but there's so much wisdom in picture book stories. I just come here, sit on these tiny chairs and pretty soon some little people wander by and I read to them while their mom looks for her own book."

"My husband and I have different political views. I come to the library to get a larger perspective. There are smart people writing about how we might get through the crises we face. I get to meet them in the books and journals here."

"I come here for hope and reassurance. To dip into history and remember that we've made it through hard times before. Right now, I'm researching my grandfather's life in World War I."

The Sno-Isle library system has 22 branches and over 11 million pieces of material. There's a quiet room near you. There's also lots going on that fits your need for a little changeability. Blow on in! Our hair may be gray, but our thoughts are still colorful.

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

WEB LINKS TO INFORM & INSPIRE...

When you have a few quiet moments, visit 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 and click "Links" in the upper right corner.

This month you will find:

- Check out classes and events at Sno-Isle Libraries
- 7 Ways to Keep your Memory Sharp at any Age
- How to Keep an Open Mind

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.

Pancake Breakfast

Benefits

Meals on Wheels

Saturday, March 17th
9 am — 11 am
Island Senior Resources (Bayview)
14594 SR 525 Langley

Let us do the cooking!

\$7 per person suggested donation

Enjoy Pancakes, Scrambled Eggs, Sausage Links, Fresh Fruit, Juice, Milk, Coffee or Tea (Gluten free links & pancakes) (Remember to wear green!)

Island Senior Resources

Questions call (360) 321-1600 or (360) 678-3373

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Giving it a Go at Time Together

Mel Watson, Director of Time Together

It's 11:30 am. All of us at Time Together are sitting in a circle at the exercise portion of our day. We'd just finished doing some stretching, and a little cardio, and have just gotten the balloon out for a short game of volleyball before lunch.

Jennifer, a guest for the day, walks through the door. She is new in town, looking to find community, a place to meet folks, and share some fun. She has a genetic disorder and is little shy. Our Time Together "family" welcomes her into the group. We add a chair and start our balloon volleyball game. Ninety four-year old Dave dives and reaches for the balloon in ways that make you think, "he must have been one heck of a football player in his time." Greg has some difficulty reaching on one side due to a stroke, but still he gives that balloon a run for its money.

Time Together has folks from 30-something to 90-something, all laughing, learning, and having fun together. Everyone has a different challenge, but those seem to vanish at Time Together. There are sounds of joy as the balloon is torpedoed around the circle, this way, that way, up, and across. We all laugh hysterically as Phil gives it a good whack and it pops Dave right on the head.

Finally, filled with joy and cheeks sore from smiling, it's time for lunch. Ken, one of

our Island Senior Resources Meals on Wheel drivers, delivers our hot, delicious meal made from scratch in our Bayview kitchen. Today is meatloaf, a "family" favorite. We chat over lunch and get to know our guest a little better. Jennifer is still very shy, but slowly opens up and begins to share. After lunch we play and sing a little music. Jennifer doesn't join in at first, but after a few songs, she says "I don't sing, I dance." We clear the floor, put on "Stayin' Alive" by the Bee Gees and turn up the volume. Jennifer ignites; with a beaming smile she rises to her feet and spins and twists her way around the room. She has rhythm and grace, and for those three and a half minutes we see into the heart of who she is. After her final spin, the whole group erupts with applause.

The last part of the day flies by with conversation, laughter, and activities. Jennifer connects with everyone in the group and they embrace her as a new friend. Family members arrive; we say our group goodbyes, and folks begin to leave. Jennifer turns to a staff member enthusiastically and says, "I want to come! Can I come back?" Of course. Welcome to the Time Together family.

Dementia Care Classes for Caregivers

Knowledge and skills to help you care for those living with dementia

Facilitated by Kathleen Landel, The Caregiver Coach

A series with video, slides, and hands-on skill training using the Positive Approach to Care™ (PAC) developed by Teepa Snow, and taught by a PAC Certified Trainer.

The Caregiver Journey: The Stages of Dementia
Friday, March 9 • 1:30-3:30pm

Learn how dementia progresses using Teepa Snow's GEMS model. Identify how you can anticipate and respond to the changes, and support your own needs as dementia progresses.

Caregiver Challenges: Dementia Day-by-Day
Thursday, June 14 • 1:30-3:30pm

Explore and learn to recognize the unmet needs that often cause challenging behaviors. Practice skills to assist with tasks such as eating, standing, and personal care.

It is recommended you take both classes in the series if you can.

Space is limited. Registration is Required. Reserve your spot today!

Cost: \$15 per class

Register at: www.thecaregivercoach.info
Email: kathleen@thecaregivercoach.info

All classes will be held at:
Island Senior Resources (Bayview)
14594 SR 525 (Just south of Bayview Rd), Langley, WA 98260
360-321-1600 • www.senior-resources.org

2 LOCATIONS!

Bayview Senior Center

Oak Harbor Senior Center

TIME TOGETHER

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.



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

Island Senior Resources (Bayview)	Oak Harbor Senior Center
14594 SR 525	51 SE Jerome St
Langley, WA 98260	Oak Harbor, WA 98277



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"... [It's] your responsibility as a person, as a human being – to constantly be updating your positions on as many things as possible.

– Malcolm Gladwell

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, “Getting Ready for Medicare,” presented by SHIBA (Statewide Health Insurance Benefit Advisers) volunteers.

This month, seminars will be held at:

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

Saturday, March 3 • 10am

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

Thursday, March 22 1pm

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

Tuesday, March 27 • 10am

To schedule a free, individual counseling session, please call:

For Tuesday appointments: Oak Harbor Senior Center, 360-279-4580

For Wednesday appointments: WhidbeyHealth, 360-678-5151

For Friday appointments: ISR Bayview, 360-321-1600 or 360-678-3373 x 0

SUPPORT MEALS ON WHEELS

Donate \$5 at Island Senior Resources (Bayview) and receive an “I support Meals on Wheels” button.

Your \$5 will help pay for one meal for a senior.



MARCH at SENIOR THRIFT

STORE HOURS

Mon – Sat: 10am – 5pm • Sun: 11am – 5pm

5518 Woodard Ave (just north of Main St), Freeland, WA 98249

360-331-5701

Accepting donations from opening until 4 PM daily

NO DONATIONS ACCEPTED ON WEDNESDAYS

We have items on sale every day.
See our website for full sales calendar:
www.senior-resources.org/thriftstore

- | | |
|------------------------|---------------------------------|
| Every Tuesday in March | 99¢ T-Shirts |
| Every Friday in March | 25% off Books |
| Saturday, March 3 | 20% off Furniture |
| Sunday, March 11 | 15% off Christmas Items |
| Saturday, March 17 | 25% off One Item of Your Choice |
| Sunday, March 25 | 20% off Hardware |
| Thursday, March 29 | 20% off Games |

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

CAMBEY 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 - MARCH

WEEK 1

Thurs	1	Chef’s Choice
Fri	2	Baked Macaroni & Cheese
WEEK 2		
Mon	5	Chicken Fried Steak
Tues	6	Mushroom Pesto Pizza
Wed	7	Shepherd's Pie w/Ground Beef
Thurs	8	Chef’s Choice
Fri	9	Tuna Noodle Casserole

WEEK 3

Mon	12	Spaghetti & Meatballs
Tues	13	Salad Bar w/Variety of Vegetables
Wed	14	St. Patty's Corned Beef & Cabbage
Thurs	15	Chef's Choice
Fri	16	Salmon Caesar Salad

WEEK 4

Mon	19	Pulled Chicken on Toasted Bun
Tues	20	Baked Potato Bar w/Seasoned Beef
Wed	21	Terrific Taco Soup
Thurs	22	Chef's Choice
Fri	23	Fish Alyeska w/Cream Sauce

WEEK 5

Mon	26	Sesame Chicken
Tues	27	Best Reuben Sandwich
Wed	28	Four Cheese Ziti Bake w/Marinara
Thurs	29	Chef's Choice
Fri	30	Oven Baked Crispy Chicken

Thank you for reading *Island Times*. Please support our advertisers.
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March

OAK HARBOR SENIOR CENTER ACTIVITIES 360-279-4580

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9 Quilting 9 Billiards 9:30 EnhanceFitness 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 Circle 1 MAC SIG (2nd. Tue.) 2 Vision Impaired Group (4th Tues) 2 S.A.I.L. 3 Guitar 6 Pinochle 6 Lapidary 7 Stamp Club (2nd & 4th Tuesdays)	9 Billiards 9 Lapidary 9:30 Enhance 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 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

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 March 6 and 13 10 Alzheimer's Support Group March 20 11:15 Reader's Theater performs "Destiny"	9 Beginning Line Dancing 10 Line Dancing 10 Quilters 10 Time Together 11:45 Lunch Served 6:30 Bingo March 7 1 Legal Consultations March 21 1 Legal Consultations March 28 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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Join us for LUNCH & LEARN



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

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

March 20 Facts About the Library Levy
Librarian Mary Campbell will give an informational presentation about the upcoming Sno-Isle Library levy. This will be a time when you can gain factual material about the levy and get your questions answered.

March 27 Underground Railroad
Quilter Lisa Morrison and Storyteller Marie Hamilton will present a program on the Underground Railroad. Both ladies are interested in the coded messages attributed to Southern quilts, along the Underground Railroad Routes.

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

March 7 Bingo
Come Play Bingo! Aging & Disability Resources will also be available 11:30 a.m. to 1:30 p.m.

March 14 A Garden on your Deck
Loren Imes, WSU Extension Coordinator, will discuss deck gardening options for keeping fresh produce on your table.

March 21 Saratoga Sirens
Saratoga Sirens, a new local women’s ensemble will present familiar folk tunes and songs of the season.

March 28 Palliative care - What does it mean to you?
Carla Jolley, MN, ARNP, AOCN, CHPN, WhidbeyHealth Palliative Care, will discuss quality of life measures available to anyone enduring challenges associated with a medical condition.

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

March 6 Remember the 60’s and 70’s?
What were you doing in the 60’s and 70’s? Come share your fondest or most outrageous memory. Cheryn Weiser and Robin Bush from Island Senior Resources will kick off the storytelling off with tales of campaign ing for RFK and attending a Grateful Dead concert.

March 13 Passport to Preparedness with the Red Cross
March is National Red Cross Month. It’s a good time to check your emergency preparations. Local Red Cross volunteers will "show and tell" items and checklists for your household or your neighborhood, including water, pets, life-saving smoke alarms, and other resources.

March 20 What is Life Coaching?
Professional life coaches partner with clients to create power and possibility, in service of transforming the quality of people’s personal and professional lives. Life coaches support a person’s natural skills, resources, and creativity. Learn about life coaching from Linda Scholten.

March 27 Blooming Brain Games
Mel Watson, Director of Island Senior Resources Time Together program, presents a special lunch and learn for caregivers, their families, and anyone who would like to join in a fun packed afternoon of challenging and interesting brain games designed specially to get you thinking.

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.

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CAPE FLATTERY
Thursday, March 1 – Friday, March 2
8 AM (3/1) – 6 PM (3/2)
Member Single: \$225 • Double: \$160
Non-Member Single: \$245 • Double: \$180

Tired of being inside all winter? Come with us to the Northwestern-most Point in the Contiguous United States! The views are incredible, some of the most iconic beach scenes of the wilderness at its best.

Taking the Coupeville – Port Townsend Ferry we will travel the peninsula out along the Cape Flattery Scenic Byway to Cape Flattery. After adventuring we will return for the evening to the centrally located Red Lion in Port Angeles. The next day we will return to Oak Harbor after a stop in Port Townsend for a no host lunch. What a great trip! Cape Flattery, Port Angeles and Port Townsend in one.

Price includes hotel, sack lunch on the first day, and breakfast.



EVERETT VILLAGE THEATER: THE GIN GAME
Saturday, March 3
10 AM – 6 PM
Member: \$78

Meet Weller and Fonsia, two strangers who are about to enter into a seemingly harmless game of Gin Rummy. But when Fonsia goes on an instant winning streak, tensions build within their new friendship and the conversation starts to get personal. A collaboration between local Seattle legends Jeff Steitzer (director), Kurt Beattie (Weller), and Marianne Owen (Fonsia), The Gin Game is full of humor, spirit, and more than a touch of warfare.

SNOHOMISH ANTIQUE SHOPPING
Thursday, March 15
8:30 AM – 5 PM
Member: \$35 • Non-Member: \$50

QUILT SHOW
GREAT AMERICAN COVER UP: QUILTERS ANONYMOUS 37TH ANNUAL QUILT SHOW
Friday, March 16
8:30 AM – 5 PM
Member: \$40 • Non-Member: \$50

Head down to the Evergreen Fair Grounds for a day full of fun. This show will have over 500 quilts on display, free demonstrations, more than 25 vendors, and raffle drawings. There will be food for purchase at the show and the bus will stop for a no host lunch before returning to Oak Harbor.



DEALER'S CHOICE CASINOS & SHOPPING
Monday, March 19
9 AM – 4:30 PM
Member: \$27 • Non-Member: \$42

Pick your favorite! Tulalip Casino, Quil Ceda Casino or discount shopping at the outlet mall. We will drop of at each Casino and once you had your fill of slots take the shuttle from Tulalip Casino to the outlet malls. The casino isn't your thing, and you want to get straight to the shopping? Our driver will drop you off right at the mall.



SNOQUALMIE FALLS
Friday, March 30
8:30 AM – 5 PM
Member: \$45 • Non-Member: \$60

Join us for a trip to Snoqualmie Falls, one of Washington State's most popular scenic attractions. More than 1.5 million visitors come to the Falls every year. At the falls, you will find a two-acre park, gift shop, observation deck, the Salish Lodge and the famous 270 foot waterfall. We will stop in Kirkland at their water front, after visiting the falls, where there is a good assortment of restaurants for everyone to choose from for a no host lunch before returning to Oak Harbor.



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.

SEVEN CEDARS CASINO
Monday, April 16
7:30 AM – 6 PM
Member: \$35 • Non-Member: \$50

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



TEATRO ZINZANNI
Sunday, April 22
3 PM – 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.



OLATE DOGS
Saturday, June 9
10:30 AM – 5:30 PM
Member: \$45 • Non-Member: \$60

These fuzzy faced winners of American's Got Talent and their owner – handler, Richard Olate have been thrilling audiences and promoting animal welfare for some time. The dogs are rescue dogs trained to deliver high energy, fast paced canine acts filled with dog tricks, human aerobatics and humor.

At the Mt. Baker Theatre in Bellingham. We will have a no host meal stop before the show.



ANDREA BOCELLI AT KEY ARENA
Sunday, June 24
3:30 PM – 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

MYSTERY LUNCHES
Thursday, March 22
Members: \$20 • Non-Members: \$35
Price includes transportation only

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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



SEATTLE WATERFRONT, WINGS
OVER WASHINGTON, AND PIKE
PLACE MARKET

Wednesday, March 7

Leave Bayview Hall: 8:50 am
Leave Mukilteo: 10:00 am
Return to Mukilteo: 3:30 pm
Member: \$60 • Non-Member: \$65
(no host lunch)

Register by Wednesday, February 28

Visit Seattle’s beautiful waterfront then soar like an eagle across Washington at the Wings over Washington show (5,000 cameras and drones used for image capture, laser projection, and surround-sound). Then visit Pike Place Market for shopping and no-host lunch. Bring money for food and purchases. Wear comfortable, weather appropriate clothing, and walking shoes. Please note: Walkers and wheel chairs are not allowed at Wings over Washington.

STIMSON-GREEN MANSION TOUR
AND QUEEN MARY TEA SHOP
IN SEATTLE

Wednesday, March 21

Leave Bayview Hall: 7:20 am
Leave Mukilteo: 8:30 am
Return to Mukilteo: 3:00 pm
Member: \$55 • Non-Member: \$60
(no host lunch)

Register by Wednesday, March 14

Enjoy a private tour of the Stimson-Green Mansion, built in 1901, one of Seattle’s most impressive examples of English medieval-style architecture. Next visit the Queen Mary Tea Shop in the Ravenna area, the oldest independent tea room in America. Enjoy a no-host high tea or lunch. Bring money for food and purchases. Wear comfortable, weather appropriate clothing, and walking shoes. Please note: the mansion tour includes climbing two flights of stairs.

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.

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

TULALIP RESORT	March 13
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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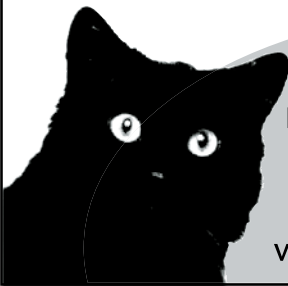
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Liz Lange • (360) 279-4581
Senior Services Administrator

Carly Waymire • (360) 279-4583
Program Coordinator

Barry Wenaas • (360) 279-4582
Program Assistant

Send comments and suggestions to CWaymire@oakharbor.org

2017 In Review: Oak Harbor Senior Center

Liz Lange, Administrator, Oak Harbor Senior Center

Last year was a great time to be a part of the Oak Harbor Senior Center. Skills were learned, muscles strengthened, friendships made, services provided and bellies filled. A special thank you to our dedicated volunteers, members and community partners. A special Thank You to Island Thrift, who is an ongoing supporter of the Center.

I presented the Center annual review to The City of Oak Harbor City Council in January, and would like to share a few of the highlights with you.

OAK HARBOR SENIOR CENTER VOLUNTEERS:

- 30+ Active volunteers
- 5,671 volunteer hours
- Oak Harbor Senior Center Members: 673 members age 50+
- First time members in 2017: 222
- On average 75 people visited the center each day

TRAVEL:

- 72 Tours in Washington
- 4 Trips to Canada
- 1 Cruise to Alaska



Oak Harbor Senior Services Administrator, Liz Lange, Presents to City Council

1 Tour to Switzerland, Bavaria & Austria
1,230 bookings

PROGRAMS:

45+ programs and classes are offered regularly
1,190 community members came to the center for passport application processing
802 passport photos were taken

BUDGET:

48.53% of our funding is center generated (memberships, programs, events)
46.72% of our funding comes from City of Oak Harbor
4.75% of our funding comes from grants and donations.
2017 revenue over expense: \$39,462



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

Tuesday, March 13, 1pm,
2720 Heller Road, Fire Station #25

“Finding your Ancestors and other Information on Censuses” will be presented by John Richter and members of WIGS.

All are welcome to attend.

Celebrate Spring

Carly Waymire, Program Coordinator, Oak Harbor Senior Center

With the New Year there has been a lot of change at the Oak Harbor Senior Center! I took the Program Coordinator position a few months ago and would like to thank everyone for such a warm welcome! It has been a fun transition in



We have finished painting the interior of the building. Thank you Marvin and Clair for all your hard work!



The city crew works to remove ivy and plants around the building for our landscape project.

my life and I am really looking forward to serving you at the Center.

You may have noticed we have been working on the landscaping around the building to bring us some outdoor seating and raised garden beds. Additionally, we have been revamping the interior of the building to make it more functional and inviting.

Not only is our Center making some changes but so is the weather! I love the month of March because that means spring is upon us. The flowers are start-

ing to bloom, the air is warming up, and the days are longer now. I love the “new” and “fresh” feeling that comes with spring and I think that is how the Center is starting to feel as well. If you haven’t seen the changes or met me yet I encourage you to stop by the Center and say hello. We have lots of new and exciting events happening throughout spring so be sure to join in the fun! I might even encourage you to make a change yourself and try a new activity or adventure out on one of our many travel opportunities. Here is to a fresh, new spring at the Oak Harbor Senior Center!



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NOW OFFERING

Stay Active and Independent for Life (SAIL) Exercise Program



WHAT:
Low impact strength, balance, and fitness program designed for older adults. Great for beginners or any fitness level.

WHERE:
Oak Harbor Senior Center

WHEN:
Tuesday and Thursday at 2:00 PM

WHY:
To improve overall health, stay active, and reduce risk for falling.

Stay Active and Independent for Life Exercise Program

Carly Waymire, Program Coordinator, Oak Harbor Senior Center

Stay Active and Independent for Life (SAIL) is an evidence-based exercise program designed for older adults. The hour long exercise program focuses on strength, balance, and fitness and is intended to help you stay active and reduce your risk for falls. A typical class includes a warm up, low-impact aerobics, balance exercises, strength exercises, and stretching. The Oak Harbor Senior Center would like to include this exercise program for those who are looking for a beginning level, low-impact exercise class to get them moving again! Come try our SAIL class at the Center on a Tuesday or Thursday at 2:00 PM.

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The Diet

Joanne Jones, Oak Harbor Senior Center Member

“Surely you jest,” I exclaimed in shock,
Then tried to hide my duress.
“Twenty pounds will have to go,” she said.
I gasped and clutched at my chest.

“Cholesterol’s high, blood pressure, too.
You’ll feel better with less weight.
Your triglycerides are out of sight,
And your thyroid’s low, as of late”

This was not the way to start my day,
I had a date for lunch.
Visions of veggies dances as she talked.
Did I hear a carrot crunch?

My doctor handed me a long list.
“Start now,” she grinned like Ziggy.
“No bread? No rice? No pasta?” I cried.
My God, I’ll look like Twiggy!

The list contained some very good food.
She said, “Try it—you’ll be pleased.”
But celery and humming bird wing
Just aren’t my cups of tea.

Oh, the pain and agony of it,
But I must try not to dwell.
Can I learn to like leafy-green things?
Is that a chocolate pie I smell?

I decided that what I would do
Was take one day at a time—
One day spinach, the next golden squash,
Perhaps a cucumber rind.

I told my doctor that diet pills
Might be the answer for me.
She wrote the prescription, then she said,
“Follow,” emphatically!

“Three times a day pour contents on floor,
Then bend over from your waist,
And pick up each pill one at a time.
I’m sure you’ll lose weight post-haste!”

I laughed and chose the healthy diet,
At this she smirked with glee.
You see, my doctor’s a real smart-ass,
And she’s thin and thirty-three.

I exercised and ate my veggies,
Now I’m looking like a star.
But oh, there are days when I would kill
For just one lemon bar!

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A Community Managed by The Goodman Group

MARCH continued from page 1

games, go golfing, fishing, skiing – just anything you would like to do. A few years ago a survey was conducted to see what the most popular goof off activity was – it was video games and yes, you guessed it who conducted the survey – Nintendo.

Now here is one of my favorite days – National Puppy Day and it is always celebrated on March 23rd. It is the day to recognize the unconditional love puppies give us and the joy and (sometimes challenges) they give us this is a great day encouraging one to adopt orphaned puppies.

Remember when I told you about Spring coming – flowers and weeds – yes, there is a Weed Appreciation Day and it is always celebrated on March 28th. Now you say, what good are weeds. Well, let me define a weed. It is any plant that is not in a place where you want it to be. Even edible, medicinal, herbal plants and even flowers, are considered weeds to those who don't want them where they pop up. The dandelion – in some States people will say it is their State flower because it is so prolific. (This is a joke). But seriously many a person will make dandelion wine; others will use it in their salad. Many weeds produce an attractive flower. Many weeds offer shelter and food for birds and wildlife. I have a rescue dog that lived on the dandelions and other weeds until she became a resident of my house. Believe it or not common weeds do offer some benefits. They provide the very oxygen that you breathe. They also take in the carbon dioxide that you exhale.

Well, so much for that tutorial. Do you have Pride with your middle name? Yes there is such a day and it is March 10th. What about National Clam on the Half Shell Day, yep it is March 31st.

Is there a time when you Think Everything You Do Is Wrong? Well that is on March 15th and then on March 16th is the Day Everything you do is Right.

We also have National Caregiver Appreciation Day. It can be celebrated on two different days – March 3rd or November 13th. There are tens of millions of Americans who selflessly give their time to care for those who are ill, disabled or elderly. 29% of the U.S. population, some 65 million Americans are caregivers in some way according to the US Department of Labor, over 40 million Americans, age 15 or older, provide unpaid care to the elderly alone.

Ladies, did you know about International Women's Day? It was held on March 19, 1911. It was to focus on women workers and advancing women rights in the workforce, politics and society.

On March 4th it is Hug a GI Day, but I think every day should be Hug a GI. The men and women in our armed forces deserve our thanks and appreciation.

After reading all this you said "what about March 17th St Patrick's Day". Well, I did not forget this special day as this is part of my Irish Heritage. I also adopted a very special four legged girl that was born on St Patrick's Day – Maggie. She will be celebrating her 5th birthday this St. Patrick's Day – her 5th St. Patrick's Day Parade. She loves people and parades



March 17 is National Quilt Day! Members of the OHSC Senior Bees Quilting group showing a recently finished project

and visiting Nursing homes, Retirement Centers, and Assisted Living Centers.

This origin of St. Patrick's Day started over 1,000 years. With the death of St. Patrick, the Irish have observed this day as a religious holiday.

St. Patrick is the beloved patron saint of Ireland. The Irish are famous for spinning exaggerated tales, so despite infamous stories traditionally attributed to St. Patrick, quite little is actually known about his life. Patrick was ordained as a priest and sent to Ireland from England. Because he was Familiar with the Irish language and culture he chose to

incorporate Irish ritual and symbols into his teachings. Thus was born the Celtic Cross.

The first St. Patrick's Day Parade was held in New York City on March 17, 1762. Today, St. Patrick's Day celebrations abound. It is less religious; St. Patrick's Day celebrations continue to be a show of Irish strength and patriotism. So get out your GREEN and get ready to CELEBRATE. Come out on Saturday, March 17th and join the fun at the Oak Harbor St. Patrick's Day Parade. The parade starts at 1:00pm.

HAPPY ST. PATRICK'S DAY!



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