

Island Times

Look for Island Times the LAST Thursday of each month
JAN 2025

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

Volume 8 • Issue 9

Why Do We Gather?

By Robin Bush | ISR Communications

Throughout history the human desire for gathering is found throughout the world in festivals, pilgrimages, feast days, harvest celebrations, ceremonies, worship, and more. Energy builds when a group gathers. Like a wave, it gains momentum and lifts those gathered to a new place, a place higher than what one experiences alone. Chip Conley (hospitality entrepreneur, author, and founder of the Modern Elder Academy) describes this as collective effervescence -- the energy that occurs when you feel connected to a larger group. And that connection, some say, is a fundamental human need, perhaps as essential as food or shelter. Conley says, "It used to be that people were born as part of a community and had to find their place as individuals. Now people are born as individuals and have to find their community." We choose to participate in communal events to reduce our loneliness and sense of isolation. Whether it be ancient customs or modern gatherings, participation leads us to feel happier and connected and lends deeper meaning to our lives as we experience the communal rhythms of a gathering.



"The very act of assembling is an exceptionally powerful stimulant. Once the individuals are assembled, their proximity generates a kind of electricity that quickly transports them to an extraordinary degree of exaltation...No society can exist that does not feel the need at regular intervals to sustain and reaffirm the collective feelings and ideas that constitute its unity and personality...by means of meetings, assemblies, or congregations in which individuals, brought into close contact, reaffirm in common their common feelings." - Sociologist Emile Durkheim

Collective effervescence transforms the experience. We see it whenever people gather with a common interest. Think of the feeling you get being in the stands at a sporting event when the crowd collectively rises to its feet cheering, or when friends get together to watch a game on television and share their favorite "game food." Or consider Comic-Con, the huge annual gathering of people dressed in the costume of their favorite comic-book, video game, or tv/movie superhero character. Or when Mardi Gras fills the streets with people sharing food, music, and dancing. Or when religious groups gather to honor traditions. Each of these gatherings becomes more emotionally powerful than any would if done alone. When we gather, our common interests link us to each other and can help bridge barriers in ideals and values. Gatherings, however, do have a beginning and an end; it is you who can choose to continue to ride the wave of the gathering's energy, carry it into your life, share it with others, and participate in the community it offers. It takes a commitment to continue to actively engage, nurture, and sustain the sense of "us" that began at the gathering.

"Before this work, I didn't know why I put so much value on these collective moments. Why I intentionally go to a church where I can break bread, pass the peace, and sing with people who believe differently than I do. Why I cried the first time I took my kids to see U2 in concert and why they both reached out and held my hand during my favorite songs. Why the University of Texas fight song always makes me cheer and throw my "Hook 'em" sign up. Or why I've taught my kids that attending funerals is critically important, and when you're there, you show up. You take part. Every song. Every prayer—even if it's a language you don't understand or a faith you don't practice. Collective assembly meets the primal human yearnings for shared social experiences. A collective assembly can start to heal the wounds of a traumatized community. When we come together to share authentic joy, hope, and pain, we melt the pervasive cynicism that often cloaks our better human nature." - Brene Brown

Isn't it time we each actively gather to re-create our social connection and find our way back to each other?

Embracing Winter on Whidbey Island: A Guide for Older Adults

By Carly Larson | City of Oak Harbor Parks & Recreation, Program Coordinator

January on Whidbey Island offers a unique charm. The quiet landscapes, crisp air, and the opportunity to slow down and embrace the beauty of winter can make this time of year truly special. For older adults, the season can be both a time for reflection and an opportunity to engage in activities that promote well-being. Here are some ideas to help make the most of the season, keep active, and stay connected with your community.



1. Enjoy Winter's Natural Beauty

Whidbey Island is a haven for nature lovers, even in the winter months. Bundle up and take a stroll through Ebey's Landing or Deception Pass State Park. Walking trails are less crowded this time of year, offering peace and a chance to enjoy breathtaking views. Don't let cooler temperatures deter you—layer up and bring a thermos of warm tea or coffee for a cozy break along the way.

If mobility is a concern, consider taking a scenic drive. The island's winding roads offer views of the Puget Sound, snow-capped mountains, and charming small towns. A drive to Coupeville or Langley can be a delightful way to spend a winter day, especially if you follow it up with a visit to a local café or bakery. The other day, I grabbed a drive-thru lunch, parked in the sunshine down by the water and ate in my car while soaking in the warmth from the sun but staying out of the cold wind.

2. Try a New Hobby

Winter is a wonderful time to explore new interests or revisit old ones. Whidbey Island boasts a variety of classes and workshops tailored for older adults:

- **Art and Craft Classes:** Join our Art Group or Knitting & Crocheting for an artistic vibe. Check out the Artist Lounge down on Pioneer street for a pottery painting experience.
- **Lapidary & Wire Wrap:** Learn how to create your own polished rocks and jewelry with our Whidbey Island Rock & Gem club.
- **History Class:** Learn more about America's First Ladies in our next History Class beginning January 9th.

3. Stay Active Indoors

Winter weather may limit outdoor activities, but it's important to stay physically active. The Center in Oak Harbor offers fitness programs for older adults, including yoga, tai chi, and EnhanceFitness classes. These low-impact activities are excellent for improving balance, strength, and flexibility.

4. Nourish Social Connections

Winter can sometimes feel isolating, especially after the holidays. Combat loneliness by reaching out to friends or family for a phone call or coffee date. Consider joining local groups or clubs which provide opportunities for regular social interaction.

5. Prepare for Winter Weather

January can bring occasional storms or icy conditions, so it's wise to be prepared. Ensure your home is stocked with essentials like non-perishable foods, flashlights, and batteries. Have a backup power source or a plan in place for outages.

If you rely on medications, consider refilling prescriptions early to avoid interruptions during severe weather. It's also helpful to keep contact information for neighbors or local support services handy in case you need assistance.

Photo above: Harriet, The Center's Wire Wrap instructor gets the opportunity to teach the younger generation the art of wire wrap.

EMBRACING WINTER continued on page 7

DID YOU KNOW? Social connection is directly linked to well-being.



Over half of Americans report experiencing loneliness. Join in the activities listed in this issue to connect and stay healthy this year!



Independent Living
Assisted Living, Memory Care
Respite Care

WHIDBEY ISLAND COMMUNITIES

360-279-0933
1040 SW Kimball Drive
Oak Harbor, WA 98277
www.regencywhidbey.com

360-678-2273
311 3rd St NE
Coupeville, WA 98239
www.regency-pacific.com



Skilled Nursing, Rehabilitation
Therapy, Long Term Care,
Respite Care

Call Today to Schedule your Personalized Tour!

Curiosity: A Better Choice Than Fear

By Charles LaFond – ISR Senior Development Director

One day, I became curious.

I was never curious about aging when I was young. It was happening to others around me – to others, as I sped along, accumulating.

My graceful, elegant grandmother went from gliding upright to walking with a crick in her back and then to a cane. One day, my brother-in-law began to carry her into the house for family events, with biceps as big as my thighs. Then she was bedridden, confused, and then one day, gone. And by “gone” I mean dead. She was a magnificent lady, having survived the London Blitz, spousal abandonment, and then, at the end, crippling arthritis. Watching aging frightened me, be it a peach or a person.

But I was never curious about aging. And that is the problem with aging. Or perhaps, just maybe, that is a beautiful solution. I have since exchanged fear for curiosity. They don't live side-by-side.

So far, now in my sixties - aging's vestibule - I quite like aging and am more curious about life as I see less of it ahead of me. I mean, sure, some things are disappointing. I forget proper names unless I work hard to associate something with the name (I think to myself “Cherrie de la Framboise...she is round-red-faced like a cherry or raspberry...”). I sometimes lack what my great nephew “Chip” possesses in computer skills (name-irony notwithstanding). I piddle on the way to the bathroom. And diabetes seems to have moved from DEFCON THREE to DEFCON TWO.

But, on the other hand, I like the way my brain connects things better than when I was young. I like reading body language – listening more - and the wisdom that comes when experience joins intelligence. I like the way I give myself permission to rest, to sleep longer, and to awaken slowly, with coffee.

Every morning, between 4:00 am and 5:00 am, I watch YouTube videos as I very, very slowly wake up. The videos answer my questions. I get more and more curious about this one magical, challenging life, rather than steeping in its fears—most days.

The great art of life is not minding what happens to me or around me. My dog taught me that.

One day, I'll need a cane. It will be beautiful, with a silver top, an embedded amethyst, and an ebony stick. Or, if that is too pricy on a fixed income, a steel top, oak stick, and hiding a long copper flask – probably made for me by that same Marine brother-in-law or my great-nephew. One day.



Island Senior
Resources

Get Our
Monthly eNews
www.senior-resources.org
Sign Up Today

HOW TO REACH ISLAND SENIOR RESOURCES

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

Nutrition/Meals on Wheels

Resources and Coaching

Medicaid In-Home Care

Medical Transportation

Benefits Counseling

Support Groups

Medical Equipment Libraries

Senior Thrift 360-331-5701

Senior Thrift (General)

360-331-5726 Senior Thrift (Donations/ Pickups)

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

OUR LOCATIONS

Island Senior Resources
(Bayview)

14594 SR 525, Langley, WA 98260

Island Senior Resources

(Oak Harbor)

917 E Whidbey Ave

Oak Harbor, WA 98277

ISLAND SENIOR RESOURCES BOARD OF DIRECTORS

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Executive Director: Michele Cato

Island Senior Resources is an independent nonprofit 501(c)(3) that has been serving Island County since 1972. Island Senior Resources is the trade name for Senior Services of Island County.

Planning ahead is simple. The benefits are immense.

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

**WALLIN
STUCKY
FUNERAL HOME**

1811 NE 16th Ave • Oak Harbor • 360-675-3447 • info@wallinfuneralhome.com

5533 East Harbor Road • Freeland • 360-221-6600

www.wallinfuneralhome.com



Your Donations Are Always Needed and Appreciated!

NORTH WHIDBEY HELP HOUSE

Your Community Food Bank Since 1977
1091 SE Hathaway St • Oak Harbor

Island Senior
Resources

Apply at:
www.senior-resources.org
360-321-1600
New routes need drivers!

MEALS ON WHEELS DRIVERS NEEDED TODAY

South Whidbey North Whidbey

Mileage reimbursed

Help fight food insecurity one meal delivery at a time

The Center in Oak Harbor and Island Senior Resources

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

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

SNO-ISLE LIBRARIES

New Year, New Inspiration

Achieve your New Year's resolutions at Sno-Isle Libraries! There are countless opportunities to pursue your interests, discover new passions, and build community. Reach your goals and make new ones along the way.

Birding – Don't Wing It

Some say winter walks are for the birds – but did you know that January is one of the best times to bird-watch on Whidbey? Plan your next birding excursion by reading Philip H. Zalesky's "Birding in Snohomish County & Camano Island."

For a bird's-eye view of avian families – or a deep dive into your favorites – use your library card to discover online articles, photographs, and audio recordings through Birds of the World.

Explore Indoors

Find inspiration in the comfort of your home or library.

Sail the seven seas at the Oak Harbor Library. Join expert boatbuilder Jay Smith for a gripping tour of Viking history, culture, and shipbuilding techniques (Thursday, January 16).

Help the little ones in your life embrace the joy of reading. Drop by Family Storytime to enjoy stories, songs, and creative activities.

Your library card unlocks thousands of online classes taught by experts. Whether you want to sharpen your tech skills, knit your first scarf, or bake the perfect pie, there is a course for every interest on LinkedIn Learning and Creativebug.

Find New Favorites, Enjoy the Old

Stock up on your favorite comfort books and movies. When you're ready for something new, we've got you covered! Browse sno-isle.org for curated book lists and get custom book and movie recommendations from library staff.

Connect to Thrive in 2025

A strong social network has far-reaching benefits for your health. Sno-Isle Libraries can connect you with others who share your interests through in-person and online events.

Find creative community at Online Craft & Chat. Discuss your latest story, essay, or poem at Third Thursday Online Writers. Share your passion for reading with fellow book lovers – we have over 20 online and in-person book groups!

Stay connected with loved ones while staying safe. Visit the Oak Harbor Library to learn how to spot scams in phone calls, text messages, and emails (January 28).

Your Next Chapter Awaits

There's no time like the present to turn a new page. We're here to brighten your year with good books, good company, and meaningful experiences.

Visit sno-isle.org or your local library to get inspired today!

Event links:

Whidbey Wonders: Traditional Boatbuilding from Vikings to Now

<https://sno-isle.bibliocommons.com/v2/events?q=Whidbey%20Wonders%3A%20Traditional%20Boatbuilding%20from%20Vikings%20to%20Now>

Family Storytime

<https://sno-isle.bibliocommons.com/v2/events?q=family%20storytime&locations=11>

Scam Prevention 101: Be Smart, Do Your Part!

<https://sno-isle.bibliocommons.com/events/67362b12018bbb1c3dd7dc06>

MARTIN LUTHER KING, JR. DAY
*Honoring the legacy
 Honoring the dream*

Our offices will be closed on Monday, January 20

Medical Equipment Lending Libraries

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

LOCATIONS

- **South Whidbey (Bayview).** Donations/pick-ups Monday, Wednesday, Friday 1-4 p.m. at Island Senior Resources (Bayview), **14594 SR 525, Langley.** Follow the signs and arrows to the Evergreen Room entrance. Please make sure donations are fully functional and clean.
- **North Whidbey (Oak Harbor).** Donations/pick-ups Monday, Tuesday, Thursday 12-3 p.m. at Island Senior Resources (Oak Harbor), **917 E Whidbey Ave, Oak Harbor,** next to the Center in Oak Harbor. Please make sure donations are fully functional and clean.

Want to change your current Medicare Advantage plan?

Now is the time to "Reboot!"

Join this SHIBA presentation to discuss Medicare Advantage Plan Changes

Tuesday, January 28th at Noon
The Center at Oak Harbor
51 SE Jerome Street



Reasons you may want to change to a different plan:

- Your preferred doctor does not accept your current plan.
- Your plan does not cover your prescriptions.
- You prefer a plan with lower co-pays.
- You prefer Original Medicare over Medicare Advantage.

To switch to a new Medicare Advantage plan

Join the plan you choose. You'll be disenrolled automatically from your old plan when your new plan's coverage starts. Only one change is allowed during Medicare Advantage Open Enrollment.

Note: You must be enrolled in Medicare Advantage on Jan. 1 to make a switch. You cannot switch from Original Medicare to Medicare Advantage during this period.

Medicare Advantage Open Enrollment Period ends March 31st

We will also discuss Medicare-related cost saving programs

Medicare Savings Programs

Reduce your Medicare costs if your monthly income is \$1,752 or less; \$2,371 if a couple. No asset restrictions and automatically qualify for Medicare Prescription savings.

Medicare Prescription Savings

Monthly income limits for "Extra Help" with prescription costs are \$1,903 for a single person, \$2,575 for a couple. Asset restrictions are \$17,220, or \$34,360 for a couple.

If you have questions, call 360-321-1600

*A free, unbiased workshop offered by SHIBA (State-wide Health Insurance Benefits Advisors), a program of the Washington Office of the Insurance Commissioner and Island Senior Resources



Island Senior Resources

VOLUNTEERS NEEDED FOR MEALS ON WHEELS FOOD PACKAGING

Mon., or Wed., or Fri. 8 a.m. - noon
 Island Senior Resources - Bayview
 14594 SR 525, Langley
 Call 360-321-1600



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

Classes cover basic Medicare benefits, Medicare parts A and B, differences between Medigap and Advantage plans, financial assistance, and prescription plans

Tuesday, Jan. 14 at 1 p.m. Freeland Library
5495 Harbor Ave. Freeland

Thursday, February 13 at 1 p.m. The Center in Oak Harbor
51 SE Jerome St. Oak Harbor

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

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



JANUARY

Contributions to cover cost of meals are appreciated

| WEEK 1 | | |
|--------|----|------------------------------------|
| Wed | 1 | Happy New Years Day -Closed |
| Fri | 3 | Chicken Tortilla Soup |
| WEEK 2 | | |
| Mon | 6 | Quiche Lorraine |
| Wed | 8 | Spaghetti Bolognese |
| Fri | 10 | Broccoli Cheddar Soup |
| WEEK 3 | | |
| Mon | 13 | Cheeseburger w/Fixings |
| Wed | 15 | Vegetable Curry w/Jasmine Rice |
| Fri | 17 | Split Pea and Ham Soup |
| WEEK 4 | | |
| Mon | 20 | Martin Luther King Jr. Day -Closed |
| Wed | 22 | Bacon Mac & Cheese |
| Fri | 24 | Roasted Butternut Squash Soup |
| WEEK 5 | | |
| Mon | 27 | Focaccia Pepperoni Pizza |
| Wed | 29 | Chicken Tikka Masala |
| Fri | 31 | Sausage Minestrone w/Veggies |



STORE HOURS

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

Donations Accepted Wednesday - Saturday
10 - 3 or until capacity is reached

Learn other ways to give to ISR at senior-resources.org/ways-to-give

JANUARY SALES

Tuesdays
15% off Storewide

Wednesdays
25% off Jewelry

Thursdays
25% off ONE item

Fridays
25% off Toys and Shoes

Saturdays
25% off Clothes



Join us for a meal

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

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

Camano Center
606 Arrowhead Rd. Camano Island

Coupeville United Methodist Church
608 N. Main St. Coupeville

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

Camano Center
606 Arrowhead Rd, Camano Island

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

Donations accepted to help cover the costs of a meal
senior-resources.org/donate

Friday 11:45 - 12:30
Camano Center
606 Arrowhead Rd. Camano Island

For information on our Nutrition Programs:
senior-resources.org/nutrition-overview

The Center in Oak Harbor
51 SE Jerome St. Oak Harbor



ISR CONNECTS - C3

Socialize with older adults to promote health, wellness, and community.

For more information or to become a volunteer or participant:
Scan this QR code www.senior-resources.org/c3
360-321-1600 email: bailey@islandseniorservices.org



Happy Days at our Silk Road Bazaar!



Music for the Eyes
360-221-4525 314 1st Street Langley, WA



Island Senior Resources' offices will be closed on Wednesday, January 1. In an emergency call 9-1-1.



Senior Thrift will be closed on New Year's Day

Happy New Year

2025



Serving Whidbey and Camano islands

Caregiver Support Group
Wednesdays on Zoom and in-person (ISR Bayview) 10 a.m.

Parkinson's Support Group
Tuesdays on Zoom 10 a.m.

Coming Soon (Starting date to be Announced)

Aging on Whidbey Support Group
on Zoom and in-person (ISR Bayview)

For more information
www.senior-resources.org reception@islandseniorservices.org

360-321-1600



Langley Walking Group
Every Tuesday from 11:00 - 12:00
Trustland Trails off Craw Rd and SR 525



ADA accessible, flat trail. Perfect for anyone wanting to walk with others. Please call 360-321-1600 for more information

360-321-1600
senior-resources.org

Community Partner Event

MEMORY CAFES

Connection & Engagement for Caregivers and Receivers

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



OAK HARBOR FIRST UNITED METHODIST CHURCH
1050 SE Ireland St. Oak Harbor

Gatherings are held the 1st and 3rd Tuesday of each month at 12:30 p.m.

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

ISR CONNECTS - C3

LET'S MOVE TOGETHER

An engaging exercise class for balance, strength, flexibility and endurance (done seated or standing). Wear comfortable clothes, good shoes, and bring water! Classes starting the first week of January, 2025!



Bayview Island Senior Resources
14594 SR 525, Langley
Second and Fourth Thursday each month
10:30 - 11:30

St. Stephen's Episcopal Church
555 SE Regatta Dr, Oak Harbor
First and Third Thursday each month
10:00 - 11:00



CONTACT ISLAND SENIOR RESOURCES FOR MORE INFORMATION: 360-321-1600



Island Senior Resources

Daily Program Schedule

MONDAY

8:45 EnhanceFitness
 9 Billiards
 9 Quilting & Textiles
 10 EnhanceFitness
 Low Impact
 10 Mah Jongg
 11:45 Lunch (ISR)
 12 Ping Pong
 1 Art
 1:45 Clogging
 6:30 New! Dance Lessons

TUESDAY

8:45 Yoga
 9 Lapidary
 10 Tai Chi
 10 Walking Club
 (Meets at Windjammer Pavilion)
 11 Mexican Train
 11 Tech Drop-In
 1 Knitting & Crocheting
 1 Line Dance
 1 Party Bridge
 3 Active Chair Yoga
 6 Lapidary (By appt)

WEDNESDAY

8:45 Enhance Fitness
 9 Billiards
 9 Lapidary
 10 EnhanceFitness
 Low Impact
 11 Duplicate Bridge
 11:45 Lunch (ISR)
 12 Ping Pong
 5:30 Mah Jongg

THURSDAY

8:45 Yoga
 9 Billiards
 10 Tai Chi
 10 Walking Club
 (Meets at Flintstone Park)
 10 Wii Bowling
 10 Wire Wrap
 11 Mexican Train
 1 New! History Class:
 America's First Ladies
 1 Canasta
 3 Active Chair Yoga

FRIDAY

8:45 EnhanceFitness
 9 Billiards
 9 Quilting & Textiles
 10 EnhanceFitness
 Low Impact
 10:30 85 & Better Club
 12 Pinochle
 1 Line Dance
 7 Social Dance (2nd
 Friday)

CLASSES and EVENTS

at City of Oak Harbor Parks & Recreation

CLASSES & PROGRAMS:

New! Dance Lessons

Mondays | 6:30-8PM

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

*Drop-In rate \$7member/\$10non-member per class

*No class January 20

**No class February 17

This class will sample a variety of partner dances, including Swing, Waltz, Two Step, and Cha Cha with a 30-45 minute guided lesson followed by open dance time. Beginners are welcome and no partner necessary. Please note: This class takes place outside of business hours. Payment for class must be made prior to taking the class and can be done online at oakharbor.gov or during regular business hours.

New! History Class: America's First Ladies

Thursdays | 1-3PM

\$40 month for members, \$60 month for all others

We will explore the history and cultural importance of America's first ladies in this 10-week class.

Active Chair Yoga

Tues & Thurs | 3-3:45 PM

\$25 month for members, \$35 month for all others

*Drop-In rate \$5member/\$10non-member per class

A carefully curated program of seated and standing poses for beginners and those with limited mobility. Bring a water bottle and yoga mat. Comfortable clothing recommended. Taught by Maria McGee and her instructors from Lotus Tea Bar & Studio.

EnhanceFitness

Mon, Wed & Fri | 8:45 – 9:45 AM

\$25 month for members, \$35 month for all others

*Drop-In rate \$5member/\$10non-member per class

An hour-long evidence-based exercise class that includes aerobics, strength training, balance exercises, and stretching.

EnhanceFitness Low Impact

Mon, Wed & Fri | 10 – 11 AM

\$25 month for members, \$35 month for all others

*Drop-In rate \$5member/\$10non-member per class

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

Tai Chi

Tues & Thurs | 11 AM - 12PM

\$25 month for members, \$35 month for all others

\$5 drop-in for members, \$10 drop-in for all others

Tai Chi is a martial art that uses gentle, flowing movements to improve the health of the body and mind. In its most common form in the present day, it is known as moving meditation that improves flexibility, balance, strength, and mental focus as well as decreasing stress. Tai Chi is a low impact exercise that is beneficial for every fitness level and all age groups. In this class you will learn Tai Chi and Qigong forms and flows.

Walking Club

Tues & Thurs | 10 - 11AM

Free, everyone welcome

The Walking Club meets at Flintstone Park on Tuesdays and Thursdays.

Tuesdays: Enjoy a leisurely walk at a slower pace, covering about 1-2 miles within an hour

Thursdays: Pick up the pace with a brisk 4-mile walk within the hour

Led by our wonderful volunteers Joy and Fran, this is a fantastic way to stay active and enjoy the beautiful surroundings.

Yoga

Tues & Thurs | 8:45 – 9:30 AM

\$25 month for members, \$35 month for all others

*Drop-In rate \$5member/\$10non-member per class

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

Line Dance

Tues & Fri | 12 – 1 PM

\$25 month for members, \$35 month for all others

*Drop-In rate \$7member/\$10non-member per class

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

Social Dance

Fridays | 7 – 9 PM

Free, everyone welcome

Dance to a variety of music including East coast swing, West coast swing, waltz, Cha Cha, night club two step, cowboy two step, line-dancing, or freestyle. Held the 2nd Friday of the month.

Ping Pong

Mon & Wed | 12 PM

Free month for members, \$3 month for all others

Dance to a variety of music including East coast swing, West coast swing, waltz, Cha Cha, night club two step, cowboy two step, line-dancing, or freestyle. Held the 2nd Friday of the month.



TRAVEL LOG

Travel Activity Level Guide

1. Easy - Minimal walking, mostly flat surfaces, chances to sit and rest.
2. Mild - Modest walking distances, potential for a few stairs, prolonged periods of standing and walking. Some opportunities to sit and rest.
3. Moderate - Substantial walking and standing, possible uneven surfaces and stairs. Limited chances to sit and rest.

Celebrate Pi Day With A
PIE TASTING BOX
 Friday, March 14th

Pick up your pre-ordered boxes from 11 AM - 3 PM
 The Center in Oak Harbor | 51 SE Jerome St.

\$7 per box with 50+ Membership
 \$10 per tasting box

Each box contains a sampling of delicious pies from local area bakeries and a ballot to vote for your favorites.

Pre-order your boxes!

Limited boxes will be available for day of event purchase.

Annual All Member Meeting & Luncheon

THURSDAY, JANUARY 30, 2025 | 11:30 AM
 The Center in Oak Harbor | 51 SE Jerome St.

Join us for lunch as a token of our appreciation for being a valued member! We also want to hear your thoughts on how the Oak Harbor Senior Center Foundation and the City of Oak Harbor Parks & Recreation can enhance our programs and services for older adults in our community. Your input is essential as we strive to elevate our offerings.

Membership at City of Oak Harbor Parks & Recreation is available for anyone over the age of 50 and is \$40 a year.

EMBRACING WINTER continued from page 1

6. Give Back to the Community

Volunteering is a meaningful way to spend time and give back. Whidbey Island has numerous organizations that rely on volunteers, from food banks to animal shelters. Many roles are flexible and accommodating to various mobility levels.

Giving your time not only helps others but also brings a sense of purpose and connection, which is particularly valuable during the quieter winter months.

7. Celebrate Whidbey's Culture

Winter is the perfect time to immerse yourself in Whidbey Island's rich cultural scene. Attend a local theater production, explore the island's museums, or visit a gallery to appreciate the work of talented local artists.

Don't miss the winter performances at the Whidbey Island Center for the Arts. These events offer entertainment and a chance to connect with the island's vibrant creative community.

8. Practice Mindful Winter Wellness

As the days remain short and the skies often overcast, it's important to take care of your mental health. Light therapy lamps can help combat the "winter blues," and staying active, even with short daily walks, can improve your mood.

Consider journaling or meditation to reflect on the year ahead and set intentions for how you'd like to spend it. Small, positive rituals can make winter a time of renewal and focus.

9. Discover the Island's Winter Foods

Warm up with Whidbey Island's culinary offerings. Winter is the perfect time to savor hearty soups, fresh seafood, and seasonal vegetables. With so many local, tasty restaurants, bakeries, and shops the options are endless! Consider hosting or attending a potluck with friends or neighbors—a great way to enjoy good food and good company.

Closing Thoughts

Winter on Whidbey Island can be a season of beauty, discovery, and connection. Whether you spend it exploring nature, engaging with your community, or trying something new, there are countless ways to make the most of this special time.

Take the opportunity to embrace the slower pace of January and enjoy the unique offerings of the island. After all, the quieter months are a reminder to savor life's simple joys.

Volunteer Member Spotlight: Heidi McDonald

Meet Heidi, a dedicated Front Desk Volunteer with Oak Harbor Parks and Recreation at The Center, whose presence and commitment to service have made her an invaluable part of our community.



Heidi serving plates during The Center's 2024 Holiday Lunch

Originally from New York City, Heidi moved to Yuma, Arizona, at the age of 12 with her family, where she later met her husband, Macs. After spending several years in Arizona, Heidi obtained her bachelor's in education, and master's degree in school counseling where she worked for 18 years in the Arizona school system.



Heidi festively volunteering at the front desk

In addition to her career in education, Heidi is the author of Bully-Buster Bingo, a workbook aimed at helping children navigate and respond to bullying through the familiar game of bingo. Heidi's educational project is just one example of her success and dedication to helping others. In 2022, after retiring from her long and rewarding career in education, Heidi sought a way to stay active and engaged with her community, which led her to, The Center. Since then, she has been volunteering as a Front Desk Volunteer offering her time and talents to assist the Parks and Recreation staff while helping to welcome visitors.

Outside of her volunteer work, Heidi stays active by participating in Enhance Fitness and Chair Yoga at The Center. She also has a keen interest in "brocante" and enjoys searching for unique treasures, especially during the holiday season, when she loves finding special Christmas decorations and other items that bring joy to her home. Travel is another big part of Heidi's life. She and Macs have traveled extensively, exploring places like Mexico, Canada, and Japan. Every summer, they embark on RV adventures, with plans to tour Oregon and Arizona in the coming year. One of Heidi's dream trips is to revisit Paris, a destination she hopes to explore once again.

At home, Heidi shares her life with two beloved pets: Teddy, a 4-year-old purebred mini poodle, and Archie, a 2-year-old Scott Terrier mix rescue dog they saved from the border. Heidi's dedication to her community, her friendly demeanor, and her willingness to help in any way make her a treasured member of Ok Harbor Parks and Recreation. Whether she is volunteering at the front desk or simply offering a smile, Heidi is always ready to make others feel welcome. We are so fortunate to have her as part of our volunteer family. Thank you for all that you do, Heidi.

Happy New Year

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Example photos of previous year's small and large treat boxes. Contents subject to change each year, always a delicious surprise.

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